

Fresh & Healthy Eats

GOOD FOOD - GREAT HEALTH

- Sides - Soups

- Salads - Dinners - Desserts

Breakfast

We would highly recommend having a shake & tea for breakfast & lunch but for those who don't have them available for home, here are a few breakfast options

NUTTY BLENDER PANCAKES

SERVES 4

Ingredients

- 1 1/2 cups rolled oats (not instant)
- 3/4 cup unsweetened almond milk
- 2 tablespoons raw honey
- 3 tablespoons almond butter
- 2 tablespoons ground flaxseed
- 1 teaspoon aluminum-free baking powder
- 1/2 teaspoon vanilla extract

Instructions

1. Add oats and almond milk to a blender and blend until thoroughly mixed.
2. Add in remaining ingredients and blend again.
3. Cook as you would any pancake mix.

Tip: For a protein boost, you can add 1-2 servings of Herbalife protein powder. You may need to increase your liquid slightly to offset the dry ingredients.

BREAKFAST IN A PAN

SERVES 1

Ingredients

- 1 teaspoon coconut oil for greasing pan
- 1 Carb-friendly tortilla
- 1/2 cup black refried beans
- 1/4 cup fresh tomatoes, sliced
- 6 asparagus stalks
- 1 organic, free-range egg
- Sea salt and black pepper to taste

Instructions

1. Preheat oven at 350 degrees
2. Place tortilla in the bottom of a round, greased baking or cast iron pan
3. Top with refried beans, tomatoes, asparagus, egg, salt & pepper
4. Bake until the egg is cooked to your liking
(approx. 12-15 mins)

BREAKFAST STIR FRY

SERVES 4

Ingredients

- 2 tablespoons coconut oil
- 1 pound chicken, cooked, cut into strips
- 2 cups broccoli slaw
- 10 Brussels sprouts, trimmed and chopped
- 1/2 medium red onion, diced
- 4 garlic cloves, diced
- 2 cups zucchini, chopped
- 3 cups mixed greens, cut into ribbons
- 1 cup guacamole

Instructions

1. Combine coconut oil, chicken, broccoli slaw, Brussels sprouts, red onion and garlic in a large pan. Sauté over medium heat until the vegetables have softened, about 10 to 12 minutes.
2. Add zucchini and mixed greens; sauté for another minute.
3. Move to serving plates and top with guacamole.

Sides



BAKED PARSNIP FRIES

SERVES 4

Ingredients

- 4 parsnips, peeled & cut into fries
- 1/4 cup parsley, finely chopped
- 1/4 cup extra virgin olive oil
- 1 tablespoon sea salt
- 1 teaspoon black pepper

Instructions

1. Preheat oven to 450° F
2. Toss all the ingredients together in a large bowl and spread the fries onto a baking tray
3. Bake for 40 minutes.

BRUSSELS SPROUTS WITH BACON

SERVES 3-4

Ingredients

- 4 slices bacon, chopped
- 1 small shallot, diced
- 1 tablespoon extra virgin olive oil
- 1 pound Brussels sprouts, stemmed and halved
- 1 tablespoon apple cider vinegar

Instructions

1. Heat skillet over medium-high heat.
2. Add bacon and shallot to a skillet.
3. Add olive oil and Brussels sprouts to the pan.

Cook for about 5 minutes or until Brussels sprouts are done to your preference, tossing occasionally.

4. Pour apple cider vinegar over the Brussels sprouts, toss a few more times, and serve immediately.

COLESLAW

SERVES 6-8

Ingredients

Dressing Ingredients:

- 1/2 cup raw honey
- 1/2 cup raw apple cider vinegar
- 1/3 cup extra virgin olive oil
- 1/2 teaspoon each: sea salt, dry mustard, celery seed, garlic powder, black pepper

Coleslaw:

- 1 bag coleslaw
- 1 bag broccoli slaw

Instructions

1. Place a medium saucepan over medium heat and add dressing ingredients to the pan. Stir to combine and bring to a boil.
2. Simmer for 3 minutes, stirring occasionally.
3. Pour the dressing over the coleslaw mix and toss to coat.
4. Cover and place in the refrigerator for at least 1 hour or until chilled. Taste and adjust any seasonings as needed.

RED QUINOA

SERVES 4

Ingredients

- 1 cup Red Quinoa
- 1 1/4 cup water
- 1 tablespoon coconut oil
- 1 tablespoon ghee
- Sea salt and black pepper to taste

Instructions

1. Prepare quinoa according to package directions.
2. Once cooked, add in coconut oil, ghee, salt, and pepper.
3. Serve with greens or a green veggie juice.

GREEN BEAN ALMONDINE

SERVES 4

Ingredients

- 1 pound string beans, ends snapped off
- 4 to 6 garlic cloves, peeled and whole
- 2 tablespoons extra virgin olive oil, coconut oil or ghee
- 2 teaspoons lemon juice
- 1/2 cup slivered almonds
- Sea salt to taste

Instructions

1. Preheat oven to 425° F.
2. In a baking dish, add beans, garlic, a pinch of salt, and oil.
3. Place dish in the oven.
4. Roast until beans are cooked through, about 15 to 20 minutes, stirring halfway through.
5. Remove from the oven.
6. Toss with the lemon juice and almonds and transfer to a serving dish.
7. Sprinkle with additional salt.

ASPARAGUS WITH LEMON VINAIGRETTE

SERVES 3-4

Ingredients

- 1 bunch fresh asparagus
- 2 tablespoons extra virgin olive oil Sea salt and black pepper, to taste

Optional Lemon Vinaigrette Dressing:

- 2 tablespoons white wine vinegar
- 1 tablespoon organic Dijon mustard
- 1 tablespoon lemon juice
- 1/4 cup extra virgin olive oil

Instructions

1. Preheat oven to 375° F.
2. Place asparagus on parchment-lined cookie sheet. Drizzle asparagus with olive oil, then sprinkle with salt and pepper.
3. Roast for about 7 to 9 minutes (should still be firm).
4. Meanwhile, in a small bowl, whisk vinegar, mustard, lemon juice and olive oil.
5. Transfer asparagus to serving dish and top with optional vinaigrette.
6. Season to taste with salt and pepper.

ROASTED BROCCOLI

SERVES 4

Ingredients

- 2 heads broccoli (chopped)
- 1 tablespoon extra virgin olive oil
- Sea salt and black pepper (to taste)
- Juice of 1/2 lemon

Instructions

1. Preheat oven to 450° F.
2. On a cookie sheet lined with parchment paper, toss the broccoli with the oil, salt and pepper. Spread evenly in a single layer.
3. Roast until the broccoli has browned in some areas.
4. Squeeze the lemon juice over the broccoli and serve.

SWEET POTATO ROUNDS

SERVES 2

Ingredients

- 3 tablespoons coconut oil
- 1 sweet potato, sliced
- Sea salt, cayenne pepper and black pepper to taste
- 1/4 cup plain Greek yogurt
- 2 tablespoons ground flaxseed

Instructions

1. Melt coconut oil in a pan over medium heat.
2. Add sweet potato to pan and cook for 3 to 4 minutes.
3. Turn over, cooking until done and slightly crispy.
4. Remove potatoes from pan and place on a plate.
5. Top with salt, cayenne pepper, black pepper, Greek yogurt and ground flaxseed.

Soups



BEEF STEW

SERVES 4

Ingredients

- 2 tablespoons coconut oil
- 1 cup red onion, chopped
- 1 cup celery, chopped
- 3 purple carrots, chopped
- 2 sweet potatoes, cubed
- 1 pound stewing beef
- 4 cups beef broth
- 28-ounce can diced tomatoes
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- Sea salt and black pepper to taste
- 2 cups Swiss chard, cut into ribbons

Instructions

1. In a large saucepan over medium-high heat, combine the onions, celery, carrots, sweet potatoes and coconut oil. Cook for 3 to 5 minutes, stirring constantly.
2. Add the beef, tomatoes, broth, rosemary and thyme. Season to taste with salt and pepper.
3. Cover the saucepan and cook for about 1 hour, allowing the stew to simmer. Stir a few times during the cooking process.
4. Remove the lid, add Swiss chard and cook uncovered for about 45 minutes. If the mixture is too thick at the end of the cooking process, you can add a little bit of water or stock.

CHICKEN & RICE SOUP

SERVES 4-6

Ingredients

- 8 cups chicken broth, divided
- 1 medium onion, diced
- 3 medium purple carrots, diced
- 2 stalks celery, diced
- 2 cups water
- 1 cup black rice
- 1 medium chicken breast, cut into 1/2-inch cubes
- 1 whole bay leaf
- 1 teaspoon black pepper
- 1 to 2 teaspoons sea salt, to taste
- 3 cups frozen chopped kale or spinach or 1 whole bunch fresh kale (chopped)
- Optional: 1 tablespoon lemon juice to taste

Instructions

1. In a large pot over medium-high heat, add 1/2 cup broth, onion, carrots and celery and simmer for 8 minutes, stirring occasionally.
2. Add remaining 7 1/2 cups broth, water, rice, chicken, bay leaf, pepper and salt and bring to a boil. Reduce heat to medium, cover and cook for 35 minutes (or until rice is tender and chicken cooked through).
3. Remove bay leaf and stir in kale or spinach. Continue cooking until the kale is wilted and tender, about 3 to 5 minutes.

CHICKEN TORTILLA SOUP

SERVES 6-7

Ingredients

- 2 large chicken breasts
- 28-ounce container diced tomatoes
- 32 ounces chicken broth
- 1 to 2 cups water
- 1 medium red onion, diced
- 1 jalapeno, seeded and diced
- 2 cups shredded carrots
- 2 cups celery, diced
- 2 cloves minced garlic
- 2 tablespoons tomato paste
- 1 teaspoon sea salt
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 2 tablespoons lime juice
- Optional toppings: Avocado, Black beans, Cilantro

Instructions

1. Place all ingredients (including black beans if adding) in a crock-pot and cook on high 4 to 6 hours or low 8 to 10 hours.
2. Remove chicken once cooked thoroughly, shred with two forks. Return to the crock-pot, mix in and your soup is ready! Serve with optional toppings.
3. Serve with: Beanitos or Spelt chips

CREAMY BROCCOLI SOUP

SERVES 4

Ingredients

- 1 med. onion, roughly chopped
- 1 tablespoon coconut oil or extra virgin olive oil
- 1/8 teaspoon ground nutmeg
- 4 cups chicken broth, reduced sodium
- 1 1/2 cups water
- 1/3 cup rolled oats (not instant)
- 1 1/2 pounds broccoli, florets separated, cut into 1/2-inch rounds*
- Sea salt and black pepper to taste

*Note: You can substitute frozen broccoli florets for the fresh broccoli. Just decrease the water to 1 cup

Instructions

1. In a large saucepan, heat oil over medium heat. Add onion and cook until softened, about 5 minutes, stirring occasionally.
2. Add nutmeg and cook for another 30 seconds.
3. Stir in broth, 1 1/2 cups water, oats and broccoli. Season with salt and pepper. Bring to a boil, and reduce heat. Simmer until broccoli is tender, 5 to 10 minutes.
4. Puree soup in batches, filling blender halfway. Return to pot. Season with salt and pepper.

Salads



BASIC MASON JAR SALAD

SERVES 1

Ingredients

- Add in your dressing of choice
- Choose a grain, protein or heavy ingredients that hold up well when submerged in dressing (beans, cucumbers, broccoli slaw, radishes, red onion)
- Leafy greens (spinach, kale, chard)
- Accent items (nuts, seed)

Mason jar salads are perfect to make ahead and take with you to work or be able to grab them when you are busy. The secret to making the perfect Mason jar salad relies on the order of ingredients. In addition, make sure you use wide mouth Mason jars, so you can get the ingredients out! If you prepare your Mason jar in this order, you will get a beautiful salad bed when turning over the Mason jar onto a plate.

CHOPPED SALAD

SERVES 4

Ingredients

- 1/4 cup extra virgin olive oil
- 3 tablespoons stone-ground mustard
- 1/4-inch knob ginger
- 4 cups chopped vegetables: purple cabbage, purple cauliflower, broccoli, Brussels sprouts, zucchini, green pepper, and/or cucumber
- 1/4 cup red onion, diced
- 1 jalapeno pepper, diced
- 2 stalks celery, diced
- 3 tablespoons fresh cilantro, chopped
- 3 tablespoons pumpkin seeds
- 2 tablespoons currants
- 4 boiled organic, free-range eggs, chopped
- 1 tomato, chopped
- 1 tablespoon ground flaxseed
- Sea salt and black pepper to taste

Instructions

1. Combine the olive oil, mustard and ginger in a large bowl.
2. Add the remaining ingredients to the bowl and toss to combine.
3. Enjoy immediately or put in the refrigerator to allow the flavors to combine.

CREAMY CHICKEN SALAD

SERVES 4

Ingredients

- 1 pound chicken
- 2 tablespoons Vegenaise (vegan mayo)
- 1 teaspoon each: lemon juice, white wine vinegar, organic Dijon mustard, raw honey
- 1/8 teaspoon each: sea salt and black pepper
- 1 stalk celery, chopped
- 1/2 diced green apple
- 3 tablespoons raw almonds, chopped
- 6 cups mixed salad greens

Instructions

1. To poach chicken: fill a pot 2/3 full of water and bring to a boil. Add the chicken to the boiling water. Cover and simmer for 20 minutes or until a thermometer registers 165°
2. Remove from pan and let stand for 5 minutes. Shred chicken and refrigerate 30 minutes until cold.
3. Combine Vegenaise, lemon juice, vinegar, Dijon mustard, honey, salt and pepper in a large bowl, stirring with a whisk until combined. Add chicken, celery, apple and almonds. Toss well.
4. Cover and refrigerate for 1 hour. Serve over salad greens

EGG SALAD

SERVES 2-3

Ingredients

- 4 hard boiled organic, free-range eggs, diced
- 1 avocado, diced
- 1/2 cup sauerkraut
- 1/4 red onion, diced
- 1/4 cup Vegenaise
- 1 tablespoon stone-ground mustard
- Cayenne pepper to taste
- Swiss chard leaves

Instructions

1. Combine all ingredients and serve on Swiss chard leaves.

KALE BLUEBERRY SALAD

SERVES 4

Ingredients

- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup tart cherry juice
- 4 cups kale, chopped
- 1 cup garbanzo beans
- 1 cup cabbage, chopped
- 1 cup carrots, chopped or shredded
- 1/2 red onion, diced
- 1 cup grape tomatoes
- 3 tablespoons goji berries
- Sea salt, black pepper, cayenne pepper and garlic to taste
- 1 cup blueberries
- 1/2 cup raw cashews
- 1/4 cup raw sunflower seeds

Instructions

1. Combine the olive oil, apple cider vinegar and tart cherry juice in a large bowl.
2. Add the kale, beans, cabbage, carrots, onion, tomatoes, goji berries, salt, black pepper, cayenne pepper and garlic to the large bowl. Combine well.
3. Add the blueberries, cashews and sunflower seeds and gently combine.
4. Serve immediately or place in the refrigerator and allow the flavors to combine.

Dinners



BACON-TOPPED MEATLOAF

Serves: 4-6

Ingredients

- 1 TBSP Chili Powder
- 1/4 teaspoon each: garlic powder, sea salt, ground black pepper
- 1/8 teaspoon each: cayenne pepper, turmeric, onion powder
- 1 pound grass-fed ground beef
- 1 pound ground turkey
- 8-ounce can of organic tomato sauce, divided
- 1 large free-range egg, beaten
- 1/4 to 1/2 cup of chia seeds
- 1/3 cup chopped onion
- 2/3 cup black beans, drained and rinsed
- 14-ounce container organic diced tomatoes
- 1/2 cup organic shredded jack cheese (optional)
- 1/2 cup organic shredded cheddar cheese (optional)
- 3 strips bacon (without nitrates)

Instructions

- Preheat oven to 375° F
- In a medium bowl, mix chili powder, garlic powder, salt, black pepper, cayenne pepper, turmeric, and onion powder. Then, combine with turkey and beef
- In medium bowl, mix half the can of tomato sauce, egg and chia seeds. Let sit for 5+ minutes to allow the chia seeds to absorb the liquid. Add to meat mixture
- Using the same bowl, combine onion, beans and tomatoes. Set aside
- On a piece of waxed paper flatten out the meat to about a 1/2 to 1-inch thick, cut in half. Place half in a greased 8 x 8-inch pan. Top the half with the onion/bean/tomato mixture and optional cheese
- Take the second half of the flattened meat and place on top of the other half. Press the sides together to seal. Top the loaf with the other half of the tomato sauce and the bacon
- Bake for 35 to 40 minutes. Let set for about 10 minutes before slicing.
- Serve with a salad or side veggies

BLACK BEAN BURGER

Serves: 4-6

Ingredients

- 1 sweet potato, cut into 1-inch chunks (approximately 1 cup)
- 3 tablespoons coconut oil, divided
- Pinch sea salt
- 1/2 cup red onion, finely diced
- 16-ounce can black beans, rinsed and drained
- 1 cup cooked black rice
- 2 cloves garlic, minced
- 1/2 tablespoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon sea salt
- 3 tablespoons tamari
- 2 teaspoons Bragg Liquid Aminos
- 1/8 cup breadcrumbs or almond meal
- Ezekiel hamburger buns - very important

Instructions

- Preheat oven to 425° F. Line a small baking sheet with parchment paper.
- In a medium bowl, combine the potato, 1 tablespoon gently melted coconut oil and salt. Spread the potatoes onto the pan and roast for 20 to 25 minutes or until tender, stirring frequently.
- In a small pan, saute a TBSP of coconut oil and red onion for 5 mins.
- In a food processor, pulse the remaining ingredients together with the roasted potatoes and onion, being careful not to over mix. Cool in the refrigerator, so you can form 6 patties
- In a large skillet, add 1 tablespoon melted coconut oil and patties. Brown on both sides over medium heat
- Serve topped with your favorite toppings: lettuce, tomato, onion and/or guacamole. Choose a salad or side veggie

CURRY CHICKEN WITH WINTER VEGGIES

Serves: 6-8

Ingredients

- 2 TBSP Coconut Oil
- 1 onion, peeled and diced
- 1 tablespoon curry powder
- 1 medium squash, seeded and cut into 1-inch squares
- 1 medium celery root, peeled and chopped
- Small handful of Brussels sprouts, halved
- 15-ounce can garbanzo beans, drained and rinsed
- 1 cup shredded chicken (optional)
- 13.5-ounce can full-fat, unsweetened, organic coconut milk
- 4 cups low sodium vegetable broth
- 1 bunch greens (kale, bok choy, collards, or turnip greens), washed, cut
- Sea salt and black pepper to taste

Time Saving Tip – Butternut squash is available in the produce section already cut. You can use one container pre-cut squash.

Instructions

- In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6 to 8 minutes).
- Add the vegetables, beans, chicken, coconut milk and vegetable stock. Simmer until the squash is tender (about 15 minutes).
- Add the greens, and then season with salt and pepper.
- Serve by itself or over black rice.

Freeze leftovers



Recipe from Simply BALI

CHICKEN LETTUCE WRAPS WITH CILANTRO DRESSING

Serves: 2-3

Ingredients

- 2 tablespoons fresh lime juice (about 1 large lime)
- 2 tablespoons minced fresh cilantro leaves
- 1/4 to 1/2 teaspoon red pepper flakes
- 1/2 teaspoon raw honey
- 1 cup cooked chicken, shredded (approximately 6 ounces)
- 1/2 cup canned black beans, drained and rinsed
- 1 carrot (peeled and shredded) or 1 cup pre-made shredded carrots
- 1/2 cup organic salsa
- 4 butter lettuce, cabbage or romaine leaves
- 1/2 cup diced avocado

Instructions

- Combine lime juice, cilantro, red pepper flakes and honey in a small bowl.
- Warm chicken, beans, carrots and salsa in a large skillet.
- Once heated, spoon filling evenly into 4 lettuce leaves and top with avocado and lime juice mixture



EASY CROCK-POT ROAST CHICKEN

Serves: 4

Ingredients

- 1 whole chicken, giblets removed (approximately 4 pounds)
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon thyme
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper



Cafe Delites
for all good food lovers

Instructions

- Unwrap chicken, remove giblets and place it in the crock-pot.
- Top with each of the seasonings, covering as much surface area as possible.
- Cook on high in crock-pot for approximately 4 hours or low for approximately 8 hours.
- Check the temperature to ensure the chicken is done prior to serving.
- Serve with 2 side veggies or a salad

GROUND TURKEY TACO SALAD

Serves: 4

Ingredients

- 1 pound ground turkey
- 1 can black beans, drained
- 1/2 cup filtered water
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1/4 teaspoon toasted, ground black cumin seeds (optional)
- Optional toppings: Guacamole Cherry tomatoes, halved or quartered Spinach, cut into ribbons Organic salsa Cheese

Instructions

- In medium pan, cook the ground turkey
- Drain grease
- Add remaining ingredients and cook on low heat until water is absorbed
- Serve over a bed of lettuce and Top with optional toppings



Recipe from Simply BALI

LEMON GARLIC CHICKEN

Serves: 4

Ingredients

- 1 clove garlic, minced
- 2 teaspoons extra virgin olive oil 1/4 teaspoon cayenne pepper
- 2 teaspoons lemon juice
- 3 teaspoons fresh basil
- 1/2 teaspoon sea salt
- 4 boneless chicken breasts



Instructions

- Preheat oven to 350° F.
- Combine the garlic, olive oil, cayenne pepper, lemon juice, basil, and salt in a container. Place the chicken breasts in the same container and let marinate for 10 to 15 minutes.
- Cover cookie sheet with parchment paper or spray with oil to prevent sticking. Place the chicken breasts on the pan, and bake for approximately 20 to 30 minutes or until done.
- Serve with 2 side veggies or Salad

LOADED SWEET POTATO WITH CHICKEN

Serves: 1

Ingredients

- 1 Small Sweet Potato
- 2 leaves kale, Swiss chard or spinach, cut into ribbons
- 1 cup chicken breast strips or shredded chicken
- 2 tablespoons organic salsa
- 1/4 cup guacamole or 1/2 avocado



Instructions

- Preheat oven to 375° F.
- Bake sweet potato for 50-60 mins or until softens
- When there are 10 mins left on the potato, saute the greens, chicken, and salsa until heated through and the greens have wilted
- When potato is ready, slice in half and top both halves with greens mixture and guacamole or avocado
- Serve with a salad

EASY LEMON GARLIC HERB CRUSTED SALMON

Ingredients

- 3oz Ghee
- 1 tsp Salt
- 1 Lemon, juiced & zested
- 1 Tbsp Parsley
- 1 tsp Fresh Dill, chopped
- 1 Clove Garlic (minced)
- Dash of white pepper
- (4) 4.5oz Wild Salmon Fillets



Instructions

1. Place all ingredients except for Salmon into a small bowl & melt in the microwave for 30-45 sec.
2. Stir until combined
3. Place the Salmon fillets on a parchment lined baking sheet
4. Using a pastry brush, coat the salmon with the lemon herb butter, evenly spreading it over the tops of each fillet
5. Bake in an oven preheated to 400 degrees not the top or second to top rack for 10-12 minutes or until salmon is cooked through and flakes easily with a fork
6. Alternately the fish can be broiled on medium/high on the second to top rack for 8-10 mins or until cooked through.

SLOW COOKER TURKEY BOLOGNESE

Ingredients

- 28oz can tomato puree
- 6oz can tomato paste
- 1/2 cup chicken stock
- 1 Tbsp olive oil
- 2 tsp Italian seasoning
- Salt & Pepper
- 1/8 tsp crushed red pepper flakes
- 3 cloves garlic, minced
- 2 small carrots, diced
- 1 small onion, diced
- 1lb ground turkey



Instructions

1. Add all ingredients except turkey to slow cooker and stir to combine
2. Cut ground turkey into cubes, add to slow cooker, and cover with sauce. Do not stir
3. Cook on low for 6-8 hours
4. Once the sauce is done, use a potato masher to break up ground turkey into small chunks.

Serve over zucchini noodles or spaghetti squash noodles

GLUTEN FREE CHICKEN ENCHILADAS

Ingredients

- 8oz Cream Cheese (softened)
- 8oz can Green Chiles, chopped
- 15oz can White Beans, drained
- 1 small Yellow Onion, chopped
- 1/2 Tbsp Olive Oil
- 2-3 Chicken Breasts, cooked & shredded
- 14oz Green Enchilada Sauce, Gluten Free
- 1/4 tsp Garlic Powder
- 2/3 cup Sour Cream
- 1/4 tsp Salt
- 8-10 Gluten Free Tortillas
- 12oz Monterey Jack or Colby Jack Cheese, shredded



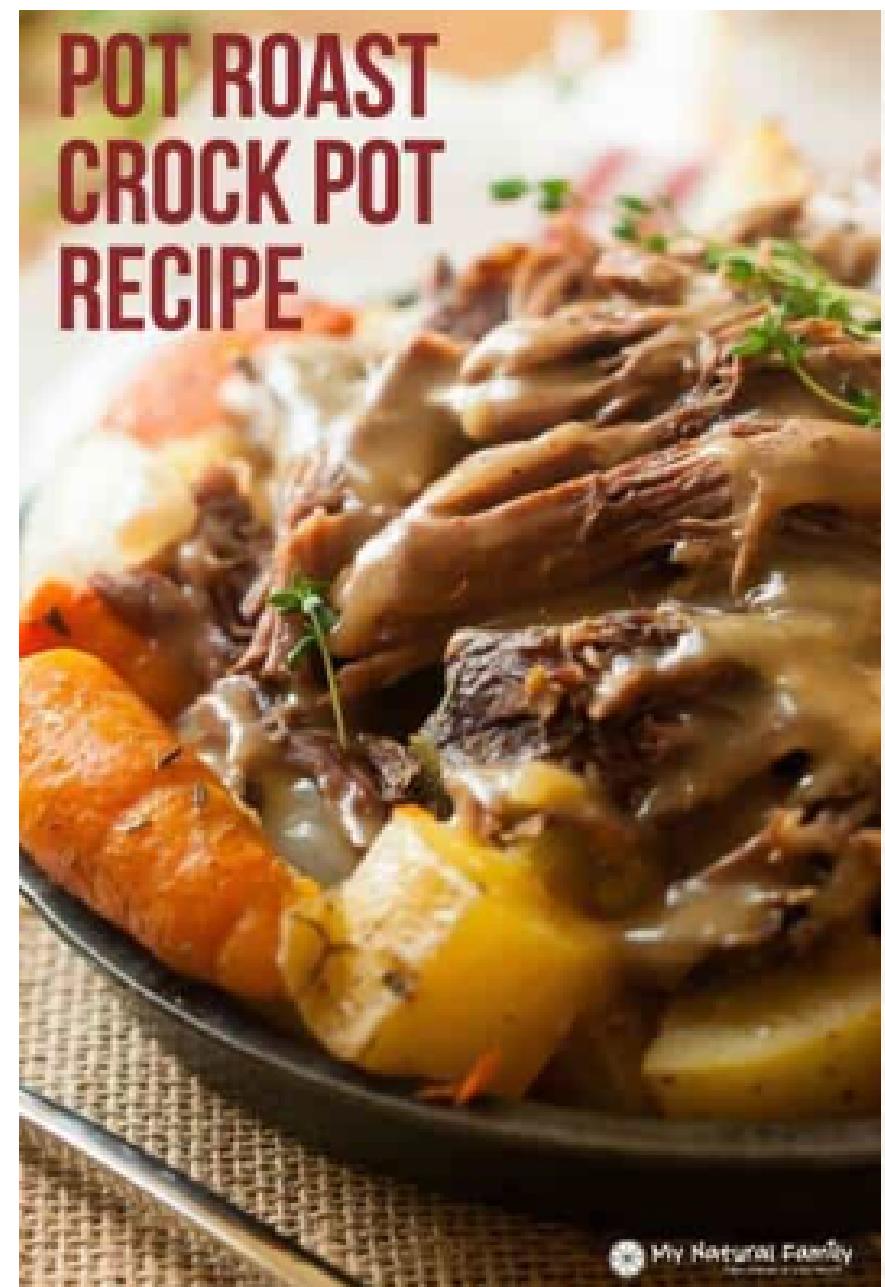
Instructions

1. Place olive oil & chopped onion in a saucepan. Saute on medium/high heat until onion is soft, about 4-5 mins
2. While onion is cooking, place cream cheese in the base of the mixer and beat with a paddle until smooth. Add the green chilies & beans. Mix until beans are slightly smashed.
3. Add 2/3 cup of the onion to the cream cheese mixture. Set saucepan with remaining onion aside.
4. Mix the onion and the shredded chicken into the cream cheese mixture.
5. Place the saucepan with reserved onion back on medium/high heat. Add the enchilada sauce, garlic powder, sour cream, and salt to the saucepan and bring to a boil, whisking together until smooth. Remove from heat.
6. Preheat oven to 350 degrees
7. Pour 1/3 of the creamy enchilada sauce into a 9x13 baking dish.
8. Heat the tortillas for a minute in a frying pan or oven to soften
9. Divide the cream cheese/chicken filling btwn tortillas. Sprinkle a bit of shredded cheese on top of the filling in each tortilla.
10. Roll up the tortillas into enchiladas & place side by side in prepared dish
11. Top the enchiladas with the remaining sauce & cheese
12. Bake for 35-40 minutes

EASY CROCK POT ROAST

Ingredients

- 3lbs Chuck Roast
- 5 Parsnips or Purple Potatoes
- 1 Onion, cut into chunks
- 4 Carrots, cut into chunks
- 2 cups Beef Stock or Broth
- 2 cups Water
- 1/2 tsp of each: Garlic & Onion Powder
- 1/2 tsp of Italian Seasoning
- 1/4 tsp Salt & 1/4 tsp pepper



Instructions

1. First cut all of the parsnips & Onions into large chunks
2. Add the Roast to the crock pot, then the parsnips, onions, carrots
3. Then add the seasonings over top
4. Next add the beef stock. The roast should be covered in liquid so add water until it is covered.
5. Depending on your crock pot and how fast it cooks will depend on the time. Typically about 4 hours on high and 6-8 hours on low

CILANTRO LIME FAJITA SALAD

For the Vinaigrette: For the Marinade:

- 2 limes (juiced)
- 2/3 cup Cilantro
- 2 Cloves Garlic
- 2 Tbsp Honey
- 1/2 cup Light Olive Oil
- 2 Tbsp White Vinegar
- 1 tsp Salt
- 1/2 cup Cilantro
- 2 Limes (juiced)
- 2 tsp salt
- 2 cloves garlic
- 1 tsp Cumin
- 1 tsp Chili Powder
- 1/4 cup Olive Oil

For the Salad:

- 4 Chicken Breasts (cut into strips)
- 1 Onion (peeled & sliced)
- 1 Large Yellow Bell Pepper (sliced)
- 2-3 heads Romaine Hearts (but into pieces)
- 3/4 cup Cherry Tomatoes (halved)

Instructions:

Make the Vinaigrette -

1. Place all ingredients in a food processor or blender & blend together until the garlic is well chopped
2. Refrigerate dressing

Make the Marinade -

1. Using the same blender/processor, place all the ingredients for the marinade inside & puree until garlic is finely chopped.
2. Pour 1/2 of the marinade into a bowl or ziploc bag & add chicken to the marinade.
3. Pour the other half into another bag or bowl & add the sliced onion & peppers to it.
4. Let marinate overnight or several hours, if possible.

Make the Salad -

1. Prepare Salad by placing lettuce, avocado sliced, & cherry tomatoes in a bowl
2. Heat a large saute pan to high. Add the vegetables to the hot pan & cook until veggies are crisp with golden brown spots. Remove and keep warm.
3. In the same pan, add the chicken & marinade. Cook for 2-3 minutes or until chicken is fully cooked. Toss with veggies.
4. Top salads with the hot chicken & vegetables. Drizzle with Vinaigrette



QUICK CHILI RECIPE

Ingredients

- 1lb ground beef, browned
- 15oz can dark kidney beans, drained & rinsed
- 15oz can of chili beans
- 15oz can of black beans, drained & rinsed
- 14.5oz can of tomato sauce
- 14.5oz can crushed tomatoes
- 2 cups chicken broth
- **homemade chili seasoning:**
- 2 tsp chili powder
- 1 tsp salt
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1/4 tsp onion powder
- 1/8 tsp cayenne pepper
- 1/8 tsp garlic salt



Instructions

1. Combine all ingredients in a large pot
2. Stir together
3. Heat on medium high until chili starts to simmer
4. Reduce heat to low, cover and simmer for 20 mins

SPINACH ARTICHOKE SPAGHETTI SQUASH

Spaghetti Squash:

- 1 Large Sp. Squash
- 2 Tbsp Olive Oil
- 1/2 tsp Salt
- 1/4 tsp Pepper

Chicken:

- 2 Tbsp Olive Oil
- 1lb chicken, cubed
- 3/4 tsp salt
- 1/4 tsp pepper

Sauce:

- 3 Garlic Cloves, crushed
- 2 Tbsp Butter
- 2 Tbsp Cornstarch
- 1/2 cup almond milk
- 1/2 cup chicken broth
- 3 Tbsp Cream Cheese
- 1/3 c Greek Yogurt
- 1 tsp salt
- 15oz can artichoke hearts, drained & quartered
- 2 cups fresh spinach, packed
- 1 cup Mozzarella cheese, shredded
- Fresh parsley & parmesan cheese



Instructions:

1. Preheat oven for 425 degrees
2. Cut spaghetti squash in half, lengthwise. Discard Seeds
3. Drizzle 1 Tbsp Olive Oil in each half of squash and sprinkle with salt & pepper
4. Place, face down, on a parchment paper or foil-lined baking sheet
5. Roast squash in oven for 45-50 minutes or until squash is tender
6. Drizzle 2 Tbsp of oil in large skillet. Place cubed chicken, salt & pepper into the skillet and cook over medium heat for 6-8 mins, or until chicken is cooked through
7. Remove chicken and set aside
8. In the same skillet place butter and garlic. Saute for 1-2 minutes
9. Add cornstarch to the butter and garlic and reduce heat to low. Whisk until a thick paste forms
10. Slowly add milk and chicken broth over the course of 3.5 minutes
11. Add cream cheese, greek yogurt, and salt. Stir to combine.
12. Add artichoke hearts & spinach. Stir to combine & let simmer for 3-5 mins
13. Add chicken and let heat through for an additional 5 mins

For Assembly:

1. Remove squash from oven and shred the insides with a fork
2. Fill each half with spinach artichoke and chicken mixture
3. Top them with Mozzarella cheese
4. Set oven to High Broil & broil for 3-5 minutes
5. Top with parsley & parmesan cheese

LEMONY CHICKEN STIRFRY WITH ASPARAGUS

Ingredients

- 4 Boneless, Skinless chicken breasts, cubed
- Salt, to taste
- 1/2 cup chicken broth
- 2 tbsp coconut aminos
- 2 tsps cornstarch
- 2 Tbsp water
- 1 Tbsp Ghee
- 1 bunch asparagus, cut into 2 inch pieces
- 6 cloves garlic, minced
- 3 Tbsp fresh lemon juice
- Lemon zest
- Salt & Pepper



Instructions

1. Cook asparagus and ghee in a skillet over medium heat for 3-4 minutes. When 1 min remains, add garlic.
2. Set garlic & asparagus aside
3. Season chicken with salt & pepper. Increase heat to high and cook chicken until browned
4. Set chicken aside & add coconut amigos and broth to skillet. Bring to boil for about 1 minute. Add lemon juice, water, and cornstarch. Stir for about 1 minute.
5. Return chicken & asparagus to pan. Coat with sauce. Top with lemon zest.

ITALIAN PALEO CHICKEN FINGERS

Ingredients

- 2 lbs boneless skinless chicken tenderloins
- 1 cup almond flour
- 3 Tbsp Tapioca Starch
- 1 1/2 tsp garlic salt
- 1 tsp salt
- 2 tsp Italian seasoning
- 1/4 tsp black pepper
- 2 large eggs, whisked
- 1/3 cup coconut oil (for frying)
- 1/2 tsp paprika



Instructions

1. Heat 1/4 cup coconut oil in a skillet over medium-high heat for 5 mins.
2. While the oil is heating, prepare the chicken. Place almond flour, tapioca starch, garlic salt, salt, italian seasoning and pepper in a bowl and mix
3. Put the whisked eggs in a separate bowl
4. Dip each chicken tenderloin into the hot oil and fry it for 5 mins. Once the first side is browned, turn the chicken and fry the other side for another 5 mins, or until chicken is golden brown.
5. During the last minute of frying, sprinkle paprika over the chicken
6. Serve no sugar ketchup or with low sugar spaghetti sauce and spaghetti squash noodles

Slow Cooker Chicken Enchilada Quinoa

Ingredients

- 1lb ground chicken
- 1 1/2 cup uncooked quinoa, rinsed
- (1) 15.5 oz can black beans, drained & rinsed
- 1 cup frozen corn
- (1) 15oz can diced fire roasted tomatoes
- 2 cloves garlic, minced
- 1 med. onion, chopped
- 1-2 jalapeno peppers, finely chopped
- 1 cup water
- 2 cups enchilada sauce
- 2 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp ground coriander
- 1 cup shredded cheese
- 3 green onions, chopped
- 1/4 cup fresh cilantro, chopped



Instructions

1. In a large skillet, cook the ground chicken until no pink remains. Place in the slow cooker
2. Add in the uncooked quinoa, the black beans, frozen corn, diced tomatoes, garlic, onion, jalapeño, water, enchilada sauce, chili powder, cumin, coriander, salt & pepper. Stir to combine. Cover the slow cooker and cook on high for 3 hours or until the liquid is all absorbed into the mixture.
3. Remove the lid and stir everything again. Taste & adjust seasoning if necessary. Stir in half the cheese & sprinkle the other half on top. Replace the lid & let the cheese melt. Top with chopped green onions & cilantro.

CHICKEN AVOCADO LIME SOUP

Ingredients

- 1 1/2 lbs boneless skinless chicken breasts
- 1 Tbsp Olive Oil
- 1 cup chopped green onions (including whites)
- 2 Jalapeños, seeded & minced
- 2 cloves garlic, minced
- (4) 14.5oz cans chicken broth
- 2 Roma tomatoes, seeded & diced
- 1/2 tsp ground cumin
- Salt & Pepper
- 1/3 cup chopped cilantro
- 3 Tbsp fresh lime juice
- 3 medium avocados, peeled, cored, diced
- Cheese & Sour cream for serving



Instructions

1. In a large pot heat 1 Tbsp olive oil over medium heat. Once hot, add green onions and jalapeños. Saute until tender, about 2 mins, adding garlic during last 30 seconds
2. Add chicken broth, tomatoes, cumin, season with salt and pepper to taste. Then add chicken breasts. Bring mixture to a boil over medium-high heat.
3. Once boiling, reduce heat to medium, cover with lid & allow, to cook, stirring occasionally, until chicken has cooked through. About 10-15 mins
4. Reduce burner to warm heat, remove chicken from pan and let rest on cutting board for 5 mins. Then shred chicken and return to soup. Stir in cilantro and lime juice.
5. Add avocados to soup just before serving. Serve with cheese & sour cream (optional)

CHICKEN FRIED CAULI RICE

Ingredients

- 2 Tbsp olive oil
- 3 chicken breasts
- 1 cup green beans, diced
- 1/2 cup carrots, diced
- 1/2 onion, diced
- 1 Tbsp garlic, minced
- 3 eggs
- 1 head of cauliflower
- 1/2 cup Coconut Aminos Original
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/4 cup green onions



Instructions

1. Add your olive oil to a large skillet and heat to medium high heat
2. Add the chicken breasts. Saute chicken until browned & cooked through approx 4 mins each side
3. Remove the chicken from the pan and set aside
4. Reduce heat to medium
5. In the same pan (with all the juices and brown bits from cooking the chicken) add your onions. Cook for approx 3-5 mins
6. Add your green beans, carrots, and garlic to the pan
7. In a separate bowl whisk the eggs then pour into the pan. Stir.
8. To create the "rice" chop the cauliflower florets into large chunks and place in a blender. Blend until its very small rice-like texture
9. Slice up your cooked chicken
10. Add the chicken, cauliflower rice, coconut aminos, salt, garlic powder, and black pepper to the pan and stir. Cover for 3-5 mins and then remove from heat.
11. Add additional salt, pepper, and whole coconut aminos to taste. Garnish with green onions

SLOW COOKER BEEF CURRY

Ingredients

- 1lb lean stew meat, cut into bite size
- 2 tsp curry powder
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tsp grated ginger
- 1/2 tsp black pepper
- Sea salt
- 1 3/4 cups beef broth or stock
- 1 Tbsp arrowroot & 1 Tbsp water
- 1/2 cup freshly chopped cilantro



Instructions

1. Place stew meat in slow cooker, sprinkle with curry powder, add all other ingredients, except cilantro, and stir to combine. Cover, cook on low 7-8 hours.

Serve over Quinoa or Couscous

Garnish with cilantro

STEAK WITH ORANGE AVOCADO

Ingredients

- 2lbs flank steak
- 3 Tbsp olive oil
- 3 Tbsp fresh lime juice, divided
- 1 Tbsp coconut aminos
- 3 cloves garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- 3 oranges, peeled & chopped
- 2 ripe avocados, pitted and chopped
- 1 shallot, minced
- 3 Tbsp chopped fresh parsley



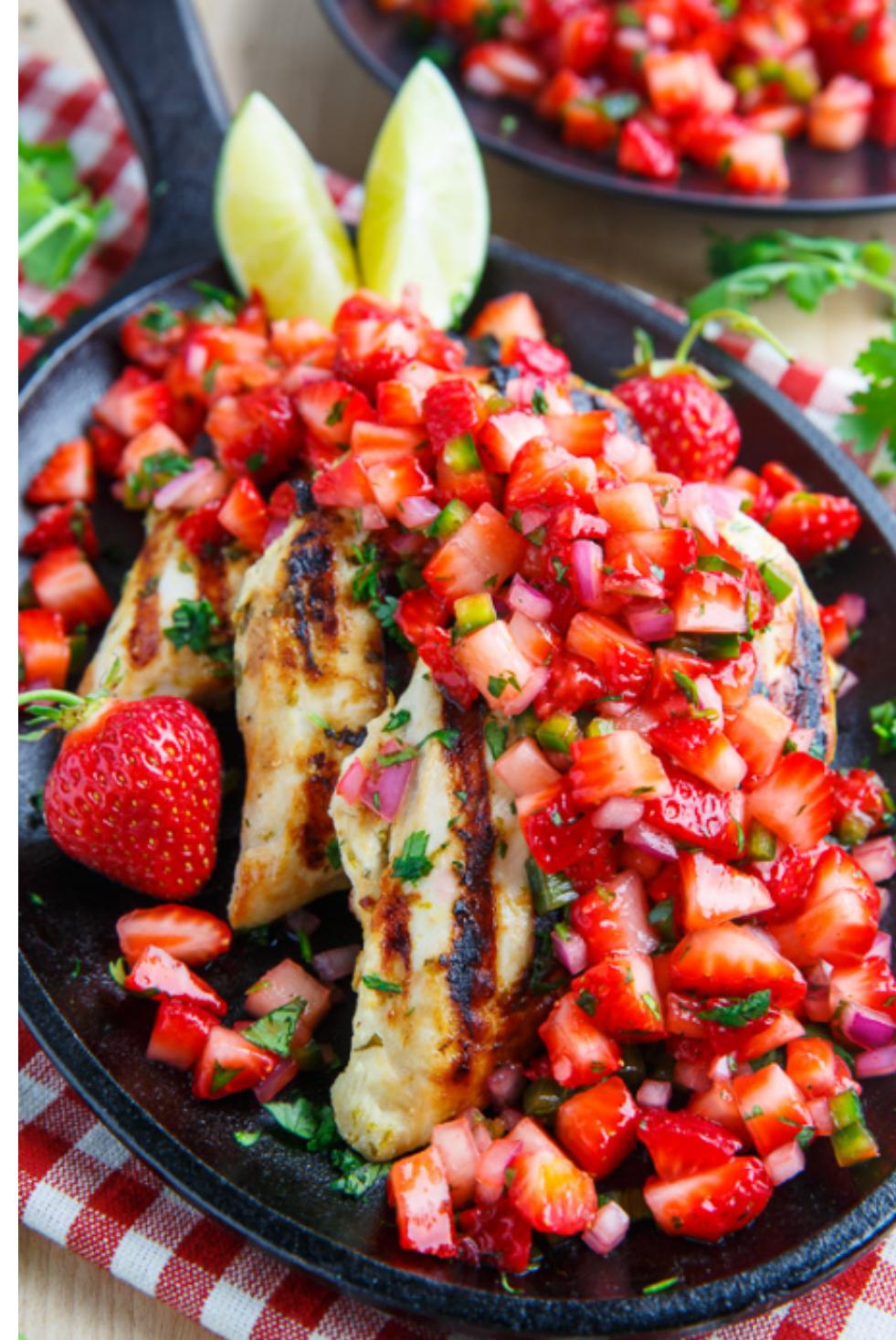
Instructions

1. Place flank steak in a large ziploc freezer bag
2. Combine oil, 2 Tbsp lime juice, coconut aminos, and garlic in a small bowl. Pour over steak; seal & turn to coat. Refrigerate 1 hour
3. Preheat grill or heat a grill pan over medium-high heat. Remove steak from bag, and discard marinade. Sprinkle steak with salt & pepper
4. Grill steak 6-7 mins on each side
5. Let stand 10 mins before slicing thinly across the grain
6. Meanwhile, combine oranges, avocados, shallot, parsley and remaining 1 Tbsp lime juice in medium bowl
7. Serve orange-avocado topping over steak

CILANTRO LIME CHICKEN WITH STRAWBERRIES

Ingredients

- **For Strawberry Salsa:**
 - 1 lb Strawberries, diced
 - 1/4 cup red or green onion, finely diced
 - 1 jalapeno, finely diced
 - 1 lime, juice & zest
 - 2 Tbsp cilantro, chopped
 - Salt to taste
- **For Cilantro lime chicken:**
 - 1 lb boneless skinless chicken breasts
 - 2 limes, juice & zest
 - 1 Tbsp olive oil
 - 2 Tbsp cilantro, chopped
 - 1 clove garlic, grated
 - 1 jalapeno, finely diced
 - Salt & Pepper to taste



Instructions

1. Mix everything together for the strawberry salsa
2. Marinate the chicken in the mixture of the lime juice & zest, oil, cilantro, garlic, jalapeño, salt & pepper for 30 mins to overnight
3. Grill chicken over medium-high heat until cooked, about 3-5 mins per side
4. Serve topped with Strawberry Salsa

CREAMY SUN-DRIED TOMATO CHICKEN

Ingredients

- 2 Tbsp olive oil
- 3 Cloves garlic, finely chopped
- Salt & Pepper
- 4 Chicken Breasts
- 1/2 cup chicken broth
- 1/4 cup sun-dried tomatoes, finely chopped
- 1 cup canned coconut milk
- 1/4 cup basil, freshly chopped



Instructions

1. In a large skillet, heat olive oil over medium heat. Add garlic to oil and cook until aromatic, about 60 seconds
2. Sprinkle chicken breasts with salt & pepper, then toss into the skillet. Cook until golden brown on both sides, then add chicken broth and sun-dried tomatoes to the skillet, cover and cook until the chicken is cooked through. Remove cover, transfer chicken to serving platters.
3. Stir in coconut milk into the skillet. Spoon sauce over chicken. Top with fresh basil, serve and enjoy!

SHEET PAN SALMON WITH ROASTED ASPARAGUS

Ingredients

- 2 Salmon fillets (wild caught)
- 8oz asparagus
- 1 Tbsp olive oil
- Salt & Pepper
- 2 Tbsp whole grain mustard
- Lemon slices for serving



Instructions

1. Preheat oven to 400 degrees and line a rimmed baking sheet with parchment paper
2. Put the salmon on one end of the baking sheet and asparagus on the other end. Drizzle asparagus with olive oil and toss to coat. Season with salt & pepper to taste. Spread mustard on top of salmon
3. Bake until salmon is cooked through and asparagus starts to caramelize but is still crisp, about 10 mins. Serve with lemon

CHILI ROASTED CHICKEN THIGHS

Ingredients

- 2lbs boneless chicken thighs
- 1 Tbsp Olive Oil
- 1 Tbsp Chili Powder
- Salt & Pepper
- Fresh Cilantro
- Lime Wedges for serving



Instructions

1. Preheat oven to 375 degrees
2. Place chicken on a sheet pan or large baking dish. Drizzle with olive oil and turn to coat. Rub with chili powder, salt & pepper
3. Roast the chicken thighs in the oven until cooked through, about 15 mins
4. Sprinkle with cilantro and serve with lime wedges

OH, SO SLOPPY JOES

Serves: 8 sandwiches

Ingredients

- 1 tablespoon coconut oil
- 1/4 cup red onion, chopped
- 1/4 cup green pepper, chopped
- 1 teaspoon garlic, minced
- 1 pound grass-fed, ground beef
- 1 cup warm water
- 2 tablespoons each: onion powder and paprika
- 1 teaspoon each: garlic powder, chili powder, red pepper flakes, marjoram, dry mustard, sea salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon celery seed
- 1/4 teaspoon toasted, ground black cumin seeds (optional)
- Pinch cayenne pepper
- 15-ounce can of diced tomatoes, drained
- 6-ounce can tomato paste
- Ezekiel hamburger buns - very important

Instructions

- In a large skillet, over medium heat, melt the coconut oil. Add onion, green pepper, garlic and cook for 3 to 4 minutes. Add ground beef and cook until meat is browned
- In a bowl, mix together warm water and seasonings, stirring until dissolved. Add the diced tomatoes and tomato paste; mix well. Pour over meat mixture and simmer for 5 minutes or until heated through and slightly thickened.
- Top the hamburger buns with the mixture and serve with a salad and side veggie

CAULIFLOWER PIZZA

Ingredients

- Cauliflower Crust - Homemade or frozen
- No sugar pizza sauce
- Cheese of choice
- Toppings of choice - lots of meats and veggies is best!



Instructions

1. Cook as directed on the cauliflower crust box
2. Top with sauce, cheese, and toppings
3. Cook in oven until cheese is melted

Serve with a large salad with lots of veggies and vinaigrette dressing

BACON, CHICKEN, TOMATO STUFFED AVOCADO

Ingredients

- 2 Chicken Breasts, grilled
- 3 pieces bacon, cooked & chopped
- 2 Avocado
- 1/3 cup grape tomatoes, chopped
- 1/3 cup paleo mayo
- Salt & Pepper



Instructions

1. Sprinkle chicken with favorite seasoning, grill, and cut into cubes
2. Grill bacon strips and set aside
3. Place cubed chicken in a medium bowl. Add tomatoes, onions, and bacon
4. Add Paleo mayo and gently mix everything together
5. Just before serving, slice avocados in half & discard pit
6. Pile the chicken mix on top of each avocado half and enjoy

COCONUT CHICKEN

Ingredients

- 2 Chicken Breasts
- 2 Eggs
- 1 cup shredded coconut
- Salt & Pepper



Instructions

1. Cut chicken breasts into strips
2. Using a heavy object such as the bottom of a pot beat the chicken out until it is an even thickness
3. Crack the eggs into a bowl
4. In a different bowl, add the shredded coconut
5. Dip the chicken into a bowl of egg and then into the bowl of shredded coconut
6. Repeat until you have coated all the chicken strips then place to the side
7. In a pan over medium heat, add about 4 Tbsp of coconut oil
8. Once the oil is heated, add the coated chicken
9. Cook for 3-5 minutes on each side
10. Once golden brown and the chicken is cooked all the way through, remove from the pan

Desserts



ALMOND BUTTER POWER BALLS

Makes 20 Balls

Ingredients

- 1/4 cup cocoa powder
- 1/2 cup ground flaxseed
- 1/2 cup almond butter
- 2 tablespoons raw honey
- 1 tablespoon butter or ghee
- Extra cocoa powder or Chocolate protein Drink Mix for rolling

Instructions

- Mix all ingredients together. Place mixture in the refrigerator for 20 minutes for easier handling.
- Roll into balls and dip in cocoa powder or protein powder.

APPLE CINNAMON DONUT HOLES

Makes 24-28 donut holes

Ingredients

Donuts:

- **2/3 cup coconut flour**
- **1/2 cup coconut sugar**
- **3 tablespoon ground cinnamon**
- **1/2 teaspoon baking soda**
- **1/2 teaspoon sea salt**
- **3 large organic, free-range eggs**
- **1/2 cup coconut oil or grass-fed, organic butter**
- **1 large green apple, grated**

Cinnamon Sugar Topping:

- **1/3 cup coconut sugar**
- **2 tablespoons ground cinnamon**
- **5 tablespoons coconut oil or grass-fed, organic butter**

Instructions

- Preheat oven to 350° F.
- In a large bowl, combine all of the donut hole ingredients. To grate the apple, first peel the skin off using an apple peeler or knife. Then use a cheese grater to shred the apple into tiny pieces.
- Using your hands, pack the dough into small round balls. Be sure to pack it tight or you will have air holes in your donuts, which will make it more difficult for them to stay together. Place donut holes on a baking sheet covered with unbleached parchment paper.
- Bake for 15 minutes.
- While they are in the oven, prepare the topping by melting the coconut oil/butter in a small saucepan. Then, mix the sugar and cinnamon in a small bowl.
- Let the donut holes cool for 3 to 5 minutes. Dip them in the melted butter/oil and roll them in the sugar/cinnamon mixture.
- Let sit and enjoy!

CHOCOLATE CAKE

Makes one 9-inch cake

Ingredients

- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1 cup raw honey
- 2 large organic, free-range eggs
- 1 tablespoon vanilla extract

Instructions

- Preheat oven to 350° F.
- Grease a 9-inch cake pan.
- In a medium bowl, combine the almond flour, cocoa powder, salt and baking soda.
- In a large bowl, combine the honey, eggs and vanilla extract.
- Gradually add the dry ingredients to the wet ingredients, stirring constantly until well combined.
- Add the batter to the greased cake pan.
- Bake for 35 to 40 minutes, until toothpick inserted into the center comes out clean.
- Let the cake cool in the pan before icing.

CHOCOLATE CAKE FROSTING

Ingredients

- 3/4 cup heavy whipping cream
- 4 ounces 70% or higher dark chocolate nibs or chips

Instructions

- Heat the whipping cream in a small pot over medium heat.
- Once the cream is hot to the touch, turn off the heat and slowly add the chips, stirring until all the chips are melted.

Desserts

FAST & EASY HERBALIFE DESSERTS

Make sure to check out the Challenge Guide to see some great desserts that you can make with the products!