



# RECIPES

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## BREAKFAST

### **Eggs, Avocado and toast**

2 eggs  
¼ Avocado  
1 pc Mixed Grain or Ezekiel Bread

#### Instructions

Prepare eggs to be sunny side up  
Slice avocado and toast bread  
Please eggs and avocado on the bread and eat with a fork. It is YUMMY!

### **Blender Banana Oatmeal Muffins**

2 cups dry old fashioned oats (NOT steel cut)  
2 large ripe bananas  
2 large whole eggs  
1 cup plain unsweetened Greek yogurt  
2 Tbps raw honey  
1 1/2 tsps baking powder  
1/2 tsp baking soda  
1/2 tsp vanilla extract  
1/8 tsp sea salt  
Up to 1/2 cup combines mix-ins of choice: dark chocolate chips, chopped walnuts, chopped pecans, raspberries, or blueberries (fresh or frozen)

Instructions: Preheat your oven to 400 degrees. Lightly grease a 12-cup standard muffin tin with coconut oil or line with liners. If using liners, lightly spray them.

Place all your ingredients EXCEPT for the mix-ins in a blender.

Blend on high, stopping to scrape down and stir the ingredients, until the batter is smooth, about 2-3 minutes.

Then, stir in the mix-ins.

Divide the batter between the prepared muffin cups, filling each no more than 3/4 of the way to the top.

Bake in your preheated oven for 13-15 minutes, just until the tops of the muffins set and a toothpick inserted in the center comes out clean.

Cool in the pan for 10 minutes.

Serve immediately, or store in a sealed container refrigerated.

### **Bacon Egg Muffins**

4 slices turkey bacon, chopped  
1 red bell pepper, diced  
8 large, free-range eggs  
1/4 cup unsweetened almond milk, or milk of choice  
1/2 tsp. mustard powder  
sea salt and fresh ground black pepper, to taste (about 1/4 teaspoon each)  
1/3 cup shredded cheddar cheese  
2 Tbsp chives, chopped

Instructions: Preheat oven to 375 degrees f. and lightly spray a 6-cup large muffin tin with cooking spray or wipe with oil.

Heat a medium skillet over medium-high heat. Add chopped bacon, and diced red bell pepper then cook until bacon is crispy and cooked through, stirring occasionally. Drain off the excess bacon grease and set aside. Meanwhile, in a large bowl, add eggs, milk, mustard powder, a pinch of sea salt and pepper, then whisk well to combine. Stir in the cheese, chives, cooked bacon and peppers. Divide the egg mixture between the prepared muffin cups. Bake in your preheated oven for 15-17 minutes or until the center is set and muffins are puffed.

### **Overnight Oats 4 Ways**

Makes 1 serving each:

Ingredients required for all 4:

1/2 pint glass jars with lids, for storing or serving as shown  
1/2 cup old-fashioned rolled oats  
1 Tbsp chia seeds  
1/2 cup + 2 Tbsps unsweetened almond, coconut, or cashew milk  
2-3 drops liquid stevia OR 1-2 tsp pure maple syrup OR 2 tsp raw honey (sweetness is such a personal taste!)  
1/2 tsp vanilla extract  
a tiny pinch of sea salt

*For Apple Pie Oats:*

1/2 tsp cinnamon  
1/8 tsp nutmeg  
1 spoonful of raisins  
1/2 of a small fresh apple (chopped)  
1 spoonful of chopped pecans  
1 tsp maple syrup drizzle over top.

*For Blueberry Pie Oats:*

1 Tbsp no sugar added blueberry jam  
1 spoonful vanilla Greek yogurt  
1/4 cup fresh or frozen blueberries  
1 Tbsp sliced almonds.

*For Lemon Pie Oats:*

1/2 tsp almond extract  
1/2 tsp fresh lemon zest  
1 spoonful of Greek yogurt  
1 Tbsp chopped raw almonds.

*For Coconut Pie Oats:*

1 spoonful of coconut yogurt  
1 Tbsp unsweetened shredded coconut  
1 small banana (sliced)  
1 tsp raw honey drizzle on top.

Instructions for the base of all 4:

Combine above ingredients in a jar or bowl, stir together very well.

Cover and refrigerate overnight.

Before serving, top with your choice of goodies above

give it all a big stir, and enjoy! (and YES they are eaten cold, just like pudding...just try them already!)

### **Perfect Pumpkin Spice Pancakes**

Makes 8 pancakes

3 large organic eggs  
1/2 cup organic almond milk  
1 tsp pure vanilla extract  
1 Tablespoon pure maple syrup

1/2 cup organic pureed pumpkin  
3 Tablespoon coconut flour  
1 Tablespoon pumpkin pie spice  
1/2 teaspoon baking soda  
1/4 teaspoon sea salt

Instructions: Combine eggs, almond milk, vanilla, maple syrup, and pumpkin. Whisk until well combined.  
In a separate bowl, combine coconut flour, pumpkin pie spice, baking soda, and sea salt. Gently fold into wet mixture, don't over mix. Heat your griddle to 350 degrees. When hot, spray with coconut oil spray.  
Pour 1/4 cup of your pancake mixture onto griddle. Let cook for 4 minutes, until bubbly and edges are firm.  
Carefully flip and cook on other side for 1 minute. Serve with your favorite fruit.

### **Chocolate Chip Protein Pancakes**

1 cup old fashioned oats, I really like Bob's Red Mill, gluten free  
1/2 cup unsweetened almond, or coconut milk  
1 ripe banana  
2 large, free range eggs  
1.5 tsp baking powder  
1/8 tsp of sea salt  
1/8 tsp of cinnamon  
1 scoop protein powder of choice  
1/4 cup dark chocolate chips (I like lily's brand sweetened with stevia, found here [Cleanfoodcrush.com/lilys](http://Cleanfoodcrush.com/lilys))  
coconut oil spray

Instructions: Place all ingredients except chocolate chips into your blender, or food processor and blend on low speed until just combined. Heat a nonstick grill pan to medium-high heat and spray it with some coconut oil. Gently pour in 1/4 of batter, per pancake, then sprinkle equally with chocolate chips. When the edges start to look golden and bubbly (about 2 minutes), flip and cook for another minute or two on the other side. Serve with a drizzle of raw honey, or pure maple syrup and enjoy!

### **Kodiak Pancakes mix**

Serving size 1/2 cup 2 (3- 4" flapjacks)  
1 tbsp Peanut Butter  
1/2 cup sliced strawberries and blueberry mixture

### **Skinny Buns Egg Sandwich Recipe**

4 large free-range eggs  
2-3 Tbsp. water  
1 small ripe avocado, lightly mashed  
2-3 slices nitrate-free bacon, cooked to your liking  
2 Tbsps shredded cheese (optional)  
coconut or avocado oil cooking spray

Instructions: Place a medium nonstick pan over medium heat, then arrange inside 4 mason jar lids (centers removed). Lightly spray with cooking spray. Very gently crack eggs into the centers of the lids and lightly whisk with a fork to break up the yolk. Pour water around the lids and cover the pan. Cook on low heat for about 3-4 minutes, or until the egg is just set. Remove lid and top eggs with cheese if you like. Cook until the cheese is slightly melted, about 1 minute more. Gently flip the egg "bun" side without the cheese onto the plate. Top with mashed avocado and cooked bacon. Assemble as shown, and enjoy!

### **Triple Berry Banana Oatmeal Breakfast Bowl Recipe**

1 cup old fashioned oats, or any gluten free version  
1 cup almond, cashew, or coconut milk  
1 cup fresh or frozen berries  
1/4 tsp cinnamon  
1/4 tsp vanilla extract

1 Tbsp raw honey  
1 Tbsp cashew, or almond butter  
1 tsp chia, or poppy seeds  
1 small banana, sliced

Instructions: In a small pot, stir oats, milk, cinnamon, vanilla extract, cashew butter and honey over medium high heat. Cook for about 5 minutes or until oats are tender to your preference, stirring occasionally. Pour oatmeal in a bowl and top with berries, banana slices and chia seeds. Serve warm.

### **Triple Berry Oatmeal Muffins Breakfast Recipe**

2 medium ripe bananas  
3 large free range eggs  
1/2 Tbsp vanilla extract  
1/3 cup pure maple syrup  
1 cup unsweetened almond, or coconut milk  
2 cups rolled oats, not quick oats  
1/2 cup coconut flour (any kind of flour will work)  
1.5 tsp baking powder  
1/3 cup raspberries  
1/3 cup blackberries  
1/4 cup blueberries

Instructions: Preheat oven to 350 degrees. Lightly spray a 12-cup muffin tray with coconut oil. Place bananas in a large bowl and mash them with a fork. Then, add the rest of the wet ingredients (eggs, vanilla, maple syrup and milk) and mix until combined. Add rolled oats, coconut flour, baking powder, berries, then gently mix until combined. Add about 2 1/2 large spoonfuls of batter into each cup. Bake in your preheated 350 degree oven for 15-17 minutes, just until a toothpick inserted into the center comes out clean. Serve with fresh berries and a drizzle of almond butter and enjoy! Refrigerate in air-tight containers for 3-5 days.

### **Ham, Spinach & Cauliflower Rice Breakfast Muffins**

5 eggs  
1/4 cup almond milk or other milk substitute  
1/4 tsp salt  
1/4 tsp pepper  
1 tsp mustard powder  
pinch of cayenne optional  
1 1/2 cups cauliflower rice blended quite finely  
1 1/4 cups diced ham  
1 1/2 cups spinach roughly chopped

#### **Instructions**

1. Preheat the oven to 175 degrees Celsius (350 degrees Fahrenheit)
2. Spray a muffin tray with cooking spray or alternatively generously wipe melted coconut oil over each muffin cup.
3. In a bowl whisk together the eggs, almond milk, salt, pepper and mustard powder. Add in the cauliflower rice.
4. Place a spoonful of the ham and spinach into the bottom of 9 muffin cups. Pour the egg and cauliflower mixture over top of each and then top each muffin with the remaining ham and spinach.
5. Bake in the oven for 25 minutes until the edges are lightly browned and the tops are fully set.
6. Run a spatula around each muffin to loosen and then place on a wire rack to cool.

## LUNCH

### **Chicken & Rice**

1 can White Chicken  
1 Pouch Uncle Ben's microwaveable Brown Rice  
A few dashes of low sodium soy sauce

Instructions: Drain all the liquid from the chicken. Heat chicken in a skillet with seasoning of your choice. Follow directions for microwaving the rice pouch. Serve with a side of broccoli or other choice of green vegetables

**Trader Joes Green chili Chicken burger** with sliced tomatoes, avocado on a bed of lettuce

**Trader Joes Turkey burgers**, butter lettuce

### **Tuna Wraps**

1 can tuna  
Chopped pickled  
One tbsp olive oil mayo OR avocado  
Chopped Celery

ALWAYS AND FOREVER EAT LEFT OVERS FROM THE NIGHT BEFORE

## DINNER

### **Sirloin Steak in Crockpot**

1 Large Sirloin Steak  
1 Large can Macayos green chili enchilada sauce

Mix steak and sauce in your crock pot. Let cook all day. Enjoy!

### **Chicken in Crockpot**

1 Bag Chicken  
1 Large can Macayos green chili enchilada sauce

Mix chicken and sauce in your crock pot. Let cook all day. Enjoy!

\*\*You can also use a can of low carb marinara, salsa or a low carb Lawry's marinade

### **Mexican Chicken Crockpot (or Beef)**

1 Bag Chicken Tenderloin  
1 Large can Macayos Green Enchilada Sauce  
2 Can Diced Green Chilis  
½ Jar Herdes Avocado Salsa

### **Broccoli Chicken Stir Fry**

Marinade:  
1 Tbsp soy sauce  
1 clove garlic  
3/4 tsp. ground ginger  
2 Tbsp olive oil  
Chicken

\*\*Gravy-set aside

1 Tbsp soy sauce

2 Tbsp oyster flavor sauce

1/2 cup water

Saute 4 cups fresh broccoli in 3 Tbsp olive oil over high heat for 1 minute. (Strip leaves and outer fibers from stalks and discard. Cut flowerets to get 1 inch heads and 1 inch stems. Cut stalks diagonally at a 45 degree angle, 1/4 inch thick. If stalks are more than 1 inch in diameter, cut in half lengthwise first before cutting diagonally.

Add 2-3 Tbsp. water to broccoli. Cover to steam until barely tender. (Takes less than 5 minutes). Remove broccoli from pan.

Saute marinated chicken remove from pan.

Add gravy ingredients to pan and then return chicken and broccoli until just heated, tossing to blend. Can serve over brown rice.

### **Asian BBQ Chicken**

1/2 cup soy sauce

4 Tbsp lime juice (about 2 limes)

1/2 tsp cayenne pepper

1/2 tsp. curry powder

6-8 garlic cloves

2 tsp grated fresh ginger

6 boneless, skinless, chicken breasts

Instructions: Combine everything but the chicken in a small bowl- whisk. Place marinade and chicken in zip-lock bag. Place bag in fridge for a minimum of 4 hours. Preheat a grill and spray cooking surface with cooking spray and place chicken on it to cook. Cook for 10-15 minutes on each side depending on thickness.

### **THE BEST Chicken Tortilla Soup recipe!**

1 (46 ounce) can low sodium chicken broth

1 (15 ounce) can organic tomato sauce, or enchilada sauce (I prefer the enchilada but check carb content)

1 (15 ounce) can organic diced tomatoes

4 cups cooked chicken, shredded (I used rotisserie from the Whole Foods deli)

1-3 anahiem chili's, diced (depending on heat preferences)

1-2 small jalapeno peppers, seeded & diced

1 cup diced yellow onion

4-6 large fresh tomatoes, diced

2 garlic cloves, minced

4 Tbsp minced fresh cilantro

1 Tbsp chili powder

3 tsp cumin powder

2 tsp freshly ground pepper

1 tsp sea salt

2 tsp Chipotle Tabasco sauce

Garnish Suggestions:

avocado, diced

green onion, chopped

fresh cherry tomatoes, halved

cilantro leaves

lime wedges

crushed non-gmo blue tortilla chips

Instructions: Place everything except the garnishes in the crock pot and cook on high for 5-6 hours. Ladle into serving bowls, let everyone garnish as they choose, and add a good squeeze of lime! If you are not using a crock pot, sauté the garlic and onion in 1 Tbsp olive oil in hot stock pot, before adding the remaining ingredients. Simmer on medium-ish heat for at least an hour or two so that the flavors combine.

### **BLT Egg 'buns'**

8 hard-boiled eggs  
6 strips of turkey bacon, cooked and drained  
3 crisp lettuce leaves  
2 small vine-ripe tomatoes, sliced  
2 high quality, thin sliced cheddar cheese slices, cut in quarters OR avocado slices  
1 tsp sesame seeds (optional)

Instructions: Gently peel the eggs and cut them in half on lengthways as shown. To assemble: start with the bottom egg half and add cheese, tomato, bacon, lettuce. Set in place the top egg half and insert a toothpick to hold it all together. Repeat with remaining eggs. Sprinkle with sesame seeds if desired and enjoy!

### **Chili Lime Shrimp Wraps**

1.5 lb. raw shrimp, peeled and deveined  
2 tsp ground cumin  
1 tsp smoked paprika  
2 cloves fresh garlic, minced  
2 Tbsp avocado oil, or extra-virgin olive oil, divided in half  
sea salt and fresh ground black pepper  
freshly ground black pepper  
2 fresh limes  
a handful of fresh cilantro leaves, chopped  
8-10 romaine or butter lettuce leaves, rinsed and pat dried  
1 large avocado, diced  
1 red chili, thinly sliced

Instructions: In a large glass bowl, add shrimp, all seasonings, juice of 1 lime, garlic, and 1 Tablespoon of oil. Season with sea salt and pepper to your taste, then stir well to coat. If time allows, refrigerate/marinate for 15 minutes or so, covered. Heat oil in a large skillet over medium heat. Add shrimp and cook until just pink, about 3-4 minutes. In a very large bowl add cooked shrimp, diced avocado, cilantro, chili slices, juice of 1 lime and remaining oil. Gently stir to combine. Taste test and season with a pinch of sea salt and pepper if needed. Add spoonfuls of the avocado shrimp mixture lettuce leaves as shown, and enjoy.

### **Crock-pot Chicken Fajitas**

2 lbs boneless skinless chicken breast or tenders, sliced  
4 bell peppers different colors, sliced  
1 medium white onion, sliced  
1 medium red onion, sliced  
1 (15 oz) jar diced or fire roasted tomatoes with juice  
a handful of fresh cilantro leaves, chopped  
1 whole lime, juiced  
2 tsp chili powder  
2 tsp ground cumin  
1 tsp smoked paprika  
1 tsp sea salt  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp cayenne pepper

Instructions: Add all the ingredients to the bowl of a 4-5 qt crockpot. Stir to combine well. Cook on HIGH for 2-3 hours, or on LOW for 4-6. (I prefer the LOW setting). Garnish with additional fresh cilantro and lime wedges then enjoy!

### **Pan Seared Sea Scallops**

1 lb. dry sea scallops, approximately 16  
2 tsps ghee/clarified butter  
2 tsp avocado oil, or olive oil  
sea salt  
freshly ground black pepper

Optional:

Fresh chopped Italian parsley leaves  
2-3 cloves fresh chopped garlic

Instructions: Remove the small side muscle from your scallops, rinse with cold water and pat dry with paper towels. Add the ghee and oil to a large saute pan on high heat. Sprinkle sea salt and pepper on your scallops. Once your oil is hot and begins to smoke, add your scallops, making sure there is space between them. Sear scallops for exactly 1 1/2 minutes per side. The scallops should have a nice golden crust on each side. If you want variety in FLAVOR, add chopped garlic to your saute pan during the last minute of cooking time. The very center of your scallops will still be translucent. Sprinkle with Italian parsley leaves. Serve immediately while hot, with lemon wedges. I like to serve with a side of rice and roasted broccoli or French green beans.

### **Low Carb Bell Pepper Nachos**

1.5 lbs lean ground turkey or grass fed beef  
1 small yellow onion, diced  
1 small jalapeno pepper, seeded and diced very tiny  
1.5 tsps. cumin  
1 tsp. chili powder  
1/4 tsp garlic powder  
1/4 tsp fresh ground black pepper  
1/4 tsp sea salt, or to taste  
1.5 cups chunky salsa, all natural, low sugar  
1/3 cup grated cheddar/jack cheese  
4 bell peppers, mixed colors

Optional "nacho" topping ideas: sliced jalapenos, diced avocado, Greek yogurt, sliced green onions, and/or cilantro leaves.

Instructions: Preheat your oven to 375 degrees. Remove the seeds, and membranes from your bell peppers then slice each one into 4-6 verticle pieces as shown (depends on the size of your bell peppers) I tried to slice them along the natural folds to keep little pockets/boats for my toppings. Set sliced bell peppers pocket side up on a large parchment lined sheet pan. Brown ground turkey over medium-high heat in a large saute pan, breaking up with a wooden spoon as it cooks. Add in onions, garlic, and diced jalapenos. Cook until the turkey is cooked through. Drain off grease if necessary. Stir spices and salsa into your cooked turkey. Carefully spoon turkey mixture into the little bell pepper boats. Spoon a couple Tablespoons of water onto the baking sheet, this will help steam and soften the peppers a bit. Bake for about 12-15 minutes or until peppers are hot and just beginning to soften. I like mine still fairly crisp. Sprinkle tops lightly with cheese, and bake for another minute or two until cheese is melty. Sprinkle with any toppings of choice, and enjoy immediately.

### **Juicy Baked Chicken Breasts**

1.5 lbs boneless skinless chicken breasts  
2 Tbsps avocado oil, OR extra virgin olive oil  
1 tsp sea salt  
1/2 tsp black pepper  
1/2 tsp cayenne pepper  
1 tsp garlic powder  
1 tsp smoked paprika

Instructions: Preheat oven to 375 degrees. In a small bowl, whisk your sea salt, pepper, cayenne, garlic powder and smoked paprika. Place the chicken breasts on a cutting board, cover with plastic wrap and pound lightly so your chicken is an even thickness.

Pour the oil in a 13" x 9" baking dish. Add in the chicken breast and lightly dredge to coat well. Sprinkle your seasoning mixture over both sides of the chicken and gently rub it in with your fingers. Bake in the preheated oven for 20-25 minutes, or until juices run clear and a meat thermometer reads 165 degrees. Cover with foil and allow them to rest for 10 minutes to lock in the moisture. Garnish with fresh chopped parsley, then slice against the grain and enjoy! Refrigerate in an air-tight container for up to 3 days, or freeze for up to 2 months.

### **Super-Easy Turkey Stir-Fry for Clean Eating Meal Prep!**

1 lb. turkey breast, cut into bite-sized pieces  
1 Tbsp avocado oil, or olive oil  
sea salt and fresh ground black pepper, to taste  
1.5 cups asparagus, trimmed and cut into bite-sized pieces  
1 large red pepper, sliced  
1 medium red onion, sliced  
Homemade Stir-Fry Sauce:  
1/4 cup Bragg's liquid aminos, low sodium soy sauce, OR coconut aminos(my favorite is the coconut aminos)  
1 Tbsp raw honey  
2 cloves fresh garlic, grated  
1" fresh nob ginger, peeled and grated  
1 tsp chili flakes (optional)  
1 Tbsp sesame seeds

Instructions: In a small bowl, whisk together all sauce ingredients. Heat oil in a large skillet or wok over medium-high heat. Add in the meat then cook, stirring occasionally until cooked through, about 6-7 minutes. Stir in the veggies and cook for 3-4 minutes more. Pour your sauce over top and stir to coat the meat and veggies. Serve immediately over brown rice, cauliflower rice, or quinoa. OR Keep refrigerated in airtight containers for up to 4-5 days or freeze for up to 2 months.

### **Super-Easy Chicken Stir Fry Recipe for Clean Eating**

1 lb. chicken tenders, cut into bite-sized pieces  
1 Tbsp avocado oil, or olive oil  
sea salt and fresh ground black pepper, to taste (about 1/4 tsp each)  
1.5 cups small crisp snap peas, OR green beans, cut in half  
2 medium carrots peeled, and thinly sliced  
1/2 cup frozen organic corn  
Homemade Stir-Fry Sauce:  
1/4 cup Bragg's liquid aminos, low sodium soy sauce, OR coconut aminos(my favorite is the coconut aminos)  
1 Tbsp raw honey  
2 cloves fresh garlic, grated  
1" fresh nob ginger, peeled and grated  
1 tsp chili flakes (optional)  
1 Tbsp sesame seeds

Instructions: In a small bowl, whisk together all sauce ingredients. Heat oil in a large skillet or wok over medium-high heat. Add in the meat then cook, stirring occasionally until cooked through, about 5-6 minutes. Stir in the veggies and cook for 3-4 minutes more. Pour your sauce over top and stir to coat the meat and veggies. Serve immediately over brown rice, cauliflower rice, or quinoa. OR Keep refrigerated in airtight containers for up to 4-5 days or freeze for up to 2 months.

### **Super Easy Beef Stir Fry for Clean Eating Meal Prep**

1 lb flank steak or sirloin cut into bite-sized pieces  
1 Tbsp avocado oil, or olive oil  
sea salt and fresh ground black pepper, to taste  
2 cups fresh broccoli, chopped  
2 crisp carrots peeled, and thinly sliced  
Homemade Stir-Fry Sauce:  
1/4 cup Bragg's liquid aminos, low sodium soy sauce, OR coconut aminos(my favorite is the coconut aminos)  
1 Tbsp raw honey

2 cloves fresh garlic, grated  
1" fresh nob ginger, peeled and grated  
1 tsp chili flakes (optional)  
1 Tbsp sesame seeds

Instructions: In a small bowl, whisk together all sauce ingredients. Heat oil in a large skillet or wok over medium-high heat. Add in the meat then cook, stirring occasionally until cooked through, about 5-6 minutes. Stir in the veggies and cook for 3-4 minutes more. Pour your sauce over top and stir to coat the meat and veggies. Serve immediately over brown rice, cauliflower rice, or quinoa. OR Keep refrigerated in airtight containers for up to 4-5 days or freeze for up to 2 months.

### **Super-Easy Shrimp Stir-fry**

1 lb shrimp, peeled and deveined  
1 Tbsp avocado oil, or olive oil  
sea salt and fresh ground black pepper, to taste  
2 med-large, crisp zucchini, chopped  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced

Homemade Stir-Fry Sauce:

1/4 cup Bragg's liquid aminos, low sodium soy sauce, OR coconut aminos(my favorite is the coconut aminos)  
1 Tbsp raw honey  
2 cloves fresh garlic, grated  
1" fresh nob ginger, peeled and grated  
1 tsp chili flakes (optional)  
1 Tbsp sesame seeds

Instructions: In a small bowl, whisk together all sauce ingredients. Heat oil in a large skillet or wok over medium-high heat. Add in the shrimp then cook, stirring occasionally until cooked through, about 3-4 minutes. Stir in the veggies and cook for 2-3 minutes more. Pour your sauce over top and stir to coat the shrimp and veggies. Serve immediately over brown rice, cauliflower rice, or quinoa. OR Keep refrigerated in airtight containers for up to 4-5 days or freeze for up to 2 months.

### **Skinny Turkey Wraps + Creamy Tahini Sauce**

Makes 1 wrap

Ingredients for EACH wrap:

2 large slices of crisp iceberg lettuce  
2 very thin slices of cheddar cheese  
6 slices nitrate free deli turkey meat  
1 vine tomato, thinly sliced  
1 small carrot, peeled then sliced with a peeler  
1/4 English cucumber, sliced with a peeler as shown

Tahini Sauce ingredients:

1 Tbsp tahini paste  
a pinch of sea salt and fresh ground black pepper  
a pinch of garlic powder  
1-2 tsp warm water (plus more as needed)

Instructions: In a small bowl, add all dressing ingredients and whisk to combine. Lay out the iceberg leaves, then layer the remaining ingredients as follows: cheese, tomatoes, cucumbers, turkey, and carrots. Drizzle dressing over then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold. These are great for make ahead lunches - just keep refrigerated in a glass sealed container! Enjoy!

### **One Sheet-Pan Garlic Butter Salmon + Red Potatoes**

2, 6-7 ounce skinless wild salmon fillets  
2-3 medium red potatoes, diced into small 0.5" bite-sized pieces  
sea salt and fresh ground black pepper, to taste  
2 Tbsps clarified butter, or ghee melted

3 fresh garlic cloves, minced or pressed  
1 tsp chili flakes, or to taste  
2 Tbsps chopped fresh parsley leaves, to garnish

Instructions: Preheat your oven to 400 degrees f. and line a baking sheet with parchment paper. In a very small bowl add melted butter with minced garlic, chili flakes a pinch of sea salt and pepper. Whisk vigorously to emulsify. On a baking sheet, arrange potatoes in a single layer. Drizzle with half of the garlic butter mixture and toss to get them all coated. Roast in your preheated oven for 8 minutes. Remove the pan from the oven and arrange the salmon in between the potatoes. Brush with the remaining garlic butter mixture. Bake for 10-12 minutes or until salmon is cooked through and flaky. Garnish with fresh chopped parsley and enjoy! Keep refrigerated in airtight glass containers for up to 3 days.

### **Slow Cooker 'Roast' Beef**

2 - 2.5 lbs. beef roast  
1 large yellow onion, roughly chopped  
6 large carrots, peeled and roughly chopped  
6 cloves fresh garlic, peeled  
3 cups beef broth, or bone broth  
1 Tbsp Worcestershire sauce  
1/2 Tbsp smoked paprika  
4 sprigs of fresh thyme  
sea salt and freshly ground pepper, to taste

Instructions: Add the onion, carrots, and garlic to your slow cooker. Pour in the broth and then add the beef. Sprinkle beef with sea salt and pepper, and paprika then rub with Worcestershire sauce. Add fresh thyme around the roast. Cover and cook on low heat for 12-14 hours, until the meat is very tender. (I have cooked this up to 16 hours with good results!) Serve immediately, or store in the fridge for up to 4-5 days as food prep.

### **Sheet-Pan Pineapple + Shrimp Fajitas**

1.5 lbs raw large shrimp, peeled and deveined  
1 Tbsp avocado oil, or olive oil  
1/2 small pineapple, peeled and sliced into thin bite-sized pieces  
3 large bell peppers, mixed colors, sliced into strips  
1 large sweet onion, sliced into strips  
1.5 Tbsps fajita seasoning mix  
1 Tbsp fresh squeezed lime juice  
1/2 tsp lime zest  
a handful of fresh cilantro leaves, chopped  
6-8 sprouted corn, or gluten-free flour tortillas, depending on your preferences

Instructions: Preheat your oven to 375 degrees f. and spray a baking sheet with nonstick spray. In a large bowl, add peppers, onions, pineapple, 1 tablespoon of the fajita seasoning, oil, sea salt and pepper to taste. Toss gently to coat well. Spread mixture evenly on the prepared baking sheet and bake in your preheated oven for about 12 minutes. Meanwhile, in the large bowl, combine shrimp, lime juice & zest and the remaining 1/2 Tablespoon of fajita seasoning. Toss gently to coat. Remove the baking sheet from the oven, and sprinkle evenly with shrimp. Bake for an additional 5-7 minutes, or until shrimp are pink and cooked through. Garnish with fresh chopped cilantro and enjoy with warm tortillas.

### **Crock Pot 3-Ingredient Pulled Chicken**

2 lbs. boneless, skinless chicken breasts, or tenders  
1 (16 ounce) low-sugar, all-natural jar salsa or tomato sauce  
1/3 cup high-quality balsamic vinegar

Instructions: Add chicken breasts to the slow cooker, pour salsa/tomato sauce and balsamic vinegar on top. Cover and cook on low 6 hours or high 4 hours. (I really prefer cooking on low) Shred chicken with a fork, or do like I do and shred by using a kitchen aid mixer...takes just 1 minute! (place cooled chicken in the mixer bowl and with the paddle attachment and turn it on to the low

setting. Let it turn until it is just shredded then remove the chicken. About 1 minute. Add in all remaining sauce/juices from the cooking pot, stir to combine well. Enjoy in lettuce wraps, salads, or with a cup of broccoli and cooked brown rice. This chicken is WONDERFUL for food prep, and lasts 4-5 days refrigerated, or six weeks frozen.

### **Leftover Tangy Turkey Ranch Club Wraps**

4 large sprouted or whole wheat tortillas  
8-12 ounces leftover turkey breast, sliced or shredded  
a few large handfuls of green leaf lettuce  
2 Roma tomatoes, sliced  
6 strips nitrate free bacon, cooked and crumbled  
Homemade Ranch:  
1/2 cup Greek yogurt  
1 clove fresh garlic, minced  
1 Tbsp finely chopped yellow onion  
2 Tbsp finely chopped chives  
1 tsp dijon mustard  
1/2 tsp apple cider vinegar  
sea salt and fresh ground black pepper, to taste

Instructions: In a small bowl add all the ranch ingredients and whisk well to combine. Layer each tortilla on a cutting board and spread over about 2 Tablespoons of the homemade ranch onto each. Top with lettuce, tomato slices, turkey and crumbled bacon equally. Repeat with the remaining tortillas. Tightly roll up the wraps, then slice in half, and enjoy!

### **Easy Chicken Alfredo with Zoodles**

4 small, fresh crisp zucchini, spiralized into zoodles (<https://cleanfoodcrush.com/spiralizer>)  
4 small chicken breast fillets  
2 Tbsps avocado oil, or olive oil, divided  
2 fresh garlic cloves, minced  
1 tsp chili flakes, or to taste  
sea salt and fresh ground black pepper, to taste  
1.5 ounces organic cream cheese at room temperature, OR you may use 1.5 ounces of coconut cream for a non-dairy option (but the small amount of cream cheese is pretty awesome here)

Instructions: Place zucchini noodles on paper towels and sprinkle with a tiny bit of sea salt.  
Heat 1 Tablespoon oil in a large saute pan over medium heat.  
Add in chicken breasts then season with sea salt and pepper. Cook for about 4-5 minutes on each side, or until just cooked through and no longer pink in the center.  
Set aside on a plate to rest for a few minutes, then slice.  
Gently pat dry zucchini noodles with paper towels.  
Add remaining oil to the pan and cook the minced garlic for 1 minute, until fragrant.  
Add zucchini noodles into your hot pan and saute for about 2 minutes.  
Add in cream cheese, chili flakes into the hot pan and stir gently to combine.  
Season with sea salt and pepper to taste.  
Dish up zucchini noodles equally onto 4 plates, and add sliced chicken on top.  
Serve immediately and enjoy!

### **Crockpot Chicken with Mushrooms**

2 lbs. boneless, skinless chicken breasts, cut into 2 inch bite size pieces  
1 Tbsp avocado oil, or olive oil  
2 red bell peppers, seeded and sliced  
1 large red, or yellow onion sliced  
3 fresh cloves garlic, minced  
12 oz sliced fresh mushrooms  
2 tsp dry Italian seasoning  
1 Tbsp smoked paprika

1/2 tsp chili flakes, or to taste  
2 bay leaves  
8 ounces crushed tomatoes  
2 cups chicken broth, or stock  
sea salt and fresh ground pepper, to taste  
a small bunch of fresh Italian parsley, chopped to garnish

Instructions: Brush or wipe your slow cooker with the oil. Add the chicken to a 6 qt crockpot, and season with sea salt and pepper to taste. Stir in the peppers, onions, mushrooms, garlic, and all seasonings. Add the crushed tomatoes and broth and give it all a good stir. Place the lid on and cook on HIGH for 4-5 hours or on LOW for 8-10 hours. Remove bay leaves. Dish onto cooked quinoa, or brown rice, garnish with fresh chopped parsley, and serve with a side of roasted broccoli.

### **Homemade Teriyaki Salmon for Meal Prep**

7 oz skinless salmon fillet  
2 cups bite-size broccoli florets  
1 cup sliced carrots  
1 tsp avocado oil, or olive oil  
sea salt and fresh ground black pepper, to taste  
1 tsp sesame seeds, to garnish  
Homemade Honey Soy Marinade  
1 tsp minced fresh garlic  
1 tsp minced fresh ginger  
¼ tsp white pepper  
1 Tbsp low sodium soy sauce, Bragg's liquid aminos, or coconut aminos  
1/2 Tbsp raw honey  
1 tsp sesame oil, or avocado oil

Instructions: Preheat oven to 400 degrees f. and line a large baking sheet with parchment paper.  
In a small jar, add all the honey soy marinade ingredients. Place the lid on and shake vigorously to emulsify, OR whisk.  
Lay the salmon in the center of your baking sheet. Pour your homemade marinade over the salmon and gently rub it in with your fingers. Add carrots and broccoli to a medium bowl, drizzle 1 teaspoon oil over the top, then season with sea salt and pepper, and toss well to coat. Add the broccoli and carrots around the salmon on the sheet pan, but not touching, and leaving room between to properly roast and crisp up. Roast for about 10-12 minutes, just until salmon is flaky.  
Sprinkle with sesame seeds and enjoy immediately, OR keep refrigerated in air tight glass containers for 3-4 days.

### **Crock-Pot 3-Bean + Turkey Chili for Clean Eating**

1.5 lbs lean ground turkey meat  
1 Tbsp avocado oil, or olive oil  
1 yellow onion, diced  
2-3 fresh garlic cloves, minced  
15 ounce jar diced tomatoes, with juice  
2 cups broth, or stock (anything works here! Beef bone broth, vegetable stock; whatever you have on hand)  
2 Tbsps organic tomato paste  
15 oz chickpeas, ready-to-eat, drained and rinsed  
15 oz black beans, ready-to-eat, drained and rinsed  
15 oz Cannellini, OR red/kidney beans, ready-to-eat, drained and rinsed  
1 small sweet red bell pepper, diced  
4.5-5 oz jar chopped chilies (mild-med-OR hot...your choice!)  
1 Tbsp smoked paprika  
1 tsp ground cumin  
Toppings ideas:  
sliced red onion  
jalapeno  
fresh chopped cilantro  
shredded cheddar  
diced avocado

Greek yogurt

Instructions: Heat oil in large saute pan to medium high-heat. Add in turkey and diced onion, then cook for 5 minutes, stirring and breaking the meat with a wooden spoon as you go. Stir in garlic, paprika, and cumin and cook for about 1 minute more, until fragrant. Transfer the meat to your slow cooker. Add in the beans, bell peppers, chilies, chickpeas, diced tomatoes, tomato paste, and broth. Cook on HIGH for 4-6 hours or on LOW for 8-10. (I prefer the LOW setting if time allows)  
Add your favorite toppings and enjoy!

### **Fiesta Taco Salad-in-a-jar with Creamy Avocado + Cilantro Dressing**

For the Homemade Creamy Avocado + Cilantro Dressing:

1 medium ripe avocado  
1/4 cup fresh cilantro leaves, chopped  
1/4 cup plain Greek yogurt  
1 Tbsp fresh lime juice  
3 Tbsps extra virgin olive oil  
1 clove fresh garlic, peeled  
1/4 tsp sea salt  
1/4 tsp freshly ground black pepper  
1/4 cup cold water

For the Grass Fed Beef or Ground Turkey and Black Bean Filling:

15 ounces black beans, rinsed and drained if using canned  
1 lb ground grass-fed beef, or turkey, browned, and well seasoned with the following:  
1/2 Tbsp cumin  
1/2 tsp each of chili powder, onion powder, granulated garlic, paprika, and turmeric.  
Add sea salt and fresh black pepper if desired.  
Adjust to taste I always add more seasonings at the end if desired.

For the Roasted Corn:

1 tbsp avocado or olive oil  
1/2 diced green bell pepper  
1/2 diced red bell pepper  
4-6 ounces diced, roasted green chilies  
2 corn cobs or 1 cup frozen corn

Instructions: From the Bottom of the jar, going up:

2 Tbsps creamy avocado + cilantro dressing in the very bottom of each jar  
6-8 grape tomatoes 1/3 cup of seasoned ground turkey and black bean (directions below)  
3 Tbsps fresh roasted corn, peppers, and green chile mixture 6 halved black olives 3 Tbsps of fresh diced red, yellow & orange baby bell peppers 1 Tbsp grated all-natural cheddar cheese 2 good handfuls of torn green lettuce leaves at the very top

Dressing Instructions: Place all your dressing ingredients into a food processor or high-speed blender. Process until smooth, stopping to scrape down the sides. Thin out the salad dressing out with about 1/4 cup cold water (more or less) just until you get your desired consistency. Keeps well in an airtight container for 1 week, refrigerated. Makes 6-8 servings of dressing.

Filling Instructions: Makes enough for 6-8 salad jars

Remove cooked, and seasoned meat mixture from pan, allow to cool, then place in a bowl add black beans and gently stir to combine. Using a cast iron skillet heat 1 Tbsp of avocado, or olive oil, then add in this order 1/2 diced green bell pepper, 1/2 of a diced red bell pepper saute for 2 minutes add the corn cut and removed from 2 cobs and 4-6 ounces diced roasted green chilies. Saute all together for 3-4 minutes on a med-high heat...don't over roast this mixture, you want it firm. Assemble your salad jars in the order first mentioned above. These stay well for 3-4 days, sealed well in the refrigerator.

### **Cucumber BLT's Recipe**

2 large English cucumbers, cut into 3  
6 slices nitrate free bacon, cooked  
2-3 lettuce leaves  
1 garden fresh tomato, thinly sliced  
4 thin slices cheddar cheese (optional)

Optional sauce ideas:

organic mustard, dijon mustard, avocado mayonnaise, hummus, OR smashed avocado.

Instructions: Slice cucumbers in half lengthwise, as shown then cut into 3 pieces each. Using a spoon, scoop out the seeds and discard. Layer lettuce, cheese, tomato and bacon on one half of the cucumber, optional sauce/condiment of choice, sea salt, and pepper to taste then top with the other half. Serve immediately and enjoy!

### **Asian Chicken Lettuce Wraps**

1 lb. boneless skinless chicken breast, cut into bite sized pieces  
12 oz. Cremini mushrooms, sliced  
sea salt and freshly ground black pepper, to taste  
2 Tbsps sesame oil, divided  
2 fresh garlic cloves, minced and divided  
1 Tbsp grated fresh ginger  
1/2 tsp cayenne pepper  
1/4 cup coconut aminos, Bragg's liquid aminos, or low sodium soy sauce  
2 Tbsp rice vinegar  
butter or romaine lettuce leaves, rinsed and dried  
green onions, thinly sliced  
1 Tbsp sesame seeds

Instructions: Heat 1 Tablespoon oil large skillet over medium-high heat. Add in mushrooms, 1 garlic clove, and sauté until just softened, about 3 minutes. Season with a tiny pinch of sea salt and pepper and set aside on a plate.

In the same skillet add the remaining oil, chicken, garlic, cayenne pepper and ginger and cook until golden brown and cooked through, about 8 minutes. Return mushrooms to the pan and pour in the coconut aminos and rice vinegar. Stir until combined and just heated through. Allow to cool a tiny bit then scoop into lettuce leaves. Garnish with sliced green onions & sesame seeds.

### **ULTIMATE Shrimp Cobb salad + Fresh Lemon-Chive Salad Dressing**

1.5 lbs. large shrimp, peeled and deveined  
1 Tbsp avocado oil  
4 boiled eggs cooked and peeled  
6 slices of cooked nitrate-free bacon, diced  
1 cup of organic corn kernels, either fresh or frozen - thawed  
1 large avocado, diced  
1/2 cup crumbed cheese of choice, feta or blue cheese are both great on this  
6 packed cups chopped romaine lettuce  
Fresh Lemon-Chive Salad Dressing:  
1/3 cup plain Greek yogurt  
1/2 fresh lemon, juiced  
1 fresh garlic clove  
4 fresh chives  
sea salt and freshly ground pepper, to taste

Instructions: In a blender or food processor, pulse all Salad Dressing ingredients until creamy. Taste, adjust seasonings to your liking. Cover, and refrigerate until ready to use. Heat 1 Tbsp of oil in a large skillet over med-high heat; Add in shrimp and cook for about 4-5 minutes or until pink and just cooked through. Season with sea salt and freshly ground black pepper then set aside. Arrange all salad ingredients on a platter or a large salad bowl nicely as shown, and when ready to serve, drizzle with dressing and gently toss to combine.

### **Turkey Taco Zucchini Boats**

4 medium zucchini, sliced into halves lengthwise as shown  
2 Tbsps avocado oil, or olive oil, divided  
1 medium yellow onion, diced  
1 lb. lean ground turkey meat  
2 fresh garlic cloves, minced or pressed

sea salt and freshly ground black pepper, to taste  
2 tsps chili powder  
2 tsps ground cumin  
1/2 cup organic tomato sauce  
1 cup prepared drained and rinsed black beans  
1/2 cup frozen organic corn  
one handful of fresh cilantro leaves, finely chopped  
1 cup shredded mexican cheese blend  
1/2 cup cherry tomatoes, diced  
2-3 green onions, finely sliced  
lime wedges, to serve

Instructions: Preheat oven to 400 degrees f. Using a spoon, scoop center seeds and such out from zucchini, leaving a little over the 1/4-inch rim to create the boats. Place zucchini in one large baking dish, or two separate smaller baking dishes, brush with 1 Tablespoon of your cooking oil and season with sea salt and pepper. Roast in your preheated oven until crisp-tender, about 17 minutes. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add in the onions and saute for 1 minute. Add ground turkey, garlic, chili powder, cumin, sea salt and pepper, and cook, tossing and breaking up the meat as you go with a wooden spoon. Stir in tomato sauce, black beans and corn, and cook until meat is cooked through about 5-7 minutes. Remove zucchini from oven once roasted, let cool for just a minute, then lightly pat dry the moisture inside your boats with a paper towel. This helps so much! Stuff the pre-roasted zucchini with your taco mixture, sprinkle with cheese then return to the hot oven and bake until cheese is melted, about 7-8 minutes longer. Remove from the oven, and top with cherry tomatoes, green onions and garnish with cilantro and lime wedges. Serve immediately.

### **Chipotle Chicken Lettuce Wraps + Cilantro Lime Sauce**

1 lb. boneless skinless chicken breasts, cut into bite sized pieces  
fresh leaves of romaine, or butter lettuce  
1 large avocado, diced  
1/2 red onion, finely diced  
2 Roma tomatoes, diced  
2 Tbsps avocado oil, OR olive oil  
1 Tbsp chipotle seasoning  
1 tsp smoked paprika  
sea salt and freshly ground black pepper, to taste  
Cilantro Lime Sauce:  
1 cup Greek yogurt  
a large handful of fresh cilantro leaves  
2 Tbsps fresh lime juice  
1/4 tsp ground cumin  
1 fresh garlic clove, minced  
pinch of sea salt

Instructions: In a ziploc bag, or large glass bowl combine chicken with oil, chipotle seasoning, paprika, sea salt, and pepper. Toss to coat well, seal or cover then refrigerate for at least 1 hour, up to 6 hours. Once your chicken is marinated, place all the ingredients of the cilantro lime sauce into a blender, or food processor and pulse until smooth.

Transfer to a jar and refrigerate until ready to use. Heat a large skillet over medium-high heat. Add chicken and cook, until nicely browned and cooked through, about 8 minutes. Allow to cool on a plate. To assemble the wraps, add chicken and chopped veggies onto the lettuce leaves as shown and drizzle with cilantro lime sauce as shown. Enjoy!

### **BBQ Shrimp + Limey Avocado Salsa Meal Prep Bowls**

2 pounds large shrimp, deveined and peeled  
2 cups cherry tomatoes, cut into quarters  
1 large avocado, pitted and chopped  
4 green onions, chopped  
2 fresh limes, juiced  
1 handful fresh cilantro leaves, chopped

1 Tbsp avocado oil, or extra virgin olive oil  
sea salt and freshly ground black pepper  
lime wedges, to garnish

For serving:

2 cups cooked brown rice  
for the BBQ spice mix:  
1 Tbsp. smoked paprika  
1 tsp ground cumin  
1/2 tsp cayenne powder  
1/2 tsp garlic powder  
1/4 tsp sea salt, or to taste

Instructions: In a large glass mixing bowl place shrimp and BBQ seasoning ingredients and gently stir well to combine. Set aside for just a few minutes. In another bowl, add chopped tomatoes, avocado, onions, cilantro, lime juice, sea salt, and pepper. Very gently toss to combine. Set aside. Heat oil in a large skillet over medium-high heat. Add shrimp and cook for 1-2 minutes on each side or until they've turned pink and form a nice lightly charring in spots as pictured. Add 1/2 cup cooked brown rice to each bowl or meal prep container. Then divide the cooked shrimp and avocado salsa equally, and nicely among the 4 bowls, or meal prep containers as shown. Serve immediately, or refrigerate for up to 3 days. Enjoy!

### **Sheet Pan Hawaiian Pineapple Chicken**

2 pounds chicken tenderloins  
3 tsp chili powder  
2 tsp ground cumin  
3 fresh garlic cloves, minced  
sea salt and freshly ground black pepper, to taste  
2 Tbsps coconut oil, melted  
1 large sweet onion, cut into wedges  
4 large bell peppers (assorted colors), cut into 1" pieces as shown  
1 Tbsp minced seeded jalapeno pepper  
1/2 medium pineapple, peeled, cored and cut into bite sized chunks as shown  
2 Tbsp fresh lime juice  
1 Tbsp sesame seeds  
a small bunch of fresh cilantro, chopped

Instructions: Preheat the oven to 425 f. and line a large, flat rimmed sheet pan with parchment paper. In a large glass bowl mix chicken with chili powder, cumin, garlic, coconut oil, sea salt, and pepper. Stir well to coat. Add the onion, peppers, pineapple and lime juice then gently toss to combine well. Spread in a single layer on your prepared sheet pan. Roast for 10-12 minutes then broil for a couple of minutes more, or until the veggies are lightly brown and chicken is cooked through. Garnish with sesame seeds and fresh chopped cilantro and enjoy!

### **Southwest Chicken + Rice Bowls**

8 boneless skinless chicken thighs  
2 Tbsps avocado oil, or olive oil, divided  
15 oz. black beans, drained and rinsed if using canned  
1 Tbsp + 2 tsp taco seasoning (I have a good homemade taco seasoning recipe on the website!)  
sea salt and freshly ground black pepper, to your taste  
1 cup uncooked brown rice  
2 1/2 cups water, or bone broth  
a small bunch of fresh cilantro leaves, chopped  
1 fresh lime, juiced  
2 cups lettuce of choice, shredded  
1 ripe avocado, sliced or chopped  
extra topping ideas: pico de gallo, lime wedges, additional cilantro

Instructions: In a large saucepan whisk water/broth, 1 Tbsp oil, pinch sea salt, pepper and 2 teaspoons of the taco seasoning, then bring to the boil. Stir in rice and simmer, covered, for 15-17 minutes or until liquid is absorbed and rice is just tender.

Meanwhile, rub chicken thighs on both sides with 1 Tablespoon taco seasoning. Heat remaining oil in a large skillet over medium-high heat. Add chicken and cook for 5-6 minutes per side, or until cooked through and no longer pink in the inside.

Let chicken rest on a board for a few minutes, then slice it thin. Once the rice has cooled a bit stir in the fresh lime juice and cilantro leaves until combined well with the rice. To assemble the bowls, divide equally among 4 bowls: rice, chicken and beans over rice, lettuce, and avocado then top as desired. These bowls are fantastic eaten immediately, but also great as meal prep. They stay well in the fridge if covered, for 3-4 days.

### **Taco Soup**

- 2 lbs hamburger
- 1 lg onion diced
- 1 can rotel
- 2 cans fire roasted or Mexican style tomatoes
- 2 cans black beans
- 1 can kidney beans
- 1 pkg taco seasoning
- 1 pkg hidden valley ranch dressing
- 1 can diced green chilies
- 2 cans water

Brown and drain hamburger with diced onion. Suzette blends up onion, green chili, rotel, and tomatoes (along with juice). Add remaining ingredients and cook for 30 minutes. Serve with tortilla chips, sour cream, and shredded cheese.

### **Crock-Pot Burrito Bowls**

Yield: 6-8

- 1.5 - 2 lbs boneless, skinless chicken breasts
- 1 small yellow onion, diced
- 2 Tbsp avocado, or olive oil
- 3 tsps onion powder
- 3 tsps chili powder
- 2 tsp garlic powder
- 3 tsps ground cumin
- Sea salt and freshly ground black pepper to taste
- 3 cups organic, low sodium chicken broth
- 2 cups diced tomatoes, drained (use fresh, jarred, or canned tomatoes (15-16 oz))
- 1.5 cups prepared black beans (rinsed well if using canned)
- 1 cup frozen organic corn
- 2.5 cups previously cooked brown rice, or quinoa
- 1/3 cup shredded colby jack cheese (optional)

Instructions: Place chicken, & diced onion in crock pot. Pour in broth, tomatoes, oil, and seasonings. Cook on low for about 5 hours. Remove chicken from slow cooker. Stir precooked rice/quinoa, corn, and black beans, into the hot liquid remaining in crockpot. Let cook an additional 10 minutes on high. In the meantime, quickly chop, or shred chicken. Add chicken back in, cook for 10 minutes on high, or just until chicken is hot. Serve with fresh diced tomatoes, plain Greek yogurt, green onion, diced avocado or guacamole, top with cheese if desired. This recipe makes A LOT, so it's great to make for Food Prep!

### **Lemon Rosemary Fauxtisserie Chicken**

- 1 (3-4 pound) whole chicken
- 1 tsp. seasoning salt
- 4-5 whole cloves of garlic peeled
- few sprigs of fresh rosemary
- 1 lemon

Instructions: Make 3 balls of aluminum foil about 2 inches in diameter. Place them in a triangular pattern on the bottom of your slow cooker. These balls hold the chicken off the bottom of the crockpot so the hot air can circulate all around the chicken and so the chicken isn't stewing in its own juices.

Slice garlic cloves lengthwise into thin slices and set aside.

Rinse chicken in cold water. Make sure to include the cavity and remove and discard any chicken parts inside the cavity. Pat dry with paper towels.

Place the chicken on a plate so it lies with the breast side facing up and the legs on the plate. Loosen the skin of the chicken and gently separate the skin from the bird while keeping it attached around the edges. Use your hands to place the sliced garlic cloves under the sprigs of rosemary.

Cut 1 lemon in half and rub juices all over the chicken. Place both the lemon halves inside the chicken cavity before cooking. Rub seasoning salt onto the skin of the chicken. Place the chicken breast side up on the foil in the slow cooker. Cover with the lid, turn heat to low, and cook for 6-7 hours or until meat thermometer inserted into the thickest part of the breast registers 160 degrees F.

## **DESSERTS**

### **Double Dark Chocolate Brownies**

1/3 cup + 1 heaping Tbsp, all natural peanut, or almond butter

1/3 cup pure maple syrup grade 'b', or raw honey

1/2 cup unsweetened all-natural applesauce

1 large room temperature egg

1 tsp pure vanilla extract

1/2 cup unsweetened cacao powder

1/2 cup old fashioned rolled oats

1 tsp baking soda

1/8 tsp sea salt

1.5 cups finely shredded zucchini (skin left on) about 2 small zucchinis

1/2 cup dark chocolate chips (I used Lily's brand sweetened with stevia, you may use any high percentage cacao chips, this will add a bit of sugar...depending on what you use) - DIVIDED in half (<https://cleanfoodcrush.com/lilys>)

Instructions: Preheat oven to 350 degrees. Spray your 8x8 brownie pan with nonstick spray, or wipe your pan with coconut oil.

Pulse oats in blender or food processor until finely ground. (dry oats are measured BEFORE grinding...always get lots of questions about this) In a separate bowl, sift or whisk dry ingredients together; cacao powder, ground oats, baking soda, and sea salt; until well combined. Using your mixer, cream peanut butter, applesauce, egg, maple syrup and vanilla until smooth.

Add shredded zucchini, mix until combined. Add dry ingredients into wet, mix just until combined...do not over mix.

Stir in half of the chocolate chips. Pour batter into your prepared baking pan and sprinkle remaining chips on top.

Bake for 23-26 minutes in your preheated oven.

Cool before slicing into squares.

Notes: Make sure you're using natural unsweetened cacao powder, not dutched cocoa! I used Lily's brand sweetened with stevia, you may use any very high percentage cacao chips, this will add a bit of sugar...depending on what you use. I prefer the maple syrup over honey for these. Sweetness factor is such a personal preference, so taste test because you may want more/less maple syrup

### **No-Bake mini Chocolate Chip PB Oatmeal Energy Bites**

1 cup all-natural peanut butter (just peanuts and salt in the ingredients)

1/4 cup raw honey or pure maple syrup

2 tsps vanilla extract

1.5 cups rolled oats (I used gluten-free)

1/2 cup unsweetened shredded coconut (Let's Do Organic Brand)

tiny pinch of sea salt

1/3 cup mini chocolate chips

2-4 teaspoons water, coconut milk, or almond milk if necessary

Instructions: In a large glass mixing bowl, stir together the peanut butter, raw honey and vanilla extract.

Then stir in your oats, coconut and sea salt until well incorporated and then mix in the chocolate chips.

If your "dough" doesn't hold together well when pressed into balls, add a tiny bit of coconut/almond milk, just a teaspoon at a time until it all holds together well when squeezed into a ball. This is not an especially "doughy" mixture, almost more crumbly so you'll need to squeeze the bites together pretty well to get them to hold together.

Form one inch balls by pressing about 1 tablespoon of the mixture together in your hands. I used a Tablespoon cookie scoop to get nice even balls. Store in an airtight container, refrigerated for 1 week, or (my preference) in the freezer for a month...if they stick around that long!

### **Chocolate Peanut Butter Crispy Treats**

1/3 cup quinoa puffs (I found these on Amazon!)

1/4 tsp of sea salt

1/4 cup peanut creamy natural butter

2 Tbsps raw honey

1 cup dark chocolate chips, melted ( We really like lily's brand sweetened with stevia found here: <https://cleanfoodcrush.com/lilys>)

Instructions: In a mixing bowl add quinoa puffs, peanut butter, raw honey and sea salt. Gently stir with a spatula until well combined. Add a spoonful of melted chocolate into each silicone cup, then gently add in one spoonful of the peanut butter quinoa puffs mixture. Top with the remaining melted chocolate. Place the cups into a sheet pan and refrigerate, or freeze for up to 1 hour, or until the chocolate is set. Pop the treats out of their moulds, and keep refrigerated in an air tight container for up to 2 weeks.

### **Strawberry Protein "Nice" Cream Cups**

2 frozen bananas

2 Tbsps unsweetened almond or coconut milk

1 cup frozen, organic strawberries

1 tsp vanilla extract

1 scoop vanilla protein powder of choice

1/4 cup fresh chopped organic strawberries to garnish (optional)

Instructions: Add all ingredients to a food processor, or high-speed blender and blend until smooth. Fill a silicone cupcake mold with this mixture, then top each cup with fresh strawberries as shown. Freeze for about 2 hours. Remove from molds.

### **Chocolate Chip Banana "Ice Cream" Cups**

6 ripe bananas

1 tsp vanilla extract

1/4 cup chocolate chips, plus more to sprinkle. (I like lily's brand sweetened with stevia [Cleanfoodcrush.com/lilys](https://cleanfoodcrush.com/lilys))

Instructions: Line a baking sheet with parchment paper. Slice the bananas and arrange them in one single layer on the prepared baking sheet. Freeze for about 2 hours. Place the frozen bananas and vanilla extract in your food processor and blend until smooth and creamy. Remove blade. Stir in chocolate chips. Use a muffin silicone mold and scoop the banana "ice cream" into each cup, then sprinkle some chocolate chips over the top. Freeze for 1-2 hours. Let the cups at room temp for about 3 minutes before eating. Enjoy!

### **Banana Split Kabobs**

Yield: 8

2 bananas, sliced into 1.5' inch pieces

1/4 lb. cored pineapple, cut into large bite sized pieces

8 small strawberries

2 kiwis, peeled and cut into quarters

1/4 cup high quality dark chocolate chips

2 Tbsp chopped peanuts, or almonds

8 wooden skewers

Instructions: Line a sheet pan with parchment paper. To assemble: slide pineapple on the skewer first, then banana, kiwi and strawberry, then place on the prepared sheet pan. Freeze for about 15 minutes. Melt the Chocolate Lightly drizzle the kabobs with melted chocolate, then sprinkle with nuts and enjoy immediately or refreeze for an hour or two until ready to serve.

How to melt chocolate: Place a wide skillet with about an inch of water on your burner. Place chopped chocolate pieces in a heatproof bowl (tempered glass), and set the bowl directly in the water. Bring the water to a simmer, then turn OFF the heat and slightly whisk the chocolate until it is melted. OR Melt chocolate by heating in the microwave for 30 seconds, stirring and repeating until melted and smooth

### **Banana Split Breakfast Bar**

Bananas  
Greek yogurt  
Almond slices  
Granola  
Dried coconut  
Blueberries  
Raspberries  
Blackberries  
Lily's chocolate chips

Instructions: It's really fun to set this up like a bar - where everyone can serve themselves

Split bananas in half carefully with a knife.

Added 1/2 cup Greek yogurt to each

Sprinkle of:

Almond slices  
Granola  
Dried coconut  
Blueberries  
Raspberries  
Blackberries  
Lily's chocolate chips  
Make them YOUR own

## **SIDE DISHES**

### **Baked Sweet Potato Fries**

2 lbs. sweet potatoes, or yams, peeled  
2 Tbsps avocado oil, or olive oil  
1 tsp garlic powder  
1 tsp smoked paprika  
sea salt and fresh ground black pepper, to taste ( about 1/4 tsp each)  
a small bunch of fresh parsley, chopped

Instructions: Heat your oven to 425 degrees f.

Slice the sweet potatoes into even 1/4 inch thick sticks and place them into a large mixing bowl. It's super important that they are cut very uniformly. Sprinkle with garlic and paprika, and drizzle with oil, then toss to coat. Do NOT add salt until the end, doing so now will make mushy fries. Preheat 2 separate large, rimmed baking sheets covered with parchment paper in your hot oven for 5 minutes. VERY carefully spread the fries out on the 2 HOT separate baking sheets to prevent overcrowding. Giving them a little space helps them crisp up. Bake until browned up a bit and crisp on the bottom, about 12-15 minutes, then flip your fries and cook until the other side is crisp, about 12 more minutes. Carefully, remove from the hot pan, & sprinkle with sea salt and pepper. Garnish with fresh parsley and enjoy!

## **SNACKS**

### **Chocolate PB Protein Bites**

1 cup all natural peanut butter, or almond butter  
1/4 cup pure maple syrup, or raw honey  
1/4 cup coconut flour  
1/4 cup unsweetened cacao powder  
1/4 cup protein powder of choice, I used chocolate

Instructions: Add all the ingredients to the bowl of your food processor then pulse until all fully incorporated. Using a cookie scoop, take scoops from the peanut butter mixture and using your hands roll them into even balls. Place them balls into a glass container, with some space in between them and refrigerate or freeze. Stays well in the fridge for 10 days or so, if sealed well. Stores in the freezer for a month if sealed well.

### **Peanut Butter Protein Bites**

Mix together;  
2/3 cup peanut butter  
1 cup old fashioned oats  
1-1/2 Tbsp honey  
1/4 cup chocolate chips  
1/4 cup flax seeds

Chill 30 minutes  
Roll bites and roll thru oatmeal and chocolate pieces

### **Chocolate Peanut Butter Balls Recipe**

Filling Ingredients:

1.5 cups almond meal, or finely ground raw almonds (blend or process the almonds - measure AFTER blending)  
3 scoops Protein Powder of choice (optional)  
1/3 cup all natural peanut butter, or almond butter  
3 Tbsps unrefined coconut oil  
1/3 cup dried coconut flakes (I love "Let's do organic brand")  
10 pitted large dates  
2 Tbsps pure maple syrup, or raw honey

Coating ingredients:

1 cup melted, high quality dark chocolate  
2-3 Tbsp roasted peanuts, or almonds chopped (optional)

Instructions: Place all filling ingredients into a high speed food processor, or blender and pulse to combine. Take about 2 tbsp of mixture and use your hands to work the mixture until it resembles a cookie dough consistency. Continue with this process, shaping the mixture into even balls and place in the fridge to set while melting the chocolate in the microwave or over a double boiler. Line a baking tray with parchment paper. Dip each ball in chocolate and place it on the tray. Sprinkle with chopped peanuts. Refrigerate for 15 minutes or until the chocolate is set. How to store: Keep in an airtight container for about a week or freeze for about a month.

\*Laughing cow cheese with nut thin crackers, a couple of slices of deli meat

\*Veggie tray of celery, carrots, red peppers with guacamole as dip

\*Greek yogurt with fresh berries and silvered almonds

\*Sting cheese with a handful of almonds

\*Cottage cheese, sliced tomatoes, red peppers

\*Cottage cheese with fresh pineapple

\*Sweet potato slices cut like pieces of toast, baked in oven stored in the fridge, put in toaster to reheat. Top with Peanut butter and bananas. This is so filling.

\*2 oz mixed nuts with mozzarella cheese stick

## GLUTEN AND DAIRY FREE

### **Turkey Pita**

1/2 My Bread gluten free pita, you can also use a low carb pita wrap  
1 tsp Sprouts vegan basil pesto  
4 ounces Applegate Turkey, you can use another lunch meat but this is anti biotic free and really healthy  
2 slices tomato  
Sliced avocado  
Large handful of arugula

Grill the pita in avocado or coconut oil  
Remove from heat  
Layer ingredients, fold in half and enjoy

### **Turkey Bowl**

4 ounces lean ground Turkey  
1/2 cup Victoria marinara sauce,  
you can use any but this brand is Amazing!!  
1 cup cooked white or brown rice, also the brown rice quinoa at Costco is yummy!

Combine all ingredients in a bowl and enjoy!

### **Taco salad**

1 to 2 cups mixed salad greens  
4 ounces lean ground beef or Turkey  
Diced tomatoes  
Diced avocados  
Cilantro  
A few tortilla chips if you can have the extra carbs

## MARINADES & SAUCES

Dressing: Paul Newman's Family Recipe

Marinade: Lawry's Herb & Lemon

Marinade: Macayo's Green Chili Enchilada Sauce

Herdes Avocado Salsa

## SMOOTHIES

### **Raspberry Yum**

1 cup Vanilla Unsweetened Almond Milk  
1 scoop Combat Strawberry Protein Powder  
½ Cup Frozen Raspberries  
Lots of Ice  
...and blend

### **Peanut Butter & Jelly**

1 cup Vanilla Unsweetened Almond Milk  
1 scoop Cookies & Cream Flavored Protein Powder

2 tbsp Natural Peanut Butter or Peanut Butter Powder  
½ Cup of frozen fruit of choose  
Lots of Ice  
...and blend

**Premier Protein Shake (sherbet)**

1 Premier Vanilla Protein Shake  
½ cup Frozen Mixed Berries  
½ peeled orange  
Handful of fresh spinach