

# Whole-Food Recipes

For Your Healthy Lifestyle



TheExerciseCoach®

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# Salmon and Eggs Scramble

Got leftover salmon? Make this protein-packed dill salmon and eggs scramble that's made with just a few ingredients and delicious seasonal flavors!



## Ingredients

### For the Scramble

- 4 large eggs
- Splash of almond or coconut milk
- 1 tablespoon fresh dill minced
- 1 teaspoon minced garlic
- 2 teaspoons olive oil
- 1 cup leftover shredded salmon ~6 oz.
- 1/8 teaspoon sea salt
- Pepper to taste

### For the Greek Yogurt Topping

- 1/4 cup full-fat Greek yogurt
- 1/2 tablespoon minced fresh dill
- 1/2 tablespoon minced chives
- Pinch of salt
- 1 teaspoon lemon juice

## Instructions

Prep eggs by whisking together 4 large eggs, a splash of milk, dill, salt, and pepper until combined.

Then, heat a medium size skillet to medium/high heat and add in olive oil and garlic. Pour in the egg mixture and cook for 1-2 minutes, using a spatula to scramble. Once the eggs have started to cook, add in cooked salmon.

Continue stirring until the eggs have reached desired texture (for about 3ish minutes).

To make the Greek yogurt topping, mix together all ingredients.

Serve scramble with Greek yogurt topping.

**Note:** This dish is approved for the 30-day Metabolic Comeback Challenge if omitting Greek yogurt.

[Recipe Source](#)

# Breakfasts

# Easy Omelette Recipe

If you are looking to refine your omelette-making skills, today's recipe breaks each step down to help you become a master! We love omelettes because they can be customized with any meat and veggies you have on hand, and are a delicious and protein-packed way to start your day.



## Ingredients

3 tsp avocado oil, divided

3 large eggs (or 2 large eggs + 1 egg white)

Trader Joe's onion salt + black pepper

(or use seasonings individually)

2/3 cup organic baby spinach

1/4 cup sliced mushrooms

Fresh chopped parsley, to garnish

## Instructions

Heat 1.5 teaspoons of avocado oil in a 9" skillet on medium heat.

Add sliced mushrooms and saute for 3-4 minutes, until softened. Add spinach and cook for 1-2 minutes, then transfer mixture to a plate.

In a medium bowl, whisk eggs and season with onion salt and pepper, to taste. Coat skillet with remaining oil then add egg mixture.

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.

Use the spatula to gently fold egg mixture to one side. Use spatula to gently fold the omelette over the filling. Cook for another minute or 2 (until desired doneness) then slide onto a plate.

Top with fresh parsley, if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Ground Turkey Hash

This ground turkey hash is one of my favorite paleo ground turkey recipes. It's fast and easy (just thirty minutes!), bright and fresh, and adaptable to every season. Top it with a simple fried egg and you've got a warm, filling and nutritious breakfast that's ready each morning in just 5 minutes.



## Ingredients

- 2 tbsp avocado oil divided
- 1 sweet onion diced to 1/2"
- 2 cloves garlic minced
- 1 lb. Ground turkey
- 1/2 tsp dried thyme
- 1/4 tsp dried oregano
- 1/4 tsp red pepper flakes
- 1 zucchini diced to 1/2"
- 1 yellow squash diced to 1/2"
- 1 bell pepper diced to 1/2"
- 1 tbsp fresh parsley chopped
- Sea salt to taste
- Cracked black pepper to taste
- 4 eggs

## Instructions

Heat a 12" skillet over medium high heat. Add 1 tbsp avocado oil and heat until shimmering. Add the onion and sauté, stirring frequently, until the onions are soft, 4-5 minutes. Add the garlic and sauté until fragrant, 1 minute.

Add the turkey to the onions and garlic, along with the herbs, red pepper flakes, and salt and pepper to taste. Sauté, stirring frequently to break up the meat, until the turkey is no longer pink, 5-7 minutes.

Push the turkey/onion mixture to the edges of the pan and add 1 tsp oil to the center of the pan. Add the zucchini and squash to the oil, and sauté, stirring frequently, until the squash is tender but still retains a bite, about 5 minutes.

Add the bell pepper to the pan and stir to combine all ingredients. Continue to sauté the hash, stirring frequently, for an additional 3-4 minutes, or until the bell pepper is just barely cooked.

Taste for seasoning and add additional salt and pepper if needed. Divide the hash between 4 plates and sprinkle with fresh parsley.

Wipe out the pan, add the last two tsp avocado oil, and heat until shimmering. Crack four eggs into the pan, one at a time, and fry until the whites are set, 3-4 minutes. Top each plate of hash with a fried egg and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Italian Breakfast Casserole

This Italian breakfast casserole is packed with goodies! Sausage, sun dried tomatoes, peppers, onions, garlic, spices, and a creamy egg mixture! It's great to make ahead, and family approved.



## Ingredients

- 1 butternut squash long part only, peeled and sliced into 1/4" rounds
- 1 Tbsp coconut oil for greasing baking dish and squash, sea salt for roasting
- 1 Tbsp coconut oil for cooking sausage and veggies
- 1 lb pork sausage casings removed if necessary, no added sugar
- 1 red bell pepper diced
- 1 onion medium, diced
- 3 cloves garlic minced
- Pinch crushed red pepper
- 3 oz sun dried tomatoes (no added sugar) chopped, (about 3/4 cup packed), soften first by soaking if too hard
- 2 tsp Italian seasoning blend
- 12 large eggs
- 1/2 cup coconut milk full fat
- 1/2 tsp fine grain sea salt
- 1/8 tsp black pepper
- 3 Tbsp nutritional yeast optional, for flavor
- Parsley minced, for garnish

## Instructions

Preheat your oven to 425 F and grease a 9x13" casserole dish with coconut oil.

Toss the butternut squash rounds with coconut oil and sea salt to taste (generous pinch for me) and arrange, (overlapping since they will shrink after roasting) over the bottom of your casserole dish, and along the sides if desired.

Place the casserole dish with the butternut in the preheated oven and roast until softened - overcooking will lead to mushy squash.

Meanwhile, heat a large skillet over med heat, add a tsp of coconut oil, crumble sausage into skillet, and sprinkle with crushed red pepper. Cook, breaking up lumps, until browned, then remove to a plate and set aside.

Add another tsp coconut oil to skillet, then add the peppers and onions.

Cook until just softened, then add the garlic and cook another 30 seconds.

Once garlic is soft, add sun dried tomatoes and cooked sausage to heat through, then remove skillet from heat.

In a large bowl or measuring cup, whisk together the eggs, coconut milk, Italian seasoning, salt, pepper, and nutritional yeast (if using), until very smooth.

To assemble casserole, arrange the sausage veggie mixture over the cooked butternut crust, leaving excess grease/water in the skillet.

Pour the egg mixture over the top evenly, then bake in the preheated oven for 22-25 minutes or until egg mixture is set in the center and begins to puff up. Don't allow it to overcook or turn brown!

Garnish with parsley or other fresh herbs before serving. Allow casserole to sit for 10 minutes before slicing and serving. You can also refrigerate or freeze to reheat at a later point. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Egg Muffins To-Go

Save time in your morning routine by whipping up a batch of these delicious egg muffins, ready to go when you are!



## Ingredients

- 2 tsp olive oil
- 2 small sweet potatoes, peeled and diced
- 3/4 cup chopped yellow onion
- 1/8 tsp sea salt
- 4 2-oz links cooked all-natural Italian chicken sausage, no added nitrites or nitrates, thinly sliced, or 8 oz ground sausage, browned
- 2 large cloves garlic, minced
- 1 1/2 cups grape tomatoes, halved
- 8 large eggs
- 1/2 cup plain yogurt (TRY: Traders Point Creamery Plain Whole Milk Yogurt)
- 1 cup shredded mozzarella cheese
- 1/4 cup chopped fresh basil leaves
- 1/4 tsp ground black pepper

## Instructions

Preheat oven to 400°F. Mist a 12-count muffin tin with cooking spray.

In a medium skillet on medium-low, heat oil. Add potatoes, onion and salt and sauté for about 10 minutes, stirring occasionally, until vegetables are tender. Add sausage, garlic and tomatoes and sauté for 2 minutes more. Divide mixture among muffin tins and allow to cool for about 10 minutes.

In a medium bowl, whisk together eggs and yogurt. Stir in cheese, basil and pepper. Divide evenly among muffin cups. Bake for 20 minutes, until puffed and set.

Remove from oven and let cool for about 20 minutes. Slide a knife around each frittata and gently remove, placing on a large rimmed baking sheet. Freeze until firm, about 2 hours, then transfer to a large zip-top freezer bag. Return to freezer until ready to serve, up to 1 month.

To serve, preheat oven to 400°F. Place frozen frittatas on a rimmed baking sheet misted with cooking spray and bake for 20 minutes, until heated through. A microwave may also be used, if desired. Frittatas can also be eaten cold; defrost overnight in the refrigerator.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, swap yogurt for coconut milk (full fat) and omit optional cheese.

[Recipe Source](#)

# Breakfasts

# Paleo Sausage Egg McMuffin

Here's a fun, grain-free breakfast idea to help you start your day off right!



## Ingredients

- 2 tablespoons ghee divided  
(plus more for greasing the biscuit cutters)
- 1/4 pound bulk raw pork breakfast sausage  
(no sugar added)
- 2 large eggs
- Kosher salt
- Freshly ground black pepper
- 1/4 cup water
- 2 tablespoons guacamole (optional)

## Instructions

Grab two stainless steel 3½-inch biscuit cutters and grease the insides well with melted ghee. Place one cutter on a plate and fill it with the sausage meat.

Gently press the meat down to uniformly shape a sausage patty.

Heat a skillet over medium heat and add a tablespoon of ghee. When the fat is shimmering, add the patty to the pan. If you really want the patty to keep its perfectly round shape, you can keep the mold on until the cooked patty shrinks away from the sides. Then, lift it off and away. Clean the biscuit cutter and grease it again.

Fry the sausage about 2 to 3 minutes on each side or until fully cooked. If your patty's thick, you may need to cover the pan to make sure it's cooked through. Once the patty's ready, transfer it to a plate.

Now, make the egg "buns." Grab two small bowls and crack one egg into each. Pierce the yolks with a fork.

Heat a skillet over medium-high heat with the remaining tablespoon of ghee. (Make sure you've got a tight-fitting lid for this skillet.) When the ghee's shimmering, place the two greased biscuit cutters in the pan, and pour an egg into each mold.

Season the eggs with salt and pepper to taste. Then, add ¼ cup water to the skillet (outside of the egg molds), making sure not to splash the eggs.

Turn down the heat to low and cover the pan. Cook the eggs, covered, for about 3 minutes or until cooked through.

Transfer the eggs to a paper-towel lined plate. One easy way to do this is to slide a spatula under the mold as you tilt it up while wearing a heat-resistant glove.

Assemble the faux-"McMuffin" by sandwiching the sausage patty in between the two egg rounds. My favorite addition to this breakfast burger? A big dollop of homemade guacamole.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Sun Dried Tomato Bacon Mini Frittatas

An easy grab-and-go breakfast is worth its weight in gold on some days. Try this savory Sun-Dried Tomato Bacon Mini Frittatas with chopped baby broccoli and fresh chives to liven up your morning and have enough for the whole week!



## Ingredients

- 4 slices sugar free bacon
- 1 cup roughly chopped sundried tomatoes
- 1 1/2 cups roughly chopped broccolini - baby broccoli - florets
- 2 tbs water
- 8 eggs
- 1/4 cup full fat organic canned coconut milk  
(heavy cream would work too if you tolerate dairy)
- 1/4 tsp salt
- Generous pinch of black pepper
- 1 tbs fresh chives finely chopped

## Instructions

Preheat oven to 375 degrees.

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.

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.

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.

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.

Bake in the preheated oven for 15 minutes or until the eggs are just set. Remove and let cool.

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!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge if sugar-free bacon and coconut milk are used.

[Recipe Source](#)

# Breakfasts

# Baked Eggs on Balsamic Portobello Mushrooms

Baked eggs are a wonderful way to start the morning. But bake them on top of a portobello mushroom and you've got something all together different and delicious!



## Ingredients

- 2 large portobello mushrooms
- 2 tsp. balsamic vinegar (divided)
- 1 tsp. chopped, fresh rosemary (divided)
- 2 large eggs (poached or fried)

## Instructions

Wash and cut the stems off the mushrooms (you want a level surface for your eggs). Pat dry.

Place the mushrooms, undersides up, on a parchment lined cookie sheet.

Sprinkle with balsamic vinegar, garlic powder and chopped, fresh rosemary.

Bake at 350 F. for about 20-30 minutes or until the mushrooms are cooked. While they bake, make your eggs.

Remove mushrooms from oven and top with an egg on each mushroom.

Sprinkle with a little extra, fresh rosemary and serve.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Sausage Egg Casserole with Veggies

Egg bakes make quick, filling, and wholesome meals. Make one and have easy snacks and lunches all week!

## Ingredients

- 1 large sweet potato diced into 1/4 inch chunks
- Cooking spray olive, avocado or coconut oil
- 1 pound ground breakfast chicken or turkey sausage
- 2 teaspoons olive or avocado oil
- 1/2 cup chopped onion
- 2 cups sliced fresh mushrooms
- 1 cup chopped red bell pepper
- 2 cups torn kale
- 2 teaspoons dried thyme
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 12 eggs
- 1/2 cup unsweetened coconut milk or non-dairy milk

## Instructions

Preheat oven to 400°F.

Spray sweet potato chunks with cooking spray and roast in the oven until tender, about 30 minutes, tossing at the halfway point.

Meanwhile, cook sausage in a large skillet over medium-high heat until no longer pink, about 5-7 minutes. Transfer sausage to a bowl and add 2 teaspoons of oil to the same skillet. Once hot, add onion, red bell pepper and mushrooms to the skillet. Cook until onions are translucent, about 6-7 minutes, then add kale. Cook for another 2-3 minutes to allow kale to wilt. Remove from heat and transfer veggies to the bowl with the sausage.

Add to the roasted sweet potato into the bowl as well.

Whisk eggs, milk, thyme, garlic, salt and pepper together in a medium bowl. Add egg mixture to the sausage and veggie mixture. Pour into a large baking dish (9 X 13) sprayed with cooking spray.

Bake in the preheated oven until set, about 20 to 25 minutes, but the cook time will depend on the size of your baking dish. Let stand for 5 minutes and serve.

Store leftovers in an air-tight container in the fridge for 4-5 days.

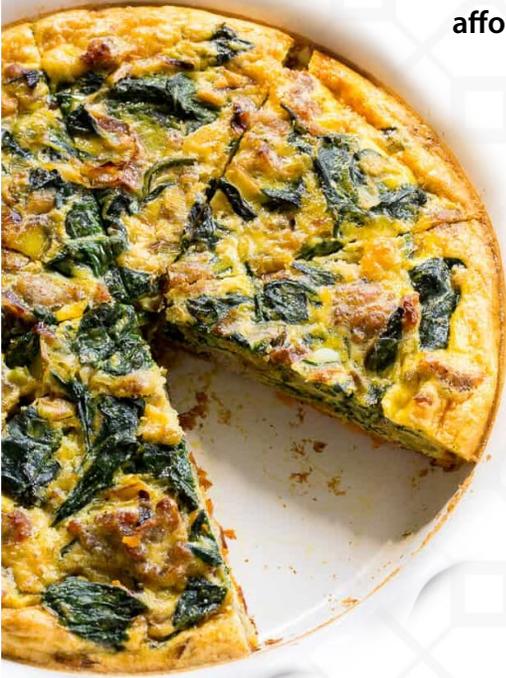
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that breakfast sausage contains no added sugars.

[Recipe Source](#)

# Breakfasts

# Sausage, Leek, and Spinach Quiche

Enjoy this filling and delicious breakfast that also makes a terrific, affordable, easy dinner that can be enjoyed all week!



## Ingredients

- 1 large sweet potato
- 1 Tbsp ghee or coconut oil plus sea salt for roasting potatoes
- 3/4 lb all-natural pork sausage (no sugar added)
- 1 Tbsp ghee or coconut oil
- 2 large leeks white and very light green parts only, sliced thin
- Sprinkle of salt
- 1 Tbsp water
- 7 oz fresh baby spinach chopped
- 7 large eggs
- 1/4 cup organic coconut milk full fat, blended before adding
- 1/2 tsp fine grain sea salt
- 2 Tbsp nutritional yeast optional\*
- 1/8 tsp black pepper

## Instructions

Preheat your oven to 425 degrees F. Peel your sweet potato and slice it into very thin rounds - these rounds will form the crust.

Coat your hands in coconut oil and grease the potato slices, then arrange in a 9" pie dish, overlapping, along the bottom and up the sides. The smaller rounds near the ends of the potato work well for the side crust, or cut larger slices in half. Sprinkle lightly with sea salt.

Place "crust" in the preheated oven for 20-25 mins or until cooked through, then remove from oven and lower the heat to 400 degrees.

Meanwhile, heat a large skillet over medium high heat. Once hot, crumble in sausage and cook, stirring, to fully brown. Remove with slotted spoon to a plate and set aside.

Turn heat down to med-low and place 1 Tbsp ghee or oil in skillet. Add sliced leeks and toss to coat, then sprinkle with salt and add the water. Cover skillet and cook 2 minutes, remove lid and stir, then re-cover and cook another 2 minutes until softened.

Add all the spinach, and cover the skillet once again so the spinach wilts, about 3 minutes.

Once spinach has wilted, stir the sausage back in and cook 1 more minute, stirring occasionally, then remove from heat and set aside.

In a large measuring cup or mixing bowl, whisk together the eggs, coconut milk, nutritional yeast (if using) salt and pepper.

Place all the sausage mixture into the pre-baked "crust", then pour egg mixture over the top. Bake in the preheated oven (now 400 degrees) for about 25 minutes or until center is set and puffing up. Remove from oven and allow to sit at least 10-15 minutes before slicing and serving.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# St. Patrick's Day Bell Pepper & Potato Frittata

Here's a festive idea to celebrate St. Patrick's Day. A Green Bell Pepper Frittata is a great way to start the day and have a little fun doing it!



## Ingredients

- 4 thin slices green bell pepper  
(sliced into 1/4-inch thin slices crosswise)
- 4 large eggs
- 4 large egg whites
- Kosher salt and pepper (to taste)
- 1 teaspoon olive oil
- 1/4 cup minced shallots
- 1 (7 oz) medium peeled Yukon Gold Potatoes,  
diced into 1/2-inch pieces
- 1/4 tsp garlic powder
- 1/4 tsp paprika

## Instructions

Preheat the oven to 400°F.

Crack the eggs and egg whites into a large bowl. Add salt and fresh cracked pepper and beat until blended.

Heat a 10-inch nonstick oven safe skillet over medium heat. Add the oil and shallots to the pan and cook until golden, 2 to 3 minutes.

Add the potatoes, season with salt, garlic powder, paprika and black pepper. Cover and cook the potatoes over medium-low heat, stirring occasionally, until crisp and tender, about 12 to 15 minutes.

Pour the egg mixture into the skillet. Carefully arrange the bell peppers on top to create a shamrock pattern if desired. Reduce the heat to low and cook until the edges are set, 6 to 8 minutes.

Transfer the skillet to the oven and bake until the frittata is completely set and cooked through, 8 to 10 minutes.

Remove from the oven and transfer onto a large plate.

Cut into 4 wedges and serve.

**Note:** Swap white potatoes for sweet potatoes or other veggies to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Supreme Egg Loaf

If you are looking to refine your omelette-making skills, today's recipe breaks each step down to help you become a master! We love omelettes because they can be customized with any meat and veggies you have on hand, and are a delicious and protein-packed way to start your day.



## Ingredients

- 1 green bell pepper
- 1 red onion
- 1 zucchini
- 1 pound Italian sausage
- 1 can Diced black olives
- 1 cup Marinara sauce (no sugar added)
- 1 package Mushroom
- 12 eggs
- 1 teaspoon coconut oil

## Instructions

Preheat the oven to 375F.

Brown the Italian sausage over medium high heat in the ghee.

Chop green bell pepper and mushrooms, shred zucchini and dice red onions.

Crack and beat the eggs, adding a little water.

Layer the bottom of a casserole dish with the veggies and olives, then top with the cooked meat.

Pour beaten eggs over the whole mess evenly.

Bake for 25-30 minutes, making sure the eggs cook through.

Enjoy with some freshly made marinara sauce every morning!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Air Fryer Sweet Potato Hash

Crispy, smoky, and delicious air fryer sweet potatoes perfect for brunch or a side dish!

## Ingredients

- 2 large sweet potato, cut into small cubes
- 2 slices bacon, cut into small pieces
- 2 tablespoons olive oil
- 1 tablespoon smoked paprika
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed

## Instructions

Preheat an air fryer to 400 F.

Toss sweet potato, bacon, olive oil, paprika, salt, pepper, and dill in a large bowl.

Place mixture into the preheated air fryer.

Cook for 12 to 16 minutes.

Check and stir after 10 minutes and then every 3 minutes until crispy and browned.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that bacon is uncured, no-sugar added.

[Recipe Source](#)

# Breakfasts

# Paleo Breakfast Casserole

Make this breakfast casserole once and enjoy a DELICIOUS breakfast for several days in a row with NO prep!  
Filled with super-nourishing ingredients like sweet potato & brussels sprouts, this dish will be a staple!



## Ingredients

- 12 slices nitrate free bacon (no sugar added)
- 2 large sweet potatoes peeled and sliced into thin rounds approximately 1/4"
- 1 tbsp melted cooking fat\*\* + sea salt for roasting the sweet potatoes
- 3 cups Brussels sprouts tops removed and either quartered or chopped, plus about 1 tbsp cooking fat\*\* plus a pinch of sea salt for roasting
- 1 large onion or 2 small sliced thin
- 12 eggs (choose organic, cage-free if possible)
- 1/3 cup full fat coconut milk
- 1/2 tsp salt plus to suit your taste
- 1/4 cup Parmesan (optional)
- 1/2 tsp garlic powder
- Black pepper to taste

## Instructions

Preheat your oven to 425 F and grease a 9x13" casserole dish with coconut oil, and line a large baking sheet with parchment paper.

Cut the bacon into 1" pieces and cook in a large heavy skillet, over med/hi heat, stirring occasionally for even browning, until crisp. Remove with a slotted spoon to drain on paper towels and set aside. Reserve at least 3-4 tbsp of bacon fat to caramelize your onions\*

Now it's time to roast your sweet potatoes and brussels sprouts. Toss the sweet potato rounds with your cooking fat of choice and sea salt to taste (generous pinch for me) and arrange, (overlapping since they will shrink after roasting) over the bottom of your casserole dish.

Now do the same with your brussels sprouts, this time arranging them on the parchment lined baking sheet in a single layer. Place the casserole dish and baking sheet in your oven to roast. The sweet potatoes will roast for about 30 minutes until soft and the brussels sprouts for about 20.

Meanwhile, it's time to caramelize the onions. Heat the pan you cooked your bacon in over low/medium heat and add the onions, tossing with the leftover reserved bacon fat.

Add a pinch of salt, and cook, stirring occasionally, adjusting the heat if any onions begin to brown too quickly. Your goal is to cook the onions long and slow (about 25 minutes) to bring out the most flavor! Once they're deeply caramelized and very soft, remove from heat.

While the onions cook, whisk together the eggs, coconut milk, optional Parmesan, salt, pepper, and garlic powder.

Now it's time to assemble the casserole! Lower your oven heat to 400 F, then layer your roasted brussels sprouts over your sweet potato rounds in the casserole dish. Remove the caramelized onions with a slotted spoon and layer over the brussels sprouts, follow with the cooked bacon. Finally, pour all the whisked egg mixture over the casserole to evenly cover.

Bake in the 400 F oven for about 25 minutes until the center is just set and edges begin to turn light brown. Allow to cool for a bit in the baking dish before cutting into pieces and serving warm. Leftovers can be stored, covered, in the refrigerator for up to 5 days.

**Note:** Omit optional parmesan to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# BLT Breakfast Bake

Fresh garden heirloom tomatoes are in season and it's the perfect time to use them in this delicious BLT breakfast bake. Top with fresh salsa or a bit of guacamole and serve with your favorite fresh fruit or a handful of fresh mixed greens.



## Ingredients

- 1 tablespoon ghee or organic butter
- 3 cups organic baby spinach chopped
- 1/2 teaspoon salt
- 10 pastured raised eggs
- 2 tablespoons chopped chives
- 7 small or 2 large organic tomatoes sliced
- 10 slices no sugar bacon cooked and crumbled, separated

## Instructions

Preheat oven to 350° and line a 9 inch circle baking dish with parchment paper. Set aside.

In a medium skillet, add ghee and cook the spinach and salt over medium heat until wilted.

While that is cooking, crack eggs into a glass bowl or measuring cup.

Turn the heat off the spinach and add to the eggs, stir well. Add the chives and pour into the prepared pan.

Top with tomatoes and half the bacon and bake for 40-45 minutes, until the center is set. Serve with the remaining bacon crumbled on top.

**Note:** Use no-sugar added bacon (available at Trader Joe's and Whole Foods) to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Farmer's Market Breakfast Frittata

This recipe is loaded with some peak seasonal veggies like zucchini, yellow squash, and sweet potatoes, and takes only 10 minutes to prepare before tossing in the oven



## Ingredients

- 2 medium sweet potatoes, peeled
- 2 medium zucchini
- 2 medium yellow squash
- 1 small red onion, peeled
- 3 tablespoons ghee
- 1 teaspoon Himalayan pink salt
- 1/2 teaspoon black pepper
- 12 large pasture-raised eggs
- 4 ounces sheep or goat feta cheese (optional)

## Instructions

Preheat the oven to 450°F.

Slice the sweet potatoes into 1/2-inch rounds using a mandoline or sharp knife. Repeat this process with the zucchini, squash, and onion.

Arrange the vegetables, standing up, in a circular pattern that follows the edge of a 12-inch cast-iron skillet.

Melt ghee in a small bowl and combine with the salt and pepper. Pour half of the ghee over the vegetables. Cover the skillet and transfer to bake in the oven for 15 minutes. After 15 minutes remove the cover and continue baking for 15 more minutes.

While the vegetables are roasting, whisk the eggs until smooth in a mixing bowl.

When the vegetables have baked for 30 minutes, remove from the oven and pour the rest of the ghee into the skillet, trying to coat all the surfaces of the skillet. Pour the whisked eggs into the skillet and top with feta (if using).

Bake for 5-10 minutes, until the frittata is slightly puffed and just set, you can check for doneness by poking a knife in the center to see if it comes out clean. When done, remove from the oven, allow to cool slightly and serve warm or at room temperature.

**Note:** Omit optional goat/feta to make this dish is approved for the 30-day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Coconut Flour Crepes

Crepes are not only elegant and a special breakfast treat, they can also be made grain-free for a delicious whole-food breakfast! Use your favorite whole-food fillings and enjoy!



## Ingredients

- 4 eggs
- 1/2 cup water
- 1 tablespoon coconut oil melted
- 1/2 teaspoon vanilla extract
- 2 tablespoons coconut flour
- 1 tablespoon tapioca starch  
or arrowroot powder
- 1/4 teaspoon salt

## Instructions

Break the eggs into a large bowl. Whisk them until they look uniform and combined.

Whisk in the remaining wet ingredients - water, coconut oil and vanilla extract. Then add coconut flour, tapioca starch and salt.

Whisk everything together vigorously until well mixed and no lumps remain.

Let the batter stand for at least 10 minutes. This resting time will allow the coconut flour to absorb more of the liquid (the batter will get thicker).

Brush or spray a little coconut oil into an 8-inch pan and heat on medium-low.

Once heated, pour about 3 tablespoons of batter and swirl the pan to spread it out evenly. Cook for a few minutes until bubbly and lightly browned.

Flip the crepe and cook a few more minutes. Repeat with the remaining batter. Regrease the pan as needed.

Serve crepes with your favourite savoury or sweet fillings, like coconut whipped cream and berries. Store any leftover crepes in an airtight container to keep them from drying out.

**Note:** This recipe is approved for the 30-Day Metabolic Comeback Challenge. Fill with whole-food, no-sugar added items to keep the whole meal approved.

[Recipe Source](#)

# Breakfasts

# Baked Eggs with Spinach, Bacon and Mushrooms

Made in single serving ramekins, these baked eggs are packed with savory goodies and flavor! Great for weekend brunches and make-ahead friendly for weekdays.



## Ingredients

- 8 slices bacon (no-sugar added)
- 2-3 Tbsp reserved bacon fat
- 1 medium onion chopped
- 4 cloves garlic minced
- 8 oz white mushrooms sliced
- 10 oz baby spinach roughly chopped
- Sea salt and black pepper to taste
- Crushed red pepper to taste
- 6 large eggs
- Chopped fresh parsley for garnish

## Instructions

Cut the bacon into pieces and heat a large skillet over medium high heat. Preheat your oven to 400 degrees. For this recipe you'll need 6 ramekins, with 6-8 oz capacity.

Add the bacon pieces and stir to brown evenly. Cook until crisp, then remove with a slotted spoon to paper towels to drain.

Reserve 2-3 Tbsp bacon fat and set heat to medium. Add chopped onions and sprinkle with salt and pepper. Stir and cook until translucent and soft (about 2 mins). Add the garlic and mushrooms and stir to coat. Cook until softened - about 3 min.

Add the chopped spinach in batches to wilt. Sprinkle with salt and black pepper, and crushed red pepper to taste. Once all the spinach is wilted, add bacon back in, then remove from heat.

Distribute the mixture evenly among the 6 ramekins, then carefully crack an egg into each ramekin. Sprinkle the eggs with salt and more crushed red pepper if desired. Bake in the preheated oven for 12-15 minutes or until eggs are cooked to preference - for me that was about 14 minutes for cooked whites and soft yolks.

Garnish with fresh parsley or other fresh herbs. You can also sprinkle with parmesan cheese if you aren't avoiding dairy. Enjoy! Makes 6 single servings.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Anti-Inflammatory Bowl

## (Sweet Potatoes, Turmeric, and Kale)

Dig into this super healthy bowl filled with kale, sweet potato, eggs, avocado and turmeric! Customize with your favorite veggies if you don't have red onion and pepper on hand.



### Ingredients

- 2 sweet potatoes, cubed (roughly 3 cups cubed)
- 2 T coconut oil, divided
- 1 red bell pepper, diced
- 1 red onion, diced
- 3 garlic cloves, minced
- 1 t ground turmeric
- 1/2 t pepper
- 2 cups chopped kale, ribs removed
- Salt to taste
- 2 eggs
- 1 avocado, sliced lengthwise

### Instructions

Preheat the oven to 400°F.

Toss the cubed sweet potatoes in one tablespoon of coconut oil in a large bowl. Coat evenly before transferring to a baking sheet.

Roast the sweet potatoes for at least 30 minutes, until they are fully cooked and golden brown on the edges. Make sure to flip them over halfway through.

While the sweet potatoes roast, sauté the diced bell peppers and red onion with the remaining 1 tablespoon of coconut oil in a large skillet, until the vegetables are tender.

Add the minced garlic, ground turmeric, and pepper, mixing well for about 20 seconds.

Add the chopped kale and cook until wilted. Add salt to taste, then set aside.

Wipe the skillet (careful, it may be hot) and cook two sunny-side-up eggs. Sprinkle with salt and pepper.

Serve the roasted sweet potatoes in a large bowl layered with the sautéed vegetables, sunny-side-up eggs, and sliced avocado.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Homemade Chicken Sausage with Spinach and Onions

Easy Homemade Chicken Sausage Patties with Spinach and Caramelized Onions that you can make ahead of time and serve with any meal! A great way to add protein to your breakfast to keep you fueled all morning.



## Ingredients

- 1 small/medium onion cut in quartered and then sliced thin
- Large handful fresh spinach chopped
- 1/4 cup coconut oil or ghee
- Large pinch salt
- 1 lb ground chicken --My go-to from U.S. Wellness Meats
- 2 tsp ground poultry seasoning
- 1/2 tsp crushed fennel seeds
- Dash red pepper flakes
- 1/8 tsp allspice
- 1/4 tsp nutmeg
- Black pepper and sea salt to taste

## Instructions

### Caramelized the onions

Heat a medium skillet over low heat and add the coconut oil or ghee. Add the onions to the pan and stir to coat, sprinkle with salt.

Continue to cook over med/low heat, stirring, about 15 minutes to caramelize.

Add in spinach to the caramelized onions and toss to coat, remove from heat.

### Form the patties

Allow the onion/spinach mixture to cool for a few minutes, then mix with ground chicken and all the spices.

Form into 10 patties\*, then either fry for 3-4 minutes per side over medium heat, or bake for 15 minutes at 425 degrees F, turning once\*\*

Serve with hash browns and eggs (or whatever you want!) and enjoy!

### Recipe Notes

\*At this point you can freeze the patties to cook at a later point if you choose.\*\*The cooked patties can be stored in the refrigerator for up to 4 days if you want to cook them ahead of time.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Healthy Egg Muffins

Healthy Egg Muffins with are so easy to make ahead and are packed with protein and nutritious vegetables like tomato and spinach. They're so simple to customize and the perfect healthy breakfast and snack for on the go.



## Ingredients

- 10 large eggs
- 1 - 1 1/2 teaspoons sea salt , or to taste
- 1/4 - 1/2 teaspoon black pepper , or to taste
- 1/2 teaspoon garlic powder
- 3/4 teaspoon Italian seasoning
- 1 cup diced tomatoes
- 1 cup chopped spinach

## Instructions

Preheat oven to 400 F. Line a 12 count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.

In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.

Whisk in garlic powder and Italian seasonings until combined. Stir in tomatoes and spinach.

Divide evenly into muffin cups filling each about 2/3 full.

Bake in preheated oven for 12-16 minutes, or until set.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Sausage and Veggie Egg Cups

Try this delicious idea for a quick breakfast on-the-go. We love the idea of topping the egg muffin with avocado! Enjoy this week.

## Ingredients

2-3 chicken sausage, cooked and chopped

1 red bell pepper, chopped

1/4 yellow onion, chopped

8 eggs, whisked

2 garlic cloves, minced

1/4 teaspoon garlic powder

1/8 teaspoon red pepper flakes

Salt and pepper, to taste

Avocado, to garnish

## Instructions

Preheat oven to 325 F.

Cook sausage until cooked through.

In a large bowl, add sausage, red bell pepper, yellow onion, eggs, garlic cloves, garlic powder, red pepper flakes, and salt and pepper. Whisk until well combined.

Use a ladle to pour mixture into 8-10 muffin tins. (I used a silicone muffin tray and did not have to grease it. If you are using a regular metal pan, thoroughly grease all of it or use muffin liners.)

Place in oven and bake for 35-40 minutes or until cooked through. Garnish with avocado.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Spinach Artichoke Egg Bake

This spinach artichoke breakfast casserole starts with an easy roasted sweet potato crust and is loaded with veggies, bacon, and flavor! It's perfect to make ahead of time for easy, satisfying breakfast all week.



## Ingredients

- 8-10 slices nitrate free bacon sugar free
- 2 medium sweet potatoes I used white sweet potatoes peeled and sliced into thin rounds approximately 1/4"
- 1 medium onion chopped
- 3-4 cloves garlic finely chopped
- Sea salt to taste, for veggies
- 10 oz fresh baby spinach chopped
- 14 oz can artichoke hearts drained and chopped
- 12 large eggs pasture raised
- 1/2 cup coconut milk full fat, from a can
- 3 Tbsp nutritional yeast optional, for flavor (you can sub in 1/3 cup Parmesan cheese if you include dairy in your diet)
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp onion powder optional

## Instructions

Preheat your oven to 400 F and grease a 9x13" casserole dish with coconut oil.

Toss the sweet potato rounds with your cooking fat of choice and sea salt to taste (generous pinch for me) and arrange, (overlapping since they will shrink after roasting) over the bottom of your casserole dish, and along the sides if desired.

Place the casserole dish with the sweet potatoes in the preheated oven and roast until softened and beginning to turn light brown, 25-30 mins.

Meanwhile, heat a large skillet over med-hi heat and add the bacon slices and cook until crisp, frying in batches if necessary. Drain on paper towels.

Discard (or save for another use) all but 1 Tbsp of the rendered bacon fat. Turn the heat to medium and add the onions, cook until translucent, then add the garlic and cook another 30 seconds.

Add all the spinach and sprinkle with sea salt, allow it to wilt, then add the chopped artichoke hearts and cook, stirring, to heat through, then remove from heat.

In a large bowl or measuring cup, whisk together the eggs, coconut milk, salt, pepper, onion powder and nutritional yeast (if using), until very smooth.

To assemble casserole, arrange the spinach artichoke mixture over the cooked sweet potato crust, leaving excess water in the skillet. Crumble the bacon over the veggies, then pour the egg mixture over the top evenly.

Bake in the preheated oven for 22-25 minutes or until egg mixture is set in the center and begins to puff up. Don't allow it to overcook or begin to brown!

Allow casserole to sit for 10 minutes before slicing and serving. You can also refrigerate or freeze to reheat at a later point. Enjoy!

**Note:** This dish is approved for 30-Day Metabolic Challenge provided that nutritional yeast is used or Parmesan is omitted.

[Recipe Source](#)

# Breakfasts

# Breakfast Casserole with Sausage and Veggies

This breakfast casserole with sausage, eggs, spinach, and mushrooms is flavorful enough to live off of during a 30-Day Metabolic Comeback. You'll love this healthy, paleo breakfast because it's packed with flavor, protein, and fiber.

## Ingredients

1 pound breakfast sausage  
(ingredients to the right)

3 cups sliced button mushrooms

Olive oil, as needed

6 green onions, sliced

3 roma tomatoes, seeded and diced

1 tablespoon chopped basil  
(or 2 teaspoons dried basil)

16 oz frozen chopped spinach, thawed

1 1/2 teaspoons salt

10 eggs

## Breakfast sausage

1 pound ground pork

1 teaspoon dried sage

1 teaspoon salt

1/2 teaspoon ground black pepper

Pinch dried marjoram

Pinch crushed red pepper flakes

Pinch ground cloves



## Instructions

Combine all ingredients in a medium bowl and mix well with your hands. Use in recipe right away or keep in an airtight container for 1 day in the fridge.

Preheat oven to 350°.

In a medium skillet over medium heat, brown and crumble sausage. Add olive oil if necessary.

Add mushrooms and cook about 5 minutes or until soft, stirring occasionally. Add remaining vegetables, herbs, and salt and cook about 2 minutes or until slightly softened and well combined. Pour mixture into a 9x13" pan.

Crack eggs into a medium bowl and whisk well. Pour over sausage-vegetable mixture and bake 25-30 minutes or until a knife, inserted in the center, comes out clean.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Homemade Chicken Sausage Patties

Homemade Chicken Sausage Patties with Spinach and Caramelized Onions that you can make ahead of time and serve with any meal! They're made with real, whole ingredients and are sugar free!



## Ingredients

- 1 small/medium onion cut in quartered and then sliced thin
- Large handful fresh spinach chopped
- 1/4 cup coconut oil or ghee
- Large pinch salt
- 1 lb ground organic chicken
- 2 tsp ground poultry seasoning
- 1/2 tsp crushed fennel seeds
- Dash red pepper flakes
- 1/8 tsp allspice
- 1/4 nutmeg
- Black pepper and sea salt to taste

## Instructions

### Caramelize the onions

Heat a medium skillet over low heat and add the coconut oil or ghee. Add the onions to the pan and stir to coat, sprinkle with salt.

Continue to cook over med/low heat, stirring, about 15 minutes to caramelize. Add in spinach to the caramelized onions and toss to coat, remove from heat.

### Form the patties

Allow the onion/spinach mixture to cool for a few minutes, then mix with ground chicken and all the spices.

Form into 10 patties\*, then either fry for 3-4 minutes per side over medium heat, or bake for 15 minutes at 425 F, turning once\*\*

Serve with hash browns and eggs (or whatever you want!) and enjoy!

### Recipe Notes

\*At this point you can freeze the patties to cook at a later point if you choose.

\*\*The cooked patties can be stored in the refrigerator for up to 4 days if you want to cook them ahead of time.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Mediterranean Frittata

Mediterranean Frittata – a healthy alternative to a traditional quiche; a moist frittata full of flavor with sun-dried tomatoes, spinach, mushrooms, basil, and garlic!



## Ingredients

- 1 Tablespoon ghee or olive oil
- 1 garlic clove, finely chopped
- 1 cup mushroom slices (approx. 4 baby bell mushrooms)
- 1 cup spinach
- 1/2 teaspoon onion powder
- 1/3 cup sun-dried tomatoes in oil
- Dash red pepper flakes
- 2 Tablespoons fresh basil (optional)
- 1/2 teaspoon sea salt
- 8 eggs
- 2 Tablespoons almond milk (unsweetened)

## Instructions

Pre-heat oven to 400°F.

Whisk eggs and almond milk together. Set aside.

Heat an oven-safe skillet (preferably a cast iron skillet), over medium heat and add ghee. Add garlic and dash of red pepper flakes, cook for 1 minute.

Next, add the mushrooms, cook for 1-2 minutes; add spinach, onion powder, and cook for an additional 3-4 minutes until wilted and mushrooms are soft. Add sun-dried tomatoes. Remove from heat.

Pour egg mixture into skillet and place immediately in the oven. Bake for 14-17 minutes until eggs are set. If your frittata develops an air bubble, let it be. It will deflate as it cools once cooked.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Spinach and Tomato Egg Muffins

These egg muffins would make a perfect, wholesome morning choice for a make-ahead, grab-n-go breakfast.



## Ingredients

- 10 eggs
- 1/4 cup milk cashew, almond, or regular milk
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 3/4 cup spinach thinly sliced
- 3/4 cup grape tomatoes quartered
- 3/4 cup mozzarella cheese shredded

## Instructions

Preheat oven to 350 degrees. In a large bowl combine eggs, milk, salt, pepper, garlic powder, and onion powder. Whisk until well combined.

Spray a 12-count regular-sized muffin cup tray with non-stick cooking spray. Make sure you completely coat the cavities so the eggs don't stick!

Fill each muffin cup to 1/2 full with the egg mixture. Fill each cup with 1 tablespoon spinach, 1 tablespoon tomatoes, and 1 tablespoon shredded cheese.

Stir the fillings into the scrambled eggs with a spoon until all ingredients are well combined. Bake egg muffins in preheated oven for 22-24 minutes.

Serve immediately or refrigerate and enjoy for up to 3-4 days.

**Note:** Omit cheese to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Egg and Veggie Breakfast Casserole

Egg Bake Breakfast Casseroles are a convenient way to pack tons of nutrients into your morning meal. We love these because they can be customized with any meat and veggies you have on hand, but today's recipe is a fresh, clean classic that you'll make over and over.



## Ingredients

- 1 cup mushrooms, sliced
- 1 cup zucchini, organic, peeled and sliced
- 1 cup red pepper, organic, diced
- 1/4 cup onion, diced
- 2 1/2 cup fresh baby spinach, stems removed  
(may sub frozen spinach about 1/2 cup)
- 2 tablespoons extra virgin olive oil
- 3/4 teaspoon fine sea salt  
(divided, 1/2 teaspoon and 1/4 teaspoon)
- 1/2 teaspoon dried basil
- 1/4 teaspoon ground pepper
- 6 large eggs

## Instructions

Preheat oven to 350 degrees F.

In a cast iron skillet (or saute pan) over medium-low heat, add one or two tablespoons of olive oil to coat pan and add the sliced mushrooms. Cook for 3-5 minutes until starting to brown.

To the skillet, add the zucchini, red pepper, onions, another tablespoon of olive oil if needed, 1/2 teaspoon of salt and cook for another 3-5 minutes until the veggies are cooked, stirring as needed.

Turn the heat off and add the spinach, stirring as it wilts and cooks, which should take about 2-3 minutes.

Pour veggies mixture into an 8 x 8 baking dish, spreading the veggies evenly across the bottom.

While the veggies are cooking, add the eggs to a mixing bowl with 1/4 teaspoon of salt and whisk until well combined. Set aside.

Pour the egg mixture over the veggies and bake for 25 minutes until the eggs are set and a toothpick comes out clean.

Slice and serve warm, or may be refrigerated for later.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Sausage, Carrot and Zucchini Breakfast Casserole

This breakfast casserole is filled with protein and tons of veggies to keep you satisfied all morning and is perfect to reheat to take on the go or for an easy meal anytime!



## Ingredients

- 12 eggs
- 1 lb of ground breakfast sausage (no sugar added)
- 1 tsp seasoning blend of choice
- 1 cup shredded carrots (roughly two large carrots)
- 1 cup shredded zucchini (about 1 large zucchini)
- Butter or Ghee to grease your pan

## Instructions

Preheat oven to 375 degrees.

Grease 9x12 baking dish with butter or ghee.

Brown sausage in pan and layer in bottom of dish.

In a large bowl, whisk eggs and seasoning blend (or just salt and pepper to taste).

Add carrots and zucchini\* to eggs and stir to combine.

Pour egg mixture over the layer of sausage.

Bake for 45 minutes until fully cooked and slightly browned on top.

\*After shredding your zucchini, make sure you squeeze it and remove as much excess water as possible.

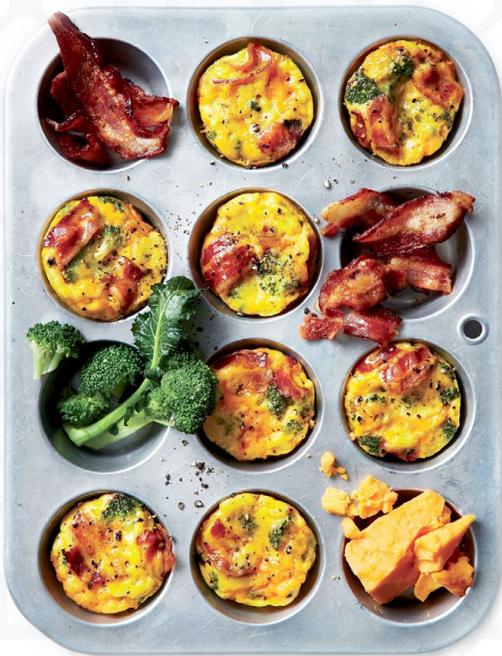
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Bacon and Broccoli Mini-Frittatas

This easy make-ahead breakfast will have you set for the week. Store cooked frittatas in the fridge for up to four days. Make these your own by customizing with your favorite ingredients.



## Ingredients

- Cooking spray
- 2 cups small broccoli florets, cooked until crisp-tender
- 3 bacon slices, cooked and crumbled
- 8 large eggs
- 1/4 cup milk
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 ounces sharp cheddar cheese, shredded  
(about 1/2 packed cup)

## Instructions

Preheat oven to 350°F.

Coat a 12-cup muffin pan with cooking spray. Divide broccoli and bacon evenly among muffin cups.

Crack eggs into a large bowl. Add milk, salt, and pepper; stir with a whisk until well combined.

Divide egg mixture evenly among muffin cups. Sprinkle cheese evenly on top.

Bake at 350°F for 18 minutes or until just set.

Cool on a wire rack for 2 to 3 minutes. Carefully run an offset spatula or butter knife around edges to loosen frittatas.

**Note:** To make this recipe approved for the 30-Day Metabolic Comeback Challenge, simply omit milk and cheese, and add 2-3 additional eggs. Also use uncured, no-sugar added bacon.

[Recipe Source](#)

# Breakfasts

# Bison Plantain Breakfast Bowl

A delicious alternative to eggs for breakfast. Combine protein, cooked veggies, and a delicious sauce in a breakfast bowl for a satisfying meal that will knock your socks off!



## Ingredients

### For the roasted tomato sauce:

- 1 pound cherry tomatoes
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt, divided
- 1/8 teaspoon black pepper
- 3/4 cup full-fat canned coconut milk
- 3 tablespoons fresh lime juice ~ 1 1/2 limes
- 2 cloves garlic, peeled

### For the seasoned bison:

- 1 tablespoon grass-fed butter or ghee
- 1/2 yellow onion, peeled and finely chopped
- 2 pounds ground bison
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon chili powder

### For the fried plantains:

- 1/2 cup coconut oil
- 2 ripe plantains
- 1/4 teaspoon fine sea salt

### For the sautéed kale:

- 5 packed cups chopped curly kale
- 1 tablespoon grass-fed butter or ghee
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon fine sea salt

### For garnish:

- 1/4 cup chopped cilantro, for garnish

## Instructions

**For the roasted tomato sauce:** Preheat the oven to 400 F. Toss the tomatoes with the olive oil and spread them out onto a rimmed baking sheet. Sprinkle with half of the sea salt and bake for 30 minutes, or until the tops are starting to brown and burst. Blend the roasted tomatoes with the rest of the ingredients, taste and adjust with additional seasoning, and set aside.

**Note:** if you have leftover sauce, it will keep for up to one week in a sealed mason jar or other container in the refrigerator. You can also freeze this sauce in ice cube trays so that you have a quick flavor-boosting sauce to add to meals in the future!

**For the seasoned bison:** Melt the butter in a large frying pan. Add the onions and cook for 15 to 20 minutes, or until they start to brown.

Add the bison and the rest of the seasoning. Breaking it up with a spoon as it cooks, keep the pan over medium-high heat for about 15 minutes, or until the meat is browned through.

**For the fried plantains:** Melt the coconut oil in a large sauté pan over medium heat.

Peel and slice the plantains on an angle into about 1/2-inch thick pieces. Carefully place the plantains in the hot oil. Cook the plantains for 5 to 6 minutes on each side, or until they start to brown (but not burn). Flip them over to cook on the other side and then transfer the finished pieces to a paper towel-lined plate. Season immediately with the salt.

**For the sautéed kale:** Melt the butter in a large frying pan or pot with fitting lid. Add the kale, toss with the melted butter, and cover to steam for 5 minutes, or until the kale is wilted and reduced in volume.

Toss with the lemon juice and salt (add more to your taste).

To assemble, plate with an even amount of the kale, bison, and plantains. Drizzle a generous amount of the sauce over top and garnish with fresh cilantro. Enjoy warm, refrigerate for up to 5 days, or freeze in individually-portioned containers for up to 5 months.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Turkey and Egg Breakfast Casserole

It's easy to eat healthy with a delicious and simple breakfast casserole recipe like this! Make one batch and you'll have an easy breakfast all week. You can even make this recipe ahead and freeze it so it's ready when you are.



## Ingredients

- 1 tablespoon coconut oil + more for coating the pan
- 1 lb ground turkey
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 12 large eggs
- 1 small sweet potato (peeled and sliced thin)
- 1 cup baby spinach
- Salt and pepper for seasoning
- Additional toppings: tomatoes (diced onions, bell peppers, cheese - if not doing a 30-day metabolic comeback challenge)

## Instructions

Preheat the oven to 375 degrees. Grease a 9 x 9 baking dish with Coconut Oil as well as heat the 1 tablespoon in a medium sized skillet set to medium-high heat. Once the oil has melted add in the Ground Turkey and season with the Chili Powder, and Salt and Pepper. Continue to cook the meat until it begins to brown.

While the turkey is cooking peel and slice your Sweet Potato. Make sure your slices are fairly thin because if they're too thick they won't be as tender. Line the bottom of the greased baking dish with the sliced potatoes. In a medium bowl beat the Eggs with a whisk and season with salt and pepper.

Top the potatoes with the turkey and then pour the eggs on top. Layer the Spinach on top of the eggs as well as any additional toppings you'd like to add.

Place the dish in the oven and cook for 35 to 40 minutes or until the edges of the egg begin to brown and the casserole is firm throughout. Check the dish with about 5 minutes to go to see if you need to add any time.

**Notes:** If you want to make this as part of your meal prep (or the night before serving) and freeze it for later go ahead and fully prepare the dish then place in the freezer. To cook, let it defrost and then reheat at 275 to 300 degrees for about 15 to 20 minutes.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Breakfast Egg Muffins Three Ways

Create an assortment of beautiful and healthy breakfast egg cups to serve at your next brunch gathering or as a make ahead breakfast with built-in variety. It will be hard to choose a favorite!



## Ingredients

### Base

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste

### Tomato Spinach Mozzarella

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

### Bacon Cheddar

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

### Garlic Mushroom Pepper

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic

## Instructions

Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.

Add egg mixture halfway up into each tin of a greased muffin tin.

Divide the three topping combinations into 4 muffin cups each. Bake for 20 minutes.

Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve. Enjoy!

**Note:** Omit Cheese (or swap for extra veggies) and use uncured, no-sugar added bacon to make your muffins approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Breakfasts

# Sweet Potato Pesto and Quinoa Bowl

A delicious, nourishing breakfast, brunch, or lunch that is gut-friendly and satisfying.



## Ingredients

### For the Pistachio Pesto:

2 cups basil  
1/4 cup arugula  
1/4 cup pistachio nuts, de-shelled  
Juice of 1 lemon  
1 tsp sea salt  
2 cloves garlic, minced  
Cracked black pepper  
1/2 cup organic extra virgin olive oil

### For the Bowl:

1 cup sprouted + cooked quinoa, (pro-tip: cook w/ bone broth instead of water for extra gut-boosting benefits)

2-4 pasture-raised eggs (depending on preference and number you're serving)  
1-2 large sweet potatoes, sliced into 1/4-inch thick fries  
1 large avocado, pitted and chopped  
Flaky sea salt, black pepper + Chile flakes to taste  
2 tbsp avocado oil + 2 cloves minced garlic for the sweet potatoes  
1 tbsp apple cider vinegar for the eggs  
Goat cheese or fresh herbs like dill, chives and basil to top with (optional)

## Instructions

Preheat the oven to 425 F and line a large baking pan with parchment paper.

Spread out your sliced sweet potatoes and coat with the avocado oil, minced garlic, sea salt and pepper. Bake at 425 F for 30 minutes, removing to flip halfway through.

If you haven't yet cooked your quinoa, do so next, following package cooking instructions (and replacing water with bone broth if desired for extra gut-boosting benefits).

While sweet potatoes and quinoa are cooking, make your pesto by adding all ingredients into a food processor and mix until well combined. Set aside.

Lastly, cook your eggs. You can fry, poach or scramble them, but I love to soft boil them so that the yolks are still jammy by bringing a small stovetop pot of water to a boil with the eggs in it, then covering and reducing to a simmer for 4-5 minutes, letting eggs sit. Once done, remove eggs and place in a small bowl of ice water with the tbsp apple cider vinegar and let cool a few minutes before peeling (the apple cider vinegar helps them peel).

Once all components are finished, assemble your bowl (or bowls) by adding quinoa as the base and topping with sweet potatoes, cooked eggs, sliced avocado and pesto. Option to top with goat cheese and fresh herbs.

Ingredients should hold up in the fridge for 4-5 days, making for the perfect quick leftover meal.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided optional cheese is omitted.

[Recipe Source](#)

# Breakfasts

# Greek Yogurt Dip

Need a healthy snack or appetizer idea? This fresh homemade Greek Yogurt dip is perfect for dipping fresh crunchy veggies while getting some protein in at the same time!



## Ingredients

- 2 cups plain Greek yogurt
- 3 tablespoons finely minced fresh parsley
- 1 tablespoon minced fresh dill
- 4 teaspoons apple cider vinegar
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt plus more to taste
- Freshly ground black pepper to taste

## Instructions

Measure the Greek yogurt into a medium bowl. Stir in the parsley, dill, vinegar, garlic powder, onion powder, salt, and pepper until well incorporated.

Taste and adjust the seasonings, adding more salt if necessary.

Cover and chill (for at least 4 hours, but ideally 8 hours to overnight) to allow the flavors to blend.

Garnish with additional fresh herbs, if desired, and serve with raw veggies.

**Note:** This recipe is not approved for the 30-Day Metabolic Comeback Challenge due to the dairy in the Greek Yogurt. Fresh guacamole makes a great substitute.

[Recipe Source](#)

# Snacks

# Blackened Shrimp Avocado Cucumber Bites

A fun, delicious whole-food appetizer for your next gathering. This light and flavorful snack makes the perfect start to any party!



## Ingredients

### Shrimp Cucumber Bites

- 1 tablespoon avocado oil
- 1 tablespoon creole seasoning
- 1 pound shrimp, peeled and de-veined
- 1 cucumber, sliced

### Avocado Sauce

- 1 avocado, mashed
- 1 green onion, thinly sliced or chopped
- 2 tablespoons cilantro and/or parsley, chopped
- 1 tablespoon lemon juice
- Salt and cayenne to taste

## Instructions

Toss the shrimp in the oil and the seasoning and cook in a preheated (medium-high heat) heavy-bottomed pan/skillet until slightly blackened, about 2-3 minutes per side.

Mix all avocado sauce ingredients together.

Assemble the bites with cucumber slices, topped with avocado sauce, and shrimp.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Lettuce Leaf Sub Sandwiches

A great choice for a light lunch that will leave you feeling great for the rest of your day!  
Follow these simple steps:



**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.

[Recipe Source](#)

## Instructions

Place parchment or wax paper on counter.

Arrange large pieces of green leaf lettuce with the ends facing in to the center.

Top lettuce leaves with homemade paleo mayo and dairy-free pesto

Add your favorite meats, including fresh turkey, bacon, etc.

Add some veggies such as sliced cucumber, and tomato slices

Top with avocado or guacamole for some healthy fat.

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.

Slice through the center and serve.

# Snacks

# Baked Italian Meatballs

With just 10 ingredients for the whole meal and simple steps, you'll appreciate the hearty, satisfying meal without a lot of fuss. Note: Try making your own marinara and/or pesto to take this dish to the next level. Serve with a simple arugula salad topped with EVOO, a squeeze of lemon, salt & pepper, and toasted pine nuts!



## Ingredients

- 2 cloves garlic, minced (or sub 1 tsp garlic oil)
- 1 lb ground beef
- 1 lb No sugar added Pork Sausage (such as Jones Dairy Farm or homemade)
- 1/4 cup almond flour
- 3 tbsp Italian seasoning
- 1 tsp sea salt
- 1 tsp ground pepper
- 1 jar sugar-free marinara sauce (25 oz jar)
- Fresh parsley, chopped (or basil)
- Optional - zucchini noodles (or other veggie noodles like sweet potato or butternut squash)

## Instructions

Preheat oven to 350° Fahrenheit, and line a large sheet pan (or two medium sized sheet pans) with parchment paper.

In a large mixing bowl, combine all of the meatball ingredients with your hands. Form into golf ball sized balls, and place on lined baking sheet.

Transfer to oven and bake for about 25-30 minutes, or until fully cooked. You can turn up the oven to broil for the last few minutes if you want to brown the tops.

When the meatballs have about 5 minutes left, heat up marinara sauce in a large skillet on the stove and chop parsley.

When the meatballs are done, carefully transfer to the skillet with marinara and toss in the sauce. Sprinkle with fresh parsley and serve – great options would be over zoodles or other veggie noodles. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge. Homemade Marinara & Homemade Paleo Pesto Recipes can be found on our [Pinterest Boards](#).

[Recipe Source](#)

# Snacks

# Grilled Zucchini Nachos

Here is a recipe for Healthy “Nachos” that can be a great way to enjoy your veggies without all of the unhealthy elements. The idea is to slice the zucchini into 1/4 inch discs, grill them until just tender, but still crisp, and then to top them with a bunch of delicious nacho toppings!

## Ingredients

- 4 medium zucchini, cut into 1/4 inch discs
- Salt and pepper to taste
- 1 tablespoon oil (avocado or coconut oil recommended)
- Hot sauce to taste
- 1 cup cheese, shredded
- 1 cup tomato, diced
- 1/4 cup green or red onions
- 1 jalapeno, finely diced (optional)
- 1 avocado, diced
- 1/4 cup cilantro, chopped
- 1 tablespoon sour cream
- 1 cup black beans
- 1 cup corn (optionally grilled)
- 2 tablespoons lime juice, (~1 lime)

## Instructions

Toss the zucchini in the oil, salt and pepper and cook on the grill or in a grill pan over medium heat until just tender but still slightly crispy, about 2-3 minutes per side, before topping with cheese and cooking until it melts, about 1-2 minutes.

Serve the cheesy grilled zucchini topped with the beans, corn, tomato, onions, jalapeno, avocado, cilantro, sour cream and lime juice.

**Note:** Omit cheese, sour cream, black beans, and corn and add some shredded chicken for a 30-Day Metabolic Comeback Challenge approved version of this dish.

[Recipe Source](#)

# Snacks

# Roasted Parsley Carrots

These carrots are roasted until perfectly tender, naturally sweet, and so easy to throw together. Even kids love them!



## Ingredients

1 lb whole carrots

2 tbsp ghee or butter

Salt to taste

1 1/2 tbsp dried parsley

## Instructions

Preheat oven to 400 degrees.

Peel your carrots. Cut into sticks approximately 2 1/2 - 3 inches long and 1/2 - 1 inch wide.

Throw your carrots on a baking sheet. They should form a single layer so you don't have carrots on top of carrots.

Divide your ghee on top of the carrots in a few little blobs. It will melt while it cooks and spread throughout all the carrots. Salt.

Bake for 25-30 minutes. Carrots are done when they're tender and you see some browning.

Sprinkle dried parsley over carrots before servings.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Shrimp Salad Appetizer

You'll love this crisp, refreshing appetizer or snack. Crunchy celery is paired with fresh shrimp served in cute endive leaves for a fun and healthy dish that is sure to be a crowd-pleaser.



## Ingredients

- 1 pound peeled and de-veined cooked shrimp, chopped
- 1 can (6 ounces) lump crab meat, drained
- 2 celery ribs, finely chopped
- 1/4 cup Dijon Mustard-paleo mayo blend (homemade or Primal Kitchen mayo)
- 24 Belgian endive leaves (3 to 4 heads) or small butterhead lettuce leaves
- Chopped fresh parsley, optional

## Instructions

In a large bowl, combine shrimp, crab and celery.

Add Dijon-mayo blend; toss to coat.

To serve, top each leaf with about 2 tablespoons shrimp mixture.

If desired, top with chopped parsley.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that homemade paleo mayo or a sugar & hydrogenated-oil-free mayo (such as Primal Kitchen Mayo) is used.

[Recipe Source](#)

# Snacks

# Easy Paleo Snack Board

Snack boards are fun for a holiday gathering, or a simple meal while watching your favorite movie. The best part is, YOU get to decide what to include. Here's a beautiful one for you to try. Don't love or have access to one of the ingredients? Swap it out for your favorite whole food.



## Ingredients

- Raspberries
- Blueberries
- Apple slices
- Blood orange slices
- Dried figs
- Dried mulberries
- Olives
- Prosciutto (uncured)
- Sunflower seeds
- Cashews
- Almonds
- Carrots
- Snap peas
- Pickled sweet peppers
- Paleo ranch dressing (such as Tessemae's)

## Instructions

Arrange ingredients on a large wooden board or platter. Enjoy!

**Note:** Use uncured meat options and raw or toasted nuts (no coating) to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Pumpkin Pie Energy Bites

These little energy bites are perfect little snacks—pre or post workouts or when sweet cravings hit. They are no-bake, gluten-free, vegan & paleo friendly and taste deliciously like Fall. Eat them in moderation, of course, or share with kids or friends!



## Ingredients

- 1 cup dates pitted
- 1/4 cup pumpkin puree
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- Pinch of salt
- 1 cup cashew nuts
- 1/4 cup chia seeds
- Desiccated coconut optional

## Instructions

Soak the dates in water for 10 minutes to soften. Drain and add to a food processor.

Add pumpkin puree, pumpkin pie spice, vanilla, + salt and process until smooth.

Add cashew nuts and chia seeds and pulse a few times. The nuts should be coarsely chopped.

Refrigerate mixture for 30 minutes before forming into 16 bites. Optionally, roll each energy bite in desiccated coconut.

Store in the fridge or freezer.

**Note:** This recipe is approved for the 30-Day Metabolic Comeback Challenge, just eat in moderation.

[Recipe Source](#)

# Snacks

# Greek Chicken Meatballs

A fresh, fun, and flavorful weeknight meal brings the Mediterranean to you! Fresh herbs and homemade Tzatziki sauce bring this dish to the next level.



## Ingredients

### Tzatziki Sauce

- 1 cup Primal Kitchen or Homemade Mayo
- 1 cup cucumber, diced
- 1 tablespoon fresh lemon juice
- 1 tablespoon garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried dill
- 1 teaspoon fresh mint

### Salad

- 15 cherry tomatoes, halved
- 2 cups diced English cucumber
- 1 cup Kalamata olives
- 1/2 cup red onion, diced
- 1/4 teaspoon kosher salt
- 2 tablespoons Primal Kitchen Greek Vinaigrette or swap for good Balsamic Vinaigrette.

### Greek Chicken Meatballs

- 1 lb ground chicken
- 1 egg
- 1/2 cup almond flour
- 1 teaspoon kosher salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried dill
- 1/2 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 tablespoon fresh mint, packed and chopped
- Optional - 1/3 cup Primal Kitchen Greek Vinaigrette (reserve for after meatballs are cooked)

## Instructions

**Tzatziki Sauce:** Combine ingredients in small food processor. Pulse to combine until smooth.

Taste and adjust seasoning, as desired. Place in the refrigerator.

**Salad:** Combine ingredients in medium mixing bowl. Add salt and Greek Vinaigrette or Balsamic. Stir to combine and set aside.

**Greek Chicken Meatballs:** Combine ground chicken, egg, almond flour, salt, oregano, basil, dill, onion powder, garlic, pepper and mint in a medium mixing bowl. Stir to fully combine.

Use a cookie dough scoop to scoop out approx. 1 1/2 tablespoons of meatball mixture, forming a ball, and place on a large plate. Continue until all of the meatball mixture is used (makes about 24 meatballs).

Take large/medium cast iron skillet and bring to medium-high heat. Add a tablespoon of oil and use a spatula to spread evenly to coat the pan. Add chicken meatballs and sear on all sides, about 3 minutes.

Turn down heat and continue cooking, about 10-15 minutes or until fully cooked (165 internal temperature – I recommend using a meat thermometer).

Place cooked chicken meatballs into a medium/large bowl and pour the optional Primal Kitchen Greek Vinaigrette on top. Toss to coat.

To Serve, place salad and meatballs and plate. Drizzle meatballs with Tzatziki Sauce. Serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Grain-Free Granola

With no oats or refined oils and minimal added sugars, these options satisfy your granola craving without giving you a blood sugar rush.



## Ingredients (Serves 6)

- 1/2 cup pecans chopped
- 1/2 cup walnuts chopped
- 1/4 cup pumpkin seeds
- 1/4 cup hemp hearts
- 2 Tbsp flax seeds
- 2 tsp cinnamon
- 1 tsp cardamom
- 1/4 tsp sea salt
- 1 tsp pure monk fruit sweetener
- 1/2 tsp ginger
- 2 tsp vanilla
- 1 Tbsp coconut oil

## Instructions

Preheat oven to 350 F.

In a medium sized bowl, combine all the ingredients and mix well.

Spread evenly on a parchment paper lined baking sheet.

Bake for 5-7 minutes, until fragrant.

Allow the granola to cool completely and then store in a jar or other airtight container.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Roasted Carrot Fries

Perfectly seasoned Roasted Carrot Fries that are finger-licking good, fun-to-eat, and all you need is a few spices. Also, it's a great way to get the family to eat more carrots.



## Ingredients

- 2 pounds of large carrots peeled, and cut into fry-like shapes
- 1 Tbsp cornstarch arrowroot flour
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 2 tsp sea salt or salt to taste
- 1/2 tsp coarse black pepper
- Olive oil spray

## Instructions

Add the carrots to a large mixing bowl. Then, add all of the spices, starch or arrowroot, salt and pepper. Toss with your hands or tongs to ensure each fry is fully coated in the seasonings.

When ready, place the seasoned carrots on a baking sheet lined with parchment paper or a baking mat. Spread out the carrots so that they can get nice and crispy. Next, spray olive oil all over the fries.

Finally, place the carrots in the oven at 400 °F for 20-25 minutes or until desired crispiness. Flip halfway through the cooking process. Serve and enjoy.

**Note:** Use arrowroot powder to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Pomegranate Guacamole

A festive twist on traditional guacamole makes a great Christmas appetizer. Just wait until you try it!  
Enjoy with Siete Tortilla chips or carrot sticks and sliced bell pepper!



## Ingredients

- 4 tablespoons fresh tomatoes, diced small
- 2 tablespoons red onion, finely chopped
- 2 tablespoons fresh cilantro, chopped small
- 2 tablespoons fresh jalapeno, minced
- 2 key limes, juiced (about 1 1/2 tablespoons)
- 2 large avocados, cut into bite-size chunks (about 2 cups worth)
- 1/4 – 1/2 teaspoon kosher salt, adjust to taste
- 1/4 – 1/2 teaspoon freshly ground black pepper, adjust to taste
- 2 tablespoons fresh pomegranate seeds (a.k.a. pomegranate arils)

## Instructions

Combine the tomatoes, onion, cilantro, jalapeno, lime juice, and avocado in a medium-size mixing bowl. Use a potato masher or a fork to smash the avocado, feel free to leave a few smaller chunks in the mix.

Sprinkle with 1/4 teaspoon each of salt and pepper. Stir to combine. Taste and add additional salt and pepper to taste. Add the pomegranate seeds.

Serve. Store the guacamole in an airtight container in the refrigerator for up to 2 days. Enjoy!

**Note:** To make juicing the key limes easier, microwave the key limes for about 20 seconds before cutting them open. If key limes are not available, half lemon juice and half regular lime juice can be substituted for the key lime juice.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Snacks

# Creamy Tomato-Basil Soup

This creamy tomato-basil soup tastes delicious and has lots of veggies and whole-food ingredients to provide both flavor and nourishment in one! It can be made ahead of time and would be great served alongside a fresh salad!



## Ingredients

- 3 cups cauliflower roughly chopped
- 1/4 cup cashews soaked overnight and drained
- 1/2 tablespoon olive oil
- 1/2 cup onion chopped
- 1 tablespoon garlic fresh, chopped
- 1 large celery stalk, chopped
- 1 carrot peeled, chopped
- 2 15-ounce diced tomatoes cans
- 3 cups water
- 1 tablespoon vegetable bouillon
- 1/2 cup basil leaves chopped
- Sea salt & black pepper to taste

## Instructions

Soak cashews in water overnight. Drain when ready to use. If there isn't time for this step, soak cashews in boiling water for 1 hour and drain to use.

Add cauliflower to a steamer, and steam over medium high heat for 15 minutes.

In a blender, add steamed cauliflower, soaked cashews, and 3/4 cup water. Process until a very smooth cream is formed. Set aside.

In a saucepan, add olive oil and onion and garlic, and saute for 5 minutes until lightly browned.

Add chopped carrots and celery, and saute another few minutes, then add diced tomatoes, water, and vegetable bouillon. Bring back to a boil, and then simmer on medium heat for 20 minutes.

Reserve 1/2 cup of the "cream," then add tomato soup to the blender, and process until very smooth.

Return soup to pot, mix in fresh basil, and season with sea salt and black pepper to taste.

Garnish soup with "cream," and then add extra fresh basil and a sprinkling of Parmesan cheese if desired.

**Note:** Omit or use homemade vegetable bouillon to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Hearty Vegetable Soup

Here is an easy recipe for anyone on the 30-Day Metabolic Comeback Challenge. You can easily double this recipe for an easy and comforting lunch all week!



## Ingredients

- 3 cups cauliflower, roughly chopped
- 1/4 cup cashews, soaked overnight and drained
- 1/2 tablespoon olive oil
- 1/2 cup onion chopped
- 1 tablespoon garlic fresh, chopped
- 1 large celery stalk, chopped
- 1 carrot peeled, chopped
- 2 15-ounce cans diced tomatoes
- 3 cups water
- 1 tablespoon vegetable bouillon
- 1/2 cup basil leaves, chopped
- Sea salt & black pepper to taste

## Instructions

Heat the oil in a large pot over medium heat. Add the chopped onions and cook for 2 minutes.

Stir in the garlic and cook for an additional 1 minute.

Next stir in the ground beef and cook until browned. Drain any remaining fat.

Stir in potatoes, celery and carrots, rotel, tomato sauce and water.

Bring to a light simmer and then stir in the balsamic vinegar, chili powder, salt, pepper and tomatoes.

Reduce the heat to low and let simmer for about 30-45 minutes (or until the potatoes and carrots are fork tender), stirring occasionally.

**Note:** Omit or use homemade vegetable bouillon to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Five Pepper Sweet Potato Chili

Traditional Chili recipes contain lots of beans, and some even call for sugar. This recipe contains only whole-foods, perfect for a Metabolic Comeback Challenge, or when trying to focus on whole-food nutrition. Lots of chopped bell pepper and sweet potatoes combined with spices give this chili fresh, naturally savory and smoky flavor. Enjoy this week!



## Ingredients

- 2 T olive oil
- 1 onion, chopped (~ 1 C)
- 2 lb ground beef
- 4 clove garlic (or 1/2 t garlic powder)
- 2 T chili powder
- 1 T cumin
- 1/2 t paprika
- 1 t oregano
- 1 28 oz can diced tomatoes
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 jalapeño pepper, chopped and de-seeded
- 1 poblano pepper, chopped
- 3 C diced sweet potatoes

## Instructions

In a large soup pot heat the olive oil. Cook onion, beef, and garlic until fully cooked, about 7-10 min. Drain the fat. Add chili powder, cumin, paprika, oregano, and diced tomatoes. Add all peppers plus sweet potatoes. Bring the soup to a boil, then simmer for 30 minutes. Enjoy this dish topped with avocado, guacamole, cilantro, and/or radishes.

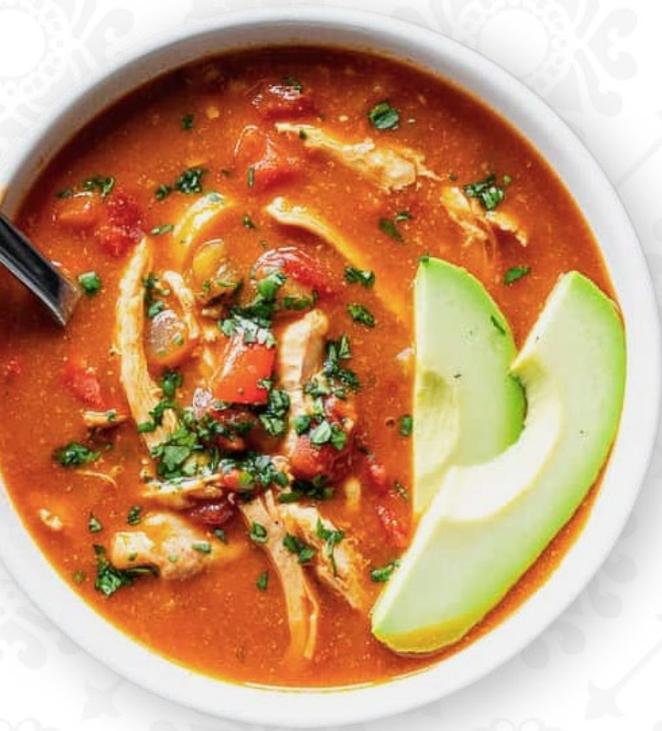
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Chicken Enchilada Soup

Try this warm, comforting, and flavorful homemade chicken enchilada soup. It's a real winner. Slice some fresh avocado and serve with your favorite plantain chips for a complete meal.



## Ingredients

- 2 tbsp avocado oil
- 1 medium onion diced
- 3 cloves garlic minced
- 2 medium bell peppers diced
- Sea salt and black pepper
- 2 tbsp tapioca flour or arrowroot
- 3 cups chicken or bone broth (no sugar added)
- 1 1/4 cups red enchilada sauce Siete brand or homemade
- 1 14-ounce can diced tomatoes, fire roasted
- 1 4-ounce can chopped green chiles
- 3/4 tsp ground cumin
- 3 - 3 1/2 cups cooked shredded chicken (about 1 1/2 lbs boneless breasts or thighs)
- 1/4 cup coconut cream
- 2 Tbsp nutritional yeast
- 2 tsp lime juice or lemon juice
- Sea salt to taste
- Grain free tortilla chips (Siete brand) or plantain chips, if desired
- Avocado sliced for garnish
- Cilantro chopped, for garnish

## Instructions

Heat the oil in a large stock over medium-high heat.

Add the onion and sauté for 3 minutes, or until translucent and fragrant. Add the garlic and peppers, sprinkle with sea salt and pepper and sauté for an additional 3-5 minutes until soft and fragrant.

Sprinkle the mixture with the arrowroot or tapioca and stir to coat. Slowly pour in the chicken broth, stirring, and stir well to completely combine.

Stir in the enchilada sauce, diced tomatoes, green chiles, and cumin, and stir until combined. Bring to a boil, stirring occasionally. The soup will thicken as it cooks.

Add the chicken, reduce heat to medium-low and let the soup simmer uncovered for 5 minutes, stirring occasionally.

While the soup simmers, whisk together the coconut cream, nutritional yeast, and lime juice. Stir the mixture into the simmering soup to combine well.

Taste the soup and season with salt as desired and allow to simmer 5 more minutes or longer, if desired.

Serve hot garnished with avocado and cilantro if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge. You may omit the tapioca flour and nutritional yeast if desired and add additional coconut cream for thickness.

[Recipe Source](#)

# Soups

# Sweet Potato Chowder

This Creamy Turkey & Kale Soup is a wonderful, quick, one-pot meal that is simple, delicious and so comforting.



## Ingredients

- 4 ounces pancetta, diced
- 1 tablespoon unsalted butter
- 1 sweet onion, diced
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon ground sage
- 1/4 teaspoon freshly ground nutmeg
- 1/2 cup chopped carrots
- 3 cups chopped sweet potato, about 1 inch in size
- 5 cups reduced-sodium chicken stock (no sugar added)
- 1/3 cup cream, such as coconut cream/milk
- 2 cups chopped tuscan kale
- 3 tablespoons roasted salted pepitas, for topping

## Instructions

Heat a large pot over medium-low heat and add the pancetta. Cook, stirring occasionally, until the fat is rendered and the pancetta is crisp, about 6 to 8 minutes. Remove the pancetta with a slotted spoon and place it on a paper towel lined plate to remove any excess grease.

Keep the pot on medium low heat and add the butter. Stir in the onion, garlic, salt, pepper and sage. Stir in the fresh nutmeg. Cook, stirring occasionally, until the onions softened, about 5 minutes. Stir in the carrots and sweet potato, tossing everything to combine.

Pour in the chicken stock and bring the mixture to a boil. Reduce it to a simmer and cook for 10 minutes. Cover and cook for an additional 10 to 15 minutes, or until the sweet potatoes cubes soften. Stir in the cream. Taste the soup and season with additional salt or pepper if needed, but remember we will add the salty pancetta back on top too!

A few minutes before serving, stir in the kale. I like to serve it almost immediately, but you can simmer the soup for another 10 minutes or so to soften it.

Serve with the pancetta and pepitas for topping.

**Note:** Use no-sugar pancetta or no-sugar bacon as an alternative as well as coconut cream (or full fat coconut milk) to make this dish approved for the 30-Day Metabolic Comeback Challenge. You can also omit pancetta all together if you cannot find a sugar-free version.

[Recipe Source](#)

# Instant Pot Chicken and Cauliflower Rice Soup

Quick, simple, and hearty, this chicken soup is made with riced cauliflower instead of noodles which adds an additional serving of veggies and keeps things light. The best part is that the instant pot does all the work!



## Ingredients

- 1 tbsp olive oil
- 1 medium onion, chopped
- 3 medium carrots, peeled and sliced
- 3 celery stalks, sliced
- 2-3 garlic cloves, minced
- 1½ pounds boneless skinless chicken breasts
- 1 tsp dried thyme
- 1 ½ tsp dried parsley
- 5 cups homemade chicken broth or stock (no sugar added)
- 2 cups cauliflower florets, riced
- 2 tbsp chopped fresh parsley
- salt and black pepper, to taste

## Instructions

Press the SAUTE button on the Instant pot and let stand until screen reads "HOT."

Add the olive oil; Add the onion, carrots and celery and cook, stirring occasionally for 2-3 minutes.

Add the garlic and cook for 30 seconds.

Press the CANCEL button.

Add the chicken, dried thyme, dried parsley and chicken broth and mix to combine; Close and seal the Instant Pot.

Turn the venting knob to SEALING; Press PRESSURE COOK button and check to make sure the pressure level shows as "High" on the display.

Adjust the timer to 8 minutes.

When finished cooking, let the pressure come down naturally for 5 minutes, then quick release the rest of the pressure.

Open the lid; Remove the chicken from the pot.

Shred the chicken with 2 forks.

Press the SAUTE button; Return the chicken to the pot.

Stir in the cauliflower rice and cook for 1-2 minutes or until tender.

Stir in the chopped parsley.

Press the CANCEL button.

Season to taste with salt and black pepper; Serve warm.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided chicken broth with no added sugar is used.

[Recipe Source](#)

# Creamy Cauliflower and Bacon Soup

A creamy, delicious soup you can make in your high-powered blender! To get the creaminess without the work of soaking/blending cashews, try a can of full-fat coconut milk instead. Enjoy!



## Ingredients

- 1/2 cup raw cashews (see notes)
- 10 ounces bacon, sliced into 1-inch pieces
- 1 white onion, chopped
- 3 garlic cloves, minced
- 1 medium head of cauliflower, chopped
- 4 cups chicken stock (no sugar added)
- 1 teaspoon dried thyme
- 1 teaspoon black pepper
- Sea salt, to taste
- Chopped chives and black pepper, to garnish

## Instructions

Place the cashews in a jar and cover them with hot tap water.

Cook the bacon until crispy in a large pot over medium-high heat, about 8 minutes. Remove the bacon with a slotted spoon and drain off all but 2 tablespoons of the oil.

Add the onion to the pot and let it cook for 5 minutes. Add the garlic and cook for 1 minute more.

Add the cauliflower, chicken stock, thyme, and pepper to the pot and bring the pot to a boil. Reduce the heat and simmer for 15 minutes, or until the cauliflower is soft.

Drain the water from the cashews and add them to your high-powered blender. Add half the bacon and half the soup and blend on high until smooth. Pour the soup into a new pot then blend the remaining soup. Season the soup to taste with sea salt.

Serve the soup topped with the remaining bacon, some chopped chives, and a little black pepper.

**Note:** If you don't have a high-powered blender (like a Vitamix) skip Step 1 and use 1/4 cup of raw cashew butter or a can of full-fat coconut milk instead. This dish is approved for the 30-Day Metabolic Comeback Challenge provided that bacon used is no-sugar added and uncured.

[Recipe Source](#)

# Soups

# Zuppa Toscana

## (Dairy-Free)

Warm, comforting, flavorful and hearty, this Zuppa Toscana Recipe is made with great ingredients and makes a delicious dinner and lunch later in the week!



### Ingredients

- 4-6 slices of no-sugar added bacon, chopped
- 1 medium yellow onion, diced
- 2 cloves of garlic, minced
- 1 lb ground Italian sausage  
(can swap spicy Italian turkey sausage or homemade)
- 1 cup coconut milk
- 5 cups chicken broth (no sugar added)
- 4 cups white sweet potatoes, peeled and diced (can swap parsnips)
- 1 bunch of kale, destemmed and chopped
- 3 tbsp fresh Italian parsley (plus extra for garnish)
- 3/4 tsp salt
- 1/4 tsp black pepper

### Instructions

- Set the instant pot to sauté and add the bacon. Cook until crispy and set aside, leaving the fat in the pot.
- Keeping the instant pot on sauté, add the onion and garlic to the bacon fat and cook sauté for 5-6 minutes or until translucent.
- Add in the ground sausage and sauté until cooked through. Remove some of the fat.
- Turn the instant pot off sauté and pour in the chicken broth, coconut milk, diced sweet potato, salt and pepper. Stir to combine.
- Lock the lid onto the instant pot and set to 13 minutes on high.
- After the instant pot comes to pressure soup is done, allow the pressure to release naturally.
- Remove the lid and add in the kale and parsley and allow to wilt in the hot soup.
- Serve topped with bacon and extra parsley.

**Note:** If not using an instant pot, follow all of the instructions exactly the same, using a large dutch oven or pot to sauté the initial ingredients. Then, double the cooking time of the soup on the stove, or wait until potatoes are softened.

This dish is approved for the 30-Day Metabolic Comeback Challenge provided white potatoes are swapped for parsnips or sweet potatoes, and no-sugar bacon is used (or bacon can be omitted as it is a garnish).

[Recipe Source](#)

# Soups

# Paleo Jambalaya

This paleo jambalaya recipe is surprisingly easy to make, packed with protein and veggies, loads of zesty flavor and low in carbs. A soon to be staple in your household!



## Ingredients

- |   |   |
|---|---|
| 1 lb boneless skinless chicken thighs or breasts cut into 1-inch pieces | 2 stalks celery diced   |
| 2 Tbsp cajun seasoning  | 14.5 ounce can crushed tomatoes no salt added                 |
| Sea salt & black pepper (if cajun seasoning doesn't contain salt)       | 1 tsp sea salt  |
| 3 Tbsp olive or avocado oil, divided                                    | 1/2 teaspoon ground black pepper                              |
| 12 oz package cooked andouille sausage sliced into rounds               | 1 tsp dried thyme   |
| 1 small onion diced   | 1/4-1/2 tsp red pepper flakes optional                        |
| 1 green bell pepper diced   | 1 cup thinly sliced okra can be frozen                        |
| 1 red bell pepper diced   | 2 cups chicken broth or stock, or bone broth (no sugar added) |
| 1 jalapeño pepper seeded and finely diced                               | 1 pound raw shrimp tails on or off, peeled and deveined       |
| 4 cloves garlic minced  | 12 oz frozen cauliflower rice                                 |
|   | Sliced green onions for garnish                               |

## Instructions

Season the chicken pieces all over with 1 tablespoon of the cajun seasoning plus salt and pepper. In a large Dutch oven, add 1 tablespoon oil over medium high heat, then add the sliced sausage and cook until browned, stirring occasionally. Remove to a plate.

Add another tablespoon of oil only if needed, and sauté the chicken until cooked through and golden brown. Remove to a plate and set aside.

Add the final tablespoon of oil and lower the heat to medium. Add the onions, peppers and celery and cook until fragrant and soft, then add the jalapeno and garlic and cook another 30 seconds. Stir in the crushed tomatoes, sea salt, pepper, thyme and red pepper flakes, if using.

Stir in the okra, cooked chicken and sausage, broth, and remaining cajun seasoning and simmer for 5 minutes. Stir in the shrimp and cook about 3-5 minutes or until cooked through. After 2 minutes of cooking the shrimp, stir in the cauliflower rice as well.

Taste and adjust the salt pepper, and spice. Serve right away, garnished with thinly sliced green onions - enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Turkey and Kale Soup

This Creamy Turkey & Kale Soup is a wonderful, quick, one-pot meal that is simple, delicious and so comforting.



## Ingredients

- 1 large yellow onion, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 3 cloves garlic, sliced
- 1 lb ground turkey
- 1.5 tsp sea salt
- 3 tsp fresh thyme
- 1/4 cup green onions, sliced
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 cups acorn squash, peel and chopped into cubes
- 3 cups chicken bone broth (no sugar added)
- 1 cup additive free, full fat coconut milk
- 1 cup water
- 4 cups chopped curly kale

## Instructions

In a large stock pot, heat olive oil on medium heat.

Add onions, celery, carrots and garlic and sauté for 5 minutes stirring frequently (until onions are translucent).

Add ground turkey and sea salt, thyme, green onions, basil and oregano. Sauté for 3 -5 minutes allowing the meat to brown and mix with the seasoning.

Add acorn squash, broth, coconut milk and water. Taste for salt and adjust accordingly. Bring to a boil.

Reduce heat, cover and simmer for 20 – 30 minutes to allow squash to soften.

Add kale and stir to wilt, another 3-4 minutes.

Serve warm.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Asparagus Soup with Pistachio Cream

Ready in 30-minutes, this decadent soup is full of flavors that are fancy yet simple. Enjoy this amazing spring soup this week.



## Ingredients

- 7 cups vegetable broth divided (no sugar added)
- 1 cup roasted and salted shelled pistachios
- 1 Tablespoon fresh mint chopped
- 2 teaspoons fresh lemon juice
- 2 lbs fresh asparagus trimmed
- 3 Tablespoons olive oil divided
- 1 cup yellow onion diced
- 2 leeks white part only, chopped
- 1 Yukon gold potato diced
- Salt and pepper
- 2 cloves garlic chopped

## Instructions

Preheat oven to 400 F. Make your pistachio cream. Combine 1 cup vegetable broth and next 3 ingredients, through lemon juice in a blender. Puree until smooth.

Roast your asparagus. Line a baking sheet with parchment paper. Cut off the asparagus tips and spread evenly on the lined baking sheet. Drizzle 1 Tablespoon olive oil onto asparagus and toss with tongs until evenly coated. Roast for 10 minutes. Place asparagus tips to the side for serving.

Meanwhile, start your soup. Heat remaining 2 Tablespoons olive oil in a large soup pot over medium high heat. Add the onion and leek and saute until they begin to soften, about 3 minutes. Add potato and season with salt and pepper. Saute until onions are browned and potato is soft, about 10 minutes. Add garlic and stir to combine.

Add 1 cup of vegetable broth, and scrape the bottom of the pot to loosen browned bits. Add remaining 5 cups of broth, and asparagus stalks, and bring to a boil. Simmer for 5 minutes. Using an immersion blender, blend until smooth. Stir in 1 cup of the pistachio cream.

Serve with remaining pistachio cream, asparagus tips, roasted pistachios, mint leaves, and lemon slices.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use white sweet potato in place of Yukon Gold.

[Recipe Source](#)

# Soups

# Creamy Chicken Kale Soup

Enjoy this comforting, super-nutritious soup! Makes a lovely dinner or easy lunch with the leftovers.



## Ingredients

- 2-3 cups shredded chicken or turkey
- Curly kale or green chard as much as you like
- 5 slices of bacon (uncured, no-sugar added)
- 1.5 cups carrots diced
- 1.5 cups celery diced
- 1.5 cups yellow onion diced
- 5-6 garlic cloves sliced
- 8 oz. cremini or baby bella mushrooms sliced
- 5 cups chicken stock about 32 oz. | 1 qt. (no sugar added)
- 1 tbsp fresh thyme
- 1 tsp coarse salt
- Black pepper to taste
- Chopped parsley and/or fresh thyme for garnishing

For dairy-free cream:

- 4 tbsp cassava flour or yucca flour
- 1 cup full fat coconut milk

## Instructions

**Prep:** shred cooked chicken (or turkey). Dice carrots, celery, and yellow onion. Slice garlic cloves and mushrooms. Set aside 1 tbsp fresh thyme. Roughly chop curly kale or green chard. Set aside.

**Bacon:** Cook: Preheat a large dutch oven (I use 6 qt.) or heavy soup/stock pot over medium-high heat, when hot, add 5 slices of bacon. Render fat and crisp up the bacon. Once the bacon strips are crisped up, set aside. Leave 2 tbsp bacon fat in the dutch oven and save the remainder of the bacon fat aside for later use.

**Cook:** Re-heat the dutch oven, when hot, add sliced garlic cloves and diced onion. Season with a bit salt and sauté until fragrant. Add carrots and celery. Season with another pinch of salt. Saute for a few additional minutes. Add cremini mushrooms and 1 tbsp fresh thyme. Give another quick toss then add 5 cups chicken stock. You should have enough liquid to just cover the ingredients but not completely submerge them. Cover the pot with a lid, cook over medium heat until the veggies turn softer yet not mushy. In the meantime, mix well cassava flour with coconut milk until there are no lumps.

**Add chicken, cream & serve:** Stir-in shredded chicken and slowly pour the cream over hot simmering soup pot. Give it a gentle stir. Taste and see if more salt or black pepper is needed. Stir-in vegetables. If you prefer thicker soup, mix more cassava flour with liquid from the soup pot. Garnish with chopped parsley and/or fresh thyme.

**Note:** Don't forget about the bacon crumbles!

[Recipe Source](#)

# Soups

# Creamy Sausage and Pepper Soup

Fresh flavors and hearty texture makes this soup a winner. If you are in a soup rut, add this one to the rotation, and let us know how you like it!



## Ingredients

- 1 tablespoon extra-light olive oil
- 1 onion, thinly sliced
- 3 small bell peppers, thinly sliced  
(I used 1 red, 1 yellow, and 1 orange)
- 2 garlic cloves, finely minced
- Salt & pepper
- 3/4 pound ground sausage\*
- 2 cups marinara sauce\* (no sugar added)
- 4 cups chicken stock (no sugar added)
- 1/2 teaspoon dried oregano
- 1/4 cup heavy cream, optional

## Instructions

Heat a large soup pot over medium-high heat. Add in the sliced onion and peppers and sauté for 3-4 minutes, or until beginning to soften. Add in the garlic cloves and season the mixture well with salt and pepper.

Push the vegetables to the sides of the pot, leaving a well in the middle. Break up the sausage with your hands and drop it into the well. Cook the sausage until it's just about cooked through and beginning to brown, you'll want to continue breaking the sausage up with a wooden spoon.

Pour the marinara sauce and chicken broth into the pot. Give it a good stir and then allow the soup to come to a simmer. Let it simmer for 5 minutes and then turn off the heat and stir in the oregano and heavy cream.

\*Homemade is best; look for recipes with no sugar added.

**Note:** To make this dish approved for 30-Day Metabolic Comeback Challenge, use homemade sausage and marinara, and swap heavy cream for full-fat coconut milk.

[Recipe Source](#)

# Soups

# Mediterranean Lemon Chicken Soup

This delicious soup is the perfect meal when you want something warm and comforting that doesn't feel too heavy. As an added bonus, it calls for leftover or pre-cooked chicken for a shorter cooking time that gets this recipe done in under 30 minutes.



## Ingredients

- 1 tablespoon olive oil
- 1 large shallot, finely diced
- 3 garlic cloves, minced
- 1 teaspoon sea salt
- 2 small zucchinis, grated
- 1 teaspoon fresh thyme, plus extra for garnish
- 4 cups pulled leftover cooked chicken, skinless (pasture-raised if possible)
- 5 cups chicken broth (no sugar added)
- 2 pasture-raised egg yolks\*
- 3 large lemons, juiced (about 1/3 cup)
- 3 cups cauliflower rice
- 1/4 teaspoon fresh ground black pepper

## Instructions

Melt the olive oil in a large pot over medium heat. Once the oil is hot, add the shallots, garlic, and salt. Cook until translucent, about 1 minute, stirring constantly to avoid burning.

Add the grated zucchini and cook for another minute until softened.

Add the thyme, chicken, and broth. Bring to a boil then reduce to a simmer. Cover and simmer for 10 minutes.

While the soup is simmering, prepare the egg yolk in a bowl and the lemon juice in a separate bowl. Make sure that one of the bowls is large enough to add some liquid from the hot broth to temper the eggs later. (Tip: You can save the egg whites in the refrigerator to use for an omelet the next day!)

Once the broth has simmered for 10 minutes, remove the lid and reduce the heat to low. Whisk the egg yolks and lemon juice together in the larger bowl. Then slowly pour in one ladle of the hot broth while whisking to avoid clumping.

Pour the egg and lemon mixture into the pot of soup while stirring, then add the cauliflower rice.

Remove from heat and add the black pepper. Serve immediately with extra lemon wedges and garnish with thyme leaves.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Instant Pot Creamy Tuscan Soup

Creamy and hearty, you'll enjoy every spoonful of this Instant Pot Tuscan Soup. Italian sausage, kale, sun-dried tomatoes, garlic, and onion are all simmered to perfection in a savory cream base. This soup tastes divine and it is unbelievably easy and effortless – anyone can make it. It's comfort food at its best!



## Ingredients

- 1 lb Italian Hot or Sweet Turkey sausage, casings removed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 cup sun-dried tomatoes, drained and chopped
- Salt and freshly ground black pepper
- 6 cups low-sodium chicken broth (no sugar added)
- 1 bunch kale, leaves stripped and chopped
- 3/4 cup coconut milk
- 1/4 cup freshly grated Parmesan, for serving (optional)
- Fresh chopped parsley, for serving

## Instructions

To make the Instant Pot soup recipe: Set a 6-qt Instant Pot to sauté mode. Add Italian sausage to the insert of the Instant Pot and cook, breaking up with a wooden spoon, until sausage is lightly browned, about 3-5 minutes. Drain excess fat.

Add garlic, onion, and oregano to the Instant Pot with the sausage meat. Cook, stirring constantly until onions have become translucent, about 2-3 minutes. Stir in chicken broth and sun-dried tomatoes; season with pepper, to taste.

Select manual setting on your Instant Pot; adjust the pressure to high, and set the timer for 5 minutes. When finished cooking the sausage soup, do a quick-release.

Select sauté mode and stir in kale to the soup until wilted, about 1-2 minutes. Stir in coconut milk until heated through, about 1 minute; then adjust seasoning of the Tuscan sausage soup with salt and pepper, to taste. Serve the Instant Pot Sausage Soup immediately with optional fresh grated Parmesan and parsley. Enjoy!

**Note:** You can add cauliflower florets to the Instant Pot to make the Tuscan soup even more nutritive. Omit optional Parmesan to make this dish approved for the 30-day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Beef and Squash Stew

## (Slow-Cooker or Instant Pot)

Try this wholesome, comforting stew made with whole-food ingredients that will fill you up with long-lasting energy. Leftovers make a great lunch the next day!



### Ingredients

- 1/2 tbsp olive oil
- 1 large onion, diced
- 2 cloves garlic, chopped
- 1 tbsp fresh rosemary
- 1 tbsp fresh thyme
- 2 tbsp all purpose flour, gluten free would work (or 2 tsp arrowroot powder)
- 1 tsp kosher salt
- fresh black pepper, to taste
- 2 lbs stew beef, trimmed and cut into 2-inch cubes
- 1/2 cup Marsala wine (swap for extra beef broth or balsamic vinegar)
- 1 pound Kobacha squash, peeled seeded and cut into 1 1/2-inch pieces (or cubed butternut squash)
- 1/4 cup chopped sun dried tomatoes
- 3 cups beef broth (no sugar added)
- 2 tbsp chopped fresh flat leaf parsley

### Instructions

**Slow Cooker:** In a large nonstick skillet, heat oil over medium-high heat. Add the oil, onion, garlic, rosemary and thyme and cook 4 minutes, or until the onion is tender.

Place the flour, salt and pepper in a large bowl. Add the beef and toss gently to coat. Add the beef to the pan in batches and cook, turning occasionally until browned on all side and golden on the edges, about 5 minutes. Add the Marsala or balsamic and scrape up the browned bits from the pan.

Transfer everything to the slow cooker, add the squash, sun-dried tomatoes and broth and stir. Cover and cook 4 to 5 hours on high or 8 hours on low. Sprinkle with parsley.

**Instant Pot:** Press sauté on the Instant Pot. When hot add the oil, onion, garlic, rosemary and thyme and cook 4 minutes, or until the onion is tender.

Place the flour, salt and pepper in a large bowl. Add the beef and toss gently to coat. Add the beef to the pot in batches and cook, turning occasionally until browned on all side and golden on the edges, about 5 minutes. Add the Marsala or balsamic and scrape up the browned bits from the pan. Press cancel.

Add the squash, sun-dried tomatoes and broth and stir. Cover and cook high pressure 35 minutes, natural release. Sprinkle with parsley.

**Note:** Use suggested swaps in ingredient list above to make this dish approved for the 30-day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Cream of Vegetable Soup

This soup offers a comforting mix of vegetables, healthy fats, herbs and sea salt that nourishes from the inside-out. It makes for great leftovers, and also freezes well.



## Ingredients

- 4 tablespoons organic butter (or 3 tablespoons duck fat for a dairy-free option)
- 2 yellow onions, chopped
- 4 carrots, chopped
- 4 large russet potatoes, chopped (or 1 large head cauliflower chopped)
- 10 cups chicken stock (no sugar added)
- 3 sprigs of fresh thyme, tied together with a piece of twine
- 4 zucchini, cut into 1-inch coins
- 2 teaspoons Celtic sea salt
- 1/2 cup full fat coconut milk, or heavy cream
- Crème fraiche or Raw shredded cheddar (optional)

## Instructions

Melt the butter over low heat in a dutch oven .

Add the onions and carrots, put the lid on the pot and let the vegetables sweat for 30 minutes.

Add the potatoes (or cauliflower) and stock and increase heat to medium-high and boil.

Reduce the heat to a low boil and cook until potatoes (or cauliflower chunks) are fork tender.

Add the thyme sprigs and zucchini and cook for an additional 8-10 minutes until the zucchini are tender. Remove the thyme bundle from the soup.

Using a hand-immersion blender, blend the soup until smooth. Stir in salt and cream.

Taste the soup and add more sea salt if needed.

Ladle the soup into bowls and serve with a dollop of crème fraiche and raw cheddar (if using).

**Note:** Omit optional cheese topping, use cauliflower instead of potatoes, and use coconut milk to make this dish approved for the 30-Day Metabolic Comeback.

[Recipe Source](#)

# Healthy 30-Minute Hamburger Soup

This Healthy 30-Minute Hamburger Soup is delicious and so easy to make. It's a hearty and rustic dish that warms you from the inside out.



## Ingredients

- 1 lb lean ground beef I use 93/7, can substitute lean ground turkey if you prefer
- 1/2 white or yellow onion diced
- 32 oz beef broth (no sugar added)
- 2 medium potatoes peeled and diced
- 2 medium carrots peeled and diced
- 1 cup fresh or frozen green beans sliced into thirds
- 14.5 oz can diced tomatoes fire-roasted is my favorite
- 2 tbsp tomato paste
- 1 tbsp garlic minced
- 1 tsp thyme dried
- 1 tsp oregano dried
- 1 tsp salt
- 1 tsp onion powder
- 1/2 tsp black pepper
- Optional: fresh chopped parsley for topping

## Instructions

- Add your ground beef and onion to a large pot. Use your spatula to crumble your beef.
- Sauté beef and onion until beef browned and onion is wilted. This takes approximately 5 minutes.
- Add in all other ingredients. Cover. Simmer on medium high heat for 20 minutes.
- Remove from heat and ladle into bowls.
- Top with fresh chopped parsley.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, swap white potatoes for sweet potatoes.

[Recipe Source](#)

# Soups

# Roasted Tomato Basil Soup

A creamy and delectable Roasted Tomato Basil Soup that is healthy comfort food at its best. Roasted tomatoes, onion and garlic mixed with chicken stock, ghee, olive oil, canned coconut milk, fresh basil and salt/pepper.



## Ingredients

- 1 1/2 pounds plum or roma tomatoes
- 3 tablespoon olive oil
- 1 medium garlic bulb
- 1 medium white onion
- 1 (28 ounce) San Marzano Tomatoes, canned
- 1/2 cup fresh basil + more for garnish if desired
- 3 1/2 cups chicken broth (no sugar added)
- 1/2 cup unsweetened coconut milk, canned
- Salt and pepper to taste
- 2 tablespoons ghee or unsalted organic butter

## Instructions

Preheat the oven to 400F. Coat a baking sheet with cooking spray. Slice the tomatoes in half lengthwise and place on a large sheet pan. Cut the onions in in big chunks and place on the sheet pan. Drizzle the tomatoes and onion with 2 tablespoons olive oil and season with 1 tsp sea salt and 1/2 tsp pepper. Slice the top off the garlic bulb and wrap the bottom portion in aluminum foil. Drizzle the top of the bulb with 1 tablespoon olive oil and salt/pepper. Roast for 30 minutes or until veggies are soft and charred.

Heat an 8-quart pot over medium heat. Add in the ghee and then the whole can of tomatoes (with the liquid) basil leaves, chicken broth, and canned coconut milk. Transfer the roasted tomatoes and onions along with the juice from the baking sheet to the pot. Squeeze the garlic from the bottom of the bulb and add to the pot. Season with salt and pepper to taste and bring to a boil. Reduce the heat and allow to simmer together on low for 20 minutes.

When finished cooking, transfer the mixture (in 2 batches if needed) to a high-powered blender and blend until smooth. Garnish with freshly chopped basil and serve.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Italian Chicken and Vegetable Soup

This hearty chicken vegetable soup couldn't be any easier and is packed full of Italian flavor with chicken, tomatoes, carrots & zucchini. Light & fresh for any meal.



## Ingredients

- 2 tbsp olive oil
- 4 boneless skinless chicken breasts cubed
- 1 cup carrots sliced
- 2 zucchini sliced
- 14.5 oz can diced Italian tomatoes
- 14.5 oz chicken broth (no sugar added)
- Grated Parmesan cheese (optional)

## Instructions

- In a large pot, heat olive oil over medium heat. Add chicken and cook until cooked through.
- Add carrots and cook for 5 minutes.
- Stir in zucchini, tomatoes and chicken broth. Bring to a boil.
- Reduce heat and simmer for 25 – 30 minutes.
- Add optional toppings and serve warm. Enjoy!

**Note:** Omit optional Parmesan to make this dish approved for 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Coconut Curry Soup with Sweet Potato Noodles

This beautiful, flavorful Coconut Curry Soup with Sweet Potato Noodles can be made in just about 30 minutes! The sweet potato “noodles” make it fun to slurp! Perfect for a cozy weeknight meal!



## Ingredients

### For the Coconut Curry Soup:

- 1 large sweet potato spiralized
- 1 yellow onion diced
- 3 cloves garlic minced
- 1 tablespoon minced fresh ginger
- 1 red bell pepper cut into thin strips
- 2 tablespoons yellow curry powder
- 3 cups low-sodium vegetable broth (no sugar added)
- 1 can (13.5 ounces) full fat coconut milk
- 1/2 cup frozen green peas
- Juice of 1/2 lime

### For the Garnish:

- Lime wedges
- Cilantro

## Instructions

Preheat the oven to 425 degrees F. Place your spiralized sweet potato noodles on a rimmed baking sheet in one layer (as best as possible). Bake for 10 minutes.

Meanwhile, in a soup pot, sauté the diced onion in 3 tablespoons of water until tender, about 5 to 6 minutes.

Add the garlic, ginger, and red bell pepper and sauté 2 minutes more.

Add the curry powder, vegetable broth, and coconut milk. Simmer over medium heat for 15 to 20 minutes.

Add the green peas and lime juice and stir to combine.

**To serve:** ladle individual portions in bowls and then top with sweet potato noodles, lime juice and a sprinkle of chopped cilantro, if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Fall Harvest Soup

This comforting, satisfying Fall Harvest soup is packed with nutrient-dense ingredients and is a real crowd-pleaser! If you don't have an Instant Pot, just prepare on the stovetop by cooking the meat and veggies first, adding spices, broth, and finishing touches.



## Ingredients

- 1 pound ground turkey
- 1 large onion diced
- 4 tablespoons ghee or avocado oil
- 1 teaspoon sea salt, divided
- 1 teaspoon onion powder, divided
- 1 teaspoon roasted garlic powder, divided
- 1 teaspoon black pepper, divided
- 6 cups chicken broth (no sugar added)
- 1 head cauliflower, coarsely chopped
- 2 medium sweet potatoes, peeled and coarsely chopped (you could sub butternut squash)
- 1/4 cup coconut aminos
- 2 cups spinach chopped
- Garnish with toasted pecans if desired

## Instructions

Spoon or drizzle your cooking fat into the stainless steel bowl of your Instant Pot and press the sauté button.

Add in the diced onion, ground turkey and half the seasonings (1/2 tsp onion powder, 1/2 teaspoon sea salt, 1/2 teaspoon black pepper, 1/2 teaspoon garlic powder) and cook the ingredients, shifting them to prevent sticking, until the meat is cooked through and the onion is tender and translucent.

Press the Cancel button and empty the contents of the Instant Pot into another bowl and set aside or simply remove the stainless bowl and pop in a 2nd Instant Pot stainless bowl.

Now add in the broth, cauliflower, sweet potatoes, remaining half of the seasonings, and coconut aminos.

Secure the lid, close the pressure valve, press the Manual/Pressure Cook button and adjust the time until 10 minutes is displayed.

Allow the cooking cycle to complete, release the pressure valve, and remove the lid once safe to do so. Now either use an immersion blender or vertical blender to puree the soup base until smooth.

Add the meat mixture back in, add the chopped spinach and stir to combine. Garnish with toasted pecans or pepitas.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Slow Cooker White Chicken Chili

Colder weather calls for warm, comforting soups and chili recipes - preferably easy, make-ahead ones that we can set and forget. Today's recipe is just that - warm and satisfying, and all the work is done for you in the slow cooker.



## Ingredients

- |  |  |
|--|--|
| 1 1/2 lb. Boneless, skinless chicken breasts or thighs         | 2 tsp. chili powder (add more to taste)  |
| 1 Tbsp. ghee or avocado oil                                    | 1/4 tsp. black pepper  |
| 1 medium onion, diced  | 3 cups chicken broth (no sugar added) – for a thicker soup, reduce broth to 2 cups |
| 1 medium bell pepper, any color; diced                         | 1 (14-ounce) can unsweetened full-fat coconut milk                                 |
| 1 small jalapeno, seeds and membranes removed and finely diced | Juice of 1/2 lime  |
| 6 cloves garlic, minced  | 1/2 cup fresh cilantro, chopped  |
| 2 1/2 tsp. ground cumin (add more to taste)                    | Optional: Fresh cilantro, diced avocado, and lime wedges for garnish               |
| 1 tsp. dried oregano   |  |
| 1 tsp. sea salt  |  |

## Instructions

Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange chicken on top of vegetables in a single layer. Add broth and place lid on slow cooker.

Set heat to LOW and cook 7-8 hours or until chicken is done and vegetables are tender.

Remove chicken from slow cooker and shred with two forks. Return chicken to slow cooker.

Turn heat to high. Add coconut milk, stir and replace lid. Continue heating an additional 10-15 minutes or until soup is heated through.

Stir in lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

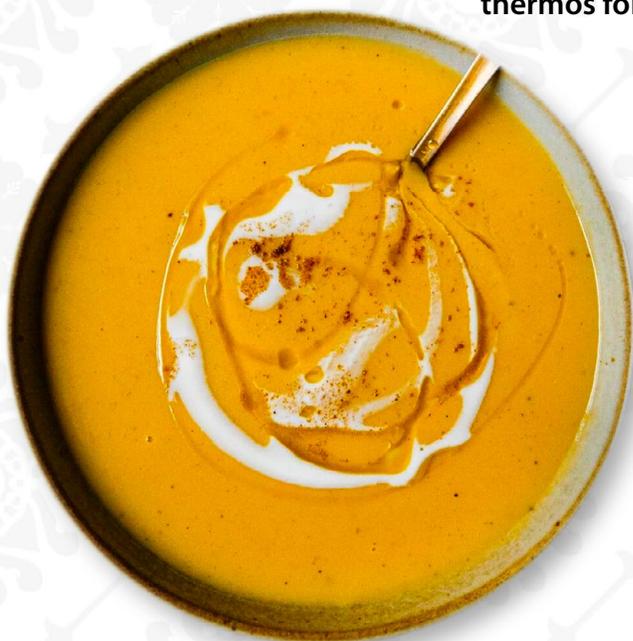
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Roasted Acorn Squash and Sweet Potato Soup

Try this warm, comforting, and nourishing fall soup. Make a big batch and pour some into a thermos for a delicious lunch the next day!



## Ingredients

- 2-3 lb acorn squash, sliced lengthwise in half and seeds removed
- 3 small sweet potatoes (roughly 1 lb)
- 2-3 tablespoons extra virgin olive oil, divided
- 1 medium onion, finely chopped
- 1 teaspoon garam masala
- 3/4 teaspoon ground ginger
- 3 1/2 cups vegetable broth or chicken broth (no sugar added)
- 2/3 cup full fat (or light) coconut milk
- Kosher salt
- Freshly ground black pepper

## Instructions

Preheat oven to 400 degrees (Fahrenheit). Slice the acorn squash in half (lengthwise) and remove the seeds and guts—place cut side up on a large baking sheet, drizzle with 1-2 tablespoons of olive oil and season with salt and pepper.

Slice the sweet potatoes in half lengthwise, drizzle and rub the cut side with olive oil and season with salt and pepper. Place cut side down on the baking sheet along with the acorn squash.

Roast for 45 minutes to an hour, or until both the potato and acorn squash are fork tender and very soft.

Remove from oven and when cool enough to handle, remove the squash and sweet potato flesh from their skin and set aside in a large bowl. Discard the skin.

Meanwhile, heat the remaining tablespoon of olive oil in medium-sized soup pot. Add the onion and sauté over low heat until soft and completely translucent.

Add the ground ginger and garam masala and cook for an additional minute or two, stirring constantly, until fragrant. Add the vegetable broth, roasted squash, and sweet potato. Bring to low simmer, cover, and cook for an additional for 10-15 minutes.

Puree in a blender (in batches, if necessary) and return to heat. Add the coconut milk and stir until well combined. Season with salt and pepper to taste (at this point, you can also add an additional pinch of ginger or garam masala, if you so desire).

Serve hot and drizzle with a spoonful of coconut milk and touch of extra virgin olive oil.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Crockpot Butternut Squash Soup

The BEST butternut squash soup recipe! This easy, healthy Crockpot Butternut Squash Soup is creamy, comforting, and filled with the best flavors of fall.



## Ingredients

### For the Crockpot Butternut Squash Soup:

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion chopped into 1/4- to 1/2-inch dice (about 1 1/2 cups total)
- 2 medium butternut squash about 6 pounds total
- 2 medium apples cored and roughly diced, no need to peel (I like using a mix of sweet apples, such as McIntosh or Golden Delicious, and tart, such as Granny Smith or Cortland)
- 2 cups low-sodium vegetable or chicken broth (no sugar added)
- 1 teaspoon kosher salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon black pepper (use white for a slightly milder taste and if, for presentation purposes, you don't want the black specks in the soup)
- 1/4 teaspoon cayenne pepper
- 3/4 cup light coconut milk (may use up to 1 1/2 cups from one 14-ounce can)

### For topping (optional):

Toasted pumpkin seeds; Chopped fresh sage; Coconut cream

## Instructions

Lightly coat a 4-quart or larger slow cooker with nonstick spray. In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until softened and fragrant, about 8 to 10 minutes, stirring occasionally. Transfer to the slow cooker.

While the onion cooks, trim the top and bottom ends off of the butternut squash. With a vegetable peeler, peel the squash. Cut it in half lengthwise and scoop out the center seeds. Cut into 3/4-inch cubes. Transfer the cubes to the slow cooker.

To the slow cooker, add the apples, broth, salt, pepper, nutmeg, black pepper, and cayenne pepper. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours, until the squash and apples are tender.

Add 3/4 cup coconut milk. Puree the soup with an immersion blender or carefully transfer it to a food processor fitted with a steel blade or a blender and puree it in batches. If using a blender or food processor, be extremely careful not to fill it too much, as hot soup likes to splatter. Return the soup to the slow cooker once complete. If you'd like the soup thinner, add additional coconut milk until your desired consistency is reached. Taste and adjust seasonings as desired. Serve hot with any of your favorite toppings.

**TO STORE:** Store cooked and cooled soup in an airtight storage container in the refrigerator for up to 5 days. **TO REHEAT:** Reheat soup in a pot on the stove over medium-low heat until warm. You can also place leftover soup in a microwave-safe bowl and reheat gently until warmed through. Add a splash of broth as needed to thin the soup. **TO FREEZE:** Place cooked and cooled soup in an airtight freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator before reheating.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided chicken broth with no added sugars used.

[Recipe Source](#)

# Soups

# Chicken Tortilla Soup

The soup is cooked all in one pot and can put on the table in just 45 minutes!



## Ingredients

### FOR THE SOUP:

- 5 cloves garlic, crushed with skins on
- 6 springs fresh oregano
- 6 sprigs of cilantro, plus 1/2 cup roughly chopped
- 8 cups chicken stock (no sugar added)
- 2 pounds bone-in chicken breasts or 1 small 3-4 pound chicken

### FOR THE TOPPINGS:

- 3 cups Siete brand grain-free tortilla chips
- 1 avocado, cubed
- 2 tomatoes, cut into bite-size chunks
- 1 lime, cut into quarters

## Instructions

Place the garlic cloves in a large Dutch oven over medium-high heat. Cook, stirring frequently until garlic begins to darken, about 2-2 1/2 minutes.

Remove the pot from the heat and let it cool for about 30 seconds and then add the chicken stock, oregano, cilantro, and chicken to the garlic.

Place pot back on heat and bring to a boil and then reduce to a simmer. Simmer for about 30 minutes.

When chicken is cooked through, remove the chicken from the broth mixture and set aside.

With slotted spoon, strain out the rest of the garlic and herbs.

Shred the chicken with a fork and then add back to the soup. Add salt and pepper if needed.

To serve, crumble a handful of tortilla chips into individual bowls and then ladle the broth over. Serve with cilantro, avocado, tomatoes, and lime.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided grain-free Siete brand tortilla chips are used, or chips are omitted.

[Recipe Source](#)

# Soups

# Chicken Tortilla-less Soup

This tortilla soup is a fresh, clean version full of great ingredients that won't weigh you down!  
Make a batch and enjoy leftovers for quick, easy lunches all week!



## Ingredients

- 1 Tbsp ghee / butter / cooking oil
- 1 onion diced
- 1/4 C poblano peppers finely chopped
- 1 red pepper diced
- 3 cloves of garlic minced
- 1 Tbsp Mexican seasoning
- 16 oz diced tomatoes I prefer San Marzanos
- 1 4 oz can diced green chiles
- 4 C shredded chicken
- 32 oz organic chicken broth (no sugar added)
- 2 C chopped kale
- 1 sweet potato diced and roasted
- 1/4 C chopped cilantro + more for garnish
- 1 avocado diced optional

## Instructions

Heat a large stock pot to medium heat and add ghee / butter or oil.

Once oil is heated, add onions and cook until translucent and lightly browned.

When onions are cooked through, add poblano peppers, red peppers and cook until softened.

Once soft, add the garlic and cook until tender making sure not to burn.

Add Mexican seasoning and toss to coat.

Add can of diced tomatoes and green chiles and cook for 3 minutes.

Once cooked, add shredded chicken and chicken broth / stock.

Bring pot to a boil; once boiling turn heat down, add kale and simmer for 10 minutes.

Add sweet potatoes, cilantro and stir. Heat for another 5 minutes. Serve with avocado on top if you'd like.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Easy Vegan Pumpkin Soup

Try this warm, comforting, and nourishing fall soup. Make a big batch and pour some into a thermos for a delicious lunch the next day!



## Ingredients

- 2 tablespoons ghee or coconut oil for vegan
- 2 yellow onions diced
- 8 cloves garlic minced
- 30 ounces canned pumpkin about 2 cans
- 30 ounces canned coconut milk
- 4 cups vegetable or chicken broth (no sugar added)
- 1/4 cup red curry paste
- 1 teaspoon curry powder
- 1/2 teaspoon white pepper
- 1/2 teaspoon thyme
- 2 bay leaves
- 1/2 teaspoon nutmeg
- Sea salt to taste
- Black pepper to taste
- Red chili pepper flakes to taste

## Instructions

Heat a large pot on medium heat and add the ghee or oil so it coats the bottom of the pan. Cook the onions until translucent, about 3 minutes. Add in the garlic cloves and canned pumpkin. Cook for another 4-5 minutes until your entire kitchen begins to smell!

Add in the canned coconut milk, broth, curry paste and spices (except the nutmeg, salt and peppers.) Cook on medium heat until the soup comes to a low boil. Lower the heat so the soup is simmering for another 20-25 minutes.

Remove the soup from the heat. Pull out the bay leaves with some tongs. Add in the nutmeg, sea salt and black pepper. Blend the soup in a high-speed blender (or with an immersion blender if you have one.) Adjust the salt and pepper according to your taste preferences.

Serve warm and with some pomegranate seeds, pumpkin seeds and fresh cilantro. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge. This easy vegan pumpkin soup will last for up to one week in the refrigerator. If you're going to double or triple the batch, be sure to keep it in an airtight container in the freezer.

[Recipe Source](#)

# Soups

# Classic Butternut Squash Soup

Try this warm, comforting butternut squash soup. Make a big batch to eat all week. Try the variation listed at the end of this recipe, or add a dash of your favorite fall spice blends to dress it up!



## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth (no sugar added)
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

## Instructions

Heat oil in a large soup pot over medium heat. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes.

Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes.

Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.

**Try this twist:** Apple, Gorgonzola and Almond Butternut Soup

Stir 1 cup unsweetened applesauce into the puréed soup. Garnish each serving with crumbled Gorgonzola cheese, toasted almonds, a few slices of thinly sliced apple and a small sprig of fresh thyme.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Easy Instant Pot Pumpkin Soup

You'll fall in love with this easy creamy pumpkin soup! So simple and full of nutrition and delicious flavor, this soup is perfect for a chilly fall day. Make in your instant pot or prepare stovetop.



## Ingredients

- 15 ounce can pure pumpkin
- 4 carrots cut into chunks
- 1/2 medium yellow onion cut into chunks
- 2 teaspoons minced garlic
- 3 cups low sodium chicken or vegetable broth  
(no sugar added)
- 1 cup full fat coconut milk
- Salt and pepper

## Instructions

Place pumpkin, carrots, onion, garlic, and broth into the Instant Pot. Stir to combine.

Seal lid and cook on Manual setting for 8 minutes.

Quick release or naturally release pressure when cycle is complete.

Use an immersion blender or blend in high-powered blender in batches to puree the soup until smooth and creamy.

Stir in coconut milk and add salt and pepper to taste.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Thai Meatball and Eggdrop Soup

Thai flavors mixed into a traditional egg drop broth for a comforting and filling soup.



## Ingredients

### Meatballs:

- 1 lb. ground turkey or chicken
- 1 large shredded carrot about 1/2 cup
- 2 tablespoons fresh cilantro chopped
- 1 red chili chopped\* see note on chilies
- 1/4 cup green onion, chopped  
(plus more for garnishing)
- 2 tablespoons fresh grated ginger
- 2 tablespoons coconut aminos
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 egg
- Dash red pepper flakes optional

### Soup:

- 1 tablespoon sesame oil or coconut oil
- 1 tablespoon minced ginger
- 2 red chilies deseeded and chopped
- 4 cups organic chicken stock (no sugar added)
- 1 1/2 cups water 375 ml
- 2 tablespoons coconut aminos  
or gluten free soy sauce
- 1 teaspoon fish sauce
- 1 tablespoon lime juice
- 3 large eggs whisked
- 1/2 cup spring onions chopped 1 large bunch
- 1 large carrot cut into matchsticks
- 2 tablespoons freshly chopped cilantro

## Instructions

**Meatball Prep:** Preheat oven to 400°F/200°C.

In a bowl combine all of your meatball ingredients. Mix well and form into balls. If the mixture is a bit wet and sticks, wet your hand with a little water and then roll the balls.

Place balls on lined baking sheet and bake for 20-25 minutes.

Once cooked remove from the heat and set aside until you're ready to add them to the soup.

**Soup Prep:** In a large pot, warm the sesame oil on a medium heat. Add the minced ginger and chopped chilies to the oil and gently sauté for 1-2 minutes.

Add the stock, water, coconut aminos, fish sauce, and lime juice to the pot and turn up the heat to medium high.

While the broth is heating up, whisk your eggs. Once the broth begins to boil, slowly drizzle the eggs into the soup. Use a fork to stir the eggs to create ribbons and prevent clumping.

Reduce the heat and then add the spring onions, carrot, and cilantro and let the soup. Carefully drop the meatballs into the broth. Taste the soup and season with salt and pepper to your own preference.

Top with more spring onions, cilantro, and/or chili if you'd like and serve.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Vegan Sweet Potato Chowder

This vegan sweet potato chowder has a velvety broth laced with seasonal spices like sage and paprika, and chunks of tender root vegetables. It's delicious the day you make it, but like most soups, it's even better the next day. So make a big batch of the plant-based chowder and enjoy it all week long.



## Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 medium celery stalks, diced
- 2 cloves garlic, minced
- 2 pounds sweet potatoes (2 to 3 medium potatoes), peeled and diced
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- 1/2 teaspoon dried sage
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups vegetable stock (no sugar added)

## Instructions

Heat the oil in a Dutch oven or soup pot over medium heat until shimmering.

Add the onion and celery and cook until the vegetables are soft and tender, 6 to 8 minutes.

Stir in the garlic and cook for 1 minute more.

Add the sweet potatoes, coriander, paprika, sage, salt, and pepper; stir to combine; and cook for 1 minute.

Add the stock and bring to a boil. Reduce the heat to maintain a simmer and cook until the sweet potatoes are tender, 10 to 15 minutes.

Transfer about 2 cups of the soup, broth, and vegetables to a blender or food processor and purée until smooth. Stir the purée back into the soup and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Chili Verde with Pumpkin and Sausage

Try this warm, comforting, whole-food chili and enjoy great pumpkin flavor in a savory dish that is sure to keep you warm and satisfied!



## Ingredients

### For the tomatillo salsa:

- 1 1/2 pounds tomatillos (6 to 8 medium)
- 5 serrano or 10 jalapeno peppers, stemmed (plus seeds, if you can take the heat)
- 3 cloves garlic, peeled
- 1 large white onion, peeled and sliced 1/2 inch thick
- 1/4 cup extra-virgin olive oil
- Kosher salt
- 1/2 cup chopped fresh cilantro
- Freshly ground black pepper

### For the chili:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, roughly chopped
- 1 pound sausage meat (mild or hot)
- 1 1/2 teaspoons dried oregano (preferably Mexican), crumbled
- 3 cloves garlic, very finely chopped
- 1/2 cup chopped fresh cilantro, plus more for topping
- 2 cups chopped peeled sugar pumpkin or butternut squash (about 8 ounces)
- Thinly sliced serrano or jalapeno peppers, or fresh avocado for topping
- Kosher salt

## Instructions

### Tomatillo Salsa

Preheat the broiler. Remove the husks from the tomatillos, then rinse the tomatillos under warm water to remove any stickiness. Dry with a paper towel.

Put the tomatillos, chiles, garlic and sliced onion on a rimmed baking sheet. Drizzle with the olive oil and sprinkle on 2 teaspoons or so of salt.

Broil a few inches from the heat, turning everything once, until the tomatillos are softened and slightly charred, about 7 minutes. Let cool to room temperature.

Transfer the broiled vegetables to a blender; add the cilantro and puree until smooth. Season with salt and pepper.

### Chili

Heat the olive oil in a Dutch oven or large saucepan over medium heat. Add the chopped onion and cook, stirring occasionally, until just translucent, about 4 minutes. Add the sausage and cook, stirring and breaking it up, until browned, about 10 minutes.

Spoon out and discard the excess fat, leaving 1 to 2 tablespoons in the pot. Stir in the oregano and garlic and cook, stirring, about 3 more minutes.

Stir in the tomatillo salsa, hominy (including the liquid), cilantro and pumpkin. Bring to a boil, reduce the heat to medium low and simmer, covered, until the pumpkin is tender, 15 to 20 minutes. Taste and season with salt, if necessary. Top with cilantro and chiles.

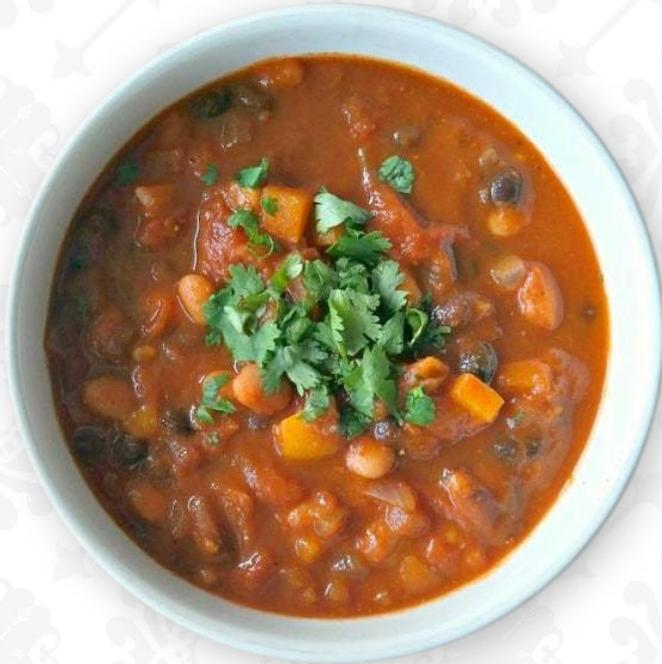
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Chicken Butternut Squash Chili

Warm up with a big bowl of chicken chili made with autumn squash. This recipe was adapted from a pumpkin chili recipe featured in our blog post on the BEST whole-food recipes for Fall. Enjoy!



## Ingredients

- 1 tablespoon olive oil; for sautéing
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 bell peppers, chopped (any color)
- 1 28-ounce can of diced tomatoes
- 1 cup diced butternut squash
- 1 lb boneless, skinless chicken breasts
- 2 cups vegetable or chicken broth (no sugar added)
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- Dash of cayenne pepper or red pepper flakes (optional)
- Juice from 1 lime
- Toppings: cilantro, avocado, jalapeños

## Instructions

In a big pot, heat up the olive oil.

Sauté the onion and garlic until translucent, about 5 minutes.

Add in the bell peppers, cook another 5 minutes. Add in the canned tomatoes, butternut squash, broth and spices (excluding the lime until the end). Stir until well combined.

Place chicken breasts into pot (they will cook in the liquid).

Bring to a slight boil, turn down heat and cover to let simmer about 20-30 minutes.

Remove chicken, chop up on a cutting board and return to chili.

Turn off heat and stir in the fresh lime juice. Serve immediately with your favorite toppings.

**Note:** We adapted this yummy chili recipe to make it approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Creamy Sweet Potato Soup

Try this warm, comforting soup this winter. The perfect dish to fill you up and warm you through and through. Enjoy!



## Ingredients

- 8 oz (1/2 lb or about 6 strips) bacon, diced
- 1 medium onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 1 large celery rib, diced (1 "stick" of celery)
- 2 lbs (3 medium) sweet potatoes, peeled and diced
- 1/2 tsp dried thyme leaves
- 4 cups reduced sodium chicken broth (no sugar added)
- 1 cup coconut milk (I used "original")
- 2 tsp salt and 1/8 tsp ground black pepper, or to taste
- 2 Tbsp parsley to garnish, optional

## Instructions

In a large pot, or French Oven, over medium heat, cook bacon in it's own fat until crisp (8-10 min). Remove with a slotted spoon to a paper towel-lined plate. Leave 3 Tbsp oil in the pot; discard excess or leave it in there for a more flavorful soup.

Add chopped onion, and celery and cook 4 min or until soft, stirring occasionally, then add 2 pressed garlic cloves and sauté another minute.

Stir in diced sweet potatoes, 1/2 tsp dried thyme leaves and 2 tsp salt. Now pour in 4 cups chicken broth, partially cover and simmer 20 min or until sweet potatoes are easily pierced with a fork.

Puree soup until smooth. Return soup to pot and stir in 1 cup coconut milk, or add it to reach desired consistency then season with more salt and pepper to taste if desired.

Serve in warm bowls. Sprinkle the tops with bacon and garnish with chopped parsley, if using.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use uncured, no-sugar added bacon.

[Recipe Source](#)

# Asian Beef Zoodle Soup

Asian Beef Zoodle Soup is a quick, flavorful Vietnamese-inspired noodle-less pho which subs zucchini for rice noodles.



## Ingredients

- |   |   |
|---|---|
| 1 tablespoon coconut oil                              | 2 medium zucchini   |
| 1 small onion, halved and thinly sliced               | 12 ounces boneless beef sirloin steak, thinly sliced across the grain |
| 6 ounces fresh shiitake mushrooms, stemmed and sliced |   |
| 2 cloves garlic, minced                               | <b>Toppings:</b>  |
| 2 teaspoons minced fresh ginger                       | Fresh basil leaves  |
| 5 cups Beef Bone Broth or no-sugar added beef broth   | Fresh cilantro leaves   |
| 2 tablespoons coconut aminos                          | Sliced green onion  |
| 2 teaspoons Red Boat fish sauce                       | Sliced jalapeño   |
| 1 teaspoon kosher salt                                | Lime wedges   |

## Instructions

In a large pot, heat the coconut oil over medium heat. Add the onion and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook, stirring, for about 3 minutes.

Add the garlic and ginger and cook, stirring, until fragrant, about 30 seconds. Add the broth, coconut aminos, fish sauce, and salt. Bring to a boil; reduce the heat to medium-low and simmer, uncovered, for 5 minutes.

Meanwhile, use a spiralizer (or julienne peeler) to cut the zucchini lengthwise into long, thin strands (or use a regular vegetable peeler to cut the zucchini lengthwise into thin ribbons).

Add the zucchini noodles to the simmering soup and cook until just tender, about 1 1/2 minutes.

Add the sliced steak and simmer until just cooked, 30 to 60 seconds. Ladle the soup into bowls and serve with the toppings of your choice.

**Tip:** Freeze the steak for 15 minutes for easier slicing.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Easy Gazpacho Recipe

Gazpacho is the ultimate summer dish. This chilled tomato-based soup comes straight from Spain and is perfect for hot days when you crave something light yet satisfying.



## Ingredients (Serves 4–6)

- 1/2 cup pecans chopped
- 1/2 cup walnuts chopped
- 1/4 cup pumpkin seeds
- 1/4 cup hemp hearts
- 2 Tbsp flax seeds
- 2 tsp cinnamon
- 1 tsp cardamom
- 1/4 tsp sea salt
- 1 tsp pure monk fruit sweetener
- 1/2 tsp ginger
- 2 tsp vanilla
- 1 Tbsp coconut oil

## Instructions

**Prep the Ingredients:** Wash and chop all the vegetables. If you're using stale bread for thickness, soak it in a bit of water for a minute, then squeeze out the excess moisture. Fresh vegetables are key to a flavorful gazpacho, so choose the ripest tomatoes and freshest cucumbers you can find.

**Blend Everything Together:** Add the chopped tomatoes, bell pepper, cucumber, onion, garlic, olive oil, vinegar, tomato juice, salt, pepper, paprika, and cumin to a blender. Blend until smooth.

If you prefer a chunkier texture, pulse the ingredients a few times instead of blending completely. A food processor can also work well for achieving the right consistency.

**Adjust the Seasoning:** Taste your gazpacho and adjust the seasoning if needed. Add more salt, vinegar, or olive oil based on your preference. If you want a spicier kick, consider adding a pinch of cayenne pepper or a splash of hot sauce.

**Chill for the Best Flavor:** Transfer the soup to a bowl or pitcher. Refrigerate it for at least 1–2 hours, or add a few ice cubes if you want to serve it immediately.

Chilling enhances the flavors and makes the gazpacho more refreshing.

**Serve with Garnishes:** Pour the gazpacho into bowls and top with diced cherry tomatoes, cucumber, and fresh basil or parsley. Drizzle a little extra olive oil for a finishing touch. Serve cold and enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Paleo Italian Wedding Soup

This Paleo Italian Wedding Soup is the perfect cozy comfort food! It's easy to make, packed with the tastiest Italian sausage meatballs and plenty of veggies.



## Ingredients

### Meatballs

- 1 large egg
- 1 1/4 lb sweet or hot Italian sausage removed from casings
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 tablespoons almond flour
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### Soup

- 1 tablespoon olive oil
- 1 medium onion diced

- 3 cloves garlic minced
- 2 large carrots diced
- 3 stalks celery diced
- 2 teaspoons Italian seasoning blend
- 1/2 teaspoon crushed red pepper flakes
- 8 cups chicken stock or broth
- 2 Tablespoons fresh lemon juice
- 4-5 cups kale or other dark leafy greens like spinach or Swiss chard, roughly chopped
- Sea salt and freshly ground black pepper to taste
- 1 egg whisked + pinch of salt and pepper

## Instructions

Combine the ingredients for the meatballs in a large bowl and form into 1" balls, or slightly smaller if you prefer.

In a Dutch oven, heat the olive oil over medium heat and add the meatballs to the pot. Cook about 8 minutes, turning several times, until cooked through.

Remove the meatballs and set aside on a plate, leaving the drippings in the pot.

With the heat on medium, add the onions, garlic, celery and carrots to the pot and sauté for 5-8 minutes or until soft and fragrant. Add in the spices plus sea salt and black pepper, and stir to combine flavors.

Add the chicken stock and lemon juice to the pot and bring to a simmer. Add the cooked meatballs in the soup, then the kale. Bring the soup to a gentle boil, then remove from heat.

Whisk the egg, then slowly drizzle it in a circular motion, over the soup while whisking with a fork. Season with sea salt and black pepper to taste. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Butternut Squash Chicken Chili

This hearty and super tasty butternut squash chicken chili is fast and easy plus packed with flavor, protein and veggies. It's a healthy one pot paleo meal you'll enjoy during the cold months that the whole family will love!

## Ingredients

1 1/2 lbs boneless skinless chicken breasts cooked and shredded*	2 tsp cumin
2 Tbsp ghee or avocado oil	1 tsp oregano
1 medium butternut squash cut into 3/4" cubes (about 4 cups)	3/4 tsp chili powder
Sea salt and black pepper	1/4 tsp chipotle chili powder
1 small yellow onion diced	4 oz can diced green chiles
4 cloves garlic minced	3 cups chicken bone broth
1 red bell pepper diced	1 Tbsp fresh minced cilantro
1 green bell pepper diced	1 Tbsp fresh lime juice
2 Tbsp fresh jalapeños finely chopped	2 Tbsp nutritional yeast optional
	Sea salt and black pepper to taste
	Avocado slices, cilantro (Garnish)

## Instructions

If your chicken needs to be cooked and shredded, do this first\* and set aside. Prepare all ingredients before beginning.

Heat a large Dutch oven over medium heat and add the ghee or oil. Add the butternut squash and sprinkle all over with sea salt and pepper. Sauté, stirring occasionally for about 5 minutes, until just beginning to brown and soften.

Add in the diced onion and sauté for about a minute until translucent. Then, add in the garlic, peppers, jalapeño and spices, stir and sauté for 3 minutes, until fragrant and softened.

Add in the green chilis, and broth, stir and bring to a boil. Stir in the shredded chicken, nutritional yeast cilantro and lime juice and allow to simmer for 5 minutes. Season with salt and pepper as desired. Serve with sliced avocado, additional cilantro and sliced jalapeño if desired. Enjoy!

\*If you don't already have cooked chicken, season your chicken breasts with salt, pepper, garlic powder, onion powder and smoked paprika. Bake at 400 degrees for 20 minutes or until cooked through, then shred before using.

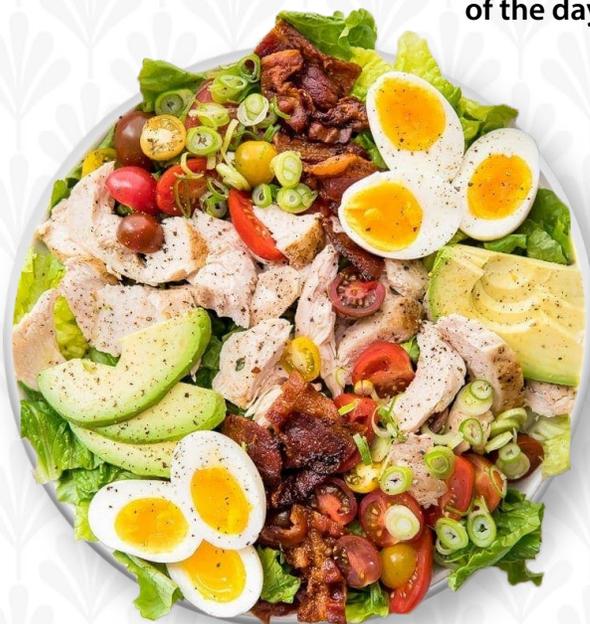
**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Soups

# Healthy Chicken Cobb Salad

A beautiful chicken cobb salad is a great way to combine fresh greens and veggies with plenty of protein and healthy fat to create a lunch that will give you sustained energy throughout the rest of the day. Enjoy as a simple dinner as well!



## Ingredients

- 1-2 tablespoons vinegar of choice for boiling eggs
- 6 large eggs
- 8 slices of bacon (no sugar added) cooked until crisp and drained on paper towels
- Salt and freshly ground pepper
- 8 cups lettuce frisée, green leaf, red leaf, romaine or desired mix
- 2 cups cooked chicken diced
- 2 cups grape tomatoes halved
- 1 ripe avocado peeled and sliced into 1/4" slices
- Primal Kitchen Ranch dressing about 1/3 cup
- Green onions thinly sliced, for garnish

## Instructions

Bring 8 cups of water to a boil in a large saucepan and add 1-2 tablespoons vinegar of choice. Gently lower eggs into the water and boil 8 minutes for medium-set yolks.

Immediately drain the boiling water after 8 minutes and transfer eggs to an ice water bath. Let sit 5-10 minutes or until chilled.

Drain the eggs and return to an empty pan or bowl. Jiggle and bounce the eggs against one another in the pan until the shells are very broken, and feel almost like mesh. Peel under running water and cut in half lengthwise.

Break cooked and drained bacon into 1/2-1" pieces.

Arrange lettuce of choice on a large plate or platter. Sprinkle salt and freshly ground pepper over then drizzle with about half of ranch.

Arrange remaining toppings over in desired design. Top with remaining ranch dressing and garnish with green onions.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that Primal Kitchen Dressing or homemade dressing without sugar, dairy, or processed oils is used. Use bacon with no added sugars.

[Recipe Source](#)

# Salads

# Mediterranean Avocado Salmon Salad

With an incredible lemon herb Mediterranean dressing! Loaded with cucumber, olives, tomatoes and feta cheese!



## Ingredients

### Marinade/Dressing:

- 3 tablespoons olive oil
- 2 tablespoons lemon juice fresh squeezed
- 1 tablespoon red wine vinegar optional
- 1 tablespoon fresh parsley chopped
- 2 teaspoons garlic minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 pinch cracked pepper to taste
- 1 pound skinless salmon fillets

### Salad:

- 4 cups Romaine lettuce or Cos lettuce leaves, washed and dried
- 1 cucumber large, diced
- 2 Roma tomatoes diced
- 1 red onion sliced
- 1 avocado sliced
- 1/2 cup feta cheese crumbled
- 1/3 cup pitted Kalamata olives or black olives, sliced - optional
- 3 lemon wedges to serve

## Instructions

Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later.

Coat the salmon with the marinade. Heat 1 tablespoon of oil in a skillet or grill pan over medium-high heat. Sear salmon on both sides until crispy and cooked to your liking.

While salmon is cooking, prepare all of the salad ingredients and mix in a large salad bowl.

Slice salmon and arrange over salad. Drizzle with the remaining UNTOUCHED dressing. Serve with lemon wedges.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit feta cheese.

[Recipe Source](#)

# Salads

# Almond Berry and Chicken Spinach Salad

This gorgeous salad tastes even better than it looks. It's filled with fresh crisp veggies, grilled chicken, and delicious four ingredient vinaigrette. Topped with freshly squeezed lemon juice and just a few sliced nuts its a fresh salad fit for a perfect summer day.



## Ingredients

- 1/2 medium watermelon
- 1 medium honeydew melon
- 2 cups strawberries
- 1 cup blueberries
- 2 cups cherries
- 2 tablespoons coconut flakes
- Homemade coconut whipped cream (optional)

## Instructions

Cut both the watermelon and the honeydew into 1" slices. Then use a star-shaped cookie cutter to cut the melons into stars.

Cut the strawberries and the cherries into half (leave some intact to put on top of the fruit salad).

Combine the melon stars, the strawberries, cherries, and blueberries in a large bowl and sprinkle with coconut flakes. If you want you could also serve this 4th of July fruit salad with some homemade coconut whipped cream.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Asian Sesame Chicken Salad

This crunchy, refreshing, and super satisfying salad rivals a fancy restaurant meal and is a favorite - especially the delicious homemade dressing! Comes together in a flash, and a perfect Metabolic Comeback friendly lunch!



## Ingredients

### Salad ingredients:

- 4 cups napa cabbage, shredded
- 4 cups green cabbage, shredded
- 1 cup red cabbage, shredded
- 1 1/2 cups snow peas, trimmed
- 1 cup carrots, shredded
- 1/2 cup cilantro, chopped
- 3 green onions, sliced
- 2 cups cooked chicken, shredded
- 1/2 cup sliced almonds
- 2 tablespoons black sesame seeds
- 2 tablespoons sesame seeds

### Dressing ingredients:

- 1/4 cup coconut amino (Trader Joe's or Coconut Secret brand)
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 2 tablespoons toasted sesame oil
- 2 tablespoons light olive oil
- 2 dates, mashed (soak in hot water first for easier blending)
- 1/4 teaspoon ground red pepper
- 1 teaspoon salt
- 1/2 teaspoon pepper

## Instructions

Combine all the salad ingredients into a large bowl.

Mix dressing ingredients until well incorporated.

Pour over salad ingredients.

If you like a lightly dressed salad, don't add all the of the dressing to your salad.

Serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# Avocado Egg Salad

This Avocado Egg Salad is loaded with healthy fats and protein, turns out super creamy and flavorful. This is such an easy recipe to make for lunch and we love to serve it in lettuce wraps, but it's good to eat with a fork too!



## Ingredients

6 boiled eggs

2 ripe avocados, diced

1/2 lemon

1/4 cup minced red onion

2 teaspoons fresh dill

1/2 teaspoon salt

1/2 teaspoon pepper

## Instructions

Peel and dice the boiled eggs and place in a medium mixing bowl.

Add the avocado to the eggs and stir well. The avocado will become creamier the more you stir and coat the eggs.

Squeeze the lemon half over the eggs and stir in the onion, dill, salt, and pepper. Stir well to combine the mixture.

Serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Avocado Mango Salad

If you love fresh summer salads, you will love this Avocado Mango Salad. It's perfect to pair with grilled recipes and tastes like summer in a bowl! Sweet mango married up with creamy avocados, cheery juicy tomatoes and red onions, this dish is perfect for BBQ's and summer parties. Plus it's so easy to make!



## Ingredients

- 2 mangoes peeled and cubed
- 4 avocados peeled and cubed
- 1 lemon, juiced
- 1 tsp. minced garlic
- 3/4 tsp. salt
- 2 tbsp. cilantro chopped
- 3 tbsps. purple onion finely diced
- 1 cup grape tomatoes halved

## Instructions

Dice the onions and mince the garlic.

Peel the avocados and mangoes and cube them into small pieces. Cut tomatoes into halves.

Place all the ingredients in a bowl and squeeze in the juice of one lemon. Add the salt and olive oil.

Toss to mix well. Enjoy by itself or serve as a side dish.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# Berry Avocado Chicken Salad

(with Creamy Poppyseed Dressing)

This salad would make a lovely meal to serve up to 4, or an impressive and healthy dish to bring to your next gathering!



## Ingredients

### Creamy Poppyseed Dressing:

1/3 cup mayonnaise (use homemade or Primal Kitchen)  
1/4 cup coconut milk (canned)  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1 tbsp fresh lemon juice  
1 and 1/2 tsp poppy seeds  
1 tsp honey or maple syrup (optional)  
Pinch of salt

### Salad:

1 pound of chicken breast, cooked  
2–3 hard boiled eggs, peeled and sliced  
5 cups romaine lettuce, thinly sliced  
1/2 cup of micro greens or sprouts  
1 avocado, peeled and sliced  
1 cup of blackberries  
1 cup of blueberries  
2 cups strawberries, sliced  
1/4 cup pine nuts

## Instructions

To make dressing: in a small bowl, whisk all dressing ingredients together until creamy smooth. Adjust for lemon flavor and salt. Set aside.

To assemble salad, arrange romaine and micro greens on a large platter. Add cooked chicken breast, sliced eggs, berries, avocado, and pine nuts. Drizzle on dressing. Serve and enjoy!

Alternatively, you can plate romaine and micro greens on four individual plates and divide salad fixings evenly on top to make four individual servings. Drizzle dressing on top and serve.

**Note:** Omit optional sweetener in dressing to make this salad approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# BLT Balsamic Chicken Avocado Salad

BLT Balsamic Chicken Avocado Feta Salad is a delicious twist to a BLT in a bowl! With a balsamic dressing that doubles as a marinade you won't even miss the bread in this mega loaded salad.



## Ingredients

### Balsamic Dressing / Marinade:

- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 2 tablespoons water (or more oil if you wish)
- 2 teaspoons Italian seasoning
- 2 teaspoons minced garlic
- 1 teaspoon honey
- 1/4-1/2 teaspoon salt (adjust to your taste)
- 4 skinless and boneless chicken thigh fillets (or breast fillets)

### Salad:

- 5 ounces | 150g bacon, diced and trimmed of all fat
- 8 cups mixed salad lettuce leaves (or Romaine | Cos lettuce leaves)
- 2 tomatoes, chopped
- 1 red onion, thinly sliced
- 1 avocado, sliced
- 1/4 cup crumbled feta cheese
- Extra Italian seasoning
- Salt and pepper to taste

## Instructions

Whisk balsamic dressing / marinade ingredients together until well combined. Pour 2-3 tablespoons into a shallow bowl. Add the chicken thighs and coat evenly. Season with salt and pepper; set aside for 10 minutes while the frying bacon.

Fry bacon until crisp in a skillet over medium-high heat. Wipe pan over with paper towel.

Cook chicken fillets until crisp and cooked through (about 7 minutes each side).

Arrange all salad ingredients in a large bowl. Top with the bacon, chicken, avocado and sprinkle with feta, extra Italian seasoning and salt and pepper to your tastes. Drizzle with the remaining dressing, and serve.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit honey and optional feta. Make sure bacon used is uncured, no-sugar added.

[Recipe Source](#)

# BLT Lettuce Wraps

Try this BLT+Egg Lettuce Wrap for a quick and easy breakfast or lunch! Boil your eggs just the way you like them, add sliced avocado or a bit of guacamole and enjoy!



## Ingredients

- 4 slices bacon
- 1/2 medium (30 grams) lemon
- 1/4 cup homemade or paleo mayo
- 4 large basil leaves, finely chopped
- 4 large Bibb lettuce leaves
- 2 medium (180 grams) Roma tomatoes, thinly sliced
- 2 large (50 grams each) hardboiled eggs, peeled and sliced
- 1/8 teaspoon coarsely ground black pepper
- (Optional—Fresh avocado slices or guacamole)

## Instructions

Cook bacon until desired doneness. Set aside on paper towels so excess fat can drain.

Grate 1/4 teaspoon zest from the lemon into a small bowl. Squeeze about 1 teaspoon lemon juice in bowl. Stir in mayonnaise and basil.

Spread 1 tablespoon mayonnaise mixture on each of 4 lettuce leaves. Top evenly with tomato, egg, and bacon. Sprinkle with pepper. Wrap leaves around filling.

**Note:** To make this recipe approved for the 30-Day Metabolic Comeback Challenge, use uncured, no-sugar added bacon.

[Recipe Source](#)

# BLTA Chicken Salad Lettuce Wraps

A simple lunch that is full of crunch! Try this fun BLTA Chicken Salad Lettuce Wrap recipe for a satisfying meal that will be as fun to prepare as it is to eat!



## Ingredients

- 2/3 cup homemade mayo  
(or use Primal Kitchen mayo)
- 2 tsp fresh lemon juice
- 2 Tbsp thinly sliced green onions
- 1 Tbsp minced parsley
- Salt and freshly ground black pepper
- 3 cups diced cooked and chilled chicken breast
- 6 slices bacon , cooked and chopped
- 1 1/2 cups grape tomatoes , halved
- 1/2 cup diced celery
- 1 medium avocado (fairly firm but ripe), diced
- Romaine or iceberg lettuce leaves, for serving

## Instructions

In a medium mixing bowl stir together mayonnaise, lemon juice, green onions, parsley while seasoning with salt and pepper to taste.

Add chicken, bacon, tomatoes and celery to a large mixing bowl (if you want some of the ingredients to show through set some aside to sprinkle over the top of the salad before serving).

Add in the dressing mixture and toss to coat. Gently toss in avocado. Serve over lettuce leaves (or in bread slices).

**Note:** This recipe is approved for the 30-Day Metabolic Comeback Challenge provided the bacon used is no-sugar added, and homemade paleo mayo or primal kitchen mayo is used.

[Recipe Source](#)

# Salads

# Broccoli and Bacon Salad

This Broccoli and Bacon Salad recipe combines tiny bite-sized pieces of broccoli tossed with dates, sunflower seeds, red onion, and creamy homemade lemon garlic dressing. We love it as a holiday side dish or to bring along to cookouts!



## Ingredients

### Broccoli & Bacon Salad:

4-5 cups broccoli florets, about 2 heads  
8 oz bacon, cooked  
1/2 cup any mixture of dried cranberries and dates, or you can substitute and dates, or you can substitute or include dried apricots (they're usually sugar-free)  
1/2 cup roasted and unsalted sunflower seeds  
1/2 red onion

### Lemon Garlic Dressing:

1/2 cup paleo mayo  
2/3 tsp. mustard  
1 clove garlic  
2 tsp. apple cider vinegar, preferably raw  
1/2 lemon, juiced  
Salt and pepper, to taste

## Instructions

**Lemon Garlic Dressing:** Grate or finely mince the garlic, then whisk together all the salad dressing ingredients in a small bowl.

Season with salt and pepper to taste, adding a touch more lemon juice to thin to desired consistency, if needed.

**Broccoli & Bacon Salad:** Remove the stems from the broccoli and chop into bite sized pieces.

Thinly slice the red onion and roughly chop any larger pieces of dried fruit.

Just before serving, mix all salad ingredients together and toss with dressing. Season to taste with additional salt and pepper.

**Note:** lightly blanching the broccoli works just fine for this recipe if you prefer.

**Note:** Use unsweetened cranberries or unsweetened dried cherries and nitrate-free, no-sugar added bacon to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# Grain-Free Buffalo Chicken Salad

This buffalo chicken salad is easy to make, and filled with tasty goodness! Crispy pan fried chicken tenders are tossed in 2-ingredient buffalo sauce and mixed with greens, carrots, celery, avocado and topped with homemade cilantro ranch dressing.



## Ingredients

### Salad:

3 cups chopped romaine or salad greens  
3 Celery stalks chopped  
1/2 cup shredded cabbage  
1 cup Shredded carrots  
1 large Avocado sliced  
Thinly sliced red onion optional

### Chicken:

1 lb chicken tenderloins  
1 large egg whisked  
3/4 cup blanched almond flour  
1/4 cup tapioca flour or arrowroot  
1 and 1/4 tsp fine grain sea salt  
1/8 tsp black pepper  
1 tsp onion powder  
1/2 tsp garlic powder

1/4 cup coconut oil or avocado oil for frying  
1/3 cup Franks original hot sauce  
1/4 cup ghee melted  
Additional cilantro for garnish

### Dressing:

1/2 cup homemade mayo or purchased paleo mayo  
3 Tbsp coconut milk  
1/2 tsp garlic powder  
1/2 tsp onion powder  
2 Tbsp cilantro minced  
1 tsp dried chives  
1/4 tsp dried dill  
1 tsp fresh lime juice  
1/8-1/4 tsp salt or to taste

## Instructions

Whisk all the dressing ingredients together in a bowl until nice and smooth, then cover and refrigerate until ready to serve.

In a large serving bowl, arrange the salad ingredients, except for the avocado, which should be sliced right before serving to avoid browning. Cover and refrigerate while you prepare the chicken.

Whisk the egg in a small shallow bowl and in another shallow bowl, add the almond flour, tapioca, salt, pepper, onion powder and garlic powder.

Heat a large skillet over medium/med-hi heat (non-stick is preferred) and add the oil for frying.

Once sizzling hot, (breeding will soften and fall off if oil isn't hot enough), dip a piece of chicken in the egg, shake off excess, coat with dry mixture, and place in skillet. Repeat with all chicken pieces.

Cook on one side until golden brown, about 3 mins, adjusting the heat if necessary. Turn carefully using tongs so as not to lose the "breeding".

Cook on the second side until golden brown on the outside and cooked through inside - about 6 min. depending on thickness.

Put chicken on a paper towel lined plate and allow to cool a bit.

In a bowl, whisk together the hot sauce and melted ghee. Dip each piece of chicken in the sauce to coat and place on a cutting board. If you don't want to cut the chicken before serving the salad, you can place the chicken right over the salad.

Cut chicken into pieces if desired, then arrange on the salad, drizzling any leftover sauce over the top. Arrange avocado around the chicken, and serve right away with the ranch dressing.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided homemade or paleo mayo is used.

[Recipe Source](#)

# Salads

# California Roasted Sweet Potato Kale Salad

Gorgeous California roasted sweet potato kale salad with avocado, sweet & spicy pistachios and a creamy tahini dressing. This vegan sweet potato kale salad is bursting with flavor and easy to customize by topping with additional protein! The perfect veggie-packed lunch or dinner during the week.



## Ingredients

### Dressing:

1/4 cup tahini  
1/2 teaspoon garlic powder  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon pure maple syrup  
1/2 teaspoon Dijon mustard  
1/2 teaspoon salt, plus more to taste  
Lots of freshly ground black pepper  
2-3 tablespoons warm water, to thin the dressing

### Salad:

1 tablespoon olive oil  
1 medium to large sweet potato, cut into 1/2 inch cubes (or 2 cups cubed sweet potato)  
1 bunch of Tuscan kale, stems removed and very finely chopped (or 8-10 cups chopped kale)  
1/2 cup dried cranberries (unsweetened)  
1 avocado, sliced or diced  
1/2 cup shelled roasted pistachios

## Instructions

Preheat your oven to 375 degrees F. Line a large baking sheet with parchment paper. Add cubed sweet potatoes onto the pan and drizzle with olive oil; toss well to coat the sweet potatoes in oil. Bake for 25-30 minutes or until tender, flipping halfway through.

In a medium bowl, whisk together the ingredients for the dressing: tahini, garlic powder, fresh lemon juice, pure maple syrup, dijon mustard, salt, pepper and water. I like to start with 2 tablespoons of water, but you may need 3 total tablespoons to achieve a creamy dressing that is easily pourable. You'll want to be able to coat all of the kale nicely so a thinner dressing is better. Set dressing aside.

In a medium bowl, whisk together the ingredients for the dressing: tahini, garlic powder, fresh lemon juice, pure maple syrup, dijon mustard, salt, pepper and water. I like to start with 2 tablespoons of water, but you may need 3 total tablespoons to achieve a creamy dressing that is easily pourable. You'll want to be able to coat all of the kale nicely so a thinner dressing is better. Set dressing aside.

Add the finely chopped kale to a large bowl and pour the dressing over. Use a tongs to coat the kale with the dressing; you REALLY want to get it mixed well so toss together for a few minutes to help breakdown the kale. Allow the dressing to sit with the kale for 15 minutes or longer to help the kale marinate with the dressing. Add in your roasted sweet potato cubes, cranberries, avocado, and pistachios. Give the salad a gentle toss to combine.

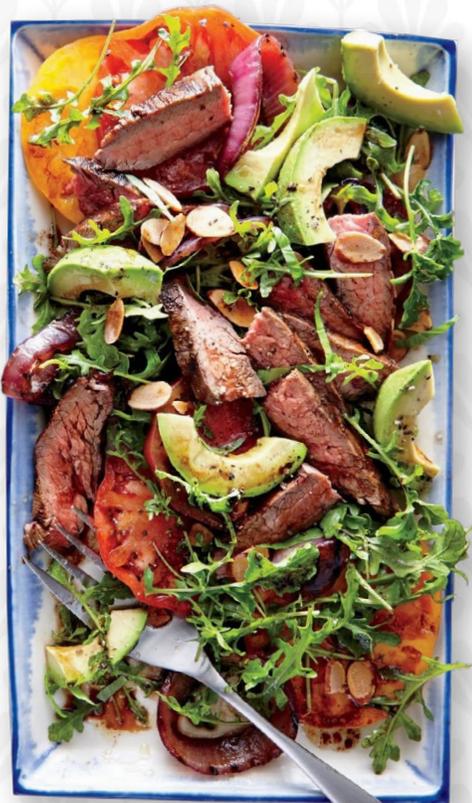
**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge use unsweetened cranberries, omit maple syrup from dressing or use one with no added sugars, such as homemade balsamic.

[Recipe Source](#)

# Salads

# California Steak Salad

Fresh flavors and textures make this salad an amazing choice for lunch or dinner. This salad is ideal for cold grilled steak, as reheating may overcook the meat or cause the basil and arugula to wilt. Grilling the red onion adds another layer of char and a bit of sweetness to counter the tartness of the vinaigrette.



## Ingredients

- 1 large red onion, cut into 1/2-in.-thick slices
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 medium heirloom tomatoes, sliced
- 1 (5-oz.) container baby arugula
- 8 oz. cooked salt-and-pepper-seasoned flank steak
- 1 ripe peeled avocado, sliced
- 1/2 cup thinly sliced basil
- 1/4 cup sliced almonds, toasted

## Instructions

Heat a grill pan over high heat. Coat pan with cooking spray. Add onion slices to pan; grill 10 minutes or until tender, turning occasionally. Place onion in a bowl; cover with plastic wrap. Let stand 10 minutes.

Combine oil, vinegar, salt, and pepper in a large bowl, stirring with a whisk. Add onion slices and any accumulated juices to oil mixture. Add tomatoes; toss gently to coat. Let stand 15 minutes, stirring occasionally. Stir in arugula.

Divide tomato mixture evenly among 4 plates; top evenly with steak and avocado. Sprinkle with basil and almonds.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# Cauliflower Potato Salad

This cauliflower potato salad doesn't actually use any potatoes, but it's packed with ALL the goodies! Roasted cauliflower is tossed with bacon, hardboiled eggs, pickles, green onion and a Dijon dressing.



## Ingredients

- 1 large head cauliflower cut into florets
- 1 tablespoon olive oil or avocado oil
- Sea salt and black pepper
- 5 slices nitrate free bacon
- 4 large eggs hardboiled, cooled, and chopped
- 2 stalks celery chopped
- 2 scallions white and green parts, thinly sliced
- 1 large dill pickle chopped
- 2 tablespoons dill pickle juice
- 1/2 cup homemade mayo (or store-bought paleo mayo)
- 3 tablespoons Dijon mustard
- 1/2 teaspoon garlic powder
- Sea salt and black pepper to taste
- Fresh dill for garnish (optional)

## Instructions

Preheat your oven 400°F and line two baking sheets with parchment paper.

Lay the bacon strips in a single layer on the first and lay out the cauliflower florets on the second. Drizzle the cauliflower with the oil and sprinkle all over with sea salt and pepper, then toss to coat.

Place both baking sheets in the oven and cook the bacon for 17-19 minutes or until crisp, and the cauliflower for 25-30 minutes or until softened and beginning to brown.

Remove the from the oven and drain the bacon on paper towels. Allow to cool while you prepare the rest of the salad.

In a large bowl, combine the chopped eggs, celery, scallions, chopped pickle and pickle juice, mayo, mustard, and garlic powder. Add the cooled cauliflower florets and crumble the bacon in the bowl. Gently toss the ingredients to combine.

You can serve the salad right away at room temperature or cover and refrigerate for 20 minutes or so before serving. Garnish with a few extra sliced scallions and/or fresh dill. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Salads

# Cherry Tomato and Asparagus Salad

This fresh, flavorful salad features seasonal produce and would be a hit at your Memorial Day meal. Pairs great with any grilled meat and is sure to satisfy.



## Ingredients

### Salad:

- 1 pound asparagus, trimmed and halved
- 6 cups halved cherry, grape, and pear tomatoes in varied colors
- 1/2 cup crumbled gorgonzola or feta cheese
- 1 ripe avocado, cut into cubes
- 1 cup sliced basil leaves

### Dressing:

- 1/4 cup extra-virgin olive oil
- 2 teaspoons lemon juice
- 2 teaspoons Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper

## Instructions

Boil asparagus in a large pot of salted water for 2 minutes. Drain and rinse with cold water.

Mix asparagus with remaining ingredients in a large bowl, stirring well to coat evenly with dressing.

**Note:** Omit cheese to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Cilantro-Lime Chicken Salad

(with Mango Avocado Salsa)

Get ready for a fresh summer salad bursting with great tropical flavors. With a marinade that doubles as a salad dressing, this salad is sure to be hit!



## Ingredients

### Salad:

4 chicken thigh fillets, skin removed  
(no bone)

5 cups Romaine lettuce leaves,  
washed and dried

1 red pepper (capsicum),  
deseeded and sliced

### Marinade/Dressing:

3 tablespoons olive oil

1/2 cup freshly squeezed lime juice

1/2 cup fresh chopped cilantro  
(coriander)

4 cloves garlic, crushed

2 teaspoons honey

1 teaspoon brown sugar

1 teaspoon ground Cumin

1 1/4 teaspoon salt

### Mango Salsa:

1 large mango, diced

1 avocado, diced

1 green onion (shallot), peeled  
and thinly sliced

Extra coriander leaves to garnish

Red chili flakes, to garnish

## Instructions

Whisk marinade ingredients together to combine. Pour a third of the marinade into a shallow dish to marinate the chicken fillets for at least 15 minutes (or up to an hour if you have the time). Refrigerate the reserved untouched marinade to use as a dressing.

Heat about one teaspoon of oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. (Grill in batches of two to prevent excess water being released.) Once chicken is cooked, set aside and allow to rest.

Wipe pan over with paper towel; drizzle with another teaspoon of oil and grill or fry peppers and until cooked to your liking.

While peppers are cooking, prepare the mango salsa. Combine the mango, avocado and green onion in a bowl. Add in two tablespoons of the reserved dressing to the salsa. Set aside.

Slice chicken into strips and prepare salad with leaves, sliced peppers and mango salsa. Top with the chicken strips. Drizzle with remaining dressing and serve with (optional) extra coriander leaves and red chili flakes.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, swap honey and brown sugar in marinade for fresh squeezed orange juice.

[Recipe Source](#)

# Salads

# Classic Cobb Salad

Nothing beats a classic cobb salad. Full of satisfying protein and veggies, this dish makes a great lunch or simple dinner anytime! The homemade dressing is easy to make and adds delicious flavor you'll love.

## Ingredients

8 slices thick-cut bacon, chopped	2 (6 oz) boneless, skinless chicken breasts	1/4 cup apple cider vinegar	1 tsp Dijon mustard
4 large eggs	Zest (in wide strips) and juice of 1 lemon	1/2 shallot, minced (about 2 tablespoons)	1/4 cup extra-virgin olive oil
Kosher salt		1 Tbsp black peppercorns	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
			4 ounces blue cheese, crumbled
			2 bay leaves
			2 sprigs thyme



## Instructions

Cook the bacon in a medium skillet over medium heat, stirring, until crisp, 15 to 20 minutes; transfer to paper towels to drain.

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.

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.

**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.

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, tomatoes, and blue cheese in rows on top of the lettuce. When ready to serve, toss the salad and season with salt and pepper.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit optional blue cheese and make sure bacon used is uncured, no-sugar added.

[Recipe Source](#)

# Classic Waldorf Chicken Salad

(Whole-Food)

Whip up a batch of this easy Waldorf Chicken Salad to wrap in a lettuce leaf, pile over greens, or eat all by itself for a naturally sweet, crunchy, flavorful meal.



## Ingredients

2 cups cooked organic  
chicken, cubed  
1/2 cup grapes, halved  
1/3 cup celery, diced  
1/4 cup red onion, diced  
1/4 cup walnuts, chopped  
2 tbsp. fresh basil, chopped  
(or 1 tsp. dried basil)  
1/3 cup mayo  
1 lemon, juiced  
Salt and pepper to taste

## Instructions

Combine all of the ingredients in a bowl and mix until well combined.

Serve on top of a bed of greens or in a lettuce leaf.

**Note:** This dish is approved for 30-Day Metabolic Comeback Challenge provided that mayo is sugar and hydrogenated oil free. Make your own paleo mayo or use Primal Kitchen Mayo as an easy store-bought option.

[Recipe Source](#)

# Salads

# Cobb Salad with Cilantro-Lime Shrimp

This Cobb Salad with Cilantro-Lime Marinated Shrimp is made with a variety of vegetables, and topped with a succulent shrimp marinated with cilantro and lime. It is the perfect side dish, or hearty enough to be a stand-alone meal!



## Ingredients

### Salad

- 1 head Romaine lettuce
  - 1/2 head Iceberg lettuce
  - 1 pound Shrimp, cleaned with tail off
  - 10 Cherry tomatoes
  - 1/2 ripe Avocado
  - 1/4 cup Cucumber, chopped
  - 1 whole Egg, hard boiled
  - 1/4 cup Bacon, cooked and chopped
  - 1/4 cup Blue cheese, crumbled
  - 1/4 cup Parmesan cheese, shredded
- ### Cilantro-Lime Marinade for Shrimp
- 1 Lime, juiced
  - 1/4 cup Olive oil
  - 1/4 cup Cilantro, diced
  - Salt and pepper to taste

## Instructions

In a medium size bowl with a lid, add the shrimp, cilantro, olive oil, and lime juice. Add salt and pepper to your desired taste. Mix well, and cover and refrigerate for at least one hour.

Chop the romaine and iceberg lettuce into bite size piece. Dice the tomatoes, avocado, cucumber, and hard-boiled egg and set aside.

Using a large platter or a bowl, begin layering the lettuce first. Next, assemble the vegetables in rows. Add the marinated shrimp, cheeses, and bacon into neat rows also. Serve with desired dressing on the side.

**Note:** Omit cheeses to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Cucumber Greek Salad

Enjoy the freshness of summer tomatoes and cucumbers with this recipe! Customize it to your liking by trying different kinds of olives, chopped fresh dill or basil, different kinds of tomatoes, roasted red peppers, etc.



## Ingredients

- 2 cucumbers, peeled and chopped into 1/4 slices
- 4-6 Roma tomatoes, chopped
- 1/2 of a red onion, sliced
- 1/4 cup olive oil
- 1 1/2 Tablespoons lemon juice
- 2 teaspoons dried oregano
- 1/2 cup crumbled feta cheese
- Salt and Pepper, to taste
- Black olives, pitted and sliced (to taste)

## Instructions

In a large bowl, combine cucumbers, tomatoes, and onions.

In a smaller bowl, mix the olive oil, lemon juice, and dried oregano. Pour over the vegetables and mix well. Season salad with salt and pepper.

Sprinkle feta cheese and olives over the top of salad and mix. Taste and adjust spices if need be. Refrigerate until ready to eat. Enjoy!

**Note:** Omit feta cheese to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Cilantro Lime Shrimp and Avocado Salad

An easy shrimp salad recipe that tastes just like ceviche but without all the work! It's light and refreshing and packed with flavor.



## Ingredients

- 1 lbs. frozen precooked shrimp (thawed, tails taken off and cut into thirds)
- 1-2 avocados, diced
- 1/2 cup cherry tomatoes, halved or quartered
- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 3 limes, juiced
- Salt and pepper, to taste

## Instructions

Add your chopped shrimp, avocados, tomatoes, red onion and cilantro to a large bowl and season with salt and pepper. Then add your lime juice and toss the salad until it's fully coated.

Place your salad in the fridge to chill or serve it immediately over greens or with grain-free chips.

If prepping this salad for the later: Keep your avocado separate from the rest of your ingredients and add it right before serving.

**Note:** This dish is approved for the 30-Day Metabolic Comeback. Serve alone, over greens, or with grain free plantain chips.

[Recipe Source](#)

# Salads

# Greek Chicken Salad

This simple and tasty Greek Chicken Salad is packed with flavor, protein and veggies. The marinade doubles as a dressing. This salad is filling enough for a meal and the leftovers save well for lunch the next day.



## Ingredients

### Chicken + Marinade/Dressing:

- 1 1/2 lbs boneless skinless chicken breasts or tenderloins
- 1/3 cup olive oil or avocado oil
- Finely grated zest of one lemon
- 1/4 cup freshly squeezed lemon juice about the juice of 2 lemons
- 2 tbsp. red wine vinegar
- 4 cloves garlic minced
- 2 tbsp. dried oregano or Balanced Bites Greek Seasoning Blend
- 1 tsp. fine sea salt
- 1/4 tsp. cracked black pepper

### Salad:

- 2 hearts of romaine washed and roughly chopped
- 2 med/large cucumbers quartered lengthwise and sliced
- 1 cup cherry tomatoes sliced in half
- 1 medium green bell pepper thinly sliced
- 1 red onion thinly sliced
- 3/4 cup pitted and sliced Kalamata olives
- 1 large avocado (or 2 small ones) sliced
- Lemon wedges for garnish

## Instructions

In a large bowl, whisk together all the marinade/dressing ingredients to blend, then separate out half to use as the dressing. Set the dressing aside until ready to serve the salad. You can put it in a mason jar with a lid so you can shake it to blend.

Place the chicken in the large bowl with the remaining marinade and turn to coat on all sides. Cover and marinate for at least 30 minutes, or longer if you have the time, in the refrigerator.

Meanwhile, prepare the veggies for the salad and arrange them in a large serving bowl, leaving out the avocados until just before serving so it doesn't brown.

Once the chicken has marinated, heat a large cast iron skillet over medium high heat and add a little oil, then sprinkle the skillet with a bit of sea salt. Gently shake excess marinade from the chicken, leaving a coating for flavor, and arrange in the hot skillet. Discard any remaining marinade at this time.

Cook the chicken about 5-6 minutes per side, or until it reaches an internal temperature of 165°F. You might need to adjust the heat to avoid burning the outside. Once done, remove the chicken to a cutting board and allow it to rest while you slice the avocados and arrange in the serving bowl with the rest of the salad. Slice the chicken and arrange it around the salad, then drizzle all over with the saved dressing (shake or mix the dressing first) and toss as desired. Serve with lemon wedges if desired. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Broccoli Slaw with Spicy Shrimp

A salad perfect for any gathering! Broccoli Slaw tossed with a creamy dressing and served with spicy shrimp.



## Ingredients

1 lb. wild-caught shrimp, peeled and deveined	2 tbsp freshly chopped cilantro leaves (optional)
1 tsp. old bay seasoning	3 slices cooked bacon, crushed to pieces (see notes)
1/2 tsp. ground turmeric	<b>Dressing:</b>
1/2 tsp. cayenne pepper	2/3 cup mayo (see notes)
1/2 tsp. garlic powder	2 tbsp yellow mustard
1 tbsp. extra virgin olive oil	2 tbsp lemon juice
1 tbsp. lemon juice	1/2 tsp garlic powder
1/2 a purple onion, thinly sliced	1/4 tsp cracked black pepper
1 (12 oz) pack of broccoli slaw	Water to thin dressing
1 cup cherry tomatoes, halved	

## Instructions

To begin, pat the shrimp dry and toss them with the old bay seasoning, turmeric, cayenne pepper, and garlic powder. Now, heat the olive oil over medium-high heat in a large skillet. Add the shrimp to the pan and sear for ~2 minutes on both sides or until the shrimp is pink. Add the lemon juice, toss, remove the shrimp from the heat and set them aside.

Now, add the broccoli slaw, purple onions, tomatoes and cilantro (if using) to a large mixing bowl and aside.

Whisk all of the ingredients needed for the dressing to a small mixing bowl until creamy. Use filtered water to thin out the dressing, I used about a tablespoon.

Pour the dressing over the broccoli salad mixture and toss to combine. Season with a couple of pinches of salt and pepper to your desired taste. Transfer the salad to a serving dish and top with bacon and the spicy shrimp. Garnish with lemon wedges and enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided the mayo is a homemade paleo version made from avocado oil and contains no added sugars. Bacon must be uncured, sugar-free and mustard must not contain added sugars.

[Recipe Source](#)

# Salads

# Chimichurri Steak

Elevate your steak to the next level by adding a fresh and delicious chimichurri sauce. Give it a try this week!



## Ingredients

2 New York Strip Steaks (about 1 inch thick)

Salt and Pepper, to taste

1 tablespoon olive oil

### Chimichurri Sauce

1 lime

1 cup fresh parsley

1/2 cup oregano

1 cup cilantro

3-4 garlic cloves

1/4 cup olive oil

Salt and pepper, to taste

## Instructions

Preheat your oven to 400°F (200°C). Pat the New York strip steaks dry with paper towels. Season both sides generously with salt and pepper. Heat a large oven-safe skillet over medium-high heat. Add 1 tablespoon of olive oil to the skillet. Once the oil is hot, add the steaks to the skillet. Sear the steaks for 2-3 minutes on each side until nicely browned.

Carefully transfer the skillet to the preheated oven. Cook the steaks in the oven for 5-7 minutes for medium-rare, or until they reach your desired level of doneness.

Remove the skillet from the oven and transfer the steaks to a plate. Tent the steaks with aluminum foil and let them rest for 5-10 minutes. This allows the juices to redistribute, ensuring a juicy steak.

**Chimichurri Sauce:** While the steaks are resting, prepare the chimichurri sauce. Rinse and dry your fresh herbs (parsley, oregano, cilantro), pat dry with a paper towel.

Strip the parsley, oregano, and cilantro leaves from the stems and finely chop the leaves. Add the chopped herbs to a small bowl.

Zest and juice the lime over the herbs. Mince the garlic cloves. Combine the chopped herbs, minced garlic, lime zest, lime juice, and olive oil. Season with salt and pepper to taste.

**Slice and Serve:** Once the steaks have rested, slice them against the grain into thick slices. Serve the steak slices with a generous drizzle of chimichurri sauce on top. Serve the pan-seared New York strip steaks with chimichurri sauce alongside your favorite side dishes.

**Note:** Bring the steaks to room temperature (at least 30 minutes) before cooking. If you'd like the chimichurri sauce to be a bit more fine, you can pulse the mixture a few times in a food processor.

This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Broiled Flat Iron Steak

## (with Brussels Sprouts and Sweet Potatoes)

This one-pan meal is a crowd-pleaser and testament to how 4 ingredients can come together to form a supremely satisfying dish, ready in a flash. We use an old-school cooking trick here and broil the steak directly over the veggies so the meat juices baste them as they caramelize. If you can't find flat iron, flank steak also works well here, but we like the flavor and texture variety in a large flat iron cut. Brussels sprouts, coaxed to crispy golden brown in the broiler, pair beautifully with the broiled sweet potatoes, which balance the light, pleasant bitterness in the sprouts.



### Ingredients

- 6 ounces Brussels sprouts, trimmed and halved
- 6 ounces sweet potato, peeled, halved lengthwise, and sliced into thin half-moons
- 2 tablespoons olive oil, divided
- 1 (1-lb.) flat iron steak, trimmed
- 2 teaspoons chopped fresh thyme, divided
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon black pepper, divided

### Instructions

Preheat broiler, with oven rack 6 inches from heat.

Place Brussels sprouts and potato on a rimmed baking sheet; toss with 1 tablespoon oil, and spread in an even layer. Place a wire rack in pan over vegetables. Rub steak with 1 1/2 teaspoons oil, and place on rack in pan over vegetables. Sprinkle steak with 1 teaspoon thyme, 1/2 teaspoon salt, and half of pepper.

Broil 10 minutes. Turn steak over; drizzle with remaining 1 1/2 teaspoons oil, and sprinkle with remaining thyme, salt, and pepper. Broil about 5 minutes or until desired degree of doneness.

Remove steak from pan, and let stand 5 minutes. Cut across the grain into thin slices. Place vegetables in a bowl; pour in pan juices, and toss to coat.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Grilled Butter Steak

## (with Brussel Sprouts and Butternut Squash)

Garlic Butter Steak with Brussels Sprouts and Butternut Squash is a delicious dinner packed with fiber (veggies) and protein (thinly sliced flank steak). This vibrant and colorful Autumn recipe will bring comfort food to your dinner table on a cold Fall or Winter night.



### Ingredients

#### Steak

- 1 lb flank steak
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon salt
- Black pepper freshly ground, to taste
- 2 tablespoons olive oil
- 3 tablespoons butter
- 5 cloves garlic minced
- 1/4 ounce fresh thyme

#### Roasted Butternut Squash

- 3 cups butternut squash peeled, seeded, cubed
- 1 tablespoon olive oil
- Salt and pepper

#### Roasted Brussels sprouts

- 12 oz Brussels sprouts
- 1 tablespoon olive oil
- Salt and pepper

### Instructions

**Roasted Butternut Squash:** Preheat oven to 400 F. Make sure the butternut squash is peeled, seeded, and cubed. Here is a very detailed recipe on how to peel, seed, cube, and roast butternut squash. In a large bowl, toss cubed butternut squash with olive oil, salt, and pepper. Spread the squash on a parchment paper-lined baking sheet in one layer, without overcrowding. Roast on the middle rack in the preheated oven at 400 F for about 30 minutes. Remove from oven.

**Roasted Brussels Sprouts:** Preheat oven to 400 F. Trim ends of Brussels sprouts and remove yellow leaves. Slice all Brussels sprouts in half. In a medium bowl, toss Brussels sprouts with olive oil, salt, and pepper. Spread the Brussels sprouts on a parchment paper-lined baking sheet in one layer, without overcrowding. Roast on the middle rack in the preheated oven at 400 F for 20 or 30 minutes. You can roast them at the same time you roast butternut squash. Remove from oven.

**Steak:** Season the flank steak on both sides with 1/4 teaspoon of smoked paprika, 1/4 teaspoon of chili powder, and season generously with salt and freshly ground black pepper. You can use more than 1/4 teaspoon of salt. Heat an empty large cast-iron skillet over medium heat for 2 minutes. This allows the cast-iron skillet to heat through. Add 2 tablespoons of olive oil.

Add the whole flank steak and cook on medium heat for 5 minutes, without moving it at all so that it sears nicely.

Flip the flank steak over to the other side, reduce heat to low-medium, and cook for about 5 minutes or more until the steak is cooked to your liking. As a guidance, the meat thermometer should register 130°F for medium-rare, and 145°F for medium in the thickest part of the steak (FDA-recommended safe internal cooking temperature for steak is 145°F).

Remove the steak from the skillet to a plate. Slice the steak against the grain into thin strips about 1-inch wide.

To the same, now empty, cast-iron skillet, add butter and minced garlic. Cook on low-medium heat for about 1 or 2 minutes or until the garlic softens.

Add cooked and sliced flank steak, fresh thyme, and coat thoroughly with the garlic butter sauce on low-medium heat for a minute or two. Remove from heat.

Add roasted butternut squash and roasted Brussels sprouts to the skillet with a cooked flank steak to warm everything up on low heat. If you used a large skillet, everything should fit. If not, work in batches. Top with more fresh thyme. Season with salt and freshly ground black pepper to taste.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Perfect Beef Tenderloin

Create a show-stopping main course for your upcoming holiday gathering. It is a simple recipe and would be great served with fresh roasted veggies and a beautiful salad. Here's how to make a perfect beef tenderloin!



## Ingredients

- 1 (4-lb.) trimmed beef tenderloin,  
tied with kitchen twine
- 4 teaspoons kosher salt
- 1 tablespoon coarsely ground black pepper
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil

## Instructions

Place beef on a rack set in an aluminum foil-lined rimmed baking sheet. Sprinkle evenly with salt and pepper, pressing gently to adhere. Refrigerate, uncovered, 8 to 48 hours.

Remove beef from refrigerator, and let stand at room temperature 1 hour.

Preheat oven to 250°F. Roast beef (keep on rack in pan) on center rack until a thermometer inserted in thickest portion registers 125°F (for rare), 1 hour and 10 minutes to 1 hour and 30 minutes, turning once.

Remove beef from oven. Adjust oven temperature to broil. Combine butter and oil in a small saucepan, and heat over medium until butter melts.

Brush beef with butter mixture. Broil until browned, turning once, about 2 minutes per side. Transfer to a carving board spread with Board Dressing, if desired, and let stand 15 minutes before slicing. Serve with Classic Horseradish Cream Sauce, if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that horseradish is not added.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Grilled Garlic Steak Salad

Beef up your grilled dinner options with a meaty salad. You'll find a feast for the eyes and the satisfaction of a flavorful meal.



## Ingredients

### Spicy Garlic Dressing:

- 1/3 cup olive or vegetable oil
- 2 tablespoons chopped fresh parsley
- 3 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon chopped fresh or 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon crushed red pepper flakes
- 2 cloves garlic, finely chopped

### Salad:

- 1 lb beef boneless sirloin steak, 1 to 1 1/2" thick
- 1 large red or yellow bell pepper, cut into strips
- 1 cup sliced mushrooms (3 ounces)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 cups bite-size pieces salad greens

## Instructions

Heat coals or gas grill for direct heat. In tightly covered container, shake all dressing ingredients; reserve 1/4 cup.

Cover and grill beef over medium heat 15 to 20 minutes, turning once, until desired doneness.

In medium bowl, toss bell pepper and mushrooms with 2 tablespoons of the dressing; place in grill basket. Cover and grill vegetables 5 minutes, shaking grill basket to turn vegetables occasionally, until bell pepper is crisp-tender.

Sprinkle beef with salt and pepper; cut into 1/4-inch slices. Toss beef and reserved 1/4 cup dressing. In large bowl, place salad greens, vegetables and beef. Add remaining dressing; toss.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Taco Stuffed Sweet Potatoes

These Taco Stuffed Sweet Potatoes will take your taco night to a new and healthy level! Nutritious sweet potatoes are filled with your favorite taco toppings and ready in under 20 minutes. The perfect quick and healthy dinner!



## Ingredients

- 1 pound lean ground beef, or bison (look for grass-fed)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 packet taco seasoning
- 1 cup chunky salsa
- 1/4-1/2 cup water
- 4 medium sweet potatoes, about 12-14 ounces each

### Toppings (optional):

- Shredded Mexican blend cheese
- Diced tomato
- Diced avocado or guacamole
- Sour cream

## Instructions

Brown ground beef, chopped onion, and garlic in a large skillet over medium high heat. Drain grease and add the taco seasoning and salsa.

Reduce heat to medium low and cook for about 5 more minutes until mixture has thickened and is heated through. Add up to 1/2 cup of water to achieve desired consistency.

While the meat is cooking, poke holes all over the sweet potatoes and cook in the microwave for 8-10 minutes on high, turning sweet potatoes over once halfway through. If potatoes aren't soft enough, continue cooking 1-3 minutes more. I usually cook two potatoes at one time, but if your microwave allows, you could cook all four at once.

Allow sweet potatoes to cool slightly, then slice them lengthwise and fluff the insides with a fork.

Spoon the cooked taco meat over the sweet potatoes and add desired toppings such as shredded cheese, diced tomato, avocado, guacamole, or sour cream. Enjoy!

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit optional cheese and sour cream, and use taco seasoning without added sugar.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Easy Beef and Broccoli with Cauliflower Rice

You will love this simple beef and broccoli dish served over cauliflower rice. Arrowroot starch helps to thicken it and is a great option to keep in your pantry for use on the 30-day metabolic challenge.

Try this simple, tasty dish this week!



## Ingredients

- 4-5 tbsp avocado oil
- 2 cups broccoli florets
- 1 tsp sea salt, divided
- 1/2 tsp black pepper
- 1.5 lb flank steak (or filet, strip, or ribeye)
- 2 tbsp arrowroot starch (available at any grocery store)
- 3 cloves garlic
- 1 thumb ginger, grated
- 1/3 cup coconut aminos
- 1/4 cup chicken broth - no sugar added (substitute water)
- 3 green onions, sliced into 1" strips
- Cauliflower rice to serve (optional)

## Instructions

Using a large deep skillet, heat 1-2 tbsp of avocado on medium heat. Add the broccoli and add a pinch of salt and pepper. Cook for 6-7 minutes or until fork tender. Remove the broccoli from the pan, set aside, and clean out the pan.

Prepare the flank steak by adding salt and pepper to both sides, and using a sharp knife to slice against the grain into about 1" bite-sized slices.

Add the arrowroot starch to a bowl and add the steak slices, coating thoroughly.

Using the same pan, heat 2-3 tbsp of avocado oil. Once the oil is hot and shimmering, add half of the steak slices. Cook for 2-3 minutes on each side, and repeat until all of the steak is cooked. Set aside.

Add the garlic and ginger to the pan and cook for 1 minute.

Pour in the coconut aminos and chicken broth, and add the steak back in and cook for another 2 minutes to allow the sauce to thicken.

Add the sliced green onion and broccoli back to the pan and cook for another minute. Serve warm with optional cauliflower rice.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Easy Taco Bake

You'll love this easy, whole-food Taco Bake! Top with your favorite chopped fresh ingredients and enjoy with some plantain chips.



## Ingredients

### Spice mixture:

- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp paprika
- 1 1/2 Tbsp chili powder
- 1/4 tsp cayenne
- 1/2 tsp cumin

### Main dish:

- 1 tbsp avocado oil or olive oil
- 1/2 cup red onion diced
- 1 green bell pepper seeded & diced
- 2 cloves garlic minced

- 1 lb ground beef
- 1 tbsp tomato paste
- 4 oz can of diced green chiles
- 12 oz cauliflower rice fresh or frozen
- 2 eggs beaten

### Topping ideas:

- Diced avocado
- Diced tomatoes
- Black olives
- Diced red onion
- Fresh cilantro

## Instructions

Pre-heat oven to 350 F and grease a 2.5 quart baking dish ( I use avocado oil spray).

Add the salt, garlic powder, cumin, chili powder, paprika and cayenne into a small bowl and whisk to combine.

In a large skillet, heat the avocado oil over medium heat.

Add in the diced onion, garlic and bell pepper. Sauté for 5 minutes, stirring occasionally.

Then add in the ground beef along with the spice mixture and tomato paste. Sauté until meat is mostly cooked through.

Stir in the diced green chiles and cauliflower rice (fresh or frozen) into the meat mixture until fully combined.

Pour the mixture into the greased baking dish and top with the beaten eggs (mix a little to combine).

Bake for 30 minutes then remove from oven and let cool.

Serve with toppings of choice.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Easy Greek Meatballs

These easy Greek meatballs are a quick weeknight dinner or meal prep recipe that's 30-Day Metabolic Comeback Challenge Friendly and gluten-free. They freeze well, are simple to prepare and bake in the oven in under 30 minutes. Using ground beef, ground pork and only a few spices, these healthy meatballs are full of flavor and will be a family favorite!



## Ingredients

- 1 pound ground beef
- 1 pound ground pork
- 1 cup grated red or yellow onion
- 3 tbsp chopped parsley
- 2 tbsp minced garlic
- 5 mint leaves, chopped
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper

## Instructions

Preheat your oven to 350 F.

Grate your onion into a large mixing bowl. Combine all of the remaining ingredients and use your hands to incorporate everything well, without over-mixing.

Roll into 1/2 inch meatballs and place directly onto a sheet pan. If you have one, use an oven safe cooling/baking rack placed on top of the sheet pan to elevate the meatballs off of the pan (this will allow fat to drip off)

Place the sheet pan into the oven and cook for 25 minutes, or until browned.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Steak Taco Bowls

This steak taco bowl is packed with fresh and zesty flavors, and so much healthier than the standard version. Make a double batch so you can enjoy it multiple times this week!



## Ingredients

- 1 cup fresh cilantro chopped, divided
- 6 Tbsp. red onions chopped, divided
- 3 limes halved, divided
- Salt
- 3/4 lb. steak (ribeye or strip work well)
- Pinch crushed red pepper
- Freshly cracked black pepper
- 2 tsp. avocado oil
- 2 avocados peeled and seeded
- 1 cup fresh pineapple diced (or mango)
- 2-4 radishes root ends trimmed, sliced very thin
- 4 thin slices fresh jalapeño
- 3 Tbsp. white vinegar
- 3 Tbsp. water
- 1 1/2 cups cauliflower rice

## Instructions

**Make radish pickle:** Combine all ingredients in a small bowl and stir to coat. Season with lots of salt. If liquid does not cover radishes, mix together equal parts white vinegar and water and add to bowl until radishes are covered. Set aside for 30 minutes.

**Make pineapple salsa:** Combine diced pineapple or mango, juice of 1/2 lime, 1 tablespoon chopped cilantro, and 1 tablespoon red onion in a medium bowl. Stir to combine. Set aside.

**Make cilantro-lime cauliflower rice:** Heat cauliflower rice until cooked through in the microwave or on the stovetop. If heating on a stovetop, add cauliflower rice and a little water to a medium saucepan and cover. Cook over medium heat until steamed. When cooked, stir together rice, 2-4 tablespoons chopped cilantro, and the juice of 1/2 a lime. Season with plenty of salt. Set aside.

**Sear steak:** When steak has marinated 30 minutes, heat a large cast-iron skillet over medium-high heat until very, very hot. Add 2 teaspoons avocado oil and let heat briefly. Carefully remove steak from bowl and place in pan.

Sear, without moving, 4 minutes on the first side. Flip and cook another 2-3 minutes on the second side. Transfer to a cutting board and let rest 5 minutes.

**Make guacamole:** Combine avocado, juice of 1/2 lime, 1/3 cup chopped cilantro, and 4 tablespoons chopped red onions in a large bowl. Sprinkle generously with salt. Mash to desired consistency and add more lime juice or salt to taste.

**Assemble bowls:** Slice steak against the grain. Spoon cauliflower rice into serving bowls and top with steak. Spoon pineapple salsa around steak and top with half the guacamole per bowl. Garnish with the radish pickles, and additional chopped cilantro and red onion.

**Recipe Notes:** To make this recipe easier, prep the cilantro, red onion, and limes from the first ingredients section. Then follow the directions to divide each ingredient by element (pineapple salsa, guacamole, etc.).

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Balsamic Grilled Flank Steak

Balsamic grilled flank steak topped with blistered tomatoes and fresh mozzarella caprese!!



## Ingredients

### For the Balsamic Marinade/Dressing:

- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 1 large clove garlic, minced/grated
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### For the Steak Caprese:

- 2 pounds flank steak
- 2 cups cherry/grape tomatoes
- 1 cup buffalo/fresh mozzarella, diced
- 2 tablespoons basil, thinly sliced

## Instructions

**For the balsamic marinade/dressing:** Mix everything well.

**For the steak caprese:** Marinate the steak in half of the marinade in the fridge overnight.

Shake off the excess marinade and grill over medium-high heat until cooked to the desired level of doneness, about 3-5 minutes per side, before setting aside to rest for 5 minutes.

Grill the cherry tomatoes until lightly charred, about 3-5 minutes. (Or blister them in a heavy bottom skillet on the stove top at medium-high heat.)

Slice the steak thinly against the grain, top with the blistered tomatoes, mozzarella, basil and remaining dressing and enjoy!

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, simply omit honey from sauce and swap fresh mozzarella for diced avocado.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Skillet Skirt Steak Fajitas with Jicama Salsa

Sweet, crisp jicama makes a terrific fresh salsa for sizzling hot skirt steak and vegetables. Serve with fresh guacamole or sliced avocado. Perfect meal to celebrate Cinco de Mayo!



## Ingredients

- 3/4 cup peeled, grated jicama
- 1 small tomato, diced
- 1 jalapeño pepper, seeded and diced
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime
- 3/4 teaspoon fine sea salt, divided
- 1 1/4 pound skirt steak, cut into 2 or 3 pieces to fit in your skillet
- 1 1/4 teaspoon chili powder
- 4 teaspoons avocado oil, divided
- 1 large onion, halved and cut into thick slices
- 2 bell peppers, cut into strips
- 4 cloves garlic, sliced
- 8 tortillas, warmed

## Instructions

Combine jicama, tomato, jalapeño, cilantro, lime juice and 1/4 teaspoon of the salt in a small bowl. Set aside.

Sprinkle steak with chili powder and remaining 1/2 teaspoon salt.

Heat a large cast-iron skillet over high heat. When very hot, but not smoking, add 2 teaspoons of the canola oil and then the steak. Cook until well browned, 2 to 3 minutes per side. Transfer to a cutting board and set aside.

Return the skillet to high heat and add remaining 2 teaspoons avocado oil, onion, bell peppers and garlic.

Cook, stirring, 2 minutes. Lower heat to medium, cover skillet, and cook, stirring occasionally, until vegetables are tender, about 8 minutes. Slice steak thinly against the grain.

Remove the skillet from the heat, push vegetables to one side, and place steak slices on other side. Serve with salsa and tortillas.

**Note:** Serve with cassava flour tortillas or in lettuce wraps to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Grilled Ribeye with Peperonata

Having guests for a Labor Day BBQ? Impress them with a beautiful grilled steak with an elegant topping called peperonata. The grilling method in today's recipe results in a perfect, juicy steak even if you run out of time to make the topping! Give it a try.



## Ingredients

### For Steak:

- 2 tablespoons chopped fresh rosemary
- 2 tablespoons ground fennel seeds
- 2 tablespoons kosher salt
- 1 tablespoon freshly ground black pepper
- 4, 1-pound boneless dry-aged rib-eyes
- Olive oil

### Peperonata:

- 1/4 cup olive oil
- 1 onion, halved and sliced 1/2 inch thick
- 1 red bell pepper, sliced 1/2 inch thick
- 1 green bell pepper, sliced 1/2 inch thick
- 1 yellow bell pepper, sliced 1/2 inch thick

- 4 cloves garlic, thinly sliced
- One 15-ounce can whole peeled tomatoes, crushed by hand
- 3 sprigs fresh oregano
- Pinch of sugar
- Kosher salt and freshly ground black pepper
- 1/4 cup jarred Calabrian chiles, drained and sliced
- 1 tablespoon sherry vinegar

## Instructions

Prepare and preheat your lump charcoal grill to create two heat zones: high and low.

In a small bowl, combine the rosemary, fennel, salt and pepper. Pat the steaks dry with paper towels and season both sides with the spice mixture. Lightly coat the steaks on all sides with olive oil.

Sear the steaks over the hot side of the grill until the exterior forms a nice crust, about 4 minutes per side. Move the meat to the low side of the grill, cover the grill and cook until the steaks reach an internal temperature of 125 degrees F for rare to 135 degrees F for medium, depending on your desired doneness, 5 to 10 minutes per side.

Transfer the steaks to a cutting board and let rest for 10 minutes before serving with the peperonata.

### Peperonata:

In a large heavy skillet, heat the olive oil over medium heat. Add the onion, bell peppers and garlic and cook, stirring, until the vegetables are soft, 10 minutes. Add the tomatoes, oregano and sugar; cook until the peppers are very soft and most of the liquid has evaporated, about 30 minutes. Season with salt and pepper; stir in the chiles and vinegar. Discard the oregano.

**Note:** Omit sugar to make this dish approved for the 30-day Metabolic Comeback Challenge. Try adding a splash of balsamic vinegar instead for a touch of sweetness.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Italian Marinated Sirloin

A good steak can be made great with a delicious marinade. This recipe uses inexpensive sirloin that is bathed in a lovely marinade that will result in a tender, tasty steak dinner. Serve with steamed veggies or a fresh Greek salad, and enjoy the flavors of the Mediterranean this week!



## Ingredients

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 cloves garlic, grated
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh oregano
- 2 teaspoons honey
- 1/2 teaspoon red pepper flakes
- Kosher salt and freshly ground pepper
- 1 2-pound top sirloin steak  
(1 1/2 to 2 inches thick)

## Instructions

Whisk the olive oil, vinegar, garlic, rosemary, parsley, oregano, honey, red pepper flakes and 1/2 teaspoon each salt and pepper in a medium bowl. Transfer 3 tablespoons of the vinaigrette to a small bowl; cover and refrigerate until ready to serve.

Combine the remaining vinaigrette with the steak in a large resealable bag; turn the bag several times to coat the meat. Refrigerate at least 4 hours or overnight, turning the bag occasionally.

Preheat a grill to high. Transfer the steak to a plate or baking sheet, letting the excess marinade drip off; season the steak with salt and pepper. Let stand at room temperature, 30 minutes.

Grill the steak until a thermometer inserted into the thickest side reaches 130 degrees F, 16 to 20 minutes for medium rare, flipping every 4 to 5 minutes. Transfer the meat to a cutting board and let rest 10 minutes.

Thinly slice the meat against the grain; serve with the reserved vinaigrette.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, simply swap out the red wine vinegar for good balsamic vinegar and omit honey.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Steak Bites with Sweet Potato and Peppers

Steak Bites with Sweet Potatoes and Peppers are one-skillet wonder you'll return to again and again! Easy, fast, filling and nutritious, this is really good real food at it's most delicious.



## Ingredients

- 1 large sweet potato (about 12 ounces), diced into 1" pieces
- 1 tsp sea or kosher salt
- 1 lb flat iron or sirloin steak, diced into 1" pieces
- 3 tbsp olive oil, divided
- 2 cloves garlic, minced
- 2 bell peppers, seeded and diced into 1" pieces
- 4 green onions, thinly sliced
- 2 tbsp coconut aminos
- 2 tsp cracked black pepper
- 2 tbsp fresh chopped cilantro

## Instructions

Place the diced sweet potatoes into a microwave safe bowl, then sprinkle with 1 teaspoon salt. Cover with a plate and microwave on high until just barely tender, 4-6 minutes. Stir once halfway through. The potatoes are ready when you can piece one with the tip of a knife and meet just a bit of resistance. Take care not to overcook at this stage or they'll turn out mushy later.

Heat a 12" skillet over high heat. Add 2 tablespoons olive oil and heat until shimmering. Add the steak in a single layer. Cook, turning every two minutes, until the pieces are browned and the center is medium, about 10 minutes. Remove the steak from the skillet using a slotted spoon and set aside onto a plate.

Add the third tablespoon olive oil to the skillet. Add the sweet potatoes, toss to coat in the fat and cook until browned, stirring occasionally, until browned, 3-4 minutes.

Make a well in the center of the pan and add the garlic. Sautee, stirring occasionally, until fragrant, about 1 minute.

Add the bell pepper and scallions and toss with the potatoes. Sautee, stirring occasionally, until the peppers are bite tender, 3-4 minutes.

Add the steak and juices back to the pan along with the coconut aminos. Toss all ingredients and cook an additional 1- 2 minutes until the liquid has evaporated.

Add the pepper and cilantro, toss, and remove from heat. Portion onto plates, top with additional fresh cilantro if desired, and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Paleo Beef Stir Fry with Veggies

This quick and tasty paleo beef stir fry is loaded with flavor and veggies and uses clean simple ingredients. It's so much healthier than takeout but just as fast!



## Ingredients

### Beef:

1 1/2 lbs sirloin steak or flank steak thinly sliced into 1/4" strips against the grain  
Sea salt and freshly ground black pepper

1 Tbsp coconut aminos

1/2 Tbsp rice wine vinegar

2 teaspoons arrowroot flour or tapioca

### Stir Fry:

3 Tbsp avocado oil or olive oil divided

1 red bell pepper thinly sliced

1 large carrot peeled and thinly sliced

1 cup snow peas

4 cloves garlic minced

1 inch fresh ginger peeled and minced

1 bunch scallions green and white parts separated, thinly sliced

### Sauce:

1/3 cup coconut aminos

1 tsp sesame oil

1/4 cup beef bone broth

1 Tbsp rice wine vinegar or apple cider vinegar

2 tsp arrowroot flour or tapioca flour

### To Serve:

Green part of the scallions thinly sliced

Toasted sesame seeds for garnish

Sautéed cauliflower rice to serve over

## Instructions

Season the beef with sea salt and black pepper. Place the beef in a large bowl and toss with the coconut aminos, vinegar and arrowroot to evenly coat, then set aside.

For the sauce, in a medium bowl combine the coconut aminos, sesame oil, broth, vinegar and 2 teaspoons of arrowroot or tapioca flour. Whisk well to fully combine.

In a large nonstick skillet or wok, heat 2 Tbsp of the oil over medium-high heat. Cook the beef in two batches, browning for about a minute on each side. Remove the beef from the pan to a clean plate and set aside.

Adjust the heat to medium and add the remaining tablespoon of oil. Add the bell pepper, carrots, and snow peas to the hot pan. Cook, stirring occasionally, until the vegetables are just getting tender, about 2-3 minutes. During the last 45 seconds or so, add in the garlic, ginger, and white part of the scallions and stir.

Stir the sauce into the pan with the veggies and add the beef back. Cook until the sauce thickens, about one minute. Remove from heat and add the green part of the sliced scallions.

Serve right away over cauliflower rice, garnished with sesame seeds if desired. Store leftovers in a tightly lidded container for up to 3 days. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

BEEF

TOC

# Grilled Pork Tenderloin and Sweet Potatoes

Fresh pineapple and cucumber salsa pairs beautifully with this spice-rubbed pork tenderloin.  
Grilled sweet potato completes this tasty meal.



## Ingredients

- 2 tablespoons extra-virgin olive oil,  
plus more for brushing
- 3 medium sweet potatoes
- Kosher salt and freshly ground pepper
- 2 Persian cucumbers, chopped
- 1 cup chopped pineapple
- 1 scallion, sliced
- 1/4 cup fresh cilantro, roughly chopped
- 1 tablespoon white wine vinegar
- 1 tablespoon packed light brown sugar
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- 2 small pork tenderloins  
(about 12 ounces each), trimmed

## Instructions

Preheat a grill to medium high and brush the grates with olive oil. Pierce the sweet potatoes all over with a fork and microwave until just cooked through, 5 to 7 minutes; let cool slightly, then slice into 1/2-inch-thick rounds. Transfer the sweet potatoes to a medium bowl and gently toss with 1 tablespoon olive oil, 1/4 teaspoon salt and a few grinds of pepper.

Meanwhile, toss the cucumbers, pineapple, scallion, cilantro and vinegar in a medium bowl; season with salt and pepper. Set aside. Mix the brown sugar, chile powder, cumin, 3/4 teaspoon salt and a few grinds of pepper in a separate bowl. Rub the pork all over with the remaining 1 tablespoon olive oil and the spice mixture.

Grill the pork, covered, turning occasionally, until a thermometer inserted into the center registers 145 degrees F, about 15 minutes. Remove to a cutting board and let rest 5 minutes. Grill the sweet potatoes, turning once, until marked, about 3 minutes. Slice the pork and top with the cucumber-pineapple salsa. Serve with the sweet potatoes.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback, eliminate brown sugar from rub.

[Recipe Source](#)

# Dinners

PORK

TOC

# Pork Chops with Orange-Avocado Salsa

Enjoy this tasty and easy one-pan dinner! The pork marinates while the potatoes and veggies roast, then everything takes a quick trip under the broiler to crisp up and concentrate the zesty flavors.



## Ingredients

1 tablespoon chopped fresh oregano	1 pound red new potatoes, halved (optional swap for sweet potatoes)
1 teaspoon minced garlic	
1 teaspoon orange zest plus 1 Tbsp. fresh orange juice	1/2 large sweet onion, cut into 1/2-inch wedges (about 1 cup)
1 teaspoon ground cumin	1 cup red bell pepper strips
2 tablespoons olive oil, divided	Cooking spray
2 teaspoons lime zest, divided, plus 2 Tbsp. fresh lime juice, divided	3/4 cup cubed ripe avocado
1 1/8 teaspoons kosher salt, divided	1 cup orange segments
1 teaspoon black pepper, divided	2 tablespoons chopped fresh cilantro
4 (7-oz., 1-inch-thick) bone-in, center-cut pork chops	1 tablespoon finely chopped seeded jalapeño

## Instructions

Preheat oven to 425°F. Stir together oregano, garlic, orange zest and juice, cumin, 1 tablespoon oil, 1 teaspoon lime zest, 1 tablespoon lime juice, 1/2 teaspoon salt, and 1/2 teaspoon black pepper in a small bowl. Rub both sides of pork chops with mixture. Set aside.

Toss together potatoes, onion, bell pepper, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and remaining 1 tablespoon oil in a bowl. Spread mixture in an even layer on a rimmed baking sheet coated with cooking spray. Bake at 425°F until potatoes are just tender, 20 to 22 minutes, stirring once.

Stir together avocado, orange segments, cilantro, jalapeño, remaining 1 teaspoon lime zest, remaining 1 tablespoon lime juice, remaining 1/8 teaspoon salt, and remaining 1/4 teaspoon pepper. Set aside.

Remove pan from oven. Move potato mixture toward the edges, leaving just enough room in center for pork chops. Place pork chops in center of pan, and return to oven. Bake at 425°F for 5 more minutes. Turn on broiler to high, and broil until a thermometer inserted in thickest part of pork registers 140°F, 3 to 4 more minutes. Serve with salsa.

**Note:** Swap white potatoes for sweet potatoes to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Garlic Herb-Roast Tenderloin

(with Mashed Parsnips and Greens)

Mashed parsnips are a fun and flavorful alternative to mashed potatoes to go with delicious pork tenderloin and greens.



## Ingredients

- 1 pound parsnips, peeled and sliced
- 1 cup unsweetened nut milk
- 2 tablespoons unsalted organic butter
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground white pepper, divided
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 3 cloves garlic, minced, divided
- 1 pound pork tenderloin
- 2 tablespoons extra-virgin olive oil, divided
- 10 cups chopped kale

## Instructions

Preheat oven to 425°F.

Combine parsnips, milk, butter and 1/4 teaspoon each salt and pepper in a small saucepan. Bring to a simmer, cover and cook until the parsnips are tender, about 15 minutes. Let cool for 5 minutes. Transfer the parsnips and cooking liquid to a food processor and process until smooth. Return the mixture to the pan and cover to keep warm.

Meanwhile, combine rosemary, thyme and 2 cloves garlic on a cutting board. Rub pork with 1 tablespoon oil and roll in the herb mixture. Sprinkle with 1/4 teaspoon each salt and pepper. Heat a large ovenproof skillet over medium-high heat and add the pork.

Cook until browned on all sides, about 4 minutes total (adjust heat as necessary to avoid burning the garlic).

Transfer the pan to the oven. Roast until the internal temperature of the pork registers 145°F, 12 to 18 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes.

While the pork rests, add the remaining 1 tablespoon oil to the drippings in the pan (remember, the handle will be hot) and return to medium-high heat. Add kale and cook, stirring occasionally, until just wilted, about 5 minutes. Stir in the remaining 1 clove garlic and 1/4 teaspoon each salt and pepper.

Slice the pork and serve with the parsnip puree and kale.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that dairy-free milk is used in place of regular milk as indicated above.

[Recipe Source](#)

# Dinners

PORK

TOC

# Italian Sausage and Kale Casserole

This casserole is full of fresh Italian flavors, and is the perfect dinner to save for an easy breakfast or lunch the next day!



## Ingredients

- 2 1/2 tablespoons ghee avocado oil, olive oil, or your favorite cooking fat, divided
- 1 small yellow onion diced
- 1 large carrots diced
- 1/2 pound cremini mushrooms thinly sliced
- Kosher salt
- Freshly ground black pepper
- 1 pound bulk mild Italian sausage (pork or turkey, no sugar-added)
- 1 pound kale stems removed and leaves thinly sliced
- 3 garlic cloves minced
- 1 cup store-bought marinara sauce (no-sugar added)
- 1/2 teaspoon dried oregano
- 5-6 large eggs whisked

## Instructions

Preheat the oven to 400°F with the rack in the middle. Heat a large skillet over medium-high heat. Add 2 tablespoons cooking fat to the pan when it's hot.

Grease a 9 x 13 casserole pan with the remaining 1/2 tablespoon of fat.

Toss the onions, carrots, and mushrooms into the skillet. Cook until the moisture has evaporated from the mushrooms and the vegetables have softened, about 5 to 7 minutes.

Season the veggies with about 1 teaspoon salt and a sprinkle of pepper. Stir to incorporate and then transfer to the greased baking pan.

Decrease the heat to medium, and add the sausage to the now-empty skillet. Break up the meat with a spatula. Cook, over medium heat, stirring, for 5 to 7 minutes or until it's no longer pink.

Add the kale and stir to combine. Sauté until the greens are wilted, about 2-3 minutes.

Stir in the minced garlic and cook for 1 minute or until fragrant.

Pour in the marinara sauce and add the oregano. Season to taste with another 1/2 teaspoon of salt and pepper. Stir well to incorporate.

Transfer the sausage mixture to the ingredients in the casserole pan.

Pour in the whisked eggs to the casserole pan and stir to combine. Smooth the top of the casserole with a spatula.

Put the casserole in the oven and bake for 25-30 minutes or until the eggs are set and browned on the edges.

Rest the casserole for 5-10 minutes, and then slice and serve. Extras can be refrigerated for up to 4 days or frozen for up to 4 months.

**Note:** Make your own breakfast sausage or marinara using the recipes on our Pinterest boards. Make sure store-bought contain no added sugars to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Hearty Roast Pork Tenderloin with Cabbage

This modern twist on hearty German fare gets a fiber boost from savoy cabbage and a crunchy-tart finish from cranberries and almonds. Be sure to let the pork rest atop the cabbage mixture; the juices infuse it with rich, meaty flavor.



## Ingredients

- 4 medium scallions
- 3 tablespoons olive oil, divided
- 1 1/2 pounds pork tenderloin, trimmed
- 1 1/8 teaspoons kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 8 cups chopped savoy cabbage
- 1/2 cup dried cranberries
- 1 1/2 tablespoons white wine vinegar
- 1/4 cup toasted sliced almonds

## Instructions

Preheat oven to 400°F. Thinly slice scallions; divide green and white parts.

Heat 2 tablespoons of the oil in a large cast iron skillet over high. Sprinkle pork evenly with 3/4 teaspoon salt and 1/4 teaspoon pepper. Cook until browned, about 3 minutes per side. Transfer to a rimmed baking sheet; roast at 400°F until a thermometer inserted in thickest portion registers 145°F, 10 to 15 minutes.

While pork roasts, add remaining 1 tablespoon oil to skillet; heat over medium high. Add white parts of scallions; cook, stirring constantly, until translucent, about 1 minute. Add cabbage; cook, stirring often, until slightly softened, about 2 minutes.

Reduce heat to medium; add cranberries.

Cook, covered, stirring occasionally, until cabbage is tender, about 4 minutes. Stir in vinegar, remaining 3/8 teaspoon salt, and remaining 1/4 teaspoon pepper. Remove from heat, and cover to keep warm.

Place pork on cabbage in skillet; let stand 5 minutes. Transfer pork to a cutting board; slice. Stir pork juices in skillet into cabbage until well combined. Sprinkle cabbage with sliced almonds and green parts of scallions. Serve with sliced pork.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use unsweetened dried cranberries or raisins.

# Dinners

PORK

TOC

# Orange and Pineapple Hasselback Ham

A beautiful Easter meal is on the table in no time! Fresh pineapple and orange bring this ham to a new level of amazing.



## Ingredients

- One 8- to 10-pound fully cooked bone-in half ham
- 1 1/2 sticks (12 tablespoons) unsalted butter, at room temperature
- 1/2 cup Dijon mustard
- 2 tablespoons fresh thyme
- 1 orange, halved and thinly sliced into half-moons
- 1/2 small pineapple, peeled, cored, halved lengthwise and sliced into half-moons
- 1 cup hot pepper jelly

## Instructions

Let the ham sit at room temperature, 1 hour. Preheat the oven to 350 degrees F. Combine the butter, 1/4 cup mustard and the thyme in a mini food processor. Process until smooth.

Make 8 to 10 deep cuts in the ham, about 1/2 inch apart, diagonal to the longest side of the ham (regardless of where the bone is). Rub the butter mixture over the ham and all the way into the spaces between each cut. Insert the orange and pineapple slices into the spaces, allowing the tops to stick out.

Transfer the ham to a rack set in a large roasting pan. Pour 2 cups water into the bottom of the pan and tightly cover with foil. Roast until a thermometer inserted into the center of the ham registers 125 degrees F, 2 to 2 1/2 hours. Remove from the oven.

Transfer 1/2 cup of the pan juices to a large skillet and add the pepper jelly and the remaining 1/4 cup mustard. Simmer over medium-high heat until thickened and slightly syrupy, about 3 minutes. Pour the glaze over the ham and brush to coat the entire surface.

Return the ham to the oven and continue to bake until the surface is caramelized and a thermometer inserted into the center registers 140 degrees F, 30 to 40 minutes. Remove to a cutting board and let rest at least 15 minutes before slicing.

**Note:** Use organic butter and eliminate pepper jelly to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Sheet Pan Meatballs and Broccolini

A great weeknight meal idea that is fast, easy, affordable and on the table in 30 minutes!



## Ingredients

- 1 pound broccolini ends trimmed
- 2 tablespoons extra virgin olive oil or avocado oil
- 1 teaspoon Magic Mushroom Powder or  
Diamond Crystal kosher salt
- 1 1/2 pounds bulk Italian sausage (no sugar added)
- 1 1/2 cups marinara sauce (no sugar added)

## Instructions

Heat oven to 425°F or 400°F convection bake with the rack in the middle. On a rimmed baking sheet, toss the broccolini with olive oil and Magic Mushroom Powder. (If you don't have Magic Mushroom Powder, you can use 1 teaspoon of Diamond Crystal kosher salt or 1/2 teaspoon Morton's kosher salt/fine grain salt).

Arrange the broccolini in a single layer on the rimmed baking sheet.

Grab the sausage and roll out some meatballs! (If the sausage is in links, just pierce the casing with a knife to get to release the meat inside.) Scoop out uniform-size balls with a medium scoop and roll out about 24 meatballs that are about 1 1/2 inches in diameter.

Tuck the meatballs in any open spots between the broccolini on the baking sheet.

Pop the baking sheet in the oven. Roast the sheet pan meatballs and broccolini for a total of 15 to 20 minutes or until the meatballs are cooked through and the broccolini is charred in places. Rotate the tray 180° at the 8-to-10-minute mark to ensure even cooking.

While the sheet pan supper is cooking, heat up the marinara sauce in a saucepan on the stovetop or in a glass container in the microwave oven.

When the sheet pan meatball supper is ready, take it out of the oven and spoon on the marinara sauce!

**Note:** Leftovers can be stored in a sealed airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.

This recipe is approved for the 30-Day Metabolic Comeback Challenge provided that sausage and marinara contain no added sugars.

[Recipe Source](#)

# Dinners

PORK

TOC

# Easy Grilled Lemon Garlic Pork Tenderloin

The perfect main dish for summer to serve alongside seasonal grilled veggies or your favorite salad. This dish can serve a crowd or just a few and provide great leftovers for the rest of the week.



## Ingredients

2 pork tenderloin (about 2.5 pounds total)

### Lemon Garlic Marinade:

1/4 cup olive oil

1/4 cup fresh squeezed lemon juice

Zest from 1 lemon

6 cloves garlic , minced

1 Tablespoon dijon mustard

2 sprigs fresh rosemary , minced (optional)

Salt and pepper

## Instructions

Season the pork tenderloins with salt and pepper on all sides.

Whisk remaining marinade ingredients together. Add meat and marinade to a zip top bag and marinate for 2 hours or overnight.

Preheat oven to 325 degrees F. Heat a grill or grill pan over very high heat.

Once the grill is hot, place the tenderloins on the hot grill and sear over high heat, rotating the meat every 1-2 minutes, until well browned on all sides.

Place pork tenderloins in a baking dish and cover the pan with tinfoil. Bake for about 18-25 minutes, or until you reach an internal temperature of between 145° F – 160° F, depending on how well done you like your meat.

Remove from oven and allow the meat to rest for 10 minutes before serving.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Marinated Pork Tenderloin with Fresh Peach Salsa

There is nothing better than fresh peaches in season. Use juicy, sweet, fresh peaches to make a peach salsa that perfectly pairs with a lovely marinated pork tenderloin which makes for a lovely meal full of flavor and great texture.



## Ingredients

### Marinade and Pork:

- 1 teaspoon freshly grated lime zest
- 1/3 cup freshly squeezed lime juice
- 1/4 cup olive oil
- 1/4 cup honey (optional)
- 2 tablespoons spicy brown mustard  
(or your favorite mustard)
- 1 teaspoon coarsely ground pepper
- 1 teaspoon salt
- 2 (3/4-1 pound) pork tenderloins

### Peach Salsa:

- 3 cups peaches, peeled and diced  
(about 6 peaches)
- 1/4 cup shallots or red onion, peeled  
and finely diced
- 2 Tablespoons lime juice (about 2-3 limes)
- 1 Tablespoon honey (optional)
- 1 jalapeño pepper, finely minced  
(2 tsp for mild, 3 for medium, 4 for hot)
- 2 tablespoons cilantro, chopped
- Salt and pepper to taste

## Instructions

**Marinade:** Use a microplane to zest limes, then juice them. Combine all ingredients and whisk. Place tenderloins in a dish and pour marinade over pork.

Cover and refrigerate overnight if possible, turning several times the next day. Otherwise marinate all day the day you plan to cook turning several times.

**Salsa:** Combine all ingredients, stir. Serve immediately.

**Pork:** Take pork out of refrigerator and allow to rest on counter for a half hour before cooking. Clean grill and either spray or wipe with coconut oil to prevent sticking. Preheat grill to 400 degrees.

Place pork on grill and cook for 18-20 minutes, turning every five minutes creating nice grill marks on all four sides. While pork is cooking prepare salsa.

When the center of pork is very light pink remove from grill, cover with foil and allow to rest for five minutes.

Slice pork and top with some salsa. Serve the rest of the salsa on the side.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Pan Seared Pork Tenderloin

(with Carrots, Chickpeas, and Cranberries)

A perfect weeknight dinner, this tender pork is seared and then finished in the oven to create a perfectly done roast with a lovely sauce.



## Ingredients

2 1-lb pork tenderloins (455 g), fat trimmed	1/2 cup water (120 ml)
Kosher salt or fine sea salt	2 Tbsp unsweetened dried cranberries
2 lbs carrots, peeled and cut into 2-to 3-inch pieces	1 Tbsp firmly packed light brown sugar
Freshly ground black pepper	1 star anise pod
3 Tbsp extra-virgin olive oil	1/4 tsp smoked paprika
1/2 cup drained canned chickpeas (85 g), rinsed and blotted dry	1 Tbsp unsalted butter
1/2 cup fresh pure orange juice (120 ml)	1 Tbsp finely chopped fresh flat-leaf parsley
	1 Tbsp finely chopped fresh oregano

## Instructions

Place rack in center of oven. Preheat oven to 400°F.

Season pork generously on all sides with salt and pepper. In a 12-inch ovenproof skillet heat oil over medium-high heat. Add pork. Sear on all sides until browned, about 6 minutes total. Transfer the pork to a large plate; set aside

Add carrots to pan. Cook and stir until browned at the edges, about 5 minutes. Add the chickpeas and 1/2 tsp. salt. Cook for 1 minute more. Using a spatula, make two wide channels through the vegetables. Place pork tenderloins in the channels so they rest directly on the pan surrounded by the carrots.

Transfer pan to oven. Roast 10 to 15 minutes or until an instant read thermometer inserted into the center of a tenderloin registers 145°F. The center should be rosy when cut into with a knife. Transfer the pork to a carving board; tent loosely with aluminum foil. Let rest for 10 minutes.

Carefully place the pan with the vegetables over medium heat. Add orange juice, water, cranberries, brown sugar, star anise, and paprika; mix well. Bring to simmer and cook, stirring occasionally, until the sauce is reduced by half, about 3 minutes. Stir in butter, parsley, and oregano. Season to taste with salt.

To serve, cut the pork on a slight diagonal into slices 1-inch-thick. Serve with roasted vegetables.

**Note:** Omit brown sugar & chickpeas to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Stuffed Acorn Squash

Make the most of squash season with this delicious and impressive dish. Double the recipe and have easy meals for days!



## Ingredients

- 2 small acorn squash cut in half lengthwise and seeds cleaned
- 3 tbsp butter
- 1 onion
- 2 cloves garlic minced
- 1 lb pork sausage loose
- 1 apple cored and diced
- 2 cups fresh spinach chopped
- 1 Tbsp fresh rosemary chopped
- 2 tsp fresh thyme chopped
- Salt and black pepper to taste

## Instructions

**Roasting squash halves:** Preheat your oven to 375 degrees and place the 4 acorn squash halves (seeds removed) open-side down on the baking sheet or skillet. Roast for about 20-30 minutes, or until the top of your squash feels tender when pierced with a fork. Set aside open side up after removing from oven to avoid over-steaming.

**Caramelizing Onions:** Begin by caramelizing the onions in a medium skillet. Set heat to medium high, add 1 tbsp butter and cook stirring until deep golden brown, about 10 minutes. Add a little bit of water whenever onions start sticking to the pan to much. Remove onions onto a separate plate.

**Sausage mixture:** To the now empty skillet add 1 more tbsp butter and minced garlic and cook until just tender, then add all the sausage and increase the heat to medium. Cook the sausage and stir to break up lumps, about 5-8 minutes until browned.

Add the apples and herbs and continue to cook, stirring until the apples soften. Add the spinach and cook, stirring, until the spinach wilts. Salt and pepper the mixture, taste it and adjust seasoning.

**Broiling:** Add the caramelized onions to the sausage mixture, leaving excess cooking fat in the pan. Preheat your broiler and fill four halves of the squash with the stuffing mixture. Arrange the squash on the baking sheet, stuffing side up, and put under the broiler for 5 minutes until the tops get browned and crispy. Be careful not to over-burn. 5 minutes should be enough, but some broilers can be unpredictable.

**Alternative to broiling:** If unsure how to use the broiler, just put it in the oven at 400 F for 10 minutes to reheat.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that organic butter is used.

[Recipe Source](#)

# Dinners

PORK

TOC

# Sausage Apple Stuffed Butternut Squash

Filled with all your favorites – sausage, apples, cranberries, onions and garlic, kale, pecans and savory herbs. The stuffing is packed with savory/naturally sweet flavors; the perfect addition to a holiday meal, or for any meal!



## Ingredients

- 2 med/large butternut squash
- 3 Tbsp avocado oil or olive oil, divided
- Sea salt and black pepper
- 1 lb Italian sausage (high-quality, no-sugar added if possible)
- 1 medium onion diced
- 3 cloves garlic minced
- 1 Tbsp fresh sage leaves minced\*\*
- 1 Tbsp fresh rosemary leaves minced\*\*
- 1 Tbsp fresh thyme leaves minced\*\*
- 3 cups kale chopped
- 1 medium apple chopped (honeycrisp or pink lady)
- 1 cup pecans chopped
- 1/2 cup dried cranberries (apple juice sweetened or unsweetened avail. at Trader Joes)
- Sea salt and black pepper to taste

## Instructions

Preheat your oven to 425° F and line a large baking sheet with parchment paper.

Cut open each butternut squash lengthwise so you have 4 long halves. Scoop out the seeds and strings, then drizzle with 2 Tbsp of the oil and sprinkle generously with sea salt and pepper. Place face down on the baking sheet and roast in the preheated oven for about 40 minutes, or until softened. Pressing the top of the squash will give you a sense of how soft it is without having to remove it from the oven.

Meanwhile, heat a large skillet over medium heat and add the remaining tablespoon of oil. Crumble the sausage into the skillet and cook until about 3/4 of the way done. Add the onions and garlic and cook, stirring, for 2 minutes until soft and fragrant. Add in the fresh herbs (or dried, if using) and continue to cook for another minute.

Add in the kale, apples, and pecans and cook, stirring to combine flavors, for another minute or two until just softened. Remove from heat, stir in the cranberries, and season the mixture to taste with sea salt and black pepper.

Once the squash is done, allow it to cool for about 5 minutes, then use a spoon to carefully scoop out the flesh, leaving about 3/4" border around the sides and bottom. You can save the squash for another use, or even freeze it to keep longer.

Spoon the sausage mixture into the squash generously to use all of it up.

Once filled, place the baking sheet under the broiler and broil until the top of the stuffing and squash are golden brown, 2-4 minutes or so. Garnish with additional fresh herbs if desired and enjoy!

**Note:** \*\*use 1 tsp each if using dried herbs. To make this dish approved for the 30-Day Metabolic Comeback, use unsweetened cranberries and no-sugar added sausage, or make your own sausage with no added sugar.

[Recipe Source](#)

# Dinners

PORK

TOC

# Holiday Crown Pork Roast

Crown roast makes a regal Christmas dinner. Flavored with rosemary, sage and thyme, it's elegant and simple, a real blessing during the hectic holidays. You can have it all, simple and elegant in one package.



## Ingredients

- 1 tablespoon paprika
- 1 1/2 teaspoons kosher salt
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon pepper
- 1/2 teaspoon rubbed sage
- 1 pork crown roast (12 ribs and about 8 pounds)
- Optional: Apples, fresh rosemary sprigs  
and dried sage leaves

## Instructions

Preheat oven to 350°. Mix the first 6 ingredients; rub over roast. Place on a rack in a large shallow roasting pan.

Cover rib ends with foil. Roast 2 to 2-1/2 hours or until a thermometer reads at least 145°.

Remove roast from oven; tent with foil. Let stand 15 minutes.

Remove foil; carve between ribs to serve. If desired, serve with rosemary sprigs and sage leaves.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Pork Tenderloin with Balsamic Onions

The oven does most of the work with this healthy meal that's full of protein, veggies, and great nutrients. Don't have a great bottle of balsamic vinegar in the house? Try topping with a fresh homemade peach or mango salsa. Pork pairs perfectly with these fresh toppings.



## Ingredients

- 1 pound brussels sprouts, halved
- 1 pound baby potatoes, halved
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic (2 smashed, 1 grated)
- Kosher salt and freshly ground pepper
- 1 pork tenderloin (about 1 1/4 pounds), trimmed
- 1 teaspoon minced fresh rosemary
- 2 small red onions, sliced 1/4 inch thick
- 1/2 cup balsamic vinegar
- 2 teaspoons sugar (optional)
- 1 tablespoon chopped fresh parsley

## Instructions

Place a rimmed baking sheet on the middle oven rack and preheat to 450° F. Toss the brussels sprouts and potatoes with 1 1/2 tablespoons olive oil and 2 smashed garlic cloves in a large bowl; season with salt and pepper. Spread out on the hot baking sheet and roast until tender and browned, 25 to 30 minutes.

Meanwhile, season the pork all over with salt and pepper, then rub with the rosemary and grated garlic. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the pork and cook, turning, until browned all over, about 6 minutes. Transfer the pork to a small baking sheet (reserve the skillet) and roast in the oven until cooked through, 10 to 12 minutes. Remove to a cutting board. Let rest 5 minutes, then slice against the grain.

Meanwhile, add the remaining 1/2 tablespoon olive oil to the reserved skillet; heat over medium-high heat. Add the red onions and a big pinch of salt and cook, stirring occasionally, until softened and lightly browned, about 6 minutes. Reduce the heat to medium and add the balsamic vinegar, 1/2 cup water and the sugar. Simmer, stirring occasionally, until the sauce thickens, 8 to 10 minutes; season with salt and pepper.

Divide the pork, onions and roasted vegetables among plates.

Sprinkle with the parsley.

**Note:** Swap white potatoes for sweet and omit optional sugar to make this dish approved for the 30-Day Metabolic Comeback Challenge. Or, top pork with a homemade peach salsa with no added sugar.

[Recipe Source](#)

# Dinners

PORK

TOC

# Healthy Lettuce Wraps

These healthy lettuce wraps are inspired by the PF Changs lettuce wraps. Loaded with flavor and with lots of veggies, these easy healthy lettuce wraps are made with pork or chicken and are a great dinner recipe.

They're filling yet light, totally healthy, and slightly sweet yet nutty and spicy.



## Ingredients

### For the Lettuce Wraps:

- 1/4 cup coconut aminos
- 2 teaspoons sesame oil
- 1 teaspoon rice wine vinegar
- 1 tablespoon almond butter
- 2 teaspoons freshly grated ginger
- 1 tablespoon Franks Hot Sauce
- 1 tablespoon olive oil
- 1/2 of one yellow onion (diced)
- 1 cup baby bella mushrooms (minced)
- 3 cloves garlic (minced)
- 1 pound ground pork (or ground chicken)
- 1/2 cup shredded carrots
- Salt (to taste)

Freshly ground black pepper (to taste)

- 1 8-ounce can water chestnuts (diced)
- 3 green onions (thinly sliced, 1 tablespoon reserved)
- 1 head bibb lettuce (leaves removed from stem)

### For the Sauce:

- 1/4 cup coconut aminos
- 1 1/2 teaspoons sesame oil
- 1 teaspoon rice wine vinegar
- Franks hot sauce (to taste)
- 1 tablespoon green onions (reserved from above)
- Salt (to taste)

### Suggested Garnishes (optional):

- Sesame seeds
- Thinly sliced green onions

## Instructions

In small bowl, whisk together 1/4 cup coconut aminos, 2 teaspoons sesame oil, 1 teaspoon rice wine vinegar, 1 tablespoon almond butter, 2 teaspoons freshly grated ginger, and 1 tablespoon compliant hot sauce. Whisk vigorously until all ingredients are fully incorporated, then set bowl aside.

Heat large skillet over medium heat. When warm, add 1 tablespoon olive oil and swirl pan to coat evenly. When oil is hot and shimmering, add diced onion. Cook 3 minutes or until onion begins to soften, then add minced mushrooms. Cook another 3 minutes or until onion is translucent and mushrooms begin to soften. Add garlic and cook 30 seconds, or until garlic is fragrant, stirring constantly.

Add ground pork to skillet. Cook, crumbling with spatula or wooden spoon, until pork is browned. Add shredded carrots and cook, stirring constantly, until carrots begin to soften, approximately 3 minutes.

Pour prepared coconut amino mixture into skillet with ground pork. Stir until ingredients are incorporated, then add water chestnuts and green onions. Cook 3-4 minutes, stirring constantly, then remove skillet from heat. Season with salt and black pepper to taste and set aside.

Add all sauce ingredients to small bowl and whisk vigorously until ingredients are fully incorporated.

Assemble lettuce wraps by spooning 3 to 4 tablespoons of ground pork mixture into center of lettuce leaves or cups. Garnish with sesame seeds and thinly sliced green onions if desired, and serve immediately with prepared sauce.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

PORK

TOC

# Sausage and Kale Stuffed Acorn Squash

This Sausage and Kale Stuffed Acorn Squash is a feel-good meal that will boost your mood and warm you up during the cold fall and winter days.



## Ingredients

### For the Acorn Squash:

2 acorn squashes cut half  
with seeds scooped out  
1 tablespoon olive oil  
1 teaspoon paprika  
Salt and pepper to taste

### For Sausage and Kale Stuffing:

1 + 1 tablespoons olive oil  
1/2 large onion diced

2 cloves garlic, minced  
2 cups white mushrooms, sliced  
1 lb. spicy Italian sausage, no sugar-added,  
casings removed and nitrate-free  
1/2 bunch of kale, center rib removed and  
torn into pieces (about 3 cups prepared)  
1/2 cup tomato sauce (make your own or  
use sugar-free tomato sauce)  
Salt and black pepper to taste

## Instructions

Preheat oven to 370 degrees F. Line a baking sheet with parchment paper and set aside. Pour olive oil over the acorn squash and sprinkle with paprika, salt and pepper. Bake in over for 50-60 minutes, until skin is soft and fork-tender.

While squash is cooking, heat 1 tablespoon olive oil in a skillet over medium-high heat.

Add sausage and using a wood spoon break into coarse pieces. Cook until brown. It's about 5-6 minutes. Then, set it aside. In the same skillet, add remaining 1 tablespoon oil and onions; cook until they're soft, 3 minutes. Add garlic and cook for 30 seconds.

Add mushroom and cook for 3 to 5 minutes. Stir occasionally. Add kale and toss; add tomato sauce and cover the skillet with a lid and cook until kale is tender. Bring back the sausage and stir well to combine.

Divide kale-sausage filling among squash. Top with Parmesan if you desire before serving. Enjoy!

**Notes:** If you have trouble cutting your acorn squash in half, you can microwave it for a couple of minutes so it softens enough to cut.

If you don't want to use sausage in the filling, you can replace it for cubed chicken breast, or any other type of protein you prefer. Make your own sausage by browning ground pork and adding salt, pepper, garlic, and Italian Seasoning to taste.

Make sure you clean the exterior of the squash thoroughly as the skin is a delicious part of the meal once baked!

**To store:** Store leftover stuffed acorn squash in an airtight container in the fridge. You can also tightly wrap it up if you do not have a large enough container.

**To reheat:** Reheat the acorn squash in the microwave or oven.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge if ingredients contain no added sugars.

[Recipe Source](#)

# Dinners

PORK

TOC

# Spicy Maple Butternut Brussels Sprouts

Need a show-stopping Thanksgiving side dish? Today's recipe fits the bill. Customize the spice level and ingredients to your liking.



## Ingredients

- 4 cups Brussels sprouts, stems and outer leaves removed, halved
- 4 cups peeled and cubed butternut squash
- 2 tablespoons olive oil
- 2 tablespoons pure maple syrup
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves or allspice
- Freshly ground salt and black pepper, to taste
- 4-5 slices uncooked bacon
- 1/2 cup dried cranberries
- 1/2 cup toasted pecan halves, chopped
- 1/2 cup crumbled gorgonzola, blue cheese or goat cheese

## Instructions

Preheat the oven to 425°F. Line a large baking sheet or two smaller sheets with parchment paper. Spread Brussels sprouts and butternut squash cubes evenly on the baking sheet, avoiding overcrowding.

In a small bowl, whisk together olive oil, maple syrup, garlic powder, cayenne, cinnamon, and cloves or allspice. Drizzle over the vegetables and season with salt and pepper. Toss to coat.

Roast vegetables in the center of the oven for 15 minutes, then flip for even browning. Continue roasting for another 15 minutes or until golden and tender.

Cook bacon according to package instructions until crispy, then chop into bite-sized pieces.

Transfer roasted vegetables to a serving bowl and fold in chopped bacon, dried cranberries, and toasted pecans. Top with crumbled cheese and serve warm.

Note: this dish can be served as a side or a main course, and pairs well with proteins like grilled chicken.

**Note:** To make this dish approved for the 30-day Metabolic Comeback Challenge, omit honey and cheese and use uncured, no-sugar added bacon.

[Recipe Source](#)

# Dinners

PORK

TOC

# Spiced Grilled Chicken

(with Cauliflower Rice Tabbouleh)

Smoky grilled chicken pairs perfectly with the fresh flavors of homemade cauliflower rice tabbouleh for a complete, delicious meal in just minutes. Don't have all the spices listed in the recipe on hand? Use your favorite no-sugar added spice blend on the chicken.



## Ingredients

- 5 tablespoons extra-virgin olive oil, divided
- 2 1/2 teaspoons ground cumin, divided
- 1 1/2 teaspoons dried marjoram
- 3/4 teaspoon salt, divided
- 1/4 teaspoon ground allspice
- 1/4 teaspoon cayenne pepper
- 1 pound boneless, skinless chicken breast, trimmed
- 1/4 cup lemon juice
- 2 cups fresh riced cauliflower (cooked, patted dry, cooled)
- 2 cups flat-leaf parsley leaves
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- 1/4 cup sliced scallions

## Instructions

Preheat grill to medium-high.

Mix 2 tablespoons oil, 2 teaspoons cumin, marjoram, 1/2 teaspoon salt, allspice and cayenne in a small bowl. Brush on chicken.

Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165 F, 10 to 12 minutes.

Meanwhile, whisk lemon juice with the remaining 3 tablespoons oil, 1/2 teaspoon cumin and 1/4 teaspoon salt in a large bowl. Add riced cauliflower, parsley, cucumber, tomatoes and scallions; toss to coat.

Transfer the chicken to a clean cutting board and let rest for 5 minutes. Thinly slice the chicken and serve over the tabbouleh.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Whole-Food Greek Chicken

This zesty, herby Greek chicken dish can be made in a flash. You can use bone-in chicken thighs or, if you don't want to deal with the bones you can sub in chicken breasts as well (but you may need to adjust the roasting time on those, depending on how thick the breasts are).



## Ingredients

- 1 pound small potatoes (about 2-inch in diameter)
  - 2 tablespoons avocado oil
  - Salt and pepper to taste
  - 1/2 delicata squash, cut into 2-inch slices
  - 1 red bell pepper, cut into 1-inch cubes
  - 1/2 red onion, cut into 1-inch cubes
  - 1 cup cherry tomatoes
  - 8 skin-on, bone-in chicken thighs
  - 2 five-ounce bags of baby spinach
  - 2 garlic cloves, finely minced
  - 2 tablespoons pitted kalamata olives, chopped
- Optional garnishes:** fresh chopped mint or dill, juice from half of a lemon, Greek Vinaigrette

## Instructions

Preheat oven to 425 F. Wash and dry potatoes. Cut potatoes in half or in quarters (depending on size), and add to large mixing bowl. Add 1 teaspoon avocado oil, salt and pepper, and toss to combine. Spread out evenly on one half of a sheet pan.

Slice squash into 2-inch slices, and cut bell pepper and onion into 1-inch cubes. Add to large mixing bowl. Add 1 teaspoon avocado oil, and season with salt and pepper. Toss to combine. Spread out evenly on one large sheet pan—a separate pan from the potatoes.

Remove chicken thighs from package and pat dry with paper towels. Add to the mixing bowl you used for the potatoes. Add 1 tablespoon avocado oil, and season with salt and pepper. Toss to combine. Place on the unoccupied side of the sheet pan with the potatoes.

Roast both pans in oven for 20 minutes. Toss the veggies and potatoes once or twice while cooking, and turn the chicken over once to ensure even browning on both sides.

Remove sheet pan with veggies from oven after 20 minutes. Keep roasting the chicken and potatoes for 10 more minutes (total of 30 min).

Remove chicken sheet pan oven and use a meat thermometer to ensure the internal temperature of the chicken is 165°F.

Heat 1 teaspoon avocado oil in a large skillet over medium-high heat. Add bags of baby spinach and stir. Add minced garlic, and salt and pepper to taste. Cook until leaves are wilted. Remove and divide spinach among 4 plates.

Divide the rest of the veggies onto the 4 plates with spinach. Add 2 chicken thighs to eat. Add potatoes to each plate. Drizzle each plate with Greek Vinaigrette. Sprinkle with chopped olives and optional fresh herbs or lemon juice.

**Note:** To make this dish is approved for 30-day metabolic comeback challenge, swap white potatoes for sweet potatoes.

# Dinners

CHICKEN

TOC

# Sweet Potato Chicken Kale Skillet

This Sweet Potato Chicken Kale Skillet recipe is a delicious one-pan meal that will be on your dinner table in less than 30 minutes. It is also gluten-free, paleo-friendly, and perfect for your busy weeknight dinners.



## Ingredients

- 6 bacon strips, chopped (use a sugar-free, nitrate-free, and nitrite-free version)
- 2 1/2 cups free-range organic breast chicken, diced
- Salt and black pepper
- 1 teaspoon garlic, minced
- 2 cups sweet potatoes, peeled and diced
- 3/4 cup organic chicken stock (no sugar added)
- 4 cups kale, chopped
- 1/2 teaspoon chili peppers flakes

## Instructions

On a plastic cutting board, cut the chicken into small pieces, and season with salt, pepper, and red chili flakes.

In a skillet over medium heat, add the bacon, and cook for 5 minutes. Add the chicken to the skillet. Cook for about 7 minutes or until it is cooked through. Don't forget to stir well.

Remove the chicken and bacon from the skillet, set aside.

In the same skillet, add the garlic, sweet potatoes, and chicken broth. Cook for 7 minutes or until the sweet potatoes are cooked. It will depend on the size of the sweet potato pieces.

Turn the heat to low, and add the kale, stirring until wilted. Season to taste with salt, pepper, and chili peppers flakes.

Return the chicken and bacon to the skillet, stir well until combined.

It will take only 1 minute. Serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided sugar-free, nitrate-free bacon is used.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Sheet Pan Balsamic-Herb Chicken and Vegetables

Tasty and easy, this one-pan dinner makes for a simple weeknight meal that can be customized with your favorite veggies.



## Ingredients

### Chicken:

16 ounces boneless, skinless chicken breasts, halved  
1 tbsp balsamic vinegar  
1/2 tbsp extra-virgin olive oil  
2 cloves crushed garlic  
2 teaspoons chopped basil  
1 teaspoon chopped parsley  
3/4 teaspoon kosher salt

### Balsamic Veggies:

1 medium, 7-ounce zucchini, quartered lengthwise and cut into 1-inch cubes  
Olive oil spray

1 large red bell pepper, cored and cut into 1-inch pieces  
1 cup asparagus, cut into 1-inch pieces  
1 medium red onion, cut into 1-inch pieces, layers separated  
1 cup cauliflower florets  
2 tbsp balsamic vinegar  
1 1/2 tbsp extra-virgin olive oil  
1 teaspoon kosher salt  
Freshly ground black pepper  
2 teaspoons chopped basil  
1 teaspoon chopped parsley

## Instructions

Preheat the oven to 450 F. Line a large sheet pan with parchment, if desired.

Season chicken with 1 tablespoon balsamic, 1/2 tablespoon olive oil, garlic, 2 teaspoons dried basil, 1 teaspoon dried parsley and 3/4 teaspoon salt.

Marinate while you prep the vegetables, the longer the better.

In a large bowl toss the vegetables with 2 tablespoons balsamic, 1 1/2 tablespoons olive oil, 3/4 teaspoon salt, black pepper, 2 teaspoon basil and 1 teaspoon parsley.

Spread out onto the sheet pan. Nestle the chicken in with the vegetables and roast until tender in the lower rack of the oven, about 20 minutes until the chicken is cooked through. Serve right away.

**Notes:** This dish is freezer friendly. Let the cooked dish cool completely. Portion it into freezer containers and freeze for up to 3 months. To serve, thaw in the refrigerator overnight. Reheat in a 325°F oven until warmed through 20 minutes.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# One-Pan Balsamic Chicken and Asparagus

This 20-minute recipe comes together in a snap and can be customized to your liking. Swap asparagus for green beans, or tomatoes for chopped mushrooms, etc. Endless possibilities. Delicious flavor.



## Ingredients

- 1/4 c. balsamic vinegar
- 1/4 c. extra-virgin olive oil, divided
- 1 tbsp. honey
- 1 tbsp. Dijon mustard
- 2 cloves garlic, minced
- Pinch of crushed red pepper flakes
- 2 lb. chicken breast tenders
- Kosher salt
- Freshly ground black pepper
- 1 lb. asparagus, woody ends trimmed
- 1 pt. cherry tomatoes, halved

## Instructions

**Make vinaigrette:** In a small bowl, whisk together balsamic, 2 tablespoons oil, honey, mustard, garlic, and red pepper flakes until combined. Set aside.

In a large skillet over medium heat, heat remaining oil. Add chicken, season with salt and pepper, and sear until golden, about 3 minutes per side. Remove from pan and set aside.

To pan, add asparagus and tomatoes, season with more salt and pepper, and cook until asparagus is bright green and tomatoes are slightly wilted, 5 minutes or so.

Move veggies to one side, add chicken back in and pour in vinaigrette. Toss veggies and chicken slightly until chicken is cooked through and vinaigrette is thickened, 5 minutes more.

**Note:** Omit honey to make this dish approved for the 30-day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Grilled Ancho Chicken with Apricot Salsa

Take your grilled chicken to the next level by adding a delicious seasoning and topping it with this next-level salsa. Sweet and Savory with tons of flavor in every bite.



## Ingredients

- 4 chicken breast cutlets (about 1 pound)
- 2 tablespoons extra-virgin olive oil, divided
- 2 teaspoons ancho Chile powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt plus 1/8 teaspoon, divided
- 4 apricots, nectarines and/or peaches, halved and pitted
- 1 ripe avocado, chopped
- 1/4 cup coarsely chopped fresh cilantro
- 3 tablespoons finely chopped red onion
- 1 jalapeño pepper, seeded and thinly sliced
- 1 tablespoon lime juice
- 4 lime wedges

## Instructions

Preheat grill to medium-high. Brush both sides of chicken with 1 tablespoon oil and sprinkle with Chile powder, garlic powder and 1/2 teaspoon salt. Brush the cut sides of the fruit with the remaining 1 tablespoon oil.

Grill the chicken, turning once halfway, until an instant-read thermometer inserted into the thickest part registers 165°F, 6 to 8 minutes.

Grill the fruit, cut-side down, until slightly softened and beginning to char, about 4 minutes.

Meanwhile, combine avocado, cilantro, onion, jalapeño, lime juice and the remaining 1/8 teaspoon salt in a medium bowl. When the fruit is cool enough to handle, chop and stir into the salsa. Serve the chicken with the salsa and a lime wedge.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Chicken Piccata

Chicken Piccata it is a family favorite because of the simplicity and freshness of the flavors. Here is a great simple recipe to make any night of the week. Swap white flour for almond flour to make this dish an ideal choice for your healthy nutrition plan!



## Ingredients

- 1 pound boneless skinless chicken breasts, butterflied and cut in half, 4 pieces total
- 1/2 teaspoon kosher salt, plus more for seasoning
- 1/4 teaspoon black pepper, plus more for seasoning
- 1/2 cup all-purpose or fine almond flour
- 1/4 cup olive oil
- 1/4 cup brined capers, rinsed
- 1/3 cup lemon juice
- Lemon zest, from one lemon
- 1/2 cup chicken broth (no sugar added)
- 2 sprigs thyme
- 2 tablespoons unsalted organic butter
- 1 teaspoon chopped parsley

## Instructions

Season both sides of chicken pieces with salt and pepper.

Combine 1/2 teaspoon salt, 1/4 teaspoon pepper, and flour in a shallow bowl.

Dredge chicken breasts in flour shaking off excess, transfer to a plate.

In a large 12-inch skillet over medium-high heat, once hot add olive oil.

When oil is hot carefully add chicken to the pan. Cook for 3 minutes on each side until lightly browned. Remove and transfer to a plate.

Add capers, lemon juice, lemon zest, chicken stock, and thyme to the pan.

Bring liquid to a simmer and scrape down the brown bits from the pan and whisk until dissolved into the liquid. Reduce the sauce for 2 minutes.

Return chicken to the pan and simmer over medium-low heat for 5 minutes, flipping the chicken halfway through.

Transfer chicken to a platter. Remove and discard the thyme.

Over low heat, vigorously whisk in 2 tablespoons of butter into the sauce. Taste and season with more salt and pepper as desired.

Pour sauce over chicken and garnish with parsley.

**Note:** Make this dish approved for the 30-Day Metabolic Comeback Challenge by swapping all purpose flour for almond flour.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Chicken Pesto Stuffed Sweet Potatoes

These chicken pesto stuffed sweet potatoes are seriously tasty, filling and easy to make! A compliant pesto is mixed with shredded chicken and tops perfectly baked sweet potatoes. Great to make ahead of time and the leftovers save well!



## Ingredients

- 1 cup raw shelled walnuts
- 4-5 cloves garlic
- 3 cups fresh basil leaves
- 2 cups fresh spinach kale, or other leafy greens
- 2/3 cup light olive oil
- 1 1/2-2 Tbsp fresh lemon juice
- 2 Tbsp nutritional yeast
- 3/4 tsp sea salt or to taste
- 3 cups cooked shredded chicken breast  
or about 1 lb uncooked
- 6 medium sweet potatoes
- Coconut oil and salt for baking

## Instructions

**Baked Potatoes:** Preheat your oven to 400 degrees. Coat sweet potatoes with a bit of coconut oil and sprinkle sea salt all over. Place on a parchment lined baking sheet and bake 60-70 mins until soft.

**Pesto:** Combine walnuts, garlic, basil leaves, spinach, olive oil, lemon juice, nutritional yeast, and salt in a blender or food processor. Blend on high speed until a paste forms, scraping sides as needed.

Combine shredded chicken and all the pesto in a large bowl.

Once potatoes are ready, cut each one lengthwise and top generously with chicken pesto mixture.

You can serve as is or return to oven for a few minutes to heat through. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Zucchini Enchiladas

Swap the tortillas for thinly sliced zucchini, and try this low carb, nutritious Zucchini Enchiladas recipe. They're made with shredded chicken and sure to impress!



## Ingredients

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 cloves garlic minced
- 2 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 3 cups shredded chicken
- 1 1/2 cups enchilada sauce divided
- 2-3 zucchinis large
- 2 cups Mexican blend cheese shredded
- Cilantro, jalapenos, avocados for serving

## Instructions

Preheat oven to 350°F. In a large skillet over medium heat, heat olive oil. Add onions and cook until they soften. Add garlic, cumin and chili powder. Season with salt and pepper, and cook until fragrant, about 1 minute. Add the cooked shredded chicken and 1 cup enchilada sauce, and stir until coated.

On a cutting board, use a Y-shaped vegetable peeler to peel thin slices of zucchini. Each zucchini should yield about 10 wide slices. Save the ends that are hard to peel for another use.

Lay out 3 slices, slightly overlapping, and top with a spoonful of chicken mixture. Roll up and transfer to a baking dish. Repeat with remaining zucchini and chicken mixture. It should yield about 24 total rolls.

Pour the remaining enchilada sauce over the zucchini enchiladas and top with shredded cheese.

Bake in the preheated oven until cheese is melted, about 20 minutes.

Garnish with cilantro, jalapenos and avocados, and serve immediately.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use homemade, no-sugar enchilada sauce, and omit cheese. Swap for fresh guacamole, avocado slices, or fresh salsa.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Greek Chicken

A juicy and tender Greek chicken on a stick drizzled with a Greek olive oil blend with lemon juice. Serve this cute, fun skewer over cauliflower rice for a complete, healthy meal!



## Ingredients

### Marinated Chicken Tenders:

- 6 chicken tenders
- 3 skewer sticks
- 2 tbsp Olive Oil

### Greek Marinade:

- 1/2 cup Olive Oil
- 1/2 tsp black cracked pepper
- 1 large lemon, juiced
- 2 clove garlic (finely diced)
- 1/2 tsp sea salt
- 1 tbsp dried oregano

### Greek Evoo Dressing:

- 1/2 cup Olive Oil
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder (add 1/4 tsp more if desired)
- 1/2 tsp oregano

## Instructions

Whisk together all of the ingredients for the marinade and transfer to a large freezer bag and add the chicken tenders. Marinate 4-8 hours

Remove chicken from the marinade and add 2 chicken tenders to each skewer stick.

Heat a medium skillet over medium-high heat and add 2 tbsp of olive oil and add in each skewer. Allow to cook for 6 minutes on each side or until juice runs clear.

Remove the chicken skewers and add on top of a bed of fresh arugula and serve with olives and drizzle with lemon juice and a little Greek olive oil dressing.

**Greek Olive Oil Dressing:** Add all of the ingredients to a bowl and mix together with a spoon until combined.

**Note:** You can remove the skewers if you don't care to have them on a stick.

The dressing and chicken will both last a week in the fridge if stored in an air tight container.

This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Southwest Paleo Chicken and Fries

Lunch, dinner, or even, breakfast! The whole family is going to love this meal!  
Put it on the table... and there will be none left.

## Ingredients

### Chicken

- 4 chicken tenderloins, fresh or frozen (just thaw it a bit before cooking frozen chicken)
- 2 teaspoons cumin powder
- 1 teaspoon dried onion flakes
- 1/4 teaspoon sea salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic granules
- 1 tablespoon avocado oil

### Fries

- 2 medium sweet potatoes
- 2 tablespoons avocado oil
- 1 tablespoon arrowroot flour
- 1-2 tablespoons chili lime seasoning or cumin powder
- 1/2 teaspoon chili powder
- Sea salt flakes to taste

### Greens

- 4-6 cups chopped cabbage or other green
- 8 cherry tomatoes sliced in half
- 1 persian cucumber sliced
- 12 pitted kalamata olives or other olive
- 1 cup clover sprouts

### Sauce

- 1/2 large avocado pitted
- 1/4 cup paleo mayonnaise
- 1/4 cup fresh cilantro leaves
- 1/2 teaspoons cumin powder
- 1/4 teaspoon sea salt
- 1 small garlic clove
- 1 1/2 tablespoon lemon juice



## Instructions

Preheat oven to 475F. Line a baking tray with parchment paper. Slice sweet potato fries into thin strips and toss in the oil, flour, and seasoning. Bake fries on 475F for about 30-45 minutes until crispy.

Reduce oven to 350F. Toss chicken in oil and seasonings. Bake on 350F for 30 min.

In a food processor or high powered blender combine all ingredients for the sauce until smooth.

Assemble bowl by layering in greens, chicken, fries, sauce, and toppings. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

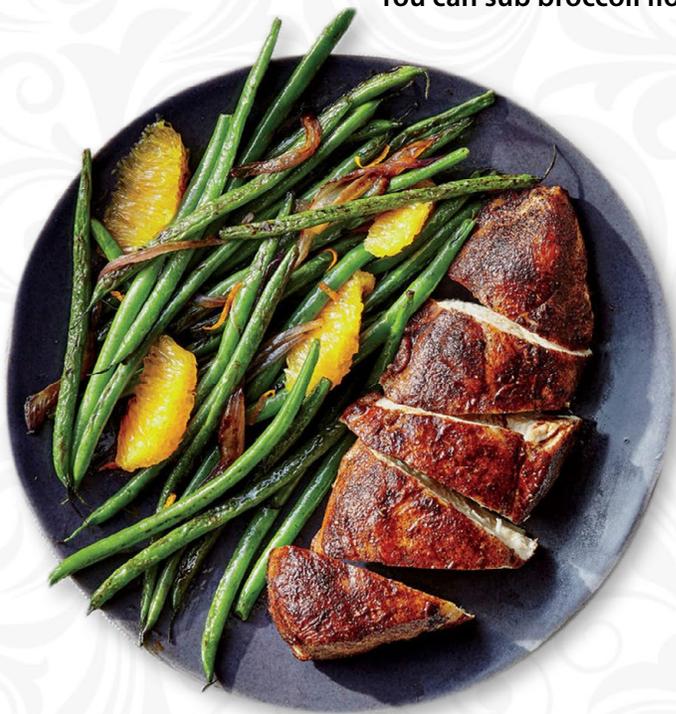
# Dinners

CHICKEN

TOC

# Five-Spice Chicken Breasts with Sesame-Orange Green Beans

Five-spice powder packs some serious aromatic punch; it's all you need to season the chicken breasts. You can sub broccoli florets or chopped kale for the green beans.



## Ingredients

- 2 tablespoons canola oil, divided
- 4 (6-oz.) skinless, boneless chicken breasts
- 2 teaspoons five-spice powder
- 1/2 teaspoon kosher salt
- 3/4 cup thinly sliced red onion
- 1 1/2 teaspoons grated orange rind
- 2 garlic cloves, thinly sliced
- 1 (12-oz.) pkg. haricots verts (French green beans)
- 1 1/2 tablespoons reduced-sodium soy sauce  
(sub coconut aminos)
- 1/2 cup orange sections
- 4 teaspoons toasted sesame oil

## Instructions

Heat 1 tablespoon canola oil in an oven-safe skillet over medium-high. Sprinkle chicken with five-spice powder and salt. Add chicken to pan; cook 5 minutes on each side or until done. Remove from pan. Let stand 5 minutes. Cut across the grain into slices.

Add remaining 1 tablespoon canola oil to pan. Add onion; sauté 4 to 5 minutes or until browned. Add orange rind and garlic; cook 30 seconds, stirring constantly. Add haricots verts; cook 4 minutes or until lightly browned and crisp-tender. Stir in soy sauce. Top with orange sections, and drizzle with sesame oil. Serve with chicken.

**Note:** This dish is approved for the 30-day Metabolic Comeback Challenge provided soy sauce is swapped for coconut aminos.

# Dinners

CHICKEN

TOC

# Pineapple BBQ Chicken Meatballs

The ultimate quick and easy appetizer that doubles as a hearty, weeknight meal when served over spaghetti squash or cauliflower rice.



## Ingredients

### For The Meatballs:

- 1 lb. ground chicken (may substitute ground turkey or ground pork)
- 1/4 cup almond flour
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 2 tsp. dried parsley (may substitute 1 1/2 Tbsp. fresh parsley)

### For The Sauce:

- 1 8-ounce can crushed pineapple
- 1 bottle (8.5 ounces) Primal Kitchen Classic BBQ Sauce  
(may substitute 1 cup BBQ sauce of choice)
- 3/4 cup chicken or turkey broth (no sugar added)
- Optional garnish - sliced green onions and or chopped parsley

## Instructions

**For The Sauce:** In a large skillet, combine crushed pineapple (and its juice), BBQ sauce and broth. Bring to a vigorous simmer, stirring occasionally. Reduce heat slightly and allow to simmer while you make the meatballs.

**For The Meatballs:** Preheat oven to 350. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.

In a bowl, combine ground chicken, almond flour, garlic and onion powders, salt, pepper, and parsley. Mix well to combine.

Using a small cookie scoop or a tablespoon, shape meat mixture into 16 golf ball-sized balls and place on baking sheet leaving a little space between each one.

Bake for 12-15 minutes or until cooked through and no longer pink inside. When meatballs are done, add them to the sauce. Stir to coat and garnish as desired.

**Note:** This dish is approved for the 30-day Metabolic Comeback Challenge provided that Primal Kitchen BBQ and pineapple contains no added syrups.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Avocado Mango Chicken

Celebrate Cinco de mayo with this recipe! Grilled or sautéed chicken smothered in a delicious avocado mango salsa is the perfect balance of savory and sweet. It's a healthy entree that really wows!



## Ingredients

### Chicken + Marinade

- 4 chicken breasts
- 2 tbsp balsamic vinegar
- 2 tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1 tbsp olive oil, extra virgin (to keep chicken from sticking to the grill)

### Avocado Mango Salsa

- 4 mangoes, peeled, pitted, diced
- 1 tbsp cilantro, finely chopped
- 2 tsp lime juice
- 1/2 tsp salt
- 1/4 tsp chili powder
- 1/8 tsp garlic powder
- 3 avocados, halved, peeled, pitted, diced

## Instructions

Slice the chicken breasts horizontally. This will give you 8 thin cutlets so they'll cook faster and more evenly.

Add chicken cutlets, balsamic vinegar, lime juice, salt, black pepper, and garlic powder to a large Ziploc bag. Remove excess air from the bag and seal closed. Let chicken marinate for a minimum of 30 minutes.

While chicken is marinating combine mango, cilantro, lime juice, salt, chili powder, and garlic powder in a bowl and stir. Do not add the avocado yet as it browns pretty quickly (yes, even with the lime juice).

Grill or sauté your chicken depending on your preference. I'm providing instructions for both below.

**To grill:** Preheat grill to medium high heat. Brush marinated chicken with 1 tablespoon of olive oil. Place chicken on the grill. Grill chicken, turning occasionally, until completely cooked through. (For perfect grill marks try to only flip the chicken once.) Grilling time is typically around 9 to 10 minutes total but time varies depending on the thickness of your chicken (we're using cutlets here so they're pretty thin) and how hot your grill gets.

**To sauté:** Add 2 tablespoons of olive oil or another cooking fat to a skillet on the stove. Heat the oil over medium high heat. (You'll know it's ready when the chicken sizzles as you place it in the pan.) Add each chicken cutlet to the skillet in a single layer. Cook for about 4 to 5 minutes. Flip your chicken. Cook for an additional 4 to 5 minutes, or until chicken is cooked through and juices run clear.

When you're ready to serve, add the avocado to your mango mixture and gently stir. If you use a ripe avocado, the more you stir the more it will break down. Taste. Add more salt or lime juice if desired.

Top each cutlet with the avocado mango salsa and enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Grilled Hawaiian Chicken Burgers

Think outside the bun for a healthy, juicy, sweet and spicy (but not too spicy) burger that is ready in no time. Don't skip the paleo chipotle ranch sauce for serving. It really takes the flavor to the next level.

## Ingredients

Coconut oil or olive oil for brushing  
grill/skillet

1 lb ground chicken not too lean

1 1/2 Tbsp coconut aminos

1/4-1/2 tsp fine grain sea salt (less if  
you're sensitive to saltiness)

1 tsp smoked paprika

3/4 tsp chili powder I used ancho  
chili powder, you can use any

1/2 tsp ground cumin

1/2 tsp garlic powder

4 pineapple slices about 1/2" thick  
(you can use canned, in juice only,  
as an alternative to fresh)

1/2 cup chipotle ranch sauce see below

Butter lettuce for serving

Cilantro or green onion for serving

### Chipotle Ranch Sauce

1/4 cup + 2 Tbsp Paleo mayo

(either homemade or purchased)

1/2 tsp chipotle chili powder

1/2 tsp fresh lemon juice

1 tsp onion powder

1/2 tsp garlic powder

1/2 tsp smoked paprika

1 tsp dried chives

Optional salt to taste



## Instructions

Prepare the chipotle ranch sauce prior to starting- Mix all ingredients in a small bowl until well blended and refrigerate until ready to use.

Preheat your grill or grill pan to medium high heat and brush with coconut or olive oil.

In a large bowl, mix ground chicken with coconut aminos, salt, paprika, chili powder, cumin, and garlic powder. Since the meat mixture will be somewhat sticky, wet your hands with water, then form into patties.

Grill about 3 minutes on each side, until juices run clear. The first side should be nicely charred before flipping. If you have room, you can grill the pineapple slices alongside the chicken burgers for the last 2 mins of cooking time, flipping after the first side has deep golden brown grill marks.

To serve, place burgers over butter lettuce, then top with chipotle ranch sauce and a grilled pineapple slice. Garnish with thinly sliced green onion or cilantro for garnish. Enjoy!

**Note:** This dish is approved for the  
30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Lemon Garlic Chicken Skewers

Let's keep enjoying grilling season! These Three-Ingredient Lemon Garlic Chicken Skewers make an easy weeknight meal. They're full of delicious flavor and great for weekly meal-prepping.



## Ingredients

- 4 chicken breasts, cut into 1-inch cubes
- 2 Tbsp fresh parsley, chopped (optional)
- 3/4 C Tessemae's Lemon Garlic Sauce

## Homemade Lemon Garlic Marinade

- 1 tablespoon Extra Virgin Olive Oil
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 teaspoon minced garlic (1 clove)
- 2 tablespoons lemon juice
- 1/2 tablespoon lemon zest

## Instructions

Add the chicken and Lemon Garlic dressing to a zip lock bag or bowl and mix to coat all of the chicken. Refrigerate for 1-3 hours.

Preheat grill to 500 degrees and thread the chicken onto the skewers. When the grill is hot, place the skewers on the grill and cook for 15 minutes (flipping halfway through for even cooking) or until chicken is cooked through (160 degrees and juices will run clear).

Garnish with fresh parsley or fresh herbs of choice before serving.

Serve with a simple salad or your favorite grilled veggies!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Skillet Chicken Verde

Enjoy the fresh flavors of summer in this one-pot dish. Chicken is served in a delicious homemade sauce and is ready to serve atop a bed of cauliflower rice, inside a roasted sweet potato, or over roasted spaghetti squash.



## Ingredients

- 1 pound tomatillos, peeled and washed
- 1 jalapeno pepper, stem removed
- 1 small onion, quartered
- 2 cloves garlic
- 1 tablespoon oil
- 1 pound boneless and skinless chicken breasts, diced
- 1 cup chicken broth
- Salt and pepper to taste
- 1 lime, juice and zest
- 1/4 cup cilantro, chopped

## Instructions

Heat a skillet over medium-high heat, add the tomatillos, jalapeno, onion, and garlic and lightly char on all sides before transferring to a blender to puree.

Heat the oil in the same skillet, add the chicken and cook until lightly browned, about 3-5 minutes per side.

Add the broth and deglaze the pan by scraping the browned bits from the bottom of the pan.

Add the salsa verde, bring to a boil, reduce the heat and simmer before seasoning with salt and pepper to taste.

Remove from heat and mix in the lime juice and cilantro.

**Serving Suggestion:** Top with avocado and serve over cauliflower rice, or roasted sweet potato or spaghetti squash.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Garlic Crushed Red Pepper Chicken Stir Fry

This spicy Garlic Crushed Red Pepper Chicken Stir Fry is so simple and fast! It's a satisfying dinner with a kick that cooks all in one pan!



## Ingredients

### Chicken

- 1 tbsp olive oil, extra virgin
- 2 lbs chicken breasts, about 4 chicken breasts, cut into 1-inch pieces
- 1 tsp dried basil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp onion powder

### Green Beans + Sauce

- 16 oz fresh green beans, trimmed and halved
- 1/3 cup coconut aminos
- 1 tbsp ghee or butter
- 1 1/2 tsp minced garlic
- 1/2 tsp ground ginger
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp salt

## Instructions

Heat oil in a large skillet (I use my 12") over medium-high heat. Once oil is hot, add chicken pieces. Season with dried basil, salt, pepper, and onion powder. Sauté, flipping occasionally, for 4 to 5 minutes or until chicken has some browning.

When the chicken is browned reduce heat to medium. Add coconut aminos, ghee or butter, garlic, ginger, and crushed red pepper flakes. Stir.

Add halved green beans to the skillet and stir.

Cover and cook on medium-to-medium low heat for 10 minutes, stirring frequently to scrape up the browned bits from the bottom of the pan. (Those are yummy!)

Chicken should be cooked through, and green beans should be softened but not totally wilted.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Pan Seared Chicken with Peach Salsa

An easy Pan Seared Chicken Breasts recipe with fresh Peach Salsa. This flavorful chicken dinner is done in 30 minutes. It's the perfect meal for busy weeknights!



## Ingredients

### Chicken

- 3 chicken breasts
- 1 teaspoon of garlic powder
- 1 teaspoon of ground cumin
- 1/2 teaspoon of ground coriander
- 1/2 teaspoon of smoked paprika
- 1/2 teaspoon of sea salt
- 2 tablespoons of olive oil
- 1/4 teaspoon of ground black pepper

### Peach Salsa

- 1 large peach, diced (about 1 1/2 cups)
- 1/2 cup diced red pepper
- 1/3 cup diced red onion
- 1/4 cup diced fresh cilantro
- Half a jalapeno, diced
- 1 tablespoon red wine vinegar
- Salt to taste

## Instructions

In a small bowl, mix garlic powder, cumin, coriander, smoked paprika, sea salt, pepper, and olive oil. Mix until combined.

Rub mixture over both sides of the chicken.

Heat a large skillet to medium high heat. Place chicken on skillet and cook each side for 4-6 minutes depending on thickness. You just want to make sure there is no pink in the middle. Remove and let rest.

In the meantime, in a medium bowl add peach, red pepper, red onion, fresh cilantro, jalapeno, red wine vinegar, and salt. Mix together so everything is combined.

Slice chicken and top with peach salsa.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Harvest Casserole

This savory and sweet harvest casserole is packed with veggies, protein, fresh herbs and all the best Fall flavors! Serve it as a holiday side dish or a special seasonal meal. The leftovers are delicious for any meal!



## Ingredients

- 3 cups butternut squash cut into 1" cubes
- 1 lb brussels sprouts halved or quartered, depending on size
- 4 tablespoons Olive oil divided
- 1 small yellow onion diced
- 4 cloves garlic minced
- 6 links chicken sausage cut into coin shapes (check ingredients for no added sugars)
- 2 teaspoons fresh rosemary minced
- 2 teaspoons fresh sage minced
- 1 teaspoon thyme leaves
- 2 teaspoons fresh parsley minced
- 2 cups cauliflower rice fresh or frozen (buy this pre-riced)
- 1 apple (honey crisp), finely diced
- 1/2 cup pecans chopped
- 1/2 cup dried cranberries (juice-sweetened, no sugar added. Find at Trader Joe's)
- 1/2 teaspoon cinnamon
- Sea salt and black pepper to taste
- Fresh herbs for garnish if desired

## Instructions

Preheat your oven to 425° F and line 2 baking sheets with parchment paper. Place the squash on one sheet and the Brussels sprouts on the other. Drizzle both with one tablespoon each of the oil and sprinkle all over with salt and pepper. Bake in the preheated oven for 25 minutes, stirring the Brussels sprouts halfway through. You can remove the Brussels sprouts sooner if you don't want them to brown too much. Once done, reduce the heat to 400° F.

Meanwhile, heat a large skillet over medium heat and add the remaining 2 tablespoons of oil. Cook the onions until translucent, then add the garlic and cook about 30 seconds. Stir in the chicken sausage and fresh herbs, and cook until the sausage is browned on the outside.

Add in the cauliflower rice, apples, pecans and cinnamon and cook, stirring, until the cauliflower rice and apples begin to soften. Stir in the cranberries and season with salt and pepper to taste, then remove from heat.

Spray a 9 x 13" baking dish with cooking spray and combine the sausage rice mixture with the roasted squash and sprouts in the dish. Bake in the preheated oven for 12-15 minutes or until the top is toasty. Serve garnished with fresh herbs if desired, as a meal or holiday side dish. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Coconut Chicken

Coconut Chicken is an easy weeknight meal that is cooked in less than 30 minutes.



## Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 cup coconut flour
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 large eggs
- 4 tbsp coconut oil, plus more for oiling the baking rack
- 1 1/2 cups unsweetened shredded coconut

## Instructions

Preheat the oven to 350° F. Place a baking rack over a baking sheet, take some coconut oil and rub it over the baking rack to prevent sticking, and set aside. You can line the baking sheet with parchment paper for easier cleaning up.

Add the coconut flour to a bowl. Then add the salt and pepper, and stir to combine. Set this aside. Add 2 eggs to a new bowl, and stir to combine. Set this aside. Add the shredded coconut to another new bowl and set it aside.

Line up the bowls, coconut flour mixture, eggs, then the shredded coconut. Place a clean plate nearby to place the chicken on once it is done being coated.

Next, take the chicken breasts and dip them into the coconut flour, making sure to coat it all. Then dip the chicken into the eggs and make sure to cover it all in eggs.

Finally, dip the chicken into the shredded coconut and press the coconut flakes into the chicken to help it adhere better. Set the chicken breasts on a plate. Do this with each chicken breast.

Place coconut oil in the skillet and heat on medium heat. Pan-fry the chicken breasts on each side until golden brown, about 2-4 minutes per side. Then set the chicken on an oiled baking rack over a baking sheet. Do this for each chicken breast.

Place the baking sheet with chicken in the oven for 13 to 15 minutes, until the juices of the chicken breast are clear and not pink. Serve the chicken warm.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Creamy Lemon Garlic Chicken

Seared chicken thighs nestled in a rich and creamy lemon garlic sauce.  
It's the perfect dinner to impress the whole family!



## Ingredients

1 lb. bone-in chicken thighs, about	1 tsp. arrowroot starch
4-5 thighs (you can use boneless, skinless thighs or breasts)	1/2 cup chicken broth, no-sugar-added
Salt and pepper	2 tbsp. lemon juice
Smoked paprika	1/2 cup almond milk or heavy cream
2 tbsp. Avocado oil or grass-fed ghee	1 tsp. Italian seasoning
4 garlic cloves	Lemon slices
	Fresh parsley or basil to garnish

## Instructions

To begin, pat the chicken thighs dry and season them with salt, pepper, and smoked paprika on both sides.

Heat the avocado oil or ghee in a cast iron or any oven-safe skillet and add the chicken (skin side down). Sear the chicken for ~5 minutes over medium-high heat until it develops a brown crispy skin. Flip the chicken and continue to cook them for another 5 minutes. Remove the chicken from the pan and set them aside.

Now, lower the heat to medium and add the garlic to the same pan. Continuously stir the garlic until its fragrant (about a minute or 2). Add the arrowroot starch to the pan and stir. Cook the arrowroot for about a minute until it's well incorporated with the garlic. Now, to deglaze the pan, pour in the bone broth and stir until the mixture is well combined. Make sure you scrap all the bits and pieces from the bottom of the pan.

Now use a whisk and slowly add the lemon juice until it is well combined with the sauce. Then do the same thing with the heavy cream or milk. Let the sauce simmer for a couple of minutes (while continuously stirring) and season it with the Italian seasoning and salt if necessary.

Now, set the oven to broil. Return the chicken and their juices to the sauce and add the lemon slices on top. Transfer the skillet to the oven and broil for 5 minutes. Remove the skillet from the oven, and garnish the chicken with fresh basil or parsley.

**Note:** Use unsweetened almond milk or full-fat coconut milk to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Cilantro Lime Chicken Thighs

Chicken thighs are marinated then perfectly grilled. Serve over a salad or over cauliflower rice.



## Ingredients

- 1/4 cup finely chopped cilantro leaves
- 1/4 cup olive oil
- 2 tbsp coconut aminos
- 4 cloves garlic, finely minced
- 1 tsp lime zest
- Juice of 1 lime
- 1/2 tsp sea salt
- 1/2 tsp ground cumin
- 1 1/2 lbs boneless, skinless chicken thighs
- Lime wedges to serve

## Instructions

To begin, add the cilantro, olive oil, coconut aminos, garlic, lime zest, lime juice, salt and cumin into a large bowl and stir to combine. Pour about 2 tablespoons of the marinade into a separate bowl and set it aside for later.

Now, trim the chicken thighs of any extra fat and transfer them into the large bowl of marinade. Toss the chicken to make sure its well coated with the marinade. Cover the bowl and let the chicken marinate for at least 2 hours.

Now, Heat a grill pan until it starts to smoke a little. Brush a little ghee onto the grill pan. If you are using an outdoor grill, heat it accordingly and move on to the next step.

Gently shake the chicken thighs to remove any access marinade and add the chicken to the grill pan/grill, skin side down. Cook the chicken thighs for 4-5 minutes per side or until the internal temperature of the chicken reaches 165°F. Transfer the chicken to a serving dish to rest.

Drizzle the untouched, leftover marinade over the chicken and serve with lime wedges.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# Chicken Stir Fry with Veggies and Garlic Sauce

This easy chicken stir fry is better than takeout, so much healthier and quick to throw together for a weeknight dinner. The garlic sauce is packed with flavor and made with whole-food ingredients. Delicious served alone or over fried cauliflower rice, kid approved and packed with veggies!



## Ingredients

### Veggies:

- 2 cups broccoli florets
- 1 medium bell pepper thinly sliced
- 1 cup snow peas
- Handful shredded cabbage or slaw mix
- 1 1/2 Tbsp coconut oil or olive oil

### Chicken:

- 1 1/4 - 1 1/2 lbs boneless skinless chicken thighs sliced into 1" pieces
- 1 1/2 Tbsp coconut oil or olive oil
- Salt and pepper

### Sauce, Blend:

- 1 medjool date pitted (softened if necessary)
- 2 Tbsp Nakano All Natural Rice Vinegar
- 4 cloves garlic sliced
- 1 inch fresh ginger peeled and sliced
- 1/4 cup + 1 Tbsp coconut aminos
- 1/4 cup + 1 Tbsp chicken bone broth
- 1/2 Tbsp sesame oil
- 1/2 Tbsp tapioca or arrowroot starch

## Instructions

Make sure chicken and veggies are sliced/chopped as needed before beginning.

In a high-speed blender or food processor, blend all sauce ingredients until smooth. Place sliced chicken in a large bowl and pour 3-4 Tbsp of sauce over chicken, toss to evenly coat.

Heat a large nonstick skillet or wok over medium-high heat and add oil once hot. Once skillet is fully heated, add 1 1/2 Tbsp oil. Add all the veggies and stir to coat. Cook, stirring to avoid browning, about 3 minutes - do not overcook at this stage. Veggies should just begin to soften. Remove veggies to a plate or bowl and cover with foil, set aside.

Add remaining 1 1/2 Tbsp oil to skillet and keep heat set on med-hi/hi. Add all chicken, leaving any marinade in the bowl. Sprinkle lightly with sea salt and pepper. Cook, stirring to brown evenly, about 3-5 minutes or until cooked through (the thinner you sliced your chicken, the quicker it will cook.)

Lower heat to medium and pour all sauce over chicken, then add veggies back in. Stir, and allow to simmer another 2 minutes or until sauce thickens and veggies are crisp-tender. Serve hot, alone or over cauliflower rice. Garnish with scallions, sesame seeds or a bit of crushed red pepper for spice. Enjoy!

**Note:** You can use your favorite veggies to mix and match in this recipe. This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

CHICKEN

TOC

# One-Skillet Lemon Garlic Shrimp and Vegetables

This easy One-Skillet Lemon Garlic Shrimp & Vegetables recipe makes a healthy, quick, and delicious dinner! It's packed with fresh and organic ingredients and is absolutely perfect for those busy weeknights!



## Ingredients

- 2 lbs. cooked shrimp peeled and deveined
- 2 cups frozen organic peas
- 1 red bell pepper chopped
- 1 orange bell pepper chopped
- 1/4 cup green onions chopped
- 3 cloves garlic minced
- 2 Tbsp organic olive oil
- 1 lemon cut into wedges
- 1 Tbsp. Cajun seasoning
- Salt/pepper to taste

## Instructions

In a large skillet, on med-high heat, add 2 Tbsp. of olive oil.

Add in 2 cups Peas, red and orange bell peppers, 1/4 cup green onions, and minced garlic cloves. Stir frequently and cook for about 10 minutes or until vegetables are tender.

Season 2 lbs. of shrimp with Cajun seasoning, and add to skillet. Toss to make sure that all ingredients are combined and cook for an additional 5-7 minutes.

Squeeze all of the lemon wedges into the skillet and season with salt and pepper to taste. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Fresh Lemon Butter Scallops

Cooked in ghee and fresh lemon juice, these scallops are savory and delicious!



## Ingredients

8–10 large sea scallops

The zest of 1 lemon

3 Tablespoons of fresh lemon juice

2 Tablespoons fresh chives, cut into 1/2 inch pieces

3–4 Tablespoons ghee

Salt and pepper

## Instructions

Bring a large cast iron skillet to high heat. Add just enough ghee to coat the bottom of the pan.

Pat scallops dry (ensure they are as dry as possible!) and sprinkle with salt. Put salt side down in hot pan to sear. Sprinkle salt on other side of scallops.

Let sear for 1 minute and then reduce heat to medium/medium-high and add enough ghee to ensure the bottom doesn't dry out (at least 1 Tablespoon). Sprinkle with 1/2 of the lemon zest, add 1 Tablespoon of lemon juice, and 1 Tablespoon chives.

Cook for 3 minutes on medium and then flip, pushing some ghee under each scallop as you flip to ensure they don't stick to the pan. Cook for 2-3 minutes on this side or until fully cooked (they are cooked when the tops start to crack).

After you flip, add the other Tablespoon of lemon juice. Add additional ghee, as needed, to ensure the bottom of the pan stays nicely coated. Once fully cooked, plate and sprinkle with other half of lemon zest, the rest of the chives and sprinkle with salt and pepper.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Crispy Salmon with Lemon Caper Dill Sauce

Take your salmon dinner to the next level by pairing it with a delicious, creamy sauce that will truly complete the meal!



## Ingredients

### For the Salmon:

- 1 to 2 Tbsp avocado oil
- 1 1/2 pounds salmon, cut into fillets
- 1 tsp ground paprika
- 2 tsp dried dill
- 1/4 tsp sea salt

### For the Creamy Lemon Dill Sauce:

- 1 cup full-fat canned coconut milk
- 2 tsp lemon zest
- 2 Tbsp lemon juice, to taste
- 3 Tbsp capers
- 2 tsp dried dill

## Instructions

Use a paper towel to pat dry the salmon filets. Season with sea salt, dill, and paprika.

Heat the avocado oil in a large cast iron skillet or non-stick skillet over medium-high heat until hot. Place salmon fillets flesh side down, pressing them lightly so the entire surface of the flesh comes into contact with the pan. Sear, undisturbed, for 3-4 minutes until crispy and golden.

Flip salmon and sear on the other side for 2 to 3 minutes. Flip the salmon again and cook another 1 to 2 min.

Add the remaining ingredients to the skillet (coconut milk, lemon zest and juice, capers and dill. Cook until salmon reaches desired done-ness and sauce thickens, about 3 to 4 minutes.

Taste the sauce for flavor and add sea salt and/or more lemon juice to taste.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Easy Broiled Salmon

Try this quick and easy broiled salmon recipe. Perfectly seared on the outside and flaky and juicy on the inside. Enjoy with your favorite roasted or pan-fried veggies. Ready in just 10 minutes.



## Ingredients

2-4 wild-caught salmon fillets

(about 6 oz. each)

2-4 tsp butter or ghee, room temp

Your favorite seasoning spice

(I like Primal Palate Seafood

Seasoning and New Bae Seasoning)

1 lemon, sliced

Optional parsley for garnish

## Instructions

Preheat broiler and turn to HIGH. Liberally grease your baking pan or skillet.

Pat your salmon fillets dry, rub the top and sides of each fillet with one teaspoon of butter or ghee, and sprinkle on a generous amount of your favorite seasoning spice. Place onto well greased baking pan/skillet.

Transfer salmon to oven and broil for 8-10 minutes, depending on how you like it cooked. Remove from oven and serve with your favorite vegetable sides. Add optional parsley for garnish and lemon slices. Enjoy!

Just for fun, you can add your lemon slices to the pan before broiling for a pretty presentation.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Grilled Mahi Mahi With Avocado Salsa

Grilled mahi mahi is a quick and easy recipe that is loaded with flavor. Served with a fresh mango and avocado salsa, it's a great healthy family meal!



## Ingredients

### Grilled Mahi Mahi

Four 6-ounce mahi mahi fillets

1 tablespoon olive oil divided

1/2 teaspoon paprika

1/2 teaspoon cumin

1/4 teaspoon Salt

1/4 teaspoon black pepper

### Mango Avocado Salsa

1 mango chopped

1 avocado chopped

1/2 small red onion finely  
chopped

1/4 cup cilantro chopped

Juice of 1 lime

## Instructions

Preheat gas grill or grill pan to medium heat. Pat the mahi mahi fillets dry.

In a medium bowl, combine the olive oil, paprika, cumin, salt and pepper. Add the mahi mahi on top and use your hands to coat the fish well with the seasoning.

Grill the mahi mahi until golden, about 4 to 5 minutes per side. Transfer to a plate to allow to rest for a few minutes.

In a small bowl, mix together the ingredients for the mango avocado salsa. Scoop the salsa over the mahi mahi and serve.

**Storage:** Store any leftovers in an airtight container. They will last up to 3 days in the fridge. To reheat, place on a pan with and reheat until warmed through.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Shrimp Scampi

This shrimp scampi recipe makes easy appear elegant with large shrimp bathed in a garlicky, lemony butter sauce dished up as an appetizer or served as a main with Zucchini noodles or cauliflower rice.



## Ingredients

- 1 pound wild caught large shrimp with shells
- 4 tablespoons extra virgin olive oil , divided
- 4 cloves garlic , pressed or minced
- 1 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes
- 4 tablespoons butter
- 1/3 cup white wine or chicken stock
- 2 tablespoons fresh lemon juice , or 1/2 lemon
- 1 tablespoon minced parsley

## Instructions

Thaw the shrimp in cool water and remove the shells then devein the shrimp. Discard the shells, rinse and drain the shrimp then transfer to a small bowl. Drizzle with 2 tablespoons olive oil, half of the garlic, 1/2 teaspoon kosher salt and the red pepper flakes. Toss to coat and set let sit for 20 minutes for flavors to build.

In a large skillet, warm 2 tablespoons olive oil over medium heat. Add the shrimp and garlic mixture to the skillet, spacing evenly in the pan. Cook for 1 to 1-1/2 minutes then flip the shrimps over when they begin to become opaque. Cook for 1 more minute or so, watching so the shrimp turn golden but don't brown too much and the garlic doesn't burn. Transfer the shrimp to a small bowl or plate. If you have browned bits of garlic, move the skillet from the heat and remove the browned garlic as it will be bitter.

Melt 3 tablespoons of the butter in the skillet over medium heat and add the remaining garlic. Cook for 30 seconds or until fragrant then stir in the white wine and lemon juice. Cook for 5 minutes or until the sauce thickens and reduces by half, stirring occasionally.

Add the shrimp with any juices back to the pan and stir in the last tablespoon of butter and 1/2 teaspoon kosher salt or to taste. Sprinkle with the minced parsley, stir, and cook for 1 more minute.

**Note:** Sub chicken stock for white wine to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Herb Butter Salmon and Asparagus Foil Packs

Easy, healthy, garlic Herb Butter Salmon and Asparagus Foil Packs are a quick-and-tasty 30-minute meal for summer nights, camping, and cookouts. The flaky salmon and tender asparagus will melt in your mouth!



## Ingredients

- 4 boneless skinless salmon fillets
- Salt and pepper to taste
- 1 pound asparagus, ends trimmed
- 1 lemon, thinly sliced, (plus additional wedges for garnish)
- 1/2 cup organic butter, at room temperature
- 3 teaspoons Italian seasoning or Herbs de Provence
- 3 teaspoons minced garlic
- Fresh thyme or parsley, for garnish

## Instructions

Season salmon generously with salt and pepper on both sides. Arrange one salmon fillet and 1/4 of the asparagus in the center of one 12x12 inch piece of foil. Repeat with remaining salmon and asparagus on 3 other pieces of foil. Slide lemon slices under the salmon and asparagus.

In a small bowl mix butter, Italian seasoning, and garlic. Drop large dollops of the herb butter on top of the salmon and asparagus.

Fold the foil tightly around the salmon and asparagus, being sure to seal the ends together tightly so the juices and butter doesn't run out while cooking. Grill over medium high heat for 6-8 minutes on each side, OR bake at 400 degrees for 20 minutes, until asparagus is tender and salmon is flaky., unwrap foil and broil 1-2 minutes for a little added color.

Drizzle fresh lemon juice over the top and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Salmon Nicoise with Mustard Avocado Dressing

Grilled salmon and veggies with a creamy avocado dressing.



## Ingredients

1/2 lb. fingerling or mini potatoes  
2 eggs  
4 Tbsp melted ghee  
1 lb. salmon fillet (4 4-oz fillets)  
Salt and pepper  
Garlic powder  
1 zucchini (sliced)  
2 cups of baby spinach  
or arugula leaves  
1 bunch of asparagus, trimmed  
3 oz cherry tomatoes (halved)

## Dressing:

A handful of cilantro leaves  
2 garlic cloves  
1/8 tsp sea salt  
2 Tbsp lemon juice  
1 tsp yellow mustard  
1/4 of an avocado (diced)  
1/4 cup avocado or olive oil  
Water as needed (I used 1 Tbsp)

## Instructions

To start, bring a pot of heavily salted water to a boil. Add potatoes and eggs to the pot of water and boil for 7-10 minutes (depending on the size of your potatoes) until potatoes are fork tender. Now, immediately transfer eggs to an ice bath, then peel and set aside. Drain potatoes and transfer them to a plate and tent with foil.

Now, skin salmon and fillets and season with salt, pepper and garlic powder on both sides. Then, heat a grill pan over high heat until it starts to smoke. Drizzle 2 tablespoons of melted ghee into the pan and gently add the fish to the pan flesh side down. Sear/grill the fish between 2-4 minutes (being careful not to move the fish around, when it is ready to flip, it will start to pull away from the pan). Flip the fish and sear for another 3 minutes. Remove the fish from the pan and set aside to cool.

Now, drizzle another tablespoon of ghee onto the grill pan and grill zucchini for about 1-2 minutes on both sides. Remove them from the pan and set aside. Then add the remaining tablespoon of ghee to the grill pan and grill asparagus for about 3-4 minutes (turning frequently) and season with salt and pepper. Remove from the pan and set aside.

Now, make the dressing. Add cilantro, and garlic cloves to a food processor and pulse until finely chopped. Now, add salt, mustard, lemon juice, and avocado. Continue to pulse until smooth. While the food processor is still running, slowly add in the avocado oil until the mixture is well combined. Then, add a little water at a time and continue to pulse to your desired consistency. Taste and adjust seasoning if necessary.

Finally, build the salad. Start with the spinach or arugula as your base, then add tomatoes, potatoes (cut in half), grilled asparagus and zucchini and finish with salmon, and eggs (cut in half). Serve with the avocado dressing as needed.

**Note:** Swap white potatoes for sweet to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Shrimp and Broccoli with Lemon

A nourishing dinner doesn't have to be complicated. In almost no time, you can create a fresh, flavorful meal packed with everything your body needs. This one-pan dish combines shrimp and broccoli, roasted with olive oil, lemon, and garlic. A satisfying, wholesome meal loaded with protein, fiber, antioxidants, and, most importantly, flavor!



## Ingredients

- 1 pound large shrimp, peeled and deveined  
(frozen works too)
- 3 cups broccoli florets
- 1 lemon, juiced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste

## Instructions

Preheat the oven to 425°F (220°C).

Arrange the shrimp and broccoli on a parchment-lined sheet pan.

Drizzle with olive oil, lemon juice, garlic powder, salt, and pepper.

Roast for 10-12 minutes, until the shrimp are pink and the broccoli is tender.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Sheet Pan Blueberry Salmon

This Sheet Pan Blueberry Salmon and Veggies is a nutrient-rich dinner that's ready in 25 minutes and bursting with flavor!



## Ingredients

- 3 to 4 salmon fillets (4 to 5 ounces each or a 16-ounce fillet)
- 2 cups Brussels sprouts, quartered
- Kosher salt, divided
- 1 cup fresh blueberries
- 1/4 to 1/3 light olive oil, divided
- 1/4 to 1/3 cup chopped fresh basil
- 3 Tablespoons balsamic vinegar
- 2 cloves or 1 teaspoon minced garlic
- 1/4 to 1/2 teaspoon black pepper
- 2 lemons, one juiced and one sliced

## Instructions

Preheat the oven to 400F. Place the salmon fillets on a sheet pan lined with parchment paper. Arrange the Brussels sprouts around the salmon. Generously sprinkle the salmon and Brussels sprouts with salt. Set aside.

Add the blueberries to a medium-sized bowl and mash a few times with a fork. Stir in the olive oil, basil, balsamic vinegar, garlic, black pepper, and a dash of salt.

Drizzle 2 to 3 Tbsp. olive oil over the salmon and Brussels sprouts. Spoon the blueberry mixture over the salmon fillets. Squeeze fresh lemon juice on top of the salmon and veggies. Place lemon slices on top of the veggies on the sheet pan.

Place the salmon in the oven to bake for 15 minutes. Broil for 1 to 2 minutes for extra crispy Brussels sprouts, being cautious as to not to overcook the salmon. Remove from the oven and serve immediately.

Store leftovers in the fridge in an airtight container for up to 3 days.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

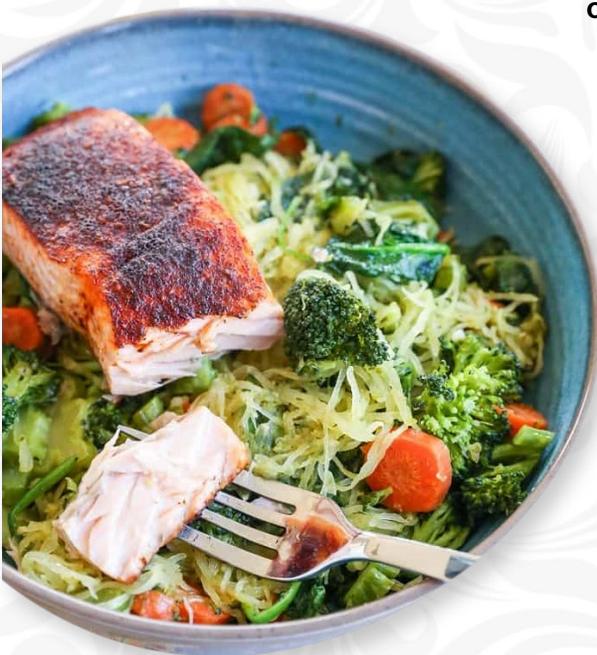
# Dinners

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# Crispy Salmon Veggie Pesto Bowls

Salmon bowls with spaghetti squash tossed in pesto sauce with sautéed vegetables. Great source of protein, fiber, and healthy fat.



## Ingredients

### Pesto Spaghetti Squash

1 large spaghetti squash

roasted

1 large crown broccoli

chopped into florets

2 large carrots peeled

and chopped

1/2 cup homemade Pesto

or pesto of choice

3 cups baby spinach

1/2 tsp sea salt to taste

### Crispy Salmon

1 (1 lb) salmon fillet

2 tsp avocado oil or olive oil

2 tsp ground paprika

1 tsp ground ginger

1 pinch sea salt to taste

## Instructions

**Cook the Spaghetti Squash:** When the spaghetti squash is about 10 minutes from being finished, sauté the vegetables. To do so, heat the avocado oil in a large skillet over medium heat. Add the carrots and broccoli and stir well. Cover, stirring occasionally, until vegetables reach desired done-ness, about 5 to 8 minutes. Add the spinach, cover, and continue cooking until wilted, about 2 minutes.

Once the spaghetti squash has finished roasting and is cool enough to handle, use a fork to release the “spaghetti” strands, then add them to the skillet with the sautéed vegetables. Add the pesto sauce and sea salt and stir well. Taste the veggies for flavor and add more pesto sauce or sea salt to taste.

**Cook the Salmon:** Turn the oven on the high broil setting. Lightly spray or oil a casserole dish and place salmon fillet in it. Drizzle salmon with avocado oil and use your hands to smooth it over the flesh so that all the flesh is lightly coated in oil. Sprinkle with paprika, ginger, and sea salt.

Broil on the second to the top shelf of the oven for 10 to 15 minutes (depending on thickness of fish), until salmon is golden-brown and crispy. Allow salmon to rest 5 minutes before cutting into smaller pieces for serving.

**Prepare the Bowls:** Divide the spaghetti squash and sauteed vegetables between 2 or 3 bowls. Top with crispy salmon and serve.

**Note:** Use a homemade, dairy-free pesto to make this dish approved for the 30-day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Sheet Pan Baked Salmon with Vegetables

When you're short on time and dinner ideas, this Sheet Pan Baked Salmon with Vegetables is fast, balanced, and delicious! Made with omega-packed salmon, sweet potatoes, and fresh veggies, this salmon sheet pan dinner comes together in under an hour.



## Ingredients

- 3 tablespoons avocado oil or olive oil
- Juice of 1 medium lemon (about 1/4 cup)
- 2 garlic cloves, finely minced
- 1 tablespoon fresh dill (or 1/2 teaspoon dried dill)
- 1/2 teaspoon fine salt
- 1/4 teaspoon black pepper
- 1 1/4 pound salmon fillets
- 1 pound sweet potato (1 large or 2 small), thinly sliced
- 12 ounces fresh green beans, trimmed
- 1/2 small red onion, thinly sliced
- 1/2 lemon, thinly sliced

## Instructions

Preheat the oven to 425 F. Line a large rimmed baking sheet with parchment paper and set aside. Make the marinade by whisking together the oil, lemon juice, garlic, dill, salt, and pepper in a small bowl. Set aside 2 tablespoons of the marinade to use later.

Place the salmon fillets in a shallow dish and pour half of the remaining marinade (not the 2 tablespoons you just set aside), over the salmon. Place the salmon in the fridge to marinate while you prep the veggies.

Wash and peel the sweet potato. Using a knife or mandolin slicer, thinly slice the sweet potato into rounds about 1/8-inch thick.

Place the sweet potato slices on the baking sheet. Drizzle with the other half of the marinade that you used for the salmon. Toss the sweet potato slices with the marinade then spread them into an even layer on the baking sheet.

Place the baking sheet in the preheated oven and bake for 10 minutes. After 10 minutes, remove the pan and move the sweet potatoes to one side of the pan to make room for the green beans and onion.

Drizzle the green beans and onion with the reserved 2 tablespoons of marinade. Give them a little toss with your hands or a spoon then spread them evenly into a thin layer next to the sweet potatoes. Return the pan to the oven and bake for an additional 5 minutes.

After 5 minutes, remove the pan from the oven and make a space in the center of the pan for the marinated salmon fillets. Top off each salmon fillet with a lemon slice or two and sprinkle with a little salt and pepper.

Place the baking sheet back into the oven and bake for 10-15 minutes or until the salmon flakes easily with a fork and is no longer opaque. The sweet potato slices should be tender and the green beans crisp-tender. Serve the salmon and vegetables with additional lemon slices and salt and pepper, if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Simple Grilled Salmon and Vegetables

Grilled salmon and veggies make for a colorful and balanced seafood dinner that's ready in just minutes. The grill turns the salmon flaky and moist while tenderizing the crispy pepper and onion pieces.



## Ingredients

- 1 medium zucchini, halved lengthwise
- 2 red, orange and/or yellow bell peppers, trimmed, halved and seeded
- 1 medium red onion, cut into 1-inch wedges
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper
- 1-1/4 pounds salmon fillet, cut into 4 portions
- 1/4 cup thinly sliced fresh basil
- 1 lemon, cut into 4 wedges

## Instructions

Preheat grill to medium-high.

Brush zucchini, peppers and onion with oil and sprinkle with 1/4 teaspoon salt. Sprinkle salmon with pepper and the remaining 1/4 teaspoon salt.

Place the vegetables and the salmon pieces, skin-side down, on the grill. Cook the vegetables, turning once or twice, until just tender and grill marks appear, 4 to 6 minutes per side. Cook the salmon, without turning, until it flakes when tested with a fork, 8 to 10 minutes.

When cool enough to handle, roughly chop the vegetables and toss together in a large bowl. Remove the skin from the salmon fillets (if desired) and serve alongside the vegetables. Garnish each serving with 1 tablespoon basil and serve with a lemon wedge.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

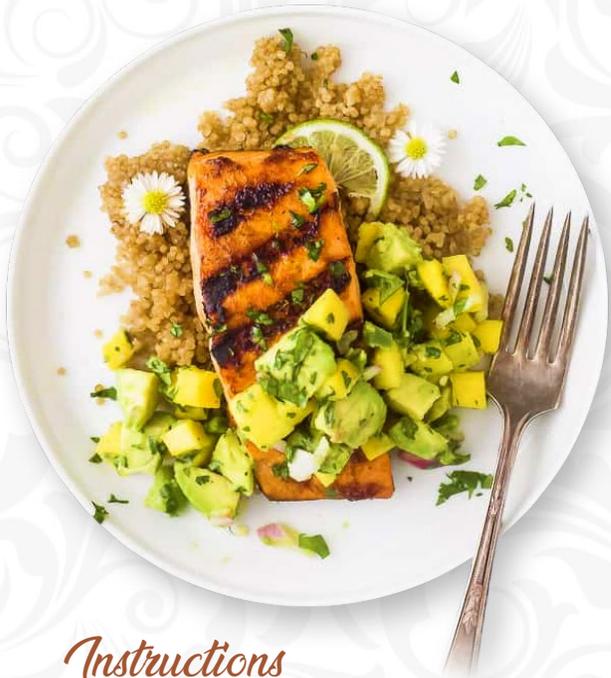
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# Chili Lime Grilled Salmon

(with Mango Avocado Salsa)

This easy 30 Minute Grilled Salmon is rubbed with a chili lime spice blend, grilled to perfection then topped with a creamy Mango Avocado Salsa. A healthy summer recipe that makes the perfect family dinner!



## Ingredients

### Chili Lime Salmon

4 (4 oz.) salmon filet, skin on  
1 teaspoon fresh lime zest  
1/2 teaspoon smoked paprika  
1/4 teaspoon ancho chili powder  
1/4 teaspoon garlic powder  
1/4 teaspoon sea salt  
1 tablespoon lime juice  
1 tablespoon avocado oil

### Mango Avocado Salsa

3/4 cup diced mango  
2 avocados, diced  
1/4 cup diced red onion  
1/4 cup chopped fresh cilantro  
1 1/2 tablespoons diced jalapeno  
1 tablespoon red wine vinegar  
Juice of 1 lime  
Salt to taste

## Instructions

Preheat grill to medium high heat, about 375-400 degrees F.

To a medium bowl add diced mango, avocado, red onion, cilantro, jalapeno, red wine vinegar, lime juice and salt. Gently stir ingredients together until everything is mixed. Set aside

To a small bowl, add fresh lime zest, smoked paprika, ancho chili powder, garlic powder, salt, lime juice and avocado oil. Stir together using a spoon.

Rub spice blend on the flesh side of the salmon.

Make sure that grill grates are clean. This will ensure the fish does not stick! Spray grill grates with cooking spray or rub down with an olive oil soaked rag. Place salmon skin side down first. Grill for 4-5 minutes. (do not touch it during that time)

Gently flip the fish using a spatula (fish should not stick to the grill grates, if it does then you need more cook time). Grill on flesh side for another 4 minutes. Remove from grill and let rest. Serve salmon filets with mango avocado salsa.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Grilled Halibut with Tomato Avocado Salsa

Flaky halibut filets are simply seasoned and grilled, then topped with a fresh and easy tomato avocado salsa in this healthy and fast, three-step recipe.



## Ingredients

4 (6 oz) halibut filets

Extra virgin olive oil

Kosher salt and freshly ground black pepper

### Tomato Avocado Salsa

1 pint heirloom cherry tomatoes sliced

1 avocado peeled, pitted and chopped

1/2 shallot thinly sliced

2 sprigs basil leaves only, slivered

1 tablespoon extra virgin olive oil

1 1/2 teaspoons golden balsamic vinegar

Kosher salt and freshly ground black pepper

## Instructions

Preheat the grill on high heat. Drizzle the halibut filets with olive oil and season with kosher salt and freshly ground black pepper.

Oil the grill grates with grapeseed oil then place the filets on the grill. Gently press the fish down on the grate and cook for 5 minutes on each side or until the fish is opaque and flakes easily.

While fish is cooking, add the sliced cherry tomatoes, avocado, shallot, and basil to a medium size bowl.

Drizzle with the olive oil and golden balsamic vinegar and toss to coat. Season with kosher salt and freshly ground black pepper.

Top the fish with the Tomato and Avocado Salsa.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Baked Salmon and Asparagus in Foil

This salmon really couldn't get any easier and the method of cooking it all together in a foil pouch seals in moisture and keeps the flavors intact. Even if you have minimal experience in the kitchen you can easily make this salmon!

Once you try this you'll likely turn to this method time and time...and time again. Salmon is one of our favorite dinners and this is one of our favorite ways to prepare it.



## Ingredients

- 4 (6 oz) skinless salmon fillets
- 1 lb asparagus, tough ends trimmed
- 2 1/2 Tbsp olive oil
- 2 cloves garlic, minced
- Salt and freshly ground black pepper
- 1 lemon thinly sliced
- Fresh dill sprigs, or chopped fresh thyme, rosemary or parsley

## Instructions

Preheat oven to 400 degrees F. Cut four sheets of aluminum foil (about 14 inches long). Divide asparagus into 4 equal portions (about 8 spears per foil packet) and layer in center of each length of foil.

In a small bowl stir together oil with garlic. Drizzle 1 tsp of the oil over portion of asparagus then sprinkle with salt and pepper. Rinse salmon and allow excess water to run off, then season bottom of each fillet with salt and pepper. Layer fillets over asparagus.

Drizzle top of each salmon fillet with 1 tsp of the olive oil mixture and season top with salt and pepper to taste. Top each with about 2 sprigs dill and 2 lemon slices (if using fresh thyme or rosemary use about 3/4 tsp per each if using parsley use 1 1/2 tsp).

Wrap sides of foil inward over salmon then fold in top and bottom of foil to enclose.

Place foil pouches in a single layer on a baking sheet. Bake in preheated oven until salmon is cooked through, about 25-30 minutes. Unwrap and serve warm.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Summer Shrimp Zoodle Bowls

Perfect to make with fresh Farmer's Market goodies, this dish is full of great texture and flavor!



## Ingredients

### Zucchini

- 2 zucchini squash spiralized
- 1 tablespoon olive oil
- 2 garlic cloves
- 8 to 10 shishito peppers
- 2 ears of sweet corn grilled or charred
- 1/2 pint cherry tomatoes halved or sliced, sprinkled with salt & pepper
- 1/2 cup fresh mozzarella balls
- 2 tablespoons fresh basil
- 2 tablespoons fresh oregano
- Salt and pepper to taste

### Shrimp

- 1 pound raw peeled and deveined shrimp (I like the larger grilling shrimp)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground cumin
- 4 tablespoons unsalted butter
- 2 garlic cloves finely minced or pressed

## Instructions

Start by spiralizing the zucchini and hitting it all with a pinch of salt. Place it on a towel and spread it out, allowing it to sit and release moisture for a few minutes. Press another towel on top of it to soak up some of the water.

At this point, you can grill the corn and prep the shishito peppers! If you don't want to turn on your grill, you can heat the broiler in your oven and place the corn and peppers on a baking sheet. Stick them under the broil as close as you can, watching the entire time, and rotate as they both char and get golden. Remove from the oven (or grill!) and let these things cool. Slice the corn from the cob.

I start the shrimp below, then set it aside on a plate. You can toss the zucchini noodles in the skillet that you used for the shrimp (which is DELISH!) or you can use a new skillet with a bit of olive oil and garlic. I toss the noodles over medium heat for a few minutes until they are just barely cooked. Taste one and determine if you need some salt and pepper to taste. Place the zoodles in one large bowl or a few separate bowls. Build the rest of your bowl, adding on the tomatoes, fresh mozzarella, grilled corn and peppers. Add a few herbs over top and you're good to go!

Pat the shrimp completely dry with paper towels. Once it's dry, season it with the salt, pepper, paprika and cumin. Heat a large skillet over medium-high heat and add the butter. Once it's melted and begins to sizzle, add the shrimp in batches (don't overcrowd it!) and cook on both sides until pink. The butter will brown as the shrimp cooks and you can whisk it occasionally to prevent it from burning. When the shrimp is finished, stir in the garlic (I stir a little in each batch of the shrimp) and cook for a second then place the shrimp on a plate. Repeat with remaining shrimp!

**Note:** Omit corn and fresh mozzarella (or swap for diced avocado) to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Slow Cooked Salmon with Lemon Relish

Here is a fantastic way to prepare salmon, especially if you are feeding a crowd! You can be sure you won't overcook the salmon with this method and, best of all, it will keep and be ready to serve for up to 3 hours!



## Ingredients

### Salmon

1 center cut King salmon fillet  
(1.25 - 1.5 pounds)

Olive oil

Sea salt

Freshly ground black pepper

### Meyer Lemon Relish

1 large shallot, minced

Sea salt

1 tablespoon white wine vinegar  
or lemon juice

1 large Meyer lemon

1/4 cup olive oil (the original recipe  
calls for 1/2 cup, but 1/4 cup seems  
like more than enough to me)

2 tablespoons chopped parsley

Freshly ground black pepper

## Instructions

Preheat your oven to 200 degrees F. Place a baking dish filled half way with water on the lowest rack of your oven, making for a nice moist environment for the salmon to cook.

Lay the intact salmon fillet on a lightly oiled baking sheet. Brush the salmon with a little more olive oil. Salt generously and sprinkle with freshly ground black pepper. Transfer salmon to the warm oven.

It should take between 45 minutes to 1 hour for the salmon to cook, depending on the size and thickness of your fillet. You can tell the salmon is done when the fish feels just firm to the touch and the juices are starting to break through the surface.

You can serve the salmon right away or let it rest for up to 3 hours before serving. (Doesn't that sound helpful for a dinner party you want to prep in advance?).

While the salmon is cooking, make your Meyer lemon relish. First, in a small bowl, macerate shallot for 10-15 minutes in vinegar or lemon juice with a pinch of sea salt.

Next, (leaving the skin on) cut lemon into 8 wedges. Remove seeds and cut out the core. Cut wedges in half again and slice very thin. Add the slivers of lemon to the macerated shallots.

Add olive oil and parsley. Season with sea salt and freshly ground black pepper to taste.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Baked Salmon Cakes

These salmon cakes offer the perfect blend of healthy fats and protein, with wild salmon and almond meal as the star ingredients. Packed with omega-3s, fiber, and essential nutrients, they're an easy, satisfying way to nourish your body and enjoy a flavorful meal. You'll love the simple, yet bold flavors and the nutritional benefits they bring.



## Ingredients

- 1 tablespoon avocado oil
- 6 ounces cooked salmon or 1 (6-oz) can wild salmon
- 1/2 medium red onion, finely chopped
- 1 large egg, beaten
- 1/4 cup finely chopped almonds
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup almond meal, or more if desired
- 1 lemon, cut into wedges
- Parsley leaves, finely chopped (optional)

## Instructions

Preheat the oven to 425 degrees F. Lightly grease a baking sheet with the oil, and put it in the oven on the top rack to preheat.

In a medium bowl, shred the salmon into small flakes with two forks. If using canned salmon, pour the liquid from the can into the bowl as well.

Add the onion, egg, almonds, salt, and pepper and mix well.

Stir in the almond meal. Test the mixture to see if it holds its shape and doesn't seem to be falling apart. If it is still loose and mushy, add a couple more tablespoons of almond meal, mix, and test again. Once you are able to shape the salmon cakes, form two large, equal patties.

Season both sides of the cakes to taste with salt and pepper and put them on the preheated baking sheet. Slide the tray back into the oven and bake on the top rack for 20 minutes, turning the cakes once after the first 10 minutes of cooking.

Remove the salmon cakes from the oven when they are golden brown and slightly crisp on both sides. Let them cool for 5 minutes on a wire rack before serving. Optional: sprinkle with freshly chopped parsley. Serve with lemon wedges.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Garlic Shrimp and Peas

Juicy, tender shrimp swimming in a pool of garlicky, buttery goodness. Serve over cauliflower rice!



## Ingredients

- 6 tablespoons unsalted butter, cubed
- 3 cloves garlic, minced
- 1 large shallot, diced
- 1/3 cup dry white wine or white vinegar
- 1 1/2 pounds medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 1 1/4 cups frozen English peas, thawed
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh chives
- 2 teaspoons freshly squeezed lemon juice
- 2 teaspoons lemon zest

## Instructions

Melt butter in a large skillet over medium heat. Add garlic and shallot, and cook, stirring frequently, until fragrant, about 2 minutes.

Stir in wine or vinegar. Bring to a boil; reduce heat and simmer until slightly reduced, about 1-2 minutes.

Add shrimp; season with salt and pepper, to taste. Cook, stirring occasionally, until pink and cooked through, about 3-4 minutes. Stir in peas until heated through, about 1-2 minutes.

Stir in dill chives, lemon juice and lemon zest. Serve immediately.

**Note:** Use organic butter and white vinegar to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Lemon-Garlic Salmon

This lemon garlic salmon is out-of-this-world delicious. With only a few ingredients, it's easy and quick to make. This recipe is good enough for company but easy enough for a weeknight dinner!



## Ingredients

- 1/4 cup ghee or organic butter
- 6-8 garlic cloves minced
- 1/4 cup chicken broth (no sugar added)
- 1/4 cup fresh lemon juice
- Sea salt
- 1 tablespoon avocado oil
- 4 salmon filets about 6 ounces each,  
patted very dry
- Fresh cracked black pepper if desired
- 2 Tbsp. fresh parsley minced
- Fresh lemons thinly sliced, for garnish

## Instructions

**The lemon garlic sauce:** In a small saucepan, melt ghee or butter over medium heat. Add the garlic and sauté 1-2 minutes or until fragrant. Add in the chicken broth, lemon juice, and a few generous pinches of salt. Simmer this mixture until reduced by 1/3 to 1/2. The sauce will turn from a really thin liquid to a thicker, more bubbly boil. Remove from heat and set aside.

**The salmon:** Remove the salmon from the fridge 10-20 minutes before cooking. Sprinkle both sides liberally with salt and season with fresh cracked black pepper, if desired. Heat avocado oil in a large saucepan over medium-high heat until shimmering.

Carefully place salmon filets skin side up and cook until lightly browned on bottom, about 2-3 minutes or until crispy. Use a spatula to carefully flip, taking care not to flake off any flesh. Cook 3-4 minutes on second side, or until skin is crisp and flesh begins to feel firm to the touch. Remove at this point for a salmon cooked around medium. Continue to cook until flesh easily flakes with a fork for a well-done salmon.

Remove pan from heat and pour lemon garlic sauce over. Sprinkle with parsley and arrange lemon slices over, if desired. Serve with skin or easily remove with a spoon, and serve with more lemon garlic sauce and lemon slices from the pan.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

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# Shrimp Kebabs with Mint and Melon Salad

Here is the perfect summer meal. Simple, elegant, and delicious. The shrimp is balanced with slight sweetness, bitter char, and tangy lime—a combination that complements the refreshing melon. Pick the ripest melons you can find; they should be firm but slightly soft and fragrant, especially near the stem end.



## Ingredients

### Honey-Lime Glaze

2 tablespoons fresh lime juice

1 tablespoon honey

### Melon Salad

1 medium honeydew melon, halved and seeded

1 medium cantaloupe, halved and seeded

1 small seedless watermelon, halved

2 tablespoons lime zest

2 tablespoons fresh lime juice

1 teaspoon chopped fresh mint

### Shrimp

24 raw jumbo shrimp, peeled and deveined, tails on

4 (10-inch) skewers

## Instructions

**Prepare the honey-lime glaze:** Combine lime juice and honey in a bowl; set aside.

**Prepare the melon salad:** Using a 1 1/4-inch melon baller, scoop 24 balls of honeydew, 24 balls of cantaloupe, and 24 balls of watermelon, and transfer to a large bowl. Add lime zest, lime juice, and mint; toss to combine. Cover and chill until ready to eat.

**Prepare the shrimp:** Preheat a grill to high (450°F to 550°F), or heat a grill pan over high. Thread 6 shrimp onto each of 4 skewers. Grill shrimp until opaque, about 2 minutes per side. Brush both sides of shrimp with honey-lime glaze, and cook 15 more seconds per side.

Divide melon salad among 4 bowls, and serve with shrimp skewers.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit honey and go for a cilantro-lime marinade instead.

[Recipe Source](#)

# Dinners

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TOC

# Garlic Shrimp in Tomatoes, Cilantro, and Coconut Milk

Garlic Shrimp in Tomatoes, Cilantro and Coconut Milk is a quick stew cooked in a light, tomato coconut broth with a hint of lime and cilantro. Simple enough to make for a weekday dinner yet sophisticated enough to serve to company. Serve with regular or cauliflower rice to soak up all of the tasty broth!



## Ingredients

- 1 1/4 lbs. peeled and deveined jumbo shrimp, (weight after peeled)
- 1 tsp olive oil
- 1 red bell pepper, diced
- 4 scallions, thinly sliced, white and green parts separated
- 1/2 cup chopped cilantro
- 4 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/2 tsp crushed red pepper flakes, or to taste
- 14.5 oz can diced tomatoes
- 14 oz can light coconut milk
- 1/2 lime, squeezed

## Instructions

In a medium pot, heat oil on medium-low heat. Add red peppers and sauté until soft, about 4 minutes.

Add scallion whites, 1/4 cup cilantro, garlic and red pepper flakes, cook 1 minute.

Add tomatoes, coconut milk and 1/4 teaspoon salt, increase heat and bring to a boil, cover and simmer on low about 10 minutes to let the flavors blend and to thicken the sauce.

Add shrimp and cook 5 to 6 minutes, until opaque and cooked through.

Add lime juice.

To serve, divide equally among 4 bowls, about 1 1/4 cups then top with scallions and cilantro.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge when served alone or with cauliflower rice.

[Recipe Source](#)

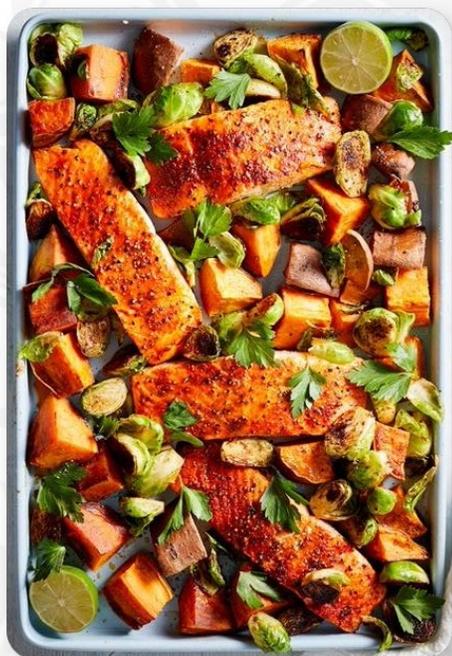
# Dinners

SEAFOOD

TOC

# Blackened Salmon, Sweet Potatoes and Brussels Sprouts

This one-pan meal is super fast to pull together and delivers big on flavor! The combination of sweet potatoes and hearty Brussels sprouts play well with the juicy spice-rubbed salmon. Look for thicker, more center-cut pieces of salmon, as they'll cook more evenly and have better flavor.



## Ingredients

- 1 tablespoon paprika
- 1 1/2 teaspoons black pepper
- 1 teaspoon light brown sugar
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 1/4 teaspoons kosher salt, divided
- 1 lb. sweet potatoes (about 3 potatoes), cut into 2-in. pieces
- 3 tablespoons olive oil, divided
- 8 ounces Brussels sprouts, halved vertically
- 4 (6-oz.) skinless salmon fillets
- 2 tablespoons chopped fresh flat-leaf parsley
- Lime wedges

## Instructions

Stir together paprika, pepper, sugar, garlic powder, cumin, cayenne, and 3/4 teaspoon of the salt in a shallow bowl; set aside.

Preheat oven to 425°F. Toss together sweet potatoes, 1 tablespoon of the oil, and 1/4 teaspoon of the salt. Spread in an even layer on 1 end of an aluminum foil-lined baking sheet. Bake in preheated oven 5 minutes.

Meanwhile, toss together Brussels sprouts, 1 tablespoon of the oil, and 2 teaspoons of the spice mixture in a large bowl. Add Brussels sprouts to pan with potatoes, and bake 10 minutes. Rub salmon with remaining 1 tablespoon oil, and sprinkle with remaining spice mixture.

Add salmon to pan. Cook until salmon is lightly browned and firm (medium) and Brussels sprouts and potatoes are tender, 10 to 12 minutes. Sprinkle with parsley, and serve with lime wedges.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, omit brown sugar from rub.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Scallops with Cilantro Lime Butter

Scallops are easy to make and provide a lovely, impressive, yet simple meal. To keep this dinner lightning-fast, serve it with a quickly sautéed veg like green beans or spinach. Simply cook in the same skillet in any remaining butter.



## Ingredients

- 1 1/2 lb sea scallops, muscles removed (see tip)
- 1 tsp sea salt, divided
- 1/2 tsp ground black pepper, divided
- 5 tbsp organic unsalted organic butter, softened, divided
- 1 tbsp avocado oil
- 2 tbsp finely chopped fresh cilantro
- 1/4 tsp grated lime zest + 2 tsp fresh lime juice
- 1 clove garlic, minced

## Instructions

Using a paper towel, pat scallops completely dry. Sprinkle with 3/4 tsp salt and 1/4 tsp pepper. Heat a large skillet on medium-high; melt 1 tbsp butter with oil, swirling to coat. Working in batches, if necessary, add scallops to pan and cook, undisturbed, until bottoms are golden and crusty, 1.5 to 2 minutes. Flip and cook just until bottoms are golden and crusty, 1.5 to 2 minutes more. Transfer to a plate; cover to keep warm.

Meanwhile, in a small bowl, mash together remaining 4 tbsp butter, cilantro, lime zest and lime juice. Season with remaining 1/4 tsp each salt and pepper.

Reduce heat to medium-low. Add garlic to pan; cook, stirring, for 30 seconds. Add cilantro-lime butter, stirring to melt butter and incorporate garlic. Divide scallops among 4 plates; spoon butter mixture over top.

**Tip:** Scallops have a tough muscle that holds them in their shells. To remove it, use your fingers and simply pull off the small tab of flesh running vertically down the edge.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that organic butter or ghee is used.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Chili Lime Tilapia

This tender and flaky chili lime tilapia is cooked to perfection in the air fryer or oven in under 15 minutes, for a quick and easy weeknight meal. Enjoy in tacos, burrito bowls, salads, or on its own!



## Ingredients

12 oz tilapia fillets 6-8 oz each

2 tsp chili powder

1 tsp cumin

1 tsp garlic powder

1/2 tsp oregano

1/2 tsp sea salt

1/4 tsp ground black pepper

Lime zest from 1 lime

Juice of 1/2 lime

## Instructions

### Air Fryer Method

If your air fryer needs preheating, preheat to 400 F. Grease the air fryer basket or tray with your favorite cooking oil.

Pat dry the tilapia fillets with a paper towel.

In a small bowl, combine all the spices, except lime juice, and stir together.

Press the spice mix into the fish on all sides.

Cook the fish in the air fryer without touching each other for 8-10 minutes, until opaque and flakes easily with a fork.

Drizzle with lime juice and serve immediately.

### Oven Method

Preheat the oven to 400 degrees F and grease a baking sheet with your favorite cooking oil.

Pat dry the tilapia fillets with a paper towel.

In a small bowl, combine all the spices, except lime juice, and stir together.

Press the spice mix into the fish on all sides.

Place the fish on the prepared baking sheet and bake for 12-14 minutes, until opaque and flakes easily with a fork.

Drizzle with lime juice and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Air Fryer Salmon

This Air Fryer Salmon is easy to prepare, perfectly flaky, and simply seasoned! Ready in just 10 minutes!



## Ingredients

- 4 salmon fillets, 6 oz each
- 1 tbsp olive oil, extra virgin
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

## Instructions

Preheat air fryer to 400 degrees.

Use paper towels to carefully pat the salmon dry.

Rub each salmon fillet with olive oil. Season with garlic powder, paprika, salt, and pepper.

Place fillets skin side down (if your fillets have the skin) in the air fryer. They should be in a single layer. Air fry for 7 to 10 minutes. I recommend checking it at the 7 or 8 minute mark and cook for additional time if necessary. You'll know it's done when the fillets flake easily with a fork. Cooking time can vary depending on the thickness of your fish and the model air fryer used.

If using frozen salmon, place it skin side down in the air fryer (without seasonings) for 6 minutes to thaw it. Then add the seasonings to the top and follow the recipe. Total cooking time if using frozen salmon will be 13 to 16 minutes because of the 6 additional minutes in the air fryer to thaw.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

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# Summer Veggie and Shrimp Foil Packets

These are so easy to make and they're perfect for a weeknight dinner or your next summer cookout!



## Ingredients

- |  |   |
|--|---|
| 1 small zucchini, ends trimmed, sliced into half-moons (1 1/3 cups)    | 1 1/2 cups fresh corn                             |
| 1 small yellow squash, ends trimmed, sliced into quarters (1 1/3 cups) | 3 Tbsp olive oil                                  |
| 1 pint grape tomatoes  | 3 garlic cloves, minced (1 Tbsp)                  |
| 1 green bell pepper, chopped (1 cup)                                   | 1 tsp paprika                                     |
| 1/2 small red onion, chopped into chunks and separated                 | 1/2 tsp celery seed                               |
| 1 1/4 lbs. large (21/25) raw shrimp, peeled and deveined               | 1/2 tsp dried thyme                               |
| Salt and freshly ground black pepper                                   | 1/4 tsp cayenne pepper (or to taste, optional)    |
|  | 1 1/2 Tbsp minced parsley, for garnish (optional) |
|  | 4 lemon wedges, for serving                       |

## Instructions

Preheat a grill over medium-high heat to 425 degrees. Cut 8 sheets of 12 by 14-inch heavy duty aluminum foil. Use two sheets of foil per packet.

To a large mixing bowl add zucchini, squash, tomatoes, bell pepper, red onion, corn and shrimp. Drizzle over olive oil then sprinkle over garlic, 1 tsp salt, 1/2 tsp pepper, paprika, celery seed, thyme and cayenne pepper. Toss mixture well to evenly coat.

Layer two sheets of foil per packet, with the first sheet of foil laying in opposite direction of the second. Divide mixture among double lined foil adding it to the center in a rectangular shape.

Wrap up sides of first sheet of foil and roll edges several times to seal, then place second sheet going opposite length and wrap while rolling edges to seal.

Grill until shrimp is cooked through, about 12 - 14 minutes, while flipping packets over to opposite side once halfway through grilling. Carefully open packets as steam will escape. Sprinkle with parsley and serve with lemon juice for spritzing.

**Note:** These can also be baked in a preheated 425 degree oven for about 14 - 16 minutes.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Halibut with Balsamic Cherry Tomatoes

A healthy, quick, light and tasty meal to add into any day of the week!



## Ingredients

- 1 1/2 tablespoons olive oil, divided
- 4 (6-ounce) halibut fillets, skinned
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 cups cherry tomatoes
- 3 garlic cloves, minced
- 2 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh basil

## Instructions

Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil, and swirl to coat.

Sprinkle fish with 1/4 teaspoon salt and pepper. Add fish to pan; cook 5 minutes on each side or until fish flakes easily with a fork. Remove fish from pan; keep warm.

Add remaining 1 1/2 teaspoons oil to pan. Add tomatoes and garlic; sauté 3 minutes.

Add vinegar; cook 1 minute or until tomatoes begin to burst. Stir in basil and remaining 1/4 teaspoon salt.

Serve tomato mixture with fish.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

SEAFOOD

TOC

# Jalapeno Turkey Burgers

If you love a burger with a little kick to it, these juicy burgers have one! Use 85% lean ground turkey so the burger has enough fat so that it doesn't dry out.



## Ingredients

- 1 pound ground turkey (I prefer 85% lean)\*
- 1/2-3/4 of one jalapeno pepper, minced  
(I like it hot so I use 3/4)
- 1 medium size shallot, peeled and minced
- Zest of one lime
- 2 Tablespoons chopped cilantro
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/2 a teaspoon sea salt
- 1/2 teaspoon black pepper

### Optional Toppings:

- Guacamole
- Pico de Gallo
- Poached egg

## Instructions

In a medium bowl, add turkey, eggs, onion, garlic, salt and pepper; mix well with your hands. Set aside.

Prepare other ingredients - it really helps to assemble sliders faster and serve warm.

Preheat large ceramic non-stick skillet on medium-high heat and cook bacon. Transfer to a cutting board draining fat well into the skillet (we will fry patties in it), then cutting it into 14 pieces.

Using 1/4 cup measuring cup, scoop meat mixture and form a patty 2.5-3 inch in diameter. Place in a skillet and repeat with the rest. Cover and cook for about 4 minutes, flip over and cook uncovered another 3-4 minutes.

Place all patties in a skillet, top with a slice of cheese, cover and let cheese melt on low, about 4-5 minutes.

**To assemble turkey sliders:** Take 2 pieces of lettuce, overlap their ends and form a pocket. Place turkey patty inside, top with bacon, a squirt of ketchup and mustard, tomato slice and red onion. Fold lettuce on top, and doing your best, stick long wooden pick in the middle holding all ingredients together. It helps to pull lettuce together and "shoot" a few times.

**Note:** \*85% lean turkey has more fat which makes for a better burger! If your ground turkey has excess liquid, be sure to set on paper towels to remove the juices. This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Sweet Potato-Topped Turkey Pot Pie

A great way to use Thanksgiving leftovers and create something totally new!



## Ingredients

### Sweet Potato Topping:

2 pounds orange-fleshed sweet potatoes  
peeled and cut into 1-inch cubes  
2 teaspoons kosher salt  
3 tablespoons unsalted butter, melted  
1/4 teaspoon freshly grated nutmeg  
Freshly ground pepper

### Filling:

2 tablespoons unsalted butter  
2 tablespoons coconut or avocado oil  
1 large yellow onion, about 12 oz/340 g,  
diced (2 cups)  
3/4 cup peeled and diced carrot (105 g)

3/4 cup diced celery (100 g)  
Kosher salt  
3 tablespoons all-purpose flour  
1 1/2 cups chicken or turkey broth  
(no sugar added)  
1/2 cup half-and-half, or full-fat  
coconut milk (120 ml)  
2 1/2 cups shredded roast turkey  
or chicken (375 g)  
2 tablespoons finely chopped fresh  
flat-leaf parsley  
1 tablespoon finely chopped fresh sage  
1 tablespoon minced fresh thyme

## Instructions

**Sweet Potato Topping:** For Sweet Potato Topping: In a saucepan combine the sweet potatoes, 1 tsp. of the salt and enough water to cover by 1 inch. Cover partially. Bring to boiling over medium-high heat. Reduce the heat to medium. Simmer until the potatoes fork tender, about 10 minutes.

Drain potatoes; return to the warm pan. Stir over low heat for 1 minute. Using a potato masher, mash potatoes. Stir in melted butter, nutmeg, the remaining 1 tsp. salt, and freshly ground black pepper. Set aside.

Position a rack in center of oven. Preheat oven to 400 degrees.

**Turkey Filling:** In a large saucepan melt butter with the oil over medium heat. Add onion, celery, and carrot. Cook and stir, about 2 minutes. Add salt. Cover partially. Reduce the heat to medium-low. Cook until vegetables are very tender, about 12 minutes.

Sprinkle the flour over vegetables. Stir to combine. Slowly stir in the stock. Simmer stirring occasionally until smooth and thickened, about 2 minutes. Stir in cream; bring to a simmer. Add the turkey, parsley, sage, and thyme. Stir to combine; return the mixture to a simmer. Remove from the heat. Spoon the filling into the 2 1/2-to 3-qt. rectangular baking dish. Using a rubber spatula, carefully spread and mound spoonfuls of the mashed sweet potatoes over the filling, leaving some of the filling visible. Bake until bubbly and piping hot, about 20 minutes. Serve Immediately.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use coconut milk instead half-n-half, and swap all-purpose flour for coconut flour.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Turkey Sliders

These Turkey Sliders are so cute and fun! Easy, juicy, low carb and flavorful, they are sure to be a crowd-pleaser. They could be made with ground beef or bison, too!

## Ingredients

- 1.5 lbs ground turkey
- 2 eggs large
- 1/2 small onion minced
- 1 garlic clove grated
- 3/4 tsp salt
- Ground black pepper to taste
- 4 pieces of bacon
- 1 head of butter lettuce rinsed & separated
- 3 medium tomatoes sliced
- 1 small red onion sliced
- Ketchup and mustard (Homemade no-sugar added or Primal Kitchen Brand)
- 3 oz cheese cut into 14 small slices (optional)

## Instructions

In a medium bowl, add turkey, eggs, onion, garlic, salt and pepper; mix well with your hands. Set aside.

Prepare other ingredients - it really helps to assemble sliders faster and serve warm.

Preheat large ceramic non-stick skillet on medium-high heat and cook bacon. Transfer to a cutting board draining fat well into the skillet (we will fry patties in it), then cutting it into 14 pieces.

Using 1/4 cup measuring cup, scoop meat mixture and form a patty 2.5-3 inch in diameter. Place in a skillet and repeat with the rest. Cover and cook for about 4 minutes, flip over and cook uncovered another 3-4 minutes.

Place all patties in a skillet, top with a slice of cheese, cover and let cheese melt on low, about 4-5 minutes.

**To assemble turkey sliders:** Take 2 pieces of lettuce, overlap their ends and form a pocket. Place turkey patty inside, top with bacon, a squirt of ketchup and mustard, tomato slice and red onion. Fold lettuce on top, and doing your best, stick long wooden pick in the middle holding all ingredients together. It helps to pull lettuce together and "shoot" a few times.

**Note:** Use uncured, no-sugar added bacon, omit optional cheese, and homemade, no-sugar added condiments to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Turkey-Stuffed Delicata Squash

Serve up all the Thanksgiving flavors with this quick and delicious weeknight meal!



## Ingredients

- 2 (1-pound) delicata squash, sliced lengthwise and seeded
- 4 tablespoons olive oil
- Pink Himalayan salt and freshly ground black pepper
- 1 cup chopped onion
- 1 cup chopped celery
- 2 garlic cloves, minced
- 1 cup chopped mushrooms
- 1 pound ground turkey
- 1 tablespoon organic garlic salt
- 1/2 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 cup chopped kale leaves
- 2 tablespoons tahini
- 2 tablespoons minced fresh chives

## Instructions

Preheat the oven to 425°F.

Rub the squash halves with 2 tablespoons of olive oil and season the insides with salt and pepper. Set them cut-side up in a baking dish or rimmed baking sheet and roast for 35 minutes, or until tender.

In a large skillet, heat the remaining 2 tablespoons olive oil over medium heat. Add the onion, celery, and garlic and cook until the onion is translucent 4 to 5 minutes. Add the mushrooms and cook until tender, 2 to 3 minutes. Add the turkey, garlic salt, paprika, and cumin and cook until the turkey is cooked through (usually about 4-5 minutes), breaking it up as needed. Add the kale and cook for 1 to 2 minutes, until softened.

Take the pan off the heat. Stir in the tahini and season with salt and pepper.

Divide the turkey mixture among the squash halves (they should be generously full). Sprinkle with chives and serve a squash half to each person.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Meatballs with Roasted Spaghetti Squash

Set yourself up for success by meal prepping with this delicious recipe for meatballs and rotated spaghetti squash! You'll love the flavors of this dish and you'll love even more that you have enough to last you the whole week!



## Ingredients

### For the squash:

1 spaghetti squash

1 tsp salt

1 tsp pepper

### For the meatballs:

2 tbs olive oil

1lb ground turkey

4 garlic cloves, minced

1 egg

1/4 cup almond flour

1 tsp salt

1 tsp

1 tsp oregano

2 tsp Italian seasoning blend

1/2 tsp garlic powder

24oz jar of your favorite

no-sugar added pasta sauce

or homemade sauce

## Instructions

Preheat the oven to 375 F. Carefully slice the squash in half, lengthwise and remove/discard seeds. Drizzle squash with 1 tbs olive oil and salt and pepper.

On a parchment lined baking sheet place squash round sides up and roast in oven for 40-45 minutes. While the squash roasts, make the meat balls.

In a large bowl combine all meat ball ingredients minus the oil. Roll into 2oz meatballs (roughly golf-ball sized).

Preheat a large skillet on medium high heat. Heat oil in skillet and add meatballs. Cook on all sides rotating occasionally until cooked through (10-15 minutes).

When spaghetti squash is cool enough, shred with forks and assemble meal prep containers with squash, 2 meatballs, and sauce.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Oven Roast Turkey Breast

Oven Roast Turkey Breast – it's smothered in rich butter, savory herbs and vibrant garlic then roasted to golden brown perfection. Easy prep and delicious results! Perfect for your Thanksgiving meal.



## Ingredients

- 6 lb. bone-in skin-on turkey breast, fresh or frozen and fully thawed
- 1/2 cup unsalted organic butter, softened
- 1 Tbsp minced garlic (3 cloves)
- 1 Tbsp minced fresh thyme
- 1 Tbsp minced fresh rosemary
- 1 Tbsp minced fresh sage or parsley
- Salt and freshly ground black pepper
- 1 large yellow onion, peeled and cut into chunks
- 1 large carrot, peeled and cut into chunks
- 2 celery ribs, cut into chunks

## Instructions

Preheat oven to 325 degrees. Move oven rack one level below center.

Carefully separate skin from breast using a large spoon or the handle of a wooden spoon, while leaving outer edges if skin intact (so butter doesn't just seep out).

In a mixing bowl stir together butter, garlic, thyme, rosemary, sage and season with some salt and pepper.

Dab chicken dry with paper towels. Rub about half of the butter mixture all over underneath the skin then remaining half over. Season all over with salt and pepper.

Add onion, carrot and celery to a medium roasting pan. Place a roasting rack over veggies if you have one (otherwise you can just place turkey directly over vegetables).

Place turkey skin side up on rack. Roast in preheated oven until center or thickest portion registers 165 on an instant read thermometer, about 2 to 2 1/4 hours.

Let turkey rest on a carving board tented with foil for about 10 minutes before carving.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Cranberry Orange Glazed Turkey Breast

Feel intimidated at the thought of cooking a whole turkey? Learn how to make Cranberry Orange Glazed Turkey Breast with this easy recipe. Perfect holiday centerpiece with sweet-tart glaze in just 90 minutes!



## Ingredients

- 1 (3-4 lb) turkey breast, bone-in and skin-on
- 2 cups fresh cranberries
- 1 cup pure orange juice
- 1/2 cup honey
- 2 tablespoons orange zest
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- Salt and pepper to taste

## Instructions

**Prep Your Turkey:** Remove the turkey breast from the refrigerator 30 minutes before cooking to bring it to room temperature. Pat it completely dry with paper towels—this is crucial for crispy skin! Rub the olive oil all over the turkey, then generously season with salt and pepper. Place it skin-side up in a roasting pan.

**Make Your Glaze:** In a medium saucepan, combine the fresh cranberries, orange juice, honey, orange zest, and minced garlic. Bring to a simmer over medium heat, stirring occasionally. Cook for 8-10 minutes until the cranberries start to pop and the mixture thickens slightly. Remove from heat and stir in the chopped rosemary and thyme. The glaze should be glossy and smell absolutely incredible.

**First Glaze Application:** Preheat your oven to 375°F. Brush about half of the cranberry-orange glaze over the turkey breast, making sure to get into all the nooks and crannies. Reserve the remaining glaze for basting during cooking and for serving alongside the finished turkey.

**Roast the Turkey:** Roast for 45 minutes, then brush with more glaze. Continue roasting for another 15-30 minutes, depending on the size of your breast and your oven. Start checking the internal temperature after 15 minutes to avoid overcooking—it should reach 165°F when measured at the thickest part of the breast. The skin should be golden brown and gorgeous.

**Rest and Serve:** Let the turkey rest for 10 minutes before carving—this helps the juices redistribute for incredibly moist meat. Warm any remaining glaze and serve alongside the carved turkey.

**Note:** Use pure, no-added sugar orange juice and swap honey for homemade date paste (approx 2/3 c) to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Dinners

TURKEY

TOC

# Cast Iron Veggie Frittata

An easy one-pan zucchini frittata is a healthy meal idea for breakfast, brunch, and midweek dinner that your family will love. Prepared in an iron cast skillet, this easy and healthy frittata recipe is gluten-free, dairy-free, and 30-Day Metabolic Comeback Challenge friendly.



## Ingredients

- 8 eggs
- 1/4 cup dairy-free milk (such as unsweetened almond, cashew, or coconut milk)
- 2 tbsp olive oil
- 2 cups zucchini, sliced
- 1 bell pepper, core, seeds, and membranes removed, cubed (1 cup)
- 1/2 onion
- 1 fresh garlic clove or 1/2 tsp dried garlic powder
- 1 tbsp fresh herbs or 1 tsp dried herbs
- Ground black pepper
- Finely ground sea salt

## Instructions

- Preheat the oven to 400°F. In a medium jug or bowl, combine the eggs, non-dairy milk, and herbs. Set aside.
- Heat the olive oil in a 10-in skillet or ovenproof sauté pan over medium-high heat until it gently shimmers.
- Add the zucchini, bell pepper, and onion. Fry, occasionally stirring, until softened, for about 5 to 8 minutes. Season with salt and pepper to your taste. Add the garlic and cook, stirring constantly, for another 30 seconds.
- Pour the egg mixture over the vegetables. Tilt the pan to disperse the egg mixture evenly. Cook for 3 to 4 minutes, until the eggs begin to set around the sides.
- Put the pan into the preheated oven and bake for 10 to 12 minutes, until the eggs have set and the center of the frittata is no longer wobbly. Remove from the oven and let cool for 15 minutes.
- Cut the spinach frittata into wedges and serve salad, salsa, or soup.

**Note:** Keep leftover spinach frittata in an airtight food container in the refrigerator for up to 3 days. This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Butternut Squash Pasta with Alfredo Sauce (Grain & Dairy-Free)

Have you tried spiralizing veggies to make healthy “pasta”? This recipe uses butternut squash “noodles” and a blended sauce that is so easy and extremely delicious. Add some shredded chicken if you like! Enjoy.



## Ingredients

- 1 Butternut Squash or you can buy pre-cut noodles (approx. 5 cups noodles)
- 1 tbsp olive oil
- 1/4 cup chopped bacon
- 2/3 cup cashews, soaked in boiling water for 10 minutes
- 1 clove garlic
- 1/3 cup almond milk
- 1/4 tsp salt
- 1/2 tsp pepper
- 1/4 cup frozen peas (sub for 1 cup spinach)
- 1 tbsp parsley chopped

## Instructions

- Preheat the oven to 395 F. Peel the butternut squash and spiralize into noodles or use a julienne peeler to cut thin noodles. Place the butternut squash pasta on a baking sheet and toss with olive oil. Bake in the oven for 8 minutes until al dente.
- Combine the cashews, garlic, almond milk, salt and pepper in a blender and blend until smooth. Add a splash of water if the sauce is too thick.
- Fry the bacon in a skillet until crisp.
- Pour the sauce into the skillet along with the frozen peas or spinach and heat until warm. Add in the butternut squash pasta and toss to coat in the sauce. Top with chopped parsley before serving.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Caramelized Onion Spaghetti Squash

Onions sautéed with organic butter and olive oil create this scrumptious Caramelized Onion Spaghetti Squash recipe, complete with mushrooms!



## Ingredients

- One 2-3 lb. spaghetti squash
- 1/4 cup olive oil
- 2 tbsp organic butter or ghee
- 2 medium yellow onions peeled and sliced into longer strips if possible
- 1 1/2 cup mushrooms
- 1 cup kale
- 1/4 tsp rosemary (I used fresh, but dried would work too)
- Salt and pepper to taste
- Sprinkle of parmesan cheese (optional)

## Instructions

Preheat oven to 350°. Slice squash in half, remove seeds and place on baking sheet. Brush 2 tbsp olive oil on both sides of the squash (1 tbsp per half) and then place face down in the oven.

While squash is roasting, melt butter and last 2 tbsp oil over medium-high in a large skillet. Add onions to skillet, stirring occasionally. After 5 minutes, add mushrooms.

After approximately 10 minutes, the onions should start to caramelize. If they look like they're burning at all, add an extra tablespoon of oil.

Add kale to skillet and continue to stir everything together until onions turn a nice golden-brown color.

After 45 minutes, remove squash from oven and allow 10 or so minutes for it to cool off.

Once slightly cooler, use a fork to remove "spaghetti" from squash and place in a skillet; add rosemary, salt and pepper and stir everything together.

Add parmesan cheese if you wish and enjoy!

**Note:** Omit optional parmesan to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Stuffed Spaghetti Squash

Spaghetti squash stuffed with earthy vegetables and rich marinara sauce. Add shredded chicken or leave it out for a delicious vegetarian option. Perfect, easy fall dinner!



## Ingredients

1 spaghetti squash	4 ounces sliced mushrooms
3 Tbsp olive oil	1 cup chopped kale leaves
Salt and pepper	1/2 tsp crushed red pepper flakes
1 onion (sliced)	1/2 cup coconut milk
2 small garlic cloves (finely minced)	1 cup marinara sauce (no added sugar such as Rao's)
1 bell pepper (sliced)	1/4 tsp smoked paprika

## Instructions

To start, preheat oven to 400 degrees F. Now, using a sharp knife, cut off each end of the squash (remove as little as possible- this will help the squash stand up straight). Then, cut the squash widthwise and scoop out the seeds. Brush the interior of each half of the squash with 1 tablespoon of olive oil and sprinkle with salt and paper. Place the squash, cut side down, on a baking sheet lined with parchment paper. Roast squash for 40-45 minutes or until a knife easily pierces the skin of the squash.

In the meantime, heat the remaining 2 tablespoons of olive oil in a large skillet and add onions, garlic, bell pepper and mushrooms to the pan. Sauté until peppers are tender. Now, season with salt and pepper, stir in kale leaves and sauté until kale leaves wilts. Finish with pepper flakes, coconut milk, and paprika. Simmer for a few minutes, taste and adjust seasoning if necessary.

Remove squash from the oven and turn the oven to broil. Remove the squash from the baking sheet, place a cooling rack on top of the baking sheet and return the squash to the cooling rack. Use a fork to scrape the strings from the wall of the squash, leaving them in the skin of the squash.

Then, evenly distribute the marinara sauce and vegetable mixture in each squash bowl (at this point, you can add your choice of vegan cheese if you would like). Return the squash to the oven and broil for 5 minutes. Enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Herb-Roasted Tri-Colored Carrots

These roasted rainbow carrots are lightly caramelized around the edges, crisp-tender in the center, and seasoned with fresh rosemary, thyme, and parsley! Perfect side for any holiday gathering!



## Ingredients

- 2 pounds carrots, trimmed, peeled, and cut on the diagonal into 1/2-inch pieces (I used tri-colored carrots, but you can use all orange)
- 2 tablespoons olive oil
- 2 to 3 teaspoons fresh rosemary, finely chopped
- 1 teaspoon fresh thyme
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste
- 2 to 3 teaspoons fresh Italian flat-leaf parsley, finely chopped
- 2 teaspoons lemon juice, optional

## Instructions

Preheat oven to 450 F and line a baking sheet with aluminum foil for easier cleanup.

Add the carrots to the baking sheet, evenly drizzle with olive oil, and evenly sprinkle with thyme, rosemary, salt, pepper, and toss with your hands to evenly coat.

Arrange the carrots in a flat layer with space between the pieces if possible and bake for about 30 to 35 minutes or until carrots are lightly caramelized around the edges and fork-tender. Baking times will vary based on the size of carrots and personal preference for doneness.

Stir and flip halfway through baking to ensure all sides cook evenly.

Evenly sprinkle with parsley, evenly drizzle with optional lemon juice (brightens up the dish), and serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Mexican Cauliflower Rice

Taco Night just got a whole lot healthier. Properly prepared, cauliflower rice is chewy, nutty, and deliciously addictive. For best flavor and texture, make the rice from scratch using a fresh head of cauliflower. Cauliflower happily absorbs seasonings, so be generous. This dish is both easy and flexible—make in one skillet, and ready in under 30 minutes.



## Ingredients

- 1 head cauliflower, riced
- 1 tbsp olive oil
- 1 medium white onion, finely diced
- 2 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 3 tbsp tomato paste
- 1 tsp sea salt
- 1 tsp cumin
- 1/2 tsp paprika
- 3 tbsp fresh chopped cilantro
- 1 tbsp lime juice

## Instructions

Rice the cauliflower. Slice the florets from the head of the cauliflower. Fit a food processor with the s-blade. Place half the florets into the bowl of the food processor and pulse until riced, scraping down the sides once halfway through to catch any larger pieces. Scrape out the riced cauliflower and repeat with the remaining florets. (Or purchase pre-riced cauliflower).

Heat a skillet over medium high heat. Add the oil and heat until it shimmers. Add the onion and sauté until soft and translucent, stirring occasionally, 5-6 minutes. Add the garlic and jalapeno and sauté until fragrant, 1-2 minutes.

Add the tomato paste, salt, cumin, and paprika and stir into the vegetables.

Add the cauliflower rice and stir continuously until all ingredients are incorporated. Continue sautéing, stirring occasionally, until the cauliflower releases its liquid and is dry and fluffy.

Remove the Mexican cauliflower rice from heat. Stir in the cilantro and lime juice. Serve immediately.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Grilled Marinated Veggies

These grilled vegetables are an assortment of colorful veggies bathed in a flavorful garlic and herb marinade, then cooked to perfection on the grill. An easy dish that's quick to make and always gets rave reviews! Grilled veggies pair well with almost any protein such as beef, fish or chicken.



## Ingredients

- 2 pounds assorted vegetables trimmed and halved or cut into 2-inch pieces (I used asparagus, mushrooms, red onion, red bell peppers, baby carrots and yellow squash).
- 5 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 teaspoons dried Italian seasoning
- 1 1/2 teaspoons garlic minced
- 1/4 cup parsley leaves chopped
- Lemon wedges for serving (optional)

## Instructions

Place the olive oil, lemon juice, salt, pepper, Italian seasoning and minced garlic in a large bowl. Whisk to combine.

Add the vegetables to the bowl and toss to coat. Cover and refrigerate for at least 20 minutes or up to 2 hours.

Preheat a grill or grill pan to medium high heat.

Add the denser vegetables first, such as the carrots (or potatoes if using). Cook for 3-4 minutes, then add the rest of the vegetables to the grill.

Cook the vegetables for 3-5 minutes per side or until browned and tender.

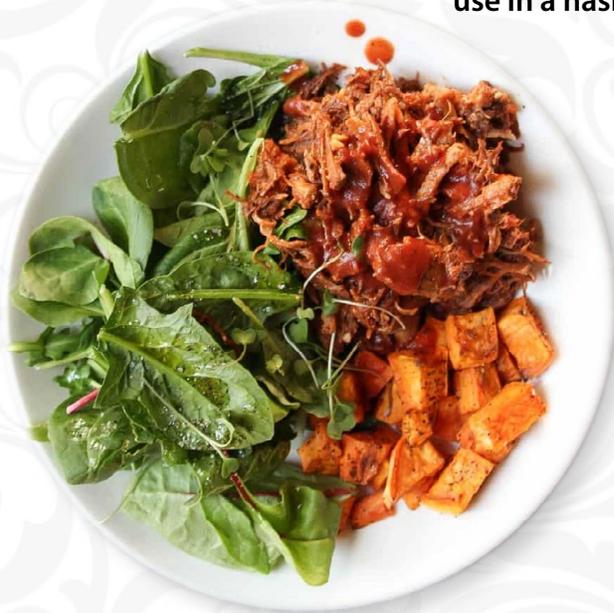
Place the vegetables on a serving plate. Sprinkle with parsley and garnish with lemon wedges if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Instant Pot BBQ Pulled Pork

This Instant Pot Pulled Pork is quick, easy, and super versatile. Serve with your favorite homemade slaw, fresh greens and roasted sweet potatoes, over cauliflower rice in a bowl, toss into a salad, or use in a hash to serve with eggs the next morning.



## Ingredients

- 3 lb. bone-in pork shoulder
- Kosher salt
- Black pepper
- 1/4 cup apple cider vinegar
- 1/2 cup chicken broth (no sugar added)
- 1 tbsp. ground cumin
- 1 white or yellow onion, sliced
- 2 cloves garlic
- 1 cup (or more to taste) Homemade Sugar-Free BBQ Sauce (or Tessemaes brand)

## Instructions

Cut pork shoulder down into four large hunks (you'll have to cut around the bone). Season the pork all over with kosher salt, pepper, and cumin.

Turn the Instant pot on the "sauté" setting. When hot, add 1 tbsp. olive oil to the instant pot, then sear the pork on both sides, about 4 minutes per side, until golden brown.

Toss in the onions, garlic, apple cider vinegar, and chicken broth.

Hit "cancel" on the instant pot, then hit "manual", and turn the time up to 90. Cover and let cook until time is done.

When the cook time is done, the Instant Pot will switch automatically to its "Keep Warm" mode. If you're at home, press the "Keep Warm/Cancel" button to turn off the cooker and turn the valve from sealing to venting to release the pressure quickly.

When pressure is released, open instant pot. using tongs, remove the pork onto a cutting board (you can discard the liquid in the instant pot). The pork should shred very easily by just squeezing it with the tongs, or using two forks to shred. Discard any unwanted fat.

Place shredded pork in a cast iron skillet over medium-high heat and pour 1 cup (or more to taste) of BBQ sauce over and toss to coat and cook for about 5 minutes, or until the liquid is cooked off and the barbecue sauce has soaked into the pork. Taste and add salt and pepper or more BBQ sauce, if needed.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that compliant BBQ sauce is used.

[Recipe Source](#)

# Slow-Cooker Pork Carnitas

Slow-Cooker Pork Carnitas are a versatile and flavorful protein to make a variety of healthy meals. Try in a cauliflower rice burrito bowl or in a lettuce wrap with your favorite salsas and avocado.



## Ingredients

- 6 lb pork shoulder or butt
- 1 onion medium, sliced
- 3 garlic cloves, minced
- 2 tsp oregano dried
- 3 tsp cumin ground
- 1/2 tsp black pepper ground
- 2 tsp Kosher salt
- 2 tsp chili powder
- 1/2 tsp cinnamon ground
- 2 limes sliced with rind removed
- 2 bay leaves
- 1 cup water

## Instructions

In a small bowl place oregano, cumin, black pepper, salt, chili powder, and cinnamon, then mix thoroughly.

Put the pork shoulder in the slow cooker and add the onion, garlic, limes, bay leaves, water and spice mixture.

Cover and cook for 6 hours on high. Flip over every couple hours in the slow cooker. Check after 5 hours or so and cook until it separates easily with a fork.

Heat oven on broiler.

Move meat to a large cutting board and using two forks begin to shred the meat.

Place the meat in a single layer on a baking tray, and broil for about 5 minutes.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Tex-Mex Lettuce Wraps

You will love this super-easy and tasty recipe for Tex-Mex Lettuce wraps! Make it a meal by serving alongside cauliflower rice and don't forget to top with fresh guacamole or sliced avocado!



## Ingredients

- 1 1/2 lbs boneless, skinless chicken breast
- 1 1/2 tbsp taco seasoning (no sugar added)
- 1 jalapeno, seeded and sliced
- 1 16 oz jar of salsa
- 1 yellow onion, diced
- Salt, as needed (I used 1 tsp)
- Iceberg lettuce leaves for wrapping

## Instructions

Sprinkle seasoning all over chicken breasts, then place breasts at the bottom of the slow cooker.

Scatter onion and jalapeno over chicken breasts. Pour salsa over top. Place lid on slow cooker and cook on LOW for 4-5 hours.

After 4-5 hours, remove chicken breasts from slow cooker and chop up. Place chopped chicken back in slow cooker and stir to combine. Season with salt to taste.

To serve lettuce wraps, spread one lettuce leaf out and scoop about 1/4th cup chicken mixture on top. Roll up lettuce leaf and enjoy!

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided that salsa used contains no added sugars.

[Recipe Source](#)

# Dinners

INSTANT POT

TOC

# Slow Cooker Chicken Cacciatore

Chicken Cacciatore is an Italian favorite that is loaded with veggies and fresh flavors. Serve atop a bed of Spinach, or roasted spaghetti squash for a nourishing, healthy meal this week!



## Ingredients

- 6 skinless chicken thighs  
(I used bone-in)
- salt and black pepper to taste
- 2-3 Tablespoons olive oil
- 4 cloves garlic minced
- 1/2 medium white onion chopped
- 1/4 cup diced red bell peppers
- 1 cup sliced carrots
- 1 cup sliced mushrooms
- 28 oz can diced tomatoes drained
- 6 oz can tomato paste
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 6 Kalamata olives
- 1/2 cup chopped kale stems removed
- 2 Tablespoons fresh chopped parsley  
plus more for serving
- Fresh basil leaves for garnish  
(optional)
- Grated Parmesan cheese for serving  
(optional)

## Instructions

Season chicken with salt and black pepper. Heat olive oil in a large non-stick skillet over medium-high heat. Sear chicken until golden brown, about 3 minutes per side. Transfer chicken to slow cooker. Alternatively, if pressed for time, skip browning and add chicken straight to a 6-quart slow cooker.

Add the garlic, onion, bell peppers, carrots, mushrooms, diced tomatoes, tomato paste, dried basil, oregano, rosemary, thyme and salt, and black pepper to taste. Stir to combine. **\*\***(Do not worry if the mixture looks dry, the tomatoes will release more liquid as this cooks - if you like this dish saucier or soup-y - you can add 1/2 cup chicken broth or water)

Cover and cook on high for 3-4 hours or on low for 6-7 hours.

30 minutes prior to serving, stir in the olives, kale and cook for an additional 20-30 minutes on HIGH, or until sauce thickens up slightly and kale is wilted.

Sprinkle with chopped parsley, basil leaves and taste and season with additional salt or black pepper, as needed.

Serve hot over zucchini noodles, cauliflower rice, or your favorite sides and top with grated parmesan, if desired.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge provided it is served atop of the options listed above, and no parmesan is added.

[Recipe Source](#)

# Dinners

INSTANT POT

TOC

# Easy Short Rib Ragu

Short Rib Ragu is total comfort food and perfect for all the cold weather months! A simple and delicious meal that you can make in the slow cooker!



## Ingredients

- Salt and pepper
- 2 Tablespoons avocado oil, divided
- 2 teaspoons minced garlic
- 2-3 celery stalks, sliced
- 2-3 medium carrots, peeled, sliced and quartered  
(halved works too)
- 1 medium sweet yellow onion, diced
- 6-8 beef short ribs
- 25 oz marinara sauce (homemade or store-bought)

## Instructions

- Place short ribs on a large plate, pat dry with clean paper towel and season with salt and pepper all over; set aside.
- Add 1 tablespoon oil to large cast iron skillet and bring to medium high heat.
- Sear short ribs on all sides. Transfer them to the slow cooker.
- In the same skillet, add another tablespoon of oil. Then add garlic and stir, allowing it to cook 1 minute.
- Add celery, onion and carrot. Sprinkle with salt and pepper.
- Stir and allow to cook 2-3 minutes, scraping up any bits from the bottom of the pan.
- Pour vegetable mixture into crockpot on top of short ribs. Pour marinara sauce on top. Mix to coat the short ribs.
- Cover and let cook for 7-8 hours on low.
- Before serving, remove short ribs and shred meat, discarding bones. Place shredded meat back into the crockpot and mix to combine.
- Serve with pasta, zoodles or spaghetti squash.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, make sure you are checking your marinara ingredients (for store-bought, try Primal Kitchen) and serve with zoodles or spaghetti squash.

[Recipe Source](#)

# Whole Food Brownie Bites

Bake a batch and keep the extras in the freezer for a whole-food, protein-packed treat anytime!



## Ingredients

1 cup mashed bananas

1/2 cup smooth almond butter (can sub for cashew butter  
or a nut butter alternative, no sugar added)

1/4 cup unsweet cacao or cocoa powder

1 scoop of protein powder (Coach Fuel or Coach Fuel-DF  
vanilla or chocolate)

## Instructions

Preheat the oven to 350 F and line a mini muffin tin with mini muffin liners (for smaller brownie bites, you'll need at least 15). Ensure each muffin tin is greased generously.

In a high-speed mixing bowl, combine all your ingredients and blend/mix until smooth.

Spoon brownie mixture into each muffin tin, filling until just full. As there is no baking powder needed, they generally won't rise.

Bake for 12-15 minutes, or until a skewer/toothpick comes out just clean.

Allow to cool in the muffin tin completely.

For best results, refrigerate once cooled for several hours.

**Note:** Brownie bites need to be kept refrigerated but taste amazing from the freezer too. Top with crushed almonds, coconut or Lilly's Dark Chocolate.

This dish is approved for the  
30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Desserts

# Joyful Almond Coconut Chocolate Bites

Here is a more healthful holiday treat that is refined-sugar free, dairy-free, gluten-free, and a wholesome choice for an occasional treat.



## Ingredients

### Coconut Filling:

- 1 1/4 cups unsweetened organic coconut, finely shredded
- 1/4 cup melted coconut oil
- 2 tablespoons maple syrup (you could also use honey, a few drops or stevia or liquid monkfruit)
- 1 teaspoon vanilla extract

### Dark Chocolate Coating:

- 10 ounces of high-quality dark chocolate (85% dark is my choice)

### Optional:

- Approximately 1/3 cup toasted almond slices

## Instructions

Lightly grease a nonstick mini-muffin tin with a little coconut oil and set aside. In a medium-sized mixing bowl, combine all of the coconut filling ingredients and mix together until very well combined. Evenly divide up the filling between the 12 mini-muffin cups, pressing it in very tightly, making sure it is somewhat even. Don't worry they won't stick. Place the muffin pan in the freezer make sure it is sitting flat, and freeze until the filling is solid, about 30-45 minutes.

Take the muffin tin with the frozen coconut mixture out of the freezer, carefully remove each coconut treat out of the pan, running a thin knife around the edge to loosen and pop them out. Place them on a parchment or wax paper lined baking sheet, if you want to place the pan back in the fridge to keep them cool while you melt the chocolate, you can do that.

Once you are ready to coat the treats with the chocolate you can carefully melt the chocolate using a double boiler setup on the stove top or you can carefully melt it in small increments in the microwave, stirring often. (Definitely use the double boiler if you are making the refined sugar-free version with the bakers chocolate).

Turn off the heat on the stove and keep the bowl of chocolate over the pan, remove the coconut treats from the fridge. Place one coconut treat on a fork and slowly lower it into the chocolate, spoon additional chocolate over it to fully coat it. Lift the fork out and gently shake to release any of the excess chocolate. Scrape the bottom of the fork along the side of the bowl and place on the lined baking sheet. Sprinkle a few toasted almond slices on top into the chocolate. Repeat until all of the treats are coated in chocolate and have almonds on top. If the chocolate gets too thick, you just turn on the flame and heat slightly to melt it again.

Put the tray back in the fridge and let them harden for about 45 minutes.

After these are set, you could store them in the freezer to keep them really cold and totally solid or of course, you can just store them in the fridge or even at room temperature if it isn't too hot out.

**Note:** Although this dish is not approved for the 30-day Metabolic Comeback Challenge, it is a great dairy, grain, and refined sugar-free choice for your 80/20 lifestyle.

[Recipe Source](#)

# Desserts

# Paleo Pumpkin Pie

## (Grain & Dairy Free)

This classic Paleo Pumpkin Pie is just as delicious as any traditional pie you've made!



### Ingredients

#### For the paleo pie crust:

- 1 cup blanched almond flour
- 2 Tbsp coconut flour sifted
- 2/3 cup tapioca flour
- 1/2 cup palm oil shortening cold, or grassfed butter, or a combination of both
- 1 Tbsp Maple Sugar or coconut sugar
- 1/2 tsp fine grain sea salt
- 1 egg

#### For the filling:

- 15 oz can pumpkin puree
- 2/3 cup full fat coconut milk blended
- 6 Tbsp pure maple syrup or a tbsp or 2 more if you'd like it sweeter
- 2 tsp pure vanilla extract
- 1 Tbsp pumpkin pie spice
- 1 tsp cinnamon
- Pinch salt
- 2 large eggs room temp
- 1 egg yolk room temp

### Instructions

**The crust:** Preheat your oven to 375 degrees F. In the bowl of a food processor, pulse all crust ingredients EXCEPT egg to create thick crumbs, then pulse/process in the egg until a dough forms.

Gather the dough into a ball, wrap in plastic, and chill in the refrigerator at least 20 minutes prior to rolling or pressing into your pie dish.

To get the dough into your pie dish, you can either:

Roll out the dough into a circle between two sheets of parchment. Place your pie dish upside-down over the dough, then using the bottom parchment paper, flip the dough into the dish. Finish by pressing it into the bottom and sides of the pie dish to fit.

If you don't wish to roll out the dough (or find it tricky) you can simply press evenly into 9-inch pie dish using your hands. Be patient and refrigerate dough as needed to make it easier to work with.

Once pressed into the pie dish, gently pierce the dough with a fork all over so it doesn't puff up while baking.

Bake pie crust in 9-inch pie dish in the 375-degree oven for 10 minutes until bottom is set, remove from oven and allow to cool for 5 minutes before pouring in filling.

**The filling:** Whisk all ingredients except eggs, then whisk in eggs and egg yolk one at a time, don't overmix.

Pour filling into partially baked crust, spreading it all around to seal edges. Cover crust with aluminum foil and bake (at 375 F) for 55-65 minutes or until center is nearly set (still a bit jiggly) and crust is deep golden brown.

Allow to cool completely at room temperature to avoid excessive cracking of the filling. Once cooled, serve, or cover and store in the refrigerator for up to 2 days prior to serving. Serve topped with coconut whipped cream if desired. Enjoy!

**Note:** Although this dish is not approved for the 30-day Metabolic Comeback Challenge, it is a great dairy, grain, and refined sugar-free choice for your 80/20 lifestyle.

[Recipe Source](#)

# Desserts

# Candied Apple Wedges

Let's re-define dessert. Whole-food treats like this are perfect for a snack, appetizer, or healthy dessert. Great for kids and adults alike. Customize with your favorite nut butters and toppings.

## Ingredients

1 Apple Cored (Granny Smith, Honeycrisp, or Pink Lady)

Natural Nut Butter of Choice (Almond, Pecan, Peanut, Cashew)

## Toppings of choice

Shredded coconut, cacao nibs, sliced almonds, mini chocolate chips, granola, sunflower seeds, chia seeds, flax seeds, raisins, dried cranberries, mini dark chocolate chips, pumpkin seeds

## Instructions

Core and slice apple.

Dip each wedge into nut butter then topping of choice.

Serve in a pinwheel on a serving platter.

**Note:** This dish is approved for 30-Day Metabolic Comeback provided no peanut butter or sweetened chocolate/dried fruit is used.

[Recipe Source](#)

# Desserts

# Protein Chia Pudding

Packed with protein, made with just a few ingredients, and super-fast to prep ahead, this single-serve or batch prep protein chia pudding makes an easy, breezy protein snack or breakfast.



## Ingredients

2 tablespoons chia seeds

1/2 cup plus 2 tablespoons

unsweetened almond milk,

or unsweetened nut milk of choice

1 serving vanilla Coach Fuel

protein powder

## Instructions

To an 8-ounce wide mason jar, or other jar with tightly fitting lid, add 2 tablespoons chia seeds and one scoop of protein powder, stirring with a fork to combine.

Add the milk and sweetener, if using. Secure the lid, then shake vigorously until all the ingredients have combined and protein powder dissolves.

Allow to sit for 5 minutes, then shake vigorously again.

Allow to sit an additional 5 minutes, shake vigorously, then refrigerate for at least 3 hours or up to 5 days, covered.

Serve chilled or at room temperature, with nut butter and fresh berries if desired.

**Note:** No need to add sweetener to this recipe as most chia pudding recipes call for, as the natural sweetness of the Vanilla Coach Fuel Protein powder is enough to create a great flavor.

This recipe is approved for the 30-Day Metabolic Comeback Challenge provided that Vanilla Coach Fuel Protein used is dairy free.

[Recipe Source](#)

# Desserts

# Grilled Peaches with Cinnamon Honey Butter

A quick, mouthwatering dessert perfect for when peaches are in-season. The perfect ending to your summer BBQ.



## Ingredients

- 2-3 sweet ripe peaches,  
sliced in half and pits removed
- 2 tablespoons butter
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- Lightly sweetened whipped cream
- Mint leaves (optional)

## Instructions

Heat a grill pan on the stovetop (or a standard outdoor grill) over medium-high heat. Place the peach halves face down onto the grill, cooking for about 5 minutes or until nice grill marks are achieved and the peaches are warm and have softened a bit, turning the peaches 90 degrees halfway through cooking.

Meanwhile, heat a small saucepan over medium-low heat. Add the butter, honey, and cinnamon. Cook 1-2 minutes or until melted and smooth. Keep warm until the peaches are ready.

Put grilled peach halves onto serving plates. Top with lightly sweetened whipped cream and drizzle with cinnamon honey butter. Top with mint leaves, if using. Serve promptly.

**Note:** Omit honey and try unsweetened whipped coconut cream in place of whipped cream (or omit) and organic butter to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Desserts

# Paleo Chocolate Pie

Looking for a delicious grain-free, gluten-free, paleo, and vegan Chocolate Pie with a raw graham cracker Crust? Kelly Brozyna's recipe is absolutely perfect for chocolate lovers and it's a cinch to throw together!



## Ingredients

### **Crust:**

- 1 cup walnut halves and pieces
- 1/4 cup soft, pitted Medjool dates (1/4 cup = ~4 large dates)
- 1 teaspoon ground cinnamon
- Pinch of sea salt

### **Filling:**

- 1 cup coconut cream
- 1/2 cup soft, pitted Medjool dates (1/2 cup = ~8 large dates)
- 3 ounces dark chocolate, melted
- 1/4 cup melted coconut oil
- 2 teaspoons vanilla extract

## Instructions

To make the crust, in a food processor with an "S" blade, purée the walnuts, dates, cinnamon, and salt for about 20 seconds or until very fine.

Transfer the crust mixture to a glass pie dish\*, and press it across the bottom and halfway up the sides (\*I actually divided mine into two 4 1/2 inch mini spring-form pans).

Rinse the food processor.

In a small saucepan\*, heat the coconut cream just slightly (\*being lazy, I microwaved it for 45 seconds in a glass measuring cup).

Add the heated coconut cream, dates, chocolate, coconut oil, and vanilla extract to the food processor, and purée for 1 minute or until the filling is dark and completely smooth.

Pour the filling over the crust and chill to set.

When you're ready to serve the pie, top it with whipped coconut cream.

Store any uneaten pie in the refrigerator for up to 4 days. (As if you'd actually have any left!)

**Note:** For the filling, use unsweetened canned coconut cream or the chilled fat at the top of a can of separated full-fat coconut milk. To get it to separate, refrigerate a couple of cans overnight.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use Lily's dark chocolate without refined or processed sugars or an unsweetened dark chocolate.

[Recipe Source](#)

# Desserts

# Showstopper Red, White and Blue Salads

These Red, White and Blue Fruit Salads give you options for creating masterpieces from easiest ... to full-on WOW! No matter which one you choose, it'll be the showstopper at all your summer holiday meals!

## Ingredients

### Red Fruit Options

Watermelon  
Strawberries  
Raspberries (just don't smash 'em)  
Red grapes  
Cherries

### White Fruit Options

White melons such as Crenshaw or white honeydew,  
or a "regular" green honeydew if that's all you can find  
Bananas  
White peaches, if you can find them and have time to peel them

### Blue Fruit Options

Blueberries  
Blackberries



## Instructions

Wash and, if needed, peel or cut your fruit.

Depending on which salad you're making, combine the fruit in a large bowl or arrange it in layers or stripes.

If you're creating a Fruit Bouquet Centerpiece, use star-shaped cookie cutters to cut stars from melons, and thread some of the fruit onto bamboo skewers.

Arrange the skewers at the center of your fruit salad.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Seasonal

# Fruit Sparklers

Celebrate the 4th of July with these cute Fruit Sparklers! The perfect amount of sweet, tasty fruit for your BBQ or get-together. Enjoy!



## Ingredients

1 whole ripe watermelon

16 ounces fresh blueberries

Bamboo skewers

Star-shaped cookie cutter

## Instructions

Cut watermelon vertically into 1-inch-thick slices.

Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round.

Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star.

Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Seasonal

# Fruit Christmas Tree

Create a beautiful, colorful appetizer or dessert for Christmas day that serves a crowd but is packed with wholesome fiber, vitamins, and antioxidants. This is an impressive, memorable Whole-Food holiday treat at its finest!



## Ingredients

- 1 ripe pineapple
- 1 pear (a little underripe works best)
- 2 clementines, peeled and segments separated
- 3 kiwi, ends trimmed then chopped into sixths with skin left on
- 8oz strawberries, stems removed
- 6oz blackberries
- 1-1/2 cups red grapes
- 1-1/2 cups green grapes
- 1 bamboo skewer
- Toothpicks

## Instructions

Slice top and bottom off pineapple then cut a thin slice from the top. Press a star-shaped cookie cutter into the center of the thin slice then set star aside.

Slice a little off the sides of the pineapple at an angle to create a cone shape. Push the bamboo skewer through the center, then skewer the pear on top, leaving the top of the skewer uncovered (you'll skewer the star on top at the end.)

Place pineapple onto a serving tray then insert toothpicks around pineapple and pear at a slight angle, breaking a little off if necessary, then add fruit.

I found it easier to place most of the bigger fruit first then fill in with the smaller fruit, like grapes. Add the pineapple star to the top of the skewer then serve.

**Note:** You can make the Fruit Christmas Tree several hours ahead of time but keep covered with Glad Press 'n' Seal or Saran Wrap and refrigerate until ready to serve.

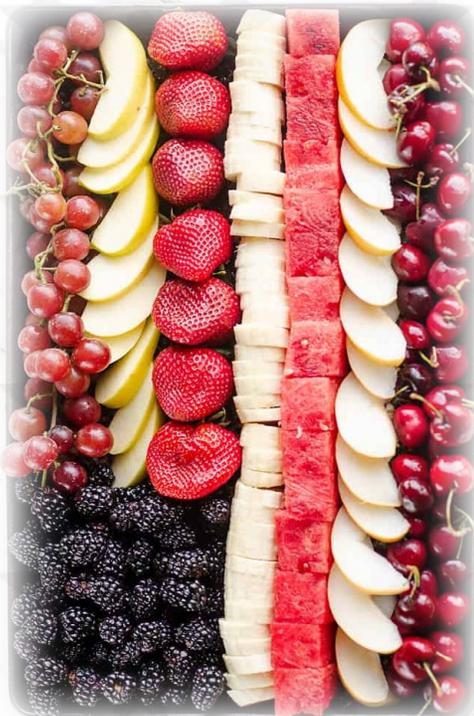
Use whatever fruit you like—blueberries and/or raspberries would also be fine to use!

[Recipe Source](#)

# Seasonal

# Patriotic Flag Fruit Appetizer

This Patriotic Flag Fruit Platter is a healthy and easy 10-minute recipe that is perfect for an appetizer, snack or dessert at your 4th of July holiday party for a fun red, white and blue dish!



## Ingredients

- 1 pint blackberries
- 1 bunch red grapes
- 1 Golden Delicious apple
- 1 quart strawberries
- 3 bananas
- 1/4 seedless watermelon
- 1 Granny Smith apple
- 1 lb cherries

## Instructions

Slice the bananas and toss with a little lemon juice or fruit fresh. Do the same with the apples.

Cut the watermelon into 2-inch cubes.

Arrange the blackberries in the top corner in the shape of a rectangle. Starting at the top, arrange the grapes, apple, strawberries, banana, watermelon, apple and cherries in horizontal strips to form the shape of a flag.

Serve immediately or cover and store refrigerated up to 48 hours.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Seasonal

# Fourth of July Fruit Salad

Celebrate the 4th of July with this healthy, beautiful, and refreshing salad. It will be the talk of the party! Happy Independence Day!



## Ingredients

- 1/2 medium watermelon
- 1 medium honeydew melon
- 2 cups strawberries
- 1 cup blueberries
- 2 cups cherries
- 2 tablespoons coconut flakes
- Homemade coconut whipped cream (optional)

## Instructions

Cut both the watermelon and the honeydew into 1" slices. Then use a star-shaped cookie cutter to cut the melons into stars.

Cut the strawberries and the cherries into half (leave some intact to put on top of the fruit salad).

Combine the melon stars, the strawberries, cherries, and blueberries in a large bowl and sprinkle with coconut flakes. If you want you could also serve this 4th of July fruit salad with some homemade coconut whipped cream.

**Note:** This dish is approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Seasonal

# Healthy, Whole-Food Halloween Snacks

Try these Healthy, Whole-Food Halloween Snacks and Treats! No step-by-step recipe for many of these, just fun presentation ideas.



**Note:** Find links for these and more on our [Pinterest Boards](#)

*Seasonal*

# Easter Bunny Snack Board

Here's a fun Easter Bunny Snack board! A festive way to add some veggies to your celebration!

## Ingredients

- Plain hummus
- Large black olives
- Cherry tomatoes
- Asparagus spears
- Round pita crackers
- Red bell pepper
- Broccoli
- Celery stalks
- Radishes
- Petite whole carrots
- Cauliflower
- 18" x 12" walnut wood board
- Round rimmed plate



## Instructions

Using an 20"x13" or 18"x12" wood board, platter or sheet pan, place an 8.5" rimmed plate in the center of the board. Fill the plate with the hummus.

Decorate the bunny's hummus face with two olives for the eyes, a cherry tomato for the nose, olive fourths to create the mouth shape, and asparagus spears for the whiskers.

Arrange half the pita crackers for one of the bunny's ears and the other half for the other ear, leaving a hole in the center of each ear to put the red pepper slices. Fill each bunny ear with red pepper slices.

Put the broccoli at the top of the board between the bunny's ears. Arrange the celery, radish slices, petite carrots, remaining olives, and remaining asparagus spears down both sides of the bunny's hummus face plate with the cauliflower at the bottom of the plate.

Place two broccoli with a cherry tomato between them on top of the cauliflower for the bunny's bowtie.

**Note:** Swap hummus and crackers for an approved Ranch dressing, skip crackers or swap for Flackers to make this dish approved for the 30-Day Metabolic Comeback Challenge.

[Recipe Source](#)

# Seasonal

# Thanksgiving Turkey Veggie Tray

Don't forget the fresh veggies at your Thanksgiving gathering! Create an adorable veggie platter that will help you get your fiber in and impress your guests as well!



## Ingredients

- 2 red bell peppers
- 2 cups baby carrots
- 1 yellow bell pepper
- Candy eye balls
- 1 crown broccoli
- 2 cups baby carrots
- 2 cucumbers
- 1 cup snap peas
- Dip

## Instructions

Make the face by cutting off the bottom of a red bell pepper. Make the beak by using a baby carrot, a piece of yellow pepper under the beak for the wattle (over the beak for a snood), and candy eyeballs!

To make the body, gather and prep your veggies. We like to wash and cut to sizes that are easy for grabbing.

Layer the sliced cucumbers first in a half circle around the platter. Then layer the carrots, yellow and red peppers, and broccoli pieces in smaller half circles. End with the snap peas at the bottom.

Then add the bowl of your favorite dip. Place the turkey face made out of a pepper in the dip bowl.

**Note:** To make this dish approved for the 30-Day Metabolic Comeback Challenge, use an approved Ranch dressing such as Tessemae's or use guacamole as a dip.

[Recipe Source](#)

# Seasonal