

**PUT YOUR
MIND INTO MOTION
IN THE KITCHEN!**

Eat Me!

MiMOTM



**CURATED BY GRETCHEN GEGG
WWW.GRETCHENEGEGG.COM**



Hey you!

I'm so happy you are on this journey to wellness! MIMO was created with YOU in mind. I will never tell you WHAT to eat. I want you to listen to your body and discover what makes you feel healthy, strong and THRIVING!

Each recipe in this book shares the goal to keep you eating like a king while feeling your best. Most can be modified even further to meet your specific dietary goals. The recipes are tested and enjoyed by REAL people who implemented the MIMO nutrition lessons into their life with success!

Haven't tried MIMO yet? Why not? Check out www.gretchengegg.com/MIMO for info!

Now, get your booty in the kitchen and start eating to LIVE!

LOVE, GRETCHEN

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RECIPE CODES

Plant-Based: these recipes are vegetarian (no meat) or vegan (no animal products at all). In MiMo, we try to eat plant-based at least once a week for health reasons. It will also increase your environmental wellness by decreasing your carbon footprint.

Fat for Fuel: AKA "Keto" We learn in MiMo that our body has 2 fuel systems. It prefers to burn glycogen (the fuel provided by carbohydrates), but will burn fat in the case that no glycogen is available. A great place to start losing weight drastically, but the jury is still out on the lifetime effects of staying in ketosis. A better bet is to alternate over time. We learn more about this in the full MiMo course.

Dairy/Grain-Free: A lot of people have intolerances to dairy and/or grains like wheat, corn, quinoa, oats and even rice! How do you know if you have an intolerance? Give up a group of food for a while and see what happens! We do this in the ACTION phase of MiMo - weeks 5-8!

No Refined Sugar: If you only eliminate 1 food EVER in MiMo, it MUST be sugar. EVERYTHING in this book qualifies for this code, but the labeled recipes offer healthier sugar options for sweet/high carb treats. Either a plant-based sweetener or nature-made sugars like honey, pure maple syrup and molasses. These should be considered treats and eaten in moderation!

Options: the author provides options, that they may or may not have tested, to make the recipe satisfy one of the recipe codes. Expect a change in taste and texture from the original.

MEALTIME FAVORITES

Looking for something to cook
for dinner? Need a healthy side to
bring to the holiday meal?
Hosting brunch for friends?
Look no further!

RECIPE BY GRETCHEN GEGG
PLANT-BASED, DAIRY & GRAIN-FREE
OPTIONS

JACKFRUIT ENCHILADAS

INGREDIENTS:

- 2 tbsp oil of choice + more for coating pan
- 10 mushrooms, roughly chopped
- 1 yellow onion, diced
- 1 can (14 oz) Jackfruit (can use artichoke hearts in a pinch)
- 1 tbsp each paprika, chili powder, garlic powder, cumin
- pinch of salt (seriously a pinch!)
- 8 tortillas (really this can be any type, but if you are insistent this be grain-free check out the brand Siete, this recipe was tested with the cassava flour tortillas)
- 1 bag of cheese of choice (some great dairy-free brands are Daiya and So Delicious)
- 2 cups or more green enchilada sauce of choice (I like Herdez brand)

DIRECTIONS:

- 1) *Preheat oven to 350 degrees F*
- 2) *Saute onions in oil until translucent then add mushrooms*
- 3) *Once mushrooms are starting to soften add all of the spices and salt, turn off heat and incorporate so spices open up their flavor a bit.*
- 4) *Drain and rinse jackfruit, roughly chop and add to large bowl*
- 5) *Add mushroom and onion mixture to jackfruit and let cool slightly*
- 6) *Add 1/2 bag of cheese to the bowl & mix - this is your filling!*
- 7) *Fill and roll 8 tortillas and lay them in a glass baking dish (don't be a perfectionist - they will and should be sloppy!)*
- 8) *Cover with green sauce*
- 9) *Cover with tin foil and bake for 30 min.*
- 10) *Remove cover, put remaining cheese on top and broil for a few minutes to let the cheese melt*
- 11) **SERVE!**

RECIPE BY VICTORIA MONK

FAT FOR FUEL, GRAIN-FREE

PERFECT SALMON & ROASTED ASPARAGUS

INGREDIENTS:

- 2 fillets of salmon
- 1 bunch asparagus
- onion powder, garlic powder, salt and pepper to taste
- bunch fresh dill, chopped
- olive oil
- 1 tsbp butter

DIRECTIONS:

- 1) *Spread asparagus on a baking sheet*
- 2) *Season with spices to taste, drizzle with olive oil and bake at 350 degrees F for about 10 minutes or until at desired tenderness*
- 3) *While asparagus is cooking, season salmon on both sides with spices and fresh dill*
- 4) *Add butter to hot grill pan and cook salmon about 3 minutes each side until done (go more or less depending on how you prefer your salmon cooked)*
- 5) *Serve together for the perfect (and quick) dinner!*

RECIPE BY GRETCHEN GEGG

FAT FOR FUEL, GRAIN-FREE, DAIRY-FREE

COCONUT CHICKEN & VEGGIES

INGREDIENTS:

- 1 lb. chicken thighs cut into bite sized pieces (can use white meat if desired)
- 2 tbsp coconut oil
- 1 tbsp salt
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery stalk, sliced
- 5 mushrooms sliced (optional)
- 1 tbsp each garlic powder, turmeric powder, garam masala
- 1 tsp each ground cardamom, ground coriander, allspice
- handful of cilantro, chopped
- chunk of ginger, grated
- as many chopped green veggies as you want (asparagus, zucchini, broccoli, spinach...seriously ANYTHING you have and this is where you can REALLY stretch this meal!)
- 1 can full fat coconut milk
- 1 tbsp rice wine vinegar
- 1 tbsp soy sauce or coconut aminos

DIRECTIONS:

- 1) Add butter and coconut oil to a large, hot pan then add onion, carrot, ginger and celery, saute on medium until soft
- 2) Turn heat to low and add garlic powder and all spices, stir to combine
- 3) Add sesame oil, turn heat up to medium high and add mushrooms and chicken. Cook for a few minutes watching closely for burning
- 4) Turn heat to low and deglaze pan with vinegar and soy sauce
- 5) Add all remaining ingredients and stir thoroughly
- 6) Simmer covered for 30 minutes stirring occasionally
- 7) Serve alone or over rice of choice (to keep it fat burning use cauliflower rice - you can find microwavable versions in most groceries' freezer section)

RECIPE BY JAMIE STEWART

FAT FOR FUEL, PLANT-BASED

RADISH AU-GRATIN

INGREDIENTS:

- 2 daikon radish (our local grocery had them cleaned up and they were about 4 in long)
- 1 cup diced onion
- 2 cups grated smoked gouda (the cheese is really up to you but I recommend smoked gouda. Also, get a good quality cheese or the resulting product will be greasy)
- 1 cup grated parmesan cheese
- 1 cup heavy whipping cream
- 4 tbsp butter
- 2 tbsp parsley (I used fresh herbs and waaay more than is called for)
- 2 tbsp chives
- 1 tbsp garlic powder
- salt and pepper to taste

DIRECTIONS:

1) *Thinly slice radishes. If you have a mandolin slicer this is super easy otherwise use a really sharp knife and a steady hand (or hold the radish in place with a fork like I did). Preheat oven to 325 degrees F*

2) *Soak sliced radishes in salt water for at least 20 minutes. Drain and pat dry.*

3) *Over medium heat in a medium saucepan, melt butter and cook diced onions until they are transparent. Add parsley, chives, garlic powder, salt and pepper.*

Stir and cook just until bubbling. Add cream and stir occasionally for approximately 5 minutes. Remove from heat and add smoked gouda. Stir until cheese is fully melted.

4) *Arrange daikon slices in a 9x13 pan in a single layer with some overlapping.*

5) *Cover in a layer of cheese sauce. Continue to layer daikon and cheese sauce until you are out. You should end with a cheese layer.*

6) *Bake UNCOVERED for 45 minutes or until cheese is gold and bubbly.*

Sprinkly top with parmesan cheese and bake for another 10-20 minutes until parmesan is gold and bubbly.

(If it looks a little soupy, you can strain off some of the cheese and cook a little longer. The daikon does not overcook like potatoes would. The sauce will also thicken as it cools so do not panic. A friend of my husband's who is not particularly descriptive described it as "decadent" and kept insisting that it was made with potatoes.)

RECIPE BY GRETCHEN GEGG

FAT FOR FUEL, GRAIN-FREE, DAIRY-FREE

SEAFOOD LAKSA

INGREDIENTS:

- 2 lb seafood (I like to use shrimp and light fish like flounder)
- 1 cup mushrooms, chopped
- 1 cup fresh green peas
- 1 carrot peeled and chopped
- 1 sweet onion peeled and chopped
- 5 cups vegetable or seafood broth
- "finger-sized" piece of ginger roughly chopped
- 1 stalk of lemongrass cut into a few pieces and crushed
- 1 bunch of cilantro
- 1 tsbp each sesame oil, olive oil
- 1 tbsp each fish sauce, soy sauce or coconut aminos
- 2 tbsp red curry paste
- dash red pepper flakes
- 1 can (13.5 oz) coconut milk
- juice and zest of 1 lime
- salt to taste

DIRECTIONS:

1) Put stock, ginger, cilantro and lemongrass in a pot and bring to a boil then lower to a simmer and let cook, covered for about 30 minutes

2) In a pan, add the oils, onion, carrot and a little salt and allow to saute until very soft

3) Add mushrooms to pan (and a little more oil if needed) and saute until just browned

4) Strain broth into another pot and add coconut milk stirring until combined

5) Add the vegetables from the pan to the stock and then add red curry paste, red pepper, lime juice and zest, fish and soy sauces

6) Salt the seafood gently and add seafood and peas to stock. Cook until seafood is done, taste again, and adjust spices as needed.

7) Serve! Traditionally this is served over rice noodles but can absolutely be eaten as a stew!

RECIPE BY JESSIE MCKEON

FAT FOR FUEL, GRAIN-FREE, DAIRY-FREE

CHICKEN WITH ROASTED ONION & RADISHES

INGREDIENTS:

- preferred parts of chicken, bone-in, skin-on, I usually use two leg quarters
- 1 bunch of radishes, washed, de-greened, and halved
- large slices of onion - use an apple cutter for best results
- 2 tbsp fresh rosemary
- 3 tbsp rubbed sage or 4 drops Sage Young Living Vitality essential oil
- sea salt
- smoked paprika
- Savory Spray (optional, but oh so amazing!) see "Menu Magic" section
- 1 tbsp olive oil

DIRECTIONS:

1) Heat oil in an oven-safe pan. Pre-heat oven to 375 degrees F.

2) Meanwhile, salt and pepper under the chicken skin. If you are using Savory Spray, spritz some in here, too.

3) When oil is hot, brown chicken on both sides. Remove chicken from pan and pan from heat.

4) Add all other ingredients to the pan and stir them around so that all of the onions and radishes are coated with spices. If you are using Savory Spray, add a healthy few spritzes!

5) Return chicken to pan, skin side up.

6) Place pan in oven and cook until chicken is golden brown and radishes can be pierced through with a fork.

RECIPE BY VICTORIA MONK

FAT FOR FUEL, GRAIN-FREE, DAIRY-FREE, PLANT-BASED

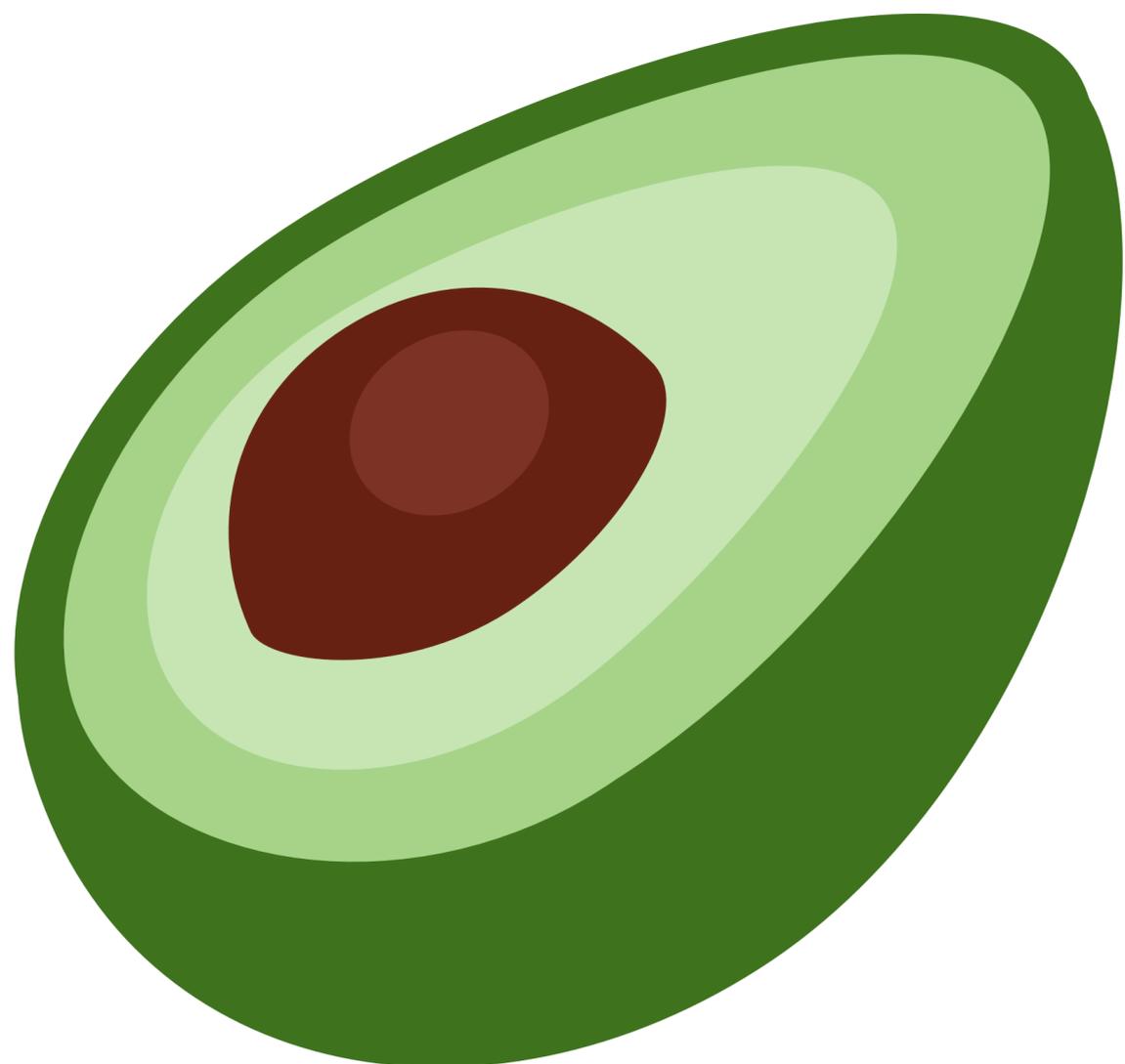
AVOCADO & TOMATO SALAD

INGREDIENTS:

- 1 large tomato, sliced
- 1 avocado, pitted and sliced
- 1 garlic clove, chopped
- chopped fresh basil to taste
- olive oil to taste
- salt to taste
- optional add-ins: chicken, fresh mozzarella cheese

DIRECTIONS:

- 1) Layer avocado and tomato on plate - layer in meat and/or cheese if adding
- 2) Top with basil and garlic
- 3) Drizzle with olive oil & a dash of salt
- 4) Enjoy!



RECIPE BY GRETCHEN GEGG

PLANT-BASED, NO REFINED SUGAR, DAIRY-FREE

PB&J OATMEAL

INGREDIENTS:

- rolled or steel-cut oats
- water
- frozen berries of choice, chopped
- peanut (or other nut or seed) butter

DIRECTIONS:

1) *Cook oatmeal according to directions*

2) *When oats are done, but still very hot, add a spoonful of berries and about 1 tbsp of peanut butter PER SERVING and serve!*

BONUS: if you have hungry little ones waiting, the frozen berries cool it for you!

RECIPE BY GRETCHEN GEGG

FAT FOR FUEL, GRAIN-FREE, DAIRY-FREE

EGG CUPS

INGREDIENTS:

- 1 dozen eggs
- 12 slices nitrate-free, uncured deli meat
- 6 oz frozen spinach
- ^ccheese of choice sliced - I like the dairy-free brand Chao (optional)

DIRECTIONS:

1) *Spray a muffin tin thoroughly with cooking spray*

2) *Put 1 slice of deli meat into each muffin cup*

3) *Add a bit of spinach to each muffin cup (i'm very UNEXACT about this)*

4) *Crack one egg into each muffin cup - poke around with a fork a bit to puncture the yolk and allow the egg to fall into the cracks*

5) *Bake at 350 degrees F for 30 minutes*

6) *If adding cheese, place it on top in the last 10 minutes*

7) *Allow to cool somewhat before eating- you have meal-prepped 12 breakfasts!*

RECIPE BY GRETCHEN GEGG

DAIRY-FREE, GRAIN-FREE OPTIONS, FAT FOR FUEL OPTIONS

BAJA FISH TACOS

INGREDIENTS:

- FOR SLAW:
- 1 package angel hair cut cabbage for coleslaw
- 1 lime
- 1/4 cup mayonnaise
- handful cilantro chopped
- 1/2 cup pepitas (optional)
- hot sauce to taste
- FOR FISH:
- 1 fillet white fish per person
- dash each of salt, paprika and cumin
- tortillas of choice (Siete brand has grain free) or salad greens

DIRECTIONS:

1) *Combine all slaw ingredients and let sit while making the rest of the meal.*

NOTE: even if you are just making this meal for one, make all of the slaw. It keeps very well and can be used on salads, sandwiches and eaten as a side.

2) *Sprinkle spices on the fish and cook until flaky over medium heat - add a small amount of oil to the pan to keep it from sticking.*

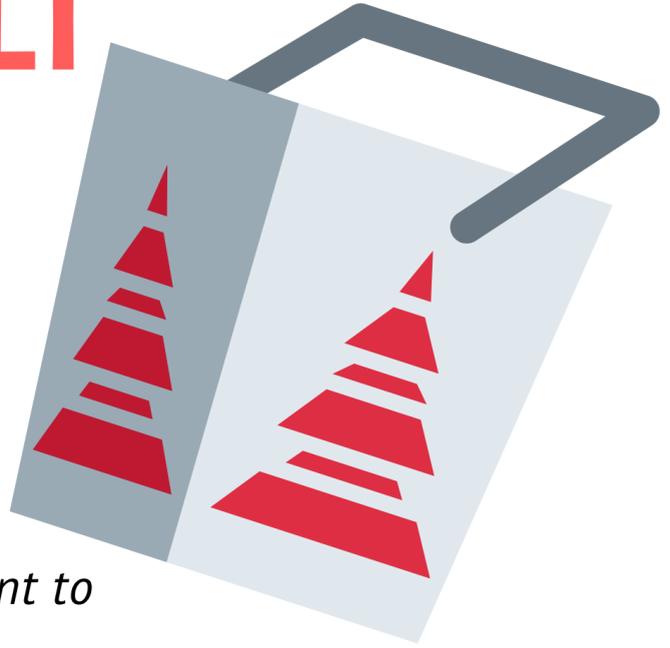
HINT: Meats typically tell you when they are done and fish is no different. When the fish separates from the pan easily it is ready to flip. If it sticks to the pan be patient. Not ready yet. Keep the heat on medium!

3) *If making the full tacos serve in tortillas topped with slaw. If you are keeping things fat burning just serve over salad greens of choice and top with slaw. If you are lucky enough to find somefat-burning tortillas (like jicama tortillas - love my HEB in Texas - or the Folio cheese tortillas) make yourself a fat-burning taco!*

RECIPE BY GRETCHEN GEGG

DAIRY-FREE, GRAIN-FREE, FAT FOR FUEL,
PLANT-BASED OPTIONS

"TAKEAWAY" CHICKEN AND BROCCOLI



This is for those nights that you REALLY want to throw in the towel, order your favorite take-away and stuff your face. Keep these ingredients on hand in the freezer and pantry - you can't go wrong!

INGREDIENTS:

- 1 lb. frozen, pre-cooked chicken or extra firm tofu, cubed
- 1 lb. frozen broccoli
- 3 tbsp rice wine vinegar
- 3 tbsp soy sauce or alternative (tamari, coconut aminos, etc...)
- 1 tbsp sesame oil
- 1 tbsp coconut oil
- 2 tbsp steak seasoning
- 1 tbsp molasses - this adds a very minimal amount of carbs (optional, but in my opinion essential)

DIRECTIONS:

- 1) *Add the ingredients to a large hot pan in this order: coconut oil, sesame oil, chicken, broccoli, vinegar, soy sauce, molasses, steak seasoning*
- 2) *Cook covered on medium high heat 15 minutes stirring frequently*
- 3) *Lower heat to medium and cook uncovered 10 minutes*
- 4) *SERVE! You can eat it just like this or serve over rice, noodles or cauliflower rice*

RECIPE BY GRETCHEN GEGG

GRAIN-FREE, PLANT-BASED, DAIRY-FREE
OPTIONS, GRAIN-FREE OPTIONS, FAT FOR
FUEL OPTIONS

GREEN BEAN & MUSHROOM BAKE

INGREDIENTS:

- 1 lb. green beans
- 1 lb. mushrooms, sliced
- olive oil
- 2 tbsp chopped garlic
- 1 tbsp salt
- 1 package (2.75 oz) white gravy mix of choice - you can typically find dairy-free and grain-free options at larger grocery stores and can find the lowest carbohydrate option to keep this "fat burning" (Pilgrim brand has 6 carbs total for the whole package) However, you can also just make about 3 oz of your own roux - I didn't!
- 1/2 cup vegetable stock
- 1 1/2 cup boiling water
- 5 oz. sliced almonds

DIRECTIONS:

- 1) Add a generous amount of olive oil to a pan
- 2) Saute mushrooms in oil over medium heat - if the pan gets dry you may choose to add a little more oil, but be careful as this dish can get greasy quickly
- 3) When mushrooms are soft, add green beans, salt and garlic
- 4) Cook until green beans are starting to soften then pour mixture into casserole dish
- 5) To same pan add gravy mix and vegetable stock, stir to combine
- 6) Add boiling water and stir until smooth
- 7) Pour gravy mixture into casserole dish
- 8) Cook at 350 degrees F for 45 minutes uncovered
- 9) Cover top of casserole evenly with almonds and cook an additional 15 minutes

RECIPE BY GRETCHEN GEGG

GRAIN-FREE, PLANT-BASED, DAIRY-FREE

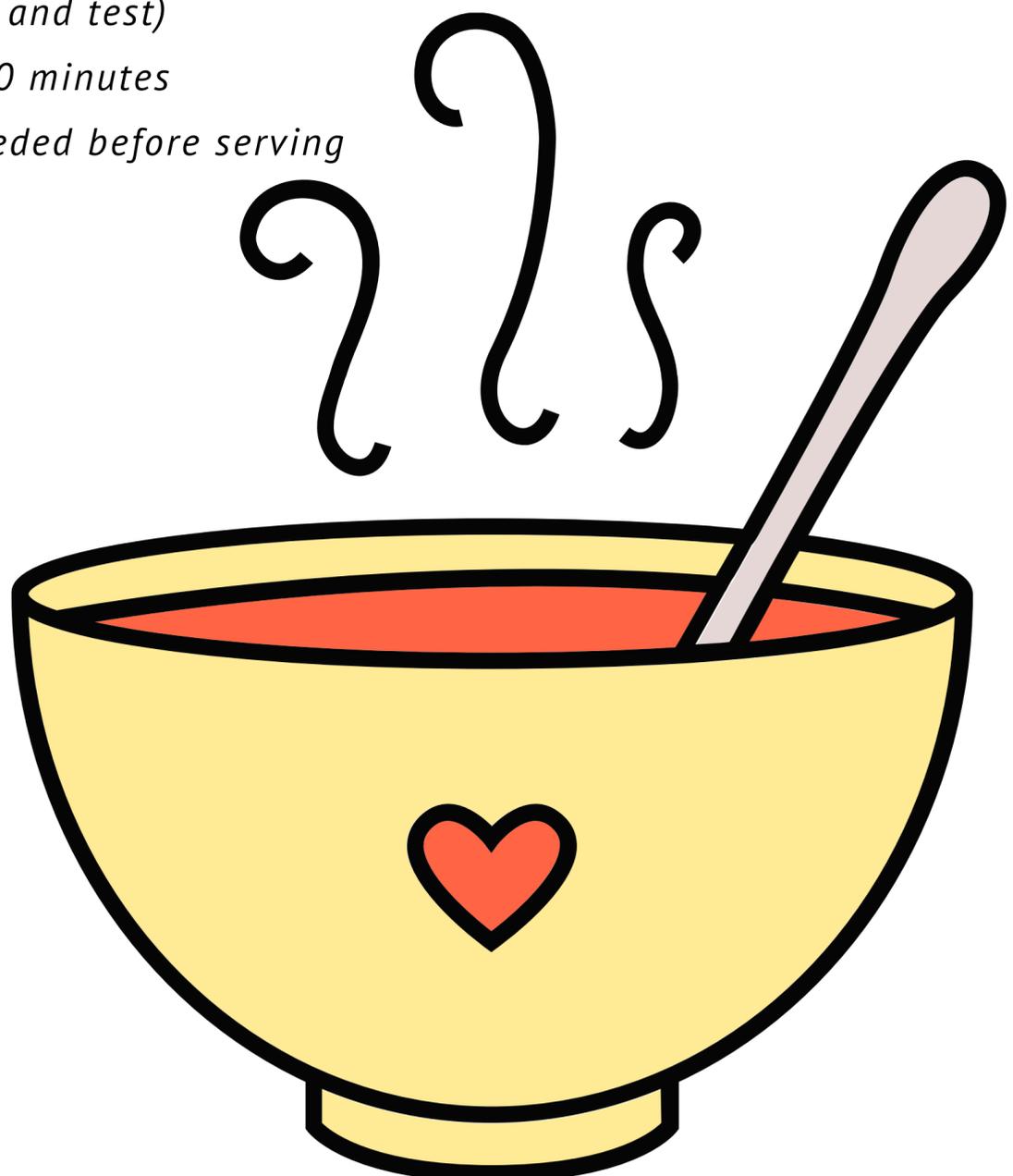
LENTIL SOUP

INGREDIENTS:

- 16 oz. bag dry lentils
- 1 medium onion. chopped
- 1 carrot, peeled and chopped
- 4 tbsp olive oil
- 2 garlic cloves chopped
- 1 tbsp salt (can add more after cooking if it needs it)
- 3 cups vegetable broth
- 3 cups water

DIRECTIONS:

- 1) *In a large pot add olive oil and saute carrots and onions until very tender*
- 2) *Lower the heat and add garlic, salt and lentils*
- 3) *Mix together until lentils are coated in oil then add the broth and water*
- 4) *Cover and cook over medium about 20 minutes or until 3 beans come out al dente (stir, select 3 beans and test)*
- 5) *Uncover and cook for 10 minutes*
- 6) *Adjust seasoning as needed before serving*



RECIPES BY REGINA JENKINS PLANT-BASED, DAIRY-FREE

INDONESIAN RICE

INGREDIENTS:

- 1 cup basmati rice soaked for at least 20 minutes then drained and rinsed until water runs clear
- 2 cups water (or half coconut milk - rice will be thicker)
- a few stalks of lemon grass
- a few pieces of galangal or ginger
- 6 small green cardamom seeds (avoid the larger brown ones)
- dash of salt
- 2 tbsp coconut oil
- kefir lime leaves or zest of 1 lime

SAVORY RICE

INGREDIENTS:

- 1 cup basmati rice soaked for at least 20 minutes then drained and rinsed until water runs clear
- 2 cups stock or bone broth of choice
- 2 tbsp olive oil
- 1/4 cup dried parsley
- 2 tbsp Coconut Aminos
- 2 cloves garlic or 1 tbsp Vic's Garlic Fix seasoning by The Spice & Tea Exchange (my favorite!)

DIRECTIONS:

I use a rice cooker and simply put all ingredients in and turn on. If you are using a stovetop you can do the same just cook as you would white rice. Be sure to remove the chunks of spices in the Indonesian Rice before serving as they are meant to flavor the rice and not eat.

RECIPE BY JAMIE STEWART
GRAIN-FREE, FAT-FOR-FUEL

CAULIFLOWER JAMBALAYA

INGREDIENTS:

- 1 medium yellow onion, diced
- 1 medium green bell pepper, diced
- 4 ribs celery, diced
- 2 cloves garlic, minced
- Andouille sausage (however much you want)
- Shrimp (same)
- 1 tsp lemon juice
- 2 tbsp butter
- ½ cup stewed tomatoes, drained and diced
- ¾c chicken bone broth (or just chicken broth)
- 2 bags steamable riced cauliflower (steam them in the microwave for about 4 min. They'll be thawed but not cooked. You can use fresh cauliflower rice but the frozen gives it a better texture for this dish)
- seasoning: (amount used is up to your own personal taste)
garlic powder, onion powder, cayenne, salt, black pepper, oregano, paprika, parsley (fresh, chopped)

DIRECTIONS:

1) *In a dutch oven, cook the Andouille sausage. When cooked, remove sausage from pot but leave any grease. Set aside to add later.*

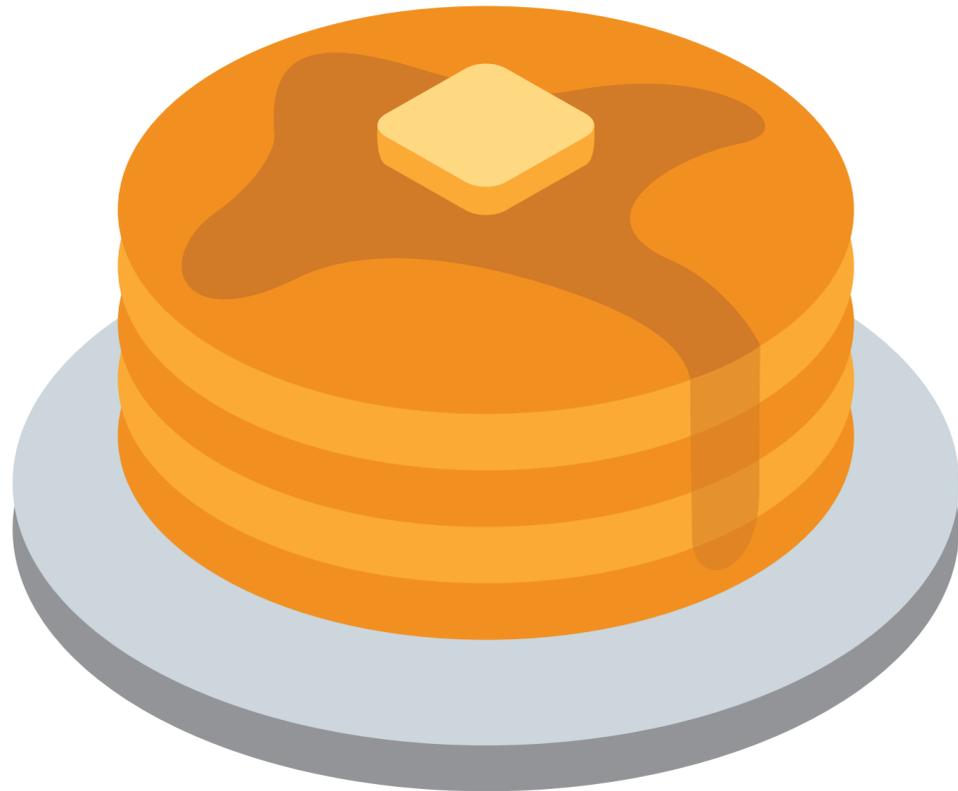
2) *Season shrimp with salt, cayenne, garlic powder, onion powder, and paprika. Add to dutch oven. When cooked, pour in lemon juice to deglaze the pot. Remove and set aside with the sausage.*

3) *Melt 2 tbsp butter in dutch oven. Add onions, bell pepper, celery, garlic, and tomatoes. When onions are starting to brown add salt, black pepper, and oregano. Let it cook for a little while longer before adding riced cauliflower and parsley.*

4) *Mix thoroughly and add chicken broth, cooked sausage and cooked shrimp. Reduce heat and let simmer until broth is reduced.*

RECIPE BY GRETCHEN GEGG
PLANT-BASED, GRAIN-FREE OPTIONS,
DAIRY-FREE OPTIONS

PROTEIN PANCAKES



INGREDIENTS:

- 1 cup all-purpose flour of choice (can use grain-free or gluten free but it will alter texture)
- 1/4 cup protein powder of choice
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup water
- 1/4 cup greek yogurt (optional)

DIRECTIONS:

- 1) *Combine all ingredients and mix until thick and slightly lumpy*
- 2) *Cook in a non-stick or greased pan or skillet as you would traditional pancakes*

NOTE: These burn quickly so keep an eye on them!

RECIPE BY GRETCHEN GEGG

PLANT-BASED, DAIRY-FREE, GRAIN-FREE, FAT-FOR-FUEL

GOD SAVE THE GREENS

INGREDIENTS:

- about 6 cups of greens chopped (I used Mustard, but this works with any "heavy" green like Collard, Kale, etc...)
- 1 onion, diced
- 4 tbsp oil or butter of choice
- 1 tsp salt
- 1/4 cup apple cider vinegar
- 1/4 cup balsamic vinegar
- 1/4 cup white wine
- 1 clove garlic, chopped
- 2 tbsp soy sauce or alternative (tamari, coconut aminos...)
- 1 tbsp molasses
- sprinkle of red pepper flakes (optional)
- sprinkle of nutmeg
- optional for finishing - smoked salt (I like the brand Maldon)

DIRECTIONS:

- 1) *In a large pan add oil, salt and onion and cook on medium low until caramelized*
- 2) *Add greens and garlic and mix thoroughly*
- 3) *Add the vinegars, wine and molasses and cook on medium until greens are softened and the liquid is reduced to at least half*
- 4) *Turn heat to low and add red pepper and nutmeg cooking for about 5 more minutes to incorporate flavors*
- 5) *Serve, topping with smoked salt if desired*

RECIPES BY GRETCHEN GEGG

FAT FOR FUEL, GRAIN-FREE

CROCK POT BEEF ROAST

INGREDIENTS:

- 1 large beef roast (chuck works great)
- 4 tbsp butter
- generous sprinkle of italian seasoning
- generous sprinkle steak seasoning
- 1 cup chopped pepperoncinis with juice

DIRECTIONS:

1) Put roast in crock pot

2) Top with the rest of the ingredients (*DO NOT* add water - this is what makes roasts dry you will be pulling the cooked meat away from a lot of the fat, but the fat helps keep the meat moist)

3) Cook on low for 8 hours

4) Serve! Pairs well with the mediterranean slaw

MEDITERRANEAN SALAD

INGREDIENTS:

- "a lot" of fresh spinach chopped finely (decide how much you want to use and stretch the recipe as needed)
- 14 oz can of artichoke hearts drained, chopped
- 14 oz can black olives drained, chopped
- 4 tbsp greek dressing of choice or 2 tbsp each olive oil & balsamic vinegar

DIRECTIONS:

1) Mix all ingredients together and serve immediately

NOTE: I am okay with my spinach wilting so I don't mind mixing and saving leftovers. If that is NOT your thing, mix just the last three ingredients and put it over spinach right before serving.

RECIPES BY GRETCHEN GEGG

FAT FOR FUEL, GRAIN-FREE, PLANT-BASED,
DAIRY-FREE OPTIONS

KALE SLOPPY JOES

INGREDIENTS:

- 1 large bag (2 lbs) of chopped kale
- 1/4 cup quality ranch sauce (I like Teessamae)
- 1/4 cup Barbecue Sauce

DIRECTIONS:

- 1) *Combine all ingredients in the crock pot*
- 2) *Cook on low for about 4 hours (maybe more or less depending on how much you want your kale to soften)*
- 3) *Serve just like a sloppy joe or over rice/pasta etc...*

DAIRY-FREE, NO REFINED SUGAR, GRAIN-
FREE OPTIONS

CHICKEN TENDERS

INGREDIENTS:

- 2 cups fiber rich, no sugar added cereal (you can choose a gluten-free option)
- 1 lb chicken breast tenders
- 1 egg beaten
- 1 tbsp each (can adjust for preference and leave out any): garlic powder, salt, paprika and cayenne

DIRECTIONS:

- 1) *Grind cereal and spices to a powder in blender or food processor and set aside in a large dish*
- 2) *coat the tenders in egg then cereal mix then place them on a baking sheet lined with parchment paper*
- 3) *cook at 425 degrees F for 15 minutes*
- 4) *Serve!*

DESSERTS ARE FOR EVERYONE!

*Lasting health does NOT look
like deprivation.*

*No matter what you are
eliminating from your diet,
you can find a yummy
dessert here!*

RECIPE BY JESSIE MCKEON

PLANT-BASED, NO REFINED SUGAR, DAIRY-FREE, GRAIN-FREE OPTIONS

PIE CRUST

INGREDIENTS:

- 7 tbsp COLD vegan butter (can use regular if you don't need this to be vegan)
- 3/4 cup all-purpose (can use coconut flour for grain-free, but results have been mixed)
- 3/4 cup almond flour
- 4-6 tsp ice cold water
- Complimentary essential oil (I recommend the Vitality dietary oils from Young Living)

DIRECTIONS:

1) Sift flours together in a food processor or glass mixing bowl.

TIP- whisk flours prior to measuring. Really get some air in there. If you don't have fluffy flour, your recipe could end up funky

2) Cut in butter, mixing until the appearance is crumbly, but not quite like wet sand.

3) Add in a complimentary essential oil. One of the secrets to a good vegan pie is good flavor.

Pumpkin pie? Add some cinnamon or clove to the crust.

Key lime? Toss in some lime!

Chicken pot pie? celery seed, cardamom, and black pepper can go a long way.

4) While mixing, add in water, one teaspoon at a time until the dough just comes together.

5) When loose dough is formed, transfer it to a flour-dusted surface (use your least expensive flour) and work enough by hand to create a 1/2 inch thick "disc", but let's be real... you don't have to have a perfect disk.

6) Refrigerate for at least an hour.

7) Use according to your grandma's pie recipe, but without all that lard.

RECIPE BY GRETCHEN GEGG

PLANT-BASED, NO REFINED SUGAR, DAIRY-FREE OPTIONS

PECAN PIE OF MY DREAMS

INGREDIENTS:

- 1 cooked pie crust
- 1 can (13.5 oz.) full fat coconut milk
- 2/3 cup maple syrup
- 1/3 cup molasses
- 2 tbsp coconut oil or butter
- dash of salt
- 1 egg, lightly beaten
- 1 tbsp vanilla extract
- 1 heaping cup pecan halves

DIRECTIONS:

- 1) *Combine coconut milk, maple syrup, molasses, salt and coconut oil (or butter) in saucepan and bring to a boil. Allow to boil while stirring for a few minutes.*
- 2) *Turn heat to low and cook for 40-60 minutes stirring frequently to prevent burning (mixture should be thick, but still runny)*
- 3) *Whisk egg in a large glass or ceramic bowl*
- 4) *VERY slowly (spoonful by spoonful) add the coconut milk sauce to the egg. The slower the better so the egg doesn't scramble.*
- 5) *When all the sauce has been added, stir in vanilla extract*
- 6) *Cover the bottom of the pie crust with the pecans*
- 7) *Pour the liquid mixture into the pie crust over pecans*
- 8) *Cook the pie, lightly covered with foil for 30 minutes at 350 degree F*
- 9) *Uncover and cook an additional 20 minutes.*
- 10) *Let sit about 30 min before serving, but a BETTER idea is put it in the fridge overnight to set up. This means it will be cold but it sets up perfectly and tastes amazing.*

RECIPE BY AMANDA STOUT

PLANT-BASED, NO REFINED SUGAR, DAIRY FREE

BANANA "NICE" CREAM

INGREDIENTS:

- 2 bananas, frozen and sliced - for optimal taste, bananas should be yellow, possibly with a few light brown spots when frozen. The more ripe the banana, the more likely to have a banana taste
- 2 tbsp cocoa or cacao powder
- 2 tbsp peanut butter
- 1 tsp pure vanilla extract
- 1-2 tsp stevia/erythritol sweetener blend (to taste, if needed)
- a few splashes of almond milk if needed

DIRECTIONS:

1) Blend frozen banana in food processor until smooth. If needed, add a splash or two of almond milk. You want the consistency to be between scoopable ice cream and thick soft serve.

2) Add in peanut butter, cocoa, and vanilla, blend until smooth and incorporated.

3) Taste, add sweetener and/or more of the other add ins to taste (I often will add even more cocoa for a dark chocolate flavor)

4) Scoop/pour into bowl. If it's too soft to eat with spoon, put in freezer for 15-20 minutes and then enjoy.

Notes:

If you freeze the bananas when they are yellow, maybe just starting to get brown spots, and use within a month of freezing, this treat does not have much of a banana flavor at all, so if, like me, you don't care for the taste of bananas, make sure you do that. The more ripe the banana gets, and the longer it sits in the freezer, the stronger the banana taste becomes.

- you can make a larger batch and keep it in the freezer, it stores fairly well. Just let it sit out for a few minutes before eating it cause it can get a little hard and icy.

- you can swap the peanut butter and cocoa for just about any other ice cream add ins you like. If the bananas are at the right stage of ripeness, the base of banana, almond milk, and vanilla can taste just like vanilla soft serve, making it an excellent healthy, versatile, non-dairy ice cream alternative.

RECIPE BY JOANNA & SHELDON HIGGENBOTTOM

FAT FOR FUEL, GRAIN-FREE, NO REFINED
SUGAR

"KETO" BREAD

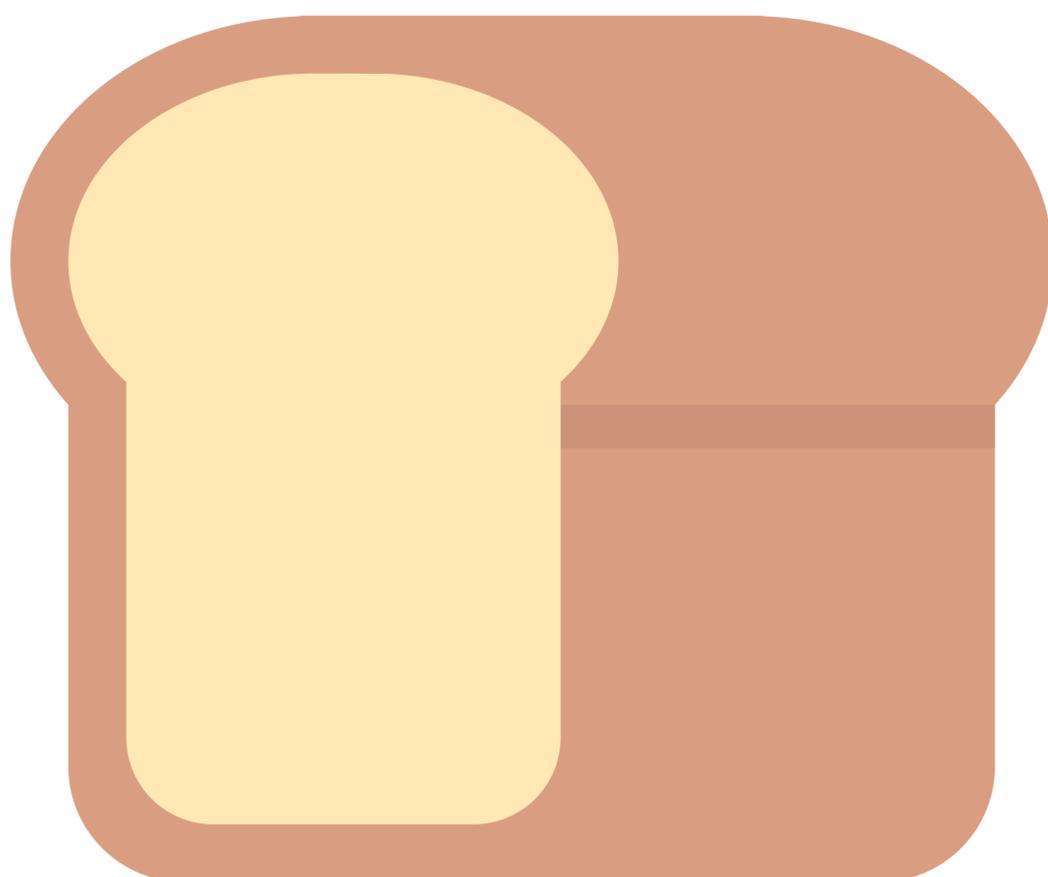
While not a dessert, I also believe that bread is for everyone so here you go...

INGREDIENTS:

- 3/4 cup almond flour
- 2 large eggs
- 5 tbsp unsalted butter
- 1 1/2 tsp baking powder

DIRECTIONS:

- 1) Mix all the wet ingredients (eggs and butter) and the dry ingredients separately then mix them together.
- 2) Using your hands or a large muffin top pan, shape into buns or bagels. Keep wetting your hands so that it doesn't stick to you.
- 3) Bake at 350 degrees F for 10-15 minutes until they begin to darken, but are not quite brown.



SNACKS & TREATS

*Drop the "hungry" monster
without reaching for the
cookie jar.*

RECIPE BY GRETCHEN GEGG

PLANT-BASED, NO REFINED SUGAR, DAIRY-FREE OPTIONS

"COOKIE DOUGH" DIP

INGREDIENTS:

- 8 oz. soft tofu
- 1 cup peanut butter or nut butter of choice
- 1/2 cup milk of choice (I used almond)
- 8 oz dark chocolate chips

DIRECTIONS:

- 1) *Combine tofu, peanut butter and milk in the food processor or blender and mix until smooth*
- 2) *In a bowl, mix the dark chocolate chips with the tofu/nut butter mixture*
- 3) *Put into a serving dish*
- 4) *Chill in the fridge for at least an hour before serving*
- 5) *Serve with graham crackers OR (my preferred method) use a spoonful as a snack when the SNACK ATTACK hits!*

RECIPE BY GRETCHEN GEGG

FAT FOR FUEL, PLANT-BASED OPTIONS

NOT-CHOS!

INGREDIENTS:

- about 1 lb raw cauliflower (this recipe depends on the size of your serving vessel so be relaxed about measurements)
- nacho toppings of choice
- cheese of choice

DIRECTIONS:

- 1) *Cover bottom of metal pan with parchment paper and add cauliflower*
- 2) *Roast at 450 degrees F for 10 minutes*
- 3) *Add nacho toppings and cheese and bake an additional 10 minutes*

RECIPE BY REGINA JENKINS

FAT FOR FUEL, NO REFINED SUGAR

BULLET-PROOF COFFEE

INGREDIENTS:

- 2 cups brewed coffee
- 2 tbsp grass-fed butter
- 2 tbsp coconut oil or MCT oil
- Optional add-ins: stevia, cinnamon, vanilla

DIRECTIONS:

1) Blend all ingredients in a lock-top style blender (magic bullet, food processor)
OR put in a cup larger than needed and blend with an immersion milk frother
(HIGHLY recommend)

NOTE: DO NOT try to use a conventional blender - the heat inevitably explodes your creation all over the kitchen. Trust me. I learned from experience.

RECIPE BY GRETCHEN GEGG

PLANT-BASED, NO REFINED SUGAR, DAIRY
FREE, GRAIN-FREE

DATE BAR

INGREDIENTS:

1 lb dates WITHOUT pits (seriously, you will ruin a food processor if you don't check to make sure they aren't there...hypothetically)

1/2 lb raw cashews or almonds

1/2 lb raw pecans

1/2 lb unsweetened coconut flakes

1 tbsp himilayan pink salt

2 tbsp coconut oil

DIRECTIONS:

1) Combine all ingredients in a food processor or blend until roughly mixed

2) Pack tightly into a glass pan (optional variation to line with parchment paper first - makes them easier to remove and cut into individual servings to repackage)

3) Chill in the fridge for at least an hour before serving

4) Once hardened, divide up immediately into about a dozen (or so....) bars hiding them from everyone else so you can have them all to yours

RECIPE BY AMANDA STOUT

NO REFINED SUGAR, FAT FOR FUEL

PEPPERMINT MOCHA



INGREDIENTS: (amounts are to taste - I give what I like, but you may need to adjust slightly for your own palate)

- 1 mug of your favorite coffee
- approximately 1 tsp Pure Peppermint Extract
- 1 tsp Cocoa or Cacao powder
- Homemade whipped cream (heavy whipping cream beaten to soft peaks, sweeten to taste if desired)
- approximately 1 tsp Stevia and Erythritol sweetener blend (or your favorite healthy sweetener)

DIRECTIONS:

- 1) Brew your favorite coffee however you like. (I like it nice and strong)
- 2) Pour into your favorite mug
- 3) Add cocoa, peppermint extract, and sweetener. Stir.
- 4) Add a spoonful of whipped cream and stir to combine
- 5) Taste and adjust flavors if needed.
- 6) Top with a generous dollop or two more of whipped cream
- 7) Enjoy!

RECIPE BY GRETCHEN GEGG

PLANT-BASED, DAIRY & GRAIN-FREE
OPTIONS

CAULIFLOWER HOT WINGS

INGREDIENTS:

- 1 head of cauliflower chopped into bite-sizes florets
- 1/2 cup water
- 1/2 cup milk of choice (if you have buttermilk, kefir or vegan kefir use that for GREAT flavor)
- 3/4 cup flour (all purpose or almond)
- 2 tbsp garlic powder
- 1 tbsp each salt, paprika and cumin
- 1 cup wing sauce of choice (yes, I buy pre-made!)

DIRECTIONS:

- 1) *Preheat oven to 425 degrees F*
- 2) *Combine water, milk, flour and spices and stir together in a bowl until flour lumps are gone*
- 3) *Thoroughly coat each piece of cauliflower in the batter and place on a pan covered in parchment paper*
- 4) *Bake for 15 minutes*
- 5) *Remove from oven and coat the pieces in the wing sauce then put back on the pan*
- 6) *Put under the broiler on high until pieces are just browned, turning if desired*
- 7) *SERVE*

NOTE:

I LOVE college football - GIG 'EM AGGIES!, but I HATE the way game-day traditions wreak havoc on your health. Beer at 9am? Greasy chips filling my plate? Not a veggie in site?? NO THANK YOU! Even if you scoff at the idea of a vegan version of a hot wing, do your body a favor and bring these to the tailgate. And if everyone makes fun of them? MORE FOR YOU!! They really are DELISH!

RECIPE BY GRETCHEN GEGG

PLANT-BASED, DAIRY & GRAIN-FREE

BAKED FRIES

INGREDIENTS:

- fry base of your choice - sweet potatoes, baking potatoes, new potatoes, jicama....cut into spears
- seasoning to taste (everything is optional) - garlic powder, salt, pepper, cumin, paprika, chili powder, onion powder, anything else you want....lemon pepper is fabulous!
- olive oil to coat

DIRECTIONS:

- 1) *Preheat oven to 425 degrees F*
- 2) *Combine all ingredients in a large ziplock-style bag and shake like "the dickens" (as my grandfather would say)*
- 3) *Pour it onto a lined baking sheet (foil or parchment paper)*
- 4) *Bake for 25-35 minutes depending on the cut of your fries*

RECIPE BY VICTORIA MONK

PLANT-BASED, DAIRY & GRAIN-FREE

GUACAMOLE SALAD

INGREDIENTS:

- 2 avocados diced
- fresh cilantro
- 1/2 red onion, chopped
- 1 tomato, diced
- 1 jalapeno pepper, chopped
- salt and pepper to taste
- juice of a lime

DIRECTIONS:

- 1) *Layer ingredients to serve salad-style*
- 2) *If you want to serve as guacamole - mix it up!*

RECIPE BY GRETCHEN GEGG

YOU CAN EDIT TO FIT ALL RECIPE CODES

FAT BURNING SMOOTHIE

Choose anything from the ingredient list and blend well. All of these choices are low in carbohydrates.

INGREDIENT OPTIONS:

- Ice
- Water
- Splash of heavy whipping cream
- Almond milk
- Full fat coconut milk
- Handful of berries: blackberries, strawberries, raspberries
- Coconut flakes (raw)
- Raw Cashews and/or almonds
- Some nut butters (read ingredient list)
- Avocado
- Cucumber
- Spinach
- Scoop of pure protein powder (read ingredient list and don't use a meal replacement shake unless it meets your macronutrient needs)
- Stevia
- Spices: cinnamon, vanilla, nutmeg, allspice, mint
- Cocoa powder (unsweetened)

SAUCE IS BOSS

*Is a meal really a meal
without ketchup?
These sauces are even better
than the original!
Can I get an Amen?!*

RECIPE BY JOANNA & SHELDON HIGGENBOTTOM

DAIRY-FREE, FAT FOR FUEL, NO REFINED
SUGAR, GRAIN-FREE

NOT YOUR MAMA'S MAYONNAISE

INGREDIENTS:

- 1 1/4 cup olive oil
- 1 egg (HAS TO BE ROOM TEMPERATURE)
- 1 tsp mustard powder
- 1 tsp salt
- Lemon

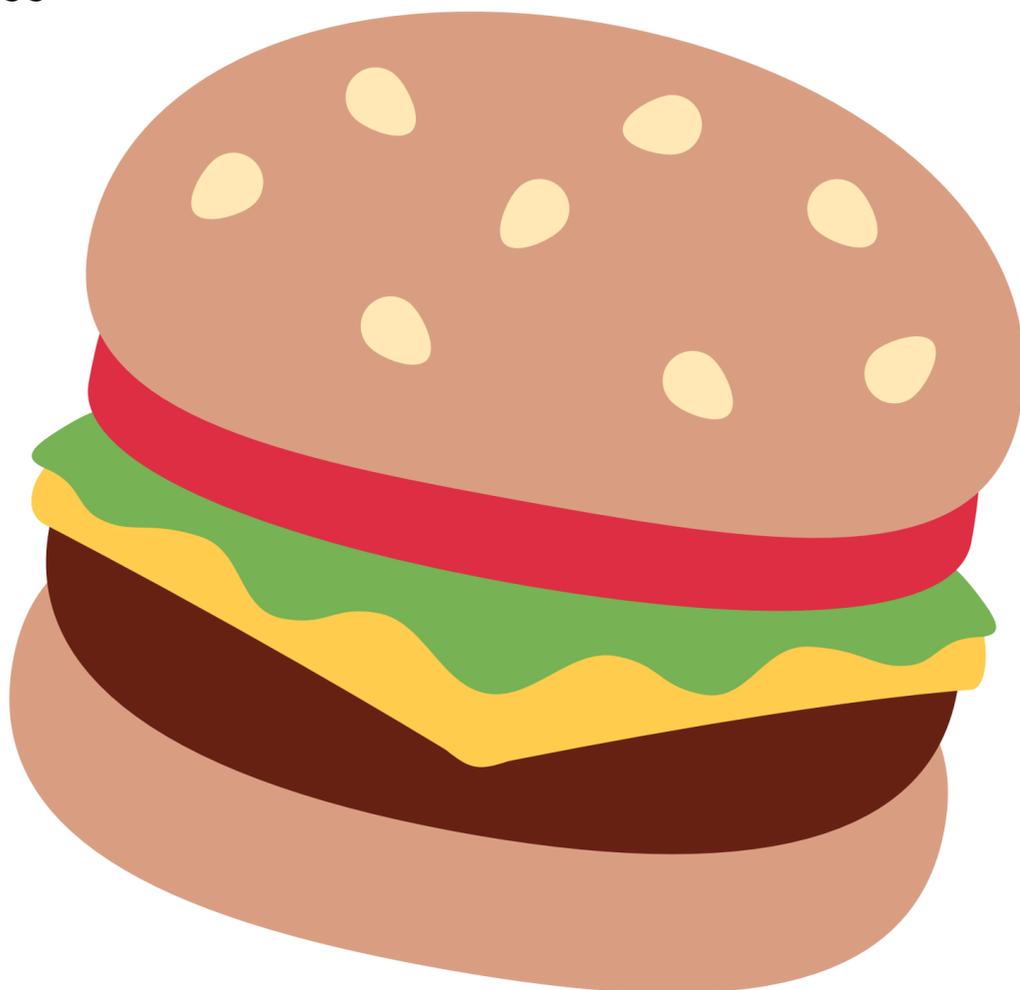
DIRECTIONS:

1) Mix the egg, mustard, salt and only 1/4 cup of oil with blender or a food processor.

2) While mixture is processing, VERRRRRYYYYYY slowly drizzle the remaining oil.

3) Once it has thickened, squeeze in as much lemon as you want and mix with a spoon.

NOTE: I cannot stress enough the importance of the egg being room temperature. I had to pour a LOT of mixtures down the drain because I wasn't patient with my sweet little egg and tried to use it when it was cold.



RECIPES BY GRETCHEN GEGG
NO REFINED SUGAR, GRAIN-FREE

RANCH ON EVERYTHING

INGREDIENTS:

- 1 cup greek yogurt
- 1 tbsp italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- pepper to taste (optional)

DIRECTIONS:

1) *Combine and mix thoroughly*

2) *Put it on everything!*

NOTE: I also like to make buffalo ranch by adding in 1/4 cup buffalo sauce.

Double or triple this recipe and bring to a party for THE BEST veggie dip on the planet!

FITS ALL RECIPE CODES

EASY CHEEZY

INGREDIENTS:

- 2 cups pine nuts or raw cashews/almonds
- 1 1/2 cups water
- 2 cloves garlic
- 1 tsp each salt, paprika, hot sauce
- 1/4 cup nutritional yeast
- 1 tbsp apple cider vinegar
- 1 tbsp soy sauce or alternative (coconut aminos, tamari...)
- 4 tbsp oil of choice

DIRECTIONS:

Blend all until silky smooth. Eat as a dip or in the same way you would use a creamy cheese sauce (over broccoli, enchiladas, on nachos, etc...)

RECIPE BY REGINA JENKINS

NO REFINED SUGAR, DAIRY-FREE, GRAIN-FREE

ONE-STOP MARINADE

INGREDIENTS:

- 1/2 cup Coconut aminos or other liquid aminos (like Bragg's)
- 1/3 cup Olive Oil
- 4 garlic cloves
- juice of 1 lemon
- 1/3 cup apple cider vinegar (I prefer the vinegar with the "mother")
- 1 tsp pink Himalyan salt
- 1 tsp smoked paprika
- 1/2 cup apple juice

DIRECTIONS:

Use on any and all meats as well as vegan proteins like tempeh and tofu. Give at least 2 hours to marinate and up to 24 for full flavor.

RECIPE BY GRETCHEN GEGG

FITS ALL RECIPE CODES

KRAZY KETCHUP

INGREDIENTS:

- 1 can (14.5 oz) diced tomatoes, do NOT drain
- 1 tsp each garlic powder, onion powder, paprika and all-spice
- 1 tbsp rice wine vinegar
- 2 tbsp tomato paste
- 4 prunes that have been soaked in hot water for about 10 minutes (drain the water before using)

DIRECTIONS:

Blend together thoroughly until very smooth. If you like your ketchup sweeter you can use dates instead of prunes or add 1 tbsp of powdered sweetener (monkfruit works nicely).

RECIPES BY GRETCHEN GEGG

THESE FIT ALL RECIPE CODES

SALSA PICOSA

INGREDIENTS (choose your amount - mine tastes different every single time I make it):

- tomatoes
- 1 medium onion
- handful cilantro
- 1-2 jalapeno or, for the very brave, a habenero or ghost pepper
- salt
- cumin
- juice of at least 1 lime
- (optional) lime zest

DIRECTIONS:

1) Roughly chop everything and immediately wash your hands! (especially if you are male and have to use the restroom...just hold it for a minute...you're welcome!)

2) Put it in a blender or food processor and blend until at desired consistency

TOMATILLO SALSA

INGREDIENTS (see above):

- tomatillos (peel off the outer layer of paper-like skin)
- 1 medium onion, quartered
- 1-2 poblano or anaheim peppers (these are mild/zesty peppers)
- handful cilantro
- salt
- cumin
- juice of at least 1 lime
- (optional) lime zest

DIRECTIONS:

1) Add tomatillos, onion and peppers to a pot of boiling water for about 5 minutes

2) Put all ingredients in a blender or food processor and blend until at desired consistency

MENU MAGIC

This section includes tips and tricks to make cooking interesting while keeping your **DIET, SCHEDULE and WALLET** happy!

RECIPES BY GRETCHEN GEGG

PLANT-BASED, NO REFINED SUGAR, DAIRY-FREE, GRAIN-FREE OPTIONS

4 DAYS OF CHICKPEAS!

This is NOT as boring as it sounds. It is a money saver and a great way to start experimenting with plant-based menu ideas. Start by making a big ol' mess of chickpeas as a dinner side for day 1.

INGREDIENTS:

- 1 large bag of dry chickpeas that have been soaked overnight
- 2 tbsp olive oil
- 1 tbsp each garlic powder & paprika
- salt & pepper to taste
- juice & zest of 1 lemon

DIRECTIONS:

1) *Combine all ingredients in cooker of choice (i love my pressure cooker, but you can totally crockpot these all day long or stick to the stove top!) with enough water to completely cover the chickpeas*

2) *Take off heat when beans are soft and let sit for about 15 minutes before serving to thicken sauce - serve only SOME of this - it goes a LONG way!*

DAY 2 - HUMMUS! Dip it or use it as a sandwich condiment.

DIRECTIONS:

1) *Blend 1/2 of the leftover chickpeas with 1 tbsp tahini, 4 tbsp olive oil and a little more salt if needed*

DAY 3 - Mac & "Cheese"

DIRECTIONS:

1) *Saute 1 chopped red bell pepper and 1 chopped onion in oil of choice*

2) *Blend the bell pepper and onions with ALL of left over chickpeas, 2 cup almond milk and 1/4 cup nutritional yeast - WHEN DONE PUT HALF OF THIS MIXTURE AWAY FOR TOMORROW!!*

3) *You can pour over pasta and serve or (even better) combine with pasta cooked al dente, put in a baking dish, cover with cheese (can use vegan) and cook at 350 degrees F for 30 minutes - THIS IS KILLER GOOD!!!!*

DAY 4 - In QUESO emergency, bring this Tex-Mex dip to the party.

DIRECTIONS:

1) *Using half of the sauce from yesterday's meal, heat it on the stove with your favorite queso add ins and serve as a dip.*

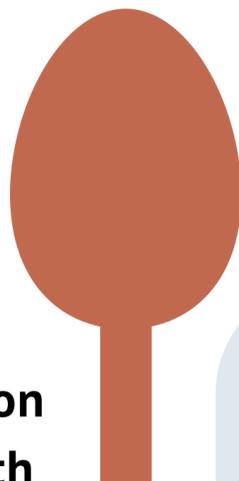
Want to whole "shebang"? Add in cilantro, a can of spicy tomatoes and green chilies drained, and cooked sausage (chorizo or soyrizo ROCKS). When done, put chopped avocado and cilantro on top. That's a bonifide Tex-Mex MEAL Y'ALL!

RECIPE BY JESSIE MCKEON

SHOELESS JESS' SAVORY SPRAY

**Made with Young Living Vitality
Dietary Essential Oils.**

**Please note that these oils are
certified therapeutic grade
formulated for human consumption
and should not be substituted with
any other brand unless also formulated for consumption.**



DIRECTIONS:

1) Place 2 cloves of garlic in a glass or metal 4 oz. spray bottle.

2) Add the following oils:

10 drops Basil

8 drops Rosemary

5 drops Thyme

2 drops Terragon

2 drops Lemon

*3) Fill the rest of the bottle with a light olive oil or other oil that is lightly
flavored and liquid at room temperature.*

4) Spray on everything.

*5) Always change the garlic with a new batch. Change the ratio as much as
you'd like.*

RECIPE BY GRETCHEN GEGG

ANTI-INFLAMMATORY "WAKE UP" DRINK

This is a great way to start your day, but requires a bit of prep. Once made, though, you have enough for the week! You can watch this being made on Instagram TV @GretchenGegg

DIRECTIONS:

- 1) Gather supplies and ingredients: "finger" sized pieces of fresh ginger and turmeric, a kettle to boil water, a pitcher, a large drinks container (I prefer the kind with a spout to pour from the bottom holds about 2 gallons of liquid), 4 large lemons, liquid stevia, cayenne and black pepper, a handheld strainer*
- 2) put 4 cups filtered water on to boil*
- 3) grate the turmeric and ginger into the pitcher, also add the zest of 1 lemon*
- 4) juice the 4 lemons and set aside add to large drinks container*
- 5) add 1 tbsp cayenne, 1 tbsp black pepper and 4 drops of stevia to the large container as well*
- 6) once the water is boiling pour it into the pitcher and allow the mixture to steep for about 20 minutes or as long as it takes the water to come down to room temperature*
- 7) Straining the pitcher liquid into the large drinks container and fill the rest of the way up with filtered water*
- 8) enjoy this drink throughout the week shaking the container a little since stuff settles*

NOTE: I know the black pepper seems an odd ingredient, however, it has been shown to increase the anti-inflammatory effects of turmeric. Cayenne, while having its own inflammatory properties, does not have the same chemical compounds that interact with turmeric.

RECIPE BY GRETCHEN GEGG

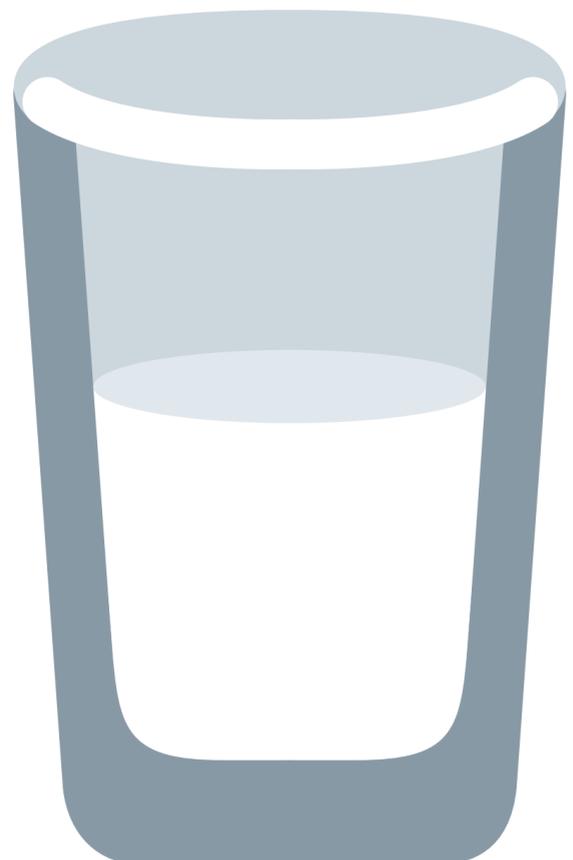
DAIRY-FREE

NUT OR SEED MILK

You know you are a milk free household when your daughter hears the blender running and asks for milk. If you are working toward a more plant-based lifestyle, eliminating milk is easier than you think. Also, a LOT cheaper than the almond/soy/coconut/cashew milk manufacturers would have you believe. A total stranger taught me this super duper simple way to make nut milk (any raw nut will work but cashews tend to be the easiest on your blender and your time) without the fancy squeeze bag. The first time I made this I already had all the tools at home. Best part? No added sugars, no added preservatives and you control everything you put in! You can watch this being made on Instagram TV @GretchenGegg

DIRECTIONS:

- 1) Soak 2 ounces of RAW cashews or nut/seed of choice overnight (if you have a Vitamix-style blender you can skip this step)
- 2) Blend thoroughly in 25 ounces of water.
- 3) Strain (you can use a very fine sieve) into a container with a lid for storing the milk. Since there are no chemicals added you need to consume within a week.
- 4) **DON'T THROW AWAY THE PULP!!** This is gold! Some ideas on how to use:
 - Put it into a smoothie for added protein.
 - Add it to a batch of brownies.
 - Saute it with onions, garlic, peppers and oil then blend/food process together for a rich, alfredo-like sauce.



FULL WEEK MENU: KICK SUGAR!

PRO TIP: This week is about letting go of our addiction to sugar. So, we are not using ANY sugar or sweeteners and avoiding even naturally occurring sweeteners. It is a mental thing! We have to kick the sweet cravings to ditch the addiction. You can do it!

A Note on Lunches: In ALL of these weekly menus you can swap the listed lunch for leftovers from the night before...this SAVES me!

MONDAY

BREAKFAST: Egg Cup

LUNCH: Keto Bread BLT with Not Your Mama's Mayo

DINNER: "One Stop Marinade" Chicken with Green Bean and Mushroom Bake

TUESDAY

BREAKFAST: Egg Cup

LUNCH: Tuna salad made with Not Your Mama's Mayo over salad greens

DINNER: Chickpeas, God Save the Greens and Savory Rice

WEDNESDAY

BREAKFAST: Egg Cup

LUNCH: Veggies and Hummus

DINNER: Cauliflower Jambalaya

THURSDAY

BREAKFAST: Egg Cup

LUNCH: Keto Bread sandwich of choice

DINNER: Tex-Mex Chickpea Dip & Tortilla Chips

FRIDAY

BREAKFAST: Egg Cup

LUNCH: Taco Salad (ground meat over salad greens and veggies of choice with Easy Cheezy for dressing)

DINNER: Lentil Soup

SATURDAY

BREAKFAST: Scrambled egg(s) with half an avocado

LUNCH: Cauliflower Hot Wings

DINNER: Chicken Tenders and Baked Fries with "Ranch on Everything"

SUNDAY

BREAKFAST: Scrambled egg(s) with half an avocado

LUNCH: Not-Chos

DINNER: "One Stop Marinade" Steak and Savory Rice

FULL WEEK MENU:

FAT FOR FUEL

PRO TIP: Try to push back breakfast for as long as you can and shorten your eating window for the day. I like to eat between 11am and 7pm. I still manage to get 3 meals in! If you push back further you can always eat two meals and pick your favorite listed! You can also sub out breakfast for a Bulletproof Coffee if you have trouble pushing it back. The fat will FUEL you!

MONDAY

BREAKFAST: Fat burning smoothie

LUNCH: Keto Bread BLT with Not Your Mama's Mayonnaise

DINNER: Coconut chicken & veggies

TUESDAY

BREAKFAST: Egg Cup

LUNCH: Taco salad (ground meat over salad greens and veggies of choice with Easy Cheezy for dressing)

DINNER: Baja Fish Taco salad (Save some slaw)

WEDNESDAY

BREAKFAST: Fat Burning Smoothie

LUNCH: Baja Slaw, 1 cooked, sliced chicken breast, half an avocado

DINNER: "Cheater" chicken & broccoli

THURSDAY

BREAKFAST: Egg Cup

LUNCH: Keto Bread turkey sandwich with Not Your Mama's Mayonnaise

DINNER: "One Stop Marinade" Chicken with Green Bean and Mushroom Bake

FRIDAY

BREAKFAST: Fat Burning Smoothie

LUNCH: Taco Salad

DINNER: Seafood Laksa

SATURDAY

BREAKFAST: Eggs, sausage/bacon and tomato

LUNCH: Not-Chos

DINNER: Cauliflower Jambalya

SUNDAY

BREAKFAST: Scrambled egg(s) with half an avocado

LUNCH: Pick your favorite from the week and repeat

DINNER: Beef Roast with Mediterranean Salad

FULL WEEK MENU: PLANT-BASED

PRO TIP: Start each day with the anti-inflammatory drink if you want to up the benefit of a meat-free week. Also, these are not all VEGAN meals. You will have to make some modifications if that is your goal. One more thing, buy a pack or two (depending on how many you are feeding) of frozen veggie burgers this week. I would have included a recipe, but the frozen burgers are lifesavers and will get you through many lunches!

MONDAY

BREAKFAST: Date bar

LUNCH: Veggie Burger on a bun with Krazy Ketchup and toppings

DINNER: Chickpeas & God Save the Greens

TUESDAY

BREAKFAST: Fat-Burning Smoothie

LUNCH: Veggies, Fresh Fruit and Hummus

DINNER: "Cheater" Chicken & Broccoli using tofu

WEDNESDAY

BREAKFAST: Date Bar

LUNCH: Veggie Burger with Deconstructed Guacamole

DINNER: Mac & "Cheese" with hummus leftovers

THURSDAY

BREAKFAST: Fat-Burning Smoothie

LUNCH: Veggies, Fresh Fruit and "Ranch on Everything"

DINNER: Lentil Soup

FRIDAY

BREAKFAST: Date Bar

LUNCH: Taco Salad (make a salad, top with Easy Cheezy and crumble tortillas chips on top for croutons)

DINNER: Jackfruit Enchiladas

SATURDAY

BREAKFAST: PB & J Oatmeal

LUNCH: Cauliflower hot wings

DINNER: Avocado & tomato salad with Radish Au-Gratin and Banana "Nice" Cream

SUNDAY

BREAKFAST: Protein Pancakes

LUNCH: Not-Chos

DINNER: Kale Sloppy Joes and Baked Fries

