

The Exercise Coach®

Sample menu for The 30-DAY Metabolic Comeback Challenge™

A simple way to plan of each of your three meals is to choose a protein, one or two vegetables, a healthy fat, and your spices and seasonings. Then, you can choose to add a fruit to one meal perhaps, or use as a snack. In constructing your meals this way, you can look at the [What Should I Eat](#) guide and make your choices for each meal or snack. To make it even simpler, choose to have some form of Coach Fuel-DF™ Smoothie every DAY for one of your main meals.

Many of us desire more creativity in our meals and will combine the components in one casserole or overall recipe. The great news is that The Exercise Coach® has an extensive list of healthy breakfasts, smoothies, lunches, snacks, condiments, salads, dinners, sides, soups, and even desserts posted on The Exercise Coach® Pinterest and Facebook pages, and on our website (www.exercisecoach.com). We add to these weekly and indicate which are 30-DAY Metabolic Comeback™ approved (or if not, how to make them that way). Listed below is a sample of a 30-DAY menu plan. For meals in bold, see recipe below the DAY. Note any substitutions needed in parenthesis. If there is no recipe below the DAY, there is no official recipe to follow for that snack or meal.

Look over the menu a week ahead of time and be sure you have the necessary ingredients. You can mix and match any way you like, but we recommend you try to use ingredients you purchase in multiple meals that week. Also, leftovers are great and as you will see in our 30-DAY sample plan, we spread out leftovers over a few DAYS. Please note that some recipes need to be prepared in advance, and we have indicated this with the symbol (♦).

For portion sizes, refer back to the section about portion size, page 27. And remember, if you do not need a snack mid-morning or mid-afternoon, it's fine to skip it. While there are not rules regarding what time to eat, we recommend that you finish eating dinner before 7:00 p.m. so your body can digest your meal before bedtime.

DAY 1

Breakfast

Omelet with tomatoes, spinach, red bell pepper, onion

Snack

Almonds

Lunch

Tomato, cucumber & avocado salad

Snack

Apple with almond butter

Dinner

Chicken and carrots with lemon butter sauce* (use organic butter or ghee)

DAY 1 Recipes:

Easy Omelet Recipe

Adapted from: [www.lifemadesweeter.com] (Recipe courtesy of Kelly)

Ingredients:

- 3 tsp avocado oil, divided
- 3 large eggs (or 2 large eggs + 1 egg white)
- Trader Joe's onion salt + black pepper
- 2/3 cup organic baby spinach
- 1/4 cup sliced cremini mushrooms
- fresh chopped parsley, to garnish

Instructions:

1. Heat 1.5 teaspoons of avocado oil in a 9" skillet on medium heat.
2. Add sliced mushrooms and sauté for 3-4 minutes, until softened. Add spinach and cook for 1-2 minutes, then transfer mixture to a plate.
3. In a medium bowl, whisk eggs and season with onion salt and pepper, to taste. Coat skillet with remaining oil then add egg mixture.
4. Cook undisturbed for 30 seconds, then tilt pan and swirl pan to let the runny center cook. Once the edges are almost cooked (about 2 minutes), add the filling mixture to one side.
5. Use the spatula to gently fold egg mixture to one side. Use spatula to gently fold the omelet over the filling. Cook for another minute or 2 (until desired doneness) then slide onto a plate.
6. Top with fresh parsley, if desired.

Cucumber, Tomato, And Avocado Salad

Adapted from: [www.tasty.com] (Recipe courtesy of Robin Broadfoot Tasty Team)

Ingredients for 2 servings:

- 1 English cucumber, diced
- 4 Roma tomatoes, diced
- 3 ripe avocados, diced
- 1/2 red onion, diced
- 1/4 cup fresh cilantro, chopped
- 1 lemon, juiced
- salt, to taste
- pepper, to taste
- 2 tablespoons extra virgin olive oil

Instructions:

1. Slice then dice cucumber.
2. Slice then dice tomatoes.
3. Slice avocado and carefully remove stone. Scoop out inside and dice.
4. Peel onion and remove tops. Then slice.
5. Chop cilantro and place in a large salad bowl with previous ingredients.
6. Toss with olive oil, lemon juice, salt, and pepper. Serve in a bowl.

Chicken and Carrots with Lemon Butter Sauce

Adapted from: [www.myrecipes.com] (Recipe courtesy of Robin Bashinsky)

Ingredients:

- 1 tablespoon canola oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- ¾ teaspoon kosher salt, divided
- .38 teaspoon freshly ground black pepper, divided
- 12 ounces (1/2-inch-thick) diagonally cut peeled carrot (about 2 cups)
- 3 tablespoons minced shallots
- 1 tablespoon chopped fresh thyme
- ½ cup white vinegar
- 1 cup unsalted chicken stock
- 2 tablespoons unsalted organic butter
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 ½ teaspoons fresh lemon juice

Instructions:

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan. Cook 4 minutes or until browned on one side. Turn over; place pan in oven. Bake at 400° for 8 minutes or until a thermometer registers 160°. Remove chicken from pan; keep warm.
3. While chicken cooks, arrange the carrots in a vegetable steamer; steam 7 minutes or until tender. Remove from steamer; sprinkle with 1/4 teaspoon salt.
4. Return skillet to medium-high heat. Add shallots and thyme; sauté 1 minute. Add vinegar. Bring to a boil; cook until reduced by half. Add stock. Bring to a boil and cook 5 minutes or until reduced to 1/3 cup. Reduce heat to low. Add butter, stirring constantly with a whisk until butter melts. Remove from heat. Add remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, parsley, and juice, stirring with a whisk. Divide carrots evenly among 4 plates: top with chicken. Spoon sauce over chicken and carrots.

DAY 2

Breakfast

Coach Fuel™ green smoothie (1 scoop Coach Fuel-DF™ with any veggie smoothie recipe)

Snack

½ avocado with sea salt

Lunch

Slow cooker squash soup (♦)

Raw apple slices

Snack

Raw medium cucumber or pickle

Dinner

Citrus salmon with broccoli (omit sugar, use organic butter or ghee)

DAY 2 Recipes:

Coach Fuel™ green smoothie

(Recipe Courtesy of Gerianne Cygan)

Ingredients:

- 1 cored apple
- ½ cup sliced and unpeeled cucumber
- ½ of a banana
- ¼ cup sliced lemon (rind included!)
- 1 cup frozen mango chunks
- ½ cup broccoli slaw mix
- ¼ cup sliced carrots
- 1 cup of spinach (packed)

Instructions:

Add ice and/or water to desired consistency. Blend in high-powered blender.

Slow Cooker Blissful Butternut Squash Soup

Adapted from: [www.skinnytaste.com] (Recipe courtesy of Gina Homolka)

Ingredients:

- 16 oz 1/2 small butternut squash, halved, seeds removed
- 16 oz 1/2 buttercup or kobacha squash, halved, seeds removed but not peeled
- 2 large shallots (quartered)
- 2 cup chicken or vegetable broth
- 3/4 cup light coconut milk
- pinch nutmeg
- optional garnish: drizzle coconut milk (chives, pepitas)

Instructions:

1. Place the squash, shallots, and broth in the slow cooker.
2. Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
3. Remove squash from skin and discard the peel.
4. Stir in coconut milk and nutmeg.
5. Blend in a blender or using an immersion blender.
6. Season to taste with salt and pepper and garnish with more coconut milk and chives, if desired.

Citrus Salmon with Broccoli

Adapted from: [bhg.com] (Recipe courtesy of Better Homes & Gardens)

Ingredients

- 1 lemon
- 2 tablespoons butter
- 4 4-oz skinless salmon fillets
- Salt + Ground black pepper
- 1 tablespoon snipped fresh dill
- 1 tablespoon olive oil
- 1 pound broccoli, trimmed
- 4 cloves garlic, peeled and sliced
- Lemon slices and fresh dill (optional)

Instructions:

1. Slice half of the lemon into thin slices; set aside. Juice remaining half of lemon into a 1-cup measure; add water to equal 1/2 cup. Set aside.
2. In a 12-inch nonstick skillet heat butter over medium-high heat. Sprinkle salmon with salt and pepper; add to skillet. Cook for 2 to 3 minutes or until bottom is golden; turn fillets. Add lemon juice mixture. Top with snipped dill and lemon slices. Reduce heat to medium; cover and cook 5 to 6 minutes more or until fish flakes easily when tested with a fork.
3. Meanwhile, in another skillet heat oil over medium heat. Quarter broccoli lengthwise into long spears; add to skillet along with garlic. Cook broccoli and garlic in hot oil over medium heat for 8 to 10 minutes or until crisp-tender, turning often. Serve salmon with broccoli; pour pan juices over salmon. If desired, serve with additional lemon slices and fresh dill.

DAY 3

Breakfast

Eggs over easy with garlic- sautéed spinach in olive oil
Slice of tomato & bell pepper

Snack

Plantain chips (Trader Joe's)

Lunch

Grilled chicken, seasoned to taste
Side salad with olive oil & vinegar

Snack

Medium apple

Dinner

Italian pot roast (♦)

DAY 3 Recipe:

Italian Pot Roast

Adapted from: [www.pbs.org] (Recipe courtesy of EveryDAY Food)

Ingredients:

- 1 olive oil
- 1 can whole tomatoes in purée (28 ounces)
- 1 ¼ pounds sweet potatoes (scrubbed)
- 1 large onion (cut into 8 wedges)
- 1 tablespoon fresh rosemary chopped (or 1 teaspoon dried and crumbled)
- 3 lbs. beef chuck roast (trimmed and halved crosswise)
- 4 garlic cloves
- coarse salt and ground pepper

Instructions:

1. With a sharp paring knife, cut 4 slits in beef roast: stuff slits with half the garlic.
2. Generously season beef with 1 ½ teaspoons salt and 1 teaspoon pepper. In a large skillet, heat oil over high heat, swirling to coat bottom of pan. Cook beef until browned on all sides, about 5 minutes.
3. In a 5-quart slow cooker, combine beef, onion, sweet potatoes, tomatoes (with purée), rosemary, and remaining garlic. Cover: cook on high setting until meat is fork-tender, about 6 hours (do not uncover while cooking).
4. Transfer meat to a cutting board; thinly slice and discard any gristle. Skim fat from top of sauce. To serve, divide beef and vegetables among bowls; generously spoon sauce over.

DAY 4

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

½ banana and a few plantain chips

Lunch

Slow cooker squash soup - *leftovers from DAY 2*

Snack

Hard-boiled egg (♦)

Dinner

Butternut squash chili with beef (♦)

DAY 4 Recipe:

Butternut Squash Chili

Adapted from: [www.primaverakitchen.com] (Recipe courtesy of Olivia)

Ingredients:

- 2 tablespoons extra virgin olive oil
- ½ cup celery diced
- ½ cup red onions chopped
- 2 cloves garlic minced
- 1-pound grass-fed ground beef
- 2 teaspoons red pepper flakes
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- ½ teaspoon ground coriander
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- salt and pepper
- ½ cup red bell peppers chopped
- 2½ cups butternut squash diced
- 2 cups diced tomato with juice, if you are using diced tomatoes from a can
- 1 cup any tomato sauce that doesn't contain sugar
- 1 cup chicken broth more if you don't like thick chili
- fresh cilantro for garnishing

Instructions:

1. In a large Dutch Oven Pot, heat the olive oil over medium-high heat.
2. Add the celery and red onions, and sauté for 3 minutes. Then, add the garlic, and sauté for 30 seconds longer.
3. Add the ground beef and cook, breaking up the beef with a wooden spoon, until it's cooked through, about 5 minutes.
4. Add the red pepper flakes, cumin, paprika, coriander, onion powder, garlic powder, salt, and pepper to taste. Mix everything well.
5. Add the red bell peppers, butternut squash, diced tomatoes, tomato sauce, and chicken broth.
6. Stir, bring to a boil, cover with a lid, and bring to a simmer. Cook the chili for 30-40 minutes.
7. Serve with fresh chopped cilantro on top.

DAY 5

Breakfast

Supreme egg loaf (♦) (1 lg. slice)

Berries

Snack

1 oz. of dark chocolate (no sugar added) and 1 oz. pistachios

Lunch

Butternut squash chili with beef - *leftovers from DAY 4*

Snack

Hard-boiled egg (♦)

Dinner

Italian pot roast - *leftovers from DAY 3*

DAY 5 Recipe:

Supreme Egg Loaf

(Recipe on www.exercisecoach.com)

Ingredients:

- 1 Green bell pepper
- 1 Red onion
- 1 Zucchini
- 1-pound Italian sausage (no-sugar added)
- 1 can Diced black olives
- 1 cup Marinara sauce (no-sugar added such as RAO's or Primal Kitchen)
- 1 package Mushroom
- 12 Eggs
- 1 teaspoon coconut oil

Instructions:

1. Preheat the oven to 375F.
2. Brown the Italian sausage over medium high heat in the ghee.
3. Chop green bell pepper and mushrooms.
4. Shred zucchini.
5. Dice red onions.
6. Crack and beat the eggs, adding a little water.
7. Layer the bottom of a casserole dish with the veggies and olives, then top with the cooked meat.
8. Pour beaten eggs over the whole mess evenly.
9. Bake for 25-30 minutes, making sure the eggs cook through.

DAY 6

Breakfast

Coach Fuel-DF™ smoothie* (*see recipe page 73*)

Snack

RXBAR® of choice

Lunch

Supreme egg loaf (♦) (Recipe under DAY 5) - leftover; 1 lg. slice + One orange

Snack

½ avocado with sea salt

Dinner

Ancho-rub flank steak w/ side of arugula & cherry tomato

DAY 6 Recipe:

Ancho-Rubbed Flank Steak

Adapted from: [www.myrecipes.com] (Recipe courtesy of Jackie Mills, MS, RD)

Ingredients:

- ½ teaspoon kosher salt
- ½ teaspoon ground ancho chili powder
- ¼ teaspoon ground cumin
- Dash of freshly ground black pepper
- 1 (1-pound) flank steak, trimmed
- 2 teaspoons olive oil

Instructions:

1. Combine first 5 ingredients in a small bowl; rub evenly over both sides of steak.
2. Heat oil in a large skillet over medium-high heat. Add steak; cook 3 minutes on each side or until desired degree of doneness. Let stand 5 minutes; cut steak diagonally across grain into thin slices.
3. Salad: Combine 1 tablespoon cider vinegar, 1 teaspoon Dijon mustard, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper in a large bowl. Gradually whisk in 2 T olive oil. Serve atop fresh arugula and cherry tomatoes.

DAY 7

Breakfast

Supreme egg loaf (♦) (Recipe under DAY 5) - leftover; 1 lg. slice

Berries

Snack

Raw carrots

Lunch

Classic Cobb salad (no cheese added, no-sugar bacon) with **homemade vinaigrette** (♦)

Snack

Apple with almond butter

Dinner

Cilantro lime chicken with avocado salsa

DAY 7 Recipes:

Classic Cobb Salad

Adapted from: [www.foodnetwork.com] (Courtesy of Food Network Magazine)

Ingredients:

- 8 slices thick-cut bacon, chopped
- 4 large eggs
- Kosher salt
- 2 6-ounce skinless, boneless chicken breasts
- Zest (in wide strips) and juice of 1 lemon
- 2 bay leaves
- 2 sprigs thyme
- 1 tablespoon black peppercorns
- 1/4 cup apple cider vinegar
- 1/2 shallot, minced (about 2 tablespoons)
- 1 tablespoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- Freshly ground pepper
- 2 avocados
- 2 vine-ripened tomatoes, chopped
- 1 large head Bibb lettuce, torn into pieces
- 2 heads romaine lettuce, cut into pieces

Instructions:

1. Cook the bacon in a medium skillet over medium heat, stirring, until crisp, 15 to 20 minutes; transfer to paper towels to drain.
2. Meanwhile, place the eggs in a saucepan and cover with cold water by about 1 inch. Bring to a simmer over medium-high heat, then cover, remove from the heat, and let stand, 10 to 12 minutes. Drain, then run under cold water to cool. Peel under cold running water. Chop the hard-cooked eggs and season with salt.
3. Combine the chicken, lemon zest and juice, bay leaves, thyme, peppercorns, and a large pinch of salt in a medium saucepan; add enough cold water to cover the chicken by 1/2 inch. Bring to a bare simmer over medium heat (do not boil) and cook until a thermometer inserted into the thickest part of the chicken registers 160 degrees F, about 7 minutes. Transfer the chicken to a cutting board and let rest 5 minutes.
4. Meanwhile, make the dressing: Whisk the vinegar, shallot, mustard and 1/2 teaspoon salt in a serving bowl. Whisk in the olive oil in a slow, steady stream until emulsified; season with pepper. Dice the chicken and toss with 1 tablespoon of the dressing in a separate bowl.
5. Halve, pit, and dice the avocados. Season the tomatoes with salt. Add the Bibb and romaine lettuce to the serving bowl on top of the dressing. Arrange the bacon, hard-cooked eggs, chicken, avocados, and tomatoes in rows on top of the lettuce. When ready to serve, toss the salad and season with salt and pepper.

Simple Vinaigrette

Adapted from: [www.simplejoy.com] (Recipe courtesy of Lisa Longley)

Ingredients:

- 3/4 cup extra virgin olive oil
- 1 1/2 TBSP red wine vinegar
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions:

1. Combine all ingredients.
2. Shake well right before serving.

Cilantro-Lime Chicken with Avocado Salsa

Adapted from: [myrecipes.com] (Recipe by Cooking Light)

Ingredients:

Chicken:

- 2 tablespoons minced fresh cilantro
- 2 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- Cooking spray

Salsa:

- 1 cup chopped plum tomato (about 2)
- 2 tablespoons finely chopped onion
- 2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 avocado, peeled and finely chopped

Instructions:

1. To prepare chicken, combine first 4 ingredients in a large bowl; toss and let stand 3 minutes. Remove chicken from marinade, discard marinade. Sprinkle chicken evenly with 1/4 teaspoon salt. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.
2. To prepare salsa, combine tomato and next 4 ingredients (through pepper) in a medium bowl. Add avocado; stir gently to combine. Serve salsa over chicken.

DAY 8

Breakfast

Supreme egg loaf (♦) (Recipe under DAY 5) - leftover; or make alternative Egg Bake
Macadamia nuts

Snack

Banana

Lunch

Grilled chicken on greens with veggies of choice, **homemade creamy avocado dressing**

Snack

Hard-boiled egg (♦)

Dinner

Citrus salmon with broccoli (See Recipe under DAY 2)
Raw carrots

DAY 8 Recipe:

Creamy Avocado Dressing

Adapted from: [www.simplyscratch.com] (Recipe courtesy of Simply Scratch)

Instructions:

- 1 large avocado
- 1 clove garlic, peeled
- 1/2 tablespoon fresh lime or lemon juice
- 3 tablespoons olive oil or avocado oil
- 1/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste
- water, as needed (I add up to 1/4 cup)

Instructions:

1. In a mini food processor add the peeled clove of garlic, avocado, lime or lemon juice, olive oil, salt, and pepper.
2. Process until smooth, stopping to scrape down the sides a few times. Thin the salad dressing out with a little bit of water (1/4 cup or more) until it reaches a desired consistency.
3. Keep in an airtight container for at least a week, but 3 to 4 DAYs is best.

DAY 9

Breakfast

Coach Fuel™ green smoothie (Recipe under DAY 2)

Snack

1 oz. of dark chocolate (no sugar added)
Berries

Lunch

Scrambled eggs with Exercise Coach homemade salsa (*see recipe page 74*)

Snack

Almonds

Dinner

Coach's lettuce wrap tacos (*see recipe page 74*)
Exercise Coach salsa (*see recipe page 74*)
Guacamole
Raw veggies

DAY 9 Recipe:

Quick And Easy Guacamole

Adapted from: [www.paleoleap.com] (Recipe Courtesy of Paleo Diet Recipes)

Ingredients:

- 3 avocados.
- 1 firm tomato finely diced.
- 1/2 white onion.
- 1/2 cup chopped cilantro.
- 2 tbsp fresh lemon or lime juice

Instructions:

1. Open the avocados and scoop out the flesh. An easy way is to cut it lengthwise around the pit and then using a chef's knife strike the pit and then twist the knife so you can easily remove the pit and scoop out the flesh.
2. Mash the flesh with a fork, it can still have hard parts, follow your preference.
3. Stir the other ingredients.
4. Enjoy right away or store in the refrigerator. A trick is to put a plastic wrap that touches the guacamole, so it doesn't brown because of contact with air.

DAY 10

Breakfast

Two hard-boiled eggs (◆)

Cashews

Snack

Apple slices with cashew or almond butter

Lunch

Coach Fuel-DF™ chocolate smoothie* (*see recipe page 73*)

Snack

1/2 avocado with salt

Dinner

Thai cashew chicken and mango salad (use simple balsamic dressing if homemade included in recipe is too time-consuming)

DAY 10 Recipes:

Thai Cashew Chicken and Mango Salad

Adapted from: [www.tasteloveandnourish.com] (Recipe Courtesy of Caroline Hurley)

Ingredients:

Dressing:

- 1/3 cup raw cashews toasted (see Notes) or 1/4 cup cashew butter
- 1/4 cup cashew milk
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon coconut aminos
- 1 tablespoon lime juice
- 1 tablespoon olive oil use a mild flavored oil
- 1 teaspoon fresh ginger grated
- 1/2 teaspoon lemongrass grated
- 1 clove garlic
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon crushed red pepper

Salad:

- 2 chicken breasts – seasoned with salt and pepper
- 6 cups mixed salad greens
- 1/2 small red onion diced
- 1 medium red bell pepper diced
- 1 mango diced
- 1 avocado diced
- 4 to 5 sprigs fresh cilantro
- 1/2 cup raw cashews toasted

Instructions:

1. Combine the salad dressing ingredients in a blender. Process for about 15 seconds. Pour the dressing in a bowl or jar and refrigerate until ready to use.
2. On a greased outdoor grill or on a greased grill pan over the stove, grill the chicken breasts for about 4 to 5 minutes per side. Transfer onto a plate and immediately cover with foil. Allow the chicken to sit covered for at least 8 to 10 minutes while you prepare the rest of the salad.
3. On two large dinner plates, arrange the mixed greens, onion, red pepper, mango and avocado. Sprinkle the top of each salad with a few cilantro leaves and the toasted cashews.
4. Cut the rested chicken into cubes and divide between the two salads. Top with some dressing.

Notes:

To toast the raw cashews, preheat your oven to 350 degrees. Place the nuts on a baking sheet. Toast for 4 to 5 minutes. Remove and allow to cool.

DAY 11

Breakfast

Coach Fuel™ green smoothie (Recipe under DAY 2)

Snack

Pistachios and an orange

Lunch

Taco salad (use leftover taco meat from DAY 9 on top of chopped greens, with chopped mango, leftover guacamole (Recipe under DAY 9) and chopped tomato)

Snack

Raw celery sticks with nut butter

Dinner

Moroccan spiced pork chops with mashed sweet potatoes

DAY 11 Recipe:

Moroccan-Spiced Pork Chops with Mashed Sweet Potatoes

Adapted from: [www.myrecipes.com] (Recipe courtesy of Elizabeth Nelson)

Ingredients:

- 4 cups chopped peeled sweet potatoes (about 1 1/4 pounds)
- 1/4 cup canned coconut milk
- 3/4 teaspoon ground coriander, divided
- 3/4 teaspoon ground cumin, divided
- 1/2 teaspoon kosher salt, divided
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- Dash of ground red pepper
- 1/2 cup bottled roasted red bell peppers, rinsed and drained
- 3 tablespoons olive oil, divided
- 2 tablespoons unsalted almonds
- 1 garlic clove
- 4 (6-ounce) bone-in center-cut loin pork chops
- 1/4 teaspoon freshly ground black pepper

Instructions:

1. Place potatoes in a large saucepan; cover with water to 1 inch above potatoes. Bring to a boil; reduce heat and simmer 15 minutes or until potatoes are tender. Drain. Combine potatoes, coconut milk, 1/2 teaspoon coriander, 1/2 teaspoon cumin, 1/4 teaspoon salt, cinnamon, allspice, and ground red pepper in a medium bowl; mash to desired consistency with a potato masher.
2. Combine remaining 1/4 teaspoon coriander, remaining 1/4 teaspoon cumin, bell peppers, 2 tablespoons oil, almonds, and garlic in the bowl of a mini food processor; process until smooth.
3. Sprinkle pork with remaining 1/4 teaspoon salt, and black pepper. Heat a large skillet over medium-high heat. Add remaining 1 tablespoon oil; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Serve pork with mashed potatoes and bell pepper sauce.

DAY 12

Breakfast

Omelet (See Day 1 for recipe) with any leftover veggies on hand

Snack

Plantain chips

Lunch

Roasted cauliflower soup (♦)

Snack

Macadamia nuts with 1/2 apple

Dinner

Mango shrimp kebobs

DAY 12 Recipes:

Roasted Cauliflower Soup

Adapted from: [www.elanaspantry.com] (Recipe courtesy of Elana's Pantry)

Ingredients:

- 1 large head cauliflower
- 4 tablespoons olive oil
- 1 teaspoon Celtic Sea salt
- 1 large onion, diced
- 4 cups water or chicken stock

Instructions:

1. Place whole head of cauliflower in a 9 x 13-inch baking dish
2. Rub cauliflower with 2 tablespoons olive oil and sprinkle with salt
3. Add ½ cup water to the dish
4. Bake uncovered at 350°F for 1½ hours, or until a knife cut easily through the core
5. Remove cauliflower from oven and allow to cool
6. Coarsely chop and set aside
7. Heat remaining 2 tablespoons olive oil in a large saucepan over medium heat
8. Add onion and cook until soft and translucent, about 15 minutes
9. Add cauliflower and 4 cups water or stock
10. Simmer until cauliflower is very soft, about 10 minutes
11. In a Vitamix puree in very small batches until smooth
12. Transfer back to pot and bring to a simmer
13. Serve

Mango Shrimp Kebabs

Adapted from: [www.myrecipes.com] (Recipe courtesy of Marge Perry)

Ingredients:

- 1 ½ pounds peeled and deveined large shrimp
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 large red bell peppers, cut into 1-inch pieces
- 2 mangoes, peeled and cut into 1-inch cubes
- 1 small red onion, cut into 1-inch pieces
- Cooking spray
- 2 limes, cut into wedges

Instructions:

1. Preheat grill to medium-high heat.
2. Sprinkle shrimp evenly with salt and pepper. Thread shrimp, bell pepper, mango, and onion pieces alternately onto each of 8 (12-inch) skewers. Place skewers on grill rack coated with cooking spray; grill 2 minutes on each side or until shrimp are done. Squeeze juice from lime wedges over kebabs.

Chef's Notes:

Skewering small chunks of food on wooden sticks or thin metal rods is a grilling tradition. Soak wooden skewers in water for at least 30 minutes before using them on the grill or they'll burn and discard them after use. Metal skewers can be reused and require no soaking.

DAY 13

Breakfast

Two hard-boiled eggs (◆)
½ grapefruit

Snack

Pear with walnuts

Lunch

Coach Fuel™ green smoothie of choice*

Snack

RXBAR® of choice

Dinner

Grilled chicken breast (salt, pepper, garlic)
Steamed broccoli with melted butter
Roasted cauliflower soup (Recipe under DAY 12)

DAY 14

Breakfast

Scrambled eggs
Raw veggie of choice
Ham

Snack

Apple

Lunch

Creamy sweet potato and rosemary soup (◆)

Snack

Almonds

Dinner

Sautéed salmon in garlic and dill seasoned butter with Cauliflower rice

DAY 14 Recipes:

Creamy Sweet Potato and Rosemary Soup

Adapted from: [www.foodnetwork.com] (Recipe courtesy of Giada De Laurentiis)

Ingredients:

- 3 tablespoons unsalted organic butter, at room temperature
- 3 tablespoons olive oil
- 3 large or 6 small shallots, thinly sliced
- 2 to 3 cloves garlic, minced Kosher salt and freshly ground black pepper
- 2 pounds (about 2 to 3) sweet potatoes, peeled, trimmed and cut into 1/2-inch pieces
- 2 (6-inch long) stems fresh rosemary
- 6 cups low-sodium chicken broth

Instructions:

1. In an 8-quart stockpot, melt the butter and oil together over medium-high heat. Add the shallots and garlic. Season with salt and pepper and cook until soft, about 3 to 4 minutes. Add the sweet potatoes, rosemary, and chicken broth. Season with salt and pepper, to taste. Bring the mixture to a boil, reduce the heat and simmer until the sweet potatoes are very tender, about 20 to 25 minutes. Turn off the heat and remove the rosemary stems. Using an immersion blender, blend the mixture until smooth and thick. Season with salt and pepper, to taste. Keep the soup warm over low heat until ready to serve.

Cook's Note:

The soup can also be pureed by ladling, in batches, into a food processor or blender and blended until smooth.

Herbed Salmon

Adapted from: [www.bhg.com] (Recipe courtesy of Better Homes & Gardens)

Ingredients:

- 1-pound skinless salmon fillet, cut into 4 portions
- 1 lemon
- 1 tablespoon snipped fresh dillweed
- 1 tablespoon snipped fresh tarragon or lemon thyme
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley or bias-sliced chives
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons butter, softened
- Lemon peel and fresh herbs (optional)

Instructions:

1. Preheat oven to 350°F. Rinse fish; pat dry. Shred 1 teaspoon of peel from lemon; set aside. Cut lemon in half, juice half the lemon. In a small bowl combine lemon peel, snipped herbs, salt, pepper, and butter; stir to combine. Spread evenly on the salmon.
2. Heat a 12-inch nonstick oven-going skillet over medium heat. Add salmon, herb side down. Cook for 3 minutes or until golden brown. Turn salmon; pour lemon juice over salmon. Place pan in oven and bake for 3 to 7 minutes or until salmon flakes easily when tested with a fork.
3. Transfer salmon to serving plates; drizzle with pan juices. Top with additional shredded lemon peel and snipped fresh herbs.

Cauliflower Rice

Adapted from: [www.paleoplan.com] (Recipe courtesy of Akasha)

Ingredients:

- 1 head(s) cauliflower cut into small florets
- 2 tablespoon(s) coconut oil or olive oil
- 1 tablespoon(s) seasonings optional: sea salt, garlic, ginger, coconut aminos, curry, garlic or freshly ground black pepper

Instructions:

1. Place the raw cauliflower florets into a food processor and pulse several times, until it has a grainy, rice-like consistency. Season with sea salt and freshly ground black pepper, if desired.
2. Meanwhile, heat a large sauté pan over medium-high heat. When pan is hot, add coconut or olive oil.
3. Add riced cauliflower and additional seasonings (if desired), and sauté, stirring frequently for 4 to 5 minutes, or until cauliflower is warmed through and slightly tender.

DAY 15

Breakfast

Coach Fuel™ green smoothie (Recipe under DAY 2)

Snack

RXBAR® of choice

Lunch

Any greens and veggies salad with homemade vinaigrette*

Snack

Pear with 1 oz. dark chocolate (no sugar added)

Dinner

Seared scallops

Sweet potato and rosemary soup - *leftover from DAY 14*

DAY 15 Recipe:

Seared Scallops and Herb Butter Sauce

Adapted from: [www.myrecipes.com] (Recipe courtesy of Mary Drennen)

Ingredients:

- 2 tablespoons chopped fresh parsley, divided
- 2 tablespoons chopped fresh chives divided
- 2 teaspoons extra-virgin olive oil
- 1/8 teaspoon kosher salt
- 1 1/2 pounds large sea scallops
- 1/3 teaspoon kosher salt, divided
- 1/3 teaspoon black pepper, divided
- Cooking spray
- 1 tablespoon chopped shallots
- 1 tablespoon white wine vinegar
- 3 tablespoons chilled organic butter, cubed
- 1 teaspoon chopped fresh thyme

Instructions:

1. Heat a large cast-iron skillet over medium-high heat. Sprinkle scallops evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat scallops with cooking spray. Add scallops to pan; cook 3 minutes on each side or until browned. Remove from pan; keep warm.
2. Combine shallots, and vinegar in a saucepan; bring to a boil. Cook 5 minutes or until liquid reduces to 1 tablespoon. Reduce heat to low. Add butter cubes, 1 at a time, whisking after each addition until butter is fully incorporated. Stir in 1 tablespoon parsley, 1 tablespoon chives, 1 teaspoon thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Serve scallops with sauce and your favorite veggie.

DAY 16

Breakfast

Omelet (Recipe under DAY 1) with veggies of choice

Snack

Orange

Lunch

Tomato, cucumber, and avocado salad

Snack

RXBAR® of choice

Dinner

Two small or one large, twice-baked breakfast sweet potatoes (use no-sugar added bacon)

DAY 16 Recipes:

Tomato Cucumber Avocado Salad with Basil Pesto

Adapted from: [www.juliasalbum.com] (Recipe courtesy of Julia)

Ingredients

- 1/2-pound red cherry tomatoes or grape tomatoes, halved
- 1/2-pound yellow cherry tomatoes or grape tomatoes, halved
- 2 avocados, diced
- 1 cucumber, sliced
- 1/3 cup red onion, diced
- 1/4 cup basil pesto
- 1 tablespoon lemon juice
- salt and pepper to taste

Instructions

1. In a large bowl, combine halved red and yellow cherry or grape tomatoes, diced avocado, sliced cucumber, diced red onion.
2. Add basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper, if desired. Use more basil pesto, if desired.

Twice Baked Breakfast Sweet Potatoes

Adapted from: [www.plaidandpaleo.com] (Recipe courtesy of Plaid & Paleo)

Ingredients:

- 2 medium sweet potatoes
- 4 slices bacon
- 1 medium sweet onion, diced
- 4 garlic cloves, minced
- sea salt and black pepper
- 4 small eggs

Instructions:

1. Heat oven to 400 degrees. Poke sweet potatoes with a knife a couple times then place directly onto oven rack. Cook for 40-45 minutes until soft. Remove and let cool.
2. In a large skillet, fry bacon until crispy. Remove and toss in onion and garlic in leftover bacon grease. Cook for about 5-7 minutes until onion is translucent.
3. After bacon cools, cut into small pieces.
4. Once sweet potatoes are cool, cut lengthwise then scoop out the middle of the sweet potato. I used a knife to cut about 1/4 inch away from the skin all the way around then I cut the middle into three pieces. This makes it easier to remove the middle without breaking the skin.
5. Mash sweet potato into skillet. If it is a little undercooked, cover and cook for 10 more minutes.
6. Stir in salt, pepper and half the bacon bits. Place sweet potatoes on a parchment lined baking sheet.
7. Scoop mash into potato shells then create a large divot for the egg. You will want to make sure the divot is big enough to fit the egg.
8. Break one egg into each divot then sprinkle with remaining bacon bits. Cook for 15 minutes or until yoke is set.

DAY 17

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe on last page – Bonus Recipes*)

Snack

Almonds

Lunch

Sweet potato, bacon, and apple hash (use no-sugar added bacon)

Snack

RXBAR® of choice

Dinner

Burger in lettuce wrap (grass-fed beef preferred, top with homemade mayo, (◆) tomato, avocado, onion, cucumber, pepper, etc.)

Pickles + Raw veggies of choice

DAY 17 Recipes:

Sweet Potato, Bacon and Apple Hash

Adapted from: [www.foodnetwork.com] (Recipe courtesy of Anne Burrell)

Ingredients:

- 2 garnet yams, peeled and cut into 1/2-inch dice
- Extra-virgin olive oil
- Kosher salt
- 4 to 6 slices thick cut bacon, cut into lardons
- 1 large onion, cut in 1/2-inch dice
- 2 Granny Smith apples, cored and cut into 1/2- inch dice
- 4 scallions, white and green parts separated and thinly sliced
- 1/2 cup green pumpkin seeds (pepitas), toasted

Instructions:

1. Preheat the oven to 400 degrees F.
2. In a large bowl, add the sweet potatoes, drizzle with olive oil and sprinkle with salt, to taste. Toss to coat and arrange them on a baking sheet. Roast the sweet potatoes until they are soft but not mushy, about 10 to 15 minutes. Remove from the oven and reserve.
3. Coat a large sauté pan with olive oil. Add the bacon and put the pan over medium heat. When the bacon has started to get crispy and brown, add the onions, season with salt and sauté until the onions are very soft and aromatic. Add the apples and the scallion whites and sauté for 3 to 4 minutes. Stir in the sweet potatoes, and sauté until the sweet potatoes are cooked through and starting to become crispy, about 7 to 8 minutes.
4. Transfer to a serving platter and garnish with the scallion greens and pumpkin seeds.

Lettuce Wrap Burger

Adapted from: [www.iheartnaptime.net] (Recipe courtesy of Jamielyn Nye)

Ingredients:

- 1 pound ground beef, could sub for ground turkey
- 3/4 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 4 lettuce cups

Instructions:

1. Combine the hamburger, salt, garlic powder and pepper in a small bowl. Then form 4 patties and press a thumbprint into the center. Cook in a skillet over medium-high heat for 3 to 5 minutes per side or until the internal temperature reaches 155°F. Remove to a plate lined with paper towel to catch any extra grease.
2. While the hamburgers are cooling, prepare your desired toppings.
3. Divide the lettuce onto four plates. Once the hamburgers have slightly cooled, add to the top of lettuce. Then add desired toppings.
4. Serve while warm. Store leftover meat separate from the toppings.

DAY 18

Breakfast

Breakfast salad

Snack

Raw carrots with **paleo ranch dressing** (♦)

Lunch

Sautéed veggies (carrots, broccoli, zucchini, cauliflower) with roasted sliced turkey breast

Snack

Macadamia nuts

Dinner

Grilled chicken (salt, pepper, garlic)

Sweet potato oven fries with chipotle mayo

DAY 18 Recipes:

Breakfast Salad

Adapted from: [www.thekitchen.com] Recipe courtesy of Faith Durand)

Ingredients:

- ½ sliced Avocado
- 1 tomato chopped (or 10 cherry tomatoes cut in half)
- ¼ tsp pepper
- ½ tsp salt or to taste
- 2 slices prosciutto or crumbled bacon (uncured, no sugar added)
- Optional: any fresh herbs you like minced

Instructions:

Combine all ingredients in bowl and top with 2 poached eggs

Paleo Ranch Dressing

Adapted from: [www.thekitchen.com] Recipe courtesy of Faith Durand)

Ingredients:

- 1/4 cup fresh lemon juice
- 1 tablespoon dried dill weed
- 2 cups avocado oil mayonnaise

Instructions:

Whisk all ingredients together until fully combined.

Sweet Potato Fries and Chipotle Mayo

Adapted from: [www.favfamilyrecipes.com] (Recipe courtesy of Emily Walker)

Ingredients:

- 4 sweet potatoes or yams
- 2 Tbsp vegetable oil
- kosher salt

For the Dip:

- 1 1/4 cup avocado oil mayonnaise (homemade or Primal Kitchen)
- 1/2 lime juiced
- 1 tsp. ground chipotle powder
- 1/2 tsp. chili powder
- 1/4 tsp. paprika
- 1/4 tsp. cumin
- 1/4 tsp. garlic powder

Instructions:

1. Mix up the chipotle lime dip at least an hour before serving so the spices have a chance to blend together: In a small bowl, mix all the ingredients together and refrigerate.
2. Preheat the oven to 400 degrees. Cut the sweet potatoes into long sticks and place in a large Ziploc bag. Add just enough vegetable oil to lightly coat the potatoes, seal the bag and toss to distribute the oil evenly.
3. Evenly layer the potatoes on to a cookie sheet. Bake for 35 to 45 minutes, turning often until lightly browned. Remove from oven and sprinkle on kosher salt, to taste.
4. Serve with the chipotle lime dip.

DAY 19

Breakfast

Coach Fuel™ green smoothie of choice (Recipe under DAY 2)

Snack

Raw celery with paleo ranch dressing (♦) (Recipe under DAY 18)

Lunch

Creamy carrot soup (♦)

Snack

RXBAR® of choice

Dinner

Chicken thighs with root vegetable hash

DAY 19 Recipes:

Creamy Carrot Soup

Adapted from: [www.myrecipes.com] (Recipe courtesy of Lisa Richardson)

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 ¾ cups chopped Vidalia or other sweet onion
- 2 pounds carrots, cut into 1/2-inch pieces
- 1 teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper
- Dash of ground ginger
- 2 cups water
- 2 cups chicken broth
- 2 tablespoons coconut cream (Trader Joe's), divided

Instructions:

1. Heat oil in a large Dutch oven over medium heat. Add onion and carrots to pan; cook 10 minutes, stirring frequently. Stir in salt, pepper, and ginger.
2. Add 2 cups water and broth to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until carrots are tender. Remove from heat; cool.
3. Place half of carrot mixture and 1 tablespoon coconut cream in a food processor or blender; process 20 seconds or until smooth. Pour pureed mixture into a large bowl. Repeat procedure with remaining carrot mixture and 1 tablespoon coconut cream. Return mixture to pan; cook over medium heat until thoroughly heated.

Chicken Thighs with Root Vegetable Hash

Adapted from: [www.foodnetwork.com] (Recipe courtesy of Food Network Kitchen)

Ingredients:

- 3 tablespoons avocado oil
- 8 skin-on, bone-in chicken thighs (about 2 1/2 pounds)
- Kosher salt and freshly ground pepper
- 3 slices thick-cut bacon, chopped
- 4 ounces cremini mushrooms, quartered
- 4 carrots, peeled and cut into 1-inch pieces
- 4 parsnips, peeled and cut into 1-inch pieces
- 3 turnips, peeled and cut into 1-inch pieces
- 1 red onion, chopped
- 2 tablespoons chopped fresh parsley
- 2 teaspoons fresh thyme

Instructions:

1. Preheat the oven to 375 degrees F. Heat 2 tablespoons oil in a large ovenproof skillet over medium-high heat. Season the chicken with 1 teaspoon salt and a few grinds of pepper. Add to the skillet skin-side down and cook until golden, about 5 minutes. Pour off most of the fat from the skillet; transfer the skillet to the oven (do not flip the chicken). Roast 5 minutes, then flip the chicken and roast until cooked through, about 15 more minutes.
2. Meanwhile, cook the bacon in the remaining 1 tablespoon oil in a large pot over medium-high heat until crisp, about 5 minutes. Remove with a slotted spoon and drain on paper towels, reserving the drippings in the pot.
3. Add the mushrooms, carrots, parsnips, turnips, red onion, 2 tablespoons water, 1/2 teaspoon salt and a few grinds of pepper to the pot. Cook, stirring occasionally, until the vegetables are tender, about 12 minutes. Return the bacon to the pot along with the parsley and thyme. Serve the chicken with the vegetables.

DAY 20

Breakfast

Eggs over easy
Sliced avocado & salt

Snack

Walnuts with berries

Lunch

Chicken thighs with root veggie hash (Recipe under DAY 19) - *leftover from DAY 19*

Snack

Plantain chips

Dinner

Ham steak with side of Creamy Carrot Soup (Recipe under DAY 19)- *leftover from DAY 19*

DAY 21

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

Apple with almond butter

Lunch

Green salad with veggies of choice and paleo ranch dressing (♦) (Recipe under DAY 18)

Snack

Guacamole (♦) (Recipe under DAY 9) with raw veggies to dip

Dinner

Carne Asada and guacamole (Recipe under DAY 9)

DAY 21 Recipe:

Carne Asada

Adapted from: [www.primallyinspired.com] (Recipe courtesy of Primally Inspired)

Ingredients:

- 2-3 lb flank or skirt steak, 1 inch thick
- 1/3 cup white vinegar
- 1/3 cup olive oil or oil of choice
- 2 limes, juiced
- 4 cloves of garlic, minced
- 1 tsp salt
- 1 tsp pepper
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika

Instructions:

1. Combine the white vinegar, olive oil, lime juice, garlic, and spices together in a bowl. Mix well. Pour the marinade over the steak and turn to coat. Marinate in the fridge for at least 1 hour up to 24 hours.
2. After it's finished marinating, place the steak on a baking sheet, turn the oven to broil and set the rack to the top position. Broil the steak for 6 minutes, flip, broil 5 more minutes for medium. Cook longer for more well-done steak, but keep in mind that flank steak will get tough the more you cook it.
3. Let rest 10 minutes. Cut the steak into slices.

DAY 22

Breakfast

Zucchini & sweet potato latke's (♦)

Poached egg*

Snack

Zucchini chips (♦)

Lunch

Coach's pumpkin pie smoothie

Snack

RXBAR® of choice

Dinner

Chicken and zucchini poppers

Guacamole to dip (Recipe under DAY 9)

Zucchini chips (Recipe Below)

DAY 22 Recipes:

Zucchini & Sweet Potato Latkes

Adapted from: [www.ibreatheimhungry.com](Recipe courtesy of I Breathe I'm Hungry)

Ingredients:

- 1 cup shredded zucchini
- 1 cup shredded sweet potato
- 1 egg, beaten
- 1 Tbsp coconut flour
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin
- 1/2 tsp dried parsley
- Salt & pepper to taste
- 1 Tbsp ghee or clarified butter
- 1 Tbsp EV olive oil

Instructions:

1. Combine the zucchini, sweet potato, and egg in a medium bowl.
2. In a small bowl, mix the coconut flour and spices together. Add the dry ingredients to the zucchini mixture and stir until fully combined.
3. Heat the ghee and olive oil in a medium nonstick pan. Divide the mixture into four equal portions and drop into the pan, pressing down with a fork until a 1/2-inch-thick cake is formed. Cook on medium heat until golden and crisp, then flip carefully and cook the other side. Remove to a plate lined with paper towels to drain.
4. Season with an additional sprinkle of kosher salt. Serve hot.

Zucchini Chips

Adapted from: [tablefortwoblog.com] (Recipe courtesy Table For Two by Julie Chiou)

Ingredients:

- 1 large zucchini
- 2 tablespoon olive oil
- Kosher salt

Instructions:

1. Preheat oven to 225 degrees Fahrenheit. Line two large baking sheets (I used two 17" baking sheets) with silicon baking mats or parchment paper.
2. Slice your zucchini on a mandolin. Mine had 1, 2, or 3 for thickness and I used 2.
3. After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it'll cook a bit faster.
4. Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.
5. In a small bowl, pour your olive oil in and take a pastry brush to brush the olive oil on each zucchini slice.
6. Sprinkle salt throughout the baking sheet. **Do NOT over-season, in fact, it's better to use less salt initially because the slices will shrink; so if you over-season, it'll be way too salty! You can always add more later.**
7. Bake for 2+ hours until they start to brown and aren't soggy and are crisp.
8. Let cool before removing and serving.
9. Keep in an airtight container for no more than 3 DAYS.

Coach's Pumpkin Pie Protein Smoothie

(Recipe Courtesy Gerianne Cygan)

Ingredients:

- 8 oz. Unsweetened Almond Milk
- 1 Scoop Couch Fuel (DF)
- ½ tsp. Pumpkin Spice
- ½ Banana
- Ice Cubes to desired thickness

Instructions:

Place all ingredients in your blender and blend until smooth to desired consistency with ice cubes.

Chicken Zucchini Poppers

Adapted from: [www.therealfooddietitians.com] (Recipe courtesy of Stacie Hassing)

Ingredients:

- 2 lb. ground chicken
- 2 cups shredded zucchini, loosely packed
- 2 tsp. dried Italian Seasoning
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. crushed red pepper flakes
- 1 tsp. sea salt
- 1/2 tsp. black pepper

Instructions:

1. Preheat the oven to 400°F. Line a large baking sheet with parchment. Set aside.
2. Place and spread the shredded zucchini out on one half of a double layer of paper towel, top the zucchini with another double layer of paper towel or fold the paper towel over the zucchini and press down with hands to absorb moisture from the zucchini.
3. Combine all the ingredients in a bowl and mix with spoon or clean hands.
4. Form into 28 golf ball-sized meatballs (about 1 1/2 oz. each) and place on the baking sheet.
5. Bake for 18-20 minutes or until meatballs are cooked through and insides are no longer pink.

DAY 23

Breakfast

Coach Fuel™ green smoothie of choice (Recipe under DAY 2)

Snack

Almonds

Lunch

Mini frittatas (♦)

Berries

Snack

Apple nachos

Dinner

Grilled chicken breast (salt/pepper/garlic)

Almond roasted heirloom tomatoes

DAY 23 Recipes:

Mini Frittatas

Adapted from: [www.paleorunningmomma.com] (Recipe courtesy by Paleo Running Momma)

Ingredients:

- 4 slices sugar free bacon - U.S. Wellness Meats is my favorite!
- 1 cup roughly chopped sundried tomatoes
- 1 and 1/2 cups roughly chopped broccolini - baby broccoli - florets
- 2 tbsp water
- 8 eggs
- 1/4 cup full fat organic canned coconut milk
- 1/4 tsp salt
- generous pinch of black pepper
- 1 tbsp fresh chives finely chopped

Instructions:

1. Preheat oven to 375 degrees
2. Preheat a heavy or cast-iron skillet to med-hi heat. Chop the bacon crosswise into bite sized pieces and add to the hot pan, stirring as you cook.
3. When the bacon is 3/4 of the way done, add the chopped sundried tomatoes to the pan plus the water and stir to coat. Add the chopped broccolini and stir again to coat. Lower the heat to medium and continue to cook for 1 minute before removing from heat.
4. In a large bowl, combine the eggs, coconut milk, salt, black pepper, and chives. Add the bacon mixture to the egg mixture and stir to combine.
5. Grease a muffin pan with coconut oil or extra bacon fat and pour the mixture into each cup 3/4 of the way full, so you have 10-12 total filled.
6. Bake in the preheated oven for 15 minutes or until the eggs are just set. Remove and let cool.
7. Either serve warm or store in the fridge, covered, for up to 4 DAYS. Great as a make-ahead dish for brunch, breakfast or as a quick and easy afternoon snack!

Apple 'Nachos'

Adapted from: [www.livinghealthywithchocolate.com] (Recipe courtesy of Adriana Harlan)

Ingredients:

- 1 apple
- 1 tablespoon fresh lemon juice
- 2 tablespoons almond butter
- 1 tablespoon unsweetened shredded coconut
- 2 tablespoons sliced almonds

Instructions:

1. Slice apples and toss with the lemon juice in a large bowl.
2. Arrange the apples in a plate and drizzle with almond butter. You can use a pastry/piping bag or a ziploc bag to drizzle the almond butter.
3. Sprinkle with shredded coconut, and sliced almonds.
4. Store any leftovers in the fridge

Almond Roasted Heirloom Tomatoes

Adapted from: [www.marlameridith.com] (Recipe courtesy of Marla Meridith)

Ingredients:

- 4 Heirloom Tomatoes, slice into 1/4-inch rounds
- 1/2 cup blanched Almond Meal
- pinch of Garlic Salt
- a few pinches dried Herbs: parsley, basil, thyme, rosemary (your choice)
- Cracked Black Pepper
- Smoked Paprika
- Olive Oil spray
- Fresh Herbs for garnish

Instructions:

1. Preheat oven to 375 degrees F with the rack in the middle.
2. In a bowl whisk together the almond meal with garlic salt, dried herbs, pepper smoked paprika. Dip both sides of the tomato slices in the flour mixture. Place tomatoes on a lined cookie sheet in a single layer. Spray with some olive oil.
3. Bake about 30 minutes or until slightly browned and crispy. You can flip 1/2 way through cooking time if desired. Spray again with the oil if you do this.

DAY 24

Breakfast

Eggs your choice with uncured organic bacon

Snack

Rosemary and sea salt sweet potato chips (♦)

Lunch

Grilled shrimp over greens of choice with homemade vinaigrette

Snack

Coach's Cocommune™ Bar

Dinner

Grilled or broiled steak of your choice (seasoned to taste)

Roasted cauliflower (omit sugar)

DAY 24 Recipes:

Rosemary and Sea Salt Sweet Potato Chips

Adapted from: [www.plaidandpaleo.com] (Recipe courtesy of Plaid & Paleo)

Ingredients:

- 2 large, sweet potatoes, peeled
- 1 tbsp coconut oil, melted
- 1 tsp sea salt
- 2 tsp dried rosemary

Instructions:

1. Heat oven to 375 degrees.
2. Slice sweet potatoes using a mandolin set to 1/8th inch.
3. Grind Sea salt and rosemary with a mortar and pestle.
4. Toss sweet potatoes in a bowl with coconut oil and salt-seasoning mixture.
5. Place on a non-stick baking sheet (or a regular pan greased with coconut oil) and place into the oven. After 10 minutes, take the pan out and flip the chips.
6. Place chips back in for another 10 minutes.
7. Pull the pan out and place any chips that are starting to brown on a cooling rack.
8. Place the chips back in for 3-5 minutes. Every oven is different so keep a close eye on the chips, so they don't burn.
9. Place remaining chips on the cooling rack.

Shrimp and Herb Salad

Adapted from: [www.myrecipes.com] (Recipe courtesy of Bruce Weinstein and Mark Scarbrough)

Ingredient:

- Cooking spray
- 1-pound medium shrimp, peeled and deveined
- .38 teaspoon salt, divided
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1 (5-ounce) package mixed salad greens (about 5 cups)
- 1 cup shaved yellow squash (about 2 medium)
- 1/4 cup coarsely chopped fresh basil leaves
- 2 tablespoons coarsely chopped fresh oregano leaves

Instructions:

1. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Sprinkle shrimp evenly with 1/8 teaspoon salt. Add shrimp to pan; cook 2 minutes on each side or until done.
2. Combine oil, juice, remaining 1/4 teaspoon salt, and pepper in a medium bowl; stir with a whisk. Combine greens, squash, basil, and oregano in a large bowl. Add oil mixture; toss gently to coat. Divide salad mixture evenly among 4 plates: top with shrimp.

Garlic Whole Roasted Cauliflower

Adapted from: [www.foodnetwork.com] (Recipe courtesy of Food Network Kitchen)

Ingredients:

- 1 large head cauliflower (2 1/2 to 3 pounds)
- 6 sprigs thyme
- 6 cloves garlic (3 smashed, 3 thinly sliced)
- 2 bay leaves
- 2 teaspoons coriander seeds
- 2 teaspoons black peppercorns
- 2 stalks celery, roughly chopped
- 1 shallot, roughly chopped
- Zest of 1 lemon (in wide strips)
- 1 cup chicken stock
- Kosher salt
- 1/4 cup extra-virgin olive oil
- Freshly ground pepper
- 2 tablespoons chopped fresh parsley

Instructions:

1. Preheat the oven to 450 degrees F. Trim the cauliflower: Cut the stem flush with the bottom. Cut a few slits into the core extending into the thick branches of the cauliflower (keep the florets intact). Put 3 thyme sprigs, the smashed garlic, bay leaves, coriander seeds and peppercorns on a square of cheesecloth and tie into a bundle. Combine 12 cups water, the celery, shallot, lemon zest, chicken stock, 1/3 cup salt and the cheesecloth bundle in a pot large enough to submerge the cauliflower. Bring to a boil, whisking to dissolve the salt and sugar. Carefully add the cauliflower core-side down and cook until there is a slight resistance when pierced with a knife, about 15 minutes. (It's OK if the top of the cauliflower pops up during cooking.) Remove the cauliflower to a baking sheet.
2. Meanwhile, make the garlic oil: Combine the remaining 3 thyme sprigs, the sliced garlic, olive oil, 1/2 teaspoon salt and a few grinds of pepper in a small saucepan. Cook over medium heat until the garlic starts browning, 3 to 5 minutes. Discard the thyme. Brush the cauliflower with half of the oil, leaving the sliced garlic behind. Roast the cauliflower until browned and tender, 30 to 40 minutes, brushing halfway through with the remaining garlic oil; reserve 1 teaspoon garlic oil and the sliced garlic.
3. Transfer the cauliflower to a cutting board or platter using a spatula. Add the parsley to the reserved garlic oil and spoon over the cauliflower. Cut into wedges.

DAY 25

Breakfast

Mini frittatas (*made on DAY 23*)

Small green/veggie salad and vinaigrette

Snack

Macadamia nuts

Lunch

Strawberry, cucumber & melon salad

Snack

Plantain chips (Trader Joe's)

Dinner

Sautéed shrimp (olive oil, garlic, salt, pepper, lemon juice)

Melon slices

Steamed broccoli

DAY 25 Recipe:

Strawberry, Cucumber and Melon Salad

Adapted from: [www.foodnetwork.com] (Recipe courtesy of Food Network Kitchen)

Ingredients:

- 1/4 small red onion, thinly sliced
- 1-pound strawberries, hulled and quartered
- 1 English cucumber, chopped
- 1/2 small cantaloupe, peeled and chopped (about 2 1/2 cups)
- 2/3 cup fresh dill, chopped
- Kosher salt and freshly ground pepper
- 4 cups baby spinach (about 4 ounces)
- 1/3 cup mustard vinaigrette (see directions)
- Soak the red onion in cold water, 10 minutes; drain and pat dry.

Instructions:

1. Combine the onion, strawberries, cucumber, cantaloupe and dill in a large bowl. Season with salt and pepper and toss to combine. Let stand until the cucumber is juicy, about 10 minutes.
2. Add the spinach and vinaigrette to the bowl, season with salt and pepper, and toss to coat.

Mustard Vinaigrette:

3. Whisk 1/4 cup white wine vinegar, 1 tablespoon Dijon mustard, 1/2 teaspoon kosher salt and a few grinds of pepper in a bowl. Slowly drizzle in 2/3 cup olive oil, whisking constantly, until thick and smooth. Add more salt and pepper to taste. (Makes about 1 cup.)

DAY 26

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

Raw carrots or cucumbers

Lunch

Tomato, cucumber, and avocado salad (Recipe under DAY 1)

Snack

Olives

Dinner

Oven pork chop pan roast

Squash

DAY 26 Recipe:

Oven Pork Chop Pan Roast

Adapted from: [www.myrecipes.com] (Recipe courtesy of Judy Allen)

Ingredients:

- 1 tablespoon chopped fresh thyme leaves
- 12 dried plums, pitted and halved
- 6 shallots, peeled and halved
- 3 garlic cloves, sliced
- 1/2 delicata squash, seeded and cut into 1 1/2-inch pieces (about 5 cups)
- 2 tablespoons plus 1 teaspoon olive oil, divided
- 1/2 teaspoon kosher salt, divided
- 4 (6-ounce) bone-in center-cut loin pork chops
- 1/4 teaspoon freshly ground black pepper
- 3 cups baby arugula
- 2 teaspoons lemon juice

Instructions:

1. Preheat oven to 425°. Place a jelly-roll pan in oven while it preheats.
2. Combine thyme, dried plums, shallots, garlic, and squash in a large bowl. Drizzle with 1 tablespoon olive oil, and sprinkle with 1/4 teaspoon salt; toss to coat. Remove pan from oven. Arrange squash mixture in an even layer on pan. Return pan to oven; roast vegetables at 425° for 10 minutes.
3. While vegetables cook, sprinkle pork chops with remaining 1/4 teaspoon salt and pepper. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan: swirl to coat. Add 2 pork chops; cook 3 minutes or until browned on one side. Transfer to a plate. Repeat procedure with 1 1/2 teaspoons oil and remaining pork chops. Remove squash mixture from oven, and place pork chops, browned side up, over vegetables; return to oven. Roast an additional 20 minutes or until vegetables are tender and pork chops are desired degree of doneness.
4. Combine arugula, lemon juice, and remaining 1 teaspoon olive oil in a large bowl; toss gently to combine. Divide arugula mixture among 4 plates. Top with pork chops and roasted squash mixture; pour any pan juices over the top.

DAY 27

Breakfast

Eggs your choice with side of uncured, no-sugar added bacon

Snack

Coach's Coconut Almond-DF™ Bar

Lunch

Lettuce wrap with roast turkey breast meat, avocado, tomato, paleo ranch dressing

Snack

Raw celery with almond butter filling

Dinner

Lip-smackingly good drumsticks (cilantro lime)

Mashed sweet potato

Small side salad of choice

DAY 27 Recipes:**Lettuce Wrap with Roast Turkey breast mean, avocado, tomato, paleo ranch dressing**

Adapted from: [www.againstall grain.com] (Recipe courtesy of Danielle Walker's against all grain)

Instructions:

1. Place parchment or wax paper on counter.
2. Arrange large pieces of green leaf lettuce with ends facing into the center.
3. Top lettuce leaves with homemade paleo mayo and dairy-free pesto
4. Add your favorite meats, including fresh turkey, bacon, etc.
5. Add some veggies such as sliced cucumber, and tomato slices
6. Top with avocado or guacamole for some healthy fat.
7. Grab lettuce leaves and gently fold together, then take your other hand and bring corner of parchment paper over lettuce leaves and carefully wrap and tuck lettuce leaves in on the ends as you roll. Continue rolling parchment paper around sandwich like a burrito, tucking in the sides.
8. Slice through the center and serve.

Note: Use homemade mayo and dairy free pesto along with deli meats that don't contain added fillers (find a brand that has just turkey and salt in the ingredients) to make this meal 30-Day Metabolic Comeback Challenge approved.

Lip-smackingly good drumsticks

Adapted from: [www.redbookmag.com] (Recipe courtesy of Khalil Hymore)

Ingredients:

- Cooking spray
- 3 large garlic cloves, minced
- 1 Tbsp grated ginger
- 4 tsp paprika
- 1 Tbsp garam masala (an Indian spice blend available in most grocery stores) or curry powder
- 1½ tsp turmeric
- ¼ tsp cayenne pepper
- Salt and ground black pepper
- 8 chicken drumsticks
- Sliced scallions, for serving

Instructions:

1. Spray a baking sheet with cooking spray; set aside. In a large zip-top bag, combine garlic, ginger, paprika, garam masala, turmeric, and cayenne, season with salt and pepper. Coat drumsticks.
2. Heat oven to 425°F. Place chicken on prepared baking sheet. Roast, turning once, until cooked through, 35 to 40 minutes. Transfer to a platter; top with scallions.

DAY 28

Breakfast

Coach Fuel™ green smoothie of choice*

Snack

1 oz. dark chocolate (no added sugar) + Berries

Lunch

Omelet with **roasted turkey breast** meat and veggies of choice

Snack

Hard-boiled egg (♦)

Dinner

Roast turkey breast, steamed carrots and broccoli, unsweetened applesauce

Day 28 Recipe:

Herb-Roasted Turkey Breast

Adapted from: [www.cleaneatingmag.com] (Recipe courtesy of Nicole Hamaker)

Ingredients:

- split bone-in, skin-on turkey breast (about 2 1/2 lb)
- 2 tbsp olive oil
- 2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp minced fresh rosemary leaves
- 1 tsp minced fresh sage leaves
- 2 tsp minced fresh thyme leaves
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper

Instructions:

1. Preheat oven to 425°F. Place turkey breast, skin-side-up, on a rack in a roasting pan.
2. In a small bowl, whisk together oil, lemon juice and zest, herbs, salt, and pepper. Using your fingers, gently loosen skin from turkey breast meat without removing it completely. Rub herb-oil mixture under skin and all over turkey breast meat (including underneath breast as well).
3. Roast, skin side-up, for 50 to 60 minutes or until an instant-read thermometer reads 165°F when inserted into thickest part of breast (test in a few places to make sure).
4. Cover turkey with foil and let rest at room temperature for 15 minutes. Remove and discard skin, then cut turkey breast from bone. Slice meat and serve.

DAY 29

Breakfast

Two hard-boiled eggs (◆)

Snack

RXBAR® of choice

Lunch

Creamy chicken, tomato, and vegetable soup (using coconut milk)

Snack

Pickles

Dinner

Grilled salmon with avocado salsa

DAY 29 Recipes:

CREAMY CHICKEN, TOMATO AND VEGETABLE SOUP

Adapted from: [www.deliciouslyorganic.net] (Recipe courtesy of Deliciously Organic)

Ingredients:

- 4 tablespoons unsalted butter (or 3 tablespoons coconut oil for a dairy-free option)
- 4 large carrots, chopped
- 1 large leek, chopped
- 2 ribs celery, chopped
- 4 cloves garlic, minced
- 8 ounces mushrooms, sliced
- 2 teaspoons Celtic sea salt , divided
- 2 teaspoons dried Italian seasoning
- 4 cups chicken stock or meat stock
- 3 boneless, skinless chicken breasts
- 1 (24-ounce) jar crushed tomatoes
- 1/2 cup heavy cream (or canned coconut milk for a dairy-free alternative)

Instructions:

1. Melt butter in a large pot. Add carrots, leek, celery, and garlic. Stir. Cover pot and reduce heat to low. Cook for 30 minutes. Add mushrooms and 1 teaspoon sea salt to pot. Stir and cook for 10 minutes. Stir in Italian seasoning and cook for 1 minute. Add stock, chicken, tomatoes and remaining 1 teaspoon salt. Bring to a simmer and cook until chicken is cooked through, about 10 minutes. Remove chicken from pot, chop into bite-size pieces and add back to the soup. Pour in cream and season to taste. Serve

GRILLED SALMON WITH AVOCADO SALSA RECIPE

Adapted from: [www.thecookierookie.com] (Recipe courtesy of Becky Hardin)

Ingredients:

- 2 lbs salmon cut into 4 portions
- 1 tbs olive oil
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1/2 tsp ancho chili powder
- 1 tsp black pepper

Avocado Salsa:

- 1 avocado cubed
- 1/2 red onion sliced or diced
- 2 limes juiced
- 1 tbs fresh cilantro chopped

Instructions:

1. Mix the salt, chili powder, cumin, paprika, onion and black pepper together. Rub the salmon fillets with olive oil and this seasoning mix.
2. Refrigerate for at least 30 minutes.
3. Chop the avocado, onion, lime juice, and cilantro. Chill until serving time.
4. Pre-heat the grill.
5. Grill the salmon to desired doneness. (I grilled for about 5 minutes)
6. Top with avocado salsa and enjoy!

DAY 30

Breakfast

Coach Fuel-DF™ chocolate smoothie (*see recipe page 73*)

Snack

Olives

Lunch

Creamy chicken, tomato, and vegetable soup (Recipe under DAY 29) - *leftover from DAY 29*

Snack

Apple with almond butter

Dinner

Sirloin and peppery tomato reduction

Sautéed zucchini & onion

DAY 30 Recipe:

Sirloin & Peppery Tomato Reduction

Adapted from: [www.cleaneatingmag.com] (Recipe courtesy of Clean Eating)

Ingredients:

- 1 tsp chile powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground black pepper
- 1/2 tsp sea salt, divided
- 1 lb boneless sirloin steak, about 3/4-inch thick, trimmed of visible fat
- 2 tsp extra-virgin olive oil, divided
- 1 medium zucchini, cut into eighths lengthwise, then cut into 2-inch pieces
- 1 medium yellow squash, cut into eighths lengthwise, then cut into 2-inch pieces
- 1/2 medium yellow onion, quartered and layers separated

Sauce:

- 1/2 cup diced tomato
- 1/2 cup diced tomato
- 1/2 cup water
- 2 tsp Worcestershire sauce
- 1 tsp balsamic vinegar
- 1/8 tsp red pepper flakes
- 2 tsp extra-virgin olive oil

Instructions:

1. In a small bowl, combine chile powder, garlic powder, onion powder, black pepper and 1/4 tsp salt. Sprinkle evenly over both sides of steak and press lightly to adhere. Let stand for 10 minutes.
2. Heat 1 tsp oil in a large nonstick skillet on medium-high, tilting skillet to coat bottom lightly. Add zucchini, squash and onion and cook for 3 to 4 minutes or until just tender-crisp, stirring frequently. Sprinkle mixture with remaining 1/4 tsp salt and place in a medium bowl; cover to keep warm.
3. Heat 1 tsp oil in same skillet on medium-high, tilting skillet to coat bottom lightly. Cook steak for 4 minutes per side or to desired doneness.
4. Meanwhile, prepare sauce: In a small bowl, combine all sauce ingredients, except 2 tsp oil.
5. Remove skillet from heat and place steak on a cutting board. Return skillet to medium-high heat. Add sauce mixture to pan residue. Bring to a boil and cook for 3 to 4 minutes or until reduced to 1/4 cup liquid, stirring frequently. Remove from heat, stir in 2 tsp oil and serve over steak, with squash-onion stir-fry alongside.

Bonus Recipes:

Coach Fuel-DF™ Chocolate Smoothie (can use Coach Fuel™ whey protein if not on the 30-DAY Metabolic Comeback Challenge™)

1 scoop Coach Fuel-DF™
8 oz. unsweetened almond, cashew or coconut milk
Dash of cinnamon powder
1 Tbsp. unsweetened cocoa or raw cacao powder
½ banana
½ - 1 tsp. coconut oil
Crushed ice

Fill your blender with all ingredients and blend until desired consistency. (Add water to thin; use frozen banana to thicken.) Options: Add berries; add a Tbsp. of nut butter; skip cocoa or cacao powder.

Exercise Coach Salsa – simple but delicious!

1 can organic diced tomato
1 can Rotel brand tomatoes (mild or spicy)
1 handful of cilantro (or 1 tbsp. dried)
1 tsp. garlic powder
1 tsp. cumin
1-2 tsp. salt to taste
½ medium onion chopped
1 lime, juiced
1 Jalapeno pepper, seeded and chopped – (optional) for heat

Place ingredients in blender and blend until all are incorporated or to your desired consistency.

Coach's Lettuce Wrap Tacos

Romaine (large leaf) or iceberg lettuce
1 lb. ground beef or turkey (organic; grass fed preferred)
1 medium onion
1 Tbsp. olive oil
1 Tbsp. anchor chili powder
1 tsp. cumin
1 tsp. garlic
1 tsp. dried cilantro
1 tsp. paprika
1 Tbsp. salt
¼ cup water

Optional: chopped tomato, chopped fresh cilantro, chopped avocado

Heat olive oil in pan at medium temperature. Add chopped onion and sauté for two minutes. Add ground beef or turkey. Brown the meat and onion together. Mix the seasonings together and add to the browned meat/onion mixture. Add ¼ cup water. Cook on low for ten minutes.

While meat mixture is cooking, prepare lettuce leaves to use as taco shells. Assemble: add meat, chopped tomato, guacamole, and salsa.