



A Month of Clean Eating!

Carb Cycling: 1 day no carbs/1 day carbs for 6 days then 7th day intermittent fasting for 16 hours and a cheat meal if I'm cranky. Daily Supplements: Turmeric/Piperine, CoQ10, Multi-vitamin, Beet powder pre-workout, BCAA post workout drink, Dandelion detox tea.

If you want to lower calorie count and carbs over-all, lower or omit cheese from recipes and omit rice, squash or sweet potatoes. You can also adjust cooking for 2 days no carbs/1 day carbs.

Meals:

BREAKFAST

<u>No Carb</u>	<u>Carbs</u>
Instant Pot Egg Bites	Overnight Oats
Eggs, Avocado and Turkey Bacon	Chia Pudding
Veggie Omelet	Protein Shakes

LUNCH

<u>No Carb</u>	<u>Carbs</u>
Charcuterie Lunch	Chicken Salad with Sweet Potato Chips
Egg Salad Lettuce Wraps	Southwest Chicken Salad
Tuna Salad Wraps	

DINNER

<u>No Carb</u>	<u>Carbs</u>
Chicken Parmesan Stuffed Peppers	Chicken with Coconut Thai curry with Rice
Zoodles and Meatballs, Salad	Chicken and Green Beans with Rice
Chicken Pesto Zoodles, Salad	Fajitas
Cauliflower Pizza, Salad	Chili with Protein Cornbread or Paleo Garlic Bread
Bacon Avocado Bunless Burgers	Steelhead with Rice and veggies
Philly Cheesesteak in Bell Peppers	
Roast Chicken and Veggies	
Crockpot Chicken Tortilla Soup (no tortillas)	
Zucchini Lasagna	
Ribs with Roast Veggies	

Desserts:

- [Paleo Lemon Bars](#)
- [Chocolate Chip Protein Balls](#)
- [Strawberries and Cream Protein balls](#)
- Berries, Whipped Cream and chocolate syrup*

Snacks:

- Berries and nuts*
- [Pickled Veggies](#)
- Piece of whole fruit*

*CARBS



RECIPES

Breakfast:

AVOCADO, EGGS AND TURKEY BACON

Scramble 2 eggs, top with salsa and ¼ an avocado. 2 slices Turkey Bacon on the side.

CHIA SEED PUDDING*

<https://chocolatecoveredkatie.com/2018/04/26/chia-pudding/>
Chocolate Fudge Chia Pudding: Add mini chocolate chips and 2 tbsp cocoa powder or your favorite chocolate protein powder to the base recipe below.

Strawberry Coconut: Use coconut milk for the milk of choice in the base recipe, and garnish with sliced strawberries or layer the pudding in a glass between layers of chopped berries (as shown in the photo below).

Peanut Butter Cookie Dough: Stir 1-2 tbsp peanut butter or powdered peanut butter into the base recipe. If desired, crumble Vegan Peanut Butter Cookies on top.

Chocolate Chip Banana Bread: Stir in mini chocolate chips and 1/4 cup mashed banana. I like to heat the banana first so it caramelizes, adding natural sweetness.

Blueberry Pie Chia Pudding: Stir in 1/4 cup mashed or pureed blueberries or blueberry yogurt. Add a dash of cinnamon and tiny sprinkle of cardamom if desired.

Total Time: 5m Yield: 1-2 servings Print This Recipe 4.98/5
Ingredients

1 cup milk of choice or cashew cream
1/4 cup chia seeds
1/4 tsp pure vanilla extract
sweetener of choice, as desired
scant 1/8 tsp salt

Instructions

*Sweetener amount will depend on the type of milk and sweetener you use, as well as your tastes. Options include maple syrup, stevia, sugar, coconut sugar, date paste, etc.

Chia Pudding Recipe: Whisk all ingredients in a container. If desired, you can blend everything together now, which will result in a smoother consistency the next day, but I actually love the taste and fun texture of leaving the seeds whole, so it's up to you. Cover, shake, then refrigerate overnight. The next day, it will be nice and thick. The pudding will keep 4-5 days refrigerated, so feel free to make a larger batch and portion into individual containers. I've included some flavor ideas earlier in this post, or have fun dreaming up your own!

EGGS AND VEGGIES

Scramble 2 eggs with ¼ cup bell pepper, 1/4 cup zucchini and ¼ cup red onions seasons with salt and pepper. Top with salsa and 1 teaspoon sour cream if desired.

INSTANT POT EGG BITES

<https://recipeteacher.com/best-damn-instant-pot-egg-bites/>

INGREDIENTS:

4 eggs, large
3oz gouda cheese, shredded
1/2 cup cottage cheese
1/4 cup heavy cream
1/2 cup fresh spinach
1/4 cup fire roasted red peppers, diced
1 teaspoon onion powder
1/2 teaspoon salt
butter
non-stick cooking spray

INSTRUCTIONS

Chop spinach and red peppers. Add a 1/2 tbs of butter to Instant Pot and set to "saute". When hot, add spinach and red peppers and saute for 1 minute. Press cancel.

Spray silicone egg bite mold with non-stick cooking spray and spoon red pepper and spinach mixture into each cup. Set aside.

In a blender, blend the eggs, gouda cheese, cottage cheese, heavy cream, onion powder and salt for about 30 seconds.

Pour egg batter into each egg bite cup about 3/4 full. When all are full, use a spoon to mix the batter with the spinach and red peppers a little more.

Add 1 cup of water to Instant pot, cover egg bite mold with foil and place on trivet and lower into pot. Secure lid with seal closed and set to "steam" for 8 minutes. When cycle is complete, let naturally release for 10 minutes, then quick release the rest.

Remove foil and let stand for 5-10 minutes to cool before removing and serving.

OVERNIGHT OATS*

Total Time: 5m

Yield: 1 serving

INGREDIENTS:

1/2 cup rolled oats or quick oats
1/2 cup milk of choice
1/2 cup yogurt or additional milk of choice
sweetener of choice, as desired
1/8 tsp salt
optional 1/2 cup fruit of choice
optional 1-2 tbsp nut butter
Optional 1 tbsp chia seeds, or add-ins of choice

INSTRUCTIONS:

*This recipe is easily vegan if you choose nondairy yogurt and milk. Options include almond, cashew, soy, rice, oat, or coconut. Combine all ingredients in a lidded container or mason jar. Shake well, then refrigerate overnight. The next morning, simply stir and enjoy! If you make the recipe, don't forget to rate it at the bottom of the post or leave a review. And if you come up with any other flavors, please do share!

Overnight Oatmeal Flavors

Peanut Butter Overnight Oats: Add 2 tbsp peanut butter to the recipe. Throw in a handful of mini chocolate chips if desired.



Chocolate Chip Cookie: Use vanilla yogurt or add 1/8 tsp pure vanilla extract. Stir in 3-4 tsp chocolate chips, optional crushed walnuts, and a dash of cinnamon.

Nutella: Use your favorite brand of chocolate hazelnut spread or my recipe for Healthy Nutella as the nut butter. Add 1 tbsp regular and 1/2 tsp dutch or additional regular cocoa powder. Top with toasted hazelnuts if you wish.

Blueberry Overnight Oats: Use fresh or frozen blueberries as the fruit. You can also use blueberry yogurt if you wish.

Monkey Oats: Substitute mashed banana for the yogurt. Add 1-2 tbsp peanut butter and a handful of mini chocolate chips.

Banana Bread: Add 1/4 tsp cinnamon and 1-2 tsp crushed walnuts or pecans with the dry ingredients. Use sliced banana as your fruit of choice.

Cinnamon Apple: Add 1/4 tsp cinnamon or apple pie spice. Use diced apple as your fruit of choice, and add 1-2 tsp raisins and some crushed walnuts if desired.

Mint Chocolate Chip: Add 1/8 to 1/4 tsp pure peppermint extract, depending on desired strength. Stir in 2-4 tsp mini chocolate chips. If you wish, you can also add a little spirulina powder for color and added nutrition.

High Protein Overnight Oats: Stir 1 scoop of your favorite protein powder into the base recipe. Add extra milk if needed.

Pumpkin Pie: Substitute canned pumpkin for the yogurt. Add 1/4 tsp pumpkin pie spice or cinnamon and a few drops of pure vanilla extract.

Carrot Cake: Add 1/2 tsp cinnamon, 2-3 tbsp shredded carrot, and optional 1 tsp almond or coconut butter. You can also stir in a handful of raisins, shredded coconut, or chopped walnuts.

Piña Colada: Use coconut yogurt and coconut milk. Add a few drops pure vanilla extract, and use diced pineapple as your fruit of choice (or skip the pineapple for plain coconut oatmeal).

Creamy Coffee: Add 1 tsp instant coffee to the recipe. For an even creamier result, substitute nondairy creamer for half the milk of choice. You can also add 1/8 tsp pure vanilla extract if desired.

Strawberry Shortcake: Use strawberry yogurt, and replace the milk of choice with either canned coconut milk or nondairy creamer. Use strawberries as your fruit of choice, and stir in some strawberry jam at the end if desired. The same idea can be applied to raspberries, blackberries, peaches, or cherries.

PROTEIN SHAKE

8oz milk of choice (dairy, coconut, almond)
1 serving unsweetened protein
Stevia Chocolate Syrup

Mix and enjoy over ice

LUNCH

CHARCUTERE LUNCH

Any combination of the following. Keep in mind carb count if you are doing carb cycling and avoid the ones with an * on low carb days. I make a big one and put it in my deli drawer for easy access. This is my favorite lunch because I can change it up every day and it takes little preparation!

Pickled asparagus

Pickles veggies
Green olives
Black olives
Cucumbers
Grape tomatoes*
Bell Pepper spears
Celery
Carrots*
Black berries*
Raspberries*
Strawberries*
Parmesan crisps
Salami
Sliced turkey
Roast beef
Summer Sausage
Cheese slices
Parmesan Crisps
Nut Crackers*
Sweet Potato Chips*

CHICKEN SALAD WRAPS*

1 medium chicken breast (roasted, boiled or canned)
¼ cup of grapes (sliced)
¼ cup apple (diced)
¼ cup celery
1 Tablespoon red onion (chopped)
2 Tablespoons Mayo
1 teaspoon sour cream or Greek yogurt
½ teaspoon stevia
Smoked paprika
Salt and pepper

Combine and eat with a fork or wrap in lettuce leaves. Enjoy!

EGG SALAD LETTUCE WRAPS

2 hard boiled eggs (chopped)
1 Tablespoon Mayo
½ teaspoon Mustard
Dill relish
1 Tablespoon Red onion (diced)

Combine all ingredients. Salt and pepper to taste. Spoon onto leaf lettuce and enjoy.

SOUTHWEST CHICKEN SALAD*

2 medium chicken breasts (chopped)
1 can Black Beans
2 Bell Pepper
1 teaspoon minced garlic
½ cup red onion (diced)
1 avocado (chopped)
1 can corn
2 Teaspoon Salt
1/4 teaspoons cayenne pepper
1 Tablespoon stevia
9 Tablespoons Olive oil
1 teaspoon lime zest (optional)
6 tablespoons lime juice
½ cup chopped cilantro



1 large avocado (chopped)

Combine everything except avocado. Top with avocado and garnish with more cilantro. Eat with Sweet Potato chips on a high carb day.

TUNA SALAD WRAPS

1 can tuna
1 Tablespoon Mayo
½ teaspoon Mustard
Dill relish
1 Tablespoon Red onion (chopped)

Combine all ingredients. Salt and pepper to taste. Spoon onto leaf lettuce and enjoy.

Leftovers

You will probably have leftovers from a dinner or other lunch options. Feel free to substitute on busy days!

DINNER

BUNLESS AVOCADO BURGERS

½ pound bacon
1 Avocado
1 lb hamburger
Worcestershire Sauce
Powdered Onion
Powdered Garlic
Salt & Pepper
Lettuce
Pickles
mustard

Cook Bacon until desired crispness. Combine raw hamburger, worcester, onion and garlic powder and salt and pepper. Split and shape into 4 patties. Grill to desired doneness. Assemble bunless burgers layered with bacon, pickles and a dollop of mustard. Make more and refrigerate if you want to meal prep for busy schedules.

CAULIFLOWER PIZZA AND SALAD

2 Cali'flour Foods Pizza crusts
½ cup Red or pesto sauce
Mozzerella Cheese
Bell Peppers
Onions
Italian Sausage

This is great for an easy option using many of the things in other recipes from this meal plan. Reserve some pesto sauce from the zoodles and chicken recipe, 1 cup of sausage, ½ a bell pepper and ¼ of an onion from the chilli recipe. Slice and cook veggies in a skillet. Not long. Keep then crisp. In same skillet brown Italian sausage.

Precook pizza crust in a 400 degree oven until edges are crispy. Top with pesto, toppings and cheese. Broil on low until cheese melts and nom, nom, nom...

Serve with a side salad.

Pizza Crusts:

<https://www.califlourfoods.com/collections/pizza-crusts/products/traditional-italian-crusts>

CHICKEN PARM STUFFED PEPPERS

Coconut oil cooking spray, for greasing
1 lb chicken breast, diced
1 teaspoons salt
1 teaspoons pepper
1 teaspoons dried oregano
1 teaspoons garlic powder
1 teaspoons dried rosemary
1 teaspoons onion powder
3 large eggs, beaten
1.5 cups almond meal
5 bell peppers, halved lengthwise, seeds and ribs removed
1.5 cups marinara sauce
1/5 cup parmesan cheese, grated
16 oz fresh mozzarella cheese, sliced

Preparation

Preheat the oven to 400°F (200°C). Set a wire rack over a baking sheet. Grease another baking sheet with nonstick spray.

In a medium bowl, combine the chicken, salt, pepper, oregano, garlic powder, rosemary, and onion powder, and toss until evenly coated.

Add the almond meal, eggs, and bread crumbs to 3 separate medium bowls. Coat a few pieces of chicken at a time in the flour, then the eggs, then the bread crumbs. Once coated, transfer to the wire rack.

Bake for 25 minutes, or until golden brown.

Arrange the bell peppers, cut-side up, on the greased baking sheet.

Spoon half of the marinara sauce into the peppers. Sprinkle half of Parmesan over the marinara. Add a few pieces of chicken to each pepper, then spoon over the rest of the marinara sauce, and sprinkle with the rest of the Parmesan. Top each pepper with couple slices of mozzarella.

Bake for 25 minutes, or until the cheese is melted and the peppers have softened.

Serve immediately.

Enjoy!

CHICKEN WITH COCONUT THAI CURRY AND RICE

Ingredients:

1 1/2 pounds boneless skinless chicken breasts or thighs (or a mix!)
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 tablespoons coconut oil
1 red bell pepper thinly sliced
1 leek thinly sliced
2 cloves garlic minced
1/2 teaspoon grated fresh ginger
2 tablespoons red curry paste



1 can full-fat coconut milk (14 ounces) (do not use light or the sauce won't thicken properly)
3 tablespoons torn fresh cilantro

DIRECTIONS: Place a rack in the center of your oven and preheat the oven to 375 degrees F. Season the chicken with salt and black pepper. In a large, ovenproof skillet, melt the coconut oil over medium-high heat. Add the chicken and sear on both sides until deeply golden brown. Transfer to a plate. Reduce the heat to medium low. Add the bell pepper, leek, garlic, and ginger, and stir to combine. Cook for 2 minutes, until slightly softened. Stir in the curry paste. Cook for 5 additional minutes, stirring often. Slowly pour in the coconut milk while stirring to combine. Return the reserved chicken to the skillet. Place the skillet in the oven and cook for 25 minutes, or until a thermometer inserted in the thickest portion of the chicken registers 165 degrees F and the juices run clear. Top with cilantro.

CHILI AND PROTEIN CORNBREAD* OR KETO FLATBREAD

Chili

1 lb pound steak
1 lb pound pork sausage
2 green bell peppers
Large white onion
Half jalapeño
28 oz can diced tomatoes
2x 10 oz can tomato soup
2x 10 oz can water
15 oz can kidney beans
15 oz can pinto beans
1 Carroll Shelby's chili kit

Sauté onion, bell pepper, jalapeño in coconut oil with salt n pepper. Set aside.
Dice steak and season with salt n pepper. Brown sausage, then add steak until medium rare.
Add chili mix, stir. Then add tomatoes, soup, and water. Bring to boil then put in crock pot for a few hours.

Protein Cornbread*

¾ cup corn meal
1 cup almond meal
1 serving unflavored protein
¼ cup stevia (optional)
2 tsp baking powder
½ tsp salt
1 cup milk or nut milk
1 beaten egg
¼ cup coconut oil (melted)

Preheat oven to 400. Grease 9 inch baking dish with coconut oil spray. Blend all dry ingredients. Stir in remaining ingredients just until incorporated. Pour into baking dish and bake for 20 minutes or until a toothpick comes out clean.

Keto Garlic Bread

INGREDIENTS

1 c. shredded mozzarella
1/2 c. finely ground almond flour
2 tbsp. cream cheese
1 tbsp. garlic powder
1 tsp. baking powder
Kosher salt

1 large egg
1 tbsp. butter, melted
1 clove garlic, minced
1 tbsp. freshly chopped parsley
1 tbsp. freshly grated Parmesan
Marinara, warmed, for serving

DIRECTIONS

Preheat oven to 400° and line a large baking sheet with parchment paper. In a medium, microwave-safe bowl, add mozzarella, almond flour, cream cheese, garlic powder, baking powder, and a large pinch of salt. Microwave on high until cheeses are melted, about 1 minute. Stir in egg. Shape dough into a ½"-thick oval on baking sheet. In a small bowl, mix melted butter with garlic, parsley, and Parmesan. Brush mixture over top of bread. Bake until golden, 15 to 17 minutes. Slice and serve with marinara sauce for dipping.

From: <https://www.delish.com/cooking/recipe-ideas/a22687489/keto-garlic-bread-recipe/>

CREAMY PESTO ZOODLES + CHICKEN

Ingredients

2 medium zucchini spiralized
1 medium onion thinly sliced
1/4 cup pesto
2 chicken breasts
2 Tbsp olive oil
Juice from half lemon
Salt and Pepper to taste
Shredded parmesan and pine nuts to garnish

Instructions

Heat 1 tbsp olive oil in a skillet over medium heat.
Place chicken breasts in skillet; season with salt and pepper, add lemon juice to skillet.
Chicken breasts will take approximately 15 minutes to cook; make sure to flip halfway through cooking. Let chicken breasts rest for approximately 5 minutes before slicing.
Meanwhile, heat a second skillet over medium heat with 1 tbsp olive oil.
Add sliced onion to skillet and sauté for a few minutes until it starts to become transparent.
Add zoodles in with onions and stir to combine.
Sauté zoodles with onions for about 3 minutes.
Stir pesto into zoodles and onions and cook for 2-3 more minutes, until incorporated.
To serve, dish up zoodles and top with sliced chicken. Garnish with parmesan and pine nuts.

Want a creamier pasta? Add this to your chosen pesto.
2 cups raw cashews soaked in hot water for 30+ minutes and drained
1/4 cup water
1/2 cup Unsweetened Almond Milk
lemon zest from 1/2 lemon
1/8 teaspoon red pepper flakes (optional)

Blend in a blender until smooth. You can use this in place of heavy cream in most any recipe.

Adapted from these recipes:



<https://www.thewholesmiths.com/creamy-pesto-zoodles-chicken/>
<https://boundbyfood.com/pesto-zoodles-chicken/>

CROCKPOT TORTILLA SOUP

3 whole Chicken Breasts
2 teaspoons Chili Powder
1 teaspoon Cumin
Salt and Pepper, to taste
1 whole Medium Onion, Chopped
1 whole Red Bell Pepper, Seeded and Chopped
1 whole Seeded Yellow Bell Pepper, Chopped
1 can (28 Ounce) Whole Or Diced Tomatoes, With Juice
1 can Rotel
3 cups Low Sodium Chicken Broth (more If You Like The Soup More Liquidy)
4 ounces, weight Tomato Paste
1 whole Chipotle Pepper In Adobo (optional)
1 can Black Beans, Drained And Rinsed
1 Lime, Juiced
Fixins: Sour Cream, Avocado, Cilantro Leaves, Grated Cheese

Place the chicken in the slow cooker. Sprinkle on the chili powder, cumin, and salt and pepper. Add the onion, bell pepper, tomatoes, chicken broth, tomato paste, chipotle, and black beans. Stir, place the lid on the slow cooker, and cook on high for 5 hours or high (or 8 hours on low.) Stir in the lime juice.

Using 2 forks, break up the chicken into chunks (or you may shred it more fine.) Taste and add more salt if the soup needs it.

Serve it piping hot in a bowl with avocado, sour cream, grated cheese, and cilantro leaves on top!

From: <https://thepioneerwoman.com/cooking/slow-cooker-chicken-tortilla-soup/>

FAJITAS*

1 package McCormick Seasoning Mix
2 T oil (divided)
1 lb chicken or beef cut into ½ inch strips
1 medium onion
2 Bell Peppers
¼ cup water
Leaf Lettace or Carb free tortillas

Heat 1 T oil in skillet. Add meat and cook until no longer pink. Remove from skillet. Add 1 T oil heat and add veggies for 3 -5 minutes. Depending on your dairy/carb preference, serve in tortillas or lettace leaves with cheese, sour cream and salsa.

MONGOLIAN MEATBALLS AND ZOODLES

**I use premade meatballs to save time. I also use prepared ramen noodles for a picky children option.*

INGREDIENTS

Meatballs

1 lb. ground beef
1/2 c. panko bread crumbs

3 green onions, thinly sliced, divided
1 egg
2 cloves garlic, minced

Sauce

2 tsp. sesame oil, divided
red pepper flakes
kosher salt
Freshly ground black pepper
Vegetable oil, for skillet
2 tsp. minced ginger (I use powdered)
3/4 c. low sodium chicken broth
1/2 c. low sodium soy sauce
1/4 c. coconut sugar
2 tbsp. hoisin
Noodles
3 cups zucchini noodles
Sesame seeds, for garnish

DIRECTIONS

In a large bowl, combine ground beef, panko bread crumbs, about half green onions, egg, garlic, and 1 teaspoon sesame oil. Season with red pepper flakes, salt and pepper, then mix until well combined. To form meatballs, scoop a heaping tablespoons of mixture and roll into balls.

For homemade meatballs: In a large skillet over medium-high heat, heat a thin layer of vegetable oil. Add meatballs and sear until each sides develops a crust, about 2 minutes per side.

For premade meatballs: Add frozen meatballs and 2 Tablespoons water. Cover and let cook approx. 5-7 minutes until thawed then uncover and brown.

Remove meatballs from skillet, and add remaining sesame oil. Stir in ginger and cook until fragrant, about 30 seconds. Add chicken broth, soy sauce, brown sugar, and hoisin. Stir to combine and bring to a simmer. Return meatballs to skillet and cover skillet with a lid. Cook until meatballs are cooked through, about 10 minutes more.

Add uncooked zoodles to skillet and toss until fully coated in sauce. Cook on low for 3 minutes. Garnish with remaining green onion and sesame seeds. Serve warm.

Adapted from this recipe

<https://www.delish.com/cooking/recipe-ideas/recipes/a57900/mongolian-meatball-ramen-recipe/>

ONE SKILLET CHICKEN AND GREEN BEANS

Ingredients

1/2 lb. French green beans
1 Tbsp olive oil
1 Tbsp butter
4 boneless skinless chicken thighs thinly sliced
Salt and lemon pepper (to taste)
4 cloves garlic minced
1 tsp onion powder
10 oz. mushrooms
½ cup chicken broth unsalted
½ cup heavy cream (or half-and-half + 1 Tbsp flour for lighter version)
2/3 cup grated Parmesan cheese more for garnish



Instructions

**For a lighter dairy free option, use more olive oil and use ½ cup nut milk with 1 Tablespoon Arrowroot Powder in place of the heavy cream.

Arrange green beans in a microwave-safe dish with 1/2 cup (125ml) water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.

In a large skillet, add olive oil and butter to the pan and heat it over medium high heat. When the pan is hot, add sliced chicken, season it with salt and lemon pepper right in the pan, and cook for about 4 minutes on each side until chicken slices are slightly browned. Next add garlic, onion powder, precooked beans and mushrooms. Cook for 4 to 5 minutes, stirring regularly, until cooked to your liking.

Add chicken broth and heavy cream and reduce the sauce for a couple of minutes, until slightly thickened. Next add parmesan cheese into the pan. Stir until cheese is incorporated with the sauce. Taste and season with more salt and pepper.

Serve warm with a side salad and garnish with extra cheese, if desired.

Borrowed from: <https://whatsinthepan.com/green-beans-mushroom-skillet-with-chicken-in-creamy-sauce/>

PHILLY CHEESESTEAK PEPPERS

INGREDIENTS

4 bell peppers, halved
1 tbsp. vegetable oil
1 large onion, sliced
16 oz. cremini mushrooms, sliced
Kosher salt
Freshly ground black pepper
1 1/2 lb. sirloin steak, thinly sliced
2 tsp. Italian seasoning
16 slices provolone
Freshly chopped parsley, for garnish

DIRECTIONS

Preheat oven to 325°. Place peppers in a large baking dish and bake until tender, 30 minutes.
Meanwhile, in a large skillet over medium-high heat, heat oil. Add onions and mushrooms and season with salt and pepper. Cook until soft, 6 minutes. Add steak and season with more salt and pepper. Cook, stirring occasionally, 3 minutes. Stir in Italian seasoning.
Add provolone to bottom of baked peppers and top with steak mixture. Top with another piece of provolone and broil until golden, 3 minutes.
Garnish with parsley before serving.

Borrowed from: <https://www.delish.com/cooking/recipe-ideas/recipes/a51551/cheesesteak-stuffed-peppers-recipe/>

RIBS AND ROAST VEGGIES

INGREDIENTS:

1 Rack pork ribs
Dry rub
BBQ sauce
4 Carrots
2 cups Brussel sprouts
2 cups Green beans
1 large Sweet Potato
1 Medium Onion
2 Tablespoons Coconut (melted) or Olive Oil
2 Tsp Salt
1/4 teaspoons cayenne pepper
½ tsp pepper
1/8 tsp red pepper flakes
¼ tsp garlic or onion powder
Fresh parsley for garnish (optional)

For the ribs, you can cook them any way you prefer. We like to smoke them for 4 hours in a smoker with a flavorful dry rub and add BBQ sauce when we are ready to eat them. (Omit BBQ sauce on no carb days) You can BBQ them on your grill or bake in the oven and an instant pot does an ok job in a pinch. Google some options if you want.

For the Veggies, coarsely chop all vegies and coat with oil in a baggie or bowl. Add to a roasting pan and season with Salt and Pepper, cayenne, red pepper and onion powder. Roast in oven at 425 degrees until veggies are tender. Approx. 30 minutes.

ROAST CHICKEN AND VEGGIES

4 boneless skinless chicken breasts
4 Carrots
2 cups Brussel sprouts
2 cups Green beans
1 Butternut Squash (peeled and cubed)
1 Medium Onion
3 Tablespoons Coconut (melted) or Olive Oil
2 Tsp Salt
1/4 teaspoons cayenne pepper
½ tsp pepper
1/8 tsp red pepper flakes
¼ tsp garlic or onion powder
Fresh parsley for garnish (optional)

Mix all spices together in a small bowl. Add 1 T of the oil to a skillet. Season chicken LIGHTLY with salt and pepper and then sear the chicken breasts on each side on Medium High heat for 1 minute on each side.

For the Veggies, coarsely chop all vegies and coat with oil in a baggie or bowl. Add seared chicken and veggies to a roasting pan and season with Salt and Pepper, cayenne, red pepper and onion powder. Roast in oven at 425 degrees until veggies are tender and chicken is cooked through. Approx 30 minutes.

STEELHEAD (OR SALMON), GREEN BEANS AND RICE*

1 Steelhead Filet
2 cups green beans
2 cups prepared rice
1 lemon
1 Tablespoon Butter (optional)



Place fish filet on a baking sheet lined with parchment paper. Season the fish with lemon pepper seasoning and slices of fresh lemon. Bake at 350 for 25 minutes or until starts to flake. Switch oven to Broil and broil for 2 minutes. Drizzle with lemon juice just out of the oven and serve with steamed green beans and chicken flavored rice (see below).

Steam green beans until just tender. Season with salt and pepper and a Tablespoon of butter (Optional).

Prepare rice as normal but add 1 full teaspoon of Better Than Bullion chicken flavor to the water before simmering covered as per package directions. My kids love this little flavor addition!

ZUCCINI LASAGNA

INGREDIENTS:

2 large zucchini
1 tablespoon salt
1 pound ground beef
1 1/2 teaspoons ground black pepper
1 small green bell pepper, diced
1 onion,
Diced
1 cup tomato paste
1 (16 ounce) can tomato sauce
1/4 cup red wine
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
hot water as needed
1 egg

1 (15 ounce) container low-fat ricotta cheese
2 tablespoons chopped fresh parsley
1 (16 ounce) package frozen chopped spinach, thawed and drained
1 pound fresh mushrooms, sliced
8 ounces shredded mozzarella cheese
8 ounces grated Parmesan cheese

Directions

Prep 30 m Cook 1 h Ready In 1 h 30 m

Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan.

Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.

To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.

Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.

To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes. Let stand for 5 minutes before serving.

From: <https://www.allrecipes.com/recipe/172958/no-noodle-zucchini-lasagna/>

DESSERT

PALEO LEMON BARS

INGREDIENTS

Crust:

1 ½ cup almond flour
¼ cup tapioca flour
½ tsp salt
1 egg
¼ cup melted ghee or coconut oil

Filling:

4 eggs
½ cup lemon juice
Zest from 3 lemons
¼ cup maple syrup
¼ cup melted coconut oil

Directions: Crust: Preheat oven to 350. Combine ingredients in a bowl and mix until dough forms. Press the dough into an 8x8 baking dish and up the sides and inch or so. Bake for 15 minutes and let cool. Filling: Beat eggs with a hand mixer or whisk for 3 minutes until frothy Add in coconut oil, maple syrup and mix together. Add lemon juice and zest. Pour filling over the cooled crust and bake 20 more minutes until the filling is set up and slightly jiggly in the center. Cool and enjoy.

I screenshot this recipe from Instagram and forgot to get the link. Sorry for not being able to give credit for this tasty treat.

CHOCOLATE CHIP KETO PROTEIN BALLS

(Paleo, Keto, Sugar Free)

Prep Time 10 mins Total Time 10 mins

Servings: 12 Balls

Calories: 67 kcal

Author: Hannah Healy

Ingredients

½ cup Vital Proteins Collagen Peptides
1 tbsp coconut flour
1 tbsp + 1 tsp almond flour
¼ cup nut butter (cashew butter, almond butter or peanut butter work best)
4 drops liquid stevia (for sweeter version use 1-2 tbsp honey and add in extra 1-2 tbsp almond flour)
1 tbsp + 1 tsp unsweetened applesauce
1 tsp vanilla extract
¼ cup sugar-free chocolate chips

Instructions:



In a bowl mix together the collagen protein, coconut flour and almond flour. Then add the nut butter, stevia, applesauce and vanilla then mix together.

The texture should be like thick cookie dough. Fold in the chocolate chips. Take small bits of the mixture to roll into balls. Enjoy right away or store for later in the refrigerator.

<https://healyeatsreal.com/>

STRAWBERRY PROTEIN BALLS

Ingredients:

- 1 cup rolled oats
- 1/2 cup coconut, almond or oat flour
- 1/4 tsp salt
- 1 scoop protein powder
- ½ tsp vanilla
- 1/2 cup full fat greek yogurt
- 1/2 tsp almond extract (can substitute for vanilla extract)
- 1 TBSP unsweetened almond milk
- 3-5 fresh strawberries (depending on size- 3 if large, 5 if they are small)
- 1/4 cup coconut oil, melted
- 1 oz freeze dried strawberries (measures to a little more than a cup)

DIRECTIONS:

1. In a food processor, blend oats, flour salt, and protein powder until combined (less than a minute).
2. Add yogurt, almond extract, milk, and fresh strawberries to the food processor. Blend to combine (about a minute). Add coconut oil and blend one last time just long enough to evenly distribute the coconut oil.
3. Add the freeze-dried strawberries and pulse a few times. Don't over blend. There should be chunks of the dried strawberries-yum
4. Scoop out a spoonful of the batter and roll into a ball. Place in tupperware. Repeat until you run out of batter. You should be able to get at least 20 bite sized protein balls out of the batter. After you have rolled all the batter into balls, put the lid on the tupperware and place in the refrigerator to chill before eating.
5. Store in the refrigerator or freezer.

I tend to eat more veggies if they are pickled. If you are concerned with salt intake not a good option but I love my pickles.

PICKLED VEGGIES

*if you really want to be thrifty and lazy, you can save the pickle liquid from store bought pickles and add veggies to it then refrigerate for a day or two. Easier and very yummy!

Ingredients

- 1 bunch asparagus
- 2 cups Green Beans
- 4 carrots
- 1/2 an onion
- 5 cloves garlic
- Fresh or dried dill

Pickling liquid:

- 2 Cups vinegar- white, red wine, rice wine, apple cider (any of these, or a combination)
 - 2 Cups water
 - 2 Tablespoons kosher salt
 - 4-6 Tablespoons sugar (sugar is added for flavor, so feel free to cut back you like, I typically don't add sugar)
- instructions

Prep your veggies. Wash them well and slice, quarter, or cut into spears, or leave whole (like with green beans, asparagus, okra etc)

Asparagus and green beans should be blanched in boiling water for 3 minutes and then cooled quickly in ice water before placing in jars.

For Brine:

Bring the water, vinegar, salt and sugar to a boil in a small pot, and in the mean time pack the jars with the prepped veggies.

In two quart size mason jars or reuse old pickle jars, divide the garlic and spices.

Begin adding the veggies and if yours are including the onion (which I recommend), layer a few slices in with the veggies along with any fresh herbs you would like to include (you can also layer the garlic this way too, or put it in first, your choice) leaving about an inch at the top of the jar.

Using a funnel, carefully pour the hot liquid into the jars, making sure to submerge all the veggies, pressing down on them with the end of a wooden spoon. You may be able to add more veggies at this point, just make sure the liquid completely covers the veggies leaving at least a half inch of room between the liquid and lid.

Cover and let sit on the counter to cool, and after an hour or two, place in the fridge. These will taste good after 6-8 hours, but much better after a couple days. Keeps up to three weeks.

Adapted from <https://www.feastingathome.com/quick-pickled-vegetables/>:



SHOPPING LIST

Dairy or dairy alternative

Unsweetened Coconut or Almond Milk
Sour Cream
Cream Cheese
Gouda
Cottage Cheese
Heavy Cream
Butter
16 slices provolone cheese
16 oz grated Parmesan Cheese
8 oz fresh Mozzarella cheese
8 oz shredded mozzarella cheese
Sliced Pepper jack
8 oz Shredded Cheddar Cheese
15 oz ricotta cheese
Plain Greek Yogurt
Mayo

Spices and Pantry Staples

Onion Powder
Garlic Powder
Vanilla
Vinegar
Nut Butter (Peanut or other)
Mustard
Paprika
Cayenne
Cumin
Chili Powder
Italian Seasoning
Olive Oil
Oregano
Rosemary
Red Pepper Flakes
Ginger
Vanilla
Honey
Worcestershire Sauce
Baking Powder

Meat

Salami
Turkey Slices
Summer Sausage
Roast Beef
Eggs
1 lb Turkey Bacon
1 lb bacon
Canned Tuna
5 lbs Chicken Breast
1 lb chicken thighs
Frozen Meat Balls
2 lbs Pork Sausage
3 lbs Sirloin Steak
1 filet Steelhead Trout or Salmon

1 rack pork ribs
2 pounds hamburger

Vegetables

Jalepenos
18 Bell Peppers
2 bunches Asparagus
Carrots
2 lbs Green beans
2 Red Onion
2 Sweet Onion
8 Zucchini
Spinach
Fresh Garlic
1 1/2 lb white Mushrooms
Cucumbers
Grape tomatoes
Celery
Carrots
Leaf Lettuce
Bell Peppers
Cilantro
Parsley
Fresh Basil
Green Onions
Zucchini
4 cups Brussel Sprouts
1 Sweet Potato
16 oz Frozen Chopped Spinach
Butternut Squash
1 Jalepeno
8 oz cremini mushrooms
1 leek

Fruit

3 Avocados
Bananas
Strawberries
Black Berries
Raspberries
Blueberries
Apples
Grapes
4 limes
4 lemons

Grains and seeds

Chia Seeds
Rice
Almond Meal
Coconut Flour
Tapioca Flour
Arrowroot flour
Oats
Corn Meal

Sauces and spreads

1 bottle Salsa

Lemon Juice
1 BBQ Sauce
1 Pesto Sauce
2 bottles Marinara Sauce

Specialty Items

Stevia Chocolate Syrup
<https://tinyurl.com/wzy3lcn>
Vital Proteins collagen peptides
<https://tinyurl.com/qwr543>
Unsweetened Protein
<https://tinyurl.com/txtjs9s>
2 Cali'flour Foods Pizza crusts
[https://www.califlourfoods.com/collecti-
ons/pizza-crusts/products/traditional-
italian-crusts](https://www.califlourfoods.com/collecti-ons/pizza-crusts/products/traditional-italian-crusts)
Stevia granulated sugar substitute
Roasted Red Peppers
Coconut oil Spray
Coconut Sugar
Real Maple Syrup
Red Curry Paste
Dark Chocolate Chips
Sesame Oil
Sesame Seeds
Pine Nuts
Almond Extract
Freeze dried strawberries
Dry rub for ribs
1 Carroll Shelys chili kit
1 packet fajita seasoning
1 can full fat coconut milk

Chips and Crackers

Parmesan Crisps
Nut Crackers
Sweet Potato Chips

Canned or Bottled:

2 cans Black Beans
1 can Kidney Beans
1 can pinto beans
1 can Corn
Black Olives
Green Olives
Unsweetened Applesauce
Dill Relish
Marinara Sauce
Chicken Broth or bullion
Soy Sauce
Hoisin Sauce
4 cans diced tomatoes
1 can Rotel tomatoes
Tomato Paste
Tomato sauce
2 cans Tomato Soup
Dill Pickles



SHOPPING LIST

Dairy or dairy alternative

- 1 & 2) Unsweetened Coconut or Almond Milk
- 1 & 2) Sour Cream
- 1) Gouda
- 1) Cottage Cheese
- 1 & 2) Butter
- 1 & 2) 16 slices provolone cheese
- 1 & 2) 16 oz grated Parmesan Cheese
- 1) 8 oz fresh Mozzarella cheese
- 1 & 2) 8 oz shredded mozzarella cheese
- 1) Sliced Pepper jack
- 1 & 2) 8 oz Shredded Cheddar Cheese
- 1) 15 oz ricotta cheese
- 1 & 2) Mayo
- 2) Plain Greek Yogurt
- 2) Heavy Cream

Spices and Pantry Staples

- Onion Powder
- Garlic Powder
- Vanilla
- Vinegar
- Nut Butter (Peanut or other)
- Mustard
- Paprika
- Cayenne
- Cumin
- Chili Powder
- Italian Seasoning
- Olive Oil
- Oregano
- Rosemary
- Red Pepper Flakes
- Ginger
- Parsley
- Vanilla
- Honey
- Worcestershire Sauce
- Baking Powder

Meat

- 1)Salami
- 1)Turkey Slices
- 1)Summer Sausage
- 1)Roast Beef
- 1 & 2)Eggs
- 2)1 lb Turkey Bacon
- 2)1 lb bacon
- 2)Canned Tuna
- 1 & 2) 24 Chicken Breasts
- 1) 4 chicken thighs
- 2)1 package Frozen Meat Balls
- 1)2 lbs Pork Sausage

- 1 & 2)3 lbs Sirloin Steak
- 2)1 filet Steelhead Trout or Salmon
- 1) 1 rack pork ribs
- 2)2 pounds hamburger

Vegetables

- 1)Jalepeno
- 1(9) & 2(9)18 Bell Peppers
- 1)2 bunches Asparagus
- 1)Carrots
- 1) 3 cups Green beans
- 1x1 1x2)2 Red Onion
- 1x1 1x2)2 White Onion
- 5x1 4x2)8 Zucchini
- 1)1 pkg Fozen Diced Spinach
- 1 & 2)Fresh Garlic
- 1)10 oz lb white Mushrooms
- 1 & 2)Cucumbers 1 and 1
- 1 & 2) Grape tomatoes salad and Char
- 1 & 2) 1 bunch Celery
- 1) Carrots
- 1 & 2) Leaf Lettuce
- 1 & 2)Cilantro
- 1) Fresh Basil
- 2)Green Onions
- 1)3 cups Brussel Sprouts
- 1)1 Sweet Potato
- 1) 16 oz Frozen Chopped Spinach
- 1) Butternut Squash
- 2) 1 Jalepeno
- 2) 8 oz cremini mushrooms
- 1) 1 leek

Fruit

- 1x1 3x2)3 Avocados
- Bananas (optional)
- 1 & 2)Strawberries
- 1&2)Black Berries
- 1&2)Raspberries
- 1&2)Blueberries
- 1&2)Apples
- 2)Grapes
- 2x1 2x2)4 limes zest and juice
- 1 & 2)4 lemons

Grains and seeds

- 1)Chia Seeds
- 1)Rice
- 1)Almond Meal
- 1)Coconut Flour
- 1)Tapioca Flour
- 1)Arrowroot flour
- 1 & 2)Oats
- 1)Corn Meal

Sauces and spreads

- 1 & 2)1 bottle Salsa

- 1)1 BBQ Sauce (Optional)
- 1)1 Pesto Sauce
- 1)2 bottles Marinara Sauce

Specialty Items

- 1)Stevia Chocolate Syrup
<https://tinyurl.com/wzy3lcn>
- 1)Vital Proteins collagen peptides
<https://tinyurl.com/qwr543>
- 1 & 2)Unsweetened Protein
<https://tinyurl.com/txtis9s>
- 2)2 Cali'flour Foods Pizza crusts
<https://www.califlourfoods.com/collectons/pizza-crusts/products/traditional-italian-crusts>
- 1 & 2)Stevia granulated sugar substitute
- 1)Roasted Red Peppers
- 1 & 2)Coconut oil Spray
- 2)Coconut Sugar
- 1)Real Maple Syrup
- 1)Red Curry Paste
- 1)Dark Chocolate Chips
- 1)Sesame Oil
- 1)Sesame Seeds
- 1)Pine Nuts (Optional)
- 2)Almond Extract
- 2)Freeze dried strawberries
- 1)Dry rub for ribs
- 1)1 Carroll Shelbys chili kit
- 1 packet fajita seasoning
- 1)1 can full fat coconut milk

Chips and Crackers

- 1)Parmesan Crisps (Optional)
- 1)Nut Crackers (Optional)
- 1)Sweet Potato Chips (Optional)

Canned or Bottled:

- 1)2 cans Black Beans
- 1)1 can Kidney Beans
- 1)1 can pinto beans
- 1)1 can Corn
- 1)Black Olives (Optional)
- 1)Green Olives(Optional)
- 1)Unsweetened Applesauce
- 1 & 2)Dill Relish
- 2)Marinara Sauce 1.5 cups peppers 2 cups lasagna
- Chicken Broth or bullion (Nothing But Bullion)
- 1)Soy Sauce
- 1)Hoisin Sauce
- 2x1&2x2)4 cans diced tomatoes
- 2)1 can Rotel tomatoes
- 2)Tomato Paste 4oz and 8 oz
- 1)2 cans Tomato Soup
- 1 & 2)Dill Pickles

www.RASrealized.com

