

Beef and Vegetable Stir Fry

Try this one pan stir fry for a quick and delicious meal! We used some of our favorite nutritious vegetables but feel free to sub for other “Free” or “Preferred” vegetables.

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Serves: 3-4

Ingredients

- 1 lb beef cut into stir fry strips (consider filet mignon, skirt steak, New York strip steak or another protein of your choice)
- 2 cups chopped broccoli
- 1 bell pepper (any color)
- 1 tbsp chopped ginger
- ½ cup tamari or soy sauce
- 1 tbsp sesame seeds

Instructions

1. Chop all vegetables and set aside.
2. Heat pan moderately and add 1 tbsp of sesame oil.
3. Once oil is hot but not smoking, add steak to pan and cook until browned, then transfer to plate.
4. Using the same pan, add 1 tbsp sesame oil and let it heat up (but not smoke). Add in broccoli, bell pepper, and chopped ginger. Stir occasionally and cook until broccoli is light green.
5. Turn heat to low and add the steak back to the pan along with the tamari. Stir to mix everything together.
6. Sprinkle with sesame seeds and serve.



Option to serve over cauliflower rice, zucchini noodles, or with a side salad.

Buttered Herb Shrimp

This Buttered Herb Shrimp recipe is like a beach vacation for your taste buds! Not to mention it's ready in just 10 minutes and great to be served on anything!

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Serves: 2

Ingredients

- 1 lb shrimp peeled and deveined
- 1 tbsp olive oil
- 2 tbsp butter
- 2 tbsp fresh chopped parsley
- 2 tbsp fresh chopped chives
- 2 garlic cloves minced (or garlic powder)
- 1 lemon (juiced)
- Salt and pepper

Instructions

1. Rinse and dry shrimp well with paper towels or food safe kitchen towels.
2. Heat pan over medium and add olive oil.
3. Add shrimp and garlic to the pan, stir, add a pinch of sea salt. Cook shrimp until they are pink and cooked all the way through which should be about 5 minutes.
4. Add butter and herbs to the pan, stir and cook for 1 more minute.
5. Add lemon juice right at the end of cooking and serve.



Serve with cauliflower tabbouleh, green salad, zucchini noodles, or other “Free” or “Preferred” vegetable options!

Cauliflower Tabbouleh

This is a fresh and light dish that is our spin on the traditional Middle Eastern Tabbouleh Salad. It is delicious with a meal, as a snack and also a great leftover!

Prep Time: 10 minutes

Rest Time: 15 minutes

Total Time: 25 minutes

Serves: 3

Ingredients

- 1 cauliflower head or 2 cups fresh riced cauliflower
- ½ cup tomatoes
- ½ cup cucumbers
- 3 tbsp chopped parsley
- 1 tbsp chopped mint
- 2 cloves garlic
- 2 tbsp olive oil
- 1-2 lemons (juiced)
- Salt and pepper



Instructions

1. Chop cauliflower into 4 large pieces and place into a food processor, pulse into small pieces resembling rice, or put 2 cups of already riced cauliflower into a mixing bowl.
2. Chop the tomatoes, cucumbers and garlic. Add in all of the vegetables, herbs, olive oil, lemon juice, salt, and pepper. Mix together well and delicately.
3. **Tips:** Salt enhances the flavors in this recipe. So, salt to taste but be generous and let the salad sit for 15 minutes before serving to bring out the flavors.

Serve with “Butter Herb Shrimp”, lamb, chicken, or any other protein you like!

Crispy Fennel Celery Salad

Try this crunchy and refreshing salad to spice up your week! Feel free to substitute the blue cheese for Parmesan if preferred!

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 2

Ingredients

- 4 celery sticks
- 1 small fennel bulb
- 2 tbsp of chopped parsley
- 1 tbsp of blue cheese
- 2 tbsp of chopped walnuts
- 1 tbsp olive oil
- 1 lemon (juiced)
- Salt and pepper to taste



Instructions

1. Rinse and slice off the bottom of the celery and set aside 4 stalks.
2. Slice the sticks of celery into ½ inch thick slices. Set aside in a large mixing bowl.
3. Cut the top and end off the fennel bulb. Slice fennel into thin ½ inch slices (best to use a mandolin slicer set to ½ inch thick). Add fennel to the mixing bowl with the celery.
4. Add blue cheese (consider 2 tbsp in preferred) and lightly chopped walnuts to the mixing bowl. Drizzle with olive oil and lemon juice, add salt and pepper to taste, and gently toss.
5. Sprinkle fresh chopped parsley on top.

Consider serving over a bed of greens and add a protein of your choice to enjoy for any meal!

Deliciously Deviled Eggs

These deviled eggs are a great staple for breakfast, lunch, dinner, and even snacks! Adding pickles, capers, and your choice of smoked salmon or bacon packs this dish with irresistible flavor.

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 3 - 4

Ingredients

- 8 hard boiled eggs, peeled
- 2 tbsp of chives
- 1 chopped dill pickle
- 2 tbsp of mayonnaise
- 1 tbsp of mustard
- 2 tbsp of capers
- 1 pack (4 oz to 8 oz) of cold smoked salmon or lox or 4 pieces of bacon
- (Optional) fresh dill and / or pepper

Instructions

1. Slice eggs in half, length wise, remove yolk and place into a mixing bowl. Set aside egg whites to be filled with yolk mixture.
2. Finely chop chives and pickle
3. Smash yolks with a fork until smooth consistency is achieved.
4. Add (Dijon or your favorite) mustard, mayonnaise, dill pickle, capers and chives to the mixing bowl with the egg yolks. Mix everything together.
5. Using a small spoon, fill the boiled egg whites with yolk mixture.
6. Place sliced salmon or bacon on top. Consider sliced dill (with salmon) & sprinkling lightly with pepper.



Consider making extra for leftover meals and snacks!

Crunchy Dill Tuna Salad

This unique tuna salad is quick to assemble, crunchy, and flavorful! If you are looking for an easy meal prep, try doubling this recipe!

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 2

Ingredients

- 1 can of tuna in olive oil
- ¼ cup of sliced, canned hearts of palm
- 1 tbsp of chopped dill
- 1 diced dill pickle
- 1 tbsp capers (option to omit)
- 1 tbsp of mayonnaise
- 4 cups chopped romaine lettuce
- Salt and pepper to taste
- 2 tbsp salad dressing (of choice)

Instructions

1. Place tuna in a bowl. Drain or include oil from can to your taste.
2. Cut canned hearts of palms cross wise into small rings.
3. Add sliced hearts of palm, chopped (or simply torn) dill, diced pickle, and capers.
4. Add mayonnaise and salt and pepper to taste.
5. Using a fork, mix and mash tuna together with all ingredients.
6. Place romaine lettuce in a bowl, toss with [Mixed Herb Vinaigrette](#) (see recipe) or salad dressing of your choice (typically, a no sugar added vinaigrette) and serve tuna on top



Looking for something to have on the go?

Try placing the tuna salad it on top of the un-chopped romaine leaves and eating them like a wrap!

Dill, Cucumber, and Radish Salad

This dill, cucumber, and radish salad is fresh, tangy and delicious. It is quick to prepare and a perfect side to any meal.

Prep Time: 5 minutes

Total Time: 5 minutes

Serves: 4

Ingredients

- 1 bunch of radishes
- 1 medium cucumber
- 2 tbsp of fresh dill
- 1 tbsp white wine vinegar
- 1 tbsp olive oil
- ½ juiced lemon



Instructions

1. Thinly slice radish and cucumber.
2. Chop fresh dill.
3. Whisk and mix white wine vinegar, lemon juice and olive oil.
4. Place radish, cucumber, and dill in a mixing bowl and toss in salad dressing.
5. Add salt (and other fresh or dried herbs) to taste if desired.

Serve on a bed of lettuce, on top of steamed swiss chard, with Wild Cajon Salmon or any other protein of your choice.

Fiesta Chicken Fajitas

This classic Mexican dish is quick, easy and bursting with bold flavor. This one pan recipe is ready in less than 30 minutes and a family favorite!

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Serves: 4

Ingredients

- 2 lbs boneless skinless chicken breasts
- 2 large red bell peppers
- 1 tbsp of cumin
- 1 tsp of cayenne pepper
- ½ tsp of salt
- ½ cup chopped fresh cilantro
- 2 limes (juiced)
- 1 tbsp of extra virgin olive oil

Instructions for Marinade

1. Cut chicken into fajita strips (or have the butcher do this for you).
2. Place chicken in a bowl.
3. Chop bell pepper into fajita strips.
4. Add all dry spices, cilantro and lime juice to chicken and mix well into the chicken.
5. Optional: let chicken marinate in the refrigerator for 1 hour or up to 24 hours (to tenderize and add flavor).

Instructions for Cooking

1. Heat a pan on medium heat (not too high, do not burn or smoke the olive oil).
2. Add chicken and bell peppers to the pan, stirring until cooked all the way through (roughly 10-15 minutes).
3. Sprinkle cilantro on top.

Serve on a bed of lettuce, in lettuce wraps or with cauliflower rice. Option to garnish with avocado, cheese or sour cream.



Grilled Chicken Cobb Salad

This protein packed salad is great for any meal and stores well for meal prep! If you want to make this quickly and easily, buy the ingredients pre-cooked and just assemble!

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 2

Ingredients

- 2 pieces of bacon
- 1 grilled chicken breast
- 1 cup of tomatoes
- 1 hardboiled egg
- 1 cup of cucumber
- 1 oz blue cheese
- 4 cups of mixed greens
- ½ cup avocado (optional)
- Salt and pepper to taste

Instructions

1. Sauté bacon in pan until crisp. Transfer onto paper towel to let cool.
2. Chop all ingredients and set aside separated. Consider deseeding cucumber with a spoon after cutting lengthwise if desired.
3. Add half of all ingredients to 2 bowls (one could be a Tupperware container for meal prep). If you set aside the second portion for later, don't add the below vinaigrette yet to keep it fresh and not soggy.
4. Add 1 to 2 tablespoon(s) of (no added sugar) herb vinaigrette, salt and pepper to taste, and gently toss.
5. Top with optional avocado if desired and enjoy!



Herb and Caper Baked Chicken Thighs

Have juicy and flavorful chicken ready in no time with this recipe! Enjoy not only the taste of this dish but the minimal prep and clean up that comes with it!

Prep Time: 5 minutes

Cook Time: 20 – 30 minutes

Total Time: 25 - 35 minutes

Serves: 4

Ingredients

- 4 chicken thighs
- 1 tbsp olive oil
- 1 tbsp butter
- 1 tbsp capers
- ½ cup of broth or stock (any flavor)
- 1 tbsp chopped dill
- Salt and pepper



Instructions

1. Heat olive oil and butter in an oven safe pan on medium heat.
2. Add chicken thighs to pan and brown on one side, turn to the other side.
3. Add capers and broth.
4. Place chicken into the oven covered, cook for 20 minutes if boneless or 30 minutes bone in. Internal temperature should reach 165 degrees.
5. Sprinkle with salt, pepper, and dill on top. Option to garnish with lemons.
6. Serve with steamed green beans on the side.

Serve with steamed green beans, broccoli or other “Free” or “Preferred” vegetable of your choice.

Grilled Herb Chicken

This juicy grilled chicken breast is an easy versatile dish that pairs well with anything! If you do not have a grill, you can cook this in the oven!

Prep Time: 5 minutes Cook Time: 10 minutes Total Time: 1 hour Serves: 4

Ingredients

- 2 medium chicken breasts
- 2 tbsp olive oil
- 2 lemons or limes (juiced)
- 2 tbsp Italian herb seasoning or favorite fresh or dried herbs
- Salt to taste

Instructions

1. In a large mixing bowl add chicken breast, generous salt, herbs, olive oil and lemon or lime juice. Massage into chicken.
2. Let marinate for as long as 12 hours or as short as 30 minutes. Longer equals more flavor and tender.
3. Grill oiled, marinated chicken about 3-4 minutes per side and until cooked through. So long as achieve 145 °F for 8.5 minutes or 150 °F held for a couple minutes, “pasteurization” of concerning bacteria will occur. 165 °F is the FDA target for that goal, but that comes out dry with lean chicken breast and is arguably “overkill” with adequate time at lower temperatures.
4. Let the chicken rest for at least 5 minutes under foil (where internal temperature will rise further). Slice chicken in thin slices and serve.



Tip: Make extra and refrigerate or freeze for convenience later. For best results, make sure chicken is completely cooled and unsliced before freezing. To avoid having breast stick together, wrap in parchment paper before and place in plastic bag for freezing.

Serve with “Crispy Fennel Celery Salad”, grilled vegetables, green salad, or other side of choice.

Italian Meatballs with Red Sauce

Try this classic Italian dish to enjoy a healthy pasta and meat ball alternative without refined carbohydrates! Buon Appetito!

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Serves: 3-4

Ingredients

- 1 lb ground meat of your choice
- 1 tbsp of oregano
- 1 tbsp of parsley
- 3 cloves chopped garlic
- 1 whole egg
- 1 tbsp salt
- ½ tsp pepper
- 1 jar red marinara sauce (no added sugar)

Instructions

1. Add ground meat to a mixing bowl. You can use ground beef, pork, lamb, sausage, chicken, turkey, other.
2. Add 1 raw egg, herbs, salt, pepper, and garlic.
3. Using your hands, mix and massage all ingredients into the meat.
4. Using your palms, roll and form the meat into bite size balls.
5. Bake balls in the oven for 20 minutes, check to make sure they cook all the way through.
6. Warm the red marinara sauce on the stove on a large sauce pan. Add cooked meatballs to the pan, toss with the marinara to coat them. Serve warm.
7. Sprinkle grated (Parmesan, pecorino, other) cheese and optional fresh, diced parsley on top.

Tip: double the recipe and refrigerate or freeze meat balls for an easy reheal!

Serve with zucchini noodles, roasted broccolini, eggplant, or shredded, spaghetti squash, low carb noodle substitutes (Shirataki, Miracle, other), or other on program side dish that fits your fancy!



Mixed Herb Vinaigrette

No need for bland salads at JumpstartMD! Try this fresh herb dressing to scintillate flavors for your favorite salads!

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 8

Ingredients

- ½ bunch of flat leaf parsley
- ½ bunch of dill
- ½ bunch of cilantro
- 2 lemons juiced
- ½ cup of olive oil
- Salt and ground pepper to taste

Instructions

1. Chop the very end of the herb stems off and discard.
2. Chop 4 inches of the stems of each herb (place in the blender).
3. Chop 3 tbsp of the leaves of each herb.
4. Place stems and leaves in a high-powered blender.
5. Add the olive oil, lemon juice, salt, and pepper.
6. Blend on high until stems blend. Then turn to medium until emulsified (well blended).
7. Optional (but not encouraged): add 1-2 drops of stevia to balance acid from the lemon juice. If you like a runnier dressing add more lemon, olive oil and salt.
8. Will keep up to 1 week refrigerated.



Love herbs and flavor? Use this recipe as a (chimichurri like) marinade for meat, chicken, fish or tofu! Don't hesitate to double it if you love it!

Nutty Chia Seed Yogurt

This yogurt might be nutty, but your mornings don't have to be! It only takes 5 minutes to prep this recipe in advance so you can grab and go to have as a meal or snack!

Prep Time: 5 minutes

Total Time: 5 minutes

Serves: 2

Ingredients

- 1 cup of plain, Greek full fat yogurt
- 1 tbsp of chia seeds
- 1 tsp of vanilla extract
- 1 tbsp of nuts, nut butter, and / or (unsweetened) coconut flakes

Instructions

1. Add yogurt vanilla extract and chia seeds to a jar or container that has an air tight lid.
2. Stir well.
3. Place back in refrigerator for at least 10 minutes or overnight.
4. Add 1 tablespoon of desired nuts, nut butter, and / or coconut flakes as a topping.



Make a few jars at a time to help with meal prep! In the near-term, after fruits are reintroduced, substitute or add low glycemic fruits like berries as an alternative or additional topping if desired!

Pork Chop with Arugula Salad

Baking a pork chop can be both simple and delicious. If it strikes your fancy, enjoy with fermented sauerkraut and an arugula salad for a flavorful and nutrient dense addition to the meal!

Prep Time: 10 minutes

Cook time: 15- 20 minutes

Total Time: 25 minutes

Serves: 3-4

Ingredients

For Pork Chop:

- 2 (bone in) pork chops
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp rosemary
- Salt and pepper to taste

For Arugula Salad:

- 4 cups arugula greens
- 10 pitted (black, Kalamata) olives
- ½ cup bell peppers
- 2 tbsp feta cheese

Instructions

For Pork Chops:

1. Preheat oven to 425 degrees (pork can be grilled instead – searing 2 minutes a side before moving to indirect heat)
2. Coat pork chop with olive oil, then rub salt, pepper, and herbs all over. Key tip: applying the salt, pepper, and herb dry rub the night or at least hours before cooking will add flavor and help tenderize and moisturize the lean pork (the salt rub “denatures” the muscular protein). Bone in is also optional (versus boneless) while the bone enhances flavor and textures.
3. Once oven is preheated, place the pork chop in oven and bake for 15-20 minutes or until their internal temperature hits 145 degrees. Let the pork chops rest under foil for 5 to 10 minutes before serving.

For Salad:

1. Chop arugula (or your favorite salad green) and bell peppers. Add arugula to a salad bowl.
2. Top greens with desired (black, pitted Kalamata’s good option) olives, bell pepper, and feta.
3. Dress with salad dressing of your choice or drizzle with olive oil and balsamic.



Promised Land Pesto

This pesto recipe is heaven in your mouth and a perfect condiment to have prepped and ready in your fridge, waiting to provide extra flavor to anything to which it's added!

Prep Time: 15 minutes

Total Time: 15 minutes

Yields: 2 cups

Ingredients

- 2 cups fresh basil (options: substitute parsley, mint, cilantro, arugula, other)
- 1 to 2 cloves of garlic
- ½ cup of parmesan cheese (If dairy free omit or substitute for nutritional yeast)
- ½ cup of pine nuts (pine nuts are typical while others use walnuts, pistachios, almonds, even sunflowers)
- ½ cup olive oil
- 1 lemon (juiced)
- Salt and pepper to taste

Instructions

1. Pick the leaves off the stems of basil.
2. As a recommended option, lightly salt and toast the pine nuts in a little olive on stove top over medium heat. Stir frequently and watch them closely as they can go from perfectly browned to burned in moments.
3. Add all ingredients to a food processor or high-powered blender. Blend until a smooth consistency is achieved, add a little more olive oil (or water) if needed to blend and achieve desired consistency.



Serve on top of frittata or eggs, steamed or roasted vegetables, cooked meats, green salad, or use as a dip for veggies!

Prosciutto Wrap Egg Scramble

What better way to start the day then with creamy and fluffy scrambled eggs wrapped in crunchy prosciutto!

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Serves: 1

Ingredients

- 4 thin slices of prosciutto
- 2 whole eggs
- 1 tbsp chopped chives
- 2 small halved or chopped tomatoes
- 1 tbsp creme fraiche or whole cream (if dairy free omit this step)
- 1 tbsp olive oil or butter
- Salt and pepper to taste

Instructions

1. Whisk eggs in a large mixing bowl. Add chopped chives, creme fraiche (or whole cream) and salt and pepper to taste (note: prosciutto has salt, too).
2. Preheat oven to 350 degrees (toaster oven or frying pan can work well for this step, too).
3. Once heated, bake prosciutto in oven for 5 minutes until slightly crispy (being careful not to overcook), and remove.
4. Heat a pan, add 1 tablespoon of olive oil or butter (be sure to use medium heat).
5. Add eggs to pan and gently stir. Add tomatoes late to warm but not release too much liquid. (Can also have uncooked as a salsa to the wrap or on side if preferred).
6. Lay crispy prosciutto onto flat serving plate, put a spoon full of the scrambled eggs on top, and roll the prosciutto like a wrap.



Option to serve with a side salad or other “Free” or “Preferred” vegetables of your choices!

Roasted Broccolini

Whip up this simple yet nutritious and delicious dish that pairs well with almost anything! If you like broccoli and want something even more simple to prepare, try this!

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Serves: 4

Ingredients

- 1 bunches of broccolini
- 1 ½ tbsp of olive oil
- ½ lemon (juiced)
- Salt and pepper to taste
- *Optional red pepper flakes and grated parmesan cheese

Instructions

1. Rinse broccolini, chop off lower two inches of stems, pat dry, and place in a large mixing bowl.
2. Add sea salt and lemon juice.
3. (Optional) add chili flakes (or pepper of any kind if desired) and mix well.
4. Add 1 tablespoons of olive oil and coat broccolini well.
5. Add 1/2 tablespoon of olive oil directly onto baking sheet and coat evenly.
6. Spread broccolini onto baking sheet making sure each piece has space to lay flat and uncrowded.
7. Roast at 375 degrees for 10 - 15 minutes or until crispy and tender.
8. Top with parmesan sprinkles if desired and serve hot.



Serve with our “Italian Meat Balls and Red Sauce” recipe or as a side to any protein or main dish of your choice!

Rosemary Pork Tenderloin and Arugula Salad

This hearty and rich pork tenderloin pairs perfectly with a light and refreshing arugula salad. This recipe also works great for “leftovers” meal planning when doubled.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Serves: 3 - 4

Ingredients

Pork Tenderloin:

- 1 lb piece of pork tenderloin
- 1 tbsp fresh chopped or dried rosemary
- Salt and pepper (enough to rub over tenderloin)

Arugula Salad:

- 4 cups arugula
- 1 tbsp walnuts
- ½ medium avocado
- 2 tbsp of vinaigrette

Instructions

1. Sprinkle and rub salt, pepper, and rosemary into pork tenderloin (to optimize flavor and tenderness, apply hours or day before).
2. Preheat the oven to 350 degrees.
3. Place pork in a baking dish and cover with foil. Bake for 18 - 20 minutes. Using a meat thermometer, remove at an internal temperature between 135 (medium rare) to 145 degrees (medium well). Temperature will rise 10 degrees further while rests.
4. Rest pork under foil for 5 minutes.
5. Mix arugula, avocado, walnuts, and toss in vinaigrette.
6. Cut pork into slices and serve with the salad.



Sausage and Zucchini Frittata

This sausage and zucchini frittata is a classic dish that can be eaten at any meal, not just breakfast! It reheats easily for meal prep and is quick to grab when on the go.

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 60 minutes

Serves: 4

Ingredients

- ½ lb ground sausage
- 1 medium zucchini
- 8 eggs
- ½ cup of heavy cream
- ½ tbsp salt (or to taste)
- 1 tsp pepper
- Herbs such as parsley or chives

Instructions

1. Preheat the oven to 375 degrees.
2. Cook sausage in 10-inch oven-proof skillet over medium heat until cooked through.
3. Chop zucchini into thin circles while the sausage cooks.
4. Remove sausage from pan using slotted spoon and set aside. Leave sausage oil in the skillet and sauté zucchini until tender and remove from heat.
5. Drain excess water and add sausage back into skillet.
6. Crack eggs into a large mixing bowl, add cream, salt, pepper and whisk together.
7. Add herbs and mix into whisked eggs.
8. Pour egg mixture on top of sausage and zucchini and give a stir to evenly distribute ingredients.
9. Bake for 30-45 minutes, check that the eggs are firm and cooked all the way through if not cook a bit longer.
10. Option to serve topped with pesto, fresh chopped tomatoes or sugar free salsa.



See our pesto recipe for topping the Sausage Frittata or use a store-bought option.

Sesame Ginger Dressing

This tasty dressing has a sweet and salty flavor thanks to the coconut aminos but credit the added kick to the ginger! Add this dressing to your salads for an Asian flare!

Prep Time: 5 minutes

Serves: 2-4

Ingredients

- 1 tbsp of ginger
- 1 tbsp of toasted sesame oil
- 4 tbsp of (no added sugars) coconut aminos. Option to substitute for soy sauce with or without a few drops of stevia

Instructions

1. Finely chop ginger
2. Add oil, coconut aminos and ginger to a bowl or glass measuring cup and whisk until mixed well
3. Pour on top of tamari steak salad

Note to keep carb content in dressing per meal under 5 grams of carbs at a maximum. If your meal contains over 6 grams of carbs per serving of dressing, best to track that dressing as a carb "box" (once introduced later in program) or simply substitute with a lower to no carb dressing for your tamari steak or other salad.



Use as a salad dressing or marinade for meat, poultry, fish, or tofu.

Slow Cooker Beef and Vegetable Stew

Want to get “beefy” in the kitchen but not on the scale? Well then this is a must try recipe for you! This recipe is perfect for a cool day or for when you want to come home to a comforting meal!

Prep Time: 10 minutes

Cook Time: 4 hours

Total Time: 4 hours 10 minutes

Serves: 4

Ingredients

- 1 lb of beef chuck roast
- 1 tbsp olive oil
- 2 cups of beef stock
- 1 bay leaf
- 3 cloves of minced garlic
- 1 cup of chopped kale
- 1 cup of mushrooms
- 2 cups of cauliflower florets
- 3 tbsp Italian seasoning
- 2 tbsp tomato paste



Instructions

1. Season meat with olive oil and salt and pepper. Optional to brown the meat in a skillet before adding to a slow cooker
2. Add meat, broth, and bay leaf to slow cooker and let cook on high for one hour
3. After the meat has cooked for an hour, add all chopped vegetables, herbs, and tomato paste to the slow cooker, stir, and let finish cooking until meat is tender. If the slow cooker is on “high” the stew should take around 4 hours, if on “low” the stew should cook for about 7 hours.

Pair this hearty stew with your favorite side salad or other side dish!

Steamed Swiss Chard

Dark leafy greens are dense with nutrients. They not only boost our vitamin, mineral, and antioxidant phytonutrient levels, they support weight loss and promote satiety.

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Serves: 2

Ingredients

- 1 bunch of swiss chard
- 1- 2 cloves of minced garlic
- Salt and pepper (to taste)

Instructions

1. Clean and chop Swiss chard into bite sized pieces. Feel free to include (or discard) the stems.
2. Boil pot of water containing an unsubmerged steamer basket.
3. Add swiss chard and minced garlic to the basket.
4. Steam swiss chard for about 5 minutes or until bright green.
5. Season with salt and pepper to taste. Consider squeezing lemon on top for extra zing.

Steaming vegetables maximizes nutrient preservation. Adding healthy fat adds flavor and promotes satiety. Options include butter, olive oil, whole cream, coconut oil, or ghee.



Tamari Steak Salad

This delicious steak salad will delight your taste bud, while leaving you content, satisfied, and nourished in body and soul.

Prep Time: 10 minutes

Cook time: 10 minutes

Total Time: 20 minutes

Serves: 2-3

Ingredients

- 1 lb skirt steak (can substitute for any other meat, seafood, or other protein of choice)
- ¼ cup of tamari (or soy sauce)
- 1 bunch chopped cilantro
- 2 cups of thinly sliced cabbage
- 3 cups mixed greens
- 2 tbsp of slivered almonds
- 1 tbsp of toasted sesame oil
- 1 tbsp of fresh diced ginger
- 1 tbsp of diced green onions
- 1 tbsp of sesame seeds
- 1 medium avocado (optional)



Instructions

1. Marinate steak with tamari (for 30 minutes up to 24 hours, the longer, the more flavorful).
2. Slice, dice, or chop all vegetable ingredients: cabbage, ginger, green onions and cilantro.
3. Grill or otherwise sear skirt steak quickly and over high heat to desired doneness (thinner sections, 2 – 3 minutes of searing per side, thicker sections, 4 – 5 minutes per side). Seek internal temp of 120 – 125 °F for rare, 130 – 135 °F for medium rare. Let rest off heat for 5 minutes. Then slice thinly against the grain (90 degrees to the direction of the muscle fibers).
4. While meat rests, arrange the salad bowl with one cup of cabbage, and ½ the green onions, almonds, sesame seeds, and avocado.
5. Add “[Sesame Ginger Dressing](#)” or dressing of your choice and toss to coat salad evenly.
6. Place desired steak portion on top, sprinkle with chopped cilantro, and serve.

Turnip Broccoli Scramble with Avocado

Try this delicious recipe to start your day with a well-balanced and nutrient packed meal that will keep you full for hours.

Prep Time: 5 minutes

Cook time: 10 minutes

Total Time: 15 minutes

Serves: 2

Ingredients

- 1 cup evenly chopped, bite sized broccoli
- 1 cup turnips diced into small squares
- 1 tbsp butter or olive oil
- 1 tbsp of chopped parsley
- 4 whole eggs
- 2 oz cheddar cheese (optional)
- Salt and pepper to taste

Instructions

1. Blanch broccoli in hot water for 2 to 3 minutes. Remove with slotted spoon and plunge into ice water to cool to stop cooking.
2. Whisk eggs in a bowl. Add sea salt and pepper to taste.
3. Heat pan on medium heat, add butter or ghee (making sure not to burn the butter, it should not smoke).
4. Add diced ($\frac{1}{4}$ " to $\frac{3}{8}$ ") turnip squares and sauté for 4 minutes. Add broccoli to sauté for about 1 minute more to re-warm, then add whisked eggs, let sit briefly (30 seconds or so) while add cheddar cheese (optional) and parsley to egg mix. Then gently stir and "fold" your scramble mix.
5. Once everything is mixed and cooked through to your desired texture, your eggs are ready to serve.



Wild Cajun Salmon

This wildly delicious Cajun salmon is juicy and packed with flavor. Our recipe is quick and easy to execute and makes a versatile protein that pairs perfectly with about any vegetable side dish.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Serves: 3-4

Ingredients

- 1 lb wild salmon (cut into 3-4 pieces)
- Spicely (or other) Organic Cajun Seasoning
- 2 tbsp olive oil
- 1 lemon (juiced)
- Salt to taste
- 1 tbsp of chopped parsley

Instructions

1. Add Cajun seasoning to taste, lemon juice and sea salt to salmon.
2. Allow salmon to marinate for up to 24 hours.
3. Heat 2 tablespoons of olive oil in an oven safe pan.
4. Add salmon, sear on one side for 2 – 3 minutes, gently flip over, and finish in the oven for 10 minutes.
5. Sprinkle fresh parsley on top and serve.

Serve with steamed Swiss chard (see recipe), cauliflower rice, on a bed of greens, or with your favorite “Preferred” vegetables.



Wild Halibut with Mushrooms and Asparagus

Wild halibut is nutrient packed and high in omega-3 fatty acids. This recipe is quick, easy, and versatile for lunch, dinner and even breakfast!

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Serves: 2-4

Ingredients

- 2 (3 – 4 oz) servings of halibut
- 2 tbsp of olive oil
- 1 cup of mushrooms (any kind)
- 2 cups of asparagus (chopped)
- ¼ cup of mushroom broth
- 1 tbsp of parsley
- 1 tbsp of chives
- 1 lemon
- Salt and pepper to taste



Instructions

1. Preheat the oven to 350 degrees while thinly slicing the mushrooms and chopping the asparagus.
1. Over the stove, heat 1 tbsp of olive oil on medium heat in an oven safe pan.
2. Season fish generously with salt.
3. Add fish to olive oil coated pan and sear on one side for 2 – 3 minutes, then gently flip fish to sear other side.
4. Place mushrooms on top of fish and pour mushroom broth into the pan. Place asparagus in a baking dish with a sprinkle of olive oil and salt. Roast with the asparagus and fish in the oven for 8 - 10 minutes.
5. Check that the asparagus is to the desired doneness and that the fish is cooked all the way through, if the fish is not cooked all the way through cook for 3 to 5 minutes longer.
6. When the fish is removed from the oven, add parsley, chives and a squeeze of lemon juice.
7. Add additional salt and pepper to taste for both the fish and asparagus.

Serve with a side salad or sub mushroom and asparagus for other “Free” or “Preferred” vegetable of your choice.