

**DOWNLOAD YOUR FREE PALEO EPIGENETIC DIET  
EBOOK  
AND START LOSING WEIGHT TODAY**





**THE  
PALEO  
EPIGENETIC DIET  
REVOLUTION**

**#1  
Best-Selling  
Author  
in THREE  
Categories!  
AMAZON.COM**

- ✓ **THE SCIENCE OF SLIM**
- ✓ **USE YOUR SMART GENETICS**
- ✓ **EAT YOUR WAY TO EXCELLENT HEALTH**

**BY BERAN PARRY WITH GREG PARRY PHD**

The central graphic is a green banner with white text. At the top, it says 'THE PALEO EPIGENETIC DIET REVOLUTION'. To the right is a gold seal with the text '#1 Best-Selling Author in THREE Categories! AMAZON.COM'. Below the title are three bullet points with checkmarks: 'THE SCIENCE OF SLIM', 'USE YOUR SMART GENETICS', and 'EAT YOUR WAY TO EXCELLENT HEALTH'. At the bottom left, it says 'BY BERAN PARRY WITH GREG PARRY PHD'. To the right of this text is a small portrait of a woman with blonde hair, identified as Beran Parry. Below the green banner are two images: on the left, a basket of fresh vegetables including tomatoes, onions, and peppers; on the right, a bowl of blueberries and other fruits like a banana and a tomato.



<http://www.skinnydeliciouslife.com/free-epigenetic-diet-ebook>

Anti Inflammatory

Ultimate Inflammation Reduction  
Series

[BOOK 1](#)

**Fix Your Immunity**

[BOOK 2](#)

**Anti-Inflammatory Zone**

[BOOK 3](#)

**500 Anti-Inflammatory Recipes**

## **Welcome**

**Dear Reader,**

**Thank you and congratulations on getting this book today.**

**My hope is that you enjoy the best possible health every single day and please do leave a review when you have finished the book as this will help with writing more of the books you want.**

**Beran**



*"My job is to help and guide you on your new pathway to the health, weight and well-being of your dreams"*

**For More from**  
**Beran Parry**  
**Please Check out the Amazon Author Page at**  
<http://amzn.to/2rzn1jl>

My Books have been designed to give you all the answers and insights you need plus the knowledge of exactly what you need to do to improve your weight control and boost your overall health.

The books are a most effective method to get your weight and your health back under control.

Not just for today but for the rest of your life



<http://amzn.to/2rzn1jl>





# Table of Contents

[Book 1](#)

[Table of Contents](#)

[Foreword](#)

[Introduction](#)

[Can You Really Strengthen Your Immune System?](#)

[Chapter 1 – Understanding Our Immune System](#)

[Your Internal Bio-Powered Immune Fighting Machine](#)

[Factors That Influence Your Immune System](#)

[Chapter 2 – Step-by-Step Health Regimen](#)

[Step 1: Wash Your Hands](#)

[Step 2 – Eat Immune Boosting Foods](#)

[Step 3 – Take Your Vitamins & Supplements](#)

[Step 5 – Reduce Stress](#)

[Stress Inventory –](#)

[Step 6 – Get More Sleep](#)

[Chapter 3 – Frequently Asked Questions](#)

[Chapter 4: Conventional Cures VS Natural Herbal Cure](#)

[Chapter 5 The Alternative Cure Advantage](#)

[Chapter 6 Herbal Treatment Philosophies and Concepts](#)

[Vitalism](#)

[Holism](#)

[Individualism](#)

[Victim-blaming](#)

[Prevention](#)

[Chapter 7 Natural Herbs](#)

[Botanical definitions](#)

[Herbalism](#)

[Background](#)

[Popularity](#)

[Dangers](#)

[Effectiveness](#)

[Standards](#)

[Usage](#)

[Chapter 8 Chinese Herbal Medicine](#)

[Herbology](#)

[The Four Natures](#)

[The Five Tastes](#)

[The Meridians](#)

[Different Types of Herbal Medicine](#)

[Chapter 9 Herbal Diet Supplements](#)

[Chapter 10 Advantages of Herbal Diet Supplements](#)

[Chapter 11 Are There Any Side Effects To Natural Cures?](#)

[Ayurveda](#)

[Natural Herbal Nutrition Supplements](#)

[The New Trend?](#)

[Chapter 12 Natural Skin Remedies](#)

[Chapter 13 Choosing Herbal Products](#)

[Salve](#)

[Poultice](#)

[Compress](#)

[Oils](#)

[Ointment](#)

[Infusions](#)

[Decoction](#)

[Tincture](#)

[Syrup](#)

[Tea](#)

[Capsules or Tablets](#)

[Chapter 14 How to Use Aromatherapy?](#)

[Chapter 15 - Symptoms Guides](#)

[Acne](#)

[Altitude Sickness](#)

[Anxiety](#)

[Arthritis](#)

[Asthma](#)

[Bladder Infections](#)

[Blisters](#)

[Bronchitis](#)

[Bruises](#)

[Burns](#)

[Bursitis or Tendonitis](#)

[Canker Sores](#)

[Carpal Tunnel Syndrome](#)

[Cataracts](#)

[Chronic Fatigue Syndrome](#)

[Cold Sores](#)  
[Colds or the Flu](#)  
[Constipation](#)  
[Cuts and Scrapes](#)  
[Dandruff](#)  
[Depression](#)  
[Diarrhea](#)  
[Diverticulosis](#)  
[Ear Infections](#)  
[Eczema](#)  
[Eyestrain](#)  
[Fatigue](#)  
[Gas](#)  
[Gum Disease](#)  
[Hangovers](#)  
[Hay Fever and Allergies](#)  
[Headaches](#)  
[Heartburn](#)  
[Hemorrhoids](#)  
[High Blood Pressure](#)  
[High Cholesterol](#)  
[Hives](#)  
[Indigestion](#)  
[Insect Bites and Stings](#)  
[Insomnia](#)  
[Irritable Bowel Syndrome](#)  
[Macular Degeneration](#)  
[Memory Loss](#)  
[Menopause](#)  
[Menstrual Problems](#)  
[Morning Sickness](#)  
[Motion Sickness](#)  
[Nausea](#)  
[Osteoporosis](#)  
[Parkinson's Disease](#)  
[Pinkeye and Sties](#)  
[Pneumonia](#)  
[Poison Ivy and Poison Oak](#)  
[Scabies](#)

[Shingles](#)

[Sinus Infections](#)

[Smoking](#)

[Sore Throat](#)

[Sprains and Strained Muscles](#)

[Stress](#)

[Sunburn and Minor Burns](#)

[Toothaches](#)

[Ulcers](#)

[Warts](#)

[Chapter 16 - Herbal Recipes](#)

[Conclusion](#)

[Recommended Reading](#)

[Book 2](#)

[About The Author](#)

[Chapter 1](#)

[Chapter 2](#)

[So Why Can't I Lose Weight? And why can't I keep the weight off?](#)

[Chapter 3](#)

[ANTI INFLAMMATORY TACTICS and Epigenetics + PALEO/KETO Eating Behaviours](#)

[General Diet Tips:](#)

[Caloric Intake](#)

[Carbohydrates](#)

[Fat](#)

[Protein](#)

[Fiber](#)

[Phytonutrients](#)

[Vitamins and Minerals](#)

[Other Dietary Supplements](#)

[Water](#)

[Fish](#)

[Nuts & Seeds](#)

[Fruits & Veggies](#)

[Olive Oil](#)

[Grains](#)

[Epi – WHAT??](#)

[Epigenetics Explained](#)

[The PALEO-KETO ANTI INFLAMMATORY KETOGENIC EPIGENETIC EATING PROGRAM – what is it?](#)

[Chapter 4](#)

[The Epigenetic Mythbuster Chart](#)

[Chapter5](#)

[Getting Organised to make Epigenetic Eating Behaviour more Effective!](#)

[Chapter 6](#)

[Epigenetic GUT BIOLOGY](#)

[Chapter 7](#)

[YOUR ANTI INFLAMMATORY Paleo – Keto - Epigenetic Eating Transformation](#)

[Chapter 8](#)

[Toxins and genetic interference – causing inflammation and weight loss problems](#)

[Chapter9](#)

[The Epigenetic Exercise Myth](#)

[Chapter 10](#)

[Your ANTI INFLAMMATORY Epigenetic Weight Loss helpers!....Vitamin D and Magnesium](#)

[Chapter 11](#)

[Paleo – Keto -Epigenetic ANTI INFLAMMATORY DELICIOUS DAILY FOOD AND DINING OUT GUIDE](#)

[Chapter 12](#)

[Index to ANTI INFLAMMATORY Recipes](#)

[BREAKFASTS – No Grain](#)

[EGGIE MEALS](#)

[MAIN COURSE - CHICKEN](#)

[MAIN COURSE – FISH](#)

[SALAD – ANIMAL PROTEIN](#)

[PURE VEGETABLES – PLEASE ADD ANY RAW NUTS and/or AVOCADO TO OBTAIN THE KETO FAT REQUIREMENT ON ALL THESE RECIPES!](#)

[DESERTS](#)

[SMOOTHIES](#)

[SNACKS](#)

[SOUPS](#)

[Chapter 13](#)

[The ANTI INFLAMMATORY 3 WEEK Plan](#)

[Chapter 14](#)

[ANTI INFLAMMATORY RECIPES](#)

[ANTI INFLAMMATORY Breakfasts \(Grain Free\)](#)

[1. Gutsy Granola](#)

[2. High Protein Breakfast Gold](#)

[3. Divine Protein Muesli](#)

[4. Ultimate Skinny Granola](#)

5. Sweetie Skinny Crackers

ANTI INFLAMMATORY Egg Meals

1. Scrambled Eggs with Chilli
2. Spicy Scrambled Eggs
3. Spicy India Omelet
4. Spectacular Spinach Omelet
5. Outstanding Veggie Omelette

ANTI INFLAMMATORY Main Meals (Lunch or Dinner)

ANTI INFLAMMATORY Poultry & Game

1. Spicy Turkey Stir Fry
2. Roasted Lemon Herb Chicken
3. Basil Turkey with Roasted Tomatoes
4. Sexy Turkey Scramble
5. Sensational Courgette Pasta and Turkey Bolognese

ANTI INFLAMMATORY Fish

1. Divine Prawn Mexicana
2. Superior Salmon with Lemon and Thyme OR Use any White fish
3. Spectacular Shrimp Scampi in Spaghetti Sauce
4. Scrumptious Cod in Delish Sauce
5. Mouthwatering Stuffed Salmon

ANTI INFLAMMATORY Salads

1. Rosy Chicken Supreme Salad
2. Sexy Italian Tuna Salad
3. Skinny Chicken salad
4. Turkey Taco Salad
5. Cheeky Turkey Salad

ANTI INFLAMMATORY Pure Vegetables

1. Rucola Salad
2. Tasty Spring Salad
3. Pure Delish Spinach Salad
4. Sexy Salsa Salad
5. Jalapeno Salsa

ANTI INFLAMMATORY Desserts

1. Fabulous Brownie Treats
2. Pristine Pumpkin Divine
3. Spectacular Spinach Brownies
4. Chestnut- Cacao Cake
5. Choco Cookie Delight

ANTI INFLAMMATORY Smoothies

- [1. Voluptuous Vanilla Hot Drink](#)
- [2. Almond Butter Smoothies](#)
- [3. Baby Kale Pineapple Smoothie](#)
- [4. Vanilla Blueberry Smoothie](#)
- [5. Zesty Citrus Smoothie](#)

#### [ANTI INFLAMMATORY Snacks](#)

- [1. Delectable Parsnip Chips](#)
- [2. Skinny Power Snack](#)
- [3. Gummy Citrus Snack](#)
- [4. Gorgeous Spicy Nuts](#)
- [5. Spicy Pumpkin Seed Bonanza](#)

#### [ANTI INFLAMMATORY Soups](#)

- [1. Cheeky Chicken Soup](#)
- [2. Ginger Carrot Delight Soup](#)
- [3. Wonderful Watercress Soup](#)
- [4. Celery Cashew Cream Soup](#)
- [5. Mighty Andalusian Gazpacho](#)

#### [Chapter 15](#)

#### [The ANTI INFLAMMATORY Vision](#)

#### [References](#)

#### [FREE BONUS CHAPTER FROM MASTER YOUR EMOTIONAL EATING BOOK 3](#)

#### [The 500 Best Gluten Free Paleo Keto ANTI INFLAMMATORY Recipes EVER!](#)

- [1. Breakfast Mexicana](#)
- [2. Apple Chia Delight](#)
- [3. Choco Nut Skinny Muesli Balls](#)
- [4. Sweetie Skinny Crackers](#)
- [5. Tasty Apple Almond Coconut Medley](#)
- [6. Delish Veggie Breakfast Peppers](#)
- [7. Breakfast Mexicana](#)
- [8. Paleo Porridge with Banana](#)
- [9. Raisin Nut Crunch Cereal](#)
- [10. Apple Cider Paleo Donuts](#)
- [11. Bacon and Heirloom Tomato Frittata with Basil](#)
- [12. Breakfast Sweet Potato Hash](#)
- [13. Mile High Power Breakfast Burger](#)
- [14. Paleo Garlic Breadsticks \(Just Don't Eat Them All Yourself\)](#)
- [15. Prosciutto-Wrapped Mini Frittata Muffins](#)

- [16. Spicy Southwestern Breakfast Bowl](#)
- [17. Down-Home Brussels Sprout Hash](#)
- [18. Healthy Low Carb Crustless Quiche Recipe](#)
- [19. Paleo Stuffed Breakfast Peppers](#)
- [20. Breakfast Quiche with Broccoli and Ham](#)
- [21. Homemade Strawberry Fruit Leather](#)

#### Lunch

- [22. Divine Juicy Tuna Sashimi](#)
- [23. Vegetarian Curry with Squash](#)
- [24. Low Carb Chipotle Chicken Lettuce Wraps](#)
- [25. Fennel and Brussels Sprouts Sirloin Rolls](#)
- [26. Saucy Gratin with Creamy Cauliflower Bonanza](#)
- [27. Tasty Testy Lettuce Wraparounds](#)
- [28. Punchy Tomato Salsa](#)
- [29. Sexy Salsa](#)
- [30. Pumpkin Avocado Salad](#)
- [31. Crispy Chicken Wings](#)
- [32. Sexy Prawn Salsa](#)
- [33. Steamed Brussels Mussels with Fresh Basil](#)
- [34. Summer Tuna and Avocado Salad](#)
- [35. Mediterranean Supercharger Omelet with Fennel and Dill](#)
- [36. Outstanding Veggie Omelet](#)
- [37. Blushing Beet Salad](#)
- [38. Grilled Shrimp Fennel Salad](#)
- [39. Chicken Delish Salad](#)
- [40. Sashimi Divine with Vinaigrette](#)
- [41. Ostrich Steak or Venison with Divine Mustard Sauce and Roasted Tomatoes](#)
- [43. Cheeky Chicken Stir Fry](#)
- [44. Chicken Fennel Stir-Fry](#)
- [45. Moroccan Madness](#)
- [46. Golden Glazed Drumsticks](#)
- [47. Tantalizing Turkey Pepper Stir-fry](#)
- [48. Piquant Peanut Chicken](#)
- [49. Easy Paleo Spaghetti Squash & Meatballs](#)
- [50. Meatball Zucchini Skillet](#)
- [51. Vegetarian Curry with Squash](#)
- [52. Lemony Chicken and Asparagus](#)
- [53. Rucola Salad](#)
- [54. Finger Lickin' Chipotle Meatballs](#)



- [55. Classic Tuna Salad](#)
- [56. Artichoke Tuna Delight](#)
- [57. Tasty Tuna Stuffed Tomato](#)
- [58. Classic Waldorf Salad](#)
- [59. Mediterranean Medley Salad](#)
- [60. Crock-Pot Roast](#)
- [61. Paleo Crock Pot Cashew Chicken](#)
- [62. Paleo Pulled Pork Sliders](#)
- [63. Spicy Slow Cooker Chorizo Chili](#)
- [63. Easy Paleo Slow Cooker Pot Roast](#)
- [64. Simple Cod Piccata](#)
- [65. Sausage and Kale "Pasta" Casserole](#)
- [66. Basic Balsamic Steak Marinade](#)
- [67. Paleo BLT Frittata](#)
- [68. Rosemary Beets with Garlicky Kale](#)
- [69. Kale and Red Pepper Frittata](#)
- [70. The Best Homemade Ranch Dressing Ever](#)
- [71. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [72. Honey Balsamic Roasted Brussels Sprouts](#)
- [73. Simple Cod Piccata](#)
- [74. Paleo BLT Frittata](#)
- [75. Sausage and Kale "Pasta" Casserole](#)
- [76. Basic Balsamic Steak Marinade](#)
- [77. Rosemary Beets with Garlicky Kale](#)
- [78. Kale and Red Pepper Frittata](#)
- [79. The Best Homemade Ranch Dressing Ever](#)
- [80. Easy Paleo Slow Cooker Pot Roast](#)
- [81. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [82. Honey Balsamic Roasted Brussels Sprouts](#)
- [83. Macadamia Nut Chicken/Turkey Salad](#)
- [84. Red Cabbage Bonanza Salad](#)
- [85. Spectacular Sprouts Salad](#)
- [86. Classic Waldorf Salad](#)
- [87. Avocado Egg Salad](#)
- [88. Avocado Divine Salad](#)
- [89. Classic Tuna Salad](#)
- [90. Artichoke Tuna Delight](#)
- [91. Tasty Tuna Stuffed Tomato](#)
- [92. Advanced Avocado Tuna Salad](#)

- [93. Sexy Italian Tuna Salad](#)
- [94. Divine Chicken or Turkey and Baby Bok Choy Salad](#)
- [95. Mediterranean Medley Salad](#)
- [96. Spicy Eastern Salad](#)
- [97. Lemon Tilapia Ajillo](#)
- [98. Tantalizing Prawn Skewers](#)
- [99. Seared Salmon with Peach Salsa](#)
- [100. Spicy Granola](#)
- [101. Sexy Shrimp Cocktail](#)
- [102. Gambas al Ajillo--Sizzling Garlic Shrimp](#)
- [103. Scrambled Eggs with Chilli](#)
- [104. Basil and Walnut Eggs Divine](#)
- [105. Spicy Scrambled Eggs](#)
- [106. Delish Veggie Hash With Eggs](#)
- [107. Spicy India Omelet](#)
- [108. Spicy Spinach Bake](#)
- [109. Spectacular Eggie Salsa](#)
- [110. Mushrooms, Eggs and Onion Bonanza](#)
- [111. Roasted Lemon Herb Chicken](#)
- [113. Spicy Turkey Stir Fry](#)
- [114. Turkey and Kale Pasta Casserole](#)
- [115. Salmon Dill Bonanza](#)
- [116. Chili-Garlic Ostrich or Venison Skewers](#)
- [117. Creamy Chicken Casserole](#)
- [118. Sensational Courgette Pasta and Turkey Bolognaise](#)
- [119. Perfect Turkey Stir-Fry](#)
- [120. Creamy Curry Stir Fry](#)
- [121. Spectacular Spaghetti and Delish Turkey Balls](#)
- [122. Melting Mustard Chicken](#)
- [123. Sexy Turkey Scramble](#)
- [124. Cheeky Chicken Salad](#)
- [125. Avocado and Shrimp Omelet](#)
- [126. Citrus Shrimp Delux](#)
- [127. Zesty Chicken Lemon](#)
- [128. Sweet Chicky Soup](#)
- [129. Chicken Zoodle Delish](#)
- [130. Leeky Chicken](#)
- [131. Creamy Chicken Mushroom Soup Bonanza](#)
- [132. Feisty Filipino Chicken](#)

[133. Chinese Chicken Legs](#)  
[134. Coconut Turkey Salad](#)  
[135. Jolly Jamaican Chicken](#)  
[136. Citrus Chicken](#)  
[137. Chicken Peanut Lettuce Wraps](#)  
[138. Thai Baked Fish with Squash Noodles](#)  
[139. Divine Prawn Mexicana](#)  
[140. Superior Salmon with Lemon and Thyme OR Use any White fish](#)  
[141. Chicken Pineapple Delight](#)  
[142. Spectacular Shrimp Scampi in Spaghetti Sauce](#)  
[143. Delectable Shrimp Scampi](#)  
[144. Spaghetti Squash Hash Browns](#)  
[145. Sexy Seared Scampi](#)  
[146. Turkey Eastern Surprise](#)  
[147. Mediterranean Turkey Delish Salad](#)  
[148. Skinny Delicious Turkey Divine](#)  
[149. Skinny Delicious Slaw](#)  
[150. Chicken Basil Avo Salad](#)  
[151. California Turkey and Bacon Lettuce Wraps with Basil-Mayo](#)  
[152. Bouncy Buddha Bowls](#)  
[153. Cauliflower potato salad](#)  
[154. Asian Bisque](#)  
[155. Healthy Taco Salad](#)  
[156. Crispy Baked Chicken Fingers](#)  
[157. Baked Orange Chicken](#)  
[158. Crispy Potato Skin Wedges](#)  
[159. Coconut Crusted Baked Cauliflower Bites](#)  
[160. Crockpot Maple and Glazed pork Loin](#)  
[161. Baked Sweet Potatoes with a Five Star Feta Salad](#)  
[162. Balsamic Glaze Chicken Wings](#)  
[163. Mustard Crusted Salmon with Arugula and Spinach Salad](#)  
[164. Baked broccoli with garlic and parmesan cheese](#)  
[165. Avocado Chicken Salad](#)  
[166. Sundried Tomato Roulade](#)  
[167. Titillating 12 hour Broth](#)  
[168. Basic Beef Broth](#)  
[169. Paleo Phobroth](#)  
[170. Extra Easy Broth](#)  
[171. Fantastic Paleo Broth](#)

- [172. Cobb Salad](#)
- [173. Easy Homemade Gluten-Free Energy Bars](#)
- [174. How to Make Paleo Cauliflower "Rice"](#)
- [175. Garlic Steak](#)
- [176. Squash Boats](#)
- [177. Baked Buffalo Chicken](#)
- [178. Shaved Asparagus Salad Eggs](#)
- [179. Salmon, Avocado, and Arugula Salad](#)
- [180. Zucchini Noodles](#)
- [181. Spicy Steak](#)
- [182. Pesto Kale](#)
- [183. Chicken Lemon Stir-Fry](#)
- [184. Turkey Burger Guacamole](#)
- [185. Pesto Zucchini Noodles with Pesto](#)
- [186. Spring Greens Soup with Ginger Green Tea Broth](#)
- [187. Steak Rolls](#)
- [188. Lemon Almond Roast Chicken Salad](#)
- [189. Pistachio Salmon](#)
- [190. Beef, Stir-Fry](#)
- [191. Thai Chicken Cups](#)

#### Desserts

- [192. Paleo Pumpkin Pie Smoothie](#)
- [193. Green Kale Smoothie with Mango](#)
- [194. Paleo Antioxidant Berry Shake](#)
- [195. Healthy Fruit Leather](#)
- [196. Prosciutto-Wrapped Berries](#)
- [197. Vanilla Pumpkin Seed Clusters](#)
- [198. Gummi Orange Slices](#)
- [199. Almond Joy Sunday](#)
- [200. Spiced Autumn Apples Baked in Brandy](#)
- [201. Raw Brownie Bites](#)
- [202. Maple Cinnamon Cheesecakes with Gingerbread Crust](#)
- [203. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake](#)
- [204. Samoa Donuts](#)
- [205. Paleo Cocoa Puffs](#)
- [206. Gluten Free Dairy Free Coconut](#)
- [207. Chocolate Bavarian Cheesecake](#)
- [208. Jam Ball Donuts](#)
- [209. Baked Cinnamon Doughnuts](#)

[210. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly](#)  
[211. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider Caramel](#)  
[212. Raw Pineapple Coconut Vegan Cheesecake](#)  
[213. Grain-free Italian Lemon Almond Cake](#)  
[214. Vanilla Pudding Pops](#)  
[215. Gluten Free Tiramisu Roulade Recipe](#)  
[216. Lemon Almond Delight](#)  
[217. Gluten Free Monster Cookies](#)  
[218. Ginger Vanilla Extravaganza](#)  
[219. Cute Cupcakes Recipe](#)  
[220. Strawberry Cheesecake Delight](#)  
[221. Creative Cardamom Cupcakes](#)  
[222. Macadamia Pineapple Bonanza](#)  
[223. Apple, almond & blackberry Bonanza](#)  
[224. Almond Happiness Bars](#)  
[225. Sexy Coconut Crack Bars](#)  
[226. Best Banana Nut Bread](#)  
[227. Lemmony Lemon Delights](#)  
[228. Pretty Pumpkin Delights](#)  
[229. Spiced Apple Bake](#)  
[230. Sexy Dessert Pan](#)  
[231. Peachy Creamy Peaches](#)  
[232. Apple Spice Spectacular](#)  
[233. Choco - Coconut Berry Ice](#)  
[234. Cheeky Cherry Ice](#)  
[235. Creamy Caramely Ice Cream](#)  
[236. Berry Ice Cream and Almond Delight](#)  
[237. Eastern Spice Delights](#)  
[238. Absolute Almond Bites](#)  
[239. Choco Coco Cookies](#)  
[240. Nut Butter Truffles](#)  
[241. Chococups](#)  
[242. Choco – Almond Delights](#)  
[243. Fetching Fudge](#)  
[244. Extra Dark Choco Delight](#)  
[245. Chestnut- Cacao Cake](#)  
[246. Choco Triple Delight](#)  
[247. Apple Cinnamon Walnut Bonanza](#)  
[248. Peach and Almond Cake](#)

[249. Choco Cookie Delight](#)  
[251. Secret Brownies](#)  
[252. Cheeky Coconut Loaf](#)  
[253. Pristine Pumpkin Divine](#)  
[254. Rose Banana Delicious Brownies](#)  
[255. Fabulous Brownie Treats](#)  
[256. Beautiful Butternut Pitta Surprise](#)  
[257. Perfect Paleo Loaf](#)  
[258. Carrot Coconut Surprise](#)  
[259. Relishing Raisin Bread](#)  
[260. Luscious Lemon Delight](#)  
[261. Sexy Sweet Potato](#)  
[262. Heavenly Herb Flatbread](#)  
[263. Cozy Coconut Flour Muffins](#)  
[264. Naked Chocolate Cake](#)  
[265. Blueberry Sponge Roll Surprise](#)  
[267. Lemon Mousse Mouthwatering Cupcakes](#)  
[268. Delicious Coconut Flour Cake with Strawberry Surprise](#)  
[269. Chocolate Raspberry Cake Delight](#)  
[270. Strawberry Dashing Doughnuts](#)  
[271. Perfect Plantain Cake Surprise](#)  
[272. Lemon Blueberry Cake Delight](#)  
[273. Titillating Berry Trifle](#)  
[274. Lemon-Coconut Petit Fours](#)  
[275. Gingerbread Cream Delight](#)  
[276. Mouthwatering Coconut Custard Cake](#)  
[277. Cranberry Orange Upside Down Revolution](#)  
[278. Baked Vanilla Cardamom Delights](#)  
[279. Scrumptious Peanut Butter Parcels](#)  
[280. Pumpkin Cream Cookies](#)  
[281. Sexy Savory Muffins](#)  
[282. Delicious Lady Fingers](#)  
[283 Cheeky Coconut Chocolate Cookies](#)  
[284. Chocolaty Pumpkin Muffins](#)  
[285 Succulent Shortbread Cookies](#)  
[286. Yummy Pumpkin Bars](#)  
[287. Tasty Coconut Pancakes](#)  
[288.. Fluffy Coconut Flour Waffles](#)  
[289 Sexy Savory Pannukakku](#)

- [290. Fudgy Coconut Flour Brownies](#)
- [291. Delectable Pumpkin Bars](#)
- [292. Mouthwatering Lemon Bars](#)
- [293. Crispy Coconut Crackers](#)
- [294. Luscious Chocolate-Caramel Brownies](#)
- [295. Tempting Custard Pie](#)
- [296. Nutritious Paleo Tortillas](#)
- [297. Grain-Free Raw Brownie Bites](#)
- [298. Fudgy Pumpkin Blondies](#)
- [299. Spinach Brownies Revisited](#)
- [300. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\)\(Nut-Free\)](#)
- [301. Celebratory Chocolate Hazelnut Cupcakes](#)
- [302. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [303. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze](#)
- [304. Party Pink Velvet Cupcakes with Vanilla Frosting](#)
- [305 Perfect Paleo Bananacado Fudge Cupcakes](#)
- [306. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)
- [307. Chocolate Cupcakes with Coconut Cream Filling](#)
- [308. Delish Apple Pie Cupcakes with Cinnamon Frosting](#)
- [309. Paleo Sticky Date Pudding Cupcakes](#)
- [310. Vanilla Paleo Cupcakes](#)
- [311. Delicious Yellow Cupcake Recipe](#)
- [312. Perfect Pear & Nutmeg Cupcakes](#)
- [313. Xmas Chocolate Chip Cupcakes](#)
- [314. Meaty Meatloaf Cupcakes](#)
- [315. Boston Cream Pie Cupcake Bonanza](#)
- [316. Vanilla Bean Cupcakes with Mocha Buttercream](#)
- [317. Gushing Guava Cupcakes with Whipped Guava Frosting](#)
- [318 Perfect Pizza Muffins](#)
- [319. Lemon Mousse Mouthwatering Cupcakes](#)
- [320. Sweet Potato Muffins](#)
- [321. Zesty Zucchini Muffins](#)
- [322. Cozy Coconut Flour Muffins](#)
- [323. Sexy Savory Muffins](#)
- [324. Cinnamon Chocolate Chip Muffins](#)
- [325. Molten Lava Chocolate Cupcake](#)
- [326. Party Carrot Cupcakes](#)
- [327. Strawberry Shortcake Cupcakes](#)
- [328. Thin Mint Mini Cupcakes](#)

- [329. Lemon-Coconut Petit Fours](#)
- [330. Delicious English Cupcakes](#)
- [331. Amazing Almond Flour Cupcakes](#)
- [332. Paleo Vanilla Cupcakes](#)
- [333. Delightful Cinnamon Apple Muffins](#)
- [334. Delish Banana Nut Muffins](#)
- [335. Apple Cinnamon Muffins](#)
- [336. Apple Cardamom Cupcakes](#)
- [337. Meatloaf Cupcakes](#)
- [338. Chocolate Olive Oil Cupcakes](#)
- [339. One-Bowl Coconut Flour Cupcakes](#)
- [340. Paleo Chocolate Cupcake with “Peanut Butter” Frosting](#)
- [341. Paleo Apple Pie Cupcakes with Cinnamon Frosting](#)
- [342. Honey Cream Hottie](#)
- [343. Black Forest cupcakes](#)
- [344. Beautiful Banana Bread- 5 Mins](#)
- [345. Preppy PEPPER OMELET](#)
- [346. Cheeky CHURROS](#)
- [347. Beautiful Banana Bread](#)
- [348. Apple cinnamon delight Recipe](#)
- [349. Eggie Egg Muffin Cups](#)
- [350. Totally Tropical Granola](#)
- [351. Fabulous Brownie Treats](#)
- [352. Rose Banana Delicious Brownies](#)
- [353. Spectacular Spinach Brownies](#)
- [354. Pristine Pumpkin Divine](#)
- [355. Secret Brownies](#)
- [356. Choco Coco Cookies](#)
- [357. Berry Ice Cream and Almond Delight](#)
- [358. Apple Spice Spectacular](#)
- [359. Absolute Almond Bites](#)
- [360. Eastern Spice Delights](#)
- [361. Creamy Caramely Ice Cream](#)
- [362. Sexy Dessert Pan](#)
- [363. Cheeky Cherry Ice](#)
- [364. Creamy Berrie Pie](#)
- [365. Peachy Creamy Peaches](#)
- [366. Spiced Apple Bake](#)
- [367. Pretty Pumpkin Delights](#)



[368. Gluten Free Banana Nut Bread](#)

[369. Macadamia Pineapple Bonanza](#)

[370. Lemonny Lemon Delights](#)

[371. Lemon Cookies](#)

[372. Lemon Cake](#)

[373. Choco Zucchini Cookies](#)

[374. Pumpkin crepes](#)

[375. Banana Shake](#)

#### [Beverages](#)

[376. Blood Orange Smoothie](#)

[377. Carrot Orange Ginger Smoothie with Turmeric](#)

[378. Blueberry Lemonade](#)

[379. Red Coconut Smoothie](#)

[380. Lavender Lemonade](#)

[381. Gorgeous Berry Smoothie](#)

[382. Hazelnut Hottie](#)

[383. Lemongrass-Lavender Tempting Tea](#)

[384. Delish Cream Latte](#)

[385. Coconut Vanilla Surprise](#)

[386. Tempting Coconut Berry Smoothie](#)

[387. Volumptious Vanilla Hot Drink](#)

[388. Blushing Berry Smoothie](#)

[389. Tempting Coconut Berry Smoothie](#)

[390. Almond Butter Smoothies](#)

[391. Choco Walnut Delight](#)

[392. Blueberry Almond Smoothie](#)

[393. Raspberry Hemp Smoothie](#)

[394. Choco Banana Smoothie](#)

[395. Hazelnut Butter and Banana Smoothie](#)

[396. Apple Smoothie](#)

[397. Vanilla Blueberry Smoothie](#)

[398. Chocolate Raspberry Smoothie](#)

[399. Peach Smoothie](#)

[400. Zesty Citrus Smoothie](#)

[401. Sumptuous Strawberry Coconut Smoothie](#)

[402. Blueberry Bonanza Smoothies](#)

[403. Raspberry Coconut Smoothie](#)

[404. Divine Peach Coconut Smoothie](#)

[405. Tantalizing Key Lime Pie Smoothie](#)

[406. High Protein and Nutritional Delish Smoothie](#)  
[407. Pineapple Protein Smoothie](#)  
[408. Ginger Carrot Protein Smoothie](#)  
[409. Green Smoothie](#)  
[410. Kinky Kale Smoothie With Pineapple](#)  
[411. Greens Smoothie With Mango and Lime](#)  
[412. Sumptious Spinach Smoothie With Avocado](#)  
[413. Kinky Kale-Apple Smoothie](#)  
[414. Ginger-Orange Green Perfection](#)  
[415. Perfect Pear Green Protein](#)  
[416. Orange Kale Bonanza](#)  
[417. Blueberry Mint Mouthful](#)  
[418. Peachy Green](#)  
[419. Sexy SPRING DETOX](#)  
[420. Gorgeous Green](#)  
[421. Sweet Melon](#)  
[422. Pumpkin Pie Perfection](#)  
[423. The Detox Delight](#)  
[424. Rose Melon](#)  
[425. Winter Wonderland](#)  
[426. Carrot Cinnamon](#)  
[427. Carrot Pecan](#)  
[428. Arthritis Assistance](#)  
[429. Liver Detox](#)  
[430. Wild Greens Bonanza](#)  
[431. Skinny Cruiser](#)  
[432. Red Starter](#)  
[433. Daily Detox Delight](#)  
[434. Hair Helper](#)  
[435. Fast and Furious](#)  
[436. Amazing Apple Flavor](#)  
[437. Peachy Green](#)  
[438. SUNSET Sensation](#)  
[439. Beautiful Broccoli](#)  
[440. Spicy Veggie](#)  
[441. Cool Cucumber Kiwi](#)  
[442. Fabulous Fruity](#)  
[443. Fruity Fast](#)  
[444. Gorgeous Greens](#)

- [445. Cute Celery](#)
- [446. Parsnip-Kale-Tomato](#)
- [447. Hot and Spicy](#)
- [448. Blushing BLUE](#)
- [449. Blushing BANANA](#)
- [450. CINNAMON Coconut Surprise](#)
- [451. Voluptuous Vanilla Hot Drink](#)
- [452. Almond Butter Smoothies](#)
- [453. Choco Walnut Delight](#)
- [454. Raspberry Hemp Smoothie](#)
- [455. Choco Banana Smoothie](#)
- [456. Pineapple Coconut Deluxe Smoothie](#)
- [457. Apple Smoothie](#)
- [458. Pineapple Smoothie](#)
- [459. Strawberry Smoothie](#)
- [460. Divine Vanilla Smoothie](#)
- [461. Coco Orange Delish Smoothie](#)
- [462. Blueberry Bonanza Smoothies](#)
- [463. Baby Kale Pineapple Smoothie](#)
- [464. Sumptuous Strawberry Coconut Smoothie](#)
- [465. Divine Peach Coconut Smoothie](#)
- [466. Tantalizing Key Lime Pie Smoothie](#)
- [467. Raspberry Coconut Smoothie](#)
- [468. High Protein and Nutritional Delish Smoothie](#)
- [469. Pineapple Protein Smoothie](#)
- [470. Ginger Carrot Protein Smoothie](#)
- [471. Perfect Breakfast Detox Smoothie](#)
- [472. Tropical Green Smoothie](#)
- [473. Green Spa Smoothie](#)
- [474. Berry Spinach Smoothie](#)

#### Snacks

- [475. Homemade Paleo Tortilla Chips](#)
- [476. Relishing Raisin Bread](#)
- [477. Delish Banana Nut Muffins](#)
- [478. Paleo Chocolate Cookies \(I Can't Get Enough of These\)](#)
- [479. No-Bake Walnut Cookies \(Grain-Free & Gluten-Free\)](#)
- [480. Easy Paleo Shepherd's Pie](#)
- [481. Spicy Avocado Dill Dressing](#)
- [482. Paleo French Toast with Blueberry Syrup](#)

[483. Sweet Potato and Beet Chips with Garlic Rosemary Salt](#)  
[484. Lavender Maca Brownies \(Dairy & Grain Free\)](#)  
[485. The Best Paleo Brownies \(Chocolaty Goodness\)](#)  
[486. Homemade Baked Cinnamon Apple Chips](#)  
[487. Blueberry Banana Muffins](#)  
[488. Parmesan Zucchini Chips](#)  
[489. Quinoa, Spaghetti Squash, and Bacon Fritters](#)  
[490. Paleo Chocolate Cranberry Muffins](#)  
[491. Salt and Vinegar Zucchini Chips](#)  
[492. Briana's House Low Carb Chocolate Chip Cookies](#)  
[493. Oven Baked Onion Rings](#)  
[494. Low Carb Avocado Crisps](#)  
[495. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)  
[496. Heavenly Herb Flatbread](#)  
[497. Luscious Lemon Delight](#)  
[498. Sexy Sweet Potato](#)  
[499. Cheeky Coconut Loaf](#)  
[500. Cozy Coconut Flour Muffins](#)  
[501. Naked Chocolate Cake](#)  
[502. Blueberry Sponge Roll Surprise](#)  
[503. Strawberry Dashing Doughnuts](#)  
[504. Lemon Mousse Mouthwatering Cupcakes](#)  
[505. Chocolate Raspberry Cake Delight](#)  
[506. Perfect Plantain Cake Surprise](#)  
[507. Lemon Blueberry Cake Delight](#)  
[508. Lemon-Coconut Petit Fours](#)  
[509. Delicious Coconut Flour Cake with Strawberry Surprise](#)  
[510. Titillating Berry Trifle](#)  
[511. Gingerbread Cream Delight](#)  
[512. Pumpkin Cream Cookies](#)  
[513. Mouthwatering Coconut Custard Cake](#)  
[514. Cranberry Orange Upside Down Revolution](#)  
[515. Baked Vanilla Cardamom Delights](#)  
[516. Sexy Savory Muffins](#)  
[517. Delicious Lady Fingers](#)  
[518. Chocolaty Pumpkin Muffins](#)  
[519. Cheeky Coconut Chocolate Cookies](#)  
[520. Scrumptious Peanut Butter Parcels](#)  
[521. Succulent Shortbread Cookies](#)

[522. Fudgy Coconut Flour Brownies](#)  
[523. Tasty Coconut Pancakes](#)  
[524. Fluffy Coconut Flour Waffles](#)  
[525. Delectable Pumpkin Bars](#)  
[526. Temptingly Perfect Plantain Drop](#)  
[527. Mouthwatering Lemon Bars](#)  
[528 Yummy Pumpkin Bars](#)  
[529. Delicious Coconut Biscuits](#)  
[530. Crisp Coconut Flour Tortillas](#)  
[531. Easy Delish Pizza Crust Recipe](#)  
[532. Coconut Pretty Pizza Crust](#)  
[533. Creamy Appetizing Croissant](#)  
[534. Delicious Gnocchi Balls](#)  
[535. Crispy Coconut Crackers](#)  
[536. Tempting Custard Pie](#)  
[537. Nutritious Paleo Tortillas](#)  
[538. Luscious Chocolate-Caramel Brownies](#)  
[539. Delightful Cinnamon Apple Muffins](#)  
[540. Celebratory Chocolate Hazelnut Cupcakes](#)  
[541. Chocolate Cupcakes with Coconut Cream Filling](#)  
[542. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)  
[543. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\).\(Nut-Free\)](#)  
[544. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze](#)  
[545. Party Pink Velvet Cupcakes with Vanilla Frosting](#)  
[546. Perfect Paleo Bananacado Fudge Cupcakes](#)  
[547. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING](#)  
[548. Paleo Sticky Date Pudding Cupcakes](#)  
[549. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)  
[550. Bursting Banana Choco Cupcakes](#)  
[551. Vanilla Paleo Cupcakes](#)  
[552.. Jam and 'Cream' Cupcakes](#)  
[553. Delicious YELLOW CUPCAKE RECIPE](#)  
[554. Perfect Pear & Nutmeg Cupcakes](#)  
[555. Xmas Chocolate Chip Cupcakes](#)  
[556. Boston Cream Pie Cupcake Bonanza](#)  
[557.Cupcakes](#)  
[558. Vanilla Bean Cupcakes with Mocha Buttercream](#)  
[559. Chocolate Ganache](#)  
[560. Meaty Meatloaf Cupcakes](#)

[561. Healthy Carrot Ginger Muffins](#)

[562. Gushing Guava Cupcakes with Whipped Guava Frosting](#)

[563. Blushing Blueberry Muffin Recipe](#)

[564. Perfect Pizza Muffins](#)

[565. Sweet Potato Muffins](#)

[566. Zesty Zucchini Muffins](#)

[567. Lemon Mousse Mouthwatering Cupcakes](#)

[568. Cozy Coconut Flour Muffins](#)

[569. Party Carrot Cupcakes](#)



Book 1

# FIX YOUR IMMUNITY

Stay Well – Feel Fantastic

By Mercedes del Rey  
and  
With Beran Parry



## **LEGAL NOTICE**

The Publisher has striven to be as accurate and complete as possible in the compilation of this book. While every effort has been made to verify the information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

### Additional Terms and Conditions

This book and all the information here are provided to you for information and educational purposes only. The author, creator and publisher of this guide are not medical doctors. The information contained on this site should not be construed as medical advice.

Before beginning any exercise, diet, weight loss program or treatment it is vital you contact your healthcare provider.

No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies enclosed may not be suitable for your situation. You should always consult with a medical health professional when dealing with any medical condition or program involving your health and well-being. Information about health and diet cannot be generalized to the population at large. Keep in mind you should consult with a qualified physician when embarking on any program. Neither the Publisher nor Author shall be liable for any loss of profit or any other commercial damages resulting from use of this guide.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher and Author.



## Foreword

If you're a sufferer from any kind of immune deficiency disorder, I especially want to extend a warm welcome to you. Welcome, my friend, to my wonderful world of completely safe and natural healing. My name is Mercedes del Rey but my friends and patients call me Merche and I am truly fortunate to live in one of the most beautiful places in the world. My home is in sunny Andalusia in the south of Spain, the place where I was born and where I grew up before travelling to the US to complete my higher education. My life has been blessed in so many ways but, like so many people, I've also had to contend with plenty of problems along the way.

Despite growing up in such a wonderful place, my health has not always been very strong. For example, my immune system was a constant source of worry and I suffered from a series of acute and often debilitating allergies throughout my childhood, sometimes reacting to certain foods and then to the chemicals in ordinary household articles like hand soap and shampoo. I seemed to pick every bug and infection that was going round. A deficient immune system can do that. Eventually, the conditions became severe and I began my long exposure to the medical profession and a cocktail of drugs that were supposed to balance my immune system and calm my allergies but, in the end, they only succeeded in making my life more miserable because of all the unpleasant side effects. Doctors rarely mention the negative consequences of the drugs they prescribe but I could see that my condition was becoming worse rather than getting better.

There were times when I suffered from bouts of depression and a complete lack of confidence, always conscious of the rashes and the embarrassing marks on my skin, the unexplained outbreaks of eczema and the fear of being disfigured by the horrible patches that appeared on my face and body. Sometimes it seemed that my immune system was attacking me rather than protecting me. In some ways, growing up was a nightmare. Like so many other unhappy people, I turned to food as a source of comfort and then I started to gain weight, which made me feel even worse! I was highly strung, super-sensitive, borderline depressed and often miserable. The drugs were no help whatsoever. The fact is that my immune system had been further compromised by the constant stream of allergies and by the medication that had been prescribed for my various conditions. And then, as if out of the blue, I met someone who turned my life around completely.

A friend was very concerned about me. She knew I wasn't sleeping well, that my allergies were a constant source of discomfort and embarrassment, that I was depressed and that I'd hit a low spot in my life where I no longer knew where to turn for help. She recommended someone to me, a very special person, a lady who understood exactly what was wrong with me and who showed me how to change my life forever using the most natural remedies imaginable. Her name is Beran Parry and her knowledge of herbalism opened my life to an extraordinary world of natural healing. Beran has a very wide knowledge and experience of health, nutrition and all the factors that can contribute to complete wellbeing. The results of her advice and guidance were simply astonishing. My allergies have disappeared and my immune system is functioning perfectly. I don't even get colds or 'flu anymore, and that in itself is quite remarkable! My mood swings have vanished. I sleep wonderfully and my confidence has soared. I was so impressed by her knowledge and passion for natural healing that I

became her pupil and studied with her for several years. She has inspired me to travel the world on my quest to research and investigate herbal medicine and all that it entails.

I visited China, India, Germany, the USA and Canada and met with so many wonderful Naturopathic Doctors and Herbalists along my learning path.

I now practice as a Holistic Nutritionist and I advise my own clients on the use and application of herbal remedies. It was Beran, of course, who encouraged me to write this book and she assisted me with my research and studies. My dearest hope is that it proves to be as useful and helpful to you as her teaching has been to me.

This is not a medical advice book so please always check any remedy with your medical and naturopathic doctor at all times!

May the force of Nature be with you!



## Introduction

*“While we may not be able to control all that happens to us, we can control what happens inside us” – Benjamin Franklin*

As Benjamin Franklin suggests, while it may be impossible at times to control the many things that happen in our lives, we do have some control over what happens inside our bodies. Our bodies are a reflection of our inner health so, if we eat well and exercise, our bodies are much more likely to perform exactly as Nature intended.

When we eat poor quality food and stuff ourselves with empty calories, when we neglect to care for our bodies, when we fail to follow simple hygiene protocols such as washing our hands, or when we engage in any activity that promotes sickness, we're much more likely to become sick. It's obvious really, isn't it? Most people, for example, give up their good habits during the winter, making excuses and accepting the feeling that it's impossible to stay healthy during the colder months and avoid getting sick. But I can assure you with every ounce of conviction I can muster, that this simply isn't true.

### **Your Body May Be Constantly Under Attack But You CAN Fight Back!**

No matter what the time of year, it's a sobering fact that your body is always susceptible to attack. It could be something as simple as the common cold or 'flu, food poisoning or some other virus that you contracted at the playground while watching your best friend's four-year old. Disease is everywhere. But that doesn't mean you are powerless to influence or control the way disease attempts to gain a foothold in your system. There are many steps you can take to bolster your immune system every single day. So our first question has to be: What are those steps?

Before we examine the methods for strengthening your immune system, we need to understand more clearly how disease works and gain an insight into when you are most likely to become ill. Once you understand these factors, everything else will make perfect sense. So, let's start by asking when are you most susceptible to contract an illness. And it's an important question.

During the winter months, people are more likely to become symptomatic largely because they spend more time indoors. Without adequate ventilation, anybody who stays indoors for lengthy periods of time is more likely to experience the negative consequences of a sluggish or compromised immune system. Some people are also more sedentary in the winter than at other times of the year when the weather is warmer and more conducive to outdoor activities. If you find yourself staying indoors during the cold, winter months, you're probably more at risk of picking up a bug or two. But you can counter this tendency by following proper hygiene habits and ventilating your home on a daily basis.

However, without being too negative about the subject, even if you follow these simple principles, there are still no guarantees that you won't get sick! However, if your body is in good shape and you introduce great nutrition into your daily diet, you may be able to reduce both the severity and duration of your bout of illness.

The fact is that anyone can get sick any time of the year, even during the warm months of summer. While it may sound a little scary, there is some very good news. Our body's immune systems are always ready to attack and neutralize foreign invaders. So, unless your immune system is compromised (as is often the case with patients that have auto-immune disorders) the chances are pretty good that you won't have to fight the virus you contracted at your office party for months on end.

Most people, even those that avoid conventional pharmaceuticals and medications, will overcome the common cold and similar viruses within a week to ten days. That's what our immune systems are for.



If you have a condition that compromises your immune system, then you're obviously more likely to pick up other diseases, but this doesn't mean you automatically have to succumb to that disease. You can still fight back and I'm going to prepare you and encourage you to fight back. The methods you employ to foster good health however, may be broader-based than those offered in this guide, so be sure to talk to your healthcare specialist if you suffer from a disease that makes it difficult for your immune system to fight the common cold and other unwelcome, foreign invaders.

There are of course many other organisms besides viruses that can attack your body, including bacteria. Fortunately, many bacterial infections are typically treatable with antibiotics. While medication only alleviates symptoms in most viral attacks, medication usually wipes out bacteria or the cause of attacks in patients with these types of disorders.

### **The Problem with Antibiotics**

Antibiotics are sometimes considered as a miracle "panacea," a treatment that many people believe to be a form of medicine that is capable of neutralizing all forms of disease. This is simply not true.

While there are many antibiotics available today to treat disease, they are specifically effective for killing diseases that result from bacterial infection rather than for those conditions that arise from viruses.

There is no antibiotic that helps to cure a viral infection. If you take an antibiotic when you have a viral cold, for example, you may build up antibodies so that when your body becomes ill because of a bacterial infection, the antibiotic your doctor normally might use may not work.

Bacteria are organisms that grow, change and mature. They are especially good at adaptation. That means they can adapt to their surroundings,

becoming more powerful. When this happens, many antibiotics that were used to cure an infection are no longer effective. Today, because of this adaptation, there are only a handful of antibiotics available to treat some of the more dangerous diseases.

This is largely due to the widespread overuse of antibiotics. Many doctors feel pressured to prescribe them to patients that demand an antibiotic to feel better. The patient does not sometimes realize that the antibiotic may exercise nothing more than a placebo effect, meaning that they feel better even though their recovery has nothing to do with the antibiotic.

Alternatively, the person may feel better because, by the time they take the antibiotic, their body may already be successfully fighting the virus that first invaded the body.

Antibiotics are not something to misuse. If you can find a suitable solution to your ailment without using them, then use it, albeit with your doctor's knowledge and approval.

Now that you understand how important it is to prevent illness and prepare your body to fight illness, let's see how you can accomplish this extremely important health goal.

## Can You Really Strengthen Your Immune System?

The good news is that it **IS** possible to strengthen your body's immune system so you're less likely to develop a cold in the first place. The other advantage of a robust immune system is that on those occasions when you pick up a bug, your body will return to health faster than the "average" sufferer. This guide is a tool that anyone can use to help fight back against the common cold, against 'flu, bacterial diseases, food-borne illness or poisoning and much, much more. Please note before we continue that, if you are unwell, it is always wise to consult your doctor or health professional first and make sure you understand what's really wrong in the first place. This is always the best place to start and I hope that makes perfect sense to you. Your doctor or healthcare provider is the person in charge of your health. We've done our best to provide you with helpful and relevant information in this guide; however, the author and publisher of this guide are not medical doctors. Please bear that in mind. If you're taking any kind of medication or being treated for a specific illness or chronic disease, make sure you discuss the options with your doctor before you start using the tips and advice suggested in this book.

Clear? Good. This book is a compilation of years and years of research into the human body and the powerful connections that exist between mind, body and spirit. No, we are most certainly not talking religion, just in case you were wondering. What we're referring to is something that we feel is much simpler to grasp: by identifying the causes of your illness rather than just treating the symptoms, you can bolster your mind, your physical body and your spirit, and that will include the vast domain and deeply influential part of you that we refer to under the general title of the subconscious.

All human body systems usually work together in harmony, usually to help to protect you from disease. While we can't infuse aromatherapy oils or vitamin C into the air filters at your place of work, we can provide you with some solid information about the specific tools that countless numbers of people have used successfully to bolster their immune systems. Keep in mind that every person is unique, so whatever works for one person may not work as well for another. You must find out for yourself which methods or tools work best for you and your body.

## **Always seek medical advice before attempting to treat or cure an illness**

Remember that your doctor is the one person who is most qualified to diagnose an illness. Your doctor can tell you if he or she suspects a viral or a bacterial infection.

Now it is time to review the various tools that are available to you. These are the tools that anyone can use to strengthen and enhance their immune systems. The tools and practices in this guide do not, however, come with a guarantee. Neither does your prescription medication. They may not work for everyone. But, most people find that these tools and techniques are highly beneficial and helpful for preventing disease or for shortening the duration and intensity of a disease that already exists (like the common cold, which really isn't that common).

Are you ready to take a peek?

Before you begin, you might like to go and get a highlighter. You may find parts of this book more helpful to you than others, so it would be useful to make a point to highlight them. At the very least you can create your own "to do" or "check into" list if you read about a particular immune boosting strategy that you think will assist you while in your campaign to overcome your illness.



## Chapter 1 – Understanding Our Immune System

Before you learn how you can defend your immune system from foreign invaders, it can be very helpful to understand how your immune system works. When you develop this insight into the mechanics of your own body, you can use a variety of techniques, including visualization and meditation to improve your body's overall health and ability to fight disease, no matter what its origin.

Our immune systems are central to our welfare and wellbeing. When we take care of them properly, they repay us handsomely by fulfilling their purpose and keeping us healthy. Even if we happen to fall ill, against a background of general good health, our bodies respond by fighting the invading diseases and bacterial agents much harder. Since most people probably haven't taken a biology or anatomy class for some time, let's stop for a moment to find out how our immune systems work.

In principle, it really is quite easy to understand and much easier than most people think.

## Your Internal Bio-Powered Immune Fighting Machine

If we took perfect care of our bodies we would soon realize our bodies are bio-powered, immune-fighting machines, stronger than any antioxidant or antibiotic out there in the marketplace. We developed to gather food instinctively, to care for our loved ones and offspring, and to combat or fight any threats or invaders, whether visible or invisible to the human eye.

### **Our bodies developed to fight off infection and disease.**

How do our bodies do this? It's easy.

Bacterial and viral agents can enter the body through many different ways. Don't think you're totally safe just because you wash your hands a few times a day.

Look at the following example which illustrates in a few simple steps what happens when disease enters your body.

1. Bacteria or viral organisms enter your body through touch, sneezes, physical contact or through other mechanisms. Keep in mind that when someone coughs, their expelled matter may spread as far as 500 feet, meaning that whatever illness they have will shower the people around them – unless, of course, they cover their mouths. That is why it's so important to close and cover your mouth if you have to cough or sneeze.
2. Your body's immune system receives a signal from your brain that communicates the need to produce white blood cells. These are the blood cells that your body produces that react to infection. Their task is to help create cells that combat diseases, whether they are viral or bacterial in nature.
3. Your body also starts producing antibodies, which are specific types of white blood cells that function in order to fight off infection. Antibodies, including IgE help fight allergies and other disorders. IgA is a type of antibody that commonly helps fight against infection.
4. If your immune system is as strong as it can be, your body will send enough antibodies and white blood cells to neutralize any attack, no matter how severe. This doesn't mean that you won't get sick. But it does mean your body will do everything it possibly can to keep you healthy. If you get sick, the chances are high that you will recover much faster if your immune system is working its usual wonders.

5. It may take you a few days for you to recover, but most people recover from minor infections or viruses relatively easily. It may take from 7 to 10 days for the average cold or bacterial infection to be cleared for your system.
  
6. Immuno-compromised patients may find that it takes their body much longer to overcome something as simple as the common cold.

Now, most people do not have a finely-tuned immune system. If you had one you probably wouldn't need to read this guide, would you? This guide will help you "fine tune" your immune system so you have the best chances of reducing the length of an illness or preventing illnesses all at the same time. Now that you understand how the immune system works, you should learn about the many factors that influence your immune system. These are the elements that may typically make your immune system function less efficiently than you would like.



## Factors That Influence Your Immune System

Your immune system may be compromised in many ways. Here are some of the many reasons that your body may not respond to an infection or disease in the way that you would normally expect.

Remember, even if you only engage in one or two of these behaviours, they will still result in a negative impact on your immune system. Some people are prone to disease even if their immune systems are compromised in a minor way, which may be a result of only one or two poor habits. Food for thought - here are some examples:

- **You eat too much fast food or incorporate too much saturated fat into your diet.** Fat can clog your arteries, contribute to type II diabetes and increase the total body fat you carry around with you. This is very bad news for your health.
  
- **You rarely exercise and, when you do you, do so half-heartedly, or you over do it, which can cause you to become ill rather than prevent illness.** Sometimes more is better; however, more is not better if you exercise to the point where you over-train your muscles and body. You need to give your body a break, especially between strength-training sessions, so you're able to fight against disease.
  
- **You thrive on stress, which sends levels of cortisol (a stress hormone) through the roof, which can result in general malaise or illness.** Stress is a killer. In fact, stress can lead to heart attacks, high blood pressure, anger and aggression, depression and many other disorders. The less stressed you are the better your body will perform at fighting disease.
  
- **You don't sleep enough, which also changes the hormone levels in your body.** This inspires you to eat more and increases your susceptibility to common colds or infections. You may gain weight, which also puts you at risk for diseases like type II diabetes.
  
- **You sleep too much, which doesn't allow your body the physical activity it needs to get going and perform at its best.** It IS important to sleep. However, if you find you sleep more than 10 hours each day, you may have a health problem. You should consult your physician. Most people do well when they sleep 6-8 hours each day, preferably closer to the 7 to 8 range.
  
- **You don't eat enough or you eat too much, so your body doesn't receive the kind of fuel it needs to fight disease.** The good news is you don't have to deprive yourself of all the luxuriant foods in life to be healthy; you just have to use a practical approach, one that encourages moderation in all things. When you deprive yourself of food for too long, your body goes into starvation mode. This actually slows DOWN your metabolism, meaning you will gain weight even if you eat fewer portions than you have in the past.

It sounds a bit technical, but when you look at your immune system as a complex machine, (which it is), you are more likely to take care of and fine tune it. You'd put oil in your car if it needed it, wouldn't you? The same premise applies here. You have to care for your body just as you would any other appliance or other object that belongs to you, especially if it happens to be something you care about.

If you don't care for your body and perform maintenance checks (annual physicals) you are more likely to develop illnesses that you might have been able to prevent. Your doctor may find something in your blood tests that you may not have known had you not visited the doctor to begin with. You can skimp on many things in life. You can skimp on extra cheese; you can try spending a little less money. One thing you must invest in however, is your health. When your health is good, you feel good. When you feel good, you can do almost anything your heart desires.

Now it's time to explore the steps you have to take in order to ensure your complete wellness. If you follow the steps provided in the next chapter, you will be well on your way to a happy, healthy and bountiful future. Are you ready to take on the challenge? Then keep reading to find out what you need to do to take on the world with health and vigor.



## Chapter 2 – Step-by-Step Health Regimen

Your immune system is your very best friend and champion when you need help to protect your body against colds, influenza and other common illnesses that often strike young children, the elderly and people with compromised immune systems. I really don't like being the bearer of bad news but, if you don't respect your body's needs and eat well and exercise, you might as well consider yourself compromised.

Don't worry about labeling yourself; that isn't important. It is more important right now that you understand the steps you need to take to lead a healthier and cleaner life. Here's exactly how you can do just that.

## Step 1: Wash Your Hands

It's no joke. The first step is actually the easiest step to follow and you're free to roll your eyes in disbelief!

However, the absolute Number One way for people get sick is by hand-to-hand contact. You may shake the hand of someone who's ill and forget to wash your hands before you eat your midday snack. Contamination is as easy as that.

You may hold your child's hand while going to the park, play on the equipment (which may contain several hundred different kinds of viruses or bacteria) and then sit down for a picnic without washing your hands.

These are nothing more than bad habits, very bad habits. But these are precisely the kind of bad habits that will easily cause you to become ill. You and every member of your family should always wash your hands, especially if someone in the house is sick. Here are some of the times where it really is critical for you to wash your hands.

- **Any time you go out of doors and return home.** This is especially true if you go to crowded places.
- **Any time you and/or your children go to the park.** If you want to have a picnic and there is nowhere handy to wash hands, then pass around some moist towelettes. You can find these almost anywhere. These are great for use when on-the-go. Another great new invention is the handy bottle of hand-sanitizer. You can buy pocket-sized sanitizers and give one to each member of the family. You just squirt a tiny bit in your palms and rub them clean, no water or rinsing required. Some even come with built in lotion or aloe to promote softness for your hands during the cold winter months.
- **When you go out to eat.** Any time you decide to go out to eat you should wash your hands before you eat your food. Again, this is an environment where you can easily use a moist towel or take a trip to the restroom to clean up before you eat. One of the most over-looked sources of transference is the menu. That's right. These items are handled by countless numbers of people and never sanitized between one diner and the next. Keep that handy sanitizer with you! Now you have another great reason to use it.
- **When caring for a loved one that is ill.** Sometimes while caring for the people we love most, we forget how important it is to care for ourselves. However, you can spread illness by caring for someone and then touching another person before washing your hands.

- **When handling pets or pet material.** Pets are lovely to have, but they often harbor many diseases. Make sure you wash your hands after touching the family cat or dog.
- **Before planning and preparing meals.** You should always wash your hands before and after handling food products that you plan to eat or serve to others. If you are ill, you may contaminate everyone else in the household. Be especially careful when preparing foods that have a meat and a vegetable part. Raw meat may harbor many diseases including salmonella or E. coli to name but a few. Make sure you do not use the same cutting board when preparing vegetables and meats. Each should have its own special cutting board.

## Step 2 – Eat Immune Boosting Foods

There are many immune boosting foods that pretty much all of us can eat. These foods will not cure a cold immediately, but they may prepare your body to fight harder against diseases and speed up recovery.

Most people know that fruits, whole grains and vegetables top the list of must-eat items. Some people believe that chicken soup makes you well when you are sick and there's some surprising evidence that chicken bones contain an enzyme that's particularly helpful in fighting infection. Maybe your grandmother was right all along!

Other people still live by the old adage “starve a cold and feed a fever.” So what should you eat? Here is a list of the foods that are most likely to result in better health. These foods have proven beneficial for bolstering overall wellness, which in turn may help improve your body's capacity to fight infection or viruses if they attack.

- **Fish or Flax** – these foods provide essential fatty acids, which are tiny substances that are wonderful for reducing inflammation in the body, a common cause for illness. While you can take a supplement containing Omega-3 fatty acids (a key essential fatty acid) you can also get essential fatty acids from your diet. Some good sources of fatty acids in food include fatty fishes like tuna, salmon and mackerel.
- **Yogurt** – yogurt contains ingredients called probiotics that help balance the flora in the digestive tract. When the flora in the body becomes uncontrolled, diseases like yeast infections or UTI become common.
- **Mushrooms** – Eastern medical practitioners often use Shitake mushrooms to bolster the immune system. Most mushrooms contain vitamin B and many other essential nutrients. You will benefit whether you eat the Shitake variety or any other variety, as long as you incorporate them into an overall healthy diet.
- **Fresh fruits** – especially blueberries, strawberries and bananas, all of which contain powerful ingredients to bolster the immune system and help the body fight back against disease. Blueberries, raspberries and strawberries contain many antioxidants; these are substances that reduce free radical damage. Free radical damage is damage that occurs on the surface of an object. Free radical damage can occur from too much unprotected exposure to the sun or other environmental pollutants. Bananas contain plenty of potassium, which helps balance the electrolytes in your body.

- **Seaweed** – some believe seaweed (often used in Eastern dishes like sushi) contains ingredients that bolster the action of T cells in the body; these are disease fighting cells. Seaweed may also cause the body to produce more antibodies, which are a type of white blood cell that helps fight disease and infection.
- **Herbs** – herbs are powerful substances anyone can use to flavor dishes and combat disease. There are certain herbs like cumin, cayenne and cilantro that may help bolster circulation and improve one’s immunity. This is especially true of cayenne, which heats the body. Some believe cayenne may help increase the metabolism also, which is why it is an ingredient in many natural health supplements promoting weight loss benefits.
- **Green Tea** – this tea, like many other teas, is a powerhouse of antioxidants. Black tea also contains many beneficial antioxidants, but studies suggest green tea is best. You can buy it decaf or caffeinated. Green tea is often used in weight loss products because many believe it stimulates the metabolic system. The antioxidants in the tea may help ward off infection or illness. Sipping tea with a bit of honey and lemon while sick can soothe an itchy, red or sore throat.
- **Water** – it may sound crazy, but many people mistake thirst for hunger and overeat. Water, pure, filtered and clean water is one of the best substances you can drink if you want to stay well or get better faster. Water hydrates the body. Most people, especially those living in dry climates, do not drink enough water. Water is essential for every biological process that occurs in the body. Water helps the digestive system work properly.
- It helps your skin feel healthy and it helps your body recover from illness. If you don’t like the taste of water, there are many products now promoting water with added flavors you can try. Just be sure you don’t indulge in one that has a lot of calories, or you will pack on the pounds. If you are dehydrated however, some people find an electrolyte enhanced drink like Gatorade or similar products help replenish the system. You can even drink some water with a pinch of sea salt and lemon to help balance the electrolytes in your body.
- **Garlic and Onion** – fresh garlic has many wonderful immune-boosting properties, whether you take it as a supplement or as a whole food. If you get fresh garlic and fry it or add it to favorite foods including sauces, you will give your immune system a tremendous power boost. Garlic has antifungal, antibacterial and energy-boosting qualities. When combined with onion in a light broth, many people find it helps relieve sinus congestion or lessens the amount of time they suffer from a cold. When in doubt, always go for the garlic, and take a breath freshener with you or take some parsley whilst out and about!
- **Oats and Barley** – These are whole grains containing loads of a healthy fiber that contains antioxidants and antimicrobial ingredients. Many feel oats and barley are more beneficial than Echinacea. Some studies suggest oats and barley may be helpful with people with compromised immune systems, or those that are susceptible to ‘flu and similar illnesses.



This list is far from comprehensive, but it does give you an idea of the types of foods you can eat that are most likely to result in better health. You should think about eating whole foods rather than processed or packaged foods, as many processed foods (even if fortified with vitamins) contain too much fat, too much sugar and too many preservatives.

Whole foods, as the name implies, include foods that are in their whole state; they are natural, minimally processed and totally good for you. You can find grains, vegetables and lean proteins that are whole foods. Look for meat that does not contain antibiotics. Many meats today that are processed by traditional stores are laden with hormones to help the cows pack on extra meat and boost milk yields.

These hormones do not simply evaporate and disappear; so, if you feed your child whole milk that has been pasteurized and comes from a cow that feeds on antibiotics or growth hormones, your child may also ingest the self same hormones. Some researchers believe this is one reason why so many young adolescents are hitting puberty much earlier in life.

## Step 3 – Take Your Vitamins & Supplements

Eating well is critical to your health and so is taking the right vitamins and supplements. During various stages of our life we all need a little extra pizzazz. You should always talk with your healthcare provider before you use any over-the-counter supplements.

This is especially true if you take prescription medications regularly, because some supplements or vitamins may negatively interact with each other. Some supplements may reduce or increase the side effects of prescription medications, as can some foods. So be sure you talk to your doctor before you try any of these. That's just being smart.

A qualified healthcare provider can also guide you by telling you how much of a vitamin or supplement you need to take to support better health or to enhance your immune system.

Below is a list of some of the more common supplements that are typically recommended to people for boosting the immune system.

- **Probiotics** – Sometimes referred to as “acidophilus” or other related substances, probiotics help balance the natural flora or good bacteria that reside in the body. Often when someone takes antibiotics, the antibiotic kills off all bacteria in the body, both the beneficial and the harmful. As you may be aware, good bacteria are essential for proper digestion and the efficient elimination of toxins and waste material. Some studies suggest the use of probiotics in children and in adults may reduce digestive disease risk, improve immunity to common ailments and may even reduce the number of infectious diseases that cause fever in people that take them regularly.
- **Omega-3 fatty acid** – a supplement containing omega-3 like fish oil or flax seed oil can improve your overall health and wellness. Essential fatty acids like this also help reduce inflammation in the body. Doctors often recommend patients with arthritis or related illnesses to take an anti-inflammatory agent like essential fatty acids.
- **Vitamin C** – vitamin C is one of the cheapest and easiest ways to get your daily serving of immune-boosting ingredients. There is much controversy in the health community about how much vitamin C constitutes enough vitamin C to protect the body. One way to gauge this is to take one tablet a day and increase your dose until you feel abdominal discomfort. However, this may not work for all people. It is best for you to speak with your healthcare professional about the proper dose of vitamin C for you, based on an objective analysis of your health and body weight.

- **Echinacea** – this herb has been promoted as a virtual panacea for all ailments. If taken regularly when you develop cold symptoms, it may help reduce the length or severity of the condition. You can buy it as an herb or in capsule and tincture formulations. Most healthcare providers recommend you do not take this all year round, because it may lose its ability to fight disease if taken daily. If you are ill, you might consider taking it for a week and then taking a week off to see how well you do. Studies about Echinacea are controversial; some people swear by its effectiveness and others doubt it helps at all. Keep in mind that all bodies are different. If you take it and it seems to help, then use it. If you find it doesn't, then feel free to try something else.
- **Goldenseal** – this is a powerful herb that you should use with caution. Manufacturers note it has antibacterial and antiseptic properties. It can cause digestive upset, and should not be taken during pregnancy as it can promote contractions or early labor. Goldenseal is a species that is dying out, so it is important to take it when needed, and to only take as much as you need to feel well. A trained herbalist can work with you to find out what the best dose is for your body type.
- **Zinc** – many people have zinc deficiencies which may cause fatigue and lethargy. Many cold formulas at stores now offer zinc as a primary ingredient. This is true of many tablets used to soothe a sore throat. It is sometimes difficult to get enough zinc from the food you eat so, if you are sick, you may find it helps to take a little extra zinc. Often you can find a zinc lozenge that tastes pretty good too.

If you want to learn more about the supplements and herbs that may help bolster your immune system you should consider finding a qualified natural healthcare provider or consult with an herbalist before you buy anything.

You will find there are many other supplements on the market that claim they boost health and wellness. Some of these contain a mixture of ingredients or herbs and natural vitamins and minerals. Before you buy a supplement, talk to a qualified herbalist or other health care practitioner. He or she can help you to decide what, if any, supplement will help you to overcome your condition. Only someone that is qualified and understands basic anatomy and physiology, and the possible drug interactions that are likely to occur when someone takes an herb with a medication, can really assist you as you explore the best immunity formula to suit your individual needs.

You can also ask what herbs or foods you can use to help prevent disease (like shitake mushrooms and seaweed). Some foods and supplements

(including garlic) are sometimes better taken as a preventive medicine than as a cure for any illness.

Speaking of garlic, you may also consider adding more garlic to your diet, whether in the form of a capsule or raw garlic. Garlic acts in much the same way that goldenseal does; many consider it as nature's natural antibiotic. Just be careful not to eat too much at once because it may upset your stomach.

Many newer supplements containing garlic are now odorless and tasteless, so you don't have to worry about scaring off the vampires with your pungent garlic perfume!

Now that you have an idea of what types of supplements you can take to improve your immunity, let's look at the next two steps you can take to help your immune system punch out disease. Are you ready?

Gentle motions performed through Tai Chi, Yoga or a practice called Qigong (another type of Eastern exercise involving low-impact movement of the body to promote better circulation of energy) are sometimes more helpful for boosting immunity than vigorous exercise, which may actually increase the stress hormones circulating in your system. Gentle motion exercises such as these are helpful for providing your body with more energy, which means you have an enhanced ability to fight off infection and feel your best. You can enjoy these exercises as much or as little as you want but you're more likely to keep up regular practice if you actually enjoy it.

You can visualize disease or a chronic illness any way you want; the goal is to focus on getting rid of the cells responsible for your sickness or the virus and bacteria responsible for your lethargy. You can also perform visualizations where you imagine what your body would look like in a healthy state. You can imagine your perfect body, and then imagine yourself accomplishing any task you want with your new and perfect body. Many people with strong immune systems imagine their body is healthy - whether it is or not.

Your subconscious can "trick" your brain into thinking you are healthy even if you are not healthy. It sounds strange, but it can happen. Doctors are using

visualization techniques in hospitals to help patients recover faster. There are even studies suggesting visualization helps improve medical health and outcomes among patients with chronic illnesses.

**It really is a matter of mind over matter – in a literal way**

Those opposing such techniques suggest visualization offers nothing more than a placebo effect. The placebo effect is the feeling of something positive changing without anything actually changing. This can happen for many reasons. If people are given a medication and told it will cure their disease, they are more likely to realize positive health outcomes whether or not they receive legitimate medication or a sugar pill.

The placebo effect does not occur to everyone, but it might work for you, even if you do not believe in visualization to boost your immunity. What is the worst thing that could happen? You may end up right where you started, or you may find you feel a thousand times better.

## Step 5 – Reduce Stress

If you reduce the amount of stress you carry around with you, you're far more likely to feel better. Stress is a leading cause of illness in the United States and in many other countries. It is important that you realize right now how much stress is impacting on your life.

When you feel stressed, usually you have a harder than average time sleeping. If you can't sleep, then you can't function well during the day, and are more likely to become ill because your immune system becomes weakened. With proper sleep and little stress however, your body is much more likely to respond positively and overcome any illness that may come its way.

How much stress do you carry around in your life?

## Stress Inventory –

Find out what your stress triggers are, or how much stress you carry around with you on a daily basis, and you may improve the quality of your life and your health. Here are some common stress triggers. How many can you identify with?

1. Feeling tired or lethargic during the day even after a good night of sleep.
2. Worrying constantly about work assignments, school assignments or other activities that have a deadline.
3. Always arriving late to an event or meeting because you are scrambling to catch up on work that might have been done already had you not procrastinated.
4. You drink almost every night in excess to “relax” after a hard day’s work.
5. Crying a lot for no reason, or feeling the blues constantly.
6. Falling behind your peers.
7. Feeling irritable or angrier than usual.
8. Driving recklessly or endangering yourself while driving or engaging in other ordinary activities.
9. Feeling like simple tasks are overly cumbersome.
10. Having trouble falling or staying asleep at night.

How many of these situations can you relate to? Stress is something you want to eliminate from your life as best you can. While you can’t possibly rid the world of everything stressful, you can eliminate some of your stress, and some stress relief is better than no stress relief.

Here are some tips and techniques you can adopt to help release or reduce some of the stress in your life. The less stress you have the better your chances of fighting a cold. Remember, none of these techniques guarantees you won’t get sick; if you do get sick however, if you follow the advice offered in this guide you are more likely to recover more quickly than those who do follow these time-honoured principles.

- **Plan ahead.** If you have to go to work the next day, then pick out what you want to wear the night before, and make sure it is ironed and pressed so you are ready to go. That way you can sleep in a little longer or hit the snooze button at least once without running late.

- **Exercise daily.** You don't have to be a marathon runner to reap the benefits of exercise. All you really have to do is get outside for 15 minutes once or twice a day. Exercise helps to support your body's immune system. When you exercise, you also feel better on the inside.
- **Organize and Prioritize.** If you have too much to do, you will find that your tasks weigh you down. This can lead to stress, and stress contributes to illness. The most common argument people offer for not organizing is "I don't have time". The reality is you do have time, especially if you want to get well. The less attention you pay to your body, the more likely you are to stay sick. As long as you stay sick, you are going to suffer. If you take just 30 minutes out of each day to organize and prioritize, you will find that your daily routine flows much more smoothly. It's the best way to feel that you really are in control of your life and this deeply empowering technique will significantly lower your stress levels. If you need help organizing, you can always ask a friend or a family member to help out. Most will do so with obvious enthusiasm!

Naturally there are many other ways you can reduce stress. You can take a walk twice a day outside in the fresh air to get out of the house or your office building. You can take a 15-minute power nap. A power nap isn't really a nap. It's a small period of time you can use to recline, relax and kick back. The goal is not to think about the work ahead of you. Rather, you should spend the time focusing on creating more energy in your life. Imagine what your life would be like if you finished all of your tasks ahead of schedule. Once you do this, you are better able to manage the stress you do have on your plate without releasing too much in the way of cortisol or stress hormones.

Some people prefer traditional stress busters like a massage, pedicure or a drive in the countryside. Any of these are a good idea. When you prepare for bed, try not to drink up to four hours before your head hits the pillow. While you may "think" the alcohol relaxes you, in the longer term it actually deprives you of much needed sleep. Alcohol only causes you to feel sleepy for a short time. Then it acts more like a stimulant, depriving you of deep sleep. You can also develop a headache or become dehydrated, which can lead to even more stress.

You might consider setting up a bedtime ritual that involves meditation, a good read and silky sheets to relax in. Do whatever it is that appeals most to you to get the quality sleep you need. Speaking of sleep, let's move on to our last immune boosting tactic.



## Step 6 – Get More Sleep

Sleep is the best gift you can give your body. Most people are more susceptible to colds, ‘flu, viruses, bacterial infections and chronic fatigue when they don’t sleep well. There are many ways in which a lack of sleep can interfere with your immune system. Let’s look at some of them and come up with some common interventions that will help you get a better night’s rest.

### *Trouble Sleeping*

Many people have trouble falling or staying asleep. Often people have trouble falling asleep in the first place and this may be because:

- ➔ **They have too much on their mind.** To break the habit of going to sleep with a head full of images, ideas and concerns, start a journal you can review at night to help you release your worries *before* bed. You can’t solve anything while sleeping, so put your worries to rest before you put yourself to bed.
- ➔ **They drink alcohol before bed.** Drinking before bed is a big mistake. Make sure you take your last (alcoholic) drink at least 4 hours before bed. Avoid caffeinated beverages up to 6 hours before you go to sleep. This will make a very noticeable difference in the way you sleep.
- ➔ **They exercise too close to bedtime.** You should exercise first thing in the morning. Exercise in the morning gives your metabolism a boost for the day, and then allows you to sleep better at night. If you exercise too close to bedtime, you will feel too energized and charged up to sleep.
- ➔ **They watch television in bed.** The worst place to work or watch television is in bed. While it may “seem” comfortable, it can wreak havoc on your sleep. Some studies suggest the light from a television or the light emitted by a computer is enough to give a person chronic insomnia. This light tricks your brain into thinking it is time to wake up, so you have a harder time sleeping.
- ➔ **They eat too much protein before bed.** Protein is great for building muscle and boosting energy. If you want to sleep and stay asleep however, you might consider trying a low protein, high carbohydrate snack sometime in the hour or two before bed. Make sure you do not eat too much because this too can interfere with sleep. A small snack however, may help keep your blood sugar levels aligned so you sleep better and longer. Many people find if they eat enough they do not wake nearly as often during the evening.
- ➔ **They suffer jet lag.** If you are a frequent flyer, jet lag may be the cause of your insomnia. To help with this, ask your doctor about taking a melatonin supplement. This sometimes helps restore normal sleep patterns. You can also try adjusting your sleep schedule while on business or vacation so you do not mess up your normal sleep cycle rhythms. This may mean

going to bed one or two hours earlier or later than normal, but most people would agree the change is worth it. Jet lag among frequent flyers is a concerning and almost disabling problem if not handled properly.

If you find you do not have enough time to sleep, then you have to work on your schedule to create more time to sleep. There's no such things as "catch up" sleep, so don't bother sleeping in on the weekends and working while sleep-deprived during the week. It just doesn't work that way. You have to commit to a regular sleep routine to realize adequate results. If you do not have a sleep routine, this is the perfect time to consider the enormous advantages of creating one.

Ideally, your goal is to get 7-8 hours of sleep, although some people function well on only 6-7 hours and others need 8-9 hours. Get to know your body, so you can determine how much sleep you need to feel healthy and energetic during the day.

Sleep is a powerful tool. When we get enough sleep our bodies are better prepared to take on the twin challenges of stress and disease. You will find you can conquer colds and infections much more easily when you're fully rested. Make sure you sleep as much as you can, especially when you're unwell. When you're sick, you may find you need one or two extra hours of extra sleep each day sick until you've recovered.

If this is true, then get some sleep. Call in to work and tell them you are sick, whether you have sick time or not. Most managers and companies would prefer to have you working at optimum capacity rather than spreading disease throughout the company. Chances are high that if you work while you're ill, you will only increase the severity of your disease. You may then face a potentially serious infection, especially if you expose your weakened immune system to pollutants and bacteria on the job. Have you ever watched someone as they try to work while sick? Every sniffle and cough puts another person at risk of falling ill. Point that out to your manager if they give you trouble about staying home because of an illness.

Now you know some of the key tools for sleeping. Let's review some commonly-asked questions to give you as much information as you need

about health. Then you can boost your immune system and fight disease naturally.



## Chapter 3 – Frequently Asked Questions

You probably still have some questions about your health and your amazing immune system. We'll do our best to cover each of these areas in the following section. If you still have questions, be sure to contact your healthcare provider so he or she can help you to overcome whatever problem you're dealing with.

This list contains some of the more commonly asked questions about immunity, sleep, stress and well-being.

### **Q. Can I exercise while sick?**

A. Most people can engage in light exercise if they have a minor cold or feel only slightly ill. Be sure, however, to exercise very carefully and avoid fatiguing yourself. That means you can do with a walk around the park. You don't want to overdo it because this can cause you to feel even worse. You can sometimes help your body to recover faster when you have a cold if you take a little exercise. If you are really sick however, and have a temperature above 99 degrees, you should call your doctor before attempting any exercise. He or she will probably recommend rest rest and then perhaps some moderate exercise once you start feeling better.

### **Q. I have a compromised immune system. What can I do to stay healthy?**

A. Many people suffer from compromised immune systems. Often the culprit is an auto-immune disease. This is a class of disease where the body's immune system attacks healthy tissue instead of invading agents or diseases. This naturally causes fatigue. Certain medicines used to treat autoimmune disorders such as lupus or rheumatoid arthritis may further contribute to your susceptibility to illness. The best steps you can take are washing your hands frequently, encouraging others to do the same, using or carrying around a small bottle of sanitizer for your hands and getting plenty of sleep so you can fight an infection if you happen to develop one.

If you have an autoimmune disorder, your doctor or rheumatologist may recommend that you participate in continuous physical therapy, which often

can help your body to recover and resist chronic illness. Be sure you cover your nose and mouth if needed when traveling to areas with large crowds or pollution. Having an autoimmune disorder is much like having an immature immune system (like a child has) or an immune system that is tired and overworked (as is sometimes the case with elderly patients).

Don't give up however. You can fight disease and feel better with time and good hygiene!

**Q. There are so many different recommendations for taking vitamin C. Some say you should take up to 4 grams each day. Won't this make you sick?**

A. Unfortunately there is much in the way of conflicting advice when it comes to caring for your body. The same is true of taking vitamin C. There are healthcare providers that swear you can take high doses of vitamin C to cure just about anything, from cold sores to cancer. Others suggest only a modest intake of vitamin C is worthwhile to the body.

Who do you listen to? You should always heed the advice of your primary healthcare provider, someone you should trust. And you need to listen to your body. If you are taking too much vitamin C there is a good chance you will develop diarrhea. Your body usually takes as much vitamin C as it needs and expels the rest. Most people get plenty of vitamin C by eating fresh fruits and drinking fortified orange juice. When in doubt, less is probably better. Remember, every body is different, so your body may react to vitamin C more quickly or more slowly than another person's body. Make sure you take time out to listen attentively to your body.

**Q. Is Echinacea really helpful for boosting immunity? But I've heard it's just a waste of time and money.**

A. Great question! The use of Echinacea is quite a controversial issue. There are many people who swear by its healing powers. There are studies that show it may help shorten the duration of a cold or other virus. As with any study however, there are an equal number that suggest Echinacea is no more beneficial than a placebo. This is possibly because different people respond differently to any medication. Ask your doctor if you can try it. You usually

need to take it at the first hint of a cold. It does not help to take it daily, because it loses its effectiveness after using it continuously for more than a month or so. Keep this in mind.

**Q. Can I continue taking my supplements while ill?**

A. If your doctor prescribes medication for you regularly, or while you are ill, you may need to stop your supplements until you finish your course of therapy. While there are many herbs that safely combine with prescription and over-the-counter medications, many do not. Ask a trained herbalist or medical doctor to help you decide whether it is safe to take the medications you normally take with the supplements or herbs you have. Remember, herbs are medicines too; they are just natural medicines, the type that come from the ground. They should be treated with the same care that you would apply to any prescription medicine. If you notice any side effects from any herb or supplement you take, be sure you report these to your doctor immediately; you may have to switch medications or stop taking the supplement.





## Chapter 4: Conventional Cures VS Natural Herbal Cure

According to the American Medical Association Journal, over 100,000 Americans die in hospitals every year due to the side effects from regularly-prescribed medications. It's a truly shocking and deeply disturbing statistic. Throughout America, an unbelievably vast amount of medication is prescribed on a daily basis. The medical community openly acknowledges the fact that it does not have any cure for a range of common diseases that affect large numbers of people.

Most conventional medicines produce side effects that can range from mild to severe. The reason for this is that most of these drugs contain toxic properties. This explains why there have been so many examples of prescription drugs being withdrawn from the market after enjoying years of FDA approval.

This is one reason why a new generation of doctors is now beginning to recommend complementary, alternative treatments, like herbal therapies and treatments.

Here are some interesting facts:

The annual profits made by pharmaceutical companies through drug sales in the United States alone is over \$100 billion

More than 25% of all prescription drugs available contain plant derivatives

More than 80,000 types of plants are used globally for medicinal purposes

Over 75% of the global population depends on herbal remedies for treatment of physical disorders

The point is that prevention always was and always will be better than any cure, whether the cure follows the mainstream or an alternative course of treatment. One of the great advantages of herbal remedies is that they encourage an individual to move towards a lifestyle that is more geared towards prevention and cure in the early stages of any affliction.

Pharmaceutical drugs are designed to work only after the problem has manifested its effects in the body. They are typically not intended to prevent problems because that would compromise the manufacturing companies' business model. They have to make a profit. It is, after all, the inescapable nature of business. But if the enormous expense of prescription medication still fails to prevent disease, we have to question the commercial viability of

an industry that prefers to act after – rather than before – the event. This is where herbal remedies leave the mainstream drugs industry far behind. This is why so many people are turning to herbal therapies. Unlike conventional drugs, herbal remedies treat the cause of the disease rather than the symptoms. Herbal remedies also have the advantage in that they present almost no side effects.

People have been using herbs for thousands of years to treat all types of illnesses, diseases and physical disorders. Throughout history we can find examples from countless cultures of their use of herbal remedies. The ancient Egyptians, for example, used herbs for healing and for treating illnesses and their traditions of herbal healing were already considered ancient even in those distant times. There are hieroglyphics that beautifully depict the use of herbs on their ancient tombs and temples. In ancient China and India, herbs were an important part of healing and are still used extensively today in traditional Chinese and Ayurvedic medicine. In our modern age, more and more people are turning to herbal remedies to cure anything from headaches to skin conditions to colds. You can find a herbal cure for just about anything that ails you. As well as using herbs to heal, there are many herbal remedies that are used specifically as preventative agents to neutralise many types of illnesses before they strike. It's a testament to the curative power of herbs that a growing number of conventional medical doctors are also getting involved in the ancient traditions of natural, herbal cures. There are specific, additional medical courses available that instruct on herbal cures and their uses. A holistic M.D. is a licensed physician who has completed not only their conventional medical studies, but who also has the additional benefits of formalized and recognized education in the philosophy and methods of natural healing. Herbalists understand how specific herbs behave in the treatment of certain physical ailments. The body is considered as a small but complete ecosystem where each of the component parts endeavours to function in a state of balance and natural equilibrium with all the other parts. When a specific part of the body becomes unbalanced, herbs can be used to help restore the natural balance that is the foundation of robust and vital health. Usually, herbal remedies are milder than traditional medicines and have fewer side effects. They are considered as completely safe when used as directed. The body can build up a resistance to some medications, such as antibiotics, especially when they are over-prescribed. There are many ways to use herbs as effective treatments.



## Chapter 5 The Alternative Cure Advantage

Alternative medicine expresses the philosophy that natural health is a consequence of a variety of different influences operating in harmony. Thus it seeks to combine the best features from various options in order to promote good health. It accomplishes this worthy objective by focusing on the strong points, preventing the weak ones, and generally advocating a lifestyle that is naturally healthy. Alternative medicine can be described according to several branches that each promote natural good health and they include herbalism, natural hygiene, naturotherapy, and nutripathy. These methods are often offered today as complementary therapies to accompany conventional methods of treatment. For some reason, terms like alternative medicine and natural health always seem to be associated with the ancient civilisations of the Far East. It should be noted that most of the core concepts behind the natural health approach to wellness are of European origin.

In the not too distant past, the only health care that was available to the common man was self-care. While medical science existed in a very rudimentary state, it was by no means as prolific as it is today, nor was it based on anything we would recognize as scientific. Modern medicine indeed has undergone the most remarkable revolution and rises above the dense clouds of superstition on the pillars of science and reason. Most of the village “doctors” in former times were often referred to as “folk healers” (people who heal other people or folk) and their medical qualification was nothing more than a short apprenticeship under some sort of superior. A tradition of tried and tested herbal remedies grew into a body of knowledge that was largely handed down orally from one generation to the next. Geographical distance and biological diversity naturally produced different folk remedies in different places. So, while the roots of such traditional healing methods can be traced to Europe, once they had been adapted to the climate and geography of the great American continent, they changed to reflect the local conditions that prevailed in the vast American landscape. In 1830, Frances Wright and other reformers launched the Popular Health Movement. This was a period when advances in medical science were encouraging contemporary doctors to think in terms that would have been sacrilegious to their elders. Alarmed by these new developments, proponents of the Popular Health Movement sought to enforce the older methods into

the practice of modern medical professionals. While some good has resulted (particularly with the help and understanding provided by modern research), it has to be admitted that the Popular Health Movement also produced some quite ridiculous blunders.

We can trace the origins of a number of natural health concepts to the rise of the Popular Health Movement: Hydrotherapy, Herbalism, Eclectic Medicine and Natural Hygiene.

Thomsonianism is one of the earliest approaches to modern western herbalism and it was founded by Samuel Thompson around the year 1820. The Association of Eclectic Physicians, an organization of herbals doctors, was established in Wooster Beech.

At its height, eclecticism was practiced by over twenty thousand qualified doctors in the United States. By 1939, medical schools were being largely financed and influenced by philanthropists and, when these schools failed to support eclecticism, it gradually fell out of favour and out of use.

Hydrotherapy was another branch of natural health and it concerned itself with the application of water to the human body. Though using only water as means of staying healthy might sound somewhat naive, it represented a positive influence in that time period. Hydrotherapy advocates were very vocal about the importance of personal habits such as diet, dress, clean water, fresh air, exercise, sunshine, and herbs. Personal hygiene as it is understood today was not always such an important issue. Hydrotherapy was conveying a very important message. The origins of hydrotherapy can be traced back to the Roman era when spas and hot mineral springs were a common way for people to cleanse and revitalize their bodies.

The European system of hydrotherapy was first introduced to the United States in 1844 by the founder of Natural Hygiene, Dr. Joel Shew. Dr. Shew expanded on the hydrotherapy concept by focusing on other aspects like fresh air, lots of sunshine, a good diet plan and an exercise routine. In 1853 he established the College of Hygieo Therapy.

The American Natural Hygiene Society was founded in 1948. Eventually, hydrotherapy was completely superseded by the more modern reliance on pharmaceutical drugs. This change occurred largely because those who advocated prescriptive drugs viewed hydrotherapy as a pseudo-science particularly since it was so closely associated with the female social activists of that era. A politically-motivated decision perhaps but, once hydrotherapy was discredited by its detractors, its days were surely numbered.

The core belief of natural health therapy is that all issues related to health, sickness, and healing can be overcome through simple means like prevention and a change in individual lifestyle. Natural health follows the oldest rule of medicine: prevention is better than cure. In view of this, natural health therapies are intended to be totally in control of the individual rather than the doctor or therapist. There is within this concept a clear expression of the importance of personal responsibility for one's health and wellbeing.

The "natural" in the term natural health literally refers to the physical world in which we live, or nature. This is but another way of saying that according to natural health therapy all disease and illness is nothing more than a natural reaction to some other natural action. It is important to remember that natural health does not have anything to do with faith or psychic healing which are supernatural concepts and hence, by definition, not part of nature. This difference is also the biggest distinguishing factor between natural health therapies of European origin and Eastern alternative medicinal theories that often rely on belief systems such as spirituality, karma, ancestral forces, personal auras, or energy flows. None of these can be perceived by our normal senses and hence the Europe-born natural health theories prefer not to subscribe to them.

Going even further, natural health does not concern itself with the origin of life, any religious beliefs, extra-dimensional worlds, magic, and new age mysticism.

All natural health says is that all health and sickness can be affected by simple natural therapies.

At its most basic level it can be said that natural health therapy refers to only one thing: the fundamental biological factors of health, especially as they apply to everyday life in western society. In its early history, the natural health movement displayed considerable interest in hydrotherapy and the relaxation it offered through the use of spas, steam baths and other water cures. The more modern additions to the natural health movement, particularly those that concern themselves with the body-mind connection and how that relates to stress and tension, are largely influenced by eastern alternative medical theories.

Having said that, what natural health therapy firmly implies is that the human body possesses a complete capacity to heal itself from most forms of sickness, mostly through prevention. So as far as natural health thinking goes, all healing is basically self-healing and this is considered to be a basic

property of all things alive. Obviously a broken bone requires treatment and a suitable cast rather than a change in lifestyle to effect the requisite and successful healing! But the essential principles of natural healing obtain in most situations.





## Chapter 6 Herbal Treatment Philosophies and Concepts

### Vitalism

When we consider our ancient forebears, it's fascinating to note that as early as 400 B.C., Hippocrates (the father of medicine and the inspiration for the Hippocratic oath) had written that, "the natural healing force within us is the greatest force in getting well". This concept is known as vitalism.

In simple terms, whenever there is something wrong with the body the doctor will offer a procedure: using antibiotics to kill the infection, surgery to remove a poisoned part, putting a broken bone into a cast, suturing a flesh wound. All of these treatments are part of the vast repertoire of skills that make up the healing trade. Yet the body of the patient has to respond positively to all this treatment otherwise it is wasted. Vitalism encourages the body to heal and get well by desiring a positive outcome from the treatment. It is a well-documented fact that people who deal with their physical problems confidently and cheerfully heal faster than those who do not. The precise reason as to why this happens is not fully understood but the fact nonetheless remains.

## Holism

One explanation comes from the concept of Holism which says that the process of healing is a combined effort by the entire organism and cannot be achieved by any isolated part of that organism.

The Holism concept can be traced to the time of Paracelsus, 1439-1541, who is credited with being the father of modern medicine. When Paracelsus treated patients he refused to pay attention to only that part which was showing symptoms of disease. Instead, he tried to treat the whole body as one complete entity.

Holism is not a symptom=cure sort of healing technique. It involves a careful study of the defensive abilities of each individual patient's body. Practitioners have to have the knowledge to differentiate between disease symptoms and the defensive or recovery systems.

What Holism believes is that when someone falls sick, their whole body has undergone some kind of weakness and has lost the balance of its strength. So the solution is to simply restore the natural strength of the body.

All western natural health therapies rely on biological factors and the better developed psycho-social approaches are a further, helpful, modern addition.

## Individualism

This concept is different in the sense that it places all responsibility for sickness and good health on every individual in a society. So everyone is responsible for their personal health.

Individualism results from an awareness of the importance of individuals in a community and the resulting virtues of self-reliance and personal independence. Well-rounded individuals are both self-reliant and independent.

## Victim-blaming

What this means is that if someone gets sick then the victim of the sickness did something wrong. While it might sound a little weird what it honestly means is that personal health is a personal responsibility and no one can blame someone or something else for his or her illness. It focuses on the self. Improve yourself because the environment around you is too big to change for one individual. In other words, health problems should be self-corrected wherever possible and the obvious solution is a change in the `victim's` lifestyle.

## Prevention

This is probably the most difficult concept for the modern day individual to grasp. Though everyone is aware of the phrase 'prevention is better than cure' there are far too few who actually take the appropriate steps to prevent even the most obvious causes of ill health. Consider the habits of smoking, excess alcohol consumption, high cholesterol foods, sugar and a tendency to ignore all the evidence of what constitutes an unhealthy lifestyle. Prevention does not merely suggest that troublesome activities should be avoided. What it says is that improving health is infinitely better than fighting disease. It suggests the application of this principle to short term as well as to long term health problems. In the short term, a healthy body can easily ward off minor illnesses (like the cold virus) and minor injuries (razor cuts, skin peeling during sports activities for instance). In the long term prevention suggests caution in all that is done today so that it does not result in adverse outcomes in the future. In other words, it strongly suggests a change in lifestyle today for a much healthier tomorrow.

Reasonably good health can be achieved by everyone. The means to acquire better health do not have to be acquired from anyone else. The capacity to improve our health can be found entirely within ourselves.

Let`s focus now on some great herbs that form the basis of natural herbal cures.



## Chapter 7 Natural Herbs

Any plant that is grown for culinary, medicinal, or in some cases even spiritual value is called a herb. It is common practice that only the green and leafy parts of herbs are used. Culinary usages are obviously quite different from the medicinal applications. In fact, it is often the case that the properties of a herb can be entirely different depending on whether it is intended for culinary or medicinal usage. Furthermore, medicinal herbs usually tend to be shrubs or woody plants. Culinary herbs on the other hand are typically more leafy and soft.

Interestingly, the seeds, berries, bark, root, or other parts of a herbal plant make great spices. These plants also bear edible fruits or vegetables.

Culinary herbs are different from other vegetables in the sense that they are not the primary objects to be cooked or consumed. Instead, they are used to provide flavour when used as spices.



## Botanical definitions

Botanical science defines a herb as a plant that does not produce a woody stem. It usually dies in temperate climates. Death can be complete in case of annual herbs or the herb can simply go back to its roots in case of perennial herbs.

The botanical term herbaceous means a plant having the characteristic of a herb or being leaf-like in colour and texture.

## Herbalism

Herbalism is also known as phytotherapy. It is a very old folk medicine tradition that is based on the use of plants and plant extracts. Human beings have been looking for healing powers in the vegetable kingdom for as long as our species has been walking on two legs. There are innumerable types of indigenous plants that have been used by people for countless centuries in the treatment of many ailments. The history of such usage is long and well documented. Evidence has been found that sixty thousand years ago the Neanderthals living in what is now present day Iraq used plants as medicines.

Radiocarbon dating of the Lascaux caves in France has revealed that cave paintings dated between 25,000 – 13,000 BCE display the use of plants as healing agents.

It must be appreciated that our forefathers spent tens of thousands of years slowly building upon the knowledge of their own predecessors to arrive at reliable and repeatable conclusions. It took countless generations of trial and error to explore and expand this priceless knowledge base of how to use the naturally occurring plants and vegetables that grew around them.

An interesting aspect of plants is their seemingly infinite ability to synthesize aromatic substances like phenols and tannins. Plants also evolved alkaloids that serve as defense mechanisms against predatory microorganisms, insects, and herbivores. Plants and chemicals have a strong relationship that has evolved over hundreds of millions of years. The chemical interactions in a plant's metabolism, offense, and defense procedures are fascinatingly complex. Human beings have also found that many herbs and spices that are used to season food often yielded useful medical compounds.

In recent years plants have once again come into the foreground as the search for new drugs and dietary supplements have led researchers back into the plant kingdom. Pharmacologists, microbiologists, botanists and natural product chemists are literally going through the entire roster of plant species with a fine toothed comb looking for phytochemicals that could lead to the development of cures for many types of disease. There are already many drugs on the market that have been derived from plants.

Herbal treatment of diseases is nearly universal in all non-industrialized societies. Since they do not have the resources to set up pharmaceutical

industries and are quite likely to be too impoverished to purchase modern day drugs, it should not be surprising that they rely on locally grown plants and herbs to fight off illness.

Some very common plant-based pharmaceuticals that have been widely prescribed by western physicians include such well-known names as opium, aspirin, digitalis and quinine.

## Background

In any living organism, chemical reactions define the metabolic rate and control normal metabolic activities. Some of these chemicals are known as primary metabolites (sugar and fat) and are found in nearly all plants.

Chemicals known as secondary metabolites are found in a limited number of plants. The functions of secondary metabolites can be very different. They could be used to produce alkaloids (poisons) for defense or to attract insects to enhance pollination.

Most of the therapeutic chemicals derived from plants as well as plant-based modern drugs rely on the secondary metabolite chemicals in plants. A few examples are: inulin (roots of the plant dahlias), quinine (from cinchona), morphine and codeine (from poppy), and digoxin (from foxglove).

As an encouraging sign of the times, the National Center for Complementary and Alternative Medicine is funding clinical trials to improve the medical world's understanding of herbal medicine.

## Popularity

In May 2004, the National Center for Complementary and Alternative Medicine conducted a survey. The focus of this survey was on people who had used Complementary and Alternative Medicines (CAM), the particular types of treatments used and why the people chose the complementary medicine option.

The results of this survey indicated that herbal therapy (or the use of natural products besides vitamins and minerals) was the highest used complementary and alternative medicine. Here are a few examples of medicines used in herbal therapy.

- A variety of plants (including artichoke) helps to reduce the total serum cholesterol levels.
- Plants like black cohosh (and others that contain phytoestrogens or active estrogen) have proven effective in treating the symptoms of menopause
- A number of studies have reported that the average length of the common cold can be reduced by using echinacea extracts.
- Garlic is a herb that provides multiple benefits such as lowering cholesterol levels, lowering blood pressure and reducing platelet aggregation.
- Another highly diverse medicinal plant is black cumin (*nigella sativa*). Common ailments that can be cured using black cumin include: cough, pulmonary infections, asthma, influenza, allergy, hypertension, and stomach ache. The seeds of black cumin are classified as carminative, stimulant, diuretic, and galactagogue. Seed powder or oil from black cumin can be applied externally in case of skin eruptions.

Digestive tract problems, including irritable bowel syndrome and nausea, can be relieved by drinking peppermint tea.

- *Rauvolfia serpentina* is one of the oldest and most widely used herbs in India. It is applied for treating problems like insomnia, anxiety, and hypertension. This herb is also the foundation for the first plant based allopathic drug that was developed to combat high blood pressure.
- In some clinical trials it has been discovered that St. John's Wort can be highly effective in cases of mild to moderate depression
- Another plant root that can be used in the treatment of sleeplessness is valerian.

## Dangers

All modern pharmaceutical drugs need to be prescribed due to the inherent dangers of side effects or allergic reactions, or possible reactions with other drugs. This has resulted in the development of a myth about natural products, including herbalism, that has spread far and wide. The myth goes that all natural products are safe. Or, in other words, anyone can take them without consulting an expert and they will do no harm.

In the end, whatever we extract from plants, spices or curative agents, we are dealing with chemicals. They might be naturally occurring but they're still chemical agents. Over centuries the defense system of plants has led them to produce some particularly lethal chemicals. There are plenty of innocent-looking plants that can give an adult nausea if a single leaf is smelled closely. A small nibble of the same leaf by an infant can be fatal.

Fortunately, most of these plants are found deep in the forests where predators other than man are a threat. Still, there are milder forms of toxins in plants that grow much closer to us and even these can be lethal if we fail to exercise the requisite caution. For example, hemlock and nightshade are two plants that can prove fatal through carelessness.

Also to be remembered is the fact that plants or herbal remedies are as likely to cause side effects and allergic reactions as other pharmaceutical drugs. However, these problems usually result from improper dosage and impurities.

Another danger can be found in taking herbal remedies alongside conventional drugs when both perform the same task. In that case the cumulative effect will surely increase the risk of an overdose.

## Effectiveness

Scientific studies provide indisputable evidence that the herbals extracts from plants can not only cure but also prevent certain types of diseases. Further evidence of the benefits of herbal medicine can be found in the fact that there are many modern pharmaceutical drugs available that use plant extracts.

The need for caution comes in when reading the advertisements and other marketing materials for alternative medicines, even if they are plant based, 100% natural and completely safe. There are no products on the market that will advertise boldly that they might not be effective in some cases. That sort of statement is usually hidden in the small print. There are cases where scientific studies have shown that some individuals receive none of the medical benefits that the product claims to deliver. There are many alternative medicines on the market that have not undergone any sort of testing whatsoever.

The importance of scientific testing becomes apparent when you consider that these old-age natural therapy concepts were developed when there were no scientific controls and no test procedures. If someone wanted to try out a new herb, the easiest way for to try it on themselves first. Secondly, the human mind was not as well understood as it is today. For example, modern controls can easily make out the difference between a placebo effect, the body's ability to heal itself through its immune system, and the actual practical benefits of herbs.

Without this understanding any herb, whether beneficial or not, can be made to look like a life saver.

Scientific investigation also helps to reveal the precise nature and structure of the chemicals in an individual herb. The precise role of each chemical or chemical compound within the herb. How they react with blood and other internal organs. How each chemical combines with other elements to produce specific compounds – finally resulting in a cure or relief. These are important facets of scientific testing that were not available in the days when herbal traditions were being established. Most knowledge in those days was anecdotal and based on personal experience. Humanity and especially the medical profession know better today.

It is always prudent to choose a medical treatment that has been proven safe and effective. It is possible for people to become so influenced by the natural

healing movement that they abandon conventional medicine altogether. Avoid falling into this trap. Herbal therapies have just begun to be studied scientifically and until proven safe and sound should only be used as complementary, alternative medicines and not the main treatment.



## Standards

Different countries allot different legal status to different herbal ingredients. For example, Ayurveda, the alternative medicine therapy from India, believes that heavy metals are therapeutic. The United States however believes that high levels of heavy metals are actually unsafe for normal consumption. So Ayurvedic medicines are not granted the same status as regular drugs and they are certainly not FDA approved.

Like other non-FDA-approved health products, Ayurvedic drugs are sold in the United States as dietary supplements and not medicines. This is merely an evasion because as per American laws, supplements do not need to be tested for safety or effectiveness. In some cases even quality control of the active ingredients can be inadequate.

## Usage

If you intend to use herbal remedies then it is always advisable to start with a detailed and frank discussion with your doctor. Keep in mind that herbal remedies can cause adverse reactions just like conventional drugs. This risk is augmented when herbal remedies are taken in combination with prescription or over the counter drugs. For example, if you are taking medication for hypertension (these medicines lower blood pressure) and at the same time you take a herbal supplement with the same affect, there is a very high risk possibility of blood pressure dropping dangerously. There are also many supplements available that might contain herbs, which are to be strictly avoided during pregnancy.



## Chapter 8 Chinese Herbal Medicine

### Herbology

Herbology is the name given to the Chinese method of combining medicinal herbs. In this technique, which is one of the most widely used in Traditional Chinese Medicine (TCM), every herbal medicine is actually a cocktail of several herbs that are customized to individual patients. The doctor will assess the yin/yang condition of a patient in addition to studying the symptoms of the ailment.

The preparation of the medicine begins with the use of one or two main herbs that target the ailment. The other herbs are added in order to adjust the yin/yang condition. Other ingredients can be added to cancel out toxicity or side effects resulting from the main herbs.

This sort of herbal mixing to arrive at a formula that is suitable to individual needs is not easy. A lot of experience and tutelage is required before practising traditional Chinese medicine and performing the herbal mixing independently.

An important difference between traditional Chinese medicine and modern drugs is that the balance and chemical interaction of the ingredients within a given formula is considered more important than the individual ingredients. Another quirk in Chinese herbology is that while it may be called herbology it will use all parts of a plant including: leaf, stem, flower, root. In fact, some remedies will also use ingredients derived from animals and minerals. This has caused a great deal of controversy because sometimes traditional Chinese medicine can call for ingredients from animals that have been declared as endangered species (seahorses, rhinoceros, tigers, etc.).

Shennong is usually considered to be the first Chinese herbalist. It is said that Shennong tasted hundreds of herbs and experimented with them before passing on his knowledge of medicinal and poisonous plants to the farmers of China. He also wrote the first Chinese manual on pharmacology: the Shennong Bencao Jing. This manual lists approximately 365 medicines out of which 252 are herbal. The manual is dated around the 1st century Han dynasty.

One of the most important of such documents that were written by several master practitioners of Chinese herbology is the Bencao Gangmu. It was put together by Li Shizhen during the Ming dynasty. The contents of Bencao

Gangmu are so influential that even today they are used for consultation and reference.

Classification of Chinese herbs is in itself a very complex and intricate process. Very broadly speaking, Chinese herbs are classified using methods such as those described below.

## The Four Natures

The four natures are essentially a description of the yin and yang states and how effective a herbal medication is in bringing them into balance. Yin and yang degrees can range from cold (extreme yin), cool, neutral (warm), or hot (extreme yang). Before selecting herbs the doctor will make a careful study of the yin/yang balance in a patient. So if the patient has “internal cold” then a herb that has a “hot” yang value will be used to balance the system and so on.

## The Five Tastes

Some herbs are identified by their taste. While the taste in itself has no medicinal value, in the absence of a better yardstick Chinese medicine associates the taste associated with an herb to the final effect. These five tastes are pungent, sweet, sour, bitter, and salty. Each taste has its own function. Pungent herbs are used to increase sweating, vitalizing blood and the life force or Qi. Sweet herbs are used to tone and harmonize body systems. Other sweet herbs help in curing excessive dampness by way of diuresis. Sour taste is meant to be astringent. Bitter tasting herbs help the body get rid of excess heat, empty the bowels, and reduce dampness by causing dryness. Salty herbs can help to soften up hard masses.

## The Meridians

Meridians do not have anything to do with the Earth's meridians or magnetism. What they refer to is the precise organ that the chemicals in a herb are intended to target. So menthol, which is pungent and cool, is associated with lungs and liver. This means that since lungs are the organs that protect the body from cold and influenza the use of menthol can help to get rid of coldness in the lungs and also resist heat toxins.

One of the oldest cultures that carried out a thorough study of herbs and other plant life related to human health was based in ancient China. Chinese Herbal Medicine, also referred to as CHM, went through many evolutions, as the knowledge grew more and more refined. Remember that the nature of illnesses that have afflicted humanity has changed over time. Over the thousands of years that CHM was, so to speak, in development, the nature of these afflictions changed and CHM had to change its mode of thinking and conduct more research to combat new invasions of the human body. Chinese hospitals use all the advantages offered by modern medicinal research and techniques while at the same time they rely on their ancient system of CHM to treat many diseases and disorders.

Chinese Herbal Medicine claims that it can cure any kind of disease. This claim is good when you consider that CHM takes the preventative approach rather than the curative one. CHM first tries to make sure that no disease can affect the body and, in case it does, early detection makes preventative cures possible. However, even Chinese Herbal Medicine can do little against a problem like third-stage cancer.

After pharmaceutical drugs, a majority of the world population uses Chinese Herbal Medicine as a first alternative. CHM also produces fewer side effects when compared to mainstream pharmaceutical drugs.

The duration of treatment using CHM depends on the type of disease and its severity. Therefore, there is no predefined period of treatment. It can be customized to be shorter or longer as needed.

Some common ailments that can be treated with the help of CHM are allergies, digestion problems, problems resulting from respiratory tract complications, immune system disorders, many types of pains (internal and external), psychological disorders and fallout problems, most diseases that afflict children and infants, an assortment of gynecological complications.



There is no particular age limit applicable to the use of Chinese Herbal Medicine. Nor is there any restriction based on personal constitutions. However, like any form of treatment, it is best to know of existing symptoms and previous medical history (especially relating to medicinal conflicts and reactions, or allergies) that need due consideration before even a dose of CHM is prescribed. Other than that, there is no problem in prescribing Chinese Herbal Medicine to pregnant women or women who are breast-feeding. Of course, a lot depends on what is being prescribed.

Chinese Herbal Medicines are available in different forms and there is the choice between traditional CHM and the modernized versions. Some people find it difficult to adjust to the peculiar taste of CHM but just keep at it and it will soon become acceptable.

There is no standard pricing scheme for CHM and so you might have to look around to find the best price. Also, note that recently insurance companies have started covering herbal treatment. So if you are into herbal medicines and have yet to take out an insurance policy you might want to investigate this possibility with your insurance provider.

One way Chinese Herbal Medicine does its magic is by removing excess toxins from the body. This is done in many ways. One method is the colonic dialysis therapy. This therapy is especially effective with people who are trying to overcome addictions. While the human body gathers toxins from all sorts of sources on a daily basis, addictions result in rapid toxin build up in a very short time. What is worse, depending on the type of addiction, natural toxin excretion from the body is inhibited. Colonic dialysis therapy overcomes these inhibitions and provides a quick exit route for the accumulated toxins. For people who are blessed enough to escape addictions the natural toxin release mechanism is given a boost by colonic dialysis therapy.

Currently the PLA Institute of Drug Dependence Treatment and Rehabilitation is busy doing earnest research to study how colonic dialysis therapy can help people who have been long-term addicts of heroin. The primary focus of this research is to determine whether colonic dialysis therapy helps these people to abstain from heroin and whether it can reduce craving and the resulting withdrawal symptoms.

The doctors of the Royal Free Hospital, London, carried out another scientific study of Chinese Herbal Medicine. In this study, Chinese remedies were evaluated for the help they might offer to dermatitis patients. About ten

different types of herbs were mixed together to create the "cure" that was being tested. This mixture was then given to forty adult patients who had a long medical history of coping with atopic dermatitis (commonly known as eczema). The evaluation period lasted for five months. During an eight-week period in this study, patients were randomly given either the mixture that was being tested or a placebo that tasted and looked just the same. This is normally done so that patient responses can be monitored under blind circumstances. Out of the forty patients, thirty-one stayed through the entire course of the study and they all displayed continuous and rapid improvement in erythema (redness of skin caused by eczema). Obviously, the study concluded that Chinese Herbal Medicine was an effective remedy for adult atopic dermatitis.



## Different Types of Herbal Medicine

Some common forms of herbal medicines are:

- **Essence.** You have probably come across the line "essence of ..." followed by some plant or flower when reading an ad for a cosmetic product. While Essences tend to get associated with cosmetic products due to massive advertising, certain essential oils are always available for therapeutic purposes. The popularity of essential herbal oils processed through cold pressing or steam distillation is probably due to the fact that many people prefer to get a massage rather than swallowing a pill. The most common benefit of essential oils is the help they provide in relaxing. They do not really cure any problems. Their major effect is to provide relief.
- **Body massages** can release toxins in the muscles, aiding relaxation.
- **Head massages** can likewise reduce heaviness or, in some cases, cure headaches. Similarly, chest massages using essence of certain herbs can help with congestion resulting from common cold.
- **Pills or capsules.** There was a time when this alternative was not available. It was a dark time for people who could not stand the taste of raw herbal medicines. The pills and capsules were a godsend for people who wanted to try herbal remedies but were unable to swallow. In order to convert a herb to pill form it first needs to be dried and crushed into powder. What is of interest is that there are hardly any herbal medicines available in pill or capsule form that target specific ailments. They act more like secondary medications to provide moral support to whatever primary medication is being taken. Professionals in herbal medicine believe that the drying and crushing of the herbs robs them of their potency. Others suggest that herbal medicine should be taken in its raw form for complete effectiveness. Anyway, if you are looking for specific herbal medicines instead of general health enhancers and supplements then this option is not for you.
- **Infusions.** The most popular form of herbal infusion is the drinking of various kinds of tea. Infusion involves the use of the delicate parts (leaves, seeds, and fruits) of a herbal plant and are quick to administer. Some ingredients of infusion tea could be stinging nettle, oat straw, red clover, raspberry leaf, and comfrey leaf. Infusions can be just the tea you drink normally (but using herbs instead of tealeaves) or what is known as Medicinal Strength Tea. Most herbal teas fall into this category though the preparation is slightly different. There are several recipes available on the Internet for making Medicinal Strength Tea.
- **Poultice.** For injuries, inflammations, cramps, or other spasmodic problems it can become necessary to apply the herbal mixture as a poultice. The required herbs are first macerated or chopped into small pieces. These are then applied directly to the affected area and covered with a hot and moist bandage. In some cases, the herbal mixture can be applied as a layer to the moist bandage before wrapping it around the affected area.
- **Raw.** As the name suggests, in this case the herbal medicine is taken in its most natural form without any additives or changes to make it palatable. Most people will run a mile in tight shoes to avoid this form of medication. It is the equivalent of taking a regular capsule, pulling it open, taking that powder, putting it on the tongue and trying to suck on it as if it were chocolate. Not done, well at least not if the taste buds are functioning normally. No wonder this method is unpopular. The good news is that most of the herbs that need to be taken raw can alternatively be soaked (or passed through) water to make medicinal strength teas, and those are much easier on sensitive palates. It is also believed that teas increase the effectiveness of raw herbs,
- **Tinctures.** There are very few kids who get exposed to this form of medicine these days but about twenty odd years ago no kid that got into a scrap in the field escaped the terror of tincture. These are basically herbal medicines in a liquid form. They can be for external as well as internal use. Modern incarnations are a lot milder than their older forms.
- **Decoctions.** A decoction is a liquid preparation made by boiling a medicinal plant with water usually in the proportion of 5 parts of the drug to 100 parts of water. Typically, certain specific parts of a plant like berries, roots, and herb-bark are used in this process. Depending on the

consistency of the plant part being used, it can take up to two hours to prepare a decoction. This process extracts the flavour and increases the concentration of the herb through the process of boiling.

That more or less covers the different types of herbal medicines available. Depending on your requirement and personal taste you might need to take them in one of the above forms.



## Chapter 9 Herbal Diet Supplements

Herbal supplements are exactly what the description suggest - a type of dietary supplement that contains herbs. A herb in this case (also known as a botanical) is a plant or plant part used for its scent, flavour and therapeutic properties.

Diet supplements derived from herbs usually contain more than one type of herb. The purpose of a herbal diet supplement is to increase the benefits that you get from your normal diet and to ward off the negative effects. Herbal diet supplements are rich in vitamins, minerals, amino acids, etc. Obviously, dietary supplements are not meant to be used as treatments or cures of any disease or medical condition. They are more effective as preventative agents that help strengthen the body and the immune system to naturally ward off any infections or internal malfunctions. For people who do not manage a balanced diet herbal diet supplements also supply necessary nutrients missing from regular diet.

Many herbal dietary supplements can provide substantial aid for different types of medical conditions.

Some herbal diet supplements are:

- Ephedra. This supplement increases the body resistance towards common cold, helps in the treatment of asthma and upper respiratory problems. For people who work out regularly, ephedra is an important ingredient in most fat loss supplements.
- Magnesium. Minerals and salts are the biggest deficiencies in an unbalanced diet. Magnesium is essential in preventing kidney, thyroid, and heart disease. There are many herbal diet supplements rich in magnesium.
- St. John's wort. Also known as hypericum, Klamath weed, and goat weed, this supplement has been used for centuries in the treatment of mental disorders, nerve pain. In older times it was also used as a sedative and malaria cure. Nowadays, the common uses are treatment of depression, anxiety, and sleep disorders. It is typically consumed as a tea or in pill form.
- Vitamin E. Uncontrolled oxidation in our body can result in long-term damage. That is why our bodies generate anti-oxidants. However, if the production of anti-oxidants falls below safe levels then external supplements are required.
- One very potent anti-oxidant is vitamin E. Herbal diet supplements rich in vitamin E make good anti-oxidants.
- Copper. While metals and minerals are essential to the normal functioning of our body, sometimes they can fail to get absorbed properly. Zinc is essential for our body and there is nothing better than a copper rich herbal diet supplement. These supplements increase the absorption of zinc. The result is better protection against heart disease, and healthier skin and hair color.
- Folate. From a certain viewpoint, folates are required more than anything else because they can affect us down to our DNA. Folates are required for the production and maintenance of new cells (especially during pregnancy and infancy). DNA replication cannot take place without folates. Folates also prevent cancer causing DNA changes. Folate deficiency affects the bone marrow where most new cells are produced. Folates are needed to make new red

blood cells and prevent anemia. As you can see, any deficiency in folates can be devastating in the end. One of the earliest indications of folate deficiency is anemia. Herbal diet supplements that have folates as major ingredients are always good for you, even if you do not have any problem currently.

- Iron. In the human body, the metal iron is more pervasive than any other. It plays an important part in several vital functions. Iron carries oxygen to the lungs and muscles in the form of hemoglobin. It acts as a means of transport for electrons between cells. It is a catalyst for enzyme reactions in tissues. Iron deficiency most commonly occurs in children and pre-menopausal women. It can easily prove to be fatal if left unchecked. Herbal diet supplements rich in iron can help to prevent such a situation.
- Vitamin B6 and B12. Vitamin B6 (pyridoxine) deficiency can lead to anemia, depression, dermatitis, and high blood pressure. Vitamin B12 (cyanocobalamin) deficiency can lead to anemia, memory loss, and cognitive decline. It is most likely to occur among elderly people. In extreme cases it can even cause paralysis can result. It is widely used in the treatment of alcoholism, depression, diabetes, hair loss, and stress. Vegans are especially at risk of B12 deficiency because vitamin B12 naturally occurs only in meats. So if you are a vegan than an herbal dietary supplement with vitamins B6 and B12 is an absolute must for you.
- Tea. Most herbal teas (and especially Medicinal Strength Teas) involve the use of herbs that have anti-oxidant properties useful in prevention of cancer, heart disease, high blood pressure. Since these teas usually do not involve caffeine and other associated chemicals they are better from a health perspective than regular tea or coffee.
- Vitamin D. The human body (especially skin) develops its own vitamin D. It is necessary to maintain normal levels of calcium and phosphorous. A direct result of vitamin D deficiency is a weaker skeleton, a condition known as osteoporosis where the bones become porous and hence break easily. Vitamin D herbal supplements can help prevent osteoporosis.
- Selenium. This is a chemical so volatile that it does not occur in its free state in nature. Toxic in large amounts, trace amounts of it form the center of some enzymes that are vital to the normal working of all cells in nearly all living organisms. In the human body it behaves as an anti-oxidant and is also important for the normal working of the thyroid gland. Cereals, meat, fish, and eggs are good sources of selenium. Since the majority of sources are animal based, vegans and vegetarians should seriously herbal dietary supplements containing selenium.
- Vitamin A. This vitamin is responsible for maintaining good eye sight and promoting bone growth. It is also an anti-oxidant. Most skin and eye problems are related to vitamin A deficiency so if you have any such conditions, consider a herbal diet supplement rich in vitamin A.





## Chapter 10 Advantages of Herbal Diet Supplements

Here is a brief course in the advantages of herbal supplements and medicines:

- They are cheap. Did you look at your medical bills for the past year? Now add up all that you paid the pharmacist for prescriptions and over-the-counter medications. Is the number looking scary yet? So, if you have been using conventional medicine for small problems like the common cold and stomach aches, then perhaps it is time you considered herbal medicine. It might give you a healthier wallet or purse besides a healthier body.
- You can do it. Did you know that herbal medicine and supplements can be assembled in your own kitchen? There are thousands of herbal recipes available on the Internet. Just follow them like a recipe to bake a cake and there you are. Your own medicine made by your own hand. If you have a garden you could even enjoy the pleasure of growing your own herbs.
- They are natural. Man has learned to do many things but nature continues to know more. No matter how much noise the pharmaceutical companies make you should at least devote some time to listen to nature and her own remedies.

Now for the long version.

Herbal medicines, therapies, and supplements are nothing new. As we stated in a previous chapter, people have used them for thousands of years but it is only recently that western culture has rediscovered the wonders of herbs. In part, this was because the development of allopathic medicinal techniques in the west, combined with the lack of scientific support for non-conventional medicines, resulted in an unsavoury (and quite erroneous) reputation to herbal medicines and supplements. Recent discoveries have encouraged the medical community to reconsider the benefits of herbs. People were falling sick a long time ago and they needed something to help ease the pain and maybe do away with the cause altogether. In the absence of modern medical techniques, they turned to the only things they had around them: plants and herbs. Soon they were busy treating everything from stomach-aches to depression and insomnia.

Modern medical science is re-discovering that these simple remedies from the distant past are not without merit and, when combined with a healthy lifestyle and present day rules of personal hygiene, they can provide a potent force in preventing illness and promoting general good health and well-being. Since they do not involve some of the more serious side effects of conventional medicine these herbal supplements can be taken for a variety of preventative reasons. For example, some herbal supplements help lower cholesterol, enhance memory performance, improve the quality of mental concentration, strengthen the cardiovascular system, and increase energy and stamina.

There was a time when food had to travel a very short distance. Grains arrived quickly from the farmer, milk and bacon came fresh from the milkman, most people had gardens to grow their own plants. Those were the days without preservatives and fertilizers and, hard as it may be, people were a lot healthier back then. The reason is that massive production and manufacturing pressures inevitably result in poor handling and use of artificial preservatives. Due to this, a lot of the food that we eat today is lacking in important vitamins, minerals, and other essential nutrients before it even appears on the shelves. No matter how healthy the label claims the food inside to be, fresh is fresh, and preservatives mean loss of food quality for the sake of profits. A normal diet comprised of the same elements will leave you deficient in several important nutrients if it is not fresh.

This is one reason why herbal dietary supplements have suddenly become important today and are being studied so closely by the medical community. They are safe, they are as close to natural and fresh as they get, and they are the most effective means available to the common people to ensure that their body has all the required types of fuel to keep it going at maximum efficiency day after day even in the face of improper diets.

A note of caution is in order here to warn you that since herbal supplements are not subject to government regulations or general scrutiny it is quite natural that there are some very ill-minded people out there who are putting up substandard products to cash in on the herbal medicine and supplement craze. It is vital to avoid these products, as the total harm they will end up doing is unjustifiable against the limited good they might do. When you go shopping for herbal products, do a thorough research of the company manufacturing them. You are shopping for your health so make certain that it is safe from malicious products and greedy corporations. Look out for Certificate of Analysis (COA) for each ingredient in the supplement. Also make certain that the manufacturing company follows the GMP manufacturing processes strictly. In the absence of regulations similar to those that apply to pharmaceutical companies, GMP is the best you can hope for from a company manufacturing herbal products.

Nowadays you do not need to go down to the local health store to purchase nutritional health supplements.

Just connect to the Internet and there are countless websites from where you cannot only purchase products online but you can also perform extensive research. Researching products is a good idea.

Do a web-search for reviews of people or visit forums where such products are discussed.

People will be more than willing to exchange posts on a personal basis on those boards.

While herbal supplements are sold as individual products it is a good idea to look for comprehensive formulae that involve different herbal extracts along with a healthy dose of vitamins, minerals, amino acids, and cofactors. Try to treat your herbal supplement as a balanced that should have a bit of everything while staying on the safe side.

Most importantly, before you make a purchase, take a print out of the details of the product that interests you and discuss it thoroughly with your doctor. Some herbal supplements might be more useful for you and conversely you might be about to spend money on supplements you do not need in the least. Your doctor can help with the practical details.

Herbal supplements are growing popular day by day. People all over the world are always looking for ways to improve their health and more and more of them are turning to natural remedies rather than the mainstream drugs that have been around for most of recent history.

Due to this increasing trend, scientists have finally decided to conduct studies to determine the therapeutic benefits and applications of the different herbs and their extracts that are used in herbal therapies and supplements. A majority of results from these experiments strongly indicate that taking herbal supplements along with maintaining a healthy lifestyle and good diet can be greatly beneficial to general health.

This is the reason why many people prefer natural health supplements. The trouble comes from the fact that like other nutritional supplements, herbal supplements are not regulated in the United States. Therefore, the manufacturers do not have to make any assurance of the safety and effectiveness of their products. They are not even required to reveal the ingredients in a health product.

One outcome of this is that a product can claim to contain a herb but a manufacturer can easily put in a chemical equivalent. This might sound criminal but unfortunately in modern corporate culture of "profits first", it is quite a normal occurrence.

The use of dietary supplements saw a dramatic increase in the 1990s but since then the use of such supplements has gone into a decline. The slight

correction in this downward trend is attributed to the introduction of herbal supplements into mainstream multivitamin products.

Within the last decade the use of alternative medicines, and herbal products in particular, has increased considerably.

Herbal medicine is varied and within its diversity it covers a broad range of conditions where it can be effectively applied for treatment. Furthermore, these treatments are conducted on several different levels that can range from generic everyday problems that need nothing more than symptomatic relief to completely customized prescriptions that are prepared for individual conditions in patients that have undergone extensive analysis and examination at the hands of an experienced medical herbalist.

Some herbals remedies do not require consulting a qualified medical herbalist. Minor problems like mild infections, cold, cough, catarrh, stomach cramps or gas, indigestion, constipation, etc. can be cured with self-help using over the counter herbal remedies. Self-medication using herbal remedies has never been easier thanks to the limitless information that is available today, mostly through the Internet. All it needs is a little investment of time in order to peruse these websites and anyone can make an informed decision without having to visit a medical herbalist.

In the 10th century, the Arabs learned of ancient processes of distillation for the extraction of essential oils from plants. These oils were inhaled as aromas, drunk as potions, and worn as aromatic amulets. This is one of the first uses of aromas as personal scent preference. This is allegedly the root behind the use of perfumes and modern day deodorants. Nowadays, this extraction process is mainly used to get the oil from plants and flowers for use in aromatherapy. This form of therapy that involves nothing more than deep inhalation of different types of herbal oils is being used to treat a wide spectrum of maladies, both physical and emotional. Headaches, herpes, dry skin, acne, arthritis, and asthma are just a few examples of the problems that people have cured using aromatherapy.

Recently, France and England started the process of reintroducing the various ancient healing techniques to the western world. This began in 1990 and aromatherapy gained a wider acceptance in the traditional community since that time.

France remains the world leader in rediscovering modern uses for ancient healing techniques. Several prominent French doctors prescribe aromatic remedies as a matter of routine for most of their patients. A visit to most

French pharmacies will reveal that all of them are well stocked in a wide array of essential oils. Insurance companies in France are more than willing to pay for treatments involving aromatherapy and other traditional methods.



## Chapter 11 Are There Any Side Effects To Natural Cures?

A scientific study has found that, though for the most part herbal supplements seem harmless, some of the more popular products pose a very special risk. This particular supplement interacts with and reduces the effectiveness of the drug saquinavir. The only thing to do for the moment is to avoid taking herbal supplements if you are being treated with saquinavir. Herbal supplements are meant to boost our immune system, provide more ready energy, and improve general health. Though scientists say that research that is more extensive is required to determine which herbal supplements can have an adverse effect on our body, or, can interact with other medications and reduce their effectiveness, they remain united in their stand that several of the so-called harmless supplements can prove very harmful.

Some of the more popular herbal supplements are chondroitin, ephedra, Echinacea, and glucosamine.

Chondroitin is typically used in the treatment of osteoarthritis. One side effect of chondroitin can be bleeding complications. This is more like when used in combination with a regular prescription drug that causes blood thinning.

Ephedra used to be a big favourite among people looking for a fat loss supplement. Ephedra promotes weight loss, provides energy boosts, and can also be used to treat respiratory tract problems like asthma and bronchitis. Recently, the FDA banned Ephedra because of dangerous side effects like high blood pressure, increased heart rate, false increase in metabolism, all which could lead to a cardiac arrest, heart arrhythmia, stroke, and might even be fatal in some cases.

Echinacea helps in the prevention and treatment of viral, bacterial, and fungal infections. It also helps in curing chronic wounds, ulcers, and arthritis. On the other hand it can cause immunosuppression that will cause the body to lose its self-healing capacity so wounds will not heal on their own. Immunosuppression also reduces the effectiveness of the immune system making infection easier.

Glucosamine is very often administered along with chondroitin. It contains chemicals that mimic the function of insulin and can cause the body to



misbehave when this artificial insulin enters the blood stream. It can be especially bad for diabetics.

Other herbals supplements suspected of adverse side effects include ginkgo biloba, goldenseal, milk thistle, ginseng, kava, and garlic. It is highly advisable to seek the consultation of your doctor before taking any supplements, herbal or otherwise. More than informing you about potential health risks the doctor can give valuable advice about food, nutrition, and supplements.

## Ayurveda

Ayurvedic cures are based on ancient formulae that have been written down in the ancient Ayurvedic traditions. The success of an Ayurvedic cure depends on the quality of its ingredients.

Looking to plants for healing powers is an old idea and was embraced by the early physicians in ancient India. Ayurveda is an alternative herbal medicine therapy from India that believes heavy metals are therapeutic. The FDA considers heavy metals very dangerous for consumption and that is why Ayurvedic medicines are sold as supplements rather than medicines in America. Ayurveda is one of the oldest of traditional medicine that first established the routine of proper diagnosis and herbal cures for several diseases.

## Natural Herbal Nutrition Supplements

People who opt for natural supplements or a whole food diet usually also wish to include whole food vitamins. Natural herb based supplements are usually lacking in certain vitamins that are only found in the animal kingdom so including a vitamin supplement is a wise decision. There are many companies making these vitamin supplements. One reason to prefer whole good vitamins is that they are not manufactured in a factory; they are as close to the natural form as it is possible for a packed product to be.

When you go shopping for whole food vitamins, pay close attention and make sure you do not purchase products that have preservatives or additives. Some people might also prefer their supplements in liquid form. In case a healthcare professional recommends you take supplements then it is your duty to make certain that the product you purchase is 100% natural and contains no synthetic chemicals. It is common for whole food products to contain a combination of vitamins, minerals, and other essential nutrients. You are not likely to find a whole food product that contains just one specific vitamin or mineral.

Eating whole foods and taking natural whole food vitamins is a good idea because they help to maintain healthy cells. Due to environmental pollution there are too many free radicals floating about that can easily cause cellular damage. Whole foods in all shapes can help repair that damage. Another healthy option is to include as many raw diets as you possibly can.

Nowadays, thanks to pesticides, preservatives, chemical treatments, and other processes that are inflicted on foodstuff to make them healthier typically kill off a considerable proportion of important vitamins and nutrients. When you finally get these to your kitchen, the raw food is already deficient in nourishment. Cooking only makes matters worse by washing away even more vitamins and minerals. Eating a raw diet ensures that you get the maximum out of your food. A raw diet will make you feel healthier.

## The New Trend?

Despite the increase in popularity that alternative medicine and herbal therapy are enjoying since the late 20th century there are opponents to the belief that these alternatives are better than conventional medicines. The growing number of adherents to the alternative therapies and herbal remedies nicely balances this out. These people have made the choice to lead a completely drug free life. According to them, even the legally manufactured and sold products by pharmaceutical companies are unhealthy because of their synthetic chemical base.

This trend is getting more widespread because nowadays there are more and more celebrities and rich public figures who are adopting the drug free lifestyle. These prominent examples prefer the use of alternative remedies for even simple problems like headaches, pains, and cramps. They steadfastly refuse the use of conventional medications and would not casually take an Advil or Aspirin because of their firm belief in the inherent health benefits that come from a drug free lifestyle.

Since herbal cures and remedies have been around for several millennia, it should not be surprising that the list of ailments they can cure and the number of cures they offer is exhaustive. There are wide arrays of symptoms, diseases, mental problems, and some physical deformities (acne), or embarrassing conditions like bad breath that can be effectively cured or greatly improved through the use of herbal remedies.

And, after all, why not? Don't you ever wonder where prescription drugs and medications come from? Everything has to have its roots in nature. There are no alien supplied medications. Every drug available on the market today once used natural substances. This changed when chemical synthesis in a factory led to rapid drug production. This was good because more people could be treated quickly and it made some pharmaceutical companies very rich. It turned out to be bad because those same pharmaceutical companies now refuse to acknowledge their roots in nature or to try and give some respectability to their parent science. Also, note that the same product when it is in a natural state requires less processing by the body as compared to its manufactured equivalent. Natural products also tend to leave behind fewer toxins in the body and are therefore better than artificial products.

A little bit of skepticism is only natural when it comes to abandoning a lifetime of faith and dependence in pharmaceutical drugs. What should be

considered is the ever-increasing number of people who are adopting the herbal and natural way of life and actually benefiting from its outcome. The fact that there are some bad companies out there putting out unreliable natural and herbal products only increases the skepticism.

The marketplace is so bad today that on an average for every good product that are at least two or three competing and thoroughly useless products. The good guys are being drowned out by the bad guys who only want to make a quick buck in a high selling market.

In such a situation, the responsibility rests with you to properly research the product and the company that is manufacturing it. Look for testimonials and reviews published on third party, neutral web sites. What sort of approvals does the product have? Are the ingredients checked for purity? What is the natural source for ingredients? What are the manufacturing standards that are being followed? How long has the company been in this business? These are all legitimate questions and usually you should be able to call up the company on a provided telephone number to have all your queries answered. It does not matter what is the reason for your decision to take herbal supplements. It could be that you simply want an improvement in general health or you might be trying to combat some symptom that indicates the deficiency of some essential nutrient missing from your diet. What does matter is that you remember that when you go shopping for the supplement of your choice. An incorrectly chosen herbal supplement will plunge you into the group of people who think that all this "natural" business is so much humbug. A well-chosen supplement on the other hand just might make you a convert and have you spreading the "natural" gospel to everyone you meet for the rest of your life.



## Chapter 12 Natural Skin Remedies

Organic skin care refers to the use of natural skin care products or therapies. The ingredients of these natural products are grown organically in places that are rich in nutrients, unlike similar products that are purely manufactured using synthetic processes and ingredients.

Organic skin care makes use of several different types of plants, extracts, herbs, flowers, and natural oils. Organic skin care products are merely an extension of natural skin care therapies.

Organic skin care products are non-toxic and full of essential nutrients for the skin extracted from natural sources. These products nourish the skin and rejuvenate it gently. Some of the problems they can cure are dark circles, wrinkles, and pimples. The overall effect of organic skin care products is younger and healthier looking skin.

There are different organic skin care products available for the face and for other parts of the body. Since the structure of skin is different depending on the part of the body it is important to choose the appropriate product.

Apart from rejuvenating the skin, organic skin care products also have a soothing and healing effect on the body. Some of the ingredients are quite rich in soothing essences that have a calming effect. Organic skin care products can make you feel fresh in addition to nourishing your skin.

Newer products do not merely rely on plants and flowers. Some of them have already started using the special qualities of herbs and herbal extracts. Aloe vera, lavender, jojoba, olive oil, and rosemary extract are now regular ingredients in many organic skin care products.

Nourishment of the skin takes place through cleansing, moisturizing, and toning. Regular use of organic skin care products will ensure that your skin has no blemishes, pimples, or allergies. These products also keep the skin soft and supple. Healthy skin will produce fewer wrinkles because of its firmness.

### Herbal Acne Remedies

One of the more powerful forms of acne remedies is herbal. For people who are averse to taking strong acne drugs this is a very good option. The only problem with herbal remedies is that they are very slow acting and the results can take up to a month to become visible.

Even so, herbal acne home cures are a good side effort to whatever other treatments being used. The reason why herbal acne remedies take time is

that these remedies depend on the body's capacity to metabolize fats and carbohydrates. Herbal remedies cure acne by encouraging the elimination of acne through the lymphatic system.

There is a class of herbs called "alternative herbs". These herbs are basically used for the purpose of cleansing body tissues. They are herbs that help the body with the detoxification process. However, they do not remove the toxins from the body through normal elimination pathways like lungs, kidneys, or colon.

While they are not so popular in western culture, herbal acne remedies have a long history of successfully treating acne problems and they are so harmless that you should at least give them one try. Moreover, since most herbal acne remedies work inside the body they do not interfere with conventional topical (applied externally) acne medications.

Alternative herbs are very mild acting so there is no discomfort in their use. However, since they are mild by nature they take a longer time and consistent use to show results. Despite this, the fact remains the results are better and longer lasting. What is more, these herbs usually have a beneficial affect on the rest of the body. They can even be used to treat chronic inflammatory conditions.

Some of the alternative herbs include burdock, cleavers, red clover, figwort, poke root, Echinacea and blue flag.

Like most herbal remedies these herbal acne cures are also best when a combination of herbs is used. One frequently used and very popular combination is Echinacea, burdock, blue flag, and yellow dock. Just mix and prepare an infusion using hot water. Drink a cup about three times daily. If you wish to improve the flavour then please do not add sugar, instead, use honey.

A second combination is dandelion, sarsaparilla, and burdock. Mix them up when they are dry herbs. Prepare an infusion as before and have 3 cups a day.

A third decent combination for acne is lavender, yarrow, and elder flowers. Besides these, herbal acne remedies are available for topical use.

Take the oil from a tea tree and apply it to the acne-affected area. This oil can be a bit strong so if you have sensitive skin just dilute it with water.

Fresh cabbage juice makes another great topical herbal cure for acne. This is also a better choice for people with sensitive who cannot stand tea tree oil.



Calendula and chamomile can be used to make a very effective anti-inflammatory skin wash. Just prepare an infusion with these two as before but instead of drinking it let it cool. Store it in the fridge. When required, dab it onto affected areas.

Minerals like potassium phosphate and magnesium phosphate are also good for the skin. Zinc aids in the prevention of scarring.

Vitamin C helps in healing acne lesions as well as acting as an anti-oxidant. These are but a few cases of how herbal acne remedies can be of help.

#### NATURAL HERBAL RECIPE

It is very easy to make your own herbal medicines. In fact, since most herbal remedies are best consumed when they are at their freshest you even have the best of all choices: grown your own herbs and make your own fresh remedies.

However, it is important to have a thorough knowledge of the process of making your own remedies or even home-grown fresh herbs will go to waste.

Always keep in mind that unlike modern medicines herbal remedies are not a one-day affair. They take time to show their full effect because they work more gradually.

When preparing your own herbal remedies always use a non-metallic or enamel pot.

Infusions are mostly tea-like beverages that are made by combining fresh herbs and boiled water. The common method is steeping. Typical ratios are about 1/2 or one ounce of herbs to one pint of boiled water. The mixture should be allowed to steep for at least 10 minutes. After that, you should strain the infusion into a cup.

Cold extracts make use of cold water instead of boiling water. The advantage is that unlike boiling some of the more volatile ingredients in herbs are not wasted in the extraction process. To prepare cold extracts, double the amount of herbal material and let it sit in cold water for about 12 hours then strain the mixture before drinking.

Decoction is a method of preparation that focuses on extracting mineral salts rather than vitamins. You should boil 1/2 ounce of herbs with one cup of water for 4-5 minutes. Steep the mixture for a couple of minutes before using it.

Juice from herbs should not be made in a blender. Just chop and crush the herbs to squeeze out the juice. Add some water to this concentrate and then

squeeze some more, drink it immediately. Do not store juice extracted this way.

Powder can be made from grinding your herbs when they are dried. The powder can then be taken with water, milk, or soup.

Ointments can be prepared by adding olive oil to a previously prepared decoction and then putting it on simmer until the water has evaporated.

Beeswax may be included to improve consistency.

Essence can be prepared by dissolving one ounce of essential herbal oil in a pint of alcohol.



## Chapter 13 Choosing Herbal Products

There are many herbal products and cures available. With the advent of more and more natural food stores, more herbal goods are commonly accessible. Herbs are used in many types of products, and they can be taken orally or used topically. Specific herbs have specific uses or cures associated with them. These are uses that have come to be known over years of use and handed down from generation to generation.

Topical herbal remedies are available in several forms. These are forms used for external use.

## Salve

Salves are healing preparations that are applied to the skin. They are generally thick creams that last a long time on the skin, helping to keep moisture in. Salves have protective qualities that shield the skin from harsh effects of sun and wind. Popular salves are those made with calendula, St. John's Wort and comfrey.

## Poultice

A poultice is a traditional preparation of fresh or dried whole herbs. The herbs are mashed into a pasty consistency and applied topically to the affected area. Herbs can be moistened and heated and then applied to the skin. Poultices are the way your great-grandmother would have applied herbs and it's still a useful method today. A crude method, poultices are great for instant use and can use parts of the plant that aren't normally used, such as the root and stems.

## Compress

A compress is similar to a poultice. Fresh or dried herbs are mashed and combined with water to make a paste. The paste is then applied to the skin or put into a small bundle, often in fabric, to be held against the skin.

## Oils

Infused oils are made by combining herbs with oil, usually extra-virgin olive oil, and heated on a slow heat. The mixture is then steeped for at least two weeks, then strained and put into jars. Oils can be used for skin irritations and is commonly used as massage oil.



## Ointment

Similar to salves, ointments are thicker in consistency. They are used topically on the skin and are particularly good for minor skin irritations and burns.

Ingestible herbal remedies are taken orally. These include various forms.

## Infusions

Infusions are the most common way that people take herbal remedies. An infusion is a preparation that uses water as a solvent to mix with crude botanicals. The mixture may start out hot or can be a cold mixture. Usually, hot water mixtures infuse the herbs more readily and are therefore made hot and then cooled down for use. The mixture is steeped, rather than boiled. That is, it is let to set in the hot water for a period of time, depending on the type of herbs that are used. Infusions are generally the weakest of the herbal preparations.

## Decoction

A decoction is similar to an infusion because water is used. However, a decoction uses water to boil the herbs and then squeezes them into a container. That “juice” is more concentrated than an infusion and is twice as potent. In prepared decoctions, alcohol is used as a preservative. Otherwise, the decoction would spoil rapidly. Decoctions are often used as additives in prepared foods or drinks.

## Tincture

Similar to decoctions, tinctures are prepared by allowing herbs to sit in liquids for long periods of time to solubilize them. Herbs are stored for weeks to months in dark glass containers containing an ingredient that will make them soluble. That may be water, vinegar, alcohol or glycerine. The herbs break down in the liquid and dissolve. The remaining mixture is strained or pressed. Tinctures are often used added to foods or drinks.

## Syrup

Similar to tinctures, syrups are a thicker liquid. These are most often taken alone as a remedy. Syrups generally have higher concentrations of herbs and care should be taken to follow the directions properly....try to find sugar free syrup!

## Tea

There are a number of pre-made herbal teas on the market these days. There are also tea bags that come in a variety of herbal mixtures. These are so common that they are available at any regular supermarket. Tea is actually a form of infusion.

## Capsules or Tablets

Next to infusions, capsules are the next most common way to take herbs. Supplements are available in tablet form for almost any herb known. These are ingested in the same way you take aspirin. They dissolve in the stomach and get into your body.

When you are choosing herbal products there are some things to keep in mind. First, make sure you understand what you want the product to do. Read the label. Sometimes there are additional ingredients that may be unnecessary for your ailment. Always choose a product that most closely identifies with your disorder.

Smell the product. That will tell you how much of the herb is actually in the product. This is especially true with creams and salves. If you can't smell the herb chances are there is not enough of it in the product to help you. Because herbal products are not governed the same way as food products, the user must take more caution in purchasing and using these items. Check for an expiration date on the item.

To keep herbal products in the best condition always store them in a cool, dry area. Also, try to store them in a dark area. Light often will break down the mixture and will change the strength. Many products come in dark containers to help keep light from affecting the products.

If you have herbal products that you haven't used in a while, always smell them before using them. If they smell rancid, they have probably gone bad. Although this won't affect the topical cures, you certainly don't want to ingest herbal mixtures of questionable freshness. Most products manufactured by large companies have a long shelf life. However, homemade products may last only weeks to several months. Keep homemade products in the refrigerator to make them keep longer.

Know what you're taking and why. Even though the products are herbal and natural does not mean that they are all safe. Interactions can occur and you should be aware of these possible interactions before taking any herbal remedy.

Purchase your herbal products from a reputable source. Health food stores and many drug stores carry herbal products. Your local health food store will be able to answer many of your questions as they are trained in this area. If you buy herbal products over the Internet, be sure that the company

is reputable. The FDA or any other agency does not control herbal products, so the quality can vary greatly between brands.





## Chapter 14 How to Use Aromatherapy?

Aromatherapy uses herbal oils to treat the mental, emotional and physical properties of an illness through the sense of smell. Herbs are fragrant and give off particular scents that each have properties thought to help heal certain illnesses. Aromatherapy is thought to be especially helpful to calm nerves and soothe anxiety.

Aromatherapy dates back to the uncharted mists of prehistoric times and has been used throughout history ever since. Incense is a form of aromatherapy that has been popular for thousands of years across many different cultures. Today, the use of aromatherapy is popular to help promote health and well-being and to reduce the effects of stress.

Aromatherapy works by releasing herb infused oils or liquids into the air. Essential oils may be placed onto a small cloth and then placed where the aroma can disperse throughout the area. Aromatherapy has become a popular and accepted method in the last several decades, and products are now widely available at local stores and supermarkets. Aromatherapy is used in many bath products and lotions. Examples of aromatherapy products include air fresheners or diffusers, as well as electric and battery powered products that spread the scent through the use of small fans.

Aromatherapy is a holistic approach to healing, taking into consideration the needs of the whole person. This takes into consideration your physical, mental and emotional states to help determine which essential oils are best suited for your particular situation. Aromatherapists mix essential oils together to create blends that are specific to your needs.

Your sense of smell is the only sense that actually has nerve receptors exposed outside the body. When a scent is detected special messages are transported to the limbic system inside the brain to be processed. The scent is identified there. This part of the brain also stores memories, which is why certain smells are often strongly associated with certain memories in your life. Blending essential oils together can form scents that are pleasant and relaxing, thus helping to reduce and eliminate stress and tension.

Essential oils are usually dissolved in either a water or oil base to blend together. The amounts used are small and do not cause any potential danger in these extremely low doses. These blends are often available as pre-made mixtures and are also able to be custom blended by an aromatherapist or by you at home.

Massage therapy uses aromatherapy to help in relaxation. Essential oils are used to massage the body. Besides the scent of the massage oil, small amounts of essential oils can also enter the body through the skin into the bloodstream. Again, these small doses are not considered harmful.

Although aromatherapy does not claim to cure any diseases, it is, nonetheless, responsible for helping soothe the body and mind in many ways. It can help improve your mood and general feelings of well-being. Specific combinations of essential oils can help create euphoric sensations in the brain. Aromatherapy can improve blood circulation and also improve lymphatic function when combined with massage therapy. Some soothing herbs are now used in common baby products to calm and help lessen the effects of colic and to help promote better sleep.

Many herbs are used, and here are some of the most common herbs that are used in essential oils for aromatherapy.

**Lavender** - Lavender helps relieve tired muscles and can actually reduce muscle spasms. It is a very safe herb and is often used in many items, especially in baby products because of its gentle nature. There are relatively no side effects from using lavender. It is often used to calm anxiety and helps in eliminating insomnia. A diluted version is often used in a spray that can be used on beds and pillows to promote sleep. It is often used in small pillows that can be heated in the microwave and then applied onto the neck and back muscles to help relax them. Lavender blends well with most other herbs, making it a perfect choice for many herbal mixtures.

**Bergamot** - Bergamot is very uplifting. It is often used to help depression or mood swings. It is also helpful in eliminating insomnia and is said to help stop nightmares from occurring. It is a mild herb and is unlikely to cause any ill effects. It mixes well with most other herbs, including lavender, cedarwood, rosemary, geranium and lemongrass.

**Tea Tree** - Tea tree oil is an herb that is often used in topical mixtures to help fight bacterial infections. Used in aromatherapy, tea tree is said to help promote energy and helps relieve anxiety. It is also used to help aid in poor concentration. Another mild herb, tea tree is not associated with any known side effects and is safe to use. It mixes well with eucalyptus, bergamot, lavender and peppermint.

**Neroli** - Neroli is often used to help control the signs of stress and anxiety. Long used as a remedy, neroli is known to help those with exhaustion feel better and more relaxed. It helps with panic disorders and is said to calm

fears, insomnia, and moodiness. It was used for many years as a treatment for grieving widows as it helps calm and soothe the mind. Neroli is a mild and safe treatment, and it blends well with most other herbs, including ylang-ylang, jasmine, melissa and peppermint.

**Melissa** - Melissa is known for its antiseptic properties when used on the skin. In aromatherapy, melissa is known to ease panic attacks. It is also used to help those who are overcoming addictions with alcohol or tobacco, as it helps alleviate those cravings. Melissa helps encourage calmness and brings serenity to you, and helps stop fear and depression. It mixes well with most other herbs, especially jasmine, neroli, geranium, and chamomile. Melissa in aromatherapy is mild, but when used on the skin it can cause irritation for those with sensitive skin. Test a small spot on the skin prior to use.

**Frankincense** - Frankincense has been used for thousands of years and has strong religious associations to the Bible. It is a popular herb used to help restore confidence and calm. It helps calm fears and paranoia, as well as nightmares. It helps restore balance to those who have signs of emotional exhaustion. It is mild and is unlikely to cause any adverse reactions, and mixes well with most other herbs, including ylang-ylang, myrrh, neroli, melissa, cedarwood, rosemary and lavender.

**Juniper** - Juniper is commonly grown in the United States as well as Europe. The berries are very pungent and are used in the making of gin. Juniper is used to clear and stimulate the mind, and is said to prevent worry and unpleasant memories. It can renew enthusiasm and give you a new zest for life. It is safe as an aromatic; however, you should use caution when ingesting it if you have any kidney disease. Juniper blends well with most other herbs such as lavender, frankincense, tea tree and jasmine.

Herbs can be used in aromatherapy treatments in several ways. Essential oils are the easiest to use. These are made by distilling the plant material and mixing with a small amount of liquid or oil. Essential oils are concentrated and need to be diluted when used, and a few drops are all that is necessary when mixing with other oils. Essential oils can be used in baths, in lotions and perfumes and as inhalations. They are readily available at most health food or natural stores, as well as online. Do not put essential oils directly on the skin without first diluting them. These concentrations are strong and even safe herbs can cause irritations if not diluted. Be sure to dilute even more when using with young children.



## Chapter 15 - Symptoms Guides

Here is a list of common ailments, and the herbal remedies that are often used to combat them. If you have been diagnosed with a certain disease or disorder, you may be able to try an herbal remedy.

Make sure you check with a doctor or herbalist if you are already taking a prescription drug, because certain prescription drugs can have interactions with herbal remedies. Also, do not substitute herbal cures for prescription medications unless your doctor has cleared you to do so.

Certain ailments, such as heart problems, require specific continued doses of prescription medication. If you are currently being treated by a physician for a medical problem and you would like to try an herbal remedy, consult your doctor. Explain your desire to try to treat your condition with herbal remedies and ask for his help in figuring out how best to go about it.

That being said, many herbal cures are available for common ailments, especially those you don't normally see a doctor for, such as sunburn and upset stomach. Many herbal remedies are safe to use if you are not already on a prescription drug.



## Acne

Some acne usually occurs in teenagers, although many adults have occasional bouts of acne as well. There are many factors that contribute to acne. Keratin is a protein that is produced by the skin cells, and too much of it can form clumps that block oil ducts. When this happens, bacteria can form, causing a pimple. Another possible cause of acne in teen girls is hormonal changes. Other theories about acne have little foundation to back them up. For example, certain foods have been said to cause acne, such as chocolate or French fries. These claims are unfounded. There is no evidence that foods cause acne. There are drug treatments available for the treatment of acne. The most common are topical treatments, which often contain antibiotics.

Herbal remedies for acne include:

**Tea Tree Oil** - Tea tree oil comes from this Australian tree. Used as a topical treatment, in studies it was found to be as effective as benzoyl peroxide but with fewer side effects. To use, first gently cleanse the skin and pat dry. Apply diluted tea tree oil to the problem areas and let dry. You can purchase tea tree oil already diluted or you can dilute yourself using jojoba oil with 5 to 15% tea tree oil. Use the mixture twice a day. Test a small spot first to ensure that you do not get a rash. Some people with sensitive skin can have a small reaction to tea tree oil. Do not take internally.

**Lavender** - Lavender essential oil is often used as an anti-inflammatory and anti-bacterial. It is also astringent. It is good on minor skin irritations and burns. To use, dot lavender essential oil onto blemishes individually using a cotton swab. Used once or twice per day on mild acne, this will help dry up the blemishes.

**Burdock** - Burdock is often taken internally as a tea. The leaves, roots and stems of the burdock plant are rich in minerals that promote sweating and urination (a natural diuretic). For the treatment of acne, use burdock topically, as a face wash. Apply cooled tea to the skin with a washcloth and rinse with cool water.

**Calendula** - Used as a remedy for many skin ailments, calendula has antibacterial and calming properties. Calendula is often found as a tea. To use, make the tea and allow cooling. Then apply to the face with a cotton ball or cloth. There are also calendula creams available that can be found at your local natural food store. These creams are usually too thick in consistency to help with acne, however, they can be used lightly.



**Chamomile** - This flowering herb is often found in teas. It contains a natural anti-inflammatory called azulene. Chamomile is used as a skin wash in the treatment of acne. To use, steep chamomile tea and allow cooling. Apply to the skin with a cotton ball or washcloth. You can also dab the mixture onto blemishes. There are also skin care products available with chamomile.

**Rose** - Rose essential oil has soothing antiseptic properties. It also smells wonderfully. Find rosewater that is made from essential oil. Put some into a spray bottle and spritz onto the face whenever you want.

**Grapefruit Seed Extract** - The seeds of grapefruit have been found to have potent micro bacterial properties. Mix 5 drops of extract with ½ cup water to dilute and use as a face wash.

**Aloe** - Aloe has long been known to be a soothing anti-inflammatory with anti-bacterial properties. Use in the gel form for best affects. Use topically by applying directly to the blemish spots.



## Altitude Sickness

If you are unaccustomed to higher altitudes, you may have feelings of sickness. These symptoms can range from mild to severe and may feel like a cold or flu. You may get a headache, nausea, weakness and may have trouble sleeping. A headache is the most common complaint associated with altitude sickness. At higher altitudes the amount of oxygen mixed into the air is less. This drop of oxygen can affect the heart, muscles, lungs and nervous system. It can affect anyone, even those in good physical condition. After one to five days the body will begin to adjust and altitude sickness will subside.

The best way to avoid altitude sickness is to ascend slowly. You should also drink plenty of water and avoid drinking alcohol, because this can add to your symptoms. There are some herbs you can take to help prevent altitude sickness as well as lessen the affects on your body. Begin taking these herbs from one to three days before you leave for the higher altitude.

**Ginkgo** - Ginkgo helps improve circulation and therefore helps improve the body's tolerance to low levels of oxygen. Scientific studies have confirmed these results in humans. Take 120 to 150 milligrams daily. These are usually in the form of capsules. Although not common, side effects are possible. These include headaches and upset stomach.

**Reishi** - This is an ancient Chinese remedy that helps to improve oxygenation to the blood. Take up to 1,000 milligrams in capsule form each day or two teaspoons of tincture three times per day. Herbalists suggest you take the dosage while at a higher elevation and continue taking it for several days after.

**Ginseng** - Ginseng has been shown to help improve blood oxygenation and respiratory function. It is also used in treating asthma and bronchitis. Take up to four 500-milligram capsules daily while symptoms persist. Do not combine ginseng with caffeine, antidepressants or blood thinners, and do not use if you are pregnant or have high blood pressure.

**Siberian Ginseng** - Well known as a tonic herb, Siberian ginseng helps improve overall health when taken long-term. Begin taking a few days before ascending for maximum effect. Take up to nine 500 milligram capsules per day or up to 20 drops of tincture up to three times per day.

**Ginger** - Ginger is an old cure used for nausea. It can be used for altitude sickness as well as motion sickness. It comes in various forms such as tea, tincture, capsules or raw. Take up to eight 500 milligram capsules daily or ½

to 1 teaspoon of ground root per day or 10 to 20 drops of tincture per day. Dilute tincture in water to drink. Do not take ginger if you have gallbladder disease.



## Anxiety

Anxiety is extreme stress, sometimes panic. It can cause symptoms such as shortness of breath along with feelings of doom. You can experience anxiety when your body reacts to signals it thinks are threats. Your heart rate goes up and you start to sweat.

Other causes of anxiety can be classified as phobias, such as fear of flying or fear of heights. Herbs can be an easy way to help ease anxiety naturally. If you are taking anti-depressant drugs, however, do not try to substitute herbal remedies. Talk to your doctor before taking herbal remedies.

When treating anxiety, start with the mildest remedy in the mildest dosage and go from there. Many of the herbs used to treat anxiety are safely compatible.

**Oats** - Oat seeds are calming and soothing and are helpful for those suffering from daily stress or who feels frayed. Tea is the common method of taking oats. Steep 1 to 2 tablespoons of seeds in a cup of hot water for ten minutes. You can drink a cup of tea every two hours as needed. Tincture is also available and you can take up to 3 teaspoons every two hours. Oats are also available as capsules.

**Chamomile** - Used often as tea, chamomile has a very soothing and calming effect on you. It helps relax the muscles and also helps ease a tense stomach. Drink one cup of tea every two hours or up to 3 teaspoons of tincture every two hours. Chamomile is readily available as tea at most supermarkets, but it's a good idea to keep some on hand.

**Linden** - Linden gently relaxes and eases muscle tension, and is also used as a remedy for high blood pressure. Linden also makes a good all-around remedy for helping keep the cardiovascular system functioning well. It is most often used in tea, and you should drink one cup of tea every two hours as needed. Tincture is also available as well as capsules.

**Vervain** - Vervain is an herb that soothes and calms the nervous system as well as helps with depression. Often found as a tea, drink one cup of tea every two hours. It is also available as a tincture and in capsules.

**Motherwort** - This old-time remedy is useful for the cardiovascular system in general. It can help calm nerves and aids in soothing anxiety that can cause a rapid heart rate. Drink one cup of Motherwort tea every two hours. It is also available as a tincture and as capsules. Consult your doctor before taking Motherwort if you are currently taking any cardiac drugs.

**Lavender** - Lavender is relaxing and uplifting. It is fragrant and offers relief for anxiety and depression. Lavender essential oil is used diluted in bath water or can be inhaled. To use in a bath, add 10 to 12 drops to a full tub. You can also dilute it with oil to use as massage oil. It should not be taken internally.

**St. John's Wort** - Commonly used to treat depression, St. John's Wort is an overall health booster that helps the nervous system. As a tonic, take up to 3 teaspoons every two hours. It is also available in capsule form.

**Skullcap** - Used for anxiety and hormonal mood swings, skullcap is relaxing to the nervous system. It can be taken as a tea, a tincture or in capsule form. To make tea, steep one or two teaspoons of dried herbs in a cup of hot water for 10 minutes. Drink one cup of hot tea every two hours as needed.

**Kava-Kava** - This is an anti-anxiety herb that originated in the South Pacific islands. It works similarly to Valium, working with the part of the brain that controls the nervous system and emotions. It does not cause addiction nor does the body build up a tolerance to it. It also doesn't impair thinking the way drugs may. In fact, in studies it was shown to improve brain function and memory. It is a good solution to treat anxiety on a short-term basis. The standard form is in capsules. Do not take with alcohol.

**Valerian** - Valerian is considered a strong anti-anxiety herb. Similar to Valium, it works with the central nervous system; however it does not cause dependence. It is also used to improve sleep as well as a muscle relaxant. It is taken in capsule form. Note – a small percentage of users indicate an increase in anxiety when taking this herb. If that happens, discontinue use.

**Passionflower** - Passionflower is a strong herb used primarily for calming and treating insomnia. It can also be used to help calm daytime anxiety. It is most commonly used as a tea. To make the tea, steep one to two teaspoons of dried herbs in a cup of hot water for 10 minutes. Drink one cup every two hours.

**Siberian Ginseng** - This herb helps restore adrenal glands that are overstressed. It is a good choice for those who are chronically overstressed, and is taken as a tonic. It has a cumulative effect, meaning that it may take several weeks or even months to see results from taking the tonic.





## Arthritis

Arthritis affects more than 40 million Americans of all ages. It is the stiffening or inflammation of the joints, and can occur in any joint, but it commonly starts in the hips, fingers and knees. There are two main types of arthritis, with osteoarthritis being the most common form. It is simply the breaking down or wearing down of the joints with age and worsens over time. Rheumatoid arthritis is a form of an autoimmune disease that causes inflammation and distortion of the joints. There is no cure for arthritis, and doctors prescribe medication to help keep inflammation and pain down. Herbal remedies include both internal and external mixtures.

**Cayenne** - Cayenne and other peppers contain analgesics and anti-inflammatory agents called capsaicin. This is often used in creams and other topical mixtures to help relieve pain. Creams come in different strengths.

**Evening Primrose** - Taken internally, Evening Primrose helps combat inflammation. It can also help with the pain associated in particular with rheumatoid arthritis. Taken in capsule form, take up to 12 capsules per day. It can also be taken as oil, and you should take only ½ teaspoon of oil per day. Be aware that this oil can be expensive.

**Green Tea** - Green tea has compounds that help the symptoms of rheumatoid arthritis. You'll find green tea products widely available now, and you may drink several cups of green tea per day, and black tea is also beneficial

**Yucca** - Native Americans have used Yucca for centuries as food and as a remedy, and recent studies have confirmed its effectiveness as a remedy for arthritis. Yucca reduces the swelling and pain of arthritis as well as helps prevent stiffness in the joints. It can be applied topically to affected joints, and can also be taken internally. Capsules are available and you may take up to four 490-milligram capsules per day.

**Turmeric** - Turmeric is a common Indian spice that is helpful in the treatment of arthritis, because it has anti-inflammatory properties. It can be ingested as well as used topically on affected areas. You can take 250 - 300 milligram capsules up to three times per day or up to one teaspoon per day in food. It is also available as a tincture.



## Asthma

Asthma affects about 14 million Americans, many of them children. Asthma is a respiratory disorder triggered by certain allergens, and asthma attacks can come on suddenly and become very severe quickly. People with Asthma need to work closely with their doctor to find suitable remedies. The herbal remedies suggested here have been shown to help.

**Ginkgo** - This ancient Chinese herb has long been used to help treat asthma, and studies have shown this to be particularly effective against exercise-induced asthma. Treatments require continued use for six to eight weeks at a time for maximum effectiveness. There have been rare cases of skin rash and upset stomach associated with the use of ginkgo. Check with your doctor if you are taking any blood thinners.

**Garlic and Onion** - Garlic and onion have long been used to treat bronchitis and asthma, and they have been shown to inhibit allergen-induced responses. The ingredient that possesses these characteristics is called quercetin. It can be found as a dietary supplement in health food stores. Allicin, the ingredient in garlic, is available in capsule form as well.

**Liquorice** - This herb has anti-inflammatory properties as well as expectorant and anti-viral properties. It also has been known to stimulate the immune system, a huge factor in the treatment of asthma. Use products from the whole root, rather than the DGL form, which does not contain the active ingredient glycyrrhizin, which is necessary to get the effects desired. Do not take for longer than 6 weeks at a time. Also, do not take if you are pregnant, have high blood pressure or diabetes.

**Turmeric** - Turmeric is one of the main spices in curry. It contains curcumin, which is known to work as an anti-inflammatory, anti-viral and anti-oxidant. You can easily add turmeric to your spice rack and use it when cooking. It is also available in capsule form and as a tincture. Do not take if you have gallstones.

**Ephedra** - Ephedra has been known to help with asthma, however, it is no longer a recommended remedy due to possible side effects. Consult with your doctor before taking this herbal remedy.



## Bladder Infections

Nearly half of all women suffer from a bladder infection at some time in their life. They are most common in sexually active and pregnant women. Bladder infections can become serious, so if it persists you need to see a doctor as the infection can travel to the kidneys where it can cause more serious damage.

**Cranberry** - Yes, the old wives tale is actually true. Cranberry juice can help prevent and cure bladder infections by acidifying the urine. In order to be effective, though, you need to drink at least 5 cups of cranberry juice per day. You can also get cranberry in capsule form, which is easier to take. To prevent infections, drink 1-½ cups of unsweetened cranberry juice per day.

**Goldenrod** - This herb is popular in Europe for treating bladder infections. It is one of the safest and most effective herbs for increasing urine flow and inhibiting bacteria growth. It also helps decrease inflammation. Taken as a tea, drink 2 to 3 cups of tea daily.

**Oregon Graperoot** - The active ingredient berberine can help kill many types of bacteria that are harmful. It also helps prevent bacteria from sticking to the bladder wall, thus preventing bladder infections. Available as a tincture, take one teaspoon three times per day as needed. Do not use if you are pregnant.

**Echinacea** - This acts as an anti-bacterial as well as an anti-inflammatory. It also is known to help pump up the immune system, which helps those with frequent bladder infections. If you have an allergy to ragweed, do not take this herb, as you could experience an allergic reaction.



## Blisters

The body creates a blister to form a protective pocket of fluid to help heal certain wounds, such as burns and those caused by repeated rubbing.

Whenever possible, leave the blister alone to heal. Once a blister pops, however, you need to help keep the new skin clean and free from bacteria. Herbal remedies for blisters are topical.

**Calendula** - This herb helps heal and has antiseptic and anti-inflammatory properties. It is often found as the main ingredient in crèmes or salves. Calendula is considered a safe herb.

**Comfrey** - Comfrey is high in allantoin, which stimulates and promotes new skin cell growth. It is available in many prepared crèmes and salves and is considered safe.

**Lavender** - Lavender helps to speed the healing process, and is also an antiseptic. The scent of lavender is very soothing as well. Lavender is a main ingredient in many lotions and crèmes, and is also available as an essential oil. To use the essential oil, first dilute with water, dampen a clean cloth with the mixture and apply to the blister for several minutes at a time.

**St-John's-Wort** - Used topically, St-John's Wort has anti-inflammatory and antiseptic properties. Use a clean swab and gently dab the blister with the solution.





## Bronchitis

Bronchitis is an inflammation in the bronchi, the passageways from the lungs. It is characterized by a cough that starts dry and progresses to a mucus cough. Bronchitis can be acute or chronic. Acute bronchitis is usually the result of a cold and viral infection. Chronic bronchitis is a persistent cough that lasts more than 3 months, with air pollution and smoking contributing to chronic bronchitis. Herbal remedies can help with both types. If you are having severe symptoms such as chest pain, high fever or are coughing up blood you need to see a medical specialist immediately.

**Liquorice** - Liquorice soothes mucous membranes and is an expectorant. It also helps stimulate the cells to produce more interferon, the bodies own antivirus. Taken as capsules or as a tincture or tea, liquorice should not be taken for longer than 6 weeks.

**Horehound** - Horehound is available in syrups and also in lozenges. It soothes a sore throat and also works as an expectorant. It is also commonly available as a tea.

**Peppermint** - Peppermint has menthol properties that help relax airways and also helps fight viruses. It is a good thing to use as an herbal steam. Add 3 to 5 drops of peppermint essential oil to 4 cups of very hot water. Then use a towel to cover your head and tent the steam. Inhale this way until the water stops steaming.

**Mullein** - A tea or tincture, mullein is used to help you expel mucus. It can also help stop the pain of a raspy cough. Drink up to 6 cups of tea per day.

**Wild Cherry Bark** - Wild cherry bark is often mixed with other herbs. It helps to suppress coughs, and should only be used for short periods of time. It is best used on coughs that are the dry, hacking type. It is available in teas and tinctures.



## Bruises

Most bruises are minor and are easily treated with herbal methods. Herbs can help reduce the swelling associated with the bruise as well as provide pain relief.

**Arnica** - Arnica is known for its pain relieving properties as well as its antiseptic and anti-inflammatory properties. It can help speed up the healing of a bruise. It is most often used topically, and you can find it as a main ingredient in many herbal salves and ointments. You can also make your own compress using dried arnica flowers. First, steep the dried arnica in hot water for ten minutes. Strain and cool the mixture, and then soak a clean towel in the mixture and apply it to the bruise for about half an hour. Repeat three times per day.

**Calendula** - Used as a topical anti-inflammatory, calendula also works as an astringent and is antiseptic. It can be applied to a bruise as a cream, gel, salve or compress. To use the dried herb, take the dried flowers and steep them in hot water for 10 minutes. Allow the water to cool and use as a compress on the bruise with a clean towel.

**Comfrey** - Comfrey contains allantoin, which helps renew skin cells. It is used topically. It is also considered an anti-inflammatory, and is often an ingredient in herbal creams and salves. You may make a compress by steeping the dry herbs in hot water for 10 minutes. Allow to cool, and then soak a clean towel in the mixture and place on the bruise. Keep the compress on for an hour at a time. You may repeat as often as needed.

**St.-John's-Wort** - This is used as an inflammatory and is used topically to speed the healing process. As oil, it can be applied as needed. You may also find it as an ingredient in some crèmes or salves. Do not use St.-John's-Wort if you are going out in the sun as skin reactions can occur when exposed to sunlight.



## Burns

Burns of many kinds are common, and occur to all age groups. They can range from minor to major and are given categories based on severity. First-degree burns affect only the outmost layers of skin. Second-degree burns extend deeper into the skin and produce more redness and swelling as well as blisters. Third-degree burns are the most severe and often require skin grafts. First and second-degree burns can be treated quite easily with topical herbal remedies. Always see a doctor for severe burns or burns that cover areas of your body larger than your hand.

**Aloe** - Aloe is a common burn aid and is found in many over the counter products. It not only helps soothe the pain but also fights bacteria and reduces inflammation. Find aloe in the gel form if possible and look for products that contain 100% aloe, as they work the best. If you have an aloe plant you can actually use that as well. Cut a piece off one of the “arms” and place the gel-like inner substance right onto the burn area. Aloe works well on sunburns as well as other minor burns.

**Calendula** - Calendula helps as an anti-inflammatory as well as an antiseptic, and helps in the healing process. Calendula can be found in many over the counter products. For use on burns, find a product that is not too thick. You want the skin to be able to breathe through it.

**Comfrey** - The active ingredient allantoin helps tremendously in speeding up the healing process of burns. Commercial products are available but you can also use a tea-soaked cloth placed on the burn. To use tea, first steep the tea in hot water for 10 minutes and allow to cool. Then, soak a clean cloth or towel in the mixture and apply to the burned area for a half-hour at a time.

**Gotu Kola** - A compound in gotu kola helps to stimulate collagen growth to help repair skin. It helps heal burns and all types of wounds and helps keep scarring to a minimum. Apply topically by mixing the powder from capsules with aloe and then applying to the burn area.



## Bursitis or Tendonitis

Overuse and misuse of two parts of the joint structures, the bursa and the tendons, can result in long-term inflammation and irritation. Bursitis is likely to occur in the shoulders, elbows, hips and knees while tendonitis affects shoulders, wrists, elbows and knees. It causes pain and often inflammation.

**Turmeric** - Turmeric is an anti-inflammatory and antioxidant. The active ingredient, curcumin, is responsible for these properties and in studies has shown to be as effective as potent anti-inflammatory drugs, but without the side effects. Turmeric can be taken internally as well as used topically. Take up to 600 milligrams daily. Taken in larger amounts, it can cause stomach irritation.

**Cayenne** - Used topically or in capsule form, cayenne helps reduce pain naturally. Taken internally, cayenne acts as an antioxidant. Used topically, it will ease the pain and gently improves circulation to the area, making the area warm. When using topically, be sure to wash your hands before touching your eyes or nose.

**Liquorice** - This root helps stop inflammation when taken internally by inhibiting an enzyme in the body. Take a 500-milligram capsule up to three times per day. Liquorice is also available as a tincture and tea. Do not take liquorice for more than 6 weeks at a time. Do not take if you are pregnant, if you have high blood pressure, diabetes or heart disease.

**Devil's Claw** - This can reduce pain and swelling and is popular in Europe. The root of this plant is used to make capsules or tincture. Do not take if you have ulcers.

**Ginger** - Ginger is known to inhibit inflammation and reduce pain. It also has antioxidant properties. Take as a capsule or tincture. It can also be used fresh; eat 1/3 ounce of fresh ginger each day.





## Canker Sores

Also known as mouth ulcers, these sores can be painful. They are often associated with food allergies, immune system dysfunction and nutritional deficiencies. If you have them often, talk to your doctor to help determine the cause. Vitamin B12 and folic acid deficiencies can contribute to the cause of canker sores.

**Chamomile** - a study has shown that chamomile mouthwash is an effective treatment for mouth sores. It helps keep inflammation down and helps promote healing. Drink up to 4 cups of tea per day or cool and use as a mouthwash. You can also make a mouthwash using 10 drops of tincture mixed with water.

**Echinacea** - Echinacea tincture produces a numbing effect that is helpful in managing the pain associated with canker sores. If the canker sore is large or deep avoid using tinctures as they may cause stinging. Instead, use less concentrated mixtures such as tea.

**Gotu Kola** - Gotu Kola is used to help promote healing. It has long been known to speed the healing of wounds. It can be taken internally as a hot tea or cold as an oral rinse.

**Goldenseal** - Goldenseal has antiseptic and anti-inflammatory properties and can help to fight the infection associated with a canker sore. It also can help lessen the pain. Dissolve several drops of tincture in a glass of water and use as a mouth rinse.

**Ginkgo** - When applied topically, this herb helps promote healing. It is rich in anti-oxidants and is also an anti-inflammatory. Make a tea and use the mixture to swab the sore with a cotton swab.



## Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is a disorder that affects many thousands of people each year. It is a compression of a nerve in the wrist often brought on by repeated movements of the wrist and hand, such as keyboarding. Depending on the severity of the disorder, herbal remedies may help with inflammation and blood flow.

**Turmeric** - A common kitchen spice, turmeric is known to help stop inflammation. Available in capsule form, take one 300-milligram capsule up to three times per day. It is also available as a tincture. The easiest way to get it, however, is to use it as a spice, added to foods. Add 1 teaspoon of spice per day to food.

**Boswellia** - Boswellia is a tree resin that has been found to help block the chemicals in the body that favour inflammation. Available in capsule form, look for products that contain at least 65 percent Boswellia acid in order to be effective.

**Ginkgo** - Ginkgo is known to help increase blood flow and reduce swelling. It also protects nerves and can help them heal. In capsule form the typical dosage is up to 180 milligrams per day.



## Cataracts

**Cataracts** are a cloudy film that covers the eyes causing vision problems. While usually associated with old age, anyone can get cataracts. They are thought to be caused by overexposure to the sun or diabetes. Outpatient surgery is now a standard procedure and the only way to actually remove cataracts once they have formed. There are some herbs, however, that are helpful in improving vision and eye function.

**Bilberry** - These berries are thought to improve vision and protect the eyes from disease. The fruits of the bilberry contain antioxidant ingredients that can help prevent clouding of the eyes. Used in capsule form, take up to three capsules per day.

**Rosemary** - A common herb used in cooking, rosemary contains powerful antioxidants that may help retard the growth of cataracts. Take rosemary as a tea, mixing with lemon balm. Drink at least one cup of hot tea per day.

**Turmeric** - Turmeric has a high concentration of antioxidants, especially the top three known to help prevent cataracts, vitamins A, C and E. Take up to three 500-milligram capsules per day or use a tincture.



## Chronic Fatigue Syndrome

CFS is a debilitating exhaustion that affects thousands of people every year. The illness begins with flu-like symptoms but does not go away. It can progress to cause headaches, depression and anxiety. If you have severe feelings of fatigue it's worth getting checked out by a doctor. Some herbal remedies can be very effective in treating many of the symptoms of CFS.

**Astragalus** - Often used in Chinese medicine, astragalus is used as an overall tonic to help boost the immune system. It has anti-viral properties, and is safe for long-term use. Available in capsule form, take up to 5 500-milligram capsules per day. It is also available as a tincture.

**Echinacea** - This popular herb helps improve the immune system. It can be taken as a tea, a tincture or in capsule form. Take for two weeks followed by a one-week break. If you are allergic to daisies beware that this is part of the daisy family.

**Reishi** - A traditional Chinese remedy, reishi has long been used to help fight inflammations, infections and allergies. It is also a strong anti-oxidant. The most common form is capsule. Take up to three 1,000-milligram capsules two to three times per day.

**Siberian ginseng** - This helps bolster resistance to stress and increases adrenal function. In studies it has been shown to increase the number of immune cells, helping stave off infections. Taken in capsule form, take up to 4500 milligrams per day.





## Cold Sores

Cold sores are small blisters on the lips caused by the herpes simplex virus. They are often brought on by stress, and can last up to 14 days. While oral anti-viral drugs may be prescribed by your doctor to lessen the effects, these have side effects of nausea and headaches. Repeated use of anti-viral drugs can cause viral resistance.

**Lemon Balm** - Lemon balm is an herb that helps to stop the spread of many viruses, including the herpes simplex virus. Lemon balm is often found as an ingredient in commercial creams. Apply to the affected area up to five times per day as needed. It is also available in capsule form and as a tea to be taken internally.

**Liquorice** - Liquorice is a natural anti-inflammatory and in studies has been shown to inactivate the herpes simplex virus. You can apply a liquorice compress topically as often as needed. You may also take liquorice internally in the form of tea or capsules. Do not use longer than 6 weeks at a time, and do not take if you have heart disease or high blood pressure.

**Mullein** - The healing properties of this plant helps fight the herpes viruses, and can also soothe irritated skin. You can take it internally, as a tea, or apply topically in a compress.

**St.-John's-Wort** - St.-John's-Wort contains the compound hypericin, which is known to help fight the herpes virus as well as to help heal wounds. Take 300-milligrams up to three times per day in capsule form. You can also drink tea made from steeping the dried herb. It can also be applied topically by making into a compress. Do not take internally if you are already taking a prescription anti-depressant.



## Colds or the Flu

Colds and flu are often viral infections for which there is no cure. There are no drugs that can be taken as a preventative measure against the common cold. While there are many over the counter drugs available to treat the symptoms of colds and flu, you are often just as well off taking herbal remedies, which have fewer side effects.

**Echinacea** - Studies have shown that this herb can shorten the duration and lessen the severity of a cold. It does this by helping to stimulate the body's own production of anti-viral substances and helps enhance the body's immune cells, helping it better fight off cold germs. Often available in capsule form, take 900 milligrams of Echinacea per day.

**Astragalus** - This Chinese herb has immune-boosting properties, and also has anti-viral properties. Take Astragalus throughout the cold and flu season to help bolster your immune system to avoid getting colds. Commonly found in capsule form, take up to 3600 milligrams per day.

**Elderberry** - Elderberry has been found to have compounds that help fight the flu. Taken as soon as symptoms start, and continue taking it daily. Commercially available as syrups and lozenges, these can be taken as directed on the package. It is also available as tea, tincture and in capsule form.

**Garlic** - Garlic helps boost the immune system and fights bacteria and yeast. You can eat garlic in foods, but during cold season it is helpful to take a garlic supplement. It is readily available in capsule form. Take up to 5,000 micrograms per day.

**Vitamins** - Vitamin C and Zinc are known to help lessen the duration of colds as well as help keep the symptoms down. Take supplements in capsule form or in lozenge form during cold season and especially with the onset of any symptoms.



## Constipation

Constipation can happen to you when you have inadequate fluid or fiber intake. Laxatives are available over the counter. You can take an herbal laxative or use herbs to help your problem.

**Psyllium seed** - These seeds help provide proper fiber in order to keep your system working properly. Available as a powder, it can be added to liquids. Dissolve a tablespoon in an 8-ounce glass of water or juice and drink immediately. Follow with another glass of water. This should be taken daily.

**Flaxseed** - This is a bulking agent that provides a source of omega-3 essential fatty acids, something lacking in most diets. Mix one teaspoon of ground flaxseed in a glass of water or juice. You can take this up to three times per day.



## Cuts and Scrapes

Most cuts and scrapes are minor and do not require a doctor visit. For these minor abrasions, herbs can be used externally in compresses, gels, or salves. The anti-bacterial properties of the herbs will help the cuts heal faster and help keep them from becoming infected.

**Calendula** - Calendula has long been known to have healing properties. It is often the main ingredient in herbal salves. It promotes the growth of new skin and also helps inhibit bleeding. Used as a cream or salve it is readily available at natural or herbal stores.

**Aloe** - The soothing properties of aloe make it help with the healing process. It can be used on cuts and scrapes to help promote healing and to aid in pain relief. Aloe can be found in many over the counter brands at your local drug store. Be sure to get gel that has a high percentage of aloe as it works best in its pure state.

**Comfrey** - Comfrey is a healing herb that is also found in many prepared creams or salves. You can also make a compress by wetting dried comfrey and placing it in a clean cloth. Apply the compress by holding it onto the affected area.





## Dandruff

Dandruff is an inflammation of the skin on the head, causing flaking and itching skin on the scalp. Often noticeable, it can be treated with herbal remedies to help keep the flaking to a minimum. Doctors are not sure what causes dandruff but it can flair up during stressful times as well as in the winter when the air is dry.

**Evening Primrose** - Evening primrose contains an oil that helps rashes as well as dandruff. You can rub the oil into the scalp to help keep the dry skin lubricated. You may also take it in capsule form, typically taking up to 10 capsules per day.

**Flaxseed** - This has high levels of omega-3 fatty acids which has been known to help with rashes and dandruff. Usually taken internally, take 1 teaspoon per day. You can also rub flaxseed oil directly onto the scalp.

**Tea Tree** - Known for its anti-fungal properties, tea tree oil is used externally. Add it to evening primrose oil or flaxseed oil and rub the mixture into the scalp before bed. Leave it on overnight, then rinse out in the morning and wash your hair as usual.



## Depression

Everyone suffers from some depression from time to time. Depression is a hopeless, sad feeling that doesn't quickly go away. Depression may range from subtle to serious, and the more serious the depression, the more you need to seek medical help. If your depression is not severe, there are some herbal remedies that may help you. Do not take herbal cures while taking prescription medication and do not stop taking your medication unless directed to do so by your doctor.

**St.-John's-Wort** - This herbal remedy is known for its use to treat depression. Studies have shown that the use of St.-John's-Wort is often as effective as prescription medications and has fewer side effects. You must take this for up to two weeks to start to see the benefits. Take it in capsule form and follow the directions for use, or you can also take it as a tea. It can cause mild stomach upsets or rashes in some people.

**Kava-Kava** - This herb helps alleviate anxiety that often accompanies depression. It can be taken without the usual side-effects of prescription medication that makes people feel sedated. Taken in capsule form, take up to six 500-milligram capsules per day.

**Oats** - This plant helps with depression and stress and helps with your overall nervous system. It is the same plant used to make the oatmeal breakfast cereal. Available as a tea, drink up to 3 cups of tea per day.



## Diarrhea

Many things, such as virus or bacteria as well as food poisoning can cause diarrhea. Most diarrhea goes away on its own in a matter of a few days. If it lasts longer than a week or is very severe you should see a doctor. There are some herbal remedies that can be very effective in helping treat it.

**Agrimony** - Agrimony contains an astringent, which has drying properties in the bowel. Available as a tea, steep the dried herbs in hot water for 10 minutes. Then remove the herbs and drink the tea. You may drink up to 3 cups of tea per day as needed.

**Blackberry and Raspberry Leaf** - Another astringent, the roots of these plants can help relieve diarrhea. Taken as a tea, you can take up to 3 cups of tea per day.

**Oregon Graperoot and Goldenseal** - These related herbs contain berberine, which has been shown to be effective in treating the bacteria that can cause diarrhea. Available in capsule form, take up to 6 500-milligram capsules per day.

**Apples** - Apples are a natural source of pectin, which is a very common anti-diarrhea remedy. Pectin is an ingredient in many over the counter remedies that helps add bulk. Eat apples or applesauce, but avoid apple juice as this tends to have the opposite effect.



## Diverticulosis

Diverticulosis is small pockets that form in the colon, common in those over the age of 40. These pockets can become inflamed, which in some cases can become infected. There are some herbal remedies that can be taken as a preventative to help keep the colon clear.

**Psyllium** - Psyllium is found in India and is rich in mucilage, water soluble fiber. The husks of this plant can be ground up and stirred into water, and can also be taken in capsule form. Psyllium is also available in many commercial products. Start with small doses and work your way up to full dosages.

**Cat's Claw** - Long used in South American folk medicine, cat's claw is safe to use. It helps treat infections, arthritis and intestinal disorders. You can find this herb available in capsule form or as a tincture or tea.

**Aloe Vera** - Aloe gel has healing properties when applied directly to the skin. It helps relieve burns, and has anti-inflammatory properties. Taken orally as a capsule, take up to 8 capsules per day.





## Ear Infections

Ear infections are common in swimmers, thus a common name for one type of ear infection is “swimmer’s ear”. Ear infections are common in small children because their ear canals and tubes are not large enough to keep fluid from accumulating in them when they have a cold or flu. The accumulated mucus can become infected. Taking herbal cures instead of antibiotics can often help cure the infection. Besides taking herbs to help cure the infection, you can also try making some “swimmer’s drops” to put into the ear.

**Echinacea** - Taken internally, this ancient Chinese herb is known to help treat infections. You may take capsules or a tincture, and is also available as a tea. Note that you may be allergic to this herb if you are allergic to ragweed or other members of the aster family.

**Astragalus** - Another ancient Chinese remedy that is taken orally, astragalus is helpful in treating infections, and can be taken as a preventative remedy. Available as capsules or in tincture form, this is usually safe for children. For young children, check with the doctor before administering.

**Oregon Graperoot** - The berberine in Oregon Graperoot acts as a natural antibiotic. It is used to kill many types of bacteria. It is taken internally in capsule form, and you should follow the directions on the bottle. Do not take if you are pregnant.

**Lemon Balm** - A good-tasting herb, lemon balm is a natural anti-virus, bacteria fighting herb and is also used to help calm or soothe. Commonly available as a tea, drink up to 4 cups of tea per day.



## Eczema

Eczema is a dry skin condition that affects many adults and children. It occurs in patches that can become thick and red, and it can often occur in those with allergies such as hay fever. Topical creams can be applied to help the skin recover. Herbal remedies do not have the side effects that some prescriptions can have.

**Liquorice** - The anti-inflammatory properties of liquorice helps calm the skin when eczema flares up. It acts much like cortisol but without the side effects. It can be taken internally as a tea or externally by making a compress of the steeped herbs.

**Burdock** - Known to decrease inflammation, burdock is a traditional herb, which has been used for years to help skin disorders. Besides helping inflammation, it also contains insulin that helps the body fight off skin bacteria. Taken as a tea, drink up to 4 cups per day. It can also be used topically. Simmer the dried root in hot water for 10 minutes. Strain and apply the cooled liquid to the affected skin area.

**Echinacea** - Echinacea is an American wildflower that has substances that can help fight infection as well as decrease inflammation. It can be found as a main ingredient in many prepared herbal skin crèmes.

**Comfrey** - Comfrey contains allantoin, an ingredient in many skin lotions. It soothes the skin and helps speed up healing. Apply as a salve or lotion. Do not use if pregnant.



## Eyestrain

Eyestrain can occur in those who overuse their eyes, or can be caused by other factors such as tension or anxiety. Eyestrain is characterized by headaches, blurry vision or difficulty focusing. If you have mild eyestrain every so often it is not a cause for alarm. Some herbal remedies can be helpful.

**Eyebright** - This herb helps reduce watery eyes as it has both anti-inflammatory and astringent properties. It also helps relieve eye irritation. Most often taken as a tea, drink 1 to 3 cups per day. It can also be used as a compress. Steep the dried herbs in hot water for 10 minutes. Strain and cool the liquid then soak a clean towel and apply to closed eyes.

**Bilberry** - This shrub produces berries that are used to treat vision problems. It helps strengthen the capillaries of the eyes. Taken in capsule form, take 2 to 3 capsules per day. The closely related cranberry, blueberry and huckleberry are also good for treating eye problems.

**Goldenseal** - Use goldenseal as a compress on the eyes. It contains berberine, which is known to help constrict the blood vessels, helping to get rid of bloodshot eyes.



## Fatigue

Everyone feels fatigued from time to time. If you feel fatigue every day for long periods of time, you should consult with a physician, as this may be an underlying symptom of something else. If, however, you experience fatigue occasionally there are some herbal treatments that will help.

**Siberian Ginseng** - The properties of this herb help improve mental function. It also is thought to aid in the treatment of viral infections. Taken daily, this herb is safe for long-term use. Take in capsule form and follow the specific directions.

**Chinese Ginseng** - Similar to Siberian Ginseng, Chinese Ginseng has long been used in traditional Chinese medicine. Some forms of this herb can be very strong so it is suggested that you start with low dosages of capsules and work up to larger doses if needed. Do not take if you have high blood pressure or are pregnant.

**Liquorice** - Liquorice increases energy and has anti-inflammatory properties, and is known to help the adrenal glands. Taken as a tea, do not take for longer than six weeks.

**Astragalus** - This traditional herb is used as an energy tonic. It is thought to strengthen the immune system and helps aid digestion. Drink up to 3 cups of tea per day or take in capsule form.





## Gas

Gas or flatulence occurs in everyone. If your gas is severe it can become uncomfortable and painful. Certain foods are known to produce gas, and you can avoid these foods if gas is a problem for you. These foods are broccoli, potatoes, dairy products and beans. Swallowing too much air while eating can also produce gas. There are some herbal remedies that can help treat gas.

**Peppermint** - Peppermint contains menthol, which helps stimulate the intestines. It also helps relax the muscles in the digestive tract, promoting burping. You can eat peppermint candy or mints, which are helpful (Do you always notice the peppermint candies at restaurants?) Peppermint tea is also a great way to take peppermint. You can drink 1–2 cups of tea after a meal to aid digestion.

**Chamomile** - Chamomile helps aid digestion and can also help dissipate gas in the body. It is also used as an anti-inflammatory. Often used as a tea, it is helpful to drink a cup of chamomile tea after eating. Those with allergies to ragweed should avoid this herb.

**Aniseed** - The seeds from the anise plant have been shown to help eliminate gas buildup. Taken as a tea, steep the dried, crushed seeds in hot water for 10 minutes. Strain and drink warm.

**Ginger** - Ginger root is known to help relieve nausea and helps with simple indigestion such as gas. You can drink a cup of tea after a meal that may cause gas. It is also available in capsule form.



## Gum Disease

Gum disease is common in adults. Approximately 3 out of 4 adults have some stage of gum disease. It can produce red, swollen or bleeding gums as well as bad breath. Keep your teeth and gums clean to prevent the disease. Herbal remedies that fight bacteria are helpful in keeping the disease in check.

**Echinacea** - Known for its infection-fighting properties, Echinacea is helpful in reducing bacteria in the mouth that contribute to gum disease. You can use it as a mouth rinse or you can swab it onto swollen gums. It can also be taken in capsule form.

**Goldenseal** - A compound in the root of this plant is an antibacterial substance. It can help with gingivitis, and is also used to help keep the gums healthy. Taken in capsule form, take up to 6 500-milligram capsules per day. Do not use if you have heart problems or are pregnant.

**Calendula** - With its beneficial healing properties, calendula is helpful as an anti-viral and anti-inflammatory. It also helps with sore throats. For use on the gums, apply calendula tincture directly to the affected area several times per day.

**Aloe** - Aloe has soothing properties on skin and gums. You can find aloe as an ingredient in some mouth rinses. You can also swab some aloe onto sore gums as needed; however, you should not swallow aloe gel.



## Hangovers

Most adults have had at least one experience with drinking too much alcohol and ending up with a hangover. It can cause a headache, fatigue, nausea and dizziness. To prevent a hangover, do not drink to excess. However, if you do imbibe too much you can help a hangover with herbal remedies.

**Willow** - There are pain-relieving ingredients in the bark of the willow, and you should take this remedy as a tea. To make the tea, steep willow bark in hot water for 10 minutes, strain and drink.

**Dandelion** - Dandelion is known to stimulate the liver, which may help in alcohol dissipation. It is also a source of anti-oxidants and can help with stomach aches.

**Ginkgo** - Ginkgo helps improve circulation and helps relieve dizziness. For these reasons it may be a good hangover remedy.

**Honey and Fruit** - The fructose in fruit and honey helps speed up the metabolism of alcohol and helps to decrease the effects of a hangover. If you just can't think about eating a piece of fruit, have a cup of warm tea with honey.



## Hay Fever and Allergies

Hay fever is an allergy to certain weeds and flowers that occurs most often in spring and summer. Allergies occur year-round. People can be allergic to many things, but the most common allergies are to pet dander and pollen. Herbal remedies are most effective for those with mild forms of allergies. If you are currently taking prescription medication for allergies consult your doctor before taking herbal remedies.

**Stinging Nettle** - Studies have found that this herb works as well as conventional medications for treating the symptoms of hay fever. Stinging nettle is available in capsule form.

**Peppermint** - The anti-inflammatory properties of peppermint help to calm mucous membranes. The scent of peppermint when inhaled helps you feel as though you can breathe easier. You may drink tea or you can steep the peppermint and breathe in the steam.

**Liquorice Root** - The anti-allergy properties of liquorice act similarly to cortisone drugs but without the side effects. For hay fever be sure to get whole liquorice, not the type labelled DGL, which is used for ulcers.

**Garlic** - Garlic contains an anti-inflammatory substance called quercetin, which can help calm an allergic response in the body.





## Headaches

Headaches occur in everyone from time to time. They are commonly a dull ache that happens in the temple or forehead and comes on during the day. Migraine headaches are a result of insufficient blood flow to the brain, and should be treated by a doctor to determine any underlying cause. Herbal remedies can be helpful in treating regular headaches, and be sure to drink water when you have a headache. Many low-grade headaches are actually caused by a mild form of dehydration.

**Feverfew** - Feverfew contains substances that inhibit the release of mood hormones in the brain. For best results, use fresh feverfew. When that isn't available, take as a tea or in capsule form.

**Bay** - There have been some doctors who recommend taking feverfew with bay to prevent a migraine headache. You can often find a combination available in a health food store.

**Ginger** - Ginger has long been known to relieve and also to prevent headaches. It is an anti-inflammatory and also has substances that help reduce pain. Take in capsule form, according to directions.

**Peppermint** - Taken internally or used externally, peppermint can help relieve a headache. To take internally, drink peppermint tea. To use externally, mix several drops of peppermint oil with lotion or body oil and massage into the temples.



## Heartburn

Heartburn is a pain that occurs in the chest after eating. It is caused by stomach acid that gets into the esophagus causing a painful burning sensation. Symptoms can range from mild to severe. There are many over the counter remedies that can help, but there are also some herbal cures to help the situation.

**Liquorice Root** - This herb can help speed up the healing process in the digestive tract. It is also soothing to the mucous membranes. Look for the type called DGL, as this is better for digestive disorders. Take liquorice in capsule form or as a mild tea, which can be taken after a meal.

**Aloe Juice** - Aloe juice has a calming effect on the digestive tract and may be helpful in the treatment of heartburn. Make your own aloe remedy by mixing powdered aloe with water.

**Cabbage Juice** - The active ingredient in cabbage can actually help heal ulcers by helping them repair themselves. Drink a cup of the juice after meals.

**Calendula** - Calendula is used for many types of minor cuts and abrasions and is safe to use. Drink as a tea. To make the tea, steep 2 teaspoons of the dried flowers in hot water for 10 minutes. Strain and drink warm.



## Hemorrhoids

Hemorrhoids are painful swollen and inflamed tissues near the rectum, and they may burn and itch. Herbal remedies can actually help strengthen the blood vessels and reduce inflammation associated with hemorrhoids.

**Ginkgo** - This helps strengthen the blood vessels and also has anti-inflammatory properties. Taken internally, it can be used as a tea, tincture or in capsule form.

**Horse Chestnut** - This has long been used as an anti-inflammatory, as it helps to decrease swelling. It is also astringent, which helps lessen bleeding. You can use this herb topically in a cream or internally as a tea or in capsule form. To use externally you can use strong-brewed tea to soak the affected area.

**Witch Hazel** - Witch hazel is a common remedy that is available at the drug store. Apply topically to the affected area, and do not take internally.

**Dandelion** - Dandelion roots have laxative properties that help with constipation that often accompanies hemorrhoids. To make a tea, steep dried, chopped root for 10 minutes in hot water. Strain and drink warm.



## High Blood Pressure

High blood pressure is common in many adults. A number of factors can contribute to high blood pressure, including genetics, and can be aggravated by being overweight. If you are currently taking prescription medication for high blood pressure, do not take herbal cures or stop your current treatment until you discuss this with your doctor.

**Hawthorn** - The leaves, flowers and berries are used to make tonic that helps improve the cardiovascular system. It helps reduce blood pressure by relaxing the walls of the arteries. This herb takes weeks or months to show any effects so do not rely on this as your sole method of controlling your high blood pressure.

**Reishi** - This mushroom is known for its rejuvenating properties and has been used since ancient times in Japan and China. It can help reduce your cholesterol. The most common way to take this is in capsule form but it is also available as a powder that can be mixed into liquids.

**Garlic** - Garlic has been used to cure many ailments for thousands of years, and it is known to help lower blood pressure and cholesterol. You can eat raw or lightly cooked garlic every day. If you prefer, you can take garlic in capsule form, which is readily available.

**Dandelion** - Dandelion helps increase urine flow and lowers blood pressure. You can eat the leaves in a salad or drink tea. It is also available in capsule form.





## High Cholesterol

High cholesterol is very common in adults, and can lead to heart disease, strokes and other serious health problems. You should have your cholesterol level checked by a doctor every year. The levels will indicate if you need to take action to lower your cholesterol. Herbal remedies can be very helpful in lowering cholesterol, but do not substitute herbal remedies for prescription medication. If you are currently under a doctor's care for high cholesterol, check with him before making any changes.

**Guggul** - An ancient Indian medicine, guggul is known to help lower cholesterol and triglycerides while increasing the HDL, or good cholesterol. Take 25-milligrams three times per day, with meals. It will take up to several months to see any results from taking this supplement.

**Artichoke** - A substance in artichoke, cynarin, is known to help the body block absorption of cholesterol. It also assists the liver in breaking down toxins. Take up to 3,000-milligrams per day with meals.

**Garlic** - Long known for its medicinal powers, garlic is helpful in inhibiting the production of cholesterol in the body.



## Hives

Hives are itchy red skin patches of irritated skin that is raised and bumpy. It is considered to be an allergic reaction to foods, medications or insect bites. They can also be caused by mold, pollen and animal dander. Mild cases of hives can successfully be treated with herbal remedies. If your hives are severe or cause you to have breathing problems see a doctor immediately.

**Liquorice** - Liquorice has anti-inflammatory and anti-allergy properties that help it act to limit the allergen reaction in the body. For this purpose, use whole liquorice. You can chop up the root and use in tea or you can steep in hot water, strain and apply the cooled liquid to the hives.

**Chamomile** - This herb has anti-inflammatory properties. It is also helpful in falling asleep. Most often used as a tea, drink up to 4 cups per day. It can also be applied to the hives topically.

**Burdock** - The roots, seeds and leaves of this plant all have medicinal properties to help many types of skin problems. Drink as a tea or take in capsule form following bottle instructions.

**Aloe** - The gel inside the leaves of this plant are well known for their use in helping minor skin irritations and burns. It is also helpful for hives, as it calms the skin and reduces itching. Commercial aloe products are readily available. Choose a product that is close to 100% aloe for the best benefit.



## Indigestion

Indigestion is common and happens to everyone at one time or another. Occasional indigestion can be easily treated with herbal remedies. If your indigestion is frequent or severe it could signal an underlying problem and should be checked out by a doctor.

**Chamomile** - Well known as a soothing herb, chamomile tea can help dispel gas and relax tense stomach muscles. Taken as tea, drink 3 to 4 cups of hot tea per day. You can also use this as a tincture.

**Peppermint** - Mint aids in digestion because it acts as a muscle relaxant in the stomach and can help calm the whole digestive tract. To be most effective use the tincture or essential oil mixed into water and drink. If heartburn is your problem, peppermint may aggravate the esophagus.

**Marshmallow** - This plant is used to soothe the mucous membranes in the digestive tract. The root is the part of the plant that is typically used. Most often used in capsule form, take up to 6 500-milligram capsules per day.

**Angelica** - Angelica stimulates digestion, calms nerves and can help dispel gas and bloating. It is often included in preparations with other herbs, such as dandelion. This herb may cause sensitivity to the sun.



## Insect Bites and Stings

Insect bites are usually harmless but can be annoying and painful. They can cause pain and inflammation to the spot of the bite. Herbal remedies can be helpful in dealing with both the pain and swelling of the insect bite. If you are allergic to insect stings, are stung multiple times or are stung on the neck you should seek medical attention.

**Aloe** - The soothing properties of aloe help hasten healing. It also has anti-bacterial properties. If you have a live plant simply cut a small piece of leaf and scoop out the gel and apply to the bite. Commercial aloe products are readily available at drug stores.

**Witch Hazel** - Witch hazel has astringent properties and helps shrink swollen tissue. Apply to the bite with a clean cotton swab. It is a good idea to have this on hand for emergencies.

**Calendula** - Calendula is an anti-inflammatory, anti-bacterial herb that helps wounds heal. It can be found in many commercial preparations at your local health store. Apply directly to the sting as needed.

**Comfrey** - A substance called allantoin is found in comfrey, which has antiseptic properties and also promotes healing. You can use fresh, crushed comfrey leaves to apply directly to the bite. It is also available in many salves and lotions. Do not ingest.





## Insomnia

Insomnia affects millions of people - there are times when you just can't get to sleep. Instead of taking prescription medications that can be harmful or addictive, try an herbal cure.

**Valerian** - This herb is known to help you sleep and does not have any side effects, such as morning grogginess that is associated with prescription medications. It can help improve sleep quality as well. Take in capsule form according to package directions.

**Lemon Balm** - Most often available as a good tasting tea, this herb not only helps ease insomnia but also calms nerves and fights fevers. It is also good for headaches and helps calm the digestive tract.

**Passionflower** - This herb has been shown to calm nerves and decrease anxiety. If you suffer from sleeplessness due to an overactive mind, this will help calm it. Take as a tea before bedtime. Do not mix this herb with MAO antidepressants.

**Kava-Kava** - This herb helps calm and relax muscles and is known to aid the brain in promoting sleep. Take in capsule form according to the instructions. Do not take kava-kava if you are taking sedatives, and do not use while pregnant.

**Chamomile** - Chamomile is known for its relaxing properties, and is a gentle sleep aid. Most effective in tea form, drink a cup of warm chamomile tea before bed.



## Irritable Bowel Syndrome

IBS is a very common ailment that particularly affects women, but can also affect men. The symptoms are constipation and diarrhea with severe bloating and cramping. If your IBS happens infrequently, try these herbal remedies.

**Peppermint** - Peppermint is helpful in many digestive disorders because it has soothing properties in the digestive tract. It helps stop cramping and is an anti-inflammatory. Use peppermint oil in capsule form to be most effective in treating this problem.

**Psyllium** - These seeds help aid the intestinal tract whether the problem is constipation or diarrhea. Stir the dried seed husks into a large glass of water or juice and drink immediately. Drink one glass per day to keep IBS at bay.

**Chamomile** - Chamomile helps calm the stomach and intestinal tract. It helps to stop muscle spasms that sometimes occur with IBS. You can drink as a tea, up to 4 cups per day between meals. It is also commonly available in capsule form. Do not take if you have allergies to ragweed.



## Macular Degeneration

Macular degeneration is an eye disease that affects the center of the retina, eventually causing blindness. It may be caused by cell damage that occurs when there are free radicals, and the body cannot produce enough antioxidants to counteract the process. Some herbal supplements have been found to help slow the progression of the disease.

**Bilberry** - This herb is rich in anthocyanoside and is known for its antioxidant properties. Take in capsule form as directed on the side of the bottle. Side effects from bilberry can include dizziness and headaches in rare instances.

**Ginkgo** - This is known to have powerful antioxidant properties and can actually improve vision in those with macular degeneration. Take 40 to 60-milligram capsules three times per day.



## Memory Loss

Memory loss is common in people over 50, but it can occur in all ages and the memory loss increases with age. It does not occur at a specific rate. Some herbal remedies have been found to help keep memory loss to a minimum.

**Ginkgo** - Used for centuries in China, this ancient cure helps strengthen memory and improve circulation. Taken daily, it can be found in capsule form as well as extract. Do not take if you are currently taking prescription blood-thinning medication.

**Bacopa** - Often called the water hyssop, this plant has been used for its medicinal properties since ancient times. It can strengthen the memory and enhances the conductivity of the nerve tissue. It can be found in commercially prepared formulas specifically for memory loss symptoms.

**Club Moss** - An ancient Chinese medicinal herb, club moss has been found to help treat memory loss and symptoms of dementia. An ingredient, Huperzine A, can be found in many health food stores. It is also used to treat the beginning stages of Alzheimer's disease. Available in capsule form, take up to 1000-micrograms twice a day.





## Menopause

All women go through menopause as they age. Some will experience symptoms such as mood swings, hot flashes and night sweats. Because the body is going through hormonal changes it can take years to readjust to the new levels. Some herbal remedies can treat symptoms that are less severe. If you are taking hormone replacement drugs consult with your physician before taking herbal remedies.

**Black Cohosh** - Useful as both a menopause and a pre-menstrual remedy, this herb helps by mimicking estrogen in the body. It is also helpful in stopping hot flashes and in minimizing depression. Take in capsule form, and do not exceed the recommended dosage on the bottle.

**Dang Ghui** - Used in ancient Chinese medicine, this herb helps with many symptoms of menopause. It works in much the same way as estrogen replacements work but in a milder way and without the side effects. Taken in capsule form, take up to 6 500-milligram capsules per day. Do not use if pregnant.

**Red Raspberry** - Red raspberry is known to strengthen the uterus, helps decrease heavy menstrual flow and relaxes muscles. Take as a tea, and drink one or two cups per day.

**Liquorice Root** - Used in ancient Chinese medications for female reproductive problems, this herb helps control water retention and breast tenderness. It also decreases symptoms associated with the fluctuation of hormones such as what occurs in menopause.



## Menstrual Problems

Many women feel various symptoms that are associated with their menstrual cycle. These include moodiness, fatigue, cramps and headaches. While over-the-counter medications can help with some of the symptoms, you may want to try some herbal remedies that can help without side effects.

**Vitex** - This tree berry extract is good for many menstrual symptoms, including fluid retention, moodiness, food cravings, and acne. It helps by regulating the pituitary gland. Take in capsule form. Do not use during pregnancy, and do not use if you are taking oral contraceptives, as vitex may lessen their effectiveness.

**Black Cohosh** - Also used to help the symptoms associated with menopause, this powerful herb helps relieve cramps, and helps with pain as well. You must take this herb for a few weeks for it to be effective. Most often taken as a tincture, take 3 to 4 droppers twice a day.

**Cramp Bark** - This herb gets its name from its use as an antispasmodic. It is safe to use and will relax uterine cramping. It can be combined with valerian or kava-kava. Take as a tea or in capsule form. You can find it mixed with other herbs in mixtures designed to treat PMS.

**Kava-Kava** - A calming herb, kava-kava helps ease anxiety. It also has pain-relieving effects similar to aspirin. It is recommended to start taking this several days before your period and through your period.



## Morning Sickness

Many pregnant women experience morning sickness during pregnancy. The exact cause is not known, however it is likely due to hormonal and metabolic changes that are occurring. Some herbs may offer help for morning sickness, but do not take any herbal remedy while pregnant until you discuss it first with your doctor.

**Ginger** - Ginger helps calm the stomach and can stop nausea and vomiting. It is also a cure for motion sickness, and it can also reduce gas and bloating. The gentlest dosage is to take as a tea.

**Chamomile** - Chamomile is soothing and gentle on the digestive system. It is best used as a tea to help calm and relieve nausea. You can sip the tea as needed throughout the day whenever you have symptoms of morning sickness.

**Peppermint** - Soothing to the digestive tract, this gentle herb is safe to use. It can improve symptoms of bloating and gas. Steep a tea by putting 2 teaspoons of dried peppermint leaves into hot water for 10 minutes. Strain and drink the tea warm.



## Motion Sickness

Motion sickness is nausea brought on by motion, such as riding in a car or plane. It can affect anyone and can come on without warning. Some herbal cures may help alleviate the nausea and make the stomach feel better.

**Ginger** - This herb acts to help dispel gas and settle the stomach. Studies have found it to be more effective than Dramamine. It has also been found to reduce vomiting after surgery. It is most effective when taken several hours before your car ride. Often taken in capsule form, it can be taken as a tincture in water, so even children can take it. Candied ginger is also effective.

**Peppermint** - Peppermint has been found to prevent vomiting and quiets muscle spasms in the stomach. It is found in many common peppermint candies. The tincture can be mixed with water and taken after meals and before trips.

**Fennel** - Fennel seeds have long been known to aid with digestion and help calm the stomach. You can use this as a flavouring on foods or take as a tincture or tea.





## Nausea

Everyone has a bout of nausea from time to time. It can be brought on by the flu, but often there is no real reason for feeling nauseous. If you are sick, make sure you frequently drink small amounts of liquids to stay hydrated. Some herbal cures may help alleviate the symptoms.

**Ginger** - Ginger is readily available in many forms and is safe to use. It is effective in reducing nausea and helps quiet the stomach. Extremely versatile, it can be taken as a tea, in crystallized form, dried, powdered or as a tincture. It is also available in capsule form.

**Peppermint** - Peppermint settles the stomach, and you have probably noticed that peppermint candies are often given at restaurants. If you have a headache or a cold, peppermint is also a good choice for these ailments. Keep peppermint lozenges in the car to help tame nausea while driving. It can also be taken as a tea or tincture.

**Lemon Balm** - Lemon balm helps the body to deal with and expel excess gas. It can also relieve spasms. The flavour is also pleasing. Make a tea by steeping dried herbs in hot water for 10 minutes, then strain and drink.

**Chamomile** - This herb is useful for all sorts of ailments and acts to calm nausea. Mild enough for children, this herb is a safe choice in treating many illnesses. Use as a tea or put drops of the tincture into water and drink.



## Osteoporosis

Osteoporosis affects millions of people, mostly women. It is a gradual loss of bone density, making people more susceptible to broken and fractured bones. Calcium supplements are important to avoid getting Osteoporosis. Some herbal supplements are available to add to the mineral intake.

**Stinging Nettle** - This is a natural multi-vitamin that contains calcium, iron, magnesium, phosphorus and proteins. Capsules are the best method of taking this herb. Take up to six 500-milligram capsules daily.

**Red Clover** - This clover contains compounds that act as a mild form of estrogen, and can help with symptoms of menopause. Take up to five 500-milligram capsules daily. It can also be taken as a tea. Drink up to 3 cups of tea per day.

**Horsetail** - This traditional remedy helps the body to process calcium. It also provides a natural source of silica that helps strengthen hair, nails and bones. This is readily available in capsule form. Take up to six 500-milligram capsules per day.



## Parkinson's Disease

Parkinson's disease is a serious progressive disorder that affects the central nervous system. People with this disease increasingly lose their ability to control muscle movements. The exact cause of Parkinson's disease is not known but it is thought that heredity may play a role. Medical evaluation and treatment are necessary, but some herbal remedies may provide some help. Check with your doctor before adding these to your regime.

**Ginkgo** - The leaves of this ancient Chinese herb help boost brain function by providing more oxygen to the cells. This may help slow the later stages of Parkinson's. Take up to 60-milligram capsules two or three times per day.

**Grapeseed** - This provides powerful anti-oxidants, called procyanidins, that can help rid the body of toxins. Taken in capsule form, use as directed on the bottle.

**Evening Primrose** - The oil from this seed is high in GLAs (or gamma-linolenic acids) that have been found to help the brain chemistry. It can sometimes help the shaking that is often associated with Parkinson's disease. Take in capsule form or take 2 teaspoonfuls per day.



## Pinkeye and Sties

Also known as conjunctivitis, pinkeye is a highly contagious inflammation of the eyelid membrane, and causes the white of the eye to appear pink.

Pinkeye usually clears up within several days. Sties are small pimples or blocked hair follicles on the eyelid, and can be painful. They open and go away in several days. There are some herbal remedies that can be effective in the treatment of both eye conditions.

**Eyebright** - This herb is effective in helping soothe many eye problems. It has anti-bacterial properties, and should be used as eyewash or in a compress. Soak a clean cloth in the warm liquid and hold on closed eyes.

**Green Tea** - This helps aid in the reduction of inflammation and fights infections. Use as a compress. Steep the tea for 10 minutes in hot water, and soak a clean towel with the liquid and place on closed eyes. Hold on the eyes for at least 10 minutes.

**Herbal Eyewash** - Make eyewash using a mixture of herbs. Steep the herbs in piping hot water for ten minutes. Strain the herbs, leaving the warm liquid. Soak a clean washcloth in the liquid, ring out the excess and place on your closed eyes for 10 minutes.





## Pneumonia

Pneumonia often starts with a bad cold but spreads to the lungs, where it causes infection. You may have a mucous cough and may have difficulty taking a deep breath. Severe pneumonia often requires a hospital stay. Mild pneumonia may be treated with herbal remedies, especially if you are prone to this type of condition. Always have your condition checked by a doctor to ensure that it does not progress in severity.

**Echinacea** - This immune boosting herb is often effective by helping the body fight off infections. This is available in capsule form as well as in a tea or tincture.

**Goldenseal** - This herb helps fight bacteria and can also help stimulate the body's immune system. You can take this in capsule form or as a tea or tincture. In capsule form, take up to 1,000-milligrams three times per day.

**Mullein** - This herb is known to help the respiratory tract and can help fight inflammation. It also eases coughs, helping the body get needed rest. Usually used as a tea, steep the dried root in hot water for 10 minutes. Remove the herbs and drink the tea. You may drink up to 3 cups of tea per day.



## Poison Ivy and Poison Oak

Allergic reactions to poison ivy and poison oak range from mild to severe. Reactions start with red and itching skin followed by blisters and oozing. If exposed, rinse the effected area as soon as possible with water. For severe reactions you should seek medical attention by a doctor. Mild reactions, however, are often easily helped with herbal remedies.

**Jewelweed** - This plant is known to help skin rashes caused by poison ivy, oak and sumac. Use the fresh, crushed leaves in a compress and hold on the effected skin. You can also apply a tea rinse to the skin. Mix a strong tea and apply to the skin with a clean cloth.

**Aloe** - The juice from the aloe plant helps heal wounds and acts as an anti-inflammatory. You can use it right off the plant by breaking off a small piece and applying the gel directly to the skin. Aloe lotion is available commercially. Look for gel that is 100% aloe.

**Witch Hazel** - This herb is cooling, soothing and drying, three things that will help heal rashes quickly. Readily available at drug stores, apply topically to the skin as often as needed. You can soak a cloth with witch hazel and lay over the effected skin area.

**Cucumber** - Cucumber acts as a coolant and helps calm inflamed skin. You can use a fresh cucumber applied directly to the skin. You may also mash the cucumber and use by placing small amounts on the skin.



## Scabies

Scabies are small lesions that are caused by small bed bugs or mites that bite and burrow into the skin. Most often these small bites do not become infected, however, in those with compromised immune systems, the likelihood of infection increases.

**Neem** - The oil from this tree has anti-fungal and anti-bacterial properties. It is used topically. Apply to the skin on effected areas, and do not take internally.

**Tea Tree Oil** - This oil helps fight against parasites, a cause of scabies. Mix 1 part tea tree oil with 5 parts vegetable oil and apply to the skin before bedtime. Do not take internally.

**Clove** - Essential oil of clove has analgesic properties and is an anti-inflammatory. It also helps protect against bacterial infections, which can make scabies worse. Used topically, mix clove oil with vegetable oil and apply to the skin. Use with caution. Apply to a small area first to make sure that it does not irritate the skin.

**Tansy** - The herb tansy has long been used to keep insects away and works well in protecting against mites. To use, make a strong tea using dried herbs. Strain the liquid and let cool. Apply the cooled wash to the skin before bedtime.



## Shingles

Shingles is a disease that comes from the dormant chicken pox virus. It often occurs in older people and those with compromised immune systems. A strong burning pain or tingling often in the torso and arms or legs characterizes the disease.

**Cayenne** - Cayenne or chili peppers are useful in easing the pain of shingles. These peppers contain capsaicin, which is an ingredient in many topical creams. You can use commercial creams or make your own blend by mixing a small amount of cayenne powder with lotion or aloe. Apply to the affected areas.

**Lemon Balm** - This lemon scented herb helps the body fight viruses. You can find lemon balm cream sold commercially, and the product is safe for all ages. You can also take lemon balm internally, most commonly as a tea.

**Liquorice** - The liquorice has virus-fighting ingredients that can inhibit the herpes simplex virus. It also fights inflammation and can be used instead of products containing cortisone without the side effects. Taken internally, it can be used as a tea and is often blended with other herbs for taste. Do not take for longer than 6 weeks at a time, and do not take liquorice if you have high blood pressure or a history of heart disease.

**Baikal Skullcap** - This is an herb that has been used since ancient times in China. It fights bacteria and infections, so it is helpful in treating shingles as well as many other conditions. Used topically, you can make a paste using the ground root mixed with water. Apply the paste to the affected areas as needed.





## Sinus Infections

Sinus infections are infections of the sinus cavities, located in the cheeks, ears and forehead. Often caused by viruses, the infections can be particularly hard to get rid of. A bad cold or hay fever can turn into a sinus infection, and they often happen to people who smoke. They can sometimes effectively be treated with herbal remedies.

**Echinacea** - This herb helps boost the immune system and is known to help fight off infections, particularly sinus infections. Take as soon as you feel an infection coming on and continue to take every two hours. You need to take it frequently at the onset of the illness in order to get the best results. You can take up to nine 400-milligram capsules per day.

**Astragalus** - Taken over a long period of time, astragalus helps boost the immune system slowly. It builds up the immune system of people who get sinus infections often, and is most commonly taken in capsule form.

**Oregon Graperoot** - This herb is an antimicrobial, as well as astringent and an anti-inflammatory. It can be used to treat a number of infections, including sinus infections. Commonly found in tincture form, take 15 drops at a time up to three times per day.

**Garlic** - Garlic has properties that help fight bacteria. Overcooking deactivates the ingredient that fights bacteria, so it is best used raw. Garlic capsules are widely available.



## Smoking

Smoking is an addiction, which is difficult to stop once started. Many people want to quit smoking but have a hard time. People who quit smoking suffer through many withdrawal symptoms including nervousness, irritability and insomnia. Some herbal cures are available to help make quitting easier.

**Mullein** - This herb helps soothe irritated lungs and mucous membranes in the respiratory tract. Take 2 to 3 cups of tea per day or ½ to 1 teaspoon of tincture three times per day.

**Coltsfoot** - This herb helps soothe inflamed lung tissue and also helps to loosen secretions, making it easier to cough up. Taken as a tea, drink up to 3 cups per day. Take coltsfoot for no more than four weeks per year.

**Lobelia** - This herb helps ease coughs and relaxes bronchial muscles. It also may help reduce nicotine cravings. Take as a mild tea, up to 3 cups daily. Lobelia has been known to cause nausea in some people so discontinue use if this happens.



## Sore Throat

Many things can cause a sore throat, from postnasal drip, dry air, breathing through your mouth to a cold or virus. Antibiotics cannot treat viral infections, and left to run its course will last several days. Some herbs can soothe the symptoms of a sore throat and make it feel better.

**Echinacea** - Echinacea helps boost the immune system and makes it function better, and has been known to kill some viruses of the respiratory system. It can be taken along with antibiotics to treat strep throat, as it will help speed recovery. Take in capsule form. Increase the dosage at the onset of illness and decrease after several days. Do not take if you have an allergy to ragweed.

**Liquorice** - The root of this herb helps reduce inflammation and stimulates the immune system, helping to fight infections. There are two types of liquorice products. Be sure to find the liquorice capsules that are for boosting the immune system and not the type used in treating ulcers.

**Eucalyptus** - This is a fragrant herb that soothes a sore throat. It also has antiseptic properties and can help shrink swollen tissues. It is found readily available in throat lozenges, which are a convenient way to take it. You can also drink eucalyptus tea.

**Lemon Balm** - Lemon balm is helpful in fighting off viruses and bacteria. Use as a tea - steep the dried leaves for 10 minutes in hot water. Strain and drink the tea warm. The tea can also be helpful when used as a gargle.



## Sprains and Strained Muscles

Sprained or strained muscles may occur from overuse or exercise. Often, dehydration contributes to the sprain. Sometimes a long soak in a tub of hot water will do wonders to help replenish overused muscles. For regular sprains, apply cold packs for the first twenty-four hours after the injury. Also, keeping the injury elevated helps improve circulation and lessen the swelling. Some herbal remedies are also helpful for minor sprains and strains.

**Turmeric** - Turmeric has been found to have strong anti-inflammatory properties and is helpful in treating many sports injuries, including sprains. It can be used topically but is most often taken internally. Take up to 1800 milligrams per day. Do not take more, because in larger quantities it can hurt the stomach.

**Kava-Kava** - This herb is used to help relieve pain and as a muscle relaxant. Taken internally, you can take up to eight 500-milligram capsules per day. Do not combine kava-kava with alcohol or sedatives.

**Peppermint** - The cooling sensation of the peppermint helps take away from the sensation of pain, helping to feel better. Use topically for a sprain. It is available as an ingredient in many commercial creams found at the health food store. You can also use peppermint oil added to massage oil to massage into the skin.

**Comfrey** - Comfrey helps relieve pain, reduce swelling and inflammation. It is found in many over the counter salves and creams. It is effective without the side effects of many prescription medications. Apply as directed on the label.





## Stress

Stress is unavoidable in our busy world. You can limit the amount of everyday stress you have by developing calming methods and through exercise. Some stress is dealt with through prescription medication. Herbal treatments can be very beneficial, but consult with your physician first if you are already taking medication.

**Siberian Ginseng** – This herb helps boost the health of the adrenal glands, helping the body resist stress-related illnesses. It can also improve mental alertness. It is safe to be used as part of a daily regime. Take in capsule form following the directions.

**Panax Ginseng** - This type of ginseng improves the body's ability to cope with stress. Used as a tonic, it is thought of as a fortification tonic. It is most often taken in capsule form. Herbal practitioners recommend using for two weeks at a time followed by a one-week rest before starting again. Do not take if you have high blood pressure, and do not combine with caffeine.

**Schisandra** - Commonly used in traditional Chinese medicine, these berries can be used as a general tonic that helps counter stress and fatigue. It also helps increase mental function. Take up to six 580-milligram capsules per day.

**Kava-Kava** - The root of this herb helps calm nerves without side effects associated with prescription medication. It is typically used in capsule form. Do not take with prescription drugs or alcohol, and do not drive while taking this herb as it acts like a sedative.

**St.-John's-Wort** - A common treatment for anxiety and depression, it is also useful in treating the symptoms of stress. Studies have shown that it is as effective as Prozac and other anti-depressants. It is commonly taken as a tea and is also available in capsule form. Do not take with prescription anti-depressants unless instructed to do so by a doctor.



## Sunburn and Minor Burns

Sunburn and minor burns respond well to topical herbal treatments with salves, creams and ointments. If the burn is severe or covers a large part of the body you should seek medical treatment.

**Aloe** - Aloe is the best topical herbal treatment for minor burns, including sunburn. It has properties that not only cool the skin but promote fast healing. It can be readily found in any drug store. Look for aloe gel that contains close to 100% aloe.

**Tea** - Green and black teas act as topical cooling agents for sunburn. It has been used as a home remedy for years. Wet the tea bag with cool water and apply to the affected areas. For larger areas you can steep a kettle of tea, cool and pour over the skin as a rinse.

**Calendula** - Calendula is known for its anti-inflammatory and antiseptic properties. It helps cool and calm the skin, and you can use it as a tea-rinse for the skin. It is also found as a major ingredient in many herbal sunburn or skin creams found at the health food store.

**Witch Hazel** - Witch hazel is an astringent and acts to decrease swelling, and it also soothes the skin. Simply apply to the affected skin with a clean cloth or cotton ball.



## Toothaches

A toothache can bring severe pain. It signals a problem with a tooth or gum and needs to be looked at by a dentist. If you can't get to a dentist immediately, however, you can help ease the pain with an herbal remedy.

**Clove** - Clove essential oil is a strong natural pain reliever. Used topically, buy clove essential oil at the health food store. Apply with a clean cloth or hold on the affected tooth with a cotton swab. Hold on for a few minutes, and it will gently numb the area.

**Turmeric** - This spice is known as an anti-inflammatory and antibacterial, and it helps fight infection. You can mix the spice with water to form a paste and dab onto the tooth.

**Chamomile** - Chamomile will help soothe the aching tooth and calm your nerves as well. It is known to fight infection and promotes healing. It is very safe to use. Drink as a tea or use the tea as a mouth rinse.



## Ulcers

Ulcers are sores in the stomach or gastrointestinal tract, and they can be extremely painful. Get medical attention to determine the exact cause of the pain. Herbal treatments are useful for ulcers that are not severe.

**Liquorice** - Herbalists say that liquorice works as well on ulcers as prescription medication, but without any side effects. It helps rid the body of harmful bacteria and induces healing. Look for the form of liquorice called DGL, which is the best type to use on ulcers. It needs saliva to activate the helpful ingredients, so this herb is best taken as a tea or tincture. Your use should be limited to 6 weeks at a time unless instructed otherwise by a doctor.

**Chamomile** - The calming properties of chamomile help heal the stomach and digestive tract. It decreases inflammation, and can also help calm nerves that perpetuate ulcers. Take as a tea or tincture up to 4 times per day.

**Calendula** - Calendula helps promote healing and has astringent properties that can help stop bleeding. Take as a tea or tincture up to 4 times per day.

**Meadowsweet** - This herb soothes the stomach and digestive tract. It reduces excess acid by soothing the stomach lining. It is available as a tea, and you should not use if you have an allergy to aspirin.





## Warts

Warts are caused by a virus called the human papillomavirus, which has many strains. Common on the hands, they can pop up anywhere, especially on the face, feet and neck. You may want to try an herbal remedy to help remove warts. Remember that it can take weeks to see any results from herbal use.

**Celandine** - The sap from this member of the poppy family can help reduce or eliminate warts, and helps with other skin problems as well. If you have the plant, take some of the sap and dab it onto the wart daily. If not, you can brew some strong tea with the dried root and dab the mixture onto the wart daily.

**Black Birch Bark** - The bark from the black birch contains antiviral compounds and salicylic acid, the same ingredients found in many over-the-counter wart removal salves. You can purchase the powder from a natural health store and make a paste by mixing some with water. Apply daily to the wart.

**Bloodroot** - This herb is known to help heal warts and has been used for centuries. Get the powder form from a natural health food store, and mix with water to form a paste and apply to the wart daily.

**Dandelion** - Some people claim the milk from a dandelion can remove warts. To try, simply pick the dandelion at the bottom and squeeze some of the milky inner substance onto the wart. Repeat daily.



## Chapter 16 - Herbal Recipes

It's fun and easy to make your own herbal mixtures. Many of the ingredients can be found in the kitchen, and essential oils are often found at your local natural food or supply store. If you can't find the ingredients locally there are numerous Internet stores that supply herbal oils and loose herbs.

### How to make tea

Using loose herbs to make tea is easier than it sounds. You usually use about 1 to 2 teaspoons of herbs per cup of water. Take the loose herbs and add them to a cup of hot water. Let steep for 10 minutes, and then remove the herbs. There are also special tea balls that can be used. Just put the herbs into the tea ball and immerse in hot water.

### **Skin Toner**

Ingredients include:

Grapefruit seed extract

Witch Hazel, and Apple cider vinegar

A wonderful skin toner can be made from Grapefruit seed extract. Mix 5 drops of grapefruit seed extract with  $\frac{1}{4}$  Cup witch hazel and  $\frac{1}{2}$  cup apple cider vinegar together in a container. Use as a toner after you wash your face. The toner helps keep your skin tight and helps close the pores after washing.

### **Canker Sore Swab**

Ingredients:

2 teaspoons of Echinacea tincture

2 teaspoons of goldenseal tincture

1 teaspoon of calendula tincture

1 teaspoon of grapefruit seed extract, and

1 Tablespoon of aloe vera gel

Mix all ingredients together in a small jar, and seal tightly with a lid. To use, place a small amount on the end of a cotton swab and hold in the mouth against the sore. Hold for 5 minutes, and repeat as needed.

### **Cold and Flu Tea**

Ingredients:

$\frac{1}{4}$  Cup each dried lemon balm leaves, dried peppermint leaves, dried yarrow leaves and dried elder flowers.

Mix the dry ingredients and store in an airtight container. To mix a cup of tea, use two teaspoons of the dried herb mixture. Steep in one cup of hot

water for 10 minutes, and remove the herbs. Add lemon and honey to add flavour.

### **Clean Scalp Hair Rinse**

Ingredients:

2 Cups of apple cider vinegar, and

¼ Cup dried sage, rosemary or thyme leaves (alone or in any combination)

Heat the apple cider vinegar to boiling and remove from heat. Add the herbs and cover for 10 minutes. Strain the mixture, leaving only the liquid. Put the mixture into a container (an old shampoo bottle will work great) and use each time you wash your hair. To use, mix with water as you rinse your hair with it. This helps control dandruff.

### **Swimmer's Drops**

Ingredients:

¼ Cup Vinegar

¼ Cup rubbing alcohol, and

2 –3 drops of either grapefruit extract, garlic tincture or Echinacea tincture

Sterilize a small glass bottle. Mix the ingredients in the bottle and cap tightly. To use, put 1–3 drops into the ear with an eyedropper, and allow to run out.

### **Eyestrain Teabags**

Use these teabags to help soothe tired eyes, as well as to help you relax.

Make a strong herbal tea infusion using your choice of herbs. Steep the herbs in hot water for 10 minutes, and strain the liquid. Soak a clean cotton cloth in the liquid and squeeze the excess out. Close your eyes and place the cloth on your closed eyelids for 10 minutes. This feels best when still warm.

### **Homemade Cough Syrup**

This can be used to treat mild coughs due to colds. Take ½ teaspoon every two to three hours.

Ingredients:

½ Cup Water

a few drops stevia liquid, and

5 teaspoons of dried herbs – any combination of the following herbs:

Mullein leaves, horehound, rosemary leaves, cinnamon bark, ginger, cayenne.

Combine the ingredients in a pot on the stove and bring to a boil. Simmer until the mixture reduces to about half. Then, remove and strain the herbs,

leaving only the liquid. Cool and pour into a small glass container, and store in the refrigerator.

### **Toothache Compound**

If you can't get to the dentist right away, try this homemade toothache remedy. It will help keep the tooth from becoming infected as well as keep the pain down.

Ingredients:

1 drop clove bud essential oil

2 drops German chamomile essential oil, and

½ teaspoon goldenseal powder

Mix all ingredients together to form a paste, and apply to the effected tooth with a cotton swab. Use up to 4 times per day.



## Conclusion

Most herbal remedies are safe - in fact, in most cases they have few or no side effects. They are a natural alternative to treating conditions. While many herbal remedies are safe, it is important to understand that there are some risks involved in using them. In order to be safe, follow these guidelines when using herbal remedies.

Interactions between herbal remedies and prescription drugs can occur.

Read the directions that come with any pre-made herbal remedies that you buy.

Do not stop taking prescription drugs unless you first check with your doctor. Some prescriptions are necessary in keeping certain problems under control, such as heart disease and high blood pressure.

If you are under a doctor's care, meet with him to tell him you want to start taking herbal remedies. Together you can come up with a plan that will work for your specific circumstance.

If you are pregnant, do not take any herbal remedies without first consulting with your doctor.

Do not take more than the recommended dosage of an herbal product, even if it does not seem to work. Not all herbal remedies work the same on all people. Also, some herbal remedies need to build up in the system over days or weeks before they become effective.

Do not use herbal remedies on children under 3 without the approval of their doctor.

When giving herbal remedies to children remember to give the correct dosage for their weight. Do not give too much to a child.

Start with the lowest recommended dosage for your condition. If needed, you can increase the dose later on. When using skin creams you should test them on a small patch of unaffected skin first, to make sure you are not allergic to anything in them.





## Recommended Reading

The Complete Book of Essential Oils and Aromatherapy by Valerie Ann  
Worwood  
Medicinal Herbs by Rosemary Gladstar  
Over the Counter Natural Cures by Shane Ellison  
Essential Oils for Beginners by Althea Press  
Essential Oils Natural Remedies by Althea Press  
Herbal Recipes for Vibrant Health by Rosemary Gladstar  
Herbal Antibiotics by Stephen Harrold Buhner  
Preppers Natural Medicine by Cat Ellis  
Surviving When Modern Medicine Fails by Dr. Scott A. Johnson

**DOWNLOAD YOUR FREE PALEO EPIGENETIC DIET  
EBOOK  
AND START LOSING WEIGHT TODAY**



# THE **PALEO** EPIGENETIC DIET **REVOLUTION**



- ✓ THE SCIENCE OF SLIM
- ✓ USE YOUR SMART GENETICS
- ✓ EAT YOUR WAY TO EXCELLENT HEALTH

BY BERAN PARRY WITH GREG PARRY PHD



**CLICK HERE**



<http://www.skinnydeliciouslife.com/free-epigenetic-diet-ebook>

## MORE BESTSELLERS

### Ultimate New Paleo Detox



**CLICK HERE**



<http://amzn.to/2kKZMA0>

# Ketogenic Diet

## 365 Days of Ketogenic Diet Recipes



**CLICK HERE**



<http://amzn.to/2kKVb0T>



## **Book 2**

# **Getting Into The Anti-Inflammatory Paleo Keto ZONE Diet**

**MORE BESTSELLERS**  
**by Beran Parry**



Please Visit my Amazon Author Web Page  
for even more



<http://amzn.to/2mkMfLY>

And also visit the web site for more free books and offers  
<http://www.skinnydeliciouslife.com/>



### IMPORTANT INFORMATION

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

## WHAT THIS BOOK IS NOT!

Whilst I have referred where appropriate to important medically based studies, books and medical papers, this book has not been written as a medical research paper, designed to cover dozens of scientific subjects.

I have deliberately avoided the current trend in many diet books to constantly cherry pick medical and scientific studies to support the book's conclusions. This book is not intended as a reference item to satisfy those readers that might be looking for useful research material.

This book is about a real life journey and the real life testing processes that have identified the most effective ways to develop great eating behaviours and incorporating those behaviours into our daily food choices.

There will be a detailed bibliography attached to this book. This is a truly exciting and rapidly evolving science and there is a vast amount of material to read and study about Epigenetics, Ketogenics, Palaeolithic Eating Selection and Functional Medicine in general, especially in the way that these insights apply to intelligent weight management. If you require further information, I suggest you contact me for specific recommendations at [beranparry@gmail.com](mailto:beranparry@gmail.com)

Copyright © 2016 by Beran Parry

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, write to the author's email address: [beranparry@gmail.com](mailto:beranparry@gmail.com)

## **Introduction**

The Keto Diet has been widely recognised as an effective tool in the quest to stabilise and re-balance the body's inflammatory response but how do we get into the all-important Keto zone? It's an important question because the Keto Diet represents a particular set of challenges that often dissuade people from continuing with their efforts to benefit from this highly-efficient way of eating. My mission is to share the important information on how to access the Keto Zone with as many people as possible because the benefits are so helpful towards re-establishing health and balance in the body.

More than an efficient way to burn fat and lose excess weight, this super-smart way of feeding the body represents one of the most exciting breakthroughs in our understanding of the human metabolism and provides an extraordinary catalogue of advantages that could pave the way for much better and more natural ways to heal the body and eliminate the problems of an over-active inflammatory response.

Getting into the Keto Zone requires a certain degree of fine-tuning and this is where this guide book aims to be of practical assistance in piloting the uncertain waters of the first few weeks of following the diet. The results certainly justify the process and could mark a significant moment of change in the life of anyone who wants to be free of excess weight and an over-active inflammatory response.

I would like to take this opportunity to wish you every success with your experience of the Keto Diet and trust that this guide book will be of practical help to you along the way.



BEFORE



AFTER

## About The Author

Welcome to the start of a whole new way of life! We're about to embark on an adventure together and my job is to help and guide you on your new pathway to no more inflammation, and better health, weight and wellbeing of your dreams. My name is Beran Parry and for the past thirty-five years I've been studying, practising and advising thousands of people about truly effective anti inflammatory nutrition and weight loss. A lot of this passion comes from my family background. Growing up in a family with major health and weight problems, I realised at a very early age that inflammation levels, body shape, weight and health are all deeply connected.

More than thirty years ago, I began studying anti inflammatory nutrition, exercise physiology, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors and my studies continued right up until 1986 when I moved from South Africa to Europe.

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound wellbeing.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

My studies and passions about wellbeing have now developed further into the incredible and exciting area of Functional Medicine and I am studying a Degree with the Functional Medicine University.

All these years of training, study, practise and experience are distilled and crystalised right here in your personal anti inflammatory and weight loss transformation workbook.

The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your inflammation, your body-fat problems and turn back the clock, helping you to find a younger, fitter, leaner, stronger, healthier you. So let's get started!





## Chapter 1

It is becoming increasingly clear that chronic inflammation is the root cause of many serious illnesses - including heart disease, many cancers, and Alzheimer's disease. We all know inflammation on the surface of the body as local redness, heat, swelling and pain. It is the cornerstone of the body's healing response, bringing more nourishment and more immune activity to a site of injury or infection. But when inflammation persists or serves no purpose, it damages the body and causes illness. Stress, lack of exercise, genetic predisposition, and exposure to toxins (like second-hand tobacco smoke) can all contribute to such chronic inflammation, but dietary choices play a big role as well. Learning how specific foods influence the inflammatory process is the best strategy for containing it and reducing long-term disease risks.

Andrew Weil MD

Recently a new study was published which looked at the potential mechanisms underlying the specific anti-inflammatory properties of ketosis

In one of the more famous nutrition stories of recent times, Dr. Vilhjalmur Stefansson ate nothing but meat for one year, after being inspired by living with the Inuit, and seeing their remarkably low rate of disease

For those unfamiliar, a ketogenic diet is one which contains very little – if any – carbohydrate. One classic example of this dietary approach is seen in the Inuit people. The Inuit are indigenous people, who live in the Arctic region. Alaska, Canada and Greenland all have Inuit populations.

The Inuit's (then) controversial diet consists of nothing but meat, whether it comes from fish or other sources. Stefansson saw no ill effects from a year of an all meat diet, with basically zero carbohydrate. He also consumed no vegetables. It is worth noting, that he also became very ill when he consumed only low fat meat, and nothing else. When he added the fattier meat back in, he immediately felt better.

The many reported benefits of the ketogenic diet include, but are not limited to: less hunger while dieting, improved cognitive function in those who are cognitively impaired, improved LDL\_cholesterol levels, improved weight loss, and improved levels of HDL cholesterol

This is in addition to the aforementioned anti-inflammatory effects. When we look to the scientific literature, we see that the anti-inflammatory nature

of the diet has been studied for many years.

The ketogenic diet has also been established as an adequate anticonvulsant therapy.

This newly published research looks specifically at the ketone metabolite beta-hydroxybutyrate, which seems to inhibit the NLRP3 inflammasome

Since the NLRP3 inflammasome was previously found to have been linked to obesity and inflammation, as well as insulin resistance, inhibiting it would make mechanistic sense. The resultant weight loss and anti-inflammatory effects, commonly seem (at least anecdotally) when adopting a ketogenic diet, would then make sense as well. The NLRP3 inflammasome also drives the inflammatory response in several disorders including autoimmune diseases, type 2 diabetes, Alzheimer's disease, atherosclerosis, and auto inflammatory disorders

Could it all be so simple? Possibly, though there is certainly likely more to be more scientific discoveries, relating to the beneficial effects of this specific dietary approach. Moving away from glucose and instead utilizing ketone bodies as a source of metabolic fuel, results in many profound changes, of which we are only beginning to scratch the surface of, scientifically.

This new discovery will likely be the first of many new findings regarding the ketogenic diet, and its abundance of benefits. If you are looking to adopt a ketogenic approach, simply follow the Paleo\_Diet, and then lower your carbohydrate intake to below 100g per day.

How low you need to go for optimum quality of life is highly variant, and many people report different results with different amounts of carbohydrates.

In recent years, three excellent clinical studies have been published that utilized what the authors called a Spanish ketogenic Mediterranean diet.

The diet consisted of olive oil, moderate red wine, green vegetables and salads, fish as the primary protein, as well as lean meat, fowl, eggs, shellfish and cheese. (Nuts are also acceptable, although they were not included in these studies.) Notice that absolutely no sugar, flour, whole grains, or legumes were consumed. Fruit was also not included.

Here are several books and reports about the many studies mentioned above

Helgason A, Pálsson G, Pedersen HS, et al. mtDNA variation in Inuit populations of Greenland and Canada: migration history and population structure. *Am J Phys Anthropol.* 2006;130(1):123-34.

Stefansson V: Not by bread alone. The MacMillan Co, NY 1946. Introductions by Eugene F. DuBois, MD, pp ix-xiii; and Earnest Hooton PhD, ScD, pp xv-xvi.

McClellan WS, DuBois EF: Clinical calorimetry XLV: Prolonged meat diets with a study of kidney function and ketosis. *J Biol Chem* 1930, 87:651-68.

McClellan WS, Rupp VR, Toscani V: Clinical calorimetry XLVI: prolonged meat diets with a study of the metabolism of nitrogen, calcium, and phosphorus. *J Biol Chem* 1930, 87:669-80.

Pérez-guisado J. [Ketogenic diets: additional benefits to the weight loss and unfounded secondary effects]. *Arch Latinoam Nutr.* 2008;58(4):323-9.

Yang X, Cheng B. Neuroprotective and anti-inflammatory activities of ketogenic diet on MPTP-induced neurotoxicity. *J Mol Neurosci.* 2010;42(2):145-53.

Masino SA, Kawamura M, Wasser CD, Wasser CA, Pomeroy LT, Ruskin DN. Adenosine, ketogenic diet and epilepsy: the emerging therapeutic relationship between metabolism and brain activity. *Curr Neuropharmacol.* 2009;7(3):257-68.

## **What is a Ketogenic diet?**

The Ketogenic diet is a low carb, high fat diet with majority of calories provided by fat, minimal carbs and moderate protein. Contrary to the general belief the fat used in Ketogenic diet, essentially from medium chain fatty acids, are not associated with worsening heart and vascular disease. Medium chain fatty acids have a denser energy potential and is easily converted to ATP for cell consumption.

The ketogenic diet is used to manage a variety of conditions such as diabetes, metabolic syndrome, polycystic ovarian syndrome, obesity, hypertension, epilepsy, gastroesophageal reflux disease and irritable bowel syndrome.

Ketogenic diet has been used since 1920s very effectively to control refractory seizures of childhood epilepsy. It fell out of favor after the introduction of Dilantin the anti-seizure medication.

What are ketones?

Ketons are produced in the body when the fats are burned. Ketons are primarily used when glucose is not readily available to be used for fuel. By adopting a Ketogenic diet your body adapts to use fat instead of carbohydrates to obtain fuel for cellular daily function.

Ketone bodies can be used for energy source for most of the normal cells. There is growing evidence that ketones have beneficial effects on aging, inflammation, metabolism, cognition and athletic performance.

Our ancestors used Ketogenic type diet during the non-animal based food shortage and it is known that newborns that are strictly breast fed go into Ketogenic state and 25% of their energy needs are supplied by ketones. So nature has already adapted itself to adopt to this type of dietary habits.

The main ketones produced that are measurable in the blood or urine are beta hydroxybutyrate (blood), acetoacetate (urine) acetone (breath).

What are the benefits of a low carb, high fat diet namely nutritional ketosis state?

1. Ketones are the preferred fuel source for liver, brain, heart and muscle.
2. Ketosis is an excellent way of losing body fat
3. By being keto-adapted you generate fuel from dietary fat and body fat but when we consume excess carbohydrate, it is turned into fat and not easily

digested to fuel.

4. Natural hunger and appetite control
5. Effortless weight loss and maintenance
6. Mental clarity
7. Better sleep
8. Normalized metabolic function
9. Stabilized blood sugar and increased cellular insulin sensitivity
10. Lower inflammation in the body
11. Blood pressure control
12. Better cholesterol control with increase in good cholesterol (HDL) and decrease in bad cholesterol (LDL) and triglycerides
13. Better fertility
14. Improved immune system
15. Reduction of free radicals and slowing the aging process
16. Improve in cognitive function and memory
17. Decreased anxiety and mood swings
18. Decreased heartburn
19. Felling general well-being and happiness

The application of this diet for 12 weeks led to weight loss and the resolution of metabolic syndrome and non-alcoholic fatty liver disease, demonstrating that a ketogenic diet is highly anti-inflammatory.

Let's Start



## Chapter 2

### So Why Can't I Lose Weight? And why can't I keep the weight off?

These are good questions because even champion weight losers often put the weight back on, suffering the seemingly inevitable see-saw effect of cyclical weight loss followed by weight gain. Can we do something to correct this problem? Of course we can! That's exactly what this book is for.

# Epigenetic PARADIGM PYRAMID 1 – YOUR BIGGEST WEIGHT INFLUENCER





As you might recall from my life story, over the years of battling with weight issues, I tried many, many different methods and diets to lose weight and keep the pounds off. In those early years, with very little useful help or advice, I experienced most of the recurring problems that I bet you're familiar with. Every "weight loss program" was slow and the weight certainly didn't come off very quickly. This was always frustrating and demotivating. With the SPS weight loss protocol this problem is solved. I lost a total of fifty pounds over the course of eighteen months. When you are losing weight gradually but consistently every day, this keeps your motivation at a very high level. The next problem with every other weight loss system I tried is that I was always hungry and that made me feel pretty miserable most of the time. Does that sound familiar to you? Clearly a better way is needed!

### **1. Create Good Habits**

**Willpower - the mantra of the naturally thin. Why willpower alone is overrated**

Let's just accept that we're going to need more than willpower to get the job done. When you rely on willpower alone you set yourself up for failure and disappointment. Routine and old habits are strongly embedded in our behaviour so they will win out over willpower 99% of the time and this is another reason why diets simply don't work. They rely on short-term changes that no normal person can ever hope to maintain.

A good habit doesn't require willpower or discipline. By definition, a habit is something you don't even think about. It's something that you do or feel automatically. Bad habits don't usually take up too much of your attention either until you begin to suffer the consequences. Because bad habits inevitably have a down side. If there's a habit you're trying to change, you need to be motivated to do something about it. Most of us respond positively to a suitable reward (not food!) to make the change worthwhile and repeatable.

You need a simple structure to help you modify your behaviour in the simplest way possible. And you need a starting point. This can be anything from a personal coach, a good friend or colleague who will keep reminding you or even family members to encourage you. It only takes 3 weeks to internalise your new behaviour and make it a permanent and positive habit

that can last a lifetime. And the absolute perfect time to start is right now. In the next few chapters we are going to show you how.

### **Managing your Environment**

Before we take a closer look at the mechanics of smart weight loss, we need to think about how we can boost our chances of success by monitoring our environment. You don't have to be a certified Boy or Girl Scout but *Being Prepared* can help you anticipate potential problems when temptation is likely to roll across your path. If you know you're going to be in a situation where the wrong food is likely to be available, you can avoid the problems by preparing yourself in advance. This is something I do automatically these days. I'll take my own food along when I go out with friends or ask for a meal that fits my dietary requirements. It's that easy. You are psychologically so much better prepared to resist all the garbage that passes for typical hotel or restaurant catering that you won't even notice all the usual no-go areas. And you will feel so much better because you've respected your body's natural nutrition needs. Keep the garbage food out of your home, away from the work place and out of your life. Don't torture yourself by stocking up on things that are killing you and then struggling to resist them. Make everything so much easier by keeping all the bad stuff out of sight. The longer you stay on the right track, the more your body will detox and the easier it will feel for you to do the right thing effortlessly all the time.

### **2. Cravings**

Intense hunger. Thin people can never understand this. It's a hard but inescapable fact. An overweight person is physically hungry more often than a naturally thin person. And the hunger is much more intense. Thin people frequently accuse overweight people of lacking the self-control to stop eating. It's a great story and it makes thin people feel better. But it is absolutely not true. Not. True. The thin person cannot possibly comprehend the intense physiological and almost constant hunger that overweight people have to deal with. It has nothing to do with self-control. This is a real, gnawing, overwhelming and intense physical hunger. That's a good reason why those very fortunate, naturally thin people and exercise gurus should not write books on how to lose weight. They have no concept of the scale and depth of the challenges that overweight people have to deal with on a daily basis. You have to know what those hunger drives really feel like before you start giving advice! One of the startling revelations that we're going to explore together is the fact that many overweight people are starving. Their

bodies are starved of essential nutrients so they're constantly hungry and their bodies are crying out for something nutritiously worthwhile to satisfy those basic needs. It's so ironic that obese individuals feel so hungry but it's a reality that we're going to deal with by fixing the problem right at its source.

### **Eating when your body doesn't need the fuel.**

Overweight people are also prone to problems with “emotional eating” or cravings. Certain food cravings fall into the above hunger category as they are certainly physiological in nature. Other food cravings or emotional eating occur when you are physically not hungry, but your hunger becomes a displacement activity to satisfy unfulfilled emotional needs. This hunger might be emotional in origin but it feels exactly like real physical hunger when you experience it.

### **Addictions. Are you a food junkie?**

During the 1980s when the arrival of highly processed, cheap cocaine in the form of crack produced an epidemic in drug addiction, researchers were convinced that of all the substances that could cause addiction in humans, food simply could not be classed as addictive. Scientists absolutely refused to consider the possibility that an individual could become addicted to any kind of food. It just wasn't possible.

Over-eating was considered to be a behavioural problem that could be fixed with a little self-discipline, a treadmill and some much needed self-control. But during the 1990s, as obesity rates soared, researchers began to apply brain-scanning technology to investigate what really happened in the brains of obese people. The results were astonishing. Overweight people displayed the same chemical reactions to food that had been detected in drug addicts. Obese people were showing signs of real, measurable, chemical addiction to food. And the addiction usually applied to the unhealthiest food possible.

In fact, as weight management specialists began to record their patients' attitudes and behaviour in thousands of detailed reports, it became clear that vast numbers of overweight people were struggling with a powerful, irresistible addiction to the worst kinds of foodstuffs. The problem is linked to the brain's reward system and the powerful chemical, dopamine. As individuals receive overwhelming bursts of pleasure and satisfaction from their food intake, the brain switches off dopamine receptors to reduce the effect of the pleasure rush. So the body needs more raw fuel in the form of

the pleasure-inducing, comforting foods to achieve the same levels of satisfaction. It's a vicious circle and then it gets worse.

The change in brain chemistry erodes the link with the Pre-Frontal Cortex, the adult part of the brain that can exercise control over excessive behaviour. So we lose contact with the part of the brain that can regulate our addiction and the situation gets out of hand. The result is obesity and all the health problems that go along with it.

So it really is important to recognise the addictive nature of food and understand that we will need to train our behaviour to find other, healthier ways to get our dopamine rush. For most people, a wake-up call is usually the moment of realisation that something really has to change. A wake-up call that can sometimes be scary but motivates us to make changes in our behaviour and tackle the addiction.

### **3. Your Internal Digestion Clock**

Eating too late in the evening is a disaster for good digestion and for good sleep. Food and alcohol can disrupt the body's natural digestive cycles and encourage the body to store the food as fat. There's a great deal of interesting modern research on this fascinating topic but the concept is hardly new.

When we consider the health issues of eating too late in the day, one of the unfortunate side effects of bingeing close to bedtime is an increase in blood sugar levels for a full 24 hours. This conclusion was published in a study in *Obesity Research & Clinical Practice*.

Meanwhile, research in the *Journal of Clinical Sleep Medicine* confirms that eating high-calorie, high-fat snacks at night results in restless sleep. This can result in overeating the next day in an attempt to boost flagging energy levels.

As a general rule of thumb, experts now suggest eating 90 percent of your total calories during the day, focusing on lunch as the main meal of the day. That still leaves you a healthy 150 to 200 calories to consume in a 'smart snack' before you go to bed.

### **4. Genetics.**

There are thousands of diet books, countless weight-loss articles and hundreds of weight loss organisations but we all know about the real problem of losing weight; the fat begins to slip away, we post the good news on Facebook, celebrating the success - and then we see all the good work

undone as we put the pounds back on in a very short period of time. Now that is just too frustrating!

Relax. Help is finally at hand. We'll show how to re-set your metabolism and take control of your weight issues for the rest of your life.

If you still suspect that your inherited DNA is responsible for making you overweight, I'd like to repeat that it's being proved time and time again that genetics simply do not play the only role in causing obesity. Genetics can be thanked for your general body shape but are not the main cause for a low metabolism, intense and constant physical hunger, or emotional eating. The answer lies in our behaviour and in our environment. In other words, our weight is entirely a product of what we do.

Do things differently and the weight ceases to be problem.

Excited? Stay with me. Read on!...We're just getting started!

## **SUMMARY**

Metabolism is the key

Recognising intense hunger and cravings

Creating good habits

Managing your environment

Building support from friends, family and colleagues

Eliminating the villains from the weight loss narrative



## Chapter 3

# ANTI INFLAMMATORY TACTICS and Epigenetics + PALEO/KETO Eating Behaviours

The Anti-Inflammatory Diet is not a diet in the popular sense - it is not intended as a weight-loss program (although people can and do lose weight on it), nor is the Anti-Inflammatory Diet an eating plan to stay on for a limited period of time. Rather, it is way of selecting and preparing anti-inflammatory foods based on scientific knowledge of how they can help your body maintain optimum health. Along with influencing inflammation, this natural anti-inflammatory diet will provide steady energy and ample vitamins, minerals, essential fatty acids dietary fiber, and protective phytonutrients.

You can also adapt your existing recipes according to these anti-inflammatory diet principles:

**General Diet TipS:**

- Aim for variety.
- Include as much fresh food as possible.
- Minimize your consumption of processed foods and fast food.
- Eat an abundance of low sugar fruits and vegetables.



**Caloric Intake**

- Most adults need to consume between 2,000 and 3,000 calories a day.
- Women and smaller and less active people need fewer calories.
- Men and bigger and more active people need more calories.
- If you are eating the appropriate number of calories for your level of activity, your weight should not fluctuate greatly.
- The distribution of calories you take in should be as follows: 40 to 50 percent from carbohydrates, 30 percent from fat, and 20 to 30 percent from protein.
- Try to include carbohydrates, fat, and protein at each meal.

## **Carbohydrates**

- On a 2,000-calorie-a-day diet, adult women should consume between 160 to 200 grams of carbohydrates a day.
- Adult men should consume between 240 to 300 grams of carbohydrates a day.
- The majority of this should be in the form of less-refined, less-processed foods with a low glycemic load.
- Stop ALL consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels).
- Eat more winter squashes, and sweet potatoes.
- Cook only rice pasta al dente and eat it in moderation.
- Avoid products made with high fructose corn syrup.

## **Fat**

- On a 2,000-calorie-a-day diet, 600 calories can come from fat - that is, about 67 grams. This should be in a ratio of 1:2:1 of saturated to monounsaturated to polyunsaturated fat.
- Reduce your intake of saturated fat by eating less butter, cream, high-fat cheese, unskinned chicken and fatty meats, and products made with palm kernel oil.
- Use extra-virgin olive oil as a main cooking oil. Organic, high-oleic, expeller pressed versions of sunflower and safflower oil are also acceptable.
- Avoid regular safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils.
- Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients. Strictly avoid all products made with partially hydrogenated oils of any kind. Include in your diet avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.
- For omega-3 fatty acids, eat salmon (preferably fresh or frozen wild or canned sockeye), sardines packed in water or olive oil, herring, and black cod (sablefish, butterfish); omega-3 fortified eggs; hemp seeds and flaxseeds (preferably freshly ground); or take a fish oil supplement (look for products that provide both EPA and DHA, in a convenient daily dosage of two to three grams).

**Protein**

- On a 2,000-calorie-a-day diet, your daily intake of protein should be between 80 and 120 grams. Eat less protein if you have liver or kidney problems, allergies, or autoimmune disease.
- Decrease your consumption of animal protein except for fish and high quality natural cheese and yogurt.
- Eat more vegetable protein, especially from hemp in particular. Become familiar with the range of veggie protein based foods available and find ones you like.

**Fiber**

- Try to eat 40 grams of fiber a day. You can achieve this by increasing your consumption of fruit, especially berries, vegetables (especially beans), and whole grains.
- Ready-made cereals can be good fiber sources, but read labels to make sure they give you at least 4 and preferably 5 grams of bran per one-ounce serving.

## **Phytonutrients**

- To get maximum natural protection against age-related diseases (including cardiovascular disease, cancer, and neurodegenerative disease) as well as against environmental toxicity, eat a variety of fruits, vegetables and mushrooms.
- Choose fruits and vegetables from all parts of the colour spectrum, especially berries, tomatoes, orange and yellow fruits, and dark leafy greens.
- Choose organic produce whenever possible. Learn which conventionally grown crops are most likely to carry pesticide residues and avoid them.
- Eat cruciferous (cabbage-family) vegetables regularly.
- Drink tea instead of coffee, especially good quality white, green or oolong tea.
- If you drink alcohol, use red wine preferentially.
- Enjoy plain dark chocolate in moderation (with a minimum cocoa content of 70 percent).

## **Vitamins and Minerals**

The best way to obtain all of your daily vitamins, minerals, and micronutrients is by eating a diet high in fresh foods with an abundance of fruits and vegetables. In addition, supplement your diet with the following antioxidant cocktail:

- Vitamin C, 200 milligrams a day.
- Vitamin E, 400 IU of natural mixed tocopherols (d-alpha-tocopherol with other tocopherols, or, better, a minimum of 80 milligrams of natural mixed tocopherols and tocotrienols).
- Selenium, 200 micrograms of an organic (yeast-bound) form.
- Mixed carotenoids, 10,000-15,000 IU daily.
- The antioxidants can be most conveniently taken as part of a daily multivitamin/multimineral supplement that also provides at least 400 micrograms of folic acid and 2,000 IU of vitamin D. It should contain no iron (unless you are a female and having regular menstrual periods) and no preformed vitamin A (retinol). Take these supplements with your largest meal.
- Women should take supplemental calcium, preferably as calcium citrate, 500-700 milligrams a day, depending on their dietary intake of this mineral. Men should avoid supplemental calcium.

**Other Dietary Supplements**

- If you are not eating oily fish at least twice a week, take supplemental fish oil, in capsule or liquid form (two to three grams a day of a product containing both EPA and DHA). Look for molecularly distilled products certified to be free of heavy metals and other contaminants.
- Talk to your doctor about going on low-dose aspirin therapy, one or two baby aspirins a day (81 or 162 milligrams).
- If you are not regularly eating ginger and turmeric, consider taking these in supplemental form.
- Add coenzyme Q10 (CoQ10) to your daily regimen: 60-100 milligrams of a softgel form taken with your largest meal.
- If you are prone to metabolic syndrome, take alpha-lipoic acid, 100 to 400 milligrams a day.



## **Water**

- Drink pure water, or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon) throughout the day.
- Use bottled water or get a home water purifier if your tap water tastes of chlorine or other contaminants, or if you live in an area where the water is known or suspected to be contaminated.

One of the most common questions people with any form of arthritis have is, "Is there an arthritis diet?" Or more to the point, "What can I eat to help my joints?"

The answer, fortunately, is that many foods can help. Following a diet low in processed foods and saturated fat and rich in fruits, vegetables, fish, nuts and beans is great for your body. If this advice looks familiar, it's because these are the principles of the so-called Mediterranean diet, which is frequently touted for its anti-aging, disease-fighting powers.

Studies confirm eating these foods can do the following:

- Lower blood pressure
- Protect against chronic conditions ranging from cancer to stroke
- Help arthritis by curbing inflammation
- Benefit your joints as well as your heart
- Lead to weight loss, which makes a huge difference in managing joint pain.

Whether you call it a Mediterranean diet, an anti-inflammatory diet or simply an arthritis diet, here's a look at key foods to focus on – and why they're so good for joint health.

## Fish

**How much:** Health authorities like The American Heart Association and the Academy of Nutrition and Dietetics recommend three to four ounces of fish, twice a week. Arthritis experts claim more is better.

**Why:** Some types of fish are good sources of inflammation-fighting omega-3 fatty acids. A study of 727 postmenopausal women, published in the *Journal of Nutrition* in 2004, found those who had the highest consumption of omega-3s had lower levels of two inflammatory proteins: C-reactive protein (CRP) and interleukin-6.

More recently, researchers have shown that taking fish oil supplements helps reduce joint swelling and pain, duration of morning stiffness and disease activity among people who have rheumatoid arthritis (RA).

**Best sources:** Salmon, tuna, sardines, herring, anchovies, scallops and other cold-water fish. Hate fish? Take a supplement. Studies show that taking 600 to 1,000 mg of fish oil daily eases joint stiffness, tenderness, pain and swelling.

## Nuts & Seeds

**How much:** Eat 1.5 ounces of nuts daily (one ounce is about one handful).

**Why:** “Multiple studies confirm the role of nuts in an anti-inflammatory diet,” explains José M. Ordovás, PhD, director of nutrition and genomics at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston.

A study published in *The American Journal of Clinical Nutrition* in 2011 found that over a 15-year period, men and women who consumed the most nuts had a 51 percent lower risk of dying from an inflammatory disease (like RA) compared with those who ate the fewest nuts. Another study, published in the journal *Circulation* in 2001 found that subjects with lower levels of vitamin B6 – found in most nuts – had higher levels of inflammatory markers.

More good news: Nuts are jam-packed with inflammation-fighting monounsaturated fat. And though they’re relatively high in fat and calories, studies show noshing on nuts promotes weight loss because their protein, fiber and monounsaturated fats are satiating. “Just keep in mind that more is not always better,” says Ordovás.

**Best sources:** Walnuts, pine nuts, pistachios and almonds.

## Fruits & Veggies

**How much:** Aim for nine or more servings daily (one serving = 1 cup of most veggies or low sugar fruit or 2 cups raw leafy greens).

**Why:** Fruits and vegetables are loaded with antioxidants. These potent chemicals act as the body's natural defense system, helping to neutralize unstable molecules called free radicals that can damage cells.

Research has shown that anthocyanins found in cherries and other red and purple fruits like strawberries, raspberries, blueberries and blackberries have an anti-inflammatory effect. Citrus fruits – like oranges, grapefruits and limes – are rich in vitamin C. Research shows getting the right amount of that vitamin aids in preventing inflammatory arthritis and maintaining healthy joints.

Other research suggests eating vitamin K-rich veggies like broccoli, spinach, lettuce, kale and cabbage dramatically reduces inflammatory markers in the blood.

**Best sources:** Colourful fruits and veggies – the darker or more brilliant the color, the more antioxidants it has. Good ones include blueberries, cherries, spinach, kale and broccoli.

## Olive Oil

**How much:** Two to three tablespoons daily

**Why:** Olive oil is loaded with heart-healthy fats, as well as oleocanthal, which has properties similar to nonsteroidal, anti-inflammatory drugs. “This compound inhibits activity of COX enzymes, with a pharmacological action similar to ibuprofen,” says Ordovás. Inhibiting these enzymes dampens the body’s inflammatory processes and reduces pain sensitivity.

**Best sources:** Extra virgin olive oil goes through less refining and processing, so it retains more nutrients than standard varieties. And it’s not the only oil with health benefits. Avocado and safflower oils have shown cholesterol-lowering properties while walnut oil has 10 times the omega-3s that olive oil has.

## Grains

### Should You Avoid Nightshades?

Nightshade vegetables, including eggplant, tomatoes, red bell peppers and potatoes, are disease-fighting powerhouses that boast maximum nutrition for minimal calories.

They also contain solanine, a chemical that has been branded the culprit in arthritis pain. There's no scientific evidence to suggest that nightshades trigger arthritis flares. In fact, some experts believe these vegetables contain a potent nutrient mix that helps inhibit arthritis pain.

However, many people do report significant symptom relief when they avoid nightshade vegetables. So doctors say, if you notice that your arthritis pain flares after eating them, do a test and try eliminating all nightshade vegetables from your diet for a few weeks to see if it makes a difference.

## Epi – WHAT??

Perhaps you haven't heard all the excitement in medical and scientific circles about the latest revelations in the field of Epigenetics. Epi-what? OK. Before we go any further, you're probably wondering what on earth Epigenetics really means. Is it contagious? Can we get it at the grocery store? Does it come in my size? So let's start by answering an important question: "What exactly is Epigenetics?"

The formal description of Epigenetics from the text books refers to the study of changes in organisms caused by modification of gene expression rather than by an alteration of the genetic code itself. That might not tell us very much but it really is an important statement! It's no longer simply a case of identifying which particular genes you have.

We now know that it's the way your genes are influenced and made to work that makes the difference. Gene expression accounts for so many of our characteristics. And changes in gene expression have been related to a very wide range of environmental influences and that includes – are you ready for this? – What we eat!

Yes, that's absolutely right. The kind of food we consume every single day, the quality of the food we eat, the eating choices we make all contribute far more to our total health and wellbeing than was ever appreciated before. It's not a question of being pre-programmed by our DNA. We've been bombarded by articles and news items for decades telling us every day that everything in our lives is caused by our genes.

But what if it isn't just the genetic luck of the draw? What if our health is connected far more to how we live, to what we eat and a whole range of external factors that we can influence? What if we're not programmed to be fat? What if it's about the choices we make? It's becoming increasingly clear that the choices we make really are incredibly important to our health and wellbeing. This means we really can influence our health right now right down to the cellular level and that obviously includes our weight as well. This is the breakthrough in our understanding that is revolutionising our entire approach to health and weight control. Our genes do not determine our weight. The answer is not in your genetic code. It's on the end of your fork!

So when we consult the latest reference works in this exciting new area of scientific research, we find that Epigenetics demonstrates the importance of influences which are firmly outside the traditional genetic system. This is the conclusion of Lyle Armstrong, whose research programme is widely

respected at the Institute of Genetic Medicine at Newcastle University in the United Kingdom.

Modern biology is rewriting our understanding of genetics, disease and inherited characteristics. This is the view of Nessa Carey in her fascinating book "The Epigenetics Revolution".

This means that our understanding is also undergoing a revolution. The popular media still love to produce stories every day telling us that so many health problems are simply the result of your unlucky genes. But that's practically medieval in terms of medical science. We now know that we really can take the necessary steps to regain control of our general health, our health concerns and our weight. This must be one of the most important medical discoveries of the age.

Let's also bear in mind that science is not a fixed commodity.

In an age of extraordinary technological advances, our knowledge and understanding of how the human body functions are being tested and challenged every single day. That's why research is so important. And research changes the way we understand everything. This revolutionary development in our understanding of how the body really works is laying the foundation for all future medical analysis and treatment. The epigenetics principle represents one of the most important changes in how we are going to manage health issues in the future, from disease prevention to maintaining long term health.

The exciting thing is that we don't have to wait for the future to take full advantage of these discoveries. We are going to use it to get healthier and skinnier right now! We are going to show you the smart way to take control of your weight, and it's the way your body will love the most. We're going to help you to get into the best shape of your life. And we're going to show you how to stay that way.



## Epigenetics Explained

The human body is made up of roughly 37 trillion cells, our structural building blocks. The “brain” of the cell is called the nucleus, and the nucleus contains our DNA. For years, we’ve assumed that DNA was a product of our heritage, handed down from mother and father, a rigid pre-determinant of everything from our height to our mathematical skills.

However, the revolutionary new field of *epigenetics* has led to the discovery that what we do actually changes the way our DNA is used, that the choices we make can forever *transform our genetic code*

This means that the way we interact with the world changes our DNA, not just the other way around. More intriguing, one of the major ways we can change our DNA is by diet. For example, a study published in 2008 showed that exposing mice brains to as little as 6 hours of high blood sugar led to epigenetic changes that increased risk of vascular damage.

These changes lasted even after 6 days of normal blood glucose, representing long-term damage after just a short blast of sugar. The research on long-term effects from short exposures is at the core of epigenetics. It’s furthered by data from another 2008 study published in the journal *Diabetes*.

In this work, researchers showed that short periods of high blood glucose led to worse long term vascular changes than did sustained high blood glucose (a scary thought for the carbohydrate binger). Again, the underlying mechanism seems to be modification of the cell’s DNA, leading to the extended duration of this effect.

But there’s more. The most frightening data on this subject shows that high blood glucose may damage our telomeres; the ends of our DNA code. Considering that an undamaged telomere may be protective against cancer, death, and the very act of aging, any process that harms telomeres could put us at substantial risk. Data from the *Journal of Nutrition, Health and Aging* found that the higher the blood sugar, the more damage caused to the telomere and its associated DNA.

If we know that high levels of circulating glucose are trashing our DNA, it would make sense that diets low in glucose could have the opposite effect. Indeed, this is true. From the journal *Science*, the article “When Metabolism and Epigenetics Converge” relates the known neuroprotective benefits of a low carbohydrate diet to the epigenetic suppression of toxic oxidative stress.

This benefit, which was also seen with calorie restrictive diets, seems to indicate that choosing meals lower in carbohydrates and lower in calories improves our brain cells' ability to fight off damage, leading to healthier brains.

Epigenetics provides us with the insights, analysis, tools and strategies for permanent healthy weight loss.

Perhaps you've never heard about the excitement in medical and scientific circles about the latest revelations in the field of Epigenetics. But before we go any further, you're probably wondering what on earth Epigenetics really means. Is it contagious? Can we get it at the grocery store? Does it come in my size? So let's start by answering an important question: "What exactly is Epigenetics?"

The formal description of Epigenetics refers to the study of changes in organisms caused by modification of gene expression rather than by an alteration of the genetic code itself. That might not tell us very much but it really is an important statement! It's no longer simply a case of identifying which particular genes you have. We now know that it's the way your genes are influenced and made to work that makes the difference.

To start, we know that our genes definitely gave us a set of fixed characteristics. Eye colour, height and bone structure are examples of pre-determined characteristic donated by the genes you inherited from your parents.

But many areas of your life and wellbeing can be determined by the choices you make.

Weight control is a perfect example of this discovery. We now know that life span and the risk of contracting many diseases can be influenced by how we live our lives. The way we eat, the chemicals we absorb, the stress levels we endure all contribute to our health profiles and, most importantly, can change the way our DNA behaves. These minor alterations in gene behaviour can work in our favour or they can most certainly work against us. They can even be passed onto future generations.

So we have a direct responsibility for our own health and wellbeing and also for the welfare of future children and grandchildren. If you're interested in the technical background to this amazing phenomenon, the critical factor is a chemical code known as the epigenome.

This chemical coating surrounds your DNA and can switch certain genes off and on. So Epigenetics is primarily concerned with the study of this

chemical layer and how it influences the way our genes function. Studies demonstrate that our genes only suggest what might happen in terms of our future health issues; our behaviour is much more important in determining the outcomes.

"There's nothing you can do about your DNA, but you can influence the way it functions by changing your lifestyle," says Ajay Goel, Ph.D., Director of Epigenetics and Cancer Prevention at Baylor Research Institute.

As a great example of how important this discovery has been for future health issues, even if you have a family history of certain kinds of cancer, eating particular foods can instruct the epigenome to switch off the cancer-prone genes.

You might want to read that sentence again.

The message is just too important to miss. This is the moment when the tide of obesity turns. This is when we recognise that we need to change our metabolic function as well as our food intake. This is when we finally take control of our weight issues. Now is the time to accept responsibility for our health and wellbeing and take the necessary steps to put things right. And keep them right.

If you're still keeping track of the technical data behind these revolutionary studies, you might like to know a little more about another influence on gene behaviour - methylation. This is a really interesting area of research but you might not want to make it your specialist subject when you go to parties! It's an incredibly important topic but most people, especially the ones who prefer to believe that they're just the unfortunate victims of their ill-fated DNA, probably don't want to have their illusions shattered. But you will know. And knowledge, my friend, especially this kind of knowledge is power.

Diet is a much easier subject to study than stress or other behaviours. It's been much easier to explore the effects of diet on epigenetics than the effects of the wider environment. So we know a great deal about the way food impacts on our genes.

Intelligent nutrition and appropriate exercise promote efficient fat-burning, healthy muscle building, longevity and wellness. Using your body's natural ability to respond to good nutrition, we can turn away forever from the nightmare of gaining and storing fat and losing muscle mass. We can reduce the risk of disease and illness. A brighter future beckons. This is the promise of Epigenetics.

As we mentioned before, our physical characteristics are largely based on our parents' DNA. Protecting your DNA from malfunction is not a luxury option any more. It's an essential task for all of us to undertake to ensure better health, quality of life and sustainable wellbeing.

Dr Trygve Tollefsbol wrote in the 2010 edition of Clinical Epigenetics that adding methyl-modifying compounds to the diet can help reduce the incidence and severity of disease. So we know from all the evidence that is being produced on a daily basis that you can reprogram your genes to favour weight loss, improve overall health and boost longevity by following three very simple procedures. You might want to print out these ideas and put them on your fridge door right now!



# The PALEO-KETO ANTI INFLAMMATORY KETOGENIC EPIGENETIC EATING PROGRAM – what is it?

## **The PALEO-KETO Epigenetic Eating Three Golden Food Rules!**

### **1. Weight loss is all about insulin**

Moderate your insulin production levels by eliminating sugar and grains (yes, even whole grains) and you will lose the excess body fat without dieting - plus you will improve your energy levels, reduce inflammation throughout the body and eliminate disease risk. Maybe this should be printed in a very large font size in the brightest colour your printer can produce!

### **2. Eating lean..... protein but plenty good quality fat**

Vegetable and some correctly sourced animal protein with high good fat content is not only healthy but is the key to effortless weight loss, a healthy immune system and boundless energy.

### **3. Eat Clean**

When we examine the role that food plays in avoiding or encouraging weight gain, you might be shocked to discover that one of the biggest influences is concealed in the way that our food is processed. Hold onto your hat, my friend. This can get scary! The most significant components of food that play the largest role in weight gain and obesity are food additives, chemicals, and food processing techniques.

These principles are sacred and mark the beginning of your transformation. They are so important that they need to be practised and respected every single day. They are the foundation for much of the change we are creating. You could finish the book first but the only time you have to begin the revolution is right now. So let's make the commitment right this instant to use these golden principles and kick start the new life we've been waiting for. And I mean right now!

Epigenetic research has been at the forefront of these discoveries and that's why the methods in this book respect the need to resolve all of the issues surrounding intelligent, effective, permanent weight control.

So many people find that even when they've managed to lose some weight, it goes back on in a flash. We did not evolve to be chronically overweight. Nature equipped us with incredibly efficient bodies. Clearly we need a better

approach to this problem. We need an approach that works. We need a method that will give us sustainable results. So let's take a look at some of the more recent innovations in weight control technology.

It's time to get some much needed clarity into the discussion. So, let's begin by asking – What exactly is the Ketogenic Diet?

### **KETOGENICS**

We're going to start by defining precisely what ketosis is and why it's so important for so many aspects of our health and wellbeing, and that includes sustainable weight loss too.

Ketosis (pronounced KEY-TOE-SIS) is a word that describes the metabolic state that occurs when you consume a very low-carb, moderate-protein, high-fat diet. Ketosis causes your body to switch from using glucose as its primary source of fuel to running on ketones. Ketones themselves are produced when the body burns fat, and they're primarily used as an alternative fuel source when glucose isn't available.

In other words, in the simplest and most dramatic way of summing up the process, your body changes from a sugar-burner to a fat-burner. Depending on your current diet and lifestyle choices, getting into ketosis can take as little as a few days and or as much as several weeks. In some cases it's even taken months. So "being in ketosis" just means that you are burning fat. You might need some good, old-fashioned, patience and persistence but the range of benefits absolutely justifies the effort as you pursue ketosis.

If you have ever fasted by skipping breakfast after a good night's sleep, then you likely have begun producing trace amounts of ketones in your blood. The secret to the process is remarkably simple in its concept: you consume a diet with very few carbohydrates, moderate levels of protein, and plenty of healthy, saturated and monounsaturated fats. This combination encourages an increase in the number of ketones produced in your body, until they dominate the way your body is fuelled, even to the point that you need very little glucose to function with lots of energy available to you.

Dr. William Wilson, a family practitioner and expert on nutrition and brain function, explained that "throughout most of our evolutionary history, humans used both glucose and ketone bodies for energy production." He said that our Paleolithic ancestors used glucose as their body's preferred fuel when non-animal food was available. But during periods of food shortages or when animal-based foods were their primary source of calories, our ancestors spent most of their time in a state of ketosis. He added, "If our

early ancestors hadn't developed a way to use ketones for energy, our species would have ended up on Darwin's short list eons ago!"

Ketone bodies provide an alternative fuel for the brain, heart, and most other organs when serum glucose and insulin levels are low—i.e., on a very low-carbohydrate diet. Ketone bodies are actually preferred over glucose by the heart and can be used as efficiently as glucose by most portions of the brain. There is a growing body of research supporting their beneficial effects on ageing, inflammation, metabolism, cognition, and athletic performance.

Once you begin to consider the advantages of having higher levels of ketones in your body, you soon realise that they are the preferred fuel source for the muscles, heart, liver, and brain. These vital organs do not handle carbohydrates very well; in fact, they become damaged when we consume too many carbs.

According to Dr. Ron Rosedale, ketones themselves are a great, and in many tissues—such as the brain—far better, fuel source than the conventional, glucose alternative.

Ketosis is also an excellent way to lose body fat. Ketones are merely a by-product of burning fat for fuel. In other words, burning fat generates ketones at the same time. When you are keto-adapted, you generate energy from both your body fat and dietary fat. However, when you consume excess carbohydrates, they are converted into body fat, which cannot be easily accessed to provide fuel for the body. This is another great reason for you to be in a ketogenic state. It's one of the human body's most effective mechanisms for burning excess fat.

Let's just repeat that message one more time. A low-carb, high-fat, ketogenic diet is a very powerful and highly effective fat-burning process that's especially useful for anyone who is overweight or obese. Weight issues tend to respond extremely well to a ketogenic approach, too. After all, it's hard to become efficient at burning body fat if you're busy burning sugar and starch all the time. Now you can see why all those carbs have been at the heart of so many weight issues.

Here are some of the many health benefits that come from being in ketosis: (DISCLAIMER – Some of these benefits may be hampered by poor health and lifestyle choices in other areas than diet!)

- 
- Natural hunger and appetite control
  - Effortless weight loss and maintenance
  - Mental clarity
  - Sounder, more restful sleep
  - Normalized metabolic function



- Stabilized blood sugar and restored insulin sensitivity
- Lower inflammation levels
- Feelings of happiness and general well-being
- Lowered blood pressure
- Increased HDL (good) cholesterol
- Reduced triglycerides
- Lowered or eliminated small LDL particles (bad cholesterol)
- Use of stored body fat as a fuel source
- Improved immune system
- Slowed aging due to reduction in free radical production
- Improvements in blood chemistry
- Optimized cognitive function and improved memory
- Heightened understanding of how foods affect your body
- Faster and better recovery from exercise
- Decreased anxiety and mood swings

So if ketosis is so desirable, then haven't the health authorities been at the forefront of the campaign to help people experience the enormous benefits of the system? It's a valid question because the subject has been labelled with an undeserved negative reputation, which is especially unfortunate considering all the countless lives that it could improve. As with many things in life, it comes down to fear and a chronic lack of knowledge and education amongst the medical professionals. It stems primarily from a simple misunderstanding of what ketosis really means.

Part of the problem lies in the word ketosis itself, which closely resembles ketoacidosis, a medical term that's used to describe a life-threatening condition in type 1 diabetics. Many doctors scoff at the idea of allowing one of their patients to get into a state of ketosis because they immediately think of all the negative side effects associated with ketoacidosis. This confusion may have allowed many patients to remain in a diseased state when they could have seen tremendous improvements in their health with the use of a ketogenic diet. It's a sad reality that this kind of ignorance happens in the medical profession, with the very people we trust to be our purveyors of knowledge on health.

Jackie Eberstein says (see references)

“Nutritional ketosis is not ketoacidosis. Yet many in the medical profession have a knee-jerk reaction to ketones. Their knowledge is limited and possibly biased. “

Here's why doctors are so concerned about ketoacidosis: When diabetics do not get an adequate amount of insulin, their bodies respond as if they are starving. Their bodies think there's no more glucose to be had, either from diet or glycogen stores, and they switch to burning fat instead and ramp up

ketone production so it can be used as an alternative energy source. The problem is, these diabetics aren't out of glucose—in fact, they have elevated levels of blood glucose. Insulin is the hormone that allows glucose into cells, and without it, the blood sugar has nowhere to go and accumulates in the bloodstream, even as the body can't stop making ketones. It's an extremely serious thing and certainly should not be messed around with. But keep in mind this condition only applies to type 1 diabetics and, very rarely, truly insulin-dependent type 2 diabetics.

It would be impossible for this sequence of events to happen to non-diabetics. If you can produce even a small amount of insulin in your body, ketones naturally remain at safe levels.

You may have heard that ketosis is a "dangerous state" for the body to be in. But ketosis simply means that your body is metabolizing a high amount of natural, fat-based energy sources. Ketones are molecules generated during fat metabolism—and that can be fat from the avocado you just ate or fat from the adipose tissue around your middle.

**HOWEVER – NEVER START THIS DIET WITHOUT PRIOR PERMISSION OF A CERTIFIED MEDICAL PROFESSIONAL WELL VERSED IN THE UNDERSTANDING OF THE BENEFITS OF KETOSIS!**

### **Doctors Are Using Ketogenic Diets with Great Success**

**Dr Terry Wahls states: (see references)**

“Humans went into ketosis every winter for thousands of generations. Being in a low level of ketosis is the more natural state for our metabolism. We do have metabolic flexibility and can operate on amino acids, glucose or fat.”

Many doctors are prescribing a low-carb, high-fat nutritional approach for patients who are dealing with a wide variety of chronic health problems, and they are seeing dramatic improvements in patient health based on the new approach to diet.

For example....It wasn't until Dr. Sue Wolver hit middle age herself that she realized why her patients were so unsuccessful on her prescribed low-fat diet. She suddenly found, she said, that "my own advice didn't even work for me!" (see references)

"Despite my adherence to a low-fat diet and exercise, every time I got on the scale I weighed more," Dr. Wolver explained. "That's when I first started thinking the advice I had been giving might actually be wrong."

Dr. Wolver's breakthrough moment of understanding occurred when she heard physician and researcher Dr. William S. Yancy, Jr., give a talk entitled "Taking the Fat Out of the Fire," in which he discussed the health benefits of a low-carb, high-fat, ketogenic approach to nutrition. She "was hooked." Dr. Wolver immediately began putting herself into a state of ketosis and the weight poured off and stayed off, and all without the intense hunger she had previously experienced. These days, she uses herself as a prime example for her patients of how ketogenic diets can help them with their weight and health issues.

Nora Gedgaudas says ...."I have seen mood stabilization, reduced or eliminated depression, reduced or eliminated anxiety, improved cognitive functioning, greatly enhanced and evened-out energy levels, cessation of seizures, improved overall neurological stability, cessation of migraines, improved sleep, improvement in autistic symptoms, improvements with PCOS (polycystic ovary syndrome), improved gastrointestinal functioning, healthy weight loss, cancer remissions and tumor shrinkage, much better management of underlying previous health issues, improved symptoms and quality of life in those struggling with various forms of autoimmunity (including many with type 1 and 1.5 diabetes), fewer colds and flus, total reversal of chronic fatigue, improved memory, sharpened cognitive functioning, and significantly stabilized temperament. And there is quality evidence to support the beneficial impact of a fat-based ketogenic approach in all these types of issues. "

Nora Gedgaudas (see references)

### **It is Essential to Find Your Carbohydrate Tolerance Level**

Maria Emmerich says ""Everyone is different and has different carb-tolerance levels. Some people, especially athletes, can maintain ketosis with as much as 100 grams of carbs a day. But most people need to be at 50 grams or less, and those with metabolic syndrome typically need to stay below 30 grams of total carbs a day to produce adequate ketones.

Maria Emmerich (see references)

Franziska Spritzler says "At lower carbohydrate and protein intakes, the percentage of calories coming from fat increases even if the amount does not change. Most people in nutritional ketosis consume anywhere from 65 to 80 percent of their calories as fat. "

At this point it would be impossible for anyone to give you a specific amount of carbohydrates to consume in order to get into ketosis. You can

only determine that figure through personal experimentation under close medical supervision. But once you figure out your carb tolerance, you'll be well on your way to paleo – keto - epigenetic success.

Adapted from: Moore, Jimmy, and Dr. Eric Westman, Keto Clarity

## **The Paleo Diet**

The theory is that many of our current health problems are a result of our modern eating habits. There's been a great deal of publicity surrounding the growing view that we simply haven't evolved to the point where we can safely consume a grain-rich diet. Our distant ancestors in the Old Stone Age or Paleolithic Era consumed a very different diet compared to modern humans because they simply didn't have access to agriculture. That's because agriculture didn't exist. It hadn't been invented. The typical caveman's food was natural, unprocessed, varied, seasonal and a result of labour-intensive, hunter-gathering activities.

The Paleo approach to nutrition recognises that we've only been consuming grains for the last ten thousand years or so. That's a long wait at the bus stop but it really is not long enough in evolutionary terms for humans to have adapted to this radical shift in eating behaviour. The modern diet is heavily reliant on grains and dairy products and suffers from a toxic surfeit of sugar. Grains were the mechanism that allowed for a more predictable food supply and those ancient crop surpluses provided the essential catalyst from which the seeds of civilisation sprang. The problem, as you now know only too well, is that grains damage the gut, weaken the immune system and degrade our health.

The Paleo alternative recognises how our digestive system works and focuses on providing the best quality fuel for our bodies. That includes fresh fruits, vegetables, lean meat, eggs and nuts. No grains. No processed sugars. No milk products. Paleo has scored very highly as a weight control mechanism because this kind of diet suits our evolutionary history so well. When we adapt our eating habits to this more natural way of getting our daily calories, our metabolisms shift from carb-burning to fat-burning. No surprise then that the Paleo diet has become a favourite tool for encouraging serious weight loss and for enhancing better levels of health.

The focus is on natural, unprocessed food and it is this emphasis on eating as naturally as possible that is the key to the method's success. As you might expect in a new way of approaching our food needs, the Paleo diet has spawned a number of variations and alternatives. Some enthusiasts avoid all forms of dairy produce whilst others are convinced that some specific dairy products are essential. The wisdom of avoiding grains though is widely accepted by most Paleo devotees.

You might recognise some aspects of the Paleo Diet in our advice in this book. It certainly has some interesting and relevant merits in terms of getting the body into great shape and the emphasis on pure protein and natural, unprocessed vegetables is a key to restoring the intestinal flora to its healthiest and most effective condition.

**PALEO/KETO  
DETOX**

Use the concept to eat  
a high protein soup 3-4  
times a week for dinner

**PALEO -TIPS**

Avoid all gluten and grains

Avoid processed food and avoid legumes

Sweet fruits are not suitable for you

**KETO TIPS..using Paleo principles**

Do eat abundant vegetables

Watch out for too much saturated fat and  
avoid any processed meat

Too many nuts and seeds don't suit  
everybody

Use nut and seed flours sparingly

## **Summary - Epigenetics**

Your genetic profile is not the full story

Your genes can be switched on and off

The food you eat is the key to influencing your genetic responses

Methylation and diet change the rules of the genetic game

Managing insulin levels by eliminating all grains

Eat Lean, Clean and Good fats

Take practical steps to address food addiction





## Chapter 4

### The Epigenetic Mythbuster Chart

The Epigenetic Mythbuster Chart.....your 5 point blueprint and lifelong passport to the happy realm of total weight control and permanent residence in the Land of Leaner.

CMR Conventional Medical Recommendation.

DEFINITION: The old view of what is supposed to be good for you.

EPS Epigenetic Paradigm Shift.

DEFINITION: The revolutionary new advances in medical and scientific research that will transform your health

Let's get serious. Fact: If the old ways worked, we wouldn't be having an explosion of obesity in the developed world and we wouldn't be having this conversation, would we? Clearly something is missing. Our mission is to show you what the problem really is, how to fix the problem and fix it forever.

#### Step 1: Grains

**CMR:** Insists that grains are actually good for you. Wheat, rice, corn, cereal, bread, pasta etc. Most governments recommend 8-10 servings per day as the principle daily source of energy, nutrition and fiber. Entire industries are devoted to promoting this idea as the healthiest way to live. Ask pretty much anyone and they'll tell you how good it is to eat grains.

**EPS:** UCLA lecturer and world famous evolutionary biologist Jared Diamond stipulates "Grains are the worst mistake of the human race." In nutritional terms, grains are simply inferior to plants. Grains trigger insulin production and fat storage.

They produce allergic reactions, suppress the immune response and trigger a wide range of intolerances as well as imbalances in the intestinal flora.

#### Step 2: Fats

**CMR:** Fat makes you fat therefore if you reduce fat you'll lose fat. The world is awash with countless 'fat free' and

'low fat' products and we have a ballooning obesity problem.

**EPS:** Good quality fat drives efficient fat and protein metabolism, encouraging weight loss and boosting energy levels.

### **Step 3: Meal Habits**

**CMR:** Three square meals a day plus snacks are best to stave off hunger pangs and stabilize metabolism

**EPS:** Any steps to normalize your insulin production encourages your skinny genes to take over. Occasional fasting using protein soup meals can help you to reprogram your fat burning potential

### **Step 4: Cardio exercise**

**CMR:** 30-60 minutes cardio per day. Lift weights regularly using isolated parts of the body and aim for maximum resistance, even going for the point of failure to increase strength.

**EPS:** Weight resistance using the whole body in short bursts plus slower more regular cardio exercise for shorter periods per day with sporadic intense bursts of intensity. This system really does work!

### **Step 5: Sun exposure**

**CMR:** Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass

**EPS:** Sunshine can be a tricky thing. We need it, but it can also be harmful.

Striking the right balance between getting enough sunshine to produce optimal levels of Vitamin D, and protecting ourselves from the harm the sun can do, can be a challenge. Most experts recommend 15-20 minutes of sun exposure several times a week for the average fair-skinned person, as this is enough to produce optimal levels of Vitamin D while not being so much to damage skin.

Darker skin tones with more melanin need to stay in the sun longer to synthesize vitamin D effectively...see more info below

Vitamin D, which our body produces when we are exposed to sunlight, does wonders for us – from improving mood to boosting our immune systems, reducing inflammation and much more, it's key to our health.

According to some new research, it seems there is yet another reason to get the right amount of sunlight.

Researchers found that older women (65+) with low Vitamin D levels are more likely to gain weight.

### **Time Bomb Triggers**

It's very controversial but it looks increasingly likely that humans made a massive and deeply influential error around seven thousand years ago. It wasn't intended as an error. It happened because it looked exactly like a brilliant strategy for survival. In fact the idea was so good that it rapidly spread and became the foundation for human civilisation. The brilliant idea was agriculture.

Brilliant because it helped to solve the constant challenge of ensuring a regular food supply. A profound error because it encouraged our ancestors to become completely dependent on grains. Seven thousand years ago is effectively yesterday in evolutionary terms. Our bodies did not evolve to exist on a grain-rich diet. But that is what has happened over the last seven thousand years.

The human genome hasn't changed very much during this time span but our diet and lifestyle have diverged dramatically from the way our ancestors lived before the introduction of agriculture. It is believed that many of our contemporary diseases have arisen as a result of this revolution in our dietary habits.

We'll take a closer look at these important issues as we explore the great behaviours you can use to transform your weight and your life. For now let's concentrate on the more obvious consequences of the way we eat.

You've probably already guessed the most obvious outcome of these changes in our diet; an astonishing increase in disease at a time of unprecedented medical advances. Scientists are beginning to suspect a common cause to this tendency towards disease: it's all in our diet. Seven thousand years might not have been long enough for humans to have adapted

successfully to a grain-oriented diet. And then, of course, we have the strange phenomenon of obesity. The problem, like many waistlines, is getting bigger.

In 1980 there were approximately 875 million overweight and obese people in the world. In 2013, the number had grown to 2.1 billion. That's an increase of 28% in adult obesity and, more alarmingly, a 47% increase in the number of overweight children in just the past thirty-three years. What could be causing such a radical shift in the average size and weight of humans in such a dramatically short period of time? The answer might lie within us. Or, to be more precise, within our gut.

Recent discoveries about the trillions of microorganisms that live in and on the human body are now changing the traditional perspective on human health and disease. In terms of obesity, we're learning that it's not just heredity and gene expression related to our human genome that play a role, but also the trillions of microorganisms that make up the vastly larger (in terms of unique genetic material) second genome in our body, the human microbiome. Studies have begun to describe each human gut as a highly complex eco-system, populated by communities of bacteria as well by viruses, fungi and moulds. The contents of our gut seem to exert an extraordinary influence on our digestive system, but these micro flora also affect our health in general, our wellbeing and even our mental and emotional balance. Imbalances in the micro flora of the gut have now been identified as an important cause of obesity. The gut's microbiome, that miniature universe within our digestive system, is where many of our health and weight issues are focused.

### **The obese gut microcosm**

One of the disorders that we now know is associated with an altered gut microflora is obesity. There is a wealth of fascinating evidence from initial studies that reveal a distinct connection between the microbes in our gut and the way our bodies regulate fat storage. These results have been widely replicated and numerous other reports have confirmed this relationship. By now it's well established that obesity is characterised by an obese-oriented microbiota and that gut microbes really can influence fat storage through a variety of mechanisms.

Adding depth to our understanding of the obesity problem, we know that obesity is virtually unheard of in hunter-gatherer populations and the same

observation holds true for many non-westernised societies. So we can conclude that obesity is predominantly a disease of civilised, grain-consuming societies. There's a major clue here about some of the causes of unhealthy weight gain that dominate developed societies.

We can look a little deeper into this question about the influence of our gut flora. Obese or overweight people have different gut flora compared to lean individuals. Yes they do. Hunter gatherers also have a very different microbiome compared to the intestinal flora of westernised peoples. And we know that hunter gatherers don't do fat! It also seems clear that flora in the gut can influence metabolic hormones such as leptin and insulin, key influencers in the body's inflammatory response. Research is identifying the extraordinary role of prebiotics, probiotics and other microbiome stabilisers in encouraging fat loss in humans and animals. Surprised? Utterly amazed that changing and re-balancing your gut flora can be so beneficial for your health and weight loss issues? Stay with me, my friend. We're just getting started!

### **More on the importance of correct sun exposure.**

Vitamin D, which our body produces when we are exposed to sunlight, does wonders for us – from improving mood to boosting our immune systems, reducing inflammation and much more, it's key to our health. According to some new research, it seems there is yet another reason to get the right amount of sunlight. Researchers found that older women (65+) with low Vitamin D levels are more likely to gain weight

Folks, without question, the best way to get the right amount of vitamin D is to spend some time in the sun.

You always want to avoid getting burned, but generally speaking you can safely spend anywhere from 20 minutes to two hours in the sun every day with beneficial effects. If you have dark-colored skin or live far from the equator, you will need to spend more time in the sun than someone who is light-skinned living close to the equator.

There are many available books and studies on the benefits and risks of too sunlight and vitamin d depletion. Contact me for a recommend reading list at [beranparry@gmail.com](mailto:beranparry@gmail.com)

It's becoming clear now that the pathway to sustainable health and wellbeing, to a leaner, fitter, stronger and happier body is not in the outdated Conventional Medical Recommendations. The future is in the Epigenetics Revolution and the Skinny Paradigm Shift.

## **Summary - Mythbuster**

The folly of grains in the human diet

Welcome to the inner universe of your microbiome

Being overweight is closely connected to the state of your gut flora

CMR versus EPS (epigenetic paradigm shift)

EPS - The smarter way to live long, lose weight and live better





## Chapter5

### Getting Organised to make Epigenetic Eating Behaviour more Effective!

5 Steps to Re Organising Your Permanent Weight Reduction and Leaner Pathway!

Time to re-programme your food choices and eating behaviour

We are going to learn how to:

Exorcise the past and be free of old habits

Why we prioritise our activities in the wrong order

I've heard it so often, it's almost become the mantra of the unwilling, the permanent excuse for letting things slide. "There just isn't enough time to eat healthily and plan special meals, let alone shop or cook them or take them with me when I'm out of the house."

Sound familiar? ...here are more excuses.....

I feel so awful when I've eaten badly.

I feel such a failure.

My life is a mess.

Why is it such a struggle to lose weight?"

The result is a fairly miserable outlook and a lack of confidence, an unwillingness to recognise what is possible. The mind-set of the victim. But we're here to address these issues. We want you to feel the confidence that comes from daily, planned success. And getting organised takes all the pain and doubt from the process.

The irony is that the people who claim there's no time to incorporate these important changes in their lives have often been completely successful in other areas of their lives. Their success shows up in an infinite number of ways: they were incredibly accomplished managers or employees, highly creative artistic individuals, massively good parents or even someone who was good at something else. Every time you make a decision to do something, you're engaging your creative power. All we have to do is harness that potential.

Unhappiness can undoubtedly play its part in the way we treat our bodies. If you have doubts about your self-worth - I know, welcome to the human condition! - It often shows up in unhealthy eating habits and poor choices. It's a huge area and so important that it will be the subject of a future book.

That's why I'd like to encourage you to do something incredibly powerful right now. I want you to look in the mirror for a few moments. And smile. That's right. Smile. Look at yourself and smile. Your conscious mind might feel that the act is a little silly but your subconscious - and your body - will begin to get the message that you're giving them your personal stamp of approval. Have you ever noticed how a small child lights up when you really smile at them? Your body needs exactly that same recognition, that same high wattage smile of approval. Do it every time you step into the bathroom. Look into the mirror and smile. The results will amaze you.

We want your body and your subconscious to work with you. Give them that dazzling smile and you will find your body begins to co-operate in the most extraordinary ways. Try it. It's a very powerful technique for removing behavioural obstacles and we want to make this entire process as easy and comfortable as possible.

This entire book is designed to help you take control of your health, your weight and ultimately your happiness. Being kind to yourself, respecting the miracle of your body, learning to enjoy living in such an extraordinary structure, optimising its potential and being at peace with yourself. These are powerful keys to a very fulfilling way of experiencing the gift of life.

So the underlying theme to these methods is to be kind to yourself. To do things that benefit rather than harm your health. To respect your body's needs and live life to the full.

An abiding love and acceptance of yourself, despite all the imperfections, really helps you to overcome any harmful habits and behaviours and puts an end to the self-criticism and self-loathing that lowers self esteem and sabotages our efforts. It really is extraordinary how quickly we can change our lives simply by learning to accept ourselves and focus not on what might be amiss but on how we truly want to be.

### **1. Identify your behaviours and habits.**

Take a moment. Listen to that inner voice, the way you speak to yourself; check the way you feed yourself; think about your hygiene and sleeping habits.

Which of these areas makes you feel uncomfortable in any way?

Here were a few examples

Allowing yourself to eat unhealthy food because there just wasn't the time or opportunity to make the effort

Believing that the needs of others are more important than taking care of your body and your weight

Eating food that isn't good for you at any time

Eating late at night or just eating too much

Eating while standing up, out of the package, staring at a computer screen or watching TV

If you catch yourself in the cycle of doing something that you really know you shouldn't, it's an important indicator that there are unresolved issues at work in the subconscious that continue to influence your behaviour.

## **2. Think about the real consequences of your behaviour.**

You might discover that these behaviours and habits are very effective at preventing you from having the things you really want, particularly in terms of having a fit and healthy body that you can really appreciate.

In every moment we are thinking, feeling and doing things that either bring us closer to the person we want to be and the life we want to have or our behaviours take us away from those precious possibilities.

Behaviours ultimately reflect how we really feel about ourselves. Learn to accept yourself right now and the process of transformation will flow so much more smoothly. Learn to smile at yourself and your deeper resources will turn their power towards your new, healthier goals and desires.

## **3. Learn to understand where your habits came from.**

So much of our behaviour was laid down during our early childhoods that we completely forget how we came to be the way we are. Much of our conditioning is no more than a series of programmed reflexes that were given to us at a very impressionable age and those behaviours have survived in our attitudes, thoughts, feelings and beliefs ever since.

Whether they are entirely appropriate can only be measured in terms of whether you're really experiencing all the health, self-expression and happiness that is available to you. Most people are not. Sad. But true. Take a look around you. Not too many happy smiling faces, are there? I rest my case. If you're feeling unhappy, comfort is something that is obviously missing and food is one of the easiest sources of a temporary quick fix.

Yes. We're talking chocolate here! So many people reach for the chocolate for an instant rush of pleasure, a way to escape the reality of a stressed and

unfulfilled life. Pure comfort food. And I like chocolate too. The intention always seems positive. You give yourself a measure of much needed comfort and an ounce of joy. Unfortunately, it isn't the healthiest way to give yourself those things and it comes with the undesired effects of insulin spikes, sugar crashes and inevitable weight gain followed by a bout of guilt and quiet despair! There has to be a better way. (There is a better way to eat chocolate too...I promise!)

As adults, we're expected to understand the consequences of engaging in a particular thought or behaviour but we often do it anyway. The motivation is always moving away from pain or increasing pleasure. And so many of these actions are a product of that early (and now unconscious) conditioning. It's as if the adult has to be driven so often by a rebellious four year old! No wonder much of our behaviour doesn't make sense. No wonder we don't always behave like truly responsible grownups.

Comfort food can be very satisfying. We know that many unhealthy behaviours feel good in the short-term (the sugar rush, the comfort, the satisfaction) but we have to recognise that they have long-term detrimental effects. There can also be that familiar hint of the rebel, the thrill of ignoring good advice and breaking the rules. What is it about ourselves that prompts us to do really things to our bodies?

Awareness is very helpful in these circumstances. Spotting the moment when you get a kick from doing the wrong thing helps you to question what's really happening. The adult gets a chance to intervene and make a better choice. That moment when you pause for an instant and wonder why you're doing something, even wondering who is really making the decision. Consciously and deliberately making a wiser, healthier choice. Feeling really good because you've done the right thing. A positive feedback loop that reinforces good behaviour, good choices, adult decisions.

#### **4. Create “house meal planning and eating rules.”**

Parents make rules because they understand that their children might not have the right perspective for good judgement. Parents can see the consequences that are usually beyond the child's range of experience.

If you have a particularly hard habit to break and you know it's not good for your well-being, consider making it a “house rule” never to have that habit in the home. When something is non-negotiable it removes the inner dialogue where we bargain with ourselves and the simple rule reinforces the right decisions...

## **5. Develop your powers of awareness.**

Be kind to yourself. Most people don't respond well to punishment. Treat yourself gently and with consideration. You've embarked on an important journey and that requires courage and a large measure of recognition.

Be infinitely patient with yourself, as you would be with a child. If you slip up once, instead of throwing everything out the window, learn to accept the failure and resolve to do better.

Understand why you did what you did. What did you need in that moment? Use your new set of rules to support your new behaviour. The rules are your friends. They are there to help you.

What are your new "house eating rules"? How can you maintain your new habits in a way that is supportive, effective and nurturing?

Here are some examples

1. I always make sure that I have the healthy foods I love at home by doing the shopping myself or by having someone do the shopping for me
2. I always make sure that I have a healthy snack available to me in my refrigerator at all times
- 3 I always call restaurants ahead of time to order my personal food requirements so that I won't feel uncomfortable when I get there
4. I always take healthy snacks with me to avoid temptation
5. I never allow myself to get too hungry and then I won't have an excuse to eat unhealthy food

These tried and tested methods allow you to exercise control over your feelings and your environment, removing many of the challenging decisions about food choices by making one powerful, healthy choice for all future situations. As you become more aware of how you feel, catching yourself thinking, feeling and about to do things that are no longer in line with your new commitment to total health, you can let go of the old behaviour and make really great choices that will support your vision of a newer, healthier, happier, skinnier you!

To give you some ideas about typical eating behaviour choices, we've prepared a list of situations to see if any of them partly or completely describe your own personal reactions. Remember, you're the only person who'll see the answers so be honest with yourself. It isn't a test. It's just a lens to help us focus more clearly on the issues.

Please tick those statements that apply to you – even a tiny bit!

1. When you eat out at restaurants that have buffets you often overeat. You find it hard to eat in moderation at these restaurants. You find yourself getting seconds and thirds in this situation.

2. You are feeling really hungry and start to panic that you really need to eat something...so you grab the first available snack because you are REALLY hungry....

3. This is a very busy time in your life. You are always rushed. You don't have time to cook the right types of food let alone plan them. It seems as if everything that you have time to cook is not allowed on your meal plan. You feel as if you are locked into a never ending cycle. When you don't eat right, you feel bad, and when you feel bad, you don't like to eat right.

4. During the week you have a very structured routine but sometimes on the weekends your routine is less structured making meal planning difficult. Often you eat the wrong types of food because you do not plan your meals.

5. You have evening activities that prevent you eating a healthy dinner. So you just grab whatever is available and convince yourself "it's just the once".

6. You are visiting friends for a meal or your vacation. These friends cook with butter and fat and have a cake or pie for dessert every night. You feel that you must eat what is served or not eat at all. You do not feel comfortable asking for foods that fit into your meal plan.

7. You are on your way to an important meeting and are running late. If you do not get stopped by any more lights, you will just make the meetings. You look down and see that bag of unhealthy snacks that you picked up this morning. Sometimes you get stressed out; eating something seems to make you feel better. You are tempted to eat the snacks

8. You have had an awful day. You were in line for a promotion or a new contract and your best friend or a competitor got it instead of you. When you went to pick up the laundry at the dry cleaners they had lost it. Then, you got a flat tire only three blocks from home. You feel like "pigging out". You don't care what you're supposed to eat. You are really depressed and you think that you deserve something special.

9. You are planning on going to the movies tonight with your friends. Your favourite treat is buttered popcorn and the movie theatre is running a special on large popcorn and free refills on large drinks. What would you do at a sports event in this situation?....just wade in and join the feeding frenzy?

Even if there was just one tick, there is room for improvement, because just that one item of behavioural change can make a huge difference to your permanent weight loss outcome!

## **NOW**

Log on to our website and take the Epigenetic Eating Behaviour Test and see if your score is over 100 or less...or is it over 150 or even 200..check out your final score results at the end

<http://www.skinnydeliciouslife.com/eating-behaviour-questionnaire>

## **EATING BEHAVIOUR TIPS!**

### **1. I stop for a fast food breakfast on the way to work.**

There's no substitute for a good, healthy breakfast. Probably the most important meal of the day.

### **2. My emotions affect what and how much I eat**

Learn to breathe more deeply. I'm serious. Slow down and deepen your breathing and you'll relax more, reducing the need to snack on sugary killer foods

### **3. I use low-fat food products**

This is not the right choice because low fat normally means high sugar

### **4. I am not careful about the portion sizes of my foods.**

Slow down and take your time when you're eating. Stop. Think about how much food you really need. Be aware of your choices.

### **5. I buy snacks from vending machines.**

Arm yourself with healthy snacks at the start of the day so you won't be tempted to purchase poison from a vending machine.

### **6. I choose foods without a thought about heart disease.**

Knowledge is power, my friend. This workbook has prepared you with the knowledge to spot those killer foods that attack your heart. Now you can successfully avoid them and become healthier.

### **7. I never eat meatless meals because I think that is healthier for me.**

The old argument about processed food applies here too. It isn't meat per se that's the problem. It's the hormones, antibiotics and chemicals that are pumped into the animals to fatten them up for slaughter that cause the problem. Frankly, we never evolved to be massive meat eaters. It was an occasional addition to the diet rather than the mainstay.

**8. I never take time to plan meals for the coming week**

You plan not to plan. Make a great decision to get ahead of the game by planning just once for the whole week. It only takes a few minutes and puts you firmly back in control of the entire food consumption process.

**9. When I buy snack foods, I eat until I have finished the whole package.**

Stop buying sugary snack foods. Eliminate the temptation. Ban them from your home, your work and from your life. Forever.

**10. I eat for comfort.**

But it never works, does it? Because we eat garbage for comfort. Break out the healthy snacks and chew on something that will enhance your wellbeing rather than destroy you from within.

**11. I am a Snacker.**

No problem. There are countless healthy snacks for you to enjoy. As your body celebrates your better diet, you won't mind snacking on healthy food because it's helping you achieve your best possible shape and health.

**12. I don't count fat grams**

Me neither. I just avoid processed fats and sugars so the arithmetic is never a challenge.

**13. I eat cookies, candy bars, or ice cream in place of dinner.**

You're in trouble. These foods are slowly poisoning you. You're going to have to go cold turkey, dump the bad food and start eating normally. I don't think half measures are the answer. Swear an oath of allegiance to your poor body and start supporting it with good nutrition before it quits on you. Now is an excellent moment to begin.

**14. When I don't plan meals, I eat fast food.**



Planning is the key. Take a few minutes at the weekend to sketch out a meal plan for every day. One decision for the entire week. If it works for you, you can use it again and again. Tweak the plan. Add some variety. Enjoy being in control of your life and your health.

**15. I eat when I am upset.**

The long term answer is to learn not to be so easily upset but, in the meantime, choosing a healthy food that will fill you up without costing years of ill health makes a lot more sense than stuffing yourself with toxic waste.

**16. I buy meat every time I go to the grocery store.**

Lean, organic meat is the only alternative for the dedicated carnivore. It is vital to avoid the mass produced flesh that is full of antibiotics, hormones and fat.

**17. I snack more at night.**

It's another of those important house rules. Nothing to eat after eight in the evening except raw vegetables. Period.

**18. I rarely eat breakfast.**

Skipping breakfast ruins your day and sets you up for those nasty, unhealthy snacks that you use to keep you going. A healthy breakfast is the only way to start the day, kick start the metabolism and give your body the power to tackle everything that needs to be done. Sometimes it's just a question of making a simple plan for breakfast and being organised enough to make time for it.

**19. I don't try to limit the intake of red meat (beef).**

You can have too much of a good thing, even pure, organic beef. We simply didn't evolve to consume vast quantities of red meat every day. Hunting didn't allow for such a rich diet. Choose a couple of days per week when you can really enjoy your beef and remember that even the leanest beef is forty percent fat.

**20. When I am in a bad mood, I eat whatever I feel like eating.**

Sometimes a bad mood makes us feel guilty and that's when we choose self-destructive behaviour. If you choose food that's harmful for you, you're

going to feel worse. It won't just be your mood that's causing you pain. Your body will feel awful too. That's what happens when you abuse it.

**21. I never know what I am going to eat for supper when I get up in the morning.**

When you take a few minutes to set up a fool proof eating plan for the entire week, you'll know exactly what you're going to eat. Because you already planned it. So tick that item off your To Do list. It's taken care of.

**22. I never snack two to three times a day.**

Much depends on how active you are during the day and what kind of work you're doing. If you're burning the calories, especially if you add exercise workouts to your routine, healthy snacks are a perfect supplement to your eating requirements. Healthy snacks are the perfect antidote to sugary toxic snacks.

**23. Fish and poultry are the only meats I don't eat.**

In my experience, the problem here is usually related to how the food is prepared. A good recipe and a little creativity can transform most fish and poultry into a feast. It's a great excuse to experiment!

**24. When I am upset, I tend to eat more**

And then you feel worse. We encourage absolutely everyone to learn to breathe more deeply, practise a little gentle meditation and distance yourself from the old habits of being upset. Food is often used as a drug. You use it as an escape mechanism. You use it as a displacement activity. If you need to chew, hit the raw veggies and you may find your mood as well as your health improves.

**25. I like to eat vegetables seasoned with fatty meat.**

Because it tastes good? Yep! And you crave the comfort of fat. Switch to virgin olive oil and save that fatty meat for the cat.

**26. If I eat a larger than usual lunch, I won't skip supper.**

Skipping meals is rarely a good idea. It's fine to have supper but make sure it's a smaller serving than usual.

**27. I never take a shopping list to the grocery store.**

Humans can't handle too many items of information at one time. That's why we invented lists. Then you don't have to try to remember everything you need at the store. Everything is on the list. It's called preparation and it makes life so much easier. Try it and see.

**28. If I am bored, I will snack more**

Boredom is a sure sign of an idle intelligence. We are surrounded by more visual stimulation, electronic media and entertainment material than at any other time in the history of the species and you're bored? Are you still alive? Wake up and open your eyes. The world around you is a miracle. Experience it every single day. And you are part of it.

**29. I eat whatever I want at social events.**

You have to be prepared. Once you begin to understand the real consequences of poisoning your body - and there's no pretty way of describing this - you'll take full responsibility for what goes into the cake hole. Putting your body under strain with toxic food can trigger problems that can kill you. Social events are meant to be enjoyed. They're not supposed to be lethal.

**30. I am not very conscious of how much fat is in the food I eat.**

We live in a world where this information is now widely available. As you develop awareness of what to eat, you'll find yourself checking labels more often. Getting in shape is a very important part of boosting good health and confidence. Keeping in good shape just requires a little more awareness. No more chomping like a zombie. Wake up and start paying attention to the things that can either help or harm. And that applies to what you eat.

**31. I usually keep cookies in the house.**

House rules! Make it a cast iron, non-negotiable rule - no cookies in the house. No junk food in the house. Scrap the temptation and you won't have to fight the urge to poison yourself.

**32. I have a serving of meat at every meal.**

Don't you get bored with meat? Don't you need some variety in your diet? Times have changed. The developed world has never had such incredible

access to a truly vast array of foodstuffs. Give your taste buds a treat and your health a boost by enjoying delicious, nutritious food every single day/

**33. I associate success with food.**

There's a definite shift in cultural expectations. We used to associate success with cigars, alcohol and rich, sugary foods. Now we know better. Success also means feeling great, respecting the miracle of your body and living a healthy life so that you can enjoy the success. It's only a question of habits. You can easily associate success with getting a massage, enjoying a really healthy meal, taking better care of yourself. That's total success.

**34. A complete meal includes a meat, a starch, a vegetable and bread.**

It's amazing that these medieval ideas can persist for so long when the world is full of new data, new perspectives and life changing research. If you've been following the advice in your workbook you'll know pretty well what you need to eat and what to avoid to get into the best possible shape and discover the joys of real health.

**35. On Sunday, I eat a large meal with my family.**

What a perfect opportunity to share the good news about healthy nutrition and respecting your body. Be the example to your family. Be the change that motivates them to take care of themselves. Share your new knowledge. Spread the word. They only get the one life. Help them to make the very most of it by encouraging them to join you in a total commitment to feeling fantastic.

**36. Instead of planning meals, I will replace supper with a snack.**

Make it a house rule. Three healthy meals a day and healthy snacks to keep your appetite under control.

**37. If I am busy, I will eat a snack instead of lunch.**

Everyone's busy. How come some people get a healthy lunch? They prepare in advance. Organisation is the answer. Start planning for great things in your life, including great nutrition.

**38. Sometimes I eat dessert more than once a day.**

Sugar will kill you. You know that. You're giving yourself nasty insulin spikes with those desserts. The only way to handle the addiction is to go cold turkey and ban sugar for three days. That's how long it takes for your insulin levels to reset. Then it gets much, much easier.

**39. To me, cookies or crunchy food are an ideal snack food.**

Poison is never ideal unless you want to die. Slowly. Sugar is toxic. How can a toxic substance make you feel well? It doesn't, does it? Ban all cookies. Sugary crunchy snacks should have a skull and crossbones on the label. Ban the sugary snacks. The rule for living longer and enjoying your life is to banish sugar and anything that contains it.

**40. My eating habits are very routine.**

Fantastic! As long as you've developed the habits of eating healthily. If not, it's time to change those habits before your body starts to protest under the constant, habitual burden of food toxicity.

**41. When choosing fast food, I pick a place that offers the tastes I like and not healthy foods.**

Educating your palate can be tremendous fun but most of the foods we think we like are just an excuse to cram our guts with garbage. Might be healthier for you to save some money and dine right out of the dumpster. It's the sugar addiction - it's in so many foods these days that you're addicted to the stuff. Ban sugar from your diet and everything starts to get better. Stop poisoning yourself with garbage and start to appreciate what your body really needs.

**42. I eat at a restaurant at least three times a week.**

Eating out can be great fun. You just have to choose a restaurant with healthy food on the menu or ask the kitchen to make things for you that support your new wellbeing and health programme.

**Summary - Getting organised**

Identify your behaviours and eating choices

Learn to understand the real consequences of your behaviours

Accept your body and start to treat yourself with kindness and understanding

Identify where your habits and behaviours came from

Set up house rules and meal planning schedules

Switch on your awareness

I suggest taking a look at my Emotional Eating Book to further assist you in this area

Click here

[http://www.amazon.com/gp/product/B00UZP82QO?  
ie=UTF8&camp=1789&creativeASIN=B00UZP82QO&linkCode=xm2&tag  
=onelifeblog-20](http://www.amazon.com/gp/product/B00UZP82QO?ie=UTF8&camp=1789&creativeASIN=B00UZP82QO&linkCode=xm2&tag=onelifeblog-20)



<https://www.flickr.com/photos/tombland/51524073>

## Chapter 6

### Epigenetic GUT BIOLOGY

Your gut biology and the secrets of effective, sustained weight loss

Let's get right down to the guts of the matter! Whilst countless diet books have focused on fads and fleeting feeding fashions, we've had to wait until now to discover that the key to successful weight control is hidden in our intestinal flora. Encouraging the right balance of microbes in our gut and enhancing natural digestion are two of the most important and positive contributions we can make towards generating great health and real weight control.

There is an ancient tradition in many cultures that our intelligence is not simply located in the brain. You might find it surprising that recent research is taking a fresh look at this unusual question and producing some unexpected answers.

Dr Natasha Campbell McBride, an authority in this fascinating area, states "The importance of your gut flora, and its influence on your health cannot be overstated. It is truly profound. Your gut literally serves as your second brain and even produces more of the neurotransmitter serotonin - known to have a beneficial influence on your mood - than your brain does".

It gets better.

Your gut is also home to countless bacteria, both good and bad. These bacteria outnumber the cells in your body by at least ten to one. We refer to the world of your intestinal flora as the microbiome.

Your microbiome is closely inter-connected with both of your brain systems. Yes. We're proceeding on the basis that we have two locations for the body's operating systems. In addition to the brain in your head, embedded in the wall of your gut is the enteric nervous system (ENS), which works both independently of and in conjunction with the brain in your head.

According to New Scientist: "The ENS is part of the autonomic nervous system, the network of peripheral nerves that control visceral functions. It is also the original nervous system, emerging in the first vertebrates over 500 million years ago and becoming more complex as vertebrates evolved, possibly even giving rise to the brain itself."

Our ancient enteric nervous system is thought to be largely responsible for your "gut instincts," responding to environmental threats and sending



information to your brain that directly affects your well-being. I'm sure you've experienced various sensations in your gut that accompany strong emotions such as fear, excitement and stress. Feeling "butterflies" in your stomach is actually the result of blood being diverted away from your gut to your muscles, as part of the fight or flight response.

These reactions in your gut happen outside of your conscious awareness because they are part of your autonomic nervous system, just like the beating of your heart. Your ENS contains around 500 million neurons. Why so many? Because eating is potentially fraught with danger: "Like the skin, the gut must stop potentially dangerous invaders, such as bacteria and viruses, from getting inside the body". This sounds like a perfectly helpful defence mechanism to foster our survival. And what better place to locate a defensive system to protect the body than in the very spot where food can cause the most damage: the gut.

Evolution really has been generous in equipping us with so many ways to keep us safe. If a pathogen should cross the gut lining, immune cells in the gut wall secrete inflammatory substances, including histamine, which are detected by neurons in the ENS. The gut brain then either triggers diarrhoea or alerts the brain in the head, which may decide to initiate vomiting, or both. In other words, the reactions in the gut will send instructions to purge the system as rapidly as possible.

We now know that this communication link between your "two brains" runs in both directions and is the main pathway for the way that foods affect your mood. For example, fatty foods make you feel good because fatty acids are detected by cell receptors in the lining of your gut, which then send warm and fuzzy nerve signals to your brain. Knowing this, you can begin to understand how not only your physical health but also your mental health is deeply influenced by the state of your gut and the microbial zoo that lives there. Your intestinal microbes affect your overall brain function, so this means that your eating behaviour is also affected by the health of your gut!

When it comes to Inflammation, Your Microbiome Rules

Scientists have found a specific pattern of intestinal microbes that can measurably increase your risk for Type 2 diabetes. This pattern can serve as a biomarker for diabetes probability. Similarly, researchers have also found marked differences in bacterial strains between overweight and non-overweight people. A strain of beneficial bacteria called *Lactobacillus rhamnosus* has been identified as being helpful for women to lose weight.

The best way to optimize your gut flora is through your diet. A gut-healthy diet is one rich in whole, unprocessed, unsweetened foods, along with traditionally fermented or cultured foods. But before these powerful foods can work their magic in your body, you have to eliminate the damaging foods that get in their way.

The conclusions of the latest research confirm that a good place to start is by drastically reducing grains and sugar. We covered this in our very first piece of advice. Did you print out the warning and tape it to your fridge? We also need to avoid genetically engineered ingredients, processed foods, and pasteurised foods. Pasteurised foods can harm your good bacteria and sugar promotes the growth of pathogenic yeast and other fungi (not to mention fuelling cancer cells). Grains containing gluten are particularly damaging to your microflora and overall health. This would be a good time for you to review the table above that lists foods, drugs and other agents that harm your beneficial microbes so that you can take steps right now to avoid as many as possible.

And In with the Good!

Consuming naturally fermented foods is one of the best ways to optimize your microbiome.

Not only are your gut bacteria important for preventing disease, but they also play a critical role in defining your body weight and composition.

Scientific studies have revealed a positive-feedback loop between the foods you crave and the composition of your microbiome, which depends on those nutrients for survival. So, if you're craving sugar and refined carbohydrates, you may actually be feeding a voracious army of Candida! Once you've begun eliminating foods that damage your beneficial flora, start incorporating fermented foods such as sauerkraut and naturally fermented pickles for example.

Your gut bacteria - and therefore your physical and mental health - are continuously affected by your environment, and by your diet and lifestyle choices. If your microbiome is harmed and thrown out of balance (dysbiosis), all sorts of illnesses can result, both acute and chronic. Unfortunately, your fragile internal ecosystem is under constant assault nearly every single day.

Some of the factors posing the gravest dangers to your microbiome are outlined in the following table. You should be already familiar with some of these toxic substances from previous chapters!

- Refined sugar, especially processed high fructose corn syrup (HFCS)

- Genetically engineered (GE) foods (extremely abundant in processed foods and beverages)
- Agricultural chemicals, such as herbicides and pesticides. Glyphosate appears to be among the worst
- Conventionally-raised meats and other animal products; CAFO animals are routinely fed low-dose antibiotics and GE livestock are raised on Gluten
- Antibiotics (use only if absolutely necessary, and make sure to reseed your gut with fermented foods and/or a good probiotic supplement) NSAIDs (Nonsteroidal anti-inflammatory drugs) damage cell membranes and disrupt energy production by mitochondria)

The microbes in our gut have evolved to function as highly efficient food processors and they are directly affected by whatever we eat. When the microbiome is out of balance, we often see varying degrees of inflammation throughout the body.

The Epigenetic Eating Program, which is blissfully free of refined grains, flour, sugar, and processed vegetable oils supports the healthiest mixture of gut microflora. On the other hand, the typical Western diet – very high in calories from refined carbohydrates but lacking in essential nutrients – tends to have the opposite effect, contributing to a harmful imbalance in gut bacteria. This is so serious that it can lead to the development of insulin resistance, diabetes, obesity, and heart disease. An unhealthy microbiome naturally tends towards weight gain so we can see how closely our health and wellbeing is linked to the state of our intestinal flora. When the unhealthy microbes predominate in the gut, they send signals to the brain to supply more fuel in the form of refined carbohydrates, dramatically increasing the chances of you putting on more weight. As we've stated earlier in the book, taking control of your weight is only one of the benefits of creating a normal and healthy environment for your gut flora. Better health, longer life and a reduction in the risk of disease are all connected to a healthy, efficient and happy microbiome!

### **Gut Biology Summary**

The gut is the site of the 'second brain'

Inflammatory conditions are deeply influenced by the microbiome

Correcting intestinal flora is the key to health and weight loss

Identify the toxins that harm the body and disrupt normal gut functioning

Eliminate harmful substances from daily diet to restore balance



## Chapter 7

### YOUR ANTI INFLAMMATORY Paleo – Keto - Epigenetic Eating Transformation

Welcome to Your brand new and exciting career! You are now Managing Director of Your Paleo-Keto Epigenetic Eating Life. Inc. Congratulations. It's simply the Best Job in the Whole World and now it's yours.

Your most important job from now on is to focus on making the right food choices. You don't need to weigh or measure, you don't need to count calories. Wow, I bet that sounds like a new way of dealing with the old weight loss issue, doesn't it? Just make that one decision to follow the programme under any and all circumstances, under any amount of stress and your body will do the rest.

Your only job?

The most important job in your life!

Eat The Right Food for Your Epigenetic Expression

Fall madly in love with your absolute best weight-loss foods - and watch them fall in love with you and your new, leaner body

From all the information you've absorbed so far, you'll know for sure that certain food groups (like sugars, grains and dairy products) could be having a very negative impact on your health and wellbeing without you even noticing. But when you think about your present state of wellbeing, you might be wondering how much of your health - or lack of it - has been caused by the food you've been eating. Weight loss is a great example. If you've tried to lose weight but always found it a struggle, experiencing initial success but then putting the pounds back on, you know that you have to do something different. It's time to recognise that cutting down the calories isn't enough. If you're still eating the wrong foods, the problems will remain. It's time to remove the source of the problem and that's only going to happen by removing all the harmful, toxic foods from your diet.

Say goodbye to all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups and see the weight fall off. That's right. You might want to read that sentence again. It's essential to your future health. Let your body heal and recover from the years and years of weight gain and from all the other nasty effects of those nasty, toxic foods. It's time to re-programme your metabolism and flush away the inflammation.

Learn once and for all how the foods you've been eating are really affecting your health, your weight and your long term health. We've arrived at one of the most important reasons for you to follow this programme.

This is about to change your life.

Epigenetics demonstrates the vital link between the things you do and how you live to the way your body behaves, all the way down to the cellular level. This might be one of the most surprising revelations about the entire body transformation programme. I think you're going to like it because you're going to love the results.

We cannot possibly put enough emphasis on this simple fact.

Like many of the most important elements in our lives, the answers are so simple that it's too easy to blink and miss the power of this revelation.

## **The Epigenetic Eating Transformation**

Are you ready for this?

Well, take a deep breath, my friend, because this is the answer you've been waiting for.

**Eat. Real. Food.**

**Eat real food.**

**Only eat real food.**

**And now you know.**

Real food is unprocessed, additive free and as natural as nature intended.

Real food includes lean, organic game and poultry, line caught seafood, organic free range eggs, tons of fresh vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds.

Eat foods with very few ingredients and no additives, chemicals, sugars or flavourings. Better yet, eat foods with no ingredients listed at all because then they're totally natural and unprocessed.

Don't worry, these guidelines are outlined in extensive detail in our essential life-enhancing Epigenetic Eating Shopping list.

What to avoid if you want to be healthier, leaner and in better shape forever.

More importantly, here's what NOT to eat. Cutting out all of these foods and drinks will help you regain your natural, healthy metabolism, reduce systemic inflammation and help you to realise exactly how these foods are truly affecting your weight, fat percentage, health, fitness and every aspect of your life.

- Sugar. It's out. It's that simple. Do not consume added sugar of any kind whether it's real or artificial. No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, Xylitol. The only exception is Stevia, the natural sweetener that avoids the toxicity of all the other sweeteners. Start reading the labels because food companies love to use sugar in their products to cater for your sugar addiction and they use it in ways you might not recognise. Great way to sell more products. Disastrous for your health.
- Do not consume beer in any form, not even for cooking. And let's be brutal about that other global addiction - tobacco. Absolutely no tobacco products of any sort. Ever. Wine though, in moderation, is fine. Ideally you'll opt for dry wines and a small amount of spirits but NO liqueurs ever!
- Do not eat grains. This includes wheat, rye, barley, oats, corn, rice, millet, bulgur, or sprouted grains
- The very occasional exceptions are buckwheat and quinoa which are not technically grains but, unfortunately, they have many grain like qualities. The answer is to limit your consumption and always exercise moderation. Cutting out grains also includes all the ways we add wheat, corn, rice and other starches to our foods in the form of bran, wheat germ, modified starch and so on. Again, read the labels.

- Do not eat legumes, except for some occasional sprouted legumes. This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy, soy sauce, miso, tofu, tempeh, edamame and all the many ways we sneak soy into foods (like lecithin).
- Do not eat dairy. This includes cow, goat or sheep's milk and milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream. Use coconut milk, coconut yoghurt and coconut cream.
- Do not consume carrageenan, MSG, sulphites or any additives whatsoever. If these ingredients or any E numbers appear in any form on the label of your processed food or beverage, don't even touch it!.

Sounds tough, doesn't it? But that's because we've been conditioned to connect really bad food and sugary sweet flavourings with good times. We get sweets and candy as a reward during childhood and the comforting feeling gets embedded in our behaviour.

Before long we're addicted to all the things that effectively poison us. Take a look around you. Do you see much evidence of happy, healthy people in the local population? Disease incidence and obesity are ballooning. Something's radically wrong and you are one of the few, lucky ones to know exactly where the problem really lies.

Knowledge is power, my friend. Let's put this life-changing knowledge to the best possible use. Right now. You know what to do. All you have to do is make one powerful choice for health, normal weight and a tremendous increase in energy and the quality of your life and your body will do the rest. At this stage of the programme, you might be surprised to know that we're not going to obsess too much about the weighting scales. The really important changes are taking place inside your body and your weight will improve naturally as you allow it to flush out all the toxins and reduce inflammation levels.

### **The Fine Print**

These foods are the exceptions to the rule and the good news is they are all allowed in your new super healthy eating plan

- Certain legumes. Green beans and peas. While they're technically a legume, these are generally good for you.
- Vinegar. Most forms of vinegar, including white, apple cider, red wine, and rice, are allowed. The only exceptions are balsamic, vinegars with added sugar, or malt vinegar, which generally contains gluten.
- Salt but only low sodium or sodium-free salt. Did you know that all iodised table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidising and being lost.



### **Limitation Foods – be careful 5%**

High sugar fruits – watermelon, grapes, mangoes.

Buckwheat and quinoa – it behaves like a starchy carbohydrate a bit

### **Clever but slightly naughty indulgences – 10%**

Chocolate – organic cocoa powder,

Fried potatoes – use sweet potatoes or lots of vinegar to help with digestion,

Muffins cakes and cookies with almond and coconut flour and stevia

Nut and Seed Butters. Its ok but still processed

### **Fats to help you burn fat – 20--%**

Coconut oil, extra virgin olive oil, walnuts, macadamias and their oils, coconut products, avocados

### **Vegetables to fuel your system 30%**

Really go to town and enjoy as many servings in as many formats as you can...raw is best, but steamed and stir fried work wonderfully well

### **Proteins for weight loss 35%**

Fish, Turkey (chicken if you must), game and hemp seed protein are the best forms for weight loss

## **The PALEO/KETO Epigenetic Shopping Guide**

Being overweight is expensive in every possible way. And it costs far too much in terms of your quality of life. So it's vitally important to make healthy eating your absolute top priority and there are many of ways for you to maximize your food budget. We'll start with the top foods in the PALEO/KETO Epigenetic Eating Diet

The next three items ALL SHARE EQUAL PRIORITY

### **#1: Protein**

Always start at the game, poultry, fish, and eggs section first because the majority of your budget should be spent on high quality animal protein.

- Prime choice:

Always look for organic and/or raised in the wild. Buy whatever's available, and learn how to cook it, if necessary. If you have room in your budget, buy extra and freeze it for later. Go for organic, free-range eggs – they're still one of the cheapest sources of good protein.

- Alternative choice:

If you can't afford organic meat, go for game (ostrich and venison are best), fish and eggs. Chicken is still controversial because we don't know how many hormones and GMO grains are added to chickenfeed these days.

Avoid beef and pork since they are too high in fat and usually contain antibiotics and hormones.

- Never:

Bypass all commercially-raised and/or processed meats (like bacon, sausage and deli meats).

- If you are against consuming animal protein for any reason, you have a great alternative in Hemp Protein Powder

Hemp protein, made from the hemp seed, is a high-fibre protein supplement that can be used to enhance total protein intake for vegans and non-vegans alike. Hemp can be considered a superior protein source due to its above-average digestibility, which also makes it ideal for athletes. When a protein is efficiently digested, it can be deployed more effectively by the body. The digestibility of any given protein is related to the concentrations of its amino acids. A study published in 2010 in the "Journal of Agricultural and Food Chemistry" tested the protein digestibility-corrected amino acid score (PDAAS) -- a rating that determines the bioavailability of a protein -- for various proteins derived from the hemp seed. The results showed that hemp seed proteins have PDAAS values greater than or equal to a variety of grains, nuts and legumes. We're big fans of hemp seed protein because it enhances the immune system and boosts energy levels as well as protecting the kidneys.

### **Hemp Background**

Hemp is a remarkably diverse crop that can be grown for both food and non-food purposes. Hemp seed, which is used to manufacture hemp protein, is composed of approximately 45 percent oil, 35 percent protein and 10 percent carbohydrates. The hemp seed possesses many nutritional benefits, according to Agriculture and Agri-food Canada. In addition to its health benefits, hemp is very environmentally friendly, as it can be grown without the use of fungicides, herbicides and pesticides and it efficiently absorbs carbon dioxide. How many more good reasons do you need to fall in love with hemp seed protein?

### **#2: Vegetables**

Now that you've organised your essential protein supplies, it's time to move on to the vegetables. These are the second tier of your super new plan for effective weight loss and new levels of wellbeing.

- Vegetables are very important in the epigenetic diet plan because they help the body to eliminate toxins and re-balance the microbiome. (By this we mean your gut bacteria). Local

produce is the first choice and aim to eat whatever's in season as these veggies are going to be the least expensive and the most nutritious. Choose veggies that are super dense with nutrients. If you have to peel it before eating (or if you don't eat the skin), organic isn't as important. Frozen vegetables can also be an excellent budget-friendly option.

- Fruits: Buy what you can locally (and organically, if possible). If you can't get it locally then it's probably not in season, which means it's not as fresh, not as tasty, and more expensive. Frozen fruits (like berries) are superb, inexpensive alternatives. Add berries and low sugar apples to your shopping list. Bananas, peaches and pineapple should always be consumed in very small quantities and we recommend that you avoid during detox grapes, mango, tropical and dried fruit especially during the three week detox phase....after that always eat sparingly.

### **#3: Healthy Fats**

Healthy fats make up the last but most important item on your shopping list. Some of the healthiest fats are also the least expensive and it's always a good idea to keep a good supply of oils, nuts, and seeds at home to help in preparing your super, new Epigenetic meals.

- Canned coconut milk is delicious and provides 72 grams of fat per can. Avocados are a great, all year-round choice too when it comes to sourcing healthy fat.
- Almond milk and other nut-based milks are also recommended but always make sure there is no sugar or salt in the list of ingredients
- Almond or coconut flour make an ideal alternative for baking or for thickening sauces.
- Stock up on coconut oil, extra virgin olive oil, walnut, avocado and hazelnut oil.
- Nuts are a great source of healthy fats but you need to consume them in moderation. Nut butters often contain unnecessary additives to be careful to read the labels. Too many cheaper nuts are salted and roasted in seed or vegetable oils – a less healthy option – so always opt for the raw, natural varieties.

### **Additional Items**

#### **Low Sodium Salt – An Absolute Essential**

Let's start with the fact that sodium is an essential part of your daily diet. But, as many of us now know, too much sodium can be downright harmful to the body. Lower levels of sodium in the diet can really help your heart, kidneys, and all of your body systems.. The 2010 Dietary Guidelines for Americans recorded by the MayoClinic.com recommends that adults who are healthy should limit sodium to no more than 2,300 mg/day.

#### **Sodium and Your Health**

Cut down your salt intake.

The American Heart Association states that "Sodium is an element that's needed for good health. However, too much salt or too much water in your system will upset the balance." There are many benefits to following a low

sodium diet. Reducing your intake of sodium, or salt, helps to reduce blood pressure and helps to prevent swelling of the extremities, such as your legs. People who reduce their salt intake may experience an initial weight loss that is rapid, but limited. Sodium causes a person to retain water, which adds to body weight, according to Diets in Review, an online resource about healthy eating. Though someone who begins a low-sodium diet may be pleasantly surprised to see a seemingly large weight loss at first, these results typically end once the dieter returns to adding the more usual amounts of salt to their daily eating habits.

### **Important Considerations**

Not all stevia is the same. Do try several different brands but always ensure that there are no other additives whatsoever. Stevia liquid in glycerite tends to be the best tasting!

### **Ways to Reduce Sodium**

Salt often disguises the more subtle flavours in our food so it can be a very pleasant surprise to banish salt and discover what real food tastes like! Checking food labels will soon reveal how many daily products contain added salt. It's everywhere,.. Frozen dinners, for example, can have low fat content but very high sodium levels. Using fresh or frozen vegetables can help reduce the sodium content of foods, and rinsing canned vegetables can rid them of the salt that is used in the preservation process. Using fresh or dried herbs can give meat, fish and vegetables a fabulous flavour without adding salt, fat or calories. Once you get used to less salt in your food, your taste buds come alive and reward you with a whole new sensory experience with layers of delightful subtlety that can revolutionise the eating experience forever.

### **The only safe sweetener for Weight Loss**

Using the highly refined extracts from the stevia leaf as a zero-calorie, 100 percent natural sweetener can help reduce your intake of sugar. Stevia is actually 300 times sweeter than regular sugar with a minimal aftertaste, yet it is suitable for sugar-sensitive people, such as diabetics. Stevia will not cause cavities and is heat-resistant enough for use in baking and cooking, according to the 2005 book by; Dr. Gillian McKeith called Living Food for Health. Refined, simple sugars are a leading cause of obesity in the U.S., according to KidsHealth, and substituting other non-caloric sweeteners for table sugar can promote weight loss and maintenance.



<https://www.flickr.com/photos/mimi70273/7133429249>

## The ANTI INFLAMMATORY Paleo-Keto Epigenetic Delicious Shopping List

Items in *italics* – limit choice

### PROTEIN:

#### Seafood

- Not Good : Farm-raised
- Better : Organic
- Best : Wild-caught & sustainably fished

#### Poultry

- Not Good : Factory farmed
- Better : Free-Range
- Best : Organic

#### Game

- Not Good : Processed Game Products
- Better : Wild-caught
- Best : 100% grass-fed & organic

#### Eggs

- Not Good : Factory farmed
- Better : (omega-3 enriched optional)
- Best : organic

## VEGETABLES:

Acorn Squash

Fennel Root

Artichoke

Arugula

Asparagus

Beets

Bell Peppers

Bok Choy

Broccoli/baby broccoli

Brussels Sprouts

Butternut Squash

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Garlic

Green Beans

Greens (beet, mustard, turnip)

Kale

Leeks

Lettuce (butter, red)

Mushrooms (all)

Okra

Onion/Shallots

Parsnips

*Potatoes – smaller red skinned are ideal-limit consumption to very moderate*

Pumpkin

Radish

Rhubarb

Snow/Sugar Snap Peas

Spaghetti Squash  
Spinach  
Sprouts  
Summer Squash  
Sweet Potato/Yams  
Swiss Chard  
Tomato  
Turnip  
Watercress  
Zucchini - Courgettes

## **FRUITS: BEST FOR PALEO-KETO**

Blackberries  
Blueberries  
Cherries  
Grapefruit  
Kiwi  
Lemon/Lime  
Nectarines  
Papaya  
Peaches  
Plum  
Pomegranate  
Raspberries  
Strawberries  
Tangerines

NO DRIED FRUIT

## **FATS**

### **Best: Cooking Fats**

Coconut oil  
Extra-Virgin Olive Oil

### **Best: Eating Fats**

Avocado  
Cashews

Coconut Butter  
Coconut Meat/Flakes  
Coconut Milk (canned)  
Hazelnuts/Filberts  
Macadamia Nuts  
Macadamia Butter

### **Nuts and Seeds**

Almonds  
Almond Butter  
Brazil Nuts  
Pecans  
Pistachio  
Flax Seeds  
Pine Nuts  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Seed Butters  
Walnuts

### Summary

Fall in love with the best weight-loss foods

Eliminate sugars, grains and dairy products from your diet

Eat real, natural, unprocessed food

Eliminate additives

Eliminate legumes

Take charge of your body, your weight and your well being





## Chapter 8

### Toxins and genetic interference – causing inflammation and weight loss problems

Food processing or food poisoning techniques?

The modern industrial approach to food production and processing is responsible for a ghastly range of chemicals and additives that are directly involved in producing weight gain, fat and obesity. Amongst the thousands of additives, we have bovine growth hormone and antibiotics injected into meat, poultry, and dairy products, flavour enhancers such as monosodium glutamate, artificial sweeteners such as NutraSweet (aspartame) and Splenda (sucralose). Our list also includes man-made sugars such as high fructose corn syrup, corn syrup, dextrose, sucrose, fructose, highly refined white sugar, processed molasses, processed honey, maltodextrin, etc., plus the other 15,000 plus chemicals that are routinely added to virtually every product you buy, and that includes conventionally grown fruits and vegetables.

Man-made trans-fats such as hydrogenated or partially hydrogenated oils also cause weight gain and obesity. Even standard food processing techniques such as pasteurisation, which now applies to virtually every product in a bottle or carton, homogenisation and irradiation all contribute to weight gain.

At the end of this disturbing list of toxins, poisons and health-damaging additives we have some refreshing and deeply reassuring news. Your revolutionary epigenetic weight control system addresses all of these issues safely and effectively and offers the fast lane out of the nightmare of processed food. Once you know you have the tools to make things better, you can breathe a sigh of relief and start to take action..

Poisons polluting the planet and everything that lives on it. You've probably heard a lot already about the increasing levels of toxicity in the environment. The fact is that our environment has become increasingly more toxic. Our exposure today is higher than at any point in human history.

We are exposed to more than 10,000 different forms of toxin and they are almost everywhere. They're in the air we breathe, the water we drink and wash in, our daily cleaning materials, cosmetics and, of course, our precious food supplies. If you add the daily quota of toxic chemicals we consume in

the form of artificial sweeteners, flavour enhancers such as MSG, pesticides, preservatives, caffeine, over-the-counter medications, alcohol, nicotine and damaged fats, the list of daily toxic consumption could give you nightmares. But beyond the discomfort of a nightmare, these toxins are harming your body. We should also include those naturally occurring toxins produced by the body as a result of normal, essential cellular functions.

The problem is that these pesky toxins can accumulate in the body and that's when the damage occurs. It is the accumulation of these toxins that creates total havoc in the body. Yes we can process and remove many harmful substances and neutralise their influence but when we take on board more than we can handle, the body is effectively poisoned. As a result, excessive oxidative stress occurs, which in turn threatens our health by damaging our precious DNA. And as you now know, damaged DNA can lead to a long list of health problems.

Let's get this uncomfortable subject sharply into focus. Entire populations are suffering the effects of toxicity: the problems show up as a combination of headaches, fatigue, joint pain, insomnia, mood changes, weakened immune system, or other chronic issues. This total toxic overload has been implicated in: cardiovascular disease, cancer, chronic fatigue, weight loss resistance, allergies, skin conditions, asthma, mental illness, hypertension, gastritis, kidney disease and obesity. Not a happy list.

We know you like to have all the facts so let's see how toxins can even influence human metabolism.

There are five important mechanisms that are harmed by toxins:

- Hormone regulation,
- Neuro-regulatory mechanisms,
- Immuno-regulatory mechanisms,
- Mitochondrial function,
- And oxidative stress.

Toxins alter thyroid hormone metabolism and receptor function leading to a slow down in metabolic rate. Slower metabolic activity means more fat retention. It isn't difficult to see the connections between constant exposure to toxins and lots of nasty little health problems, unintended weight gain being one of the most obvious.

The Environmental Protection Agency in the U.S. has monitored human exposure to toxic environmental chemicals since 1972.

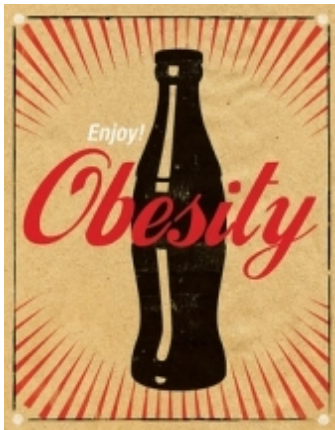
That's when they began the National Human Adipose Tissue Survey. This study measures the levels of various toxins in fat tissue extracted during autopsies and from surgical procedures. Five of what are recognised as the most toxic chemicals were found in 100% of all samples.

Toxic chemicals from industrial pollution dominated the samples, toxins that damage the liver, heart, lungs, and nervous system. Nine more chemicals were found in 91-98% of samples: benzene, toluene, ethyl benzene, DDE (a breakdown product of DDT, the pesticide banned in the US since 1972), three dioxins, and one furan. Polychlorinated biphenyls (PCBs) were found in 83% of the population.

A Michigan study found DDT in over 70% of 4 years olds, probably received through breast milk. With the spread of the global economy, we may be eating food that was picked a few days before in Guatemala, Indonesia, Africa or Asia, where there are fewer restrictions on pesticides than there are in the United States or Europe.

I don't want to put you off your lunch but many of these chemicals are stored in fat tissue, making animal products a potentially concentrated source of contamination. One hundred percent of beef in the U.S. is contaminated with DDT, as is 93% of processed cheese, hot dogs, bologna, turkey, and ice cream. Bon appetit!

But just because there are plenty of reasons to get paranoid about our food, there are plenty of healthy, life-affirming, nourishing and tasty alternatives out there.



<https://www.flickr.com/photos/melliegrunt/4457372401>

## **OBESITY, INFLAMMATION AND TOXICITY: What is the real connection?**

Effects on Thyroid and Metabolic Rate

If you've ever attempted a weight loss programme, you'll probably recognise the familiar plateau phase where many people lose a few pounds but then find it really difficult to shed the rest.

What might be getting in the way of further weight loss and even interfering with the metabolic control system? A review paper, "Energy balance and pollution by organochlorines and polychlorinated biphenyls," published in *Obesity Reviews* in 2003 describes the effects of toxins on metabolic rate and weight regulation.

The authors conclude that pesticides (organochlorines) and PCBs (from industrial pollution), which are normally stored in fat tissue, are released during the weight loss process and lower the metabolic rate. That will slow down the rate at which we can lose the pounds. How do the chemical toxins interfere with our metabolism?

People with a higher body mass index (BMI) have a larger volume of places to hold onto the toxins. They store more toxins because they have more fat. Those toxins interfere with many normal aspects of metabolism, including reducing thyroid hormone levels, and increasing excretion of thyroid hormones via the liver.

Toxins also compete with the thyroid hormones by blocking the thyroid receptors and competing for the thyroid transport proteins. We all know that toxins are bad news for the health but clearly we need to have an effective

strategy to deal with the effects of toxins leaking into the system as we launch our weight management system. The good news is that we've got a great strategy for handling this problem! And we'll be getting to it very soon. The Secret Power of Leptin!

Leptin is a very powerful and influential hormone and it's produced by your fat cells.

Putting it simply, science has discovered that leptin is an incredibly powerful metabolic regulator and it tells your brain whether you should be hungry, whether you should eat and whether to produce more fat. Leptin is the way that your fat communicates with your brain to let your body know how much energy is available and, very importantly, what to do with it.

In a perfect world, as you gain weight, you secrete more leptin from your fat cells. This in turn tells your brain you have stored enough fat so it naturally reduces your appetite, sending messages to help you balance your system by burning excess fat.

But there's a problem! Sometimes the leptin doesn't get the chance to communicate effectively. It isn't good news because many people have something called "leptin resistance". This means that no matter how much leptin you create from your fat cells, the brain just doesn't see it. This leads to a cycle of unhappy consequences.

Your brain thinks you are starving, so you burn fewer calories, your appetite goes into overdrive and finally every morsel of food you consume gets stored around your belly! So, until you address leptin resistance, you're not going to lose weight.

### **Optimal Leptin Levels**

When you have your leptin levels checked by a professional, your goal is to keep your leptin below 12. But not too low. Researchers have discovered that when leptin levels fall too far below the 12 mark, we can expect an increase in Alzheimer's and dementia. A leptin above 12 is not considered healthy either.

Leptin levels can now be measured with a simple blood test. Levels above 12 are linked to weight gain, accelerated ageing, increased risk of infertility, diabetes and heart attack. In addition, high leptin levels are associated with belly fat and numerous cancers. Leptin rises if you don't sleep well and if you have any kind of perceived stress. So it really is an important and often ignored component in the whole weight control mechanism.

## **Thyroid Connection**

If you are having difficulty losing weight, I recommend you get your leptin checked. Remember you want it under 12. From a thyroid perspective, if your leptin is above 12 you will commonly see low T3 (the most metabolically active thyroid hormone) and elevated reverse T3. This is not good for those trying to lose weight.

### **The Solution:**

You become leptin resistant by eating the typical American or western diet, which is full of sugar, refined grains, and processed foods. The solution is to eat a diet that emphasises good fats and avoids blood sugar spikes.

These answers are often surprising because they really are incredibly simple. When you choose a diet that emphasises those essential, healthy fats, lean meats and lots and lots of vegetables, (raw whenever possible), your body can recover its natural healthy functioning and those pesky pounds start to melt away,

For a full thyroid/leptin analysis, I recommend a medical practitioner with a thorough training and knowledge in functional medicine.

For a list of Functional Medicine Doctors in your area contact us via our website,

[www.skinnydeliciouslife.com](http://www.skinnydeliciouslife.com)

## **Toxins Summary**

Pollutions and toxins are everywhere

Obesity and toxicity are closely related

The power of leptins

The thyroid connection

Cleansing and healing the body for permanent weight control



## Chapter9

### The Epigenetic Exercise Myth

#### The Epigenetics of Exercise

Far from being written in stone, genetic expression can be altered by influences coming from outside the gene. This influence alters the operation of the gene, but does not affect the DNA blueprint itself. This process is known as epigenetics.

Toxic exposure also tends to affect genetic expression, by altering the types of proteins a particular gene will express.

In this way, your environment, diet, and general lifestyle play a significant role in your state of health and development of disease. When it comes to exercise, previous research has found that exercise can induce *immediate* changes in the methylation patterns of genes found in your muscle cells.

Several of the genes affected by an acute bout of exercise are genes involved in fat metabolism. Specifically, the study suggests that when you exercise, your body almost immediately experiences genetic activation that increases the production of fat-busting proteins.

Quite clearly, exercise in all its forms tends to have a positive effect. It has the power to affect your entire body, and your overall state of health. Its beneficial impact on your insulin response (normalizing your glucose and insulin levels by optimizing insulin receptor sensitivity) is among the most important benefits of exercise, as insulin resistance is a factor in most chronic disease.

#### The Many Biological Effects of Exercise

Getting back to the effects of exercise in general, a number of biological effects occur when you work out. This includes changes in your:

- **Muscles**, which use glucose and ATP for contraction and movement. To create more ATP, your body needs extra oxygen, so breathing increases and your heart starts pumping more blood to your muscles. Without sufficient oxygen, lactic acid will form instead. Tiny tears in your muscles make them grow bigger and stronger as they heal.
- **Lungs**. As your muscles call for more oxygen (as much as 15 times more oxygen than when you're at rest), your breathing rate increases. Once the muscles surrounding your lungs cannot move any faster, you



have reached what's called your VO2 max your maximum capacity of oxygen use. The higher your VO2 max, the fitter you are.

- **Heart.** As mentioned, your heart rate increases with physical activity to supply more oxygenated blood to your muscles. The fitter you are, the more efficiently your heart can do this, allowing you to work out longer and harder. As a side effect, this increased efficiency will also reduce your *resting* heart rate. Your blood pressure will also decrease as a result of new blood vessels forming.
- **Joints and bones,** as exercise can place as much as five or six times more than your body weight on them. Peak bone mass is achieved in adulthood and then begins a slow decline, but exercise can help you to maintain healthy bone mass as you get older. Weight-bearing exercise is actually one of the most effective remedies against osteoporosis, as your bones are very porous and soft, and as you get older your bones can easily become less dense and hence, more brittle -- especially if you are inactive.

### **Exercise Is Important for Optimal Brain Health, Too**

Genetic changes occur here, too. The increased blood flow adapts your brain to turn different genes on or off, and many of these changes help protect against diseases such as Alzheimers and Parkinsons. A number of neurotransmitters are also triggered, such as endorphins, serotonin, dopamine, glutamate, and GABA. Some of these are well-known for their role in mood control. Not surprisingly, exercise is one of the most effective prevention and treatment strategies for depression. Exercise Leverages Other Healthy Lifestyle Changes

While diet accounts for about 80 percent of the health benefits you get from a healthy lifestyle, exercise is the ultimate leveraging agent that kicks all those benefits up a notch. The earlier you begin and the more consistent you are, the greater your long-term rewards, but its never too late to start. Even seniors can improve their physical and mental health.

Its strongly recommend to avoid sitting as much as possible, and making it a point to walk more every day. A fitness tracker can be very helpful for this. I suggest aiming for 7,000 to 10,000 steps per day, *in addition to* your regular fitness regimen, not in lieu of it. The research is clearly showing that prolonged sitting is an independent risk factor for chronic disease and increases your mortality risk from *all* causes. So standing up more and

engaging in non-exercise movement as much as possible is just as important for optimal health as having a regular fitness regimen.

One of the great myths about weight loss is that all you have to do is burn more calories and everything will be absolutely fine. Clearly, from all the information we've studied and absorbed so far, we know this cannot be the whole story.

We know for a fact that people can lose weight by burning more calories. No question.

The problem is that it's rarely a permanent loss. As soon as you take a break from the routine, the pounds pile back on. And we're committed to a permanent and healthy weight adjustment that will benefit every aspect of your life. So let's remind ourselves that if we're going to take control of our weight, we need to change our metabolism. If we can encourage our metabolism to speed up, we'll burn our food more efficiently and encourage our bodies to burn fat.

Adding exercise to our routine can certainly help to speed up the weight loss programme but we're encouraging you to exercise because it really can improve the overall quality of your life. We want you to be fitter, stronger, leaner, more flexible and happier in the way your body works. Does that sound like a good idea? Do you want to live in a body that works the way Nature intended? It's a lot more fun than being trapped in an overweight, physically uncomfortable body that lacks the energy and stamina to enjoy life to the full.

When it comes to exercise, we're truly spoiled for choice. It seems that every time we turn on the TV there's a super-fit girl or boy bouncing up and down with the latest fitness fad, screaming at us to join the craze. But fitness is not about fashion. It isn't about gadgets and it isn't about trying to look like someone else. It's about feeling great and making the body as efficient as nature intended. Yes, we have to move the body to make it fitter but using exercise intelligently will serve our purposes better than blindly following the latest exercise in television fitness marketing.

The first question to raise in our quest for intelligent exercise is "What kind of exercise will help me lose excess fat and weight most efficiently?" The short answer, perhaps not surprisingly, is the kind of exercise that burns the most calories. But we need to burn calories in the most efficient manner possible for the longest period of time whilst encouraging an increase in

metabolic rate. OK. Not such a short answer but even a simple question can offer important insights into what we're really seeking in terms of safe, intelligent exercise.

There is a common consensus that cardiovascular workouts are the best in terms of straightforward calorie burning but there is a growing realisation that interval workouts, where we switch between short bursts of high intensity effort followed by brief periods of less intense exercise, are one of the best ways to turn up the fat-burning mechanism. Interval training can raise your metabolic rate for up to four hours after a session, meaning you'll burn more calories even after the workout is over.

Easy? Well before you jump into your exercise shorts and slip on the Spandex leotard, we need to recognise that too many intense cardio sessions can harm your body, causing burn out, leaving you tired, low in energy, suffering strained joints and muscles and too exhausted to keep up the exercise programme. Less is sometimes more. Try using the higher intensity interval approach a couple of days a week and substitute a less intense endurance session for your other workouts. Endurance training means exercising at an intensity where you can still talk without getting breathless. This combination gives the body time to recover, reduces strain whilst still promoting a more efficient metabolism. And you'll probably enjoy it more too.

Muscle, my friend. You were probably wondering about muscles, weren't you? You'll definitely need more metabolically active lean muscle mass to give your body new strength, shape and definition while you continue to reveal the skinnier new you. Light resistance exercises will help. Using lighter weights will help you use whole body without risk of strain or injury. Lighter weights mean more repetitions and more reps will give you the lean definition that is a sure sign of a fit and healthy body.

The real challenge is getting started, taking the first step and then committing to a programme of movement and exercise. That's why it's helpful to recognise the importance of enjoying the exercise as much as possible. Find alternatives to the dreaded treadmill. Join group classes that focus on high energy movement. Take Pilates classes every week or follow a Pilates video with an excellent teacher. The body positively thrives on new and different movements so yoga and Pilates are fantastic ways to develop a stronger, more flexible body. An active yoga class, for example, that keeps your heart rate elevated can count as a cardio session and a Pilates class that

incorporates added resistance from bands or weights can count as strength training.

Finally, don't forget that it's really easy to eat back all the calories you burned off at the gym in just a few unplanned minutes of pure self-indulgence. So for permanent weight loss success, combine your workouts with our Epigenetic Diet. That's an unbeatable combination for health, fitness and total wellbeing.



Here are the Epigenetic Intelligent Exercise Choices that have proved effective time and time again!

## **Walking your way to weight loss? Yes! It absolutely helps.**



<https://www.flickr.com/photos/boudewijnberends/5196433112>

### **1. Walking**

Walking really is an ideal exercise for weight loss even if your eyebrows just shot up in surprise! Walking really works. But it's something you have to do every single day. You don't need special equipment, you don't need special clothes, you don't even need a gym membership to do it. Just you and a pair of comfortable shoes. It's a low-impact exercise too, which reduces strain on your knees, feet and hips.

For those with obesity and heart disease, walking is an effective, low-intensity weight-loss activity that can lead to better overall health, as well as better mental wellbeing. Depending on how much you weigh, walking at a pace of four miles per hour will burn between 5 and 8 calories every minute, or between 225 and 360 calories for a 45-minute stroll. If you're interested in the maths, walking every day at this pace for 45 minutes can mean losing up to a pound a week without changing any other habits. That's every week and the accumulative effect can be truly dramatic.

So put on your walking shoes, turn up the headphones and go for a brisk stroll through the neighbourhood. If you live close to where you work or shop, make walking your primary mode of transportation and watch the excess weight slip away. Don't let the weather get in the way of your daily walk. When the weather's bad, walk indoors or take your stroll on a treadmill.

There's a lot to be said for breathing fresh air too so, if the opportunity presents itself, experience the joy of taking a walk in the woods or in the

countryside. It's a good idea to take water with you too, keeping the body properly hydrated. If you aren't used to walking, take your time.

Start gently. Don't push yourself too much. Patience is a key to good exercise routines and building up your capacity to do more should leave you feeling motivated to extend your range until you can walk comfortably for as long as you wish. That in itself can mark a significant achievement and boost your confidence in your increasing levels of fitness.



**Splish splash! Come on in, the water's lovely!**

## **2. Swimming**

Swimming is such a fun way to enjoy your exercise. It's another great way to share the benefits of physical exercise and include the family as well. The great news is that this exercise works. It's really effective for weight loss and for toning. When we swim, we use all the major muscle groups, including your abdominals and back muscles, your arms, legs, hips and glutes. It's a great way of enhancing the effects of other exercises, like running and walking, or it can be your preferred form of fitness. It's also widely recognised that swimming is ideal during pregnancy, especially during the last trimester, but it's often forgotten that it's a perfect way to exercise for obese individuals and for arthritis sufferers. Water supports ninety percent of the body's weight yet provides twelve times the resistance of air so moving or swimming in the pool is a perfect way to strengthen and tone the body whilst burning calories.

Swimming has long been used as an effective tool for building stamina so you can look forward to getting fitter and building healthy reserves of energy whilst having fun in the water. Whether you're walking from side to side in the shallow end or swimming lengths, the pool is a perfect place to measure your progress. Just add an extra width or length every week and you'll be amazed how quickly your fitness levels start to climb.

Don't be square. Round is much more fun!

## **3. Elliptical Training**

A fantastic alternative to the dreaded treadmill is the elliptical trainer, regarded by many as the better way to work out at home or at the gym. The



main advantage over the conventional treadmill is that the elliptical trainer provides a low impact cardio workout that reduces strain on the key, load-bearing joints of the body. It's an ideal piece of equipment for burning calories and boosting the metabolism. Elliptical trainers have moving handles which encourage you to move your arms and give you the benefit of an upper body workout. You can select an appropriate level of resistance and intensity to match your growing levels of strength and fitness and you can expect to burn a respectable 600 calories an hour.

When you're overweight, running places enormous strain on your joints and the combination of poor posture, inadequate muscle strength and poor lumbar support is a recipe for pain and injury. The elliptical trainer is an ideal machine for allowing gentle, safe and controlled movement without stressing hips, knees and ankles. The elliptical movement that the equipment is named for reduces back strain and opens up the possibility of effective and risk free weight reduction.

As with swimming, you can increase the speed or intensity of the workout every week and build up your stamina, strength and fitness gently, carefully and effectively as the excess pounds fall away.

Not just for supermodels! Pilates really is for everyone. And that includes you!



#### **4. Pilates**

As a Pilates Master Teacher and Yoga Teacher, I can vouch for the fact that Pilates especially contributes to weight loss – and so does yoga – but this indirectly as explained later on in the chapter...but look at the change in shape of my body and that is all you need to see if you are looking at getting into your best shape!

Pilates is deservedly famous for creating longer, leaner, fitter bodies. The Pilates method promotes weight loss and a leaner, more muscular appearance. But how does it work?

The precisely positioned exercise burn calories. How many calories you burn obviously depends on your body type and the level of effort.

Creating lean muscle mass, as Pilates does, is one of the best ways to increase your calorie-burning potential.

Pilates tones and shapes the whole body.

Sample some Pilates mat exercises:

One of the best ways to look and feel thinner is to have beautiful posture. Pilates creates a leaner look by emphasizing both length and better, healthier bodily alignment.

Pilates promotes deep and efficient respiration, which is essential for calorie burning and tissue regeneration.

Engaging in an exercise program, like Pilates, promotes self-esteem and heightened lifestyle consciousness. Both are associated with weight loss.

One of the most frequently asked questions about Pilates is: Will Pilates help me lose weight? The short answer is yes, Pilates is supportive but not the cause of weight loss. In many cases just beginning a Pilates class, or a home routine, is enough to jump start weight loss. However, as time goes by you

may find that your body becomes accustomed to your workout level. Then, you will need to increase the intensity of your workout enough to help you continue to burn extra calories. Here are some ideas to help you ramp up your workout:

If you take a Pilates class regularly, talk to your instructor and find out if it is possible to move the class along a little more quickly. Sometimes a class needs to take that step. On the other hand, it may be that some members of your class are not ready to increase the pace of their workouts and you will have to graduate yourself to a more advanced class.

If you workout at home, it is a good idea to have a routine or two that you know quite well. That way you can focus on the breath and flow of the workout and not have to pause to review the exercise instructions or sequence.

Another great way to get a weight loss workout at home is to expand your Pilates DVD collection. Look for workouts that push your current level or add a new challenge like the magic circle, fitness band, or exercise ball. There are also a number of excellent Pilates based DVDs specifically oriented toward weight loss. As a Pilates Master Trainer I will be happy to give you a personal recommendation for good quality Pilates DVD's. Contact me at [beranparry@gmail.com](mailto:beranparry@gmail.com)

### **Fully Commit to Each Exercise**

Even if you can't move through a routine rapidly, do make sure that you get the most out of each exercise. Stretch to your fullest length at every opportunity, go for the extra scoop of the abs, breathe deeply, be precise, move with control and grace. This kind of fully engaged attitude is very much in keeping with what Joseph Pilates taught, and increases the exertion level (read weight loss potential) of your workout tremendously.

### **Add Equipment**

Adding equipment , or different equipment, to your workout will help build muscle and strength by giving your body new challenges. Remember, muscle burns a lot of fat. If you go to a studio to workout, you could move from the mat to the reformer. If you have been using the reformer, take a chance and sign up for a class that includes a new piece of equipment, like the wunda chair or ladder barrel.

At home, smaller types of Pilates equipment such as magic circles, exercise balls and fitness bands can add the extra challenge. They also help keep your workouts interesting.

## Use Less Resistance

Now here is a Pilates trick that is not used by many other fitness systems: If you are working out with Pilates resistance equipment, decrease the resistance level. This seems counter intuitive, but the instability that less resistance creates provides a significant challenge to the muscles as they attempt to maintain control and balance, especially the core muscles. This technique works very well on the reformer where you can use lighter springs, but you can apply the same principle to a lighter resistance magic circle or fitness band. You may be surprised at the level of intensity that instability can add to your workout, especially as you work to maintain precision and control during both the exertion and the release phase of an exercise, as we do in Pilates.



## **Will Doing Yoga Help Me Lose Weight?**

### **5. Yoga**

Doing yoga regularly [offers many benefits](#), including making you feel better about your body as you become stronger and more flexible, toning your muscles, reducing stress, and improving your mental and physical well-being. But will it help you lose weight? Practicing any type of yoga will build strength, but studies show that yoga does not raise your heart rate enough to make it the only form of exercise you need to shed pounds.

In order to lose weight, you must eat correctly and burn calories by doing exercise that raises your heart rate on a regular basis. More vigorous yoga styles can provide a better workout than gentle yoga, but if weight loss is your primary goal, you will want to combine yoga with running, walking, or other aerobic exercise.

### **How Yoga Can Help**

Yoga can still help you lose weight by bringing you to a better in tune with your body, improving your self-image and sense of well-being, and encouraging a healthy lifestyle.

If you are just starting to do yoga , are very overweight , or are quite out of shape, always choose a beginner-level class. To minimize the risk of injury, make sure find good teachers and listen to your body first and foremost.

### **What Kinds of Yoga Are the Most Vigorous?**

The most athletic yoga styles fall in the vinyasa or flow yoga category. These styles usually start with a fast-paced series of poses called sun salutations, followed by a flow of standing poses which will keep you moving. Once you are warmed up, deeper stretches and backbends are introduced. Vinyasa includes many popular, sweaty yoga styles, such as:

#### **Ashtanga:**

Ashtanga yoga is a very vigorous style of practice and its practitioners are among the most dedicated of yogis. Beginners are often encouraged to sign up for a series of classes, which will help with motivation.

**Power Yoga:**

Power yoga is extremely popular at gyms and health clubs, though it is widely available at dedicated yoga studios as well. Power yoga is based on building the heat and intensity of Ashtanga while dispensing with fixed series of poses.

**Hot Yoga:**

Vinyasa yoga done in a hot room ups the ante by guaranteeing you'll sweat buckets. Be aware that Bikram and hot yoga are not synonymous. Bikram is a pioneering style of hot yoga, which includes a set series of poses and, indeed, a script developed by founder Bikram Choudhury. These days, there are many other styles of hot yoga that make use of the hot room but not the Bikram series.

**Yoga Workouts at Home**

Keep yourself exercising by doing yoga at home on the days you can't make a class. Follow along with a video if you are new to yoga. When you are ready to plan your own workouts, use these [yoga sequencing](#) ideas to help you come up with yoga sessions of varying lengths that will fit your schedule. To maximize yoga's benefits, it's great to do a little bit each day.

**Your Exercise Plan and Log**

Keeping an exercise log helps you stay motivated, track progress, and plan improvements. This becomes even more relevant when you have a goal like weight loss.



## **Exercise Planner and Workbook**

### **Monday:**

**am** - walking 20-60 minutes or  
a slow jog or  
swimming

**pm** - pilates

**eve-** 10-60 minutes meditation

### **Tuesday:**

**am** - walking 20-60 minutes or  
a slow jog or  
elliptical or  
cycling training or  
take a fun dance or movement class

**pm** - yoga

**eve-** 10-60 minutes meditation

**Wednesday:**

**am** - walking 20-60 minutes or  
a slow jog or  
swimming

**pm** - pilates

**eve-** 10-60 minutes meditation

**Thursday:**

**am** - walking 20-60 minutes or  
a slow jog or  
elliptical or  
cycling training or  
take a fun dance or movement class

**pm** - yoga

**eve-** 10-60 minutes meditation

**Friday:**

**am** - walking 20-60 minutes or  
a slow jog or  
swimming

**pm** - pilates

**eve-** 10-60 minutes meditation

**Saturday:**

**am** - walking 20-60 minutes or  
a slow jog or



elliptical or  
cycling training or  
take a fun dance or movement class

**pm -**

**eve-** 10-60 minutes meditation

**Sunday:**

**am** - walking 20-60 minutes or  
a slow jog or

**pm -**

**eve-** 10-60 minutes meditation

**Workout More Frequently**

Working out more often is an obvious choice for weight loss and it can work like a charm. After all, the more opportunity you take to increase your respiration, build strength, and tone your muscles, the more weight you can lose and the trimmer you will appear

**Exercise Summary**

Check out a selection of exercises that are best for weight loss

The smart way to exercise is best

Walking your way to health – a fabulous daily habit!

Swimming as a safe alternative – or choose something unusual

Use Pilates to shape your body!

Boost your programme with Yoga



## Chapter 10

### Your ANTI INFLAMMATORY Epigenetic Weight Loss helpers!....Vitamin D and Magnesium

Now that you've taken the most important steps possible to take total control of your weight and give your body the best possible opportunity to feel simply amazing, it's time to introduce you to a select group of helpers that can make your programme even more effective. We're going to start with Vitamin D, the famous sunshine vitamin. Now, as you might have guessed by now, we love sharing the results of cutting edge medical and scientific research. So when we looked at the conclusions of over 3,000 independent clinical studies that have been carried out all over the world in the last year alone, we were not surprised to learn that good old Vitamin D has now been recognised as the superstar in the weight loss supplement industry.

#### 1. Vitamin D and Weight Loss

Vitamin D is produced by the body when it's exposed to sunlight. It's a naturally occurring substance and it can also be acquired through diet or supplements. The great news is that it increases the metabolic energy of fat cells which encourages faster weight loss. Surprised? Happy to have another potent asset to help you move those excess pounds and keep you trimmer, fitter and healthier? Not only does it speed up metabolic rates for fat cells but it helps to eliminate toxins too. Now that's another great reason to ensure healthy levels of Vitamin D in your body.

One surprising insight that has emerged from the research is that both muscle and fat may well act in a similar way when it comes to storing vitamin D for future use.

New research using mathematical models has shown that a heavily muscled man and an obese man who weigh exactly the same would need the same amount of vitamin D. The key to determining how much vitamin D is appropriate for an individual would seem to be connected to body weight rather than body fat. The research is fresh so this important revelation has not been widely appreciated by most experts.

If you're overweight you're more likely to need more vitamin D than a thinner person. This new rule also applies to people with higher body weights even when it's a result of muscle mass.

Your best source for this vitamin is daily exposure to the sun, without sunblock on your skin, until your skin turns the lightest shade of pink. Too much sun is as bad as too little so don't be tempted to overdose on anything and that includes sunshine. Getting healthy exposure to the sun isn't always possible due to seasonal changes and the simple fact of where you live but moderate exposure is the ideal to aim for as it will optimize your vitamin D levels naturally.

To use the sun to maximize your vitamin D production and minimize your risk of skin damage, the middle of the day (roughly between 10:00 a.m. and 2:00 p.m.) is the best and safest time. During this UVB-intense period you will need the shortest sun exposure time to produce the most vitamin D.

If getting out into the sunshine isn't possible, you might consider using one of the safer tanning beds. These use electronic rather than magnetic ballasts and this avoids unnecessary EMF exposure. Safe tanning beds produce less of the dangerous UVA than sunlight, while unsafe ones have more UVA than sunlight. If neither of these options are available to you, then you should take an oral vitamin D3 supplement and this is where the dosage becomes important.

### **What's the Correct Dose of Vitamin D?**

Even if you do not monitor your vitamin D levels on a regular basis, there is very little risk of taking too much. There is evidence that the safety of vitamin D is dependent on vitamin K, and that vitamin D toxicity (although very rare with the D3 form) is actually aggravated by vitamin K2 deficiency. So if you take oral vitamin D, ideally you should take vitamin K2 as well or use organic fermented foods that are high in vitamin K2, as you need about 150 mcg per day.

It must be said that it is challenging to work out precisely how much vitamin D your body produces naturally and then calculate how much you might need in supplement form. Most people are deficient in Vitamin D and the best way to correct this imbalance is to consult your doctor, take the 25 OH D blood test and then either increase your exposure to sunlight or request supplements with a dose somewhere in the range of 5,000-40,000 IU. Follow up tests should be done to check your new Vitamin D levels after a few months of taking the recommended supplements.

The latest clinical data concerning the benefits of healthy Vitamin D levels reveal that this essential chemical does a lot more than help with weight

issues. It's got an impressive list of advantages for everyone:

- targets belly fat first
- turns body into fat burning mode instead of fat storing mode
- lowers high blood pressure
- helps form stronger bones to fight osteoporosis
- helps protect against different cancers
- boosts natural immune system
- reduces inflammation & joint stiffness
- influences the important hormone leptin

### Calcium and the Link to Vitamin D

As you can see from the list above, there are many health benefits associated with having sufficient Vitamin D in the body. When the body experiences a lack of calcium, it is usually due to a vitamin D deficiency. This triggers the body to increase its production of synthase, a fatty acid enzyme that turns calories into fat. A calcium deficiency will cause the body to increase its synthase production by up to 500%, which may explain a further cause of obesity. When vitamin D supplements are combined with sunlight, calcium, and a low-calorie diet, it helps the body to regulate blood sugar levels, digest food properly and, for those who are interested in losing the excess pounds, it also promotes weight loss.

### **Recommended Intake of Vitamin D**

The recommended daily intake of vitamin D should be between 400 and 600 IU. However, current research has suggested that a higher dosage would be more therapeutic. In order to improve health and heal the body, the body needs approximately 4,000 and 10,000 IU of vitamin D per day. Depending on skin tone, the body will need 10 to 20 minutes of sun every day to produce 10,000 IU of vitamin D. When the sun is not a viable option, it is best to supplement your diet with a vitamin D supplement.

## **2. Magnesium and Weight Loss**

Obesity. Is it really connected to your epigenetic behaviour?

The popular view in the media has constantly repeated the myth that obesity is somehow inherited. People have looked at their obese relatives, sighed sadly over their bulging stomachs and resigned themselves to the apparent injustice of their bad genes. But it just isn't that simple. Oh, no. If you take a

mouse with an obesity gene and deprive it of B vitamins, the obesity will be expressed. The mouse gets chubby. But if it receives plenty of B vitamins, the obese gene stays in neutral and our little mouse stays thin. The process of metabolising B vitamins is called methylation and magnesium is one of the most important elements in this process.

Magnesium plays a crucial role in many aspects of the body's health but here are some of the most relevant examples

1. Magnesium helps the body to digest, absorb, and process proteins, fats, and carbohydrates.
2. Magnesium is an essential chemical to allow insulin to open cell membranes for glucose.
3. Magnesium helps prevent obesity genes from expressing themselves.

### Magnesium and THE WEIGHT CONNECTION

Magnesium and the B-complex vitamins are important for helping to access the energy that's contained within our food. They're responsible for switching on enzymes that control digestion, nutrient absorption and the way we process proteins, fats, and carbohydrates. When our bodies don't get enough of these essential nutrients, we can experience a surprising range of negative consequences. Some of the unexpected consequences include hypoglycaemia, anxiety, depression and even our old friend, obesity.

The fact is that amidst an extraordinary array of foods and an incredible choice of what and how much to eat, we are often starved of essential nutrients. There is a fascinating research project that has identified the connection between our food cravings for foods and the way our bodies lack those essential nutrients.

Processed foods that lack the essential nutritional content that supports healthy metabolism are effectively empty calories. They only serve to add unhealthy weight to the body without contributing to the body's total nutritional requirements. So, as a result, you're often really hungry. So you keep eating. But you're still hungry and your body's packing on the extra weight but in reality you're starved of good nutrition.

The study suggested that changing to a healthy diet can re-set the brain's triggers for high fat, high calorie food and create a much healthier response

to food choices that avoids over-eating and focuses on a naturally low-fat, high energy diet. You just know that's going to help to keep the unwanted weight off and introduce you to a whole new world of feeling great.

Magnesium also produces the metabolic reaction that instructs insulin to allow the transfer of energy-providing glucose into our cells. If the body doesn't have enough magnesium to fulfil this important role, both insulin and glucose levels increase. The excess glucose is converted into fat and this obviously contributes to obesity problems. Having excess insulin also raises the risk of diabetes.

Is stress connected to weight gain? Oh yes it is. But we have the answer!

The powerful connection between stress and obesity has long been understood. When our bodies are stressed, we produce more of the chemical cortisol and the cortisol effectively forces a metabolic reversal that makes weight loss almost impossible. The great news is that our good friend and helper, magnesium, can effectively neutralise these undesirable effects of stress.

**ABDOMINAL Fat - Is a corset the only answer? No!!**

Gaining weight around your middle is strongly related to magnesium deficiency and an inability to properly utilise insulin. This is when we run the risk of encountering Syndrome X. You only need a tape measure to diagnose a predisposition to Syndrome X. If you have a waist size above 40 inches in men and above 35 in women then you're at risk. In their book *The Magnesium Factor*, authors Mildred Seelig, M.D., and Andrea Rosanoff, Ph.D., refer to research that demonstrates over half the insulin in the bloodstream is directed at abdominal tissue. They suggest that as more and more insulin is produced to deal with a high-sugar diet, abdominal size increases mainly to process the extra insulin.

**Magnesium and SYNDROME X**

The term "syndrome X" refers to a set of conditions that are really the product of long-standing nutritional deficiency, especially magnesium deficiency. Syndrome X is simply the result of starving the body of those essential nutrients. The long list of problems includes high cholesterol,

hypertension and obesity. It also includes elevated triglycerides and high levels of uric acid. High triglycerides are usually found when cholesterol levels are too high but it happens most often with people who consume a daily high-sugar diet and that includes fizzy drinks, cakes, biscuits, candy and pastries. Syndrome X is a description of what happens when we eat badly.

Vitamins and minerals are the driving forces that produce our metabolism. Without them, we get problems. So, the first step in treating non-specific symptoms is to consider diet and dietary supplements, not drugs. It is also important to note that many of the diets that people adopt to lose weight are often deficient in the vital ingredient that can make such an important contribution to weight control - magnesium.

We mentioned above that magnesium is an essential part of the process that allows insulin to play its part in the way that glucose is transferred into our cells. The cells need that energy to function normally so, if there isn't enough magnesium, the cells can't absorb the glucose and this is what follows:

1. Glucose levels become elevated.
2. Glucose is stored as fat and leads to obesity.
3. Elevated glucose leads to diabetes.
4. Obesity puts a strain on the heart.
5. Excess glucose becomes attached to certain proteins (glycated), leading to kidney damage, neuropathy, blindness, and other diabetic complications.
6. Insulin-resistant cells don't allow magnesium into the cells.
7. Further magnesium deficiency leads to hypertension.
8. Magnesium deficiency leads to cholesterol build-up and both these conditions are implicated in heart disease.

Syndrome X, according to Dr. Gerald Reaven, the individual who coined the term, may be responsible for a large percentage of the heart and artery disease that occurs today. Unquestionably, magnesium deficiency is a major factor in the origins of each of its signs and symptoms, from elevated triglycerides and obesity to disturbed insulin metabolism.

## INSULIN RESISTANCE



Food. Food. Glorious Food.

We've made lots of references and observations about food. Well, it's one of the keys to truly great weight management. It's time now to take a closer look at the way that specific foods can make you gain unwanted weight at an alarming rate and stack the fat around your belly.

Insulin is a very powerful hormone and, as you might expect, it can produce very powerful reactions in humans. You've probably seen news items and articles referring to the glycemic index. Foods that feature at the top of this index are a cause of massive increases in insulin secretion and this produces intense cravings, hunger and an increase in fat production. Foods that score high on the glycemic index are a disaster for healthy weight control and a menace to good health. There's a great deal of debate about saturated or unsaturated fats. All of these components have some level of importance. However, nutritionists and doctors virtually never mention the most important and significant components of food which can lead to weight gain and obesity. We need to lift the lid right now on food processing techniques

We've identified a key role that insulin plays in the body: it opens up sites on cell membranes to allow the flow of glucose, a cell's source of energy. Cells that no longer respond to the signals from insulin and refuse the entry of glucose are called insulin-resistant. As a result, blood glucose levels rise and the body produces more and more insulin. Glucose and insulin are pumped around the body, causing tissue damage that results in further depletion of magnesium, an increased risk of heart disease and the likelihood of adult onset diabetes.

So, get your weight loss cure today. Start taking magnesium, soak in Epsom Bath Salts or spray it on your body and watch the weight drop off. Sometimes it really is the simplest things that can make the most dramatic difference. In this case, we're highlighting magnesium as one of the best allies we can recruit to our weight control cause.

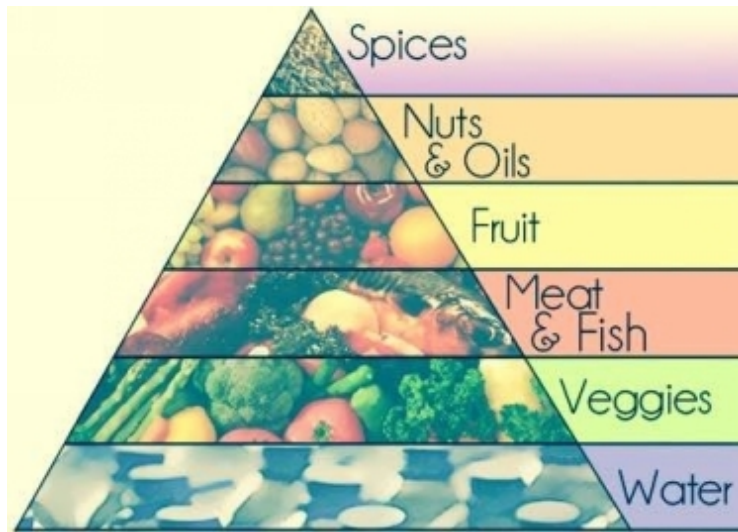
Helpers - Summary

1. The power of sunshine and the Vitamin D connection

2. Magnesium and weight loss
3. Syndrome X
4. Insulin resistance
5. Relieving health issues with smart nutrition

Disclaimer:

The information you have read in this chapter needs to be matched with your current medical status to determine how to use these fantastic weight loss aids safely and effectively. Please consult with a Functional Medicine Specialist in order to take these supplements safely. I will be happy to recommend a suitable professional in your area. Just contact me on [beranparry@gmail.com](mailto:beranparry@gmail.com)



## Chapter 11

### Paleo – Keto -Epigenetic ANTI INFLAMMATORY DELICIOUS DAILY FOOD AND DINING OUT GUIDE

Your Personal Guide to a Leaner New You is full of the latest research on how your body really works. We've armed and prepared you with the science, the knowledge and the facts about intelligent, effective weight control and now we want to expand your knowledge further by sharing a great list of things that you can eat and enjoy plus a list of the unhelpful things that you really cannot afford to have in your diet if you plan to control your weight and discover the real meaning of total health. You're going to be a great detective and find all the clues to what you're really eating by reading the labels on your food.

Sugar, my little sweetie, is always off the menu. Just because the amount listed is very small, it's still sugar and you have to look for every form of sweetener, real or artificial, because if it's on the label it just isn't going into your mouth. Sugar is out. Gone. Adios, amigo. Forever.

**Almond Flour.** "You can make flour from almonds?" Yes you can and you can eat it. People are discovering the benefits of coconut flour too because these flours do not come from grains. That makes them much safer alternatives to the traditional flour that contains inflammatory-provoking glutes. It's even possible to make almond milk too but the commercially produced variety usually contains sweeteners so gets disqualified before you even open the carton. If in doubt, it's better to make your own almond milk and that way you can absolutely control the purity of the ingredients. The controversial use of almond flour is to use it as a substitute for baking bread, biscuits or anything else where we would previously have used regular flour. In cleansing the body, it might not be appropriate to use almond or coconut flour for baking. Sorry.

**Bacon** is incredibly popular because it tastes so good. One of the reasons for that great flavour is that the meat processors often add sugar as a preservative and flavour enhancer. Sourcing hormone-free and antibiotic-free meat is a real challenge so bacon is definitely off the menu.

**Bean sprouts** have been a staple of the vegetarian diet since records began but it's the plant that is good to eat, not the seeds. The beans contain

compounds that are difficult for humans to digest successfully. So it's a resounding yes to the sprouts and no to the beans themselves.

**Bread.** You're not serious, are you? Did you expect a green light for bread? Sorry, folks. It's definitely a no. Make that a capital N-O just to be certain. If you miss the old demon slice of toxicity, try using almond flour, sweet potato flour or flaxseed flour as your new basic ingredient for making a dramatically healthier alternative to grain-based bread.

**Buckwheat** might surprise you because it's long been associated with the image of a healthy diet. Buckwheat though is a pseudo cereal. Technically speaking, it isn't a grain but it still causes similar problems to all the grains we're eliminating from our daily diet. So buckwheat goes onto the No pile.

**Cocoa.** At last we've found something tasty that we can consume! Pure cocoa is fine as long as - you guessed it! - it does not contain any sugar or sweeteners. It's increasingly being used as a flavour enhancer with people adding it to their coffee and tea and even incorporating it in spices and sauces to accompany meat dishes. More versatile than you might imagine and a welcome guest on the menu!

**Carob.** Often used as a substitute for chocolate, this legume is usually consumed as carob powder. Happily the powder is made from the pod rather than the potentially harmful seed of the carob. So as long as you avoid the seeds, carob is a good food choice as far as healthy eating is concerned.

**Chia.** These are another great choice in a healthy eating plan. Chia seeds are not part of the same family of seeds that we find in grains and legumes so they're fine to eat.

**Citric Acid.** We often find it used as a preservative in canned produce and in jars of preserved foods. Amongst all the harmful substances that are used as food additives, citric acid stands out as one of the few products that is completely acceptable.

**Coconut water.** It's naturally sweet and delicious but you must check the label to make absolutely sure there is no added sugar. It is not a substitute for fizzy drinks so it's important to limit your consumption. And it isn't a replacement for your daily quota of water. But it is on the goodie list so it's OK to drink and enjoy.

**Coffee** is good for you. Pure, organic coffee is a potent anti-oxidant and has been linked to a variety of health benefits. Just make sure you don't add sugar, sweeteners, artificial flavourings or milk.

**Chocolate** is an addictive substance and is the drug of choice for many people. But if you opt for the sugar-free, dairy-free, dark varieties with at least 70% cocoa, you can enjoy your addiction - always in moderation! - with a clear conscience.

**Dates** contain high quantities of naturally occurring sugar so Keto says NO!

**Flax seeds** are not part of the same group of seeds that are linked to grains, which means that they are a fine source of nutrition.

**French fries** are a particularly unhealthy way to enjoy potatoes. The problem lies in the fact that they are fried in vegetable oil and this is off limits to anyone seeking to control their weight and boost their wellbeing. If you make your own fries at home, you can use coconut oil instead of vegetable oil or you can bake them or roast them to avoid the frying problem altogether.

**Fruit juice** is off the agenda. That's right. Fruit juice delivers way too much sugar to your bloodstream way too quickly and produces a massive insulin reaction. Not good! The only way to enjoy fruit juice is when it's still inside the fruit. The body has to work a lot harder to extract the energy from the fruit pulp and this slows down the absorption rate of the sugars, avoiding the sudden sugar rush and the subsequent dramatic fall off as the insulin kicks in. There's an enormous amount of advertising surrounding the supposed health benefits of drinking fruit juice. It's giving you the wrong information. Stick to the fruit instead and live longer.

**Guar gum** is a natural thickener and it's a perfectly acceptable item on your food list.

**Green beans** get our yes vote despite the fact that they're a legume and contain seeds. But green beans have very small, immature seeds inside a large green pod so the potential for damage is correspondingly small.

**Hemp seeds** are a great source of healthy protein. They're not related to the harmful seeds that occur in grains so you're free to add hemp seeds to your diet plan and enjoy the benefits.

**Hummus** always looks so healthy but it's made from a not so healthy legume, the garbanzo bean or chick pea. It seems tough, but hummus just got fired from the list.

**Mayonnaise** usually contains sugar. I know. It's everywhere. Even the healthy-sounding olive oil based mayo is largely made up from soybean oil so your best alternative is to make your own. It really is fast and easy. Organic eggs (one yolk) and extra virgin olive oil (one cup), a little apple

cider vinegar( 2 teaspoons), a pinch of garlic powder and black pepper to taste...and you'll be amazed how great real mayo tastes.

**Mustard** is a great gift to many meals, adding some much-needed flavour to otherwise bland and tasteless dishes. Just be careful about the label. Some manufacturers add flavourings, sugar, colouring agents and wine. Pure and natural are your watchwords. Once again make your own with a seed grinder, one cup ground ( semi) mustard seeds, two tablespoons olive oil, one tablespoon apple cider vinegar and stevia to taste.

**Potatoes** are a surprising candidate for healthy eating. IN MODERATION. You can eat them, of course, but you are much better off with the small red skinned potatoes and you need to eat them sparingly. Needless to say perhaps, but you need to avoid the commercially prepared, deep fried potato chips or French fries.

**Protein shakes** have become increasingly popular as the protein diet fashion has persuaded countless individuals to use a scoop of protein powder as a substitute for intelligent nutrition. But have you read the ingredients on the label? Protein shakes are full of the things you really need to avoid if you're planning on losing weight and getting seriously healthy. The only exception to the rule is our old friend hemp. Hemp protein powder can be a useful assistant in your health and wellbeing plan because your body works so well with this potent little seed.

**Quinoa** can be found filling the shelves in health stores everywhere but it can act very much like a grain and produce similarly harmful effects. Quinoa just got cancelled. The same applies to buckwheat, amaranth and other gluten-free grain substitutes.

**Safflower** or sunflower oil is also off the menu because we want to cut out vegetable oils as much as possible.

**Salt** is an important part of the human diet. You might not know that iodised table salt also contains a sugar in the form of dextrose. This sugar is used to block the oxidation process that would effectively neutralise the potassium iodine that's an important part of iodised salt. You still need salt in your diet and it's almost impossible to eat outside of the house without encountering iodised salt: it's added to restaurant and processed food as standard.

**Smoothies** get top marks for health as long as they're based on fresh vegetables, health coconut milk or almond milk but... no colourants, unnatural flavourings or artificial additives.

**Stevia** is the only sweetener that passes our healthy additive test. It's natural and we recommend the less-processed leaf rather than the alcohol based liquid or powder versions. Stevia Glycerite which is alcohol free is the best I have used.

**Tahini** is made from sesame seeds and gets a welcome 'Yes' on our list of acceptable, healthy foods. Plus it tastes really, really great!

**Vanilla extract** is such a favourite flavour enhancer in so many baking recipes but it usually contains sugar or alcohol. The extract is a no-no but you can use vanilla bean powder to get the super flavour without the sugar or alcohol additives.

## **DINING GUIDE**

Whether by choice or profession, you will at some point find yourself at a restaurant, with the challenge of what to eat. Restaurant menus can be a confusing territory – but these tips will make your healthy dining experience fun, satisfying, and stress-free.

### **Ahead of time**

- Call ahead to make sure the restaurant will cope with your requirements.
- When dining with a group, take charge and suggest a restaurant that meets your specifications.
- Smaller, local restaurants are generally more accommodating to substitutions or customization than larger chains.
- Research the menu beforehand and plan your order so you won't be tempted by other less healthy dishes when you arrive.
- Pack your own small bottle of dressing. Don't make a big deal out of it and most servers won't say anything.

### **When seated**

- Upon being seated, ask the server not to serve you bread.
- Don't hesitate to ask about food sourcing, hidden ingredients (like cheese on a salad), or preparation methods.
- Be specific about any allergies, sensitivities, or preferences, especially if you experience health consequences when exposed – write them



down for the chef if there is confusion.

### **Ordering**

- Be firm but nice about your requests. Say things like, “Would it be possible...?” or “I’d love it if...”
- Get creative! Order sandwiches without bread, pasta toppings on a bed of spinach, or double vegetables as your side.
- If you’ve got wild-caught or organic protein options, choose those above conventionally raised protein.
- Ask for vegetables to be steamed or sautéed with olive oil, instead of cooked or fried in vegetable oil.
- Omelets are often infused with milk or pancake batter (!) to make them fluffier. Request boiled eggs, or order them poached.
- Request individual bottles of olive oil and vinegar and some fresh lemon to use as a dressing on salad, vegetables, or protein.

### **Bill, please**

- When you have a good experience, thank the server and the chef – and tip well, especially if the restaurant is one you visit often.
- Relax about being assertive with your demands – you are the customer after all!
- Make it a top priority to never be compromised in a restaurant again!



# Chapter 12

# Index to ANTI INFLAMMATORY Recipes

## BREAKFASTS – No Grain

- [1. Gutsy Granola](#)
- [2. High Protein Breakfast Gold](#)
- [3. Divine Protein Muesli](#)
- [4. Ultimate Skinny Granola](#)
- [5. Sweetie Skinny Crackers](#)

## EGGIE MEALS

- [1. Scrambled Eggs with Chilli](#)
- [2. Spicy Scrambled Eggs](#)
- [3. Spicy India Omelet](#)
- [4. Spectacular Spinach Omelet](#)
- [5. Outstanding Veggie Omelette](#)

## MAIN COURSE - CHICKEN

- [1. Spicy Turkey Stir Fry](#)
- [2. Roasted Lemon Herb Chicken](#)
- [3. Basil Turkey with Roasted Tomatoes](#)
- [4. Sexy Turkey Scramble](#)
- [5. Sensational Courgette Pasta and Turkey Bolognese](#)

## MAIN COURSE – FISH

1. Divine Prawn Mexicana
2. Superior Salmon with Lemon and Thyme OR Use any White fish
3. Spectacular Shrimp Scampi in Spaghetti Sauce
4. Scrumptious Cod in Delish Sauce
5. Mouthwatering Stuffed Salmon



## SALAD – ANIMAL PROTEIN

- [1. Rosy Chicken Supreme Salad](#)
- [2. Sexy Italian Tuna Salad](#)
- [3. Skinny Chicken salad](#)
- [4. Turkey Taco Salad](#)
- [5. Cheeky Turkey Salad](#)

PURE VEGETABLES – PLEASE ADD ANY RAW NUTS and/or AVOCADO TO OBTAIN THE KETO FAT REQUIREMENT ON ALL THESE RECIPES!

- [1. Rucola Salad](#)
- [2. Tasty Spring Salad](#)
- [3. Pure Delish Spinach Salad](#)
- [4. Sexy Salsa Salad](#)
- [5. Jalapeno Salsa](#)

## DESERTS

- [1. Fabulous Brownie Treats](#)
- [2. Pristine Pumpkin Divine](#)
- [3. Spectacular Spinach Brownies](#)
- [4. Chestnut- Cacao Cake](#)
- [5. Choco Cookie Delight](#)

## SMOOTHIES

- [1. Voluptuous Vanilla Hot Drink](#)
- [2. Almond Butter Smoothies](#)
- [3. Baby Kale Pineapple Smoothie](#)
- [4. Vanilla Blueberry Smoothie](#)
- [5. Zesty Citrus Smoothie](#)

## SNACKS

- [1. Delectable Parsnip Chips](#)
- [2. Skinny Power Snack](#)
- [3. Gummy Citrus Snack](#)
- [4. Gorgeous Spicy Nuts](#)
- [5. Spicy Pumpkin Seed Bonanza](#)

## SOUPS

- [1. Cheeky Chicken Soup](#)
- [2. Ginger Carrot Delight Soup](#)
- [3. Wonderful Watercress Soup](#)
- [4. Celery Cashew Cream Soup](#)
- [5. Mighty Andalusian Gazpacho](#)



# Chapter 13

## The ANTI INFLAMMATORY 3 WEEK Plan

### **How the Weight Loss Plan Works: The Basics**

The Plan is a 3 week life changing eating program, meaning that you will be eating pure, healthy Paleo-Keto-Epigenetic options for a full 16 week period to achieve the maximum permanent benefits. You will not be hungry!

#### **Mornings:**

An energy-dense egg based cooked breakfast, or an SDD smoothie and/or an SDD non grain muesli option

#### **Lunches:**

A light but filling salad or paleo meal concentrating on your anti-oxidants salads, green leafy vegetables .....An epigenetic protein selection is included in the salad.

#### **Dinners:**

A hearty protein based cooked meal or a filling protein soup twice a week

#### **Lunch and Dinner Swops:**

**Always possible!**

#### **Treats & Snacks:**

See our extensive recipe section for a selection of high-performance healthy snacks that you can make at home! Also, any combination of low sugar fruits, berries, nuts and seeds are great to include.

#### **Hydration:**

Remember to keep yourself fully hydrated by consuming between 6-8 cups of fresh water throughout the day. You can also supplement this diet by including additional smoothies

**IMPORTANT: On Protein Soup Evenings make sure you eat your second daily snack in the afternoon and then ensure you have no solid food after your protein soup until the next morning.**

### **Week 1**

#### **DAY 1**

Breakfast

[Gutsy Granola](#)

Lunch



[Spicy Turkey Stir Fry](#)

Snacks

[Delectable Parsnip Chips](#)

Dinner

[Divine Prawn Mexicana](#)

Dessert

[Fabulous Brownie Treats](#)

## **DAY 2**

Breakfast

[Baby Kale Pineapple Smoothie](#)

Lunch

[Sexy Italian Tuna Salad](#)

Snacks

[Spicy Pumpkin Seed Bonanza](#)

Dinner

[Roasted Lemon Herb Chicken](#)

Dessert

[Pristine Pumpkin Divine](#)

## **DAY 3**

Breakfast

[Outstanding Veggie Omelette](#)

Lunch

[Cheeky Chicken Soup](#)

Snacks

[Gummy Citrus Snack](#)

Dinner

[Sensational Courgette Pasta and Turkey Bolognaise](#)

Dessert

[Choco Cookie Delight](#)

## **DAY 4**

Breakfast

[High Protein Breakfast Gold](#)

Lunch

[Skinny Chicken Salad](#)

Snacks

[Skinny Power Snacks](#)

Dinner

[Spicy Turkey Stir Fry](#)

Dessert

[Chestnut Cacao Cake](#)

## **DAY 5**

Breakfast

[Voluptuous Vanilla Hot Drink](#)

Lunch

[Divine Prawn Mexicana](#)

Snacks

[Gorgeous Spicy Nuts](#)

Dinner

[Sexy Turkey Scramble](#)

Dessert

[Spectacular Spinach Brownies](#)

## **DAY 6**

Breakfast

[Spicy India Omelette](#)

Lunch

[Turkey Taco Salad](#)

Snacks

[Spicy Pumpkin Seed Bonanza](#)

Dinner

[Mighty Andalusian Gazpacho](#)

Dessert

[Choco Cookie Delight](#)

## **DAY 7**

Breakfast

[Divine Protein Muesli](#)

Lunch

[Scrumptious Cod in Delish Sauce](#)

Snacks

[Spicy Pumpkin Seed Bonanza](#)

Dinner

[Mouth-watering Stuffed Salmon](#)

Dessert

[Fabulous Brownie Treats](#)

## WEEK 2

### DAY 1

Breakfast

[Zesty Citrus Smoothie](#)

Lunch

[Rosy Chicken Supreme Salad](#)

Snacks

[Delectable Parsnip Chips](#)

Dinner

[Basil Turkey with Roasted Tomatoes](#)

Dessert

[Pristine Pumpkin Divine](#)

### DAY 2

Breakfast

[Outstanding Veggie Omelette](#)

Lunch

[Superior Salmon with Lemon and Thyme OR Use any White fish](#)

Snacks

[Skinny Power Snack](#)

Dinner

[Sensational Courgette Pasta and Turkey Bolognaise](#)

Dessert

[Choco Cookie Delight](#)

### DAY 3

Breakfast

[Gutsy Granola](#)

Lunch

[Spicy Turkey Stir Fry](#)

Snacks

[Skinny Power Snacks](#)

Dinner

[Spectacular Shrimp Scampi in Spaghetti Sauce](#)

Dessert

[Chestnut- Cacao Cake](#)

**DAY 4**

Breakfast

[Vanilla Blueberry Smoothie](#)

Lunch

[Cheeky Chicken Soup](#)

Snacks

[Gorgeous Spicy Nuts](#)

Dinner

[Superior Salmon with Lemon and Thyme OR Use any White fish](#)

Dessert

[Choco Cookie Delight](#)

**DAY 5**

Breakfast

[Spicy Scrambled Eggs](#)

Lunch

[Turkey Taco Salad](#)

Snacks

[Gummy Citrus Snack](#)

Dinner

[Roasted Lemon Herb Chicken](#)

Dessert

[Spectacular Spinach Brownies](#)

**DAY 6**

Breakfast

[Ultimate Skinny Granola](#)

Lunch

[Sexy Turkey Scramble](#)

Snacks

[Jalapeno Salsa](#)

Dinner

[Divine Prawn Mexicana](#)

Dessert

[Chestnut- Cacao Cake](#)

## **DAY 7**

Breakfast

[Almond Butter Smoothies](#)

Lunch

[Basil Turkey with Roasted Tomatoes](#)

Snacks

[Pure Delish Spinach Salad](#)

Dinner

[Spectacular Shrimp Scampi in Spaghetti Sauce](#)

Dessert

[Spectacular Spinach Brownies](#)

## WEEK 3

### DAY 1

Breakfast

[Spectacular Spinach Omelet](#)

Lunch

[Sexy Salsa Salad](#)

Snacks

[Skinny Power Snack](#)

Dinner

[Mouth-watering Stuffed Salmon](#)

Dessert

[Pristine Pumpkin Divine](#)

### DAY 2

Breakfast

[Divine Protein Muesli](#)

Lunch

[Sexy Italian Tuna Salad](#)

Snacks

[Gorgeous Spicy Nuts](#)

Dinner

[Roasted Lemon Herb Chicken](#)

Dessert

[Spectacular Spinach Brownies](#)

### DAY 3

Breakfast

[Vanilla Blueberry Smoothie](#)

Lunch

[Basil Turkey with Roasted Tomatoes](#)

Snacks

[Tasty Spring Salad](#)

Dinner

[Sensational Courgette Pasta and Turkey Bolognaise](#)

Dessert

[Choco Cookie Delight](#)

**DAY 4**

Breakfast

[Outstanding Veggie Omelette](#)

Lunch

[Divine Prawn Mexicana](#)

Snacks

[Skinny Power Snack](#)

Dinner

[Sexy Turkey Scramble](#)

Dessert

[Fabulous Brownie Treats](#)

**DAY 5**

Breakfast

[Sweetie Skinny Crackers](#)

Lunch

[Cheeky Chicken Soup](#)

Snacks

[Pure Delish Spinach Salad](#)

Dinner

[Roasted Lemon Herb Chicken](#)

Dessert

[Pristine Pumpkin Divine](#)

**DAY 6**

Breakfast

[Baby Kale Pineapple Smoothie](#)

Lunch

[Rosy Chicken Supreme Salad](#)

Snacks

[Spicy Pumpkin Seed Bonanza](#)

Dinner

[Sensational Courgette Pasta and Turkey Bolognaise](#)

Dessert

[Chestnut- Cacao Cake](#)



**DAY 7**

Breakfast

[Spectacular Spinach Omelette](#)

Lunch

[Skinny Chicken Salad](#)

Snacks

[Delectable Parsnip Chips](#)

Dinner

[Superior Salmon with Lemon and Thyme – OR - Use any White](#)

[fish](#)

Dessert

[Choco Cookie Delight](#)



# Chapter 14

## ANTI INFLAMMATORY RECIPES



SKINNY DELICIOUS  
NO GRAIN MUESLI

# ANTI INFLAMMATORY Breakfasts (Grain Free)

## 1. Gutsy Granola

### **Ingredients:**

1 cup cashews  
3/4 cup almonds  
1/4 cup pumpkin seeds, shelled  
1/4 cup sunflower seeds, shelled  
1/2 cup unsweetened coconut flakes  
1/4 cup coconut oil  
Stevia to taste  
1 tsp vanilla  
low sodium salt to taste

### **Instructions:**

Preheat oven to 300 degrees F. Line a baking sheet with parchment paper. Place the cashews, almonds, coconut flakes and pumpkin seeds into a blender and pulse to break the mixture into smaller pieces.

In a large microwave-safe bowl, melt the coconut oil, vanilla, and stevia together for 40-50 seconds. Add in the mixture from the blender and the sunflower seeds, and stir to coat.

Spread the mixture out onto the baking sheet and cook for 20-25 minutes, stirring once, until the mixture is lightly browned. Remove from heat. Add low sodium salt.

Press the granola mixture together to form a flat, even surface.

Cool for about 15 minutes, and then break into pieces.



## 2. High Protein Breakfast Gold

### **Ingredients:**

1/2 cup (c). Flax-Meal, golden  
1/2 c. Chia seed  
Stevia liquid to taste  
2 tbs. dark ground cinnamon  
1 tbs. hemp protein powder  
2 tbs. coconut oil, melted  
1 tsp. vanilla extract  
3/4 c. + 2 tbs. hot water

### **Instructions:**

Begin to spread the dough out until its super thin, onto a parchment paper lined cookie sheet. Bake at 325 for 15 minutes, then drop it down to 300 and leave for 30 minutes.

Before dropping it, pull out the sheet and cut it. Put it back into the oven exactly like this, don't separate the pieces.

When the 30 minutes are up, pull it out and separate the pieces.

Drop the pieces to 200 degrees F for 1 hour. They will be completely dried out at this point.

Enjoy with almond or other nut milk!





### 3. Divine Protein Muesli

**Ingredients:**

- 1 cup unsweetened unsulfured coconut flakes
- 1 tbsp chopped walnuts
- 1 tbsp raw almonds (~10)
- 1 tbsp chocolate chips (dark and sugar free)
- 1/2 tsp cinnamon
- 1 cup unsweetened almond milk
- 1 scoop hemp protein

**Instructions:**

In a medium bowl layer coconut flakes, walnuts, almonds and chocolate chips.

Sprinkle with cinnamon.

Pour cold almond milk over the muesli and eat with a spoon.



## 4. Ultimate Skinny Granola

### **Ingredients:**

1 cup of unsweetened coconut milk or unsweetened almond milk

Stevia liquid to taste

1 tablespooneach of unsalted ...

pecan pieces

walnut pieces

almonds

pistachios

raw pine nuts

raw sunflower/safflower seeds

raw pumpkin seeds

2 Tablespoons of frozen or fresh berry selection (e.g. blueberries, blackberries, raspberries, strawberries, or other kinds etc)

### **Instructions:**

Put all the nuts & seeds in a breakfast bowl.

add a few drops of pure liquid stevia and stir it well in.

Add the berries and milk.

If using frozen berries, wait for 2-3 minutes for them to get warmer.

The berries will now release some color into the milk, making it look really interesting.

Enjoy!



## 5. Sweetie Skinny Crackers

### **Ingredients:**

1 egg  
pure liquid stevia to taste  
1 Tbspn coconut oil, melted  
1.5 cups almond flour  
.5 cup coconut flour  
1 teaspoon cinnamon

### **Instructions:**

Preheat oven to 350°

In a large bowl, whisk together the egg, pure liquid stevia and melted coconut oil

Add the coconut and almond flour and stir to combine.

Give the dough a couple of kneads so it's well incorporated.

Turn the dough onto a piece of parchment paper and flatten a bit with your hands.

Place another piece of parchment on top and roll out with a rolling pin until it's about 1/8 inch thick.

Remove the top piece of parchment and cut the dough into 1/4 inch squares for cereal, and about 2"x3" for crackers

Sprinkle the cinnamon into the dough mixture.

Slide the dough with the bottom parchment paper onto a baking sheet and bake for 15 minutes.

Turn down the oven to 325° and bake for another 10-15 minutes, or until the cereal / crackers are crisp.



S K I N N Y

DELICIOUS  
EGG DISHES

# ANTI INFLAMMATORY Egg Meals

## 1. Scrambled Eggs with Chilli

### **Ingredients:**

4 fresh green chillies with skins removed  
2 tablespoons (30g or 1 oz) coconut oil  
1 small onion, peeled and finely chopped  
6 eggs  
1/4 cup (62ml or 2 fl oz) coconut milk  
low sodium salt to taste

### **Instructions:**

After removing chilli skins, remove and discard seeds and finely chop remaining chilli.

Beat eggs, coconut milk and salt in a bowl and set aside.

Heat oil in a medium size saucepan over a medium heat.

Reduce heat to low and add egg mixture to saucepan and mix well.

Scatter chilies over mixture.

Cook over a low heat until eggs are cooked.

Serves 4. Serve hot.





## 2. Spicy Scrambled Eggs

### **Ingredients:**

1 tablespoon extra virgin olive oil  
1 red onion, finely chopped  
1 medium green pepper, cored, seeded, and finely chopped  
1 chilli, seeded and cut into thin strips  
3 ripe tomatoes, peeled, seeded, and chopped  
Salt and freshly ground black pepper  
4 large organic eggs

### **Instructions:**

Heat the olive oil in a large, heavy, preferably nonstick skillet over medium heat.

Add the onion and cook until soft, 6 to 7 minutes.

Add the pepper and chilli and continue cooking until soft, another 4 to 5 minutes.

Add in the tomatoes, and salt and pepper to taste and cook uncovered, over low heat for 10 minutes.

Add the eggs, stirring them into the mixture to distribute.

Cover the skillet and cook until the eggs are set but still fluffy and tender, about 7 to 8 minutes. Divide between 4 plates and serve.



### 3. Spicy India Omelet

**Ingredients:**

3 Eggs  
1 Onion, chopped  
4 Green Chilli (optional)  
1/4 cup Coconut grated  
Low sodium Salt as required  
1 tablespoon olive oil

**Instructions:**

Beat the Eggs severely.  
Mix chopped onion, rounded green chilli, salt and grated coconuts with eggs.  
Heat oil on a medium-low heat, in a pan.  
Pour the mixture in the form of pancakes and cook it on the both sides.



## 4. Spectacular Spinach Omelet

### **Ingredients:**

2 eggs

1.5 cups raw spinach

coconut oil, about 1 tbsp

1/3 c tomatoes and onion salsa (lightly fried in pan)

1 tbsp fresh cilantro

### **Instructions:**

Melt coconut oil on medium in frying pan. Add spinach, cook until mostly wilted. Beat eggs and add to pan.

Flip once the egg sets around the edge. When it's almost done add the salsa on top just to warm it. Move to plate and add cilantro. Serves one.



## 5. Outstanding Veggie Omelette

### **Ingredients:**

3 eggs, beaten

1 carrot, matchstick cut

3 scallions, diagonal sliced

1 handful tiny broccoli florets or whatever leftover veggies you have

Bits of leftover cooked turkey

Safflower oil

Low sodium salt

### **Instructions:**

Heat oil in a wok or large cast iron skillet over medium heat, until hot enough to sizzle a drop of water.

Add broccoli and carrots, stir fry 2 min. until soft.

Add cooked turkey, stir fry 1 min. until heated through.

Add scallions and eggs, scramble.

Add salt to taste. Serve.





SKINNY DELICIOUS  
MAIN COURSES

## ANTI INFLAMMATORY Main Meals (Lunch or Dinner)



# ANTI INFLAMMATORY Poultry & Game

## 1. Spicy Turkey Stir Fry

### **Ingredients:**

2 lbs. boneless skinless chicken or turkey breasts, cut into 1-inch slices  
2 tbsp coconut oil  
1 tsp cumin seeds  
1/2 each green, red, and orange bell pepper, thinly sliced  
1 tsp garam masala  
2 tsp freshly ground pepper  
low sodium salt, to taste  
Scallions, for garnish

### *For the marinade:*

1/2 cup coconut cream  
1 clove garlic, minced  
1 tsp ginger, minced  
1 tbsp freshly ground pepper  
2 tsp low sodium salt  
1/4 tsp turmeric

### **Instructions:**

Place all of the marinade ingredients into a Ziploc bag. Add the chicken, close the bag, and shake to coat.

Marinate in the refrigerator for at least 30 minutes, or up to 6 hours.

In a wok or large sauté pan, melt the coconut oil over medium-high heat.

Add the cumin seeds and cook for 2-3 minutes.

Add the marinated chicken/turkey and let cook for 5 minutes. Stir the chicken/turkey until it begins to brown, and then add the peppers, garam masala, and freshly ground pepper.

Sprinkle with low sodium salt. Cook for 4-5 minutes, stirring regularly, or until the bell pepper is cooked to desired doneness. Serve hot.



## 2. Roasted Lemon Herb Chicken

### **Ingredients:**

12 total pieces bone-in chicken thighs and legs  
1 medium onion, thinly sliced  
1 tbsp dried rosemary  
1 tsp dried thyme  
1 lemon, sliced thin  
1 orange, sliced thin

### *For the marinade:*

5 tbsp extra virgin olive oil  
6 cloves garlic, minced  
Stevia to taste  
Juice of 1 lemon  
Juice of 1 orange  
1 tbsp Italian seasoning – salt free  
1 tsp onion powder  
Dash of red pepper flakes  
low sodium salt and freshly ground pepper, to taste

### **Instructions:**

Whisk together all of the marinade ingredients in a small bowl. Place the chicken in a baking dish (or a large Ziploc bag) and pour the marinade over it. Marinate for 3 hours to overnight.

Preheat the oven to 400 degrees F. Place the chicken in a baking dish and arrange with the onion, orange, and lemon slices.

Sprinkle with thyme, rosemary, low sodium salt and pepper. Cover with aluminum foil and bake for 30 minutes.

Remove the foil, baste the chicken, and bake for another 30 minutes uncovered, until the chicken is cooked through.



### 3. Basil Turkey with Roasted Tomatoes

**Ingredients:**

2 turkey breasts  
1 cup mushrooms, chopped  
1/2 medium onion, chopped  
1-2 tbsp extra virgin olive oil  
Half cup thinly sliced fresh basil  
low sodium salt and pepper, to taste  
1 pint cherry tomatoes  
Stevia to taste  
Fresh parsley, for garnish

**Instructions:**

Preheat the oven to 400 degrees F.

Place the tomatoes on a baking sheet and drizzle with olive oil and stevia.

Sprinkle with low sodium salt and pepper and toss to coat evenly.

Bake for 15-20 minutes until soft.

While the tomatoes are roasting, heat one tablespoon of olive oil in a large pan over low heat. Add the onions and mushrooms and cook for 10-12 minutes to soften and caramelize, stirring regularly. Clear a space for the chicken.

Season the turkey with low sodium salt and pepper and then place it in the pan.

Simmer for 15 minutes or until the chicken is cooked through. Every 5 minutes or so, spoon the sauce in the pan over the turkey.

To assemble, divide the tomatoes between two plates. Place one turkey breast on each and then spoon the onions, mushrooms, and pan drippings over the turkey. Garnish with parsley.





## 4. Sexy Turkey Scramble

### **Ingredients:**

1 pound ground turkey

2 medium yellow onions

2 bell peppers (any color)

2 medium squash or zucchini

1 large hand-full of fresh spinach (2-3 ounces)

Spices to taste: I used about 1 tablespoon each of: cumin, chili powder, garlic powder, low sodium salt, and fresh cilantro

### **Instructions:**

Brown the turkey until well cooked in a large skillet or wok over medium high heat.

Remove and add thinly sliced onions, peppers, squash/zucchini to the pan and saute, stirring constantly, until starting to soften.

Return turkey to pan and add fresh spinach.

Spice to taste and continue to cook until spinach is wilted.

Remove and serve with any desired toppings.



## 5. Sensational Courgette Pasta and Turkey Bolognese

### **Ingredients:**

4 medium zucchini

### *For the sauce:*

1 lb ground turkey

1 small onion, chopped

4 cloves garlic, minced

1 tbsp coconut oil

1 tomato, chopped

1/2 jar of tomato sauce

1 tbsp Italian seasoning

low sodium salt and pepper to taste

Fresh basil, for garnish

### **Instructions:**

Use a julienne peeler to slice the zucchini into noodles, stopping when you reach the seeds. Set aside.

If cooking zucchini noodles, simply add to a skillet and sauté over medium heat for 4-5 minutes.

Melt coconut oil in a large skillet over medium heat. Add chopped onion and garlic and cook for 4-5 minutes.

Add ground turkey and brown the meat, stirring occasionally. Season with low sodium salt and pepper.

Add the chopped tomato, tomato sauce, and Italian seasoning and stir to combine. Simmer on low heat, stirring occasionally.

Add the sauce to the noodles and ENJOY.



SKINNY DELICIOUS  
*FISH*

# ANTI INFLAMMATORY Fish

## 1. Divine Prawn Mexicana

### **Ingredients:**

1 tbsp extra virgin olive oil  
1 tsp chili powder  
1 tsp low sodium salt  
1 lb. medium shrimp, peeled and deveined  
1 avocado, pitted and diced  
Shredded lettuce, for serving  
Fresh cilantro, for serving  
1 lime, cut into wedges

### *For the tortillas:*

6 egg whites  
1/4 cup coconut flour  
1/4 cup almond milk  
1/2 tsp low sodium salt  
1/2 tsp cumin  
1/4 tsp chili powder

### **Instructions:**

Combine all of the tortilla ingredients together in a small bowl and mix well. Allow the batter to sit for approximately 10 minutes to allow the flour to soak up some of the moisture, and then stir again. The consistency should be similar to crepe batter.

While the batter is resting, heat a skillet to medium-high. Mix together the olive oil, chili powder, and low sodium salt and toss with the shrimp to coat.

Cook in the skillet for 1-2 minutes per side, until translucent. Set aside.

Coat the pan with coconut oil spray. Pour about 1/4 cup of batter onto the skillet, turning the pan with your wrist to help it spread out in a thin, even layer. Cook for 1-2 minutes, loosening the sides with a spatula. When the bottom has firmed up, carefully flip over and cook for another 2-3 minutes until lightly browned, then set aside on a plate.

Repeat with remaining batter.

Top each tortilla with cooked shrimp, shredded lettuce, avocado, and cilantro. Serve with a lime wedge.





## 2. Superior Salmon with Lemon and Thyme OR Use any White fish

### **Ingredients:**

32 oz piece of salmon or any fresh white fish

1 lemon, sliced thin

1 tbsp capers

low sodium salt and freshly ground pepper

1 tbsp fresh thyme

Olive oil

### **Instructions:**

Line a rimmed baking sheet with parchment paper and place salmon, skin side down, on the prepared baking sheet.

Season salmon with low sodium salt and pepper. Arrange capers on the salmon, and top with sliced lemon and thyme.

Place baking sheet in a cold oven, then turn heat to 400 degrees F. Bake for 25 minutes. Serve immediately.



### 3. Spectacular Shrimp Scampi in Spaghetti Sauce

#### **Ingredients:**

*For the Spaghetti:*

1 spaghetti squash  
Extra virgin olive oil, for drizzling  
low sodium salt and pepper  
1 tsp dried oregano  
1 tsp dried basil

*For the shrimp scampi:*

8 oz. shrimp, peeled and deveined  
3 tbsp butter  
1 tbsp extra virgin olive oil  
2 cloves garlic, minced  
Pinch of red pepper flakes  
low sodium salt and pepper, to taste  
1 tbsp fresh parsley, chopped  
Juice of 1 lemon  
Zest of half a lemon

#### **Instructions:**

Preheat the oven to 400 degrees F.

Place squash in the microwave for 3-4 minutes to soften.

Using a sharp knife, cut the squash in half lengthwise.

Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet.

Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat.

Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, low sodium salt, pepper, and a pinch of red pepper flakes.

Cook for 5 minutes, until the shrimp is cooked through.

Remove from heat and add in desired amount of cooked spaghetti squash.

Toss with lemon juice and zest.

Top with parsley.



## 4. Scrumptious Cod in Delish Sauce

### **Ingredients:**

1 lb. cod fillets  
1/3 cup almond flour  
1/2 tsp low sodium salt  
2-3 tbsp extra virgin olive oil  
2 tbsp walnut oil, divided  
3/4 cup low sodium chicken stock  
3 tbsp lemon juice  
1/4 cup capers, drained  
2 tbsp fresh parsley, chopped

### **Instructions:**

Stir the almond flour and low sodium salt together in a shallow bowl.

Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon walnut oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half.

Remove from heat and stir in the remaining tablespoon of walnut oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.



## 5. Mouthwatering Stuffed Salmon

### **Ingredients:**

1 lb wild Alaskan or sockeye salmon, cut into 2 pieces  
6 oz raw shrimp, peeled, deveined and chopped  
1 large egg  
2 tbsp raw onions, chopped  
2 tbsp Italian flat leaf parsley, chopped  
2 tbsp almond meal (or almond flour)  
2 tbsp coconut butter  
1 clove garlic, minced  
low sodium salt and pepper to taste

### **Instructions:**

#### *For the Salmon:*

Preheat oven to 400F

Pat dry the salmon filets with a paper towel.

Combine the cinnamon, coriander, cumin, cloves, and cardamom. Sprinkle evenly over the salmon filet side.

Heat an oven safe skillet (preferably cast iron) to medium high heat. Test the heat by placing a drop of water. It should immediately evaporate.

Add the coconut butter and let it melt.

Place the salmon filet side down and let sear for about 1-2 minutes. Flip and sear on the skin side for 1 minute.

Place the skillet inside the oven, with the skin side down.

Bake at 400F for 6-7 minutes.

#### *For the Lime Mustard Mayo:*

Combine dressing, lime juice, low sodium salt, and mustard.

Dip with salmon and enjoy!





SKINNY DELICIOUS  
SALADS

# ANTI INFLAMMATORY Salads

## 1. Rosy Chicken Supreme Salad

### **Ingredients:**

*For the chicken:*

450g chicken mince, free range of course

1 long red chili, finely chopped with the seeds

2 garlic cloves, finely chopped

Little nob of fresh ginger, peeled and finely chopped

1 stem lemon grass, pale section only, finely chopped

1/2 bunch of coriander stems washed and finely chopped (I don't waste anything, save the leaves for the salad)

2 1/2 tbsp fish sauce

1/2 lime rind grated

1/2 lime, juiced

A pinch of low sodium salt

Coconut oil for frying (about 3 tablespoons)

*For the salad:*

1/4 red cabbage, thinly sliced

1 large carrot, peeled and grated

1/2 Spanish onion, thinly sliced

2 tbsp green spring onion, chopped

1/2 bunch of fresh coriander leaves (saved from the stems used in the chicken)

A handful of fresh mint or Thai basil if available

1/2 cup crashed roasted cashews or some sesame seeds

*For the dressing:*

2 tbsp olive oil

3 tbsp lime juice

1 tbsp fish sauce

1 small red chili, finely chopped

### **Instructions:**

Once you've prepared all your ingredients for the chicken, heat 1 tbsp of coconut oil in a large frying pan or a wok to high.

Throw in lemongrass, chili, garlic, coriander stems and ginger and stir fry for about a minute until fragrant.

Add chicken mince and lime zest. Stir and break apart the mince with a wooden mixing spoon until separated into small chunks (this might take a while as chicken mince is quite sticky).

The meat will now be changing to white colour.

Add fish sauce and lime juice. Stir through and cook for a further few minutes. Total cooking time for the chicken should be about 10 minutes.

Prepare the salad base by mixing together sliced red cabbage, onion grated carrot, and fresh herbs.

Mix all dressing ingredients and toss through the salad.

Serve cooked chicken mince on top of the dressed salad and topped with roasted cashews, dried shallots, coconut flakes and extra fresh herbs.



## 2. Sexy Italian Tuna Salad

### **Ingredients:**

10 sun-dried tomatoes  
2 (5 oz) can of tuna  
1-2 ribs of celery, diced finely  
2 Tablespoons of extra virgin olive oil  
1 cloves garlic, minced  
3 Tablespoons finely chopped parsley  
1/2 Tablespoon lemon juice  
low sodium salt and pepper to taste

### **Instructions:**

Prepare the sun-dried tomatoes by softening them in warm water for 30 minutes until soft. Then, pat the tomatoes dry and chop finely.

Flake the tuna.

Mix the tuna together with the chopped tomatoes, celery, extra virgin olive oil, garlic, parsley, and lemon juice. Add low sodium salt and pepper to taste.

If not serving immediately, mix with extra olive oil just before serving.

Optional: Make cucumber boats with them.



### 3. Skinny Chicken salad

#### **Ingredients:**

##### *Salad:*

1 small head (or 4 cups) savoy cabbage, finely shredded –  
1 cup carrot, julienned  
1/4 cup scallions, trimmed and julienned  
1/4 cup radishes, julienned  
1/4 cup fresh cilantro, chopped  
1/4 cup fresh mint, chopped  
2 cups cooked organic chicken

##### *Vinaigrette:*

2 tablespoons coconut or rice vinegar  
2 tablespoons sesame oil (use unrefined or cold-pressed)  
juice of 1/2 a lime  
1 chipotle pepper - optional  
1 clove garlic, crushed  
1 teaspoon fresh ginger, grated

#### **Instructions:**

*Salad* – Combine cabbage, carrots, scallions and radishes. Top with chicken, cilantro and mint and set aside.

*Vinaigrette* –Combine the vinaigrette ingredients. Taste to see if it needs any adjustments. If it is too spicy, you can add more lime juice to counteract it.

Drizzle salad with vinaigrette & enjoy.





## 4. Turkey Taco Salad

### **Ingredients:**

1/2 lbs (ish) leftover turkey, cooked and chopped  
1 1/2 Tbsp taco seasoning (recipe follows)  
1 tblsp. coconut or olive oil and 1 tblsp rice vinegar  
1/4 c. water  
Shredded lettuce

*Optional Toppings* - sliced olives, tomatoes, red onion, avocado, bell peppers,  
crushed sweet potato chips

### *Taco Seasoning:*

Mix together, 4 Tbsp. chili powder, 1 tsp each garlic powder, onion powder, and oregano, 2 tsp each paprika and cumin, 4 tsp low sodium salt, and 1/8-1/4 tsp red pepper flakes.

### **Instructions:**

In a skillet, heat 1 teaspoon oil and add in chicken - I like to fry it for a minute to give some extra flavor. Add in water and taco seasoning, let simmer until liquid is gone.

Meanwhile, shred, chop, and dice all your toppings.

Assemble, lettuce, optional toppings, chicken, leftover oil and vinegar dressing, and crushed chips.



## 5. Cheeky Turkey Salad

### **Ingredients:**

*For the Turkey:*

1 lb boneless turkey breasts  
1 tbsp olive oil  
low sodium salt and pepper, to taste

*For the Salsa:*

1 large tomato, quartered  
1/2 red onion, cut into large chunks  
1 garlic clove, peeled  
1 small bunch of cilantro leaves  
Juice of 1 lime  
low sodium salt and pepper, to taste

### **Instructions:**

Preheat oven to 375 F.

Bake turkey breasts dipped in olive oil on a baking sheet for 35 to 40 minutes, until no longer pink in the center.

While baking, add all salsa ingredients to a food processor and pulse using the chopping blade until finely chopped. Transfer the salsa to a large bowl and clean out the food processor. You will be using it to shred the turkey.

(If you don't have a food processor, just dice the tomato, onion, pepper, cilantro and garlic and add to a bowl with the lime juice, low sodium salt and pepper).

Remove turkey from the oven and allow to cool. Once cool enough to handle, cut each breast into three or four smaller pieces and add to the food processor. Pulse using the chopping blade until shredded.

Add turkey to bowl with salsa and mix well with a fork.

Refrigerate for at least two hours until turkey salad is chilled.



SKINNY DELICIOUS  
VEGETARIAN

# ANTI INFLAMMATORY Pure Vegetables

## 1. Rucola Salad

### **Ingredients:**

4 teaspoons fresh lemon juice

4 teaspoons walnut oil

low sodium salt and freshly ground pepper

6 cups rucola leaves and tender stems (about 6 ounces)

Garlic powder to taste

### **Instructions:**

Pour the lemon juice into a large bowl. Gradually whisk in the oil. Season with low sodium salt and pepper.

Add the greens, toss until evenly dressed and serve at once. This is delicious, and feel free to add tomatoes or grated carrot and onion slices.

Substitution: Any mild green, such as lamb's lettuce will do.





## 2. Tasty Spring Salad

### **Ingredients:**

5 cups of any salad greens in season of your choice

### *Dressing:*

125 mL ( 1/2 cup) olive oil

45 mL (3 tbsp) lemon juice

15 mL (1 tbsp) pure mustard powder

45 mL (3 tbsp) capers, minced (optional)

low sodium salt

pepper

### **Instructions:**

Combine salad greens and any other raw vegetables of choice.

Combine oil, lemon juice and mustard. Mix well.

Add capers, low sodium salt and pepper to taste.

Pour dressing over salad, toss and serve.



### 3. Pure Delish Spinach Salad

**Ingredients:**

2 bunches fresh spinach  
1 bunch scallions, chopped  
juice of 1 lemon  
1/4 tbsp olive oil  
pepper to taste

*optional:* rice vinegar to taste

**Instructions:**

Wash spinach well. Drain and chop.  
After a few minutes, squeeze excess water.  
Add scallions, lemon juice, oil and pepper.



## 4. Sexy Salsa Salad

### **Ingredients:**

1 bunch of cilantro  
5-6 roma tomatoes  
1 small yellow or red onion  
1 small chili pepper  
2 ripe avocados.  
handful of rucola leaf

### **Instructions:**

Chop cilantro, dice tomatoes, dice onion, finely dice chili pepper, dice avocado.

After dicing each ingredient add to large bowl. Add rucola to bowl.

When finished, toss.



## 5. Jalapeno Salsa

### **Ingredients:**

1 jalapeno pepper seeded and chopped fine  
2 large ripe tomatoes, peeled and chopped  
1 medium onion, minced  
2 tbsp olive oil  
juice of 1 lemon  
1/2 tsp dried oregano  
pepper to taste

### **Instructions:**

Combine all ingredients and mix well.

Refrigerate covered until ready to eat.



SKINNY DELICIOUS  
DESSERTS



# ANTI INFLAMMATORY Desserts

## 1. Fabulous Brownie Treats

### **Ingredients:**

1 1/2 cups walnuts

Pinch of low sodium salt

1 tsp vanilla

1/3 cup unsweetened cocoa powder

Stevia to taste

### **Instructions:**

Add walnuts and low sodium salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the vanilla, and cocoa powder etc to the blender. Mix well until everything is combined.

With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm.



## 2. Pristine Pumpkin Divine

### **Ingredients:**

2 cups blanched almond flour  
½ cup flaxseed meal  
2 teaspoons ground cinnamon (optional)  
Stevia to taste  
½ teaspoon low sodium salt  
1 egg  
1 cup pumpkin puree  
1 tablespoon vanilla extract

### **Instructions:**

Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt

In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.

Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.

Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan

bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.



### 3. Spectacular Spinach Brownies

**Ingredients:**

1 ¼ cups frozen chopped spinach  
6 oz sugar free chocolate  
½ cup extra virgin coconut oil  
½ cup coconut oil  
6 eggs  
Stevia to taste  
½ cup cocoa powder  
1 Tspn vanilla pod  
¼ tsp baking soda  
½ tsp low sodium salt  
½ tsp cream of tartar  
pinch cinnamon

**Instructions:**

Preheat oven to 325F. Line a 9"x13" baking pan with wax paper or use a silicone baking pan.

Melt coconut oil and chocolate together over low heat on the stove top or medium power in the microwave. Add vanilla and stir to incorporate. Let cool.

Mix cocoa powder, baking soda, cream of tartar, low sodium salt and cinnamon.

Blend spinach, egg, together in a food processor or blender, until completely smooth (2-4 minutes).

Add coconut oil to food processor and process until full incorporated.

Add melted chocolate mixture and 3 or 4 drops stevia liquid to egg mixture slowly and processing/blending constantly.

Mix in dry ingredients and process/stir to fully incorporate.

Pour batter into prepared baking pan and spread out with a spatula.

Bake for 40 minutes. Cool completely in pan. Cut into squares. Enjoy!



## 4. Chestnut- Cacao Cake

### **Ingredients:**

100g (1 cup + 1 heaping tablespoon) chestnut flour

50g (1/2 cup) ground almonds (almond flour)

3 eggs, separate

1/2 teaspoon cream of tartar

35g (1/2 cup) raw cacao powder

Stevia to taste

3/4 cup coconut milk

1/2 teaspoon baking soda

Crushed chestnuts

### **Instructions:**

Preheat oven to 180C fan (350F).

Grease a pie/tart pan.

In a clean mixing bowl, beat the egg whites and cream of tartar until stiff peaks form. Set aside.

In another mixing bowl, cream the egg yolks, chestnut flour, ground almonds, stevia, raw cacao, baking soda and coconut milk.

Fold in the egg whites and blend until the white is no longer showing.

Pour into the pie/tart mold.

Sprinkle with crushed chestnuts, if desired.

Bake for 35-40 minutes on the middle rack.





## 5. Choco Cookie Delight

### **Ingredients:**

1/2 cup dark chocolate sugar free chips  
1/2 cup coconut milk (thick fat from top of can)  
2 eggs  
1 cup almond flour  
pinch of low sodium salt  
1/2 teaspoon vanilla extract  
1/4 teaspoon baking powder

### *Vanilla glaze:*

1/2 cup coconut butter, liquid  
Stevia to taste  
1 /2 teaspoon vanilla extract

### *Chocolate Glaze:*

1/2 cup chocolate chips  
Stevia powder for decoration

### **Instructions:**

Place a small sauce pan over low heat and melt your chocolate and coconut milk together (only keep the heat on long enough to melt them together)

While melting, place your 2 eggs in a stand mixer with the whisk, or use a hand mixer with the whisk and beat your eggs until they are fluffy, about 1 minute

Add your coconut milk and chocolate to your eggs and mix well

Stir in your almond flour, low sodium salt, vanilla extract and baking powder

Mix well ensuring everything is combined

Pipe your batter into the cookie wells ensuring you fill higher than the halfway point

Remove from the cookie maker, gently insert the sticks and place everything in the freezer for 30-45 minutes

*Vanilla Glaze:*

Combine your coconut butter, stevia, and vanilla extract in a small glass to make it easy to dip

You can keep this glass in hot water to keep the glaze more liquidy to make the dipping easier

*Chocolate Glaze:*

Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!



SKINNY DELICIOUS  
SMOOTHIES

# ANTI INFLAMMATORY Smoothies

## 1. Voluptuous Vanilla Hot Drink

### **Ingredients:**

3 cups unsweetened almond milk (or 1 1/2 cup full fat coconut milk + 1 1/2 cups

water)

Stevia to taste

1 scoop of hemp protein

1/2 Tbsp. ground cinnamon (or more to taste)

1/2 Tbsp. vanilla extract

### **Instructions:**

Place the almond milk into a pitcher. Place ground cinnamon, hemp, vanilla extract in a small saucepan over medium high heat. Heat until the pure liquid stevia is just melted and then pour the pure liquid stevia mixture into the pitcher.

Stir until the pure liquid stevia is well combined with the almond milk. Place the pitcher in the fridge and allow to chill for at least two hours. Stir well before serving.



## 2. Almond Butter Smoothies

### **Ingredients:**

1 scoop of hemp protein

1 Tablespoon natural almond butter

1 cup of hemp milk

1 banana, preferably frozen for a creamier shake

few ice cubes

### **Instructions:**

Blend all ingredients together and enjoy!





### 3. Baby Kale Pineapple Smoothie

**Ingredients:**

1 cup almond milk

1/2 cup frozen pineapple

1 cup Kale

1 tablespoon hemp protein powder

**Instructions:**

Place the almond milk, pineapple, and greens in the blender and blend until smooth.



## 4. Vanilla Blueberry Smoothie

### **Ingredients:**

2 cups hemp milk

1 c fresh blueberries

Handful of ice OR 1 cup frozen blueberries

1 Tbsp flaxseed oil

2 tblsp hemp protein powder

### **Instructions:**

Combine milk, and fresh blueberries plus ice (or frozen blueberries) in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.



## 5. Zesty Citrus Smoothie

### **Ingredients:**

1 cup almond milk

half cup lemon juice

1 med orange peeled, cleaned, and sliced into sections

Handful of ice

1 Tbsp flaxseed oil

2 tsp hemp protein powder

### **Instructions:**

COMBINE milk, lemon juice, orange, and ice in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.



SKINNY DELICIOUS  
SNACKS

# ANTI INFLAMMATORY Snacks



## 1. Delectable Parsnip Chips

### **Ingredients:**

500g (1.1 pounds) Parsnips  
1/4 Cup Coconut Oil, Melted  
3 Tablespoons liquid stevia

### **Instructions:**

Preheat the oven to 200°C (392°F) and get out an oven proof dish.

Peel the parsnips and cut them into chip sized pieces and place into the oven proof dish.

Pour over the coconut oil and distribute evenly.

Drizzle over the liquid stevia and stir to combine well.

Place in the oven and cook for 15 minutes.

Remove from the oven and toss the parsnips over to allow the other side to brown.

Place back in the oven and cook for a further 10 to 15 minutes or until golden.



## 2. Skinny Power Snack

### **Ingredients:**

1/2 Avocado

1/2 tsp Paprika

1/2 tsp low sodium salt

1/2 tsp Garlic Powder

### **Instructions:**

Sprinkle with all the seasonings and enjoy.



### 3. Gummy Citrus Snack

**Ingredients:**

3/4 cup lemon juice, freshly squeezed\*

¼ cup apple juice freshly squeezed

4 Tbsp. good quality vegetarian gelatin

liquid stevia to taste

1/4 tsp. ginger (freshly grated or ground)

1/4 tsp. turmeric (freshly grated or ground)

**Instructions:**

In a small saucepan, whisk together citrus juice, and gelatin until there are no lumps. Heat the liquid over low heat until liquid is warmed and gelatin is completely dissolved.

Remove from heat and stir in liquid stevia, ginger and turmeric with a spoon.

Pour into a casserole dish\*.

Refrigerate until liquid is set (at least 30 minutes).

Serve cold or at room temperature.



## 4. Gorgeous Spicy Nuts

### **Ingredients:**

2/3 cup of each (almonds, pecans and walnuts)

1 teaspoon of chili powder

½ teaspoon of cumin

½ teaspoon of black

pepper (ground)

½ teaspoon low sodium salt

1 tables

### **Instructions:**

Heat the pan on medium heat and place the nuts and toast them until lightly browned.

Prepare the spice mixture, while the nuts are toasting.

Mix cumin, chili, low sodium salt and black pepper in a bowl and add the nuts (after coating it with olive oil).





## 5. Spicy Pumpkin Seed Bonanza

### **Ingredients:**

1 1/2 cups pumpkin seeds,  
3 jalapeño peppers, sliced  
3 tablespoons olive oil  
low sodium salt and paprika, to taste

### **Instructions:**

Preheat the oven to 350°F

Spread pumpkin seeds out on a rimmed baking sheet.

Add olive oil and low sodium salt and stir pumpkin seeds with your hands to combine.

Lay slices of jalapeño peppers on top of seeds.

Sprinkle paprika over the top of everything, generously.

Bake for 10 minutes.

Use a spatula to move the seeds and peppers around. Bake for another 5 minutes.

Move mixture around some more and bake for a final 5 minutes.

Remove tray from oven and let everything rest for 15-30 minutes to let the jalapeño-ness soak into the seeds.

Store in an airtight container...if you don't finish them all in one sitting.



SKINNY DELICIOUS  
SOUPS

# ANTI INFLAMMATORY Soups

## 1. Cheeky Chicken Soup

### **Ingredients:**

2 large organic chicken breasts, skin removed and cut into ½ inch strips  
1 28oz can of diced tomatoes  
32 ounces low sodium organic chicken broth  
1 sweet onion, diced  
2 cups of shredded carrots  
2 cups chopped celery  
1 bunch of cilantro chopped fine  
4 cloves of garlic, minced - I always use one of these  
2 Tbs tomato paste  
1 tsp chili powder  
1 tsp cumin  
low sodium salt & fresh cracked pepper to taste  
olive oil  
1-2 cups water

### **Instructions:**

In a crockpot place a dash of olive oil and about ¼ cup chicken broth. Add onions, garlic, jalapeno, low sodium salt and pepper and cook until soft, adding more broth as needed.

Then add all of your remaining ingredients and enough water to fill to the top of your pot. Cover and let cook on low for about 2 hrs, adjusting low sodium salt & pepper as needed.

Once the chicken is fully cooked, you should be able to shred it very easily. I simply used the back of a wooden spoon and pressed the cooked chicken against the side of the pot.

Top with avocado slices and fresh cilantro. Enjoy!



## 2. Ginger Carrot Delight Soup

### **Ingredients:**

3 tbsp unsalted butter or coconut oil  
1 1/2 pounds carrots (6-7 large carrots), sliced  
2 cups chopped white or yellow onion  
1 cup diced turkey breast  
low sodium salt  
2 teaspoons minced ginger  
2 cups low sodium chicken stock  
2 cups water  
3 large strips of zest from an orange

### **Instructions:**

Heat up the butter or coconut oil in a large soup pot.

Add the chopped carrots, turkey breast and onion to the pot and cook over medium heat for 5-10 minutes. Don't allow the carrots or onion to brown.

Add in the remaining ingredients (ginger, orange zest, water, and stock). The orange zest will be pulled out prior to puréeing so make sure they are in large, easy to identify strips rather than small pieces.

Bring to a boil then simmer for 10 minutes.

Remove orange zest strips.

Purée the mixture with an immersion blender. Or divide into 3-4 batches and blend in a regular blender.

I garnished my soup with a touch of olive oil and some freshly ground low sodium salt and pepper.



### 3. Wonderful Watercress Soup

**Ingredients:**

1 quart low sodium chicken stock  
1 medium leek  
1 bunch water cress  
1 large onion  
1/2 celeriac root skinned and chopped  
2 cups diced chicken breast - organic  
low sodium salt and pepper to taste

**Instructions:**

Gently heat the chicken stock in the pot.

In the fry pan sauté the onion, leek and celeriac until soft.

Place the onion, leek, chicken and celeriac in the pot of stock reserving 1/3 aside.

Season with low sodium salt and pepper.

Add the bunch of watercress and simmer a few minutes until it is wilted.

With the immersion blender blend the soup.

Add the chopped vegetables that you reserved, back into the pot.





## 4. Celery Cashew Cream Soup

### **Ingredients:**

300 grams celery, washed and chopped  
1 small onion, chopped  
1.5 tbsp olive oil  
500 mls vegetable stock  
40 grams cashew nuts  
low sodium salt and pepper to taste

### **Instructions:**

Heat the olive oil in a large saucepan then add the celery and onion, stir to coat with oil. Turn the heat low and put the lid on leaving the vegetables to sweat for 5 minutes.

Add the garlic, give a quick stir then add the vegetable stock and simmer for 10 minutes.

Add the cashew nuts to the saucepan and simmer for another 5 minutes or until the celery is cooked through.

Tip the soup mix into a blender and purée until smooth.

Season with the low sodium salt and pepper and serve.



## 5. Mighty Andalusian Gazpacho

### **Ingredients:**

3 pounds very ripe tomatoes, cored and cut into chunks

½ pound cucumber, peeled, seeded, and cut chunks

⅓ pound red onion, peeled and cut into chunks

⅓ pound green or red bell pepper, cored, seeded, and cut into chunks

2 cloves garlic, peeled and smashed

1½ teaspoons low sodium salt, plus more to taste

1 cup extra-virgin olive oil, plus more for serving

2 tablespoons sherry vinegar, plus more for serving

2 tablespoons finely minced chives

Freshly ground black pepper

### **Instructions:**

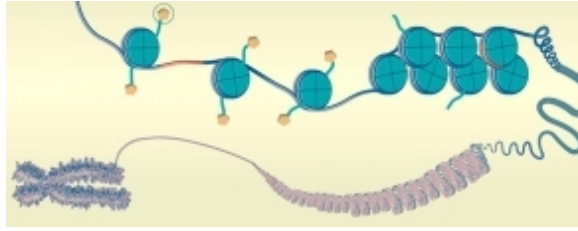
Put all veggies in a large bowl and toss with low sodium salt. Let sit till the veggies have released a lot of their liquid.

Separate the veggies from the liquid, reserving the liquid. Place on a tray and place in the freezer for at least a half hour, or until they are partially frozen.

Remove from freezer and let thaw completely.

Combine the thawed veggies, reserved juice, oil and sherry vinegar in a large bowl. Ladle into a blender, working in batches if necessary, and blend on high until quite smooth. Chill for up to 24 hours.

Serve with extra sherry vinegar, olive oil and a sprinkle of chives



## Chapter 15

### The ANTI INFLAMMATORY Vision

We've covered some very important ground so far in identifying the best ways to get you to the healthier, leaner, genetically smarter new you. Epigenetics prove in the clearest possible terms that we can influence and control our bodies at every level by taking control of what we eat and how we behave.

We've introduced you to the key points in your action plan for weight loss control and opened up a whole new world of health and wellbeing possibilities. But we have another important insight to share with you. And now is the perfect moment to reveal it!

Humans have a secret weapon in their behavioural armoury that can work powerfully to help us - or it can work just as powerfully against us. It's our imagination. Or rather it's our ability to visualise. Most of the time, our thoughts drift around in a random pattern of uncoordinated ideas, prompted by whatever happens to pop up around us. We are drawn to whatever grabs our fickle attention.

Our thoughts and feelings are largely conditioned from early childhood experiences that shape our future emotional framework. We learn from an early age to let our thoughts pretty much wander wherever they choose. The mind follows random currents, blown around like a leaf in the wind, lacking focus or any sense of direction. A ship without a rudder.

This is where the risks of self-sabotage emerge; uncontrolled thoughts and feelings, self-doubt, memories of failure, feelings of a lack of self-worth. The list is endless and potentially destructive to our plans for absolute wellbeing. So now is the perfect time to switch on our powers of visualisation and give the mind some clear directions to follow for the future. It's time to bring on the really powerful support system that is hidden within your own mind!

It's incredible to realise how much our expectations shape our perceptions and our behaviour. Our programmed attitudes and responses play a major role in determining many of the outcomes in our lives. Happily, humans possess the immensely powerful gift of visualisation.

By visualising a desired outcome, our behaviours shift to favour those clearly visualised results. The technique of visualisation is incredibly simple.

All we have to do is relax. That's right. Relax. Sit down and relax and close your eyes. Now breathe a little more deeply. And see yourself exactly as you really, deeply desire yourself to be.

See your smiling face, see each part of your radiantly healthy, skinnier new body. Smile at the strength, health, energy and vitality that surges through your newly visualised body. And feel really happy about it. Underline the vision with a warm, happy feeling of complete wellbeing. Hold the picture and imagine taking a photograph with your mind. Hear the camera shutter click as you record the stunning new picture of how you are. The picture of who you are becoming.

The powerful vision of the happier, fitter, skinnier new you! Lock this picture in your mind. Hold it in your heart. See it every time you close your eyes. This vision is the future. Use it all the time and you will rally all your hidden creative resources to bring this beautiful new vision of yourself into being.

We do not live in a culture that highlights the importance of mindfulness. We are constantly bombarded by images, noises, distractions and background chaos. We also have to live with the judgement of everyone around us. No wonder we find it difficult to concentrate and to relax. But there are many, simple and effective methods that can help us train our minds to follow our directions and meditation probably offers the simplest, most obvious and direct advantages. There is no religious or philosophical aspect to this exercise. It's just a technique for calming the mind. It takes only fifteen minutes. But it's a method that requires fifteen minutes every day. The daily repetition amplifies the results.

The only equipment you need is a chair, preferably a firm chair with good support for your back. A straight back is supposed to be better for meditation. Being comfortable is also very helpful. Relax your hands on your lap, close your eyes, focus on the spot between your eyebrows and breathe. Just follow your breath gently in and out. That's it. No chanting, humming or repeating strange mantras.

Just good old-fashioned breathing and the focus of concentrating lightly on the breath. The effects are cumulative. They build up gradually as you practise every day. You'll feel calmer. You'll find your powers of concentration improve. You'll be able to relax more easily. Your power to visualise will become more sharply defined. Your mind will begin to follow your directions. You will get a sense of the potential within you. Mastering

the mind is a method for mastering ourselves. All this from just fifteen minutes a day. The effects might surprise you because as you learn to become calmer, your body will feel much more comfortable. No prescriptions are required. Just those simple fifteen minutes of daily meditation and you'll soon be looking forward to the sessions with real enthusiasm. You might enjoy the benefits so much that you'll want to meditate for longer.

Your vision of the happier, fitter, leaner, genetically smarter new you is the new background picture of your life. It represents the possibility of achieving everything you have chosen for yourself. Every day, you are living the journey of moving towards that possibility. The vision does not have a deadline. There can be no disappointment with the results because you are living every day in the possibility of its realisation.

Even if you slip and go backwards, the vision will put you back on track, guiding you every day towards its fulfillment. That's a powerful tool to have at your disposal. Put it to work right now. Use it every day. Use it every time you close your eyes and see the vision of how you are transforming yourself.

Ultimately, it's our behaviour that will guide our choices. Meditation is rightly considered to be a very powerful technique for bringing gentle control into the chaos of our minds. As we become more aware of our choices, as we experience the benefits of mindfulness, we can detect old patterns of behaviour that no longer fit our vision of health and vitality. We can understand the advantages of better choices.

We begin to respect the body's needs from a deeper, more caring perspective. The vision represents who we are becoming. The daily meditation helps us to become calmer, more resistant to stress and this healthier emotional framework lends itself to a physically healthier body. We also recommend a short meditation before you go to sleep at night. It's another effective way to calm the mind, still the thoughts and prepare for truly restful sleep.

Meditation has been practised as a tool for managing and directing the mind for thousands of years. It's so effective because we've been using it and refining the techniques as a species for millennia. We've highlighted the fundamental method here because we already use a form of meditation all the time. Have you noticed how easy it can be to day-dream? To drift off into another world of memories or fantasies, oblivious of what's happening



around you? A brief reverie or a moment when you lose focus on what's going on around you?

These are altered states of consciousness and they happen all the time. Our purpose with the super simple meditation method is to control that tendency and direct it towards a focused, positive outcome. A way to become mindful yet relaxed. Aware yet calm. Centered yet connected. Still but alive with nurturing, positive energy. And all from fifteen minutes a day! Sounds like the bargain of a lifetime and it's all yours. For now and for the rest of your life.

You've heard it before and you're about to hear it again. We Are What We Eat. There's no getting away from it. You've learned enough by now to understand the vital connection between what you eat and how your body looks. Putting garbage into your body will ruin it. Eat garbage and you'll look like sh.., I mean, waste products. But you know this. That's why you've joined us on this mission of personal transformation.

So far we've been exploring the mechanics of healthy weight control, shedding unwanted pounds and promoting the best health we can possibly enjoy and we fully appreciate the importance of intelligent nutrition. But there are other challenges out there and we've hinted at some of them earlier in Chapter..... We're talking toxins, my friend. Those totally unfriendly substances that pollute our food, poison our drinks and surround us in the air we breathe. Our world has become a scarily toxic place to exist and most of the problems are man-made. That doesn't make them any easier to live with.

You already know how important it is to avoid toxins by eating as naturally as possible but what about the toxins we inhale? What about the poisons that leach into our skin from the environment? The answer to this problem and the best the way to give your body a fair chance to neutralise these poisons is to use a cleansing diet for a few days. Fresh vegetables are the easiest and best source of natural cleansing. They promote natural digestion and contain nutrients that are very helpful in maintaining your health and wellbeing.

Stick to the PALEO meal selection of the Epigenetic diet for a few days and you'll be amazed at the difference you'll feel in your overall wellness. And drink plenty of water too. The idea of cleansing the body is hardly new. We're just too busy to think of it. But now that we're on a journey of total physical transformation, let's give our bodies the best chance to feel fantastic.

And that means flushing out the garbage to restore total health and wellbeing. Getting away to a place with fresh air is another helpful way to restore balance to your body. Just breathing - and meditating - in the fresh air can work wonders for our health and vitality. Sea air, mountain air, the fresh air in the forest or open countryside can restore you at so many levels. If it's at all possible, make a regular date for a mini cleanse and for some valuable down time in the fresh, open air.

Get a little help from your friends.

You're not alone. It's all too easy to imagine that we're the only ones who are experiencing problems, and think that the rest of the world is having fun, eating well and enjoying life to the full. But most of the world just isn't like that. Sharing your experiences, your challenges and difficulties, sharing your goals and intentions can gather support from everyone around you. You'll be surprised how many people will offer their encouragement and enthusiasm for your new way of life. It will help to reinforce your personal commitment to a healthier, fitter and happier way of being. So feel free to share and build that beautiful support group.

Personal Vision - Summary

Engaging the power of visualisation

Meditating on the powerful new you

Building a clear picture of who you are becoming

Daring to dream and engaging the power of focused visualisation

Total health and well being



## References

Scientific Studies General

Boling, C. L., E. C. Westman, W. S. Yancy Jr. "Carbohydrate-Restricted Diets for Obesity and Related Diseases: An Update." *Current Atherosclerosis Reports* 11.6 (2008): 462-9.

Cahill, G. F., Jr. "Fuel Metabolism in Starvation." *Annual Review of Nutrition* 26 (2006): 1-22.

Feinman, R. D., M. Makowske. "Metabolic Syndrome and Low-Carbohydrate Ketogenic Diets in the Medical School Biochemistry Curriculum." *Metabolic Syndrome and Related Disorders* 1.3 (2003): 189-197.

Liu, Y. M. "Medium-Chain Triglyceride (MCT) Ketogenic Therapy." *Epilepsia* 49.Suppl 8 (2008): 33-6.

Manninen, A. H. "Is a Calorie Really a Calorie, Metabolic Advantage of Low-Carbohydrate Diets." *Journal of the International Society of Sports Nutrition* 1.2 (2004): 21-6.

McClernon, F. J., et al "The Effects of Low-Carbohydrate Ketogenic Diet and a Low-Fat on Mood, hunger and Other Self Reported Symptoms." *Obesity (Silver Spring)* 15.1 (2007): 182-7.

Paoli, A., A. Rubini, J. S. Volek, K. A. Grimaldi. "Beyond Weight Loss: A Review of the Therapeutic Uses of Very-Low-Carbohydrate (Ketogenic) Diets." *European Journal of Clinical Nutrition* 67 (2013): 789-796.

Veech, R. L. "The Therapeutic Implications of Ketone Bodies: The Effects of Ketone Bodies in Pathological Conditions: Ketosis, Ketogenic Diet, Redox States, Insulin Resistance, and Mitochondrial Metabolism." *Prostaglandins, Leukotrienes and Essential Fatty Acids* 70.3 (2004): 309-19.

Veech, R. L., et al. "Ketone Bodies, Potential Therapeutic Uses." *IUBMB Life* 51 (2001): 241-7.

Volek, J. S., C. E. Forsythe. "The Case for Not Restricting Saturated Fat on a Low Carbohydrate Diet." *Nutrition and Metabolism* 2 (2005) :21.

Volek, J. S., C. E. Forsythe. "Very-Low-Carbohydrates ." *In Essentials of Sports Nutrition and Supplements*, edited by Jose Antonio, Douglas Kalman, Jeffrey R. Stout, Mike Greenwood, Darryn S. Willoughby, and G. Gregory H., 581-604. Totowa, NJ: Humana Press, 2008.

Moore, Jimmy, and Dr. Eric Westman. *Cholesterol Clarity: What the HDL Is Wrong with My Numbers?* Las Vegas, NV: Victory Belt Publishing, 2013.

Newport, Dr. Mary. *Alzheimer's Disease: What If There Was Cure? The Story of Ketones*. Laguna Beach, CA: Basic Health Publications, 2011.

Ottoboni, Dr. Fred, and Dr. Alice Ottoboni. *The Modern Nutritional Disease: and How to Prevent Them*, Second Edition. Femly, NV: Vincente Books, 2013.

Perlmutter, Dr. David. *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar-Your Brain, Silent Killers*. New York: Little, Brown, 2013.

Phinney, Dr. Stephen, and Dr. Jeff Volek. *The Art and Science of Low Carbohydrate Living*, Beyond Obesity, 2011.

Phinney, Dr. Stephen, and Dr. Jeff Volek. *The Art and Science of Low Carbohydrate Performance*. Beyond Obesity, 2012.

Seyfried, Dr. Thomas. *Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer*. Hoboken, NJ: John Wiley & Sons, 2012.

Skaldeman, Sten Sture. *The Low Carb High Fat Cookbook: 100 Recipes to Lose Weight and Feel Great*. New York: Skyhorse Publishing, 2013.

Snyder, Dr. Deborah. *Keto Kid: Helping Your Child Succeed on the Ketogenic Diet*. New York: Demos Medical Publishing, 2006.

Taubes, Gary. *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease*. New York: Anchor Books, 2007.

Taubes, Gary. *Why We Get Fat: And What to Do About It*. New York: Anchor Books, 2011.

Tieholz, Tina. *The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet*. New York: Simon & Schuster, 2014.

Volek, Dr. Jeff and Adam Campbell. *Men's Health TNT Diet: The Explosive New Plan to Blast Fat, Build Muscle, and Get Healthy in 12 Weeks*. New York: Rodale, 2008

Wahls, Dr. Terry, and Eve Adamson. *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*. New York: Penguin, 2014.

Westman, Dr. Eric. *A Low Carbohydrate, Ketogenic Diet Manual, No Sugar, No Starch Diet*. Dr. Eric Westman, 2013.

Westman, Dr. Eric, Dr. Stephen D. Phinney, and Dr. Jeff S. Volek. *The New Atkins for a New You*. New York: Fireside, 2010.

### **Keto Slogs and Websites**

Everything About Keto, Reddit: [www.reddit.com/r/](http://www.reddit.com/r/)

keto Ketogenic Diet Resource: [www.ketogenic-diet-resource.com](http://www.ketogenic-diet-resource.com)

The Charlie Foundation for Ketogenic Therapies:

[www.charliefoundation.org](http://www.charliefoundation.org)

Anderson, W. (2009) *The Anderson Method: The Secret to Permanent Weight Loss*. Minneapolis: Two Harbors Press.

Arem, R. (2012) *The Protein Boost Diet*. New York: Atria Books.

Baird, J. (2012) *Obesity Genes and their Epigenetic Modifiers*. Naperville IL: HWL, Inc.

Bouchard, C. (2010) *Genes and Obesity, Volume 94 (Progress in Molecular Biology & Translational Science)*. Burlington MA: Academic Press-Elsevier Inc.

Campbell, T and Campbell, T.C. (2006) *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, and Long-term Health*. Dallas, TX: BenBella Books.

Campbell-Mc-Bride, N. (2010) *Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia*. Amazon Digital Services, Inc. [10 June 2014].

Carey, N. (2012) *The Epigenetics Revolution: How Modern Biology is Rewriting Our Understanding of Genetics, Disease and Inheritance*. London: Icon Books Ltd.

Chopra, D. (2013) *What are you Hungry For?: The Chopra Solution to Permanent Weight Loss, Well-Being, and Lightness of Soul*. New York: Harmony Books.

Cordain, P. (2011) *The Paleo Diet Revised Edition*. New Jersey: John Wiley & Sons, Inc.

Dean, C. (2006) *The Magnesium Miracle*. New York: Ballantine Books; Updated Edition.

Ecker, S. (2014) *Eating Well: How to build good eating habits to have your perfect body and overcome eating disorder*. Available from: Amazon Digital Services, Inc. [2 September 2014].

Holick, M. (2011) *The Vitamin D Solution: A 3-Step Strategy to Cure our Most Common Health Problems*. New York: Hudson Street Press.

Kushner, L. et al. (2013) *Practical Manual of Clinical Obesity*. Chichester, West Sussex: John Wiley & Sons, Ltd.

Lask, B. (2011) *Eating Disorders and the Brain*. Oxford: Wiley-Blackwell.

Minger, D. (2014) Death by Food Pyramid: How Shoddy Science, Sketchy Politics, and Shady Special Interests Have Ruined Our Health...and How to Reclaim it! Malibu, CA: Primal Blueprint Publishing.

Power, M. and Schulkin, J. (2009) The Evolution of Obesity. Baltimore, MD: The Johns Hopkins University Press.

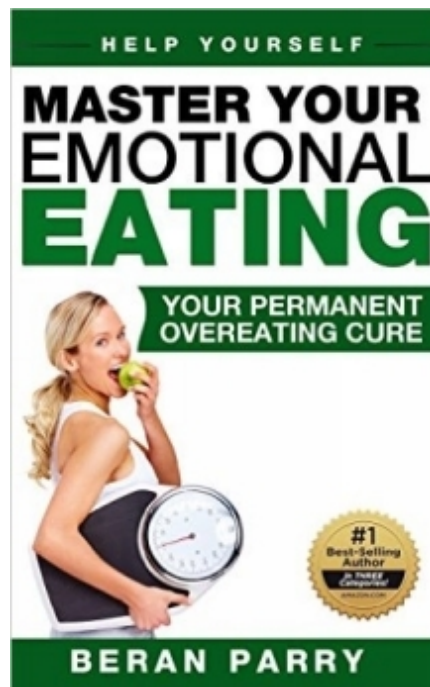
Sisson, M. (2013) The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy. Malibu, CA: Primal Nutrition, Inc.

Tollefsbol, T. (2014) Transgenerational Epigenetics. Waltham, MA: Academic Press- Elsevier Inc.





## FREE BONUS CHAPTER FROM MASTER YOUR EMOTIONAL EATING



[CLICK HERE](#)

### **How Does EMOTIONAL EATING Really Work?**

We need to start with a very important question. Are you ready for it? Here it is: “Why do we feel out of control?” The answers are very important to our understanding of how to introduce change to our eating habits. We feel out of control when we doubt ourselves, when we feel frustrated, when we feel vulnerable or unsafe, when we feel rebellious or angry, when we feel empty, when we feel unexpressed and, finally, when we feel unfulfilled.

When a person crosses over the threshold between using food as a source of sustenance and food as a source of comfort, that is the moment when food easily becomes a psychological support instead of a biological necessity.

Whilst we cannot always pinpoint why this might have happened, this book will help you to examine in depth your own unique responses in each of the categories and help you to be finally free of this pattern of unhealthy eating behaviour.

In the first part of the book, you'll be able to understand and interpret the insights to discover action you need to take to achieve real and enduring change.

Then, in part two, you'll learn about each of these fascinating steps and how they've been affecting specific areas of your life.

Together we'll remove each of the barriers and obstacles as you set sail on your personal emotional eating journey of discovery. And I'll be with you to help, encouraging and coaching you to free the real you that's been hiding for too long behind your emotionally-driven behaviour.

We'll look at why, after so many efforts to be free of uncontrolled eating, you're still at a place where you feel utterly lost. But don't worry. You'll certainly be able to begin again – this time with a renewed sense of expectation, realization and partnership. As you strip away each of the barriers, your emotional dependence on food will diminish until one day you will look back with wonder and ask yourself why you needed all that food in the first place!

Emotional Eating can be very well described via the following statements:

We eat to suppress our feelings of fear, guilt, resentment, worry, irritation etc.

We chose comfort food like cakes and biscuits and sweets because we felt we needed/deserved it and then felt guilty about it.

We ate badly to punish our bodies for some imagined failure in our lives.

This is a great moment to work through a simple quiz to determine whether you are in fact an emotional eater or someone who uses food to cope with the stresses of life.

Are You an Emotional Eater?

To find out if you're an emotional eater, answer the following five questions.

The last time you ate too much

1. When you needed to eat, did you feel a desperate and urgent need to eat something right away?
2. When you ate, did you enjoy the taste of every bite, or did you just stuff it in?
3. When you got hungry, did you need a certain type of food to satisfy yourself?
4. Did you feel guilty after you ate the same day or the next day?
5. Did you eat when you were emotionally upset or feeling that you "deserved" it

Let's see how you did.

1. Physical hunger begins slowly, then it becomes a stronger and finally it evolves into hunger pangs, but it's a slow process, very different from emotional hunger, which has a sense of urgency
2. There is a major difference between physical hunger and emotional hunger and it involves a degree of awareness. To satisfy physical hunger you normally make a deliberate choice about what you eat and you maintain awareness whilst you're eating. If you have emotional hunger, you won't notice how much you are eating or the taste and you will still want more food even after you're full.
3. Emotional hunger often demands very specific foods in order to be fulfilled. If you're physically hungry, even a salad will look delicious. If you're emotionally hungry, however, only your specific and possibly toxic choice will seem appealing.
4. Emotional eating often results in guilt. Physical hunger has no guilt attached to it because you know you ate in order to maintain energy.
5. Emotional hunger results from some emotional trigger. Physical hunger results from a biological need.

#### The Real Reason You're So Hungry – Imaginary Hunger

Did your answers to the five questions above reveal that you might be an emotional eater? Did you discover that you've been confusing emotional hunger with real, biological hunger? If so, the first question becomes – why?

The best way to explain what's going on is to consider that when you eat when you aren't really hungry, it's because you have two stomachs – one is real, the other imaginary. The hunger in your stomach is a signal to your brain that you need to re-fuel. It occurs when your system has a biological requirement for food. If that was the only signal of hunger you received, you'd be healthily slim. It's the imaginary stomach that causes the problems. The imaginary stomach sends out a signal demanding food as a result of complex and possibly negative emotions and unsolved problems. This is the moment when your stress and personal issues begin to assert themselves and you feel compelled to eat. Or, more accurately, to stuff yourself and anaesthetise the feelings of discomfort. Imaginary hunger exerts such a powerful influence that it compels you to eat almost anything to satisfy it.

There are certainly moments when each of us doesn't really know what to do with ourselves. It can happen after work, when we are alone, late at night or even over the weekend. Does that sound familiar or do you have other triggers that compel you to sidle over to the fridge? All emotional eaters have specific issues that they want to avoid and, when those issues arise, the imaginary tummy howls with insistent urgency and you suddenly find yourself possessed by an out of control urge to eat.



BOOK 3

**500 + Anti Inflammatory Recipes**

## BOOK 2

### The 500 Best Gluten Free Paleo Keto ANTI INFLAMMATORY Recipes EVER!

1. Breakfast Mexicana
2. Apple Chia Delight
3. Choco Nut Skinny Muesli Balls
4. Sweetie Skinny Crackers
5. Tasty Apple Almond Coconut Medley
6. Delish Veggie Breakfast Peppers
7. Breakfast Mexicana
8. Paleo Porridge with Banana
9. Raisin Nut Crunch Cereal
10. Apple Cider Paleo Donuts
11. Bacon and Heirloom Tomato Frittata with Basil
12. Breakfast Sweet Potato Hash
13. Mile High Power Breakfast Burger
14. Paleo Garlic Breadsticks (Just Don't Eat Them All Yourself)
15. Prosciutto-Wrapped Mini Frittata Muffins
16. Spicy Southwestern Breakfast Bowl
17. Down-Home Brussels Sprout Hash
18. Healthy Low Carb Crustless Quiche Recipe
19. Paleo Stuffed Breakfast Peppers
20. Breakfast Quiche with Broccoli and Ham
21. Homemade Strawberry Fruit Leather

### Lunch

22. Divine Juicy Tuna Sashimi
23. Vegetarian Curry with Squash
24. Low Carb Chipotle Chicken Lettuce Wraps
25. Fennel and Brussels Sprouts Sirloin Rolls
26. Saucy Gratin with Creamy Cauliflower Bonanza
27. Tasty Testy Lettuce Wraparounds
28. Punchy Tomato Salsa
29. Sexy Salsa
30. Pumpkin Avocado Salad
31. Crispy Chicken Wings
32. Sexy Prawn Salsa
33. Steamed Brussels Mussels with Fresh Basil

- [34. Summer Tuna and Avocado Salad](#)
- [35. Mediterranean Supercharger Omelet with Fennel and Dill](#)
- [36. Outstanding Veggie Omelet](#)
- [37. Blushing Beet Salad](#)
- [38. Grilled Shrimp Fennel Salad](#)
- [39. Chicken Delish Salad](#)
- [40. Sashimi Divine with Vinaigrette](#)
- [41. Ostrich Steak or Venison with Divine Mustard Sauce and Roasted Tomatoes](#)
- [43. Cheeky Chicken Stir Fry](#)
- [44. Chicken Fennel Stir-Fry](#)
- [45. Moroccan Madness](#)
- [46. Golden Glazed Drumsticks](#)
- [47. Tantalizing Turkey Pepper Stir-fry](#)
- [48. Piquant Peanut Chicken](#)
- [49. Easy Paleo Spaghetti Squash & Meatballs](#)
- [50. Meatball Zucchini Skillet](#)
- [51. Vegetarian Curry with Squash](#)
- [52. Lemony Chicken and Asparagus](#)
- [53. Rucola Salad](#)
- [54. Finger Lickin' Chipotle Meatballs](#)
- [55. Classic Tuna Salad](#)
- [56. Artichoke Tuna Delight](#)
- [57. Tasty Tuna Stuffed Tomato](#)
- [58. Classic Waldorf Salad](#)
- [59. Mediterranean Medley Salad](#)
- [60. Crock-Pot Roast](#)
- [61. Paleo Crock Pot Cashew Chicken](#)
- [62. Paleo Pulled Pork Sliders](#)
- [63. Spicy Slow Cooker Chorizo Chili](#)
- [63. Easy Paleo Slow Cooker Pot Roast](#)
- [64. Simple Cod Piccata](#)
- [65. Sausage and Kale "Pasta" Casserole](#)
- [66. Basic Balsamic Steak Marinade](#)
- [67. Paleo BLT Frittata](#)
- [68. Rosemary Beets with Garlicky Kale](#)
- [69. Kale and Red Pepper Frittata](#)
- [70. The Best Homemade Ranch Dressing Ever](#)
- [71. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [72. Honey Balsamic Roasted Brussels Sprouts](#)



- [73. Simple Cod Piccata](#)
- [74. Paleo BLT Frittata](#)
- [75. Sausage and Kale "Pasta" Casserole](#)
- [76. Basic Balsamic Steak Marinade](#)
- [77. Rosemary Beets with Garlicky Kale](#)
- [78. Kale and Red Pepper Frittata](#)
- [79. The Best Homemade Ranch Dressing Ever](#)
- [80. Easy Paleo Slow Cooker Pot Roast](#)
- [81. Spaghetti Squash Shrimp Scampi \(Grain-Free & Low Carb\)](#)
- [82. Honey Balsamic Roasted Brussels Sprouts](#)
- [83. Macadamia Nut Chicken/Turkey Salad](#)
- [84. Red Cabbage Bonanza Salad](#)
- [85. Spectacular Sprouts Salad](#)
- [86. Classic Waldorf Salad](#)
- [87. Avocado Egg Salad](#)
- [88. Avocado Divine Salad](#)
- [89. Classic Tuna Salad](#)
- [90. Artichoke Tuna Delight](#)
- [91. Tasty Tuna Stuffed Tomato](#)
- [92. Advanced Avocado Tuna Salad](#)
- [93. Sexy Italian Tuna Salad](#)
- [94. Divine Chicken or Turkey and Baby Bok Choy Salad](#)
- [95. Mediterranean Medley Salad](#)
- [96. Spicy Eastern Salad](#)
- [97. Lemon Tilapia Ajillo](#)
- [98. Tantalizing Prawn Skewers](#)
- [99. Seared Salmon with Peach Salsa](#)
- [100. Spicy Granola](#)
- [101. Sexy Shrimp Cocktail](#)
- [102. Gambas al Ajillo--Sizzling Garlic Shrimp](#)
- [103. Scrambled Eggs with Chili](#)
- [104. Basil and Walnut Eggs Divine](#)
- [105. Spicy Scrambled Eggs](#)
- [106. Delish Veggie Hash With Eggs](#)
- [107. Spicy India Omelet](#)
- [108. Spicy Spinach Bake](#)
- [109. Spectacular Eggie Salsa](#)
- [110. Mushrooms, Eggs and Onion Bonanza](#)
- [111. Roasted Lemon Herb Chicken](#)

- [113. Spicy Turkey Stir Fry](#)
- [114. Turkey and Kale Pasta Casserole](#)
- [115. Salmon Dill Bonanza](#)
- [116. Chili-Garlic Ostrich or Venison Skewers](#)
- [117. Creamy Chicken Casserole](#)
- [118. Sensational Courgette Pasta and Turkey Bolognese](#)
- [119. Perfect Turkey Stir-Fry](#)
- [120. Creamy Curry Stir Fry](#)
- [121. Spectacular Spaghetti and Delish Turkey Balls](#)
- [122. Melting Mustard Chicken](#)
- [123. Sexy Turkey Scramble](#)
- [124. Cheeky Chicken Salad](#)
- [125. Avocado and Shrimp Omelet](#)
- [126. Citrus Shrimp Delux](#)
- [127. Zesty Chicken Lemon](#)
- [128. Sweet Chicky Soup](#)
- [129. Chicken Zoodle Delish](#)
- [130. Leeky Chicken](#)
- [131. Creamy Chicken Mushroom Soup Bonanza](#)
- [132. Feisty Filipino Chicken](#)
- [133. Chinese Chicken Legs](#)
- [134. Coconut Turkey Salad](#)
- [135. Jolly Jamaican Chicken](#)
- [136. Citrus Chicken](#)
- [137. Chicken Peanut Lettuce Wraps](#)
- [138. Thai Baked Fish with Squash Noodles](#)
- [139. Divine Prawn Mexicana](#)
- [140. Superior Salmon with Lemon and Thyme OR Use any White fish](#)
- [141. Chicken Pineapple Delight](#)
- [142. Spectacular Shrimp Scampi in Spaghetti Sauce](#)
- [143. Delectable Shrimp Scampi](#)
- [144. Spaghetti Squash Hash Browns](#)
- [145. Sexy Seared Scampi](#)
- [146. Turkey Eastern Surprise](#)
- [147. Mediterranean Turkey Delish Salad](#)
- [148. Skinny Delicious Turkey Divine](#)
- [149. Skinny Delicious Slaw](#)
- [150. Chicken Basil Avo Salad](#)
- [151. California Turkey and Bacon Lettuce Wraps with Basil-Mayo](#)

- [152. Bouncy Buddha Bowls](#)
- [153. Cauliflower potato salad](#)
- [154. Asian Bisque](#)
- [155. Healthy Taco Salad](#)
- [156. Crispy Baked Chicken Fingers](#)
- [157. Baked Orange Chicken](#)
- [158. Crispy Potato Skin Wedges](#)
- [159. Coconut Crusted Baked Cauliflower Bites](#)
- [160. Crockpot Maple and Glazed pork Loin](#)
- [161. Baked Sweet Potatoes with a Five Star Feta Salad](#)
- [162. Balsamic Glaze Chicken Wings](#)
- [163. Mustard Crusted Salmon with Arugula and Spinach Salad](#)
- [164. Baked broccoli with garlic and parmesan cheese](#)
- [165. Avocado Chicken Salad](#)
- [166. Sundried Tomato Roulade](#)
- [167. Titillating 12 hour Broth](#)
- [168. Basic Beef Broth](#)
- [169. Paleo Phobroth](#)
- [170. Extra Easy Broth](#)
- [171. Fantastic Paleo Broth](#)
- [172. Cobb Salad](#)
- [173. Easy Homemade Gluten-Free Energy Bars](#)
- [174. How to Make Paleo Cauliflower “Rice”](#)
- [175. Garlic Steak](#)
- [176. Squash Boats](#)
- [177. Baked Buffalo Chicken](#)
- [178. Shaved Asparagus Salad Eggs](#)
- [179. Salmon, Avocado, and Arugula Salad](#)
- [180. Zucchini Noodles](#)
- [181. Spicy Steak](#)
- [182. Pesto Kale](#)
- [183. Chicken Lemon Stir-Fry](#)
- [184. Turkey Burger Guacamole](#)
- [185. Pesto Zucchini Noodles with Pesto](#)
- [186. Spring Greens Soup with Ginger Green Tea Broth](#)
- [187. Steak Rolls](#)
- [188. Lemon Almond Roast Chicken Salad](#)
- [189. Pistachio Salmon](#)
- [190. Beef, Stir-Fry](#)

[191. Thai Chicken Cups](#)

[Desserts](#)

[192. Paleo Pumpkin Pie Smoothie](#)

[193. Green Kale Smoothie with Mango](#)

[194. Paleo Antioxidant Berry Shake](#)

[195. Healthy Fruit Leather](#)

[196. Prosciutto-Wrapped Berries](#)

[197. Vanilla Pumpkin Seed Clusters](#)

[198. Gummi Orange Slices](#)

[199. Almond Joy Sunday](#)

[200. Spiced Autumn Apples Baked in Brandy](#)

[201. Raw Brownie Bites](#)

[202. Maple Cinnamon Cheesecakes with Gingerbread Crust](#)

[203. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake](#)

[204. Samoa Donuts](#)

[205. Paleo Cocoa Puffs](#)

[206. Gluten Free Dairy Free Coconut](#)

[207. Chocolate Bavarian Cheesecake](#)

[208. Jam Ball Donuts](#)

[209. Baked Cinnamon Doughnuts](#)

[210. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly](#)

[211. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider Caramel](#)

[212. Raw Pineapple Coconut Vegan Cheesecake](#)

[213. Grain-free Italian Lemon Almond Cake](#)

[214. Vanilla Pudding Pops](#)

[215. Gluten Free Tiramisu Roulade Recipe](#)

[216. Lemon Almond Delight](#)

[217. Gluten Free Monster Cookies](#)

[218. Ginger Vanilla Extravaganza](#)

[219. Cute Cupcakes Recipe](#)

[220. Strawberry Cheesecake Delight](#)

[221. Creative Cardamom Cupcakes](#)

[222. Macadamia Pineapple Bonanza](#)

[223. Apple, almond & blackberry Bonanza](#)

[224. Almond Happiness Bars](#)

[225. Sexy Coconut Crack Bars](#)

[226. Best Banana Nut Bread](#)

[227. Lemonny Lemon Delights](#)

[228. Pretty Pumpkin Delights](#)

[229. Spiced Apple Bake](#)  
[230. Sexy Dessert Pan](#)  
[231. Peachy Creamy Peaches](#)  
[232. Apple Spice Spectacular](#)  
[233. Choco - Coconut Berry Ice](#)  
[234. Cheeky Cherry Ice](#)  
[235. Creamy Caramely Ice Cream](#)  
[236. Berry Ice Cream and Almond Delight](#)  
[237. Eastern Spice Delights](#)  
[238. Absolute Almond Bites](#)  
[239. Choco Coco Cookies](#)  
[240. Nut Butter Truffles](#)  
[241. Chococups](#)  
[242 Choco – Almond Delights](#)  
[243. Fetching Fudge](#)  
[244. Extra Dark Choco Delight](#)  
[245. Chestnut- Cacao Cake](#)  
[246. Choco Triple Delight](#)  
[247. Apple Cinnamon Walnut Bonanza](#)  
[248. Peach and Almond Cake](#)  
[249. Choco Cookie Delight](#)  
[251. Secret Brownies](#)  
[252. Cheeky Coconut Loaf](#)  
[253. Pristine Pumpkin Divine](#)  
[254. Rose Banana Delicious Brownies](#)  
[255. Fabulous Brownie Treats](#)  
[256. Beautiful Butternut Pitta Surprise](#)  
[257. Perfect Paleo Loaf](#)  
[258. Carrot Coconut Surprise](#)  
[259. Relishing Raisin Bread](#)  
[260. Luscious Lemon Delight](#)  
[261. Sexy Sweet Potato](#)  
[262. Heavenly Herb Flatbread](#)  
[263. Cozy Coconut Flour Muffins](#)  
[264. Naked Chocolate Cake](#)  
[265. Blueberry Sponge Roll Surprise](#)  
[267. Lemon Mousse Mouthwatering Cupcakes](#)  
[268. Delicious Coconut Flour Cake with Strawberry Surprise](#)  
[269. Chocolate Raspberry Cake Delight](#)

[270. Strawberry Dashing Doughnuts](#)  
[271. Perfect Plantain Cake Surprise](#)  
[272. Lemon Blueberry Cake Delight](#)  
[273. Titillating Berry Trifle](#)  
[274. Lemon-Coconut Petit Fours](#)  
[275. Gingerbread Cream Delight](#)  
[276. Mouthwatering Coconut Custard Cake](#)  
[277. Cranberry Orange Upside Down Revolution](#)  
[278. Baked Vanilla Cardamom Delights](#)  
[279. Scrumptious Peanut Butter Parcels](#)  
[280. Pumpkin Cream Cookies](#)  
[281. Sexy Savory Muffins](#)  
[282. Delicious Lady Fingers](#)  
[283 Cheeky Coconut Chocolate Cookies](#)  
[284. Chocolaty Pumpkin Muffins](#)  
[285 Succulent Shortbread Cookies](#)  
[286. Yummy Pumpkin Bars](#)  
[287. Tasty Coconut Pancakes](#)  
[288.. Fluffy Coconut Flour Waffles](#)  
[289 Sexy Savory Pannukakku](#)  
[290. Fudgy Coconut Flour Brownies](#)  
[291. Delectable Pumpkin Bars](#)  
[292. Mouthwatering Lemon Bars](#)  
[293. Crispy Coconut Crackers](#)  
[294. Luscious Chocolate-Caramel Brownies](#)  
[295. Tempting Custard Pie](#)  
[296. Nutritious Paleo Tortillas](#)  
[297. Grain-Free Raw Brownie Bites](#)  
[298. Fudgy Pumpkin Blondies](#)  
[299. Spinach Brownies Revisited](#)  
[300. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\)\(Nut-Free\)](#)  
[301. Celebratory Chocolate Hazelnut Cupcakes](#)  
[302. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)  
[303. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze](#)  
[304. Party Pink Velvet Cupcakes with Vanilla Frosting](#)  
[305 Perfect Paleo Bananacado Fudge Cupcakes](#)  
[306. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)  
[307. Chocolate Cupcakes with Coconut Cream Filling](#)  
[308. Delish Apple Pie Cupcakes with Cinnamon Frosting](#)

[309. Paleo Sticky Date Pudding Cupcakes](#)  
[310. Vanilla Paleo Cupcakes](#)  
[311. Delicious Yellow Cupcake Recipe](#)  
[312. Perfect Pear & Nutmeg Cupcakes](#)  
[313. Xmas Chocolate Chip Cupcakes](#)  
[314. Meaty Meatloaf Cupcakes](#)  
[315. Boston Cream Pie Cupcake Bonanza](#)  
[316. Vanilla Bean Cupcakes with Mocha Buttercream](#)  
[317. Gushing Guava Cupcakes with Whipped Guava Frosting](#)  
[318. Perfect Pizza Muffins](#)  
[319. Lemon Mousse Mouthwatering Cupcakes](#)  
[320. Sweet Potato Muffins](#)  
[321. Zesty Zucchini Muffins](#)  
[322. Cozy Coconut Flour Muffins](#)  
[323. Sexy Savory Muffins](#)  
[324. Cinnamon Chocolate Chip Muffins](#)  
[325. Molten Lava Chocolate Cupcake](#)  
[326. Party Carrot Cupcakes](#)  
[327. Strawberry Shortcake Cupcakes](#)  
[328. Thin Mint Mini Cupcakes](#)  
[329. Lemon-Coconut Petit Fours](#)  
[330. Delicious English Cupcakes](#)  
[331. Amazing Almond Flour Cupcakes](#)  
[332. Paleo Vanilla Cupcakes](#)  
[333. Delightful Cinnamon Apple Muffins](#)  
[334. Delish Banana Nut Muffins](#)  
[335. Apple Cinnamon Muffins](#)  
[336. Apple Cardamom Cupcakes](#)  
[337. Meatloaf Cupcakes](#)  
[338. Chocolate Olive Oil Cupcakes](#)  
[339. One-Bowl Coconut Flour Cupcakes](#)  
[340. Paleo Chocolate Cupcake with “Peanut Butter” Frosting](#)  
[341. Paleo Apple Pie Cupcakes with Cinnamon Frosting](#)  
[342. Honey Cream Hottie](#)  
[343. Black Forest cupcakes](#)  
[344. Beautiful Banana Bread- 5 Mins](#)  
[345. Preppy PEPPER OMELET](#)  
[346. Cheeky CHURROS](#)  
[347. Beautiful Banana Bread](#)

- [348. Apple cinnamon delight Recipe](#)
- [349. Eggie Egg Muffin Cups](#)
- [350. Totally Tropical Granola](#)
- [351 . Fabulous Brownie Treats](#)
- [352 . Rose Banana Delicious Brownies](#)
- [353.. Spectacular Spinach Brownies](#)
- [354. Pristine Pumpkin Divine](#)
- [355 . Secret Brownies](#)
- [356. Choco Coco Cookies](#)
- [357. Berry Ice Cream and Almond Delight](#)
- [358. Apple Spice Spectacular](#)
- [359. Absolute Almond Bites](#)
- [360. Eastern Spice Delights](#)
- [361. Creamy Caramely Ice Cream](#)
- [362. Sexy Dessert Pan](#)
- [363. Cheeky Cherry Ice](#)
- [364. Creamy Berrie Pie](#)
- [365. Peachy Creamy Peaches](#)
- [366. Spiced Apple Bake](#)
- [367. Pretty Pumpkin Delights](#)
- [368. Gluten Free Banana Nut Bread](#)
- [369. Macadamia Pineapple Bonanza](#)
- [370. Lemmony Lemon Delights](#)
- [371. Lemon Cookies](#)
- [372. Lemon Cake](#)
- [373. Choco Zucchini Cookies](#)
- [374. Pumpkin crepes](#)
- [375. Banana Shake](#)

#### Beverages

- [376. Blood Orange Smoothie](#)
- [377. Carrot Orange Ginger Smoothie with Turmeric](#)
- [378. Blueberry Lemonade](#)
- [379. Red Coconut Smoothie](#)
- [380. Lavender Lemonade](#)
- [381. Gorgeous Berry Smoothie](#)
- [382. Hazelnut Hottie](#)
- [383. Lemongrass-Lavender Tempting Tea](#)
- [384. Delish Cream Latte](#)
- [385. Coconut Vanilla Surprise](#)



- [386. Tempting Coconut Berry Smoothie](#)
- [387. Volumptious Vanilla Hot Drink](#)
- [388. Blushing Berry Smoothie](#)
- [389. Tempting Coconut Berry Smoothie](#)
- [390. Almond Butter Smoothies](#)
- [391. Choco Walnut Delight](#)
- [392. Blueberry Almond Smoothie](#)
- [393. Raspberry Hemp Smoothie](#)
- [394. Choco Banana Smoothie](#)
- [395. Hazelnut Butter and Banana Smoothie](#)
- [396. Apple Smoothie](#)
- [397. Vanilla Blueberry Smoothie](#)
- [398. Chocolate Raspberry Smoothie](#)
- [399. Peach Smoothie](#)
- [400. Zesty Citrus Smoothie](#)
- [401. Sumptuous Strawberry Coconut Smoothie](#)
- [402. Blueberry Bonanza Smoothies](#)
- [403. Raspberry Coconut Smoothie](#)
- [404. Divine Peach Coconut Smoothie](#)
- [405. Tantalizing Key Lime Pie Smoothie](#)
- [406. High Protein and Nutritional Delish Smoothie](#)
- [407. Pineapple Protein Smoothie](#)
- [408. Ginger Carrot Protein Smoothie](#)
- [409. Green Smoothie](#)
- [410. Kinky Kale Smoothie With Pineapple](#)
- [411. Greens Smoothie With Mango and Lime](#)
- [412. Sumptious Spinach Smoothie With Avocado](#)
- [413. Kinky Kale-Apple Smoothie](#)
- [414. Ginger-Orange Green Perfection](#)
- [415. Perfect Pear Green Protein](#)
- [416. Orange Kale Bonanza](#)
- [417. Blueberry Mint Mouthful](#)
- [418. Peachy Green](#)
- [419. Sexy SPRING DETOX](#)
- [420. Gorgeous Green](#)
- [421. Sweet Melon](#)
- [422. Pumpkin Pie Perfection](#)
- [423. The Detox Delight](#)
- [424. Rose Melon](#)

[425. Winter Wonderland](#)  
[426. Carrot Cinnamon](#)  
[427. Carrot Pecan](#)  
[428. Arthritis Assistance](#)  
[429. Liver Detox](#)  
[430. Wild Greens Bonanza](#)  
[431. Skinny Cruiser](#)  
[432. Red Starter](#)  
[433. Daily Detox Delight](#)  
[434. Hair Helper](#)  
[435. Fast and Furious](#)  
[436. Amazing Apple Flavor](#)  
[437. Peachy Green](#)  
[438. SUNSET Sensation](#)  
[439. Beautiful Broccoli](#)  
[440. Spicy Veggie](#)  
[441. Cool Cucumber Kiwi](#)  
[442. Fabulous Fruity](#)  
[443. Fruity Fast](#)  
[444. Gorgeous Greens](#)  
[445. Cute Celery](#)  
[446. Parsnip-Kale-Tomato](#)  
[447. Hot and Spicy](#)  
[448. Blushing BLUE](#)  
[449. Blushing BANANA](#)  
[450. CINNAMON Coconut Surprise](#)  
[451. Voluptuous Vanilla Hot Drink](#)  
[452. Almond Butter Smoothies](#)  
[453. Choco Walnut Delight](#)  
[454. Raspberry Hemp Smoothie](#)  
[455. Choco Banana Smoothie](#)  
[456. Pineapple Coconut Deluxe Smoothie](#)  
[457. Apple Smoothie](#)  
[458. Pineapple Smoothie](#)  
[459. Strawberry Smoothie](#)  
[460. Divine Vanilla Smoothie](#)  
[461. Coco Orange Delish Smoothie](#)  
[462. Blueberry Bonanza Smoothies](#)  
[463. Baby Kale Pineapple Smoothie](#)

- [464. Sumptuous Strawberry Coconut Smoothie](#)
- [465. Divine Peach Coconut Smoothie](#)
- [466. Tantalizing Key Lime Pie Smoothie](#)
- [467. Raspberry Coconut Smoothie](#)
- [468. High Protein and Nutritional Delish Smoothie](#)
- [469. Pineapple Protein Smoothie](#)
- [470. Ginger Carrot Protein Smoothie](#)
- [471. Perfect Breakfast Detox Smoothie](#)
- [472. Tropical Green Smoothie](#)
- [473. Green Spa Smoothie](#)
- [474. Berry Spinach Smoothie](#)

#### Snacks

- [475. Homemade Paleo Tortilla Chips](#)
- [476. Relishing Raisin Bread](#)
- [477. Delish Banana Nut Muffins](#)
- [478. Paleo Chocolate Cookies \(I Can't Get Enough of These\)](#)
- [479. No-Bake Walnut Cookies \(Grain-Free & Gluten-Free\)](#)
- [480. Easy Paleo Shepherd's Pie](#)
- [481. Spicy Avocado Dill Dressing](#)
- [482. Paleo French Toast with Blueberry Syrup](#)
- [483. Sweet Potato and Beet Chips with Garlic Rosemary Salt](#)
- [484. Lavender Maca Brownies \(Dairy & Grain Free\)](#)
- [485. The Best Paleo Brownies \(Chocolaty Goodness\)](#)
- [486. Homemade Baked Cinnamon Apple Chips](#)
- [487. Blueberry Banana Muffins](#)
- [488. Parmesan Zucchini Chips](#)
- [489. Quinoa, Spaghetti Squash, and Bacon Fritters](#)
- [490. Paleo Chocolate Cranberry Muffins](#)
- [491. Salt and Vinegar Zucchini Chips](#)
- [492. Briana's House Low Carb Chocolate Chip Cookies](#)
- [493. Oven Baked Onion Rings](#)
- [494. Low Carb Avocado Crisps](#)
- [495. Crispy Fried Bocconcini w/ Smoky Tomato Sauce](#)
- [496. Heavenly Herb Flatbread](#)
- [497. Luscious Lemon Delight](#)
- [498. Sexy Sweet Potato](#)
- [499. Cheeky Coconut Loaf](#)
- [500. Cozy Coconut Flour Muffins](#)
- [501. Naked Chocolate Cake](#)

[502. Blueberry Sponge Roll Surprise](#)  
[503. Strawberry Dashing Doughnuts](#)  
[504. Lemon Mousse Mouthwatering Cupcakes](#)  
[505. Chocolate Raspberry Cake Delight](#)  
[506. Perfect Plantain Cake Surprise](#)  
[507. Lemon Blueberry Cake Delight](#)  
[508. Lemon-Coconut Petit Fours](#)  
[509. Delicious Coconut Flour Cake with Strawberry Surprise](#)  
[510. Titillating Berry Trifle](#)  
[511. Gingerbread Cream Delight](#)  
[512. Pumpkin Cream Cookies](#)  
[513. Mouthwatering Coconut Custard Cake](#)  
[514. Cranberry Orange Upside Down Revolution](#)  
[515. Baked Vanilla Cardamom Delights](#)  
[516. Sexy Savory Muffins](#)  
[517. Delicious Lady Fingers](#)  
[518. Chocolatey Pumpkin Muffins](#)  
[519. Cheeky Coconut Chocolate Cookies](#)  
[520. Scrumptious Peanut Butter Parcels](#)  
[521. Succulent Shortbread Cookies](#)  
[522. Fudgy Coconut Flour Brownies](#)  
[523. Tasty Coconut Pancakes](#)  
[524. Fluffy Coconut Flour Waffles](#)  
[525. Delectable Pumpkin Bars](#)  
[526. Temptingly Perfect Plantain Drop](#)  
[527. Mouthwatering Lemon Bars](#)  
[528 Yummy Pumpkin Bars](#)  
[529. Delicious Coconut Biscuits](#)  
[530. Crisp Coconut Flour Tortillas](#)  
[531. Easy Delish Pizza Crust Recipe](#)  
[532. Coconut Pretty Pizza Crust](#)  
[533. Creamy Appetizing Croissant](#)  
[534. Delicious Gnocchi Balls](#)  
[535. Crispy Coconut Crackers](#)  
[536. Tempting Custard Pie](#)  
[537. Nutritious Paleo Tortillas](#)  
[538. Luscious Chocolate-Caramel Brownies](#)  
[539. Delightful Cinnamon Apple Muffins](#)  
[540. Celebratory Chocolate Hazelnut Cupcakes](#)

- [541. Chocolate Cupcakes with Coconut Cream Filling](#)
- [542. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [543. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\) \(Nut-Free\)](#)
- [544. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze](#)
- [545. Party Pink Velvet Cupcakes with Vanilla Frosting](#)
- [546. Perfect Paleo Bananacado Fudge Cupcakes](#)
- [547. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING](#)
- [548. Paleo Sticky Date Pudding Cupcakes](#)
- [549. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)
- [550. Bursting Banana Choco Cupcakes](#)
- [551. Vanilla Paleo Cupcakes](#)
- [552.. Jam and 'Cream' Cupcakes](#)
- [553. Delicious YELLOW CUPCAKE RECIPE](#)
- [554. Perfect Pear & Nutmeg Cupcakes](#)
- [555. Xmas Chocolate Chip Cupcakes](#)
- [556. Boston Cream Pie Cupcake Bonanza](#)
- [557. Cupcakes](#)
- [558. Vanilla Bean Cupcakes with Mocha Buttercream](#)
- [559. Chocolate Ganache](#)
- [560. Meaty Meatloaf Cupcakes](#)
- [561. Healthy Carrot Ginger Muffins](#)
- [562. Gushing Guava Cupcakes with Whipped Guava Frosting](#)
- [563. Blushing Blueberry Muffin Recipe](#)
- [564. Perfect Pizza Muffins](#)
- [565. Sweet Potato Muffins](#)
- [566. Zesty Zucchini Muffins](#)
- [567. Lemon Mousse Mouthwatering Cupcakes](#)
- [568. Cozy Coconut Flour Muffins](#)
- [569. Party Carrot Cupcakes](#)

# The 500 Best Gluten Free Paleo Keto ANTI INFLAMMATORY Recipes EVER!

## 1. Breakfast Mexicana

### Ingredients:

For the tortillas:

2 eggs

2 egg whites

1/2 cup water

4 tsp ground flaxseed

Pinch of low sodium salt

For the filling:

1 avocado, diced

1/4 cup red bell

pepper, finely diced

1/4 cup onion, finely diced

1/4 cup baked cod or other protein

Handful of spinach leaves

1 tsp coconut oil

Instructions:

In a small bowl, whisk together the ingredients for the tortilla. Preheat the oven

Heat a 10-inch non-stick skillet over medium heat and coat well with coconut oil spray.

Pour half of the tortilla mixture into the pan and swirl to evenly distribute.

Using a metal spatula, loosen the edges of the tortilla from the pan.

Cook a couple of minutes until golden brown on the bottom, and then carefully slide the spatula under the tortilla to loosen it from the bottom of the pan. Do not flip yet.

Place the pan under the broiler for 3-4 minutes until the tortilla gets a little bubbly.

Remove the tortilla from the pan, setting on a piece of aluminum foil. Repeat with other half of tortilla mixture.

After the tortillas are done broiling, preheat the oven to 400 degrees F. In a separate small pan, heat the coconut oil over medium heat.

Add the onions and peppers and sauté for 5-8 minutes, until soft. Add the spinach into the pan and wilt.

Place all of the fillings down the center of the tortillas and wrap tightly.

Place into the oven for 5-8 minutes to set. It's so delish!

## 2. Apple Chia Delight

### Ingredients:

2c organic chia seeds (black or white)

1c organic hemp hearts

1/2 chopped dried organic apples (or other dried fruit of your choice)

2tbsp real cinnamon

1 tsp low sodium salt

optional: 1/2c chopped nuts of your choice

### Instructions:

Throw all of this together, mix it up, and store in a jar in a cool dry place.

Stevia to taste.



### 3. Choco Nut Skinny Muesli Balls

#### Ingredients:

- 1 cup of raw almonds
- 1 Tablespoon of coconut oil
- ¼ teaspoon low sodium salt
- 2 Tablespoon Coconut flour
- 1 egg white
- 2 Tablespoon plus 1 teaspoon of Cacao powder
- ¼ cup of pure liquid stevia

#### Instructions:

First grind the almonds in a food processor or blender until you have a flour. Add the ground almonds, low sodium salt, coconut flour, egg white, pure liquid stevia and cacao powder to a bowl and mix with a spoon until you have a dough.

#### Either:

a) Place the dough onto a piece of parchment paper. Place a second piece of parchment paper over the top and roll it until it is ¼” thick. With a wet knife, score it into 1” squares. Place the parchment paper on a baking sheet when finished.

Or

b) Take a small pinch of the dough and roll into a ¼ round ball and set on a baking sheet lined with parchment paper.

Turn on your oven and set to 350 degrees and bake for 15 - 18 minutes for cereal balls or bake for 8 to 12 minutes for flat cereal.

Remove from the oven and let cool on the pan.

Top with your favorite milk and enjoy!

#### 4. Sweetie Skinny Crackers

##### Ingredients:

1 egg

pure liquid stevia to taste

1 Tbspn coconut oil, melted

1.5 cups almond flour

.5 cup coconut flour

1 teaspoon cinnamon

##### Instructions:

Preheat oven to 350°

In a large bowl, whisk together the egg, pure liquid stevia and melted coconut oil

Add the coconut and almond flour and stir to combine.

Give the dough a couple of kneads so it's well incorporated.

Turn the dough onto a piece of parchment paper and flatten a bit with your hands.

Place another piece of parchment on top and roll out with a rolling pin until it's about 1/8 inch thick.

Remove the top piece of parchment and cut the dough into 1/4 inch squares for cereal, and about 2"x3" for crackers

Sprinkle the cinnamon into the dough mixture.

Slide the dough with the bottom parchment paper onto a baking sheet and bake for 15 minutes.

Turn down the oven to 325° and bake for another 10-15 minutes, or until the cereal / crackers are crisp.

## 5. Tasty Apple Almond Coconut Medley

### Ingredients:

one-half apple cored and roughly diced

handful of sliced almonds

handful of unsweetened coconut

generous dose of cinnamon

1 pinch of low sodium salt

### Instructions:

Pulse in the food processor to desired consistency—smaller is better for the little ones! Serve with almond milk, or creamy coconut milk.

## 6. Delish Veggie Breakfast Peppers

### Ingredients:

2 bell peppers – your choice of color

4 eggs

1 cup white mushrooms

1 cup broccoli

¼ tsp cayenne pepper

low sodium salt and pepper, to taste

### Instructions:

Preheat oven to 375 degrees Fahrenheit.

Dice up your vegetables of choice.

In a medium sized bowl, mix eggs, low sodium salt, pepper, cayenne pepper, and vegetables.

Cut peppers into equal halves. A tip:

Core the peppers so that they're clean enough to add the filling.

Pour a quarter of the egg / vegetable mix into each pepper halve, adding more vegetables to the top to fill in any empty space.

Place on baking sheet and cook approximately 35 minutes.

## 7. Breakfast Mexicana

### Ingredients:

For the tortillas:

2 eggs

2 egg whites

1/2 cup water

4 tsp ground flaxseed

Pinch of low sodium salt

For the filling:

1 avocado, diced

1/4 cup red bell

pepper, finely diced

1/4 cup onion, finely diced

1/4 cup baked cod or other protein

Handful of spinach leaves

1 tsp coconut oil

### Instructions:

In a small bowl, whisk together the ingredients for the tortilla. Preheat the oven

Heat a 10-inch non-stick skillet over medium heat and coat well with coconut oil spray.

Pour half of the tortilla mixture into the pan and swirl to evenly distribute.

Using a metal spatula, loosen the edges of the tortilla from the pan.

Cook a couple of minutes until golden brown on the bottom, and then carefully slide the spatula under the tortilla to loosen it from the bottom of the pan. Do not flip yet.

Place the pan under the broiler for 3-4 minutes until the tortilla gets a little bubbly.

Remove the tortilla from the pan, setting on a piece of aluminum foil. Repeat with other half of tortilla mixture.

After the tortillas are done broiling, preheat the oven to 400 degrees F. In a separate small pan, heat the coconut oil over medium heat.

Add the onions and peppers and sauté for 5-8 minutes, until soft. Add the spinach into the pan and wilt.

Place all of the fillings down the center of the tortillas and wrap tightly.

Place into the oven for 5-8 minutes to set. It's so delish!

## 8. Paleo Porridge with Banana

### Ingredients

½ cup soaked pecans (or a mixture of your preferred nuts). I put some in a bowl overnight if I do not have on hand. I have done this with part macadamia nuts, dreamy!

¾ cup boiling water

2 tablespoons coconut butter (please refer to link above on how to easily make your own)

½ very ripe banana

a few drops of stevia liquid to taste

½ teaspoon cinnamon

⅛ teaspoon sea salt (to taste)

### Instructions

In a blender, place all the ingredients and blend until smooth and creamy.

Mixture will be thin. If you do not have a high powered blender the nuts will need to be soaked and NOT dehydrated.

Place mixture into a small saucepan over medium low heat. Heat gently until thick and creamy. Serve.

## 9. Raisin Nut Crunch Cereal

### Ingredients

- 1/2 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 2 Tbsp. squash seeds (or more pumpkin seeds)
- 1/2 cup almond meal (I used dried almond pulp from making almond milk)
- 1 1/3 cup coconut
- 1 cup almonds, chopped
- 1 1/2 tsp. cinnamon
- 3 Tbsp. coconut oil
- 1/4 cup raw honey
- 1 tsp. vanilla
- 1 cup raisins (added after cereal is baked)

### Directions

1. Preheat oven to 325 degrees.
2. Combine all dry ingredients (except raisins).
3. Warm coconut oil and honey slightly so they are easily incorporated. Pour oil, honey and vanilla over dry ingredients. Mix well
4. Spread cereal mixture over large baking pan (15 x 10 or bigger) and bake at 325 degrees for 20 minutes. Take out of oven, stir mixture and bake for another 5-7 minutes.
5. Cool. Add raisins and serve with homemade coconut milk or homemade almond milk! Store in an airtight container.

## 10. Apple Cider Paleo Donuts

Ingredients (makes 10-12 mini-donuts)

Paleo Donuts

1/2 cup coconut flour

1/2 teaspoon cinnamon

1/2 teaspoon baking soda

1/8 teaspoon celtic sea salt

2 eggs (room temperature)

a few drops of stevia liquid to taste

2 tablespoons coconut oil (liquid)

1/2 cup warm apple cider

2 tablespoons ghee (or butter or coconut oil), melted – for coating cooked donuts

Cinnamon Sugar

1/2 cup granulated coconut sugar

1 tablespoon cinnamon

Instructions:

Preheat mini-donut maker.

In a small bowl whisk together coconut flour, baking soda, cinnamon and salt.

In a medium bowl whisk together the eggs, oil and stevia

Add the dry ingredients to the wet ingredients and stir until combined.

Add the warm apple cider to the bowl and mix until fully incorporated into the dough.

Scoop the donut batter into the pre-heated donut maker. A cookie scooper makes it easy. (About 1 1/2 tablespoons for each donut)

Close the lid and cook for 2-3 minutes.

Carefully remove cooked donuts from the pan.

Either brush donuts with melted ghee/butter/coconut oil or dip them in to cover both sides.

Toss donuts with the prepared cinnamon/coconut sugar mixture until coated.



## 11. Bacon and Heirloom Tomato Frittata with Basil

### Ingredients

12 large pastured eggs

1/2 pound organic bacon (8 slices)

Heirloom tomatoes in different sizes and colors cut into thick (1/2 inch) slices

1 medium red onion, 1/2 sliced thin the other 1/2 diced

2 cloves garlic, minced

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh parsley

1/2 teaspoon sea salt

freshly cracked black pepper

several whole fresh basil leaves, purple or green

### Instructions

Preheat oven to 350° F

In a medium bowl whisk the eggs together and add 1 clove of the minced garlic, chopped basil, chopped parsley, sea salt and black pepper.

Cut bacon into 1/4 inch strips and cook in a 10 inch, cast iron skillet until almost crispy and much of the fat has rendered. Using a slotted spoon, scoop out the bacon into a separate dish and reserve.

Drain all but two tablespoons of the fat (reserve for future us)

Add the diced red onion and cook in the remaining bacon fat on medium heat until soft (about 6. minutes). Add the minced garlic and cook for another minute.

Add the bacon back to the pan and spread out evenly.

Gently pour the egg mixture into the hot pan and allow to cook on medium until the edges begin to cook and the eggs have cooked about halfway.

Gently place the tomato and onion slices on top of the eggs. Top with a few of the fresh basil leaves.

Place the skillet in the oven and cook for approximately 20 minutes until the middle of the frittata is cooked. Remove from the oven and let the frittata set up and cool off slightly for about 5 minutes.

Top with more fresh basil leaves and and serve warm.

## 12. Breakfast Sweet Potato Hash

### Ingredients

1 large onion, sliced  
3 tbsp olive oil, divided  
1/2 tbsp ghee  
2 Italian sausages, diced  
2 sweet potatoes  
3 tbsp fresh rosemary  
Salt and freshly ground black pepper, to taste  
3 eggs

### Instructions

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Heat one tablespoon of olive oil and the ghee in a skillet over medium heat. Add the onions and sprinkle with salt. Cook on low heat for 30-40 minutes, until dark brown and caramelized.

Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Place into a large bowl with the remaining two tablespoons of olive oil and rosemary. In a separate skillet, cook the sausages until browned. Add the cooked onions and sausages to the bowl with the sweet potatoes and toss. Season with salt and pepper.

Spread out the sweet potato mixture evenly onto the prepared baking sheet. Roast for 30-35 minutes until the potatoes are soft and browned. Either refrigerate overnight at this point or proceed to the next step.

Place the sweet potato hash into a cast iron skillet and make three small wells to crack the eggs into. Crack eggs into the skillet and season lightly with salt and pepper. Bake for 15-18 minutes at 425 degrees F until the eggs are set.

### Notes

Servings: 4

Difficulty: Medium

### 13. Mile High Power Breakfast Burger

#### INGREDIENTS

To make the patties, you will need:

450g grass fed ground beef

1/3 cup crispy lardons (or 2-3 crispy bacon strips and their drippings)

1 tbsp Dijon mustard

3 cloves garlic, chopped

1 pastured egg

¼ tsp Himalayan or unrefined sea salt

¼ tsp freshly cracked black pepper

¼ tsp anise seeds

1/8 tsp ground clove

1 large jalapeño pepper, seeded and very finely chopped

¼ cup fresh parsley, finely chopped

2 tbsp fresh mint, finely chopped

1 tbsp fresh rosemary, finely chopped

½ cup sauerkraut, squeezed fairly dry and roughly chopped

To garnish each burger, you will need:

1 fresh kale leaf, torn into several pieces

2 slices tomato

3 slices avocado

¼ cup sauerkraut

1 pastured egg, pan fried

1 bacon strip, cooked and cut in 2 pieces

#### INSTRUCTIONS

Start by cooking the required number of slices of bacon (depending on how many burgers you are making and whether or not you are using cooked bacon in your meat patties) and set aside.

In a small food processor, add the lardons (or cooked bacon and drippings) Dijon mustard, garlic, egg, salt, pepper, ground clove and anise seeds and process into a paste.

Add that to a medium mixing bowl along with the ground beef, jalapeño pepper, parsley, mint, rosemary and sauerkraut and knead well with your hands until uniformly blended. Form the meat mixture into 3 or 4 beef patties.

Preheat your outdoor grill to high.

Once your grill is nice and hot, lower the heat to medium and place the patties on the grill; cook for about 3-4 minutes per side or until the patties are done to your liking.

Alternatively, you could also cook the beef patties in a large skillet set over medium-high heat, again, about 3-4 minutes per side.

While the meat is cooking, pan fry as many eggs as you will require to garnish your burgers.

To assemble the burgers, start by laying a few pieces of kale at the bottom of a plate. Place the beef patty right over that, followed by the sauerkraut and a few slices of tomatoes and avocado.

At this point, you might want to insert a toothpick right in the center of the pile to make sure your mile high burger doesn't collapse on you!

Once everything is good and secure, add the pan fried egg right on top of all that and, finally, place two pieces of cooked bacon right over your egg.

**BEAUTY!**

Take a nice long look (if you can!) at your beautiful creation and dig in.

## 14. Paleo Garlic Breadsticks (Just Don't Eat Them All Yourself)

### Ingredients

1 1/3 cups almond flour  
1/2 tsp salt  
2 tbsp coconut oil, melted  
3 tbsp coconut flour  
1 clove garlic, minced  
3 eggs, divided  
1 tsp dried basil  
1/2 tsp onion powder  
1/2 tsp oregano  
1/2 tsp baking powder  
Ghee, for brushing

### Instructions

Whisk two eggs together in a small bowl and set aside. In a separate bowl, add the almond flour, baking powder, salt, and coconut oil and stir. Add the beaten eggs and stir to combine.

Add the coconut flour into the bowl, one tablespoon at a time. After each tablespoon let the dough rest for a minute as the flour absorbs. Add the next tablespoon and repeat until you have dough that can be easily kneaded.

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Roll out the dough onto a separate piece of parchment paper. Working in small handfuls, roll the dough into a long rope. Twist the dough into your shape of choice and place on the baking sheet. Bake for 10 minutes.

Whisk the remaining egg and add a dash of water. Remove the breadsticks from the oven and brush with the egg wash, and then the minced garlic, basil, onion powder and oregano. Return to the oven and bake for 4-5 minutes more, until golden. Brush with melted ghee before serving.

### Notes

Servings: 4-8 breadsticks, depending on size

Difficulty: Medium

## 15. Prosciutto-Wrapped Mini Frittata Muffins

### Ingredients:

4 tablespoons fat (coconut oil, ghee, etc.)  
½ medium onion, finely diced  
3 cloves of garlic, minced  
½ pound of cremini mushrooms, thinly sliced  
½ pound frozen spinach, thawed and squeezed dry  
8 large eggs  
¼ cup coconut milk (the fatty stuff at the top of the can works best)  
2 tablespoons of coconut flour  
1 cup of cherry tomatoes, halved  
5 ounces of Prosciutto di Parma  
Kosher salt  
Freshly ground pepper  
A regular 12 cup muffin tin

### Instructions

Preheat the oven to 375°F and prepped veggies.

Heat half the coconut oil over medium heat in a large cast iron skillet and sautéed the onions until soft and translucently

Add the garlic and mushrooms and cook them until the mushroom moisture had evaporated. Then, season the filling with salt and pepper and spoon it on a plate to cool to room temperature

For the batter, Beat the eggs in a large bowl with coconut milk, coconut flour, salt, and pepper until well-mixed. Then, add the sautéed the mushrooms and spinach and stirred to combine.

Brush the remainder of the melted coconut oil onto the muffin tin and lined each cup with prosciutto, taking care to cover the bottom and sides completely.

Popp the muffins in the oven for about 20 minutes

## 16. Spicy Southwestern Breakfast Bowl

### Ingredients

2 large sweet potatoes, peeled and diced

Extra virgin olive oil, for drizzling

Salt and pepper, to taste

1 tsp chili powder

2 strips bacon

1/2 medium yellow onion, diced

1/2 green bell pepper, diced

1/2 red bell pepper, diced

1 small jalapeno, seeded and diced

2-3 cups fresh spinach

2 eggs

1 tsp ghee

1 avocado, pitted and diced, optional

### Instructions

Preheat the oven to 375 degrees F. Place the diced sweet potatoes on a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt, pepper, and chili powder. Bake for 15-20 minutes, turning once.

Meanwhile, cook the bacon in a skillet over medium heat. Remove to a paper towel-lined plate and crumble. Add the onion, bell peppers, and jalapeno to the skillet and sauté for 5-6 minutes until soft. Lastly add in the spinach and cook until wilted.

In a separate skillet, melt the ghee. Cook the eggs to desired doneness, seasoning with salt and pepper.

To assemble, divide the sweet potatoes between two bowls. Top with the veggie mixture, followed by the egg, crumbled bacon, and avocado if using.

### Notes

Servings: 2

Difficulty: Easy

## 17. Down-Home Brussels Sprout Hash

### Ingredients

3 slices bacon

1/2 large butternut squash, peeled, seeded and cubed

1/2 small red onion, finely diced

1 clove garlic, minced

12 oz. Brussels sprouts, stemmed and sliced

1 tbsp extra virgin olive oil

Salt and freshly ground pepper, to taste

2-3 eggs, optional

### Instructions

Place the bacon in a pan and cook until crisp. Set aside on a paper towel-lined plate and crumble into pieces. Leave one tablespoon of bacon grease in the pan and dispose of the rest.

Add the butternut squash, onion, and garlic to the pan and cook for 5-7 minutes, stirring occasionally, until soft. Stir in the Brussels sprouts, along with a tablespoon of olive oil. Season generously with salt and pepper to taste. Sauté for 8-10 minutes until the Brussels sprouts are bright green and fork-tender.

Add the crumbled bacon back into the pan and stir. Make two or three small wells in the hash and crack an egg into each. Cover and cook until the eggs are set. Serve immediately.

### Notes

Servings: 2-3

Difficulty: Easy



## 18. Healthy Low Carb Crustless Quiche Recipe

6 organic, free range eggs

6 stalks kale

6 stalks swiss chard

15 campari tomatoes, 10 cut into quarters and 5 with stem attached

2 medium shallots sliced thin, or half a sweet onion, diced

1 Tbs whole grain mustard

1 tsp garlic powder

1/4 tsp red pepper flakes – use more or less to taste

4 oz shredded parmesan cheese

1 Tbs organic butter

salt and pepper

Instructions

Preheat your oven to 350 degrees F (175 degrees C).

In a nonstick skillet over med-high heat, melt your butter. Add shallots and a little salt and pepper and cook until translucent, about 2 mins.

Grab your kale and swiss chard by the stem and strip the leaves from the stem with your hands. (I like to save the stems and use them later in my veggie juices)! Again, using your hands, tear the leaves into small pieces and add to your skillet. Next add your tomatoes, mustard, red pepper flakes, and more salt & pepper. Using a wooden spoon, stir all ingredients together, taste and adjust spices as needed, and remove from heat.

Whisk eggs and parmesan in a large bowl until well combined. Pour the egg mixture into your skillet and stir to combine with the vegetables. Then top with your tomatoes on the vine. You could also transfer all of your ingredients into a baking or pie dish, but I like to keep it simple so I bake the dish in the same skillet; just remember to use an oven mitt to remove from the oven!

Bake until golden brown and eggs are completely set, about 30- 35 mins.

Allow quiche to cool for 10 minutes before serving.

## 19. Paleo Stuffed Breakfast Peppers

### Ingredients

2 bell peppers – your choice of colour

4 eggs

1 cup white mushrooms

1 cup broccoli

¼ tsp cayenne pepper

Salt and pepper, to taste

### Directions

Preheat oven to 375 degrees Fahrenheit.

Dice up your vegetables of choice.

In a medium sized bowl, mix eggs, salt, pepper, cayenne pepper, and vegetables.

Cut peppers into equal halves. A tip: Try to buy peppers that are symmetrical and have somewhat flat sides – this makes it easier for them to balance while baking.

Core the peppers so that they're clean enough to add the filling.

Pour a quarter of the egg / vegetable mix into each pepper halve, adding more vegetables to the top to fill in any empty space.

Place on baking sheet and cook approximately 35 minutes or until eggs are cooked to your liking.

Serve and enjoy! I personally like mine with a dash of hot sauce on top.

### Notes

This recipe makes 2 servings.

### Nutrition Facts Per Serving

Calories: 186

Total Fat: 9.4g

Saturated Fat: 2.8g

Carbs: 12.1g

Fiber: 4.0g

Protein: 14.6g

## 20. Breakfast Quiche with Broccoli and Ham

### Ingredients

3 tbsp of water

8 eggs

1 tsp of sea salt

1 tsp of black pepper

2 cups of broccoli chopped small

2 cups of red onions

2 cups of ham

1 tsp of coconut oil

### Instructions

Bake pie dish for 5 minutes on 350 degrees fahrenheit.

Lightly steam broccoli for a couple of minutes, should turn a pretty bright green. Set aside.

Saute chopped red onions and chopped ham in coconut oil. If ham is fatty skip coconut oil, the fat will render and be enough.

Add veggies to lightly baked pie crust.

Then whisk eggs and water and add over veggies. Water helps make eggs fluffy, so does baking soda. Other recipes I googled use almond and coconut milk. Your pick.

Bake for 25-30 minutes or until desired firmness.

### Notes

Tip: I always undercook food, you can always put it in the oven for longer.

### Nutrition Information

Serving size: 4-6

## 21. Homemade Strawberry Fruit Leather

### Ingredients

4 cups strawberries, hulled and chopped  
a few drops of stevia liquid to taste

### Instructions

Preheat the oven to 170 degrees F or the lowest oven temperature setting. Line a baking sheet with a Silpat mat. Place strawberries in a medium saucepan and cook on low heat until soft. Add in the stevia and stir to combine.

Use an immersion blender to puree the strawberries in the saucepan, or transfer to a blender and puree until smooth. Pour the mixture onto the Silpat-lined baking sheet and spread evenly with a spatula. Bake for 6-7 hours, until it peels away from the parchment.

Once cooled, peel the fruit leather off the mat and use a scissors to cut the fruit leather into strips. Roll up to serve, and store in an airtight container.

### Notes

Servings: approximately 12 strips

Difficulty: Medium

Lunch

## 22. Divine Juicy Tuna Sashimi

### Ingredients:

8 oz sushi grade tuna, finely chopped

2 tsps pure sesame oil

1 tsp rice wine

2 tsp fresh lime juice

2 tsp low sodium gluten free soy sauce

1 ripe, firm hass avocado, diced

1 tsp black and white sesame seeds

### Instructions:

Combine sesame oil, lime juice, soy sauce.. Pour over tuna and mix. Add chives and gently combine tuna with diced avocado, refrigerate until ready to serve....top with sesame seeds.

## 23. Vegetarian Curry with Squash

### Ingredients:

- 1 tbsp coconut oil
- 2 cups mixed raw nuts.
- 1 medium yellow onion, diced
- 1 tsp low sodium salt
- 1 green bell pepper, thinly sliced
- 4 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and minced
- 1 14-oz. can coconut milk
- 1 large acorn squash, peeled, seeded, and cut into 1-inch cubes
- 2 tsp lime juice
- One teaspoon curry powder (mild or hot)
- 1/4 cup cilantro, chopped
- Cauliflower rice, for serving

### Instructions:

Melt the coconut oil in a large pan over medium heat. Add the onion and cook for 5-6 minutes, stirring occasionally. Add the bell pepper, garlic, ginger, and low sodium salt and stir to combine. Cook for an additional minute.

Add the curry powder to the pan and cook for about a minute, stirring to coat the other ingredients. Add in the coconut milk and bring to a simmer. Stir in the squash.

Simmer, stirring occasionally, for 15-20 minutes until the squash is fork-tender. Remove the pan from the heat and stir in the lime juice. Taste and adjust low sodium salt and lime juice as necessary. Sprinkle with cilantro to serve.

Roast the nuts under the grill until crisp and sprinkle over the top of the curry.

## 24. Low Carb Chipotle Chicken Lettuce Wraps

### Ingredients

2 tbsp extra virgin olive oil  
1 lb. boneless skinless chicken breast  
3 chipotle peppers  
4 tbsp adobo sauce  
1/3 cup cilantro, chopped  
Juice of 1 lime  
1/2 red bell pepper, diced  
2 scallions, thinly sliced  
1 head lettuce, rinsed  
Salt and freshly ground pepper

### Instructions

Heat the olive oil in a large pan over medium heat. Sprinkle the chicken with salt and pepper on both sides and place in the pan. Cook for 5-6 minutes per side until the chicken is cooked through. Set aside and rest for 5 minutes, then shred.

In a food processor or blender, combine the chipotle peppers, adobo, cilantro, and lime juice. Blend until smooth.

Add the bell pepper, adobo mixture, and chicken to the sauté pan on low heat. Stir well to combine and cook for 3-4 minutes. Add the scallions to the pan. Spoon the mixture into lettuce wraps and serve.

### Notes

Servings: 6-8 wraps

Difficulty: Medium



## 25. Fennel and Brussels Sprouts Sirloin Rolls

### Ingredients

#### For the Filling:

1. 2 slices bacon, chopped into 4 or 5 large pieces
2. ½ fennel bulb, roughly chopped
3. 1/2 cup Brussels sprouts, bottoms trimmed off and halved
4. 2 garlic cloves
5. 1 tsp each of dried rosemary, sage and oregano

#### Additional Ingredients:

6. 2, ½ lb sirloin steaks
7. Salt and pepper, to taste
8. 2 cups Brussels sprouts (about ¾ lb), bottoms trimmed off and quartered
9. ½ fennel bulb, cut into thick slices
10. 1 tsp olive oil
11. 2 or 3 fennel fronds

### Directions

Preheat oven to 375F.

1. Add all filling ingredients to a food processor. Process until it forms a thick paste.
2. Pound out steaks using a mallet until they are about ½ inch thick.
3. Spread half of the filling on each steak. Roll steaks up, using a few toothpicks to secure.
4. Place sirloin rolls in a large roasting pan and sprinkle with salt and pepper.
5. Toss Brussels sprouts and fennel slices in a large bowl with olive oil, salt and pepper.
6. Spread Brussels sprouts and fennel slices around sirloin rolls in the roasting pan.
7. Roast for 35-40 minutes, until steak is cooked to desired level and vegetables begin to brown. If steak is done and veggies need to cook a bit longer, remove the steak from the pan and let it rest while you cook the veggies for an additional five minutes or so.
8. Let steak rest for 5 minutes before slicing. Garnish with fennel fronds.



## 26. Saucy Gratin with Creamy Cauliflower Bonanza

### Ingredients:

1 medium butternut squash, peeled, seeded, and diced

1 large sweet potato, peeled and thinly sliced

6 cups fresh spinach

1 tbsp extra virgin olive oil

2 large shallots, diced

4 cloves garlic, chopped

low sodium salt and pepper, to taste

Pinch of nutmeg

### For the sauce:

1/2 head of cauliflower, cut into florets

1 cup almond milk

1/2 cup low sodium chicken stock

1/2 tsp low sodium salt

1/2 tsp freshly ground pepper

1/4 tsp nutmeg

### Instructions:

Preheat the oven to 375 degrees F. To make the cream sauce, place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender.

Drain and return cauliflower to the pot. Add the almond milk, stock, nutmeg, low sodium salt, and pepper to the pot. Use an immersion blender or food processor to combine the ingredients until smooth. Set aside.

Meanwhile, bring a separate pot of water to a boil. Add the butternut squash and cook for 4 minutes. Drain and set aside.

Heat the oil in a small pan over medium heat. Add the shallots and garlic and cook for 4-5 minutes until soft. Stir in the spinach to wilt. Season with low sodium salt and pepper.

To assemble, grease a large baking dish with coconut oil spray. Spoon a thin layer of the cream sauce over the bottom of the pan.

Arrange a layer of half of the butternut squash. Top with half of the spinach mixture, and then all of the sliced sweet potato.

Drizzle with the cream sauce. Add the remaining half of the spinach, followed by the rest of the butternut squash. Drizzle the rest of the cream

sauce over the top.

Sprinkle with low sodium salt, pepper, and nutmeg. Bake for 50-60 minutes until browned. Allow to cool for 10 minutes.

## 27. Tasty Testy Lettuce Wraparounds

### Ingredients:

8 oz skinless, boneless chicken or turkey ground

1/4 cup water chestnuts, chopped fine

1/4 cup dried shiitake mushrooms

1 tbsp soy sauce (I used reduced sodium)

1 1/2 tsp sesame oil

1 tsp rice wine or dry sherry

1/2 tsp stevia

freshly ground white pepper, to taste

2 cloves garlic, finely chopped

6 large iceberg lettuce leaves, rinsed)

2 tbsp diced scallions

### Instructions:

Place mushrooms in hot water to soften a few minutes. Remove stems and chop fine.

Combine all sauces and dry ingredients in a bowl.

Combine ground chicken mushrooms and water chestnuts into a bowl. Pour over chicken; toss. Let marinate for 15 minutes.

Heat remaining sesame oil in a wok or skillet over high heat. Add garlic; cook until golden, about 10 seconds. Add chicken mixture; stir fry until browned, breaking the chicken up as it cooks, about 4-5 minutes.

To serve, spoon 1/4 cup of the mixture into each lettuce leaf. Garnish with scallions

## 28. Punchy Tomato Salsa

### Ingredients:

4 medium ripe tomatoes, chopped

1/4 cup finely chopped white onion

2 chilli peppers, mild or hot, seeded and finely chopped

2 tbsps chopped bell pepper

1 clove garlic, minced

1/4 cup finely chopped fresh cilantro leaves (no stems)

2 tbsps fresh lime juice

Low sodium salt and pepper, to taste

### Instructions:

In a bowl combine all ingredients. Let it marinate in the refrigerator at least an hour for best results.

## 29. Sexy Salsa

### Ingredients:

3 medium tomatoes, cored and quartered

1 jalapeño, stem removed and roasted

3-4 small cloves garlic

2 tbsp cilantro

3-4 tbsp water

1 tsp olive oil

Low sodium salt to taste

### Instructions:

In a blender, add tomatoes, jalapeño, garlic, cilantro and water and pulse a few times until completely smooth.

Add oil to a deep skillet, then pour in tomatoes. Season with low sodium salt and simmer uncovered stirring occasionally, 20 to 25 minutes.

### 30. Pumpkin Avocado Salad

#### Ingredients:

2 tbsp red onion, chopped

2 tbsp lime juice

2 medium hass avocados, diced

2 cups cooked pumpkin, diced

2 tbsp chopped cilantro

Low sodium salt and pepper to taste

#### Instructions:

In a small bowl combine onion, lime juice and low sodium salt.

In a medium bowl, combine avocados, pumpkin, and cilantro. Toss with lime juice and onions and serve immediately.



## 31. Crispy Chicken Wings

### Ingredients:

3 lbs (about 18) chicken wings

1/4 cup white vinegar

2 tbsp oregano

4 tsp paprika

1 tbsp garlic powder

1 tbsp chili powder

Low sodium salt and fresh pepper

2 celery stalks, sliced into strips

2 carrots, peeled and sliced into strips

### Instructions:

In a large bowl combine chicken, vinegar, oregano, paprika, garlic powder, chili powder salt and pepper. Mix well and let marinate for 30 minutes.

Place wings on a broiler rack and broil on low, about 8 inches from the flame for about 10-12 minutes on each side

While chicken cooks, heat the remaining hot sauce until warm. Toss the hot sauce with the chicken and arrange on a platter. Serve with celery and carrot strips.



## 32. Sexy Prawn Salsa

### Ingredients:

16 oz cooked peeled prawns diced in large chunks

4 vine ripe tomatoes, diced fine

6 tbsp red onion, finely diced

2 tbsp minced cilantro

2 limes, juice of (or more to taste)

1/2 tsp low sodium salt

### Instructions:

Combine diced onions, tomatoes, salt and lime juice in a non-reactive bowl and let it sit about 5 minutes. Combine the remaining ingredients in a large bowl, taste for low sodium salt and adjust as needed. Refrigerate and let the flavours combine at least an hour before serving.



### 33. Steamed Brussels Mussels with Fresh Basil

#### Ingredients:

2 dozen mussels

2 tsp olive oil

3 cloves garlic, cut in large chunks

2 tbsp fresh herbs such as basil or parsley

1/tblspn white wine

1/4 cup water

#### Instructions:

Heat a large pot on high heat. Add oil. When hot, add garlic and cook until golden.

Add wine, water and mussels and cover tightly, reduce to medium-low heat. Cook 5 to 10 minutes, or until the shells open. Do not overcook or the mussels will become rubbery. Transfer with a slotted spoon to a large bowl and pour the liquid through a strainer over the clams. Top with fresh herbs and enjoy.

### 34. Summer Tuna and Avocado Salad

#### Ingredients:

- 2 tins albacore tuna in water ..low salt
- 1 pint grape tomatoes, cut in half
- 1 hass avocado, diced
- 2 hot peppers such as serrano or jalapeños, diced fine (seeds removed for mild)
- 1/3 cup chopped red onion
- 2 limes, juice of (or more to taste)
- 1 tsp olive oil
- 2 tbsps chopped cilantro
- Low sodium salt and fresh pepper to taste

#### Instructions:

In a small bowl combine red onion, lime juice, olive oil, pinch of low sodium salt and pepper. Let them marinate at least 5 minutes to mellow the flavour of the onion.

In a large bowl combine tuna, avocado, tomatoes, hot pepper. Combine all the ingredients together, add cilantro and gently toss. Adjust lime juice, low sodium salt and pepper to taste.

### 35. Mediterranean Supercharger Omelet with Fennel and Dill

#### Ingredients:

2 tablespoons olive oil, divided

2 cups thinly sliced fresh fennel bulb, fronds chopped and reserved

8 cherry tomatoes

5 large eggs, beaten to blend with 1/4 teaspoon salt and 1/4 teaspoon ground black pepper

1 1/2 tablespoons chopped fresh dill

#### Instructions:

Add remaining 1 tablespoon oil to same skillet; heat over medium-high heat. Add beaten eggs and cook until eggs are just set in center, tilting skillet and lifting edges of omelet with spatula to let uncooked portion flow underneath, about 3 minutes.

Top with fennel mixture. Sprinkle dill over.

Using spatula, fold uncovered half of omelet over; slide onto plate.

Garnish with chopped fennel and serve.

## 36. Outstanding Veggie Omelet

### Ingredients:

3 eggs, beaten

1 carrot, matchstick cut

3 scallions, diagonal sliced

1 handful tiny broccoli florets or whatever leftover veggies you have

Bits of leftover cooked turkey

Safflower oil

Low sodium salt

### Instructions:

Heat oil in a wok or large cast iron skillet over medium heat, until hot enough to sizzle a drop of water.

Add broccoli and carrots, stir fry 2 min. until soft.

Add cooked turkey, stir fry 1 min. until heated through. Add scallions and eggs, scramble. Add salt to taste. Serve.



### 37. Blushing Beet Salad

#### Ingredients:

2 large beets, washed and stems cut off

1 cup carrots, peeled and cooked

1 tbsp cilantro, chopped

1 tbsp diced onion

2 tbsp paleo mayonnaise

Low sodium salt and pepper

#### Instructions:

Boil beets in water until soft, about 50 minutes. Peel and cut into small 1/2" cubes. Cook carrots until tender and cut into bite size cubes. Combine diced onion, carrots, beets, mayonnaise, cilantro, low sodium salt and pepper.



## 38. Grilled Shrimp Fennel Salad

### Ingredients:

- 1 lb jumbo shrimp, peeled and deveined (weight after peeled)
- 4 cups fresh arugula or baby greens
- 1 cup (1/2 small bulb) fresh fennel, thinly sliced or shaved w/ mandoline
- 1 medium-size ripe Hass avocado, sliced thin

### For the vinaigrette:

- 3 tbsp fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 3 tbsp minced shallots
- Low sodium salt, to taste
- freshly ground black pepper, to taste

### Instructions:

#### For the vinaigrette:

Combine the lemon juice, olive oil, shallots, low sodium salt and pepper in a container with a tight-fitting lid and shake it vigorously to combine.

Reserve 1/2 cup of the vinaigrette for dressing the salad and pour the remaining vinaigrette into a medium nonreactive bowl. Put the shrimp in the bowl, season with low sodium salt and pepper and toss; let it sit for about 30 minutes.

Prepare your outdoor grill, or heat a grill pan over medium-high heat. Grill the shrimp until just cooked through and opaque, about 1 1/2 minutes per side. Transfer to a plate.

Divide the baby greens on four plates, top with sliced fennel, oranges, avocados and shrimp. Season with low sodium salt and pepper to taste and drizzle with the remaining vinaigrette, about 2 tbsp per salad.

### 39. Chicken Delish Salad

#### Ingredients:

1 lb skinless boneless chicken breast, cut into 1 inch cubes

#### For the marinade:

2 tbsp fresh squeezed lemon juice

1 tsp dried oregano

1 tsp garlic, crushed

Low sodium salt to taste

fresh ground black pepper to taste

#### For the salad:

1 1/4 cups cucumber, peeled

1 1/4 cups diced tomato

1/4 cup diced bell pepper

2 tbsp red onion, diced

1 1/2 tsp vinegar

1 1/2 tsp fresh lemon juice

2 tsp olive oil

1 tsp fresh parsley

1/8 tsp dried oregano

Low sodium salt and black pepper to taste

4 cups shredded lettuce

lemon wedges for serving

#### Instructions:

Marinate the chicken at least 2-3 hours or overnight. If using wooden skewers, soak in water at least 30 minutes if grilling outdoors.

Combine the first 12 salad ingredients (cucumbers through low sodium salt and black pepper, not the lettuce) and set aside in the refrigerator to let the flavours set.

Thread chicken on 4 skewers and cook on a hot grill (indoor or outdoor grill) until chicken is cooked through, about 10-12 minutes.

Divide lettuce between four plates, top with tomato-cucumber salad, and grilled chicken. Serve with lemon wedges.

## 40. Sashimi Divine with Vinaigrette

### Ingredients:

5 oz sashimi tuna (sushi grade)

1 tsp extra virgin olive oil

1 tsp fresh lemon juice

2 cups baby arugula

1 tsp capers

Low sodium salt and fresh pepper

### Instructions:

Season tuna with low sodium salt and fresh cracked pepper.

Place arugula and capers on a plate. Combine oil and lemon juice, low sodium salt and pepper.

Heat your grill to high heat and clean grate well. When grill is hot, spray grate with oil to prevent sticking then place tuna on the grill; cook one minute without moving. Turnover and cook an additional minute; remove from heat and set aside on a plate.

Slice tuna on the diagonal and place on top of salad. Top with lemon vinaigrette and eat immediately.

## 41. Ostrich Steak or Venison with Divine Mustard Sauce and Roasted Tomatoes

### Ingredients:

#### For the tomatoes:

2 pints cherry tomatoes, halved

2 tbsp extra virgin olive oil

Stevia to taste

low sodium salt and freshly ground pepper

#### For the cauliflower rice:

1/2 head of cauliflower, chopped coarsely

1/2 small onion, finely diced

1 tbsp coconut oil

1 tbsp fresh parsley, chopped

low sodium salt and freshly ground pepper, to taste

#### For the meat:

4 Ostrich or venison steaks

Extra virgin olive oil

low sodium salt and freshly ground pepper

Coconut oil, for the pan

#### For the sauce:

1/4 cup red onion, finely diced

1/4 cup apple cider vinegar

1 cup low sodium chicken stock

1 tbsp whole grain mustard

low sodium salt and freshly ground pepper, to taste

### Instructions:

Preheat the oven to 400 degrees F. Place the tomatoes on a baking sheet and drizzle with olive oil and honey. Sprinkle with low sodium salt and pepper and toss to coat evenly. Bake for 15-20 minutes until soft.

While the tomatoes are roasting, prepare the cauliflower rice. Place the cauliflower into a food processor and pulse until reduced to the size of rice grains.

Melt the coconut oil in a nonstick skillet over medium heat. Add the onion and cook for 5-6 minutes until translucent. Stir in the cauliflower, season with low sodium salt and pepper, and cover. Cook for 7-10 minutes until the cauliflower has softened, and then toss with parsley.

To make the lamb, preheat the oven to 325 degrees F. Pat the ostrich or venison dry and rub with olive oil. Generously season both sides with low sodium salt and pepper.

Heat one tablespoon of coconut oil in a cast iron skillet. When the pan is hot, add to the pan and sear for 2-3 minutes on all sides until golden brown. Place the skillet in the oven and bake for 5-8 minutes until the ostrich or venison reaches desired doneness. Let rest for 10 minutes before serving. While the meat is resting, add the red onion to the skillet with the pan drippings from the lamb. Sauté for 3-4 minutes, then add the white wine vinegar.

Turn the heat to high and cook until the vinegar has mostly evaporated. Add the stock and bring to a boil, cooking until the sauce reduces by half.

Stir in the mustard, and season to taste with low sodium salt and pepper. Pour over ostrich or venison to serve.

### 43. Cheeky Chicken Stir Fry

#### Ingredients:

1 pound boneless, skinless chicken breast  
2 tablespoons coconut oil  
1 medium onion, finely chopped (about 1 cup)  
2 heads broccoli, sliced into 3-inch spears (about 4 cups)  
2 medium carrots, sliced (about 1 cup)  
2 heads baby bok choy, sliced crosswise into 1-inch strips (about 1½ cups)  
4 ounces shiitake mushrooms, stemmed and thinly sliced (about 1 cup)  
1 small zucchini, sliced (about 1 cup)  
½ teaspoon low sodium salt  
Garlic powder to taste  
1½ cups water

#### Instructions:

Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate.  
Heat the coconut oil in a large skillet over medium heat  
Saute the onion for 8 to 10 minutes, until soft and translucent  
Add the broccoli, carrots, and chicken and saute for 10 minutes until almost tender  
Add the bok choy, mushrooms, zucchini, and low sodium salt and saute for 5 minutes  
Add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted  
In a small bowl, dissolve the arrowroot powder in the remaining ½ cup of water, stirring until thoroughly combined  
Season at the end with garlic powder, salt and if you like some chilli powder



#### 44. Chicken Fennel Stir-Fry

**Ingredients:**

3 chicken breasts or the meat from 1 whole roasted chicken

2 tablespoons coconut oil

1 onion

1 bulb of fennel

1 teaspoon each of low sodium salt, pepper, garlic powder and basil

**Instructions:**

**Stovetop:**

Cut the chicken into bite sized pieces. If chicken is raw, heat butter/coconut oil in large skillet or wok until melted.

Add chicken and cook on medium/high heat until chicken is cooked through. (If chicken is pre-cooked, cook the vegetables first then add chicken)

While cooking, cut the onion into bite sized pieces (1/2 inch) and thinly slice the fennel bulb into thin slivers.

Add all to skillet or wok, add spices and continue sautéing until all are cooked through and fragrant.

This will take approximately 10-12 minutes.

## 45. Moroccan Madness

### Ingredients:

1 chicken breast, chopped into pieces

1/2 tbsp olive oil

1/2 onion, chopped

1 bell pepper, chopped

1 cup diced courgette

2 cloves garlic, minced

1 tsp ginger, minced

1 tsp cumin

1 tsp turmeric

1/2 tsp paprika

1/2 tbsp oregano

1/2 can diced tomatoes

1/2 cup low sodium chicken stock

low sodium salt and pepper

### Instructions:

In a pan cook the chicken in the olive oil

Once it's finished cooking, remove from pan and set aside

Add to the pan the bell pepper, onion, courgette, garlic, ginger and all spices, sauté until bell pepper and onion become soft

Add back in the chicken along with the diced tomatoes and chicken stock, let simmer for 10 minutes

## 46. Golden Glazed Drumsticks

### Ingredients:

8 medium chicken drumsticks, skin removed

olive oil spray 1 cup water

1/3 cup rice vinegar

1/3 cup low sodium gluten free soy sauce

4 drops stevia

3 cloves garlic, crushed

1 tsp ginger, grated

2 tbsp chives or scallions, chopped

1 tsp sesame seeds

### Instructions:

In a heavy large saucepan, brown chicken on high for 3-4 minutes with a little spray oil. Add water, vinegar, soy sauce, stevia, garlic, ginger and cook on high until liquid comes to a boil.

Reduce heat to low and simmer, covered for about 20 minutes.

Remove cover and bring heat to high, allowing sauce to reduce down, about 8-10 minutes, until it becomes thick, turning chicken occasionally. (Keep an eye on glaze, you don't want it to burn when it starts becoming thick) Transfer chicken to a platter and pour sauce on top.

Top with chives and sesame seeds and serve.

## 47. Tantalizing Turkey Pepper Stir-fry

### Ingredients:

2 bell peppers, sliced  
1 cup broccoli florets  
2 cooked and shredded turkey breasts  
1/4 teaspoon chili powder  
low sodium salt and pepper to taste  
1 tablespoon coconut oil for frying

### Instructions:

Add 1 tablespoon coconut oil into a frying pan on a medium heat.  
Place the sliced bell peppers into the frying pan.  
After the bell peppers soften, add in the cooked turkey meat.  
Add in the chili powder, low sodium salt and pepper.  
Mix well and stir-fry for a few more minutes.

## 48. Piquant Peanut Chicken

### Ingredients:

3/4 cup green onion, chopped

1 1/4 cups shredded carrots

1 1/4 cups cup shredded broccoli slaw

1 cup bean sprouts

2 tbsp chopped salt free peanuts

1 lime, sliced

cilantro for garnish (optional)

### For the Peanut Sauce:

14.5 oz fat free chicken broth

5 tbsp peanut butter

Stevia to taste

2 tbsp soy sauce (use Tamari for gluten free)

1 tbsp freshly grated ginger

2 cloves garlic, minced

### For the chicken:

16 oz chicken breast, cut into thin strips

Low sodium salt and pepper (to taste)

1 tspn chilli flakes

juice of 1/2 lime

5 cloves garlic, crushed

1 tbsp fresh ginger, grated

1 tbsp soy sauce (use Tamari for gluten free)

1/2 tbsp sesame oil

### Instructions:

For the peanut sauce: Combine 1 cup chicken broth, peanut butter, stevia, 2 tbsp soy sauce, ginger, and 3 cloves crushed garlic in a small saucepan and simmer over medium-low heat stirring occasionally until sauce becomes smooth and well blended, about 5-10 minutes. Set aside.

Season chicken with low sodium salt and pepper, chilli, lime, garlic, ginger and soy sauce.

Heat a large skillet or wok until hot. Add oil and sauté chicken on high heat until cooked through, about 2-3 minutes; remove from heat and set aside.

Add 2 cloves crushed garlic, scallions, carrots, broccoli slaw and/or bean sprouts and low sodium salt, sauté until tender crisp, about 1-2 minutes.

Divide chicken between 6 bowls, top with sauteed vegetables, bean sprouts, chopped peanuts (or you can toss everything together to hide the vegetables so your family members don't push them aside!) and garnish with cilantro and lime wedges.

## 49. Easy Paleo Spaghetti Squash & Meatballs

### Ingredients

One medium spaghetti squash.

One pound of ground Italian sausage.

One can of tomato sauce, I used a 14 ounce can.

2 tbsp of hot pepper relish (optional).

4 to 6 cloves of garlic, whole.

2 tbsp of olive oil.

Italian seasoning (Oregano, Basil, Thyme) to taste, I used about 2 tsp

### Instruction

Make sure you use a large 6 quart slow cooker for this recipe.

Dump your tomato sauce, olive oil, garlic, hot pepper relish and Italian seasoning into your slow cooker and stir well.

Cut your squash in half and scoop out the seeds.

Place your 2 squash halves face down into your slow cooker.

Roll your ground sausage into meatballs, then fit as many as you can in the sauce around the squash. I was able to work in about a half pound worth.

Cook on High for 3 hours or cook on low for 5 hours.

Use a large fork to pull the “spaghetti” out of your squash, then top with your meatballs and sauce.

Garnish with parsley if you feel fancy, and enjoy!

## 50. Meatball Zucchini Skillet

### Ingredients:

Grass-fed butter (coconut oil would also work but the butter gives a great flavour)

1/2 large vidalia onion

1 pound grass-fed ground beef (if using lean beef you may need to add an egg to hold the meatballs together)

1 1/2 tsp garlic powder

1 1/2 tsp onion powder

1 tsp Italian seasoning

2 medium zucchinis

2 medium tomatoes

sea salt and pepper to taste

### Directions:

Put your skillet on medium-high heat.

Then dice your onions and add them to the skillet with 1-2 tbsp of butter.

Saute for around 5 minutes until translucent.

While the onions are cooking take your grass-fed ground beef and roll them into small 1 1/2 inch balls (we came up with about 20). Add the meatballs to the pan and cook for around 10 minutes, stirring them occasionally, flipping them over to get even cooking, and adding any additional butter if needed to prevent sticking (<< we didn't need any since our beef had a higher fat content, but if you are using lean ground beef the extra butter may be necessary).

When the beef is cooking wash and dice up the zucchini and tomatoes. Add those to the skillet next along with the seasonings.

Place a lid over the skillet and reduce to medium heat. Cook for around 5 minutes then remove the lid, stir and put it back on top of the skillet. We cooked the beef and vegetables for another 5 minutes or so until tender, but keep checking them to see when they are done for you.

Finally plate up some of the meatballs and vegetables topping with salt and pepper as desired.



## 51. Vegetarian Curry with Squash

### Ingredients:

- 1 tbsp coconut oil
- 2 cups mixed raw nuts.
- 1 medium yellow onion, diced
- 1 tsp low sodium salt
- 1 green bell pepper, thinly sliced
- 4 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and minced
- 1 14-oz. can coconut milk
- 1 large acorn squash, peeled, seeded, and cut into 1-inch cubes
- 2 tsp lime juice
- One teaspoon curry powder (mild or hot)
- 1/4 cup cilantro, chopped
- Cauliflower rice, for serving

### Instructions:

Melt the coconut oil in a large pan over medium heat. Add the onion and cook for 5-6 minutes, stirring occasionally. Add the bell pepper, garlic, ginger, and low sodium salt and stir to combine. Cook for an additional minute.

Add the curry powder to the pan and cook for about a minute, stirring to coat the other ingredients. Add in the coconut milk and bring to a simmer. Stir in the squash.

Simmer, stirring occasionally, for 15-20 minutes until the squash is fork-tender. Remove the pan from the heat and stir in the lime juice. Taste and adjust low sodium salt and lime juice as necessary. Sprinkle with cilantro to serve.

Roast the nuts under the grill until crisp and sprinkle over the top of the curry.

## 52. Lemony Chicken and Asparagus

### Ingredients:

1 1/2 pounds skinless chicken breast, cut into 1-inch cubes  
Low sodium salt, to taste  
1/2 cup reduced-sodium chicken broth  
2 tablespoons reduced-sodium soy sauce (or Tamari for GF)  
2 tablespoons water  
1 tbsp olive oil, divided  
1 bunch asparagus, ends trimmed, cut into 2-inch pieces  
6 cloves garlic, chopped  
1 tbsp fresh ginger  
3 tablespoons fresh lemon juice  
fresh black pepper, to taste

### Instructions:

Lightly season the chicken with low sodium salt. In a small bowl, combine chicken broth and soy sauce. In a second small bowl combine the cornstarch and water and mix well to combine.

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

### 53. Rucola Salad

#### Ingredients:

4 teaspoons fresh lemon juice

4 teaspoons walnut oil

low sodium salt and freshly ground pepper

6 cups rucola leaves and tender stems (about 6 ounces)

Garlic powder to taste

#### Instructions:

Pour the lemon juice into a large bowl. Gradually whisk in the oil. Season with low sodium salt and pepper.

Add the greens, toss until evenly dressed and serve at once. This is delicious, and feel free to add tomatoes or grated carrot and onion slices.

Substitution: Any mild green, such as lamb's lettuce will do.

## 54. Finger Lickin' Chipotle Meatballs

### Ingredients

- 1 large, deep frying pan
- 1 large brown onion, peeled and diced finely
- 1 tsp of lard or ghee (clarified butter)

### For the meatballs mix

- 800g of grass fed beef mince (1.8 pounds ground beef)
- 3 medium dried chipotle chilies (tinned chipotle can also be used), seeds out
- 2 tbsp chopped fresh coriander (cilantro)
- 2 large garlic cloves, finely diced
- 1 tsp ground coriander seed or powder
- 1 tsp ground cumin seed or powder
- 1 tsp sweet or medium paprika
- 1 tbsp virgin olive oil
- 1 ½ tsp of sea salt
- 2 tbsp lard (I used a mix of lard and ghee)

### For the sauce

- ½ of the onion mentioned above
- 2 garlic cloves, finely chopped
- 2 medium chipotle chilies, seeds out
- ½ tsp ground coriander seed or powder
- 1 tsp ground cumin seed or powder
- ½ tsp paprika
- 2 bay leaves
- 400g of diced tomatoes or tomato puree (about 1 ½ cups)
- ½ tsp sea salt

### Instructions

If using dried chipotle chilies, place in hot water for at least an hour before using to rehydrate.

Sauté the onion in lard or ghee for 3-5 minutes, until translucent. Use half of the onion in the meatball mix and reserve the rest for the sauce.

While onion is cooking, pre-chop other ingredients for the meatballs. Slice the chipotle chilies in half and remove the seeds. Chop or grind with mortar and pestle.

Combine beef mince with half of the cooked onion, chopped garlic, chipotle chilies, paprika, cumin, coriander seed, salt and olive oil. Combine and knead with your hands. Using clean, wet hands roll the mix into small balls

(somewhere between a walnut and a golf ball size). Set aside until ready to cook.

Preheat a dollop of lard in the large frying pan until sizzling hot. Cook the meatballs on medium/high heat for 3 minutes on each side, until well browned.

Add the rest of the cooked onion, garlic, two chopped chilies and sauce spices to the pan with the meatballs. Stir through and add the tomato puree. Combine and cook for 8-10 minutes uncovered, stirring frequently to make sure the meatballs cook evenly and the sauce is well combined. Taste for salt. Drizzle with a little lime juice before serving.

Preparation time: 20 minutes

Cooking time: 20 minutes

## 55. Classic Tuna Salad

### Ingredients:

2 large grilled tuna steaks

2 tablespoons olive oil

.5 cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

.5 – .75 cup pecans, chopped (optional)

.5 – 1 tsp low sodium salt

.5 tsp Lemon Garlic pepper

.5 – 1 Tbsp lemon juice

### Instructions:

Grill the tuna steaks medium rare with garlic powder and black pepper to taste

Then do a bunch of chopping. Onions, celery, and pecans.

Combine all of these ingredients in the bowl with your cubed tuna and then start adding the dressing of oil and lemon juice seasoned.

You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

It tastes great served right away, but even better after it sits in the fridge for a day.

## 56. Artichoke Tuna Delight

### Ingredients:

1.5 cups diced grilled tuna

¼ cup finely diced red onion

1 small carrot julienned and cut into small pieces (or ½ a diced red bell pepper)

4-5 artichoke hearts (I used canned in water) diced

2 tablespoons capers

low sodium salt and pepper to taste.

6 Radicchio leaves

### Instructions:

Place all ingredients, except the radicchio leaves in a large bowl and combine.

Place a scoop of salad into each Radicchio cup and serve.

Store salad in an air tight container in the fridge.

## 57. Tasty Tuna Stuffed Tomato

### Ingredients:

2 large tomatoes

Lettuce leaves (optional)

2 (5 or 6 oz.) cans wild albacore tuna

6 Tbsp. olive oil and 1 tablespoon rice vinegar

1 stalk celery, chopped

1/2 small onion, chopped

1/4 tsp. low sodium salt

1/4 tsp. ground black pepper

### Instructions:

Wash and dry the tomatoes and remove any stem. You can either slice off the top part of the tomatoes and hollow them out, or cut each tomato into wedges, making sure to only cut down to about 1/2 inch before you get to the bottom of the tomato.

Arrange the tomatoes on a plate on top of lettuce leaves (optional).

Combine the remaining ingredients in a mixing bowl and add additional low sodium salt and/or pepper if desired. Spoon into the tomatoes and serve.



## 58. Classic Waldorf Salad

### Ingredients:

half whole cooked chicken or turkey (~2lbs)

half cup apple, peeled and chopped (optional)

half cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

half cup pecans, chopped (optional)

half tsp low sodium salt

half tsp Lemon Garlic

pepper

1 tbsp lemon juice

### Divine Dressing:

Mix together, 4 Tbsp. chili powder, 1 tsp each garlic powder, onion powder, and oregano, 2 tsp each paprika and cumin, 4 tsp low sodium salt, and 1/8-1/4 tsp red pepper flakes. Add 1 cup olive oil and half cup rice vinegar

### Instructions:

First cook up a whole chicken. You can buy a rotisserie chicken, or do what I do, throw a chicken in the crockpot, sprinkle it with cumin, low sodium salt & pepper and let it cook for about 4-6 hours on low.

After the chicken is cooked and cooled, de-bone and shred the meat (white and dark) and put it in a large mixing bowl. I usually use about half of my 3-4lb chicken.

Then do a bunch of chopping. Peel your apple, then chop your apple, onions, celery, and pecans.

Combine all of these ingredients in the bowl with your chicken and then start adding the dressing. You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

Add the low sodium salt and pepper, and lemon juice Stir well to combine.

Add dressing.

## 59. Mediterranean Medley Salad

### Ingredients:

1 roasted chicken (organic, soy-free and pastured is best).. or turkey or ostrich steak

### Dressing:

1/2 cup of olive oil, ¼ cup apple cider vinegar and garlic powder and chilli powder to taste

1/4 cup fresh cilantro, chopped

1 head of romaine or butter lettuce

1 red onion, diced

1 lemon, juiced

low sodium salt and pepper as desired

### Instructions:

Shred the chicken/turkey etc or chop up and put it in a big bowl.

Add the dressing...also red onion, cilantro, lemon, low sodium salt and pepper.

Mix well and serve on a lettuce boat.



## 60. Crock-Pot Roast

### Ingredients

4 lb (1816g) beef chuck roast  
1 tbsp (14g) light oil (for sautéing ... such as coconut, olive or ghee)  
1 cup (232g) red wine, good quality  
4 each (12g) garlic cloves  
10 sprigs (10g) fresh thyme  
1 each (.64g) bay leaf  
1 large (72g) carrot, peeled and cut into chunks  
2 each (101g) celery ribs, cut into chunks  
1 small (110g) onion, cut into chunks  
1 small (420g) head cauliflower, leaves removed and cut into florets  
salt and fresh cracked pepper, to taste

### Instructions:

1. Turn on your slow cooker, setting it to low.
2. Season your beef with a good layer and salt and pepper.
3. Heat a large sauté pan or skillet over medium high heat. Add your oil to the pan and swirl it around. Quickly add your beef to the pan and sear it, until a nice brown crust has formed. Flip it over and sear the other side. Continue flipping it, until all sides have been properly seared. Add your beef to the crock pot.
4. Pour your red wine into the still very hot pan, with all the "stuff" stuck to the bottom. This should QUICKLY boil, releasing some of those little flavour morsels into the hot wine. Swirl the pan around and use a wooden spoon to scrape anything else off the bottom of the pan, into the wine. Pour the wine mixture over the top of the beef.
5. Add your garlic, thyme and bay leaves to the slow cooker, making sure it's pushed into the liquid.
6. Add the rest of the vegetables, except the cauliflower. Season with a bit of salt and pepper. Again, push these into the areas on the side of the roast, as much as possible. You don't want much of it covering the roast. You want most of the veggies on the sides, surrounding the roast. As this all cooks, the meat and veggies will shrink, releasing their juices, creating an AMAZING flavour, as well as creating its own natural juices, in which to cook! Getting everything as close to the bottom of the pot, as is possible, will help this process along.

7. Add the lid and allow the ingredients to cook for 8 hours.
8. After 8 hours, add your cauliflower to the pot and push the florets under the surface of the liquid, as much as possible. Season with a bit of salt and pepper. Cover and allow to cook for 20 minutes.
9. Serve!

## 61. Paleo Crock Pot Cashew Chicken

### Ingredients

1. 1/4 cup arrowroot starch
2. 1/2 tsp. black pepper
3. 2 lbs. chicken thighs, cut into bite-size pieces
4. 1 tbs. coconut oil
5. 3 tbs. coconut aminos
6. 2 tbs. rice wine vinegar
7. 2 tbs. organic ketchup (tomato paste would work also)
8. a few drops of stevia liquid to taste
9. 2 minced garlic cloves
10. 1/2 tsp. minced fresh ginger
11. 1/4-1/2 red pepper flakes
12. 1/2 cup raw cashews

### Instructions

1. Place starch and black pepper in a large Ziploc bag. Add chicken pieces and seal; toss to thoroughly coat meat.
2. Melt coconut oil in a large skillet or wok. Add chicken and cook for about 5 minutes until brown on all sides. Remove and add to crock pot.
3. Mix coconut aminos through red pepper flakes in a small bowl. Pour mixture over chicken and toss to coat. Put lid on crock pot and cook on low for 3-4 hours.
4. Stir cashews into chicken and sauce before serving.

## 62. Paleo Pulled Pork Sliders

### Ingredients

1. Large pork roast
2. 1 large onion, sliced
3. 3 minced garlic cloves
4. 2 tsp cumin
5. 2 tsp chili powder
6. 1 tsp pepper
7. 2 tsp oregano
8. 1 tsp paprika
9. 1/2 tsp cayenne pepper
10. 1/2 tsp cinnamon
11. 2 tsp sea salt
12. juice of 1 lime
13. juice of 1 lemon

### Instructions

1. Stir together the spices and rub all over the roast. Lay the onion slices down on the bottom of the slow cooker, and squeeze half of the fruit juices in. Put the roast in the crockpot and squeeze the remaining lime and lemon juice over it. Cook on low overnight or throughout the day about 8 hours (you really can't overcook it to be honest). When done, shred it with two forks until it's completely 'pulled'.

### The "Buns"

1. 1 large sweet potato (try to go for a nice evenly round one, remember the diameter will be the size of your sliders)
2. 2 tbsp coconut oil
3. 1/4 tsp cumin
4. 1/4 tsp paprika
5. dash of sea salt

### Instructions

1. Slice the sweet potato into 1/4" thick rounds. Lay them out on a parchment paper-lined cookie sheet.
2. Brush each slice with coconut oil and sprinkle with the spices, then flip and do the same on the other side.

3. Bake at 425 degrees Fahrenheit for 35 minutes until golden brown on the outside and cooked all the way through, flipping halfway through. You may need to crank it up to 450 if your oven isn't nice and sizzly.
4. Top a patty with pulled pork, and add any other toppings or sauces you'd like (I just used some lettuce from our garden).
5. Finish with the top patty and enjoy your delightful little sliders!



## 63. Spicy Slow Cooker Chorizo Chili

### Ingredients

- 1 pound of grass fed beef
- 2 fresh chorizo sausages, casings removed (about 1/2 pound)
- 1 onion, diced
- 1 teaspoon of minced garlic
- 1 15 oz can of tomato sauce
- 1 15 oz can of diced tomatoes
- 1 can of rotel, I used hot
- 2 chipotle peppers in adobo, chopped
- 2 Tablespoons of chili powder
- 1 Tablespoon of cumin
- salt and pepper to taste

### Instructions

- brown off all the meat in a skillet
- drain and toss in the crock pot
- in the same skillet add onions and garlic and cook just long enough to get some colour on those onions (you may skip this step and just toss it in the crock pot, but I just personally like to get some colour on the onions before adding them in)
- toss remaining ingredients in the crock pot and stir together
- cook on low for 6-8 hours or on high for 4-6 hours
- top with diced avocado, minced red onion and cilantro to serve

## 63. Easy Paleo Slow Cooker Pot Roast

### Ingredients

3 lbs. boneless beef roast, trimmed of fat

1 tbsp coconut oil

1 cup beef stock

5 carrots, peeled and diced

2 stalks celery, diced

1/2 large onion, sliced

3 garlic cloves, chopped

1 tbsp fresh parsley, chopped

For the spice rub

1 tbsp freshly ground black pepper

1 tbsp ground coriander

2 tsp cinnamon

1 1/2 tsp salt

1/2 tsp ground clove

1/2 tsp ground allspice

### Instructions

Mix together the ingredients for the spice rub and massage into the roast.

Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side.

Transfer the roast to the slow cooker.

Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

### Notes

Servings: 6

Difficulty: Easy

## 64. Simple Cod Piccata

### Ingredients

1 lb. cod fillets  
1/3 cup almond flour  
1/2 tsp salt  
2-3 tbsp extra virgin olive oil  
2 tbsp grapeseed oil, divided  
3/4 cup chicken stock  
3 tbsp lemon juice  
1/4 cup capers, drained  
2 tbsp fresh parsley, chopped

### Instructions

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

### Notes

Servings: 2-3

Difficulty: Medium

## 65. Sausage and Kale “Pasta” Casserole

### Ingredients

1 lb. Italian sausage  
1 medium spaghetti squash, halved and seeded  
Extra virgin olive oil, for drizzling  
1 large bunch of kale, de-stemmed, and chopped  
1/2 red onion, sliced thin  
1/3 cup chicken broth  
1/2 cup coconut milk  
1 clove garlic, minced  
2 tsp Italian seasoning  
Salt and freshly ground pepper, to taste

### Instructions

Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise.

Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat. Add the sausage and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes. Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale. Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat.

Stir in the cooked sausage. Add the spaghetti squash into the skillet and stir well to combine. Bake for 15-18 minutes, until the top has slightly browned.

Serve hot.

### Notes

Servings: 4

Difficulty: Medium



## 66. Basic Balsamic Steak Marinade

### Ingredients

1 lb. flank steak

Salt and pepper

2 cloves garlic, minced

1/2 tbsp oregano

1/2 tbsp rosemary

1 tsp Paleo mustard

1/4 cup balsamic vinegar

1 tsp honey

1/2 cup extra virgin olive oil

### Instructions

Stir together the garlic, oregano, rosemary, mustard, vinegar, honey, and olive oil.

Salt and pepper the steak and place in a shallow dish, then pour the marinade over the steak. Cover and place in the refrigerator for 3-12 hours.

To cook the steak, heat the grill to medium and cook each side approximately 4-5 minutes, or until desired doneness. Let stand for about 5 minutes before slicing and serving.

### Notes

Servings: 3

Difficulty: Medium

## 67. Paleo BLT Frittata

### Ingredients

8 eggs

4 slices bacon, cooked and chopped

3-4 cups spinach (or other greens of your choice)

1 large tomato, sliced and seeded

1 tbsp almond milk

1/2 tsp salt

1/4 tsp pepper

2 tbsp chopped fresh basil

1 tbsp extra virgin olive oil

### Instructions

Preheat oven to 400 degrees F. In a medium bowl, whisk together the eggs, milk, basil, salt and pepper. Set aside.

Heat olive oil in a 10-inch nonstick skillet over medium heat. Add greens and cook 3-4 minutes until wilted. Add in bacon and stir.

Add egg mixture to the pan and place tomatoes on top. Using a spatula, occasionally lift the edges to allow uncooked egg to run under. When the frittata has set, transfer to the oven and cook for 12-15 minutes or until egg is cooked through. Cut into wedges and serve warm.

### Notes

Servings: 5

Difficulty: Easy





## 68. Rosemary Beets with Garlicky Kale

### Ingredients

6 large leaves of kale (stalks omitted)

3 beets

1 tbsp minced garlic

1 tbsp extra virgin olive oil

1 tsp rosemary (or more, to taste)

Sea salt and pepper, to taste

This recipe makes 3 servings.

### Instructions

Preheat oven to 400 degrees Fahrenheit.

Cut stalks and greens off of beets, then peel and chop into 1” cubes.

Mix 1 tbsp olive oil, beet cubes, rosemary, sea salt, and pepper in a large bowl.

Transfer beet mixture to baking dish and bake for 45 minutes, or until beets are tender enough to pierce with a fork.

10 minutes before the beets are ready, rip kale leaves into bite-size pieces.

Add either a small amount of olive oil or water into a pan, and sauté kale and minced garlic on medium heat until wilted.

Place kale onto a plate, and then add the beets on top.

Serve and enjoy!!

### Notes

Calories: 123

Total Fat: 5.4g

Saturated Fat: 0.8g

Carbs: 17.9g

Fiber: 3.6g

Protein: 4.1g

## 69. Kale and Red Pepper Frittata

### Ingredients

1 tbsp coconut oil  
1/2 cup chopped red pepper  
1/3 cup chopped onion  
3 slices crispy bacon, chopped  
2 cups chopped kale, de-stemmed and rinsed  
8 large eggs  
1/2 cup almond or coconut milk  
Salt and pepper to taste

### Instructions

Preheat oven to 350 degrees. In a medium bowl, whisk the eggs and milk together. Add salt and pepper. Set aside.

In a non-stick skillet, heat about a tablespoon of coconut oil over medium heat. Add onion and red pepper and sauté for 3 minutes, until onion is translucent. Add kale and cook until it wilts, about 5 minutes.

Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges of the frittata start to set.

Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through. Slice and serve.

### Notes

Servings: 4

Difficulty: Easy

## 70. The Best Homemade Ranch Dressing Ever

### Ingredients

1/2 cup Paleo mayo (see below)  
1/2 cup coconut milk  
1/2 tsp onion powder  
1 tsp garlic powder  
1 tsp dill  
Salt and freshly ground pepper, to taste

### Instructions

Whisk all ingredients together to combine. Season with salt and pepper to taste. Store in an airtight container in the refrigerator for up to a week.

### Mayo recipe

1 egg, room temperature  
2 tbsp lemon juice or apple cider vinegar  
1/2 tsp salt  
1/2 tsp dry mustard  
1 cup light olive oil\*

In a tall glass (if using an immersion blender) or a blender, place the egg and lemon juice. Let come to room temperature, about one hour. Add the salt and mustard. Blend ingredients. While blending, very slowly pour in the olive oil. Blend until it reaches desired consistency. Store in the refrigerator for up to a week.

\*It's important to use a light olive oil, not full flavour, for mayonnaise. You could also use almond or walnut oil instead.

## 71. Spaghetti Squash Shrimp Scampi (Grain-Free & Low Carb)

For the "pasta"

1 spaghetti squash

Extra virgin olive oil, for drizzling

Salt and pepper

1 tsp dried oregano

1 tsp dried basil

For the shrimp scampi

8 oz. shrimp, peeled and deveined

3 tbsp butter

1 tbsp extra virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

Salt and pepper, to taste

1 tbsp fresh parsley, chopped

Juice of 1 lemon

Zest of half a lemon

Directions

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat. Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, salt, pepper, and a pinch of red pepper flakes. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley to serve.

## 72. Honey Balsamic Roasted Brussels Sprouts

### Ingredients

½ lb Brussels sprouts  
1 tbsp olive oil  
3 tbsp balsamic vinegar  
a few drops of stevia liquid to taste  
1 tsp garlic powder  
1 tsp cayenne pepper  
sea salt & black pepper, to taste

This recipe makes 2 servings

### Directions

Preheat oven to 450 degrees Fahrenheit. Line a baking sheet with foil and spray with non-stick cooking spray or spread with a light layer of olive oil. Halve the Brussels sprouts. Place in a mixing bowl and add in the olive oil, balsamic vinegar, stevia, and spices. Toss with hands until fully coated.

Pour Brussels sprouts onto baking sheet in one layer.

Bake for 20 minutes, or until golden brown.

Serve and enjoy! I like to sprinkle another bit of sea salt on them before eating.

### Nutrition Facts per serving

Calories: 153

Fat: 7.5g

Saturated Fat: 1.1g

Carbs: 20.5g

Fiber: 4.7g

Protein: 4.2g

## 73. Simple Cod Piccata

### Ingredients

1 lb. cod fillets  
1/3 cup almond flour  
1/2 tsp salt  
2-3 tbsp extra virgin olive oil  
2 tbsp grapeseed oil, divided  
3/4 cup chicken stock  
3 tbsp lemon juice  
1/4 cup capers, drained  
2 tbsp fresh parsley, chopped

### Instructions

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

### Notes

Servings: 2-3

Difficulty: Medium

## 74. Paleo BLT Frittata

### Ingredients

8 eggs

4 slices bacon, cooked and chopped

3-4 cups spinach (or other greens of your choice)

1 large tomato, sliced and seeded

1 tbsp almond milk

1/2 tsp salt

1/4 tsp pepper

2 tbsp chopped fresh basil

1 tbsp extra virgin olive oil

### Instructions

Preheat oven to 400 degrees F. In a medium bowl, whisk together the eggs, milk, basil, salt and pepper. Set aside.

Heat olive oil in a 10-inch nonstick skillet over medium heat. Add greens and cook 3-4 minutes until wilted. Add in bacon and stir.

Add egg mixture to the pan and place tomatoes on top. Using a spatula, occasionally lift the edges to allow uncooked egg to run under. When the frittata has set, transfer to the oven and cook for 12-15 minutes or until egg is cooked through. Cut into wedges and serve warm.

### Notes

Servings: 5

Difficulty: Easy





## 75. Sausage and Kale “Pasta” Casserole

### Ingredients

1 lb. Italian sausage

1 medium spaghetti squash, halved and seeded

Extra virgin olive oil, for drizzling

1 large bunch of kale, de-stemmed, and chopped

1/2 red onion, sliced thin

1/3 cup chicken broth

1/2 cup coconut milk

1 clove garlic, minced

2 tsp Italian seasoning

Salt and freshly ground pepper, to taste

### Instructions

Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise.

Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat. Add the sausage and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes. Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale. Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat.

Stir in the cooked sausage. Add the spaghetti squash into the skillet and stir well to combine. Bake for 15-18 minutes, until the top has slightly browned.

Serve hot.

### Notes

Servings: 4

Difficulty: Medium



## 76. Basic Balsamic Steak Marinade

### Ingredients

1 lb. flank steak  
Salt and pepper  
2 cloves garlic, minced  
1/2 tbsp oregano  
1/2 tbsp rosemary  
1 tsp Paleo mustard  
1/4 cup apple cider vinegar  
a few drops of stevia liquid to taste

1/2 cup extra virgin olive oil

### Instructions

Stir together the garlic, oregano, rosemary, mustard, vinegar, stevia, and olive oil.

Salt and pepper the steak and place in a shallow dish, then pour the marinade over the steak. Cover and place in the refrigerator for 3-12 hours.

To cook the steak, heat the grill to medium and cook each side approximately 4-5 minutes, or until desired doneness. Let stand for about 5 minutes before slicing and serving.

### Notes

Servings: 3

Difficulty: Medium

## 77. Rosemary Beets with Garlicky Kale

### Ingredients

6 large leaves of kale (stalks omitted)

3 beets

1 tbsp minced garlic

1 tbsp extra virgin olive oil

1 tsp rosemary (or more, to taste)

Sea salt and pepper, to taste

This recipe makes 3 servings.

### Instructions

Preheat oven to 400 degrees Fahrenheit.

Cut stalks and greens off of beets, then peel and chop into 1” cubes.

Mix 1 tbsp olive oil, beet cubes, rosemary, sea salt, and pepper in a large bowl.

Transfer beet mixture to baking dish and bake for 45 minutes, or until beets are tender enough to pierce with a fork.

10 minutes before the beets are ready, rip kale leaves into bite-size pieces.

Add either a small amount of olive oil or water into a pan, and sauté kale and minced garlic on medium heat until wilted.

Place kale onto a plate, and then add the beets on top.

Serve and enjoy!!

### Notes

Calories: 123

Total Fat: 5.4g

Saturated Fat: 0.8g

Carbs: 17.9g

Fiber: 3.6g

Protein: 4.1g

## 78. Kale and Red Pepper Frittata

### Ingredients

1 tbsp coconut oil  
1/2 cup chopped red pepper  
1/3 cup chopped onion  
3 slices crispy bacon, chopped  
2 cups chopped kale, de-stemmed and rinsed  
8 large eggs  
1/2 cup almond or coconut milk  
Salt and pepper to taste

### Instructions

Preheat oven to 350 degrees. In a medium bowl, whisk the eggs and milk together. Add salt and pepper. Set aside.

In a non-stick skillet, heat about a tablespoon of coconut oil over medium heat. Add onion and red pepper and sauté for 3 minutes, until onion is translucent. Add kale and cook until it wilts, about 5 minutes.

Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges of the frittata start to set.

Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through. Slice and serve.

### Notes

Servings: 4

Difficulty: Easy

## 79. The Best Homemade Ranch Dressing Ever

### Ingredients

1/2 cup Paleo mayo (see below)

1/2 cup coconut milk

1/2 tsp onion powder

1 tsp garlic powder

1 tsp dill

Salt and freshly ground pepper, to taste

### Instructions

Whisk all ingredients together to combine. Season with salt and pepper to taste. Store in an airtight container in the refrigerator for up to a week.

### Mayo recipe

1 egg, room temperature

2 tbsp lemon juice or apple cider vinegar

1/2 tsp salt

1/2 tsp dry mustard

1 cup light olive oil\*

In a tall glass (if using an immersion blender) or a blender, place the egg and lemon juice. Let come to room temperature, about one hour. Add the salt and mustard. Blend ingredients. While blending, very slowly pour in the olive oil. Blend until it reaches desired consistency. Store in the refrigerator for up to a week.

\*It's important to use a light olive oil, not full flavour, for mayonnaise. You could also use almond or walnut oil instead.

## 80. Easy Paleo Slow Cooker Pot Roast

### Ingredients

3 lbs. boneless beef roast, trimmed of fat

1 tbsp coconut oil

1 cup beef stock

5 carrots, peeled and diced

2 stalks celery, diced

1/2 large onion, sliced

3 garlic cloves, chopped

1 tbsp fresh parsley, chopped

For the spice rub

1 tbsp freshly ground black pepper

1 tbsp ground coriander

2 tsp cinnamon

1 1/2 tsp salt

1/2 tsp ground clove

1/2 tsp ground allspice

### Instructions

Mix together the ingredients for the spice rub and massage into the roast.

Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side.

Transfer the roast to the slow cooker.

Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

### Notes

Servings: 6

Difficulty: Easy

## 81. Spaghetti Squash Shrimp Scampi (Grain-Free & Low Carb)

For the "pasta"

1 spaghetti squash

Extra virgin olive oil, for drizzling

Salt and pepper

1 tsp dried oregano

1 tsp dried basil

For the shrimp scampi

8 oz. shrimp, peeled and deveined

3 tbsp butter

1 tbsp extra virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

Salt and pepper, to taste

1 tbsp fresh parsley, chopped

Juice of 1 lemon

Zest of half a lemon

Directions

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat. Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, salt, pepper, and a pinch of red pepper flakes. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley to serve.



## 82. Honey Balsamic Roasted Brussels Sprouts

### Ingredients

½ lb Brussels sprouts  
1 tbsp olive oil  
3 tbsp balsamic vinegar  
1 tbsp honey  
1 tsp garlic powder  
1 tsp cayenne pepper  
sea salt & black pepper, to taste

This recipe makes 2 servings

### Directions

Preheat oven to 450 degrees Fahrenheit. Line a baking sheet with foil and spray with non-stick cooking spray or spread with a light layer of olive oil. Halve the Brussels sprouts. Place in a mixing bowl and add in the olive oil, balsamic vinegar, honey, and spices. Toss with hands until fully coated.

Pour Brussels sprouts onto baking sheet in one layer.

Bake for 20 minutes, or until golden brown.

Serve and enjoy! I like to sprinkle another bit of sea salt on them before eating.

### Nutrition Facts per serving

Calories: 153

Fat: 7.5g

Saturated Fat: 1.1g

Carbs: 20.5g

Fiber: 4.7g

Protein: 4.2g

### 83. Macadamia Nut Chicken/Turkey Salad

#### Ingredients:

1lb chicken/turkey breast  
1tsp macadamia nut oil, or oil of choice  
few pinches of low sodium salt and pepper  
1/2 cup macadamia nuts, chopped  
1/2 cup diced celery  
3 tbsp divine dressing  
2 tbsp julienned basil  
1 tbsp lemon juice

#### Instructions:

Preheat oven to 350. Place chicken breasts on sheet tray, drizzle with oil and a pinch of low sodium salt and pepper.

Bake for about 35 minutes until cooked through. Remove from oven and let cool.

In a large bowl shred chicken. Add nuts, celery, basil, mayo, lemon juice, and a pinch of low sodium salt and pepper. Gently stir until combined. Eat!

#### Divine Dressing:

Mix together, 4 Tbsp. chili powder, 1 tsp each garlic powder, onion powder, and oregano, 2 tsp each paprika and cumin, 4 tsp low sodium salt, and 1/8-1/4 tsp red pepper flakes. Add 1 cup olive oil and half cup rice vinegar

## 84. Red Cabbage Bonanza Salad

### Ingredients:

For the chicken or turkey:

450g chicken/turkey mince, free range of course

1 long red chili, finely chopped with the seeds

2 garlic cloves, finely chopped

Little nub of fresh ginger, peeled and finely chopped

1 stem lemon grass, pale section only, finely chopped

1/2 bunch of coriander stems washed and finely chopped (I don't waste anything, save the leaves for the salad)

1 tbsp low sodium salt

1 tbsp coconut aminos

1/2 lime rind grated

1/2 lime, juiced

A pinch of low sodium salt

Coconut oil for frying (about 3 tablespoons)

For the salad:

1/4 red cabbage, thinly sliced

1 large carrot, peeled and grated

1/2 Spanish onion, thinly sliced

2 tbsps green spring onion, chopped

1/2 bunch of fresh coriander leaves (saved from the stems used in the chicken)

A handful of fresh mint or Thai basil if available

1/2 cup crashed roasted cashews or some sesame seeds

1/2 cup dried fried shallots (optional for garnish)

2 tbsp toasted coconut flakes (optional for garnish)

For the dressing:

2 tbsp olive oil

3 tbsps lime juice

1 small red chili, finely chopped (you can leave it out if you like it mild)

Instructions:

Once you've prepared all your ingredients for the chicken, heat 1 tbsp of coconut oil in a large frying pan or a wok to high. Throw in lemongrass, chili, garlic, coriander stems and ginger and stir fry for about a minute until fragrant.

Add chicken mince and lime zest. Stir and break apart the mince with a wooden mixing spoon until separated into small

The meat will now be changing to white colour. Add lime juice. Stir through and cook for a further few minutes. Total cooking time for the chicken should be about 10 minutes.

Prepare the salad base by mixing together sliced red cabbage, onion grated carrot, and fresh herbs.

Mix all dressing ingredients and toss through the salad.

Serve cooked chicken mince on top of the dressed salad and topped with roasted cashews, dried shallots, coconut flakes and extra fresh herbs.

## 85. Spectacular Sprouts Salad

### Ingredients:

1/2 pound of mixed sprouts (2-ish cups once sliced)

1/2 Granny Smith apple

1/2 cup chopped almonds

2 chicken breasts, chopped

1/2 white onion, finely diced

### Vinaigrette:

2 TBSP Apple Cider Vinegar

1 TBSP quality brown mustard

1 TBSP avocado oil

Stevia to taste

1/2 tsp low sodium salt

few grinds of black pepper

### Instructions:

Cut Granny Smith apple, slicing into matchsticks.

Chop the half cup of almonds. Finely dice the white onion. Scallions would work too if you prefer a more mild onion flavor... though the white did not overpower.

Remove the breasts and chop into bite-sized pieces. Combine all of these ingredients into a large bowl and gently toss the sprouts into the salad.

Whipping up the vinaigrette takes seconds. Add all ingredients to a small bowl and whisk until smooth. Pour over the sprouts salad and toss to bring together.

## 86. Classic Waldorf Salad

### Ingredients:

half whole cooked chicken or turkey (~2lbs)

half cup apple, peeled and chopped (optional)

half cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

half cup pecans, chopped (optional)

half tsp low sodium salt

half tsp Lemon Garlic

pepper

1 tbsp lemon juice

### Divine Dressing:

Mix together, 4 Tbsp. chili powder, 1 tsp each garlic powder, onion powder, and oregano, 2 tsp each paprika and cumin, 4 tsp low sodium salt, and 1/8-1/4 tsp red pepper flakes. Add 1 cup olive oil and half cup rice vinegar

### Instructions:

First cook up a whole chicken. You can buy a rotisserie chicken, or do what I do, throw a chicken in the crockpot, sprinkle it with cumin, low sodium salt & pepper and let it cook for about 4-6 hours on low.

After the chicken is cooked and cooled, de-bone and shred the meat (white and dark) and put it in a large mixing bowl. I usually use about half of my 3-4lb chicken.

Then do a bunch of chopping. Peel your apple, then chop your apple, onions, celery, and pecans.

Combine all of these ingredients in the bowl with your chicken and then start adding the dressing. You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

Add the low sodium salt and pepper, and lemon juice Stir well to combine.

Add dressing.

## 87. Avocado Egg Salad

### Ingredients:

Cooked and chopped organic eggs x 3

Chopped almonds

Mashed avocado

low sodium salt and pepper

Any lettuce leaves

### Instructions:

Mix the ingredients together in a bowl, season with low sodium salt and pepper, and then spoon onto lettuce leaves. Roll up and enjoy!

## 88. Avocado Divine Salad

### Ingredients:

1 kilo boneless, skinless chicken or turkey breasts (2 or 3)

1 avocado

1/4 of an onion, chopped

juice of one lime and one lemon

2 tbsps cilantro (or sub basil if you prefer)

some low sodium salt and pepper, to taste

One bag mixed lettuce leaves

One tablespoon olive oil

### Instructions:

Cook chicken breast until done, let cool, and then shred. Add all of the other ingredients and mix.



## 89. Classic Tuna Salad

### Ingredients:

2 large grilled tuna steaks

2 tablespoons olive oil

.5 cup onion, chopped (I like red, scallions are also good)

2-3 stalks celery, chopped (or .5 cup)

.5 – .75 cup pecans, chopped (optional)

.5 – 1 tsp low sodium salt

.5 tsp Lemon Garlic pepper

.5 – 1 Tbsp lemon juice

### Instructions:

Grill the tuna steaks medium rare with garlic powder and black pepper to taste

Then do a bunch of chopping. Onions, celery, and pecans.

Combine all of these ingredients in the bowl with your cubed tuna and then start adding the dressing of oil and lemon juice seasoned.

You want enough to cover all the ingredients and make them moist, but not overly runny or dry.

It tastes great served right away, but even better after it sits in the fridge for a day.

## 90. Artichoke Tuna Delight

### Ingredients:

1.5 cups diced grilled tuna

¼ cup finely diced red onion

1 small carrot julienned and cut into small pieces (or ½ a diced red bell pepper)

4-5 artichoke hearts (I used canned in water) diced

2 tablespoons capers

low sodium salt and pepper to taste.

6 Radicchio leaves

### Instructions:

Place all ingredients, except the radicchio leaves in a large bowl and combine.

Place a scoop of salad into each Radicchio cup and serve.

Store salad in an air tight container in the fridge.

## 91. Tasty Tuna Stuffed Tomato

### Ingredients:

2 large tomatoes

Lettuce leaves (optional)

2 (5 or 6 oz.) cans wild albacore tuna

6 Tbsp. olive oil and 1 tablespoon rice vinegar

1 stalk celery, chopped

1/2 small onion, chopped

1/4 tsp. low sodium salt

1/4 tsp. ground black pepper

### Instructions:

Wash and dry the tomatoes and remove any stem. You can either slice off the top part of the tomatoes and hollow them out, or cut each tomato into wedges, making sure to only cut down to about 1/2 inch before you get to the bottom of the tomato.

Arrange the tomatoes on a plate on top of lettuce leaves (optional).

Combine the remaining ingredients in a mixing bowl and add additional low sodium salt and/or pepper if desired. Spoon into the tomatoes and serve.

## 92. Advanced Avocado Tuna Salad

### Ingredients:

- 1 avocado
- 1 lemon, juiced, to taste
- 1 tablespoon chopped onion, to taste
- 1 cup chopped tomatoes
- 5 ounces cooked or canned wild tuna
- low sodium salt and pepper to taste

### Instructions:

Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.

Add lemon juice and onion to the avocado in the bowl and mash together.

Add tuna, low sodium salt and pepper, and stir to combine. Taste and adjust if needed.

Fill avocado shells with tuna salad and serve..

### 93. Sexy Italian Tuna Salad

#### Ingredients:

10 sun-dried tomatoes  
2 (5 oz) can of tuna  
1-2 ribs of celery, diced finely  
2 Tablespoons of extra virgin olive oil  
1 cloves garlic, minced  
3 Tablespoons finely chopped parsley  
1/2 Tablespoon lemon juice  
low sodium salt and pepper to taste

#### Instructions:

Prepare the sun-dried tomatoes by softening them in warm water for 30 minutes until soft. Then, pat the tomatoes dry and chop finely.

Flake the tuna.

Mix the tuna together with the chopped tomatoes, celery, extra virgin olive oil, garlic, parsley, and lemon juice. Add low sodium salt and pepper to taste. If not serving immediately, mix with extra olive oil just before serving.

Optional: Make cucumber boats with them.

## 94. Divine Chicken or Turkey and Baby Bok Choy Salad

### Ingredients:

#### For the salad:

2 cups grilled chicken or turkey, chopped

6 baby bok choy, grilled & chopped

2 green onions, chopped

1/4 cup cilantro, chopped

1 Tbsp sesame seeds

#### For the dressing:

1 Tbsp fresh ginger, chopped

2 Tbsp coconut cream

1 Tbsp soy sauce gluten free

1 Tbsp sesame oil

2 Tbsp fresh lime juice

1 Tsp stevia powder

### Instructions:

Combine all of the salad ingredients until well mixed.

Add all of the ingredients for the dressing into a blender or food processor, and blend until mostly smooth

Pour the dressing over the salad and toss lightly until coated.

Garnish with more sesame seeds if desired.

## 95. Mediterranean Medley Salad

### Ingredients:

1 roasted chicken (organic, soy-free and pastured is best).. or turkey or ostrich steak

### Dressing:

1/2 cup of olive oil, ¼ cup apple cider vinegar and garlic powder and chilli powder to taste

1/4 cup fresh cilantro, chopped

1 head of romaine or butter lettuce

1 red onion, diced

1 lemon, juiced

low sodium salt and pepper as desired

### Instructions:

Shred the chicken/turkey etc or chop up and put it in a big bowl.

Add the dressing...also red onion, cilantro, lemon, low sodium salt and pepper.

Mix well and serve on a lettuce boat.

## 96. Spicy Eastern Salad

### Ingredients:

2/3 cup fresh lime juice

1/3 cup fish sauce(optional)

Stevia to taste

3/4 cup low sodium chicken stock (preferably homemade)

1 1/2 pounds ground chicken or turkey

1 cup thinly sliced green onions

3/4 cup thinly sliced shallots

3 tablespoons minced lemongrass

1 tablespoon thinly sliced serrano chilli

1/2 cup chopped cilantro leaves

1/3 cup chopped mint leaves

Low sodium salt

1 head of butter lettuce or other green leaves

### Instructions:

Whisk together lime juice, fish sauce (optional – try low sodium version)..stevia and Set aside.

Warm chicken stock in a medium heavy-bottomed pot over medium heat until simmering.

Add ground chicken and simmer until cooked through. As the chicken is cooking, stir occasionally to break up the meat. This should take 6 to 8 minutes.

Add green onion, shallot, lemongrass and chilies, stirring to combine.

Continue cooking until shallots turn translucent, stirring occasionally (about 4 minutes).

Remove from the heat and drain off any liquid in the pot. I do this by clamping the lid on, then cracking it just a hair. I turn the entire pot over the sink and let the liquid drain out.

Stir in lime juice-fish sauce mixture, cilantro and mint. Season to taste with low sodium salt (not much is needed if any).

Transfer mixture to a large bowl and serve beside a pile of lettuce leaves.

Using a slotted spoon, scoop on to the lettuce leaves and enjoy!



## 97. Lemon Tilapia Ajillo

### Ingredients:

6 (6 oz each) tilapia filets

4 cloves garlic, crushed

2 tbsp olive oil

2 tbsp fresh lemon juice

4 tsp fresh parsley

Low sodium salt and pepper

cooking spray

large romaine lettuce, 1 grated carrot, half grated onion, handful baby tomatoes

### Basic Paleo Dressing:

2 tblspoon best quality olive oil

1 tblspn apple cider vinegar

Squirt of fresh lemon juice

Half teaspoon garlic powder and half teaspoon onion powder

Black pepper to taste

### Instructions:

Preheat oven to 400°.

Melt butter on a low flame in a small sauce pan. Add garlic and saute on low for about 1 minute. Add the lemon juice and shut off flame.

Spray the bottom of a baking dish lightly with cooking spray. Place the fish on top and season with low sodium salt and pepper. Pour the lemon butter mixture on the fish and top with fresh parsley. Bake at 400° until cooked, about 15 minutes.

Serve with a mixed salad and paleo dressing

## 98. Tantalizing Prawn Skewers

### Ingredients:

1 lb jumbo raw tiger prawns, shelled and deveined (weight after peeled)

2 cloves garlic, crushed

Low sodium salt and pepper

8 long wooden skewers

### Instructions:

Soak the skewers in water at least 20 minutes to prevent them from burning.

Combine the prawns with crushed garlic and season with low sodium salt and pepper. You can let this marinate for a while, or even overnight.

Heat a clean, lightly oiled grill to medium heat, when the grill is hot add the prawns, careful not to burn the skewers. Grill on both sides for about 6 - 8 minutes total cooking time or until the prawns are opaque and cooked through.

Squeeze lemon juice over the prawns and serve with green salad and my paleo dressing

## 99. Seared Salmon with Peach Salsa

### Ingredients:

For the mango salsa:

1 large ripe peach peeled, seeded and coarsely chopped

1-2 tbsp chopped fresh cilantro

1 small clove garlic, minced

2 tbsp fresh lime juice

For the salmon:

1 tablespoon paprika

1 tablespoon cayenne

5 sprigs fresh thyme, washed, leaves removed and chopped

1 tablespoon freshly chopped oregano leaves

1 teaspoon low sodium salt

1 lb (4 pieces) wild salmon fillet, skin-on

cooking spray ....always use olive oil not canola

### Instructions:

Combine all the salsa ingredients in a bowl, season to taste with low sodium salt and pepper and refrigerate salsa until ready to serve. Makes 1 cup.

In a small bowl, add the paprika, cayenne, thyme and oregano and low sodium salt and mix to blend. Put the mixture on a plate or other flat surface and coat the salmon fillets.

Heat a large heavy-bottomed pan or cast iron skillet over medium heat, and generously spray with oil. When very hot add the salmon, flesh side down and cook for 2 to 3 minutes. Use a spatula to carefully turn the salmon, then cook an additional 5 to 6 minutes.

Arrange the salmon on a platter, top with salsa and serve immediately with a green salad

## 100. Spicy Granola

### Ingredients:

1 ½ cups almond flour

1/3 cup coconut oil

2 tsp cinnamon

2 tsp nutmeg

2 tsp vanilla extract

½ cup walnuts

½ cup coconut flakes

¼ cup hemp seeds

low sodium salt, to taste

### Instructions:

Preheat oven to 275 degrees Fahrenheit.

Combine all ingredients in a large mixing bowl and mix well. (I find it easier to melt down the coconut oil a little bit before adding it)

Spread mixture into one flat layer on a greased baking sheet.

Bake for 40-50 minutes, or until mixture is toasted to your liking.

Remove from oven and allow to cool before serving, then transfer into a plastic container to save the rest!

## 101. Sexy Shrimp Cocktail

### Ingredients:

1 pound uncooked shrimp, peeled, deveined, and thawed if frozen

1 tablespoon olive oil

Low sodium salt and fresh ground pepper to taste

1 cup coconut cream and two tablespoon tomato paste

One teaspoon fresh pressed garlic

lemon wedges

### Instructions:

Preheat oven to 400 degrees F.

Oil the bottom of a 9 x 13 baking dish.

Rinse the salmon and pat dry with paper towels. Sprinkle with low sodium salt and pepper and place in the prepared dish.

Mix together the oil (room temperature), lemon zest and dill.

Place about half the mixture on top of the seasoned salmon. You can spread the lemon dill mixture or leave it in dollops like this.

Bake for about 10-15 minutes. The salmon will continue cooking even after you take it out of the oven.

Add the remaining oil/dill/lemon zest mixture on top, add a squeeze of lemon juice.

## 102. Gambas al Ajillo--Sizzling Garlic Shrimp

### Ingredients:

1/2 cup olive oil

10 cloves garlic, peeled and thinly sliced

1 pound raw shrimp, peeled, deveined, and tails removed, defrosted if frozen

Low sodium salt and pepper to taste

1/4 teaspoon paprika

Pinch or two of red pepper flakes, optional

### Instructions:

Preheat oven to 425 degrees.

Toss shrimp with oil, low sodium salt and pepper and spread in single layer on rimmed baking sheet.

Roast, turning once, until shrimp is pink and just cooked through (about 5-10 minutes, depending on size of shrimp).

Serve chilled with the blend of coconut cream, tomato paste and pressed garlic...add black pepper and lemon wedges.

### 103. Scrambled Eggs with Chilli

#### Ingredients:

4 fresh green chillies with skins removed  
2 tablespoons (30g or 1 oz) coconut oil  
1 small onion, peeled and finely chopped  
6 eggs  
1/4 cup (62ml or 2 fl oz) coconut milk  
1/4 teaspoon (1ml) low sodium salt

#### Instructions:

After removing chilli skins, remove and discard seeds and finely chop remaining chilli.

Beat eggs, coconut milk and salt in a bowl and set aside.

Heat oil in a medium size saucepan over a medium heat.

Reduce heat to low and add egg mixture to saucepan and mix well.

Scatter chillies over mixture.

Cook over a low heat until eggs are cooked.

Serves 4. Serve hot.

## 104. Basil and Walnut Eggs Divine

### Ingredients:

3 organic eggs

1/2 cup fresh basil, chopped

1/3 cup walnuts, chopped

salt and pepper

### Instructions:

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring constantly.

When the eggs are almost cooked, add the basil and continue cooking for a further 1 minute or until eggs are fully cooked.

Add salt and pepper to taste.

Remove from heat and stir in the walnuts before serving.



## 105. Spicy Scrambled Eggs

### Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 red onion, finely chopped
- 1 medium green pepper, cored, seeded, and finely chopped
- 1 chile, seeded and cut into thin strips
- 3 ripe tomatoes, peeled, seeded, and chopped
- Salt and freshly ground black pepper
- 4 large organic eggs

### Instructions:

Heat the olive oil in a large, heavy, preferably nonstick skillet over medium heat.

Add the onion and cook until soft, 6 to 7 minutes.

Add the pepper and chile and continue cooking until soft, another 4 to 5 minutes.

Add in the tomatoes, and salt and pepper to taste and cook uncovered, over low heat for 10 minutes.

Add the eggs, stirring them into the mixture to distribute.

Cover the skillet and cook until the eggs are set but still fluffy and tender, about 7 to 8 minutes. Divide between 4 plates and serve.

## 106. Delish Veggie Hash With Eggs

### Ingredients:

2 tablespoon extra virgin olive oil

2 garlic cloves, minced

1/4 cup sweet white onion, chopped

1 cup yellow squash, chopped

1/2 cup mushroom, sliced

Low sodium salt and pepper

1 cup cherry tomatoes, halved

1 cup fresh spinach, chopped

4 eggs, poached or cooked any style

You can substitute the squash with whatever vegetables you have

### Instructions:

Heat large non-stick skillet over medium heat. Add olive oil to pan.

Add garlic and onion and saute for 2 minutes, then add chopped squash or your favorite vegetable, cook for 2 more minutes, then add mushrooms.

Cook for 5-minutes or until almost compete.

At this point add low sodium salt and pepper, then add tomatoes and spinach and cook until spinach wilts. Drain well before plating.

While finishing this prepare eggs to your liking in another pan.

To serve, drained hash mixture to and then add to individual plates. On top of hash add 2 cooked eggs per person.

## 107. Spicy India Omelet

### Ingredients:

3 Eggs

1 Onion, chopped

4 Green Chilli (optional)

1/4 cup Coconut grated

Low sodium Salt, Oil - as required

### Instructions:

Beat the Eggs severely.

Mix chopped onion, rounded green chilli, salt and grated coconuts with eggs.

Heat oil on a medium-low heat, in a pan.

Pour the mixture in the form of pancakes and cook it on the both sides.

## 108. Spicy Spinach Bake

### Ingredients:

6 eggs

1 bunch fresh spinach chopped (a box of frozen will do if you do not have fresh)

1/2 tsp hot pepper flakes

Olive oil

Low sodium Salt and pepper

### Instructions:

Scramble the eggs in a bowl. Add the spinach, low sodium salt and pepper.

Scramble together. Heat a large non-stick skillet with about 1/2 cup olive oil.

When the oil is hot put the hot pepper flakes in then pour the mixture in.

When it starts to cook on the bottom, flip it over.

Try not to cook it until it is dry, take it out when it is medium scrambled. Let cool and eat.

## 109. Spectacular Eggie Salsa

### Ingredients:

2 pounds fresh ripe tomatoes, peeled and coarsely chopped  
2 to 3 serrano or jalapeño chiles, seeded for a milder sauce, and chopped  
2 garlic cloves, peeled, halved, green shoots removed  
1/2 small onion, chopped  
2 tablespoons oil  
Low sodium salt to taste  
4 to 8 eggs (to taste)  
Chopped cilantro for garnish

### Instructions:

Place the tomatoes, chiles, garlic and onion in a blender and puree, retaining a bit of texture.

Heat 1 tablespoon of the oil over high heat in a large, heavy nonstick skillet, until a drop of puree will sizzle when it hits the pan.

Add the puree and cook, stirring, for four to ten minutes, until the sauce thickens, darkens and leaves a trough when you run a spoon down the middle of the pan. It should just begin to stick to the pan.

Season to taste with salt, and remove from the heat. Keep warm while you fry the eggs.

Warm four plates. Fry the eggs in a heavy skillet over medium-high heat.

Use the remaining tablespoon of oil if necessary. Cook them sunny side up, until the whites are solid but the yolks still runny.

Season with salt and pepper, and turn off the heat. Place one or two fried eggs on each plate.

Spoon the hot salsa over the whites of the eggs, leaving the yolks exposed if possible. Sprinkle with cilantro and serve.

## 110. Mushrooms, Eggs and Onion Bonanza

### Ingredients:

1 medium onion, finely diced

1/4 cup coconut oil

10-12 medium white mushrooms, finely chopped

12 hard boiled eggs, peeled and finely chopped

Freshly ground black pepper to taste

### Instructions:

Saute the onion in coconut oil until golden brown.

Add the mushrooms and saute another 5 minutes or so, stirring frequently, until mushrooms are softened and turned dark.

Remove from heat and let cool.

Mix together with the eggs and pepper. Chill until ready to serve.

## 111. Roasted Lemon Herb Chicken

### Ingredients:

12 total pieces bone-in chicken thighs and legs

1 medium onion, thinly sliced

1 tbsp dried rosemary

1 tsp dried thyme

1 lemon, sliced thin

1 orange, sliced thin

For the marinade:

5 tbsp extra virgin olive oil

6 cloves garlic, minced

Stevia to taste

Juice of 1 lemon

Juice of 1 orange

1 tbsp Italian seasoning

1 tsp onion powder

Dash of red pepper flakes

low sodium salt and freshly ground pepper, to taste

### Instructions:

Whisk together all of the marinade ingredients in a small bowl. Place the chicken in a baking dish (or a large Ziploc bag) and pour the marinade over it. Marinate for 3 hours to overnight.

Preheat the oven to 400 degrees F. Place the chicken in a baking dish and arrange with the onion, orange, and lemon slices.

Sprinkle with thyme, rosemary, low sodium salt and pepper. Cover with aluminum foil and bake for 30 minutes.

Remove the foil, baste the chicken, and bake for another 30 minutes uncovered, until the chicken is cooked through.

### 113. Spicy Turkey Stir Fry

#### Ingredients:

2 lbs. boneless skinless chicken or turkey breasts, cut into 1-inch slices

2 tbsp coconut oil

1 tsp cumin seeds

1/2 each green, red, and orange bell pepper, thinly sliced

1 tsp garam masala

2 tsp freshly ground pepper

low sodium salt, to taste

Scallions, for garnish

#### For the marinade:

1/2 cup coconut cream

1 clove garlic, minced

1 tsp ginger, minced

1 tbsp freshly ground pepper

2 tsp low sodium salt

1/4 tsp turmeric

#### Instructions:

Place all of the marinade ingredients into a Ziploc bag. Add the chicken, close the bag, and shake to coat.

Marinate in the refrigerator for at least 30 minutes, or up to 6 hours.

In a wok or large sauté pan, melt the coconut oil over medium-high heat.

Add the cumin seeds and cook for 2-3 minutes.

Add the marinated chicken and let cook for 5 minutes. Stir the chicken until it begins to brown, and then add the peppers, garam masala, and freshly ground pepper.

Sprinkle with low sodium salt. Cook for 4-5 minutes, stirring regularly, or until the bell pepper is cooked to desired doneness. Serve hot.



## 114. Turkey and Kale Pasta Casserole

### Ingredients:

1 lb. Turkey breast  
1 medium spaghetti squash, halved and seeded  
Extra virgin olive oil, for drizzling  
1 large bunch of kale, de-stemmed, and chopped  
1/2 red onion, sliced thin  
1/3 cup chicken broth  
1/2 cup coconut milk  
1 clove garlic, minced  
2 tsp Italian seasoning  
low sodium salt and freshly ground pepper, to taste

### Instructions:

Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften.

Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet.

Drizzle with olive oil and sprinkle with low sodium salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat.

Add the turkey breast and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes.

Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale.

Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat.

Stir in the cooked turkey. Add the spaghetti squash into the skillet and stir well to combine.

Bake for 15-18 minutes, until the top has slightly browned. Serve hot.

## 115. Salmon Dill Bonanza

### Ingredients:

1 1/2 pounds wild salmon (I used sockeye)

zest of one lemon (about a tablespoon)

2 tablespoons oil

1 tablespoon chopped, fresh dill

1 lemon

low sodium salt and pepper

### Instructions:

Preheat oven to 375°F.

Place salmon in a shallow baking dish and season with low sodium salt and pepper.

Heat coconut oil in a medium saute pan or cast iron skillet over medium heat. Add garlic and shallots and saute until tender and fragrant, 3-5 minutes.

Add lemon zest, lemon juice, and coconut milk, stirring to combine.

Bring to a low boil, then remove from heat.

Pour mixture over salmon. Bake, uncovered, for 10-20 minutes or until salmon flakes easily with a fork.

## 116. Chili-Garlic Ostrich or Venison Skewers

### Ingredients:

6 Wooden Skewers, soaked in cold water for 30 minutes

2 Ostrich or Venison, diced

1 tbsp. Olive Oil

1 tsp. Red Chilies, seeds removed & finely chopped

4 Garlic Cloves, minced

6 tbsp. fresh lemon juice

### Instructions:

Preheat oven to 350 F or preheat barbeque grill on high heat.

To make sauce, combine the oil, chilies, garlic, and lemon juice in a small bowl. Set aside for a few minutes.

Thread diced meat onto skewers and place on an oven tray lined with baking paper.

Pour chili and garlic sauce over the chicken, coating well.

Bake in the oven for 30-40 minutes or until chicken is cooked. If cooking on a grill, cook chicken for 5-6 minutes on each side.

Eat with any of the delicious salad recipes.

## 117. Creamy Chicken Casserole

### Ingredients:

2 cups cubed cooked chicken  
1 1/2 cups cooked butternut squash  
1/2 cup coconut cream,  
1/4 cup coconut oil, melted  
1 heaping cup green peas, fresh or frozen  
1 tbsp apple cider vinegar  
1/2 tsp low sodium salt  
1/2 tsp oregano  
1/2 tsp thyme  
1 tbsp fresh parsley

### Instructions:

In a large bowl, mash the butternut squash. Stir in the coconut cream, oil, vinegar, low sodium salt, oregano, and thyme.

Once everything is combined, add in chicken and peas.

Place the mixture into a large saucepan and cook over medium heat for 5-8 minutes.

Top with fresh parsley and serve warm.

## 118. Sensational Courgette Pasta and Turkey Bolognaise

### Ingredients:

4 medium zucchini

### For the sauce:

1 lb ground turkey

1 small onion, chopped

4 cloves garlic, minced

1 tbsp coconut oil

1 tomato, chopped

1/2 jar of tomato sauce

1 tbsp Italian seasoning

low sodium salt and pepper to taste

Fresh basil, for garnish

### Instructions:

Use a julienne peeler to slice the zucchini into noodles, stopping when you reach the seeds. Set aside.

If cooking zucchini noodles, simply add to a skillet and sauté over medium heat for 4-5 minutes.

Melt coconut oil in a large skillet over medium heat. Add chopped onion and garlic and cook for 4-5 minutes.

Add ground turkey and brown the meat, stirring occasionally. Season with low sodium salt and pepper.

Add the chopped tomato, tomato sauce, and Italian seasoning and stir to combine. Simmer on low heat, stirring occasionally.

Add the sauce to the noodles and ENJOY.

## 119. Perfect Turkey Stir-Fry

### Ingredients:

- 2 tbsp. of coconut oil
- 2 cloves of garlic (thinly sliced)
- 1 inch ginger (finely grated)
- 2-3 green (spring) onions (sliced into long slivers)
- 1 carrot (coarsely grated)
- 1 green pepper (sliced into thin, long pieces)
- 1 turkey breast (cut into bite-sized pieces)
- 1/4 cup water
- 2 tbsp. homemade veggie broth
- A few drops of toasted sesame oil

### Instructions:

Put a pot with a bit of low sodium salt to boil and make sure your rice noodles are handy. Later, when the water has boiled, pop the noodles in and give it a stir.

Heat 2 tbsp. coconut oil in a wok or large pan.

Add the sliced garlic and grated ginger to the wok and stir-fry for 30 seconds.

Add the green onion and stir-fry 1 more minute.

Add the carrot and stir-fry about a minute. You want it just barely cooked, not limp and soggy. Remove the vegetable mixture to a bowl and set aside.

Add another 2/3 tbsp. of coconut oil to the wok.

When the oil is very hot, add the green pepper and stir-fry for 1 minute.

Heat a 1/2 tbsp. of coconut oil, then add the pieces of turkey breast and stir-fry. I found that the turkey got some color from the previous ingredients that were in the wok. If this doesn't happen, add a tiny amount of soy sauce.

Stir-fry until just done and no more. To check, I like to cut open the biggest piece to make sure it isn't pink in the middle.

Add the sesame oil.

## 120. Creamy Curry Stir Fry

### Ingredients:

2 cooked chicken breasts (small) or 3-4 thighs/legs

3 carrots, chopped

3 sticks celery, chopped

1-2 heads broccoli, chopped

1/2 medium onion, chopped

2 cloves garlic 1/2c coconut milk

1/2c almond or coconut milk

2 tbsp turmeric

2 tbsp curry powder

2 tbsp coconut oil

### Instructions:

Put coconut oil in pan and add chopped onion. Cook until onion softens up, add garlic and cook for an additional few minutes.

Next up, add in the carrots, celery, and broccoli. Cook until they have softened a bit (but are not fully cooked).

Shred the cooked chicken up into small pieces for the stir fry and add the coconut milk, other milk, and curry spices.

Stir everything thoroughly, simmer for 5-10 minutes or until everything is cooked to your liking, and serve hot.

Add cauliflower rice (grated cauliflower boiled for 3 minutes)

## 121. Spectacular Spaghetti and Delish Turkey Balls

### Ingredients:

1 spaghetti squash

Extra virgin olive oil,

low sodium salt and pepper

1 tsp dried or fresh oregano

### For the sauce:

1 lb ground turkey

1 small onion, chopped

4 cloves garlic, minced

1 tbsp coconut oil

1 tomato, chopped

1/2 jar of tomato sauce

1 tbsp Italian seasoning

low sodium salt and pepper to taste

Fresh basil

### Instructions:

Preheat oven to 400 degrees F. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard.

Place the halves with the cut side up on a rimmed baking sheet. Drizzle with olive oil and season with low sodium salt, pepper, and oregano. Roast the squash in the oven for 40-45 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

While the spaghetti squash is roasting, melt coconut oil in a large skillet over medium heat.

Add chopped onion and garlic and cook for 4-5 minutes. Add ground turkey and brown the meat, stirring occasionally. Season with low sodium salt and pepper.

Add the chopped tomato, tomato sauce, and Italian seasoning and stir to combine. Simmer on low heat, stirring occasionally, while the spaghetti squash finishes roasting. Serve over spaghetti squash with basil for garnish



## 122. Melting Mustard Chicken

### Ingredients:

8 small chicken thighs, skin removed

3 tsp mustard powder

1 tbsppaleo mayonnaise

1 clove garlic, crushed

1 lime, squeezed, and lime zest

3/4 tsp pepper

Low sodium salt

dried parsley

### Instructions:

Preheat oven to 400°. Rinse the chicken and remove the skin and all fat. Pat dry ...place in a large bowl and season generously with low sodium salt. In a small bowl combine mustard, mayonnaise, lime juice, lime zest, garlic and pepper. Mix well. Pour over chicken, tossing well to coat.

Spray a large baking pan with a little Pam to prevent sticking since all the fat and skin was removed from chicken. Place chicken to fit in a single layer.

Top the chicken with dried parsley. Bake until cooked through, about 30-35 minutes.

Finish the chicken under the broiler until it is golden brown. Serve chicken with the pan juices drizzled over the top.

## 123. Sexy Turkey Scramble

### Ingredients:

1 pound ground turkey

2 medium yellow onions

2 bell peppers (any color)

2 medium squash or zucchini

1 large hand-full of fresh spinach (2-3 ounces)

Spices to taste: I used about 1 tablespoon each of: cumin, chili powder, garlic powder, low sodium salt, and fresh cilantro

### Instructions:

Brown the turkey until well cooked in a large skillet or wok over medium high heat.

Remove and add thinly sliced onions, peppers, squash/zucchini to the pan and saute, stirring constantly, until starting to soften.

Return turkey to pan and add fresh spinach.

Spice to taste and continue to cook until spinach is wilted.

Remove and serve with any desired toppings.

## 124. Cheeky Chicken Salad

### Ingredients:

olive oil spray

2 tsp olive oil

16 oz (2 large) skinless boneless chicken breasts, cut into 24 1-inch chunks

Low sodium salt and pepper to taste

4 cups shredded romaine

1 cup shredded red cabbage

For the Skinny Cheeky Sauce:

2 1/2 tbsppaleo mayonnaise

2 tbspp scallions, chopped fine plus more for topping

1 1/2 tspchilli flakes

### Instructions:

Preheat oven to 425°F. Spray a baking sheet with olive oil spray.

Season chicken with low sodium salt and pepper, olive oil and mix well so the olive oil evenly coats all of the chicken.

Meanwhile combine the sauce in a medium bowl. When the chicken is ready, drizzle it over the top and enjoy!!

## 125. Avocado and Shrimp Omelet

### Ingredients:

6 eggs  
2 Tbsp. chopped parsley  
2 Tbsp. lemon juice, divided  
1/4 tsp. salt  
1/8 tsp. cayenne pepper  
1 large\* ripe avocado, diced  
1 1/2 Tbsp. avocado oil  
3 oz. bay shrimp  
3 parsley sprigs

### Instructions:

Beat together eggs, parsley, 3/4 of the lemon juice, salt, and cayenne pepper; reserve.

Gently toss avocado with remaining lemon juice; reserve.

Heat oil in an omelet pan. (Use a large omelet pan for four or more servings.)

Pour egg mixture into pan.

Cook over medium heat, lifting edges and tilting pan to allow uncooked egg to run under, until set but still moist on top.

Scatter reserved avocado and shrimp over omelet.

Fold omelet in half; heat another minute or two.

Slide onto a warmed serving plate; garnish with parsley sprigs.

To serve, cut omelet into wedges.

## 126. Citrus Shrimp Delux

### Ingredients:

3/4 pounds peeled and deveined medium-large shrimp

1/2 Tbls almond meal

2 Tbls orange juice, fresh squeezed

1/2 Tbls rice vinegar

1 Tbls diced chillies

1 Tbls olive oil

1/2 Tbls fresh ginger, minced

2 garlic cloves, minced

### Instructions:

In a large nonstick skillet, heat the oil. Saute the shrimp until just pink, about 2-3 minutes. Add the garlic and cook stirring constantly, about 30 seconds.

With a slotted spoon transfer the shrimp to a platter and keep them warm.

In the skillet, combine the broth, lemon juice, 1/4 cup of the parsley, the low sodium salt and pepper; and bring it to a boil. Boil uncovered, until the sauce is reduced by half.

Spoon the sauce over the shrimp. Serve garnished with the lemon wedges and sprinkled with the remaining tablespoon of parsley.

## 127. Zesty Chicken Lemon

### Ingredients:

2 (16 oz total) skinless chicken breasts, all fat trimmed

freshly ground black pepper

2 large egg whites

olive oil 2 tablespoons and spray (about 1 tbsp worth)

juice of 2 lemons, lemon halves reserved

1/4 cup dry white wine

1/2 cup reduced sodium chicken broth

1 tbsp capers

Sliced lemon, for serving

Chopped fresh parsley leaves, for serving

### Instructions:

Cut chicken into 4 cutlets, then place cutlets between 2 sheets of parchment paper or plastic wrap and pound out to 1/4-inch thick. Sprinkle both sides with low sodium salt and pepper.

Heat a large saute pan over medium to medium-low heat. Spray a generous amount of olive oil spray on one side of the chicken, and lay it in the pan, oil side down. Spray the top of the chicken generously to coat and cook for 2-3 minutes on each side, until cooked through. Set aside until you make the sauce.

For the sauce, clean the saute pan. Over medium heat, add olive oil, add the lemon juice, wine, chicken broth and the reserved lemon halves, low sodium salt, and pepper. Boil over high heat until reduced in half, about 2 minutes. Discard the lemon halves, add the capers and serve one chicken cutlet on each plate. Spoon on the sauce and serve with a slice of lemon and a sprinkling of fresh parsley.

Serve with any steamed vegetables!

## 128. Sweety Chicky Soup

### Ingredients:

2 (26 oz) chicken breasts, on the bone, skin removed  
1 teaspoon seasoning low sodium salt  
1/2 tsp olive oil  
1 large onion, chopped  
2 celery stalks, chopped  
3 garlic cloves, chopped  
1/2 tsp dried oregano  
1/2 tsp dried thyme  
1/2 tsp ground cumin  
6 cups reduced sodium chicken broth  
1 large sweet potato, peeled and diced 1-inch cubes  
3 cups kale, roughly chopped  
1 fresh jalapeno, sliced in half lengthwise  
1/4 cup fresh cilantro

### Instructions:

Season the chicken with the salt and set aside while you prep all your vegetables.

Heat a large nonstick pot over medium-low heat, add the oil and the onions and celery and cook until soft and golden, about 8 to 10 minutes, then add the garlic and dry spices and cook 2 to 3 minutes.

Add the chicken broth, chicken, jalapeno and cilantro. Cover and cook 20 minutes, then add the sweet potato and kale and cook until the sweet potatoes are tender and the chicken is cooked, about 25 to 30 minutes.

Remove the chicken, shred or cut up and discard the bones. Return to the pot, discard the jalapeno and serve the soup into 6 bowls.

## 129. Chicken Zoodle Delish

### Ingredients:

#### For the sauce:

1/2 cup reduced sodium chicken broth  
1 tbsp reduced sodium soy sauce gluten free  
1/2 tbsp rice wine

#### For the zoodles:

2 medium zucchini, ends trimmed  
8 oz skinless, boneless chicken breast, cut into thin short strips  
Low sodium salt, to taste  
2 tsp olive oil, divided  
3/4 cup sliced bokchoy  
1/2 cup sliced mushrooms such as shiitake  
1/2 cup shredded carrots  
3 scallions, sliced into 1-inch pieces on the diagonal  
1/2 tbsp grated fresh ginger  
2 garlic cloves, chopped  
1 tablespoon almond flour

### Instructions:

For the sauce – in a medium bowl, combine the chicken broth, soy sauce and 2 tablespoons of water. Use 1 tablespoon almond flour to thicken

Using a spiralizer fitted with a shredder blade, or a mandolin fitted with a julienne blade, cut the zucchini into long spaghetti-like strips. If using a spiralizer, use kitchen scissors to cut the strands into pieces that are about 8 inches long so they're easier to eat.

Season chicken with low sodium salt. Heat a large nonstick wok over high heat. When very hot, add 1 tsp of the oil and the chicken. Cook until browned on both sides and opaque throughout, 2 to 3 minutes. Set aside.

Add the remaining oil, bokchoy, mushroom, carrots, scallions, ginger and garlic. Cook until crisp tender, 2 to 3 minutes. Set aside with the chicken.

Pour the sauce mixture into the wok and cook, stirring, until thickened and bubbling, 1 to 1-1/2 minutes.

Add the zucchini noodles to the sauce, mixing so the zucchini is covered in sauce, and cook until the zucchini is tender, 2 minutes.

Add the chicken and vegetables to combine, then divide between two serving bowls.



## 130. Leeky Chicken

### Ingredients:

1 or 2 leeks (3/4 cup) white part and light green only  
16 oz (6) skinless chicken breast cutlets, sliced thin  
2 tsp olive oil, divided  
1 clove garlic, minced  
2 oz ready-to-eat sun dried tomatoes (not in oil), sliced  
1/4 cup white wine  
1/2 cup fat free low sodium chicken broth  
Low sodium salt and fresh pepper to taste  
2 tbsp chopped fresh parsley

### Instructions:

Cut off green tops of leek and remove outer tough leaves. Cut off root and cut leeks in half lengthwise. Fan out the leeks and rinse well under running water, leaving them intact. Slice leeks into 1/4-inch slices. Set aside.

Preheat oven to 200°. Season chicken with low sodium salt and pepper.

Heat a large skillet on medium heat; when hot add 1tsp olive oil. Add chicken to the skillet and cook on medium heat for about 3 - 4 minutes on each side, or until chicken is no longer pink. Set aside in a warm oven.

Add additional oil to the skillet, then garlic and cook a few seconds; add leeks, low sodium salt and pepper. Sauté stirring occasionally until golden, about 5 minutes.

Add sun dried tomatoes, wine, chicken broth, parsley; stir the pan with a wooden spoon, breaking up any brown bits from the bottom of the pan. Cook 2 more minutes or until the liquid reduces almost by half. Top the chicken with the sun dried tomato/leeks mixture and serve with a green salad

## 131. Creamy Chicken Mushroom Soup Bonanza

### Ingredients:

4 cups water  
1 celery stalk, cut in half  
5 oz shiitake mushrooms, sliced  
4 tsp Chicken Bouillon (low salt)  
7 oz skinless chicken breast  
1 tbsp fresh parsley, chopped  
1 tablespoon almond flour

### Instructions:

Place cold water and flour in a blender and blend until smooth; pour into a medium pot and set heat to medium.

Add celery, mushrooms, chicken bouillon and bring to a boil. Add chicken, cover and simmer on low 15 minutes, or until chicken is cooked through.

Remove chicken and set aside; continue to cook the remaining soup an additional 5 minutes, until vegetables are soft.

Place celery and 1 cup of soup into the blender; blend until smooth, then return to the pot and simmer a few minutes. Shred or cut the chicken into small pieces and add back to the soup, garnish with fresh parsley.

## 132. Feisty Filipino Chicken

### Ingredients:

8 chicken legs on the bone (skin removed)

1/3 cup low sodium soy sauce

1/3 cup apple cider vinegar

1 small head of garlic, crushed

6 ground peppercorns

4 bay leaves

1 jalapeño, chopped (optional)

### Instructions:

Marinate chicken in vinegar, soy sauce, garlic, jalapeño and pepper, for at least an hour (overnight is ideal).

Add chicken, 1/2 cup water, bay leaves and marinade into a deep nonstick skillet and cook on medium-low heat. Cover and cook until the meat is tender, about 45 minutes.

Remove the cover and cook an additional 15 minutes, until the sauce reduces. Discard bay leaves and serve over cauliflower rice.

### 133. Chinese Chicken Legs

#### Ingredients:

3 lbs (6) chicken legs (thighs and legs attached), fat trimmed

#### For the marinade:

6 cloves of garlic

1 large shallot

1 tbsp grated fresh ginger

Stevia to taste

1/4 cup reduced sodium soy sauce (tamari for gluten free)

1/2 tsp Chinese five-spice powder

freshly ground black pepper

#### Instructions:

In a blender combine the marinade ingredients; blend until smooth.

Place the chicken in a large, resealable zip-top bag or container and pour in the marinade. Toss the chicken inside the bag to cover evenly with the marinade and refrigerate for 6-8 hours or as long as overnight.

Preheat oven to 400°F. Place the chicken on a rack in a foil lined roasting pan. Create a loose tent over the chicken with foil.

Roast the chicken in the center of the oven 30 minutes; remove foil and continue to cook, basting occasionally until the internal temperature is 165°-170°F, about 45 minutes longer (Insert thermometer between the leg and the thigh).

Serve with green salad

## 134. Coconut Turkey Salad

### Ingredients:

6 (about 12 oz) turkey breasts

6 tbsp shredded coconut

Pinch low sodium salt

olive oil spray

6 cups mixed baby greens

3/4 cup shredded carrots

1 large tomato, sliced

1 small cucumber, sliced

2 beaten egg whites organic

### For the Vinaigrette:

1 tbsp oil

Stevia to taste

1 tbsp white vinegar

2 tsp mustard powder

### Instructions:

Whisk all vinaigrette ingredients; set aside.

Preheat oven to 375°.

Combine coconut flakes and low sodium salt in a bowl. Put egg whites or egg beaters in another bowl.

Lightly season chicken with low sodium salt. Dip the chicken in the egg, then in the coconut flake mixture. Place chicken on a cookie sheet lined with parchment for easy cleanup. Lightly spray with olive oil spray and bake for 30 minutes turning halfway, or until chicken is cooked through.

Place 2 cups baby greens on each plate. Divide carrots, cucumber, tomato evenly between each plate. When chicken is ready slice on the diagonal and place on top of greens. Heat dressing and divide equally between each salad; a little over 1 tbsp each.

## 135. Jolly Jamaican Chicken

### Ingredients:

6 bone-in chicken legs with thighs attached, skin removed (6 thighs, 6 drumsticks)

1 lime or 1/4 cup lime juice

1 large tomato, chopped

4 medium scallions, chopped

1 large onion, chopped

2 garlic cloves, chopped

1/2 - 1 hot chilli, chopped

4 sprigs fresh thyme or 2 tsp dried thyme

2 tbsp low sodium soy sauce (for gluten free use GF Tamari)

1 tsp coconut oil 1 medium carrot, chopped finely

2 tsp almond flour

1 1/2 cups unsweetened light coconut milk

1/4 tsp low sodium salt

### Instructions:

Squeeze lime over chicken and rub well. Drain off excess lime juice.

Using gloves combine tomato, scallion, onion, garlic, chilli pepper, thyme and soy sauce in a large bowl and add to the chicken. Cover and marinate at least one hour.

Heat oil in a large saucepan. Shake off the seasonings as you remove each piece of chicken from the marinade, reserving the marinade for later.

Lightly brown the chicken on medium-high heat. When browned on all sides, pour the marinade over the chicken and add the carrots. Stir and cook over medium heat for 10 minutes.

Mix flour and coconut milk and add to stew, stirring constantly. Reduce heat to low and cook an additional 20 minutes or until tender, add low sodium salt to taste.

## 136. Citrus Chicken

### Ingredients:

#### For the e Sauce:

1/3 cup freshly-squeezed lemon juice  
1/4 cup reduced sodium chicken broth  
2 tbsp soy sauce (Tamari for gluten-free)

Stevia to taste

1 tbsp Chinese rice wine

Chilli flakes to taste

1 tbsp rice vinegar

1/4 teaspoon white pepper

#### For the chicken:

20 oz skinless, boneless chicken breast, cut into small cubes

Low sodium salt, to taste

1 tbsp sesame oil

4 cloves minced garlic

1-inch grated ginger

1 teaspoon grated lemon zest

2 tbsp chopped scallions

1/2 tsp sesame seeds, for garnish

### Instructions:

Mix the lemon sauce ingredients and set aside.

Season the chicken lightly with low sodium salt and coat evenly with corn starch, set aside.

Heat a wok on high heat, add 1 teaspoon of sesame oil and add half of the chicken. Cook 2 to 3 minutes on each side until well browned, set aside. Add 1 teaspoon of oil and chicken and repeat cooking 2 to 3 minutes on each side. Set aside with the rest of the chicken.

Add remaining teaspoon of oil and quickly stir-fry the minced garlic and ginger until fragrant, about 1 minute. Add the orange zest then return the chicken to the pan. Quickly stir the chicken then add the sauce and cook until the sauce thickens, about 1 to 2 minutes. Divide between 4 plates and garnish with the scallion and sesame seeds.

## 137. Chicken Peanut Lettuce Wraps

### Ingredients:

#### For the Peanut Sauce:

1/2 cup reduced-sodium chicken broth

3 tbsp PB2 (or 2 tbsp peanut butter)

Stevia to taste

1 tbsp soy sauce (use Tamari for gluten free)

1/2 tbsp freshly grated ginger

1 clove garlic, crushed

#### For the Chicken cooking spray

16 oz ground chicken

4 cloves garlic, crushed

1 tbsp fresh ginger, grated

1 tbsp soy sauce (use Tamari for gluten free)

3/4 cups shredded carrots

2/3 cup scallions, chopped

3/4 cup shredded red cabbage

2 tbsp chopped peanuts

cilantro leaves, for garnish

4 lime wedges

8 iceberg lettuces outer leaves

### Instructions:

Make the peanut sauce; in a small saucepan combine chicken broth, stevia, 1 tablespoon soy sauce, 1/2 tablespoon fresh ginger, and 1 clove crushed garlic and simmer over medium-low heat stirring occasionally until sauce becomes smooth and thickens, about 6 to 8 minutes.

Meanwhile, heat a large non-stick skillet or wok over high medium until hot. When hot, spray with oil and sauté the chicken until cooked through and browned, breaking it up as it cooks; add the remaining garlic and ginger and saute 1 minute. Add the tablespoon of soy sauce, cook 1 minute.

Add the shredded carrots, and 1/2 cup of the scallions and sauté until tender crisp, about 1-2 minutes. Set aside.

Divide the chicken equally between 8 lettuce leaves, top each with shredded cabbage, remaining scallions, drizzle with peanut sauce, chopped peanuts and cilantro, for garnish and serve with lime wedges.



## 138. Thai Baked Fish with Squash Noodles

### Ingredients:

1 medium spaghetti squash  
Extra virgin olive oil, for drizzling  
low sodium salt and pepper  
1 tbsp coconut oil  
1/2 large onion, finely chopped  
1 head broccoli, de-stemmed and cut into florets  
2 heads baby bok choy, sliced into 1-inch strips  
4 scallions, sliced  
1/4 tsp red pepper flakes  
1/3 cup cashews, toasted and chopped

### For the Sauce:

1 tsp lime juice  
1/2-inch piece fresh ginger, peeled and minced  
1 clove garlic, minced  
1/2 tsp red wine vinegar  
3 tbsp almond butter  
3 tbsp coconut milk

### For the Fish:

2 whole fish fillets...use cod or any good quality white fish

### Instructions:

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with low sodium salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

While the squash cooks, make the sauce. Combine the lime juice, ginger, garlic, and red wine vinegar in a blender or food processor until smooth. Add the almond butter and coconut milk and blend until completely combined. Adjust the levels of almond butter and coconut milk to reach desired level of creaminess.

Melt the coconut oil in a large pan over medium heat. Add the onion and cook for 5-6 minutes until translucent. Add the broccoli and sauté for 8-10 minutes, until just tender. Then stir in the bok choy and cook for 3-4 minutes

until wilted. Lastly add the cooked spaghetti squash into the pan and stir to combine.

To assemble, top the spaghetti squash mixture with the scallions and cilantro. Sprinkle with roasted cashews and drizzle with Thai sauce.

Place the whole fish under the grill at 200 degrees for 25 minutes topped with a tablespoon of olive oil, fresh pressed garlic (one clove) and cayenne pepper to taste.

Finish off the fish with a squirt of lemon juice to taste.

## 139. Divine Prawn Mexicana

### Ingredients:

1 tbsp extra virgin olive oil  
1 tsp chili powder  
1 tsp low sodium salt  
1 lb. medium shrimp, peeled and deveined  
1 avocado, pitted and diced  
Shredded lettuce, for serving  
Fresh cilantro, for serving  
1 lime, cut into wedges

### For the tortillas:

6 egg whites  
1/4 cup coconut flour  
1/4 cup almond milk  
1/2 tsp low sodium salt  
1/2 tsp cumin  
1/4 tsp chili powder

### Instructions:

Combine all of the tortilla ingredients together in a small bowl and mix well. Allow the batter to sit for approximately 10 minutes to allow the flour to soak up some of the moisture, and then stir again. The consistency should be similar to crepe batter.

While the batter is resting, heat a skillet to medium-high. Mix together the olive oil, chili powder, and low sodium salt and toss with the shrimp to coat. Cook in the skillet for 1-2 minutes per side, until translucent. Set aside. Coat the pan with coconut oil spray. Pour about 1/4 cup of batter onto the skillet, turning the pan with your wrist to help it spread out in a thin, even layer. Cook for 1-2 minutes, loosening the sides with a spatula. When the bottom has firmed up, carefully flip over and cook for another 2-3 minutes until lightly browned, then set aside on a plate. Repeat with remaining batter. Top each tortilla with cooked shrimp, shredded lettuce, avocado, and cilantro. Serve with a lime wedge.

## 140. Superior Salmon with Lemon and Thyme OR Use any White fish

### Ingredients:

32 oz piece of salmon or any fresh white fish

1 lemon, sliced thin

1 tbsp capers

low sodium salt and freshly ground pepper

1 tbsp fresh thyme

Olive oil

### Instructions:

Line a rimmed baking sheet with parchment paper and place salmon, skin side down, on the prepared baking sheet.

Season salmon with low sodium salt and pepper. Arrange capers on the salmon, and top with sliced lemon and thyme.

Place baking sheet in a cold oven, then turn heat to 400 degrees F. Bake for 25 minutes. Serve immediately.

## 141. Chicken Pineapple Delight

### Ingredients:

1 lb boneless skinless chicken breast, cut into 1-inch cubes  
2 tbsp cornstarch  
1 tbsp oil, divided  
1 tsp minced garlic  
1 tsp minced ginger  
2 cups cubed assorted colors bell peppers (1/2-inch cubes)  
1 red chili pepper, chopped (optional or to taste)  
1 cup fresh pineapple chunks  
1/2 teaspoon chilli flakes...optional – this is hot!  
cilantro leaves (for garnish)

### Instructions:

Heat 1/2 tablespoon of the oil in large nonstick skillet on medium-high heat. Add garlic and ginger; stir fry 30 seconds. Add bell peppers, chili pepper if using and pineapple; stir fry 3 to 5 minutes or until peppers are tender-crisp. Add sauce; cook and stir until heated through. Remove from skillet.

Heat remaining oil in the skillet. Add chicken; stir fry 5 minutes or until cooked through. Return bell pepper mixture to skillet; stir fry until well blended. Garnish with cilantro.

## 142. Spectacular Shrimp Scampi in Spaghetti Sauce

### Ingredients:

#### For the Spaghetti:

1 spaghetti squash

Extra virgin olive oil, for drizzling

low sodium salt and pepper

1 tsp dried oregano

1 tsp dried basil

#### For the shrimp scampi:

8 oz. shrimp, peeled and deveined

3 tbsp butter

1 tbsp extra virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

low sodium salt and pepper, to taste

1 tbsp fresh parsley, chopped

Juice of 1 lemon

Zest of half a lemon

### Instructions:

Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet.

Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork.

Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.

After removing spaghetti squash from the oven, melt the butter and olive oil in a skillet over medium heat.

Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, low sodium salt, pepper, and a pinch of red pepper flakes.

Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley.

### 143. Delectable Shrimp Scampi

#### Ingredients:

4 tsp olive oil

1 1/4 pounds med raw shrimp, peeled and deveined (tails left on)

6-8 garlic cloves, minced

1/2 cup low sodium chicken broth

1/4 cup fresh lemon juice

1/4 cup + 1 T minced parsley

1/4 tsp low sodium salt

1/4 tsp freshly ground pepper

4 lemon wedges

#### Instructions:

Peel shrimp and butterfly them (making a cut in the back and extracting the vein).

Place shrimp in marinade: 2 Tablespoons olive oil, lemon, garlic powder.

Marinate anywhere from 15 minutes to hours (the more time, the better)

Heat 2 Tablespoons of oil in pan on medium to high heat.

Add shrimp and cook each side for 2-3 minutes. Drizzle with 1 Tablespoon of olive oil.

Top with low sodium salt, pepper, and red pepper flakes.

## 144. Spaghetti Squash Hash Browns

### Ingredients

1 cup spaghetti squash threads from a roasted spaghetti squash

1 Tbs. butter, ghee, lard (real lard), or coconut oil

Sea salt, to taste

### Instructions

Place the spaghetti squash threads in a clean kitchen towel and wring out as much water as possible over the sink. The squash will shrink in volume by about half.

Heat the oil/fat over medium-high heat in a sturdy skillet. Add the drained squash and compress with a spatula into an even layer over the bottom of the pan. Sprinkle the top with sea salt. Cook until golden brown, then flip. Sauté on the other side until crispy. Sprinkle with more salt and serve.



## 145. Sexy Seared Scampi

### Ingredients:

2 tsp olive oil

1 1/2 lbs shrimp, peeled and deveined (weight after peeled)

1/4 tsp low sodium salt

1/4 tsp ground black pepper

1/4 tsp crushed red pepper

2 tbsp dry parsley

lemon wedges

### Instructions:

Heat 1 tsp oil in 12 inch skillet over high heat until smoking.

Meanwhile, toss shrimp with low sodium salt and pepper.

Add half of the shrimp to the pan in single layer and cook until edges turn pink, about 1 minute.

Remove pan from heat, flip shrimp using tongs and let it stand about 30 seconds until all of the shrimp is opaque except for the center.

Transfer to a plate and repeat with the second batch and the remaining teaspoon of oil. After second batch has stood off the heat, add the first batch to the pan and toss to combine.

Cover skillet and let shrimp stand for 1 - 2 minutes. Shrimp will now be cooked through. Serve immediately with a green salad and lemon wedges.

## 146. Turkey Eastern Surprise

### Ingredients:

#### For the salad:

- 2 cups grilled turkey, chopped
- 6 baby bok choy, grilled & chopped
- 2 green onions, chopped
- 1/4 cup cilantro, chopped
- 1 Tbl sesame seeds

#### For the dressing:

- 1 Tbl fresh ginger, chopped
- 2 Tbl coconut cream
- 1 Tbl fish sauce
- 1 Tbl sesame oil
- 2 Tbl fresh lime juice
- 1 tsp stevia powder or to taste

### Instructions:

Combine all of the salad ingredients until well mixed.

Add all of the ingredients for the dressing into a blender or food processor, and blend until mostly smooth – there may be some small chunks of ginger left, that's ok.

Pour the dressing over the salad and toss lightly until coated.

Garnish with more sesame seeds if desired.

If possible let it sit for an hour in the fridge before serving so the flavors can really meld together.

## 147. Mediterranean Turkey Delish Salad

### Ingredients:

1 roasted turkey (organic, soy-free and pastured is best)

1/2 cup of olive oil

1/4 cup fresh cilantro, chopped

1 head of romaine or butter lettuce

1 red onion, diced

1 lemon, juiced

low sodium salt and pepper as desired

### Instructions:

Shred the turkey with your hands or chop up and put it in a big bowl.

Add the oil, red onion, cilantro, lemon, low sodium salt and pepper.

Mix well and serve on a lettuce boat.

## 148. Skinny Delicious Turkey Divine

### Ingredients:

2/3 cup fresh lime juice

1/3 cup fish sauce

Stevia to taste

3/4 cup chicken stock low sodium

1 1/2 pounds ground turkey

1 cup thinly sliced green onions

3/4 cup thinly sliced shallots

3 tablespoons minced lemongrass

1 tablespoon thinly sliced serrano chile

1/2 cup chopped cilantro leaves

1/3 cup chopped mint leaves

low sodium salt

1 head of any lettuce

### Instructions:

Whisk together lime juice, fish sauce, stevia and chile-garlic sauce. Set aside.

Warm chicken stock in a medium heavy-bottomed pot over medium heat until simmering. Add ground turkey and simmer until cooked through. As the turkey is cooking, stir occasionally to break up the meat. This should take 6 to 8 minutes.

Add green onion, shallot, lemongrass and chiles, stirring to combine.

Continue cooking until shallots turn translucent, stirring occasionally (about 4 minutes). Remove from the heat and drain off any liquid in the pot. I do this by clamping the lid on, then cracking it just a hair. I turn the entire pot over the sink and let the liquid drain out.

Stir in lime juice-fish sauce mixture, cilantro and mint. Season to taste with low sodium salt (not much is needed if any).

Transfer mixture to a large bowl and serve beside a pile of lettuce leaves.

Using a slotted spoon, scoop turkey on to the lettuce leaves and enjoy!

## 149. Skinny Delicious Slaw

### Ingredients:

1/2 head of cabbage (mix purple and white)

3 or 4 carrots

1 onion

3 tablespoons walnut oil

1 egg beaten

Stevia to taste

1 Tbsp. fresh lemon juice

pepper to taste

### Instructions:

Grate cabbage, carrots and onion and mix together.

Make dressing by mixing

beaten egg, walnut oil, lemon juice, and seasonings.

Chill and serve.

## 150. Chicken Basil Avo Salad

### Ingredients:

2 boneless, skinless chicken breasts (organic, cooked and shredded)

1/2 cup fresh basil leaves, stems removed

1 cup sliced cherry tomatoes

2 small or 1 large ripe avocado, pits and skin removed

2 Tbsp. extra virgin olive oil

1/2 tsp. low sodium salt (or more to taste)

1/8 tsp. ground black pepper (or more to taste)

### Instructions:

Place the cooked shredded chicken in a medium sized mixing bowl.

Place the basil, avocado, olive oil, low sodium salt and ground black pepper in a food processor and blend until smooth. You may need to scrape the sides a couple times to incorporate.

Pour the avocado and basil mixture into the mixing bowl with the shredded chicken and tomatoes and toss well to coat.

Taste and add additional low sodium salt and ground black pepper if desired.

Keep in the fridge until ready to serve.

## 151. California Turkey and Bacon Lettuce Wraps with Basil-Mayo

### Ingredients

1 head iceberg lettuce

4 slices gluten-free deli turkey (I like Applegate Farms)

4 slices gluten-free bacon, cooked (I like Applegate Farms)

1 avocado, thinly sliced

1 roma tomato, thinly sliced

For the Basil-Mayo:

1/2 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)

6 large basil leaves, torn

1 teaspoon lemon juice

1 garlic clove, chopped

salt

pepper

### Directions

For the Basil-Mayo: combine ingredients in a small food processor then process until smooth. Alternatively, mince basil and garlic then whisk all ingredients together. Can be done a couple days a head of time.

Lay out two large lettuce leaves then layer on 1 slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold.

## 152. Bouncy Buddha Bowls

### INGREDIENTS

#### Dressing

¼ cup (60 g) yogurt (dairy-free alternative)

¼ cup (60 mL) orange juice

Stevia to taste

½ tsp cinnamon

Pinch of salt and pepper

#### Everything Else

2 big handfuls of greens (your choice, I used spinach)

1 cup (182 g) cooked bulgur\* (can sub quinoa, couscous, or brown rice)

1 cup (200 g) canned chickpeas, drained and rinsed (1 ½ cup, 310 g soaked chickpeas if starting from dry)

1 cup (100 g) blueberries

4 mandarin oranges, peeled and thinly sliced

2 small avocados, sliced

½ small red onion, sliced (about ½ cup)

2 large carrots, peeled and shredded (about 1 cup)

### INSTRUCTIONS

Whisk all dressing ingredients together and set aside.

Divide greens into 4 servings bowls, then top each with equal portions of cooked bulgur, chickpeas, blueberries, orange slices, avocado, onion, and carrot.

Drizzle with dressing and serve immediately.



## 153. Cauliflower potato salad

### Ingredients

a head of cauliflower  
6 hard-boiled eggs-chopped  
3 stalks of celery-chopped  
1 small onion-chopped  
1 cup frozen peas-thawed  
1/2 pkg bacon--cooked and crumbled  
1 cup mayo  
1 tab mustard  
salt & pepper to taste

### Instructions

Boil the cauliflower until fork tender (about 10 min)--do NOT cook longer than fork tender.

Mix ingredients together.

Put in fridge for at least 3 hours.

This tastes much better after sitting in the fridge for a day or more! NO SERIOUSLY, IT DOES!

## 154. Asian Bisque

### INGREDIENTS

3 cups chopped onion

1 cup chopped celery

3 cups chopped carrots

6 Tablespoons butter

4 cups chopped and peeled potatoes, cut into small bite sized pieces

1 cup white wine

2 cups chicken stock

2 cups half and half

6 slices of cooked bacon, chopped

### INSTRUCTIONS

In a large sauce melt butter and saute onions, celery, and carrots until tender.

Add potatoes, wine and chicken stock. Cover and cook for 20 minutes.

Add cream and cook another 5 minutes.

With an immersion blender, blend soup until creamy or until slightly chunky, whichever your preference.

Garnish with bacon and more cheese.

## 155. Healthy Taco Salad

### Ingredients

- 1 Tbsp Olive oil, divided
- 8 Oz Chicken breast, cut into bite-sized pieces
- 2 Large carrots, sliced (about 1 cup of slices)
- 1 Large Red Bell pepper, sliced
- 1/2 Large onion, roughly chopped (about 1/2 Cup)
- 2 tsps Garlic, minced
- 2 tsp Cumin seed (not the powder)
- Salt
- 1 Large avocado
- 1 Large Lime, juiced
- 1 Cup Salsa of choice
- 2 Roma tomatoes, chopped (about 1 Cup)
- 1/2 a Cucumber, chopped (about 1 cup)
- 1/2 Cup Cilantro, roughly chopped
- Fresh spinach
- 2 Wide-Mouth Quart sized Mason Jars

### Instructions

Heat 1/2 Tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the outside. Set aside in a small bowl.

Add the remaining 1/2 Tbsp of olive oil into the pan turn to medium/high heat. Cook the carrots until they begin to just soften, about 3 minutes. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.

While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2-minutes. Transfer them to a cutting board and crush. I use the bottom of a glass, which works really well.

Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.

Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. You can also just mash them together in a bowl if you wish.

To assemble:

Place 1/2 cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit.

After the chicken, place the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can stuff in there!

Seal and refrigerate until ready to DEVOUR.

## 156. Crispy Baked Chicken Fingers

### Ingredients

2 large skinless, boneless chicken breasts  
1 cup almond meal/flour  
¼ cup tapioca flour/starch  
½ cup unsweetened shredded coconut  
1 tsp garlic powder  
1 tsp ground mustard powder  
½ tsp smoked paprika  
½ tsp sea salt  
½ tsp ground black pepper  
¼ tsp cayenne pepper  
2 whole eggs, whisked  
2-3 tbsp olive oil, for drizzling  
Paleo Honey Mustard, for dipping

### Instructions

Preheat oven to 400F. Line a baking sheet with parchment paper.

In a small bowl, whisk the eggs. Set aside.

Make your breading in a separate, larger bowl. To do this, whisk together the almond flour, tapioca flour/starch, unsweetened shredded coconut, garlic powder, ground mustard powder, smoked paprika, sea salt, ground black pepper and cayenne pepper.

Cut each of your chicken breasts into about 6 lengthwise strips, for a total of 12 strips. Place them all into your egg bowl.

One at a time, remove a chicken strip from the egg bowl and dip it in the “breading” mixture. Make sure to thoroughly coat all sides of the strip. Lay it on the parchment-lined baking sheet.

Once you've breaded all the strips, drizzle a little olive oil over the tops of each one – not too much, but not too little either!

Bake for a total of 17-20 minutes, depending on the size of your chicken fingers. Flip after 12-15 minutes of cooking time. (If the chicken fingers aren't looking golden or crispy enough at 20 minutes, turn up the heat to 425 and let them cook an additional 3 minutes.)

When the fingers are done, remove them from the oven and let them cool for a few minutes before serving with a side of Paleo Honey Mustard.

Store extra chicken fingers in an airtight container in the refrigerator for up to 3 days, or freeze for longer storage.

## 157. Baked Orange Chicken

### Ingredients:

3/4 cup + 2 Tbsp cornstarch  
4 egg whites, beaten  
2 cups panko breadcrumbs  
2 lbs boneless skinless chicken breast, cut into 1" pieces  
1 cup fresh squeezed orange juice, divided  
1/2 cup light brown sugar  
1/2 cup rice wine vinegar  
1/2 cup soy sauce  
1 tsp minced ginger  
1/2 tsp minced garlic  
1/2 tsp sesame oil  
Pinch of crushed red pepper  
1/2 cup sliced scallions  
Cooked brown rice (for serving)

### Preparation:

Preheat the oven to 400°F.

Spray a baking sheet with cooking spray and set aside.

Using three shallow bowls, put 3/4 cup cornstarch in the first, egg whites in the second, and panko in the third. For each piece of chicken, coat in the cornstarch, dip in the egg whites, and then coat with the panko. Place all of the coated chicken on the baking sheet. Bake in the oven for 15–20 minutes.

While the chicken is cooking, prepare the sauce in a medium saucepan. Add 3/4 cup of orange juice, brown sugar, rice wine vinegar, soy sauce, ginger, garlic, sesame oil, and red pepper. Bring to a simmer on medium heat.

In a bowl, take the remaining orange juice and whisk in 2 Tbsp of cornstarch with a fork until there are no lumps. Stir the mixture into the saucepan. Continue simmering the liquid until it thickens, then remove from the heat.

When the chicken has finished baking, carefully put into a bowl and pour the sauce over the hot chicken. Toss to coat. Sprinkle on the scallions and serve with brown rice.



## 158. Crispy Potato Skin Wedges

### Ingredients

4 medium russet potatoes 1 cup water  
3 tablespoons canola oil  
1 teaspoon paprika  
1/4 teaspoon black pepper  
1/4 teaspoon salt

### Instructions

Scrub the potatoes under running water to clean. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely (approximately 30 minutes) in the refrigerator.

In a mixing bowl combine canola oil, paprika, salt and black pepper. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices. Preheat the Air Fryer to 390°F. Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd. Cook each batch for 13-15 minutes or until golden brown. Serves 4.

## 159. Coconut Crusted Baked Cauliflower Bites

### Ingredients

1/2 cup all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 egg  
1/2 cup Silk coconut milk  
1/2 cup gluten free breadcrumbs  
1/2 cup sweetened coconut flakes  
1 head cauliflower (roughly 2 pounds), cut into small florets

### Marinara Sauce

1 tablespoon olive oil  
1/2 cup chopped onion  
1 clove garlic, minced  
1 can (14 ounces) diced tomatoes with juices  
1 teaspoon sugar  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon dried parsley  
1/4 teaspoon salt

### Instructions

Preheat oven to 450F. Line the bottom of a roasting pan or cookie sheet with foil. Place a roasting or cooling rack on top. Lightly spray the rack with cooking spray.

In a shallow plate or bowl, whisk together the flour, salt, garlic powder, and onion powder. In a second plate or bowl, whisk together the egg and coconut milk. In a third plate or bowl, mix together the breadcrumbs and coconut flakes.

Dip one cauliflower floret into the flour mixture then the coconut milk mixture then the breadcrumb mixture. Place on the rack. Repeat until all of the cauliflower is gone.

Bake 15-20 minutes or until golden brown. Serve with marinara dipping sauce (recipe below)

### Marinara Dipping Sauce

In a large saucepan, heat the olive oil until hot. Add the onion and cook until soft, about 5 minutes. Add the garlic and cook 30 seconds. Add the tomatoes with juices, sugar, basil, oregano, parsley, and salt. Bring to a boil. Once boiling, cover and simmer for 15 minutes. Add the sauce to a blender and blend until smooth. Serve with cauliflower bites.

## 160. Crockpot Maple and Glazed pork Loin

### Ingredients:

1-2 lb pork tenderloin

2 tsp ground sage

1/2 tsp salt

1/4 tsp pepper

1 garlic clove, minced

1/4 – 1/2 cup of water (use 1/4 if you have a 1lb tenderloin, 1/2 if it is 2 lbs)

### For the glaze:

3 tbsp maple syrup

1/4 cup apple cider vinegar

1 tbsp cornstarch

2 tbsp coconut aminos (or low-sodium soy sauce)

### Directions:

Combine sage, salt, pepper and garlic in a small bowl. Prepare loin by trimming any fat and patting dry with paper towels. Rub the sage mixture over all sides of the pork. Place in crock pot with 1/4-1/2 cup water. Cook on low for 6-8 hours.

About 1 hour before roast is done, whisk together ingredients for glaze in small sauce pan. Heat and stir until mixture thickens. Brush the pork with the glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

6-10 servings. 21 Day Fix: measure out with your red container and count as one red serving.

## 161. Baked Sweet Potatoes with a Five Star Feta Salad

### INGREDIENTS

2 mid sized sweet potatoes (300-400gr each)  
100 gr. feta or similar cheese  
1 handful olives  
1 small red onion/ 3 spring onions  
10-12 cherry tomatoes  
1 clove of garlic (peeled and diced)  
Handful fresh (chopped) or 1 tbsp dried basil  
½ tsp cumin  
½ tsp cayenne pepper  
¼ tsp fresh ground pepper  
2 tbsp olive oil  
juice of ½ lemon  
Optional:  
Creme fraiche/Greek yoghurt  
A third of a cucumber for extra crunch

### INSTRUCTIONS

Wash the potatoes and rub a coat of olive oil and salt on the skin. Next, put them on a baking tray and layer of foil. Off they go in the oven. Depending on the size of the potato they'll be ready somewhere between 45 and 60 mins. You can tell when the skin becomes loose (just prod them). If the potatoes are massive then slice them length-ways before cooking to save time.

This way of cooking the potatoes is our favourite overall, but if time is of the essence then we've listed a couple of alternatives in the blog post.

While they're cooking, cut or crumble the feta/cheese, cut olives, cherry tomatoes, basil, peel and dice the onion and the garlic and mix it all up in a salad bowl.

Put the basil, cumin, cayenne pepper, fresh ground pepper, olive oil and lemon in a cup and stir well.

Add the contents of the cup to the salad bowl and stir well.

When the potatoes are ready (cut them open if they're not already) pop them on a plate and layer the salad mix on top.

Finally, add an optional dollop of creme fraiche or Greek yogurt.

Enjoy!

## 162. Balsamic Glaze Chicken Wings

### Ingredients

1 cup water;

½ cup balsamic vinegar;

¼ cup coconut aminos (a Paleo-friendly replacement for soy sauce; you can get them online or at most health-food stores);

a few drops of stevia liquid to taste

1 tsp. Sriracha sauce; (optional or to taste)

### Preparation

Mix up the marinade by combining the stevia, coconut aminos, lime juice, garlic powder, curry powder, ginger powder, and Chinese 5 spice powder in a bowl. Season to taste with salt and pepper.

Add the chicken to the marinade and marinate for a minimum of 4 hours and up to overnight in the refrigerator.

Preheat your oven to 400 F.

Line a baking sheet with parchment paper and place the chicken wings on top.

Bake on the middle rack of your oven for 40 minutes.

While the wings are cooking, combine the glaze ingredients in a skillet and let simmer for 10 to 15 minutes, or until the glaze is sticky. If you're using sriracha sauce, stir it in at the last minute.

Turn your oven to broil and broil for approximately 5 minutes or until crispy.

Remove the chicken wings from the oven and transfer to a large bowl.

Add the glaze with the chicken wings, toss to coat, and serve.

## 19. Orange and Miso Glazed Salmon

2 skinless salmon fillets (weighing approximately 150 grams each)

the glaze

1 tablespoon white miso

juice of one orange (approximately 1/2 cup)

2 teaspoons honey

Heat a medium sized frypan over medium heat.

Add the glaze ingredients to the frypan and stir to combine.

Bring the glaze to a gentle boil. Add the salmon fillets. Reduce the heat to a simmer. Cook for 5 minutes, turn and cook for a further 5 minutes. You may want to increase the heat slightly to get a nice caramelisation on the salmon.

Serve with salad or vegetables of your choice.  
Enjoy.



## 163. Mustard Crusted Salmon with Arugula and Spinach Salad

### Ingredients

#### For Salmon

15 oz Salmon filet

Salt (to taste)

1 tbsp Coarse ground mustard

#### For Salad

1 cup Arugula (chopped)

1/2 cup Baby spinach (chopped)

2 tbsp Pecans (chopped)

2 tbsp Dried cranberries

#### For Dressing

1 tbsp Dijon mustard

1 tbsp White wine vinegar

1 tbsp olive oil

### Instructions

Preheat oven to 350 degrees F.

Place the salmon filet on a baking sheet greased with olive oil. Pat dry with a paper towel. Season the salmon with salt and top with the ground mustard, making sure to cover the entire top of the filet.

Place the salmon in the oven and bake for 12 to 15 minutes, until cooked through and flakes easily with a fork.

While the salmon is cooking whisk together the ingredients for the dressing. Set aside.

In a medium mixing bowl combine all the ingredients for the salad. Add the dressing and toss to coat.

Spoon the salad onto a serving plate.

When the salmon is done, remove from the oven. Place it on top of the salad and serve.

## 164. Baked broccoli with garlic and parmesan cheese

### Ingredients:

1 head of broccoli  
3 tablespoons olive oil  
4 cloves garlic, minced  
Salt and ground black pepper  
¼ cup grated parmesan  
1 tablespoon lemon juice

### Method:

Preheat your oven to 220°C.

Cut the broccoli into bite-sized pieces and place in a medium bowl.

Add the olive oil and garlic, and season with the salt and pepper. Toss gently to combine.

Bake on a lined tray for 10 to 12 minutes.

Sprinkle with the lemon juice and parmesan and serve immediately.

## 244. Zucchini Fritters

### Ingredients

2 Zucchini (grated)  
1 tsp Sea salt  
2 tbsp Coconut flour  
4 Scallions (sliced)  
1 Egg  
1 tsp Cayenne pepper  
1 tsp Black pepper  
2 tbsp Coconut oil

### Instructions

In a medium-sized mixing bowl, stir together the shredded zucchini and sea salt. Set aside for 10 minutes.

After 10 minutes, squeeze the water out of the zucchini and transfer to a clean bowl.

Stir in the coconut flour, egg, scallions, cayenne, and pepper.

Add the coconut oil to a medium skillet over medium-high heat.

Once the coconut oil has melted, form six fritters and place them in the skillet. Brown on each side then set aside on a paper-towel lined plate. Serve immediately. Garnish with additional scallions.

## 165. Avocado Chicken Salad

### Ingredients

4 Chicken thighs (boneless and skinless)

1 tsp Chili powder

1 tsp Cumin

1 tsp Sea salt

1 tbsp Avocado oil

3 Avocado

2 Tomatoes (small, diced)

1/2 Red onion (diced)

1 Lime (juice only)

Sea salt and black pepper (to taste)

### Instructions

Preheat the oven to 350 degrees.

Arrange the chicken thighs in a glass baking dish.

Season with chili powder, cumin and sea salt.

Drizzle with oil.

Add chicken to preheated oven and cook for 20-30 minutes or until chicken is cooked through and no longer pink.

Remove chicken and shred with 2 forks. Set aside to cool. (This can be done ahead of time)

In a mixing bowl, add the avocado. Use the back of a fork to mash it slightly. You want some bits of avocado and some creamy.

Add the tomato, onion, and lime juice.

Add the chicken. Stir to combine.

Season with sea salt and black pepper. Serve immediately.

Store in an airtight container with a piece of plastic wrap pressed directly on top of the salad in order to prevent avocado browning.

## 166. Sundried Tomato Roulade



### Ingredients

4 Turkey cutlets

6-7 Sundried tomatoes

3 tbsp Fresh basil leaves (about 20 leaves)

2 tbsp Pine nuts

1/2 tsp Sea salt

3-4 tbsp olive oil

Sea salt and black pepper (to taste)

Coconut oil

### Instructions

Preheat the oven to 350 degrees F.

Place a skillet over medium-high heat. Add the pine nuts to toast. Toast in the dry pan for 3 to 4 minutes shaking occasionally so they don't stick. Do not leave unattended, they can burn quickly.

Using a food processor or blender, blend together the sun-dried tomatoes, basil, toasted pine nuts, and salt until well combined. Drizzle the olive in while processing.

Lay each cutlet out on your work surface. Season with salt. Then spread the sun-dried tomato mixture on the surface of each cutlet

Start at one end and tightly roll the cutlet and secure with a toothpick.

Add the coconut oil to an oven-proof medium skillet over medium-high heat. Add each roulade to the hot skillet, browning on each side. Use soft-tipped tongs to turn so you don't damage the meat.

Place in the preheated oven for another 10 minutes, or until each is cooked through.

Use a sharp knife to cut into roulade discs. Season to taste.

Enjoy!

## 167. Titillating 12 hour Broth

### Ingredients

2 kg beef bones, chopped into 2 inch lengths  
2 carrots, roughly chopped  
2 onions, roughly chopped  
1/2 head garlic  
2 bay leaves  
1 bunch fresh parsley, whole  
4 litres water

### Preparation

Pre heat the oven to 200C.

Place the bones, onions, and carrots on a roasting tray.

Place in the oven for 40 minutes and transfer into a large pan.

Add the herbs, and cover with the cold water.

Bring to a gentle simmer and let it cook for at least 6 hours.

When ready, strain the broth.

You should have about 1 litre of liquid that will set to a jelly in the fridge.

To serve, reheat and drink as soup or use the jelly to flavour soups, stews and sauces. You could even garnish salad with it.

Add salt to taste and fresh ginger, garlic, or grated horseradish if you like.

## 168. Basic Beef Broth

### Ingredients

Beef Bones

Water

Carrots

Onions

1 satchel bouquet garnish

### Instructions

Place the bone in a large pot

Cover with water

Add onions, carrots, and bouquet garnish

Simmer on medium-low heat for 8 hours

## 169. Paleo Phobroth

### Ingredients

1. 1 onion, halved
2. 2" fresh ginger, halved lengthwise
3. 1 teaspoon avocado oil
4. 6 cups of Bare Bones Beef Broth
5. 4 cups of filtered water
6. 2 tablespoons fish sauce
7. 1 teaspoon sea salt

### Spices

1. 1 cinnamon stick
2. 6 whole star anise
3. 5 whole cloves
4. 2 cardamom pods
5. 1 tablespoon fennel seeds

### Directions:

Wrap the above ingredients in cheesecloth and securely tie

1. 1.5 lbs. of sirloin, very thinly sliced
2. 3 to 4 large parsnips, peeled

### Toppings

1. lime wedges
2. chilli peppers
3. basil
4. mint
5. cilantro
6. bean sprouts
7. hot sauce

### coconut aminos

Char your ginger and onions, by placing them on a baking sheet in the highest position of your oven (toaster oven works great for this!). Turn your broiler on high. Brush the onions and ginger with avocado oil and place them on your baking sheet. Broil for 10 minutes and then turn and continue to broil for another 5 to 10 minutes.

In a large pot, add the broth, filtered water, the charred onions and ginger, fish sauce, salt and spices wrapped in cheesecloth. Cover the broth and bring to a light boil and then turn down to a simmer. Continue simmering for 1 to 1.5 hours.



Towards the end of your broth's cooking time, slice the parsnips and thinly slice the meat and set in the fridge, until ready to use.

Put the broth through a mesh strainer to remove the ginger, onions and spices. Return it to the pot. Taste the broth and adjust the seasoning. The broth is the star of the show, so make sure it tastes great. You can add more salt or fish sauce, if it is not salty enough. If it is too salty, you can even add a little bit of honey to balance it out.

Bring your broth back to a light boil. Add the sliced meat to the strained broth and allow it to cook through. This is how I do it. Some people place the meat in individual bowls and pour the piping hot broth over it. Which I think is the more traditional method, but I prefer to cook it all in the large pot.

Add parsnips to the bottom of each bowl, ladle hot piping broth and meat into each bowl. Garnish with your favourite toppings and enjoy!

## 170. Extra Easy Broth

### Ingredients

4 - 8 lbs of bones, from grass fed animals (depending on the size of stock pot)

2 Tbsp apple cider vinegar

vegetables, carrots, onions, celery

water

### Instructions

Roast the bones in the oven at 375 F for 1 hour. This gives a good flavour to the stock.

Remove the bones from the oven and place in a stock pot.

Fill the pot with water - cover the bones.

Add the vegetables - avoid Brussels sprouts, cabbage, broccoli, turnips as these tend to give a bitter flavour to the broth.

Bring the water to a boil and add the vinegar.

Turn the pot down to a simmer.

Allow the broth to simmer for 24 hours or longer.

As it cooks, add water as necessary and skim off any foam.

When finished, strain the broth through a wire mesh and catch the broth in mason jars.

Once cooled, the fat will rise to the top and the broth should gel like gelatine.

The fat can be skimmed off and used for cooking or left in the broth.

The broth will keep refrigerated for 1 week and can also be frozen for months.

## 171. Fantastic Paleo Broth

### Ingredients

- 1 quart beef bone broth (see above notes)
  - 1 piece ginger root
  - 1 onion
  - 1 beef steak thickly cut
  - 2 whole star anise
  - 1 tsp. fennel
  - 1 tsp. coriander
  - 2 whole cloves
  - 1 stick cinnamon
  - 1 cardamom pod
  - 2 Tbsp. fish sauce I used the liquid that comes off from my homemade anchovies.
- Garnishes spicy peppers, lime slices, sprouts, basil leaves, etc.

### Instructions

Begin by making your beef bone broth as explained above. You can either add in your spices during that process or separate out some broth and continue with the recipe as follows.

Simmer your broth in a pot on the stove with your spice blend added in. I usually put my spices into a cotton bag to make for easier straining later on. As you simmer the broth, skim off any foam that comes to the top.

Meanwhile, wash both your ginger root and your (peeled) onion, slice them in half, and place them on a baking sheet in your oven.

Broil them until they get dark on top.

Once your ginger and onion are ready, add them to your simmering broth to give it more flavour.

Keep simmering for around half an hour, or until the soup has absorbed the flavours of the spices to your liking. At this point, I like to add in the fish sauce to taste. I start by adding one tablespoon and then taste it and then add more, a little bit at a time, if I think it needs it.

Remove your broth from the stove and remove the ginger and onion. I like reserving the onion for adding back to the soup later on. Strain the broth if necessary to get out any of the remaining spices, and put the broth back into the pot.

Meanwhile, I like to sear the outside of the beef that I will be adding to the pho. Many people like to thinly slice it raw and add it to the soup that way. I prefer to sear the edges first, leaving it very rare inside.

When you are ready to serve the soup, add the broth to each bowl. Thinly slice the seared beef and place the thin slices on top of the soup. The heat of the soup will help lightly cook the thin slices.

Serve with garnishes that each person can add to their bowl of soup as desired.

## 172. Cobb Salad

### INGREDIENTS

3 slices bacon

1 cup low-fat buttermilk

1/4 cup light mayonnaise

1 tablespoon red-wine vinegar

1/2 cup crumbled blue cheese (2 ounces)

Coarse salt

2 heads Boston lettuce (1 pound total), torn into bite-size pieces

6 ounces deli turkey, cut into bite-size pieces

4 plum tomatoes, halved, seeded, and diced

4 large hard-cooked egg whites, chopped

1 avocado, halved, pitted, peeled, and diced

### DIRECTIONS

In a medium skillet, cook bacon over medium, turning occasionally, until crisp, 5 to 8 minutes. Transfer to a paper-towel-lined plate, and drain. Break into bite-size pieces.

In a medium bowl, whisk together buttermilk, mayonnaise, and vinegar. Gently fold in blue cheese; season with salt, and set dressing aside.

Place lettuce in a large bowl; arrange bacon, turkey, tomatoes, egg whites, and avocado on top. Serve salad with dressing alongside.

## 33. Striped Bass with Lemon, Shiitake, and Baby Bok Choy

### INGREDIENTS

1 pound baby bok choy, trimmed and leaves separated

4 scallions, halved and cut into strips lengthwise

6 ounces shiitake mushrooms, stems trimmed, halved if large

Coarse salt and ground pepper

8 thin lemon slices

4 skinless striped bass or halibut fillets (6 ounces each)

2 tablespoons extra-virgin olive oil

### DIRECTIONS

Preheat oven to 400 degrees. Divide bok choy among four 16-inch-long pieces of parchment paper. Top with scallions and mushrooms. Season with salt and pepper. Top each with 1 lemon slice, 1 bass fillet, and another lemon slice and drizzle with 1 1/2 teaspoons oil. Season with salt and pepper. Bring

long sides of paper together and fold down 3 times to make a seam. Tuck ends underneath to secure.

Place packets on a rimmed baking sheet and bake until fish is opaque throughout and vegetables are tender, 15 minutes. Carefully cut open each packet and serve immediately.

## 173. Easy Homemade Gluten-Free Energy Bars

### Ingredients

1 cup almonds

1 cup dried cranberries

1 cup pitted dates

1 tbsp unsweetened coconut flakes

1/4 cup mini dark chocolate chips

### Instructions

Combine all of the ingredients in a blender or food processor. Pulse a few times to break everything up. Then blend continuously until the ingredients have broken down and start to clump together into a ball.

Using a spatula to scrape down the sides, turn out the mixture onto a piece of wax paper or plastic wrap. Press into an even square and chill, wrapped, for at least an hour. Cut into desired size of bars, wrapping each bar in plastic wrap to store in the fridge.

### Notes

Servings: 8 bars

Difficulty: Easy

## 174. How to Make Paleo Cauliflower “Rice”

### Ingredients

1 head of cauliflower

½ Vidalia onion

3 cloves of garlic

1 tbsp coconut oil

salt and pepper, to taste

This recipe makes 2-3 servings, depending on the size of your cauliflower.

### Instructions

Remove leaves and stem from cauliflower; discard. Grate the entire head of cauliflower until it resembles rice.

Dice the onions and garlic to your desired size.

Add coconut oil to a pan over medium heat. Add in onion and garlic until slightly browned.

Add in grated cauliflower, salt, and pepper and stir until heated.



## 175. Garlic Steak

### ingredients:

2 pound flank steak (about 1-inch thick)  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/3 cup olive oil  
3 tablespoons brown sugar  
4 garlic cloves, minced

### chimichurri

1 cup fresh cilantro  
2/3 cup fresh parsley  
1/4 cup fresh oregano  
2 garlic cloves, minced  
1/4 cup red wine vinegar  
2/3 cup olive oil  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon crushed red pepper flakes

### directions:

Add the flank steak to a large baking dish and season it with the salt and pepper. In a bowl, whisk together the olive oil, brown sugar and garlic cloves, then cover the steak with it and place it in the fridge to marinate. I marinate anywhere from 2 hours to overnight.

When you're ready to cook the steak, you can grill, broil or pan sear it to your liking. I tend to broil it as I find that easiest. Preheat the broiler in your oven and move the oven rack as close as possible. Place the steak on a broiler pan or baking sheet and broil on each side for about 5 minutes. This will result to a medium to medium-well doneness in my oven.

Allow the steak to rest for 10 minutes before slicing it thinly against the grain. Serve it immediately with the chimichurri.

### chimichurri

Combine the parsley, cilantro, oregano and garlic in a food processor and pulse until small leaves and pieces remain. Add in the vinegar and pulse once more. With the processor going, stream in the olive oil and mix until just combined. Stir in the salt, pepper and red pepper flakes. Taste and season additionally if needed. Store sealed in the fridge for up to a week or so.

## 176. Squash Boats

### Ingredients

1 small spaghetti squash  
4 tbsp salsa, divided  
1 avocado, chopped & divided  
2 large eggs  
4 tbsp low sodium ketchup, divided

### Directions

Preheat oven to 400 F degrees F. Cut spaghetti squash in half lengthwise and scoop the seeds out. Place cut side down on a baking sheet lined with parchment paper and bake for 30 minutes. Remove from the oven and let cool until safe to the touch, about 15 minutes.

Increase oven temperature to 425 degrees F. Using a fork, separate spaghetti squash into strands leaving them inside the shells. Add 2 tbsp of salsa to each half and mix gently with a fork. Top with 1/2 avocado and break 1 egg on top of each shell. If you like runny egg yolk, do not make a well in the middle of the squash and break the egg on top. For a fully baked egg, sink it more into squash. Bake for 20 - 22 minutes or until the egg whites appear to be set. Serve hot drizzled with ketchup.

Storage Instructions: Refrigerate covered for up to 1 day.

## 177. Baked Buffalo Chicken

### ingredients:

2 large artichokes, prepped and trimmed  
2 lemons, sliced in half  
1/2 lb ground chicken, cooked  
3 tablespoons unsalted butter  
1/3 cup hot sauce (\*I used Franks)

### directions:

Bring a large pot of water to a boil. Add the lemons and artichokes to the pot and lower to a simmer. Cover the lid and cook for about 30 to 35 minutes. Once cooked, remove artichokes from pot and place them stem side up on a paper towel to allow the water to drain out.

Next, preheat oven to preheat oven to 400 degrees. Spray a small baking pan with non-stick cooking spray. Place the artichokes into the baking pan and splay the leaves, sprinkling the ground chicken in between the layers.

Meanwhile, in a small saucepan over medium heat, melt the butter. Add the flour and continue to whisk for about a minute. Gradually pour in the milk and continue to whisk until thickened about 3 to 5 minutes. Remove saucepan from heat and stir in cheese, hot sauce, and s&p.

Pour the cheese sauce over the artichokes. Place the baking pan in the oven for about 10 minutes or until the cheese is golden and bubbly. Remove from oven and serve immediately.

## 178. Shaved Asparagus Salad Eggs

### Ingredients

1 tablespoon olive oil, divided  
1 medium shallot, thinly sliced crosswise  
1/2 bunch green asparagus (about 8 medium stalks)  
1/8 teaspoon kosher salt  
freshly ground pepper  
2 cups arugula  
1 large beefsteak tomato, cut in 1/4-inch cubes

juice of 1 lemon

1 tablespoon parsley, coarsely chopped  
2 large eggs for women; 3 large eggs for men

### Procedure

Trim an inch off the root end of the asparagus to get rid of the woody part. Using a vegetable peeler and starting from the root end, shave the asparagus into thin ribbons (6-8 large stalks should yield about a cup).

In a medium nonstick skillet, heat 2 teaspoons olive oil over medium-high heat, then add the thinly sliced shallot. Cook for 1 minute, until shallot has softened slightly. Add asparagus ribbons, season with kosher salt and freshly ground pepper, and cook for 2 minutes, tossing occasionally, until asparagus is cooked al dente (should be crunchy, not soft). Transfer asparagus mixture to a medium mixing bowl, add arugula, chopped tomato, feta, lemon juice, and parsley, and toss.

In the same nonstick skillet, heat the remaining olive oil over medium heat. Crack the egg into the pan, season with freshly ground pepper, and turn the heat to low. Cook the egg 2-3 minutes, until the white is completely opaque and set and the edges are starting to brown.

Transfer the asparagus salad to a bowl and top with the fried eggs.

## 179. Salmon, Avocado, and Arugula Salad

### Ingredients

Rocket leaves (arugula), about 60g (2 oz)

An avocado

1/2 of a full sized lebanese cucumber

100g (3 oz) smoked salmon (I used Tassal brand)

1 tbsps sesame seeds

Dressing (measure to taste)

1 lime

about 1/2 cup of olive oil (adjust to your preference)

Salt to taste

A drop of sesame oil \*optional\*

### Instructions

In a small dry pan, toast 1 tbsp of sesame seeds over medium flame until lightly brown. Set aside. Wash and dry the rocket leaves. Set aside.

Slice cucumber. Set aside.

Halve a lime and squeeze the juice into a small bowl. Then add olive oil, sesame oil (if using), salt to taste and 1/2 tbsp of the toasted sesame seeds.

Whisk until it emulsifies.

In a salad bowl, add rocket leaves, cucumber and hand torn smoked salmon.

Use an avocado slicer to slice the avocado. To avoid the avocado from turning brown, I dip slices of the avocado in the dressing and add into the salad bowl. Scatter the remaning toasted sesame seeds as a finishing touch. Serve with the dressing separately.

## 180 Zucchini Noodles

### Ingredients

1/2 tbsp olive oil  
1 large garlic clove, minced  
pinch of red pepper flakes  
1/2 cup diced red onion  
1 14oz can diced tomatoes, no salt added  
salt and pepper, to taste  
5 basil leaves, chopped  
3 cups baby spinach  
2 zucchinis,  
For the filling:

Preheat the oven to 375 degrees.

Place a large castiron or nonstick skillet over medium heat and add in the olive oil. Add in the garlic, red pepper flakes and onions and cook for 2-3 minutes or until onions are translucent.

Add in the canned tomatoes and season with salt and pepper. Stir and let cook for 10 minutes or until your sauce is reduced fully. Five minutes in, add the basil.

While the sauce is cooking, mix together all of the ingredients for the "filling." Season with salt and pepper. Set aside.

Then, place a large skillet over medium heat and coat with cooking spray. Once the skillet heats, add in your baby spinach and toss until wilted. Fold the spinach into the cheese mixture and set aside.

When the sauce is done cooking, remove half of the sauce and set aside.

Make sure that the sauce is spread evenly on the bottom of the skillet and then top with the zucchini noodles. Top with the remaining sauce.

Next, make two pockets in the zucchini noodles on either side of the skillet and fill each with a dollop of the cheese "filling." Sprinkle over the skillet with the 2 tbsp of mozzarella. Season the top of the skillet with pepper.

Cover the skillet with tin foil and bake for 20-25 minutes or until the noodles soften and the cheese is completely melted.

Serve for two!

## 181. Spicy Steak

### Ingredients:

#### For Steak

2 pounds skirt steak  
1/3 cup gluten free soy sauce  
1/4 cup chili sesame oil  
1 tablespoon mirin  
3 tablespoons rice vinegar  
1 lime, juiced  
3 tablespoons of minced ginger  
1 tablespoon of minced garlic

1 tablespoon siracha  
1 tablespoon of toasted sesame seeds for garnish  
1 tablespoon coconut oil

#### For Slaw

1 head of purple cabbage, shredded  
1 red pepper, diced  
1 yellow pepper, diced  
1 cucumber diced  
2 tablespoons soy sauce  
1 lime, juiced  
2 tablespoon rice wine vinegar  
1 tablespoon apple cider vinegar  
2 tablespoons minced ginger  
1 teaspoon peanut butter  
2 teaspoons brown sugar  
2 tablespoons sesame oil  
3 tablespoons toasted sesame seeds

### Directions:

For marinade, combine soy sauce, chili sesame oil, mirin, rice vinegar, lime juice, ginger, garlic, brown sugar, and siracha in a non reactive casserole dish and whisk together. Add steak and allow to marinate for 20 to 30 minutes while you prepare slaw. For slaw, mix shredded cabbage, red peppers, yellow peppers, and cucumber in a bowl. In a separate bowl, whisk together soy sauce, lime juice, rice wine vinegar, apple cider vinegar, ginger,



peanut butter, brown sugar, sesame oil and sesame seeds. Pour dressing over vegetables and mix well. Allow slaw to cool in fridge while you prepare steak. Heat large skillet over medium high heat. Add 1 tablespoon of coconut oil. Remove skirt steak from marinade and cook for 5-6 minutes on each side for medium. Allow steak to rest for 5 minutes before slicing and serving.

## 182. Pesto Kale

### Ingredients

1½ heads leafy green kale (not Italian/Lacinato/Dinosaur kale)

¾ cup raw cashews

1½ ounces fresh basil leaves, stems removed

3 tablespoons nutritional yeast

1 lemon, juiced

drizzle of olive oil

½ teaspoon sea salt

½ teaspoon pepper

### Instructions

Combine all ingredients except kale in a blender with a small bit of water.

Wash kale well and discard the stems. Tear kale into bite-sized pieces, and place in a large bowl. Dry leaves with a paper towel or clean dish towel.

Drizzle with some olive oil and rub it into the leaves with your hands. Add the pesto and continue to do the same, trying to coat as many crevices in the kale as you can. Best when served cold.

## 183. Chicken Lemon Stir-Fry

### Ingredients:

1 1/2 pounds skinless chicken breast, cut into 1-inch cubes

Kosher salt, to taste

1/2 cup reduced-sodium chicken broth

2 tablespoons reduced-sodium shoyu or soy sauce (or Tamari for GF)

2 teaspoons cornstarch

2 tablespoons water

1 tbsp canola or grapeseed oil, divided

1 bunch asparagus, ends trimmed, cut into 2-inch pieces

6 cloves garlic, chopped

1 tbsp fresh ginger

3 tablespoons fresh lemon juice

fresh black pepper, to taste

### Directions:

Lightly season the chicken with salt. In a small bowl, combine chicken broth and soy sauce. In a second small bowl combine the cornstarch and water and mix well to combine.

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and cornstarch mixture and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

## 184. Turkey Burger Guacamole

### Ingredients:

1 lb lean ground turkey breast  
2 chipotle peppers canned in adobo, finely chopped  
2 garlic cloves, minced  
½ tsp salt  
4 gluten free hamburger buns,

### For the guacamole:

1 avocado  
1 tbsp lime juice  
1 tbsp minced red onion  
1 tbsp finely chopped cilantro  
Salt to taste

### For garnish: (optional)

4 slices turkey bacon  
Bibb lettuce  
1 beefsteak tomato, sliced  
1 small red onion, sliced

### Preparing your turkey burgers:

-Place the ground turkey, chipotle peppers, garlic, and salt in a mixing bowl. Use your hands to mix until all the ingredients are well combined. (Yes, this is a little gross, but it's also fun.)

-Form the meat into patties about 1-inch thick. You can do this in advance and then cover and refrigerate your patties until you're ready to cook them.

-Heat a grill pan or non-stick pan over medium heat. When hot, add your patties and cook for 4-5 minutes on each side, or until cooked through. (I like to put the burger buns on the grill pan or in the toaster when the burgers have about 2 minutes left to cook.)

\*If using, cook your turkey bacon in a skillet while your burgers are cooking. When crispy, set on a paper-towel lined plate to drain.

### Preparing your guacamole:

-Scoop avocado into a small bowl and mash with a fork. Add the lime juice, red onion, and cilantro and mix well. Salt to taste.

-Serve your burgers topped with guacamole, turkey bacon, and your favorite garnishes and go to town, dudes.

## 185. Pesto Zucchini Noodles with Pesto

### INGREDIENTS:

4 small zucchini, ends trimmed  
2 cups packed fresh basil leaves  
2 cloves garlic  
1/3 cup extra-virgin olive oil  
2 teaspoons fresh lemon juice  
1/4 cup freshly grated Parmesan cheese  
Kosher salt and freshly ground black pepper, to taste  
Cherry or grape tomatoes, optional

### DIRECTIONS:

Use a julienne peeler or mandoline to slice the zucchini into noodles. Set aside.

Combine the basil and garlic in a food processor and pulse until coarsely chopped. Slowly add the olive oil in a constant stream while the food processor is on. Stop the machine and scrape down the sides of the food processor with a rubber spatula. Add the lemon juice and Parmesan cheese. Pulse until blended. Season with salt and pepper.

Combine the zucchini noodles and pesto. Toss until zucchini noodles are well coated. Top with tomatoes, if using. Serve at room temperature or chilled.

Note-if you want to cook the zucchini noodles, you can. Just add the zucchini pesto noodles to a skillet and sauté them up over medium heat. It only takes a few minutes.

## 186. Spring Greens Soup with Ginger Green Tea Broth

### INGREDIENTS

for the broth

4 cups vegetable stock

thumb-sized piece of ginger, peeled + sliced

2 green tea bags

1 tsp tamari/soy sauce

for assembly

5-6 leaves of kale, stems removed + discarded

3-4 radishes

1 small shallot, peeled

2 cups cooked navy, cannellini or other beans

for garnish

1 lime, cut into wedges

handful cilantro leaves

2 green onions

### PREPARATION

In a saucepan over medium heat, bring the vegetable stock to a boil. Lower the stock to a simmer and add the sliced ginger, green tea bags and tamari/soy sauce. Simmer for 2 more minutes before removing and discarding the green tea bags. Keep broth warm.

Finely shred or slice the kale leaves and place them on a platter. Then, thinly slice the radishes and shallot (with a knife or a mandolin) and place them on the platter as well.

Portion the beans, kale, radishes, and shallots among 4 bowls. Slice the green onions thin and place them on a serving plate with the cilantro leaves and lime wedges.

Bring the ginger green tea broth to a rolling boil. Strain out the ginger slices and pour broth over the bowls with the beans and vegetables.

Stir each bowl up a bit so that everything is saturated with the broth. Garnish with lime juice, cilantro and green onion slices.

## 187. Steak Rolls

### Ingredients

1 ½ – 2 lb. skirt steak, sliced into thin strips;

1 carrot, matchstick cut;

1 bell pepper, matchstick cut;

½ zucchini, matchstick cut;

5 green onions, matchstick cut;

2 cloves of garlic, minced;

½ tsp. dried oregano;

½ tsp. dried basil;

Cooking fat;

Sea salt and freshly ground black pepper;

Ingredients for the balsamic glaze sauce

1 tbsp. ghee;

2 tbsp. shallots, finely chopped;

¼ cup balsamic vinegar;

1 tbsp. honey;

¼ cup beef stock;

Sea salt and freshly ground black pepper;

### Preparation

Season the steak slices with sea salt and freshly ground pepper to taste and set aside.

Melt the ghee in a skillet placed over a medium heat.

Add the shallots and cook until soft, about 3 minutes.

Add the balsamic vinegar, honey, beef stock, and season again with salt and pepper to taste.

Bring to a boil, lower the heat, and simmer until the liquid is reduced by half. Transfer to a bowl.

In the same skillet, add some cooking fat and cook the garlic for 1 or 2 minutes; then add all the remaining vegetables and cook until soft but still a little crunchy, about 3 to 4 minutes.

Season with oregano, basil, sea salt and pepper, and transfer to a bowl.

Arrange a small pile of vegetables in the center of each slice of beef. Tightly roll the meat around the filling, and secure with a toothpick.

Return the beef rolls to the skillet, and cook over a medium-high heat on all sides until the meat is cooked through.

Remove the toothpicks, spoon some of the balsamic sauce over the rolls, and serve.



## 188. Lemon Almond Roast Chicken Salad

### ingredients:

1 pound boneless, skinless chicken breasts  
1 tablespoon lemon pepper seasoning  
1/2 teaspoon coarse sea salt  
2 tablespoons olive oil  
1/2 cup sliced almonds  
1/2 lemon, zest freshly grated and juiced  
4 green onions, sliced  
1/4 cup chopped fresh parsley  
3/4 cup plain non dairy yoghurt  
2 tablespoons mayonnaise

### directions:

Preheat the oven to 400 degrees F. Cover the chicken with the lemon pepper and salt. Heat a large skillet over medium-high heat and add the olive oil. Place the chicken in the skillet and sear on both sides until golden, about 2 to 3 minutes per side. Cover the skillet and place it in the oven, roasting for 20 minutes or until the chicken is cooked through. Remove and let the chicken rest for 10 minutes, then slice it into chunks. At this point, I like to shred it - but it's up to you. Do you want shredded chicken salad or cubes? I like shredded.

While the chicken is roasting, add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant. They can burn in a second so keep an eye on them! This takes around 5ish minutes. Remove the almonds and let them cool. You can crush a few up with your hands if desired.

Place the chicken, almonds (save a few for topping if you'd like - it's not necessary), lemon zest and juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt and mayo, stirring until the entire bowl of chicken is moistened. Note! I do NOT like a very "wet" chicken salad, so if you'd like it to be wetter, feel free to add in more yogurt and/or mayp! Taste and season with more salt and pepper if desired. This is delicious when it sits overnight, so making it the night before is a great option

## 189. Pistachio Salmon

### Ingredients:

- 1 (1-pound) wild king salmon fillet, skin on and pin bones removed
- Kosher salt
- Freshly-ground black pepper
- 3 tablespoons Dijon-style mustard (I actually used the whole grain variety)
- 1 tablespoon chopped chives or scallions
- ½ cup shelled salted and dry roasted pistachios, crushed

### Directions

Preheat the oven to 400°F and line a baking tray with parchment paper. (I normally use my super-awesome counter-top toaster oven instead 'cause it doesn't raise the temperature of the whole house.)

Pat the fish dry with a paper towel and divide the fillet into three uniform portions. Sprinkle salt and pepper on the skin, and lay it skin-side down on the parchment-lined baking tray.

Combine the mustard and chives in a small bowl...

## 190. Beef, Stir-Fry

### INGREDIENTS

1 tablespoon soy sauce  
1 teaspoon rice vinegar  
a few drops of stevia liquid to taste  
3/4 pound boneless New York strip steak, thinly sliced  
Coarse salt  
1 tablespoon vegetable oil  
1 bunch asparagus (14 ounces), trimmed, cut into 2-inch lengths  
6 ounces snap peas  
1 garlic clove, minced  
1 tablespoon peeled minced fresh ginger  
1 teaspoon fresh lemon juice, plus lemon wedges for serving (optional)  
2 tablespoons torn fresh basil leaves

### DIRECTIONS

In a small bowl, combine soy sauce, vinegar, and stevia. Season steak with salt. In a large skillet or wok, heat oil over high. Cook steak, undisturbed, until brown on one side, 2 minutes (do not overcrowd pan). Flip and cook until cooked through, 30 seconds. Transfer to a bowl.

Add asparagus, snap peas, garlic, and ginger to skillet. Cook, stirring constantly (add a little water if pan gets too dark), until vegetables are crisp-tender, about 4 minutes. Add soy mixture and cook until fragrant, about 10 seconds. Remove skillet from heat and stir in lemon juice and basil. Toss steak with vegetables; serve with rice and lemon wedges if desired.

## 191. Thai Chicken Cups

### INGREDIENTS

2 tbsp uncooked rice (any rice is fine) OR 2 tsp cornstarch / corn flour (optional) (Note 1)

2 tbsp water

2½ tbsp lime juice (1 to 2 limes)

1½ tbsp fish sauce

2 tbsp peanut oil (or other high smoke point cooking oil)

1 tbsp fresh ginger, grated or very finely chopped

2 garlic cloves, minced

1 lemon grass stalk, white and very pale green part only, finely chopped (Note 1)

2 birds eye chilli, deseeded and finely chopped (adjust to taste)

1lb / 500g lean chicken mince (ground chicken)

½ red onion, cut into 4 wedges then finely sliced

⅓ cup cilantro / coriander leaves, plus extra to garnish

⅓ cup mint leaves, plus extra to garnish

3 tbsp crushed peanuts (optional)

4 large or 8 small lettuce leaves, to serve (I used iceberg)

### INSTRUCTIONS

Optional step: Heat a wok (or heavy based fry pan) over high heat. Add the rice and dry cook for 5 minutes until it turns dark golden brown. Remove into a mortar and pestle and ground into powder.

Place water and rice powder OR cornstarch (if using) into a small bowl. Mix into a slurry. Add lime juice, fish sauce and sugar and mix to combine. Set aside.

Heat peanut oil in a wok (or heavy based fry pan) over medium high heat.

Add ginger, garlic, lemongrass and chilli and sauté for 45 seconds to 1 minute until fragrant. Do not let the garlic burn, it will taste bitter.

Add the chicken and turn up the heat to high. Cook the chicken, breaking up the mince into small pieces.

Once the chicken turns white and is almost cooked through (about 4 minutes), add the sauce from Step 2. Cook for 45 seconds to 1 minute to coat the chicken and for the sauce to thicken.

Remove wok from heat. Stir through onion, coriander/cilantro and mint.

Spoon into lettuce cups and serve. Garnish with extra mint, coriander/cilantro leaves and peanuts, if using.

Alternatively, serve the Larb in bowls with the lettuce cups on the side so people can help themselves.

#### NOTES

The traditional way in Thailand to thicken sauces is to toast then grind rice. A quicker way to do this is to use cornstarch / cornflour so I have provided directions for this too.

But this is an optional step. It makes a difference because the sauce coats the chicken a bit better. But it isn't critical!

Peel the stringy, tough, outside layers off the lemongrass and just use the bottom 7 - 10cm / 3 to 4" of the lemongrass.

This can be eaten with your hands by folding the lettuce leaves around the filling, or over rice. It can also be served as appetisers by using very small lettuce leaves.

# Desserts

## 192. Paleo Pumpkin Pie Smoothie

### Ingredients

1 frozen banana  
2 tbsp pumpkin puree  
½ cup unsweetened almond milk  
½ tsp vanilla extract  
a few drops of stevia liquid to taste

1 tbsp hemp hearts  
¼ tsp cinnamon  
¼ tsp cloves  
¼ tsp nutmeg

### Instructions

Combine all ingredients in a blender and process until smooth. I find it's easier on the blender if I break the frozen banana into smaller chunks before processing.

Pour into a tall glass and enjoy with your favourite book, your favourite music, or both!

### Notes

Calories: 220  
Total Fat: 6.4g  
Saturated Fat: 0.8g  
Carbs: 38.0g  
Fiber: 6.1g  
Protein: 5.6g

## 193. Green Kale Smoothie with Mango

### Ingredients

- 2 large leaves of kale
- 2 frozen bananas (peeled and cut into thirds)
- 1 frozen mango (diced)
- 2 tablespoons maca powder
- 2 tablespoons hemp hearts
- 3 cups unsweetened almond milk

This recipe makes two large smoothies, can be halved for one serving.

### Directions

Add frozen banana chunks and frozen mango chunks into a blender with the almond milk. Blend until smooth. (I freeze my fruit in chunks to make it easier on the blender)

Add in kale, maca powder, and hemp hearts. Blend until smooth.

Serve immediately and enjoy!!

### Nutrition Facts (per smoothie)

Calories: 294

Fat: 9.0g

Saturated fat: 0.7g

Sodium: 274mg

Carbs: 51.0g

Fiber: 8.6g

Protein: 7.7g



## 194. Paleo Antioxidant Berry Shake

### Ingredients

1/2 cup coconut milk

1/4 cup cold water

1/2 frozen banana

1/2 cup frozen raspberries

1/2 cup frozen blueberries

1 tbsp chia seeds

### Directions

In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more water if necessary to reach desired consistency. Serve immediately.

### Notes

Servings: 1

Difficulty: Easy

## 195. Healthy Fruit Leather

### Ingredients

2 apples, finely diced

10 strawberries, diced

1 ruby pink grapefruit, diced

1 tsp cinnamon

Pinch salt

1/4 cup water

### Instructions

Place the fruit in saucepan with the water and bring to a boil. Reduce the heat and simmer until the fruit is soft and the liquid has been reduced. Stir through the cinnamon and salt.

Transfer the fruit to a blender and puree until smooth. Taste the mixture and if required add a sweetener. The grapefruit can be quite tart and while suitable for adults children may not appreciate this. If you would like a sweeter roll up than I suggest adding some sweetness to balance out the sourness. If a sweetener is added blend again until combined. You should end up with 2-3 cups worth of pureed fruit.

Heat oven to 120-150°C (250-300F). Line a large baking tray with baking paper (if your baking tray is not very large you may need to use two smaller sized trays). Pour the mixture onto the tray and spread it out thinly by using the back of a spatula. You want it to just cover the baking paper's surface without leaving any gaps (the thinner the better!). Place the baking tray in the oven on the lowest shelf available and bake for 8-12 hours. I left mine overnight baking at about 130°C for 9 hours. Remove the tray from the oven and using a sharp knife cut the fruit leather into strips. Let it cool completely before peeling the fruit leather off the baking paper. Roll up if desired and store in an airtight container for up to a week! Enjoy :)

## 196. Prosciutto-Wrapped Berries

Yields: 12 total strawberries/baby bell peppers

6 strawberries

6 golden baby bell peppers

Honey Basil Ricotta (see below)

1 oz. thinly sliced grass-fed prosciutto, divided into 12 strips

1/4 c. micro greens (about half a small package)

### Instructions

Using a sharp pairing knife, cut the tops off the strawberries, pulling the middle completely out and leaving a deep hole. Do the same for the peppers and use your finger to pull any seeds out of the insides.

To assemble: use a butter knife to stuff the berries/peppers with about 1 t. each of the Honey Basil Ricotta (the peppers will hold more ricotta than the berries). Then place a few sprigs of micro greens into the ricotta. Wrap a thin slice of prosciutto around each one and lay down length-wise to hold the prosciutto in place (you could also use toothpicks for this but that's a little too fussy for me).

## 197. Vanilla Pumpkin Seed Clusters

### Ingredients:

115g (1/2 cup) pumpkin seeds

1 tsp vanilla

a few drops of stevia liquid to taste

2 tsp coconut sugar

Water (boiled)

### Instructions

Preheat oven to 150c.

In a medium bowl, combine the stevia, coconut sugar and vanilla. Stir together to create a thick paste then add a small drop of boiled water to thin it out and create a runny syrup.

Pour in the pumpkin seeds and stir them around in the mixture to evenly coat them.

Dollop a generous tsp full of the pumpkin seeds onto a baking sheet, repeat until it's all used up and cook for 15-20 minutes until most of the seeds have browned (but don't let them burn!)

Take out of the oven and leave to cool for a few minutes. Once they've cooled a little (but are still warm) you can press the clusters together to make sure they don't fall apart. They will dry quickly.

Once they're cooled and dried, they're ready to eat! Enjoy on their own or served on top of your cereal.

## 198. Gummi Orange Slices

### Ingredients:

1 T. vanilla extract

½ t. natural orange flavour

Pinch real salt

1 ½ t. liquid stevia (every brand varies in sweetness, so add this 'to taste')

8 T. grass-fed gelatin

1 can coconut milk

1 ½ C. water

Natural orange food colouring to desired colour

orange ice cube tray molds

### INSTRUCTIONS:

Heat water and coconut milk over low heat until simmering.

Continue on low heat, slowly adding in each tablespoon of gelatin, whisking the entire time.

Add remaining ingredients and whisk until any clumps of gelatin are gone.

Pour into molds, and pour remaining liquid into 8X8 glass pan.

Put in fridge until solid. Gummies should pop out easily once hardened.

## 199. Almond Joy Sunday

### Ingredients:

1. 2 cans full fat coconut milk
2. ½ cup honey
3. 1 ½ tablespoons vanilla extract
4. 1 dark baking chocolate bar
5. ¼ cup sliced almonds
6. ½ cup unsweetened coconut flakes

### Instructions

1. In a blender, mix together the coconut milk, honey, and vanilla extract. Line a plastic Tupperware with plastic wrap. Pour the mixture into it and freeze it overnight. The next day, take half of the frozen mixture and add it to a food processor. Mix it on high until it resembles frozen yogurt and put it back into a storage container. Repeat this process with the other half of the mixture. Return the blended ice cream to the freeze for 30 minutes before serving.

2. To assemble, melt the chocolate chips in a saucepan over low heat, to prevent burning the chocolate. Serve each Almond Joy Sunday with a scoop of the ice cream. Drizzle the melted chocolate on top, then sprinkle with coconut flakes and sliced almonds. Serve immediately.

## 200. Spiced Autumn Apples Baked in Brandy

### Ingredients

2 apples of your choice (I used gala, but choose your favourite!)

1 cup brandy

1/4 cup walnuts

1/4 cup raisins

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

### Directions

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off of each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix brandy, spices, walnuts, and raisins in a small bowl.

Pour half of the brandy spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavours.

Serve and enjoy! My roommate enjoyed his with a side of vanilla coconut milk ice cream.

### Notes

Recipe makes 2 servings

### Nutrition Facts Per Serving

Calories: 353

Total Fat: 10.0g

Saturated Fat: 0.6g

Carbs: 32.4g

Fiber: 4.0g

Protein: 4.6g

## 201. Raw Brownie Bites

### Ingredients

1 1/2 cups walnuts

Pinch of salt

1 cup pitted dates

1 tsp vanilla

1/3 cup unsweetened cocoa powder

### Instructions

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the dates, vanilla, and cocoa powder to the blender. Mix well until everything is combined. With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.



## 202. Maple Cinnamon Cheesecakes with Gingerbread Crust

### Ingredients

For the crust:

1 heaping cup pecans

6 medjool dates

½ tsp ginger

½ tsp cinnamon

For the cheesecake:

2 cups raw cashews (soaked overnight)

½ tsp cinnamon

Juice of 1 lemon

⅓ cup coconut oil

½ tsp sea salt

### Instructions

For the crust:

Combine all the ingredients in a food processor. You will see the mixture start to get to a crumbly like consistency. Be careful not to over process or you will end up with pecan butter. Once the mixture looks done, you can press a little into the bottom of each muffin cup. I used standard sized pans. Place them in the fridge while you make the cheesecake part.

For the cheesecake:

Make sure your cashews have been soaking overnight. Drain and rinse them. Place them in a food processor with all the other cheesecake ingredients.

Mix until everything is smooth.

Spoon a little of the cheesecake mixture into each muffin cup.

Once that is done, place them in the fridge to firm up. It can take up to 12 hours for the cheesecakes to get fully firm.

Notes

Keep these stored in the fridge. You can probably freeze them as well. I have not tried that though.

## 203. Heavenly Raw Vegan White Chocolate and Raspberry Cheesecake

### Ingredients

#### Base layer:

1 cup almonds

6 medjool dates, pitted

2 tbsp cocoa butter, liquified

¼ tsp raw ground vanilla beans (or ½ tsp pure vanilla extract)

#### Cheesecake layer:

1½ cups cashews, pre-soaked (at least a few hours, best overnight) and strained

¼ cu a few drops of stevia liquid to taste

p fresh squeezed lemon juice

¼ cup coconut oil, liquified

⅓ cup cocoa butter, liquified

1 tsp pure vanilla extract (or ½ tsp more ground raw vanilla bean)

¼ tsp salt

#### Raspberry topping layer:

1½ – 2 cups fresh or frozen raspberries (I used frozen and slightly thawed out)

a few drops of stevia liquid to taste

⅓ cup cocoa butter, liquified

#### Optional:

Reserve a few raspberries for garnish

### Instructions

Place all base ingredients into a food processor and process until a medium-fine crumbly mixture is formed. Transfer this mixture into the springform pan and press down well to create an even flat cake base. Place in the freezer while working on the next step (or for at least 10 minutes).

Place all cheesecake layer ingredients in your blender (a stronger blender like a Vitamix works best), and blend until mixture is completely smooth. Pour it over the crust into the springform pan. Lightly tap the pan down on the counter to eliminate any air bubbles. Smooth it out as well to create an even surface. Place in the freezer while working on the next step (best if in the freezer for at least 15 – 20 minutes). {Placing cake in the freezer for a bit helps keep the cake layers better separated}

Place all raspberry layer ingredients into your blender and blend until the mixture is smooth. Pour over the cheesecake layer into the springform pan and return back to the freezer for at least 3-4 hours. Cake can then be served out of the freezer as an icebox cake, or kept refrigerated for a softer and more mousse-like consistency. I kept mine frozen, but allowed it to thaw out for about an hour in the fridge before serving. Decorate with some fresh raspberries prior to serving and enjoy!

## 204. Samoa Donuts

### Ingredients

#### For the Donuts

2½ cups blanched almond flour (such as Honeyville)

½ teaspoon baking soda

A scant less than ½ teaspoon salt

a few drops of stevia liquid to taste

¼ cup coconut oil, softened or liquid

1 tablespoon vanilla

1 teaspoon Lemon juice

3 whole large room temp eggs

Coconut caramel topping

1 can full-fat coconut milk (about 1½ cups), I used guar gum-free Natural Value

a few drops of stevia liquid to taste

A pinch of sea salt

1 rounded tablespoon ghee or butter (can sub palm shortening or coconut oil)

2 teaspoons vanilla extract

¼ cup finely shredded coconut, plus 2 more tablespoons for garnishing

For the Dipping Chocolate

1 bag Enjoy Life Chocolate chips (melted in a double boiler)

### Instructions

Preheat your mini donut making machine OR preheat the oven to 350 degrees if you are using a regular donut pan or making into muffins.

In a large bowl, mix together the almond flour, baking soda and salt.

In another bowl, combine the honey, oil, vanilla, lemon juice and eggs.

Add the oil/stevia mixture to the dry ingredients. Mix till just combined.

Add about 2 tablespoons of batter to each mould in the donut machine or scoop the batter into a ziplock bag, twisting the other end to close it. Snip the end off of one of the corners with a scissors. Start with a small cut. You can always make it bigger if you need too. Squeeze batter into moulds.

Close the lid and allow to cook for about 2 minutes. Times will vary with each machine. Open the machine and flip over each donut using the forked 'skewer' that comes with most machines. Close the lid again cook for about

one more minute. Remove donuts and let cool on a wire rack. Repeat with the rest of the batter.

If using a regular donut pan, fill each well-greased mould about  $\frac{3}{4}$  full. Smooth the tops if needed and bake for 10-12 minutes. Let cool in the pan for 5 minutes, remove from the pan and cool completely on a wire rack. Makes 12-15 mini donuts or 6 regular sized ones (depending on how much batter you eat during the prep time.)

For the Coconut Caramel

In a small-medium heavy bottomed sauce pan, bring the coconut milk, honey and salt to a boil over medium high heat, being sure that they are well combined. Reduce to a medium heat, and let the mixture boil down for about 35-40 minutes.

Add the ghee and vanilla, stirring it in till well incorporated. Continue cooking for another 5-15 minutes or as long as needed until it is a deep caramel color. Don't rush the process. Depending on how hot your burner is this process could be faster or slower. Stir often toward the end to keep the bottom from burning too much. A little burning is fine as long as you are stirring it in to the mixture. It will give it a darker flavor.

Remove from heat, transfer to a bowl and let cool for 5 minutes then stir vigorously until it's creamy, shinny and smooth.

While the caramel is cooking, spread the coconut out on an ungreased cookie sheet and toast the coconut in a 325 degree oven. Stir often till golden, about 5-10 minutes. Remove from the oven and let cool.

Mix the toasted coconut into the caramel minus a tablespoon or so for garnishing later. Use coconut caramel while still warm for best spreading results. Caramel can be made ahead of time(w/o the shredded coconut) and reheated in a double boiler.

## 205. Paleo Cocoa Puffs

### Ingredients

¾ Packed Cup of Blanched Almond Flour  
1 Cup + 2 Tbsp Tapioca Starch/Flour  
½ Cup Cocoa Powder  
¼ tsp Salt  
a few drops of stevia liquid to taste  
2½ tsp. Baking Powder  
1 Tbsp Vanilla Extract  
⅓ Cup of oil or Melted Butter (dairy or nondairy)  
1 Egg + 1 Egg White

### Instructions

Preheat Oven to 350 degrees.

Mix together the dry ingredients (Almond Flour, Tapioca Flour, Cocoa Powder, Salt stevia, and Baking Powder).

Add in the Vanilla, Oil, and Eggs. Mix really well (don't be afraid to get your hands dirty!)

Line 2 large baking sheets with parchment paper.

Roll teaspoon sized balls of dough (or smaller if you have the patience) in between your palms to create little cocoa puff balls. If you find your hands getting sticky- rinse them off and dry them before continuing and or dust your hands with a little extra tapioca starch.

Use about half the dough to make cocoa puffs for the first baking sheet.

Leave a little space between each cocoa puff as they will expand in the oven.

Place the first baking sheet into the oven and bake 18-20 minute. Halfway through baking using a spatula to flip the cocoa puffs over so that the bottoms do not burn.

While the first tray is baking, prepare your second tray of cocoa puffs and follow the same baking instructions.

Let cocoa puffs cool completely before eating. (They will get crispy as they cool).

## 206. Gluten Free Dairy Free Coconut

### Ingredients

3 cans (14 ounces each) coconut milk, 2 of the 3 refrigerated for at least 24 hours\*

a few drops of stevia liquid to taste

1 teaspoon (3 g) unflavored powdered gelatin

3 ounces dairy-free chocolate chips (optional)

1 teaspoon pure vanilla extract (optional)

\*You must use full-fat coconut milk. Thai Kitchen brand coconut milk and Whole Foods 365 brand coconut milk both work well consistently for this application.

### Directions

In a large, heavy-bottom saucepan, place the entire contents of the 1 room-temperature can of coconut milk and the stevia, and mix to combine well. Cook over medium-high heat, stirring frequently to prevent it from splattering, until it is reduced at least by half and thickened (about 10 minutes). You can also cook the mixture over low heat for about 35 minutes, and stir much less frequently. This is now your sweetened condensed coconut milk. Remove from the heat and set aside to allow to cool completely.

Remove the remaining two cans of coconut milk carefully from the refrigerator, without shaking them at all. The solid should have separated from the liquid while it was chilling, and you don't want to reintegrate them. Remove the lids from the cans, scoop out only the solid white coconut (discarding all of the liquid), and place it in a large bowl. With a hand mixer (or in the bowl of a stand mixer fitted with the whisk attachment), whip the coconut on high speed for about 2 minutes, or until light and fluffy and nearly doubled in volume. Place the whipped coconut cream in the refrigerator to chill for about 10 minutes.

Place the gelatin in a small bowl, and mix well with 2 tablespoons of the sweetened condensed coconut milk from the first step. Allow to sit for 5 minutes while the gelatin dissolves. The mixture will swell. Microwave on 70% power for 20 seconds to liquify the gelatin, and then add the mixture to the rest of the cooled sweetened condensed coconut milk.

Remove the coconut whipped cream from the refrigerator and add the sweetened condensed coconut milk mixture and optional vanilla to it. Whip once more until light and creamy, and well-combined (another 1 to 2 minutes). Fold in optional chocolate chips, and scrape the mixture into a 2 quart freezer-safe container. Cover tightly and freeze until firm (about 6 hours). Serve frozen. If it is at all difficult to scoop, allow to sit in the refrigerator for 15 minutes before scooping and serving.



## 207. Chocolate Bavarian Cheesecake

Ingredients:

For the base:

15 Easy Chocolate Cookies

¼ cup coconut oil (melted)

OR

2 cups nuts

2. 1 cup dried dates (soaked in water)

For the middle:

2+1/2 cups raw cashews (soaked in water for 6 or more hours)

a few drops of stevia liquid to taste

¼ cup coconut oil

¼ cup cacao powder

½ cup coconut milk

½ cup orange juice

For the top:

1 can coconut cream (chilled in fridge overnight)

Cacao nibs to decorate

Instructions:

For the base:

Grind the chocolate cookies in a food processor until fine. Add the melted coconut oil and process until mixture sticks together. Add another tablespoon of coconut oil if you need to.

Press the crumbs into the base of a 21cm springform tin. If you don't have a springform tin, just line your tin with plastic wrap or baking paper so you can remove it easily.

OR

If you can't be bothered making the cookies (or didn't have any in the freezer like I did), just process 2 cups of nuts in a food processor until finely chopped. (Any combination of nuts works well. I've tried just macadamias and it is beautiful and also a combination of cashews, macadamias, hazelnuts, walnuts and brazil nuts)

When your nuts are finely chopped, drain the soaked dates, getting out as much water as you can. Then add them to the food processor and process until it makes a sticky dough.

Next, scoop the date & nut mixture into your pan. Put small plastic freezer bags onto your hands and use your fingers to spread the mixture evenly into the pan. (No sticky fingers!)

For the filling:

Drain the cashews well. Put all of the filling ingredients into a high speed blender or processor and process until smooth. I have a new Froothie blender that is amazing! I compared it to the Vita Mix and it's cheaper and more powerful. You know I love a bargain. Anyway, I'm really happy with it and it makes amazing cheesecake filling!

You will need to use the tamper if you have one and regularly scrape down the sides to make sure all the ingredients are blended together. Keep processing until it is super smooth. Lots of taste testing needed for this step! Once the mixture is smooth, scrape it all into your pan, on top of the base mixture. Spread it out with a spatula.

Cover with plastic wrap, then put into the freezer for at least 6 hours to set. When ready to serve, take it from the freezer and defrost for around 30 minutes to soften slightly before cutting. (15 mins for minis.)

While it's defrosting, beat the cream that rises to the top of the coconut cream after it's been refrigerated. Use electric beaters and add some honey to taste if you like.

Spread or pipe the cream over the top of your cheesecake and decorate with cacao nibs.

## 208. Jam Ball Donuts

### INGREDIENTS

Portions 12 portion(s)

125 g almond Milk

15 g butter (I used salted)

1 egg

250 g coconut flour

1.5 tsp Yeast

1/4 tsp salt

a few drops of stevia liquid to taste

1/2 Cup sugar free raspberry jam

Sugar - For rolling

### RECIPE'S PREPARATION

#### Method

1. Place milk & butter in bowl, and mix on 37 degrees, speed 1 for 2 minutes.
2. Add in egg to milk mixture and mix speed 4, 5 seconds.
3. In this order - Add in Yeast, then flour, then the stevia & the salt last. Mix on speed 6 for 6 seconds to combine, then knead for 3 minutes
4. Place dough in a greased bowl and cover and place in a warm place to prove for 1 hour or until dough has doubled in size.
5. Once the dough is proved, knock down onto a floured surface and cut dough in half until you have 2 balls.
6. Roll each ball into a 25cm long log, then cut each log into pieces and roll each piece into a ball and place on piece of baking paper and let prove for a further 15 minutes.
7. While the dough balls are proving, warm up your deep fryer, or oil in a frypan/saucepan (I used solidified oil which is an animal fat that you find in the butter section at the supermarket), to 175 degrees.
8. Drop in 3-4 balls at a time and cook for 5 mins or until nice and brown/golden. Mine turned over on their own in the oil, but you may need to turn them manually
9. When cooked, take out and roll in sugar, then using a piping bag with the long nozzle (Or an old sauce bottle cleaned out and filled with jam), fill the donuts with jam

These taste Just like the donuts you get from the markets and fast food vans etc. Enjoy!

**TIP**

You can use any flavor jam you like, but raspberry is generally what they use for traditional hot jam donuts

## 209. Baked Cinnamon Doughnuts

### Baked Cinnamon Doughnut

(recipe adapted from Taste, makes 12)

1 cup almond milk

15g unsalted butter, melted

400g gluten free flour

1 1/2 teaspoons instant dried yeast

a few drops of stevia liquid to taste

1/2 teaspoon ground cinnamon

For cinnamon doughnuts:

35g melted butter

a few drops of stevia liquid to taste

1 tsp ground cinnamon

Place milk in a heatproof, microwave-safe jug. Microwave on medium-high (75%) for 30 to 40 seconds or until heated through (do not allow to boil). Stir in melted butter and set aside.

Sift flour into a large mixing bowl. Stir in yeast, sugar and cinnamon. Make a well in the centre. Add milk mixture. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead for 10 minutes or until smooth and elastic (or if you are lucky enough to have a mixer with dough hooks like me, beat using dough hooks on high for 5-7 mins).

Place dough in a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm place for 1 hour or until doubled in size. Line 2 baking trays with baking paper. Using your fist, punch dough down. Turn out onto a lightly floured surface. Knead until smooth. Roll dough out until 2cm thick. Using a 6.5cm cutter, cut 12 rounds from dough. Using a 3cm cutter, cut circles from the centre of each round. Place doughnuts (and doughnut holes), 5cm apart, on prepared tray. Cover with lightly greased plastic wrap. Set aside in a warm place for 30 minutes or until doubled in size.

## 210. Grain Free Steamed Christmas Puddings – GAPS & Paleo Friendly

### Ingredients

150g sultanas  
80g dried sour cherries or dried unsweetened cranberries, plus extra for garnish  
100g currants  
30g activated or raw almonds, roughly chopped  
200g kombucha or freshly squeezed orange juice  
zest of 1 orange  
40g blanched almond meal  
20g coconut flour  
1/4 tsp nutmeg  
1/2 tsp mixed spice  
1/4 tsp cinnamon  
55g tallow or coconut oil  
40g apple, peeled & cored  
2 eggs  
1/4 tsp fine salt  
1/4 tsp bicarb soda

### Instructions

Weigh dried fruit and almonds into the Thermomix bowl, and add kombucha or orange juice.

Cook 6 mins/80C/reverse/speed soft. Remove to a large bowl and set aside to cool.

Place orange zest into clean, dry Thermomix bowl and chop 20 sec/speed 10. Add almond meal, coconut flour, spices, salt, soda, apple, eggs and tallow or coconut oil into Thermomix bowl and mix 5 sec/speed 5. Scrape down sides of bowl.

Add soaked fruit and nuts back to bowl and mix 10 sec/reverse/speed 3.

Scoop mixture into silicone cupcake cups or small ramekins and place into the Varoma dish and tray, with lid on. Cups/ramekins should be about 3/4 full.

Place 500g water into Thermomix bowl and place Varoma in position. Cook 25 mins/Varoma/speed 2.

Allow puddings to cool, covered, and store in fridge until needed.  
Drizzle with Coconut Vanilla Custard, with a dried cranberry or sour cherry on top for decoration.

#### Notes

I use my Thermomix to make these puddings - if you don't have a Thermomix, chop by hand, cook fruit gently on stovetop, and mix in remaining ingredients. Steam in a steamer or use traditional Christmas pudding cooking method.

## 211. Figgy Apple-Mascarpone Tart, with Green Apple Ice and Cider Caramel

ingredients:

Shortbread Crust

7 Tablespoons unsalted butter, cut into pieces, at room temperature  
a few drops of stevia liquid to taste

1 large egg yolk

1¼ cups gluten free flour

Mascarpone-Fig filling

4 oz of mascarpone cheese, at room temperature\*

4 oz of cream cheese, at room temperature\*

1 large egg

½ - 1 tsp ground cinnamon - again, depending on your taste

½ teaspoon pure vanilla extract

⅓ to ½ cup chopped, dried figs - depending on how 'figgy' you're feeling\*\*

Apple Topping

2 large, 3 medium, or 4 small tart apples (Granny smith, Jonathan, Jonagold etc...OR, whatever looks and smells good at the market)

¼ teaspoon cinnamon

a few drops of stevia liquid to taste

½ of a lemon

¼ cup apricot preserves

Green Apple Ice

6 Granny Smith apples (or other tart baking apples, or 2 cups apple juice\* )

4 Tablespoons lemon juice

Cider Caramel

¼ cup water

a few drops of stevia liquid to taste

½ cup apple cider or unsweetened apple juice

2 Tablespoons unsalted butter

directions:

For the Shortbread Crust



In a bowl, combine the butter and stevia and blend to make a paste. Add the yolk and blend thoroughly. Add the flour and using your fingers, blend to make a crumbly dough, being careful not to overwork. Pour the crumbs into rectangle 13 x 4 or round 8 or 9-inch springform pan, then press gently on the bottom and up the sides, until it's uniform, and fills every crevice of the tart pan (or slightly up the sides of a springform pan). You want to see little pieces of butter in the dough. Let it rest in the refrigerator, covered, at least 2 hours or overnight. Remove from the refrigerator and prick the bottom of the crust with the tines of a fork.

OK, you can do one of two things here...

Place a sheet of parchment or foil in the tart pan (I used a 13 x 4 rectangular tart pan, but a round 8 or 9-inch tart or springform pan will work just as well) and fill with pie weights or dried beans or rice, and blind bake the crust in a preheated 350 degree oven for 10 minutes. Remove the pie weights and foil and bake for another 5 minutes or until somewhat firm and very lightly golden brown. This is the method I used for the apple tart you see. I find the crust gets too dark in certain areas upon baking again, so next time I'm going to use the number 2 method below..

Do NOT prick the crust prior to letting it rest in the fridge. When ready to bake, brush the chilled shortbread crust with some beaten egg white and let dry for a few minutes. NOW prick the bottom and sides of the crust. Fill with the mascarpone-fig mixture, smoothing it out so it's even. Cover and chill for about 1-2 hours until it firms up (this makes it easier to keep the apple slices from slightly sinking when you pile them on top, although, if aesthetics isn't a big deal to you, skip the refrigeration/firming of the cheese mixture.).

For the Mascarpone-Fig filling

Combine the mascarpone, cream cheese and stevia and mix until smooth. Add the egg, vanilla, and cinnamon, and mix until uniform. I feel that hand mixing this is better, as you get a feel for the smooth, lump free consistency you're seeking. However, using electric beaters or a stand mixer is perfectly fine, just don't over-mix! Mascarpone doesn't react well to over-mixing. Fold in the chopped, dried figs and pour into the partially baked and cooled crust, or egg white brushed raw crust. Let set in the fridge, covered, for 1 to 2 hours.

For the Apple Topping

Preheat oven to 425F. Combine the cinnamon and sugar in a small bowl.

Peel and core the apples. Slice in half or into quarters, then slice each half or quarter into ¼-inch thick slices. If you want the 'fanned' look..hold apple slices together on top of the filling, then fan out (spread, sliding in one direction). Continue until you've covered the top completely, filling in any gaps with leftover slices or pieces of slices. You can spread them over the top any way you like...from concentric circles if using a round tart pan, to fanned out rows..or just pile them on, whichever suits your fancy. Squeeze some lemon juice over the apples (making sure to keep the seeds from sneaking in), then sprinkle the cinnamon sugar mixture evenly over the top. Place the tart on a baking sheet, to catch any drips, and bake at 425F for 10 minutes, then turn the oven down to 400F, and bake for another 25 to 35 minutes, until the apples are soft and can be pierced easily with a knife. If the crust looks like it's browning too fast, cover the exposed area as best you can, with some aluminum foil. Remove from oven, and let cool on a wire rack. If using the egg white-raw crust method, bake at 425F for 15 minutes, then turn it down to 400F, and bake for 30-40 minutes more, checking on it periodically.

For the Honey Apricot Glaze

In a small saucepan over medium high heat, bring all the ingredients to a boil. Let boil for about 1 to 2 minutes, until slightly thickened. Brush glaze over the cooled apples.

For the Green Apple Ice

Quarter apples and juice them through a fruit juicer with peels on (this helps keep the color of the ice a nice bright green).

Add simple syrup and lemon juice to taste. Pour into a shallow pan or a glass baking dish and place in the freezer. After 30-40 minutes, scrape the pan to break up the frozen bits and create slush. Do this again after another 30-40 minutes, then put the pan in the freezer until you're ready to serve. (You can also do this in an ice cream maker following the manufacturer's directions.)

For the Cider Caramel

In a small saucepan, combine ¼ cup water, stevia, and bring to a simmer over medium heat, stirring until the sugar dissolves. Increase heat to high and boil the mixture, swirling the pan occasionally until the mixture turns a medium amber color.

Remove the from heat and carefully whisk in the apple cider or juice, and butter from a distance (as the caramel may splatter). Whisk the mixture over

low heat until smooth. Pass through a fine mesh sieve, and reserve until ready to use, or refrigerate for up to two days.

To Serve

Place a wedge or two (depending on how small or large you slice the tart, or if you'd like to make it a dessert for two), on a plate. Add a quenelle or scoop of the green apple ice next to the wedges, or as I did, in a small, clear or pretty bowl since it melts pretty fast, especially if it's a muggy day/night. Drizzle the cider caramel around the plate.

notes:

\*\* Dates would also be great in this, especially Medjools or Honeyballs (Bahri dates). In fact, that's what I'll be trying next time. Raisins can also be substituted, golden or dark.

\*\*\* The original Green Apple Ice recipe calls for  $\frac{3}{4}$  cup of simple syrup, but I felt that was a tad too sweet, and the ice didn't need that much. If you prefer it sweeter, use  $\frac{3}{4}$  cup. If using store-bought apple juice, reduce to  $\frac{1}{4}$  cup sugar plus  $\frac{1}{4}$  cup water for syrup.

UPDATE. 2014: Add the coconut cream from a cold can of coconut milk, or just  $\frac{1}{2}$  cup coconut milk to the Green Apple Ice mixture, prior to freezing, if you want it creamier.

Also, you can freeze the apple mixture overnight into a solid block, then scrape it to make it a Green Apple Granita, if desired.

## 212. Raw Pineapple Coconut Vegan Cheesecake

### Crust:

4 dates, soaked until very soft  
1 cup dried organic, unsweetened coconut  
Place soften dates and coconut in food processor and process until well blended. Pat into the bottom of an oiled 7 1/2 inch spring form pan.

### Filling:

2 1/2 cups young Thai coconut flesh (about 5 young coconuts)  
1/4 cup coconut water (from the coconuts)  
1/3 cup raw agave nectar or liquid sweetener of choice  
1 cup coconut oil, softened  
2 cups fresh pineapple chunks, separated

In high-speed blender, pureé the coconut flesh and coconut water together until smooth. Add the agave, coconut oil. You want this to be quite smooth so blend away until it is. Add 1 cup of the pineapple chunks. Blend until incorporated. Pulse the remaining pineapple chunks in the food processor until well chopped. Drain. Stir the pineapple into the coconut mixture, pour over crust and let set up in the refrigerator for 4 hours. Move to freezer and leave until firm.

## 213. Grain-free Italian Lemon Almond Cake

### Ingredients

320 grams (this is about 3 cups + 3 tablespoons) almond flour (not almond meal) or blanched almonds, ground into almond flour  
200 grams (1 cup + 3 tablespoons) white chocolate, chopped  
2 tablespoons coconut cream or milk (I used 1.5% milk)  
180 grams (3/4 cup + 1 tablespoon) unsalted butter, softened  
zest of 4 lemons, about 2 tablespoons  
4 large eggs, separated  
1 teaspoon lemon extract  
40 grams (about 2 tablespoons) of limoncello or lemon juice  
a few drops of stevia liquid to taste

### Directions

Preheat your oven to 350°F / 176°C and grease a 10" / 26cm pan or line it with parchment paper. If using blanched almonds instead of almond flour, process them in the food processor until they're pretty finely ground. If you grind them too much, they'll release oil and become almond butter.

Combine the white chocolate and milk / cream in a microwave safe bowl. Heat in 30 second increments and stir after every 30 seconds. Set aside to cool while you prepare the rest. Beat the butter with 100 grams of stevia and beat until fluffy.

Add the lemon zest, egg yolks and lemon extract and beat until well combined. Then add the almond flour / ground almonds and the melted chocolate. Add the limoncello / lemon juice and beat until combined.

In a separate bowl with spotlessly clean beaters, beat the egg whites until soft peaks form. Gradually add the stevia. Fold the egg whites into the almond batter until well combined. Spoon the batter into the greased pan and bake for 40 - 45 minutes. If making half the cake, use a 7" / 18cm pan and bake for 30 minutes. The cake will puff up in the oven, but when cooling, it'll fall back down.

Let it cool completely in the pan and then invert the cake onto a plate, and then flip that back into the pan or onto another plate (so that it's not upside down). Sprinkle on some powdered sugar if desired, but only before serving.



## 214. Vanilla Pudding Pops

### Ingredients

1 3.4 oz. box vanilla Jell-O instant pudding sugar free

2 cups vanilla almond milk, chilled

### Instructions

In a medium bowl, combine pudding mix and cold almond milk.

Beat mixture continuously with a whisk for two minutes. Let sit for 5-7 minutes.

Pour mixture into 3 oz. cups

Place in freezer for 30 minutes; Remove and insert popsicle sticks into center.

Place back in freezer for 2-3 hours, or overnight.

## 215. Gluten Free Tiramisu Roulade Recipe

### Ingredients

8 eggs, separated  
a few drops of stevia liquid to taste

2 tablespoons unsweetened cocoa powder (I like the dark kind)

1 tablespoon granulated espresso or instant coffee

For the filling:

6 tablespoons coconut cream

Grated chocolate (optional)

### Directions

Preheat oven to 350 degrees. Grease a sheet pan or jelly roll pan that is something close to 15 ½” by 11 ½”. Line with parchment paper and grease that too.

Beat egg whites until glossy and soft peaks form. In a separate bowl beat the egg yolks until thick and pale yellow in color. Stir in cocoa powder and granulated espresso/instant coffee. Take a big scoop of the egg whites and mix into the yolks, then fold the yolks into the egg whites. Pour into prepared pan and even out with a spatula.

Bake in pre-heated oven for 20 minutes. Remove pan from oven and let cake cool in the pan. When cool, tip the cake onto another piece of parchment paper that has been dusted with powdered sugar.

For filling, mix coconut cream until well mixed and creamy. Smooth the filling over the cooled cake.

Using the parchment paper to help you, roll the roulade up from one of the short ends. Carefully lift it and place on a serving platter. It may crack but that is fine. Dust with additional powdered sugar and grate some chocolate on top if desired. Chill in fridge for at least half an hour but serve the same day as you make it. Slice to serve.

### Servings

Makes 12 – 14 gluten free servings.



## 216. Lemon Almond Delight

### Ingredients:

6 Tbl coconut oil  
2 cups almond flour  
3-4 drops stevia  
1 tsp freshly grated lemon zest

### Instructions:

Melt the butter in the microwave or a small saucepan. Add the almond flour, stevia, and lemon zest, stirring until fully combined.

To make a tart or pie crust:

No need to pre-chill, just press dough into tart or pie tins. Bake in a preheated oven at 350 degrees (F) for 15 mins until firm and golden brown.

To make the cookies:

Form dough (it will be crumbly, this is normal) into a cylinder and wrap tightly with plastic wrap to compress. Chill in freezer for 30 minutes or until firm, or in the refrigerator for 2 hours. With a sharp knife, slice into 1/2 inch thick cookies (if they crumble apart your dough isn't cold enough). Bake in a preheated oven @ 350 degrees (F) on a greased or parchment lined cookie sheet for 15 minutes, or until firm and golden brown. Allow to cool before removing.

## 217. Gluten Free Monster Cookies

### INGREDIENTS:

1 cup creamy peanut butter (I use Skippy)

1 large egg

a few drops of stevia liquid to taste

1/2 teaspoon vanilla extract

1/2 teaspoon baking soda

1 teaspoon almond milk

1/2 cup gluten-free oats (or substitute regular quick cooking oats)

### DIRECTIONS:

Preheat oven to 350°F. Line a cookie sheet with a silpat baking mat or parchment paper

Mix peanut butter, egg, together until smooth. Stir in vanilla, baking soda, milk, and oats. Stir in raisins if desired

Scoop 2 tablespoon cookie dough balls onto prepared cookie sheet. Use a lightly dampened fork to flatten slightly in a criss cross pattern. (These cookies will not spread much.)

Bake for 8-11 minutes, until they no longer look glossy and are slightly browned on the bottoms. Cool before storing in an airtight container for up to 4 days. Note: these cookies are more crumbly than regular cookies, so be careful when stacking or transporting.

### NOTES:

Not all gluten free oats are quick cook oats. To make them quick cook, just give them a few pulses in a food processor or blender to break them up a bit. There are two brands of GF oats that I know of, Bob's Red Mill (rolled oats) and Gluten Free Chex (quick cook).

## 218. Ginger Vanilla Extravaganza

### Ingredients:

3-4 drops stevia

3 Tbsp Organic Coconut Oil

2.5 cup Blanched Almond Flour

1/2 tsp low sodium Salt

1/2 tsp Baking Soda

1/2 tsp ground Cloves

1/2 tsp ground Cinnamon

1/2 tsp ground Nutmeg

1/2 tsp ground Ginger

More stevia to taste – administer the drops slowly

### Instructions:

Preheat oven to 350 degrees.

In a large mixing bowl, combine blanched almond flour, low sodium salt, baking soda, cloves, cinnamon, nutmeg, ginger, and stevia. Stir ingredients with a wooden spoon to combine.

In a small sauce pan, bring molasses to a boil over medium heat.

Add coconut oil to the sauce pan, and stir until combined with the molasses.

Remove sauce pan from heat and pour into the dry ingredients.

Mix batter with a wooden spoon until you have formed a dark golden cookie dough, and all the dry ingredients are combined with the molasses and coconut oil.

Place a sheet of parchment paper onto a flat cooking surface, and dust parchment with arrowroot flour.

Form dough into a ball, and place on the parchment paper. Lightly press dough down to flatten, and sprinkle with a small amount of arrowroot flour.

Place another sheet of parchment paper on top of the dough, and roll into a thin sheet with a rolling pin (about 1/4 inch thick).

Sprinkle almond flour on a small plate, and place cookie cutters into the arrowroot to coat the bottom for cutting. This will keep the cookie dough from sticking to the batter for an easy release after cutting.

Once you have made cuts throughout the entire sheet of cookie dough, carefully peel away the excess dough, and lightly transfer the cut out cookies

to a parchment lined baking sheet. Form dough into another ball, and roll out again to repeat until all the dough is used.

Bake gingerbread people at 350 degrees for 10 minutes. Remove from oven and cool on a cookie rack before frosting.

## 219 Cute Cupcakes Recipe

### Ingredients:

2/3 Cup coconut flour  
1/4 Cup almond flour  
1/2 tsp cinnamon  
1 tsp baking powder  
1/2 tsp low sodium salt  
6 eggs  
2 egg whites  
304 drops stevia  
1 Tbsp vanilla  
1/2 Cup coconut milk (canned)

### Buttercream Frosting Recipe

1 1/4 Cup Grass-fed Butter softened (20 T. or 2 1/4 sticks)  
3-4 drops stevia  
1/2 tsp cinnamon  
2 1/2 Tbsp coconut flour  
5 Tbsp coconut cream (the thick coconut cream skimmed off the top of canned coconut milk)  
1/4 tsp cinnamon

### Instructions:

Preheat the oven to 350 degrees.

Line 2 muffin tins with a total of 16 cupcake liners.

Place the coconut flour, almond flour, cinnamon, baking powder, and low sodium salt in a small bowl and mix together with a whisk.

In another bowl, combine the eggs, egg whites, stevia, vanilla, and coconut milk, beating together well with a whisk.

Add the dry ingredients to the wet ingredients, whisking until well combined.

Add the melted butter to the batter and mix in well.

Let the batter sit for 5 minutes to allow the coconut flour time to absorb the liquids.

Divide batter evenly between cupcake liners and bake for 20-22 minutes, or until tops of cake are firm to the touch and spring back.

Remove and cool completely on a wire rack.

#### Buttercream Frosting Instructions

Place the butter, stevia, cinnamon, and coconut flour in a bowl and beat with a mixer until well combined.

Beat in the coconut cream, 1 t. at a time, until fully incorporated.

Mixture should be thick and glossy.

Scoop into a piping back and pipe on top of cooled cupcakes.

Mix more stevia and  $\frac{1}{4}$  t. cinnamon together and sprinkle desired amount on top of cupcakes.

## 220. Strawberry Cheesecake Delight

### Ingredients:

1 cup almonds course ground  
1 heaping cup soaked raw cashews (soaked overnight or at least 4 hours)  
1/2 cup peeled and diced zucchini  
1/4 cup coconut oil, melted  
2 tablespoons canned coconut milk, full fat, room temperature  
4-5 drops stevia  
1/2 tablespoon vanilla extract  
1/8 teaspoon low sodium salt  
juice of one and a half lemons, separated  
1 cup fresh organic strawberries, hulled and diced

### Instructions:

Divide the cup of almond crumbs into the bottom of 4 (8-ounce) wide mouth mason jars and set them aside.

In a high-powered blender, process the raw cashews until they are blended. Add the zucchini, coconut oil, coconut milk, stevia, vanilla extract, low sodium salt, and the juice of one lemon. For the lemon juice go by taste as not to overdo it with lemon flavor. I started by juicing half of the lemon, mixing and tasting, and adding the rest. Add lemon juice as needed to your preference. Then blend again until a super smooth and creamy batter is formed.

Pour the cheesecake batter evenly into the 4 (8-ounce) wide mouth mason jars leaving some room for the strawberry sauce. Place them in the freezer and allow them to set for at least an hour or longer. While the cheesecake is setting go ahead and make your strawberry sauce.

In a heavy bottomed sauce pot over medium-high heat, add the juice of half a lemon, the strawberries, and honey. Mash the strawberries together until they are combined with the rest of the ingredients. Let the mixture boil and reduce, stirring intermittently, for about 10-12 minutes or so. Once the mixture has reduced and thickened remove from heat and set aside.

When your cheesecake is ready, remove mason jars from the freezer, let thaw for about 15 minutes before serving. Top with strawberry sauce. Garnish with fresh strawberry slices and a sprinkle of almond crumbs. Enjoy!





## 221. Creative Cardamom Cupcakes

### Ingredients:

1/2 cup coconut flour

6 eggs, at room temperature (that's important)

3-4 drops. stevia

6 Tbs. coconut oil or butter

2 Tbs. coconut milk, room temp. (this one doesn't have any icky additives or BPA)

1 tsp. vanilla extract

1/2 tsp. ground cardamom

1/4 tsp. baking soda

1/2 tsp. apple cider vinegar

### Instructions:

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely and frost with the lemon mousse.

Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

These last in an airtight container for a few days at room temperature. They also freeze really well!

## 222. Macadamia Pineapple Bonanza

### Ingredients:

#### Crust:

½ cup almond flour  
4 tablespoons raw cacao powder  
⅓ cup macadamia nuts  
½ teaspoon vanilla extract  
Stevia to taste  
1½ teaspoons coconut oil, melted

#### Filling:

2 eggs  
1 cup fresh pineapple, chopped  
1⅓ cup shredded coconut, unsweetened  
1 tablespoon fresh lime juice  
1 tablespoon vanilla extract  
Stevia to taste  
½ cup almond flour  
pinch of low sodium salt

### Instructions:

#### Crust:

In a large bowl, mix the almond flour and cacao powder.  
Chop the macadamia nuts in a food processor and add it to the bowl.  
Add vanilla extract and coconut oil to the dry mixture and using your hands, mix to combine ingredients.  
Spread the mixture evenly on the bottom of an 8x8-inch pan lined with parchment paper. Be sure to use one large piece of paper covering the entire pan that overlaps on all four sides.

#### Filing:

In a large bowl beat the 2 eggs  
Mix in the pineapple, 1 cup of shredded coconut (reserve the remaining ⅓ cup for the top), lime juice, vanilla and stevia.  
Gently mix in the almond flour and low sodium salt with rubber spatula.

Pour mixture over the crust and sprinkle top with remaining shredded coconut.

Bake at 350°F for approximately 20 minutes or until the top starts to brown and the pineapple/coconut layer is firm.

Set pan on a wire rack and allow it to cool before cutting into squares. Store in the refrigerator.

## 223. Apple, almond & blackberry Bonanza

### Ingredients:

#### Filling:

3 sweet apples  
100 g blackberries, frozen are fine  
3-4 drops stevia  
1 knob of coconut oil  
1/2 tsp cinnamon  
1/4 tsp cardamom  
1/8 tsp cloves/all spice  
1/8 tsp ground ginger

#### Batter:

3/4 cup ground almonds (100 g)  
2 Tbsp stevia  
1/2 tsp ground vanilla  
1/2 tsp baking powder  
a pinch of low sodium salt  
1 Tbsp melted coconut oil or butter  
1 egg, whisked  
Around 1/5 cup full fat coconut milk(50 ml)

### Instructions:

Preheat oven to 200 °C/ 400 °F. Cut apples on bite-sized chunks. You need to use an oven proof skillet\* about 20 cm in diameter. Melt coconut oil and stevia on high heat and add the apples and spices. Sauté for 5 min until the apples are caramelized and slightly tender.

Meanwhile make the batter. Mix almond flour with vanilla, stevia, baking powder and low sodium salt. Stir in the egg, coconut oil and coconut milk. Place the blackberries among the apples in the skillet. Pour the batter on top of the fruit until it covers the surface. It is okay if there are small cracks where the fruit can release some moisture.

Bake in the oven for 15-20 min. depending on your oven. The cake should be golden brown on the entire surface and the batter just set.

Serve the cake while it is still a little warm with a dollop of yoghurt, whipped cream or splash of coconut milk – and maybe a few fresh black

berries on top.. Enjoy.



## 224. Almond Happiness Bars

### Ingredients:

#### First Layer:

3/4 cup raw almond butter (I make my own from this recipe: Almond Butter)  
1/4 cup coconut oil, melted  
1/3 cup cacao powder  
3-4 drops stevia  
1/4 teaspoon vanilla bean paste  
pinch low sodium salt

#### Second Layer:

2 cups of dried, unsweetened, raw coconut  
2/3 cup coconut butter, softened  
3-4 drops stevia  
1-2 teaspoons organic almond flavoring (not raw)

#### Third Layer:

1/3 cup almonds, coarsely chopped

#### Ganache:

1/2 cup cacao powder  
3-4 drops stevia  
1/4 cup coconut oil, melted

### Instructions:

#### First Layer:

Whisk all ingredients together and pour into oiled, parchment lined 8 x 8-inch glass pan. Set in refrigerator aside making topping. The bottom layer should be set up (but not completely hard) before adding the next layer.

#### Second Layer:

Place coconut in medium bowl.

Whisk coconut butter (not the same as coconut oil), agave and almond flavor. Pour over coconut and mix well.

Pat over first layer, top with chopped almonds and ganache.

Refrigerate to set.

Ganache:

Whisk all ingredients together.



## 225. Sexy Coconut Crack Bars

### Ingredients:

1 cup unsweetened shredded coconut (80g)

1/4 cup water and 2-3 drops stevia

2 tbsp virgin coconut oil (For all substitutions in this recipe, see nutrition link below)

1/2 tsp pure vanilla extract

1/8 tsp low sodium salt

### Instructions:

Combine all ingredients in a food processor....and fridge for an hour before trying to cut. (Or freeze for 15 minutes.) Can be stored in the fridge or freezer, for at least a few weeks.

## 226. Best Banana Nut Bread

### Ingredients:

3 bananas, mashed, or 1 cup  
3 eggs  
1/2 cup almond butter  
1/4 cup coconut oil, melted  
1 tsp vanilla extract  
1/2 cup almond flour  
1/2 cup coconut flour  
2 tsp cinnamon  
1 tsp baking soda  
1/4 tsp low sodium salt  
1/2 cup chopped walnuts  
1-2 drops stevia

### Instructions:

Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.

In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and low sodium salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.

Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.



## 227. Lemmony Lemon Delights

### Ingredients:

#### Crust:

1 cup almond flour  
1/4 cup almond butter  
Stevia to taste  
1 tbsp coconut butter  
1 tsp vanilla  
1/2 tsp baking powder  
1/4 tsp low sodium salt

#### Filling:

3 eggs  
A few drops Stevia to taste  
1/4 cup lemon juice  
2 1/2 tbsp coconut flour  
1 tbsp lemon zest, finely grated  
Pinch of low sodium salt

### Instructions:

Preheat oven to 350.

Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms.

Press crust evenly into the bottom of pan.

Using a fork, prick a few holes into crust.

Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated.

When done, remove crust from oven and pour filling evenly over top.

Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).



## 228. Pretty Pumpkin Delights

### Ingredients:

#### For Crust:

1 cup hazelnuts (preferably soaked and dehydrated for better digestion)  
1/2 cup raw pumpkin seeds (preferably soaked and dehydrated for better digestion)  
1 TBS coconut oil  
2 pinches of low sodium salt  
Stevia to taste

#### For Filling:

1 cup cooked pumpkin puree  
1/2 cup coconut  
2 TBS coconut oil  
Stevia to taste  
1/2 tsp vanilla extract  
1/4 tsp cinnamon powder  
1/4 tsp ginger powder  
1/8 tsp allspice  
1/8 tsp clove powder

#### For Chocolate Drizzle:

2 TBS coconut butter  
2 TBS coconut oil  
2 TBS raw cacao (or unsweetened cocoa)  
Stevia to taste  
a pinch or 2 of low sodium salt

### Instructions:

To Make the crust: Line mini muffin tins with unbleached mini paper liners. Process all crust ingredients in a food processor until well combined and resembles a coarse flour. Spoon 1 and 1/2 tsp of mixture into each of the 24 mini cups. Use your thumb to press down mixture firmly to create a solid bottom layer for these cute little yummys. Place in freezer to harden. To make filling: Melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of filling ingredients. Go ahead and mix it

up real good here until creamy smooth. Remove crusts from freezer and spoon about 3/4 TBS of filling over your prepared crusts. Return to freezer to harden, at least 2 hours.

To make chocolate drizzle: Once mini bites have hardened, gently melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of drizzle ingredients. Allow to cool slightly to thicken. Pour into small plastic bag, cut a TINY hole in the corner, and drizzle over treats in any fashion that you want.

Now it's time to enjoy these amazing delights. Store leftovers in freezer as they are best cold. (That is, if there are any leftovers. Ours got dusted off in one day.)

## 229. Spiced Apple Bake

### Ingredients:

2 apples of your choice

1/4 cup walnuts

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

### Instructions:

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off of each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix spices, walnuts, and raisins in a small bowl.

Pour half of the spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavors.



## 230. Sexy Dessert Pan

### Ingredients:

#### Crust:

1 1/2 cups pecans  
3/4 cup dates  
4 tbsp coconut oil

#### Second Layer:

2 cups cashew butter 1/3 cup palm shortening  
2 tsp apple cider vinegar  
1/2 tsp lemon juice  
Pinch low sodium salt

#### Third Layer:

1 cup coconut flour  
1 cup coconut milk  
Stevia to taste  
1 tsp vanilla extract

#### Fourth Layer:

1/2 cup coconut milk  
1/2 cup coconut butter  
1/2 cup cacao powder  
a few drops of stevia liquid to taste

#### Fifth Layer:

1/2 cup coconut butter  
1/4 cup coconut milk  
1 cup coconut flour  
Stevia to taste

#### Sixth Layer:

Grated dark sugar free chocolate, at least 80% cacao

### Instructions:

To make the crust, roughly chop the pecans then pit and chop the dates. Load both into a food processor and pulse until ground but still crumbly. Transfer to a bowl and work in the coconut oil, then press the sticky mixture into a single smooth layer at the bottom of a square 8x8 cake pan.

Transfer to the refrigerator to chill while you begin the second layer. To make the second layer, combine its ingredients very well in a medium mixing bowl. Spoon over the chilled crust, smoothing as much as possible with the back of a spoon. Place the pan back in the fridge.

To make the third layer, mix its ingredients together in a mixing bowl and then spoon over the chilled, hardened second layer. Smooth as much as possible, then chill.

Add the fourth layer by combining its ingredients and then layering it into the pan in the same way as the previous layers.

For the fifth layer, mix the coconut milk, coconut flour and stevia with a hand mixer until very smooth and spoon over the chilled fourth layer.

Before placing the pan back into the refrigerator after adding the fifth layer, grate very dark chocolate over the top to the depth of your preference. Chill the pan for an additional half hour or more, then slice with a sharp knife and serve.

#### Notes:

The layers may seem fiddly but the technique is so simple once you're in the thick of it: just mix the ingredients, spoon into the pan and chill!

## 231. Peachy Creamy Peaches

### Ingredients:

3 medium ripe peaches, cut in half with pit removed

1 tsp vanilla

1 can coconut milk, refrigerated

1/4 cup chopped walnuts

Cinnamon (to taste)

### Instructions:

Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft, about 3-5 minutes on each side.

Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle over each peach.

Top with cinnamon and chopped walnuts to garnish.

## 232. Apple Spice Spectacular

### Ingredients:

1 cup unsweetened almond butter  
Stevia to taste  
1 egg  
1 tsp baking soda  
1/2 tsp low sodium salt  
half an apple, diced 1 tsp cinnamon  
1/4 tsp ground cloves  
1/8 tsp nutmeg  
1 tsp fresh ginger, grated on a microplane

### Instructions:

Pre-heat oven to 350 degrees F.

In a large bowl, combine almond butter, stevia, egg, baking soda, and low sodium salt until well incorporated. Add apple, spices, and ginger and stir to combine.

Spoon batter onto a baking sheet (you may have to spread the batter a little to get it into a round shape) about 1-2 inches apart from each other--they'll spread a bit.

Bake about 10 minutes, or until slightly set.

Remove cookies and allow to cool on pan for about 5-10 minutes. Then finish cooling on a cooling rack.

## 233. Choco - Coconut Berry Ice

### Ingredients:

Follow recipe of berry ice cream and almond delight for the ice cream only

4 ounces sugar free dark chocolate - 75% cacao content

¼ cup coconut milk

2 cups fresh berries (I used raspberries)

### Instructions:

Make the Homemade Coconut Ice Cream,

While the ice cream is freezing in the machine, break the chocolate into pieces and place in a small saucepan.

Add the coconut milk and melt the two together, stirring over low heat.

When the chocolate mixture is completely smooth, pour the chocolate over the ice cream and stir to create 'ripples'. If your ice cream is thoroughly frozen, soften in the fridge for 20 minutes before stirring in the chocolate.

Serve immediately with the fresh berries, or freeze for an additional 3-4 hours for a firmer texture.

## 234. Cheeky Cherry Ice

### Ingredients:

14oz. cans 365 Coconut Milk (Full Fat)

Stevia to taste

1 ½ tsp. vanilla extract

2 cups fresh cherries, pitted and diced

### Instructions:

In a large bowl, combine coconut milk, stevia and vanilla and stir well.

Chill for 1-2 hours.

Transfer to ice-cream maker and process according to manufacturer directions.

Add diced cherries to the mixture during the last 5-10 minutes of processing.

## 235. Creamy Caramely Ice Cream

### Ingredients:

#### Delicious Instant Caramel Topping:

2 heaped tablespoons of hulled tahini

Stevia to taste

2 tablespoons of coconut milk

1/2 teaspoon of vanilla

#### Delicious Instant Ice Cream:

4 frozen bananas, chopped

4 tablespoons coconut milk

1 teaspoon of vanilla

### Instructions:

Spoon the tahini and stevia into a cup and stir with a fork to combine. Mix in the coconut milk and vanilla. Refrain from eating it while you make your ice cream.

Place the ingredients into food processor or blender, blend until the mixture is an ice cream consistency.

Spoon the ice cream into bowls, drizzle generously with the caramel topping, sprinkle with low sodium salt if you desire. Enjoy!

## 236. Berry Ice Cream and Almond Delight

### Ingredients:

#### For the Ice Cream:

1 can full fat coconut milk

Stevia to taste

2 tbsp vanilla

1 cup fresh strawberries, cut into fourths

#### For the crisp:

1/3 cup almond flour

3 tbsp sunflower seed butter (or almond butter)

1/2 tsp vanilla

a few drops of stevia liquid to taste

low sodium salt to taste

### Instructions:

#### For the ice cream:

Combine coconut milk and vanilla together in a small saucepan over medium heat and stir until ingredients are well combined (just a few minutes).

Transfer milk mixture to a small bowl and place in the freezer for two hours.

Next, add strawberries to a small saucepan and bring to a low boil.

Turn heat to medium-low and allow to cook until they start breaking down into a sauce-like mixture, leaving small chunks.

Place strawberries in refrigerator while the ice cream hardens.

#### For the crisp:

Combine all ingredients and mix until you get a “crumble” consistency.

Place crisp in refrigerator until ready to use.

After two hours, place milk mixture into your ice cream maker along with the strawberries and use as directed.

When ice cream is ready, scoop and serve with crisp sprinkled on top.



## 237. Eastern Spice Delights

### Ingredients:

1 3/4 cups + 4 tbsp almond meal  
1/8 tsp low sodium salt  
3/4 tsp ground ginger  
3/4 tsp cinnamon  
1/4 tsp ground cloves  
1/4 tsp cardamom  
1/8 tsp nutmeg  
1/2 cup coconut oil (in solid form)  
Stevia to taste  
1 tsp vanilla extract

### Instructions:

Preheat oven to 350F.

Combine all the dry ingredients in a large bowl. In a small bowl, mix together the oil, maple syrup, and vanilla until completely blended. Pour the wet ingredients over the dry ingredients and mix well.

Drop the cookie dough on a cookie sheet. It will spread a bit as it cooks (and thus flatten), but not an awful lot.

Bake for 10-12 minutes. These cookies will not look golden when they're done. Makes two dozens.

## 238. Absolute Almond Bites

### Ingredients:

1 1/2 cups almond flour  
1/4 teaspoon low sodium salt  
1/4 teaspoon baking soda (gluten-free, if necessary)  
1/8 teaspoon cinnamon  
2 tablespoons melted coconut oil  
Stevia to taste  
1 1/4 teaspoon vanilla extract  
1/4 teaspoon almond extract or almond flavoring  
12 to 15 whole almonds; sprouted or soaked and dehydrated

### Instructions:

Preheat oven to 325°F. Line a baking sheet with parchment paper.  
In a medium bowl combine almond flour, low sodium salt, baking soda, and cinnamon. Mix well, breaking up any lumps.  
In a small bowl, place coconut oil, vanilla, almond extract or flavoring. Whisk until well combined.  
Add wet ingredients to dry ingredients and stir until combined...add stevia  
Roll level-tablespoon-sized (using a measuring spoon) portions of dough into balls and place on baking sheet. Flatten slightly with the heel of your hand and press one almond into the center of each cookie.  
Bake 15 to 17 minutes or until light golden brown. Allow to cool on baking sheet for a few minutes before transferring to cooling rack.  
Store in an airtight container. Can be frozen.



## 239. Choco Coco Cookies

### Ingredients:

Stevia powder – 1 teaspoon

1 cup coconut flour

½ cup coconut oil

½ cup coconut milk, (from the can)

2 Teaspoons vanilla extract

¼ Teaspoon low sodium salt

2½ cups finely shredded coconut

1 cup big flake coconut

⅔ cup dark sugar free chocolate chunks or chocolate chips (I used 80% dark chocolate)

Optional: ½ cup almond or cashew butter

### Instructions:

In a large saucepan, combine the, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes.

Remove from the heat and add the vanilla, low sodium salt, and coconut flour and coconut. Stir to combine. If you're using the almond or cashew butter, mix it in thoroughly. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.

Portion the cookie on a parchment lined baking sheet and let cool. This version of no-bakes takes a full 3-4 hours to fully set up, but you don't have to wait that long because they're really good warm and gooey.

## 240. Nut Butter Truffles

### Ingredients:

5 tablespoons sunflower seed butter  
1 tablespoon coconut oil  
2 teaspoons vanilla extract  
 $\frac{3}{4}$  cup almond flour  
1 tablespoon flaxseed meal  
pinch of low sodium salt  
 $\frac{1}{4}$  cup sugar free dark chocolate chips  
1 tablespoon cacao butter  
chopped almonds (optional)

### Instructions:

Add sunflower seed butter, coconut oil, vanilla, almond flour, flaxseed meal and low sodium salt to a large bowl. Please note that you may find a thin layer of oil in the sunflower seed butter jar that separates from the butter and rises to the top. Be sure to mix oil and butter together before scooping into bowl.

Using your hands mix until all ingredients are incorporated (I like using gloves when mixing so the oils from my skin do not get into the mixture)  
Roll the dough into 1-inch balls and place them on a sheet of parchment paper and refrigerate for 30 minutes (using 2 teaspoons for each truffle will yield about 14 truffles)

Melt the chocolate chips in a double boiler along with the cacao butter  
Dip each truffle in the melted chocolate, one at the time, and place them back on the pan with parchment paper

Top with chopped almonds and refrigerate until the chocolate is firm

## 241. Chococups

### Ingredients:

4 eggs

Stevia to taste

1/3 cup coconut flour

1/4 cup cacao powder

1/2 teaspoon baking soda

1/4 cup coconut oil (melted in microwave)

1/4 cup cacao butter (melted in microwave)

### For topping:

1 can coconut cream (chilled in fridge overnight)

Cacao nibs to decorate.

### Instructions:

Heat oven to 170 degrees Celsius (338F)

Grease 10 muffin pans with coconut oil.

Beat eggs with electric beaters.

Add coconut flour, baking soda and cacao powder.

Beat well and add stevia

Add melted coconut oil, cacao butter and mix.

Spoon mixture into 10 greased muffin pans.

Bake for 12-15 minutes until risen and top springs back.

Cool in pans.

Beat the solid coconut cream with electric beaters until creamy. Add honey to taste if you wish.

Pipe coconut cream onto top of cakes.



## 242 Choco – Almond Delights

### Ingredients:

- 1 c. toasted hazelnuts
- 1 c. raw almonds
- 2/3 c. raw almond butter
- 5 Tbs. raw cacao powder (or unsweetened cocoa powder)
- 1/2 tsp. vanilla extract
- 1/4 c. unsweetened, shredded coconut

### Instructions:

Combine all the ingredients, except for the coconut, in the food processor.

Whir until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.

Line a mini muffin tin with plastic wrap. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.” Freeze until well formed. Remove mounds from plastic and tin and flip for presentation.

Sprinkle with shredded coconut.



## 243. Fetching Fudge

### Ingredients:

1 cup coconut butter  
1/4 cup coconut oil  
1/4 cup cocoa  
1/4 cup cocoa powder + 1 Tbsp  
Stevia to taste  
1 tsp vanilla

### Instructions:

In the pot, gently melt the cocoa butter on low (number 2)  
When it is half melted add the butter, the coconut oil and the coconut spread and gently mix with the whisk as it melts  
Add vanilla, and stevia and whisk in well  
Add the cocoa powder and whisk in well  
Be sure to take the pot off the heat when the fat is melted and keep whisking until it is smooth and all the lumps are out — you don't want to overheat this  
Pour into the 8 x 8 pan that is lined with parchment paper  
Refrigerate for 1 – 2 hours  
When solid, pull the parchment paper out of the pan, put the block of fudge on a flat surface and cut into small squares  
Enjoy! This will melt rather quickly — but it won't last long!

## 244. Extra Dark Choco Delight

### Ingredients:

1 egg  
½ very ripe avocado  
¼ cup full fat canned coconut milk  
2 tbsp cacao powder  
1 tbsp carob powder  
pinch low sodium salt  
pinch cinnamon  
1 scoop vanilla flavored hemp protein powder  
10g raw hazelnuts  
2 tbsp unsweetened shredded coconut

### Instructions:

Add the egg, avocado and coconut milk to a small food processor and process until very smooth and process until very smooth and creamy.  
Add cacao powder, carob powder, low sodium salt, cinnamon and protein powder and process again until well combined and creamy.  
Add hazelnuts and shredded coconut and give a few extra spins until the hazelnuts are reduced to tiny little pieces.  
Serve immediately or refrigerate until ready to serve.  
Garnish with a little dollop of coconut cream and cacao nibs or shredded coconut and crushed hazelnuts.  
This will keep in the refrigerator for a few days in an airtight container.

## 245. Chestnut- Cacao Cake

### Ingredients:

100g (1 cup + 1 heaping tablespoon) chestnut flour

50g (1/2 cup) ground almonds (almond flour)

3 eggs, separate

1/2 teaspoon cream of tartar

35g (1/2 cup) raw cacao powder

Stevia to taste

3/4 cup coconut milk

1/2 teaspoon baking soda

Crushed chesnuts

### Instructions:

Preheat oven to 180C fan (350F).

Grease a pie/tart pan.

In a clean mixing bowl, beat the egg whites and cream of tartar until stiff peaks form. Set aside.

In another mixing bowl, cream the egg yolks, chestnut flour, ground almonds, stevia, raw cacao, baking soda and coconut milk.

Fold in the egg whites and blend until the white is no longer showing.

Pour into the pie/tart mold.

Sprinkle with crushed chestnuts, if desired.

Bake for 35-40 minutes on the middle rack.

## 246. Choco Triple Delight

### Ingredients:

#### Cake:

1 cup almond flour (or 3 oz ground raw pumpkin seeds for nut-free version)  
3 tbsp Raw Cacao Powder  
1 tbsp coconut flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/8th tsp Stevia  
3 tbsp melted Raw Cacao Butter or coconut oil)  
Pinch of low sodium salt  
1 large pastured egg  
2 tbsp coconut milk (or dairy of choice)  
1 tsp pure vanilla extract  
2 oz 80% cocoa bar, chopped  
Top with 2 tbsp chopped nut of choice,  
Optional: 1/8th tsp low sodium salt sprinkled on top of cake before baking

#### Chocolate Drizzle:

2 tbsp coconut cream concentrate, warmed  
3 tbsp water (or coconut milk)  
3 tbsp Cacao powder  
1/2 tbsp pure vanilla extract  
Stevia to taste

### Instructions:

Preheat oven to 350 degrees F.  
Oil the sides and bottom of 8 inch cake pan.  
Line the bottom of the pan with parchment paper and set aside.  
In a medium bowl, add dry ingredients. Use a sifter to insure that all ingredients are blended well and that there are no lumps.  
Add remaining ingredients (except nuts and optional salt) to dry ingredients and mix. Taste for sweetness and adjust if necessary.  
Press (or spread with angled spatula) into a 8 inch cake pan. Sprinkle with nuts. Bake for 11-14 minutes.

DO NOT OVER BAKE! Remove from oven and serve warm or allow to cool and top with Chocolate Drizzle.

Chocolate Drizzle:

In a small bowl, blend coconut cream concentrate and water until smooth. Add cacao powder, vanilla and stevia. Whisk until creamy. Taste for sweetness and adjust if necessary. Drizzle over the cake.

## 247. Apple Cinnamon Walnut Bonanza

### Ingredients:

#### For the cake:

1 cup almond flour

2 tablespoons coconut flour

Stevia to taste

1 tablespoon cinnamon

1 teaspoon baking soda

1/4 teaspoon low sodium salt

1 tablespoon coconut butter, plus more for greasing the pan

2 eggs

1/2 cup cream from a can of refrigerated coconut milk

1 teaspoon vanilla

1 cup grated apple (about 1 large apple)

#### For the topping:

1 1/2 cups walnuts (or pecans, if you prefer)

1/2 cup almond flour

4 tablespoons melted coconut butter

Stevia to taste

1 tablespoon cinnamon pinch low sodium salt

### Instructions:

Preheat your oven to 350° and grease a 8 x 8 baking dish.

Make the topping: pulse the walnuts in a food processor 10-12 times or until they are course crumbs. Add the remaining ingredients and pulse 2-3 more times until combined. Set aside.

Wipe out and dry the bowl of your food processor and add your dry cake ingredients. (almond flour through low sodium salt) Pulse a few times to mix.

Cut the tablespoon of butter into smaller chunks and add it to the dry ingredients. Pulse 8-10 times or until it's cut in to the dry ingredients, similar to if you were making a pie crust.

In a small bowl, mix your wet cake ingredients (eggs through vanilla) and whisk until well combined. Stir in grated apple.

Add to the food processor and mix until combined. Scrape down the sides once or twice to make sure it's well mixed.

Pour into the prepared baking dish and sprinkle the topping over, as evenly as you can.

Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.

Allow to cool, and enjoy!

## 248. Peach and Almond Cake

### Ingredients:

2 whole peaches

300g almond meal

6 eggs

Stevia to taste

1 tsp baking soda

### Instructions:

Cover the peaches in water in a saucepan and boil for about 2 hours.

Preheat the oven to 180 degrees Celsius and line the bottom of a 24cm pan with baking paper.

Lightly beat the eggs.

Blend the eggs and peaches (quarter them first) thoroughly in a food processor.

Add the rest of the ingredients to the food processor, again blending thoroughly.

Pour mixture into the lined tin and bake for roughly an hour.



## 249. Choco Cookie Delight

### Ingredients:

1/2 cup dark chocolate sugar free chips  
1/2 cup coconut milk (thick fat from top of can)  
2 eggs  
1 cup almond flour  
pinch of low sodium salt  
1/2 teaspoon vanilla extract  
1/4 teaspoon baking powder

### Vanilla glaze:

1/2 cup coconut butter, liquid  
Stevia to taste  
1 /2 teaspoon vanilla extract

### Chocolate Glaze:

1/2 cup chocolate chips  
Stevia powder for decoration

### Instructions:

Place a small sauce pan over low heat and melt your chocolate and coconut milk together (only keep the heat on long enough to melt them together)

While melting, place your 2 eggs in a stand mixer with the whisk, or use a hand mixer with the whisk and beat your eggs until they are fluffy, about 1 minute

Add your coconut milk and chocolate to your eggs and mix well

Stir in your almond flour, low sodium salt, vanilla extract and baking powder

Mix well ensuring everything is combined

Pipe your batter into the cookie wells ensuring you fill higher than the halfway point

Remove from the cookie maker, gently insert the sticks and place everything in the freezer for 30-45 minutes

### Vanilla Glaze:

Combine your coconut butter, stevia, and vanilla extract in a small glass to make it easy to dip

You can keep this glass in hot water to keep the glaze more liquidy to make the dipping easier

Chocolate Glaze:

Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!



## 251. Secret Brownies

### Ingredients:

1 c. raw almonds  
1/2 c. raw cashews  
4-5 Tbs. cocoa powder  
1 Tbs. cashew butter  
Stevia to taste

### Instructions:

Combine all ingredients in the food processor.  
Whir until somewhat smooth.  
Press into 8×8" glass baking dish.

## 252. Cheeky Coconut Loaf

### Ingredients

1/2 cup coconut flour, sifted  
3 eggs  
zest of one lemon  
1/2 cup desiccated coconut  
1 cup coconut yoghurt  
1 teaspoon ground cardamom  
¼ cup almond milk  
2 tsp stevia  
A pinch of low sodium salt  
1/2 teaspoon concentrated natural vanilla extract  
1 teaspoon baking soda

### Instructions

1. Preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit
2. Grease a mini loaf tin (mine is 16cm x 6cm)
3. Combine the flour, zest, coconut, baking soda and cardamom. Add the eggs, mix together. Add the yoghurt, milk and stevia, combine. Add the salt and vanilla, combine. Spoon the mixture into your prepared pan. Bake for 35 minutes. Cover with foil and bake for another 10 minutes. Remove from the oven and allow it to cool slightly before flipping onto a cooling tray. Leave to cool for a few minutes before cutting into thick slices.
4. This is great toasted and served with butter. Enjoy.

## 253. Pristine Pumpkin Divine

### Ingredients:

2 cups blanched almond flour  
½ cup flaxseed meal  
2 teaspoons ground cinnamon (optional)  
Stevia to taste  
½ teaspoon low sodium salt  
1 egg  
1 cup pumpkin puree  
1 tablespoon vanilla extract

### Instructions:

Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt

In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.

Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.

Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan

bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.

## 254. Rose Banana Delicious Brownies

### Ingredients:

2 red beets, cooked  
2 bananas  
2 eggs  
1/2 cup unsweetened cacao powder  
1/3 cup almond flour  
1 tsp baking powder  
3 tablespoons crushed mixed nuts  
Stevia to taste

### Instructions:

Combine all ingredients in a food processor, and blend until smooth.  
Stir in the nut bits  
Pour into a well-greased pan about 8x8 inches  
Bake at 325 for about 40 minutes.

## 255. Fabulous Brownie Treats

### Ingredients:

1 1/2 cups walnuts

Pinch of low sodium salt

1 tsp vanilla

1/3 cup unsweetened cocoa powder

### Instructions:

Add walnuts and low sodium salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the vanilla, and cocoa powder to the blender. Mix well until everything is combined.

With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm.



## 256. Beautiful Butternut Pitta Surprise

### Ingredients

- 1 Tbs. coconut flour
- 1 1/2 tsp. grass fed gelatin
- 3 Tbs. well-cooked and mashed butternut squash (or sweet potato)
- 1 Tbs. coconut oil
- 1 egg
- Low sodium salt (to taste)
- \*\* (You can double the recipe if desired)

### Instructions

1. Prepare all the ingredients and have them at room temperature.
2. Preheat the oven to 400 and line a baking sheet with parchment paper. Stir together the coconut flour and gelatin.
3. Stir together the squash and the coconut oil until smooth. Stir in the coconut flour/gelatin mixture until combined, and then stir in the egg and salt.
4. Spoon into rounds on the baking sheet. Make sure that you spoon out the same sizes. It's up to you but I prefer a bit thicker.
5. Bake for about 12 minutes, and then carefully peel them off the parchment paper and flip. Bake for another 5 minutes (or longer), until they are dry to the touch and pliable. (They will take longer to cook if they are thicker and they will cook faster if they are thinner.)
6. Let cool completely, then enjoy within an hour or so of baking for the best texture.

## 257. Perfect Paleo Loaf

Makes 1 traditional loaf

Ingredients:

- 1/2 cup + 2 tbsp coconut flour, sifted
- 2 tbsp finely ground golden flaxseed
- 1 tsp baking soda
- 6 eggs, separated
- 4 tbsp coconut oil, melted
- 1/2 cup coconut milk
- 1 tsp apple cider vinegar or lemon juice
- Low sodium salt (to taste)

Instruction:

1. Preheat your oven to 375 degrees F. Line a loaf pan with a sheet of parchment paper on it, brush some butter on the remaining uncovered sides.
2. In a large mixing bowl, sift together all dry ingredients; make sure all lumps are smoothed out.
3. Separate eggs, adding the yolks to the flour mixture and set aside the whites to a medium mixing bowl.
4. Add the melted coconut oil, coconut milk, and apple cider vinegar/lemon juice to the flour, mixing thoroughly. Expect the mixture to be done and dry.
5. Whip egg whites with hand mixer until stiff peaks begin to form.
6. Fold egg whites into batter.
7. Spoon bread batter into a greased loaf pan. Smooth out the top with a spatula so that bread will bake evenly.
8. Bake for 35-40 minutes, covering bread with foil the last 5-10 minutes of baking.
9. Allow bread to cool for 5-10 minutes before transferring the bread to a cooling rack.
10. Slice and serve. Store any remaining bread in the refrigerator for up to 4 days.

Tips

It is very important to sift the coconut flour to remove any lumps, as it is a very dense flour.

Golden flaxseed as it adds a nice color to the bread making it look like a "multi-grain."

Whipping the egg whites allows the bread to be more fluffy and "slice-able." This bread is not sweet. Many bread recipes have added honey or sweeteners, but if you want it to be a bit sweet, you can add a few drops of stevia.

## 258. Carrot Coconut Surprise

### Ingredients

- 1/4 cup coconut flour
- 2 smallish-medium-sized carrots, about 2.5 oz/70 gr each
- 1/4 cup almond milk
- 2 eggs
- Low sodium salt and pepper, to taste

### Instructions

1. Preheat your oven to 400 degrees and line a baking sheet with parchment paper.
2. Put the carrots and coconut in your food processor and blend for about 30-60 seconds, until the mixture looks like orange crumbs. Add everything else into the food processor and blend for about a minute or until the mixture is smooth.
3. Divide the mixture into 8 parts and form into rounds on the baking sheet. If necessary, slightly dampen your hands to flatten the rounds and prevent the dough from sticking to your hands. The rounds should be a bit thicker than 1/4 inch - not too thin, or they won't hold together.
4. Bake for about 15-17 minutes until slightly browned on the bottom and dry on the top. Let cool for a few minutes before removing from the pan.

\*\*These biscuits are best to eat within an hour after baking, so I won't recommend to bake plenty. Bake just enough.

## 259. Relishing Raisin Bread

### Ingredients:

6 room temp eggs \*see tip below  
1/3 cup melted coconut oil  
1/3 tsp stevia  
1/2 cup coconut milk  
1/2 tsp vanilla extract  
1/2 cup coconut flour  
1 tsp cream of tartar  
1/2 tsp baking soda  
Low sodium salt (to taste)

### For the Swirl:

2 tbsp water  
1/2 tbsp cinnamon  
1tsp stevia  
A pinch of low sodium salt (to taste)  
1/4 cup raisins

### Directions:

1. Pre-heat your oven to 325 degrees. Cover the bottom of an 8×4 loaf pan with parchment paper and grease the sides (and bottom if you do not have parchment paper) with palm shortening (or other baking fat you chose).
2. Separate the eggs – this will allow you to whip up your egg whites and ensure a good light texture. Place your egg whites in a medium, clean bowl, and set it aside. Place your egg yolks in a large mixing bowl.
3. Add the rest of the wet ingredients to your yolks. Cream until smooth.
4. Add your dry ingredients, mix until well-combined.
5. Get your cinnamon swirl ready – simply mix together the first 4 swirl ingredients in a small bowl – Keep your raisins separate.
6. With a hand mixer or KitchenAid mixer – using clean beaters – on a medium speed whip up your egg whites until soft peaks begin to form when you remove the beaters. Fold the egg whites into the batter until just combined.
7. Add about 1/3 of the batter to your loaf pan – drizzle 1/2 of your swirl, and then quickly with a knife lightly zig-zag the swirl on top of the batter.

Sprinkle with half of your raisins

8. Add another third of the batter and drizzle the rest of the swirl.

9. Top with rest of batter.

10. Place in oven to cook for 47-50 minutes – until the top is bouncy or until when a toothpick is inserted in the top it comes out clean.

11. Remove and let cool for 5-10 minutes. Flip out to complete cooling. Can be tightly wrapped and stored on counter for 5-7 days, or placed in fridge for 10-14 days.

## 260. Luscious Lemon Delight

### Ingredients:

- 6 eggs
- 1/4 cup coconut oil, melted
- zest from 2 lemons
- 1/3 cup lemon juice
- 1 cup milk (almond or coconut)
- 2/3 cup coconut flour (do not substitute another flour)
- 1 heaping teaspoon baking soda
- Pinch of low sodium salt (to taste)

### Lemon Glaze:

- 2 Tbsp coconut oil
- 1tbsp water
- 1 tsp stevia
- 2 Tbsp almond milk
- zest and juice from 1 lemon
- 1/2 tsp pure vanilla extract

### Directions:

1. Preheat oven to 350 F.
2. Combine all bread ingredients in a mixing bowl and mix well. Pour into a greased pan and bake for 32-45 minutes or until golden on top and the middle is cooked through. Remove from oven and let cool.
3. While the lemon loaf is baking, mix all glaze ingredients together in a small pot over low heat until it starts to simmer. Remove from heat and let sit to cool until the lemon loaf is finished cooking and cooling. Pour the glaze all over the top of the loaf. Refrigerate the loaf at least 30 minutes – 1 hour until both the glaze and the loaf firms up a bit.
4. Enjoy! You can store leftovers in the refrigerator for up to 3 days.

## 261. Sexy Sweet Potato

### Ingredients

300 grams cooked sweet potato flesh\*

1/2 cup coconut flour

3 eggs

3 tablespoons of coconut milk

1 teaspoon baking soda

Juice of half a lemon

A pinch of low sodium salt

\*I roast a purple skin / white flesh sweet potato and keep the flesh for this recipe, I personally think the skins are delicious and eat them as they are. You can use whatever sweet potato you like.

### Instructions

1. Preheat your oven to 180 Degrees Celsius or 350 Degrees Fahrenheit.
2. Grease and line a mini loaf tin (mine is 6" x 2.5" ) with baking paper hanging over the sides for easy removal.
3. Put the ingredients into your food processor or blender and pulse until well combined. Spoon the mixture into the prepared tin, smooth over the top with a spoon. Bake for 40 minutes. Cover the loaf with foil and bake for a further 20 minutes. Remove from the oven and allow the bread to cool before slicing. Enjoy.



## 262. Heavenly Herb Flatbread

### Ingredients:

1/2 cup Coconut Flour  
3 eggs  
1 cup coconut milk or almond milk  
1/2 tsp low sodium salt  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp garlic powder  
drizzle of coconut oil

### Instructions

1. Preheat oven to 375 degrees.
2. Mix together the coconut flour, salt, herbs, & garlic powder in a bowl.
3. Whisk the eggs and coconut milk in a separate bowl.
4. Pour the wet ingredients into the coconut flour mixture.
5. Stir until no lumps are left. Let the batter sit for at least 5 minutes (so the coconut flour absorbs all the liquid). It should resemble a thick paste.
6. Prepare your pan. Drizzle some coconut oil on the bottom of pan (10 x 15" rimmed pan) and then place the parchment paper (oil first helps the corners stick). I also drizzled some coconut oil on top of the paper and spread it out with a pastry brush.
7. Pour out all the mixture into the pan. Tap the pan until the upper part is flat. (this will help your bread to cook evenly)
8. Cook for 30- 40 minutes or until the toothpick comes out clean.
9. Allow the bread to cool before transferring it to your container or serving plate.

## 263. Cozy Coconut Flour Muffins

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
¼ cup almond milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbsp coconut milk at room temperature  
2 tsp. vanilla extract  
1/4 tsp. baking soda  
1 tsp. apple cider vinegar

### Instructions

1. Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).
2. Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.
3. Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.
4. Cool completely.

**\*\*Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!**

## 264. Naked Chocolate Cake

### Ingredients

- 1/2 cup (2 3/4 oz) Naked Chocolate or a good quality cocoa
- 1/2 cup (2 3/4 oz) coconut flour
- 2 1/2 teaspoons gluten free baking powder
- 1/2 teaspoon ground cinnamon
- Pinch of low sodium salt
- 6 free-range eggs
- 1/2 cup (4 1/2 fl oz) coconut oil
- 3/4 cup coconut milk
- 1 teaspoon stevia
- 1 teaspoon vanilla paste

### Instructions:

Preheat oven to 160°C (320°F)

1. Combine the cocoa, coconut flour, baking powder, cinnamon and salt into a mixing bowl.
2. Add the eggs, stevia, vanilla, coconut milk and coconut oil.
3. Mix well until smooth and combined – a whisk works well for this.
4. Pour into a 20 cm (9 inch) baking tin lined with baking paper.
5. Bake the cake for 55 – 60 minutes or until cooked through. Best to test after 45 to make sure as oven temps may vary.
6. Remove from the oven and cool.
7. Spread with ganache or healthy chocolate mousse and enjoy.

## 265. Blueberry Sponge Roll Surprise

### Ingredients

6 eggs, separated  
1/3 cup almond milk  
1/2 cup coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon vanilla powder  
1 tsp stevia

### For filling:

1 can coconut cream (chilled in fridge overnight)  
¼ cup blueberry  
A few drops of stevia

### Instructions:

1. Heat oven to 170 degrees Celsius (338F)
2. Line a 24 x 30cm (base measurement) Swiss roll pan with baking paper.
3. Beat egg whites with electric beaters until they form soft peaks.
4. In a separate bowl, beat egg yolks and honey until pale yellow. (1-2 mins)
5. Add coconut flour, vanilla powder and baking soda to yolks, add milk and stevia and beat until well combined.
6. Using a metal spoon, mix 1/3 of the egg white mixture into the egg & flour mixture.
7. Gently fold in the remaining egg whites.
8. Spread into lined pan and bake for 12-15 mins until golden brown.
9. When cake comes out of the oven, lift it from the pan using the baking paper.
10. Leaving the cake on the paper, start from the short end and roll the cake into a log.
11. Place in fridge to cool with seam side down.
12. While cake is cooling, use electric beaters to beat the coconut cream that has separated to the top of the can and put a few drops of stevia on it. (About 1 cup) After doing the cream, slice blueberries into small pieces.
13. After cake has cooled, unroll and spread the coconut cream and put sliced blueberries at the top of the cake.

14. Using the paper as a guide, re-roll again from the short side.
15. Sprinkle top with coconut flour if you like.
16. Serve straight away, or store in the fridge.

## 267. Lemon Mousse Mouthwatering Cupcakes

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
6 Tbs. milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbs. coconut milk at room temperature  
1 tsp. vanilla extract  
1/2 tsp. ground cardamom  
1/4 tsp. baking soda  
1/2 tsp. apple cider vinegar

### Instructions

1. Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).
2. Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.
3. Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.
4. Cool completely and frost with the lemon mousse.
5. Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

### Lemon Mousse Frosting

#### Ingredients

3/4 cup stevia-sweetened lemon curd (recipe below)  
1 cup coconut milk  
1 Tbs. light coconut milk  
1 tsp stevia  
Pinch of salt to taste

### Instructions

1. First, make the stevia-sweetened lemon curd, by simply whisking the whole eggs, yolks and 1tsp stevia in a saucepan until smooth, then place pan over a low heat. Add the coconut oil, juice and zest and whisk continuously

until thickened. Strain through a sieve. Lemon curd keeps, covered, in the fridge for 2 weeks. Chill until thickened and cold before using it.

2. In a small saucepan, whisk together the coconut milk and gelatin. Let it sit for 10 minutes. Then turn the heat on medium and whisk until the gelatin dissolves. Pour into a bowl and refrigerate until set, about 4 hours.

3. In a food processor, blend together the set coconut milk and the lemon curd until smooth. Add stevia to taste and a small pinch of salt.





## 268. Delicious Coconut Flour Cake with Strawberry Surprise

### Ingredients

1 dozen eggs  
2 cups coconut milk (I used homemade)  
¼ cup milk  
2 teaspoons Stevia  
2 teaspoons vanilla extract  
2 cups coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon low sodium salt  
coconut oil for greasing the pan

### Instruction

1. Preheat oven to 350F.
2. Whisk together the eggs, coconut milk, milk, stevia and vanilla extract. Mix until smooth.
3. Add coconut flour, baking soda and salt to the egg mixture and whisk until a smooth batter forms.
4. Grease 2 – 9 inch round cake pans with coconut oil.
5. Divide up the batter evenly between the 2 cake tins. Use a rubber spatula to smooth it out.
6. Bake for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
7. Allow the cake to cool.
8. Fill the center with cooked strawberries (recipe below). You can also use the strawberry filling to decorate the cake.

### Strawberry Filling

#### Ingredients

2 cups organic strawberries, stems removed and sliced

1. Place the strawberries in a saucepan over medium heat.
2. After a few minutes, the strawberries will release their juices.
3. Allow them to cook uncovered, occasionally stirring and smashing them.

4. Keep cooking them until the strawberries are soft, smashed and the sauce has reduced. About 30 minutes.

## 269. Chocolate Raspberry Cake Delight

### Ingredients

#### For the cake

- 1/2 cup (120g) of Coconut Oil
- 1/4 cup (30g) of Coconut Flour
- 1/3 cup (45g) of Arrowroot Starch
- 1/4 cup (35g) of Unsweetened Cocoa Powder
- 1 teaspoon of Baking Soda
- 1/4 cup almond milk
- 1/4 cup of Strong Hot Coffee
- 1 tbsp Stevia
- 4 large Eggs
- 1 teaspoon of Vanilla Extract

#### For the raspberry sauce

- 10 ounces of Raspberries
- 1 teaspoon of Lemon Juice
- 1/4 cup almond milk
- 1 tsp Stevia
- 1/2 teaspoon of Gelatin

#### For the chocolate ganache

- 3 ounces of Chocolate Chips
- 1/3 cup of Full Fat Coconut Milk

### Instructions

1. **FOR THE CAKE:** Whip together the coconut oil and stevia in a large mixer until combined, about 3 minutes on high speed.
2. Sift together the coconut flour, arrowroot flour, cocoa powder, and baking soda in a separate bowl. Whisk together the eggs, milk, stevia, coffee, and extract in a large glass.
3. Add about a third of the dry ingredients and a third of the liquid ingredients to the mixing bowl and mix until combined. Repeat adding the ingredients in batches until all mixed and uniform.
4. Evenly portion the cake batter into muffin tin cups. Bake at 350F for 25-28 minutes, until an inserted toothpick comes out clean.
5. Remove from the oven and let the cakes cool for about 10 minutes. Gently remove the cakes from the tin cups using a rubber spatula and set on

a cooling rack upside down.

**FOR THE RASPBERRY SAUCE:** Reserve a few raspberries for garnish.

Gently heat the raspberries, lemon juice, and milk and stevia for about 5 minutes. Remove from heat when the mixture looks uniform. Sprinkle the gelatin on the jam and mix until dissolved.

**FOR THE CHOCOLATE GANACHE**

Heat the coconut milk to a very low boil. Add to the half of the chocolate chips and mix until fully combined. Then add the rest and mix until uniform. Let cool to a thick yet pourable consistency before use.

**ASSEMBLY:** Scoop out a portion of cupcake from the center, careful not to puncture it completely. Fill the hole with about a tablespoon of the raspberry sauce. Pour about 2 tablespoons worth directly on top of the raspberry center.

\* \*Use a frosting spatula or the back of a spoon to spread the chocolate in a circular motion toward the cupcake edges. Let the chocolate goodness fall to the sides. Top with a raspberry and enjoy!

## 270. Strawberry Dashing Doughnuts

### Ingredients:

- 4 large eggs, room temperature
- 3 tablespoons coconut oil, melted
- $\frac{3}{4}$  cup coconut milk, warm
- 1 tsp Stevia
- 1 teaspoon apple cider vinegar
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{4}$  cup strawberries, grind
  - $\frac{1}{2}$  teaspoon baking soda
  - $\frac{1}{4}$  teaspoon low sodium salt

### Topping

- 1 ounce raw cacao butter, melted
- 2 tablespoons coconut butter
- 1 teaspoon stevia
  - $\frac{1}{4}$  cup strawberries, grind

### Instructions:

1. Preheat a doughnut maker. If using a doughnut pan, preheat the oven to 350F and grease the pan liberally with butter.
2. Using a stand mixer or electric hand mixer, beat the eggs with the coconut oil on medium-high speed until creamy.
3. Add the milk, stevia, vinegar, and vanilla and beat again until combined.
4. Using a fine mesh sieve or sifter, sift the remaining dry ingredients into the bowl. Beat on high until smooth.
5. Scoop the batter into a large Ziploc bag, seal the top, and snip one of the bottom corners.
6. Pipe the batter into the doughnut mold, filling it completely.
7. Cook until the doughnut machine indicator light goes off. If you are using an oven, bake for 17 minutes. Remove the doughnuts and cool on a wire rack. Trim if necessary.

Make the glaze

1. Mix the cacao butter, coconut butter, and stevia in a shallow bowl. Place in the freezer for 5 minutes to thicken.
2. Once the donuts are completely cooled, sprinkle ground strawberries on top.
3. Place in the refrigerator for 20 minutes to allow the glaze to set.

## 271. Perfect Plantain Cake Surprise

### Ingredients

- 4 eggs, separated
- 2 tsp cream of tartar
- 1/2 cup extra virgin coconut oil
- 1/4 cup almond milk
- 2 tsp Stevia
- 1 cup ripe plantain, mashed (equals one plantain)
- 4 tsp vanilla extract
- 1/2 cup coconut flour, sifted
- 1/2 tsp baking soda
- 1/4 tsp low sodium salt

### Instructions

1. Preheat oven to 350 degrees F. In a bowl combine egg whites and cream of tartar.
2. Whip the egg whites until stiff peaks form.
3. In a separate bowl cream together coconut oil, stevia and milk. Do that for a few minutes.
4. Add the egg yolks. Mix until smooth. Add mashed plantain and vanilla until mixed.
5. Add the sifted coconut flour, baking soda and salt to the egg yolk mixture. Mix until smooth. Slowly add the egg yolk mixture to the whipped egg whites.
6. Line an 8 x 1.5 inch cake tin with parchment paper and grease the sides.
7. Bake for 35 minutes until the top is firm to the touch and a toothpick can be inserted and comes out dry.

## 272. Lemon Blueberry Cake Delight

### Ingredients

½ cup coconut flour, sifted

3 eggs, beaten

⅓ cup unsweetened coconut milk or almond milk

2 tbsp lemon juice, ( use lemon squeezer to get all the juice)

1 tbsp lemon zest

2 ½ tbsp. coconut oil, melted

½ tbsp liquid stevia

1 tsp lemon extract (organic GF kind).

½ tsp baking soda + 1 tsp apple cider vinegar, mixed in separate pinch bowl (should be very fizzy)

½ cup blueberries \*optional.

### Lemon Ice Glaze:

2 tbsp coconut oil, melted

1½ tbsp coconut butter, melted

1 ½ tbsp unsweetened coconut milk

1½ tbsp lemon juice

½ tsp lemon extract (organic GF kind)

2 tsp lemon zest

1/3 tsp liquid stevia (as sweetener)

### Instructions

1. Preheat oven to 350 F, and grease or oil a 9” round cake pan.
2. In a large mixing bowl combine: all the first 8 cake ingredients. Stir together thoroughly; break up any coconut flour lumps. Add in baking soda and vinegar mixture and stir.
3. Gently add and mix in the blueberries.
4. Spoon cake batter into prepared pan and spread around evenly.
5. Bake in 350 F oven for 30 minutes or until center is firm.
6. Remove cake from oven and let cool for 10 minutes while you make the lemon ice glaze.
7. Heat a small sauce pan over low heat and melt: coconut oil, and coconut butter. Stir the mixture as it melts and break up any coconut butter lumps.
8. Once melted, remove from heat and add all the rest of the lemon ice glaze ingredients. Stir the glaze thoroughly until well mixed and set aside to



cool.

9. Use a metal or wooden skewer, or large toothpick to poke holes all over the cake. Be sure to poke all the way down to the bottom of cake.

10. Spoon or pour lemon ice glaze all over the top of cake, making sure to cover well. Use the back of a spoon to spread around evenly.

11. Let cake cool and glaze set awhile. It should only take 5 minutes or so for glaze to solidify a bit.

12. Slice and serve. Unused portions should be stored in the fridge.

## 273. Titillating Berry Trifle

### Ingredients:

- 1/2 cup plus 2 tsp coconut flour, sifted
- 1/4 tsp low sodium salt
- 1/4 tsp baking soda
- 5 whole eggs (2 of them separated)
- 1/2 cup coconut oil, softened
- 1/2 cup almond milk
- 2 tsp stevia
- 1 tablespoon vanilla extract
- 2 teaspoons lemon juice
- 1 1/2-2 cups washed & diced strawberries (cut large if using a traditional Trifle bowl)
- 1 1/2-2 cups washed blueberries
- 1 1/2-2 cups washed raspberries
- 3-4 cans full-fat coconut milk, cream only

### Instruction:

1. Preheat oven to 350 degrees.
2. Sift the dry ingredients together and set aside.
3. Separate 2 of the eggs, setting the whites aside and putting the 2 yolks in a medium sized bowl. Crack open the rest of the eggs, adding them to the bowl with egg yolks.
4. Using a mixer or hand whisk, beat the coconut oil (liquid or solid, doesn't matter), milk, vanilla and lemon juice until they are well combined.
5. On low/medium-speed, mix the dry ingredients into the wet ingredients. Continue to mix till the batter is smooth and has no lumps.
6. Add the eggs (not including the 2 egg whites) in three phases to the batter. Allow each addition to be incorporated completely before adding the next.
7. In a small bowl, beat the egg whites till thick soft peaks form. Fold into the batter.
8. Pour the batter into a greased 8 inch square brownie pan or 7X10 small casserole dish lined with parchment paper, allow a few inches of flaps to hang over the two long sides of the pan. This will help later with removing the cake ensure that the sides of the cake won't stick to the pan. Alternatively, you could make cup cakes with the batter and cube those up

for the trifle. Baking times will vary depending on the depth of the cake pan. I find that a 1 or 2 inch high cake produces the best texture instead of a thicker cake. However, I have made this in a standard size bread pan as well, and it turns out very nice.

9. Bake for 30-45 min. or until a toothpick in the center comes out clean.

10. Allow the cake to cool for 5-10 minutes, run a sharp knife along the edges and carefully remove from the pan. Cool completely.

For the coconut whipped cream:

1. Chill 2-3 three cans of full-fat coconut milk (a few hours or overnight).

2. Open the cans and scoop the thick cream in to a medium bowl. Try to keep as much coconut liquid out of the cream as possible. Discard the liquid or freeze it into ice cube trays to use in smoothies.

3. With a hand/stand mixer, beat the cream on high for a minute or so. Add ½ tsp. stevia as sweetener if desired. Continue beating until well combined.

Assembling the Trifle:

Assembly is super easy. Just add some cake to the bottom of your dish, then whipped cream, strawberries/raspberries, whipped cream, more cake, blueberries, more whipped cream, then more fruit if desired or cake crumbles. Really just layer it however you like!

This recipe should make enough for 4 individual 12 oz trifles or you can make two cakes, add extra fruit and more coconut cream (2-3 more cans) for one, 2-quart trifle or glass bowl.

## 274. Lemon-Coconut Petit Fours

### Ingredients

#### For the Cake

- 1/2 cup coconut flour
- 1/2 cup coconut milk
- 3 eggs, separated
- 3/4 cup soaked dates in 3 tbsp hot water
- 1/2 tsp vanilla
- 1/2 tsp baking soda
- 1/4 tsp low sodium salt
- 1 tsp lemon rind

### Frosting

- 2/3 cup coconut cream (from the top of a can of coconut milk)
- 2 tbsp almond milk
- 1 tbsp Stevia
- 3 tsp lemon juice
- ¼ cup coconut oil, room temperature

### Instructions

1. Put dates in a heat safe bowl or container and pour 3 tbsp boiling water over them and let soak for about 15 minutes. You can chop the dates before soaking to speed up the process, but it's not necessary.
2. Separate the eggs with yolks in one bowl and whites in one large stainless steel, glass or ceramic bowl. When you go to whip the egg whites, it helps if they are at room temperature.
3. Once dates have soaked put them in a food processor along with remaining water and mix until you have a paste-like consistency. Add coconut flour, milk, egg yolks, vanilla, baking soda, salt and lemon rind and mix.
4. Whip the egg whites until foamy and stiff peaks form. This is much easier if you have a stand mixer with the whisk attachment or a hand mixer. It is possible to do it by hand, but takes time.
5. Gently fold egg whites into the batter. Grease a standard sized loaf pan. Put batter in pan and even out the top with a spatula or spoon.

6. Bake in a 350° oven for 20-30 minutes or when a toothpick inserted comes out clean.

For the frosting

7. Coconut cream can be purchased in cans or you can skim the cream of the top of cans of coconut milk, however you may have to use multiple cans of coconut milk. Put coconut cream in a bowl and whisk for a few minutes to make it lighter and creamier.

8. Add coconut oil, milk, stevia and lemon juice and whisk until fully incorporated.

9. Allow the cake to cool completely before frosting. Once the cake has cooled, cut small squares or circles out of the cake and skim some cake off of the top with a knife to make it even. There will be leftover scraps, but they make a great snack!

10. Cut the squares in half and frost the middle. You can use the prepared frosting, but it will be very thin.

11. Drizzle the prepared frosting over the small cake squares and use a spatula or knife to frost the sides evenly. Once you've frosted each petit fours, refrigerate to allow the frosting to harden. Top with a bit of lemon rind.

## 275. Gingerbread Cream Delight

### Ingredients

For the Gingerbread Cake

- ½ cup (80g) of packed Coconut Flour
- ½ cup (64g) of Arrowroot Flour
- 1 teaspoon of Baking Powder
- ½ teaspoon of Baking Soda
- ½ teaspoon of low sodium Salt
- 1½ teaspoon of Ginger Powder
- 1½ teaspoon of Cinnamon
- ¼ teaspoon of Nutmeg
- Pinch of Cloves
- ½ cup of almond milk
- 1 teaspoon of Vanilla Extract
- 4 Eggs, room temperature
- ½ cup (100g) of Coconut Oil (softened solid)
- 2 tsp Stevia

For the Cream Cheese Frosting

- 8 oz Cream Cheese, room temperature
- 4 oz of Coconut oil at room temperature
- 2 tbsp Stevia
- ¼ cup of Arrowroot Flour

### Instructions

For the Gingerbread Cake

1. Preheat oven to 350F and grease an 8"x4" loaf pan.
2. Sift together the coconut flour, arrowroot flour, baking powder, baking soda, salt, and spices in a bowl to form the dry mixture.
3. Combine the milk and vanilla extract in another bowl to form the liquid mixture.
4. Separate the eggs whites from the egg yolks.
5. Beat the egg whites at high speed in a mixer bowl with a whisk attachment until a meringue forms. Remove the whites from the mixer bowl and set aside.

6. Add the coconut oil and coconut sugar to the mixing bowl and beat on medium high for about a minute until uniform.
7. Add the egg yolks one at a time to the mixing bowl and beat on medium until combined. Scrape the sides if necessary.
8. Add half of the dry mixture to the mixing bowl and beat until combined.
9. Add half of the liquid mixture to the mixing bowl and beat.
10. Repeat the previous two steps until all mixed.
11. Portion a heaping of the egg whites and add to the mixing bowl and mix.
12. Fold in the rest of the egg whites until uniform.
13. Pour batter into the loaf pan and bake, centered rack, at 350F for 35-40 minutes.

#### For the Frosting

1. Whip the coconut oil and cream cheese until smooth.
2. Add the arrowroot flour and stevia.
3. Whip on low until the flour is absorbed into the butter, then whip on high for a few minutes until light and fluffy.





## 276. Mouthwatering Coconut Custard Cake

### Ingredients:

- 4 eggs
- 2 ½ cups almond milk
- 1/2 cup coconut flour
- 1 tsp pure vanilla extract
- 2 tsp baking powder
- 2 tsp stevia
- 1/4 cup coconut, melted
- 1 1/2 cups unsweetened, coconut flakes
- 1/2 cup chocolate chips or broken chocolate bar

### Instruction

1. Pre-heat oven to 350F.
2. In a large bowl of a stand mixer (or whisk by hand) eggs, milk, coconut flour, stevia, vanilla, coconut oil, and baking powder until smooth.
3. Stir in coconut flakes and chocolate.
4. Pour into an 8” cake pan and bake for 45 - 50 minutes or until a toothpick inserted into middle comes out clean.
5. Allow to cool before slicing in pan, and serving.
6. Sprinkle with cinnamon just before serving.

## 277. Cranberry Orange Upside Down Revolution

### Fruit:

unbleached parchment paper  
2 cups fresh cranberries  
1 tablespoon coconut oil (at room temperature)  
1 teaspoon stevia  
1 tablespoon arrowroot powder

### Dry Ingredients:

6 tablespoons coconut flour  
6 tablespoons arrowroot powder  
2 teaspoons baking powder  
1/4 teaspoon low sodium salt

### Wet Ingredients:

4 large pastured eggs  
4 tablespoons melted coconut oil  
4 tablespoons almond milk  
2 tablespoons freshly squeezed orange juice  
A zest of 1 organic orange  
1 teaspoon vanilla

### Instruction

1. Preheat oven to 350 degrees F. Place a 9-inch cake pan onto a sheet of parchment paper and draw a line around the bottom with a pencil. Cut out the circle and place it onto the bottom of the cake pan. Grease the sides of the pan with coconut oil.
2. In a small bowl mix together the coconut oil, milk, and arrowroot powder. Spread it onto the parchment paper in the cake pan (I use an offset spatula to do this). Arrange the cranberries on top of the mixture.
3. Whisk together the dry ingredients. In a separate bowl, whisk together the wet ingredients. Pour the wet into the dry and quickly whisk together until combined. Pour batter over fruit and spread evenly with the back of a spoon or spatula.
4. Bake for 30 to 35 minutes. Let pan cool on a wire rack for 15 to 20 minutes then carefully flip out onto a plate; peel off parchment paper. Let

cool and then serve. Enjoy!

## 278. Baked Vanilla Cardamom Delights

### Ingredients:

1/2 cup coconut flour  
1/8 teaspoon baking soda  
3/4 teaspoon baking powder  
1/4 cup Stevia liquid drops  
1/4-1/2 teaspoon cardamom (we did 1/2 because we love cardamom)  
2 egg, room temperature  
2 tablespoons coconut oil, liquid (or oil of choice)  
1/2 cup warm water

### Instructions:

1. In a bowl place all dry ingredients into bowl and whisk together. Set aside.
2. Next grab your stevia, coconut oil and egg and whisk together in mixing bowl. Once that is all mixed together add in your dry ingredients. Begin to stir the donut batter.
3. End with adding in your warm water to the batter and stir till smooth and combined.
4. Pre-heat your mini donut maker. Once your green light turns off it is ready. Begin to scoop your donut batter into each mini donut ring. We used a cookie scooper to help with the scooping.
5. Once all rings are filled close the donut maker and let bake for 2-3 minutes. Check and see if they feel done. If so remove carefully with a knife. Repeat process till all our donut batter has been baked.
6. Remove donuts from pan with a knife. Serve and enjoy.



## 279. Scrumptious Peanut Butter Parcels

### Ingredients:

½ cup sifted coconut flour  
1 cup natural peanut butter  
½ cup peanuts, coarsely chopped (optional)  
1 tsp Stevia Drops  
4 eggs  
½ teaspoon vanilla  
½ teaspoon low sodium salt

### Directions:

1. Mix together peanut butter, sugar, eggs, vanilla and salt. Stir in peanuts and coconut flour. Batter will be runny.
2. Drop by the spoonful 2 inches apart on greased cookie sheet. Bake at 375 Degrees F for about 14 minutes.
3. Cool slightly and remove from cookie sheet.

\*\*Makes about 3 dozen cookies.

## 280. Pumpkin Cream Cookies

### Ingredients

#### For the donuts

- 6 dried medjool dates, pitted
- ½ cup pumpkin puree
- ¼ cup coconut oil, melted
- 4 eggs
- 3 tablespoons coconut flour
- ½ tablespoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground ginger
- ½ teaspoon baking powder
- A pinch of low sodium salt

#### For the cream

- 1 (14 ounce) can of coconut cream OR coconut milk refrigerated overnight\*
- 1 tablespoon stevia
- ¼ teaspoon cinnamon

#### For the chocolate

- 1 cup Enjoy Life Chocolate Chips, melted
- 3 tablespoons coconut milk

### Instructions

1. Place dried dates in a food processor and pulse to break down.
2. Add pumpkin puree, melted coconut oil, and eggs to the food processor and puree until smooth.
3. Add coconut flour, cinnamon, nutmeg, ground cloves, ginger, baking powder, and a pinch of salt and puree once more.

\*To make the donuts easy to pour and keep them a round shape, place donut puree into a plastic bag or pastry bag, cut the end off of the plastic bag so you can squeeze to mixture in a circle in the donut maker. If you are using a donut pan for the oven, preheat oven to 350 degrees.

4. Heat up a mini donut maker, grease the donut maker or pan, and use the bag to squeeze about 2 tablespoons of the mixture into each donut round.
5. In a mini donut maker, cook for 5-7 minutes. Times will vary with the different donut maker. If you are using a donut pan, cook for 20-25 minutes.
6. Remove donuts once cooked through and let rest and cool on a wire rack.
7. Once cooled, place in refrigerator for about 10 minutes. (The donuts will be easier to work with once they are a bit harder).
8. While the donuts cool, in a bowl, remove the coconut cream that sits on top of the coconut water (keep the coconut water for later) and whip together the coconut cream with a fork or whisk. Then add maple syrup and cinnamon and mix well. Place cream in a piping bag or plastic bag and then cut off the end.
9. In a bowl, melt chocolate chips and coconut milk that was left behind from the coconut cream via a double boiler or in a microwave.
10. Cut the donuts in half, carefully. On the bottom donut, pipe on the cream around the donut then place the top donut half on top of the cream. Then finish the donuts off by dipping them halfway into the melted chocolate.
11. Place donuts on a parchment lined baking sheet and into the freezer to harden the chocolate.
12. Once chocolate has hardened, eat up! Makes 8 mini donuts.





## 281 . Sexy Savory Muffins

### Ingredients

½ cup coconut flour  
1 tsp baking soda  
½-1 tsp low sodium salt  
¼ cup coconut oil  
½ cup + 2 tbsp coconut milk  
4 pastured eggs  
1 tsp apple cider vinegar  
1 tsp garlic powder  
½ tsp each of rosemary, thyme, sage

### Instructions

1. Pre-heat the oven to 350°. Melt the coconut oil and combine with remaining muffin ingredients in a food processor or bowl, mix well.
2. Place batter in a muffin tin lined with muffin liners. The muffins will raise a small amount, so you can fill the muffin liner about  $\frac{3}{4}$  full—almost to the top. Bake for about 20-30 minutes or until a toothpick inserted comes out clean and the tops are slightly browned.
3. Let it cool and slice in small squares.

## 282. Delicious Lady Fingers

### Ingredients

4 Pastured Eggs, separated  
1/4 cup almond milk  
1/4 tsp Baking Soda  
1/2 tsp Pure Vanilla Extract  
1/3 cup Coconut Flour, sifted  
1 tsp freshly ground Coffee

### Instructions

1. Preheat oven to back at 400 degrees.
2. Beat egg whites until stiff in a standing kitchen mixer, or with a hand mixer.
3. In a medium sized mixing bowl, combine egg yolks, baking soda, vanilla extract, and milk. Whisk until combined.
4. Sift in the coconut flour, and continue to whisk until smooth.
5. Fold in the egg whites, followed by the coffee grounds.
6. On a parchment lined baking sheet pipe out 3 inch long cookies with a round piping tube.
7. Bake at 400 degrees for 13 minutes, or until cookies are golden brown.
8. Allow to cool and enjoy.

## 283 Cheeky Coconut Chocolate Cookies

### Ingredients

1/2 cup Virgin Coconut Oil, melted  
1/4 tsp stevia  
1/2 tablespoon vanilla extract  
4 eggs  
1/8 teaspoon low sodium salt  
1 cup coconut flour  
1/2 cup shredded coconut  
3/4 cup chocolate chips

### Instruction

1. Preheat oven to 375 degrees F.
2. Mix together coconut oil, sugar, vanilla, eggs, and salt together. Blend thoroughly. Add flour, coconut and chocolate chips; mix thoroughly.
3. Form into small cookies on a parchment lined pan and bake in preheated oven for about 15 minutes, or until lightly browned.

## 284. Chocolaty Pumpkin Muffins

### Ingredients

1/3 cup pumpkin puree  
1/3 cup almond milk  
1/4 cup coconut oil, melted  
3 eggs, whisked  
1 teaspoon vanilla extract  
1/4 cup coconut flour  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/8 teaspoon ground cloves  
1/8 teaspoon powdered ginger  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
pinch of low sodium salt  
1/2 cup Enjoy Life Mini Chocolate Chips  
1 tsp stevia

### Instructions

1. Preheat oven to 350 degrees.
2. Mix together wet ingredients in a bowl: pumpkin puree, milk, coconut oil, eggs, and vanilla extract.
3. In another bowl, whisk together coconut flour, cinnamon, nutmeg, ground cloves, powdered ginger, baking soda, baking powder, and salt.
4. Pour dry ingredients into wet ingredients and mix well.
5. Fold in chocolate chips.
6. Use an ice cream scoop to scoop batter into 5 silicone baking cups.
7. Bake for 35-40 minutes



## 285 Succulent Shortbread Cookies

### Ingredients:

3/4 cup + 1/2 cup extra coconut flour  
1/4 cup arrowroot starch  
1/2 cup coconut oil or butter, melted  
1/8 tsp low sodium salt  
5 tablespoons milk  
1 tsp stevia  
1/4 cup dark chocolate chips

### Instruction

1. Preheat oven to 350 degrees.
2. Combine all ingredients except chocolate and 1/2 c extra coconut flour in a mixing bowl. Mash up with a fork and add additional coconut flour until the mixture is crumbly.
3. Dust a clean, smooth surface with coconut flour. Press the crumbly mixture out with your fingers to make it smooth and somewhat flat. Dust with coconut flour.
4. Roll the dough to about 1/8-1/4 inch thickness using a rolling pin. Cut shapes out of the dough. Roll the scraps up into a ball and flatten to cut more shapes out.
5. Bake on a lightly greased cookie sheet for 15 minutes. Allow the cookies to cool.
6. Microwave the chocolate chips for 10 second intervals, stirring between intervals, until they are melted. Drizzle cookies with the chocolate. If the chocolate is not very runny, add a tiny amount of coconut oil and stir.
7. Allow the cookies to cool in the fridge or freezer for a few minutes until the chocolate is set.





## 286. Yummy Pumpkin Bars

### Ingredients

1/2 cup coconut manna  
1/2 cup coconut oil  
1/4 heaping cup coconut flour  
1 1/2 cup cooked winter squash (butternut or pumpkin)  
A pinch of low sodium salt  
2 tsp. cinnamon  
1 tsp. ginger  
1/4 cup almond milk  
1 tsp stevia

### Instructions

1. On the stove, gently melt coconut oil and manna until melted.
2. In food processor, add squash, spices, coconut flour, salt, milk and stevia. Pour melted coconut oil and manna on top and blend for 30 seconds being sure all the big pieces of squash are blended.
3. Line a square 8x8 brownie pan with parchment paper. Scoop the bar filling into the pan and use a spatula to smooth it out. Bake for 25 min at 350 degrees. Remove from oven, let cool, cover and put in fridge until completely chilled; about 3 hours.

## 287. Tasty Coconut Pancakes

### Ingredients:

1/4 cup coconut flour  
1/8 tsp baking soda  
Pinch of low sodium salt  
1/3 - 1/4 cup coconut milk  
2 tbsp organic, cold-pressed coconut oil  
3 eggs  
1 tsp stevia  
1/2 tsp vanilla extract  
Coconut oil for cooking

### Instruction

1. Thoroughly mix the eggs, coconut oil, and stevia together.
2. Add the coconut milk and vanilla extract.
3. Throw in the coconut flour, baking soda, and salt. Mix, but remember, not too much!
4. Place a little coconut oil in your skillet and then using a measuring cup, add a little batter to the pan. I recommend figuring out how many pancakes you'd like to make beforehand so that you can use an appropriately sized cup or ladle. This recipe should yield around 8 or so pancakes.
5. Remember that you aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping.
6. For best results, serve your pancakes with Blueberry sauce

### Blueberry Sauce

#### Ingredients

2 cups fresh or frozen blueberries (no need to thaw before use if frozen)  
1/4 cup water  
2 tsp. arrowroot powder  
1 Tbs. water

#### Instruction

1. Place the berries and 1/4 cup water (or juice) in a small saucepan over medium heat. Cook for 5-10 minutes, until bubbling. Slightly smash some of

the blueberries with the back of a fork.

2. In a small bowl, stir together the arrowroot powder and 1 Tbs. of water. Remove the saucepan of berries from the heat. While stirring constantly, add the arrowroot mixture into the blueberry mixture. Let cool until no longer hot and serve. The sauce will become even thicker when chilled.

\*\*You can store the sauce in the fridge for a few days.

## 288.. Fluffy Coconut Flour Waffles

### Ingredients

8 free-range organic eggs  
1/2 cup melted butter or ghee (organic and preferably grass-fed)  
1/2 cup coconut flour  
1/4 teaspoon low sodium salt  
1/4 teaspoon baking soda  
1/4 cup canned coconut milk  
1 tsp stevia drops

### Instructions:

1. Take out your waffle maker.
2. In a large bowl add the eggs and beat with an electric hand mixer for 30 seconds until the eggs are well beaten.
3. Add the melted butter or ghee slowly into the eggs while you are still mixing.
4. Add the coconut flour, pink salt, baking soda and coconut milk.
5. Mix with the hand mixer for 45 second on low until the batter becomes thicker.
6. Heat up your waffle maker and make the waffles according to your maker's specifications..
7. Serve with butter or ghee, mashed strawberries ([recipe here](#)) or fresh maple syrup

## 289 Sexy Savory Pannukakku

### Ingredients

1/4 cup coconut oil  
1/4 cup coconut flour  
1/4 cup arrowroot powder  
1/4 teaspoon low sodium salt  
1 cup light coconut milk (canned)  
8 eggs  
2 teaspoons pure vanilla extract  
1 tsp stevia

### Instructions

1. Preheat the oven to 400 degrees. Place the butter in a 9 by 13 inch baking pan and place it in the oven to let it melt.
2. In a medium mixing bowl, stir together the coconut flour, arrowroot, and salt. Whisk in the coconut milk until there are no lumps of starch. Whisk in the eggs, vanilla, and stevia.
3. Remove the hot pan from the oven and pour the batter onto the hot butter (pour slowly to avoid splatters of hot butter). Return the pan to the hot oven and bake for 15-20 minutes, or until the edges has puffed up and the center is set. Serve right away, topped with warmed berries, if desired.



## 290. Fudgy Coconut Flour Brownies

### Ingredients

- 1/2 cup minus 1 Tbs. coconut
- 1/2 cup cocoa powder
- 1/2 cup plus 2 Tbs. coconut oil, melted
- 3 eggs, at room temperature
- 1/2 cup almond milk
- 2 Tsp stevia
- 1 tsp. vanilla extract, optional

### Instructions

1. Preheat the oven to 300 and grease a glass baking dish (8x8 or 9x9).
2. Mix together all ingredients. You can do this by hand or with an electric mixer or high-powered blender.
3. Pour into the baking dish and bake for 30-35 minutes, until a toothpick inserted into the center comes out clean. Cool for 30 minutes before cutting or removing from the pan.
4. These store well at room temperature or in the fridge for a few days. Make sure you keep them in an airtight container.

## 291. Delectable Pumpkin Bars

### Ingredients:

15 oz. pumpkin puree (about 1 1/2 cups)  
3/4 cup coconut flour  
3/4 cup almond milk  
1 1/2 teaspoons ground cinnamon  
3/4 teaspoon ground ginger  
1/4 teaspoon ground cloves  
3/4 teaspoon baking soda  
1/4 teaspoon low sodium salt  
2 large eggs

### Instruction

1. Preheat the oven to 350F and grease a 9"x9" baking dish well with coconut oil. Combine all of the ingredients in a large mixing bowl, and stir well until no clumps remain. Transfer the batter to the greased baking dish, and use a spatula to smooth the top.
2. Bake at 350F for 40-45 minutes, or until the edges are golden and the center is firm.
3. Allow to cool completely, then cut into squares and serve. Store in in the fridge for up to a week. (They're delicious straight out of the fridge, too!)



## 292 . Mouthwatering Lemon Bars

### Ingredients:

#### Crust:

2 cups Sifted Coconut Flour

½ teaspoon low sodium Salt

½ cup almond milk

1tsp stevia

16 tablespoons Room Temperature Virgin Coconut Oil {= 1 cup}

#### Filling:

1 ½ cup Fresh Lemon Juice

1 cup almond milk

½ cup coconut oil

1 tsp stevia

2 tablespoons Lemon Zest

8 Eggs

### Instructions:

#### Crust:

1. Preheat oven to 350 F.
2. Line a 9×13 inch baking dish with parchment paper.
3. Whisk the coconut flour with salt.
4. Thoroughly stir in the milk and coconut oil until it's evenly mixed and crumbly.
5. Add the room-temperature coconut oil and stir until it's evenly combined.
6. Pat the dough down into the bottom of the baking dish for an even thickness.
7. Bake at 350 for approximately 17 minutes or until it starts to brown.
8. Remove from the oven and let cool on the counter while you prepare the filling.

#### FILLING:

1. Mix stevia with the lemon juice.
2. Working quickly, whisk in the eggs.
3. Whisk in the lemon zest.
4. Pour the filling into the now cooled crust.

5. Bake at 350 for 25 – 30 minutes or until it's stiffened.
6. Let it cool on the counter for 30 minutes then the refrigerator for 3 hours or overnight.
7. Cut into squares and serve chilled.

## 293. Crispy Coconut Crackers

### Ingredients

4 ounces shredded coconut  
4 tablespoons butter (2 ounces or 1/2 stick), softened  
1/4 cup tapioca flour  
1 tablespoon coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon powdered mustard  
1/4 teaspoon powdered onion

### Instructions:

1. Preheat your oven to 350F. Line a baking sheet with parchment paper or a silicone mat.
2. Combine all ingredients in a food processor. Buzz until a ball of dough has formed.
3. Use your hands to shape dough into 1-inch balls. Place balls on the baking sheet, leaving about 3 inches of space between each.
4. Bake until the edges are slightly browned, about 10 minutes.

## 294. Luscious Chocolate-Caramel Brownies

### Ingredients

1/4 cup coconut flour  
1 1/4 cup cacao powder  
4 eggs  
1 teaspoon low sodium salt  
1 teaspoon baking soda  
1/2 cup almond milk  
1 1/2 tsp stevia  
1 tablespoon vanilla extract  
1/3 cup coconut oil  
1/3 cup dark chocolate chips  
1 homemade caramel recipe

### Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix dry ingredients in one bowl and wet ingredients in a second bowl.
3. Combine both mixtures and stir until all ingredients are incorporated together.
4. Pour the mixture into a greased 8x8 pan.
5. Top with chocolate chips and/or nuts if desired, and bake for 25–30 minutes.
6. Let cool and then drizzle with caramel sauce.

## 295. Tempting Custard Pie

### Ingredients

4 eggs 2 cups coconut milk  
1/4 cup expeller-pressed coconut oil (softened works best)  
1/2 cup almond milk  
1 tsp stevia  
1/2 cup coconut flour  
1/2 teaspoon baking powder  
1/2 teaspoon low sodium salt  
1 tablespoon vanilla (or 2 vanilla beans scraped)  
1 cup shredded dried coconut

### Instructions

1. Preheat oven to 325 degrees °F.
2. Place all ingredients into a blender and blend for about 10 seconds (or until thoroughly mixed)
3. Pour into a pie dish greased with coconut oil.
4. Bake for 55 minutes in preheated oven. Serve warm (or cold the next day for breakfast!)

\* For the freshest coconut milk make homemade coconut milk.

## 296. Nutritious Paleo Tortillas

### Ingredients

- 1/4 cup coconut flour (40 g)
- 1/4 teaspoon baking powder
- 8 egg whites (240 g or 1 cup)
- 1/2 cup water
- A pinch of low sodium salt
- coconut oil (as needed, for greasing the press or pan)

### Instructions

1. In a bowl mix all ingredients. Set aside for five minutes. The batter takes about that long to hydrate and thicken.

\*If necessary grease your tortilla press or pan with coconut oil.

Make the tortillas:

1. In a preheated electric tortilla press: Pour about a little less than 1/4 cup of batter onto the tortilla press. Quickly smooth out using a heat resistant spoon, and press the top of the press down to distribute the rest of the batter. Cook until the indicator on the press goes off.

2. In a pan over medium heat: Pour a little less than 1/4 cup of batter onto the pan. Quickly smooth out using a heat resistant spoon. Cook for 1 to 2 minutes or until the edges of the tortilla start to turn golden brown. Then flip and cook for an additional minute or two.

3. Transfer tortillas to a plate and cover with a paper towel to keep warm.

4. Serve with desired toppings and do your best to keep away from within hungry doggy mouths.

## 297. Grain-Free Raw Brownie Bites

### Ingredients

1 1/2 cups walnuts

Pinch of salt

1 cup pitted dates

1 tsp vanilla

1/3 cup unsweetened cocoa powder

### Instructions

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the dates, vanilla, and cocoa powder to the blender. Mix well until everything is combined. With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.

## 298. Fudgy Pumpkin Blondies

### Ingredients

2 cups blanched almond flour  
½ cup flaxseed meal  
2 teaspoons ground cinnamon (optional)  
½ cup raw coconut palm sugar  
½ teaspoon salt  
1 egg  
1 cup pumpkin puree  
1 tablespoon vanilla extract  
⅓ cup (or more) chocolate chunks

### Instructions

mix together the almond flour, flaxseed meal, cinnamon, coconut palm sugar, chocolate chunks and salt  
in a separate bowl, whisk the egg, pumpkin and vanilla extract  
using a rubber spatula, gently mix dry and wet ingredients to form a batter  
being careful not to over mix or the batter will get oily and dense  
spoon the batter onto a 9-inch pan lined with parchment paper  
bake at 350°F until a toothpick inserted into the centre comes out clean,  
approximately 25 minutes



## 299. Spinach Brownies Revisited

### Ingredients:

- 1 ¼ cups frozen chopped spinach (measured frozen)
- 1 cup pureed green plantain (1 large plantain or 1 1/2 medium plantains)
- 6 oz semisweet chocolate (substitute bittersweet for a less sweet brownie)
- ½ cup extra virgin coconut oil
- ½ cup palm shortening (or substitute butter)
- 6 eggs
- 1 Tbsp honey
- 1 Tbsp molasses
- ½ cup cocoa powder
- 1 Tbsp vanilla (or substitute espresso)
- ¼ tsp baking soda
- ½ tsp salt
- ½ tsp cream of tartar
- pinch cinnamon

### Instructions:

Preheat oven to 325F. Line a 9"x13" baking pan with wax paper or use a silicone baking pan.

Melt coconut oil and chocolate together over low heat on the stove top or medium power in the microwave. Add vanilla and stir to incorporate. Let cool.

Mix cocoa powder, baking soda, cream of tartar, salt and cinnamon.

Blend spinach, plantain, egg, honey and molasses together in a food processor or blender, until completely smooth (2-4 minutes).

Add palm shortening to food processor and process until full incorporated.

Add melted chocolate mixture to egg mixture slowly and processing/blending constantly.

Mix in dry ingredients and process/stir to fully incorporate.

Pour batter into prepared baking pan and spread out with a spatula.

Bake for 40 minutes. Cool completely in pan. Cut into squares. Enjoy!

## 300. Lovely Lemon Cupcakes with Lemon Frosting (2 Variations) (Nut-Free)

### Ingredients (Lemon Caramel Frosting):

5 drops stevia liquid (May need a few more – please taste test)  
2/3 cup fresh Lemon Juice  
¼ tsp Baking Soda  
½ room temperature coconut oil

### Instructions

1. Heat stevia and lemon juice in a medium-sized saucepot over low heat. Reduce to 1 cup volume, being very careful not to let it burn (this will take 10-15 minutes).
2. Remove from heat and immediately stir in baking soda. It will froth and expand. Stir vigorously for 15-20 seconds, then pour into a bowl and let cool to room temperature.
3. Mix in coconut oil until completely combined.
4. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).

### Ingredients (Lemon Coconut Butter Frosting):

½ cup Coconut Cream Concentrate (a.k.a. Coconut Butter or Creamed Coconut)  
¼ cup fresh Lemon Juice  
5 drops stevia liquid (May need a few more – please taste test)

1. If you are opening a new bottle or box of coconut cream concentrate and the oil has separated out, heat the jar (or remove the contents of the box to a glass jar) by placing it in a pot or bowl and surrounding with hot water. Let it sit until it's warmed enough to stir thoroughly. Let cool to room temperature.
2. Mix coconut cream concentrate, lemon juice and stevia until thoroughly combined.
3. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).

### Ingredients (Lemon Cupcakes):

½ cup Coconut Flour

¼ cup Tapioca Flour

½ tsp Baking Soda

6 Eggs

5 drops stevia liquid (May need a few more – please taste test)

¼ cup fresh Lemon Juice (roughly juice of two lemons)

2 Tbsp finely grated Lemon Zest (roughly zest from two lemons)

### Instructions

1. Preheat oven to 350F. Line a muffin tin with paper muffin cup liners.
2. Blend all ingredients together in a a until a smooth batter forms. Let the batter rest for 2-3 minutes to thicken.
3. Pour batter into prepared muffin tin. Each cup should be filled approximately  $\frac{3}{4}$  full (or slightly more).
4. Bake for 22-23 minutes, until starting to turn golden brown along the edges (should pass a toothpick test).
5. Carefully remove cupcakes from pan and cool on a wire rack. Let cupcakes cool completely before frosting.
6. Spread a generous amount of frosting (which ever you chose) on each cupcake. Candied lemon zest and edible flowers make great decorations for these cupcakes.
7. Enjoy!



## 301. Celebratory Chocolate Hazelnut Cupcakes

### Ingredients:

2 large (or 3 medium) zucchini, grated (about 3 cups grated)  
4 eggs  
2 cups Hazelnuts  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 cup coconut oil (room temperature)  
1/3 cup Tapioca Flour (this is the same thing as Tapioca Starch)  
1 cup cocoa powder  
1 Tsp Vanilla Extract  
1 tsp Baking Soda  
½ tsp low sodium Salt

### Instructions

Preheat oven to 350F. Line a muffin pan with paper liners, use Silicone Muffin Cups. or bake in a silicone muffin pan.

Grind hazelnuts in a Food Processor or Magic Bullet until they are super fine and almost turning into hazelnut butter.

Finely grate zucchini (you could even process in a food processor).

Combine ground hazelnuts, grated zucchini and the rest of the ingredients together in a bowl. The batter is quite runny. That's okay—that's why these cupcakes are so fudgy.

As an alternative you can combine all ingredients in a food processor or blender and process/blend until smooth.

Pour mixture into prepared muffin pan and bake for 30 minutes.

Let cool completely before icing or serving. Enjoy!



## 302. Bursting Banana Cupcakes (nut-free) with Whipped White Chocolate Sesame Frosting

### Ingredients (frosting):

3 oz cocoa butter  
1 Madagascar vanilla bean  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 cup tahini (aka sesame seed butter)  
1 tsp arrowroot powder  
1/4 `room temperature coconut oil

### Instructions

Melt cocoa butter (you can do this in a double boiler or in the microwave). Add stevia to melted cocoa butter and whisk until cane juice has dissolved. Cut the vanilla bean lengthwise and scrape out the vanilla seeds with a sharp knife (save the pod for making vanilla ice cream or some other dish where you simmer the vanilla pod in coconut milk). Add to cocoa butter. Add the remaining ingredients and whisk together until fully combined. Allow to cool to room temperature (because of the high melting point of cocoa butter, this takes a long long time—if you want to speed it up, put it in the fridge and whisk aggressively every 5 minutes while it cools). Whisk every so often (maybe every half hour) just to make sure it doesn't separate or clump up. Whip aggressively by hand (or you could use a hand mixer or blender) and generously frost your cupcakes!

### Ingredients (cupcakes):

3 large (or 4 medium) overripe bananas  
3 eggs  
3 Tbsp extra virgin coconut oil  
5 drops stevia liquid (May need a few more – please taste test)  
1 tsp vanilla  
1/3 cup coconut flour  
1/3 cup arrowroot powder  
1 tsp baking soda  
1/8 tsp low sodium salt

## Instructions

Preheat oven to 350F.

Grease a muffin pan or put paper liners. I actually use a silicone muffin pan just because it's so easy and ends up saving me tons of time!

Combine all of the ingredients in a blender or food processor (yes, it really is that easy). Blend or process about 1-2 minutes until you have a thick and smooth batter.

Pour batter into prepared muffin pan. You can make your cupcakes a bit bigger by dividing into 10 muffin cups or a bit smaller by dividing into 12 muffin cups.

Bake for 40 minutes (45 if you only make 10). Remove from oven and let cool completely before frosting. Enjoy!



## 303. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze

### Ingredients

¼ cup beets, peeled and finely grated  
1¼ cup blanched almond flour  
½ teaspoon baking soda  
2 tablespoons raw cacao powder  
¼ cup coconut oil, melted  
7 tablespoons coconut milk, full fat  
1 teaspoon vanilla extract  
1 teaspoon apple cider vinegar  
2 tablespoons raw stevia (add more if you like it sweeter)  
1 egg  
¼ cup chocolate chips

### Coconut-cherry Glaze:

1 can (13.5 ounces) coconut milk, full fat  
1 teaspoon vanilla extract  
6 fresh cherries, pitted

### Instructions

Preheat the oven to 350°F and line a muffin tin with baking cups.  
Mix together the blanched almond flour, baking soda and raw cacao powder.  
In a separate bowl, whisk together the coconut oil, coconut milk, vanilla extract, apple cider vinegar, stevia, egg and grated beets.  
Using a rubber spatula, gently mix the wet and dry ingredients together.  
Fold chocolate chips into the batter.  
Spoon batter into prepared muffin tin, filling each to the top.  
Bake until a toothpick inserted into the center comes out clean, about 30-35 minutes.  
Set pan on a wire rack to cool, then top with the coconut glaze and a fresh cherry.

### Coconut Glaze:

Place a can of full fat coconut milk in the fridge overnight.  
Scoop the coconut cream that forms on top of the can into a bowl, being careful not to mix with the water in the bottom of the can.

Add the vanilla extract and using a handheld or stand electrical mixer, whip the coconut cream until fluffy.

## 304. Party Pink Velvet Cupcakes with Vanilla Frosting

### Ingredients

#### Cupcakes

1/2 cup coconut oil, melted  
5 drops stevia liquid (May need a few more – please taste test)  
3 eggs  
1 teaspoon vanilla extract  
3/4 cup tapioca flour  
1/2 cup coconut flour  
1 teaspoon baking powder  
2 tablespoons beet powder (works without it)  
pinch of low sodium salt

#### Frosting

1/2 cup room temperature coconut oil  
5 drops stevia liquid (May need a few more – please taste test)  
1 teaspoon vanilla extract  
2 tablespoons tapioca flour or arrowroot powder  
2 teaspoons coconut flour  
1 tablespoon chilled coconut milk fat (thick stuff from top of can)

### Instructions

#### Cupcakes

Preheat oven to 350 degrees Fahrenheit

In a stand mixer or large bowl, mix together coconut oil, stevia, eggs and vanilla extract with a mixer or whisk

In a separate bowl, whisk tapioca flour, coconut flour, baking powder, beet powder and salt together

Slowly mix the dry mixture in with the wet mixture, adding 1/4 cup at a time until well mixed

Scoop your batter into muffin liners in a muffin pan. Fill each well 2/3 of the way and you should get 10 cupcakes

Place in oven and bake for 18-20 minutes or until cooked through. Use a toothpick to poke through a muffin to make sure the toothpick comes out clean

#### Frosting

Combine the coconut oil shortening, stevia, vanilla, tapioca flour and coconut flour in the bowl of a stand mixer with a whisk attachment or a large mixing bowl

Using the stand mixer or a hand mixer, beat until smooth

Add your chilled coconut milk and beat until well combined. Do not over mix or your frosting might separate

Once your cupcakes are completely cool, use immediately by placing in a piping bag or ziploc bag with a corner cut off to frost your cupcakes

## 305 Perfect Paleo Bananacado Fudge Cupcakes

### Ingredients

2 1/2 c. almond butter

1 1/4 c. stevia (or you can lower this to 3/4 c. and add an additional banana)

2 lg ripe bananas

3 medium avocados

3 eggs, beaten

3/4 c. cocoa powder

1 tbsp. vanilla

1 tsp baking soda

2 tsp baking powder

### Instructions

In a large bowl, mix the almond butter and stevia.

In a blender or mixer, beat the eggs, banana, vanilla, cocoa powder and avocado to form a mousse-like consistency.

Add baking soda and baking powder.

Fold into the almond butter to make batter.

Pour into mini-cupcake tin (use the paper, it really makes a difference)

Bake at 350 for 15-18 minutes depending on size and desired consistency.

## 306. Pumpkin Coco Cupcakes with creamy cinnamon filling

Makes 12 cupcakes

Cupcake:

1 cup pumpkin puree

3 eggs

5 drops stevia liquid (May need a few more – please taste test)

1 Tbs raw apple cider vinegar

2 Tbs melted butter or coconut oil

1 tsp vanilla extract

1 ½ cups almond flour

2 Tbs coconut flour

2 tsp cinnamon

½ tsp cardamom powder

1/2 tsp ginger powder

¼ tsp each nutmeg, allspice and cloves

¾ tsp sea low sodium salt

¾ tsp baking soda

2 oz unsweetened baking chocolate (can also use chocolate chips)

Instructions

Preheat oven to 350 F. Line a cupcake pan with liners.

In a medium bowl, whisk together the pumpkin puree, eggs, stevia, butter and vanilla extract. Mix until smooth. Add in the flours, spices, low sodium salt and baking soda and stir until well combined. Add the vinegar.

Using a sharp knife, cut the baking chocolate into small chunks. Fold into the cupcake batter to evenly distribute.

Portion out into lined cupcake tins, until they are almost completely full of batter; these will not rise very much, so no need to worry too much about them getting too big.

Bake for 25 minutes. Check with a toothpick to make sure they are done; if the toothpick comes out clean, they are ready. If not, add 5 more minutes to the baking time.

Let cool completely before frosting.

Frosting:

8 oz. Full fat organic creamed coconut

¼ cup coconut butter, softened

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

1 ½ Tbs cinnamon

Using a strong fork, cream together the cream and butter until smooth. Stir in the stevia, vanilla and cinnamon, and stir well until creamy and well combined.

Use a piping bag or simply a knife to top the cooled cupcakes with the buttercream frosting.

## 307. Chocolate Cupcakes with Coconut Cream Filling

### Ingredients

#### Cupcakes

1/4 cup coconut flour

1/4 cup organic cocoa powder

4 large eggs (at room temperature)

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking soda

1 tsp lemon juice

Pinch of low sodium salt

#### Cream Filling (Optional)

Cream from 1 13.5 oz can of full fat coconut milk (refrigerate the can overnight and scoop out the cream that rises to the top)

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

#### Chocolate Frosting

3 very ripe avocados

1/2 cup organic cocoa powder

5 drops stevia liquid (May need a few more – please taste test)

2 Tbsp grass fed butter or coconut oil, melted

### Instructions

Preheat oven to 350 F

Combine the coconut flour, cocoa powder, sweetener, baking soda, and low sodium salt.

In a separate bowl, combine the eggs, coconut oil, and lemon juice.

Add the dry ingredients to the wet and mix to combine.

Line a muffin tin with 7 cupcake liners.

Fill cupcake liners evenly with the batter and bake for 18 - 20 minutes or until cooked through.

Allow to cool before filling with cream and topping with the icing.

Once cool, cut a small whole in the middle of each cupcake, reserving the lid/top of the hole that was cut out.

Fill with cream (directions below) and place the lid/top back on the cupcake to cover the hole.



Pipe chocolate frosting (directions below) onto each cupcake and serve.

For the cream filling

Combine the coconut cream, sweetener, and vanilla and mix until smooth.

Pipe the cream into the hole cut out of the cupcake.

For the chocolate frosting

Place the meat of the avocados in a mixer and mix until completely smooth.

Add the cocoa powder and sweetener and mix until thoroughly incorporated.

Add the butter and mix to combine.

## 308. Delish Apple Pie Cupcakes with Cinnamon Frosting

### Ingredients:

#### WET INGREDIENTS

5 Eggs, room temperature

1/2 cup applesauce (you can make your own or use a sugar-free pre-made brand)

5 drops stevia liquid (May need a few more – please taste test)

1/3 cup coconut oil, melted

#### DRY INGREDIENTS

1/4 cup finely ground blanch almond flour

1/2 cup coconut flour

1/2 tsp. low sodium salt

1/2 tsp. baking powder

#### FROSTING INGREDIENTS:

1 cup coconut oil

3 drops stevia liquid

2 tsp. cinnamon

Dash low sodium salt

### Instructions

1. Preheat oven to 350F. Line muffin pan with baking cups.
2. Combine all wet ingredients in a medium sized mixing bowl. Beat on medium with a hand mixer for about 30 seconds.
3. Combine all dry ingredients in another medium sized bowl. Mix together with a fork to break apart any clumps.
4. Add the dry ingredients to the wet ingredients and beat for about 20 seconds. Make sure all ingredients are combined.
5. Fill each lined muffin tin about 3/4 of the way full. Bake for 25-30 minutes or until a toothpick comes out clean in the center.
6. Take the cupcakes out of the oven and set aside to cool completely. All the way cooled! But feel free to sneak one to nibble on while the rest cool off.
7. Once the cupcakes have cooled, make the frosting! Combine all of the ingredients into a medium mixing bowl and beat on medium speed for about 30 seconds until well combines. Ice those cupcakes and get to eating!



## 309. Paleo Sticky Date Pudding Cupcakes

### Ingredients

For the muffins

Coconut Butter grease the muffin tray with

10 tbsp water

12 dates

1 ½ ripe banana, peeled and roughly chopped

2 ½ -3 tbsp coconut flour

1 tbsp vanilla extract or essence or 1 fresh vanilla bean, seeds scraped out

2 eggs

5 drops stevia liquid (May need a few more – please taste test)

½ tsp baking powder

For the sticky date ganache

5-6 dates, chopped

½ of orange, juice only

3 tbsp almond milk (coconut milk or water can also be used)

1 tsp vanilla extract or essence

2 drops stevia

Fresh raspberries or strawberries for garnish

### Instructions

Preheat oven to 185°C (365 °F).

Grease muffin tins with the butter and set aside.

Heat the dates and water in a small saucepan over low heat until the dates break down and thicken. Use a fork to mash them together and set aside.

Place the coconut flour, egg, banana, vanilla extract and baking powder in a blender or food processor and mix well until well combined and aerated.

Add the dates to the banana mixture and combine. Evenly distribute into the ramekins. Cook in the oven for about 20-22 minutes.

While the muffins are in the oven, place the sticky date ganache ingredients in a small saucepan over a low heat and cook for about 3-4 minutes or until the dates break down. Mash with a fork and whisk until thickened. Set aside.

Allow the muffins to rest for 5 minutes before removing them to a serving plate. Scoop a dollop of sticky date ganache paste on top and garnish with a few raspberries.

## 310. Vanilla Paleo Cupcakes

### Ingredients:

#### Apple Cakes:

4 tablespoons (or ¼ cup) of Grass-Fed/Clarified Butter or Extra Virgin Coconut Oil

½ cup Unsweetened Applesauce

4 Eggs

1 teaspoon Vanilla Extract

5 drops stevia liquid (May need a few more – please taste test)

¾ cup Almond Flour

2 teaspoons Cinnamon

½ teaspoon Baking Powder

1/8 teaspoon low sodium Salt

#### Cinnamon Frosting:

1 cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon Vanilla Extract

4 tablespoons (or ¼ cup) Arrowroot

2 teaspoons Coconut Flour

2 teaspoons Cinnamon

2 tablespoons Chilled Coconut Milk Cream

#### Topping:

½ Apple Thinly Sliced

Cinnamon for Dusting

### Instructions

#### Apple Cakes:

Preheat oven to 350 degrees F. Line mini cupcake pan with 24 paper liners.

Melt the butter then whisk in with the applesauce, eggs, vanilla, and stevia.

Add the almond flour, cinnamon, baking powder, and salt to the wet ingredients and mix until evenly combined.

Evenly distribute into the 24 mini cupcake liners {about 1 tablespoon of batter each} and bake at 350 F for 18 – 19 minutes. The cakes are done when a toothpick can be poked in and come out without any batter on the stick.

Let the cool completely.

#### Cinnamon Frosting:

Whisk the shortening, stevia, vanilla, arrowroot, coconut flour, and cinnamon together until smooth.

Add the chilled coconut milk cream and whisk again until smooth.

Use immediately. Either spoon the frosting into a gallon plastic bag or a pastry bag.

Gently frost each cupcake with your desired amount of frosting.

Store the rest of the frosting in the refrigerator. Let it come to room temperature before you use as frosting again.

#### Topping:

Top each cupcake with a thin slice of fresh green apple and dust with ground cinnamon.

If you don't enjoy the cupcakes immediately, store them in an airtight container in the refrigerator.

## 311. Delicious Yellow Cupcake Recipe

### Ingredients

#### Cake

½ cup of sifted Organic coconut flour

5 large eggs

⅓ cup of butter or ghee or coconut oil

1 teaspoon vanilla

5 drops stevia liquid (May need a few more – please taste test)

1 cup of applesauce

1 teaspoon baking powder

1 teaspoon baking soda

### Instructions:

Combine the coconut flour, baking powder and baking soda in a bowl and blend.

Add in all the liquid ingredients; mix well with a spoon.

Pour into the cupcake tins and bake at 350 degrees for 20 minutes.

Frost and enjoy!

## 312. Perfect Pear & Nutmeg Cupcakes

### Ingredients

2 ripe pears, peeled, de-cored and chopped into small pieces  
1 tsp nutmeg  
1 tbsp water  
1/4 cup coconut flour  
2 large eggs  
1/4 cup coconut oil or melted butter  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 tsp baking powder

### Instructions

Add the pear, water, 5 drops stevia and 1/2 tsp of nutmeg to a saucepan. Let the mixture simmer over a medium heat until the pears soften (about 15 mins). Either mash with a hand-masher or transfer to a blender and puree. Set aside to cool.

Sieve the coconut flour, the remaining tsp of nutmeg and baking powder into a mixing bowl. In a separate bowl, beat the eggs, coconut oil/butter and stevia together.

If the pear puree is cool, stir it into the eggs.

Gradually add the wet ingredients to the dry and stir until it forms a semi-runny batter.

Spoon into a muffin tray (it should make 6 muffins). Bake at 375 for 12-15 mins.





### 313. Xmas Chocolate Chip Cupcakes

#### Ingredients

1/2 c Coconut Flour  
5 Eggs  
2 Egg Whites  
1/2 c Cashew Butter (or coconut oil for nut free)  
1/2 t low sodium Salt  
1/2 t Baking Soda  
1/2 t Gluten Free Baking Powder  
5 drops stevia liquid (May need a few more – please taste test)  
3/4 c Egg Nog  
1/4 t Vanilla  
1/2 t Nutmeg  
1 c Chocolate Chips  
\*\*Vanilla Frosting\*\*  
1 c coconut oil  
2 T Canned Coconut Milk  
1 t Vanilla

#### Instructions

Whisk together the dry ingredients.

Beat the eggs, whites, egg nog, butter, vanilla, and stevia. By 1/2 cup-fulls, add the dry mixture and whisk until smooth. Fold in the chocolate chips.

Preheat the oven to 350 degrees. Fill lined muffin tins 1/2 full with batter.

Bake for 25-30 minutes, or until a toothpick.

If you want to do a loaf instead, bake in a loaf pan, same temp, for 50-55 mins.

For the frosting, beat all the ingredients till light and fluffy!

## 314. Meaty Meatloaf Cupcakes

### Ingredients

- 1.5-2 pounds of ground beef (grass-fed if possible)
- 3 eggs
- ¼ cup almond flour (or enough to thicken- this will depend partially on the fat content of the meat and the texture of the almond flour)
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 medium onion
- 2 tablespoons worcestershire sauce
- Salt and pepper to taste
- 5-6 sweet potatoes
- ¼ cup butter or coconut oil
- 1 teaspoon low sodium Salt

### Instructions

Preheat the oven to 375 degrees

Finely dice the onion or puree in a blender or food processor.

In a large bowl, combine the meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce, and salt and pepper and mix by hand until incorporated.

Grease a muffin tin with coconut oil or butter and evenly divide the mixture into the muffin tins to make 2-3 meat “muffins” per person. If you don’t have a muffin tin, you can just press the mixture into the bottom of an 8x8 or 9x13 baking dish.

Put into oven on middle rack, and put a baking sheet with a rim under it, in case the oil from the meat happens to spill over (should only happen with fattier meats if at all)

For sweet potatoes: if they are small enough, you can put them into the oven at the same time, if not you can peel, cube and boil them until soft.

When meat is almost done, make sure sweet potatoes are cooked by whichever method you prefer, and drain the water if you boiled them.

Mix with butter and salt or pepper if desired and mash by hand or with an immersion blender.

Remove meat “muffins” from the oven when they are cooked through and remove from tin. Top each with a dollop of the mashed sweet potatoes to

make it look like a cupcake.

## 315. Boston Cream Pie Cupcake Bonanza

### Vanilla Cream

#### Ingredients:

2 organic cage-free egg yolks  
5 drops stevia liquid (May need a few more – please taste test)  
2 tablespoons coconut palm sugar  
2 tablespoons plus 1/2 teaspoon arrowroot starch/flour  
pinch of pink low of sodium salt  
1 cup canned coconut cream/milk, full fat, room temperature  
1/2 teaspoon vanilla

### Cupcakes

#### Ingredients:

1 & 1/2 cups fine blanched almond flour  
1 & 1/2 teaspoons baking powder  
1/2 teaspoon pink low sodium salt  
1/2 cup canned coconut cream/milk, full fat, room temperature  
6 tablespoons unsalted grass-fed butter, plus more for greasing  
3 organic cage-free eggs  
1 cup coconut palm sugar  
1 teaspoon vanilla

### Chocolate Ganache

#### Ingredients:

1 cup Enjoy Life Mini Chocolate Chips  
1/4 cup canned coconut cream/milk, full fat, room temperature  
4 tablespoons unsalted grass-fed butter  
1 teaspoon vanilla

#### Directions:

1. Start by making the Vanilla Cream. In a small bowl whisk egg yolks together until smooth, set aside. In a medium saucepan combine stevia, coconut palm sugar, arrowroot, and salt and stir over medium heat. Add milk in a slow steady stream. Stir and let cook until the mixture begins to boil and thicken, about 5 minutes.

2. Pour 1/3 of the milk mixture into the yolks and stir together with a whisk until combined. Then pour back into the saucepan with the rest of the milk mixture and cook over medium heat, stirring often, until thick, about 3 minutes. Now stir in the vanilla.
3. Use a fine sieve to pour the vanilla mixture through into a small bowl. Cover it with plastic wrap and press the wrap down directly on to the surface of the cream. Refrigerate until very cold, an hour at least. While you wait prepare your cupcakes and chocolate ganache.
4. Preheat oven to 350. Grease a mini cupcake pan very liberally with butter. In a large bowl combine almond flour, baking powder and salt, use a fork to stir together. Warm coconut cream/milk and butter in a saucepan over low heat.
5. In a separate large bowl, whisk together eggs and coconut palm sugar. Then fold in the dry mixture.
6. Bring the coconut cream/milk and butter mixture to a boil. Add this mixture to the batter and whisk until smooth. Now stir in the vanilla. Pour batter into a Ziploc bag, cut a small hole in the corner. Transfer batter to prepared pan, filling to the top. Bake for 10-12 minutes or until a toothpick comes out clean. While you are waiting for the cupcakes to cool, go ahead and make your chocolate ganache.
7. Using the double boiler method melt together the chocolate, coconut cream/milk and butter. Once melted and combined stir in the vanilla. Transfer ganache to a Ziploc bag once it's cool enough, and cut a small hole in the corner tip.
8. Once your cupcakes are cool, remove two from the pan at a time. Squeeze a layer of vanilla cream over the top of one cupcake and then flip the other one upside down and use it to sandwich the two together. Then pour your chocolate ganache over the top and enjoy!

Notes:

You may have noticed above it says Coconut Cream or Coconut Milk. Coconut Cream can be found at health food stores like Sprouts or Whole Foods next to the regular coconut milk. I prefer it because it's a little thicker than normal coconut milk, so if you can find it use it, if not coconut milk will work just fine.

## 316. Vanilla Bean Cupcakes with Mocha Buttercream

### Ingredients

(makes 5-6 cupcakes):

For the cupcakes

1/4 cup coconut flour, sifted

1/4 teaspoon low sodium salt

1/8 teaspoon baking soda

Seeds scraped from half a vanilla bean

1/2 teaspoon vanilla extract

3 large eggs

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

### Instructions

Preheat the oven to 350 and line a muffin tin with paper liners. Whisk together the coconut flour, salt, and baking soda in a medium bowl. Add the vanilla bean seeds, and mix together with your fingers, pinching the mixture to evenly distribute the vanilla seeds. In a small bowl, whisk together the vanilla extract, eggs, coconut oil, and stevia. Add the wet ingredients to the dry and whisk well, or beat with a hand mixer, until very smooth. Pour the batter into the cupcake cups and bake for 15-20 minutes, or until a toothpick comes out clean.

For the frosting:

8 tablespoons (1 stick) unsalted butter, at room temperature

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon cocoa

Tiny pinch of low sodium salt

1/4 teaspoon vanilla extract

1/4 teaspoon finely ground coffee

Coffee beans for garnish

Using a hand mixer, beat the butter until very smooth. Add the remaining ingredients and beat until incorporated. If your frosting does not seem stiff enough, refrigerate for a little while, then beat again. Once the cupcakes are completely cool, pipe or spread on the frosting (I used a Wilton 1M tip).

Top with a coffee bean if desired.

## 317. Gushing Guava Cupcakes with Whipped Guava Frosting

### Ingredients

#### For the Cake

¾ cup (120g) of Coconut Flour

¾ cup (96g) of Tapioca Flour

¾ cup of Light Olive Oil

6 Tablespoons (85g) of Granulated Sugar or Coconut Sugar

5 drops stevia liquid (May need a few more – please taste test)

½ cup of Concentrated Guava Puree ('applesauce thick')

6 Eggs

1 teaspoon of Lime Juice

1½ teaspoon of Cream of Tartar

¾ teaspoon of Baking Soda

½ teaspoon of low sodium Salt

#### For the Whipped Guava Frosting

¾ cup of room temperature coconut oil

6 Tablespoons of Concentrated Guava Puree ('applesauce thick')

5 drops stevia liquid (May need a few more – please taste test)

½ cup of Arrowroot Starch, sifted

1 teaspoon of Lime

Pinch of low sodium Salt

### Instructions

#### For the Cake

You may have to boil the guava puree until applesauce thick. I used Goya brand and let it boil for about 10 minutes.

Preheat oven to 350F. We will drop the temperature to 325F to bake. Line the muffin tin with cupcake liners.

Separate the eggs into egg yolks and egg whites.

Combine the egg whites and cream of tartar and beat with a whisk attachment on high speed. Place the whites in a bowl and set aside, or store in the refrigerator while preparing the rest of the ingredients.

Combine the olive oil, egg yolks, stevia, lime juice, and guava puree in the mixing bowl and beat on high speed for about 30 seconds.

Sift together the coconut flour, tapioca flour, baking soda, sugar, and salt to make the dry flour mixture.



Add half of the dry flour mixture to the wet mixture and whip until the flours absorb and the batter becomes fluffy. Scrape the sides with a spatula to incorporate.

Add the rest of the dry flour mixture and beat on high speed with the whisk until combined and fluffy.

Scoop in a heaping of the egg white meringue and hand mix into the batter. Gently fold in the rest of the meringue until combined.

Portion the batter into each cake pan and place tin in the oven centered.

Reduce the temperature to 325F and for 25-30 minutes until an inserted toothpick comes out clean. This method will give a nice dome to the cupcakes and prevent over browning of the stevia.

Let cool to room temperature or colder before frosting.

For the Frosting

Chill the beaters and mixing bowl in the freezer for about 15 minutes.

Combine the raw stevia and guava puree in a cup until it forms a thicker syrup.

Whip the coconut shortening and optionally the cream cheese.

Add the arrowroot starch and salt and whip.

While mixing on medium speed, pour the guava mixture slowly. Whip until pink and pretty.

Add more stevia to taste if you like.

Dollop onto a cooled cupcake and enjoy!

## 318 Perfect Pizza Muffins

Makes 12 large muffins.

### Ingredients:

4 cups almond flour

4 tablespoons ground flaxseed+ 12 tablespoons water (or 4 eggs)

¼ cup arrowroot flour (or coconut flour)

½ cup melted ghee (or coconut oil)

1 tablespoon garlic powder

1 tablespoon parsley

1 tablespoon oregano

4 links of italian sausage, finely chopped or ground in a food processor

8 slices of cooked bacon, finely chopped or ground in a food processor

½ cup spinach, finely chopped or ground in a food processor

### Instructions

Preheat the oven to 375 degrees.

Mix together the flaxseed and water and let it sit for a minute.

Mix all of the ingredients together, then scoop into the muffin tin. I used silicone muffin cups as liners. Fill each tin all the way to the top.

Bake for about 30-45 minutes, or until firm.

If you would like to use cheese, you can mix in about 1 cup with your batter before baking or melt some on top of the cooked muffins. Dip them in your favorite sauce and enjoy.

## 319. Lemon Mousse Mouthwatering Cupcakes

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
6 Tbs. milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbs. coconut milk at room temperature  
1 tsp. vanilla extract  
1/2 tsp. ground cardamom  
1/4 tsp. baking soda  
1/2 tsp. apple cider vinegar

### Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely and frost with the lemon mousse.

Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

### Lemon Mousse Frosting

#### Ingredients

3/4 cup stevia-sweetened lemon curd (recipe below)  
1 cup coconut milk  
1 Tbs. light coconut milk  
1 tsp stevia  
Pinch of low sodium salt to taste

#### Instructions

First, make the stevia-sweetened lemon curd, by simply whisking the whole eggs, yolks and 1tsp stevia in a saucepan until smooth, then place pan over a low heat. Add the coconut oil, juice and zest and whisk continuously until

thickened. Strain through a sieve. Lemon curd keeps, covered, in the fridge for 2 weeks. Chill until thickened and cold before using it.

In a small saucepan, whisk together the coconut milk and gelatin. Let it sit for 10 minutes. Then turn the heat on medium and whisk until the gelatin dissolves. Pour into a bowl and refrigerate until set, about 4 hours.

In a food processor, blend together the set coconut milk and the lemon curd until smooth. Add stevia to taste and a small pinch of low sodium salt.

## 320. Sweet Potato Muffins

### Ingredients

1/2 c Coconut Flour

6 Eggs

2 t Vanilla

1 t low sodium Salt

1 t Baking Soda

2 t Cinnamon

1/2 c Ground Flax

2 Sweet Potatoes or Yams, baked and mashed (discard skins)

1 c Raisins or Chocolate Chips (optional)

### Instructions:

Whisk together all the dry ingredients. Beat the eggs and add dry mix by spoonfuls until well blended. Add the mashed sweet potatoes.

Spoon batter into lined muffin cups. Bake at 350 degrees for 30-35 minutes.

Enjoy!



## 321. Zesty Zucchini Muffins

### Ingredients

3/4 C applesauce

5 drops stevia liquid (May need a few more – please taste test)

1/4 C coconut oil, melted

3 eggs

1 Tbsp vanilla

2 C almond flour

1 1/2 tsp baking soda

1 C zucchini, shredded

3/4 C raisin

### Instructions

With electric or stand mixer, beat applesauce, stevia and oil

Add eggs and vanilla and mix until combined

Slowly mix in almond flour and soda, then beat until batter forms

Fold in zucchini and raisins

Bake at 350 degrees for 25 minutes, makes 15 muffins

## 322. Cozy Coconut Flour Muffins

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
¼ cup almond milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbsp coconut milk at room temperature  
2 tsp. vanilla extract  
1/4 tsp. baking soda  
1 tsp. apple cider vinegar

### Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely.

**\*\*Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!**



## 323. Sexy Savory Muffins

### Ingredients

½ cup coconut flour  
1 tsp baking soda  
½-1 tsp low sodium salt  
¼ cup coconut oil  
½ cup + 2 tbsp coconut milk  
4 pastured eggs  
1 tsp apple cider vinegar  
1 tsp garlic powder  
½ tsp each of rosemary, thyme, sage

### Instructions

1. Pre-heat the oven to 350°. Melt the coconut oil and combine with remaining muffin ingredients in a food processor or bowl, mix well.
2. Place batter in a muffin tin lined with muffin liners. The muffins will raise a small amount, so you can fill the muffin liner about  $\frac{3}{4}$  full—almost to the top. Bake for about 20-30 minutes or until a toothpick inserted comes out clean and the tops are slightly browned.
3. Let it cool and slice in small squares.

## 324. Cinnamon Chocolate Chip Muffins

### Ingredients

#### Muffins

6 large eggs

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon vanilla extract

8 tablespoons (1 stick) unsalted butter, melted

3/4 cup coconut flour

1 tablespoon ground cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

small pinch low sodium salt

### Instructions

#### Muffins

Preheat oven to 375 fahrenheit and adjust rack to middle position

Line with muffin liners

Whisk eggs, stevia, vanilla, butter, and applesauce in a large mixing bowl or use a stand mixer

Sift coconut flour, cinnamon, baking powder, baking soda, and salt over a medium bowl

Add dry ingredients to wet ingredients and until well blended

Fold in chocolate chips ensuring an even distribution throughout your batter

Spoon batter into muffin cups and bake for 16-18 minutes, or until a toothpick in the center comes out clean

Remove the muffins from the oven and let cool

Once cool you can head below and make the frosting to go with them

#### Notes

\*You can not let Coconut flour sit long, as soon as you mix this batter, ensure you put it right into the oven \*If you want chocolate muffins, you can add between 1/4 - 1/2 cup of cocoa powder to your taste liking \*You can store these in an airtight container for 3 days \*You can substitute the butter with Coconut Oil but I haven't tested it and 8 tablespoons would probably be too oily. If you do test it, start with half and please let me know how it worked.

## 325. Molten Lava Chocolate Cupcake

### Ingredients:

4 oz Semi-Sweet or Bittersweet chocolate

½ tsp Vanilla Extract

1/8 tsp Salt

5 drops stevia liquid (May need a few more – please taste test)

1 tsp Coconut Flour

2 tsp Cacao Powder

2 eggs

4 Tbsp extra virgin coconut oil (plus a little more for greasing the ramekins)

### Instructions:

1. Preheat oven to 375F. Grease four 6oz ramekins with coconut oil.
2. In a 4 cup measuring cup or medium microwave-safe bowl, melt chocolate and coconut oil in the microwave on low power. Stir until smooth and let cool.
3. In a small bowl, beat eggs, vanilla, salt and sugar with a hand mixer until light and frothy, about five minutes (this can seem like an eternity with a hand mixer, but hang in there because it's worth it!).
4. Pour egg mixture over chocolate. Sift cocoa and coconut flour over the top. Then gently fold all the ingredients together.
5. Pour batter into prepared ramekins (they should be filled to within ½" of the top). Place the ramekins on a baking sheet and place in the oven (you can chill the ramekins for a few hours if you want to make them ahead of time, just make sure you bring them back to room temperature before baking). Bake for 11-12 minutes.
6. Remove from oven and serve immediately. Enjoy!

## 326. Party Carrot Cupcakes

### Ingredients

#### Wet

3 eggs

6 tablespoon non-dairy milk

6 tablespoon extra virgin coconut oil, melted

6 tablespoon carrot juice

5½ tablespoon egg whites

30 drops liquid stevia\*see note

¾ teaspoon pure vanilla extract

#### Dry

6 tablespoon coconut flour

1 teaspoon baking powder

¼ teaspoon low sodium salt

pinch ground cinnamon

### Instructions

Preheat oven to 350F and line 12 muffin tins with medium-sized paper liners.

Place eggs and egg white in blender and beat well, about 30 seconds. My magic bullet worked great for this!

Pour in carrot juice, milk, coconut oil, stevia and vanilla. Blend quickly to mix.

Drop in dry ingredients and mix for about 10 seconds. The batter should be slightly thicker than pancake batter.

Pour into prepared muffin tins and bake for 25-30 minutes or until inserted toothpick comes out clean. Mine took 26 minutes.

Remove from pan and allow to cool on cooling rack for at least 1 hour before applying buttercream.

## 327. Strawberry Shortcake Cupcakes

### Ingredients:

2½ cups blanched almond flour

¾ teaspoon baking soda

¼ teaspoon low sodium salt

5 drops stevia liquid (May need a few more – please taste test)

⅓ cup coconut oil, melted

4 large eggs, room temperature

1 tablespoon lemon juice

2 teaspoons vanilla extract

½ teaspoon lemon zest

½ cup finely chopped strawberries

### Frosting

2 egg whites, room temperature

5 drops stevia liquid (May need a few more – please taste test)

¼ teaspoon lemon juice or vinegar

1½ tablespoons strawberry preserves (freshly pureed strawberries will work too)

### Instructions:

Preheat the oven to 325 degrees F.

Line a standard muffin tin with baking cups.

Combine the stevia, coconut oil, eggs, lemon juice, vanilla, and lemon zest in the jar of a blender. Puree on medium speed for 20 seconds or until frothy and smooth.

Add the dry ingredients and blend on high for 30-45 seconds. The batter should be very smooth and contain no lumps. If needed, scrape down the sides with a spatula and blend again for a few seconds until all of the dry mixture is incorporated.

Gently fold the chopped strawberries in by hand. Divide the batter evenly into the muffin tin, filling about ¾ of the way full.

Bake for 16-18 minutes, until a toothpick can be inserted into the middle and comes out clean.

Let the cupcakes cool completely on the counter before frosting.

### Frosting

Once the cupcakes have cooled, make your Italian meringue.

Bring your stevia to a boil in a saucepan over medium-high heat.

Meanwhile, beat the egg whites and lemon juice until frothy and you can just begin to see trail marks from your beaters. When you lift out the beaters, you should see soft peaks.

With the beaters or mixer running, slowly pour in the boiling stevia in a steady stream. Continue beating for 6-8 minutes, until the meringue is cool to the touch.

Gently fold in the strawberry preserves. Put the frosting into a piping bag for a pretty design, or spread onto cupcakes with a knife.

#### Tips

For easier separation, separate the whites from the yolks when they are cold. Meringue will not stiffen if you use a dirty bowl (usually because of leftover oil) or let any of the yolk get in with the whites

Over beating will cause the meringue to fall. Stop once you can lift the beaters out and see stiff peaks.

The frosting needs to be piped immediately and is best served immediately as well. Once it's on the cupcakes though, it will hold up in the refrigerator for 24 hours.

## 328 . Thin Mint Mini Cupcakes

### Ingredients

#### For the Cupcakes

1/4 cup coconut flour

1/4 cup organic cocoa powder

4 large eggs (at room temperature)

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking soda

1 tsp lemon juice

Pinch of low sodium salt

1/4 tsp mint extract

6 Tbsp chopped dark chocolate or dairy free chocolate chips (for Paleo)

#### For the frosting:

2/3 cup powdered sweetener or coconut sugar, powdered for Paleo

2 ripe avocado

1/2 cup coconut milk

1/4 tsp mint extract

## 329. Lemon-Coconut Petit Fours

### Ingredients

#### For the Cake

1/2 cup coconut flour  
1/2 cup coconut milk  
3 eggs, separated  
3/4 cup soaked dates in 3 tbsp hot water  
1/2 tsp vanilla  
1/2 tsp baking soda  
1/4 tsp low sodium salt  
1 tsp lemon rind

### Frosting

2/3 cup coconut cream (from the top of a can of coconut milk)  
2 tbsp almond milk  
1 tbsp Stevia  
3 tsp lemon juice  
¼ cup coconut oil, room temperature

### Instructions

Put dates in a heat safe bowl or container and pour 3 tbsp boiling water over them and let soak for about 15 minutes. You can chop the dates before soaking to speed up the process, but it's not necessary.

Separate the eggs with yolks in one bowl and whites in one large stainless steel, glass or ceramic bowl. When you go to whip the egg whites, it helps if they are at room temperature.

Once dates have soaked put them in a food processor along with remaining water and mix until you have a paste-like consistency. Add coconut flour, milk, egg yolks, vanilla, baking soda, salt and lemon rind and mix.

Whip the egg whites until foamy and stiff peaks form. This is much easier if you have a stand mixer with the whisk attachment or a hand mixer. It is possible to do it by hand, but takes time.

Gently fold egg whites into the batter. Grease a standard sized loaf pan. Put batter in pan and even out the top with a spatula or spoon.

Bake in a 350° oven for 20-30 minutes or when a toothpick inserted comes out clean.



For the frosting

Coconut cream can be purchased in cans or you can skim the cream of the top of cans of coconut milk, however you may have to use multiple cans of coconut milk. Put coconut cream in a bowl and whisk for a few minutes to make it lighter and creamier.

Add coconut oil, milk, stevia and lemon juice and whisk until fully incorporated.

Allow the cake to cool completely before frosting. Once the cake has cooled, cut small squares or circles out of the cake and skim some cake off of the top with a knife to make it even. There will be leftover scraps, but they make a great snack!

Cut the squares in half and frost the middle. You can use the prepared frosting, but it will be very thin.

Drizzle the prepared frosting over the small cake squares and use a spatula or knife to frost the sides evenly. Once you've frosted each petit fours, refrigerate to allow the frosting to harden. Top with a bit of lemon rind.

Instructions

Preheat oven to 350 F

Combine the coconut flour, cocoa powder, sweetener (if granular), baking soda, and low sodium salt.

In a separate bowl, combine the eggs, coconut oil, and lemon juice (and stevia if using).

Add the dry ingredients to the wet and mix to combine.

Line a mini muffin tin with 24 cupcake liners.

Fill cupcake liners evenly with the batter and bake for 13-15 minutes or until cooked through.

Allow to cool before topping with the icing.

Pipe on the frosting (directions below) onto each cupcake and serve.

For the frosting

Place the meat of the avocados in a blender and mix until completely smooth.

Add the sweetener, coconut milk, and mint extract. Mix until thoroughly incorporated.

Notes

Total Carb Count: 3.1 g (for 1 mini cupcake plus the carbs for the sweetener used)

Net Carb Count: 1.2 g net carbs (for 1 mini cupcake plus the carbs for the sweetener used)

\*Note carb counts are estimated based on the products I used. Check nutrition labels for accurate carb counts and gluten information.



## 330. Delicious English Cupcakes

### Ingredients

For the regular option

¼ cup almond or cashew flour

1 tablespoon coconut flour

¼ teaspoon baking soda

⅛ teaspoon low sodium salt

1 egg

½ tablespoon coconut oil

2 tablespoons water

For the cinnamon raisin option add the following to the regular option above

¼ teaspoon cinnamon

½ 5 drops stevia liquid (May need a few more – please taste test)

1½ tablespoons golden raisins

### Instructions

Whisk together the dry ingredients in a small bowl.

Add the remaining wet ingredients and whisk again until fully incorporated.

Transfer the mixture into a greased microwave safe ramekin

Microwave for 2 minutes.

Remove from the ramekin, slice the muffin in half and toast for 2-3 minutes in a toaster oven.

Serve with softened butter.

### 331. Amazing Almond Flour Cupcakes

#### Ingredients:

2-1/2 cups almond flour or almond meal

3/4 tsp baking soda

1/2 tsp low sodium salt

3 large eggs

1/3 cup unsweetened pumpkin puree, thawed winter squash puree, butternut squash puree, unsweetened apple sauce, or mashed very ripe banana

2 drops stevia, agave nectar or stevia

2 tablespoons coconut oil (melted) or vegetable oil

1 teaspoon vinegar (white or cider)

Optional Flavorings: 1 teaspoon extract (e.g., vanilla, almond), citrus zest, dried herbs (e.g., basil, dill), or spice (e.g., cinnamon, cumin)

Optional Stir-Ins: 1 cup fresh fruit (e.g., blueberries, diced apple) or 1/2 cup dried fruit/cacao nibs/chopped nuts/seeds or

#### Instructions:

Preheat oven to 350F. Line 10 cups in a standard 12-cup muffin tin with paper or foil liners.

In a large bowl whisk the almond flour, baking soda and salt (whisk in any dried spices or herbs at this point, if using).

In a small bowl, whisk the eggs, pumpkin, stevia, oil and vinegar (add any extracts or zest at this point, if using).

Add the wet ingredients to the dry ingredients, stirring until blended. Fold in any optional stir-ins, if using.

Divide batter evenly among prepared cups.

Bake in preheated oven for 14 to 18 minutes until set at the centers and golden brown at the edges. Move the tin to a cooling rack and let muffins cool in the tin 30 minutes. Remove muffins from tin.

## 332. Paleo Vanilla Cupcakes

Serves: 6 cupcakes

### Ingredients

¼ cup coconut flour

⅛ teaspoon celtic sea salt

⅛ teaspoon baking soda

3 large eggs

¼ cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon vanilla extract

### Instructions

In a food processor, combine coconut flour, salt and baking soda

Pulse in eggs, shortening, honey and vanilla

Line a cupcake pan with 6 paper liners and scoop ¼ cup into each

Bake at 350° for 20-24 minutes

Cool for 1 hour

Frost with Paleo Chocolate Frosting

Serve

### 333. Delightful Cinnamon Apple Muffins

#### Ingredients:

1 cup unsweetened applesauce  
4 eggs  
1/4 cup coconut oil, melted  
1 tsp vanilla  
Stevia to taste  
1/2 cup coconut flour  
2 tsp cinnamon  
1 tsp baking powder  
1 tsp baking soda  
1/4 tsp low sodium salt

#### Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with liners. In a large bowl, add applesauce, eggs, coconut oil, stevia, and vanilla. Stir to combine. Stir in the coconut flour, cinnamon, baking powder, baking soda, and low sodium salt. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full. Bake for 15-20 minutes, until a toothpick inserted into the center comes out clean. Serve warm or store in the refrigerator in a resealable bag.

### 334. Delish Banana Nut Muffins

#### Ingredients:

4 bananas, mashed with a fork (the more ripe, the better)

4 eggs

1/2 cup almond butter

2 tbsp coconut oil, melted

1 tsp vanilla

1/2 cup coconut flour

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp baking powder

1 tsp baking soda

1/4 tsp low sodium salt

#### Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.

Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and low sodium salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.

Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.





## 335. Apple Cinnamon Muffins

### Ingredients

5 eggs

1 cup homemade applesauce (store bought should work too)

½ cup coconut flour

2-3 TBSP cinnamon

1 tsp baking soda

1 tsp vanilla (optional)

¼ cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

### Instructions

Preheat the oven to 400 degrees F.

Grease a muffin pan with coconut oil.

Put all ingredients into a medium sized bowl and mix with immersion blender or whisk until well mixed.

Let sit 5 minutes.

Use ⅓ cup measure to spoon into muffin tins.

Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top.

Let cool 2 minutes, drizzle with honey (if desired) and serve.

## 336 Apple Cardamom Cupcakes

### Ingredients

½ cup applesauce  
⅓ cup honey  
4 large eggs  
¼ cup coconut flour  
½ teaspoon baking soda  
¼ teaspoon salt  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon cloves  
½ teaspoon cardamom

### For frosting:

1 cup coconut milk  
1 cup honey  
pinch of salt  
1 teaspoon vanilla  
2 tablespoons arrowroot powder  
1 tablespoon water  
1 cup coconut oil, melted

### Instructions

Preheat oven to 350 degrees. Prepare muffin/cupcake pan with liners.

Using an electric mixer or by hand, combine applesauce, honey, and eggs until smooth.

Sift together all dry ingredients, making sure to get out any lumps in the coconut flour.

Combine dry and wet ingredients, mixing thoroughly.

Divide batter amongst 10-12 cupcake liners, filling each one about  $\frac{2}{3}$  of the way up.

Place in oven and bake for 35-45 minutes, or until top is lightly browned and toothpick comes out clean.

Meanwhile, begin making frosting. In a medium saucepan, heat coconut milk, honey, salt, and vanilla and allow to simmer for 10 minutes.

In a small bowl or ramekin, combine arrowroot powder and water to form a thick paste.

Add arrowroot mixture to pan, whisk vigorously, and bring to a boil.

Remove pan from heat and very slowly add melted coconut oil while mixing with an electric hand blender.

Allow pan to cool slightly, then place whole thing in refrigerator for at least an hour or until it is cool and has turned white.

Remove from refrigerator and use electric hand blender to whip until fluffy. Spread a dollop on each cupcake (this frosting is quite sweet, so you don't need a lot but let your tastes be the guide!).

Sprinkle with cinnamon for garnish.

## 337 Meatloaf Cupcakes

### Ingredients

- 1.5-2 pounds of ground beef (grass-fed if possible)
- 3 eggs
- ¼ cup almond flour (or enough to thicken- this will depend partially on the fat content of the meat and the texture of the almond flour)
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 medium onion
- 2 tablespoons Worcestershire sauce
- Salt and pepper to taste
- 5-6 sweet potatoes
- ¼ cup butter or coconut oil
- 1 teaspoon sea salt or Himalayan Salt

### Instructions

Preheat the oven to 375 degrees

Finely dice the onion or puree in a blender or food processor.

In a large bowl, combine the meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce, and salt and pepper and mix by hand until incorporated.

Grease a muffin tin with coconut oil or butter and evenly divide the mixture into the muffin tins to make 2-3 meat “muffins” per person. If you don’t have a muffin tin, you can just press the mixture into the bottom of an 8x8 or 9x13 baking dish.

Put into oven on middle rack, and put a baking sheet with a rim under it, in case the oil from the meat happens to spill over (should only happen with fattier meats if at all)

For sweet potatoes: if they are small enough, you can put them into the oven at the same time, if not you can peel, cube and boil them until soft.

When meat is almost done, make sure sweet potatoes are cooked by whichever method you prefer, and drain the water if you boiled them.

Mix with butter and salt or pepper if desired and mash by hand or with an immersion blender.

Remove meat “muffins” from the oven when they are cooked through and remove from tin. Top each with a dollop of the mashed sweet potatoes to make it look like a cupcake.

## 338 Chocolate Olive Oil Cupcakes

### Ingredients

2 tablespoons cocoa powder  
2 tablespoons coconut flour  
1 teaspoon baking powder  
1/4 teaspoon ground cinnamon  
2 eggs  
3 tablespoons honey  
1/2 teaspoon vanilla extract  
2 tablespoons olive oil

### Icing

1 tablespoon coconut oil (melted)  
1 tablespoon cocoa powder  
1 tablespoon honey

### Instructions for Cake

Preheat oven to 160 C.

Combine the cocoa, coconut flour, baking powder and cinnamon.

Add the eggs, honey, vanilla and olive oil.

Mix until smooth and well combined.

Spoon 4 lined cup cake tins.

Bake cupcakes for about 20 – 25 minutes.

Remove from the oven and allow to cool.

### Instructions for Icing

Melt the coconut oil.

Mix in the cocoa powder.

Mix in the honey until all well combined.

Allow to harden then spread over muffins.

(Note: I didn't wait long enough for the icing to harden and the cupcake drank it up but it still tasted great!)

758 Pretty Vanilla Cup Cake

Ingredients

For the cupcakes:

$\frac{3}{4}$  cup coconut flour

6 large eggs

$\frac{3}{4}$  cup raw honey

$\frac{1}{2}$  cup melted coconut oil

1 tablespoon pure vanilla extract

$\frac{3}{4}$  tsp baking powder

$\frac{1}{4}$  tsp salt

For the icing:

1 can coconut milk (full fat) refrigerated overnight, scoop out coconut cream

1 tsp pure vanilla extract

2 heaping tablespoons pure coconut palm sugar or cane sugar

Instructions

Preheat the oven to 350 degrees.

Using a muffin pan, line each cup with a cupcake liner and spray generously with olive oil cooking spray or if not using cupcake liners grease very well with melted coconut oil.

In a bowl add the dry cupcake ingredients and mix to combine. In another small bowl whisk together the wet cupcake ingredients and add to the dry.

Mix until completely smooth.

Pour the batter equally among the greased cups and bake in the oven for 16-18 minutes.

Allow the cupcakes to cook completely before removing from tin or removing from liners.

While the cupcakes are baking add the coconut cream to a large bowl with the vanilla and sugar. Use an electric beater and whip until frothy. Place in the fridge to chill.

Wait until the cupcakes are completely cooled and then pipe the coconut cream on each cupcake.

Place cupcakes back in the fridge for 3-4 hours to chill and the icing will firm up.

Top each cupcake with a halved fig slice, sprinkles, or other garnish of choice.



### 339 One-Bowl Coconut Flour Cupcakes

#### Ingredients

½ cup coconut flour

½ teaspoon baking powder

¼ teaspoon fine sea salt

4 large eggs (preferably brought to room temperature)

½ cup maple syrup, honey or agave nectar

⅓ cup coconut oil, warmed until melted (or vegetable oil of choice)

2 tablespoons dairy or nondairy milk of choice milk

2 teaspoons vanilla extract vanilla extract

#### Instructions

Preheat oven to 350°F.

**IMPORTANT:** Line 8 muffin cups with paper or silicone liners; spray insides of cups with nonstick cooking spray or oil/grease (to prevent sticking).

In a large bowl, whisk the flour, baking powder, and salt until blended.

Whisk in the eggs, syrup, oil, milk, and vanilla until completely blended and smooth.

Divide the batter equally among the prepared muffin cups.

Bake in preheated oven for 18 to 22 minutes or until golden and a toothpick inserted in the center comes out clean.

Transfer baking tin to wire rack and cool 10 minutes.

Carefully remove the cupcakes from the tin and place on wire rack; cool completely.

#### Notes

Store in an airtight container at room temperature for up to 2 days, in an airtight container in the refrigerator for up to 1 week, or freeze (unfrosted) for up to 2 months.

## 340. Paleo Chocolate Cupcake with “Peanut Butter” Frosting

### Ingredients

#### Cake Ingredients

1/4 cup coconut flour  
3 large eggs  
1/4 cup unsweetened cacao powder  
1/3 cup raw honey  
1/4 cup coconut oil  
1/2 tsp baking soda  
1 tsp vanilla  
Pinch of salt

#### Frosting Ingredients

3/4 cup sunflower butter  
3/4 cup Tropical Traditions Palm Shortening –or– 3/4 cup organic butter  
1/3 cup raw honey  
2 tsp vanilla  
pinch salt

#### Instructions

Make your frosting first

#### Frosting Instructions

Using a stand mixer or hand mixer, combine sunflower butter and shortening on medium-high speed until fluffy. Takes about 3 minutes.

Add honey, vanilla and pinch of salt. Whip on high for another couple of minutes.

It should look like frosting, thick enough to spread on a cupcake.

Place in fridge while you bake your cupcakes

#### Cake Instructions

Combine dry ingredients together in a bowl: coconut flour, cacao powder, baking soda, salt

Whisk eggs in another small bowl and add melted coconut oil, honey and vanilla

Combine with dry ingredients and mix

Pour into muffin cups of your choice

Bake at 350° F for 15-18 min.

Makes about 6-8 cupcakes

Once cooled, frost those yummy cakes!

We sprinkled on a few mini dark chocolate chips just for fun :)

Frosting holds up well, but refrigerate if you don't eat them all right away.

## 341. Paleo Apple Pie Cupcakes with Cinnamon Frosting

### Ingredients:

#### WET INGREDIENTS

- 5 Eggs, room temperature
- 1/2 cup applesauce (you can make your own or use a sugar-free pre-made brand)
- 1/2 cup raw honey, melted
- 1/3 cup coconut oil, melted

#### DRY INGREDIENTS

- 1 1/4 cup finely ground blanched almond flour
- 1/2 cup coconut flour
- 1/2 tsp. sea salt
- 1/2 tsp. baking powder

#### FROSTING INGREDIENTS:

- 1 cup coconut oil
- 3 Tbsp. raw honey
- 2 tsp. cinnamon
- Dash sea salt

#### Equipment:

- Muffin tin
- 12 baking cups
- 2 medium mixing bowls
- Hand mixer
- Fork

#### Directions:

1. Preheat oven to 350F. Line muffin pan with baking cups.
2. Combine all wet ingredients in a medium sized mixing bowl. Beat on medium with a hand mixer for about 30 seconds.
3. Combine all dry ingredients in another medium sized bowl. Mix together with a fork to break apart any clumps.
4. Add the dry ingredients to the wet ingredients and beat for about 20 seconds. Make sure all ingredients are combined.
5. Fill each lined muffin tin about 3/4 of the way full. Bake for 25-30

minutes or until a toothpick comes out clean in the center.

6. Take the cupcakes out of the oven and set aside to cool completely. All the way cooled! But feel free to sneak one to nibble on while the rest cool off.

7. Once the cupcakes have cooled, make the frosting! Combine all of the ingredients into a medium mixing bowl and beat on medium speed for about 30 seconds until well combines. Ice those cupcakes and get to eating!

## 342. Honey Cream Hottie

### Ingredients:

Stevia to taste, plus more for topping

Steamed almond milk (or any milk you love) and foam

2 shots (or more) of espresso

### Instructions:

At the bottom of a mug, add honey.

Pour a little steamed/warm milk into the mug and stir to mix in honey.

Add the shots of espresso then pour the rest of the steamed milk in along with the foam. Drizzle honey over the top.

### 343 Black Forest cupcakes

#### Ingredients

125g/4½oz butter, softened

175g/6oz caster sugar

2 free-range eggs

200g/7oz self-raising flour

2 tbsp cocoa powder

125ml/4fl oz milk

100g/3½oz dark chocolate (minimum 70% cocoa solids), melted, plus extra to serve

1 x 360g/12½oz jar black cherries in kirsch

½ tsp arrowroot or cornflour mixed with a little water to make a smooth paste

300ml/10fl oz double cream, lightly whipped

#### Instructions

Preheat the oven to 170C/325F/Gas 3. Line a 12-hole muffin tray with paper cases.

Beat the butter and sugar together in a bowl until light and creamy.

Gradually add the eggs, one at a time, until well combined. Sift in the flour and cocoa powder and mix until well combined. Fold in the milk and melted chocolate.

Spoon or pipe the mixture into the muffin cases and bake for 18-20 minutes, or until well risen and springy to the touch.

Remove the cakes from the tin and set aside to cool on a cooling rack.

Drain the cherries in a sieve collecting the kirsch in the bowl below. Pierce the cakes with a skewer and carefully pour about a teaspoon of the kirsch over each cake.

Heat the kirsch and arrowroot paste in a small saucepan until just boiling.

Remove the pan from the heat and beat until thickened.

Using a small knife make a well in the top of each cake by removing a disk of cake

Pipe or spoon a swirl of cream onto the cakes, top with a few cherries and drizzle with the thickened kirsch. Just before serving, grate over some chocolate.

## 344. Beautiful Banana Bread- 5 Mins

### Ingredients

- 1 cup almond flour
- 2 medium soft bananas
- 3 eggs
- 1 tablespoon solid coconut oil
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/8 teaspoon stevia (optional)
- 1/4 teaspoon salt

### Method

Preheat the oven to 350 degrees and line a small baking pan with parchment paper.

Combine all of the ingredients in a high powered blender or food processor (this combine all the ingredients into the smoothest texture and makes a big difference in the consistency and texture, so it is highly suggested to use a blender or food processor in combining).

Once the batter is smooth, pour it into the bread loaf pan and cook on 350 degrees for 1 hour and 10 minutes.



### 345. Preppy PEPPER OMELET

#### Ingredients

4 eggs

1 bell pepper

½ cup cheese

½ tsp parsley

dash of paprika

salt and pepper to taste

#### Instructions

Preheat a pan on low heat on the stove.

Whisk the eggs together and add parsley, paprika, salt and pepper.

Slice a bell pepper on its side to create the bell pepper rings.

Add bell peppers to the pan and make sure they lie flat. Pour a little egg mixture in each one until it comes about halfway up the side of the bell pepper ring. Cook for 1-2 minutes

Flip them and sprinkle the cheese over the top so it can melt while the other side cooks! Ta da!

## 346. Cheeky CHURROS

### Ingredients

1/2 C Water

7 Tbsp softened Ghee

1/2 tsp fine Sea Salt

1/2 C Cassava Flour

1/4 cup Arrowroot

3 Eggs

Stevia to taste

1 tsp Cinnamon

1 C frying Oil

### Instructions

Combine the Cassava Flour, Arrowroot powder and Salt in a small bowl. Over low heat melt the Ghee in the Water. Once it is brought to a low boil quickly add in the flour mixture

Stir quickly until a ball is formed (30 seconds)

Remove from heat and let cool about 5 minutes.

Add one egg at a time, stirring vigorously after each addition.

The dough will look stringy and oily, that is normal. Just keep stirring and making a ball.

Once all the eggs have been incorporated and the dough is well blended, spoon the dough into a piping bag.

Heat your oil of preference in a deep pot or a deep fryer. I used Coconut Oil.

Once the oil is hot enough, carefully pipe the dough into the hot oil.

Fry until golden brown on each side, about 1 min on each side

Remove the Churros from the oil and place on a plate prepared with paper towel to absorb the extra oil.

## 347.Beautiful Banana Bread

### Ingredients

- 1 cup almond flour
- 2 medium soft bananas
- 3 eggs
- 1 tablespoon solid coconut oil
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1/8 teaspoon stevia (optional)
- 1/4 teaspoon salt

### Method

Preheat the oven to 350 degrees and line a small baking pan with parchment paper.

Combine all of the ingredients in a high powered blender or food processor (this combine all the ingredients into the smoothest texture and makes a big difference in the consistency and texture, so it is highly suggested to use a blender or food processor in combining).

Once the batter is smooth, pour it into the bread loaf pan and cook on 350 degrees for 1 hour and 10 minutes.

### 348. Apple cinnamon delight Recipe

#### INGREDIENTS

1 cup riced cauliflower, packed  
1/3 cup full fat coconut milk  
2/3 cup sweet apple cider  
1 tsp ground cinnamon  
1/4 tsp freshly grated nutmeg  
pinch Himalayan salt  
2 tbsp raisins  
2 tbsp pecans, chopped  
2 large eggs, beaten  
2 tbsp flaxseed meal

#### INSTRUCTIONS

By far, my favorite way to rice cauliflower is in the food processor. Simply cut the cauliflower into very small florets, throw them in the bowl of the food processor without overcrowding it and pulse a few times until the cauliflower has the desired coarseness. 10 to 15 short pulses usually do the trick.

A Ninja Prep Master works wonders for small quantities such as this, but you could also use a box grater if you wanted to.

Once your cauliflower has been riced, add a cup of it to a medium saucepan, along with raisins and pecans.

In a measuring cup, mix the the coconut milk, sweet apple cider, salt and spices and add that to the saucepan. Bring to low boil over medium heat and cook until cauliflower is tender and cooking liquid is almost completely absorbed, about 10 minutes or so.

Remove from heat and pour the eggs in a steady stream while whisking constantly so they don't cook and curdle on you. Add flax seed and resume whisking until completely incorporated.

Serve right away, garnished with more coconut milk and a few pieces of nuts.

## 349. Eggie Egg Muffin Cups

### INGREDIENTS

1 tablespoon olive oil

4 whole eggs

4 egg whites

2 cups baby spinach - roughly chopped (measured/packed before chopping)

1 cup red pepper (measured after chopping)

1 cup green pepper (measured after chopping)

1 cup yellow onion (measured after chopping)

1 cup mushrooms (measured before chopping)

2 cloves garlic, minced

Salt, to taste

Hot sauce, optional for drizzling on top!

### INSTRUCTIONS

Start by chopping some veggies: red pepper, green pepper, yellow onion, mushrooms, and baby spinach! I like chopping everything pretty small, because I'm not a fan of big chunks, but the size of veggie is up to you! Now mince some garlic and crack some eggs! I used 4 whole eggs and 4 egg whites. Whisk the eggs together in a large four cup measuring cup and set aside. I like whisking the eggs in the measuring cup, because it makes pouring the mixture into the muffin tin easier later on!

Now, heat a non stick pan over medium heat. Once hot, add in olive oil.

Then add in the red pepper, green pepper, yellow onion, and a pinch of salt. Saute for about 5-7 minutes, or until the peppers are tender. Add in spinach and mushrooms and cook for another 2 minutes. In the last 30 seconds, add in minced garlic.

Taste and re-season with salt if necessary!

Pour the cooked veggies into the whisked eggs. Stir to combine. If you like, you could even add in a little hot sauce.

Preheat the oven to 350 degrees F and grease a muffin pan with cooking spray.

Pour the egg/veggie mixture evenly into the muffin pan. You'll have enough for all 12 muffin slots!

Bake for about 15 minutes, or until the tops are firm to the touch or if an inserted toothpick comes out clean.

Let cool in the pan for a few minutes, before removing! Serve immediately or let finish cooling on a cooling rack. Store in an airtight container in the fridge for no longer than 4 days. You can, however, store these individually in the freezer! To thaw, remove from the freezer the night before and store in the refrigerator. Then just pop it in the microwave in the morning until warm.

#### NOTES

Calories are for one muffin, so eat up and serve this with a side of toast, your morning coffee, yogurt, etc!

## 350. Totally Tropical Granola

### Ingredients

6 ounces Macadamia Nuts, coarsely chopped  
6 ounces Slivered Almonds  
6 ounces Cashews, coarsely chopped  
6 ounces Dried Mango(unsweetened), coarsely chopped  
½ cup Flaked Coconut(unsweetened)  
¼ cup Coconut Oil, melted  
Stevia to taste  
1 Small Egg White  
¼ teaspoon Cinnamon  
⅛ teaspoon Chili Powder  
½ teaspoon Coarse Salt  
1 teaspoon Vanilla

### Instructions

Preheat the oven to 250 degrees.

In a large mixing bowl, toss together the macadamia nuts, almonds, cashews, mango, and coconut.

Place half of the mixture in a food processor and pulse several times until about ½ of the mixture is broken down into smaller pieces.

Add the mixture back into the mixing bowl and toss again.

In another small bowl, whisk together the coconut oil, honey, egg white, cinnamon, chili powder, salt and vanilla.

Pour over the nut mixture and stir until well coated.

Spread the mixture in a single layer on top of a parchment or non-stick mat lined baking sheet.

Bake in the preheated oven for 1½ hours.

Watch closely in the last 15 minutes of baking to make sure they do not darken too much.

Remove when the granola is golden brown.

Let granola sit on the baking sheet until fully cooled.

Break up into pieces and store in an airtight container.

## 351 . Fabulous Brownie Treats

### Ingredients:

1 1/2 cups walnuts

Pinch of low sodium salt

1 tsp vanilla

1/3 cup unsweetened cocoa powder

### Instructions:

Add walnuts and low sodium salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the vanilla, and cocoa powder to the blender. Mix well until everything is combined.

With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm.



## 352 . Rose Banana Delicious Brownies

### Ingredients:

2 red beets, cooked

2 bananas

2 eggs

1/2 cup unsweetened cacao powder

1/3 cup almond flour

1 tsp baking powder

3 tablespoons crushes mixed nuts

Stevia to taste

### Instructions:

Combine all ingredients in a food processor, and blend until smooth.

Stir in the nut bits

Pour into a well-greased pan about 8x8 inches

Bake at 325 for about 40 minutes.

### 353.. Spectacular Spinach Brownies

#### Ingredients:

1 ¼ cups frozen chopped spinach

6 oz sugar free chocolate

½ cup extra virgin coconut oil

½ cup coconut oil

6 eggs

Stevia to taste

½ cup cocoa powder

1 Tspn vanilla pod

¼ tsp baking soda

½ tsp low sodium salt

½ tsp cream of tartar

pinch cinnamon

#### Instructions:

Preheat oven to 325F. Line a 9"x13" baking pan with wax paper or use a silicone baking pan.

Melt coconut oil and chocolate together over low heat on the stove top or medium power in the microwave. Add vanilla and stir to incorporate. Let cool.

Mix cocoa powder, baking soda, cream of tartar, low sodium salt and cinnamon.

Blend spinach, egg, together in a food processor or blender, until completely smooth (2-4 minutes).

Add coconut oil to food processor and process until full incorporated.

Add melted chocolate mixture and 3 or 4 drops stevia liquid to egg mixture slowly and processing/blending constantly.

Mix in dry ingredients and process/stir to fully incorporate.

Pour batter into prepared baking pan and spread out with a spatula.

Bake for 40 minutes. Cool completely in pan. Cut into squares. Enjoy!

### 354. Pristine Pumpkin Divine

#### Ingredients:

2 cups blanched almond flour

½ cup flaxseed meal

2 teaspoons ground cinnamon (optional)

Stevia to taste

½ teaspoon low sodium salt

1 egg

1 cup pumpkin puree

1 tablespoon vanilla extract

#### Instructions:

Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt

In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.

Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.

Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan

bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.

## 355 . Secret Brownies

### Ingredients:

1 c. raw almonds

1/2 c. raw cashews

4-5 Tbs. cocoa powder

1 Tbs. cashew butter

Stevia to taste

### Instructions:

Combine all ingredients in the food processor.

Whir until somewhat smooth.

Press into 8×8" glass baking dish.

Chill until ready to serve.

## 356. Choco Coco Cookies

### Ingredients:

Stevia powder – 1 teaspoon

1 cup coconut flour

½ cup coconut oil

½ cup coconut milk, (from the can)

2 Teaspoons vanilla extract

¼ Teaspoon low sodium salt

2½ cups finely shredded coconut

1 cup big flake coconut

⅔ cup dark sugar free chocolate chunks or chocolate chips (I used 80% dark chocolate)

Optional: ½ cup almond or cashew butter

### Instructions:

In a large saucepan, combine the, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes.

Remove from the heat and add the vanilla, low sodium salt, and coconut flour and coconut. Stir to combine. If you're using the almond or cashew butter, mix it in thoroughly. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.

Portion the cookie on a parchment lined baking sheet and let cool. This version of no-bakes takes a full 3-4 hours to fully set up, but you don't have to wait that long because they're really good warm and gooey.

### 357. Berry Ice Cream and Almond Delight

#### Ingredients:

##### For the Ice Cream:

1 can full fat coconut milk

Stevia to taste

2 tbsp vanilla

1 cup fresh strawberries cut into fourths

##### For the crisp:

1/3 cup almond flour

3 tbsp sunflower seed butter (or almond butter)

1/2 tsp vanilla

1 tbsp honey

low sodium salt to taste

#### Instructions:

##### For the ice cream:

Combine coconut milk and vanilla together in a small saucepan over medium heat and stir until ingredients are well combined (just a few minutes).

Transfer milk mixture to a small bowl and place in the freezer for two hours.

Next, add strawberries to a small saucepan and bring to a low boil.

Turn heat to medium-low and allow to cook until they start breaking down into a sauce-like mixture, leaving small chunks.

Place strawberries in refrigerator while the ice cream hardens.

##### For the crisp:

Combine all ingredients and mix until you get a “crumble” consistency.

Place crisp in refrigerator until ready to use.

After two hours, place milk mixture into your ice cream maker along with the strawberries and use as directed.

When ice cream is ready, scoop and serve with crisp sprinkled on top.

### 358. Apple Spice Spectacular

#### Ingredients:

1 cup unsweetened almond butter  
Stevia to taste  
1 egg  
1 tsp baking soda  
1/2 tsp low sodium salt  
half an apple, diced 1 tsp cinnamon  
1/4 tsp ground cloves  
1/8 tsp nutmeg  
1 tsp fresh ginger, grated on a microplane

#### Instructions:

Pre-heat oven to 350 degrees F.

In a large bowl, combine almond butter, stevia, egg, baking soda, and low sodium salt until well incorporated. Add apple, spices, and ginger and stir to combine.

Spoon batter onto a baking sheet (you may have to spread the batter a little to get it into a round shape) about 1-2 inches apart from each other--they'll spread a bit.

Bake about 10 minutes, or until slightly set.

Remove cookies and allow to cool on pan for about 5-10 minutes. Then finish cooling on a cooling rack.

### 359. Absolute Almond Bites

#### Ingredients:

1 1/2 cups almond flour

1/4 teaspoon low sodium salt

1/4 teaspoon baking soda (gluten-free, if necessary)

1/8 teaspoon cinnamon

2 tablespoons melted coconut oil

Stevia to taste

1 1/4 teaspoon vanilla extract

1/4 teaspoon almond extract or almond flavoring

12 to 15 whole almonds; sprouted or soaked and dehydrated

#### Instructions:

Preheat oven to 325°F. Line a baking sheet with parchment paper.

In a medium bowl combine almond flour, low sodium salt, baking soda, and cinnamon. Mix well, breaking up any lumps.

In a small bowl, place coconut oil, vanilla, almond extract or flavoring.

Whisk until well combined.

Add wet ingredients to dry ingredients and stir until combined...add stevia

Roll level-tablespoon-sized (using a measuring spoon) portions of dough into balls and place on baking sheet. Flatten slightly with the heel of your hand and press one almond into the center of each cookie.

Bake 15 to 17 minutes or until light golden brown. Allow to cool on baking sheet for a few minutes before transferring to cooling rack.

Store in an airtight container. Can be frozen.



### 360. Eastern Spice Delights

#### Ingredients:

1 3/4 cups + 4 tbsp almond meal  
1/8 tsp low sodium salt  
3/4 tsp ground ginger  
3/4 tsp cinnamon  
1/4 tsp ground cloves  
1/4 tsp cardamom  
1/8 tsp nutmeg  
1/2 cup coconut oil (in solid form)  
Stevia to taste  
1 tsp vanilla extract

#### Instructions:

Preheat oven to 350F.

Combine all the dry ingredients in a large bowl. In a small bowl, mix together the oil, maple syrup, and vanilla until completely blended. Pour the wet ingredients over the dry ingredients and mix well.

Drop the cookie dough on a cookie sheet. It will spread a bit as it cooks (and thus flatten), but not an awful lot.

Bake for 10-12 minutes. These cookies will not look golden when they're done. Makes two dozens.

### 361. Creamy Caramely Ice Cream

#### Ingredients:

#### Delicious Instant Caramel Topping:

2 heaped tablespoons of hulled tahini

Stevia to taste

2 tablespoons of coconut milk

1/2 teaspoon of vanilla

#### Delicious Instant Ice Cream:

4 frozen bananas, chopped

4 tablespoons coconut milk

1 teaspoon of vanilla

#### Instructions:

Spoon the tahini and stevia into a cup and stir with a fork to combine. Mix in the coconut milk and vanilla. Refrain from eating it while you make your ice cream.

Place the ingredients into food processor or blender, blend until the mixture is an ice cream consistency.

Spoon the ice cream into bowls, drizzle generously with the caramel topping, sprinkle with low sodium salt if you desire. Enjoy!

## 362. Sexy Dessert Pan

Ingredients:

Crust:

1 1/2 cups pecans

3/4 cup dates

4 tbsp coconut oil

Second Layer:

2/3 cup cashew butter

1/3 cup palm shortening

2 tsp apple cider vinegar

1/2 tsp lemon juice

Pinch low sodium salt

Third Layer:

1 cup coconut flour

1 cup coconut milk

Stevia to taste

1 tsp vanilla extract

Fourth Layer:

1/2 cup coconut milk

1/2 cup coconut butter

1/2 cup cacao powder

2 tbsp honey

Fifth Layer:

1/2 cup coconut butter

1/4 cup coconut milk

Stevia to taste

Sixth Layer:

Grated dark sugar free chocolate, at least 80% cocoa

Instructions:

To make the crust, roughly chop the pecans then pit and chop the dates. Load both into a food processor and pulse until ground but still crumbly. Transfer to a bowl and work in the coconut oil, then press the sticky mixture into a single smooth layer at the bottom of a square 8x8 cake pan.

Transfer to the refrigerator to chill while you begin the second layer. To make the second layer, combine its ingredients very well in a medium mixing bowl. Spoon over the chilled crust, smoothing as much as possible with the back of a spoon. Place the pan back in the fridge.

To make the third layer, mix its ingredients together in a mixing bowl and then spoon over the chilled, hardened second layer. Smooth as much as possible, then chill.

Add the fourth layer by combining its ingredients and then layering it into the pan in the same way as the previous layers.

For the fifth layer, mix the coconut shortening, coconut milk and stevia with a hand mixer until very smooth and spoon over the chilled fourth layer.

Before placing the pan back into the refrigerator after adding the fifth layer, grate very dark chocolate over the top to the depth of your preference. Chill the pan for an additional half hour or more, then slice with a sharp knife and serve.

Notes:

The layers may seem fiddly but the technique is so simple once you're in the thick of it: just mix the ingredients, spoon into the pan and chill!

### 363. Cheeky Cherry Ice

#### Ingredients:

14oz. cans 365 Coconut Milk (Full Fat)

Stevia to taste

1 ½ tsp. vanilla extract

2 cups fresh cherries, pitted and diced

#### Instructions:

In a large bowl, combine coconut milk, stevia and vanilla and stir well.

Chill for 1-2 hours.

Transfer to ice-cream maker and process according to manufacturer directions.

Add diced cherries to the mixture during the last 5-10 minutes of processing.

## 364. Creamy Berrie Pie

### Ingredients:

#### Crust:

3 cups almonds

½ Teaspoon cinnamon

½ cup honey

2 Tablespoons coconut oil

1 Tablespoon lemon zest

1 Teaspoon almond extract

A pinch of low sodium salt

#### Filling:

2 Teaspoons plant-based gelatin, dissolved in 2 Tablespoons hot water

⅓ cup freshly squeezed lemon juice

Stevia to taste

1 can coconut milk, chilled

4 cups blueberries for serving

#### Instructions:

Place the almonds and cinnamon in a food processor and pulse until your desired texture is reached. I like to leave some bigger pieces for texture. Add the rest of the crust ingredients and pulse until a sticky dough forms. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).

For the filling, mix the gelatin and water together. Stir to dissolve and immediately add the lemon juice. If the gelatin gets clumpy, place the mixture over hot water until it melts again. Pour the coconut milk into an electric mixer, add the stevia and whip on high until peaks form, about 15 minutes. Add the gelatin mixture to the whipped cream. Pour the filling into the crust. The filling will seem thin, but don't worry it will set up in the refrigerator.

Chill for at least 4 hours until set, and serve with lots of berries!

### 365. Peachy Creamy Peaches

#### Ingredients:

3 medium ripe peaches cut in half with pit removed

1 tsp vanilla

1 can coconut milk, refrigerated

1/4 cup chopped walnuts

Cinnamon (to taste)

#### Instructions:

Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft, about 3-5 minutes on each side.

Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle over each peach.

Top with cinnamon and chopped walnuts to garnish.

## 366. Spiced Apple Bake

### Ingredients:

2 apples of your choice

1/4 cup walnuts

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

### Instructions:

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off of each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix spices, walnuts, and raisins in a small bowl.

Pour half of the spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavors.



### 367. Pretty Pumpkin Delights

Ingredients:

For Crust:

1 cup hazelnuts (preferably soaked and dehydrated for better digestion)

1/2 cup raw pumpkin seeds (preferably soaked and dehydrated for better digestion)

1 TBS coconut oil

2 pinches of low sodium salt

Stevia to taste

For Filling:

1 cup cooked pumpkin puree

1/2 cup coconut

2 TBS coconut oil

Stevia to taste

1/2 tsp vanilla extract

1/4 tsp cinnamon powder

1/4 tsp ginger powder

1/8 tsp allspice

1/8 tsp clove powder

For Chocolate Drizzle:

2 TBS coconut butter

2 TBS coconut oil

2 TBS raw cacao (or unsweetened cocoa)

Stevia to taste

a pinch or 2 of low sodium salt

Instructions:

To Make the crust: Line mini muffin tins with unbleached mini paper liners. Process all crust ingredients in a food processor until well combined and resembles a coarse flour. Spoon 1 and 1/2 tsp of mixture into each of the 24 mini cups. Use your thumb to press down mixture firmly to create a solid bottom layer for these cute little yummys. Place in freezer to harden.

To make filling: Melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of filling ingredients. Go ahead and mix it up real good here until creamy smooth. Remove crusts from freezer and spoon about 3/4 TBS of filling over your prepared crusts. Return to freezer to harden, at least 2 hours.

To make chocolate drizzle: Once mini bites have hardened, gently melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of drizzle ingredients. Allow to cool slightly to thicken. Pour into small plastic bag, cut a TINY hole in the corner, and drizzle over treats in any fashion that you want.

Now it's time to enjoy these amazing delights. Store leftovers in freezer as they are best cold. (That is, if there are any leftovers. Ours got dusted off in one day.)

### 368. Gluten Free Banana Nut Bread

#### Ingredients:

3 bananas, mashed, or 1 cup

3 eggs

1/2 cup almond butter

1/4 cup coconut oil, melted

1 tsp vanilla extract

1/2 cup almond flour

1/2 cup coconut flour

2 tsp cinnamon

1 tsp baking soda

1/4 tsp low sodium salt

1/2 cup chopped walnuts

#### Instructions:

Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.

In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and low sodium salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.

Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.

### 369. Macadamia Pineapple Bonanza

#### Ingredients:

##### Crust:

½ cup almond flour  
4 tablespoons raw cacao powder  
⅓ cup macadamia nuts  
½ teaspoon vanilla extract  
Stevia to taste  
1½ teaspoons coconut oil, melted

##### Filling:

2 eggs  
1 cup fresh pineapple, chopped  
1⅓ cup shredded coconut, unsweetened  
1 tablespoon fresh lime juice  
1 tablespoon vanilla extract  
Stevia to taste  
½ cup almond flour  
A pinch of low sodium salt

#### Instructions:

##### Crust:

In a large bowl, mix the almond flour and cacao powder.  
Chop the macadamia nuts in a food processor and add it to the bowl.  
Add vanilla extract and coconut oil to the dry mixture and using your hands, mix to combine ingredients.

Spread the mixture evenly on the bottom of an 8x8-inch pan lined with parchment paper. Be sure to use one large piece of paper covering the entire pan that overlaps on all four sides.

##### Filing:

In a large bowl beat the 2 eggs  
Mix in the pineapple, 1 cup of shredded coconut (reserve the remaining ⅓ cup for the top), lime juice, vanilla and stevia.

Gently mix in the almond flour and low sodium salt with rubber spatula.  
Pour mixture over the crust and sprinkle top with remaining shredded coconut.

Bake at 350°F for approximately 20 minutes or until the top starts to brown and the pineapple/coconut layer is firm.

Set pan on a wire rack and allow it to cool before cutting into squares. Store in the refrigerator.

### 370. Lemmony Lemon Delights

#### Ingredients:

##### Crust:

1 cup almond flour  
1/4 cup almond butter  
Stevia to taste  
1 tbsp coconut butter  
1 tsp vanilla  
1/2 tsp baking powder  
1/4 tsp low sodium salt

##### Filling:

3 eggs  
Stevia to taste  
1/4 cup lemon juice  
2 1/2 tbsp coconut flour  
1 tbsp lemon zest, finely grated  
Pinch of low sodium salt

#### Instructions:

Preheat oven to 350.

Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms.

Press crust evenly into the bottom of pan.

Using a fork, prick a few holes into crust.

Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated.

When done, remove crust from oven and pour filling evenly over top.

Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

## 371. Lemon Cookies

### Ingredients:

2 cups blanched almond flour  
1/4 cup coconut flour  
1/2 cup granulated sugar  
1 teaspoon baking powder  
1/8 teaspoon salt  
1/2 cup unsalted butter, melted and cooled slightly  
1 large egg, room temperature  
1 tablespoon lemon zest (from 1 lemon)  
1 teaspoon lemon extract  
1/3 cup lemon curd\*  
powdered sugar, optional

### Directions:

In a medium mixing bowl, stir together the almond flour, coconut flour, sugar, baking powder and salt. Set aside.

In another medium mixing bowl, stir together the melted butter, egg, lemon zest, and lemon extract.

Add the dry mixture to the wet and stir just until combined. The dough will feel quite wet. Let it sit for 10 minutes to allow the coconut flour to absorb the liquid while the oven preheats.

Preheat the oven to 350 degrees F and line a cookie sheet with a piece of parchment paper.

Roll the dough into 1" balls and place 2" apart on the prepared cookie sheet. The dough will feel quite greasy.

Bake the cookies for 6 minutes and remove from the oven.

Using the rounded part of a 1/2 teaspoon measuring spoon, make an indentation about 3/4 of the way down into each cookie.

Fill each indentation with 1/2 teaspoon of lemon curd. Be sure not to overfill them.

Return the pan to the oven and bake for another 5-7 minutes or until the cookies feel like they have a firm outer layer. The cookies shouldn't brown around the edges - just on the bottom.

Let the cookies, which will be very soft at this point, cool for 5 minutes on the baking sheet and then remove to a wire rack to cool completely. The parchment paper may be a little greasy, but the cookies will not be.

10. Refrigerate in an airtight container for up to 4 days. Dust with powdered sugar before serving, if desired.

Notes:

I've never seen lemon curd containing gluten but if you eat gluten-free, please check the ingredients label on your jar to ensure that your lemon curd doesn't have gluten.



## 372. Lemon Cake

### Ingredients

3 or 4 large Meyer Lemons (approximately 12 oz, total to yield 1 cup of whole lemon puree)

3 large eggs

1 cup sugar

3 cups almond meal

1 tsp baking powder

1 tsp lemon extract

for the lemon icing

3 Tbsp unsalted butter, at room temperature

juice of 1 lemon

1 -5 drops stevia

### INSTRUCTIONS

Set oven to 325F

Wash the lemons and put them in a pot. Cover them with water and bring to a boil. Boil for 15 minutes.

Drain the lemons and let them cool until you can handle them. Cut them open and remove the seeds, but keep everything else. Do this on a plate so you can retain all the juices. Once you have removed all the seeds, put everything into a food processor. Process until finely pureed. You may need to pulse the machine at first, and scrape down the sides as necessary to get everything smooth. This will only take a couple of minutes. You will need one cup of lemon puree for the cake.

Beat the eggs and the sugar until pale in color. Add the lemon extract.

Fold in the almond meal, baking powder, and lemon puree. Mix until thoroughly combined.

Turn the batter into a greased 9" springform pan. Smooth out the surface so it is even.

Bake for about 50 -60 minutes, just until a toothpick inserted in the center comes out clean.

Cool on a rack for 10 minutes, then gently release the sides of the pan and remove the cake to finish cooling.

## 373. Choco Zucchini Cookies

### Ingredients

2 cups shredded zucchini (squeezed)

½ cups pitted dates (7 pieces)

2 tbsp. unsweetened cocoa powder

1 egg

1 tsp baking powder

1/8 tsp salt

1 tsp instant coffee

1 tbsp. vanilla extract

1 tsp flax oil

¼ cup dark chocolate chips

Flourless Chocolate Zucchini Cookies

PRINT

### Instructions

Preheat oven at 350 degree Fahrenheit. Prepare a cookie sheet with a liner and grease it.

In a food processor combine all the ingredients (except chocolate chips) and grind smooth.

Pour the batter into the mixing bowl and mix in chocolate chips.

With the help of a round spoon or ice cream scoop spoon the batter into 12 round shapes.

Put the sheet on the middle rack of the oven and bake for 30 minutes.

Take it out and let it cool completely. Put the cookies in the refrigerator for 15 minutes to stiffen.

## 374. Pumpkin crepes

ingredients

Apple Butter:

apples - 5 lb, peeled and sliced

cinnamon - to taste

Crepes:

egg yolk - 1

egg whites - 4

pure pumpkin puree - 1/3 cup

canned full-fat coconut milk - 1/3 cup

coconut flour - 3-4 tablespoons

arrowroot starch - 1/4 cup

pure vanilla extract - 1 teaspoon

ground allspice - 1/4 teaspoon

pure maple syrup - 3 tablespoons

instructions

Preheat oven to 425 degrees Fahrenheit.

Combine the apples and cinnamon to taste on 2 9 inch by 13 inch baking dishes.

Roast for 1-2 hours, stirring every 15 minutes, or until the apples have lost quite a bit of moisture.

Puree until smooth, adding water if necessary.

Preheat a nonstick skillet to 350 degrees Fahrenheit. Whisk together all crepe ingredients in a large bowl until smooth.

Lightly grease the skillet with coconut oil and add 4-5 tablespoons of batter, spreading it around with the back of a spoon.

Cook until the batter looks dry. Flip and cook until golden. Repeat with remaining batter.

Serve crepes with apple butter.

## 375. Banana Shake

### Ingredients

1 frozen banana, sliced

1/2 cup ice cubes

1/2 cup strong coffee\*\*

2 tablespoons cocoa powder

1 tablespoon coconut butter (optional)

small splash of vanilla extract (optional)

### Instructions:

Place all ingredients in a blender and process until smooth.

Makes approximately 1 serving

## Beverages

### 376. Blood Orange Smoothie

#### INGREDIENTS

1 banana, sliced and frozen

½ cup ice cubes

1 medium beet (about ½ cup)

1 cup frozen mixed berries

¼ cup spinach

½ cup blood oranges (about 4 - 5 blood oranges)

1⅔ cups Almond Breeze almond milk, or more to reach your desired consistency

#### INSTRUCTIONS

Mix all the ingredients into the blender in the order listed,

Blend on low until the bananas begin to break up. Slowly bring the speed up to medium and blend for about a minute.

Slowly bring the speed up to high, or until you see a vortex in the middle of the blender. Blend for about 1 - 2 minutes, or until smooth.

## 377. Carrot Orange Ginger Smoothie with Turmeric

### INGREDIENTS

1 cup orange juice

1 cup carrot juice

2 teaspoons minced fresh ginger

½ teaspoon turmeric

1 cup ice

### DIRECTIONS

Add all ingredients to the blender and blend until smooth, about 60 to 90 seconds.

### NOTES

For a creamy and nutty smoothie, add ½ cup walnuts, almonds or cashews.

You can add more ice if you like a thicker smoothie.

Add one banana for a sweetener and a creamier smoothie. Frozen bananas with give a cooler and thicker smoothie.

You can add whole orange segments or a few carrots for added fiber.

## 378. Blueberry Lemonade

### INGREDIENTS

8 cups cold water

1 cup fresh lemon juice

2 1/2 tablespoons chopped mint

1 cup fresh or frozen blueberry

### INSTRUCTIONS

Combine all ingredients in a pitcher and chill in the fridge overnight.

Serve over ice, garnished with lemon slices or extra mint leaves.

## 379. Red Coconut Smoothie

### INGREDIENTS

- 1 cup coconut milk
- 1 frozen banana, sliced
- 2 cups frozen strawberries
- 1 teaspoon vanilla extract

### INSTRUCTIONS

Add all ingredients to Blendtec and blend until smooth.



## 380. Lavender Lemonade

### Ingredients

5 cups pure water

1 Tbsp. dried, organic culinary lavender (or 1/4 cup fresh lavender blossoms, crushed) (where to find online)

1 cup fresh-squeezed, organic lemon juice, strained

Ice cubes

Lavender sprigs for garnish

### Instructions

Bring 2 1/2 cups water to boil in a medium pan

Remove from heat and add honey, stirring to dissolve.

Add the lavender to the honey water, cover, and let steep at least 20 minutes or up to several hours, to taste

Strain mixture and discard lavender

Pour infusion into a glass pitcher

Add lemon juice and another 2 1/2 cups of cold water. Stir well.

Refrigerate until ready to use, or pour into tall glasses half-filled with ice, then garnish with lavender sprigs.

Sit on the porch a spell and enjoy!

## 381. Gorgeous Berry Smoothie

### Ingredients:

½ cup frozen blueberries or 1 cup fresh blueberries

15 oz coconut milk

Stevia to taste

1 scoop of hemp protein

¼ teaspoon cinnamon (optional)

### Instructions:

Place all ingredients into a blender.

Blend until mixed thoroughly.

Serve right away.

## 382. Hazelnut Hottie

### INGREDIENTS

1 Tbsp. hazelnut butter

Starbucks Classic Hot Cocoa K-Cup

### INSTRUCTIONS

Place 1 Tablespoon of hazelnut butter in your favorite mug.

Brew one Starbucks Classic Hot Cocoa K-Cup pod directly over the hazelnut butter.

Stir until the butter is dissolved.

Top with a dollop of whipped cream.

### 383. Lemongrass-Lavender Tempting Tea

#### Ingredients

16 cups cool Water

3 sprigs fresh Mint

6 Green Tea bags

1 tablespoon dried Lemongrass

1 tablespoon dried Lavender

Optional: stevia to taste

#### Instructions

Pour water in a large jar, preferably with a spigot for easy serving. Add the mint and tea bags. Place lemongrass and lavender in a tea ball or wrap in two layers of cheesecloth and tie closed with kitchen twine. Allow to brew in the sun for the day. Remove tea bags, and herbs; store in the refrigerator

## 384. Delish Cream Latte

### Ingredients:

Stevia up taste

Steamed almond milk (or any milk you love) and foam

2 shots (or more) of espresso

### Instructions:

At the bottom of a mug, add honey.

Pour a little steamed/warm milk into the mug and stir to mix in honey.

Add the shots of espresso then pour the rest of the steamed milk in along with the foam. Drizzle honey over the top.

Enjoy!

## 385 Coconut Vanilla Surprise

### INGREDIENTS

1½ cups unflavored soy milk  
2 tbsp. matcha green tea powder  
stevia to taste  
½ tsp. vanilla extract  
¼ cup coconut milk  
few dashes nutmeg

### INSTRUCTIONS

Whisk together soy milk, matcha, sweetener and vanilla. Heat to desired temperate in a small saucepan on stove top or microwave in a microwave safe container.

Divide into mugs and froth.

Add coconut milk, and sprinkle with nutmeg. Serve.

### 386. Tempting Coconut Berry Smoothie

#### Ingredients:

- ½ Cup Frozen Blackberries
- ½ Frozen Banana
- 1 Teaspoon Chia Seeds
- ¼ Inch Piece Of Fresh Ginger
- ½ Cup Almond  
Coconut Milk
- 1 scoop of HEMP protein
- 2 Tablespoons Toasted Coconut

#### Instructions:

Combine all the ingredients in a blender and process until smooth.

## 387. Volumptious Vanilla Hot Drink

### Ingredients:

3 cups unsweetened almond milk (or 1 1/2 cup full fat coconut milk + 1 1/2 cups

water)

Stevia to taste

1 scoop of hemp protein

1/2 Tbsp. ground cinnamon (or more to taste)

1/2 Tbsp. vanilla extract

### Instructions:

Place the almond milk into a pitcher. Place ground cinnamon, hemp, anilla extract in a small saucepan over medium high heat. Heat until the pure liquid stevia is just melted and then pour the pure liquid stevia mixture into the pitcher.

Stir until the pure liquid stevia is well combined with the almond milk. Place the pitcher in the fridge and allow to chill for at least two hours. Stir well before serving.



## 388. Blushing Berry Smoothie

### Ingredients:

½ cup frozen blueberries or 1 cup fresh blueberries

15 oz coconut milk

Stevia to taste

1 scoop of hemp protein

¼ teaspoon cinnamon (optional)

### Instructions:

Place all ingredients into a blender.

Blend until mixed thoroughly.

Serve right away.

## 389. Tempting Coconut Berry Smoothie

### Ingredients:

- ½ Cup Frozen Blackberries
- ½ Frozen Banana
- 1 Teaspoon Chia Seeds
- ¼ Inch Piece of Fresh Ginger
- ½ Cup Almond  
Coconut Milk
- 1 scoop of HEMP protein
- 2 Tablespoons Toasted Coconut

### Instructions:

Combine all the ingredients in a blender and process until smooth.

### 390. Almond Butter Smoothies

**Ingredients:**

1 scoop of hemp protein

1 Tablespoon natural almond butter

1 cup of hemp milk

1 banana, preferably frozen for a creamier shake

few ice cubes

**Instructions:**

Blend all ingredients together and enjoy!

## 391. Choco Walnut Delight

### Ingredients:

1 scoop Hemp Protein

30g dark sugar free chocolate broken up.

50g walnuts chopped/crushed (depending on desired texture)

250ml hemp milk or nut milk alternative

Handfull of ice cubes, the more you use the thicker it will be.

### Instructions:

Blend everything together in a strong blender until thoroughly processed, and enjoy!

Makes 2, and can be stored in the fridge overnight.

## 392. Blueberry Almond Smoothie

### Ingredients:

- 1 c almond milk
- 1 c frozen unsweetened blueberries
- 1 Tbsp cold-pressed organic flaxseed oil
- 2 tblsp hemp protein powder

### Instructions:

Combine milk and blueberries in blender, and blend for 1 minute.  
Transfer to glass, and stir in flaxseed oil.

### 393. Raspberry Hemp Smoothie

**Ingredients:**

1 cup hemp milk or milk alternative  
1/2 cup raspberries (fresh or frozen)  
2 tablespoons hemp protein powder  
Stevia to taste  
3 to 4 ice cubes

**Instructions:**

Add ingredients to a blender and blend until smooth.

## 394. Choco Banana Smoothie

### Ingredients:

- 1 cup milk or milk alternative
- 2 peeled frozen bananas
- 4 ice cubes
- 2 tablespoons hulled hemp seed
- 2 tablespoons hemp protein powder
- 1 tablespoons organic cocoa powder
- 5-7 drops liquid stevia to sweeten
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla

### Instructions:

Put all ingredients into blender. Blend until smooth.

## 395. Hazelnut Butter and Banana Smoothie

### Ingredients:

½ c nut milk

½ c hemp milk

2 Tbsp creamy natural unsalted hazelnut butter

¼ very ripe banana

stevia drops to taste

4 ice cubes

2 tblsp hemp protein powder

### Instructions:

Combine ingredients in a blender. Process until smooth.

Pour into a tall glass and serve.



## 396. Apple Smoothie

### Ingredients:

½ cup hemp milk  
1 cup hemp milk  
1 tsp apple pie spice  
1 med apple peeled and chopped  
2 Tbsp cashew butter  
Handful of ice  
2 tblsp hemp protein powder

### Instructions:

COMBINE ingredients in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon.

## 397. Vanilla Blueberry Smoothie

### Ingredients:

2 cups hemp milk

1 c fresh blueberries

Handful of ice OR 1 cup frozen blueberries

1 Tbsp flaxseed oil

2 tblsp hemp protein powder

### Instructions:

Combine milk, and fresh blueberries plus ice (or frozen blueberries) in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

## 398. Chocolate Raspberry Smoothie

### Ingredients:

1 cup almond milk

¼ c chocolate chips-sugar free

1 c fresh raspberries

2 tsp hemp protein powder

Handful of ice OR 1 cup frozen raspberries

### Instructions:

COMBINE ingredients in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon.

### 399. Peach Smoothie

**Ingredients:**

1 cup hemp milk

1 c frozen unsweetened peaches

2 tsp cold-pressed organic flaxseed oil (MUFA)

2 tsp hemp protein powder

**Instructions:**

PLACE milk and frozen, unsweetened peaches in blender and blend for 1 minute.

Transfer to glass, and stir in flaxseed oil.

## 400. Zesty Citrus Smoothie

### Ingredients:

1 cup almond milk

half cup lemon juice

1 med orange peeled, cleaned, and sliced into sections

Handful of ice

1 Tbsp flaxseed oil

2 tsp hemp protein powder

### Instructions:

COMBINE milk, lemon juice, orange, and ice in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

## 401. Sumptuous Strawberry Coconut Smoothie

### Ingredients:

- 1 cup coconut milk
- 1 frozen banana, sliced
- 2 cups frozen strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon hemp protein powder

### Instructions:

Add all ingredients to blender and blend until smooth.

## 402. Blueberry Bonanza Smoothies

### Ingredients:

1/4 cup canned coconut or almond milk

1/2 cup water

1 medium banana, sliced

1 cup frozen blueberries

1 tablespoon raw almonds

### Instructions:

Add coconut milk, water, banana, blueberries and almonds to blender container.

Cover and blend until smooth. Pour into 2 glasses.

## 403. Raspberry Coconut Smoothie

### Ingredients:

- ½ - 1 cup coconut milk (depending on how thick you like it)
- 1 medium banana, peeled sliced and frozen
- 2 teaspoons coconut extract (optional)
- 1 cup frozen raspberries
- 1 tablespoon hemp protein powder

optional: shredded coconut flakes, and stevia to taste

### Instructions:

- Add coconut milk, frozen banana slices and coconut extract to your blender.
- Pulse 1-2 minutes until smooth.
- Add frozen raspberries and continue to pulse until smooth.
- Pour into your serving glass, top with a couple of raspberries and a little shredded coconut, and enjoy!



## 404 Divine Peach Coconut Smoothie

### Ingredients:

1 cup full fat coconut milk, chilled

1 cup ice

2 large fresh peaches, peeled and cut into chunks

Fresh lemon zest, to taste

1 tablespoon hemp protein powder

### Instructions:

Add coconut milk, ice and peaches blender. Using a zester, add a few gratings of fresh lemon zest.

Blend on high speed until smooth.

## 405. Tantalizing Key Lime Pie Smoothie

### Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

### Instructions:

Add all ingredients to Vitamix or blender and blend until smooth.

## 406. High Protein and Nutritional Delish Smoothie

### Ingredients:

- 1 cup almond milk
- 1/2 Avocado
- 4 Strawberries
- 1/2 Bananas (Very ripe)
- 1/2 cup Raw Kale or spinach
- 1/4 cup Carrot Juice ) water can be used
- 1 cup Coconut Yogurt..or almond milk)
- 1 tablespoon hemp protein powder

### Instructions:

Add everything to your blender, and blend to your preferred consistency  
More water or ice can be added to help with your preferred texture/thickness.

## 407. Pineapple Protein Smoothie

### Ingredients:

- 1 cup (135g) pineapple chunks
- 1 cup (200g) coconut milk (fresh or tinned)
- ½ med (65g) banana
- ¼ cup (65g) ice cubes
- ¼ tsp vanilla bean powder
- pinch low sodium salt
- 1 tablespoon hemp protein powder

### Instructions:

- Peel pineapple and chop into small chunks.
- Put everything into a high speed blender and blend until smooth.

## 408. Ginger Carrot Protein Smoothie

### Ingredients:

3/4 cup carrot juice

1 tablespoon hemp protein powder

1 tablespoon hulled hemp seeds

1/2 apple

3 to 4 ice cubes

1/2 inch piece fresh ginger

### Instructions:

Add to a blender and blend until smooth.

## 409. Green Smoothie

1 – I start with 3/4 to 1 cup of water.

2 – Then I choose three vegetables. Typically, I use about 3 cups or large handfuls of spinach, one whole carrot and one or two small vine tomatoes.

3 – Next, I choose three fruits. I start with either mango, pear or apple for the base, then I add one whole orange and either 1 cup blueberries, strawberries or pineapple to flavor.

4 – Sometimes, I will add about 1/4-1/3 avocado which helps give the smoothie a nice creamy texture while boosting the calories and healthy fat content to make the smoothie more satisfying.

5 – Start by adding the liquid to your blender (see my blender recommendations), followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

## 410. Kinky Kale Smoothie With Pineapple

### Ingredients

½ cup coconut milk

2 cups stemmed and chopped kale or spinach

1 ½ cups chopped pineapple (about ¼ medium pineapple)

1 ripe banana, chopped

### Directions

Combine the coconut milk, ½ cup water, the kale, pineapple, and banana in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency.

## 411. Greens Smoothie With Mango and Lime

### Ingredients

2 tablespoons fresh lime juice

2 cups stemmed and chopped collard greens or spinach

1 1/2 cups frozen mango

1 cup green grapes

### Directions

Combine the lime juice, 1/2 cup water, the collard greens, mango, and grapes in a blender and puree until smooth, about 1 minute, adding more water to reach the desired consistency.



## 412. Sumptuous Spinach Smoothie With Avocado

### Ingredients

- 1 ½ cups apple juice
- 2 cups stemmed and chopped spinach or kale
- 1 apple—unpeeled, cored, and chopped
- ½ avocado, chopped

### Directions

Combine the apple juice, spinach, apple, and avocado in a blender and puree until smooth, about 1 minute, adding water to reach the desired consistency.

### 413. Kinky Kale-Apple Smoothie

#### Ingredients

$\frac{3}{4}$  cup chopped kale, ribs and thick stems removed

1 small stalk celery, chopped

$\frac{1}{2}$  banana

$\frac{1}{2}$  cup apple juice

$\frac{1}{2}$  cup ice

1 tablespoon fresh lemon juice

#### Directions

Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender.

Blend until smooth and frothy.

## 414. Ginger-Orange Green Perfection

### Ingredients

- 1 ½ cups filtered water
- 4 generous handfuls fresh spinach
- 4 romaine leaves (optional)
- 2 navel oranges
- 2 ripe bananas
- 1"-2" knob of fresh ginger
- 1 cucumber (optional) peel if not organic

### Directions

Rinse and prep veggies.

If you have a high-powered blender, throw everything in and blend until smooth. If not, first blend the spinach and romaine until smooth, then add the remaining ingredients and blend.

Pour into a glass (so you can see the beautiful color) and enjoy!

## 415. Perfect Pear Green Protein

### Ingredients

- 1 packet (2 scoops) DailyBurn Fuel-6 Protein in vanilla
- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 pear, cored
- 1/2 teaspoon of matcha tea powder

### Directions

Combine all ingredients in a blender and mix until smooth.

## 416. Orange Kale Bonanza

### Ingredients

- 1 packet (2 scoops) DailyBurn Fuel-6 Protein in vanilla
- 1 cup water
- 1 cup raw chopped kale
- 1 orange, peel and seeds removed
- 1/2 teaspoon of spirulina powder
- 1 pinch of ground cinnamon
- 1 pinch of ginger powder

### Directions

Combine all ingredients in a blender and mix until smooth.

## 417 Blueberry Mint Mouthful

2 cups spinach (These will blend better if you freeze them beforehand)

2 cups blueberry (I used 1 c. fresh and 1 c. frozen)

1 kiwi

3-4 large mint leaves

1 cup coconut water

1 cup ice

Put all ingredients in a blender and mix it up!

## 418. Peachy Green

### Ingredients

2 scoops Daily Burn Fuel-6 in vanilla  
1 cup unsweetened almond milk  
1 cup frozen peaches  
1/2 cup frozen pineapple  
1/2 banana  
2 cups kale  
1 tablespoon ground flaxseed

### Preparation

Add all ingredients to blender. Mix until smooth.

## 419. Sexy SPRING DETOX

### Ingredients

1 cup green tea, chilled

1 cup loosely packed cilantro

1 cup loosely packed organic baby kale (or another baby green)

1 cup cucumber

1 cup pineapple

juice of 1 lemon

1 tablespoon fresh ginger, grated

½ avocado

### Directions

Place ingredients into a blender and puree until smooth.



## 420. Gorgeous Green

### Ingredients

1/2 banana

3/4 cup milk

2 big handfuls spinach

1/4 cup raw rolled oats

1/2 scoop Vega Choc-a-Lot

1 tbsp flax

Ancient Granola topping

### Directions

Place ingredients into a blender and puree until smooth.

## 421. Sweet Melon

### Ingredients

1/2 honeydew melon, cut into chunks (about 4 cups, or 1 1/2 lbs)

1/2 cup light coconut milk

1-2 leaves fresh mint (plus more for garnish)

1/2-1 tsp. fresh lime juice (or to taste)

1 cup ice

Drizzle of honey or coconut nectar, to taste (optional, depending on how sweet your melon is)

### Directions

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.

## 422 Pumpkin Pie Perfection

### Ingredients

2 cups filtered water  
1/2 cup raw, unsalted cashews, soaked  
1/4 cup rolled oats  
1 cup canned or freshly mashed pumpkin  
1 fresh or frozen ripe banana  
2 tablespoons maple syrup, plus or more to taste  
1 teaspoon natural vanilla extract  
1 1/4 teaspoons ground cinnamon, plus more to taste  
1/2 teaspoon ground ginger, plus more to taste  
1/4 teaspoon ground nutmeg, plus more to taste  
tiny pinch ground cloves  
pinch of Celtic sea salt  
1 cup ice cubes

### Directions:

Throw all the ingredients (except the ice into the blender and blast on high for 30 to 60 seconds until smooth and creamy.

Add the ice and blast again for about 10 seconds until chilled.

## 423. The Detox Delight

### Ingredients

¾ cup (180 mL) filtered water  
2 big red apples, diced  
1 cup (30g) baby spinach  
1" (2.5 cm) piece of fresh ginger, peeled and diced  
1 teaspoon flax oil (optional)  
1/2 teaspoon wheatgrass powder (optional)  
tiny pinch cayenne pepper (optional)  
1 cup ice cubes

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 424. Rose Melon

### Ingredients

3 cups (480g) chopped seedless watermelon, chilled  
1 teaspoon finely grated lemon zest  
1 lemon, peeled and seeded  
1 1/2 teaspoons finely chopped rosemary  
1/2 cup (80g) frozen pineapple  
1/4 cup (80g) frozen strawberries  
5 drops alcohol-free liquid stevia, plus more to taste (optional)

### Optional Boosters

1/2 cup (60g) frozen raw cauliflower florets  
1/2 teaspoon cold-pressed, extra-virgin olive oil  
1/4 teaspoon finely chopped jalapeño chile

### Directions

Throw all of the ingredients into your Vitamix and blast on high for 30 to 60 seconds, until well combined.

## 425. Winter Wonderland

### Ingredients

1/2 cup frozen blueberries  
1/2 avocado  
1/2 small frozen banana  
1 handful baby spinach (or kale)  
2 cups water  
1 tbsp cocoa powder  
1 tbsp raw honey  
Pinch of cayenne

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 426. Carrot Cinnamon

### Ingredients:

2 medium carrots, peeled and chopped

1/2 frozen banana

2 cups spinach

1 cup unsweetened soy milk

1/2 scoop vanilla protein powder (I used Vega Performance Protein)

1/8 cup golden raisins

1/2 teaspoon cinnamon

Dash of ground nutmeg

Dash of ground cloves

3 ice cubes

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 427 Carrot Pecan

### Ingredients

3 cups filtered water

4 tablespoons sprouted or raw pecan butter or 1 1/4 cups soaked raw pecans

2 medium organic carrots - tops removed, peeled, and chopped

1 1/2 teaspoons ground cinnamon

1 crushed cardamom pod or 1/4 teaspoon cardamom powder

2 teaspoons natural vanilla extract

2 tablespoons maple syrup or 2 soft pitted dates, or stevia to taste

### Directions

Throw all of the ingredients into your Vitamix and blast on high for about 1 minute until smooth and creamy. Taste and tweak sweetener to your preference.

Strain with a nut milk bag or fine mesh sieve to remove the pulp.

Enjoy this as a drink or use as a base in smoothies.

This will keep chilled in the fridge for 2 to 3 days covered.



## 428 Arthritis Assistance

### Ingredients

Peeled and cut fresh pineapple chunks of one medium size pineapple

1 green cardamom

1 inch fresh ginger (peeled and cut)

### Directions

Blend or juice all the above in a slow juicer and enjoy a different flavour and taste.

Cardamom is a spice and may be found in Asian markets if not available from your local grocery.

## 429. Liver Detox

### Ingredients

Pour some Aloe Vera Juice in the jar then add the juice of:

1 stalk Celery

1 carrot

1 apple

handful dandelion

handful parsley

¼ red cabbage

and fresh ginger root

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Drink up and cleanse your liver.

\*\*\*note\*\* Fresh gel from the aloe leaf is best for this drink.

## 430. Wild Greens Bonanza

### Ingredients

1½ pounds of fresh wild greens

½ hothouse cucumber

6 celery tops

3 to 4 stalks of bok choy

1 whole lemon

1” chunk of fresh ginger root

miner’s lettuce

chick weed

dandelion

sow thistle

yellow dock

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 431. Skinny Cruiser

### Ingredients

8 celery stalks

2 medium cucumbers or equivalent

½ bunch parsley

1 small lemon (I prefer Meyer lemons)

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 432. Red Starter

### Ingredients

1 beet

1 cup red cabbage

2 carrots

1/2 sweet red pepper

1 orange peeled

1 apple

1 inch ginger

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

### 433. Daily Detox Delight

#### Ingredients

- 1 cup greens (kale, chard, spinach, romaine, beet greens, or a combination)
- 1 cup green or red cabbage
- 1 cup napa cabbage
- 1 Granny Smith apple
- 4 stalks celery
- 4 carrots
- 3 red or golden beets (or a combination)
- 1 large cucumber
- 1 lemon
- 1 lime
- 2 bell peppers (any color)
- 1-2 inch piece of ginger root

#### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

Make sure all the veggies are washed and scrubbed, don't bother peeling anything, cut the apple down to the size your juicer will tolerate, juice lemon and lime **WITH PEEL**

## 434. Hair Helper

### Ingredients

1 aloe vera leaf

1 cucumber

3 stalks of kale

½ onion

3 carrots

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 435. Fast and Furious

### Ingredients

3 Whole bunches of Kale

20 Stalks of celery

2 Inch of ginger

5 lb bag of gala apple/Fuji (skin on, no seeds/stem)

1 Carton of Strawberries

1 lb Carrots

4 Bunches baby spinach

2 English cucumbers

1 lemon

1 pineapple (Rind Removed)

5 pears

1/2 cabbage

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.



## 436. Amazing Apple Flavor

### Ingredients

Kale

Spinach

Celery

Fuji apple

1 tablespoon chia seeds (optional)

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

serve over ice if you like

Stir in the chia seeds to thicken up the juice and make a more sustaining snack or meal out of it.

## 437. Peachy Green

### Ingredients

1 head iceberg lettuce (you could use any variety of lettuce, but iceberg works well)

1/2 head green cabbage

1 inch square of fennel bulb (be generous)

2 inches ginger root (again, be generous)

4 peaches (remove the pit!)

10 grapes-green if you can, but any will do

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 438. SUNSET Sensation

### Ingredients

3 Large Celery Stalks

2 Large Carrots

1 Dessert Pear

1 Medium Apple

1 Lemon Peel On

1/4 Honeydew Lemon

1/4 Small Pineapple

1" Root Ginger (optional)

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 439. Beautiful Broccoli

### Ingredients

- 1 head of broccoli
- 2 carrots
- 2 handfuls of spinach
- 1 red apple

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

This juice tasted sweet and with all the greens it had the benefits our bodies need.

## 440. Spicy Veggie

### Ingredients

My favorite juice, which I created. It's warming on a cold winter's day.

3 large juicy tomatos

2 carrots

1 large red chili

1 hand full of coriander (also known as cilantro) leaves and stalks

### Directions

Juice all of the above ingredients and then give the juice a good stir. This juice is lovely if you make and put it in the fridge and drink it really cold.

## 441. Cool Cucumber Kiwi

### Ingredients

2 Kiwis

1/2 Cucumber

5 Strawberries

1 Celery Rib

2-3 Kale Leaves

Handful of Dandelion greens or Spinach

1 Apple

1 Carrot

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 442. Fabulous Fruity

### Ingredients

2 apples

2 pears

2 kiwi fruit

2 oranges

1 lemon

And a handful of mint leaves

Served with ice cubes

It's a thirst quencher and cleanser so refreshing for summer, it's sweet with a citrus bite.

## 443. Fruity Fast

### Ingredients

Juice together:

1 Red Apple

1 Bosc Pear

1 C Carrots

1/2 Papaya

1 Bunch Spinach

1 Blood Orange

Transfer to blender add 1/2 bunch Wheatgrass

Makes two (2 ) 5oz glasses for my husband and I.



## 444. Gorgeous Greens

### Ingredients

7 stalks kale

1 apple

2 hand full spinach

1 pear

5 stalks celery

### Directions

Juice kale & spinach between fruits

## 445. Cute Celery

### Ingredients:

1/2 cucumber  
2 sticks of celery  
1 orange  
1 handful of baby spinach  
1/2 green bell pepper  
3 leaves of kail  
1 tomato  
2 carrots

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 446. Parsnip-Kale-Tomato

### Ingredients

5 Kale Leaves

2 Parsnips

1 Tomato

2 Celery Stalks

1 Apple (or more for desired sweetness)

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 447. Hot and Spicy

### Ingredients

Large bunch Kale (10-12 leaves)

1 Small Beet plus greens

1 Medium Watermelon Radish

2 hot peppers (or to taste)

3 large cucumbers

head of celery (5-6 stalks)

2 apples

clove garlic

1 shallot or 2 scallions

1/2 cup cilantro

whole lemon

whole lime

5-8 ripe tomatoes (if your juicer will take them, use early girl or similar, otherwise, use plum tomatoes)

1 inch of ginger (optional, I put it in all my juices)

Makes a 2 quart pitcher full, I like to put some black pepper on top as well.

Flavors reminiscent of tacos or empanadas

## 448. Blushing BLUE

### Ingredients

½ Cup Water

3 TBSP Avocado

1 Cup Blueberries, Frozen

2 Cups Spinach

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 449. Blushing BANANA

### Ingredients

½ Cup Water

1 Medium Banana

10 Large Radish, Sliced

¼ Cup Ice

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 450. CINNAMON Coconut Surprise

### Ingredients

1/2 Cup Coconut Milk

4 Large Egg Yolks

1 Medium Banana

1/4 Cup Ice

1/2 tsp Cinnamon

### Directions

Throw all of the ingredients into your high-speed blender and blast for 30 to 60 seconds until well combined. Enjoy right away while still fresh, and give a little stir if separation occurs.

## 451 Voluptuous Vanilla Hot Drink

### Ingredients:

3 cups unsweetened almond milk (or 1 1/2 cup full fat coconut milk + 1 1/2 cups of water)

Stevia to taste

1 scoop of hemp protein

1/2 Tbsp. ground cinnamon (or more to taste)

1/2 Tbsp. vanilla extract

### Instructions:

Place the almond milk into a pitcher. Place ground cinnamon, hemp, vanilla extract in a small saucepan over medium high heat. Heat until the pure liquid stevia is just melted and then pour the pure liquid stevia mixture into the pitcher.

Stir until the pure liquid stevia is well combined with the almond milk. Place the pitcher in the fridge and allow to chill for at least two hours. Stir well before serving.



## 452. Almond Butter Smoothies

### Ingredients:

1 scoop of hemp protein

1 Tablespoon natural almond butter

1 cup of hemp milk

1 banana, preferably frozen for a creamier shake

few ice cubes

### Instructions:

Blend all ingredients together and enjoy!

### 453. Choco Walnut Delight

#### Ingredients:

1 scoop Hemp Protein

30g dark sugar free chocolate broken up.

50g walnuts chopped/crushed (depending on desired texture)

250ml hemp milk or nut milk alternative

A handful of ice cubes, the more you use the thicker it will be.

#### Instructions:

Blend everything together in a strong blender until thoroughly processed, and enjoy!

Makes 2, and can be stored in the fridge overnight.

## 454. Raspberry Hemp Smoothie

### Ingredients:

1 cup hemp milk or milk alternative

1/2 cup raspberries (fresh or frozen)

2 tablespoons hemp protein powder

Stevia to taste

3 to 4 ice cubes

### Instructions:

Add ingredients to a blender and blend until smooth.

## 455. Choco Banana Smoothie

### Ingredients:

- 1 cup milk or milk alternative
- 2 peeled frozen bananas
- 4 ice cubes
- 2 tablespoons hulled hemp seed
- 2 tablespoons hemp protein powder
- 1 tablespoons organic cocoa powder
- 5-7 drops liquid stevia to sweeten
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla

### Instructions:

Put all ingredients into blender. Blend until smooth.

## 456. Pineapple Coconut Deluxe Smoothie

### Ingredients:

1 C pineapple chunks

1 C coconut milk

1/2 C pineapple juice

1 ripe banana

1/2 – 3/4 C ice cubes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

### Instructions:

In a blender, combine the pineapple chunks, coconut milk, banana, ice and pure liquid stevia.

Puree until smooth.

Pour into 2 large glasses.

Garnish with a pineapple wedge if desired.

## 457. Apple Smoothie

### Ingredients:

½ cup hemp milk

1 cup hemp milk

1 tsp apple pie spice

1 med apple peeled and chopped

2 Tbsp cashew butter

Handful of ice

2 tsp hemp protein powder

### Instructions:

COMBINE ingredients in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon.

## 458. Pineapple Smoothie

### Ingredients:

1 cup almond milk

4 oz fresh pineapple

Handful of ice

2 tbsps hemp protein powder

1 tbsp cold-pressed organic flaxseed oil

### Instructions:

PLACE milk, canned pineapple in blender, add of ice, and whip for 1 minute.

Transfer to glass and stir in flaxseed oil.

## 459. Strawberry Smoothie

### Ingredients:

- 1 cup almond milk
- 1 c frozen, unsweetened strawberries
- 2 tbsps hemp protein powder
- 2 tbsps cold-pressed organic flaxseed oil

### Instructions:

COMBINE milk and strawberries in blender.  
Blend, transfer to glass, and stir in flaxseed oil.



## 460. Divine Vanilla Smoothie

### Ingredients:

1 cup coconut or almond milk

¼ cup almond butter

1 tsp vanilla paste, (or vanilla extract)

2 cups ice

Sweet Leaf Stevia Vanilla Creme, to taste

Vanilla hemp Protein Powder – 1 tablespoon

### Instructions:

Add all ingredients except ice to blender. Puree well.

Add ice and blend until ice is all crushed and smoothie is well blended and smooth.

Pour into two glasses and serve immediately.

### NOTES

Add more or less ice to make the smoothie thinner or thicker consistency.

Vanilla hemp protein powder would be great to add for a post workout smoothie!

## 461. Coco Orange Delish Smoothie

### Ingredients:

1/2 cup fresh squeezed orange juice (I used 1 1/2 oranges)

1 tablespoon hemp protein powder

1/2 cup full fat coconut milk from the can (not the box!)

1 teaspoon vanilla

1/2 -1 cup crushed ice

### Instructions:

Add all ingredients to a blender.

Blend until smooth and add ice as needed to get the consistency you like.

## 462. Blueberry Bonanza Smoothies

### Ingredients:

1/4 cup canned coconut or almond milk

1/2 cup water

1 medium banana, sliced

1 cup frozen blueberries

1 tablespoon raw almonds

### Instructions:

Add coconut milk, water, banana, blueberries and almonds to blender container.

Cover and blend until smooth. Pour into 2 glasses.

### 463. Baby Kale Pineapple Smoothie

#### Ingredients:

1 cup almond milk

1/2 cup frozen pineapple

1 cup Kale

1 tablespoon hemp protein powder

#### Instructions:

Place the almond milk, pineapple, and greens in the blender and blend until smooth.

#### 464. Sumptuous Strawberry Coconut Smoothie

##### Ingredients:

- 1 cup coconut milk
- 1 frozen banana, sliced
- 2 cups frozen strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon hemp protein powder

##### Instructions:

Add all ingredients to blender and blend until smooth.

## 465. Divine Peach Coconut Smoothie

### Ingredients:

1 cup full fat coconut milk, chilled

1 cup ice

2 large fresh peaches, peeled and cut into chunks

fresh lemon zest, to taste

1 tablespoon hemp protein powder

### Instructions:

Add coconut milk, ice and peaches blender. Using a zester, add a few gratings of fresh lemon zest.

Blend on high speed until smooth.

## 466. Tantalizing Key Lime Pie Smoothie

### Ingredients:

1 cup coconut milk

1 cup ice

1/2 avocado

zest and juice of 2 limes

Pure liquid stevia to taste

1 tablespoon hemp protein powder

### Instructions:

Add all ingredients to Vitamix or blender and blend until smooth.

## 467. Raspberry Coconut Smoothie

### Ingredients:

½ - 1 cup coconut milk (depending on how thick you like it)

1 medium banana, peeled sliced and frozen

2 teaspoons coconut extract (optional)

1 cup frozen raspberries

1 tablespoon hemp protein powder

optional: shredded coconut flakes, and stevia to taste

### Instructions:

Add coconut milk, frozen banana slices and coconut extract to your blender.

Pulse 1-2 minutes until smooth.

Add frozen raspberries and continue to pulse until smooth.

Pour into your serving glass, top with a couple of raspberries and a little shredded coconut, and enjoy!



## 468. High Protein and Nutritional Delish Smoothie

### Ingredients:

1 cup almond milk

1/2 Avocado

4 Strawberries

1/2 Bananas (Very ripe)

1/2 cup Raw Kale or spinach

1/4 cup Carrot or 100 % Orange Juice (legal) (water can be subbed)

1 cup Coconut Yogurt..or almond milk)

1 tablespoon hemp protein powder

### Instructions:

Add everything to your blender, More water or ice can be added to help with your preferred texture/thickness.

## 469. Pineapple Protein Smoothie

### Ingredients:

- 1 cup (135g) pineapple chunks
- 1 cup (200g) coconut milk (fresh or tinned)
- ½ med (65g) banana
- ¼ cup (65g) ice cubes
- ¼ tsp vanilla bean powder
- pinch low sodium salt
- 1 tablespoon hemp protein powder

### Instructions:

Peel pineapple and chop into small chunks.

Put everything into a high speed blender and blend until smooth.

## 470. Ginger Carrot Protein Smoothie

### Ingredients:

3/4 cup carrot juice

1 tablespoon hemp protein powder

1 tablespoon hulled hemp seeds

1/2 apple

3 to 4 ice cubes

1/2 inch piece fresh ginger

### Instructions:

Add to a blender and blend until smooth.

## 471. Perfect Breakfast Detox Smoothie

### Ingredients

- 2 bananas, frozen
- 1 large green apple, cored
- 2 tbs flax seed
- 1 C kale, washed and chopped
- 1 C coconut water

### Instructions

Add all ingredients to blender and blend on high speed until smooth (about 30 seconds). Enjoy!

## 472. Tropical Green Smoothie

### Ingredients

1 C raw kale, washed and chopped

1 banana, frozen

½ C mango chunks, frozen

½ C pineapple chunks, frozen

1 C coconut water

### Instructions

Add all ingredients to blender and blend on high speed until smooth (takes about 30 seconds.)

### 473. Green Spa Smoothie

#### Ingredients

1 C pineapple chunks, fresh or frozen

½ small cucumber, peeled

1 C fresh kale, washed and chopped

2 tbs fresh mint

1 C water

#### Instructions

Take first three ingredients and freeze them overnight.

Once frozen, add all ingredients to blender and blend on high speed until smooth (about 30 seconds). Enjoy!

## 474. Berry Spinach Smoothie

### Ingredients

1 C fresh spinach, washed

1 C frozen mixed berries

1 C vanilla Greek yogurt

½ C crushed ice

1 C water

### Instructions

Add all ingredients to blender and blend on high speed until smooth (about 30 seconds). Enjoy!

# Snacks



## 475. Homemade Paleo Tortilla Chips

### Ingredients

1 cup almond flour

1 egg white

1/2 tsp salt

1/2 tsp chili powder

1/2 tsp garlic powder

1/2 tsp cumin

1/4 tsp onion powder

1/4 tsp paprika

### Directions

Preheat the oven to 325 degrees F. In a large bowl, combine all of the ingredients together until they form an even dough.

Roll out the dough between two pieces of parchment paper, as thinly as possible. Remove the top layer of parchment paper. Cut the dough into desired shapes for chips.

Move the dough, with the parchment paper, onto a baking sheet. Bake for 11-13 minutes, until golden brown. Remove from the oven and let cool 5 minutes. Use a spatula to remove the chips from the paper. Serve with guacamole or salsa.

## 476. Relishing Raisin Bread

### Ingredients:

6 room temp eggs \*see tip below  
1/3 cup melted coconut oil  
1/3 tsp stevia  
1/2 cup coconut milk  
1/2 tsp vanilla extract  
1/2 cup coconut flour  
1 tsp cream of tartar  
1/2 tsp baking soda  
Low sodium salt (to taste)

### For the Swirl:

2 tbsp water  
1/2 tbsp cinnamon  
1tsp stevia  
A pinch of low sodium salt (to taste)  
1/4 cup raisins

### Directions:

1. Pre-heat your oven to 325 degrees. Cover the bottom of an 8×4 loaf pan with parchment paper and grease the sides (and bottom if you do not have parchment paper) with palm shortening (or other baking fat you chose).
2. Separate the eggs – this will allow you to whip up your egg whites and ensure a good light texture. Place your egg whites in a medium, clean bowl, and set it aside. Place your egg yolks in a large mixing bowl.
3. Add the rest of the wet ingredients to your yolks. Cream until smooth.
4. Add your dry ingredients, mix until well-combined.
5. Get your cinnamon swirl ready – simply mix together the first 4 swirl ingredients in a small bowl – Keep your raisins separate.
6. With a hand mixer or KitchenAid mixer – using clean beaters – on a medium speed whip up your egg whites until soft peaks begin to form when you remove the beaters. Fold the egg whites into the batter until just combined.
7. Add about 1/3 of the batter to your loaf pan – drizzle 1/2 of your swirl, and then quickly with a knife lightly zig-zag the swirl on top of the batter.

Sprinkle with half of your raisins

8. Add another third of the batter and drizzle the rest of the swirl.

9. Top with rest of batter.

10. Place in oven to cook for 47-50 minutes – until the top is bouncy or until when a toothpick is inserted in the top it comes out clean.

11. Remove and let cool for 5-10 minutes. Flip out to complete cooling. Can be tightly wrapped and stored on counter for 5-7 days, or placed in fridge for 10-14 days.

## 477. Delish Banana Nut Muffins

### Ingredients:

4 bananas, mashed with a fork (the more ripe, the better)

4 eggs

1/2 cup almond butter

2 tbsp coconut oil, melted

1 tsp vanilla

1/2 cup coconut flour

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp baking powder

1 tsp baking soda

1/4 tsp low sodium salt

### Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.

Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and low sodium salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.

Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.

## 478. Paleo Chocolate Cookies (I Can't Get Enough of These)

### Ingredients

2 tbsp and 2 tsp coconut oil  
3 oz. unsweetened dark chocolate  
1/4 cup honey  
2 eggs  
1 1/2 tsp vanilla extract  
1/2 cup coconut flour  
1/2 tsp cinnamon

### Instructions

In a large microwave-safe bowl, melt the coconut oil and chocolate in the microwave, stirring intermittently. Let cool for 5 minutes.

Add the eggs, vanilla, and honey to the chocolate mixture. Stir well to make sure not to scramble the eggs. Add in the coconut flour and cinnamon and mix well. Place in the refrigerator for approximately 30 minutes, until slightly hardened.

Preheat oven to 350 degrees F. Roll out the dough between two pieces of parchment paper until 1/4-inch thick. Cut out shapes with a cookie cutter and carefully place on a parchment-lined baking sheet. Repeat this step for remaining dough.

Bake cookies for 12-15 minutes. Allow to cool before serving.

### Notes

Servings: approximately 18 cookies

Difficulty: Medium

## 479. No-Bake Walnut Cookies (Grain-Free & Gluten-Free)

### Ingredients

1 cup walnuts

1/2 cup unsweetened coconut flakes

2 tbsp raw honey

1/2 tsp vanilla extract

1/4 tsp salt

### Directions

Add walnuts to food processor and blend until finely ground. Add in the remaining ingredients and blend until a dough forms, about a minute.

Turn out the dough onto a piece of parchment paper. Using your hands, roll pieces of the dough into small balls, about 1 inch around, and space out on parchment paper. After all of the balls are formed, press down on each ball to form a flat cookie. Place in the freezer for at least 30 minutes before serving. Store in an airtight container in the freezer.

### Notes

Servings: Makes 10-12 cookies

Difficulty: Easy

## 480. Easy Paleo Shepherd's Pie

For the top layer

- 1 large head cauliflower, cut into florets
- 2 tbsp ghee, melted
- 1 tsp spicy Paleo mustard
- Salt and freshly ground black pepper, to taste
- Fresh parsley, to garnish

For the bottom layer

- 1 tbsp coconut oil
- 1/2 large onion, diced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 lb. lean ground beef
- 2 tbsp tomato paste
- 1 cup chicken broth
- 1 tsp dry mustard
- 1/4 tsp cinnamon
- 1/8 tsp ground clove
- Salt and freshly ground black pepper, to taste

Instructions

Place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until tender. Drain and return cauliflower to the pot.

Add the ghee, mustard, salt, and pepper to the cauliflower. Using an immersion blender or food processor, combine the ingredients until smooth. Set aside.

Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the onion, celery, and carrots and sauté for 5 minutes. Add in the ground beef and cook until browned.

Stir the tomato paste, chicken broth, and remaining spices into the meat mixture. Season to taste with salt and pepper. Simmer until most of the liquid has evaporated, about 8 minutes, stirring occasionally.

Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top. Use a fork to create texture in the cauliflower and drizzle with olive oil. Place under the broiler for 5-7 minutes until the top turns golden. Sprinkle with fresh parsley and serve.

Notes

Servings: 4  
Difficulty: Medium





## 481. Spicy Avocado Dill Dressing

### Ingredients

- 1 very ripe avocado
- 2 tablespoons olive oil
- 3 sprigs fresh dill
- 1 tbsp chili powder (more or less to taste)
- 1 tbsp lime juice
- 1 tbsp honey
- 2 tbsp apple cider vinegar
- 2 cloves garlic
- ¼ cup almond milk
- ¼ cup water

### Directions

Combine all ingredients in a blender, process until creamy.

Store in an airtight jar or container in refrigerator, will last approximately 1 week.

### Nutrition Facts per serving

Calories: 104

Fat: 9.2g

Saturated Fat: 2.7g

Carbs: 6.3g

Fiber: 2.4g

Protein: 1.1g



## 482. Paleo French Toast with Blueberry Syrup

### Ingredients

1 loaf Paleo bread (I used this recipe for Paleo Bread)

1/2 cup almond milk

2 eggs

1/2 tbsp vanilla

1 tsp cinnamon

### Instructions

In a large bowl, whisk together the coconut milk, eggs, vanilla and cinnamon.

Heat a griddle or non-stick skillet to medium-high. Coat pan with coconut oil. Dip a slice of bread into the batter mixture to coat both sides, letting any excess drip off. Place the bread onto the pan and cook each side until slightly browned. Repeat with remaining bread. Serve warm.

### Notes

Servings: 4

Difficulty: Easy

## 483. Sweet Potato and Beet Chips with Garlic Rosemary Salt

### Ingredients

2 sweet potatoes

2 beets

1 garlic clove, minced

1 teaspoon very finely minced fresh rosemary leaves

2 tablespoons salt

10 cups vegetable oil

### Directions

Wash the vegetables and dry very well. Set aside.

In a small bowl combine the garlic, rosemary and salt. Set aside.

Warm the oil in a large pot over high heat to 350 degrees F.

Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick.

When the oil is hot add about a quarter of the sweet potato slices. Let fry until golden and the bubbling has almost completely subsided, about 2 to 3 minutes. Using a mesh sieve or slotted spoon remove the chips to a paper-towel-lined baking sheet. Sprinkle with some of the garlic, rosemary, and salt mixture. Continue with the remaining sweet potatoes.

Transfer to a serving plate.

Next, fry 1/4 of the beets. Let fry until curled at the edges and most of the bubbling has subsided, about 3 to 4 minutes. Transfer the beets to another paper-towel-lined baking sheet and sprinkle with salt mixture. Continue with the remaining beets. Let cool and transfer to a serving plate.

## 484. Lavender Maca Brownies (Dairy & Grain Free)

### Ingredients

1/3 cup water

1/3 cup extra virgin olive oil

2 eggs

1 ½ cups almond flour

1 teaspoon baking powder

1 teaspoon salt

2/3 cup unsweetened cocoa powder

1 cup honey (I like to use raw honey found at my local farmer's market)

¾ cup semisweet chocolate chips

1 tablespoon dried lavender flowers (having a few left over for decoration)

1 tablespoon maca powder

Himalayan pink salt (optional)

### Directions

Preheat oven to 350 degrees F and grease a 9x13" baking pan. (Brownies made in this size pan will be about one inch thick once baked – if you want them fuller, use a smaller sized pan)

Whisk together the water, olive oil, and eggs in a large bowl.

Slowly whisk in the flour, baking powder, salt, honey, maca powder, and cocoa powder one ingredient at a time. If you're using raw honey and it's too thick to whisk in, melt it in the microwave for about 20 seconds before adding it to your batter.

Once the batter is well blended, add in your lavender and chocolate chips.

The measurement for the lavender is up to you – I found one tablespoon to be the perfect amount, but depending on how floral you want these brownies to be you could add more or less.

Pour the batter into a baking pan and spread until it is in one even layer.

Don't worry if the batter seems too thick, that's how it's supposed to be.

Bake for about 20 minutes, until a toothpick inserted in the center comes out clean.

Let cool, then sprinkle fresh lavender and Himalayan pink salt over the top before cutting.

Enjoy the fruits of your labor!!

### Notes

This recipe should make approximately 24 2x2" square brownies.



## 485. The Best Paleo Brownies (Chocolaty Goodness)

### Ingredients

1 cup paleo-friendly almond butter

1/3 cup maple syrup

1 egg

2 tbsp ghee

1 tsp vanilla

1/3 cup cocoa powder

1/2 tsp baking soda

### Instructions

Preheat the oven to 325 degrees F. In a large bowl, whisk together the almond butter, syrup, egg, ghee, and vanilla. Stir in the cocoa powder and baking soda.

Pour the batter into a 9-inch baking pan. Bake for 20-23 minutes, until the brownie is done, but still soft in the middle.

### Notes

Servings: 6

Difficulty: Easy





## 486. Homemade Baked Cinnamon Apple Chips

### Ingredients

1-2 apples (I used Honeycrisp)

1 tsp cinnamon

### Instructions

Preheat oven to 200 degrees.

Using a sharp knife or mandolin, slice apples thinly. Discard seeds. Prepare a baking sheet with parchment paper and arrange apple slices on it without overlapping. Sprinkle cinnamon over apples.

Bake for approximately 1 hour, then flip. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Store in airtight container.

## 487. Blueberry Banana Muffins

### INGREDIENTS

- ½ cup Butter (or dairy free margarine)
- 1 cup sugar
- 2 eggs
- 1 cup mashed bananas (about 2-3 bananas)
- 2 cups flour (or gluten free substitute)
- 1 tsp Baking soda
- ¼ tsp salt
- 1 cup blueberries

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a mixer, cream together butter and sugar until creamy.
3. Add in the eggs, and the bananas.
4. Beat until mixed well.
5. In another bowl mix together flour, baking soda, and salt.
6. Slowly add the flour mixture to the mixer.
7. Fold in the blueberries by hand.
8. Fill a paper lined muffin pan
9. Bake for 30 minutes or until a toothpick inserted in the center comes out clean.

### Gluten Free

1. Use a gluten free flour mix. I used Gluten free Bisquick

### Dairy Free

1. Use a dairy free margarine.

## 488. Parmesan Zucchini Chips

### Ingredients

3 medium fresh zucchini, sliced into ¼-inch rounds

cooking spray

3 tablespoons grated Parmesan cheese

1 tablespoon chopped fresh parsley

freshly cracked black pepper, to taste

pinch of Kosher salt

### Instructions

Preheat oven to 425° F and line a rimmed baking sheet with parchment paper. Arrange zucchini slices on the parchment paper and spray lightly with cooking spray. Mix together Parmesan, parsley, black pepper, and salt. Sprinkle with Parmesan mixture. Bake for until cheese has melted and zucchini slices have become crisp, but not burned, about 30 minutes. Remove from oven and serve.

## 489. Quinoa, Spaghetti Squash, and Bacon Fritters

### Ingredients

2 eggs

2/3 cup flour (for gluten free version, use multi-purpose gluten-free King Arthur flour)

2 cups spaghetti squash, cooked and wringed out (see below)

2 cups quinoa, cooked

1/2 cup Parmesan cheese, freshly grated

1/4 cup fresh spinach, finely chopped (OPTIONAL)

1/4 teaspoon salt

6 strips of bacon, cooked, drained of fat, and chopped

2 tablespoons vegetable oil (or olive oil)

For garnish:

2 green onions, chopped

dollop of sour cream or Greek Yogurt

### Instructions

The recipe requires 2 CUPS COOKED spaghetti squash. First 3 steps describe how to cook spaghetti squash (this can be done 1 or more days in advance):

Preheat oven to 425 Fahrenheit.

Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil and place the squash on the baking sheet cut side down.

Bake for about 30-40 minutes. Remove it from the oven when it's cooked through and soft, and let it cool. Flip the squash so that cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. Let it cool.

Important: Wring out the spaghetti squash by wrapping small portions of it in paper towels and squeezing hard with your hands over the sink. Be careful not to drop the spaghetti squash into the sink if the paper towel breaks. Try to get rid of as much liquid as you can.

Cooked spaghetti squash can be refrigerated for 5 days. I prefer to cook spaghetti squash, refrigerate it and make fritters the next day or 2 days later - that allows spaghetti squash to drain the liquid out and get dryer, which is preferable for fritters.

Now, on to how to make fritters:

In a large bowl, using electric mixer, beat 2 eggs on high speed for 1-2 minutes. Add flour and continue beating for about 30 seconds to combine. To the same bowl, add spaghetti squash, quinoa, Parmesan cheese, finely chopped spinach, and 1/4 teaspoon of salt. Mix very well until all the mixture has uniform consistency. Add chopped bacon and mix. Taste and adjust seasoning, if necessary.

Heat a large skillet on high-medium heat until VERY hot. Only then add oil. It should sizzle and smoke right away. Using a tablespoon, spoon the tablespoon-ful of the batter for each fritter and drop on the skillet. Using a spatula, correct the shape of each fritter, making it flatter and rounder. Cook until the bottom side of each fritter is golden brown, about 1-2 minutes.

Reduce heat to medium. Using spatula, flip fritters to the opposite side, and cook 1-2 more minutes. When flipping the fritters, you can use a spoon on the opposite side of spatula to help push each fritter onto the spatula and then flipping. Turn off the heat and let the fritters sit in the skillet (uncovered) for 2-3 more minutes (check the bottom to make sure it's not burned - if it is too dark, remove fritters from the skillet immediately). Do 4 fritters at a time.

Serve as is, or top with the dollop of sour cream or Greek yogurt and chopped green onions (delicious if served this way!).

## 490. Paleo Chocolate Cranberry Muffins

### INGREDIENTS

200 grams almond flour (about 2 cups)

$\frac{1}{3}$  cup cacao powder

2 tablespoons coconut sugar

$\frac{1}{2}$  teaspoon baking soda

$\frac{1}{8}$  teaspoon salt

3 eggs

$\frac{1}{4}$  cup honey

$\frac{1}{4}$  cup ghee, melted

1 teaspoon vanilla extract

1 teaspoon apple cider vinegar

$\frac{1}{2}$  cup cranberries, thawed if frozen

### INSTRUCTIONS

Preheat oven to 325 degrees and grease or line muffin tin.

Combine almond flour, cacao, coconut sugar, baking soda, and salt in a large bowl. Combine eggs, honey, ghee, vanilla, and apple cider vinegar in medium bowl. Stir wet ingredients into dry ingredients, then fold in cranberries.

Using a large ice cream or cookie scoop, fill muffin cups  $\frac{3}{4}$  full.

Bake 20 - 25 minutes, until toothpick inserted in center comes out clean.

## 491. Salt and Vinegar Zucchini Chips

### Ingredients

4 cups thinly sliced zucchini (about 2-3 medium)  
2 tablespoons extra virgin olive oil  
2 tablespoons white balsamic vinegar  
2 teaspoons coarse sea salt

### Instructions

Use a mandolin or slice zucchini as thin as possible.

In a small bowl whisk olive oil and vinegar together.

Place zucchini in a large bowl and toss with oil and vinegar.

Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt.

Depending on how thin you sliced the zucchini and on your dehydrator the drying time will vary, anywhere from 8-14 hours.

To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200 degrees F for 2-3 hours. Rotate half way during cooking time.

Store chips in an airtight container.



## 492. Briana's House Low Carb Chocolate Chip Cookies

### INGREDIENTS

½ cup Briana's Baking Mix  
½ cup oat fiber (use gluten free if necessary)  
1 T THM Super Sweet Blend (or more to taste)  
1 tsp. xanthan gum  
½ tsp. baking soda  
½ tsp. salt  
8 T salted butter  
4 T refined coconut oil  
2 oz. cream cheese (full fat or reduced fat)  
2 eggs  
1 tsp. molasses  
½ tsp. vanilla extract  
¼ cup water  
2 T heavy whipping cream  
½ cup sugar free chocolate chips (such as Lily's brand) or chopped 85% dark chocolate

### INSTRUCTIONS

Whisk the dry ingredients together.

Soften the butter, coconut oil, and cream cheese together, then beat them with the eggs, molasses, and vanilla until smooth. Add the water and whipping cream and beat again.

Add the dry ingredients to the wet ingredients and mix well. Stir in the chocolate chips by hand. Drop the dough by rounded tablespoons onto a cookie sheet, then smooth each cookie out thinly with the back of a spoon (each will be about 4 inches in diameter). Bake each pan of cookies at 375 degrees F for 7 minutes, then remove the pan from the oven and leave the cookies on it for 2 more minutes before transferring them to wire racks to cool completely. Store in the refrigerator. Yields 2 dozen cookies.

### NOTES

Do not put cookie batter onto hot cookie sheets as you won't be able to spread the cookies out as well.

Adjust the baking time according to how you like your cookies. This time is what worked best for me.



## 493. Oven Baked Onion Rings

### Ingredients

1	cup all-purpose flour
1	teaspoon smoked paprika
2	teaspoons kosher salt
1	cup buttermilk
2	eggs
1½	cups panko breadcrumbs
2	tablespoons olive oil
2	large yellow sweet onions, such as Maui, sliced ¼-to-½-inch thick

## 494. Low Carb Avocado Crisps

### Ingredients

1 1/2 ripe Hass avocados

1/2 tsp salt

1 1/4 cup finely grated hard cheese, like Grana Padana or Parmesan

zest of 1 lemon

black pepper

### Directions

Mix everything together well.

Place teaspoon-sized dollops onto a parchment-lined baking tray, flatten into thin disks and bake for 15-17 minutes at 180C.

The crisps should turn a golden colour but not too brown, else they are burnt.

Remove from the oven and allow them to cool and crisp up.

For a Mexican twist, add a dash of cumin and some chili powder.

## 495. Crispy Fried Bocconcini w/ Smoky Tomato Sauce

### Ingredients

20 cherry bocconcini (from a 220g tub)

1 ½ tbsp (30ml) coconut flour

2 large eggs

1 tbsp (20ml) thickened cream

¾ cup (180ml) powdered parmesan – yes, the processed stuff from a jar

½ cup (120ml) finely crushed pork rinds

1 tsp dried basil

Peanut oil, for deep-frying

Sea salt, to taste

### Smoky Tomato Sauce

1 tbsp (20ml) olive oil

3 cloves garlic, crushed

1 x 400g tin crushed tomatoes

1 tsp smoked paprika

1 tsp dried basil

½ tsp dried chilli flakes, or to taste

½ tsp granulated sugar substitute

Sea salt & freshly cracked black pepper, to taste

### Method

To make the Smoky Tomato Sauce: Heat olive oil in a medium saucepan over medium heat and fry garlic, stirring for 1 minute, or until fragrant. Add crushed tomatoes (juices and all), smoked paprika, dried basil, chilli flakes & granulated sweetener and reduce the temperature to medium-low. Simmer, stirring occasionally, for 15 minutes to reduce and thicken slightly. Season with sea salt & freshly cracked black pepper. Remove and blitz with a stick mixer until smooth. Serve warm, at room temperature or chilled. Keep leftover sauce refrigerated in an airtight container (makes: approx. 1 ¼ cups).

To make the Crispy Fried Bocconcini: Drain bocconcini and pat dry with paper towels. Place bocconcini on a paper towel lined plate and chill in the fridge to dry out for 1 hour (or several hours if you want to do this step in advance).

Place coconut flour in a small bowl. Place eggs and cream into another small bowl and whisk with a fork to combine. Place parmesan, finely crushed pork

rinds & dried basil in a medium shallow bowl and whisk together to combine.

Roll bocconcini first in the coconut flour, then dip into the egg wash, then dredge in the parmesan mixture, shaking off excess after each step. Dip the bocconcini back into the egg wash, and roll again in the parmesan mixture for a double coating – (use one hand for rolling the bocconcini in the dry ingredients, and the other hand for dipping into the egg wash to avoid messy hands). Chill in the fridge for 30 minutes.

Pour peanut oil into a large heavy bottomed saucepan so that it comes 1/3 of the way up the sides (or use a deep fryer). Using a thermometer, heat oil to 190°C/375°F (or see my tips below for deep frying without a thermometer). Fry bocconcini in small batches for 20 seconds, or until crisp & golden brown. Remove with a slotted spoon and drain on a paper towel lined plate, then sprinkle hot bocconcini with sea salt. Keep cooked bocconcini warm in the oven while you fry up the rest.

Serve bocconcini hot so that it's crisp on the outside, and oozy in the centre. Serve with a side of smoky tomato sauce, or with any dipping sauce you fancy. (I also like scoffing these with just a squeeze of fresh lemon juice)

## 496. Heavenly Herb Flatbread

### Ingredients:

1/2 cup Coconut Flour  
3 eggs  
1 cup coconut milk or almond milk  
1/2 tsp low sodium salt  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp garlic powder  
drizzle of coconut oil

### Instructions

1. Preheat oven to 375 degrees.
2. Mix together the coconut flour, salt, herbs, & garlic powder in a bowl.
3. Whisk the eggs and coconut milk in a separate bowl.
4. Pour the wet ingredients into the coconut flour mixture.
5. Stir until no lumps are left. Let the batter sit for at least 5 minutes (so the coconut flour absorbs all the liquid). It should resemble a thick paste.
6. Prepare your pan. Drizzle some coconut oil on the bottom of pan (10 x 15" rimmed pan) and then place the parchment paper (oil first helps the corners stick). I also drizzled some coconut oil on top of the paper and spread it out with a pastry brush.
7. Pour out all the mixture into the pan. Tap the pan until the upper part is flat. (this will help your bread to cook evenly)
8. Cook for 30- 40 minutes or until the toothpick comes out clean.
9. Allow the bread to cool before transferring it to your container or serving plate.

## 497. Luscious Lemon Delight

### Ingredients:

- 6 eggs
- 1/4 cup coconut oil, melted
- zest from 2 lemons
- 1/3 cup lemon juice
- 1 cup milk (almond or coconut)
- 2/3 cup coconut flour (do not substitute another flour)
- 1 heaping teaspoon baking soda
- Pinch of low sodium salt (to taste)

### Lemon Glaze:

- 2 Tbsp coconut oil
- 1tbsp water
- 1 tsp stevia
- 2 Tbsp almond milk
- zest and juice from 1 lemon
- 1/2 tsp pure vanilla extract

### Directions:

1. Preheat oven to 350 F.
2. Combine all bread ingredients in a mixing bowl and mix well. Pour into a greased pan and bake for 32-45 minutes or until golden on top and the middle is cooked through. Remove from oven and let cool.
3. While the lemon loaf is baking, mix all glaze ingredients together in a small pot over low heat until it starts to simmer. Remove from heat and let sit to cool until the lemon loaf is finished cooking and cooling. Pour the glaze all over the top of the loaf. Refrigerate the loaf at least 30 minutes – 1 hour until both the glaze and the loaf firms up a bit.
4. Enjoy! You can store leftovers in the refrigerator for up to 3 days.



## 498. Sexy Sweet Potato

### Ingredients

300 grams cooked sweet potato flesh\*

1/2 cup coconut flour

3 eggs

3 tablespoons of coconut milk

1 teaspoon baking soda

Juice of half a lemon

A pinch of low sodium salt

\*I roast a purple skin / white flesh sweet potato and keep the flesh for this recipe, I personally think the skins are delicious and eat them as they are. You can use whatever sweet potato you like.

### Instructions

1. Preheat your oven to 180 Degrees Celsius or 350 Degrees Fahrenheit.
2. Grease and line a mini loaf tin (mine is 6" x 2.5" ) with baking paper hanging over the sides for easy removal.
3. Put the ingredients into your food processor or blender and pulse until well combined. Spoon the mixture into the prepared tin, smooth over the top with a spoon. Bake for 40 minutes. Cover the loaf with foil and bake for a further 20 minutes. Remove from the oven and allow the bread to cool before slicing. Enjoy.

## 499. Cheeky Coconut Loaf

### Ingredients

1/2 cup coconut flour, sifted

3 eggs

zest of one lemon

1/2 cup desiccated coconut

1 cup coconut yoghurt

1 teaspoon ground cardamom

¼ cup almond milk

2 tsp stevia

A pinch of low sodium salt

1/2 teaspoon concentrated natural vanilla extract

1 teaspoon baking soda

### Instructions

1. Preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit

2. Grease a mini loaf tin (mine is 16cm x 6cm)

3. Combine the flour, zest, coconut, baking soda and cardamom. Add the eggs, mix together. Add the yoghurt, milk and stevia, combine. Add the salt and vanilla, combine. Spoon the mixture into your prepared pan. Bake for 35 minutes. Cover with foil and bake for another 10 minutes. Remove from the oven and allow it to cool slightly before flipping onto a cooling tray. Leave to cool for a few minutes before cutting into thick slices.

4. This is great toasted and served with butter. Enjoy.

## 500. Cozy Coconut Flour Muffins

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
¼ cup almond milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbsp coconut milk at room temperature  
2 tsp. vanilla extract  
1/4 tsp. baking soda  
1 tsp. apple cider vinegar

### Instructions

1. Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).
2. Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.
3. Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.
4. Cool completely.

**\*\*Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!**

## 501. Naked Chocolate Cake

### Ingredients

- 1/2 cup (2 3/4 oz) Naked Chocolate or a good quality cocoa
- 1/2 cup (2 3/4 oz) coconut flour
- 2 1/2 teaspoons gluten free baking powder
- 1/2 teaspoon ground cinnamon
- Pinch of low sodium salt
- 6 free-range eggs
- 1/2 cup (4 1/2 fl oz) coconut oil
- 3/4 cup coconut milk
- 1 teaspoon stevia
- 1 teaspoon vanilla paste

### Instructions:

Preheat oven to 160°C (320°F)

1. Combine the cocoa, coconut flour, baking powder, cinnamon and salt into a mixing bowl.
2. Add the eggs, stevia, vanilla, coconut milk and coconut oil.
3. Mix well until smooth and combined – a whisk works well for this.
4. Pour into a 20 cm (9 inch) baking tin lined with baking paper.
5. Bake the cake for 55 – 60 minutes or until cooked through. Best to test after 45 to make sure as oven temps may vary.
6. Remove from the oven and cool.
7. Spread with ganache or healthy chocolate mousse and enjoy.

## 502. Blueberry Sponge Roll Surprise

### Ingredients

6 eggs, separated  
1/3 cup almond milk  
1/2 cup coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon vanilla powder  
1 tsp stevia

### For filling:

1 can coconut cream (chilled in fridge overnight)  
¼ cup blueberry  
A few drops of stevia

### Instructions:

1. Heat oven to 170 degrees Celsius (338F)
2. Line a 24 x 30cm (base measurement) Swiss roll pan with baking paper.
3. Beat egg whites with electric beaters until they form soft peaks.
4. In a separate bowl, beat egg yolks and honey until pale yellow. (1-2 mins)
5. Add coconut flour, vanilla powder and baking soda to yolks, add milk and stevia and beat until well combined.
6. Using a metal spoon, mix 1/3 of the egg white mixture into the egg & flour mixture.
7. Gently fold in the remaining egg whites.
8. Spread into lined pan and bake for 12-15 mins until golden brown.
9. When cake comes out of the oven, lift it from the pan using the baking paper.
10. Leaving the cake on the paper, start from the short end and roll the cake into a log.
11. Place in fridge to cool with seam side down.
12. While cake is cooling, use electric beaters to beat the coconut cream that has separated to the top of the can and put a few drops of stevia on it. (About 1 cup) After doing the cream, slice blueberries into small pieces.
13. After cake has cooled, unroll and spread the coconut cream and put sliced blueberries at the top of the cake.

14. Using the paper as a guide, re-roll again from the short side.
15. Sprinkle top with coconut flour if you like.
16. Serve straight away, or store in the fridge.

## 503. Strawberry Dashing Doughnuts

### Ingredients:

- 4 large eggs, room temperature
- 3 tablespoons coconut oil, melted
- $\frac{3}{4}$  cup coconut milk, warm
- 1 tsp Stevia
- 1 teaspoon apple cider vinegar
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{4}$  cup strawberries, grind
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon low sodium salt

### Topping

- 1 ounce raw cacao butter, melted
- 2 tablespoons coconut butter
- 1 teaspoon stevia
- $\frac{1}{4}$  cup strawberries, grind

### Instructions:

1. Preheat a doughnut maker. If using a doughnut pan, preheat the oven to 350F and grease the pan liberally with butter.
2. Using a stand mixer or electric hand mixer, beat the eggs with the coconut oil on medium-high speed until creamy.
3. Add the milk, stevia, vinegar, and vanilla and beat again until combined.
4. Using a fine mesh sieve or sifter, sift the remaining dry ingredients into the bowl. Beat on high until smooth.
5. Scoop the batter into a large Ziploc bag, seal the top, and snip one of the bottom corners.
6. Pipe the batter into the doughnut mold, filling it completely.
7. Cook until the doughnut machine indicator light goes off. If you are using an oven, bake for 17 minutes. Remove the doughnuts and cool on a wire rack. Trim if necessary.

Make the glaze

1. Mix the cacao butter, coconut butter, and stevia in a shallow bowl. Place in the freezer for 5 minutes to thicken.
2. Once the donuts are completely cooled, sprinkle ground strawberries on top.
3. Place in the refrigerator for 20 minutes to allow the glaze to set.



## 504. Lemon Mousse Mouthwatering Cupcakes

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
6 Tbs. milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbs. coconut milk at room temperature  
1 tsp. vanilla extract  
1/2 tsp. ground cardamom  
1/4 tsp. baking soda  
1/2 tsp. apple cider vinegar

### Instructions

1. Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).
2. Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.
3. Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.
4. Cool completely and frost with the lemon mousse.
5. Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

### Lemon Mousse Frosting

#### Ingredients

3/4 cup stevia-sweetened lemon curd (recipe below)  
1 cup coconut milk  
1 Tbs. light coconut milk  
1 tsp stevia  
Pinch of salt to taste

### Instructions

1. First, make the stevia-sweetened lemon curd, by simply whisking the whole eggs, yolks and 1tsp stevia in a saucepan until smooth, then place pan over a low heat. Add the coconut oil, juice and zest and whisk continuously

until thickened. Strain through a sieve. Lemon curd keeps, covered, in the fridge for 2 weeks. Chill until thickened and cold before using it.

2. In a small saucepan, whisk together the coconut milk and gelatin. Let it sit for 10 minutes. Then turn the heat on medium and whisk until the gelatin dissolves. Pour into a bowl and refrigerate until set, about 4 hours.

3. In a food processor, blend together the set coconut milk and the lemon curd until smooth. Add stevia to taste and a small pinch of salt.

## 505. Chocolate Raspberry Cake Delight

### Ingredients

#### For the cake

- 1/2 cup (120g) of Coconut Oil
- 1/4 cup (30g) of Coconut Flour
- 1/3 cup (45g) of Arrowroot Starch
- 1/4 cup (35g) of Unsweetened Cocoa Powder
- 1 teaspoon of Baking Soda
- 1/4 cup almond milk
- 1/4 cup of Strong Hot Coffee
- 1 tbsp Stevia
- 4 large Eggs

#### 1 teaspoon of Vanilla Extract

#### For the raspberry sauce

- 10 ounces of Raspberries
- 1 teaspoon of Lemon Juice
- 1/4 cup almond milk
- 1 tsp Stevia
- 1/2 teaspoon of Gelatin

#### For the chocolate ganache

- 3 ounces of Chocolate Chips
- 1/3 cup of Full Fat Coconut Milk

### Instructions

1. **FOR THE CAKE:** Whip together the coconut oil and stevia in a large mixer until combined, about 3 minutes on high speed.
2. Sift together the coconut flour, arrowroot flour, cocoa powder, and baking soda in a separate bowl. Whisk together the eggs, milk, stevia, coffee, and extract in a large glass.
3. Add about a third of the dry ingredients and a third of the liquid ingredients to the mixing bowl and mix until combined. Repeat adding the ingredients in batches until all mixed and uniform.
4. Evenly portion the cake batter into muffin tin cups. Bake at 350F for 25-28 minutes, until an inserted toothpick comes out clean.
5. Remove from the oven and let the cakes cool for about 10 minutes. Gently remove the cakes from the tin cups using a rubber spatula and set on

a cooling rack upside down.

**FOR THE RASPBERRY SAUCE:** Reserve a few raspberries for garnish.

Gently heat the raspberries, lemon juice, and milk and stevia for about 5 minutes. Remove from heat when the mixture looks uniform. Sprinkle the gelatin on the jam and mix until dissolved.

**FOR THE CHOCOLATE GANACHE**

Heat the coconut milk to a very low boil. Add to the half of the chocolate chips and mix until fully combined. Then add the rest and mix until uniform. Let cool to a thick yet pourable consistency before use.

**ASSEMBLY:** Scoop out a portion of cupcake from the center, careful not to puncture it completely. Fill the hole with about a tablespoon of the raspberry sauce. Pour about 2 tablespoons worth directly on top of the raspberry center.

\* \*Use a frosting spatula or the back of a spoon to spread the chocolate in a circular motion toward the cupcake edges. Let the chocolate goodness fall to the sides. Top with a raspberry and enjoy!

## 506. Perfect Plantain Cake Surprise

### Ingredients

4 eggs, separated  
2 tsp cream of tartar  
1/2 cup extra virgin coconut oil  
1/4 cup almond milk  
2 tsp Stevia  
1 cup ripe plantain, mashed (equals one plantain)  
4 tsp vanilla extract  
1/2 cup coconut flour, sifted  
1/2 tsp baking soda  
1/4 tsp low sodium salt

### Instructions

1. Preheat oven to 350 degrees F. In a bowl combine egg whites and cream of tartar.
2. Whip the egg whites until stiff peaks form.
3. In a separate bowl cream together coconut oil, stevia and milk. Do that for a few minutes.
4. Add the egg yolks. Mix until smooth. Add mashed plantain and vanilla until mixed.
5. Add the sifted coconut flour, baking soda and salt to the egg yolk mixture. Mix until smooth. Slowly add the egg yolk mixture to the whipped egg whites.
6. Line an 8 x 1.5 inch cake tin with parchment paper and grease the sides.
7. Bake for 35 minutes until the top is firm to the touch and a toothpick can be inserted and comes out dry.

## 507. Lemon Blueberry Cake Delight

### Ingredients

½ cup coconut flour, sifted

3 eggs, beaten

⅓ cup unsweetened coconut milk or almond milk

2 tbsp lemon juice, ( use lemon squeezer to get all the juice)

1 tbsp lemon zest

2 ½ tbsp. coconut oil, melted

½ tbsp liquid stevia

1 tsp lemon extract (organic GF kind).

½ tsp baking soda + 1 tsp apple cider vinegar, mixed in separate pinch bowl (should be very fizzy)

½ cup blueberries \*optional.

### Lemon Ice Glaze:

2 tbsp coconut oil, melted

1½ tbsp coconut butter, melted

1 ½ tbsp unsweetened coconut milk

1½ tbsp lemon juice

½ tsp lemon extract (organic GF kind)

2 tsp lemon zest

1/3 tsp liquid stevia (as sweetener)

### Instructions

1. Preheat oven to 350 F, and grease or oil a 9” round cake pan.
2. In a large mixing bowl combine: all the first 8 cake ingredients. Stir together thoroughly; break up any coconut flour lumps. Add in baking soda and vinegar mixture and stir.
3. Gently add and mix in the blueberries.
4. Spoon cake batter into prepared pan and spread around evenly.
5. Bake in 350 F oven for 30 minutes or until center is firm.
6. Remove cake from oven and let cool for 10 minutes while you make the lemon ice glaze.
7. Heat a small sauce pan over low heat and melt: coconut oil, and coconut butter. Stir the mixture as it melts and break up any coconut butter lumps.
8. Once melted, remove from heat and add all the rest of the lemon ice glaze ingredients. Stir the glaze thoroughly until well mixed and set aside to

cool.

9. Use a metal or wooden skewer, or large toothpick to poke holes all over the cake. Be sure to poke all the way down to the bottom of cake.

10. Spoon or pour lemon ice glaze all over the top of cake, making sure to cover well. Use the back of a spoon to spread around evenly.

11. Let cake cool and glaze set awhile. It should only take 5 minutes or so for glaze to solidify a bit.

12. Slice and serve. Unused portions should be stored in the fridge.

## 508. Lemon-Coconut Petit Fours

### Ingredients

#### For the Cake

- 1/2 cup coconut flour
- 1/2 cup coconut milk
- 3 eggs, separated
- 3/4 cup soaked dates in 3 tbsp hot water
- 1/2 tsp vanilla
- 1/2 tsp baking soda
- 1/4 tsp low sodium salt
- 1 tsp lemon rind

### Frosting

- 2/3 cup coconut cream (from the top of a can of coconut milk)
- 2 tbsp almond milk
- 1 tbsp Stevia
- 3 tsp lemon juice
- ¼ cup coconut oil, room temperature

### Instructions

1. Put dates in a heat safe bowl or container and pour 3 tbsp boiling water over them and let soak for about 15 minutes. You can chop the dates before soaking to speed up the process, but it's not necessary.
2. Separate the eggs with yolks in one bowl and whites in one large stainless steel, glass or ceramic bowl. When you go to whip the egg whites, it helps if they are at room temperature.
3. Once dates have soaked put them in a food processor along with remaining water and mix until you have a paste-like consistency. Add coconut flour, milk, egg yolks, vanilla, baking soda, salt and lemon rind and mix.
4. Whip the egg whites until foamy and stiff peaks form. This is much easier if you have a stand mixer with the whisk attachment or a hand mixer. It is possible to do it by hand, but takes time.
5. Gently fold egg whites into the batter. Grease a standard sized loaf pan. Put batter in pan and even out the top with a spatula or spoon.



6. Bake in a 350° oven for 20-30 minutes or when a toothpick inserted comes out clean.

For the frosting

7. Coconut cream can be purchased in cans or you can skim the cream of the top of cans of coconut milk, however you may have to use multiple cans of coconut milk. Put coconut cream in a bowl and whisk for a few minutes to make it lighter and creamier.

8. Add coconut oil, milk, stevia and lemon juice and whisk until fully incorporated.

9. Allow the cake to cool completely before frosting. Once the cake has cooled, cut small squares or circles out of the cake and skim some cake off of the top with a knife to make it even. There will be leftover scraps, but they make a great snack!

10. Cut the squares in half and frost the middle. You can use the prepared frosting, but it will be very thin.

11. Drizzle the prepared frosting over the small cake squares and use a spatula or knife to frost the sides evenly. Once you've frosted each petit fours, refrigerate to allow the frosting to harden. Top with a bit of lemon rind.

## 509. Delicious Coconut Flour Cake with Strawberry Surprise

### Ingredients

1 dozen eggs  
2 cups coconut milk (I used homemade)  
¼ cup milk  
2 teaspoons Stevia  
2 teaspoons vanilla extract  
2 cups coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon low sodium salt  
coconut oil for greasing the pan

### Instruction

1. Preheat oven to 350F.
2. Whisk together the eggs, coconut milk, milk, stevia and vanilla extract. Mix until smooth.
3. Add coconut flour, baking soda and salt to the egg mixture and whisk until a smooth batter forms.
4. Grease 2 – 9 inch round cake pans with coconut oil.
5. Divide up the batter evenly between the 2 cake tins. Use a rubber spatula to smooth it out.
6. Bake for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
7. Allow the cake to cool.
8. Fill the center with cooked strawberries (recipe below). You can also use the strawberry filling to decorate the cake.

### Strawberry Filling

#### Ingredients

2 cups organic strawberries, stems removed and sliced

1. Place the strawberries in a saucepan over medium heat.
2. After a few minutes, the strawberries will release their juices.
3. Allow them to cook uncovered, occasionally stirring and smashing them.
4. Keep cooking them until the strawberries are soft, smashed and the sauce has reduced. About 30 minutes.



## 510. Titillating Berry Trifle

### Ingredients:

- 1/2 cup plus 2 tsp coconut flour, sifted
- 1/4 tsp low sodium salt
- 1/4 tsp baking soda
- 5 whole eggs (2 of them separated)
- 1/2 cup coconut oil, softened
- 1/2 cup almond milk
- 2 tsp stevia
- 1 tablespoon vanilla extract
- 2 teaspoons lemon juice
- 1 1/2-2 cups washed & diced strawberries (cut large if using a traditional Trifle bowl)
- 1 1/2-2 cups washed blueberries
- 1 1/2-2 cups washed raspberries
- 3-4 cans full-fat coconut milk, cream only

### Instruction:

1. Preheat oven to 350 degrees.
2. Sift the dry ingredients together and set aside.
3. Separate 2 of the eggs, setting the whites aside and putting the 2 yolks in a medium sized bowl. Crack open the rest of the eggs, adding them to the bowl with egg yolks.
4. Using a mixer or hand whisk, beat the coconut oil (liquid or solid, doesn't matter), milk, vanilla and lemon juice until they are well combined.
5. On low/medium-speed, mix the dry ingredients into the wet ingredients. Continue to mix till the batter is smooth and has no lumps.
6. Add the eggs (not including the 2 egg whites) in three phases to the batter. Allow each addition to be incorporated completely before adding the next.
7. In a small bowl, beat the egg whites till thick soft peaks form. Fold into the batter.
8. Pour the batter into a greased 8 inch square brownie pan or 7X10 small casserole dish lined with parchment paper, allow a few inches of flaps to hang over the two long sides of the pan. This will help later with removing the cake ensure that the sides of the cake won't stick to the pan. Alternatively, you could make cup cakes with the batter and cube those up

for the trifle. Baking times will vary depending on the depth of the cake pan. I find that a 1 or 2 inch high cake produces the best texture instead of a thicker cake. However, I have made this in a standard size bread pan as well, and it turns out very nice.

9. Bake for 30-45 min. or until a toothpick in the center comes out clean.

10. Allow the cake to cool for 5-10 minutes, run a sharp knife along the edges and carefully remove from the pan. Cool completely.

For the coconut whipped cream:

1. Chill 2-3 three cans of full-fat coconut milk (a few hours or overnight).

2. Open the cans and scoop the thick cream in to a medium bowl. Try to keep as much coconut liquid out of the cream as possible. Discard the liquid or freeze it into ice cube trays to use in smoothies.

3. With a hand/stand mixer, beat the cream on high for a minute or so. Add ½ tsp. stevia as sweetener if desired. Continue beating until well combined.

Assembling the Trifle:

Assembly is super easy. Just add some cake to the bottom of your dish, then whipped cream, strawberries/raspberries, whipped cream, more cake, blueberries, more whipped cream, then more fruit if desired or cake crumbles. Really just layer it however you like!

This recipe should make enough for 4 individual 12 oz trifles or you can make two cakes, add extra fruit and more coconut cream (2-3 more cans) for one, 2-quart trifle or glass bowl.

## 511. Gingerbread Cream Delight

### Ingredients

#### For the Gingerbread Cake

- ½ cup (80g) of packed Coconut Flour
- ½ cup (64g) of Arrowroot Flour
- 1 teaspoon of Baking Powder
- ½ teaspoon of Baking Soda
- ½ teaspoon of low sodium Salt
- 1½ teaspoon of Ginger Powder
- 1½ teaspoon of Cinnamon
- ¼ teaspoon of Nutmeg
- Pinch of Cloves
- ½ cup of almond milk
- 1 teaspoon of Vanilla Extract
- 4 Eggs, room temperature
- ½ cup (100g) of Coconut Oil (softened solid)
- 2 tsp Stevia

#### For the Cream Cheese Frosting

- 8 oz Cream Cheese, room temperature
- 4 oz of Coconut oil at room temperature
- 2 tbsp Stevia
- ¼ cup of Arrowroot Flour

### Instructions

#### For the Gingerbread Cake

1. Preheat oven to 350F and grease an 8"x4" loaf pan.
2. Sift together the coconut flour, arrowroot flour, baking powder, baking soda, salt, and spices in a bowl to form the dry mixture.
3. Combine the milk and vanilla extract in another bowl to form the liquid mixture.
4. Separate the eggs whites from the egg yolks.
5. Beat the egg whites at high speed in a mixer bowl with a whisk attachment until a meringue forms. Remove the whites from the mixer bowl and set aside.

6. Add the coconut oil and coconut sugar to the mixing bowl and beat on medium high for about a minute until uniform.
7. Add the egg yolks one at a time to the mixing bowl and beat on medium until combined. Scrape the sides if necessary.
8. Add half of the dry mixture to the mixing bowl and beat until combined.
9. Add half of the liquid mixture to the mixing bowl and beat.
10. Repeat the previous two steps until all mixed.
11. Portion a heaping of the egg whites and add to the mixing bowl and mix.
12. Fold in the rest of the egg whites until uniform.
13. Pour batter into the loaf pan and bake, centered rack, at 350F for 35-40 minutes.

#### For the Frosting

1. Whip the coconut oil and cream cheese until smooth.
2. Add the arrowroot flour and stevia.
3. Whip on low until the flour is absorbed into the butter, then whip on high for a few minutes until light and fluffy.

## 512. Pumpkin Cream Cookies

### Ingredients

#### For the donuts

- 6 dried medjool dates, pitted
- ½ cup pumpkin puree
- ¼ cup coconut oil, melted
- 4 eggs
- 3 tablespoons coconut flour
- ½ tablespoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground ginger
- ½ teaspoon baking powder
- A pinch of low sodium salt

#### For the cream

- 1 (14 ounce) can of coconut cream OR coconut milk refrigerated overnight\*
- 1 tablespoon stevia
- ¼ teaspoon cinnamon

#### For the chocolate

- 1 cup Enjoy Life Chocolate Chips, melted
- 3 tablespoons coconut milk

### Instructions

1. Place dried dates in a food processor and pulse to break down.
2. Add pumpkin puree, melted coconut oil, and eggs to the food processor and puree until smooth.
3. Add coconut flour, cinnamon, nutmeg, ground cloves, ginger, baking powder, and a pinch of salt and puree once more.

\*To make the donuts easy to pour and keep them a round shape, place donut puree into a plastic bag or pastry bag, cut the end off of the plastic bag so you can squeeze to mixture in a circle in the donut maker. If you are using a donut pan for the oven, preheat oven to 350 degrees.



4. Heat up a mini donut maker, grease the donut maker or pan, and use the bag to squeeze about 2 tablespoons of the mixture into each donut round.
5. In a mini donut maker, cook for 5-7 minutes. Times will vary with the different donut maker. If you are using a donut pan, cook for 20-25 minutes.
6. Remove donuts once cooked through and let rest and cool on a wire rack.
7. Once cooled, place in refrigerator for about 10 minutes. (The donuts will be easier to work with once they are a bit harder).
8. While the donuts cool, in a bowl, remove the coconut cream that sits on top of the coconut water (keep the coconut water for later) and whip together the coconut cream with a fork or whisk. Then add maple syrup and cinnamon and mix well. Place cream in a piping bag or plastic bag and then cut off the end.
9. In a bowl, melt chocolate chips and coconut milk that was left behind from the coconut cream via a double boiler or in a microwave.
10. Cut the donuts in half, carefully. On the bottom donut, pipe on the cream around the donut then place the top donut half on top of the cream. Then finish the donuts off by dipping them halfway into the melted chocolate.
11. Place donuts on a parchment lined baking sheet and into the freezer to harden the chocolate.
12. Once chocolate has hardened, eat up! Makes 8 mini donuts.

## 513. Mouthwatering Coconut Custard Cake

### Ingredients:

- 4 eggs
- 2 ½ cups almond milk
- 1/2 cup coconut flour
- 1 tsp pure vanilla extract
- 2 tsp baking powder
- 2 tsp stevia
- 1/4 cup coconut, melted
- 1 1/2 cups unsweetened, coconut flakes
- 1/2 cup chocolate chips or broken chocolate bar

### Instruction

1. Pre-heat oven to 350F.
2. In a large bowl of a stand mixer (or whisk by hand) eggs, milk, coconut flour, stevia, vanilla, coconut oil, and baking powder until smooth.
3. Stir in coconut flakes and chocolate.
4. Pour into an 8” cake pan and bake for 45 - 50 minutes or until a toothpick inserted into middle comes out clean.
5. Allow to cool before slicing in pan, and serving.
6. Sprinkle with cinnamon just before serving.

## 514. Cranberry Orange Upside Down Revolution

### Fruit:

unbleached parchment paper  
2 cups fresh cranberries  
1 tablespoon coconut oil (at room temperature)  
1 teaspoon stevia  
1 tablespoon arrowroot powder

### Dry Ingredients:

6 tablespoons coconut flour  
6 tablespoons arrowroot powder  
2 teaspoons baking powder  
1/4 teaspoon low sodium salt

### Wet Ingredients:

4 large pastured eggs  
4 tablespoons melted coconut oil  
4 tablespoons almond milk  
2 tablespoons freshly squeezed orange juice  
A zest of 1 organic orange  
1 teaspoon vanilla

### Instruction

1. Preheat oven to 350 degrees F. Place a 9-inch cake pan onto a sheet of parchment paper and draw a line around the bottom with a pencil. Cut out the circle and place it onto the bottom of the cake pan. Grease the sides of the pan with coconut oil.
2. In a small bowl mix together the coconut oil, milk, and arrowroot powder. Spread it onto the parchment paper in the cake pan (I use an offset spatula to do this). Arrange the cranberries on top of the mixture.
3. Whisk together the dry ingredients. In a separate bowl, whisk together the wet ingredients. Pour the wet into the dry and quickly whisk together until combined. Pour batter over fruit and spread evenly with the back of a spoon or spatula.
4. Bake for 30 to 35 minutes. Let pan cool on a wire rack for 15 to 20 minutes then carefully flip out onto a plate; peel off parchment paper. Let

cool and then serve. Enjoy!

## 515. Baked Vanilla Cardamom Delights

### Ingredients:

1/2 cup coconut flour  
1/8 teaspoon baking soda  
3/4 teaspoon baking powder  
1/4 cup Stevia liquid drops  
1/4-1/2 teaspoon cardamom (we did 1/2 because we love cardamom)  
2 egg, room temperature  
2 tablespoons coconut oil, liquid (or oil of choice)  
1/2 cup warm water

### Instructions:

1. In a bowl place all dry ingredients into bowl and whisk together. Set aside.
2. Next grab your stevia, coconut oil and egg and whisk together in mixing bowl. Once that is all mixed together add in your dry ingredients. Begin to stir the donut batter.
3. End with adding in your warm water to the batter and stir till smooth and combined.
4. Pre-heat your mini donut maker. Once your green light turns off it is ready. Begin to scoop your donut batter into each mini donut ring. We used a cookie scooper to help with the scooping.
5. Once all rings are filled close the donut maker and let bake for 2-3 minutes. Check and see if they feel done. If so remove carefully with a knife. Repeat process till all our donut batter has been baked.
6. Remove donuts from pan with a knife. Serve and enjoy.

## 516. Sexy Savory Muffins

### Ingredients

½ cup coconut flour  
1 tsp baking soda  
½-1 tsp low sodium salt  
¼ cup coconut oil  
½ cup + 2 tbsp coconut milk  
4 pastured eggs  
1 tsp apple cider vinegar  
1 tsp garlic powder  
½ tsp each of rosemary, thyme, sage

### Instructions

1. Pre-heat the oven to 350°. Melt the coconut oil and combine with remaining muffin ingredients in a food processor or bowl, mix well.
2. Place batter in a muffin tin lined with muffin liners. The muffins will raise a small amount, so you can fill the muffin liner about  $\frac{3}{4}$  full—almost to the top. Bake for about 20-30 minutes or until a toothpick inserted comes out clean and the tops are slightly browned.
3. Let it cool and slice in small squares.

## 517. Delicious Lady Fingers

### Ingredients

4 Pastured Eggs, separated  
1/4 cup almond milk  
1/4 tsp Baking Soda  
1/2 tsp Pure Vanilla Extract  
1/3 cup Coconut Flour, sifted  
1 tsp freshly ground Coffee

### Instructions

1. Preheat oven to back at 400 degrees.
2. Beat egg whites until stiff in a standing kitchen mixer, or with a hand mixer.
3. In a medium sized mixing bowl, combine egg yolks, baking soda, vanilla extract, and milk. Whisk until combined.
4. Sift in the coconut flour, and continue to whisk until smooth.
5. Fold in the egg whites, followed by the coffee grounds.
6. On a parchment lined baking sheet pipe out 3 inch long cookies with a round piping tube.
7. Bake at 400 degrees for 13 minutes, or until cookies are golden brown.
8. Allow to cool and enjoy.

## 518. Chocolaty Pumpkin Muffins

### Ingredients

1/3 cup pumpkin puree  
1/3 cup almond milk  
1/4 cup coconut oil, melted  
3 eggs, whisked  
1 teaspoon vanilla extract  
1/4 cup coconut flour  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/8 teaspoon ground cloves  
1/8 teaspoon powdered ginger  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
pinch of low sodium salt  
1/2 cup Enjoy Life Mini Chocolate Chips  
1 tsp stevia

### Instructions

1. Preheat oven to 350 degrees.
2. Mix together wet ingredients in a bowl: pumpkin puree, milk, coconut oil, eggs, and vanilla extract.
3. In another bowl, whisk together coconut flour, cinnamon, nutmeg, ground cloves, powdered ginger, baking soda, baking powder, and salt.
4. Pour dry ingredients into wet ingredients and mix well.
5. Fold in chocolate chips.
6. Use an ice cream scoop to scoop batter into 5 silicone baking cups.
7. Bake for 35-40 minutes



## 519. Cheeky Coconut Chocolate Cookies

### Ingredients

1/2 cup Virgin Coconut Oil, melted  
1/4 tsp stevia  
1/2 tablespoon vanilla extract  
4 eggs  
1/8 teaspoon low sodium salt  
1 cup coconut flour  
1/2 cup shredded coconut  
3/4 cup chocolate chips

### Instruction

1. Preheat oven to 375 degrees F.
2. Mix together coconut oil, sugar, vanilla, eggs, and salt together. Blend thoroughly. Add flour, coconut and chocolate chips; mix thoroughly.
3. Form into small cookies on a parchment lined pan and bake in preheated oven for about 15 minutes, or until lightly browned.

## 520. Scrumptious Peanut Butter Parcels

### Ingredients:

- ½ cup sifted coconut flour
- 1 cup natural peanut butter
- ½ cup peanuts, coarsely chopped (optional)
- 1 tsp Stevia Drops
- 4 eggs
- ½ teaspoon vanilla
- ½ teaspoon low sodium salt

### Directions:

1. Mix together peanut butter, sugar, eggs, vanilla and salt. Stir in peanuts and coconut flour. Batter will be runny.
2. Drop by the spoonful 2 inches apart on greased cookie sheet. Bake at 375 Degrees F for about 14 minutes.
3. Cool slightly and remove from cookie sheet.

\*\*Makes about 3 dozen cookies.

## 521. Succulent Shortbread Cookies

### Ingredients:

3/4 cup + 1/2 cup extra coconut flour  
1/4 cup arrowroot starch  
1/2 cup coconut oil or butter, melted  
1/8 tsp low sodium salt  
5 tablespoons milk  
1 tsp stevia  
1/4 cup dark chocolate chips

### Instruction

1. Preheat oven to 350 degrees.
2. Combine all ingredients except chocolate and 1/2 c extra coconut flour in a mixing bowl. Mash up with a fork and add additional coconut flour until the mixture is crumbly.
3. Dust a clean, smooth surface with coconut flour. Press the crumbly mixture out with your fingers to make it smooth and somewhat flat. Dust with coconut flour.
4. Roll the dough to about 1/8-1/4 inch thickness using a rolling pin. Cut shapes out of the dough. Roll the scraps up into a ball and flatten to cut more shapes out.
5. Bake on a lightly greased cookie sheet for 15 minutes. Allow the cookies to cool.
6. Microwave the chocolate chips for 10 second intervals, stirring between intervals, until they are melted. Drizzle cookies with the chocolate. If the chocolate is not very runny, add a tiny amount of coconut oil and stir.
7. Allow the cookies to cool in the fridge or freezer for a few minutes until the chocolate is set.

## 522. Fudgy Coconut Flour Brownies

### Ingredients

- 1/2 cup minus 1 Tbs. coconut
- 1/2 cup cocoa powder
- 1/2 cup plus 2 Tbs. coconut oil, melted
- 3 eggs, at room temperature
- 1/2 cup almond milk
- 2 Tsp stevia
- 1 tsp. vanilla extract, optional

### Instructions

1. Preheat the oven to 300 and grease a glass baking dish (8x8 or 9x9).
2. Mix together all ingredients. You can do this by hand or with an electric mixer or high-powered blender.
3. Pour into the baking dish and bake for 30-35 minutes, until a toothpick inserted into the center comes out clean. Cool for 30 minutes before cutting or removing from the pan.
4. These store well at room temperature or in the fridge for a few days. Make sure you keep them in an airtight container.

## 523. Tasty Coconut Pancakes

### Ingredients:

1/4 cup coconut flour  
1/8 tsp baking soda  
Pinch of low sodium salt  
1/3 - 1/4 cup coconut milk  
2 tbsp organic, cold-pressed coconut oil  
3 eggs  
1 tsp stevia  
1/2 tsp vanilla extract  
Coconut oil for cooking

### Instruction

1. Thoroughly mix the eggs, coconut oil, and stevia together.
2. Add the coconut milk and vanilla extract.
3. Throw in the coconut flour, baking soda, and salt. Mix, but remember, not too much!
4. Place a little coconut oil in your skillet and then using a measuring cup, add a little batter to the pan. I recommend figuring out how many pancakes you'd like to make beforehand so that you can use an appropriately sized cup or ladle. This recipe should yield around 8 or so pancakes.
5. Remember that you aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping.
6. For best results, serve your pancakes with Blueberry sauce

### Blueberry Sauce

#### Ingredients

2 cups fresh or frozen blueberries (no need to thaw before use if frozen)  
1/4 cup water  
2 tsp. arrowroot powder  
1 Tbs. water

#### Instruction

1. Place the berries and 1/4 cup water (or juice) in a small saucepan over medium heat. Cook for 5-10 minutes, until bubbling. Slightly smash some of

the blueberries with the back of a fork.

2. In a small bowl, stir together the arrowroot powder and 1 Tbs. of water. Remove the saucepan of berries from the heat. While stirring constantly, add the arrowroot mixture into the blueberry mixture. Let cool until no longer hot and serve. The sauce will become even thicker when chilled.

\*\*You can store the sauce in the fridge for a few days.



## 524. Fluffy Coconut Flour Waffles

### Ingredients

- 8 free-range organic eggs
- 1/2 cup melted butter or ghee (organic and preferably grass-fed)
- 1/2 cup coconut flour
- 1/4 teaspoon low sodium salt
- 1/4 teaspoon baking soda
- 1/4 cup canned coconut milk
- 1 tsp stevia drops

### Instructions:

1. Take out your waffle maker.
2. In a large bowl add the eggs and beat with an electric hand mixer for 30 seconds until the eggs are well beaten.
3. Add the melted butter or ghee slowly into the eggs while you are still mixing.
4. Add the coconut flour, pink salt, baking soda and coconut milk.
5. Mix with the hand mixer for 45 second on low until the batter becomes thicker.
6. Heat up your waffle maker and make the waffles according to your maker's specifications..
7. Serve with butter or ghee, mashed strawberries ([recipe here](#)) or fresh maple syrup



## 525. Delectable Pumpkin Bars

### Ingredients:

15 oz. pumpkin puree (about 1 1/2 cups)  
3/4 cup coconut flour  
3/4 cup almond milk  
1 1/2 teaspoons ground cinnamon  
3/4 teaspoon ground ginger  
1/4 teaspoon ground cloves  
3/4 teaspoon baking soda  
1/4 teaspoon low sodium salt  
2 large eggs

### Instruction

1. Preheat the oven to 350F and grease a 9"x9" baking dish well with coconut oil. Combine all of the ingredients in a large mixing bowl, and stir well until no clumps remain. Transfer the batter to the greased baking dish, and use a spatula to smooth the top.
2. Bake at 350F for 40-45 minutes, or until the edges are golden and the center is firm.
3. Allow to cool completely, then cut into squares and serve. Store in in the fridge for up to a week. (They're delicious straight out of the fridge, too!)

## 526. Temptingly Perfect Plantain Drop

### Ingredients

3 tablespoons coconut oil  
2 brown plantains (they must be brown)  
1 tsp stevia  
¼ cup coconut oil, melted  
3 eggs  
1 tablespoon canned coconut milk  
3 tablespoons coconut flour  
1-2 teaspoons cinnamon (I used 2 because I love cinnamon)  
1 teaspoon baking powder  
A pinch of low sodium salt

### Instructions

1. Preheat oven to 350 degrees.
2. Cut the ends off of the plantains, then use your knife to cut them in half lengthwise and then peel the skin off, cutting off any excess skin that sticks to the plantains. The browner the plantains are, the sweeter they will be and the easier the skin is to take off.
3. Now place a large skillet over medium-high heat, add 3 tablespoons of coconut oil to heat up, then add the halved plantains to the skillet. Cook on both sides for about 3-4 minutes until browned, making sure not to burn them.
4. Once the plantains are done cooking, add them to the food processor and puree until they begin to clump together.
5. Then add the stevia, coconut oil, eggs, and coconut milk and puree until smooth. No clumps should be present at this point.
6. Now add coconut flour, cinnamon, baking powder, and salt to the food processor and puree one more time to combine everything well.
7. Now line a baking sheet with parchment paper and grab an ice cream scoop to help form perfect sized biscuits.
8. Scoop the batter out and plop each biscuit on the baking sheet about 1 inch away from each other. My batter made 8 biscuits.
9. Place in oven and bake for 20-25 minutes until slightly brown and completely cooked through.
10. Let cool. These babies are hot and need to settle afterwards.



## 527. Mouthwatering Lemon Bars

### Ingredients:

#### Crust:

2 cups Sifted Coconut Flour

½ teaspoon low sodium Salt

½ cup almond milk

1tsp stevia

16 tablespoons Room Temperature Virgin Coconut Oil {= 1 cup}

#### Filling:

1 ½ cup Fresh Lemon Juice

1 cup almond milk

½ cup coconut oil

1 tsp stevia

2 tablespoons Lemon Zest

8 Eggs

### Instructions:

#### Crust:

1. Preheat oven to 350 F.
2. Line a 9×13 inch baking dish with parchment paper.
3. Whisk the coconut flour with salt.
4. Thoroughly stir in the milk and coconut oil until it's evenly mixed and crumbly.
5. Add the room-temperature coconut oil and stir until it's evenly combined.
6. Pat the dough down into the bottom of the baking dish for an even thickness.
7. Bake at 350 for approximately 17 minutes or until it starts to brown.
8. Remove from the oven and let cool on the counter while you prepare the filling.

#### FILLING:

1. Mix stevia with the lemon juice.
2. Working quickly, whisk in the eggs.
3. Whisk in the lemon zest.
4. Pour the filling into the now cooled crust.

5. Bake at 350 for 25 – 30 minutes or until it's stiffened.
6. Let it cool on the counter for 30 minutes then the refrigerator for 3 hours or overnight.
7. Cut into squares and serve chilled.

## 528 Yummy Pumpkin Bars

### Ingredients

1/2 cup coconut manna  
1/2 cup coconut oil  
1/4 heaping cup coconut flour  
1 1/2 cup cooked winter squash (butternut or pumpkin)  
A pinch of low sodium salt  
2 tsp. cinnamon  
1 tsp. ginger  
1/4 cup almond milk  
1 tsp stevia

### Instructions

1. On the stove, gently melt coconut oil and manna until melted.
2. In food processor, add squash, spices, coconut flour, salt, milk and stevia. Pour melted coconut oil and manna on top and blend for 30 seconds being sure all the big pieces of squash are blended.
3. Line a square 8x8 brownie pan with parchment paper. Scoop the bar filling into the pan and use a spatula to smooth it out. Bake for 25 min at 350 degrees. Remove from oven, let cool, cover and put in fridge until completely chilled; about 3 hours.

## 529. Delicious Coconut Biscuits

### Ingredients

4 large eggs, yolks and whites divided  
1/2 cup coconut flour  
1/4 teaspoon baking soda  
1/2 teaspoon cream of tartar  
1/2 teaspoon low sodium salt  
4 tablespoons coconut oil, room temperature  
1 tsp stevia

### Instructions

1. Preheat oven to 400 degrees.
2. In a medium bowl, whisk the egg whites until frothy and at least doubled in size. Mix in the yolks until no streaks remain then add stevia.
3. In a separate bowl, combine the flour, baking soda, cream of tartar and salt.
4. Using a fork or pastry cutter, mix the butter into the dry ingredients until you have pea-sized bits of butter.
5. Fold the flour mixture into the egg mixture, incorporating well (the batter will be rather wet, but the coconut flour will start to absorb some of the liquid. Do not add more coconut flour!).
6. Using a 1/4 cup measuring cup, scoop the batter onto a parchment lined baking sheet.
7. Bake for 15-20 minutes or until golden brown and a toothpick inserted into the biscuit comes out clean.

## 530. Crisp Coconut Flour Tortillas

### Ingredients

- 1/2 cup coconut flour
- 1/2 teaspoon grain free baking powder
- 1/4 teaspoon low sodium salt
- 1 1/2 cup egg whites (or 16 egg whites)\*
- 3/4 cup almond milk

### Instruction

1. Mix all of the ingredients in a non-reactive bowl.
2. Let it sit for 10 minutes so the coconut flour can soak up some of the moisture, and then whisk again. The batter should be runnier than that of pancakes, about the same as a crepe batter.
3. Heat a non-stick skillet over medium high heat and spray with oil or melt enough butter to coat the bottom and sides of pan.
4. Pour 1/4 cup of the batter into the pan, swirling the pan while you pour to ensure the bottom is coated and the tortilla is thin.
5. Once the bottom looks set (about 1 minute), carefully release the sides of the tortilla with a rubber spatula and turn over. Alternatively, you could use a frittata pan, or turn the tortilla into another hot and greased pan or greased griddle. This may help the tortilla to stay in one piece. If your first couple breaks, don't fret and don't throw them away. Add a little more coconut flour and try again, but keep the broken ones to use as filling if you're making enchiladas.
6. Spray the pan again, and repeat above steps until all the batter is used. Layer the tortillas on a plate and set aside until you're read to fill them and bake.



## 531. Easy Delish Pizza Crust Recipe

### Ingredients

- 1 cup tapioca flour (starch) (plus more for rolling out dough)
- 1/3 cup + 2-3 tablespoons coconut flour, separated
- 1 teaspoon low sodium salt
- 1/2 cup olive oil
- 1/2 cup warm water
- 1 large egg, whisked

### Instructions

1. Preheat oven to 450 degrees F
2. Combine the tapioca flour (you can substitute arrowroot flour/starch), salt and 1/3 cup coconut flour in a medium bowl.
3. Pour in oil and warm water and stir. Your mixture will look something like this.
4. Add the whisked egg and continue mixing until well combined.
5. Add two to three more tablespoons of coconut flour – one tablespoon at a time – until the mixture is soft but somewhat sticky dough.
6. Turn out the dough onto a surface sprinkled with tapioca flour and knead it gently until it is in a manageable ball that does not stick to your hands.
7. Place the pizza dough ball onto a sheet of parchment paper. Use a tapioca floured rolling pin to carefully roll out the dough until it is fairly thin. You may end up using another few tablespoons of tapioca at this point. You will need it to keep the dough from being too sticky. But don't overwork the dough or add TOO much more tapioca or your dough will be too dense.
8. Place the rolled out dough (on its parchment paper) into the preheated oven onto a hot pizza stone or sheet pan. I used a pizza stone that was left in the oven while it was heating up. You may have different results if you put it on a sheet pan or with the paper directly on the oven rack.
9. Bake for 12-15 minutes depending on how "done" the crust should be before putting on toppings. Here's what it looked like after 12 minutes on the pizza stone.

## 532. Coconut Pretty Pizza Crust

### Ingredients

- 1 egg
- 1 tablespoon cream of buckwheat
- 1 tablespoon coconut flour
- 1/8 teaspoon baking soda

### Instructions

Preheat oven to 425.

1. Mix all ingredients in a bowl until well combined.
2. Line a cookie tray with parchment paper and spread the cheese mixture on the paper as thinly as possible, using the back of a spoon or fork.
3. Reduce heat to 400 and bake on the top rack for about 15 minutes, or until the crust is starting to look golden in places. Remove from the oven and add desired toppings.
4. You can store this in the fridge for up to 3 days.

## 533. Creamy Appetizing Croissant

### Ingredients

- 3 eggs, separated.
- ¼ tsp cream of tartar, where to buy this
- 2 tbsp organic coconut cream, softened.
- 2 tbsp coconut oil, melted
- 2 tbsp coconut flour
- 15 drops liquid stevia
- ½ tsp baking soda + ¼ tsp cream of tartar, mix together in separate pinch bowl.
- ⅛ tsp low sodium salt

### Kitchen Tools:

- 2 large mixing bowls
- 1 donut pan, or bagel pan
- 1 electric hand mixer or stand mixer
- 1 pinch bowl (small bowl)

### Instructions

1. Preheat oven to 300 F, and grease or oil a bagel or donut pan (even if it's a non-stick type).
2. Separate egg whites from yolks, and place whites in one mixing bowl, and yolks in another mixing bowl.
3. Add cream of tartar to egg whites and whip with stand mixer or hand mixer until stiff peaks form. Set aside.
4. Beat egg yolks in separate mixing bowl and add: creamed coconut, melted coconut oil, coconut flour, stevia, baking soda and cream of tartar mixture, and sea salt. Beat egg yolk mixture until thoroughly combined.
5. Gently fold egg yolk mixture into egg white mixture until combined (careful not to stir or beat (should still be a whipped meringue texture)).
6. Spoon mixture into bagel pan, and spread around, with the back of a spoon, in the pan forms. Wipe off excess that gets on the bagel hole with a damp paper towel.
7. Bake for 20 to 25 minutes or until tops and edges are slightly browning. Should check at 20 minutes, as all oven temperatures can vary.

8. Remove and cool. Use a butter knife in between the pan and the croissant, and slide around to loosen from pan.

Store unused portions in a covered container or zipper bag, put it in the fridge. Bagels can be reheated.

## 534. Delicious Gnocchi Balls

### Ingredients

3 eggs, beaten  
4 tbsp coconut flour  
1 tsp garlic powder  
1/4 tsp low sodium salt

### Instructions

1. Mix the coconut flour and beaten eggs well.
2. Add the garlic powder and salt and mix well into dough.
3. Place the dough on a sheet of cling film and roll into a long sausage shape.
4. Wrap up with the cling film and place in the refrigerator. Chill the dough for a minimum of 30 minutes.
5. Bring a saucepan of water to the boil.
6. Remove the Gnocchi dough from the refrigerator and cut into small bite sized pieces.
7. Place the pieces into the boiling water, reduce the heat to medium and cook for 4-5 minutes. Remove with a slotted spoon. Repeat until all gnocchi are cooked.
8. Top with the sauce of your choice.

\*Makes about 8-10 gnocchi.

## 535. Crispy Coconut Crackers

### Ingredients

- 4 ounces shredded coconut
- 4 tablespoons butter (2 ounces or 1/2 stick), softened
- 1/4 cup tapioca flour
- 1 tablespoon coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon powdered mustard
- 1/4 teaspoon powdered onion

### Instructions:

1. Preheat your oven to 350F. Line a baking sheet with parchment paper or a silicone mat.
2. Combine all ingredients in a food processor. Buzz until a ball of dough has formed.
3. Use your hands to shape dough into 1-inch balls. Place balls on the baking sheet, leaving about 3 inches of space between each.
4. Bake until the edges are slightly browned, about 10 minutes.

## 536. Tempting Custard Pie

### Ingredients

4 eggs 2 cups coconut milk  
1/4 cup expeller-pressed coconut oil (softened works best)  
1/2 cup almond milk  
1 tsp stevia  
1/2 cup coconut flour  
1/2 teaspoon baking powder  
1/2 teaspoon low sodium salt  
1 tablespoon vanilla (or 2 vanilla beans scraped)  
1 cup shredded dried coconut

### Instructions

1. Preheat oven to 325 degrees °F.
2. Place all ingredients into a blender and blend for about 10 seconds (or until thoroughly mixed)
3. Pour into a pie dish greased with coconut oil.
4. Bake for 55 minutes in preheated oven. Serve warm (or cold the next day for breakfast!)

\* For the freshest coconut milk make homemade coconut milk.

## 537. Nutritious Paleo Tortillas

### Ingredients

- 1/4 cup coconut flour (40 g)
- 1/4 teaspoon baking powder
- 8 egg whites (240 g or 1 cup)
- 1/2 cup water
- A pinch of low sodium salt
- coconut oil (as needed, for greasing the press or pan)

### Instructions

1. In a bowl mix all ingredients. Set aside for five minutes. The batter takes about that long to hydrate and thicken.

\*If necessary grease your tortilla press or pan with coconut oil.

Make the tortillas:

1. In a preheated electric tortilla press: Pour about a little less than 1/4 cup of batter onto the tortilla press. Quickly smooth out using a heat resistant spoon, and press the top of the press down to distribute the rest of the batter. Cook until the indicator on the press goes off.
2. In a pan over medium heat: Pour a little less than 1/4 cup of batter onto the pan. Quickly smooth out using a heat resistant spoon. Cook for 1 to 2 minutes or until the edges of the tortilla start to turn golden brown. Then flip and cook for an additional minute or two.
3. Transfer tortillas to a plate and cover with a paper towel to keep warm.
4. Serve with desired toppings and do your best to keep away from within hungry doggy mouths.



## 538. Luscious Chocolate-Caramel Brownies

### Ingredients

1/4 cup coconut flour  
1 1/4 cup cacao powder  
4 eggs  
1 teaspoon low sodium salt  
1 teaspoon baking soda  
1/2 cup almond milk  
1 1/2 tsp stevia  
1 tablespoon vanilla extract  
1/3 cup coconut oil  
1/3 cup dark chocolate chips  
1 homemade caramel recipe

### Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix dry ingredients in one bowl and wet ingredients in a second bowl.
3. Combine both mixtures and stir until all ingredients are incorporated together.
4. Pour the mixture into a greased 8x8 pan.
5. Top with chocolate chips and/or nuts if desired, and bake for 25–30 minutes.
6. Let cool and then drizzle with caramel sauce.

### 539. Delightful Cinnamon Apple Muffins

#### Ingredients:

1 cup unsweetened applesauce

4 eggs

1/4 cup coconut oil, melted

1 tsp vanilla

Stevia to taste

1/2 cup coconut flour

2 tsp cinnamon

1 tsp baking powder

1 tsp baking soda

1/4 tsp low sodium salt

#### Instructions:

Preheat oven to 350 degrees F. Line a muffin tin with liners. In a large bowl, add applesauce, eggs, coconut oil, stevia, and vanilla. Stir to combine.

Stir in the coconut flour, cinnamon, baking powder, baking soda, and low sodium salt. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.

Bake for 15-20 minutes, until a toothpick inserted into the center comes out clean. Serve warm or store in the refrigerator in a resealable bag.

## 540. Celebratory Chocolate Hazelnut Cupcakes

### Ingredients:

2 large (or 3 medium) zucchini, grated (about 3 cups grated)  
4 eggs  
2 cups Hazelnuts  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 cup coconut oil (room temperature)  
1/3 cup Tapioca Flour (this is the same thing as Tapioca Starch)  
1 cup cocoa powder  
1 Tsp Vanilla Extract  
1 tsp Baking Soda  
½ tsp low sodium Salt

### Instructions

Preheat oven to 350F. Line a muffin pan with paper liners, use Silicone Muffin Cups. or bake in a silicone muffin pan.

Grind hazelnuts in a Food Processor or Magic Bullet until they are super fine and almost turning into hazelnut butter.

Finely grate zucchini (you could even process in a food processor).

Combine ground hazelnuts, grated zucchini and the rest of the ingredients together in a bowl. The batter is quite runny. That's okay—that's why these cupcakes are so fudgy.

As an alternative you can combine all ingredients in a food processor or blender and process/blend until smooth.

Pour mixture into prepared muffin pan and bake for 30 minutes.

Let cool completely before icing or serving. Enjoy!

## 541. Chocolate Cupcakes with Coconut Cream Filling

### Ingredients

#### Cupcakes

1/4 cup coconut flour

1/4 cup organic cocoa powder

4 large eggs (at room temperature)

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp baking soda

1 tsp lemon juice

Pinch of low sodium salt

#### Cream Filling (Optional)

Cream from 1 13.5 oz can of full fat coconut milk (refrigerate the can overnight and scoop out the cream that rises to the top)

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

#### Chocolate Frosting

3 very ripe avocados

1/2 cup organic cocoa powder

5 drops stevia liquid (May need a few more – please taste test)

2 Tbsp grass fed butter or coconut oil, melted

### Instructions

Preheat oven to 350 F

Combine the coconut flour, cocoa powder, sweetener, baking soda, and low sodium salt.

In a separate bowl, combine the eggs, coconut oil, and lemon juice.

Add the dry ingredients to the wet and mix to combine.

Line a muffin tin with 7 cupcake liners.

Fill cupcake liners evenly with the batter and bake for 18 - 20 minutes or until cooked through.

Allow to cool before filling with cream and topping with the icing.

Once cool, cut a small whole in the middle of each cupcake, reserving the lid/top of the hole that was cut out.

Fill with cream (directions below) and place the lid/top back on the cupcake to cover the hole.

Pipe chocolate frosting (directions below) onto each cupcake and serve.

For the cream filling

Combine the coconut cream, sweetener, and vanilla and mix until smooth.

Pipe the cream into the hole cut out of the cupcake.

For the chocolate frosting

Place the meat of the avocados in a mixer and mix until completely smooth.

Add the cocoa powder and sweetener and mix until thoroughly incorporated.

Add the butter and mix to combine.

## 542. Bursting Banana Cupcakes (nut-free) with Whipped White Chocolate Sesame Frosting

### Ingredients (frosting):

3 oz cocoa butter  
1 Madagascar vanilla bean  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 cup tahini (aka sesame seed butter)  
1 tsp arrowroot powder  
1/4 `room temperature coconut oil

### Instructions

Melt cocoa butter (you can do this in a double boiler or in the microwave). Add stevia to melted cocoa butter and whisk until cane juice has dissolved. Cut the vanilla bean lengthwise and scrape out the vanilla seeds with a sharp knife (save the pod for making vanilla ice cream or some other dish where you simmer the vanilla pod in coconut milk). Add to cocoa butter. Add the remaining ingredients and whisk together until fully combined. Allow to cool to room temperature (because of the high melting point of cocoa butter, this takes a long long time—if you want to speed it up, put it in the fridge and whisk aggressively every 5 minutes while it cools). Whisk every so often (maybe every half hour) just to make sure it doesn't separate or clump up. Whip aggressively by hand (or you could use a hand mixer or blender) and generously frost your cupcakes!

### Ingredients (cupcakes):

3 large (or 4 medium) overripe bananas  
3 eggs  
3 Tbsp extra virgin coconut oil  
5 drops stevia liquid (May need a few more – please taste test)  
1 tsp vanilla  
1/3 cup coconut flour  
1/3 cup arrowroot powder  
1 tsp baking soda  
1/8 tsp low sodium salt

## Instructions

Preheat oven to 350F.

Grease a muffin pan or put paper liners. I actually use a silicone muffin pan just because it's so easy and ends up saving me tons of time!

Combine all of the ingredients in a blender or food processor (yes, it really is that easy). Blend or process about 1-2 minutes until you have a thick and smooth batter.

Pour batter into prepared muffin pan. You can make your cupcakes a bit bigger by dividing into 10 muffin cups or a bit smaller by dividing into 12 muffin cups.

Bake for 40 minutes (45 if you only make 10). Remove from oven and let cool completely before frosting. Enjoy!

## 543. Lovely Lemon Cupcakes with Lemon Frosting (2 Variations) (Nut-Free)

### Ingredients (Lemon Caramel Frosting):

5 drops stevia liquid (May need a few more – please taste test)  
2/3 cup fresh Lemon Juice  
¼ tsp Baking Soda  
½ room temperature coconut oil

### Instructions

1. Heat stevia and lemon juice in a medium-sized saucepot over low heat. Reduce to 1 cup volume, being very careful not to let it burn (this will take 10-15 minutes).
2. Remove from heat and immediately stir in baking soda. It will froth and expand. Stir vigorously for 15-20 seconds, then pour into a bowl and let cool to room temperature.
3. Mix in coconut oil until completely combined.
4. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).

### Ingredients (Lemon Coconut Butter Frosting):

½ cup Coconut Cream Concentrate (a.k.a. Coconut Butter or Creamed Coconut)  
¼ cup fresh Lemon Juice  
5 drops stevia liquid (May need a few more – please taste test)

1. If you are opening a new bottle or box of coconut cream concentrate and the oil has separated out, heat the jar (or remove the contents of the box to a glass jar) by placing it in a pot or bowl and surrounding with hot water. Let it sit until it's warmed enough to stir thoroughly. Let cool to room temperature.
2. Mix coconut cream concentrate, lemon juice and stevia until thoroughly combined.
3. Store in an airtight container at room temperature for several days or store in the fridge for longer-term storage (warm up to room temperature before frosting cupcakes).



### Ingredients (Lemon Cupcakes):

½ cup Coconut Flour

¼ cup Tapioca Flour

½ tsp Baking Soda

6 Eggs

5 drops stevia liquid (May need a few more – please taste test)

¼ cup fresh Lemon Juice (roughly juice of two lemons)

2 Tbsp finely grated Lemon Zest (roughly zest from two lemons)

### Instructions

1. Preheat oven to 350F. Line a muffin tin with paper muffin cup liners.
2. Blend all ingredients together in a a until a smooth batter forms. Let the batter rest for 2-3 minutes to thicken.
3. Pour batter into prepared muffin tin. Each cup should be filled approximately  $\frac{3}{4}$  full (or slightly more).
4. Bake for 22-23 minutes, until starting to turn golden brown along the edges (should pass a toothpick test).
5. Carefully remove cupcakes from pan and cool on a wire rack. Let cupcakes cool completely before frosting.
6. Spread a generous amount of frosting (which ever you chose) on each cupcake. Candied lemon zest and edible flowers make great decorations for these cupcakes.
7. Enjoy!

## 544. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze

### Ingredients

¼ cup beets, peeled and finely grated  
1¼ cup blanched almond flour  
½ teaspoon baking soda  
2 tablespoons raw cacao powder  
¼ cup coconut oil, melted  
7 tablespoons coconut milk, full fat  
1 teaspoon vanilla extract  
1 teaspoon apple cider vinegar  
2 tablespoons raw stevia (add more if you like it sweeter)  
1 egg  
¼ cup chocolate chips

### Coconut-cherry Glaze:

1 can (13.5 ounces) coconut milk, full fat  
1 teaspoon vanilla extract  
6 fresh cherries, pitted

### Instructions

Preheat the oven to 350°F and line a muffin tin with baking cups.  
Mix together the blanched almond flour, baking soda and raw cacao powder.  
In a separate bowl, whisk together the coconut oil, coconut milk, vanilla extract, apple cider vinegar, stevia, egg and grated beets.  
Using a rubber spatula, gently mix the wet and dry ingredients together.  
Fold chocolate chips into the batter.  
Spoon batter into prepared muffin tin, filling each to the top.  
Bake until a toothpick inserted into the center comes out clean, about 30-35 minutes.  
Set pan on a wire rack to cool, then top with the coconut glaze and a fresh cherry.  
Coconut Glaze:  
Place a can of full fat coconut milk in the fridge overnight.  
Scoop the coconut cream that forms on top of the can into a bowl, being careful not to mix with the water in the bottom of the can.

Add the vanilla extract and using a handheld or stand electrical mixer, whip the coconut cream until fluffy.

## 545. Party Pink Velvet Cupcakes with Vanilla Frosting

### Ingredients

#### Cupcakes

1/2 cup coconut oil, melted

5 drops stevia liquid (May need a few more – please taste test)

3 eggs

1 teaspoon vanilla extract

3/4 cup tapioca flour

1/2 cup coconut flour

1 teaspoon baking powder

2 tablespoons beet powder (works without it)

pinch of low sodium salt

#### Frosting

1/2 cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon vanilla extract

2 tablespoons tapioca flour or arrowroot powder

2 teaspoons coconut flour

1 tablespoon chilled coconut milk fat (thick stuff from top of can)

### Instructions

#### Cupcakes

Preheat oven to 350 degrees Fahrenheit

In a stand mixer or large bowl, mix together coconut oil, stevia, eggs and vanilla extract with a mixer or whisk

In a separate bowl, whisk tapioca flour, coconut flour, baking powder, beet powder and salt together

Slowly mix the dry mixture in with the wet mixture, adding 1/4 cup at a time until well mixed

Scoop your batter into muffin liners in a muffin pan. Fill each well 2/3 of the way and you should get 10 cupcakes

Place in oven and bake for 18-20 minutes or until cooked through. Use a toothpick to poke through a muffin to make sure the toothpick comes out clean

#### Frosting

Combine the coconut oil shortening, stevia, vanilla, tapioca flour and coconut flour in the bowl of a stand mixer with a whisk attachment or a large mixing bowl

Using the stand mixer or a hand mixer, beat until smooth

Add your chilled coconut milk and beat until well combined. Do not over mix or your frosting might separate

Once your cupcakes are completely cool, use immediately by placing in a piping bag or ziploc bag with a corner cut off to frost your cupcakes

## 546. Perfect Paleo Bananacado Fudge Cupcakes

### Ingredients

2 1/2 c. almond butter

1 1/4 c. stevia (or you can lower this to 3/4 c. and add an additional banana)

2 lg ripe bananas

3 medium avocados

3 eggs, beaten

3/4 c. cocoa powder

1 tbsp. vanilla

1 tsp baking soda

2 tsp baking powder

### Instructions

In a large bowl, mix the almond butter and stevia.

In a blender or mixer, beat the eggs, banana, vanilla, cocoa powder and avocado to form a mousse-like consistency.

Add baking soda and baking powder.

Fold into the almond butter to make batter.

Pour into mini-cupcake tin (use the paper, it really makes a difference)

Bake at 350 for 15-18 minutes depending on size and desired consistency.

## 547. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING

### Ingredients:

#### WET INGREDIENTS

5 Eggs, room temperature

1/2 cup applesauce (you can make your own or use a sugar-free pre-made brand)

5 drops stevia liquid (May need a few more – please taste test)

1/3 cup coconut oil, melted

#### DRY INGREDIENTS

1/4 cup finely ground blanched almond flour

1/2 cup coconut flour

1/2 tsp. low sodium salt

1/2 tsp. baking powder

#### FROSTING INGREDIENTS:

1 cup coconut oil

3 drops stevia liquid

2 tsp. cinnamon

Dash low sodium salt

#### Instructions

1. Preheat oven to 350F. Line muffin pan with baking cups.
2. Combine all wet ingredients in a medium sized mixing bowl. Beat on medium with a hand mixer for about 30 seconds.
3. Combine all dry ingredients in another medium sized bowl. Mix together with a fork to break apart any clumps.
4. Add the dry ingredients to the wet ingredients and beat for about 20 seconds. Make sure all ingredients are combined.
5. Fill each lined muffin tin about 3/4 of the way full. Bake for 25-30 minutes or until a toothpick comes out clean in the center.
6. Take the cupcakes out of the oven and set aside to cool completely. All the way cooled! But feel free to sneak one to nibble on while the rest cool off.
7. Once the cupcakes have cooled, make the frosting! Combine all of the ingredients into a medium mixing bowl and beat on medium speed for about

30 seconds until well combines. Ice those cupcakes and get to eating!



## 548. Paleo Sticky Date Pudding Cupcakes

### Ingredients

For the muffins

Coconut Butter grease the muffin tray with

10 tbsp water

12 dates

1 ½ ripe banana, peeled and roughly chopped

2 ½ -3 tbsp coconut flour

1 tbsp vanilla extract or essence or 1 fresh vanilla bean, seeds scraped out

2 eggs

5 drops stevia liquid (May need a few more – please taste test)

½ tsp baking powder

For the sticky date ganache

5-6 dates, chopped

½ of orange, juice only

3 tbsp almond milk (coconut milk or water can also be used)

1 tsp vanilla extract or essence

2 drops stevia

Fresh raspberries or strawberries for garnish

### Instructions

Preheat oven to 185°C (365 °F).

Grease muffin tins with the butter and set aside.

Heat the dates and water in a small saucepan over low heat until the dates break down and thicken. Use a fork to mash them together and set aside.

Place the coconut flour, egg, banana, vanilla extract and baking powder in a blender or food processor and mix well until well combined and aerated.

Add the dates to the banana mixture and combine. Evenly distribute into the ramekins. Cook in the oven for about 20-22 minutes.

While the muffins are in the oven, place the sticky date ganache ingredients in a small saucepan over a low heat and cook for about 3-4 minutes or until the dates break down. Mash with a fork and whisk until thickened. Set aside.

Allow the muffins to rest for 5 minutes before removing them to a serving plate. Scoop a dollop of sticky date ganache paste on top and garnish with a few raspberries.



## 549. Pumpkin Coco Cupcakes with creamy cinnamon filling

Makes 12 cupcakes

Cupcake:

1 cup pumpkin puree

3 eggs

5 drops stevia liquid (May need a few more – please taste test)

1 Tbs raw apple cider vinegar

2 Tbs melted butter or coconut oil

1 tsp vanilla extract

1 ½ cups almond flour

2 Tbs coconut flour

2 tsp cinnamon

½ tsp cardamom powder

1/2 tsp ginger powder

¼ tsp each nutmeg, allspice and cloves

¾ tsp sea low sodium salt

¾ tsp baking soda

2 oz unsweetened baking chocolate (can also use chocolate chips)

Instructions

Preheat oven to 350 F. Line a cupcake pan with liners.

In a medium bowl, whisk together the pumpkin puree, eggs, stevia, butter and vanilla extract. Mix until smooth. Add in the flours, spices, low sodium salt and baking soda and stir until well combined. Add the vinegar.

Using a sharp knife, cut the baking chocolate into small chunks. Fold into the cupcake batter to evenly distribute.

Portion out into lined cupcake tins, until they are almost completely full of batter; these will not rise very much, so no need to worry too much about them getting too big.

Bake for 25 minutes. Check with a toothpick to make sure they are done; if the toothpick comes out clean, they are ready. If not, add 5 more minutes to the baking time.

Let cool completely before frosting.

Frosting:

8 oz. Full fat organic creamed coconut  
¼ cup coconut butter, softened  
5 drops stevia liquid (May need a few more – please taste test)  
1 tsp vanilla extract  
1 ½ Tbs cinnamon

Using a strong fork, cream together the cream and butter until smooth. Stir in the stevia, vanilla and cinnamon, and stir well until creamy and well combined.

Use a piping bag or simply a knife to top the cooled cupcakes with the buttercream frosting.

## 550. Bursting Banana Choco Cupcakes

### Ingredients:

2 cups almond meal  
1/2 cup almond butter  
2 ripe bananas  
1/4 cup cocoa powder, unsweetened of course  
1/2 cup coconut palm sugar  
1/2 cup chocolate chips (I like Enjoy Life brand)  
2 eggs  
1 tsp pure organic vanilla extract  
1 tsp low sodium salt  
1/2 tsp baking soda  
1 tsp apple cider vinegar  
paper muffin liners

### Instructions

1. Instead of mixing wet and dry ingredients separate from each other, I just built it all in one bowl. Any opportunity I get to save myself from having more dishes to do, you bet I will take!
2. Preheat the oven to 350 degrees. Mash the bananas, mix in the almond butter and coconut palm sugar, add the vanilla extract, salt, eggs, baking soda and vinegar. Make it chocolaty and dump in the cocoa powder. Mix that in good and start adding the almond meal a cup at a time to make sure it all incorporates well. When a nice batter forms, make it even chocolatier and dump in the half cup of chocolate chips.
3. Line a muffin pan with the paper liners, fill each cup with batter. You'll get a dozen.
4. Bake for 20 minutes and let cool before eating. The tops get a brownie-like crust, the cake is moist and light.

## 551. Vanilla Paleo Cupcakes

### Ingredients:

#### Apple Cakes:

4 tablespoons (or ¼ cup) of Grass-Fed/Clarified Butter or Extra Virgin Coconut Oil

½ cup Unsweetened Applesauce

4 Eggs

1 teaspoon Vanilla Extract

5 drops stevia liquid (May need a few more – please taste test)

¾ cup Almond Flour

2 teaspoons Cinnamon

½ teaspoon Baking Powder

1/8 teaspoon low sodium Salt

#### Cinnamon Frosting:

1 cup room temperature coconut oil

5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon Vanilla Extract

4 tablespoons (or ¼ cup) Arrowroot

2 teaspoons Coconut Flour

2 teaspoons Cinnamon

2 tablespoons Chilled Coconut Milk Cream

#### Topping:

½ Apple Thinly Sliced

Cinnamon for Dusting

### Instructions

#### Apple Cakes:

Preheat oven to 350 degrees F. Line mini cupcake pan with 24 paper liners.

Melt the butter then whisk in with the applesauce, eggs, vanilla, and stevia.

Add the almond flour, cinnamon, baking powder, and salt to the wet ingredients and mix until evenly combined.

Evenly distribute into the 24 mini cupcake liners {about 1 tablespoon of batter each} and bake at 350 F for 18 – 19 minutes. The cakes are done when a toothpick can be poked in and come out without any batter on the stick.

Let the cool completely.

#### Cinnamon Frosting:

Whisk the shortening, stevia, vanilla, arrowroot, coconut flour, and cinnamon together until smooth.

Add the chilled coconut milk cream and whisk again until smooth.

Use immediately. Either spoon the frosting into a gallon plastic bag or a pastry bag.

Gently frost each cupcake with your desired amount of frosting.

Store the rest of the frosting in the refrigerator. Let it come to room temperature before you use as frosting again.

#### Topping:

Top each cupcake with a thin slice of fresh green apple and dust with ground cinnamon.

If you don't enjoy the cupcakes immediately, store them in an airtight container in the refrigerator.

## 552.. Jam and 'Cream' Cupcakes

cupcakes

1/2 cup coconut flour, sifted

1/4 cup arrowroot (tapioca flour), sifted

4 eggs

5 drops stevia liquid (May need a few more – please taste test)

3 tablespoons coconut oil

1 cup full fat coconut cream

1/2 teaspoon concentrated natural vanilla extract

pinch of low sodium salt

1 teaspoon baking powder

sugar free strawberry jam\*

1 punnet of strawberries (250 grams or approximately 1 heaped cup of chopped strawberries)

2 tablespoons chia seeds

2 drops stevia

Place the ingredients into blender or food processor and blend until smooth and well combined. Pour / spoon the mixture into a container and place in the fridge to thicken.

'cream'\*

1 cup raw macadamias

1/2 teaspoon concentrated natural vanilla extract

pinch of low sodium salt

Instructions

1. Place the ingredients into your blender or food processor and blend at high speed until you have a lovely, smooth macadamia butter. I leave this at room temperature as I find it easier to work with when assembling the cupcakes.

After that I store the remaining butter in the fridge.

2. Preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit.

3. Line nine holes of a standard muffin tray with cupcake cases.

4. In a medium sized bowl beat together your stevia and coconut oil. Add in the eggs, coconut cream and vanilla. 5. Add the flours and when smooth and well combined gently add the salt and baking powder.

6. Spoon the mixture evenly into your nine cases.

7. Bake for 25 minutes.



8. Allow to cool slightly before moving from the tray to a cooling rack.
9. Leave the cakes to cool completely before using a small, sharp knife to remove the tops of the cupcakes and create a small indent in the cake. Fill the cake with a teaspoon of jam and a teaspoon of 'cream' (macadamia butter).
10. Gently place the cupcake 'lid' back on top.
11. Eat and enjoy!!!

## 553. Delicious YELLOW CUPCAKE RECIPE

### Ingredients

#### Cake

½ cup of sifted Organic coconut flour

5 large eggs

⅓ cup of butter or ghee or coconut oil

1 teaspoon vanilla

5 drops stevia liquid (May need a few more – please taste test)

1 cup of applesauce

1 teaspoon baking powder

1 teaspoon baking soda

### Instructions:

Combine the coconut flour, baking powder and baking soda in a bowl and blend.

Add in all the liquid ingredients; mix well with a spoon.

Pour into the cupcake tins and bake at 350 degrees for 20 minutes.

Frost and enjoy!

## 554. Perfect Pear & Nutmeg Cupcakes

### Ingredients

2 ripe pears, peeled, de-cored and chopped into small pieces  
1 tsp nutmeg  
1 tbsp water  
1/4 cup coconut flour  
2 large eggs  
1/4 cup coconut oil or melted butter  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 tsp baking powder

### Instructions

Add the pear, water, 5 drops stevia and 1/2 tsp of nutmeg to a saucepan. Let the mixture simmer over a medium heat until the pears soften (about 15 mins). Either mash with a hand-masher or transfer to a blender and puree. Set aside to cool.

Sieve the coconut flour, the remaining tsp of nutmeg and baking powder into a mixing bowl. In a separate bowl, beat the eggs, coconut oil/butter and stevia together.

If the pear puree is cool, stir it into the eggs.

Gradually add the wet ingredients to the dry and stir until it forms a semi-runny batter.

Spoon into a muffin tray (it should make 6 muffins). Bake at 375 for 12-15 mins.

## 555. Xmas Chocolate Chip Cupcakes

### Ingredients

1/2 c Coconut Flour  
5 Eggs  
2 Egg Whites  
1/2 c Cashew Butter (or coconut oil for nut free)  
1/2 t low sodium Salt  
1/2 t Baking Soda  
1/2 t Gluten Free Baking Powder  
5 drops stevia liquid (May need a few more – please taste test)  
3/4 c Egg Nog  
1/4 t Vanilla  
1/2 t Nutmeg  
1 c Chocolate Chips  
\*\*Vanilla Frosting\*\*  
1 c coconut oil  
2 T Canned Coconut Milk  
1 t Vanilla

### Instructions

Whisk together the dry ingredients.

Beat the eggs, whites, egg nog, butter, vanilla, and stevia. By 1/2 cup-fulls, add the dry mixture and whisk until smooth. Fold in the chocolate chips.

Preheat the oven to 350 degrees. Fill lined muffin tins 1/2 full with batter.

Bake for 25-30 minutes, or until a toothpick.

If you want to do a loaf instead, bake in a loaf pan, same temp, for 50-55 mins.

For the frosting, beat all the ingredients till light and fluffy!

## 556. Boston Cream Pie Cupcake Bonanza

### Vanilla Cream

#### Ingredients:

- 2 organic cage-free egg yolks
- 5 drops stevia liquid (May need a few more – please taste test)
- 2 tablespoons coconut palm sugar
- 2 tablespoons plus 1/2 teaspoon arrowroot starch/flour
- pinch of pink low of sodium salt
- 1 cup canned coconut cream/milk, full fat, room temperature
- 1/2 teaspoon vanilla

## 557. Cupcakes

#### Ingredients:

- 1 & 1/2 cups fine blanched almond flour
- 1 & 1/2 teaspoons baking powder
- 1/2 teaspoon pink low sodium salt
- 1/2 cup canned coconut cream/milk, full fat, room temperature
- 6 tablespoons unsalted grass-fed butter, plus more for greasing
- 3 organic cage-free eggs
- 1 cup coconut palm sugar
- 1 teaspoon vanilla

## 558. Vanilla Bean Cupcakes with Mocha Buttercream

### Ingredients

(makes 5-6 cupcakes):

For the cupcakes

1/4 cup coconut flour, sifted

1/4 teaspoon low sodium salt

1/8 teaspoon baking soda

Seeds scraped from half a vanilla bean

1/2 teaspoon vanilla extract

3 large eggs

1/4 cup coconut oil

5 drops stevia liquid (May need a few more – please taste test)

### Instructions

Preheat the oven to 350 and line a muffin tin with paper liners. Whisk together the coconut flour, salt, and baking soda in a medium bowl. Add the vanilla bean seeds, and mix together with your fingers, pinching the mixture to evenly distribute the vanilla seeds. In a small bowl, whisk together the vanilla extract, eggs, coconut oil, and stevia. Add the wet ingredients to the dry and whisk well, or beat with a hand mixer, until very smooth. Pour the batter into the cupcake cups and bake for 15-20 minutes, or until a toothpick comes out clean.

For the frosting:

8 tablespoons (1 stick) unsalted butter, at room temperature

5 drops stevia liquid (May need a few more – please taste test)

1 tablespoon cocoa

Tiny pinch of low sodium salt

1/4 teaspoon vanilla extract

1/4 teaspoon finely ground coffee

Coffee beans for garnish

Using a hand mixer, beat the butter until very smooth. Add the remaining ingredients and beat until incorporated. If your frosting does not seem stiff enough, refrigerate for a little while, then beat again. Once the cupcakes are completely cool, pipe or spread on the frosting (I used a Wilton 1M tip).

Top with a coffee bean if desired.

## 559. Chocolate Ganache

### Ingredients:

- 1 cup Enjoy Life Mini Chocolate Chips
- 1/4 cup canned coconut cream/milk, full fat, room temperature
- 4 tablespoons unsalted grass-fed butter
- 1 teaspoon vanilla

### Directions:

1. Start by making the Vanilla Cream. In a small bowl whisk egg yolks together until smooth, set aside. In a medium saucepan combine stevia, coconut palm sugar, arrowroot, and salt and stir over medium heat. Add milk in a slow steady stream. Stir and let cook until the mixture begins to boil and thicken, about 5 minutes.
2. Pour 1/3 of the milk mixture into the yolks and stir together with a whisk until combined. Then pour back into the saucepan with the rest of the milk mixture and cook over medium heat, stirring often, until thick, about 3 minutes. Now stir in the vanilla.
3. Use a fine sieve to pour the vanilla mixture through into a small bowl. Cover it with plastic wrap and press the wrap down directly on to the surface of the cream. Refrigerate until very cold, an hour at least. While you wait prepare your cupcakes and chocolate ganache.
4. Preheat oven to 350. Grease a mini cupcake pan very liberally with butter. In a large bowl combine almond flour, baking powder and salt, use a fork to stir together. Warm coconut cream/milk and butter in a saucepan over low heat.
5. In a separate large bowl, whisk together eggs and coconut palm sugar. Then fold in the dry mixture.
6. Bring the coconut cream/milk and butter mixture to a boil. Add this mixture to the batter and whisk until smooth. Now stir in the vanilla. Pour batter into a Ziploc bag, cut a small hole in the corner. Transfer batter to prepared pan, filling to the top. Bake for 10-12 minutes or until a toothpick comes out clean. While you are waiting for the cupcakes to cool, go ahead and make your chocolate ganache.
7. Using the double boiler method melt together the chocolate, coconut cream/milk and butter. Once melted and combined stir in the vanilla. Transfer ganache to a Ziploc bag once it's cool enough, and cut a small hole in the corner tip.

8. Once your cupcakes are cool, remove two from the pan at a time. Squeeze a layer of vanilla cream over the top of one cupcake and then flip the other one upside down and use it to sandwich the two together. Then pour your chocolate ganache over the top and enjoy!

Notes:

You may have noticed above it says Coconut Cream or Coconut Milk. Coconut Cream can be found at health food stores like Sprouts or Whole Foods next to the regular coconut milk. I prefer it because it's a little thicker than normal coconut milk, so if you can find it use it, if not coconut milk will work just fine.



## 560. Meaty Meatloaf Cupcakes

### Ingredients

- 1.5-2 pounds of ground beef (grass-fed if possible)
- 3 eggs
- ¼ cup almond flour (or enough to thicken- this will depend partially on the fat content of the meat and the texture of the almond flour)
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 medium onion
- 2 tablespoons worcestershire sauce
- Salt and pepper to taste
- 5-6 sweet potatoes
- ¼ cup butter or coconut oil
- 1 teaspoon low sodium Salt

### Instructions

Preheat the oven to 375 degrees

Finely dice the onion or puree in a blender or food processor.

In a large bowl, combine the meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce, and salt and pepper and mix by hand until incorporated.

Grease a muffin tin with coconut oil or butter and evenly divide the mixture into the muffin tins to make 2-3 meat “muffins” per person. If you don’t have a muffin tin, you can just press the mixture into the bottom of an 8x8 or 9x13 baking dish.

Put into oven on middle rack, and put a baking sheet with a rim under it, in case the oil from the meat happens to spill over (should only happen with fattier meats if at all)

For sweet potatoes: if they are small enough, you can put them into the oven at the same time, if not you can peel, cube and boil them until soft.

When meat is almost done, make sure sweet potatoes are cooked by whichever method you prefer, and drain the water if you boiled them.

Mix with butter and salt or pepper if desired and mash by hand or with an immersion blender.

Remove meat “muffins” from the oven when they are cooked through and remove from tin. Top each with a dollop of the mashed sweet potatoes to

make it look like a cupcake.

## 561. Healthy Carrot Ginger Muffins

### Ingredients:

2 cups blanched almond flour  
½ teaspoon low sodium salt  
1 teaspoon baking soda  
½ tsp allspice  
½ tsp powdered ginger  
a pinch of clove  
½ cup shredded coconut shreds , unsweetened  
3 eggs, preferably pastured  
½ cup coconut oil ,melted  
5 drops stevia liquid (May need a few more – please taste test)  
1-2 Tbs grated fresh ginger  
1 cup grated carrot  
¾ cup raisins, soaked in water for 15 minutes and drained

### Instructions:

In a large bowl, combine almond flour, salt, baking soda, spices, and coconut shreds

In a smaller bowl whisk together eggs, oil, and syrup. Add fresh ginger, grated carrot, and raisins.

Stir wet ingredients into dry

Spoon batter into paper- lined muffin tins

Bake at 350° for 18-20 minutes for mini muffins OR 24-26 minutes for regular muffins.

Cool and serve.

### 1029. Pecan Muffins

(makes 12)

### Ingredients

1/3 cup coconut flour  
1/4 cup butter, melted  
3 large eggs  
1/3 cup chopped pecans  
1/4 tsp baking powder  
stevia drops to taste

## Instructions

Whisk together the butter, eggs and molasses.

Sieve the coconut flour and baking powder into a large mixing bowl.

Gradually add the wet ingredients to the dry, stirring until it forms a thick, runny. Fold in the pecans.

Spoon about a tbsp into small (I used 4cm) muffin cups. It should stretch to 12. Bake at 350 for 10-12 minutes.

## 562. Gushing Guava Cupcakes with Whipped Guava Frosting

### Ingredients

#### For the Cake

¾ cup (120g) of Coconut Flour

¾ cup (96g) of Tapioca Flour

¾ cup of Light Olive Oil

6 Tablespoons (85g) of Granulated Sugar or Coconut Sugar

5 drops stevia liquid (May need a few more – please taste test)

½ cup of Concentrated Guava Puree ('applesauce thick')

6 Eggs

1 teaspoon of Lime Juice

1½ teaspoon of Cream of Tartar

¾ teaspoon of Baking Soda

½ teaspoon of low sodium Salt

#### For the Whipped Guava Frosting

¾ cup of room temperature coconut oil

6 Tablespoons of Concentrated Guava Puree ('applesauce thick')

5 drops stevia liquid (May need a few more – please taste test)

½ cup of Arrowroot Starch, sifted

1 teaspoon of Lime

Pinch of low sodium Salt

### Instructions

#### For the Cake

You may have to boil the guava puree until applesauce thick. I used Goya brand and let it boil for about 10 minutes.

Preheat oven to 350F. We will drop the temperature to 325F to bake. Line the muffin tin with cupcake liners.

Separate the eggs into egg yolks and egg whites.

Combine the egg whites and cream of tartar and beat with a whisk attachment on high speed. Place the whites in a bowl and set aside, or store in the refrigerator while preparing the rest of the ingredients.

Combine the olive oil, egg yolks, stevia, lime juice, and guava puree in the mixing bowl and beat on high speed for about 30 seconds.

Sift together the coconut flour, tapioca flour, baking soda, sugar, and salt to make the dry flour mixture.

Add half of the dry flour mixture to the wet mixture and whip until the flours absorb and the batter becomes fluffy. Scrape the sides with a spatula to incorporate.

Add the rest of the dry flour mixture and beat on high speed with the whisk until combined and fluffy.

Scoop in a heaping of the egg white meringue and hand mix into the batter. Gently fold in the rest of the meringue until combined.

Portion the batter into each cake pan and place tin in the oven centered.

Reduce the temperature to 325F and for 25-30 minutes until an inserted toothpick comes out clean. This method will give a nice dome to the cupcakes and prevent over browning of the stevia.

Let cool to room temperature or colder before frosting.

For the Frosting

Chill the beaters and mixing bowl in the freezer for about 15 minutes.

Combine the raw stevia and guava puree in a cup until it forms a thicker syrup.

Whip the coconut shortening and optionally the cream cheese.

Add the arrowroot starch and salt and whip.

While mixing on medium speed, pour the guava mixture slowly. Whip until pink and pretty.

Add more stevia to taste if you like.

Dollop onto a cooled cupcake and enjoy!

## 563. Blushing Blueberry Muffin Recipe

### Ingredients

2 1/2 cups almond flour  
1 Tablespoon coconut flour  
1/4 teaspoon low sodium salt  
1/2 teaspoon baking soda  
1 Tablespoon vanilla  
1/4 cup coconut oil  
5 drops stevia liquid (May need a few more – please taste test)  
1/4 cup coconut milk\*  
2 eggs  
1 cup fresh or frozen blueberries  
2-3 Tablespoons cinnamon

### Instructions

Preheat oven to 350. Line a 12 count muffin tin and lightly oil with coconut oil.

In a mixing bowl combine almond flour, coconut flour, salt, and baking soda and stir to combine.

Pour in coconut oil, eggs, stevia, coconut milk, and vanilla; mix well.

Fold in blueberries and add cinnamon.

Distribute into muffin tin. Sprinkle with additional cinnamon.

Bake for 22-25 minutes. Allow to cool and enjoy!

### Notes

\*Coconut milk can come in different textures depending on the brand you use. If you use a thicker brand like THAI, then use 1/8 cup of coconut milk and 4 Tablespoons of water. If your coconut milk is thinner, stick to the 1/4 cup of coconut milk.

## 564. Perfect Pizza Muffins

Makes 12 large muffins.

### Ingredients:

4 cups almond flour

4 tablespoons ground flaxseed+ 12 tablespoons water (or 4 eggs)

¼ cup arrowroot flour (or coconut flour)

½ cup melted ghee (or coconut oil)

1 tablespoon garlic powder

1 tablespoon parsley

1 tablespoon oregano

4 links of italian sausage, finely chopped or ground in a food processor

8 slices of cooked bacon, finely chopped or ground in a food processor

½ cup spinach, finely chopped or ground in a food processor

### Instructions

Preheat the oven to 375 degrees.

Mix together the flaxseed and water and let it sit for a minute.

Mix all of the ingredients together, then scoop into the muffin tin. I used silicone muffin cups as liners. Fill each tin all the way to the top.

Bake for about 30-45 minutes, or until firm.

If you would like to use cheese, you can mix in about 1 cup with your batter before baking or melt some on top of the cooked muffins. Dip them in your favorite sauce and enjoy.



## 565. Sweet Potato Muffins

### Ingredients

1/2 c Coconut Flour

6 Eggs

2 t Vanilla

1 t low sodium Salt

1 t Baking Soda

2 t Cinnamon

1/2 c Ground Flax

2 Sweet Potatoes or Yams, baked and mashed (discard skins)

1 c Raisins or Chocolate Chips (optional)

### Instructions:

Whisk together all the dry ingredients. Beat the eggs and add dry mix by spoonfuls until well blended. Add the mashed sweet potatoes.

Spoon batter into lined muffin cups. Bake at 350 degrees for 30-35 minutes.

Enjoy!

## 566. Zesty Zucchini Muffins

### Ingredients

3/4 C applesauce

5 drops stevia liquid (May need a few more – please taste test)

1/4 C coconut oil, melted

3 eggs

1 Tbsp vanilla

2 C almond flour

1 1/2 tsp baking soda

1 C zucchini, shredded

3/4 C raisin

### Instructions

With electric or stand mixer, beat applesauce, stevia and oil

Add eggs and vanilla and mix until combined

Slowly mix in almond flour and soda, then beat until batter forms

Fold in zucchini and raisins

Bake at 350 degrees for 25 minutes, makes 15 muffins

## 567. Lemon Mousse Mouthwatering Cupcakes

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
6 Tbs. milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbs. coconut milk at room temperature  
1 tsp. vanilla extract  
1/2 tsp. ground cardamom  
1/4 tsp. baking soda  
1/2 tsp. apple cider vinegar

### Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely and frost with the lemon mousse.

Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes!

### Lemon Mousse Frosting

#### Ingredients

3/4 cup stevia-sweetened lemon curd (recipe below)  
1 cup coconut milk  
1 Tbs. light coconut milk  
1 tsp stevia  
Pinch of low sodium salt to taste

### Instructions

First, make the stevia-sweetened lemon curd, by simply whisking the whole eggs, yolks and 1tsp stevia in a saucepan until smooth, then place pan over a low heat. Add the coconut oil, juice and zest and whisk continuously until thickened. Strain through a sieve. Lemon curd keeps, covered, in the fridge for 2 weeks. Chill until thickened and cold before using it.

In a small saucepan, whisk together the coconut milk and gelatin. Let it sit for 10 minutes. Then turn the heat on medium and whisk until the gelatin dissolves. Pour into a bowl and refrigerate until set, about 4 hours.

In a food processor, blend together the set coconut milk and the lemon curd until smooth. Add stevia to taste and a small pinch of low sodium salt.

## 568. Cozy Coconut Flour Muffins

### Ingredients

1/2 cup coconut flour  
6 eggs, at room temperature (that's important)  
¼ cup almond milk  
2 tsp stevia  
6 Tbs. coconut oil  
2 Tbsp coconut milk at room temperature  
2 tsp. vanilla extract  
1/4 tsp. baking soda  
1 tsp. apple cider vinegar

### Instructions

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely.

**\*\*Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!**

## 569. Party Carrot Cupcakes

### Ingredients

#### Wet

3 eggs  
6 tablespoon non-dairy milk  
6 tablespoon extra virgin coconut oil, melted  
6 tablespoon carrot juice  
5½ tablespoon egg whites  
30 drops liquid stevia\*see note  
¾ teaspoon pure vanilla extract

#### Dry

6 tablespoon coconut flour  
1 teaspoon baking powder  
¼ teaspoon low sodium salt  
pinch ground cinnamon

### Instructions

Preheat oven to 350F and line 12 muffin tins with medium-sized paper liners.

Place eggs and egg white in blender and beat well, about 30 seconds. My magic bullet worked great for this!

Pour in carrot juice, milk, coconut oil, stevia and vanilla. Blend quickly to mix.

Drop in dry ingredients and mix for about 10 seconds. The batter should be slightly thicker than pancake batter.

Pour into prepared muffin tins and bake for 25-30 minutes or until inserted toothpick comes out clean. Mine took 26 minutes.

Remove from pan and allow to cool on cooling rack for at least 1 hour before applying buttercream.

Get your Free Book  
77 HABITS TO CURE  
YOUR MID-LIFE WEIGHT GAIN  
By Beran Parry



**BERAN PARRY**



[https://app.getresponse.com/site2/77habitstocureyourmidlifeweightgain?  
u=mZLi&webforms\\_id=8503901](https://app.getresponse.com/site2/77habitstocureyourmidlifeweightgain?u=mZLi&webforms_id=8503901)

**Get this incredible life changing habit book for free before it  
increases to 3.99**

**DOWNLOAD YOUR FREE PALEO EPIGENETIC DIET  
EBOOK  
AND START LOSING WEIGHT TODAY**





**THE  
PALEO  
EPIGENETIC DIET  
REVOLUTION**

**#1  
Best-Selling  
Author  
in THREE  
Categories!  
AMAZON.COM**

- ✓ THE SCIENCE OF SLIM
- ✓ USE YOUR SMART GENETICS
- ✓ EAT YOUR WAY TO EXCELLENT HEALTH

**BY BERAN PARRY WITH GREG PARRY PHD**



**CLICK HERE** 



<http://www.skinnydeliciouslife.com/free-epigenetic-diet-ebook>

**MORE BESTSELLERS**  
**by Beran Parry**



Please Visit my Amazon Author Web Page  
for even more



<http://amzn.to/2mkMfLY>

And also visit the web site for more free books and offers

<http://www.skinnydeliciouslife.com/>





