

# 10 Week Transformation Challenge

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## Disclaimer

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from **the Elite Performance Center**, you are agreeing to accept full responsibility for your actions.

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# Welcome to Your 10-Week Transformation!

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## I'm VERY excited to have you as a part of this challenge!

The next ten weeks are going to be a life-changing journey filled with new experiences and self-discovery. This challenge was created to help you reach your goals with *intention*.

By following this plan, you will boost your metabolism, eliminate sugar cravings, & rid your body of unwanted fat!

The benefits of this eating strategy stretch far beyond fat loss, however.

You'll be eating a LOT of delicious recipes that are loaded with energy-boosting, nutritious, and healing properties.

### Here's a quick snapshot of some of the other benefits:

- ❖ Naturally balance blood sugar and helps eliminate cravings
- ❖ Supports hormone production and rebalancing
- ❖ Improves brain health and help protect against dementia and other disorders
- ❖ Improves memory and clear brain fog
- ❖ Improves digestion
- ❖ Increases energy levels
- ❖ Improves fertility
- ❖ Improves quality of sleep
- ❖ Decreases anxiety and mood swings

I'm very excited and grateful to be a part of your journey to better health and fitness.

I'm here to help and answer any questions, no matter how big or small.

I want you to have the BEST possible experience and get the BEST possible results, so please reach out if you have any questions or concerns.

Thanks again for trusting in us and joining us for the next ten weeks.

Sincerely,

*Joe Arko*

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# My Goals

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Top 3 Goals: (Specific, Measurable, Achievable)

- 1.
- 2.
- 3.

Goal #1: \_\_\_\_\_ Deadline to Achieve: \_\_\_\_\_

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? **Y / N**
3. List 3 Action Steps I'm going to take to achieve this goal:

Goal #2: \_\_\_\_\_ Deadline to Achieve: \_\_\_\_\_

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? **Y / N**
3. List 3 Action Steps I'm going to take to achieve this goal:

Goal #3:

Deadline to Achieve:\_\_\_\_\_

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? **Y / N**
3. List 3 Action Steps I'm going to take to achieve this goal:

# Let's Get Started!

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## First...the Basics

Over the next 10 weeks, you'll be eating a real, whole-foods based meal plan. If it comes out of a box, you're probably not going to find it on the grocery list.

Great nutrition is the foundation of great results. Your main focus is going to be on eating high-quality protein, healthy fat, nutrient dense greens, and real fruits and vegetables.

Processed foods laden with chemicals, artificial colorings and preservatives are NOT on this plan.

Other things you won't find here: added sugars like high fructose corn syrup, inflammation-causing grains (like white bread or other baked goods), and most dairy.

*Inflammation is the root of all disease in the body.*

That's why the overall goal of this challenge is to feed your body with nutrient rich foods to help reduce inflammation so your body can heal and restore itself.

As your body begins to balance out, you'll notice increased energy, better quality of sleep, better digestion, and increased fat loss.

I am VERY excited about the next 10 weeks, because what you will be learning can literally change the rest of your life.

## Powerful Protein:

*"When life gives you lemons, ask for something higher in protein." – Anonymous*

Simply put, we wouldn't exist without protein. Protein plays a lead role in nearly every function in your body.

It's part of every cell in your body, and is used to help build muscle, organs, and other tissues. It's also important for brain health and to help make enzymes, hormones, and other necessary chemicals.

Not only that, eating the right amount of protein will help to boost your metabolism and keep your weight in check.

AND....protein can also help you avoid gaining unwanted weight in the first place. This is because when you're eating enough protein, you'll feel more full for a longer period of time, and have less of an urge to eat junk food.

In fact, studies have shown that when women eat around 30% of their diet from protein, they eat 441 fewer calories per day.

For this challenge, you'll be eating about 30% of your calories from protein – which is ideal for fat-loss and maintaining lean muscle mass.

You'll be eating high-quality proteins like grass-fed meats, wild fish, and free-range poultry.

If you're thinking that eating like this may start to get expensive.... it really doesn't have to!

A lot of times you can find items on sale- just buy in bulk and freeze them! Also- make sure you check out local farms and farmers markets.

Most of the time, you'll be able to get a much better deal because you're buying direct from the source. Not only that, but it's always great to support our local community ☺

Make sure to read the “Personalizing Your Plan” section in this manual for details on how to adjust these numbers based on your individual needs.

## **The Not-So-Sweet Truth About Sugar...**

Added sugars (*that don't occur naturally in the foods you are eating*) can be absolutely detrimental to your health.

We've already talked about how inflammation is the root of all disease in the body...

I'm talking about diseases like cancer, diabetes, Alzheimer's, digestive disorders, arthritis, and the list goes on and on.

Consuming a high amount of refined sugars is a **LEADING** cause of inflammation in your body.

Did you know that soda and other sugary drinks are the #1 source of calories in the American diet!?

### **Here are a few not-so-sweet facts about sugar:**

- ❖ Sugar **promotes inflammation** in the body – the root cause of disease.
- ❖ Large amounts of sugar will **suppress your immune system**. (*Imagine how your immune system suffers if you're eating processed sugars every meal.*)
- ❖ Sugar **suppresses the release of HGH** (Human Growth Hormone) in the body.
- ❖ Sugars will raise your insulin levels- which over time can lead to a whole host of diseases.
- ❖ Sugars have a massive **negative effect on energy levels** throughout the day.
- ❖ Impacts your hormones and your ability to deal with stress.

Artificial sugars like Splenda and Aspartame are no better for you, either. They have been proven to have countless negative effects in your body and especially in your brain.

Sugar in itself is NOT bad. In fact, we need a certain amount of it to even survive and be able to think straight.

The problem really stems from the quick rise in our blood sugar levels when we consume large amounts sugar on a regular basis.

When you eat healthy carbs- like a sweet potato or an apple, you're also eating the fiber that comes along with it. Digestion is slowed down, so even though you're eating sugar, your blood sugar levels do not raise as fast. Your body can easily handle it.

If you drink a Coke, there's no fiber or anything to slow down the digestive process, and your blood sugar levels spike to unnatural highs.

So- for this challenge, we're going to keep it close to nature.

We're going to stay away from ALL white and refined sugar, high-fructose corn syrup, and artificial sweeteners.



Acceptable substitutes (in moderation, of course) are raw coconut palm sugar, raw local honey, dates, and Green Leaf Stevia.

The first three are slow to raise your blood sugar levels, so they're ok in small amounts. Green Leaf Stevia is a much less processed form of Stevia and does not have an impact on your blood sugar levels. It has been around for centuries. It's about 30-40 times sweeter than regular sugar... so make sure you only use the smallest amount!

Remember- this is a LIFESTYLE approach, not a fad diet. I don't want you feeling deprived in any way- so it's all about finding healthier alternatives to what you're already eating! ☺

## The Skinny on Fat...

We hear it all the time- fat is BAD for you! Drink skim milk instead of whole. Get fat-free yogurt instead of full-fat. Have an egg white omelet. Trim the fat off your meat and remove the skin before you eat it!

But is this really the best advice? Here are the real facts about fat...

It's important to understand that **eating fat does not make us fat.**

If you're looking for the shady criminal to blame- look no further than the processed carbs, sugar, and HFCS that find their way into almost everything we eat.

**Plain and simple: eating SUGAR makes us fat.**

Now it's definitely important to not overeat on your healthy fats, as too much of anything will have an impact on your waistline.

Please keep in mind that the key word is healthy fats.

Healthy fats include things like coconut oil, olive oil, avocado, nuts and seeds, grass-fed butter and ghee, animal fats (duck, beef, pork), Omega 3's (found in fish), etc.

The "bad" kinds of fat you want to stay away from are trans fats.

Most trans fats that people eat have been cooked up in a laboratory kitchen where scientists "hydrogenate" certain oils so they have a longer shelf life.

Trans fats are found in a LOT of packaged foods- like baked goods, donuts, pie crusts, cookies, crackers, margarine, and a lot of fried foods.

Basically look at your labels- and if you see anything labeled “partially hydrogenated” or “hydrogenated” get rid of it fast.

In addition to trans fats, you also want to stay away from refined oils that tend to be high in Omega 6's (*which throw off the ideal Omega-3 to Omega-6 balance*) like peanut oil, canola oil, vegetable oil, soybean oil, and corn oil.

Not that you know what kinds of fat NOT to eat, let's talk about why the right kinds of fat are GREAT for your body.

**Healthy fats are incredible for your body. They are important for:**

- ❖ Making hormones
- ❖ Brain health
- ❖ Energy levels
- ❖ Supporting your thyroid
- ❖ Strengthening your bones
- ❖ Strengthening your immune system
- ❖ Reducing your risk for Cancer
- ❖ And the list goes on....

If you're thinking that eating more healthy fats will increase your cholesterol and put you at an increased risk for heart disease, get ready for these facts:

\* There is NO significant evidence that dietary saturated fats are associated with an increased risk for heart disease. ([www.ncbi.nlm.nih.gov/pubmed/20071648](http://www.ncbi.nlm.nih.gov/pubmed/20071648))

\* “No study to date has adequately shown any significant link between dietary and serum cholesterol levels or *any significant causative link between cholesterol and actual heart disease*” – Nora Gedgaudas, Primal Body Primal Mind (pg. 80)

\* About half of people admitted to hospitals with heart disease have normal cholesterol levels.

AND....in 2015, the DGAC (Dietary Guidelines Advisory Committee) has recommended that limitations on dietary cholesterol be removed from their guidelines for Americans. WIN! [forbes.com/sites/larryhusten/2015/02/10/new-us-guidelines-will-lift-limits-on-dietary-cholesterol/](http://forbes.com/sites/larryhusten/2015/02/10/new-us-guidelines-will-lift-limits-on-dietary-cholesterol/)

I encourage you NOT to take my word for it, but to do your own research and explore the links above.

You'll be blown away by what you find and also by the myths that will be shattered when you read the science.

The great news is.... that grass-fed beef, real butter, and bacon (*all in moderation, of course*) are back on the menu!

## How much Water should I drink?

*"If there is magic on this planet, it is contained in water" – Lauren Eisely*

Staying hydrated is one of the BEST ways you can possibly take care of your body. Water is essential for every single cell in our body to function at its highest level.

Water helps increase your energy levels, promote weight loss, flush out toxins, improve the quality of your skin, improve digestion, can help relieve joint pain, and can even help relieve headaches!

Your body is about 60% water... and just a small 1% decrease can significantly impair performance and the way you feel.

Your goal for this challenge is to drink at LEAST half of your body weight in ounces each day.

**Example:** If you weigh 150 pounds, you should be drinking a minimum of 75 ounces of water each day.

## Personalizing Your Plan:

Men and women metabolize food differently. Not only that, but our daily energy requirements vary quite substantially.

To help you get the BEST results, you'll need to adjust your meal plan according to what your body needs.

### **Protein Serving Sizes for Men & Women**

**Women:** 4oz – 6oz

**Men:** 6oz – 8oz

### **Starchy Carbohydrate Considerations:**

**Women:** keep plan as is

**Men:** ADD ½ cup of starch when it calls for it in the meal plan at each serving (this includes items like sweet potato, quinoa, etc. *(see Swap Guide for the complete list.)*)

### **Healthy Fat Considerations:**

**Women:** keep plan as is

**Men:** ADD about 3 Tbsp. or ¼ cup PER DAY to the plan

If you need help with this, simply reach out. My goal is to make this plan as simple as possible to follow, so if you have any questions, just let me know!

## **The First 2 Days of Your Challenge:**

Your first two days are scheduled “detox days.” These days are designed to cleanse your liver to allow your body to process the foods you eat more easily and efficiently.

No pills, drugs, or juices... just lots of fresh vegetables, fruit, water and minimal protein.

Depending on what you’ve been eating lately, you may experience headaches and some fatigue in the beginning.

Just make sure you drink plenty of water so you continue to flush out the toxins, and you’ll make it through. After Wednesday, you should be feeling a renewed sense of energy!

**NO CAFFEINE is allowed on detox days, and please limit over-the-counter drugs like Advil or Tylenol.** All prescribed medications should still be taken.

# House Rules!

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## Caffeine:

Caffeine is a stimulant that will increase your stress hormones. When stress hormones go up, insulin also goes up. Now- there are definitely benefits to drinking caffeine, so we just need to find a healthy balance.

Limit caffeine to 5 servings per week MAX (*and never after 1 pm.*) On days you have caffeine, make sure you drink an extra glass of water.

*\*\*\*For creamer, use coconut milk. No sugar unless it's 1 tsp. or less of coconut sugar or raw honey. Organic coffee & green tea are your best options for caffeine.*

## Alcohol, Sugary Juices & Soda:

Liquid calories can add up FAST. Not only that, they're loaded with sugar that will spike your insulin. It places a heavy load on your body to detoxify from it (which is the exact opposite of what we're trying to do during this challenge.)

For the next ten weeks, you'll be steering clear of anything other than water, the drink recipes in your meal plan, or an occasional coffee or green tea. If you're going to indulge on one of these drinks during your cheat meals, make sure it's only 1-2 servings maximum per week.

## Sleep to Peak:

Over 40% of us suffer from chronic lack of sleep! Lack of sleep is associated with impaired memory, slowed speech, lack of ambition, and will lead to imbalanced hormones in your body causing weight gain and chronic fatigue. During this challenge (and in general) aim for 6-8 hours of uninterrupted sleep.

## Always Be Prepared:

*"If you keep good food in the fridge, you will eat good food." ~ Errick McAdams.*

This goes for your pantry, too. It's simple and easy to follow and is the main premise behind pretty much every program and challenge we run at **the Elite Performance Center**

Being prepared will mean the difference between success and failure during this challenge! Set yourself up for success by cleaning out your pantry from temptations and replacing them with healthy, delicious options.

## Go Organic as much as Possible:

Below is EWG's updated "Dirty Dozen List and Clean 15 List".

This will outline the fruits and vegetables that have the highest levels of pesticides, herbicides, and fungicides on them. Try to purchase as many organically grown foods as you can from the "dirty" list.

The "Clean 15" is the list of foods that are likely to have *fewer* chemicals. Other than this list, a good rule of thumb is to choose organic when you're going to eat the skin such as grapes, pears, cucumbers, etc.



## ONLY Purchase Food on your Grocery List:

Don't fall into the trap of putting tempting items in your cart while you are at the store. If this is something you struggle with, try eating a small apple before you go. This will definitely help! Also- always print out your grocery list before you go.

## **De-Stress Your Life:**

It's time to focus on YOU for the next ten weeks. Here's a great rule of thumb to help: If it's NOT going to help you grow, contribute, or reach your personal goals, then it's probably wasting your time.

All of that "extra stuff" = stress. Stress increases cortisol in your body and that equals more body fat. Not only that, it takes away the most valuable resource which we have, our time. Guard your time like your life depends on it, because it does.

## **Toss the Margarine:**

Just get rid of it. Margarine smells SO horrible after all of the processing that it needs to be chemically deodorized so people will be able to eat it. It's also processed with a petroleum solvent. Toss it.

## **Measure Your Food:**

Measuring is extra important if portion control is an issue for you. When you start doing this regularly, you'll soon be able to estimate the correct serving sizes just by looking at it. This is a very eye-opening exercise!

## **Grass-Fed, Organic & Wild:**

The living conditions (whether or not the animals were raised in congested feed lots, given antibiotics and hormones, what they are fed, etc.) all play a major role in the amount of nutrition that is passed along to us when we eat protein.

I could write an entire chapter about the differences between grass-fed, organic, and wild practices versus conventionally raised and farmed practices. It's true that you'll pay a little bit extra for the quality, but it is definitely worth it in my opinion.

Plus... you'll be saving money during this challenge because you won't have any food that goes to waste, so it will help balance out the cost.

If you're interested in learning more, check out this great article about grass-fed meat vs. grain-fed raised: [chriskresser.com/why-grass-fed-trumps-grain-fed/](http://chriskresser.com/why-grass-fed-trumps-grain-fed/)



# How to Handle Your Cheat Meals:

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**In a nutshell, don't do anything that you will regret.**

Cheat meals are a way of not feeling deprived from any of your absolute favorite foods.

They also have a positive impact on your hormone levels when they're planned into your weekly schedule (like this challenge).

A great quote to remember is *"You will never out train a bad diet."*

You do NOT want to ruin all of your hard work and preparation in a single cheat meal.

So, feel free to indulge a little bit... but make sure NOT to go overboard.





# Supplements & Swaps:

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To help maximize your results and fill in any gaps, you may wish to swap or supplement with the following:

1. **Protein Powder:** For your smoothies in the morning, you will need a good-quality protein powder. This will help you meet your protein requirements for the day simply and quickly!

Look for one that contains 5 ingredients or less and has about 20-25 grams of protein per serving. Grass-fed whey protein is the “gold standard” of powders and is the most absorbable.

2. **Switch to Pink Himalayan Rock Salt or Sea Salt.** Himalayan salt has more minerals and trace elements than almost every other salt. It's also a very pure and unprocessed product.

Table salt is chemically produced, bleached, and may contain anti-caking agents, MSG, and even aluminum!

Ben Greenfield says *“Refined table salt is poisonous to the body and is responsible, in great part, to the onset of many terrible diseases including thyroid and metabolic dysfunction.”*

Sodium is an important electrolyte, so Himalayan Pink or Sea Salts are the perfect ways to get high quality salt in your diet!

3. **Probiotics** – Did you know that up to 70% of your immune system resides in your gut? Probiotics will help to restore balance back to your digestive system- and overall boost your immune system.

The bacteria in your body outnumber your cells by more than 10 to 1. Remember the good bacteria help to keep you in check- they help to fight against the “bad” bacteria, viruses and other pathogens.

It's really important to give these good bacteria an extra hand, because toxins, chemicals, and any antibiotics we are exposed to will kill off these microscopic warriors. Probiotics are best taken 30 minutes before food on an empty stomach.

4. **Homemade Bone Broth.** This will help balance the vitamins and minerals in your body in the most incredible way. Broth is amazing for healing and promoting a healthy digestive tract, reducing joint pain and inflammation, and promoting hair and nail growth. *(and it can actually help with cellulite- because it helps maintain the integrity of the cell walls!)*

Drinking 1 cup of bone broth per day can have incredible effects on the body. Here is a great resource if you're interested in trying it out: <http://nourishedkitchen.com/bone-broth/>

5. **Omega 3's (Fish Oil)** – To give you a quick breakdown: Omega 3's reduce inflammation in the body, increase your ability to burn fat, strengthen your immune system, improve circulation, improve good cholesterol, and the list goes on and on.

Since Omega 3's are "EFA's," that means that your body is NOT capable of producing them on its own, and you MUST consume your Omega 3's from an outside dietary source.

6. **Rhodiola** – If you live a high-stress life, this may just be the best thing you've read all day. I started taking this supplement months ago to help support my adrenal glands and protect my body against stress.

It's also used to help combat fatigue, boost memory, and increase work capacity to improve productivity.

7. **Magnesium:** Another one of my go-to recommendations to help combat stress. It's not only great for stress, but it's an important mineral that's required for more than 700 biochemical reactions in your body!

## Additional Swap Options...

- |                                    |                             |
|------------------------------------|-----------------------------|
| ❖ Exchange a protein for a protein | ❖ Healthy fat for a fat     |
| ❖ Carbohydrate for a carbohydrate  | ❖ Fruit for a fruit         |
|                                    | ❖ Vegetable for a vegetable |

### Non-Starchy Veggies (NSV's)

Artichoke	Celery	Onions
Artichoke hearts	Cucumber	Peppers
Asparagus	Eggplant	Radishes
Beets	Greens (no iceberg)	Sprouts
Brussels sprouts	Hearts of palm	Squash (summer)
Broccoli	Jicama	Swiss chard
Cabbage	Leeks	Tomato
Carrots	Mushrooms	Turnips
Cauliflower	Okra	Zucchini

### Common Starchy Veggies:

Acorn Squash

Butternut Squash

Parsnip

Pumpkin

Quinoa

Spaghetti Squash

Sweet Potatoes

Winter Squash

Yams

### Lower-Med Sugar Fruits:

Apple

Apricots

Berries (any kind)

Cantaloupe

Grapefruit

Honeydew

Peaches

Pear

Nectarine

### Higher-Sugar Fruits:

Banana

Cherries

Grapes

Mango

Plums

Oranges

Kiwi

Pineapple

Tangerine

### Protein Swaps:

Turkey

Chicken

Fish

Eggs

Pork

Lean Beef

### Fat Swaps:

Extra Virgin Olive Oil, 1 tsp.

Coconut Oil, 1 tsp.

Salad dressing, 1 tsp.

Avocado (1/4 avocado)

Large Black olives (8)

Bacon, 1 slice (limited quantities)

Nut Butters, 1 ½ tsp.

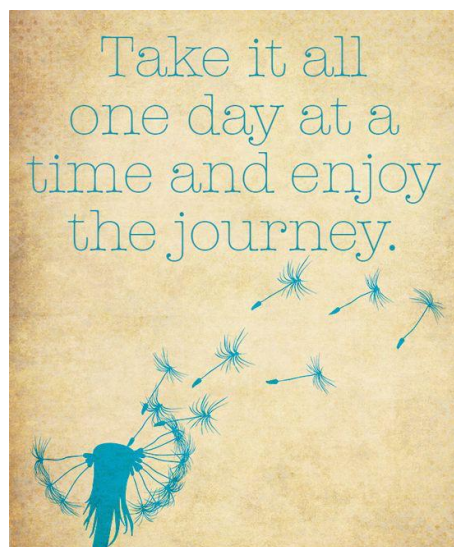
## Have Fun & Stick to the Plan!

In order to get the best results and the most out of this transformation challenge, you have to stick to the plan! Trust in the journey itself, and take it one day at a time.

Committed to Your Success,

**Joe Arko**

[joe@joearko.com](mailto:joe@joearko.com)



# 10 Week Transformation Challenge

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# Green & Protein Smoothies

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**Trainer Tip:** Blend the water and greens FIRST, then add the rest of the ingredients  
☺ (each recipe makes 1 serving)

## Chia Berry Green Protein Smoothie *(green)*

1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 serving protein powder (chocolate or vanilla) sprinkle of chia seeds

## Vanilla Almond Protein Smoothie *(green)*

1/2 banana, handful spinach leaves, 1 ½ cups vanilla unsweetened almond milk, 1 serving vanilla protein powder, 1 tsp. honey (or stevia to taste)

## Chocolate Covered Blueberry *(green)*

½ cup unsweetened almond milk, 2 cups spinach, ½ cup frozen blueberries, 1 scoop chocolate protein powder

## Sprouted Smoothie *(green)*

1 cup water, 2 cups organic baby spinach, ½ banana, ¼ cup frozen blueberries, ¼ cup frozen blackberries, ½ cup sprouts, 3 ice cubes, vanilla protein - optional

## Mighty Brain Booster

½ cup water, ½ avocado ½ banana, ½ cup blueberries, 5-6 walnuts, 1 scoop vanilla protein powder

## Pumpkin Smoothie

½ cup vanilla unsweetened almond milk, 3 leaves kale, 1 TB flax seed, ½ frozen banana, ¼ tsp. cinnamon, ½ cup pumpkin puree, 3 ice cubes, vanilla protein optional

## Berry Good Morning Smoothie

1/3 can coconut milk, 1 scoop vanilla protein powder, 1 cup frozen berries, ½ tsp. cinnamon, raw honey or stevia to taste

## Chocolate Avocado Smoothie

½ cup frozen strawberries, ½ avocado, 1½ tsp cacao powder, ¾ cup coconut or almond milk, ¼ tsp vanilla, raw honey or stevia to taste

# Homemade Dressings & Condiments

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## House Balsamic Dressing

*(12 servings, 2 Tbsp. per serving. Store in refrigerator)*

- 1 cup extra virgin olive oil (preferably first cold pressed)
- 1/3 cup good quality aged balsamic vinegar
- 1 Tbs. dried parsley
- 1/2 tsp. sea salt.
- Freshly ground pepper to taste
- 1 Tbs. honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)

**Directions:** Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

## Beet Dressing

*(12 servings, 2 Tbsp. per serving. Store in refrigerator)*

- 2 cups cooked beets, chopped
- 2 TB Braggs Apple Cider Vinegar
- 1/2 tsp. Sea Salt
- 2 TB filtered water
- 2 TB Flax Oil

**Directions:** Blend all ingredients on high. This is perfectly sweet, tart, and creamy and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy! ☺

## Creamy Avocado Dressing

*(12 servings, 2 Tbsp. per serving. Lasts about 7-10 days in the fridge)*

- 2 ripe avocados
- Juice of 1.5 limes
- 1/8 cup balsamic vinegar
- 1/8 cup water
- 4 sprigs of fresh cilantro
- 1-2 pinches of Sea Salt

- 1 tsp. garlic powder
- Fresh ground black pepper, to taste

**Directions:** Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 teaspoon at a time). Enjoy!

### **Greek Dressing** *(6 servings, 2 Tbsp. per serving)*

- ¼ cup olive oil
- 2 gloves pressed garlic
- ¾ tsp. oregano
- ¾ tsp. basil
- ½ tsp. black ground pepper
- ½ tsp. Sea Salt
- ½ tsp. onion powder
- 1 tsp. Dijon mustard
- 1/3 cup red wine vinegar

**Directions:** Combine all ingredients into a jar or storage container, and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let flavors blend together.

### **Homemade Mayo**

*(32 servings, 1 Tbsp. per serving. Compliments of Eileen from PaleoSimplified.com)*

#### **Ingredients:**

- 3 pasteurized large eggs
- 1.5 tsp. dry mustard
- 1 tsp. Himalayan pink salt
- 1/4 cup fresh lemon juice
- 1 small garlic clove, peeled
- 1 cup unrefined coconut oil
- 1/2 cup extra virgin olive oil
- 1/2 cup fresh basil chopped

**Directions:** Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into blender and process 10 seconds to mix. While machine is running, drop in peeled garlic clove.

Very slowly pour the mixed oils into blender while running. Process until all of the oil is incorporated. Mixture will be the consistency of mayonnaise.

Add chopped basil & stir to combine. Refrigerate for 1 hour before using. Soooo good 😊

(Stays good in the refrigerator for about a week!)



# Breakfast Deliciousness

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## Saturday Morning Power Skillet

### **Hash Ingredients: (serves 2)**

- 2 strips nitrate-free bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in 1/4" pieces
- 1/4 red onion, diced in 1/2 " pieces
- 1 cloves garlic
- 1/4 tsp ground cumin
- Pink Salt and pepper, to taste
- **4 Eggs** (make 2 eggs per serving. *Save half the hash for following day.*)

**Directions:** In a sauté pan over medium-high heat, add bacon and olive oil. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.

Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min) While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.

Add onions, garlic, cumin, and season with salt and pepper. Allowing everything to sit in the heat of the pan for a minute or 2. Once the eggs are done, add them over the top of the skillet or on the side. Enjoy!

## Veggie Scramble

### **Ingredients: (Serves 1)**

- 1/2 Tbsp. coconut oil
- 1/2 cup broccoli, chopped
- 1/2 cup onion, diced
- 1/3 green pepper, diced
- 2 Eggs
- 1/2 tomato, diced,
- 1/4 Avocado, sliced, for garnish

**Directions:** Heat coconut oil in a sauté pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.

Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!

### **Easy Pumpkin Protein Egg Pancakes**

**Ingredients: (Serves 1)**

- ½ cup egg whites (need about 4 eggs)
- ½ cup pure pumpkin
- 1 scoop vanilla protein powder
- Cinnamon, to taste

**Directions:** Blend together and cook on a skillet.



### **Prosciutto Wrapped Mini Frittata Muffins**

*(6 Servings, serving size = 2 muffins (makes 12 muffins.)* Keep in refrigerator on hand for breakfast in a hurry. Inspired by NomNomPaleo.com)

**Ingredients:**

- 4 TB coconut oil
- ½ medium onion, finely diced
- 3 cloves of garlic, minced
- ½ lb. cremini mushrooms, thinly sliced
- ½ lb. frozen spinach, thawed & squeezed dry
- 8 large eggs
- ¼ cup coconut milk
- 2 TB coconut flour
- 1 cup of cherry tomatoes, halved
- 5 ounces of Prosciutto di Parma
- Himalayan Pink Salt & Fresh Ground Pepper
- 12 cup muffin tin

**Directions:** Pre-heat oven to 375°F. Heat coconut oil over medium heat in a large cast iron skillet and sauté onion until soft and translucent. Add garlic and

mushrooms and cook until the mushroom moisture evaporates. Season with salt and pepper and spoon to a plate to cool to room temperature.

In a large bowl, beat the eggs with coconut milk, coconut flour, salt, and pepper until combined. Then, add the sautéed the mushrooms and spinach and stir to combine.

Brush the remainder of melted coconut oil onto a muffin tin and line each cup with prosciutto, covering the bottom and sides.

Spoon the egg mixture into the prosciutto cups and top with halved cherry tomatoes. Bake in oven for 20 minutes- rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes. Enjoy!!

### **Vanilla Almond Overnight Quinoa**

#### **Ingredients: (2 servings)**

- 1 cup almond milk
- 1/2 cup cooked quinoa
- 1/2 cup almond pulp (or almond flour or finely ground almonds)
- 4 TB chia seeds
- 2 TB maple syrup
- 1/4 tsp. almond extract
- 1/4 tsp. vanilla extract
- Stevia, to taste (optional)
- Chopped almonds, to garnish (optional)

**Directions:** Divide all ingredients between 2 mason jars. Stir until incorporated. Place in refrigerator and let sit overnight. Remove and garnish with chopped almonds. Enjoy! (save the second serving for another day)

### **Overnight Oats in a Jar**

#### **Ingredients: (1 serving)**

- 1/4 cup oat groats, rinsed (soaked for at least 4 hours)
- 1/4 cup steel cut oats
- 1 TB unsweetened shredded coconut
- 1 TB chia seeds

- 1 TB chopped nuts (I used almonds)
- 1/3 cup blueberries or berries of choice
- 1/2 -1 cup almond milk
- 1 tsp. ground vanilla beans (optional)

**Directions:** Mix all of the ingredients in a mason jar the night before. Store in the fridge overnight. Just pull out and eat in the morning. SO easy!

# Salads & Wrap Recipes...

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## Blueberry, Avocado, & Toasted Pecan Quinoa Salad

*(1 serving)*

### **Ingredients:**

- 1/2 cups quinoa, cooked
- 1/4 cup blueberries
- 1/2 large avocado, diced
- 1/4 cup pecans

### **Lime Basil Dressing:**

- 1/4 TB extra virgin olive oil
- 1/4 TB maple syrup
- Squeeze of fresh lime juice
- 1 TB basil, finely chopped
- Himalayan Salt, to taste
- Fresh ground black pepper, to taste

**Directions:** In a large bowl - add quinoa, blueberries and avocados. In a small skillet, toast pecans on low-medium heat until lightly brown, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.

In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.

## Signature Steak Salad

### **Ingredients: (serves 4)**

- 1 lbs. Skirt Steak, trimmed of excess fat, halved crosswise (at room temperature)
- 1-2 TB extra virgin olive oil

- 2 cups cherry tomatoes, halved
- ½ lbs. baby arugula
- ½ cup roasted peppers
- ¼ sliced avocado
- Choice of dressing (suggested: Balsamic)

**Directions:** Cast-iron skillet: Heat skillet on medium-high to high and add olive oil. When oil begins to simmer, place steak in skillet and do not move for 5 minutes. Turn it once, and cook for another 3 minutes to med-rare (or more or less depending on preference).

On a grill: Prepare grill for direct-heat cooking over hot charcoal or high heat for gas. Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.

Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes. Arrange arugula on a platter. Thinly slice steak on the diagonal, across the grain. Arrange over arugula, then toss remaining ingredients on top. Drizzle dressing on top and serve.

### **Veggie “Detox” Lettuce Wraps**

*\*\*\*1 Serving. These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below ☺*

#### **Ingredients:**

- 2 large leaves of Butter lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- (\*\*\*)**ONLY** add tuna, turkey, or chicken if it calls for it in your meal plan)

**Directions:** Take all of your sliced veggies and place them inside the middle of your large Butter lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

## Simple Greek Salad

### **Ingredients: (1 serving)**

- 2-3 cups chopped romaine lettuce
- 1/2 tomato, chopped
- 1/2 cucumber, sliced
- 2 Tbsp. chopped purple onion
- 1/4 cup Kalamata olives (optional)
- 1/4 cup Pepperoncini peppers (optional)
- 2 Tbsp. Greek dressing (*recipe on page 4*)
- Protein of choice (suggested: chicken)

**Directions:** Combine all ingredients and toss in a bowl. Top with your protein of choice, and enjoy!

## Fennel, Pear, Arugula & Walnut Salad

### **Ingredients: (1 Serving)**

- 1 cup baby arugula, packed
- 1/2 fennel bulb, sliced thinly
- 1 pear (core removed & cut into 1/4" chunks)
- 1/4 cup roasted walnuts (unsalted- see below for directions)
- 2 Tbsp. Balsamic Dressing (*recipe page 3*)
- Add Sliced Turkey – if called for in plan

**Directions:** Combine all ingredients in a bowl and mix well. Next, whisk the oil and vinegar together in a small bowl before dressing the salad.

*\*Roasted Walnuts: Preheat the oven to 400F. Roast for 5-6 minutes on a baking sheet and keep a close eye to make sure they don't burn.*

## Kitchen Sink Salad

### **Ingredients: (1 serving)**

- 2-3 cups Mixed Greens (not iceberg)
- 1/2 tomato
- 1 TB Pumpkin seeds
- Shaved carrot (1/2)
- Sliced zucchini (1/2)

- Diced Red Bell Pepper (1/2)
- Handful of Sprouts
- ¼ avocado, sliced
- 2 Tbsp. Balsamic Dressing (*recipe page 3*)
- 4-8 oz. Protein of choice (chicken, fish, turkey)

**Directions:** In a bowl, toss everything together any way that you please. Enjoy!

### **Go-To Chicken Salad Roll-Ups**

**Ingredients: (1 Serving)**

- 4-8 ounces Chopped chicken breast (precooked)
- 2-3 Butter lettuce leaves
- 1/4 cup chopped almonds
- 1/4 cup red seedless grapes, halved
- 1/4 Mashed avocado
- Salt & pepper, to taste

**Directions:** Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into butter lettuce leaves to make a nice wrap!



# Protein: Chicken & Turkey Recipes...

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## Sesame Crusted Turkey

### **Ingredients: (3-4 servings)**

- 1 lb. organic turkey loin
- 1.5 oz. toasted sesame seeds
- 1 tsp. ground cumin
- 1 tsp. lemon pepper
- 1 egg white, lightly beaten
- 1 pinch salt
- 1 TB extra virgin olive oil

**Directions:** Preheat oven to 400°F. Mix the sesame seeds, cumin, and lemon pepper together in a large bowl. Also- preheat a sauté pan to medium-high.

Season the turkey with 1/4 tsp. salt. Dip the turkey the egg allowing the excess egg to drip off. Finish by coating it completely with sesame seeds.

Add 1 Tbsp. olive oil to the sauté pan and sear crusted turkey for 1-2 minutes each side until crispy and golden. Place in a glass baking dish. Roast in oven for 15 minutes or until internal temp 150°F. Let rest 5 minutes once cooked.

## Hummus Chicken

### **Ingredients: (Serves 3)**

- 3 boneless, skinless chicken breasts
- 1 yellow squash, sliced
- 1 zucchini, sliced
- 1 red bell pepper, 2" chopped
- 1 medium onion, chopped
- 2 lemons
- Salt and pepper, to taste
- Italian seasoning
- 1/2 cup hummus, homemade or store-bought
- 2 Tbsp. dried rosemary



- 1 Tbsp. extra virgin olive oil
- 1 tsp. smoked paprika
- Generous drizzle of Balsamic Vinegar

**Directions:** Preheat oven to 450°. Prepare one large baking dish and lightly coat with olive oil. Season the chicken breasts with salt, pepper, and Italian seasoning.

In a large bowl, toss the sliced zucchini, squash and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.

Cover each chicken breast with 1 TB of hummus each. Then place on top of the vegetables. Place all vegetables on the bottom of a 9×13 dish in an even layer. Lay the chicken evenly on top. Squeeze the juice of one lemon over the chicken and vegetables.

Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon, and place a few thin slices in the dish.

Drizzle balsamic vinegar over the top, then bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

### **Chicken with Sautéed Onions and Lemon**

#### **Ingredients: (3 servings)**

- 6 pastured chicken thighs, boned but with skin
- 1 Tbsp. Coconut oil
- 1 sweet onion, halved and thinly sliced
- 1-2 garlic cloves, thinly sliced
- 1/2 lemon thinly sliced
- 1/4 cup organic chicken or vegetable broth
- 2 Tbsp. fresh flat leaf parsley
- Salt and pepper, to taste

**Directions:** Season chicken with salt and pepper. In a large sauté pan over medium heat, place chicken skin side down in a preheated pan with extra virgin olive oil or unrefined coconut oil. \*The trick is not to turn the chicken over until the pieces are well browned.

When both sides are browned and cooked through, remove chicken from pan and continue with remaining pieces. Remove chicken from pan. Pour off all but 2 tbsp.'s of the remaining oil. Add onions. Season with salt and pepper, to taste. Sauté onions until almost golden brown. Add the garlic and cook until onions are golden.

Add the lemon slices and sauté for one minute. Add the stock and stir. Add the chicken back to the pan. Add the parsley and stir. Check for proper seasoning. Enjoy!

## **Cilantro Lime Chicken**

### **Ingredients: (Serves 3-4)**

- 1 lb. organic chicken breasts
- 1 Tbsp. Extra Virgin Olive Oil
- 1 lime, juice and zest
- 2 TB fresh cilantro, coarsely chopped
- 1/2 jalapeno, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- Salt and pepper, to taste

**Directions:** Puree the oil, lime, juice and zest, cilantro, jalapeno and garlic in a food processor until smooth.

Place the chicken on foil on a baking sheet, pat dry, and season with salt and pepper.

Spread the cilantro and lime mixture and bake in a preheated 400° oven (or on the grill) until internal temperature reads 165 degrees F (about 25-35 minutes.)

# Protein: Pork & Steak...

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## Simple & Delicious Pork Chops

*\*\*\*Makes 2 servings. (you may want to double this recipe- it's a GOOD one!)*

### **Ingredients:**

- 2 pork chops (all-natural or organic, 1" thick)
- 1 teaspoon olive oil
- 1/2 lemon
- 2 cloves of garlic
- Pink Himalayan Salt & Fresh Ground Pepper to taste

**Directions:** Preheat your oven to 350 degrees F. Then, pre-heat an oven-safe sauté pan to med to med-high on the stove. Rinse and pat dry both pork chops. Season both sides of chop with salt and pepper. Smash your garlic cloves with the side of your knife and cut your lemon in half.

Once your sauté pan is heated, add the olive oil. Once oil is heated (in a couple of seconds), place the 2 garlic cloves in the pan carefully separated by a few inches).

Place each pork chop on top of a garlic clove. Allow to sear for 2-3 minutes. Flip chops and sear for an additional 2-3 minutes. (You're looking for a nice crust on each side). Squeeze 1/2 lemon over the chops.

Place the pan in the oven for about 10 minutes or until the internal temperature reaches 145 degrees. Let rest for 3 minutes and enjoy!

## Chimichurri Steak

*(Serves 3-4)*

### **Chimichurri Ingredients:**

- 1 cup fresh flat leaf parsley
- 1/4 cup fresh cilantro
- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1/2 tsp. sea salt



- 2 cloves garlic
- ½ tsp. cumin powder
- ½ tsp. red pepper flakes

**For the Steak:**

- 2 boneless rib-eye steaks (8 ounces each)
- 1 TB balsamic vinegar
- Extra virgin olive oil
- Salt and pepper, to season

**Directions:** Chimichurri: Blend all ingredients in a food processor or blender until smooth.

Steak: Let steaks sit out for about 30 minutes to bring to room temperature before cooking. Season with salt and pepper. Drizzle with balsamic vinegar and just enough olive oil to coat.

Heat a grill-pan over medium heat. Add the steaks to the pan and cook for 4-5 minutes, then flip the steaks and cook an additional 5-6 minutes. Avoid moving the steaks around in the pan while cooking. Remove from the pan, and let rest about 5 minutes. Slice the meat in thin strips and drizzle with the chimichurri sauce. Serve and enjoy!

## **Easy Grass-Fed Beef Burgers**

*(Serves 3)*

**Ingredients:**

- 1 pound of grass-fed (and finished) ground beef
- Himalayan Pink Salt & Fresh Ground Pepper
- Any other seasoning you like!

**Directions:** Take meat out of the fridge and allow it to come to room temperature for 20-30 minutes. Divide the meat into 3 parts and by hand, create four separate patties. Heat a sauté pan to medium heat.

Season both sides of the patties with salt and pepper (and any other seasoning you like). Place all 3 patties in the pan for 3-5 minutes per side. Remove from the pan and allow to rest for a few minutes. Enjoy!

# Fish & Seafood Dishes...

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## Pan Seared Trout with Tomato Basil

*\*\*\*Makes 2 servings*

### **Ingredients:**

- 1 ounce chopped pancetta
- 1 cup cherry tomatoes, halved
- 1/2 tsp minced garlic
- 1/2 tsp freshly ground black pepper, divided
- 1/4 tsp Himalayan salt, divided
- 1/4 cup small basil leaves
- 1 tablespoon olive oil, divided
- 2 trout fillets, divided (12-16 ounces total)
- 2 lemon wedges

**Directions:** Over low heat, heat pancetta in skillet. Cook just until pancetta begins to brown (for about 4 minutes).

Add cherry tomatoes, garlic, 1/2 the pepper, and 1/2 the salt, and cook for 3 minutes or until tomatoes begin to soften. Remove from the heat, and stir in basil leaves.

In another large non-stick skillet, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.

Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Top fish with tomato sauté. Serve with lemon wedges.

## Citrus Fish Tacos (Serves 2)

### **Ingredients (marinade):**

- 2 large oranges (juiced)
- 1/2 lime (juiced)
- 3 TB olive oil
- 1 tsp. cumin powder
- 1/2 tsp. salt
- 2 wild-caught tilapia fillets (cut in 1" chunks)

**Ingredients (wraps):**

- 3-6 butter lettuce leaves
- ½ red pepper (diced)
- ½ red onion (diced)
- ½ mango (diced)
- ½ avocado (sliced)

**Directions:** Mix the orange juice, lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of Tilapia into a large Ziploc bag and pour in the juice. Marinade for 2-4 hours in the refrigerator, flipping the bag over about half way through.

Next, heat some olive or coconut oil over a large skillet. When the pan is warm, add the Tilapia and cook for about 4-5 minutes on 1 side, then **turning only once**, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, pepper, onion, & mango! (be creative and add anything else you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS! Once you get the marinade in the fridge, it will only take you about 10 minutes to prepare them. **Serves 2.**

### **Chipotle Salmon Burgers with Mango Salsa**

\*Serves 3. Serve with Mango Salsa (*recipe page 26*).

**Ingredients:**

- 1 lb. salmon (Wild if possible)
- 2 TB chipotle peppers in adobo sauce – chopped
- 1 TB + 1 tsp. wholegrain mustard
- 1 lime (just the zest)
- 1/2 lime (just the juice)
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 TB extra virgin olive oil

**Directions:**

Combine all ingredients in a food processor and pulse for 30 seconds to combine. If no food processor available, finely dice the salmon in a large mixing bowl combine everything together and mix. Divide into 3 burger patties...

Preheat non-stick skillet on medium for 1 minute. Drizzle olive oil and sear burgers for 3-4 minutes each side until golden brown. Enjoy!

**Broiled Salmon**

*Makes 2 servings*

**Ingredients:**

- 2 x 6 oz. ounces Salmon Fillets
- Himalayan Pink Salt
- Fresh ground pepper
- 1 tsp grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. dried rosemary
- Lemon slices for garnish

**Directions:** Season salmon fillets evenly with salt and pepper. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and rosemary in a Ziploc bag. Make sure the salmon is evenly coated. Marinate in the refrigerator for 30 minutes.

Preheat your broiler. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Broil fish 6 inches from heat for about 8-10 minutes or until fillets flake easily with a fork.

Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.



## **Sautéed Shrimp**

**\*\*\*Makes 2 servings**

### **Ingredients:**

- 2 Tbsp. Grass-fed Butter (or olive oil)
- 8-12 ounces Wild-Caught Shrimp, shelled & deveined
- 1 Red or Yellow Bell Pepper
- 2 garlic cloves, minced
- Himalayan Pink Salt & fresh ground pepper to taste
- 1 tsp. fresh thyme, chopped

**Directions:** In a skillet, melt the butter over medium-low heat. Add the bell peppers and cook for about a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds)

Add the shrimp and salt and pepper and sauté for 5-6 minutes (until shrimp is no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

**\*\*\***Shrimp cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.

# Favorite Soups...

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## Chilled Avocado Soup

*\* 3-4 servings*

### **Ingredients:**

- 3 ripe avocados
- 3 cups chicken broth
- 3 Tbs. fresh lime juice
- 1/3 cup fresh cilantro leaves
- 1 tsp. ground cumin
- 1/2 jalapeno, diced into small pieces (optional)
- 1/4 tsp. cayenne pepper
- 1 tsp. Himalayan Pink Salt
- Fresh Ground pepper, to taste

**Directions:** Combine all of the ingredients in a blender or food processor and blend until smooth. Season with additional salt and pepper if necessary. Refrigerate for about 2 hours.

## Zucchini and Fennel Soup

*\*3-4 servings*

### **Ingredients:**

- 1 Tbsp. extra virgin olive oil
- 3 zucchini, chopped and peeled
- 1/2 Vidalia onion, chopped
- 1/2 fennel bulb, chopped
- 3 cups chicken stock (low-sodium)
- Salt and pepper, to taste

**Directions:** Heat olive oil in a large skillet or soup pot with zucchini, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!

## **Butternut Squash & Bacon Soup**

*\*6 servings. (inspired by civilizedcavemancooking.com)*

### **Ingredients:**

- 1 large butternut squash, peeled and cut into large chunks (about 2.5-3 pounds)
- 3 carrots, peeled and cut into large chunks
- 1 1/2 tablespoons coconut oil, melted
- 1/2 pound raw bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 Tbsp. cinnamon
- 1 Tbsp. nutmeg
- 

**Directions:** Preheat your oven to 350 Degrees F. Toss squash and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.

In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and sauté in bacon fat over medium heat until tender, about 5 minutes.

Add the roasted butternut squash, carrots, chicken broth, and coconut milk to stock pot and bring to a boil, stirring often.

Remove from heat. Use an immersion blender to blend your soup or working in several small batches, blend soup in food processor or blender until smooth.

Return to stock pot, bring to a simmer and season with salt, cinnamon, and nutmeg. Serve soup in large bowls garnished with bacon! Enjoy.

## Oh So Good! Chili with a Twist

*\*4 servings. (I recommend doubling this recipe- it's AWESOME!)*

### **Ingredients:**

- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 yellow onion, diced
- 2 garlic cloves, minced
- 1/2 lb ground grass-fed beef
- 1/2 lb ground turkey
- 1/4 cup pumpkin puree
- 14-ounce can crushed tomatoes
- 8 ounces tomato sauce
- 2 ounces can diced green chili's
- 1/2 cup beef stock
- 1 Tablespoons chili powder
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon paprika
- 1 teaspoon ground coriander
- 1 teaspoon cocoa powder
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon cayenne pepper
- Pink Himalayan salt to taste
- OPTIONAL: 1/2 jalapeno, seeded and finely diced to taste
- Sliced avocado

**Directions:** In a large soup pot over medium heat, sauté the onion and garlic until onions begin to soften. Then, add the beef and turkey, and stir occasionally until browned.

Add the rest of the chili ingredients (except the avocado). Let simmer, stirring every so often for 15 minutes. Garnish with sliced avocado. Serve and enjoy!

## **Mom's Minestrone**

*\* 6 Servings*

### **Ingredients:**

- 1 slice (¼-inch-thick) prosciutto, about 4 ounces, cut into ¼-inch dice (do not trim off the fat)
- ¼ cup extra-virgin olive oil, plus more for serving
- 1 large yellow onion, cut into ½-inch dice
- 1 large leek, white and pale green parts only, cut into ½-inch dice
- 2 celery ribs, cut into ½-inch dice
- 2 small carrots, cut into ½-inch dice
- 4 garlic cloves, minced
- 1 teaspoon oregano
- ¼ teaspoon crushed hot red pepper flakes
- 1 zucchini, trimmed and cut into ½-inch dice
- 1 can (14.5 ounces) diced tomatoes in juice
- 1 tablespoon tomato paste
- 6-8 cups reduced-sodium chicken broth
- Rind from a 1-lb chunk of Parmesan cheese (***OPTIONAL***)
- 1 bay leaf
- 1 can kidney beans
- 1½ cups packed thinly sliced kale, thick stems removed
- Sea salt & freshly ground black pepper

**Directions:** Cook the prosciutto and oil together in a soup pot over medium heat just until the prosciutto is lightly browned, about 3 minutes.

Then, add the onion and leeks. Cook, stirring occasionally, until softened, about 3 minutes. Add the celery, carrots, garlic and oregano, and cook until the vegetables are beginning to soften, about 3 minutes more.

Add the zucchini and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the tomato paste, bring to a boil and cook 3 minutes.

Add the broth, bay leaf and the Parmesan rind. Bring to a boil. Reduce the heat to medium-low. Simmer until the flavors are blended, about 1 hour.

Stir in the beans and kale and cook until tender, about 5 minutes. Remove the

# Amazing Side Dishes...

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## Simple Roasted Butternut Squash

### **Ingredients: (serves 4)**

- 1 small butternut squash, seeded and cubed
- 2 Tbsp. Extra Virgin Olive Oil
- Himalayan Pink Salt
- Fresh Ground Pepper

**Directions:** Preheat oven to 400 degrees F. Toss squash with the olive oil and spread on a baking sheet, making sure none of the cubes are touching each other. Season with salt and pepper. Roast until lightly browned (about 25-30 minutes.)

## Butternut Squash with Pancetta and Sage

*\*Serves 6-8.*

### **Ingredients:**

- 2 TB Extra Virgin Olive Oil
- 4 oz. Pancetta or nitrite free bacon, chopped
- ½ finely chopped fresh sage or ¼ tsp. dried
- 2 lbs. butternut squash, peeled, seeded and cut in to 1" chunks
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 dash of ground nutmeg
- Salt and pepper, to taste (white pepper if you have it)
- 1 cup organic chicken stock

**Directions:** Add bacon and olive oil to sauté pan and cook until bacon is crisped. Remove bacon with a slotted spoon. Add squash and chopped onions. Cook over medium heat until onions are clear and started to turn golden. Add sage, nutmeg and season with salt and pepper (white pepper if you have it).

Add broth and bring to a boil, reduce heat to simmer and cover with lid. Cook until squash is tender when pierced with a fork. Serve and enjoy. ☺

## **Mango Salsa**

***\*4-6 servings, Serving Size is ½ cup.***

- 2 mangos (peeled & cubed)
- 1 purple onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red pepper (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of cilantro, chopped
- ½ tsp. sea salt

**Directions:** Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy!

## **Mashed Cauliflower**

***\*4 servings***

### **Ingredients:**

- 1 entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 cup of low sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

**Directions:** In a large pot, add the chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is until very tender, and you can smash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a food processor or blender. Blend to your desired consistency. (I like mine pureed with a few chunks.)

Season with salt & pepper, and any other seasoning you like! Enjoy.

## **Zucchini Pasta with Sundried Tomatoes**

### **Ingredients:** (Serves 2)

- 2-3 zucchini, shredded (can be made ahead and refrigerated)

### **Pesto:**

- ¼ cup roasted unsalted almonds
- 1 cups tightly packed basil leaves
- 2 Tbsp. extra virgin olive oil
- 1 TB lemon juice
- ¼ cup sundried tomatoes
- Salt and pepper, to taste

**Directions:** With a spiralizer, mandolin, or peeler – cut the zucchini into long noodle shaped pieces and set aside.

In a blender, place all of the other ingredients except olive oil and sundried tomatoes and process for 5 seconds. With machine running, drizzle in the olive oil until blended.

Place all ingredients (including zucchini) in a bowl. Stir in sundried tomatoes. Toss and serve.

## **Spaghetti Squash**

### **Ingredients:** *(Serves 4-6)*

- 1 Spaghetti Squash cut in half length-wise, and de-seeded (use a spoon)
- Extra Virgin Olive Oil
- Sea salt & fresh ground pepper to taste

**Directions:** Pre-heat your oven to 400. Cover a baking pan in aluminum foil and set aside. Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple of minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.

Flip over the squash when it's finished cooking, Use a fork to "shred" & pull out the spaghetti squash. It comes out like spaghetti- pretty AWESOME! Place the squash in a colander to drain any excess water for a minute or two (covered



with foil to keep warm). Top with tomato sauce or season with salt & pepper and enjoy!

## **Roasted Broccoli & Garlic**

*\* 3-4 servings*

### **Ingredients:**

- 1 entire broccoli (about 1.5 pounds) Cut into florets. (if you want to use the stems, cut into bite-sized pieces) *(this is great with cauliflower, too!)*
- 2 Tbsp. Extra Virgin Olive Oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Himalayan Pink Salt & Freshly Ground Pepper to taste

**Directions:** Preheat oven to 450 degrees. In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min. or until the edges of broccoli are crispy!

## **Protein Packed Grain Salad**

*\*Serves 6-8. Perfect to make ahead of time and keep in fridge. You'll have a little extra on hand for a quick and easy side in case you need one!*

### **Ingredients:**

- 1/4 cup brown rice
- 1/4 cup red rice
- 1/4 cup quinoa, rinsed
- 1/2 can chickpeas, drained and rinsed
- 2 roasted red peppers, chopped (jar)
- 8 marinated artichoke hearts, chopped (from a jar)
- 1 medium handful of parsley, chopped
- 1/4 cup pine nuts, roasted
- Sea salt and freshly ground pepper, to taste

**Directions:** Combine the brown and red rice together in a medium size pot

with 1 cup of water. Bring to a boil, cover, and reduce heat to medium-low. Cook for 15 minutes and then add the quinoa and another cup of water. Cook for another 10 minutes or so. You may need to add another  $\frac{1}{4}$  cup water. While the grains are cooking prepare the rest of your ingredients.

Once the grains are cooked, remove from heat and allow to cool for 15 minutes. Combine all the ingredients together in a bowl and mix well. Taste and adjust seasoning. Enjoy!

### **Simple Sautéed Spinach**

*\*Serves 2*

#### **Ingredients:**

- 1.5 lbs. of baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- 1/2 fresh lemon
- 1.5 Tbsp. coconut oil
- Sea salt & fresh ground pepper to taste

**Directions:** Heat up a large sauté pan with coconut oil over med heat. Add 1/3 of the spinach to the pot and with tongs, continually turn the spinach for 1-2 minutes. Add the next 1/3 of spinach to the pot, continually turning (about 1 min). Add the final 1/3 of spinach AND the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze  $\frac{1}{2}$  lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & super healthy!

# Snacks and Such...

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## Spicy Baked Plantain Chips

*Serves 1-2*

### **Ingredients:**

- 1 green plantain
- ½ tsp. paprika
- ½ tsp. ground cumin
- ½ tsp. dried thyme
- ½ tsp. sea salt
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- 2 TB coconut oil

**Directions:** Preheat the oven to 450 F with a rack in the center of the oven. Mix all the spices together in a bowl. Peel the plantains with a knife.

Slice the plantain into thin slices (about 2mm thick). Place the plantain slices in a mixing bowl. Pour the coconut oil into the bowl and all but ½ tsp. of the spice mix. You'll use the remaining ½ tsp. once they are cooked.

Mix the slices together with the oil and spices until they are coated. Lay the slices out flat onto a baking sheet making sure none are stuck together.

Place in the oven and bake for about 7 minutes. Remove the sheet from the oven and flip the chips over one at a time. Place back in the oven and bake for another 3-5 minutes being sure not to burn the chips.

Remove from the oven. Transfer to a bowl and add the rest of the spice mix. Mix well and enjoy. Better than potato chips! ☺

## **Roasted Butternut Squash Seeds**

**Directions:** Preheat the oven to 250-300 with the rack in the middle.

Scoop the seeds out of the squash and remove as much of the stringy orange pulp as you can. Rinse the seeds.

Lay the seeds out on a plate or baking sheet to dry overnight. If you want to use them right away pat them dry with a kitchen towel.

Spread the seeds out on a baking sheet and put it in the oven and roast for 10-15 min until crispy. \*\*Keep your eyes on deck because these can burn quickly!

## **“Grab & Go” Choices:**

- Apple & 1 TB Almond Butter
- Lox salmon with sliced tomato (a few capers – optional)
- 4 oz. Sliced Nitrate-Free Turkey roll-ups with ½ sliced bell pepper (red, yellow, green)
- Greek Yogurt & Fresh Berries (blueberries, raspberries, blackberries, strawberries)



# How-To's...

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## How to Hard Boil an Egg

**Ingredients:** 4-6 eggs (you can make as many as you want at a time)

**Directions:** Fill a small sauce pot half way with water & add your eggs. Do not crowd the pot.

Bring water to a boil over med - high heat. When the water boils, remove the pot from the heat and set aside with a tight lid for 15 minutes.

Drain water and place eggs in a bowl with cold water & ice. Peel when ready to use!

## How to Bake a Sweet Potato

**Ingredients:**

- 2-4 Sweet potatoes, rinsed & dried

**Directions:** Pre-heat oven to 400° Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Please the sweet potatoes on a *rimmed* baking sheet lined with foil. Bake for about 45 minutes, or until potatoes are tender. That's it! (Serving size = 4 oz.)

## How to Steam Veggies (Broccoli, Carrots, Mixed Veg, etc.)

**Ingredients:**

- Any Vegetable of choice, cut to bite sized pieces (Broccoli, Pepper, Cauliflower, Asparagus, Carrots, etc.)
- ½ tsp. Sea Salt (Optional)



**Directions for Steaming in a Pan:**

Bring a 1/4 inch of water to a boil in a large sauté pan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

**Directions for Steaming in a Steamer Basket:** Bring an inch of water to a boil in the bottom of a pot (where you will then place your steamer basket into).

Place veggies into the steamer basket, set over the boiling water. Cover and steam until cooked to your liking (about 3-5 minutes).

## **How to Make Quinoa**

### **Ingredients:**

- 1 cup quinoa
- 2 cups water
- ½ tsp. salt

**Directions:** Rinse quinoa in a fine sieve until water runs clear. Then, drain and transfer to a medium pot. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, about 15-20 minutes. Set aside away from heat for about 5 minutes. Uncover and fluff with a fork. Will make 3 cups quinoa.

**\*\***Quinoa naturally has a protective coating, called saponins, that easily rinse off. However if not rinsed, will be bitter and may cause an upset stomach.

**\*\***If you toasted quinoa in a skillet with a little olive oil over low heat for a few minutes before adding to the boiling water, it will have an even tastier, nutty flavor.

# Desserts...

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## Lemon Bites

### **Dry Ingredients:**

- 1 ½ cup almond flour
- 1/3 cup organic raw coconut flour
- 1 - 2 pinch Himalayan pink salt

### **Wet Ingredients:**

- 6 TB organic liquid sweetener (maple syrup, coconut nectar, or raw honey)
- 1/4-1/3 cup organic lemon juice
- 1 TB organic lemon zest
- 2 tsp. organic vanilla extract
- 1/4 cup organic coconut oil (+ 1 TB, melted/liquid)

**Directions:** Add all the dry ingredients into a bowl and fold together. Next, add all the wet ingredients (EXCEPT the coconut oil) to a *separate* small bowl and mix

Slowly add the wet ingredients (EXCEPT the coconut oil) to the dry ingredients until they are mixed well. Slowly add the melted/liquid coconut oil and mix until it is blended in.

Take out about a spoonful at a time and roll them in the palms of your hand into a bite-sized ball.

Leave them plain or roll in shredded coconut flakes, almond flour, or sprinkle with coconut sugar. Put them in the refrigerator to firm for about 20-30 minutes. Keep them in the cold until ready to serve because they will get soft/mushy if left out at room temperature. Enjoy!



## **Pumpkin Pie Chia Pudding**

### **Ingredients:**

- 1.5 cups almond milk
- ½ cup pumpkin puree
- 1 scoop ID Life protein powder
- 2 TB almond butter
- 1 TB raw honey
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1/8 tsp. ground ginger
- 1/8 tsp. ground cloves
- ¼ cup chia seeds
- Sea Salt, a pinch

**Directions:** Blend all ingredients, except chia seeds, until smooth. Place the blended mixture into a reseal-able large jar (or 2 smaller jars) then add chia seeds. Seal jar and shake.

Place in refrigerator overnight or for at least 3+ hours. Feel free to shake jars once or twice in between to make sure they didn't become too gelatinous. Breakfast, snack or post workout recovery is served!

## **Cookie Dough Greek Yogurt**

### **Ingredients:**

- 1 serving vanilla Greek Yogurt (full fat)
- 1 tsp. almond butter
- 1 TB mini chocolate chips

**Directions:** Just mix together ingredients and enjoy!

## **Chocolate Chip Pumpkin Mug Cake**

(Compliments of Running with Spoons Blog)

### **Ingredients:**

- 2 TB coconut flour
- ¼ tsp. baking powder
- ¼ tsp. ground cinnamon
- 1/8 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1 TB sweetener (raw honey, maple sugar)
- ¼ cup unsweetened almond milk
- 1 egg white
- 2-3 TB pumpkin puree
- 1 TB chocolate chips

**Directions:** Add coconut flour, baking powder, and spices to a microwave-safe mug or bowl. Stir until well combined.

Add in sweetener of choice and milk, stirring until no clumps remain before adding in your egg white. Use a fork or whisk to beat the egg into the batter. Add pumpkin, mixing well to make sure that everything is fully incorporated. Fold in chocolate chips, reserving a few to sprinkle on the top.

Microwave on high for 2 ½ to 3 minutes, depending on microwave strength and thickness of mug. Remove from microwave, grab a spoon, and enjoy!

## **Salted Chocolate Coconut Pistachio Clusters**

(Compliments of PaleOMG)

### **Ingredients:**

- 1 cup mini dark chocolate chips
- 1 tsp. coconut extract
- 1 ½ cup raw pistachios
- ¼ cup unsweetened shredded coconut
- 1 pinch of Himalayan Pink Salt

### **Directions:**

Melt chocolate in a bowl (microwave or in a double boiler on the stove). Mix

in coconut extract. Fold in pistachios.

Line a plate with parchment paper. Use a spoon to scoop a spoonful of the chocolate mixture and push onto the parchment paper. Sprinkle a tiny bit of salt and sprinkle with coconut.

Repeat with all the chocolate pistachios. Makes 10-12 clusters. Place in freezer and let cool for 30 minutes or more. Once chocolate is hard, eat up. 1 cluster is a serving size. Store in the refrigerator.

# Juices & Drinks...

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## Homemade Super-Hero Juice

(Great for reducing inflammation and cell maintenance)

### **Ingredients:**

- 32 oz. Water
- 1/2 Lemon (sliced)
- 1/4 tsp. Turmeric
- 1/4 tsp. Cumin
- 1 Pinch Cayenne
- 1 Pinch Cinnamon
- 1 Pinch CoQ10 Powder (Coenzyme Q-10)

**Directions:** Mix ingredients together and drink.

## Homemade Gatorade:

### **Ingredients:**

- 33 oz. Water or Coconut Water
- 1/4 tsp. Himalayan Pink Salt
- 1/2 tsp. calcium magnesium powder or crushed tablets
- 1/4 cup of juice (lemon, lime, grape, apple, etc.)
- 1 tsp. sweetener (raw honey or stevia)

**Directions:** Mix ingredients together and drink.

## Morning Mojo: Lemon Ginger Detox

### **Ingredients:**

- 12 oz. glass water (at room temperature)
- Juice of 1/2 lemon
- Either: 1/2 inch knob ginger root OR pinch of cayenne pepper

**Directions:** Add the lemon juice to the glass of water.

If ginger: finely grate the ginger using a zester, and add the zest to the glass of water.

If cayenne pepper: add a pinch of cayenne to your water. Perfect way to start your day!

# 10 Week Transformation Challenge

## Tips for Eating Clean While Dining Out

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### **Before the Restaurant:**

- Look at the menu before you leave home and choose the items you want (check online)
- Look or ask if a 'gluten free' menu is available.
- Drink 8oz of water before you leave home
- Eat something light before you go (apple + almonds). This'll help you ward off the chip/bread bowl.

### **At the Restaurant:**

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Order your burger with no bun or on a salad
- Change it up – if meat over pasta, ask for the same but over salad instead.
- Make sure not to order anything fried
- Ask for no added salt
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

### **Items Not on the Menu:**

- ✓ You can ask for steamed vegetables as a side (add real butter or olive oil)
- ✓ You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- ✓ Ask for a lettuce wrap instead of bread or a bun

### **Food Swaps:**

Spaghetti → Spaghetti squash  
Chips → Baked sweet potato chips or beet chips or kale chips  
Fries → Baked sweet potato or carrot fries  
Rice → Cauliflower rice  
Mashed potatoes → Mashed rutabaga  
Pizza Crust → Crust made with cauliflower rice  
Baking with flour → Almond flour or coconut flour  
Salt → lemon juice (salad dressing, fish, chicken, etc.)  
Milk/Dairy → Almond milk or coconut milk  
Potatoes at breakfast → Sliced tomatoes  
Sandwich bread → Lettuce wrap  
Mayonnaise → Honey mustard or Paleo Mayo  
Sugar → Coconut sugar, honey, or stevia  
Sour cream → Greek yogurt, coconut oil, or applesauce  
Toast → Ezekiel bread  
Croutons → Sliced almonds (in salad)  
Bowl of ice cream → Small Bowl of frozen cherries or grapes

# 2016 Challenge: Grocery List Week 1

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## Vegetables:

- ☐ 1 garlic (4 cloves)
- ☐ 1 red onion
- ☐ 3 yellow onions
- ☐ 3 sweet potatoes
- ☐ 1 tomato
- ☐ 1 carrot
- ☐ 1 green pepper
- ☐ 2 red bell peppers
- ☐ 1 jalapeno (*optional*)
- ☐ Small container sprouts
- ☐ ½ cup fresh broccoli
- ☐ 5 zucchini
- ☐ 1 yellow squash
- ☐ 1 fennel bulb
- ☐ 1 head of fresh Butter Lettuce
- ☐ **Veggies** for 4 salads & 4 wraps  
(*organic as much as possible:*  
*Tomatoes, mushrooms, red peppers,*  
*cucumber, onion, carrots, broccoli,*  
*cauliflower, etc.)*)
- ☐ **Lettuce** – for 4 green salads (*I*  
*prefer arugula/spinach/mixed*  
*greens, anything EXCEPT Iceberg*)
- ☐ 3-6 cups spinach (smoothies)

## Fruit: (Organic as much as possible)

- ☐ 5 apples
- ☐ 4 Haas Avocados
- ☐ 1 mango
- ☐ 6 lemons
- ☐ 1 lime
- ☐ 2 large oranges
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ 2 bananas
- ☐ ½ cup fresh berries
- ☐ ¼ cup red seedless grapes
- ☐ **For smoothies, your choice of frozen berries** (meal plan suggests: 1.5 cups mixed berries, ½ cup blueberries, ½ cup strawberries)

## Meat & Protein:

- ☐ Small package of nitrate free bacon  
(*2 strips*)
- ☐ 3 boneless, skinless chicken breasts (12-24 oz. depending on requirements)
- ☐ 1/2 lb. ground turkey meat
- ☐ 1/2 lb. ground grass-fed beef
- ☐ 4-8 oz. precooked protein of choice (chicken, fish, turkey)
- ☐ 4-8 oz. of precooked chicken breast

## Fish & Seafood:

- ☐ 2 wild-caught tilapia fillets (*4-8 oz. each depending on protein intake*)

## Eggs:

- ☐ 10 eggs (*organic, free range, & hormone/antibiotic free if possible*)

## Nuts and Seeds:

- ☐ small container of chia seeds
- ☐ small bag almonds
- ☐ small bag raw walnuts
- ☐ small bag pumpkin seeds

### Miscellaneous:

- ☐ Almond Butter (100% almonds)
- ☐ Extra Virgin Olive Oil
- ☐ Cold-Pressed Coconut Oil
- ☐ Vanilla Extract (NO HFCS)
- ☐ 1 container Coconut milk OR almond milk
- ☐ Cacao powder (raw, unprocessed)
- ☐ Raw Honey OR Stevia
- ☐ 1 cup can of organic pumpkin
- ☐ 14 oz. can crushed tomatoes
- ☐ 8 oz. jar tomato sauce
- ☐ 1 can diced green chilies
- ☐ 3 cups Chicken stock (low-sodium)
- ☐ ½ cup Beef stock
- ☐ Aged Balsamic Vinegar
- ☐ 1 small container hummus
- ☐ Honey Mustard (organic if possible)

### Spices:

- ☐ Pink Himalayan Salt
- ☐ Ground Cumin
- ☐ Fresh Ground Pepper
- ☐ Cinnamon
- ☐ Italian seasoning (*sodium-free*)
- ☐ Dried Rosemary
- ☐ Dried Parsley
- ☐ Smoked Paprika
- ☐ Chili Powder
- ☐ Cayenne Pepper
- ☐ Granulated Garlic
- ☐ Ground Coriander

### Supplements:

- ☐ **Protein Powder** (vanilla and/or chocolate but anything without Soy (or lecithin) and has 5 ingredients or less is fine. Smoothies are interchangeable on the plan.

**\*\*\*You will have a few leftover ingredients once this week is over. Make sure to save / freeze unused ingredients for following weeks.**

# 2016 Challenge: Grocery List Week 2, 3 & 4

## Vegetables:

- ☐ 2 heads of garlic
- ☐ 1 head cauliflower
- ☐ 1 head broccoli
- ☐ 2 sweet onions
- ☐ 1 purple onion
- ☐ 1 sweet potato
- ☐ 1 cup Cherry tomatoes
- ☐ 2 tomatoes
- ☐ 3 carrots
- ☐ 2 red peppers
- ☐ 1 bunch of asparagus
- ☐ 1 jalapeno
- ☐ Small container fresh sprouts
- ☐ 2 zucchini
- ☐ 1 cucumber
- ☐ 1 large leek
- ☐ 2 celery ribs (1 head)
- ☐ 1/2 lb. Cremini mushrooms
- ☐ 1 bunch of fresh cilantro
- ☐ **Veggies** for 5 total salads & snacks  
*(organic as much as possible:  
Tomatoes, mushrooms, red peppers,  
cucumber, onion, carrots, broccoli,  
cauliflower, etc.)*
- ☐ **Lettuce** – for 5 green salads (I  
prefer arugula/spinach/mixed  
greens, anything EXCEPT Iceberg  
lettuce.)
- ☐ 2-4 large Butter Lettuce leaves (or  
Romaine) for wraps
- ☐ 8 ounces frozen spinach
- ☐ 1.75 lbs. baby spinach
- ☐ 2 cups kale

## Fruit: (Organic as much as possible)

- ☐ 2 apples
- ☐ 2 Haas Avocados
- ☐ 2 mangos
- ☐ 5 lemons
- ☐ 2 limes
- ☐ 2 kiwi
- ☐ 1 banana
- ☐ 3.5" of ginger root *(optional~mojo)*
- ☐ 1 cup fresh berries (blueberries,  
raspberries, black berries,  
strawberries)
- ☐ 1 cup frozen berries

## Meat & Protein:

- ☐ 9 ounces sliced Prosciutto di Parma *(at the deli counter)*
- ☐ 1 pound organic turkey loin
- ☐ 2 all-natural and organic pork chops (5-9 ounces each)
- ☐ 12-20 oz. precooked protein of choice (chicken, fish, turkey)

## Fish & Seafood:

- ☐ 1 lb. salmon (wild if possible)

## Eggs & Dairy:

- ☐ 9 eggs (organic, free range, & hormone/antibiotic free if possible)
- ☐ 2 servings full-fat Greek Yogurt
- ☐ OPTIONAL: Rind from a chunk of Parmesan Cheese *(for minestrone)*



### Nuts and Seeds:

- ☐ 1 Tbsp. Flax seeds
- ☐ 1.5 oz. sesame seeds
- ☐ ½ cup ground almonds (*if you want to make this you'll need 1 cup whole almonds*)
- ☐ Also- small bag almonds if you don't already have

### Miscellaneous:

- |  |   |
|--|---|
| <input type="checkbox"/> 3 cups Unsweetened Vanilla Almond Milk        | <input type="checkbox"/> 7-9 cups reduced-sodium Chicken Broth ( <i>organic if possible</i> ) |
| <input type="checkbox"/> Loaf Ezekiel Bread ( <i>freezer section</i> ) | <input type="checkbox"/> Pepperoncini peppers ( <i>1/4 cup, optional for Greek Salad</i> )    |
| <input type="checkbox"/> Almond Extract                                | <input type="checkbox"/> Kalamata olives ( <i>1/4 cup, optional for Greek Salad</i> )         |
| <input type="checkbox"/> 1 can Coconut milk                            | <input type="checkbox"/> Wholegrain Mustard   |
| <input type="checkbox"/> 2 Tbsp. Coconut flour                         | <input type="checkbox"/> Dijon mustard  |
| <input type="checkbox"/> 1 can kidney beans                            | <input type="checkbox"/> Red Wine Vinegar   |
| <input type="checkbox"/> ½ cup can of Pumpkin Puree                    | <input type="checkbox"/> 1 small can chipotle peppers in adobo sauce                          |
| <input type="checkbox"/> Maple Syrup                                   | <input type="checkbox"/> Small box uncooked quinoa  |
| <input type="checkbox"/> 14.5 oz diced tomatoes in juice               |   |
| <input type="checkbox"/> 1 Tbsp. Tomato paste                          |   |

### Spices:

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Crushed Hot Red Pepper Flakes | <input type="checkbox"/> Basil        |
| <input type="checkbox"/> Oregano                       | <input type="checkbox"/> Lemon pepper |
| <input type="checkbox"/> Bay Leaves                    | <input type="checkbox"/> Onion powder |

### Items You SHOULD ALREADY Have (replace as necessary):

- |   |   |
|---|---|
| <input type="checkbox"/> Vanilla Protein Powder       | <input type="checkbox"/> Pink Himalayan Sea Salt  |
| <input type="checkbox"/> Almond Butter (100% almonds) | <input type="checkbox"/> Freshly Ground Pepper    |
| <input type="checkbox"/> Raw Honey or Stevia          | <input type="checkbox"/> ¼ cup raw, unsalted nuts |
| <input type="checkbox"/> Cinnamon                     | <input type="checkbox"/> Extra Virgin Olive Oil   |
| <input type="checkbox"/> Chia Seeds                   | <input type="checkbox"/> Ground Cumin             |
| <input type="checkbox"/> Vanilla Extract (NO HFCS)    | <input type="checkbox"/> Pumpkin Seeds            |
| <input type="checkbox"/> Cold-Pressed Coconut Oil     | <input type="checkbox"/> Balsamic Dressing        |

# 2016 Challenge: Grocery List Week 5, 6 & 7

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## Vegetables:

- ☐ 2 heads of garlic
- ☐ 1 medium onion
- ☐ 2 tomatoes
- ☐ 1 medium carrot
- ☐ 1 green pepper
- ☐ 2 red or yellow bell peppers
- ☐ 1 cup fresh sprouts
- ☐ 1 whole fresh broccoli
- ☐ 1 small container sprouts
- ☐ 3-4 zucchini
- ☐ 1 cup Cherry tomatoes
- ☐ 1 small butternut squash
- ☐ 1 Spaghetti Squash
- ☐ **Veggies** for 4 salads/wraps + 2 snacks/sides + 3-5 cups veggies to steam as a side (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- ☐ **Lettuce** – for 3 green salads + 1-2 wraps (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- ☐ 5-6 cups organic baby spinach

## Fruit: (Organic as much as possible)

- ☐ 1 apple
- ☐ 3 Haas Avocados
- ☐ 5 lemons
- ☐ 1 lime
- ☐ 2 bananas
- ☐ 1.5 cup fresh berries (need ¼ cup blueberries, raspberries, black berries, strawberries)
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ **For smoothies, your choice of frozen berries** (meal plan suggests: ½ cup mixed berries, ½ cup blackberries, ½ cup blueberries)

## Meat & Protein:

- ☐ 1 ounce pancetta
- ☐ 4-8 ounces sliced turkey
- ☐ 8-12 oz. protein of choice (chicken, fish, turkey)
- ☐ 1 pound of grass-fed ground beef

## Fish & Seafood:

- ☐ 8-12 ounces wild-caught shrimp
- ☐ 2 trout fillets (12-16 oz total)

## Eggs & Dairy:

- ☐ 6 eggs (organic, free range, & hormone/antibiotic free if possible)
- ☐ 2 servings full-fat Greek Yogurt

### Nuts and Seeds:

- ☐ ¼ cup oat groats
- ☐ ¼ cup steel-cut oats (*gluten-free*)
- ☐ ¼ cup pecans
- ☐ ¼ cup roasted unsalted almonds
- ☐ Quinoa (if you don't have any left)

### Miscellaneous:

- ☐ Grass-Fed Butter
- ☐ 1 cup Almond milk
- ☐ ½ cup of Pure Pumpkin (can)
- ☐ Unsweetened shredded coconut
- ☐ ¼ cup sundried tomatoes

### Spices & Fresh Herbs:

- ☐ 1 Tsp. ground vanilla beans  
(*optional – for Overnight Oats*)
- ☐ 1 large bunch fresh basil
- ☐ fresh thyme

### Items You SHOULD ALREADY Have (replace as necessary):

- ☐ Protein Powder (Vanilla / Chocolate)
- ☐ Almond Butter (100% almonds)
- ☐ Ezekiel Bread (*freezer section*)
- ☐ Cold-Pressed Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Dressing (*recipe page 3*)
- ☐ Maple Syrup
- ☐ Chia seeds
- ☐ Pumpkin Seeds
- ☐ Raw Chopped Nuts / Walnuts (1/2 cup)
- ☐ Cinnamon
- ☐ Pink Himalayan Salt
- ☐ Freshly Ground Pepper

# 2016 Challenge: Grocery List Week 8, 9 &10

## Vegetables:

- ☐ 1 garlic
- ☐ 1 sweet onion
- ☐ 1 red onion
- ☐ 3 tomatoes
- ☐ 4 carrots
- ☐ 1 red bell pepper
- ☐ 1 green pepper
- ☐ Small container of fresh sprouts
- ☐ 1 sweet potato
- ☐ 1 large butternut squash (2.5-3 lbs.)
- ☐ 1 small fresh broccoli
- ☐ 1 zucchini
- ☐ 1 fennel bulb ½
- ☐ 1 jalapeno (optional- for chicken)
- ☐ 1 head Butter lettuce
- ☐ **Veggies** for 3 salads/wraps + 4 snacks (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- ☐ **Lettuce** – for 4 green salads + 1 wraps (I prefer arugula/spinach, mixed greens, anything EXCEPT Iceberg lettuce.)
- ☐ 1.75 lbs. fresh baby spinach
- ☐ 1 cup arugula

## Fruit: (Organic as much as possible)

- ☐ 4 apples
- ☐ 1 pear
- ☐ 3 Haas Avocados
- ☐ 5 lemons
- ☐ 1 lime
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ 2 bananas
- ☐ Small bag of red seedless grapes
- ☐ **For smoothies, your choice of frozen berries** (meal plan suggests: 1 cup mixed berries, ½ cup blueberries)

## Meat & Protein:

- ☐ 3/4 pound nitrate-free bacon
- ☐ 8-16 oz. pre-cooked protein of choice (chicken, fish, turkey)
- ☐ 8-16 oz. pre-cooked sliced turkey
- ☐ 1 lb. organic chicken breasts
- ☐ 8-16 oz chopped chicken breast (precooked)

## Fish & Seafood:

- ☐ 4 ounces Smoked Salmon
- ☐ 2 x 6 oz. ounces Salmon Fillets

## Eggs & Dairy:

- ☐ 6 eggs (organic, free range, & hormone/antibiotic free if possible)

## Nuts and Seeds:

- ☐ Raw walnuts (1 small bag)
- ☐ Almonds (1 small bag)
- ☐ 1/4 cup quinoa
- ☐ 1/4 cup brown rice
- ☐ 1/4 cup red rice
- ☐ 1/4 cup roasted pine nuts

### Miscellaneous:

- ☐ 1.5 cups Vanilla Unsweetened Almond Milk
- ☐ 1.5 cans Coconut milk
- ☐ 1 can chickpeas
- ☐ 1 jar roasted red peppers
- ☐ 1 jar marinated artichoke hearts
- ☐ 2 cups Chicken stock (low-sodium)

### Spices & Fresh Herbs

- ☐ Nutmeg
- ☐ Fresh cilantro
- ☐ Fresh parsley

### Items You SHOULD ALREADY Have (replace as necessary)

- ☐ Protein Powder (Vanilla / Choc)
- ☐ Extra Virgin Olive Oil
- ☐ Cold-Pressed Coconut Oil
- ☐ Almond Butter (100% almonds)
- ☐ Ezekiel Bread (*freezer section*)
- ☐ Raw Honey or Stevia
- ☐ Cinnamon
- ☐ Cumin
- ☐ Rosemary
- ☐ Pink Himalayan Salt
- ☐ Freshly Ground Pepper
- ☐ Pumpkin Seeds
- ☐ Balsamic Dressing

# 10 Week Challenge Measurements...

*"Success is the sum of small efforts, repeated day in and day out"*  
~ Robert J. Collier

Name: \_\_\_\_\_

Age: \_\_\_\_\_

## Tape Measurements:

	START DATE	END DATE	Total Change
Chest			
Waist (bb)			
Hips			
Thigh			
Bicep			
Weight			

## Body Fat Measurement:

Date:	START DATE	END DATE	Total Change
Body Fat %			

## Weight:

Date:	Weigh-In Day #1	Weigh-In End of Week 3	Weigh-In End of Week 6	Weigh-In End of Week 8	Weigh-In End of Week 10
Weight					

Total Inches Lost: \_\_\_\_\_

Total Body Fat % Lost: \_\_\_\_\_

Total Pounds Lost: \_\_\_\_\_