

Table of Contents

Paleo Friendly Challenge Diet Recipes	3
Sausage Stir-Fry Breakfast	4
Eggs With Avocado And Salsa	5
Tex-Mex Breakfast Scramble	6
Smoked Salmon Scrambled Eggs	7
Green Eggs and Ham	8
Breakfast Stir-Fry	9
Fruit Salad With Cinnamon	10
Breakfast Smoothie	11
Chocolate-Cherry Smoothie	12
Almond Flour Biscuits	13
Dijon Almond Crusted Salmon	14
Ginger Beef and Broccoli	15
Non - Dairy Chicken Alfredo	16
Buffalo Chicken Wings In "Peanut Sauce"	17
Butternut Squash Soup	18
Rosemary Chicken And Mushroom Glaze	19
Turkey Vegetable Meatballs	20
Beef And Sweet Potato Chili	21
Slowed Cooking Pork Loin	22
Sausage and Artichokes	23
Sausage and Tomatoes	24
Lamb And Spaghetti Squash	25
Grilled Shrimp And Veggies On A Stick	26
Curried Fish And Vegetables	27
Shrimp Cakes	28
Halibut With Dijon And Almonds	29
Mexican Salad	30
Chicken Waldorf Salad	31
Balsamic Asparagus and Steak Salad	32
Tasty Tuna Salad	33

Avocado Salsa	34
Cauliflower Mash	35
Rosemary Green Beans.....	36
Steamed Brussels Sprouts With Ginger And Almonds	37
Olive Tapanede	38
Sautéed Sweet Potatoes Hash	39
Zucchini Hash	40
Kale Chips	41
Apple Cider Coleslaw.....	42
Grain Free Chocolate Chip Cookies	43

Paleo Friendly Challenge Diet Recipes

Here are some recipes that you can swap in during the 21 Day Jump Start program. Pay close attention to the measurements and serving sizes.

Variety is more important to some than to others. I've provided a strict and prescriptive mix and match plan, but if you find you can't tolerate what's on the plan, it's better to use one of these choices than to fall off the wagon completely.

BREAKFAST

Sausage Stir-Fry Breakfast

Makes 2 Servings

Ingredients:

- 1 tsp coconut oil
- ½ yellow onion, diced
- ½ cup mushrooms
- ½ lb chicken/turkey sausages (nitrate/nitrite free), sliced
- 2 cups of spinach + 2 cups kale, shredded

Directions:

1. Heat a skillet over medium heat, and add coconut oil when hot.
2. Add diced onions and sauté until they soften. Then add mushrooms and sautee until both are tender
3. Remove onions and mushrooms from heat and set aside
4. Add sausage and cook until browned, tossing frequently
5. Add greens, onions, mushrooms and sausage and reduce heat to medium-low, and cover.
6. Serve when the greens are wilted and soft (about 5 minutes).

Eggs With Avocado And Salsa

Makes 2 Servings

Ingredients:

- 4 eggs
- 1 tsp olive oil
- ½ avocado, sliced
- ½ cup sliced or slivered raw almonds
- 4 tbsp salsa (Garden Fresh)
- Season with salt and pepper

Directions:

1. Heat non-stick skillet over medium-high heat with olive oil
2. Beat eggs in a small bowl, and pour into skillet
3. Cook for 1 minute and turn heat to medium-low and add seasonings. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa

Tex-Mex Breakfast Scramble

Makes 2 Servings

Ingredients:

- 1 tsp coconut oil
- 4 eggs
- ½ tsp cumin
- ½ tsp chilli powder (or ground chipotle)
- ¼ tsp sea salt (optional)
- 1 tbsp water
- ¼ red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional)
- 12 oz chicken breasts, grilled and chopped (use leftovers)
- 1 medium tomato, diced
- ¼ cup fresh cilantro, chopped

Directions:

1. Heat coconut oil in a medium skillet over medium-high heat.
2. Scramble eggs in a bowl. Add cumin, chili powder, sea salt, and water.
3. Add onions, bell peppers, and jalapeno to the hot skillet. Sauté 3-5 minutes, or until slightly softened.
4. Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
5. Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

Smoked Salmon Scrambled Eggs

Makes 2 Servings

Ingredients:

- 1 tsp olive oil
- 4 eggs
- ½ cup egg whites
- 4 oz smoked salmon, sliced or broken into small pieces
- ½ avocado
- freshly ground black pepper, to taste
- 4 chives, minced (or use 1 green onion, thinly sliced)

Directions:

1. Heat a medium skillet over medium heat. Add olive oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl and mix in egg whites.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

Green Eggs and Ham

Makes 1 serving

Ingredients:

- 1 tsp coconut oil
- 3 whole eggs
- ¼ yellow onion, chopped
- ½ Cubanelle pepper, chopped
- 1 cup fresh baby spinach
- 2 ounces extra lean diced ham (nitrate free)

Directions:

1. Heat a large skillet on medium-low. When hot add coconut oil to coat bottom of pan.
2. Add onion and pepper; cook 3 minutes.
3. Add spinach and cook 2 minutes, until wilted.
4. Add egg and ham, and cook while stirring 3-4 minutes.
5. Scrambled until set.
6. Remove from heat and serve.

Breakfast Stir-Fry

Makes 2 servings

Ingredients:

- 8 bacon slices, diced
- 1 tbsp coconut oil
- ½ yellow onion, diced
- 1 medium sweet potato, diced
- 1 medium zucchini, diced
- 7-8 green beans
- 2 handfuls spinach
- 1 avocado
- Freshly ground black pepper, to taste

Directions:

1. Cook chopped bacon in a medium skillet over medium-low heat. Drain fat when done
2. Meanwhile, heat a large sauté pan over medium-high heat. Add coconut oil and when hot add sweet potato stirring often for about 10-15 minutes
3. Once potatoes are softened add in onions and sauté until they turn translucent
4. Add zucchini and green beans to the sweet potato mixture and cook just until they turn bright green
5. Combine bacon and vegetables and spinach. Season with freshly ground black pepper, and top with avocado to serve

Fruit Salad With Cinnamon

Makes 2 Servings

Ingredients:

- 1 cup mixed strawberries and blueberries
- 1 apple, diced
- ½ cup pecans or walnuts, chopped (optional)
- ½ tsp cinnamon

Directions:

1. Place the fruit evenly into two bowls
2. Sprinkle with chopped nuts (optional) and cinnamon

Breakfast Smoothie

Makes 2 Servings

Ingredients:

- 2 cups frozen berries
- 1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
- 4 tbsp hemp seeds
- 2 tbsp chia seeds

Directions:

1. Fill a blender (or magic bullet or whatever) with the frozen berries
2. Add chia, hemp seeds, and almond milk
3. Continue to blend until smooth, and divide into two glasses

Chocolate-Cherry Smoothie

Makes 1 serving

Ingredients:

- 1 cup unsweetened almond milk
- 12 frozen cherries
- 2 tbsp hemp seeds
- 8 walnuts
- ½ tsp cocoa powder

Directions:

1. Add all ingredients into the blender and blend on high until smooth.
2. Add 2-5 ice cubes (before blending) for a thicker smoothie.

Almond Flour Biscuits

Makes 8 biscuits

Ingredients:

- 2.5 cups almond flour, finely ground
- ½ tsp salt
- ½ tsp baking soda
- 1 tbsp butter
- 1 egg + 1 white
- 1-2 tbsp raw honey (depending on if you want it sweet)

Directions:

1. Preheat oven to 350 degrees F
2. In a medium bowl, combine almond flour, salt and baking soda
3. In a second bowl, melt butter and stir in eggs and honey
4. Stir the dry ingredients into the wet until a dough forms
5. Form into 8 biscuits and place on a cookie sheet
6. Bake for 14 minutes

LUNCH/DINNER

Dijon Almond Crusted Salmon

Makes 2 Servings

Ingredients:

- 3/4 lb salmon fillet(s), skin on
- ½ cup almond meal
- ¼ cup Dijon mustard
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- juice of 1 lemon
- sea salt and freshly ground black pepper
- 2 tsp coconut oil

Directions:

1. Preheat the oven to 350° F.
2. Combine almond meal, coriander and cumin in a small bowl.
3. Season salmon with salt and pepper. Brush on Dijon mustard to coat each piece.
4. Coat each fillet with the almond meal mixture (both sides).
5. Place skin side down on a broiler pan, greased lightly with coconut oil.
6. Bake for 12-15 minutes, or until salmon flakes easily with a fork.

Ginger Beef and Broccoli

Makes 2 Servings

Ingredients:

- 2 tbsp coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 tbsp lemon juice
- 1 tbsp ground chia seeds
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup organic low sodium chicken broth
- 2 cups broccoli, cut into flowerets
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1 green onion, thinly sliced
- 2 tbsp sesame seeds (garnish)

Directions:

1. Heat the 1 tbsp coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, ground chia seeds, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
4. Heat pan again over medium heat. Add 1 tbps coconut oil when pan is hot.
5. Add broccoli, celery and carrots to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
8. Stir beef in until it's coated with sauce, and let simmer for a few minutes until beef warmed through.
9. Sprinkle sesame seeds on top and serve.

Non - Dairy Chicken Alfredo

Makes 2 Servings

Ingredients:

- 2 tsp olive oil
- 4 cloves of garlic, minced
- 1 lb skinless, boneless chicken breasts, cut into 1 inch cubes
- 1 (12oz) package kelp noodles
- 2 tsp tarragon
- 1 cup cashews
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp mustard powder
- ¼ tsp sea salt (optional)
- ¼ tsp freshly ground black pepper
- 1/8 tsp paprika

Directions:

1. Add olive oil to a large skillet over medium heat. When pan is hot, sauté garlic for 3-4 minutes. Add chicken to the skillet and cook until all sides are brown and there is no pink in the middle.
2. Rinse kelp noodles in cold water and chop to desired length, and add to the skillet along with tarragon. Cover and simmer on low for 30 minutes.
3. After cooking, pour the liquid from the skillet carefully into a small container for use in the sauce.
4. Add cashews, onion powder, garlic powder, mustard powder, sea salt (optional), black pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce (use a spatula to scrape down the sides of the blender periodically). If you don't have enough juice then add in organic chicken stock. Add the juices until the mixture reaches the desired consistency.
5. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

Buffalo Chicken Wings In "Peanut Sauce"

Makes 2 Servings

Ingredients:

- 1-1/2 lbs chicken wings
- 2 tbsp almond butter
- ¼ cup hot pepper sauce
- 1 - 2 tbsp tamari sauce
- 2 tsp olive oil
- ¼ tsp sea salt (optional)
- Pepper to taste

Directions:

1. Preheat oven to 375° F.
2. Line a rimmed baking sheet with parchment paper and spread wings out evenly. Sprinkle salt and pepper over wings. Bake for 20 minutes.
3. Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
4. When soft, stir in hot pepper sauce, tamari sauce, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
5. After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
6. Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).

Butternut Squash Soup

Makes 8 – 12 servings

Ingredients:

- 2 tablespoons salted butter
- 1 medium onion, diced
- 3 carrots, cut into chunks
- 2 medium butternut squash, peeled, seeded and diced in 2 inch cubes
- 8 cups water or stock

Directions:

1. In a large soup pot, warm the butter
2. Caramelize onion in the pot, sauteing 8 - 10 minutes until golden brown
3. Add the squash cubes and carrots. Cook for 10 more minutes until the outside of the squash cubes are a bit soft.
4. Pour the water over the onion/squash mixture
5. Bring entire mixture up to a boil and simmer for 20 - 30 minutes until squash and carrots are soft.
6. In a blender, puree soup in very small batches (as not to scorch yourself and have soup splattered on your ceiling) at low, then working up to high speed until mixture is smooth and creamy.
7. Serve piping hot

Rosemary Chicken And Mushroom Glaze

Makes 2 Servings

Ingredients:

- 4 boneless, skinless chicken breasts (4-6 oz each)
- sea salt (optional) and freshly ground black pepper to taste
- 4 tbsp coconut oil, divided
- 2 cloves garlic, minced
- 2 tsp fresh rosemary leaves or 2 tsp dried rosemary
- 2 tsp hazelnuts, chopped
- 10 white button or cremini mushrooms, sliced

Directions:

1. Season chicken breasts with sea salt (optional) and black pepper.
2. Heat a large skillet over medium heat. Add 1 tbsp coconut oil when pan is hot.
3. Add chicken breasts and cook until there is no pink in the center and set aside.
4. In a different heated pan add remaining coconut oil. When pan is hot, add rosemary, hazelnuts, and garlic. Simmer together for 5 minutes.
5. Add mushrooms and cook for another 5 minutes, or until mushrooms are browned. Season with sea salt and black pepper if desired.
6. Pour mushroom mixture over chicken and heat through. When hot serve.

Turkey Vegetable Meatballs

Makes 2 Servings

Ingredients:

- 1 lb ground turkey or chicken
- 2 medium carrots (or a handful of baby carrots)
- 1 red or green bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 tsp granulated garlic (garlic salt)
- 2 tbsp Italian seasoning
- 1/2 tsp freshly ground black pepper
- 3 tbsp ground chia seeds

Directions:

1. Preheat oven to 350°F
2. Combine carrots, bell pepper, mushrooms, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each). Bake for about 25 minutes, or until completely cooked.

Beef And Sweet Potato Chili

Makes 10 Servings

Ingredients:

- 2 tbsp olive oil
- 1 large yellow onion, diced
- 2 tsp chili powder
- 1 tsp ground chipotle
- 2 tsp sea salt (optional)
- 1 tsp cumin
- 1 tsp garlic salt
- 2 lbs beef stew meat, cut into 1"x1" chunks
- 2 (28 oz) cans diced tomatoes
- 2 (4 oz) can diced green chilis
- 1/2 of a (4 oz) can diced jalapenos (may add more if desired)
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1 bay leaf
- 7-8 medium mushrooms, sliced
- 2 medium carrots, sliced
- 2 medium zucchini, diced
- 1 large red pepper, diced
- 2 large sweet potatoes, cut into even chunks
- 4-6 large kale leaves, shredded

Directions:

1. Heat large soup pot over medium-high heat.
2. When hot, add olive oil and onion to pot and brown slightly.
3. Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
4. When onions have browned slightly, add beef and brown on all sides.
5. Add the diced tomatoes. Fill the empty can with water and add to the pot. Add sweet potato, green chilis, jalapenos, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Make sure the liquid covers all of the ingredients.
6. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
7. Add zucchini and red pepper, and cook for another 20 minutes.
8. Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.

Slowed Cooking Pork Loin

Makes 2 Servings

Ingredients:

- 1-1/2 lb pork loin
- 1 (16 oz) can tomato sauce
- 2 medium (6"-8") zucchini, sliced
- 1 head cauliflower, separated into medium florets
- 1-2 tbsp dried basil
- 1/4 tsp freshly ground black pepper
- 1/2 tsp sea salt (optional)

Directions:

1. Add all of the ingredients to a large crock pot.
2. Cook on high for 6-7 hours.

Sausage and Artichokes

Makes 2 Servings

Ingredients:

- 1 lb high quality pork sausages (nitrate free)
- 2 tbsp olive oil
- 2 medium onions
- 1 clove of garlic, chopped
- 1/4 lb white button or cremini mushrooms (about 5 medium)
- 1/2 lb Jerusalem artichokes (also "sunchokes")
- half of 1 large lemon
- 1 cup of organic low sodium chicken stock or water to cover
- a small bunch of flat-leaf parsley, roughly chopped

Directions:

1. Brown the sausages all over in a little oil in a deep cast iron skillet or pot. Take out of skillet and set aside.
2. Peel the onions and cut them into thick segments, then add to the pan in which you browned the sausages. On medium heat, let the onions soften.
3. Add the garlic to the onions. Cut the mushrooms in half and add to the skillet.
4. Peel or simply scrub the artichokes, then cut them into 1" pieces. Add them to the pan, pushing the onions aside, and let them colour slightly.
5. Put the sausages back into the pan along with the cooking vegetables.
6. Cut the lemon into fat chunks and mix them in the skillet along with a good seasoning of salt and black pepper.
7. Pour over enough stock or water to cover and bring to the boil.
8. Turn the heat down and simmer for about 30 minutes, until the vegetables are truly tender. If there is too much liquid, turn up the heat and let it reduce a little.
9. Stir in the parsley, check the seasoning and eat with the steamed greens.

Sausage and Tomatoes

Makes 2 Servings

Ingredients:

- 6 large firm tomatoes
- 1 lb sausage, nitrite/nitrate-free
- 6 mushrooms, sliced
- 1 medium yellow onion, chopped
- fresh cilantro

Directions:

1. Preheat oven to 350°F
2. Over medium-high heat, brown onions, sausage and mushrooms together in a skillet.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
4. Let all ingredients simmer for 7 – 10 minutes.
5. Serve with fresh cilantro.

Lamb And Spaghetti Squash

Makes 2 Servings

Ingredients:

- 1 small or medium spaghetti squash
- 1 lb ground lamb
- 1/2 yellow onion, diced
- 1/2 tsp sea salt (optional)
- 1/2 tsp garlic
- 1/4 tsp oregano
- 8 medium white button or cremini mushrooms, sliced
- 2 tbsp coconut oil

Directions:

1. Preheat oven to 375°F
2. Cut the spaghetti squash in half length-wise with a large knife or cleaver. Remove seeds and loose flesh.
3. Place cut side down in a shallow baking dish. Add 3/4" of water to the dish.
4. Bake for 45 minutes or so, until the squash is soft to the touch.
5. After about 30 minutes of baking, heat a large sauté pan over medium-high heat.
6. Add lamb, onions, sea salt, garlic, and oregano, and cook 5 minutes, stirring frequently.
7. Add mushrooms and continue to cook until lamb is fully done (10-12 minutes). Set aside.
8. When squash is done cooking, remove it from the oven and cool until it can be comfortably handled.
9. Turn the cut side up, and remove from the rind with a fork. This should be done cross-wise, so the strands of squash fall out like spaghetti.
10. Spoon lamb mixture over spaghetti squash to serve. If you need a little extra flavor add some tomato sauce on top.

Grilled Shrimp And Veggies On A Stick

Makes 2 Servings

Ingredients:

- 3/4 lb shrimp, peeled and de-veined
- juice of 1 lime
- 2 tsp minced garlic
- freshly ground black pepper
- 1 medium zucchini, sliced into 1" pieces
- 2 cups button mushrooms
- 1 red bell pepper, sliced into 2" pieces
- 1 green bell pepper, sliced into 2" pieces
- 1 red onion, cut into eighths
- 4 cloves garlic, minced
- 3 tbsp olive oil
- wooden skewers, soaked in cold water for 15 minutes to prevent burning

Directions:

1. Soak wooden skewers (at least 15 minutes).
2. Peel shrimp and put in medium bowl and toss with minced garlic.
3. Add lime juice and season with pepper. Set aside for five minutes.
4. Wash and chop vegetables.
5. Prepare grill.
6. Add vegetables and garlic to the shrimp, and add olive oil. Toss.
7. Stack veggies and shrimp onto skewers and grill until fully cooked.

Curried Fish And Vegetables

Makes 2 Servings

Ingredients:

- 1 lb white fish fillets, cut crosswise into 1" slices
- 1 can unsweetened coconut milk
- 2 tbsps red curry paste
- 2 medium carrots, cut into thin matchsticks
- 1/2 small red cabbage, thinly sliced
- handful fresh cilantro, chopped

Directions:

1. Put coconut milk and red curry paste in a large sauté pan over medium heat. Cook for 3 minutes, stirring until combined.
2. Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.
3. Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.
4. Serve with fresh cilantro.

Shrimp Cakes

Makes 12 Cakes (4 Servings)

Ingredients:

- 1 pound shrimp, raw, peeled and deveined
- 1 red or yellow bell pepper, finely chopped
- 1 clove garlic, minced
- 2 tbsp green onions, thinly sliced
- 1 tbsp lime juice, freshly squeezed
- 1 tbsp raw honey
- ½ tsp sea salt (optional)
- ¼ tsp ground chipotle
- 1 egg
- ½ cup cilantro, finely chopped
- ½ cup almond flour
- 3 tbsp olive oil, for sautéing

Directions:

1. Place shrimp in food processor, pulse until finely chopped.
2. In a large bowl, combine chopped shrimp, bell pepper, garlic, scallions, lime juice, honey, sea salt (optional), chipotle, egg and cilantro.
3. Form mixture into 12 (½) inch thick patties, dip each in almond flour, coating thoroughly.
4. In a large skillet, over medium heat, warm 1 tablespoon oil.
5. Add 4 patties to the skillet and cook about 5 minutes per side, until browned; remove and place on paper towel lined plate.
6. Repeat with remaining cakes.

Halibut With Dijon And Almonds

Makes 2 Servings

Ingredients:

- 1 tbsp olive oil
- 1 lb halibut or other white fish
- 2 tbsp Dijon mustard
- Salt and pepper to taste
- 2 tbsp almonds, sliced and toasted

Directions:

1. Preheat the oven to 350° F.
2. Lightly grease a baking sheet with olive oil.
3. Lay fish in the pan skin side down.
4. Season fish with salt and pepper and then coat with Dijon mustard.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.
6. Sprinkle with toasted sliced almonds.

Mexican Salad

Makes 2 Servings

Ingredients:

- 1 lb lean ground beef or turkey
- 2 tbsp chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 4 roasted red peppers, chopped
- 6 cups baby spinach
- 1 can black olives, sliced
- 1 avocado
- fresh cilantro
- 1/2 cup salsa (divided into two portions)

Directions:

1. Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, roasted red pepper, sea salt and water, and let simmer for 5 minutes more.
3. Meanwhile, separate spinach onto two plates.
4. Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

Chicken Waldorf Salad

Makes 2 Servings

Ingredients:

- 2 (4-6 oz) chicken breasts, cooked and diced
- 1 head of romaine lettuce
- 1 large tart apple, cored and diced
- 1 large stalk celery, chopped
- ½ cup walnuts, chopped
- ¼ cup avocado
- 2 tsp lime juice
- 2 tsp raw honey
- freshly ground black pepper to taste
- sea salt (optional)

Directions:

1. In a medium bowl, combine chicken, apple, celery and walnuts. Set aside.
2. In a small bowl, combine avocado, lime juice and honey and mix until well blended. Use extra lime juice if more liquid is needed.
3. Season with sea salt and freshly ground black pepper if desired.
4. Spoon dressing over chicken and toss to coat completely. If making salad ahead of time, keep chicken mixture and dressing separate until just before eating.
5. Wash and dry lettuce. Separate the lettuce into two bowls. Spoon chicken salad equally onto the two plates.

Balsamic Asparagus and Steak Salad

Makes 4 Servings

Ingredients:

- 1 lb flank steak
- 1 lb asparagus, ends trimmed
- 1 tbsp red onion, minced
- 1 tbsp extra virgin olive oil
- 4 tsp balsamic vinegar
- 1 clove garlic, minced
- sea salt, to taste (optional)
- freshly ground black pepper, to taste

Directions:

1. Bring a medium pot of water to boil.
2. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.
3. Heat a grill until hot. Trim away excess fat if desired. Cut into 4 steaks. Season with salt and pepper. Place on grill.
4. Grill for 4 to 5 minutes per side. Leave medium rare to rare.
5. Once its cooked, set aside and let rest about 10 minute. Then cut each piece into strips.
6. Mix all other ingredients together. Toss asparagus with balsamic mixture. Stop with steak slices.
7. Serve chilled or at room temperature.

Tasty Tuna Salad

Makes 2 Servings

Ingredients:

- 2 cans light tuna
- ½ cup green or black olives, chopped
- 1 green onion, chopped
- 1 jalapeno pepper, finely chopped (no seeds and/or less jalapeno if you want less spice)
- 3 tbps capers, rinsed
- 1/2 tsp red chili flakes
- juice of 2 lemons
- splash of olive oil
- 6 cups mixed greens (optional)
- 1 avocado, sliced

Directions:

1. Portion out lettuce onto two plates.
2. In a bowl combine all the ingredients and divide onto two plates on top of lettuce.
3. Serve with sliced avocado on top.
4. Serve immediately, or store it in the fridge for a day for more flavour.

SIDES

Avocado Salsa

Makes 4 Servings (3 Cups)

Ingredients:

- 2 avocados, diced (save the pits)
- 1 jalapeno pepper, seeded and diced
- 3 medium tomatoes, seeded and diced
- 1/4 of a red onion, diced
- 1 bunch cilantro, finely chopped
- juice of 1 lime

Directions:

1. Combine all ingredients in a medium bowl.
2. Keep the avocado pits in the mixture to serve. This will slow the oxidation of the avocados (what makes them turn brown) and will help the salsa last longer.

Cauliflower Mash

Makes 4 Servings

Ingredients:

- 1-1/2 large heads cauliflower
- 3/4 cup unsweetened coconut milk
- 3 tbsp coconut oil
- 2/3 cup fresh chives
- 3 cloves garlic
- 2 tsp dried rosemary or 1 sprig fresh rosemary
- sea salt, pepper to taste

Directions:

1. Roughly chop the cauliflower, removing all leaves.
2. Place in pot of boiling water and cook until it's easy to stick a fork in it
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Drain cauliflower and use a food processor or hand held blender to mash up or puree the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, and the chive and garlic mixture. Cook through until hot. Use hand blender again if you want the mixture more creamy.
6. Add sea salt and pepper to taste.

Rosemary Green Beans

Makes 2 Servings

Ingredients:

- 1 lb fresh green beans, trimmed
- 1/2 tsp salt, divided
- 1 tsp coconut oil
- 2 green onions, sliced
- 2 tsp fresh rosemary, chopped
- 1/4 cup pecans, chopped and toasted
- 2 tsp lemon rind, grated

Directions:

1. Heat 1-1/2" water in a medium pot with a steamer basket insert to a boil.
2. Sprinkle green beans evenly with 1/4 teaspoon sea salt (if desired) and place in the basket.
3. Cover and steam 4-5 minutes or until crisp-tender.
4. Immediately plunge green beans into ice water to stop cooking. Drain.
5. Meanwhile, heat a non-stick skillet over medium-high. Add oil when hot.
6. Add green onions and rosemary, and sauté 2-3 minutes or until softened.
7. Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.

Steamed Brussels Sprouts With Ginger And Almonds

Makes 4 Servings

Ingredients:

- 1 lb Brussels sprouts
- 1/2 cup slivered or sliced almonds (or nuts of choice)
- 4 tbsp olive oil
- 1 tsp fresh ginger root, grated
- 2 tsp lemon juice

Directions:

1. Add 1" of water to the bottom of a medium pot with a steamer insert or basket. Add Brussels to steamer, cover, and cook over medium-high heat for 10-12 minutes, or until just tender and bright green.
2. Meanwhile, dry roast the almonds in a small skillet over low heat. Stir constantly and remove from heat when they begin to brown.
3. Combine the olive oil, ginger root and lemon juice in a small bowl. When Brussels are fully cooked, toss with dressing and top with toasted almonds.

Olive Tapanede

Makes About 2 1/2 Cups

Ingredients:

- handful fresh flat leaf parsley (about 1/4 cup)
- few fresh basil sprigs (about 1/4 cup)
- 2 cloves garlic
- 1 oz sun-dried tomatoes
- 1 cup Kalamata olives, pitted
- 1 cup large green olives, pitted
- 2 tbsp capers
- juice of 1/2 lemon
- 3 tbsp extra virgin olive oil

Directions:

1. Rough chop fresh herbs, sun-dried tomatoes and garlic.
2. Add all ingredients to a food processor until rough chopped.

***Excellent topping on fish or chicken.**

Sautéed Sweet Potatoes Hash

Makes 2 Servings

Ingredients:

- 1 tbsp olive oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon

Directions:

1. Heat a skillet over medium heat. Add olive oil.
2. Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
3. Sprinkle with cinnamon and mix well.

Zucchini Hash

Makes 5-5 inch or 10-2 inch hash browns

Ingredients:

- 2 cups shredded zucchini (about 2 medium zucchini)
- 3 eggs
- 1 tbsp coconut flour
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 – 3 tsp coconut oil

Directions:

1. Shred zucchini with a box grater or in a food processor and set aside. Blot dry with a paper towel.
2. In a large bowl, beat eggs together.
3. Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.
4. Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.
5. Meanwhile, set a large sautee pan over medium-low heat. When hot, add coconut oil to coat the bottom of the pan.
6. Spoon the mixture into the pan in desired sized hash browns. Sautee until light brown and then flip.
7. Serve warm or at room temperature.

SNACKS

Kale Chips

Makes 2 Servings

Ingredients:

- 1 bunch kale
- 1 tsp olive oil
- 1/4 tsp Celtic sea salt (optional)

Directions:

1. Preheat oven to 350°F.
2. Wash kale and remove tough stems.
3. Cut kale into 2"-3" sections and place on baking sheet.
4. Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with oil.
5. Bake for 10-15 minutes, or until kale is crispy. Serve hot.

Apple Cider Coleslaw

Makes 4 Servings

Ingredients:

- 1 tbsp olive oil
- 3-4 tbsp apple cider vinegar
- 1/4 tsp ground mustard seed
- 1/8 tsp whole cumin seed
- 1/4 tsp celery seed
- 1/8 tsp poppy seed
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp raw honey (optional)
- 1 small red or green cabbage (or 1/2 of each)
- 2 cups shredded kale

Directions:

1. In a small bowl, whisk together all ingredients except cabbage and kale to make the dressing. Set aside.
2. Finely shred cabbage and kale and put in large bowl.
3. Add the dressing to cabbage and mix thoroughly.
4. Serve immediately, or store in the refrigerator overnight for more flavour.

Grain Free Chocolate Chip Cookies

Makes 24-36 Cookies

Ingredients:

- 3 cups almond flour
- ½ cup coconut oil, melted
- ½ cup raw honey
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp vanilla extract
- 1 1/2 cups Enjoy Life Semi-Sweet Chocolate Chips

Directions:

1. Preheat oven to 375°F
2. Line a baking sheet with parchment paper.
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop Tablespoon size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.