

K'S KLEAN KITCHEN

Klean it Up

*A Guide to living life
the klean way!*



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Keep Your Nutrition Clean!

When starting a lifestyle change you must first start with finding a positive mindset. We all live in a fast paced world, full of stress and busy lifestyles. Those two can be big obstacles, that get in the way of what we really should be doing; taking care of our bodies. As you read this, I want you to make a promise to yourself: promise that you are ready to change your mindset, that you are ready to commit to a more healthful lifestyle filled with positive choices and self love.

MINDFULNESS

This should come easy, but really and truly doesn't for most of us. When you wake in the morning, what is the first thing you do? Do you wake up rushing around to get the kids ready, with barely enough time to get out the door for work or that workout? Sound familiar? If this is you, I want you to start your day a little earlier, even if it means waking up just 15 minutes sooner to have YOU time. This time could be reading a little from your favorite book, reading the bible, or just taking 15 minutes of quiet time to really find yourself. Use this time to get yourself in the right frame of mind, to focus on being more mindful throughout the day, and to practice some self love.

Something else to point out is when you sit down to eat your meals. Do you rush to get through your meal, just to move onto the next activity for the day? Most of us probably devour our food within 15 minutes. Am I right? You may not have really listened to mom when you were younger when you heard the words "slow down and chew your food". Believe me you want to take her advice. Think about your favorite food, are you salivating at the mere thought of the way it tastes and smells? This is the brain starting the digestion process. If we eat in a stressful state and don't give the brain a chance to start this process, we risk maldigestion and a whole host of problems stemming from north to south in the digestive system.

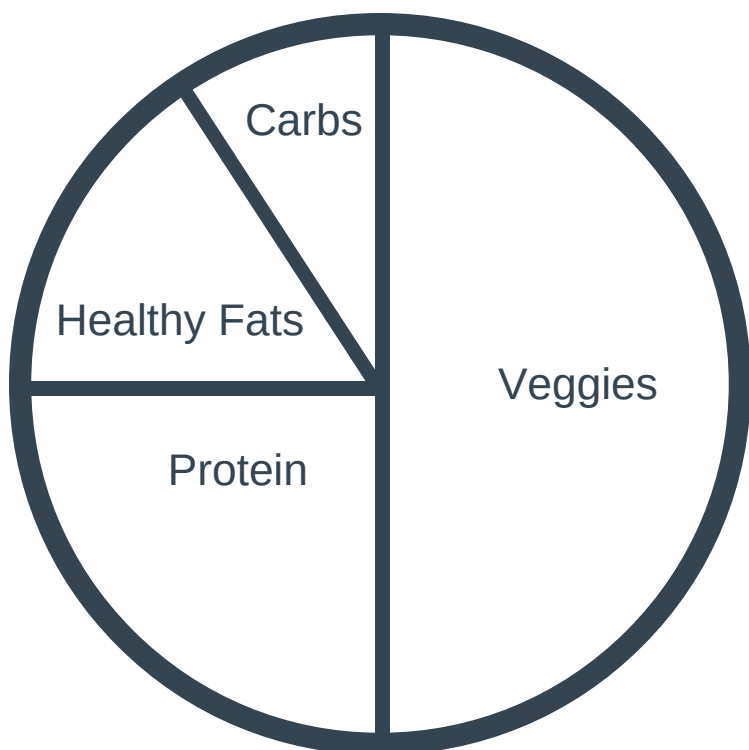
KNOW YOUR MACRONUTRIENTS

I want you to check out your label on your food and look at the macronutrients only : carbs, fat, and protein. Once you have found them all, decide which one is the highest number. Whichever category is the highest number in grams, that is what your food is.

For instance if I look at the back of natural almond butter, the macros are Fat: 18g, Carbs: 6g, and Protein 7g. By looking at those numbers fat is the highest number therefore we would want to count the almond butter as a fat on our plate. This is a way to build your plate and be sure there is correct balance within it.

*These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.*

Introduction of Plate balance



PROTEIN

The first thing you should do is establish a protein on your plate. You want to have something to get your metabolism firing and help you build lean muscle mass

VEGETABLES

Fill half of your plate with vegetables. These are going to give you vitamins, minerals, water, and fiber,

Be sure you are getting a good variety here that way you are incorporating several vitamins and minerals.

HEALTHY FATS

Add in fats at each meal. These will keep you feeling fuller longer and aid in many reactions within the body, including hormone regulation.

CARBS

These are last on the list because you want to time these appropriately. It is important that these are consumed primarily around the busiest part of your day. For most of us, this will be around lunch time because we have already worked out for the day and have been up moving around.

MACRO TIMING

Breakfast: No carbs here as we want to start the day off setting the tone for balancing blood sugar. You want to get a serving of protein, vegetables, healthy fats, and fiber.

Lunch: Now is the time to include carbohydrates in your plate. You still want to have your serving of protein, vegetables, healthy fats, fiber, and now carbs. Look for those carbs that are higher in fiber and lower in sugar.

Dinner: This is close to the end of the day since you are not moving around as much it is important to keep your carbs minimal to none. This should look a lot like breakfast.

What do I look for in a nutrition label

FIND OUT WHERE YOUR CALORIES ARE COMING FROM

Calories are not all created equal. You could have two different foods with the same amount of calories but be made up of different macro and micronutrients.

MACRONUTRIENTS: these are indicated by the arrows

As I mentioned before, you want to find your three macronutrients: Fats, Carbohydrates, and Proteins. Take a look at which one has the highest amount in grams. If it is the carbs like the one in the picture, now we know that this particular item is a carb on our plate. Use this rule when trying to balance your plate at each meal to be sure you are getting the right amount of each.

MICRONUTRIENTS

These are your vitamins and minerals. All of which are essential to your body. We can get these through a nutrient dense, properly prepared, whole food diet, but it is a good idea to also use a good multivitamin and multi mineral. Chose ones that are food based.

INGREDIENTS

This is something that is often times overlooked. You want to be sure to take a look at what the food is made up of to really get an idea of what is a whole food and what is not. Try to keep your ingredient list to 5-8 ingredients or less, and you want to be able to recognize and pronounce the items.

ADDED SUGARS

As you can see, total carbohydrates has fiber and sugars indented under them. These are what make up carbohydrates and are important for choosing the right kinds of carbohydrates. We want to keep sugars on the low end and get a good amount of fiber in the diet. A good goal is to choose items that have at least 1g of fiber for every 10g of carbohydrates.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

What should I be adding in addition to a whole food diet?

MULTIVITAMIN/MINERAL

Eating a whole food, properly prepared, nutrient dense diet will provide you with a lot of micronutrients already, but you may still need more. I would suggest getting one from a whole food source. You want to see that the vitamin is being sourced from a food., For example: vitamin c (from broccoli)

ESSENTIAL FATTY ACIDS

These are the types of fats that we cannot make ourselves and need to get through diet and supplementation. I would suggest first incorporating more fatty fish(salmon, mackerel, herring, sardines, anchovies, halibut, rainbow trout, and tuna), walnuts, flaxseed oil, borage oil, chia seed, cod liver oil, oysters, and flaxseeds.

PROBIOTICS

Two types of bacteria that you want to look for in your probiotic are lactobacilli and bifidobacteria. The Lactobacilli, for instance, live in our digestive, urinary and genital systems and can be found in some fermented foods like yogurt. Bifidobacteria normally live in the intestines as lactic acid bacteria, and are also found in fermented foods.

Ideally you want to look for one that has billions and not millions of CFU. You also want to see that it has a blend of different strands of bacteria to get a good variety. This is usually listed as a propriety blend. Ideally you want to look from one that is from a nondairy source and that contains at least 15billion CFU of each of the Lactobacillus and Bifidobacterium which will equal 30 billion total.

ENZYMES

Enzymes are produced within the body to help us breakdown macronutrients:

Amylase: for Carbohydrates

Lipase: for Fats

Protease: for Protein

But we don't produce enough to really breakdown the foods we are eating to make them more readily absorbable. It is important to look for an enzyme that has a variety off enzymes. Each enzyme has a different role in what

macronutrients they breakdown. Be sure each enzyme has at least the three listed above

PROTEIN POWDER

These are important because we typically dont get enough protein in our diets on a daily basis. Protein powders can be helpful in that you can easily add them in shakes, recipes, and much more.

You want to find a product that is clean and has minimal ingredients with protein being the highest amount of the three macronutrients. You don't want there to be a lot of sugar as well.

Another reason to utilize protein powders is for its easily absorptive properties. These powders are protein that is already broken down into amino acids which makes it quickly and easily absorbable to muscle after a workout.



Write down your goals

WHAT IS YOUR SPECIFIC GOAL?

WHAT IS YOUR TIME LINE FOR YOUR GOAL

WHAT ARE 3 SMALL GOALS YOU CAN START WITH THIS WEEK?

WHAT IS YOUR APPROACH FOR ACHIEVING THIS GOAL?

Suggested Meals

SUNDAY

Breakfast:
Green Protein
Shake

Lunch:
Tuna Wrap

Dinner;
Lean Meat
Sweet Potato
Broccoli

MONDAY

Breakfast:
Veggie Omelet
with guacamole

Lunch:
Chicken Stuffed
Sweet Potato

Dinner:
Spaghetti Squash
with turkey and
marinara

TUESDAY

Breakfast:
Almond Pancakes

Lunch:
Quinoa Burrito
Bowl

Dinner:
Cauliflower rice Stir
Fry

WEDNESDAY

Breakfast:
Carb Free
Overnight oats

Lunch:
Baked Enchiladas

Dinner:
Salmon Cakes with
Avocado Salad

THURSDAY

Breakfast:
Protein Muffins

Lunch:
Avocado Chicken
Salad Sandwich

Dinner:
Shrimp Noodle Pad
Thai

FRIDAY

Breakfast:
Veggie and Bacon
Egg Cups

Lunch:
Mediterranean
Bowl

Dinner:
Zucchini Mexican
Skillet

SATURDAY

Breakfast:
Cinnamon Almond
Donuts

Lunch:
Chicken and
Quinoa Skillet

Dinner:
Cheeseburger
Stuffed Peppers

Shopping List

VEGETABLES/HERBS

- Spinach
- Tomato
- Kale, chopped
- Onions
- Small Sweet Peppers
- Celery
- Radishes
- Purple Cabbage
- Green Cabbage
- Mixed Greens
- Carrot, shredded
- Sprouts, any kind
- Romaine
- Cilantro
- Red Bell Pepper
- Broccoli – 2 bunches
- Sweet Potatoes
- Zucchini
- Basil
- Snap Peas
- Cauliflower Rice
- Oregano

DAIRY FREE

- Dairy-Free Milk (almond or coconut)
- Coconut Milk Yogurt – 1 c
- Coconut Milk, 13.5-oz. can – 1

FRUIT

- Avocados
- Blueberries
- Lemon
- Strawberries
- Raspberries
- Lime

SEASONINGS, CONDIMENTS, & SWEETNERS

- Sea Salt
- Black Pepper
- Liquid Stevia
- Apple Cider Vinegar
- MCT oil (optional, may use coconut oil instead)
- Unsweetened Shredded Coconut – ½ c
- Salsa
- Crushed garlic
- Dijon Mustard
- Mustard
- Honey
- Tahini
- Olde Virdens Red Pepper flakes
- Siete Wraps
- Birchbenders Paleo Waffles
- Vegetable or Chicken Broth
- Coconut Aminos

Shopping List

MEATS/EGGS

- Pasture raised eggs
- Egg Whites
- Organic Pasture raised chicken
- Organic Ground Turkey
- Wild Planet or SafeCatch canned tuna
- Wild Planet or SafeCatch canned salmon
- Wild Caught Salmon
- Turkey Bacon
- Grass Fed Ground Beef
- Wild Caught Shrimp

SEEDS & NUTS

- Black Sesame Seeds
- Unsalted Nuts and Seeds

OILS

- Ghee
- Avocado Oil
- Sesame Oil
- Olive Oil
- Algae Oil

PANTRY ITEMS

- Protein Powder or Collagen
- Milled Flaxseed
- Chia Seed
- Almond Flour
- Instant Coffee Granules
- Unsweetened Cocoa
- Baking powder
- Crushed garlic
- Dijon Mustard
- Mustard
- Honey
- Tahini
- Olde Virdens Red Pepper flakes
- Siete Wraps
- Birchbenders Paleo Waffles
- Vegetable or Chicken Broth
- Baking Soda
- Vanilla Extract

Shopping List

MORE PANTRY ITEMS

- Quinoa
- Wild Rice
- Cinnamon
- Onion Powder
- Salsa
- Tomato paste
- Crushed Tomatoes
- Natural Almond Butter

Bacon Egg Cups

MAKES 12 SERVINGS

INGREDIENTS

- 2 cups spinach chopped
- 1 roma tomato diced
- 1/2 red pepper diced
- 1-2tbsp crushed garlic
- 4 eggs
- 1c egg whites
- 4 slices of bacon cooked and chopped
- 1/4c milled flaxseed
- 1tsp sea salt
- 1tsp pepper

DIRECTIONS

- Preheat oven to 350F
- Lightly grease a muffin tin with coconut oil spray
- Mix all ingredients in a bowl and spread out along all muffin cups.
- Bake for about 15-18 mins until eggs have cooked through
- Let Cool and enjoy!

Coffee Mocha Protein Donuts

MAKES 12 SERVINGS

INGREDIENTS

- 1 tbsp instant coffee granules
- 1/4 cup hot water
- 1 1/2 cup almond flour
- 1/2 cup flax seed meal
- 1/4 cup unsweetened cocoa
- 2 tsp baking powder
- 1/2 cup ghee, melted
- 3 eggs, lightly beaten
- Sweetener equivalent to 1/2 cup

DIRECTIONS

- Preheat oven to 350F, and grease 12 cup donut tin.
- Mix coffee granules and hot water and stir to dissolve. Set aside to cool.
- In a medium bowl, combine almond flour, flax meal, cocoa and baking powder.
- Add melted ghee, eggs, coffee and sweetener and stir well to combine. Add in chopped chocolate and mix to distribute throughout batter.
- Divide batter between donut molds. Bake for 12-14 minutes, or until set.
- Immediately upon removing from the oven, run sharp knife around outside of each donut to loosen from pan. Let cool 5-10 minutes, then remove to wire rack and cool completely.

Almond Pancakes

MAKES 6 SERVINGS

INGREDIENTS

2 large eggs
1/3c coconut milk
1 tsp vanilla extract

1 1/4c almond flour
1/4tsp baking soda
pinch of sea salt
Coconut oil cooking spray

DIRECTIONS

1. In large bowl, mix together the eggs, light coconut milk, and vanilla together until smooth and well combined. Add in almond flour, baking soda and a pinch of salt; stir with spoon until well combined.
2. Lightly coat a large nonstick skillet with butter, olive oil or coconut oil and place over medium low heat. Drop about 1/4 cup of batter onto the skillet. It's important to cook until bubbles appear on top and the edges are well cooked.
3. Flip cakes and cook until golden brown on underside, 2 minutes. If you find that the pancakes are browning too much then you need to lower your heat a little bit. Try starting on medium low, then decrease to low later so that pancakes don't burn.

Cinnamon Almond Donuts

MAKES 12 SERVINGS

INGREDIENTS

1c almond flour
1/3c baking stevia
2tsp baking powder
1tsp cinnamon
pinch of sea salt

1/4c ghee melted
1/4c unsweetened almond milk
2 large eggs
1/2tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350F and grease a donut pan
2. In a large bowl mix together all dry ingredients. In a small mixing bowl whisk together all wet ingredients
3. Transfer ingredient mixture into donut pan filling them 3/4 of the way full.
4. Place in oven at 350F and bake for about 22-25 minutes. Let cool and enjoy!



Carb Free Overnight Oats

MAKES 2 SERVINGS

INGREDIENTS

2tbsp ground flaxseed
2tbsp chia seeds
2tbsp unsweetened coconut
2tbsp stevia

1/2c hot water
1/2c cold unsweetened coconut or almond
milk

DIRECTIONS

1. In a small mixing bowl add all of your dry ingredients and mix well.
2. Add half a cup of hot water and mix well to where it is thick. Add your cold liquid next and mix well.
3. place the mixture in a mason jar and store in refrigerator for the next day.

Tuna Wrap

MAKES 1 SERVINGS

INGREDIENTS

2 siete tortilla wraps
1 packet of tuna
Any mix of vegetables that you like (lettuce,
tomato, carrot, red cabbage, mushrooms, etc.)
1/4 of avocado smashed

DIRECTIONS

Warm your tortillas on a griddle of skillet for about 10 mins and fill with the ingredients and enjoy!

Chicken Stuffed Sweet Potato

MAKES 4 SERVINGS

INGREDIENTS

4 sweet poatoes
1lb chicken breats
1/2c cilantro chopped
1c spinach chopped
1-2tbsp pumpkin seeds

DIRECTIONS

- Preheat oven to 400F. Meanwhile poke holes in your sweet potatoes with a fork and plate on a baking tray.
- Bake them at 400F for about 45mins. Meanwhile place your chicken breast in a skillet stove top with avocado oil. Cook at medium heat for about 10mins. Remove from heat and chop in pieces.
- Once sweet potatoes are finished baking slice open and fill with chopped up chicken.
- Top each potato with salsa, 1-2tbsp plain greek yogurt, chopped cilantro, chopped spinach, and pumpkin seeds.

Quinoa Burrito Bowl

MAKES 4 SERVINGS

INGREDIENTS

1lb cooked ground chicken or turkey
2c cooked quinoa

Top your bowls with :
Diced tomatoes
Shredded lettuce
Chopped fresh cilantro
2-3 tbsp salsa or pico de gallo
Plain greek yogurt to be used as sour cream

DIRECTIONS

1. Cook your meat stove top in a skillet until browned and sit to the side.
2. Cook rinsed quinoa stovetop in a sauce pan in 2c water and bring to a boil. Once it boils reduce to medium low heat and cover pot and let simmer for about 20 mins until quinoa has cooked.
3. Once your meat and quinoa have cooked you are ready to top with your favorite toppings and enjoy!

Avocado Chicken Salad Sandwich

MAKES 4 SERVINGS

INGREDIENTS

1lb chicken shredded
1 avocado ripe smashed
2-3tbsp plain greek yogurt
1tbsp lime juice
1tsp onion powder
1tsp sea salt

1tsp black pepper
1tbsp fresh cilantro chopped

DIRECTIONS

1. Combine chicken, avocado, greek yogurt, and lime juice. If the mixture seems dry you can add another tbsp of greek yogurt.
2. Add in all spices and stir to combine.
3. Enjoy on whole grain bread, a whole grain tortilla, or with whole grain crackers.

Baked Enchiladas with Fajita Style Veggies

MAKES 4 SERVINGS

INGREDIENTS

1c cooked wild rice or quinoa
3c bone broth
2c chopped red onions
2 medium carrots chopped
1 red bell pepper chopped
2 medium zucchinis chopped
28oz crushed no salt added tomatos
1/4c tomato paste
2/3c shredded almond cheese
4 grain free tortillas (I like siete foods)
1lb grass fed beef or shredded chicken

DIRECTIONS

1. Preheat oven to 360F and heat a medium non stick pan over medium high heat and cook your beef or chicken.
2. Once meat has cooked mix in your veggies and cook for 4-6 minutes.
3. Add in Bone broth, 1/2 your crushed tomatoes, and tomato paste and cook for another 10-12 minutes. Cook until thickened and remove from heat.
4. In a baking dish spread half of the remaining crushed tomatoes in the bottom.
5. Place your tortillas on a flat surface and fill with enchilada mix and roll up placing them seam down in the baking pan. Top them with the other half of the crushed tomatoes and shredded cheese
6. Bake them for about 20-25 minutes until browned and enjoy!





Mediterranean Bowl

MAKES 4 SERVINGS

INGREDIENTS

- 1 package frozen cauliflower rice
- 2 cups fresh green beans
- 1 lb organic 99% fat free ground turkey
- 1/2 red onion diced
- 1c roasted chickpeas
- 3-4 sprigs fresh oregano
- 1/4c thrive algae oil
- sea salt and pepper to taste

HUMMUS DRESSING

- 1/2 container organic hummus
- 1/3c apple cider vinegar
- zest of a lemon
- 3-4 sprigs of fresh oregano chopped finely
- 2 tbsp algae oil
- 1tsp sea salt
- 1tsp pepper

DIRECTIONS

1 Cook turkey meat on medium heat in a skillet with 1/2 of the red onion. Chopping up the turkey meat as you go to be sure it is cooked thoroughly.

2 Meanwhile add package of cauliflower rice to a saucepan on medium heat and cover for about 8-10 mins stirring occasionally.

3 Once meat is finished wash pan and add a little more oil to your pan and place your green beans in with a pinch of sea salt and pepper. Cook on medium heat for about 10-12 mins until beans are thoroughly cooked.

4 While beans are cooking mix all hummus vinaigrette ingredients in a medium bowl until mixed well and set aside.

5 Once everything has cooked add it all to a bowl. Top with the remaining ingredients as in the rest of the red onion, oregano, roasted chickpeas and hummus vinaigrette and enjoy!

Lean Meat with Sweet Potato and Broccoli

MAKES 4 SERVINGS

INGREDIENTS

Choose 1lb lean meat of your choice and cook it how you like
4 medium sweet potatoes baked
4c broccoli steamed and seasoned to your liking

You can top the potato with :
1-2 tbsp of ghee
cinnamon
sea salt

DIRECTIONS

1. Cook your meat how you like it
2. Bake your sweet potatoes in the oven
3. Steam your broccoli or green vegetable of choice
4. Place a fourth of each on a plate and enjoy!

Spaghetti Squash with turkey and marinara

MAKES 4 SERVINGS

INGREDIENTS

1 spaghetti squash
1lb ground turkey

Marinara
1 28oz can crushed tomatoes
1c water
1/4c EVOO
Crushed garlic
1 tsp sea salt
1tbsp chopped oregano
1 handful chopped fresh basil

DIRECTIONS

1. Preheat oven to 450F and Prepare your turkey stovetop until browned and set aside.
2. Bake your spaghetti squash on a baking sheet for 45-50 minutes. Pull it out of the oven and once cooled cut in half and fork out the noodles.
3. Prepare your marinara sauce in a sauce pan stove top over medium heat for about 15-20 mins.
4. Place spaghetti squash on your plate first then top with your meat and sauce and enjoy!

Chicken and Quinoa Skillet

MAKES 12 SERVINGS

INGREDIENTS

1 medium tomato, chopped roughly	1 tablespoon olive oil
1 lb boneless, skinless chicken breast	1 (6-oz) package fresh peas
1 tbsp chopped fresh basil leaves	1 (5-oz) package mixed lettuce blend
1 tablespoon garlic	1/2 cup quinoa
1 tsp sea salt	8 oz bone broth (i like bonafide provisions)
1 tsp pepper	

DIRECTIONS

- 1 Chop tomato. Cut chicken into bite-size pieces, then toss with seasoning and oil.
- 2 Preheat large, nonstick sauté pan on medium-high 2-3 minutes. Place chicken in pan; cook 4-5 minutes, stirring occasionally until browned. Add tomatoes, peas, and lettuce; stir until greens are wilted.
- 3 Reduce heat to medium-low; stir in quinoa and stock. Cover and cook 20-25 minutes or until quinoa is tender.

Cauliflower Rice Stir Fry

MAKES 4 SERVINGS

INGREDIENTS

4c cauliflower rice	1 tbsp minced garlic
3 eggs	1/2 tbsp rice vinegar
1/2c diced carrots	2 1/4 tbsp sesame oil
1/2c chopped broccoli	4 tbsp coconut aminos
1c chopped green onions	1/4tsp red pepper flakes
2/2tbsp ground ginger	

DIRECTIONS

- Heat 1 teaspoon sesame oil in a large skillet or wok over medium-high heat. Pour in the whisked eggs and cook without stirring until fully cooked on one side, about 15-30 seconds. Season with salt and flip in large pieces with a spatula. Cook until just cooked through on the other side, about 15 seconds, then transfer to a cutting board. Let cool slightly then roughly chop into small pieces.
2. Return skillet to stove and pour in 1 tablespoon sesame oil over medium heat. Add green onion and cook, stirring frequently, until the green onions have softened, about 2 minutes. Add the ginger and garlic and cook, stirring constantly, until fragrant, about 30 seconds.
3. Season the chicken with plenty of salt, then add to skillet with onions, garlic, and ginger. Stir fry for 2 minutes or until chicken is mostly opaque. Add vegetables and cook, stirring regularly, until just becoming tender, about 2-4 minutes. Simmer until most of the liquid from cooking the vegetables evaporates, another minute or so.
4. Add remaining 1 tablespoon sesame oil to the pan, then add the cauliflower rice and stir about 3-5 minutes or until rice begins to soften.
5. Stir in cooked egg, coconut aminos, red pepper flakes, and rice vinegar; stir well and simmer until most liquid has evaporated.



Shrimp Noodle Pad Thai

MAKES 2 SERVINGS

INGREDIENTS

PAD THAI

2 Large zucchini
1tbsp natural almond butter
8oz large shrimp shells off and deveined
3 cloves garlic
2 eggs
1c bean sprouts
5 green onions chopped
1/4c cashews chopped

DIRECTIONS

1. In a small bowl whisk all the Pad Thai sauce ingredients together. Set aside. Using a spiralizer or a grater, make the noodle strands out of the zucchini. Place in a bowl and set aside. Add the peanut oil to a wok and heat over high heat. Add shrimp and cook until shrimp is pink on both sides.
2. Add garlic to the wok and toss everything together, continue cooking for another minute, if heat is too high, turn to medium high. Push shrimp to one side of the wok, and crack the eggs in the other side. Using a spatula break the eggs and cook, they should look like scrambled eggs.
3. Add half the bean sprouts, half the peanuts and half the green onions to the wok then pour the sauce over everything. Toss everything together and continue cooking for a 2 more minutes.
4. Add the zoodles to the wok, toss everything together and turn off the heat.
5. Serve while warm and add remaining bean sprouts, green onions and peanuts as garnish

SAUCE

2 tbsp stevia
2 tbsp lime juice
1tsp vinegar
2 tbsp coconut aminos
1tbsp sriracha

Salmon Cakes with Avocado Salad

MAKES 7 SERVINGS

INGREDIENTS

2 6oz. cans wild salmon (I like Wild Planet or Safe Catch brands), liquid drained off

- ¼ cup sweet potato or zucchini puree
- 2 eggs
- 2 Tbs. coconut flour
- ¼ cup finely sliced green onion
- 2 tsp. coconut aminos
- 1 tsp. dijon mustard
- Pinch of salt and black pepper

DIRECTIONS

Line a baking sheet with parchment paper and preheat the oven to 350.

2. In a bowl, combine all ingredients with a fork. Form into 6-7 patties on the baking sheet.

3. Bake patties until firm, about 30 minutes.

4. If making these ahead, let the baked salmon cakes cool completely and store in an airtight container in the fridge for up to a few days.

5. When ready to serve, heat the oil in a skillet over medium heat. Cook the salmon cakes in batches until browned and hot, a couple minutes per side.



Avocado Salad

MAKES 7 SERVINGS

INGREDIENTS

2 lbs of Asparagus Chopped into 2 inch pieces roughly

1/2 - 1 cup Tomatoes chopped (you choose how much you would like)

2 avocados skinned, pitted and chopped

1/2 red onion chopped

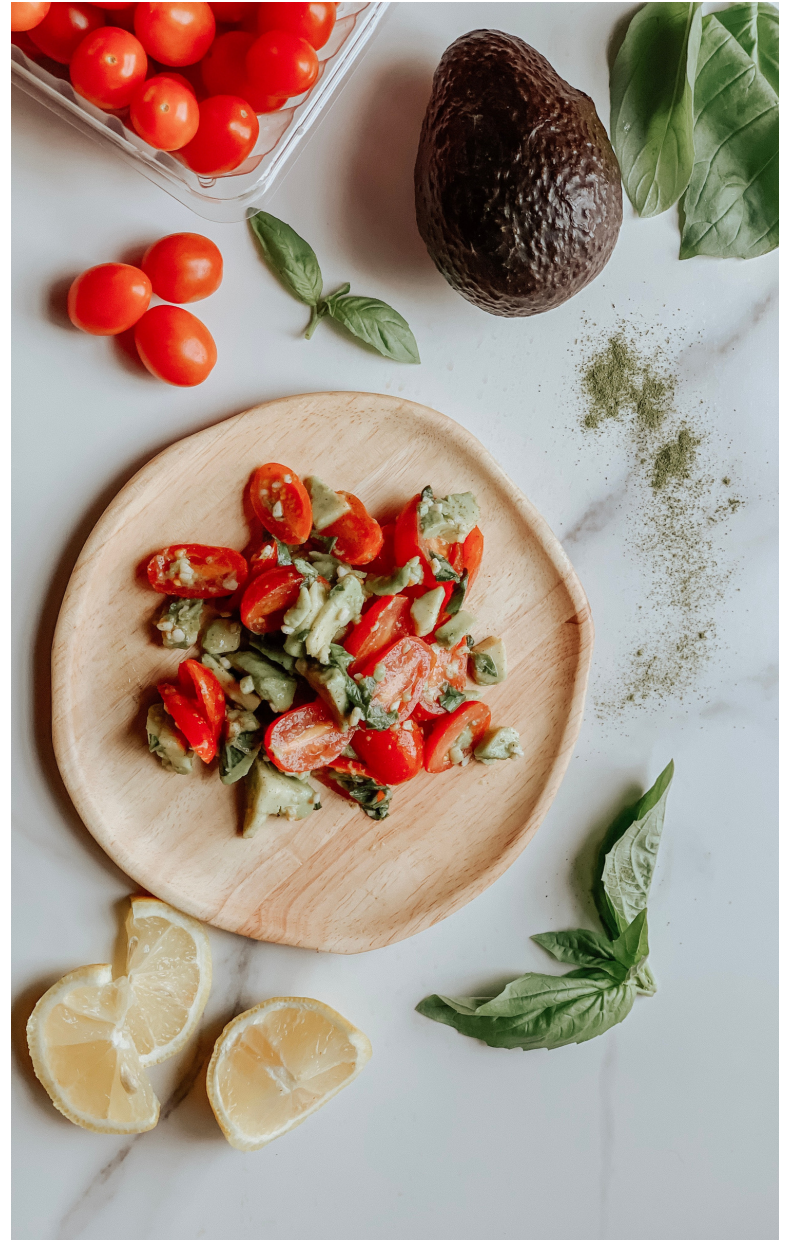
2 Tbsp chopped basil

2/3 cup Olive Oil

1/3 cup Apple Cider Vinegar

DIRECTIONS

1. Blanch your asparagus by boiling water.
2. Place cut asparagus into the boil water and let it boil for 3-4 minutes. Quickly drain and place into an ice bath to stop the cooking process.
3. Let the asparagus cool completely (about 30 minutes). Drain well and place into a mixing bowl.
4. Add in your chopped tomatoes, olives and avocados.
5. Mix together your Italian dressing mix with the olive oil and apple cider vinegar and pour over top of your asparagus mix. Serve





Zucchini Mexican Skillet

MAKES 4-6 SERVINGS

INGREDIENTS

1lb organic ground turkey
1 zucchini chopped
1 can unsalted organic diced tomatoes

1tsp cumin
1 garlic clove minced
1tsp ground red pepper
sea salt and pepper to taste

DIRECTIONS

1. Cook your turkey meat on medium heat for about 5-7 mins.
2. Once turkey is cooked add in the rest of your ingredients and cook on medium for another 10 mins and enjoy!

Cheeseburger Stuffed Peppers

MAKES 4 SERVINGS

INGREDIENTS

12 mini peppers
1 lb ground beef
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp paprika
1 tsp Italian seasoning
1/2 tsp garlic powder
1 tsp ground cumin
1 small onion
1 egg white
1/2 cup shredded mozzarella

DIRECTIONS

Preheat oven to 350F. Spray a baking sheet with olive oil spray.

In a bowl, combine the beef, seasoning, grated onion and egg white. Mix to combine.

Cut each pepper in half lengthwise and remove the seeds. Fill with the ground beef mixture, leaving the top flat.

Bake for 20 minutes or until the peppers have softened and the beef is cooked through. Top with cheese. Bake for additional 3-4 minutes. Top with chopped parsley (optional). Serve



Daily Health Habits

UPON RISING

Drink your morning lemon water elixir
Take a probiotic and multi vitamin/mineral

DAILY

Drink your water. You want to drink half of your body weight in ounces (example 120lb person should have 60oz)

For every 8oz diuretic drink (alcohol, coffee, tea, soda, or fruit juice) you should match that with 12oz water

BEFORE MEALS

Before meal especially those with protein try mixing 1 tbsp apple cider vinegar in a glass of water and drink to start the digestion process.

DAILY

Add in fresh herbs and spices to all meals. These small changes can make a big difference in the amount of antioxidants and micronutrients you can get in your diet.

DAILY

Snack if you are hungry. Be sure these snacks are those that are a good balance of healthy fats., protein, fiber, and veggies.

DINNER

Dinner should be one that is low in sugar and carbohydrates. You want to get your carbs only from vegetables here. Try to get at least 3-4 different colors on your plate to get as many antioxidants as you can for optimal repair during rest.

BEDTIME

Wind down from the day by turning off any distractions so that you can get enough sleep to optimize your health.

DAILY

Each day be mindful of how you are balancing your plate by tracking your meals in my fitness pal

PUTTING IT TOGETHER AT EVERY MEAL

Building your Plate

Protein: chicken, turkey, fish, lean beef, eggs, whey protein or other protein powders greek yogurt, cottage cheese,

Vegetables: any veggies

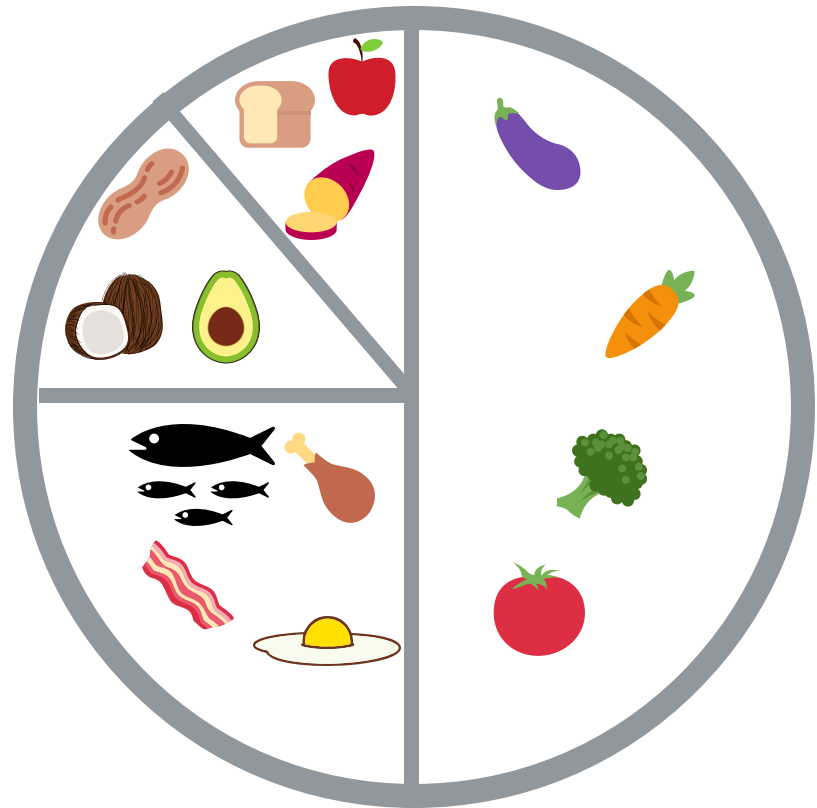
Other Carbs: whole grain breads or tortillas, whole grains, fruit, beans and legumes, and sweet potatoes, winter squash (butternut/acorn)

Healthy Fats: nuts, seeds, oils (avocado, olive, coconut, algae, etc), nut and seed butters, coconut, and avocado.

Fiber: chia or flaxseeds

3-4colors: make your plate have at least 3-4 colors to optimize intake of antioxidants and digestive enzymes

- ✓ 1. Protein:
- ✓ 2. Vegetable:
- ✓ 3. Healthy Fats:
- ✓ 4. Fiber:
- ✓ 5. 3-4 colors:



USE THIS AS A GUIDE WHEN
MAKING MEALS

"Don't start a DIET that has an expiration, focus on making a lifestyle change that will last FOREVER"