

ZÖE

WELLNESSCENTER

RECIPE BOOK

Table of Contents

DRINKS:.....	10
AVC Limeade	10
Strawberry “Cheesecake” Shake:	10
Blueberry Lavender Breeze.....	11
Cherry Berry VinTea.....	11
Chilly Cocoa Cappuccino.....	11
Cola Fizz	12
Frozen Lemonade.....	12
Green Creamsicle Smoothie.....	12
Lemonade	12
Mock Margarita	13
Orange Julius	13
Peach Iced Tea	13
Sparkling Chocolate Strawberry Smoothie	14
Spicy Tomato Juice.....	14
Strawberries and Cream Smoothie	14
Strawberry Lemon Slush	14
DESSERTS.....	15
Apple Pie Sorbet	15
Baked Apple	15
Cherry Cola Sorbet.....	15
Chocolate Covered Strawberry Sorbet.....	16
Cinnamon Vanilla Pears	16
Cinnamon Strawberry	16
Lemon Ice.....	16
Orange Sorbet	17
Peach Cobbler sorbet	17
Strawberries and Crème Sorbet with Chocolate Strawberry Sauce	17
Strawberry Crepes	18
Strawberry Sorbet	18
Vanilla Cinnamon Blueberries.....	18
DRESSINGS and SEASONING MIXES:	19
Apple Cider Vinegar Dressing	19



Asian Fusion Dressing.....	19
Asian Vinaigrette.....	19
Buffalo Sauce.....	19
Caesar Dressing	20
Cajun Seasoning.....	20
Cauliflower Ranch Dip.....	21
Cinnamon Spice Rub.....	21
Citrus Dressing	21
Crushed Red Pepper Dressing	21
Emeril’s essence	22
Fiesta Mustard.....	22
Homemade BBQ Sauce	23
Homemade Ketchup	23
Homemade Worcestershire Sauce.....	24
Hot & Tangy Tomato Dressing	24
Italian Herb Dressing	24
Lime Vinaigrette	25
Orange Ginger Dressing	25
Ranch Seasonings	25
Strawberry Vinaigrette.....	25
Sweet and Sour Celery Seed Dressing.....	25
Taco Seasoning.....	26
Titzaki with Organic cottage cheese.....	26
Tomato Basil Vinaigrette	27
Zingy Asian Dressing.....	27
ENTREES:.....	28
5-Spice Wild Caught Mahi Mahi:	28
Apple Brussel Sprout Scramble	28
Apple Buffalo Zoodles.....	29
Apple Chicken Cukewich.....	29
Apple Chips	30
Apple Cider Chicken Wraps.....	30
Apple Cucumber Tuna Salad	30
Apple Slaw	31



Asian Wild Caught Shrimp Salad	31
Asian Tuna Salad	32
Baby Spinach Salad	32
Balsamic Cucumber Tomato Salad	33
Basil Chicken	33
Basil Mustard Swordfish	33
Basil Tomato Mushrooms.....	34
BBQ Chicken & “Rice”.....	34
BBQ Wild Caught Mahi Mahi on Mushroom Bun	34
BBQ Tuna Pepper Boats	35
Organic beef Fajita Peppers	35
Organic beef Salad.....	35
Organic beef Sausage	36
Organic beef Stuffed Portobello Mushroom Caps	37
Organic beefy Mushrooms	37
Organic beefy Tomato “Rice” Bowl	38
Organic beefy Tomato Soup.....	38
Beet Greens.....	38
Bison Mushroom Meatballs.....	40
Bison Stuffed Baby Bellas	40
Bison Stew	41
Blackened Hormone-Free Chicken	41
Braised Balsamic Hormone-Free Chicken.....	42
Braised Cabbage & Apple	43
Buffalo Apple Burgers with Garlic Cabbage Rice	43
Buffalo Hormone-Free Chicken Cauliflower Bowl	44
Buffalo Cukasoba	44
Buffalo Curry with Celery.....	44
Buffalo Marinara over Cucumber Noodles	45
Buffalo Meatballs	45
Cabba-Sghetti	46
Cabbage Wild Caught Shrimp Stir-fry	46
Cabbage Slaw.....	48
Cajun Scallops or Wild Caught Shrimp	48



Cajun Wild Caught Shrimp Pepper Nachos	48
Candied Apples.....	49
Cauliflower Tortillas.....	49
Chai Spiced Apples.....	50
Cherry Spiced Hormone-Free Chicken	50
Cinnamon Wild caught grouper	50
Citrus Wild Caught Shrimp Salad	51
Cheesy Spinach Bake	51
Hormone-Free Chicken Apple Slaw.....	52
Hormone-Free Chicken Asparagus Stir Fry	52
Hormone-Free Chicken Bruschetta.....	53
Hormone-Free Chicken Chili	53
Hormone-Free Chicken Cucumber Nachos	54
Hormone-Free Chicken Fajita Bowl	55
Hormone-Free Chicken Salad Cucumber Cups.....	55
Hormone-Free Chicken Spinach Chili	56
Hormone-Free Chicken Spinach Tomato Soup	56
Hormone-Free Chicken Zucchini Poppers	57
Chilean Sea Bass	57
Chili with Organic beef	58
Chinese Hormone-Free Chicken and Broccoli.....	58
Cilantro Lime Cauliflower Rice	59
Citrus Fish.....	60
Coconut Aminos Roasted Tomatoes	60
Coconut Aminos Scallops	60
Coconut Stevia Wild Caught Shrimp.....	61
Wild caught cod Curry with Kale and Tomatoes.....	61
Coffee Crusted Fish.....	62
Crab Florentine Soup.....	62
Crab Stew	63
Creamy Asparagus Soup.....	63
Creamy Hormone-Free Chicken Soup	64
Creamy Tuscan Wild Caught Shrimp and Zucchini	65
Crispy Cucumber Chips.....	65



Cucumber Dill Salad	65
Cucumber Noodles	66
Cucumbers with a Kick	66
Dairy Free Deviled Eggs	66
Egg Drop Soup	67
Egg Rolls.....	67
Egg Salad with a Kick.....	68
Egg White Crisps	68
Eggs in Clouds	69
Enoki Noodles	69
Fiesta Ranch Skillet.....	69
Organic filet mignon with Garlic Caramelized Onions.....	70
Fire Roasted Tomato Balsamic Hormone-Free Chicken	71
Firecracker Wild Caught Shrimp	71
Fish Taco Stuffed Peppers	72
Fresh Diablo Sauce With Wild Caught Shrimp or Scallops.....	72
French Onion Soup.....	73
French Onion Soup Poppers	73
Garlic Dill Refrigerator Pickles.....	74
Garlic Dill Roasted Radishes (No-Tatoes).....	74
Garlic Lemon Scallops.....	75
Ginger “Soy” Tuna with Mushrooms.....	75
Ginger Cumin Green Beans	75
Ginger Pear Sauce	76
Glazed Lemon Hormone-Free Chicken Breast	76
Greek Hormone-Free Chicken Salad	76
Green Onion Soup.....	77
Grilled Asparagus	77
Honey Mustard Hormone-Free Chicken Stuffed Mushrooms	78
Honey Mustard Wild caught grouper	78
Honey Mustard Mushrooms	79
Italian Hormone-Free Chicken Sausage.....	79
Kale Chips.....	79
Kale Crustless Quiche	80

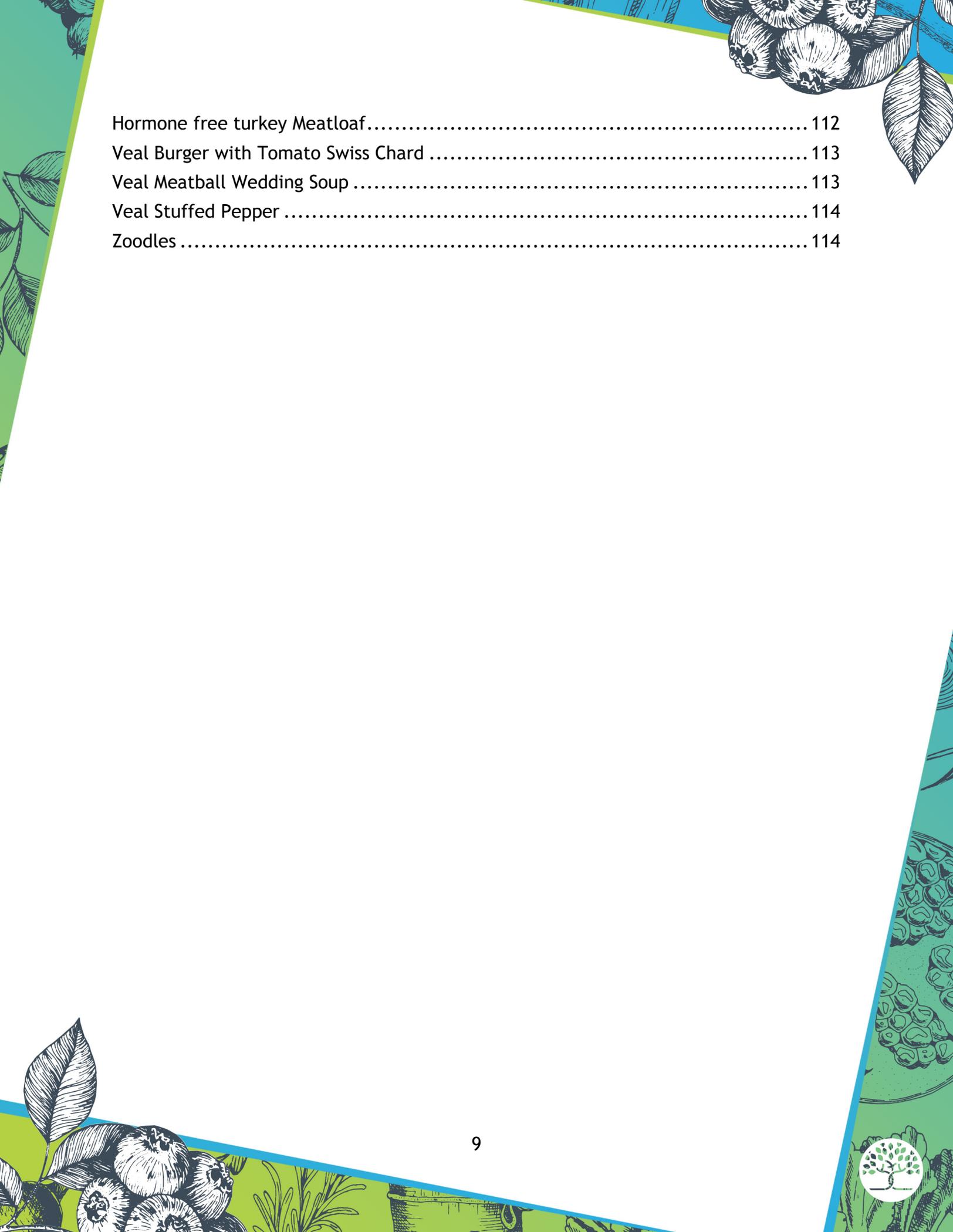


Lemon Dill Zucchini Chips	81
Lemon Garlic Chard	81
Lemon Garlic Crockpot Hormone-Free Chicken	81
Lemon Hormone-Free Chicken Asparagus Soup	83
Lemon Ginger Asparagus.....	83
Lemon Zest Crab Cakes	84
Lemon Herb Green Beans.....	84
Lettuce Wrapped Tacos.....	85
Mashed Cauliflower.....	85
Meat & ‘Potatoes’	86
Meatball Spinach Soup	86
Meatballs.....	87
Memphis Style Peppers and Tomatoes.....	87
Mexican Grapefruit	87
Mini Meatloaf	88
Mini Sliders with Mushroom Relish	88
Mini Stuffed Cabbage Rolls	89
Mint Cucumber Apple Salad	89
Mock Tuna Melt	89
Montreal Hormone-Free Chicken	90
Moroccan Fish with Apples and Onions	90
Mushroom Wild Caught Shrimp Marinara	91
Mushroom Stuffing.....	92
Mushroom Tuna Salad	92
Mustard Baked Hormone-Free Chicken	93
Mustard Crusted Steak	93
Orange Curry Hormone-Free Chicken and Cabbage Rice.....	94
Peppers and “Sausage”	94
Potatoless Salad.....	95
Radish Chip	95
Really Easy Chowder	95
Red Cabbage Hormone-Free Chicken	96
Roasted Enoki Mushrooms	96
Sage Cabbage “Stuffing”.....	96



Savory Strawberry Cucumber Salad	97
Wild Caught Shrimp and ‘Grits’	97
Wild Caught Shrimp Ceviche	97
Spiced Diced Mushrooms.....	98
Spiced Pears	98
Spicy Mustard Scallops with Chard	98
Spicy Orange Wild Caught Shrimp w/ Asparagus	99
Spicy Roasted Broccoli	99
Spicy Tomato Snapper	100
Spinach Pesto.....	101
Spinach Salad with Strawberries and Hormone-Free Chicken.....	101
Spinach Stuffed Hormone-Free Chicken.....	102
Steak Caesar Salad.....	102
Steamed Cabbage.....	103
Steamed Cauliflower Rice	103
Stewed Tomatoes.....	103
Stuffed Pepper Skillet.....	104
Sweet and Sour Cabbage Pear Slaw	104
Sweet and Sour Wild Caught Shrimp	105
Sweet and Sour Hormone free turkey Meatballs	105
Sweet and Tangy Hormone-Free Chicken Salad	106
Sweet and Tangy Wild Caught Shrimp Salad	106
Sweet Apple Hormone-Free Chicken Salad.....	107
Sweet Apple Tuna Over Onions	108
Sweet Strawberry Cucumber Salad.....	108
Taco Salad	109
Texas Dirty “Rice”	109
Thai Cucumber Salad.....	109
Thanksgiving Baked Hormone-Free Chicken or Hormone free turkey.....	110
Wild caught tilapia Mushroom Poppers	110
Tomato Salad Sandwich.....	111
Tomato Soup.....	111
Tuna Salad on Cucumber Crackers	112
Tuna Stuffed Tomato.....	112





Hormone free turkey Meatloaf.....	112
Veal Burger with Tomato Swiss Chard	113
Veal Meatball Wedding Soup	113
Veal Stuffed Pepper	114
Zoodles	114

DRINKS:

AVC Limeade

Ingredients:

16 oz. water
2 T Bragg's apple cider vinegar
1-2 T lime juice (can substitute lemon juice or 1 tsp ground ginger for lime juice)
stevia to taste

Directions:

Combine all ingredients
Serve over ice



AVC Sierra Mist

Ingredients:

1 can seltzer water
1 glass ice
1 dropperful stevia
1-2 T Bragg's apple cider vinegar, or to taste
1/2 T lemon juice or to taste
1/2 T lime juice, or to taste

Directions:

Combine all ingredients in a glass
Stir



Strawberry "Cheesecake" Shake:

Ingredients:

1/2 c organic cottage cheese
8 oz. strawberries
2 T lemon juice
1/2 c ice (more for soft-serve treat)
1/3 c water
Vanilla stevia, to taste

Directions:

Place all ingredients together in blender. Mix until desired consistency



Blueberry Lavender Breeze

Ingredients:

- 1/2 c blueberries
- 8 ice cubes
- 1 c cold water
- 1 pinch dried lavender
- 7 drops coconut stevia

Directions:

Combine all ingredients in blender



Cherry Berry VinTea

Ingredients:

- 2 Black Cherry Berry tea bags (or other tea flavor or choice)
- 2 T Bragg's apple cider vinegar
- stevia, to taste
- 8 oz. hot water

Directions:

Steep tea bags in hot water for 15 minutes

Remove tea bags

Stir in apple cider vinegar and stevia

Pour into tall glass or quart jar over ice



Chilly Cocoa Cappuccino

Ingredients:

- 1 c crushed ice
- 7 drops peppermint stevia
- 7 drops chocolate stevia
- 1 c cold coffee

Directions:

Combine all ingredients in blender

Mix until smooth

Pour into glass and enjoy



Cola Fizz

32 oz. seltzer water

3 dropperfuls SweetLeaf cola stevia (more or less, to taste)

Directions:

Add stevia to seltzer

Serve over ice

Frozen Lemonade

Ingredients:

2 lemons (peeled and frozen)

1.5 cups ice

1/2 cup water

stevia to taste

Directions:

Add all ingredients to blender

Blend until slushy



Green Creamsicle Smoothie

Ingredients:

8 oz. frozen spinach

1 orange

1-2 dropperfuls SweetLeaf vanilla creme stevia

1 c water

Directions:

Combine all ingredients in blender or magic bullet

Add more water and stevia, if needed

Lemonade

Ingredients:

1/2-1 t fresh lemon juice

1/2 c water

1/2 c ice

5 drops lemon stevia

Directions:

Stir all ingredient together and enjoy



Mock Margarita

Ingredients:

Lime Perrier
Juice of 1/2 lime
pink salt
stevia, to taste

Directions:

Pour some pink salt onto a plate
Wet rim of glass with water
Press rim of glass into pink salt
Pour lime perrier into glass over ice
Stir in lime juice and stevia

Orange Julius

Ingredients:

1 peeled, separated frozen orange (or 6.5 oz.
frozen strawberries)
5 drops vanilla creme stevia
5 drops orange stevia
water, as needed

Directions:

Blend all ingredients until smooth



Peach Iced Tea

Ingredients:

1 large, ripe peach
1 gallon water
4 - 6 tea bags - white tea, pear, peach, or similar bags of white/light tea (not green tea, oolong, or black tea)
3 dropperfuls of plain stevia (or to taste)

Directions:

Fill large pot with water
Add whole peach (with skin and pit - drop the whole thing in the pot)
Bring to a boil
Turn heat down so it is boiling but not bubbling over, and cook for about 30 minutes
Cut up peach, discarding pit, and return coarsely diced peach and skin to pot
Simmer another 10 minutes or until peach starts to fall apart
Add 4-6 tea bags of any light or white tea
Turn off burner and steep 10 minutes
Remove tea bags & discard
In small batches, transfer liquid and solid bits of peach to blender or nutri bullet
Blend thoroughly, in batches, until well pureed
Pour into a 1-gallon container
Add 3 dropperfuls of plain stevia and enough water to fill up the gallon
Chill and serve over ice



Sparkling Chocolate Strawberry Smoothie

Ingredients:

5 oz. strawberries
1 c sparkling water
SweetLeaf chocolate stevia, to taste
ice, as needed

Directions:

Add all ingredients to blender
Blend until combined and desired consistency is reached



Spicy Tomato Juice

Ingredients:

8 oz. tomato
1/2 lemon, juiced
1 t minced fresh cilantro
1 minced clove garlic
1/4 t cumin
1/8 t celery seed
tobasco, to taste
salt and pepper, to taste
1/4 t Bragg's liquid aminos

Directions:

Combine all ingredients in blender
Puree until desired consistency (add some water if needed)
Place in refrigerator until chilled or serve over ice

Strawberries and Cream Smoothie

Ingredients:

8 oz. strawberries diced
5 drops vanilla cream Stevia
1/2 c water

Directions:

Combine all ingredients in blender (4-5 Ice cubes can be added if desired).
Blend until desired consistency is reached.

Strawberry Lemon Slush

Ingredients:

12 oz. Lemonade
5 oz. strawberries, sliced
1 t lemon juice
3 c crushed ice

Directions:

Combine all ingredients in blender until smooth



DESSERTS

Apple Pie Sorbet

Ingredients:

- 2 apples
- 2 T lemon juice
- 1 dropperful English Toffee SweetLeaf stevia
- 1/4 t cinnamon
- 3/4 c water

Directions:

Cut, core and coarsely slice apples.
Place apples in a saucepan along with lemon juice, stevia, cinnamon and water.
Boil for approximately 3-5 minutes or until soft.
Remove apple mixture from heat and cool.
Place in food processor and puree until smooth.
Strain and transfer to a small container.
Place in the freezer.
Once completely frozen, remove from freezer and place in food processor to puree again.
Return to freezer until ready to use.



Baked Apple

Ingredients:

- 1 apple
- 1 packet stevia
- 1 tsp cinnamon
- 1 T water

Directions:

Cut apple core almost through
Mix together stevia, cinnamon, and water
Place apple on a sheet of foil and mold foil to "cup" the apple
Pour liquid into apple core and tighten foil securely around apple
Bake at 350 for 45 minutes
Sprinkle extra cinnamon over top after removing from oven



Cherry Cola Sorbet

Ingredients:

- 1/2 c frozen cherries
- 1 dropperful SweetLeaf cola stevia

Directions:

Place cherries in food processor along with stevia
Process until well combined
Transfer to bowl and place in freezer for 5 minutes



Chocolate Covered Strawberry Sorbet

ingredients:

6 oz. frozen strawberries
6 oz. fresh strawberries, chopped
2 dropperfuls SweetLeaf chocolate stevia

Directions:

Process frozen strawberries in food processor at low to medium speed until strawberries are finely chopped.
Add stevia and chopped fresh strawberries and continue to process until mixture combines and becomes a thick consistency.
Spoon into 2 bowls and place in freezer for 5-10 minutes.

Cinnamon Vanilla Pears

Ingredients:

1 pear
1 dropperful SweetLeaf vanilla crème stevia
1/4 t cinnamon

Directions:

Chop pear into bite sized pieces
Add stevia and cinnamon and toss until covered
Divide into 2 bowls



Cinnamony Strawberries

Ingredients:

6 oz. strawberries
8 drops SweetLeaf vanilla cream stevia
1/4 tsp cinnamon
pink salt, to taste

Directions:

Slice strawberries thin and place in bowl
Sprinkle with cinnamon, pink salt, and stevia
Stir to combine



Lemon Ice

Ingredients:

juice of 1 lemon
1 cup ice
1/2 c water
stevia, to taste (or lemon stevia)

Directions:

Combine all ingredients in blender
Turn on high and run until desired consistency (add more water or ice, if needed)
Pour into glass or bowl and enjoy



Orange Sorbet

Ingredients:

1 orange, peeled and frozen in segments

Directions:

Place frozen orange segments into bullet or food processor
Process until sorbet-like consistency is reached (add some water if needed)



Peach Cobbler sorbet

Ingredients:

2 c frozen peaches

1/2-1 t cinnamon

2 dropperfuls SweetLeaf vanilla creme stevia

Directions:

Place frozen peaches in food processor and pulse until broken up

Scrape mixture off sides with spatula

Add stevia and cinnamon

Continue to process until sorbet consistency is reached, stopping to scrape with spatula as needed

Scoop into 2 bowls

Sprinkle with cinnamon

Strawberries and Crème Sorbet with Chocolate Strawberry Sauce

Ingredients:

5 oz. frozen strawberries

1 dropperful SweetLeaf vanilla creme stevia

2-3 T water

3 oz. strawberries, chopped

2 dropperfuls SweetLeaf chocolate stevia

Directions:

Place frozen strawberries in food processor with vanilla stevia and process until combined

Scrape sides down and add water as needed until desired consistency is reached

Transfer to bowl and place in freezer

Heat small saucepan over medium-high heat

Add chopped strawberries, 1 T water, and 2 dropperfuls chocolate stevia

Cook and mash with fork until well combined

Pour sauce into small bowl and place in fridge or freezer until cooled

Drizzle sauce over sorbet



Strawberry Crepes

Ingredients:

1 egg
3 egg whites
12 strawberries
8-12 drops SweetLeaf vanilla creme stevia

Directions:

Mix one egg with three whites and season with stevia
Mash half of the strawberries
Heat until warm
Slice the rest of the strawberries
Cook the egg in a dry non stick skillet, flipping it once, so it cooks all the way through
Line the sliced strawberries down the middle and pour the mashed strawberry syrup on top



Strawberry Sorbet

Ingredients:

8 oz. frozen strawberries
1 T lemon juice
stevia (as needed)
water (if needed)

Directions:

Combine frozen strawberries, lemon juice & stevia in food processor until very well blended.
You can serve immediately or place in freezer to allow it to firm up even further.

Vanilla Cinnamon Blueberries

Ingredients:

3/4 c frozen blueberries
1 dropperful SweetLeaf vanilla creme stevia
cinnamon, to taste

Directions:

Combine all ingredients in small bowl
Place in refrigerator until ready to eat



DRESSINGS and SEASONING MIXES:

Apple Cider Vinegar Dressing

Ingredients:

2/3 cup unfiltered apple cider vinegar (Bragg's is best)
1/3 cup lemon juice
salt & pepper, garlic powder, onion powder, parsley, basil to taste
liquid stevia drops, to taste (start with 1 dropper full and add as desired)

Directions:

Combine all ingredients.
Refrigerate.

Asian Fusion Dressing

Ingredients:

1/4 cup Bragg's apple cider vinegar
1 T Bragg's liquid aminos
1/8-1/4 t chili flakes
stevia, to taste
alkaline water
xanthum gum

Directions:

Combine all ingredients and mix well.

Asian Vinaigrette

Ingredients:

1 T rice wine vinegar (sugar free)
1 T Bragg's liquid aminos
1/4 t onion powder
1/2 t ginger
5 drops liquid stevia
3-4 T water

Directions:

Mix all ingredients until well combined

Buffalo Sauce

Ingredients:

1/2 c water
1/2 c Frank's Red Hot sauce
1/4 c Bragg's apple cider vinegar
2 T oregano
4 t paprika
1 T garlic powder
1 T chili powder
pink salt and pepper, to taste
stevia, optional



Caesar Dressing

Ingredients:

2 tablespoons apple cider vinegar
1 tablespoon No sugar added Dijon mustard
1 teaspoon lemon zest
1/2 teaspoon Italian seasoning
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 clove garlic, minced
Stevia, to taste

Directions:

Whisk all ingredients together and enjoy!

Cajun Seasoning

Ingredients:

2 t pink salt
2 t garlic powder
2 1/2 t paprika
1 t black pepper
1 t onion powder
1 t cayenne pepper
1 1/4 t oregano
1 1/4 t thyme

Directions:

Combine all ingredients together



Cauliflower Ranch Dip

Ingredients:

1 c steamed cauliflower florets
1/4 c water
1 t apple cider vinegar
1/2 t No sugar added Dijon mustard
1/4 t garlic powder
Shot of hot sauce, to taste
1/4 sea salt
1/4 t ground black pepper
2 T chives

Directions:

Combine all ingredients in magic bullet
Process until dip consistency is reached (may need to add more water)
Serve with raw cauliflower florets (for P2)

Cinnamon Spice Rub

Ingredients:

1/2 t cinnamon
1 T italian seasoning
1 t garlic powder
1 t pink salt
1/2 t pepper

Directions:

Combine all ingredients together in small container

Citrus Dressing

Ingredients:

1/4 c apple cider vinegar
2 T Bragg's liquid aminos
1 T [Emeril's Essence](#)
Juice of 1 grapefruit
3 packets stevia or 1/4 tsp liquid stevia

Directions:

Mix together in NutriBullet, blender, etc.
Store in refrigerator.

Crushed Red Pepper Dressing

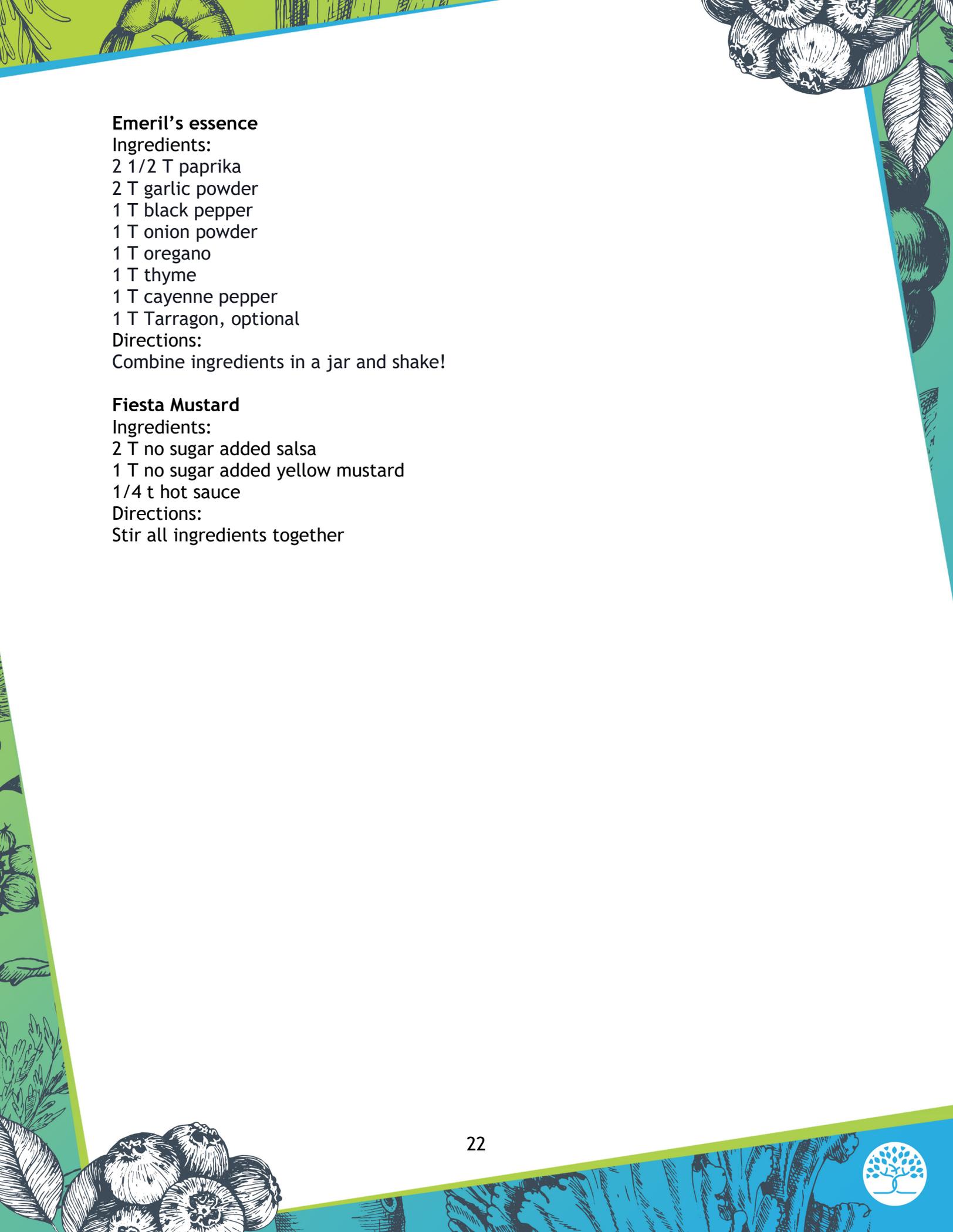
Ingredients:

2 Tbsp. apple cider vinegar
1 tsp liquid aminos
1 tsp red pepper flakes
1/2 dropper of liquid stevia

Directions:

Combine all ingredients together
Add water if desired





Emeril's essence

Ingredients:

2 1/2 T paprika
2 T garlic powder
1 T black pepper
1 T onion powder
1 T oregano
1 T thyme
1 T cayenne pepper
1 T Tarragon, optional

Directions:

Combine ingredients in a jar and shake!

Fiesta Mustard

Ingredients:

2 T no sugar added salsa
1 T no sugar added yellow mustard
1/4 t hot sauce

Directions:

Stir all ingredients together



Homemade BBQ Sauce

Ingredients:

1/2 c [sugar-free tomato sauce](#)

1 tablespoon balsamic vinegar

1/2 teaspoon mustard powder

1 garlic clove, minced

1/2 teaspoon smoked paprika

1/8 - 1/4 teaspoon sea salt

Freshly ground pepper, to taste

Directions:

Add all ingredients to a food processor or high-powered blender.

Blend until smooth, about 1 minute.

Pour ingredients into a small saucepan.

Cover and bring to a light boil over medium-low heat.

Boil for 5 minutes.

Allow to cool and store in an air-tight container for up to 2 weeks.

Homemade Ketchup

Ingredients:

2 (6 oz.) cans of organic or regular tomato paste (no sugar added) (no added sugar)

1 1/3 c apple cider vinegar

2/3 c water

3 t stevia extract, more or less to taste

1 T onion powder

4 cloves garlic, minced

2 t pink salt

1/4 t ground allspice

1/4 t ground cloves

1/4 t pepper

Directions:

Blend together in food processor until smooth.

Put in small saucepan and heat on medium heat for about 5 minutes, stirring often.

Let cool, then keep refrigerated.



Homemade Worcestershire Sauce

Ingredients:

1/2 Cup Bragg's apple cider vinegar
2 Tbsp water
2 Tbsp coconut aminos
1/4 tsp ground ginger
1/4 tsp ground mustard
1/4 tsp onion powder
1/4 tsp garlic powder
1/8 tsp ground cinnamon
1/8 tsp black pepper

Directions:

Place all ingredients in a small saucepan, stirring with a whisk to combine. Bring to a low boil over medium heat, then reduce heat and simmer for 1-2 minutes. Cool and store in an airtight container in the refrigerator.

Hot & Tangy Tomato Dressing

Ingredients:

1/4 c tomato sauce (no added sugar)
1 T hot sauce
1 T apple cider vinegar
1/2 t Canadian Style steak seasoning

Directions:

Whisk all ingredients together

Italian Herb Dressing

Ingredients:

1/4 c white wine vinegar (sugar-free)
3/4 c water
2 T italian herbs
dash of garlic powder
dash of onion powder
1/4 t horseradish powder
salt and pepper, to taste

Directions:

Blend all ingredients thoroughly in blender. Store in glass container with lid in refrigerator.





Lime Vinaigrette

Ingredients:

- 2 T Simple Girl Sweet Balsamic Vinaigrette dressing
- 1 T lime juice
- 1 t no sugar added yellow mustard
- 1 T apple cider vinegar

Directions:

Wisk all ingredients together in small bowl

Orange Ginger Dressing

Ingredients:

- 1/4 c white wine vinegar (sugar-free)
- 3/4 c water
- 1/2 c fresh squeezed orange juice (1 orange)
- 1 inch peeled ginger
- 1/4 t powdered ginger
- 1/4 t Chinese 5 Spice
- stevia, to taste
- salt and pepper, to taste

Ranch Seasonings

Ingredients:

- 2 Tbsp. dried parsley
- 1 1/2 tsp. dried dill weed
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 1 tsp. ground black pepper
- 1 tsp. dried chives
- 1 tsp. salt

Directions:

Combine all ingredients in baggie or tupperware container
Add desired amount to season meat, vinegar, kefir, greek yogurt, etc

Strawberry Vinaigrette

Ingredients:

- 2 T apple cider vinegar
- 2 T water
- 2 strawberries
- 1/4 t liquid stevia
- 1/8 t onion powder
- 1/4 t Tone's Rosemary Garlic seasoning
- 1 t parsley

Directions:

Combine all ingredients in Ninja, Magic Bullet, etc, Pulse until well combined

Sweet and Sour Celery Seed Dressing

Ingredients:

1/4 c white wine vinegar (sugar-free)

1/8 c sherry vinegar (sugar-free)

1 T celery seeds

1 c water

stevia, to taste

Directions:

Blend all ingredients in blender until smooth

Refrigerate

Taco Seasoning

Ingredients:

1¼ cup chili powder

2 tablespoons garlic powder

2 tablespoons onion powder

2 tablespoons crushed red pepper flakes

2 tablespoons dried oregano

4 tablespoons paprika

½ cup cumin

⅓ cup pepper

Titzaki with Organic cottage cheese

Ingredients:

1.5 c organic organic cottage cheese

8 oz. cucumber, shredded

3 t minced garlic

2 T lemon juice

1 T dill

pink salt and pepper, to taste

Directions:

Place shredded cucumber in colander in dish towel and wring out as much water as possible

Add organic cottage cheese, garlic, lemon juice, dill, salt and pepper to food processor

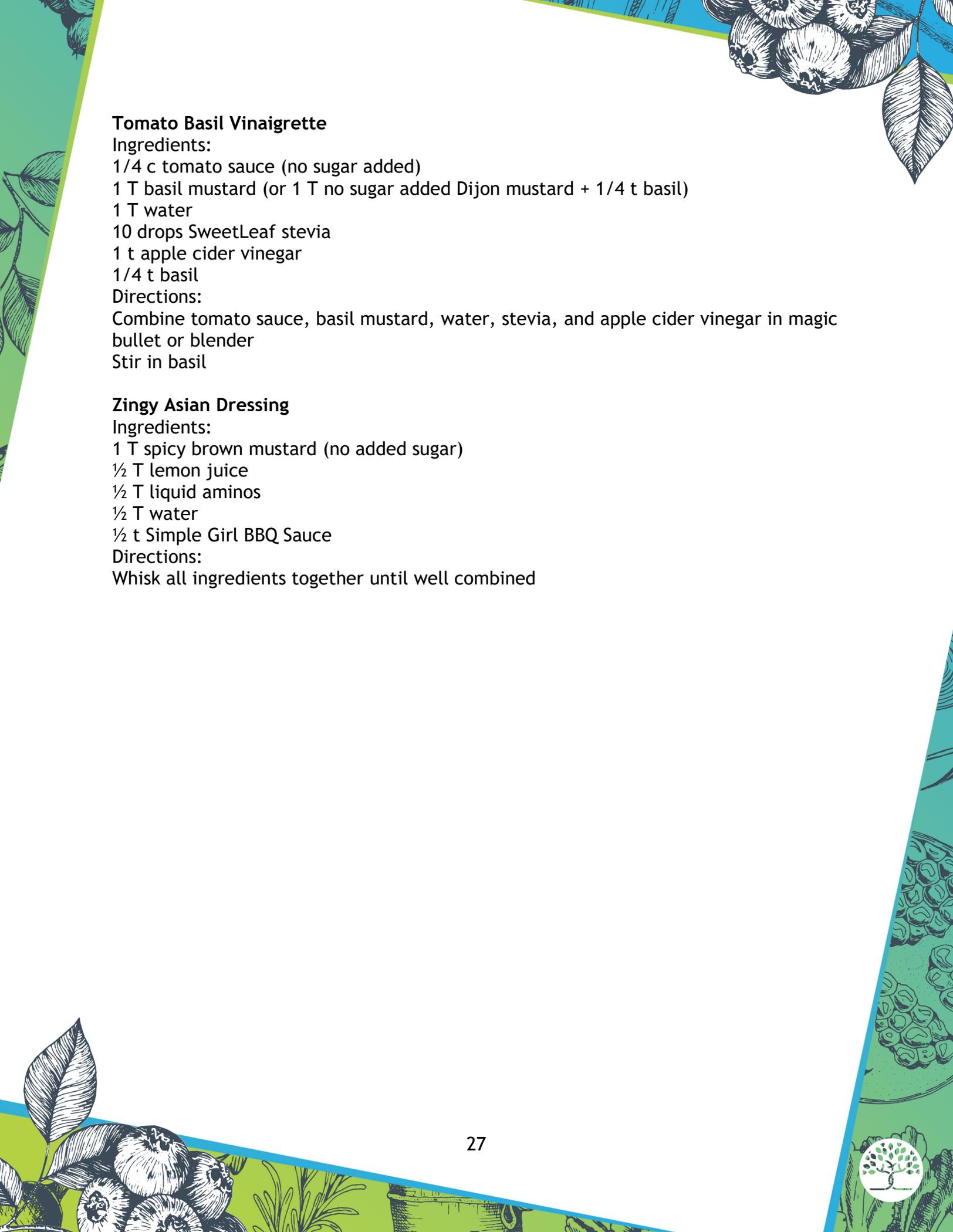
Process until smooth and creamy

Add in cucumber and pulse/process until well combined

Serve immediately (does not store well for more than a few hours in the fridge b/c water from the cucumbers starts to settle on the bottom)

*If using this as a sensible meal, you may have 2 servings of Tzatziki along with 4 oz. cucumber slices to count as your protein and veggie





Tomato Basil Vinaigrette

Ingredients:

- 1/4 c tomato sauce (no sugar added)
- 1 T basil mustard (or 1 T no sugar added Dijon mustard + 1/4 t basil)
- 1 T water
- 10 drops SweetLeaf stevia
- 1 t apple cider vinegar
- 1/4 t basil

Directions:

Combine tomato sauce, basil mustard, water, stevia, and apple cider vinegar in magic bullet or blender
Stir in basil

Zingy Asian Dressing

Ingredients:

- 1 T spicy brown mustard (no added sugar)
- 1/2 T lemon juice
- 1/2 T liquid aminos
- 1/2 T water
- 1/2 t Simple Girl BBQ Sauce

Directions:

Whisk all ingredients together until well combined

ENTREES:

5-Spice Wild Caught Mahi Mahi:

Ingredients:

4 oz. Wild Caught Mahi Mahi

8 oz. broccoli

1 apple

1/2 c water

1 T [Chinese 5 Spice](#)

pink salt and pepper, to taste

Directions:

1. Preheat oven to 425 degrees
2. Place Wild Caught Mahi Mahi on baking sheet with parchment paper lining.
3. Bake for 6-10 minutes (fish should look flaky)
4. Heat water in skillet over med-high
5. Chop apple and add to skillet along with broccoli
6. Place lid on skillet and cook until apples and broccoli are tender
7. Stir in Chinese 5 Spice, pink salt, and pepper
8. Transfer to bowl and place fish on top



Apple Brussel Sprout Scramble

Ingredients:

1 apple, chopped

8 oz. brussel sprouts

1 egg

1/2 c egg whites

cinnamon, to taste

pink salt, to taste

Directions:

Steam brussel sprouts and apples until tender

Add a little water to skillet and scramble eggs

Combine all ingredients on plate

Sprinkle with cinnamon and pink salt



Apple Buffalo Zoodles

Ingredients:

3.5 oz. ground buffalo
8 oz. zucchini, spiralized and steamed
1 apple, chopped
1 t minced garlic
1/2 t onion powder
1/4 t chili powder
pink salt and pepper, to taste

Directions:

Brown buffalo in skillet over med-high heat
Add apples to skillet and cook until desired consistency is reached
Stir in spices and zucchini



Apple Chicken Cukewich

Ingredients:

3.5 oz. Hormone-Free Chicken
1/2 clove garlic
1 t onion powder
1/8 t pink salt
splash of Bragg's liquid aminos
splash of Frank's hot sauce
8 oz. cucumber
1 apple

Directions:

Grind raw Hormone-Free Chicken breast with garlic, onion powder, pink salt, liquid aminos, and hot sauce
Shape into thin patties and pan brown until cooked through
Slice into narrow strips
Slice cucumbers lengthwise
Seed cucumber and weigh
Thin slice some of apple (You'll have extra to enjoy on the side with cinnamon)
Stuff de-seeded part of cucumber with Chicken and apple slices



Apple Chips

Ingredients:

1 apple
choice of seasonings (Chinese 5 spice, cinnamon, pink salt, etc.)

Directions:

Preheat your oven to 250 F.
Line two baking sheets with parchment paper and set aside.
Cut the apple into thin slices.
Spread the apple slices on the baking sheets, making sure you have no overlapping edges (if they overlap, they'll stick to each other and they won't dry properly).
Sprinkle some seasonings on top and place in the oven.
Place in the oven to bake for 1 hour; then flip the slices and cook for another hour.



Apple Cider Chicken Wraps

Ingredients:

3.5 oz. Hormone-Free Chicken
2 medium green cabbage leaves
3 oz. shredded red/green cabbage
1 garlic clove
3 T. apple cider vinegar
1/4 tsp. onion powder
1/4 T. salt
1/4 T. pepper
1 T. fresh ginger

Directions:

Mix together finely grated ginger, garlic, onion powder, apple cider vinegar, salt, pepper and chicken pieces.
Cook until chicken is cooked thoroughly and then add the red/green cabbage and cook until cabbage is slightly cooked.
Take the 2 green cabbage leaves and split the chicken mixture and place in cabbage leaves and roll into a wrap.



Apple Cucumber Tuna Salad

Ingredients:

5 oz. Wild Caught Albacore White Tuna (in water)
8 oz. cucumber, chopped
1 apple, chopped
salt and pepper, to taste

Directions:

Combine all ingredients together in bowl



Apple Slaw

Ingredients:

- 1 t onion powder
- 1 small bunch cilantro
- 2 medium apples
- 1 T apple cider vinegar
- 1/2 t Braggs liquid aminos
- 1/2 t red pepper flakes
- 4-5 drops liquid stevia

Directions:

Chop cilantro in large food processor.

Add onion powder.

Change blade to shredder, and shred apples into chopped cilantro.

Transfer to dish and stir to incorporate.

In small bowl, mix apple cider vinegar, liquid aminos, red pepper flakes, and stevia.

Pour dressing over shredded apples.



Asian Wild Caught Shrimp Salad

Ingredients

- 5 oz. cooked Wild Caught Shrimp
- 5 oz. spinach
- 1 batch [Asian Vinaigrette](#)

Directions:

Combine all ingredients in a bowl and mix well



Asian Tuna Salad

Ingredients:

- 1 (5 oz.) can white albacore tuna
- 8 oz. cucumber, chopped
- 1-2 t Bragg's liquid aminos
- 1-1 1/2 T horseradish mustard (or other mustard of choice)
- 1/2 t parsley

Directions:

- Combine liquid aminos, mustard, and parsley in bowl
- Add tuna and stir until combined
- Add cucumbers and continue stirring until covered



Baby Spinach Salad

Ingredients:

- 5 oz. baby spinach
- 2 T balsamic vinegar
- 1 T No sugar added Dijon mustard
- 1/2 t lemon zest
- 1/2 T lemon juice
- 1/2 t grated ginger
- salt and pepper, to taste
- pinch of red pepper flakes

Directions:

- Whisk all dressing ingredients together
- Toss with baby spinach



Balsamic Cucumber Tomato Salad

Ingredients:

1 c heirloom grape tomatoes, cut in quarters
8 oz. cucumbers, cut into bite sized pieces
1/2 t Italian Seasoning
1 t Pompeian balsamic vinegar
pink salt and pepper, to taste

Directions:

Toss all ingredients together in a bowl



Basil Chicken

Ingredients:

4 oz. finely chopped onion
1 clove garlic, chopped
8 oz. chopped tomatoes
3 oz. Hormone-Free Chicken breast, cooked and cubed
1/4 c. chopped fresh basil or 1-2 T dried basil
1/2 tsp. salt
1/8 tsp. hot pepper sauce

Directions:

Warm large skillet to medium-high heat.

Sauté the onions and garlic in a little water.

Stir in the tomatoes, chicken, basil, salt and hot pepper sauce.

Reduce heat to medium, and cover skillet.

Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.



Basil Mustard Swordfish

Ingredients:

5 oz. swordfish
1/2 T No sugar added Dijon mustard
1/8 t basil
pink salt and pepper, to taste

Directions:

Preheat oven to 400 degrees

Line baking sheet with parchment paper

Mix No sugar added Dijon mustard and basil together in small bowl

Brush mustard onto swordfish and place on baking sheet

Bake for 15-20 minutes until fish is flaky

Remove from oven and sprinkle with salt and pepper



Basil Tomato Mushrooms

Ingredients:

1/8 c water
8 oz. sliced mushrooms
8 oz. tomato, chopped
1/2-1 T basil
salt and pepper, to taste

Directions:

Heat water in skillet over med-high heat
Add mushrooms, tomato, basil, salt and pepper
Cook and stir until mushrooms are cooked through



BBQ Chicken & "Rice"

Ingredients:

3 oz. baked Hormone-Free Chicken breast, cut into bite sized pieces
8 oz. green cabbage
2 T apple cider vinegar
1/2 t onion powder
2 T Simple Girl BBQ Sauce
pink salt and pepper, to taste

Directions:

Heat vinegar in skillet over medium-high heat
Cut cabbage into bite-sized slices or pulse in food processor until rice consistency is reached
Place cabbage in skillet and cover with lid
Cook about 5 minutes
Stir in BBQ sauce, onion powder, and chicken and continue to cook until cabbage is soft
Remove from heat and season with pink salt and pepper



BBQ Wild Caught Mahi Mahi on Mushroom Bun

Ingredients:

2 large portabella mushroom caps
1 T Bragg's liquid aminos
5 oz. Wild Caught Mahi Mahi
1/2 t Simple Girl BBQ Seasoning

Directions:

Preheat oven to 350 degrees and line baking sheet with parchment paper
Brush both sides of mushroom caps with liquid aminos
Sprinkle BBQ Seasoning on both sides of Mahi Mahi
Place mushrooms and fish on baking sheet
Bake for 10 minutes then flip mushrooms and mushrooms over and bake another 10 minutes
Remove from oven and cut fish in half
Sandwich fish between the two mushroom caps



BBQ Tuna Pepper Boats

Ingredients:

- 6 oz. green pepper
- 6 oz. red pepper
- 1 can Wild Caught albacore tuna, in water
- 1 T no sugar added Dijon mustard
- 1/2 t Simple Girl BBQ Seasoning

Directions:

- Chop 2 oz. red pepper and 2 oz. green pepper
- Steam chopped peppers until softened
- Drain peppers and pour into bowl
- Add tuna, mustard, and BBQ Seasoning, stirring until well mixed
- Cut remaining peppers into "boats"
- Spoon tuna mixture into peppers

Organic beef Fajita Peppers

- 3.5 oz. lean ground organic beef
- 8 oz. bell peppers, sliced
- 1/2-1 T [Taco Seasoning](#)
- 1/4 c water

Directions:

- Brown ground organic beef in skillet over med-high heat
- Add water and taco season and stir
- Add bell peppers and cover
- Simmer, stirring occasionally, until peppers are cooked and liquid is gone from skillet



Organic beef Salad

Ingredients:

- 3 oz. cooked ground organic beef patty (or steak)
- 8 oz. red pepper, chopped
- 4 oz. tomato, chopped
- 1 T No sugar added Dijon mustard
- pink salt and pepper, to taste

Directions:

- Cut meat into bit sized portions and place in a bowl
- Stir in peppers, tomato, salt and pepper



Organic beef Sausage

Ingredients:

- 3 t paprika
- 2 t minced garlic
- ½ t ground fennel
- ½ t pepper
- 1 t pink salt
- ¼ t red pepper flakes
- ¼ t cayenne pepper
- 1 lb. ground organic beef

Directions:

- Mix spices together in a large bowl
- Add meat and mix thoroughly
- Form into 12 patties
- Brown meat on stovetop, until cooked through



Organic beef Stuffed Portobello Mushroom Caps

Ingredients:

3.5 oz. lean ground organic beef
2 large Portobello mushroom caps
1/2 T minced garlic
1 t Italian seasoning
1/2 t cumin
1 t Bragg's liquid aminos
salt and pepper, to taste
garlic powder, to taste
rosemary, to taste

Directions:

Spoon out the innards of the mushroom and put in bowl.

Mix in ground organic beef, minced garlic, salt, pepper, Italian seasoning, cumin, and Bragg's liquid aminos.

Sprinkle garlic powder and rosemary on top.

Stuff mixture into mushroom caps and bake in oven at 400° for 20-25 mins.



Organic beefy Mushrooms

Ingredients:

8 oz. mushrooms, chopped
3.5 oz. ground organic beef
2 t minced garlic
1/2 t dill
1 t paprika
pepper, to taste
pink salt, to taste



Directions:

Brown ground organic beef in skillet until mostly cooked

Stir in mushrooms, garlic, dill, pepper, and paprika

Cover and cook, stirring occasionally, until mushrooms are soft

Remove from heat and sprinkle with pink salt



Organic beefy Tomato "Rice" Bowl

Ingredients:

3.5 oz. lean ground organic beef
8 oz. cauliflower
5 oz. tomatoes
1/2 t oregano
1/2 t garlic powder
salt and pepper, to taste

Directions:

Heat skillet to med-high
Brown organic beef in skillet
"Rice" cauliflower in food processor by pulsing florets until rice-like consistency
Chop tomatoes into bite sized pieces and add to skillet
Stir in spices and cook until cauliflower is desired consistency



Organic beefy Tomato Soup

Ingredients:

3.5 oz. ground organic beef
2 T chopped onion, optional
1 (14.5 oz.) can diced tomatoes (no sugar added)
1-2 t Italian seasoning
pink salt, to taste

Directions:

In saucepan, brown ground organic beef, then drain
Add in 2 tbsp. chopped onion, optional
Stir in one can organic diced tomatoes (no sugar added)
Season with Italian seasoning
Simmer until cooked through
Add pink salt, to taste



Beet Greens

Ingredients:

8 oz. beet greens, chopped
2 T Hormone-Free Chicken broth or stock
dash of onion salt

Directions:

Heat broth on medium until almost boiling
Reduce heat and add beet greens
Sauté a few minutes, until tender
Sprinkle lightly with onion salt





Bison Mushroom Meatballs

Ingredients:

3.5 oz. uncooked bison (works with any meat)

8 oz. mushrooms

1 t onion powder

1 T fresh rosemary

1 t pink salt

Directions:

Preheat oven to 400 degrees.

Grind mushrooms and seasoning in food processor to a fine consistency.

Add bison and process until incorporated evenly.

Roll in to balls.

Bake for 25 minutes. (Can pop under broiler if you like them browned)



Bison Stuffed Baby Bellas

Ingredients:

3.5 oz. ground bison

Italian seasoning, to taste

pink salt, to taste

pepper, to taste

8 oz. baby Portobello mushrooms, stems removed

Directions:

Preheat oven to 385 degrees

Season meat with Mrs. Dash and pepper

Chop mushroom stems and add to meat

Stuff mushroom caps with meat mixture

Place on parchment lined baking sheet

Bake for 30 minutes



Bison Stew

Ingredients:

- 12 oz. bison steak
- 14.5 oz. can diced tomatoes (no sugar added)
- ¼ c. tomato paste (no sugar added)
- 1 ½ - 2 c. water
- ½ tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. pink salt
- 2 tsp. chili powder
- ¼ tsp. cloves
- 2 T. green chilies (optional)

Directions:

Cut bison steak into bite sized pieces.

Brown bison pieces in large saucepan over med-high heat until browned on all sides. Stir in tomato paste (no sugar added), diced tomatoes (no sugar added), spices, water, and green chilies (if desired).

Allow to simmer for about 10 minutes, or until desired temp is reached.



Blackened Hormone-Free Chicken

Ingredients:

- 1/2 tsp. paprika
- 1/8 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/4 tsp. ground cumin
- 1/4 tsp. dried thyme
- 1/8 tsp. ground white pepper
- 1/8 tsp. onion powder
- 7 oz. boneless Hormone-Free Chicken breast halves

Directions:

Preheat oven to 350 degrees

Heat skillet over high heat

Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder.

Coat the Hormone-Free Chicken breasts evenly with the spice mixture.

Place the Hormone-Free Chicken in the hot pan, and cook for 1 minute.

Turn, and cook 1 minute on other side.

Place the breasts on parchment paper lined baking sheet.

Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.



Braised Balsamic Hormone-Free Chicken

Ingredients:

- 7 oz. Hormone-Free Chicken breast
- 1/4 tsp. garlic salt
- 2 T balsamic vinegar
- 1 T apple cider vinegar
- 1 (14.5 oz.) can diced tomatoes (no sugar added)
- 1 tsp. onion powder
- 1/4 tsp. dried basil
- 1/4 tsp. dried oregano
- 1/4 tsp. dried rosemary
- 1/8 tsp. dried thyme

Directions:

Season Hormone-Free Chicken breasts with ground black pepper and garlic salt and cut into bite sized pieces.

Brown the seasoned Hormone-Free Chicken breasts.

Pour tomatoes and both vinegars over Hormone-Free Chicken, and season with onion powder, basil, oregano, rosemary and thyme.

Simmer until Hormone-Free Chicken is no longer pink and the juices run clear, about 15 minutes.



Braised Cabbage & Apple

Ingredients:

8 oz. red cabbage
1 apple, sliced
Apple Cider Vinegar
Lemon pepper
1-2 packets or 6-8 drops stevia

Directions:

Put cabbage and apple in small saucepan with enough water to allow to 'braise'
Add vinegar, lemon pepper, and stevia to sweeten
Fold cabbage over and over to cook evenly



Buffalo Apple Burgers with Garlic Cabbage Rice

Ingredients:

3.5 oz. ground buffalo/bison
1 apple, finely chopped
1/4 t onion powder
1/4 t garlic powder
1/2 t Bragg's liquid aminos
8 oz. cabbage (red or green), finely chopped
1 T minced garlic
1/8 c water
salt and pepper, to taste

Directions:

Preheat oven to 350 degrees and line baking sheet with foil or parchment paper
Mix buffalo, apple, onion powder, garlic powder, and liquid aminos in bowl using hands until well combined
Divide mixture into 2 equal mounds and flatten into burgers (could make meatballs or meatloaf instead)
Place on baking sheet and bake for 15 minutes
Heat water in skillet over med-high heat
Sauté garlic for a minute
Stir in cabbage and sauté until tender
Add salt and pepper to taste
Serve burgers on top of cabbage rice



Buffalo Hormone-Free Chicken Cauliflower Bowl

Ingredients:

3 oz. cooked Hormone-Free Chicken breast
8 oz. steamed cauliflower (may sub another veggie - celery, zucchini, spinach, lettuce, etc.)
2 T Oil-Free Buffalo Sauce

Directions:

Cut Hormone-Free Chicken into bite sized piece or shred

Combine in bowl with cauliflower and Oil-Free Buffalo Sauce



Buffalo Cukasoba

Ingredients:

3.5 oz. ground buffalo/bison
8 oz. cucumber noodles (spiralized cucumber)
1 T Bragg's Liquid Aminos
1/2 T dried parsley
1/4 t each cumin
1/4 t pink salt
1/4 t turmeric

Directions:

Brown ground buffalo in skillet over med-high heat

Stir in spices and liquid aminos

Place in bowl over raw or cooked cucumber "noodles"



Buffalo Curry with Celery

Ingredients:

3.5 oz. ground buffalo/bison
8 oz. celery, chopped
1 t curry powder (or make your own mix of turmeric, cumin, chili powder, pepper, cloves, and salt)
1/8 c water

Directions:

Brown buffalo in skillet over med-high heat

Stir in celery, water, and curry powder

Cover, reduce heat to medium, and cook until celery is tender

Remove lid and continue cooking a few minutes until liquid is almost gone



Buffalo Marinara over Cucumber Noodles

Ingredients:

8 oz. [Cucumber Noodles](#)
3.5 oz. ground buffalo
4 T tomato paste (no sugar added)
1/2-1 c water
1/2 t rosemary
1/2 t garlic powder
1/4 t onion powder
salt and pepper, to taste



Directions:

Brown buffalo in small saucepan over med-high heat.

Stir in spices, tomato paste (no sugar added) and 1/2 c water.

Simmer and stir, adding water until you reach desired thickness.

Pour sauce over cucumber noodles.

Buffalo Meatballs

Ingredients:

1 lb. ground buffalo
2 T tomato paste (no sugar added)
1 T garlic powder
1 T onion powder
2 t basil
pink salt and pepper, to taste



Directions:

Combine all ingredients together in bowl

Weigh out 1 oz. portions and roll into meatballs

Place in air fryer basket so meatballs are not touching (or on parchment paper lined baking sheet)

Set air fryer temp at 360 and cook for 14 minutes (or bake in oven)



Cabba-Sghetti

Ingredients:

7 oz. ground buffalo (or ground organic beef)
2 t onion powder
4 cloves garlic
4 T water
8 oz. canned diced tomatoes (no sugar added)
8 oz. canned tomato sauce (no sugar added)
1 t tomato paste (no sugar added)
1 T basil
1 T Italian seasoning
16 oz. shredded cabbage
1/2 t salt
1/2 t pepper

Directions:

Over medium heat, heat 2 T water, 3 garlic cloves, and onion powder
Sauté until garlic is cooked
Add ground buffalo and basil, salt, and pepper
Stir and cook until meat is fully browned
Add diced tomatoes (no sugar added), tomato sauce and paste
Mix well
Add addition spices as needed
Let simmer and stir occasionally
In separate pan, add 2 T water 1 garlic clove, and sauté for 1 minute
Add cabbage and remaining seasoning
Sauté until soft
Drain and put on plate
Top with sauce and serve



Cabbage Wild Caught Shrimp Stir-fry

Ingredients:

8 oz. cabbage, sliced thin or chopped
6 oz. cooked Wild Caught Shrimp
2-3 t Bragg's liquid aminos
1/2 t onion powder
1/2 t garlic powder
1/4 t crushed red pepper flakes
pink salt and pepper, to taste

Directions:

Steam cabbage in wok with some water
Drain cabbage then return to wok
Stir in Wild Caught Shrimp, liquid aminos, and spices and heat for another minute





Cabbage Slaw

Ingredients:

8 oz. shredded cabbage
3 - 4 T. apple cider vinegar
1/2 - 1 tsp. [Ranch Seasoning](#)
pink salt and pepper, to taste
stevia, if desired

Directions:

Combine vinegar, seasoning, salt, pepper, and stevia in bowl.
Adjust spices to taste.
Add cabbage and toss until well coated.

Cajun Scallops or Wild Caught Shrimp

Ingredients:

4.5 oz. scallops or Wild Caught Shrimp
juice from 1 lemon
1/2 tsp. dry mustard
1 tsp. pepper flakes
2 garlic cloves, minced
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground cayenne pepper
1/2 cup water



Directions:

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops.
Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

Cajun Wild Caught Shrimp Pepper Nachos

Ingredients:

6 oz. cooked Wild Caught Shrimp
1 t McCormick Cajun Seasoning
1/4 c water
8 oz. (2 small) bell peppers, cut into 4-6 slices
4 oz. bell peppers, chopped
1/4 t onion powder
pink salt, to taste



Directions:

Heat water in skillet over med-high heat
Add 4 oz. chopped peppers and cook until softened

Stir in onion powder and cajun seasoning and cook until water is reduced

Cut Wild Caught Shrimp into bite sized pieces and stir into cooked peppers

Arrange pepper slices on plate and scoop Wild Caught Shrimp mixture into each slice



Sprinkle with pink salt.

Candied Apples

Ingredients:

- 4 apples, sliced
- 1 t vanilla stevia
- 1 t cinnamon
- 2 c water

Directions:

Place 4 apples in a baking dish.
Pour the water over top.
Add stevia and cinnamon over apples.
Bake at 350 degrees for an hour.
Take out of oven and stir.
Take apples out and pour sweetened water mixture over apples.



Cauliflower Tortillas

Ingredients:

- 8 oz. cauliflower florets
- 1 egg
- 3 egg whites
- salt and pepper, to taste

Directions:

Preheat oven to 375 degrees and line a baking tray with parchment paper.
Pulse cauliflower in food processor until you get a texture slightly finer than rice. (Once it's riced measure it to make sure you have 2 cups packed.)
Place riced cauliflower in bowl and microwave for 2 minutes and stir, then another two minutes and stir again then place in a dish towel and squeeze excess water out as hard as you can.
Place drained cauliflower back in bowl and add eggs, salt and pepper and mix until well combined. (Will be runny but not pure liquid)
Spread mixture onto a baking sheet into 6 small fairly flat circles.
Place in the oven for 10 minutes then pull out of the oven and carefully peel them off the parchment and flip them and place back in the oven for 5-7 more minutes.
Place on a wire rack to cool slightly.
Heat a medium sized pan over medium heat and place the tortillas into the pan pressing down slightly and brown them to your liking.



Chai Spiced Apples

Ingredients:

1/3 c water
1 apple, sliced thin
1/2 t Chinese 5 Spice
12-15 drops SweetLeaf vanilla cream
stevia
5-6 turns of black peppercorn shaker

Directions:

Heat skillet to med-high heat
Add water and apples
Cover and cook for 1 minute
Stir in Chinese 5 Spice, stevia, and
pepper
Cover and cook until liquid is reduced by half and apples are tender
Uncover and continue cooking, stirring occasionally, until liquid is almost gone
Transfer apples to bowl or plate
Pour remaining liquid over top as syrup



Cherry Spiced Hormone-Free Chicken

Ingredients:

3.5 oz. Hormone-Free Chicken
1/2 c cherries
1 t Cinnamon Spice Rub
1 T water

Directions:

Preheat oven to 450 degrees
Line baking sheet with parchment paper
Place Hormone-Free Chicken on baking
sheet and sprinkle lightly with 1/2 t Cinnamon Spice Rub
Bake Hormone-Free Chicken for 20 minutes then slice and sit on plate
Heat water in small skillet over medium heat
Add cherries and remaining spice rub
Cook a few minutes until cherries have softened
Pour cherries and sauce over sliced Hormone-Free Chicken



Cinnamon Wild caught grouper

Ingredients:

6 oz. wild caught grouper
1/2 - 1 T Cinnamon Spice Rub

Directions:

Preheat oven to 350 degrees
Line baking sheet with parchment paper
Place wild caught grouper on parchment paper and coat well with Cinnamon Spice
Rub
Bake for 10 minutes



Citrus Wild Caught Shrimp Salad

Ingredients:

5 oz. steamed Wild Caught Shrimp, chilled

1 orange

8 oz. spinach

1 serving [Lime Vinaigrette](#)

pink salt, to taste

Directions:

Peel orange and cut into bite sized sections

Combine spinach, orange, and Wild Caught Shrimp in bowl

Toss, until well coated, with Lime Vinaigrette

Sprinkle with pink salt

Cheesy Spinach Bake

Ingredients:

1.5 cup organic cottage cheese

16 oz. spinach

1 t garlic powder

pink salt and pepper, to taste

Directions:

Preheat oven to 400 degrees

Cook spinach down in size in a pot with a small amount of water on the stove

Drain spinach

Mix in organic cottage cheese and seasonings

Transfer to a glass pan

Bake for 20 minutes or until the cheese starts to brown on top



Hormone-Free Chicken Apple Slaw

Ingredients:

8 oz. shredded cabbage
3oz of cooked Hormone-Free Chicken breast (diced)
1 med Apple (diced)
1 tsp No sugar added Dijon mustard (check the ingredients for added sugar)
1 tbsp. Apple Cider Vinegar
stevia, to taste

Directions:

Dice cooked Hormone-Free Chicken and apple and place in a medium sized bowl.

Toss in shredded cabbage.

In a small bowl mix together the vinegar and mustard (you can add a couple drops of stevia to give it a sweeter taste).

Pour vinegar mixture over the cabbage and toss till everything is coated.

You can eat it right away for let to chill for later.



Hormone-Free Chicken Asparagus Stir Fry

Ingredients:

3.5 oz. Hormone-Free Chicken breast, cut in strips
1/4 cup water
salt and pepper to taste
8 oz. asparagus cut in 1" pieces
1/2 tsp ginger, grated
1 dash cayenne
1 clove garlic, minced

Directions:

Steam asparagus until tender, but still crisp.

Set aside.

Heat water in a skillet and add Hormone-Free Chicken strips, stirring, until cooked almost all the way through.

Add the grated ginger, garlic, and cayenne.

When the liquid is reduced by half, add in the asparagus and season with salt and pepper.



Hormone-Free Chicken Bruschetta

Ingredients:

3.5 oz. Hormone-Free Chicken breast
oz. Tomato chopped
Garlic Cloves finely chopped
Basil Leaves chopped
Salt
Pepper
Pinch of Red Pepper Flakes
Italian Seasoning,
Garlic Powder
Onion Powder

6 oz. Spinach

Directions:

Sprinkle Hormone-Free Chicken with Italian Seasoning, Garlic and Onion Powder

Grill the Hormone-Free Chicken; when done let rest for 5 minutes.

Combine tomato, garlic and basil, add salt and pepper to taste, sprinkle in a pinch of red pepper flake (optional).

Stir until well combined.

Place Spinach leaves on plate, place Hormone-Free Chicken on spinach leaves top with Bruschetta tomato mixture.



8
2
3

Hormone-Free Chicken Chili

Ingredients:

8 oz. shredded cabbage
2 cups Hormone-Free Chicken stock
1 tsp. cayenne pepper
1 tsp. black pepper
1 T. chili powder
1 T. cumin
3 pinches of dried chopped onions
3 oz. cooked Hormone-Free Chicken breast

Directions:

In a medium saucepan add 2 cups Hormone-Free Chicken stock.

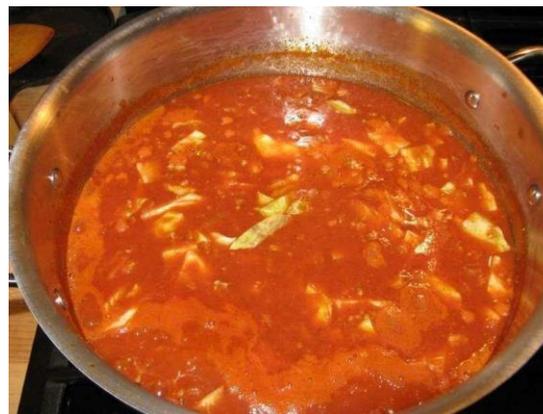
Bring to boil.

Add spices, cabbage and cooked Hormone-Free Chicken.

Stir constantly.

The liquid will begin to dissolve, so it will become less soupy.

Let simmer for about 10 minutes, or until the cabbage is to your preference.



Hormone-Free Chicken Cucumber Nachos

Ingredients:

8 oz. cucumbers
3 oz. cooked, shredded Hormone-Free Chicken
1 serving [Fiesta Mustard](#)
1/4-1/2 t Simple Girl Southwest Seasoning
1 t [Taco Seasoning](#)
hot sauce, to taste

Directions:

Slice cucumbers thin and place on plate
Sprinkle lightly with Southwest Seasoning
Mix Hormone-Free Chicken and Taco seasoning together in small bowl
Place seasoned Hormone-Free Chicken on top of cucumber slices
Drizzle with Fiesta Mustard and hot sauce



Hormone-Free Chicken Fajita Bowl

Ingredients:

3.5 oz. Hormone-Free Chicken (ground or breast)
4 oz. red peppers, thickly chopped
4 oz. green peppers, thinly chopped
1/4 c water
1/2 t [Taco Seasoning](#)

Directions:

Heat water in skillet over med-high heat
Cook Hormone-Free Chicken until fully cooked
Add peppers, cover, and cook until tender
Drain most of the water and add in taco seasoning
Stir and cook for another minute



Hormone-Free Chicken Salad

Cucumber Cups

Ingredients:

8 oz. cucumber
3 oz. cooked Hormone-Free Chicken breast
1 T No sugar added Dijon mustard
1/2 t apple cider vinegar
stevia, to taste
salt and pepper, to taste
water

paprika

garlic powder

Directions:

Slice cucumber into 1 inch pieces
Scoop out seeds with melon baller tool
Combine cucumber insides, Hormone-Free Chicken, mustard, acv, salt, pepper, and stevia in food processor or Magic Bullet
Process until well combined and creamy, adding water as needed
Spoon mixture into cucumber cups
Top with paprika and garlic powder



Hormone-Free Chicken Spinach Chili

Ingredients:

7 oz. Ground Hormone-Free Chicken Breast
16 oz. frozen chopped spinach
chili powder, to taste
½ tsp. pink salt
½ tsp ground pepper
1 head garlic
32 oz. Hormone-Free Chicken stock (no sugar)

Directions:

Roast garlic for 20 minutes at 375 degrees then place in blender/food processor

Blend with a little Hormone-Free Chicken stock until smooth then add saucepan over med-high heat

Mix in frozen spinach, Hormone-Free Chicken, garlic, salt, pepper, chili powder, Hormone-Free Chicken stock

Cook covered on a medium heat for about 20 minutes (until Hormone-Free Chicken is fully cooked)

Garnish with toasted shallots, onion or add a little Franks hot sauce



Hormone-Free Chicken Spinach Tomato Soup

Ingredients:

8 oz. Hormone-Free Chicken stock
2-4 c water
15 oz. can diced tomatoes (no sugar added)
2 c baby spinach, chopped
3 oz. cooked Hormone-Free Chicken breast
1/2 t minced garlic
1/2 t basil
1/2 t oregano
pink salt and pepper, to taste

Directions:

Combine all ingredients, except spinach, in saucepan over med-high heat and heat until simmering

Add spinach and heat another 2-3 minutes



Hormone-Free Chicken Zucchini Poppers

Ingredients:

1 lb. ground Hormone-Free Chicken breast
16 oz. grated zucchini (leave peel on)
2 tsp onion powder
3-4 Tbsp. cilantro, minced (I don't like cilantro, so I sub parsley here)
1 clove garlic
1 tsp salt
½ tsp pepper
(optional: ¾ tsp cumin)



Directions:

Toss Hormone-Free Chicken with zucchini, onion powder, cilantro, garlic, salt, and pepper (and cumin, if using). Mixture will be quite wet.

Line a baking sheet with parchment paper.

Scoop mixture out by the spoonful and form meatballs onto the lined pan.

Bake at 400 degrees 20-25 minutes, or until cooked through.

If desired, place under the broiler for an additional 2-3 minutes or until browned on top.

Chilean Sea Bass

Ingredients:

3.5 oz. sea bass fillets
2 cloves garlic, minced
1/2 lemon
1/2 t salt
1/2 t lemon pepper
2 T chopped cilantro
1/2 t paprika



Directions:

Arrange sea bass fillets in a single layer on foil-lined broiler pan

Spread garlic and cilantro on and around fish

Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste, and add paprika for color

Cover with foil and crimp edges to form a seal

Bake at 450 for 20 minutes



Chili with Organic beef

Ingredients:

3.5 oz. lean ground organic beef
8 oz. chopped tomatoes
1/2 c water
2 t onion powder
2 cloves garlic, crushed and minced
pinch of garlic powder
1/4 t chili powder
pinch of oregano
cayenne pepper to taste
salt and pepper to taste

Directions:

Brown ground organic beef in small frying pan
Add garlic
Stir in tomatoes and water
Add spices and simmer slowly until liquid is reduced
Add water as needed to prevent burning
Serve with tomato garnish and salt and pepper to taste



Chinese Hormone-Free Chicken and Broccoli

Ingredients:

8 oz. broccoli
4 oz. ground Hormone-Free Chicken
1 T liquid aminos
1/2 T minced garlic
1/2 t minced onion flakes
1/4 c water
1 T stone ground no sugar added Dijon mustard

Directions:

Cook Hormone-Free Chicken in skillet over med-high heat with liquid aminos onion flakes and garlic
Add water and broccoli to skillet
Reduce heat to low, cover, and cook for 5 minutes
Remove lid and stir in mustard
Cook a few more minutes, until broccoli is desired tenderness
Top with additional liquid aminos, if desired



Cilantro Lime Cauliflower Rice

Ingredients:

- 8 oz. cauliflower ('riced' in food processor)
- 1 tsp onion powder
- 1 clove garlic minced
- 1 tbsp. cilantro finely chopped
- 1-2 tbsp. lime juice freshly squeezed
- 4 drops stevia
- Pink salt to taste

Directions:

Sauté garlic over medium to medium-low heat in small amount of water.

Add in riced cauliflower and sauté another 5-7 minutes, adding slightly more water if needed to prevent burning.

Add 1/4 cup water, stir, cover and steam on low heat for 5-7 minutes.

Stir in cilantro, onion powder, lime juice, pink salt, and stevia.



Citrus Fish

Ingredients:

3.5 oz. fish (of your choice)
1 t onion powder
2 T lemon juice
lemon and orange zest to taste
lemon and orange slices
chopped parsley
salt and pepper to taste
stevia to taste

Directions:

Mix lemon juice with zest, spices, and a little stevia
Baste fish with mixture and top with salt, pepper, and lemon and orange slices
Wrap in aluminum foil and place on the bbq or in oven at 350 degrees
In oven, cook fish for 15-20 minutes or until fish is thoroughly cooked (grill takes less time)
Serve with lemon and top with parsley



Coconut Aminos Roasted Tomatoes

Ingredients:

8 oz. grape tomatoes
2 t coconut aminos
pink salt and pepper, to taste

Directions:

Preheat oven to 425 degrees
Toss tomatoes in bowl with coconut aminos, salt, and pepper
Place on parchment paper lined baking sheet
Bake for 20 minutes or until tomatoes start to burst



Coconut Aminos Scallops

Ingredients: 4.5 oz. scallops

1/8 t Old Bay
1/8 t Mrs Dash
Juice of 1/4 lemon
1/4 cup of coconut aminos

Directions:

Heat lemon juice and coconut aminos in skillet over med-high heat
Sprinkle scallops Old Bay and Mrs Dash
Add scallops to skillet and cook thoroughly



Coconut Stevia Wild Caught Shrimp

Ingredients:

1/4 - 1/2 c water
5 oz. Wild Caught Shrimp
5-10 drops SweetLeaf Coconut stevia

Directions:

Heat skillet over med-high heat
Add 1/4-1/2 c water and heat until simmering
Add Wild Caught Shrimp and cook until pink
Place 1-2 drops of coconut stevia on each Wild Caught Shrimp
Heat for another 30 seconds to 1 minute
Drain water and enjoy



Wild caught cod Curry with Kale and Tomatoes

Ingredients:

5 oz. wild caught cod
6 oz. kale
6 oz. grape tomatoes
1 T curry powder
1/2-1 c water

Directions:

Cook wild caught cod in NuWave, oven, or skillet
Heat water in skillet over high heat
Add kale to skillet and cover with lid for a few minutes, until kale is wilted
Reduce heat to medium and stir in curry powder
Add tomatoes, cover with lid and cook a few more minutes
Stir in bite sized pieces of wild caught cod



Coffee Crusted Fish

Ingredients:

4.5 oz. wild caught cod, flounder, other fish of choice
1 T finely ground coffee
1/4 t oregano
1/4 t garlic powder
1/4 t chili powder
1/2 t paprika
1/8 t ginger
1/2 t ground mustard
1/8 t salt
1/8 t pepper
2 T water

Directions:

Season each side of the fish with salt and pepper.

Combine all the seasonings in a mixing bowl and mix well.

Rub a heaping spoonful of the spice rub into one side of the fish.

Cover and allow to sit in the refrigerator for at least 2 hours.

Heat water in skillet.

Add the fish with the rub side down so that this side will cook first and get nice and crispy before you have to flip the fish.

Cook the fish on the rub side down for 4-5 minutes then flip and cook again for 4-5 minutes.

Cooking time may vary depending on the size of your fish. (Fish is ready to turn when it begins to lift away from the bottom of the pan)

*This could be baked in the oven on parchment lined paper for 15-20 minutes at 375 degrees instead, if desired



Crab Florentine Soup

Ingredients:

6 oz. kale
5 oz. crab
14.5 oz. can diced tomatoes (no sugar added) (undrained)
1/2 t nutmeg
1/2 t onion powder
1/8 t pepper
2 c water
pink salt, to taste

Directions:

Combine all ingredients in saucepan

Bring to a simmer

Cover and cook for 15 minutes, stirring occasionally



Crab Stew

Ingredients:

5 oz. real crabmeat
8 oz. Campari tomatoes (or cut up bigger ones or use cherry toms)
2/3 t minced garlic
2 T Hormone-Free Chicken stock (or water)
1 T apple cider vinegar
1/2 t pink salt
1/4 t dry oregano
1/4 t dry basil
1/4 t red pepper flakes
a few snips of chive for garnish

Directions:

Put the liquid ingredients in the saucepan, along with garlic.
Sauté on medium flame until garlic is fragrant.
Add the tomatoes and cook until they start to go soft and expel their liquid (keep stirring to prevent sticking).
After the tomatoes cook down, add the real crabmeat and heat through on low flame for about 8 minutes.



Creamy Asparagus Soup

Ingredients:

8 oz. asparagus
1/2 c organic cottage cheese
2 cloves garlic
1 t onion powder
salt and pepper

Directions:

Place raw asparagus in sauce pan and add enough water to cover well
Sprinkle onion powder on asparagus
Boil until tender
Place organic cottage cheese in blender with garlic
Pour asparagus and liquid from sauce pan into blender
Blend until desired consistency
Top with salt and pepper



Creamy Hormone-Free Chicken Soup

Ingredients:

3 oz. cooked Hormone-Free Chicken
8 oz. celery
3 cloves garlic
2 cups no sugar added organic broth
1 tsp onion powder
1/2 tsp parsley
1/2 tsp basil
ground white pepper (to taste)
salt (optional)

Directions:

Preheat saucepan over MED-HI heat.

In food processor, combine all ingredients and pulse until reaches desired consistency.

Pour into saucepan and bring to boil.

Reduce heat to simmer, cover, and heat 20-30 mins.

Serve.



Creamy Tuscan Wild Caught Shrimp and Zucchini

Ingredients:

4.5 oz. Wild Caught Shrimp
10 oz. zucchini, sliced into rounds
1 T Trader Joe's Basil Mustard
1 t Perfect Pinch Tuscan seasoning
salt, to taste

Directions:

Heat small amount of water in skillet over med-high heat
Cook Wild Caught Shrimp until they begin to turn pink
Add zucchini and cover with lid, stirring occasionally until zucchini is cooked through
Stir in mustard, seasoning, and salt



Crispy Cucumber Chips

ingredients:

8 oz. cucumber
1 teaspoon apple cider vinegar
¼ teaspoon salt

Directions:

In a medium bowl whisk together vinegar and salt
Add sliced cucumbers and toss until evenly coated
Arrange slices on dehydrator trays
Dehydrate on 135 degrees for 4 hours



Cucumber Dill Salad

Ingredients:

6 oz. cucumber
1 T vinegar
1 t dill
stevia, to taste
black pepper, to taste
pink salt, to taste

Directions:

Slice and quarter cucumber.
Place vinegar, dill, stevia, salt and black pepper in a small bowl.
Stir in the cucumbers pieces.
Serve immediately or refrigerate for later.



Cucumber Noodles

Ingredients:

8 oz. cucumber
salt

Directions:

Spiralize cucumber using a Veggetti, Spiralizer, other tool (or use a potato peeler).

Toss cucumber in few pinches of salt.

Let sit for about 10 minutes.

Drain excess water off of noodles.

Serve cold or warm (steam, boil, or pan fry in hot water for a few minutes)



Cucumbers with a Kick

Ingredients:

8 oz. mini cucumbers
1 t dill
1 T horseradish mustard
1 T apple cider vinegar
1 t minced garlic
1/4 t garlic powder
1 t minced onion
pink salt and pepper, to taste

Directions:

Slice cucumbers into small rounds

Combine cucumber slices in bowl with all other ingredients

Allow to marinate in fridge before serving



Dairy Free Deviled Eggs

Ingredients:

2 hard-boiled eggs, halved
4 t No sugar added Dijon mustard
1/3 t apple cider vinegar
2-4 drops liquid stevia
1/16 teaspoon garlic powder
dash of salt
dash of pepper

Directions:

Scoop egg yolks into a bowl and set egg whites aside.

Mash yolks, vinegar, mustard, stevia, garlic powder, pepper and salt.

Spoon yolk mixture into egg whites.

Refrigerate until ready to serve.



Egg Drop Soup

Ingredients:

24 oz. Hormone-Free Chicken stock
1/8 tsp ground ginger
2 tbsp. fresh chives, chopped
1/4 tsp salt
2 eggs
6 egg whites

Directions:

Pour the Hormone-Free Chicken stock into a saucepan over a medium-high heat.

Add the ginger, chives and salt to the liquid and allow it to come to a boil.

In a small bowl, whisk together the eggs and yolk.

As the broth continues to boil, use a fork and drizzle the eggs into the pot. The eggs should cook immediately.

Serve warm and enjoy!



Egg Rolls

Ingredients:

3 oz. cooked Hormone-Free Chicken
(or 5 oz. cooked Wild Caught Shrimp)
2-3 big cabbage leaves
4 oz. shredded cabbage
1/8 tsp. onion salt
1/8 tsp. garlic powder
1/8 tsp. Asian spices
4 drops or 1 packet Stevia

Directions:

Steam big cabbage leaves for 5 minutes.

Move leaves over to side of steamer to make room for shredded cabbage.

Steam both for 5 additional minutes.

Remove shredded cabbage to a mixing bowl.

Add chopped Hormone-Free Chicken or Wild Caught Shrimp and spices.

Mix and then wrap in a big cabbage leaf.



Egg Salad with a Kick

Ingredients:

1 egg, hard boiled
3 egg whites, hard boiled
1/2 T No sugar added Dijon mustard
1 T no sugar added yellow mustard
1/2 t Bragg's apple cider vinegar
1/2 t parsley
hot sauce, to taste
salt and pepper, to taste

Directions:

Put yolk from whole hard-boiled egg into bowl
Add mustards, acv, parsley, hot sauce, salt and pepper and mix well
Chop the 4 hard-boiled egg whites into small pieces
Add whites to yolk mixture and stir well
Eat plain or use half of egg salad mixture and serve on top of [Cauliflower Tortillas](#)



Egg White Crisps

Ingredients:

3 egg whites
pink salt
pepper
(optional) garlic powder, onion powder, cinnamon,
stevia, other spices of choice

Directions:

Preheat oven to 400 degrees.
Place egg whites in bowl.
Add spices to taste.
Add a splash of water to thin egg whites.
Barely cover the bottom of each muffin circle with egg whites, the thinner the better.
Bake until golden brown and crispy, about 10 minutes.
Flip each crisp over to brown other side.



Eggs in Clouds

Ingredients:

2 eggs, separated

1/2-1 t chives (or other spices)

pink salt and pepper, to taste

*Add-Ins: nutritional yeast, parmesan cheese, cheddar cheese (*PHASE 4/BEYOND ONLY)

Directions:

Preheat oven to 375 degrees and line baking sheet with parchment paper

Whip egg whites with hand mixer until stiff peaks form

Fold in chives (and any additional add-ins if in P4/Beyond)

Scoop whites onto parchment paper into 2 mounds

Press spoon into center of each mound to make indent

Place one yolk into each indent

Bake in oven for 8-12 minutes (depending how runny you want your yolk)

Remove from oven and top with pink salt and pepper



Enoki Noodles

ingredients:

8 oz. enoki mushrooms

8 oz. water

Directions:

Bring water to a boil in saucepan

Separate enoki mushrooms into individual strings

Add mushrooms to saucepan and boil for a few minutes until softened

Drain "noodles" and serve



Fiesta Ranch Skillet

Ingredients:

3.5 oz. lean ground organic beef

4 oz. green pepper

4 oz. red pepper

4 oz. tomato

1/2 c no sugar added salsa

2 T tomato paste (no sugar added)

1 t [Ranch Seasoning](#)

Directions:

Brown ground organic beef in skillet over med-high heat

Slice peppers and chop tomato then add to skillet

Continue cooking until peppers have softened

Drain skillet and return to stovetop

Stir in no sugar added salsa, tomato paste (no sugar added), and Ranch Seasoning and cook another minute, until heated through



**Organic filet mignon with Garlic
Caramelized Onions**

Ingredients:

- 3.5 oz. Organic filet mignon
- 2 Tbls. Red Wine Vinegar
- 2 Tbls. Balsamic Vinegar
- 2 Cloves Garlic, minced
- 1/4 tsp. Chicago Steakhouse Seasoning (Weber)
- 1 tsp. Fresh Rosemary Leaves, chopped finely
- 8 oz. sweet onion, sliced thin
- 1/4 c. low sodium organic beef broth
- 1/4 tsp. Roasted Garlic & Herb Seasoning (Weber)



Fire Roasted Tomato Balsamic Hormone-Free Chicken

Ingredients:

7 oz. Hormone-Free Chicken breast
1/2 c balsamic vinegar
1 (14.5 oz.) can Muir Glen fire roasted tomatoes
pink salt and pepper, to taste
1/2 t garlic powder
1 t Italian seasoning

Directions:

Heat 1/4 cup balsamic vinegar in skillet
Add Hormone-Free Chicken
Cook 1 minute on each side, coating Hormone-Free Chicken in vinegar
Cover Hormone-Free Chicken with can of tomatoes and stir in remaining vinegar
Add spices
Cover and simmer for about 10 minutes or when sauce is desired consistency



Firecracker Wild Caught Shrimp

Ingredients:

2 T water
4.5 oz. Wild Caught Shrimp
1 t hot sauce
dash of cayenne pepper
1/8 t onion powder
1/4 t garlic powder
salt and pepper, to taste

Directions:

Heat water in skillet over med-high heat
Add Wild Caught Shrimp and seasonings
Stir and cook until Wild Caught Shrimp is fully pink



Fish Taco Stuffed Peppers

Ingredients:

10 oz. wild caught grouper (or other fish)
16 oz. bell peppers (I used 1 yellow, 1 red, 1 orange)
3/4 c water
1-2 T [Taco Seasoning](#)
2 T no sugar added salsa, if desired

Directions:

Pour 1/2 c water into baking dish and preheat oven to 425 degrees
Slice 2 peppers half and remove stem
Place into baking dish and set aside
Chop remaining pepper into small pieces
Heat 1/4 c water in skillet over med-high heat
Add chopped peppers and cook, then remove from heat
Add fish to skillet and cook until done
Add peppers back to skillet and stir in taco seasoning, to taste
Stir until combined and flake fish into pieces
Scoop mixture evenly into the 4 pepper halves
Place into oven and bake for 35 minutes
Top with 1/2 T no sugar added salsa per pepper half, if desired



Fresh Diablo Sauce With Wild Caught Shrimp or Scallops

Ingredients:

3.5 oz. Wild Caught Shrimp (or scallops)
6 cloves garlic, crushed
24 oz. whole peeled tomatoes (no added sugar) with liquid, chopped
1.5 T salt
1 t crushed red pepper flakes
1 T chopped fresh parsley

Directions:

Sauté garlic over medium heat in a nonstick skillet
When garlic starts to sizzle, pour in tomatoes
Season with salt and red pepper
Bring to a boil
Lower heat and simmer for 30 mins, stirring occasionally
Cook Wild Caught Shrimp (or scallops) in nonstick pan for 2 minutes, stirring frequently, or until Wild Caught Shrimp turn pink
Add Wild Caught Shrimp to tomato mixture and stir in parsley
Cook for 3-4 minutes or until the sauce just begins to bubble
Serve



French Onion Soup

Ingredients:

8 oz. Vidalia onion
1 c sugar-free organic beef broth (or water)
1 t garlic powder
1 t onion salt
1/8 t pepper
water

Directions:

Slice onion with an apple slicer to make wedges and open up the onion
Season onion with garlic powder, onion salt, and pepper
Place onion on top of a foil sheet
Add 1/4 c organic beef broth
Wrap foil tightly around onion
Place in baking dish and bake at 350 for 1 hour
Remove from oven, unwrap onion and place in bowl
Pour remaining organic beef broth (and water, if needed) over onion and serve



French Onion Soup Poppers

Ingredients:

3.5 oz. lean ground organic beef
6 oz. onion, chopped
1/4 t onion powder
1/4 t garlic powder
1/16 t celery seed
1/16 t pepper
1/4 t parsley
1/4 t pink salt
1/4 t turmeric (optional)

Directions:

Preheat oven to 400 degrees
Line baking sheet with parchment paper
Cook onions in small amount of water in skillet until translucent
Drain liquid and stir in spices
Transfer onions to bowl with organic beef and combine all ingredients together with hands
Scoop mixture out by the spoonful into 6 mounds onto lined pan and flatten into nugget shape
Bake 20-25 minutes, or until cooked through



Garlic Dill Refrigerator Pickles

Ingredients:

2 large cucumbers, sliced thin
2 t pink salt
1/2 c Braggs apple cider vinegar
2 t dill
1/2 t garlic powder

Directions:

Mix vinegar, dill, pink salt and garlic powder together
Pour over slice pickles in Tupperware or glass container
Stir well
Place lid on container
Sit in refrigerator upside down for a few hours (or overnight)



Garlic Dill Roasted Radishes (No-Tatoes)

Ingredients:

8 oz. radishes
1 t dill
1/2 t garlic powder
salt and pepper, to taste

Directions:

Preheat oven to 450 degrees and line baking sheet with parchment paper.
Chop radishes into bite size piece and place on baking sheet.
Sprinkle dill, garlic powder, salt, and pepper on top of radishes.
Bake for 18 minutes, stirring and flipping radishes around 9 minutes.



Garlic Lemon Scallops

Ingredients:

14 oz. scallops
1/4 c lemon juice
2 cloves garlic, minced
lemon pepper, to taste

Directions:

Preheat oven to 350 degrees
Pat scallops dry with paper towels and place in 1 quart casserole dish
Bake scallops in preheated oven for 5 minutes
In a small bowl, combine lemon juice and garlic
Remove scallops from oven
Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper
Return scallops to oven and bake until firm, about 10 minutes
Serve warm



Ginger "Soy" Tuna with Mushrooms

Ingredients:

1/4 c water
1 (5 oz.) can white tuna
8 oz. mushrooms, chopped into bite sized pieces
1 T Bragg's liquid aminos
2 t ginger

Directions:

Heat water in skillet over med-high heat
Add mushrooms and tuna to skillet
Cover with lid and allow to cook, stirring occasionally, until mushrooms are soft
Drain excess liquid
Stir in liquid aminos and ginger and heat for another minute

Ginger Cumin Green Beans

Ingredients:

8 oz. green beans
2 t Bragg's liquid aminos
1/4 t cumin
1/2 t ginger
pink salt and pepper, to taste

Directions:

Steam green beans until desired consistency is reached
Remove from heat and stir in liquid aminos and spices



Ginger Pear Sauce

Ingredients:

- 1 very ripe pear
- 1/4 t ginger
- 10 drops SweetLeaf vanilla cream stevia
- 1/8-1/4 c water

Directions:

Remove core and stem from pear and cut into pieces
Add all ingredients to food processor
Process at low speed until combined then increase to high speed until desired consistency is reached



Glazed Lemon Hormone-Free Chicken Breast

Ingredients:

- 3 1/2 oz. Hormone-Free Chicken breast
- 1 packet or 8 drops stevia
- 1 Tbls lemon juice
- 1 tsp lemon zest
- 1 clove garlic, chopped
- 1 Tbls No sugar added Dijon mustard (make sure there is no added sugar!)
- salt and pepper to taste

Directions:

Combine all ingredients and marinate at least two hours.
Heat oven to 400° F.
Place Hormone-Free Chicken breast in a baking dish and spoon the marinade over.
Bake for 25 minutes.



Greek Hormone-Free Chicken Salad

Ingredients:

- 3 oz. cooked Hormone-Free Chicken breast
- 1 t Red Monkey Organic Greek Garden Herb seasoning
- 1 T Trader Joe's Basil Mustard
- 3 T water

Directions:

Combine all ingredients in Ninja, Magic Bullet or food processor
Pulse until well combined



Green Onion Soup

Ingredients:

8 oz. green onions
2 c vegetable broth
2 t Bragg's Liquid Aminos
1 t parsley
4 drops stevia or 1 packet
1/2 t paprika
1/2 t salt
1/2 t dill
1/2 t thyme
1/8 t red pepper flakes or cayenne pepper
1/8 t celery seed

Directions:

Briefly steam green onions until tender
Preheat saucepan over medium heat
Chop steamed green onions
Saute green onions in small amount of vegetable broth for a couple minutes
Add spices and stevia and saute another 1-2 minutes
Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes (can add water if necessary)



Grilled Asparagus

Ingredients:

8 oz. asparagus
Bragg's Liquid Aminos
Choice of desired spices

Directions:

Put asparagus in large bowl and sprinkle with Liquid Aminos and generous amount of seasonings
Place stalks on the grill (medium heat) turning regularly
When you see grill marks on each side, they are done
Add extra Liquid Aminos before serving



Honey Mustard Hormone-Free Chicken Stuffed Mushrooms

Ingredients:

- 3.5 oz. Hormone-Free Chicken
- 8 oz. mushrooms
- 1/2 t onion powder
- 2 T no sugar added yellow mustard
- 1 dropperful stevia
- 1/2 t italian seasoning
- 1/2 t minced onion flakes



Directions:

- Preheat oven to 400 degrees
- Line baking sheet with parchment paper
- Remove stems from mushrooms and pulse in food processor
- Place mushroom caps on baking sheet
- Cook Hormone-Free Chicken then add to food processor
- Process with onion powder, mustard, stevia, italian seasoning, and onion flakes
- Fill mushroom caps with Hormone-Free Chicken mixture
- Bake 10-12 minutes or until starting to look a little juicy

Honey Mustard Wild caught grouper

Ingredients:

- 5 oz. wild caught grouper
- 1 T no sugar added yellow mustard
- 8 drops SweetLeaf liquid stevia

Directions:

- Preheat oven to 350 degrees and line baking sheet with parchment paper.
- Place wild caught grouper filet onto baking sheet.
- In small bowl, mix mustard with stevia.
- Brush mustard onto top of fish, covering well.
- Bake at 350 degrees for about 20 minutes, until fish is white when separated with knife and fork.



Honey Mustard Mushrooms

Ingredients:

8 oz. sliced mushrooms
2 T apple cider vinegar
2 T regular no sugar added yellow mustard
1 dropperful stevia
pink salt and pepper, to taste

Directions:

Heat vinegar in skillet over med-high heat
Add mushrooms and cook until tender
Add in stevia and mustard and continue cooking, add water if needed
Remove from heat and season with pink salt and pepper

Italian Hormone-Free Chicken Sausage

Ingredients:

2 T. red wine
1 lb. ground Hormone-Free Chicken (or sub hormone free turkey, pork, organic beef)
1 tsp. minced garlic
2 tsp. fennel seeds
1 tsp. pepper
1 tsp. pink salt
½ tsp. oregano
1/16 tsp. allspice



Directions:

Combine all ingredients together in bowl, mixing with hands.
Form into patties, links, or place ground meat mixture into skillet.
Cook in skillet over med-high heat or bake in oven.

Kale Chips

ingredients:

4 oz. kale
pink salt

Directions:

Preheat oven to 350 degrees and line baking sheet with parchment paper
Break kale into bite sized pieces and spread out on baking sheet
Sprinkle with pink salt and/or other desired spices
Bake 7-8 minutes, until edges begin to brown
Remove from oven and allow to cool



Kale Crustless Quiche

ingredients:

1 1/2 c frozen chopped kale

1 egg

1/2 c egg whites

1/4 t onion powder

1/4 t garlic powder

additional seasoning, if desired

pink salt, to taste

Directions:

Season kale with spices

Steam seasoned kale

Heat 2 T water in skillet over med-high heat

Place steamed kale in skillet

Season eggs and whisk together in bowl

Pour eggs over kale

Place lid on skillet and cook until eggs are cooked through

Slide off skillet and onto plate

Sprinkle with pink salt



Lemon Dill Zucchini Chips

Ingredients:

16 oz. zucchini (2-3 zucchini)
1/2 tablespoon dill
1-2 lemons (fresh juiced)
1/4 teaspoon pink salt

Directions:

Slice zucchini very thin by hand or with a mandolin slicer.

Put the sliced zucchini into a bowl and add dill, lemon juice and pink himalayan salt.

Toss until all zucchini are covered with the lemon juice mixture.

Spread the zucchini out evenly on a mesh tray in a dehydrator.

Dehydrate at 115 degrees for 10 - 12 hours or until crispy.



Lemon Garlic Chard

Ingredients:

8 oz. Swiss chard
1 garlic clove, minced
3 T water
fresh lemon juice

salt and pepper

Directions:

Saute garlic in 1 T water; set aside

Pour remaining water into pan and add chard

Cook over medium heat for about 5 minutes, tossing occasionally

Drain off excess liquid and return to pain, adding in garlic

Add lemon juice, salt and pepper to taste before serving

Lemon Garlic Crockpot Hormone-Free Chicken

Ingredients:

4 Hormone-Free Chicken breasts
4 T minced onion
2 lemons
a whole garlic bulb
2 tablespoons of thyme
2 cups Hormone-Free Chicken broth or stock
salt and pepper

Directions:

Pour Hormone-Free Chicken broth into crockpot

Place Hormone-Free Chicken breasts in crockpot

Sprinkle minced onion and a little salt and pepper on to each Hormone-Free Chicken breast

Peel and chop all of the garlic cloves and sprinkle on top of the Hormone-Free Chicken breasts.

Slice the lemons and placed them on the Hormone-Free Chicken breasts

Sprinkle thyme on top



Put the lid on and set the timer for 6 hours on low



Lemon Hormone-Free Chicken Asparagus Soup

Ingredients:

3 oz. cooked, shredded Hormone-Free Chicken
10 oz. asparagus
1/2 t minced garlic
1 t minced onion flakes
1/2 t dill
1 c water
1 T lemon juice
pink salt and pepper, to taste

Directions:

Place shredded Hormone-Free Chicken in bowl
Steam asparagus in saucepan until beginning to soften
Remove 2 oz. asparagus, chop into bite sized pieces, and place in bowl with Hormone-Free Chicken
After remaining asparagus is soft, drain and place in blender
Add garlic, onion flakes, dill, water, lemon juice, pink salt, and pepper
Blend until well combined
Pour mixture into bowl and stir well

Lemon Ginger Asparagus

Ingredients:

8 oz. asparagus
1/4-1/2 c water
1 t fresh minced ginger root
1 clove minced garlic
lemon zest
salt and pepper, to taste

Directions:

Snap ends off of asparagus spears and discard
Snap spears into 2-3 pieces
Add a little water, garlic and ginger to pan heated med-high and cook 2-3 minutes
Add asparagus and rest of water
Bring to boil for 5 minutes
Remove asparagus and top with lemon zest, salt and pepper



Lemon Zest Crab Cakes

Ingredients:

3.5 oz. crab
1 garlic clove, minced
1 tsp. onion powder
1 T parsley
1/2 tsp. lemon zest
1/4 tsp. salt
1/4 tsp. pepper
1 tsp. dry mustard
2 lemon wedges

Directions:

Mix everything together
Form into 2 small patties
Place in a parchment paper lined baking dish
Bake for 15 minutes at 350 degrees
Top with juice from lemon wedges



Lemon Herb Green Beans

Ingredients:

8 oz. green beans
1/4 t Simple Girl Lemon Herb Seasoning
1 c water

Directions:

Heat water in small saucepan
Add green beans and cook until tender
Drain water
Stir in seasoning



Lettuce Wrapped Tacos

Ingredients:

3.5 oz. - Extra Lean Ground Organic beef (or ground Buffalo, Venison, Hormone-Free Chicken, Hormone free turkey, Fish)

1 tsp - Cumin

1 tsp - Paprika

2 tsp - Garlic Powder

2 tsp - Onion Powder

2 Tbs - Chili Powder

1 tsp - Kosher/Sea Salt

1 Tbs - Dried Cilantro

1/2 - Cup Water

3 - 4 Leaves of any Lettuce

Directions:

Brown Meat and then add water and seasonings.

Cook on med-high heat until liquid has been dissolved.

Wash lettuce thoroughly and dry.

Add taco mix to Lettuce and wrap up



Mashed Cauliflower

Ingredients:

16 oz. cauliflower, chopped

3 roasted garlic cloves

1 teaspoon fresh thyme leaves

1 teaspoon fresh chives, chopped

salt and pepper, to taste

Directions:

Fill a large saucepan with about an inch of water, and insert a steamer basket.

Bring the water to a boil, and add the cauliflower florets.

Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.

Drain the steamed cauliflower, and transfer to the bowl of a large food processor.

Add in the roasted garlic cloves and seasonings, and process to your desired texture.



Meat & 'Potatoes'

Ingredients:

3.5 oz. ground organic beef (or other ground meat of choice)
8 oz. radishes
1 T coconut aminos
1/4 t garlic powder
1/4 t onion powder
black pepper, to taste
pink salt, to taste
1 t minced garlic

Directions:

Preheat oven to 350

Slice radishes not too thin and put in bag with Coconut Aminos, garlic powder, onion powder, and black pepper

Mix radishes thoroughly in bag to coat them and then put on cookie sheet with parchment paper with any additional liquid from the bag

Bake for 30 minutes

Brown 3.5 ounces of desired ground meat, garlic and a splash of Aminos in pan

Combine radished with meat and cook for 1 minute

Sprinkle pink salt

Meatball Spinach Soup

Ingredients:

1 batch of [Meatballs](#)
16 oz. frozen spinach
4-5 c water
4 cloves minced garlic
2-3 t onion powder
2-3 t paprika
2-3 t salt

Directions:

Heat 1 c water over med-high heat in large saucepan

Add spinach to pan and cover until spinach is starting to warm

Add all spices and continue cooking for 5 minutes

Transfer spinach to food processor and process on high

Add water and continue to process until desired consistency is reached

Transfer back to saucepan and add meatballs, until heated through



Meatballs

Ingredients:

7 oz. lean ground organic beef
2 t no sugar added Dijon mustard
2 T. minced onions
1 clove garlic, minced
1/4 tsp. Sage
1/4 tsp. Oregano
1/4 tsp. Basil
1/8 tsp. salt
dash of pepper

Directions:

Preheat oven to 350 degrees and line baking sheet with parchment paper
Mix all ingredients together by hand in a small bowl
Form mixture into 1" balls and place on baking sheet
Bake for 15 minutes



Memphis Style Peppers and Tomatoes

Ingredients:

4 oz. green pepper slices
4 oz. red pepper slices
4 oz. grape tomatoes, cut in half
1/2 c tomato sauce (no sugar added)
2 t minced garlic
1 t Simple Girl BBQ Seasoning
1/2 t Italian seasoning
1 T apple cider vinegar
pink salt and pepper, to taste

Directions:

Cook pepper slices and garlic in apple cider vinegar over med-high heat in skillet
Stir in tomatoes, tomato sauce, BBQ seasoning, and Italian seasoning and cook until tomatoes soften
Season with pink salt and pepper



Mexican Grapefruit

Ingredients:

1/2 grapefruit
cinnamon
1 packet SweetLeaf stevia

Directions:

Place grapefruit on oven safe dish
Bake for 2 minutes at 350 degrees
Remove from oven
Cut around center core, rind, and partitions
Sprinkle with cinnamon and stevia



Mini Meatloaf

Ingredients:

- 1 lb Ground Organic beef 95% lean (or buffalo)
- 1 T. onion powder
- 2 cloves garlic, minced
- 1/2 tsp. Sage
- 1/2 tsp. Oregano
- 1/2 tsp. Basil
- 1/4 tsp. Marjoram
- 1/4 tsp. salt
- 1/8 tsp. pepper

Directions:

Preheat oven to 350 degrees. Cover baking sheet with foil.

Combine all ingredients in bowl, mixing gently. Divide into 4 servings and shape into mini loaves. Bake in preheated oven for 20 minutes or until done.



Mini Sliders with Mushroom Relish

Ingredients:

- 3.5 oz. lean ground organic beef
- 1/4 t McCormick Grill Mates Steakhouse Onion Burger Seasoning
- 8 oz. baby bella mushrooms
- 1-2 t Bragg's liquid aminos
- 1 t Bragg's apple cider vinegar
- 1 T water
- 1/4 t thyme
- salt and pepper, to taste
- 5 drops liquid stevia
- spicy brown mustard, to taste

Directions:

Preheat oven to 400 degrees and line baking sheet with parchment paper

Remove stems from 6 mushroom caps, place on baking sheet, and brush with liquid aminos on both sides

Bake for 10 minutes, then flip and bake 10 minutes on other side, set aside to cool

Mix Hamburger seasoning into ground organic beef

Form into 3 burger patties

Cook burger in skillet or bake in oven until desire temp is reached

Chop mushroom stems and remaining mushrooms finely

Heat water and apple cider vinegar in small saucepan over med-high heat then add mushrooms

Stir in thyme, stevia, salt and pepper

Cook, stirring occasionally, for 2-3 minutes

Drain mushroom relish and place a spoonful in 3 mushroom caps

Add some spicy brown on top of relish

Top with burger and second mushroom cap

Serve extra mushroom relish on side



Mini Stuffed Cabbage Rolls

Ingredients:

- 3.5 oz. - Extra Lean Ground Organic beef
- 3 - Big Cabbage Leaves
- 1 cup - Shredded Cabbage
- 1/8 tsp. - onion salt
- 1/8 tsp. - garlic powder
- 1/8 tsp. - Asian spices
- 1/2 tsp. - stevia

Directions:

Cut Cabbage Leaves in half and steam for 5 minutes.
Move leaves over to side of steamer to make room for shredded cabbage.
Steam both for 5 minutes. Remove shredded cabbage to a mixing bowl.
Brown your organic beef and add the spices to the meat. Add organic beef to bowl of shredded cabbage and mix.

Roll into small meat balls then wrap in a cabbage leaf. Steam for another 5 minutes.



Mint Cucumber Apple Salad

Ingredients:

- 1 apple
- 8 oz. cucumber
- 1-2 T lemon juice
- 2 mint leaves
- stevia, to taste

Directions:

Chop cucumber and thinly slice apple.
Chop mint.
Season with lemon juice, mint and stevia, to taste.



Mock Tuna Melt

Ingredients:

- 4 oz. albacore tuna
- 1 T yellow or No sugar added Dijon mustard
- 1/4 t onion powder
- 1/2-1 t Bragg's Apple Cider vinegar
- 2 large portabella mushrooms (8 oz.)

Directions:

Preheat oven to broil
Mix tuna, mustard, onion powder, and vinegar together in bowl
Scoop 1/2 of mixture into each mushroom cap
Place on parchment paper lined baking sheet
Broil until top is browned



Montreal Hormone-Free Chicken

Ingredients:

3.5 oz. Hormone-Free Chicken breast
1 tbsp McCormick's Montreal Hormone-Free Chicken seasoning
2 tbsp vinegar
1/2 cup water

Directions:

Combine seasoning, vinegar, and water in ziplock bag or tupperware
Add Hormone-Free Chicken and allow to marinate for a few hours
Bake Hormone-Free Chicken in oven or cook in skillet



Moroccan Fish with Apples and Onions

Ingredients:

1 (5 oz.) onion
1 apple
4.5 oz. wild caught cod (or other fish of choice)
1 T Bragg's liquid aminos or coconut aminos
1 t Moroccan spices
1/2 t Pumpkin pie spice/cinnamon
Pink salt, to taste

Directions:

Preheat oven to 400 degrees
Remove paper skin from onion & slice off the top
Poke holes in top with a knife
Place onion in small baking dish & slowly dribble with liquid aminos (You don't want the liquid in the baking dish; you want it in the onion)
Cover with tin foil & place in oven for 45 minutes
Drizzle fish with liquid aminos then liberally sprinkle with Moroccan spices on both sides
Place in small baking dish
Cut up half the apple into small chunks and place around and on top of fish
Dust lightly with pumpkin pie spice and/or cinnamon
Cover with tin foil
Cut up the other half of the apple in similar chunks & sprinkle lightly with pink salt then set aside
When the 45 minutes is done, leave the onion in the oven and place the fish/apple dish in as well
Bake 15 minutes then remove both dishes from oven
Cut the onion into pieces on a plate
Carefully remove fish and apples with a fish spatula and place on top of onions
Sprinkle uncooked apple pieces on top



Mushroom Crust Mini Pizzas

Ingredients:

- 8 oz. portabello mushroom caps (2 caps)
- 1 T tomato paste (no sugar added)
- 5 oz. grape tomatoes, chopped
- 3/4 c Daisy organic cottage cheese
- 1/4 t oregano
- 1/4 t garlic powder

Directions:

- Preheat oven to 400 degrees and line baking sheet with parchment paper
- Remove stems from mushroom caps, scrape caps clean, and place on baking sheet
- Chop mushroom stems
- Combine mushrooms stems, organic cottage cheese, tomatoes, tomato paste (no sugar added), and spices
- Spoon mixture into mushroom caps evenly (serve any remaining filling on the side)
- Bake for 20 minutes
- Set oven to broil and cook another 3-5 minutes
- Eat fork & knife style or pick up like a piece of pizza (a little messy, but doable!)



Mushroom Wild Caught Shrimp Marinara

Ingredients:

- 4 oz. baby bella mushrooms, cut in half
- 4 oz. enoki mushrooms
- 4 oz. cooked Wild Caught Shrimp
- 1/2 c no added sugar tomato sauce (no sugar added)
- 1 t oregano
- 1 t basil
- 1/2 t garlic powder
- 1/2 t onion powder
- 2-4 drops stevia
- pink salt, to taste



Directions:

- Bring saucepan of water to a boil over high heat.
- Add all mushrooms to water and boil about 5 minutes.
- Drain mushrooms in colander.
- Return to saucepan over low to medium heat and stir in sauce, Wild Caught Shrimp, and spices.
- Keep on burner, stirring occasionally, until heated through.



Mushroom Stuffing

Ingredients:

8 oz. mushrooms
1/2 T minced onion flakes
1/4 t onion powder
1 t sage
1/2 t thyme
1 t parsley
1/4 t celery seed
pink salt and pepper, to taste

Directions:

Pulse mushrooms in food processor until finely chopped
Transfer to skillet with a little water over med-high heat and cook until softened
Drain liquid and return to stovetop over low heat
Stir in all spices and cook another 2 minutes

Mushroom Tuna Salad

Ingredients:

1 serving Mushroom Stuffing
1 can white albacore tuna
1 apple, finely chopped
1/2 T Pompeian balsamic vinegar
pink salt and pepper, to taste

Directions:

Combine all ingredients together
Serve chilled



Mustard Baked Hormone-Free Chicken

Ingredients:

7 oz. Hormone-Free Chicken breast
1/4 c. brown mustard
1/2 T. Bragg's liquid aminos
2 pkts. SweetLeaf stevia

Directions:

Preheat oven to 425

Line baking dish with parchment paper

Place Hormone-Free Chicken, smooth side up into the baking dish

In a small bowl stir together mustard, liquid aminos, and stevia

Brush mustard mixture generously over each Hormone-Free Chicken breast

Bake uncovered for 20 minutes or until no longer pink, brushing with mustard mixture half way through cooking

Mustard Crusted Steak

Ingredients:

3.5 oz. organic filet or London broil
1 tsp. mustard powder
2 tsp. apple cider vinegar
1/4 tsp. salt
1/2 tsp. freshly ground black pepper
2 garlic cloves, minced

Directions:

Mix all seasoning in a mixing bowl.

Line a broiler pan with foil and place steak on top.

Coat evenly with mustard mixture and let stand 10 minutes.

Broil steak to desired doneness. 3 to 4 minutes per side for medium-rare.

Let stand 5 minutes before slicing and serving.



Orange Curry Hormone-Free Chicken and Cabbage Rice

Ingredients:

3.5 oz. skinless boneless Hormone-Free Chicken, cut into bite sized pieces

8 oz. cabbage finely chopped into rice sized or noodle size pieces

1 c Hormone-Free Chicken broth or water

1/2 t cumin

1/2 T curry

1 t onion powder

2 cloves garlic crushed and minced or

1/2 t garlic powder

Salt & Pepper

1/2 T Bragg's liquid aminos

1/2 T apple cider vinegar

1 orange

Directions:

In a large frying pan, sauté Hormone-Free Chicken in a little Bragg's liquid aminos over medium high heat.

Cut orange into small pieces and add to pan, mashing juice out.

Add the rest of ingredients and cook until cabbage is tender adding more water or broth as necessary.

Cook down until no liquid is left.

Serve hot.



Peppers and "Sausage"

Ingredients:

1 portion of [Organic beef Sausage](#)

8 oz. green peppers, chopped

4 oz. tomato, chopped

1-2 t onion powder

Directions:

Using the natural fat from the [Organic beef Sausage](#), sauté in green pepper and tomato

Stir in onion powder



Potatoless Salad

Ingredients:

8 oz. Garlic Dill Roasted Radishes (or boiled radishes)

1/4 t onion powder

1/8 t pepper

1/8 t oregano

2 hard boiled eggs

1 T red wine vinegar

1 T spicy brown mustard

1 T water

2 drops stevia

pink salt, to taste

Directions:

Stir onion powder, pepper, and oregano into radishes in a bowl.

In a separate bowl, combine vinegar, mustard, water, stevia, and salt.

Pour mixture over radishes and stir.

Chop hard boiled eggs and stir in.



Radish Chip

Ingredients:

8 oz. radishes, sliced thin

garlic powder, to taste

pepper, to taste

Directions:

Preheat oven to 400 degrees and line baking sheet with parchment paper.

Arrange radish slices on baking sheet.

Sprinkle with garlic powder and pepper.

Bake for about 30 minutes, turning, halfway through.



Really Easy Chowder

Ingredients:

8 oz. frozen wild caught cod filets

14.5 oz. can diced tomatoes (no sugar added)

12 oz. celery, chopped

1 t dried oregano

1 t dried basil

salt and pepper to taste

Directions:

Place tomatoes, celery, and spices in medium sized stockpot

Bring to a boil over medium heat

Add frozen fish filets

Reduce heat and cook for 10-15 minutes

Cook until mixture is heated through and fish is opaque and flaky

Thin with a little water, if desired



Red Cabbage Hormone-Free Chicken

Ingredients:

1/4 c water
3.5 oz. ground Hormone-Free Chicken
6 oz. red cabbage, sliced
2 oz. sauerkraut
1 t McCormick Grill Mates Montreal Hormone-Free Chicken Seasoning
hot sauce, to taste

Directions:

Heat 1/4 c water in skillet over med-high heat
Add Hormone-Free Chicken and cook thoroughly
Stir in red cabbage and seasoning
Cover and cook until cabbage is tender, stirring occasionally
Stir in sauerkraut and hot sauce



Roasted Enoki Mushrooms

Ingredients:

8 oz. enoki mushrooms
choice of spices, if desired

Directions:

Preheat oven to 325 degrees.
Chop clumpy roots off of mushrooms and rinse quickly.
Separate mushrooms into individual strands and dry thoroughly.
Spread mushrooms out in an even layer on a baking sheet lined with parchment paper or a silicone baking mat.
Sprinkle with spices.
Roast for 15 minutes, and then rotate baking sheet.
Roast for another 15-20 minutes, or until mushrooms are deep golden-brown and dried



Sage Cabbage “Stuffing”

Ingredients:

16 oz. cabbage
1 c Hormone-Free Chicken stock
2 cloves of garlic crushed and minced
1/4 t sage
pinch of thyme
1/2 t garlic powder
pink salt and pepper, to taste

Directions:

Finely mince cabbage into a rice sized consistency
Simmer cabbage in stock with spices
Strain off extra liquid and serve



Savory Strawberry Cucumber Salad

Ingredients:

8 oz. cucumber
5 oz. strawberries
1 T lemon juice
1 T water
1 T vinegar of choice (no added sugar)
pink salt and dill, to taste

Directions:

Slice cucumber in half and dice
Combine lemon juice, vinegar, water, salt and dill in small bowl.
Add cucumber and allow to soak.
Dice strawberries and add to cucumbers.
Toss until thoroughly coated.



Wild Caught Shrimp and 'Grits'

Ingredients:

5 oz. Wild Caught Shrimp
5 oz. tomato, chopped
8 oz. cauliflower
1 T Bragg's apple cider vinegar
1 T Wright's liquid smoke
Frank's Red Hot Sauce, to taste

Directions:

Steam cauliflower until tender
Transfer to food processor and pulse a few times until rice consistency
Cook Wild Caught Shrimp and tomato in skillet over med-high heat with apple cider vinegar, liquid smoke, and hot sauce
Serve Wild Caught Shrimp and tomatoes over cauliflower "grits"



Wild Caught Shrimp Ceviche

Ingredients:

4 oz. Wild Caught Shrimp, cooked and chilled
3 tablespoons lemon or lime juice
8 oz. tomatoes, diced
8 oz. cucumber, chopped
1 teaspoon onion powder
1 clove garlic, crushed and minced
Fresh cilantro, chopped
Dash hot sauce
Salt and pepper to taste

Directions:

1. Place Wild Caught Shrimp in a bowl.
2. Add lemon, onion powder, garlic, and chopped cilantro.
3. Stir in tomatoes, cucumber, and hot sauce.
4. Chill and marinate the ingredients in the refrigerator.



Spiced Diced Mushrooms

Ingredients:

2 T water
8 oz. mushrooms, thickly diced
1/4 t celery seed
1 shake crushed red pepper flakes
1/2 t garlic powder
1/2 t onion powder
salt, pepper, and cayenne pepper, to taste

Directions:

Heat water in skillet over med-high heat
Add mushrooms and spices
Cover and cook 8-9 minutes, stirring occasionally
Drain juices and serve



Spiced Pears

Ingredients:

1/2 pear
1/8-1/4 c water
1/4-1/2 t Chinese 5 Spice
4-8 drops SweetLeaf stevia (plain or english toffee)

Directions:

Heat water in skillet over med-high heat.
Chop pear into bite-sized pieces and place in skillet.
Cover skillet with lid and cook pears until slightly soft, stirring occasionally.
Stir in Chinese 5 Spice and stevia until well mixed.



Spicy Mustard Scallops with Chard

Ingredients:

3.5 oz. Scallops
3 Tbls. Stone Ground Mustard (no sugar added)
2 Tbls. Bragg's Amino Acids
1 Tbls. Apple Cider Vinegar
2 Tbls. Lemon Juice
2 Tbls. Chopped Onion
2 cloves Garlic, sliced
1/2 c. organic vegetable broth
8 oz. shredded, chopped Chard

Directions:

Combine Bragg's, Vinegar, Lemon juice and mustard in sauté pan.
Add scallops, onion, & garlic and cook about 10 minutes or until almost all the liquid is gone. Remove the scallops and add the vegetable broth-scrape up any tasty bits in the pan (this is called deglazing). Add chard to the broth and cook stirring occasionally until chard is tender, adding a little water if needed.



Spicy Orange Wild Caught Shrimp w/ Asparagus

Ingredients:

6 oz. raw Wild Caught Shrimp
1 orange
2 T. water
1 T. minced garlic
1/8 tsp. cayenne pepper
1/3 tsp. Homemade Old Bay Seasoning
8 oz. asparagus
liquid aminos, to taste (optional)

Directions:

Place peeled orange, garlic, cayenne pepper, and Old Bay Seasoning in blender and blend until smooth. Heat water in skillet over medium heat. Pour orange mixture into skillet and bring to simmer for about 5 minutes, stirring occasionally. Steam Wild Caught Shrimp and asparagus while sauce is simmering. Stir cooked Wild Caught Shrimp into sauce then serve over asparagus. Top with liquid aminos, if desired.



Spicy Roasted Broccoli

Ingredients:

8 oz. head of broccoli
1 T water
2 T Bragg's liquid aminos
3 T Frank's hot sauce (or less depending on taste)
1 t prepared minced garlic
Black pepper to taste

Directions:

Preheat oven to 425 degrees. Rinse and trim broccoli. In a medium bowl whisk remaining ingredients, add broccoli and toss. Line baking pan with aluminum foil. Add broccoli to pan. Bake for 12 to 14 minutes depending on preference of crispness, turning once. Broil an additional 2 minutes for slight char.



Spicy Tomato Snapper

Ingredients:

5 oz. Wild Caught snapper

8 oz. tomatoes

1 t minced onion

1/2 t garlic powder

1/4 t rosemary

1/8 t sage

1/2 t chili powder

1/4 t mustard powder

1/8 t pepper

1/8 t ground ginger

Directions:

Preheat 1/4 c water in large skillet over med-high heat

Cut tomatoes in fairly large chunks

Place tomatoes and spices in skillet and stir well

Cover and simmer for about 5 minutes

Stir and simmer a couple more minutes

Carve out a spot in the middle for the fish & lay it in the pan

Cover and cook 3 minutes

Flip fish

Cover and cook 3 more minutes



Spinach Pesto

Ingredients:

5 oz. spinach
1 bunch of basil
3 cloves garlic
1 ½ T apple cider vinegar
1 lemon, juiced
1/4 t oregano
1/8 t salt
1/8 t pepper

Directions:

Place apple cider vinegar, lemon juice, oregano, salt and pepper into a small bowl. Mix until well combined, then set aside.

Place spinach, basil, and garlic into a blender or food processor. Pulse a few times.

Slowly add the liquid mixture in a constant stream while the food processor or blender is on.

Stop and scrape the edges of the container to get all pesto mixture towards the bottom.

Pulse a few more time until you reached a paste-like texture.

Spinach Salad with Strawberries and Hormone-Free Chicken

Ingredients:

8 oz. spinach
3 oz. cooked Hormone-Free Chicken breast
5 oz. sliced strawberries
2 T Bragg's apple cider vinegar
8-12 drops liquid stevia (or Berry flavored stevia)

Directions:

Place 4 oz. spinach, 1 oz. strawberries, acv, and stevia in blender, Magic Bullet, etc Pulse until well mixed together (may need to add some water)

Place remaining spinach, strawberries, and Hormone-Free Chicken in bowl

Pour dressing on top and toss



Spinach Stuffed Hormone-Free Chicken

Ingredients:

- 3.5 oz. - Hormone-Free Chicken Breast
- 1 (or 1 1/4) cup - Water
- 1 Tbs - Minced Garlic
- 1 tsp - Chives
- 3 oz. - Raw Spinach
- 1 Tbs - Balsamic Vinegar
- Salt & Pepper to taste
- 1 tsp - Braggs Liquid Aminos

Directions:

Cut Hormone-Free Chicken Breast in half to make 2 cutlets.

Place a sheet of plastic wrap on top and pound them out to make them thinner.

Sprinkle both sides with salt and pepper.

In a separate bowl mix the minced garlic, chives and salt & pepper together along with any other spices you prefer.

After mixture is thoroughly mixed; spread on one side of each Hormone-Free Chicken cutlet.

Place spinach over each cutlet and roll semi-tightly, use a toothpick to hold cutlets together.

Add 1/4 cup water to hot Pan on Stove.

Place cutlets in pan and cover with Balsamic Vinegar.

Brown each side for 3 minutes.

Place cutlets in small baking dish (pour excess water and balsamic vinegar on top)

Add 1 cup of water to baking dish.

Cook in oven for 15-20 minutes or until middle is 190 degrees.

When done you can slice into pieces or leave whole and then sprinkle some Braggs on top! Enjoy!

Steak Caesar Salad

Ingredients:

- 3 oz. cooked lean steak
- 8 oz. romaine lettuce, chopped
- 1 batch [Caesar Dressing](#)

Directions:

Combine lettuce and steak in a bowl

Toss with dressing





Steamed Cabbage

Ingredients:

8 oz. cabbage
juice of half a lemon
1/2 t spicy mustard
salt and pepper, to taste

Directions:

Place cabbage in steamer
Coer and steam 5-10 minutes, until slightly tender
Combine mustard and lemon juice in a bowl
Add cabbage to bowl and toss
Sprinkle with salt and pepper

Steamed Cauliflower Rice

Ingredients:

8 oz. cauliflower
2 T water

Directions:

Pull off the leaves and break the cauliflower into large florets
Pulse florets in food processor until finely chopped
Heat skillet on med-high heat
Heat about 2 tablespoons of water or veggie broth in your skillet, add the cauliflower,
then cover until tender, about 2 minutes
If there's still liquid in the pan, take off the lid and let it cook off before serving

Stewed Tomatoes

Ingredients:

16 oz. tomatoes
3/4 t salt

Directions:

Peel tomatoes
Place in boiling water for 1 minute
Transfer to cold water
Peel and quarter tomatoes
Place in saucepan with salt and simmer over low heat for 20-30 minutes
Stir occasionally to prevent burning



Stuffed Pepper Skillet

Ingredients:

3.5 ounce ground hormone free Hormone-Free Chicken (or organic beef or bison)
8 oz. bell pepper, chopped
1 pint grape tomatoes
2 T red wine vinegar
chili powder, to taste
cayenne pepper, to taste

Directions:

Place all ingredients in pan with red wine vinegar.
Season with chili powder and cayenne pepper to your liking.
Cover and simmer for 10 minutes stirring occasionally.
Use spatula to smash tomatoes.
Stir and plate.
Top with Franks Red hot sauce and pink salt

Sweet and Sour Cabbage Pear Slaw

Ingredients:

4 oz. red cabbage, shredded
4 oz. green cabbage, shredded
1/2 pear, chopped
1-2 T Bragg's apple cider vinegar
1-2 T water
8 drops liquid stevia
dash of celery seed

Directions:

Combine all ingredients in tupperware
Put lid on tupperware and shake well
Refrigerate, upside down, until ready to eat



Sweet and Sour Wild Caught Shrimp

Ingredients:

3.5 oz. Wild Caught Shrimp
1 cup water
1 T lemon juice
1 orange with rind
3 teaspoons Bragg's liquid aminos
1 tablespoon minced onion
1 clove garlic crushed and minced
Cayenne to taste
Salt and pepper to taste
Stevia to taste

Directions:

Boil 1 cup of water with lemon juice and orange with rind until pulp comes out of the center.

Scrape out remaining pulp and discard the rind.

Add onion, garlic, Bragg's, and spices and reduce liquid by half.

Add the Wild Caught Shrimp to the sauce and sauté for 5-7 minutes until Wild Caught Shrimp is cooked.

Sweet and Sour Hormone free turkey Meatballs

Ingredients:

3.5 oz. ground hormone free turkey
2 T minced onion
1 clove of garlic crushed and minced
pinch of garlic powder
pinch of onion powder
pinch of cayenne pepper
1/4 c lemon juice
1 T Bragg's liquid aminos
stevia, to taste



Directions:

Combine ground hormone free turkey with minced garlic, onion and spices

Heat lemon juice in small saucepan

Add aminos and stevia to taste

Form small meatballs and add to saucepan

Place lid on top and simmer for about 10 minutes, flipping meatballs halfway through



Sweet and Tangy Hormone-Free Chicken Salad

Ingredients:

1 orange
3 oz. cooked Hormone-Free Chicken
1/4 head of cabbage
1/2 c. Hormone-Free Chicken stock
1/2 Tbl. minced garlic
1/2 tsp. dry mustard
1 Tbl. Bragg's Liquid Aminos
2 tsp. Apple Cider Vinegar (Bragg's Organic ACV is the best)
1/4 tsp. dry ginger
stevia to taste

Directions:

Chop up 1/4 head of cabbage.

Heat 1/2 cup of Hormone-Free Chicken broth in a skillet over medium-high heat.

Saute your cabbage in Hormone-Free Chicken stock for approximately 5 minutes until tender.

Dice grilled Hormone-Free Chicken and orange into small pieces.

Add Hormone-Free Chicken, orange, and minced garlic to cooked cabbage and cook for 1 minute.

Remove from heat.

In a small bowl, combine dry mustard powder, Bragg's Liquid Aminos, apple cider vinegar, ginger, and stevia.

Mix well until dissolved.

Pour dressing over Hormone-Free Chicken salad and mix well.



Sweet and Tangy Wild Caught Shrimp Salad

Ingredients:

8 oz. zucchini
5 oz. steamed Wild Caught Shrimp
3 T apple cider vinegar
1 dropperful stevia
1/4 t crushed red pepper flakes
1/2 t ginger
1/4 t celery seed

Directions:

Slice zucchini into thin, bite-sized pieces and place in bowl

Cut Wild Caught Shrimp into thirds and place in bowl with zucchini

Stir in vinegar, stevia, pepper flakes, ginger, and celery seed until well coated



Sweet Apple Hormone-Free Chicken Salad

Ingredients:

- 3 oz. Hormone-Free Chicken cooked and diced
- 1 apple diced
- 3 stalks celery diced
- 3 tablespoons lemon juice
- 1/8 teaspoon cinnamon
- Dash of nutmeg
- Dash of salt
- Stevia
- Lemon wedge

Directions:

1. Mix ingredients together, sprinkle with Stevia and cinnamon.
2. Chill for 20 minutes.
3. Serve with a wedge of lemon and enjoy



Sweet Apple Tuna Over Onions

Ingredients:

1/4 c water
1 apple, chopped
3 oz. canned Wild Caught Albacore White Tuna (in water)
8 oz. red onion, 1" slices
12 drops SweetLeaf liquid stevia
1 t parsley
salt and pepper, to taste
hot sauce (optional)

Directions:

Heat water in skillet over med-high heat
Add tuna, apple, onion, and stevia
Cover and simmer, stirring occasionally, until onion and apple are soft
Drain liquid
Stir in parsley, salt, pepper, and hot sauce, if desired



Sweet Strawberry Cucumber Salad

Ingredients:

8 oz. cucumber
5 oz. strawberries
1 T water
1 T vinegar of choice (no added sugar)
1/4 t mint
1/4 t cinnamon
stevia, to taste

Directions:

Slice cucumber in half and dice
Combine vinegar, water, mint, cinnamon, and stevia in small bowl.
Add cucumber and allow to soak.
Dice strawberries and add to cucumbers.
Toss until thoroughly coated.



Taco Salad

Ingredients:

8 oz. lettuce
8 oz. diced tomatoes (no sugar added)
3.5 oz. ground organic beef (or buffalo or Hormone-Free Chicken)
[Taco Seasoning](#), to taste

Directions:

Brown meat in skillet over med-high heat
Add taco seasoning
Plate lettuce and tomato then spoon meat on top



Texas Dirty "Rice"

Ingredients:

3.5 oz. lean ground organic beef
8 oz. cabbage, finely chopped into rice sized (can use a food processor)
1 c water
1/2 t cumin 1 T chili powder
2 t onion powder
2 cloves garlic crushed and minced
Salt & Pepper
Serve with Frank's hot pepper sauce.



Directions:

In a large frying pan, brown organic beef over medium high heat
Add the rest of ingredients and cook until cabbage is tender adding more water as necessary
Cook down until no liquid is left
Serve hot

Thai Cucumber Salad

Ingredients:

1 t Garlic Powder
1 Dropper full Stevia
8 oz. Cucumber, chopped
1 T Braggs Liquid Aminos
1 1/2 t dried red pepper flakes
1/4 C Apple Cider Vinegar
Lime wedge

Parsley

Directions:

Combine all ingredients together
Garnish with lime and parsley if desired



Thanksgiving Baked Hormone-Free Chicken or Hormone free turkey

Ingredients:

3.5 oz. Hormone-Free Chicken or hormone free turkey breast
½ c Hormone-Free Chicken stock
1 T chopped onion
pinch of sage
pinch of marjoram
pinch of thyme
pink salt and pepper, to taste

Directions:

Preheat oven to 375 degrees
Mix spices together in small bowl
Dip meat into broth and coat with spices
Transfer to baking dish
Add chopped onion and rest of broth to bottom of the pan
Bake for 20 minutes or until cooked thoroughly

Wild caught tilapia Mushroom Poppers

Ingredients:

6 oz. wild caught tilapia
8 oz. mushrooms
1 T lemon juice
cilantro (optional)
pink salt, to taste
pepper, to taste

Directions:

Cook fish in skillet with water, lemon juice, and cilantro, if desired
Meanwhile, wash mushrooms and dry with a paper towel
Shred wild caught tilapia and mushrooms in food processor
Add pink salt and pepper to taste
Strain to get rid of excess water
Form into balls and place on parchment lined baking sheet
Bake about 30 min or until firm



Tomato Salad Sandwich

Ingredients:

8 oz. riced cauliflower
1/2 c egg whites
1 egg
1 t basil
1/4 t garlic powder
1/8 t pink salt
4 oz. tomato
2 T tomato paste (no sugar added)
1 T stone ground Dijon
1/4 t Italian seasoning

Directions:

Preheat oven to 350 degrees

Whisk together egg and egg whites

Stir in cauliflower, garlic powder, basil, and pink salt

Transfer to small parchment lined baking sheet

Bake 15 minutes

Remove from oven and allow to cool

Cut around edges to make a rectangle and cut into 2 pieces (Reserve edge trimmings for tomato salad)

Combine tomato paste (no sugar added), No sugar added Dijon mustard, and Italian seasoning in small bowl

Chop tomato into small pieces and add to bowl along with chopped edge trimmings

Spread tomato salad onto one slice of bread and top with remaining slice then cut in half



Tomato Soup

Ingredients:

1 clove Garlic, minced
14.5 oz. can Diced tomatoes (no sugar added)
1/4-1/2 tsp Oregano
1/4-1/2 tsp Thyme
1/4-1/2 tsp Parsley
1/2 cup low fat Daisy Organic cottage cheese

Directions:

Drain a little juice from the tomatoes into a saucepan and sauté the garlic for a minute.

Dump in the tomatoes and spices and simmer for 5 minutes.

Add organic cottage cheese and blend until smooth. An immersion blender works great for this if you have one. If not, transfer the soup to your blender to puree.

Season with salt and pepper to taste and serve.



Tuna Salad on Cucumber Crackers

Ingredients:

1 (4oz) can Albacore Tuna in water
8 oz. cucumber, sliced
1 T No sugar added Dijon mustard
1/2 t apple cider vinegar
stevia, to taste
salt and pepper, to taste

Directions:

Combine tuna, mustard, acv, stevia, salt and pepper in a bowl
Place a spoonful of tuna salad on each cucumber slice

Tuna Stuffed Tomato

Ingredients:

1 (5 oz. can) wild caught white tuna in water
1 (8 oz.) tomato
salt and pepper, to taste
balsamic vinegar, if desired

Directions:

Core center out of tomato.
Mix salt and pepper into tuna to taste.
Stuff tomato with tuna.
Drizzle with vinegar, if desired.



Hormone free turkey Meatloaf

Ingredients:

16 oz. ground hormone free turkey
1/2 c. tomato sauce (no sugar added)
2 tsp. hot sauce
1 tsp. garlic powder
2 tsp. minced onion flakes
1 tsp. Simple Girl Sweet & Hot Louisiana Seasoning

Directions:

Preheat oven to 350 degrees.
Mix all ingredients together with hands in bowl.
Transfer mixture to 8x4 inch loaf pan (or 4 mini loaf pans)
Bake 50 minutes (or 30 minutes for mini meatloaves)



Veal Burger with Tomato Swiss Chard

Ingredients:

3.5 oz. ground veal
1/4 t garlic powder
1/4 t onion powder
1/2 t parsley
pink salt and pepper, to taste
1/4 c water
8 oz. swiss chard
8 oz. tomato, diced

Directions:

Dice swiss chard into large bite size pieces then soak in sink in cold water with 1 t pink salt

Preheat oven to broil

Mix together veal, garlic powder, parsley, salt and pepper

Form mixture into patty form

Broil burger on middle rack for about 5-10 minutes on each side

Add 1/4 c water to skillet over med-high heat

Add diced tomato and onion powder

After tomato is warm, add swiss chard and toss till wilted/cooked

Transfer to bowl and top with veal burger

Veal Meatball Wedding Soup

Ingredients:

1 c Hormone-Free Chicken Stock
1 c water
2 t onion powder
1 clove garlic, minced
1 T italian seasoning
3.5 oz. ground veal, shaped into small meatballs
5 oz. fresh spinach

Directions:

Combine all ingredients except spinach in pot and heat to a boil

Reduce heat and let simmer for about 30 minutes or until meatballs are cooked through

Add spinach and cook until wilted but still crunchy, about another 5 minutes



Veal Stuffed Pepper

Ingredients:

8 oz. bell peppers, color of choice
3.5 oz. ground veal
1 T diced onion (allowed as condiment)
Pink salt, pepper, onion powder, and garlic powder, to taste
Few shakes Bragg's liquid aminos

Directions:

Preheat oven to 350 degrees
Cut top off of pepper and core out seeds
Chop remaining pepper lid and mix in bowl with veal
Season with spices and liquid aminos
Spoon mixture into pepper
Place on baking sheet and bake for 1 hour



Zoodles

Ingredients:

8 oz. zucchini
water

Directions:

Use a Veggetti, Spiralizer, or potato peeler to peel your zucchini into "noodles"
Add a little bit of water to skillet on med-high heat
Add any desired spices
Cook, stirring, 3-5 minutes until zoodles are tender

