



World Class Nutrition

The exact guide to eating for health and fitness. Included is a 30 day healthy meal plan.

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World Class Fitness in 100 Words

Greg Glassman, Founder of CrossFit

Eat meat and vegetables, nuts and seeds, some fruit, little starch and *no sugar*. Keep intake to levels that will support exercise but not body fat.

Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast.

Five or six days per week mix these elements in as many combinations and patterns as creativity will allow.

Routine is the enemy.

Keep workouts short and intense.

Regularly learn and play new sport.



Breakfast Meals & Recipes

Sweet Potato, Apple, and Pancetta Hash

- 5 ounces pancetta, diced
- 1 small onion, finely chopped
- 1 large apple, cut into cubes that are no bigger than 1 inch
- 1 tsp cinnamon
- 12 tbsp olive oil
- 1 medium sweet potato, peeled and cut into cubes that are no bigger than 1 inch
- 1 tbsp fresh sage

In a medium cast iron skillet over medium to medium low heat, cook pancetta 35 minutes or until crispy and fat has rendered. Remove pancetta with slotted spoon, leave fat in pan. Add onion, apples, and cinnamon. Cook until soft, about 7 minutes. Remove those from pan and add it to the cooked pancetta. Set aside. Add 12 tbsp raw coconut butter to cooking pan, add sweet potatoes and allow them to cook for two minutes before stirring. Stir and allow them to cook for another two minutes undisturbed. Continue cooking sweet potatoes, stirring as needed to ensure all sides get browned and soft. Add the reserved pancetta, onion, and apples back to pan. Add sage and stir to combine flavors, and serve.

Vegetable Egg Scramble & Fruit Salad

- 1 egg, scrambled
- 2 mushrooms, sliced
- Green onion, to sprinkle on top of cooked egg and mushrooms
- 2 tbsp of olive oil
- 1 orange, peeled and cut
- 1 kiwi, peeled and sliced
- Sliced almonds, to sprinkle on the fruit (optional)

Add olive oil to a small cooking pan, over medium low heat to melt. Crack an egg in a bowl, and whisk it with a fork, then add it to pan on stove. Add sliced mushrooms and scramble the egg. When done cooking put on a plate to serve. In a separate small bowl, combine orange, kiwi, and a handful of almonds. Enjoy as a side dish to your egg.

Green Tea Powerhouse Smoothie

- ¼ cup of water
- 1 green tea bag
- 2 tsp honey or agave nectar
- 1 and ½ cups fresh or frozen blueberries
- ½ a fresh or frozen banana
- ¾ cup of vanilla almond milk

Microwave water on high for about 40 seconds in a small bowl. Add tea bag to the water and allow it to brew for 3 minutes. Remove tea bag. Add honey or agave nectar. Next, place all ingredients in the blender and blend until smooth. Add ice & blend it again if you need to thicken it up.

Apple Cinnamon Muffins

This recipe makes 12 servings

For breakfast, eat only two muffins and save the rest for another meal, or one for a snack

- 5 eggs
- 1 cup homemade applesauce (store bought works as well with no sugar added)
- ½ cup coconut flour
- 23 tbsp cinnamon
- 1 tsp baking soda
- 1 tsp vanilla
- ¼ cup coconut oil
- 2 tbsp honey

Preheat oven to 400 degrees. Grease muffin pan with coconut oil. Put all ingredients into a medium size bowl and mix or whisk until well blended. Let sit 5 minutes. Use ½ cup measure to spoon into muffin cups, or tin. Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top. Let cool 2 minutes, drizzle with honey and enjoy.

Banana & Cream Non-Oatmeal

- Non-Oatmeal -add 1 tsp ground flaxseed and 1 tsp chia seeds
- 1 ripe banana
- 1 tbsp raw coconut butter
- 1 pinch of sea salt
- 1/4 tsp cinnamon
- Blueberries (Optional; to sprinkle on top)

Mash your banana, then add the salt and cinnamon. Warm the coconut butter in a saucepan over low heat, or in the microwave for about 10 seconds, or till it's runny and warm. Pour it into the banana mixture, add your chia and flax seeds, and stir. Top with blueberries and enjoy.

Chia Pudding

- 1/4 cup chia seeds
- 1 cup coconut milk
- 1/2 tsp cinnamon
- Sprinkle some fresh blueberries on top.

Mix everything together, cover, and refrigerate overnight. Eat in the morning.

Super Fruit Smoothie

- 1 ripe banana
- 6 ounces mango puree
- 8 ounces chopped fresh, or frozen pineapple
- 3/4 cup fresh, or frozen raspberries
- 1/2 cup vanilla almond milk
- 2 tbsp fresh lime juice

Add all of the ingredients to the blender and blend until smooth. Taste and adjust ratios as necessary.

Hide Your Kale Smoothie

- 1 medium ripe banana (peeled and sliced)
- 1/2 cup frozen mixed berries
- 1 heaping tbsp of ground flax seed
- 1 cup of frozen or fresh kale
- 2/3 cup 100% pomegranate juice (no added sugar)
- 1 tsp honey
- 1/2 cup of coconut water (no added sugar)

Add all of the ingredients to the blender and blend until smooth. Taste and adjust ratios as necessary.

Pumpkin Peanut Butter Pancakes

Gluten free; makes about 4 pancakes; eat only 12 per meal

- 1 cup unsweetened coconut milk
- 1/2 tsp apple cider vinegar
- 3/4 cup pumpkin puree
- 1 tbsp peanut butter
- 1 tsp vanilla extract
- 3/4 cup glutenfree buckwheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp cinnamon
- Pinch of nutmeg
- Pinch of salt
- Butter for the skillet

Pour the cup of unsweetened milk and apple cider vinegar in a large bowl. Let it sit for five minutes. Add the rest of the ingredients, in order, stirring in between the wet and dry ingredients to make sure they are evenly distributed, especially the peanut butter. Heat the skillet to a medium-low heat. Add a little butter to the pan. Pour desired amount of mixture into the skillet and cook both sides. Enjoy.

Eggs any style (2)

Fried, scrambled or as an omlete. Toss in some veggies. Onions and Green and Red Peppers

Include 2 pieces of bacon

An Apple, sliced with Almond Butter

Lunch Meals & Recipes

Grain Free Couscous Salad with Baby Kale and Artichoke Hearts

Serves 2

1 lb of ground chicken or turkey

1 tbsp olive oil

¼ cup diced red onion

4 oz baby kale leaves (if you are not a kale fan, use baby spinach), chopped

1 cup quartered artichoke hearts if in brine, drain & rinse before using

Juice of one lemon

Handful of fresh cilantro, chopped

4 sprigsworth of fresh mint leaves, chopped (optional)

Extra virgin olive oil to taste.

(See next page for preparation instructions)

Heat a large flat bottomed pan or skillet with the olive oil over medium/low heat. Add the ground chicken to the pan, breaking up with the back of a spoon and cook through until no pink remains, about 10 minutes. Remove the chicken from the pan and lay out to dry for a few minutes on some paper towel. Reserve any chicken juices in the pan for later. Using a food processor, or blender pulse the cooked chicken into large crumbs as if you were "ricing" a cauliflower. Don't over process/blend, or you get paste! Add the chopped cooked chicken to a large salad bowl. Chop the baby kale leaves (or spinach), red onion, cilantro and mint leaves. Add to the bowl. Drain the artichoke hearts of any brine or oil, rinsing if necessary, then slice into strips and add to the bowl with the lemon juice, reserved chicken juices and as much extra virgin olive oil as you like. Toss to combine and serve.

Sushi

(sashimi; Can be prebought from a local grocery store)

Fajita's

Chicken, beef, or shrimp; no tortillas or beans; no more than once a week)

Creamy Asparagus Soup

Serves 2

Soup

1 tbsp olive oil

1 small leek, chopped

1 small shallot, chopped

1 bunch fresh asparagus, chopped

3 cups chicken stock

1 teaspoon sea salt

¼ tsp dried thyme

Freshly ground black pepper

Handful fresh parsley

Cashew-Dill Cream (optional):

½ cup raw cashews (soaked for 2 to 3 hours)

¼ cup water

2 tablespoons freshly squeezed lemon juice

2 tablespoons olive oil

1 small garlic clove, peeled

½ teaspoon sea salt

Small handful fresh dill

Heat oil in 5 quart pot over medium heat. Add the leeks and shallots; sauté for a few minutes. Then add the asparagus, stock, salt, thyme, and pepper; cover and simmer for about 15 minutes. Turn off heat and add the parsley. Use a stainless steel immersion blender to puree the soup in the pot, or transfer to a blender and puree in batches. Taste and adjust salt and seasonings if desired. Add more water or stock for a thinner soup. To make the cashew cream, drain the cashews then place them into a highpowered blender along with the water, lemon juice, olive oil, garlic, and salt. Blend until smooth and creamy. Add the fresh dill and blend again to incorporate. Serve soup with dollops of the cashew cream in each bowl.

Adult Lunchable

Serves 1

Choose a meat: Chicken, turkey, salami, or ham (6 slices of meat)

Choose a fruit: Apples, grapes, strawberries, blueberries, raspberries (1 lg piece, or a handful)

Choose a nut: Walnuts, pistachios, almonds (a handful)

Burger without the bun

Fixings

Add a side of sweet potato fries

Kale Salmon Pom Salad

1 serving

Salad:

1 cup of kale, chopped

1 salmon filet, cooked and cooled

6 oz pomegranate arils

Green Apple Salad Dressing

1 medium green apple (Granny Smith)

1/2 cup water

1/3 cup olive oil

1 to 2 cloves garlic

1 inch piece of fresh ginger, peeled

Sea salt, to taste

To make the salad, fill an 8 quart stock pot with filtered water about 3/4 full. Bring to a rapid boil. Quickly add all of the kale, pushing it down with a large spoon. Blanch it for about 60 seconds, or until bright green and tender. Pour kale and boiling water through a colander set in your sink and run icy cold water over the kale immediately to stop it from cooking. You can also put the kale into a bowl of ice water then strain it. Be sure to gently squeeze any excess water out. Place desired amount of kale onto each plate, top with cooked salmon, pomegranate arils, and toasted sunflower, or sesame seeds.

To make the dressing, place all ingredients for dressing into a blender and blend about 60 seconds until smooth and creamy. Taste and add a little salt, blend again. Drizzle dressing over each salad. Store in a sealed glass jar in the fridge for up to a week.

Chicken and Zucchini Poppers

Serves 2

1/2 lb. ground chicken breast

1 cup grated zucchini (leave peel on)

1 green onion, sliced

2 tbsp fresh cilantro, minced

1 clove garlic

1/2 tsp sea salt

1/4 tsp of freshly ground black pepper

1/4 tsp cumin

2 tbsp olive oil, for cooking

Toss chicken with zucchini, green onion, cilantro, garlic, salt, pepper, and cumin. Mixture will be quite wet. Add olive oil to a pan over medium heat. Put a heaping spoonful of the mixture into the pan. Cook for about 56 minutes a side. Flip and cook an additional 45 minutes, or until golden brown and the center is thoroughly cooked. Serve with guacamole.

One Pan Chicken with Fennel, Tomatoes, Olives, and Spinach

1 serving

4 ounces boneless, skinless chicken breast

Sea salt and ground pepper

½ cup low sodium chicken stock (no sugar added)

1 teaspoon crushed red pepper flakes (optional, to taste)

24 cloves garlic, crushed

½ a lemon, cut crosswise in ½inch slices

6 cherry tomatoes, halved

1 small bulb fennel, sliced lengthwise in wedges 1inch thick

5 kalamata olives, halved

1 cup fresh baby spinach

Season chicken breast with a little bit of salt and pepper on all sides, and let it sit on the counter for at least 10 minutes but no more than 20 minutes, so that it's not refrigerator cold. Pour the chicken stock into a large skillet or sauce pot with a lid, season it with a little bit of salt and pepper, then bring it to a simmer over high heat. As soon as the liquid is boiling, add the red pepper flakes, garlic, lemon slices, cherry tomatoes, fennel, and olives, spread everything out over the bottom of the pan, then lay the chicken breast on top. Cover the pan and turn the heat down to mediumlow. Cook, covered, about 8-10 minutes. As soon as the chicken is cooked, remove it from the skillet and let it rest on a cutting board for 5 minutes. Turn the stove and pour any remaining liquid from the skillet by tilting the pan and using a spatula to keep the vegetables in. Take out the lemon slices and throw them away. With the skillet still off the heat, add the spinach and toss everything together, so that the spinach wilts just a little bit. Transfer the vegetables to a plate. Slice the chicken and serve it on top of the vegetables.

Avocado BLT Egg Salad

Serves 1

1 avocado

2 hardboiled eggs

1/3 cup grape tomatoes, cut in halves

2 strips bacon, cooked until crispy

1/4 cup scallions, chopped

1 teaspoon garlic powder

1/4 teaspoon sea salt

Make your hardboiled eggs. Once done, peel, set aside in the refrigerator and let cool. While they are cooking, make bacon using your desired method and cook until crispy. In a medium bowl combine eggs, avocado, garlic and salt; smash with a fork until combined. Add in bacon pieces, tomatoes and scallions. Mix well. Taste and add additional salt and ground garlic as desired. Serve over fresh spinach or lettuce or in lettuce wraps

Spaghetti Squash Pad Thai

Serves 2

2 medium sized spaghetti squash

2 cloves garlic, crushed

1/2 red onion, chopped

1/2 cup mushrooms, chopped

1/2 cup carrots, chopped

1/2 cup sprouts

1/2 cup scallions, chopped

1020 large shrimps

2 chicken breasts, cooked and shredded

2-3 eggs

Preheat oven to 350 degrees. Roast spaghetti squash and set aside. In a bowl mix together sauce ingredients and set aside. In a large pan, sauté 1 tbsp extravirgin olive oil with 2 garlic cloves crushed, half of a red onion chopped, chopped mushrooms, carrots, sprouts, and scallions (and any other veggies you like). Once cooked down, add shrimp and chicken (uncooked or slow cooker chicken) and cook for 58 minutes, until protein is cooked. Add in spaghetti squash (approx. 3 cups) and sauce mixture, mix well to combine. Make a space in the center of your pan and add in 2 (or 3) eggs. Let cook and mix well throughout the mixture. Taste and adjust spices to desired liking. Top with extra scallions and finely chopped peanuts on top.

Curry Chicken Salad

(serves 1)

1/3 cup mayonnaise (made yourself; or store bought with olive oil as base ingredient)

1 tsp curry powder

2 tsp water

1 cup chopped, skinless, boneless chicken (preseason chicken)

1/2 cup chopped apple (Braeburn is a good type of apple to use)

1/3 cup diced celery (if you like celery)

2 tbsp of raisins (and add some chunks of pineapple if you like)

1/8 tsp of sea salt

Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the rest of the ingredients, and stir until well combined. Cover and chill in the refrigerator.



Dinner Meals & Recipes

Grilled Steak & Potatoes

5-8 oz Steak Seasoned with salt & pepper to taste

Baked yam or sweet potato with 1-2 tbsp of raw coconut butter

Roasted or steamed veggies

Greek Meatballs with Avocado Tzatziki sauce

serves 2

1 lb. ground lamb (or ground beef)

½ medium red onion, finely diced (about ½ cup)

2 cloves garlic, minced

Zest of ½ a lemon

1 tbsp fresh oregano, chopped or 1 tsp dried oregano

1 tsp ground coriander

½ teaspoon ground cumin

Sea salt and pepper

Avocado Tzatziki:

1 avocado

1 small/medium cucumber or ½ large cucumber, cut in half and seeds scraped out with a spoon

2 cloves garlic

1 tablespoon red onion, diced

Juice of 1 lemon

1 tablespoon fresh dill (or mint, depending on your preference)

Sea salt and pepper, to taste

Preheat oven to 350 degrees. Combine all the meatball ingredients together and form into approximately 1 1/2 to 2 inch balls. Place on a raised edge baking pan and bake for 25 minutes. Remove from the oven, and allow them to cook for a few minutes. While your meatballs are cooking in the oven, combine all avocado tzatziki sauce ingredients together in a food processor, or blender. Blend until smooth and creamy. Serve meatballs with dairy free avocado tzatziki sauce and enjoy!

Collard Wrapped Turkey Burger with Turnip Fries

1 serving

1 large turnip

1 tsp olive oil, sea salt and ground pepper

1 scallion, green thinly sliced, white finely minced

4 ounces ground turkey

¼ teaspoon paprika

2 large collard green leaves, stems removed

2 ½ inch slices beefsteak tomato

½ tsp mustard (pick a brand with no sugar added)

Preheat oven to 400 degrees. Peel the turnips and cut into “fries” that are roughly 3 inches long, 1/2 inch wide and 1/2 inch thick. It’s ok if they are not all totally uniform. Put the turnip fries on the lined baking sheet, drizzle with 1 teaspoon olive oil, and sprinkle with a little bit of salt and pepper. Spread the turnip fries out and roast in the preheated oven until they’re soft in the middle and slightly crispy on the outside, 20-25 minutes. While the turnip fries cook, make the turkey burger. In a small mixing bowl, combine scallion whites and greens, ground turkey, paprika, a pinch of sea salt, and some freshly ground pepper. Use your hands to mix everything together, then form it into a patty about 3/4 inch thick. Put the patty in the fridge while you prepare the collard greens. Simmer 1/4 cup water in a large skillet over medium heat. Add one large collard green leaf to the simmering water and let it cook for about 30 seconds, then flip it and cook for another 30 seconds. This will soften the collard a little bit, so that it’s easier to wrap around the burger and doesn’t taste weird. Put the cooked leaf on a paper towel lined plate, and repeat with the second leaf. You might only need one leaf, but cooking two will give you a thicker wrap, in case one rips. Wipe out the skillet so that it’s clean and dry, then return it to the stove. Heat the remaining 1 teaspoon of oil in the skillet over medium-high heat. When the oil in the skillet is very hot, lay the turkey patty in the skillet. Cook until the underside is deeply browned, about 5 minutes. Carefully flip the burger and cook until the meat is cooked through (a thermometer inserted into the center should read 165°F, and there should be no pink in the middle when you cut into the patty) and the underside is deeply browned, about 5 minutes more. When the turkey burger is cooked, turn the heat off under the skillet. Lay the whole collard leaf on a plate with the turnip fries, then lay the burger in the center of the leaf. Top with mustard, sliced tomato, and sliced onion (if you’re using it). Wrap and serve.

Balsamic Chicken Drumsticks

Serves 2

8 chicken drumsticks, skinless

½ cup balsamic vinegar

1/3 cup coconut aminos

1 cup water

3 garlic cloves, minced

2 tbsp raw honey

2 tsp fresh grated ginger

1 tsp red pepper flakes

Green onion, finely sliced

Combine the balsamic vinegar, coconut aminos, water, ginger, garlic, honey, and red pepper flakes. Place the drumsticks in a saucepan. Pour the balsamic sauce on top of the drumsticks. Place the pan on the stovetop, and bring to a boil. Lower heat to a simmer and cook for 25 to 30 minutes, turning occasionally. Once chicken is cooked through, make sure drumsticks are well coated with the sauce, and let rest for 23 minutes. Serve the drumsticks topped with green onions.

Roasted Pork Chops & Butternut Squash

Serves 2

Steamed spinach with garlic and a tsp of raw coconut butter goes very well with this dish

1 butternut squash, peeled, seeded, and cut into 1 1/2 inch pieces

7 tbsp of olive oil

2 bone-in pork chops

Heat oven to 400 degrees. On a baking sheet, toss the squash with 4 tbsp of olive oil, 1/2 tsp of sea salt, and 1/4 tsp of fresh ground black pepper. Roast, tossing once, until tender, 30 to 35 minutes. When the squash has cooked for 20 minutes, heat 3 tbsp of the remaining oil in a large skillet over high heat and add pork chops. Cook pork chops until browned, 3 to 5 minutes per side. Season pork chops to taste with sea salt and freshly ground black pepper.

Crock Pot Ugly Chicken

Serves 3

3 medium sweet potatoes, peeled and sliced (about 1/2 inch thick)

1 medium sweet onion, sliced

1 lb chicken, diced into chunks

1 cup baby carrots

1 red bell pepper, seeded and sliced

1 tsp minced garlic

Lightly grease crock pot with olive oil. Lay sweet potatoes in bottom. Place chicken on top of the sweet potatoes. Cover with onions, carrots, and pepper. Sprinkle on the garlic, cover and cook on low for 6-7 hours. Add a little salt and pepper to taste.

Lemon Dill Halibut

Serves 1

1 wild halibut fillet

1 sm zucchini

1 tsp olive oil

1 tbsp lemon juice

1 and 1/2 tbsp chopped fresh dill

3 lemon slices

1 Fifteen inch piece of parchment paper

Preheat oven to 350 degrees. Trim the ends of the zucchini and cut them in half, lengthwise. Next cut them into 1/2 inch thick half moons. Place the slices of zucchini in the middle of the parchment paper. Put the fillet on top, and add olive oil, salt and pepper. Top with the dill, and lemon slices. Fold over the parchment paper to cover the salmon. Place the packet on a baking sheet in the oven and bake for 15-20 minutes, or until the salmon is cooked to your preference. Open the packet slowly when done cooking. Enjoy!

Zucchini Noodles with Scallops and Bacon

Serves 2

1/2 lb petite bay scallops, cleaned and rinsed

3 slices of bacon (nitrate and sugar free)

4 medium zucchini, washed and dried

1 tbsp garlic powder

3 scallions/green onions, sliced and reserved for garnish

Lemon juice of one small lemon

Olive Oil

Sea salt and ground pepper

Lay the cleaned scallops on a paper towel to dry. Lay another paper towel over the top and press down gently to absorb excess moisture, and set them aside. In a large pan, cook the bacon till crisp. While the bacon is cooking, use a vegetable spiralizer, or julienne peeler to make your zucchini noodle. Set the noodles aside. Once the bacon is cooked, remove it from the pan and set it aside. In the same pan, dump some of the bacon fat, but leave about 2 tsp of it. Bring the heat to medium high and add zucchini noodles, with the garlic powder. Saute the zucchini noodles until they are softened, about 35 minutes. While the noodles are cooking, chop up the bacon pieces. When the noodles are done cooking, remove pan from heat, toss in the bacon pieces, the chopped green onion, and the lemon juice. Set pan aside. Add some olive oil to another pan, and set heat to medium-high. Add the scallops and sear them till they are golden brown on both sides, about 2 minutes a side. Remove from heat and toss them with the noodles. Add salt and pepper to taste.

Tai Inspired Beef Salad

1 lb beef sirloin, cut into bite-sized cubes

16 shiitake mushrooms or baby bella's, stemmed and sliced into strips

1 tbsp fresh ginger, minced or grated

4 garlic cloves, minced

1 tsp crushed red chili flakes

4 cups butterhead lettuce (boston bibb)

1 small red bell pepper, seeded and sliced very thin

1/2 medium red onion, very thinly sliced

1/4 bunch cilantro, washed and large stems removed

16 leaves thai basil (substitution = regular basil)

2 tbsp lime juice, freshly squeezed

1/4 cup coconut oil, or olive oil; Salt and pepper, to taste

In a mixing bowl, combine your beef, mushrooms, garlic, ginger and chili flakes. Season with a bit of salt and pepper, and set aside. In a large salad bowl, place your lettuce, very thinly sliced bell peppers and onions, as well as your fresh cilantro and basil. Set aside. Heat a large sauté pan, over high heat. Add your coconut, or olive oil and swirl it around the pan. When it begins to ripple, sprinkle your meat/mushroom mixture over the surface of the pan. The goal is to spread the meat/mushroom in a single layer over the full bottom of the pan. Allow to sear over the high heat for about 1 to 2 minutes. Toss the mixture and try and cook the opposite side of the meats and mushrooms. Cook until the beef is cooked to the desired doneness. When the beef is cooked, add lime juice to the pan, where it should immediately boil. Pour the entire mixture, meat, dressing, oil and all, over the lettuce.. Alternately, you could sauté the beef/mushrooms, then put on a plate in a single layer, in the fridge, for about 30 minutes. This will chill it. Then, add the chilled meat to the salad, for a different, cleaner and fresher salad experience. Mix and serve.

Cauliflower Crust Pizza

Serves 2

1 head cauliflower, stalk removed

2 eggs, lightly beaten

¼ cup almond or tapioca flour

1 tsp dried oregano

1 tsp dried basil

1 tsp garlic powder

Sea Salt

Freshly ground black pepper

Topping ideas: Pizza sauce, pepperoni, mushrooms, grape tomatoes, almond cheese, fresh basil, zucchini, etc.

Preheat oven to 400 degrees. Place the cauliflower in a food processor, or blender and pulse until finely shredded. You may want to do this in small batches. Steam the shredded cauliflower for 34 minutes. Drain well, let cool, and strain excess water using a towel. In a bowl, combine the cauliflower, oregano, dried basil, garlic powder, almond flour, and season with salt and pepper to taste. Mix everything thoroughly. Transfer to pizza pan, or baking sheet and shape into pizza crust shape. Bake in oven 15-18 minutes. Spread pizza sauce and toppings on pizza and cook for another 8-10 minutes. Let cool before cutting and serving.

Ribs with Mixed Berry BBQ Sauce

Serves 4

5 lbs baby back ribs

1 tbsp garlic powder

2 tbsp paprika

Sea salt

Freshly ground black pepper

2 cups frozen mixed berries, thawed and coarsely chopped

1 onion, chopped

2 garlic cloves, minced

1 cup ketchup (homemade, or paleo acceptable brand)

¼ cup apple cider vinegar

2 tbsp Worcestershire sauce

2 tsp Dijon mustard

1 tsp ground cinnamon

1 tbsp chili powder

2 tbsp hot sauce

2 tbsp raw honey

Bacon fat

Preheat oven to 250 degrees. Season the ribs with garlic powder, paprika, sea salt, and black pepper. Place the ribs on one or two baking sheets, making sure not to overcrowd them. Cover the baking dishes with foil and place ribs in oven. Bake in oven for 2 and ½ to 3 hours. While the ribs are cooking, melt 2 tbsp of bacon fat in a saucepan. Add the onion and garlic to the saucepan and cook until soft. Add the remaining ingredients and cook, uncovered, for 20 to 25 minutes. If you want a smoother texture, pulse the sauce using an immersion blender. Remove the ribs from the oven and rub with the BBQ sauce, making sure they are well covered. Place on a preheated grill, or back in the oven on broil, and cook for 58 minutes on each side. Transfer ribs to a cutting board, cut the racks between the bones and serve.

Vegetables in a Creamy Pesto Sauce

Serves 4

4 large zucchini, sliced

2 carrots, thinly sliced

8 mushrooms, sliced

2 yellow squash, sliced and halved

2 cups of fresh spinach

6 oz of fresh pesto

½ cup coconut milk

1 tbsp bacon fat

Juice of 1 lemon

Sea Salt

Freshly ground black pepper

Use steamer or large quart pan to steam carrots, mushrooms, squash, and zucchini, usually 57 minutes. Do not overcook, because you do not want the vegetables to become mushy once you add them to the sauce. While the vegetables are steaming, heat the bacon fat, coconut milk, salt and pepper over medium high heat until boiling. Once lightly boiling turn down heat to medium and add in pesto and lemon juice. Stir until well blended. Lower heat to a simmer and add the zucchini, next the spinach, and remaining vegetables, then gently mix. Let the veggies simmer in the sauce for a few minutes. Transfer to a couple of serving bowls and enjoy.

Beef and Broccoli Stir Fry

Serves 2

6 oz lean beef, such as top sirloin

1 tsp minced garlic

1/2 tsp ginger

1 tbsp light soy sauce

1 and 1/2 cup broccoli

1 tbsp coconut oil

4 tbsp water

12 tbsp beef broth

1 tbsp cornstarch

Combine beef, garlic, ginger, and soy sauce in a bowl and let stand. Heat 2 tsp oil in skillet over mediumhigh heat, add broccoli and stir fry for 2 minutes. Add water and stir until the water evaporates. Move broccoli to a separate bowl. Heat remaining oil and add beef mixture. Stir fry for 3 minutes. Stir together broth and cornstarch, add to meat and stir fry until sauce has thickened, about 3 more minutes.

Water Intake

WATER INTAKE RECOMMENDATION

Our recommendation on water intake is to drink when you are thirsty. Below is a good way to get water intake throughout the day.

UPON WAKING: 12 ounces of hot, warm, or cold water with half of a lemon's juice squeezed into it.

DRINK 2 to 3 GLASSES OF WATER IN BETWEEN BREAKFAST AND LUNCH

DRINK 2 to 3 GLASSES OF WATER BETWEEN LUNCH AND DINNER

BEFORE BED: Drink another 1 to 2 glasses of water. One of them should be hot, warm, or cold with 2 tbsp of apple cider vinegar (must be a brand that contains The Mother, which is healthy bacteria).

SNACKS

1 handful of nuts (preferably walnuts, hazelnuts, pecans, pistachios, cashews, pine nuts, macadamia nuts and/or almonds; can be lightly salted)

Pumpkin seeds, or sunflower seeds

8 oz. Organic applesauce (unsweetened, can be homemade)

Cluster of white, or red grapes

Any type of fruit, fresh or dried (do not buy a brand with added sugar)

Up to 12 small Pickles, or 6 med/lg pickles

1 handful of olives

1 Avocado (plain, or with some salsa; I like mine with lemon juice)

1 handful raw veggies (can also be cut and dipped in small amount of dressing, 12 tbsp)

4 oz. Beef jerky

1 handful of anything fermented (kefir, sauerkraut, kimchi, or tempeh)

FOOD IN MODERATION

Unsweetened Iced Tea (up to 2 cups a day)

Coffee (a little almond milk is ok; no sugar, or try coconut sugar; and no more than 2 cups a day)

Herbal tea, or green tea (up to 1 cup a day of each)

Coconut water (up to 24 ounces a day)

Low Sodium V8 Juice (up to 1 cup a day)

FOODS TO AVOID

White breads or grains

Refined Sugar or Candy

Soda, Energy Drinks

Anything that says fat-free or diet

Margarine or butter substitutes

Artificial sweeteners or sugar free anything (unless it is naturally sugar free, or you are diabetic)

Alcohol