



Fit2
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KETO

Jump Start

RECIPES

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Bullet Proof Coffee

Ingredients:

2 cups coffee, brewed & hot
1 tablespoon grass fed butter
1 scoop Complete Wellness MCT Oil Powder
1 tablespoon heavy cream
Dash cinnamon
Stevia, to taste (optional)

Instructions:

- Combine all ingredients in a blender, mix until frothy. Enjoy immediately!

Makes 1 serving

Nutrition Information: 210 calories, 22g fat, 4g carbs, 0g protein

Bullet Proof Hot Chocolate

Ingredients:

$\frac{3}{4}$ cup unsweetened almond milk
 $\frac{1}{4}$ cup heavy whipping cream
 $\frac{1}{2}$ tablespoon grass fed butter
 $\frac{1}{2}$ tablespoon coconut oil
1 tablespoon unsweetened cocoa powder
Stevia or xylitol, to taste
Dash cinnamon

Instructions:

- Combine all ingredients in a sauce pan until warm and mixed well. Once warm, place hot chocolate into a blender and mix until frothy. Enjoy immediately!

Nutrition Information: 345 calories, 40g fat, 3g carbs (1g net carb), 1g protein

MEAL 1 RECIPES





Almond Pancakes with Eggs

Ingredients:

½ cup blanched almond flour
4 ounces cream cheese
4 eggs
cinnamon, to taste
stevia, to taste
splash vanilla extract
non-stick cooking spray

Sides:

3 slices bacon, cooked
2 eggs, fried
2 tablespoons whipped cream

Instructions:

- Mix all ingredients in a blender until smooth.
- Spray griddle with non-stick cooking spray. Over medium heat divide batter to create 8 small pancakes. Allow to cook until middle begins to bubble, then flip (about 2-4 minutes). Cook for another few minutes. Makes 8 pancakes.
- Enjoy 3 pancakes topped with whipped cream with eggs and bacon on the side!

1 serving is 3 pancakes with sides

Nutrition information: 612 calories, 50g fat, 6g carbs (4g net carbs), 32g protein

*Nutrition information per pancake: 128 calories, 11g fat, 3g carbs (1g net carbs), 6g protein



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Bacon Avocado Egg Salad

Ingredients:

- 5 hard-boiled eggs, chopped
- 4 slices bacon, cooked & chopped
- ½ medium avocado, mashed
- 1 ½ tablespoon avocado oil mayo
- 2 green lettuce leaves
- Paprika, to taste
- Salt & pepper, to taste

Instructions:

- In a bowl combine chopped eggs, bacon, mashed avocado, mayo, and seasonings. Mix until well combined. Divide egg salad between lettuce leaves, roll up and enjoy!

Makes 1 serving

Nutrition information: 800 calories, 64g fat, 9g carbs (3 net carbs), 46g protein



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Bacon Cheddar Egg Puffs

Ingredients:

6 eggs
6 egg whites (2/3 cup)
6 slices bacon, cooked and crumbled
3 ounces shredded cheddar cheese
Salt & pepper to taste
2 ounces macadamia nuts
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a muffin tin with nonstick cooking spray and set aside.
- In a bowl, beat eggs and egg whites together until well combined. Season with salt and pepper to taste. Add crumbled bacon to egg mixture, stirring until mixed well.
- Pour egg and bacon mixture into muffin tin, distributing evenly. Top each muffin with shredded cheese.
- Bake in preheated oven for 20-30 minutes until set. Makes 12 puffs.
- Enjoy 4 egg puffs with macadamia nuts on the side! Save remaining puffs for later meals or share with your family.

Nutrition information: 840 calories, 74g fat, 10g carbs (5g net carbs), 38g protein



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Bacon Cheeseburger Salad

Ingredients:

5 ounces 85/15 ground beef, cooked
3 slices bacon, cooked and chopped
2 cups chopped romaine
½ cup pickles, chopped
1/3 cup shredded cheddar cheese

For dressing:

2 tablespoons avocado oil mayo
1-2 tablespoons white vinegar (to taste)
1 teaspoon mustard
½ tablespoon pickle relish (low sugar)
Dash paprika
Pinch stevia, to taste

Instructions:

- In a large bowl layer chopped romaine, pickles, cooked ground beef, bacon, and shredded cheese.
- In a small bowl mix together all the ingredients for the dressing.
- Drizzle dressing over salad and enjoy immediately!

Nutrition information: 754 calories, 63g fat, 7g carbs (6g net carbs), 43g protein



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Bacon Veggie Omelet

Ingredients:

4 eggs
2 ounces sliced mushrooms
1 cup spinach, chopped
4 slices bacon, cooked & chopped
1/3 cup shredded colby jack cheese
1 tablespoon grass fed butter
sea salt & pepper, to taste

Instructions:

- In a bowl, beat eggs together, seasoning with sea salt and pepper.
- Heat skillet to medium high heat, add butter and allow it to melt. Swirl pan to coat the bottom with the melted butter.
- Add eggs to pan and wait about 30 seconds to 1 minute. Then add mushrooms, cheese, spinach, and bacon, to one side of the eggs.
- Once the eggs begin to bubble and become firm, about 2-3 minutes, use a spatula to separate the egg from the side of the pan, flip the non-vegetable side over, folding over.
- Allow to cool a few minutes and enjoy!

Makes 1 serving

Nutrition information: 692 calories, 54g fat, 4g carbs (3g net carbs), 47g protein



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BAE

Ingredients:

4 eggs

4 slices bacon

1 tablespoon grass fed butter

100 grams avocado

Sea salt & pepper, to taste

Instructions:

- In a skillet fry bacon to desired texture. Once cooked, remove from skillet and set aside.
- In the same pan melt butter and fry eggs to desired doneness, season with sea salt and pepper to taste.
- Enjoy eggs with bacon and avocado, seasoned with sea salt, on the side.

Makes 1 serving

Nutrition information: 774 calories, 65g fat, 12g carbs (2g net carbs), 39g protein



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Canadian Bacon Egg Bakes & Macadamia Nuts

Ingredients:

12 slices Canadian bacon
12 eggs
4 ounces shredded mozzarella
sea salt & pepper, to taste
1 ¾ ounce macadamia nuts
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a muffin tin with nonstick cooking spray.
- Line each muffin opening with a slice of Canadian bacon. Crack one egg over each slice of bacon, season with salt and pepper to taste.
- Divide cheese equally and sprinkle on top of the eggs.
- Bake in preheated oven for 18-20 minutes or until eggs are set and cheese is melted.
- Enjoy 3 egg bakes with macadamia nuts on the side!

Recipe makes 12 egg bakes.

3 egg bakes with nuts = 1 Serving

Nutrition information: 717 calories, 59g fat, 10g carbs (6g net carbs), 42g protein

*Nutrition information per 1 egg bake: 133 calories, 8g fat, 1g carbs, 14g protein



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Chicken Sausage Scramble

Ingredients:

- 4 large eggs
- 1 chicken apple sausage, cut into bite size pieces
- 1/3 cup broccoli, chopped
- 1 cup spinach, chopped
- 1 tablespoon grass fed butter
- 1 ounce goat cheese, crumbled
- 3/4 medium avocado, sliced

Instructions:

- In a small bowl beat eggs.
- In a large pan over medium heat melt butter. Sauté broccoli until soft, about 5 minutes. Add eggs, sausage, and spinach.
- Scramble egg mixture until cooked through, about another 5 minutes.
- Place on plate, top with goat cheese, avocado, and allow to cool a few minutes, enjoy!

Makes 1 serving

Nutrition information: 818 calories 65g fat, 16g carbs (6g net carbs), 46g protein



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Cobb Salad

Ingredients:

3 cups romaine salad mix
3 ounces boneless skinless chicken thighs, cooked & chopped
2 eggs, hard boiled & sliced
¼ cup shredded cheddar cheese
3 slices bacon, cooked and crumbled
½ medium avocado, sliced
3 tablespoons paleo ranch dressing
salt & pepper, to taste

Instructions:

- In a large bowl layer salad, sliced hard-boiled egg, bacon, cheese, and avocado.
- Top salad with cooked chicken thighs and drizzle with ranch, enjoy!

Makes 1 serving

Nutrition information: 813 calories, 64g fat, 14g carbs (8g net carbs), 48g protein



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Coconut Waffles with Peanut Butter

Ingredients:

- 4 ounces cream cheese, softened
- 4 eggs
- 1 tablespoon grass fed butter, melted
- 3 tablespoons shredded unsweetened coconut
- ½ teaspoon coconut extract
- 1 teaspoon vanilla extract
- 1 tablespoon stevia
- 4 tbs. coconut flour
- 1 ½ tsp. baking powder
- 2 tablespoons natural peanut butter, melted

Instructions:

- Preheat a waffle iron.
- While waffle iron is heating, combine all the ingredients for the waffles, except for the shredded coconut and peanut butter, in a blender or food processor. Blend until smooth.
- Fold in shredded coconut.
- Spray waffle iron with nonstick cooking spray, pour about 1/8 to ¼ cup batter in waffle iron. Cook according to your waffle iron time, or until set and fluffy.
- Enjoy 2/3 of recipe yield (about 2 Belgian waffles). Drizzle with melted peanut butter over waffles!

Waffle recipe makes 3 Belgian waffles.

Nutrition information per serving: 850 calories, 69g fat, 21g carbs (11g net carbs), 31g protein

Nutrition information per waffle: 325 calories, 42g fat, 8g carbs (4g net carbs), 12g protein



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Cream Cheese Pancakes with Bacon & Eggs

Ingredients:

4 ounces cream cheese, softened
4 eggs
2 scoops Complete Wellness vanilla MCT oil powder
1 teaspoon vanilla extract
¼ teaspoon cinnamon
Stevia, to taste
non-stick cooking spray

Side Ingredients:

2 eggs, cooked
3 slices bacon, cooked
1 tablespoon grass fed butter
½ cup strawberry halves

Instructions:

- Place all the ingredients in the blender, blend until smooth. Set aside.
- Heat a griddle to medium high heat, spray with nonstick cooking spray. Pour about 1/8 cup of batter onto griddle, batter will be very runny so leave enough space between pancakes to spread.
- Cook until edges begin to become solid, about 3-4 minutes. Flip and allow to cook another 2-3 minutes.
- Enjoy 4 pancakes topped with butter & strawberries, with eggs and bacon on the side.

Makes about 8 pancakes.

Pancakes + sides = 1 serving

Nutrition information: 771 calories, 63g fat, 12g carbs (10g net carbs), 38g protein



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Dijon Mustard Chicken Salad

Ingredients:

3 cup chopped romaine
5 ½ ounces chicken thighs, cooked
¾ medium avocado, diced
2 tablespoons Dijon mustard
2 tablespoons olive oil
2 tablespoons apple cider vinegar
garlic powder, to taste
salt & pepper, to taste

Instructions:

- In a large bowl layer romaine and avocado.
- In a small bowl toss chicken with Dijon mustard and seasonings until well coated. Place chicken on top of salad.
- In a separate small bowl combine olive oil and vinegar. Drizzle over salad and enjoy!

Makes 1 serving

Nutrition information: 747 calories, 56g fat, 14g carbs (3g net carbs), 41g protein



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Prosciutto Lettuce Wraps & Macadamia Nuts

Ingredients:

- 2 romaine lettuce leaves
- 2 ounces cream cheese
- 2 large slices prosciutto
- 4 slices bacon, cooked
- 2 tablespoons shredded cheddar cheese
- 1 ½ ounces macadamia nuts

Instructions:

- Spread half of the cream cheese on each lettuce leaf. Divide prosciutto, bacon, and shredded cheese between each lettuce leaf. Roll up.
- Enjoy wraps with macadamia nuts on the side.

Makes 1 serving

Nutrition information: 744 calories, 66g fat, 9g carbs (4g net carbs), 37g protein



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Salmon Roll-Up with Cucumbers & Ranch Dressing

Ingredients:

6 ounces smoked salmon, cut into 3 pieces
3 ounces cream cheese
1 cup cucumbers, sliced
2 tablespoons paleo ranch dressing

Instructions:

- Spread cream cheese on each slice of smoked salmon. Roll up and set aside.
- Enjoy salmon roll ups with cucumbers and ranch on the side!

Makes 1 serving

Nutrition information: 762 calories, 60g fat, 9g carbs (8g net carbs), 46g protein



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Salmon Stuffed Avocado

Ingredients:

- 1 ½ medium avocados
- 5 ounces canned wild caught salmon, in water
- 2 ½ tablespoons avocado oil mayo
- Garlic powder, to taste
- Salt & pepper, to taste

Instructions:

- In a small bowl, combine salmon, mayo, garlic powder, salt, and pepper.
- Scoop salmon mixture into avocado halves. Enjoy immediately!

Makes 1 serving

Nutrition information: 753 calories, 63g fat, 18g carbs (3g net carbs), 37g protein



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Taco Salad

Ingredients:

- 6 ounces 85/15 ground beef
- 2 teaspoons taco seasoning (no sugar added)
- 3 cups fresh spinach
- 3 tablespoons blue cheese crumbles
- 1 green onion stalk, chopped
- 1 tablespoon sour cream
- 2 tablespoons guacamole
- 3 tablespoons paleo ranch dressing

Instructions:

- In a medium pan, brown ground beef with taco seasoning until cooked through, about 8-10 minutes.
- In a large bowl layer spinach, cooked ground beef, green onion, and blue cheese crumbles. Top with sour cream, guacamole and drizzle with ranch. Enjoy!

Makes 1 serving

Nutrition information: 772 calories, 63g fat, 11g carbs (7g net carbs), 40g protein



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Bacon Burger & Roasted Broccoli

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Ingredients:

6 ounces 85/15 ground beef formed into a patty
2 slices bacon, cooked
1 slice cheddar cheese
1 lettuce leaf
3 cups broccoli, chopped
2 tablespoons olive oil
sea salt, to taste
pepper, to taste
paprika, to taste
garlic powder, to taste
non-stick cooking spray

Instructions:

- Preheat oven to 425 degrees Fahrenheit. Spray a baking sheet with non-stick cooking spray, set aside.
- In a bowl, toss broccoli with olive oil, and season to taste. Toss until well coated. Spread on baking sheet in a single layer, careful no pieces overlap.
- Bake in preheated oven for 10-12 minutes, or until soft, stirring once half way through.
- Meanwhile, season ground beef patty on each side to desire. Grill over medium heat for about 4 ½ to 5 minutes each side or until it reaches an internal temperature of 160 degrees Fahrenheit.
- Top burgers with cheese and bacon then wrap in lettuce. Enjoy with roasted broccoli on the side!

Makes 1 serving

Nutrition information: 862 calories, 67g fat, 18g carbs (11g net carbs), 50g protein



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Baked Italian Pork Chops with Broccoli

Ingredients:

7 ounces pork chop
2 ½ tablespoons grass fed butter
1 teaspoon Italian seasoning
½ teaspoon minced garlic
2 cups broccoli, chopped
Salt & pepper, to taste
¼ cup water
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a small baking sheet with non-stick cooking spray.
- Season both sides of pork chop with salt and pepper. Place in baking dish and sprinkle Italian seasoning over the top of the pork chop. Top with 1 tablespoon of butter then pour ¼ cup of water into the bottom of the baking dish.
- Cover baking dish with foil, tightly pinching edges closed. Bake for 45 minutes, remove foil, then continue baking for 15-20 minutes, or until pork reaches internal temperature of 160 degrees.
- Meanwhile, melt remaining butter in a skillet over medium heat. Add broccoli, garlic, and season with salt and pepper to taste. Sauté until broccoli is to desired tenderness.
- Enjoy pork chop with broccoli on the side.

Makes 1 serving

Nutrition information: 723 calories, 54g fat, 12g carbs (7g net carbs) 49g protein



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Beef Fajita Bowl

Ingredients:

5 ounces flank steak, cut into strips
2 cups riced cauliflower
¼ cup onion, chopped
¼ cup bell peppers, chopped
1/3 cup shredded cheddar cheese
2 tablespoons butter
2 tablespoons guacamole
2 tablespoon sour cream
1 tablespoon pico de gallo
Sea salt & pepper, to taste
Chili powder, to taste

Instructions:

- In a large skillet or wok melt 1 tablespoon butter over medium heat. Once butter is melted add in steak, seasonings, onion, and bell peppers. Sauté until onions are translucent, peppers are soft, and steak is cooked to desired doneness. Set aside.
- Melt remaining butter in pan and add riced cauliflower, stir constantly until cauliflower just begins to darken in color, about 3 minutes. Remove from heat and place in large bowl.
- Top with steak, vegetables, and sprinkle with cheese. Top with sour cream, pico, and guacamole. Enjoy immediately!

Makes 1 serving

Nutrition information: 731 calories, 52g fat, 19g carbs (11g net carbs), 44g protein



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Beef & Green Bean Stir Fry

Ingredients:

8 ounces flank steak, cut into bite size pieces
1 tablespoon coconut aminos
2 tablespoons avocado oil
½ teaspoon minced garlic
2 cups green beans, trimmed
¼ cup water
1 tablespoon sesame oil
¼ teaspoon red pepper flakes
sea salt & pepper, to taste

Instructions:

- In a medium wok over medium heat drizzle ½ tablespoon of avocado oil and add minced garlic and flank steak. Sauté until steak is cooked to desired doneness. Once cooked, remove from heat and set aside.
- In the same wok, add the remaining avocado oil, green beans and stir-fry for another 1 minute. Add the water and immediately cover with a lid. Allow the green beans to steam for 3 to 4 minutes, or until they are just soft and the water has evaporated.
- Return the beef to the pan. Add sesame oil, seasonings, and coconut aminos. Stir so that everything is well coated, then remove from heat.
- Place on plate and enjoy!

Makes 1 serving

Nutrition information: 785 calories, 56g fat, 17g carbs (11g net carbs), 52g protein



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Cheeseburger & Roasted Asparagus

Ingredients:

7 ounces 85/15 ground beef
2 sliceS cheddar cheese
2 cup asparagus
1 ½ tablespoons butter, melted
Garlic powder, to taste
Salt & pepper, to taste
parchment paper

Instructions:

- Preheat oven to 475 degrees Fahrenheit. Line a baking sheet with parchment paper.
- In a bowl combine asparagus, butter, and seasonings. Toss until well coated. Lay on baking sheet, careful no pieces overlap. Cook in preheated oven for 10-15 minutes until soft.
- Meanwhile, combine ground beef with seasonings and form into two patties. Grill burger patties to desired doneness. Once burgers are cooked to desire, top with cheddar cheese. Serve with asparagus on the side. Enjoy!

Makes 1 serving

Nutrition Information: 784 calories, 62g fat, 10g carbs (4g net carbs), 53g protein



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Chicken Pizza with Roasted Asparagus

Ingredients:

- | | |
|-----------------------------------------------------------|-----------------------------|
| 2 (2 ½ ounce) chicken breasts,
pounded to ½ inch thick | 1 ½ cup asparagus |
| 2 tablespoons low carb pizza sauce | 1 ½ tablespoons olive oil |
| 1/3 cup shredded mozzarella | garlic powder, to taste |
| 2 ounces ground pork sausage, cooked | Italian seasoning, to taste |
| 8 pepperonis | Salt & pepper, to taste |
| | non-stick cooking spray |

Instructions:

- Preheat oven to high broil. Spray a baking sheet with non-stick cooking spray, set aside.
- Season chicken breasts with garlic powder, Italian seasoning, salt, and pepper on each side, using fingers to rub seasonings in.
- Place chicken breasts on baking sheet, bake in oven for 7-8 minutes. Flip chicken breasts and bake for another 4-5 minutes or until chicken is cooked through and reaches an internal temperature of 165 degrees Fahrenheit.
- Remove chicken from oven and spread pizza sauce on each chicken breast. Sprinkle with cheese and top with ground sausage and pepperonis.
- Place chicken back in oven and bake another 2-3 minutes or until cheese is melted. Remove from oven and allow to cool on a plate.
- Turn oven down to 475 degrees Fahrenheit. Spray another baking sheet with non-stick cooking spray, set aside.
- In a bowl toss asparagus with olive oil, salt, and pepper. Place on baking sheet or in pan, careful that no pieces overlap. Bake in preheated oven for 10-15 minutes, or until asparagus is softened.
- Serve with chicken pizzas and enjoy!

Makes 1 serving

Nutrition Information: 775 calories, 56g fat, 13g carbs (7g net carbs), 59g protein



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Chicken Zucchini Pesto

Ingredients:

- 5 ounces boneless, skinless chicken thigh, cubed
- 6 ounces zucchini, spiralized (zoodles)
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 3 tablespoons pesto
- 3 tablespoons chopped walnuts

Instructions:

- In a medium skillet over medium high heat drizzle $\frac{1}{2}$ tablespoon of olive oil and sauté minced garlic until fragrant. Add chicken and cook until chicken is white and cooked through, about 6-8 minutes. Set aside.
- In the same skillet add remaining olive oil and add zoodles. Sauté until bright green and just soft, about 5 minutes. Remove from heat.
- Add chicken breast and pesto to zoodles. Toss until well coated. Sprinkle with walnuts and enjoy immediately.

Makes 1 serving

Nutrition information: 783 calories, 62g fat, 12g carbs (9g net carbs), 44g protein



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Chinese "Fried Rice" with Macadamia Nuts

Ingredients:

2 ½ cups riced cauliflower
1 ½ tablespoons olive oil
1 green onion
½ tsp minced garlic
1 tablespoon coconut aminos
1 tablespoon sesame oil
1 egg, beaten
4 ounces shrimp
dash of ground ginger
sea salt
1/3 cup macadamia nuts

Instructions:

- Over medium high, heat olive oil in a skillet, rotating the pan so the oil coats the bottom. Stir fry garlic and the whites of the green onion. Watch closely so it doesn't burn, about 2-3 minutes.
- Add shrimp. Stir fry until pink and cooked through.
- Add cauliflower rice; fry for about 4-5 minutes stirring constantly so it doesn't become mushy.
- Add in ginger, coconut aminos, sesame oil, and onion greens.
- Push the "rice mixture" to one side of the pan. Pour in egg into the other side; scramble and cook until still moist. Mix the eggs into the "rice" breaking up large chunks.
- Enjoy stir fry with macadamia nuts as a side!

Makes 1 serving

Nutrition information: 839 calories, 72g fat, 21g carbs (12g net carbs), 43g protein



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Flat Iron Steak Skewers & Zucchini

Ingredients:

10 ounces flat iron steak, cubed
3 cups zucchini
2 ½ tablespoons butter
sea salt, to taste
pepper, to taste
cumin, to taste
paprika, to taste

Instructions:

- Toss steak in 1 tablespoon of melted butter. Add seasonings and continue tossing until well coated. Place on skewers.
- Over medium heat, grill steak skewers to desired doneness.
- While steak cooks, sauté zucchini with remaining butter, and season to taste. Cook until bright green and slightly tender, about 5-8 minutes.
- Enjoy skewers with zucchini on the side.

Makes 1 serving

Nutrition information: 804 calories, 60g fat, 11g carbs (7g net carbs), 57g protein



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Grilled Ribeye & Buttery Asparagus

Ingredients:

9 ounce ribeye steak
2 ½ tablespoons butter
3 cups asparagus, steamed
paprika, to taste
cumin, to taste
garlic powder, to taste
salt & pepper, to taste

Instructions:

- Season steak with suggested seasonings on each side, using fingers to rub in.
- Grill over medium heat to desired doneness.
- Steam asparagus until desired tenderness. In a bowl combine asparagus with 1 ½ tablespoons of melted butter, salt, and pepper. Toss until well coated.
- Serve steak topped with remaining butter and asparagus on the side.

Makes 1 serving

Nutrition information: 758 calories, 57g fat, 16g carbs (8g net carbs), 56g protein



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Lemon Basil Salmon

Ingredients:

7 ounces salmon filet	1 ½ cups green beans, steamed
1 ½ ounces cream cheese	2 tablespoons grass fed butter
1 tablespoon basil, chopped	½ tablespoons lemon juice
½ teaspoon lemon zest	¼ cup chicken bone broth
½ teaspoon minced garlic	½ teaspoon arrowroot powder
sea salt and pepper, to taste	non-stick cooking spray
1 cup fresh spinach	

Instructions:

- Preheat oven to 450 degrees Fahrenheit. Spray a baking sheet with non-stick cooking spray and set aside.
- Season salmon with sea salt and pepper on both sides.
- In a small bowl combine cream cheese, basil, lemon zest, and garlic.
- Spread the cream cheese mixture inside each salmon filet.
- Bake in preheated oven for 12-15 minutes or until salmon is cooked through and flaking (145 degrees Fahrenheit.).
- Meanwhile, in a sauce pan melt ½ tablespoon butter over medium heat. Add chicken bone broth, lemon juice, and arrowroot powder. Heat until sauce thickens, roughly 5 minutes.
- In a small skillet melt ½ tablespoon of butter and add spinach. Sauté until just wilted and remove from heat.
- Once salmon is done serve with green beans, tossed with remaining butter, then top with spinach lemon butter sauce. Enjoy!

Makes 1 serving

Nutrition Information: 809 calories, 61g fat, 15g carbs (10g net carbs), 50g protein



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Mexican Chicken

Ingredients:

- 8 ounces boneless skinless chicken thigh, chopped in bite size pieces
- 2 ½ tablespoons olive oil
- 2 teaspoons taco seasoning (no sugar added)
- 1/3 cup red enchilada sauce
- 2 tablespoons diced green chilies
- 3 tablespoons chopped black olives
- 1/3 cup shredded mozzarella cheese
- 1 ½ cup asparagus, steamed

Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- While oven preheats, heat 1 ½ tablespoons of olive oil in a medium skillet over medium high heat. Add in chopped chicken and season with taco seasoning. Sauté until no longer pink and cooked through, about 8 minutes.
- Place chicken in a greased 8x8 baking dish. Add enchilada sauce and toss chicken until well coated. Sprinkle with cheese, olives, and green chilies. Bake in preheated oven for 10-15 minutes, until cheese is melted and sauce is bubbling.
- Meanwhile, steam asparagus. Once soft, toss with remaining olive oil.
- Remove Mexican chicken from oven and allow to cool about 10 minutes. Enjoy with asparagus on the side.

Makes 1 serving

Nutrition information: 819 calories, 59g fat, 19g carbs (13g net carbs), 57g protein



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Moco Loco

Ingredients:

5 ounces 85/15 ground beef, cooked and seasoned to taste
2 cups riced cauliflower
½ cup mushrooms, sliced
1 ½ tablespoons butter
1/3 cup shredded cheddar cheese
¼ cup brown gravy, heated to desired temperature
1 egg

Instructions:

- In a medium pan over medium heat melt ½ tablespoon butter. Once melted add cauliflower and mushrooms. Sauté until softened. Remove from heat.
- Using the same skillet melt the remaining butter, break egg and cook over easy. Remove from heat.
- In a large bowl combine sautéed vegetables, ground beef, gravy, cheddar cheese, and top with egg. Enjoy!

Makes 1 serving

Nutrition information: 721 calories. 54g fat, 15g carbs (9g net carbs) 49g protein



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Ribeye Steak & Broccoli

Ingredients:

8 ounce ribeye steak
2 ½ cups chopped broccoli
2 tablespoons butter
½ teaspoon minced garlic
salt & pepper, to taste
cumin, to taste
garlic salt, to taste

Instructions:

- Season steak on both sides with garlic salt and cumin, use fingers to rub seasoning in. Grill over medium high heat to desired doneness.
- In a skillet over medium heat melt 1 tablespoon of butter, add garlic, seasonings, and broccoli. Sauté a few minutes until well coated in butter and seasonings. Add 2-3 tablespoons of water and cover, allow to steam until soft, about 8 minutes.
- Serve steak topped with remaining butter. Enjoy with broccoli on the side.

Makes 1 serving

Nutrition information: 737 calories, 51g fat, 15g carbs (9g net carbs), 52g protein



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Shrimp & Chicken Sausage with Fried Cabbage

Ingredients:

- 2 ½ polish sausage links, cut into bite size pieces
- 3 ounces shrimp, deveined & tails removed
- 2 cups shredded cabbage
- ½ cup sliced mushrooms
- 1 teaspoon chopped garlic
- 2 tablespoons avocado oil
- 2 tablespoons red wine vinegar
- Salt & pepper, to taste
- Paprika, to taste
- Red pepper flakes, to taste

Instructions:

- In a large skillet over medium heat add 1 tablespoon of avocado oil and garlic. Sauté until fragrant.
- Add polish sausage and shrimp. Sauté until sausage is slightly browned and shrimp is white and begins curling in slightly.
- Add cabbage, mushrooms, red wine vinegar, remaining avocado oil, and seasonings. Toss until well coated with seasonings. Continuing stirring and tossing until cabbage begins to wilt and mushrooms brown slightly.
- Remove from heat and allow to cool a few minutes. Place in a bowl and enjoy!

Makes 1 serving

Nutrition information: 808 calories, 58g fat, 17g carbs (15g net carbs), 45g protein





Thai Skillet

Ingredients:

6 ounces 85/15 ground beef
1 tablespoon olive oil
1 cup red bell peppers, diced
1 teaspoon minced garlic
½ teaspoon minced ginger
½ teaspoon red pepper flakes
1 ½ tablespoons natural peanut butter
1 tablespoon lime juice
1 tablespoon coconut aminos
1 tablespoon sesame oil
¼ cup cilantro, chopped
3 romaine lettuce leaves

Instructions:

- Brown ground beef in a large non-stick skillet over medium high heat until cooked through and no longer pink, about 8 minutes. Remove from pan and set aside. Leave grease in pan for the next step.
- In the same skillet add olive oil (if needed), bell pepper, garlic, and ginger. Sauté over medium heat until peppers soften, about 4 minutes.
- Meanwhile, whisk together peanut butter, lime juice, coconut aminos, and sesame oil in a small bowl.
- Once peppers are soft, add ground beef back to pan. Add peanut butter mixture, red pepper flakes, and cilantro. Mix until well coated.
- Serve in lettuce leaves and enjoy!

Makes 1 serving

Nutrition information: 798 calories, 65g fat, 16g carbs (9g net carbs), 39g protein



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Bullet Proof Coffee

Ingredients:

2 cups coffee, brewed & hot
1 tablespoon grass fed butter
1 scoop Complete Wellness MCT Oil Powder
1 tablespoon heavy cream
Dash cinnamon
Stevia, to taste (optional)

Instructions:

- Combine all ingredients in a blender, mix until frothy. Enjoy immediately!

Makes 1 serving

Nutrition Information: 210 calories, 22g fat, 4g carbs, 0g protein

Bullet Proof Hot Chocolate

Ingredients:

$\frac{3}{4}$ cup unsweetened almond milk
 $\frac{1}{4}$ cup heavy whipping cream
 $\frac{1}{2}$ tablespoon grass fed butter
 $\frac{1}{2}$ tablespoon coconut oil
1 tablespoon unsweetened cocoa powder
Stevia or xylitol, to taste
Dash cinnamon

Instructions:

- Combine all ingredients in a sauce pan until warm and mixed well. Once warm, place hot chocolate into a blender and mix until frothy. Enjoy immediately!

Makes 1 serving

Nutrition Information: 345 calories, 40g fat, 3g carbs (1g net carb), 1g protein





Almond Pancakes with Eggs

Ingredients:

½ cup blanched almond flour
4 ounces cream cheese
4 eggs
cinnamon, to taste
stevia, to taste
splash vanilla extract
non-stick cooking spray

Sides:

3 slices bacon, cooked
2 eggs, fried
2 tablespoons whipped cream

Instructions:

- Mix all ingredients in a blender until smooth.
- Spray griddle with non-stick cooking spray. Over medium heat divide batter to create 8 small pancakes. Allow to cook until middle begins to bubble, then flip (about 2-4 minutes). Cook for another few minutes. Makes 8 pancakes.
- Enjoy 2 pancakes topped with whipped cream with eggs and bacon on the side!

1 serving is 2 pancakes with sides

Nutrition information: 612 calories, 50g fat, 6g carbs (4g net carbs), 32g protein

*Nutrition information per pancake: 128 calories, 11g fat, 3g carbs (1g net carbs), 6g protein



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Bacon Avocado Egg Salad

Ingredients:

- 4 hard-boiled eggs, chopped
- 3 slices bacon, cooked & chopped
- 1/3 medium avocado, mashed
- 1 tablespoon avocado oil mayo
- 2 green lettuce leaves
- Paprika, to taste
- Salt & pepper, to taste

Instructions:

- In a bowl combine chopped eggs, bacon, mashed avocado, mayo, and seasonings. Mix until well combined. Divide egg salad between lettuce leaves, roll up and enjoy!

Makes 1 serving

Nutrition information: 598 calories, 47g fat, 7g carbs (3 net carbs), 36g protein



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Bacon Cheddar Egg Puffs

Ingredients:

6 eggs
6 egg whites (2/3 cup)
6 slices bacon, cooked and crumbled
3 ounces shredded cheddar cheese
Salt & pepper to taste
1 ½ ounces macadamia nuts
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a muffin tin with nonstick cooking spray and set aside.
- In a bowl, beat eggs and egg whites together until well combined. Season with salt and pepper to taste. Add crumbled bacon to egg mixture, stirring until mixed well.
- Pour egg and bacon mixture into muffin tin, distributing evenly. Top each muffin with shredded cheese.
- Bake in preheated oven for 20-30 minutes until set.
- Enjoy 3 egg puffs with macadamia nuts on the side! Save remaining puffs for later meals or share with your family.

Makes 12 puffs.

Nutrition information: 630 calories, 56g fat, 7g carbs (3g net carbs), 28g protein



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Bacon Cheeseburger Salad

Ingredients:

4 ounces 85/15 ground beef, cooked
2 slices bacon, cooked and chopped
2 cups chopped romaine
½ cup pickles, chopped
¼ cup shredded cheddar cheese

For dressing:

2 tablespoons avocado oil mayo
1-2 tablespoons white vinegar (to taste)
1 teaspoon mustard
½ tablespoon pickle relish (low sugar)
Dash paprika
Pinch stevia, to taste

Instructions:

- In a large bowl layer chopped romaine, pickles, cooked ground beef, bacon, and shredded cheese.
- In a small bowl mix together all the ingredients for the dressing.
- Drizzle dressing over salad and enjoy immediately!

Makes 1 serving

Nutrition information: 628 calories, 54g fat, 7g carbs (6g net carbs), 34g protein



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Bacon Veggie Omelet

Ingredients:

3 eggs
2 ounces sliced mushrooms
1 cup spinach, chopped
3 slices bacon, cooked & chopped
1/3 cup shredded colby jack cheese
1 tablespoon grass fed butter
sea salt & pepper, to taste

Instructions:

- In a bowl, beat the eggs together, seasoning with sea salt and pepper.
- Heat skillet to medium high heat, add butter and allow it to melt. Swirl pan to coat the bottom with the melted butter.
- Add eggs to pan and wait about 30 seconds to 1 minute. Then add mushrooms, cheese, spinach, and bacon, to one side of the eggs.
- Once the eggs begin to bubble and become firm, about 2-3 minutes, use a spatula to separate the egg from the side of the pan, flip the non-vegetable side over, folding over.
- Allow to cool a few minutes and enjoy!

Makes 1 serving

Nutrition information: 582 calories, 46g fat, 4g carbs (3g net carbs), 38g protein



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BAE

Ingredients:

3 eggs

4 slices bacon

½ tablespoon butter

75 grams avocado

Sea salt & pepper, to taste

Instructions:

- In a skillet fry bacon to desired texture. Once cooked, remove from skillet and set aside.
- In the same pan melt butter and fry eggs to desired doneness, season with sea salt and pepper to taste.
- Enjoy eggs with bacon and avocado, seasoned with sea salt, on the side.

Makes 1 serving

Nutrition information: 596 calories, 49g fat, 9g carbs (1g net carbs), 32g protein



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Canadian Bacon Egg Bakes & Macadamia Nuts

Ingredients:

12 slices Canadian bacon
12 eggs
4 ounces shredded mozzarella
sea salt & pepper, to taste
1 ounce macadamia nuts
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a muffin tin with nonstick cooking spray.
- Line each muffin opening with a slice of Canadian bacon. Crack one egg over each slice of bacon, season with salt and pepper to taste.
- Divide cheese equally and sprinkle on top of the eggs.
- Bake in preheated oven for 18-20 minutes or until eggs are set and cheese is melted.
- Enjoy 3 egg bakes with macadamia nuts on the side!

Recipe makes 12 egg bakes.

3 egg bakes with nuts = 1 Serving

Nutrition information: 565 calories, 42g fat, 7g carbs (5g net carbs), 40g protein

*Nutrition information per 1 egg bake: 133 calories, 8g fat, 1g carbs, 14g protein



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Chicken Sausage Scramble

Ingredients:

- 3 large eggs
- 1 chicken apple sausage, cut into bite size pieces
- 1/3 cup broccoli, chopped
- 1 cup spinach, chopped
- 1 tablespoon grass fed butter
- 1 ounce goat cheese, crumbled
- 1/2 medium avocado, sliced

Instructions:

- In a small bowl beat eggs.
- In a large pan over medium heat melt butter. Sauté broccoli until soft, about 5 minutes. Add eggs, sausage, and spinach.
- Scramble egg mixture until cooked through, about another 5 minutes.
- Place on plate, top with goat cheese, avocado, and allow to cool a few minutes, enjoy!

Makes 1 serving

Nutrition information: 690 calories 55g fat, 13g carbs (6g net carbs), 39g protein



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Cobb Salad

Ingredients:

3 cups romaine salad mix
3 ounces boneless skinless chicken thighs, cooked & chopped
2 eggs, hard boiled & sliced
¼ cup shredded cheddar cheese
3 slices bacon, cooked and crumbled
1/3 medium avocado, sliced
2 tablespoons paleo ranch dressing
salt & pepper, to taste

Instructions:

- In a large bowl layer salad, sliced hard-boiled egg, bacon, cheese, and avocado.
- Top salad with cooked chicken thighs and drizzle with ranch, enjoy!

Makes 1 serving

Nutrition information: 703 calories, 53g fat, 11g carbs (7g net carbs), 47g protein



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Coconut Waffles with Peanut Butter

Ingredients:

- 4 ounces cream cheese, softened
- 4 eggs
- 1 tablespoon butter, melted
- 3 tablespoons shredded unsweetened coconut
- ½ teaspoon coconut extract
- 1 teaspoon vanilla extract
- 1 tablespoon stevia
- 4 tbs. coconut flour
- 1 ½ tsp. baking powder
- 2 tablespoons peanut butter, melted

Instructions:

- Preheat a waffle iron.
- While waffle iron is heating, combine all the ingredients for the waffles, except for the shredded coconut and peanut butter, in a blender or food processor. Blend until smooth.
- Fold in shredded coconut.
- Spray waffle iron with nonstick cooking spray, pour about 1/8 to ¼ cup batter in waffle iron. Cook according to your waffle iron time, or until set and fluffy.
- Enjoy half of the recipe yield (about 1 ½ Belgian waffle.) Drizzle with melted peanut butter!

Waffle recipe makes 3 Belgian waffles.

Nutrition information per serving: 687 calories, 56g fat, 17g carbs (9g net carbs), 25g protein

Nutrition information per waffle: 325 calories, 42g fat, 8g carbs (4g net carbs), 12g protein



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Cream Cheese Pancakes with Bacon & Eggs

Ingredients:

4 ounces cream cheese, softened
4 eggs
2 scoops Complete Wellness vanilla MCT oil powder
1 teaspoon vanilla extract
¼ teaspoon cinnamon
Stevia, to taste
non-stick cooking spray

Side Ingredients:

2 eggs, cooked
2 slices bacon, cooked
1 tablespoon butter
½ cup strawberry halves

Instructions:

- Place all the ingredients in the blender, blend until smooth. Set aside.
- Heat a griddle to medium high heat, spray with nonstick cooking spray. Pour about 1/8 cup of batter onto griddle, batter will be very runny so leave enough space between pancakes to spread.
- Cook until edges begin to become solid, about 3-4 minutes. Flip and allow to cook another 2-3 minutes.
- Enjoy 3 pancakes topped with butter & strawberries, with eggs and bacon on the side.

Makes about 8 pancakes.

Pancakes + sides = 1 serving

Nutrition information: 635 calories, 52g fat, 11g carbs (9g net carbs), 31g protein



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Dijon Mustard Chicken Salad

Ingredients:

2 cup chopped romaine
5 ounces chicken thighs, cooked
½ medium avocado, diced
2 tablespoons Dijon mustard
1 ½ tablespoons olive oil
1 tablespoon apple cider vinegar
garlic powder, to taste
salt & pepper, to taste

Instructions:

- In a large bowl layer romaine and avocado.
- In a small bowl toss chicken with Dijon mustard and seasonings until well coated. Place chicken on top of salad.
- In a separate small bowl combine olive oil and vinegar. Drizzle over salad and enjoy!

Makes 1 serving

Nutrition information: 596 calories, 43g fat, 9g carbs (2g net carbs), 37g protein



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Prosciutto Lettuce Wraps & Macadamia Nuts

Ingredients:

- 2 romaine lettuce leaves
- 2 ounces cream cheese
- 2 large slices prosciutto
- 2 slices bacon, cooked
- 2 tablespoons shredded cheddar cheese
- 1 1/3 ounces macadamia nuts

Instructions:

- Spread half of the cream cheese on each lettuce leaf. Divide prosciutto, bacon, and shredded cheese between each lettuce leaf. Roll up.
- Enjoy wraps with macadamia nuts on the side.

Makes 1 serving

Nutrition information: 630 calories, 56g fat, 8g carbs (4g net carbs), 31g protein



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Salmon Roll-Up with Cucumbers & Ranch Dressing

Ingredients:

- 5 ounces smoked salmon, cut into 3 pieces
- 3 ounces cream cheese
- 1 cup cucumbers, sliced
- 2 tablespoons paleo ranch dressing

Instructions:

- Spread cream cheese on each slice of smoked salmon. Roll up and set aside.
- Enjoy salmon roll ups with cucumbers and ranch on the side!

Makes 1 serving

Nutrition information: 711 calories, 57g fat, 9g carbs (8g net carbs), 39g protein



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Salmon Stuffed Avocado

Ingredients:

- 1 medium avocado
- 4 ounces canned wild caught salmon, in water
- 2 tablespoons avocado oil mayo
- Garlic powder, to taste
- Salt & pepper, to taste

Instructions:

- In a small bowl, combine salmon, mayo, garlic powder, salt, and pepper.
- Scoop salmon mixture into avocado halves. Enjoy immediately!

Makes 1 serving

Nutrition information: 555 calories, 46g fat, 12g carbs (2g net carbs), 29g protein



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Taco Salad

Ingredients:

- 5 ounces 85/15 ground beef
- 2 teaspoons taco seasoning (no sugar added)
- 3 cups spinach, raw
- 2 tablespoons blue cheese crumbles
- 1 green onion stalk, chopped
- 1 tablespoon sour cream
- 2 tablespoons guacamole
- 2 tablespoons paleo ranch dressing

Instructions:

- In a medium pan, brown ground beef with taco seasoning until cooked through (about 8-10 minutes).
- In a large bowl layer spinach, cooked ground beef, green onion, and blue cheese crumbles. Top with sour cream, guacamole and drizzle with ranch. Enjoy!

Makes 1 serving

Nutrition information: 614 calories, 49g fat, 10g carbs (6g net carbs), 34g protein



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Bacon Burger & Roasted Broccoli

MEAL 3 RECIPES

Ingredients:

5 ounce 85/15 ground beef, formed into a patty
2 slices bacon, cooked
1 slice cheddar cheese
1 green lettuce leaf
2 cups broccoli, chopped
1 ½ tablespoons olive oil
sea salt, to taste
pepper, to taste
paprika, to taste
garlic powder, to taste
non-stick cooking spray

Instructions:

- Preheat oven to 425 degrees Fahrenheit. Spray a baking sheet with non-stick cooking spray, set aside.
- In a bowl, toss broccoli with olive oil, and season to taste. Toss until well coated. Spread on baking sheet in a single layer, careful no pieces overlap.
- Bake in preheated oven for 10-12 minutes, or until soft, stirring once half way through.
- Meanwhile, season ground beef patty on each side to desire. Grill over medium heat for about 4 ½ to 5 minutes each side or until it reaches an internal temperature of 160 degrees Fahrenheit.
- Top burgers with cheese and bacon then wrap in lettuce. Enjoy with roasted broccoli on the side!

Makes 1 serving

Nutrition information: 712 calories, 55g fat, 12g carbs (7g net carbs), 42g protein



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Baked Italian Pork Chops with Broccoli

Ingredients:

6 ½ ounces pork chop
2 tablespoons grass fed butter
1 teaspoon Italian seasoning
½ teaspoon minced garlic
2 cups broccoli, chopped
Salt & pepper, to taste
¼ cup water
non-stick cooking spray

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray a small baking sheet with non-stick cooking spray.
- Season both sides of pork chop with salt and pepper. Place in baking dish and sprinkle Italian seasoning over the top of the pork chop. Top with 1 tablespoon of butter then pour ¼ cup of water into the bottom of the baking dish.
- Cover baking dish with foil, tightly pinching edges closed. Bake for 45 minutes, remove foil, then continue baking for 15-20 minutes, or until pork reaches internal temperature of 160 degrees.
- Meanwhile, melt remaining butter in a skillet over medium heat. Add broccoli, garlic, and season with salt and pepper to taste. Sauté until broccoli is to desired tenderness.
- Enjoy pork chop with broccoli on the side.

Makes 1 serving

Nutrition information: 644 calories, 47g fat, 12g carbs (8g net carbs) 46g protein



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Beef Fajita Bowl

Ingredients:

4 ounces flank steak, cut into strips
1 cup riced cauliflower
¼ cup onion, chopped
¼ cup bell peppers, chopped
¼ cup shredded cheddar cheese
1 ½ tablespoons butter
2 tablespoons guacamole
1 tablespoon sour cream
1 tablespoon pico de gallo
Sea salt & pepper, to taste
Chili powder, to taste

Instructions:

- In a large skillet or wok melt 1 tablespoon butter over medium heat. Once butter is melted add in steak, seasonings, onion, and bell peppers. Sauté until onions are translucent, peppers are soft, and steak is cooked to desired doneness. Set aside.
- Melt remaining butter in pan and add riced cauliflower, stir constantly until cauliflower just begins to darken in color, about 3 minutes. Remove from heat and place in large bowl.
- Top with steak, vegetables, and sprinkle with cheese. Top with sour cream, pico, and guacamole. Enjoy immediately!

Makes 1 serving

Nutrition information: 557 calories, 39g fat, 15g carbs (9g net carbs), 34g protein



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Beef & Green Bean Stir Fry

Ingredients:

6 ounces flank steak, cut into bite size pieces
1 tablespoon coconut aminos
1 ½ tablespoons avocado oil
1/2 teaspoon minced garlic
2 cups green beans, trimmed
¼ cup water
1 tablespoon sesame oil
¼ teaspoon red pepper flakes
sea salt & pepper, to taste

Instructions:

- In a medium wok over medium heat drizzle ½ tablespoon of avocado oil and add minced garlic and flank steak. Sauté until steak is cooked to desired doneness. Once cooked, remove from heat and set aside.
- In the same wok, add the remaining avocado oil, green beans and stir-fry for another 1 minute. Add the water and immediately cover with a lid. Allow the green beans to steam for 3 to 4 minutes, or until they are just soft and the water has evaporated.
- Return the beef to the pan. Add sesame oil, seasonings, and coconut aminos. Stir so that everything is well coated, then remove from heat.
- Place on plate and enjoy!

Makes 1 serving

Nutrition information: 639 calories, 46g fat, 17g carbs (11g net carbs), 40g protein



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Cheeseburger & Roasted Asparagus

Ingredients:

6 ounces 85/15 ground beef
1 slice cheddar cheese
2 cup asparagus
1 ½ tablespoons butter, melted
Garlic powder, to taste
Salt & pepper, to taste
parchment paper

Instructions:

- Preheat oven to 475 degrees Fahrenheit. Line a baking sheet with parchment paper.
- In a bowl combine asparagus, butter, and seasonings. Toss until well coated. Lay on baking sheet, careful no pieces overlap. Cook in preheated oven for 10-15 minutes until soft.
- Meanwhile, combine ground beef with seasonings and form into a patty. Grill burger patty to desired doneness. Once burger is cooked to desire, top with cheddar cheese. Serve with asparagus on the side. Enjoy!

Makes 1 serving

Nutrition Information: 644 calories, 51g fat, 10g carbs (4g net carbs), 42g protein



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Chicken Pizza with Roasted Asparagus

Ingredients:

2 (2 ounce) chicken breasts, pounded to ½ inch thick	1 ½ cup asparagus
2 tablespoons low carb pizza sauce	1 tablespoon olive oil
1/3 cup shredded mozzarella	garlic powder, to taste
2 ounces ground pork sausage, cooked	Italian seasoning, to taste
6 pepperonis	Salt & pepper, to taste
	non-stick cooking spray

Instructions:

- Preheat oven to high broil. Spray a baking sheet with non-stick cooking spray, set aside.
- Season chicken breasts with garlic powder, Italian seasoning, salt, and pepper on each side, using fingers to rub seasonings in.
- Place chicken breasts on baking sheet, bake in oven for 7-8 minutes. Flip chicken breasts and bake for another 4-5 minutes or until chicken is cooked through and reaches an internal temperature of 165 degrees Fahrenheit.
- Remove chicken from oven and spread pizza sauce on each chicken breast. Sprinkle with cheese and top with ground sausage and pepperonis.
- Place chicken back in oven and bake another 2-3 minutes or until cheese is melted. Remove from oven and allow to cool on a plate.
- Turn oven down to 475 degrees Fahrenheit. Spray another baking sheet with non-stick cooking spray, set aside.
- In a bowl toss asparagus with olive oil, salt, and pepper. Place on baking sheet or in pan, careful that no pieces overlap. Bake in preheated oven for 10-15 minutes, or until asparagus is softened.
- Serve with chicken pizzas and enjoy!

Makes 1 serving

Nutrition Information: 664 calories, 46g fat, 13g carbs (7g net carbs), 52g protein



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Chicken Zucchini Pesto

Ingredients:

- 4 ounces boneless, skinless chicken thighs, cubed
- 5 ounces zucchini, spiralized (zoodles)
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 3 tablespoons pesto
- 2 tablespoons chopped walnuts

Instructions:

- In a medium skillet over medium high heat drizzle $\frac{1}{2}$ tablespoon of olive oil and sauté minced garlic until fragrant. Add chicken and cook until chicken is white and cooked through, about 6-8 minutes. Set aside.
- In the same skillet add remaining olive oil and add zoodles. Sauté until bright green and just soft, about 5 minutes. Remove from heat.
- Add chicken breast and pesto to zoodles. Toss until well coated. Sprinkle with walnuts and enjoy immediately.

Makes 1 serving

Nutrition information: 677 calories, 54g fat, 11g carbs (8g net carbs), 36g protein



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Chinese "Fried Rice" with Macadamia Nuts

Ingredients:

2 cups riced cauliflower
1 ½ tablespoons olive oil
1 green onion
½ tsp minced garlic
1 tablespoon coconut aminos
½ tablespoon sesame oil
1 egg, beaten
4 ounces shrimp
dash of ground ginger
sea salt
¼ cup macadamia nuts

Instructions:

- Over medium high, heat olive oil in a skillet, rotating the pan so the oil coats the bottom. Stir fry garlic and the whites of the green onion. Watch closely so it doesn't burn, about 2-3 minutes.
- Add shrimp and stir fry until pink and cooked through.
- Add cauliflower rice; fry for about 4-5 minutes stirring constantly so it doesn't become mushy.
- Add in ginger, coconut aminos, sesame oil, and onion greens.
- Push the "rice mixture" to one side of the pan. Pour in egg into the other side; scramble and cook until still moist. Mix the eggs into the "rice" breaking up large chunks.
- Enjoy stir fry with macadamia nuts as a side!

Makes 1 serving

Nutrition information: 690 calories, 57g fat, 18g carbs (11g net carbs), 41g protein



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Flat Iron Steak Skewers & Zucchini

Ingredients:

7 ounces flat iron steak, cubed
3 cups zucchini
2 tablespoons butter
sea salt, to taste
pepper, to taste
cumin, to taste
paprika, to taste

Instructions:

- Toss steak in 1 tablespoon of melted butter. Add seasonings and continue tossing until well coated. Place on skewers.
- Over medium heat, grill steak skewers to desired doneness.
- While steak cooks, sauté zucchini with remaining butter, and season to taste. Cook until bright green and slightly tender, about 5-8 minutes.
- Enjoy skewers with zucchini on the side.

Makes 1 serving

Nutrition information: 604 calories, 45g fat, 11g carbs (7g net carbs), 41g protein



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Grilled Ribeye & Buttery Asparagus

Ingredients:

7 ounce ribeye steak
2 tablespoons butter
2 cups asparagus, steamed
paprika, to taste
cumin, to taste
garlic powder, to taste
salt & pepper, to taste

Instructions:

- Season steak with suggested seasonings on each side, using fingers to rub in.
- Grill over medium heat to desired doneness.
- Steam asparagus until desired tenderness. In a bowl combine asparagus with 1 tablespoon of melted butter, salt, and pepper. Toss until well coated.
- Serve steak topped with remaining butter and asparagus on the side.

Makes 1 serving

Nutrition information: 586 calories, 45g fat, 10g carbs (4g net carbs), 43g protein



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Lemon Basil Salmon

Ingredients:

6 ounces salmon filet
1 ounce cream cheese
1 tablespoon basil, chopped
½ teaspoon lemon zest
½ teaspoon garlic, minced
sea salt and pepper, to taste
1 cup fresh spinach

1 cup green beans, steamed
1 ½ tablespoons grass fed butter
½ tablespoons lemon juice
¼ cup chicken bone broth
½ teaspoon arrowroot powder
non-stick cooking spray

Instructions:

- Preheat oven to 450 degrees Fahrenheit. Spray a baking sheet with non-stick cooking spray and set aside.
- Season salmon with sea salt and pepper on both sides.
- In a small bowl combine cream cheese, basil, lemon zest, and garlic.
- Spread the cream cheese mixture inside each salmon filet.
- Bake in preheated oven for 12-15 minutes or until salmon is cooked through and flaking (145 degrees Fahrenheit.).
- Meanwhile, in sauce pan melt ½ tablespoon butter over medium heat. Add chicken bone broth, lemon juice, and arrowroot powder. Heat until sauce thickens, roughly 5 minutes.
- In a small skillet melt ½ tablespoon of butter and add spinach. Sauté until just wilted and remove from heat.
- Once salmon is done serve with green beans, tossed with remaining butter, then top with spinach lemon butter sauce. Enjoy!

Makes 1 serving

Nutrition Information: 637 calories, 47g fat, 10g carbs (6g net carbs), 42g protein



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Mexican Chicken

Ingredients:

- 6 ounces boneless skinless chicken thigh, chopped in bite size pieces
- 2 tablespoons olive oil
- 2 teaspoons taco seasoning (no sugar added)
- ¼ cup red enchilada sauce
- 2 tablespoons diced green chilies
- 3 tablespoons chopped black olives
- 1/3 cup shredded mozzarella cheese
- 1 cup asparagus, steamed

Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- While oven preheats, heat 1 tablespoon of olive oil in a medium skillet over medium high heat. Add in chopped chicken and season with taco seasoning. Sauté until no longer pink and cooked through, about 8 minutes.
- Place chicken in a greased 8x8 baking dish. Add enchilada sauce and toss chicken until well coated. Sprinkle with cheese, olives, and green chilies. Bake in preheated oven for 10-15 minutes, until cheese is melted and sauce is bubbling.
- Meanwhile, steam asparagus. Once soft, toss with remaining olive oil.
- Remove Mexican chicken from oven and allow to cool about 10 minutes. Enjoy with asparagus on the side.

Makes 1 serving

Nutrition information: 673 calories, 50g fat, 15g carbs (11g net carbs), 44g protein



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Moco Loco

Ingredients:

4 ounces 85/15 ground beef, cooked and seasoned to taste
1 cup riced cauliflower
½ cup mushrooms, sliced
1 tablespoon butter
1/3 cup shredded cheddar cheese
¼ cup brown gravy, heated to desired temperature
1 egg

Instructions:

- In a medium pan over medium heat melt ½ tablespoon butter. Once melted add cauliflower and mushrooms. Sauté until softened, remove from heat.
- Using the same skillet melt the remaining butter, break egg and cook over easy. Remove from heat.
- In a large bowl combine sautéed vegetables, ground beef, gravy, cheddar cheese, and top with egg. Enjoy!

Makes 1 serving

Nutrition information: 586 calories. 44g fat, 11g carbs (7g net carbs) 41g protein



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Ribeye Steak & Broccoli

Ingredients:

6 ounce ribeye steak
2 cups chopped broccoli
1 ½ tablespoons butter
½ teaspoon minced garlic
salt & pepper, to taste
cumin, to taste
garlic salt, to taste

Instructions:

- Season steak on both sides with garlic salt and cumin, use fingers to rub seasoning in. Grill over medium high heat to desired doneness.
- In a skillet over medium heat melt 1 tablespoon of butter, add garlic, seasonings, and broccoli. Sauté a few minutes until well coated in butter and seasonings. Add 2-3 tablespoons of water and cover, allow to steam until soft, about 8 minutes.
- Serve steak topped with remaining butter. Enjoy with broccoli on the side.

Makes 1 serving

Nutrition information: 557 calories, 38g fat, 12g carbs (7g net carbs), 40g protein



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Shrimp & Chicken Sausage with Fried Cabbage

Ingredients:

- 2 polish sausage links, cut into bite size pieces
- 3 ounces shrimp, deveined & tails removed
- 2 cups shredded cabbage
- ½ cup sliced mushrooms
- 1 teaspoon chopped garlic
- 1 ½ tablespoons avocado oil
- 1 tablespoon red wine vinegar
- Salt & pepper, to taste
- Paprika, to taste
- Red pepper flakes, to taste

Instructions:

- In a large skillet over medium heat add 1 tablespoon of avocado oil and garlic. Sauté until fragrant.
- Add polish sausage and shrimp. Sauté until sausage is slightly browned and shrimp is white and begins curling in slightly.
- Add cabbage, mushrooms, red wine vinegar, remaining avocado oil, and seasonings. Toss until well coated with seasonings. Continuing stirring and tossing until cabbage begins to wilt and mushrooms brown slightly.
- Remove from heat and allow to cool a few minutes. Place in a bowl and enjoy!

Makes 1 serving

Nutrition information: 656 calories, 45g fat, 15g carbs (13g net carbs), 39g protein





Thai Skillet

Ingredients:

5 ounces 85/15 ground beef
½ tablespoon olive oil
½ cup red bell peppers, diced
1 teaspoon minced garlic
½ teaspoon minced ginger
½ teaspoon red pepper flakes
1 tablespoon natural peanut butter
1 tablespoon lime juice
1 tablespoon coconut aminos
½ tablespoon sesame oil
¼ cup cilantro, chopped
2 romaine lettuce leaves

Instructions:

- Brown ground beef in a large non-stick skillet over medium high heat until cooked through and no longer pink, about 8 minutes. Remove from pan and set aside. Leave grease in pan for the next step.
- In the same skillet add olive oil (if needed), bell pepper, garlic, and ginger. Sauté over medium heat until peppers soften, about 4 minutes.
- Meanwhile, whisk together peanut butter, lime juice, coconut aminos, and sesame oil in a small bowl.
- Once peppers are soft, add ground beef back to pan. Add peanut butter mixture, red pepper flakes, and cilantro. Mix until well coated.
- Serve in lettuce leaves and enjoy!

Makes 1 serving

Nutrition information: 555 calories, 43g fat, 12g carbs (9g net carbs), 31g protein



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