



Grain-Free Pumpkin Pancakes

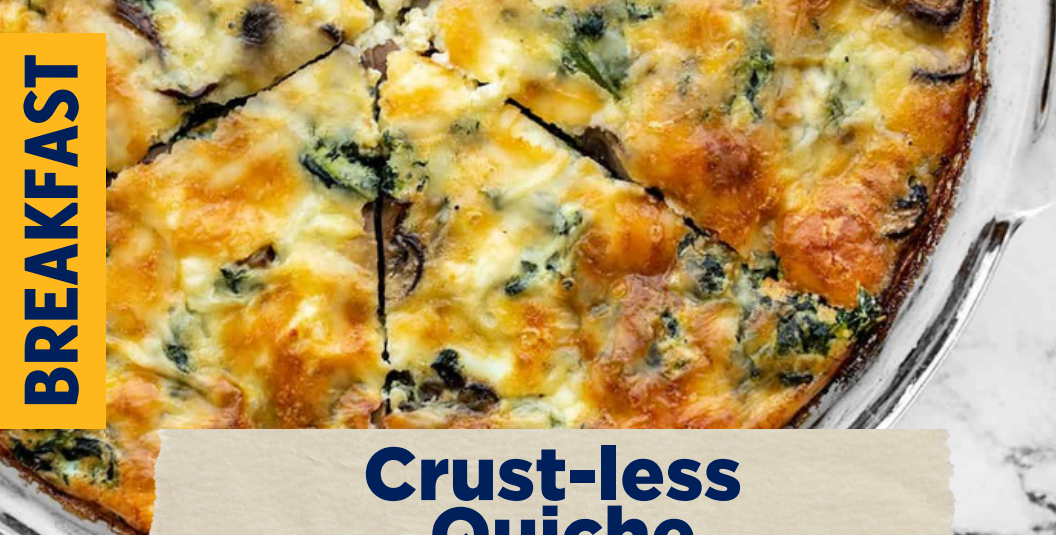
(7g Carbs, 8g Protein)

Ingredients:

- 2 eggs
- ¼ cup pumpkin puree
- 1/8 tsp cinnamon

Instructions:

Mix ingredients and cook over medium heat



Crust-less Quiche


(3g Carbs, 14g Protein)

Ingredients:

- ½ pound ground turkey or Italian sausage
- 1 cup zucchini, broccoli or spinach
- 2 roma tomatoes, seeded and chopped
- 1/3 cup shredded sharp cheddar cheese
- 2 cups better 'n eggs
- ¾ cup milk
- ¼ cup chopped onion
- 1 clove garlic •Oregano to taste
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Instructions:

1. Preheat oven to 350. Spray pie pan with non-stick cooking spray.
2. Brown meat and drain. Cover bottom of pan with meat, vegetables and tomato. Top with cheese.
3. In a small bowl, combine better 'n eggs, milk, oregano.
4. Pour over vegetables and cheese.
5. Bake 30-35 minutes or until knife inserted in center comes out clean.
6. Cool slightly before cutting.



Cauliflower “Potato” Salad (12g Carbs, 6g Protein)

Ingredients:

- 1 medium head cauliflower (about 4 cups /1 quart florets)
- 2 hard-boiled eggs
- 1 medium stalk , minced
- ½ cup chopped green pepper
- 2 green onions, chopped
- 3 tbsp carb counters instant mashers (optional)
- 1/3 mayonnaise
- 1 tbsp prepared mustard (brown or yellow)
- 1 tsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1-2 drops hot sauce or a pinch of cayenne pepper (optional)
- 1-2 tbsp raw sugar
- 2 tbsp sugar free pickle relish or dill relish, or chopped sugar free pickle
- Salt and pepper
- Fresh herbs (optional)

Instructions:

1. Break or chop the cauliflower into smallish florets. If they are too big, they're difficult to cook so that they have the right "bite" and flavor – outside tends to overcook.

2. Microwave florets in a covered container with a small amount of water, or steam on the stove.

3. Drain and put into a medium bowl. Chop the egg and add. Toss with salt and pepper. Sprinkle with the carb counter instant mashers if you're using them and toss again.

4. Mix ingredients for the dressing (mayo, lemon juice, spices, etc). Taste for the balancing of flavors you like. Mix the chopped vegetables and the dressing into the cauliflower and egg mixture.

5. Add chopped fresh herbs if you wish, chives, dill, or parsley work well. Garnish with the herb or sprinkle paprika. Chill.

Makes 8 servings



Creamy Chicken Salad

(12g Carbs, 38g Protein)


2 lbs boneless chicken, skinless chicken breast, cooked and cut into chunks. When chilled, combine sauce.

Sauce:

- ½ cup light mayonnaise
- ½ cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 tsp honey
- ½ tsp kosher salt
- ½ tsp black pepper

Instructions:

1. When combined, add 1/3 cup chopped celery and chopped almonds to taste.
2. Refrigerate to chill.
3. Serve over mixed salad greens.



Skinny BLT Avocado Wraps

Ingredients

- 3 large slices of crisp iceberg lettuce
- 1/2 head of butter lettuce
- 6 slices nitrate free bacon, cooked
- 1 avocado, thinly sliced
- 1-2 roma tomatoes, thinly sliced
- Options: sliced turkey breast

Instructions

1. Lay out one large iceberg leaf, then layer on 2 slices of butter lettuce leaves on top.
2. Top with a few slices of both tomato and avocado, then add in 2 slices of bacon.
3. I like adding sliced turkey (3-4 ounces to make a meal)
4. Fold the bottom up, the sides in, and roll like a burrito.
5. Slice in half then serve cold.



Roasted Broccoli Quinoa Salad

Ingredients

- 1 cup dry quinoa
- 2 cups water, or veggie broth
- ½ pound broccoli, cut into florets
- 1 sweet potato, chopped into ¼ - ½ inch chunks
- 1 can, 15 oz chickpeas
- 1 bunch kale, roughly chopped
- olive oil, as needed
- 1/3 cup fresh parsley
- 3 Tablespoons feta cheese
- juice from one lemon
- 1/2 Tablespoon apple cider vinegar
- 2 teaspoons maple syrup
- 3 Tablespoons olive oil
- salt and ground pepper, to taste
- crushed red pepper, to taste (optional)

Instructions

1. Preheat the oven to 425°F.
2. Rinse and drain quinoa if needed. Place quinoa and water in a medium saucepan and bring to a boil. Once boiling, reduce heat to simmer, cover and let it cook for 15 minutes. Remove from heat after 15 minutes and place quinoa in a large bowl to cool.
3. Drain and rinse your canned chickpeas. Place the chickpeas on a paper towel or hand towel to dry.

4. Toss broccoli and sweet potato chunks with enough olive oil to coat and season liberally with salt and pepper. Roast veggies at 425°F for about 20 minutes. After 20 minutes, add your kale and chickpeas to the roasting pan. Add a bit more oil, salt and pepper, if needed and toss. Roast for another 15 minutes. Stirring the veggies around at least once during the roasting process.
5. Once your veggies are nice and roasted, remove from the oven and combine them with the quinoa.
6. Chop parsley, crumble feta and add to the quinoa and vegetable mixture.
7. In a small bowl, whisk together lemon juice, vinegar and maple syrup. Gently stir in oil, and add salt, pepper and crushed red pepper flakes to taste. Toss dressing over quinoa/vegetable mixture. Taste and season with more salt and pepper before serving, if needed.
8. Store any leftovers in the fridge for 4-5 days. As the salad sits it tends to soak up the dressing and become dry. If needed, add an extra splash of lemon to brighten it back up before serving.



Quiche with Bacon, Mushrooms & Onions

Ingredients for the crust

- 1 large sweet potato
- 1 tbsp olive oil for greasing/roasting sweet potato crust
- generous pinch of fine grain sea salt for crust


Ingredients for the filling

- 8 oz fresh baby spinach chopped (a few big handfuls)
- 6 slices bacon - cut into 1 inch pieces
- 1 cup chopped white mushrooms
- 1 small onion finely chopped
- 3 cloves garlic finely chopped
- 1/2 tsp fine grain sea salt
- 6 eggs
- 1/4 cup full fat canned coconut milk
- 2 Tbsp nutritional yeast - optional***

Instructions

1. Preheat your oven to 425 degrees F. Peel your sweet potato and slice it into very thin rounds - these rounds will form the crust. Toss the rounds with the olive oil and arrange in a 9.5" pie dish, overlapping, along the bottom and up the sides. The smaller rounds near the ends of the potato work well for the side crust.
2. Sprinkle the crust with salt and roast in the preheated oven for about 25 minutes, or until soft and beginning to brown.
3. While the crust bakes, make the filling. Heat a large heavy skillet over medium-high heat and add the bacon pieces. Cook the bacon until about 3/4 of the way done, drain a little bit of the fat, and add the onions and cook with the bacon, stirring.

4. Once the onions are translucent, add the chopped mushrooms and garlic and lower the heat to medium. Continue to cook and stir about 2 more minutes until softened and toasty.
5. Stir in the chopped spinach until it wilts, then remove from heat.
6. In a large mixing bowl, whisk together the eggs, coconut milk, salt, and nutritional yeast.
7. Remove the sweet potato crust from the oven once done and lower the heat to 400 degrees F. Add the spinach mixture to the crust, then carefully pour the egg mixture over the top and allow it to settle in. You might have a bit extra - it's okay if the egg mixture "leaks" through the crust but don't allow it to get too close to the top of the dish.
8. Bake in the 400 degree oven for 25 minutes or until the center is set and the sides begin to brown. The quiche will puff up in the oven but settle once done.
9. Allow the quiche to cool and set for about 15 minutes before cutting into slices and serving. Leftovers can be stored covered in the refrigerator for up to 4 days. Enjoy!



Eggplant Pizza

(6g Carbs, 10g Protein)

Ingredients

- 2 pounds globe eggplant*
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 cup Pizza Sauce (recipe below)
- ½ cup mozzarella cheese
- ½ cup Parmesan cheese
- ¼ cup chopped fresh basil, plus more for garnish
- Kosher salt, to season

Instructions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Slice the eggplant into ¾ inch thick slices. Brush both sides with 2 tablespoons olive oil. Sprinkle the tops liberally kosher salt (about ¼ teaspoon total) and the dried oregano.
3. Place the eggplant on a baking sheet and bake for 15 to 20 minutes, until tender but still holding their shape.
4. While the eggplant roasts, make the [pizza sauce](#).
5. Top the eggplant with a thin layer of the [pizza sauce](#), then add the chopped basil, divided between the rounds. Sprinkle with mozzarella cheese and Parmesan cheese, divided between the rounds, and sprinkle the tops with a little more [kosher salt](#).
6. Broil the eggplant until the cheese is melted and lightly browned, about 3 to 5 minutes, rotating the pan as necessary for even cooking (alternatively, you can bake the pizzas until the cheese melts). Top with more fresh basil and serve.

Pizza Sauce Recipe

Ingredients

- 15 ounces crushed fire roasted tomatoes
- 1 tablespoon extra virgin olive oil
- 1 small clove garlic (1/2 medium)
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
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Instructions

1. Cut the garlic into a few rough pieces (no need to mince it).
2. Place all ingredients in a blender. Blend until fully combined.

Buffalo Chicken Meatballs

(1g Carbs, 18g Protein)

Ingredients:

- 1 lb ground white chicken meat
- ½ small onion, chopped finely
- 2 cloves garlic, minced
- ½ cup parsley, chopped
- 1-1/2 tsp paprika
- ½ tsp cayenne
- Sea salt and pepper
- ¾ cup hot sauce

Instructions:

1. Combine ground chicken, onion, garlic, parsley, paprika and cayenne in a large bowl; mix it all together with some salt and pepper.
2. After mixture is combined, roll to form meatballs the size of golf balls.
3. Coat a rimmed baking sheet with cooking spray.
4. Bake meatballs for about 15-20 minutes at 400 degrees.
5. While they are baking, heat the hot sauce in a large skillet.
6. When the meatballs are done baking in the oven, pop them into the skillet and coat with the hot sauce.



Cranberry Almond Bites

Ingredients

- 1 c. oatmeal
- 1/3 c. almonds, chopped
- 1/3 c. sweetened shredded coconut
- 1 Tbsp. ground flaxseed, optional
- 1/2 c. nut butter, peanut or almond are both good
- 1/4 c. honey
- 1 Tbsp. chia seeds
- 1/3 c. dried cranberries, roughly chopped
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Instructions

1. Bake oatmeal, almonds and coconut for 8-10 minutes at 350°, stirring after 5 minutes. Allow the mixture to cool.
2. In a medium bowl microwave the nut butter for 20-30 seconds until runny, add the baked mix along with flaxseed, honey, chia seeds and cranberries to the bowl.
3. Form into 1.5" balls and refrigerate. Store in an airtight container refrigerated for up to one week or freezer for 3 months.

FROZEN YOGURT BARK

Ingredients

- 2 cups nonfat plain yogurt
- 1/4 cup agave (honey or maple syrup are also OK to use)
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon fresh lemon juice
- pinch salt
- strawberries, sliced
- blueberries
- raspberries
- chopped pecans, for garnish

Instructions

1. Line a baking sheet with wax paper and set aside.
2. In a large mixing bowl combine yogurt, agave, vanilla, lemon juice, and salt; whisk until thoroughly combined.
3. Transfer yogurt mixture to previously prepared baking sheet and spread it around to an even thickness.
4. Top with berries.
5. Garnish with nuts (optional)
6. Freeze for 2 to 3 hours, or until firm.
7. Cut into pieces and serve.
8. Keep in the freezer.