

Recipes and Snack Ideas!

40 Plus Snack Ideas

By Kjersti Cote

All of these snacks are for shake/meal days only! :)

A good rule of thumb is that a "snack" is typically mid morning and mid afternoon. I eat about every 2-3 hours- shake, shake, meal- with snacking in between.

The size of your snack matters, especially if you want to release pounds and inches. Typically a snack is about 5-10 bites of something or a cup measured out.

Enjoy!

1. Homemade nut mix Combine ALL RAW- walnuts, almonds, cashews, pecans pepitas, sunflower seeds, carob chips and dried chopped Plum Amazins.
2. Tamari-seasoned rice crackers are a salt lover's vehicle for tuna salad. We like to punch it up with a squeeze of Sriracha chili sauce!
3. Mound chopped smoked salmon onto lettuce leaf and top with dill.
4. Sprinkle drained canned artichoke hearts with lemon zest, capers, chopped fresh basil and olive oil. Eat with toothpicks.
5. Stuffed Mushrooms: Briefly roast button mushroom caps until softened. Fill with jarred pesto and a little chopped turkey.
6. Smoked Turkey Pinwheels: Spread a layer of hummus on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.
7. Spruce up a shot of tomato juice by topping it with finely chopped cooked shrimp, scallions and crumbled saltines.
8. Whisk together almond butter, tamari and a few drops of water. Use as an Asian-style dip for baby bok choy.
9. Five-Spice Pumpkin Seeds: Toss salted pumpkin seeds (also known as pepitas) with sesame oil and Chinese five-spice powder, then bake at 160° until crisp.
10. Turn cucumber slices into crackers: Spread them with olive tapenade and garnish with chopped fresh tarragon.
11. Dunk root veggie chips (such as Terra chips) into low-fat sour cream seasoned with hot sauce and orange zest.
12. Ants on a Log: Stuff celery sticks with cashew butter and dot with dried currants.
13. Mix crisp and spicy jarred corn relish with chopped tomatoes and cilantro; eat with rice crackers.
14. Stuff iceberg lettuce leaves with chopped ripe tomatoes and cucumbers and a dollop of hummus.
15. Dip sugar snap peas in a mixture of Greek yogurt and a bit of jarred pesto.
16. Chickpea Poppers: Thoroughly dry canned chickpeas. Spritz with extra-virgin olive oil, season with dried oregano and garlic salt and roast at 400° until crisp.
17. Spread granny smith apple wedges with chunky cashew butter and top with toasted sesame seeds.
18. Fill endive spears with chopped Bosc pears and season with balsamic vinegar.
19. No-Chop Gazpacho: Combine tomato juice, cucumber, bell peppers and onion in a mini chopper, and then pulse just until chunky. Add a splash of red wine vinegar.
20. Cut jicama into sticks, squeeze liberally with lime juice and dip in a sauce of chunky almond butter, honey and fresh ginger.
21. Combine finely chopped broccoli, multicolored bell peppers and scallions with Greek yogurt and a dash of prepared horseradish. Keep a bag of baby carrots close by.
22. 1-2-3 Thai Slaw: Open a bag of shredded carrots; dress lightly with toasted sesame oil, lime juice, olive oil, honey and a dash of cayenne pepper. Toss in chopped salted peanuts.

23. Shred iceberg lettuce into tuna salad and eat on thick-cut organic or homemade bread-and-butter pickles.
 24. Deviled Eggs: Replace mayo with Greek yogurt to make deviled eggs. Fold a handful of finely chopped watercress and a pinch of Old Bay seasoning into the yolks.
 25. Stuffed Figs: Split plump dried figs and stuff with toasted hazelnuts.
 26. Halve a cup of cherry tomatoes and drizzle them with olive oil.
 27. Sneak some finely chopped swiss chard into your pesto, and then spoon onto garlic pita chips.
 28. Indian-Spiced Cashews: Toss raw cashews in coconut oil and curry powder and roast at 160° until golden.
 29. Sushi Stick: Roll up sliced avocado, cucumber spears and brown rice in a nori sheet and eat with pickled ginger.
 30. Fruit Compote: Choose 1 cup of- either blueberries, raspberries, strawberries, apple. Mix 1 cup of fruit with olive oil, cinnamon and a touch of stevia if desired and pan-fry until they're on the brink of bursting, then gobble up while warm.
 31. ½ IsaLean Shake
 32. ½ IsaLean Bar
 33. 1 Slimcake
 34. 1 FiberPro Bar
 35. 2 tbsp. IsaCrunch
 36. A few Isagenix Snacks, chocolate or vanilla, with 8oz. of purified water
 37. 5-10 raw almonds
 38. 1 egg
 39. 1 cup cucumbers, sliced
 40. A small organic salad with favorite organic salad dressing
 41. 1 cup of fresh melon or blueberries, raspberries
 42. 1 small apple, sliced
 43. ½ cup cooked brown rice or quinoa
 44. A slice of nitrite-free, hormone-free turkey
 45. 1 stalk of celery with organic almond butter
 46. 3 oz. of grilled, organic chicken
 47. ½ cup of fat-free organic yogurt with ½ berries
 48. ½ cup fat-free organic cottage cheese
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Coconut Chicken strips

By Michelle Christofaro-Mellinger

Ingredients-

4 organic boneless skinless chicken breasts, cut into strips
1/4 cup coconut oil, melted

Breading:

1 cup of finely shredded unsweetened organic coconut
1/4 cup coconut flour
1/2 tsp. sea salt
1/2 tsp. freshly ground pepper
1/2 tsp. granulated onion
1/2 tsp. granulated garlic
1/2 tsp. paprika

Pre- heat oven to 370 or 375 degrees

In a shallow pan or a dish combine the breading and set aside.

Drizzle 1/2 of the coconut oil over the chicken then place the strips in the breading, covering all of the chicken.

Place the breaded chicken in a greased 9 x 13 glass baking dish.

Pour remaining coconut oil over the chicken strip.

Bake for 20- 25 minutes.

Change oven to broil and broil chicken for about 5 -6 minutes or until golden brown on top.

Serve over a salad or with veggies.

Best Ever Chicken

By Michelle Christofaro-Mellinger

Ingredients-

Brining:

2 garlic cloves, whole (but smash them with a knife)

4 to 6 cups of water (enough to cover the chicken)

2 to 3 TBSP of salt

1/2 TBSP of coconut aminos

1 bay leaf

1 tsp. of whole coriander seeds

1 tsp. of whole cumin seeds

1 tsp. of whole black peppercorns

2-3 pounds of skinless boneless chicken breasts

Spice Blend-

1 TBSP of ground cumin

1 TBSP of curry powder

1 TBSP of chili powder

1/2 TBSP of ground allspice

1/2 tsp. of ground cinnamon

1/4 TBSP of ground black pepper

2 to 4 TBSP of coconut oil

Directions-

Place a 1-gallon zipper storage bag inside a large bowl so it's standing up.

Pour the water into the bag then add all of the ingredients under the Brining.

Then you add the salt, just stir to dissolve it.

Refrigerate at least 3 to 4 hours or over night as well.

Pre heat grill or you can bake in the oven at 360- 370 degrees depending on your oven

Rinse the chicken when you take out from the Ziploc bag. Set in a colander and pat dry.

Mix all of the spice ingredients. If your coconut oil is not melted make sure you melt it in a saucepan first then add to the spice mixture and mix well with a fork.

Coat the chicken pieces with the mixture. You can massage it on or put in a bowl and toss together.

Grill method-

Cook for 5 to 7 minutes on each side or until the chicken is brown and cooked through.

Oven method-

Back 35 to 40 minutes depending on the temperature of your oven. Bake until cooked through and no pink. I am sure everybody knows how to bake chicken so bake it however you normally do.

Tomato Basil Soup

By Michelle Christofaro-Mellinger

Ingredients-

5 ripened organic tomatoes
1 tbsp. of olive oil
1 tbsp. coconut oil
Sprinkle of sea salt and pepper
1 large onion, chopped
4 cloves garlic, minced
3 cups organic chicken stock
½ cup organic basil leaves, sliced
6 oz. of organic tomato paste
2 tsp. of black pepper
2 tsp. of sea salt

Directions-

- Preheat oven to 350 degrees.
 - Quarter the tomatoes and toss with olive oil, sprinkle of sea salt and pepper. Roast for 30 minutes.
 - In a large pot, sauté the onions and garlic. Add the roasted tomatoes and sauté for a few minutes. Add the chicken stock, basil, and tomato paste and stir until paste is dissolved into the broth. Season with 2 tsp. of pepper and sea salt. Bring to a boil then reduce heat and simmer for 30 minutes.
 - Pour into a food processor or vita mix and puree until smooth.
 - Serve and garnish with a sprinkle of chopped basil
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Grilled Salmon and Asparagus Frittata

By Kjersti Cote

Serves: 4-6

Ingredients-

12 whole eggs, whisked
6-8oz of salmon (or more. don't be shy.)
Bundle of asparagus, ends cut off
1-teaspoon garlic powder
1-teaspoon onion powder
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
Sea salt and pepper, to taste
1 tablespoon of olive oil
1 medium ripe avocado
Aluminum foil, for the grill

Instructions

- Preheat oven to 350 degrees.
- Light that grill of yours!
- Whisk your eggs in a large bowl.
- Salt and pepper your salmon and place on a piece of aluminum foil.
- Place asparagus spears on a separate piece of aluminum foil and pour a tablespoon of olive oil over the spears and then top with sea salt and pepper.
- Place both pieces of aluminum foil on the grill to cook.
- Flip both the spears and salmon after about 4-6 minutes to cook on other side.
- Once the food is cooked, let cool for just a second then roughly chop your salmon and asparagus.
- Throw into your bowl of whisked eggs, then add your garlic and onion powder, and thyme and basil, and top it all off with a bit more sea salt and pepper.

- Pour into a cast iron skillet and bake for 18-20 minutes or until middle of frittata is completely cooked through.
- Top with sliced avocado.

Notes

If you don't have a grill, just cook your asparagus and salmon on the stovetop. If you don't have a cast iron skillet, cook in a greased glass-baking dish.

Blackberry Glazed Grilled Chicken

By Kjersti Cote

Serves: 2-4

Ingredients

6 organic, boneless skinless chicken breasts
1/2 teaspoon cinnamon
1/2 teaspoon dried thyme
Sea salt and pepper, to taste
12 ounces fresh organic blackberries
1/2 cup balsamic vinegar
2 tablespoons water
Pinch of salt

Instructions

- Turn your grill on.
 - Place chicken breasts on a plate and sprinkle and press in cinnamon, thyme, sea salt and pepper on both sides.
 - While your grill heats up, place a small saucepan over medium heat on your stovetop, add your blackberries, balsamic vinegar, water, and a pinch of salt.
 - Let the sauce begin to mix together, stirring frequently to make sure it doesn't burn.
 - Turn heat to low and let the sauce simmer for about 3-5 minutes.
 - Then pour half of the sauce into a bowl leaving the blackberries in the saucepan- you'll use them to top off your chicken later.
 - Use a glazing brush to glaze one side of your chicken then place the glazed side down onto your grill. Glaze the other side, cover grill and let cook for 5-7 minutes per side. Glaze each side of chicken around 3-4 times. Make sure your chicken is cooked on both sides and cook completely through before removing from grill, about 15 minutes.
 - Once your chicken is done, place on a big plate or platter with sides and top with your remaining blackberry sauce that has been simmering and thickening up.
 - Serve with fresh garden salad and a long grain cooked rice.
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Turkey Nests Eggs-

By Kjersti Cote

Makes: 12 Nest Eggs...

Ingredients

1 medium yam, shredded
20 oz. frozen spinach, thawed and squeezed of liquid
1 lb. of cooked crumbled turkey sausage
1 cup diced mushrooms
12 eggs
1-teaspoon garlic powder

1-teaspoon onion powder
Salt and pepper, to taste
1-tablespoon olive oil
Coconut oil spray

Instructions

1. Preheat your oven to 375 degrees.
 2. Shred your yam in a food processor using the shredding attachment.
 3. Spray your muffin pans with coconut oil- I use the bigger muffin tins for more room.
 4. Place shredded yam in each muffin and press down and up onto the sides to create little buckets. Spray the top of the shredded yam in each tin with more coconut oil spray.
 5. Bake for 15-17 minutes.
 6. While the little nests bake, in a sauté pan, over medium heat, cook turkey sausage until done. Set aside.
 7. Take your thawed spinach and squeeze out all the excess liquid. In the same pan add olive oil mushrooms and spinach along with garlic powder, onion powder, and salt and pepper. Sauté for about 5 minutes.
 8. Remove muffin pans from oven and add spinach/mushroom mix to each tin and press down, then add turkey sausage and press, then top each with 1 egg.
 9. Bake for 8-9 minutes for runny yolks or up to 12 for hard eggs.
Serve with hot sauce on top!
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Smothered Pork Chops-

By Kjersti Cote

Ingredients-

4-6 Pasture raised, organic pork chops (3/4 to 1 inch thick)...
1/2 cup almond flour
2 tbs. coconut flour
1 tbs. garlic powder
1 tbs. onion powder
1/4 tsp. black pepper
1 tsp. salt
1/4 tsp. smoked paprika
1/2 tsp. chipotle powder or cayenne pepper 1
/2 cup coconut or olive oil
1-2 large sweet onions- sliced
1-cup low sodium, organic chicken stock
1/2 cup coconut milk

Directions-

1. Rinse pork chops and pat dry
2. Mix flours, garlic powder, onion powder, pepper, salt, paprika and chipotle well and pour on plate
3. Heat oil in large skillet
4. Dredge chops in flour mixture, shaking off excess. Reserve remaining flour.
5. When oil is barely smoking, add pork chops and cook for 3-4 minutes per side or until golden brown.
6. Remove chops from pan and set aside.
7. Without cleaning the pan, add the onions in and stir to loosen up any browned bits (called deglazing). Cook until onions are well browned and translucent.
8. Sprinkle in remaining flour mixture on to onions, add the chicken stock and whisk to combine. Let sauce thicken a bit (simmer for about 5 minutes).
9. Stir in coconut milk.
10. Add the pork chops back into pan, spooning the onion sauce over them. Allow to simmer for 5-7

minutes or until pork is cooked through.
Serve with baked spaghetti squash and steamed asparagus

Healthy Pizza

By Kjersti Cote

Serves 4...

Crust ingredients

½ cup coconut flour
1 cup almond meal
1 tsp. baking powder
2 tsp. garlic powder
4 eggs
3 tbsp. extra-virgin olive oil
½ cup coconut milk

Topping ingredients

A few tbsp. tomato pesto or of your favorite tomato sauce;
8 sun-dried tomatoes, chopped;
3 artichoke hearts, chopped;
8 button mushrooms, sliced;
1 tbsp. coconut oil, for cooking;
1 cup of diced cooked chicken
2 tbsp. of raw pine nuts
Sprinkle of Parmesan

Preparation

- Preheat your oven to 375 F.
 - Always begin your pizza making by preparing the crust. This is necessary for this recipe, as the crust requires some cooking time without the toppings.
 - In a large bowl, combine the coconut flour, almond meal, baking powder and garlic powder. Using a whisk to eliminate any clumping, start mixing in the wet ingredients. I usually continue to whisk as I do this, because it helps prevent the dry ingredients from clumping. You will reach a point when your whisk becomes useless and your hands are necessary, generally when the mixture starts forming a batter. The batter will seem quite soft and much different in texture than the usual pizza dough, but once cooked it will take the right form.
 - On a well-greased and rimmed pizza pan, pour in the batter and spread it until it's covering the complete surface. It's important to use a rimmed pan so the batter doesn't spill off. Throw just the crust in the oven and allow it to bake alone for 15-20 minutes.
 - Meanwhile, prepare all of your toppings so that you just have to put them on once the crust has baked. For the mushrooms, simply heat a pan of a medium heat and cook the sliced mushrooms with the coconut oil for 3 to 4 minutes, until they are well cooked.
 - Spread the sauce on the surface of the crust, as much or as little as you like.
 - Sprinkle all ingredients evenly on pizza.
 - With the oven still at 375 F, bake the whole pizza for another 10 or so minutes, just to allow the toppings to cook.
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Spicy Meatza with Sweet Potato

Kjersti Cote

Serves: 4-6...

Ingredients

2lbs Organics Grass Fed Ground Beef
1lb ground Turkey
1 yam (or a sweet potato if you call it that...because I do), diced
1/4 cup hot sauce (I love Frank's but whatever you like)
1 tablespoon dried basil
1 tablespoon dried parsley
1 tablespoon dried oregano
2 teaspoons garlic powder
2 teaspoons onion powder
Salt and pepper, to taste
2 tablespoons Gold Label Virgin Coconut Oil

Instructions

- Preheat your oven to 350 degrees.
 - Place your ground beef a bowl along with your herbs: basil, parsley, and oregano as well as some salt and pepper.
 - Add the ground beef to a 9×13 glass baking dish and place in the oven to bake for 12-15 minutes.
 - While your ground beef bakes, place a large skillet over medium heat and add your coconut oil to the pan. Once the coconut oil becomes hot, add your diced yams. Cover to help steam and cook for about 5 minutes or so.
 - When your yams begin to soften, add your ground chicken along with your garlic powder, onion powder, and salt and pepper. Use a wooden spoon to break up the chicken, then cover to help cook through completely.
 - When the chicken is done cooking through, add your hot sauce and mix thoroughly.
 - When your ground beef is done cooking through, add your chicken and yam/sweet potato mixture on top of the beef. Then add a bit more hot sauce to top it all off.
 - Bake for about 5 minutes.
 - Serve with fresh salad and cooked long grain rice!
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Pesto Chicken and Butternut Squash

Kjersti Cote

Serves: 4...

Ingredients

4 boneless, skinless chicken breasts
1 small butternut squash, peeled and chopped
1/4 cup raw walnuts
1/4 cup raw pine nuts
1-1.5 cups fresh basil
1/2 cup olive oil
2 garlic cloves
Juice of 1 lemon
1/2 teaspoon cayenne pepper
Salt and pepper, to taste

Instructions

- Preheat your oven to 400 degrees.
- Make your pesto- in the food processor, add walnuts and pine nuts. Turn on until you get a mealy consistency. Then add your basil leaves and turn your food processor back on, blend well. While the food processor is still running, drop in your garlic cloves then slowly begin to add your olive oil. Add your lemon juice, cayenne pepper, and salt and pepper. Taste to see if you need to add a little extra of anything else.

- Pull out a large baking dish, 9×13.
 - Add your chopped butternut squash, chicken breasts, then pour your pesto over it. Mix around a bit with the spoon to help coat all sides of the food.
 - Bake for 35-45 minutes or until chicken is cooked through* and butternut squash is tender. Use the “poke with a fork” test to check.
 - Serve with a hearty, coarsely chopped salad containing 6-8 of your favorite veggies
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Southwest Turkey Burger over Spicy Avocado Slaw

Kjersti Cote

Serves: 4

Ingredients-

For the burgers

1lb ground turkey
1/4 red onion, minced
1/4 red onion, thinly sliced
1/2 poblano pepper, diced
1/2 red bell pepper, diced
1-teaspoon ground cumin
1/2 teaspoon ground red pepper
Salt and pepper, to taste
1-tablespoon olive oil

For the slaw

1 small head of cabbage or bag of cabbage, chopped
2 avocados
1-tablespoon olive oil
1-teaspoon lime juice
1/2 teaspoon lemon juice
1-teaspoon ground cumin
1/2 teaspoon crushed red pepper
Salt and pepper, to taste

Instructions

First make your burgers

Add all your ingredients for your burgers in a large bowl.

Shape small burger patties.

Heat up a large skillet under medium heat with olive oil and add your sliders. Flip after about 3-5 minutes or when you see the sides of your sliders begin to turn a white color (meaning they are cooking through).

Now make your slaw

Pull out your handy dandy food processor, add all your ingredients for the slaw except for the cabbage, and pulse until smooth.

Pour your avocado mix over the cabbage and mix. Top off with a bit of salt and pepper.

Place your cabbage on a plate and top off with your sliders!

Serve with baked yams!

Loaded Turkey Twice Baked Sweet Potatoes

By Kjersti Cote

Ingredients-

1 lb. ground turkey
2 large sweet potatoes (I used the yellow kind)*
1/4 cup Red Hot sauce (or another kind you like)
1-tablespoon olive oil
1 yellow onion, diced
1 garlic clove, minced
2 teaspoons chipotle chili powder
1 teaspoon ground red pepper
1-teaspoon garlic powder
1-teaspoon onion powder
1/2 teaspoon paprika
Salt and pepper, to taste
Grated cheese

Instructions:

- Preheat your oven to 425 degrees.
 - Cut your sweet potatoes in half, lengthwise and put them face down on a cookie sheet. Put in the oven to cook for about 25-30 minutes depending how thick they are. You will know when they are done if they are easy to push on, on the skin side. If you pull them out early and the inside doesn't come out easily with a spoon, you'll need to cook them a bit longer.
 - While your sweet potatoes cook, put out a pot or skillet over medium-high heat. Add olive oil to the hot pan then add your garlic and onions to start cooking down. Once the onions are translucent, add the ground turkey and use a large spoon to break it up to help cook it a bit quicker. When the turkey is half way done cooking, add the spices. Let the turkey cook until no longer pink or until completely cooked through, take off heat.
 - Now pull your sweet potatoes out of the oven and use a large spoon to scoop out the insides. Be careful to not go totally to the skin or it may tear and be pointless to add meat to. Put the insides of the sweet potatoes directly into your pan of turkey and mix thoroughly to combine.
 - Now scoop out the new mixture and put into your sweet potato skins. You can go as high as you want.
 - Top with grated cheese.
 - Put the loaded sweet potatoes back on the cookie sheet, face up, back into the oven and cook for 3-5 more minutes just to meld the flavors together and harden the top a bit
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Blood Orange Salsa over Pecan Encrusted Tilapia

Kjersti Cote

Serves: 2...

Ingredients:

For the fish

2 tilapia filets
1 egg white, beaten
1-cup pecans
1/4 cup unsweetened shredded coconut
1/2 teaspoon dried parsley
1/2 teaspoon dried tarragon
1/2 teaspoon dried thyme
Salt and pepper, to taste
2 tablespoons coconut oil

For the salsa

2 blood oranges, peeled and cut in halves

2 clementine's, peeled and cut in halves
1/2 jalapeno, seeds removed and finely diced
1/2 small red onion, diced
1/2 lime, juiced
1/2 lemon, juiced
2 tablespoons fresh cilantro, chopped
Pinch of salt

Instructions:

- Add your pecans and coconut to a food processor. Pulse until they turn into almost breadcrumbs. Not until its a pecan butter
 - Then add your seasonings along with a bit of salt and pepper and pulse a few more times to incorporate.
 - Whisk your egg in a separate large, flat-bottomed bowl.
 - Now put your pecan breadcrumbs on a plate or any wide dish that will be convenient enough to put your filets in.
 - Heat up a large skillet with a bit of coconut oil.
 - Dip your tilapia in the egg whites then transfer over to your pecan breadcrumbs and coat on both sides. Repeat with other filets.
 - Add pecan-breaded tilapia directly to your hot pan.
 - Cook on both sides for 5-6 minutes, being sure not to burn the crust. Pecans and coconut can burn easily so keep a close eye on it.
 - Now chop up all your ingredients for you salsa, add to a large bowl and mix thoroughly.
 - Once fish is done cooking, top it off with your blood orange salsa.
 - Serve with or over fresh spinach or salad.
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Sweet Potato Enchiladas

By Kjersti Cote

Serves: 4...

Ingredients

For the enchiladas-

- 3 sweet potatoes, sliced thin lengthwise with a mandolin
- 1lb grass fed ground beef
- 1/2 yellow onion, diced
- 2 garlic cloves, minced
- 1 (4oz) can diced green chilies
- 1/2 teaspoon cumin
- 1/4 chili powder
- 1/4 sea salt
- 1/4 black pepper
- 3-4 tablespoons Gold Label Virgin Coconut Oil

For the sauce-

- 1 (14oz) can tomato sauce
- 1/4 yellow onion, minced
- 1/3 cup vegetable broth
- 1 tablespoon Gold Label Virgin Coconut Oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon chili powder
- Salt and black pepper, to taste

Instructions

- Preheat oven to 350 degrees
 - Now to make our “tortillas” from our sweet potatoes. Use a mandolin to thinly slice your sweet potatoes lengthwise. (You can use a knife but I found I couldn’t get the thinness I wanted or consistency with each slice with using a knife)
 - Heat up a large skillet or griddle and place 2 tablespoons of coconut oil in it. When skillet is very hot and coconut oil has melted, add your sweet potatoes. Cook your sliced sweet potatoes for 3-5 minutes per side or until sweet potatoes are soft. You DO NOT want them crispy. (You may have to do this a couple of batches so keep coconut oil on hand.) Do as many batches as you need to and place sweet potato slices on a paper towel to remove excess oil and cool while you cook your meat.
 - Once your sweet potatoes are cooling, use the same skillet to cook your meat. Add in a bit of oil then add your minced garlic cloves along with your onion.
 - When the onion becomes translucent, add in your ground beef along with your green chilies and spices. Let that cook down until cook completely through, using a wooden spoon to break up the ground beef and incorporate all the flavors.
 - While the meat cooks, place a saucepan over medium heat for your sauce. Add your tablespoon of oil along with your minced onion.
 - When the onion becomes translucent, add your tomato sauce and vegetable broth, as well as all your seasonings. Let that cook down until it thickens just a bit.
 - Now once everything is done cooking, it’s time to use your fingers!
 - Pull out an 8×8 or 9×9 glass baking dish, add a spoonful of enchilada sauce on the bottom and start building your enchiladas.
 - Each enchilada should take 3 slices of a sweet potato. Place a slice down in the dish, then another half way on top, then another half on top of the second slice. It should be a feathering or fan effect. Now place a spoonful or two of your meat mixture in the center of your sweet potatoes, and then wrap your sweet potatoes over the meat, tucking the ends underneath the other ends of the sweet potatoes (like a tortilla).
 - Repeat until all your sweet potatoes are gone. If you are have leftover meat, place that around your enchiladas.
 - Pour your enchilada sauce on top.
 - Place in oven and bake for 15 minutes.
- Cool then eat your heart out!
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Brazilian Curry Chicken

Kjersti Cote

Ingredients...

- 1.5-2 lbs. chicken, boneless, skinless breasts
- 3/4 cup coconut milk
- 2 tablespoons tomato paste
- 3 garlic cloves, minced
- 1 tablespoon ground ginger
- 4-6 tablespoons curry powder
- 2 bell peppers, chopped into 1 cubes (I used yellow and red)
- 1 yellow onion, thinly sliced
- salt and pepper, to taste
- 1 cup chicken broth

Instructions

Grab out your crock pot!! Wooooo crock pot time!

Add in the coconut milk, tomato paste, garlic, ginger, curry powder, salt and pepper and whisk together.

Add in peppers and onions.

Next, add in chicken and pour broth over the chicken.
Mix all ingredients together to completely cover the chicken in the curry mixture.
Cover and cook at low for 6-8 hours or high for 4-5 hours.
Serve with quinoa or long grain rice.

Sundried Tomato Pesto Faux-Pasta

Kjersti Cote

Serves: 4-5

Ingredients

For the Pesto -

3 oz. sundried tomatoes
1 cup walnuts
1-1.5 cup olive oil
1/2 cup basil leaves
Juice of 1 lemon
2 garlic cloves
1/2 teaspoon salt

For the pasta-

3 zucchini, julienne cut or sliced into fettuccine noodles
1 bundle of asparagus
1lb chicken, diced
1/3 cup chicken broth or water
2-4 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon dried tarragon
1 teaspoon dried thyme
Salt and pepper, to taste

Instructions

1. Place your sundried tomatoes in a bowl with 1-2 cups of water or until the sundried tomatoes are covered to soften.
 2. Now heat up a medium sized skillet under medium heat with 1-2 tablespoons olive oil and throw in your diced chicken to begin to cook down, tossing the chicken randomly to help cook on all sides.
 3. Add your basil, tarragon, and thyme to the chicken.
 4. Once your sundried tomatoes are soft, pull out your food processor, place sundried tomatoes along with your walnuts and puree. Then add the rest of the pesto ingredients and slowly pour in the olive oil in while it's turned on so you can see how much olive oil you will really need. Add until you find your preferred consistency.
 5. Now heat up a large skillet under medium heat with 1-2 tablespoons olive oil and toss in your zucchini noodles and asparagus.
 6. Add your chicken broth or water to the noodles and asparagus to help cook the noodles down.
 7. After about 3-5 minutes, add your sundried tomato pesto to the zucchini noodles along with the chicken.
 8. Cover and let cook for 3-5 minutes. 9. Serve with some leftover sundried tomatoes on top!
Consume!!
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Cilantro Chicken Nuggets

Kjersti Cote

Ingredients

For the nuggets-

1lb ground chicken or ground turkey
1 egg, whisked
1 bundle of cilantro, chopped (the more, the better!)
3 scallions, chopped
2 teaspoons sesame oil
1/2 cup Coconut Flour
1/4 teaspoon ginger
Salt and pepper to taste
1-2 tablespoons Gold Label Virgin Coconut Oil

For the dipping sauce-

1/4 cup Coconut Aminos
1/8 cup white wine vinegar
1 tablespoon ground stone mustard (from the bottle/container-not powder)
1 teaspoon Raw Honey

Instructions

- Mix all of your nugget ingredients together: ground chicken, egg, cilantro, scallions, sesame oil, ginger, and salt and pepper.
 - Now heat up a large skillet under medium heat and add 1-2 tablespoons of coconut oil.
 - Place your coconut flour in a shallow bowl. Make small balls from your nugget mixture, "nugget sized" and place each nugget in the coconut flour (being sure to only lightly dust the nuggets) then place in your skillet.
 - Use a spatula to slightly flatten out each nugget. It only needs just a little press down.
 - Cook on both sides for 5-7 minutes or until cooked through. While your nuggets cook, mix your dipping sauce ingredients together.
 - Once your nuggets are done cooking, dip those little guys in the sauce and eat those grown up nuggets up!
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Quick and Easy Chewy Protein Bars

Kjersti Cote

Ingredients-

5 scoops of IsaPro vanilla protein powder
½ cup applesauce (unsweetened)
2 cups spelt oatmeal
½ cup natural peanut butter or almond butter
½ cup of chocolate chips (chop up a few IsaDelight Plus)
1 cup of raw mixed nuts, coarsely chopped (I use cashews, almonds, walnuts, pistachios)
1 tsp. cinnamon
2 packets of Truvia (stevia)
3-4 tbsp. ground Flax meal

- Line an 8" square baking dish with parchment paper.
 - Combine all ingredients in a medium bowl. Use clean hands to mix the ingredients until they are well blended.
 - Add more apple sauce if mixture is too dry but not too much as it will make bars too soft.
 - Spread mixture evenly using hands.
 - Place in freezer for 30 mins. Remove from freezer and cut into 8 bars. Individually wrap with saran and store in the freezer for up to a week. Take 1 out and eat promptly.
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IsaPro Crunch Bars

By Kjersti Cote and Andrea Henkart

1 cup Isa Pro
1/3 cup IsaCrunch
1 cup old fashioned oats
1 cup organic peanut or almond butter
3/4 cup honey (buy local for allergens)
2 tsp. vanilla

This is the basic recipe.

You may add other ingredients. I add a combination or all of the following:

1/4 cup flax seed
1/3 cup raw shelled sunflower seeds (other nuts can be used)
2 scoops FiberPro

Then while mixture is still warm, I grate 1 IsaDelight in so that it melts. You can also wait until you "flip" the bars and grate the IsaDelight and let it melt on top. It solidifies as it cools.

Directions-

- Heat honey on stovetop for one minute or until it is "runny". (I use a 5 qt. pan and end up mixing everything in it.) Do NOT over heat.
- Remove from heat and stir in peanut butter and vanilla until smooth. Immediately add dry ingredients to honey mixture until blended.
- Place wax paper inside of 9 x 9 square pan before pouring in mixture. I put a paper plate on top of pan and then flip the bars over. (Wax paper is on top) I leave the wax paper on, place paper plate into a gallon size zip lock bag and cool. Remove, pull wax paper off or pull back as you cut. Store in fridge.

Serves 24

RAW BROWNIES:

Ingredients-

2 cups walnuts or pecans
1 avocado
13 ounces pitted dates
1/2 cup cocoa powder
1/8 tsp. sea salt
1/8 tsp. orange zest
2 tsp. vanilla extract

In a food processor, mix all ingredients together. Then pat down in an 8" square pan.

FROSTING:

3 avocados
1/8 tsp. sea salt
1/2 cup cocoa powder
1/2 cup agave

Puree all frosting ingredients in a food processor and spread over brownies.

Cover and freeze for at least 3 hours.... cut and serve!!!!

Sandi's Coconut Flour Muffin Tops-

8-12 grams of protein per muffin top

Ingredients (makes 20-24 muffin tops)...

- * 1 1/2 cups of coconut flour
- * 3/4 teaspoon of sea salt
- * 3/4 teaspoon of aluminum free baking soda
- * 18 organic eggs
- * 1 cup of raw honey
- * 3/4 cup fresh applesauce
- * 3 tablespoons of vanilla
- * 1 1/2 cups coconut oil

Baking:

1. Preheat oven to 350 degrees F.
2. Blend all the dry ingredients together in a bowl.
3. Using a whisk or mixer, on a low setting, blend in all the wet ingredients into the dry ingredients.
4. Mix until well-blended. Use spatula to get batter from sides of mixer
5. Fill muffin tops full, then use spatula to smooth tops for pretty muffin tops
6. Bake for about 20 minutes, or until a toothpick comes out clean.

Serve warm with fresh organic raw butter or coconut oil!

