

PERFECT
PALEO RECIPES
BUNDLE

Beran Parry

[BOOK 1](#)

PALEO WEIGHT LOSS
for Absolute Beginners

[BOOK 2](#)

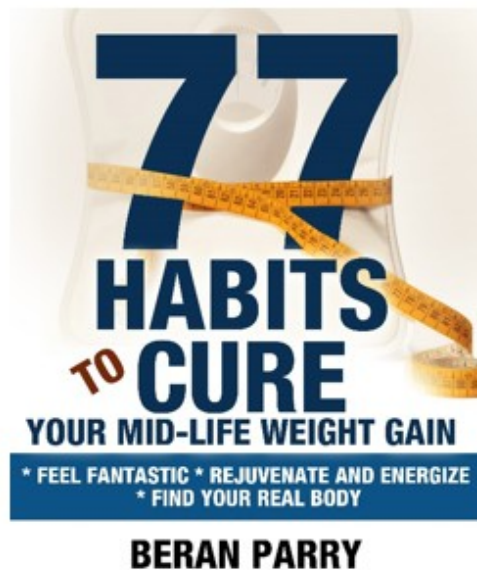
365 Clean Eating Paleo Recipes

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[BOOK 4](#)

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Contents

[Introduction](#)

[Chapter 1:](#)

[What Is This Thing The Paleo Diet?](#)

[Chapter 2:](#)

[The Revitalization Of The Paleo Diet](#)

[Chapter 3:](#)

[Is It All It's Cracked Up To Be?](#)

[Chapter 4:](#)

[Preparation for Your Paleo Diet](#)

[Chapter 5:](#)

[What to Eat and What to Avoid](#)

[Chapter 7:](#)

[A Day in the Life of a Paleo Diet](#)

[Chapter 8:](#)

[Common Mistakes to Avoid On the Paleo Diet](#)

[Chapter 9:](#)

[Dang! How Do I Shop For Food?](#)

[Chapter 10:](#)

[CLEANING OUT: THE PROCESS](#)

[5 Day 5 Pound Loss Fast](#)

[Conclusion:](#)

[Start Today](#)

[BOOK 2](#)

[Introduction](#)

[Table of Contents](#)

[Chapter 1](#)

[About The author](#)

[Chapter 2](#)

[So Why Can't I Lose Weight? And why can't I keep the weight off?](#)

[Chapter 3](#)

[Epigenetics + PALEO/KETO Eating Behaviours](#)

[The PALEO-KETO EPIGENETIC EATING PROGRAM – what is it?](#)

[KETOGENICS](#)

[Chapter 4](#)

[The Clean Eating Paleo Keto Mythbuster Chart](#)

[CHAPTER 5](#)

[Getting Organised!](#)

[CHAPTER 6](#)

[The Clean Eating Paleo Keto Transformation](#)

[Chapter 7](#)

[Your weight loss helpers!....Vitamin D and Magnesium](#)

[Chapter 8](#)

[365 Delicious Recipes at your disposal](#)

[Breakfast](#)

[1. Homemade Strawberry Fruit Leather](#)

[2. Apple Cider Paleo Donuts](#)

[3. Healthy Low Carb Crustless Quiche Recipe](#)

[4. Choco Nut Skinny Muesli Balls](#)

[5. Tasty Apple Almond Coconut Medley](#)

[6. Paleo Porridge with Banana](#)

[7. Sweetie Skinny Crackers](#)

[8. Bacon and Heirloom Tomato Frittata with Basil](#)

[9. Breakfast Mexicana](#)

[10. Apple Cider Paleo Donuts](#)

[11. Breakfast Sweet Potato Hash](#)

[12. Paleo Porridge with Banana](#)

[13. Paleo Garlic Breadsticks \(Just Don't Eat Them All Yourself\)](#)

[14. Mile High Power Breakfast Burger](#)

[15. Prosciutto-Wrapped Mini Frittata Muffins](#)

[16. Spicy Southwestern Breakfast Bowl](#)

[17. Raisin Nut Crunch Cereal](#)

[18. Healthy Low Carb Crustless Quiche Recipe](#)

[19. Down-Home Brussels Sprout Hash](#)

[20. Breakfast Quiche with Broccoli and Ham](#)

[21. Paleo Stuffed Breakfast Peppers](#)

[Lunch](#)

[22. Cheeky Chicken Salad](#)

[23. Superior Salmon with Lemon and Thyme OR Use any White fish](#)

[24. Low Carb Chipotle Chicken Lettuce Wraps](#)

[25. Fennel and Brussels Sprouts Sirloin Rolls](#)

[26. Spectacular Shrimp Scampi in Spaghetti Sauce](#)

[27. Tasty Testy Lettuce Wraparounds](#)

[28. Sashimi Divine with Vinaigrette](#)

[29. Punchy Tomato Salsa](#)

[30. Sexy Salsa](#)

[31. Saucy Gratin with Creamy Cauliflower Bonanza](#)

[32. Pumpkin Avocado Salad](#)

[33. Crispy Chicken Wings](#)

[34. Steamed Brussels Mussels with Fresh Basil](#)

[35. Mediterranean Supercharger Omelet with Fennel and Dill](#)

[36. Sexy Prawn Salsa](#)

[37. Summer Tuna and Avocado Salad](#)

[38. Blushing Beet Salad](#)

[39. Outstanding Veggie Omelet](#)

[40. Cheeky Chicken Stir Fry](#)

[41. Grilled Shrimp Fennel Salad](#)

[42. Spaghetti Squash Hash Browns](#)

[43. Mediterranean Medley Salad](#)

[44. Moroccan Madness](#)

[45. Golden Glazed Drumsticks](#)

[46. Chicken Delish Salad](#)

[47. Divine Juicy Tuna Sashimi](#)

[48. Avocado Chicken Salad](#)

[49. Tantalizing Turkey Pepper Stir-fry](#)

- [50. Baked Buffalo Chicken](#)
- [51. Chicken Zoodle Delish](#)
- [52. Rucola Salad](#)
- [53. Pistachio Salmon](#)
- [54. Piquant Peanut Chicken](#)
- [55. Sweet Chicky Soup](#)
- [56. Finger Lickin' Chipotle Meatballs](#)
- [57. Easy Paleo Spaghetti Squash & Meatballs](#)
- [58. Vegetarian Curry with Squash](#)
- [59. Meatball Zucchini Skillet](#)
- [60. Tasty Tuna Stuffed Tomato](#)
- [61. Citrus Chicken](#)
- [62. Lemony Chicken and Asparagus](#)
- [63. Paleo Crock Pot Cashew Chicken](#)
- [64. Spicy Slow Cooker Chorizo Chili](#)
- [65. Sausage and Kale "Pasta" Casserole](#)
- [66. Classic Tuna Salad](#)
- [67. Simple Cod Piccata](#)
- [68. Basic Balsamic Steak Marinade](#)
- [69. Kale and Red Pepper Frittata](#)
- [70. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [71. Simple Cod Piccata](#)
- [72. Easy Paleo Slow Cooker Pot Roast](#)
- [73. Classic Waldorf Salad](#)
- [74. Rosemary Beets with Garlicky Kale](#)
- [75. Honey Balsamic Roasted Brussels Sprouts](#)
- [76. Red Cabbage Bonanza Salad](#)
- [77. Spicy Granola](#)
- [78. Artichoke Tuna Delight](#)
- [79. Advanced Avocado Tuna Salad](#)
- [80. Avocado Egg Salad](#)
- [81. Divine Chicken or Turkey and Baby Bok Choy Salad](#)
- [82. Spicy Eastern Salad](#)

[83. Avocado Divine Salad](#)

[84. Lemon Tilapia Ajillo](#)

[85. Tantalizing Prawn Skewers](#)

[86. Gambas al Ajillo--Sizzling Garlic Shrimp](#)

Serve chilled with the blend of coconut cream, tomato paste and pressed garlic...add black pepper and

[87. Delish Veggie Hash With Eggs](#)

[88. Sexy Shrimp Cocktail](#)

[89. Creamy Chicken Casserole](#)

[90. Spicy Spinach Bake](#)

[91. Mushrooms, Eggs and Onion Bonanza](#)

[92. Basil and Walnut Eggs Divine](#)

[93. Spicy Turkey Stir Fry](#)

[94. Spicy Scrambled Eggs](#)

[95. Turkey and Kale Pasta Casserole](#)

[96. Salmon Dill Bonanza](#)

[97. Chicken Zoodle Delish](#)

[98. Chili-Garlic Ostrich or Venison Skewers](#)

[99. Spectacular Eggie Salsa](#)

[100. Spectacular Spaghetti and Delish Turkey Balls](#)

[101. Sexy Turkey Scramble](#)

[102. Roasted Lemon Herb Chicken](#)

[103. Perfect Turkey Stir-Fry](#)

[104. Avocado and Shrimp Omelet](#)

[105. Creamy Curry Stir Fry](#)

[106. Zesty Chicken Lemon](#)

[107. Chicken Peanut Lettuce Wraps](#)

[108. Chinese Chicken Legs](#)

[109. Jolly Jamaican Chicken](#)

[110. Divine Prawn Mexicana](#)

[111. Creamy Chicken Mushroom Soup Bonanza](#)

[112. Feisty Filipino Chicken](#)

[113. Turkey Eastern Surprise](#)

[114. Chicken Pineapple Delight](#)

[115. Thai Baked Fish with Squash Noodles](#)

[116. Delectable Shrimp Scampi](#)

[117. Coconut Turkey Salad](#)

[118. Cauliflower potato salad](#)

[119. Sexy Seared Scampi](#)

[120. Skinny Delicious Slaw](#)

[121. Bouncy Buddha Bowls](#)

[122. Asian Bisque](#)

[123. Mediterranean Turkey Delish Salad](#)

[124. Mustard Crusted Salmon with Arugula and Spinach Salad](#)

[125. Chicken Basil Avo Salad](#)

[126. Healthy Taco Salad](#)

[127. Crispy Baked Chicken Fingers](#)

[128. Skinny Delicious Turkey Divine](#)

[129. California Turkey and Bacon Lettuce Wraps with Basil-Mayo](#)

[130. Coconut Crusted Baked Cauliflower Bites](#)

[131. Baked Orange Chicken](#)

[132. Baked Sweet Potatoes with a Five Star Feta Salad](#)

[133. Crockpot Maple and Glazed pork Loin](#)

[134. Baked broccoli with garlic and parmesan cheese](#)

[135. Crispy Potato Skin Wedges](#)

[136. Balsamic Glaze Chicken Wings](#)

[137. Titillating 12 hour Broth](#)

[138. Sundried Tomato Roulade](#)

[139. Basic Beef Broth](#)

[140. Squash Boats](#)

[141. Extra Easy Broth](#)

[142. How to Make Paleo Cauliflower "Rice"](#)

[143. Paleo Phobroth](#)

[144. Pesto Kale](#)

[145. Shaved Asparagus Salad Eggs](#)

[146. Garlic Steak](#)

- [147. Zucchini Noodles](#)
- [148. Salmon, Avocado, and Arugula Salad](#)
- [149. Spicy Steak](#)
- [150. Fantastic Paleo Broth](#)
- [151. Chicken Lemon Stir-Fry](#)
- [152. Cobb Salad](#)
- [153. Beef, Stir-Fry](#)
- [154. Turkey Burger Guacamole](#)
- [155. Thai Chicken Cups](#)
- [156. Spring Greens Soup with Ginger Green Tea Broth](#)
- [157. Easy Homemade Gluten-Free Energy Bars](#)
- [158. Lemon Almond Roast Chicken Salad](#)
- [159. Steak Rolls](#)
- [160. Pesto Zucchini Noodles with Pesto](#)
- [161. Melting Mustard Chicken](#)

[Desserts](#)

- [162. Peachy Creamy Peaches](#)
- [163. Beautiful Butternut Pitta Surprise](#)
- [164. Prosciutto-Wrapped Berries](#)
- [165. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake](#)
- [166. Carrot Coconut Surprise](#)
- [167. Choco - Coconut Berry Ice](#)
- [168. Paleo Pumpkin Pie Smoothie](#)
- [169. Sexy Sweet Potato](#)
- [170. Green Kale Smoothie with Mango](#)
- [171. Cute Cupcakes Recipe](#)
- [172. Samoa Donuts](#)
- [173. Heavenly Herb Flatbread](#)
- [174. Nut Butter Truffles](#)
- [175. Beautiful Banana Bread- 5 Mins](#)
- [176. Strawberry Cheesecake Delight](#)
- [177. Choco – Almond Delights](#)

- [178. Naked Chocolate Cake](#)
- [179. Cheeky CHURROS](#)
- [180. Jam Ball Donuts](#)
- [181. Eastern Spice Delights](#)
- [182. Apple cinnamon delight Recipe](#)
- [183. Delicious Coconut Flour Cake with Strawberry Surprise](#)
- [184. Totally Tropical Granola](#)
- [185. Vanilla Pumpkin Seed Clusters](#)
- [186. Paleo Antioxidant Berry Shake](#)
- [187. Rose Banana Delicious Brownies](#)
- [188. Gummi Orange Slices](#)
- [189. Choco Coco Cookies](#)
- [190. Raw Pineapple Coconut Vegan Cheesecake](#)
- [191. Choco Cookie Delight](#)

Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!

- [192. Almond Joy Sunday](#)
- [193. Pristine Pumpkin Divine](#)
- [194. Gingerbread Cream Delight](#)
- [196. Chocolate Raspberry Cake Delight](#)
- [197. Berry Ice Cream and Almond Delight](#)
- [198. Paleo Sticky Date Pudding Cupcakes](#)
- [199. Healthy Fruit Leather](#)
- [200. Raw Brownie Bites](#)
- [201. Delicious Yellow Cupcake Recipe](#)
- [202. Absolute Almond Bites](#)
- [203. Maple Cinnamon Cheesecakes with Gingerbread Crust](#)
- [204. Chococups](#)
- [206. Xmas Chocolate Chip Cupcakes](#)
- [207. Lemon Blueberry Cake Delight](#)
- [208. Creamy Caramely Ice Cream](#)
- [209. Macadamia Pineapple Bonanza](#)
- [210. Cheeky Cherry Ice](#)

[211. Creamy Berrie Pie](#)

[212. Vanilla Bean Cupcakes with Mocha Buttercream](#)

[213. Extra Dark Choco Delight](#)

[214. Grain Free Steamed Christmas Puddings – GAPS & Paleo](#)

[Friendly](#)

[Ingredients](#)

[215. Gluten Free Banana Nut Bread](#)

[216 Perfect Pizza Muffins](#)

[217. Titillating Berry Trifle](#)

[218. Sweet Potato Muffins](#)

[219. Lemonny Lemon Delights](#)

[220. Almond Happiness Bars](#)

[221. Cozy Coconut Flour Muffins](#)

[222. Sexy Coconut Crack Bars](#)

[223. Lemon Cake](#)

[224. Delectable Pumpkin Bars](#)

[225. Best Banana Nut Bread](#)

[227. Pumpkin crepes](#)

[228. Cinnamon Chocolate Chip Muffins](#)

[229. Crispy Coconut Crackers](#)

[230. Mouthwatering Coconut Custard Cake](#)

[231. Paleo Cocoa Puffs](#)

[232. Party Carrot Cupcakes](#)

[233. Nutritious Paleo Tortillas](#)

[234. Gluten Free Dairy Free Coconut](#)

[235. Fudgy Pumpkin Blondies](#)

[236. Baked Vanilla Cardamom Delights](#)

[237 . Thin Mint Mini Cupcakes](#)

[238. Peach and Almond Cake](#)

[239. Scrumptious Peanut Butter Parcels](#)

[240. Gluten Free Tiramisu Roulade Recipe](#)

[241. Delicious English Cupcakes](#)

[242. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\)](#)
[\(Nut-Free\)](#)

[243. Apple, almond & blackberry Bonanza](#)

[244 . Sexy Savory Muffins](#)

[245. Paleo Vanilla Cupcakes](#)

[246. Secret Brownies](#)

[247. Lemonny Lemon Delights](#)

[248. Bursting Banana Cupcakes \(nut-free\) with Whipped White](#)
[Chocolate Sesame Frosting](#)

[249. Delish Banana Nut Muffins](#)

[250 Cheeky Coconut Chocolate Cookies](#)

[251. Gluten Free Monster Cookies](#)

[252 Apple Cardamom Cupcakes](#)

[253. Party Pink Velvet Cupcakes with Vanilla Frosting](#)

[254. Perfect Paleo Loaf](#)

[255 Chocolate Olive Oil Cupcakes](#)

[256 Succulent Shortbread Cookies](#)

[257 Perfect Paleo Bananacado Fudge Cupcakes](#)

[258. Spiced Apple Bake](#)

[259. Paleo Chocolate Cupcake with “Peanut Butter” Frosting](#)

[260. Fabulous Brownie Treats](#)

[261. Chocolate Cupcakes with Coconut Cream Filling](#)

[262. Honey Cream Hottie](#)

[Beverages](#)

[263. Beautiful Broccoli](#)

[264. Sexy SPRING DETOX](#)

[265. Tempting Coconut Berry Smoothie](#)

[266. Cool Cucumber Kiwi](#)

[267. Raspberry Coconut Smoothie](#)

[268. Sweet Melon](#)

[269. Peach Smoothie](#)

[270. Fruity Fast](#)

[271. Tantalizing Key Lime Pie Smoothie](#)

[272. The Detox Delight](#)

[273. Cute Celery](#)

[274. Blood Orange Smoothie](#)

[275. Hot and Spicy](#)

[276. Tempting Coconut Berry Smoothie](#)

[277. Pineapple Protein Smoothie](#)

[278. Blushing BLUE](#)

[279. Blueberry Lemonade](#)

[280. Winter Wonderland](#)

[281. CINNAMON Coconut Surprise](#)

[282. Green Smoothie](#)

[283. Sumptuous Strawberry Coconut Smoothie](#)

[284. Carrot Pecan](#)

[285. Almond Butter Smoothies](#)

[286. Choco Walnut Delight](#)

[287. Greens Smoothie With Mango and Lime](#)

[288. Raspberry Hemp Smoothie](#)

[289. Vanilla Blueberry Smoothie](#)

[290. Lavender Lemonade](#)

[291. Pineapple Coconut Deluxe Smoothie](#)

[292. Liver Detox](#)

[293. Kinky Kale-Apple Smoothie](#)

[294. Tantalizing Key Lime Pie Smoothie](#)

[295. Pineapple Smoothie](#)

[296. Raspberry Hemp Smoothie](#)

[297. High Protein and Nutritional Delish Smoothie](#)

[298. Hazelnut Hottie](#)

[299. Red Starter](#)

[300. Ginger Carrot Protein Smoothie](#)

[301. Divine Vanilla Smoothie](#)

[302. Daily Detox Delight](#)

[303. Tropical Green Smoothie](#)

[304. Perfect Pear Green Protein](#)

- [305. Berry Spinach Smoothie](#)
- [306. Delish Cream Latte](#)
- [307. Blueberry Bonanza Smoothies](#)
- [308. Hazelnut Butter and Banana Smoothie](#)
- [309. Fast and Furious](#)
- [310. Blueberry Mint Mouthful](#)
- [311. Peachy Green](#)
- [312. Sumptuous Strawberry Coconut Smoothie](#)

Snacks

- [313. Perfect Paleo Bananacado Fudge Cupcakes](#)
- [314. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING](#)
- [315 Yummy Pumpkin Bars](#)
- [316. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)
- [317. Titillating Berry Trifle](#)
- [318. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)
- [319. Bursting Banana Choco Cupcakes](#)
- [320. Crisp Coconut Flour Tortillas](#)
- [321. The Best Paleo Brownies \(Chocolate Goodness\)](#)
- [322. Luscious Lemon Delight](#)
- [333. Jam and 'Cream' Cupcakes](#)
- [334. Pumpkin Cream Cookies](#)
- [335. Easy Delish Pizza Crust Recipe](#)
- [336. Perfect Pear & Nutmeg Cupcakes](#)
- [337. Blueberry Banana Muffins](#)
- [338. Vanilla Bean Cupcakes with Mocha Buttercream](#)
- [339. Cranberry Orange Upside Down Revolution](#)
- [340. Creamy Appetizing Croissant](#)
- [341. Relishing Raisin Bread](#)
- [342. Chocolate Ganache](#)
- [343. Cheeky Coconut Loaf](#)
- [344. Crispy Coconut Crackers](#)
- [345. Healthy Carrot Ginger Muffins](#)
- [346. Quinoa, Spaghetti Squash, and Bacon Fritters](#)

- [347. Blueberry Sponge Roll Surprise](#)
- [348. Luscious Chocolate-Caramel Brownies](#)
- [349. Blushing Blueberry Muffin Recipe](#)
- [350. Sexy Savory Muffins](#)
- [351. Paleo Chocolate Cookies \(I Can't Get Enough of These\)](#)
- [352. Easy Paleo Shepherd's Pie](#)
- [353. Strawberry Dashing Doughnuts](#)
- [354. Perfect Pizza Muffins](#)
- [355. Nutritious Paleo Tortillas](#)
- [356. Cheeky Coconut Chocolate Cookies](#)
- [357. Salt and Vinegar Zucchini Chips](#)
- [358. Zesty Zucchini Muffins](#)
- [359. Paleo French Toast with Blueberry Syrup](#)
- [360. Celebratory Chocolate Hazelnut Cupcakes](#)
- [361. Succulent Shortbread Cookies](#)
- [362. Lavender Maca Brownies \(Dairy & Grain Free\)](#)
- [363. Perfect Plantain Cake Surprise](#)
- [364. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [365. Lemon Mousse Mouthwatering Cupcakes](#)

[Chapter 9](#)

[The Clean Eating Vision](#)

[Bibliography](#)

[BOOK 3](#)

[The Amazing Paleo Air-Fryer](#)

[Breakfast](#)

- [1. Sweet Potato Cookies](#)
- [2. Healthier Chicken Nuggets Recipe](#)
- [3. Buttermilk Banana Blueberry Bread](#)
- [4. Gluten Free Biscuit Chicken Pot Pies To Go](#)
- [5. Avocado and Egg Breakfast](#)
- [6. Bake Eggs in the Oven](#)
- [7. Sweet Potato and Beet Chips with Garlic Rosemary Salt](#)

[8. Blueberry Banana Muffins](#)

[9. Quinoa, Spaghetti Squash, and Bacon Fritters](#)

[10. Paleo Chocolate Cranberry Muffins](#)

[Lunch](#)

[11. Peri Peri Chicken](#)

[12. Crispy Potato Skin Wedges](#)

[13. Crispy Baked Chicken Fingers](#)

[14. Coconut Crusted Baked Cauliflower Bites](#)

[15. Crockpot Maple and Balsamic Glazed Pork Loin](#)

[16. Baked Sweet Potatoes with a Five Star Feta Salad](#)

[17. Baked Orange Chicken](#)

[18. Balsamic Glaze Chicken Wings](#)

[19. Orange and Miso Glazed Salmon](#)

[20. Baked broccoli with garlic and parmesan cheese](#)

[Dinner](#)

[21. Air Fried Zucchini, Yellow Squash, and Carrots](#)

[22. Crumbed Chicken Tenderloins \(Air Fried\)](#)

[23. Chicken Teriyaki Bowl with Broccoli and Sweet Potato](#)

[24. Cauliflower Buffalo Bites](#)

[25. Roasted Carrots](#)

[26. Fried Tofu](#)

[27. Maple-Glazed Chicken Thighs](#)

[28. Smoked Bacon Wrapped French](#)

[29. Asparagus Fries](#)

[30. Shish Kabob](#)

[Snacks](#)

[31. Salt and Vinegar Zucchini Chips](#)

[32. Parmesan Zucchini Chips](#)

[33. Salt & Vinegar Sweet Potato](#)

[34. Low Carb Fried Zucchini](#)

[35. Easy Garlic Butter Spread](#)

[36. Loaded bacon and sweet potato balls with panko crumbs](#)

[37. Oven Baked Onion Rings](#)

[38. Low Carb Avocado Crisps](#)

[39. Briana's House Low Carb Chocolate Chip Cookies](#)

[40. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)

[Desserts](#)

[41. Jam Ball Donuts](#)

[42. Baked Cinnamon Doughnuts](#)

[43. Gluten Free Dairy Free Coconut](#)

[44. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly](#)

[45. Raw Pineapple Coconut Vegan Cheesecake](#)

[46. Grain-free Italian Lemon Almond Cake](#)

[47. Vanilla Pudding Pops](#)

[48. Gluten Free Tiramisu Roulade Recipe](#)

[49. Gluten Free Monster Cookies](#)

[50. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider](#)

[Caramel](#)

[Author Biography](#)

[book 4](#)

[Terms and Conditions](#)

[Foreword](#)

[Chapter 1:](#)

[Get Started With Healthy Juicing](#)

[The Basics](#)

[Chapter 2:](#)

[Benefits of Healthy Juicing](#)

[Advantages](#)

[Chapter 3:](#)

[Healthy Juice Recipes](#)

[Recipes](#)

[Chapter 4:](#)

[Juicing Your Fat Away](#)

[Get The Fat Out](#)

[Chapter 5:](#)

[Juicing For Kids](#)

[For The Little Ones](#)

[Chapter 6:](#)

[Juicing For Anti-aging](#)

[Staying Younger](#)

[Chapter 7:](#)

[Juicing For Detoxification](#)

[Detox](#)

[Social Marketing](#)

[Staying Healthy](#)

[Juicing For Stress Relieving](#)

[Destress](#)

[Wrapping Up](#)

[FREE GIFT](#)

[27 Smoothie Recipes](#)

[Smoothies](#)

- [1. Gorgeous Berry Smoothie](#)
- [2. Tempting Coconut Berry Smoothie](#)
- [3. Volumptious Vanilla Hot Drink](#)
- [4. Almond Butter Smoothies](#)
- [5. Choco Walnut Delight](#)
- [6. Raspberry Hemp Smoothie](#)
- [7. Choco Banana Smoothie](#)
- [8. Blueberry Almond Smoothie](#)
- [9. Hazelnut Butter and Banana Smoothie](#)
- [10. Vanilla Blueberry Smoothie](#)
- [11. Chocolate Raspberry Smoothie](#)
- [12. Peach Smoothie](#)
- [13. Zesty Citrus Smoothie](#)
- [14. Apple Smoothie](#)
- [15. Pineapple Smoothie](#)
- [16. Strawberry Smoothie](#)

- [17. Pineapple Coconut Deluxe Smoothie](#)
- [18. Divine Vanilla Smoothie](#)
- [19. Coco Orange Delish Smoothie](#)
- [20. Baby Kale Pineapple Smoothie](#)
- [21. Sumptuous Strawberry Coconut Smoothie](#)
- [22. Blueberry Bonanza Smoothies](#)
- [23. Divine Peach Coconut Smoothie](#)
- [24. Tantalizing Key Lime Pie Smoothie](#)
- [25. High Protein and Nutritional Delish Smoothie](#)
- [26. Pineapple Protein Smoothie](#)
- [27. Raspberry Coconut Smoothie](#)

BOOK 1

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PALEO WEIGHT LOSS
For
ABSOLUTE BEGINNERS

FREE GIFT



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✓ USE YOUR SMART GENETICS
✓ EAT YOUR WAY TO EXCELLENT HEALTH
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INTRODUCTION

Anyone who takes a sustained look at the obesity numbers in the present global population will notice that they are rising fast. Despite the advancement in technology, healthcare and education, people are still making mistakes in how they eat. The current state of obesity in the world in 2013 calls for a return to the paleo diet, the right way to cope with evolution. The present obesity debacle arises from the fact that people are taking up a lifestyle that is not optimal for their existence on earth and these behaviours leave the body with too many extra calories than it requires.

The paleo diet derives its philosophy from the fact that people who inhabited the earth more than 10,000 years ago did not eat any processed food yet they were healthy and not obese. They did not experience modern-day diseases like arthritis, cardiovascular complications and cancers. So based on this fact, anyone wishing to enjoy a healthy paleo diet and regain their health should simply ask themselves whether a caveman would eat what the person is about to eat. If the answer is yes, then it is a go-ahead for eating that particular food but if it's no, then it would be a hint to stop taking the kind of food.

In 2005, the paleo diet went mainstream after famous people started asking their followers to embrace it. Since then various authoritative materials such as books and articles have been published to explain its benefits to health and fitness.

In the past, human bodies were wired to cushion themselves against any form of food scarcity. That was the beginning of the attraction to fatty foods and other high calorie yielding foods. The present problem is that, technology and large-scale farming brought about by the agrarian revolution has made it possible to create excess food. People nowadays eat because it feels convenient to eat and not because they need the extra calories, in the foods that they take.

The problem with most of the modern diet is that it lacks a balanced supply of both macro and micronutrients. When your body is experiencing a deficiency in a particular nutrient, it will initiate a hunger stimulus in your brain that will cause you to eat more. Unfortunately, if you do not go on to eat the right kind of food that produces the desired nutrient, you will end up with excess and still lack what you need. Thus it is a major cause of obesity.

Now many modern fitness diet advocates call for a calorie limitation as a weight loss measure. This is beneficial only to a point. Remember that, without the right supply of all micro nutrients, your body will still cause hunger stimulus that causes you to break your fitness diet and eat in excess.

You can succeed at a health fitness diet without the urges to binge eat by taking up the paleo diet. It includes unprocessed meats, fresh fruits and vegetables as well as nuts. This combination has a lot of fibre that leaves you filled without giving you excess calories. The paleo diet is low on refined sugars and oils. The elimination of these two main ingredients that lead to obesity creates a calorie deficit and a nutrient surplus that leads to successful weight loss. Indeed, the time to take up the paleo diet is now. Journey with us as we embark on living life the paleo way

CHAPTER 1:

WHAT IS THIS THING THE PALEO DIET?

Currently a lot of people are talking about the paleo diet; some people also refer to it as the caveman diet. Well this may be true due to the fact that it originated from our ancient ancestors.

Humans have changed drastically in times of technology, culture and diet. On this particular discussion, our interest is on diet. After the Neolithic period, humans started practicing agriculture hence a variety of ingredients become available for consumption changing our diet immensely.

Paleo eaters argue that as much as our environment have changed, our bodies have not had any change compared to our ancestors with our genes having changed by a mere 0.001% therefore our diets should not change as well. Modern foods have been associated with a lot of medical conditions such as cancer due to the ingredients they contain while they may be tasty and appealing, natural foods are healthier.

This brings us to the popular question, what exactly is the paleo diet?

This is a low sugar, high protein and low sodium diet that is meant to provide optimum health by following in our ancestors footsteps who lived in the Paleolithic age. The basic principle about this diet is optimum health but is also a good alternative if your aim is to lose weight.

A lot of evidence has been found to prove that our ancestors had the finest health and this is attributed to their diet. Different people may have various definitions to answer this question but there are similarities in all these definitions i.e. minimally processed, locally available, in-season foods. A good way to also define this diet is by saying what it is not i.e. paleo diet is not any industrial refined oil, sugar, dairy, alcohol etc.

Pastured, free-range chicken, grass-fed beef and anything organic are the most preferred foods for a paleo dieter. In terms of proteins, seafood/fish, poultry, lean meats, wild game are favored because they contain less saturated fats unlike processed meats.

When it comes to nuts or seeds, the ones with the most concentration of omega-3 i.e. walnuts, macadamia, almonds and cashews are the best. Fruits with low glycemic index e.g. tomatoes, melons, onions and broccoli are favored unlike modern fruits to be large and look good. Herbs and spices are recommended regardless of whether they have been processed since they are organic anyways i.e. vinegar.

Fast foods or foods in flashy wrappers are attractive, sweet and tempting; I bet you always salivate when you walk past a fast food café. The smell of fries, burgers and a drink of cold soda, well it is completely normal to feel that way (almost everyone feels that) but after trying Paleo for about 6 months, you would be surprised that a diet soda tastes very different than what you used to know, you can literally taste all the chemicals in it.

The paleo diet is growing daily as more people are getting concerned with what they eat, we are looking for ways to prevent or lose weight. By recreating our early human diet, we are getting in touch with the ancient taste while reaping all the benefits that come with it. I believe this has answered the question, what exactly is the paleo diet and a couple of the foods recommended.

CHAPTER 2:

THE REVITALIZATION OF THE PALEO DIET

As we have discussed, the Paleo diet is based on ancient diet of man which included animals and wild plants that were consumed 2.5 million years ago during the Paleolithic era.

It is preservative and gluten free. It is commonly centered on foods like eggs, fish, grass fed pasture raised meats, vegetables, potatoes, roots, fungi, fruits, nuts, dairy products, grains, refined salt, refined sugar, legumes and processed oils. But let's now retrace the steps and cover how this diet came back from extinction and learn the history of it

The history of the paleo diet can be traced back to 1975 when Walter L. Voegtlin a gastroenterologist published a book that highlighted the modern version of the diet. He arrived at his revelations after studying eating habits of the Paleolithic age while looking for a cure for Crohn's disease, colitis and irritable bowel syndrome. Diet from early man seemed to have adverse effects on the conditions where patients improved quickly without any side effects.

His version on the diet was based on the fact that there has not been much human genetic change since the Paleolithic era. He was more interested in the carnivorous history of man. He confirmed that humans are supposed to primarily feed on fats, proteins with little carbohydrates.

A decade later Professor Melvin Konner an anthropologist took the concepts to the scientific community with the assistance of an associate called Boyd Eaton. They did this by publishing a paper on the concepts in the New England Journal of Medicine. Professionals in the medical field started discussing the diet which is a very important stage of the history of the paleo diet. A high percentage was convinced about the advantages of the diet.

Three years down the line Eaton, Konner and Marjorie Shostak published a book on the diet. The book was however written with a twist. Instead of focusing on the foods that should not be included in the diet, they talked about the importance of eating same portion of carbohydrates, fats and proteins similar to the Paleolithic era diet.

Their version had some foods that were not allowed by Voegtlin. Their diet allowed permitted agricultural foods like whole grain bread, brown rice, potatoes and dairy products like skimmed milk that were not featured on the original diet. They work on the

rationale that the nutrient proportion and not food choice was what made the Paleolithic diet healthy.

Momentum for the diet continued to grow even in the 1990s as more nutritionists and medical professionals began to back the theory. More doctors started recommending it to their patients as part of a healthy eating plan for the sick patients and even the ones who were well. Most of them relied on the original concept where the diet consisted of the foods present before the introduction of agriculture.

As the years went by more people were drawn to the diet. Although it was hotly debated, it was still accepted in various circles. Today there are very many books and websites written on the diet as more and more people embrace it. At this point, it does not show any signs of dying away.

CHAPTER 3:

IS IT ALL IT'S CRACKED UP TO BE?

The Paleo diet has become more popular due to all of the health benefits of it. If you are thinking about going on this diet yourself, there are a lot of reasons to seriously consider it. This can become a way of life that can make you healthy and really change your outlook on food!

Benefits of Going Paleo

Weight Loss

Losing weight is hard for most people because they are either going on crazy diets or they are simply eating foods that aren't good for them. The Paleo diet can help you lose weight because the foods you will be eating are healthy and good for you! These can help you cut out fats and calories that you just don't need. This will result in weight loss that doesn't come from you starving or having to give up eating foods you enjoy. Most people continuously lose weight while on this diet because it's so healthy and easy to stick with.

Energy

Have you ever felt really tired and lethargic after eating a big meal full of carbohydrates and fats? Fast foods and unhealthy meals can make you feel terrible because they don't have anything good for you inside of them. By changing the foods you eat to those that are healthy, you will have more energy overall and feel great each day! Getting the proper vitamins and nutrients in your diet can make a huge difference with the way you feel and really help you get extra energy you have been lacking.

Nutrition

When eating a diet of junk food, candy, sugar, carbs and other bad foods it's difficult to get the proper vitamins and nutrients that are essential for a healthy body. When you switch to the Paleo way of life you will easily be able to get the nutrients that you need. All of the foods you eat will be packed full of things like fiber, vitamin a, vitamin c and other nutrients that are great for your body. When you have better nutrition in your life you will feel better and look better!

Allergies

The junk foods that people eat today are packed full of toxic ingredients that can easily hurt the body. For example, gluten intolerance is one of the biggest problems most people have today. The Paleo diet will make it possible to eat good food without having to worry about food allergens. Of course you should pay attention to what you eat if you are sensitive to certain things, but you won't have to deal with any chemicals or hidden toxins.

Recipes

There are a lot of different recipes you can make for the Paleo diet. These are easy to find and they taste great as well. These can help you find new foods that you enjoy eating and that are really good for you. When you aren't starving yourself or feeling deprived it will be easy to eat healthy and change the way you eat on a daily basis.

All of these benefits are worth considering if you want to change your eating habits and your health. The Paleo way of life is easy to adopt and can make you feel great from day one.

CHAPTER 4:

PREPARATION FOR YOUR PALEO DIET

The Paleo diet is quite simple to follow since it doesn't involve counting calories or other restrictions. It focuses on eating natural and fresh foods just like the hunters and gatherers did. As long as you are eating fresh sea food, lean meat, nuts, fruits and vegetables as provided in this diet then you can take as much as you wish without counting carbohydrates, fats and calories.

Before you embark on the Paleo diet you must have an inquiring and open mind. You have to sit down and decide when to start and what to eat in the first week. Primarily, if you choose to begin with a full on diet then you will experience an adjustment period. This period will most likely involve some mental, emotional and physical withdrawal symptoms as you begin changing your usual eating habits.

Because of the adjustment phase, it is advisable to start the diet when your life is relatively calm and without stressful situations. Some people can experience a slight headache while others show symptoms of flu for just a few days. The adjustment period can last for a week or two. During this phase, there is a feeling of fatigue, dizziness and a powerful craving for some delicious carbohydrate foods.

How to manage cravings and symptoms

One most strange aspect of human psychology is that people crave foods that have no nutritional value for their bodies. This is exactly true for dairy products and grains, therefore people who start the Paleo diet experience an intense craving for such foods. Here are some things to do to make the change of lifestyle a bit easier.

Drink a lot of water

Include garlic and onions in your food. They are rich in sulphur and amino acids. Sulphur is an important component of the detox system.

Add plenty of turmeric in your food. Turmeric is a strong anti-inflammatory and antioxidant agent.

Cook your meals with coconut oil or olive oil. Oily fish is also very good.

Planning your paleo diet

You must not embark on the diet before planning what foods you are going to take during the first week. Buy the things that are needed in advance to avoid reaching out for some sugary snacks immediately craving starts. It is wise to have adequate supply of snacks like walnuts, almonds, peanuts and fruits. When planning your Paleo diet you have to focus on mealtimes. Here is a sample meal plan.

Breakfast

- Eggs, mushroom, garlic, onions and steamed spinach
- Use coconut oil
- Avocado

Lunch

- Chicken salad with red onions
- Herb, olive oil and lemon juice dressing
- Pecans, cantaloupe and blackberries

Snack

- ¼ cup macadamias

Dinner

- Venison steak
- Ginger cabbage and olive oil
- Steamed summer squash with lemon juice, cinnamon and coconut milk

Desert

- Shaved almonds

Your first shopping trip ought to include fresh vegetables, lean meat, chicken, fish and some allowed snacks. Buy load of herbs, coconut oil, epsom salt, olive oil and anything that will help you survive the adjustment phase.

Taking care of yourself

It is a great idea to observe your body's reaction to the new diet. There are plenty of nutrients and no fillers in the Paleo diet. Many people experience a detoxification period where their bodies learn how to use fats as the main source of energy instead of carbohydrates.

CHAPTER 5:

WHAT TO EAT AND WHAT TO AVOID

If you would like to adopt the Paleo diet, here is the chapter for you that enumerates what to eat and what to avoid while on the diet plan. Read on.

#What to Eat

***Vegetables**

Vegetables are highly encouraged. However, the consumption of starchy vegetables such as yams, sweet potatoes, potatoes and cassava should be limited or better avoided. Propagators of the Paleo diet are of the opinion that any vegetable that cannot be consumed raw should be eliminated from the diet.

***Fruits**

Low sugar fruits such as berries, apples and peaches are perfectly fine for the diet but you should consume them in moderation. Equally important, don't consume fruits in their dried version e.g. dried apricots or their dried products. Again, fruits such as grapes and bananas should be avoided as they contain a lot of sugar.

***Eggs and Meat**

The Paleo diet advocates for the consumption of meat and eggs. However, you should stick to the grass-fed products and avoid meats that contain additives and preservatives in the meat you consume. Pork, game, beef, chicken, turkey and fish are the best for this diet. Chicken eggs, quail eggs and any other type of eggs are included in the diet.

***Seeds and Nuts**

All nuts and seeds, save for peanuts, are allowed. Peanuts are exempted because they are legumes. However, if you'd like to lose weight, you should moderate your consumption to about four ounces every day. Coconut and almond flour are also included in this list.

***Oils**

Unprocessed oils such as coconut oil, walnut oil, tallow, lard, olive oil and canola oil are highly recommended. Fish oil supplements are also encouraged. However, processed vegetable and hydrogenated oils are heavily discouraged. Furthermore, the existence of processed oils came with agriculture and industrialization.

***Beverages**

Drinking a lot of water is highly emphasized in the Paleo diet. Plain tea "without milk" as well as fruit and vegetable juices are also allowed.

#Foods to Avoid

***Grains**

The entire family of cereal grains should be avoided. This includes wheat, rice, corn, oats and barley. Proponents of the diet put much emphasis on avoiding white flour and rice as they contain refined carbohydrates.

***Legumes**

As aforementioned, legumes are not included in the Paleo diet plan. This includes all kinds of beans; string beans, kidney beans, black beans, soybeans, lima beans and mung beans. Again, black-eye peas, sugar-nap peas, snow peas and peanuts should be avoided.

***Dairy Products**

Dairy products such as butter, yogurt, skim milk, whole milk, cream, cheese, ice cream and dairy creamer are prohibited.

You should also steer away from alcohol, soft drinks, refined sweeteners and iodized salt. Processed foods should also be eliminated from the diet. It's important to note that the Paleolithic diet offers a number of benefits including weight loss, increase activity and general body health. Adopt it, stick to it and you'll gradually start to enjoy its benefits.

CHAPTER 7:

A DAY IN THE LIFE OF A PALEO DIET

On any given day a Paleo meal plan may include foods like vegetables, eggs, fresh fruits, nuts, lean meats and seafood. Such a meal provides you with nutrients such as phyto-nutrients, soluble fiber, antioxidants, carbohydrates and monounsaturated fats.

When preparing a Paleo meal, you need to focus on poultry, red meat, fish, eggs, nuts and seeds, vegetables and fruits. A small amount of honey, plant oils and dried fruits can also be included in your meals. Avoid any processed food with artificial ingredients, refined sugars, grains, salt and saturated fats.

Once you have made an effort to reduce your intake of packaged foods and grains, then you are ready to start following a daily Paleo diet. Read on to see a sample daily meal plan on the Paleo diet.

***Paleo breakfast**

Eating simply is one of the basics of the Paleo diet; simply generally means that you eat less food. For your breakfast you can prepare two scrambled eggs and turkey bacon. This a good and hearty meal that can be combined with Paleo pancakes. You can prepare a Paleo pancake by combining one cup of almond flour, three eggs, ¼ teaspoon of a vanilla extract and ¼ teaspoon of cinnamon. This will give you around 4 to 5 pancakes.

You can also try spinach and tomato omelette together with strawberries.

***Paleo lunch**

You can try a protein-style hamburgers or a big salad. Begin with a combination of greens, sliced carrots, sliced avocado, diced red pepper, raw mushrooms sliced, chopped walnuts, diced spring onions, lemon juice and equal amounts of olive oil.

***Paleo Dinner**

Prepare any combination of eggs, vegetables and meat. A sofrito of the olive oil, onions, garlic and red, orange and green peppers are just sautéed Paleo. You can also try

ground beef, tomatoes, sliced potatoes and spices to give a different but great taste sensation.

For a dessert, you can bake some apples slices with cinnamon and walnuts.

***Snacks**

The best snacks to eat early in the afternoon are fresh fruits such as bananas, apples strawberries and blueberries. You can also try guacamole together with raw broccoli plus carrots, peanuts, almonds, cashew, or even homemade jerky.

All dairy products such as yogurt, milk and cheese are excluded in this diet. Coffee, legumes and alcohol are also not allowed in your daily intake.

The Paleo diet is simple and only requires you to eat healthy and natural food. This diet has no calorie counting therefore ideal for those who want lose weight. It does not require you to purchase any expensive pre-packaged food, all you need to carefully plan your meals and then prepare them. Other benefits of Paleo diet includes a smoother, healthier skin, increased energy and a deeper and much more restful sleep. Remember to consult with your doctor for more advice.

CHAPTER 8:

COMMON MISTAKES TO AVOID ON THE PALEO DIET

What follows are some of the most common mistakes while on the Paleo diet that people are making every single day and the idea behind informing you of these mistakes is to help stop you from making the exact same ones yourself and undoing all of the good work that you have already put into your diet regime. There is no doubt that this particular diet can have some amazing results when it is done correctly, so read on in order to find out more about what you should not do.

First, people will often try to completely eliminate fat from their diet as they believe that it is evil and will result in them putting on weight rather than losing it. The truth of the matter is that you need some of it in your diet as it makes you feel more full and helps to absorb various nutrients and minerals in your food, so include some without going crazy and you will benefit from doing so.

Another mistake is that they try to make everything about the Paleo diet and this will then put undue pressure on their body as we all naturally crave different things as some kind of treat every now and then.

The problem is that so many people go from one extreme to the other when in actual fact you can have that little treat at different times as long as it does not become a mainstay in your diet because the main focus of this type of diet has to be on eating more natural meat and vegetables for the majority of your food with little tit-bits thrown in to keep your interest alive.

People are also guilty of thinking that they can eat as many nuts as they like because surely nuts have to be part of the Paleo diet?

In actual fact, you should look at limiting the amount of nuts you eat because they do not actually help you to lose any weight, so if you are having them as a snack, then always make sure that they are small portions rather than a big bag or you will undo the hard work you have already put in to lose some weight.

Finally, people believe that they need to eat less in order to lose weight on this diet because they believe that the idea is that in the Palaeolithic era food was scarce, which then leads to binges rather than controlled meals on a regular basis.

This is the wrong way to do things because you need to eat small meals on a regular basis and make sure that you get enough fats and protein in order to give your body the

fuel it needs to actually work. Binging in your diet will only result in your metabolism going haywire and losing weight will become extremely difficult as a result so small meals on a regular basis is undoubtedly the way forward.

People, therefore, make these common mistakes while on the Paleo diet and you can see that in order to avoid making them it simply involves you taking that little bit more care and fully understanding what the diet involves before you even start it. By taking your time you will not only manage to lose weight, but will also be healthier as well and benefit from it not only now, but in the long-term as well.

CHAPTER 9:

DANG! HOW DO I SHOP FOR FOOD?

Shopping for food on the Paleo diet doesn't have to be difficult. If you're on a budget then there is a simple plan you can follow to get the healthiest food for your money. First, prioritize animal protein, and then move on to vegetables followed by fruits and lastly fats.

Animal protein is where you want to spend the bulk of your budget. Always go for organic grass-fed or pasteurized meat. Buy it fresh and buy what is available. If you can't find organic grass fed lamb but you see organic beef, then buy the beef and change your dinner recipe for that night. If you see organic chicken on special, then buy a bunch of them and eat chicken all week, or freeze some of them.

If your budget is too tight to afford the best quality, then at least try to stick to meat from ruminants (beef, lamb, venison, goat, buffalo etc). These animals feed on their natural diet for at least a portion of their lives. Their meat also has a better ratio of Omega-6 to Omega-3 than meat like pork or chicken.

It's best to buy the leanest cuts and trim the fat from them. Many of the unhealthy things like environmental toxins, hormones and antibiotics reside in the fat, so it should be trimmed or drained before consumption. Always eat non-organic chicken without the skin for the same reasons. It's best to avoid pork altogether if you can't buy organic.

The next source of animal protein is fish. Since this will only last for a day at home, don't overspend here. Buy enough for one meal unless you are planning to freeze it. Wild-caught fish is good but pricey. You can buy less expensive fish that is often just as good like cod or scallops. Look at frozen fish as well; these are often a good substitute to the pricey stuff.

The final source for animal protein is eggs. There is only one rule here; buy organic. They are more expensive than "cage free" eggs but even so, they are still one of your cheapest sources of high quality protein.

Once you have your animal protein sorted, it's time to look at fruit and vegetables. It is not always best to buy organic. It's better to spend less on fruits and vegetables and more on better quality meat. A little pesticide on your produce is tolerable if it means you get high quality protein from meat, fish and eggs.

As a general rule, always buy in season and buy what's on special. Get your vegetables sorted before you purchase fruit. You can do without fruit if necessary but you need to eat

your veggies. Buy dark, leafy vegetables, as they are more nutrient-rich. Stay away from vegetables like lettuce, celery and cucumbers, as they don't have much nutrition. To save money you can also purchase frozen vegetables.

The next stop is fats. Dietary fat can be expensive so don't go crazy on things like nuts and seeds. Coconut products are good, inexpensive source of fats, especially coconut milk. In addition, avocados are a good source of fat and are available all year round. Olives preserved in salt and water are also a good choice. These are the staples for fats so go for them first. If you still have some room in your budget, you can buy nuts and seeds last.

When your budget allows, you can go for higher priced items like cold-pressed extra-virgin olive oil, unrefined coconut oil and organic pastured butter. These are all good sources of fat and they can last for months.

The last thing you may want to consider is stocking up on herbs and spices. They can be expensive but, adding a little to your spice rack each week will make eating chicken five nights a week much more interesting.

CHAPTER 10:

CLEANING OUT: THE PROCESS

Ok, so by now you have probably figured out when the best time to detox is and you can't wait to get started. But before we go into the program, we need to look at the process in terms of what happens to your organs when you detox. Just to give you a little motivation!

The Liver:

The liver will effectively sweep up all the toxins that are in your body. So this means that when you detox, the liver has a chance to get rid of all the toxins. So how does it do this? Well, giving your liver a bit of a break, through your program, means that it has the time, capacity and the energy to alter toxins, so that it can make them easy to get rid of in your urine.

It also leaks toxins into the bile it produces, which makes it easier for the body to get rid of the toxins through your bowel movements.

The lungs:

The lungs will also get some breathing space (excuse the pun please) because they will not have as many toxins coming in and as a result, they can simply breathe out the toxins that are in there. These toxins are the ones that we breathe in, through living in polluted cities.

The kidneys:

The kidneys are the unsung heroes of the body! Those little guys are kept really busy, since they take all the waste stuff that is in blood system (up to 12 pints an hour) filter it, take out all the nasty stuff, the toxins and then send the fluid back to the body, so that the blood is cleaned. They keep going, all the time, never usually complain, but giving them a break from having to filter out quite so much junk, will mean that they can work just that little bit more efficiently.

The intestines:

The intestines have to 'cope' with all the dietary toxins that we eat or drink. So they get the full impact of all the salt, sugar, caffeine and alcohol. They also (often) have to deal with a lack of fiber in the diet. This means that they cannot 'hook' toxins onto fiber and then get rid of the toxins. A detox program can increase your fiber intake and thereby give your intestines a chance to clean out some of the toxins lurking in your guts.

The skin:

The skin is often overlooked in the detox process, yet as the largest organ in the body, the skin can be used to eliminate toxins, through increasing sweat production. Initially the skin may look a little bit weary or even spotty as all those toxins start flooding out. But after a week of detox your skin will look refreshed, renewed and much more relaxed than it has for years: so stick with it!

Who can't detox?

Anyone can detox to a greater or lesser degree, but if you are pregnant, lactating, have a serious medical condition or are diabetic, then you should check with your physician prior to undertaking the program outlined here. People who have kidney problems, liver problems, gallstones or any other medical condition should only embark on this program if they have first discussed the program in detail with a physician.

This program has not designed to be followed by anyone who has a serious or chronic medical condition, nor is it appropriate for women who may be pregnant or lactating, so ensure that you are well enough to undergo the program. If you are unsure as to whether or not it is appropriate for you, then discuss it in detail with your physician.

OK: LET'S DO IT!

So now all the preparation has been done. If you are a caffeine junkie or like too many salty foods or too many glasses of wine of an evening, then you should have spent a week or so preparing for this detox process. But if you live a relatively healthy lifestyle, then you can just jump straight in.

As you are going through each day, then it may be helpful to consult the sections on supplements as well as alternative therapies that may help ease the process of detoxification. So if you have a day where you are finding things a bit tough, then flick

through to the sections on supplements and then alternative therapies, just to equip yourself with all the weapons you need to beat those toxins out of your body: for good!

There are some things that you are going to have to live without for 10 days. They will not assist the detox process and may simply work against it. So they cannot be taken: even in moderation.

These are:

- Coffee, tea, alcohol and all drinks except water, vegetable juice and herbal teas
- Salt (low sodium salt is allowed)
- Processed soups
- Sugar, even hidden sugars in food. Sweeteners are also not allowed except for Stevia in your tea
- No snacks for 5 days

Choose your foods with care!

You are about to embark on a detox program and mini fast to rid your body of toxins, so as far as possible, always, but always, choose organic produce for your soups that has been carefully grown and nurtured without using pesticides or any nasty chemicals. Otherwise, you are simply putting more toxins back in your body. Initially you may find this awkward, due to the expense involved, but you will be cutting down on expensive items such as meat and fish, so you will find that the shopping bill is not much higher than normal.

This is too important to mess up just for the sake of vegetables that may cost a couple of dollars more than standard produce. After all, aren't you worth just that little bit extra?

Before you start on the detox, make sure that you have lots of vegetables in and that during your detox you are able to source, fresh and organic vegetables with ease. Do not leave it until day 1 and then find that you have to spend most of the day trying to find vegetables that are pure enough for you to eat on your detox.

Introduction to Intermittent Fasting

There is a long-established tradition in many cultures that we can live longer and certainly experience better health by fasting on a regular basis. Fasting however takes many forms. At one extreme, it can involve total abstention from food for an extended period of time and this technique has been used to treat a range of severe illnesses including many forms of cancer.

Conducted under strict medical supervision, this form of extreme fasting with close monitoring in a controlled, clinical environment has produced extraordinary results in severely ill patients. There are several theories explaining why the technique is so effective but it is sufficient to know that certain elements of the medical fraternity have been using the method successfully for several decades.

It seems that the body possesses latent powers of healing and regeneration that are triggered during this form of controlled starvation. But it should only ever be attempted under the advice and supervision of experienced, medical professionals.

The Epigenetic Eating Take on Intermittent Fasting

On a lighter scale, fasting can involve abstaining from solid food for 1-30 days whilst drinking lots of liquids, soups and juices.

Obviously energy levels can suffer during fasting and some people experience initial unpleasant side effects as the body flushes out the old toxins and restores a more natural balance to the digestive system. The results are usually extremely worthwhile and most people feel a surge of new energy as well as visible changes in their skin and overall condition.

Intermittent fasting is a safe and effective method for re-setting the body's metabolic system and for re-balancing those critical insulin levels. All from simple fasting. The best approach is to try it for 48 hours following by a 3 day semi fasting paleo keto program.

Our Epigenetic Eating Detox Program introduces a gentle, easy but effective way to employ Intermittent Fasting to help you lose weight effectively and safely! This program can be safely repeated every three months but ALWAYS check with your physician if its appropriate for you

The fact is that we are surrounded by toxins at every level and a simple regime of regular fasting is one of the best ways to flush the garbage out of your system. It's got to be one your strongest methods for experiencing total wellbeing and supercharging your weight loss program at the same time!.

In our 21 day detox plan you will learn exactly how to apply these excellent eating regimes to benefit you according to your individual epigenetic needs.



5 DAY 5 POUND LOSS FAST

DAY 1 –

When you get up today, congratulate yourself for doing something really good: for you! Think positively. This is going to be a really exciting 5 days. You are going to have a really good time, You are going to cherish your body. Wow, this is just going to be so good for you, so let's get started….

½ hour before breakfast:

One cup of boiled water (allowed to cool slightly) with a dash of lemon or lime juice in it.

Breakfast:

Vegetable juice, preferably freshly squeezed using 10 carrots, 4 sticks celery, One small beet and a fist of ginger.

Drink it in two servings…one immediately and one an hour later with two heaped tablespoons of hemp protein powder added

Morning snack:

Ginger tea made from boiling two fists of ginger in a litre of x-water – add stevia drops if you need it sweetened…sip throughout the morning

Lunch:

Two large bowls of Vegetable broth made from any fresh vegetable you enjoy – here is my favourite…avoid onion and garlic…

6-10 large tomatoes

1 bunch celery leaves

5 carrots

lots of fresh herbs sprinkled on top

NOTHING ELSE

Just drink the broth with low sodium salt or if very hungry blend the vegetables into the broth

Afternoon snack:

Any Herb tea of choice – go for nettle tea for optimal detox

Dinner:

Same as lunch but use a different soup - I prefer a whole pumpkin with whole celeriac and 6 carrots

Plenty of herbal teas and more juice, along with water. Aim to drink at least 4 pints of fluid a day, rising to 5 pints if you can manage it: but don't overdo fluid intake.

Take things easy today, don't overdo exercise or go for a sauna, just relax, read a little, try to have a nice relaxing bath or shower and pamper yourself a little.

It can be helpful to keep a journal of how you feel and the ways in which your body seems to be reacting. This can be helpful to learn lessons from your detox, so that you can adapt a generally healthier lifestyle, after your program has ended.



DAY 2

Follow day 1 instructions for pre breakfast, breakfast and morning snack and lunch

Dinner:

Instead of soup eat one tin of wild caught salmon – eat another tin if you are very hungry

During the day try to take a little exercise

Go out for a walk, breathe in some good fresh air, or if the weather is bad, do some stretches at home. If you are working, try to get out of the work environment at lunchtime, just to try and promote maximum concentration for the afternoon.

Remember to keep your fluid uptake high and keep drinking lots of water, herbal teas and vegetable juice. Note however, that vegetable juice can be a little too sweet on the stomach, so water and herbal teas are best.



DAY 3

Follow instructions for Day 2 pre-breakfast, breakfast and mid-morning snack, lunch and dinner but add a small handful of walnuts or macadamias twice during the day

During day 3 you should try to do a little more exercise

Try to do something that will bring up a sweat, so that you can eliminate even more of those nasty little toxins. If you are in good shape, go for a run, or take a long cycle ride. If you aren't in such good shape, then try to run on the spot, or skip until you build up a sweat. If you have any kind of fitness dvd, then put this on and simply get active. Any kind of workout is better than none at all, so even some energetic work at home is better than simply sitting around.

By now, your body may feel a little 'strange' you may even find that you are thinking a lot about food, or cakes, bread or just a cool glass of wine etc. That is perfectly normal, but it can also be helpful to take some of the supplements listed in the next chapter, just to help your body to heal itself and get through the process without getting too down about it



DAY 4 AND 5

Ok, by now most of the intense cleansing process has been done, things now get a whole lot easier.

Pre-breakfast and breakfast are the same as for other days, but try to have a protein salad lunch from the delicious recipe list in the next chapter and for dinner stick with one of the protein soups from our delicious range of recipes.

Fluid and fiber

By now you will find that you are probably starting to feel a little more refreshed. But it is important to ensure that you keep drinking plenty of fluids. Remember that you have been taking in a lot of dietary fiber with all those vegetables, so you need fluids to bulk out the fiber and to help you feel full. Otherwise you will simply feel uncomfortable.

Exercise!

You also need to undertake some pretty rigorous exercise these days. This will help your skin to eliminate toxins, so the more energetic you can be, the better. It will also help you to sleep a little better. Don't worry if your skin is looking a little peaky and not very bright at this stage; that is only because the toxins are coming up towards the surface of your skin and another couple of days will start to see it looking much more alive and refreshed.

Skin cleansing

You may also want to consider having some kind of skin cleansing routine today, just to speed up the process. This could be either covering yourself in a mud cleansing product, which helps to literally 'draw out' the toxins, or you can simply brush your skin in the bath or in the shower. This will also help your circulation.

However, leave the skin cleansing routine until after you have exercised, for maximum effect.

Supper:

Finally, for supper, include some nuts, along with sunflower seeds and a few pumpkin seeds.

So that is the end of the fasting period and you have done brilliantly to get this far. Treat yourself by having some kind of indulgence. This may just be a long bath or shower, a facial, a massage from your loved one, or reading a good book. But you need something as a treat and reward for having come so far and today has probably been much easier than the first three and you are now on the home straits!

And that dear friend, is the conclusion of the detox program. It isn't rocket science, it isn't about surviving on 2 lettuce leaves and a glass of spinach juice for a week. In fact, let's be honest, it wasn't actually all that painful and it is something that you could actually do once every couple of months, just to keep your body in optimum condition and the more you do it, the easier it becomes, because your body has fewer toxins to get rid of...

But there are things that you can do throughout the detox process, just to make life a little easier for you and to help your body to eliminate as many toxins as possible. So the next 2 chapters will look at supplements followed by things that can help if you are finding it hard to get rid of toxins.

Supplements

Not everyone who goes on a detox program has to take supplements. But they can help. It is possible to list about 100 different supplements that you could take, but the reality is that you only need one or two and although all the supplements that we suggest are completely natural, if you overload your system with supplements, then this keeps the kidneys and liver busy processing them. So when it comes to supplements; be very frugal and don't just take them without thinking about what you are doing.

So who needs supplements?

If you have been living a quite toxic lifestyle and you find that you have been really stressed, perhaps drinking too much, if you smoke or if you are very overweight, then it may be helpful to take some supplements, just to make sure that you give your body every support during the detox process. However, it is completely up to you: you do not have to take supplements and your detox will work as well without them. But if you are concerned that there are a LOT of toxins in your body, then you can take one or two supplements, just to help things along a bit. Also if you are very stressed, then a supplement that can help you to relax, may improve your chances of making it through. The program is actually very easy, but if you are pretty 'toxic' and you are stressed, fatigued and a little bit on edge, then it is more likely that you will jump off the wagon and end up eating junk food and fizzy drinks before the end of day 3, so again, a supplement can help.

Some supplements that you may be advised to take during a detox program, such as Evening Primrose Oil will only start to take effect after 3 months of continual use, so their actual benefits during your detox will be minimal.

Milk thistle

Milk Thistle is a really useful supplement to take, since it can help to support your liver. Remember that your liver is busily dealing with all the toxins that have built up in your body over time. So taking milk thistle is in effect a crutch to help your liver through a busy period! It can be useful to take this for a month or so, then have a break. Most people find that milk thistle will work in about 5 days and it is usually taken for a month at a time.

Vitamin E

Vitamin E is a powerful antioxidant which can help protect the body from the effect of 'free radicals', which can be released during an intensive period of detox. Vitamin E could help neutralise them and so you are protecting your body against these free radicals which are pretty nasty, if you have too many of them flying about your body unchecked.

Dandelion

Some people like to take dandelion extract when going through a detox, since this can help the kidneys operate more effectively. It makes you urinate more often and it also has a mild laxative effect on the bowels. For this reason, and the fact that you are taking in a lot of fruit and vegetables during your detox, it may be best to only take dandelion for a few days at the beginning and if you are not at work, since your frequent trips to the restroom may become a little embarrassing!

Yerba Mate Tea

Yerba Mate is often referred to as the ‘friendship drink’ since it is used extensively in South America, where it is very much associated with relaxing amongst friends. It has a balancing effect on the body, helping it to cope with stresses and strains. It also helps the body to relax and sleep more soundly, but when you wake up, you don’t feel groggy, instead you wake up feeling alive and full of vitality. It is great if you are experiencing long term stress, since it just seems to help the body to bat the stress away and, when it comes to your detox program, Yerba Mate can help you to simply enjoy the process: no matter how stressed you are.

How do supplements help?

Supplements such as those listed above, are simply aids to detoxing, because they support the body and the mind when you are going through the process. They are not ‘wonder drugs’ they simply are an aid, to help give you an edge and make sure that people can stick to the program. Although the detox program outlined here is not that strict and it is actually quite easy to adhere to, some people have got themselves so tired, stressed and fatigued with a toxic lifestyle that they fear they will never last the course. So these supplements are just a little bit of ammunition, to be pulled out, if you feel that the whole program is simply too much for you!

But only take one or two of those listed: perhaps milk thistle and yerba mate tea are the 2 most important. All the others can be dispensed with, but these really do pack a punch and can make all the difference to a detox program. With them, the process seems easy, without them, it can at times be a little bit of a struggle.

Yet we have more ammunition for you. Yes, you are going to go into detox armed with as many weapons as we can give you, just to make sure that you find it a really simple and easy process and not a struggle at all. This is where our detox is straightforward and easy to achieve, rather than being too abstract and theoretical. Only through going through it can

you know that at times it can be hard not to go back to toxic patterns of behaviour and eating, so that is why you are fully equipped with knowledge of how to beat temptation!

What to do when things feel bad

Some people who have been on a detox program will tell you that it was so easy, they just sailed through, they never even thought about burgers, fries or a glass of wine. No they just had a great week or 10 days and all they ate was a spinach leaf (ok, that was an exaggeration, but you get the picture, don't you?). Others will tell you that it was bad. Really bad. They spent a whole week or 10 days dreaming about burgers, fries, wine, beer and so on. It was hell. They thought they would crack up and so on and so on.

So which experience will you have? Well to some extent that depends on your mindset. If you think that you will enjoy it and you know that you have lots of little tricks up your sleeve, to make the process as easy as possible, then you probably will go through it without any real difficulties. But there may be times when you may find that it feels a little bit harder than others: a stressful day, the kids are misbehaving or work just has been real tough. Well when this happens, then you need to bring out the 'Big guns' and these are the tricks that will simply calm you back down and help you become more focussed again.

Yoga/Stretches

If you have never done yoga, then now may be a good time to take it up. So enrol for a beginners class. If you have done it before, then go along to a class and just refresh yourself with the techniques. If you can't face a class or beginning something new, then simply stretch your body as much as you can. Stretch upwards, lifting your arms to the ceiling, breathing inwards deeply, then bend down towards the floor, keeping your arms and legs straight, exhale as you do this. Keep your breathing steady and even. Try to do this every time you feel stressed or uptight. If you are at work, go to the restroom and do it in private. At home, you can do it anywhere that is quiet and peaceful.

Exercise

Throughout the program you have been advised to take exercise, apart from the first day or so. Exercise will help relax your body as well as releasing toxins, so it is important to keep up the exercise and not let things slide: remember this is an important program, so it needs to be followed carefully.

Deep breathing

Deep breathing really does calm the body down. This is a scientific fact, so use it to ensure that you keep your body and soul calm and composed. Breathe in slowly, through your nose, to a count of 8. Hold the breath there for a count of 7. Then breathe out again, to a count of 11. Yes, you are breathing out for longer than you are breathing in, but this is

what actually calms you down the fastest. Some people advise deep breathing once an hour, for at least the first few days of a detox program, but it is up to you. You can either do it as often as once an hour, or you can just do it whenever you feel yourself becoming a little bit stressed.

Aromatherapy

Have a few drops of clary sage, lavender or neroli in a relaxing bath, or buy some good quality almond oil and mix in a few drops of your favourite relaxing aromatherapy oil. Then apply whenever you feel anxious or uptight. If you apply it to your pulse points, then you can breathe it in and this will actually help you to calm down much quicker.

Patterns of thought

We are what we think to a large extent, which means that we are capable of effecting change, even when we may not be aware of this power. Often if we have been living a toxic lifestyle, then our patterns of thought are also pretty toxic. So we are always thinking negatively or focussing on bad stuff, rather than being gentle with ourselves and thinking positive thoughts, about how well we are doing, how much love there is in our lives and so on. All these negative thoughts need to be fought, so try to repeat affirmations to yourself on a regular basis throughout the detox program and change your 'toxic thoughts' into sweet, life affirming ones. This can take some time to get used to, but it really does work, so make the effort to think positively and in an upbeat fashion.

End of Detox

Now that you have reached the end of detox, what do you do? Do you crack open a bottle or two of wine, sit down to burgers and fries and then several candy bars? Well if you do, then you probably are going to find that you need to detox again pretty soon. Try to learn from your detox and make sure that you reduce the amount of processed food, sweet, sugary food, caffeine and alcohol that you consume on a regular basis and steer clear of the salt cellar!

A detox program such as this can help you make long term changes to your diet and ensure that you lead a happier life, with less stress and fatigue. Your intestines, kidneys, skin, bowel, liver and even your brain will be given good food with all the nutrients that your body needs, without having to deal with toxins or poisons that you consume regularly.

Your body is now cleansed, and we have included a three week ongoing detox program to help it stay cleansed and introduce new and delicious eating behaviours and

choices try to keep it that way and ensure that your body is maintained at its optimum state of health and fitness. If you do this, then you will also find that next time you detox it is a much easier process to go through.

CONCLUSION:

START TODAY

As we conclude this guide we must remember that the Paleo diet is a consumption plan designed to replicate the nutritional habits of humans' hunter-gatherer ancestors. It is based on the principle that human beings might attain better health and optimal weight by avoiding diets high in carbohydrates and sugar and instead eating a lot of lean meats, fish, fruits and vegetables. Below are 6 tips to help you start the Paleo diet today:

1. Awareness

You get a pretty excellent idea of what the Paleo diet is all about by researching on the internet, books, journals or joining Paleo groups in the different social networking sites such as Facebook, twitter and meetuip.com. You should know which foods the Paleo diet avoids also.

Advocates of the Paleo diet believe that there is a direct association between the increasing prevalence of several chronic diseases, like obesity, diabetes as well as heart disease, with the increasing intake of carbohydrates and sugar. Advocates recommend eating a diet like that of our hunter-gatherer ancestors where foods like sugar, bread, pasta, cereals, dairy products, trans fats and fatty meats were not available as the only way to attain better health.

Moreover, advocates recommend us to keep away from starchy vegetables like corn and potatoes, legumes, peanuts, beans, and every type of fruit juices and sodas.

2. Identify the best Paleo diet foods

A Paleo diet is rich in protein, a nutrient which enhances satiety and increases weight loss better compared to processed carbohydrates. The best Paleo diet foods should incorporate chicken, fish, shellfish, avocados, eggs, nuts, berries, turnips and carrots.

3. Include Paleo diet in your everyday plan

Arrange how you'll include the Paleo diet in your everyday plan. Foods high in carbohydrate, whole grains foods are easily accessible in fast-food cafe and vending machines, however Paleo diet foods are difficult to get. Less Paleo foods are kept in a pantry. Get into the pantry and remove all processed food, such as rice, beans, bread, sugar, cereals, pasta, candy, sodas, cake mixes and potato chips that is kept there. Donate unopened and usable products to local food pantry or either throws it all away or feasts on it for some days to eliminate it. An effective start of the Paleo diet implies scheduling the foods you'll take for breakfast, lunch as well as dinner. In this way, you'll not be prone to reaching for processed foods once hungry.

4. Get ready for the effects of radically reducing carbohydrates intake

People taking a diet rich in carbohydrates might experience a range of consequences when commencing a Paleo diet. It can result to dizziness, tiredness and constipation. Moreover, a Paleo diet might stimulate ketosis, a condition which leads to rapid breakdown of body fat. This might be particularly risky for expectant women and individuals suffering from diabetes.

5. Gradual transition

Slowly shun your processed food intake patterns and substitute them with Paleo diet foods. You can take up even a month. A best way to include this is to avoid purchasing any processed foods once you go to the market.

6. Detox

A best way to start a Paleo diet is to detox your body first. You can simply cleanse your body by taking just water together with lemon juice, cayenne pepper and maple syrup for a period of between 1-7 days. Only do this under medical supervision or follow the Paleo Detox in the book mentioned below.

Well that brings us to the end of this beginners guide to the Paleo diet, Go out and take charge of your life and your diet.

BOOK 2

IMPORTANT INFORMATION

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

WHAT THIS BOOK IS NOT!

Whilst I have referred where appropriate to important medically based studies, books and medical papers, this book has not been written as a medical research paper, designed to cover dozens of scientific subjects.

I have deliberately avoided the current trend in many diet books to constantly cherry pick medical and scientific studies to support the book's conclusions. This book is not intended as a reference item to satisfy those readers that might be looking for useful research material.

This book is about a real life journey and the real life testing processes that have identified the most effective ways to develop great eating behaviours and incorporating those behaviours into our daily food choices.

There will be a detailed bibliography attached to this book. This is a truly exciting and rapidly evolving science and there is a vast amount of material to read and study about Epigenetics and Functional Medicine in general, especially in the way that these insights apply to intelligent weight management. If you require further information, I suggest you contact me via the Publisher for specific recommendations at

beranparry@gmail.com

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INTRODUCTION

One of the most exciting developments in the realm of super nutrition has been the introduction of the Paleo Diet, a wildly effective way to burn off the excess fat and get our bodies into the best possible shape. It's no secret that I've been following the Paleo Method for some years and it's why I'm a major fan of creating better health from the inside out. The plain fact is that whatever we put on the end of our forks is going to play a major role in determining how we look and how we feel. Switching to Paleo as a lifestyle choice can easily be one of the important changes we can make to our health and wellbeing. But you don't have to give up the joy of fabulous food to enjoy this spectacularly smart way of fuelling your body. That's because the food tastes fantastic. Period.

But there's so much more to this way of eating than burning off the excess weight, important though that may be to you. Following the Paleo Diet is also a superb way to cleanse your body of all the toxins and impurities that have degraded your health and aged your body prematurely. That's right. This is a fantastic way to turn back the clock, to drop that stubborn belly fat and look and feel years younger than you ever thought possible. And that can happen whilst you're enjoying every nutrition-rich mouthful of fabulous food. You eat smart, you burn off the fat, you super-cleanse your body and you get to enjoy the process every single mealtime! I bet you didn't expect life to be so good.

These recipes have been designed and collated to make every dish a pleasure to eat whilst conforming to the principles of the Paleo Diet. Our purpose is to reward your body with the super-nutrients it's been craving for years whilst giving your taste buds the kind of treat that will make mealtimes a feast for the senses.

Wishing you every success with your adventures in the wonderful world of Paleo!

TABLE OF CONTENTS

[Introduction](#)

[Chapter 1](#)

[About The author](#)

[Chapter 2](#)

[So Why Can't I Lose Weight? And why can't I keep the weight off?](#)

[Chapter 3](#)

[Epigenetics + PALEO/KETO Eating Behaviours](#)

[The PALEO-KETO EPIGENETIC EATING PROGRAM – what is it?](#)

[KETOGENICS](#)

[Chapter 4](#)

[The Clean Eating Paleo Keto Mythbuster Chart](#)

[CHAPTER 5](#)

[Getting Organised!](#)

[CHAPTER 6](#)

[The Clean Eating Paleo Keto Transformation](#)

[Chapter 7](#)

[Your weight loss helpers!....Vitamin D and Magnesium](#)

[Chapter 8](#)

[365 Delicious Recipes at your disposal](#)

[Breakfast](#)

[1. Homemade Strawberry Fruit Leather](#)

[2. Apple Cider Paleo Donuts](#)

[3. Healthy Low Carb Crustless Quiche Recipe](#)

[4. Choco Nut Skinny Muesli Balls](#)

[5. Tasty Apple Almond Coconut Medley](#)

[6. Paleo Porridge with Banana](#)

[7. Sweetie Skinny Crackers](#)

[8. Bacon and Heirloom Tomato Frittata with Basil](#)

- [9. Breakfast Mexicana](#)
- [10. Apple Cider Paleo Donuts](#)
- [11. Breakfast Sweet Potato Hash](#)
- [12. Paleo Porridge with Banana](#)
- [13. Paleo Garlic Breadsticks \(Just Don't Eat Them All Yourself\)](#)
- [14. Mile High Power Breakfast Burger](#)
- [15. Prosciutto-Wrapped Mini Frittata Muffins](#)
- [16. Spicy Southwestern Breakfast Bowl](#)
- [17. Raisin Nut Crunch Cereal](#)
- [18. Healthy Low Carb Crustless Quiche Recipe](#)
- [19. Down-Home Brussels Sprout Hash](#)
- [20. Breakfast Quiche with Broccoli and Ham](#)
- [21. Paleo Stuffed Breakfast Peppers](#)

[Lunch](#)

- [22. Cheeky Chicken Salad](#)
- [23. Superior Salmon with Lemon and Thyme OR Use any White fish](#)
- [24. Low Carb Chipotle Chicken Lettuce Wraps](#)
- [25. Fennel and Brussels Sprouts Sirloin Rolls](#)
- [26. Spectacular Shrimp Scampi in Spaghetti Sauce](#)
- [27. Tasty Testy Lettuce Wraparounds](#)
- [28. Sashimi Divine with Vinaigrette](#)
- [29. Punchy Tomato Salsa](#)
- [30. Sexy Salsa](#)
- [31. Saucy Gratin with Creamy Cauliflower Bonanza](#)
- [32. Pumpkin Avocado Salad](#)
- [33. Crispy Chicken Wings](#)
- [34. Steamed Brussels Mussels with Fresh Basil](#)
- [35. Mediterranean Supercharger Omelet with Fennel and Dill](#)
- [36. Sexy Prawn Salsa](#)
- [37. Summer Tuna and Avocado Salad](#)
- [38. Blushing Beet Salad](#)
- [39. Outstanding Veggie Omelet](#)
- [40. Cheeky Chicken Stir Fry](#)

- [41. Grilled Shrimp Fennel Salad](#)
- [42. Spaghetti Squash Hash Browns](#)
- [43. Mediterranean Medley Salad](#)
- [44. Moroccan Madness](#)
- [45. Golden Glazed Drumsticks](#)
- [46. Chicken Delish Salad](#)
- [47. Divine Juicy Tuna Sashimi](#)
- [48. Avocado Chicken Salad](#)
- [49. Tantalizing Turkey Pepper Stir-fry](#)
- [50. Baked Buffalo Chicken](#)
- [51. Chicken Zoodle Delish](#)
- [52. Rucola Salad](#)
- [53. Pistachio Salmon](#)
- [54. Piquant Peanut Chicken](#)
- [55. Sweet Chicky Soup](#)
- [56. Finger Lickin' Chipotle Meatballs](#)
- [57. Easy Paleo Spaghetti Squash & Meatballs](#)
- [58. Vegetarian Curry with Squash](#)
- [59. Meatball Zucchini Skillet](#)
- [60. Tasty Tuna Stuffed Tomato](#)
- [61. Citrus Chicken](#)
- [62. Lemony Chicken and Asparagus](#)
- [63. Paleo Crock Pot Cashew Chicken](#)
- [64. Spicy Slow Cooker Chorizo Chili](#)
- [65. Sausage and Kale "Pasta" Casserole](#)
- [66. Classic Tuna Salad](#)
- [67. Simple Cod Piccata](#)
- [68. Basic Balsamic Steak Marinade](#)
- [69. Kale and Red Pepper Frittata](#)
- [70. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [71. Simple Cod Piccata](#)
- [72. Easy Paleo Slow Cooker Pot Roast](#)
- [73. Classic Waldorf Salad](#)

- [74. Rosemary Beets with Garlicky Kale](#)
- [75. Honey Balsamic Roasted Brussels Sprouts](#)
- [76. Red Cabbage Bonanza Salad](#)
- [77. Spicy Granola](#)
- [78. Artichoke Tuna Delight](#)
- [79. Advanced Avocado Tuna Salad](#)
- [80. Avocado Egg Salad](#)
- [81. Divine Chicken or Turkey and Baby Bok Choy Salad](#)
- [82. Spicy Eastern Salad](#)
- [83. Avocado Divine Salad](#)
- [84. Lemon Tilapia Ajillo](#)
- [85. Tantalizing Prawn Skewers](#)
- [86. Gambas al Ajillo--Sizzling Garlic Shrimp](#)
- Serve chilled with the blend of coconut cream, tomato paste and pressed garlic...add black pepper and
- [87. Delish Veggie Hash With Eggs](#)
- [88. Sexy Shrimp Cocktail](#)
- [89. Creamy Chicken Casserole](#)
- [90. Spicy Spinach Bake](#)
- [91. Mushrooms, Eggs and Onion Bonanza](#)
- [92. Basil and Walnut Eggs Divine](#)
- [93. Spicy Turkey Stir Fry](#)
- [94. Spicy Scrambled Eggs](#)
- [95. Turkey and Kale Pasta Casserole](#)
- [96. Salmon Dill Bonanza](#)
- [97. Chicken Zoodle Delish](#)
- [98. Chili-Garlic Ostrich or Venison Skewers](#)
- [99. Spectacular Eggie Salsa](#)
- [100. Spectacular Spaghetti and Delish Turkey Balls](#)
- [101. Sexy Turkey Scramble](#)
- [102. Roasted Lemon Herb Chicken](#)
- [103. Perfect Turkey Stir-Fry](#)
- [104. Avocado and Shrimp Omelet](#)

- [105. Creamy Curry Stir Fry](#)
- [106. Zesty Chicken Lemon](#)
- [107. Chicken Peanut Lettuce Wraps](#)
- [108. Chinese Chicken Legs](#)
- [109. Jolly Jamaican Chicken](#)
- [110. Divine Prawn Mexicana](#)
- [111. Creamy Chicken Mushroom Soup Bonanza](#)
- [112. Feisty Filipino Chicken](#)
- [113. Turkey Eastern Surprise](#)
- [114. Chicken Pineapple Delight](#)
- [115. Thai Baked Fish with Squash Noodles](#)
- [116. Delectable Shrimp Scampi](#)
- [117. Coconut Turkey Salad](#)
- [118. Cauliflower potato salad](#)
- [119. Sexy Seared Scampi](#)
- [120. Skinny Delicious Slaw](#)
- [121. Bouncy Buddha Bowls](#)
- [122. Asian Bisque](#)
- [123. Mediterranean Turkey Delish Salad](#)
- [124. Mustard Crusted Salmon with Arugula and Spinach Salad](#)
- [125. Chicken Basil Avo Salad](#)
- [126. Healthy Taco Salad](#)
- [127. Crispy Baked Chicken Fingers](#)
- [128. Skinny Delicious Turkey Divine](#)
- [129. California Turkey and Bacon Lettuce Wraps with Basil-Mayo](#)
- [130. Coconut Crusted Baked Cauliflower Bites](#)
- [131. Baked Orange Chicken](#)
- [132. Baked Sweet Potatoes with a Five Star Feta Salad](#)
- [133. Crockpot Maple and Glazed pork Loin](#)
- [134. Baked broccoli with garlic and parmesan cheese](#)
- [135. Crispy Potato Skin Wedges](#)
- [136. Balsamic Glaze Chicken Wings](#)
- [137. Titillating 12 hour Broth](#)

- [138. Sundried Tomato Roulade](#)
- [139. Basic Beef Broth](#)
- [140. Squash Boats](#)
- [141. Extra Easy Broth](#)
- [142. How to Make Paleo Cauliflower “Rice”](#)
- [143. Paleo Phobroth](#)
- [144. Pesto Kale](#)
- [145. Shaved Asparagus Salad Eggs](#)
- [146. Garlic Steak](#)
- [147. Zucchini Noodles](#)
- [148. Salmon, Avocado, and Arugula Salad](#)
- [149. Spicy Steak](#)
- [150. Fantastic Paleo Broth](#)
- [151. Chicken Lemon Stir-Fry](#)
- [152. Cobb Salad](#)
- [153. Beef, Stir-Fry](#)
- [154. Turkey Burger Guacamole](#)
- [155. Thai Chicken Cups](#)
- [156. Spring Greens Soup with Ginger Green Tea Broth](#)
- [157. Easy Homemade Gluten-Free Energy Bars](#)
- [158. Lemon Almond Roast Chicken Salad](#)
- [159. Steak Rolls](#)
- [160. Pesto Zucchini Noodles with Pesto](#)
- [161. Melting Mustard Chicken](#)

[Desserts](#)

- [162. Peachy Creamy Peaches](#)
- [163. Beautiful Butternut Pitta Surprise](#)
- [164. Prosciutto-Wrapped Berries](#)
- [165. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake](#)
- [166. Carrot Coconut Surprise](#)
- [167. Choco - Coconut Berry Ice](#)
- [168. Paleo Pumpkin Pie Smoothie](#)

- [169. Sexy Sweet Potato](#)
- [170. Green Kale Smoothie with Mango](#)
- [171 Cute Cupcakes Recipe](#)
- [172. Samoa Donuts](#)
- [173. Heavenly Herb Flatbread](#)
- [174. Nut Butter Truffles](#)
- [175. Beautiful Banana Bread- 5 Mins](#)
- [176. Strawberry Chesseecake Delight](#)
- [177 Choco – Almond Delights](#)
- [178. Naked Chocolate Cake](#)
- [179. Cheeky CHURROS](#)
- [180. Jam Ball Donuts](#)
- [181. Eastern Spice Delights](#)
- [182. Apple cinnamon delight Recipe](#)
- [183. Delicious Coconut Flour Cake with Strawberry Surprise](#)
- [184. Totally Tropical Granola](#)
- [185. Vanilla Pumpkin Seed Clusters](#)
- [186. Paleo Antioxidant Berry Shake](#)
- [187 . Rose Banana Delicious Brownies](#)
- [188. Gummi Orange Slices](#)
- [189. Choco Coco Cookies](#)
- [190. Raw Pineapple Coconut Vegan Cheesecake](#)
- [191. Choco Cookie Delight](#)
- Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!
- [192. Almond Joy Sunday](#)
- [193. Pristine Pumpkin Divine](#)
- [194. Gingerbread Cream Delight](#)
- [196. Chocolate Raspberry Cake Delight](#)
- [197. Berry Ice Cream and Almond Delight](#)
- [198. Paleo Sticky Date Pudding Cupcakes](#)
- [199. Healthy Fruit Leather](#)
- [200. Raw Brownie Bites](#)

[201. Delicious Yellow Cupcake Recipe](#)
[202. Absolute Almond Bites](#)
[203. Maple Cinnamon Cheesecakes with Gingerbread Crust](#)
[204. Chococups](#)
[206. Xmas Chocolate Chip Cupcakes](#)
[207. Lemon Blueberry Cake Delight](#)
[208. Creamy Caramely Ice Cream](#)
[209. Macadamia Pineapple Bonanza](#)
[210. Cheeky Cherry Ice](#)
[211. Creamy Berrie Pie](#)
[212. Vanilla Bean Cupcakes with Mocha Buttercream](#)
[213. Extra Dark Choco Delight](#)
[214. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly](#)

[Ingredients](#)

[215. Gluten Free Banana Nut Bread](#)
[216. Perfect Pizza Muffins](#)
[217. Titillating Berry Trifle](#)
[218. Sweet Potato Muffins](#)
[219. Lemonny Lemon Delights](#)
[220. Almond Happiness Bars](#)
[221. Cozy Coconut Flour Muffins](#)
[222. Sexy Coconut Crack Bars](#)
[223. Lemon Cake](#)
[224. Delectable Pumpkin Bars](#)
[225. Best Banana Nut Bread](#)
[227. Pumpkin crepes](#)
[228. Cinnamon Chocolate Chip Muffins](#)
[229. Crispy Coconut Crackers](#)
[230. Mouthwatering Coconut Custard Cake](#)
[231. Paleo Cocoa Puffs](#)
[232. Party Carrot Cupcakes](#)
[233. Nutritious Paleo Tortillas](#)

- [234. Gluten Free Dairy Free Coconut](#)
- [235. Fudgy Pumpkin Blondies](#)
- [236. Baked Vanilla Cardamom Delights](#)
- [237. Thin Mint Mini Cupcakes](#)
- [238. Peach and Almond Cake](#)
- [239. Scrumptious Peanut Butter Parcels](#)
- [240. Gluten Free Tiramisu Roulade Recipe](#)
- [241. Delicious English Cupcakes](#)
- [242. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\) \(Nut-Free\)](#)
- [243. Apple, almond & blackberry Bonanza](#)
- [244. Sexy Savory Muffins](#)
- [245. Paleo Vanilla Cupcakes](#)
- [246. Secret Brownies](#)
- [247. Lemonny Lemon Delights](#)
- [248. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [249. Delish Banana Nut Muffins](#)
- [250 Cheeky Coconut Chocolate Cookies](#)
- [251. Gluten Free Monster Cookies](#)
- [252 Apple Cardamom Cupcakes](#)
- [253. Party Pink Velvet Cupcakes with Vanilla Frosting](#)
- [254. Perfect Paleo Loaf](#)
- [255 Chocolate Olive Oil Cupcakes](#)
- [256 Succulent Shortbread Cookies](#)
- [257 Perfect Paleo Bananacado Fudge Cupcakes](#)
- [258. Spiced Apple Bake](#)
- [259. Paleo Chocolate Cupcake with “Peanut Butter” Frosting](#)
- [260. Fabulous Brownie Treats](#)
- [261. Chocolate Cupcakes with Coconut Cream Filling](#)
- [262. Honey Cream Hottie](#)

[Beverages](#)

- [263. Beautiful Broccoli](#)

[264. Sexy SPRING DETOX](#)

[265. Tempting Coconut Berry Smoothie](#)

[266. Cool Cucumber Kiwi](#)

[267. Raspberry Coconut Smoothie](#)

[268. Sweet Melon](#)

[269. Peach Smoothie](#)

[270. Fruity Fast](#)

[271. Tantalizing Key Lime Pie Smoothie](#)

[272. The Detox Delight](#)

[273. Cute Celery](#)

[274. Blood Orange Smoothie](#)

[275. Hot and Spicy](#)

[276. Tempting Coconut Berry Smoothie](#)

[277. Pineapple Protein Smoothie](#)

[278. Blushing BLUE](#)

[279. Blueberry Lemonade](#)

[280. Winter Wonderland](#)

[281. CINNAMON Coconut Surprise](#)

[282. Green Smoothie](#)

[283. Sumptuous Strawberry Coconut Smoothie](#)

[284. Carrot Pecan](#)

[285. Almond Butter Smoothies](#)

[286. Choco Walnut Delight](#)

[287. Greens Smoothie With Mango and Lime](#)

[288. Raspberry Hemp Smoothie](#)

[289. Vanilla Blueberry Smoothie](#)

[290. Lavender Lemonade](#)

[291. Pineapple Coconut Deluxe Smoothie](#)

[292. Liver Detox](#)

[293. Kinky Kale-Apple Smoothie](#)

[294. Tantalizing Key Lime Pie Smoothie](#)

[295. Pineapple Smoothie](#)

[296. Raspberry Hemp Smoothie](#)

[297. High Protein and Nutritional Delish Smoothie](#)

[298. Hazelnut Hottie](#)

[299. Red Starter](#)

[300. Ginger Carrot Protein Smoothie](#)

[301. Divine Vanilla Smoothie](#)

[302. Daily Detox Delight](#)

[303. Tropical Green Smoothie](#)

[304. Perfect Pear Green Protein](#)

[305. Berry Spinach Smoothie](#)

[306. Delish Cream Latte](#)

[307. Blueberry Bonanza Smoothies](#)

[308. Hazelnut Butter and Banana Smoothie](#)

[309. Fast and Furious](#)

[310. Blueberry Mint Mouthful](#)

[311. Peachy Green](#)

[312. Sumptuous Strawberry Coconut Smoothie](#)

[Snacks](#)

[313. Perfect Paleo Bananacado Fudge Cupcakes](#)

[314. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING](#)

[315 Yummy Pumpkin Bars](#)

[316. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)

[317. Titillating Berry Trifle](#)

[318. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)

[319. Bursting Banana Choco Cupcakes](#)

[320. Crisp Coconut Flour Tortillas](#)

[321. The Best Paleo Brownies \(Chocolaty Goodness\)](#)

[322. Luscious Lemon Delight](#)

[333. Jam and 'Cream' Cupcakes](#)

[334. Pumpkin Cream Cookies](#)

[335. Easy Delish Pizza Crust Recipe](#)

[336. Perfect Pear & Nutmeg Cupcakes](#)

[337. Blueberry Banana Muffins](#)

[338. Vanilla Bean Cupcakes with Mocha Buttercream](#)

- [339. Cranberry Orange Upside Down Revolution](#)
- [340. Creamy Appetizing Croissant](#)
- [341. Relishing Raisin Bread](#)
- [342. Chocolate Ganache](#)
- [343. Cheeky Coconut Loaf](#)
- [344. Crispy Coconut Crackers](#)
- [345. Healthy Carrot Ginger Muffins](#)
- [346. Quinoa, Spaghetti Squash, and Bacon Fritters](#)
- [347. Blueberry Sponge Roll Surprise](#)
- [348. Luscious Chocolate-Caramel Brownies](#)
- [349. Blushing Blueberry Muffin Recipe](#)
- [350 Sexy Savory Muffins](#)
- [351. Paleo Chocolate Cookies \(I Can't Get Enough of These\)](#)
- [352. Easy Paleo Shepherd's Pie](#)
- [353. Strawberry Dashing Doughnuts](#)
- [354. Perfect Pizza Muffins](#)
- [355. Nutritious Paleo Tortillas](#)
- [356. Cheeky Coconut Chocolate Cookies](#)
- [357. Salt and Vinegar Zucchini Chips](#)
- [358. Zesty Zucchini Muffins](#)
- [359. Paleo French Toast with Blueberry Syrup](#)
- [360. Celebratory Chocolate Hazelnut Cupcakes](#)
- [361. Succulent Shortbread Cookies](#)
- [362. Lavender Maca Brownies \(Dairy & Grain Free\)](#)
- [363. Perfect Plantain Cake Surprise](#)
- [364. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [365. Lemon Mousse Mouthwatering Cupcakes](#)

[Chapter 9](#)

[The Clean Eating Vision](#)

[Bibliography](#)

CHAPTER 1

ABOUT THE AUTHOR

By the time I was twenty-two, more than thirty years ago, I began studying nutrition, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

The Hydro at Stellenbosch, also known as the High Rustenberg Health Hydro, was founded by Sir Cleto Saporetti in 1972. The Hydro has become a world leader in holistic health and healing techniques, developing a range of methods to produce a balanced mind, healthy body and positive mental attitude. The original establishment comprised fourteen rooms and a staff of 25 under the supervision of Saporetti's co-visionary, Dr Boris Chaitow.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors whilst also studying banking and finance. My studies continued right up until 1986 when I moved from South Africa to Europe.

The happy story takes a tougher turn when I went through the trauma of divorce and promptly acquired an extra 20 kilos of weight! I really piled on the pounds in record time and battled so hard to lose every single ounce. I really do understand the challenges of effective and enduring, healthy weight loss! In the meantime I was talking to colleagues about the practicalities of expanding my work experience and moving to Europe. Sometimes Fate takes a hand and, whilst attending a relative's funeral on my mother's behalf close to Europe, I applied for an interesting position offered in London by a financial institution that was well known to me in South Africa. One flight to London, a series of interviews, and I got the job.

Beran Moves to Europe!

As you might imagine, leaving my beautiful home in warm, sunny Cape Town and relocating to the cold and damp of northern Europe was not an easy process. The stress levels went off the chart and, well, I bet you can guess what happened. That's right. Those 20 kilos I'd worked so hard to lose came back with a vengeance. It was a fat-fuelled action replay of those dark days after my divorce. But it really made me wonder about the real connections between stress and unhealthy weight gain.

One of the more positive and completely unexpected blessings of moving to Europe was meeting and falling in love with Greg. This extraordinary man would become my husband and business partner, an inspiration and support that helped me through the challenges that the future held for us. We set up a commercial company in Brussels where I found myself managing and consulting in the field of pensions and finance, working in the areas that had become so familiar to me during my years in banking. But even during those incredibly busy years, my fascination with health and nutrition always encouraged me to follow more courses, to pursue intensive studies and then to discover the inspiration to apply all this accumulated knowledge to my own weight issues. And guess what? Right again! The pounds slipped away and this time they stayed away. I'd finally found the methods and formulas that really worked. But life rarely follows a straight line and in 2000, my path took an unexpected detour when I was diagnosed with a serious health problem. It was my thyroid gland. This incredibly important little gland had produced a 6cm tumour that was growing and gradually blocking my windpipe. Not a happy discovery!

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience

with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound well-being.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

Those years of training, study, practise and experience are distilled and crystallised right here in your personal transformation workbook.

The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your body-fat problems and turn back the clock, helping you to find a younger, fitter, skinnier, stronger, healthier you. So let's get started!

Becoming a Leaner Cleaner Eater

Firstly, some general advice... if you take note now of these particular issues, it will be so much easier later when you are completing your detox...

1. Clear the decks and throw out all those tempting, fattening foods from your kitchen. Removing the sources of temptation from the house is a great step towards keeping yourself free from all those fattening treats that will poison your body.
2. Replace temptation by preparing lots of healthy snacks for home and work so that you can nibble on healthy, wholesome, cleansing veggies rather than sugary snacks.
3. Start every day by moving your body. Stretch when you get out of bed, take a walk, go for a jog, hit the Yoga mat, anything you like but get moving. It's a life saver.
4. Start the day with the most important meal of the day and that means breakfast. A properly fuelled body gives you all the energy you need and you won't be so tempted to snack later on in the day.
5. Finish the day with a light snack. Don't eat after eight in the evening and don't burden your body with a heavy meal that will interfere with your sleep.
6. Don't skim on your sleep. We need around seven to eight hours a night to function at our best and the rest helps us to control our weight too.
7. Get family and friends on your side right from the start. Ask everyone to support your healthy eating campaign and give you lots of encouragement along the way. It really works when you have your personal cheerleaders on hand to keep you from temptation.

THEN

1. Move your body. That's right. You need exercise to stimulate your metabolism and help you build up a sweat.
2. You need more water. Not just because you're exercising but because we often turn to food when we really just need to hydrate. The water will help to flush garbage out of your body.

3. Drink more herb teas, especially the ones that encourage your body to release toxins. Cut down on tea and coffee for a time to give your body a rest from these liquid stimulants.
4. Eat more vegetables. If you choose the leafy, green varieties and cut down on the starchy vegetables and you'll cleanse your system and reduce the carb content in your diet. Eating properly washed, raw veggies is a pure delight and so good for you that they should be part of your daily eating plan.
5. Increase consumption of antioxidant foods, particularly berries, but be careful to avoid the sweet fruits that contain a lot of sugar. If you're serious about detoxing your body, especially after a binge, you need to eliminate sugar from your diet completely.
6. Take supplements to ensure your body has access to the full range of essential nutrients to promote health, weight loss and stimulate your immune system.

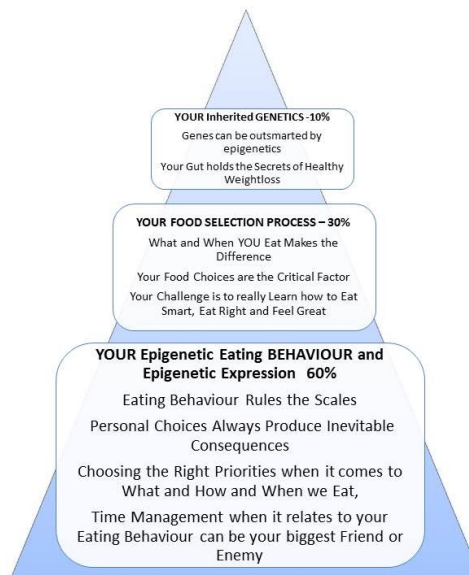


CHAPTER 2

SO WHY CAN'T I LOSE WEIGHT? AND WHY CAN'T I KEEP THE WEIGHT OFF?

These are good questions because even champion weight losers often put the weight back on, suffering the seemingly inevitable see-saw effect of cyclical weight loss followed by weight gain. Can we do something to correct this problem? Of course we can! That's exactly what this book is for.

Epigenetic PARADIGM PYRAMID 1 – YOUR BIGGEST WEIGHT INFLUENCER





CHAPTER 3

EPIGENETICS + PALEO/KETO EATING BEHAVIOURS

Epi – WHAT??

Perhaps you haven't heard all the excitement in medical and scientific circles about the latest revelations in the field of Epigenetics. Epi-what? OK. Before we go any further, you're probably wondering what on earth Epigenetics really means. Is it contagious? Can we get it at the grocery store? Does it come in my size? So let's start by answering an important question: "What exactly is Epigenetics?"

The formal description of Epigenetics from the text books refers to the study of changes in organisms caused by modification of gene expression rather than by an alteration of the genetic code itself. That might not tell us very much but it really is an important statement! It's no longer simply a case of identifying which particular genes you have.

We now know that it's the way your genes are influenced and made to work that makes the difference. Gene expression accounts for so many of our characteristics. And changes in gene expression have been related to a very wide range of environmental influences and that includes – are you ready for this? – What we eat!

Yes, that's absolutely right. The kind of food we consume every single day, the quality of the food we eat, the eating choices we make all contribute far more to our total health and wellbeing than was ever appreciated before. It's not a question of being pre-programmed by our DNA. We've been bombarded by articles and news items for decades telling us every day that everything in our lives is caused by our genes.

THE PALEO-KETO EPIGENETIC EATING PROGRAM – WHAT IS IT?

The PALEO-KETO Epigenetic Eating Three Golden Food Rules!

1. Weight loss is all about insulin

Moderate your insulin production levels by eliminating sugar and grains (yes, even whole grains) and you will lose the excess body fat without dieting - plus you will improve

your energy levels, reduce inflammation throughout the body and eliminate disease risk. Maybe this should be printed in a very large font size in the brightest colour your printer can produce!

2. Eating lean…… protein but plenty good quality fat

Vegetable and some correctly sourced animal protein with high good fat content is not only healthy but is the key to effortless weight loss, a healthy immune system and boundless energy.

3. Eat Clean

When we examine the role that food plays in avoiding or encouraging weight gain, you might be shocked to discover that one of the biggest influences is concealed in the way that our food is processed. Hold onto your hat, my friend. This can get scary! The most significant components of food that play the largest role in weight gain and obesity are food additives, chemicals, and food processing techniques.

It's time to get some much needed clarity into the discussion. So, let's begin by asking – What exactly is the Ketogenic Diet?

KETOGENICS

We're going to start by defining precisely what ketosis is and why it's so important for so many aspects of our health and wellbeing, and that includes sustainable weight loss too.

Ketosis (pronounced KEY-TOE-SIS) is a word that describes the metabolic state that occurs when you consume a very low-carb, moderate-protein, high-fat diet. Ketosis causes your body to switch from using glucose as its primary source of fuel to running on ketones. Ketones themselves are produced when the body burns fat, and they're primarily used as an alternative fuel source when glucose isn't available.

In other words, in the simplest and most dramatic way of summing up the process, your body changes from a sugar-burner to a fat-burner. Depending on your current diet and lifestyle choices, becoming keto-adapted can take as little as a few days and or as much as several weeks. In some cases it's even taken months. So "being in ketosis" just means that you are burning fat. You might need some good, old-fashioned, patience and persistence but the range of benefits absolutely justifies the effort as you pursue ketosis.

Here are some of the many health benefits that come from being in ketosis: (DISCLAIMER – Some of these benefits may be hampered by poor health and lifestyle choices in other areas than diet!)

Natural hunger and appetite control

- Effortless weight loss and maintenance

- Mental clarity
- Sounder, more restful sleep
- Normalized metabolic function
- Stabilized blood sugar and restored insulin sensitivity
- Lower inflammation levels
- Feelings of happiness and general well-being
- Lowered blood pressure
- Increased HDL (good) cholesterol
- Reduced triglycerides
- Lowered or eliminated small LDL particles (bad cholesterol)
- Ability to go twelve to twenty-four hours between meals
- Use of stored body fat as a fuel source
- Endless energy
- Eliminated heartburn
- Better fertility
- Prevention of traumatic brain injury
- Increased sex drive
- Improved immune system
- Slowed aging due to reduction in free radical production
- Improvements in blood chemistry
- Optimized cognitive function and improved memory
- Reduced acne breakouts and other skin conditions
- Heightened understanding of how foods affect your body
- Improvements in metabolic health markers
- Faster and better recovery from exercise
- Decreased anxiety and mood swings

**PALEO/KETO
DETOX**

Use the concept to eat a
high protein soup 3-4 times
a week for dinner

PALEO -TIPS

Avoid all gluten and grains

Avoid processed food and avoid legumes

Sweet fruits are not suitable for you

KETO TIPS..using Paleo principles

Do eat abundant vegetables

Watch out for too much saturated fat and
avoid any processed meat

Too many nuts and seeds don't suit everybody

Use nut and seed flours sparingly

Summary - Epigenetics

Your genetic profile is not the full story

Your genes can be switched on and off

The food you eat is the key to influencing your genetic responses

Methylation and diet change the rules of the genetic game

Managing insulin levels by eliminating all grains

Eat Lean, Clean and Good fats

Take practical steps to address food addiction

CHAPTER 4

THE CLEAN EATING PALEO KETO MYTHBUSTER CHART

The Epigenetic Mythbuster Chart.....your 5 point blueprint and lifelong passport to the happy realm of total weight control and permanent residence in the Land of Skinnier.

CMR Conventional Medical Recommendation.

DEFINITION: The old view of what is supposed to be good for you.

SPS Skinny Paradigm Shift.

DEFINITION: The revolutionary new advances in medical and scientific research that will transform your health

Let's get serious. Fact: If the old ways worked, we wouldn't be having an explosion of obesity in the developed world and we wouldn't be having this conversation, would we? Clearly something is missing. Our mission is to show you what the problem really is, how to fix the problem and fix it forever.

Steps	CMR	SPS
1. Grains	Insists that grains are actually good for you. Wheat, rice, corn, cereal, bread, pasta etc. Most governments recommend 8-10 servings per day as the principle daily source of energy, nutrition and fibre. Entire industries are devoted to promoting this idea as the healthiest way to live. Ask pretty much anyone and they'll tell you how good it is to eat grains.	UCLA lecturer and world famous evolutionary biologistJared Diamond stipulates "Grains are the worst mistake of the human race." In nutritional terms, grains are simply inferior to plants. Grains trigger insulin production and fat storage. They produce allergic reactions, suppress the immune response and trigger a wide range of intolerances as well as imbalances in the intestinal flora.

Steps	CMR	SPS
2. Fats	Fat makes you fat therefore if you reduce fat you'll lose fat. The world is awash with countless 'fat free' and 'low fat' products and we have a ballooning obesity problem.	Good quality fat drives efficient fat and protein metabolism, encouraging weight loss and boosting energy levels.
3. Meal Habits	Three square meals a day plus snacks are best to stave off hunger pangs and stabilise metabolism	Any steps to normalise your insulin production encourages your skinny genes to take over. Occasional fasting using protein soup meals can help you to reprogram your fat burning potential
4. Cardio exercise	30-60 minutes cardio per day. Lift weights regularly using isolated parts of the body and aim for maximum resistance, even going for the point of failure to increase strength.	Weight resistance using the whole body in short bursts plus slower more regular cardio exercise for shorter periods per day with sporadic intense bursts of intensity. This system really does work!
5. sun exposure	Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before	Sunshine can be a tricky thing. We need it, but it can also be harmful. Striking the right balance between getting enough sunshine to produce optimal levels of Vitamin D, and protecting ourselves from the harm the sun can do, can be a challenge. Most experts recommend 15-20 minutes of

Steps	CMR	SPS
	going outside. Use 1 ounce, which would fill a shot glass	sun exposure several times a week for the average fair-skinned person, as this is enough to produce optimal levels of Vitamin D while not being so much to damage skin. Darker skin tones with more melanin need to stay in the sun longer to synthesize vitamin D effectively...see more info below Vitamin D, which our body produces when we are exposed to sunlight, does wonders for us – from improving mood to boosting our immune systems, reducing inflammation and much more, it's key to our health. According to some new research, it seems there is yet another reason to get the right amount of sunlight. Researchers found that older women (65+) with low Vitamin D levels are more likely to gain weight.

Time Bomb Triggers

It's very controversial but it looks increasingly likely that humans made a massive and deeply influential error around seven thousand years ago. It wasn't intended as an error. It happened because it looked exactly like a brilliant strategy for survival. In fact the idea was so good that it rapidly spread and became the foundation for human civilisation. The brilliant idea was agriculture.

Brilliant because it helped to solve the constant challenge of ensuring a regular food supply. A profound error because it encouraged our ancestors to become completely dependent on grains. Seven thousand years ago is effectively yesterday in evolutionary terms. Our bodies did not evolve to exist on a grain-rich diet. But that is what has happened over the last seven thousand years.

The human genome hasn't changed very much during this time span but our diet and lifestyle have diverged dramatically from the way our ancestors lived before the introduction of agriculture. It is believed that many of our contemporary diseases have arisen as a result of this revolution in our dietary habits.

We'll take a closer look at these important issues as we explore the great behaviours you can use to transform your weight and your life. For now let's concentrate on the more obvious consequences of the way we eat.

You've probably already guessed the most obvious outcome of these changes in our diet; an astonishing increase in disease at a time of unprecedented medical advances. Scientists are beginning to suspect a common cause to this tendency towards disease: it's all in our diet. Seven thousand years might not have been long enough for humans to have adapted successfully to a grain-oriented diet. And then, of course, we have the strange phenomenon of obesity. The problem, like many waistlines, is getting bigger.

In 1980 there were approximately 875 million overweight and obese people in the world. In 2013, the number had grown to 2.1 billion. That's an increase of 28% in adult obesity and, more alarmingly, a 47% increase in the number of overweight children in just the past thirty-three years. What could be causing such a radical shift in the average size and weight of humans in such a dramatically short period of time? The answer might lie within us. Or, to be more precise, within our gut.

Recent discoveries about the trillions of microorganisms that live in and on the human body are now changing the traditional perspective on human health and disease. In terms of obesity, we're learning that it's not just heredity and gene expression related to our human genome that play a role, but also the trillions of microorganisms that make up the vastly larger (in terms of unique genetic material) second genome in our body, the human microbiome. Studies have begun to describe each human gut as a highly complex ecosystem, populated by communities of bacteria as well by viruses, fungi and moulds. The contents of our gut seem to exert an extraordinary influence on our digestive system, but these micro flora also affect our health in general, our wellbeing and even our mental and emotional balance. Imbalances in the micro flora of the gut have now been identified as an important cause of obesity. The gut's microbiome, that miniature universe within our digestive system, is where many of our health and weight issues are focused.

The obese gut microcosm

One of the disorders that we now know is associated with an altered gut microflora is obesity. There is a wealth of fascinating evidence from initial studies that reveal a distinct connection between the microbes in our gut and the way our bodies regulate fat storage. These results have been widely replicated and numerous other reports have confirmed this relationship. By now it's well established that obesity is characterised by an obese-oriented microbiota and that gut microbes really can influence fat storage through a variety of mechanisms.

Adding depth to our understanding of the obesity problem, we know that obesity is virtually unheard of in hunter-gatherer populations and the same observation holds true for many non-westernised societies. So we can conclude that obesity is predominantly a disease of civilised, grain-consuming societies. There's a major clue here about some of the causes of unhealthy weight gain that dominate developed societies.

We can look a little deeper into this question about the influence of our gut flora. Obese or overweight people have different gut flora compared to lean individuals. Yes they do. Hunter gatherers also have a very different microbiome compared to the intestinal flora of westernised peoples. And we know that hunter gatherers don't do fat! It also seems clear that flora in the gut can influence metabolic hormones such as leptin and insulin, key influencers in the body's inflammatory response. Research is identifying the extraordinary role of prebiotics, probiotics and other microbiome stabilisers in encouraging fat loss in humans and animals. Surprised? Utterly amazed that changing and re-balancing your gut flora can be so beneficial for your health and weight loss issues? Stay with me, my friend. We're just getting started!

More on the importance of correct sun exposure.

Vitamin D, which our body produces when we are exposed to sunlight, does wonders for us – from improving mood to boosting our immune systems, reducing inflammation and much more, it's key to our health. According to some new research, it seems there is yet another reason to get the right amount of sunlight. Researchers found that older women (65+) with low Vitamin D levels are more likely to gain weight

Folks, without question, the best way to get the right amount of vitamin D is to spend some time in the sun.

You always want to avoid getting burned, but generally speaking you can safely spend anywhere from 20 minutes to two hours in the sun every day with beneficial effects. If you have dark-coloured skin or live far from the equator, you will need to spend more time in the sun than someone who is light-skinned living close to the equator.

It's becoming clear now that the pathway to sustainable health and wellbeing, to a leaner, fitter, stronger and happier body is not in the outdated Conventional Medical

Recommendations. The future is in the Epigenetics Revolution and the Skinny Paradigm Shift.

Summary - Mythbuster

The folly of grains in the human diet

Welcome to the inner universe of your microbiome

Being overweight is closely connected to the state of your gut flora

CMR versus SPS

SPS - The smarter way to live long, lose weight and live better

CHAPTER 5

GETTING ORGANISED!

5 Steps to Re Organising Your Permanent Weight Reduction and Skinnier Pathway!

Time to re-programme your food choices and eating behaviour

We are going to learn how to:

Exorcise the past and be free of old habits

Why we prioritise our activities in the wrong order

I've heard it so often, it's almost become the mantra of the unwilling, the permanent excuse for letting things slide. "There just isn't enough time to eat healthily and plan special meals, let alone shop or cook them or take them with me when I'm out of the house."

Sound familiar? ...here are more excuses...

I feel so awful when I've eaten badly.

I feel such a failure.

My life is a mess.

Why is it such a struggle to lose weight?"

The result is a fairly miserable outlook and a lack of confidence, an unwillingness to recognise what is possible. The mind-set of the victim. But we're here to address these issues. We want you to feel the confidence that comes from daily, planned success. And getting organised takes all the pain and doubt from the process.

The irony is that the people who claim there's no time to incorporate these important changes in their lives have often been completely successful in other areas of their lives. Their success shows up in an infinite number of ways: they were incredibly accomplished managers or employees, highly creative artistic individuals, massively good parents or even someone who was good at something else. Every time you make a decision to do something, you're engaging your creative power. All we have to do is harness that potential.

Unhappiness can undoubtedly play its part in the way we treat our bodies. If you have doubts about your self-worth - I know, welcome to the human condition! - It often shows

up in unhealthy eating habits and poor choices. It's a huge area and so important that it will be the subject of a future book.

That's why I'd like to encourage you to do something incredibly powerful right now. I want you to look in the mirror for a few moments. And smile. That's right. Smile. Look at yourself and smile. Your conscious mind might feel that the act is a little silly but your subconscious - and your body - will begin to get the message that you're giving them your personal stamp of approval. Have you ever noticed how a small child lights up when you really smile at them? Your body needs exactly that same recognition, that same high wattage smile of approval. Do it every time you step into the bathroom. Look into the mirror and smile. The results will amaze you.

We want your body and your subconscious to work with you. Give them that dazzling smile and you will find your body begins to co-operate in the most extraordinary ways. Try it. It's a very powerful technique for removing behavioural obstacles and we want to make this entire process as easy and comfortable as possible.

This entire book is designed to help you take control of your health, your weight and ultimately your happiness. Being kind to yourself, respecting the miracle of your body, learning to enjoy living in such an extraordinary structure, optimising its potential and being at peace with yourself. These are powerful keys to a very fulfilling way of experiencing the gift of life.

So the underlying theme to these methods is to be kind to yourself. To do things that benefit rather than harm your health. To respect your body's needs and live life to the full.

An abiding love and acceptance of yourself, despite all the imperfections, really helps you to overcome any harmful habits and behaviours and puts an end to the self-criticism and self-loathing that lowers self esteem and sabotages our efforts. It really is extraordinary how quickly we can change our lives simply by learning to accept ourselves and focus not on what might be amiss but on how we truly want to be.

1. Identify your behaviours and habits.

Take a moment. Listen to that inner voice, the way you speak to yourself; check the way you feed yourself; think about your hygiene and sleeping habits.

Which of these areas makes you feel uncomfortable in any way?

Here were a few examples

Allowing yourself to eat unhealthy food because there just wasn't the time or opportunity to make the effort

Believing that the needs of others are more important than taking care of your body and your weight

Eating food that isn't good for you at any time

Eating late at night or just eating too much

Eating while standing up, out of the package, staring at a computer screen or watching TV

If you catch yourself in the cycle of doing something that you really know you shouldn't, it's an important indicator that there are unresolved issues at work in the subconscious that continue to influence your behaviour.

2. Think about the real consequences of your behaviour.

You might discover that these behaviours and habits are very effective at preventing you from having the things you really want, particularly in terms of having a fit and healthy body that you can really appreciate.

In every moment we are thinking, feeling and doing things that either bring us closer to the person we want to be and the life we want to have or our behaviours take us away from those precious possibilities.

Behaviours ultimately reflect how we really feel about ourselves. Learn to accept yourself right now and the process of transformation will flow so much more smoothly. Learn to smile at yourself and your deeper resources will turn their power towards your new, healthier goals and desires.

3. Learn to understand where your habits came from.

So much of our behaviour was laid down during our early childhoods that we completely forget how we came to be the way we are. Much of our conditioning is no more than a series of programmed reflexes that were given to us at a very impressionable age and those behaviours have survived in our attitudes, thoughts, feelings and beliefs ever since.

Whether they are entirely appropriate can only be measured in terms of whether you're really experiencing all the health, self expression and happiness that is available to you. Most people are not. Sad. But true. Take a look around you. Not too many happy smiling faces, are there? I rest my case. If you're feeling unhappy, comfort is something that is obviously missing and food is one of the easiest sources of a temporary quick fix.

Yes. We're talking chocolate here! So many people reach for the chocolate for an instant rush of pleasure, a way to escape the reality of a stressed and unfulfilled life. Pure comfort food. And I like chocolate too. The intention always seems positive. You give yourself a measure of much needed comfort and an ounce of joy. Unfortunately, it isn't the

healthiest way to give yourself those things and it comes with the undesired effects of insulin spikes, sugar crashes and inevitable weight gain followed by a bout of guilt and quiet despair! There has to be a better way. (There is a better way to eat chocolate too...I promise!)

As adults, we're expected to understand the consequences of engaging in a particular thought or behaviour but we often do it anyway. The motivation is always moving away from pain or increasing pleasure. And so many of these actions are a product of that early (and now unconscious) conditioning. It's as if the adult has to be driven so often by a rebellious four year old! No wonder much of our behaviour doesn't make sense. No wonder we don't always behave like truly responsible grownups.

Comfort food can be very satisfying. We know that many unhealthy behaviours feel good in the short-term (the sugar rush, the comfort, the satisfaction) but we have to recognise that they have long-term detrimental effects. There can also be that familiar hint of the rebel, the thrill of ignoring good advice and breaking the rules. What is it about ourselves that prompts us to do really things to our bodies?

Awareness is very helpful in these circumstances. Spotting the moment when you get a kick from doing the wrong thing helps you to question what's really happening. The adult gets a chance to intervene and make a better choice. That moment when you pause for an instant and wonder why you're doing something, even wondering who is really making the decision. Consciously and deliberately making a wiser, healthier choice. Feeling really good because you've done the right thing. A positive feedback loop that reinforces good behaviour, good choices, adult decisions.

4. Create “house meal planning and eating rules.”

Parents make rules because they understand that their children might not have the right perspective for good judgement. Parents can see the consequences that are usually beyond the child's range of experience.

If you have a particularly hard habit to break and you know it's not good for your well-being, consider making it a “house rule” never to have that habit in the home. When something is non-negotiable it removes the inner dialogue where we bargain with ourselves and the simple rule reinforces the right decisions.

5. Develop your powers of awareness.

Be kind to yourself. Most people don't respond well to punishment. Treat yourself gently and with consideration. You've embarked on an important journey and that requires courage and a large measure of recognition.

Be infinitely patient with yourself, as you would be with a child. If you slip up once, instead of throwing everything out the window, learn to accept the failure and resolve to do better.

Understand why you did what you did. What did you need in that moment? Use your new set of rules to support your new behaviour. The rules are your friends. They are there to help you.

What are your new “house eating rules”? How can you maintain your new habits in a way that is supportive, effective and nurturing?

Here are some examples

1. I always make sure that I have the healthy foods I love at home by doing the shopping myself or by having someone do the shopping for me
2. I always make sure that I have a healthy snack available to me in my refrigerator at all times
3. I always call restaurants ahead of time to order my personal food requirements so that I won't feel uncomfortable when I get there
4. I always take healthy snacks with me to avoid temptation
5. I never allow myself to get too hungry and then I won't have an excuse to eat unhealthy food

These tried and tested methods allow you to exercise control over your feelings and your environment, removing many of the challenging decisions about food choices by making one powerful, healthy choice for all future situations. As you become more aware of how you feel, catching yourself thinking, feeling and about to do things that are no longer in line with your new commitment to total health, you can let go of the old behaviour and make really great choices that will support your vision of a newer, healthier, happier, skinnier you!

To give you some ideas about typical eating behaviour choices, we've prepared a list of situations to see if any of them partly or completely describe your own personal reactions. Remember, you're the only person who'll see the answers so be honest with yourself. It isn't a test. It's just a lens to help us focus more clearly on the issues.

Please tick those statements that apply to you – even a tiny bit!

1. When you eat out at restaurants that have buffets you often overeat. You find it hard to eat in moderation at these restaurants. You find yourself getting seconds and thirds in this situation.

2. You are feeling really hungry and start to panic that you really need to eat something...so you grab the first available snack because you are REALLY hungry....
3. This is a very busy time in your life. You are always rushed. You don't have time to cook the right types of food let alone plan them. It seems as if everything that you have time to cook is not allowed on your meal plan. You feel as if you are locked into a never ending cycle. When you don't eat right, you feel bad, and when you feel bad, you don't like to eat right.
4. During the week you have a very structured routine but sometimes on the weekends your routine is less structured making meal planning difficult. Often you eat the wrong types of food because you do not plan your meals.
5. You have evening activities that prevent you eating a healthy dinner. So you just grab whatever is available and convince yourself "it's just the once".
6. You are visiting friends for a meal or your vacation. These friends cook with butter and fat and have a cake or pie for dessert every night. You feel that you must eat what is served or not eat at all. You do not feel comfortable asking for foods that fit into your meal plan.
7. You are on your way to an important meeting and are running late. If you do not get stopped by any more lights, you will just make the meetings. You look down and see that bag of unhealthy snacks that you picked up this morning. Sometimes you get stressed out; eating something seems to make you feel better. You are tempted to eat the snacks
8. You have had an awful day. You were in line for a promotion or a new contract and your best friend or a competitor got it instead of you. When you went to pick up the laundry at the dry cleaners they had lost it. Then, you got a flat tire only three blocks from home. You feel like "pigging out". You don't care what you're supposed to eat. You are really depressed and you think that you deserve something special.
9. You are planning on going to the movies tonight with your friends. Your favourite treat is buttered popcorn and the movie theatre is running a special on large popcorn and free refills on large drinks. What would you do at a sports event in this situation?...just wade in and join the feeding frenzy?

Even if there was just one tick, there is room for improvement, because just that one item of behavioural change can make a huge difference to your permanent weight loss outcome!

NOW

Take the Skinny Delicious Eating Behaviour Test and see if your score is over 100 or less...or is it over 150 or even 200..check out your final score results at the end

If you prefer to have your results automatically calculated, click this website link now and you will also be able to print out the test for easier reference.

<http://www.skinnydeliciouslife.com/blog/>

Read each item and think if you agree or disagree that the item describes you and your eating habits.

Mark the box that best describes your level of agreement with each statement. If a statement does not apply to you (for example a question asks about what you do at work and you do not have a job), then mark 3 (neutral or N/A) box.

If you prefer to print out this questionnaire follow this link

1 – Strongly disagree

2 – Disagree

3 – Neutral or N/A

4 – Agree

5 – Strongly agree

1 – Strongly disagree; 2 – disagree; 3 – neutral or N/A; 4 – agree; 5 – strongly agree

1. I stop for a fast food breakfast on the way to work.

1 2 3 4 5

2. My emotions affect what and how much I eat.

1 2 3 4 5

3. I use low-fat food products

1 2 3 4 5

4. I don't watch the portion sizes of my foods.

1 2 3 4 5

5. I buy snacks from vending machines.

1 2 3 4 5

6. I don't choose foods to prevent heart disease.

1 2 3 4 5

7. I never eat meatless meals

1 2 3 4 5

8. I never take time to plan meals for the coming week.

1 2 3 4 5

9. When I buy snack foods, I eat until I have finished the whole package.

1 2 3 4 5

10. I eat for comfort.

1 2 3 4 5

11. I am a snacker.

1 2 3 4 5

12. I never count fat grams

1 2 3 4 5

13. I eat cookies, candy bars, or ice cream in place of dinner.

1 2 3 4 5

14. When I don't plan meals, I eat fast food.

1 2 3 4 5

15. I eat when I am upset.

1 2 3 4 5

16. I buy meat every time I go to the grocery store.

1 2 3 4 5

17. I snack more at night.

1 2 3 4 5

18. I rarely eat breakfast.

1 2 3 4 5

19. I never try to limit the intake of red meat (beef).

1 2 3 4 5

20. When I am in a bad mood, I eat whatever I feel like eating.

1 2 3 4 5

21. I never know what I am going to eat for supper when I get up in the morning.

1 2 3 4 5

22. I snack two to three times a day.

1 2 3 4 5

23. Fish and poultry are the only meats I eat.

1 2 3 4 5

24. When I am upset, I tend to stop eating.

1 2 3 4 5

25. I like to eat vegetables seasoned with fatty meat.

1 2 3 4 5

26. If I eat a larger than usual lunch, I will skip supper.

1 2 3 4 5

27. I never take a shopping list to the grocery store.

1 2 3 4 5

28. If I am bored, I will snack more

1 2 3 4 5

29. I eat what I like at social events.

1 2 3 4 5

30. I am not very conscious of how much fat is in the food I eat.

1 2 3 4 5

31. I usually keep cookies in the house.

1 2 3 4 5

32. I have a serving of meat at every meal.

1 2 3 4 5

33. I associate success with food.

1 2 3 4 5

34. A complete meal includes a meat, a starch, a vegetable and bread.

1 2 3 4 5

35. On Sunday, I eat a large meal with my family.

1 2 3 4 5

36. Instead of planning meals, I will replace supper with a snack.

1 2 3 4 5

37. If I eat a larger than usual lunch, I will not replace supper with a snack

1 2 3 4 5

38. If I am busy, I will eat a snack instead of lunch.

1 2 3 4 5

39. Sometimes I eat dessert more than once a day.

1 2 3 4 5

40. I don't reduce fat in recipes by substituting ingredients and cutting portions.

1 2 3 4 5

41. I have a sweet tooth.

1 2 3 4 5

42. I sometimes snack even when I am not hungry.

1 2 3 4 5

43. I eat out because it is more convenient than eating at home.

1 2 3 4 5

44. I hate to cook.

1 2 3 4 5

45. I would rather buy take-out food and bring it home than cook.

1 2 3 4 5

46. I never have at least three to four servings of vegetables per day.

1 2 3 4 5

47. To me, cookies are an ideal snack food.

1 2 3 4 5

48. My eating habits are very routine.

1 2 3 4 5

49. If I do not feel hungry, I will skip a meal even if it is time to eat.

1 2 3 4 5

50. When choosing fast food, I will not pick a place that offers healthy foods.

1 2 3 4 5

51. I eat at a restaurant at least three times a week.

1 2 3 4 5

Scoring Questionnaire. Go through the questionnaire you just completed. Write down the score of 1-5 that you chose with the associated number. For example, if you chose 4-agree for #3, write down 4 next to the number 3 under Low-fat Eating. Total the scores of each section and divide it by the total number of questions included in that section. If your average is 4 or 5 you have characteristics of that eating behaviour.

Low-fat Eating (11 total questions)

3. _____

4. _____

6. _____

7. _____

12. _____

19. _____

23. _____

30. _____

40. _____

46. _____

50. _____

TOTAL: _____ AVERAGE: _____

Snacking and Convenience (10 total questions)

11. _____

13. _____

14. _____

22. _____

31. _____

41. _____

42. _____

43. _____

44. _____

45. _____

47. _____

TOTAL: _____

Emotional Eating (8 total questions)

2. _____

9. _____

10. _____

15. _____

17. _____

20. _____

28. _____

33. _____

TOTAL: _____ AVERAGE: _____

Planning Ahead (6 total questions)

8. _____

21. _____

27. _____

45. _____

48. _____

50. _____

TOTAL: _____

Meal Skipping (7 total questions)

18. _____

24. _____

26. _____

36. _____

37. _____

38. _____

49.____

TOTAL:_____

Cultural/Lifestyle Behaviours (9 total questions)

1._____

5._____

16._____

25._____

29._____

32._____

34._____

35._____

39._____

TOTAL:_____

A total score of under 100 is good. Your eating habits are under control however there is always room for improvement

A total score of 100-150 shows a need to address some aspects of your eating behaviour

A total score of 150-200 means that you need to consider a significant change to your eating habits and a score over 200 means that you may be having serious health problems because of your eating habits

Check which areas give you the highest score because these are the main areas to work on first

The next 42 tips are ways in which you can modify your eating behaviour to ensure that your plans for great health and superb weight control get the best chance for success.

1. I stop for a fast food breakfast on the way to work.

There's no substitute for a good, healthy breakfast. Probably the most important meal of the day.

2. My emotions affect what and how much I eat

Learn to breathe more deeply. I'm serious. Slow down and deepen your breathing and you'll relax more, reducing the need to snack on sugary killer foods

3. I use low-fat food products

This is not the right choice because low fat normally means high sugar

4. I am not careful about the portion sizes of my foods.

Slow down and take your time when you're eating. Stop. Think about how much food you really need. Be aware of your choices.

5. I buy snacks from vending machines.

Arm yourself with healthy snacks at the start of the day so you won't be tempted to purchase poison from a vending machine.

6. I choose foods without a thought about heart disease.

Knowledge is power, my friend. This workbook has prepared you with the knowledge to spot those killer foods that attack your heart. Now you can successfully avoid them and become healthier.

7. I never eat meatless meals because I think that is healthier for me.

The old argument about processed food applies here too. It isn't meat per se that's the problem. It's the hormones, antibiotics and chemicals that are pumped into the animals to fatten them up for slaughter that cause the problem. Frankly, we never evolved to be massive meat eaters. It was an occasional addition to the diet rather than the mainstay.

8. I never take time to plan meals for the coming week

You plan not to plan. Make a great decision to get ahead of the game by planning just once for the whole week. It only takes a few minutes and puts you firmly back in control of the entire food consumption process.

9. When I buy snack foods, I eat until I have finished the whole package.

Stop buying sugary snack foods. Eliminate the temptation. Ban them from your home, your work and from your life. Forever.

10. I eat for comfort.

But it never works, does it? Because we eat garbage for comfort. Break out the healthy snacks and chew on something that will enhance your wellbeing rather than destroy you from within.

11. I am a Snacker.

No problem. There are countless healthy snacks for you to enjoy. As your body celebrates your better diet, you won't mind snacking on healthy food because it's helping you achieve your best possible shape and health.

12. I don't count fat grams

Me neither. I just avoid processed fats and sugars so the arithmetic is never a challenge.

13. I eat cookies, candy bars, or ice cream in place of dinner.

You're in trouble. These foods are slowly poisoning you. You're going to have to go cold turkey, dump the bad food and start eating normally. I don't think half measures are the answer. Swear an oath of allegiance to your poor body and start supporting it with good nutrition before it quits on you. Now is an excellent moment to begin.

14. When I don't plan meals, I eat fast food.

Planning is the key. Take a few minutes at the weekend to sketch out a meal plan for every day. One decision for the entire week. If it works for you, you can use it again and again. Tweak the plan. Add some variety. Enjoy being in control of your life and your health.

15. I eat when I am upset.

The long term answer is to learn not to be so easily upset but, in the meantime, choosing a healthy food that will fill you up without costing years of ill health makes a lot more sense than stuffing yourself with toxic waste.

16. I buy meat every time I go to the grocery store.

Lean, organic meat is the only alternative for the dedicated carnivore. It is vital to avoid the mass produced flesh that is full of antibiotics, hormones and fat.

17. I snack more at night.

It's another of those important house rules. Nothing to eat after eight in the evening except raw vegetables. Period.

18. I rarely eat breakfast.

Skipping breakfast ruins your day and sets you up for those nasty, unhealthy snacks that you use to keep you going. A healthy breakfast is the only way to start the day, kick start the metabolism and give your body the power to tackle everything that needs to be done. Sometimes it's just a question of making a simple plan for breakfast and being organised enough to make time for it.

19. I don't try to limit the intake of red meat (beef).

You can have too much of a good thing, even pure, organic beef. We simply didn't evolve to consume vast quantities of red meat every day. Hunting didn't allow for such a rich diet. Choose a couple of days per week when you can really enjoy your beef and remember that even the leanest beef is forty percent fat.

20. When I am in a bad mood, I eat whatever I feel like eating.

Sometimes a bad mood makes us feel guilty and that's when we choose self destructive behaviour. If you choose food that's harmful for you, you're going to feel worse. It won't just be your mood that's causing you pain. Your body will feel awful too. That's what happens when you abuse it.

21. I never know what I am going to eat for supper when I get up in the morning.

When you take a few minutes to set up a fool proof eating plan for the entire week, you'll know exactly what you're going to eat. Because you already planned it. So tick that item off your To Do list. It's taken care of.

22. I never snack two to three times a day.

Much depends on how active you are during the day and what kind of work you're doing. If you're burning the calories, especially if you add exercise workouts to your routine, healthy snacks are a perfect supplement to your eating requirements. Healthy snacks are the perfect antidote to sugary toxic snacks.

23. Fish and poultry are the only meats I don't eat.

In my experience, the problem here is usually related to how the food is prepared. A good recipe and a little creativity can transform most fish and poultry into a feast. It's a great excuse to experiment!

24. When I am upset, I tend to eat more

And then you feel worse. We encourage absolutely everyone to learn to breathe more deeply, practise a little gentle meditation and distance yourself from the old habits of being upset. Food is often used as a drug. You use it as an escape mechanism. You use it as a displacement activity. If you need to chew, hit the raw veggies and you may find your mood as well as your health improves.

25. I like to eat vegetables seasoned with fatty meat.

Because it tastes good? Yep! And you crave the comfort of fat. Switch to virgin olive oil and save that fatty meat for the cat.

26. If I eat a larger than usual lunch, I won't skip supper.

Skipping meals is rarely a good idea. It's fine to have supper but make sure it's a smaller serving than usual.

27. I never take a shopping list to the grocery store.

Humans can't handle too many items of information at one time. That's why we invented lists. Then you don't have to try to remember everything you need at the store. Everything is on the list. It's called preparation and it makes life so much easier. Try it and see.

28. If I am bored, I will snack more

Boredom is a sure sign of an idle intelligence. We are surrounded by more visual stimulation, electronic media and entertainment material than at any other time in the history of the species and you're bored? Are you still alive? Wake up and open your eyes. The world around you is a miracle. Experience it every single day. And you are part of it.

29. I eat whatever I want at social events.

You have to be prepared. Once you begin to understand the real consequences of poisoning your body - and there's no pretty way of describing this - you'll take full responsibility for what goes into the cake hole. Putting your body under strain with toxic food can trigger problems that can kill you. Social events are meant to be enjoyed. They're not supposed to be lethal.

30. I am not very conscious of how much fat is in the food I eat.

We live in a world where this information is now widely available. As you develop awareness of what to eat, you'll find yourself checking labels more often. Getting in shape is a very important part of boosting good health and confidence. Keeping in good shape just requires a little more awareness. No more chomping like a zombie. Wake up and start paying attention to the things that can either help or harm. And that applies to what you eat.

31. I usually keep cookies in the house.

House rules! Make it a cast iron, non-negotiable rule - no cookies in the house. No junk food in the house. Scrap the temptation and you won't have to fight the urge to poison yourself.

32. I have a serving of meat at every meal.

Don't you get bored with meat? Don't you need some variety in your diet? Times have changed. The developed world has never had such incredible access to a truly vast array of foodstuffs. Give your taste buds a treat and your health a boost by enjoying delicious, nutritious food every single day/

33. I associate success with food.

There's a definite shift in cultural expectations. We used to associate success with cigars, alcohol and rich, sugary foods. Now we know better. Success also means feeling great, respecting the miracle of your body and living a healthy life so that you can enjoy the success. It's only a question of habits. You can easily associate success with getting a massage, enjoying a really healthy meal, taking better care of yourself. That's total success.

34. A complete meal includes a meat, a starch, a vegetable and bread.

It's amazing that these medieval ideas can persist for so long when the world is full of new data, new perspectives and life changing research. If you've been following the advice in your workbook you'll know pretty well what you need to eat and what to avoid to get into the best possible shape and discover the joys of real health.

35. On Sunday, I eat a large meal with my family.

What a perfect opportunity to share the good news about healthy nutrition and respecting your body. Be the example to your family. Be the change that motivates them to take care of themselves. Share your new knowledge. Spread the word. They only get the one life. Help them to make the very most of it by encouraging them to join you in a total commitment to feeling fantastic.

36. Instead of planning meals, I will replace supper with a snack.

Make it a house rule. Three healthy meals a day and healthy snacks to keep your appetite under control.

37. If I am busy, I will eat a snack instead of lunch.

Everyone's busy. How come some people get a healthy lunch? They prepare in advance. Organisation is the answer. Start planning for great things in your life, including great nutrition.

38. Sometimes I eat dessert more than once a day.

Sugar will kill you. You know that. You're giving yourself nasty insulin spikes with those desserts. The only way to handle the addiction is to go cold turkey and ban sugar for three days. That's how long it takes for your insulin levels to reset. Then it gets much, much easier.

39. To me, cookies or crunchy food are an ideal snack food.

Poison is never ideal unless you want to die. Slowly. Sugar is toxic. How can a toxic substance make you feel well? It doesn't, does it? Ban all cookies. Sugary crunchy snacks should have a skull and crossbones on the label. Ban the sugary snacks. The rule for living longer and enjoying your life is to banish sugar and anything that contains it.

40. My eating habits are very routine.

Fantastic! As long as you've developed the habits of eating healthily. If not, it's time to change those habits before your body starts to protest under the constant, habitual burden of food toxicity.

41. When choosing fast food, I pick a place that offers the tastes I like and not healthy foods.

Educating your palate can be tremendous fun but most of the foods we think we like are just an excuse to cram our guts with garbage. Might be healthier for you to save some money and dine right out of the dumpster. It's the sugar addiction - it's in so many foods these days that you're addicted to the stuff. Ban sugar from your diet and everything starts to get better. Stop poisoning yourself with garbage and start to appreciate what your body really needs.

42. I eat at a restaurant at least three times a week.

Eating out can be great fun. You just have to choose a restaurant with healthy food on the menu or ask the kitchen to make things for you that support your new wellbeing and health programme.

Summary - Getting organised

Identify your behaviours and eating choices

Learn to understand the real consequences of your behaviours

Accept your body and start to treat yourself with kindness and understanding

Identify where your habits and behaviours came from

Set up house rules and meal planning schedules

Switch on your awareness

CHAPTER 6

Welcome to Your brand new and exciting career! You are now Managing Director of Your Skinny Delicious Life. Inc. Congratulations. It's simply the Best Job in the Whole World and now it's yours.

Your most important job from now on is to focus on making the right food choices. You don't need to weigh or measure, you don't need to count calories. Wow, I bet that sounds like a new way of dealing with the old weight loss issue, doesn't it? Just make that one decision to follow the programme under any and all circumstances, under any amount of stress and your body will do the rest.

Your only job?

The most important job in your life!

Eat The Right Food for Your Skinny Delicious Life

Fall madly in love with your absolute best weight-loss foods - and watch them fall in love with you and your new, skinnier body

From all the information you've absorbed so far, you'll know for sure that certain food groups (like sugars, grains and dairy products) could be having a very negative impact on your health and wellbeing without you even noticing. But when you think about your present state of wellbeing, you might be wondering how much of your health - or lack of it - has been caused by the food you've been eating. Weight loss is a great example. If you've tried to lose weight but always found it a struggle, experiencing initial success but then putting the pounds back on, you know that you have to do something different. It's time to recognise that cutting down the calories isn't enough. If you're still eating the wrong foods, the problems will remain. It's time to remove the source of the problem and that's only going to happen by removing all the harmful, toxic foods from your diet.

Say goodbye to all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups and see the weight fall off. That's right. You might want to read that sentence again. It's essential to your future health. Let your body heal and recover from the years and years of weight gain and from all the other nasty effects of those nasty, toxic foods. It's time to re-programme your metabolism and flush away the inflammation.

Learn once and for all how the foods you've been eating are really affecting your health, your weight and your long term health. We've arrived at one of the most important reasons for you to follow this programme.

This is about to change your life.

Epigenetics demonstrates the vital link between the things you do and how you live to the way your body behaves, all the way down to the cellular level. This might be one of the most surprising revelations about the entire body transformation programme. I think you're going to like it because you're going to love the results.

We cannot possibly put enough emphasis on this simple fact.

Like many of the most important elements in our lives, the answers are so simple that it's too easy to blink and miss the power of this revelation.



THE CLEAN EATING PALEO KETO TRANSFORMATION

Are you ready for this?

Well, take a deep breath, my friend, because this is the answer you've been waiting for.

Eat. Real. Food.

Eat real food.

Only eat real food.

And now you know.

Real food is unprocessed, additive free and as natural as nature intended.

Real food includes lean, organic game and poultry, line caught seafood, organic free range eggs, tons of fresh vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds.

Eat foods with very few ingredients and no additives, chemicals, sugars or flavourings. Better yet, eat foods with no ingredients listed at all because then they're totally natural and unprocessed.

Don't worry, these guidelines are outlined in extensive detail in our essential life-enhancing Skinny Delicious Shopping list.

What to avoid if you want to be healthier, leaner, skinnier and in better shape forever.

More importantly, here's what NOT to eat. Cutting out all of these foods and drinks will help you regain your natural, healthy metabolism, reduce systemic inflammation and

help you to realise exactly how these foods are truly affecting your weight, fat percentage, health, fitness and every aspect of your life.

- Sugar. It's out. It's that simple. Do not consume added sugar of any kind whether it's real or artificial. No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, Xylitol. The only exception is Stevia, the natural sweetener that avoids the toxicity of all the other sweeteners. Start reading the labels because food companies love to use sugar in their products to cater for your sugar addiction and they use it in ways you might not recognise. Great way to sell more products. Disastrous for your health.
- Do not consume beer in any form, not even for cooking. And let's be brutal about that other global addiction - tobacco. Absolutely no tobacco products of any sort. Ever. Wine though, in moderation, is fine. Ideally you'll opt for dry wines and a small amount of spirits but NO liqueurs ever!
- Do not eat grains. This includes wheat, rye, barley, oats, corn, rice, millet, bulgur, or sprouted grains
- The very occasional exceptions are buckwheat and quinoa which are not technically grains but, unfortunately, they have many grain like qualities. The answer is to limit your consumption and always exercise moderation. Cutting out grains also includes all the ways we add wheat, corn, rice and other starches to our foods in the form of bran, wheat germ, modified starch and so on. Again, read the labels.
- Do not eat legumes, except for some occasional sprouted legumes. This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy, soy sauce, miso, tofu, tempeh, edamame and all the many ways we sneak soy into foods (like lecithin).
- Do not eat dairy. This includes cow, goat or sheep's milk and milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream. Use coconut milk, coconut yoghurt and coconut cream. It's the Delicious in Skinny Delicious!
- Do not consume carrageenan, MSG, sulphites or any additives whatsoever. If these ingredients or any E numbers appear in any form on the label of your processed food or beverage, don't even touch it!

Sounds tough, doesn't it? But that's because we've been conditioned to connect really bad food and sugary sweet flavourings with good times. We get sweets and candy as a reward during childhood and the comforting feeling gets embedded in our behaviour.

Before long we're addicted to all the things that effectively poison us. Take a look around you. Do you see much evidence of happy, healthy people in the local population? Disease incidence and obesity are ballooning. Something's radically wrong and you are one of the few, lucky ones to know exactly where the problem really lies.

Knowledge is power, my friend. Let's put this life-changing knowledge to the best possible use. Right now. You know what to do. All you have to do is make one powerful choice for health, normal weight and a tremendous increase in energy and the quality of your life and your body will do the rest.

At this stage of the programme, you might be surprised to know that we're not going to obsess too much about the weighting scales. The really important changes are taking place inside your body and your weight will improve naturally as you allow it to flush out all the toxins and reduce inflammation levels.

The Fine Print

These foods are the exceptions to the rule and the good news is they are all allowed in your new super healthy eating plan

- Certain legumes. Green beans and peas. While they're technically a legume, these are generally good for you.
- Vinegar. Most forms of vinegar, including white, apple cider, red wine, and rice, are allowed. The only exceptions are balsamic, vinegars with added sugar, or malt vinegar, which generally contains gluten.
- Salt but only low sodium or sodium-free salt. Did you know that all iodised table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidising and being lost.

Limitation Foods – be careful 5%

High sugar fruits – watermelon, grapes, mangoes.

Buckwheat and quinoa – it behaves like a starchy carbohydrate a bit

Clever but slightly naughty indulgences – 10%

Chocolate – organic cocoa powder,

Fried potatoes – use sweet potatoes or lots of vinegar to help with digestion,

Muffins cakes and cookies with almond and coconut flour and stevia

Nut and Seed Butters..its ok but still processed

Fats to help you burn fat – 20–%

Coconut oil, extra virgin olive oil, walnuts, macadamias and their oils, coconut products, avocados

Vegetables to fuel your system 30%

Really go to town and enjoy as many servings in as many formats as you can...raw is best, but steamed and stir fried work wonderfully well

Proteins for weight loss 35%

Fish, Turkey (chicken if you must), game and hemp seed protein are the best forms for weight loss

CHAPTER 7

YOUR WEIGHT LOSS HELPERS!....VITAMIN D AND MAGNESIUM

Now that you've taken the most important steps possible to take total control of your weight and give your body the best possible opportunity to feel simply amazing, it's time to introduce you to a select group of helpers that can make your programme even more effective. We're going to start with Vitamin D, the famous sunshine vitamin. Now, as you might have guessed by now, we love sharing the results of cutting edge medical and scientific research. So when we looked at the conclusions of over 3,000 independent clinical studies that have been carried out all over the world in the last year alone, we were not surprised to learn that good old Vitamin D has now been recognised as the superstar in the weight loss supplement industry.

1. Vitamin D and Weight Loss

Vitamin D is produced by the body when it's exposed to sunlight. It's a naturally occurring substance and it can also be acquired through diet or supplements. The great news is that it increases the metabolic energy of fat cells which encourages faster weight loss. Surprised? Happy to have another potent asset to help you move those excess pounds and keep you trimmer, fitter and healthier? Not only does it speed up metabolic rates for fat cells but it helps to eliminate toxins too. Now that's another great reason to ensure healthy levels of Vitamin D in your body.

One surprising insight that has emerged from the research is that both muscle and fat may well act in a similar way when it comes to storing vitamin D for future use.

New research using mathematical models has shown that a heavily muscled man and an obese man who weigh exactly the same would need the same amount of vitamin D. The key to determining how much vitamin D is appropriate for an individual would seem to be connected to body weight rather than body fat. The research is fresh so this important revelation has not been widely appreciated by most experts.

If you're overweight you're more likely to need more vitamin D than a thinner person. This new rule also applies to people with higher body weights even when it's a result of muscle mass.

Your best source for this vitamin is daily exposure to the sun, without sunblock on your skin, until your skin turns the lightest shade of pink. Too much sun is as bad as too little so don't be tempted to overdose on anything and that includes sunshine. Getting healthy exposure to the sun isn't always possible due to seasonal changes and the simple

fact of where you live but moderate exposure is the ideal to aim for as it will optimize your vitamin D levels naturally.

To use the sun to maximize your vitamin D production and minimize your risk of skin damage, the middle of the day (roughly between 10:00 a.m. and 2:00 p.m.) is the best and safest time. During this UVB-intense period you will need the shortest sun exposure time to produce the most vitamin D.

If getting out into the sunshine isn't possible, you might consider using one of the safer tanning beds. These use electronic rather than magnetic ballasts and this avoids unnecessary EMF exposure. Safe tanning beds produce less of the dangerous UVA than sunlight, while unsafe ones have more UVA than sunlight. If neither of these options are available to you, then you should take an oral vitamin D3 supplement and this is where the dosage becomes important.

What's the Correct Dose of Vitamin D?

Based on research published by GrassrootsHealth from the D*Action study, the average adult needs to take 8,000 IU's of vitamin D per day in order to elevate his or her levels above 40 ng/ml. This is considered to be the minimum requirement necessary for disease prevention. Ideally, you'll want your levels to be between 50-70 ng/ml. As Carole Baggerly, director and founder of GrassrootsHealth, noted:

"We just published our very first paper. We have about 10 people in this study now that are taking 50,000 IU a day and they're not reaching a potential toxicity level of 200 ng/ml. It should be noted, however, that this is not a recommended intake level. The study reported data on about over 3,500 people. ... One very significant thing shown by this research was that even with taking the supplement, the curve for the increase in the vitamin D level is not linear. It is curvilinear and it flattens, which is why it's even hard to get toxic with a supplement."

This means that even if you do not monitor your vitamin D levels on a regular basis, there is very little risk of taking too much. There is evidence that the safety of vitamin D is dependent on vitamin K, and that vitamin D toxicity (although very rare with the D3 form) is actually aggravated by vitamin K2 deficiency. So if you take oral vitamin D, ideally you should take vitamin K2 as well or use organic fermented foods that are high in vitamin K2, as you need about 150 mcg per day.

It must be said that it is challenging to work out precisely how much vitamin D your body produces naturally and then calculate how much you might need in supplement form. Most people are deficient in Vitamin D and the best way to correct this imbalance is to consult your doctor, take the 25 OH D blood test and then either increase your exposure to sunlight or request supplements with a dose somewhere in the range of 5,000-40,000 IU. Follow up tests should be done to check your new Vitamin D levels after a few months of taking the recommended supplements.

The latest clinical data concerning the benefits of healthy Vitamin D levels reveal that this essential chemical does a lot more than help with weight issues. It's got an impressive list of advantages for everyone:

- targets belly fat first
- turns body into fat burning mode instead of fat storing mode
- lowers high blood pressure
- helps form stronger bones to fight osteoporosis
- helps protect against different cancers
- boosts natural immune system
- reduces inflammation & joint stiffness
- influences the important hormone leptin

Calcium and the Link to Vitamin D

As you can see from the list above, there are many health benefits associated with having sufficient Vitamin D in the body. When the body experiences a lack of calcium, it is usually due to a vitamin D deficiency. This triggers the body to increase its production of synthase, a fatty acid enzyme that turns calories into fat. A calcium deficiency will cause the body to increase its synthase production by up to 500%, which may explain a further cause of obesity. When vitamin D supplements are combined with sunlight, calcium, and a low-calorie diet, it helps the body to regulate blood sugar levels, digest food properly and, for those who are interested in losing the excess pounds, it also promotes weight loss.

Recommended Intake of Vitamin D

The recommended daily intake of vitamin D should be between 400 and 600 IU. However, current research has suggested that a higher dosage would be more therapeutic. In order to improve health and heal the body, the body needs approximately 4,000 and 10,000 IU of vitamin D per day. Depending on skin tone, the body will need 10 to 20 minutes of sun every day to produce 10,000 IU of vitamin D. When the sun is not a viable option, it is best to supplement your diet with a vitamin D supplement.

2. Magnesium and Weight Loss

Obesity. Is it really connected to your epigenetic behaviour?

The popular view in the media has constantly repeated the myth that obesity is somehow inherited. People have looked at their obese relatives, sighed sadly over their bulging stomachs and resigned themselves to the apparent injustice of their bad genes. But it just isn't that simple. Oh, no. If you take a mouse with an obesity gene and deprive it of B

vitamins, the obesity will be expressed. The mouse gets chubby. But if it receives plenty of B vitamins, the obese gene stays in neutral and our little mouse stays thin. The process of metabolising B vitamins is called methylation and magnesium is one of the most important elements in this process.

Magnesium plays a crucial role in many aspects of the body's health but here are some of the most relevant examples

1. Magnesium helps the body to digest, absorb, and process proteins, fats, and carbohydrates.
2. Magnesium is an essential chemical to allow insulin to open cell membranes for glucose.
3. Magnesium helps prevent obesity genes from expressing themselves.

Magnesium and THE WEIGHT CONNECTION

Magnesium and the B-complex vitamins are important for helping to access the energy that's contained within our food. They're responsible for switching on enzymes that control digestion, nutrient absorption and the way we process proteins, fats, and carbohydrates. When our bodies don't get enough of these essential nutrients, we can experience a surprising range of negative consequences. Some of the unexpected consequences include hypoglycaemia, anxiety, depression and even our old friend, obesity.

The fact is that amidst an extraordinary array of foods and an incredible choice of what and how much to eat, we are often starved of essential nutrients. There is a fascinating research project that has identified the connection between our food cravings for foods and the way our bodies lack those essential nutrients.

Processed foods that lack the essential nutritional content that supports healthy metabolism are effectively empty calories. They only serve to add unhealthy weight to the body without contributing to the body's total nutritional requirements. So, as a result, you're often really hungry. So you keep eating. But you're still hungry and your body's packing on the extra weight but in reality you're starved of good nutrition.

The study suggested that changing to a healthy diet can re-set the brain's triggers for high fat, high calorie food and create a much healthier response to food choices that avoids over-eating and focuses on a naturally low-fat, high energy diet. You just know that's going to help to keep the unwanted weight off and introduce you to a whole new world of feeling great.

Magnesium also produces the metabolic reaction that instructs insulin to allow the transfer of energy-providing glucose into our cells. If the body doesn't have enough magnesium to fulfil this important role, both insulin and glucose levels increase. The

excess glucose is converted into fat and this obviously contributes to obesity problems. Having excess insulin also raises the risk of diabetes.

Is stress connected to weight gain? Oh yes it is. But we have the answer!

The powerful connection between stress and obesity has long been understood. When our bodies are stressed, we produce more of the chemical cortisol and the cortisol effectively forces a metabolic reversal that makes weight loss almost impossible. The great news is that our good friend and helper, magnesium, can effectively neutralise these undesirable effects of stress.

ABDOMINAL Fat - Is a corset the only answer? No!!

Gaining weight around your middle is strongly related to magnesium deficiency and an inability to properly utilise insulin. This is when we run the risk of encountering Syndrome X. You only need a tape measure to diagnose a predisposition to Syndrome X. If you have a waist size above 40 inches in men and above 35 in women then you're at risk. In their book *The Magnesium Factor*, authors Mildred Seelig, M.D., and Andrea Rosanoff, Ph.D., refer to research that demonstrates over half the insulin in the bloodstream is directed at abdominal tissue. They suggest that as more and more insulin is produced to deal with a high-sugar diet, abdominal size increases mainly to process the extra insulin.

Magnesium and SYNDROME X

The term "syndrome X" refers to a set of conditions that are really the product of long-standing nutritional deficiency, especially magnesium deficiency. Syndrome X is simply the result of starving the body of those essential nutrients. The long list of problems includes high cholesterol, hypertension and obesity. It also includes elevated triglycerides and high levels of uric acid. High triglycerides are usually found when cholesterol levels are too high but it happens most often with people who consume a daily high-sugar diet and that includes fizzy drinks, cakes, biscuits, candy and pastries. Syndrome X is a description of what happens when we eat badly.

Vitamins and minerals are the driving forces that produce our metabolism. Without them, we get problems. So, the first step in treating non-specific symptoms is to consider diet and dietary supplements, not drugs. It is also important to note that many of the diets that people adopt to lose weight are often deficient in the vital ingredient that can make such an important contribution to weight control - magnesium.

We mentioned above that magnesium is an essential part of the process that allows insulin to play its part in the way that glucose is transferred into our cells. The cells need that energy to function normally so, if there isn't enough magnesium, the cells can't absorb the glucose and this is what follows:

1. Glucose levels become elevated.

2. Glucose is stored as fat and leads to obesity.
3. Elevated glucose leads to diabetes.
4. Obesity puts a strain on the heart.
5. Excess glucose becomes attached to certain proteins (glycated), leading to kidney damage, neuropathy, blindness, and other diabetic complications.
6. Insulin-resistant cells don't allow magnesium into the cells.
7. Further magnesium deficiency leads to hypertension.
8. Magnesium deficiency leads to cholesterol build-up and both these conditions are implicated in heart disease.

Syndrome X, according to Dr. Gerald Reaven, the individual who coined the term, may be responsible for a large percentage of the heart and artery disease that occurs today. Unquestionably, magnesium deficiency is a major factor in the origins of each of its signs and symptoms, from elevated triglycerides and obesity to disturbed insulin metabolism.

INSULIN RESISTANCE

Food. Food. Glorious Food.

We've made lots of references and observations about food. Well, it's one of the keys to truly great weight management. It's time now to take a closer look at the way that specific foods can make you gain unwanted weight at an alarming rate and stack the fat around your belly.

Insulin is a very powerful hormone and, as you might expect, it can produce very powerful reactions in humans. You've probably seen news items and articles referring to the glycemic index. Foods that feature at the top of this index are a cause of massive increases in insulin secretion and this produces intense cravings, hunger and an increase in fat production. Foods that score high on the glycemic index are a disaster for healthy weight control and a menace to good health. There's a great deal of debate about saturated or unsaturated fats. All of these components have some level of importance. However, nutritionists and doctors virtually never mention the most important and significant components of food which can lead to weight gain and obesity. We need to lift the lid right now on food processing techniques

We've identified a key role that insulin plays in the body: it opens up sites on cell membranes to allow the flow of glucose, a cell's source of energy. Cells that no longer respond to the signals from insulin and refuse the entry of glucose are called insulin-resistant. As a result, blood glucose levels rise and the body produces more and more insulin. Glucose and insulin are pumped around the body, causing tissue damage that

results in further depletion of magnesium, an increased risk of heart disease and the likelihood of adult onset diabetes.

So, get your weight loss cure today. Start taking magnesium, soak in Epsom Bath Salts or spray it on your body and watch the weight drop off. Sometimes it really is the simplest things that can make the most dramatic difference. In this case, we're highlighting magnesium as one of the best allies we can recruit to our weight control cause.

CHAPTER 8

365 DELICIOUS RECIPES AT YOUR DISPOSAL

All these delicious recipes are unbelievably tasty and they are ALL:

Grain free

Gluten free

Dairy free

Sugar Free

Processed Free

Low Sodium

The great news is that they are all suitable for everyday use or whenever you want to create mouth wateringly tantalising delights.

Breakfast

1. Homemade Strawberry Fruit Leather

Ingredients

4 cups strawberries, hulled and chopped

a few drops of stevia liquid to taste

Instructions

Preheat the oven to 170 degrees F or the lowest oven temperature setting. Line a baking sheet with a Silpat mat. Place strawberries in a medium saucepan and cook on low heat until soft. Add in the stevia and stir to combine.

Use an immersion blender to puree the strawberries in the saucepan, or transfer to a blender and puree until smooth. Pour the mixture onto the Silpat-lined baking sheet and spread evenly with a spatula. Bake for 6-7 hours, until it peels away from the parchment.

Once cooled, peel the fruit leather off the mat and use a scissors to cut the fruit leather into strips. Roll up to serve, and store in an airtight container.

Notes

Servings: approximately 12 strips

Difficulty: Medium

2. Apple Cider Paleo Donuts

Ingredients (makes 10-12 mini-donuts)

Paleo Donuts

1/2 cup coconut flour

1/2 teaspoon cinnamon

1/2 teaspoon baking soda

1/8 teaspoon celtic sea salt

2 eggs (room temperature)

a few drops of stevia liquid to taste

2 tablespoons coconut oil (liquid)

1/2 cup warm apple cider

2 tablespoons ghee (or butter or coconut oil), melted – for coating cooked donuts

Cinnamon Sugar

1/2 cup granulated coconut sugar

1 tablespoon cinnamon

Instructions:

Preheat mini-donut maker.

In a small bowl whisk together coconut flour, baking soda, cinnamon and salt.

In a medium bowl whisk together the eggs, oil and stevia

Add the dry ingredients to the wet ingredients and stir until combined.

Add the warm apple cider to the bowl and mix until fully incorporated into the dough.

Scoop the donut batter into the pre-heated donut maker. A cookie scooper makes it easy.
(About 1 1/2 tablespoons for each donut)

Close the lid and cook for 2-3 minutes.

Carefully remove cooked donuts from the pan.

Either brush donuts with melted ghee/butter/coconut oil or dip them in to cover both sides.

Toss donuts with the prepared cinnamon/coconut sugar mixture until coated.

3. Healthy Low Carb Crustless Quiche Recipe

6 organic, free range eggs

6 stalks kale

6 stalks swiss chard

15 campari tomatoes, 10 cut into quarters and 5 with stem attached

2 medium shallots sliced thin, or half a sweet onion, diced

1 Tbs whole grain mustard

1 tsp garlic powder

1/4 tsp red pepper flakes – use more or less to taste

4 oz shredded parmesan cheese

1 Tbs organic butter

salt and pepper

Instructions

Preheat your oven to 350 degrees F (175 degrees C).

In a nonstick skillet over med-high heat, melt your butter. Add shallots and a little salt and pepper and cook until translucent, about 2 mins.

Grab your kale and swiss chard by the stem and strip the leaves from the stem with your hands. (I like to save the stems and use them later in my veggie juices)! Again, using your hands, tear the leaves into small pieces and add to your skillet. Next add your tomatoes, mustard, red pepper flakes, and more salt & pepper. Using a wooden spoon, stir all ingredients together, taste and adjust spices as needed, and remove from heat.

Whisk eggs and parmesan in a large bowl until well combined. Pour the egg mixture into your skillet and stir to combine with the vegetables. Then top with your tomatoes on the vine. You could also transfer all of your ingredients into a baking or pie dish, but I like to

keep it simple so I bake the dish in the same skillet; just remember to use an oven mitt to remove from the oven!

Bake until golden brown and eggs are completely set, about 30- 35 mins. Allow quiche to cool for 10 minutes before serving.

4. Choco Nut Skinny Muesli Balls

Ingredients:

1 cup of raw almonds

1 Tablespoon of coconut oil

¼ teaspoon low sodium salt

2 Tablespoon Coconut flour

1 egg white

2 Tablespoon plus 1 teaspoon of Cacao powder

¼ cup of pure liquid stevia

Instructions:

First grind the almonds in a food processor or blender until you have a flour.

Add the ground almonds, low sodium salt, coconut flour, egg white, pure liquid stevia and cacao powder to a bowl and mix with a spoon until you have a dough.

Either:

a) Place the dough onto a piece of parchment paper. Place a second piece of parchment paper over the top and roll it until it is ¼” thick. With a wet knife, score it into 1” squares. Place the parchment paper on a baking sheet when finished.

Or

b) Take a small pinch of the dough and roll into a ¼ round ball and set on a baking sheet lined with parchment paper.

Turn on your oven and set to 350 degrees and bake for 15 - 18 minutes for cereal balls or bake for 8 to 12 minutes for flat cereal.

Remove from the oven and let cool on the pan.

Top with your favorite milk and enjoy!

5. Tasty Apple Almond Coconut Medley

Ingredients:

one-half apple cored and roughly diced

handful of sliced almonds

handful of unsweetened coconut

generous dose of cinnamon

1 pinch of low sodium salt

Instructions:

Pulse in the food processor to desired consistency—smaller is better for the little ones! Serve with almond milk, or creamy coconut milk.

6. Paleo Porridge with Banana

Ingredients

½ cup soaked pecans (or a mixture of your preferred nuts). I put some in a bowl overnight if I do not have on hand. I have done this with part macadamia nuts, dreamy!

¾ cup boiling water

2 tablespoons coconut butter (please refer to link above on how to easily make your own)

½ very ripe banana

a few drops of stevia liquid to taste

½ teaspoon cinnamon

⅛ teaspoon sea salt (to taste)

Instructions

In a blender, place all the ingredients and blend until smooth and creamy. Mixture will be thin. If you do not have a high powered blender the nuts will need to be soaked and NOT dehydrated.

Place mixture into a small saucepan over medium low heat. Heat gently until thick and creamy. Serve.

7. Sweetie Skinny Crackers

Ingredients:

1 egg
pure liquid stevia to taste
1 Tbspn coconut oil, melted
1.5 cups almond flour
.5 cup coconut flour

1 teaspoon cinnamon

Instructions:

Preheat oven to 350°

In a large bowl, whisk together the egg, pure liquid stevia and melted coconut oil

Add the coconut and almond flour and stir to combine.

Give the dough a couple of kneads so it's well incorporated.

Turn the dough onto a piece of parchment paper and flatten a bit with your hands.

Place another piece of parchment on top and roll out with a rolling pin until it's about 1/8 inch thick.

Remove the top piece of parchment and cut the dough into 1/4 inch squares for cereal, and about 2"x3" for crackers

Sprinkle the cinnamon into the dough mixture.

Slide the dough with the bottom parchment paper onto a baking sheet and bake for 15 minutes.

Turn down the oven to 325° and bake for another 10-15 minutes, or until the cereal / crackers are crisp.

8. Bacon and Heirloom Tomato Frittata with Basil

Ingredients

12 large pastured eggs

1/2 pound organic bacon (8 slices)

Heirloom tomatoes in different sizes and colors cut into thick (1/2 inch) slices

1 medium red onion, 1/2 sliced thin the other 1/2 diced

2 cloves garlic, minced

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh parsley

1/2 teaspoon sea salt

freshly cracked black pepper

several whole fresh basil leaves, purple or green

Instructions

Preheat oven to 350° F

In a medium bowl whisk the eggs together and add 1 clove of the minced garlic, chopped basil, chopped parsley, sea salt and black pepper.

Cut bacon into 1/4 inch strips and cook in a 10 inch, cast iron skillet until almost crispy and much of the fat has rendered. Using a slotted spoon, scoop out the bacon into a separate dish and reserve.

Drain all but two tablespoons of the fat (reserve for future us)

Add the diced red onion and cook in the remaining bacon fat on medium heat until soft (about 6. minutes). Add the minced garlic and cook for another minute.

Add the bacon back to the pan and spread out evenly.

Gently pour the egg mixture into the hot pan and allow to cook on medium until the edges begin to cook and the eggs have cooked about halfway.

Gently place the tomato and onion slices on top of the eggs. Top with a few of the fresh basil leaves.

Place the skillet in the oven and cook for approximately 20 minutes until the middle of the frittata is cooked. Remove from the oven and let the frittata set up and cool off slightly for about 5 minutes.

Top with more fresh basil leaves and and serve warm.

9. Breakfast Mexicana

Ingredients:

For the tortillas:

2 eggs

2 egg whites

1/2 cup water

4 tsp ground flaxseed

Pinch of low sodium salt

For the filling:

1 avocado, diced

1/4 cup red bell

pepper, finely diced

1/4 cup onion, finely diced

1/4 cup baked cod or other protein

Handful of spinach leaves

1 tsp coconut oil

Instructions:

In a small bowl, whisk together the ingredients for the tortilla. Preheat the oven

Heat a 10-inch non-stick skillet over medium heat and coat well with coconut oil spray.

Pour half of the tortilla mixture into the pan and swirl to evenly distribute.

Using a metal spatula, loosen the edges of the tortilla from the pan.

Cook a couple of minutes until golden brown on the bottom, and then carefully slide the spatula under the tortilla to loosen it from the bottom of the pan. Do not flip yet.

Place the pan under the broiler for 3-4 minutes until the tortilla gets a little bubbly.

Remove the tortilla from the pan, setting on a piece of aluminum foil. Repeat with other half of tortilla mixture.

After the tortillas are done broiling, preheat the oven to 400 degrees F. In a separate small pan, heat the coconut oil over medium heat.

Add the onions and peppers and sauté for 5-8 minutes, until soft. Add the spinach into the pan and wilt.

Place all of the fillings down the center of the tortillas and wrap tightly. Place into the oven for 5-8 minutes to set. It's so delish!

10. Apple Cider Paleo Donuts

Ingredients (makes 10-12 mini-donuts)

Paleo Donuts

1/2 cup coconut flour

1/2 teaspoon cinnamon

1/2 teaspoon baking soda

1/8 teaspoon celtic sea salt

2 eggs (room temperature)

a few drops of stevia liquid to taste

2 tablespoons coconut oil (liquid)

1/2 cup warm apple cider

2 tablespoons ghee (or butter or coconut oil), melted – for coating cooked donuts

Cinnamon Sugar

1/2 cup granulated coconut sugar

1 tablespoon cinnamon

Instructions:

Preheat mini-donut maker.

In a small bowl whisk together coconut flour, baking soda, cinnamon and salt.

In a medium bowl whisk together the eggs, oil and stevia

Add the dry ingredients to the wet ingredients and stir until combined.

Add the warm apple cider to the bowl and mix until fully incorporated into the dough.

Scoop the donut batter into the pre-heated donut maker. A cookie scooper makes it easy.

(About 1 1/2 tablespoons for each donut)

Close the lid and cook for 2-3 minutes.

Carefully remove cooked donuts from the pan.

Either brush donuts with melted ghee/butter/coconut oil or dip them in to cover both sides.

Toss donuts with the prepared cinnamon/coconut sugar mixture until coated.

11. Breakfast Sweet Potato Hash

Ingredients

1 large onion, sliced

3 tbsp olive oil, divided

1/2 tbsp ghee

2 Italian sausages, diced

2 sweet potatoes

3 tbsp fresh rosemary

Salt and freshly ground black pepper, to taste

3 eggs

Instructions

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Heat one tablespoon of olive oil and the ghee in a skillet over medium heat. Add the onions and sprinkle with salt. Cook on low heat for 30-40 minutes, until dark brown and caramelized.

Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Place into a large bowl with the remaining two tablespoons of olive oil and rosemary.

In a separate skillet, cook the sausages until browned. Add the cooked onions and sausages to the bowl with the sweet potatoes and toss. Season with salt and pepper.

Spread out the sweet potato mixture evenly onto the prepared baking sheet. Roast for 30-35 minutes until the potatoes are soft and browned. Either refrigerate overnight at this point or proceed to the next step.

Place the sweet potato hash into a cast iron skillet and make three small wells to crack the eggs into. Crack eggs into the skillet and season lightly with salt and pepper. Bake for 15-18 minutes at 425 degrees F until the eggs are set.

Notes

Servings: 4

Difficulty: Medium

12. Paleo Porridge with Banana

Ingredients

½ cup soaked pecans (or a mixture of your preferred nuts). I put some in a bowl overnight if I do not have on hand. I have done this with part macadamia nuts, dreamy!

¾ cup boiling water

2 tablespoons coconut butter (please refer to link above on how to easily make your own)

½ very ripe banana

a few drops of stevia liquid to taste

½ teaspoon cinnamon

⅛ teaspoon sea salt (to taste)

Instructions

In a blender, place all the ingredients and blend until smooth and creamy. Mixture will be thin. If you do not have a high powered blender the nuts will need to be soaked and NOT dehydrated.

Place mixture into a small saucepan over medium low heat. Heat gently until thick and creamy. Serve.

13. Paleo Garlic Breadsticks (Just Don't Eat Them All Yourself)

Ingredients

1 1/3 cups almond flour

1/2 tsp salt

2 tbsp coconut oil, melted

3 tbsp coconut flour

1 clove garlic, minced

3 eggs, divided

1 tsp dried basil

1/2 tsp onion powder

1/2 tsp oregano

1/2 tsp baking powder

Ghee, for brushing

Instructions

Whisk two eggs together in a small bowl and set aside. In a separate bowl, add the almond flour, baking powder, salt, and coconut oil and stir. Add the beaten eggs and stir to combine.

Add the coconut flour into the bowl, one tablespoon at a time. After each tablespoon let the dough rest for a minute as the flour absorbs. Add the next tablespoon and repeat until you have dough that can be easily kneaded.

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Roll out the dough onto a separate piece of parchment paper. Working in small handfuls, roll the dough into a long rope. Twist the dough into your shape of choice and place on the baking sheet. Bake for 10 minutes.

Whisk the remaining egg and add a dash of water. Remove the breadsticks from the oven and brush with the egg wash, and then the minced garlic, basil, onion powder and oregano. Return to the oven and bake for 4-5 minutes more, until golden. Brush with melted ghee before serving.

Notes

Servings: 4-8 breadsticks, depending on size

Difficulty: Medium

14. Mile High Power Breakfast Burger

INGREDIENTS

To make the patties, you will need:

450g grass fed ground beef

1/3 cup crispy lardons (or 2-3 crispy bacon strips and their drippings)

1 tbsp Dijon mustard

3 cloves garlic, chopped

1 pastured egg

¼ tsp Himalayan or unrefined sea salt

¼ tsp freshly cracked black pepper

¼ tsp anise seeds

1/8 tsp ground clove

1 large jalapeño pepper, seeded and very finely chopped

¼ cup fresh parsley, finely chopped

2 tbsp fresh mint, finely chopped

1 tbsp fresh rosemary, finely chopped

½ cup sauerkraut, squeezed fairly dry and roughly chopped

To garnish each burger, you will need:

1 fresh kale leaf, torn into several pieces

2 slices tomato

3 slices avocado

¼ cup sauerkraut

1 pastured egg, pan fried

1 bacon strip, cooked and cut in 2 pieces

INSTRUCTIONS

Start by cooking the required number of slices of bacon (depending on how many burgers you are making and whether or not you are using cooked bacon in your meat patties) and set aside.

In a small food processor, add the lardons (or cooked bacon and drippings) Dijon mustard, garlic, egg, salt, pepper, ground clove and anise seeds and process into a paste.

Add that to a medium mixing bowl along with the ground beef, jalapeño pepper, parsley, mint, rosemary and sauerkraut and knead well with your hands until uniformly blended. Form the meat mixture into 3 or 4 beef patties.

Preheat your outdoor grill to high.

Once your grill is nice and hot, lower the heat to medium and place the patties on the grill; cook for about 3-4 minutes per side or until the patties are done to your liking.

Alternatively, you could also cook the beef patties in a large skillet set over medium-high heat, again, about 3-4 minutes per side.

While the meat is cooking, pan fry as many eggs as you will require to garnish your burgers.

To assemble the burgers, start by laying a few pieces of kale at the bottom of a plate. Place the beef patty right over that, followed by the sauerkraut and a few slices of tomatoes and avocado.

At this point, you might want to insert a toothpick right in the center of the pile to make sure your mile high burger doesn't collapse on you!

Once everything is good and secure, add the pan fried egg right on top of all that and, finally, place two pieces of cooked bacon right over your egg. BEAUTY!

Take a nice long look (if you can!) at your beautiful creation and dig in.

15. Prosciutto-Wrapped Mini Frittata Muffins

Ingredients:

4 tablespoons fat (coconut oil, ghee, etc.)

½ medium onion, finely diced

3 cloves of garlic, minced

½ pound of cremini mushrooms, thinly sliced

½ pound frozen spinach, thawed and squeezed dry

8 large eggs

¼ cup coconut milk (the fatty stuff at the top of the can works best)

2 tablespoons of coconut flour

1 cup of cherry tomatoes, halved

5 ounces of Prosciutto di Parma

Kosher salt

Freshly ground pepper

A regular 12 cup muffin tin

Instructions

Preheat the oven to 375°F and prepped veggies.

Heat half the coconut oil over medium heat in a large cast iron skillet and sautéed the onions until soft and translucently

Add the garlic and mushrooms and cook them until the mushroom moisture had evaporated. Then, season the filling with salt and pepper and spoon it on a plate to cool to room temperature

For the batter, Beat the eggs in a large bowl with coconut milk, coconut flour, salt, and pepper until well-mixed. Then, add the sautéed the mushrooms and spinach and stirred to combine.

Brush the remainder of the melted coconut oil onto the muffin tin and lined each cup with prosciutto, taking care to cover the bottom and sides completely.

Popp the muffins in the oven for about 20 minutes

16. Spicy Southwestern Breakfast Bowl

Ingredients

2 large sweet potatoes, peeled and diced

Extra virgin olive oil, for drizzling

Salt and pepper, to taste

1 tsp chili powder

2 strips bacon

1/2 medium yellow onion, diced

1/2 green bell pepper, diced

1/2 red bell pepper, diced

1 small jalapeno, seeded and diced

2-3 cups fresh spinach

2 eggs

1 tsp ghee

1 avocado, pitted and diced, optional

Instructions

Preheat the oven to 375 degrees F. Place the diced sweet potatoes on a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt, pepper, and chili powder. Bake for 15-20 minutes, turning once.

Meanwhile, cook the bacon in a skillet over medium heat. Remove to a paper towel-lined plate and crumble. Add the onion, bell peppers, and jalapeno to the skillet and sauté for 5-6 minutes until soft. Lastly add in the spinach and cook until wilted.

In a separate skillet, melt the ghee. Cook the eggs to desired doneness, seasoning with salt and pepper.

To assemble, divide the sweet potatoes between two bowls. Top with the veggie mixture, followed by the egg, crumbled bacon, and avocado if using.

Notes

Servings: 2

Difficulty: Easy

17. Raisin Nut Crunch Cereal

Ingredients

1/2 cup sunflower seeds

1/4 cup pumpkin seeds

2 Tbsp. squash seeds (or more pumpkin seeds)

1/2 cup almond meal (I used dried almond pulp from making almond milk)

1 1/3 cup coconut

1 cup almonds, chopped

1 1/2 tsp. cinnamon

3 Tbsp. coconut oil

1/4 cup raw honey

1 tsp. vanilla

1 cup raisins (added after cereal is baked)

Directions

1. Preheat oven to 325 degrees.
 2. Combine all dry ingredients (except raisins).
 3. Warm coconut oil and honey slightly so they are easily incorporated. Pour oil, honey and vanilla over dry ingredients. Mix well
 4. Spread cereal mixture over large baking pan (15 x 10 or bigger) and bake at 325 degrees for 20 minutes. Take out of oven, stir mixture and bake for another 5-7 minutes.
 5. Cool. Add raisins and serve with homemade coconut milk or homemade almond milk!
- Store in an airtight container.

18. Healthy Low Carb Crustless Quiche Recipe

6 organic, free range eggs

6 stalks kale

6 stalks swiss chard

15 campari tomatoes, 10 cut into quarters and 5 with stem attached

2 medium shallots sliced thin, or half a sweet onion, diced

1 Tbs whole grain mustard

1 tsp garlic powder

1/4 tsp red pepper flakes – use more or less to taste

4 oz shredded parmesan cheese

1 Tbs organic butter

salt and pepper

Instructions

Preheat your oven to 350 degrees F (175 degrees C).

In a nonstick skillet over med-high heat, melt your butter. Add shallots and a little salt and pepper and cook until translucent, about 2 mins.

Grab your kale and swiss chard by the stem and strip the leaves from the stem with your hands. (I like to save the stems and use them later in my veggie juices)! Again, using your hands, tear the leaves into small pieces and add to your skillet. Next add your tomatoes, mustard, red pepper flakes, and more salt & pepper. Using a wooden spoon, stir all ingredients together, taste and adjust spices as needed, and remove from heat.

Whisk eggs and parmesan in a large bowl until well combined. Pour the egg mixture into your skillet and stir to combine with the vegetables. Then top with your tomatoes on the vine. You could also transfer all of your ingredients into a baking or pie dish, but I like to keep it simple so I bake the dish in the same skillet; just remember to use an oven mitt to remove from the oven!

Bake until golden brown and eggs are completely set, about 30- 35 mins. Allow quiche to cool for 10 minutes before serving.

19. Down-Home Brussels Sprout Hash

Ingredients

3 slices bacon

1/2 large butternut squash, peeled, seeded and cubed

1/2 small red onion, finely diced

1 clove garlic, minced

12 oz. Brussels sprouts, stemmed and sliced

1 tbsp extra virgin olive oil

Salt and freshly ground pepper, to taste

2-3 eggs, optional

Instructions

Place the bacon in a pan and cook until crisp. Set aside on a paper towel-lined plate and crumble into pieces. Leave one tablespoon of bacon grease in the pan and dispose of the rest.

Add the butternut squash, onion, and garlic to the pan and cook for 5-7 minutes, stirring occasionally, until soft. Stir in the Brussels sprouts, along with a tablespoon of olive oil. Season generously with salt and pepper to taste. Sauté for 8-10 minutes until the Brussels sprouts are bright green and fork-tender.

Add the crumbled bacon back into the pan and stir. Make two or three small wells in the hash and crack an egg into each. Cover and cook until the eggs are set. Serve immediately.

Notes

Servings: 2-3

Difficulty: Easy

20. Breakfast Quiche with Broccoli and Ham

Ingredients

3 tbsp of water

8 eggs

1 tsp of sea salt

1 tsp of black pepper

2 cups of broccoli chopped small

2 cups of red onions

2 cups of ham

1 tsp of coconut oil

Instructions

Bake pie dish for 5 minutes on 350 degrees fahrenheit.

Lightly steam broccoli for a couple of minutes, should turn a pretty bright green. Set aside.

Saute chopped red onions and chopped ham in coconut oil. If ham is fatty skip coconut oil, the fat will render and be enough.

Add veggies to lightly baked pie crust.

Then whisk eggs and water and add over veggies. Water helps make eggs fluffy, so does baking soda. Other recipes I googled use almond and coconut milk. Your pick.

Bake for 25-30 minutes or until desired firmness.

Notes

Tip: I always undercook food, you can always put it in the oven for longer.

Nutrition Information

Serving size: 4-6

21. Paleo Stuffed Breakfast Peppers

Ingredients

2 bell peppers – your choice of colour

4 eggs

1 cup white mushrooms

1 cup broccoli

¼ tsp cayenne pepper

Salt and pepper, to taste

Directions

Preheat oven to 375 degrees Fahrenheit.

Dice up your vegetables of choice.

In a medium sized bowl, mix eggs, salt, pepper, cayenne pepper, and vegetables.

Cut peppers into equal halves. A tip: Try to buy peppers that are symmetrical and have somewhat flat sides – this makes it easier for them to balance while baking.

Core the peppers so that they're clean enough to add the filling.

Pour a quarter of the egg / vegetable mix into each pepper halve, adding more vegetables to the top to fill in any empty space.

Place on baking sheet and cook approximately 35 minutes or until eggs are cooked to your liking.

Serve and enjoy! I personally like mine with a dash of hot sauce on top.

Notes

This recipe makes 2 servings.

Nutrition Facts Per Serving

Calories: 186

Total Fat: 9.4g

Saturated Fat: 2.8g

Carbs: 12.1g

Fiber: 4.0g

Protein: 14.6g

Lunch

22. Cheeky Chicken Salad

Ingredients:

olive oil spray

2 tsp olive oil

16 oz (2 large) skinless boneless chicken breasts, cut into 24 1-inch chunks

Low sodium salt and pepper to taste

4 cups shredded romaine

1 cup shredded red cabbage

For the Skinny Cheeky Sauce:

2 1/2 tbspo paleo mayonnaise

2 tbsp scallions, chopped fine plus more for topping

1 1/2 tsp chili flakes

Instructions:

Preheat oven to 425°F. Spray a baking sheet with olive oil spray.

Season chicken with low sodium salt and pepper, olive oil and mix well so the olive oil evenly coats all of the chicken.

Meanwhile combine the sauce in a medium bowl. When the chicken is ready, drizzle it over the top and enjoy!!

23. Superior Salmon with Lemon and Thyme OR Use any White fish

Ingredients:

32 oz piece of salmon or any fresh white fish

1 lemon, sliced thin

1 tbsp capers

low sodium salt and freshly ground pepper

1 tbsp fresh thyme

Olive oil

Instructions:

Line a rimmed baking sheet with parchment paper and place salmon, skin side down, on the prepared baking sheet.

Season salmon with low sodium salt and pepper. Arrange capers on the salmon, and top with sliced lemon and thyme.

Place baking sheet in a cold oven, then turn heat to 400 degrees F. Bake for 25 minutes. Serve immediately.

24. Low Carb Chipotle Chicken Lettuce Wraps

Ingredients

2 tbsp extra virgin olive oil

1 lb. boneless skinless chicken breast

3 chipotle peppers

4 tbsp adobo sauce

1/3 cup cilantro, chopped

Juice of 1 lime

1/2 red bell pepper, diced

2 scallions, thinly sliced

1 head lettuce, rinsed

Salt and freshly ground pepper

Instructions

Heat the olive oil in a large pan over medium heat. Sprinkle the chicken with salt and pepper on both sides and place in the pan. Cook for 5-6 minutes per side until the chicken is cooked through. Set aside and rest for 5 minutes, then shred.

In a food processor or blender, combine the chipotle peppers, adobo, cilantro, and lime juice. Blend until smooth.

Add the bell pepper, adobo mixture, and chicken to the sauté pan on low heat. Stir well to combine and cook for 3-4 minutes. Add the scallions to the pan. Spoon the mixture into lettuce wraps and serve.

Notes

Servings: 6-8 wraps

Difficulty: Medium

25. Fennel and Brussels Sprouts Sirloin Rolls

Ingredients

For the Filling:

1. 2 slices bacon, chopped into 4 or 5 large pieces
2. ½ fennel bulb, roughly chopped
3. 1/2 cup Brussels sprouts, bottoms trimmed off and halved
4. 2 garlic cloves
5. 1 tsp each of dried rosemary, sage and oregano

Additional Ingredients:

6. 2, ½ lb sirloin steaks
7. Salt and pepper, to taste
8. 2 cups Brussels sprouts (about ¾ lb), bottoms trimmed off and quartered
9. ½ fennel bulb, cut into thick slices
10. 1 tsp olive oil
11. 2 or 3 fennel fronds

Directions

Preheat oven to 375F.

1. Add all filling ingredients to a food processor. Process until it forms a thick paste.
2. Pound out steaks using a mallet until they are about ½ inch thick.
3. Spread half of the filling on each steak. Roll steaks up, using a few toothpicks to secure.
4. Place sirloin rolls in a large roasting pan and sprinkle with salt and pepper.
5. Toss Brussels sprouts and fennel slices in a large bowl with olive oil, salt and pepper.
6. Spread Brussels sprouts and fennel slices around sirloin rolls in the roasting pan.
7. Roast for 35-40 minutes, until steak is cooked to desired level and vegetables begin to brown. If steak is done and veggies need to cook a bit longer, remove the steak from the pan and let it rest while you cook the veggies for an additional five minutes or so.
8. Let steak rest for 5 minutes before slicing. Garnish with fennel fronds.

26. Spectacular Shrimp Scampi in Spaghetti Sauce

Ingredients:

For the Spaghetti:

1 spaghetti squash

Extra virgin olive oil, for drizzling

low sodium salt and pepper

1 tsp dried oregano

1 tsp dried basil

For the shrimp scampi:

8 oz. shrimp, peeled and deveined

3 tbsp butter

1 tbsp extra virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

low sodium salt and pepper, to taste

1 tbsp fresh parsley, chopped

Juice of 1 lemon

Zest of half a lemon

Instructions:

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet.

Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat.

Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, low sodium salt, pepper, and a pinch of red pepper flakes.

Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley.

27. Tasty Testy Lettuce Wraparounds

Ingredients:

8 oz skinless, boneless chicken or turkey ground

1/4 cup water chestnuts, chopped fine

1/4 cup dried shiitake mushrooms

1 tbsp soy sauce (I used reduced sodium)

1 1/2 tsp sesame oil

1 tsp rice wine or dry sherry

1/2 tsp stevia

freshly ground white pepper, to taste

2 cloves garlic, finely chopped

6 large iceberg lettuce leaves, rinsed)

2 tbsp diced scallions

Instructions:

Place mushrooms in hot water to soften a few minutes. Remove stems and chop fine.

Combine all sauces and dry ingredients in a bowl.

Combine ground chicken mushrooms and water chestnuts into a bowl. Pour over chicken; toss. Let marinate for 15 minutes.

Heat remaining sesame oil in a wok or skillet over high heat. Add garlic; cook until golden, about 10 seconds. Add chicken mixture; stir fry until browned, breaking the chicken up as it cooks, about 4-5 minutes.

To serve, spoon 1/4 cup of the mixture into each lettuce leaf. Garnish with scallions

28. Sashimi Divine with Vinaigrette

Ingredients:

5 oz sashimi tuna (sushi grade)

1 tsp extra virgin olive oil

1 tsp fresh lemon juice

2 cups baby arugula

1 tsp capers

Low sodium salt and fresh pepper

Instructions:

Season tuna with low sodium salt and fresh cracked pepper.

Place arugula and capers on a plate. Combine oil and lemon juice, low sodium salt and pepper.

Heat your grill to high heat and clean grate well. When grill is hot, spray grate with oil to prevent sticking then place tuna on the grill; cook one minute without moving. Turnover and cook an additional minute; remove from heat and set aside on a plate.

Slice tuna on the diagonal and place on top of salad. Top with lemon vinaigrette and eat immediately.

29. Punchy Tomato Salsa

Ingredients:

4 medium ripe tomatoes, chopped

1/4 cup finely chopped white onion

2 chilli peppers, mild or hot, seeded and finely chopped

2 tbsps chopped bell pepper

1 clove garlic, minced

1/4 cup finely chopped fresh cilantro leaves (no stems)

2 tbsps fresh lime juice

Low sodium salt and pepper, to taste

Instructions:

In a bowl combine all ingredients. Let it marinate in the refrigerator at least an hour for best results.

30. Sexy Salsa

Ingredients:

3 medium tomatoes, cored and quartered

1 jalapeño, stem removed and roasted

3-4 small cloves garlic

2 tbsp cilantro

3-4 tbsp water

1 tsp olive oil

Low sodium salt to taste

Instructions:

In a blender, add tomatoes, jalapeño, garlic, cilantro and water and pulse a few times until completely smooth.

Add oil to a deep skillet, then pour in tomatoes. Season with low sodium salt and simmer uncovered stirring occasionally, 20 to 25 minutes.

31. Saucy Gratin with Creamy Cauliflower Bonanza

Ingredients:

1 medium butternut squash, peeled, seeded, and diced

1 large sweet potato, peeled and thinly sliced

6 cups fresh spinach

1 tbsp extra virgin olive oil

2 large shallots, diced

4 cloves garlic, chopped

low sodium salt and pepper, to taste

Pinch of nutmeg

For the sauce:

1/2 head of cauliflower, cut into florets

1 cup almond milk

1/2 cup low sodium chicken stock

1/2 tsp low sodium salt

1/2 tsp freshly ground pepper

1/4 tsp nutmeg

Instructions:

Preheat the oven to 375 degrees F. To make the cream sauce, place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender.

Drain and return cauliflower to the pot. Add the almond milk, stock, nutmeg, low sodium salt, and pepper to the pot. Use an immersion blender or food processor to combine the ingredients until smooth. Set aside.

Meanwhile, bring a separate pot of water to a boil. Add the butternut squash and cook for 4 minutes. Drain and set aside.

Heat the oil in a small pan over medium heat. Add the shallots and garlic and cook for 4-5 minutes until soft. Stir in the spinach to wilt. Season with low sodium salt and pepper.

To assemble, grease a large baking dish with coconut oil spray. Spoon a thin layer of the cream sauce over the bottom of the pan.

Arrange a layer of half of the butternut squash. Top with half of the spinach mixture, and then all of the sliced sweet potato.

Drizzle with the cream sauce. Add the remaining half of the spinach, followed by the rest of the butternut squash. Drizzle the rest of the cream sauce over the top.

Sprinkle with low sodium salt, pepper, and nutmeg. Bake for 50-60 minutes until browned. Allow to cool for 10 minutes.

32. Pumpkin Avocado Salad

Ingredients:

2 tbsp red onion, chopped

2 tbsp lime juice

2 medium hass avocados, diced

2 cups cooked pumpkin, diced

2 tbsp chopped cilantro

Low sodium salt and pepper to taste

Instructions:

In a small bowl combine onion, lime juice and low sodium salt.

In a medium bowl, combine avocados, pumpkin, and cilantro. Toss with lime juice and onions and serve immediately.

33. Crispy Chicken Wings

Ingredients:

3 lbs (about 18) chicken wings

1/4 cup white vinegar

2 tbsp oregano

4 tsp paprika

1 tbsp garlic powder

1 tbsp chili powder

Low sodium salt and fresh pepper

2 celery stalks, sliced into strips

2 carrots, peeled and sliced into strips

Instructions:

In a large bowl combine chicken, vinegar, oregano, paprika, garlic powder, chili powder salt and pepper. Mix well and let marinate for 30 minutes.

Place wings on a broiler rack and broil on low, about 8 inches from the flame for about 10-12 minutes on each side

While chicken cooks, heat the remaining hot sauce until warm. Toss the hot sauce with the chicken and arrange on a platter. Serve with celery and carrot strips.

34. Steamed Brussels Mussels with Fresh Basil

Ingredients:

2 dozen mussels

2 tsp olive oil

3 cloves garlic, cut in large chunks

2 tbsp fresh herbs such as basil or parsley

1/tblspn white wine

1/4 cup water

Instructions:

Heat a large pot on high heat. Add oil. When hot, add garlic and cook until golden.

Add wine, water and mussels and cover tightly, reduce to medium-low heat.

Cook 5 to 10 minutes, or until the shells open. Do not overcook or the mussels will become rubbery. Transfer with a slotted spoon to a large bowl and pour the liquid through a strainer over the clams. Top with fresh herbs and enjoy.

35. Mediterranean Supercharger Omelet with Fennel and Dill

Ingredients:

2 tablespoons olive oil, divided

2 cups thinly sliced fresh fennel bulb, fronds chopped and reserved

8 cherry tomatoes

5 large eggs, beaten to blend with 1/4 teaspoon salt and 1/4 teaspoon ground black pepper

1 1/2 tablespoons chopped fresh dill

Instructions:

Add remaining 1 tablespoon oil to same skillet; heat over medium-high heat.

Add beaten eggs and cook until eggs are just set in center, tilting skillet and lifting edges of omelet with spatula to let uncooked portion flow underneath, about 3 minutes.

Top with fennel mixture. Sprinkle dill over.

Using spatula, fold uncovered half of omelet over; slide onto plate.

Garnish with chopped fennel and serve.

36. Sexy Prawn Salsa

Ingredients:

16 oz cooked peeled prawns diced in large chunks

4 vine ripe tomatoes, diced fine

6 tbsp red onion, finely diced

2 tbsp minced cilantro

2 limes, juice of (or more to taste)

1/2 tsp low sodium salt

Instructions:

Combine diced onions, tomatoes, salt and lime juice in a non-reactive bowl and let it sit about 5 minutes. Combine the remaining ingredients in a large bowl, taste for low sodium salt and adjust as needed. Refrigerate and let the flavours combine at least an hour before serving.

37. Summer Tuna and Avocado Salad

Ingredients:

2 tins albacore tuna in water ..low salt

1 pint grape tomatoes, cut in half

1 hass avocado, diced

2 hot peppers such as serrano or jalapeños, diced fine (seeds removed for mild)

1/3 cup chopped red onion

2 limes, juice of (or more to taste)

1 tsp olive oil

2 tbsps chopped cilantro

Low sodium salt and fresh pepper to taste

Instructions:

In a small bowl combine red onion, lime juice, olive oil, pinch of low sodium salt and pepper. Let them marinate at least 5 minutes to mellow the flavour of the onion.

In a large bowl combine tuna, avocado, tomatoes, hot pepper. Combine all the ingredients together, add cilantro and gently toss. Adjust lime juice, low sodium salt and pepper to taste.

38. Blushing Beet Salad

Ingredients:

2 large beets, washed and stems cut off

1 cup carrots, peeled and cooked

1 tbsp cilantro, chopped

1 tbsp diced onion

2 tbsp paleo mayonnaise

Low sodium salt and pepper

Instructions:

Boil beets in water until soft, about 50 minutes. Peel and cut into small 1/2" cubes.

Cook carrots until tender and cut into bite size cubes. Combine diced onion, carrots, beets, mayonnaise, cilantro, low sodium salt and pepper.

39. Outstanding Veggie Omelet

Ingredients:

3 eggs, beaten

1 carrot, matchstick cut

3 scallions, diagonal sliced

1 handful tiny broccoli florets or whatever leftover veggies you have

Bits of leftover cooked turkey

Safflower oil

Low sodium salt

Instructions:

Heat oil in a wok or large cast iron skillet over medium heat, until hot enough to sizzle a drop of water.

Add broccoli and carrots, stir fry 2 min. until soft.

Add cooked turkey, stir fry 1 min. until heated through. Add scallions and eggs, scramble.

Add salt to taste. Serve.

40. Cheeky Chicken Stir Fry

Ingredients:

1 pound boneless, skinless chicken breast

2 tablespoons coconut oil

1 medium onion, finely chopped (about 1 cup)

2 heads broccoli, sliced into 3-inch spears (about 4 cups)

2 medium carrots, sliced (about 1 cup)

2 heads baby bok choy, sliced crosswise into 1-inch strips (about 1½ cups)

4 ounces shiitake mushrooms, stemmed and thinly sliced (about 1 cup)

1 small zucchini, sliced (about 1 cup)

½ teaspoon low sodium salt

Garlic powder to taste

1½ cups water

Instructions:

Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate.

Heat the coconut oil in a large skillet over medium heat

Saute the onion for 8 to 10 minutes, until soft and translucent

Add the broccoli, carrots, and chicken and saute for 10 minutes until almost tender

Add the bok choy, mushrooms, zucchini, and low sodium salt and saute for 5 minutes

Add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted

In a small bowl, dissolve the arrowroot powder in the remaining ½ cup of water, stirring until thoroughly combined

Season at the end with garlic powder, salt and if you like some chilli powder

41. Grilled Shrimp Fennel Salad

Ingredients:

1 lb jumbo shrimp, peeled and deveined (weight after peeled)

4 cups fresh arugula or baby greens

1 cup (1/2 small bulb) fresh fennel, thinly sliced or shaved w/ mandoline

1 medium-size ripe Hass avocado, sliced thin

For the vinaigrette:

3 tbsp fresh lemon juice

1 tbsp extra-virgin olive oil

3 tbsp minced shallots

Low sodium salt, to taste

freshly ground black pepper, to taste

Instructions:

For the vinaigrette:

Combine the lemon juice, olive oil, shallots, low sodium salt and pepper in a container with a tight-fitting lid and shake it vigorously to combine.

Reserve 1/2 cup of the vinaigrette for dressing the salad and pour the remaining vinaigrette into a medium nonreactive bowl. Put the shrimp in the bowl, season with low sodium salt and pepper and toss; let it sit for about 30 minutes.

Prepare your outdoor grill, or heat a grill pan over medium-high heat. Grill the shrimp until just cooked through and opaque, about 1 1/2 minutes per side. Transfer to a plate.

Divide the baby greens on four plates, top with sliced fennel, oranges, avocados and shrimp. Season with low sodium salt and pepper to taste and drizzle with the remaining vinaigrette, about 2 tbsp per salad.

42. Spaghetti Squash Hash Browns

Ingredients

1 cup spaghetti squash threads from a roasted spaghetti squash

1 Tbs. butter, ghee, lard (real lard), or coconut oil

Sea salt, to taste

Instructions

Place the spaghetti squash threads in a clean kitchen towel and wring out as much water as possible over the sink. The squash will shrink in volume by about half.

Heat the oil/fat over medium-high heat in a sturdy skillet. Add the drained squash and compress with a spatula into an even layer over the bottom of the pan. Sprinkle the top with sea salt. Cook until golden brown, then flip. Sauté on the other side until crispy. Sprinkle with more salt and serve.

43. Mediterranean Medley Salad

Ingredients:

1 roasted chicken (organic, soy-free and pastured is best).. or turkey or ostrich steak

Dressing:

1/2 cup of olive oil, 1/4 cup apple cider vinegar and garlic powder and chilli powder to taste

1/4 cup fresh cilantro, chopped

1 head of romaine or butter lettuce

1 red onion, diced

1 lemon, juiced

low sodium salt and pepper as desired

Instructions:

Shred the chicken/turkey etc or chop up and put it in a big bowl.

Add the dressing...also red onion, cilantro, lemon, low sodium salt and pepper.

Mix well and serve on a lettuce boat.

44. Moroccan Madness

Ingredients:

1 chicken breast, chopped into pieces

1/2 tbsp olive oil

1/2 onion, chopped

1 bell pepper, chopped

1 cup diced courgette

2 cloves garlic, minced

1 tsp ginger, minced

1 tsp cumin

1 tsp turmeric

1/2 tsp paprika

1/2 tbsp oregano

1/2 can diced tomatoes

1/2 cup low sodium chicken stock

low sodium salt and pepper

Instructions:

In a pan cook the chicken in the olive oil

Once it's finished cooking, remove from pan and set aside

Add to the pan the bell pepper, onion, courgette, garlic, ginger and all spices, sauté until bell pepper and onion become soft

Add back in the chicken along with the diced tomatoes and chicken stock, let simmer for 10 minutes

45. Golden Glazed Drumsticks

Ingredients:

8 medium chicken drumsticks, skin removed

olive oil spray 1 cup water

1/3 cup rice vinegar

1/3 cup low sodium gluten free soy sauce

4 drops stevia

3 cloves garlic, crushed

1 tsp ginger, grated

2 tbsp chives or scallions, chopped

1 tsp sesame seeds

Instructions:

In a heavy large saucepan, brown chicken on high for 3-4 minutes with a little spray oil. Add water, vinegar, soy sauce, stevia, garlic, ginger and cook on high until liquid comes to a boil.

Reduce heat to low and simmer, covered for about 20 minutes.

Remove cover and bring heat to high, allowing sauce to reduce down, about 8-10 minutes, until it becomes thick, turning chicken occasionally. (Keep an eye on glaze, you don't want it to burn when it starts becoming thick) Transfer chicken to a platter and pour sauce on top.

Top with chives and sesame seeds and serve.

46. Chicken Delish Salad

Ingredients:

1 lb skinless boneless chicken breast, cut into 1 inch cubes

For the marinade:

2 tbsp fresh squeezed lemon juice

1 tsp dried oregano

1 tsp garlic, crushed

Low sodium salt to taste

fresh ground black pepper to taste

For the salad:

1 1/4 cups cucumber, peeled

1 1/4 cups diced tomato

1/4 cup diced bell pepper

2 tbsp red onion, diced

1 1/2 tsp vinegar

1 1/2 tsp fresh lemon juice

2 tsp olive oil

1 tsp fresh parsley

1/8 tsp dried oregano

Low sodium salt and black pepper to taste

4 cups shredded lettuce

lemon wedges for serving

Instructions:

Marinate the chicken at least 2-3 hours or overnight. If using wooden skewers, soak in water at least 30 minutes if grilling outdoors.

Combine the first 12 salad ingredients (cucumbers through low sodium salt and black pepper, not the lettuce) and set aside in the refrigerator to let the flavours set.

Thread chicken on 4 skewers and cook on a hot grill (indoor or outdoor grill) until chicken is cooked through, about 10-12 minutes.

Divide lettuce between four plates, top with tomato-cucumber salad, and grilled chicken. Serve with lemon wedges.

47. Divine Juicy Tuna Sashimi

Ingredients:

8 oz sushi grade tuna, finely chopped

2 tsps pure sesame oil

1 tsp rice wine

2 tsp fresh lime juice

2 tsp low sodium gluten free soy sauce

1 ripe, firm hass avocado, diced

1 tsp black and white sesame seeds

Instructions:

Combine sesame oil, lime juice, soy sauce.. Pour over tuna and mix. Add chives and gently combine tuna with diced avocado, refrigerate until ready to serve...top with sesame seeds.

48. Avocado Chicken Salad

Ingredients

4 Chicken thighs (boneless and skinless)

1 tsp Chili powder

1 tsp Cumin

1 tsp Sea salt

1 tbsp Avocado oil

3 Avocado

2 Tomatoes (small, diced)

1/2 Red onion (diced)

1 Lime (juice only)

Sea salt and black pepper (to taste)

Instructions

Preheat the oven to 350 degrees.

Arrange the chicken thighs in a glass baking dish.

Season with chili powder, cumin and sea salt.

Drizzle with oil.

Add chicken to preheated oven and cook for 20-30 minutes or until chicken is cooked through and no longer pink.

Remove chicken and shred with 2 forks. Set aside to cool. (This can be done ahead of time)

In a mixing bowl, add the avocado. Use the back of a fork to mash it slightly. You want some bits of avocado and some creamy.

Add the tomato, onion, and lime juice.

Add the chicken. Stir to combine.

Season with sea salt and black pepper. Serve immediately.

Store in an airtight container with a piece of plastic wrap pressed directly on top of the salad in order to prevent avocado browning.

49. Tantalizing Turkey Pepper Stir-fry

Ingredients:

2 bell peppers, sliced

1 cup broccoli florets

2 cooked and shredded turkey breasts

1/4 teaspoon chili powder

low sodium salt and pepper to taste

1 tablespoon coconut oil for frying

Instructions:

Add 1 tablespoon coconut oil into a frying pan on a medium heat.

Place the sliced bell peppers into the frying pan.

After the bell peppers soften, add in the cooked turkey meat.

Add in the chili powder, low sodium salt and pepper.

Mix well and stir-fry for a few more minutes.

50. Baked Buffalo Chicken

ingredients:

2 large artichokes, prepped and trimmed

2 lemons, sliced in half

1/2 lb ground chicken, cooked

3 tablespoons unsalted butter

1/3 cup hot sauce (*I used Franks)

directions:

Bring a large pot of water to a boil. Add the lemons and artichokes to the pot and lower to a simmer. Cover the lid and cook for about 30 to 35 minutes. Once cooked, remove artichokes from pot and place them stem side up on a paper towel to allow the water to drain out.

Next, preheat oven to preheat oven to 400 degrees. Spray a small baking pan with non-stick cooking spray. Place the artichokes into the baking pan and splay the leaves, sprinkling the ground chicken in between the layers.

Meanwhile, in a small saucepan over medium heat, melt the butter. Add the flour and continue to whisk for about a minute. Gradually pour in the milk and continue to whisk until thickened about 3 to 5 minutes. Remove saucepan from heat and stir in cheese, hot sauce, and s&p.

Pour the cheese sauce over the artichokes. Place the baking pan in the oven for about 10 minutes or until the cheese is golden and bubbly. Remove from oven and serve immediately.

51. Chicken Zoodle Delish

Ingredients:

For the sauce:

1/2 cup reduced sodium chicken broth

1 tbsp reduced sodium soy sauce gluten free

1/2 tbsp rice wine

For the zoodles:

2 medium zucchini, ends trimmed

8 oz skinless, boneless chicken breast, cut into thin short strips

Low sodium salt, to taste

2 tsp olive oil, divided

3/4 cup sliced bokchoy

1/2 cup sliced mushrooms such as shiitake

1/2 cup shredded carrots

3 scallions, sliced into 1-inch pieces on the diagonal

1/2 tbsp grated fresh ginger

2 garlic cloves, chopped

1 tablespoon almond flour

Instructions:

For the sauce – in a medium bowl, combine the chicken broth, soy sauce and 2 tablespoons of water. Use 1 tablespoon almond flour to thicken

Using a spiralizer fitted with a shredder blade, or a mandolin fitted with a julienne blade, cut the zucchini into long spaghetti-like strips. If using a spiralizer, use kitchen scissors to cut the strands into pieces that are about 8 inches long so they're easier to eat.

Season chicken with low sodium salt. Heat a large nonstick wok over high heat. When very hot, add 1 tsp of the oil and the chicken. Cook until browned on both sides and opaque throughout, 2 to 3 minutes. Set aside.

Add the remaining oil, bokchoy, mushroom, carrots, scallions, ginger and garlic. Cook until crisp tender, 2 to 3 minutes. Set aside with the chicken.

Pour the sauce mixture into the wok and cook, stirring, until thickened and bubbling, 1 to 1-1/2 minutes.

Add the zucchini noodles to the sauce, mixing so the zucchini is covered in sauce, and cook until the zucchini is tender, 2 minutes.

Add the chicken and vegetables to combine, then divide between two serving bowls.

52. Rucola Salad

Ingredients:

4 teaspoons fresh lemon juice

4 teaspoons walnut oil

low sodium salt and freshly ground pepper

6 cups rucola leaves and tender stems (about 6 ounces)

Garlic powder to taste

Instructions:

Pour the lemon juice into a large bowl. Gradually whisk in the oil. Season with low sodium salt and pepper.

Add the greens, toss until evenly dressed and serve at once. This is delicious, and feel free to add tomatoes or grated carrot and onion slices.

Substitution: Any mild green, such as lamb's lettuce will do.

53. Pistachio Salmon

Ingredients:

1 (1-pound) wild king salmon fillet, skin on and pin bones removed

Kosher salt

Freshly-ground black pepper

3 tablespoons Dijon-style mustard (I actually used the whole grain variety)

1 tablespoon chopped chives or scallions

½ cup shelled salted and dry roasted pistachios, crushed

Directions

Preheat the oven to 400°F and line a baking tray with parchment paper. (I normally use my super-awesome counter-top toaster oven instead 'cause it doesn't raise the temperature of the whole house.)

Pat the fish dry with a paper towel and divide the fillet into three uniform portions. Sprinkle salt and pepper on the skin, and lay it skin-side down on the parchment-lined baking tray.

Combine the mustard and chives in a small bowl...

54. Piquant Peanut Chicken

Ingredients:

3/4 cup green onion, chopped

1 1/4 cups shredded carrots

1 1/4 cups cup shredded broccoli slaw

1 cup bean sprouts

2 tbsp chopped salt free peanuts

1 lime, sliced

cilantro for garnish (optional)

For the Peanut Sauce:

14.5 oz fat free chicken broth

5 tbsp peanut butter

Stevia to taste

2 tbsp soy sauce (use Tamari for gluten free)

1 tbsp freshly grated ginger

2 cloves garlic, minced

For the chicken:

16 oz chicken breast, cut into thin strips

Low sodium salt and pepper (to taste)

1 tspn chilli flakes

juice of 1/2 lime

5 cloves garlic, crushed

1 tbsp fresh ginger, grated

1 tbsp soy sauce (use Tamari for gluten free)

1/2 tbsp sesame oil

Instructions:

For the peanut sauce: Combine 1 cup chicken broth, peanut butter, stevia, 2 tbsp soy sauce, ginger, and 3 cloves crushed garlic in a small saucepan and simmer over medium-low heat stirring occasionally until sauce becomes smooth and well blended, about 5-10 minutes. Set aside.

Season chicken with low sodium salt and pepper, chilli, lime, garlic, ginger and soy sauce.

Heat a large skillet or wok until hot. Add oil and sauté chicken on high heat until cooked through, about 2-3 minutes; remove from heat and set aside.

Add 2 cloves crushed garlic, scallions, carrots, broccoli slaw and/or bean sprouts and low sodium salt, sauté until tender crisp, about 1-2 minutes.

Divide chicken between 6 bowls, top with sauteed vegetables, bean sprouts, chopped peanuts (or you can toss everything together to hide the vegetables so your family members don't push them aside!) and garnish with cilantro and lime wedges.

55. Sweet Chicky Soup

Ingredients:

2 (26 oz) chicken breasts, on the bone, skin removed

1 teaspoon seasoning low sodium salt

1/2 tsp olive oil

1 large onion, chopped

2 celery stalks, chopped

3 garlic cloves, chopped

1/2 tsp dried oregano

1/2 tsp dried thyme

1/2 tsp ground cumin

6 cups reduced sodium chicken broth

1 large sweet potato, peeled and diced 1-inch cubes

3 cups kale, roughly chopped

1 fresh jalapeno, sliced in half lengthwise

1/4 cup fresh cilantro

Instructions:

Season the chicken with the salt and set aside while you prep all your vegetables.

Heat a large nonstick pot over medium-low heat, add the oil and the onions and celery and cook until soft and golden, about 8 to 10 minutes, then add the garlic and dry spices and cook 2 to 3 minutes.

Add the chicken broth, chicken, jalapeno and cilantro. Cover and cook 20 minutes, then add the sweet potato and kale and cook until the sweet potatoes are tender and the chicken is cooked, about 25 to 30 minutes.

Remove the chicken, shred or cut up and discard the bones. Return to the pot, discard the jalapeno and serve the soup into 6 bowls.

56. Finger Lickin' Chipotle Meatballs

Ingredients

1 large, deep frying pan

1 large brown onion, peeled and diced finely

1 tsp of lard or ghee (clarified butter)

For the meatballs mix

800g of grass fed beef mince (1.8 pounds ground beef)

3 medium dried chipotle chilies (tinned chipotle can also be used), seeds out

2 tbsp chopped fresh coriander (cilantro)

2 large garlic cloves, finely diced

1 tsp ground coriander seed or powder

1 tsp ground cumin seed or powder

1 tsp sweet or medium paprika

1 tbsp virgin olive oil

1 ½ tsp of sea salt

2 tbsp lard (I used a mix of lard and ghee)

For the sauce

½ of the onion mentioned above

2 garlic cloves, finely chopped

2 medium chipotle chilies, seeds out

½ tsp ground coriander seed or powder

1 tsp ground cumin seed or powder

½ tsp paprika

2 bay leaves

400g of diced tomatoes or tomato puree (about 1 ½ cups)

½ tsp sea salt

Instructions

If using dried chipotle chilies, place in hot water for at least an hour before using to rehydrate.

Sauté the onion in lard or ghee for 3-5 minutes, until translucent. Use half of the onion in the meatball mix and reserve the rest for the sauce.

While onion is cooking, pre-chop other ingredients for the meatballs. Slice the chipotle chilies in half and remove the seeds. Chop or grind with mortar and pestle.

Combine beef mince with half of the cooked onion, chopped garlic, chipotle chilies, paprika, cumin, coriander seed, salt and olive oil. Combine and knead with your hands. Using clean, wet hands roll the mix into small balls (somewhere between a walnut and a golf ball size). Set aside until ready to cook.

Preheat a dollop of lard in the large frying pan until sizzling hot. Cook the meatballs on medium/high heat for 3 minutes on each side, until well browned.

Add the rest of the cooked onion, garlic, two chopped chilies and sauce spices to the pan with the meatballs. Stir through and add the tomato puree. Combine and cook for 8-10 minutes uncovered, stirring frequently to make sure the meatballs cook evenly and the sauce is well combined. Taste for salt. Drizzle with a little lime juice before serving.

Preparation time: 20 minutes

Cooking time: 20 minutes

57. Easy Paleo Spaghetti Squash & Meatballs

Ingredients

One medium spaghetti squash.

One pound of ground Italian sausage.

One can of tomato sauce, I used a 14 ounce can.

2 tbsp of hot pepper relish (optional).

4 to 6 cloves of garlic, whole.

2 tbsp of olive oil.

Italian seasoning (Oregano, Basil, Thyme) to taste, I used about 2 tsp

Instruction

Make sure you use a large 6 quart slow cooker for this recipe.

Dump your tomato sauce, olive oil, garlic, hot pepper relish and Italian seasoning into your slow cooker and stir well.

Cut your squash in half and scoop out the seeds.

Place your 2 squash halves face down into your slow cooker.

Roll your ground sausage into meatballs, then fit as many as you can in the sauce around the squash. I was able to work in about a half pound worth.

Cook on High for 3 hours or cook on low for 5 hours.

Use a large fork to pull the “spaghetti” out of your squash, then top with your meatballs and sauce.

Garnish with parsley if you feel fancy, and enjoy!

58. Vegetarian Curry with Squash

Ingredients:

1 tbsp coconut oil

2 cups mixed raw nuts.

1 medium yellow onion, diced

1 tsp low sodium salt

1 green bell pepper, thinly sliced

4 cloves garlic, minced

1-inch piece fresh ginger, peeled and minced

1 14-oz. can coconut milk

1 large acorn squash, peeled, seeded, and cut into 1-inch cubes

2 tsp lime juice

One teaspoon curry powder (mild or hot)

1/4 cup cilantro, chopped

Cauliflower rice, for serving

Instructions:

Melt the coconut oil in a large pan over medium heat. Add the onion and cook for 5-6 minutes, stirring occasionally. Add the bell pepper, garlic, ginger, and low sodium salt and stir to combine. Cook for an additional minute.

Add the curry powder to the pan and cook for about a minute, stirring to coat the other ingredients. Add in the coconut milk and bring to a simmer. Stir in the squash.

Simmer, stirring occasionally, for 15-20 minutes until the squash is fork-tender. Remove the pan from the heat and stir in the lime juice. Taste and adjust low sodium salt and lime juice as necessary. Sprinkle with cilantro to serve.

Roast the nuts under the grill until crisp and sprinkle over the top of the curry.

59. Meatball Zucchini Skillet

Ingredients:

Grass-fed butter (coconut oil would also work but the butter gives a great flavour)

1/2 large vidalia onion

1 pound grass-fed ground beef (if using lean beef you may need to add an egg to hold the meatballs together)

1 1/2 tsp garlic powder

1 1/2 tsp onion powder

1 tsp Italian seasoning

2 medium zucchinis

2 medium tomatoes

sea salt and pepper to taste

Directions:

Put your skillet on medium-high heat.

Then dice your onions and add them to the skillet with 1-2 tbsp of butter. Saute for around 5 minutes until translucent.

While the onions are cooking take your grass-fed ground beef and roll them into small 1 1/2 inch balls (we came up with about 20). Add the meatballs to the pan and cook for around 10 minutes, stirring them occasionally, flipping them over to get even cooking, and adding any additional butter if needed to prevent sticking (<< we didn't need any since our beef had a higher fat content, but if you are using lean ground beef the extra butter may be necessary).

When the beef is cooking wash and dice up the zucchini and tomatoes. Add those to the skillet next along with the seasonings.

Place a lid over the skillet and reduce to medium heat. Cook for around 5 minutes then remove the lid, stir and put it back on top of the skillet. We cooked the beef and vegetables for another 5 minutes or so until tender, but keep checking them to see when they are done for you.

Finally plate up some of the meatballs and vegetables topping with salt and pepper as desired.

60. Tasty Tuna Stuffed Tomato

Ingredients:

2 large tomatoes
Lettuce leaves (optional)
2 (5 or 6 oz.) cans wild albacore tuna
6 Tbsp. olive oil and 1 tablespoon rice vinegar
1 stalk celery, chopped
1/2 small onion, chopped
1/4 tsp. low sodium salt
1/4 tsp. ground black pepper

Instructions:

Wash and dry the tomatoes and remove any stem. You can either slice off the top part of the tomatoes and hollow them out, or cut each tomato into wedges, making sure to only cut down to about 1/2 inch before you get to the bottom of the tomato.

Arrange the tomatoes on a plate on top of lettuce leaves (optional).

Combine the remaining ingredients in a mixing bowl and add additional low sodium salt and/or pepper if desired. Spoon into the tomatoes and serve.

61. Citrus Chicken

Ingredients:

For the e Sauce:

1/3 cup freshly-squeezed lemon juice
1/4 cup reduced sodium chicken broth
2 tbsp soy sauce (Tamari for gluten-free)
Stevia to taste
1 tbsp Chinese rice wine
Chilli flakes to taste
1 tbsp rice vinegar
1/4 teaspoon white pepper

For the chicken:

20 oz skinless, boneless chicken breast, cut into small cubes

Low sodium salt, to taste

1 tbsp sesame oil

4 cloves minced garlic

1-inch grated ginger

1 teaspoon grated lemon zest

2 tbsp chopped scallions

1/2 tsp sesame seeds, for garnish

Instructions:

Mix the lemon sauce ingredients and set aside.

Season the chicken lightly with low sodium salt and coat evenly with corn starch, set aside.

Heat a wok on high heat, add 1 teaspoon of sesame oil and add half of the chicken. Cook 2 to 3 minutes on each side until well browned, set aside. Add 1 teaspoon of oil and chicken and repeat cooking 2 to 3 minutes on each side. Set aside with the rest of the chicken.

Add remaining teaspoon of oil and quickly stir-fry the minced garlic and ginger until fragrant, about 1 minute. Add the orange zest then return the chicken to the pan. Quickly stir the chicken then add the sauce and cook until the sauce thickens, about 1 to 2 minutes. Divide between 4 plates and garnish with the scallion and sesame seeds.

62. Lemony Chicken and Asparagus

Ingredients:

1 1/2 pounds skinless chicken breast, cut into 1-inch cubes

Low sodium salt, to taste

1/2 cup reduced-sodium chicken broth

2 tablespoons reduced-sodium soy sauce (or Tamari for GF)

2 tablespoons water

1 tbsp olive oil, divided

1 bunch asparagus, ends trimmed, cut into 2-inch pieces

6 cloves garlic, chopped

1 tbsp fresh ginger

3 tablespoons fresh lemon juice

fresh black pepper, to taste

Instructions:

Lightly season the chicken with low sodium salt. In a small bowl, combine chicken broth and soy sauce. In a second small bowl combine the cornstarch and water and mix well to combine.

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

63. Paleo Crock Pot Cashew Chicken

Ingredients

1. 1/4 cup arrowroot starch

2. 1/2 tsp. black pepper

3. 2 lbs. chicken thighs, cut into bite-size pieces

4. 1 tbs. coconut oil
5. 3 tbs. coconut aminos
6. 2 tbs. rice wine vinegar
7. 2 tbs. organic ketchup (tomato paste would work also)
8. a few drops of stevia liquid to taste
9. 2 minced garlic cloves
10. 1/2 tsp. minced fresh ginger
11. 1/4-1/2 red pepper flakes
12. 1/2 cup raw cashews

Instructions

1. Place starch and black pepper in a large Ziploc bag. Add chicken pieces and seal; toss to thoroughly coat meat.
2. Melt coconut oil in a large skillet or wok. Add chicken and cook for about 5 minutes until brown on all sides. Remove and add to crock pot.
3. Mix coconut aminos through red pepper flakes in a small bowl. Pour mixture over chicken and toss to coat. Put lid on crock pot and cook on low for 3-4 hours.
4. Stir cashews into chicken and sauce before serving.

64. Spicy Slow Cooker Chorizo Chili

Ingredients

- 1 pound of grass fed beef
- 2 fresh chorizo sausages, casings removed (about 1/2 pound)
- 1 onion, diced
- 1 teaspoon of minced garlic

1 15 oz can of tomato sauce

1 15 oz can of diced tomatoes

1 can of rotel, I used hot

2 chipotle peppers in adobo, chopped

2 Tablespoons of chili powder

1 Tablespoon of cumin

salt and pepper to taste

Instructions

brown off all the meat in a skillet

drain and toss in the crock pot

in the same skillet add onions and garlic and cook just long enough to get some colour on those onions (you may skip this step and just toss it in the crock pot, but I just personally like to get some colour on the onions before adding them in)

toss remaining ingredients in the crock pot and stir together

cook on low for 6-8 hours or on high for 4-6 hours

top with diced avocado, minced red onion and cilantro to serve

65. Sausage and Kale “Pasta” Casserole

Ingredients

1 lb. Italian sausage

1 medium spaghetti squash, halved and seeded

Extra virgin olive oil, for drizzling

1 large bunch of kale, de-stemmed, and chopped

1/2 red onion, sliced thin

1/3 cup chicken broth

1/2 cup coconut milk

1 clove garlic, minced

2 tsp Italian seasoning

Salt and freshly ground pepper, to taste

Instructions

Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat. Add the sausage and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes. Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale. Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat.

Stir in the cooked sausage. Add the spaghetti squash into the skillet and stir well to combine. Bake for 15-18 minutes, until the top has slightly browned. Serve hot.

Notes

Servings: 4

Difficulty: Medium

66. Classic Tuna Salad

Ingredients:

2 large grilled tuna steaks

2 tablespoons olive oil

.5 cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

.5 – .75 cup pecans, chopped (optional)

.5 – 1 tsp low sodium salt

.5 tsp Lemon Garlic pepper

.5 – 1 Tbsp lemon juice

Instructions:

Grill the tuna steaks medium rare with garlic powder and black pepper to taste

Then do a bunch of chopping. Onions, celery, and pecans.

Combine all of these ingredients in the bowl with your cubed tuna and then start adding the dressing of oil and lemon juice seasoned.

You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

It tastes great served right away, but even better after it sits in the fridge for a day.

67. Simple Cod Piccata

Ingredients

1 lb. cod fillets

1/3 cup almond flour

1/2 tsp salt

2-3 tbsp extra virgin olive oil

2 tbsp grapeseed oil, divided

3/4 cup chicken stock

3 tbsp lemon juice

1/4 cup capers, drained

2 tbsp fresh parsley, chopped

Instructions

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

Notes

Servings: 2-3

Difficulty: Medium

68. Basic Balsamic Steak Marinade

Ingredients

1 lb. flank steak

Salt and pepper

2 cloves garlic, minced

1/2 tbsp oregano

1/2 tbsp rosemary

1 tsp Paleo mustard

1/4 cup balsamic vinegar

1 tsp honey

1/2 cup extra virgin olive oil

Instructions

Stir together the garlic, oregano, rosemary, mustard, vinegar, honey, and olive oil.

Salt and pepper the steak and place in a shallow dish, then pour the marinade over the steak. Cover and place in the refrigerator for 3-12 hours.

To cook the steak, heat the grill to medium and cook each side approximately 4-5 minutes, or until desired doneness. Let stand for about 5 minutes before slicing and serving.

Notes

Servings: 3

Difficulty: Medium

69. Kale and Red Pepper Frittata

Ingredients

1 tbsp coconut oil

1/2 cup chopped red pepper

1/3 cup chopped onion

3 slices crispy bacon, chopped

2 cups chopped kale, de-stemmed and rinsed

8 large eggs

1/2 cup almond or coconut milk

Salt and pepper to taste

Instructions

Preheat oven to 350 degrees. In a medium bowl, whisk the eggs and milk together. Add salt and pepper. Set aside.

In a non-stick skillet, heat about a tablespoon of coconut oil over medium heat. Add onion and red pepper and sauté for 3 minutes, until onion is translucent. Add kale and cook until it wilts, about 5 minutes.

Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges of the frittata start to set.

Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through. Slice and serve.

Notes

Servings: 4

Difficulty: Easy

70. Spaghetti Squash Shrimp Scampi (Grain-Free & Low Carb)

For the "pasta"

1 spaghetti squash

Extra virgin olive oil, for drizzling

Salt and pepper

1 tsp dried oregano

1 tsp dried basil

For the shrimp scampi

8 oz. shrimp, peeled and deveined

3 tbsp butter

1 tbsp extra virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

Salt and pepper, to taste

1 tbsp fresh parsley, chopped

Juice of 1 lemon

Zest of half a lemon

Directions

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat. Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, salt, pepper, and a pinch of red pepper flakes. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley to serve.

71. Simple Cod Piccata

Ingredients

1 lb. cod fillets

1/3 cup almond flour

1/2 tsp salt

2-3 tbsp extra virgin olive oil

2 tbsp grapeseed oil, divided

3/4 cup chicken stock

3 tbsp lemon juice

1/4 cup capers, drained

2 tbsp fresh parsley, chopped

Instructions

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

Notes

Servings: 2-3

Difficulty: Medium

72. Easy Paleo Slow Cooker Pot Roast

Ingredients

3 lbs. boneless beef roast, trimmed of fat

1 tbsp coconut oil

1 cup beef stock

5 carrots, peeled and diced

2 stalks celery, diced

1/2 large onion, sliced

3 garlic cloves, chopped

1 tbsp fresh parsley, chopped

For the spice rub

1 tbsp freshly ground black pepper

1 tbsp ground coriander

2 tsp cinnamon

1 1/2 tsp salt

1/2 tsp ground clove

1/2 tsp ground allspice

Instructions

Mix together the ingredients for the spice rub and massage into the roast. Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side. Transfer the roast to the slow cooker.

Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

Notes

Servings: 6

Difficulty: Easy

73. Classic Waldorf Salad

Ingredients:

half whole cooked chicken or turkey (~2lbs)

half cup apple, peeled and chopped (optional)

half cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

half cup pecans, chopped (optional)

half tsp low sodium salt

half tsp Lemon Garlic

pepper

1 tbsp lemon juice

Divine Dressing:

Mix together, 4 Tbsp. chili powder, 1 tsp each garlic powder, onion powder, and oregano, 2 tsp each paprika and cumin, 4 tsp low sodium salt, and 1/8-1/4 tsp red pepper flakes. Add 1 cup olive oil and half cup rice vinegar

Instructions:

First cook up a whole chicken. You can buy a rotisserie chicken, or do what I do, throw a chicken in the crockpot, sprinkle it with cumin, low sodium salt & pepper and let it cook for about 4-6 hours on low.

After the chicken is cooked and cooled, de-bone and shred the meat (white and dark) and put it in a large mixing bowl. I usually use about half of my 3-4lb chicken.

Then do a bunch of chopping. Peel your apple, then chop your apple, onions, celery, and pecans.

Combine all of these ingredients in the bowl with your chicken and then start adding the dressing. You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

Add the low sodium salt and pepper, and lemon juice Stir well to combine. Add dressing.

74. Rosemary Beets with Garlicky Kale

Ingredients

6 large leaves of kale (stalks omitted)

3 beets

1 tbsp minced garlic

1 tbsp extra virgin olive oil

1 tsp rosemary (or more, to taste)

Sea salt and pepper, to taste

This recipe makes 3 servings.

Instructions

Preheat oven to 400 degrees Fahrenheit.

Cut stalks and greens off of beets, then peel and chop into 1" cubes.

Mix 1 tbsp olive oil, beet cubes, rosemary, sea salt, and pepper in a large bowl.

Transfer beet mixture to baking dish and bake for 45 minutes, or until beets are tender enough to pierce with a fork.

10 minutes before the beets are ready, rip kale leaves into bite-size pieces.

Add either a small amount of olive oil or water into a pan, and sauté kale and minced garlic on medium heat until wilted.

Place kale onto a plate, and then add the beets on top.

Serve and enjoy!!

Notes

Calories: 123

Total Fat: 5.4g

Saturated Fat: 0.8g

Carbs: 17.9g

Fiber: 3.6g

Protein: 4.1g

75. Honey Balsamic Roasted Brussels Sprouts

Ingredients

½ lb Brussels sprouts

1 tbsp olive oil

3 tbsp balsamic vinegar

1 tbsp honey

1 tsp garlic powder

1 tsp cayenne pepper

sea salt & black pepper, to taste

This recipe makes 2 servings

Directions

Preheat oven to 450 degrees Fahrenheit. Line a baking sheet with foil and spray with non-stick cooking spray or spread with a light layer of olive oil.

Halve the Brussels sprouts. Place in a mixing bowl and add in the olive oil, balsamic vinegar, honey, and spices. Toss with hands until fully coated.

Pour Brussels sprouts onto baking sheet in one layer.

Bake for 20 minutes, or until golden brown.

Serve and enjoy! I like to sprinkle another bit of sea salt on them before eating.

Nutrition Facts per serving

Calories: 153

Fat: 7.5g

Saturated Fat: 1.1g

Carbs: 20.5g

Fiber: 4.7g

Protein: 4.2g

76. Red Cabbage Bonanza Salad

Ingredients:

For the chicken or turkey:

450g chicken/turkey mince, free range of course

1 long red chili, finely chopped with the seeds

2 garlic cloves, finely chopped

Little nob of fresh ginger, peeled and finely chopped

1 stem lemon grass, pale section only, finely chopped

1/2 bunch of coriander stems washed and finely chopped (I don't waste anything, save the leaves for the salad)

1 tbsp low sodium salt

1 tbsp coconut aminos

1/2 lime rind grated

1/2 lime, juiced

A pinch of low sodium salt

Coconut oil for frying (about 3 tablespoons)

For the salad:

1/4 red cabbage, thinly sliced

1 large carrot, peeled and grated

1/2 Spanish onion, thinly sliced

2 tsps green spring onion, chopped

1/2 bunch of fresh coriander leaves (saved from the stems used in the chicken)

A handful of fresh mint or Thai basil if available

1/2 cup crashed roasted cashews or some sesame seeds

1/2 cup dried fried shallots (optional for garnish)

2 tbsp toasted coconut flakes (optional for garnish)

For the dressing:

2 tbsp olive oil

3 tbsps lime juice

1 small red chili, finely chopped (you can leave it out if you like it mild)

Instructions:

Once you've prepared all your ingredients for the chicken, heat 1 tbsp of coconut oil in a large frying pan or a wok to high. Throw in lemongrass, chili, garlic, coriander stems and ginger and stir fry for about a minute until fragrant.

Add chicken mince and lime zest. Stir and break apart the mince with a wooden mixing spoon until separated into small

The meat will now be changing to white colour. Add lime juice. Stir through and cook for a further few minutes. Total cooking time for the chicken should be about 10 minutes.

Prepare the salad base by mixing together sliced red cabbage, onion grated carrot, and fresh herbs.

Mix all dressing ingredients and toss through the salad.

Serve cooked chicken mince on top of the dressed salad and topped with roasted cashews, dried shallots, coconut flakes and extra fresh herbs.

77. Spicy Granola

Ingredients:

1 ½ cups almond flour

1/3 cup coconut oil

2 tsp cinnamon

2 tsp nutmeg

2 tsp vanilla extract

½ cup walnuts

½ cup coconut flakes

¼ cup hemp seeds

low sodium salt, to taste

Instructions:

Preheat oven to 275 degrees Fahrenheit.

Combine all ingredients in a large mixing bowl and mix well. (I find it easier to melt down the coconut oil a little bit before adding it)

Spread mixture into one flat layer on a greased baking sheet.

Bake for 40-50 minutes, or until mixture is toasted to your liking.

Remove from oven and allow to cool before serving, then transfer into a plastic container to save the rest!

78. Artichoke Tuna Delight

Ingredients:

1.5 cups diced grilled tuna

¼ cup finely diced red onion

1 small carrot julienned and cut into small pieces (or ½ a diced red bell pepper)

4-5 artichoke hearts (I used canned in water) diced

2 tablespoons capers

low sodium salt and pepper to taste.

6 Radicchio leaves

Instructions:

Place all ingredients, except the radicchio leaves in a large bowl and combine.

Place a scoop of salad into each Radicchio cup and serve.

Store salad in an air tight container in the fridge.

79. Advanced Avocado Tuna Salad

Ingredients:

1 avocado

1 lemon, juiced, to taste

1 tablespoon chopped onion, to taste

1 cup chopped tomatoes

5 ounces cooked or canned wild tuna

low sodium salt and pepper to taste

Instructions:

Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.

Add lemon juice and onion to the avocado in the bowl and mash together.

Add tuna, low sodium salt and pepper, and stir to combine. Taste and adjust if needed.

Fill avocado shells with tuna salad and serve..

80. Avocado Egg Salad

Ingredients:

Cooked and chopped organic eggs x 3

Chopped almonds

Mashed avocado

low sodium salt and pepper

Any lettuce leaves

Instructions:

Mix the ingredients together in a bowl, season with low sodium salt and pepper, and then spoon onto lettuce leaves. Roll up and enjoy!

81. Divine Chicken or Turkey and Baby Bok Choy Salad

Ingredients:

For the salad:

2 cups grilled chicken or turkey, chopped

6 baby bok choy, grilled & chopped

2 green onions, chopped

1/4 cup cilantro, chopped

1 Tbsp sesame seeds

For the dressing:

1 Tbsp fresh ginger, chopped

2 Tbsp coconut cream

1 Tbsp soy sauce gluten free

1 Tbsp sesame oil

2 Tbsp fresh lime juice

1 Tsp stevia powder

Instructions:

Combine all of the salad ingredients until well mixed.

Add all of the ingredients for the dressing into a blender or food processor, and blend until mostly smooth

Pour the dressing over the salad and toss lightly until coated.

Garnish with more sesame seeds if desired.

82. Spicy Eastern Salad

Ingredients:

2/3 cup fresh lime juice

1/3 cup fish sauce(optional)

Stevia to taste

3/4 cup low sodium chicken stock (preferably homemade)

1 1/2 pounds ground chicken or turkey

1 cup thinly sliced green onions

3/4 cup thinly sliced shallots

3 tablespoons minced lemongrass

1 tablespoon thinly sliced serrano chilli

1/2 cup chopped cilantro leaves

1/3 cup chopped mint leaves

Low sodium salt

1 head of butter lettuce or other green leaves

Instructions:

Whisk together lime juice, fish sauce (optional – try low sodium version)..stevia and Set aside.

Warm chicken stock in a medium heavy-bottomed pot over medium heat until simmering.

Add ground chicken and simmer until cooked through. As the chicken is cooking, stir occasionally to break up the meat. This should take 6 to 8 minutes.

Add green onion, shallot, lemongrass and chilies, stirring to combine. Continue cooking until shallots turn translucent, stirring occasionally (about 4 minutes).

Remove from the heat and drain off any liquid in the pot. I do this by clamping the lid on, then cracking it just a hair. I turn the entire pot over the sink and let the liquid drain out.

Stir in lime juice-fish sauce mixture, cilantro and mint. Season to taste with low sodium salt (not much is needed if any).

Transfer mixture to a large bowl and serve beside a pile of lettuce leaves. Using a slotted spoon, scoop on to the lettuce leaves and enjoy!

83. Avocado Divine Salad

Ingredients:

1 kilo boneless, skinless chicken or turkey breasts (2 or 3)

1 avocado

1/4 of an onion, chopped

juice of one lime and one lemon

2 tbsps cilantro (or sub basil if you prefer)

some low sodium salt and pepper, to taste

One bag mixed lettuce leaves

One tablespoon olive oil

Instructions:

Cook chicken breast until done, let cool, and then shred. Add all of the other ingredients and mix.

84. Lemon Tilapia Ajillo

Ingredients:

6 (6 oz each) tilapia filets

4 cloves garlic, crushed

2 tbsp olive oil

2 tbsp fresh lemon juice

4 tsp fresh parsley

Low sodium salt and pepper

cooking spray

large romaine lettuce, 1 grated carrot, half grated onion, handful baby tomatoes

Basic Paleo Dressing:

2 tblspoon best quality olive oil

1 tblspn apple cider vinegar

Squirt of fresh lemon juice

Half teaspoon garlic powder and half teaspoon onion powder

Black pepper to taste

Instructions:

Preheat oven to 400°.

Melt butter on a low flame in a small sauce pan. Add garlic and saute on low for about 1 minute. Add the lemon juice and shut off flame.

Spray the bottom of a baking dish lightly with cooking spray. Place the fish on top and season with low sodium salt and pepper. Pour the lemon butter mixture on the fish and top with fresh parsley. Bake at 400° until cooked, about 15 minutes.

Serve with a mixed salad and paleo dressing

85. Tantalizing Prawn Skewers

Ingredients:

1 lb jumbo raw tiger prawns, shelled and deveined (weight after peeled)

2 cloves garlic, crushed

Low sodium salt and pepper

8 long wooden skewers

Instructions:

Soak the skewers in water at least 20 minutes to prevent them from burning.

Combine the prawns with crushed garlic and season with low sodium salt and pepper. You can let this marinate for a while, or even overnight.

Heat a clean, lightly oiled grill to medium heat, when the grill is hot add the prawns, careful not to burn the skewers. Grill on both sides for about 6 - 8 minutes total cooking time or until the prawns are opaque and cooked through.

Squeeze lemon juice over the prawns and serve with green salad and my paleo dressing

86. Gambas al Ajillo–Sizzling Garlic Shrimp

Ingredients:

1/2 cup olive oil

10 cloves garlic, peeled and thinly sliced

1 pound raw shrimp, peeled, deveined, and tails removed, defrosted if frozen

Low sodium salt and pepper to taste

1/4 teaspoon paprika

Pinch or two of red pepper flakes, optional

Instructions:

Preheat oven to 425 degrees.

Toss shrimp with oil, low sodium salt and pepper and spread in single layer on rimmed baking sheet.

Roast, turning once, until shrimp is pink and just cooked through (about 5-10 minutes, depending on size of shrimp).

Serve chilled with the blend of coconut cream, tomato paste and pressed garlic...add black pepper and

87. Delish Veggie Hash With Eggs

Ingredients:

2 tablespoon extra virgin olive oil

2 garlic cloves, minced

1/4 cup sweet white onion, chopped

1 cup yellow squash, chopped

1/2 cup mushroom, sliced

Low sodium salt and pepper

1 cup cherry tomatoes, halved

1 cup fresh spinach, chopped

4 eggs, poached or cooked any style

You can substitute the squash with whatever vegetables you have

Instructions:

Heat large non-stick skillet over medium heat. Add olive oil to pan.

Add garlic and onion and saute for 2 minutes, then add chopped squash or your favorite vegetable, cook for 2 more minutes, then add mushrooms. Cook for 5-minutes or until almost compete.

At this point add low sodium salt and pepper, then add tomatoes and spinach and cook until spinach wilts. Drain well before plating.

While finishing this prepare eggs to your liking in another pan.

To serve, drained hash mixture to and then add to individual plates. On top of hash add 2 cooked eggs per person.

88. Sexy Shrimp Cocktail

Ingredients:

1 pound uncooked shrimp, peeled, deveined, and thawed if frozen

1 tablespoon olive oil

Low sodium salt and fresh ground pepper to taste

1 cup coconut cream and two tablespoon tomato paste

One teaspoon fresh pressed garlic

lemon wedges

Instructions:

Preheat oven to 400 degrees F.

Oil the bottom of a 9 x 13 baking dish.

Rinse the salmon and pat dry with paper towels. Sprinkle with low sodium salt and pepper and place in the prepared dish.

Mix together the oil (room temperature), lemon zest and dill.

Place about half the mixture on top of the seasoned salmon. You can spread the lemon dill mixture or leave it in dollops like this.

Bake for about 10-15 minutes. The salmon will continue cooking even after you take it out of the oven.

Add the remaining oil/dill/lemon zest mixture on top, add a squeeze of lemon juice.

89. Creamy Chicken Casserole

Ingredients:

2 cups cubed cooked chicken

1 1/2 cups cooked butternut squash

1/2 cup coconut cream,

1/4 cup coconut oil, melted

1 heaping cup green peas, fresh or frozen

1 tbsp apple cider vinegar

1/2 tsp low sodium salt

1/2 tsp oregano

1/2 tsp thyme

1 tbsp fresh parsley

Instructions:

In a large bowl, mash the butternut squash. Stir in the coconut cream, oil, vinegar, low sodium salt, oregano, and thyme.

Once everything is combined, add in chicken and peas.

Place the mixture into a large saucepan and cook over medium heat for 5-8 minutes.

Top with fresh parsley and serve warm.

90. Spicy Spinach Bake

Ingredients:

6 eggs

1 bunch fresh spinach chopped (a box of frozen will do if you do not have fresh)

1/2 tsp hot pepper flakes

Olive oil

Low sodium Salt and pepper

Instructions:

Scramble the eggs in a bowl. Add the spinach, low sodium salt and pepper.

Scramble together. Heat a large non-stick skillet with about 1/2 cup olive oil.

When the oil is hot put the hot pepper flakes in then pour the mixture in. When it starts to cook on the bottom, flip it over.

Try not to cook it until it is dry, take it out when it is medium

91. Mushrooms, Eggs and Onion Bonanza

Ingredients:

1 medium onion, finely diced

1/4 cup coconut oil

10-12 medium white mushrooms, finely chopped

12 hard boiled eggs, peeled and finely chopped

Freshly ground black pepper to taste

Instructions:

Saute the onion in coconut oil until golden brown.

Add the mushrooms and saute another 5 minutes or so, stirring frequently, until mushrooms are softened and turned dark.

Remove from heat and let cool.

Mix together with the eggs and pepper. Chill until ready to serve.

92. Basil and Walnut Eggs Divine

Ingredients:

3 organic eggs

1/2 cup fresh basil, chopped

1/3 cup walnuts, chopped

salt and pepper

Instructions:

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring constantly.

When the eggs are almost cooked, add the basil and continue cooking for a further 1 minute or until eggs are fully cooked.

Add salt and pepper to taste.

Remove from heat and stir in the walnuts before serving.

lemon wedges.

93. Spicy Turkey Stir Fry

Ingredients:

2 lbs. boneless skinless chicken or turkey breasts, cut into 1-inch slices

2 tbsp coconut oil

1 tsp cumin seeds

1/2 each green, red, and orange bell pepper, thinly sliced

1 tsp garam masala

2 tsp freshly ground pepper

low sodium salt, to taste

Scallions, for garnish

For the marinade:

1/2 cup coconut cream

1 clove garlic, minced

1 tsp ginger, minced

1 tbsp freshly ground pepper

2 tsp low sodium salt

1/4 tsp turmeric

Instructions:

Place all of the marinade ingredients into a Ziploc bag. Add the chicken, close the bag, and shake to coat.

Marinate in the refrigerator for at least 30 minutes, or up to 6 hours.

In a wok or large sauté pan, melt the coconut oil over medium-high heat. Add the cumin seeds and cook for 2-3 minutes.

Add the marinated chicken and let cook for 5 minutes. Stir the chicken until it begins to brown, and then add the peppers, garam masala, and freshly ground pepper.

Sprinkle with low sodium salt. Cook for 4-5 minutes, stirring regularly, or until the bell pepper is cooked to desired doneness. Serve hot.

94. Spicy Scrambled Eggs

Ingredients:

1 tablespoon extra virgin olive oil

1 red onion, finely chopped

1 medium green pepper, cored, seeded, and finely chopped

1 chile, seeded and cut into thin strips

3 ripe tomatoes, peeled, seeded, and chopped

Salt and freshly ground black pepper

4 large organic eggs

Instructions:

Heat the olive oil in a large, heavy, preferably nonstick skillet over medium heat.

Add the onion and cook until soft, 6 to 7 minutes.

Add the pepper and chile and continue cooking until soft, another 4 to 5 minutes.

Add in the tomatoes, and salt and pepper to taste and cook uncovered, over low heat for 10 minutes.

Add the eggs, stirring them into the mixture to distribute.

Cover the skillet and cook until the eggs are set but still fluffy and tender, about 7 to 8 minutes. Divide between 4 plates and serve.

95. Turkey and Kale Pasta Casserole

Ingredients:

1 lb. Turkey breast

1 medium spaghetti squash, halved and seeded

Extra virgin olive oil, for drizzling

1 large bunch of kale, de-stemmed, and chopped

1/2 red onion, sliced thin

1/3 cup chicken broth

1/2 cup coconut milk

1 clove garlic, minced

2 tsp Italian seasoning

low sodium salt and freshly ground pepper, to taste

Instructions:

Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften.

Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet.

Drizzle with olive oil and sprinkle with low sodium salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat.

Add the turkey breast and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes.

Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale.

Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat.

Stir in the cooked turkey. Add the spaghetti squash into the skillet and stir well to combine.

Bake for 15-18 minutes, until the top has slightly browned. Serve hot.

96. Salmon Dill Bonanza

Ingredients:

1 1/2 pounds wild salmon (I used sockeye)

zest of one lemon (about a tablespoon)

2 tablespoons oil

1 tablespoon chopped, fresh dill

1 lemon

low sodium salt and pepper

Instructions:

Preheat oven to 375°F.

Place salmon in a shallow baking dish and season with low sodium salt and pepper.

Heat coconut oil in a medium saute pan or cast iron skillet over medium heat. Add garlic and shallots and saute until tender and fragrant, 3-5 minutes.

Add lemon zest, lemon juice, and coconut milk, stirring to combine.

Bring to a low boil, then remove from heat.

Pour mixture over salmon. Bake, uncovered, for 10-20 minutes or until salmon flakes easily with a fork.

97. Chicken Zoodle Delish

Ingredients:

For the sauce:

1/2 cup reduced sodium chicken broth

1 tbsp reduced sodium soy sauce gluten free

1/2 tbsp rice wine

For the zoodles:

2 medium zucchini, ends trimmed

8 oz skinless, boneless chicken breast, cut into thin short strips

Low sodium salt, to taste

2 tsp olive oil, divided

3/4 cup sliced bokchoy

1/2 cup sliced mushrooms such as shiitake

1/2 cup shredded carrots

3 scallions, sliced into 1-inch pieces on the diagonal

1/2 tbsp grated fresh ginger

2 garlic cloves, chopped

1 tablespoon almond flour

Instructions:

For the sauce – in a medium bowl, combine the chicken broth, soy sauce and 2 tablespoons of water. Use 1 tablespoon almond flour to thicken

Using a spiralizer fitted with a shredder blade, or a mandolin fitted with a julienne blade, cut the zucchini into long spaghetti-like strips. If using a spiralizer, use kitchen scissors to cut the strands into pieces that are about 8 inches long so they're easier to eat.

Season chicken with low sodium salt. Heat a large nonstick wok over high heat. When very hot, add 1 tsp of the oil and the chicken. Cook until browned on both sides and opaque throughout, 2 to 3 minutes. Set aside.

Add the remaining oil, bokchoy, mushroom, carrots, scallions, ginger and garlic. Cook until crisp tender, 2 to 3 minutes. Set aside with the chicken.

Pour the sauce mixture into the wok and cook, stirring, until thickened and bubbling, 1 to 1-1/2 minutes.

Add the zucchini noodles to the sauce, mixing so the zucchini is covered in sauce, and cook until the zucchini is tender, 2 minutes.

98. Chili-Garlic Ostrich or Venison Skewers

Ingredients:

6 Wooden Skewers, soaked in cold water for 30 minutes

2 Ostrich or Venison, diced

1 tbsp. Olive Oil

1 tsp. Red Chilies, seeds removed & finely chopped

4 Garlic Cloves, minced

6 tbsp. fresh lemon juice

Instructions:

Preheat oven to 350 F or preheat barbeque grill on high heat.

To make sauce, combine the oil, chilies, garlic, and lemon juice in a small bowl. Set aside for a few minutes.

Thread diced meat onto skewers and place on an oven tray lined with baking paper.

Pour chili and garlic sauce over the chicken, coating well.

Bake in the oven for 30-40 minutes or until chicken is cooked. If cooking on a grill, cook chicken for 5-6 minutes on each side.

Eat with any of the delicious salad recipes.

99. Spectacular Eggie Salsa

Ingredients:

2 pounds fresh ripe tomatoes, peeled and coarsely chopped

2 to 3 serrano or jalapeño chiles, seeded for a milder sauce, and chopped

2 garlic cloves, peeled, halved, green shoots removed

1/2 small onion, chopped

2 tablespoons oil

Low sodium salt to taste

4 to 8 eggs (to taste)

Chopped cilantro for garnish

Instructions:

Place the tomatoes, chiles, garlic and onion in a blender and puree, retaining a bit of texture.

Heat 1 tablespoon of the oil over high heat in a large, heavy nonstick skillet, until a drop of puree will sizzle when it hits the pan.

Add the puree and cook, stirring, for four to ten minutes, until the sauce thickens, darkens and leaves a trough when you run a spoon down the middle of the pan. It should just begin to stick to the pan.

Season to taste with salt, and remove from the heat. Keep warm while you fry the eggs.

Warm four plates. Fry the eggs in a heavy skillet over medium-high heat.

Use the remaining tablespoon of oil if necessary. Cook them sunny side up, until the whites are solid but the yolks still runny.

Season with salt and pepper, and turn off the heat. Place one or two fried eggs on each plate.

Spoon the hot salsa over the whites of the eggs, leaving the yolks exposed if possible. Sprinkle with cilantro and serve.

100. Spectacular Spaghetti and Delish Turkey Balls

Ingredients:

1 spaghetti squash

Extra virgin olive oil,

low sodium salt and pepper

1 tsp dried or fresh oregano

For the sauce:

1 lb ground turkey

1 small onion, chopped

4 cloves garlic, minced

1 tbsp coconut oil

1 tomato, chopped

1/2 jar of tomato sauce

1 tbsp Italian seasoning

low sodium salt and pepper to taste

Fresh basil

Instructions:

Preheat oven to 400 degrees F. Using a sharp knife, cut the squash in half lengthwise.

Scoop out the seeds and discard.

Place the halves with the cut side up on a rimmed baking sheet. Drizzle with olive oil and season with low sodium salt, pepper, and oregano. Roast the squash in the oven for 40-45 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

While the spaghetti squash is roasting, melt coconut oil in a large skillet over medium heat.

Add chopped onion and garlic and cook for 4-5 minutes. Add ground turkey and brown the meat, stirring occasionally. Season with low sodium salt and pepper.

Add the chopped tomato, tomato sauce, and Italian seasoning and stir to combine.

Simmer on low heat, stirring occasionally, while the spaghetti squash finishes roasting.

Serve over spaghetti squash with basil for garnish

101. Sexy Turkey Scramble

Ingredients:

1 pound ground turkey

2 medium yellow onions

2 bell peppers (any color)

2 medium squash or zucchini

1 large hand-full of fresh spinach (2-3 ounces)

Spices to taste: I used about 1 tablespoon each of: cumin, chili powder, garlic powder, low sodium salt, and fresh cilantro

Instructions:

Brown the turkey until well cooked in a large skillet or wok over medium high heat.

Remove and add thinly sliced onions, peppers, squash/zucchini to the pan and saute, stirring constantly, until starting to soften.

Return turkey to pan and add fresh spinach.

Spice to taste and continue to cook until spinach is wilted.

Remove and serve with any desired toppings.

102. Roasted Lemon Herb Chicken

Ingredients:

12 total pieces bone-in chicken thighs and legs

1 medium onion, thinly sliced

1 tbsp dried rosemary

1 tsp dried thyme

1 lemon, sliced thin

1 orange, sliced thin

For the marinade:

5 tbsp extra virgin olive oil

6 cloves garlic, minced

Stevia to taste

Juice of 1 lemon

Juice of 1 orange

1 tbsp Italian seasoning

1 tsp onion powder

Dash of red pepper flakes

low sodium salt and freshly ground pepper, to taste

Instructions:

Whisk together all of the marinade ingredients in a small bowl. Place the chicken in a baking dish (or a large Ziploc bag) and pour the marinade over it. Marinate for 3 hours to overnight.

Preheat the oven to 400 degrees F. Place the chicken in a baking dish and arrange with the onion, orange, and lemon slices.

Sprinkle with thyme, rosemary, low sodium salt and pepper. Cover with aluminum foil and bake for 30 minutes.

Remove the foil, baste the chicken, and bake for another 30 minutes uncovered, until the chicken is cooked through.

103. Perfect Turkey Stir-Fry

Ingredients:

2 tbsp. of coconut oil

2 cloves of garlic (thinly sliced)

1 inch ginger (finely grated)

2-3 green (spring) onions (sliced into long slivers)

1 carrot (coarsely grated)

1 green pepper (sliced into thin, long pieces)

1 turkey breast (cut into bite-sized pieces)

1/4 cup water

2 tbsp. homemade veggie broth

A few drops of toasted sesame oil

Instructions:

Put a pot with a bit of low sodium salt to boil and make sure your rice noodles are handy. Later, when the water has boiled, pop the noodles in and give it a stir.

Heat 2 tbsp. coconut oil in a wok or large pan.

Add the sliced garlic and grated ginger to the wok and stir-fry for 30 seconds.

Add the green onion and stir-fry 1 more minute.

Add the carrot and stir-fry about a minute. You want it just barely cooked, not limp and soggy. Remove the vegetable mixture to a bowl and set aside.

Add another 2/3 tbsp. of coconut oil to the wok.

When the oil is very hot, add the green pepper and stir-fry for 1 minute.

Heat a ½ tbsp. of coconut oil, then add the pieces of turkey breast and stir-fry. I found that the turkey got some color from the previous ingredients that were in the wok. If this doesn't happen, add a tiny amount of soy sauce.

Stir-fry until just done and no more. To check, I like to cut open the biggest piece to make sure it isn't pink in the middle.

Add the sesame oil.

104. Avocado and Shrimp Omelet

Ingredients:

6 eggs

2 Tbsp. chopped parsley

2 Tbsp. lemon juice, divided

1/4 tsp. salt

1/8 tsp. cayenne pepper

1 large* ripe avocado, diced

1 1/2 Tbsp. avocado oil

3 oz. bay shrimp

3 parsley sprigs

Instructions:

Beat together eggs, parsley, 3/4 of the lemon juice, salt, and cayenne pepper; reserve.

Gently toss avocado with remaining lemon juice; reserve.

Heat oil in an omelet pan. (Use a large omelet pan for four or more servings.)

Pour egg mixture into pan.

Cook over medium heat, lifting edges and tilting pan to allow uncooked egg to run under, until set but still moist on top.

Scatter reserved avocado and shrimp over omelet.

Fold omelet in half; heat another minute or two.

Slide onto a warmed serving plate; garnish with parsley sprigs.

To serve, cut omelet into wedges.

105. Creamy Curry Stir Fry

Ingredients:

2 cooked chicken breasts (small) or 3-4 thighs/legs

3 carrots, chopped

3 sticks celery, chopped

1-2 heads broccoli, chopped

1/2 medium onion, chopped

2 cloves garlic 1/2c coconut milk

1/2c almond or coconut milk

2 tbsp turmeric

2 tbsp curry powder

2 tbsp coconut oil

Instructions:

Put coconut oil in pan and add chopped onion. Cook until onion softens up, add garlic and cook for an additional few minutes.

Next up, add in the carrots, celery, and broccoli. Cook until they have softened a bit (but are not fully cooked).

Shred the cooked chicken up into small pieces for the stir fry and add the coconut milk, other milk, and curry spices.

Stir everything thoroughly, simmer for 5-10 minutes or until everything is cooked to your liking, and serve hot.

Add cauliflower rice (grated cauliflower boiled for 3 minutes)

106. Zesty Chicken Lemon

Ingredients:

2 (16 oz total) skinless chicken breasts, all fat trimmed

freshly ground black pepper

2 large egg whites

olive oil 2 tablespoons and spray (about 1 tbsp worth)

juice of 2 lemons, lemon halves reserved

1/4 cup dry white wine

1/2 cup reduced sodium chicken broth

1 tbsp capers

Sliced lemon, for serving

Chopped fresh parsley leaves, for serving

Instructions:

Cut chicken into 4 cutlets, then place cutlets between 2 sheets of parchment paper or plastic wrap and pound out to 1/4-inch thick. Sprinkle both sides with low sodium salt and pepper.

Heat a large saute pan over medium to medium-low heat. Spray a generous amount of olive oil spray on one side of the chicken, and lay it in the pan, oil side down. Spray the top of the chicken generously to coat and cook for 2-3 minutes on each side, until cooked through. Set aside until you make the sauce.

For the sauce, clean the saute pan. Over medium heat, add olive oil, add the lemon juice, wine, chicken broth and the reserved lemon halves, low sodium salt, and pepper. Boil over high heat until reduced in half, about 2 minutes. Discard the lemon halves, add the capers and serve one chicken cutlet on each plate. Spoon on the sauce and serve with a slice of lemon and a sprinkling of fresh parsley.

Serve with any steamed vegetables!

107. Chicken Peanut Lettuce Wraps

Ingredients:

For the Peanut Sauce:

1/2 cup reduced-sodium chicken broth

3 tbsp PB2 (or 2 tbsp peanut butter)

Stevia to taste

1 tbsp soy sauce (use Tamari for gluten free)

1/2 tbsp freshly grated ginger

1 clove garlic, crushed

For the Chicken cooking spray

16 oz ground chicken

4 cloves garlic, crushed

1 tbsp fresh ginger, grated

1 tbsp soy sauce (use Tamari for gluten free)

3/4 cups shredded carrots

2/3 cup scallions, chopped

3/4 cup shredded red cabbage

2 tbsp chopped peanuts

cilantro leaves, for garnish

4 lime wedges

8 iceberg lettuces outer leaves

Instructions:

Make the peanut sauce; in a small saucepan combine chicken broth, stevia, 1 tablespoon soy sauce, 1/2 tablespoon fresh ginger, and 1 clove crushed garlic and simmer over medium-low heat stirring occasionally until sauce becomes smooth and thickens, about 6 to 8 minutes.

Meanwhile, heat a large non-stick skillet or wok over high medium until hot. When hot, spray with oil and sauté the chicken until cooked through and browned, breaking it up as it cooks; add the remaining garlic and ginger and saute 1 minute. Add the tablespoon of soy sauce, cook 1 minute.

Add the shredded carrots, and 1/2 cup of the scallions and sauté until tender crisp, about 1-2 minutes. Set aside.

Divide the chicken equally between 8 lettuce leaves, top each with shredded cabbage, remaining scallions, drizzle with peanut sauce, chopped peanuts and cilantro, for garnish and serve with lime wedges.

108. Chinese Chicken Legs

Ingredients:

3 lbs (6) chicken legs (thighs and legs attached), fat trimmed

For the marinade:

6 cloves of garlic

1 large shallot

1 tbsp grated fresh ginger

Stevia to taste

1/4 cup reduced sodium soy sauce (tamari for gluten free)

1/2 tsp Chinese five-spice powder

freshly ground black pepper

Instructions:

In a blender combine the marinade ingredients; blend until smooth.

Place the chicken in a large, resealable zip-top bag or container and pour in the marinade. Toss the chicken inside the bag to cover evenly with the marinade and refrigerate for 6-8 hours or as long as overnight.

Preheat oven to 400°F. Place the chicken on a rack in a foil lined roasting pan. Create a loose tent over the chicken with foil.

Roast the chicken in the center of the oven 30 minutes; remove foil and continue to cook, basting occasionally until the internal temperature is 165°-170°F, about 45 minutes longer (Insert thermometer between the leg and the thigh).

Serve with green salad

109. Jolly Jamaican Chicken

Ingredients:

6 bone-in chicken legs with thighs attached, skin removed (6 thighs, 6 drumsticks)

1 lime or 1/4 cup lime juice

1 large tomato, chopped

4 medium scallions, chopped

1 large onion, chopped

2 garlic cloves, chopped

1/2 - 1 hot chilli, chopped

4 sprigs fresh thyme or 2 tsp dried thyme

2 tbsp low sodium soy sauce (for gluten free use GF Tamari)

1 tsp coconut oil 1 medium carrot, chopped finely

2 tsp almond flour

1 1/2 cups unsweetened light coconut milk

1/4 tsp low sodium salt

Instructions:

Squeeze lime over chicken and rub well. Drain off excess lime juice.

Using gloves combine tomato, scallion, onion, garlic, chilli pepper, thyme and soy sauce in a large bowl and add to the chicken. Cover and marinate at least one hour.

Heat oil in a large saucepan. Shake off the seasonings as you remove each piece of chicken from the marinade, reserving the marinade for later.

Lightly brown the chicken on medium-high heat. When browned on all sides, pour the marinade over the chicken and add the carrots. Stir and cook over medium heat for 10 minutes.

Mix flour and coconut milk and add to stew, stirring constantly. Reduce heat to low and cook an additional 20 minutes or until tender, add low sodium salt to taste.

110. Divine Prawn Mexicana

Ingredients:

1 tbsp extra virgin olive oil

1 tsp chili powder

1 tsp low sodium salt

1 lb. medium shrimp, peeled and deveined

1 avocado, pitted and diced

Shredded lettuce, for serving

Fresh cilantro, for serving

1 lime, cut into wedges

For the tortillas:

6 egg whites

1/4 cup coconut flour

1/4 cup almond milk

1/2 tsp low sodium salt

1/2 tsp cumin

1/4 tsp chili powder

Instructions:

Combine all of the tortilla ingredients together in a small bowl and mix well. Allow the batter to sit for approximately 10 minutes to allow the flour to soak up some of the moisture, and then stir again. The consistency should be similar to crepe batter.

While the batter is resting, heat a skillet to medium-high. Mix together the olive oil, chili powder, and low sodium salt and toss with the shrimp to coat. Cook in the skillet for 1-2 minutes per side, until translucent. Set aside.

Coat the pan with coconut oil spray. Pour about 1/4 cup of batter onto the skillet, turning the pan with your wrist to help it spread out in a thin, even layer. Cook for 1-2 minutes, loosening the sides with a spatula. When the bottom has firmed up, carefully flip over and cook for another 2-3 minutes until lightly browned, then set aside on a plate. Repeat with remaining batter.

Top each tortilla with cooked shrimp, shredded lettuce, avocado, and cilantro. Serve with a lime wedge.

111. Creamy Chicken Mushroom Soup Bonanza

Ingredients:

4 cups water

1 celery stalk, cut in half

5 oz shiitake mushrooms, sliced

4 tsp Chicken Bouillon (low salt)

7 oz skinless chicken breast

1 tbsp fresh parsley, chopped

1 tablespoon almond flour

Instructions:

Place cold water and flour in a blender and blend until smooth; pour into a medium pot and set heat to medium.

Add celery, mushrooms, chicken bouillon and bring to a boil. Add chicken, cover and simmer on low 15 minutes, or until chicken is cooked through.

Remove chicken and set aside; continue to cook the remaining soup an additional 5 minutes, until vegetables are soft.

Place celery and 1 cup of soup into the blender; blend until smooth, then return to the pot and simmer a few minutes. Shred or cut the chicken into small pieces and add back to the soup, garnish with fresh parsley.

Add the chicken and vegetables to combine, then divide between two serving bowls.

112. Feisty Filipino Chicken

Ingredients:

8 chicken legs on the bone (skin removed)

1/3 cup low sodium soy sauce

1/3 cup apple cider vinegar

1 small head of garlic, crushed

6 ground peppercorns

4 bay leaves

1 jalapeño, chopped (optional)

Instructions:

Marinate chicken in vinegar, soy sauce, garlic, jalapeño and pepper, for at least an hour (overnight is ideal).

Add chicken, 1/2 cup water, bay leaves and marinade into a deep nonstick skillet and cook on medium-low heat. Cover and cook until the meat is tender, about 45 minutes.

Remove the cover and cook an additional 15 minutes, until the sauce reduces. Discard bay leaves and serve over cauliflower rice.

113. Turkey Eastern Surprise

Ingredients:

For the salad:

2 cups grilled turkey, chopped

6 baby bok choy, grilled & chopped

2 green onions, chopped

1/4 cup cilantro, chopped

1 Tbl sesame seeds

For the dressing:

1 Tbl fresh ginger, chopped

2 Tbl coconut cream

1 Tbl fish sauce

1 Tbl sesame oil

2 Tbl fresh lime juice

1 tsp stevia powder or to taste

Instructions:

Combine all of the salad ingredients until well mixed.

Add all of the ingredients for the dressing into a blender or food processor, and blend until mostly smooth – there may be some small chunks of ginger left, that's ok.

Pour the dressing over the salad and toss lightly until coated.

Garnish with more sesame seeds if desired.

If possible let it sit for an hour in the fridge before serving so the flavors can really meld together.

114. Chicken Pineapple Delight

Ingredients:

1 lb boneless skinless chicken breast, cut into 1-inch cubes

2 tbsp cornstarch

1 tbsp oil, divided

1 tsp minced garlic

1 tsp minced ginger

2 cups cubed assorted colors bell peppers (1/2-inch cubes)

1 red chili pepper, chopped (optional or to taste)

1 cup fresh pineapple chunks

1/2 teaspoon chilli flakes...optional – this is hot!

cilantro leaves (for garnish)

Instructions:

Heat 1/2 tablespoon of the oil in large nonstick skillet on medium-high heat. Add garlic and ginger; stir fry 30 seconds. Add bell peppers, chili pepper if using and pineapple; stir fry 3 to 5 minutes or until peppers are tender-crisp. Add sauce; cook and stir until heated through. Remove from skillet.

Heat remaining oil in the skillet. Add chicken; stir fry 5 minutes or until cooked through. Return bell pepper mixture to skillet; stir fry until well blended. Garnish with cilantro.

115. Thai Baked Fish with Squash Noodles

Ingredients:

1 medium spaghetti squash

Extra virgin olive oil, for drizzling

low sodium salt and pepper

1 tbsp coconut oil

1/2 large onion, finely chopped

1 head broccoli, de-stemmed and cut into florets

2 heads baby bok choy, sliced into 1-inch strips

4 scallions, sliced

1/4 tsp red pepper flakes

1/3 cup cashews, toasted and chopped

For the Sauce:

1 tsp lime juice

1/2-inch piece fresh ginger, peeled and minced

1 clove garlic, minced

1/2 tsp red wine vinegar

3 tbsp almond butter

3 tbsp coconut milk

For the Fish:

2 whole fish fillets...use cod or any good quality white fish

Instructions:

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with low sodium salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

While the squash cooks, make the sauce. Combine the lime juice, ginger, garlic, and red wine vinegar in a blender or food processor until smooth. Add the almond butter and coconut milk and blend until completely combined. Adjust the levels of almond butter and coconut milk to reach desired level of creaminess.

Melt the coconut oil in a large pan over medium heat. Add the onion and cook for 5-6 minutes until translucent. Add the broccoli and sauté for 8-10 minutes, until just tender. Then stir in the bok choy and cook for 3-4 minutes until wilted. Lastly add the cooked spaghetti squash into the pan and stir to combine.

To assemble, top the spaghetti squash mixture with the scallions and cilantro. Sprinkle with roasted cashews and drizzle with Thai sauce.

Place the whole fish under the grill at 200 degrees for 25 minutes topped with a tablespoon of olive oil, fresh pressed garlic (one clove) and cayenne pepper to taste.

Finnish off the fish with a squirt of lemon juice to taste.

116. Delectable Shrimp Scampi

Ingredients:

4 tsp olive oil

1 1/4 pounds med raw shrimp, peeled and deveined (tails left on)

6-8 garlic cloves, minced

1/2 cup low sodium chicken broth

1/4 cup fresh lemon juice

1/4 cup + 1 T minced parsley

1/4 tsp low sodium salt

1/4 tsp freshly ground pepper

4 lemon wedges

Instructions:

Peel shrimp and butterfly them (making a cut in the back and extracting the vein).

Place shrimp in marinade: 2 Tablespoons olive oil, lemon, garlic powder. Marinade anywhere from 15 minutes to hours (the more time, the better)

Heat 2 Tablespoons of oil in pan on medium to high heat.

Add shrimp and cook each side for 2-3 minutes. Drizzle with 1 Tablespoon of olive oil.

Top with low sodium salt, pepper, and red pepper flakes.

117. Coconut Turkey Salad

Ingredients:

6 (about 12 oz) turkey breasts

6 tbsp shredded coconut

Pinch low sodium salt

olive oil spray

6 cups mixed baby greens

3/4 cup shredded carrots

1 large tomato, sliced

1 small cucumber, sliced

2 beaten egg whites organic

For the Vinaigrette:

1 tbsp oil

Stevia to taste

1 tbsp white vinegar

2 tsp mustard powder

Instructions:

Whisk all vinaigrette ingredients; set aside.

Preheat oven to 375°.

Combine coconut flakes and low sodium salt in a bowl. Put egg whites or egg beaters in another bowl.

Lightly season chicken with low sodium salt. Dip the chicken in the egg, then in the coconut flake mixture. Place chicken on a cookie sheet lined with parchment for easy cleanup. Lightly spray with olive oil spray and bake for 30 minutes turning halfway, or until chicken is cooked through.

Place 2 cups baby greens on each plate. Divide carrots, cucumber, tomato evenly between each plate. When chicken is ready slice on the diagonal and place on top of greens. Heat dressing and divide equally between each salad; a little over 1 tbsp each.

118. Cauliflower potato salad

Ingredients

a head of cauliflower

6 hard-boiled eggs-chopped

3 stalks of celery-chopped

1 small onion-chopped

1 cup frozen peas-thawed

1/2 pkg bacon--cooked and crumbled

1 cup mayo

1 tab mustard

salt & pepper to taste

Instructions

Boil the cauliflower until fork tender (about 10 min)--do NOT cook longer than fork tender.

Mix ingredients together.

Put in fridge for at least 3 hours.

This tastes much better after sitting in the fridge for a day or more! NO SERIOUSLY, IT DOES!

119. Sexy Seared Scampi

Ingredients:

2 tsp olive oil

1 1/2 lbs shrimp, peeled and deveined (weight after peeled)

1/4 tsp low sodium salt

1/4 tsp ground black pepper

1/4 tsp crushed red pepper

2 tbsp dry parsley

lemon wedges

Instructions:

Heat 1 tsp oil in 12 inch skillet over high heat until smoking. Meanwhile, toss shrimp with low sodium salt and pepper.

Add half of the shrimp to the pan in single layer and cook until edges turn pink, about 1 minute.

Remove pan from heat, flip shrimp using tongs and let it stand about 30 seconds until all of the shrimp is opaque except for the center.

Transfer to a plate and repeat with the second batch and the remaining teaspoon of oil. After second batch has stood off the heat, add the first batch to the pan and toss to combine.

Cover skillet and let shrimp stand for 1 - 2 minutes. Shrimp will now be cooked through. Serve immediately with a green salad and lemon wedges.

120. Skinny Delicious Slaw

Ingredients:

1/2 head of cabbage (mix purple and white)

3 or 4 carrots

1 onion

3 tablespoons walnut oil

1 egg beaten

Stevia to taste

1 Tbsp. fresh lemon juice

pepper to taste

Instructions:

Grate cabbage, carrots and onion and mix together.

Make dressing by mixing

beaten egg, walnut oil, lemon juice, and seasonings.

Chill and serve.

121. Bouncy Buddha Bowls

INGREDIENTS

Dressing

¼ cup (60 g) yogurt (dairy-free alternative)

¼ cup (60 mL) orange juice

Stevia to taste

½ tsp cinnamon

Pinch of salt and pepper

Everything Else

2 big handfuls of greens (your choice, I used spinach)

1 cup (182 g) cooked bulgur* (can sub quinoa, couscous, or brown rice)

1 cup (200 g) canned chickpeas, drained and rinsed (1 ½ cup, 310 g soaked chickpeas if starting from dry)

1 cup (100 g) blueberries

4 mandarin oranges, peeled and thinly sliced

2 small avocados, sliced

½ small red onion, sliced (about ½ cup)

2 large carrots, peeled and shredded (about 1 cup)

INSTRUCTIONS

Whisk all dressing ingredients together and set aside.

Divide greens into 4 servings bowls, then top each with equal portions of cooked bulgur, chickpeas, blueberries, orange slices, avocado, onion, and carrot.

Drizzle with dressing and serve immediately.

122. Asian Bisque

INGREDIENTS

3 cups chopped onion

1 cup chopped celery

3 cups chopped carrots

6 Tablespoons butter

4 cups chopped and peeled potatoes, cut into small bite sized pieces

1 cup white wine

2 cups chicken stock

2 cups half and half

6 slices of cooked bacon, chopped

INSTRUCTIONS

In a large sauce melt butter and saute onions, celery, and carrots until tender. Add potatoes, wine and chicken stock. Cover and cook for 20 minutes.

Add cream and cook another 5 minutes.

With an immersion blender, blend soup until creamy or until slightly chunky, whichever your preference.

Garnish with bacon and more cheese.

123. Mediterranean Turkey Delish Salad

Ingredients:

1 roasted turkey (organic, soy-free and pastured is best)

1/2 cup of olive oil

1/4 cup fresh cilantro, chopped

1 head of romaine or butter lettuce

1 red onion, diced

1 lemon, juiced

low sodium salt and pepper as desired

Instructions:

Shred the turkey with your hands or chop up and put it in a big bowl.

Add the oil, red onion, cilantro, lemon, low sodium salt and pepper.

Mix well and serve on a lettuce boat.

124. Mustard Crusted Salmon with Arugula and Spinach Salad

Ingredients

For Salmon

15 oz Salmon filet

Salt (to taste)

1 tbsp Coarse ground mustard

For Salad

1 cup Arugula (chopped)

1/2 cup Baby spinach (chopped)

2 tbsp Pecans (chopped)

2 tbsp Dried cranberries

For Dressing

1 tbsp Dijon mustard

1 tbsp White wine vinegar

1 tbsp olive oil

Instructions

Preheat oven to 350 degrees F.

Place the salmon filet on a baking sheet greased with olive oil. Pat dry with a paper towel. Season the salmon with salt and top with the ground mustard, making sure to cover the entire top of the filet.

Place the salmon in the oven and bake for 12 to 15 minutes, until cooked through and flakes easily with a fork.

While the salmon is cooking whisk together the ingredients for the dressing. Set aside.

In a medium mixing bowl combine all the ingredients for the salad. Add the dressing and toss to coat.

Spoon the salad onto a serving plate.

When the salmon is done, remove from the oven. Place it on top of the salad and serve.

125. Chicken Basil Avo Salad

Ingredients:

2 boneless, skinless chicken breasts (organic, cooked and shredded)

1/2 cup fresh basil leaves, stems removed

1 cup sliced cherry tomatoes

2 small or 1 large ripe avocado, pits and skin removed

2 Tbsp. extra virgin olive oil

1/2 tsp. low sodium salt (or more to taste)

1/8 tsp. ground black pepper (or more to taste)

Instructions:

Place the cooked shredded chicken in a medium sized mixing bowl.

Place the basil, avocado, olive oil, low sodium salt and ground black pepper in a food processor and blend until smooth. You may need to scrape the sides a couple times to incorporate.

Pour the avocado and basil mixture into the mixing bowl with the shredded chicken and tomatoes and toss well to coat.

Taste and add additional low sodium salt and ground black pepper if desired. Keep in the fridge until ready to serve.

126. Healthy Taco Salad

Ingredients

1 Tbsp Olive oil, divided

8 Oz Chicken breast, cut into bite-sized pieces

2 Large carrots, sliced (about 1 cup of slices)

1 Large Red Bell pepper, sliced

1/2 Large onion, roughly chopped (about 1/2 Cup)

2 tsps Garlic, minced

2 tsp Cumin seed (not the powder)

Salt

1 Large avocado

1 Large Lime, juiced

1 Cup Salsa of choice

2 Roma tomatoes, chopped (about 1 Cup)

1/2 a Cucumber, chopped (about 1 cup)

1/2 Cup Cilantro, roughly chopped

Fresh spinach

2 Wide-Mouth Quart sized Mason Jars

Instructions

Heat 1/2 Tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the outside. Set aside in a small bowl.

Add the remaining 1/2 Tbsp of olive oil into the pan turn to medium/high heat. Cook the carrots until they begin to just soften, about 3 minutes. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.

While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2-minutes.

Transfer them to a cutting board and crush. I use the bottom of a glass, which works really well.

Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.

Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. You can also just mash them together in a bowl if you wish.

To assemble:

Place 1/2 cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit.

After the chicken, place the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can stuff in there!

Seal and refrigerate until ready to DEVOUR.

127. Crispy Baked Chicken Fingers

Ingredients

2 large skinless, boneless chicken breasts

1 cup almond meal/flour

¼ cup tapioca flour/starch

½ cup unsweetened shredded coconut

1 tsp garlic powder

1 tsp ground mustard powder

½ tsp smoked paprika

½ tsp sea salt

½ tsp ground black pepper

¼ tsp cayenne pepper

2 whole eggs, whisked

2-3 tbsp olive oil, for drizzling

Paleo Honey Mustard, for dipping

Instructions

Preheat oven to 400F. Line a baking sheet with parchment paper.

In a small bowl, whisk the eggs. Set aside.

Make your breading in a separate, larger bowl. To do this, whisk together the almond flour, tapioca flour/starch, unsweetened shredded coconut, garlic powder, ground mustard powder, smoked paprika, sea salt, ground black pepper and cayenne pepper.

Cut each of your chicken breasts into about 6 lengthwise strips, for a total of 12 strips. Place them all into your egg bowl.

One at a time, remove a chicken strip from the egg bowl and dip it in the “breading” mixture. Make sure to thoroughly coat all sides of the strip. Lay it on the parchment-lined baking sheet.

Once you've breaded all the strips, drizzle a little olive oil over the tops of each one – not too much, but not too little either!

Bake for a total of 17-20 minutes, depending on the size of your chicken fingers. Flip after 12-15 minutes of cooking time. (If the chicken fingers aren't looking golden or crispy enough at 20 minutes, turn up the heat to 425 and let them cook an additional 3 minutes.)

When the fingers are done, remove them from the oven and let them cool for a few minutes before serving with a side of Paleo Honey Mustard.

Store extra chicken fingers in an airtight container in the refrigerator for up to 3 days, or freeze for longer storage.

128. Skinny Delicious Turkey Divine

Ingredients:

2/3 cup fresh lime juice

1/3 cup fish sauce

Stevia to taste

3/4 cup chicken stock low sodium

1 1/2 pounds ground turkey

1 cup thinly sliced green onions

3/4 cup thinly sliced shallots

3 tablespoons minced lemongrass

1 tablespoon thinly sliced serrano chile

1/2 cup chopped cilantro leaves

1/3 cup chopped mint leaves

low sodium salt

1 head of any lettuce

Instructions:

Whisk together lime juice, fish sauce, stevia and chile-garlic sauce. Set aside.

Warm chicken stock in a medium heavy-bottomed pot over medium heat until simmering. Add ground turkey and simmer until cooked through. As the turkey is cooking, stir occasionally to break up the meat. This should take 6 to 8 minutes.

Add green onion, shallot, lemongrass and chiles, stirring to combine. Continue cooking until shallots turn translucent, stirring occasionally (about 4 minutes). Remove from the heat and drain off any liquid in the pot. I do this by clamping the lid on, then cracking it just a hair. I turn the entire pot over the sink and let the liquid drain out.

Stir in lime juice-fish sauce mixture, cilantro and mint. Season to taste with low sodium salt (not much is needed if any).

Transfer mixture to a large bowl and serve beside a pile of lettuce leaves. Using a slotted spoon, scoop turkey on to the lettuce leaves and enjoy!

129. California Turkey and Bacon Lettuce Wraps with Basil-Mayo

Ingredients

1 head iceberg lettuce

4 slices gluten-free deli turkey (I like Applegate Farms)

4 slices gluten-free bacon, cooked (I like Applegate Farms)

1 avocado, thinly sliced

1 roma tomato, thinly sliced

For the Basil-Mayo:

1/2 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)

6 large basil leaves, torn

1 teaspoon lemon juice

1 garlic clove, chopped

salt

pepper

Directions

For the Basil-Mayo: combine ingredients in a small food processor then process until smooth. Alternatively, mince basil and garlic then whisk all ingredients together. Can be done a couple days ahead of time.

Lay out two large lettuce leaves then layer on 1 slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold.

130. Coconut Crusted Baked Cauliflower Bites

Ingredients

1/2 cup all-purpose flour

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1 egg

1/2 cup Silk coconut milk

1/2 cup gluten free breadcrumbs

1/2 cup sweetened coconut flakes

1 head cauliflower (roughly 2 pounds), cut into small florets

Marinara Sauce

1 tablespoon olive oil

1/2 cup chopped onion

1 clove garlic, minced

1 can (14 ounces) diced tomatoes with juices

1 teaspoon sugar

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon dried parsley

1/4 teaspoon salt

Instructions

Preheat oven to 450F. Line the bottom of a roasting pan or cookie sheet with foil. Place a roasting or cooling rack on top. Lightly spray the rack with cooking spray.

In a shallow plate or bowl, whisk together the flour, salt, garlic powder, and onion powder.

In a second plate or bowl, whisk together the egg and coconut milk. In a third plate or bowl, mix together the breadcrumbs and coconut flakes.

Dip one cauliflower floret into the flour mixture then the coconut milk mixture then the breadcrumb mixture. Place on the rack. Repeat until all of the cauliflower is gone.

Bake 15-20 minutes or until golden brown. Serve with marinara dipping sauce (recipe below)

Marinara Dipping Sauce

In a large saucepan, heat the olive oil until hot. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook 30 seconds. Add the tomatoes with juices, sugar, basil, oregano, parsley, and salt. Bring to a boil. Once boiling, cover and simmer for 15 minutes. Add the sauce to a blender and blend until smooth. Serve with cauliflower bites.

131. Baked Orange Chicken

Ingredients:

3/4 cup + 2 Tbsp cornstarch
4 egg whites, beaten
2 cups panko breadcrumbs
2 lbs boneless skinless chicken breast, cut into 1" pieces
1 cup fresh squeezed orange juice, divided
1/2 cup light brown sugar
1/2 cup rice wine vinegar
1/2 cup soy sauce
1 tsp minced ginger
1/2 tsp minced garlic
1/2 tsp sesame oil
Pinch of crushed red pepper
1/2 cup sliced scallions
Cooked brown rice (for serving)

Preparation:

Preheat the oven to 400°F.

Spray a baking sheet with cooking spray and set aside.

Using three shallow bowls, put 3/4 cup cornstarch in the first, egg whites in the second, and panko in the third. For each piece of chicken, coat in the cornstarch, dip in the egg whites, and then coat with the panko. Place all of the coated chicken on the baking sheet.

Bake in the oven for 15–20 minutes.

While the chicken is cooking, prepare the sauce in a medium saucepan. Add 3/4 cup of orange juice, brown sugar, rice wine vinegar, soy sauce, ginger, garlic, sesame oil, and red pepper. Bring to a simmer on medium heat.

In a bowl, take the remaining orange juice and whisk in 2 Tbsp of cornstarch with a fork until there are no lumps. Stir the mixture into the saucepan. Continue simmering the liquid until it thickens, then remove from the heat.

When the chicken has finished baking, carefully put into a bowl and pour the sauce over the hot chicken. Toss to coat. Sprinkle on the scallions and serve with brown rice.

132. Baked Sweet Potatoes with a Five Star Feta Salad

INGREDIENTS

2 mid sized sweet potatoes (300-400gr each)

100 gr. feta or similar cheese

1 handful olives

1 small red onion/ 3 spring onions

10-12 cherry tomatoes

1 clove of garlic (peeled and diced)

Handful fresh (chopped) or 1 tbsp dried basil

½ tsp cumin

½ tsp cayenne pepper

¼ tsp fresh ground pepper

2 tbsp olive oil

juice of ½ lemon

Optional:

Crème fraîche/Greek yoghurt

A third of a cucumber for extra crunch

INSTRUCTIONS

Wash the potatoes and rub a coat of olive oil and salt on the skin.

Next, put them on a baking tray and layer of foil. Off they go in the oven. Depending on the size of the potato they'll be ready somewhere between 45 and 60 mins. You can tell when the skin becomes loose (just prod them). If the potatoes are massive then slice them length-ways before cooking to save time.

This way of cooking the potatoes is our favourite overall, but if time is of the essence then we've listed a couple of alternatives in the blog post.

While they're cooking, cut or crumble the feta/cheese, cut olives, cherry tomatoes, basil, peel and dice the onion and the garlic and mix it all up in a salad bowl.

Put the basil, cumin, cayenne pepper, fresh ground pepper, olive oil and lemon in a cup and stir well.

Add the contents of the cup to the salad bowl and stir well.

When the potatoes are ready (cut them open if they're not already) pop them on a plate and layer the salad mix on top.

Finally, add an optional dollop of crème fraîche or Greek yogurt.

Enjoy!

133. Crockpot Maple and Glazed pork Loin

Ingredients:

1-2 lb pork tenderloin

2 tsp ground sage

1/2 tsp salt

1/4 tsp pepper

1 garlic clove, minced

1/4 – 1/2 cup of water (use 1/4 if you have a 1lb tenderloin, 1/2 if it is 2 lbs)

For the glaze:

3 tbsp maple syrup

1/4 cup apple cider vinegar

1 tbsp cornstarch

2 tbsp coconut aminos (or low-sodium soy sauce)

Directions:

Combine sage, salt, pepper and garlic in a small bowl. Prepare loin by trimming any fat and patting dry with paper towels. Rub the sage mixture over all sides of the pork. Place in crock pot with 1/4-1/2 cup water. Cook on low for 6-8 hours.

About 1 hour before roast is done, whisk together ingredients for glaze in small sauce pan. Heat and stir until mixture thickens. Brush the pork with the glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

6-10 servings. 21 Day Fix: measure out with your red container and count as one red serving.

134. Baked broccoli with garlic and parmesan cheese

Ingredients:

1 head of broccoli

3 tablespoons olive oil

4 cloves garlic, minced

Salt and ground black pepper

1/4 cup grated parmesan

1 tablespoon lemon juice

Method:

Preheat your oven to 220°C.

Cut the broccoli into bite-sized pieces and place in a medium bowl.

Add the olive oil and garlic, and season with the salt and pepper. Toss gently to combine.

Bake on a lined tray for 10 to 12 minutes.

Sprinkle with the lemon juice and parmesan and serve immediately.

244. Zucchini Fritters

Ingredients

2 Zucchini (grated)

1 tsp Sea salt

2 tbsp Coconut flour

4 Scallions (sliced)

1 Egg

1 tsp Cayenne pepper

1 tsp Black pepper

2 tbsp Coconut oil

Instructions

In a medium-sized mixing bowl, stir together the shredded zucchini and sea salt. Set aside for 10 minutes.

After 10 minutes, squeeze the water out of the zucchini and transfer to a clean bowl.

Stir in the coconut flour, egg, scallions, cayenne, and pepper.

Add the coconut oil to a medium skillet over medium-high heat.

Once the coconut oil has melted, form six fritters and place them in the skillet. Brown on each side then set aside on a paper-towel lined plate.

Serve immediately. Garnish with additional scallions.

135. Crispy Potato Skin Wedges

Ingredients

4 medium russet potatoes 1 cup water

3 tablespoons canola oil

1 teaspoon paprika

1/4 teaspoon black pepper

1/4 teaspoon salt

Instructions

Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.

In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the Air Fryer to 390°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook each batch for 13-15 minutes or until golden brown. Serves 4.

136. Balsamic Glaze Chicken Wings

Ingredients

1 cup water;

½ cup balsamic vinegar;

¼ cup coconut aminos (a Paleo-friendly replacement for soy sauce; you can get them online or at most health-food stores);

a few drops of stevia liquid to taste

1 tsp. Sriracha sauce; (optional or to taste)

Preparation

Mix up the marinade by combining the stevia, coconut aminos, lime juice, garlic powder, curry powder, ginger powder, and Chinese 5 spice powder in a bowl. Season to taste with salt and pepper.

Add the chicken to the marinade and marinate for a minimum of 4 hours and up to overnight in the refrigerator.

Preheat your oven to 400 F.

Line a baking sheet with parchment paper and place the chicken wings on top.

Bake on the middle rack of your oven for 40 minutes.

While the wings are cooking, combine the glaze ingredients in a skillet and let simmer for 10 to 15 minutes, or until the glaze is sticky. If you're using sriracha sauce, stir it in at the last minute.

Turn your oven to broil and broil for approximately 5 minutes or until crispy.

Remove the chicken wings from the oven and transfer to a large bowl.

Add the glaze with the chicken wings, toss to coat, and serve.

19. Orange and Miso Glazed Salmon

2 skinless salmon fillets (weighing approximately 150 grams each)

the glaze

1 tablespoon white miso

juice of one orange (approximately 1/2 cup)

2 teaspoons honey

Heat a medium sized frypan over medium heat.

Add the glaze ingredients to the frypan and stir to combine.

Bring the glaze to a gentle boil. Add the salmon fillets. Reduce the heat to a simmer. Cook for 5 minutes, turn and cook for a further 5 minutes. You may want to increase the heat slightly to get a nice caramelisation on the salmon.

Serve with salad or vegetables of your choice.

Enjoy.

137. Titillating 12 hour Broth

Ingredients

2 kg beef bones, chopped into 2 inch lengths

2 carrots, roughly chopped

2 onions, roughly chopped

1/2 head garlic

2 bay leaves

1 bunch fresh parsley, whole

4 litres water

Preparation

Pre heat the oven to 200C.

Place the bones, onions, and carrots on a roasting tray.

Place in the oven for 40 minutes and transfer into a large pan.

Add the herbs, and cover with the cold water.

Bring to a gentle simmer and let it cook for at least 6 hours.

When ready, strain the broth.

You should have about 1 litre of liquid that will set to a jelly in the fridge.

To serve, reheat and drink as soup or use the jelly to flavour soups, stews and sauces. You could even garnish salad with it.

Add salt to taste and fresh ginger, garlic, or grated horseradish if you like.

138. Sundried Tomato Roulade

Ingredients

4 Turkey cutlets

6-7 Sundried tomatoes

3 tbsp Fresh basil leaves (about 20 leaves)

2 tbsp Pine nuts

1/2 tsp Sea salt

3-4 tbsp olive oil

Sea salt and black pepper (to taste)

Coconut oil

Instructions

Preheat the oven to 350 degrees F.

Place a skillet over medium-high heat. Add the pine nuts to toast. Toast in the dry pan for 3 to 4 minutes shaking occasionally so they don't stick. Do not leave unattended, they can burn quickly.

Using a food processor or blender, blend together the sun-dried tomatoes, basil, toasted pine nuts, and salt until well combined. Drizzle the olive in while processing.

Lay each cutlet out on your work surface. Season with salt. Then spread the sun-dried tomato mixture on the surface of each cutlet

Start at one end and tightly roll the cutlet and secure with a toothpick.

Add the coconut oil to an oven-proof medium skillet over medium-high heat.

Add each roulade to the hot skillet, browning on each side. Use soft-tipped tongs to turn so you don't damage the meat.

Place in the preheated oven for another 10 minutes, or until each is cooked through.

Use a sharp knife to cut into roulade discs. Season to taste.

Enjoy!

139. Basic Beef Broth

Ingredients

Beef Bones

Water

Carrots

Onions

1 satchel bouquet garnish

Instructions

Place the bone in a large pot

Cover with water

Add onions, carrots, and bouquet garnish

Simmer on medium-low heat for 8 hours

140. Squash Boats

Ingredients

1 small spaghetti squash

4 tbsp salsa, divided

1 avocado, chopped & divided

2 large eggs

4 tbsp low sodium ketchup, divided

Directions

Preheat oven to 400 F degrees F. Cut spaghetti squash in half lengthwise and scoop the seeds out. Place cut side down on a baking sheet lined with parchment paper and bake for 30 minutes. Remove from the oven and let cool until safe to the touch, about 15 minutes.

Increase oven temperature to 425 degrees F. Using a fork, separate spaghetti squash into strands leaving them inside the shells. Add 2 tbsp of salsa to each half and mix gently with a fork. Top with 1/2 avocado and break 1 egg on top of each shell. If you like runny egg yolk, do not make a well in the middle of the squash and break the egg on top. For a fully baked egg, sink it more into squash. Bake for 20 - 22 minutes or until the egg whites appear to be set. Serve hot drizzled with ketchup.

Storage Instructions: Refrigerate covered for up to 1 day.

141. Extra Easy Broth

Ingredients

4 - 8 lbs of bones, from grass fed animals (depending on the size of stock pot)

2 Tbsp apple cider vinegar

vegetables, carrots, onions, celery

water

Instructions

Roast the bones in the oven at 375 F for 1 hour. This gives a good flavour to the stock.

Remove the bones from the oven and place in a stock pot.

Fill the pot with water - cover the bones.

Add the vegetables - avoid Brussels sprouts, cabbage, broccoli, turnips as these tend to give a bitter flavour to the broth.

Bring the water to a boil and add the vinegar.

Turn the pot down to a simmer.

Allow the broth to simmer for 24 hours or longer.

As it cooks, add water as necessary and skim off any foam.

When finished, strain the broth through a wire mesh and catch the broth in mason jars.

Once cooled, the fat will rise to the top and the broth should gel like gelatine.

The fat can be skimmed off and used for cooking or left in the broth.

The broth will keep refrigerated for 1 week and can also be frozen for months.

142. How to Make Paleo Cauliflower “Rice”

Ingredients

1 head of cauliflower

½ Vidalia onion

3 cloves of garlic

1 tbsp coconut oil

salt and pepper, to taste

This recipe makes 2-3 servings, depending on the size of your cauliflower.

Instructions

Remove leaves and stem from cauliflower; discard. Grate the entire head of cauliflower until it resembles rice.

Dice the onions and garlic to your desired size.

Add coconut oil to a pan over medium heat. Add in onion and garlic until slightly browned.

Add in grated cauliflower, salt, and pepper and stir until heated.

143. Paleo Phobroth

Ingredients

1. 1 onion, halved
2. 2" fresh ginger, halved lengthwise
3. 1 teaspoon avocado oil
4. 6 cups of Bare Bones Beef Broth
5. 4 cups of filtered water
6. 2 tablespoons fish sauce
7. 1 teaspoon sea salt

Spices

1. 1 cinnamon stick
2. 6 whole star anise
3. 5 whole cloves
4. 2 cardamom pods
5. 1 tablespoon fennel seeds

Directions:

Wrap the above ingredients in cheesecloth and securely tie

1. 1.5 lbs. of sirloin, very thinly sliced
2. 3 to 4 large parsnips, peeled

Toppings

1. lime wedges
 2. chilli peppers
 3. basil
 4. mint
 5. cilantro
 6. bean sprouts
 7. hot sauce
- coconut aminos

Char your ginger and onions, by placing them on a baking sheet in the highest position of your oven (toaster oven works great for this!). Turn your broiler on high. Brush the onions and ginger with avocado oil and place them on your baking sheet. Broil for 10 minutes and then turn and continue to broil for another 5 to 10 minutes.

In a large pot, add the broth, filtered water, the charred onions and ginger, fish sauce, salt and spices wrapped in cheesecloth. Cover the broth and bring to a light boil and then turn down to a simmer. Continue simmering for 1 to 1.5 hours.

Towards the end of your broth's cooking time, slice the parsnips and thinly slice the meat and set in the fridge, until ready to use.

Put the broth through a mesh strainer to remove the ginger, onions and spices. Return it to the pot. Taste the broth and adjust the seasoning. The broth is the star of the show, so make sure it tastes great. You can add more salt or fish sauce, if it is not salty enough. If it is too salty, you can even add a little bit of honey to balance it out.

Bring your broth back to a light boil. Add the sliced meat to the strained broth and allow it to cook through. This is how I do it. Some people place the meat in individual bowls and pour the piping hot broth over it. Which I think is the more traditional method, but I prefer to cook it all in the large pot.

Add parsnips to the bottom of each bowl, ladle hot piping broth and meat into each bowl. Garnish with your favourite toppings and enjoy!

144. Pesto Kale

Ingredients

1½ heads leafy green kale (not Italian/Lacinato/Dinosaur kale)

¾ cup raw cashews

1½ ounces fresh basil leaves, stems removed

3 tablespoons nutritional yeast

1 lemon, juiced

drizzle of olive oil

½ teaspoon sea salt

½ teaspoon pepper

Instructions

Combine all ingredients except kale in a blender with a small bit of water. Wash kale well and discard the stems. Tear kale into bite-sized pieces, and place in a large bowl. Dry leaves with a paper towel or clean dish towel.

Drizzle with some olive oil and rub it into the leaves with your hands. Add the pesto and continue to do the same, trying to coat as many crevices in the kale as you can. Best when served cold.

145. Shaved Asparagus Salad Eggs

Ingredients

1 tablespoon olive oil, divided

1 medium shallot, thinly sliced crosswise

1½ bunch green asparagus (about 8 medium stalks)

1/8 teaspoon kosher salt

freshly ground pepper

2 cups arugula

1 large beefsteak tomato, cut in 1/4-inch cubes

juice of 1 lemon

1 tablespoon parsley, coarsely chopped

2 large eggs for women; 3 large eggs for men

Procedure

Trim an inch off the root end of the asparagus to get rid of the woody part. Using a vegetable peeler and starting from the root end, shave the asparagus into thin ribbons (6-8 large stalks should yield about a cup).

In a medium nonstick skillet, heat 2 teaspoons olive oil over medium-high heat, then add the thinly sliced shallot. Cook for 1 minute, until shallot has softened slightly. Add asparagus ribbons, season with kosher salt and freshly ground pepper, and cook for 2 minutes, tossing occasionally, until asparagus is cooked al dente (should be crunchy, not soft). Transfer asparagus mixture to a medium mixing bowl, add arugula, chopped tomato, feta, lemon juice, and parsley, and toss.

In the same nonstick skillet, heat the remaining olive oil over medium heat. Crack the egg into the pan, season with freshly ground pepper, and turn the heat to low. Cook the egg 2-3 minutes, until the white is completely opaque and set and the edges are starting to brown.

Transfer the asparagus salad to a bowl and top with the fried eggs.

146. Garlic Steak

ingredients:

2 pound flank steak (about 1-inch thick)

1/2 teaspoon salt

1/2 teaspoon pepper

1/3 cup olive oil

3 tablespoons brown sugar

4 garlic cloves, minced

chimichurri

1 cup fresh cilantro

2/3 cup fresh parsley

1/4 cup fresh oregano

2 garlic cloves, minced

1/4 cup red wine vinegar

2/3 cup olive oil

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon crushed red pepper flakes

directions:

Add the flank steak to a large baking dish and season it with the salt and pepper. In a bowl, whisk together the olive oil, brown sugar and garlic cloves, then cover the steak with it and place it in the fridge to marinate. I marinate anywhere from 2 hours to overnight.

When you're ready to cook the steak, you can grill, broil or pan sear it to your liking. I tend to broil it as I find that easiest. Preheat the broiler in your oven and move the oven rack as close as possible. Place the steak on a broiler pan or baking sheet and broil on each side for about 5 minutes. This will result to a medium to medium-well doneness in my oven.

Allow the steak to rest for 10 minutes before slicing it thinly against the grain. Serve it immediately with the chimichurri.

chimichurri

Combine the parsley, cilantro, oregano and garlic in a food processor and pulse until small leaves and pieces remain. Add in the vinegar and pulse once more. With the processor going, stream in the olive oil and mix until just combined. Stir in the salt, pepper and red pepper flakes. Taste and season additionally if needed. Store sealed in the fridge for up to a week or so.

147 Zucchini Noodles

Ingredients

1/2 tbsp olive oil

1 large garlic clove, minced

pinch of red pepper flakes

1/2 cup diced red onion

1 14oz can diced tomatoes, no salt added

salt and pepper, to taste

5 basil leaves, chopped

3 cups baby spinach

2 zucchinis,

For the filling:

Preheat the oven to 375 degrees.

Place a large castiron or nonstick skillet over medium heat and add in the olive oil. Add in the garlic, red pepper flakes and onions and cook for 2-3 minutes or until onions are translucent.

Add in the canned tomatoes and season with salt and pepper. Stir and let cook for 10 minutes or until your sauce is reduced fully. Five minutes in, add the basil.

While the sauce is cooking, mix together all of the ingredients for the "filling." Season with salt and pepper. Set aside.

Then, place a large skillet over medium heat and coat with cooking spray. Once the skillet heats, add in your baby spinach and toss until wilted. Fold the spinach into the cheese mixture and set aside.

When the sauce is done cooking, remove half of the sauce and set aside. Make sure that the sauce is spread evenly on the bottom of the skillet and then top with the zucchini noodles. Top with the remaining sauce.

Next, make two pockets in the zucchini noodles on either side of the skillet and fill each with a dollop of the cheese "filling." Sprinkle over the skillet with the 2 tbsp of mozzarella. Season the top of the skillet with pepper.

Cover the skillet with tin foil and bake for 20-25 minutes or until the noodles soften and the cheese is completely melted.

Serve for two!

148. Salmon, Avocado, and Arugula Salad

Ingredients

Rocket leaves (arugula), about 60g (2 oz)

An avocado

1/2 of a full sized lebanese cucumber

100g (3 oz) smoked salmon (I used Tassal brand)

1 tbsps sesame seeds

Dressing (measure to taste)

1 lime

about 1/2 cup of olive oil (adjust to your preference)

Salt to taste

A drop of sesame oil *optional*

Instructions

In a small dry pan, toast 1 tbsp of sesame seeds over medium flame until lightly brown. Set aside. Wash and dry the rocket leaves. Set aside.

Slice cucumber. Set aside.

Halve a lime and squeeze the juice into a small bowl. Then add olive oil, sesame oil (if using), salt to taste and 1/2 tbsp of the toasted sesame seeds. Whisk until it emulsifies.

In a salad bowl, add rocket leaves, cucumber and hand torn smoked salmon.

Use an avocado slicer to slice the avocado. To avoid the avocado from turning brown, I dip slices of the avocado in the dressing and add into the salad bowl. Scatter the remaining toasted sesame seeds as a finishing touch.

Serve with the dressing separately.

149. Spicy Steak

Ingredients:

For Steak

2 pounds skirt steak

1/3 cup gluten free soy sauce

1/4 cup chili sesame oil

1 tablespoon mirin

3 tablespoons rice vinegar

1 lime, juiced

3 tablespoons of minced ginger

1 tablespoon of minced garlic

1 tablespoon siracha

1 tablespoon of toasted sesame seeds for garnish

1 tablespoon coconut oil

For Slaw

1 head of purple cabbage, shredded

1 red pepper, diced

1 yellow pepper, diced

1 cucumber diced

2 tablespoons soy sauce

1 lime, juiced

2 tablespoon rice wine vinegar

1 tablespoon apple cider vinegar

2 tablespoons minced ginger

1 teaspoon peanut butter

2 teaspoons brown sugar

2 tablespoons sesame oil

3 tablespoons toasted sesame seeds

Directions:

For marinade, combine soy sauce, chili sesame oil, mirin, rice vinegar, lime juice, ginger, garlic, brown sugar, and siracha in a non reactive casserole dish and whisk together. Add steak and allow to marinate for 20 to 30 minutes while you prepare slaw. For slaw, mix shredded cabbage, red peppers, yellow peppers, and cucumber in a bowl. In a separate bowl, whisk together soy sauce, lime juice, rice wine vinegar, apple cider vinegar, ginger, peanut butter, brown sugar, sesame oil and sesame seeds. Pour dressing over vegetables and mix well. Allow slaw to cool in fridge while you prepare steak. Heat large skillet over medium high heat. Add 1 tablespoon of coconut oil. Remove skirt steak from marinade and cook for 5-6 minutes on each side for medium. Allow steak to rest for 5 minutes before slicing and serving.

150. Fantastic Paleo Broth

Ingredients

1 quart beef bone broth (see above notes)

1 piece ginger root

1 onion

1 beef steak thickly cut

2 whole star anise

1 tsp. fennel

1 tsp. coriander

2 whole cloves

1 stick cinnamon

1 cardamom pod

2 Tbsp. fish sauce I used the liquid that comes off from my homemade anchovies.

Garnishes spicy peppers, lime slices, sprouts, basil leaves, etc.

Instructions

Begin by making your beef bone broth as explained above. You can either add in your spices during that process or separate out some broth and continue with the recipe as follows.

Simmer your broth in a pot on the stove with your spice blend added in. I usually put my spices into a cotton bag to make for easier straining later on. As you simmer the broth, skim off any foam that comes to the top.

Meanwhile, wash both your ginger root and your (peeled) onion, slice them in half, and place them on a baking sheet in your oven.

Broil them until they get dark on top.

Once your ginger and onion are ready, add them to your simmering broth to give it more flavour.

Keep simmering for around half an hour, or until the soup has absorbed the flavours of the spices to your liking. At this point, I like to add in the fish sauce to taste. I start by adding one tablespoon and then taste it and then add more, a little bit at a time, if I think it needs it.

Remove your broth from the stove and remove the ginger and onion. I like reserving the onion for adding back to the soup later on. Strain the broth if necessary to get out any of the remaining spices, and put the broth back into the pot.

Meanwhile, I like to sear the outside of the beef that I will be adding to the pho. Many people like to thinly slice it raw and add it to the soup that way. I prefer to sear the edges first, leaving it very rare inside.

When you are ready to serve the soup, add the broth to each bowl. Thinly slice the seared beef and place the thin slices on top of the soup. The heat of the soup will help lightly cook the thin slices.

Serve with garnishes that each person can add to their bowl of soup as desired.

151. **Chicken Lemon Stir-Fry**

Ingredients:

1 1/2 pounds skinless chicken breast, cut into 1-inch cubes

Kosher salt, to taste

1/2 cup reduced-sodium chicken broth

2 tablespoons reduced-sodium shoyu or soy sauce (or Tamari for GF)

2 teaspoons cornstarch

2 tablespoons water

1 tbsp canola or grapeseed oil, divided

1 bunch asparagus, ends trimmed, cut into 2-inch pieces

6 cloves garlic, chopped

1 tbsp fresh ginger

3 tablespoons fresh lemon juice

fresh black pepper, to taste

Directions:

Lightly season the chicken with salt. In a small bowl, combine chicken broth and soy sauce. In a second small bowl combine the cornstarch and water and mix well to combine.

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and cornstarch mixture and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

152. Cobb Salad

INGREDIENTS

3 slices bacon

1 cup low-fat buttermilk

1/4 cup light mayonnaise

1 tablespoon red-wine vinegar

1/2 cup crumbled blue cheese (2 ounces)

Coarse salt

2 heads Boston lettuce (1 pound total), torn into bite-size pieces

6 ounces deli turkey, cut into bite-size pieces

4 plum tomatoes, halved, seeded, and diced

4 large hard-cooked egg whites, chopped

1 avocado, halved, pitted, peeled, and diced

DIRECTIONS

In a medium skillet, cook bacon over medium, turning occasionally, until crisp, 5 to 8 minutes. Transfer to a paper-towel-lined plate, and drain. Break into bite-size pieces.

In a medium bowl, whisk together buttermilk, mayonnaise, and vinegar. Gently fold in blue cheese; season with salt, and set dressing aside.

Place lettuce in a large bowl; arrange bacon, turkey, tomatoes, egg whites, and avocado on top. Serve salad with dressing alongside.

33. Striped Bass with Lemon, Shiitake, and Baby Bok Choy

INGREDIENTS

1 pound baby bok choy, trimmed and leaves separated

4 scallions, halved and cut into strips lengthwise

6 ounces shiitake mushrooms, stems trimmed, halved if large

Coarse salt and ground pepper

8 thin lemon slices

4 skinless striped bass or halibut fillets (6 ounces each)

2 tablespoons extra-virgin olive oil

DIRECTIONS

Preheat oven to 400 degrees. Divide bok choy among four 16-inch-long pieces of parchment paper. Top with scallions and mushrooms. Season with salt and pepper. Top each with 1 lemon slice, 1 bass fillet, and another lemon slice and drizzle with 1 1/2 teaspoons oil. Season with salt and pepper. Bring long sides of paper together and fold down 3 times to make a seam. Tuck ends underneath to secure.

Place packets on a rimmed baking sheet and bake until fish is opaque throughout and vegetables are tender, 15 minutes. Carefully cut open each packet and serve immediately.

153. Beef, Stir-Fry

INGREDIENTS

1 tablespoon soy sauce

1 teaspoon rice vinegar

a few drops of stevia liquid to taste

3/4 pound boneless New York strip steak, thinly sliced

Coarse salt

1 tablespoon vegetable oil

1 bunch asparagus (14 ounces), trimmed, cut into 2-inch lengths

6 ounces snap peas

1 garlic clove, minced

1 tablespoon peeled minced fresh ginger

1 teaspoon fresh lemon juice, plus lemon wedges for serving (optional)

2 tablespoons torn fresh basil leaves

DIRECTIONS

In a small bowl, combine soy sauce, vinegar, and stevia. Season steak with salt. In a large skillet or wok, heat oil over high. Cook steak, undisturbed, until brown on one side, 2 minutes (do not overcrowd pan). Flip and cook until cooked through, 30 seconds. Transfer to a bowl.

Add asparagus, snap peas, garlic, and ginger to skillet. Cook, stirring constantly (add a little water if pan gets too dark), until vegetables are crisp-tender, about 4 minutes. Add soy mixture and cook until fragrant, about 10 seconds. Remove skillet from heat and stir in lemon juice and basil. Toss steak with vegetables; serve with rice and lemon wedges if desired.

154. Turkey Burger Guacamole

Ingredients:

1 lb lean ground turkey breast

2 chipotle peppers canned in adobo, finely chopped

2 garlic cloves, minced

½ tsp salt

4 gluten free hamburger buns,

For the guacamole:

1 avocado

1 tbsp lime juice

1 tbsp minced red onion

1 tbsp finely chopped cilantro

Salt to taste

For garnish: (optional)

4 slices turkey bacon

Bibb lettuce

1 beefsteak tomato, sliced

1 small red onion, sliced

Preparing your turkey burgers:

-Place the ground turkey, chipotle peppers, garlic, and salt in a mixing bowl. Use your hands to mix until all the ingredients are well combined. (Yes, this is a little gross, but it's also fun.)

-Form the meat into patties about 1-inch thick. You can do this in advance and then cover and refrigerate your patties until you're ready to cook them.

-Heat a grill pan or non-stick pan over medium heat. When hot, add your patties and cook for 4-5 minutes on each side, or until cooked through. (I like to put the burger buns on the grill pan or in the toaster when the burgers have about 2 minutes left to cook.)

*If using, cook your turkey bacon in a skillet while your burgers are cooking. When crispy, set on a paper-towel lined plate to drain.

Preparing your guacamole:

-Scoop avocado into a small bowl and mash with a fork. Add the lime juice, red onion, and cilantro and mix well. Salt to taste.

-Serve your burgers topped with guacamole, turkey bacon, and your favorite garnishes and go to town, dudes.

155. Thai Chicken Cups

INGREDIENTS

2 tbsp uncooked rice (any rice is fine) OR 2 tsp cornstarch / corn flour (optional) (Note 1)

2 tbsp water

2½ tbsp lime juice (1 to 2 limes)

1½ tbsp fish sauce

2 tbsp peanut oil (or other high smoke point cooking oil)

1 tbsp fresh ginger, grated or very finely chopped

2 garlic cloves, minced

1 lemon grass stalk, white and very pale green part only, finely chopped (Note 1)

2 birds eye chilli, deseeded and finely chopped (adjust to taste)

1lb / 500g lean chicken mince (ground chicken)

½ red onion, cut into 4 wedges then finely sliced

⅓ cup cilantro / coriander leaves, plus extra to garnish

⅓ cup mint leaves, plus extra to garnish

3 tbsp crushed peanuts (optional)

4 large or 8 small lettuce leaves, to serve (I used iceberg)

INSTRUCTIONS

Optional step: Heat a wok (or heavy based fry pan) over high heat. Add the rice and dry cook for 5 minutes until it turns dark golden brown. Remove into a mortar and pestle and ground into powder.

Place water and rice powder OR cornstarch (if using) into a small bowl. Mix into a slurry. Add lime juice, fish sauce and sugar and mix to combine. Set aside.

Heat peanut oil in a wok (or heavy based fry pan) over medium high heat. Add ginger, garlic, lemongrass and chilli and sauté for 45 seconds to 1 minute until fragrant. Do not let the garlic burn, it will taste bitter.

Add the chicken and turn up the heat to high. Cook the chicken, breaking up the mince into small pieces.

Once the chicken turns white and is almost cooked through (about 4 minutes), add the sauce from Step 2. Cook for 45 seconds to 1 minute to coat the chicken and for the sauce to thicken.

Remove wok from heat. Stir through onion, coriander/cilantro and mint.

Spoon into lettuce cups and serve. Garnish with extra mint, coriander/cilantro leaves and peanuts, if using.

Alternatively, serve the Larb in bowls with the lettuce cups on the side so people can help themselves.

NOTES

The traditional way in Thailand to thicken sauces is to toast then grind rice. A quicker way to do this is to use cornstarch / cornflour so I have provided directions for this too.

But this is an optional step. It makes a difference because the sauce coats the chicken a bit better. But it isn't critical!

Peel the stringy, tough, outside layers off the lemongrass and just use the bottom 7 - 10cm / 3 to 4" of the lemongrass.

This can be eaten with your hands by folding the lettuce leaves around the filling, or over rice. It can also be served as appetisers by using very small lettuce leaves.

156. Spring Greens Soup with Ginger Green Tea Broth

INGREDIENTS

for the broth

4 cups vegetable stock

thumb-sized piece of ginger, peeled + sliced

2 green tea bags

1 tsp tamari/soy sauce

for assembly

5-6 leaves of kale, stems removed + discarded

3-4 radishes

1 small shallot, peeled

2 cups cooked navy, cannellini or other beans

for garnish

1 lime, cut into wedges

handful cilantro leaves

2 green onions

PREPARATION

In a saucepan over medium heat, bring the vegetable stock to a boil. Lower the stock to a simmer and add the sliced ginger, green tea bags and tamari/soy sauce. Simmer for 2 more minutes before removing and discarding the green tea bags. Keep broth warm.

Finely shred or slice the kale leaves and place them on a platter. Then, thinly slice the radishes and shallot (with a knife or a mandolin) and place them on the platter as well.

Portion the beans, kale, radishes, and shallots among 4 bowls. Slice the green onions thin and place them on a serving plate with the cilantro leaves and lime wedges.

Bring the ginger green tea broth to a rolling boil. Strain out the ginger slices and pour broth over the bowls with the beans and vegetables.

Stir each bowl up a bit so that everything is saturated with the broth. Garnish with lime juice, cilantro and green onion slices.

157. Easy Homemade Gluten-Free Energy Bars

Ingredients

1 cup almonds

1 cup dried cranberries

1 cup pitted dates

1 tbsp unsweetened coconut flakes

1/4 cup mini dark chocolate chips

Instructions

Combine all of the ingredients in a blender or food processor. Pulse a few times to break everything up. Then blend continuously until the ingredients have broken down and start to clump together into a ball.

Using a spatula to scrape down the sides, turn out the mixture onto a piece of wax paper or plastic wrap. Press into an even square and chill, wrapped, for at least an hour. Cut into desired size of bars, wrapping each bar in plastic wrap to store in the fridge.

Notes

Servings: 8 bars

Difficulty: Easy

158. Lemon Almond Roast Chicken Salad

ingredients:

1 pound boneless, skinless chicken breasts

1 tablespoon lemon pepper seasoning

1/2 teaspoon coarse sea salt

2 tablespoons olive oil

1/2 cup sliced almonds

1/2 lemon, zest freshly grated and juiced

4 green onions, sliced

1/4 cup chopped fresh parsley

3/4 cup plain non dairy yoghurt

2 tablespoons mayonnaise

directions:

Preheat the oven to 400 degrees F. Cover the chicken with the lemon pepper and salt. Heat a large skillet over medium-high heat and add the olive oil. Place the chicken in the skillet and sear on both sides until golden, about 2 to 3 minutes per side. Cover the skillet and place it in the oven, roasting for 20 minutes or until the chicken is cooked through. Remove and let the chicken rest for 10 minutes, then slice it into chunks. At this point, I like to shred it - but it's up to you. Do you want shredded chicken salad or cubes? I like shredded.

While the chicken is roasting, add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant. They can burn in a second so keep an eye on them! This takes around 5ish minutes. Remove the almonds and let them cool. You can crush a few up with your hands if desired.

Place the chicken, almonds (save a few for topping if you'd like - it's not necessary), lemon zest and juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt and mayo, stirring until the entire bowl of chicken is moistened. Note! I do NOT like a very "wet" chicken salad, so if you'd like it to be wetter, feel free to add in more yogurt and/or mayo! Taste and season with more salt and pepper if desired. This is delicious when it sits overnight, so making it the night before is a great option

159. Steak Rolls

Ingredients

1 ½ – 2 lb. skirt steak, sliced into thin strips;

1 carrot, matchstick cut;

1 bell pepper, matchstick cut;

½ zucchini, matchstick cut;

5 green onions, matchstick cut;

2 cloves of garlic, minced;

½ tsp. dried oregano;

½ tsp. dried basil;

Cooking fat;

Sea salt and freshly ground black pepper;

Ingredients for the balsamic glaze sauce

1 tbsp. ghee;

2 tbsp. shallots, finely chopped;

¼ cup balsamic vinegar;

1 tbsp. honey;

¼ cup beef stock;

Sea salt and freshly ground black pepper;

Preparation

Season the steak slices with sea salt and freshly ground pepper to taste and set aside.

Melt the ghee in a skillet placed over a medium heat.

Add the shallots and cook until soft, about 3 minutes.

Add the balsamic vinegar, honey, beef stock, and season again with salt and pepper to taste.

Bring to a boil, lower the heat, and simmer until the liquid is reduced by half. Transfer to a bowl.

In the same skillet, add some cooking fat and cook the garlic for 1 or 2 minutes; then add all the remaining vegetables and cook until soft but still a little crunchy, about 3 to 4 minutes.

Season with oregano, basil, sea salt and pepper, and transfer to a bowl.

Arrange a small pile of vegetables in the center of each slice of beef. Tightly roll the meat around the filling, and secure with a toothpick.

Return the beef rolls to the skillet, and cook over a medium-high heat on all sides until the meat is cooked through.

Remove the toothpicks, spoon some of the balsamic sauce over the rolls, and serve.

160. Pesto Zucchini Noodles with Pesto

INGREDIENTS:

4 small zucchini, ends trimmed

2 cups packed fresh basil leaves

2 cloves garlic

1/3 cup extra-virgin olive oil

2 teaspoons fresh lemon juice

1/4 cup freshly grated Parmesan cheese

Kosher salt and freshly ground black pepper, to taste

Cherry or grape tomatoes, optional

DIRECTIONS:

Use a julienne peeler or mandoline to slice the zucchini into noodles. Set aside.

Combine the basil and garlic in a food processor and pulse until coarsely chopped. Slowly add the olive oil in a constant stream while the food processor is on. Stop the machine and scrape down the sides of the food processor with a rubber spatula. Add the lemon juice and Parmesan cheese. Pulse until blended. Season with salt and pepper.

Combine the zucchini noodles and pesto. Toss until zucchini noodles are well coated. Top with tomatoes, if using. Serve at room temperature or chilled.

Note-if you want to cook the zucchini noodles, you can. Just add the zucchini pesto noodles to a skillet and sauté them up over medium heat. It only takes a few minutes.

161. Melting Mustard Chicken

Ingredients:

8 small chicken thighs, skin removed

3 tsp mustard powder

1 tbstpaleo mayonnaise

1 clove garlic, crushed

1 lime, squeezed, and lime zest

3/4 tsp pepper

Low sodium salt

dried parsley

Instructions:

Preheat oven to 400°. Rinse the chicken and remove the skin and all fat. Pat dry ...place in a large bowl and season generously with low sodium salt. In a small bowl combine mustard, mayonnaise, lime juice, lime zest, garlic and pepper. Mix well. Pour over chicken, tossing well to coat.

Spray a large baking pan with a little Pam to prevent sticking since all the fat and skin was removed from chicken. Place chicken to fit in a single layer.

Top the chicken with dried parsley. Bake until cooked through, about 30-35 minutes.

Finish the chicken under the broiler until it is golden brown. Serve chicken with the pan juices drizzled over the top.

Desserts

162. Peachy Creamy Peaches

Ingredients:

3 medium ripe peaches, cut in half with pit removed

1 tsp vanilla

1 can coconut milk, refrigerated

1/4 cup chopped walnuts

Cinnamon (to taste)

Instructions:

Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft, about 3-5 minutes on each side.

Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle over each peach. Top with cinnamon and chopped walnuts to garnish.

163. Beautiful Butternut Pitta Surprise

Ingredients

1 Tbs. coconut flour

1 1/2 tsp. grass fed gelatin

3 Tbs. well-cooked and mashed butternut squash (or sweet potato)

1 Tbs. coconut oil

1 egg

Low sodium salt (to taste)

** (You can double the recipe if desired)

Instructions

1. Prepare all the ingredients and have them at room temperature.
2. Preheat the oven to 400 and line a baking sheet with parchment paper. Stir together the coconut flour and gelatin.
3. Stir together the squash and the coconut oil until smooth. Stir in the coconut flour/gelatin mixture until combined, and then stir in the egg and salt.
4. Spoon into rounds on the baking sheet. Make sure that you spoon out the same sizes. It's up to you but I prefer a bit thicker.
5. Bake for about 12 minutes, and then carefully peel them off the parchment paper and flip. Bake for another 5 minutes (or longer), until they are dry to the touch and pliable. (They will take longer to cook if they are thicker and they will cook faster if they are thinner.)
6. Let cool completely, then enjoy within an hour or so of baking for the best texture.

164. Prosciutto-Wrapped Berries

Yields: 12 total strawberries/baby bell peppers

6 strawberries

6 golden baby bell peppers

Honey Basil Ricotta (see below)

1 oz. thinly sliced grass-fed prosciutto, divided into 12 strips

1/4 c. micro greens (about half a small package)

Instructions

Using a sharp pairing knife, cut the tops off the strawberries, pulling the middle completely out and leaving a deep hole. Do the same for the peppers and use your finger to pull any seeds out of the insides.

To assemble: use a butter knife to stuff the berries/peppers with about 1 t. each of the Honey Basil Ricotta (the peppers will hold more ricotta than the berries). Then place a few sprigs of micro greens into the ricotta. Wrap a thin slice of prosciutto around each one and lay down length-wise to hold the prosciutto in place (you could also use toothpicks for this but that's a little too fussy for me).

165. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake

Ingredients

Base layer:

1 cup almonds

6 medjool dates, pitted

2 tbsp cocoa butter, liquified

¼ tsp raw ground vanilla beans (or ½ tsp pure vanilla extract)

Cheesecake layer:

1½ cups cashews, pre-soaked (at least a few hours, best overnight) and strained

¼ cu a few drops of stevia liquid to taste

p fresh squeezed lemon juice

¼ cup coconut oil, liquified

⅓ cup cocoa butter, liquified

1 tsp pure vanilla extract (or ½ tsp more ground raw vanilla bean)

¼ tsp salt

Raspberry topping layer:

1½ – 2 cups fresh or frozen raspberries (I used frozen and slightly thawed out)

a few drops of stevia liquid to taste

⅓ cup cocoa butter, liquified

Optional:

Reserve a few raspberries for garnish

Instructions

Place all base ingredients into a food processor and process until a medium-fine crumbly mixture is formed. Transfer this mixture into the springform pan and press down well to create an even flat cake base. Place in the freezer while working on the next step (or for at least 10 minutes).

Place all cheesecake layer ingredients in your blender (a stronger blender like a Vitamix works best), and blend until mixture is completely smooth. Pour it over the crust into the springform pan. Lightly tap the pan down on the counter to eliminate any air bubbles. Smooth it out as well to create an even surface. Place in the freezer while working on the next step (best if in the freezer for at least 15 – 20 minutes). {Placing cake in the freezer for a bit helps keep the cake layers better separated}

Place all raspberry layer ingredients into your blender and blend until the mixture is smooth. Pour over the cheesecake layer into the springform pan and return back to the freezer for at least 3-4 hours. Cake can then be served out of the freezer as an icebox cake, or kept refrigerated for a softer and more mousse-like consistency. I kept mine frozen, but allowed it to thaw out for about an hour in the fridge before serving. Decorate with some fresh raspberries prior to serving and enjoy!

166. Carrot Coconut Surprise

Ingredients

1/4 cup coconut flour

2 smallish-medium-sized carrots, about 2.5 oz/70 gr each

1/4 cup almond milk

2 eggs

Low sodium salt and pepper, to taste

Instructions

1. Preheat your oven to 400 degrees and line a baking sheet with parchment paper.
2. Put the carrots and coconut in your food processor and blend for about 30-60 seconds, until the mixture looks like orange crumbs. Add everything else into the food processor and blend for about a minute or until the mixture is smooth.
3. Divide the mixture into 8 parts and form into rounds on the baking sheet. If necessary, slightly dampen your hands to flatten the rounds and prevent the dough from sticking to your hands. The rounds should be a bit thicker than 1/4 inch - not too thin, or they won't hold together.
4. Bake for about 15-17 minutes until slightly browned on the bottom and dry on the top. Let cool for a few minutes before removing from the pan.

**These biscuits are best to eat within an hour after baking, so I won't recommend to bake plenty. Bake just enough.

167. Choco - Coconut Berry Ice

Ingredients:

Follow recipe of berry ice cream and almond delight for the ice cream only

4 ounces sugar free dark chocolate - 75% cacao content

1/4 cup coconut milk

2 cups fresh berries (I used raspberries)

Instructions:

Make the Homemade Coconut Ice Cream,

While the ice cream is freezing in the machine, break the chocolate into pieces and place in a small saucepan.

Add the coconut milk and melt the two together, stirring over low heat.

When the chocolate mixture is completely smooth, pour the chocolate over the ice cream and stir to create 'ripples'. If your ice cream is thoroughly frozen, soften in the fridge for 20 minutes before stirring in the chocolate.

Serve immediately with the fresh berries, or freeze for an additional 3-4 hours for a firmer texture.

168. Paleo Pumpkin Pie Smoothie

Ingredients

1 frozen banana

2 tbsp pumpkin puree

½ cup unsweetened almond milk

½ tsp vanilla extract

a few drops of stevia liquid to taste

1 tbsp hemp hearts

¼ tsp cinnamon

¼ tsp cloves

¼ tsp nutmeg

Instructions

Combine all ingredients in a blender and process until smooth. I find it's easier on the blender if I break the frozen banana into smaller chunks before processing.

Pour into a tall glass and enjoy with your favourite book, your favourite music, or both!

Notes

Calories: 220

Total Fat: 6.4g

Saturated Fat: 0.8g

Carbs: 38.0g

Fiber: 6.1g

Protein: 5.6g

169. **Sexy Sweet Potato**

Ingredients

300 grams cooked sweet potato flesh*

1/2 cup coconut flour

3 eggs

3 tablespoons of coconut milk

1 teaspoon baking soda

Juice of half a lemon

A pinch of low sodium salt

*I roast a purple skin / white flesh sweet potato and keep the flesh for this recipe, I personally think the skins are delicious and eat them as they are. You can use whatever sweet potato you like.

Instructions

1. Preheat your oven to 180 Degrees Celsius or 350 Degrees Fahrenheit.
2. Grease and line a mini loaf tin (mine is 6" x 2.5") with baking paper hanging over the sides for easy removal.
3. Put the ingredients into your food processor or blender and pulse until well combined. Spoon the mixture into the prepared tin, smooth over the top with a spoon. Bake for 40 minutes. Cover the loaf with foil and bake for a further 20 minutes. Remove from the oven and allow the bread to cool before slicing. Enjoy.

170. Green Kale Smoothie with Mango

Ingredients

- 2 large leaves of kale
- 2 frozen bananas (peeled and cut into thirds)
- 1 frozen mango (diced)
- 2 tablespoons maca powder
- 2 tablespoons hemp hearts
- 3 cups unsweetened almond milk

This recipe makes two large smoothies, can be halved for one serving.

Directions

Add frozen banana chunks and frozen mango chunks into a blender with the almond milk. Blend until smooth. (I freeze my fruit in chunks to make it easier on the blender)

Add in kale, maca powder, and hemp hearts. Blend until smooth.

Serve immediately and enjoy!!

Nutrition Facts (per smoothie)

Calories: 294

Fat: 9.0g

Saturated fat: 0.7g

Sodium: 274mg

Carbs: 51.0g

Fiber: 8.6g

Protein: 7.7g

171 Cute Cupcakes Recipe

Ingredients:

2/3 Cup coconut flour

1/4 Cup almond flour

1/2 tsp cinnamon

1 tsp baking powder

1/2 tsp low sodium salt

6 eggs

2 egg whites

304 drops stevia

1 Tbsp vanilla

1/2 Cup coconut milk (canned)

Buttercream Frosting Recipe

1 1/4 Cup Grass-fed Butter softened (20 T. or 2 1/4 sticks)

3-4 drops stevia

1/2 tsp cinnamon

2 1/2 Tbsp coconut flour

5 Tbsp coconut cream (the thick coconut cream skimmed off the top of canned coconut milk)

1/4 tsp cinnamon

Instructions:

Preheat the oven to 350 degrees.

Line 2 muffin tins with a total of 16 cupcake liners.

Place the coconut flour, almond flour, cinnamon, baking powder, and low sodium salt in a small bowl and mix together with a whisk.

In another bowl, combine the eggs, egg whites, stevia, vanilla, and coconut milk, beating together well with a whisk.

Add the dry ingredients to the wet ingredients, whisking until well combined.

Add the melted butter to the batter and mix in well.

Let the batter sit for 5 minutes to allow the coconut flour time to absorb the liquids.

Divide batter evenly between cupcake liners and bake for 20-22 minutes, or until tops of cake are firm to the touch and spring back.

Remove and cool completely on a wire rack.

Buttercream Frosting Instructions

Place the butter, stevia, cinnamon, and coconut flour in a bowl and beat with a mixer until well combined.

Beat in the coconut cream, 1 t. at a time, until fully incorporated.

Mixture should be thick and glossy.

Scoop into a piping back and pipe on top of cooled cupcakes.

Mix more stevia and $\frac{1}{4}$ t. cinnamon together and sprinkle desired amount on top of cupcakes.

172. Samoa Donuts

Ingredients

For the Donuts

2½ cups blanched almond flour (such as Honeyville)

½ teaspoon baking soda

A scant less than ½ teaspoon salt

a few drops of stevia liquid to taste

¼ cup coconut oil, softened or liquid

1 tablespoon vanilla

1 teaspoon Lemon juice

3 whole large room temp eggs

Coconut caramel topping

1 can full-fat coconut milk (about 1½ cups), I used guar gum-free Natural Value

a few drops of stevia liquid to taste

A pinch of sea salt

1 rounded tablespoon ghee or butter (can sub palm shortening or coconut oil)

2 teaspoons vanilla extract

¼ cup finely shredded coconut, plus 2 more tablespoons for garnishing

For the Dipping Chocolate

1 bag Enjoy Life Chocolate chips (melted in a double boiler)

Instructions

Preheat your mini donut making machine OR preheat the oven to 350 degrees if you are using a regular donut pan or making into muffins.

In a large bowl, mix together the almond flour, baking soda and salt.

In another bowl, combine the honey, oil, vanilla, lemon juice and eggs.

Add the oil/stevia mixture to the dry ingredients. Mix till just combined.

Add about 2 tablespoons of batter to each mould in the donut machine or scoop the batter into a ziplock bag, twisting the other end to close it. Snip the end off of one of the corners with a scissors. Start with a small cut. You can always make it bigger if you need too. Squeeze batter into moulds.

Close the lid and allow to cook for about 2 minutes. Times will vary with each machine. Open the machine and flip over each donut using the forked 'skewer' that comes with most machines. Close the lid again cook for about one more minute. Remove donuts and let cool on a wire rack. Repeat with the rest of the batter.

If using a regular donut pan, fill each well-greased mould about ¾ full. Smooth the tops if needed and bake for 10-12 minutes. Let cool in the pan for 5 minutes, remove from the pan and cool completely on a wire rack.

Makes 12-15 mini donuts or 6 regular sized ones (depending on how much batter you eat during the prep time.)

For the Coconut Caramel

In a small-medium heavy bottomed sauce pan, bring the coconut milk, honey and salt to a boil over medium high heat, being sure that they are well combined. Reduce to a medium heat, and let the mixture boil down for about 35-40 minutes.

Add the ghee and vanilla, stirring it in till well incorporated. Continue cooking for another 5-15 minutes or as long as needed until it is a deep caramel color. Don't rush the process. Depending on how hot your burner is this process could be faster or slower. Stir often toward the end to keep the bottom from burning too much. A little burning is fine as long as you are stirring it in to the mixture. It will give it a darker flavor.

Remove from heat, transfer to a bowl and let cool for 5 minutes then stir vigorously until it's creamy, shinny and smooth.

While the caramel is cooking, spread the coconut out on an ungreased cookie sheet and toast the coconut in a 325 degree oven. Stir often till golden, about 5-10 minutes. Remove from the oven and let cool.

Mix the toasted coconut into the caramel minus a tablespoon or so for garnishing later. Use coconut caramel while still warm for best spreading results. Caramel can be made ahead of time(w/o the shredded coconut) and reheated in a double boiler.

173. Heavenly Herb Flatbread

Ingredients:

1/2 cup Coconut Flour

3 eggs

1 cup coconut milk or almond milk

1/2 tsp low sodium salt

1/2 tsp dried oregano

1/2 tsp dried basil

1/2 tsp garlic powder

drizzle of coconut oil

Instructions

1. Preheat oven to 375 degrees.
2. Mix together the coconut flour, salt, herbs, & garlic powder in a bowl.
3. Whisk the eggs and coconut milk in a separate bowl.
4. Pour the wet ingredients into the coconut flour mixture.
5. Stir until no lumps are left. Let the batter sit for at least 5 minutes (so the coconut flour absorbs all the liquid). It should resemble a thick paste.
6. Prepare your pan. Drizzle some coconut oil on the bottom of pan (10 x 15 " rimmed pan) and then place the parchment paper (oil first helps the corners stick). I also drizzled some coconut oil on top of the paper and spread it out with a pastry brush.
7. Pour out all the mixture into the pan. Tap the pan until the upper part is flat. (this will help your bread to cook evenly)
8. Cook for 30- 40 minutes or until the toothpick comes out clean.
9. Allow the bread to cool before transferring it to your container or serving plate.

174. Nut Butter Truffles

Ingredients:

5 tablespoons sunflower seed butter

1 tablespoon coconut oil

2 teaspoons vanilla extract

$\frac{3}{4}$ cup almond flour

1 tablespoon flaxseed meal

pinch of low sodium salt

$\frac{1}{4}$ cup sugar free dark chocolate chips

1 tablespoon cacao butter

chopped almonds (optional)

Instructions:

Add sunflower seed butter, coconut oil, vanilla, almond flour, flaxseed meal and low sodium salt to a large bowl. Please note that you may find a thin layer of oil in the sunflower seed butter jar that separates from the butter and rises to the top. Be sure to mix oil and butter together before scooping into bowl.

Using your hands mix until all ingredients are incorporated (I like using gloves when mixing so the oils from my skin do not get into the mixture)

Roll the dough into 1-inch balls and place them on a sheet of parchment paper and refrigerate for 30 minutes (using 2 teaspoons for each truffle will yield about 14 truffles)

Melt the chocolate chips in a double boiler along with the cacao butter

Dip each truffle in the melted chocolate, one at the time, and place them back on the pan with parchment paper

Top with chopped almonds and refrigerate until the chocolate is firm

175. Beautiful Banana Bread- 5 Mins

Ingredients

1 cup almond flour

2 medium soft bananas

3 eggs

1 tablespoon solid coconut oil

1 teaspoon baking powder

1 teaspoon vanilla

1/8 teaspoon stevia (optional)

1/4 teaspoon salt

Method

Preheat the oven to 350 degrees and line a small baking pan with parchment paper.

Combine all of the ingredients in a high powered blender or food processor (this combine all the ingredients into the smoothest texture and makes a big difference in the consistency and texture, so it is highly suggested to use a blender or food processor in combining).

Once the batter is smooth, pour it into the bread loaf pan and cook on 350 degrees for 1 hour and 10 minutes.

176. Strawberry Chesseecake Delight

Ingredients:

1 cup almonds course ground

1 heaping cup soaked raw cashews (soaked overnight or at least 4 hours)

1/2 cup peeled and diced zucchini

1/4 cup coconut oil, melted

2 tablespoons canned coconut milk, full fat, room temperature

4-5 drops stevia

1/2 tablespoon vanilla extract

1/8 teaspoon low sodium salt

juice of one and a half lemons, separated

1 cup fresh organic strawberries, hulled and diced

Instructions:

Divide the cup of almond crumbs into the bottom of 4 (8-ounce) wide mouth mason jars and set them aside.

In a high-powered blender, process the raw cashews until they are blended. Add the zucchini, coconut oil, coconut milk, stevia, vanilla extract, low sodium salt, and the juice of one lemon. For the lemon juice go by taste as not to overdo it with lemon flavor. I started by juicing half of the lemon, mixing and tasting, and adding the rest. Add lemon juice as needed to your preference. Then blend again until a super smooth and creamy batter is formed.

Pour the cheesecake batter evenly into the 4 (8-ounce) wide mouth mason jars leaving some room for the strawberry sauce. Place them in the freezer and allow them to set for at least an hour or longer. While the cheesecake is setting go ahead and make your strawberry sauce.

In a heavy bottomed sauce pot over medium-high heat, add the juice of half a lemon, the strawberries, and honey. Mash the strawberries together until they are combined with the rest of the ingredients. Let the mixture boil and reduce, stirring intermittently, for about 10-12 minutes or so. Once the mixture has reduced and thickened remove from heat and set aside.

When your cheesecake is ready, remove mason jars from the freezer, let thaw for about 15 minutes before serving. Top with strawberry sauce. Garnish with fresh strawberry slices and a sprinkle of almond crumbs. Enjoy!

177 Choco – Almond Delights

Ingredients:

1 c. toasted hazelnuts

1 c. raw almonds

2/3 c. raw almond butter

5 Tbs. raw cacao powder (or unsweetened cocoa powder)

1/2 tsp. vanilla extract

1/4 c. unsweetened, shredded coconut

Instructions:

Combine all the ingredients, except for the coconut, in the food processor. Whir until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.

Line a mini muffin tin with plastic wrap. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.” Freeze until well formed. Remove mounds from plastic and tin and flip for presentation. Sprinkle with shredded coconut.

178. Naked Chocolate Cake

Ingredients

1/2 cup (2 3/4 oz) Naked Chocolate or a good quality cocoa

1/2 cup (2 3/4 oz) coconut flour

2 1/2 teaspoons gluten free baking powder

1/2 teaspoon ground cinnamon

Pinch of low sodium salt

6 free-range eggs

1/2 cup (4 1/2 fl oz) coconut oil

3/4 cup coconut milk

1 teaspoon stevia

1 teaspoon vanilla paste

Instructions:

Preheat oven to 160°C (320°F)

1. Combine the cocoa, coconut flour, baking powder, cinnamon and salt into a mixing bowl.
2. Add the eggs, stevia, vanilla, coconut milk and coconut oil.
3. Mix well until smooth and combined – a whisk works well for this.
4. Pour into a 20 cm (9 inch) baking tin lined with baking paper.
5. Bake the cake for 55 – 60 minutes or until cooked through. Best to test after 45 to make sure as oven temps may vary.
6. Remove from the oven and cool.
7. Spread with ganache or healthy chocolate mousse and enjoy.

179. Cheeky CHURROS

Ingredients

1/2 C Water

7 Tbsp softened Ghee

1/2 tsp fine Sea Salt

½ C Cassava Flour

1/4 cup Arrowroot

3 Eggs

Stevia to taste

1 tsp Cinnamon

1 C frying Oil

Instructions

Combine the Cassava Flour, Arrowroot powder and Salt in a small bowl.

Over low heat melt the Ghee in the Water. Once it is brought to a low boil quickly add in the flour mixture

Stir quickly until a ball is formed (30 seconds)

Remove from heat and let cool about 5 minutes.

Add one egg at a time, stirring vigorously after each addition.

The dough will look stringy and oily, that is normal. Just keep stirring and making a ball.

Once all the eggs have been incorporated and the dough is well blended, spoon the dough into a piping bag.

Heat your oil of preference in a deep pot or a deep fryer. I used Coconut Oil.

Once the oil is hot enough, carefully pipe the dough into the hot oil.

Fry until golden brown on each side, about 1 min on each side

Remove the Churros from the oil and place on a plate prepared with paper towel to absorb the extra oil.

180. Jam Ball Donuts

INGREDIENTS

Portions 12 portion(s)

125 g almond Milk

15 g butter (I used salted)

1 egg

250 g coconut flour

1.5 tsp Yeast

1/4 tsp salt

a few drops of stevia liquid to taste

1/2 Cup sugar free raspberry jam

Sugar - For rolling

RECIPE'S PREPARATION

Method

1. Place milk & butter in bowl, and mix on 37 degrees, speed 1 for 2 minutes.
2. Add in egg to milk mixture and mix speed 4, 5 seconds.
3. In this order - Add in Yeast, then flour, then the stevia & the salt last. Mix on speed 6 for 6 seconds to combine, then knead for 3 minutes
4. Place dough in a greased bowl and cover and place in a warm place to prove for 1 hour or until dough has doubled in size.
5. Once the dough is proved, knock down onto a floured surface and cut dough in half until you have 2 balls.
6. Roll each ball into a 25cm long log, then cut each log into pieces and roll each piece into a ball and place on piece of baking paper and let prove for a further 15 minutes.
7. While the dough balls are proving, warm up your deep fryer, or oil in a frypan/saucepan (I used solidified oil which is an animal fat that you find in the butter section at the supermarket), to 175 degrees.
8. Drop in 3-4 balls at a time and cook for 5 mins or until nice and brown/golden. Mine turned over on their own in the oil, but you may need to turn them manually
9. When cooked, take out and roll in sugar, then using a piping bag with the long nozzle (Or an old sauce bottle cleaned out and filled with jam), fill the donuts with jam

These taste Just like the donuts you get from the markets and fast food vans etc. Enjoy!

TIP

You can use any flavor jam you like, but raspberry is generally what they use for traditional hot jam donuts

181. Eastern Spice Delights

Ingredients:

1 3/4 cups + 4 tbsp almond meal
1/8 tsp low sodium salt
3/4 tsp ground ginger
3/4 tsp cinnamon
1/4 tsp ground cloves
1/4 tsp cardamom
1/8 tsp nutmeg
1/2 cup coconut oil (in solid form)
Stevia to taste
1 tsp vanilla extract

Instructions:

Preheat oven to 350F.

Combine all the dry ingredients in a large bowl. In a small bowl, mix together the oil, maple syrup, and vanilla until completely blended. Pour the wet ingredients over the dry ingredients and mix well.

Drop the cookie dough on a cookie sheet. It will spread a bit as it cooks (and thus flatten), but not an awful lot.

Bake for 10-12 minutes. These cookies will not look golden when they're done. Makes two dozens.

182. Apple cinnamon delight Recipe

INGREDIENTS

1 cup riced cauliflower, packed
1/3 cup full fat coconut milk

2/3 cup sweet apple cider

1 tsp ground cinnamon

1/4 tsp freshly grated nutmeg

pinch Himalayan salt

2 tbsp raisins

2 tbsp pecans, chopped

2 large eggs, beaten

2 tbsp flaxseed meal

INSTRUCTIONS

By far, my favorite way to rice cauliflower is in the food processor. Simply cut the cauliflower into very small florets, throw them in the bowl of the food processor without overcrowding it and pulse a few times until the cauliflower has the desired coarseness. 10 to 15 short pulses usually do the trick.

A Ninja Prep Master works wonders for small quantities such as this, but you could also use a box grater if you wanted to.

Once your cauliflower has been riced, add a cup of it to a medium saucepan, along with raisins and pecans.

In a measuring cup, mix the coconut milk, sweet apple cider, salt and spices and add that to the saucepan. Bring to low boil over medium heat and cook until cauliflower is tender and cooking liquid is almost completely absorbed, about 10 minutes or so.

Remove from heat and pour the eggs in a steady stream while whisking constantly so they don't cook and curdle on you. Add flax seed and resume whisking until completely incorporated.

Serve right away, garnished with more coconut milk and a few pieces of nuts.

183. **Delicious Coconut Flour Cake with Strawberry Surprise**

Ingredients

- 1 dozen eggs
- 2 cups coconut milk (I used homemade)
- ¼ cup milk
- 2 teaspoons Stevia
- 2 teaspoons vanilla extract
- 2 cups coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon low sodium salt
- coconut oil for greasing the pan

Instruction

1. Preheat oven to 350F.
2. Whisk together the eggs, coconut milk, milk, stevia and vanilla extract. Mix until smooth.
3. Add coconut flour, baking soda and salt to the egg mixture and whisk until a smooth batter forms.
4. Grease 2 – 9 inch round cake pans with coconut oil.
5. Divide up the batter evenly between the 2 cake tins. Use a rubber spatula to smooth it out.
6. Bake for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
7. Allow the cake to cool.

8. Fill the center with cooked strawberries (recipe below). You can also use the strawberry filling to decorate the cake.

Strawberry Filling

Ingredients

2 cups organic strawberries, stems removed and sliced

1. Place the strawberries in a saucepan over medium heat.
2. After a few minutes, the strawberries will release their juices.
3. Allow them to cook uncovered, occasionally stirring and smashing them.
4. Keep cooking them until the strawberries are soft, smashed and the sauce has reduced. About 30 minutes.

184. Totally Tropical Granola

Ingredients

6 ounces Macadamia Nuts, coarsely chopped

6 ounces Slivered Almonds

6 ounces Cashews, coarsely chopped

6 ounces Dried Mango(unsweetened), coarsely chopped

½ cup Flaked Coconut(unsweetened)

¼ cup Coconut Oil, melted

Stevia to taste

1 Small Egg White

¼ teaspoon Cinnamon

⅓ teaspoon Chili Powder

½ teaspoon Coarse Salt

1 teaspoon Vanilla

Instructions

Preheat the oven to 250 degrees.

In a large mixing bowl, toss together the macadamia nuts, almonds, cashews, mango, and coconut.

Place half of the mixture in a food processor and pulse several times until about ½ of the mixture is broken down into smaller pieces.

Add the mixture back into the mixing bowl and toss again.

In another small bowl, whisk together the coconut oil, honey, egg white, cinnamon, chili powder, salt and vanilla.

Pour over the nut mixture and stir until well coated.

Spread the mixture in a single layer on top of a parchment or non-stick mat lined baking sheet.

Bake in the preheated oven for 1½ hours.

Watch closely in the last 15 minutes of baking to make sure they do not darken too much.

Remove when the granola is golden brown.

Let granola sit on the baking sheet until fully cooled.

Break up into pieces and store in an airtight container.

185. Vanilla Pumpkin Seed Clusters

Ingredients:

115g (1/2 cup) pumpkin seeds

1 tsp vanilla

a few drops of stevia liquid to taste

2 tsp coconut sugar

Water (boiled)

Instructions

Preheat oven to 150c.

In a medium bowl, combine the stevia, coconut sugar and vanilla. Stir together to create a thick paste then add a small drop of boiled water to thin it out and create a runny syrup.

Pour in the pumpkin seeds and stir them around in the mixture to evenly coat them.

Dollop a generous tsp full of the pumpkin seeds onto a baking sheet, repeat until it's all used up and cook for 15-20 minutes until most of the seeds have browned (but don't let them burn!)

Take out of the oven and leave to cool for a few minutes. Once they've cooled a little (but are still warm) you can press the clusters together to make sure they don't fall apart. They will dry quickly.

Once they're cooled and dried, they're ready to eat! Enjoy on their own or served on top of your cereal.

186. Paleo Antioxidant Berry Shake

Ingredients

1/2 cup coconut milk

1/4 cup cold water

1/2 frozen banana

1/2 cup frozen raspberries

1/2 cup frozen blueberries

1 tbsp chia seeds

Directions

In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more water if necessary to reach desired consistency. Serve immediately.

Notes

Servings: 1

Difficulty: Easy

187 . Rose Banana Delicious Brownies

Ingredients:

2 red beets, cooked

2 bananas

2 eggs

1/2 cup unsweetened cacao powder

1/3 cup almond flour

1 tsp baking powder

3 tablespoons crushes mixed nuts

Stevia to taste

Instructions:

Combine all ingredients in a food processor, and blend until smooth.

Stir in the nut bits

Pour into a well-greased pan about 8x8 inches

Bake at 325 for about 40 minutes.

188. Gummi Orange Slices

Ingredients:

1 T. vanilla extract

½ t. natural orange flavour

Pinch real salt

1 ½ t. liquid stevia (every brand varies in sweetness, so add this 'to taste')

8 T. grass-fed gelatin

1 can coconut milk

1 ½ C. water

Natural orange food colouring to desired colour

orange ice cube tray molds

INSTRUCTIONS:

Heat water and coconut milk over low heat until simmering.

Continue on low heat, slowly adding in each tablespoon of gelatin, whisking the entire time.

Add remaining ingredients and whisk until any clumps of gelatin are gone.

Pour into molds, and pour remaining liquid into 8X8 glass pan.

Put in fridge until solid. Gummis should pop out easily once hardened.

189. Choco Coco Cookies

Ingredients:

Stevia powder – 1 teaspoon

1 cup coconut flour

½ cup coconut oil

½ cup coconut milk, (from the can)

2 Teaspoons vanilla extract

¼ Teaspoon low sodium salt

2½ cups finely shredded coconut

1 cup big flake coconut

⅔ cup dark sugar free chocolate chunks or chocolate chips (I used 80% dark chocolate)

Optional: ½ cup almond or cashew butter

Instructions:

In a large saucepan, combine the, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes.

Remove from the heat and add the vanilla, low sodium salt, and coconut flour and coconut. Stir to combine. If you're using the almond or cashew butter, mix it in thoroughly. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.

Portion the cookie on a parchment lined baking sheet and let cool. This version of no-bakes takes a full 3-4 hours to fully set up, but you don't have to wait that long because they're really good warm and gooey.

190. Raw Pineapple Coconut Vegan Cheesecake

Crust:

4 dates, soaked until very soft 1 cup dried organic, unsweetened coconut

Place soften dates and coconut in food processor and process until well blended. Pat into the bottom of an oiled 7 1/2 inch spring form pan.

Filling:

2 1/2 cups young Thai coconut flesh (about 5 young coconuts) 1/4 cup coconut water (from the coconuts) 1/3 cup raw agave nectar or liquid sweetener of choice 1 cup coconut oil, softened 2 cups fresh pineapple chunks, separated

In high-speed blender, pureé the coconut flesh and coconut water together until smooth. Add the agave, coconut oil. You want this to be quite smooth so blend away until it is. Add 1 cup of the pineapple chunks. Blend until incorporated. Pulse the remaining pineapple chunks in the food processor until well chopped. Drain. Stir the pineapple into the coconut mixture, pour over crust and let set up in the refrigerator for 4 hours. Move to freezer and leave until firm.

191. Choco Cookie Delight

Ingredients:

1/2 cup dark chocolate sugar free chips

1/2 cup coconut milk (thick fat from top of can)

2 eggs

1 cup almond flour

pinch of low sodium salt

1/2 teaspoon vanilla extract

1/4 teaspoon baking powder

Vanilla glaze:

1/2 cup coconut butter, liquid

Stevia to taste

1 /2 teaspoon vanilla extract

Chocolate Glaze:

1/2 cup chocolate chips

Stevia powder for decoration

Instructions:

Place a small sauce pan over low heat and melt your chocolate and coconut milk together (only keep the heat on long enough to melt them together)

While melting, place your 2 eggs in a stand mixer with the whisk, or use a hand mixer with the whisk and beat your eggs until they are fluffy, about 1 minute

Add your coconut milk and chocolate to your eggs and mix well

Stir in your almond flour, low sodium salt, vanilla extract and baking powder

Mix well ensuring everything is combined

Pipe your batter into the cookie wells ensuring you fill higher than the halfway point

Remove from the cookie maker, gently insert the sticks and place everything in the freezer for 30-45 minutes

Vanilla Glaze:

Combine your coconut butter, stevia, and vanilla extract in a small glass to make it easy to dip

You can keep this glass in hot water to keep the glaze more liquidy to make the dipping easier

Chocolate Glaze:

Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!

192. Almond Joy Sunday

Ingredients:

1. 2 cans full fat coconut milk
2. ½ cup honey
3. 1 ½ tablespoons vanilla extract
4. 1 dark baking chocolate bar
5. ¼ cup sliced almonds
6. ½ cup unsweetened coconut flakes

Instructions

1. In a blender, mix together the coconut milk, honey, and vanilla extract. Line a plastic Tupperware with plastic wrap. Pour the mixture into it and freeze it overnight. The next day, take half of the frozen mixture and add it to a food processor. Mix it on high until it resembles frozen yogurt and put it back into a storage container. Repeat this process with the other half of the mixture. Return the blended ice cream to the freeze for 30 minutes before serving.

2. To assemble, melt the chocolate chips in a saucepan over low heat, to prevent burning the chocolate. Serve each Almond Joy Sunday with a scoop of the ice cream. Drizzle the melted chocolate on top, then sprinkle with coconut flakes and sliced almonds. Serve immediately.

193. Pristine Pumpkin Divine

Ingredients:

2 cups blanched almond flour

½ cup flaxseed meal

2 teaspoons ground cinnamon (optional)

Stevia to taste

½ teaspoon low sodium salt

1 egg

1 cup pumpkin puree

1 tablespoon vanilla extract

Instructions:

Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt

In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.

Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.

Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan

bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.

194. **Gingerbread Cream Delight**

Ingredients

For the Gingerbread Cake

½ cup (80g) of packed Coconut Flour

½ cup (64g) of Arrowroot Flour

1 teaspoon of Baking Powder

½ teaspoon of Baking Soda

½ teaspoon of low sodium Salt

1½ teaspoon of Ginger Powder

1½ teaspoon of Cinnamon

¼ teaspoon of Nutmeg

Pinch of Cloves

½ cup of almond milk

1 teaspoon of Vanilla Extract

4 Eggs, room temperature

½ cup (100g) of Coconut Oil (softened solid)

2 tsp Stevia

For the Cream Cheese Frosting

8 oz Cream Cheese, room temperature

4 oz of Coconut oil at room temperature

2 tbsp Stevia

¼ cup of Arrowroot Flour

Instructions

For the Gingerbread Cake

1. Preheat oven to 350F and grease an 8"x4" loaf pan.
2. Sift together the coconut flour, arrowroot flour, baking powder, baking soda, salt, and spices in a bowl to form the dry mixture.
3. Combine the milk and vanilla extract in another bowl to form the liquid mixture.
4. Separate the egg whites from the egg yolks.
5. Beat the egg whites at high speed in a mixer bowl with a whisk attachment until a meringue forms. Remove the whites from the mixer bowl and set aside.

6. Add the coconut oil and coconut sugar to the mixing bowl and beat on medium high for about a minute until uniform.
7. Add the egg yolks one at a time to the mixing bowl and beat on medium until combined. Scrape the sides if necessary.
8. Add half of the dry mixture to the mixing bowl and beat until combined.
9. Add half of the liquid mixture to the mixing bowl and beat.
10. Repeat the previous two steps until all mixed.
11. Portion a heaping of the egg whites and add to the mixing bowl and mix.
12. Fold in the rest of the egg whites until uniform.
13. Pour batter into the loaf pan and bake, centered rack, at 350F for 35-40 minutes.

For the Frosting

1. Whip the coconut oil and cream cheese until smooth.
2. Add the arrowroot flour and stevia.
3. Whip on low until the flour is absorbed into the butter, then whip on high for a few minutes until light and fluffy.

195. Spiced Autumn Apples Baked in Brandy

Ingredients

2 apples of your choice (I used gala, but choose your favourite!)

1 cup brandy

1/4 cup walnuts

1/4 cup raisins

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

Directions

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off of each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix brandy, spices, walnuts, and raisins in a small bowl.

Pour half of the brandy spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavours.

Serve and enjoy! My roommate enjoyed his with a side of vanilla coconut milk ice cream.

Notes

Recipe makes 2 servings

Nutrition Facts Per Serving

Calories: 353

Total Fat: 10.0g

Saturated Fat: 0.6g

Carbs: 32.4g

Fiber: 4.0g

Protein: 4.6g

196. Chocolate Raspberry Cake Delight

Ingredients

For the cake

1/2 cup (120g) of Coconut Oil

1/4 cup (30g) of Coconut Flour

1/3 cup (45g) of Arrowroot Starch

1/4 cup (35g) of Unsweetened Cocoa Powder

1 teaspoon of Baking Soda

1/4 cup almond milk

1/4 cup of Strong Hot Coffee

1 tbsp Stevia

4 large Eggs

1 teaspoon of Vanilla Extract

For the raspberry sauce

10 ounces of Raspberries

1 teaspoon of Lemon Juice

1/4 cup almond milk

1 tsp Stevia

1/2 teaspoon of Gelatin

For the chocolate ganache

3 ounces of Chocolate Chips

1/3 cup of Full Fat Coconut Milk

Instructions

1. FOR THE CAKE: Whip together the coconut oil and stevia in a large mixer until combined, about 3 minutes on high speed.

2. Sift together the coconut flour, arrowroot flour, cocoa powder, and baking soda in a separate bowl. Whisk together the eggs, milk, stevia, coffee, and extract in a large glass.
3. Add about a third of the dry ingredients and a third of the liquid ingredients to the mixing bowl and mix until combined. Repeat adding the ingredients in batches until all mixed and uniform.
4. Evenly portion the cake batter into muffin tin cups. Bake at 350F for 25-28 minutes, until an inserted toothpick comes out clean.
5. Remove from the oven and let the cakes cool for about 10 minutes. Gently remove the cakes from the tin cups using a rubber spatula and set on a cooling rack upside down.

FOR THE RASPBERRY SAUCE: Reserve a few raspberries for garnish.

Gently heat the raspberries, lemon juice, and milk and stevia for about 5 minutes. Remove from heat when the mixture looks uniform. Sprinkle the gelatin on the jam and mix until dissolved.

FOR THE CHOCOLATE GANACHE

Heat the coconut milk to a very low boil. Add to the half of the chocolate chips and mix until fully combined. Then add the rest and mix until uniform. Let cool to a thick yet pourable consistency before use.

ASSEMBLY: Scoop out a portion of cupcake from the center, careful not to puncture it completely. Fill the hole with about a tablespoon of the raspberry sauce. Pour about 2 tablespoons worth directly on top of the raspberry center.

* *Use a frosting spatula or the back of a spoon to spread the chocolate in a circular motion toward the cupcake edges. Let the chocolate goodness fall to the sides. Top with a raspberry and enjoy!

197. Berry Ice Cream and Almond Delight

Ingredients:

For the Ice Cream:

1 can full fat coconut milk

Stevia to taste

2 tbsp vanilla

1 cup fresh strawberries cut into fourths

For the crisp:

1/3 cup almond flour

3 tbsp sunflower seed butter (or almond butter)

1/2 tsp vanilla

1 tbsp honey

low sodium salt to taste

Instructions:

For the ice cream:

Combine coconut milk and vanilla together in a small saucepan over medium heat and stir until ingredients are well combined (just a few minutes).

Transfer milk mixture to a small bowl and place in the freezer for two hours.

Next, add strawberries to a small saucepan and bring to a low boil.

Turn heat to medium-low and allow to cook until they start breaking down into a sauce-like mixture, leaving small chunks.

Place strawberries in refrigerator while the ice cream hardens.

For the crisp:

Combine all ingredients and mix until you get a “crumble” consistency.

Place crisp in refrigerator until ready to use.

After two hours, place milk mixture into your ice cream maker along with the strawberries and use as directed.

When ice cream is ready, scoop and serve with crisp sprinkled on top.

198. Paleo Sticky Date Pudding Cupcakes

Ingredients

For the muffins

Coconut Butter grease the muffin tray with

10 tbsp water

12 dates

1 ½ ripe banana, peeled and roughly chopped

2 ½ -3 tbsp coconut flour

1 tbsp vanilla extract or essence or 1 fresh vanilla bean, seeds scraped out

2 eggs

5 drops stevia liquid (May need a few more – please taste test)

½ tsp baking powder

For the sticky date ganache

5-6 dates, chopped

½ of orange, juice only

3 tbsp almond milk (coconut milk or water can also be used)

1 tsp vanilla extract or essence

2 drops stevia

Fresh raspberries or strawberries for garnish

Instructions

Preheat oven to 185°C (365 °F).

Grease muffin tins with the butter and set aside.

Heat the dates and water in a small saucepan over low heat until the dates break down and thicken. Use a fork to mash them together and set aside.

Place the coconut flour, egg, banana, vanilla extract and baking powder in a blender or food processor and mix well until well combined and aerated.

Add the dates to the banana mixture and combine. Evenly distribute into the ramekins. Cook in the oven for about 20-22 minutes.

While the muffins are in the oven, place the sticky date ganache ingredients in a small saucepan over a low heat and cook for about 3-4 minutes or until the dates break down. Mash with a fork and whisk until thickened. Set aside.

Allow the muffins to rest for 5 minutes before removing them to a serving plate. Scoop a dollop of sticky date ganache paste on top and garnish with a few raspberries.

199. Healthy Fruit Leather

Ingredients

2 apples, finely diced

10 strawberries, diced

1 ruby pink grapefruit, diced

1 tsp cinnamon

Pinch salt

1/4 cup water

Instructions

Place the fruit in saucepan with the water and bring to a boil. Reduce the heat and simmer until the fruit is soft and the liquid has been reduced. Stir through the cinnamon and salt.

Transfer the fruit to a blender and puree until smooth. Taste the mixture and if required add a sweetener. The grapefruit can be quite tart and while suitable for adults children may not appreciate this. If you would like a sweeter roll up than I suggest adding some sweetness to balance out the sourness. If a sweetener is added blend again until combined. You should end up with 2-3 cups worth of pureed fruit.

Heat oven to 120-150°C (250-300F). Line a large baking tray with baking paper (if your baking tray is not very large you may need to use two smaller sized trays). Pour the mixture onto the tray and spread it out thinly by using the back of a spatula. You want it to just cover the baking paper's surface without leaving any gaps (the thinner the better!). Place the baking tray in the oven on the lowest shelf available and bake for 8-12 hours. I left mine overnight baking at about 130°C for 9 hours. Remove the tray from the oven and using a sharp knife cut the fruit leather into strips. Let it cool completely before peeling the fruit leather off the baking paper. Roll up if desired and store in an airtight container for up to a week! Enjoy :)

200. Raw Brownie Bites

Ingredients

1 1/2 cups walnuts

Pinch of salt

1 cup pitted dates

1 tsp vanilla

1/3 cup unsweetened cocoa powder

Instructions

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the dates, vanilla, and cocoa powder to the blender. Mix well until everything is combined. With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.

201. Delicious Yellow Cupcake Recipe

Ingredients

Cake

½ cup of sifted Organic coconut flour

5 large eggs

⅓ cup of butter or ghee or coconut oil

1 teaspoon vanilla

5 drops stevia liquid (May need a few more – please taste test)

1 cup of applesauce

1 teaspoon baking powder

1 teaspoon baking soda

Instructions:

Combine the coconut flour, baking powder and baking soda in a bowl and blend.

Add in all the liquid ingredients; mix well with a spoon.

Pour into the cupcake tins and bake at 350 degrees for 20 minutes.

Frost and enjoy!

202. Absolute Almond Bites

Ingredients:

1 1/2 cups almond flour

1/4 teaspoon low sodium salt

1/4 teaspoon baking soda (gluten-free, if necessary)

1/8 teaspoon cinnamon

2 tablespoons melted coconut oil

Stevia to taste

1 1/4 teaspoon vanilla extract

1/4 teaspoon almond extract or almond flavoring

12 to 15 whole almonds; sprouted or soaked and dehydrated

Instructions:

Preheat oven to 325°F. Line a baking sheet with parchment paper.

In a medium bowl combine almond flour, low sodium salt, baking soda, and cinnamon. Mix well, breaking up any lumps.

In a small bowl, place coconut oil, vanilla, almond extract or flavoring. Whisk until well combined.

Add wet ingredients to dry ingredients and stir until combined...add stevia

Roll level-tablespoon-sized (using a measuring spoon) portions of dough into balls and place on baking sheet. Flatten slightly with the heel of your hand and press one almond into the center of each cookie.

Bake 15 to 17 minutes or until light golden brown. Allow to cool on baking sheet for a few minutes before transferring to cooling rack.

Store in an airtight container. Can be frozen.

203. Maple Cinnamon Cheesecakes with Gingerbread Crust

Ingredients

For the crust:

1 heaping cup pecans

6 medjool dates

½ tsp ginger

½ tsp cinnamon

For the cheesecake:

2 cups raw cashews (soaked overnight)

½ tsp cinnamon

Juice of 1 lemon

⅓ cup coconut oil

½ tsp sea salt

Instructions

For the crust:

Combine all the ingredients in a food processor. You will see the mixture start to get to a crumbly like consistency. Be careful not to over process or you will end up with pecan butter. Once the mixture looks done, you can press a little into the bottom of each muffin cup. I used standard sized pans. Place them in the fridge while you make the cheesecake part.

For the cheesecake:

Make sure your cashews have been soaking overnight. Drain and rinse them. Place them in a food processor with all the other cheesecake ingredients. Mix until everything is smooth.

Spoon a little of the cheesecake mixture into each muffin cup.

Once that is done, place them in the fridge to firm up. It can take up to 12 hours for the cheesecakes to get fully firm.

Notes

Keep these stored in the fridge. You can probably freeze them as well. I have not tried that though.

204. Chococups

Ingredients:

4 eggs

Stevia to taste

1/3 cup coconut flour

1/4 cup cacao powder

1/2 teaspoon baking soda

1/4 cup coconut oil (melted in microwave)

1/4 cup cacao butter (melted in microwave)

For topping:

1 can coconut cream (chilled in fridge overnight)

Cacao nibs to decorate.

Instructions:

Heat oven to 170 degrees Celsius (338F)

Grease 10 muffin pans with coconut oil.

Beat eggs with electric beaters.

Add coconut flour, baking soda and cacao powder.

Beat well and add stevia

Add melted coconut oil, cacao butter and mix.

Spoon mixture into 10 greased muffin pans.

Bake for 12-15 minutes until risen and top springs back.

Cool in pans.

Beat the solid coconut cream with electric beaters until creamy. Add honey to taste if you wish.

Pipe coconut cream onto top of cakes.

205. Vanilla Pudding Pops

Ingredients

1 3.4 oz. box vanilla Jell-O instant pudding sugar free

2 cups vanilla almond milk, chilled

Instructions

In a medium bowl, combine pudding mix and cold almond milk.

Beat mixture continuously with a whisk for two minutes. Let sit for 5-7 minutes.

Pour mixture into 3 oz. cups

Place in freezer for 30 minutes; Remove and insert popsicle sticks into center.

Place back in freezer for 2-3 hours, or overnight.

206. Xmas Chocolate Chip Cupcakes

Ingredients

1/2 c Coconut Flour

5 Eggs

2 Egg Whites

1/2 c Cashew Butter (or coconut oil for nut free)

1/2 t low sodium Salt

1/2 t Baking Soda

1/2 t Gluten Free Baking Powder

5 drops stevia liquid (May need a few more – please taste test)

3/4 c Egg Nog

1/4 t Vanilla

1/2 t Nutmeg

1 c Chocolate Chips

****Vanilla Frosting****

1 c coconut oil

2 T Canned Coconut Milk

1 t Vanilla

Instructions

Whisk together the dry ingredients.

Beat the eggs, whites, egg nog, butter, vanilla, and stevia. By 1/2 cup-fulls, add the dry mixture and whisk until smooth. Fold in the chocolate chips.

Preheat the oven to 350 degrees. Fill lined muffin tins 1/2 full with batter. Bake for 25-30 minutes, or until a toothpick.

If you want to do a loaf instead, bake in a loaf pan, same temp, for 50-55 mins.

For the frosting, beat all the ingredients till light and fluffy!

207. **Lemon Blueberry Cake Delight**

Ingredients

½ cup coconut flour, sifted

3 eggs, beaten

⅓ cup unsweetened coconut milk or almond milk

2 tbsp lemon juice, (use lemon squeezer to get all the juice)

1 tbsp lemon zest

2 ½ tbsp. coconut oil, melted

½ tbsp liquid stevia

1 tsp lemon extract (organic GF kind).

½ tsp baking soda + 1 tsp apple cider vinegar, mixed in separate pinch bowl (should be very fizzy)

½ cup blueberries *optional.

Lemon Ice Glaze:

2 tbsp coconut oil, melted

1½ tbsp coconut butter, melted

1 ½ tbsp unsweetened coconut milk

1½ tbsp lemon juice

½ tsp lemon extract (organic GF kind)

2 tsp lemon zest

1/3 tsp liquid stevia (as sweetener)

Instructions

1. Preheat oven to 350 F, and grease or oil a 9" round cake pan.
2. In a large mixing bowl combine: all the first 8 cake ingredients. Stir together thoroughly; break up any coconut flour lumps. Add in baking soda and vinegar mixture and stir.
3. Gently add and mix in the blueberries.
4. Spoon cake batter into prepared pan and spread around evenly.
5. Bake in 350 F oven for 30 minutes or until center is firm.
6. Remove cake from oven and let cool for 10 minutes while you make the lemon ice glaze.
7. Heat a small sauce pan over low heat and melt: coconut oil, and coconut butter. Stir the mixture as it melts and break up any coconut butter lumps.
8. Once melted, remove from heat and add all the rest of the lemon ice glaze ingredients. Stir the glaze thoroughly until well mixed and set aside to cool.
9. Use a metal or wooden skewer, or large toothpick to poke holes all over the cake. Be sure to poke all the way down to the bottom of cake.
10. Spoon or pour lemon ice glaze all over the top of cake, making sure to cover well. Use the back of a spoon to spread around evenly.
11. Let cake cool and glaze set awhile. It should only take 5 minutes or so for glaze to solidify a bit.
12. Slice and serve. Unused portions should be stored in the fridge.

208. Creamy Caramely Ice Cream

Ingredients:

Delicious Instant Caramel Topping:

2 heaped tablespoons of hulled tahini

Stevia to taste

2 tablespoons of coconut milk

1/2 teaspoon of vanilla

Delicious Instant Ice Cream:

4 frozen bananas, chopped

4 tablespoons coconut milk

1 teaspoon of vanilla

Instructions:

Spoon the tahini and stevia into a cup and stir with a fork to combine. Mix in the coconut milk and vanilla. Refrain from eating it while you make your ice cream.

Place the ingredients into food processor or blender, blend until the mixture is an ice cream consistency.

Spoon the ice cream into bowls, drizzle generously with the caramel topping, sprinkle with low sodium salt if you desire. Enjoy!

209. Macadamia Pineapple Bonanza

Ingredients:

Crust:

½ cup almond flour

4 tablespoons raw cacao powder

⅓ cup macadamia nuts

½ teaspoon vanilla extract

Stevia to taste

1½ teaspoons coconut oil, melted

Filling:

2 eggs

1 cup fresh pineapple, chopped

1 ½ cup shredded coconut, unsweetened

1 tablespoon fresh lime juice

1 tablespoon vanilla extract

Stevia to taste

½ cup almond flour

pinch of low sodium salt

Instructions:

Crust:

In a large bowl, mix the almond flour and cacao powder.

Chop the macadamia nuts in a food processor and add it to the bowl.

Add vanilla extract and coconut oil to the dry mixture and using your hands, mix to combine ingredients.

Spread the mixture evenly on the bottom of an 8x8-inch pan lined with parchment paper. Be sure to use one large piece of paper covering the entire pan that overlaps on all four sides.

Filing:

In a large bowl beat the 2 eggs

Mix in the pineapple, 1 cup of shredded coconut (reserve the remaining $\frac{1}{3}$ cup for the top), lime juice, vanilla and stevia.

Gently mix in the almond flour and low sodium salt with rubber spatula.

Pour mixture over the crust and sprinkle top with remaining shredded coconut.

Bake at 350°F for approximately 20 minutes or until the top starts to brown and the pineapple/coconut layer is firm.

Set pan on a wire rack and allow it to cool before cutting into squares. Store in the refrigerator.

210. Cheeky Cherry Ice

Ingredients:

14oz. cans 365 Coconut Milk (Full Fat)

Stevia to taste

1 $\frac{1}{2}$ tsp. vanilla extract

2 cups fresh cherries, pitted and diced

Instructions:

In a large bowl, combine coconut milk, stevia and vanilla and stir well.

Chill for 1-2 hours.

Transfer to ice-cream maker and process according to manufacturer directions.

Add diced cherries to the mixture during the last 5-10 minutes of processing.

211. Creamy Berrie Pie

Ingredients:

Crust:

3 cups almonds

$\frac{1}{2}$ Teaspoon cinnamon

$\frac{1}{2}$ cup honey

2 Tablespoons coconut oil

1 Tablespoon lemon zest

1 Teaspoon almond extract

A pinch of low sodium salt

Filling:

2 Teaspoons plant-based gelatin, dissolved in 2 Tablespoons hot water

½ cup freshly squeezed lemon juice

Stevia to taste

1 can coconut milk, chilled

4 cups blueberries for serving

Instructions:

Place the almonds and cinnamon in a food processor and pulse until your desired texture is reached. I like to leave some bigger pieces for texture. Add the rest of the crust ingredients and pulse until a sticky dough forms. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).

For the filling, mix the gelatin and water together. Stir to dissolve and immediately add the lemon juice. If the gelatin gets clumpy, place the mixture over hot water until it melts again. Pour the coconut milk into an electric mixer, add the stevia and whip on high until peaks form, about 15 minutes. Add the gelatin mixture to the whipped cream. Pour the filling into the crust. The filling will seem thin, but don't worry it will set up in the refrigerator.

Chill for at least 4 hours until set, and serve with lots of berries!

212. Vanilla Bean Cupcakes with Mocha Buttercream

Ingredients

(makes 5-6 cupcakes):

For the cupcakes

1/4 cup coconut flour, sifted

1/4 teaspoon low sodium salt

1/8 teaspoon baking soda

Seeds scraped from half a vanilla bean

1/2 teaspoon vanilla extract

3 large eggs

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

Instructions

Preheat the oven to 350 and line a muffin tin with paper liners. Whisk together the coconut flour, salt, and baking soda in a medium bowl. Add the vanilla bean seeds, and mix together with your fingers, pinching the mixture to evenly distribute the vanilla seeds.

In a small bowl, whisk together the vanilla extract, eggs, coconut oil, and stevia. Add the wet ingredients to the dry and whisk well, or beat with a hand mixer, until very smooth.

Pour the batter into the cupcake cups and bake for 15-20 minutes, or until a toothpick comes out clean.

For the frosting:

8 tablespoons (1 stick) unsalted butter, at room temperature

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon cocoa

Tiny pinch of low sodium salt

1/4 teaspoon vanilla extract

1/4 teaspoon finely ground coffee

Coffee beans for garnish

Using a hand mixer, beat the butter until very smooth. Add the remaining ingredients and beat until incorporated. If your frosting does not seem stiff enough, refrigerate for a little while, then beat again. Once the cupcakes are completely cool, pipe or spread on the frosting (I used a Wilton 1M tip). Top with a coffee bean if desired.

213. Extra Dark Choco Delight

Ingredients:

1 egg

½ very ripe avocado

¼ cup full fat canned coconut milk

2 tbsp cacao powder

1 tbsp carob powder

pinch low sodium salt

pinch cinnamon

1 scoop vanilla flavored hemp protein powder

10g raw hazelnuts

2 tbsp unsweetened shredded coconut

Instructions:

Add the egg, avocado and coconut milk to a small food processor and process until very smooth and process until very smooth and creamy.

Add cacao powder, carob powder, low sodium salt, cinnamon and protein powder and process again until well combined and creamy.

Add hazelnuts and shredded coconut and give a few extra spins until the hazelnuts are reduced to tiny little pieces.

Serve immediately or refrigerate until ready to serve.

Garnish with a little dollop of coconut cream and cacao nibs or shredded coconut and crushed hazelnuts.

This will keep in the refrigerator for a few days in an airtight container.

214. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly

Ingredients

150g sultanas

80g dried sour cherries or dried unsweetened cranberries, plus extra for garnish

100g currants

30g activated or raw almonds, roughly chopped

200g kombucha or freshly squeezed orange juice

zest of 1 orange

40g blanched almond meal

20g coconut flour

1/4 tsp nutmeg

1/2 tsp mixed spice

1/4 tsp cinnamon

55g tallow or coconut oil

40g apple, peeled & cored

2 eggs

1/4 tsp fine salt

1/4 tsp bicarb soda

Instructions

Weigh dried fruit and almonds into the Thermomix bowl, and add kombucha or orange juice.

Cook 6 mins/80C/reverse/speed soft. Remove to a large bowl and set aside to cool.

Place orange zest into clean, dry Thermomix bowl and chop 20 sec/speed 10.

Add almond meal, coconut flour, spices, salt, soda, apple, eggs and tallow or coconut oil into Thermomix bowl and mix 5 sec/speed 5. Scrape down sides of bowl.

Add soaked fruit and nuts back to bowl and mix 10 sec/reverse/speed 3.

Scoop mixture into silicone cupcake cups or small ramekins and place into the Varoma dish and tray, with lid on. Cups/ramekins should be about 3/4 full.

Place 500g water into Thermomix bowl and place Varoma in position. Cook 25 mins/Varoma/speed 2.

Allow puddings to cool, covered, and store in fridge until needed.

Drizzle with Coconut Vanilla Custard, with a dried cranberry or sour cherry on top for decoration.

Notes

I use my Thermomix to make these puddings - if you don't have a Thermomix, chop by hand, cook fruit gently on stovetop, and mix in remaining ingredients. Steam in a steamer or use traditional Christmas pudding cooking method.

215. Gluten Free Banana Nut Bread

Ingredients:

3 bananas, mashed, or 1 cup

3 eggs

1/2 cup almond butter

1/4 cup coconut oil, melted

1 tsp vanilla extract

1/2 cup almond flour

1/2 cup coconut flour

2 tsp cinnamon

1 tsp baking soda

1/4 tsp low sodium salt

1/2 cup chopped walnuts

Instructions:

Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.

In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and low sodium salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.

Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.

216 Perfect Pizza Muffins

Makes 12 large muffins.

Ingredients:

4 cups almond flour

4 tablespoons ground flaxseed + 12 tablespoons water (or 4 eggs)

1/4 cup arrowroot flour (or coconut flour)

1/2 cup melted ghee (or coconut oil)

1 tablespoon garlic powder

1 tablespoon parsley

1 tablespoon oregano

4 links of italian sausage, finely chopped or ground in a food processor

8 slices of cooked bacon, finely chopped or ground in a food processor

½ cup spinach, finely chopped or ground in a food processor

Instructions

Preheat the oven to 375 degrees.

Mix together the flaxseed and water and let it sit for a minute.

Mix all of the ingredients together, then scoop into the muffin tin. I used silicone muffin cups as liners. Fill each tin all the way to the top.

Bake for about 30-45 minutes, or until firm.

If you would like to use cheese, you can mix in about 1 cup with your batter before baking or melt some on top of the cooked muffins. Dip them in your favorite sauce and enjoy.

217. Titillating Berry Trifle

Ingredients:

1/2 cup plus 2 tsp coconut flour, sifted

1/4 tsp low sodium salt

1/4 tsp baking soda

5 whole eggs (2 of them separated)

1/2 cup coconut oil, softened

1/2 cup almond milk

2 tsp stevia

1 tablespoon vanilla extract

2 teaspoons lemon juice

1 1/2-2 cups washed & diced strawberries (cut large if using a traditional Trifle bowl)

1 1/2-2 cups washed blueberries

1 1/2-2 cups washed raspberries

3-4 cans full-fat coconut milk, cream only

Instruction:

1. Preheat oven to 350 degrees.
2. Sift the dry ingredients together and set aside.
3. Separate 2 of the eggs, setting the whites aside and putting the 2 yolks in a medium sized bowl. Crack open the rest of the eggs, adding them to the bowl with egg yolks.
4. Using a mixer or hand whisk, beat the coconut oil (liquid or solid, doesn't matter), milk, vanilla and lemon juice until they are well combined.
5. On low/medium-speed, mix the dry ingredients into the wet ingredients. Continue to mix till the batter is smooth and has no lumps.
6. Add the eggs (not including the 2 egg whites) in three phases to the batter. Allow each addition to be incorporated completely before adding the next.
7. In a small bowl, beat the egg whites till thick soft peaks form. Fold into the batter.
8. Pour the batter into a greased 8 inch square brownie pan or 7X10 small casserole dish lined with parchment paper, allow a few inches of flaps to hang over the two long sides of the pan. This will help later with removing the cake ensure that the sides of the cake won't stick to the pan. Alternatively, you could make cup cakes with the batter and cube those up for the trifle. Baking times will vary depending on the depth of the cake pan. I find that a 1 or 2 inch high cake produces the best texture instead of a thicker cake. However, I have made this in a standard size bread pan as well, and it turns out very nice.

9. Bake for 30-45 min. or until a toothpick in the center comes out clean.

10. Allow the cake to cool for 5-10 minutes, run a sharp knife along the edges and carefully remove from the pan. Cool completely.

For the coconut whipped cream:

1. Chill 2-3 three cans of full-fat coconut milk (a few hours or overnight).

2. Open the cans and scoop the thick cream in to a medium bowl. Try to keep as much coconut liquid out of the cream as possible. Discard the liquid or freeze it into ice cube trays to use in smoothies.

3. With a hand/stand mixer, beat the cream on high for a minute or so. Add ½ tsp. stevia as sweetener if desired. Continue beating until well combined.

Assembling the Trifle:

Assembly is super easy. Just add some cake to the bottom of your dish, then whipped cream, strawberries/raspberries, whipped cream, more cake, blueberries, more whipped cream, then more fruit if desired or cake crumbles. Really just layer it however you like!

This recipe should make enough for 4 individual 12 oz trifles or you can make two cakes, add extra fruit and more coconut cream (2-3 more cans) for one, 2-quart trifle or glass bowl.

218. Sweet Potato Muffins

Ingredients

1/2 c Coconut Flour

6 Eggs

2 t Vanilla

1 t low sodium Salt

1 t Baking Soda

2 t Cinnamon

1/2 c Ground Flax

2 Sweet Potatoes or Yams, baked and mashed (discard skins)

1 c Raisins or Chocolate Chips (optional)

Instructions:

Whisk together all the dry ingredients. Beat the eggs and add dry mix by spoonfuls until well blended. Add the mashed sweet potatoes.

Spoon batter into lined muffin cups. Bake at 350 degrees for 30-35 minutes.

Enjoy!

219. Lemmonny Lemon Delights

Ingredients:

Crust:

1 cup almond flour

1/4 cup almond butter

Stevia to taste

1 tbsp coconut butter

1 tsp vanilla

1/2 tsp baking powder

1/4 tsp low sodium salt

Filling:

3 eggs

Stevia to taste

1/4 cup lemon juice

2 1/2 tbsp coconut flour

1 tbsp lemon zest, finely grated

Pinch of low sodium salt

Instructions:

Preheat oven to 350.

Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms.

Press crust evenly into the bottom of pan.

Using a fork, prick a few holes into crust.

Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated.

When done, remove crust from oven and pour filling evenly over top.

Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

220. Almond Happiness Bars

Ingredients:

First Layer:

3/4 cup raw almond butter (I make my own from this recipe: Almond Butter)

1/4 cup coconut oil, melted

1/3 cup cacao powder

3-4 drops stevia

1/4 teaspoon vanilla bean paste

pinch low sodium salt

Second Layer:

2 cups of dried, unsweetened, raw coconut

2/3 cup coconut butter, softened

3-4 drops stevia

1-2 teaspoons organic almond flavoring (not raw)

Third Layer:

1/3 cup almonds, coarsely chopped

Ganache:

1/2 cup cacao powder

3-4 drops stevia

1/4 cup coconut oil, melted

Instructions:

First Layer:

Whisk all ingredients together and pour into oiled, parchment lined 8 x 8-inch glass pan. Set in refrigerator aside making topping. The bottom layer should be set up (but not completely hard) before adding the next layer.

Second Layer:

Place coconut in medium bowl.

Whisk coconut butter (not the same as coconut oil), agave and almond flavor. Pour over coconut and mix well.

Pat over first layer, top with chopped almonds and ganache.

Refrigerate to set.

Ganache:

Whisk all ingredients together.

221. Cozy Coconut Flour Muffins

Ingredients

1/2 cup coconut flour

6 eggs, at room temperature (that's important)

1/4 cup almond milk

2 tsp stevia

6 Tbs. coconut oil

2 Tbsp coconut milk at room temperature

2 tsp. vanilla extract

1/4 tsp. baking soda

1 tsp. apple cider vinegar

Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely.

****Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!**

222. Sexy Coconut Crack Bars

Ingredients:

1 cup unsweetened shredded coconut (80g)

1/4 cup water and 2-3 drops stevia

2 tbsp virgin coconut oil (For all substitutions in this recipe, see nutrition link below)

1/2 tsp pure vanilla extract

1/8 tsp low sodium salt

Instructions:

Combine all ingredients in a food processor...and fridge for an hour before trying to cut. (Or freeze for 15 minutes.) Can be stored in the fridge or freezer, for at least a few weeks.

223. Lemon Cake

Ingredients

3 or 4 large Meyer Lemons (approximately 12 oz, total to yield 1 cup of whole lemon puree)

3 large eggs

1 cup sugar

3 cups almond meal

1 tsp baking powder

1 tsp lemon extract

for the lemon icing

3 Tbsp unsalted butter, at room temperature

juice of 1 lemon

1 -5 drops stevia

INSTRUCTIONS

Set oven to 325F

Wash the lemons and put them in a pot. Cover them with water and bring to a boil. Boil for 15 minutes.

Drain the lemons and let them cool until you can handle them. Cut them open and remove the seeds, but keep everything else. Do this on a plate so you can retain all the juices. Once you have removed all the seeds, put everything into a food processor. Process until finely pureed. You may need to pulse the machine at first, and scrape down the sides as necessary to get everything smooth. This will only take a couple of minutes. You will need one cup of lemon puree for the cake.

Beat the eggs and the sugar until pale in color. Add the lemon extract.

Fold in the almond meal, baking powder, and lemon puree. Mix until thoroughly combined.

Turn the batter into a greased 9" springform pan. Smooth out the surface so it is even.

Bake for about 50 -60 minutes, just until a toothpick inserted in the center comes out clean.

Cool on a rack for 10 minutes, then gently release the sides of the pan and remove the cake to finish cooling.

224. Delectable Pumpkin Bars

Ingredients:

15 oz. pumpkin puree (about 1 1/2 cups)

3/4 cup coconut flour

3/4 cup almond milk

1 1/2 teaspoons ground cinnamon

3/4 teaspoon ground ginger

1/4 teaspoon ground cloves

3/4 teaspoon baking soda

1/4 teaspoon low sodium salt

2 large eggs

Instruction

1. Preheat the oven to 350F and grease a 9"x9" baking dish well with coconut oil. Combine all of the ingredients in a large mixing bowl, and stir well until no clumps remain. Transfer the batter to the greased baking dish, and use a spatula to smooth the top.

2. Bake at 350F for 40-45 minutes, or until the edges are golden and the center is firm.

3. Allow to cool completely, then cut into squares and serve. Store in in the fridge for up to a week. (They're delicious straight out of the fridge, too!)

225. Best Banana Nut Bread

Ingredients:

3 bananas, mashed, or 1 cup

3 eggs

1/2 cup almond butter

1/4 cup coconut oil, melted

1 tsp vanilla extract

1/2 cup almond flour

1/2 cup coconut flour

2 tsp cinnamon

1 tsp baking soda

1/4 tsp low sodium salt

1/2 cup chopped walnuts

1-2 drops stevia

Instructions:

Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.

In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and low sodium salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.

Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.

226. Choco Triple Delight

Ingredients:

Cake:

1 cup almond flour (or 3 oz ground raw pumpkin seeds for nut-free version)

3 tbsp Raw Cacao Powder

1 tbsp coconut flour

1 tsp baking powder

1/2 tsp baking soda

1/8th tsp Stevia

3 tbsp melted Raw Cacao Butter or coconut oil)

Pinch of low sodium salt

1 large pastured egg

2 tbsp coconut milk (or dairy of choice)

1 tsp pure vanilla extract

2 oz 80% cocoa bar, chopped

Top with 2 tbsp chopped nut of choice,

Optional: 1/8th tsp low sodium salt sprinkled on top of cake before baking

Chocolate Drizzle:

2 tbsp coconut cream concentrate, warmed

3 tbsp water (or coconut milk)

3 tbsp Cacao powder

1/2 tbsp pure vanilla extract

Stevia to taste

Instructions:

Preheat oven to 350 degrees F.

Oil the sides and bottom of 8 inch cake pan.

Line the bottom of the pan with parchment paper and set aside.

In a medium bowl, add dry ingredients. Use a sifter to insure that all ingredients are blended well and that there are no lumps.

Add remaining ingredients (except nuts and optional salt) to dry ingredients and mix.

Taste for sweetness and adjust if necessary.

Press (or spread with angled spatula) into a 8 inch cake pan. Sprinkle with nuts. Bake for 11-14 minutes.

DO NOT OVER BAKE! Remove from oven and serve warm or allow to cool and top with Chocolate Drizzle.

Chocolate Drizzle:

In a small bowl, blend coconut cream concentrate and water until smooth.

Add cacao powder, vanilla and stevia. Whisk until creamy.

Taste for sweetness and adjust if necessary. Drizzle over the cake.

227. Pumpkin crepes

ingredients

Apple Butter:

apples - 5 lb, peeled and sliced

cinnamon - to taste

Crepes:

egg yolk - 1

egg whites - 4

pure pumpkin puree - 1/3 cup

canned full-fat coconut milk - 1/3 cup

coconut flour - 3-4 tablespoons

arrowroot starch - 1/4 cup

pure vanilla extract - 1 teaspoon

ground allspice - 1/4 teaspoon

pure maple syrup - 3 tablespoons

instructions

Preheat oven to 425 degrees Fahrenheit.

Combine the apples and cinnamon to taste on 2 9 inch by 13 inch baking dishes.

Roast for 1-2 hours, stirring every 15 minutes, or until the apples have lost quite a bit of moisture.

Puree until smooth, adding water if necessary.

Preheat a nonstick skillet to 350 degrees Fahrenheit. Whisk together all crepe ingredients in a large bowl until smooth.

Lightly grease the skillet with coconut oil and add 4-5 tablespoons of batter, spreading it around with the back of a spoon.

Cook until the batter looks dry. Flip and cook until golden. Repeat with remaining batter.

Serve crepes with apple butter.

228. Cinnamon Chocolate Chip Muffins

Ingredients

Muffins

6 large eggs

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon vanilla extract

8 tablespoons (1 stick) unsalted butter, melted

3/4 cup coconut flour

1 tablespoon ground cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

small pinch low sodium salt

Instructions

Muffins

Preheat oven to 375 fahrenheit and adjust rack to middle position

Line with muffin liners

Whisk eggs, stevia, vanilla, butter, and applesauce in a large mixing bowl or use a stand mixer

Sift coconut flour, cinnamon, baking powder, baking soda, and salt over a medium bowl

Add dry ingredients to wet ingredients and until well blended

Fold in chocolate chips ensuring an even distribution throughout your batter

Spoon batter into muffin cups and bake for 16-18 minutes, or until a toothpick in the center comes out clean

Remove the muffins from the oven and let cool

Once cool you can head below and make the frosting to go with them

Notes

*You can not let Coconut flour sit long, as soon as you mix this batter, ensure you put it right into the oven *If you want chocolate muffins, you can add between 1/4 - 1/2 cup of cocoa powder to your taste liking *You can store these in an airtight container for 3 days *You can substitute the butter with Coconut Oil but I haven't tested it and 8 tablespoons would probably be too oily. If you do test it, start with half and please let me know how it worked.

229. Crispy Coconut Crackers

Ingredients

4 ounces shredded coconut

4 tablespoons butter (2 ounces or 1/2 stick), softened

1/4 cup tapioca flour

1 tablespoon coconut flour

1/2 teaspoon baking soda

1/4 teaspoon powdered mustard

1/4 teaspoon powdered onion

Instructions:

1. Preheat your oven to 350F. Line a baking sheet with parchment paper or a silicone mat.
2. Combine all ingredients in a food processor. Buzz until a ball of dough has formed.
3. Use your hands to shape dough into 1-inch balls. Place balls on the baking sheet, leaving about 3 inches of space between each.
4. Bake until the edges are slightly browned, about 10 minutes.

230. Mouthwatering Coconut Custard Cake

Ingredients:

- 4 eggs
- 2 ½ cups almond milk
- 1/2 cup coconut flour
- 1 tsp pure vanilla extract
- 2 tsp baking powder
- 2 tsp stevia
- 1/4 cup coconut, melted
- 1 1/2 cups unsweetened, coconut flakes
- 1/2 cup chocolate chips or broken chocolate bar

Instruction

1. Pre-heat oven to 350F.
2. In a large bowl of a stand mixer (or whisk by hand) eggs, milk, coconut flour, stevia, vanilla, coconut oil, and baking powder until smooth.
3. Stir in coconut flakes and chocolate.

4. Pour into an 8" cake pan and bake for 45 - 50 minutes or until a toothpick inserted into middle comes out clean.
5. Allow to cool before slicing in pan, and serving.
6. Sprinkle with cinnamon just before serving.

231. Paleo Cocoa Puffs

Ingredients

$\frac{3}{4}$ Packed Cup of Blanched Almond Flour

1 Cup + 2 Tbsp Tapioca Starch/Flour

$\frac{1}{2}$ Cup Cocoa Powder

$\frac{1}{4}$ tsp Salt

a few drops of stevia liquid to taste

2 $\frac{1}{2}$ tsp. Baking Powder

1 Tbsp Vanilla Extract

$\frac{1}{3}$ Cup of oil or Melted Butter (dairy or nondairy)

1 Egg + 1 Egg White

Instructions

Preheat Oven to 350 degrees.

Mix together the dry ingredients (Almond Flour, Tapioca Flour, Cocoa Powder, Salt stevia, and Baking Powder).

Add in the Vanilla, Oil, and Eggs. Mix really well (don't be afraid to get your hands dirty!)

Line 2 large baking sheets with parchment paper.

Roll teaspoon sized balls of dough (or smaller if you have the patience) in between your palms to create little cocoa puff balls. If you find your hands getting sticky- rinse them off and dry them before continuing and or dust your hands with a little extra tapioca starch.

Use about half the dough to make cocoa puffs for the first baking sheet. Leave a little space between each cocoa puff as they will expand in the oven.

Place the first baking sheet into the oven and bake 18-20 minute. Halfway through baking using a spatula to flip the cocoa puffs over so that the bottoms do not burn.

While the first tray is baking, prepare your second tray of cocoa puffs and follow the same baking instructions.

Let cocoa puffs cool completely before eating. (They will get crispy as they cool).

232. Party Carrot Cupcakes

Ingredients

Wet

3 eggs

6 tablespoon non-dairy milk

6 tablespoon extra virgin coconut oil, melted

6 tablespoon carrot juice

5½ tablespoon egg whites

30 drops liquid stevia*see note

¾ teaspoon pure vanilla extract

Dry

6 tablespoon coconut flour

1 teaspoon baking powder

¼ teaspoon low sodium salt

pinch ground cinnamon

Instructions

Preheat oven to 350F and line 12 muffin tins with medium-sized paper liners.

Place eggs and egg white in blender and beat well, about 30 seconds. My magic bullet worked great for this!

Pour in carrot juice, milk, coconut oil, stevia and vanilla. Blend quickly to mix.

Drop in dry ingredients and mix for about 10 seconds. The batter should be slightly thicker than pancake batter.

Pour into prepared muffin tins and bake for 25-30 minutes or until inserted toothpick comes out clean. Mine took 26 minutes.

Remove from pan and allow to cool on cooling rack for at least 1 hour before applying buttercream.

233. Nutritious Paleo Tortillas

Ingredients

1/4 cup coconut flour (40 g)

1/4 teaspoon baking powder

8 egg whites (240 g or 1 cup)

1/2 cup water

A pinch of low sodium salt

coconut oil (as needed, for greasing the press or pan)

Instructions

1. In a bowl mix all ingredients. Set aside for five minutes. The batter takes about that long to hydrate and thicken.

*If necessary grease your tortilla press or pan with coconut oil.

Make the tortillas:

1. In a preheated electric tortilla press: Pour about a little less than 1/4 cup of batter onto the tortilla press. Quickly smooth out using a heat resistant spoon, and press the top of the press down to distribute the rest of the batter. Cook until the indicator on the press goes off.
2. In a pan over medium heat: Pour a little less than 1/4 cup of batter onto the pan. Quickly smooth out using a heat resistant spoon. Cook for 1 to 2 minutes or until the edges of the tortilla start to turn golden brown. Then flip and cook for an additional minute or two.
3. Transfer tortillas to a plate and cover with a paper towel to keep warm.
4. Serve with desired toppings and do your best to keep away from within hungry doggy mouths.

234. Gluten Free Dairy Free Coconut

Ingredients

3 cans (14 ounces each) coconut milk, 2 of the 3 refrigerated for at least 24 hours*

a few drops of stevia liquid to taste

1 teaspoon (3 g) unflavored powdered gelatin

3 ounces dairy-free chocolate chips (optional)

1 teaspoon pure vanilla extract (optional)

*You must use full-fat coconut milk. Thai Kitchen brand coconut milk and Whole Foods 365 brand coconut milk both work well consistently for this application.

Directions

In a large, heavy-bottom saucepan, place the entire contents of the 1 room-temperature can of coconut milk and the stevia, and mix to combine well. Cook over medium-high

heat, stirring frequently to prevent it from splattering, until it is reduced at least by half and thickened (about 10 minutes). You can also cook the mixture over low heat for about 35 minutes, and stir much less frequently. This is now your sweetened condensed coconut milk. Remove from the heat and set aside to allow to cool completely.

Remove the remaining two cans of coconut milk carefully from the refrigerator, without shaking them at all. The solid should have separated from the liquid while it was chilling, and you don't want to reintegrate them. Remove the lids from the cans, scoop out only the solid white coconut (discarding all of the liquid), and place it in a large bowl. With a hand mixer (or in the bowl of a stand mixer fitted with the whisk attachment), whip the coconut on high speed for about 2 minutes, or until light and fluffy and nearly doubled in volume. Place the whipped coconut cream in the refrigerator to chill for about 10 minutes.

Place the gelatin in a small bowl, and mix well with 2 tablespoons of the sweetened condensed coconut milk from the first step. Allow to sit for 5 minutes while the gelatin dissolves. The mixture will swell. Microwave on 70% power for 20 seconds to liquify the gelatin, and then add the mixture to the rest of the cooled sweetened condensed coconut milk.

Remove the coconut whipped cream from the refrigerator and add the sweetened condensed coconut milk mixture and optional vanilla to it. Whip once more until light and creamy, and well-combined (another 1 to 2 minutes). Fold in optional chocolate chips, and scrape the mixture into a 2 quart freezer-safe container. Cover tightly and freeze until firm (about 6 hours). Serve frozen. If it is at all difficult to scoop, allow to sit in the refrigerator for 15 minutes before scooping and serving.

235. Fudgy Pumpkin Blondies

Ingredients

2 cups blanched almond flour

½ cup flaxseed meal

2 teaspoons ground cinnamon (optional)

½ cup raw coconut palm sugar

½ teaspoon salt

1 egg

1 cup pumpkin puree

1 tablespoon vanilla extract

½ cup (or more) chocolate chunks

Instructions

mix together the almond flour, flaxseed meal, cinnamon, coconut palm sugar, chocolate chunks and salt

in a separate bowl, whisk the egg, pumpkin and vanilla extract

using a rubber spatula, gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense

spoon the batter onto a 9-inch pan lined with parchment paper

bake at 350°F until a toothpick inserted into the centre comes out clean, approximately 25 minutes

236. Baked Vanilla Cardamom Delights

Ingredients:

1/2 cup coconut flour

1/8 teaspoon baking soda

3/4 teaspoon baking powder

1/4 cup Stevia liquid drops

1/4-1/2 teaspoon cardamom (we did 1/2 because we love cardamom)

2 egg, room temperature

2 tablespoons coconut oil, liquid (or oil of choice)

1/2 cup warm water

Instructions:

1. In a bowl place all dry ingredients into bowl and whisk together. Set aside.
2. Next grab your stevia, coconut oil and egg and whisk together in mixing bowl. Once that is all mixed together add in your dry ingredients. Begin to stir the donut batter.
3. End with adding in your warm water to the batter and stir till smooth and combined.
4. Pre-heat your mini donut maker. Once your green light turns off it is ready. Begin to scoop your donut batter into each mini donut ring. We used a cookie scooper to help with the scooping.
5. Once all rings are filled close the donut maker and let bake for 2-3 minutes. Check and see if they feel done. If so remove carefully with a knife. Repeat process till all our donut batter has been baked.
6. Remove donuts from pan with a knife. Serve and enjoy.

237 . Thin Mint Mini Cupcakes

Ingredients

For the Cupcakes

1/4 cup coconut flour

1/4 cup organic cocoa powder

4 large eggs (at room temperature)

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking soda

1 tsp lemon juice

Pinch of low sodium salt

1/4 tsp mint extract

6 Tbsp chopped dark chocolate or dairy free chocolate chips (for Paleo)

For the frosting:

2/3 cup powdered sweetener or coconut sugar, powdered for Paleo

2 ripe avocado

1/2 cup coconut milk

1/4 tsp mint extract

238. Peach and Almond Cake

Ingredients:

2 whole peaches

300g almond meal

6 eggs

Stevia to taste

1 tsp baking soda

Instructions:

Cover the peaches in water in a saucepan and boil for about 2 hours.

Preheat the oven to 180 degrees Celsius and line the bottom of a 24cm pan with baking paper.

Lightly beat the eggs.

Blend the eggs and peaches (quarter them first) thoroughly in a food processor.

Add the rest of the ingredients to the food processor, again blending thoroughly.

Pour mixture into the lined tin and bake for roughly an hour.

239. Scrumptious Peanut Butter Parcels

Ingredients:

½ cup sifted coconut flour

1 cup natural peanut butter

½ cup peanuts, coarsely chopped (optional)

1 tsp Stevia Drops

4 eggs

½ teaspoon vanilla

½ teaspoon low sodium salt

Directions:

1. Mix together peanut butter, sugar, eggs, vanilla and salt. Stir in peanuts and coconut flour. Batter will be runny.
2. Drop by the spoonful 2 inches apart on greased cookie sheet. Bake at 375 Degrees F for about 14 minutes.
3. Cool slightly and remove from cookie sheet.

****Makes about 3 dozen cookies.**

240. Gluten Free Tiramisu Roulade Recipe

Ingredients

8 eggs, separated
a few drops of stevia liquid to taste

2 tablespoons unsweetened cocoa powder (I like the dark kind)
1 tablespoon granulated espresso or instant coffee

For the filling:

6 tablespoons coconut cream
Grated chocolate (optional)

Directions

Preheat oven to 350 degrees. Grease a sheet pan or jelly roll pan that is something close to 15 ½" by 11 ½". Line with parchment paper and grease that too.

Beat egg whites until glossy and soft peaks form. In a separate bowl beat the egg yolks until thick and pale yellow in color. Stir in cocoa powder and granulated espresso/instant coffee. Take a big scoop of the egg whites and mix into the yolks, then fold the yolks into the egg whites. Pour into prepared pan and even out with a spatula.

Bake in pre-heated oven for 20 minutes. Remove pan from oven and let cake cool in the pan. When cool, tip the cake onto another piece of parchment paper that has been dusted with powdered sugar.

For filling, mix coconut cream until well mixed and creamy. Smooth the filling over the cooled cake.

Using the parchment paper to help you, roll the roulade up from one of the short ends. Carefully lift it and place on a serving platter. It may crack but that is fine. Dust with

additional powdered sugar and grate some chocolate on top if desired. Chill in fridge for at least half an hour but serve the same day as you make it. Slice to serve.

Servings

Makes 12 – 14 gluten free servings.

241. Delicious English Cupcakes

Ingredients

For the regular option

¼ cup almond or cashew flour

1 tablespoon coconut flour

¼ teaspoon baking soda

⅛ teaspoon low sodium salt

1 egg

½ tablespoon coconut oil

2 tablespoons water

For the cinnamon raisin option add the following to the regular option above

¼ teaspoon cinnamon

½ 5 drops stevia liquid (May need a few more – please taste test)

1½ tablespoons golden raisins

Instructions

Whisk together the dry ingredients in a small bowl.

Add the remaining wet ingredients and whisk again until fully incorporated.

Transfer the mixture into a greased microwave safe ramekin

Microwave for 2 minutes.

Remove from the ramekin, slice the muffin in half and toast for 2-3 minutes in a toaster oven.

Serve with softened butter.

242.Lovely Lemon Cupcakes with Lemon Frosting (2 Variations)(Nut-Free)

Ingredients (Lemon Caramel Frosting):

5 drops stevia liquid (May need a few more – please taste test)

2/3 cup fresh Lemon Juice

¼ tsp Baking Soda

½ room temperature coconut oil

Instructions

1. Heat stevia and lemon juice in a medium-sized saucepot over low heat. Reduce to 1 cup volume, being very careful not to let it burn (this will take 10-15 minutes).
2. Remove from heat and immediately stir in baking soda. It will froth and expand. Stir vigorously for 15-20 seconds, then pour into a bowl and let cool to room temperature.
3. Mix in coconut oil until completely combined.
4. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).

Ingredients (Lemon Coconut Butter Frosting):

½ cup Coconut Cream Concentrate (a.k.a. Coconut Butter or Creamed Coconut)

¼ cup fresh Lemon Juice

5 drops stevia liquid (May need a few more – please taste test)

1. If you are opening a new bottle or box of coconut cream concentrate and the oil has separated out, heat the jar (or remove the contents of the box to a glass jar) by placing it in a pot or bowl and surrounding with hot water. Let it sit until it's warmed enough to stir thoroughly. Let cool to room temperature.
2. Mix coconut cream concentrate, lemon juice and stevia until thoroughly combined.
3. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).

Ingredients (Lemon Cupcakes):

½ cup Coconut Flour

¼ cup Tapioca Flour

½ tsp Baking Soda

6 Eggs

5 drops stevia liquid (May need a few more – please taste test)

¼ cup fresh Lemon Juice (roughly juice of two lemons)

2 Tbsp finely grated Lemon Zest (roughly zest from two lemons)

Instructions

1. Preheat oven to 350F. Line a muffin tin with paper muffin cup liners.
2. Blend all ingredients together in a blender until a smooth batter forms. Let the batter rest for 2-3 minutes to thicken.
3. Pour batter into prepared muffin tin. Each cup should be filled approximately ¾ full (or slightly more).

4. Bake for 22-23 minutes, until starting to turn golden brown along the edges (should pass a toothpick test).
5. Carefully remove cupcakes from pan and cool on a wire rack. Let cupcakes cool completely before frosting.
6. Spread a generous amount of frosting (which ever you chose) on each cupcake. Candied lemon zest and edible flowers make great decorations for these cupcakes.
7. Enjoy!

243. Apple, almond & blackberry Bonanza

Ingredients:

Filling:

3 sweet apples

100 g blackberries, frozen are fine

3-4 drops stevia

1 knob of coconut oil

1/2 tsp cinnamon

1/4 tsp cardamom

1/8 tsp cloves/all spice

1/8 tsp ground ginger

Batter:

3/4 cup ground almonds (100 g)

2 Tbsp stevia

1/2 tsp ground vanilla

1/2 tsp baking powder

a pinch of low sodium salt

1 Tbsp melted coconut oil or butter

1 egg, whisked

Around 1/5 cup full fat coconut milk(50 ml)

Instructions:

Preheat oven to 200 °C/ 400 °F. Cut apples on bite-sized chunks. You need to use an oven proof skillet* about 20 cm i diameter. Melt coconut oil and stevia on high heat and add the apples and spices. Sauté for 5 min until the apples are caramelized and slightly tender. Meanwhile make the batter. Mix almond flour with vanilla, stevia, baking powder and low sodium salt. Stir in the egg, coconut oil and coconut milk.

Place the blackberries among the apples in the skillet. Pour the batter on top if the fruit until it covers the surface. It is okay if there is small cracks where the fruit can release some moist.

Bake in the oven for 15-20 min. depending on your oven. The cake should be golden brown on the entire surface and the batter just set.

Serve the cake while it is still a little warm with a dollop of yoghurt, whipped cream or splash of coconut milk – and maybe a few fresh black berries on top.. Enjoy.

244 . Sexy Savory Muffins

Ingredients

½ cup coconut flour

1 tsp baking soda

½-1 tsp low sodium salt

¼ cup coconut oil

½ cup + 2 tbsp coconut milk

4 pastured eggs

1 tsp apple cider vinegar

1 tsp garlic powder

½ tsp each of rosemary, thyme, sage

Instructions

1. Pre-heat the oven to 350°. Melt the coconut oil and combine with remaining muffin ingredients in a food processor or bowl, mix well.
2. Place batter in a muffin tin lined with muffin liners. The muffins will raise a small amount, so you can fill the muffin liner about ¾ full—almost to the top. Bake for about 20-30 minutes or until a toothpick inserted comes out clean and the tops are slightly browned.
3. Let it cool and slice in small squares.

245. Paleo Vanilla Cupcakes

Serves: 6 cupcakes

Ingredients

¼ cup coconut flour

⅛ teaspoon celtic sea salt

⅛ teaspoon baking soda

3 large eggs

¼ cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon vanilla extract

Instructions

In a food processor, combine coconut flour, salt and baking soda

Pulse in eggs, shortening, honey and vanilla

Line a cupcake pan with 6 paper liners and scoop ¼ cup into each

Bake at 350° for 20-24 minutes

Cool for 1 hour

Frost with Paleo Chocolate Frosting

Serve

246. Secret Brownies

Ingredients:

1 c. raw almonds

1/2 c. raw cashews

4-5 Tbs. cocoa powder

1 Tbs. cashew butter

Stevia to taste

Instructions:

Combine all ingredients in the food processor.

Whir until somewhat smooth.

Press into 8×8" glass baking dish.

247. Lemmony Lemon Delights

Ingredients:

Crust:

1 cup almond flour

1/4 cup almond butter

Stevia to taste

1 tbsp coconut butter

1 tsp vanilla

1/2 tsp baking powder

1/4 tsp low sodium salt

Filling:

3 eggs

A few drops Stevia to taste

1/4 cup lemon juice

2 1/2 tbsp coconut flour

1 tbsp lemon zest, finely grated

Pinch of low sodium salt

Instructions:

Preheat oven to 350.

Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms.

Press crust evenly into the bottom of pan.

Using a fork, prick a few holes into crust.

Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated.

When done, remove crust from oven and pour filling evenly over top.

Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

248. Bursting Banana Cupcakes (nut-free) with Whipped White Chocolate Sesame Frosting

Ingredients (frosting):

3 oz cocoa butter

1 Madagascar vanilla bean

5 drops stevia liquid (May need a few more – please taste test)

1/4 cup tahini (aka sesame seed butter)

1 tsp arrowroot powder

1/4 `room temperature coconut oil

Instructions

Melt cocoa butter (you can do this in a double boiler or in the microwave). Add stevia to melted cocoa butter and whisk until cane juice has dissolved.

Cut the vanilla bean lengthwise and scrape out the vanilla seeds with a sharp knife (save the pod for making vanilla ice cream or some other dish where you simmer the vanilla pod in coconut milk). Add to cocoa butter.

Add the remaining ingredients and whisk together until fully combined.

Allow to cool to room temperature (because of the high melting point of cocoa butter, this takes a long long time—if you want to speed it up, put it in the fridge and whisk aggressively every 5 minutes while it cools). Whisk every so often (maybe every half hour) just to make sure it doesn't separate or clump up.

Whip aggressively by hand (or you could use a hand mixer or blender) and generously frost your cupcakes!

Ingredients (cupcakes):

3 large (or 4 medium) overripe bananas

3 eggs

3 Tbsp extra virgin coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla

1/3 cup coconut flour

1/3 cup arrowroot powder

1 tsp baking soda

1/8 tsp low sodium salt

Instructions

Preheat oven to 350F.

Grease a muffin pan or put paper liners. I actually use a silicone muffin pan just because it's so easy and ends up saving me tons of time!

Combine all of the ingredients in a blender or food processor (yes, it really is that easy). Blend or process about 1-2 minutes until you have a thick and smooth batter.

Pour batter into prepared muffin pan. You can make your cupcakes a bit bigger by dividing into 10 muffin cups or a bit smaller by dividing into 12 muffin cups.

Bake for 40 minutes (45 if you only make 10). Remove from oven and let cool completely before frosting. Enjoy!

249. Delish Banana Nut Muffins

Ingredients:

4 bananas, mashed with a fork (the more ripe, the better)

4 eggs

1/2 cup almond butter

2 tbsp coconut oil, melted

1 tsp vanilla

1/2 cup coconut flour

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp baking powder

1 tsp baking soda

1/4 tsp low sodium salt

Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.

Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and low sodium salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.

Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.

250 Cheeky Coconut Chocolate Cookies

Ingredients

1/2 cup Virgin Coconut Oil, melted

1/4 tsp stevia

1/2 tablespoon vanilla extract

4 eggs

1/8 teaspoon low sodium salt

1 cup coconut flour

1/2 cup shredded coconut

3/4 cup chocolate chips

Instruction

1. Preheat oven to 375 degrees F.
2. Mix together coconut oil, sugar, vanilla, eggs, and salt together. Blend thoroughly. Add flour, coconut and chocolate chips; mix thoroughly.
3. Form into small cookies on a parchment lined pan and bake in preheated oven for about 15 minutes, or until lightly browned.

251. Gluten Free Monster Cookies

INGREDIENTS:

1 cup creamy peanut butter (I use Skippy)

1 large egg

a few drops of stevia liquid to taste

1/2 teaspoon vanilla extract

1/2 teaspoon baking soda

1 teaspoon almond milk

1/2 cup gluten-free oats (or substitute regular quick cooking oats)

DIRECTIONS:

Preheat oven to 350°F. Line a cookie sheet with a silpat baking mat or parchment paper

Stir peanut butter, egg, together until smooth. Stir in vanilla, baking soda, milk, and oats. Stir in raisins if desired

Scoop 2 tablespoon cookie dough balls onto prepared cookie sheet. Use a lightly dampened fork to flatten slightly in a criss cross pattern. (These cookies will not spread much.)

Bake for 8-11 minutes, until they no longer look glossy and are slightly browned on the bottoms. Cool before storing in an airtight container for up to 4 days. Note: these cookies are more crumbly than regular cookies, so be careful when stacking or transporting.

NOTES:

Not all gluten free oats are quick cook oats. To make them quick cook, just give them a few pulses in a food processor or blender to break them up a bit. There are two brands of GF oats that I know of, Bob's Red Mill (rolled oats) and Gluten Free Chex (quick cook).

252 Apple Cardamom Cupcakes

Ingredients

½ cup applesauce

⅓ cup honey

4 large eggs

¼ cup coconut flour

½ teaspoon baking soda

¼ teaspoon salt

1 teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon cloves

½ teaspoon cardamom

For frosting:

1 cup coconut milk

1 cup honey

pinch of salt

1 teaspoon vanilla

2 tablespoons arrowroot powder

1 tablespoon water

1 cup coconut oil, melted

Instructions

Preheat oven to 350 degrees. Prepare muffin/cupcake pan with liners.

Using an electric mixer or by hand, combine applesauce, honey, and eggs until smooth.

Sift together all dry ingredients, making sure to get out any lumps in the coconut flour.

Combine dry and wet ingredients, mixing thoroughly.

Divide batter amongst 10-12 cupcake liners, filling each one about $\frac{2}{3}$ of the way up.

Place in oven and bake for 35-45 minutes, or until top is lightly browned and toothpick comes out clean.

Meanwhile, begin making frosting. In a medium saucepan, heat coconut milk, honey, salt, and vanilla and allow to simmer for 10 minutes.

In a small bowl or ramekin, combine arrowroot powder and water to form a thick paste.

Add arrowroot mixture to pan, whisk vigorously, and bring to a boil.

Remove pan from heat and very slowly add melted coconut oil while mixing with an electric hand blender.

Allow pan to cool slightly, then place whole thing in refrigerator for at least an hour or until it is cool and has turned white.

Remove from refrigerator and use electric hand blender to whip until fluffy.

Spread a dollop on each cupcakes (this frosting is quite sweet, so you don't need a lot but let your tastes be the guide!).

Sprinkle with cinnamon for garnish.

253. Party Pink Velvet Cupcakes with Vanilla Frosting

Ingredients

Cupcakes

1/2 cup coconut oil, melted

5 drops stevia liquid (May need a few more – please taste test)

3 eggs

1 teaspoon vanilla extract

3/4 cup tapioca flour

1/2 cup coconut flour

1 teaspoon baking powder

2 tablespoons beet powder (works without it)

pinch of low sodium salt

Frosting

1/2 cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon vanilla extract

2 tablespoons tapioca flour or arrowroot powder

2 teaspoons coconut flour

1 tablespoon chilled coconut milk fat (thick stuff from top of can)

Instructions

Cupcakes

Preheat oven to 350 degrees Fahrenheit

In a stand mixer or large bowl, mix together coconut oil, stevia, eggs and vanilla extract with a mixer or whisk

In a separate bowl, whisk tapioca flour, coconut flour, baking powder, beet powder and salt together

Slowly mix the dry mixture in with the wet mixture, adding 1/4 cup at a time until well mixed

Scoop your batter into muffin liners in a muffin pan. Fill each well 2/3 of the way and you should get 10 cupcakes

Place in oven and bake for 18-20 minutes or until cooked through. Use a toothpick to poke through a muffin to make sure the toothpick comes out clean

Frosting

Combine the coconut oil shortening, stevia, vanilla, tapioca flour and coconut flour in the bowl of a stand mixer with a whisk attachment or a large mixing bowl

Using the stand mixer or a hand mixer, beat until smooth

Add your chilled coconut milk and beat until well combined. Do not over mix or your frosting might separate

Once your cupcakes are completely cool, use immediately by placing in a piping bag or ziploc bag with a corner cut off to frost your cupcakes

254. Perfect Paleo Loaf

Makes 1 traditional loaf

Ingredients:

1/2 cup + 2 tbsp coconut flour, sifted

2 tbsp finely ground golden flaxseed

1 tsp baking soda

6 eggs, separated

4 tbsp coconut oil, melted

1/2 cup coconut milk

1 tsp apple cider vinegar or lemon juice

Low sodium salt (to taste)

Instruction:

1. Preheat your oven to 375 degrees F. Line a loaf pan with a sheet of parchment paper on it, brush some butter on the remaining uncovered sides.
2. In a large mixing bowl, sift together all dry ingredients; make sure all lumps are smoothed out.
3. Separate eggs, adding the yolks to the flour mixture and set aside the whites to a medium mixing bowl.
4. Add the melted coconut oil, coconut milk, and apple cider vinegar/lemon juice to the flour, mixing thoroughly. Expect the mixture to be done and dry.
5. Whip egg whites with hand mixer until stiff peaks begin to form.
6. Fold egg whites into batter.
7. Spoon bread batter into a greased loaf pan. Smooth out the top with a spatula so that bread will bake evenly.
8. Bake for 35-40 minutes, covering bread with foil the last 5-10 minutes of baking.
9. Allow bread to cool for 5-10 minutes before transferring the bread to a cooling rack.
10. Slice and serve. Store any remaining bread in the refrigerator for up to 4 days.

Tips

It is very important to sift the coconut flour to remove any lumps, as it is a very dense flour.

Golden flaxseed as it adds a nice color to the bread making it look like a "multi-grain."

Whipping the egg whites allows the bread to be more fluffy and "slice-able."

This bread is not sweet. Many bread recipes have added honey or sweeteners, but if you want it to be a bit sweet, you can add a few drops of stevia.

255 Chocolate Olive Oil Cupcakes

Ingredients

2 tablespoons cocoa powder

2 tablespoons coconut flour

1 teaspoon baking powder

1/4 teaspoon ground cinnamon

2 eggs

3 tablespoons honey

1/2 teaspoon vanilla extract

2 tablespoons olive oil

Icing

1 tablespoon coconut oil (melted)

1 tablespoon cocoa powder

1 tablespoon honey

Instructions for Cake

Preheat oven to 160 C.

Combine the cocoa, coconut flour, baking powder and cinnamon.

Add the eggs, honey, vanilla and olive oil.

Mix until smooth and well combined.

Spoon 4 lined cup cake tins.

Bake cupcakes for about 20 – 25 minutes.

Remove from the oven and allow to cool.

Instructions for Icing

Melt the coconut oil.

Mix in the cocoa powder.

Mix in the honey until all well combined.

Allow to harden then spread over muffins.

(Note: I didn't wait long enough for the icing to harden and the cupcake drank it up but it still tasted great!)

758 Pretty Vanilla Cup Cake

Ingredients

For the cupcakes:

$\frac{3}{4}$ cup coconut flour

6 large eggs

$\frac{3}{4}$ cup raw honey

$\frac{1}{2}$ cup melted coconut oil

1 tablespoon pure vanilla extract

$\frac{3}{4}$ tsp baking powder

$\frac{1}{4}$ tsp salt

For the icing:

1 can coconut milk (full fat) refrigerated overnight, scoop out coconut cream

1 tsp pure vanilla extract

2 heaping tablespoons pure coconut palm sugar or cane sugar

Instructions

Preheat the oven to 350 degrees.

Using a muffin pan, line each cup with a cupcake liner and spray generously with olive oil cooking spray or if not using cupcake liners grease very well with melted coconut oil.

In a bowl add the dry cupcake ingredients and mix to combine. In another small bowl whisk together the wet cupcake ingredients and add to the dry. Mix until completely smooth.

Pour the batter equally among the greased cups and bake in the oven for 16-18 minutes.

Allow the cupcakes to cook completely before removing from tin or removing from liners.

While the cupcakes are baking add the coconut cream to a large bowl with the vanilla and sugar. Use an electric beater and whip until frothy. Place in the fridge to chill.

Wait until the cupcakes are completely cooled and then pipe the coconut cream on each cupcake.

Place cupcakes back in the fridge for 3-4 hours to chill and the icing will firm up.

Top each cupcake with a halved fig slice, sprinkles, or other garnish of choice.

256 Succulent Shortbread Cookies

Ingredients:

3/4 cup + 1/2 cup extra coconut flour

1/4 cup arrowroot starch

1/2 cup coconut oil or butter, melted

1/8 tsp low sodium salt

5 tablespoons milk

1 tsp stevia

1/4 cup dark chocolate chips

Instruction

1. Preheat oven to 350 degrees.
2. Combine all ingredients except chocolate and 1/2 c extra coconut flour in a mixing bowl. Mash up with a fork and add additional coconut flour until the mixture is crumbly.
3. Dust a clean, smooth surface with coconut flour. Press the crumbly mixture out with your fingers to make it smooth and somewhat flat. Dust with coconut flour.
4. Roll the dough to about 1/8-1/4 inch thickness using a rolling pin. Cut shapes out of the dough. Roll the scraps up into a ball and flatten to cut more shapes out.
5. Bake on a lightly greased cookie sheet for 15 minutes. Allow the cookies to cool.
6. Microwave the chocolate chips for 10 second intervals, stirring between intervals, until they are melted. Drizzle cookies with the chocolate. If the chocolate is not very runny, add a tiny amount of coconut oil and stir.
7. Allow the cookies to cool in the fridge or freezer for a few minutes until the chocolate is set.

257 Perfect Paleo Bananacado Fudge Cupcakes

Ingredients

- 2 1/2 c. almond butter
- 1 1/4 c. stevia (or you can lower this to 3/4 c. and add an additional banana)
- 2 lg ripe bananas
- 3 medium avocados
- 3 eggs, beaten
- 3/4 c. cocoa powder
- 1 tbsp. vanilla
- 1 tsp baking soda

2 tsp baking powder

Instructions

In a large bowl, mix the almond butter and stevia.

In a blender or mixer, beat the eggs, banana, vanilla, cocoa powder and avocado to form a mousse-like consistency.

Add baking soda and baking powder.

Fold into the almond butter to make batter.

Pour into mini-cupcake tin (use the paper, it really makes a difference)

Bake at 350 for 15-18 minutes depending on size and desired consistency.

258. Spiced Apple Bake

Ingredients:

2 apples of your choice

1/4 cup walnuts

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

Instructions:

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off of each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix spices, walnuts, and raisins in a small bowl.

Pour half of the spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavors.

259. Paleo Chocolate Cupcake with “Peanut Butter” Frosting

Ingredients

Cake Ingredients

1/4 cup coconut flour

3 large eggs

1/4 cup unsweetened cacao powder

1/3 cup raw honey

1/4 cup coconut oil

1/2 tsp baking soda

1 tsp vanilla

Pinch of salt

Frosting Ingredients

3/4 cup sunflower butter

3/4 cup Tropical Traditions Palm Shortening –or– 3/4 cup organic butter

1/3 cup raw honey

2 tsp vanilla

pinch salt

Instructions

Make your frosting first

Frosting Instructions

Using a stand mixer or hand mixer, combine sunflower butter and shortening on medium-high speed until fluffy. Takes about 3 minutes.

Add honey, vanilla and pinch of salt. Whip on high for another couple of minutes.

It should look like frosting, thick enough to spread on a cupcake.

Place in fridge while you bake your cupcakes

Cake Instructions

Combine dry ingredients together in a bowl: coconut flour, cacao powder, baking soda, salt

Whisk eggs in another small bowl and add melted coconut oil, honey and vanilla

Combine with dry ingredients and mix

Pour into muffin cups of your choice

Bake at 350° F for 15-18 min.

Makes about 6-8 cupcakes

Once cooled, frost those yummy cakes!

We sprinkled on a few mini dark chocolate chips just for fun :)

Frosting holds up well, but refrigerate if you don't eat them all right away.

260. **Fabulous Brownie Treats**

Ingredients:

1 1/2 cups walnuts

Pinch of low sodium salt

1 tsp vanilla

1/3 cup unsweetened cocoa powder

Instructions:

Add walnuts and low sodium salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the vanilla, and cocoa powder to the blender. Mix well until everything is combined.

With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm.

261. Chocolate Cupcakes with Coconut Cream Filling

Ingredients

Cupcakes

1/4 cup coconut flour

1/4 cup organic cocoa powder

4 large eggs (at room temperature)

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking soda

1 tsp lemon juice

Pinch of low sodium salt

Cream Filling (Optional)

Cream from 1 13.5 oz can of full fat coconut milk (refrigerate the can overnight and scoop out the cream that rises to the top)

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

Chocolate Frosting

3 very ripe avocados

1/2 cup organic cocoa powder

5 drops stevia liquid (May need a few more – please taste test)

2 Tbsp grass fed butter or coconut oil, melted

Instructions

Preheat oven to 350 F

Combine the coconut flour, cocoa powder, sweetener, baking soda, and low sodium salt.

In a separate bowl, combine the eggs, coconut oil, and lemon juice.

Add the dry ingredients to the wet and mix to combine.

Line a muffin tin with 7 cupcake liners.

Fill cupcake liners evenly with the batter and bake for 18 - 20 minutes or until cooked through.

Allow to cool before filling with cream and topping with the icing.

Once cool, cut a small whole in the middle of each cupcake, reserving the lid/top of the hole that was cut out.

Fill with cream (directions below) and place the lid/top back on the cupcake to cover the hole.

Pipe chocolate frosting (directions below) onto each cupcake and serve.

For the cream filling

Combine the coconut cream, sweetener, and vanilla and mix until smooth. Pipe the cream into the hole cut out of the cupcake.

For the chocolate frosting

Place the meat of the avocados in a mixer and mix until completely smooth.

Add the cocoa powder and sweetener and mix until thoroughly incorporated.

Add the butter and mix to combine.

262. Honey Cream Hottie

Ingredients:

Stevia to taste, plus more for topping

Steamed almond milk (or any milk you love) and foam

2 shots (or more) of espresso

Instructions:

At the bottom of a mug, add honey.

Pour a little steamed/warm milk into the mug and stir to mix in honey.

Add the shots of espresso then pour the rest of the steamed milk in along with the foam.

Drizzle honey over the top.

Beverages

263. Beautiful Broccoli

Ingredients

1 head of broccoli

2 carrots

2 handfuls of spinach

1 red apple

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

This juice tasted sweet and with all the greens it had the benefits our bodies need.

264. Sexy SPRING DETOX

Ingredients

1 cup green tea, chilled

1 cup loosely packed cilantro

1 cup loosely packed organic baby kale (or another baby green)

1 cup cucumber

1 cup pineapple

juice of 1 lemon

1 tablespoon fresh ginger, grated

½ avocado

Directions

Place ingredients into a blender and puree until smooth.

265. Tempting Coconut Berry Smoothie

Ingredients:

½ Cup Frozen Blackberries

½ Frozen Banana

1 Teaspoon Chia Seeds

¼ Inch Piece Of Fresh Ginger

½ Cup Almond

Coconut Milk

1 scoop of HEMP protein

2 Tablespoons Toasted Coconut

Instructions:

Combine all the ingredients in a blender and process until smooth.

266. Cool Cucumber Kiwi

Ingredients

2 Kiwis

1/2 Cucumber

5 Strawberries

1 Celery Rib

2-3 Kale Leaves

Handful of Dandelion greens or Spinach

1 Apple

1 Carrot

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

267. Raspberry Coconut Smoothie

Ingredients:

½ - 1 cup coconut milk (depending on how thick you like it)

1 medium banana, peeled sliced and frozen

2 teaspoons coconut extract (optional)

1 cup frozen raspberries

1 tablespoon hemp protein powder

optional: shredded coconut flakes, and stevia to taste

Instructions:

Add coconut milk, frozen banana slices and coconut extract to your blender.

Pulse 1-2 minutes until smooth.

Add frozen raspberries and continue to pulse until smooth.

Pour into your serving glass, top with a couple of raspberries and a little shredded coconut, and enjoy!

268. Sweet Melon

Ingredients

1/2 honeydew melon, cut into chunks (about 4 cups, or 1 1/2 lbs)

1/2 cup light coconut milk

1-2 leaves fresh mint (plus more for garnish)

1/2-1 tsp. fresh lime juice (or to taste)

1 cup ice

Drizzle of honey or coconut nectar, to taste (optional, depending on how sweet your melon is)

Directions

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.

269. Peach Smoothie

Ingredients:

1 cup hemp milk

1 c frozen unsweetened peaches

2 tsp cold-pressed organic flaxseed oil (MUFA)

2 tsp hemp protein powder

Instructions:

PLACE milk and frozen, unsweetened peaches in blender and blend for 1 minute.

Transfer to glass, and stir in flaxseed oil.

270. Fruity Fast

Ingredients

Juice together:

1 Red Apple

1 Bosc Pear

1 C Carrots

1/2 Papaya

1 Bunch Spinach

1 Blood Orange

Transfer to blender add 1/2 bunch Wheatgrass

Makes two (2) 5oz glasses for my husband and I.

271. Tantalizing Key Lime Pie Smoothie

Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to Vitamix or blender and blend until smooth.

272. The Detox Delight

Ingredients

¾ cup (180 mL) filtered water

2 big red apples, diced

1 cup (30g) baby spinach

1" (2.5 cm) piece of fresh ginger, peeled and diced

1 teaspoon flax oil (optional)

1/2 teaspoon wheatgrass powder (optional)

tiny pinch cayenne pepper (optional)

1 cup ice cubes

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

273. Cute Celery

Ingredients:

1/2 cucumber

2 sticks of celery

1 orange

1 handful of baby spinach

1/2 green bell pepper

3 leaves of kail

1 tomato

2 carrots

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

274. Blood Orange Smoothie

INGREDIENTS

1 banana, sliced and frozen

½ cup ice cubes

1 medium beet (about ½ cup)

1 cup frozen mixed berries

¼ cup spinach

½ cup blood oranges (about 4 - 5 blood oranges)

1 ⅔ cups Almond Breeze almond milk, or more to reach your desired consistency

INSTRUCTIONS

Mix all the ingredients into the blender in the order listed,

Blend on low until the bananas begin to break up. Slowly bring the speed up to medium and blend for about a minute.

Slowly bring the speed up to high, or until you see a vortex in the middle of the blender. Blend for about 1 - 2 minutes, or until smooth.

275. Hot and Spicy

Ingredients

Large bunch Kale (10-12 leaves)

1 Small Beet plus greens

1 Medium Watermelon Radish

2 hot peppers (or to taste)

3 large cucumbers

head of celery (5-6 stalks)

2 apples

clove garlic

1 shallot or 2 scallions

1/2 cup cilantro

whole lemon

whole lime

5-8 ripe tomatoes (if your juicer will take them, use early girl or similar, otherwise, use plum tomatoes)

1 inch of ginger (optional, I put it in all my juices)

Makes a 2 quart pitcher full, I like to put some black pepper on top as well.

Flavors reminiscent of tacos or empanadas

276. Tempting Coconut Berry Smoothie

Ingredients:

½ Cup Frozen Blackberries

½ Frozen Banana

1 Teaspoon Chia Seeds

¼ Inch Piece of Fresh Ginger

½ Cup Almond

Coconut Milk

1 scoop of HEMP protein

2 Tablespoons Toasted Coconut

Instructions:

Combine all the ingredients in a blender and process until smooth.

277. Pineapple Protein Smoothie

Ingredients:

1 cup (135g) pineapple chunks

1 cup (200g) coconut milk (fresh or tinned)

½ med (65g) banana

¼ cup (65g) ice cubes

¼ tsp vanilla bean powder

pinch low sodium salt

1 tablespoon hemp protein powder

Instructions:

Peel pineapple and chop into small chunks.

Put everything into a high speed blender and blend until smooth.

278. Blushing BLUE

Ingredients

½ Cup Water

3 TBSP Avocado

1 Cup Blueberries, Frozen

2 Cups Spinach

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

279. Blueberry Lemonade

INGREDIENTS

8 cups cold water

1 cup fresh lemon juice

2 1/2 tablespoons chopped mint

1 cup fresh or frozen blueberry

INSTRUCTIONS

Combine all ingredients in a pitcher and chill in the fridge overnight.

Serve over ice, garnished with lemon slices or extra mint leaves.

280. Winter Wonderland

Ingredients

1/2 cup frozen blueberries

1/2 avocado

1/2 small frozen banana

1 handful baby spinach (or kale)

2 cups water

1 tbsp cocoa powder

1 tbsp raw honey

Pinch of cayenne

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

281. CINNAMON Coconut Surprise

Ingredients

1/2 Cup Coconut Milk

4 Large Egg Yolks

1 Medium Banana

1/4 Cup Ice

1/2 tsp Cinnamon

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

282. Green Smoothie

1 – I start with 3/4 to 1 cup of water.

2 – Then I choose three vegetables. Typically, I use about 3 cups or large handfuls of spinach, one whole carrot and one or two small vine tomatoes.

3 – Next, I choose three fruits. I start with either mango, pear or apple for the base, then I add one whole orange and either 1 cup blueberries, strawberries or pineapple to flavor.

4 – Sometimes, I will add about 1/4-1/3 avocado which helps give the smoothie a nice creamy texture while boosting the calories and healthy fat content to make the smoothie more satisfying.

5 – Start by adding the liquid to your blender (see my blender recommendations), followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

283. Sumptuous Strawberry Coconut Smoothie

Ingredients:

1 cup coconut milk

1 frozen banana, sliced

2 cups frozen strawberries

1 teaspoon vanilla extract

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to blender and blend until smooth.

284 Carrot Pecan

Ingredients

3 cups filtered water

4 tablespoons sprouted or raw pecan butter or 1 1/4 cups soaked raw pecans

2 medium organic carrots - tops removed, peeled, and chopped

1 1/2 teaspoons ground cinnamon

1 crushed cardamom pod or 1/4 teaspoon cardamom powder

2 teaspoons natural vanilla extract

2 tablespoons maple syrup or 2 soft pitted dates, or stevia to taste

Directions

Throw all of the ingredients into your Vitamix and blast on high for about 1 minute until smooth and creamy. Taste and tweak sweetener to your preference.

Strain with a nut milk bag or fine mesh sieve to remove the pulp.

Enjoy this as a drink or use as a base in smoothies.

This will keep chilled in the fridge for 2 to 3 days covered.

285. Almond Butter Smoothies

Ingredients:

1 scoop of hemp protein

1 Tablespoon natural almond butter

1 cup of hemp milk

1 banana, preferably frozen for a creamier shake

few ice cubes

Instructions:

Blend all ingredients together and enjoy!

286. Choco Walnut Delight

Ingredients:

1 scoop Hemp Protein

30g dark sugar free chocolate broken up.

50g walnuts chopped/crushed (depending on desired texture)

250ml hemp milk or nut milk alternative

Handfull of ice cubes, the more you use the thicker it will be.

Instructions:

Blend everything together in a strong blender until thoroughly processed, and enjoy!

Makes 2, and can be stored in the fridge overnight.

287. Greens Smoothie With Mango and Lime

Ingredients

2 tablespoons fresh lime juice

2 cups stemmed and chopped collard greens or spinach

1 1/2 cups frozen mango

1 cup green grapes

Directions

Combine the lime juice, ½ cup water, the collard greens, mango, and grapes in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency.

288. Raspberry Hemp Smoothie

Ingredients:

1 cup hemp milk or milk alternative
1/2 cup raspberries (fresh or frozen)
2 tablespoons hemp protein powder
Stevia to taste
3 to 4 ice cubes

Instructions:

Add ingredients to a blender and blend until smooth.

289. Vanilla Blueberry Smoothie

Ingredients:

2 cups hemp milk
1 c fresh blueberries
Handful of ice OR 1 cup frozen blueberries
1 Tbsp flaxseed oil
2 tblsp hemp protein powder

Instructions:

Combine milk, and fresh blueberries plus ice (or frozen blueberries) in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

290. Lavender Lemonade

Ingredients

5 cups pure water

1 Tbsp. dried, organic culinary lavender (or 1/4 cup fresh lavender blossoms, crushed)
(where to find online)

1 cup fresh-squeezed, organic lemon juice, strained

Ice cubes

Lavender sprigs for garnish

Instructions

Bring 2 1/2 cups water to boil in a medium pan

Remove from heat and add honey, stirring to dissolve.

Add the lavender to the honey water, cover, and let steep at least 20 minutes or up to several hours, to taste

Strain mixture and discard lavender

Pour infusion into a glass pitcher

Add lemon juice and another 2 1/2 cups of cold water. Stir well.

Refrigerate until ready to use, or pour into tall glasses half-filled with ice, then garnish with lavender sprigs.

Sit on the porch a spell and enjoy!

291 Pineapple Coconut Deluxe Smoothie

Ingredients:

1 C pineapple chunks

1 C coconut milk

1/2 C pineapple juice

1 ripe banana

1/2 – 3/4 C ice cubes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

In a blender, combine the pineapple chunks, coconut milk, banana, ice and pure liquid stevia.

Puree until smooth.

Pour into 2 large glasses.

Garnish with a pineapple wedge if desired.

292. Liver Detox

Ingredients

Pour some Aloe Vera Juice in the jar then add the juice of:

1 stalk Celery

1 carrot

1 apple

handful dandelion

handful parsley

¼ red cabbage

and fresh ginger root

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Drink up and cleanse your liver.

***note** Fresh gel from the aloe leaf is best for this drink.

293. Kinky Kale-Apple Smoothie

Ingredients

¾ cup chopped kale, ribs and thick stems removed

1 small stalk celery, chopped

½ banana

½ cup apple juice

½ cup ice

1 tablespoon fresh lemon juice

Directions

Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender.

Blend until smooth and frothy.

294. Tantalizing Key Lime Pie Smoothie

Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to Vitamix or blender and blend until smooth.

295. Pineapple Smoothie

Ingredients:

1 cup almond milk

4 oz fresh pineapple

Handful of ice

2 tbsps hemp protein powder

1 tbsp cold-pressed organic flaxseed oil

Instructions:

PLACE milk, canned pineapple in blender, add of ice, and whip for 1 minute.

Transfer to glass and stir in flaxseed oil.

296. Raspberry Hemp Smoothie

Ingredients:

1 cup hemp milk or milk alternative

1/2 cup raspberries (fresh or frozen)

2 tablespoons hemp protein powder

Stevia to taste

3 to 4 ice cubes

Instructions:

Add ingredients to a blender and blend until smooth.

297. High Protein and Nutritional Delish Smoothie

Ingredients:

1 cup almond milk

1/2 Avocado

4 Strawberries

1/2 Bananas (Very ripe)

1/2 cup Raw Kale or spinach

1/4 cup Carrot or 100 % Orange Juice (legal) (water can be subbed)

1 cup Coconut Yogurt..or almond milk)

1 tablespoon hemp protein powder

Instructions:

Add everything to your blender, More water or ice can be added to help with your preferred texture/thickness.

298. Hazelnut Hottie

INGREDIENTS

1 Tbsp. hazelnut butter

Starbucks Classic Hot Cocoa K-Cup

INSTRUCTIONS

Place 1 Tablespoon of hazelnut butter in your favorite mug.

Brew one Starbucks Classic Hot Cocoa K-Cup pod directly over the hazelnut butter.

Stir until the butter is dissolved.

Top with a dollop of whipped cream.

299. Red Starter

Ingredients

1 beet

1 cup red cabbage

2 carrots

1/2 sweet red pepper

1 orange peeled

1 apple

1 inch ginger

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

300. Ginger Carrot Protein Smoothie

Ingredients:

3/4 cup carrot juice

1 tablespoon hemp protein powder

1 tablespoon hulled hemp seeds

1/2 apple

3 to 4 ice cubes

1/2 inch piece fresh ginger

Instructions:

Add to a blender and blend until smooth.

301. Divine Vanilla Smoothie

Ingredients:

1 cup coconut or almond milk

¼ cup almond butter

1 tsp vanilla paste, (or vanilla extract)

2 cups ice

Sweet Leaf Stevia Vanilla Creme, to taste

Vanilla hemp Protein Powder – 1 tablespoon

Instructions:

Add all ingredients except ice to blender. Puree well.

Add ice and blend until ice is all crushed and smoothie is well blended and smooth.

Pour into two glasses and serve immediately.

NOTES

Add more or less ice to make the smoothie thinner or thicker consistency.

Vanilla hemp protein powder would be great to add for a post workout smoothie!

302. Daily Detox Delight

Ingredients

1 cup greens (kale, chard, spinach, romaine, beet greens, or a combination)

1 cup green or red cabbage

1 cup napa cabbage

1 Granny Smith apple

4 stalks celery

4 carrots

3 red or golden beets (or a combination)

1 large cucumber

1 lemon

1 lime

2 bell peppers (any color)

1-2 inch piece of ginger root

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Make sure all the veggies are washed and scrubbed, don't bother peeling anything, cut the apple down to the size your juicer will tolerate, juice lemon and lime WITH PEEL

303. Tropical Green Smoothie

Ingredients

1 C raw kale, washed and chopped

1 banana, frozen

½ C mango chunks, frozen

½ C pineapple chunks, frozen

1 C coconut water

Instructions

Add all ingredients to blender and blend on high speed until smooth (takes about 30 seconds.)

304. Perfect Pear Green Protein

Ingredients

1 packet (2 scoops) DailyBurn Fuel-6 Protein in vanilla

1 cup unsweetened almond milk

1 cup spinach

1 pear, cored

1/2 teaspoon of matcha tea powder

Directions

Combine all ingredients in a blender and mix until smooth.

305. Berry Spinach Smoothie

Ingredients

1 C fresh spinach, washed

1 C frozen mixed berries

1 C vanilla Greek yogurt

½ C crushed ice

1 C water

Instructions

Add all ingredients to blender and blend on high speed until smooth (about 30 seconds).

Enjoy!

306. Delish Cream Latte

Ingredients:

Stevia up taste

Steamed almond milk (or any milk you love) and foam

2 shots (or more) of espresso

Instructions:

At the bottom of a mug, add honey.

Pour a little steamed/warm milk into the mug and stir to mix in honey.

Add the shots of espresso then pour the rest of the steamed milk in along with the foam.

Drizzle honey over the top.

Enjoy!

307. Blueberry Bonanza Smoothies

Ingredients:

1/4 cup canned coconut or almond milk

1/2 cup water

1 medium banana, sliced

1 cup frozen blueberries

1 tablespoon raw almonds

Instructions:

Add coconut milk, water, banana, blueberries and almonds to blender container.

Cover and blend until smooth. Pour into 2 glasses.

308. Hazelnut Butter and Banana Smoothie

Ingredients:

½ c nut milk

½ c hemp milk

2 Tbsp creamy natural unsalted hazelnut butter

¼ very ripe banana

stevia drops to taste

4 ice cubes

2 tbsp hemp protein powder

Instructions:

Combine ingredients in a blender. Process until smooth.

Pour into a tall glass and serve.

309. Fast and Furious

Ingredients

3 Whole bunches of Kale

20 Stalks of celery

2 Inch of ginger

5 lb bag of gala apple/Fuji (skin on, no seeds/stem)

1 Carton of Strawberries

1 lb Carrots

4 Bunches baby spinach

2 English cucumbers

1 lemon

1 pineapple (Rind Removed)

5 pears

1/2 cabbage

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

310. Blueberry Mint Mouthful

2 cups spinach (These will blend better if you freeze them beforehand)

2 cups blueberry (I used 1 c. fresh and 1 c. frozen)

1 kiwi

3-4 large mint leaves

1 cup coconut water

1 cup ice

Put all ingredients in a blender and mix it up!

311. Peachy Green

Ingredients

1 head iceberg lettuce (you could use any variety of lettuce, but iceberg works well)

1/2 head green cabbage

1 inch square of fennel bulb (be generous)

2 inches ginger root (again, be generous)

4 peaches (remove the pit!)

10 grapes-green if you can, but any will do

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

312. Sumptuous Strawberry Coconut Smoothie

Ingredients:

1 cup coconut milk

1 frozen banana, sliced

2 cups frozen strawberries

1 teaspoon vanilla extract

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to blender and blend until smooth.

Snacks

313. Perfect Paleo Bananacado Fudge Cupcakes

Ingredients

2 1/2 c. almond butter

1 1/4 c. stevia (or you can lower this to 3/4 c. and add an additional banana)

2 lg ripe bananas

3 medium avocados

3 eggs, beaten

3/4 c. cocoa powder

1 tbsp. vanilla

1 tsp baking soda

2 tsp baking powder

Instructions

In a large bowl, mix the almond butter and stevia.

In a blender or mixer, beat the eggs, banana, vanilla, cocoa powder and avocado to form a mousse-like consistency.

Add baking soda and baking powder.

Fold into the almond butter to make batter.

Pour into mini-cupcake tin (use the paper, it really makes a difference)

Bake at 350 for 15-18 minutes depending on size and desired consistency.

314. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING

Ingredients:

WET INGREDIENTS

5 Eggs, room temperature

1/2 cup applesauce (you can make your own or use a sugar-free pre-made brand)

5 drops stevia liquid (May need a few more – please taste test)

1/3 cup coconut oil, melted

DRY INGREDIENTS

1/4 cup finely ground blanched almond flour

1/2 cup coconut flour

1/2 tsp. low sodium salt

1/2 tsp. baking powder

FROSTING INGREDIENTS:

1 cup coconut oil

3 drops stevia liquid

2 tsp. cinnamon

Dash low sodium salt

Instructions

1. Preheat oven to 350F. Line muffin pan with baking cups.
2. Combine all wet ingredients in a medium sized mixing bowl. Beat on medium with a hand mixer for about 30 seconds.
3. Combine all dry ingredients in another medium sized bowl. Mix together with a fork to break apart any clumps.
4. Add the dry ingredients to the wet ingredients and beat for about 20 seconds. Make sure all ingredients are combined.
5. Fill each lined muffin tin about 3/4 of the way full. Bake for 25-30 minutes or until a toothpick comes out clean in the center.

6. Take the cupcakes out of the oven and set aside to cool completely. All the way cooled! But feel free to sneak one to nibble on while the rest cool off.

7. Once the cupcakes have cooled, make the frosting! Combine all of the ingredients into a medium mixing bowl and beat on medium speed for about 30 seconds until well combines. Ice those cupcakes and get to eating!

315 Yummy Pumpkin Bars

Ingredients

1/2 cup coconut manna

1/2 cup coconut oil

1/4 heaping cup coconut flour

1 1/2 cup cooked winter squash (butternut or pumpkin)

A pinch of low sodium salt

2 tsp. cinnamon

1 tsp. ginger

1/4 cup almond milk

1 tsp stevia

Instructions

1. On the stove, gently melt coconut oil and manna until melted.

2. In food processor, add squash, spices, coconut flour, salt, milk and stevia. Pour melted coconut oil and manna on top and blend for 30 seconds being sure all the big pieces of squash are blended.

3. Line a square 8x8 brownie pan with parchment paper. Scoop the bar filling into the pan and use a spatula to smooth it out. Bake for 25 min at 350 degrees. Remove from oven, let cool, cover and put in fridge until completely chilled; about 3 hours.

316. Pumpkin Coco Cupcakes with creamy cinnamon filling

Makes 12 cupcakes

Cupcake:

1 cup pumpkin puree

3 eggs

5 drops stevia liquid (May need a few more – please taste test)

1 Tbs raw apple cider vinegar

2 Tbs melted butter or coconut oil

1 tsp vanilla extract

1 ½ cups almond flour

2 Tbs coconut flour

2 tsp cinnamon

½ tsp cardamom powder

1/2 tsp ginger powder

¼ tsp each nutmeg, allspice and cloves

¾ tsp sea low sodium salt

¾ tsp baking soda

2 oz unsweetened baking chocolate (can also use chocolate chips)

Instructions

Preheat oven to 350 F. Line a cupcake pan with liners.

In a medium bowl, whisk together the pumpkin puree, eggs, stevia, butter and vanilla extract. Mix until smooth. Add in the flours, spices, low sodium salt and baking soda and stir until well combined. Add the vinegar.

Using a sharp knife, cut the baking chocolate into small chunks. Fold into the cupcake batter to evenly distribute.

Portion out into lined cupcake tins, until they are almost completely full of batter; these will not rise very much, so no need to worry too much about them getting too big.

Bake for 25 minutes. Check with a toothpick to make sure they are done; if the toothpick comes out clean, they are ready. If not, add 5 more minutes to the baking time.

Let cool completely before frosting.

Frosting:

8 oz. Full fat organic creamed coconut

¼ cup coconut butter, softened

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

1 ½ Tbs cinnamon

Using a strong fork, cream together the cream and butter until smooth. Stir in the stevia, vanilla and cinnamon, and stir well until creamy and well combined.

Use a piping bag or simply a knife to top the cooled cupcakes with the buttercream frosting.

317. Titillating Berry Trifle

Ingredients:

1/2 cup plus 2 tsp coconut flour, sifted

1/4 tsp low sodium salt

1/4 tsp baking soda

5 whole eggs (2 of them separated)

1/2 cup coconut oil, softened

1/2 cup almond milk

2 tsp stevia

1 tablespoon vanilla extract

2 teaspoons lemon juice

1 1/2-2 cups washed & diced strawberries (cut large if using a traditional Trifle bowl)

1 1/2-2 cups washed blueberries

1 1/2-2 cups washed raspberries

3-4 cans full-fat coconut milk, cream only

Instruction:

1. Preheat oven to 350 degrees.
2. Sift the dry ingredients together and set aside.
3. Separate 2 of the eggs, setting the whites aside and putting the 2 yolks in a medium sized bowl. Crack open the rest of the eggs, adding them to the bowl with egg yolks.
4. Using a mixer or hand whisk, beat the coconut oil (liquid or solid, doesn't matter), milk, vanilla and lemon juice until they are well combined.
5. On low/medium-speed, mix the dry ingredients into the wet ingredients. Continue to mix till the batter is smooth and has no lumps.

6. Add the eggs (not including the 2 egg whites) in three phases to the batter. Allow each addition to be incorporated completely before adding the next.
7. In a small bowl, beat the egg whites till thick soft peaks form. Fold into the batter.
8. Pour the batter into a greased 8 inch square brownie pan or 7X10 small casserole dish lined with parchment paper, allow a few inches of flaps to hang over the two long sides of the pan. This will help later with removing the cake ensure that the sides of the cake won't stick to the pan. Alternatively, you could make cup cakes with the batter and cube those up for the trifle. Baking times will vary depending on the depth of the cake pan. I find that a 1 or 2 inch high cake produces the best texture instead of a thicker cake. However, I have made this in a standard size bread pan as well, and it turns out very nice.
9. Bake for 30-45 min. or until a toothpick in the center comes out clean.
10. Allow the cake to cool for 5-10 minutes, run a sharp knife along the edges and carefully remove from the pan. Cool completely.

For the coconut whipped cream:

1. Chill 2-3 three cans of full-fat coconut milk (a few hours or overnight).
2. Open the cans and scoop the thick cream in to a medium bowl. Try to keep as much coconut liquid out of the cream as possible. Discard the liquid or freeze it into ice cube trays to use in smoothies.
3. With a hand/stand mixer, beat the cream on high for a minute or so. Add ½ tsp. stevia as sweetener if desired. Continue beating until well combined.

Assembling the Trifle:

Assembly is super easy. Just add some cake to the bottom of your dish, then whipped cream, strawberries/raspberries, whipped cream, more cake, blueberries, more whipped cream, then more fruit if desired or cake crumbles. Really just layer it however you like!

This recipe should make enough for 4 individual 12 oz trifles or you can make two cakes, add extra fruit and more coconut cream (2-3 more cans) for one, 2-quart trifle or glass bowl.

318. Crispy Fried Bocconcini w/ Smoky Tomato Sauce

Ingredients

20 cherry bocconcini (from a 220g tub)

1 ½ tbsp (30ml) coconut flour

2 large eggs

1 tbsp (20ml) thickened cream

¾ cup (180ml) powdered parmesan – yes, the processed stuff from a jar

½ cup (120ml) finely crushed pork rinds

1 tsp dried basil

Peanut oil, for deep-frying

Sea salt, to taste

Smoky Tomato Sauce

1 tbsp (20ml) olive oil

3 cloves garlic, crushed

1 x 400g tin crushed tomatoes

1 tsp smoked paprika

1 tsp dried basil

½ tsp dried chilli flakes, or to taste

½ tsp granulated sugar substitute

Sea salt & freshly cracked black pepper, to taste

Method

To make the Smoky Tomato Sauce: Heat olive oil in a medium saucepan over medium heat and fry garlic, stirring for 1 minute, or until fragrant. Add crushed tomatoes (juices and all), smoked paprika, dried basil, chilli flakes & granulated sweetener and reduce the temperature to medium-low. Simmer, stirring occasionally, for 15 minutes to reduce and thicken slightly. Season with sea salt & freshly cracked black pepper. Remove and blitz with a stick mixer until smooth. Serve warm, at room temperature or chilled. Keep leftover sauce refrigerated in an airtight container (makes: approx. 1 ¼ cups).

To make the Crispy Fried Bocconcini: Drain bocconcini and pat dry with paper towels. Place bocconcini on a paper towel lined plate and chill in the fridge to dry out for 1 hour (or several hours if you want to do this step in advance).

Place coconut flour in a small bowl. Place eggs and cream into another small bowl and whisk with a fork to combine. Place parmesan, finely crushed pork rinds & dried basil in a medium shallow bowl and whisk together to combine.

Roll bocconcini first in the coconut flour, then dip into the egg wash, then dredge in the parmesan mixture, shaking off excess after each step. Dip the bocconcini back into the egg wash, and roll again in the parmesan mixture for a double coating – (use one hand for rolling the bocconcini in the dry ingredients, and the other hand for dipping into the egg wash to avoid messy hands). Chill in the fridge for 30 minutes.

Pour peanut oil into a large heavy bottomed saucepan so that it comes 1/3 of the way up the sides (or use a deep fryer). Using a thermometer, heat oil to 190°C/375°F (or see my tips below for deep frying without a thermometer). Fry bocconcini in small batches for 20 seconds, or until crisp & golden brown. Remove with a slotted spoon and drain on a paper towel lined plate, then sprinkle hot bocconcini with sea salt. Keep cooked bocconcini warm in the oven while you fry up the rest.

Serve bocconcini hot so that it's crisp on the outside, and oozy in the centre. Serve with a side of smoky tomato sauce, or with any dipping sauce you fancy. (I also like scoffing these with just a squeeze of fresh lemon juice)

319. Bursting Banana Choco Cupcakes

Ingredients:

2 cups almond meal

1/2 cup almond butter

2 ripe bananas

1/4 cup cocoa powder, unsweetened of course

1/2 cup coconut palm sugar

1/2 cup chocolate chips (I like Enjoy Life brand)

2 eggs

1 tsp pure organic vanilla extract

1 tsp low sodium salt

1/2 tsp baking soda

1 tsp apple cider vinegar

paper muffin liners

Instructions

1. Instead of mixing wet and dry ingredients separate from each other, I just built it all in one bowl. Any opportunity I get to save myself from having more dishes to do, you bet I will take!
2. Preheat the oven to 350 degrees. Mash the bananas, mix in the almond butter and coconut palm sugar, add the vanilla extract, salt, eggs, baking soda and vinegar. Make it chocolaty and dump in the cocoa powder. Mix that in good and start adding the almond meal a cup at a time to make sure it all incorporates well. When a nice batter forms, make it even chocolatier and dump in the half cup of chocolate chips.
3. Line a muffin pan with the paper liners, fill each cup with batter. You'll get a dozen.
4. Bake for 20 minutes and let cool before eating. The tops get a brownie-like crust, the cake is moist and light.

320. Crisp Coconut Flour Tortillas

Ingredients

1/2 cup coconut flour

1/2 teaspoon grain free baking powder

1/4 teaspoon low sodium salt

1 1/2 cup egg whites (or 16 egg whites)*

3/4 cup almond milk

Instruction

1. Mix all of the ingredients in a non-reactive bowl.
2. Let it sit for 10 minutes so the coconut flour can soak up some of the moisture, and then whisk again. The batter should be runnier than that of pancakes, about the same as a crepe batter.
3. Heat a non-stick skillet over medium high heat and spray with oil or melt enough butter to coat the bottom and sides of pan.
4. Pour 1/4 cup of the batter into the pan, swirling the pan while you pour to ensure the bottom is coated and the tortilla is thin.
5. Once the bottom looks set (about 1 minute), carefully release the sides of the tortilla with a rubber spatula and turn over. Alternatively, you could use a frittata pan, or turn the tortilla into another hot and greased pan or greased griddle. This may help the tortilla to stay in one piece. If your first couple breaks, don't fret and don't throw them away. Add a little more coconut flour and try again, but keep the broken ones to use as filling if you're making enchiladas.
6. Spray the pan again, and repeat above steps until all the batter is used. Layer the tortillas on a plate and set aside until you're ready to fill them and bake.

321. The Best Paleo Brownies (Chocolaty Goodness)

Ingredients

1 cup paleo-friendly almond butter

1/3 cup maple syrup

1 egg

2 tbsp ghee

1 tsp vanilla

1/3 cup cocoa powder

1/2 tsp baking soda

Instructions

Preheat the oven to 325 degrees F. In a large bowl, whisk together the almond butter, syrup, egg, ghee, and vanilla. Stir in the cocoa powder and baking soda.

Pour the batter into a 9-inch baking pan. Bake for 20-23 minutes, until the brownie is done, but still soft in the middle.

Notes

Servings: 6

Difficulty: Easy

322. Luscious Lemon Delight

Ingredients:

6 eggs

1/4 cup coconut oil, melted

zest from 2 lemons

1/3 cup lemon juice

1 cup milk (almond or coconut)

2/3 cup coconut flour (do not substitute another flour)

1 heaping teaspoon baking soda

Pinch of low sodium salt (to taste)

Lemon Glaze:

2 Tbsp coconut oil

1tbsp water

1 tsp stevia

2 Tbsp almond milk

zest and juice from 1 lemon

1/2 tsp pure vanilla extract

Directions:

1. Preheat oven to 350 F.
2. Combine all bread ingredients in a mixing bowl and mix well. Pour into a greased pan and bake for 32-45 minutes or until golden on top and the middle is cooked through. Remove from oven and let cool.
3. While the lemon loaf is baking, mix all glaze ingredients together in a small pot over low heat until it starts to simmer. Remove from heat and let sit to cool until the lemon loaf is finished cooking and cooling. Pour the glaze all over the top of the loaf. Refrigerate the loaf at least 30 minutes – 1 hour until both the glaze and the loaf firms up a bit.
4. Enjoy! You can store leftovers in the refrigerator for up to 3 days.

333. Jam and 'Cream' Cupcakes

cupcakes

1/2 cup coconut flour, sifted

1/4 cup arrowroot (tapioca flour), sifted

4 eggs

5 drops stevia liquid (May need a few more – please taste test)

3 tablespoons coconut oil

1 cup full fat coconut cream

1/2 teaspoon concentrated natural vanilla extract

pinch of low sodium salt

1 teaspoon baking powder

sugar free strawberry jam*

1 punnet of strawberries (250 grams or approximately 1 heaped cup of chopped strawberries)

2 tablespoons chia seeds

2 drops stevia

Place the ingredients into blender or food processor and blend until smooth and well combined. Pour / spoon the mixture into a container and place in the fridge to thicken.

'cream'*

1 cup raw macadamias

1/2 teaspoon concentrated natural vanilla extract

pinch of low sodium salt

Instructions

1. Place the ingredients into your blender or food processor and blend at high speed until you have a lovely, smooth macadamia butter. I leave this at room temperature as I find it easier to work with when assembling the cupcakes. After that I store the remaining butter in the fridge.
2. Preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit.
3. Line nine holes of a standard muffin tray with cupcake cases.
4. In a medium sized bowl beat together your stevia and coconut oil. Add in the eggs, coconut cream and vanilla. 5. Add the flours and when smooth and well combined gently add the salt and baking powder.
6. Spoon the mixture evenly into your nine cases.
7. Bake for 25 minutes.
8. Allow to cool slightly before moving from the tray to a cooling rack.
9. Leave the cakes to cool completely before using a small, sharp knife to remove the tops of the cupcakes and create a small indent in the cake. Fill the cake with a teaspoon of jam and a teaspoon of 'cream' (macadamia butter).
10. Gently place the cupcake 'lid' back on top.
11. Eat and enjoy!!!

334. Pumpkin Cream Cookies

Ingredients

For the donuts

- 6 dried medjool dates, pitted
- ½ cup pumpkin puree
- ¼ cup coconut oil, melted
- 4 eggs

3 tablespoons coconut flour

½ tablespoon cinnamon

¼ teaspoon nutmeg

⅛ teaspoon ground cloves

⅛ teaspoon ground ginger

½ teaspoon baking powder

A pinch of low sodium salt

For the cream

1 (14 ounce) can of coconut cream OR coconut milk refrigerated overnight*

1 tablespoon stevia

¼ teaspoon cinnamon

For the chocolate

1 cup Enjoy Life Chocolate Chips, melted

3 tablespoons coconut milk

Instructions

1. Place dried dates in a food processor and pulse to break down.
2. Add pumpkin puree, melted coconut oil, and eggs to the food processor and puree until smooth.
3. Add coconut flour, cinnamon, nutmeg, ground cloves, ginger, baking powder, and a pinch of salt and puree once more.

*To make the donuts easy to pour and keep them a round shape, place donut puree into a plastic bag or pastry bag, cut the end off of the plastic bag so you can squeeze to mixture in a circle in the donut maker. If you are using a donut pan for the oven, preheat oven to 350 degrees.

4. Heat up a mini donut maker, grease the donut maker or pan, and use the bag to squeeze about 2 tablespoons of the mixture into each donut round.

5. In a mini donut maker, cook for 5-7 minutes. Times will vary with the different donut maker. If you are using a donut pan, cook for 20-25 minutes.

6. Remove donuts once cooked through and let rest and cool on a wire rack.

7. Once cooled, place in refrigerator for about 10 minutes. (The donuts will be easier to work with once they are a bit harder).

8. While the donuts cool, in a bowl, remove the coconut cream that sits on top of the coconut water (keep the coconut water for later) and whip together the coconut cream with a fork or whisk. Then add maple syrup and cinnamon and mix well. Place cream in a piping bag or plastic bag and then cut off the end.

9. In a bowl, melt chocolate chips and coconut milk that was left behind from the coconut cream via a double boiler or in a microwave.

10. Cut the donuts in half, carefully. On the bottom donut, pipe on the cream around the donut then place the top donut half on top of the cream. Then finish the donuts off by dipping them halfway into the melted chocolate.

11. Place donuts on a parchment lined baking sheet and into the freezer to harden the chocolate.

12. Once chocolate has hardened, eat up! Makes 8 mini donuts.

335. Easy Delish Pizza Crust Recipe

Ingredients

1 cup tapioca flour (starch) (plus more for rolling out dough)

1/3 cup + 2-3 tablespoons coconut flour, separated

1 teaspoon low sodium salt

1/2 cup olive oil

1/2 cup warm water

1 large egg, whisked

Instructions

1. Preheat oven to 450 degrees F
2. Combine the tapioca flour (you can substitute arrowroot flour/starch), salt and 1/3 cup coconut flour in a medium bowl.
3. Pour in oil and warm water and stir. Your mixture will look something like this.
4. Add the whisked egg and continue mixing until well combined.
5. Add two to three more tablespoons of coconut flour – one tablespoon at a time – until the mixture is soft but somewhat sticky dough.
6. Turn out the dough onto a surface sprinkled with tapioca flour and knead it gently until it is in a manageable ball that does not stick to your hands.
7. Place the pizza dough ball onto a sheet of parchment paper. Use a tapioca floured rolling pin to carefully roll out the dough until it is fairly thin. You may end up using another few tablespoons of tapioca at this point. You will need it to keep the dough from being too sticky. But don't overwork the dough or add TOO much more tapioca or your dough will be too dense.
8. Place the rolled out dough (on its parchment paper) into the preheated oven onto a hot pizza stone or sheet pan. I used a pizza stone that was left in the oven while it was heating up. You may have different results if you put it on a sheet pan or with the paper directly on the oven rack.
9. Bake for 12-15 minutes depending on how "done" the crust should be before putting on toppings. Here's what it looked like after 12 minutes on the pizza stone.

336. Perfect Pear & Nutmeg Cupcakes

Ingredients

2 ripe pears, peeled, de-cored and chopped into small pieces

1 tsp nutmeg

1 tbsp water

1/4 cup coconut flour

2 large eggs

1/4 cup coconut oil or melted butter

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking powder

Instructions

Add the pear, water, 5 drops stevia and 1/2 tsp of nutmeg to a saucepan. Let the mixture simmer over a medium heat until the pears soften (about 15 mins). Either mash with a hand-masher or transfer to a blender and puree. Set aside to cool.

Sieve the coconut flour, the remaining tsp of nutmeg and baking powder into a mixing bowl. In a separate bowl, beat the eggs, coconut oil/butter and stevia together.

If the pear puree is cool, stir it into the eggs.

Gradually add the wet ingredients to the dry and stir until it forms a semi-runny batter.

Spoon into a muffin tray (it should make 6 muffins). Bake at 375 for 12-15 mins.

337. Blueberry Banana Muffins

INGREDIENTS

- ½ cup Butter (or dairy free margarine)
- 1 cup sugar

- 2 eggs
- 1 cup mashed bananas (about 2-3 bananas)
- 2 cups flour (or gluten free substitute)
- 1 tsp Baking soda
- ¼ tsp salt
- 1 cup blueberries

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a mixer, cream together butter and sugar until creamy.
3. Add in the eggs, and the bananas.
4. Beat until mixed well.
5. In another bowl mix together flour, baking soda, and salt.
6. Slowly add the flour mixture to the mixer.
7. Fold in the blueberries by hand.
8. Fill a paper lined muffin pan
9. Bake for 30 minutes or until a toothpick inserted in the center comes out clean.

Gluten Free

1. Use a gluten free flour mix. I used Gluten free Bisquick

Dairy Free

1. Use a dairy free margarine.

338. Vanilla Bean Cupcakes with Mocha Buttercream

Ingredients

(makes 5-6 cupcakes):

For the cupcakes

1/4 cup coconut flour, sifted

1/4 teaspoon low sodium salt

1/8 teaspoon baking soda

Seeds scraped from half a vanilla bean

1/2 teaspoon vanilla extract

3 large eggs

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

Instructions

Preheat the oven to 350 and line a muffin tin with paper liners. Whisk together the coconut flour, salt, and baking soda in a medium bowl. Add the vanilla bean seeds, and mix together with your fingers, pinching the mixture to evenly distribute the vanilla seeds.

In a small bowl, whisk together the vanilla extract, eggs, coconut oil, and stevia. Add the wet ingredients to the dry and whisk well, or beat with a hand mixer, until very smooth.

Pour the batter into the cupcake cups and bake for 15-20 minutes, or until a toothpick comes out clean.

For the frosting:

8 tablespoons (1 stick) unsalted butter, at room temperature

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon cocoa

Tiny pinch of low sodium salt

1/4 teaspoon vanilla extract

1/4 teaspoon finely ground coffee

Coffee beans for garnish

Using a hand mixer, beat the butter until very smooth. Add the remaining ingredients and beat until incorporated. If your frosting does not seem stiff enough, refrigerate for a little while, then beat again. Once the cupcakes are completely cool, pipe or spread on the frosting (I used a Wilton 1M tip). Top with a coffee bean if desired.

339. Cranberry Orange Upside Down Revolution

Fruit:

unbleached parchment paper

2 cups fresh cranberries

1 tablespoon coconut oil (at room temperature)

1 teaspoon stevia

1 tablespoon arrowroot powder

Dry Ingredients:

6 tablespoons coconut flour

6 tablespoons arrowroot powder

2 teaspoons baking powder

1/4 teaspoon low sodium salt

Wet Ingredients:

4 large pastured eggs

4 tablespoons melted coconut oil

4 tablespoons almond milk

2 tablespoons freshly squeezed orange juice

A zest of 1 organic orange

1 teaspoon vanilla

Instruction

1. Preheat oven to 350 degrees F. Place a 9-inch cake pan onto a sheet of parchment paper and draw a line around the bottom with a pencil. Cut out the circle and place it onto the bottom of the cake pan. Grease the sides of the pan with coconut oil.
2. In a small bowl mix together the coconut oil, milk, and arrowroot powder. Spread it onto the parchment paper in the cake pan (I use an offset spatula to do this). Arrange the cranberries on top of the mixture.
3. Whisk together the dry ingredients. In a separate bowl, whisk together the wet ingredients. Pour the wet into the dry and quickly whisk together until combined. Pour batter over fruit and spread evenly with the back of a spoon or spatula.
4. Bake for 30 to 35 minutes. Let pan cool on a wire rack for 15 to 20 minutes then carefully flip out onto a plate; peel off parchment paper. Let cool and then serve. Enjoy!

340. Creamy Appetizing Croissant

Ingredients

3 eggs, separated.

¼ tsp cream of tartar, where to buy this

2 tbsp organic coconut cream, softened.

2 tbsp coconut oil, melted

2 tbsp coconut flour

15 drops liquid stevia

½ tsp baking soda + ¼ tsp cream of tartar, mix together in separate pinch bowl.

⅛ tsp low sodium salt

Kitchen Tools:

2 large mixing bowls

1 donut pan, or bagel pan

1 electric hand mixer or stand mixer

1 pinch bowl (small bowl)

Instructions

1. Preheat oven to 300 F, and grease or oil a bagel or donut pan (even if it's a non-stick type).
2. Separate egg whites from yolks, and place whites in one mixing bowl, and yolks in another mixing bowl.
3. Add cream of tartar to egg whites and whip with stand mixer or hand mixer until stiff peaks form. Set aside.
4. Beat egg yolks in separate mixing bowl and add: creamed coconut, melted coconut oil, coconut flour, stevia, baking soda and cream of tartar mixture, and sea salt. Beat egg yolk mixture until thoroughly combined.
5. Gently fold egg yolk mixture into egg white mixture until combined (careful not to stir or beat (should still be a whipped meringue texture)).
6. Spoon mixture into bagel pan, and spread around, with the back of a spoon, in the pan forms. Wipe off excess that gets on the bagel hole with a damp paper towel.

7. Bake for 20 to 25 minutes or until tops and edges are slightly browning. Should check at 20 minutes, as all oven temperatures can vary.

8. Remove and cool. Use a butter knife in between the pan and the croissant, and slide around to loosen from pan.

Store unused portions in a covered container or zipper bag, put it in the fridge. Bagels can be reheated.

341. Relishing Raisin Bread

Ingredients:

6 room temp eggs *see tip below

1/3 cup melted coconut oil

1/3 tsp stevia

1/2 cup coconut milk

1/2 tsp vanilla extract

1/2 cup coconut flour

1 tsp cream of tartar

1/2 tsp baking soda

Low sodium salt (to taste)

For the Swirl:

2 tbsp water

1/2 tbsp cinnamon

1tsp stevia

A pinch of low sodium salt (to taste)

1/4 cup raisins

Directions:

1. Pre-heat your oven to 325 degrees. Cover the bottom of an 8×4 loaf pan with parchment paper and grease the sides (and bottom if you do not have parchment paper) with palm shortening (or other baking fat you chose).
2. Separate the eggs – this will allow you to whip up your egg whites and ensure a good light texture. Place your egg whites in a medium, clean bowl, and set it aside. Place your egg yolks in a large mixing bowl.
3. Add the rest of the wet ingredients to your yolks. Cream until smooth.
4. Add your dry ingredients, mix until well-combined.
5. Get your cinnamon swirl ready – simply mix together the first 4 swirl ingredients in a small bowl – Keep your raisins separate.
6. With a hand mixer or KitchenAid mixer – using clean beaters – on a medium speed whip up your egg whites until soft peaks begin to form when you remove the beaters. Fold the egg whites into the batter until just combined.
7. Add about 1/3 of the batter to your loaf pan – drizzle 1/2 of your swirl, and then quickly with a knife lightly zig-zag the swirl on top of the batter. Sprinkle with half of your raisins
8. Add another third of the batter and drizzle the rest of the swirl.
9. Top with rest of batter.
10. Place in oven to cook for 47-50 minutes – until the top is bouncy or until when a toothpick is inserted in the top it comes out clean.
11. Remove and let cool for 5-10 minutes. Flip out to complete cooling. Can be tightly wrapped and stored on counter for 5-7 days, or placed in fridge for 10-14 days.

342. Chocolate Ganache

Ingredients:

1 cup Enjoy Life Mini Chocolate Chips

1/4 cup canned coconut cream/milk, full fat, room temperature

4 tablespoons unsalted grass-fed butter

1 teaspoon vanilla

Directions:

1. Start by making the Vanilla Cream. In a small bowl whisk egg yolks together until smooth, set aside. In a medium saucepan combine stevia, coconut palm sugar, arrowroot, and salt and stir over medium heat. Add milk in a slow steady stream. Stir and let cook until the mixture begins to boil and thicken, about 5 minutes.

2. Pour 1/3 of the milk mixture into the yolks and stir together with a whisk until combined. Then pour back into the saucepan with the rest of the milk mixture and cook over medium heat, stirring often, until thick, about 3 minutes. Now stir in the vanilla.

3. Use a fine sieve to pour the vanilla mixture through into a small bowl. Cover it with plastic wrap and press the wrap down directly on to the surface of the cream. Refrigerate until very cold, an hour at least. While you wait prepare your cupcakes and chocolate ganache.

4. Preheat oven to 350. Grease a mini cupcake pan very liberally with butter. In a large bowl combine almond flour, baking powder and salt, use a fork to stir together. Warm coconut cream/milk and butter in a saucepan over low heat.

5. In a separate large bowl, whisk together eggs and coconut palm sugar. Then fold in the dry mixture.

6. Bring the coconut cream/milk and butter mixture to a boil. Add this mixture to the batter and whisk until smooth. Now stir in the vanilla. Pour batter into a Ziploc bag, cut a small hole in the corner. Transfer batter to prepared pan, filling to the top. Bake for 10-12 minutes or until a toothpick comes out clean. While you are waiting for the cupcakes to cool, go ahead and make your chocolate ganache.

7. Using the double boiler method melt together the chocolate, coconut cream/milk and butter. Once melted and combined stir in the vanilla. Transfer ganache to a Ziploc bag once it's cool enough, and cut a small hole in the corner tip.

8. Once your cupcakes are cool, remove two from the pan at a time. Squeeze a layer of vanilla cream over the top of one cupcake and then flip the other one upside down and use it to sandwich the two together. Then pour your chocolate ganache over the top and enjoy!

Notes:

You may have noticed above it says Coconut Cream or Coconut Milk. Coconut Cream can be found at health food stores like Sprouts or Whole Foods next to the regular coconut milk. I prefer it because it's a little thicker than normal coconut milk, so if you can find it use it, if not coconut milk will work just fine.

343. Cheeky Coconut Loaf

Ingredients

1/2 cup coconut flour, sifted

3 eggs

zest of one lemon

1/2 cup desiccated coconut

1 cup coconut yoghurt

1 teaspoon ground cardamom

1/4 cup almond milk

2 tsp stevia

A pinch of low sodium salt

1/2 teaspoon concentrated natural vanilla extract

1 teaspoon baking soda

Instructions

1. Preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit
2. Grease a mini loaf tin (mine is 16cm x 6cm)
3. Combine the flour, zest, coconut, baking soda and cardamom. Add the eggs, mix together. Add the yoghurt, milk and stevia, combine. Add the salt and vanilla, combine.

Spoon the mixture into your prepared pan. Bake for 35 minutes. Cover with foil and bake for another 10 minutes. Remove from the oven and allow it to cool slightly before flipping onto a cooling tray. Leave to cool for a few minutes before cutting into thick slices.

4. This is great toasted and served with butter. Enjoy.

344. Crispy Coconut Crackers

Ingredients

4 ounces shredded coconut

4 tablespoons butter (2 ounces or 1/2 stick), softened

1/4 cup tapioca flour

1 tablespoon coconut flour

1/2 teaspoon baking soda

1/4 teaspoon powdered mustard

1/4 teaspoon powdered onion

Instructions:

1. Preheat your oven to 350F. Line a baking sheet with parchment paper or a silicone mat.
2. Combine all ingredients in a food processor. Buzz until a ball of dough has formed.
3. Use your hands to shape dough into 1-inch balls. Place balls on the baking sheet, leaving about 3 inches of space between each.
4. Bake until the edges are slightly browned, about 10 minutes.

345. Healthy Carrot Ginger Muffins

Ingredients:

2 cups blanched almond flour

½ teaspoon low sodium salt

1 teaspoon baking soda

½ tsp allspice

½ tsp powdered ginger

a pinch of clove

½ cup shredded coconut shreds , unsweetened

3 eggs, preferably pastured

½ cup coconut oil ,melted

5 drops stevia liquid (May need a few more – please taste test)

1-2 Tbs grated fresh ginger

1 cup grated carrot

¾ cup raisins, soaked in water for 15 minutes and drained

Instructions:

In a large bowl, combine almond flour, salt, baking soda, spices, and coconut shreds

In a smaller bowl whisk together eggs, oil, and syrup. Add fresh ginger, grated carrot, and raisins.

Stir wet ingredients into dry

Spoon batter into paper- lined muffin tins

Bake at 350° for 18-20 minutes for mini muffins OR 24-26 minutes for regular muffins.

Cool and serve.

1029. Pecan Muffins

(makes 12)

Ingredients

1/3 cup coconut flour

1/4 cup butter, melted

3 large eggs

1/3 cup chopped pecans

1/4 tsp baking powder

stevia drops to taste

Instructions

Whisk together the butter, eggs and molasses.

Sieve the coconut flour and baking powder into a large mixing bowl.

Gradually add the wet ingredients to the dry, stirring until it forms a thick, runny Fold in the pecans.

Spoon about a tbsp into small (I used 4cm) muffin cups. It should stretch to 12. Bake at 350 for 10-12 minutes.

346. Quinoa, Spaghetti Squash, and Bacon Fritters

Ingredients

2 eggs

2/3 cup flour (for gluten free version, use multi-purpose gluten-free King Arthur flour)

2 cups spaghetti squash, cooked and wringed out (see below)

2 cups quinoa, cooked

1/2 cup Parmesan cheese, freshly grated

¼ cup fresh spinach, finely chopped (OPTIONAL)

1/4 teaspoon salt

6 strips of bacon, cooked, drained of fat, and chopped

2 tablespoons vegetable oil (or olive oil)

For garnish:

2 green onions, chopped

dollop of sour cream or Greek Yogurt

Instructions

The recipe requires 2 CUPS COOKED spaghetti squash. First 3 steps describe how to cook spaghetti squash (this can be done 1 or more days in advance):

Preheat oven to 425 Fahrenheit.

Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil and place the squash on the baking sheet cut side down.

Bake for about 30-40 minutes. Remove it from the oven when it's cooked through and soft, and let it cool. Flip the squash so that cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. Let it cool.

Important: Wring out the spaghetti squash by wrapping small portions of it in paper towels and squeezing hard with your hands over the sink. Be careful not to drop the spaghetti squash into the sink if the paper towel breaks. Try to get rid of as much liquid as you can.

Cooked spaghetti squash can be refrigerated for 5 days. I prefer to cook spaghetti squash, refrigerate it and make fritters the next day or 2 days later - that allows spaghetti squash to drain the liquid out and get dryer, which is preferable for fritters.

Now, on to how to make fritters:

In a large bowl, using electric mixer, beat 2 eggs on high speed for 1-2 minutes. Add flour and continue beating for about 30 seconds to combine. To the same bowl, add spaghetti squash, quinoa, Parmesan cheese, finely chopped spinach, and 1/4 teaspoon of salt. Mix very well until all the mixture has uniform consistency. Add chopped bacon and mix. Taste and adjust seasoning, if necessary.

Heat a large skillet on high-medium heat until VERY hot. Only then add oil. It should sizzle and smoke right away. Using a tablespoon, spoon the tablespoon-ful of the batter for each fritter and drop on the skillet. Using a spatula, correct the shape of each fritter, making it flatter and rounder. Cook until the bottom side of each fritter is golden brown, about 1-2 minutes. Reduce heat to medium. Using spatula, flip fritters to the opposite side, and cook 1-2 more minutes. When flipping the fritters, you can use a spoon on the opposite side of spatula to help push each fritter onto the spatula and then flipping. Turn off the heat and let the fritters sit in the skillet (uncovered) for 2-3 more minutes (check the bottom to make sure it's not burned - if it is too dark, remove fritters from the skillet immediately). Do 4 fritters at a time.

Serve as is, or top with the dollop of sour cream or Greek yogurt and chopped green onions (delicious if served this way!).

347. Blueberry Sponge Roll Surprise

Ingredients

6 eggs, separated

1/3 cup almond milk

1/2 cup coconut flour

1/2 teaspoon baking soda

1/4 teaspoon vanilla powder

1 tsp stevia

For filling:

1 can coconut cream (chilled in fridge overnight)

¼ cup blueberry

A few drops of stevia

Instructions:

1. Heat oven to 170 degrees Celsius (338F)
2. Line a 24 x 30cm (base measurement) Swiss roll pan with baking paper.
3. Beat egg whites with electric beaters until they form soft peaks.
4. In a separate bowl, beat egg yolks and honey until pale yellow. (1-2 mins)
5. Add coconut flour, vanilla powder and baking soda to yolks, add milk and stevia and beat until well combined.
6. Using a metal spoon, mix 1/3 of the egg white mixture into the egg & flour mixture.
7. Gently fold in the remaining egg whites.
8. Spread into lined pan and bake for 12-15 mins until golden brown.
9. When cake comes out of the oven, lift it from the pan using the baking paper.
10. Leaving the cake on the paper, start from the short end and roll the cake into a log.
11. Place in fridge to cool with seam side down.
12. While cake is cooling, use electric beaters to beat the coconut cream that has separated to the top of the can and put a few drops of stevia on it. (About 1 cup) After doing the cream, slice blueberries into small pieces.

13. After cake has cooled, unroll and spread the coconut cream and put sliced blueberries at the top of the cake.
14. Using the paper as a guide, re-roll again from the short side.
15. Sprinkle top with coconut flour if you like.
16. Serve straight away, or store in the fridge.

348. Luscious Chocolate-Caramel Brownies

Ingredients

- 1/4 cup coconut flour
- 1 1/4 cup cacao powder
- 4 eggs
- 1 teaspoon low sodium salt
- 1 teaspoon baking soda
- 1/2 cup almond milk
- 1 ½ tsp stevia
- 1 tablespoon vanilla extract
- 1/3 cup coconut oil
- 1/3 cup dark chocolate chips
- 1 homemade caramel recipe

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix dry ingredients in one bowl and wet ingredients in a second bowl.
3. Combine both mixtures and stir until all ingredients are incorporated together.

4. Pour the mixture into a greased 8x8 pan.
5. Top with chocolate chips and/or nuts if desired, and bake for 25–30 minutes.
6. Let cool and then drizzle with caramel sauce.

349. Blushing Blueberry Muffin Recipe

Ingredients

- 2 1/2 cups almond flour
- 1 Tablespoon coconut flour
- 1/4 teaspoon low sodium salt
- 1/2 teaspoon baking soda
- 1 Tablespoon vanilla
- 1/4 cup coconut oil
- 5 drops stevia liquid (May need a few more – please taste test)
- 1/4 cup coconut milk*
- 2 eggs
- 1 cup fresh or frozen blueberries
- 2-3 Tablespoons cinnamon

Instructions

Preheat oven to 350. Line a 12 count muffin tin and lightly oil with coconut oil.

In a mixing bowl combine almond flour, coconut flour, salt, and baking soda and stir to combine.

Pour in coconut oil, eggs, stevia, coconut milk, and vanilla; mix well.

Fold in blueberries and add cinnamon.

Distribute into muffin tin. Sprinkle with additional cinnamon.

Bake for 22-25 minutes. Allow to cool and enjoy!

Notes

*Coconut milk can come in different textures depending on the brand you use. If you use a thicker brand like THAI, then use 1/8 cup of coconut milk and 4 Tablespoons of water. If your coconut milk is thinner, stick to the 1/4 cup of coconut milk.

350 Sexy Savory Muffins

Ingredients

½ cup coconut flour

1 tsp baking soda

½-1 tsp low sodium salt

¼ cup coconut oil

½ cup + 2 tbsp coconut milk

4 pastured eggs

1 tsp apple cider vinegar

1 tsp garlic powder

½ tsp each of rosemary, thyme, sage

Instructions

1. Pre-heat the oven to 350°. Melt the coconut oil and combine with remaining muffin ingredients in a food processor or bowl, mix well.

2. Place batter in a muffin tin lined with muffin liners. The muffins will raise a small amount, so you can fill the muffin liner about $\frac{3}{4}$ full—almost to the top. Bake for about 20-30 minutes or until a toothpick inserted comes out clean and the tops are slightly browned.

3. Let it cool and slice in small squares.

351. Paleo Chocolate Cookies (I Can't Get Enough of These)

Ingredients

2 tbsp and 2 tsp coconut oil

3 oz. unsweetened dark chocolate

1/4 cup honey

2 eggs

1 1/2 tsp vanilla extract

1/2 cup coconut flour

1/2 tsp cinnamon

Instructions

In a large microwave-safe bowl, melt the coconut oil and chocolate in the microwave, stirring intermittently. Let cool for 5 minutes.

Add the eggs, vanilla, and honey to the chocolate mixture. Stir well to make sure not to scramble the eggs. Add in the coconut flour and cinnamon and mix well. Place in the refrigerator for approximately 30 minutes, until slightly hardened.

Preheat oven to 350 degrees F. Roll out the dough between two pieces of parchment paper until 1/4-inch thick. Cut out shapes with a cookie cutter and carefully place on a parchment-lined baking sheet. Repeat this step for remaining dough.

Bake cookies for 12-15 minutes. Allow to cool before serving.

Notes

Servings: approximately 18 cookies

Difficulty: Medium

352. Easy Paleo Shepherd's Pie

For the top layer

1 large head cauliflower, cut into florets

2 tbsp ghee, melted

1 tsp spicy Paleo mustard

Salt and freshly ground black pepper, to taste

Fresh parsley, to garnish

For the bottom layer

1 tbsp coconut oil

1/2 large onion, diced

3 carrots, diced

2 celery stalks, diced

1 lb. lean ground beef

2 tbsp tomato paste

1 cup chicken broth

1 tsp dry mustard

1/4 tsp cinnamon

1/8 tsp ground clove

Salt and freshly ground black pepper, to taste

Instructions

Place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until tender. Drain and return cauliflower to the pot.

Add the ghee, mustard, salt, and pepper to the cauliflower. Using an immersion blender or food processor, combine the ingredients until smooth. Set aside.

Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the onion, celery, and carrots and sauté for 5 minutes. Add in the ground beef and cook until browned.

Stir the tomato paste, chicken broth, and remaining spices into the meat mixture. Season to taste with salt and pepper. Simmer until most of the liquid has evaporated, about 8 minutes, stirring occasionally.

Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top. Use a fork to create texture in the cauliflower and drizzle with olive oil. Place under the broiler for 5-7 minutes until the top turns golden. Sprinkle with fresh parsley and serve.

Notes

Servings: 4

Difficulty: Medium

353. Strawberry Dashing Doughnuts

Ingredients:

4 large eggs, room temperature

3 tablespoons coconut oil, melted

$\frac{3}{4}$ cup coconut milk, warm

1 tsp Stevia

1 teaspoon apple cider vinegar

1 teaspoon pure vanilla extract

$\frac{1}{2}$ cup coconut flour

$\frac{1}{4}$ cup strawberries, grind

½ teaspoon baking soda

¼ teaspoon low sodium salt

Topping

1 ounce raw cacao butter, melted

2 tablespoons coconut butter

1 teaspoon stevia

¼ cup strawberries, grind

Instructions:

1. Preheat a doughnut maker. If using a doughnut pan, preheat the oven to 350F and grease the pan liberally with butter.
2. Using a stand mixer or electric hand mixer, beat the eggs with the coconut oil on medium-high speed until creamy.
3. Add the milk, stevia, vinegar, and vanilla and beat again until combined.
4. Using a fine mesh sieve or sifter, sift the remaining dry ingredients into the bowl. Beat on high until smooth.
5. Scoop the batter into a large Ziploc bag, seal the top, and snip one of the bottom corners.
6. Pipe the batter into the doughnut mold, filling it completely.
7. Cook until the doughnut machine indicator light goes off. If you are using an oven, bake for 17 minutes. Remove the doughnuts and cool on a wire rack. Trim if necessary.

Make the glaze

1. Mix the cacao butter, coconut butter, and stevia in a shallow bowl. Place in the freezer for 5 minutes to thicken.

2. Once the donuts are completely cooled, sprinkle ground strawberries on top.
3. Place in the refrigerator for 20 minutes to allow the glaze to set.

354. Perfect Pizza Muffins

Makes 12 large muffins.

Ingredients:

4 cups almond flour

4 tablespoons ground flaxseed + 12 tablespoons water (or 4 eggs)

¼ cup arrowroot flour (or coconut flour)

½ cup melted ghee (or coconut oil)

1 tablespoon garlic powder

1 tablespoon parsley

1 tablespoon oregano

4 links of italian sausage, finely chopped or ground in a food processor

8 slices of cooked bacon, finely chopped or ground in a food processor

½ cup spinach, finely chopped or ground in a food processor

Instructions

Preheat the oven to 375 degrees.

Mix together the flaxseed and water and let it sit for a minute.

Mix all of the ingredients together, then scoop into the muffin tin. I used silicone muffin cups as liners. Fill each tin all the way to the top.

Bake for about 30-45 minutes, or until firm.

If you would like to use cheese, you can mix in about 1 cup with your batter before baking or melt some on top of the cooked muffins. Dip them in your favorite sauce and enjoy.

355. Nutritious Paleo Tortillas

Ingredients

1/4 cup coconut flour (40 g)

1/4 teaspoon baking powder

8 egg whites (240 g or 1 cup)

1/2 cup water

A pinch of low sodium salt

coconut oil (as needed, for greasing the press or pan)

Instructions

1. In a bowl mix all ingredients. Set aside for five minutes. The batter takes about that long to hydrate and thicken.

*If necessary grease your tortilla press or pan with coconut oil.

Make the tortillas:

1. In a preheated electric tortilla press: Pour about a little less than 1/4 cup of batter onto the tortilla press. Quickly smooth out using a heat resistant spoon, and press the top of the press down to distribute the rest of the batter. Cook until the indicator on the press goes off.

2. In a pan over medium heat: Pour a little less than 1/4 cup of batter onto the pan. Quickly smooth out using a heat resistant spoon. Cook for 1 to 2 minutes or until the edges of the tortilla start to turn golden brown. Then flip and cook for an additional minute or two.

3. Transfer tortillas to a plate and cover with a paper towel to keep warm.

4. Serve with desired toppings and do your best to keep away from within hungry doggy mouths.

356. Cheeky Coconut Chocolate Cookies

Ingredients

1/2 cup Virgin Coconut Oil, melted

1/4 tsp stevia

1/2 tablespoon vanilla extract

4 eggs

1/8 teaspoon low sodium salt

1 cup coconut flour

1/2 cup shredded coconut

3/4 cup chocolate chips

Instruction

1. Preheat oven to 375 degrees F.
2. Mix together coconut oil, sugar, vanilla, eggs, and salt together. Blend thoroughly. Add flour, coconut and chocolate chips; mix thoroughly.
3. Form into small cookies on a parchment lined pan and bake in preheated oven for about 15 minutes, or until lightly browned.

357. Salt and Vinegar Zucchini Chips

Ingredients

4 cups thinly sliced zucchini (about 2-3 medium)

2 tablespoons extra virgin olive oil

2 tablespoons white balsamic vinegar

2 teaspoons coarse sea salt

Instructions

Use a mandolin or slice zucchini as thin as possible.

In a small bowl whisk olive oil and vinegar together.

Place zucchini in a large bowl and toss with oil and vinegar.

Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt.

Depending on how thin you sliced the zucchini and on your dehydrator the drying time will vary, anywhere from 8-14 hours.

To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200 degrees F for 2-3 hours. Rotate half way during cooking time.

Store chips in an airtight container.

358. Zesty Zucchini Muffins

Ingredients

3/4 C applesauce

5 drops stevia liquid (May need a few more – please taste test)

1/4 C coconut oil, melted

3 eggs

1 Tbsp vanilla

2 C almond flour

1 1/2 tsp baking soda

1 C zucchini, shredded

3/4 C raisin

Instructions

With electric or stand mixer, beat applesauce, stevia and oil

Add eggs and vanilla and mix until combined

Slowly mix in almond flour and soda, then beat until batter forms

Fold in zucchini and raisins

Bake at 350 degrees for 25 minutes, makes 15 muffins

359. Paleo French Toast with Blueberry Syrup

Ingredients

1 loaf Paleo bread (I used this recipe for Paleo Bread)

1/2 cup almond milk

2 eggs

1/2 tbsp vanilla

1 tsp cinnamon

Instructions

In a large bowl, whisk together the coconut milk, eggs, vanilla and cinnamon.

Heat a griddle or non-stick skillet to medium-high. Coat pan with coconut oil. Dip a slice of bread into the batter mixture to coat both sides, letting any excess drip off. Place the bread onto the pan and cook each side until slightly browned. Repeat with remaining bread.

Serve warm.

Notes

Servings: 4

Difficulty: Easy

360. Celebratory Chocolate Hazelnut Cupcakes

Ingredients:

2 large (or 3 medium) zucchini, grated (about 3 cups grated)

4 eggs

2 cups Hazelnuts

5 drops stevia liquid (May need a few more – please taste test)

1/4 cup coconut oil (room temperature)

1/3 cup Tapioca Flour (this is the same thing as Tapioca Starch)

1 cup cocoa powder

1 Tsp Vanilla Extract

1 tsp Baking Soda

½ tsp low sodium Salt

Instructions

Preheat oven to 350F. Line a muffin pan with paper liners, use Silicone Muffin Cups. or bake in a silicone muffin pan.

Grind hazelnuts in a Food Processor or Magic Bullet until they are super fine and almost turning into hazelnut butter.

Finely grate zucchini (you could even process in a food processor).

Combine ground hazelnuts, grated zucchini and the rest of the ingredients together in a bowl. The batter is quite runny. That's okay—that's why these cupcakes are so fudgy.

As an alternative you can combine all ingredients in a food processor or blender and process/blend until smooth.

Pour mixture into prepared muffin pan and bake for 30 minutes.

Let cool completely before icing or serving. Enjoy!

361. Succulent Shortbread Cookies

Ingredients:

3/4 cup + 1/2 cup extra coconut flour

1/4 cup arrowroot starch

1/2 cup coconut oil or butter, melted

1/8 tsp low sodium salt

5 tablespoons milk

1 tsp stevia

1/4 cup dark chocolate chips

Instruction

1. Preheat oven to 350 degrees.
2. Combine all ingredients except chocolate and 1/2 c extra coconut flour in a mixing bowl. Mash up with a fork and add additional coconut flour until the mixture is crumbly.
3. Dust a clean, smooth surface with coconut flour. Press the crumbly mixture out with your fingers to make it smooth and somewhat flat. Dust with coconut flour.
4. Roll the dough to about 1/8-1/4 inch thickness using a rolling pin. Cut shapes out of the dough. Roll the scraps up into a ball and flatten to cut more shapes out.

5. Bake on a lightly greased cookie sheet for 15 minutes. Allow the cookies to cool.
6. Microwave the chocolate chips for 10 second intervals, stirring between intervals, until they are melted. Drizzle cookies with the chocolate. If the chocolate is not very runny, add a tiny amount of coconut oil and stir.
7. Allow the cookies to cool in the fridge or freezer for a few minutes until the chocolate is set.

362. Lavender Maca Brownies (Dairy & Grain Free)

Ingredients

1/3 cup water

1/3 cup extra virgin olive oil

2 eggs

1 ½ cups almond flour

1 teaspoon baking powder

1 teaspoon salt

2/3 cup unsweetened cocoa powder

1 cup honey (I like to use raw honey found at my local farmer's market)

¾ cup semisweet chocolate chips

1 tablespoon dried lavender flowers (having a few left over for decoration)

1 tablespoon maca powder

Himalayan pink salt (optional)

Directions

Preheat oven to 350 degrees F and grease a 9x13" baking pan. (Brownies made in this size pan will be about one inch thick once baked – if you want them fuller, use a smaller sized pan)

Whisk together the water, olive oil, and eggs in a large bowl.

Slowly whisk in the flour, baking powder, salt, honey, maca powder, and cocoa powder one ingredient at a time. If you're using raw honey and it's too thick to whisk in, melt it in the microwave for about 20 seconds before adding it to your batter.

Once the batter is well blended, add in your lavender and chocolate chips. The measurement for the lavender is up to you – I found one tablespoon to be the perfect amount, but depending on how floral you want these brownies to be you could add more or less.

Pour the batter into a baking pan and spread until it is in one even layer. Don't worry if the batter seems too thick, that's how it's supposed to be.

Bake for about 20 minutes, until a toothpick inserted in the center comes out clean.

Let cool, then sprinkle fresh lavender and Himalayan pink salt over the top before cutting.

Enjoy the fruits of your labor!!

Notes

363. Perfect Plantain Cake Surprise

Ingredients

4 eggs, separated

2 tsp cream of tartar

1/2 cup extra virgin coconut oil

1/4 cup almond milk

2 tsp Stevia

1 cup ripe plantain, mashed (equals one plantain)

4 tsp vanilla extract

1/2 cup coconut flour, sifted

1/2 tsp baking soda

1/4 tsp low sodium salt

Instructions

1. Preheat oven to 350 degrees F. In a bowl combine egg whites and cream of tartar.
2. Whip the egg whites until stiff peaks form.
3. In a separate bowl cream together coconut oil, stevia and milk. Do that for a few minutes.
4. Add the egg yolks. Mix until smooth. Add mashed plantain and vanilla until mixed.
5. Add the sifted coconut flour, baking soda and salt to the egg yolk mixture. Mix until smooth. Slowly add the egg yolk mixture to the whipped egg whites.
6. Line an 8 x 1.5 inch cake tin with parchment paper and grease the sides.
7. Bake for 35 minutes until the top is firm to the touch and a toothpick can be inserted and comes out dry.

364. Bursting Banana Cupcakes (nut-free) with Whipped White Chocolate Sesame Frosting

Ingredients (frosting):

3 oz cocoa butter

1 Madagascar vanilla bean

5 drops stevia liquid (May need a few more – please taste test)

1/4 cup tahini (aka sesame seed butter)

1 tsp arrowroot powder

1/4 `room temperature coconut oil

Instructions

Melt cocoa butter (you can do this in a double boiler or in the microwave). Add stevia to melted cocoa butter and whisk until cane juice has dissolved.

Cut the vanilla bean lengthwise and scrape out the vanilla seeds with a sharp knife (save the pod for making vanilla ice cream or some other dish where you simmer the vanilla pod in coconut milk). Add to cocoa butter.

Add the remaining ingredients and whisk together until fully combined.

Allow to cool to room temperature (because of the high melting point of cocoa butter, this takes a long long time—if you want to speed it up, put it in the fridge and whisk aggressively every 5 minutes while it cools). Whisk every so often (maybe every half hour) just to make sure it doesn't separate or clump up.

Whip aggressively by hand (or you could use a hand mixer or blender) and generously frost your cupcakes!

Ingredients (cupcakes):

3 large (or 4 medium) overripe bananas

3 eggs

3 Tbsp extra virgin coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla

1/3 cup coconut flour

1/3 cup arrowroot powder

1 tsp baking soda

1/8 tsp low sodium salt

Instructions

Preheat oven to 350F.

Grease a muffin pan or put paper liners. I actually use a silicone muffin pan just because it's so easy and ends up saving me tons of time!

Combine all of the ingredients in a blender or food processor (yes, it really is that easy). Blend or process about 1-2 minutes until you have a thick and smooth batter.

Pour batter into prepared muffin pan. You can make your cupcakes a bit bigger by dividing into 10 muffin cups or a bit smaller by dividing into 12 muffin cups.

Bake for 40 minutes (45 if you only make 10). Remove from oven and let cool completely before frosting. Enjoy!

365. Lemon Mousse Mouthwatering Cupcakes

Ingredients

1/2 cup coconut flour

6 eggs, at room temperature (that's important)

6 Tbs. milk

2 tsp stevia

6 Tbs. coconut oil

2 Tbs. coconut milk at room temperature

1 tsp. vanilla extract

1/2 tsp. ground cardamom

1/4 tsp. baking soda

1/2 tsp. apple cider vinegar

Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely and frost with the lemon mousse.

Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

Lemon Mousse Frosting

Ingredients

3/4 cup stevia-sweetened lemon curd (recipe below)

1 cup coconut milk

1 Tbs. light coconut milk

1 tsp stevia

Pinch of low sodium salt to taste

Instructions

First, make the stevia-sweetened lemon curd, by simply whisking the whole eggs, yolks and 1 tsp stevia in a saucepan until smooth, then place pan over a low heat. Add the coconut oil, juice and zest and whisk continuously until thickened. Strain through a sieve. Lemon curd keeps, covered, in the fridge for 2 weeks. Chill until thickened and cold before using it.

In a small saucepan, whisk together the coconut milk and gelatin. Let it sit for 10 minutes. Then turn the heat on medium and whisk until the gelatin dissolves. Pour into a bowl and refrigerate until set, about 4 hours.

In a food processor, blend together the set coconut milk and the lemon curd until smooth. Add stevia to taste and a small pinch of low sodium salt.

CHAPTER 9

THE CLEAN EATING VISION

We've covered some very important ground so far in identifying the best ways to detox to get you to the healthier, leaner, new you. Epigenetics prove in the clearest possible terms that we can influence and control our bodies at every level by taking control of what we eat and how we behave.

We've introduced you to the key points in your action plan for weight loss control and opened up a whole new world of health and wellbeing possibilities. But we have another important insight to share with you. And now is the perfect moment to reveal it!

Humans have a secret weapon in their behavioural armoury that can work powerfully to help us - or it can work just as powerfully against us. It's our imagination. Or rather it's our ability to visualise. Most of the time, our thoughts drift around in a random pattern of uncoordinated ideas, prompted by whatever happens to pop up around us. We are drawn to whatever grabs our fickle attention.

Our thoughts and feelings are largely conditioned from early childhood experiences that shape our future emotional framework. We learn from an early age to let our thoughts pretty much wander wherever they choose. The mind follows random currents, blown around like a leaf in the wind, lacking focus or any sense of direction. A ship without a rudder.

This is where the risks of self-sabotage emerge; uncontrolled thoughts and feelings, self-doubt, memories of failure, feelings of a lack of self-worth. The list is endless and potentially destructive to our plans for absolute wellbeing. So now is the perfect time to switch on our powers of visualisation and give the mind some clear directions to follow for the future. It's time to bring on the really powerful support system that is hidden within your own mind!

It's incredible to realise how much our expectations shape our perceptions and our behaviour. Our programmed attitudes and responses play a major role in determining many of the outcomes in our lives. Happily, humans possess the immensely powerful gift of visualisation.

By visualising a desired outcome, our behaviours shift to favour those clearly visualised results. The technique of visualisation is incredibly simple. All we have to do is relax. That's right. Relax. Sit down and relax and close your eyes. Now breathe a little more deeply. And see yourself exactly as you really, deeply desire yourself to be.

See your smiling face, see each part of your radiantly healthy, skinnier new body. Smile at the strength, health, energy and vitality that surges through your newly visualised body. And feel really happy about it. Underline the vision with a warm, happy feeling of complete wellbeing. Hold the picture and imagine taking a photograph with your mind. Hear the camera shutter click as you record the stunning new picture of how you are. The picture of who you are becoming.

The powerful vision of the happier, fitter, skinnier new you! Lock this picture in your mind. Hold it in your heart. See it every time you close your eyes. This vision is the future. Use it all the time and you will rally all your hidden creative resources to bring this beautiful new vision of yourself into being.

We do not live in a culture that highlights the importance of mindfulness. We are constantly bombarded by images, noises, distractions and background chaos. We also have to live with the judgement of everyone around us. No wonder we find it difficult to concentrate and to relax. But there are many, simple and effective methods that can help us train our minds to follow our directions and meditation probably offers the simplest, most obvious and direct advantages. There is no religious or philosophical aspect to this exercise. It's just a technique for calming the mind. It takes only fifteen minutes. But it's a method that requires fifteen minutes every day. The daily repetition amplifies the results.

The only equipment you need is a chair, preferably a firm chair with good support for your back. A straight back is supposed to be better for meditation. Being comfortable is also very helpful. Relax your hands on your lap, close your eyes, focus on the spot between your eyebrows and breathe. Just follow your breath gently in and out. That's it. No chanting, humming or repeating strange mantras.

Just good old-fashioned breathing and the focus of concentrating lightly on the breath. The effects are cumulative. They build up gradually as you practise every day. You'll feel calmer. You'll find your powers of concentration improve. You'll be able to relax more easily. Your power to visualise will become more sharply defined. Your mind will begin to follow your directions. You will get a sense of the potential within you. Mastering the mind is a method for mastering ourselves. All this from just fifteen minutes a day. The effects might surprise you because as you learn to become calmer, your body will feel much more comfortable. No prescriptions are required. Just those simple fifteen minutes of daily meditation and you'll soon be looking forward to the sessions with real enthusiasm. You might enjoy the benefits so much that you'll want to meditate for longer.

Your vision of the happier, fitter, skinnier new you is the new background picture of your life. It represents the possibility of achieving everything you have chosen for yourself. Every day, you are living the journey of moving towards that possibility. The vision does not have a deadline. There can be no disappointment with the results because you are living every day in the possibility of its realisation.

Even if you slip and go backwards, the vision will put you back on track, guiding you every day towards its fulfillment. That's a powerful tool to have at your disposal. Put it to work right now. Use it every day. Use it every time you close your eyes and see the vision of how you are transforming yourself.

Ultimately, it's our behaviour that will guide our choices. Meditation is rightly considered to be a very powerful technique for bringing gentle control into the chaos of our minds. As we become more aware of our choices, as we experience the benefits of mindfulness, we can detect old patterns of behaviour that no longer fit our vision of health and vitality. We can understand the advantages of better choices.

We begin to respect the body's needs from a deeper, more caring perspective. The vision represents who we are becoming. The daily meditation helps us to become calmer, more resistant to stress and this healthier emotional framework lends itself to a physically healthier body. We also recommend a short meditation before you go to sleep at night. It's another effective way to calm the mind, still the thoughts and prepare for truly restful sleep.

Meditation has been practised as a tool for managing and directing the mind for thousands of years. It's so effective because we've been using it and refining the techniques as a species for millennia. We've highlighted the fundamental method here because we already use a form of meditation all the time. Have you noticed how easy it can be to day-dream? To drift off into another world of memories or fantasies, oblivious of what's happening around you? A brief reverie or a moment when you lose focus on what's going on around you?

These are altered states of consciousness and they happen all the time. Our purpose with the super simple meditation method is to control that tendency and direct it towards a focused, positive outcome. A way to become mindful yet relaxed. Aware yet calm. Centered yet connected. Still but alive with nurturing, positive energy. And all from fifteen minutes a day! Sounds like the bargain of a lifetime and it's all yours. For now and for the rest of your life.

You've heard it before and you're about to hear it again. We Are What We Eat. There's no getting away from it. You've learned enough by now to understand the vital connection between what you eat and how your body looks. Putting garbage into your body will ruin it. Eat garbage and you'll look like sh.., I mean, waste products. But you know this. That's why you've joined us on this mission of personal transformation.

So far we've been exploring the mechanics of healthy weight control, shedding unwanted pounds and promoting the best health we can possibly enjoy and we fully appreciate the importance of intelligent nutrition. But there are other challenges out there and we've hinted at some of them earlier in Chapter..... We're talking toxins, my friend.

Those totally unfriendly substances that pollute our food, poison our drinks and surround us in the air we breathe. Our world has become a scarily toxic place to exist and most of the problems are man-made. That doesn't make them any easier to live with.

You already know how important it is to avoid toxins by eating as naturally as possible but what about the toxins we inhale? What about the poisons that leach into our skin from the environment? The answer to this problem and the best the way to give your body a fair chance to neutralise these poisons is to use a cleansing diet for a few days. Fresh vegetables are the easiest and best source of natural cleansing. They promote natural digestion and contain nutrients that are very helpful in maintaining your health and wellbeing.

Stick to a detox section of the PKD diet for a few days and you'll be amazed at the difference you'll feel in your overall wellness. And drink plenty of water too. The idea of cleansing the body is hardly new. We're just too busy to think of it. But now that we're on a journey of total physical transformation, let's give our bodies the best chance to feel fantastic.

And that means flushing out the garbage to restore total health and wellbeing. Getting away to a place with fresh air is another helpful way to restore balance to your body. Just breathing - and meditating - in the fresh air can work wonders for our health and vitality. Sea air, mountain air, the fresh air in the forest or open countryside can restore you at so many levels. If it's at all possible, make a regular date for a mini cleanse and for some valuable down time in the fresh, open air.

Get a little help from your friends.

You're not alone. It's all too easy to imagine that we're the only ones who are experiencing problems, and think that the rest of the world is having fun, eating well and enjoying life to the full. But most of the world just isn't like that. Sharing your experiences, your challenges and difficulties, sharing your goals and intentions can gather support from everyone around you. You'll be surprised how many people will offer their encouragement and enthusiasm for your new way of life. It will help to reinforce your personal commitment to a healthier, fitter and happier way of being. So feel free to share and build that beautiful support group.

Personal Vision - Summary

Engaging the power of visualisation

Meditating on the powerful new you

Building a clear picture of who you are becoming

Daring to dream and engaging the power of focused visualisation

Total health and well being



I am so delighted that you have chosen this book and it's been a pleasure writing it for you. My mission is to help as many readers as possible to benefit from the content you have just been reading. So many of us are able to take new information and apply it to our lives with really positive and long lasting consequences and it is my wish that you have been able to take value from the information I have presented.

Thank you for staying with me during this book and for reading it through to the end. I really hope that you have enjoyed the contents and that's why I appreciate your feedback so much. If you could take a couple of minutes to review the book, your views will help me to create more material that you find beneficial.

I am always delighted to hear from my readers and you can email me via the Publisher at beranparry@gmail.com if you have any questions about this book or future books. Let us know how we can help you by sending a message to the same email address.

Thanks again for your support and encouragement. I really look forward to reading your review.

Stay Healthy!

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BOOK 3

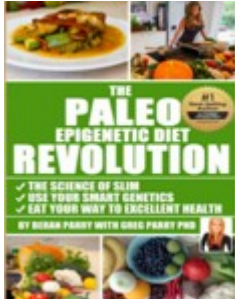
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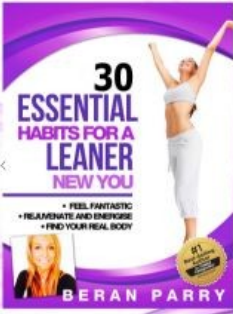
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Contents

[The Amazing Paleo Air-Fryer](#)

[Breakfast](#)

- [1. Sweet Potato Cookies](#)
- [2. Healthier Chicken Nuggets Recipe](#)
- [3. Buttermilk Banana Blueberry Bread](#)
- [4. Gluten Free Biscuit Chicken Pot Pies To Go](#)
- [5. Avocado and Egg Breakfast](#)
- [6. Bake Eggs in the Oven](#)
- [7. Sweet Potato and Beet Chips with Garlic Rosemary Salt](#)
- [8. Blueberry Banana Muffins](#)
- [9. Quinoa, Spaghetti Squash, and Bacon Fritters](#)
- [10. Paleo Chocolate Cranberry Muffins](#)

[Lunch](#)

- [11. Peri Peri Chicken](#)
- [12. Crispy Potato Skin Wedges](#)
- [13. Crispy Baked Chicken Fingers](#)
- [14. Coconut Crusted Baked Cauliflower Bites](#)
- [15. Crockpot Maple and Balsamic Glazed Pork Loin](#)
- [16. Baked Sweet Potatoes with a Five Star Feta Salad](#)
- [17. Baked Orange Chicken](#)
- [18. Balsamic Glaze Chicken Wings](#)
- [19. Orange and Miso Glazed Salmon](#)
- [20. Baked broccoli with garlic and parmesan cheese](#)

[Dinner](#)

- [21. Air Fried Zucchini, Yellow Squash, and Carrots](#)
- [22. Crumbed Chicken Tenderloins \(Air Fried\)](#)
- [23. Chicken Teriyaki Bowl with Broccoli and Sweet Potato](#)
- [24. Cauliflower Buffalo Bites](#)
- [25. Roasted Carrots](#)
- [26. Fried Tofu](#)

[27. Maple-Glazed Chicken Thighs](#)

[28. Smoked Bacon Wrapped French](#)

[29. Asparagus Fries](#)

[30. Shish Kabob](#)

[Snacks](#)

[31. Salt and Vinegar Zucchini Chips](#)

[32. Parmesan Zucchini Chips](#)

[33. Salt & Vinegar Sweet Potato](#)

[34. Low Carb Fried Zucchini](#)

[35. Easy Garlic Butter Spread](#)

[36. Loaded bacon and sweet potato balls with panko crumbs](#)

[37. Oven Baked Onion Rings](#)

[38. Low Carb Avocado Crisps](#)

[39. Briana's House Low Carb Chocolate Chip Cookies](#)

[40. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)

[Desserts](#)

[41. Jam Ball Donuts](#)

[42. Baked Cinnamon Doughnuts](#)

[43. Gluten Free Dairy Free Coconut](#)

[44. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly](#)

[45. Raw Pineapple Coconut Vegan Cheesecake](#)

[46. Grain-free Italian Lemon Almond Cake](#)

[47. Vanilla Pudding Pops](#)

[48. Gluten Free Tiramisu Roulade Recipe](#)

[49. Gluten Free Monster Cookies](#)

[50. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider](#)

[Caramel](#)

[Author Biography](#)

The Amazing Paleo Air-Fryer

Let me begin by asking you what you know about Air-Fryers? Do you know exactly what they are, how they really work and how they're changing the face of cooking in kitchens right around the world today? Air-fryers are one of the most important developments in modern cooking technology, perhaps one of the most helpful appliances since the introduction of the microwave oven, though some would say that it's probably a much healthier way of cooking than heating food using microwave energy. The Air Fryer is changing how we cook and it's making a very positive contribution to our health, our weight and our wellbeing. Once you appreciate how amazing it is to cook with an Air Fryer, it'll likely become your favourite way of getting hot, delicious food to your table.

Perhaps because the technology is relatively new, many people don't fully appreciate what an Air Fryer really does. I'd like to take this opportunity to dispel a couple of myths that have been circulating about the Air Fryer and share the advantages of this much healthier way of preparing and enjoying your food.

The first myth is that using an oil-free deep fryer just moves your food around whilst heating it up through a simple baking process. This means that the cooker does not function as a true deep fryer at all and you could get the same results, in theory, by tossing your food items in the oven along with a chunk of beef fat. Another common myth likens the Air Fryer to some kind of frying pan. It's even been suggested by some Paleo enthusiasts that the oil-free fryer produces a similar effect to sautéing your food but these ideas suggest that the real function of the Air Fryer has been misunderstood.

The other concern around Air Fryers is that many people have concluded that they're too expensive for what they're perceived to do – why pay for a fancy frying pan, a sautéing machine or a baking device? But Air Fryers really are different in a number of significant ways.

As the name suggests, Air Fryers rely on superheated air to fry, bake, grill and steam your food without any added oils or calories. The Air Fryer does need harmful cooking oils to work its magic. It's the leaner, cleaner way to cook and every kitchen should have one.

Knowing how to cook with the Air Fryer can transform how you prepare and enjoy your meals. You may well be pleasantly surprised by how versatile these appliances can be.

This book has been filled with specially chosen, delicious recipes to inspire your breakfasts, vegetable dishes, side dishes, main dishes and even yummy desserts. This inspiring cookbook has been designed to make full use of induction air cooking. This is your chance to create healthy, balanced, quick and easy meals that will make every mealtime a delight for all the family!

Now, at last, you can enjoy super-healthy fried food without the guilt or the calories. That has to be the best news that's come out of the kitchen in a long, long time! The Air Fryer is about to transform your life.

- The air fryer stands out from other ways of frying foods such as fried chicken, french fries and onion rings – all considered unhealthy because of their high-fat content.
- Air fryers maintain every ounce of taste and texture to produce foods with delicious taste and a natural feel in your mouth.
- The air fryer is an incredibly versatile tool and can save you time and effort in the kitchen, making your busy, daily life a whole lot easier to manage.
- Whether you want to fry, bake, grill or roast ingredients, the air fryer can do it all.
- It's great for cooking without adding any oil, allows you to prepare multiple dishes at the same time and it's blissfully easy to take apart for cleaning.

This recipe book is your complete Air Fryer guide to cooking. It's your personal step by step guide to creating a great collection of mouth-watering recipes but the methods can be easily adapted for all of your favorite dishes.

Here are some great recipes that will introduce you to the best of Paleo Air Fryer cooking. Bon appetit and enjoy!

Breakfast

1. Sweet Potato Cookies

- 1-1/2 cups cooked and mashed sweet potato (from 1-1/2 whole)
- 3/4 cup quick oats
- 2 Tbsp peanut butter
- 1 egg
- 3 Tbsp honey
- 1/2 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1/4 cup raisins

Directions

Poke holes in sweet potatoes and cook in microwave on the potatoes setting. Alternatively, you can cook your sweet potatoes in the oven. Allow sweet potatoes to cool enough to handle, then remove skin and mash. Measure out 1-1/2 cups of mashed sweet potato and add it to a mixing bowl or food processor.

Preheat oven to 350 degrees.

To the mixing bowl/food processor, add quick oats, peanut butter, egg, honey, vanilla, cinnamon, nutmeg, baking powder, baking soda, and salt. Mix on a medium setting, or with a spoon, until everything is fully combined. Fold in raisins.

Using a teaspoon, drop cookies onto a parchment-lined baking sheet. Try to flatten them down as much as possible to help them bake into a flat cookie shape (they don't flatten out too much on their own). Bake for 10 minutes, then remove from oven. Flip and flatten

cookies on the baking sheet (see pictures below for what they should look like). Bake for another 10 minutes. Remove from oven and cool on cooling rack.

Makes 2 dozen cookies.

2. Healthier Chicken Nuggets Recipe

- 1 chicken breast cut into bite size pieces
- 1 egg
- 1/4 cup panko breadcrumbs
- seasoning

Mix the seasoning with the breadcrumbs (choose your seasoning, I have made them with Italian seasoning, spices, whatever my mood leads me to throw in), dip chicken pieces in egg then roll in the breadcrumbs and place on the mesh rack in the lower tier of the big boss (I am sure these would cook just fine in a regular oven).

This was enough chicken nuggets for two of us. I baked them in the big boss at 375F turning as they browned. It took about 18 minutes plus a few mins of prep. No oil was used and they surprisingly did not stick to the mesh tray (the ones with regular bread crumbs did stick).

3. Buttermilk Banana Blueberry Bread

Ingredients

- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, at room temperature
- 1 cup sugar
- 2 large eggs
- 1/4 cup buttermilk
- 1/2 teaspoon vanilla extract
- 3 ripe bananas, mashed
- 1 cup blueberries

Instructions

- Preheat oven to 350 degrees F. Lightly coat four 5 3/4-inch mini loaf pans with nonstick spray.
- In a large bowl, combine flour, baking powder, baking soda and salt.
- In the bowl of an electric mixer fitted with the paddle attachment, beat butter and sugar on medium-high until light and fluffy, about 2-3 minutes. Beat in eggs, buttermilk and vanilla until well combined. Beat in bananas until well combined. Gradually add flour mixture to the sugar mixture at low speed, beating just until incorporated.
- Add blueberries and gently toss to combine.
- Scoop the batter evenly into the loaf pans. Place into oven and bake for 30-35 minutes, or until a tester inserted in the center comes out clean.
- Remove from oven and let cool for 15 minutes before inverting the cake onto a wire rack.

4. Gluten Free Biscuit Chicken Pot Pies To Go

INGREDIENTS

1 recipe gluten free biscuit dough - try using buttermilk in place of milk or cream), chilled

2 tablespoons (28 g) extra virgin olive oil

1 small onion, peeled and chopped fine

1 stalk celery, chopped fine

1 large carrot, peeled and shredded

2 tablespoons (28 g) unsalted butter

3 tablespoons (27 g) basic xanthan-gum free gluten free flour blend (18 grams superfine white rice flour + 6 grams potato starch + 3 grams tapioca starch/flour)

1/2 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

1 cup (8 fluid ounces) chicken stock

8 fluid ounces low-fat evaporated milk

1 tablespoon fresh thyme (or 1 1/2 teaspoons dried thyme)

5 ounces sharp cheddar cheese, grated

2 cups cooked cubed chicken*

Egg wash (1 egg beaten with 1 tablespoon milk)

*I just placed 1 1/4 pounds skinless boneless chicken breasts on a greased and lined baking sheet, sprinkled them on both sides with 1/4 teaspoon kosher salt and 1/8 teaspoon freshly ground black pepper and drizzled them with extra virgin olive oil. Then I placed them under my oven's broiler for about 12 minutes, flipping them about halfway through, or

until they were cooked all the way through. You can also use a store-bought gluten free rotisserie chicken, which would make things simple and still delicious!

DIRECTIONS

- Preheat your oven to 375°F. Line rimmed baking sheets with unbleached parchment paper and set aside.
- Prepare the filling. In a medium-size, heavy bottom saucepan, heat the olive oil over medium-high heat. Add the onion, celery and carrot, and cook until the onions and celery are translucent (about 5 minutes). Transfer to a small bowl, and set it aside. To the same medium-size saucepan, add the 2 tablespoons butter and melt over medium heat. Add the flour blend, salt and pepper, and stir to combine well. The mixture will clump at first, and then smooth. This is the roux that will thicken the sauce. Cook over medium heat, stirring constantly, until the mixture has just begun to turn a very light brown color (about 2 minutes). Add the stock to the roux very slowly, stirring constantly to break up any lumps that might form. Add the evaporated milk and the thyme, and continue to stir until the mixture is smooth. Bring the mixture to a simmer, and continue to cook, stirring occasionally, until reduced by about one-quarter. Remove the saucepan from the heat, and add the cooked onion mixture. Stir to combine.
- Prepare the biscuit dough, rolling it out into a rectangle about 1/4-inch thick. While rolling and folding the biscuit dough, sprinkle with enough additional gluten free flour that you end up with a smooth dough
- Shape and fill the pastries. With a sharp knife or pastry cutter, slice the rectangle of dough into 5-inch squares. Gather and reroll scraps. You should have at least 6 squares. Separate them from one another and place about 2 teaspoons of the filling on top of each square, slightly off-center so the filling is enclosed when the dough is folded, not caught in the fold. Top with about 1 1/2 tablespoons of chopped chicken, top with another small dollop of filling and about 1 tablespoon grated cheese. Moisten the edges of each square with a wet finger, and fold the dough in half diagonally to create a triangle, gently pressing out the air as you fold. Press the edges of the triangle to seal and, using a sharp knife or pastry cutter, slice three vents on top of each turnover. Place the turnovers an inch apart on a prepared baking sheet, and place in the freezer until firm.**

****ETA:** At this point, you can freeze the shaped and filled pastries in a single layer on a baking sheet, and then pile them into a freezer-safe bag and keep them frozen until you're ready to bake them. Then pop them in the oven and bake! You might need a few more minutes of baking time once they're frozen solid, so just keep an eye on them.

- Bake the pastries. Remove the chilled turnovers from the freezer and brush each generously with the egg wash. Place in the center of the preheated oven and bake until the turnovers are puffed and pale golden all over, and more brown around the edges (about 15 minutes). Remove from the oven and allow to cool slightly before serving.

5. Avocado and Egg Breakfast

INGREDIENTS

2 hard-boiled eggs

1/2 avocado, diced

1 teaspoon fresh herbs, optional

Dash of hot sauce, optional

DIRECTIONS

1. Peel your hard-boiled eggs and run under cold water. Transfer to a cutting board, and slice into quarters.
2. Combine your chopped eggs with the diced avocado in a small bowl or mug. Top off with garnishes of your choice, and enjoy.

6. Bake Eggs in the Oven

Ingredients

- Eggs (however many you want)
- nonstick cooking spray (I use olive oil or coconut oil spray)
- salt and pepper, to taste

Instructions

1. Preheat oven to 350°F and grease a muffin tin with nonstick cooking spray.
2. Crack eggs into tin. Season with salt and pepper.
3. Bake for 17 minutes or until eggs reach desired texture. All you have to do is set your oven to 350F,

7. Sweet Potato and Beet Chips with Garlic Rosemary Salt

Ingredients

2 sweet potatoes

2 beets

1 garlic clove, minced

1 teaspoon very finely minced fresh rosemary leaves

2 tablespoons salt

10 cups vegetable oil

Directions

Wash the vegetables and dry very well. Set aside.

In a small bowl combine the garlic, rosemary and salt. Set aside.

Warm the oil in a large pot over high heat to 350 degrees F.

Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick.

When the oil is hot add about a quarter of the sweet potato slices. Let fry until golden and the bubbling has almost completely subsided, about 2 to 3 minutes. Using a mesh sieve or slotted spoon remove the chips to a paper-towel-lined baking sheet. Sprinkle with some of the garlic, rosemary, and salt mixture. Continue with the remaining sweet potatoes.

Transfer to a serving plate.

Next, fry 1/4 of the beets. Let fry until curled at the edges and most of the bubbling has subsided, about 3 to 4 minutes. Transfer the beets to another paper-towel-lined baking

sheet and sprinkle with salt mixture. Continue with the remaining beets. Let cool and transfer to a serving plate.

8. Blueberry Banana Muffins

INGREDIENTS

- ½ cup Butter (or dairy free margarine)
- 1 cup sugar
- 2 eggs
- 1 cup mashed bananas (about 2-3 bananas)
- 2 cups flour (or gluten free substitute)
- 1 tsp Baking soda
- ¼ tsp salt
- 1 cup blueberries

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a mixer, cream together butter and sugar until creamy.
3. Add in the eggs, and the bananas.
4. Beat until mixed well.
5. In another bowl mix together flour, baking soda, and salt.
6. Slowly add the flour mixture to the mixer.
7. Fold in the blueberries by hand.
8. Fill a paper lined muffin pan
9. Bake for 30 minutes or until a toothpick inserted in the center comes out clean.

Gluten Free

1. Use a gluten free flour mix. I used Gluten free Bisquick

Dairy Free

1. Use a dairy free margarine.

9. Quinoa, Spaghetti Squash, and Bacon Fritters

Ingredients

- 2 eggs
- 2/3 cup flour (for gluten free version, use multi-purpose gluten-free King Arthur flour)
- 2 cups spaghetti squash, cooked and wringed out (see below)
- 2 cups quinoa, cooked
- 1/2 cup Parmesan cheese, freshly grated
- ¼ cup fresh spinach, finely chopped (OPTIONAL)
- 1/4 teaspoon salt
- 6 strips of bacon, cooked, drained of fat, and chopped
- 2 tablespoons vegetable oil (or olive oil)

For garnish:

- 2 green onions, chopped
- dollop of sour cream or Greek Yogurt

Instructions

The recipe requires 2 CUPS COOKED spaghetti squash. First 3 steps describe how to cook spaghetti squash (this can be done 1 or more days in advance):

1. Preheat oven to 425 Fahrenheit.
2. Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil and place the squash on the baking sheet cut side down.
3. Bake for about 30-40 minutes. Remove it from the oven when it's cooked through and soft, and let it cool. Flip the squash so that cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. Let it cool.

4. Important: Wring out the spaghetti squash by wrapping small portions of it in paper towels and squeezing hard with your hands over the sink. Be careful not to drop the spaghetti squash into the sink if the paper towel breaks. Try to get rid of as much liquid as you can.
5. Cooked spaghetti squash can be refrigerated for 5 days. I prefer to cook spaghetti squash, refrigerate it and make fritters the next day or 2 days later - that allows spaghetti squash to drain the liquid out and get dryer, which is preferable for fritters.

Now, on to how to make fritters:

6. In a large bowl, using electric mixer, beat 2 eggs on high speed for 1-2 minutes. Add flour and continue beating for about 30 seconds to combine. To the same bowl, add spaghetti squash, quinoa, Parmesan cheese, finely chopped spinach, and 1/4 teaspoon of salt. Mix very well until all the mixture has uniform consistency. Add chopped bacon and mix. Taste and adjust seasoning, if necessary.
7. Heat a large skillet on high-medium heat until VERY hot. Only then add oil. It should sizzle and smoke right away. Using a tablespoon, spoon the tablespoon-ful of the batter for each fritter and drop on the skillet. Using a spatula, correct the shape of each fritter, making it flatter and rounder. Cook until the bottom side of each fritter is golden brown, about 1-2 minutes. Reduce heat to medium. Using spatula, flip fritters to the opposite side, and cook 1-2 more minutes. When flipping the fritters, you can use a spoon on the opposite side of spatula to help push each fritter onto the spatula and then flipping. Turn off the heat and let the fritters sit in the skillet (uncovered) for 2-3 more minutes (check the bottom to make sure it's not burned - if it is too dark, remove fritters from the skillet immediately). Do 4 fritters at a time.
8. Serve as is, or top with the dollop of sour cream or Greek yogurt and chopped green onions (delicious if served this way!).

10. Paleo Chocolate Cranberry Muffins

INGREDIENTS

- 200 grams almond flour (about 2 cups)
- $\frac{1}{3}$ cup cacao powder
- 2 tablespoons coconut sugar
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{8}$ teaspoon salt
- 3 eggs
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup ghee, melted
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar
- $\frac{1}{2}$ cup cranberries, thawed if frozen

INSTRUCTIONS

1. Preheat oven to 325 degrees and grease or line muffin tin.
2. Combine almond flour, cacao, coconut sugar, baking soda, and salt in a large bowl. Combine eggs, honey, ghee, vanilla, and apple cider vinegar in medium bowl. Stir wet ingredients into dry ingredients, then fold in cranberries.
3. Using a large ice cream or cookie scoop, fill muffin cups $\frac{3}{4}$ full.
4. Bake 20 - 25 minutes, until toothpick inserted in center comes out clean.

Lunch

11. Peri Peri Chicken

Ingredients

- 3 cloves of garlic
- Juice and zest of a lemon
- Juice of an orange.
- 60ml olive oil
- 2 tsp sweet paprika
- ¼ tsp black pepper
- ½ tsp chilli flakes (more if you like it spicy)
- 1 tsp dried oregano
- 1kg Chicken pieces (Skin on)
- ½ tsp salt
- 1 tbsp chopped fresh parsley (to serve)

Instructions

1. Pre-heat the oven to 200°C/180°C fan forced/Gas mark 6.
2. Place the garlic, lemon juice, orange juice and olive oil into a processor and give the mixture a whizz until you have a rough paste.
3. Add the lemon zest, sweet paprika, black pepper, chilli flakes and oregano.
4. Mix on a low setting until well combined.
5. Pour the marinate into a plastic bowl or large ziplock bag.
6. Add the chicken pieces and leave to marinate for at least an hour but overnight will give you a great flavour.
7. Lay the chicken out in a baking dish, sprinkle over the salt and cook in the oven for 45 minutes.

8. Carefully baste the chicken with the pan juices and served sprinkled with fresh parsley.

12. Crispy Potato Skin Wedges

Ingredients

4 medium russet potatoes 1 cup water

3 tablespoons canola oil

1 teaspoon paprika

1/4 teaspoon black pepper

1/4 teaspoon salt

Instructions

Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.

In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the Air Fryer to 390°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook each batch for 13-15 minutes or until golden brown. Serves 4.

13. Crispy Baked Chicken Fingers

Ingredients

- 2 large skinless, boneless chicken breasts
- 1 cup **almond meal/flour**
- ¼ cup **tapioca flour/starch**
- ½ cup **unsweetened shredded coconut**
- 1 tsp garlic powder
- 1 tsp ground mustard powder
- ½ tsp smoked paprika
- ½ tsp sea salt
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper
- 2 whole eggs, whisked
- 2-3 tbsp olive oil, for drizzling
- Paleo Honey Mustard, for dipping

Instructions

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. In a small bowl, whisk the eggs. Set aside.
3. Make your breading in a separate, larger bowl. To do this, whisk together the almond flour, tapioca flour/starch, unsweetened shredded coconut, garlic powder, ground mustard powder, smoked paprika, sea salt, ground black pepper and cayenne pepper.
4. Cut each of your chicken breasts into about 6 lengthwise strips, for a total of 12 strips. Place them all into your egg bowl.
5. One at a time, remove a chicken strip from the egg bowl and dip it in the “breeding” mixture. Make sure to thoroughly coat all sides of the strip. Lay it on the parchment-lined baking sheet.

6. Once you've breaded all the strips, drizzle a little olive oil over the tops of each one – not too much, but not too little either!
7. Bake for a total of 17-20 minutes, depending on the size of your chicken fingers. Flip after 12-15 minutes of cooking time. (If the chicken fingers aren't looking golden or crispy enough at 20 minutes, turn up the heat to 425 and let them cook an additional 3 minutes.)
8. When the fingers are done, remove them from the oven and let them cool for a few minutes before serving with a side of Paleo Honey Mustard.
9. Store extra chicken fingers in an airtight container in the refrigerator for up to 3 days, or freeze for longer storage.

14. Coconut Crusted Baked Cauliflower Bites

Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 egg
- 1/2 cup Silk coconut milk
- 1/2 cup Panko breadcrumbs
- 1/2 cup sweetened coconut flakes
- 1 head cauliflower (roughly 2 pounds), cut into small florets

Marinara Sauce

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 can (14 ounces) diced tomatoes with juices
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/4 teaspoon salt

Instructions

1. Preheat oven to 450F. Line the bottom of a roasting pan or cookie sheet with foil. Place a roasting or cooling rack on top. Lightly spray the rack with cooking spray.

2. In a shallow plate or bowl, whisk together the flour, salt, garlic powder, and onion powder. In a second plate or bowl, whisk together the egg and coconut milk. In a third plate or bowl, mix together the breadcrumbs and coconut flakes.
3. Dip one cauliflower floret into the flour mixture then the coconut milk mixture then the breadcrumb mixture. Place on the rack. Repeat until all of the cauliflower is gone.
4. Bake 15-20 minutes or until golden brown. Serve with marinara dipping sauce (recipe below)

Marinara Dipping Sauce

1. In a large saucepan, heat the olive oil until hot. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook 30 seconds. Add the tomatoes with juices, sugar, basil, oregano, parsley, and salt. Bring to a boil. Once boiling, cover and simmer for 15 minutes. Add the sauce to a blender and blend until smooth. Serve with cauliflower bites.

15. Crockpot Maple and Balsamic Glazed Pork Loin

Ingredients:

1-2 lb pork tenderloin

2 tsp ground sage

1/2 tsp salt

1/4 tsp pepper

1 garlic clove, minced

1/4 – 1/2 cup of water (use 1/4 if you have a 1lb tenderloin, 1/2 if it is 2 lbs)

For the glaze:

3 tbsp maple syrup

1/4 cup balsamic vinegar

1 tbsp cornstarch

2 tbsp coconut aminos (or low-sodium soy sauce)

Directions:

Combine sage, salt, pepper and garlic in a small bowl. Prepare loin by trimming any fat and patting dry with paper towels. Rub the sage mixture over all sides of the pork. Place in crock pot with 1/4-1/2 cup water. Cook on low for 6-8 hours.

About 1 hour before roast is done, whisk together ingredients for glaze in small sauce pan. Heat and stir until mixture thickens. Brush the pork with the glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

6-10 servings. 21 Day Fix: measure out with your red container and count as one red serving.

16. Baked Sweet Potatoes with a Five Star Feta Salad

INGREDIENTS

- 2 mid sized sweet potatoes (300-400gr each)
- 100 gr. feta or similar cheese
- 1 handful olives
- 1 small red onion/ 3 spring onions
- 10-12 cherry tomatoes
- 1 clove of garlic (peeled and diced)
- Handful fresh (chopped) or 1 tbsp dried basil
- ½ tsp cumin
- ½ tsp cayenne pepper
- ¼ tsp fresh ground pepper
- 2 tbsp olive oil
- juice of ½ lemon
- **Optional:**
- Creme fraiche/Greek yoghurt
- A third of a cucumber for extra crunch

INSTRUCTIONS

1. Wash the potatoes and rub a coat of olive oil and salt on the skin.
2. Next, put them on a baking tray and layer of foil. Off they go in the oven. Depending on the size of the potato they'll be ready somewhere between 45 and 60 mins. You can tell when the skin becomes loose (just prod them). If the potatoes are massive then slice them length-ways before cooking to save time.
3. This way of cooking the potatoes is our favorite overall, but if time is of the essence then we've listed a couple of alternatives in the blog post.
4. While they're cooking, cut or crumble the feta/cheese, cut olives, cherry tomatoes, basil, peel and dice the onion and the garlic and mix it all up in a salad bowl.

5. Put the basil, cumin, cayenne pepper, fresh ground pepper, olive oil and lemon in a cup and stir well.
6. Add the contents of the cup to the salad bowl and stir well.
7. When the potatoes are ready (cut them open if they're not already) pop them on a plate and layer the salad mix on top.
8. Finally, add an optional dollop of creme fraiche or Greek yogurt.
9. *Enjoy!*

17. Baked Orange Chicken

Ingredients:

3/4 cup + 2 Tbsp cornstarch
4 egg whites, beaten
2 cups panko breadcrumbs
2 lbs boneless skinless chicken breast, cut into 1" pieces
1 cup fresh squeezed orange juice, divided
1/2 cup light brown sugar
1/2 cup rice wine vinegar
1/2 cup soy sauce
1 tsp minced ginger
1/2 tsp minced garlic
1/2 tsp sesame oil
Pinch of crushed red pepper
1/2 cup sliced scallions
Cooked brown rice (for serving)

Preparation:

Preheat the oven to 400°F.

Spray a baking sheet with cooking spray and set aside.

Using three shallow bowls, put 3/4 cup cornstarch in the first, egg whites in the second, and panko in the third. For each piece of chicken, coat in the cornstarch, dip in the egg whites, and then coat with the panko. Place all of the coated chicken on the baking sheet. Bake in the oven for 15–20 minutes.

While the chicken is cooking, prepare the sauce in a medium saucepan. Add 3/4 cup of orange juice, brown sugar, rice wine vinegar, soy sauce, ginger, garlic, sesame oil, and red pepper. Bring to a simmer on medium heat.

In a bowl, take the remaining orange juice and whisk in 2 Tbsp of cornstarch with a fork until there are no lumps. Stir the mixture into the saucepan. Continue simmering the

liquid until it thickens, then remove from the heat.

When the chicken has finished baking, carefully put into a bowl and pour the sauce over the hot chicken. Toss to coat. Sprinkle on the scallions and serve with brown rice.

18. Balsamic Glaze Chicken Wings

Ingredients

1 cup water;

½ cup balsamic vinegar;

¼ cup coconut aminos (a Paleo-friendly replacement for soy sauce; you can get them online or at most health-food stores);

¼ cup honey;

1 tsp. Sriracha sauce; (optional or to taste)

Preparation

Mix up the marinade by combining the honey, if using, coconut aminos, lime juice, garlic powder, curry powder, ginger powder, and Chinese 5 spice powder in a bowl. Season to taste with salt and pepper.

Add the chicken to the marinade and marinate for a minimum of 4 hours and up to overnight in the refrigerator.

Preheat your oven to 400 F.

Line a baking sheet with parchment paper and place the chicken wings on top.

Bake on the middle rack of your oven for 40 minutes.

While the wings are cooking, combine the glaze ingredients in a skillet and let simmer for 10 to 15 minutes, or until the glaze is sticky. If you're using sriracha sauce, stir it in at the last minute.

Turn your oven to broil and broil for approximately 5 minutes or until crispy.

Remove the chicken wings from the oven and transfer to a large bowl.

Add the glaze with the chicken wings, toss to coat, and serve.

19. Orange and Miso Glazed Salmon

- 2 skinless salmon fillets (weighing approximately 150 grams each)
 - *the glaze*
 - 1 tablespoon white miso
 - juice of one orange (approximately 1/2 cup)
 - 2 teaspoons honey
1. Heat a medium sized frypan over medium heat.
 2. Add the glaze ingredients to the frypan and stir to combine.
 3. Bring the glaze to a gentle boil. Add the salmon fillets. Reduce the heat to a simmer. Cook for 5 minutes, turn and cook for a further 5 minutes. You may want to increase the heat slightly to get a nice caramelisation on the salmon.
 4. Serve with salad or vegetables of your choice.
 5. Enjoy.

20. Baked broccoli with garlic and parmesan cheese

Ingredients:

- 1 head of broccoli
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- Salt and ground black pepper
- ¼ cup grated parmesan
- 1 tablespoon lemon juice

Method:

1. Preheat your oven to 220°C.
2. Cut the broccoli into bite-sized pieces and place in a medium bowl.
3. Add the olive oil and garlic, and season with the salt and pepper. Toss gently to combine.
4. Bake on a lined tray for 10 to 12 minutes.
5. Sprinkle with the lemon juice and parmesan and serve immediately.

Dinner

21. Air Fried Zucchini, Yellow Squash, and Carrots

Ingredients:

- ½ pound carrots, peeled and cut into 1-inch cubes
- 6 teaspoons olive oil
- 1 pound zucchini, stem and root ends trimmed and cut into ¾-inch half moons
- 1 pound yellow squash, stem and root ends trimmed and cut into ¾-inch half moons
- 1 teaspoon kosher salt
- ½ teaspoon ground white pepper
- 1 tablespoon tarragon leaves, roughly chopped

Directions

- In a small bowl, combine the carrot cubes with 2 teaspoons of the olive oil and toss well to combine. Place the carrots in the basket of the Air Fryer and close the drawer. Set the temperature to 400 degrees Fahrenheit and the timer to 5 minutes.
- While the carrots cook, place the zucchini and yellow squash pieces in a medium bowl. Drizzle with the remaining 4 teaspoons of olive oil and season with the salt and pepper. Toss well to coat the vegetables evenly. Once the timer goes off, add the zucchini and yellow squash to the basket of the Air Fryer along with the carrots and close the drawer. Set the timer for 30 minutes and cook the vegetables, tossing two or three times throughout the cooking process to ensure even browning.
- When the timer goes off, remove the vegetables from the Air Fryer and toss with the tarragon. Serve warm.

22. Crumbed Chicken Tenderloins (Air Fried)

Ingredients

Serves: 4

- 2 tablespoon vegetable oil, or butter
- 50g breadcrumbs
- 1 egg, whisked
- 8 chicken tenderloins

Directions

Preparation:10min › Cook:12min › Ready in:22min

1. Preheat the Airfryer to 180 degrees C.
2. Mix the oil and the breadcrumbs together. Keep stirring until the mixture becomes loose and crumbly.
3. Dip the chicken into the egg then shake of any residual.
4. Dip the chicken into the crumb mix making sure it is evenly and fully covered.
5. Gently lay in the air fryer then cook for 12 minutes. (Time may vary depending on the thickness of the chicken).

23. Chicken Teriyaki Bowl with Broccoli and Sweet Potato

INGREDIENTS

- 1 lb boneless skinless chicken breast, cut into 1 inch pieces
- Salt, to taste
- Pepper, to taste
- 2 cloves of garlic, minced
- 4 green onion, chopped (set aside a bit to use as topping)
- 1/2 cup low sodium chicken broth
- 2 tbsp low sodium teriyaki sauce
- 2 tbsp olive oil
- 1 cup mushrooms, sliced
- 4 cups broccoli, cut into florets, steamed
- 4 cups sweet potato, chopped, roasted
- Sesame seeds, to use as topping

PREPARATION

1. Preheat oven to 400 degrees F.
2. Place sweet potato onto a baking pan, coat in 1 tbsp olive oil and place in oven for 20-30 minutes, turning every 10 mins. Cook time will vary depending on how large your sweet potato pieces are.
3. Steam broccoli florets
4. Place 1 tbsp olive oil into a pan and heat over medium-high heat. Add garlic and saute for about 1 minute.
5. Add chicken to the pan and stir fry until the pieces are browned.
6. Add mushrooms and saute until softened.
7. Add green onion and stir fry until softened.
8. Pour chicken broth into the pan, add teriyaki sauce, stir and simmer for 5 minutes.

9. Evenly divide sweet potato, broccoli and chicken into bowls and sprinkle with sesame seeds and green onions.

24. Cauliflower Buffalo Bites

Ingredients

- 1 large head cauliflower, cut into bite-size florets
- Olive oil to drizzle
- 2 teaspoons garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon melted butter (Use coconut oil for vegan option)
- ½ to *¾ cup Frank's Buffalo Wing Style hot sauce or other hot wing sauce of choice
- Other: 1 gallon or larger size plastic bag
- *I probably use about ⅔ cup of hot sauce and they have just enough heat.

Instructions

1. Preheat oven to 450F degrees.
2. Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
3. Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
4. Place on ungreased cookie sheet or baking pan and bake on middle rack for 15 minutes, turning florets once during baking. Check them at the 10 minute mark for desired tenderness. You don't want them to be soggy!
5. Remove florets from oven. Melt butter in medium glass bowl. Add hot sauce to butter. Toss cauliflower and stir to cover all florets with hot sauce. Start with about half the sauce and add more to your taste.
6. Return to oven and cook for additional 5 minutes.
7. Serve with any dip you like, ranch dressing or Blue Cheese dip.

25. Roasted Carrots

Ingredients

- 500 g / 1 pound carrots
- 1 teaspoon herbes de provence
- 2 teaspoons olive oil
- 4 tablespoons (60 ml / 2 oz) orange juice

Instructions

1. Wash and chunk the carrots; do not peel.
2. Put carrots in pan of your hot air fryer. Add the dried herb; pour the oil on top the dried herb (so that it doesn't get blown around.)
3. Roast for about 20 minutes.
4. Add the orange juice, roast for a final 5 minutes.
5. Serve hot.

Notes

500 g / 1 pound of carrots is about 4 cups of carrot chunks

4 tablespoons of orange juice is the juice of half a medium-sized orange.

Basket-type hot air fryer directions (such as a Philips AirFryer™):

Put oil and herbs in a large bowl. Toss the carrots in it. Put in machine. Roast for 20 minutes at 160 C / 320 F. Toss. Raise temperature to 180 C / 350 F. Roast for another 6 minutes. Take out. Put in large bowl with the orange juice, toss. Return to machine for a final 6 minutes of roasting.

26. Fried Tofu

The ingredients

A block of Organic Non-GMO firm tofu

2 Tsbp Cornstarch

1/4 cup rice flour or cornmeal

1/4 cup grated Parmesan cheese (optional)

Salt & pepper to taste (optional)

2 Tsbp Olive Oil

The method

Preheat the Airfryer to 185'C.

First you must drain the tofu and cut it into unanimous cubes or into bite size pieces. In a separate bowl mix together cornstarch, rice flour and place the cut tofu pieces into the mixture and coat well.

27. Maple-Glazed Chicken Thighs

INGREDIENTS

- 6 bone-in skin-on chicken thighs
- ¼ cup maple syrup
- 2 tablespoons coconut aminos (or soy sauce)
- 1 tablespoon apple cider vinegar
- 1 tablespoon finely minced garlic
- 1 tablespoon finely grated fresh ginger
- ½ teaspoon freshly ground black pepper

INSTRUCTIONS

1. Whisk together all marinade ingredients.
2. Put the chicken in a ziplok bag or a marinating container and pour the marinade over. Turn to coat well.
3. Refrigerate for at least 2 hours or overnight.
4. Preheat oven to 375F.
5. Line a baking sheet with foil and lightly coat with oil to prevent sticking.
6. Place the chicken parts skin side down on the foil. Bake for 25 minutes. Remove from oven and carefully turn chicken over. Bake for 20 minutes more or until juices run clear and the chicken has reached an internal temperature of 165 degrees.

28. Smoked Bacon Wrapped French

Ingredients

4 vidalia onions

2 Tbsp extra virgin olive oil

1 1/2 Tbsp montreal seasoning

4 slice thick bacon

4 oz gruyere, slice & torn..more if you like

2 Tbsp flat leaf parsley, chopped

BASTING SAUCE

3/4 c beef broth

1/4 c dry vermouth

1/4 tsp lemon thyme

1/2 Tbsp montreal seasoning

Directions Step-By-Step

1. Peel and cut about 1/2" of the onion tops. Trim off a small amount of the bottom of onions so they stand upright. With spoon, scoop out a few of the inner the layers of the onion leaving the majority of the outer layers.
2. Brush onions with olive oil and liberally sprinkle seasoning over each onion. Wrap bacon slices around each onion; secure with toothpick.
3. Prep smoker to 250 degrees F.
4. Combine basting sauce ingredients in a mixing bowl. Put 2 tablespoons of sauce in the center of each onion. Smoke for 2 hours. Baste every 30 minutes. The last 5-10 minutes, place cheese inside and around onions allowing melting. Garnish with parsley

29. Asparagus Fries

Ingredients

- 20 pieces asparagus spears, hard ends taken away
- 1/2 cup flour
- 1 egg
- 1/2 cup whole grain breadcrumbs
- 1/3 cup Parmesan cheese, grated

Directions

Preheat the oven to 400 degrees F.

- Dip the asparagus in the flour then shake off the excess. Dip it next to the egg then the breadcrumbs. Shake off the excess.
- Place them on a baking tray lined with baking paper then bake them for 10 minutes.
- Take them out of the oven then sprinkle the Parmesan cheese on top.
- Bake for another 10 minutes or until they are golden brown.

30. Shish Kabob

Ingredients

Vegetable Oil - 2 Tablespoons

Dijon Mustard - 2 Tablespoons

Balsamic Vinegar - 1 Tablespoon

Dried Thyme Leaves - 1 Teaspoon

Salt - 1 Teaspoon

Ground Black Pepper - 1/2 Teaspoon

Steak, Cut Into 1 1/2 inch Square Cubes X 1/2 Thick - 1 1/2 Pound

Red Onion, Sliced - 1/2

Bell Pepper, Sliced - 1

Zucchini, Sliced - 1

Vegetable Oil - 2 Tablespoon

Instructions

1. Make the marinade by mixing the first six ingredients in a small bowl until well combined. Pour the marinade in a resealable 1 gallon ziplock bag and add the meat, squeeze out excess air, and seal the bag well. Turn the bag over a few times to distribute the marinade evenly over the meat. Place the bag in a bowl in case it leaks and marinate in the refrigerator 8 hours or preferably overnight, turning periodically.
2. Heat the grill to high. In a medium bowl, toss the veggies with the 2 tablespoons of olive oil and season them with salt and pepper.
3. Thread meat and veggies on skewers, leaving a little space between each piece so the pieces cook more evenly.

4. Lightly oil grates of the grill. Place prepared skewers on heated grill; cover grill and cook, turning skewers once, 1-2 minutes per side or to desired doneness.

Snacks

31. Salt and Vinegar Zucchini Chips

Ingredients

- 4 cups thinly sliced zucchini (about 2-3 medium)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 teaspoons coarse sea salt

Instructions

1. Use a mandolin or slice zucchini as thin as possible.
2. In a small bowl whisk olive oil and vinegar together.
3. Place zucchini in a large bowl and toss with oil and vinegar.
4. Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt.
5. Depending on how thin you sliced the zucchini and on your dehydrator the drying time will vary, anywhere from 8-14 hours.
6. To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200 degrees F for 2-3 hours. Rotate half way during cooking time.
7. Store chips in an airtight container.

32. Parmesan Zucchini Chips

Ingredients

- 3 medium fresh zucchini, sliced into ¼-inch rounds
- cooking spray
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- freshly cracked black pepper, to taste
- pinch of Kosher salt

Instructions

1. Preheat oven to 425° F and line a rimmed baking sheet with parchment paper. Arrange zucchini slices on the parchment paper and spray lightly with cooking spray. Mix together Parmesan, parsley, black pepper, and salt. Sprinkle with Parmesan mixture. Bake for until cheese has melted and zucchini slices have become crisp, but not burned, about 30 minutes.
2. Remove from oven and serve.

33. Salt & Vinegar Sweet Potato

INGREDIENTS

- 2-3 medium-large sweet potatoes
- ⅓ cup malt vinegar
- 3 teaspoons coarse sea salt (or 2 teaspoons fine grain sea salt)

INSTRUCTIONS

1. Preheat oven to 375. Scrub sweet potatoes and pat dry. line a large baking sheet with nonstick foil and spray generously with cooking spray.
2. Thinly slice sweet potatoes into round discs. You can use a mandolin slicer if you have one, I did not, so I used a really sharp knife and that worked great. Place all of the potato discs in a large plastic zip lock bag. Add malt vinegar, seal, and shake to coat the potatoes. Allow to rest at room temperature 10-15 minutes.
3. Drain the bag and place all of the potato discs in a single layer on prepared baking sheet. Sprinkle with half of the sea salt and spray generously with cooking spray. Bake 15-20 minutes. Use a thin spatula to flip the potato discs over. Sprinkle with remaining sea salt. Bake another 15-20 minutes until chips are crispy. Remove and allow to cool completely. Store in airtight container at room temperature. Enjoy!

34. Low Carb Fried Zucchini

INGREDIENTS:

3 medium zucchini or yellow squash

2 eggs

1 tablespoon water

1/3 cup coconut flour

1/4 cup powdered Parmesan cheese

vegetable oil, for frying

ranch dressing, for serving

DIRECTIONS:

Heat a 1/4 inch of oil in the bottom of a large skillet over medium heat.

Wash and slice the zucchini into thin rounds, about 1/8-1/4 inch thick.

Beat together the egg and water in a shallow bowl.

Stir together the coconut flour and Parmesan in a second shallow bowl.

Coat the zucchini in the egg and then dredge in the coconut mixture to coat.

Add a single layer of zucchini to the hot oil, being careful not to crowd the pan. Fry for 1-2 minutes on each side, until golden brown. Repeat with remaining zucchini.

Drain on a paper towel lined plate. Sprinkle with salt, if desired.

Serve with ranch dressing for dipping.

35. Easy Garlic Butter Spread

INGREDIENTS

1/2 cup softened Butter

1 tsp Garlic Powder

1/4 tsp Onion Powder

1/2 tsp Dried Parsley

DIRECTIONS

Mix together ingredients until well blended

Spread on top of sliced bread (I used French)

Broil on low until browned.

36. Loaded bacon and sweet potato balls with panko crumbs

Ingredients

Prep time: 20 min | Cooking time: 10 min | Serves: 24 balls

For the filling:

500 g chilled sweet potatoes, mashed

125 g cheddar cheese, grated

250 g diced bacon, cooked

2 eggs

20 g chives, chopped

Salt and pepper to taste

For the coating:

125 ml flour

2 eggs, beaten

200 g Panko bread crumbs (you can buy these at your supermarket)

50 g Parmesan cheese, grated

For the Airfryer:

15 ml Sunflower oil

For deep frying:

Enough Sunflower oil to submerge your sweet potato balls

Method

1. Combine the filling ingredients and mix well.
2. Fill three mixing bowls: one with flour, one with beaten eggs and one with Panko bread crumbs mixed with Parmesan cheese.
3. Dust your hands with flour and scoop a tablespoon of mixture into your hands. Roll into a ball and repeat with the rest of the mixture.

37. Oven Baked Onion Rings

Ingredients

- 1 cup all-purpose flour
- 1 teaspoon smoked paprika
- 2 teaspoons kosher salt
- 1 cup buttermilk
- 2 eggs
- 1 cups panko breadcrumbs
- ½
- 2 tablespoons olive oil
- 2 large yellow sweet onions, such as Maui, sliced ¼-to-½-inch thick

38. Low Carb Avocado Crisps

Ingredients

1 1/2 ripe Hass avocados

1/2 tsp salt

1 1/4 cup finely grated hard cheese, like Grana Padana or Parmesan

zest of 1 lemon

black pepper

Directions

Mix everything together well.

Place teaspoon-sized dollops onto a parchment-lined baking tray, flatten into thin disks and bake for 15-17 minutes at 180C.

The crisps should turn a golden colour but not too brown, else they are burnt.

Remove from the oven and allow them to cool and crisp up.

For a Mexican twist, add a dash of cumin and some chili powder.

39. Briana's House Low Carb Chocolate Chip Cookies

INGREDIENTS

- ½ cup Briana's Baking Mix
- ½ cup oat fiber (use gluten free if necessary)
- 1 T THM Super Sweet Blend (or more to taste)
- 1 tsp. xanthan gum
- ½ tsp. baking soda
- ½ tsp. salt
- 8 T salted butter
- 4 T refined coconut oil
- 2 oz. cream cheese (full fat or reduced fat)
- 2 eggs
- 1 tsp. molasses
- ½ tsp. vanilla extract
- ¼ cup water
- 2 T heavy whipping cream
- ½ cup sugar free chocolate chips (such as Lily's brand) or chopped 85% dark chocolate

INSTRUCTIONS

1. Whisk the dry ingredients together.
2. Soften the butter, coconut oil, and cream cheese together, then beat them with the eggs, molasses, and vanilla until smooth. Add the water and whipping cream and beat again.
3. Add the dry ingredients to the wet ingredients and mix well. Stir in the chocolate chips by hand. Drop the dough by rounded tablespoons onto a cookie sheet, then smooth each cookie out thinly with the back of a spoon (each will be about 4 inches in diameter). Bake each pan of cookies at 375 degrees F for 7 minutes, then remove

the pan from the oven and leave the cookies on it for 2 more minutes before transferring them to wire racks to cool completely. Store in the refrigerator. Yields 2 dozen cookies.

NOTES

Do not put cookie batter onto hot cookie sheets as you won't be able to spread the cookies out as well.

Adjust the baking time according to how you like your cookies. This time is what worked best for me.

40. Crispy Fried Bocconcini w/ Smoky Tomato Sauce

Ingredients

- 20 cherry bocconcini (from a 220g tub)
- 1 ½ tbsp (30ml) coconut flour
- 2 large eggs
- 1 tbsp (20ml) thickened cream
- ¾ cup (180ml) powdered parmesan – yes, the processed stuff from a jar
- ½ cup (120ml) finely crushed pork rinds
- 1 tsp dried basil
- Peanut oil, for deep-frying
- Sea salt, to taste

Smoky Tomato Sauce

- 1 tbsp (20ml) olive oil
- 3 cloves garlic, crushed
- 1 x 400g tin crushed tomatoes
- 1 tsp smoked paprika
- 1 tsp dried basil
- ½ tsp dried chilli flakes, or to taste
- ½ tsp granulated sugar substitute
- Sea salt & freshly cracked black pepper, to taste

Method

To make the Smoky Tomato Sauce: Heat olive oil in a medium saucepan over medium heat and fry garlic, stirring for 1 minute, or until fragrant. Add crushed tomatoes (juices and all), smoked paprika, dried basil, chilli flakes & granulated sweetener and reduce the temperature to medium-low. Simmer, stirring occasionally, for 15 minutes to reduce and thicken slightly. Season with sea salt & freshly cracked black pepper. Remove and blitz with

a stick mixer until smooth. Serve warm, at room temperature or chilled. Keep leftover sauce refrigerated in an airtight container (makes: approx. 1 ¼ cups).

To make the Crispy Fried Bocconcini: Drain bocconcini and pat dry with paper towels. Place bocconcini on a paper towel lined plate and chill in the fridge to dry out for 1 hour (or several hours if you want to do this step in advance).

Place coconut flour in a small bowl. Place eggs and cream into another small bowl and whisk with a fork to combine. Place parmesan, finely crushed pork rinds & dried basil in a medium shallow bowl and whisk together to combine.

Roll bocconcini first in the coconut flour, then dip into the egg wash, then dredge in the parmesan mixture, shaking off excess after each step. Dip the bocconcini back into the egg wash, and roll again in the parmesan mixture for a double coating – (use one hand for rolling the bocconcini in the dry ingredients, and the other hand for dipping into the egg wash to avoid messy hands). Chill in the fridge for 30 minutes.

Pour peanut oil into a large heavy bottomed saucepan so that it comes 1/3 of the way up the sides (or use a deep fryer). Using a thermometer, heat oil to 190°C/375°F (or see my tips below for deep frying *without* a thermometer). Fry bocconcini in small batches for 20 seconds, or until crisp & golden brown. Remove with a slotted spoon and drain on a paper towel lined plate, then sprinkle hot bocconcini with sea salt. Keep cooked bocconcini warm in the oven while you fry up the rest.

Serve bocconcini hot so that it's crisp on the outside, and oozy in the centre. Serve with a side of smoky tomato sauce, or with any dipping sauce you fancy. (I also like scoffing these with just a squeeze of fresh lemon juice)

Desserts

41. Jam Ball Donuts

INGREDIENTS

Portions 12 portion(s)

125 g Buttermilk or Milk

15 g butter (I used salted)

1 egg

250 g bakers flour

1.5 tsp Yeast

1/4 tsp salt

30 g caster sugar

1/2 Cup raspberry jam

Sugar - For rolling

RECIPE'S PREPARATION

Method

1. Place milk & butter in bowl, and mix on 37 degrees, speed 1 for 2 minutes.
2. Add in egg to milk mixture and mix speed 4, 5 seconds.
3. In this order - Add in Yeast, then flour, then the caster sugar & the salt last. Mix on speed 6 for 6 seconds to combine, then knead for 3 minutes
4. Place dough in a greased bowl and cover and place in a warm place to prove for 1 hour or until dough has doubled in size.

5. Once the dough is proved, knock down onto a floured surface and cut dough in half until you have 2 balls.

6. Roll each ball into a 25cm long log, then cut each log into pieces and roll each piece into a ball and place on piece of baking paper and let prove for a further 15 minutes.

7. While the dough balls are proving, warm up your deep fryer, or oil in a frypan/saucepan (I used solidified oil which is an animal fat that you find in the butter section at the supermarket), to 175 degrees.

8. Drop in 3-4 balls at a time and cook for 5 mins or until nice and brown/golden. Mine turned over on their own in the oil, but you may need to turn them manually

9. When cooked, take out and roll in sugar, then using a piping bag with the long nozzle (Or an old sauce bottle cleaned out and filled with jam), fill the donuts with jam

These taste Just like the donuts you get from the markets and fast food vans etc. Enjoy!

TIP

You can use any flavor jam you like, but raspberry is generally what they use for traditional hot jam donuts

42. Baked Cinnamon Doughnuts

Baked Cinnamon Doughnut

(recipe adapted from Taste, makes 12)

1 cup full cream or reduced-fat milk

15g unsalted butter, melted

400g plain flour

1 1/2 teaspoons instant dried yeast

1/4 cup (50g) caster sugar

1/2 teaspoon ground cinnamon

For cinnamon doughnuts:

35g melted butter

1/2 cup (44g) caster sugar

1 tsp ground cinnamon

Optional strawberry doughnut men decorations:

1 cup icing sugar

1/4 tsp strawberry essence

Pink food colouring

Milk

Brown mini m&ms

Toothpicks (or a safer alternative)

Place milk in a heatproof, microwave-safe jug. Microwave on medium-high (75%) for 30 to 40 seconds or until heated through (do not allow to boil). Stir in melted butter and set aside.

Sift flour into a large mixing bowl. Stir in yeast, sugar and cinnamon. Make a well in the centre. Add milk mixture. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead for 10 minutes or until smooth and elastic (or if you are lucky enough to have a mixer with dough hooks like me, beat using dough hooks on high for 5-7 mins).

Place dough in a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm place for 1 hour or until doubled in size. Line 2 baking trays with baking paper. Using your fist, punch dough down. Turn out onto a lightly floured surface. Knead until smooth. Roll dough out

until 2cm thick. Using a 6.5cm cutter, cut 12 rounds from dough. Using a 3cm cutter, cut circles from the centre of each round. Place doughnuts (and doughnut holes), 5cm apart, on prepared tray. Cover with lightly greased plastic wrap. Set aside in a warm place for 30 minutes or until doubled in size.

43. Gluten Free Dairy Free Coconut

Ingredients

3 cans (14 ounces each) coconut milk, 2 of the 3 refrigerated for at least 24 hours*

3/4 cup (150 g) sugar

1 teaspoon (3 g) unflavored powdered gelatin

3 ounces dairy-free chocolate chips (optional)

1 teaspoon pure vanilla extract (optional)

*You must use full-fat coconut milk. Thai Kitchen brand coconut milk and Whole Foods 365 brand coconut milk both work well consistently for this application.

Directions

- In a large, heavy-bottom saucepan, place the entire contents of the 1 room-temperature can of coconut milk and the sugar, and mix to combine well. Cook over medium-high heat, stirring frequently to prevent it from splattering, until it is reduced at least by half and thickened (about 10 minutes). You can also cook the mixture over low heat for about 35 minutes, and stir much less frequently. This is now your sweetened condensed coconut milk. Remove from the heat and set aside to allow to cool completely.
- Remove the remaining two cans of coconut milk carefully from the refrigerator, without shaking them at all. The solid should have separated from the liquid while it was chilling, and you don't want to reintegrate them. Remove the lids from the cans, scoop out only the solid white coconut (discarding all of the liquid), and place it in a large bowl. With a hand mixer (or in the bowl of a stand mixer fitted with the whisk attachment), whip the coconut on high speed for about 2 minutes, or until light and fluffy and nearly doubled in volume. Place the whipped coconut cream in the refrigerator to chill for about 10 minutes.
- Place the gelatin in a small bowl, and mix well with 2 tablespoons of the sweetened condensed coconut milk from the first step. Allow to sit for 5 minutes while the gelatin dissolves. The mixture will swell. Microwave on 70% power for 20 seconds to

liquify the gelatin, and then add the mixture to the rest of the cooled sweetened condensed coconut milk.

- Remove the coconut whipped cream from the refrigerator and add the sweetened condensed coconut milk mixture and optional vanilla to it. Whip once more until light and creamy, and well-combined (another 1 to 2 minutes). Fold in optional chocolate chips, and scrape the mixture into a 2-quart freezer-safe container. Cover tightly and freeze until firm (about 6 hours). Serve frozen. If it is at all difficult to scoop, allow to sit in the refrigerator for 15 minutes before scooping and serving.

44. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly

Ingredients

- 150g sultanas
- 80g dried sour cherries or dried unsweetened cranberries, plus extra for garnish
- 100g currants
- 30g activated or raw almonds, roughly chopped
- 200g kombucha or freshly squeezed orange juice
- zest of 1 orange
- 40g blanched almond meal
- 20g coconut flour
- 1/4 tsp nutmeg
- 1/2 tsp mixed spice
- 1/4 tsp cinnamon
- 55g tallow or coconut oil
- 40g apple, peeled & cored
- 2 eggs
- 1/4 tsp fine salt
- 1/4 tsp bicarb soda

Instructions

- Weigh dried fruit and almonds into the Thermomix bowl, and add kombucha or orange juice.
- Cook 6 mins/80C/reverse/speed soft. Remove to a large bowl and set aside to cool.
- Place orange zest into clean, dry Thermomix bowl and chop 20 sec/speed 10.
- Add almond meal, coconut flour, spices, salt, soda, apple, eggs and tallow or coconut oil into Thermomix bowl and mix 5 sec/speed 5. Scrape down sides of bowl.

- Add soaked fruit and nuts back to bowl and mix 10 sec/reverse/speed 3.
- Scoop mixture into silicone cupcake cups or small ramekins and place into the Varoma dish and tray, with lid on. Cups/ramekins should be about 3/4 full.
- Place 500g water into Thermomix bowl and place Varoma in position. Cook 25 mins/Varoma/speed 2.
- Allow puddings to cool, covered, and store in fridge until needed.
- Drizzle with Coconut Vanilla Custard, with a dried cranberry or sour cherry on top for decoration.
- Notes
- I use my Thermomix to make these puddings - if you don't have a Thermomix, chop by hand, cook fruit gently on stovetop, and mix in remaining ingredients. Steam in a steamer or use traditional Christmas pudding cooking method.

45. Raw Pineapple Coconut Vegan Cheesecake

Crust:

4 dates, soaked until very soft 1 cup dried organic, unsweetened coconut

Place soften dates and coconut in food processor and process until well blended. Pat into the bottom of an oiled 7 1/2 inch spring form pan.

Filling:

2 1/2 cups young Thai coconut flesh (about 5 young coconuts) 1/4 cup coconut water (from the coconuts) 1/3 cup raw agave nectar or liquid sweetener of choice 1 cup coconut oil, softened 2 cups fresh pineapple chunks, separated

In high-speed blender, pureé the coconut flesh and coconut water together until smooth. Add the agave, coconut oil. You want this to be quite smooth so blend away until it is. Add 1 cup of the pineapple chunks. Blend until incorporated. Pulse the remaining pineapple chunks in the food processor until well chopped. Drain. Stir the pineapple into the coconut mixture, pour over crust and let set up in the refrigerator for 4 hours. Move to freezer and leave until firm.

46. Grain-free Italian Lemon Almond Cake

Ingredients

320 grams (this is about 3 cups + 3 tablespoons) almond flour (not almond meal) or blanched almonds, ground into almond flour

200 grams (1 cup + 3 tablespoons) white chocolate, chopped

2 tablespoons whipping cream or milk (I used 1.5% milk)

180 grams (3/4 cup + 1 tablespoon) unsalted butter, softened

130 grams (about 2/3 cup) granulated sugar or coconut sugar¹

zest of 4 lemons, about 2 tablespoons

4 large eggs, separated

1 teaspoon lemon extract

40 grams (about 2 tablespoons) of limoncello or lemon juice

powdered sugar as garnish, optional

Directions

Preheat your oven to 350°F / 176°C and grease a 10" / 26cm pan or line it with parchment paper. If using blanched almonds instead of almond flour, process them in the food processor until they're pretty finely ground. If you grind them too much, they'll release oil and become almond butter.

Combine the white chocolate and milk / cream in a microwave safe bowl.

Heat in 30 second increments and stir after every 30 seconds. Set aside to cool while you prepare the rest. Beat the butter with 100 grams of sugar and beat until fluffy.

Add the lemon zest, egg yolks and lemon extract and beat until well combined. Then add the almond flour / ground almonds and the melted chocolate. Add the limoncello / lemon juice and beat until combined.

In a separate bowl with spotlessly clean beaters, beat the egg whites until soft peaks form. Gradually add the remaining 30 grams of sugar to the egg white mixture. Fold the egg whites into the almond batter until well combined. Spoon the batter into the greased pan and bake for 40 - 45 minutes. If making half the cake, use a 7" / 18cm pan and bake for 30 minutes. The cake will puff up in the oven, but when cooling, it'll fall back down.

Let it cool completely in the pan and then invert the cake onto a plate, and then flip that back into the pan or onto another plate (so that it's not upside down). Sprinkle on some powdered sugar if desired, but only before serving.

Notes

If using coconut sugar, blend in a coffee grinder first so that it's basically like powdered coconut sugar. I'd be worried about how well non-grinded coconut sugar would do with the egg whites. I'm guessing not well. And please note the above comment about how using coconut sugar turns the cake the brown! It's just not possible to make a bright yellow cake with this dark sugar. Also, this recipe originally used 200 grams of sugar. I used 200 grams in the first cake and only 130 in the second and didn't notice much of a difference, but I'm used to not using so much sugar. Feel free to use up to 200 grams.

47. Vanilla Pudding Pops

Ingredients

1 3.4 oz. box vanilla *Jell-O* instant pudding

2 cups vanilla almond milk, chilled

Instructions

1. In a medium bowl, combine pudding mix and cold almond milk.
2. Beat mixture continuously with a whisk for two minutes. Let sit for 5-7 minutes.
3. Pour mixture into 3 oz. cups
4. Place in freezer for 30 minutes; Remove and insert popsicle sticks into center.
5. Place back in freezer for 2-3 hours, or overnight.

48. Gluten Free Tiramisu Roulade Recipe

Ingredients

8 eggs, separated

2/3 cup granulated sugar

2 tablespoons unsweetened cocoa powder (I like the dark kind)

1 tablespoon granulated espresso or instant coffee

For the filling:

16 ounces Mascarpone cheese

6 tablespoons heavy cream

Powdered sugar for dusting

Grated chocolate (optional)

Directions

Preheat oven to 350 degrees. Grease a sheet pan or jelly roll pan that is something close to 15 ½" by 11 ½". Line with parchment paper and grease that too.

Beat egg whites until glossy and soft peaks form. In a separate bowl beat the egg yolks with the granulated sugar until thick and pale yellow in color. Stir in cocoa powder and granulated espresso/instant coffee. Take a big scoop of the egg whites and mix into the yolks, then fold the yolks into the egg whites. Pour into prepared pan and even out with a spatula.

Bake in pre-heated oven for 20 minutes. Remove pan from oven and let cake cool in the pan. When cool, tip the cake onto another piece of parchment paper that has been dusted with powdered sugar.

For filling, mix mascarpone cheese with cream until well mixed and creamy. Smooth the filling over the cooled cake.

Using the parchment paper to help you, roll the roulade up from one of the short ends. Carefully lift it and place on a serving platter. It may crack but that is fine. Dust with additional powdered sugar and grate some chocolate on top if desired. Chill in fridge for at least half an hour but serve the same day as you make it. Slice to serve.

Servings

Makes 12 – 14 gluten free servings.

49. Gluten Free Monster Cookies

INGREDIENTS:

1 cup creamy peanut butter (I use Skippy)

1 large egg

1/2 cup packed brown sugar

1/2 cup granulated sugar

1/2 teaspoon vanilla extract

1/2 teaspoon baking soda

1 teaspoon nonfat milk

1/2 cup gluten-free oats (or substitute regular quick cooking oats)

1/2 cup M&Ms or a combination of M&Ms and raisins

DIRECTIONS:

Preheat oven to 350°F. Line a cookie sheet with a silpat baking mat or parchment paper

Stir peanut butter, egg, and sugars together until smooth. Stir in vanilla, baking soda, milk, and oats. Stir in M&Ms and/or raisins.

Scoop 2 tablespoon cookie dough balls onto prepared cookie sheet. Use a lightly dampened fork to flatten slightly in a criss cross pattern. (These cookies will not spread much.)

Bake for 8-11 minutes, until they no longer look glossy and are slightly browned on the bottoms. Cool before storing in an airtight container for up to 4 days. Note: these cookies are more crumbly than regular cookies, so be careful when stacking or transporting.

NOTES:

Not all gluten free oats are quick cook oats. To make them quick cook, just give them a few pulses in a food processor or blender to break them up a bit. There are two brands of GF oats that I know of, Bob's Red Mill (rolled oats) and Gluten Free Chex (quick cook).

50. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider Caramel

ingredients:

Shortbread Crust

7 Tablespoons unsalted butter, cut into pieces, at room temperature

¼ cup confectioner's sugar

1 large egg yolk

1¼ cups all-purpose flour

Mascarpone-Fig filling

4 oz of mascarpone cheese, at room temperature*

4 oz of cream cheese, at room temperature*

¼ cup white granulated or lightly packed light brown sugar or a mix of both, depending on your taste

1 large egg

½ - 1 tsp ground cinnamon - again, depending on your taste

½ teaspoon pure vanilla extract

⅓ to ½ cup chopped, dried figs - depending on how 'figgy' you're feeling**

Apple Topping

2 large, 3 medium, or 4 small tart apples (Granny smith, Jonathan, Jonagold etc...OR, whatever looks and smells good at the market)

2 Tablespoon white granulated sugar

¼ teaspoon cinnamon

½ of a lemon

Honey Apricot Glaze

¼ cup apricot preserves

1 Tablespoon honey

1 Tablespoon apple liqueur. such as Calvados

Green Apple Ice

6 Granny Smith apples (or other tart baking apples, or 2 cups apple juice*)

½ cup Simple Syrup (equal parts sugar and water boiled until somewhat thick and clear. In this case, you would combine ½ cup water with ½ cup sugar in a small saucepan, boil until sugar has dissolved)***

4 Tablespoons lemon juice

Cider Caramel

1 cup granulated sugar

¼ cup water

1 teaspoon light corn syrup

½ cup apple cider or unsweetened apple juice

2 Tablespoons unsalted butter

directions:

For the Shortbread Crust

In a bowl, combine the butter and sugar and blend to make a paste. Add the yolk and blend thoroughly. Add the flour and using your fingers, blend to make a crumbly dough, being careful not to overwork. Pour the crumbles into rectangle 13 x 4 or round 8 or 9-inch springform pan, then press gently on the bottom and up the sides, until it's uniform, and

fills every crevice of the tart pan (or slightly up the sides of a springform pan). You want to see little pieces of butter in the dough. Let it rest in the refrigerator, covered, at least 2 hours or overnight. Remove from the refrigerator and prick the bottom of the crust with the tines of a fork.

OK, you can do one of two things here...

Place a sheet of parchment or foil in the tart pan (I used a 13 x 4 rectangular tart pan, but a round 8 or 9-inch tart or springform pan will work just as well) and fill with pie weights or dried beans or rice, and blind bake the crust in a preheated 350-degree oven for 10 minutes. Remove the pie weights and foil and bake for another 5 minutes or until somewhat firm and very lightly golden brown. This is the method I used for the apple tart you see. I find the crust gets too dark in certain areas upon baking again, so next time I'm going to use the number 2 method below.

Do NOT prick the crust prior to letting it rest in the fridge. When ready to bake, brush the chilled shortbread crust with some beaten egg white and let dry for a few minutes. NOW prick the bottom and sides of the crust. Fill with the mascarpone-fig mixture, smoothing it out so it's even. Cover and chill for about 1-2 hours until it firms up (this makes it easier to keep the apple slices from slightly sinking when you pile them on top, although, if aesthetics isn't a big deal to you, skip the refrigeration/firming of the cheese mixture.).

For the Mascarpone-Fig filling

Combine the mascarpone, cream cheese and sugar and mix until smooth. Add the egg, vanilla, and cinnamon, and mix until uniform. I feel that hand mixing this is better, as you get a feel for the smooth, lump free consistency you're seeking. However, using electric beaters or a stand mixer is perfectly fine, just don't over-mix! Mascarpone doesn't react well to over-mixing.

Fold in the chopped, dried figs and pour into the partially baked and cooled crust, or egg white brushed raw crust. Let set in the fridge, covered, for 1 to 2 hours.

For the Apple Topping

Preheat oven to 425F. Combine the cinnamon and sugar in a small bowl.

Peel and core the apples. Slice in half or into quarters, then slice each half or quarter into ¼-inch thick slices. If you want the 'fanned' look..hold apple slices together on top of the filling, then fan out (spread, sliding in one direction). Continue until you've covered the top completely, filling in any gaps with leftover slices or pieces of slices. You can spread them over the top any way you like...from concentric circles if using a round tart pan, to fanned out rows..or just pile them on, whichever suits your fancy. Squeeze some lemon juice over the apples (making sure to keep the seeds from sneaking in), then sprinkle the cinnamon sugar mixture evenly over the top.

Place the tart on a baking sheet, to catch any drips, and bake at 425F for 10 minutes, then turn the oven down to 400F, and bake for another 25 to 35 minutes, until the apples are soft and can be pierced easily with a knife. If the crust looks like it's browning too fast, cover the exposed area as best you can, with some aluminum foil. Remove from oven, and let cool on a wire rack. If using the egg white-raw crust method, bake at 425F for 15 minutes, then turn it down to 400F, and bake for 30-40 minutes more, checking on it periodically.

For the Honey Apricot Glaze

In a small saucepan over medium high heat, bring all the ingredients to a boil. Let boil for about 1 to 2 minutes, until slightly thickened. Brush glaze over the cooled apples.

For the Green Apple Ice

Quarter apples and juice them through a fruit juicer with peels on (this helps keep the color of the ice a nice bright green).

Add simple syrup and lemon juice to taste. Pour into a shallow pan or a glass baking dish and place in the freezer. After 30-40 minutes, scrape the pan to break up the frozen bits and create slush. Do this again after another 30-40 minutes, then put the pan in the freezer until you're ready to serve. (You can also do this in an ice cream maker following the manufacturer's directions.)

For the Cider Caramel

In a small saucepan, combine $\frac{1}{4}$ cup water, sugar, and corn syrup, and bring to a simmer over medium heat, stirring until the sugar dissolves. Increase heat to high and boil the mixture, swirling the pan occasionally until the mixture turns a medium amber color.

Remove from heat and carefully whisk in the apple cider or juice, and butter from a distance (as the caramel may splatter). Whisk the mixture over low heat until smooth. Pass through a fine mesh sieve, and reserve until ready to use, or refrigerate for up to two days.

To Serve

Place a wedge or two (depending on how small or large you slice the tart, or if you'd like to make it a dessert for two), on a plate. Add a quenelle or scoop of the green apple ice next to the wedges, or as I did, in a small, clear or pretty bowl since it melts pretty fast, especially if it's a muggy day/night. Drizzle the cider caramel around the plate.

Author Biography

By the time I was twenty-two, more than thirty years ago, I began studying nutrition, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

The Hydro at Stellenbosch, also known as the High Rustenberg Health Hydro, was founded by Sir Cleto Saporetti in 1972. The Hydro has become a world leader in holistic health and healing techniques, developing a range of methods to produce a balanced mind, healthy body and positive mental attitude. The original establishment comprised fourteen rooms and a staff of 25 under the supervision of Saporetti's co-visionary, Dr Boris Chaitow.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors whilst also studying banking and finance. My studies continued right up until 1986 when I moved from South Africa to Europe.

The happy story takes a tougher turn when I went through the trauma of divorce and promptly acquired an extra 20 kilos of weight! I really piled on the pounds in record time and battled so hard to lose every single ounce. I really do understand the challenges of effective and enduring, healthy weight loss! In the meantime I was talking to colleagues about the practicalities of expanding my work experience and moving to Europe. Sometimes Fate takes a hand and, whilst attending a relative's funeral on my mother's behalf close to Europe, I applied for an interesting position offered in London by a financial institution that was well known to me in South Africa. One flight to London, a series of interviews, and I got the job.

Beran Moves to Europe!

As you might imagine, leaving my beautiful home in warm, sunny Cape Town and relocating to the cold and damp of northern Europe was not an easy process. The stress levels went off the chart and, well, I bet you can guess what happened. That's right. Those 20 kilos I'd worked so hard to lose came back with a vengeance. It was a fat-fuelled action replay of those dark days after my divorce. But it really made me wonder about the real connections between stress and unhealthy weight gain.

One of the more positive and completely unexpected blessings of moving to Europe was meeting and falling in love with Greg. This extraordinary man would become my husband and business partner, an inspiration and support that helped me through the challenges that the future held for us. We set up a commercial company in Brussels where I found myself managing and consulting in the field of pensions and finance, working in the areas that had become so familiar to me during my years in banking. But even during those incredibly busy years, my fascination with health and nutrition always encouraged me to follow more courses, to pursue intensive studies and then to discover the inspiration to apply all this accumulated knowledge to my own weight issues. And guess what? Right again! The pounds slipped away and this time they stayed away. I'd finally found the methods and formulas that really worked. But life rarely follows a straight line and in 2000, my path took an unexpected detour when I was diagnosed with a serious health problem. It was my thyroid gland. This incredibly important little gland had produced a 6cm tumour that was growing and gradually blocking my windpipe. Not a happy discovery!

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound well-being.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

Those years of training, study, practise and experience are distilled and crystallised right here in your personal transformation workbook.

The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your body-fat problems and turn back the clock, helping you to find a younger, fitter, skinnier, stronger, healthier you. So let's get started!

BOOK 4

TERMS AND CONDITIONS

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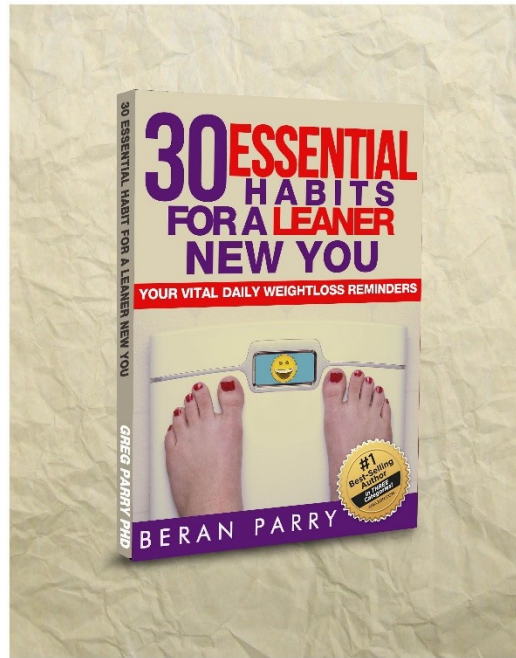
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JUST JUICE

**For Instant Weight Loss
and
Vibrant Vitality**



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Table of Contents

[Terms and Conditions](#)

[Foreword](#)

[Chapter 1:](#)

[Get Started With Healthy Juicing](#)

[The Basics](#)

[Chapter 2:](#)

[Benefits of Healthy Juicing](#)

[Advantages](#)

[Chapter 3:](#)

[Healthy Juice Recipes](#)

[Recipes](#)

[Chapter 4:](#)

[Juicing Your Fat Away](#)

[Get The Fat Out](#)

[Chapter 5:](#)

[Juicing For Kids](#)

[For The Little Ones](#)

[Chapter 6:](#)

[Juicing For Anti-aging](#)

[Staying Younger](#)

[Chapter 7:](#)

[Juicing For Detoxification](#)

[Detox](#)

[Social Marketing](#)

[Staying Healthy](#)

[Juicing For Stress Relieving](#)

[Destress](#)

Wrapping Up

FREE GIFT

27 Smoothie Recipes

Smoothies

1. Gorgeous Berry Smoothie
2. Tempting Coconut Berry Smoothie
3. Volumptious Vanilla Hot Drink
4. Almond Butter Smoothies
5. Choco Walnut Delight
6. Raspberry Hemp Smoothie
7. Choco Banana Smoothie
8. Blueberry Almond Smoothie
9. Hazelnut Butter and Banana Smoothie
10. Vanilla Blueberry Smoothie
11. Chocolate Raspberry Smoothie
12. Peach Smoothie
13. Zesty Citrus Smoothie
14. Apple Smoothie
15. Pineapple Smoothie
16. Strawberry Smoothie
17. Pineapple Coconut Deluxe Smoothie
18. Divine Vanilla Smoothie
19. Coco Orange Delish Smoothie
20. Baby Kale Pineapple Smoothie
21. Sumptuous Strawberry Coconut Smoothie
22. Blueberry Bonanza Smoothies
23. Divine Peach Coconut Smoothie
24. Tantalizing Key Lime Pie Smoothie
25. High Protein and Nutritional Delish Smoothie
26. Pineapple Protein Smoothie
27. Raspberry Coconut Smoothie

FOREWORD

Whether it is just a fad or an exercise that is here to stay, juicing is becoming more and more popular, especially for those who are very health conscious. However in order to get the best benefits out of the juicing exercise some points should be taken into careful consideration. Get all the info you need here.



Get Juiced!

Juicing your way to better health

CHAPTER 1:

GET STARTED WITH HEALTHY JUICING

Synopsis

Juicing can be incorporated into the daily lifestyle for the purpose of enhancing healthy living and it is also a good way on increasing the daily intake of fruits and vegetables.



THE BASICS

For most people though juicing is either a chore and a bother or a welcomed alternative, however for those who enjoy juicing it is greatly encouraged as its better to do it personally than to buy juice products.

All juice products have to be treated and processed to ensure its integrity and shelf life, therefore homemade juices are a better choice to make.

However when doing homemade juices, it should be noted that it is very important to consume the juice product as soon as it is ready as letting it sit will only encourage the growth of pathogens and they also tend to break down faster when exposed to air, thus effectively losing a lot of its originally touted value.

It should also be noted that although consuming juices as a regular habit, limiting the juicing to only fresh fruits would not be a very good idea as a lot of fruits have a naturally high sugar content and are not so high in fiber, thus causing the negative build up of

sugar levels in the body system. This may lead to diabetic and weight gain issues. A better alternative would be to combine complimenting fruits and vegetables together to form one delicious concoction that is both tasty and healthy. Accompanying this with a healthy fat and lean protein diet is also an added advantage.

CHAPTER 2:

BENEFITS OF HEALTHY JUICING

Synopsis

As more people indulge in this form of healthy nutritional intake, it is becoming more popular to consume fruits and vegetable through juicing rather than eating these items as a whole and in its original form.

However scientist and nutritionist are or two minds when it comes to the merits of juicing as opposed to consuming these items whole, although there is yet to be any proven data to merit or advocate either choice over the other.



ADVANTAGES

There should however be some knowledge on the matter, before actually making juicing a permanent feature in an individual's lifestyle.

Studies have shown that juicing is one way of getting all the fruits and vegetable requirements into the body system

effectively though albeit without the positive addition of the fiber needs.

It is arguably a more effective way of getting the nutrients adsorbed into the body system without putting undue pressure on the digestive system to break down the fibers.

For those who naturally have a dislike for consuming fruits and vegetable, juicing may present a more acceptable alternative.

There are also a variety of recipes available to make the juicing concoctions more agreeable and even tasty. Juicing combinations of vegetables and fruits are good to include in the recipe sourcing exercise.

Most juicing recipes include the parts of the fruits that would otherwise be discarded in the more conventional way of consuming them.

However with juicing the inclusion of pits, peelings, seeds and other parts are usually all included in the process for it has been noted that these contain a rich source of vital nutrients which are usually systematically thrown out.

Processed juices usually require some heating process to enhance the shelf life of the product and this can cause the enzymes to be killed. However with juicing this can be avoided and the enzyme content can be kept intact.



CHAPTER 3:

HEALTHY JUICE RECIPES

Synopsis

There are a lot of positive reasons that eventually encourage more people to juicing and this may include the ability to save cash due to the fact that the fruits can be bought in bulk, the definite benefits it can bring to controlling weight gain and shrinking the

waist line, creating a fulfilling and healthy diet plan and increasing the energy and vitality levels in an individual.



RECIPES

The following are some of the more popular juice recipes for the avid juicer:

Lemony apple – 2 apples, 1 lemon, 1” slice of ginger. This is a healthy remedy for colds as it is rich in flavonoid content. It also has a fresh and tangy taste that is quite invigorating.

Alkaline juice – 1 cup of spinach, ½ cup of cucumber, 2 stalks of celery including the leaves. 3 carrots and ½ an apple. The skin of the dark green cucumber will provide the source of chlorophyll which is a phytochemical that can help to build up the red blood cells. The cucumbers also contain silica which is a mineral that is good for the skin.

A Very Berry Medley – 2 cups of strawberries, 2 cups of blueberries and 1.5 cups of raspberries. Berries are a popular choice for juicing due to its quick and easy breakdown process and its simple rinse action. Being a great source of antioxidants such as anthocyanins, flavonoid and ellagic acid all of which have good anti cancer and anti heart diseases benefits.

Pomegranate juice – 5 pomegranates. In this recipe only the seeds are used and the rest of the fruit is discarded. However some may find better results using a blender as the seed does present a challenge to break down.



I. PERFECT PEAR GREEN PROTEIN

Ingredients

1 packet (2 scoops) DailyBurn Fuel-6 Protein in vanilla

1 cup unsweetened almond milk

1 cup spinach

1 pear, cored

1/2 teaspoon of matcha tea powder

Directions

Combine all ingredients in a blender and mix until smooth.

II. ORANGE KALE BONANZA

Ingredients

1 packet (2 scoops) DailyBurn Fuel-6 Protein in vanilla

1 cup water

1 cup raw chopped kale

1 orange, peel and seeds removed

1/2 teaspoon of spirulina powder

1 pinch of ground cinnamon

1 pinch of ginger powder

Directions

Combine all ingredients in a blender and mix until smooth.

III. GINGER-ORANGE GREEN PERFECTION

Ingredients

- 1 ½ cups filtered water
- 4 generous handfuls fresh spinach
- 4 romaine leaves (optional)
- 2 navel oranges
- 2 ripe bananas
- 1 "-2" knob of fresh ginger
- 1 cucumber (optional) peel if not organic

Directions

Rinse and prep veggies.

If you have a high-powered blender, throw everything in and blend until smooth. If not, first blend the spinach and romaine until smooth, then add the remaining ingredients and blend.

Pour into a glass (so you can see the beautiful color) and enjoy!

IV. BLUEBERRY MINT MOUTHFUL

Ingredients

2 cups spinach (These will blend better if you freeze them beforehand)

2 cups blueberry (I used 1 c. fresh and 1 c. frozen)

1 kiwi

3-4 large mint leaves

1 cup coconut water

1 cup ice

Directions

Put all ingredients in a blender and mix it up!

V. SEXY SPRING DETOX

Ingredients

1 cup green tea, chilled

1 cup loosely packed cilantro

1 cup loosely packed organic baby kale (or another baby green)

1 cup cucumber

1 cup pineapple

juice of 1 lemon

1 tablespoon fresh ginger, grated

½ avocado

Directions

Place ingredients into a blender and puree until smooth.

VI. GORGEOUS GREEN

Ingredients

1/2 banana

3/4 cup milk

2 big handfuls spinach

1/4 cup raw rolled oats

1/2 scoop Vega Choc-a-Lot

1 tbsp flax

Ancient Granola topping

Directions

Place ingredients into a blender and puree until smooth.

VII. SWEET MELON

Ingredients

1/2 honeydew melon, cut into chunks (about 4 cups, or 1 1/2 lbs)

1/2 cup light coconut milk

1-2 leaves fresh mint (plus more for garnish)

1/2-1 tsp. fresh lime juice (or to taste)

1 cup ice

Drizzle of honey or coconut nectar, to taste (optional, depending on how sweet your melon is)

Directions

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.

VIII. PEACHY GREEN

Ingredients

2 scoops Daily Burn Fuel-6 in vanilla

1 cup unsweetened almond milk

1 cup frozen peaches

1/2 cup frozen pineapple

1/2 banana

2 cups kale

1 tablespoon ground flaxseed

Preparation

Add all ingredients to blender. Mix until smooth.

IX. KALE PIÑA

Good for 2

Serving Size: 12 oz

Ingredients

2/3 c unsweetened vanilla almond milk

2 large hand-fulls (~50 g) kale ~the leaves of about 8 stalks

1/3 c (~80 g) pineapple chunks

1/2 (~50 g) ripe avocado

1 scoop protein powder (i used vanilla)

1 c ice cubes

instructions

put all ingredients into a blender and puree until smooth!

X. ALMOND PEANUT

Ingredients

3/4 cup almond milk

1/4 cup strong espresso, slightly cooled

1/2 cup frozen banana

1/4 cup smooth peanut butter

1/4 cup dark chocolate, roughly chopped

ice, as needed

agave syrup, optional to sweeten

Directions

Pour milk and espresso into blender jar. Add frozen banana and peanut butter. Add about a half a cup of ice. Cover with lid and press auto smoothie button.

Taste smoothie and add agave syrup as needed to sweeten. Add additional ice if thicker consistency is desired. Add chopped dark chocolate and pulse for a couple seconds until chocolate bits are distributed (and added ice is blended).

Remove blender from machine, open spout and pour into 2 glasses. Serve immediately. Garnish with a banana slice and additional chocolate chunks.

XI. WAKE UP TO PERFECTION

Ingredients

2 cups romaine lettuce (about 6 leaves) or baby spinach

1 cups tomato (about 1 tomato)

1 cup coconut water or filtered water (use water if on Body Ecology diet)

1 cup chopped carrot (about 1 carrot)

1 whole cucumber

1 avocado

1 whole lime peeled

2 garlic cloves

½ tsp Celtic sea salt

pinch of cayenne pepper

some ice cubes

Directions

Put all of the ingredients in your blender and puree until smooth and creamy.

Adjust salt quantities to taste.

Enjoy your daily dose of veggies for the day. YUMMO!

Serves 2.

XII. THE DETOX DELIGHT

Ingredients

¾ cup (180 mL) filtered water

2 big red apples, diced

1 cup (30g) baby spinach

1" (2.5 cm) piece of fresh ginger, peeled and diced

1 teaspoon flax oil (optional)

1/2 teaspoon wheatgrass powder (optional)

tiny pinch cayenne pepper (optional)

1 cup ice cubes

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XIII. PUMPKIN PIE PERFECTION

Ingredients

2 cups filtered water

1/2 cup raw, unsalted cashews, soaked

1/4 cup rolled oats

1 cup canned or freshly mashed pumpkin

1 fresh or frozen ripe banana

2 tablespoons maple syrup, plus or more to taste

1 teaspoon natural vanilla extract

1 1/4 teaspoons ground cinnamon, plus more to taste

1/2 teaspoon ground ginger, plus more to taste

1/4 teaspoon ground nutmeg, plus more to taste

tiny pinch ground cloves

pinch of Celtic sea salt

1 cup ice cubes

Directions:

Throw all the ingredients (except the ice into the blender and blast on high for 30 to 60 seconds until smooth and creamy.

Add the ice and blast again for about 10 seconds until chilled.

XIV. ROSE MELON

Ingredients

3 cups (480g) chopped seedless watermelon, chilled

1 teaspoon finely grated lemon zest

1 lemon, peeled and seeded

1 1/2 teaspoons finely chopped rosemary

1/2 cup (80g) frozen pineapple

1/4 cup (80g) frozen strawberries

5 drops alcohol-free liquid stevia, plus more to taste (optional)

Optional Boosters

1/2 cup (60g) frozen raw cauliflower florets

1/2 teaspoon cold-pressed, extra-virgin olive oil

1/4 teaspoon finely chopped jalapeño chile

Directions

Throw all of the ingredients into your Vitamix and blast on high for 30 to 60 seconds, until well combined.

XV. CARROT PECAN

Ingredients

3 cups filtered water

4 tablespoons sprouted or raw pecan butter or 1 1/4 cups soaked raw pecans

2 medium organic carrots - tops removed, peeled, and chopped

1 1/2 teaspoons ground cinnamon

1 crushed cardamom pod or 1/4 teaspoon cardamom powder

2 teaspoons natural vanilla extract

2 tablespoons maple syrup or 2 soft pitted dates, or stevia to taste

Directions

Throw all of the ingredients into your Vitamix and blast on high for about 1 minute until smooth and creamy. Taste and tweak sweetener to your preference.

Strain with a nut milk bag or fine mesh sieve to remove the pulp.

Enjoy this as a drink or use as a base in smoothies.

This will keep chilled in the fridge for 2 to 3 days covered.

XVI. WINTER WONDERLAND

Ingredients

1/2 cup frozen blueberries

1/2 avocado

1/2 small frozen banana

1 handful baby spinach (or kale)

2 cups water

1 tbsp cocoa powder

1 tbsp raw honey

Pinch of cayenne

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XVII. CARROT CINNAMON

Ingredients:

2 medium carrots, peeled and chopped

1/2 frozen banana

2 cups spinach

1 cup unsweetened soy milk

1/2 scoop vanilla protein powder (I used Vega Performance Protein)

1/8 cup golden raisins

1/2 teaspoon cinnamon

Dash of ground nutmeg

Dash of ground cloves

3 ice cubes

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XVIII. ARTHRITIS ASSISTANCE

Ingredients

Peeled and cut fresh pineapple chunks of one medium size pineapple

1 green cardamom

1 inch fresh ginger (peeled and cut)

Directions

Blend or juice all the above in a slow juicer and enjoy a different flavour and taste.

Cardamom is a spice and may be found in Asian markets if not available from your local grocery.

XIX. SKINNY CRUISER

Ingredients

8 celery stalks

2 medium cucumbers or equivalent

½ bunch parsley

1 small lemon (I prefer Meyer lemons)

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XX. LIVER DETOX

Ingredients

Pour some Aloe Vera Juice in the jar then add the juice of:

1 stalk Celery

1 carrot

1 apple

handful dandelion

handful parsley

¼ red cabbage

and fresh ginger root

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Drink up and cleanse your liver.

*****note**** Fresh gel from the aloe leaf is best for this drink.

XXI. WILD GREENS BONANZA

Ingredients

1½ pounds of fresh wild greens

½ hothouse cucumber

6 celery tops

3 to 4 stalks of bok choy

1 whole lemon

1” chunk of fresh ginger root

miner’s lettuce

chick weed

dandelion

sow thistle

yellow dock

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXII. RED STARTER

Ingredients

1 beet

1 cup red cabbage

2 carrots

1/2 sweet red pepper

1 orange peeled

1 apple

1 inch ginger

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXIII. DAILY DETOX DELIGHT

Ingredients

1 cup greens (kale, chard, spinach, romaine, beet greens, or a combination)

1 cup green or red cabbage

1 cup napa cabbage

1 Granny Smith apple

4 stalks celery

4 carrots

3 red or golden beets (or a combination)

1 large cucumber

1 lemon

1 lime

2 bell peppers (any color)

1-2 inch piece of ginger root

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Make sure all the veggies are washed and scrubbed, don't bother peeling anything, cut the apple down to the size your juicer will tolerate, juice lemon and lime WITH PEEL

XXIV. FAST AND FURIOUS

Ingredients

3 Whole bunches of Kale

20 Stalks of celery

2 Inch of ginger

5 lb bag of gala apple/Fuji (skin on, no seeds/stem)

1 Carton of Strawberries

1 lb Carrots

4 Bunches baby spinach

2 English cucumbers

1 lemon

1 pineapple (Rind Removed)

5 pears

1/2 cabbage

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXV. HAIR HELPER

Ingredients

1 aloe vera leaf

1 cucumber

3 stalks of kale

½ onion

3 carrots

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXVI. SWEET SENSATION

Ingredients for Sweet Tart

2-3 golden beet roots (no leaves)

6 carrots

3 large pink grapefruit

1 green apple

2" ginger root

1 lemon, no peel

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXVII. BETTER BEET

Ingredients of Holiday Beet Juice

1 beetroot

4 to 5 carrots

3 to 4 celery stalks

Handful of cilantro

½ lime, with peel

1” chunk of fresh ginger root, or more to taste

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

28. WINTER WONDERLAND

Ingredients for Winter Brew Juice

5 - 6 carrots

5 – 6 stalks of celery

1 beetroot

Handful of parsley

½ bunch of kale

1” chunk of fresh ginger root, or more to taste

Optional:

½ lemon, peel and all

Cucumber

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXIX. ANTI DIABETES

Ingredients

2 Baby cucumbers

2 Tomatoes

½ Bitter melon

Directions

Extract the juice of the above three, through a slow juicer, like Omega or Hurom.
This is very good for diabetes.

XXX. BEAUTIFUL BROCCOLI

Ingredients

1 head of broccoli

2 carrots

2 handfuls of spinach

1 red apple

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

This juice tasted sweet and with all the greens it had the benefits our bodies need.

XXXI. AMAZING APPLE FLAVOR

Ingredients

Kale

Spinach

Celery

Fuji apple

1 tablespoon chia seeds (optional)

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

serve over ice if you like

Stir in the chia seeds to thicken up the juice and make a more sustaining snack or meal out of it.

XXXII. PEACHY GREEN

Ingredients

1 head iceberg lettuce (you could use any variety of lettuce, but iceberg works well)

1/2 head green cabbage

1 inch square of fennel bulb (be generous)

2 inches ginger root (again, be generous)

4 peaches (remove the pit!)

10 grapes-green if you can, but any will do

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXXIII. SUNSET SENSATION

Ingredients

3 Large Celery Stalks

2 Large Carrots

1 Dessert Pear

1 Medium Apple

1 Lemon Peel On

1/4 Honeydew Lemon

1/4 Small Pineapple

1" Root Ginger (optional)

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXXIV. SPICY VEGGIE

Ingredients

My favorite juice, which I created. It's warming on a cold winter's day.

3 large juicy tomatos

2 carrots

1 large red chili

1 hand full of coriander (also known as cilantro) leaves and stalks

Directions

Juice all of the above ingredients and then give the juice a good stir. This juice is lovely if you make and put it in the fridge and drink it really cold.

XXXV. COOL CUCUMBER KIWI

Ingredients

2 Kiwis

1/2 Cucumber

5 Strawberries

1 Celery Rib

2-3 Kale Leaves

Handful of Dandelion greens or Spinach

1 Apple

1 Carrot

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXXVI. PARSNIP-KALE-TOMATO

Ingredients

5 Kale Leaves

2 Parsnips

1 Tomato

2 Celery Stalks

1 Apple (or more for desired sweetness)

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XXXVII. FABULOUS FRUITY

Ingredients

2 apples

2 pears

2 kiwi fruit

2 oranges

1 lemon

And a handful of mint leaves

Served with ice cubes

It's a thirst quencher and cleanser so refreshing for summer, it's sweet with a citrus bite.

XXXVIII. FRUITY FAST

Ingredients

Juice together:

1 Red Apple

1 Bosc Pear

1 C Carrots

1/2 Papaya

1 Bunch Spinach

1 Blood Orange

Transfer to blender add 1/2 bunch Wheatgrass

Makes two (2) 5oz glasses for my husband and I.

XXXIX. GORGEOUS GREENS

Ingredients

7 stalks kale

1 apple

2 hand full spinach

1 pear

5 stalks celery

Directions

Juice kale & spinach between fruits

XL. CUTE CELERY

Ingredients:

1/2 cucumber

2 sticks of celery

1 orange

1 handful of baby spinach

1/2 green bell pepper

3 leaves of kail

1 tomato

2 carrots

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XLI. HOT AND SPICY

Ingredients

Large bunch Kale (10-12 leaves)

1 Small Beet plus greens

1 Medium Watermelon Radish

2 hot peppers (or to taste)

3 large cucumbers

head of celery (5-6 stalks)

2 apples

clove garlic

1 shallot or 2 scallions

1/2 cup cilantro

whole lemon

whole lime

5-8 ripe tomatoes (if your juicer will take them, use early girl or similar, otherwise, use plum tomatoes)

1 inch of ginger (optional, I put it in all my juices)

Makes a 2 quart pitcher full, I like to put some black pepper on top as well.

Flavors reminiscent of tacos or empanadas

XLII. CINNAMON COCONUT SURPRISE

Ingredients

1/2 Cup Coconut Milk

4 Large Egg Yolks

1 Medium Banana

1/4 Cup Ice

1/2 tsp Cinnamon

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XLIII. BLUSHING BLUE

Ingredients

½ Cup Water

3 TBSP Avocado

1 Cup Blueberries, Frozen

2 Cups Spinach

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XLIV. BLUSHING BANANA

Ingredients

½ Cup Water

1 Medium Banana

10 Large Radish, Sliced

¼ Cup Ice

Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

XLV. BABY KALE PINEAPPLE

Ingredients:

1 cup almond milk

1/2 cup frozen pineapple

1 cup Kale

1 tablespoon hemp protein powder

Instructions:

Place the almond milk, pineapple, and greens in the juicer.

XLVI. DIVINE PEACH COCONUT JUICE

Ingredients:

1 cup full fat coconut milk, chilled

1 cup ice

2 large fresh peaches, peeled and cut into chunks

Fresh lemon zest, to taste

1 tablespoon hemp protein powder

Instructions:

Add coconut milk, ice and peaches blender. Using a zester, add a few gratings of fresh lemon zest.

Blend on high speed

XLVII. TANTALIZING KEY LIME PIE JUICE

Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to Vitamix or blender and blend.

XLVIII. HIGH PROTEIN AND NUTRITIONAL DELISH

Ingredients:

1 cup almond milk

1/2 Avocado

4 Strawberries

1/2 Bananas (Very ripe)

1/2 cup Raw Kale or spinach

1/4 cup Carrot Juice) water can be used

1 cup Coconut Yogurt..or almond milk)

1 tablespoon hemp protein powder

Instructions:

Add everything to your blender, and blend to your preferred consistency

More water or ice can be added.

XLIX. GINGER CARROT PROTEIN JUICE

Ingredients:

3/4 cup carrot juice

1 tablespoon hemp protein powder

1 tablespoon hulled hemp seeds

1/2 apple

3 to 4 ice cubes

1/2 inch piece fresh ginger

Instructions:

Add to a blender and blend.

L. GREEN JUICE

1 – I start with 3/4 to 1 cup of water.

2 – Then I choose three vegetables. Typically, I use about 3 cups or large handfuls of spinach, one whole carrot and one or two small vine tomatoes.

3 – Next, I choose three fruits. I start with either mango, pear or apple for the base, then I add one whole orange and either 1 cup blueberries, strawberries or pineapple to flavor.

4 – Sometimes, I will add about 1/4-1/3 avocado which helps give the smoothie a nice creamy texture while boosting the calories and healthy fat content to make the smoothie more satisfying.

5 – Start by adding the liquid to your blender (see my blender recommendations), followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds.

CHAPTER 4:

JUICING YOUR FAT AWAY

Synopsis

Incorporating the juicing exercise into a weight loss diet plan is a very effective way to shed the weight. However it should be noted that the juicing process should ideally include both vegetables and fruits as concentrating on only fruits will not be beneficial because most fruits usually have high sugar contents.



GET THE FAT OUT

Juicing is also a good ingredient for any detoxifying exercise and it can be used as a meal replacement or when there is a fasting plan in place. If the juicing purpose is meant to detoxify, then it will function to push out all the toxins and fats that have accumulated over time in the body system.

These juices will work as cleansing agents which would be an ideal substitute to a heavy unhealthy meal. Juicing will also be a more healthy and realistic way to lose weight.

Most juicing recipes that are designed for weight loss are very nutritious and satisfying to ensure the individual does not have to resort to supplementing it with other food items due to hunger pangs.

They also usually include ingredients that are specifically part of the combination for the characteristics of sweeping away the toxins and fats.

It is also recommended to ensure that all the ingredients used in the juicing recipes are fresh produce and it should all be cleaned thoroughly before actually commencing the juicing exercise.

The following are some recipes that would serve well in the quest to juicing the fat away:

Apple berry fiber – the apples are excellent cleansing agents while the berries provide the mineral supplements.

Green pineapple – this concoction is simply refreshing and bursting with goodness and also feels very filling.

Orange pineapple chilli – being full of vitamin C, and having enzymes that can dissolve mucus accumulated in the body, it also speeds up the metabolic system.

Gingered pear – a great laxative option and good for digestion.



CHAPTER 5:

JUICING FOR KIDS

Synopsis

Most times it is a struggle for both parents and children when it comes to tackling the issue of eating vegetables and fruits served at meals. However with the discovery of juicing this problem for most has been eradicated or at the very least decreased to controllable levels.



FOR THE LITTLE ONES

Juicing is a great and fun way to get nutrition into the bodies of growing children to ensure optimal development of their bodies. The trick is to design concoctions that are pleasant to drink and are also refreshing especially after a strenuous playing session.

However for younger children it would be advisable to dilute the juices, as the concentrated form may be too much for the underdeveloped body to deal with.

Teenagers and older kids should have no problems with drinking concentrated juices. Introducing juices to kids should be done in a gradual process with initial stages of diluting.

Choosing fruits that have delectable tastes is much better and less likely to be rejected by the child. Starting out with single juice choices before moving on the combinations is also advised, as this will allow the body system and the child's palate to get used to this introduction into the healthy daily diet plan.

Changing the juices and providing a variety is definitely an attractive feature for children and they would be fascinated with the colors and tastes reflected in the variety.

Once the favorite juices are identified, serving them as often as possible without boring the child will be beneficial. Using the favorite juice as a base, it may also be possible to add on a little portion of other fruits or vegetables to further enhance the nutrient content of the juice.

Some popular choices may include apple juice, pineapple and carrot juice, orange juice, orange and carrot juice pear juice and apple and grape juice.

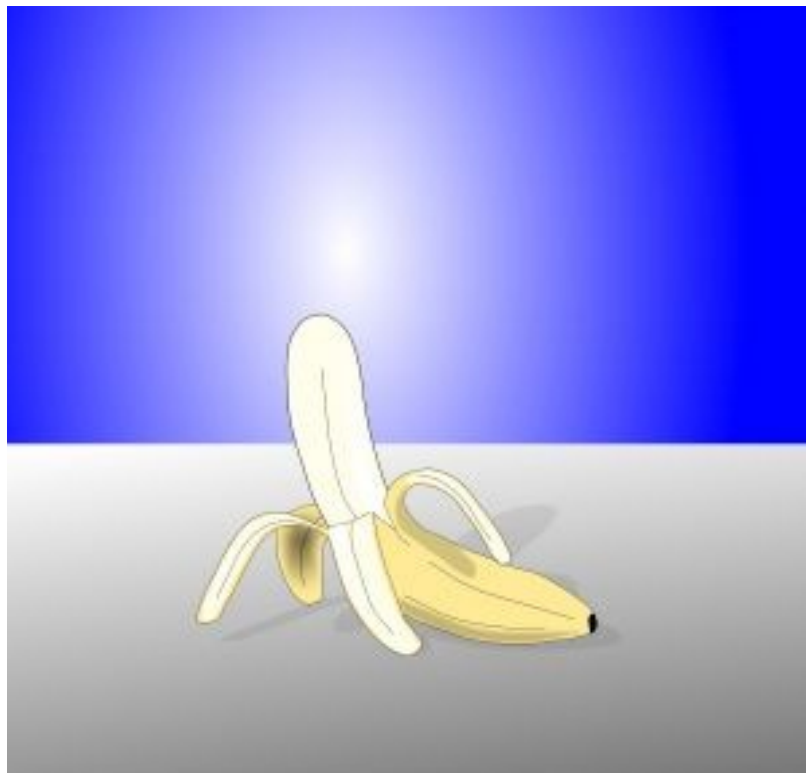


CHAPTER 6:

JUICING FOR ANTI-AGING

Synopsis

Juicing is not the new fad to combat natural aging processes. If makes sense to opt for this healthier and cheaper yet no less effective way of starving off the aging process.



STAYING YOUNGER

Juicing benefits the body as it provides the combination of all the essential vitamins, minerals, amino acids, essential fatty acids, and enzymes.

These fruits and vegetable that are usually used in the juicing process are also power packed with anti aging and life preserving elements, thus the choice made to incorporate regular juicing exercises would benefit greatly.

The antioxidants and substances that neutralize the free radicals in the system ideally provide the possibility of having good anti aging benefits.

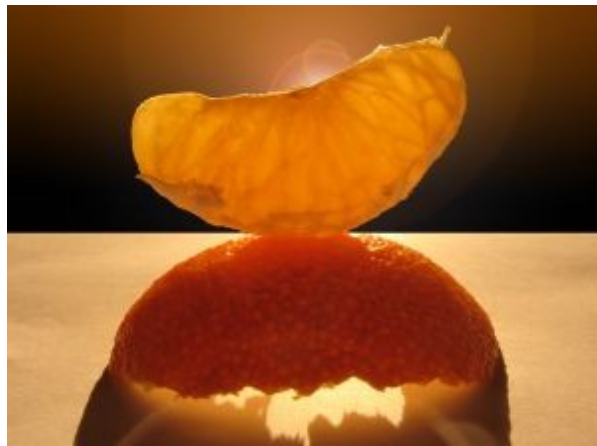
A diet rich with vitamins and minerals is the key factor to fighting against the aging process and one of the most pleasant ways of doing this is through the juicing exercise.

Brightly colored fruits and vegetables are especially beneficial for the anti aging fight. Fruits such as oranges, cherries, tangerines, apples, blueberries, cranberries, melons, bananas, grapes, berries, kiwi, and mangoes are all know for the anti aging properties.

These can be taken in combinations or separately, whichever is suitable for the individual's palate. When it comes to vegetable there is the abundant choice of carrots, squash, red and green cabbages, broccoli, spinach which are just as beneficial for their anti aging properties too.

Apple carrot detox – 1 apple, 1 slice of ginger, 1 carrot, ½ cup or water. Its excellent properties that creates healthy skin and eliminates toxin form the body is the reason this juice is a popular choice for many.

Cholesterol burner – 1 apple, ½ cucumber, 4 stalks of celery, ½ cup of water. This juice is a good controller of high cholesterol levels in the body system and also helps to fight against upset stomachs, besides the more obvious anti aging properties it carries.



CHAPTER 7:

JUICING FOR DETOXIFICATION

Synopsis

The juicing process is ideal for detoxification of the body system, as it enhances the enzymes, vitamins and mineral absorption which in turn greatly benefits the immune system.



DETOX

Juicing organic vegetables and fruits which are rich in nutrients will help to cover the cells in the body with the alkaline juices released from these juicing concoctions whereby acids are released and toxins can be removed through various elimination channels in the body.

The parts of the body that play an important role in filtering such toxins would include the lungs, kidneys, skin and other functions like urinary and bowel movements.

The enzymes released from these juices also help the digestive processed where the proteins break down the foods into nutrients and this is an important function as most adults have already used up their natural digestive enzymes by the age of 30.

Therefore the outside aid that the juices provide is definitely beneficial to the digestive process as it is pivotal in the detoxifying regiment the body naturally enlists.

When the body is full of toxins it is unable to absorb the nutrients that are available in the natural intake of regular foods, thus the need for these added juices to assist in the breakdown of the toxins to cleanse the body and carry the appropriate amount to oxygen and nutrients directly to the cell and tissues.

Some of the ideal ingredients to use in the juicing process for detoxifying would include lettuce, dark green kale, carrots, beet greens, cilantro, parsley, celery sticks, collard greens, endive, spinach, dandelion greens, cabbage both purple and green and lemons.

Some people who practice this detoxifying regiment periodically attest to the fact that they no longer have cravings for sweetened

foods and they can keep to a regular and healthy diet without any struggles. This is probably due to the fact that the body is able to function at its optimum because of the detoxifying sessions.



Chapter 8:

SOCIAL MARKETING

Synopsis

It has already been established that juicing is a very healthy exercise to practice. This is also one of the contributing factors that ensure the individual's chances of developing any medical problems are considerably lessened. By lowering the risk of having diseases the juicing habit has proven to be one that everyone should consider for its merits.



STAYING HEALTHY

There are several very specific combinations that can be used regularly to create the ideal effects within the body system that allow it to resist any possible occurrences of diseases.

One of which, is drinking a beetroot combination, as this is said to dramatically reduce the risks of heart disease, strokes, Alzheimer's and dementia.

The bright red juice contains the chemical nitrate which dramatically reduces blood pressure for almost everyone taking this remedy.

Another juice combination is the one with pomegranate content which is pivotal in lowering cardiovascular risks, however this should be taken with care as the potassium content is rather high.

Tomato juice combinations are also supposed to help lower heart diseases and control diabetic symptoms.

Other benefits from consuming tomato juice would include the resistance to developing chronic diseases like cancer and coronary heart disease. This can be avoided because of the carotenoid content called lycopene which is richly found in tomatoes.

Some of the ingredients that can be used to combat or at least lower the risks of diseases would include broccoli, Brussels sprouts, butter squash, cabbage, Chinese broccoli, kale, spinach, parsley, collards greens, mustards green, chard, beetroot, carrots, cauliflower, cucumber, green pepper, sweet potatoes, lettuce and celery.

Regular combinations of these juices will help to keep the chemical balance in the body system which in turn will allow the body to perform at its prime thus effectively avoiding any diseases.

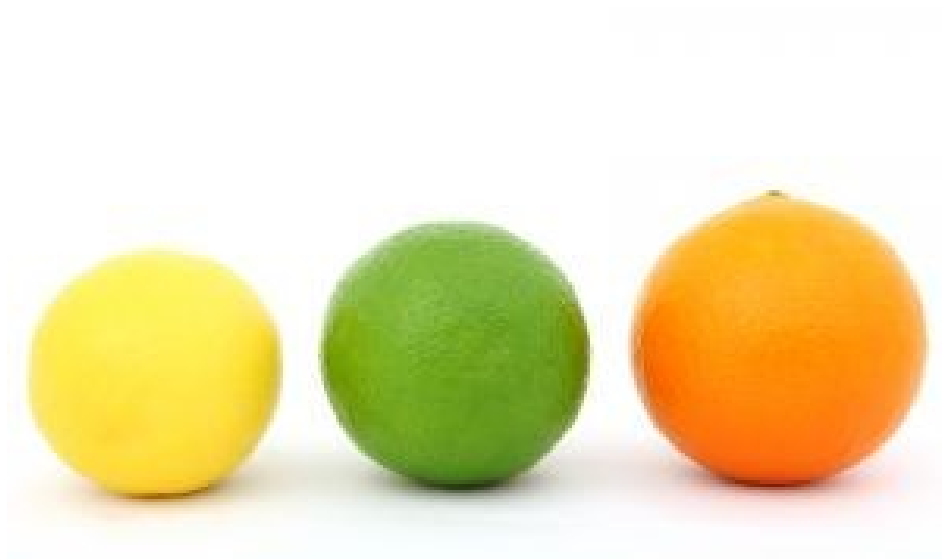


Chapter 9:

JUICING FOR STRESS RELIEVING

Synopsis

Almost everyone adult and child alike has experienced bouts of stress at various points in their daily life. For most, this is taken in stride until it is no longer possible to do so, and when this happens it almost always affects the health conditions.



DESTRESS

Fruit and vegetable juices have long been known for their stress relief and relaxation properties. Therefore taking the time to explore this healthy alternative to popping pill to relieve stress is certainly worth the effort.

Apple, cherry and blueberry ingredients have been known to be good health boosting elements where the flavonoid can facilitate better lung functions and with this optimum breathing position the ideal amounts of oxygen is then able to be circulated well with the body system thus relieving any internal pressures felt when stress levels are high and this eventually helps to lower the stress levels.

These ingredients can also contribute to relaxing the arteries and lowering the risk of cardiovascular diseases which are often caused by stress. Smoothies made from bananas, strawberry, peppermint and lemon can all help to relieve stress and create the relaxing overall body feeling.

When the adrenaline levels increase the body requires more vitamin C and as this cannot be naturally conjured by the human body there is a need

to have this supplemented for outside sources, thus the advantage of the afore mentioned ingredients.

Bananas would contribute to stress relief properties while the peppermint which contains menthol will have a cooling effect on the body while the others will help in digestion, thus creating an overall effect that will combat any significant presence of stress.



WRAPPING UP

New discoveries have shown consuming fruits and vegetables, in the form of juices have been able to show significant benefits to the body system when ingested in regular intervals.



FREE GIFT

27 SMOOTHIE RECIPES

SMOOTHIES

1. GORGEOUS BERRY SMOOTHIE

Ingredients:

½ cup frozen blueberries or 1 cup fresh blueberries

15 oz coconut milk

Stevia to taste

1 scoop of hemp protein

¼ teaspoon cinnamon (optional)

Instructions:

Place all ingredients into a blender.

Blend until mixed thoroughly.

Serve right away.

2. TEMPTING COCONUT BERRY SMOOTHIE

Ingredients:

½ Cup Frozen Blackberries

½ Frozen Banana

1 Teaspoon Chia Seeds

¼ Inch Piece of Fresh Ginger

½ Cup Almond

Coconut Milk

1 scoop of HEMP protein

2 Tablespoons Toasted Coconut

Instructions:

Combine all the ingredients in a blender and process until smooth.

3. VOLUMPTIOUS VANILLA HOT DRINK

Ingredients:

3 cups unsweetened almond milk (or 1 1/2 cup full fat coconut milk + 1 1/2 cups water)

Stevia to taste

1 scoop of hemp protein

1/2 Tbsp. ground cinnamon (or more to taste)

1/2 Tbsp. vanilla extract

Instructions:

Place the almond milk into a pitcher. Place ground cinnamon, hemp, vanilla extract in a small saucepan over medium high heat. Heat until the pure liquid stevia is just melted and then pour the pure liquid stevia mixture into the pitcher.

Stir until the pure liquid stevia is well combined with the almond milk. Place the pitcher in the fridge and allow to chill for at least two hours. Stir well before serving.

4. ALMOND BUTTER SMOOTHIES

Ingredients:

1 scoop of hemp protein
1 Tablespoon natural almond butter
1 cup of hemp milk
1 banana, preferably frozen for a creamier shake
few ice cubes

Instructions:

Blend all ingredients together and enjoy!

5. CHOCO WALNUT DELIGHT

Ingredients:

1 scoop Hemp Protein

30g dark sugar free chocolate broken up.

50g walnuts chopped/crushed (depending on desired texture)

250ml hemp milk or nut milk alternative

Handfull of ice cubes, the more you use the thicker it will be.

Instructions:

Blend everything together in a strong blender until thoroughly processed, and enjoy!

Makes 2, and can be stored in the fridge overnight.

6. RASPBERRY HEMP SMOOTHIE

Ingredients:

1 cup hemp milk or milk alternative

1/2 cup raspberries (fresh or frozen)

2 tablespoons hemp protein powder

Stevia to taste

3 to 4 ice cubes

Instructions:

Add ingredients to a blender and blend until smooth.

7. CHOCO BANANA SMOOTHIE

Ingredients:

1 cup milk or milk alternative

2 peeled frozen bananas

4 ice cubes

2 tablespoons hulled hemp seed

2 tablespoons hemp protein powder

1 tablespoons organic cocoa powder

5-7 drops liquid stevia to sweeten

1/4 teaspoon cinnamon

1/4 teaspoon vanilla

Instructions:

Put all ingredients into blender. Blend until smooth.

8. BLUEBERRY ALMOND SMOOTHIE

Ingredients:

1 c almond milk

1 c frozen unsweetened blueberries

1 Tbsp cold-pressed organic flaxseed oil

2 tblsp hemp protein powder

Instructions:

Combine milk and blueberries in blender, and blend for 1 minute.

Transfer to glass, and stir in flaxseed oil.

9. HAZELNUT BUTTER AND BANANA SMOOTHIE

Ingredients:

½ c nut milk

½ c hemp milk

2 Tbsp creamy natural unsalted hazelnut butter

¼ very ripe banana

stevia drops to taste

4 ice cubes

2 tbsp hemp protein powder

Instructions:

Combine ingredients in a blender. Process until smooth.

Pour into a tall glass and serve.

10. VANILLA BLUEBERRY SMOOTHIE

Ingredients:

2 cups hemp milk

1 c fresh blueberries

Handful of ice OR 1 cup frozen blueberries

1 Tbsp flaxseed oil

2 tblsp hemp protein powder

Instructions:

Combine milk, and fresh blueberries plus ice (or frozen blueberries) in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

11. CHOCOLATE RASPBERRY SMOOTHIE

Ingredients:

1 cup almond milk

¼ c chocolate chips-sugar free

1 c fresh raspberries

2 tsp hemp protein powder

Handful of ice OR 1 cup frozen raspberries

Instructions:

COMBINE ingredients in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon.

12. P_EACH S_MOOTHIE

Ingredients:

1 cup hemp milk

1 c frozen unsweetened peaches

2 tsp cold-pressed organic flaxseed oil (MUFA)

2 tsp hemp protein powder

Instructions:

PLACE milk and frozen, unsweetened peaches in blender and blend for 1 minute.

Transfer to glass, and stir in flaxseed oil.

13. ZESTY CITRUS SMOOTHIE

Ingredients:

1 cup almond milk

half cup lemon juice

1 med orange peeled, cleaned, and sliced into sections

Handful of ice

1 Tbsp flaxseed oil

2 tsp hemp protein powder

Instructions:

COMBINE milk, lemon juice, orange, and ice in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

14. APPLE SMOOTHIE

Ingredients:

½ cup hemp milk

1 cup hemp milk

1 tsp apple pie spice

1 med apple peeled and chopped

2 Tbsp cashew butter

Handful of ice

2 tblsp hemp protein powder

Instructions:

COMBINE ingredients in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon.

15. PINEAPPLE SMOOTHIE

Ingredients:

1 cup almond milk

4 oz fresh pineapple

Handful of ice

2 tblsp hemp protein powder

1 Tbsp cold-pressed organic flaxseed oil

Instructions:

PLACE milk, canned pineapple in blender, add of ice, and whip for 1 minute.

Transfer to glass and stir in flaxseed oil.

16. STRAWBERRY SMOOTHIE

Ingredients:

1 cup almond milk

1 c frozen, unsweetened strawberries

2 tblsp hemp protein powder

2 tsp cold-pressed organic flaxseed oil

Instructions:

COMBINE milk and strawberries in blender.

Blend, transfer to glass, and stir in flaxseed oil.

17. PINEAPPLE COCONUT DELUXE SMOOTHIE

Ingredients:

1 C pineapple chunks

1 C coconut milk

1/2 C pineapple juice

1 ripe banana

1/2 – 3/4 C ice cubes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

In a blender, combine the pineapple chunks, coconut milk, banana, ice and pure liquid stevia.

Puree until smooth.

Pour into 2 large glasses.

Garnish with a pineapple wedge if desired.

18. DIVINE VANILLA SMOOTHIE

Ingredients:

1 cup coconut or almond milk

¼ cup almond butter

1 tsp vanilla paste, (or vanilla extract)

2 cups ice

Vanilla liquid, seeds or powder, to taste

Vanilla or plain hemp Protein Powder – 1 tablespoon

Instructions:

Add all ingredients except ice to blender. Puree well.

Add ice and blend until ice is all crushed and smoothie is well blended and smooth.

Pour into two glasses and serve immediately.

NOTES

*Add more or less ice to make the smoothie thinner or thicker consistency.
Great for a post workout smoothie!*

19. COCO ORANGE DELISH SMOOTHIE

Ingredients:

1/2 cup fresh squeezed orange juice (I used 1 1/2 oranges)

1 tablespoon hemp protein powder

1/2 cup full fat coconut milk from the can (not the box!)

1 teaspoon vanilla

1/2 -1 cup crushed ice

Instructions:

Add all ingredients to a blender.

Blend until smooth and add ice as needed to get the consistency you like.

20. BABY KALE PINEAPPLE SMOOTHIE

Ingredients:

1 cup almond milk

1/2 cup frozen pineapple

1 cup Kale

1 tablespoon hemp protein powder

Instructions:

Place the almond milk, pineapple, and greens in the blender and blend until smooth.

21. SUMPTUOUS STRAWBERRY COCONUT SMOOTHIE

Ingredients:

1 cup coconut milk
1 frozen banana, sliced
2 cups frozen strawberries
1 teaspoon vanilla extract
1 tablespoon hemp protein powder

Instructions:

Add all ingredients to blender and blend until smooth.

22. BLUEBERRY BONANZA SMOOTHIES

Ingredients:

1/4 cup canned coconut or almond milk

1/2 cup water

1 medium banana, sliced

1 cup frozen blueberries

1 tablespoon raw almonds

Instructions:

Add coconut milk, water, banana, blueberries and almonds to blender container.

Cover and blend until smooth. Pour into 2 glasses.

23. DIVINE PEACH COCONUT SMOOTHIE

Ingredients:

1 cup full fat coconut milk, chilled

1 cup ice

2 large fresh peaches, peeled and cut into chunks

Fresh lemon zest, to taste

1 tablespoon hemp protein powder

Instructions:

Add coconut milk, ice and peaches blender. Using a zester, add a few gratings of fresh lemon zest.

Blend on high speed until smooth.

24. TANTALIZING KEY LIME PIE SMOOTHIE

Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

Instructions:

Add all ingredients to Vitamix or blender and blend until smooth.

25. HIGH PROTEIN AND NUTRITIONAL DELISH SMOOTHIE

Ingredients:

1 cup almond milk

1/2 Avocado

4 Strawberries

1/2 Bananas (Very ripe)

1/2 cup Raw Kale or spinach

1/4 cup Carrot Juice) water can be used

1 cup Coconut Yogurt..or almond milk)

1 tablespoon hemp protein powder

Instructions:

Add everything to your blender, and blend to your preferred consistency

More water or ice can be added to help with your preferred texture/thickness.

26. PINEAPPLE PROTEIN SMOOTHIE

Ingredients:

1 cup (135g) pineapple chunks

1 cup (200g) coconut milk (fresh or tinned)

½ med (65g) banana

¼ cup (65g) ice cubes

¼ tsp vanilla bean powder

pinch low sodium salt

1 tablespoon hemp protein powder

Instructions:

Peel pineapple and chop into small chunks.

Put everything into a high speed blender and blend until smooth.

27. RASPBERRY COCONUT SMOOTHIE

Ingredients:

½ - 1 cup coconut milk (depending on how thick you like it)

1 medium banana, peeled sliced and frozen

2 teaspoons coconut extract (optional)

1 cup frozen raspberries

1 tablespoon hemp protein powder

optional: shredded coconut flakes, and stevia to taste

Instructions:

Add coconut milk, frozen banana slices and coconut extract to your blender.

Pulse 1-2 minutes until smooth.

Add frozen raspberries and continue to pulse until smooth.

Pour into your serving glass, top with a couple of raspberries and a little shredded coconut, and enjoy!

AUTHOR BIOGRAPHY

By the time I was twenty-two, more than thirty years ago, I began studying nutrition, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

The Hydro at Stellenbosch, also known as the High Rustenberg Health Hydro, was founded by Sir Cleto Saporetti in 1972. The Hydro has become a world leader in holistic health and healing techniques, developing a range of methods to produce a balanced mind, healthy body and positive mental attitude. The original establishment comprised fourteen rooms and a staff of 25 under the supervision of Saporetti's co-visionary, Dr Boris Chaitow.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors whilst also studying banking and finance. My studies continued right up until 1986 when I moved from South Africa to Europe.

The happy story takes a tougher turn when I went through the trauma of divorce and promptly acquired an extra 20 kilos of weight! I really piled on the pounds in record time and battled so hard to lose every single ounce. I really do understand the challenges of effective and enduring, healthy weight loss! In the meantime I was talking to colleagues about the practicalities of expanding my work experience and moving to Europe. Sometimes Fate takes a hand and, whilst attending a relative's funeral on my mother's behalf close to Europe, I applied for an interesting position offered in London by a financial institution that was well known to me in South Africa. One flight to London, a series of interviews, and I got the job.

Beran Moves to Europe!

As you might imagine, leaving my beautiful home in warm, sunny Cape Town and relocating to the cold and damp of northern Europe was not an easy process. The stress levels went off the chart and, well, I bet you can guess what happened. That's right. Those 20 kilos I'd worked so hard to lose came back with a vengeance. It was a fat-fuelled action replay of those dark days after my divorce. But it really made me wonder about the real connections between stress and unhealthy weight gain.

One of the more positive and completely unexpected blessings of moving to Europe was meeting and falling in love with Greg. This extraordinary man would become my husband and business partner, an inspiration and support that helped me through the challenges that the future held for us. We set up a commercial company in Brussels where I found myself managing and consulting in the field of pensions and finance, working in the areas that had become so familiar to me during my years in banking. But even during those incredibly busy years, my fascination with health and nutrition always encouraged me to follow more courses, to pursue

intensive studies and then to discover the inspiration to apply all this accumulated knowledge to my own weight issues. And guess what? Right again! The pounds slipped away and this time they stayed away. I'd finally found the methods and formulas that really worked. But life rarely follows a straight line and in 2000, my path took an unexpected detour when I was diagnosed with a serious health problem. It was my thyroid gland. This incredibly important little gland had produced a 6cm tumour that was growing and gradually blocking my windpipe. Not a happy discovery!

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound well-being.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

Those years of training, study, practise and experience are distilled and crystallised right here in your personal transformation workbook.

The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your body-fat problems and turn back the clock, helping you to find a younger, fitter, skinnier, stronger, healthier you. So let's get started!



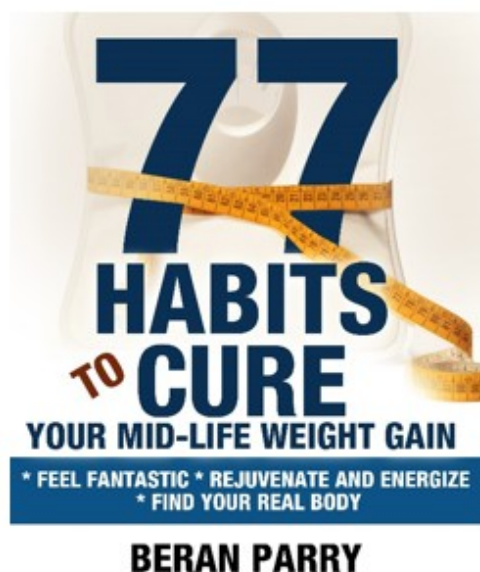
I am so delighted that you have chosen this book and it's been a pleasure writing it for you. My mission is to help as many readers as possible to benefit from the content you have just been reading. So many of us are able to take new information and apply it to our lives with really positive and long lasting consequences and it is my wish that you have been able to take value from the information I have presented.

Thank you for staying with me during this book and for reading it through to the end. I really hope that you have enjoyed the contents and that's why I appreciate your feedback so much. If you could take a couple of minutes to review the book, your views will help me to create more material that you find beneficial.

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