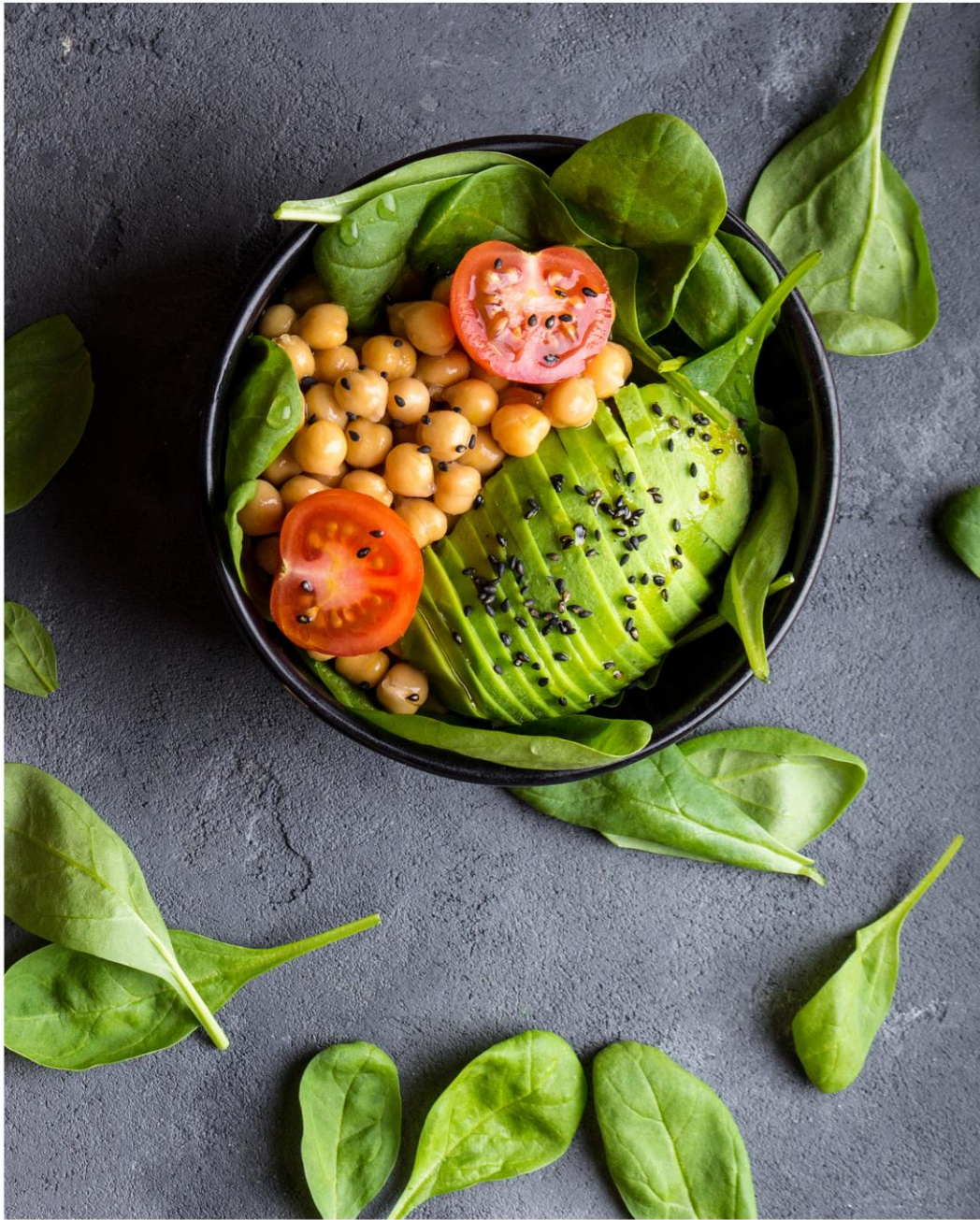


HEALTHY — INSPRIATION —



Healthy eating guide to support your summer
body blast program

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Almond Flax Chicken

Serves: 4

Ingredients

- 4- 5 oz. chicken breasts
- 3 TBSP ground flax
- 1/2 cup almond meal
- 1 TBSP avocado oil
- 1 TBSP almond butter
- 1 tsp. lemon juice
- 1 tsp. sea salt
- Pinch cayenne pepper
- 1/2 tsp. parsley
- 1/4 tsp. paprika
- 1/2 tsp. thyme
- 1 TBSP onion finely chopped

Directions:

Pre-heat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet or other heavy kitchen utensil. Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the avocado oil, almond butter, lemon juice, and all spices and herbs. Mix well. Place the chicken breast in a baking dish and spoon the mixture onto the chicken breasts, spreading evenly. If time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor but the taste will still be great if you don't have an extra 10-15 minutes.

Then sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the "crust" to the chicken. Carefully turn over each chicken piece and repeat the process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20-30 minutes or until an instant thermometer reaches 168 degrees on the thickest part of the chicken.

Recipe inspired by: Dr. Mark Hyman

Avocado Cilantro Chicken Salad

Serves: 4-6

Ingredients

Shredded chicken from a whole chicken
2 large avocados, pitted
1 bundle cilantro, stems removed
4-6 long carrots, shredded
6 stems celery, diced
1 cucumber, diced
1 handful sliced almonds
3 TBSP lemon juice
2 TBSP lime juice
½ teaspoon garlic powder
Salt and pepper, to taste

Directions:

Add your avocados, cilantro, lemon, lime, garlic powder, and salt and pepper to the food processor. Mix thoroughly until the avocado becomes a paste. This will take about 1-2 minutes or so.

Add your avocado sauce to your shredded chicken. If you haven't already shredded your carrots or diced your other veggies, do that. I just the shredding attachment on my food processor to shred my carrots.

Mix veggies into your chicken salad and add a handful of sliced almonds.

Top with salt and pepper for a little extra flavor and a little leftover cilantro.

Recipe inspired by: [Paleomg](#)

Brussel Sprout, Kale, and Bacon Salad

Serves: 4-6

Ingredients

5 to 6 slices nitrate-free bacon
1 pound Brussel sprout, trimmed and shredded
1 bunch of kale (about 3 cups), stems removed and shredded
1 tsp. garlic, minced
Juice of ½ of lemon
Dash or two of red pepper flakes

Directions:

Pre-heat oven to 400 degrees. Place bacon on a baking sheet lined with parchment paper and bake for 15 min or until crispy. Pour 1-2 TBSP of bacon grease into a non-stick or cast iron skillet.

Over medium heat, add garlic to the skillet and cook for about 30 seconds, then add shredded Brussel sprouts and kale and continue to toss the two until it's slightly wilted. Remove from heat and add lemon juice and red pepper flakes (to taste) and mix together.

Cut the cooked bacon into bite size pieces and add to the greens and toss to combine. Serve warm as a side dish and enjoy!

Note: Using a food processor to chop/shred the kale and Brussels sprouts will make it super easy!

Recipe inspired by: [Multiply Delicious](#)

Carrot Cauliflower Soup

Original Recipe from The Clothes Make the Girl

Serves: 4-6

Ingredients

- 1 large head cauliflower (about 3 pounds)
- 1 TBSP coconut oil
- 1/2 medium onion, diced (about 1/2 cup)
- 2 large carrots, diced (about 2 cups)
- 2 cloves garlic, smashed
- 2 cups beef broth
- 1 cup water
- 1 tsp. sea salt
- 1/2 tsp. ground black pepper
- 1/2 cup canned coconut milk

Directions

Wash and core the cauliflower, then coarsely chop. Set aside.

Heat a large, deep pot over medium-high heat, and then add the coconut oil. When the oil is melted, add onions, carrots, and garlic. Stir with a wooden spoon and cook until they're soft and golden, about 5 minutes. Add the chopped cauliflower and cook until beginning to brown, about 5 minutes.

Add the broth and water, and then bring to a boil. Reduce heat to simmer and cook, covered, until the vegetables are very tender, about 45 minutes.

Working in batches, carefully transfer the cauliflower and some of the broth to a blender or food processor. Cover the top with a dishtowel to protect yourself from splatters, and purée the cauliflower until smooth, adding more broth as necessary.

Pour the purée back into the soup pot, and then add the salt, pepper, and coconut milk. Stir to combine and cook over medium until heated through. Serve immediately or store covered in the refrigerator. To reheat, warm the soup gently over medium-low heat until bubbly.

Recipe inspired by: [The Clothes Make the Girl](#)

Cauliflower Rice

Serves: 2-3

Ingredients

- 1 head of cauliflower "riced"
- 2 TBSP coconut oil
- 2-3 carrots, chopped
- 2 TBSP green onion, chopped
- 2 garlic clove, minced
- 2 whole eggs
- 3-4 TBSP Coconut aminos
- Sea salt, to taste

Directions

In a large skillet, sauté the garlic in coconut oil, over medium heat. Add in the carrots and a splash of water to prevent sticking, and cook for 8 minutes, or until crisp-tender. Then add the green onion and egg, which will start to cook quickly.

Add in the cauliflower rice, along with coconut aminos and salt. Stir to combine and heat through, about 4-6 minutes.

Adjust the seasonings to taste, and then serve piping hot! Add ground pork, ground turkey, shrimp, or chicken for a protein source.

Recipe inspired by: [Detoxinista](#)

Chicken Lettuce Cups

Serves: 3-4

Ingredients

4 TBSP coconut oil or animal fat (duck fat/beef tallow)
½ cup yellow onions, diced
½ cup red bell pepper, diced
½ cup yellow bell pepper, diced
½ cup carrots, shredded
2 cloves garlic, minced
1 lb. ground chicken (or turkey or beef)
2 tsp. chili powder
2 to 3 TBSP fresh parsley or cilantro
Salt and Pepper to taste
Lettuce leaves (such as Bibb), washed and dried
Additional toppings of choice: Avocado, Guacamole, Salsa, etc.

Directions

Heat 2 TBSP fat of choice in a large skillet on medium heat. Add the onions, bell pepper, and carrots and cook until all are softened, about 3-5 minutes. Add the garlic and cook for an additional minute.

While the vegetables are cooking heat another large skillet on medium heat and add one to two TBSP of fat to coat the bottom of the pan. Crumble chicken into the pan and sprinkle with salt and chili powder. Brown your ground meat until it is no longer pink.

Once the meat is just cooked through, stir in vegetables and sprinkle with more salt and chili powder to taste. You can also add a little ground black pepper too. Remove from heat. Stir in fresh parsley or cilantro.

To serve place the chicken vegetable mixtures into lettuce cups and serve with toppings of choice. I used avocado or guacamole and salsa.

Recipe inspired by: [Multiply Delicious](#)

Chocolate Chili

Serves: 6-8

Ingredients

- 2 TBSP coconut oil
- 2 medium onions, diced (about 2 cups)
- 4 cloves garlic, minced (about 4 teaspoons)
- 2 lbs. grass-fed ground beef
- 1 tsp. dried oregano leaves
- 2 TBSP chili powder
- 2 TBSP ground cumin
- 1 1/2 TBSP unsweetened cocoa
- 1 tsp. ground allspice
- 1 tsp. sea salt
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) fire-roasted, chopped tomatoes
- 1 can (14.5 ounces) beef broth (homemade broth is ideal)
- 1 cup water

Directions

Heat a large, deep pot over medium-high heat, and then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they're translucent, about 5-7 minutes. Add the garlic and as soon as it's fragrant, about 30 seconds, crumble the ground meat into the pan with your hands, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it's no longer pink.

In a small bowl, combine oregano, chili powder, cumin, cocoa, allspice, and salt. Add to the meat, vigorously. Add tomato paste and stir until combined, about 2 minutes.

Add the tomatoes with their juice, beef broth, and water to the pot. Stir well. Bring to a boil, and then reduce the heat to a gentle simmer. Simmer uncovered for at least two hours.

Recipe inspired by: [The Clothes Make the Girl](#)

Crock Pot Salsa Chicken

Serves: 4-5

Ingredients

6 boneless, skinless chicken thighs or breasts (about 1 1/2 pounds), preferably organic
1/2-cup salsa
1 tsp. ground cumin
1/2 to 1 tsp. chili powder
1/2 tsp. garlic powder
1/2-tsp. sea salt
1/4 tsp. black pepper

Directions:

Place chicken in the bottom of your slow cooker, sprinkle seasonings on top, pour salsa on chicken. Cover and cook on high for 4 hours, or on low for 8 hours.

Shredded up the chicken with 2 forks and serve.

Change it Up: Stir finely chopped cilantro into the cooked chicken along with a few squirts of fresh lime juice.

Serve on top of lettuce with sautéed peppers and avocado or in a lettuce wrap topped with avocado.

Recipe inspired by: [Daily Bites](#)

Grain Free Meatballs

Serves: 10-12

Ingredients

4 lbs. grass-fed ground beef (or other ground meat- I used 1 lb. turkey, 1 lb. lamb, 1 lb. beef)
2-3 carrots
1 medium yellow onion
2-3 zucchini
1 tsp. sea salt
½ tsp. freshly ground black pepper

Note: You could also add ½ to 1 tsp. of thyme, oregano, basil, and or rosemary. Season to your taste.

Directions

Pre-heat oven to 375 degrees.

Using a food processor or grater, grate the carrot, onion, and zucchini. Add ground meat, seasonings, and vegetables to a large bowl. Mix well with your hands. Form into balls evenly sized meatballs.

Add 12-14 meatballs to a parchment paper lined glass baking dish. Bake in batches for 25-30 minutes each.

Storage instructions: Freeze meatballs in a single layer on a cookie sheet. Transfer frozen meatballs to a zip top bag and return to freezer.

Reheating instructions: Thaw desired amount overnight or all day. In a skillet over medium high heat, melt 1 TBSP fat. When fat is melted add meatballs and cook covered, rolling every couple minutes, for 10 minutes.

Recipe inspired by: [Health, Home, and Happiness](#)

Grain Free Salmon Cakes

Serves: 2

Ingredients

2 6oz. cans of Wild Planet Wild Alaskan Sockeye Salmon
1 TBSP Dijon mustard (Annie's Organic)
1 TBSP Chives chopped
1 TBSP Parsley or Cilantro chopped
1 tsp. garlic diced
Celtic Sea Salt and pepper to taste
1 egg (or a TBSP of ground flax seed and 2 TBSP of water to substitute for an egg)
1 TBSP of Coconut, Flour
1 TBSP Virgin Coconut Oil

Directions

Mix all the ingredients together in one bowl then form into patties. Fry in coconut oil on medium high for 4-5 minutes on each side until golden brown.

Recipe inspired by: [Grass-fed Girl](#)

Paleo Meatloaf

Serves: 4-6

Ingredients

- 1 cup Almond Flour
- 1 lb. Grass Fed Ground Beef
- 1/3 Cup Coconut Milk
- 2 Cloves of garlic, minced
- 2 Carrots, shredded or minced
- 1/2 Onion, minced
- 1 Zucchini, shredded or minced
- 1 Egg
- 3-4 TBSP Italian Seasoning
- Sea Salt and Pepper to taste

Directions

Preheat your oven to 350 degrees F.

Combine your almond flour and coconut milk in a bowl and mix well.

Heat a sauté pan on medium heat and sauté your onions, carrots, and zucchini stirring often until cooked. With about a minute left of sautéing add in your garlic.

Take your sautéed vegetables and combine them in the bowl with the almond flour and coconut milk

Add in your grass fed ground beef, egg, Italian seasoning, and salt and pepper and using your hands mix well.

Place your loaf in a greased loaf pan. Bake in the oven for 40 - 50 minutes.

Recipe inspired by: Civilized Caveman

Pot Roast w/Carrots & Garlic Mashed Cauliflower

Serves: 8-10

Ingredients:

- 3 lb. chuck roast
- 2 cups broth (beef or vegetable, homemade is best)
- 1/2 cup coconut aminos_(soy sauce substitute)
- 2 tsp. red wine vinegar
- 1/2 tsp. crushed rosemary
- 1/2 tsp. dried basil
- 1 onion, peeled and quartered
- 2 garlic cloves, smashed
- 2 cups sliced carrots
- 1 medium head cauliflower, cut into florets
- 2-3 cloves minced garlic (or more if you like garlic☺)
- Salt and pepper, to taste

Directions:

Season the chuck roast with salt and pepper. Heat 1 TBSP of oil in a Dutch oven over medium-high heat. Add the roast and sear for 3-4 minutes on both sides.

Transfer to a crock-pot. Add the liquid and spices. Stir to incorporate. Next, add the onion and garlic. Cover and cook on low for 4-5 hours. Add the carrots and cook for another hour or until the meat shreds easily.

For the Garlic Mashed Cauliflower, steam the cauliflower until very tender. Add the garlic cloves. Using an immersion blender, food processor, or countertop blender. Puree the cauliflower and garlic. Season with salt and pepper, to taste.

Serve pot roast with vegetables and mashed cauliflower.

Recipe inspired by: [Holistically Engineered](#)

Rutabaga Breakfast Hash

Serves: 4-5

Ingredients

1 medium to large rutabaga, peeled and shredded (Or 2-3 small ones)
¼ yellow onion, thinly sliced
6 slices of bacon
1 lb. Pork or turkey breakfast sausage
6 eggs
2 TBSP bacon fat (or other kind of fat)
Salt and pepper, to taste
Diced avocado (optional)

Directions

Pre-heat oven to 425 degrees. Place bacon on a baking pan lined with parchment paper. Bake for 12-15 minutes or until done and has reached desired crispiness.

Peel your rutabaga and shred it in the food processor using the shredding attachment.

Place a large skillet over medium-high heat and add the 2 TBSP of bacon fat.

Then add the rutabaga, press down into the pan and cook on both sides for 4-5 minutes per side, or cooking until brown and crispy.

When the rutabaga is done cooking, place in a bowl for later and add in the breakfast sausage to the still hot pan.

Use a spatula to break up the sausage and cook until completely cooked through and there is no pink left.

Dice bacon in pieces when it is cooled.

When sausage is done cooking, crack eggs into pan, and add cooked rutabaga.

Salt and pepper everything then use your spatula to mix everything together and whisk your eggs. Add diced bacon

Cook until eggs are no longer runny. Serve with diced avocado if desired.

Recipe inspired by: [Paleomg](#)

Sausage Breakfast Casserole

Serves: 8-10

Ingredients

- 1 1/2 lbs. breakfast sausage
- 1/2 TBSP coconut oil
- 12 eggs
- 2 sweet potatoes, peeled and cubed
- 1/2 large sweet onion, cubed
- 1 tsp. garlic powder
- 1/4 tsp. nutmeg
- 1 tsp. sea salt
- 1 tsp. pepper
- 1/4 cup coconut milk
- 4 cups greens (kale, spinach, arugula)

Directions

Heat oven to 375 degrees.

Melt coconut oil in large skillet over medium heat and then add sausage. Brown and break up with a spatula or wooden spoon.

Beat eggs in extra large bowl. Using your shredding attachment with your food processor, shred sweet potatoes and onion. If you don't have a food processor, you can shred with a cheese grater.

Mix into eggs, add seasonings, coconut milk and greens.

Grease 9x13 casserole dish with more coconut oil.

Pour in egg mixture and stir in sausage.

Cook for 45 minutes. Cover with foil and cook for 10 more minutes or until center is set.

Recipe inspired by: Plaid and Paleo

Shepherd's Pie

Serves: 6

Ingredients

2 lbs. grass-fed ground beef (or 1 lb. beef and 1 lb. of lamb or turkey)
2 TBSP ghee or coconut oil
1 small yellow onion, chopped
2-3 carrots, chopped
3 celery stalks, chopped
1 turnip, chopped
2 tsp. minced garlic
3 TBSP tomato sauce
3 TBSP Coconut Aminos
2 cups chicken broth (homemade is best)
2 TBSP arrowroot powder
½ tsp. smoked paprika
Sea Salt and Pepper to taste
1 butternut squash, cooked
3 TBSP ghee or coconut oil
1/4 tsp. additional smoked paprika
Sea Salt and Pepper to taste

Directions

Pre-heat oven to 375 degrees. Cut your butternut squash in half lengthwise, and place face down on a parchment paper lined baking sheet and take out seeds. Roast for 40-50 minutes depending on the size of your squash. Let your squash cool, scoop out seeds, and then remove from the shell and transfer to a mixing bowl. Add ghee, garlic, smoked paprika, sea salt, and pepper to squash and mix until well combined. Set aside.

While your squash is roasting, brown your meat in a skillet over medium high heat. Once the meat is browned, remove from skillet, but leave in the fat. Add 1-2 tablespoons ghee or fat of choice, if necessary and lower heat to medium. Sauté onion for about a minute. Add in celery, carrots, turnip and garlic for 10 minutes. Add in salt and pepper, smoked paprika, tomato sauce, coconut aminos and browned beef and stir.

Mix the arrowroot powder and chicken stock together until combined. Pour the chicken stock mixture into the skillet with the beef and vegetables. Cook for 10 more minutes. Pour the meat mixture into a 13×9 pan. Spread the butternut squash mash all over the meat mixture until the meat is fully covered. Bake for 20-25 minutes. Let cool for about 10 minutes before serving.

Recipe inspired by: [Primally Inspired](#)

Slow Cooker Chicken

Serves: 4-6

Ingredients

- 1 large roasting chicken
- 1-2 TBSP ghee, beef tallow, or duck fat
- 2 garlic cloves, minced
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. black pepper
- Sea salt to taste

Directions

Rinse and pat dry chicken. Rub the outside of chicken with your choice of fat. Combine spices and rub on the outside of the chicken.

Cover and cook on low 4 hours or until chicken has reached an internal temperature of 165 degrees. Use a meat thermometer to check for doneness or pierce with a fork, to make sure the juices run clear.

Use your chicken for soup, to put on top of a salad, or pair it with a non-starchy vegetable.

I then take all the meat off of the carcass and put it back in the slow cooker. Add another carcass from a previous chicken (I always have one in the freezer). Pour 8-10 cups of filtered water and 3-4 TBSP of apple cider vinegar on top of your chicken carcasses. Set on low for 20-24 hours to make homemade bone broth☺

Slow-Cooker Pork Roast

Original Recipe from [The Clothes Make the Girl](#)

Yield: A lot☺

Prep: 10 minutes

Cook: 16 hours, give or take

Ingredients:

- 5-7 pound pork roast, boneless or bone in (shoulder or Boston butt)
- 5-7 cloves garlic, cut into slivers
- 1 TBSP sea salt
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried rosemary

Directions:

Pat the pork roast dry with paper towels. Use a small sharp knife to make slits all over the pork, and then insert the garlic slivers into the slits.

In a small bowl, mix the salt and dried herbs, using your fingers to crush the leaves and mix them with the salt. Rub the mixture all over the pork roast, working into the nooks and crannies.

Place the pork roast in the slow cooker and cook on low for 14 to 16 hours.

When the meat is finished roasting, it's fall-apart tender. Pour off any excess liquid and shred it with forks.

Recipe inspired by: [The Clothes Make the Girl](#)

Spaghetti Squash Pizza Pie

Serves: 4

Ingredients

- 1 large spaghetti squash
- 1 lb. Italian sausage
- ½ medium yellow onion, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 1 cup pizza sauce (no sugar added)
- 1 tsp. dried basil
- Sea salt and pepper to taste
- 3 eggs, whisked

Directions

Pre heat oven to 375 degrees. Place spaghetti squash cut side down on a parchment paper lined baking sheet. Bake for 40-50 minutes or until a fork easier goes into it. Then reduce oven hear to 350 degrees.

While squash is cooking, place a skillet over medium heat. Add Italian sausage, onion, and peppers. Cook until meat is no longer pink and veggies are soft.

Once squash is done cooking, remove the seeds and shred. Place into a greased 9x13 glass baking dish. Add sausage and vegetable mixture to squash and combine.

Add pizza sauce, dried basil, and salt and pepper to the baking dish and mix well. Last add whisked eggs to the baking dish and mix thoroughly.

Bake for 1 hour.

Recipe inspired by: [Paleomg](#)

Turkey Breakfast Sausage

Serves: 3-4

Ingredients

- 1 lbs. ground turkey
- 2 tsp. fresh sage
- 1 tsp. fresh rosemary or ½ tsp. dried
- 1 tsp. fresh thyme or ½ tsp. dried
- 1/2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1 tsp. sea salt
- 2 TBSP coconut oil, melted

Directions

Combine all ingredients except the oil and refrigerate for at least 30 minutes.

Add the oil and shape into four patties. Cook in a lightly oiled skillet over medium heat, about five minutes per side or until no longer pink in the middle.

Vegetable Soup

Serves: 4-6

Ingredients

- 2 TBSP avocado oil
- 1 onion, chopped
- 3-4 garlic cloves
- 2-3 large carrots, chopped
- 1 cup celery, chopped
- 1 - 28 oz. carton or jar whole peeled tomatoes, drained and cut up
- 6-8 cups vegetable and chicken broth
- 2 zucchini, chopped
- 1 tsp. oregano
- 1 tsp. basil
- 1 tsp. chives
- 1 tsp. marjoram
- Sea salt to taste
- 4 cups of kale, chopped

Directions

Saute onion, garlic cloves, carrots, and celery in avocado oil until vegetables are soft. Add tomatoes and vegetable and chicken broth. Simmer 15-20 minutes.

Add diced zucchini and spices. Add kale and cook for 10 additional minutes.

Zucchini Noodles w/Avocado Sauce

Serves: 3-4

Ingredients

5 large zucchinis, washed
1 Tbsp. coconut oil

SAUCE

1 large (or 2 small) avocados, pit removed
15 fresh basil leaves
1 tsp. sea salt + a few dashes to salt the zucchini with
1/2 tsp. ground pepper
3 cloves garlic, crushed
4 TBSP extra virgin olive oil
2 TBSP lemon juice

Directions

Use a spiralizer to make your zucchini noodles. Place zucchini in a colander and add a few dashes of sea salt to the, toss to coat. Allow to sit in the sink for about 20 minutes. This will help some of the excess water drain out from the zucchini.

Place all of the sauce ingredients in a food processor and blend until smooth.

Add the coconut oil to a sauté pan over medium high heat and allow to melt. Add the zucchini and cook for about 3-5 minutes. Add the sauce and mix well to ensure all of the zucchini noodles are coated. Cook for another 2-4 minutes or until heated through.

Top with chicken or baked salmon.

Recipe inspired by: [Paleo Cupboard](#)