

## **Breakfast**

1. Eggs, Spinach and Bacon omelete  
Top w/avocado  
Grapefruit or other fruit
2. Eggs and Chicken Scramble w/ Musrooms  
Top with avocado  
Fruit of your choice (Apple w/ Almond butter is a favorite)
3. Leftover meat (chicken, steak, pork, hamburger pattie)  
Fruit salad mixed with cashew nuts
4. No-atmeal (pronounced Note-meal)

### **Ingredients:**

- 1 small handful of walnuts
- 1 small handful of pecans
- 2 tablespoons ground flax seed
- 1/2 – 1 teaspoon ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch ground ginger
- 1 tablespoon almond butter
- 1 banana, mashed
- 3 eggs
- 1/4 cup unsweetened almond milk (add more if you prefer it a little runny)
- 2 teaspoons pumpkin seeds
- 1 handful of fresh or frozen berries

### **Directions:**

Add walnuts, pecans, flax seed and spices to a food processor and pulse it down to a course grain, making sure to stop before it's totally ground into a powder. Set aside.

Whisk together eggs and almond milk until the consistency thickens a little bit into a loose custard. Thoroughly blend together the mashed banana and almond butter and add it to the custard, mixing well.

Stir in the nut mixture. Microwave or gently warm on the stove until the “no-atmeal” reaches your desired consistency; this should only take a few minutes. In both cases, stir the mixture frequently as it cooks.

Sprinkle pumpkin seeds and berries on top. Add more almond milk if you want. Lick the bowl clean!

### **Lunches you can take to work:**

1. Sliced apple w/ almond butter  
Leftover meat from dinner
2. Sliced lunchmeat wrapped around avocado and tomato  
Fruit salad w/ nuts
3. Salad greens and vegetables with sliced chicken (or steak) w/ oil and balsamic vinegar
4. Cut up chicken mixed with avocado and chopped fresh spinach to make a 'chicken salad'; sprinkle with almonds or walnuts, then wrap in romaine lettuce
5. Make 'extra' for dinner and take it to lunch the next day

### **Dinner**

1. Hamburger pattie with all the trimmings  
Instead of bread, wrap the fixin's in a bunch of romaine lettuce so you can pick it up like a real hamburger!

### **2. Crockpot stew (pork)**

Apples, sweet potatoes, and apple juice make this delicious five ingredient crockpot stew with chunks of pork shoulder super easy.

**Prep Time: 20 minutes**

**Cook Time: 8 hours**

### **Ingredients:**

- 1 lb. boneless pork shoulder, cut into 1" cubes
- 3 cups peeled, cubed sweet potatoes
- 2 apples, cored and chopped
- 1 onion, chopped
- 1/2 tsp. dried thyme leaves
- 1/4 tsp. pepper
- 1/2 tsp. salt
- 3 cups apple juice

**Preparation:** Saute onion, then place in a 4 -5 qt. slow cooker with uncooked sweet potatoes and apples. Sprinkle with thyme, salt, and pepper, then add pork cubes. Pour apple juice over ( use less apple juice and add water).

Cover crockpot and cook on low for 7-8 hours until meat and veggies are tender. 4 servings

### **3. Crockpot Stew (beef)**

1 - 2 lbs of pot roast or stew meat, cut into chunks  
Onion, chopped  
Celery, chopped  
2 garlic cloves  
Butter or coconut oil  
1 yam, cubed (optional ingredient)  
1 potato, cubed (optional ingredient)  
1 16 oz can of whole, peeled tomatoes  
2 carrots, chopped  
1/2 lb peas (frozen or fresh)  
Salt  
Pepper

Sprinkle pot roast or stew meat with salt and pepper, then brown meat in a skillet over med-high heat. Remove meat and place in a crock pot. Next, saute chopped onion, celery, garlic in butter or coconut oil and add to the crock pot. Add yam, potato, carrots, peas. Add canned tomatoes and water to cover ingredients. Cook on medium for 6 - 8 hours. Salt and pepper to taste.

### **4. Chicken and vegetables**

5. 4 chicken breasts  
Onion, chopped  
Clove garlic, minced  
Fresh spinach  
Baked yam (baked in oven at 450 for approx 1 hour or till done)  
Salt and Pepper  
Coconut oil

Melt coconut oil in saute pan on stove. Add onion and garlic - saute till crisp / tender. Add chicken breasts, salt and pepper, and reduce heat to medium, cover and simmer, checking often. After about 5 minutes, turn chicken. Check often to be sure not to overcook. When Chicken is just pink inside, add the yam and the spinach leaves and cover for 3 - 5 minutes till the spinach is just cooked (wilted).

### **5. Thai Chicken w / vegetables (sub pork or beef as desired)**

Ingredients  
3 lbs chicken (breasts / thighs - skinned and boned)  
Onion - diced  
Garlic - minced  
Green / red bell pepper  
Green beans  
peas

Thai fish oil - 1 Tbsp (adjust to desired taste)  
Lemon Grass (comes in a tube) - 1 -2 tsp  
Thai red or green curry - 1 - 3 Tbsp (adjust to desired taste)  
Coconut milk - 2 cans

Saute together onion and garlic. Then place all ingredients in a baking dish and bake in 325 degree oven for 45 min to an hour.