



# Keto Recipes for Weight Loss





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## Breakfast

# Spinach-Egg Cups

A simple and surprising twist on a veggie omelette—you can enjoy it at home, or pack it to take with you on-the-go! Dairy-free, gluten-free, grain-free, Paleo-friendly, low-carb, keto-friendly.



### What you need

- 12 eggs, preferably organic omega-3 or pastured
- 6 cups / 180 g baby spinach, raw
- 3 cloves garlic, crushed
- 3 Tbsp. / 12 g mixed fresh herbs, chopped  
or 1 Tbsp. / 1½ g mixed dried herbs
- ½ tsp. / 1 g ground black pepper
- ¼ cup onions, chopped
- 1 tsp. / 5 ml olive oil
- Salt or substitute to taste

## What you need to do

Preheat oven to 350°F / 180°C. Lightly mist a 12-muffin baking tin or 12 1-cup / 240-ml ramekins with olive oil.

Process spinach and onions in food processor or chopper. Add eggs to mixing bowl and beat lightly with fork.

Add remaining ingredients, including spinach and onions. Divide mixture into muffin tin cups, and bake for 20-25 minutes. Can be frozen.

**Per Serving:** 0 Carb, 1 Protein, 0 Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 1 egg cup

**Serves:** 12

# Basic Omelette

An omelette is a scrambled egg made like a large pancake. While some people are worried about egg intake for health reasons, the problem can often be solved by choosing health-oriented eggs such as the omega-3 type, and by cooking in a “good” fat. This single-serving recipe is easily multiplied for a group of people. For variety, try adding vegetables to the mix. Paleo and keto-friendly.



## What you need

- 1 omega-3 or grass-fed egg
- 1 Tbsp. / 15 ml organic grass-fed or pasture-raised milk
- 1 tsp / 5 ml oil (olive, organic canola, or macadamia nut)
- Salt and/or pepper to taste

## What you need to do

Crack the egg(s) in a bowl and break the yolk with a fork. Add the milk, and mix well. This can be enough, or for a fluffier texture, whisk for about 5 minutes.

Pour in the egg mixture. Allow the eggs to cook for up to a minute, or until the bottom starts to set. With a heat-resistant spatula, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left. Gently flip the egg over. Cook for another few seconds, or until there is no uncooked egg left. Be careful not to brown too much. Gently transfer the finished omelette to a plate. Garnish with chopped fresh herbs if desired.

For variety, you can now add grated cheese (1 oz / 30 gm = 1 fat), sautéed vegetables (½ cup / 55 gm = ½ carb, 1 tsp. / 5 ml oil = 1 fat), or natural turkey bacon (1 oz = 1 protein) to the middle of the omelette. Using your spatula, fold the omelette in half, lower the heat, and allow to cook long enough to melt the cheese or enable other fillings to sink into the egg.

When multiplying the recipe, the ratio of egg/milk to oil can be 2:1.

**Per Serving:** 0 Carb, 1 Protein, 1 Fat

**Preparation Time:** 7 minutes

**Cooking Time:** 10 minutes

**Serving Size:** 1 egg

**Serves:** 1



# Cheddar-Vegetable Crustless Quiche

Gluten-free quiche that is Paleo and keto-friendly.



## What you need

- 1 red or white onion, chopped
- 6 mushrooms, chopped
- 1 Tbsp. / 15 ml olive oil
- ¼ cup / 60 ml raw spinach, chopped
- ½ cup / 120 ml cheddar cheese, grated
- 4 eggs, preferably organic omega-3 or pastured
- ½ cup / 120 ml heavy cream
- Salt and ground black pepper to taste
- 1 tomato, sliced (optional: can be omitted for keto)
- 1 tsp. / 5 ml fresh rosemary leaves

## What you need to do

Preheat oven to 350°F / 175°C.

Sauté onions mushrooms in olive oil until tender and start to caramelize. Add spinach and cook until tender.

Put cooked ingredients into four (4) small individual ramekins. Add grated cheese. Mix eggs with half-and-half, and add salt, pepper, and rosemary to taste.

Pour over vegetables. Add tomato slice (if desired), and bake for 30 minutes.

**Per Serving:** ⅓ Carb, 1½ Protein, 3 Fat

**Preparation Time:** 20 minutes

**Baking Time:** 30 minutes

**Serving Size:** 1 small ramekin (½ cup / 120 ml)

**Serves:** 4

# Coconut French Toast

Keto-friendly



## What you need

- 4 slices Coconut Bread
- 2 eggs, organic pastured or omega-3
- ½ cups Coconut Milk, light (canned)
- 4 tsp Coconut Oil

## What you need to do

Whisk together egg and milk. Warm 2 teaspoons oil in non-stick skillet over medium-high heat. Soak bread slices in egg-milk mixture.

Place soaked bread slices in skillet, and allow to cook for 5 minutes, until downward side is browned and crisped.



Add remaining oil to skillet and turn over bread slices. Cook for 5 minutes, until downward side is browned and crisped.

(can be substituted in Menu Planner menu for ¼ Carb, 1¼ Protein, 1 Fat)

**Per Serving:** 1¼ Protein, 1½ Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Serving Size:** 1 Slice

**Serves:** 4

# Pancakes

Easy-to-make and always-enjoyed meal



## What you need

### **Pancakes**

¼ cup cream cheese

2 eggs

1 tsp no-carb sweetener, e.g. Stevia/erythritol

2 tsp Butter

### **Topping**

2 tsp nut oil

2 tsp no-carb sweetener, e.g. Stevia/erythritol

¼ cup Raspberries, frozen/unsweetened

## What you need to do

Mix first three pancake ingredients together in a blender until smooth.

Set aside to rest for two minutes, until bubbles have settled.

Meanwhile, combine topping ingredients until sweetener has fully dissolved.  
Melt butter in non-stick skillet over high heat.  
Pour batter into prepared pan in four circles.  
Cook for two minutes until golden, then flip and cook for 1minute on the other side.  
Serve with prepared topping.

**Per Serving:** : ¼ Carb, 1 Protein, 5¾ Fat + 3 Tbsp topping (can be substituted in Menu Planner menu for 1 Carb, 2 Protein, 1 Fat, 1 Fruit)

**Preparation Time:** 25 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 2 pancakes

**Serves:** 4



# Simple Almond-Flaxseed Crackers

Elegant, flavorful, nourishing—and deceptively simple! Gluten-free, low-carb, vegan, Paleo, and keto-friendly, with an option for raw.



## What you need

- ¼ cup / 42 g whole flaxseeds
- ½ cup / 120 ml warm water
- 1½ Tbsp. / 28 ml olive oil + ½ tsp. / 2½ ml
- 2 cups / 280 g almonds
- 2 Tbsp. / 4 g fresh or 1 Tbsp. / 2½ g dried rosemary
- ½ tsp. / 3 g salt substitute (optional)

## What you need to do

Preheat oven to 325°F / 160°C. Mist or brush baking sheet with ½ teaspoon / 2½ ml olive oil. In a food processor or high-speed chopper, grind the flaxseeds to a fine powder. Combine with warm water in a small bowl, and set aside for 15 minutes.

Place almonds and rosemary in the processor or chopper, and grind to a fine meal. Be careful to stop before it becomes too buttery.

Place all ingredients including remaining olive oil in a medium-size bowl and combine well.

Shape into a ball and place on prepared baking sheet. Roll out with a rolling pin over the top sheet to flatten to a thickness of approximately 2 mm.

Slice into rectangles of approximately 4×2 inches / 10×5 cm. Top with salt substitute, if desired.

Bake at the above temperature for 20 minutes, or for “raw” crackers, at 115°F / 45°C for 1-2 hours (with the oven door slightly ajar) until golden. Grated Asiago or Parmesan cheese may be added (½ oz / 15 g = 1 protein exchange).Cool before storing, and refrigerate to store.

**Per Serving:** ½ Carb, 1 Protein, 1 Fat

**Preparation Time:** 25 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 2 crackers

**Serves:** 12

# Almond-Flax-Coconut Porridge

Elegant, flavorful, nourishing—and deceptively simple!.



## What you need

- ¼ cup warm water, blended in food processor with
- 1 Tbsp Shredded Coconut (unsweetened)
- 1 Tbsp Ground Almond
- 1 Tbsp Light Cream
- 1 tsp Almond Oil
- 2 tsp Flaxseeds, freshly ground
- 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste
- Pinch of Cinnamon
- ½ cup fresh or ¼ cup frozen/unsweetened Raspberries

## What you need to do

Blended all ingredients with food processor.



# Chia Coconut Porridge

Elegant, flavorful, nourishing—and deceptively simple!



## What you need

- ½ cup warm water, blended in food processor with
- 2 Tbsp Shredded Coconut (unsweetened)
- ⅓ cup Light Coconut Milk (canned)
- 2 tsp Chia Seeds
- 1 Tbsp Inulin Sweetener or Stevia/Erythritol, or more to taste
- Pinch of Nutmeg
- ½ cup fresh or ¼ cup frozen/unsweetened Raspberries
- 1 Egg, omega-3 or free-range/grass-fed

## What you need to do

Blended all ingredients in food processor.

# Coconut Porridge

Elegant, flavorful, nourishing—and deceptively simple!



## What you need

Coconut Porridge (cook the following together until thick):

- 2 Tbsp Shredded Coconut, unsweetened
- 1 Tbsp Flax Seeds, freshly ground
- 1 tsp Coconut Flour
- 1 tsp Nut Oil
- ½ cup warm water
- ½ cup Light Coconut Milk, for cooking (not beverage)
- 2 Tbsp Dried Goji Berries
- Natural No-Carb Sweetener, such as Stevia and/or Erythritol

## What you need to do

Blended all ingredients in food processor.

Lunch

## Flaxseed Sandwich Wrap

A great option for when you've had enough bread in one day. Gluten-free, low-carb, vegetarian, Paleo, and keto-friendly.



### What you need

- 3 Tbsp / 45 ml freshly ground flaxseed
- 1 large egg, preferably organic pastured or omega-3
- 1 Tbsp / 14 ml organic cold-pressed (unrefined) canola or light olive oil
- 1 Tbsp / 14 ml water
- ¼ tsp. / 1 ml baking powder, preferably aluminum-free
- ¼ tsp. / 1 ml cayenne pepper
- ¼ tsp. / 1 ml celery salt



## What you need to do

Mix all the above ingredients together with a fork. Heat a skillet with oil (spread evenly in the pan.) Pour the ingredients into middle of heated pan and spread by turning pan slightly (as in a crepe.)

Cook on medium heat 3 minutes on first side then flip with spatula and heat another 2-3 minutes. Place “crepe”/“wrap” on a plate and fill with additional ingredients (examples: hummus, pesto, lettuce, cheese, tomato, etc. Cooks up kind of like a pancake).

Make a cut down the center if you wish and fold to make a sandwich, or simply fold over to wrap.

**Per Serving:**  $\frac{3}{4}$  Protein, 2 Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 12 minutes

**Serving Size:** 1 wrap

**Serves:** 2



# Cauliflower Pizza Crust

An easy low-carb, gluten-free, high-antioxidant option for a delicious pizza meal. Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 2 cups / 200 g cauliflower, grated
- 1 cup / 96 g mozzarella cheese\*, grated
- 3 cloves fresh garlic or 1 tsp. / 3 g garlic powder
- 2 Tbsp. / 4½ g fresh Italian herbs  
(basil, oregano, marjoram, rosemary, thyme)  
or 1 Tbsp. / 4½ g Italian seasoning
- 1 large egg\*\*
- 2 tsp. / 10 ml olive oil

## What you need to do

Preheat oven to 375°F/180°C. Spray pizza pan with olive oil. Mix all ingredients together in a bowl.

Pour mixture onto pizza pan sprayed with olive oil. Form into a circle, lightly spray top of crust with cooking spray.

Bake for 15-20 minutes at 375°F/180°C.

Remove crust from oven, add toppings and broil for about 5 minutes, or until any added cheese is melted.

### Suggested toppings:

All natural tomato sauce; mix with tomato paste for thicker sauce (½ cup = 1 vegetable exchange).

Low moisture mozzarella or Parmesan cheese (1 oz / 30 g = 1 protein exchange).

Olives (5 =-10 1 fat exchange), spinach (free).

**Per Serving:** 1 Protein, 1 Fat

**Preparation Time:** 10 minutes

**Baking Time:** 20 minutes

**Serving Size:** ¼ recipe

**Serves:** 4

# Arugula Endive Salad with Wine Dressing

A light, elegant side from a Clubmember. Vegan, gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 4 oz / 120 g arugula, rinsed
- 2 medium heads curly endive,  
leaves separated and rinsed, chopped or torn
- ⅓ cup / 35 g toasted walnuts
- 2 Tbsp / 30 ml white wine
- 2 Tbsp / 30 ml lemon juice
- ½ tsp / 3 ml date or regular honey, or pure maple syrup
- ½ tsp / 3 ml Dijon mustard
- ½ tsp / 3 g sea salt or substitute (optional)
- ¼ tsp / ½ g freshly ground black pepper
- ¼ cup / 60 ml extra-virgin olive oil

## What you need to do

Mix the wine, lemon juice, honey/syrup, mustard, salt (if desired), and pepper in a blender.

With the machine running, gradually blend in the oil. Season the vinaigrette to taste with more salt and pepper, if desired.

In a large bowl, combine the arugula, endive, and walnuts. Toss with  $\frac{1}{4}$  cup of the vinaigrette to coat; if desired, add more vinaigrette.

Serve immediately.

Any remaining vinaigrette can be saved in an airtight container in the refrigerator for 3 days and should be brought up to room temperature before using.

**Per Serving:** 1½ Fat, 1 Veg

**Preparation Time:** 15 minutes

**Serving Size:** 2 cups / 460 ml

**Serves:** 10



# Vegetable Salad with Dressing

This can be a great salad for lunch or dinner. Just choose your favourite vegetable from the list and enjoy healthy and satisfying salad! Vegan-friendly, of course.



## What you need

4 cups / 350 g chopped vegetables (from the list below):

Cabbage

Cucumber

Carrots

Jicama

Radishes

Green/Spring Onions (Scallions)

Pepper (Bell)

Turnip

Tomato

Free Vegetables

4 tsp / 20 ml Oil

1 Lemon

## What you need to do

Choose vegetables from the lists. Dice or chop and add them to a salad bowl.

Squeeze half a lemon and mix with oil for dressing.

Use other lemon half for garnish.

**Per Serving:** 1 Fat, 1 Veg

**Preparation Time:** 7 minutes

**Serving Size:** 1 cup / ≈100 g as many Free Vegetables as you like

**Serves:** 4

# Chicken Salad in a Jar

This salad-in-a-jar is a low-carb meal-in-one for one. Gluten-free, Paleo, and keto-friendly.



## What you need

- 2 tsp. / 10 ml olive oil
- 1 Tbsp. / 15 ml vinegar
- 1 tsp. / 5 ml pesto
- 1 strip turkey bacon,  
preferably pastured and uncured, chopped
- ¼ cup / 30 g chicken  
preferably pastured, cut into bite-sized pieces
- ¼ cup / 60 ml celery, chopped
- ¼ cup / 60 ml cucumber, chopped
- 2 medium radishes, julienned
- 5 cherry tomatoes
- 1 egg, preferably organic omega-3 or pastured, hard-boiled and chopped

2 tsp. / 5 g feta cheese  
1 cup / 56 g lettuce or baby greens

### **What you need to do**

Blend together first three ingredients as a dressing, and place at the bottom of a pint/480-ml mason jar. In a large non-stick pan over medium heat, cook the bacon and set aside.

In the same pan, sauté the chicken pieces until cooked through, 5-10 minutes.

Layer meat, egg, and cheese alternately with vegetables in the jar, ensuring the lettuce or greens do not touch the dressing.

**Per Serving** Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Serving Size:** 1 8-oz jar or 1 cup

**Serves:** 2



# Steamed Asparagus with Mustard

Celebrate the flavors of spring with fresh asparagus and chives in a spicy and tangy mustard sauce (with a vegan, low-carb, Paleo, and keto-friendly option).



## What you need

10 oz / 280 g fresh asparagus (approximately 480 ml)

### **Mustard Chive Sauce**

¼ cup / 60 ml full-fat coconut milk (not beverage)

1 tsp / 5 ml of Dijon mustard

1 Tbsp. / 5 g fresh or dried chives, chopped

Ground black pepper to taste

## What you need to do

Bring 2 inches / 1 cm of water to a boil in a medium saucepan. Wash the asparagus and take each stalk and gently bend it. The stalk will break where the woody part ends, so you get the tenderest part of the asparagus.

Place the asparagus in a steamer and cover the pan with a lid, leaving a little room for steam to escape. Steam the asparagus until it's bright green and crisp tender: for very thin asparagus cook for 6-9 minutes, for thicker asparagus steam for 8-11 minutes.

### Mustard Chive Sauce

While the asparagus is steaming, start the sauce. In a small dish, mix together the flour and oil thoroughly. In a small saucepan, combine the milk along with the mustard and chives, seasoning with black pepper to taste.

Heat over low heat until the sauce starts to steam (not boil).

Whisk or stir in the flour-oil mixture, and stir constantly until the sauce shows a sheen and stops thickening.

Remove the asparagus from the steamer using tongs, and place it on a platter. Drizzle the sauce over the asparagus and serve hot.

**Per Serving:** 1 Fat, 1 Veg

**Preparation Time:** 5 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 2

# Ginger Root Beans and Walnuts

You may know green beans as ‘snap beans,’ ‘French beans,’ ‘string beans,’ ‘runner beans,’ or ‘Baguio beans’. As varied as the name may be, the same applies to the many ways you can cook them. You can steam, boil, stir-fry, or bake green beans, and; season and accent them in whatever way you desire. This recipe is a twist on a popular classic. Vegan-friendly, low-carb, Paleo, and keto-friendly!



## What you need

- 1 tsp. / 2 g ginger root, grated
- 1 clove garlic, finely minced
- ¼ cup / 30 g walnuts, halved
- 2 cups / 220 g green beans, trimmed
- 2 Tbsp. / 30 ml lime juice
- 2 tsp. / 10 ml coconut oil or olive oil
- Salt or substitute, to taste

## What you need to do

Preheat your oven to 245°F / 120°C.

Place walnut halves on a baking tray and brown lightly in oven, taking care to avoid burning – overall, about 15 minutes.

Remove the hot baking tray from oven, and set aside to cool. Steam the green beans in a saucepan until crisp-tender. Remove from heat. Add garlic, ginger, walnuts, lemon or lime juice, oil, and salt or substitute (if desired), and toss well to coat nuts and beans with seasons.

Transfer to a serving bowl or divide into single portions.

**Per Serving:** 1 Fat, 1 Veg

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Serving Size:** ½ cup / 120 ml

**Serves:** 2



# Corned Beef and Cabbage

This is the ultimate St. Patrick's day treat, and once the bane of the health-conscious. Watch how quickly it turns into one of the healthiest meat dishes you will ever love! Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 2 lbs / 900 g extra-lean grass-fed beef brisket, raw
- ½ cup pickling spice (no sodium, nitrites, saltpeter)  
or 1 whole allspice berries or ½ tsp / 4 g ground allspice
- 1 Tbsp whole mustard seeds (brown or yellow)
- 1 Tbsp coriander seeds
- 1 Tbsp red pepper flakes
- 1 Tbsp whole cloves
- 1 Tbsp whole black peppercorns or 10 juniper berries
- 6 cardamom seeds or ½ tsp ground cardamom
- 6 large bay leaves, crumbled
- 1 tsp dill seeds

2 teaspoons ground ginger  
½ tsp ground mace  
½ stick cinnamon  
½ gallon / 2 litres water  
½ cup / 120 ml raw beet juice, warm (optional)  
1 Tbsp / 14 ml blackstrap molasses  
2 large carrots  
3 small white onions  
1 medium head cabbage

## What you need to do

Place the brisket in a large pot or Dutch oven. Add the water, molasses, and salt or substitute (if desired), stirring to combine. Place all the seeds, berries and bay leaves in a piece of cheesecloth and tie with a piece of cooking twine; if using any ground spices, stir them into the liquid. Add the cheesecloth. Place the pot over high heat and bring to a boil.

Reduce heat to medium-low, cover, and simmer for 2 hours.

Meanwhile, quarter the onions, cut the carrots into 1-inch / 2½-cm chunks, and slice the cabbage into 2×2-inch / 5×5 cm pieces.

When the beef has reached the 2-hour mark, add the vegetables to the pot, and simmer for another 30 minutes, or until all ingredients are tender.

Remove the vegetables from the pot and lay on a serving dish in a circle. Remove the brisket from the pot, and thinly slice across the grain.

Place the slices in the center of the serving dish, or if a pink colour is desired, soak the slices in a mixture of 1 cup of the cooking liquid and raw beet juice for 5 minutes before placing on the serving dish.

Serve hot with your favourite mustard or horseradish sauce. Leftovers can be enjoyed in sandwiches (2 bread slices = 2 carb servings) or alongside potatoes (½ cup = 1 carb serving).

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 30 minutes

**Cooking Time:** 2½ hours

**Serving Size:** 2 oz / 60 g beef + 1 cup / 240 ml vegetables

**Serves:** 16

# Beef & Broccoli Stir-Fry

A beloved restaurant combination that you can make at home with a lot of taste. .



## What you need

- ½ lb. / 230 g boneless lean beef (e.g., sirloin), preferably organic pastured, cut into bite-sized pieces or fatty cut (e.g., porterhouse) for keto version
- 1 Tbsp. / 5 ml olive or sesame oil
- 1 Tbsp. / 8 gm sesame seeds
- ¼ cup / 30 gm whole wheat, arrowroot, brown rice or quinoa flour or 2 tsp / 10 ml kudzu, dissolved in 2 Tbsp / 30 ml cold water for keto version
- 1¼ cups / 300 ml vegetable broth, preferably MSG-free/low-sodium
- 2 Tbsp. / 30 ml soy sauce, preferably organic MSG-free/low-sodium
- ¼ tsp. / ½ gm chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups / 350 gm chopped fresh broccoli

## What you need to do

In a small bowl, stir together flour or kudzu slurry, broth, and soy sauce until well-blended.

In a large non-stick skillet over high heat, heat oil with sesame seeds. Add beef and stir-fry for 2 to 4 minutes, or until browned.

Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.

Serve over brown rice or quinoa ( $\frac{1}{3}$  cup / 100 gm = 1 carb serving).

**Per Serving:** 2 Protein, 1 Fat, 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size**  $\frac{3}{4}$  cup / 100 g

**Serves:** 4

# Rainbow Shish Kebabs

The ultimate barbecuer's delight, full of protein, antioxidants, colour, and flavour.



## What you need

3 Tbsp / 45 ml olive oil

1 Tbsp / 15 ml lemon juice

Salt or substitute to taste

Rosemary to taste

½ tsp / 1¼ g ground black pepper

1½ lbs / 680 g (total) meat

or meaty plant-based proteins of varying colors

- Skinless chicken or turkey, white or dark meat
- Lean beef, pork, and/or wild game, cut into bite-sized pieces
- Fatty beef cut such as porterhouse (for a keto version), cut into bite-sized pieces
- Organic tofu and/or tempeh and Seitan



- 4 cups / 300 g mushrooms of various types (button, crimini, oyster, portabella, exotic edibles), cut into bite-sized pieces
- 4 cups / 600 g cherry tomatoes of varying colours (red, orange, yellow, purple)  
or 5 firm medium (4 oz / 120 g each) heirloom or regular tomatoes, cut into cubes
- 6 fresh garlic cloves, mashed
- 4 sweet bell peppers of varying colors (red, orange, yellow, purple)
- 3 red/purple and/or yellow onions, cut into 1-inch/2½-cm squares
- 1 medium zucchini/courgette, sliced into ⅛-inch/¼-cm rounds

## What you need to do

Combine ⅓ of the olive oil with the lemon juice, mashed garlic, salt/substitute, rosemary, and ground black pepper. Pour this mixture over meat/plant-proteins, tomatoes, sweet peppers, onion, and zucchini. Marinate in the refrigerator for 2 hours. Piece together skewers of the marinated ingredients. Heat pan with 2 tablespoons of olive oil and put skewers on it, turning every 5 minutes. Serve.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 45 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 2 shishkebabs

**Serves:** 8

# Shrimp and Herb Salad

What could be better than a delicious salad for a light lunch or refreshing dinner? Paleo and keto-friendly.



## What you need

- 1 lb / 454 g medium shrimp, peeled and deveined
- $\frac{3}{8}$  tsp / 2¼ g kosher salt, divided
- 3 Tbsp / 45 ml olive oil
- 2 Tbsp / 30 ml fresh lemon juice
- $\frac{1}{4}$  tsp / ½ g freshly ground black pepper
- 5 cups / 240 g mixed salad greens
- 2 medium yellow summer squashes (courgettes), shaved
- $\frac{1}{4}$  cup / 10 g fresh basil leaves, coarsely chopped
- 2 Tbsp / 4 g fresh oregano leaves, coarsely chopped

## What you need to do

Heat a large non-stick skillet over medium high heat. Brush with 1 tablespoon/ 15 ml olive oil. Sprinkle shrimp evenly with  $\frac{1}{8}$  tsp salt. Add to pan; cook 2 minutes on each side until done. Set aside to cool. In a medium bowl, whisk together lemon juice and pepper with remaining oil and salt.

In a large bowl, combine greens, shaved squash, basil, and oregano. Add oil mixture to vegetables, and toss gently. Divide salad mixture evenly among 4 plates, and top with shrimp.

You can substitute previously frozen peeled and deveined shrimp, but fresh peeled, deveined shrimp are available at most chain stores that have seafood counters. As an accompanying treat, rub a cut garlic clove over 4 slices toasted baguette; sprinkle with grated Parmesan cheese, and broil/grill until cheese melts. If using whole grain baguette, each  $\frac{1}{4}$ -inch /  $\frac{1}{2}$ -cm baguette slice + 1 teaspoon /  $1\frac{3}{4}$  g cheese =  $\frac{1}{4}$  carb exchange; if using low-carb Paleo baguette, each  $\frac{1}{2}$ -ounce / 15-gram crostini = 1 fat exchange.

**Per Serving:** 3 Protein, Free Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 5 minutes

**Serving Size:**  $1\frac{1}{4}$  cups / 300 ml vegetables + 3 oz / 85 g shrimp

**Serves:** 4

# Spring Tenderloin

Delectable lean tenderloin smothered in fresh spring vegetables and antioxidant-rich sauce makes a delicious dinner that will nourish both your body and soul! Paleo and keto-friendly.



## What you need

- ½ lb. / 230 gm beef tenderloin, extra-lean grass-fed/pasture
- 1 cup / ½ liter organic reduced sodium beef stock
- 2 carrots, peeled and halved lengthwise
- 8 scallions/spring green onions, cut into 3-inch / 7½ cm pieces
- ½ red bell pepper (cut into 8 strips)
- 8 asparagus spears, trimmed
- ½ zucchini, sliced into ½-inch/1-cm-thick rounds
- 1 Tbsp. / 15 ml olive oil
- 2 cloves fresh garlic, minced
- 1 tsp. / 1½ gm fresh or dried rosemary leaves
- ¼ cup / 60 ml dry red wine

## What you need to do

Preheat broiler/oven grill. Pour beef stock in medium saucepan. Boil until reduced to 1 cup / 0.25 liter, about 20 minutes. Set aside. Steam carrots for 5 minutes, then remove from heat and rinse under cold water. Arrange carrots, bell pepper, scallions, asparagus and zucchini in single layer on large baking sheet. (Stock and vegetables can be prepared 4 hours ahead; cover separately and refrigerate). Heat 2 tsp. / 10 ml of olive oil with garlic and rosemary in a heavy large skillet over medium-high heat. Add steaks; cook to desired doneness, about 4 minutes per side for medium-rare. Transfer steaks to plate; tent with aluminium foil to keep warm. Add dry red wine to same skillet. Boil until red wine is reduced to 1 tablespoon, scraping up browned bits, about 3 minutes. Add reduced stock and bring to boil. Remove from heat. Meanwhile, brush vegetables lightly with 1 tsp. / 5 ml olive oil. Broil vegetables until crisp-tender, 2-3 minutes per side. Place steaks onto plates and spoon vegetables atop. Spoon sauce over vegetables and steak and serve.

**Per Serving:** 3 Protein, Free Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 5 minutes

**Serving Size:** 1¼ cups / 300 ml vegetables + 3 oz / 85 g shrimp

**Serves:** 4



# Shrimp, Scallop, and Haddock casserole

An easy seafood casserole with much-loved flavors. Gluten-free, low-carb, Paleo and keto-friendly.



## What you need

- ½ lb / 230 g shrimp
- ½ lb / 230 g scallops
- ½ lb / 230 g haddock
- ¼ cup / 60 ml whole grain breadcrumbs  
or ⅓ cup / 80 ml almond meal for a Paleo/keto version
- 2 Tbsp / 30 ml lemon juice
- 1 Tbsp / 15 ml garlic, minced
- ¼ tsp / 1 ml ground black pepper
- 2 Tbsp / 30 ml butter, softened
- 1 Tbsp / 15 ml lemon zest, grated

## What you need to do

Preheat oven to 400°F / 200°C. Place shrimp, scallops and haddock in casserole dish. Mix together breadcrumbs/almonds with lemon juice, garlic, pepper, and butter. Sprinkle over shrimp, scallops and haddock. Sprinkle lemon zest over breadcrumb/almond mixture.

Bake for 30 minutes, or until cooked through.

**Per Serving:** 3 Protein

**Preparation Time:** 45 minutes

**Baking Time:** 45 minutes

**Serving Size:** ¾ cup / 170 ml

**Serves:** 4

# Lemon Tuna Steak

A light and nutritious tasty steak. Keto friendly.



## What you need

- 4 oz / 120 gm fresh tuna
- Juice of 1 lemon
- 2 tsp / 10 ml olive oil
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped

## What you need to do

Soak the tuna in lemon juice for about 30 minutes. Heat olive in a non-stick pan on medium-high heat. Add chopped onion and garlic and sauté till golden brown, about 5 minutes. Add the tuna and toss gently. Cook over low heat. Add salt or substitute to taste.

**Per Serving:** 0 Carb, 2 Protein, 0 Fat

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 2 oz / 60 g tuna

**Serves:** 2

# Truly Simply Tuna

A bright and colourful medley of bell peppers, onions, tomatoes, and olives lend a flavourful twist to a simple tuna steak. Paleo and keto-friendly.



## What you need

- 1 Tbsp. / 15 ml olive oil, divided
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 tomatoes, chopped
- ¼ cup / 60 ml water
- 2 Tbsp. / 30 ml dry red wine
- 2 Tbsp. / 20 gm black olives, chopped
- Salt or substitute to taste (optional)
- 4 slices tuna steak, 2 oz. / 55 gm each
- Chopped green / spring onions (scallions) for garnish



## What you need to do

Preheat the oven to 375°F / 190°C.

In a large saucepan, heat 2 teaspoons / 10 ml oil over medium heat. Stir in the red onions, garlic, and peppers; sauté for 2-3 minutes until softened. Stir in the tomatoes, wine, and water, and bring to a rolling boil. Cook uncovered over medium-high heat for about 10 minutes, stirring constantly until a thick consistency is attained.

Add the olives; season with salt or substitute (if desired). Brush the remaining teaspoon of olive oil on both sides of the steaks and season lightly with salt.

Heat an ovenproof skillet over high heat. Sear the steaks for 2 minutes per side. Put the pan in the preheated oven and bake for a little over 10 minutes.

Transfer the tuna to individual plates and spoon the tomato mix on top. Garnish with chopped green onions.

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Serving Size:** 6 oz. / 170 gm

**Serves:** 4

# Simple Tuna Salad

Crunchy egg-free tuna salad you can make in minutes. Paleo and keto-friendly.



## What you need

- 1 5-oz / 140 g can tuna in olive oil
- ¼ cup / 40 g onions, minced
- ½ cup / 50 g celery, chopped
- ½ cup / 60 g water chestnuts, drained and chopped
- 2 Tbsp / 60 g full-fat yogurt, preferably organic pastured or: mayonnaise, preferably omega-3, olive oil, or flaxseed type
- avocado, mashed
- 1 tsp / 5 ml lemon juice
- ½ tsp / 2 ml garlic powder
- ¼ tsp / 1 ml ground black pepper

## What you need to do

Place tuna (including oil) and all other ingredients in a medium bowl and stir/toss to combine.

Eat alone or on 2 slices of sprouted whole grain bread (2 carbohydrate exchanges), or rolled in lettuce leaves (free).

**Per Serving:** 1 Protein, 1 Fat

**Preparation Time:** 10 minutes

**Serving Size:** ½ cup / 80 ml

**Serves:** 1

# Baked Parmesan Garlic Chicken

Easy, quick, and flavourful twist on classic baked chicken.



## What you need

- 1 egg\*, beaten
- ½ cup / 120 ml milk\*\*
- 1 Tbsp / 15 ml lemon juice
- 6 cloves fresh garlic, minced or:  
2 tsp / 5½ g garlic powder
- ½ cup / 40 g parmesan cheese\*\*, grated
- ¼ cup / 9 g fresh Italian herbs  
(basil, oregano, marjoram, rosemary, thyme) or:  
2 Tbsp. / 9 g no- or low-salt Italian seasoning blend
- 6 boneless skinless chicken breast halves\*\*

*For optimal health value, try the following ingredient upgrades:*

\*Organic omega-3 or pastured egg

\*\*Organic pastured milk, cheese, and chicken

## **What you need to do**

Marinate chicken in first 4 ingredients in a glass container for several few hours in the refrigerator. Preheat oven to 400°F / 200°C. Mix cheese and seasoning blend.

Remove chicken from marinade and coat with dry mixture. Place in shallow baking dish, and bake for 20-25 minutes or until chicken is no longer pink in the centre.

Combine with a salad and favourite side.

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 10 minutes + 3-4 hours

**Cooking Time:** 20-25 minutes

**Serving Size:** 1 half chicken breast

**Serves:** 6



# Grilled Chicken in Lettuce Cups with Chili

The chicken and sauce are flavourful - not just spicy - which makes them perfect for party appetizers. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 tsp / 5 g of sweet paprika
- 2 tsp / 5 g of chipotle powder
- 1 tsp / 3 g of garlic powder
- 1 tsp / 3 g of onion powder
- 1 tsp / 3 g of cumin
- 2 boneless chicken breasts (1 lb / 454 g)  
with skin for the keto-friendly recipe
- 2 tsp / 10 ml of olive oil
- 1 head of Boston lettuce

### Chili Sauce

- 2 medium tomatoes
- 3 Tbsp / 45 ml of white wine vinegar

1 jalapeno pepper  
1 small red onion  
1 small dried chipotle pepper  
2 inches / 1 cm of a dried adobe pepper  
3 Tbsp / 45 ml of reserved pepper water  
½ cup of flat-leaf Italian parsley  
1 tsp / 2 g of oregano  
1 tsp / 2 g of cumin  
1 tsp / 2 g of cayenne

## What you need to do

Mix all of the spices together in a pie plate. Place the chicken in a resealable plastic bag and pound them out so that they're 1-inch / 1/2-cm thick. Brush the olive oil over both sides of the chicken breasts. Sprinkle both sides of the chicken breasts with the spice mixture. Heat grill to medium high and cook the chicken for 9 minutes on the first side, then flip and cook for an additional 5-8 minutes. Make sure internal temperature registers 180°F / 80°C on a meat thermometer.

While the chicken is grilling, prepare the chili sauce.

### Chili Sauce

Cover the chipotle and adobe pepper with boiling water. Cover with plastic wrap and let sit for 10 minutes. Take the peppers out of the water with a fork and cut off the tops. Remove the seeds if you want less heat.

Add all of the ingredients to a blender and process until smooth. Dice the chicken into ½-inch pieces and place on lettuce leaves. Top with chili sauce as desired.

There may be leftover chili sauce. Place the remainder in an air-tight container and refrigerate for up to a week. Serve on eggs, meat or poultry.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 5-10 minutes+10 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 4 oz / 120 g chicken, ¼ head lettuce, ½ cup / 120 ml sauce

**Serves:** 4

# Grilled Chicken with Lavender and Lemon Sauce

Lavender is often associated with sweet desserts, but it adds a lovely spicy, floral note to this savoury chicken dish. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 chicken breasts, halved, pounded out to 1-inch/2½-cm thickness (with skin for keto version)
- 2 tsp. / 10 ml olive oil
- Kosher salt or substitute, to taste (optional)
- Freshly ground black pepper, to taste
- ¼ cup / 40 g red onion, finely diced
- ½ cup / 120 ml low-sodium chicken broth
- 2 tablespoons / 30 ml lemon juice
- 1 Tbsp. / 3 g dried lavender

## What you need to do

Preheat grill. Brush both sides of the chicken with 1 teaspoon of the olive oil, or spray olive oil on the chicken with a mister. Season both sides of the chicken with pepper and salt or substitute, if desired.

Grill chicken for 8 minutes on one side, flip and cook for an additional 8 minutes, or until chicken registers 165°F/75°C with a meat thermometer and/or has no pink hue when sliced. While chicken is grilling, start the sauce.

Pour 1 teaspoon olive oil into a small saucepan. Add the onions and season with pepper and salt or substitute (if desired). Cook over medium-low heat until onion is softened and translucent, about 5 minutes. Add chicken broth, lemon juice and dried lavender to the pan. Gently simmer for 10 minutes.

Pour lavender sauce over the chicken to serve chicken.

**Per Serving:** 3 Protein

**Preparation Time:** Approx. 5 minutes

**Cooking Time:** Approx. 20 minute

**Serving Size:** ½ chicken breast + 2 Tbsp. / 30 ml lavender sauce

**Serves:** 4



# Basic Simple Beef-Stuffed Bells

The essential stuffed pepper recipe for meat-lovers. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 medium sweet red bell peppers
- 4 oz / 120 g ground beef (mince)\*, preferably organic pastured (lean for non-keto version)
- ¼ cup / 30 g brown



or wild rice, uncooked (leave out for keto version)  
1 cup / 240 ml water or vegetable broth/stock,  
preferably low-sodium  
1 egg, preferably organic omega-3 or pastured  
16 oz / 460 ml tomato sauce  
1 tsp. / 5 ml olive oil  
¼ tsp. / ½ g ground black pepper (or to taste)  
1 Tbsp. / 3 g Italian seasoning blend, preferably salt-free  
1 Tbsp. / 4 g fresh parsley, chopped (optional)  
\* or other ground/mince meat, game, or poultry

## What you need to do

Cook rice in water or broth/stock until just tender, about 20 minutes. Preheat oven to 350°F / 180°C. Brush or mist 8x8-inch / 20x20-cm baking dish with olive oil. While rice is cooking, warm a non-stick skillet over medium heat, add beef, and lightly brown for about 1-2 minutes. Remove beef from heat, and set aside. Cut peppers in half and clean out ribs and seeds. In a medium-sized bowl, combine egg, rice, black pepper, Italian seasonings, and browned beef; blend together well. Add ¼ of meat mixture to each bell pepper half. Place in baking dish and cover with tomato sauce. Bake for 40 minutes, or until peppers are tender and sauce is bubbling. Garnish with chopped fresh parsley, if desired.

**Per Serving:** ⅓ Carb, 1 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour

**Serving Size:** 1 stuffed pepper half

**Serves:** 4

# Chicken Piccata

Healthy version of a classic chicken dish. Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 1 chicken breast, preferably organic pastured, halved - with skin for keto version
- ¼ cup / 60 ml almond meal
- 1 Tbsp. / 14 ml parsley, chopped
- 2 Tbsp. / 30 ml coconut oil
- 2 Tbsp / 30 ml capers
- ½ cup / 120 ml chicken broth, preferably organic pastured
- 2 cloves garlic, minced
- 2 oz / 60 ml lemon juice
- 2 Tbsp. / 30 ml lemon peel, shredded

## What you need to do

Mix together almond flour and seasonings. Coat chicken with the blend.

Warm oil in lidded skillet over medium-high heat. Add coated chicken, cover, lower heat to low-medium, and sauté to golden brown, about 5 minutes on each side. Remove chicken and set aside.

Add remaining ingredients to pan, return heat to medium-high and bring to a boil. Allow to boil for 30 seconds, stirring constantly. Add chicken to the sauce and lower heat to medium. Cook until the sauce is thick and glossy, stirring constantly, about 5 minutes.

**Per Serving:** 3 Protein, 3 Fat, 1 Veg

**Preparation Time:** 5 minutes

**Cooking Time** 15 minutes

**Serving Size:** 3 oz / 85 g chicken

**Serves:** 2

# Chicken Peanut Pad Thai

This healthy Thai dish can be served warm or chilled with a sprinkling of toasted peanuts. For the peanut butter, try a product that is certified organic or raw. Gluten-free and can be low-carb.



## What you need

- 12 cups / 3 liter water
- 8 oz. / 225 gm brown rice noodles or:
- ⅓ small head cabbage\*, shredded - best for Paleo/keto
- 1 leek chopped
- 1 sprig flat parsley
- 1 lb. / 450 gm chicken breasts
- 2 cloves fresh garlic, minced
- ½ cup / 130 g peanut butter, preferably organic
- 1 tsp. / 2 g ginger root, minced
- 1 chili pepper, minced
- 1 tsp. / 6 g salt or substitute (optional)
- ¼ cup / 30 g roasted peanuts, chopped (for toppings)

## What you need to do

In a large soup pot, boil 8 cups / 2 liters of water; add the brown rice pasta and cook for 7 minutes. Add the leek and parsley. Turn the heat off and let stand for 10 minutes. Drain, reserving a cup of the liquid. Rinse the pasta and vegetables under cold water. Place the chicken breasts in a saucepan, cover with 4 cups of water, and bring to a boil; reduce heat, cover, and simmer for about 15 minutes.

When done, transfer the chicken to a plate to cool. Shred the chicken and combine with the pasta mixture.

In a large bowl, combine the garlic, peanut butter, minced ginger, chili, salt, and the reserved pasta liquid. Add the chicken pasta mixture and toss well to combine. Serve with a sprinkling of chopped peanuts.

**Per Serving:** 2 Carb, 2½ Protein, 1 Fat (with noddles) or 2½ Protein, 1 Fat, 1 Veg (with cabbage)

**Preparation Time:** 10 minutes

**Cooking Time:** 22 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 8



# Classic Chicken-Cabbage Stir-Fry

This easy, healthy stir-fry is a perennial favourite, and a perfect option for make-ahead meals. Low-carb, gluten-free, and can be Paleo and keto.



## What you need

- 2 chicken breasts (preferably organic pastured)  
with skin for keto version
- 2 cups / 140 g green cabbage, chopped or shredded
- 10 baby bella mushrooms, sliced
- 1 cup / 124 g bean sprouts
- 1 small onion, chopped
- ¼ clove fresh garlic, mashed or:  
¼ tsp. / ⅓ g garlic powder
- 1½ Tbsp. / 6 g fresh gingerroot, minced or:  
½ tsp. / 1 g ground ginger
- 1 Tbsp. / 14 ml soy sauce (preferably organic, low-sodium, MSG-free)
- 3 tsp. / 14 ml olive oil

½ cup / 120 ml water

1 Tbsp. / 8 g cornstarch (preferably organic)

or 1 tsp / 5 ml kudzu dissolved in 1 Tbsp / 14 ml cold water for Paleo/keto version

8 oz / 227 g can water chestnuts (optional)

¼ cup / 10 g fresh green mint, basil, or cilantro, chopped (optional)

## What you need to do

Cut chicken into strips or bite-sized pieces. In a non-stick pan, heat 1 teaspoon of oil and add the chicken; sauté until nearly cooked through. Remove from pan and set aside.

To the same pan, heat the remaining 2 teaspoons of oil. Add mushrooms and onion and sauté for approximately 3 minutes until softened.

Add cabbage and sauté for about 3-5 minutes until crisp but tender. Add bean sprouts and sauté until tender. Add the chicken, and set aside.

In a sauce pan, add soy sauce, seasonings, cornstarch, and water, and cook until smooth. Stir sauce into chicken/cabbage mixture, add water chestnuts or bamboo shoots (if desired), and cook until sauce has thickened and chicken is coated, 1-2 minutes.

Garnish with a sprinkle of chopped fresh herbs, if desired. Serve hot, or allow to cool before refrigerating or freezing for later use.

This dish goes well with cooked brown rice or similar grains (⅓ cup / 60 g = 1 carb exchange). You can also make a sumptuous spring roll by stuffing into lightly steamed bok choy leaves (a “free” low-carb vegetable!) or brown rice paper wraps (4 small or 2 medium = 1 carb exchange); eat as is, or bake at 400°F / 200°C for 15-20 minutes with a light misting of oil.

Refrigerate or freeze leftovers. Tastes great even the next day!

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 6

Dinner

## Cheddar-Vegetable Crustless Quiche

Gluten-free quiche that is Paleo and keto-friendly.



### What you need

- 1 red or white onion, chopped
- 6 mushrooms, chopped
- 1 Tbsp. / 15 ml olive oil
- ¼ cup / 60 ml raw spinach, chopped
- ½ cup / 120 ml cheddar cheese, grated
- 4 eggs, preferably organic omega-3 or pastured
- ½ cup / 120 ml half-and-half (or heavy cream for keto)
- Salt and ground black pepper to taste
- 1 tomato, sliced (optional: can be omitted for keto)
- 1 tsp. / 5 ml fresh rosemary leaves

## What you need to do

Preheat oven to 350°F / 175°C.

Sauté onions mushrooms in olive oil until tender and start to caramelize. Add spinach and cook until tender.

Put cooked ingredients into four (4) small individual ramekins. Add grated cheese. Mix eggs with half-and-half, and add salt, pepper, and rosemary to taste.

Pour over vegetables. Add tomato slice (if desired), and bake for 30 minutes.

**Per Serving:** ⅓ Carb, 1½ Protein, 3 Fat

**Preparation Time:** 20 minutes

**Baking Time:** 30 minutes

**Serving Size:** 1 small ramekin (½ cup / 120 ml)

**Serves:** 4

# Paleo Nut Stuffing

Stuffing is as popular a Thanksgiving indulgence as it is a low-carber's, no-grainer's nightmare. Make your holiday dreams come true in this Native American-inspired, Paleo-friendly, gluten-free, low-carb, keto-friendly slice of heaven.



## What you need

### Grainless/Low-Carb Bread

2 cups / 230 g hazelnuts, finely ground

1 cup / 170 g flaxseeds, finely ground

8 eggs, preferably organic omega-3 or pastured or:

⅓ cup / 160 ml flaxseed gel + 1½ cup / 320 ml

prepared egg white replacer

(¼ cup / 38 g mixed with 1 cup / 240 ml water)

½ tsp. / 3 g salt, preferably native saltpan type

1 tsp. / 5 ml high-oleic safflower/sunflower or olive oil, for misting

### Additional Ingredients

2+ tsp. / 10+ g high-oleic safflower/sunflower or olive oil



1 medium red onion, chopped  
1 clove fresh garlic, minced  
1½ cup / 160 g fresh celery and leaves, chopped  
¾ cup / 120 g pine nuts, toasted  
1 Tbsp. / 5 g ground sumac  
1 Tbsp. / 2 g fresh sage leaves, chopped or 1 tsp. / 1 g dried  
Salt to taste, preferably native saltpan type  
2 cups / 480 ml turkey stock, homemade\* or prepared, preferably organic low-sodium

**\* Turkey Stock**

Turkey gizzards, heart, and neck from 1 turkey, cut into 1-inch / 2.5 cm section  
1 Tbsp. / 14 ml high-oleic safflower or sunflower oil  
1 tsp. / 5 g total ground black pepper, minced garlic, parsley, and thyme  
2½ cups / 600 ml water

## What you need to do

### For Bread

Preheat oven to 350°F / 180°C. Mist 8×8-in/20×20-cm baking pan with oil. In a small bowl, beat eggs or whisk together flaxseed gel and white replacer. In a large bowl, blend together hazelnut and flax meals with salt, then add egg/replacers; mix well. Pour into a well-greased mini-loaf pan. Bake for 20-25 minutes, until golden on top and inserted knife or toothpick comes out clean. Remove from oven (do not turn off), and allow to cool before cutting.

### For Stuffing

Mist baking sheet with oil. Cut cooled bread into cubes, and place on baking sheet in a single layer. Mist the cubes. Place baking sheet in oven, and bake for approximately 15 minutes, turning each to ensure even browning and crisping on all sides. In the meantime, warm oil in a lidded pan over medium-high heat. Add onion and garlic, and saute until translucent and lightly browned, about 3-5 minutes. Add in remaining ingredients (except bread cubes), reduce heat to low, cover, and simmer until celery is tender, about 10 minutes. Turn off stove and add in toasted bread cubes. Combine well. You can serve as is, or bake the combination for 15 minutes for optimal texture and flavour.

**Per Serving:** ½ Carb, 1¼ Protein, 2 Fat

**Preparation Time:** 30 minutes

**Cooking Time:** 40 minutes

**Serving Size** ½ cup / 100 g

**Serves:** 16

# Cauliflower Pizza Crust

An easy low-carb, gluten-free, high-antioxidant option for a delicious pizza meal. Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 2 cups / 200 g cauliflower, grated
- 1 cup / 96 g mozzarella cheese\*, grated
- 3 cloves fresh garlic or 1 tsp. / 3 g garlic powder
- 2 Tbsp. / 4½ g fresh Italian herbs  
(basil, oregano, marjoram, rosemary, thyme)  
or 1 Tbsp. / 4½ g Italian seasoning
- 1 large egg\*\*
- Salt or substitute to taste
- 2 tsp. / 10 ml olive oil

## What you need to do

Preheat oven to 375°F/180°C. Spray pizza pan with olive oil. Mix all ingredients together in a bowl.

Pour mixture onto pizza pan sprayed with olive oil. Form into a circle, lightly spray top of crust with cooking spray.

Bake for 15-20 minutes at 375°F/180°C.

Remove crust from oven, add toppings and broil for about 5 minutes, or until any added cheese is melted.

### **Suggested toppings:**

All natural tomato sauce; mix with tomato paste for thicker sauce (½ cup = 1 vegetable exchange).

Low moisture mozzarella or Parmesan cheese (1 oz / 30 g = 1 protein exchange).

Olives (5 =-10 1 fat exchange), spinach (free).

**Per Serving:** 1 Protein, 1 Fat

**Preparation Time:** 10 minutes

**Baking Time:** 20 minutes

**Serving Size:** ¼ recipe

**Serves:** 4

# Steamed Asparagus with Mustard

Celebrate the flavours of spring with fresh asparagus and chives in a spicy and tangy mustard sauce (with a vegan, low-carb, Paleo, and keto-friendly option).



## What you need

10 oz / 280 g fresh asparagus (approximately 480 ml)

### Mustard Chive Sauce

¼ cup / 60 ml full-fat coconut milk (not beverage)

1 tsp / 5 ml of Dijon mustard

1 Tbsp. / 5 g fresh or dried chives, chopped

Ground black pepper to taste

## What you need to do

Bring 2 inches / 1 cm of water to a boil in a medium saucepan. Wash the asparagus and take each stalk and gently bend it. The stalk will break where the woody part ends, so you get the tenderest part of the asparagus.



Place the asparagus in a steamer and cover the pan with a lid, leaving a little room for steam to escape. Steam the asparagus until it's bright green and crisp tender: for very thin asparagus cook for 6-9 minutes, for thicker asparagus steam for 8-11 minutes.

### **Mustard Chive Sauce**

While the asparagus is steaming, start the sauce. In a small dish, mix together the flour and oil thoroughly. In a small saucepan, combine the milk along with the mustard and chives, seasoning with black pepper to taste.

Heat over low heat until the sauce starts to steam (not boil).

Whisk or stir in the flour-oil mixture, and stir constantly until the sauce shows a sheen and stops thickening.

Remove the asparagus from the steamer using tongs, and place it on a platter. Drizzle the sauce over the asparagus and serve hot.

**Per Serving:** 1 Fat, 1 Veg

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 2

# Ginger Root Beans and Walnuts

You may know green beans as ‘snap beans,’ ‘French beans,’ ‘string beans,’ ‘runner beans,’ or ‘Baguio beans’. As varied as the name may be, the same applies to the many ways you can cook them. You can steam, boil, stir-fry, or bake green beans, and; season and accent them in whatever way you desire. This recipe is a twist on a popular classic. Vegan-friendly, low-carb, Paleo, and keto-friendly!



## What you need

- 1 tsp. / 2 g ginger root, grated
- 1 clove garlic, finely minced
- ¼ cup / 30 g walnuts, halved
- 2 cups / 220 g green beans, trimmed
- 2 Tbsp. / 30 ml lime juice
- 2 tsp. / 10 ml coconut oil or olive oil
- Salt or substitute, to taste

## What you need to do

Preheat your oven to 245°F / 120°C.

Place walnut halves on a baking tray and brown lightly in oven, taking care to avoid burning – overall, about 15 minutes.

Remove the hot baking tray from oven, and set aside to cool. Steam the green beans in a saucepan until crisp-tender. Remove from heat. Add garlic, ginger, walnuts, lemon or lime juice, oil, and salt or substitute (if desired), and toss well to coat nuts and beans with seasons.

Transfer to a serving bowl or divide into single portions.

**Per Serving:** 1 Fat, 1 Veg

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Serving Size:** ½ cup / 120 ml

**Serves:** 2

# Corned Beef and Cabbage

This is the ultimate St. Patrick's day treat, and once the bane of the health-conscious. Watch how quickly it turns into one of the healthiest meat dishes you will ever love! Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 2 lbs / 900 g extra-lean grass-fed beef brisket, raw
- ½ cup pickling spice (no sodium, nitrites, saltpeter)  
or 1 whole allspice berries or ½ tsp / 4 g ground allspice
- 1 Tbsp whole mustard seeds (brown or yellow)
- 1 Tbsp coriander seeds
- 1 Tbsp red pepper flakes
- 1 Tbsp whole cloves
- 1 Tbsp whole black peppercorns or 10 juniper berries
- 6 cardamom seeds or ½ tsp ground cardamom
- 6 large bay leaves, crumbled
- 1 tsp dill seeds

2 teaspoons ground ginger  
½ tsp ground mace  
½ stick cinnamon  
½ gallon / 2 litres water  
½ cup / 120 ml raw beet juice, warm (optional)  
1 Tbsp / 14 ml blackstrap molasses  
2 large carrots  
3 small white onions  
1 medium head cabbage

## What you need to do

Place the brisket in a large pot or Dutch oven. Add the water, molasses, and salt or substitute (if desired), stirring to combine. Place all the seeds, berries and bay leaves in a piece of cheesecloth and tie with a piece of cooking twine; if using any ground spices, stir them into the liquid. Add the cheesecloth. Place the pot over high heat and bring to a boil.

Reduce heat to medium-low, cover, and simmer for 2 hours.

Meanwhile, quarter the onions, cut the carrots into 1-inch / 2½-cm chunks, and slice the cabbage into 2×2-inch / 5×5 cm pieces.

When the beef has reached the 2-hour mark, add the vegetables to the pot, and simmer for another 30 minutes, or until all ingredients are tender.

Remove the vegetables from the pot and lay on a serving dish in a circle. Remove the brisket from the pot, and thinly slice across the grain.

Place the slices in the center of the serving dish, or if a pink color is desired, soak the slices in a mixture of 1 cup of the cooking liquid and raw beet juice for 5 minutes before placing on the serving dish.

Serve hot with your favourite mustard or horseradish sauce. Leftovers can be enjoyed in sandwiches (2 bread slices = 2 carb servings) or alongside potatoes (½ cup = 1 carb serving).

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 30 minutes

**Cooking Time:** 2½ hours

**Serving Size:** 2 oz / 60 g beef + 1 cup / 240 ml vegetables

**Serves:** 16



# Boneless Pork Loin Roast with Herbed Pepper Rub

An option for roast that's outside of the usual beef, and surprisingly quick and simple. With all the savory seasonings, you'll never miss the salt. Paleo and keto-friendly.



## What you need

- 1 3-lb / 1½-kg boneless pork loin roast
- 1 Tbsp. / 6 g black peppercorns, crushed
- 2 Tbsp. / 10 g Parmesan cheese, grated
- 2 tsp. / 2½ g dried basil
- 2 tsp. / 2½ g dried rosemary
- 2 tsp. / 2 g dried thyme or 1 tsp / 1½ ground thyme
- ¼ tsp. / ¾ g garlic powder
- ¼ tsp. / 1½ g salt

## What you need to do

Preheat oven to 350°F / 180°C. Pat roast dry with paper towel.

In small bowl, combine all rub ingredients well, and apply to all surface of meat.

Place roast in a shallow pan, and roast in in preheated oven for 1 hour (20 minutes per pound), until internal temperature on a thermometer reads 145°F / 60°C.

Remove roast from oven let rest about 10 minutes before slicing to serve.

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 5 minutes

**Cooking Time:** 1 hour

**Serving Size:** 3 ounces / 85 g

**Serves:** 16

# Paleo Grilled Garlic Flank Steak with Peppers and Onions

Simple and savory, Paleo and keto-friendly.



## What you need

- 2 Garlic cloves, finely minced
- 1 lb / 454 g flank steak, preferably organic pastured
- ½ tsp / 2 ml sea salt or substitute (optional)
- ¼ tsp / 1 ml black pepper
- 1 Tbsp / 14 ml coconut oil or butter or ghee, preferably organic pastured
- 1 onion, diced into ½-inch pieces
- 1 sweet red bell pepper, diced in to ½-inch / 1-cm pieces

## What you need to do

Preheat either outdoor grill or indoor grill to medium-high heat. Massage the garlic into steak and season to taste with sea salt and black pepper.

Grill approximately 5 minutes per side. Set the cooked steak aside to rest.

In a large skillet over medium heat, melt the butter/oil and sauté the onion and pepper until soft and slightly browned on the edges.

Slice the steak on a slight angle against the grain.

Serve the steak over the onion and pepper.

**Per Serving:** 3 Protein

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serves:** 4

# Beef & Broccoli Stir-Fry

A beloved restaurant combination that you can make at home with little time and effort, and a lot of taste. Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- ½ lb. / 230 g boneless lean beef (e.g., sirloin), preferably organic pastured, cut into bite-sized pieces or fatty cut (e.g., porterhouse) for keto version
- 1 Tbsp. / 5 ml olive or sesame oil
- 1 Tbsp. / 8 gm sesame seeds
- ¼ cup / 30 gm whole wheat, arrowroot, brown rice or quinoa flour
- or 2 tsp / 10 ml kudzu, dissolved in 2 Tbsp / 30 ml cold water for keto version
- 1¼ cups / 300 ml vegetable broth, preferably MSG-free/low-sodium
- 2 Tbsp. / 30 ml soy sauce, preferably organic MSG-free/low-sodium
- ¼ tsp. / ½ gm chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups / 350 gm chopped fresh broccoli



## What you need to do

In a small bowl, stir together flour or kudzu slurry, broth, and soy sauce until well-blended.

In a large non-stick skillet over high heat, heat oil with sesame seeds. Add beef and stir-fry for 2 to 4 minutes, or until browned.

Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.

Serve over brown rice or quinoa ( $\frac{1}{3}$  cup / 100 gm = 1 carb serving).

**Per Serving:** 2 Protein, 1 Fat, 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size**  $\frac{3}{4}$  cup / 100 g

**Serves:** 4

# Rainbow Shish Kebabs

The ultimate barbecuer's delight, full of protein, antioxidants, colour, and flavor.



## What you need

3 Tbsp / 45 ml olive oil

1 Tbsp / 15 ml lemon juice

Salt or substitute to taste

Rosemary to taste

½ tsp / 1¼ g ground black pepper

1½ lbs / 680 g (total) meat

or meaty plant-based proteins of varying colors

- Skinless chicken or turkey, white or dark meat
- Lean beef, pork, and/or wild game, cut into bite-sized pieces
- Fatty beef cut such as porterhouse (for a keto version), cut into bite-sized pieces
- Organic tofu and/or tempeh and Seitan
- 4 cups / 300 g mushrooms of various types (button, crimini, oyster, portabella, exotic edibles), cut into bite-sized pieces

4 cups / 600 g cherry tomatoes of varying colours (red, orange, yellow, purple)  
or 5 firm medium (4 oz / 120 g each) heirloom or regular tomatoes, cut into cubes  
6 fresh garlic cloves, mashed  
4 sweet bell peppers of varying colors (red, orange, yellow, purple)  
3 red/purple and/or yellow onions, cut into 1-inch/2½-cm squares  
1 medium zucchini/courgette, sliced into ⅛-inch/¼-cm rounds

## What you need to do

Combine ⅓ of the olive oil with the lemon juice, mashed garlic, salt/substitute, rosemary, and ground black pepper. Pour this mixture over meat/plant-proteins, tomatoes, sweet peppers, onion, and zucchini. Marinate in the refrigerator for 2 hours. Piece together skewers of the marinated ingredients. Heat pan with 2 tablespoons of olive oil and put skewers on it, turning every 5 minutes. Serve.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 45 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 2 shishkebabs

**Serves:** 8

# Spring Tenderloin

Delectable lean tenderloin smothered in fresh spring vegetables and antioxidant-rich sauce makes a delicious dinner that will nourish both your body and soul! Paleo and keto-friendly.



## What you need

- ½ lb. / 230 gm beef tenderloin, extra-lean grass-fed/pasture
- 1 cup / ½ liter organic reduced sodium beef stock
- 2 carrots, peeled and halved lengthwise
- 8 scallions/spring green onions, cut into 3-inch / 7½ cm pieces
- ½ red bell pepper (cut into 8 strips)
- 8 asparagus spears, trimmed
- ½ zucchini, sliced into ½-inch/1-cm-thick rounds
- 1 Tbsp. / 15 ml olive oil
- 2 cloves fresh garlic, minced
- 1 tsp. / 1½ gm fresh or dried rosemary leaves
- ¼ cup / 60 ml dry red wine

## What you need to do

Preheat broiler/oven grill. Pour beef stock in medium saucepan. Boil until reduced to 1 cup / 0.25 liter, about 20 minutes. Set aside. Steam carrots for 5 minutes, then remove from heat and rinse under cold water. Arrange carrots, bell pepper, scallions, asparagus and zucchini in single layer on large baking sheet. (Stock and vegetables can be prepared 4 hours ahead; cover separately and refrigerate). Heat 2 tsp. / 10 ml of olive oil with garlic and rosemary in a heavy large skillet over medium-high heat. Add steaks; cook to desired doneness, about 4 minutes per side for medium-rare. Transfer steaks to plate; tent with aluminium foil to keep warm. Add dry red wine to same skillet. Boil until red wine is reduced to 1 tablespoon, scraping up browned bits, about 3 minutes. Add reduced stock and bring to boil. Remove from heat. Meanwhile, brush vegetables lightly with 1 tsp. / 5 ml olive oil. Broil vegetables until crisp-tender, 2-3 minutes per side. Place steaks onto plates and spoon vegetables atop. Spoon sauce over vegetables and steak and serve.

**Per Serving:** 3 Protein, Free Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 5 minutes

**Serving Size:** 1¼ cups / 300 ml vegetables + 3 oz / 85 g shrimp

**Serves:** 4



# Simple Savory Steamed Salmon

Any fish will do here, but omega-3-rich salmon is a perennial favorite for many people, and gets a gourmet (and synergistic health!) boost from garlic and herbs. Paleo and keto-friendly.



## What you need

8 oz / 250 g fresh or frozen/thawed salmon steaks with skin on

1 medium red onion, finely sliced

Juice and zest of 1 lemon

2 Tbsp. / 8 g mixed herbs/spices\*, chopped or powdered

1 tsp. / 6 g fresh garlic, crushed

2 Tbsp. / 30 ml extra-virgin olive oil

\*Recommended: savory, basil, chili, dill, oregano, paprika, parsley, black and/or white pepper, rosemary, sumac, thyme, turmeric

## What you need to do

Pour one tablespoon/15 ml olive oil into a casserole dish with a steam vent .

Put sliced onion on top of olive oil, spreading it over base of dish. Place salmon steak(s) on top of onions, skin side down, and spread remaining olive oil over salmon. Pour lemon juice over salmon.

Sprinkle zest, herbs/spices, and garlic over salmon. Steam for 15 minutes for fresh salmon, 20 minutes for frozen/thawed. When cooked, place salmon on serving plates and top with other ingredients.

Serve with fresh garden salad (1 cup / 80 g = 1 vegetable exchange).

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 3 oz / 85 g fish

**Serves:** 2

# Simple Super Salmon

The ultimate combination of fat-burning, hormone-balancing superfoods that make a low-carb meal-in-one – as delicious and nutritious as it is easy and elegant. Paleo and keto-friendly.



## What you need

- 8 oz. / 227 g salmon or trout fillets, preferably wild, cut into 2 pieces
- 2 Brazil nuts, unsalted
- 1 lemon or lime
- 1 tsp. / 3 g turmeric or curry blend
- ¼ tsp. / ½ g freshly ground black pepper
- ⅛ tsp. / ¼ g cayenne pepper
- ½ cup / 120 ml dry red wine
- 2 tsp. / 9 ml extra-virgin olive oil
- ½ tsp. / ¾ g mustard powder
- 2 cloves fresh garlic, minced
- 1 cup / 67 g curly/Scotch kale, chopped
- 1 cup / 150 g fresh red tomato (whole or cherry), sliced or chopped

## What you need to do

Set oven to 'broil'.

Grind the Brazil nuts and toast in the oven until golden-brown and fragrant, stirring occasionally to ensure even results and prevent burning.

Meanwhile, zest the lemon or lime, and cut the remaining fruit into large pieces. Puree together toasted nut meal, lime zest and fruit, turmeric/curry, peppers, half of the wine, and half of the olive oil. Coat fish or tempeh pieces with mixture, and set aside covered. Mix together remaining olive oil and wine with garlic and mustard powder. Toss mixture with kale leaves and tomato, and set aside covered.

Reset oven to 450°F / 230°C. Line a baking pan with a large sheet of baking parchment (there should be excess parchment on at least 2 sides). Lay seasoned kale and tomatoes in a single layer on the prepared baking sheet, followed by coated salmon. Tent with the baking parchment. Place in preheated oven, and allow to bake for 15-20 minutes.

**Per Serving:** 3 Protein, 1 Fat, 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 3 oz / 85 g fish + 1 cup / 100 g vegetables

**Serves:** 2

# Chipotle Lime Salmon

A super fat-burning combination of omega-3s, chili pepper, and citrus that's so flavorful, you won't miss the salt. Paleo and keto-friendly.



## What you need

- 1 lb. / 454 g raw salmon fillet, preferably wild
- 2 Tbsp. / 9 ml olive oil
- 1 lime, halved
- Chipotle chili, ground or powder, to taste

## What you need to do

Preheat oven to 500°F / 260°C. Brush or mist metal baking sheet with 2 teaspoons of the olive oil.

Rinse salmon, pat dry, slice into 4 fillets, and place on the baking sheet. Brush or mist each fillet with remaining olive oil. Squeeze the juice from ½ lime onto each fillet.



Sprinkle fillets with chipotle, then place a half lime on top of each fillet. Turn down oven temperature to 275°F / 135°C.

Place salmon in oven and roast for 8-12 minutes, depending on how "well-done" is preferred.

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 10 minutes

**Roasting Time:** 8-12 minutes

**Serving Size:** 3 oz. / 85 g

**Serves:** 4

# Nut-Encrusted Tilapia

An all-time favourite, elegant and impressive as it is quick and simple. Paleo and keto-friendly.



## What you need

- 12 oz. / 340 g tilapia, sliced into 4 fillets
- 1 egg, preferably organic omega-3 or pastured
- ½ tsp. / 1 g ground black or white pepper
- ½ tsp. / 1 g lemon, lime, or orange zest
- ½ tsp. / 1 g garlic powder
- ¼ cup / 35 g hazelnuts (filberts) or:  
almonds, freshly ground + 1 Tbsp. / 7 g crushed or slivered for garnish
- ¼ cup / 25 g Parmesan cheese, freshly grated
- 2 Tbsp. / 5 g fresh herbs of choice, chopped (recommended: parsley, savory, marjoram, rosemary, thyme, oregano, and/or lavender)
- ¼ cup / 120 g whole grain or almond flour for dusting
- 1 Tbsp. / 14 ml olive oil or butter or ghee (preferably organic pastured)
- 4 sprigs fresh herbs and 1 lemon or lime, quartered

## What you need to do

Beat the egg with the seasonings, and set aside.

Combine ground nuts and cheese in a shallow dish, and set aside. Dust the tilapia fillets with flour, shaking off excess.

Dip the dusted fillets in seasoned egg, then press both sides into the nut mixture. Warm oil or melt butter/ghee in a large skillet over medium-high heat. Cook tilapia until evenly browned, 5 minutes per side, or until fish flakes easily with a fork. Garnish with fresh nuts, herbs, and a citrus wedge before serving.

Serve alongside a colorful vegetable for a dramatic effect (1 cup / 80 g = 1 vegetable exchange).

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Serving Size:** 1 tilapia filet (3½ oz / 100 g)

**Serves:** 4

# Lemon Tuna Steak

Keto-friendly



## What you need

- 4 oz / 120 gm fresh tuna
- Juice of 1 lemon
- 2 tsp / 10 ml olive oil
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped

## What you need to do

Soak the tuna in lemon juice for about 30 minutes.

Heat olive in a non-stick pan on medium-high heat. Add chopped onion and garlic and sauté till golden brown, about 5 minutes. Add the tuna and toss gently. Cook over low heat. Add salt.

**Per Serving:** 0 Carb, 2 Protein, 0 Fat

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 2 oz / 60 g tuna

**Serves:**2



# Truly Simply Tuna

A bright and colorful medley of bell peppers, onions, tomatoes, and olives lend a flavourful twist to a simple tuna steak. Paleo and keto-friendly.



## What you need

- 1 Tbsp. / 15 ml olive oil, divided
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 tomatoes, chopped
- ¼ cup / 60 ml water
- 2 Tbsp. / 30 ml dry red wine
- 2 Tbsp. / 20 gm black olives, chopped
- Salt or substitute to taste (optional)
- 4 slices tuna steak, 2 oz. / 55 gm each
- Chopped green / spring onions (scallions) for garnish

## What you need to do

Preheat the oven to 375°F / 190°C.

In a large saucepan, heat 2 teaspoons / 10 ml oil over medium heat. Stir in the red onions, garlic, and peppers; sauté for 2-3 minutes until softened. Stir in the tomatoes, wine, and water, and bring to a rolling boil. Cook uncovered over medium-high heat for about 10 minutes, stirring constantly until a thick consistency is attained.

Add the olives; season with salt or substitute (if desired). Brush the remaining teaspoon of olive oil on both sides of the steaks and season lightly with salt.

Heat an ovenproof skillet over high heat. Sear the steaks for 2 minutes per side. Put the pan in the preheated oven and bake for a little over 10 minutes.

Transfer the tuna to individual plates and spoon the tomato mix on top. Garnish with chopped green onions.

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Serving Size:** 6 oz. / 170 gm

**Serves:** 4

# Sautéed Shrimp

A simple shrimp recipe with classic flavours. Paleo and keto-friendly.



## What you need

- 2 tsp / 10 ml olive oil
- ½ lb / 230 g shrimp, raw
- 2 Tbsp / 30 ml lemon juice
- 1 tsp / 5 ml lemon pepper seasoning
- 2 Tbsp / 30 ml parsley, chopped

## What you need to do

Sauté shrimp in oil 1 minute. Add all ingredients except parsley. Sauté another 3. Add parsley.

**Per Serving:** 3 Protein

**Preparation Time:** 10 minutes

**Cooking Time:** 4 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:**2

# Turkey Stuffed “Beefsteak” Tomatoes

Turkey is naturally very rich in high-quality protein and low in fat, especially the white meat without the skin. It is also a good source of vitamins and folic acid.



## What you need

- 4 large beefsteak tomatoes
- 1 lb. / 450 g of lean ground/minced turkey breast
- 2 Tbsp. / 15 g ground almonds
- 15 sage leaves (3 g), chopped or 1¼ tsp. / 1 g dried sage
- 2 cloves garlic, chopped
- “Dash” / 0.1 g black pepper
- 1 stick of celery, finely diced
- 1 Tbsp / 14 ml of olive oil
- Salt or substitute to taste
- Curry powder or ground cumin to taste (optional)



## What you need to do

Heat your oven to 160°C/325°F/Gas Mark 3. Heat the olive oil in a non-stick pan and sauté the garlic and celery over low heat until lightly softened. When softened, put the ground turkey mince and sage into the same pan and mix well until the turkey is lightly browned. Add the almonds and sage, and mix well. Leave on a low heat, stirring well until the turkey is cooked through. Season with pepper; add salt or substitute to taste, if desired. On a cutting board, take the tomatoes and cut off the stalk tops, about 1 inch / 2½ cm down. Set aside, do not discard. With a sharp knife, remove the inside core and flesh, being careful not to cut through the side of the tomato. On a clean, dry board, place some kitchen paper and turn the tomatoes upside down to drain out the seeds and excess moisture. Carve a little piece of the skin off the bottoms so that the tomatoes will stand up while being cooked. When drained, turn back over and lightly season the inside of the tomatoes. Fill the tomatoes with the turkey mix and place in a deep baking dish. Place in the oven and cook for 15 minutes. Take the tomatoes out and place the little tops back on. Place back in the oven and cook for an additional 20 minutes, or until they are soft to the touch.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Serving Size:** 1 stuffed tomato

**Serves:** 4

# Sriracha Pepper Chicken

This comes out delicious and you feel like you are having a full plate of spicy Chinese food.



## What you need

- 6 oz / 170 g chicken, preferably organic pastured with skin for keto, cut into bite-sized pieces
- 1 tsp olive oil
- ½ cup / 120 ml zucchini, chopped
- ½ cup / 120 ml green, yellow, and red sweet bell peppers
- ½ cup / 120 ml purple onion, chopped
- 2 cups / 480 ml bean sprouts
- Sriracha sauce to taste

## What you need to do

Warm oil over medium-high heat in non-stick lidded skillet. Sauté peppers, onion, zucchini skillet. Add cut up chicken, and stir in Sriracha sauce to taste. This is very spicy so be careful. Heat bean sprouts in the microwave for 45 seconds and pour chicken mixture over the sprouts. Mix.

**Per Serving** 3 Protein, 2 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 2 cups / 240 ml

**Serves:** 2

# Baked Parmesan Garlic Chicken

Easy, quick, and flavourful twist on classic baked chicken.



## What you need

- 1 egg\*, beaten
- ½ cup / 120 ml milk\*\*
- 1 Tbsp / 15 ml lemon juice
- 6 cloves fresh garlic, minced or:  
2 tsp / 5½ g garlic powder
- ½ cup / 40 g parmesan cheese\*\*, grated
- ¼ cup / 9 g fresh Italian herbs  
(basil, oregano, marjoram, rosemary, thyme) or:  
2 Tbsp. / 9 g no- or low-salt Italian seasoning blend
- 6 boneless skinless chicken breast halves\*\*

*For optimal health value, try the following ingredient upgrades:*

\*Organic omega-3 or pastured egg

\*\*Organic pastured milk, cheese, and chicken

## **What you need to do**

Marinate chicken in first 4 ingredients in a glass container for several few hours in the refrigerator. Preheat oven to 400°F / 200°C. Mix cheese and seasoning blend.

Remove chicken from marinade and coat with dry mixture. Place in shallow baking dish, and bake for 20-25 minutes or until chicken is no longer pink in the center.

Combine with a salad and favourite side.

**Per Serving:** 0 Carb, 3 Protein, 0 Fat

**Preparation Time:** 10 minutes + 3-4 hours

**Cooking Time:** 20-25 minutes

**Serving Size:** 1 half chicken breast

**Serves:** 6



# Grilled Chicken in Lettuce Cups with Chili

The chicken and sauce are flavourful - not just spicy - which makes them perfect for party appetizers. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 tsp / 5 g of sweet paprika
- 2 tsp / 5 g of chipotle powder
- 1 tsp / 3 g of garlic powder
- 1 tsp / 3 g of onion powder
- 1 tsp / 3 g of cumin
- 2 boneless chicken breasts (1 lb / 454 g)  
with skin for the keto-friendly recipe
- 2 tsp / 10 ml of olive oil
- 1 head of Boston lettuce

### Chili Sauce

- 2 medium tomatoes
- 3 Tbsp / 45 ml of white wine vinegar

1 jalapeno pepper  
1 small red onion  
1 small dried chipotle pepper  
2 inches / 1 cm of a dried adobe pepper  
3 Tbsp / 45 ml of reserved pepper water  
½ cup of flat-leaf Italian parsley  
1 tsp / 2 g of oregano  
1 tsp / 2 g of cumin  
1 tsp / 2 g of cayenne

## What you need to do

Mix all of the spices together in a pie plate. Place the chicken in a resealable plastic bag and pound them out so that they're 1-inch / 1/2-cm thick. Brush the olive oil over both sides of the chicken breasts. Sprinkle both sides of the chicken breasts with the spice mixture. Heat grill to medium high and cook the chicken for 9 minutes on the first side, then flip and cook for an additional 5-8 minutes. Make sure internal temperature registers 180°F / 80°C on a meat thermometer.

While the chicken is grilling, prepare the chili sauce.

### Chili Sauce

Cover the chipotle and adobe pepper with boiling water. Cover with plastic wrap and let sit for 10 minutes. Take the peppers out of the water with a fork and cut off the tops. Remove the seeds if you want less heat.

Add all of the ingredients to a blender and process until smooth. Dice the chicken into ½-inch pieces and place on lettuce leaves. Top with chili sauce as desired.

There may be leftover chili sauce. Place the remainder in an air-tight container and refrigerate for up to a week. Serve on eggs, meat or poultry.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 5-10 minutes+10 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 4 oz / 120 g chicken, ¼ head lettuce, ½ cup / 120 ml sauce

**Serves:** 4

# Grilled Chicken with Lavender and Lemon Sauce

Lavender is often associated with sweet desserts, but it adds a lovely spicy, floral note to this savory chicken dish. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 chicken breasts, halved, pounded out to 1-inch/2½-cm thickness (with skin for keto version)
- 2 tsp. / 10 ml olive oil
- Kosher salt or substitute, to taste (optional)
- Freshly ground black pepper, to taste
- ¼ cup / 40 g red onion, finely diced
- ½ cup / 120 ml low-sodium chicken broth
- 2 tablespoons / 30 ml lemon juice
- 1 Tbsp. / 3 g dried lavender

## What you need to do

Preheat grill. Brush both sides of the chicken with 1 teaspoon of the olive oil, or spray olive oil on the chicken with a mister. Season both sides of the chicken with pepper and salt or substitute, if desired.

Grill chicken for 8 minutes on one side, flip and cook for an additional 8 minutes, or until chicken registers 165°F/75°C with a meat thermometer and/or has no pink hue when sliced. While chicken is grilling, start the sauce.

Pour 1 teaspoon olive oil into a small saucepan. Add the onions and season with pepper and salt or substitute (if desired). Cook over medium-low heat until onion is softened and translucent, about 5 minutes. Add chicken broth, lemon juice and dried lavender to the pan. Gently simmer for 10 minutes.

Pour lavender sauce over the chicken to serve chicken.

**Per Serving:** 3 Protein

**Preparation Time:** Approx. 5 minutes

**Cooking Time:** Approx. 20 minute

**Serving Size:** ½ chicken breast + 2 Tbsp. / 30 ml lavender sauce

**Serves:** 4

# Moroccan Chicken

A exotic, simple, and delicious stew with synergistic superspices to optimize taste and health. Low-carb, Paleo, and keto-friendly.



## What you need

- 4 chicken breasts (total 2 lbs / 1 kg), preferably organic pastured, halved with skin for keto version
- 1 onion, finely chopped
- 3 cloves garlic, sliced or crushed
- ½ tsp / 1 g ground ginger
- 2 tsp / 6 g ground cinnamon
- 1 tsp / 3 g additional mild seasonings to taste (e.g., turmeric, sweet paprika, cumin, coriander)
- ¼ tsp / ½ g cayenne pepper (optional)
- 30 oz / 850 g chopped stewed tomatoes, preferably from carton
- ½ cup / 120 ml chicken or vegetable stock, preferably organic low-sodium

## What you need to do

Add all ingredients to a large saucepan. Cover and simmer gently for approximately an hour.

The chicken should be tender and sauce reduced and thickened.

Garnish with coriander leaves (if desired) and serve hot as is or over brown rice or whole couscous or bulgur/bourgoul ( $\frac{1}{3}$  cup / 65 g = 1 carb exchange) or potato ( $\frac{1}{2}$  cup / 100 g).

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour

**Serving Size:**  $\frac{1}{2}$  chicken breast + 1 cup / 240 ml stewed vegetables

**Serves:** 4



# Chicken Chili Verde

Zesty comfort food that is low-carb, Paleo, and keto-friendly



## What you need

- 1 Tbsp / 14 ml olive oil
- 1 large onion, diced
- 3 chicken breasts, shredded
- 16-oz / 454-g jar salsa verde
- 14-oz / 400-g jar petite diced tomatoes
- 1 carrot, chopped
- 3 garlic cloves, minced
- 1 small bunch of cilantro, chopped

## What you need to do

Warm olive oil over medium-high heat in a three-quart lidded pot. Add onions to skillet, and sauté for 5 minutes. Add chicken, and sauté for 5 minutes. Add remaining ingredients, cover, and simmer for 1 hour.

**Per Serving:** 3 Protein, 1 Veg

**Preparation Time:** 45 minutes

**Baking Time:** 45 minute

**Serves:** 8

# Basic Simple Beef-Stuffed Bells

The essential stuffed pepper recipe for meat-lovers. Low-carb, Paleo, and keto-friendly.



## What you need

- 2 medium sweet red bell peppers
- 4 oz / 120 g ground beef (mince)\*,

preferably organic pastured (lean for non-keto version)

¼ cup / 30 g brown or wild rice, uncooked

(leave out for keto version)

1 cup / 240 ml water or vegetable broth/stock,  
preferably low-sodium

1 egg, preferably organic omega-3 or pastured

16 oz / 460 ml tomato sauce

1 tsp. / 5 ml olive oil

¼ tsp. / ½ g ground black pepper (or to taste)

1 Tbsp. / 3 g Italian seasoning blend, preferably salt-free

1 Tbsp. / 4 g fresh parsley, chopped (optional)

\* or other ground/mince meat, game, or poultry

## What you need to do

Cook rice in water or broth/stock until just tender, about 20 minutes.

Preheat oven to 350°F / 180°C. Brush or mist 8x8-inch / 20x20-cm baking dish with olive oil.

While rice is cooking, warm a non-stick skillet over medium heat, add beef, and lightly brown for about 1-2 minutes. Remove beef from heat, and set aside.

Cut peppers in half and clean out ribs and seeds.

In a medium-sized bowl, combine egg, rice, black pepper, Italian seasonings, and browned beef; blend together well. Add ¼ of meat mixture to each bell pepper half. Place in baking dish and cover with tomato sauce. Bake for 40 minutes, or until peppers are tender and sauce is bubbling. Garnish with chopped fresh parsley, if desired.

**Per Serving:** ⅓ Carb, 1 Protein, 1 Veg

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour

**Serving Size:** 1 stuffed pepper half

**Serves:** 4



# Traditional Thanksgiving Turkey

Turkey is a traditional feast bird for many Native Americans. If you can find one raised on its own native diet—also known as "pastured"—the health benefits are multiplied. Seasoning with Native American herbs and spices and grilling instead of frying make this holiday favorite a true superfood.



## What you need

- 1-10 lb / 4½ kg turkey, preferably organic pastured, fresh or thawed
- 1 cup lime juice
- 3 cloves fresh garlic, minced
- 3 Tbsp. / 10 g fresh mint leaves, chopped
- 1 Tbsp. / 8 g chili powder
- 2 tsp. / 7 g ground black pepper
- 1 Tbsp. / 2 g dried sage
- Salt or substitute to taste, preferably native pan salt

## What you need to do

Preheat oven to 375°F / 190°C. Empty turkey of offal (gizzards, heart, neck, and liver) and set aside. Fill turkey loosely with stuffing if desired. Pour lime juice evenly over turkey.

Mix 6 seasonings and rub onto turkey skin and meat under the skin.

Place on grill rack in Dutch oven, and place in preheated oven. Roast at 350°F for 25 minutes per pound, basting with drippings every 10 minutes. After the appropriate time, check for doneness by piercing skin—the juices released should be clear. Insert meat thermometer—the temperature inside the turkey should reach 165°F / 75°C.

After removing turkey from the oven, pour off drippings into narrow, clear heat-proof glass, and wait for separation of fat component from the rest. Using a turkey baster, move the fat layer to a separate container for later use. Pour drippings into saute pan, and set aside for gravy. Decorate with whole herb sprigs, and/or sliced autumn fruits or vegetables.

**Per Serving:** 0 Carb, 2 Protein, 0 Fat

**Preparation Time:** 15 without stuffing, 30 minutes with stuffing

**Cooking Time:** 2 hours unstuffed to 4 hours stuffed

**Serving Size:** 2 oz / 57g turkey meat

**Serves:** 32



# Asian “Oyster” Chicken

An easy main dish that is sure to please the pickiest of palettes and busiest of cooks. Use homemade "oyster" sauce (recipe included) and organic sprouted tofu instead of chicken for a vegan-friendly option.



## What you need

- 1 Tbsp. / 14 ml sesame oil
- 2 medium yellow onions, diced
- 2 medium carrots, sliced or quartered
- 6 boneless chicken thighs or breasts, preferably pastured (approximately 1½ lbs / 3½ kg total) with skin for keto version or tofu, preferably organic sprouted
- 1 oz / 57 g dried Asian mushrooms (e.g., maitake, shiitake), soaked in warm water

1 Tbsp. / 14 ml rice wine  
1 cup / 240 ml oyster sauce, preferably homemade\* or organic MSG-free  
1 cup water (best to include the mushroom water as part of this)  
3 lbs / 1½ kg bok choy (approximately 2 bunches or “heads”), chopped  
\*Homemade “Oyster” Sauce  
1 tsp. / 4½ ml sesame seed oil  
1 1-in/2½-cm piece ginger, minced  
1 oz. / 30 g dried oyster or shiitake mushrooms, soaked and chopped  
2 tsp. / 30 ml cornstarch, preferably organic  
1 cup / 240 ml water (best to include the mushroom water as part of this)  
1 Tbsp. / 14 g miso paste or low-sodium soy sauce, preferably organic MSG-free  
1 tsp. / 5 ml coconut nectar or real maple syrup or:  
1 tsp. / 5 g coconut or whole cane sugar dissolved in 1 tsp. / 5 ml water  
1 Tbsp. / 14 ml flaxseed oil

## What you need to do

Warm oil in nonstick pan with matching lid over medium-high heat. Add onions and allow to brown slightly, about 5 minutes.

Add chicken and cook until well browned on both sides, about 5 minutes. Add rice wine, oyster sauce\*\*, presoaked mushrooms, carrots, and water. Return lid, and simmer for 20 minutes, turning chicken at least once.

Add bok choy, return lid, and simmer until leaves are tender, about 5 minutes.

Serve with steamed brown rice (⅓ cup cooked = 1 carb exchange).

### \*\*Sauce

Warm sesame seed oil over low heat. Add ginger, and saute until lightly browned.

Add mushrooms and saute until darkened. Add cornstarch, water, miso paste or soy sauce, and syrup, and blend well.

Cover and simmer for 10 minutes, stirring occasionally. Remove from heat and allow to cool.

Add cooled mixture and flaxseed oil to blender or food processor, and puree until smooth.

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 20 minutes

**Cooking Time:** 25 minute

**Serving Size:** ½ thigh or 1 cup / 250 g tofu

**Serves:** 6

# Chicken Piccata

Healthy version of a classic chicken dish. Gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 1 chicken breast, preferably organic pastured, halved - with skin for keto version
- ¼ cup / 60 ml almond meal
- 1 Tbsp. / 14 ml parsley, chopped
- 2 Tbsp. / 30 ml coconut oil
- 2 Tbsp / 30 ml capers
- ½ cup / 120 ml chicken broth, preferably organic pastured
- 2 cloves garlic, minced
- 2 oz / 60 ml lemon juice
- 2 Tbsp. / 30 ml lemon peel, shredded

## What you need to do

Mix together almond flour and seasonings. Coat chicken with the blend.

Warm oil in lidded skillet over medium-high heat. Add coated chicken, cover, lower heat to low-medium, and sauté to golden brown, about 5 minutes on each side. Remove chicken and set aside.

Add remaining ingredients to pan, return heat to medium-high and bring to a boil. Allow to boil for 30 seconds, stirring constantly. Add chicken to the sauce and lower heat to medium. Cook until the sauce is thick and glossy, stirring constantly, about 5 minutes.

**Per Serving:** 3 Protein, 3 Fat, 1 Veg

**Preparation Time:** 5 minutes

**Cooking Time** 15 minutes

**Serving Size:** 3 oz / 85 g chicken

**Serves:** 2

# Skinny Slow Cooker 'Butter' Chicken

'Butter' chicken is an East Indian favorite, also known as murg makhani. This version can be made in a slow-cooker, and is Paleo and keto-friendly.



## What you need

- 1 lb / 454 g chicken breast meat, organic/pastured, cubed - with skin for keto version
- 1 Tbsp / 14 ml ghee or butter, preferably pastured
- 2 garlic cloves, crushed
- ½ tsp / 2 ml ground turmeric
- ½ tsp / 2 ml ground cumin
- ½ tsp / 2 ml ground coriander seed
- ½ tsp / 2 ml ground paprika
- ½ tsp / 2 ml fresh ginger, finely chopped
- ½ tsp / 2 ml crushed chilli flakes
- ½ tsp / 2 ml garam masala (punjabi style)
- ½ tsp / 2 ml salt



1 cup / 240 ml tomato assata/sieved tomatoes  
2 serrano chili peppers, chopped  
1 Tbsp / 15 ml fresh ginger, minced  
1 cup / 240 ml low sodium vegetable broth/stock  
⅓ cup / 80 ml tomato paste  
½ cup / 120 ml organic/pastured Greek yogurt

## What you need to do

Combine spices, then add to chicken, tossing to coat well. Melt ghee/butter in a skillet.

Sauté seasoned chicken for 5 minutes. Remove chicken from heat and place in the slow cooker along with all the other ingredients except the yogurt.

Combine well, cover, and leave to cook on high for 3-5 hours, or until the chicken is tender and cooked through. Add the yogurt to the slow cooker. Gently stir through and serve.

Suggest serving over 200 g / 7 oz. brown basmati rice or 200 g / 7 oz. cauliflower rice. Put 800 g cauliflower florets in a food processor, and process until the size of rice grain, place in a microwavable bowl and cook covered for 4-5 min.

Pour lavender sauce over the chicken to serve chicken.

**Per Serving:** 3 Protein

**Preparation Time:** Approx. 5 minutes

**Cooking Time:** Approx. 20 minute

**Serving Size:** ½ chicken breast + 2 Tbsp. / 30 ml lavender sauce

**Serves:** 4

# Chicken Peanut Pad Thai

This healthy Thai dish can be served warm or chilled with a sprinkling of toasted peanuts. For the peanut butter, try a product that is certified organic or raw—it packs higher nutritional value and a richer peanuty taste. Gluten-free and can be low-carb, Paleo and keto-friendly.



## What you need

- 12 cups / 3 liter water
- 8 oz. / 225 gm brown rice noodles or:
- ⅓ small head cabbage\*, shredded - best for Paleo/keto
- 1 leek chopped
- 1 sprig flat parsley
- 1 lb. / 450 gm chicken breasts
- 2 cloves fresh garlic, minced
- ½ cup / 130 g peanut butter, preferably organic
- 1 tsp. / 2 g ginger root, minced
- 1 chili pepper, minced
- 1 tsp. / 6 g salt or substitute (optional)
- ¼ cup / 30 g roasted peanuts, chopped (for toppings)

## What you need to do

In a large soup pot, boil 8 cups / 2 liters of water; add the brown rice pasta and cook for 7 minutes. Add the leek and parsley. Turn the heat off and let stand for 10 minutes. Drain, reserving a cup of the liquid. Rinse the pasta and vegetables under cold water. Place the chicken breasts in a saucepan, cover with 4 cups of water, and bring to a boil; reduce heat, cover, and simmer for about 15 minutes.

When done, transfer the chicken to a plate to cool. Shred the chicken and combine with the pasta mixture.

In a large bowl, combine the garlic, peanut butter, minced ginger, chili, salt, and the reserved pasta liquid. Add the chicken pasta mixture and toss well to combine. Serve with a sprinkling of chopped peanuts.

**Per Serving:** 2 Carb, 2½ Protein, 1 Fat (with noddles) or 2½ Protein, 1 Fat, 1 Veg (with cabbage)

**Preparation Time:** 10 minutes

**Cooking Time:** 22 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 8

# Chicken Meatloaf

Highly popular recipe that has been so passed around, no-one knows where it came from! With a few upgrades in the ingredients, you can easily turn this into a health food.



## What you need

- 1 lb. / 454 g ground chicken, preferably pastured
- ½ cup / 54 g fine breadcrumbs, preferably whole grain  
or ⅓ cup / 80 ml almond meal for Paleo/keto version
- 1 large egg, preferably pastured or omega-3
- 1 medium carrot
- ¼ cup / 60 ml ketchup, preferably without corn syrup
- 1 garlic clove, minced
- 1 tsp. / 5 ml Worcestershire sauce, preferably without corn syrup
- ¼ tsp. / ½ g celery seed
- 1 tsp. / 6 g salt or substitute
- 1 tsp. / 2 g pepper
- Fresh or dried herbs, such as rosemary, basil, or oregano

## What you need to do

Preheat oven to 350°F / 180°C. Mist or brush 1 tsp. olive oil on the bottom and sides of a 2-lb / 900-g loaf pan.

Combine chicken and breadcrumbs or almond meal in large bowl. Set aside.

Cut the carrot and onion into chunks and add to food processor or blender, along with the remaining 7 ingredients and herbs, if desired. Process/blend until carrot is very fine. Pour blender mixture over meat mixture, and mix very well using your hands. Form mixture into a loaf and place into prepared baking dish. Top with tomato sauce, if desired.

Cover with foil and bake for one hour. Remove foil and continue baking for 15-30 minutes, until loaf is cooked through.

**Per Serving:** ½ Carb, 1½ Protein, ½ Fat (regular version) or 2 Protein, 1 Fat (Paleo/keto version)

**Preparation Time:** 10 minutes

**Cooking Time:** 1½ hours

**Serving Size:** 6×1½-inch / 15×4-cm slice or 3½ oz / 100 g

**Serves:** 8



# Classic Chicken-Cabbage Stir-Fry

This easy, healthy stir-fry is a perennial favorite, and a perfect option for make-ahead meals. Low-carb, gluten-free, and can be Paleo and keto.



## What you need

- 2 chicken breasts (preferably organic pastured)  
with skin for keto version
- 2 cups / 140 g green cabbage, chopped or shredded
- 10 baby bella mushrooms, sliced
- 1 cup / 124 g bean sprouts
- 1 small onion, chopped
- ¼ clove fresh garlic, mashed or:  
¼ tsp. / ⅓ g garlic powder
- 1½ Tbsp. / 6 g fresh gingerroot, minced or:  
½ tsp. / 1 g ground ginger
- 1 Tbsp. / 14 ml soy sauce (preferably organic, low-sodium, MSG-free)
- 3 tsp. / 14 ml olive oil

½ cup / 120 ml water  
1 Tbsp. / 8 g cornstarch (preferably organic)  
or 1 tsp / 5 ml kudzu dissolved in 1 Tbsp / 14 ml cold water for Paleo/keto version  
8 oz / 227 g can water chestnuts (optional)  
¼ cup / 10 g fresh green mint, basil, or cilantro, chopped (optional)

## What you need to do

Cut chicken into strips or bite-sized pieces. In a non-stick pan, heat 1 teaspoon of oil and add the chicken; sauté until nearly cooked through. Remove from pan and set aside.

To the same pan, heat the remaining 2 teaspoons of oil. Add mushrooms and onion and sauté for approximately 3 minutes until softened.

Add cabbage and sauté for about 3-5 minutes until crisp but tender. Add bean sprouts and sauté until tender. Add the chicken, and set aside.

In a sauce pan, add soy sauce, seasonings, cornstarch, and water, and cook until smooth. Stir sauce into chicken/cabbage mixture, add water chestnuts or bamboo shoots (if desired), and cook until sauce has thickened and chicken is coated, 1-2 minutes.

Garnish with a sprinkle of chopped fresh herbs, if desired. Serve hot, or allow to cool before refrigerating or freezing for later use.

This dish goes well with cooked brown rice or similar grains (⅓ cup / 60 g = 1 carb exchange). You can also make a sumptuous spring roll by stuffing into lightly steamed bok choy leaves (a “free” low-carb vegetable!) or brown rice paper wraps (4 small or 2 medium = 1 carb exchange); eat as is, or bake at 400°F / 200°C for 15-20 minutes with a light misting of oil.

Refrigerate or freeze leftovers. Tastes great even the next day!

**Per Serving:** 2 Protein, 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 6

# The Queen's Minestrone

Bean-free minestrone fit for a queen. Low-carb, Paleo, and keto-friendly. Can be made vegan and gluten-free.



## What you need

- 2 Tbsp. / 28 ml olive oil or organic rapeseed oil
- 4 oz. / 114 g tempeh or streaky turkey bacon, preferably organic and uncured
- 2 cups / 240 g (4 medium) carrots, chopped
- 2 cups / 120 g (2 medium) turnips, julienned
- 1 medium yellow or red onion, chopped
- 1 whole bulb fresh garlic, chopped
- 1 medium stalk celery with leaves, chopped
- 1 medium leek, sliced
- 1 cup / 80 g cabbage, shredded or chopped
- 2 cups / 500 g stewed tomatoes, diced

1 qt. / L vegetable broth/stock, preferably low-sodium organic or 2 cubes bullion dissolved in 1 qt. / L boiling water

1 Tbsp. / 14 ml Worcestershire sauce, without high-fructose corn syrup

4 oz. / 120 ml dry red wine (optional)

Additional seasonings (optional): ground black pepper, parsley and/or other herbs of choice, mustard seed, etc.

## What you need to do

In a 4-quart/liter lidded pot, warm oil over medium-high heat. Add bacon, carrot, turnip, onion and garlic, and sauté until just beginning to soften. Add remaining ingredients, cover, reduce heat to low, and cook for about 20-30 minutes, until vegetables are at desired tenderness.

Serve with buttered crusty bread (1 oz. / 30 g = 1 carb exchange), cooked pasta or potato (½ cup / 80 g = 1 carb exchange), freshly grated Parmesan cheese (⅓ oz / 20 g = 1 protein exchange), and/or sour cream (2 tablespoons / 30 g = 1 fat exchange).

**Per Serving:** 1 Protein, 2 Veg

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minute

**Serving Size:** 2 cups / 450 ml

**Serves:** 6



# Italian Vegetable Soup

A healthy, delicious way to fill up before a meal and get a full serving of vegetables. Vegan, gluten-free, low-carb, Paleo, and keto-friendly.



## What you need

- 4 cups / 1 L water
- 4 tsp / 20 ml chicken-like seasoning
- 2 large tomatoes chopped
- 1 medium stalk celery, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 Tbsp / 14 ml fresh parsley chopped
- ½ tsp / 2 ml dried basil
- ¼ tsp / 1 ml salt
- 1 bay leaf
- ¼ cup / 60 ml green beans, cut
- 2 small zucchinis, sliced and 2 medium carrots, chopped

## What you need to do

In a large saucepan heat water, vegetable broth, tomatoes, carrots, celery, onion, garlic, parsley, basil, salt, and bay leaf to boiling. Reduce heat. Cover and simmer 15 minutes.

Stir in green beans and zucchini.

Heat to boiling. Reduce heat. Cover and simmer for 10 or 15 minutes or until tender. Remove bay leaf. Serve warm.

**Per Serving:** 1 Veg

**Preparation Time:** 15 minutes

**Cooking Time:** 20-35 minute

**Serving Size:** 1½ cups / 340 ml

**Serves:** 6



## Seasoning

# Avocado 'Butter'

Avocado is not only one of the healthiest things you can eat, but it is also amazingly versatile. From being a basic buttery spread to serving as the chief ingredient in savory dips to driving a dreamy creamy chocolate mousse, the sky's the limit for one of nature's most decadent fruits. This simple recipe makes a great addition to any meal. Vegan, Paleo, and keto-friendly.



### What you need

- 2 ripe avocados
- 1 clove garlic (or more, to taste),  
peeled and roughly chopped or crushed
- Juice of 1 lemon and/or lime (or more, as desired), freshly squeezed
- ¼ tsp. hot (i.e. chili) sauce, or to taste (optional)
- Salt or substitute, to taste (optional)

## What you need to do

Cut avocados in half. Remove the stone and scoop the flesh into a blender (or bowl, if you're using an immersion blender).

Add the garlic and lemon/lime juice, and puree until smooth. Add more juice as desired to modify the texture and thickness. Add salt and hot sauce to taste, if desired.

Keep refrigerated.

Terrific on whole grain toast! (1 1-ounce/28-gram slice = 1 carb exchange).

**Per Serving:** ¼ Carb, 0 Protein, 1½ Fat

**Preparation Time:** 10 minutes

**Serving Size:** 2 tablespoons / 30 grams

**Serves:** 2

# Avocado-Tomato Dressing

The ultimate in all-natural, high-antioxidant whole food salad dressings!



## What you need

- 2 medium avocados
- 1 medium or 8 cherry tomato(es), chopped
- 2 cloves fresh garlic or:  
2 tsp. / 6 g garlic powder
- 1 Tbsp. / 3 g mixed fresh herbs or:  
1 tsp. / 3 g dried or frozen
- 3 Tbsp. / 45 ml lemon and/or lime juice
- ½ cup / 75 g red onion, finely chopped
- Ground black pepper to taste
- Salt or substitute to taste

## What you need to do

Place all ingredients in blender or food processor, and blend until smooth.

**Per Serving:** 0 Carb, 0 Protein, 1 Fat

**Preparation Time:** 10 minutes

**Serving Size:** 3 tablespoons / 45 ml

**Serves:** 16

# Homemade Garlic-Mustard Vinaigrette

A delicious metabolism-boosting salad dressing from a Clubmember. Vegan, low-carb, Paleo, and keto-friendly.



## What you need

- ½ cup / 120 ml apple cider vinegar
- ¼ cup / 60 ml extra virgin olive oil
- ¼ cup / 60 ml freshly squeezed grapefruit, lemon, or lime juice
- ¼ cup / 60 ml regular or horseradish dijon mustard
- 2-3 fresh garlic cloves
- ¼ tsp. / ½ g ground black pepper (or to taste)
- Fresh herbs to taste (examples: basil, dill, rosemary)



## What you need to do

Add all ingredients to blender or food processor. Mix until smooth (no chunks of garlic detected).  
*"I use the 'dressings' setting on my Blendtec blender. This pulverizes and emulsifies the ingredients."*

**Per Serving:** 1 Fat

**Preparation Time:** 10 minutes

**Serving Size:** 1½ tablespoons / 22 ml

**Serves:** 12

# Restaurant Style Blender Hot Sauce

Serve with gluten free chips, over a baked potato, over scrambled eggs, in a breakfast burrito, with fresh vegetables and many other ways. Vegan, low-carb, Paleo, and keto-friendly.



## What you need

- 1 10-oz / 284 g can diced tomatoes and green chilis
- 1 14.5 oz / 410 g can Mexican tomatoes
- ½ white onion, chunked
- 4 green onions, chopped
- ¼ cup / 60 ml nacho-style jalapeño peppers, sliced
- ½ cup / 120 ml fresh cilantro, chopped
- Juice of one lime
- 1 Tbsp / 14 ml minced garlic
- ½ tsp / 2 ml cumin
- 1 stalk celery, chopped
- 1 tsp / 5 ml seasoned salt or salt-free blend
- ½ tsp / 2 ml ground black pepper and ½ tsp / 2 ml liquid Stevia

## What you need to do

Put all ingredients in the blender and let it whirr until it is the texture of restaurant-style dipping salsa.

Pour into an air tight container and chill when not being used. Will last two to three weeks in the refrigerator.

**Per Serving:** 1 Veg

**Preparation Time:** 15 minutes

**Serving Size:** ⅓ cup / 80 ml

**Serves:** 12

## Cook's Companion

Were you a fan of "helper" seasoning mixes? Welcome to your all-natural, do-it-yourself, A-to-Z upgrade! No salt, no oil, no sugar—and, of course—nothing artificial. Gluten-free, low-carb, vegan, Paleo-friendly, and keto-friendly.



## What you need

- 1 Tbsp. / 14 ml olive oil
- 1 small onion, chopped
- 1 cup / 70 g fresh mushrooms, chopped
- 1 small leek, chopped
- 1 medium stalk celery, chopped
- 1 medium carrot, chopped
- 2 cups / 480 ml water or vegetable broth/stock, preferably low-sodium and organic
- ½ cup / 40 g seasonings\*
- 2 Tbsp. / 14 g whole grain, arrowroot, or tapioca flour

### \*Seasonings

Select any of the following, fresh or dried\*\*, alone or in combination:

Achiote/Annatto

Allspice, Arrowroot Flower, chopped

Asafetida, Basil ~ lemon, sweet, and/or Thai

Bay Leaf, Cardamom, Caraway Seed, Celery Seed

Chervil, Chives, Cilantro/Coriander ~ Leaf and/or Seed

Cinnamon, Cloves, Cumin, Curry Blend, Curry Leaf, Dillweed

Epazote, Fennel, Fenugreek, Garlic, Ginger, Grains of Paradise

Horseradish, Hyssop, Indonesian Bay Leaf, Juniper Berry, Kaffir Lime Leaves

Lavendar, Lemon Zest, Lime Zest, Loomi, Lovage, Mace, Mahlab, Marjoram

Mint ~ any type, Mustard Seed ~ black, white, and/or yellow, Nutmeg

Nutritional Yeast, Orange Zest, Oregano, Paprika ~ hot, smoked, and/or sweet

Parsley, Peppercorns, whole or ground ~ black, chili, green, pink, smoked, and/or white

Pepper Flakes ~ chili or sweet bell, Perilla (Shiso), Quassia, Rosemary, Safflowers

("Spanish Saffron"), Saffron, Sage, Sassafras, Seaweed ~ Nori, Dulse, Wakami, etc.

Shiso (Perilla), Star Anise, Sumac, Summer Savory, Tamarind (the main Worcestershire sauce seasoning), Tarragon, Thyme ~ French and/or Lemon, Turmeric, Vinegar ~ apple

cider, balsamic, red wine, white wine, etc., Wasabi, Yerba Buena ~ any type

Za'atar ("Holy Hyssop" Blend), Summer Savory

\*\* dried = about ¼ the quantity of fresh

## What you need to do

In a lidded non-stick sauté pan, warm the oil over medium-high heat.

Add the onions, and sauté until lightly translucent and browned. Add the mushrooms and leeks, and sauté until just tender. Add the celery, carrots, and broth/stock, along with ¼ cup / 20 g of the seasonings (half the total amount).

Cover pan and reduce heat to low. Cook for 15 minutes.

Fit a food processor or high-powered electric with a steel blade attachment. Drop the vegetables inside, and pulse until finely chopped, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.

Empty contents into a dehydrator or onto a baking sheet lined with parchment paper, spread out as thinly and evenly as possible, and dehydrate or bake at 115°F / 45°C (or on the lowest oven setting) for 8 hours. If using a standard oven, leave the door slightly ajar for air circulation.

When sufficiently dried, allow to cool before pouring contents into jar or canister.

To use, sprinkle like seasoning over food during cooking as is, or reconstituted with water or additional broth.

Store in a closed container in the refrigerator (for up to 3 days) or in the freezer (indefinitely) to preserve freshness and maximum flavor.

**Per Serving:** 1 Tbsp. / 7 g

**Preparation Time:** 20 minutes

**Cooking Time:** 8 hours

**Serving Size:** Free

**Serves:** 16



# Fast-and-Easy Vegetable Broth/Stock

This classic cuisine must-have can be served as is to warm you up on a cold day or fill your belly before a too-tempting meal, used as a base for soup or sauce.



## What you need

- 4 cups / 960 ml water
- 1 small onion
- 1 stalk celery with leaves
- 1 small carrot
- 3 cloves fresh garlic, minced or:  
1 Tbsp. / 10 g granulated garlic
- 3 sprigs fresh parsley or:  
1 tsp. / ½ g dried parsley leaves
- 2 sprigs fresh thyme (leaves only) or:  
1 tsp. / 1 g dried thyme
- 1 bay leaf
- ½ tsp. / 1½ g ground black pepper

## What you need to do

Put all ingredients together in a 2-quart pot. Bring to a boil over high heat.

Lower the burner temperature, cover, and allow to simmer for 30 minutes. Strain over a dish large enough to capture all the liquid. We suggest to avoid discarding the vegetables—they will now be quite flavorful, and can make a delicious and nutritious addition to any meal.

Can be served hot or cold, and is freezer-friendly!

**Per Serving:** Free

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Serving Size:** 1 cup / 240 ml

**Serves:** 4

# Homemade Chicken Stock/Broth

This is it! The original, basic, easy, and delicious chicken stock that can be the low-sodium base of sensational soups and used to season delectable dishes.



## What you need

- 3 chicken thighs, preferably organic pastured
- 2 chicken drumsticks, preferably organic pastured
- 3 pints / 1½ L water
- ½ onion, sliced or chopped
- ½ carrot, sliced or chopped
- ¼ celery stalk, sliced or chopped
- 1 bay leaf
- 6 whole black pepper corns
- 3 cloves fresh garlic, sliced or minced (optional)
- 1 cup / 100 g fresh herbs, i.e. dill weed, parsley, chives, oregano (optional)
- 1 Tbsp. / 6 g ground spices, i.e. turmeric, paprika (optional)

1 lb / 450 g fresh mushrooms, preferably mixed varieties

## What you need to do

Put all ingredients in a 6-quart/liter lidded pot over high heat, and bring to the boil. Reduce heat to low, cover, and simmer for 45 minutes. If using organic/pastured chicken: Remove chicken pieces and allow to cool, then remove the meat, put the bones and/or skin back into the pot, and simmer for a further 15 minutes. If using mushrooms, add them to the pot instead of removing the chicken, and simmer for a further 15 minutes. Strain the liquid through a sieve into a large bowl. Serve or freeze the chicken and vegetables for later use (1 oz / 30 g chicken = 1 protein exchange; 1 cup / 70 g vegetables = 1 vegetable exchange). Cool and refrigerate the broth/stock overnight. The following day, remove congealed fat from the top of the stock. Portion for reheating and serving, or for freezing for later use. You can poach a whole chicken in this way for more stock and meals.

**Per Serving:** Free up to 1 cup / 240 ml; for more, 0 Carb, ½ Protein, 0 Fat

**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour

**Serving Size:** 1 cup / 240 ml

**Serves:** 10

## Snack

# Spinach-Egg Cups

A simple and surprising twist on a veggie omelette—you can enjoy it at home, or pack it to take with you on-the-go! Dairy-free, gluten-free, grain-free, Paleo-friendly, low-carb, keto-friendly.



### What you need

- 12 eggs, preferably organic omega-3 or pastured
- 6 cups / 180 g baby spinach, raw
- 3 cloves garlic, crushed
- 3 Tbsp. / 12 g mixed fresh herbs, chopped  
or 1 Tbsp. / 1½ g mixed dried herbs
- ½ tsp. / 1 g ground black pepper
- ¼ cup onions, chopped
- 1 tsp. / 5 ml olive oil
- Salt or substitute to taste

## What you need to do

Preheat oven to 350°F / 180°C. Lightly mist a 12-muffin baking tin or 12 1-cup / 240-ml ramekins with olive oil.

Process spinach and onions in food processor or chopper. Add eggs to mixing bowl and beat lightly with fork.

Add remaining ingredients, including spinach and onions. Divide mixture into muffin tin cups, and bake for 20-25 minutes. Can be frozen.

**Per Serving:** 0 Carb, 1 Protein, 0 Fat

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 1 egg cup

**Serves:** 12



# Simple Almond-Flaxseed Crackers

Elegant, flavorful, nourishing—and deceptively simple! Gluten-free, low-carb, vegan, Paleo, and keto-friendly, with an option for raw.



## What you need

- ¼ cup / 42 g whole flaxseeds
- ½ cup / 120 ml warm water
- 1½ Tbsp. / 28 ml olive oil + ½ tsp. / 2½ ml
- 2 cups / 280 g almonds
- 2 Tbsp. / 4 g fresh or 1 Tbsp. / 2½ g dried rosemary
- ½ tsp. / 3 g salt substitute (optional)

## What you need to do

Preheat oven to 325°F / 160°C. Mist or brush baking sheet with ½ teaspoon / 2½ ml olive oil. In a food processor or high-speed chopper, grind the flaxseeds to a fine powder. Combine with warm water in a small bowl, and set aside for 15 minutes.

Place almonds and rosemary in the processor or chopper, and grind to a fine meal. Be careful to stop before it becomes too buttery.

Place all ingredients including remaining olive oil in a medium-size bowl and combine well.

Shape into a ball and place on prepared baking sheet. Roll out with a rolling pin over the top sheet to flatten to a thickness of approximately 2 mm.

Slice into rectangles of approximately 4×2 inches / 10×5 cm. Top with salt substitute, if desired.

Bake at the above temperature for 20 minutes, or for “raw” crackers, at 115°F / 45°C for 1-2 hours (with the oven door slightly ajar) until golden. Grated Asiago or Parmesan cheese may be added (½ oz / 15 g = 1 protein exchange).Cool before storing, and refrigerate to store.

**Per Serving:** ½ Carb, 1 Protein, 1 Fat

**Preparation Time:** 25 minutes

**Cooking Time:** 20 minutes

**Serving Size:** 2 crackers

**Serves:** 12

# Boiled Peanuts

A protein-rich, keto-friendly snack.



## What you need

- 1 lb / 454 g) well-washed green peanuts
- 1 Tbsp/ 14 ml or less mineral-rich salt or substitute (to taste)
- 1 qt/l water

## What you need to do

Fill clean 2-quart/liter pot with peanuts. Pour salt over peanuts. Pour water over peanuts. Bring to full boil. Boil until peanuts are consistency of baked beans. When done, pour into crocus sack. Rinse filled sack to remove external salt from peanuts. Empty washed peanuts from crocus sack onto dry.

**Per Serving** 1½ Protein, 3 Fat

**Preparation Time:** 15 minutes + 2 hours

**Cooking Time:** 2 hours

**Serving Size:** ¼ cup / 60 ml unshelled (3 Tbsp / 42 ml shelled)

**Serves:**4