

FitRANX™

RECIPES



FROM AROUND THE WORLD

Puff Pancakes



Ingredients:

- 2 tbsp of organic butter
- ½ cup of Greek yogurt
- ½ cup of water
- 6 organic free range eggs
- 2 tbsp of Manuka honey
- ½ cup of low fat cottage cheese
- 1 cup of almond meal
- 1 Tsp of baking powder
- ½ Tsp of pink Himalayan salt

Directions:

Preheat oven to 425 degrees F. Place butter in a pie plate and melt in the oven. Place all the remaining ingredients in a blender and blend for 1 minute. Pour batter into pie plate. Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pour maple syrup!

Special Thanks to Chevannes Thompson from London, United Kingdom!

Sweet Potato Roasted with Thyme



Ingredients:

- 2 orange sweet potatoes, peeled and cut into rounds
- 2 purple sweet potatoes, peeled and cut into rounds
- 2 tbsp of olive oil
- 4 garlic cloves, minced
- ¼ cup of fresh thyme
- ½ tsp of salt

Directions:

Preheat oven to 450 degrees F. Lightly grease a baking dish with olive oil. In a large bowl, combine all the ingredients together. Toss until evenly coated. Spread the sweet potato rounds onto the prepared baking dish in a single layer. Bake for 40 minutes, or until tender and golden.

Special Thanks to Chevannes Thompson from London, United Kingdom!

Quinoa Spring Rolls & Dipping Sauce

QUINOA SPRING ROLLS

Ingredients:

- 1 cup water
- 1/2 cup uncooked quinoa
- 2 large carrots, peeled and cut into julienne strips
- 6 (8-inch) rice wrappers
- 3 cups fresh baby spinach leaves
- 12 fresh cilantro sprigs

Directions:

Bring water to a boil in small saucepan. Stir in washed quinoa; reduce heat. Cover; simmer 15 minute (or per quinoa instructions). Remove from heat. Cool completely. Cut carrots and cucumber into long julienne strips, avoiding cucumber seeds. Moisten both sides of rice water with pastry brush. Arrange 1/2 cup of the spinach leaves into a single layer on half of wrapper to within 1/2 inch of edges. Top with 1/4 cup quinoa. Arrange carrots, cucumbers, and cilantro sprigs evenly over quinoa. Fold sides of wrapper in toward center; roll up tightly. Repeat with remaining wrappers. Cut each spring roll diagonally into fourths. Serve with dipping sauce



DIPPING SAUCE

Ingredients:

- 2 teaspoons finely chopped, peeled fresh ginger root
- 1/4 cup rice vinegar
- 4 teaspoons reduced-sodium soy sauce
- 1 tablespoon sesame oil
- 1/2 tablespoon brown sugar
- 1 teaspoon toasted sesame seeds (optional)
- Wasabi (if that's your thing)

Directions:

Finely chop gingerroot. Combine gingerroot, vinegar, soy sauce, oil and sugar in small bowl; whisk until blended. Sprinkle with sesame seeds and mix in wasabi if desired. Cover; refrigerate until ready to serve.

***MAKES 24 APPETIZERS**

Special Thanks to Michael Holland from San Pedro, California USA!

Quinoa with Roasted Vegetables



Ingredients:

- 1 1/2 cups quinoa
- 2 1/4 cups water
- 1 small courgette, cut in 3/4-inch dice
- 1 red bell pepper, cut in 1-inch dice
- 1 yellow or orange bell pepper, cut in 1-inch dice
- 1 medium red onion, peeled and cut in 1-inch dice
- 2 garlic cloves, minced
- 1/3 cup good olive oil
- 1 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup fresh lemon juice (1-2 lemons)
- Extra olive oil, to taste
- Salt and pepper, to taste

Directions:

Preheat the oven to 425 degrees F. Toss the courgette, bell peppers, onion, and garlic with the olive oil, salt, and pepper on a large sheet pan. Roast for 30-40 minutes, until browned, turning once with a spatula.

Meanwhile, rinse quinoa in a mesh colander for a two or three minutes under running water. Place drained quinoa in medium saucepan with 2 1/4 cups water. Bring to boil and turn to a very low simmer. Cook 15 minutes, until water is absorbed. Remove from heat, cover and let sit for five minutes. Transfer to a large bowl. Add the roasted vegetables to the quinoa, scraping all the liquid and seasonings from the roasting pan into the bowl. Add lemon juice and season to taste with salt, pepper and an extra drizzle of olive oil ...Add feta or cooked chicken just before serving as an option.

Special Thanks to Matt Hunter from Dronfeild, United Kingdom!

Paleo Pumpkin Pancakes



Ingredients:

- 1/4 cup pumpkin puree
- 2 tablespoons almond milk
- 2 eggs
- 1 teaspoon maple syrup
- 1 tablespoon vanilla extract
- 2 tablespoons coconut flour (we also substitute a flax seed meal for this)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup almond meal
- 1/2 teaspoon ground cinnamon, or to taste
- 1/4 teaspoon ground ginger, or to taste
- 1/8 teaspoon ground cloves, or to taste
- 2 teaspoons vegetable oil, or as needed

Directions:

Mix pumpkin puree, almond milk, eggs, maple syrup, and vanilla extract together in a bowl until smooth. Whisk coconut flour, baking soda, salt, almond meal, cinnamon, ginger, and cloves together in a separate bowl. Stir pumpkin mixture and flour mixture together in a pourable container until well incorporated. Allow batter to sit for 3 minutes. Heat vegetable oil in a skillet over low heat. Pour silver dollar-sized circles of batter into the hot oil. Cook until lightly browned, about 5 minutes per side.

Special Thanks to Summit Fit Dojo Westminster, CO USA!

Gluten Free Peppermint Brownies



Ingredients:

- 1 can black beans, rinsed and drained (15½ oz)
- 2 eggs
- 3 tbsp coconut oil
- ½ cup granulated sugar, or your favorite healthy substitute
- ¼ cup cocoa powder
- 1 tsp baking powder
- ⅛ tsp salt
- 1 tsp vanilla
- 4-5 candy canes, chopped or crushed
- 1 cup semi-sweet or dark chocolate chips

Directions:

Preheat oven to 350 degrees F. Add all ingredients to a blender, except chocolate chips and candy canes, and blend on low until all ingredients are well blended (there should not be any whole black beans in the batter!). Mix in chocolate chips and about 3/4 of the candy canes. Lightly grease an 8x8 baking dish and pour batter inside. Top with remainder of candy canes, and even walnuts if desired. Bake for 25 minutes, until toothpick comes out clean after inserting in the center. Cool for 30 minutes before cutting and serving (otherwise they will fall apart). Serve with a scoop of low cal ice cream, if it's your cheat day, of course!

Special Thanks to Eric Anderson from Billings, Maine USA!

Overnight Black Forest Baked Oatmeal



Ingredients:

- 2 cups Organic Large Flake Oats
- 1 tsp. Baking Powder
- ½ tsp. Baking Soda
- 2 Tbsp. Hemp Seed
- 2 Tbsp. Black Chia Seed
- ¼ cup Organic Raw Cacao Powder or Cocoa Powder
- 2 tsp. Stevia (or to taste)
- 2 tsp. Cinnamon
- 2 cups Unsweetened Almond Milk
- 1 Tbsp. Pure Vanilla or 2 tsp. Vanilla Powder
- 2 Tbsp. Olive Oil
- 1 whole Egg, beaten
- 1 Tbsp. Organic Apple Cider Vinegar
- 1 cup Fresh or Frozen Unsweetened Cherries (chopped)
- Vanilla Protein 'Icing'
- Sliced Raw Almonds
- Unsweetened Coconut Chips
- Dried Unsweetened Cherries
- Additional Organic Raw Cacao Powder or Cocoa Powder

Serves 6

*****For the Vanilla Protein 'Icing': FOR EACH SERVING** – in a small dish add ½-1 scoop of (low carb) vanilla protein powder and a very small amount of unsweetened almond milk. Stir until forms a really thick icing (add a little more milk if still dry).

*****For the remaining servings:** I keep the baked oats in the ramekin and wrap the tops with plastic wrap and store in the fridge. Remove the baked oats from the ramekin and warm in the microwave and proceed as before.

Directions

1. Combine the oats, baking powder, baking soda, hemp seed, chia seed, cocoa powder, stevia and cinnamon in a large bowl. Set aside.
2. In a large measuring cup add the almond milk, vanilla, olive oil, egg and cider vinegar. Whisk together until smooth.
3. Add the wet ingredients to the oat mixture and stir until all is combined. Stir in the chopped cherries. Cover the bowl and let sit on the counter overnight.
4. Lightly spray 6 small (1 cup) ramekins with a little olive oil. Stir the 'batter' and then divide the oat mixture evenly among the prepared ramekins. Place the filled ramekins on a baking sheet or 9 x 13-inch pan.
5. Bake at 350 OF for about 28-30 minutes (until 'set' and browned on top, but will be 'gooey' on the inside like a molten cake).
6. Remove from oven and let cool for about 5-10 minutes. Run a knife around the outside edge of the baked oatmeal and turn out onto a small plate or dish.
7. Sprinkle the top (and plate) with a little of the raw cacao powder (or cocoa powder). Spread the vanilla protein 'icing' over top of each serving (pushing to edges to drizzle over the sides). Add on top of each serving: ½ Tbsp. of sliced raw almonds & coconut chips and then 5 dried cherries. Serve.

Recipe Courtesy of Linda Janes (Linda's FitCamp) – Thedford, Ontario, Canada

Reeses Peanut Butter Yogurt



Ingredients:

- 1 Serving Plain Greek Yogurt
- 1 serving of Peanut Butter
- 1/2 Scoop of Chocolate Whey Protein

Directions:

Combine all ingredients, mix until smooth. Tastes awesome!

Special Thanks to Chad Moeller from Reedsburg, Wisconsin USA

No-Bake Coconut Cookies



Ingredients:

- 3 tbsp coconut oil
- 1/3 cup honey
- 1/2 cup almond or other nut butter
- 1 tsp vanilla
- 2 cups shredded coconut
- 1/4 cup cocoa powder
- 1/4 cup chopped walnuts

Directions:

Serves: 5 | Cooking Time: 20 Minutes | Non-Dairy

Cooking Steps In large saucepan, melt coconut oil, honey, and nut butter over low heat. Stir in remaining ingredients. Scoop tablespoonful's of dough into balls and place on cookie sheet. Freeze for about 10 minutes, consume. Store leftovers in a covered container in the freezer.

Special Thanks to Liam Williams from Benfleet, Essex, United Kingdom!

Protein rich Oat Pancakes



Ingredients:

- 40 gms of rolled oats
- 3 egg whites
- 1 banana or handful of blueberries or raspberries

Directions:

This is a simple and delicious breakfast recipe for all the family to enjoy! The amount here is for one serving, so simply increase the quantities for the amount of servings that you require. Place the oats in a food processor and blend until you have a floury consistency (you can also buy this at the Coop, already ground down in the section where they sell oats etc.) Now take the 3 egg whites and beat with a whisk until they have become light and fluffy but not too stiff. Mix the oats together with the egg whites and then add your choice of fruit. Heat a pan and add a small amount of coconut oil or sunflower oil. Add your pancake and cook on both sides for a couple of minutes. Sprinkle with cinnamon if you like and eat quickly!! This pancake has protein from the eggs, slow burning carbs from the oats and fruit and some fat from the oil it is cooked in. A great balance and filling too ;)...You could also turn this into a savory pancake by adding a cup of cooked and mashed spinach and crushed garlic.

Special Thanks to Tamara Davies Christie from Vesenaz, Switzerland!

Paul's Power Pizza

Ingredients:

- Wheat / Gluten free pizza base mix (available from most supermarkets)
- Organic Tomato puree
- Organic cheese (grated)
- Organic cooked chicken / turkey / ham (or other meat you prefer)
- 1 chopped onion
- Olive oil
- 1 clove of garlic
- Handful of spinach leaves
- Anything else healthy you

Directions:

1. Follow directions on the box depending on the variety of your pizza base mix.
2. Once mixed, add a dash of sesame seed oil to the mix and roll out to required thickness.
3. Add tomato puree and lightly cover the base in cheese.
4. Add chicken and other toppings
5. Sprinkle extra cheese on to lightly cover the toppings.
6. In a pan, slowly heat 2 tbsp of olive oil
7. Add 1 chopped up garlic clove and stir for around 2 minutes until fully heated
8. Using a spoon, drizzle the garlic oil over pizza
9. Place in oven until cooked

Chicken Burrito



Ingredients:

- 5 Frozen
B/SChicken Breasts
- 1/2 Tbsp. Dried Parsley
- 1 tsp. Garlic Powder
- 1 Tbsp. Onion Powder
- 1/2 tsp. Dried Thyme
- 1/4 tsp. Salt
- 1 packs dry ranch dressing
- 1 Cup Frank's Red Hot Sauce

Directions:

Place frozen chicken breasts into the slow cooker. Mix together all remaining ingredients in a bowl. Pour sauce over frozen chicken breasts and turn to low. Cook for about 5 hours. Using two forks or tongs, shred chicken. Used it in burritos, over rice, over noodles...the options are endless.

***B/S means boneless n skinless, you don't have to use frozen, and you can use regular boneless chicken breast.

Special Thanks to Todd Leyte from Calgary, Canada!

Comforting Autumn Soup



Ingredients:

- 1 Tablespoon coconut oil
- 1 small yellow onion, chopped
- 1 fennel bulb, chopped
- 1 small butternut squash, peeled, seeded and chopped
- 2 teaspoons fresh ginger, minced
- 1 lb ground turkey
- 1 (14oz) can diced tomatoes in sauce
- 1 (14oz) can pumpkin
- 4 cups chicken broth
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup parsley, chopped

Directions:

This comforting autumn soup is filled with creamy pumpkin and savory turkey, while keeping it low-carb and high protein. Doesn't get better than this! If you're making this after your big holiday meal, feel free to use shredded, roasted turkey instead of raw, ground turkey. Simply chop the shredded, roasted turkey and add in the last 10 minutes of the cooking time. Enjoy!

Servings: 12

In a large soup pot, place the coconut oil over medium-high heat. Add the onion and cook for 3 minutes, until tender. Add the fennel, butternut squash and ginger. Cook for 5 minutes. In a large skillet place the ground turkey over medium-high heat. Cook until browned, stirring often. Drain off liquid. Add the turkey, tomatoes, pumpkin, broth, salt and pepper to the soup pot. Cover and cook over low heat for 40 minutes. Stir in the chopped parsley and cook, uncovered for another 10 minutes. Serve warm. Enjoy!

Nutritional Analysis: One serving equals: 110 calories, 4g fat, 195mg sodium, 10g carbohydrate, 2g fiber, and 9g protein.

Special Thanks to Victor Sykes from Tarzana, California USA!

Chocolate

Ingredients:

- 1/2 cup cacao
- 1/4 cup coconut oil
- 1/5 cup raw honey



Directions:

Very low heat melt cacao on stove in a bowl over a saucepan add in honey and oil lay on tray and set in fridge. Add in nuts or some dried fruit if you like. If your adding in fruit be careful how much you eat :) Delicious Cacao Powder is jammed packed with magnesium.

Special Thanks to Justin Bluff from Algester, Queensland, Australia!

Salmon with Roasted Cherry Tomatoes



Ingredients:

- 2 cups of cherry tomatoes
- 2 tsp chopped fresh thyme or dill OR 1/2 tsp dried - optional
- 3 gloves minced garlic
- 2 tbsp olive oil
- sprinkle of freshly ground pepper
- 2 salmon fillets (100g each)
- 1 lemon
- sprinkle of sea salt (to taste)

Directions:

2 people: (double the recipe for 4 people)

Preheat oven to 400 degrees Fahrenheit (200 Celsius). Meanwhile, combine the tomatoes, thyme or dill, minced garlic, 1 tbsp of olive oil and sprinkle of pepper in a bowl. Then drizzle the second tbsp of olive oil (you may need to add a touch more if necessary) in a glass baking dish to coat. Sprinkle the salmon fillets with a dash of salt and pepper. Transfer the tomato mixture to the glass baking dish and spread out. Bake for 10 minutes. Carefully remove the dish from the oven and add the salmon fillets. Return the dish to the oven and bake for an additional 15-20 minutes depending on thickness of salmon. (N.B. Rule of thumb is 15 minutes for every 1 inch thickness of salmon. Fish should flake easily with fork when done.) When done, serve the salmon, topped with the tomato mixture and drizzle some fresh lemon over top. Optional: add a serving of quinoa or wild rice. Enjoy!

Special Thanks to Ave Gruszka from Grand Cayman, Cayman Island!

Cream of Asparagus Soup



Ingredients:

- A portion of veggies (asparagus, broccoli, cabbage, cauliflower, or mix whatever sounds good).
- 2/3 cup chicken or vegetable broth
- 1 TBS fat-free sour cream
- salt, pepper, or whatever seasonings you like

Directions:

If you're not used to eating a lot of veggies (and honestly, most of us aren't) then switching to a clean diet can be a little rough(age) at first. Sometimes it's just hard to chew that much food! One way I like to get my veggies in is through a cream soup I make that is basically just a hot veggie smoothie. It's fast, easy, tastes great, and is really easy to eat. I'm using asparagus in this recipe, but you can use whatever you want.

Steam your veggies in the broth. I put mine in the microwave for 3 minutes. Pour all of the broth and about half the veggies into a blender container and blend until smooth. Add the sour cream and blend, adjust seasonings. Add the remaining vegetables and pulse until the desired level of consistency is achieved (I like chunks!). Pour in a bowl and serve, or put it in your shaker bottle and drink it!

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Protein Pancakes



Ingredients:

- Anna's Protein Pancakes
- 1 scoop Syntrax Matrix protein powder in Vanilla
- 2 egg whites

Directions:

Pancakes. Who doesn't love pancakes? It's easy to give up all kinds of stuff when you're dieting---but then, sometimes you just feel like you're going to give into the nagging need for something warm, sweet, and comforting. When that happens to me, I make pancakes--but not just any pancakes--protein pancakes!

They're really fast and easy to make, they are packed with protein and no carbohydrates (so they won't blow your diet) and they really hit the spot. Add some sugar-free syrup and you'll hardly feel you're even making a sacrifice.

Mix these together, adding a little water if necessary to make a thick batter. Cook on a hot griddle sprayed with non-stick cooking spray, about 2-3 minutes on each side. Serve hot with a little bit of sugar-free jam or sugar-free syrup. Simple, easy, delicious. You'll be satisfied before your cravings get crazy!

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Swedish Protein Crepes



Ingredients:

- 2 egg whites
- 1 scoop vanilla protein powder
- water, if needed
- 1 tablespoon lingonberry jam (you can sometimes find it in the grocery store, but I get mine at IKEA)
- extra protein powder to dust, if you want a "powdered sugar" effect

Directions:

I finally got to sleep in today! So nice sleeping until 9 o'clock, but I woke up craving IHOP's International Crepes--the Swedish ones with lingonberry jam. Oh, those are the only thing I ever get at IHOP (and I have probably only been there once in the past couple of years) and they are so good. But I had both my cheat meals on Friday, so I couldn't justify indulging. I decided to make my own version instead with protein powder. They're really easy to do and you can make these crepes and top them with some sugar-free caramel syrup if you're having a weak moment, and they're even yummy enough to serve to company (I made them for friends when we stayed at their beautiful condo in Driggs, Idaho last winter for a ski weekend). They're so easy you can memorize the recipe:

Stir the egg whites up a little in a bowl, then add protein powder and whisk together. Add water, about a teaspoon at a time, to get a thin batter. Pour about 1/2 cup of the batter on a hot crepe pan or nonstick skillet, sprayed with Pam. Turn the pan to coat the bottom evenly. As soon as the edges start looking dry and the middle has bubbles, gently slide a spatula under the crepe all around the edges, then flip. Cook for about a minute, then I spray it with 2-3 sprays of I Can't Believe It's Not Butter and roll it up on the pan. Place on a plate and top with a tablespoon of jam. Dust with protein powder, if desired. Serve with a couple of slices of turkey bacon for an added treat.

This meal isn't technically part of the Boot Camp diet, but it's a nice "legal cheat." I won't add any additional sweetener to my meals for the day because of the jam, however. I hope you enjoy this treat!

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Shrimp Salsa



Ingredients:

- 1 container fresh salsa or pico de gallo from the refrigerator section of the store
- 1 ripe avocado
- 1 lb frozen, pre-cooked and peeled shrimp (grab a potato and some Pam for the chip recipe below to serve with this, or get some pre-cooked brown rice for your carb portion).

Directions:

Sometimes I slip up and don't bring my food with me. One of those days, I was contemplating what I could possibly get from a fast-food place that would be Boot Camp acceptable, and as I was driving around, I noticed how many grocery stores there are right next to those fast-food places. Lightbulb! I was really craving something with some Mexican flavor to it, and this hit the spot!

Go back to your office and run the shrimp under some warm water to thaw. Dice up the avocado and mix with the fresh salsa, then portion this out into your vegetable grams (I ended up with about three servings). Rinse and drain the shrimp, and portion it out as well--stir it all together and voila! Fresh, fast, and healthy! You can also squeeze some lime juice and add a little salt for flavor.

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Clean Eating Potato Chips



Ingredients:

- Potatoes (whatever kind you have - I didn't even bother peeling them)
- Pam non-stick spray (butter flavor is fantastic)
- Salt or seasoning blend (I used Lawry's).

Directions:

Sometimes I slip up and don't bring my food with me. One of those days, I was on Pinterest, please pin this so your friends can see it too! So....last week one of the girls in my Boot Camp asked if potato chips were really considered as a potato on the complex carbs of my eating plan...har, har. But then dang it, she started making me crave potato chips. And today I made some great salsa and really wanted chips with it, so I thought...hmmmmmm.....ta-daaaa! These taste EXACTLY like naughty potato chips and are 100% legal. They take just a few minutes to make, too. See? I'm looking after you guys!

Slice the potatoes really thin---I used the crinkle cutter on my mandoline mostly because it was already on there and I didn't want to take it off, but it made them look pretty, too. Measure out your portion of potatoes and put them in cold water to soak for a couple of minutes. Spray a microwave-safe plate with Pam (a bacon tray works great). Put the potato slices on in a single layer and spray more Pam on them. Microwave for 3-4 minutes on high, then flip them over, spray more Pam, and put a paper towel over them. Microwave for another 3-4 minutes. Sprinkle with salt and enjoy! See, you can eat potato chips and get a rockin' body with the Best Body Ever Boot Camp!

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Katherine's Fried Rice



Directions:

Make this in double, triple, or even quadruple batches. Just weigh out your ingredients according to your plan's numbers, then weigh the entire amount at the end and divide back into your servings.

Slice your veggies small and thin. Just about any kind of veggies can go in this dish. My favorites (red peppers, carrots, green onions, broccoli, mushrooms, peas).

Spray a little cooking oil in the pan. When it is hot, start with the veggies that takes the longest to cook (broccoli, carrots). After giving them a head start add the rest of the veggies with a dash of soy sauce, ground ginger, onion powder and garlic powder. Cook to your desire of "done", I like my veggies still a little firm. Remove from heat and measure out your servings. Wipe any juices from the pan.

If you are going to use any meat cook them just like the veggies. When done, remove from heat and wipe out pan. Measure your servings but remember you will want some egg in this dish. I only use eggs because it's for my 2nd meal that I need to eat 2 egg whites.

Now have all your ingredients measured and ready, its time to put it all together. Again spray pan, add egg white let it cook just a little (like 30 seconds), then add everything else and mix. Give it another shot of soy sauce because you can never have enough and you're done. It sounds like a lot of steps but it doesn't take too long and I end up cooking a whole week of meal 2.

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Oatmeal Chocolate Peanut Butter Protein Shake



Ingredients:

- 8 oz water
- 3-4 ice cubes
- 1 scoop Syntrax Nectar Sweets in Chocolate Truffle
- 1/2 teaspoon Peanut Butter Extract (find it in the baking aisle)
- Your portion of raw, plain oatmeal (plain oats have 4 calories per gram, so to do the math, take your calories and divide by 4 to find the number of grams you need)

Directions:

Craving a treat? Try this instead! It's a protein shake that tastes like a chocolate peanut butter no-bake cookie-- and it's one of my favorite meals to get fueled up on the way to an early morning Boot Camp session, in fact. Just choose the meal plan that includes oatmeal and why protein as meal 1 or 2. Blend and enjoy!

Nutrition Information:

(made with 26 grams raw organic oats)

Calories 205

Fat 1.9 grams

Carbohydrates 19 grams

Fiber 4 grams

Sugars 1 gram

Protein 27.6 grams

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Cream of Cauliflower Soup



Ingredients:

- 1 head of cauliflower, broken into pieces (I measure out 2 or 3 servings, in grams, of my vegetable portions and make a larger batch. If you aren't dieting, measuring isn't as important).

Directions:

Put this in a pot with enough water to almost cover, then boil for at least one hour until the cauliflower is very tender and almost falling apart. Add more water during cooking if you need to. Blend the cauliflower and the water in a blender until very smooth and creamy. Add a little sea salt and pepper, to taste. Divide into servings and garnish with a teaspoon or so of infused or plain olive oil (I love white truffle olive oil on this). That's it.

Nutrition Data:

(1 serving, approximately 1 1/2 cups, made with 93 grams cauliflower and 1 tsp. olive oil)

Calories: 60

Fat: 4 g

Sodium: 30 mg

Carbohydrates: 5 g

Fiber: 3 g

Sugars: 2 g

Protein: 2 g

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

Caramel Dolce Protein Shake



Ingredients:

- 1 scoop of Syntrax Nectar Sweets in Vanilla Bean Torte
- 8 ounces cold water
- 3-4 ice cubes
- 3 teaspoons MedagliaD'Oro Instant Espresso
- 1/4 teaspoon LorAnn oils in Caramel Delight
- 1/2 teaspoon cinnamon

Directions:

Mmmmm....doesn't a snack sound good right about now? Sometimes I'm tempted to use my cheat meals for a coffee shop treat, but I really don't like to drink my cheat meals. High calorie beverages can leave us feeling emotionally satisfied, but our physical hunger comes back too quickly to make it really "worth it." I don't recommend using your cheat meals for drinks because of this, and I have found that it's possible to add a few things to our protein powders to make them seem like a treat. Sometimes they taste even better than the treat!

If I'm lagging a bit in the afternoon, I always want to head one place: the coffee shop! Unfortunately, many coffee shop favorites are loaded with empty calories, sugar, fats, and other things that will make all our training efforts flop. If you're like most people who want a coffee drink to pick them up, it's not just a small cup of black coffee, it's what I call a "Triple Venti Liquid Candy Bar." In fact, most of those whipped, frozen, and creamed drinks have more fat and calories than a candy bar. Yikes.

Here's my version of a coffee shop favorite you can make at home for just a few pennies, and save yourself a couple of hours in training time, too:

Blend all ingredients together then serve!

Special Thanks to Anna Larsen from Idaho Falls, Idaho, USA!

First Thing in the Morning Detox Smoothie



Ingredients:

- 8-12 ounces almond milk plain (can use regular milk)
- small sliver of ginger root
- two average size leaves of kale (without the stem)
- squirt of lemon juice (or 1/4 of a whole lemon)
- 1/4 of an apple
- 1 tablespoon of flax seed
- 1 serving of your favorite protein (whey is my choice)
- celery optional (some days yes, some days no)

Directions:

Add ice to your liking and blend away!

Special Thanks to James De Lara from Albuquerque, New Mexico USA!

Baked Apple Chips



Ingredients:

- 6 apples (try Pink Lady or Honey crisp)
- 6 cups fruit-only juice (try pear juice)
- 2 cinnamon sticks
- Ground cinnamon
- Sea salt
- Coconut Crystals

Directions:

Preheat the oven to 250 degrees F. Core and then thinly slice 6 apples (skins are fine!) Boil the apples for 5 minutes in a pot with the fruit juice and cinnamon sticks. Remove from the juice, pat dry and arrange the apple slices on a cooling rack placed on a rimmed baking sheet. Sprinkle with cinnamon, sea salt and coconut crystals. Place in the preheated oven for 1 to 2 hours. Remove from heat once crispy.

Nutritional Analysis:

Servings: 5
One serving equals:
114 calories
0g fat
60mg sodium
30g carbohydrate
6g fiber
1g protein

Special Thanks to Brock Meadows from Marion, Ohio USA!

Baked Chicken Balls



Ingredients:

- 1 lb ground free range chicken, or 2 boneless skinless chicken breasts cut into strips and pulsed in a food processor until ground
- 1 small yellow onion, diced
- 1 clove garlic, minced
- 3 strips bacon, diced
- 1 egg yolk
- 1 tablespoon extra virgin olive oil
- 2 tablespoons homemade tomato sauce
- 3 tablespoons chopped Italian parsley

Directions:

Preheat your oven to 400° and place a rack in the upper third of your oven.

In a medium skillet over medium heat, add the diced bacon and cook until a good amount of fat has been rendered out, about 1 tablespoon or so. Add the diced onion and the garlic and cook until the onion is translucent and the bacon is crispy. Remove from the heat and cool slightly.

Combine the ground chicken, egg yolk, 1 tablespoon of tomato sauce, parsley and the bacon, onion and garlic in a large bowl. Season with salt and pepper and mix well. Form meatballs and roll into little balls, about 1 tablespoon of mixture per ball. Place the formed meatballs into a large baking dish about one inch apart.

Combine 1 tablespoon of olive oil and 1 tablespoon of tomato sauce together in a small bowl and brush on top of each meatball. Pop into your preheated oven, and bake for 15 minutes.

Special Thanks to Becky Kurtz from Columbus, Montana USA!

Chili Power



Ingredients:

- 2 cups quinoa
- 3 cups organic chicken broth
- 1 diced red onion
- 1 pound ground bison or preferred protein
- 2 diced green peppers
- 2 tablespoons minced garlic
- 15 ounces precooked kidney beans
- ½ cup corn
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 2 teaspoons coriander

Directions:

Quinoa and Bison Chili makes six servings

Add quinoa and chicken broth to a small pot and bring to a boil. Lower heat and cook until tender, about 15 minutes. While quinoa is cooking, combine red onion and bison (or other meat) in a large skillet. Then cook for 10 minutes on medium heat, stirring often. Add peppers, garlic, kidney beans, corn, chili powder, cumin, and coriander. Cook on medium-low until the bison is heated through and the peppers are tender. Season chili to taste with salt and pepper, then mix with quinoa and serve.

Optional top with fresh cilantro and crumbled cotija cheese.

Special Thanks to Jeff Greer from Fairfield, California USA!

Banana & syner protein pancake, mixed berries & natural yoghurt



Ingredients:

- 1/2 banana
- 2 whole free range eggs
- 1/2 scoop of chocolate or vanilla synerprotein powder (available from AJ nutrition)
- Few strawberries, blueberries & raspberries to serve
- 50g natural yoghurt

Directions:

1. Blend the eggs and banana in a blender for a good minute until its smooth and doubled in volume.
2. With the blender still running pour in the protein powder & pinch of cinnamon, blend for another 30 seconds.
3. Heat a non stick pan with a tiny bit of ev olive oil, then pour in the pancake mix. Cook for 1 minute and then place under the grill till cooked through.
4. Slide the pancake onto a plate & serve with the fresh berries & yoghurt on top.

Variation tips. For hard gainers you could add a tbsp of peanut butter.

Chocolate Peanut Butter Pudding



Ingredients:

- 1 c fat free Greek yogurt
- 1.5 T unsweetened cocoa powder
- 1T all natural peanut butter

Directions:

Mix the first two ingredients together until the yogurt is all brown. Mix in the PB. Chill and enjoy!

Special Thanks to Concita Thomas from Irving, Texas USA!

Oatmeal Pancakes



Ingredients:

- 1 cup old fashioned whole grain oats
- 2 egg whites
- And roughly ½ a cup of almond milk

Directions:

Mix all ingredients together. I find that if you let this mixture sit for a few minutes, the oats will absorb the milk and become more batter like.

In a heated non-stick pan (if needed dab butter or non-stick spray) pour a 6" diameter pancake and cook on both sites for 3-5 minutes. Top with your favorite berries and serve.

Special Thanks to Omar Nasouri from El Cajon, California USA!

Lou's Lazy Man's Omelet



Ingredients:

- 9 eggs
- 1/4 cup half and half, handful raw spinach
- 1/4 cup minced ham or turkey sausage
- 1/4 cup low fat cheese, 1-2 cups greens (broccoli or spinach)

Directions:

Wisk the eggs, throw it all in a pie plate (no crust), and pop it in the oven 30 minutes at 400 degrees while you watch tv, do laundry, or whatever else you do as you wind down at night. 1/3 = breakfast for women; 1/2 = breakfast for men. Cook it all in a piecrust for an extra serving of fat.

Special Thanks to LarahKornfeind from Phoenixville, Pennsylvania USA!

Larah's Healthy Pumpkin Pie

PIE CRUSTS

You'll need 2 of them. Make it with the recipe below, if you're feeling ambitious or just use store bought – (without hydrogenated oils)

Ingredients:

- 3/4 cup coconut flour or almond flour ~~3~~ 3/4 cup unbleached flour
- 1/4 cup coconut oil or butter
- 1 pinch salt
- 1/2 cup cold water

Directions:

Stir the flours together in a small bowl and freeze for one hour. Freeze the oil in a separate container for an hour also. Remove both from freezer and mix the oil/butter into the flour until it makes a crumbly dough.

Stir the salt into the ice water and mix the water into the dough. Mix only enough to bind the dough. If it's too dry, add more water, a little at a time.

I found it easiest to simply place the ball of dough into the pan, and squish it around with my hand -- Bake as directed for whatever recipe you're using.



PIE FILLING

Ingredients:

- 15 oz. canned pumpkin (organic available at Trader Joe's)
- 12 oz. evaporated milk
- 3T (12 packets) Truvia sugar substitute -or- 1/2 cup raw sugar or brown sugar
- 4 eggs

Directions:

Put everything together in a bowl and mix it with an electric mixer until.

Pour 1/2 into each pie crust.

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean.

Enjoy! 1/4 pie = 1 serv. carbs/1 serving veggies

Special Thanks to LarahKornfeind from Phoenixville, Pennsylvania USA!

Bacon and Chive Sweet Potato Biscuits



Ingredients:

- 1 large sweet potato or yam (equivalent to 2 cups mashed)
- 3 Tbsp. Coconut Flour
- 3 eggs, whisked
- 6-8 strips of bacon, diced
- leftover rendered fat from bacon
- 3-4 Tbsp. chives, thinly diced
- 1 tsp. baking powder
- ½ tsp. garlic powder
- Himalayan sea salt and pepper, to taste

Directions:

Prep Time: 30 minutes

Cook time: 30 minutes

Total time: 1 hour

Serves: 12

Preheat oven to 415 degrees F.

Poke holes in your sweet potato with a fork.

Place in oven and bake for 30-40 minutes or until soft.

Once the sweet potato is done baking, turn over down to 375 degrees F.

When your sweet potato is almost done cooking, place your diced bacon into a skillet and brown until crispy. Then place your cooked, crispy bacon on a plate covered with a paper towel to soak up the excess fat. The fat that is left behind in the pan, you will use in your biscuits.

When your sweet potato is done, peel and place in a bowl and mash with a fork.

Then add in your eggs and mix well. Add bacon fat and mix.

Add in your dry ingredients: coconut flour, baking powder, garlic powder, and salt and pepper.

Finally add your diced cooked bacon and chives. Mix thoroughly.

Now line a baking sheet with parchment paper and use a large spoon to drop your biscuits on the sheet, shaping them as needed. Try to make them all equal in size so they cook the same.

Place in oven and bake for 22-27 minutes.

Let rest.

Top with some melted grass fed butter or ghee.

Special Thanks to Jim Mahan from Harker Heights, Tennessee USA!

Banana Peanut Butter Shake



Ingredients:

- 1 cup almond milk
- 1 frozen banana
- 1 big handful raw baby spinach
- 2 tablespoons natural peanut butter
- 1 scoop vanilla protein powder

Directions:

Blend and enjoy!

Special Thanks to Chad Smith from Hagerstown, Maryland USA!

Mexican Rice Bowl



Ingredients:

- 1 head of cauliflower, cut into florets
- 1/3 cup water 1 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper handful of fresh cilantro, roughly chopped
- juice of 1 lime
- salt and pepper, to taste
- 1 pound ground beef
- 1 tbsp chili powder
- 1 1/2 tsp cumin powder
- 1/4 tsp of oregano
- 1/2 tsp of paprika
- 1/2 white onion, diced
- 1 avocado, diced
- salsa of choice

Directions:

Run florets of cauliflower through a food processor using the shredding attachment, to rice the cauliflower.

Or use a grater and grate the cauliflower until you have small pieces.

Place a small saucepan over medium heat, add cauliflower and water and a bit of salt to the pan and cover to let steam for about 10 minutes.

Mix a couple times to keep from sticking to the bottom.

Once cauliflower is soft, add garlic powder, cayenne pepper, cilantro, lime, and a bit of salt and pepper.

While rice is cooking, place a medium skillet over medium-high heat and cook ground beef.

Break up into small pieces and cook until cooked through completely.

Once almost cooked, add chili powder, cumin, oregano and paprika, mixing well.

Dice onion and avocado.

When cauliflower rice and meat are done cooking, add rice, meat, onion, avocado, and salsa to a bowl.

(4 servings)

Special Thanks to Mike Worden from London, Ontario Canada!

Sweet and Spicy Almonds



Ingredients:

- 2 1/2 cups unblanched almonds
- 3 tablespoons sugar
- 1 1/2 teaspoons coarse salt
- 1/4 teaspoon ground cinnamon
- 1 teaspoon cayenne pepper
- 1 1/2 tablespoons honey
- 1 tablespoon water
- 1 teaspoon olive oil

Directions:

Almonds are a great on-the-go snack that contains tons of healthy fats and a good amount of fiber and protein. Now you can enjoy them with a kick of metabolism-boosting spice and a satisfying sweet taste all at once! Nuts have also been linked to decreased abdominal fat storage.

1. Preheat oven to 350 F.
2. Spread almonds on a rimmed baking sheet; toast until just beginning to brown, about 10 minutes.
3. In a large bowl, combine sugar, salt, cinnamon and cayenne pepper.
4. In a large skillet over medium heat, cook honey and water with olive oil, stirring until combined, about 1 minute.
5. Add almonds to the honey mixture; toss to thoroughly coat each almond.
6. Transfer nuts to the sugar mixture; toss to coat almonds thoroughly. Cool in a single layer.

Serves: 12

Nutrition Content per Serving:

195 calories, 11 g carbohydrate, 3.5 g fiber, 6 g protein, 15 g total fat, 1 g saturated fat, 291 mg sodium

Special Thanks to Michelle Grant from Spring City, Pennsylvania USA!

Roasted Vegetable "Chips"



Ingredients:

- Cooking spray
- 2 medium zucchini, sliced crosswise into 1/8-inch thick slices
- 2 medium yellow summer squash, sliced crosswise in 1/8-inch thick slices
- 3 large carrots, peeled and sliced diagonally into 1/8-inch thick slices
- 1 teaspoon salt, or to taste
- 1 tablespoon oregano, or to taste

Directions:

1. Preheat oven to 200 F. Coat 2 large baking sheets with cooking spray.
2. Place zucchini and squash in a single layer on one baking sheet.
3. Place carrots on other sheet in a single layer.
4. Coat vegetables with cooking spray and season tops of vegetables with salt and oregano.
5. Roast for 1 hour, then rotate trays. Roast until vegetables are crisp and dry, about 30 to 60 minutes more.

Cook's Note:

Use a mandolin to evenly slice vegetables if you have one.

Serves: 6

Nutrition Content per Serving:

40 calories, 8.4 g carbohydrate, 2.8 g fiber, 2 g protein, 0.5 g total fat, 0.1 g saturated fat, 425 mg sodium

Special Thanks to Michelle Grant from Spring City, Pennsylvania USA!

Spinach and Artichoke Dip



Ingredients:

- 3/4 cup grated Parmesan cheese
- 6-ounce container nonfat Greek yogurt (such as Fage or Chobani)
- 1/3 cup reduced-fat mayonnaise
- 1 clove garlic, minced
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 package (10 ounces) frozen chopped spinach, thawed, well drained
- 1/2 cup part-skim mozzarella, shredded

Directions:

1. Heat oven to 350 F.
 2. Mix ingredients; spoon into 9-inch quiche dish or pie plate.
 3. Bake 20 minutes or until heated through.
- Serve this dip with the roasted vegetable chips or whole-wheat pita chips

Serves: 8 (1/4 cup)

Nutritional Content per Serving:

126 calories, 8 g carbohydrate, 2 g fiber, 10 g protein, 6g fat, 03 g sat fat, 264 mg sodium

Special Thanks to Michelle Grant from Spring City, Pennsylvania USA!

Green Tea Blueberries Smoothie



Ingredients:

- 1 cup blueberries (fresh or frozen)
- 1 tablespoon coconut oil
- 1 cup unsweetened green tea
- 2 tablespoons hemp seeds
- touch of sea salt.

Directions:

Put everything but coconut oil in blender and blend for 15-20 seconds.
Add coconut oil and blend until smooth. Enjoy!
About 330 calories, healthy fats, a little protein.

Special Thanks to Bruce Kelly from Swarthmore, Pennsylvania USA!

Turkey Pumpkin Stew



Ingredients:

- 1 Tablespoon coconut oil
- 1 small yellow onion, chopped
- 1 fennel bulb, chopped
- 1 small butternut squash, peeled, seeded and chopped
- 2 teaspoons fresh ginger, minced
- 1 lb ground turkey
- 1 (14oz) can diced tomatoes in sauce
- 1 (14oz) can pumpkin
- 4 cups chicken broth
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup parsley, chopped

Directions:

In a large soup pot, place the coconut oil over medium-high heat. Add the onion and cook for 3 minutes, until tender. Add the fennel, butternut squash and ginger. Cook for 5 minutes.

In a large skillet place the ground turkey over medium-high heat. Cook until browned, stirring often. Drain off liquid.

Add the turkey, tomatoes, pumpkin, broth, salt and pepper to the soup pot. Cover and cook over low heat for 40 minutes. Stir in the chopped parsley and cook, uncovered for another 10 minutes. Serve warm.

Special Thanks to Tomas Bartos from Prague, Czech republic

Chicken Parmesan Meatballs



Ingredients:

- 1 lb. Lean ground chicken (or lean ground turkey)
- 1/4 cup Egg whites (or 1 large egg)
- 1/4 cup Whole wheat Italian breadcrumbs or old fashioned oats
- 1/2 cup Parmesan cheese, grated
- 1 tsp. Dried basil
- 1 tsp. Dried oregano
- 1/2 tsp. Garlic powder
- 1 tsp. Dried onion flakes (or 1/2 tsp. onion powder)
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1/2 cup Spaghetti sauce
- Optional: 1/2 cup shredded mozzarella cheese, 1/2 tsp. red pepper flakes (will add a bit of spice)

Directions:

Preheat the oven to 400 degrees. Line a baking sheet with foil, (for easy clean up), and spray with cooking spray.

In a medium bowl, combine ground meat, egg whites, breadcrumbs (or oats), spices, and Parmesan cheese.

Mix ingredients together using hands or a large spoon, (be careful not to over-mix, or meatballs will become tough.) Form golf-ball size meatballs, and place on pan.

Place baking sheet in the preheated oven for 20 minutes (or until meatballs are starting to become lightly golden brown.) Remove the pan from the oven and top each meatball with about 1 tbsp. of spaghetti sauce.

Sprinkle mozzarella cheese over meatballs. Place the baking sheet back in the oven and bake an additional 5-10 minutes, or until cheese is melted.

Special Thanks to Paul Schmid from Kirkland, Ohio USA!

Grilled Fish with Steamed Vegetables



Directions:

Grilled fish with steamed vegetables, lemon juice and pesto

I put the fish in some foil with green beans and cover with a thin layer of pesto and add some lemon juice

Cover the fish and green beans with the foil and place in the oven to bake

Steam some vegetables to add to the meal. You can choose carrots, peppers, broccoli or whatever you like.

Special Thanks to John Donaghey from Sydney, New South Wales Australia!

PB2 Smoothie



Ingredients:

- 2 Tbls PB2 (This is a dry peanut powder) 45 calories you could also use a tbl of almond butter or peanut butter
- 1 cup unsweetened coconut 50 calories or almond milk 35 calories (high protein, LOW sugar and calories- you could use milk as well)
- 1/2 tsp almond extract (could use vanilla)
- 1 tsp Stevia
- 1 Cup ice
- Frozen Banana (this is key you could save calories/sugar by adding a half)

Directions:

Start blender on lowest speed and slowly increase.

Special Thanks to Kelly Young from Chantilly, Virginia USA!

Pina Colada Smoothie



Ingredients:

- 1 cup unsweetened coconut 50 calories or almond milk 35 calories *
- 1/2 tsp coconut extract (could use vanilla)
- 1 tsp Stevia
- 1 cup frozen pineapple
- a few ice cubes

Directions:

Start blender on lowest speed and slowly increase.

* you could use milk or whey protein and water as well

Special Thanks to Kelly Young from Chantilly, Virginia USA!

Berry Smoothie



Ingredients:

- 1 cup unsweetened coconut 50 calories or almond milk 35 calories (you could use milk or whey protein and water as well)
- 1/2 tsp vanilla extract (could use coconut or almond)
- 1 cup frozen strawberries or mixed berries
- 1 tsp Stevia
- Frozen banana optional - really improves the thickness!

Directions:

Blend and Enjoy!

Special Thanks to Kelly Young from Chantilly, Virginia USA!

Slow Cooker, Apple Cinnamon Steel Cut Oatmeal



Ingredients:

- 2 apples, peeled, cored, cut into 1/2-inch pieces (2-1/2 to 3 cups chopped)
- 1-1/2 cups fat-free milk (or substitute non-diary alternative like almond milk)
- 1-1/2 cups water
- 1 cup uncooked steel-cut oats
- 2 tablespoons brown sugar (or substitute maple syrup or other desired sweetener)
- 1-1/2 tablespoons butter, cut into 5-6 pieces (optional)
- 1/2 teaspoon cinnamon
- 1 tablespoon ground flax seed
- 1/4 teaspoon salt
- Optional garnishes: chopped nuts, raisins, maple syrup, additional milk or butter

Directions:

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 7 hours (slow cooker times can vary). Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup fat-free milk.

Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

Recipe can be doubled in 6-quart or larger slow cooker. Increase cooking time 1 hour.

Nutritional Info:

(per 3/4 cup serving)

149 calories

3.6g fat

27.3g carbs

3.9g fiber

4.9g protein

Weight Watchers Points Plus: 4 pts

Special Thanks to Heather McCormick from Missouri City, Texas USA!

Pineapple Mango Jicama Salsa/Salad



Ingredients:

- 1 fresh pineapple, cored, peeled and chopped
- 1 fresh mango, peeled and chopped
- 1 small jicama, peeled and chopped
- 1/4 cup diced cilantro
- Juice of 1 lime (I prefer 2)

Directions:

This side dish is sweet and cool, and it's sure to be a hit at your next gathering. It can be enjoyed as a side to virtually any dish or even goes well on top of chicken or pork.

Cut pineapple, mango and jicama into small diced pieces. Add to bowl.

Add the diced cilantro.

Pour lime juice over mixture and stir.

You can serve it right away, but it is better if it sits in the fridge for a few hours so the flavors can mix.

Special Thanks to Tracy Read from Regina, Saskatchewan Canada!

Protein Balls



Ingredients:

- 1 c oats
- 1/2 c peanut butter
- 1/2 c ground flax or wheat germ
- 1/2 c chocolate chips
- 1/3 c honey or maple syrup
- 1 T chia seeds
- 1 t vanilla

Directions:

Stir all together. Refrigerate for 30 min. Roll into balls of whatever size. Keep in airtight container in fridge for 1 week. I tried carob chips one time in lieu of chocolate and they still tasted good.

Special Thanks to Adam's Bootcamps- Cobourg, Ontario, Canada

Paleo Breakfast Casserole with Chorizo Ingredients



Ingredients:

- 1lb chorizo (or other ground meat)
- 10 organic eggs
- 1/2 green pepper, chopped
- 1-2 cups onion, chopped
- sea salt, coarse ground black pepper, dried oregano, to taste
- fresh dill, minced

Directions:

Serves 3-4

Preheat the oven to 350°F

Brown chorizo in a skillet over medium heat, approximately 8-10 minutes.

Whisk eggs in a medium-large mixing bowl.

Add green pepper, onion, salt, pepper and oregano to eggs.

Add chorizo and mix to combine.

Pour egg mixture into a 2.2 quart oblong baking dish. Cover egg mixture with a layer of fresh dill.

Bake for 30 minutes or until the center has set. (Check using a toothpick.)

Enjoy! :)

This recipe is Gluten-Free, Paleo, Primal, Sugar-Free

Chicken Legs/Balsamic



Ingredients:

- 6-8 chicken drumsticks
- 3 tablespoons coconut oil (45 mL)
- 1/2 cup balsamic vinegar (120 mL)
- 3 tablespoons tamari (45 mL or 1 1/2 fluid ounce)
- 1/2 to 1 tablespoon honey (15 mL)

Directions:

Preheat the oven to 450 degrees Fahrenheit (232 degrees Celsius)

Coat the drumsticks with coconut oil.

Place the drumsticks on a foil-lined, rimmed baking sheet. Bake for 35 minutes or until lightly browned and fairly crisp.

Combine the balsamic vinegar, tamari and honey in a saucepan and bring to boil. Let the mixture boil for 5 minutes or until it has reduced to about 1/3 of a cup.

Take the drumsticks out of the oven and pour the glaze on top. Bake for another 5 minutes then take the pan out of the oven and use tongs to roll the drumsticks around in the glaze (it will have thickened a bit more in the oven) and/or use a brush to coat them with.

Cauliflower Mash-tini



Ingredients:

(Serves about 3)

- 1 head of cauliflower (if it is very small you may need 1 1/2 to 2 heads)
- 1/2 cup coconut milk or to texture preferred.
- Coarse Sea Salt and pepper to taste (a must for great flavor)
- Optional: dried herbs like chives, marjoram or Italian seasoning, even crumbled bacon.
- Toppings: The options are endless, but I like to use these: fresh crispy bacon crumbles, fresh chives or green onions, shrimp, asparagus

Directions:

1. Fill a medium sized pot about 1/4-1/3 full of water. Do not pre-boil the water! Just leave it there till ready to use.
2. Cut the cauliflower into small evenly sized florets, trimming off the thick ends. You will have a fluffier mash if you cut them all the way off.
3. Turn your burner on medium high to high. Steam the cauliflower for about 12 minutes with the lid on. While the cauliflower is steaming prepare your toppings.
Important: DO NOT OVER COOK! It may seem like the cauliflower isn't cooked through enough, but it most likely is. The cauliflower should be soft enough to break up if pressed with a wooden spoon, *but it should not be mushy at all*. If you let the cauliflower get too soft it will just end up as a runny mess instead of a fluffy mash once pureed. If it is under-cooked it will be grainy. Twelve minutes works every time for me. However, times could vary ever so slightly from stove to stove or steamer to steamer.
4. Remove from heat and immediately transfer the cauliflower to a food processor. Then add toppings and serve in a martini glass to dazzle guests!

Special thanks to Taryn Peters from Huntington Beach, California USA!

Healthy 5 Ingredient Granola-Bars



Ingredients:

(Serves: 10 bars)

- 1 cup packed dates, pitted (deglet nour or medjool)
- 1/4 cup honey (or sub maple syrup or agave for vegan option)
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups rolled oats (gluten free for GF eaters)
- optional additions: chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

Directions:

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. (mine rolled into a ball)
2. Optional step: Toast your oats in a 350 degree oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw – I just prefer the toasted flavor.
3. Place oats, almonds and dates in a bowl – set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
6. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
7. Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

NUTRITION INFORMATION

Serving size: 1 bar Calories: 217 Fat: 8 g Saturated fat: 1 g
Carbohydrates: 31 g Sugar: 19 g Fiber: 4 g Protein: 6 g

Special Thanks to Dorian Mirasola From Coral Springs, Florida USA!