



WEEK 2 RECIPES



WAKE-UP RECIPES:

Good Morning Shot: Lemon Ginger Detox

Ingredients:

- 12 oz. of Water (at room temp)
- Juice of 1/2 Lemon
- Either 1/2 inch knob Ginger Root
- OR pinch of Cayenne Pepper

Directions:

1. Add lemon juice to glass of water.
2. If ginger - finely grate ginger using zester and add to water.
If cayenne pepper - add pinch of cayenne to water and enjoy!

BREAKFAST RECIPES:

Trainer Tip: Blend water and greens FIRST, then add the rest of the ingredients. Each recipe makes 1 serving.

Sprouted Smoothie (green)

Ingredients:

- 1 cup Water
- 2 cups Organic Baby Spinach
- 1/2 Banana
- 1/4 cup frozen Blueberries
- 1/4 cup frozen Blackberries
- 1/2 cup Sprouts
- 3 Ice Cubes
- Vanilla Protein (optional)

Chia Berry Green Protein Smoothie

Ingredients:

- 1 cup Water
- 1/2 cup Mixed Frozen Berries
- 1/2 frozen Banana
- 1-2 cups Spinach
- Handful of Ice
- 1 serving Protein Powder (chocolate or vanilla)
- Sprinkle of Chia Seeds



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Frittata Muffins

6 Servings - serving size = 2 muffins (makes 12 muffins). Keep in fridge for breakfast in a hurry. (Inspired by NomNomPaleo.com)

Ingredients (2 Servings):

- 4 tbsp. Coconut Oil
- 1/2 medium Onion, finely diced
- 3 cloves Garlic, minced
- 1/2 lb. frozen Spinach, thawed & squeezed dry
- 8 large Eggs
- 1/4 cup Coconut Milk
- 2 tbsp. Coconut Flour
- 1 cup Cherry Tomatoes, halved
- 5 oz. Prosciutto di Parma
- Himalayan Pink Salt & Freshly Ground Pepper

Directions:

1. Preheat oven to 375°F. Heat coconut oil over medium heat in a large cast iron skillet and saute onions until soft and translucent. Add garlic and mushrooms and cook until moisture from mushrooms has evaporated. Season with salt and pepper and spoon to a plate to cool to room temperature.
2. In a large bowl, beat eggs with coconut milk, coconut flour, salt, and pepper until combined. Add sauteed mushrooms and spinach and stir to combine.
3. Brush the remainder of the melted coconut oil onto a muffin tin and line each cup with prosciutto, covering the bottom and sides.
4. Spoon the egg mixture into the prosciutto cups and top with halved cherry tomatoes. Bake in oven for 20 minutes, rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes. Enjoy!

Veggie Scramble

Ingredients (1 Serving):

- 1/2 tbsp. Coconut Oil
- 1/2 cup Broccoli, chopped
- 1/2 cup Onion, diced
- 1/3 Green Pepper, diced
- 2 Eggs
- 1/2 Tomato, diced
- 1/4 Avocado, sliced (for garnish)

Directions:

1. Heat coconut oil in a saute pan over medium heat. Saute the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.
2. Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!



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Easy Pumpkin Protein Egg Pancakes

1 Serving

Ingredients:

- 1/2 cup Egg Whites (*about 4 eggs*)
- 1/2 cup Pure Pumpkin
- 1 scoop Vanilla Protein Powder
- Cinnamon, to taste

Directions:

1. Blend together and cook on a skillet.

Overnight Oats in a Jar

Ingredients (1 Serving):

- 1/4 cup Oat Groats, rinsed (*soaked for at least 4 hrs*)
- 1/4 cup Steel Cut Oats
- 1 tbsp. Unsweetened Shredded Coconut
- 1 tsp. Chia Seeds
- 1 tbsp. Chopped Nuts (*such as almonds*)
- 1/3 cup Blueberries or Berries of choice
- 1/2 - 1 cup Almond Milk
- 1 tsp. Ground Vanilla Beans (*optional*)

Directions:

1. Mix all of the ingredients in a mason jar the night before. Store in the fridge overnight. Just pull out and eat in the morning. So easy!

LUNCH/DINNER RECIPES:

Pan Seared Trout with Tomato Basil

2 Servings

Ingredients:

- 1 oz. chopped Pancetta
- 1 cup Cherry Tomatoes, halved
- 1/2 tsp. minced Garlic
- 1/2 tsp. Freshly ground Black Pepper, divided
- 1/4 tsp. Himalayan Salt, divided
- 1/4 cup small Basil leaves
- 1 tbsp. Olive Oil, divided
- 2 Trout fillets, divided (*12-16 oz. total*)
- 2 Lemon wedges



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Directions:

1. Over low heat, heat pancetts in skillet. Cook just until pancetta begins to brown, about 4 minutes.
2. Add cherry tomatoes, garlic, 1/2 pepper, and 1/2 the salt, and cook for 3 minutes, or until tomatoes begin to soften. Remove from the heat and stir in basil leaves.
3. In another large non-stick skillet, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.
4. Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from the pan. Top with tomato saute. Serve with lemon wedges.

Summer Salad

1 Serving

Ingredients:

- 2-3 cups Mixed Green (not Iceberg)
- 1/2 Tomato
- 1 tbsp. Pumpkin Seeds
- 1/2 Carrot, Shaved
- 1/2 Zucchini, Sliced
- 1/2 Red Bell Pepper, Diced
- Handful of Sprouts
- 1/4 Avocado, Sliced
- 1 tbsp. EVOO (Extra Virgin Olive Oil)
- 2 tbsp. Balsamic Dressing
- 4-8 oz. Protein of choice (chicken, fish, turkey)

Directions:

In a large bowl, toss everything together. Enjoy!

Easy Grass-Fed Beef Burgers

3 Servings

Ingredients:

- 1 lb. grass-fed (and finished) Ground Beef
- Himalayan Pink Salt & Freshly Ground Pepper
- Any other seasoning you like!

Directions:

1. Take meat out of the fridge and allow it to come to room temperature for 20-30 minutes. Divide the meat into 3 parts and by hand, create four separate patties. Heat a sauté pan to medium heat.
2. Season both sides of the patties with salt and pepper (and any other seasoning you like). Place all 3 patties in the pan for 3-5 minutes per side. Remove from the pan and allow to rest for a few minutes. Enjoy!



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Sauteed Shrimp

2 Servings

Ingredients:

- 2 tbsp. Grass-fed Butter (or EVOO)
- 8-12 oz. Wild-Caught Shrimp, shelled & de-veined
- 1 Red or Yellow Bell Pepper
- 2 cloves Garlic, minced
- Himalayan Pink Salt & Fresh Ground Pepper, to taste
- 1 tsp. Fresh Thyme, chopped

Directions:

1. In a skillet, melt the butter over medium-low heat. Add the bell peppers and cook for a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds).
2. Add the shrimp and salt and pepper and saute for 5-6 minutes, until shrimp is no longer translucent.
3. Add the thyme, mix all the ingredients together one last time, and enjoy!

Tip: Shrimp cooks very quickly, so a good rule of thumb is to remove the pan from the heat when they're almost finished cooking. Once you remove from heat, continue tossing and the residual heat of the pan will cook them until they're done.

Spaghetti Squash

Serves 4-6

Ingredients:

- 1 Spaghetti Squash cut in half length-wise, and de-seeded (use a spoon)
- EVOO
- Sea Salt & Freshly Ground Pepper, to taste

Directions:

1. Preheat oven to 400°F. Cover a baking pan in aluminum foil and set aside. Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.
2. Flip over the squash when it's finished cooking. Use a fork to "shred" & pull out the spaghetti squash. It comes out like spaghetti- pretty AWESOME! Place the squash in a colander to drain any excess water for a minute or two (covered with foil to keep warm). Top with tomato sauce or season with salt & pepper and enjoy!



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Minestrone Soup

6 Servings

Ingredients (2 Servings):

- 1 slice (1/4" thick) prosciutto ~4 oz., cut into 1/4" dice (*do not trim the fat*)
- 1/4 cup EVOO, plus more for serving
- 1 large Yellow Onion, cut into 1/2" dice
- 1 large leek, white and pale green parts only, cut into 1/2" dice
- 2 celery ribs, cut into 1/2" dice
- 4 Garlic cloves, minces
- 1 tsp. Oregano
- 1/4 tsp. Crushed Red Hot Pepper Flakes
- 1 zucchini, trimmed and cut into 1/2" dice
- 1 can (14.5 oz) diced tomatoes in juice
- 1 tbsp. Tomato Paste
- 6-8 cups Reduced Sodium Chicken Broth
- Rind from 1 lb. chunk of Parmesan Cheese (*optional*)
- 1 Bay Leaf
- 1 can Kidney Beans
- 1 ½ cups packed thinly slice Kale, thick stems removed
- Sea Salt & Freshly Ground Black Pepper

Directions:

1. Cook prosciutto and EVOO together in a soup pot over medium heat until prosciutto is lightly browned, about 3 minutes.
2. Add onion and leeks. Cook, stirring occasionally, until softened, about 3 minutes. Add the celery, carrots, garlic, and oregano, and cook until the vegetables begin to soften, about 3 minutes more.
3. Add the zucchini and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the tomato paste, bring to a boil and cook for 3 minutes.
4. Add the broth, bay leaf, and the parmesan rind. Bring to a boil, then reduce the heat to medium-low. Simmer until the flavors are blended, about 1 hour.
5. Stir in the beans and kale and cook until tender, about 5 minutes. Remove the parmesan rind before serving.

Blueberry, Avocado, & Toasted Pecan Quinoa Salad

Ingredients:

- 1 ½ cups Quinoa, cooked
- 1/4 cup Blueberries
- 1/2 large Avocado, diced
- 1/4 cup Pecans

Lime Basil Dressing:

- 1/4 tbsp. EVOO
- 1/4 tbsp. Maple Syrup
- Squeeze of Fresh Lime Juice
- 1 tbsp. Basil, finely chopped
- Himalayan Salt & Freshly Ground Pepper, to taste



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Directions:

1. In a large bowl, add quinoa, blueberries and avocados. In a small skillet, toast pecans on low-medium heat until lightly browned, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.
2. In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.

DRINKS:

Homemade Gatorade

Ingredients:

- 33 oz. Water or Coconut Water
- 1/4 cup of juice (lemon, lime, grape, apple, etc.)
- 1/4 tsp. Himalayan Pink Salt
- 1 tsp. sweetener (Raw Honey or Stevia)
- 1/2 tsp. Calcium Magnesium Powder or Crushed Tablets

Directions:

Mix ingredients together and drink.

DRESSING AND CONDIMENTS:

House Balsamic Dressing

12 Servings - 2 tbsp. per serving. Store in fridge.

Ingredients:

- 1 cup EVOO (preferably cold pressed)
- 1/2 cup good quality aged Balsamic Vinegar
- 1 Freshly Ground Pepper, to taste
- 1 tbsp. Honey Mustard (organic, if possible)
- 1 tbsp. Dried Parsley
- 1 Garlic clove, passed through a garlic press or minced (optional)
- 1/2 tsp. Sea Salt

Directions:

Add all the ingredients into a bowl and whisk until thick and creamy. Check for seasoning.



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Beet Dressing

12 Servings - 2 tbsp. per serving. Store in fridge.

Ingredients:

- 2 cups cooked Beets, chopped
- 2 cups Filtered Water
- 2 tbsp. Bragg's Apple Cider Vinegar
- 2 tbsp. Flax Oil
- 1/2 tsp. Sea Salt

Directions:

Blend all ingredients on high. This is perfectly sweet, tart, and creamy, and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy!

Creamy Avocado Dressing

12 Servings - 2 tbsp. per serving. Lasts about 7-10 days in the fridge.

Ingredients:

- 2 ripe Avocados
- 4 sprigs Fresh Cilantro
- Juice of 1 ½ Limes
- 1-2 pinches of Sea Salt
- 1/8 cup Balsamic Vinegar
- 1 tsp. Garlic powder
- 1/8 cup Water
- Fresh Ground Black Pepper, to taste

Directions:

Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, add a little water (1 tsp. at a time). Enjoy!

Greek Dressing

6 Servings, 2 tbsp. per serving

Ingredients:

- 1/4 cup Olive Oil
- 1/2 tsp. Sea Salt
- 2 cloves pressed Garlic
- 1/2 tsp. Onion Powder
- 3/4 tsp. Oregano
- 1 tsp. Dijon Mustard
- 3/4 tsp. Basil
- 1/3 cup Red Wine Vinegar
- 1/2 tsp. Black Ground Pepper



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Directions:

Combine all ingredients in a jar or storage container and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let the flavors blend together.

Homemade Mayo

32 Servings, 1 tbsp. per serving (Compliments of Eileen from PaleoSimplified.com) Stays good in the fridge for about a week.

Ingredients:

- 3 pasteurized large Eggs
- 1.5 tsp. Dry Mustard
- 1/4 cup Fresh Lemon Juice
- 1 small Garlic Clove, peeled
- 1 cup unrefined Coconut Oil
- 1/2 cup EVOO
- 1/2 cup fresh Basil, chopped

Directions:

1. Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into a blender and process for 10 seconds to mix. While the machine is running, drop in the peeled garlic clove.
2. Very slowly pour the mixed oils into the blender while running. Process until all of the oil is incorporated. Mixture will be the consistency of mayonnaise.
3. Add chopped basil and stir to combine. Refrigerate for 1 hour before using.