**RECIPES**

**1. A. Bullet Proof Coffee**

*~Makes one 10-12 oz. Serving*

10 ounces of *Bullet proof* or Organic coffee
½ tablespoon MCT oil or coconut oil

1 Tablespoon grass-fed butter or Ghee (or coconut oil)
1 scoop *Bulletproof* Collagen and/or Whey powder, optional
*Swerve* or Stevia to sweeten, optional

1 teaspoon vanilla extract, optional
Cinnamon for garnish, optional

Place all ingredients, except for cinnamon, into a blender and blend on high-speed for 30 seconds.

Pour into a mug, sprinkle with cinnamon and enjoy!

**1. B. Matcha Latte**

*~Makes one 10-12 oz. Serving*

10 ounces unsweetened almond milk
1 teaspoon Matcha Powder (ground green tea leaf)
½ tablespoon MCT oil or coconut oil, optional
1 scoop *Bulletproof* Collagen and/or Whey powder, optional
Swerve or Stevia to sweeten, optional
Cinnamon for garnish, optional

Heat almond milk in a small pot over medium heat.

Place heated almond milk into a blender and add all other ingredients except cinnamon.

Blend on high speed for 30 seconds, pour into your favorite mug, sprinkle with cinnamon and enjoy!!!!

**1. C. Herba Matte Latte**

*~Makes one 8-10 oz. Serving*

10 ounces hot water
1 tablespoon loose Herba Matte tea leaves
½ tablespoon MCT oil or coconut oil

1 tablespoon butter or ghee (or coconut oil)
1 scoop *Bulletproof* collagen and/or Whey powder, optional
1 teaspoon Maca Root Powder, optional

Swerve or Stevia to sweeten, optional
Cinnamon for garnish, optional

Heat water in a small pot or kettle over medium heat.

Place Herba Matte leaves into a tea strainer. Pour hot water over tea leaves through the strainer.

Place all ingredients into a blender except cinnamon and blend on high speed for 30 seconds.

Pour into your favorite mug, sprinkle with cinnamon, and enjoy!!!!

**1. D. Hot Chocolate**

*~Makes one 8-10 oz. Serving*

10 ounces hot water, almond, or coconut milk
1 tablespoon raw cocoa powder
½ tablespoon MCT oil or coconut oil

1 tablespoon butter or ghee (or coconut oil)

1 teaspoon Maca Root Powder, optional
1 scoop *Bulletproof* Collagen and/or Whey powder, optional
1 teaspoon maca root powder, optional

Swerve or stevia to sweeten, optional
Cinnamon for garnish, optional

Heat water in a small pot or kettle or heat milk in a small pot.

Place all ingredients into a blender, except cinnamon, and blend on high speed for 30 seconds.

Pour into your favorite mug, sprinkle with cinnamon and enjoy!!!!

**2.** **Baked Sweet Potatoes**

*~Makes 6 servings (1 serving= ½ sweet potato)*

3 medium sweet potatoes

1 tablespoon of melted grass-fed butter, ghee, avocado oil, or coconut oil

Sea salt and pepper to taste

Pre-heat oven to 350°F

With the use of a brush, spread a thin layer of butter, ghee, or oil onto a baking sheet to prevent potatoes from sticking to the baking pan.

Wash and cut potatoes in half, brush each with butter, ghee, or oil on all surfaces, and place onto baking sheet with the sliced side face down.

Bake for 35-45 minutes depending on the size and thickness of the potatoes.

If a fork slides easily through the center of the thickest potato, they’re ready!

Remove from oven, sprinkle with salt and pepper, allow to slightly cool, serve, and enjoy!

**3. Plantain Pancakes**

*~Makes 3-4 pancakes*

2 large plantains
1 tablespoon ground flaxseed or chia seed
1 tablespoons water or almond milk
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1 teaspoon vanilla extract
1 tablespoons of ghee or refined coconut oil (these have high heat points)
4 teaspoons of raw honey or 100% maple syrup, for drizzling

Mash Plantain’s in a medium bowl.

Add flaxseed, water, baking soda, salt, and vanilla extract and mix well (you may also mix in a food processor).

Place 1/2 Tablespoon Ghee or Oil onto a skillet (I like to use cast iron) and allow to melt and coat the pan.

Pour ½ of the batter onto the skillet divided into 2 pancakes and allow to cook over medium-low heat on one side for approximately 3-5 minutes, or until golden brown and crispy.

Using a spatula (I find that a thin stainless steel works best), flip each pancake gently and allow to cook on the opposite side for approximately 3-5 minutes or until golden brown and crispy.

Remove both cooked pancakes from the skillet and place another ½ tablespoon of ghee or oil onto the skillet and allow to melt and coat the pan. Pour the rest of the batter onto the skillet divided into two pancakes and repeat procedure above.

Drizzle each pancake with 1 teaspoon of raw honey or 100% maple syrup and enjoy!

**4.** **Yogurt Parfait**

**~** *Makes 1 serving*

Step 1. Choose your “yogurt”

* ½ cup of regular or 2% yogurt
* ¾ cup non-fat yogurt
* ½ cup whole milk Kefir
* ¾ cup low or non-fat Kefir
* ½ cup unsweetened coconut yogurt (non-dairy)

Step 2. Top your yogurt with….

* 1 Serving of fruit (i.e. 1 cup of berries, or ½ banana)
* 1 Serving of Nuts and Seeds (i.e. 15 almonds, or 6 Macadamia nuts)

Step 3. Sweeten with….

* Stevia, Swerve, or Monk Fruit

5. **Chia Seed Pudding**

**~** *Makes 1 serving*

2 tablespoons chia seeds

1 serving of fruit (i.e. 1 cup blueberries)

1 serving nuts (i.e. 15 whole almonds)

¼ teaspoon cinnamon

1-teaspoon honey, maple syrup, or *Swerve*

1-cup almond or coconut milk

1 tsp. vanilla extract (optional)

Place all ingredients into a bowl and stir until well combined. Cover and place in refrigerator overnight and allow to form into a pudding-like consistency.

When ready to serve, remove from refrigerator and enjoy!

**6. Green Smoothie**

*~Makes one 16-20 ounce smoothie*

8 ounces of filtered water or coconut water

1/2 apple

1-2 sticks of celery

2 cups spinach leaves

¼ avocado

Small bunch of parsley

½ inch piece of raw ginger, optional

½ frozen banana, optional

8 ice cubes

Add all ingredients into a blender and blend on high for 30-45 seconds. Pour into a cup and enjoy!

**7. Berry Delicious Smoothie**

*~Makes one 16-20 ounce smoothie*

1 cup unsweetened almond or coconut milk

1/2 cup frozen blueberries, raspberries or blackberries

½ frozen banana

1 tablespoon almond butter

1 teaspoon vanilla extract, optional

½ teaspoon cinnamon, optional

8 ice cubes

Add all ingredients into a blender and blend on high for 30-45 seconds. Pour into a cup and enjoy!

**8. Chocolate Covered Cherry Smoothie**

*~Makes one 16-20 ounce smoothie*

1 cup unsweetened almond or coconut milk

1 cup frozen cherries

1 tablespoon almond butter, optional

1-2 tablespoon raw cacao powder

1 teaspoon vanilla extract, optional

*Swerve* or Stevia to sweeten, optional

Add all ingredients into a blender and blend on high for 30-45 seconds. Pour into a cup and enjoy!

**9. Vanilla Almond Smoothie**

*~Makes one 16-20 ounce smoothie*

1 cup unsweetened almond milk

1 frozen banana

1 tablespoon almond butter

1 scoop unsweetened protein powder

½ teaspoon almond extract, optional

1 teaspoon vanilla extract, optional

½ teaspoon cinnamon, optional

*Swerve* or Stevia to sweeten

8 ice cubes

Add all ingredients into a blender and blend on high for 30-45 seconds. Pour into a cup and enjoy!

**10. Tropical Paradise Smoothie**

*Makes one 16-20 ounce smoothie*

½ cup plain unsweetened yogurt or Kefir

½ cup unsweetened almond milk, coconut milk, or coconut water

½ cup frozen mango

½ cup frozen pineapple

1 tablespoon almond butter, optional

1 teaspoon raw honey, optional

6 ice cubes

Add all ingredients into a blender and blend on high for 30-45 seconds. Pour into a cup and enjoy!

**11.** **Bun-less Beef Burgers**

*~Makes 4 burgers*

1.5 pounds ground grass-fed beef

¼ cup finely chopped green onion

¼ cup finely chopped parsley

2 tablespoons finely chopped fresh dill or 2 teaspoons dried dill

½ teaspoon finely ground sea salt

¼ teaspoon ground black pepper

½ tablespoon of ghee, avocado oil, or coconut oil

**For serving**

Butter lettuce or Romaine leaves

Cucumber slices

Tomato slices

In a large bowl, mix beef, onion, herbs, salt and pepper with your hands until all ingredients are well incorporated.

Form into 4 patties.

Heat a large skillet over medium-high heat. Melt the ghee or oil into the skillet.

Pan-cook the burgers for 4-5 minutes on each side, or until thoroughly cooked.

Serve wrapped in butter lettuce or romaine leaves and garnish with fresh cucumber and tomato slices.

**12.** **Baked Green Beans**

*~Makes four, 1 cup servings*

4-5 cups fresh or frozen green beans

1 tablespoons butter, Ghee, avocado oil or coconut oil

5 cloves garlic, slivered (optional)

Sea salt and pepper to taste

Pre-heat oven to 350°F

Coat an oven safe glass dish with 1/2 tablespoon melted butter or ghee.

Place green beans into dish and use a brush to coat the green beans with the remainder melted butter, ghee, or oil.

Sprinkle with slivered garlic (optional), and salt and pepper to taste.

Bake in the oven uncovered for 20-25 minutes.

**13.** **Cauliflower Mash**

*~Makes 8 half cup servings*

1 tablespoon Ghee

3 cloves garlic, minced

32 ounces of bagged cauliflower (frozen or fresh) or 2 fresh heads of cauliflower, chopped

4 Tablespoons of chicken broth or water

3 Tablespoons of butter or coconut oil

1 teaspoon onion powder (optional)

½ teaspoon sea salt

½ teaspoon pepper

In a large saucepan sauté garlic in ghee over medium-low heat for 5 minutes.

Add cauliflower and chicken broth and cook over medium-low heat for 5 minutes uncovered stirring occasionally.

Cover pot and cook for 3 minutes, stir, and cook for 3 more.

Remove saucepan from heat, add butter, and stir until melted.

Place cauliflower mixture into a food processer, add salt, pepper and mix well!

**14. Beef tacos with Pico-de-Gallo**

*Makes 8 tacos (4 servings)*

**Taco Meat**

1 pound ground grass-fed beef

½ fresh lime, squeezed

1 tablespoon grass-fed butter

1 teaspoon of cayenne powder (or ½ teaspoon for a milder taco)

1 teaspoon dried oregano

1 teaspoon dried cumin

Sea salt to taste

A pack of *Siete* brand Paleo tortillas or organic corn tortillas

In a medium saucepan, sauté the beef over medium to low heat until brown.

Remove from heat and drain excess liquid. Add lime juice, butter, seasonings and mix thoroughly.

**Pico-de-Gallo**

2-3 medium tomatoes, diced

½ large onion, diced

¼ cup chopped cilantro

The juice of 4 fresh limes

Salt and pepper to taste

Placed diced tomatoes, onion, and cilantro into a medium bowl.

Add lemon juice, salt, and pepper.

Mix and serve!

**How to Build Your Taco:**

Heat a tortilla on a pan or skillet until warm and soft.

Place 1/8 cup of taco meat onto tortilla and top with a generous portion of pico-de- gallo.

Roll into a taco and enjoy!

**15. Baked Fish**

*~Makes 2 servings*

2 fish fillets (cod, salmon, etc.), approximately 6 ounces each.

2 cloves garlic, minced

2 tablespoons finely chopped green onion

2 tablespoons finely chopped fresh dill (or 2 teaspoons dried)

2 tablespoons finely chopped fresh parsley

2 teaspoons coconut oil or avocado oil

2 teaspoons melted butter

Sea salt and pepper to taste

½ lemon

If your baking white fish pre-heat oven to 375°F, if your baking salmon, pre-heat oven to 425°F.

Chop garlic, green onion, dill, and parsley and set aside.

Coat the inside of an oven-safe glass dish with coconut or avocado oil.

Place the fish fillets into the glass dish and top with garlic, green onion, dill, and parsley.

Drizzle melted butter onto each fillet, sprinkle with salt and pepper, and bake for 9-12 minutes depending on thickness of fish.

When fish flakes easily it’s ready. Test with a fork for readiness.

Remove from oven and squeeze lemon juice over each fillet.

**16. Baked Carrots**

~*Makes 4 servings*

1 pound carrots (approx. 7 whole), peeled, scrubbed, and chopped in half

1 Tablespoon butter, ghee, coconut oil, or avocado oil

¼ teaspoon salt

¼ teaspoon pepper

Pre-heat the oven to 350°F.

Lightly coat a glass baking dish with butter or oil, place the carrots into the dish and lightly coat with butter

or oil using a brush.

Sprinkle with salt and pepper.

Bake for 15 minutes.

**17. Riced Cauliflower**

*~Makes 8 half cup servings*

2 Tablespoon avocado oil, coconut oil, or Ghee

3 cloves garlic, minced

32 ounces of bagged riced cauliflower (frozen or fresh)

4 Tablespoons of chicken broth or water

1 teaspoon onion powder (optional)

½ teaspoon sea salt

½ teaspoon pepper

In a large saucepan sauté garlic in oil or ghee over medium-low heat for 5 minutes.

Add cauliflower, chicken broth, onion powder, salt and pepper and cook over medium-low heat for 5 minutes uncovered stirring occasionally.

Cover pot and cook for 3 minutes, stir, and cook for 3 more.

Serve.

**18.** **Muffalatta Tacos**

*~Makes two, 3-piece tacos*

6 slices of nitrite free, antibiotic free ham or turkey

1 avocado, cut into 6 slices

6 tablespoons of sauerkraut

6 slices of tomato

6 tablespoons olive salad (in 100% olive oil)

6 teaspoons of mustard

6 tablespoons of shredded cheese made with grass-fed milk (optional)

Heat ham or turkey on skillet on medium heat on each side for 1 minute. Remove from skillet and place flat onto serving dish.

Add 1 slice of avocado, 1 tablespoon of sauerkraut, 1 slice of tomato, 1 tablespoon of olive salad, 1 teaspoon of mustard, and 1 tablespoon of cheese to each slice of deli meat and roll into a taco.

Serve and Enjoy!

**19. A. Baked Chicken and Thyme**

*~Makes 4-6 servings*

1 whole chicken

1 whole lemon

2 tablespoons fresh thyme

Salt and pepper to taste

Pre-heat oven to 350 degrees.

Place chicken into an oven save dish.

Stuff lemon inside of the hollow part of chicken.

Sprinkle with thyme, salt and pepper.

Cover dish with oven safe lid diagonally (see pic below), allow to bake for 40 minutes (if you don't have a lid do not worry about covering the chicken).

Remove dish from oven and flip over chicken. Cover with lid diagonally, place back into oven and allow to cook for 40 more minutes.

Bump up heat to 400 degrees and cook for an additional 20-30 minutes.

Remove from oven, allow to slightly cool, and enjoy!

*\*For an even easier option, cook chicken in croc-pot for 8-10 hours on low.*

**19. B. Chicken or Beef Stock**

*~ Makes 6-8 cups*

The bones of approx. 1 chicken

2 stalks celery, cut in half

1 onion, cut into 4 pieces

2 carrots cut in half

1 bunch of parsley

1 tablespoon apple cider vinegar

8 cups water

Place all ingredients, except for parsley into a croc pot and allow to sit for 30 minutes (this allows the vinegar to extract properties from the bones).

Cook on low for 12-24 hours (the longer the more nutrient dense and flavorful). Add the parsley in for the last hour of cooking.

Remove all chicken parts and vegetables from broth with a spoon.

Note: it's a great idea to freeze into small batches

**20. Baked Broccoli**

~Makes 4-6 half cup servings

2 teaspoons avocado oil, coconut oil, or ghee

1-2 heads of frozen or fresh broccoli chopped into florets

2 cloves minced garlic or ½ teaspoon garlic powder

Sea salt and pepper

Preheat oven to 350°F.

*Note: If using frozen broccoli, allow to defrost before baking.*

Coat a glass-baking dish with avocado oil, coconut oil, or ghee.

Place broccoli florets onto dish and sprinkle with garlic, salt and pepper.

Bake until florets are tender enough to pierce the stems with a fork (approximately 15-20 minutes).

**21. A. Jamaican-Style Garbanzo Beans**

*~ Makes four ½ cup servings*

1 cup garbanzo beans (chick peas), soaked in water for 12 hours

2 cups beef, chicken, or vegetable broth (or for a creamier dish use a 15 ounce can of coconut milk)

* *See Recipe 18B for instructions on how to make a homemade stock.*

1 bunch green onions

3 jalapenos, seeded and diced

3 cloves garlic, diced

2 teaspoons dried thyme

½ teaspoon sea salt

½ teaspoon pepper

After soaking the beans in water for 12 hours, strain them and place them into a croc pot along with all other ingredients. Cook on low for 8-10 hours, or until beans are very tender.

**21. B. Southern Black Eyed Peas**

***Makes six ½ cup servings***

1-tablespoon butter, Ghee, or coconut oil

½ onion, chopped

½ cup celery, chopped

½ bell pepper, chopped

3 cups fresh or frozen black eyed peas

4 cups water or stock (*See Recipe 18B for instructions on how to make a homemade stock)*

½ teaspoon thyme

2 bay leaves

1 tablespoon coconut aminos or gluten free soy sauce

Sea salt and pepper to taste

1 cup chopped Canadian bacon or cooked Ham (hormone free, antibiotic free, nitrite and nitrate free)

Melt butter, ghee or oil in large pot, Add onion, celery, and bell pepper and sauté for 5 minutes.

Add black-eyed peas, water, bay leaf, thyme, coconut aminos, salt, pepper, and let simmer for 2 hours

Add Canadian bacon and cook on low another 30 minutes.

*\*You may also use dried black- eyed peas. Soak the dried beans in water overnight prior to cooking. They may take longer to cook.*

**21. C. Lima Beans**

*~ Makes 4-6 ½ cup servings*

1 tablespoon butter, ghee, coconut oil or avocado oil

1 large onion, finely chopped

5 cloves garlic, minced

4 cups beef, chicken, or vegetable stock (you may also use water)

* *See Recipe 18B for instructions on how to make a homemade stock.*

1 10-oz package frozen lima beans

2 carrots, peeled and chopped into small pieces

½ teaspoon red pepper flakes, optional

1 bunch cilantro or parsley, chopped, optional

Place butter, ghee, or oil into a medium saucepan. Add onion and garlic and sauté over medium-low heat for 1-3 minutes.

Add stock, lima beans, carrots, and sea salt and simmer over medium-low heat until vegetables are tender (approx. 30-45 minutes).

Remove pot from heat. Stir in red pepper flakes and cilantro or parsley.

Serve over rice and enjoy!

**21. D. Boiled Rice**

*~Makes four ½ cup servings*

1 cup rice

6 cups filtered water

1 tablespoon coconut oil or avocado oil

dash of salt

Bring 6 cups of water and salt to a boil in a medium to large pot.

Place rice into a strainer and rinse with water until water strains clear.

Place rice into boiling water and cook until rice is tender (approximately 9 minutes).

Remove pot from heat and stir in oil (this helps prevent rice from sticking together).

Carefully strain hot water from rice and immediately rinse rice with cold water.

**22. Grain-free, Chocolate Chip Cookies**

***~Makes 16 servings***

2 cups of almond flour
1/2 tsp. Baking soda
1/4 teaspoon of sea salt
1 ripe banana
1/4 cup coconut oil (refined; best for higher heat cooking)
3 Tbsp. Honey or maple syrup
1 tsp. Vanilla extract (optional)
1 tsp. Almond extract (optional)
1/2 cup chocolate chips or raisins

Pre-heat oven to 350°F. In a medium bowl combine almond flour, baking soda, and sea salt. Mix well.

In a separate bowl mash banana and combine with coconut oil, honey or maple, vanilla extract, and almond extract. Mix well.

Combine flour mixture with banana mixture and mix well.

Add chocolate chips or raisins.

Lay parchment paper over baking sheet and use a cookie scoop or spoon to form batter into bite size cookie pieces.

Bake for 12-13 minutes until golden brown and let cool before serving.

**23. Guilt Free Chocolate Fudge**

*~Makes 30 squares*

8 ounces unsweetened chocolate squares, chopped

1 ½ cup natural almond butter

1 ¾ cup unsweetened almond milk

1 ½ cup of *Swerve* Confectioners

½ teaspoon sea salt

½ teaspoon vanilla extract

½ teaspoon almond extract (optional)

Place chocolate, almond butter, salt, and Swerve into a 2-quart slow cooker.

Cover and cook on low for 30 minutes, stir, then cover and cook on low for 2 hours without lifting the lid.

Turn the slow cooker off, add vanilla and almond extract and stir to combine ingredients.

Allow to cool for 30-60 minutes or until fudge has reached room temperature.

Using a large spoon or hand mixer, vigorously stir the fudge for 5 minutes.

Lightly Greece a 1-quart casserole dish with oil or butter and spread fudge into the dish evenly.

Cover and refrigerate for 4 hours until firm.

Once cooled and firm, cut into 30 pieces and enjoy!

*Note: If you use a larger croc pot cut all cooking times in half*

**24. Fruit Jell-O & Coconut Whip**

*Makes four ½ cup servings*

1 packet Knox Original Unflavored Gelatin
2 cups 100% Apple or Grape Juice

Place 1 cup grape juice into a small pot and heat over medium heat and bring to a boil.

Place 1 cup of cold grape juice into a bowl.

Sprinkle gelatin over cold juice, stir and let stand for 1 minute.

Pour the heated juice into the bowl and stir until gelatin is fully dissolved (approximately 5 minutes).

Place into refrigerator until cold and firm (2-4 hours).

**Coconut Whip (Toping)**

1 5.4-ounce can of coconut cream

1-tablespoon raw honey or 100% maple syrup (use Swerve or Stevia for a no-sugar option)

1 teaspoon cinnamon for garnish, optional

In a medium bowl mix together coconut cream and sweetener.

Stir vigorously with an eggbeater or an electric beater until cream begins to thicken and form small peaks.

Scoop cream mixture into a glass jar or container and refrigerate for 1-4 hours.

Top 1 serving of Jell-O with 2 Tablespoons of whip cream, sprinkle with cinnamon, and enjoy!

*Suggested coconut cream brands:*

* *Simply Asia Thai Kitchen Unsweetened Coconut Cream*
* *Native Forest Unsweetened Organic Coconut Cream*