



**BERAN PARRY**

**THE PALEO  
HOLIDAY  
RECIPE  
MEGA BUNDLE**

**5 BESTSELLING  
DELICIOUS  
RECIPE BOOKS**

# The Paleo Holiday Recipe Mega Bundle

By  
Beran Parry  
and  
Mercedes Del Rey

# Table of Contents

Book 1 – [The Paleo Recipe Holiday Recipe Bundle](#)  
[The Paleo Diet Cookbook](#)

Book 2 – [The Paleo Sugar Addict Festive Cookbook](#)  
[Reverse Diabetes](#)

Book 3 – [Anti-Inflammatory Gluten Free Holiday](#)  
[Cookbook Best Paleo Pasta and Desserts Ever](#)

Book 4 – [Anti-Inflammatory Best Holiday Paleo Keto](#)  
[Cupcake Recipes](#)

Book 5 – [The Paleo Keto Coconut Flour Cookbook](#)

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# The Paleo Recipe Holiday Recipe Bundle

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## 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 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)

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## INTRODUCTION

# **The Paleo Holiday Recipe Bundle Paleo Diet and Cookbook**

### **The 2 Book Bundle**

Life just got a whole lot easier and a whole lot tastier! No more fads and fashion foods. Now you've got everything you need to get your weight firmly back under control - plus all the nutritional breakthroughs your body has been waiting for.

Research has highlighted the way our bodies digest and respond to different food types. The fact is that the modern diet of highly processed food has sparked an epidemic of obesity that's slowly killing millions of people and degrading the quality of their lives.

The answer to this distressing condition can be traced mainly to our digestive systems and the kind of fuel we put into our gut. Science has revealed the most natural way to support a balanced, healthy and efficient digestive system and this is one of the foundation platforms of the Paleo Method.

Thanks to the pioneering research of Functional Medicine, we now understand the importance of a healthy, natural diet as a powerful mechanism for effective weight loss and for supporting a much healthier and disease-resistant body.

The changes can be truly remarkable because the Paleo Method totally respects the way that our bodies have evolved over hundreds of thousands of years. The most natural food, harnessed for your benefit and crafted into a life-enhancing collection of delicious recipes, will make mealtimes a truly tasty experience and your body will thank you every day for the rest of your life.

The Paleo Method - the smart way to enjoy fabulous food and lose weight at the same time. The tastiest way to boost your health, increase your energy levels and put a smile on your face.

# **The Paleo Holiday Recipe Bundle Paleo Diet and Cookbook**

By  
**Beran Parry**



[Chapter 1](#)

[About Beran](#)

[Chapter 2](#)

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

[Chapter 3](#)

[Epigenetics + Long Term Eating Behaviours = Your Present Weight Level](#)

[Chapter 4](#)

[The Leaner New You Mythbuster Chart](#)

[Chapter 5](#)

[Getting Organised!](#)

[Chapter 6](#)

[Gut Biology.](#)

[Chapter 7](#)

[Chapter 8](#)

[Toxins and weight loss problems](#)

[Chapter 9](#)

[The Exercise Myth](#)

[Chapter 10](#)

[Your weight loss helpers!....Vitamin D and Magnesium](#)

[Chapter 11](#)

[DAILY FOOD AND DINING OUT GUIDE](#)

[Chapter 12](#)

[The Paleo Fatburn Plan](#)

[Chapter 13](#)

[The Vision](#)

[Bibliography.](#)

[The Paleo Diet Cookbook](#)

[RECIPES](#)

[Delicious Breakfasts \(Grain Free\)](#)

1. [Gutsy Granola](#)
2. [Spicy Granola](#)
3. [High Protein Breakfast Gold](#)
4. [Apple Breakfast Dream](#)
5. [Divine Protein Muesli](#)

#### [Egg Meals](#)

6. [Scrambled Eggs with Chilli](#)
7. [Basil and Walnut Eggs Divine](#)
8. [Spicy Scrambled Eggs](#)
9. [Spicy India Omelet](#)
10. [Spectacular Spinach Omelet](#)

#### [Poultry & Game](#)

11. [Spicy Turkey Stir Fry](#)
12. [Turkey and Kale Pasta Casserole](#)
13. [Roasted Lemon Herb Chicken](#)
14. [Basil Turkey with Roasted Tomatoes](#)
15. [Roasted and Filled Tasty Bell Peppers](#)

#### [Fish](#)

16. [Thai Baked Fish with Squash Noodles](#)
17. [Divine Prawn Mexicana](#)
18. [Superior Salmon with Lemon and Thyme OR Use any White fish](#)
19. [Spectacular Shrimp Scampi in Spaghetti Sauce](#)
20. [Scrumptious Cod in Delish Sauce](#)

#### [Salads](#)

21. [Delicious Slaw](#)
22. [Turkey Eastern Surprise](#)
23. [Mediterranean Turkey Delish Salad](#)
24. [Delicious Turkey Divine](#)
25. [Chicken Basil Avo Salad](#)

#### [Pure Vegetables](#)

- [26. Vegetarian Curry with Squash](#)
- [27. Saucy Gratin with Creamy Cauliflower Bonanza](#)
- [28. Egg Bok Choy and Basil Stir-Fry](#)
- [29. Eggie Vegetable Stir Fry](#)
- [30. Rucola Salad](#)
- [31. Tasty Spring Salad](#)

#### Delicious Desserts

- [32. Fabulous Brownie Treats](#)
- [33. Rose Banana Delicious Brownies](#)
- [34. Pristine Pumpkin Divine](#)
- [35. Secret Brownies](#)
- [36. Spectacular Spinach Brownies](#)
- [37. Choco-coco Brownies](#)
- [38. Coco – Walnut Brownie Bites](#)
- [39. Best Ever Banana Surprise Cake](#)
- [40. Choco Cookie Delight](#)
- [41. Choco Triple Delight](#)
- [42. Peach and Almond Cake](#)

#### Delicious Smoothies

- [43. Gorgeous Berry Smoothie](#)
- [44. Tempting Coconut Berry Smoothie](#)
- [45. Voluptuous Vanilla Hot Drink](#)
- [46. Almond Butter Smoothies](#)
- [47. Choco Walnut Delight](#)
- [48. Raspberry Hemp Smoothie](#)

#### Delicious Snacks

- [49. Delish Banana Nut Muffins](#)
- [50. Delightful Cinnamon Apple Muffins](#)
- [51. Healthy Breakfast Bonanza Muffins](#)
- [52. Perfect Pumpkin Seeds](#)

- [53. Gorgeous Spicy Nuts](#)
- [54. Krunchy Yummy Kale Chips](#)
- [55. Delicious Cinnamon Apple Chips](#)

### Soups

- [56. Roasted Tasty Tomato Soup](#)
- [57. Thai Coconut Turkey Soup](#)
- [58. Cheeky Chicken Soup](#)
- [59. Triple Squash Delight Soup](#)
- [60. Ginger Carrot Delight Soup](#)
- [61. Wonderful Watercress Soup](#)
- [62. Curried Butternut Soup](#)
- [63. Celery Cashew Cream Soup](#)

## Acknowledgements

The inspiration to write this book began more than thirty years ago when I embarked on my first nutritional science courses under the tutelage of Dr Boris Chaitow in South Africa. During the past three decades, I have been most fortunate to receive the guidance, teachings and encouragement of some immensely talented and dedicated doctors and professors. It has been a fascinating journey of exploration, the pathway lit by the giants of natural medicine and naturopathic nutrition. More recently, my studies in the field of Functional Medicine have proved immensely helpful and I would like to pay tribute to the genius, courage and dedication of the following specialists who have assisted me enormously in my quest to share the life-changing knowledge contained in this book.

Among them are Dr Boris Chaitow, Debra Waterhouse, Dr Christiane Northrup, Dr Carolyne Dean, Dr Vasant Lad, Dr Mona Lisa Shulz, Dr Loren Cordain, Dr Patrick Vercammen and Dr Ron Grisanti.

I would particularly like to acknowledge the shining inspiration of a truly remarkable doctor who has been a constant source of knowledge, encouragement and inspiration. Dr Ann Lannoye, a Functional Medicine Specialist and member of the Institute of Functional Medicine, has been a most generous and tireless source of knowledge and enthusiasm for the benefits of Functional Medicine. She provided the inspiration to link my nutritional and eating behaviour work with the Functional Diagnostic Medicine and the analysis of Epigenetic Expression. Dr Lannoye's extensive knowledge and scientific rigour have been one of the major cornerstones of our next book about Functional Medicine in which I hope to have Dr Lannoye join me as a contributor and authority.

My functional medicine research and its conclusions have been so fundamental to my understanding of intelligent nutrition, that I undertook studies at the Functional Medicine University in South Carolina. Dr Ron Grisanti has been a most generous provider of case study information in these vitally important subjects.



I am also delighted to announce a series of further projects with Dr Ann Lannoye and Greg Parry PhD, also based in the field of Functional Medicine. We are scheduling a series of international seminars, professional training courses and wellbeing conventions. If you would like to know more go to...

[www.beranparry.com](http://www.beranparry.com)

## Preface

This amazing diet did not appear magically overnight or out of thin air. It's the result of many years of research, trial, tribulation and intensive investigation. Despite studying nutrition intensively for over 30 years, I found that I never really reached the permanent weight loss that I wanted. No matter how much weight I lost, I was never really where I wanted to be with my weight.

That has got to be one of the greatest frustrations you can experience when you're trying to get your weight under control. There was usually some initial success but then there'd be some unexpected relapse, and this made me realize that there had to be a lot more to real, sustainable weight loss than just following the latest fad or fashion in dieting.

But I never gave up.

If permanent weight loss and becoming a leaner, healthier version of myself was really possible, I was going to find out how to do it. Safely, scientifically and effectively. And that meant more studying, more learning, more experiments, more trials, more creativity, inventing, developing. I approached the problem from every possible angle.

I researched countless scientific studies, the psychological aspects of food choice, the psychology of eating disorders, genetic analysis, functional medicine, naturopathic principles and ayurvedic medicine until a clear picture finally emerged of how to really manage weight issues.

I slowly refined and toned and developed the entire system that has become the Midlife Fatburn Diet. It's what you're holding in your hands right now. It's been a long journey, but the effort was totally worthwhile. Finally, we've got the smart way for your body to function the way that Nature intended.

My final personal leaner more delicious transformation began seven years ago. After 3 decades of never quite getting there from a weight loss point of view, I decided that enough was enough! It was now or never reaching my real weight loss goals. I knew there was a skinner, more energised,

healthier version of me just waiting to get out! With my family's history of weight problems and issues with eating behaviour, plus my own experience of yo-yo dieting and a penchant for delicious food, this was the moment to put my twenty-five years of knowledge to the toughest test.

The guinea pig for this extraordinary experiment? You guessed it. Me! I decided it was time to get really serious about my weight loss programme and finally unleash the skinnier new me. I used everything I'd learned, applied the methods I'd been investigating, and the pounds slipped away.

And they stayed away. Forever.

I'd finally made all the connections between the different functions of the body and discovered how to eliminate the garbage and toxins from our cells. I'd identified the worst toxins that poison our food. I knew how to create a natural, healthy environment in the gut. I'd discovered how to feed the body with the essential nutrients that would promote natural weight loss and all-round health. In the final phase of my experiment, I learned about the epigenetics revolution from some incredible Doctors of Functional Medicine like Dr Ann Lannoye.

Then I devised a program on how to use this scientific feedback. During this process of creating a completely effective formula for sustainable weight control a skinnier new me emerged. Finally!

It was a long journey but I learned so much in every moment of it, and now I am going to teach it to YOU.

The Midlife FatBurn methods have already helped countless numbers of people just like you who were looking for a real alternative to all the crazy ideas about weight management.

The Skinny Delicious process enables me to look you in the eye and say I KNOW this WORKS. And now you can enjoy the benefits yourself.

Whatever your age, your weight, your gender, the state of your hormones, your current adopted eating behaviour, we are going to work together to make your potential skinny eating habits into your smart permanent eating behaviour so that you can become your best body weight and realize your own potential. And keep it forever!

**Let's Start**



BEFORE



AFTER

# Chapter 1

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## About Beran

As a Bestselling Diet, Nutrition and Fitness Author, with over 20 bestselling Amazon Books to her credit, Beran Parry is passionate about helping YOU permanently improve YOUR Midlife Health, Weight and Wellbeing!

She is fully Certified (Distinction) in Nutritional Therapy, Advanced Diet and Weight Loss, Exercise Physiology and a Pilates Master Teacher.

After helping thousands of women with their Midlife weight and wellbeing challenges, she can help YOU transform your life forever!

Beran has also trained over 100 Pilates Teachers Worldwide, she is also a Face Pilates Specialist, a Yoga Teacher and has studied with the Top Functional Medicine Doctor in Europe.

### **Beran's Story**

I am a Thyroid Cancer Survivor. I have had a Subtotal Thyroidectomy and been taking synthetic thyroid hormone for over 17 years. I have gained and lost 50 pounds 3 times in my life!

Despite a slow Metabolism, I lost almost 20 pounds during the midlife transition to menopause by simply following my own detailed and precisely targeted research process, a program that has resulted in a complete transformation of my energy levels, my weight, my body shape, my mental and emotional wellbeing and my ability to fully engage and enjoy life!

I had the worst time ever 18 years ago.....

In 1999, I had the worst year ever when my mother needed emergency lifesaving open heart surgery, I discovered a thyroid malignancy, I also had major personal relationship challenges and a miscarriage due to non-functioning thyroid and hormone imbalance issues!

Imagine a year where your mother is seriously ill, you get a malignancy diagnosis, you suffer a miscarriage, your marriage is in crisis and you hate your work so much that you feel ill just going to the office every day! That happened to me! The year before I thought everything was wonderful!



Fabulous marriage, successful career in finance, although I was having low thyroid symptoms and not realizing it!

A huge feeling of despondency and depression descended on me. I now understand fully what its like to feel utterly devastated with life at every level, my health, my weight, my family's health, my marriage, my job and my emotional framework

Fast forward to 2000 and I really had to sit down and take stock of my life, undergo thyroid removal surgery, deal with low metabolism symptoms, patch up the marriage and admit that my office work was affecting my health!

In 2001, I decided to change my life completely, went back to school to restudy Nutrition, Professional Fitness, Pilates, Yoga and Holistic Therapies and I became a Pilates and Reiki Master.

2002-2012

Things went reasonably well during this period of intense study, research and consulting, but I never quite got to the peak health I wanted, because there were clearly post-menopausal issues as well as functional medical issues with inflammatory processes in my gut! and I ended up with quite sensational health challenges post menopause in 2013!

In the past, I suffered from irritable bowel syndrome and in 2013 I had a major healing crisis which affected my nervous system and I was unable to work for 6 months. It became the most challenging yet most exciting educational experience of my life as I discovered functional medicine and created a new eating and supplement plan that healed all my inflammation and nervous system symptoms.

The reason this REALLY excited me was because during my research I discovered through functional medicine that my new way of eating had already helped SO MANY ILL PEOPLE with so many challenging conditions besides obesity. These included auto immune issues, cardio vascular issues, malignancies, hormonal issues, and SO MUCH MORE!

Now I am physically and mentally stronger than I was in my 20's,30's and 40's

My life has been full of challenges and learning experiences on many levels: personally, professionally, through menopause and through many

emotional challenges and spiritual quests..... but it has ALL made me SO  
MUCH STRONGER THAN I EVER WAS!



## **My One Major Reoccurring Challenge**

I gained over 50 lbs three times in my life during divorce, pregnancy and trans-Atlantic house moves and each time I recovered and lost even more weight to end up at 10 pounds below my teenage weight for the last 10 years!!! During these intense learning experiences, I discovered SO MANY INTERESTING ways I can help you with your quest for excellent wellbeing!

I now live with my best ever body shape, eat a varied, delicious and plentiful diet, exercise and meditate joyously each day and love my life with passion, peace, energy and joy.

I believe that YOU TOO can live YOUR LIFE with passion, peace, energy and joy!

We are going to work together to change behaviours and MAKE THIS HAPPEN FOR YOU!

My passion in life is to dedicate myself to facilitating this same kind of change in anyone who has been through health challenges, particularly around midlife, and I love to inspire real and permanent change and transformation within every person that I work with. It's my raison d'être

Now, I specialize in helping anyone with Midlife Health and Weight Issues to achieve their personal life and health goals through mindset, habits, exercise and nutritional programs based on functional medicine concepts.

I always advocate holistic wellbeing, healthy lifestyles, the safest and most effective ways for sustained weight loss, Pilates, yoga and body weight training and paleo/keto nutrition.

Daily, I lecture, consult and coach all over the world via skype and in person to empower others to achieve their lifelong health ambitions and turn their goals and dreams into reality

I also run Ultimate Midlife Detox and Boot Camp Retreats around the world to get YOUR Body and Health into its BEST SHAPE EVER!

Now I am dedicating my life and knowledge to help you create YOUR very BEST Wellbeing and Weight Loss Programs

Beran Parry is passionate about helping people around the world reach their wellbeing, fitness, health and weight loss goals;

She is a certified and specialized Nutritional therapist and Advanced Diet and Weight Loss Consultant. She also holds certifications in Exercise Physiology, Pilates, Reiki and EFT.

Beran is also a Master Pilates Trainer, a face Pilates specialist and yoga teacher and a meditation and EFT therapist.

Beran resides in Spain but constantly travels to the USA, UK, Belgium, South Africa and Germany to lecture, consult and lead wellbeing retreats for an international audience. She also consults via skype, telephone, email, video chats and at her local facilities.

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FREE Bonus Recipe Books,  
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## Chapter 2

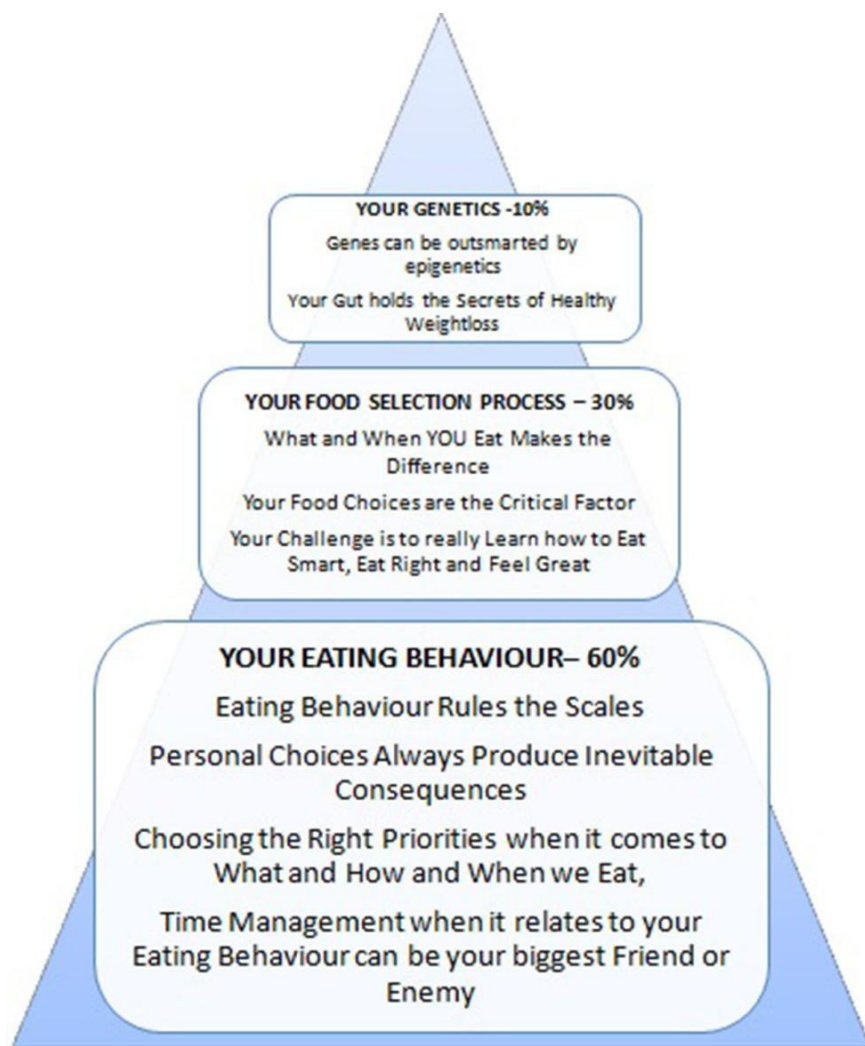
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### So Why Can't I Lose Weight? And why can't I keep the weight off?

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.

PALEO 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**

In my Book you will learn about how willpower influences your weight!. This is really amazing info and you need it if you want to lose weight permanently.

### **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. 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.

**Eating when your body doesn't need the fuel.**

Overweight people are also prone to problems with “emotional eating” or cravings. 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.

## **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.

#### **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!

## **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



BEFORE



AFTER

## Chapter 3

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### Epigenetics + Long Term Eating Behaviours = Your Present Weight Level

We really believe that knowledge is power and we want you to understand as much about this important subject as possible. Being armed with the best information will strengthen your understanding of how to master your weight issues, take away all that ridiculous and unnecessary guilt about being overweight and prepare you for a newer, happier, skinnier you.

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.

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.

**The Three Golden Food Rules!...** Weight loss is all about insulin

1. Eating Lean..... protein but plenty good quality fat
2. Eat Clean...pure non-processed food!
3. Eat Mean.... but only when it comes to sugar and grains!

#### **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 Vegan Option**

In a world of unhealthy and even toxic food choices, we shouldn't be surprised that the Vegan diet is associated with lots of positive health benefits. Vegans typically experience lower cholesterol levels, lower blood pressure and less body fat than their meat-eating counterparts. And this might be an important clue about the Vegan success story. If we've been consuming garbage consistently for years and our bodies are suffering from toxic overload, the Vegan diet is a great way to cleanse, heal and restore the digestive system to its natural condition and give our bodies a welcome break from the daily diet of tasty toxins.





## Chapter 4

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### The Leaner New You Mythbuster Chart

The Epigenetic Mythbuster Chart.....your 5-point blueprint and lifelong passport to the happy realm of total weight control.

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 SPS

SPS - The smarter way to live long, lose weight and live better





## Chapter 5

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### Getting Organised!

5 Steps to Re Organising Your Permanent Weight Reduction and Skinnier 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 grown-ups.

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.

#### **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.

### **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



## Chapter 6

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### 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 Macbride, 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

### **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



BEFORE



AFTER

## Chapter 7

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Welcome to Your brand new and exciting career! You are now Managing Director of Your Midlife Fatburn Forever 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 Permanent Lean Body!

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.



<https://www.flickr.com/photos/58739058@N07/5950220990>

## **The Paleo Delicious 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.

What to avoid if you want to be healthier, leaner, skinnier 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.

The only way this new plan for real health will work is if you give it the full, honest attention it deserves. We know that when you throw all the garbage out of your daily diet, it has to be 100% for 100% of the time. This a fact, born of education and experience. You only need to lapse and consume a small amount of any of these inflammatory foods to break the healing cycle. One bite of bread, one splash of milk in your coffee, one spoonful of yoghurt or ice cream and you break the “reset” button for your weight loss program.

You must commit to the full program, exactly as described. Anything less and you'll compromise the results and diminish the chances of having the health, happiness and weight level that your body really deserves.

### **It Really is For Your Own Good**

In the real world, people sometimes have difficulties making the right choices and this often leads to disappointment and feelings of failure. However, I don't want to leave any room for excuses. This is just too important. The choices you make represent far, far more than just a way to change the figures on your bathroom weighing scales.

The revolution in your lifestyle will ripple through your life and produce changes at every level of your health and wellbeing. We have to distil the process until we arrive at very simple choices. In fact that's all you'll really have to deal with: simple choices. There are only choices and these produce the results and consequences. Bad choices will result in more and more toxic substances in your already polluted body. Good choices will free your body in ways that will most surely amaze you. If you've failed before, my friend, this is for you.

Let's agree on a simple fact. This is not hard. Don't tell yourself this is hard. Beating cancer is hard. Giving birth is hard. Losing a parent is hard.

Drinking your coffee or tea without milk or sugar is not hard. You've done harder things than this and so you really have no excuse not to make this your personal plan for life. It's for the most important health cause on earth. It's for the only physical body you will ever have in this lifetime.

- Don't even consider the possibility of lapsing. You always make a choice when you put something unhealthy in your mouth. It's always a choice, so please don't phrase it as if you had an accident. Commit to the program 100%. Don't give yourself an excuse to fail before you've even started.
- You never, ever, ever have to eat anything you don't want to eat. You're all grown up and all I'm asking is that you take total responsibility for this vitally important part of your life. You've got will - everyone has will. Just decide to use it. Learn to say no. Learn to tell the simple truth about your eating requirements. You don't have to try heroine, do you? Why not? Because it's not good for you. You know that. So it's easy to say 'No' isn't it? Toxic food is exactly the same. It is really bad for you. It's poisonous. So it's easy to smile politely and refuse. It's always a choice.
- This change does require some planning and preparation. Grocery shopping, meal planning, dining out, explaining your dietary requirements to friends and family, and dealing with the stresses of daily life will all prove challenging at some point during your program. The research that is revealing the real nature of our dietary issues is compelling everyone to re-examine how and what they eat. The old ideas are out of date. We need to embrace this opportunity to regain our health with total commitment. The clock's ticking. We need to start right now.
- You really can do this. You've come too far to back out now. You know in your heart that you want to do this. You need to do this. And we totally believe that you can do this. So stop thinking about it, and start doing. Right now, this very minute, tell everyone that you are living the epigenetic transformation plan, your ultimate pathway to the skinnier new you. And believe it.

**In Conclusion...**

We want you to participate in this personal and timely revolution in your life. We want you to take this seriously and to experience all the amazing results in familiar as well as unexpected areas. Even if you don't believe that this major upgrade in your eating habits will actually change your life, if you're simply willing to work with it for three weeks, your body will be only too pleased to show you how different your life can be. It really is that important. We believe in it that much. It changed our lives and we want you to have this unique opportunity to change yours for the better too.

**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

- 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?

### **Priority #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 small quantities and we recommend that you eat sparingly grapes, mango, tropical and dried fruit especially during the three-week detox phase.

### **Priority #3: Healthy Fats**

Healthy fats make up the last items 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 paleo delicious 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 so 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.





## Chapter 8

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### Toxins 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.

### **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.

### **Toxins Summary**

Pollutions and toxins are everywhere

The thyroid connection

Cleansing and healing the body for permanent weight control



## Chapter 9

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### The Exercise Myth



BEFORE

AFTER

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 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 Delicious 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.

## **Delicious Exercise Planner and Workbook**

### **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

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### Your 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?**

Based on research published by GrassrootsHealth from the D\*Action study, the average adult needs to take 8,000 IU's of vitamin D per day in order to elevate his or her levels above 40 ng/ml. This is considered to be the minimum requirement necessary for disease prevention. Ideally, you'll want your levels to be between 50-70 ng/ml. As Carole Baggerly, director and founder of GrassrootsHealth, noted:

*"We just published our very first paper. We have about 10 people in this study now that are taking 50,000 IU a day and they're not reaching a potential toxicity level of 200 ng/ml. It should be noted, however, that this is not a recommended intake level. The study reported data on about over 3,500 people. ... One very significant thing shown by this research was that even with taking the supplement, the curve for the increase in the vitamin D*

*level is not linear. It is curvilinear and it flattens, which is why it's even hard to get toxic with a supplement."*

This means that 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

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### DAILY FOOD AND DINING OUT GUIDE

Your Personal Guide to a 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 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 but they are a great source of high octane energy. Feel free to enjoy them but limit your consumption.

**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. All varieties get the stamp of approval. If you're conscious of the need to lose weight, be careful with the larger calorie-dense white varieties. 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. 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 liquid or powder versions.

**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.

# DELICIOUS 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

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### The Paleo Fatburn Plan

#### **How it Works: The Basics**

##### **Mornings:**

An energy-dense egg based cooked breakfast, or a smoothie and/or a non-grain muesli option

##### **Lunches:**

A light but filling salad meal concentrating on your anti-oxidants salads, green leafy vegetables .....A protein selection is included in the salad.

##### **Dinners:**

A hearty protein based cooked meal or a filling detox protein soup.

##### **Lunch and Dinner Swops:**

**Always possible!**

##### **Treats & Snacks:**

See our extensive SDD 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 SDD 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.**



## Chapter 13

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### The Vision

We've covered some very important ground so far in identifying the best ways to get you to the healthier, skinnier, 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, skinnier 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 a detox section of the 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



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The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems

Michael F. Holick Ph.D. M.D., Andrew Weil

OBESITY GENES and their Epigenetic Modifiers

by James Baird

Genes and Obesity (Progress in Molecular Biology & Translational Science)

by C. Bouchard

Practical Manual of Clinical Obesity

by Robert Kushner and Victor Lawrence

The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance...by Nessa Carey

Transgenerational Epigenetics by Trygve Tollefsbol

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The China Study: by Thomas Campbell and T. Colin Campbell

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The magnesium miracle Dr Carolyn Deane

What are you hungry for by deepak chopra

Gut and Psychology Syndrome: by Dr Natasha Campbell-McBride







# **The Paleo Diet Cookbook**

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By  
Beran Parry

## 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.

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nutritional and eating behaviour work with the Functional Diagnostic Medicine and the analysis of Epigenetic Expression. Dr Lannoye's extensive knowledge and scientific rigour have been one of the major cornerstones of our next book about Functional Medicine in which I hope to have Dr Lannoye join me as a contributor and authority.

My functional medicine research and its conclusions have been so fundamental to my understanding of intelligent nutrition, that I undertook studies at the Functional Medicine University in South Carolina. Dr Ron Grisanti has been a most generous provider of case study information in these vitally important subjects.

I am also delighted to announce a series of further projects with Dr Ann Lannoye and Greg Parry PhD, also based in the field of Functional Medicine. We are scheduling a series of international seminars, professional training courses and wellbeing conventions. If you would like to know more go to...



BEFORE

AFTER

## Introduction

Eating well and enjoying the festivities to the full just got a whole lot easier with the world-famous Paleo-Keto Diet. And the secret is in the all-important choice of ingredients.

Paleo-Keto totally respects the body's most natural way of sustaining optimum health and avoids the plague of processed foods that are the cause of so many modern health problems. By following a gentler, more natural way of eating, our bodies turn into super-efficient fat-burning machines that can shred the stubborn old layers of fat and reveal a slimmer, trimmer, happier and healthier physical framework. It's such a fantastically simple way to banish those extra pounds forever and give yourself the chance to feel fantastic.

**Amongst a treasure chest of fabulously tasty dishes, you can learn how to:**

- Choose the exact ingredients that will switch on your body's natural fat-burning capability
- Eliminate harmful sugars and still keep everything sweet and healthy
- Add tremendous variety to your festive dishes to please every palate

- Impress everyone with the flavours and textures of the healthiest food imaginable
- Re-set your metabolism and switch off harmful cravings
- Make the most of incredibly simple dishes that taste as impressive as they look
- Avoid those old food hangovers by choosing super-healthy dishes
- Change the family's old dependency on processed food and watch them smile
- Improve the appearance of your skin even as you lose the extra weight
- Say goodbye to allergies and auto-immune problems
- Make everyday a cause for celebration with the healthiest and most satisfying food choices you can prepare

The Paleo-Keto approach to eating is taking the world by storm and it's hitting the headlines by bringing back healthy, natural food to every mealtime.

**Now you can enjoy the very best of Paleo-Keto and making every day a feast day. ENJOY!**





# RECIPES

## The Paleo Diet Cookbook

### RECIPES

#### Delicious Breakfasts (Grain Free)

1. Gutsy Granola
2. Spicy Granola
3. High Protein Breakfast Gold
4. Apple Breakfast Dream
5. Divine Protein Muesli

#### Egg Meals

6. Scrambled Eggs with Chilli
7. Basil and Walnut Eggs Divine
8. Spicy Scrambled Eggs
9. Spicy India Omelet
10. Spectacular Spinach Omelet

#### Poultry & Game

11. Spicy Turkey Stir Fry
12. Turkey and Kale Pasta Casserole
13. Roasted Lemon Herb Chicken
14. Basil Turkey with Roasted Tomatoes
15. Roasted and Filled Tasty Bell Peppers

#### Fish

16. Thai Baked Fish with Squash Noodles
17. Divine Prawn Mexicana
18. Superior Salmon with Lemon and Thyme OR Use any White fish
19. Spectacular Shrimp Scampi in Spaghetti Sauce
20. Scrumptious Cod in Delish Sauce

#### Salads

21. Delicious Slaw
22. Turkey Eastern Surprise

[23. Mediterranean Turkey Delish Salad](#)

[24. Delicious Turkey Divine](#)

[25. Chicken Basil Avo Salad](#)

#### [Pure Vegetables](#)

[26. Vegetarian Curry with Squash](#)

[27. Saucy Gratin with Creamy Cauliflower Bonanza](#)

[28. Egg Bok Choy and Basil Stir-Fry](#)

[29. Eggie Vegetable Stir Fry](#)

[30. Rucola Salad](#)

[31. Tasty Spring Salad](#)

#### [Delicious Desserts](#)

[32. Fabulous Brownie Treats](#)

[33. Rose Banana Delicious Brownies](#)

[34. Pristine Pumpkin Divine](#)

[35. Secret Brownies](#)

[36. Spectacular Spinach Brownies](#)

[37. Choco-coco Brownies](#)

[38. Coco – Walnut Brownie Bites](#)

[39. Best Ever Banana Surprise Cake](#)

[40. Choco Cookie Delight](#)

[41. Choco Triple Delight](#)

[42. Peach and Almond Cake](#)

#### [Delicious Smoothies](#)

[43. Gorgeous Berry Smoothie](#)

[44. Tempting Coconut Berry Smoothie](#)

[45. Voluptuous Vanilla Hot Drink](#)

[46. Almond Butter Smoothies](#)

[47. Choco Walnut Delight](#)

[48. Raspberry Hemp Smoothie](#)

#### [Delicious Snacks](#)

- [49. Delish Banana Nut Muffins](#)
- [50. Delightful Cinnamon Apple Muffins](#)
- [51. Healthy Breakfast Bonanza Muffins](#)
- [52. Perfect Pumpkin Seeds](#)
- [53. Gorgeous Spicy Nuts](#)
- [54. Krunchy Yummy Kale Chips](#)
- [55. Delicious Cinnamon Apple Chips](#)

### Soups

- [56. Roasted Tasty Tomato Soup](#)
- [57. Thai Coconut Turkey Soup](#)
- [58. Cheeky Chicken Soup](#)
- [59. Triple Squash Delight Soup](#)
- [60. Ginger Carrot Delight Soup](#)
- [61. Wonderful Watercress Soup](#)
- [62. Curried Butternut Soup](#)
- [63. Celery Cashew Cream Soup](#)



# Delicious Breakfasts (Grain Free)

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## I. 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. 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...

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.

### 3. 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!



#### 4. Apple Breakfast Dream

**Ingredients:**

2 Cup (C) raw walnuts  
1 C raw macadamia nuts  
2 apples, peeled and diced  
1 Tbsp coconut oil  
1 Tbsp ground cinnamon  
2 C almond milk  
1 14 oz can full fat coconut milk

**Instructions:**

Combine nuts and dates in a food processor until ground into a fine meal, about 1 minute; set aside.

Saute apples over medium heat in coconut oil until lightly browned, about 5 minutes.

Add nut mixture and cinnamon to apples and stir to incorporate, about 1 minute.

Reduce heat to low and add coconut and almond milk.

Stirring occasionally, let mixture cook uncovered until thickened, about 25 minutes.

## 5. 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.



# Egg Meals

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## 5. 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 chillies over mixture.

Cook over a low heat until eggs are cooked.

Serves 4. Serve hot.

## 7. 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.

### 3. 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.

## 10. 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.





# Poultry & Game

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## 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 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.

## 12. 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 – salt free

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.

### 13. 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.

#### 14. 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.



## 15. Roasted and Filled Tasty Bell Peppers

### **Ingredients:**

5 large bell peppers  
1 tbsp coconut oil  
1/2 large onion, diced  
1 tsp dried oregano  
1/2 tsp low sodium salt  
1 lb. ground turkey  
1 large zucchini, halved and diced  
3 tbsp tomato paste  
Freshly ground black pepper, to taste  
Fresh parsley, for serving

### **Instructions:**

Preheat the oven to 350 degrees F. Coat a small baking dish with coconut oil spray. Bring a large pot of water to a boil. Cut the stems and very top of the peppers off, removing the seeds. Place in boiling water for 4-5 minutes. Remove from the water and drain face-down on a paper towel.

Heat the coconut oil in a large nonstick pan over medium heat. Add in the onion. Sauté for 3-4 minutes until the onion begins to soften. Stir in the ground turkey, oregano, low sodium salt, and pepper and cook until turkey is browned.

Add the zucchini to the skillet as the turkey finishes cooking. Cook everything together until the zucchini is soft, and then drain any juices from the pan.

Remove the pan from heat and stir in the tomato paste. Bake for 15 minutes.



# Fish

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## 16. 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.

Finnish off the fish with a squirt of lemon juice to taste.

## 17. 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.

18. 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.

## 19. 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.



## 20. 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.



# Salads

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## 21. 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 and low sodium salt 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.

## 22. 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.

### 23. 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.

## 24. 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, honey 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

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 spoon, scoop on to the lettuce leaves and enjoy!

## 25. 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.





# Pure Vegetables

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## 26. 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.

Serve with Cauliflower rice!

## 27. 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.

## 28. Egg Bok Choy and Basil Stir-Fry

### **Ingredients:**

1 garlic clove, minced  
3 organic eggs  
2 tablespoons olive oil  
1 small onion, finely chopped  
1-inch piece fresh ginger, chopped  
2 red chiles, thinly sliced crosswise  
1 cup thinly sliced bok choy stems  
1 cup thinly sliced bok choy greens  
handful fresh basil leaves, chopped  
juice of 1 lime

### **Instructions:**

In a large bowl mix garlic and ginger.

Heat the olive oil in a wok (or a large nonstick skillet) over medium-high heat.

Once it starts to shimmer add onion and chiles. Stir-fry the onions until they start to brown around the edges, about 2 minutes.

Stir in the bok choy stems and stir-fry for 1 minute.

Add the beaten eggs and cook until it's nearly cooked through about 2 minutes, stirring often.

Stir in bok choy greens, basil and lime juice. And stir-fry for 30 seconds or so, until the greens are wilted. Serve immediately.

## 29. Eggie Vegetable Stir Fry

### **Ingredients:**

1 lb of Cubed Butternut Squash  
1 lb of Green Beans  
3 Baby Bok Choys  
1½ lb of Eggplants  
3 Garlic Cloves  
1 small Yellow Onion  
½ teaspoon of low sodium salt  
½ teaspoon of Black Pepper  
1-2 Tablespoons of coconut oil  
3 organic eggs

### **Instructions:**

Peel, core, and cut the butternut squash into 1" cubes.

Snap the ends off the green beans and slice at an angle into 1.5" long pieces.

Chop the bok choy leaves from the stems. Slice the stems into 1" thick pieces. Cut the leaves in half.

Slice the eggplants into 1" thick discs, then quarter the disc into wedges. Slice in half if the eggplant is skinny.

Mince the garlic cloves and slice the onions.

Heat a wok and add the cooking oil.

Add the onions and cook until translucent. About 2 minutes.

Add the garlic and cook for another minute.

Add the squash, beans, low sodium salt, pepper

Add the eggplant and bok choy stalks and cook uncovered for another 7-10 minutes.

Add the bok choy leaves and cook for another few minutes, covered.

Beat the eggs and add them to the stir fry ...keep stirring till they are cooked through



### 30. 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.

### 31. 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.



## Delicious Desserts

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### 32. 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.

### 33. 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.

## 34. 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.

## 35. 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.*

## 36. 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!

### 37. Choco-coco Brownies

#### **Ingredients:**

6 Tablespoons of coconut oil  
6 ounces of Sugar free Chocolate  
4 Tablespoons of Packed Coconut Flour (20g)  
¼ cup of Unsweetened Cocoa Powder (30g)  
2 Eggs  
½ teaspoon of Baking Soda  
¼ teaspoon of low sodium salt  
Extra coconut oil for pan greasing  
Stevia to taste

#### **Instructions:**

Preheat the oven to 350F. Grease an 8x8 baking pan and line with parchment paper.

Ensure eggs are at room temperature. You may run them under warm water for about 10 seconds while shelled.

Gently melt the semisweet chocolate and oil in a double boiler. You may use the microwave at 50% heat at 30 second intervals with intermittent stirring.

Stir in unsweetened cocoa powder.

Sift together the superfine coconut flour, baking soda, stevia and low sodium salt.

Beat the eggs and add the dry ingredients. Beat until combined

Add the rest of the wet ingredients and beat until incorporated.

Pour the batter into the lined 8x8 pan.

Bake for 25-30 minutes at 350F until a toothpick inserted into the center of the batter comes out clean.

When done, remove from the oven and let cool in the pan for at least 15 minutes.

### 38. Coco – Walnut Brownie Bites

#### **Ingredients:**

2/3 cup raw walnut halves and pieces  
1/3 cup unsweetened cocoa powder  
1 tablespoon vanilla extract  
1 to 2 tablespoons coconut milk  
2/3 cups shredded unsweetened coconut

#### **Instructions:**

Pulse coconut in food processor for 30 seconds to a minute to form coconut crumbs. Remove from food processor and set aside.

Add unsweetened cocoa powder and walnuts to food processor, blend until walnuts become fine crumbs, but do not over process or you will get some kind of chocolate walnut butter.

Place in the food processor the cocoa walnut crumbs. Add vanilla. Process until mixture starts to combine.

Add coconut milk. You will know the consistency is right when the dough combines into a ball in the middle of the food processor.

If dough is too runny add a tablespoon or more cocoa powder to bring it back to a dough like state.

Transfer dough to a bowl and cover with plastic wrap. Refrigerate for at least 2 hours. Cold dough is much easier to work with. I left my dough in the fridge overnight. You could put it in the freezer if you need to speed the process up.

Roll the dough balls in coconut crumbs, pressing the crumbs gently into the ball. Continue until all dough is gone.

### 39. Best Ever Banana Surprise Cake

#### **Ingredients:**

##### *Bottom Fruit Layer:*

2 tbsps coconut oil, melted

1 small banana, sliced, or ¼ cup blueberries for low carb version

2 tbsps walnut pieces \* optional, can omit for nut free.

Stevia to taste

1 tsp ground cinnamon.

##### *Top Cake Layer:*

2 eggs, beaten.

Stevia to taste

¼ cup unsweetened coconut milk, or unsweetened almond milk.

1 tsp organic GF vanilla extract, or 1 tsp ground vanilla bean

½ tsp baking soda.

1 tsp apple cider vinegar.

1 small banana, mashed, or ¼ cup blueberries for lower carb version.

⅓ cup coconut flour

#### **Instructions:**

Preheat oven to 350 F, and lightly grease a 9-inch cake pan.

Place 2 tbsps coconut oil into cake pan, and put pan into preheating oven for a couple minutes to melt butter or oil. Once melted, make sure butter or oil is evenly distributed all over the bottom of the pan.

Sprinkle 2-4 drops stevia sweetener all over the melted oil.

Sprinkle 1 tsp cinnamon on top of sweetener layer.

Layer banana slices or blueberries on top of butter- sweetener layer, as seen in photo above. Add optional walnut pieces to fruit layer.

Set aside.

In a large mixing bowl combine all the “top cake layer” ingredients except for the coconut flour. Mix thoroughly, then add the coconut flour and mix well, scraping sides of bowl, and breaking up any coconut flour clumps.

Spoon cake batter on top of fruit layer in cake pan

Spread cake batter evenly across entire pan.

Bake for 25 minutes or until top of cake is browned and center is set.

Remove from oven and let cool completely.

Use a butter knife between cake and edge of pan and slide around to loosen cake from pan. Turn cake pan upside down onto a large plate or serving platter.

Slice and serve.

Should be stored in fridge, if serving later.

## 40. 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!



## 41. 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 ensure 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.

## 42. 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.



# Delicious Smoothies

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## 13. 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.

#### 14. 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.

## 45. 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, 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.

## 46. 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!



## 47. 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

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.

## 48. 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.



# Delicious Snacks

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## 49. 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.

## 50. 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.

## 51. Healthy Breakfast Bonanza Muffins

### **Ingredients:**

8 eggs  
1 cup diced broccoli  
1 cup diced onion  
1 cup diced mushrooms  
low sodium salt and pepper, to taste  
This recipe makes 8 muffins.

### **Instructions:**

Preheat oven to 350 degrees F.

Dice all vegetables. You can add more or less of any of them, but keep the overall portion of vegetables the same for best results.

In a large mixing bowl, whisk together eggs, vegetables, low sodium salt, and pepper.

Pour mixture into a greased muffin pan, the mixture should evenly fill 8 muffin cups.

Bake 18-20 minutes, or until a toothpick inserted in the middle comes out clean.

Serve and enjoy! Leftovers can be saved in the refrigerator throughout the week.

## 52. Perfect Pumpkin Seeds

### **Ingredients:**

1 cup of pumpkin (only seeds)

2 teaspoons of olive oil

1 tablespoon of chili powder (you may adjust it as per the taste you like)

1 teaspoon low sodium salt

### **Instructions:**

Heat the pan (medium high heat) and place the pumpkin seeds.

After 3 to 5 minutes, you will hear the seeds making a crackling noise (some will even pop). You need to stir frequently.

Remove the pan and mix the seeds in olive oil, then low sodium salt and chili powder. Let it cool and then serve.

### 53. 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).



## 54. Krunchy Yummy Kale Chips

### **Ingredients:**

1 bunch of kale, washed and dried

2 tbsp olive oil

low sodium salt to taste

### **Instructions:**

Preheat oven to 300 degrees. Remove the center stems and either tear or cut up the leaves.

Toss the kale and olive oil together in a large bowl; sprinkle with low sodium salt. Spread on a baking sheet

Bake at 300 degrees for 15 minutes or until crisp.

## 55. Delicious Cinnamon Apple Chips

### **Ingredients:**

1-2 apples

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.



## Soups

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### 56. Roasted Tasty Tomato Soup

#### **Ingredients:**

1 lb fresh tomatoes

1 red onion, medium

1 small head garlic, peeled

1 tbsp olive oil

1 tsp low sodium salt

1/2 tsp fresh cracked black pepper

1 tsp oregano

3/4 cup low sodium chicken broth, homemade preferably

15 oz tomato sauce, canned - sugar and salt free

chives to top

#### **Instructions:**

Preheat oven to 375 degrees F.

Cube tomatoes and onion. Place on baking sheet. Drizzle with olive oil and sprinkle with seasonings. Slice butter into small pieces on top of vegetables. Roast for 30 minutes, stirring halfway after 15 minutes.

Allow roasted vegetables to cool for 10 minutes. Purée vegetables, broth and tomato sauce in blender until smooth, scraping down the sides several times while blending.

Heat tomato soup in a sauce pan allowing the soup to slowly simmer for a few minutes to blend the flavors together. Serve hot topped with chives.

## 57. Thai Coconut Turkey Soup

### **Ingredients:**

A small splash of oil

1 onion, sliced thin

A big handful of shiitake mushrooms, cut in half

3 cloves of garlic, finely minced

1-inch piece of ginger, julienned

A handful of cherry tomatoes

4 cups turkey stock 1 cup shredded cooked turkey (or chicken)  
meat

½ cup canned coconut milk

low sodium salt to taste

A small handful of cilantro

### **Instructions:**

Stir fry onion, garlic, ginger and then add mushrooms and tomatoes.

Add turkey meat and fry for a few minutes till slightly browned.

Add stock and simmer for 20 minutes.

Serve warm and sprinkle chives on top.

## 58. 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!

## 59. Triple Squash Delight Soup

### **Ingredients:**

1 butternut squash  
1 gold acorn squash  
1 white acorn squash  
1-2 cups vegetable stock (depending on squash size, and how thick you want the soup)  
2 cups diced turkey breast  
1/4 cup light coconut milk  
1 tbsp. olive oil  
low sodium salt for seasoning

### **Instructions:**

Preheat the oven to 400 degrees.

Halve each squash, scoop out the seeds (and saving them for toasting), and then slice into 1-1 1/2-inch-thick crescents.

Spread the squash on an aluminum foil-lined baking sheet and coat lightly with the olive oil. Season with low sodium salt. Roast for about 30 minutes, or until golden brown (turning once mid-way through baking).

When the squash has cooled from the oven slightly, spoon off the meat from the skin.

In a medium to large pot, bring the turkey meat, the meat of all the squash and 1 1/2 cups of vegetable stock to a boil. Turn the heat to low and stir in the coconut milk.

Remove from heat to puree the soup. You can use an immersion blender, or transfer everything to a traditional blender.



Blend until smooth, adding any additional stock to achieve the consistency you like.

## 50. 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.

## 51. 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.

## 52. Curried Butternut Soup

### **Ingredients:**

2 medium butternut squash, cut in half lengthwise, seeds removed (save for garnish)

1 cup diced chicken breast – organic

1 medium yellow onion, chopped

1 inch piece fresh ginger, peeled and diced or grated

1 tablespoon curry powder

1 can coconut milk (find BPA-free coconut milk)

1 1/2 C chicken broth

Coconut Oil

low sodium salt and pepper

### **Instructions:**

Preheat oven to 425 degrees.

Melt a tablespoon of coconut oil in a roasting pan.

Place squash, cut side down in roasting pan.

Roast 45 minutes to an hour, or until fork tender.

Add ginger and curry powder and saute 2 more minutes.

Scoop flesh out of roasted squash and add to apple mixture. Stir to incorporate flavors.

Add coconut milk, chicken and chicken broth. Stir to incorporate ingredients and bring to a boil.

Simmer mixture, uncovered for 20 minutes.

Using either a high power mixer or an immersion blender, blend soup until it's smooth.

### 53. 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.

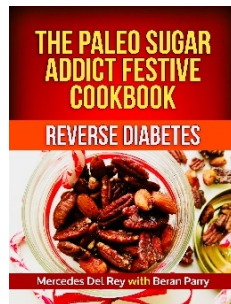
Season with the low sodium salt and pepper and serve.



# The Paleo Sugar Addict Festive Cookbook Reverse Diabetes

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By:  
Mercedes del Rey  
With  
Beran Parry



## **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!**

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.

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.

There will be a detailed bibliography attached to this book.

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**The Paleo Sugar Addict  
Festive Cookbook**

**Reverse Diabetes**

**By  
Mercedes del Rey  
With  
Beran Parry**

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This book is not intended for use as a source of medical advice. All readers are advised to seek services of competent medical professionals in their area of concern. This book serves as a detailed guide only for educational purposes. New medical evidence may be available in the future so ongoing study must be undertaken.

## Preface

This book is dedicated to my two uncles and dear sister who struggled for years with the problems of diabetes. Since they began to follow the principles discussed in this book, their lives have changed completely. They are healthier, fitter, slimmer and their blood-sugar levels are completely normal. Their examples inspired this book. My family carries a genetic tendency for diabetes but our lifestyle choices have neutralised the problem and my own blood-sugar levels are absolutely perfect. This is a result of following the dietary principles described in this book.

## Foreword

Diabetes is a disease that effects millions of people around the world and the condition is spreading in ways that remind medical professionals of an epidemic. Yet it is not a condition that is infectious. You cannot catch diabetes like the common cold or 'flu. But for the 95% of sufferers who have Type 2 diabetes, there is hope. By controlling the kind of food you eat, by losing weight and getting some regular exercise, the condition can be tamed and even reversed.

If, like me, you have family members or loved ones who suffer from the condition, you'll understand exactly how serious the side-effects can be. Diabetes is not something to be treated lightly. It is nonetheless a condition that can be improved - and often dramatically - with a change in diet and an adjustment in lifestyle. I have seen the incredible changes that have taken place in the health and wellbeing of my own family members, people that I love who were diagnosed with diabetes. Our first instinct is always to help those we love and, whenever possible, to make them better. That instinctive desire to help provided the motivation to share these principles with the wider public, to help everyone who might be at risk from the disease or who has already been diagnosed with the condition. The more people we can help, the better the world will become. And living a life that is free from the burden or risk of diabetes is to appreciate the true meaning of wellbeing at a whole new level. I wish you well with these methods because they have changed the lives of some pretty amazing people: my family.



## My Story

Welcome to my world of holistic healing and totally delicious nutrition. My name is Mercedes del Rey but my friends just call me Merche and I am truly fortunate to live in one of the most beautiful places in the world. My home is in the sun-kissed paradise of Andalusia in southern Spain where I am busily planning my holistic wellbeing and nutritional healing centre. This is where I grew up, went to school, studied and graduated before travelling to the US to further my education. My travels and studies have taken me to China and India, Africa and South East Asia and I feel at home wherever I go. I feel I have become what my parents encouraged me to be - a citizen of the world. My purpose in life is to help people to experience the full potential of their wellbeing and I've been guiding and advising individuals on the merits of natural, intelligent nutrition for most of my working life. I want to share my knowledge and experience with you and make a positive difference to the quality of your life

# Table of Contents

---

## Table of Contents

### Chapter 1

Getting Down to Basics.

What is diabetes and what can it do to your body?

The Differences Between the Three Types of Diabetes.

Type I Diabetes

Type II Diabetes

Gestational Diabetes

Diabetes Symptoms

Pre-diabetes and the Effect It Can Have On You.

How Diabetes Can Be Prevented.

Are You At Risk For Diabetes?

Why Exercising Is So important to Controlling Diabetes.

### Chapter 2

When It's Time To See The Doctor About Diabetes.

Some of the Common Myths About Diabetes.

The Difference Between Hyperglycemia and Hypoglycemia.

Can Diabetes Be Controlled Safely - Without Drugs?

### Chapter 3

Is The Paleo Diet Safe For Diabetics?

Effects of the Paleo diet on type-2 diabetics

Is The Paleo Diet Right For You?

Paleo diet list for diabetics

Is a Paleo Diet Right for You?

### Chapter 4:

So Why Can't I Lose Weight? And why can't I keep the weight off?

Create Good Habits



[Managing your Environment](#)

[Cravings](#)

[Eating when your body doesn't need the fuel.](#)

[Chapter 5:](#)

[How The Eating Habits We Acquired In The Past Profoundly Affect Our Food Choices Today.](#)

[Chapter 6:](#)

[The Paleo Sugar Detox Diet](#)

[Chapter 7:](#)

[Getting Organised!](#)

- [1. Identify your behaviours and habits.](#)
- [2. Think about the real consequences of your behaviour.](#)
- [3. Learn to understand where your habits came from.](#)
- [4. Create “house meal planning and eating rules.”](#)
- [5. Develop your powers of awareness.](#)

[Chapter 8:](#)

[GUT BIOLOGY](#)

[Chapter 9:](#)

[YOUR New Career](#)

[Chapter 10](#)

[DAILY FOOD AND DINING OUT GUIDE](#)

[Chapter 11](#)

[Paleo Sugar Detox Recipes](#)

[Breakfast](#)

[Beautiful Baked Eggs and Spinach Smoked Salmon](#)

[Delicious Egg and Vegetable Surprise](#)

[Spicy India Omelet](#)

[Blushing Blueberry Omelet](#)

[Outstanding Veggie Omelette](#)

[Delish Veggie Hash With Eggs](#)

[Mushrooms, Eggs and Onion Bonanza](#)

[Lunch](#)

[Sexy slow-cooked Chicken](#)

[Delicious Grilled Cod and Roasted Garlic](#)

[Delicious Turkey Veggie Lasagna](#)

[Superior Salmon with Lemon and Thyme OR Use any White fish](#)

[Sexy Shrimp Cocktail](#)

[Vegetarian Curry with Squash](#)

[Mouthwatering Mushroom Salad](#)

[Dinner](#)

[Appetizing Tuna Spiced with Sesame seeds](#)

[Gorgeous Baked Chicken Fajita](#)

[Spicy Turkey Stir Fry](#)

[Creamy Chicken Casserole](#)

[Tantalizing Turkey Pepper Stir-fry](#)

[Lemon and Thyme Super Salmon](#)

[Courgette Pesto and Shrimp](#)

[Salads](#)

[Cooked Vegetable Delish](#)

[Exciting Tomato and Spinach Salad](#)

[Turkey Taco Salad](#)

[Artichoke Tuna Delight](#)

[Sexy Italian Tuna Salad](#)

[Mediterranean Medley Salad](#)

[Chinese Divine Salad](#)

[Desserts](#)

[Yummy Coconut Date Balls](#)

[Sinful Flourless Brownie](#)

[Pristine Pumpkin Divine](#)

[Choco Cookie Delight](#)

[Choco Triple Delight](#)

[Chestnut- Cacao Cake](#)

[Nut Butter Truffles](#)

### [Soups](#)

[Comforting Turkey, kale and Cabbage Soup](#)

[Best Egg Drop Soup](#)

[Wonderful Watercress Soup](#)

[Celery Cashew Cream Soup](#)

[Mighty Andalusian Gazpacho](#)

[Munchy Mushroom Soup](#)

[Sumptuous Saffron Turkey Cauliflower Soup](#)

### [Snacks](#)

[Healthy Granola Bars](#)

[Crunchy and Munchy Kale Chips](#)

[Perfect Pumpkin Seeds](#)

[Gummy Citrus Snack](#)

[Divine Butternut Chips](#)

[Delectable Chocolate-Frosted Doughnuts](#)

[Skinny Quicky Crackers](#)

### [Chapter 12](#)

[The Sugar Detox Vision](#)

[Before You Go.....](#)

[About the Author](#)

[Bibliography](#)



## Chapter 1

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### Getting Down to Basics.

- **What is diabetes and what can it can do to your body?**

Diabetes has become a hot topic in recent years and one of the reasons for the surge in public interest is the increasing number of people who are suffering from the condition. Just about everywhere you go these days you will hear the word diabetes. It's cropping up in discussions and magazine articles, talk shows and documentaries. It's a serious subject and one of the more disturbing aspects of this disease is its widespread diagnosis in people of all ages and in all races, including children.

You may have also heard the disease being described as an epidemic and that's understandable in the context of its distribution across the world and the fact that incident rates are increasing. Today, more than ever before, the chances are very high that you already know someone

who has one of the three different types of diabetes. The question that we must ask ourselves is – Why?

We live in an age of astonishing advances in our knowledge and treatment of disease yet we seem to spend much less time and energy in preventing the conditions in the first place. The modern focus in medicine tends to favour treating symptoms rather preventing disease. But with so much knowledge and understanding, why are so many people diabetic? One of the major influences that explains why diabetes is affecting more people than ever before and becoming more widespread is simply that it is a disease that it partly caused by consuming high levels of sugar. When you consider the fact that sugar is an incredibly widespread ingredient in much

of what we eat, this shouldn't be hard to understand. It is no longer a question of counting how many teaspoons of sugar we add to our hot drinks. Sugar is everywhere. Unfortunately, humans have not adapted successfully to this potentially harmful substance that shows up practically wherever food is processed. Our metabolisms do not react well to the sugars we add to our foodstuffs and diabetes in one of a number of conditions that occur as a result of over-exposure to this toxic sweetener.

Most people don't get much of a warning. Diabetes is often referred to as a quiet disease. There is no pain associated with the condition and the symptoms may not be all that serious at the start. This often leads people to conclude that it's not a serious problem and the result of this assumption is that too many people blithely accept the superficial symptoms of the condition, skip the steps that could prevent the disease from becoming more severe and even ignore the medical advice that is intended to halt and reverse the disease.

Please don't make that mistake. Diabetes needs to be taken very seriously right from the start because, if left untreated, it will create long term health problems that are both unpleasant and detrimental to the quality of life. This makes it a serious threat from the outset. Let's be clear about the importance of treating the condition seriously.

So, what is it that makes diabetes such a health risk?

Diabetes is the result of insulin problems and is caused by the body's inability either to develop sufficient quantities of insulin or to be able to use the insulin that it does produce. Insulin is a peptide hormone produced by beta cells in the pancreas. It regulates the metabolism of carbohydrates and fats by promoting the absorption of glucose by the skeletal muscles and fat tissues. Insulin also inhibits the production of glucose by the liver.

Essentially, this naturally occurring hormone serves the purpose of taking the sugars you consume and converting them into a form of energy that the body can use.

Diabetes results in too much sugar in the bloodstream. The lack of insulin means that the sugars you consume are not converted and transferred to the muscles where they can be consumed as energy. The sugars remain in the bloodstream.

Normally, insulin enables the sugars to pass from your bloodstream into the various tissues that surround your blood vessels. This is the fuel source that powers those tissues and provides them with the energy to perform their normal functions. When insulin fails to regulate the metabolism of sugar in the blood, two things occur:

- The sugar remains in the bloodstream.
- The energy is not transferred to the intended cells.

This lack of energy from the failure to transfer glucose into the tissues results in a sense of general fatigue, lassitude and tiredness.

One of the more disturbing consequences of leaving diabetes untreated is that it can result in damage to your organs. The excess amounts of sugar in the bloodstream can cause additional problems in your body. The organs that are most susceptible to diabetes-related damage are:

- The eyes
- The kidneys
- The nerves
- The blood vessels.

Although this damage may not occur immediately, or even with noticeable effects, the damage nonetheless is taking its toll. By the time the effects are detected, the damage has already begun.

There are several other symptoms that your body will experience when you have diabetes and these include excessive urination, poor wound healing, infections, ulcers and other damaging effects including circulatory problems that can lead to loss of limbs. The message here is that diabetes is a serious condition and, if for any reason you suspect that you may be at risk of the disease, I advise you to schedule an appointment with your doctor who will arrange for you to be tested.

Obesity levels are rising and the epidemic of Type 2 diabetes is growing at an alarming rate. The statistics suggest that the situation is only going to get worse.

In 2012, 29.1 million Americans, or 9.3% of the population, had diabetes. Significantly, of that 29.1 million individuals, 21 million were diagnosed with the condition and a staggering 8.1 million were undiagnosed.

There is an enhanced risk amongst the undiagnosed individuals because of the increased possibility of complications including blindness, amputations and, ultimately, an untimely death.

The irony is that Type 2 diabetes is almost completely preventable. Doctors advise their patients to eat less, to improve the quality of their diets and to move their bodies and exercise. Poor food choice has been identified as a major cause of many diseases and we now understand that by changing our diet, we can radically reduce the chances of developing a whole catalogue of diseases.

Unfortunately, the diabetes epidemic is not just a US phenomenon. It is spreading worldwide with epidemic reports in Asia, the Middle East and the Caribbean. It is estimated that by 2025, the number of diabetics worldwide will rise to a staggering 380 million people. And diabetes is now affecting more of the young and middle-aged population in developing countries between the ages of 40 and 59.

### **The Differences Between the Three Types of Diabetes.**

When we refer to the condition known as diabetes, it's very easy to assume that there is only one form. In reality, however, there are three distinct forms. Each one has its own share of symptoms, problems, characteristics and treatments. The more we understand about the condition, the better prepared we can be to deal with it.

As described above, diabetes is primarily a problem concerning the production or utilisation of insulin that normally helps to transform the sugar that you consume into useable energy for your body's cells. Each of the three forms of diabetes presents a different problem associated with how the body uses or produces insulin.

- **Type I Diabetes**

Type I diabetes is a problem that is currently believed to be caused by a malfunction in the body's auto-immune system. It appears that the body's defensive system somehow interprets the insulin-producing cells in the body as a hostile presence or even as some kind of disease. The result is that the immune system attacks those cells with the principal aim of destroying them.

This form of attack from the auto-immune system often leaves the body without enough insulin-producing cells to process the amount of sugar that an individual normally consumes. It may even be possible that no insulin will be produced at all. Type I diabetes is typically diagnosed in children and requires daily injections of insulin just to survive. It is usually diagnosed at an early stage simply because it creates emergency situations where immediate medical attention is needed.

- **Type II Diabetes**

Type II diabetes develops more slowly and leads to a condition where sugar is not adequately processed by the body's insulin. A deficit in insulin levels results in a surfeit of sugar in the bloodstream.

This form of diabetes usually develops much later in life although it can also be triggered earlier as a consequence of being overweight. The presence of extra body fat appears to encourage the conditions in which diabetes can develop at an accelerated rate and this is why more young people are now developing the disease. Paradoxically, even though sufficient insulin is often still being produced, it seems to become ineffective because of insulin resistance within the body.

Frequently, someone with Type 2 diabetes may not even know that they have the disease since there may not be any noticeable symptoms for a long time.

- **Gestational Diabetes**

The third form is referred to as gestational diabetes. This occurs in some pregnant women and symptoms may appear suddenly or they may not be there at all. This type of diabetes can persist during the course of the pregnancy and then disappear after delivery.

A doctor is essential to help the mother maintain her sugar levels as well as to make sure that the baby is not experiencing any problems with sugar either. It is possible that the mother may go on to develop diabetes around five to ten years later. Only about 5 to 8% of pregnant women develop this form of diabetes.



## Diabetes Symptoms

All too often we get sick but ignore the symptoms we may be feeling, shrugging them off to a cold, stress from work, or just not feeling well. There are certain symptoms that should not be ignored if they develop. These symptoms could lead to blindness, amputation of limbs, coma or even death.

Symptoms of type 1 diabetes often come on suddenly and are severely dramatic. The extra stress of diabetes can lead to something called diabetic ketoacidosis.

Symptoms of ketoacidosis may include nausea and vomiting, which may also lead to dehydration and serious problems with the blood levels of potassium. This could lead to a diabetic coma and ultimately death.

Other symptoms of diabetes may include extreme fatigue. We all get tired at times, but diabetes triggers a more severe fatigue than normal.

People with diabetes also experience unexplained weight loss. This is because they are unable to process many of the calories they consume. Losing sugar and water in the urine also contributes to the weight loss.

Extreme thirst is another symptom of diabetes. Diabetes develops high blood sugar levels and the body tries to compensate by diluting the blood, which translates to our brain that we are thirsty.

With this is also excessive urination. It is another way our bodies have of getting rid of the extra sugar in our system. But this can also lead to dehydration. One of the hardest symptoms to deal with is poor wound healing. Wounds heal slowly, if at all when the carrier has diabetes. This along with infections that are not easily remedied can attribute to ulcers and loss of limbs.

Subtle warning signs of diabetes and what to do if you think you are at risk. Diabetes can be a very deceptive disease. It can be present with almost no warning signs. However there are a few symptoms that may indicate that it is present. Because of its tendency to operate in silence, its damage is being performed and you never even know it is there. There are tests available, which can easily tell if diabetes is present, or if you are in what is

called a pre-diabetes stage. These are rather simple blood tests that are the same for either stage. Once you become aware that you have certain symptoms that indicate that you may have it, it is time to go see your doctor right away.

Before we go any further please take into consideration that some people who have diabetes never show any signs of these symptoms, so looking for them may not be the only reason to suspect you might have it. These are just some basic symptoms that may occur:

- Need to urinate frequently
- Frequent hunger or thirst
- Blurred vision
- Tired feeling
- Dry skin
- Sores that heal slowly
- Possible rapid weight loss.

Let's take a minute and go over each of these symptoms with a little more detail. The first symptom, having the need to urinate frequently, may be one of the first indications that your blood sugar levels are too high. This happens because your body is pulling liquids out of various places to cause you to urinate the excess sugars out of your system. You will probably notice that you need to urinate more frequently when you eat foods with high sugar levels, such as soda and deserts.

If you are thirstier than usual then it is because you are losing fluids faster, you become thirstier than normal with diabetes. This is because the liquid you are losing through urination needs to be replaced.

You may also be hungry frequently if there is a need for sugar and energy. Since the body may not be getting the energy it needs, it makes you hungry so that it can get more.

If you are feeling more tired than usual. Feeling tired is the result of energy from the sugar not being transferred successfully to where it is needed. Your body needs the energy from sugar to perform all its operations and muscle movements. Diabetes, or even pre-diabetes, can cause you to become drained of energy and tiredness settles in.

If you experience rapid weight loss. - Weight loss may occur rather rapidly if you have Type I diabetes. This form of diabetes can go after energy that is stored in your muscles and other body tissues. This can cause a rather rapid loss of weight without even trying.

If you heal slowly. - When you have sores that do not heal as fast as they normally do, this could be evidence of diabetes. You may also have a tingling or numbness in your hands, which could be the result of having too much sugar in the blood for a long time. Neuropathy, or damage to the nerves in your extremities is often a result. Other symptoms may or may not be present. Each one of them, however, may be possible evidence that diabetes, or pre-diabetes, may be present. If you see these symptoms, be sure to consult a doctor soon to give you tips on what to do, or medications if it is needed. Because there is the possibility that being overweight and diabetes go together, if you see any of these symptoms and are overweight, then you should see a doctor quickly.

It may not even be a bad idea if you aren't overweight. Let the doctor give you a blood test just to be sure. You really don't want to take any chances of having diabetes and not knowing it.

## **Pre-diabetes and the Effect It Can Have On You.**

Pre-diabetes is a halfway condition between normalcy and diabetes when it comes to blood sugar levels. This means that the amount of sugar in your blood is not high enough to be considered diabetes, but it is higher than normal. This situation indicates that diabetes is on the way, and that the body is already having some difficulty in handling the amount of sugar consumed.

Just how much time is needed for that person to become fully termed diabetic is unknown. It may partially depend on his or her present medical condition and weight, but it could be relatively short or still years away. Here are some things you need to know about pre-diabetes.

There may not be any symptoms at all with pre-diabetes. This makes it a silent problem that can lead to sudden serious problems unless testing is done to keep an eye on your blood sugar levels. Typically, doctors encourage people who are over 45 or overweight to get a blood sugar test about every 3 years.

If you find that you have pre-diabetes, then it is a good thing to discover it as early as possible. There are certain minority races such as blacks, Hispanics, and Indians who are more inclined to get diabetes. The good news is that pre-diabetes could be a warning and give you enough time to prevent or delay it. Also, if you have family members who have or had the diabetes, then you should be checked more frequently.

Add to this list those who are getting over 45, those who are pregnant, and people who have high cholesterol – especially with high LDL and high triglycerides. People who are normally inactive, too, are more prone than those who live a more active lifestyle.

Diabetes is a very serious disease. It can lead to even more serious problems, which is why it should be avoided if at all possible. Pre-diabetes can go undetected for years. If you think that you fall into a high-risk category, then you should go and have the necessary blood tests to determine if you have it or not. You should not wait until you get some of the symptoms before you go see a doctor.

If you have been diagnosed with pre-diabetes time is of the essence. Especially if you are overweight, or meet some of the other conditions mentioned above that may make you more prone to pre-diabetes, then you need to begin to take some immediate steps to prevent it. Of all diseases that you could get, diabetes is one of the easiest to postpone and possibly even prevent.

Here are three things will help you to prevent it, prolong your life and give you a better quality of life if you get started right away. These three things are:

**Start watching your calorie:**

- eat right
- Begin an effective exercise program - 30 minutes a day
- Get active and enjoy it.

Although you've heard them before, these three simple things could enable you to comfortably manage or even prevent the damaging effects of diabetes for years and maybe even permanently.

## How Diabetes Can Be Prevented.

Diabetes is a disease that can be rather easily prevented in most cases. The most common form, Type 2 diabetes, which is what about 95% of people have, is also the most preventable. The other form, Type 1 diabetes, is generally thought to be non-preventable.

For best results, however, steps should be taken as early as possible, and not only after you get the doctor's diagnosis. Even after you hear the words "pre-diabetes" from your doctor, or even "diabetes," there still are steps that you can take to help eliminate or reduce the serious effects of diabetes. Today we are going to go over some simple things that you can do to help prevent diabetes.

The first thing you should do is if you are overweight, then this you will need to take steps to reduce your way to eat healthier. Being overweight has been determined to be the primary cause of diabetes, and removing the excess weight is one of the primary things you can do to reduce the threat and possibly delay the disease.

The amount of weight that needs to be lost for most people is somewhere around 8 to 10 pounds. However it does, depend on how overweight you are. When you are diagnosed its best to begin trying to shed the extra pounds as soon as possible. You may need to consult your doctor first to see if there are any health problems that would prevent you from moving forward with your weight loss plan. He or she can also make good recommendations on how you should proceed.

Reducing your weight often begins with your diet. Maintaining a healthy diet is the most effective way to control your weight. For many people, this is a new way of life, and the best way to achieve it will be to start some kind of journal to record your calorie intake. When you start keeping track of your calorie intake you may be shocked and surprised at just how many calories you do eat in a day.

- Be sure to keep track of everything, including any snacks, deserts, regular meals, as well as all drinks. By the time all that gets added in, it really adds up.

- Be especially careful of processed and pre-packaged foods, especially sodas and fast foods, which contain a large amount of calories and excess sugar.

Another important factor in preventing diabetes is to exercise regularly. It is a must for those with pre-diabetes, or diabetes. It does not have to be hard or excessive exercise, just consistent exercise. Getting about 30 minutes a day for at least 5 days a week will be just fine. This will not only help you lose the weight, but it will also create good overall health and help you feel better, too. Exercise is made easier if you enlist a friend to exercise with you, if possible. Your willingness may also help him or her to lose a few pounds as well and help prevent diabetes, too.

When you consider the potential harm that diabetes can do, and the fact that it could be rather easily prevented, isn't it worth taking the time and effort to lose a few pounds?

**Remember that prevention is far better than recovery.**

## Are You At Risk For Diabetes?

Diabetes is a disease that is almost out of control today. It is a lot different than other diseases, though, in that it is not contagious, you cannot get it from a cold or any other disease. It is a disease that simply starts on the inside of our bodies and is possible to have diabetes, and have no visible symptoms at all.

Diabetes is often called the silent disease, however, because it often has few if any - symptoms. Here are some ways to tell if you might be at risk for diabetes. As we have discussed before, being overweight can definitely put you at risk for diabetes. Being heavier than is considered healthy for your height is definitely a strong reason to believe that you could be at risk for developing diabetes. Those extra pounds, especially if they are around your waist, could actually help to create a condition that makes cells resist the normal function of insulin. They then become insulin resistant. This condition is called metabolic syndrome.

There are many risk factors to be considered that may make you more susceptible to developing type 2 diabetes. Those most at risk are:

- People with a family history of diabetes.
- Women with a prior history of gestational diabetes.
- People with impaired glucose tolerance.
- People with a sedentary lifestyle.
- People between 40 and 75 - it's estimated that of all people affected by diabetes, approximately 75 percent have Type II diabetes. Risk increases with age.
- People of Asian or Caribbean descent and Native Americans/First Nations people are 3 to 5 times more likely to develop diabetes than Caucasians.
- People who are very over weight - over 80 percent of people with Type II diabetes are overweight. The more overweight you are and especially if you carry your weight around your waist rather than around your hips and buttocks the higher your risk.
- Women who have given birth to a large baby (over 9 pounds) pregnant women may develop a temporary type of diabetes



known as gestational diabetes.

*For more detailed information take a look at the recent statistics from the National Institute of Diabetes: <http://www.nyp.org/health/diabetes-stats.html>*

You may also be surprised to find out that age makes you a candidate for developing diabetes. It used to be primarily seen in those that are 45 and older. It still is considered to be adult diabetes. Now, however, due primarily to being overweight and the amount of sugars in our diets, children are now getting diabetes at an alarming rate.

Age is still a primary factor, however, due to changes in lifestyle and activity. If you suspect that you might have it and are over 45, it would be a very good idea to see a doctor for a check-up. Living a sedate or inactive lifestyle will not help you keep diabetes away no matter what age you are. This factor is a powerful one when it comes to diabetes.

If you live a sedentary life and are overweight, then you are a prime candidate for it. The good news, however, is that by simply losing a few extra pounds and becoming more active with a regular exercise program, you may be able to keep diabetes at bay. Even if you have already been diagnosed with diabetes, this is part of the program that will help keep you healthy, and possibly even help you defeat diabetes.

## **Why Exercising Is So important to Controlling Diabetes.**

Just about anywhere you go when you are looking for information about how to get control of your diabetes, you will find the need to get good exercise. While this may not be desirable advice to some, it still needs to be heeded.

Exercise is one of the best things you can do to bring diabetes under control. It is very important that you realize how dangerous something like diabetes can be if it is not controlled. That's right the danger is in not controlling it. Many people have it, and still enjoy life as much as they did before they were diagnosed. The key for them, is that they have taken some necessary steps to bring it under control.

If you are diagnosed with pre-diabetes, then you still have time to make changes that may stop the advance of diabetes altogether. Many people succeed at this. Since they were able to move quickly, they brought it under control and reduced the (and possible even avoided) the potential harm that diabetes can cause.

Exercise is extremely beneficial to most people with diabetes because it will help you to lose weight and to prepare your body to utilize insulin better. In most cases, people on the verge of getting diabetes, or who have just been diagnosed with it, are at least a little overweight.

This extra weight around the middle section actually helps form the conditions that create diabetes. This is even truer if you have high blood pressure, and a possible cholesterol problem. As we discussed in a previous issue this creates a situation called metabolic syndrome, which makes the cells in that part of your body more insulin resistant.

By losing a little weight, in most cases only about 8 to 10 pounds, you will be able to regain better insulin use. Besides that there are many other health benefits gained as well. This includes reduced blood pressure and cholesterol, which means that there is less of a risk for heart problems, too. While those health benefits are great there are even more to be enjoyed. People who exercise, especially diabetics who exercise, can also expect to

live a longer life than diabetics who do not. They also will have better circulation, better mobility, and feel better about themselves.

Exercise also provides you with a greater sense of well-being. This is partly due to the fact that a good exercise program causes endorphins to be produced in the body which can make you feel better for several hours after your workout. If you have diabetes, or pre-diabetes, it is very important to start immediately on your personal exercise program. As we have discussed before this should consist of about 30 minutes a day and can include most any form of activity. If you are just getting started with exercise, it may help you to enlist a friend or family member to work out with you and encourage you. This way, you will both benefit. Before you begin you may want to talk to your doctor, especially if you already have any diabetes related complications.



## Chapter 2

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### **When It's Time To See The Doctor About Diabetes.**

Diabetes is a medical condition that can be very serious because it can produce some serious consequences. While you do not want to go to a doctor for every little problem that you have, you do want to see your doctor if you think you are getting diabetes, or might already have it. Here are some tips about when you need to see your physician.

There are a number of symptoms for diabetes. Some of them often show up rather unexpectedly. It is possible, however, to get diabetes and have no previous symptoms. Here are some of the symptoms you might see if you have, or are getting diabetes:

- Frequent urination
- Excessive thirst
- Feel like you have the flu
- Weight loss or gain
- Blurred vision
- Slow healing sores.

If you start seeing these symptoms, then you should contact your doctor quickly. Diabetes is not something that you want to ignore. Damage can be taking place to your organs without feeling any pain. The doctor can also give you excellent tips and medications to bring it under control - or possibly avoid it altogether.

Doctors recommend that everyone who reaches the age of 45 should start being checked for diabetes. Being that a few extra pounds increase your risk

of getting diabetes, if you are overweight, then it becomes even more important to keep an eye out for the possibility of diabetes.

When diabetes runs in a family, it is important to have your doctor check your blood sugar levels every so often for diabetes. It does give you a greater likelihood of becoming diabetic early in life. Certain conditions, as was mentioned in the last paragraph, make a person more prone to becoming diabetic. This is because when these conditions exist, that they almost create diabetes after a while. Those conditions are being overweight, having high blood pressure, and having high cholesterol. This causes a condition called metabolic syndrome and it means that the cells around your mid-section can become insulin resistant. Once that happens - you have diabetes.

Pregnancy is another situation where a woman can start showing signs of diabetes. For this reason, it is important that your doctor check your blood sugar levels on a frequent basis - especially if there has been a history of diabetes. Pregnant women can have diabetic symptoms during a pregnancy, which will often leave after the child is born. Diabetes during a pregnancy, however, may also indicate that diabetes will occur later, sometimes within the next ten years.

Diabetes is a disease that can often be prevented. The most important thing that you can do is to lose the extra weight and start eating a healthy diet. If you do start having the symptoms, though, at any age, it is best not to ignore it and see a doctor quickly. Remember, though, that some people do not have the symptoms, but still have diabetes. This makes it rather important to see a doctor regularly for check-ups.

## **Some of the Common Myths About Diabetes.**

Diabetes is a disease that many people really do not want to hear about. This has given rise to a lot of misunderstandings about diabetes. Of course, most people will never learn much about it unless they are told they are borderline getting it or have already got it. Here are some common myths that are floating around and the correct answers to them. If you ever get diabetes you will know it. Diabetes does not always announce itself when it arrives. For this reason it is often referred to as a silent disease. This makes it very important for you to have regular blood tests especially if you are overweight. Damage to your organs, however, may be occurring even if you do not know you have it.

This is a good one. Exercise will make diabetes worse. Exercise does not make diabetes worse. There are, however, certain symptoms or conditions that you may have as a result of the diabetes. This may not make it wise to do certain types of exercise. Generally, though, exercise of some kind becomes almost mandatory in the control of diabetes.

This one is scary. Once you get diabetes, you have to take insulin shots every day. Diabetes does not at all mean that someone must have insulin shots. In its early stages, it is possible to control diabetes simply by eating right and losing a few extra pounds. Another method is taking pills that help control the blood sugar levels. A doctor will need to help decide what will work best for each person.

Last on the list is, diabetes can only be controlled medically. People are often relieved to learn that diabetes can be controlled sometimes just by watching what and how much you eat. Generally this requires getting some instruction about what kinds of foods and how much at each meal. While meal sizes usually need to be reduced, there are also in-between snacks to balance sugar levels and stave off hunger - which works well and may keep diabetes away for many years.

## **The Difference Between Hyperglycemia and Hypoglycemia.**

When it comes to diabetes, there are basically three things that can happen in relation to your blood sugar. You can have blood sugar levels that are either normal, too high or too low. These are the two extremes.

Hyperglycemia and hypoglycemia are the two words that describe the two extremes of blood sugar levels. Neither condition is good, but one can be much more dangerous than the other when it is revealed. Here is some more information about each condition.

First let's talk about Hyperglycemia. Hyperglycemia is the condition that is caused by having blood sugar levels that are too high. Insulin, although it may be present, is either not working properly or there is not enough to control the high sugar level. For some diabetics, insulin will need to be given either by pill or by injection in order to remedy this problem.

If a person is overweight, then this condition can set up a situation where cells become insulin resistant. This is especially true where there are high blood pressure and high cholesterol levels present, too. This condition can exist for a long time without the person ever knowing it. There may or may not be symptoms present. If these levels do not get very high there may be almost no symptoms. On the other hand, if your blood sugar gets very high, you will start to show some symptoms such as frequent urination, blurred vision, fatigue, hunger, and more.

Now let's talk about Hypoglycemia. This is the opposite of hyperglycemia. It means that a person's blood sugar levels are too low. This is what happens when too much energy has been exerted without food, or if he or she has gone for some time without eating properly. In order to prevent hypoglycemia, a diabetic needs to eat smaller meals several times a day. Because they are smaller, this prevents the blood sugar levels from going too high. The frequency of the meals, which is usually about 5 or six times in a day - three regular meals and three snacks allows the blood sugar levels to be more consistent without giving time to drop too low or get too high from eating too large a meal.

Between the two conditions, a diabetic is at a much greater risk with hypoglycemia. When the blood sugar levels drop too far, the person may

experience seizures, and could definitely become unconscious if they do not immediately get some sugar. Usually, he or she will carry some kind of candy to prevent this.

A person that is a diabetic who is taking insulin will need to watch for hypoglycemia very carefully. It is very important, in order to prevent this condition that he or she eats regularly. They cannot afford to skip meals or this condition may be the result. Exercise is also another situation where care needs to be given. He or she should eat some kind of snack prior to exercising to ensure that too much sugar is not used and hypoglycemia is the result. He or she still needs to carry candy or something with sugar in it, with them while they exercise.



## **Can Diabetes Be Controlled Safely - Without Drugs?**

Diabetes should never be left ignored or uncontrolled. Once you discover that you have diabetes, or that you have pre-diabetes, it becomes your responsibility to act quickly. The reason for this is because damage may have already started on your organs and you do not want it to continue any longer than necessary. With a good program, however, you can continue to enjoy health and a great life.

The good news is that drugs or shots are not always necessary. In fact, they may not even be necessary at all. There are things that you can do quickly to get your blood sugar under control - and to do it as safely as possible. Here are some tips about how to safely control your blood sugar levels. In order to control diabetes safely, you will definitely need to understand some things. You need to learn about how diabetes affects you, and also how your body works to control sugar. Knowing about both of these will help you understand both the why and the how necessary to control your blood sugar to safe levels.

Once you understand these things, then you can start to control your blood sugar by watching what you eat, and how much you eat. Most people will need to reduce their calories to a safe level each meal. Then, you should balance your food more evenly throughout the day by eating smaller meals three times a day and have two or three small snacks in between. This helps you to keep your blood sugar levels more evenly balanced just by how often and how much you eat.

This is a must for people with diabetes. It really is not an option. If you are currently overweight, then this will help you lose some extra weight - which is necessary to prevent your diabetes from becoming worse. You will need to exercise at a moderate level for at least 30 minutes a day, most exercise forms will do as long as it increases your heart rate. If you have any medical problems you will want to be sure to contact your doctor first.

In order to make sure that you keep a good level of control on your program to fight or prevent diabetes, you will need to have some kind of goals in place. This will give you some way to check and see how you are doing on a long term basis. Some things that you will need is a daily calorie and

carbohydrate count, a target weight that you want to get down to, a daily exercise program, and a way to record your goals and activities. Another thing that you do not want to forget is that you need some way to see how you are doing daily. This means you want to have a way to gauge your blood sugar levels regularly. This will help you to know if you develop a stronger need for insulin, or if your more natural methods are working or not. This gives you some feedback as to how you are doing and will enable you to make healthy changes from time to time - if that should be needed.



## Chapter 3

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### **Is The Paleo Diet Safe For Diabetics?**

Nutritional experts say that eating Paleo can remove foods from your diet that can disrupt your blood glucose the most. It can also help people lose weight. For starters, there are not a lot of carbohydrates involved in this diet. One of the benefits of the Paleo diet is that it provides foods that are satisfying and blood sugar balancing at the same time. This means that people feel full and experience fewer cravings. Type-2 diabetes happens when you eat too many carbohydrates/sugars and your body becomes desensitized to insulin. Since eating Paleo eliminates refined sugars, as well as grains that can spike your sugar, it is very effective for diabetics.

Diabetics are often treated with medications. Some increase the release of insulin, others slow down the release of glucose from the liver. There is also medication that suppresses appetite. For many people these remedies come with side effects, yet the Paleo diet does not.

Poor diet and exercise are two big contributors to diabetes, so it makes sense that some sort of diet would be part of the solution. Research has shown that the Paleo diet is more effective for diabetics than most low-fat diets, and can lead to greater fat loss and metabolic improvements. It can also lead to better improvement in blood pressure and kidney function than most other diets.

## Effects of the Paleo diet on type-2 diabetics

Nutritional experts who promote the Paleo diet believe that we are biologically adapted to consume pasture raised meat, fish, seafood, eggs, vegetables, fruits, etc. They do admit that there is one item missing from the diet and that's calcium. For those who are interested in trying this diet, supplementing with calcium may be important.

What really stands out though, is the effects of the Paleo diet on diabetics. Evidence seems to suggest that this caveman menu is not only safe for those suffering from diabetes but is beneficial, especially for those who don't respond well to traditional therapies.

A 2009 study reported in *Cardiovascular Diabetology* outlined the effects of the Paleo diet on type-2 diabetes. The standard diabetes diet consists of carbohydrates. As mentioned above, the Paleolithic diet is based on lean meat, fish, fruits, vegetables and nuts. Over a three-month period participants consumed either a Paleo diet followed by a diabetes diet or the same two diets in the opposite order. The Paleo diet led to significantly lower blood pressure, weight, body mass index (BMI), triglyceride levels and waist circumference; while high-density lipoprotein values were higher. The study noted a number of improvements in cardiovascular risk factors as well, compared to people on the standard diabetes diet.

Earlier this year, a study was published in the *Journal of Clinical Nutrition* that focused on the effects of the Paleo diet on diabetics, especially those who suffer from type-2 diabetes. The authors of the study compared diabetics consuming a standard American diet with those consuming the Paleo diet. They measured blood pressure, urine electrolytes, insulin resistance as well as lipid levels. What they discovered was that the diabetics who were on the Paleo diet showed much greater improvements in both insulin control and lipid levels. This means that they had a better ratio of good cholesterol and fat to bad compared to the group on the standard American diet. They also realized the people that were on the Paleo diet experienced a significant improvement in insulin sensitivity, leading them to believe that even a very short time on a Paleo diet would be preferable to

an American Diabetes Association diet for insulin control in those with type-2 diabetes.

Another research study published in the *European Journal of Clinical Nutrition* last April outlined similar results and in October, 2014, *Lipids, Health and Disease* showed that a Paleo diet improved cardiovascular risk factors which are linked to diabetes.

## **Is The Paleo Diet Right For You?**

You can see through the Paleo diet and diabetes research that the life of the caveman can still have an influence on us today. The Paleo diet is rich in vitamins and minerals, unprocessed foods and foods that don't trigger allergic reactions as much as the standard American diet does. People who suffer from diabetes just might benefit from improved glucose control, weight loss and better blood pressure on this diet. It is very important to note that people who have type-1 diabetes – who produce no insulin – would not be able to stop their medications and follow a Paleo diet. Not enough research has been conducted on the effects of the Paleo diet on people with type-1 diabetes.

Since each of us can have a different set of underlying health conditions, it is important to consult a doctor before starting any new diet. If, for example, you have kidney problems or are on certain medications, you may not be able to safely follow the Paleo diet. The caveman menu does include large amounts of “bulky” foods, so anyone with intestinal problems will not be able to handle it comfortably.

People who aren't sure about making a complete commitment to the diet to manage their diabetes might want to think about including a few aspects into their diet, such as more berries and vegetables and fewer breads.

## Paleo diet list for diabetics

While on the surface you may think it doesn't sound very extensive, the Paleo diet food list for diabetics does include a lot of variety. Here are some examples of what you can find on a Paleo menu.

Meat (beef, pork, lamb, rabbit, sheep, bison, wild boar)

Game Meat (Deer, pheasant, moose, elk, duck, wild turkey)

Poultry (Chicken, turkey, quail, goose)

Fish

Eggs (Chicken eggs, duck eggs, goose eggs, quail eggs)

Vegetables

Fruits

Nuts and seeds

Mushrooms

While on the Paleo diet you avoid dairy, grains, processed foods and sugars, starches, legumes and alcohol. Some people refer to this as “cleaner eating.”

The subject of Paleo diet and diabetes is getting more attention from nutritionists and dieticians. While it may not be the diet of choice for everyone, the mounting evidence of the effects of the Paleo diet on diabetics means more people are taking notice.

Close to 30 million Americans suffer from diabetes. The North American diet is high in fat and processed and preservative ridden foods. With diet being one of the biggest factors impacting diabetes, the Paleo diet is hard to ignore.

To see more details for food choice check out the table of contents in this book.

Here is an extract of a very interesting article about paleo diabetics – read the full article here

<http://www.everydayhealth.com/type-2-diabetes/can-the-paleo-diet-help-diabetes.aspx>

A study launched in 2011 at the University of California San Francisco (UCSF) found that people with type 2 diabetes who followed a “caveman diet” were able to improve their blood pressure, blood sugar levels, and cholesterol by significant amounts in just two weeks. Other study participants who followed a traditional diet recommended by the American Diabetes Association saw little to no improvement. The participants were given enough food to prevent them from losing weight, eliminating the possibility that the health improvements came from shedding pounds.

Researchers aren’t sure why the paleo-diet followers had better health outcomes, but it’s possible that paleo-friendly foods might be better suited for a type 2 diabetes diet than other foods, said Lynda Frassetto, MD, a nephrologist and the lead researcher on the study.

“It suggests that all carbs are not equal,” Dr. Frassetto said. “Carbs from fruit and vegetables may contain things that are better for you than carbs from grains. It may be that when you’re eating fruits and vegetables and getting antioxidants and micronutrients -- maybe those are what’s missing when you get the same amount of calories from wheat and cereals.”

People with type 2 diabetes who follow a paleo may find that it helps them better control their blood sugar, said Melissa Joy Dobbins, RD, LDN, CDE, a registered dietitian, diabetes educator, and spokesperson for the Academy of Nutrition and Dietetics. “You’re eating hardly anything that would raise your blood sugar,” Dobbins noted. “You’re really restricting carbs and that can keep your blood sugar down.” The diet also encourages whole, unprocessed foods, which is a healthy approach, she added. Plus, the “bulkiness” of the foods may mean that you will feel full on fewer calories, encouraging weight loss, also beneficial for type 2 diabetes.

However, since this eating plan almost completely eliminates certain food groups, like grains, traditional wisdom would argue that it’s less healthy than a more well-rounded diet. “A lot of nutrition experts would say the paleo diet is not balanced,” Dobbins cautioned.

Many versions of the paleo diet also encourage the consumption of red meats, full-fat dairy products, and saturated fats like butter, which can cause elevated cholesterol levels. This can be an especially dangerous problem for people with diabetes, who are more likely to develop heart disease than



people without diabetes. “For people with diabetes, the primary goal is to control blood sugar, but the second goal is to reduce the risk of heart disease and its complications,” Dobbins said.

It should be noted that the paleo-diet participants in the UCSF study, who were able to reduce their cholesterol levels, did not eat red meats or saturated fats; their proteins came mainly from lean sources like fish and chicken, while the fats in the diet heart healthy unsaturated types.

One of the biggest supporters of a paleo diet for diabetes is 51-year-old Steve Cooksey, who began following the diet in 2009, just a few months after being diagnosed with type 2 diabetes. Cooksey had seen two diabetic family members become increasingly unhealthy while following traditional diabetes treatments, which made him wary of the usual approach. He also found that the meal plan he was given after his diagnosis did not help control his blood sugar.

“I went home and realized that eating their way required more and more insulin,” Cooksey said. “My blood sugar should have been going down, but it wasn’t.”

Within a month of starting on a paleo diet, Cooksey was able to stop taking all of his diabetes medications, including his insulin. He still checks his blood sugar regularly, and it’s always within normal ranges.

“I have normal blood sugars for normal people, not just normal blood sugars for a diabetic,” said Cooksey, who’s Web site, Diabetes Warrior, explains the benefits of a paleo diet for diabetes.

In the paleo diet plan Cooksey follows, he chooses whole foods over processed, packaged meals to help control his type 2 diabetes. On a typical day, he might have a plate of eggs, greens, and bacon for breakfast; tilapia and spinach for lunch; and ribs, made with a low-carb BBQ sauce, and mixed vegetables for dinner. Between meals, Cooksey munches on low-carb snacks like hard-boiled eggs, cheese, canned tuna, salmon, sardines, and certain vegetables, such as celery sticks, green peppers, broccoli, and cauliflower.

## Is a Paleo Diet Right for You?

Stories like Cooksey's certainly are not unheard of, Dobbins said, because the bodies of people with type 2 diabetes do still produce insulin on their own, and it could be enough to process the small amount of carbohydrates in a paleo diet. But it may not be a permanent solution.

"Whether it's paleo or any restricted-carb diet, yes, people may go off insulin," Dobbins said. "But they may eventually need to go back on it, even if they don't change their diet. It depends on how exhausted the pancreas is. It may run out, wear out."

***Paleo With Type I People with type 1 diabetes, who produce no insulin at all, would not be able to stop their diabetes medications by following a paleo diet .***

The effects of such a diet have not been studied in people with type 1 diabetes, but Frassetto thinks it has the potential for good results.

People with diabetes who are interested in trying a paleo diet should consult their doctor or a registered dietitian before beginning the program. If you have kidney problems or are on certain medications, you may not be able to safely follow it.

In the following study on the benefits of the paleo diet and managing diabetes, some really important results were obtained as follows...

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2787021/>

**Here is the summarised result of the study**

### **What Is the Mechanism of the Benefits of a Paleolithic Diet in Diabetes?**

The mechanism of achieving greater improvements in levels of cardiovascular risk factors with a Paleolithic diet compared to diabetes diet is not known. In the Jönsson and colleagues study, the diets of subjects during their period of consuming a Paleolithic diet (compared to a diabetic diet) contained fewer calories and a lower glycemic index in spite of a

lower fiber content. The investigators postulated that a Paleolithic diet (compared to a diabetes diet) is more satiating and facilitates a reduced caloric intake.

In fact, the Paleolithic diet resulted in greater reductions in both weight and waist circumference. The higher amount of fruit and vegetables during the Paleolithic period was postulated to have promoted weight loss because of the high content of water in fruit, which may be satiating.

The Paleolithic diet compared to the diabetes diet resulted in a higher percentage of protein intake as a percentage of total daily calories. A weight loss diet with moderate carbohydrate, moderate protein has been shown to result in more favourable changes in body composition, dyslipidemia, and the post-prandial insulin response compared to a high-carbohydrate, low-protein diet.<sup>9</sup> Therefore, the greater protein intake during a Paleolithic diet might confer an additional benefit (beyond weight reduction) in its favourable effects on risk reduction for metabolic disease.



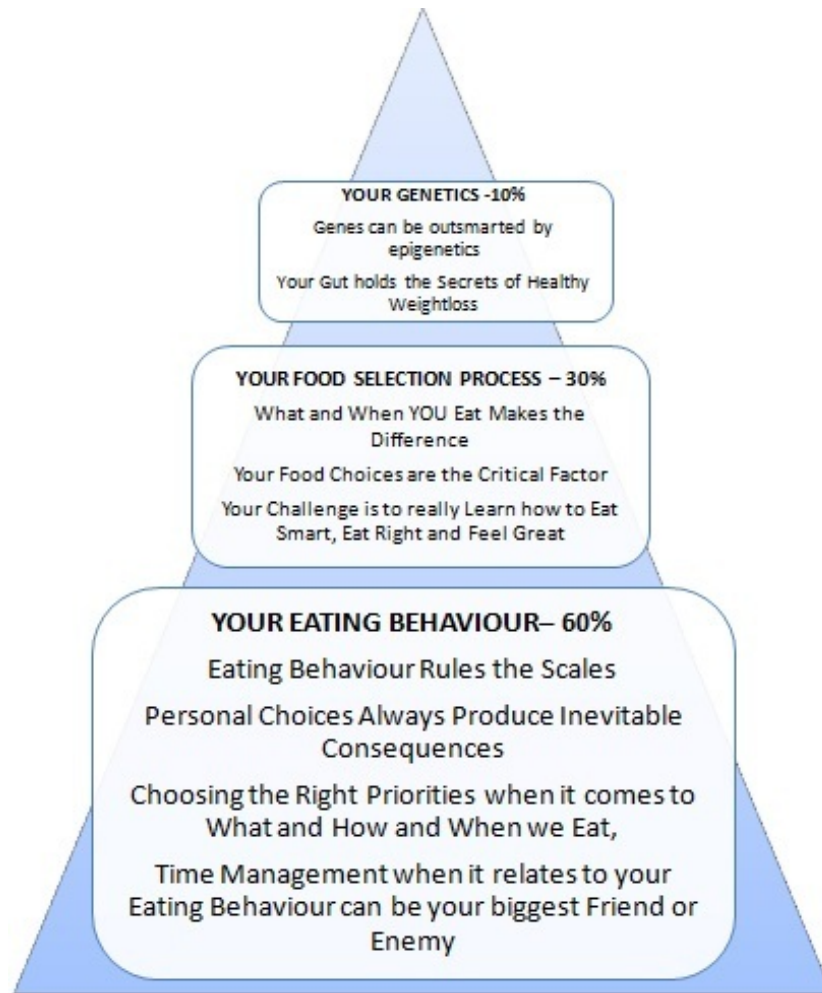
## Chapter 4:

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### **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.

**SKINNY 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!

- **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.

- **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.



## **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 5:

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### **How The Eating Habits We Acquired In The Past Profoundly Affect Our Food Choices Today.**

**How Genetics are no longer the prime influence on our health and wellbeing**

**Epigenetics provides us with the insights, analysis, tools and strategies for permanent healthy weight loss.**

We really believe that knowledge is power and we want you to understand as much about this important subject as possible. Being armed with the best information will strengthen your understanding of how to master your weight issues, take away all that ridiculous and unnecessary guilt about being overweight and prepare you for a newer, happier, skinnier you.

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.

What does this mean for you right now? Well, let's see if we can re-cap the essentials of the Epigenetics revolution.

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 Growing Young Disgracefully Three Golden Food Rules!

Read more in my Growing Younger Disgracefully Anti Ageing Manual

**INTERMITTANT  
FASTING TIPS**

Use the concept to eat a  
high protein soup 3-4 times  
a week for dinner

**VEGAN -TIPS**

Avoid all gluten and grains

Avoid processed vegan food and minimise or  
avoid legumes

Do eat abundant vegetables

**PALEO TIPS**

Watch out for too much saturated fat and  
avoid any processed meat

Sweet fruits are not necessarily  
suitable for you

Nuts don't suit everybody... seeds can be  
easier... see for yourself

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 6:

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### The Paleo Sugar Detox Diet

#### Myth-Buster Chart

The Epigenetic Myth-Buster Chart - your 5 point blueprint and lifelong passport to the happy realm of total weight control and permanent residence in the Land of Fitter and Skinnier.

CMR Conventional Medical Recommendation.

DEFINITION: The old view of what is supposed to be good for you.

SPS Skinny 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.

Steps	CMR	SPS
1. Grains	<p>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 fibre. 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.</p>	<p>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.</p> <p>They produce allergic reactions, suppress the immune response and trigger a wide range of intolerances as well as imbalances in the intestinal flora.</p>
2. Fats	<p>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.</p>	<p>Good quality fat drives efficient fat and protein metabolism, encouraging weight loss and boosting energy levels.</p>
3. Meal Habits	<p>Three square meals a day plus snacks are best to stave off hunger pangs and stabilise metabolism</p>	<p>Any steps to normalise 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</p>
4. Cardio exercise	<p>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.</p>	<p>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!</p>

Steps	CMR	SPS
<p>5. sun exposure</p>	<p>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</p>	<p>Sunshine can be a tricky thing. We need it, but it can also be harmful.</p> <p>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</p> <p>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.</p> <p>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.</p>

## **Summary – Myth buster**

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 SPS

SPS - The smarter way to live long, lose weight and live better



## Chapter 7:

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### Getting Organised!

Let's start Re-Organising Your Permanent Weight Reduction and Growing Younger Disgracefully Pathway to Permanent Weightloss!

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?

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?

## **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

## Chapter 8:

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### 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 Macbride, 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.....Read more in my Growing Younger Disgracefully Anti-Ageing Manual

## **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 9:

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### YOUR New Career

Welcome to Your brand new and exciting career! You are now Managing Director of Your Sugar Detox. 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 Fit and Fabulous Life

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 Paleo - Keto Sugar Detox Diabetic 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.

## Chapter 10

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### 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 glutens. 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 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 but they are a great source of high octane energy. Feel free to enjoy them but limit your consumption.

**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. All varieties get the stamp of approval. If you're conscious of the need to lose weight, be careful with the larger calorie-dense white varieties. 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. 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 liquid or powder versions.

**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.

## **FFF DELICIOUS 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 11

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## Paleo Sugar Detox Recipes

### Breakfast

- **Beautiful Baked Eggs and Spinach Smoked Salmon**



#### **Ingredients**

1 smoked salmon fillet, cut into chunks  
4 eggs  
2 shallots, sliced  
10 oz. baby spinach  
4 tbsp. coconut milk  
Fresh chives, minced  
Coconut oil  
Low Sodium salt and freshly ground black pepper

#### **Instructions**

Preheat your oven to 350 F.  
Preheat a skillet to a medium heat, and drizzle coconut oil.  
Add the shallots to the pan, and cook until soft, about 4 minutes.  
Add the spinach and cook until wilted.  
Pour the coconut milk, season to taste, and cook for another minute.  
Divide the spinach equally among 4 oven safe dishes.  
Make a small well in the center of each pile of the spinach and crack in an egg.  
Divide the salmon pieces equally among each dish.  
Place in the oven and bake for 12 to 15 minutes.  
Sprinkle with fresh chives to serve.



- **Delicious Egg and Vegetable Surprise**

**Ingredients**

8 eggs, beaten

2 bell peppers, chopped

1 onion, chopped

8 to 10 fresh mushrooms, sliced

2 cups baby spinach, roughly chopped

2 garlic cloves, minced

Coconut oil

Low sodium salt and freshly ground black pepper

**Instructions**

Preheat your oven to 350 F.

Drizzle some coconut oil in skillet placed over a medium-high heat. Cook the onion, bell peppers, and garlic until soft and fragrant, about 5 minutes.

Add the mushrooms and spinach and cook for another 2 to 3 minutes.

Season everything to taste.

Whisk the eggs together in a big bowl, and add the bell pepper & spinach mixture.

Grease a muffin tin and pour the mixture evenly into the muffin cups.

Place in the oven and bake for 20 to 25 minutes.

- **Spicy India Omelet**



**Ingredients:**

3 Eggs  
1 Onion, chopped  
4 Green Chilli (optional)  
1/4 cup Coconut grated  
Low sodium Salt as required  
1 tbsp 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.

- **Blushing Blueberry Omelet**



**Ingredients:**

2 eggs

1 tsp. vanilla extract

coconut oil

1/2 c. blueberries

Stevia to taste

**Instructions:**

Lightly beat two eggs and vanilla extract in a bowl. Heat 6" non-stick pan over medium heat.

While pan is heating, heat half the blueberries in a saucepan until juices flow.

Add coconut oil to non-stick pan and coat evenly.

When thoroughly heated, add egg mixture. Turn once and let sit.

When eggs are about 70% settled, turn again. There should be a nice crispy layer around the side of the pan.

When it starts to separate from the side, add fresh and cooked blueberries to omelet, reserving a few for garnish.

Crispy layer should really be pulling away from pan now.

Use a fork to help fold the omelet over. Slide on to plate, top with reserved blueberry filling, and enjoy!

- **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.

- **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 favourite 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

- **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.

## Lunch

- **Sexy slow-cooked Chicken**



### Ingredients

4 bone-in, skin on chicken breasts  
2 red onions, sliced  
1 tbsp. chilli powder  
1/2 tbsp. paprika  
2 tsp. garlic powder  
Low sodium salt and freshly ground black pepper

### Instructions

In a bowl, combine the chili powder, paprika, and garlic. Season generously with salt and pepper.

Rub the chicken breasts with the chili powder mixture.

Arrange the onions in a single layer at the bottom of the slow cooker.

Place the chicken breasts on top of the bed of onions, and cook on high for 3 to 4 hours.

Brush the chicken breasts with the liquid from the bottom of the slow cooker and serve.

- **Delicious Grilled Cod and Roasted Garlic**



### **Ingredients**

4 x 7 oz. cod fillets, skinless  
¼ coconut oil, room temperature  
1 tbsp. chopped flat-leaf parsley  
2 garlic cloves, peeled and minced  
1 shallot, minced  
1 tsp. Dijon mustard  
3 tbsp. prosciutto, minced  
2 tbsp. freshly squeezed lemon juice  
2 tbsp. coconut oil  
Lemon wedges, for garnishing  
Low sodium salt and freshly ground black pepper

### **Instructions**

Preheat your oven to 425 F.  
In a bowl, combine the ghee, parsley, garlic, shallot, Dijon mustard, prosciutto, lemon juice, and season with salt and pepper to taste.  
Season the cod fillets to taste.  
Heat the cooking fat in an ovenproof skillet placed over a medium-high heat.  
Cook the fillets for 3 to 4 minutes per side.  
Spread the ghee mixture equally over each fillet. Transfer to the oven and bake for 5 to 10 minutes, or until the fish is cooked through.  
Serve with lemon wedges.



- **Delicious Turkey Veggie Lasagna**



**Ingredients:**

For the meat sauce:

- 1 large yellow onion, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 2 tbsp extra virgin olive oil
- 1 1/2 lbs. ground turkey
- 1/2 cup tomato paste
- 1/2 cup tomato sauce
- 1 cup red wine
- 1 bay leaf
- 3 sprigs thyme
- Low sodium salt and freshly ground pepper, to taste

For the lasagna:

- 1 eggplant, sliced lengthwise thinly
- 1 tsp low sodium salt
- 1 tbsp extra virgin olive oil
- 2 yellow squash, sliced thinly
- 1/2 cup torn fresh basil leaves
- 8 oz. white mushrooms, sliced
- 2 cups fresh spinach
- 2 large zucchini, sliced lengthwise into ribbons

For the topping:

- 1/2 head cauliflower
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp low sodium salt

Freshly ground pepper, to taste

**Instructions:**

To make the meat sauce, place the onion and garlic in a food processor and pulse to finely chop.

Heat the olive oil in a heavy-bottomed saucepan over medium heat. Add the onion and garlic and season with low sodium salt and pepper. Cook for 12-15 minutes until beginning to brown, stirring frequently.

Add the turkey to the pot and season with low sodium salt and pepper.

Cook for 15 minutes until browned. Stir in the tomato paste and cook for 2-3 minutes. Add the red wine to the pan and cook for 5 more minutes.

Add the tomato sauce, bay leaf, and thyme to the pan. Bring to a simmer, and then add 1/2 cup water.

Cook at a low simmer for 1 hour, stirring occasionally and adding more water if necessary. Adjust seasonings to taste. Discard the bay leaf and thyme.

Preheat the oven to 350 degrees F. Sprinkle the eggplant with low sodium salt and set aside for 15 minutes to drain. Rinse and pat dry.

Heat one tablespoon of olive oil in a skillet over medium heat. Cook the eggplant for 2-3 minutes per side until golden.

Layer the lasagna in a baking dish. Start by layering the yellow squash as the base. Add one third of the meat sauce on top of that, then lay the eggplant slices, fresh basil, and mushrooms.

Next add the rest of the meat sauce, then the spinach, zucchini, and finally drizzle with olive oil and sprinkle with low sodium salt and pepper. Bake for 40-45 minutes.

While the lasagna is baking, place the cauliflower in a blender and process until it reaches a rice-like consistency.

Add to a skillet and sauté with the olive oil, garlic powder, low sodium salt, and pepper over medium heat.

Cook for 6-8 minutes until soft, adding a tablespoon of water if necessary.

After the lasagna has cooked for 20 minutes, sprinkle with the cauliflower and return to the oven for the remaining cooking time. Serve hot.

- **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.

- **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.

- **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.

Serve with Cauliflower rice.

- **Mouthwatering Mushroom Salad**



**Ingredients:**

2/3 cup olive oil  
1/3 cup fresh lemon juice  
One tablespoon red wine vinegar  
1 tsp dried thyme  
pepper and garlic powder to taste  
1 pound fresh mushrooms, thinly sliced  
1/4 cup minced parsley  
Rucola leaves

**Instructions:**

Combine all ingredients except the mushrooms, parsley and greens, and mix well.

Add the mushrooms and toss with 2 forks. Cover and let stand at room temperature.

At serving time, drain and sprinkle with the parsley. Pile in a serving dish lined with greens.

## Dinner

- **Appetizing Tuna Spiced with Sesame seeds**



### **Ingredients**

4 tuna steaks, about 6 oz. each  
1 tsp. fennel seeds  
1 tsp. mustard seeds  
1/4 tsp. black peppercorns  
4 tbsp. sesame seeds  
3 tbsp. coconut oil  
Low sodium salt

### **Instructions**

Mix the fennel seeds, the mustard seeds, and peppercorns in a mortar. Coarsely grind everything, add the sesame seeds, and season to taste with salt.

Spread the spice mixture evenly over the whole surface of a plate and press the tuna steaks into the mixture to coat.

Heat the coconut oil in a skillet placed over a medium-high heat.

Brown each tuna steak for 2 to 3 minutes per side or until they reach the desired doneness.



- **Gorgeous Baked Chicken Fajita**



### **Ingredients**

3-4 boneless skinless chicken breasts  
1-2 tbsp. taco seasoning (recipe below)  
2 bell peppers, deseeded and thinly sliced  
1 red onion, peeled and thinly sliced

### **Ingredients for Taco Seasoning:**

1 tbsp. chili powder  
1 tsp. paprika  
¼ tsp. garlic powder  
¼ tsp. onion powder  
¼ tsp. crushed red pepper flakes  
¼ tsp. dried oregano  
1½ tsp. ground cumin  
Low sodium salt and freshly ground black pepper

### **Instructions**

In a bowl, combine all the ingredients for the taco seasoning.  
Preheat your oven to 375 F.  
Place the chicken breasts in a baking dish.  
Sprinkle the taco seasoning over the chicken.  
Place in the oven and cook for 20 minutes.  
Remove the chicken from the oven and lay the onion and bell pepper on top.  
Return the dish to the oven and cook for another 15 to 20 minutes.  
Serve with guacamole or your favourite salsa.

- **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.

- **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.

- **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.

- **Lemon and Thyme Super Salmon**



**Ingredients:**

32 oz piece of salmon

1 lemon, sliced thin

2 tspns lemon juice

Low sodium salt and freshly ground pepper

1 tbsp fresh thyme

Olive oil, for drizzling

**Instructions:**

Heat a wok or large pan over medium-high heat. Melt the coconut oil and add the onion and garlic to the pan.

Cook for 3-4 minutes until the onion starts to soften. Add the shrimp and cook for 1 minute.

Add the carrot, peas, and bell pepper to the pan. Cook for 3-4 minutes, and then stir in the cauliflower rice.

Clear a circle in the center of the pan and pour in the beaten eggs. Stir to scramble the eggs and then combine with the other ingredients.

Season with low sodium salt and pepper to taste.

- **Courgette Pesto and Shrimp**



**Ingredients:**

For the Pesto Sauce:

A ton of Basil

Minced Garlic

Pine Nuts

low sodium salt & Pepper

For the Zinguine:

1 Small Zucchini

low sodium salt & Pepper to taste

For the Shrimp:

Shrimp (peeled & de-veined)

**Instructions:**

Heat pan to medium-high heat.

Add ghee and garlic. Saute for about a minute.

Add shrimp. Saute for about a minute on each side.

Add low sodium salt, pepper and lemon juice. Saute for another minute or so.

Remove from heat and dish onto a plate or bowl.

## Salads

- **Cooked Vegetable Delish**



### Ingredients

1/3 cup coconut oil  
1 eggplant, sliced lengthwise  
2 zucchini, sliced lengthwise  
2 red onions, cut into wedges  
4 ripe tomatoes, sliced  
2 garlic cloves, peeled and thinly sliced  
5 cups baby spinach  
Young snow pea shoots  
Fresh mint leaves, to taste  
Fresh flat-leaf parsley leaves, to taste  
Low sodium salt and freshly ground black pepper

### Dressing Ingredients

¼ cup homemade Paleo mayonnaise  
1 tbsp. extra-virgin coconut oil  
Juice of 1 lemon  
1 tbsp. dried mint leaves  
Low sodium salt and freshly ground black pepper

### Instructions

Preheat your oven to 425 F.  
In a bowl, combine all the vegetables except for the spinach, snow peas, mint, and parsley. Pour the virgin coconut oil over them, and season with pepper to taste. Toss to coat.

Spread the oil-coated vegetables over a baking sheet and roast in the oven for 20 to 25 min.

In a bowl, combine all the ingredients for the dressing. Whisk together and season to taste.

Assemble the salad by tossing the cooked vegetables with the spinach, snow peas, mint, and parsley.

Drizzle the dressing over the salad and gently mix.

Serve immediately.



- **Exciting Tomato and Spinach Salad**

**Ingredients**

4 yellow tomatoes, cut into wedges

8 oz. grape tomatoes, halved

8 oz. baby spinach leaves

¼ cup toasted pine nuts

¼ cup fresh basil, coarsely chopped

¼ cup extra-virgin coconut oil

2 tbsp. balsamic vinegar

Low sodium salt and freshly ground black pepper

**Instructions**

Combine the olive oil and balsamic vinegar in a bowl. Stir until well combined and season to taste.

Combine the tomatoes, basil, spinach, and pine nuts in a large bowl. Drizzle the dressing on top, and toss gently to combine.

- **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 flavour. 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.

- **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.

- **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 clove 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.

- **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, 1/4 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.

- **Chinese Divine Salad**



**Ingredients:**

Salad :

- 1 small head (or 4 cups) savoy cabbage, finely shredded
- 1 cup carrot, julienned (about 1 large carrot)
- 1/4 cup scallions, trimmed and julienned (about 3 scallions)
- 1/4 cup radishes, julienned
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- 2 cups cooked chicken or turkey

Vinaigrette:

- 2 tablespoons coconut or rice vinegar
- Low sodium salt to taste
- 2 tablespoons sesame oil
- 1 chipotle pepper
- 1/2 teaspoon chilli flakes
- 1 clove garlic, crushed
- 1 teaspoon fresh ginger, grated
- Stevia to taste

**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

## Desserts

- **Yummy Coconut Date Balls**



### Ingredients

1 cup dates, roughly chopped  
2 eggs, beaten  
Few drops of stevia  
1/3 cup coconut milk  
1 tsp. vanilla extract  
¼ cup coconut oil, room temperature  
2 cups mixed nuts, chopped small  
1 cup coconut flakes  
½ tsp. low sodium salt

### Instructions

Combine the eggs, coconut oil, milk, stevia, and dates in a medium saucepan placed over a medium heat.  
Bring everything to a boil, stirring occasionally, for 3 to 5 minutes.  
Remove from the heat, stir in the vanilla, and add in the salt.  
Mix in the chopped nuts and stir until well combined.  
Roll the mixture into small balls.  
Roll each ball in the coconut flakes until well covered.  
Refrigerate until firm.



- **Sinful Flourless Brownie**

**Ingredients**

2 cups shredded zucchini  
1 cup almond butter  
1 ½ cup dark chocolate chips  
1 egg  
1/3 cup almond milk  
¼ cup applesauce  
2 tsp. vanilla extract  
3 tbsp. cocoa powder  
1 tsp. baking powder  
Few drops of stevia

**Instructions**

Preheat your oven to 350 F.  
In a food processor, combine all the ingredients and process.  
Pour the brownie mixture into a greased or parchment paper lined pan.  
Place in the oven and bake for 45 minutes.  
Wait until the brownies are cool before cutting and removing from the pan.

- **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.

- **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

- **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 tsp 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.

- **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 mould.

Sprinkle with crushed chestnuts, if desired.

Bake for 35-40 minutes on the middle rack.

- **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)  
stevia to taste

**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



## Soups

- **Comforting Turkey, kale and Cabbage Soup**



### **Ingredients**

1 lb. ground turkey  
4 shallots, chopped  
3 carrots, sliced  
1 bell pepper, cut into pieces  
15 oz can diced tomatoes  
5 cups chicken stock  
1 ½ cup cauliflower, minced  
4 cups kale, ribs removed, leaves coarsely chopped  
2 tbsp. coconut oil  
Low sodium salt and freshly ground black pepper

### **Instructions**

Drizzle some coconut oil in a saucepan placed over a medium-high heat.  
Add the shallots, carrots, cauliflower, and bell pepper.  
Cook until the vegetables are slightly soft (8 to 10 minutes), stirring frequently.  
Add the turkey to the vegetables and cook until the meat is cooked through (6 to 8 minutes).  
Add the chicken stock, diced tomatoes, and season with salt and pepper to taste.  
Bring the soup to a boil. Stir in the kale, reduce the heat to low, and let it simmer, covered, for 15 minutes.

- **Best Egg Drop Soup**



**Ingredients**

3 cups chicken stock  
1/8 tsp ground ginger  
2 tbsp fresh chives, chopped;  
¼ tsp low sodium salt  
2 eggs  
1 egg yolk

**Instructions**

Pour the chicken stock into a large saucepan over a medium-high heat. Add the ginger, chives and salt to the liquid and allow it to come to a boil. In a small bowl, whisk together the eggs and yolk. As the broth continues to boil, use a fork and drizzle the eggs into the pot. The eggs should cook immediately. Serve warm and enjoy.

- **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.

- **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.

- **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

- **Munchy Mushroom Soup**



**Ingredients:**

500g boneless chicken breast, sliced  
150g button, straw or oyster mushrooms  
1 large carrots, sliced  
4 red tomatoes, quartered  
6 cups low sodium chicken stock  
2 stalk lemon grass, sliced into 1 cm pieces  
juice from 4-6 limes (add more if you want it sour)  
red chillies, chopped

**Instructions:**

Place the chicken stock in a pot, add lemon grass, and bring to boil over medium heat.

Add the chicken meat, mushrooms, tomatoes, lime juice bring to a boil and simmer for 15 minutes

Add sugar, chillies, carrots and simmer for additional 5 minutes.

Serve while hot.

- **Sumptuous Saffron Turkey Cauliflower Soup**



**Ingredients:**

2 tbsp extra virgin olive oil  
1 medium onion, chopped (about 1 cup)  
2 large garlic cloves, chopped  
2 lbs frozen or fresh cauliflower florets  
½ tsp low sodium salt  
¼ tsp ground black pepper  
5 cups of water or vegetable broth  
20 saffron threads  
Diced Turkey Breast

**Instructions:**

Sauté onion and garlic in olive oil on a soup pot, over medium heat, until onion is translucent, about 10 minutes.

Add cauliflower florets, low sodium salt and pepper and continue cooking for 10-12 minutes

Add 5 cups of water, bring to a boil and simmer until cauliflower is tender, 20-25 minutes.

Turn off heat. Add saffron, stir and cover. Let the saffron steep for about 20 minutes.

Blend soup in a blender until creamy.

Add Turkey Breast before or after blending

## Snacks

- **Healthy Granola Bars**



### Ingredients

4 cups of assorted nuts  
1 cup shredded coconut  
1 cup of dried fruit (dates, raisin, etc.)  
1/3 cup coconut oil  
1/3 cup almond butter  
¼ cup coconut milk  
Few drops of stevia  
1 tsp. vanilla extract  
1 tsp. cinnamon;  
1 tbsp. low sodium salt

### Instructions

Soak the nuts overnight in warm water with the salt.  
Drain the nuts and rinse them well in a colander.  
Place the nuts on a baking sheet in a single layer.  
Roast the nuts in a preheated oven at 150 F. for 10 to 12 hours.  
Cool the nuts completely before using.  
Roughly chop half the nuts using a rolling pin or a knife.  
Place the other half of the nuts in a food processor and pulse until you get a soft powder (it will almost be pasty.)  
In a small saucepan placed over a medium low heat, add the coconut oil, almond butter, milk, stevia, vanilla, and cinnamon. Heat until bubbles start to form, and then remove from the heat.  
In a large bowl, mix the chopped nuts, ground nuts, dried fruit, and almond butter mixture until everything is well combined.



Pour the nut mixture into a dish covered with parchment paper and firmly pack the granola mixture tightly, making a single clean layer.

Cover with another piece of parchment paper and let sit for 1 or 2 hours at room temperature.

Place in the freezer for another hour.

Slice the granola into equal rectangular pieces and serve. Keep the leftovers in the refrigerator.

- **Crunchy and Munchy Kale Chips**



**Ingredients**

1 big bunch kale;  
2 tbsp coconut oil melted;  
1 tbsp lemon juice;  
Low sodium salt and freshly ground black pepper to taste;

**Instructions**

Preheat your oven to 300 F.  
Wash the kale thoroughly under lukewarm water, drain and pat it dry.  
Cut the stems off of the kale leaves and cut the leaves to obtain chips of similar size.  
Place the kale in a bowl and massage the melted coconut oil into them.  
Season to taste with salt and freshly ground black pepper. Add the lemon juice and combine well.  
Place the kale in a single layer on a baking sheet and place in the preheated oven for about 35 minutes, until crispy. Check on the chips about every 12 minutes and toss them to make sure none of them overcook. Some parts will still be soft and this is desired.  
Sprinkle with extra salt if desired and enjoy.

- **Perfect Pumpkin Seeds**



**Ingredients:**

1 cup of pumpkin (only seeds)

2 teaspoons of olive oil

1 tablespoon of chili powder (you may adjust it as per the taste you like)

1 teaspoon low sodium salt

**Instructions:**

Heat the pan (medium high heat) and place the pumpkin seeds.

After 3 to 5 minutes, you will hear the seeds making a crackling noise (some will even pop). You need to stir frequently.

Remove the pan and mix the seeds in olive oil, then low sodium salt and chili powder. Let it cool and then serve.

- **Gummy Citrus Snack**



**Ingredients:**

3/4 cup lemon juice, freshly squeezed\* and  
1/4 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.

- **Divine Butternut Chips**



**Ingredients:**

1 medium butternut squash (400g / 14.1 oz)

2 tbsp extra virgin coconut oil

1 tsp gingerbread spice mix (~ ½ tsp cinnamon, pinch nutmeg, ginger, cloves and all spice)

pinch low sodium salt (or more in case you don't use stevia and prefer the chips salty)

*optional:* 3-6 drops liquid Stevia extract

**Instructions:**

Preheat the oven to 125 C / 250 F. Peel the butternut squash and slice thinly on a mandolin. If you are using a knife, make sure the slices are no more than 1/8 inch (1/4 cm) thin. Place in a bowl.

In a small bowl, mix melted coconut oil, gingerbread spice mix and stevia. Pour the oil mixture over the butternut squash and mix well to allow it everywhere.

Arrange the slices close to each other on a baking tray lined with parchment paper or a rack or an oven chip tray (you will need at least 2 of them).

Place in the oven and cook for about 1.5 hour or until crispy (the exact time depends on how thick the chips are)

- **Delectable Chocolate-Frosted Doughnuts**



**Ingredients:**

For the doughnuts:

1 tbsp water, separated into

1/2 tablespoons

3 eggs

1 tsp vanilla

1/4 cup coconut flour

1/4 cup coconut oil, melted

1 tbsp cinnamon

1/4 tsp baking soda

low sodium salt to taste

For the frosting:

1/2 cup sugar free dairy free

Chocolate Chips

1 tbsp coconut oil

**Instructions:**

Turn on donut hole maker (You could also make these into regular donuts and cook at 350 for about 15 or so minutes).

Combine eggs, and vanilla in a food processor until well combined.

Add in the rest of the ingredients and continue to process until all ingredients are incorporated.

Add appropriate amount of batter to donut hole maker and use as instructed (Mine took about 3 or so minutes for each batch, but this will vary for different types).

While your donuts are baking, prepare the frosting by combing chocolate chips and coconut oil over LOW heat until melted.

Once donuts are completely cooled, dip each in frosting with a toothpick or skewer and completely cover, tapping off excess frosting. (I used a longer skewer stick and placed them standing up in a cup to harden, but if you aren't concerned with appearance, you can dip them with a fork or spoon, even, and just place them on a plate).

Place donuts in refrigerator to completely harden (about 1 hour).

- **Skinny Quicky Crackers**



**Ingredients:**

1 heaped cup of almond meal  
1 egg  
2 teaspoons olive oil  
Pinch of low sodium salt

**Instructions:**

Preheat your oven to 180 degrees Celsius or 350 degrees Fahrenheit. Place your ingredients into your blender or food processor in the order listed above, quickly combine at medium speed – you don't want the mixture to become sticky or turn to almond butter, although do not worry if this happens, it will still work. Roll the mixture into a ball and place between two sheets of baking paper, roll out to your desired thickness. Remove the top layer of baking paper and place on an oven tray. Bake for 20 minutes or until nicely golden. Remove from the oven and allow to cool prior to cutting.





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## Chapter 12

### The Sugar Detox Vision

We've covered some very important ground so far in identifying the best ways to get you to the healthier, leaner, ageless 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 wellbeing, emotional health and 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, leaner 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 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 a detox section of the skinny delicious 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

The image shows the words "Thank YOU" in a bold, 3D, red font. The letters are thick and have a slight shadow underneath, giving them a three-dimensional appearance. The word "Thank" is on the top line and "YOU" is on the bottom line, both centered.

## Before You Go.....

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I am so delighted that you have chosen this book and it's been a pleasure writing it for you. My mission is to help as many readers as possible to benefit from the content you have just been reading. So many of us are able to take new information and apply it to our lives with really positive and long lasting consequences and it is my wish that you have been able to take value from the information I have presented.

Thank you for staying with me during this book and for reading it through to the end. I really hope that you have enjoyed the contents and that's why I appreciate your feedback so much. If you could take a couple of minutes to review the book, your views will help me to create more material that you find beneficial.

Thanks again for your support and encouragement. I really look forward to reading your review.

Stay Healthy!

To complete your review, please go to the [Amazon Book Page Here](#)



## About the Author

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### MERCEDES DEL REY

This Spanish-born Andalusian lady hails from the land of sunshine, flamenco and fiesta but her background is truly international. Even with her dark Hispanic eyes and beautifully tanned skin, Mercedes is a true citizen of the world, at home in any country and comfortable with many different cultures. Educated in Spain, she took the opportunity to further her studies in the United States and China and now runs a holistic health practice that specialises in helping people to benefit from the wonders of restorative and regenerative nutritional science.

Mercedes is also a keen advocate of the advantages of Functional Medicine and belongs to an international network of health professionals who focus on the principles of intelligent and completely natural nutrition. She is renowned for her work with both private individuals and corporate clients and teaches that we are far more than what we eat. She loves to demonstrate the links between our eating habits and our physical, mental and emotional wellbeing. She uses Yoga, Pilates and dynamic stretching to rehabilitate posture and adds the essential principles of smart nutrition to produce extraordinary results both in her own life and the lives of her clients.

On a personal note, this radiantly beautiful lady is married with grown up children and, when she isn't traveling the world, lives by the Mediterranean Sea in her beloved Andalusia. She is one of the warmest, happiest and healthiest people you could ever meet and her mission in life is to share the benefits of her work and knowledge with as many people as possible.

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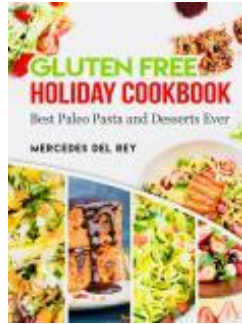


# *Anti-Inflammatory*

# Gluten Free Holiday Cookbook Best Paleo Pasta and Desserts Ever

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By:  
Mercedes del Rey



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Dear Reader

Thank you and congratulations on getting this book today, which contains a selection my favourite recipes. I hope that you will enjoy all of them.

My hope is that you enjoy the best possible health every single day. Please do leave a book review if you can as this will help me in writing more of the books that you want to read

Merche

# Table Contents

- [1. Creamy Berrie Pie](#)
- [2. Choco - Coconut Berry Ice](#)
- [3. Cheeky Cherry Ice](#)
- [4. Creamy Caramelly Ice Cream](#)
- [5. Berry Ice Cream and Almond Delight](#)
- [6. Eastern Spice Delights](#)
- [7. Absolute Almond Bites](#)
- [8. Apple Spice Spectacular](#)
- [9. Choco Coco Cookies](#)
- [10. Chococups](#)
- [11. Choco – Almond Delights](#)
- [12. Fetching Fudge](#)
- [13. Nut Butter Truffles](#)
- [14. Extra Dark Choco Delight](#)
- [15. Chestnut- Cacao Cake](#)
- [16. Apple Cinnamon Walnut Bonanza](#)
- [17. Peach and Almond Cake](#)
- [18. Choco Triple Delight](#)
- [19. Best Ever Banana Surprise Cake](#)
- [20. Coco – Walnut Brownie Bites](#)
- [21. Choco-coco Brownies](#)
- [22. Spectacular Spinach Brownies](#)
- [23. Secret Brownies](#)
- [24. Pristine Pumpkin Divine](#)
- [25. Rose Banana Delicious Brownies](#)
- [26. Tasty Zucchini Mushroom Bacon Pasta](#)
- [27. Zucchini Pasta with Brussels Sprout Delight](#)
- [28. Cheesy Shrimp Butternut Squash Pasta](#)
- [29. Cheesy Calamari Butternut Squash Pasta](#)
- [30. Cheesy Beef Butternut Squash Pasta](#)
- [31. Cheesy Chicken Butternut Squash Pasta](#)
- [32. Cheesy Brocobeef Butternut Squash Pasta](#)

- [33. Cheesy Seafood Butternut Squash Pasta](#)
  - [34. Cheesy Shrimp Rut-beet Pasta](#)
  - [35. Minestrone Beetroot Lasagne](#)
  - [36. Minestrone Parsnip Lasagne](#)
  - [37. Minestrone Jicama Lasagne](#)
  - [38. Minestrone Butternut Squash Lasagne](#)
  - [39. Minestrone Turnchini Lasagne](#)
  - [40. Glazystone Lasagne](#)
  - [41. Minestrone Munchy Squash Lasagne](#)
  - [42. Sunstrone Lasagne](#)
  - [43. Tasty Zucchieggplant Lasagne](#)
  - [44. Magic Pasta](#)
  - [45. Zucchini Pesto Noodles with Baked Meatballs](#)
  - [46. Glazing Cheers Zucchini Pesto Noodles with Baked Meatballs](#)
  - [47. Seafoodlicious Magic Pasta](#)
  - [48. Seafoodlicious Beet-Zucchpars Pasta](#)
  - [49. Seafoodlicious Ring oh Pasta](#)
  - [50. Seafoodlicious Butternut Squash Parsnip Pasta](#)
- [About the Author](#)

# 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
- 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

### Directions

1. 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.
2. Add the rest of the crust ingredients and pulse until a sticky dough forms.

3. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).

### Filling

1. Mix the gelatin and water together.
2. Stir to dissolve and immediately add the lemon juice. If the gelatin gets clumpy, place the mixture over hot water until it melts again.
3. Pour the coconut milk into an electric mixer, add the stevia and whip on high until peaks form, about 15 minutes.
4. Add the gelatin mixture to the whipped cream.
5. Pour the filling into the crust. The filling will seem thin, but don't worry it will set up in the refrigerator.
6. Chill for at least 4 hours until set, and serve with lots of berries!

# 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
- $\frac{1}{4}$  cup coconut milk
- 2 cups fresh berries (I used raspberries)

## Instructions

1. Make the Homemade Coconut Ice Cream,
2. While the ice cream is freezing in the machine, break the chocolate into pieces and place in a small saucepan.
3. Add the coconut milk and melt the two together, stirring over low heat.
4. 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.
5. Serve immediately with the fresh berries, or freeze for an additional 3-4 hours for a firmer texture.

## 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

1. In a large bowl, combine coconut milk, stevia and vanilla and stir well.
2. Chill for 1-2 hours.
3. Transfer to ice-cream maker and process according to manufacturer directions.
4. Add diced cherries to the mixture during the last 5-10 minutes of processing.

## Creamy Caramelly 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

1. Spoon the tahini and stevia into a cup and stir with a fork to combine.
2. Mix in the coconut milk and vanilla. Refrain from eating it while you make your ice cream.
3. Place the ingredients into food processor or blender, blend until the mixture is an ice cream consistency.
4. Spoon the ice cream into bowls, drizzle generously with the caramel topping, sprinkle with low sodium salt if you desire. Enjoy!



## 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:

1. Combine coconut milk and vanilla together in a small saucepan over medium heat and stir until ingredients are well combined (just a few minutes).
2. Transfer milk mixture to a small bowl and place in the freezer for two hours.
3. Next, add strawberries to a small saucepan and bring to a low boil.

4. Turn heat to medium-low and allow cooking until they start breaking down into a sauce-like mixture, leaving small chunks.
5. Place strawberries in refrigerator while the ice cream hardens.

For the crisp:

1. Combine all ingredients and mix until you get a “crumble” consistency.
2. Place crisp in refrigerator until ready to use.
3. After two hours, place milk mixture into your ice cream maker along with the strawberries and use as directed.
4. When the ice cream is ready, scoop and serve with crisp sprinkled on top.

## Eastern Spice Delights



Makes 2 dozen

### 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

1. Preheat oven to 350F.
2. Combine all the dry ingredients in a large bowl.
3. In a small bowl, mix together the oil, maple syrup, and vanilla until completely blended.
4. Pour the wet ingredients over the dry ingredients and mix well.
5. Drop the cookie dough on a cookie sheet. It will spread a bit as it cooks (and thus flatten), but not an awful lot.
6. Bake for 10-12 minutes. These cookies will not look golden when they're done.

## 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

1. Preheat oven to 325°F.
2. Line a baking sheet with parchment paper.
3. In a medium bowl combine almond flour, low sodium salt, baking soda, and cinnamon.
4. Mix well, breaking up any lumps.
5. In a small bowl, Place coconut oil, vanilla, almond extract or flavoring whisk until well combined.
6. Add wet ingredients to dry ingredients and stir until combined...add stevia
7. 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.

8. 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.
9. Store in an airtight container. Can be frozen.

# 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

1. Pre-heat oven to 350 degrees F.
2. In a large bowl, combine almond butter, stevia, egg, baking soda, and low sodium salt until well incorporated.
3. Add apple, spices, and ginger and stir to combine.
4. 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.
5. Bake about 10 minutes, or until slightly set.
6. Remove cookies and allow to cool on pan for about 5-10 minutes. Then finish cooling on a cooling rack.

## 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

1. In a large saucepan, combine the, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes.
2. 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.
3. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.
4. 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.

## 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

1. Heat oven to 170 degrees Celsius (338F)
2. Grease 10 muffin pans with coconut oil.
3. Beat eggs with electric beaters.
4. Add coconut flour, baking soda and cacao powder.
5. Beat well and add stevia
6. Add melted coconut oil, cacao butter and mix.
7. Spoon mixture into 10 greased muffin pans.
8. Bake for 12-15 minutes until risen and top springs back.



9. Cool in pans.
10. Beat the solid coconut cream with electric beaters until creamy. Add honey to taste if you wish.
11. Pipe coconut cream onto top of cakes.

## 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

1. Combine all the ingredients, except for the coconut, in the food processor. Whip until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.
2. Line a mini muffin tin with plastic wrap.
3. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.”
4. Freeze until well formed.
5. Remove mounds from plastic and tin and flip for presentation.
6. Sprinkle with shredded coconut.

## 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

1. In the pot, gently melt the cocoa butter on low (number 2)
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
3. Add vanilla, and stevia and whisk in well
4. Add the cocoa powder and whisk in well
5. 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
6. Pour into the 8 x 8 pan that is lined with parchment paper
7. Refrigerate for 1 – 2 hours
8. When solid, pull the parchment paper out of the pan.
9. 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!

## 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

1. 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.
2. 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)
3. 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)
4. Melt the chocolate chips in a double boiler along with the cacao butter
5. Dip each truffle in the melted chocolate, one at the time, and place them back on the pan with parchment paper
6. Top with chopped almonds and refrigerate until the chocolate is firm

## 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

1. Add the egg, avocado and coconut milk to a small food processor and process until very smooth and process until very smooth and creamy.
2. Add cacao powder, carob powder, low sodium salt, cinnamon and protein powder and process again until well combined and creamy.
3. Add hazelnuts and shredded coconut and give a few extra spins until the hazelnuts are reduced to tiny little pieces.
4. Serve immediately or refrigerate until ready to serve.
5. Garnish with a little dollop of coconut cream and cacao nibs or shredded coconut and crushed hazelnuts.
6. This will keep in the refrigerator for a few days in an airtight container.

## 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

1. Preheat oven to 180C fan (350F).
2. Grease a pie/tart pan.
3. In a clean mixing bowl, beat the egg whites and cream of tartar until stiff peaks form. Set aside.
4. In another mixing bowl, cream the egg yolks, chestnut flour, ground almonds, stevia, raw cacao, baking soda and coconut milk.
5. Fold in the egg whites and blend until the white is no longer showing.
6. Pour into the pie/tart mold.
7. Sprinkle with crushed chestnuts, if desired.
8. Bake for 35-40 minutes on the middle rack.

# 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

1. Preheat your oven to 350° and grease a 8 x 8 baking dish.

### Make the topping:

1. Pulse the walnuts in a food processor 10-12 times or until they are coarse crumbs.
2. Add the remaining ingredients and pulse 2-3 more times until combined. Set aside.
3. 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.
4. 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, like if you were making a pie crust.
5. In a small bowl, mix your wet cake ingredients (eggs through vanilla) and whisk until well combined.
6. 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.
7. Pour into the prepared baking dish and sprinkle the topping over, as evenly as you can.
8. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
9. Allow to cool, and enjoy!



## Peach and Almond Cake



### Ingredients

- 2 whole peaches
- 300g almond meal
- 6 eggs
- Stevia to taste
- 1 tsp baking soda

### Instructions

1. Cover the peaches in water in a saucepan and boil for about 2 hours.
2. Preheat the oven to 180 degrees Celsius and line the bottom of a 24cm pan with baking paper.
3. Lightly beat the eggs.
4. Blend the eggs and peaches (quarter them first) thoroughly in a food processor.
5. Add the rest of the ingredients to the food processor, again blending thoroughly.
6. Pour mixture into the lined tin and bake for roughly an hour.

## 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 tsp pure vanilla extract

- Stevia to taste

### Instructions

1. Preheat oven to 350 degrees F.
2. Oil the sides and bottom of 8 inch cake pan.
3. Line the bottom of the pan with parchment paper and set aside.
4. In a medium bowl, add dry ingredients. Use a sifter to ensure that all ingredients are blended well and that there are no lumps.
5. Add remaining ingredients (except nuts and optional salt) to dry ingredients and mix. Taste for sweetness and adjust if necessary.
6. Press (or spread with angled spatula) into an 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:

1. In a small bowl, blend coconut cream concentrate and water until smooth.
2. Add cacao powder, vanilla and stevia. Whisk until creamy.
3. Taste for sweetness and adjust if necessary. Drizzle over the cake.

# Best Ever Banana Surprise Cake



## Ingredients

### *Bottom Fruit Layer:*

- 2 tbsps coconut oil, melted
- 1 small banana, sliced, or ¼ cup blueberries for low carb version
- 2 tbsps walnut pieces \* optional, can omit for nut free.
- Stevia to taste
- 1 tsp ground cinnamon.

### *Top Cake Layer:*

- 2 eggs, beaten.
- Stevia to taste
- ¼ cup unsweetened coconut milk, or unsweetened almond milk.
- 1 tsp organic GF vanilla extract, or 1 tsp ground vanilla bean
- ½ tsp baking soda.
- 1 tsp apple cider vinegar.
- 1 small banana, mashed, or ¼ cup blueberries for lower carb version.
- ⅓ cup coconut flour

## Instructions

1. Preheat oven to 350 F, and lightly grease a 9 inch cake pan.
2. Place 2 tbsps coconut oil into cake pan, and put pan into preheating oven for a couple minutes to melt butter or oil. Once melted, make sure butter or oil is evenly distributed all over the bottom of the pan.
3. Sprinkle 2-4 drops stevia sweetener all over the melted oil.
4. Sprinkle 1 tsp cinnamon on top of sweetener layer.

5. Layer banana slices or blueberries on top of butter- sweetener layer, as seen in photo above. Add optional walnut pieces to fruit layer. Set aside.
  6. In a large mixing bowl combine all the “top cake layer” ingredients except for the coconut flour. Mix thoroughly, then add the coconut flour and mix well, scraping sides of bowl, and breaking up any coconut flour clumps.
  7. Spoon cake batter on top of fruit layer in cake pan
  8. Spread cake batter evenly across entire pan.
  9. Bake for 25 minutes or until top of cake is browned and center is set.
  10. Remove from oven and let cool completely.
  11. Use a butter knife between cake and edge of pan and slide around to loosen cake from pan. Turn cake pan upside down onto a large plate or serving platter.
  12. Slice and serve.
- Should be stored in fridge, if serving later.

## Coco – Walnut Brownie Bites



### Ingredients

- 2/3 cup raw walnut halves and pieces
- 1/3 cup unsweetened cocoa powder
- 1 tablespoon vanilla extract
- 1 to 2 tablespoons coconut milk
- 2/3 cups shredded unsweetened coconut

### Instructions

1. Pulse coconut in food processor for 30 seconds to a minute to form coconut crumbs. Remove from food processor and set aside.
2. Add unsweetened cocoa powder and walnuts to food processor, blend until walnuts become fine crumbs, but do not over process or you will get some kind of chocolate walnut butter.
3. Place in the food processor the cocoa walnut crumbs. Add vanilla. Process until mixture starts to combine.
4. Add coconut milk. You will know the consistency is right when the dough combines into a ball in the middle of the food processor.
5. If dough is too runny add a tablespoon or more cocoa powder to bring it back to a dough like state.
6. Transfer dough to a bowl and cover with plastic wrap. Refrigerate for at least 2 hours. Cold dough is much easier to work with. I left my dough in the fridge overnight. You could put it in the freezer if you need to speed the process up.

7. Roll the dough balls in coconut crumbs, pressing the crumbs gently into the ball. Continue until all dough is gone.

## Choco-coco Brownies



### Ingredients

- 6 Tablespoons of coconut oil
- 6 ounces of Sugar free Chocolate
- 4 Tablespoons of Packed Coconut Flour (20g)
- ¼ cup of Unsweetened Cocoa Powder (30g)
- 2 Eggs
- ½ teaspoon of Baking Soda
- ¼ teaspoon of low sodium salt
- Extra coconut oil for pan greasing
- Stevia to taste

### Instructions

1. Preheat the oven to 350F. Grease an 8x8 baking pan and line with parchment paper.
2. Ensure eggs are at room temperature. You may run them under warm water for about 10 seconds while shelled.
3. Gently melt the semisweet chocolate and oil in a double boiler. You may use the microwave at 50% heat at 30 second intervals with intermittent stirring.
4. Stir in unsweetened cocoa powder.
5. Sift together the superfine coconut flour, baking soda, stevia and low sodium salt.
6. Beat the eggs and add the dry ingredients. Beat until combined
7. Add the rest of the wet ingredients and beat until incorporated.
8. Pour the batter into the lined 8x8 pan.



9. Bake for 25-30 minutes at 350F until a toothpick inserted into the center of the batter comes out clean.
10. When done, remove from the oven and let cool in the pan for at least 15 minutes.

## 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

1. Preheat oven to 325F. Line a 9"x13" baking pan with wax paper or use a silicone baking pan.
2. 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.

3. Mix cocoa powder, baking soda, cream of tartar, low sodium salt and cinnamon.
4. Blend spinach, egg, together in a food processor or blender, until completely smooth (2-4 minutes).
5. Add coconut oil to food processor and process until full incorporated.
6. Add melted chocolate mixture and 3 or 4 drops stevia liquid to egg mixture slowly and processing/blending constantly.
7. Mix in dry ingredients and process/stir to fully incorporate.
8. Pour batter into prepared baking pan and spread out with a spatula.
9. Bake for 40 minutes. Cool completely in pan. Cut into squares.  
Enjoy!

## 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

1. Combine all ingredients in the food processor.
2. Whir until somewhat smooth.
3. Press into 8×8" glass baking dish.

## 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

1. Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt
2. In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.
3. Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.
4. Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan
5. bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.

## 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

1. Combine all ingredients in a food processor, and blend until smooth.
2. Stir in the nut bits
3. Pour into a well-greased pan about 8x8 inches
4. Bake at 325 for about 40 minutes.

# Tasty Zucchini Mushroom Bacon Pasta



Serves:4-6 max

Time:20 minutes

## Ingredients

- 5 cups spiralled zucchini
- 6 ounces bacon, chopped
- ½ onion, diced
- 8 ounces mushrooms, sliced
- 1 clove garlic, peeled and minced
- 1 teaspoon coconut amino
- sea salt and pepper, to taste

## Instructions

1. Place spiralled zucchini in inner pot of electric cooker.
2. Add enough water to barely cover the beans.
3. In an electric cooker, set to high for 1 to 2 minutes (fresh green beans)
4. Once cycle is complete, hit the Cancel button to turn off the heat.
5. Drain spiralled zucchini into a colander.
6. Set aside.
7. Add bacon, onions and garlic.
8. Add mushrooms a little later, in time for them to get soft, but before bacon is too crispy.
9. Once bacon is crispy, onions are translucent, and mushrooms are soft, either turn electric cooker off
10. Add spiralled zucchini back to the cooker add 1 teaspoon coconut amino and stir to combine.
11. Season to taste. Enjoy!





# Zucchini Pasta with Brussels Sprout Delight



Time:25 minutes

Serves:2-4 max

## Ingredients

- 3 zucchini (spiralised)
- 200gm Brussels Sprouts
- 2 tbsp olive oil
- Salt and Pepper

## Instructions

1. Preheat oven at 400°F
2. In a baking dish, sprinkle the olive oil on the zucchini and Brussel sprouts. Season with salt and pepper.
3. Then add the baking dish in oven and bake for 30 minutes by flip every 10 minutes
4. Add some salt and pepper if required
5. Serve warm or room temperature.

# Cheesy Shrimp Butternut Squash Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 1 butternut squash (spiralled)
- 2 tablespoons olive oil
- 1 pound shrimp, peeled and deveined
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

1. 2 cup raw cashew, (soaked for 2 hours)
2. 2 tablespoons nutritional yeast
3. 2 tablespoons freshly squeezed lemon juice
4. ¼ teaspoon garlic powder
5. ½ teaspoon salt (desired)
6. ¼ teaspoon freshly ground black pepper
7. ¼ cup water (desired)

## Instructions

1. Soak the raw cashew for 2 hours
2. Using a knife, chop the soaked cashew well into wet meal
3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the shrimp until pink, and then remove from pan.
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the butternut squash and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

# Cheesy Calamari Butternut Squash Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 1 butternut squash (spiralled)
- 2 tablespoons olive oil
- 1 pound squid, tentacles and tubes, sliced into rings
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

## Instructions

1. Soak the raw cashew for 2 hours
  2. Using a knife, chop the soaked cashew well into wet meal
  3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
  4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
  5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
  6. Serve.
- Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

#### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the squid until opaque for 3-4 minutes
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the butternut squash and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

# Cheesy Beef Butternut Squash Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 1 butternut squash (spiralled)
- 2 tablespoons olive oil
- 1 pound grass-feed ground beef
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

## Instructions

1. Soak the raw cashew for 2 hours
2. Using a knife, chop the soaked cashew well into wet meal

3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the beef until no longer pink for 3-4 minutes
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the butternut squash and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

# Cheesy Chicken Butternut Squash Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 1 butternut squash (spiralled)
- 2 tablespoons olive oil
- 1 pound grass-feed ground chicken
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

## Instructions

1. Soak the raw cashew for 2 hours



2. Using a knife, chop the soaked cashew well into wet meal
3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the chicken until no longer pink for 3-4 minutes
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the butternut squash and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

## **Cheesy Brocobeef Butternut Squash Pasta**



Time: 20 minutes

Serves: 3-4 max

### Ingredients

#### Pasta

- 1 butternut squash (spiralized)
- 2 tablespoons olive oil
- 1 pound grass-feed ground beef
- 200gm brocolli (chopped florets)

- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

### Instructions

1. Soak the raw cashew for 2 hours
2. Using a knife, chop the soaked cashew well into wet meal
3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the beef until no longer pink for 3-4 minutes
3. Next add onions, garlic, bell peppers, broccoli, cumin, chili powder, cooking until peppers and onions start to soften slightly for 4 minutes.

4. Add the butternut squash and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

# Cheesy Seafood Butternut Squash Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 1 butternut squash (spiralled)
- 2 tablespoons olive oil
- 20 clams
- 4 oz. sea scallops
- 4 oz. shrimp, peeled and deveined;
- 4 oz. cooked crab meat;
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper

- ¼ cup water (desired)

### Instructions

1. Soak the raw cashew for 2 hours
2. Using a knife, chop the soaked cashew well into wet meal
3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Add the scallops, shrimp, and crab meat; cook 6 minutes
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the clams, butternut squash and cashew cheese, stirring until evenly combined and cheese is melted for 6 to 8 minutes.
5. Serve and enjoy

# Cheesy Shrimp Rut-beet Pasta



Time: 20 minutes

Serves: 3-4 max

## Ingredients

### Pasta

- 2 rutabaga(spiralled)
- 2 beetroot (spiralled)
- 2 tablespoons olive oil
- 1 pound shrimp, peeled and deveined
- 3 bell peppers, sliced
- 2 garlic cloves, chopped
- 1 onion, sliced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons salt

### Cheese

- 1 cup cashew cheese, shredded

### Cashew Cheese

- 2 cup raw cashew, (soaked for 2 hours)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

## Instructions

1. Soak the raw cashew for 2 hours
2. Using a knife, chop the soaked cashew well into wet meal
3. Blend the chopped cashew, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the cashew cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the cashew cheese and add lemon, salt, and pepper to taste.
6. Serve. Cashew cheese will keep for up to 6 days in an airtight container in the fridge.

### For Pasta

1. Heat olive oil in a pot over high heat.
2. Cook the shrimp until pink, and then remove from pan.
3. Next add onions, garlic, bell peppers, cumin, chili powder, cooking until peppers and onions start to soften slightly for 2-3 minutes.
4. Add the rutabagas and beetroot and cashew cheese, stirring until evenly combined and cheese is melted.
5. Serve and enjoy

# Minestrone Beetroot Lasagne



Time: 40 minutes

Serving: 4-6 max

## Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 5 beetroot (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

## Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8



minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled beetroot continue cook the soup for 8 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

## Minestrone Parsnip Lasagne



Time: 40 minutes

Serving: 4-6 max

### Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 5 parsnip (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

### Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8

minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled parsnip continue cook the soup for 7 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

## Minestrone Jicama Lasagne



Time: 40 minutes

Serving: 4-6 max

### Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 6 jicama (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

### Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8

minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled jicama continue cook the soup for 7 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

# Minestrone Butternut Squash Lasagne



Time: 40 minutes

Serving: 4-6 max

## Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 2 butternut squash (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

## Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8 minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled butternut squash continue cook the soup for 8 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

## Minestrone Turnchini Lasagne



Time: 40 minutes

Serving: 4-6 max

### Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 3 zucchini (spiralled)
- 2 turnip (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

### Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed



4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8 minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.
5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled zucchini and turnip continue cook the soup for 3 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

# Glazystone Lasagne



Time: 40 minutes

Serving: 4-6 max

## Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 3 zucchini (spiralled)
- 2 beetroot (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

## Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8 minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled beetroot continue cook the soup for 4 minutes. Then add zucchini and cook for another 3 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

# Minestrone Munchy Squash Lasagne



Time: 40 minutes

Serving: 4-6 max

## Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 1 butternut squash (spiralled)
- 3 turnip(spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

## Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed

4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8 minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.
5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled butternut squash and turnip continue cook the soup for 8 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

## Sunstrone Lasagne



Time: 40 minutes

Serving: 4-6 max

### Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 1 butternut squash (spiralled)
- 3 beetroot (spiralled)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

### Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed
4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8

minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.

5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled butternut squash and beetroot continue cook the soup for 8 minutes. Add water if the soup gets too thick.
7. Serve in bowls and garnish with almond cheese

# Tasty Zucchieggplant Lasagne



Time: 40 minutes

Serving: 4-6 max

## Ingredients

- 2 tbsp olive oil
- 2 stalks celery, (diced)
- 1 large onion, (diced)
- 1 large carrot, (diced)
- 3 cloves garlic, (minced)
- 1 tsp dried oregano
- 1 tsp dried basil
- Sea salt and pepper, to taste
- 600gm tomatoes (blend)
- 4 cups bone broth
- 1 bay leaf
- 1/2 cup fresh spinach leaves
- 1 zucchini (spiralized)
- 1 gold beet(spiralized)
- 2 eggplant(spiralized)
- 1/3 cup finely grated almond cheese
- 1-2 tbsp fresh pesto (optional)

## Instructions

1. Set Instant Pot to saute mode. Add olive oil, onion, carrot, celery and garlic. Mix until softened.
2. Add basil, oregano, salt and pepper.
3. Blend diced tomatoes until well pureed



4. Add tomato paste, bone broth, spinach, bay leaf, and pasta. Close lid and set to manual high pressure for 6 minutes. It will take about 8 minutes for the Instant Pot to reach high pressure, then it will cook for 6 minutes.
5. When timer goes off, let sit for 1-2 minutes. Then set to quick pressure release to vent steam.
6. Add in spiralled eggplant and gold beet continue cook the soup for 6 minutes. Then add zucchini and cook for another 3 minutes. Add water if the soup gets too thick.
7. Add water if the soup gets too thick.
8. Serve in bowls and garnish with almond cheese

## Magic Pasta



Time:40 mins

Serves:3-4 max

### Ingredients

#### Pasta

- 1 large zucchini(spiralled)
- 2 rutabaga(spiralled)
- 360gm Swiss Brown Mushroom(sliced)
- Salt and pepper (to taste)
- Fresh parsley (for garnish)

#### Almond Cheese

- 2 cup raw almond, (soaked overnight, drained, and rinsed)
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt (desired)
- ¼ teaspoon freshly ground black pepper
- ¼ cup water (desired)

#### Meatballs

- 1 pound organic ground chicken (grass fed)
- 3 tablespoons fresh cilantro(chopped)
- 5 tablespoon parsley(chopped)
- ½ teaspoon ground pepper
- 4 cloves garlic (chopped)
- ½ ginger (chopped)
- 1 medium onion (finely chopped)
- 1 teaspoon salt

- 1 egg
- ¼ cup arrowroot flour

### Sauce

- 1 medium onion(sliced)
- 1 tbsp olive oil
- ¼ cup bone broth
- ½ cup coconut amino
- 1 lemon(juiced)
- 1 cup tomato (pureed)
- 1 tablespoon grass-feed butter
- 2 cloves garlic(chopped)
- 1 teaspoon red pepper flakes
- Pinch of cinnamon
- Pinch of pepper and salt

### Instructions

#### For Meatball

1. Blend all the meatball ingredients using processor
2. Make ball sized meatballs with mixture and place on baking sheet
3. Bake for 20-30 minutes or until it turns golden brown

#### For Tomato Sauce

1. In a saucepan, add the olive oil and heat over medium heat.
2. Sauté the onion and garlic for 1-2 minutes.
3. Then, add the sliced mushroom and cook until water has leached then evaporated, and the mushrooms start to turn golden around 5 minutes.
4. Then, add the coconut amino, bone broth, tomato puree, red pepper flakes, cinnamon and a pinch of salt and pepper.
5. Stir for a few minutes, then add the lemon juice and grass-feed butter let it thicken and become glossy

#### For pasta

1. In a skillet, heat the olive oil over medium heat. Sauté the spiralled rutabaga for 4 minutes. Then, add the spiralled zucchini and sauté for another 3 minutes.
2. Then, coat the spiralled vegetables with tomato sauce until well coated, and season with salt and pepper.
3. Transfer the noodles to a large platter and top up with baked meatballs.

4. Garnish with the 2 tbsp. shredded almond cheese and parsley

#### For Almond Cheese

1. Soak the raw almond overnight.
2. Using a knife, chop the soaked almond well into wet meal
3. Blend the chopped almond, nutritional yeast, lemon juice, garlic powder, salt, and pepper in a food processor for 10 seconds. While blending drizzle some water.
4. Scrape the sides of the food processor down with a spatula. Continue blend for a full 1-2 minutes until the almond cheese is smooth and thick; add a tablespoon of extra water if needed.
5. Taste the almond cheese and add lemon, salt, and pepper to taste.
6. Serve. Almond cheese will keep for up to 6 days in an airtight container in the fridge.

# Zucchini Pesto Noodles with Baked Meatballs



Time:40 mins

Serves:3-4 max

## Ingredients

### Pasta

- 3 large zucchini(spiralled)
- Salt and pepper (to taste)
- Fresh basil leaves (for garnish)

### Meatballs

- 1 pound organic ground beef (grass fed)
- ½ cup diced pineapple
- ½ cup parsley
- ½ teaspoon ground pepper
- 4 cloves garlic (chopped)
- 1 medium onion (finely chopped)
- 1 teaspoon salt
- 1 egg
- ¼ cup arrowroot flour

### Pesto

- 50gm cashew nuts (roasted)
- 20gm sunflower seed(roasted)
- ½ cup pumpkin seed(toasted)
- 1 ripe avocado
- ½ tsp lime juice
- 1 tsp chia seeds
- salt to taste

## Instructions

### For Meatball

1. Blend all the meatball ingredients using processor
2. Make ball sized meatballs with mixture and place on baking sheet
3. Bake for 20-30 minutes or until it turns golden brown

### For Pesto

1. Soak the chia seed in 4 tbsp water for 15 minutes
2. Add all the ingredients except chia to the food processor and puree until smooth.
3. Mix the soaked chia seed with the guacamole until it combines well

### For pasta

1. Toss the zucchini with pesto until well coated, and season with salt and pepper.
2. Transfer the pesto noodles to a large platter and top up with the baked meatballs.
3. Garnish with the fresh basil

# Glazing Cheers Zucchini Pesto Noodles with Baked Meatballs



Time:40 mins

Serves:3-4 max

## Ingredients

### Pasta

- 3 large zucchini(spiralled)
- Salt and pepper (to taste)
- Fresh basil leaves (for garnish)
- 200gm cherry tomatoes

### Meatballs

- 1 pound organic ground beef (grass fed)
- ½ cup diced pineapple
- ½ cup parsley
- ½ teaspoon ground pepper
- 4 cloves garlic (chopped)
- 1 medium onion (finely chopped)
- 1 teaspoon salt
- 1 egg
- ¼ cup arrowroot flour

### Pesto

- 50gm cashew nuts (roasted)
- 20gm sunflower seed(roasted)
- ½ cup pumpkin seed(toasted)
- 1 ripe avocado
- ½ tsp lime juice

- 1 tsp chia seeds
- salt to taste

## Instructions

### For Meatball

1. Blend all the meatball ingredients using processor
2. Make ball sized meatballs with mixture and place on baking sheet
3. Bake for 20-30 minutes or until it turns golden brown

### For Pesto

1. Soak the chia seed in 4 tbsp water for 15 minutes
2. Add all the ingredients except chia to the food processor and puree until smooth.
3. Mix the soaked chia seed with the guacamole until it combines well

### For pasta

1. Toss the zucchini with pesto until well coated, and season with salt and pepper.
2. Transfer the pesto noodles to a large platter and top up with the cherry tomatoes baked meatballs.
3. Garnish with the fresh basil



## Seafoodlicious Magic Pasta



Serves:4 max

Time:55 minutes

### Ingredients

#### Fish Stock

- 4 white cod fish heads
- 2 carrots(juliened)
- 1 celery(chopped)
- 1 bay leaf
- bunch of parsley with stems
- 6 cups of water

#### Paella

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper - sliced
- 1 green bell pepper - sliced
- large pinch saffron threads
- 2 zucchini (spiralled)
- 1 parsnip(spiralled)
- 1 $\frac{3}{4}$  cups filtered water
- $\frac{1}{4}$  tsp ground turmeric
- 2 tsp sea salt
- 1 cup of seafood (squid, meaty white fish, scallops)
- 2 cups of mixed shellfish (clams, mussels, shrimp)

### Instructions

#### Fish Stock

1. Add all the ingredients to Instant Pot
2. Set on HIGH for 5 minutes

3. When timer goes off, use NPR to release pressure

### Paella

1. In a pressure cooker, add the olive oil and heat over medium heat
2. Add onions and peppers and saute until onions soften, about 2-3 minutes.
3. Stir in the saffron, spiralled zucchini, parsnip and seafood and sauté for 4 minutes.
4. Then add stock, turmeric, salt, and mix well.
5. Arrange the shellfish on top and do not mix further.
6. Close and lock the lid of the pressure cooker.
7. Cook at high pressure for 6 minutes.
8. When timer is up, use natural pressure release (NPR) method.
9. If NPR doesn't release pressure in 15 minutes, release the pressure manually by opening the vent valve.
10. After the pressure is completely released, open the lid, mix the paella well, cover and let stand for 1 minute before serving.

# Seafoodlicious Beet-Zucchpars Pasta



Serves:4 max

Time:55 minutes

## Ingredients

### Fish Stock

- 4 white cod fish heads
- 2 carrots(juliened)
- 1 celery(chopped)
- 1 bay leaf
- bunch of parsley with stems
- 6 cups of water

### Paella

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper - sliced
- 1 green bell pepper - sliced
- 1beetroot (spiralled)
- 2 zucchini (spiralled)
- 1 parsnip(spiralled)
- 1<sup>3</sup>/<sub>4</sub> cups filtered water
- <sup>1</sup>/<sub>4</sub> tsp ground turmeric
- 2 tsp sea salt
- 1 cup of seafood (squid, meaty white fish, scallops)
- 2 cups of mixed shellfish (clams, mussels, shrimp)

## Instructions

### Fish Stock

1. Add all the ingredients to Instant Pot
2. Set on HIGH for 5 minutes
3. When timer goes off, use NPR to release pressure

### Paella

1. In a pressure cooker, add the olive oil and heat over medium heat
2. Add onions and peppers and saute until onions soften, about 2-3 minutes.
3. Stir in the spiralled beetroot, and seafood and sauté for 7 minutes.
4. Then add stock, turmeric, salt, and mix well.
5. Arrange the shellfish on top and do not mix further.
6. Close and lock the lid of the pressure cooker.
7. Cook at high pressure for 6 minutes.
8. When timer is up, use natural pressure release (NPR) method.
9. If NPR doesn't release pressure in 15 minutes, release the pressure manually by opening the vent valve.
10. After the pressure is completely released, open the lid, mix the paella well, cover and let stand for 1 minute before serving.

## Seafoodlicious Ring oh Pasta



Serves:4 max

Time:55 minutes

### Ingredients

#### Fish Stock

- 4 white cod fish heads
- 1 carrots(juliened)
- 1 celery(chopped)
- 1 bay leaf
- bunch of parsley with stems
- 6 cups of water

#### Paella

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper - sliced
- 1 green bell pepper - sliced
- 1 zucchini (spiralled)
- 1 parsnip (spiralled)
- 1 beetroot(spiralled)
- 1¾ cups filtered water
- ¼ tsp ground turmeric
- 2 tsp sea salt
- 1 cup of seafood (squid, meaty white fish, scallops)
- 2 cups of mixed shellfish (clams, mussels, shrimp)

### Instructions

#### Fish Stock

1. Add all the ingredients to Instant Pot
2. Set on HIGH for 5 minutes
3. When timer goes off, use NPR to release pressure

### Paella

1. In a pressure cooker, add the olive oil and heat over medium heat
2. Add onions and peppers and saute until onions soften, about 2-3 minutes.
3. Stir in the spiralled beetroot, rutabaga, zucchini and seafood and sauté for 8 minutes.
4. Then add stock, turmeric, salt, and mix well.
5. Arrange the shellfish on top and do not mix further.
6. Close and lock the lid of the pressure cooker.
7. Cook at high pressure for 6 minutes.
8. When timer is up, use natural pressure release (NPR) method.
9. If NPR doesn't release pressure in 15 minutes, release the pressure manually by opening the vent valve.
10. After the pressure is completely released, open the lid, mix the paella well, cover and let stand for 1 minute before serving.

# Seafoodlicious Butternut Squash Parsnip Pasta



Serves:4 max

Time:55 minutes

## Ingredients

### Fish Stock

- 4 white cod fish heads
- 1 carrots(juliened)
- 1 celery(chopped)
- 1 bay leaf
- bunch of parsley with stems
- 6 cups of water

### Paella

- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 1 cup black olives
- 1 butternut squash(spiralled)
- 1 parsnip(spiralled)
- 1<sup>3</sup>/<sub>4</sub> cups filtered water
- ¼ tsp ground turmeric
- 2 tsp sea salt
- 1 cup of seafood (squid, meaty white fish, scallops)
- 2 cups of mixed shellfish (clams, mussels, shrimp)

## Instructions

### Fish Stock

1. Add all the ingredients to Instant Pot
2. Set on HIGH for 5 minutes
3. When timer goes off, use NPR to release pressure

## Paella

1. In a pressure cooker, add the olive oil and heat over medium heat
2. Add onions and sauté until onions for, about 2 minutes.
3. Stir in the spiralled butternut squash, parsnip, olives and seafood and sauté for 8 minutes.
4. Then add stock, turmeric, salt, and mix well.
5. Arrange the shellfish on top and do not mix further.
6. Close and lock the lid of the pressure cooker.
7. Cook at high pressure for 6 minutes.
8. When timer is up, use natural pressure release (NPR) method.
9. If NPR doesn't release pressure in 15 minutes, release the pressure manually by opening the vent valve.
10. After the pressure is completely released, open the lid, mix the paella well, cover and let stand for 1 minute before serving.



## About the Author

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 and 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!



*Anti-Inflammatory*  
Best Holiday Paleo Keto Cupcake  
Recipes

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By:

Beran Parry



## Foreword

One of the most frequent objections I hear about the Paleo Diet is that the ingredients cost too much. There`s a definite perception out there that the Paleo Diet is somehow too expensive and unaffordable. But what if that simply isn`t true? What if it`s possible to enjoy all the incredible benefits of smart nutrition and stay easily within your usual food budget range? Not only is it possible, it`s highly desirable and I`m going to show you how.

The recipes in this fabulous book will also show you how to enjoy mealtimes to the max and still fuel your body with the best nutrition it can get. This is how to celebrate Thanksgiving and Xmas in style! Celebrate with great food and totally natural weight loss. Enjoy every single mouthful from this stellar collection of super-nutritious recipes and feel energised as your body burns off the excess fat. Celebrate your return to the smartest way to feed your body. Make Thanksgiving a day to remember as you celebrate the gift of your health and a naturally leaner, trimmer, healthier body. And that`s something you can celebrate every single day;

Our bodies haven`t changed much since those ancient days so we know how tough it is on our digestive systems to feed ourselves with sugars and carbs and processed food that upsets the balance of our digestive systems and leads to inflammation throughout our bodies. Sounds serious but it`s such an easy problem to solve. Our bodies developed and prospered on a diet that was free from processed foods, that was low on carbs, that rarely contained any kind of sugar or dairy products. We thrived on a diet of protein and fat and ate lots of plants and vegetables.

Thanksgiving and Xmas are just around the corner and it`s time to break out the party hats and celebrate this important day with truly delicious food that will boost your health and still melt away the excess pounds. Wait a second. Did you just say `delicious food` and `melt away the excess pounds`? At the same time? Is that really possible? Oh, yes it is! That`s exactly right. Now you can enjoy the most wonderful meals and still burn off the weight, say goodbye to your old belly fat, boost your health, have a great time and feel amazing. And how do we do that? Easy. All you need is the new **Best**

**Holiday Paleo Keto Cupcake Recipes.** You see, your body knows exactly what it needs to be strong and lean and healthy.

# Table of Contents

[Foreword](#)

[Acknowledgements FOR MY PALEO AND RECIPE RESEARCH](#)

[Preface](#)

[Chapter 1](#)

[About Beran](#)

[Chapter 2](#)

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

[Chapter 3](#)

[Epigenetics + Long Term Eating Behaviours = Your Present Weight Level](#)

[Chapter 4](#)

[You are now Managing Director of Your Paleo Delicious Life. Inc.](#)

[The Paleo Delicious Epigenetic Shopping Guide](#)

[Chapter 5](#)

[PALEO CUPCAKES](#)

- [1. Celebratory Chocolate Hazelnut Cupcakes](#)
- [2. Bursting Banana Cupcakes \(nut-free\) with Whipped White Chocolate Sesame Frosting](#)
- [3. Lovely Lemon Cupcakes with Lemon Frosting \(2 Variations\)\(Nut-Free\)](#)
- [4. Sexy Red Velvet Chocolate Cupcakes With Coconut-Cherry Glaze](#)
- [5. Party Pink Velvet Cupcakes with Vanilla Frosting](#)
- [6. Perfect Paleo Bananacado Fudge Cupcakes](#)
- [7. Chocolate Cupcakes with Coconut Cream Filling](#)
- [8. Delish APPLE PIE CUPCAKES WITH CINNAMON FROSTING](#)
- [9. Paleo Sticky Date Pudding Cupcakes](#)
- [10. Pumpkin Coco Cupcakes with creamy cinnamon filling](#)
- [11. Bursting Banana Choco Cupcakes](#)

- [12. Jam and 'Cream' Cupcakes](#)
- [13. Delicious YELLOW CUPCAKE RECIPE](#)
- [14. Perfect Pear & Nutmeg Cupcakes](#)
- [15. Vanilla Paleo Cupcakes](#)
- [16. Xmas Chocolate Chip Cupcakes](#)
- [17. Boston Cream Pie Cupcake Bonanza](#)
- [18. VANILLA BEAN CUPCAKES WITH MOCHA BUTTERCREAM](#)
- [19. Meaty Meatloaf Cupcakes](#)
- [20. Gushing Guava Cupcakes with Whipped Guava Frosting](#)
- [21. Blushing BLUEBERRY MUFFIN RECIPE](#)
- [22. Healthy Carrot Ginger Muffins](#)
- [23. Pecan Muffins](#)
- [24. Perfect Pizza Muffins](#)
- [25. Sweet Potato Muffins](#)
- [26. Zesty Zucchini Muffins](#)
- [27. Cozy Coconut Flour Muffins](#)
- [28. Lemon Mousse Mouthwatering Cupcakes](#)
- [29. Sexy Savory Muffins](#)
- [30. Molten Lava Chocolate Cupcake](#)
- [31. Party Carrot Cupcakes](#)
- [32. Cinnamon Chocolate Chip Muffins](#)
- [33. Strawberry Shortcake Cupcakes](#)
- [34. Thin Mint Mini Cupcakes](#)
- [35. Lemon-Coconut Petit Fours](#)
- [36. Blushing Blueberry Cupcakes](#)
- [37. Delicious Morning Cupcakes](#)
- [38. Cheerful COFFEE CUPCAKE](#)
- [39. Luscious Lemon Poppy Seed Cupcake](#)
- [40. Strawberry chia Cupcake](#)



- [41. Triple Coconut Cupcakes](#)
- [42. Lemon-Coconut Muffins](#)
- [43. Chocolate Banana Muffins](#)
- [44. Delicious English Cupcakes](#)
- [45. Amazing ALMOND FLOUR Cupcakes](#)
- [46. Delightful Cinnamon Apple Muffins](#)
- [47. Healthy Breakfast Bonanza Muffins](#)
- [48. Delish Banana Nut Muffins](#)
- [49. Paleo Vanilla Cupcakes](#)
- [50. Apple Cinnamon Muffins](#)

# ACKNOWLEDGEMENTS FOR MY PALEO AND RECIPE RESEARCH

The inspiration to write this book began more than thirty years ago when I embarked on my first nutritional science courses under the tutelage of Dr Boris Chaitow in South Africa. During the past three decades, I have been most fortunate to receive the guidance, teachings and encouragement of some immensely talented and dedicated doctors and professors. It has been a fascinating journey of exploration, the pathway lit by the giants of natural medicine and naturopathic nutrition. More recently, my studies in the field of Functional Medicine have proved immensely helpful and I would like to pay tribute to the genius, courage and dedication of the following specialists who have assisted me enormously in my quest to share the life-changing knowledge contained in this book.

Among them are Dr Boris Chaitow, Debra Waterhouse, Dr Christiane Northrup, Dr Carolyne Dean, Dr Vasant Lad, Dr Mona Lisa Shulz, Dr Loren Cordain, Dr Patrick Vercammen and Dr Ron Grisanti.

I would particularly like to acknowledge the shining inspiration of a truly remarkable doctor who has been a constant source of knowledge, encouragement and inspiration. Dr Ann Lannoye, a Functional Medicine Specialist and member of the Institute of Functional Medicine, has been a most generous and tireless source of knowledge and enthusiasm for the benefits of Functional Medicine. She provided the inspiration to link my nutritional and eating behaviour work with the Functional Diagnostic Medicine and the analysis of Epigenetic Expression. Dr Lannoye's extensive knowledge and scientific rigour have been one of the major cornerstones of our next book about Functional Medicine in which I hope to have Dr Lannoye join me as a contributor and authority. My functional medicine research and its conclusions have been so fundamental to my understanding of intelligent nutrition, that I undertook studies at the Functional Medicine University in South Carolina. Dr

Ron Grisanti has been a most generous provider of case study information in these vitally important subjects.

I am also delighted to announce a series of further projects with Dr Ann Lannoye and Greg Parry PhD, also based in the field of Functional Medicine. We are scheduling a series of international seminars, professional training courses and wellbeing conventions. If you would like to know more go to...

## Preface

The amazing Paleo Ketogenic Diet did not appear magically overnight or out of thin air. It's the result of many years of research, trial, tribulation and intensive investigation. Despite studying nutrition intensively for over 30 years, I found that I never really reached the permanent weight loss that I wanted. No matter how much weight I lost, I was never really where I wanted to be with my weight.

That has got to be one of the greatest frustrations you can experience when you're trying to get your weight under control. There was usually some initial success but then there'd be some unexpected relapse and this made me realise that there had to be a lot more to real, sustainable weight loss than just following the latest fad or fashion in dieting.

But I never gave up.

If permanent weight loss and becoming a leaner, healthier version of myself was really possible, I was going to find out how to do it. Safely, scientifically and effectively. And that meant more studying, more learning, more experiments, more trials, more creativity, inventing, developing. I approached the problem from every possible angle.

I researched countless scientific studies, the psychological aspects of food choice, the psychology of eating disorders, genetic analysis, functional medicine, naturopathic principles and ayurvedic medicine until a clear picture finally emerged of how to really manage weight issues.

I slowly refined and toned and developed the entire system that has become the Paleo Delicious Diet. It's what you're holding in your hands right now. It's been a long journey but the effort was totally worthwhile. Finally, we've got the smart way for your body to function the way that Nature intended.

My final personal leaner more delicious transformation began seven years ago. After 3 decades of never quite getting there from a weight loss point of view, I decided that enough was enough! It was now or never reaching my real weight loss goals. I knew there was a skinner, more energised, healthier version of me just waiting to get out! With my family's history of

weight problems and issues with eating behaviour, plus my own experience of yo-yo dieting and a penchant for delicious food, this was the moment to put my twenty five years of knowledge to the toughest test.

The guinea pig for this extraordinary experiment? You guessed it. Me! I decided it was time to get really serious about my weight loss programme and finally unleash the skinnier new me. I used everything I'd learned, applied the methods I'd been investigating and the pounds slipped away.

And they stayed away. Forever.

I'd finally made all the connections between the different functions of the body and discovered how to eliminate the garbage and toxins from our cells. I'd identified the worst toxins that poison our food. I knew how to create a natural, healthy environment in the gut. I'd discovered how to feed the body with the essential nutrients that would promote natural weight loss and all-round health. In the final phase of my experiment, I learned about the epigenetics revolution from some incredible Doctors of Functional Medicine like Dr Ann Lannoye.

Then I devised a program and over 200 recipes based on using this scientific feedback. During this process of creating a completely effective formula for sustainable weight control a skinnier new me emerged. Finally! It was a long journey, but I learned so much in every moment of it, and now I am going to share some of the Holiday Recipes with YOU.

The Paleo Ketogenic Holiday Recipes for Beginners has already helped countless numbers of people just like you who were looking for a real alternative to all the crazy ideas about weight management.

The Paleo Delicious way of eating enables me to look you in the eye and say I KNOW this WORKS. And now you can enjoy the benefits yourself and become your best body weight and realise your own skinnier potential. And keep it forever!

**Let's Start**



## My Story

### Chapter 1

#### **About Beran**

As a Bestselling Diet, Nutrition and Fitness Author, with over 20 bestselling Amazon Books to her credit, Beran Parry is passionate about helping YOU permanently improve YOUR Midlife Health, Weight and Wellbeing!

She is fully Certified (Distinction) in Nutritional Therapy, Advanced Diet and Weight Loss, Exercise Physiology and a Pilates Master Teacher.

After helping thousands of women with their Midlife weight and wellbeing challenges, she can help YOU transform your life forever!

Beran has also trained over 100 Pilates Teachers Worldwide, she is also a Face Pilates Specialist, a Yoga Teacher and has studied with the Top Functional Medicine Doctor in Europe.

#### **Beran's Story**

I am a Thyroid Cancer Survivor. I have had a Subtotal Thyroidectomy and been taking synthetic thyroid hormone for over 17 years. I have gained and lost 50 pounds 3 times in my life!

Despite a slow Metabolism, I lost almost 20 pounds during the midlife transition to menopause by simply following my own detailed and precisely targeted research process, a program that has resulted in a complete

transformation of my energy levels, my weight, my body shape, my mental and emotional wellbeing and my ability to fully engage and enjoy life!

I had the worst time ever 18 years ago.....

In 1999, I had the worst year ever when my mother needed emergency lifesaving open heart surgery, I discovered a thyroid malignancy, I also had major personal relationship challenges and a miscarriage due to non-functioning thyroid and hormone imbalance issues!

Imagine a year where your mother is seriously ill, you get a malignancy diagnosis, you suffer a miscarriage, your marriage is in crisis and you hate your work so much that you feel ill just going to the office every day! That happened to me! The year before I thought everything was wonderful! Fabulous marriage, successful career in finance, although I was having low thyroid symptoms and not realizing it!

A huge feeling of despondency and depression descended on me. I now understand fully what its like to feel utterly devastated with life at every level, my health, my weight, my family's health, my marriage, my job and my emotional framework

Fast forward to 2000 and I really had to sit down and take stock of my life, undergo thyroid removal surgery, deal with low metabolism symptoms, patch up the marriage and admit that my office work was affecting my health!

In 2001, I decided to change my life completely, went back to school to restudy Nutrition, Professional Fitness, Pilates, Yoga and Holistic Therapies and I became a Pilates and Reiki Master.

2002-2012

Things went reasonably well during this period of intense study, research and consulting, but I never quite got to the peak health I wanted, because there were clearly post menopausal issues as well as functional medical issues with inflammatory processes in my gut! and I ended up with quite sensational health challenges post menopause in 2013!

In the past, I suffered from irritable bowel syndrome and in 2013 I had a major healing crisis which affected my nervous system and I was unable to work for 6 months. It became the most challenging yet most exciting educational experience of my life as I discovered functional medicine and

created a new eating and supplement plan that healed all my inflammation and nervous system symptoms.

The reason this REALLY excited me was because during my research I discovered through functional medicine that my new way of eating had already helped SO MANY ILL PEOPLE with so many challenging conditions besides obesity. These included auto immune issues, cardiovascular issues, malignancies, hormonal issues, and SO MUCH MORE!

Now I am physically and mentally stronger than I was in my 20's,30's and 40's

My life has been full of challenges and learning experiences on many levels: personally, professionally, through menopause and through many emotional challenges and spiritual quests..... but it has ALL made me SO MUCH STRONGER THAN I EVER WAS!





## **My One Major Reoccurring Challenge**

I gained over 50 lbs three times in my life during divorce, pregnancy and trans-Atlantic house moves and each time I recovered and lost even more weight to end up at 10 pounds below my teenage weight for the last 10 years!!! During these intense learning experiences, I discovered SO MANY INTERESTING ways I can help you with your quest for excellent wellbeing!

I now live with my best ever body shape, eat a varied, delicious and plentiful diet, exercise and meditate joyously each day and love my life with passion, peace, energy and joy.

I believe that YOU TOO can live YOUR LIFE with passion, peace, energy and joy!

We are going to work together to change behaviors and MAKE THIS HAPPEN FOR YOU!

My passion in life is to dedicate myself to facilitating this same kind of change in anyone who has been through health challenges, particularly around midlife, and I love to inspire real and permanent change and transformation within every person that I work with. It's my raison d'être  
Now, I specialize in helping anyone with Midlife Health and Weight Issues to achieve their personal life and health goals through mindset, habits, exercise and nutritional programs based on functional medicine concepts.  
I always advocate holistic wellbeing, healthy lifestyles, the safest and most effective ways for sustained weight loss, Pilates, yoga and body weight training and paleo/keto nutrition.

Daily, I lecture, consult and coach all over the world via skype and in person to empower others to achieve their lifelong health ambitions and turn their goals and dreams into reality

I also run Ultimate Midlife Detox and Boot Camp Retreats around the world to get YOUR Body and Health into its BEST SHAPE EVER!

Now I am dedicating my life and knowledge to help you create YOUR very BEST Wellbeing and Weight Loss Programs

Beran Parry is passionate about helping people around the world reach their wellbeing, fitness, health and weight loss goals;

She is a certified and specialized Nutritional therapist and Advanced Diet and Weight Loss Consultant. She also holds certifications in Exercise Physiology, Pilates, Reiki and EFT.

Beran is also a Master Pilates Trainer, a face Pilates specialist and yoga teacher and a meditation and EFT therapist.

Beran resides in Spain but constantly travels to the USA, UK, Belgium, South Africa and Germany to lecture, consult and lead wellbeing retreats for an international audience. She also consults via skype, telephone, email, video chats and at her local facilities.

**As a special seasonal gift I would like to offer you my 5 day Paleo Detox at a 50% discount to do before or after the Holiday Season. It contains the following exciting elements**

**Delicious Recipes,  
Stunning Detox Menu's,  
Detoxifying Pilates Exercise Videos,  
A Daily Detox Face Pilates Program,  
Guided Detox Meditations,  
FREE Bonus Recipe Books,  
FREE Stress Release System**

**Here is more info and the coupon code**

**<https://beranparry.com/midlife-fatburn-detox>**

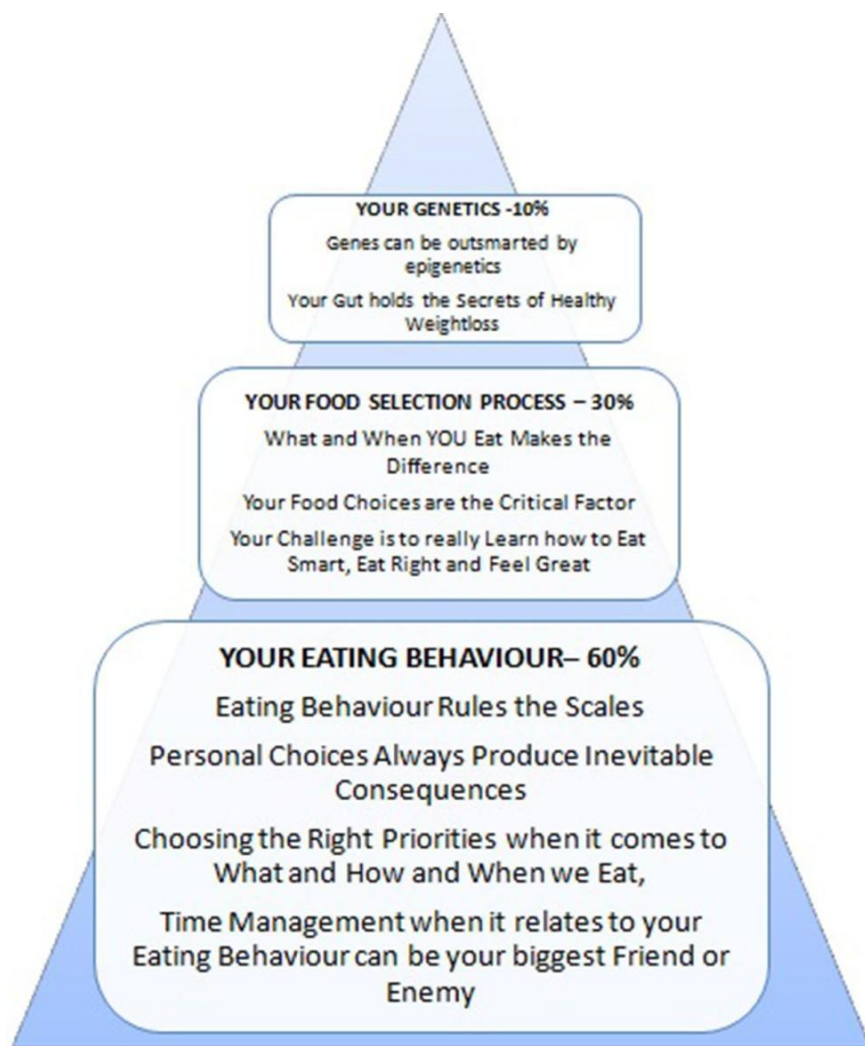


## Chapter 2

### **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.

PALEO 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**

In my Book you will learn about how willpower influences your weight!. This is really amazing info and you need it if you want to lose weight permanently.

### **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. 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.

**Eating when your body doesn't need the fuel.**

Overweight people are also prone to problems with “emotional eating” or cravings. 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.

## **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.

#### **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!



## **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

### **Epigenetics + Long Term Eating Behaviours = Your Present Weight Level**

We really believe that knowledge is power and we want you to understand as much about this important subject as possible. Being armed with the best information will strengthen your understanding of how to master your weight issues, take away all that ridiculous and unnecessary guilt about being overweight and prepare you for a newer, happier, skinnier you.

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.

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.

**The Three Golden Food Rules!...** Weight loss is all about insulin

4. Eating Lean..... protein but plenty good quality fat
5. Eat Clean...pure non processed food!
6. Eat Mean.... but only when it comes to sugar and grains!

### **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 Vegan Option**

In a world of unhealthy and even toxic food choices, we shouldn't be surprised that the Vegan diet is associated with lots of positive health benefits. Vegans typically experience lower cholesterol levels, lower blood pressure and less body fat than their meat-eating counterparts. And this might be an important clue about the Vegan success story. If we've been consuming garbage consistently for years and our bodies are suffering from toxic overload, the Vegan diet is a great way to cleanse, heal and restore the digestive system to its natural condition and give our bodies a welcome break from the daily diet of tasty toxins.

## Chapter 4

### **You are now Managing Director of Your Paleo Delicious Life. Inc.**

Welcome to Your brand new and exciting career! You are now Managing Director of Your Paleo Delicious Life. Inc. Congratulations. It's simply the Best Job in the Whole World and now it's yours.

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.

### **The Paleo Delicious 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 priority foods in the Paleo Delicious Diet

The next three items ALL SHARE EQUAL PRIORITY

#### **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?

## **Priority #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 small quantities and we recommend that you eat sparingly grapes, mango, tropical and dried fruit especially during the three-week detox phase.

## **Priority #3: Healthy Fats**

Healthy fats make up the last items 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 delicious 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 so 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.

# Chapter 5

## PALEO CUPCAKES

### 1. 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
- 1/2 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!

## 2. 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!

### 3. 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 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 ¾ 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!

#### 4. 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.



## 5. 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  $\frac{1}{4}$  cup at a time until well mixed

Scoop your batter into muffin liners in a muffin pan. Fill each well  $\frac{2}{3}$  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

## 6. 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.

## 7. 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.

## 8. 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!



## 9. 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 tsp 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.

10. 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.

## 11. 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.

## 12. 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!!!



### 13. 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!

## 14. 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.

## 15. Vanilla Paleo Cupcakes



### **Ingredients:**

#### Apple Cakes:

4 tablespoons (or  $\frac{1}{4}$  cup) of Grass-Fed/Clarified Butter or Extra Virgin Coconut Oil

$\frac{1}{2}$  cup Unsweetened Applesauce

4 Eggs

1 teaspoon Vanilla Extract

5 drops stevia liquid (May need a few more – please taste test)

$\frac{3}{4}$  cup Almond Flour

2 teaspoons Cinnamon

$\frac{1}{2}$  teaspoon Baking Powder

$\frac{1}{8}$  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  $\frac{1}{4}$  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.

## 16. 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-fuls, 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!

## 17. 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.

## 18. 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)

### **Insytructions**

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.

## 19. 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.

## 20. Gushing Guava Cupcakes with Whipped Guava Frosting



### Ingredients

For the Cake

$\frac{3}{4}$  cup (120g) of [Coconut Flour](#)

$\frac{3}{4}$  cup (96g) of [Tapioca Flour](#)

$\frac{3}{4}$  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)

$\frac{1}{2}$  cup of Concentrated [Guava Puree](#) ('applesauce thick')

6 Eggs

1 teaspoon of Lime Juice

$1\frac{1}{2}$  teaspoon of Cream of Tartar

$\frac{3}{4}$  teaspoon of Baking Soda

$\frac{1}{2}$  teaspoon of low sodium Salt

For the Whipped Guava Frosting

$\frac{3}{4}$  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)

$\frac{1}{2}$  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!



## 21. 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.

## 22. 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.

## 23. 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 batter (coconut flour is a difficult flour to work with, check out some tips [here](#)).

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.

## 24. 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.

## 25. 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!

## 26. 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



## 27. 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!**

## 28. 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.

## 29. 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 ¾ 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.

### 30. 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!

## 31. 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.

## 32. 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.

### 33. 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  $\frac{3}{4}$  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.

## 34. 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

### 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.

## 35. 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

1/4 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.



## 36. Blushing Blueberry Cupcakes



### **Ingredients:**

1/2 cup almond flour

1/2 cup coconut flour

1/2 cup hazelnut flour

1 tbsp coconut sugar

1 tsp baking soda

¼ tsp low sodium salt

3 eggs

3 tbsp unsweetened almond milk

5 drops stevia liquid (May need a few more – please taste test)

1 tsp vanilla extract

½ cup blueberries

### **Instructions**

Preheat oven to 350°.

Combine dry ingredients (both flours, sugar, baking soda, and salt) into a bowl and mix.

In a separate bowl, whisk eggs together; add milk, stevia and vanilla and stir.

Fold wet ingredients into dry ingredients.

Stir in the blueberries by hand.

Line muffin tin with muffin liners and spray each one with a bit of nonstick spray (optional but recommended).

Pour batter evenly to your cupcake tray

Bake for 10-15 minutes or until batter is no longer in liquid form.

Drizzle with extra stevia if desired.

Enjoy!

## 37. Delicious Morning Cupcakes



### Ingredients

1/3 cup mashed sweet potato

3 eggs

¼ 5 drops stevia liquid (May need a few more – please taste test)

1 teaspoon pure vanilla extract

1 cup grated carrot (1 large)

1 cup grated apple (½ large Fuji)

2 teaspoons fresh ginger, peeled and grated, optional

2 cups blanched [almond flour](#)

1 cup unsweetened [shredded coconut](#) (or [flaked coconut](#))

2/3 cup raisins

2/3 cup raw walnuts, chopped

2 teaspoons ground cinnamon

1 teaspoon baking powder

¼ teaspoon baking soda

½ teaspoon low sodium salt

### Instructions

Preheat the oven to 350 degrees F and line a 12-cupcake tray with baking cups.

Whisk together the mashed sweet potato, eggs, stevia, grated carrot, apple, and ginger until well-combined (wet ingredients).

In a separate mixing bowl, stir together the almond flour, raisins, walnuts, cinnamon, baking powder, baking soda, and salt (dry ingredients).

Pour the dry mixture into the bowl with the wet mixture and stir well until a thick batter forms.

using an ice cream scoop or small measuring cup, scoop batter into the lined muffin tray, filling the cups 3/4 of the way up.

Place cupcake tray on the center rack in the preheated oven and bake for 30 to 35 minutes, until cupcake test clean when poked with a toothpick.

Allow cupcakes to cool at least 20 minutes before moving them down < - if you try to eat the cupcakes before letting them cool, they will stick to the cupcake cups like whoa.

38. [Cheerful COFFEE CUPCAKE](#)



**Cupcake Ingredients:**

6 eggs

1/4 cup ghee

1/4 cup coconut flour

1/4 cup water chestnut flour 2 Tbsp grade B stevia 2 Tbsp vanilla

5 drops stevia liquid (May need a few more – please taste test)

1/4 tsp low sodium salt

1/2 tsp cinnamon

**Topping Ingredients:**

1/2 cup pecans (chopped)

5 drops stevia liquid (May need a few more – please taste test)

4 Tbsp [ghee](#)

2 Tbsp almond flour ([where to buy almond flour](#))

1 tsp [cinnamon](#)

1/8 tsp [low sodium salt](#)

**Instructions**

Preheat oven to 350 degrees.

Put [eggs](#) in a large mixing bowl and mix thoroughly with an immersion blender until frothy.

Add remaining ingredients and mix well.

Fill muffin pan evenly (should make 1 dozen).

Place in oven and set timer for 20 minutes.

Now combine ingredients for the topping in a separate bowl.

At the 20 minute mark take out the muffins and add the topping evenly between all the muffins.

Put them back in the oven for another 10 minutes.

Broil for an additional 2 minutes and remove quickly.

Let cool.

Enjoy with a hot cup of coffee! Ok, I guess I'll let you do tea if you insist



### 39. Luscious Lemon Poppy Seed Cupcake



#### Ingredients

1 1/4 cup almond flour

2 tbs coconut flour

1 tbs poppy seeds

1 tsp baking soda

1 tsp baking powder

1/4 tsp low sodium salt

5 drops stevia liquid (May need a few more – please taste test)

1/4 cup fresh lemon juice, plus the zest of 1 lemon

3 eggs whisked

3 tbs coconut oil

1 tsp vanilla extract

#### Instructions

Preheat oven to 350-degrees F

In a small bowl, mix all the wet ingredients together

In a medium bowl, combine all the dry ingredients

Now pour the wet ingredients into the dry ingredients bowl, and stir into a batter

Let batter set for a few minutes, then stir it again

Grease a muffin tin or use muffin liners and fill each well or cup about two-thirds full

Bake about 15-20 minutes, or until a toothpick inserted into a muffin comes out clean

Serve and enjoy!

## 40. Strawberry chia Cupcake



### Ingredients

½ c + 2 tbsp (56g) coconut flour ([measured correctly](#))

1 tsp [xanthan gum](#)

¾ tsp baking powder

¾ tsp baking soda

¼ tsp low sodium salt

1 tbsp (13g) [chia seeds](#)

1 tbsp (5g) lemon zest (about one medium)

1 tbsp (14g) coconut oil or unsalted butter, melted

1 large egg, room temperature

1 tsp vanilla extract

¼ c (60g) plain nonfat Greek yogurt

¼ c (60mL) [agave](#)

3 tbsp (45mL) freshly squeezed lemon juice (about one medium-large)

½ c (120mL) unsweetened vanilla almond milk

2 scoops (84g) vanilla protein powder

1 c (140g) frozen unsweetened strawberries, thawed slightly and diced

### Instructions

Preheat the oven to 350°F, and lightly coat 9 standard-sized muffin cups with nonstick cooking spray.

Whisk together the coconut flour, xanthan gum, baking powder, baking soda, salt, chia seeds, and lemon zest in a medium bowl. In a

separate bowl, whisk together the coconut oil or butter, egg, and vanilla. Stir in the Greek yogurt until no large lumps remain. Stir in the agave, lemon juice, and almond milk. Mix in the protein powder. Add in the coconut flour mixture, stirring until fully incorporated. Let the batter rest for 10 minutes. Gently fold in the diced strawberries

Divide the batter between the prepared muffin cups. Bake at 350°F for 25-28 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before carefully turning out onto a wire rack.

Notes: Any milk (cow, soy, cashew, etc.) may be used in place of the almond milk.

I have only tried this recipe with [this protein powder](#). Not all protein powders absorb liquids equally. If the batter seems too dry after letting it rest, add additional milk 1 tablespoon at a time. If the batter seems too wet, add additional coconut flour 1 teaspoon at a time.

## 41. Triple Coconut Cupcakes



### Ingredients

- 1 cup [almond flour](#)
- 3 tbsp [coconut flour](#)
- 1 cup [shredded coconut](#)
- 1½ tsp baking powder
- ¼ tsp low sodium salt
- 5 drops stevia liquid (May need a few more – please taste test)
- 4 eggs, separated
- ¼ cup coconut oil
- 1 tbsp vanilla extract

### Instructions

Preheat the oven to 350F. Grease a muffin tin or line with muffin cups.

Combine almond flour, coconut flour, shredded coconut, salt and baking powder in a medium mixing bowl.

Mix the egg yolks, stevia, coconut oil and vanilla extract in a small mixing bowl. Add to the almond flour mixture and combine thoroughly.

Using a hand mixer, whip the egg whites until they form stiff peaks.

Stir the egg whites into the rest of the ingredients, spoon the batter into the muffin tin.

Bake for 25 minutes (or until the tops are nicely browned and a tester comes out clean).

## 42. Lemon-Coconut Muffins



### **Ingredients**

- 1 1/4 cup almond flour
- 1 cup shredded unsweetened coconut
- 2 tbs coconut flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp low sodium salt
- 5 drops stevia liquid (May need a few more – please taste test)
- 1/3 cup fresh lemon juice, plus the zest of 1 lemon
- 1/4 cup full-fat coconut milk
- 3 eggs, whisked
- 3 tbs coconut oil
- 1 tsp vanilla extract

### **Instructions**

Preheat oven to 350° F

In a small bowl, mix all the wet ingredients together

In a medium bowl, combine all the dry ingredients

Now pour the wet ingredients into the dry ingredients bowl, and stir into a batter

Let batter set for a few minutes, then stir it again

Grease a muffin tin or use silicone muffin liners (paper liners not recommended) and fill each well or cup about two-thirds full

Bake about 18-23 minutes. *Test for doneness* > insert toothpick into muffin center; if it comes out clean they're done

Serve and enjoy!

## 43. Chocolate Banana Muffins



### Ingredients

2 medium super ripe bananas (each banana was 185 grams with the peel and 143 grams without)

5 drops stevia liquid (May need a few more – please taste test)

2 teaspoon vanilla extract

2 eggs

1/4 cup (56 grams) [refined coconut oil](#), melted<sup>1</sup>

200 grams (~2 cups but please weigh!) [blanched almond flour](#)

3 tablespoons (27 grams) [coconut flour](#)

1/3 cup (42 grams) [Dutch process cocoa powder](#)

1 teaspoon baking soda

1/4 teaspoon low sodium salt

1 cup (180 grams) semi-sweet chocolate chips (use [Enjoy Life chocolate chips](#) for dairy-free)

additional mini chocolate chips for sprinkling, if desired

### Directions

Preheat the oven to 350°F (175°C) and line a muffin tin with 12 muffin liners.

In a large bowl, mash the bananas with the bottom of a glass. They should almost be like a puree.

Add the stevia and vanilla and stir.

Add in the eggs and oil and stir until well combined.

In a medium bowl, mix together the almond flour, coconut flour, cocoa powder, baking soda and salt.

Stir just until combined and then stir in the chocolate chips.



Spoon the batter into the muffin liners and sprinkle on additional chocolate chips, if desired.

Bake for 18 minutes or until a toothpick inserted in the center comes out clean. Be careful not to confuse a melted chocolate chip with the batter.

Let the muffins cool for 5 minutes in the pan and then turn out onto a wire rack to cool completely.

Place in an airtight container and store in the refrigerator for up to 5 days.

#### Notes

Use can use unrefined coconut oil if you don't mind a slight coconut taste.

## 44. 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 (I use a [3¾" round 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.

## 45. Amazing ALMOND FLOUR Cupcakes



### **Ingredients:**

2-1/2 cups almond flour or almond meal

¾ tsp baking soda

½ tsp low sodium salt

3 large eggs

⅓ 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 ½ 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.

## 46. 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.

## 47. Healthy Breakfast Bonanza Muffins



### **Ingredients:**

8 eggs

1 cup diced broccoli

1 cup diced onion

1 cup diced mushrooms

low sodium salt and pepper, to taste

This recipe makes 8 muffins.

### **Instructions:**

Preheat oven to 350 degrees F.

Dice all vegetables. You can add more or less of any of them, but keep the overall portion of vegetables the same for best results.

In a large mixing bowl, whisk together eggs, vegetables, low sodium salt, and pepper.

Pour mixture into a greased muffin pan, the mixture should evenly fill 8 muffin cups.

Bake 18-20 minutes, or until a toothpick inserted in the middle comes out clean.

Serve and enjoy! Leftovers can be saved in the refrigerator throughout the week.

## 48. 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.



## 49. 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

## 50. 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.



# The Paleo Keto

# Coconut Flour Cookbook

## Delicious Dishes for a Delectable Body

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By:  
Beran Parry



## Foreword

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One of the most frequent objections I hear about the Paleo Diet is that the ingredients cost too much. There`s a definite perception out there that the Paleo Diet is somehow too expensive and unaffordable. But what if that simply isn`t true? What if it`s possible to enjoy all the incredible benefits of smart nutrition and stay easily within your usual food budget range? Not only is it possible, it`s highly desirable and I`m going to show you how.

The recipes in this fabulous book will also show you how to enjoy mealtimes to the max and still fuel your body with the best nutrition it can get. This is how to celebrate Thanksgiving and Xmas in style! Celebrate with great food and totally natural weight loss. Enjoy every single mouthful from this stellar collection of super-nutritious recipes and feel energised as your body burns off the excess fat. Celebrate your return to the smartest way to feed your body. Make Thanksgiving a day to remember as you celebrate the gift of your health and a naturally leaner, trimmer, healthier body. And that`s something you can celebrate every single day;

Our bodies haven`t changed much since those ancient days so we know how tough it is on our digestive systems to feed ourselves with sugars and carbs and processed food that upsets the balance of our digestive systems and leads to inflammation throughout our bodies. Sounds serious but it`s such an easy problem to solve. Our bodies developed and prospered on a diet that was free from processed foods, that was low on carbs, that rarely contained any kind of sugar or dairy products. We thrived on a diet of protein and fat and ate lots of plants and vegetables.

Thanksgiving and Xmas are just around the corner and it`s time to break out the party hats and celebrate this important day with truly delicious food that will boost your health and still melt away the excess pounds. Wait a second. Did you just say `delicious food` and `melt away the excess pounds`? At the same time? Is that really possible? Oh, yes it is! That`s exactly right. Now you can enjoy the most wonderful meals and still burn off the weight, say goodbye to your old belly fat, boost your health, have a great time and feel amazing. And how do we do that? Easy. All you need is the new **The Paleo**

**Keto Coconut Flour Cookbook** You see; your body knows exactly what it needs to be strong and lean and healthy.

# Table of Contents

[Foreword](#)

[Acknowledgements For My Paleo And Recipe Research](#)

[Preface](#)

[Chapter 1](#)

[About Beran](#)

[Chapter 2](#)

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

[Chapter 3](#)

[Epigenetics + Long Term Eating Behaviours = Your Present Weight Level](#)

[Chapter 4](#)

[You are now Managing Director of Your Paleo Delicious Life. Inc.](#)

[The Paleo Delicious Epigenetic Shopping Guide](#)

[CHAPTER 5](#)

[Coconut Flour Info and Recipes](#)

[How to Cook with Coconut Flour](#)

[1. Beautiful Butternut Pitta Surprise](#)

[2. Perfect Paleo Loaf](#)

[3. Carrot Coconut Surprise](#)

[4. Relishing Raisin Bread](#)

[5. Luscious Lemon Delight](#)

[6. Sexy Sweet Potato](#)

[7. Cheeky Coconut Loaf](#)

[8. Heavenly Herb Flatbread](#)

[9. Cozy Coconut Flour Muffins](#)

[10. Naked Chocolate Cake](#)

[11. Blueberry Sponge Roll Surprise](#)

[12. Lemon Mousse Mouthwatering Cupcakes](#)



- [13. Chocolate Raspberry Cake Delight](#)
- [14. Strawberry Dashing Doughnuts](#)
- [15. Perfect Plantain Cake Surprise](#)
- [16. Lemon Blueberry Cake Delight](#)
- [17. Delicious Coconut Flour Cake with Strawberry Surprise](#)
- [18. Titillating Berry Trifle](#)
- [19. Lemon-Coconut Petit Fours](#)
- [20. Gingerbread Cream Delight](#)
- [21. Mouthwatering Coconut Custard Cake](#)
- [22. Cranberry Orange Upside Down Revolution](#)
- [23. Baked Vanilla Cardamom Delights](#)
- [24. Pumpkin Cream Cookies](#)
- [25. Sexy Savory Muffins](#)
- [26. Delicious Lady Fingers](#)
- [27. Cheeky Coconut Chocolate Cookies](#)
- [28. Scrumptious Peanut Butter Parcels](#)
- [29. Chocolaty Pumpkin Muffins](#)
- [30. Succulent Shortbread Cookies](#)
- [31. Tasty Coconut Pancakes](#)
- [32. Fluffy Coconut Flour Waffles](#)
- [33. Sexy Savory Pannukakku](#)
- [34. Fudgy Coconut Flour Brownies](#)
- [35. Delectable Pumpkin Bars](#)
- [36. Mouthwatering Lemon Bars](#)
- [37. Yummy Pumpkin Bars](#)
- [38. Delicious Coconut Biscuits](#)
- [39. Temptingly Perfect Plantain Drop](#)
- [40. Onion Herb Coconut Biscuits](#)
- [41. Oniony Delishy Biscuits](#)
- [42. Crisp Coconut Flour Tortillas](#)

- [43. Easy Delish Pizza Crust Recipe](#)
- [45. Coconut Pretty Pizza Crust](#)
- [45. Creamy Appetizing Croissant](#)
- [46. Delicious Gnocchi Balls](#)
- [47. Crispy Coconut Crackers](#)
- [48. Tempting Custard Pie](#)
- [49. Nutritious Paleo Tortillas](#)
- [50. Luscious Chocolate-Caramel Brownies](#)
- [Bibliography](#)

## Acknowledgements For My Paleo And Recipe Research

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The inspiration to write this book began more than thirty years ago when I embarked on my first nutritional science courses under the tutelage of Dr Boris Chaitow in South Africa. During the past three decades, I have been most fortunate to receive the guidance, teachings and encouragement of some immensely talented and dedicated doctors and professors. It has been a fascinating journey of exploration, the pathway lit by the giants of natural medicine and naturopathic nutrition. More recently, my studies in the field of Functional Medicine have proved immensely helpful and I would like to pay tribute to the genius, courage and dedication of the following specialists who have assisted me enormously in my quest to share the life-changing knowledge contained in this book.

Among them are Dr Boris Chaitow, Debra Waterhouse, Dr Christiane Northrup, Dr Carolyne Dean, Dr Vasant Lad, Dr Mona Lisa Shulz, Dr Loren Cordain, Dr Patrick Vercammen and Dr Ron Grisanti.

I would particularly like to acknowledge the shining inspiration of a truly remarkable doctor who has been a constant source of knowledge, encouragement and inspiration. Dr Ann Lannoye, a Functional Medicine Specialist and member of the Institute of Functional Medicine, has been a most generous and tireless source of knowledge and enthusiasm for the benefits of Functional Medicine. She provided the inspiration to link my nutritional and eating behaviour work with the Functional Diagnostic Medicine and the analysis of Epigenetic Expression. Dr Lannoye's extensive knowledge and scientific rigour have been one of the major cornerstones of our next book about Functional Medicine in which I hope to have Dr Lannoye join me as a contributor and authority. My functional medicine research and its conclusions have been so fundamental to my understanding of intelligent nutrition, that I undertook studies at the Functional Medicine University in South Carolina. Dr

Ron Grisanti has been a most generous provider of case study information in these vitally important subjects.

I am also delighted to announce a series of further projects with Dr Ann Lannoye and Greg Parry PhD, also based in the field of Functional Medicine. We are scheduling a series of international seminars, professional training courses and wellbeing conventions. If you would like to know more go to...

## Preface

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The amazing Paleo Ketogenic Diet did not appear magically overnight or out of thin air. It's the result of many years of research, trial, tribulation and intensive investigation. Despite studying nutrition intensively for over 30 years, I found that I never really reached the permanent weight loss that I wanted. No matter how much weight I lost, I was never really where I wanted to be with my weight.

That has got to be one of the greatest frustrations you can experience when you're trying to get your weight under control. There was usually some initial success but then there'd be some unexpected relapse and this made me realise that there had to be a lot more to real, sustainable weight loss than just following the latest fad or fashion in dieting.

But I never gave up.

If permanent weight loss and becoming a leaner, healthier version of myself was really possible, I was going to find out how to do it. Safely, scientifically and effectively. And that meant more studying, more learning, more experiments, more trials, more creativity, inventing, developing. I approached the problem from every possible angle.

I researched countless scientific studies, the psychological aspects of food choice, the psychology of eating disorders, genetic analysis, functional medicine, naturopathic principles and ayurvedic medicine until a clear picture finally emerged of how to really manage weight issues.

I slowly refined and toned and developed the entire system that has become the Paleo Delicious Diet. It's what you're holding in your hands right now. It's been a long journey but the effort was totally worthwhile. Finally, we've got the smart way for your body to function the way that Nature intended.

My final personal leaner more delicious transformation began seven years ago. After 3 decades of never quite getting there from a weight loss point of view, I decided that enough was enough! It was now or never reaching my real weight loss goals. I knew there was a skinner, more energised, healthier version of me just waiting to get out! With my family's history of

weight problems and issues with eating behaviour, plus my own experience of yo-yo dieting and a penchant for delicious food, this was the moment to put my twenty five years of knowledge to the toughest test.

The guinea pig for this extraordinary experiment? You guessed it. Me! I decided it was time to get really serious about my weight loss programme and finally unleash the skinnier new me. I used everything I'd learned, applied the methods I'd been investigating and the pounds slipped away.

And they stayed away. Forever.

I'd finally made all the connections between the different functions of the body and discovered how to eliminate the garbage and toxins from our cells. I'd identified the worst toxins that poison our food. I knew how to create a natural, healthy environment in the gut. I'd discovered how to feed the body with the essential nutrients that would promote natural weight loss and all-round health. In the final phase of my experiment, I learned about the epigenetics revolution from some incredible Doctors of Functional Medicine like Dr Ann Lannoye.

Then I devised a program and over 200 recipes based on using this scientific feedback. During this process of creating a completely effective formula for sustainable weight control a skinnier new me emerged. Finally! It was a long journey, but I learned so much in every moment of it, and now I am going to share some of the Holiday Recipes with YOU.

The Paleo Ketogenic Holiday Recipes for Beginners has already helped countless numbers of people just like you who were looking for a real alternative to all the crazy ideas about weight management.

The Paleo Delicious way of eating enables me to look you in the eye and say I KNOW this WORKS. And now you can enjoy the benefits yourself and become your best body weight and realise your own skinnier potential. And keep it forever!

**Let's Start**



## My Story

### Chapter 1

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#### About Beran

As a Bestselling Diet, Nutrition and Fitness Author, with over 20 bestselling Amazon Books to her credit, Beran Parry is passionate about helping YOU permanently improve YOUR Midlife Health, Weight and Wellbeing!

She is fully Certified (Distinction) in Nutritional Therapy, Advanced Diet and Weight Loss, Exercise Physiology and a Pilates Master Teacher.

After helping thousands of women with their Midlife weight and wellbeing challenges, she can help YOU transform your life forever!

Beran has also trained over 100 Pilates Teachers Worldwide, she is also a Face Pilates Specialist, a Yoga Teacher and has studied with the Top Functional Medicine Doctor in Europe.

#### **Beran's Story**

I am a Thyroid Cancer Survivor. I have had a Subtotal Thyroidectomy and been taking synthetic thyroid hormone for over 17 years. I have gained and lost 50 pounds 3 times in my life!

Despite a slow Metabolism, I lost almost 20 pounds during the midlife transition to menopause by simply following my own detailed and precisely

targeted research process, a program that has resulted in a complete transformation of my energy levels, my weight, my body shape, my mental and emotional wellbeing and my ability to fully engage and enjoy life!

I had the worst time ever 18 years ago.....

In 1999, I had the worst year ever when my mother needed emergency lifesaving open heart surgery, I discovered a thyroid malignancy, I also had major personal relationship challenges and a miscarriage due to non-functioning thyroid and hormone imbalance issues!

Imagine a year where your mother is seriously ill, you get a malignancy diagnosis, you suffer a miscarriage, your marriage is in crisis and you hate your work so much that you feel ill just going to the office every day! That happened to me! The year before I thought everything was wonderful! Fabulous marriage, successful career in finance, although I was having low thyroid symptoms and not realizing it!

A huge feeling of despondency and depression descended on me. I now understand fully what its like to feel utterly devastated with life at every level, my health, my weight, my family's health, my marriage, my job and my emotional framework

Fast forward to 2000 and I really had to sit down and take stock of my life, undergo thyroid removal surgery, deal with low metabolism symptoms, patch up the marriage and admit that my office work was affecting my health!

In 2001, I decided to change my life completely, went back to school to restudy Nutrition, Professional Fitness, Pilates, Yoga and Holistic Therapies and I became a Pilates and Reiki Master.

2002-2012

Things went reasonably well during this period of intense study, research and consulting, but I never quite got to the peak health I wanted, because there were clearly post menopausal issues as well as functional medical issues with inflammatory processes in my gut! and I ended up with quite sensational health challenges post menopause in 2013!

In the past, I suffered from irritable bowel syndrome and in 2013 I had a major healing crisis which affected my nervous system and I was unable to work for 6 months. It became the most challenging yet most exciting



educational experience of my life as I discovered functional medicine and created a new eating and supplement plan that healed all my inflammation and nervous system symptoms.

The reason this REALLY excited me was because during my research I discovered through functional medicine that my new way of eating had already helped SO MANY ILL PEOPLE with so many challenging conditions besides obesity. These included auto immune issues, cardio vascular issues, malignancies, hormonal issues, and SO MUCH MORE!

Now I am physically and mentally stronger than I was in my 20's,30's and 40's

My life has been full of challenges and learning experiences on many levels: personally, professionally, through menopause and through many emotional challenges and spiritual quests..... but it has ALL made me SO MUCH STRONGER THAN I EVER WAS!



## **My One Major Reoccurring Challenge**

I gained over 50 lbs three times in my life during divorce, pregnancy and trans-Atlantic house moves and each time I recovered and lost even more weight to end up at 10 pounds below my teenage weight for the last 10 years!!! During these intense learning experiences, I discovered SO MANY INTERESTING ways I can help you with your quest for excellent wellbeing!

I now live with my best ever body shape, eat a varied, delicious and plentiful diet, exercise and meditate joyously each day and love my life with passion, peace, energy and joy.

I believe that YOU TOO can live YOUR LIFE with passion, peace, energy and joy!

We are going to work together to change behaviors and MAKE THIS HAPPEN FOR YOU!

My passion in life is to dedicate myself to facilitating this same kind of change in anyone who has been through health challenges, particularly around midlife, and I love to inspire real and permanent change and transformation within every person that I work with. It's my raison d'être  
Now, I specialize in helping anyone with Midlife Health and Weight Issues to achieve their personal life and health goals through mindset, habits, exercise and nutritional programs based on functional medicine concepts.  
I always advocate holistic wellbeing, healthy lifestyles, the safest and most effective ways for sustained weight loss, Pilates, yoga and body weight training and paleo/keto nutrition.

Daily, I lecture, consult and coach all over the world via skype and in person to empower others to achieve their lifelong health ambitions and turn their goals and dreams into reality

I also run Ultimate Midlife Detox and Boot Camp Retreats around the world to get YOUR Body and Health into its BEST SHAPE EVER!

Now I am dedicating my life and knowledge to help you create YOUR very BEST Wellbeing and Weight Loss Programs

Beran Parry is passionate about helping people around the world reach their wellbeing, fitness, health and weight loss goals;

She is a certified and specialized Nutritional therapist and Advanced Diet and Weight Loss Consultant. She also holds certifications in Exercise Physiology, Pilates, Reiki and EFT.

Beran is also a Master Pilates Trainer, a face Pilates specialist and yoga teacher and a meditation and EFT therapist.

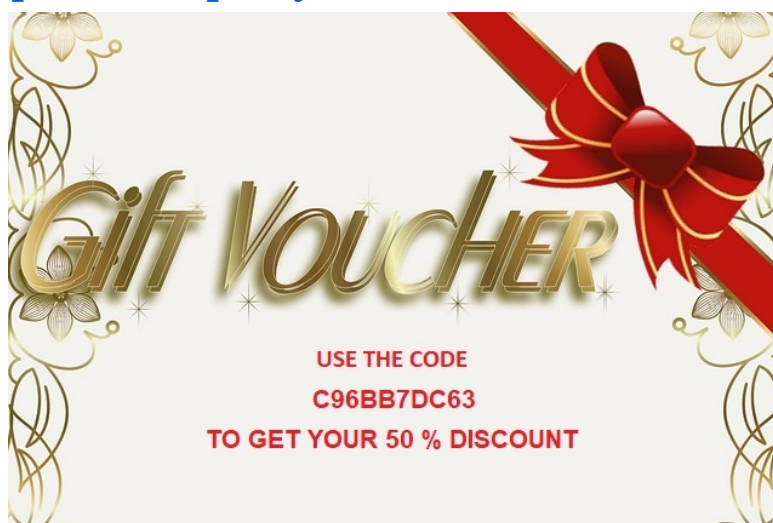
Beran resides in Spain but constantly travels to the USA, UK, Belgium, South Africa and Germany to lecture, consult and lead wellbeing retreats for an international audience. She also consults via skype, telephone, email, video chats and at her local facilities.

**As a special seasonal gift I would like to offer you my 5 day Paleo Detox at a 50% discount to do before or after the Holiday Season. It contains the following exciting elements**

**Delicious Recipes,  
Stunning Detox Menu's,  
Detoxifying Pilates Exercise Videos,  
A Daily Detox Face Pilates Program,  
Guided Detox Meditations,  
FREE Bonus Recipe Books,  
FREE Stress Release System**

**Here is more info and the coupon code**

**<https://beranparry.com/midlife-fatburn-detox>**



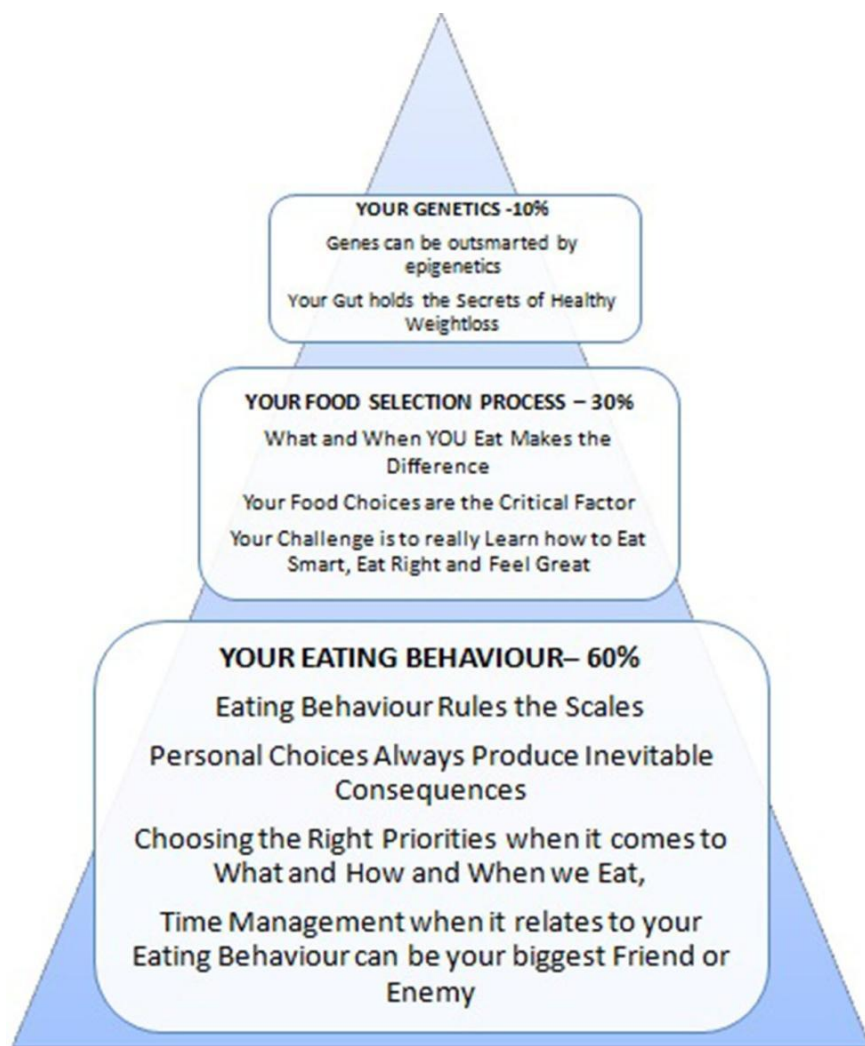
## Chapter 2

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### 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.

PALEO 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**

In my Book you will learn about how willpower influences your weight!. This is really amazing info and you need it if you want to lose weight permanently.

### **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. 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.

**Eating when your body doesn't need the fuel.**

Overweight people are also prone to problems with “emotional eating” or cravings. 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.

## **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.

#### **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!

## **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

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### Epigenetics + Long Term Eating Behaviours = Your Present Weight Level

We really believe that knowledge is power and we want you to understand as much about this important subject as possible. Being armed with the best information will strengthen your understanding of how to master your weight issues, take away all that ridiculous and unnecessary guilt about being overweight and prepare you for a newer, happier, skinnier you.

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.

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.

**The Three Golden Food Rules!...** Weight loss is all about insulin

7. Eating Lean..... protein but plenty good quality fat
8. Eat Clean...pure non processed food!
9. Eat Mean.... but only when it comes to sugar and grains!

### **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 Vegan Option**

In a world of unhealthy and even toxic food choices, we shouldn't be surprised that the Vegan diet is associated with lots of positive health benefits. Vegans typically experience lower cholesterol levels, lower blood pressure and less body fat than their meat-eating counterparts. And this might be an important clue about the Vegan success story. If we've been consuming garbage consistently for years and our bodies are suffering from toxic overload, the Vegan diet is a great way to cleanse, heal and restore the digestive system to its natural condition and give our bodies a welcome break from the daily diet of tasty toxins.

## Chapter 4

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### You are now Managing Director of Your Paleo Delicious Life. Inc.

Welcome to Your brand new and exciting career! You are now Managing Director of Your Paleo Delicious Life. Inc. Congratulations. It's simply the Best Job in the Whole World and now it's yours.

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.

### The Paleo Delicious 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 priority foods in the Paleo Delicious Diet

The next three items ALL SHARE EQUAL PRIORITY

#### **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?

## **Priority #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 small quantities and we recommend that you eat sparingly grapes, mango, tropical and dried fruit especially during the three-week detox phase.

## **Priority #3: Healthy Fats**

Healthy fats make up the last items 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 delicious 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 so 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.



## Chapter 5

# Coconut Flour Info and Recipes

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### **Why use coconut flour?**

As more and more people discover the many health benefits of coconut flour, it has grown its popularity in the market against the other flours. It is very nutritious in addition to its many uses as a delicious, **gluten-free**, and healthy alternative to other flours.

### **What are its health benefits?**

According to researches, **Coconut** flour is high in [fiber](#), protein, and healthy fats and is free from wheat and other grains, which is popular in Paleo diet. It is also low in sugar, digestible **carbohydrates** and calories, and has a low score on the glycemic index.

This is why Coconut flour is used by **paleo** dieters, people with Celiac Disease or a **gluten sensitivity**, those with digestive problems like **leaky gut** syndrome, nut **allergy**, people with **diabetes**, vegetarians, and just about everyone else.

### **How is it made?**

Coconut flour is purely from pure coconut, nothing more, nothing less. It is made from ground and dried coconut meat. It contains zero grains, zero nuts that is why it is not just like any other flour.

### **Why switch to cooking and baking with coconut flour?**

There are numerous reasons to love all that coconut flour nutrition has to offer, especially the fact that it's high in nutrients, low in calories, and versatile in many recipes. It's also very uncommon for coconut flour to cause any digestive or **autoimmune** responses like other grain flours can. The health benefits of using coconut flour in recipes are far reaching and impressive:

### 1. Aids in Metabolism

Some of the many health benefits of coconut flour nutrition include its high levels of healthy saturated fats in the form of medium chain fatty acids (MCFAs). These are used by the body easily for energy and help to support a healthy metabolism, balanced blood sugar levels, and more.

### 2. High in Fiber

Coconut meat itself supplies an impressive 61% dietary fiber! And because fiber essentially cannot be absorbed by the body, some of the calories and carbohydrates found in coconut flour aren't even absorbed and used, but rather they move right through the digestive tract helping to take toxins and waste along with them.

### 3. Helps Maintain a Healthy Blood Sugar Level

Coconut flour is a low glycemic food and does not spike blood sugar levels. In fact studies show that consuming products that contain coconut flour can help to lower the overall glycemia impact of the food and to support stable blood sugar levels. (2) This means that coconut flour nutrition has health benefits for people with diabetes and those who are working towards reaching a healthy weight too.

### 4. Helps Digestive Health

Coconut flour also helps with healthy digestion, has a high **nutrient density**, and can aid in heart health too. Studies have shown that coconut flour has the ability to help lower "bad" LDL cholesterol levels and serum triglycerides in people who have raised cholesterol levels. (3) Coconut flour has this positive effect because of its high supply of both soluble and insoluble dietary fiber plus its healthy MUFA fat content.

#### **Do you know that:**

A ¼ cup serving (or about 28 g.) of coconut flour has roughly (5):

- **120 calories**
- **4 grams of fat**
- **4 grams protein**
- **10 grams of [fiber](#)**
- **16 grams carbohydrates**
- **2 grams of sugar**

A little bit of coconut flour goes a long way, and in many recipes, you can get away with using only 2 tablespoons of coconut flour, but still getting great results. Just 2 tablespoons of coconut flour delivers 5 grams of fiber, only 8 grams of carbs, and has just 60 calories. This makes it ideal for those following a lower calorie weight loss plan, watching carbohydrate intake, and looking to increase satiating fiber in their diet.

# How to Cook with Coconut Flour

## Baking with COCONUT FLOUR

1. Make sure to sift the flour.

Some ways to take advantage of the benefits of coconut flour nutrition include using it in these types of baked recipes:

- Breads, with a dense texture
- cupcakes
- Muffins
- Cinnamon buns
- Cookies
- Pancakes
- Crepes
- Brownies
- Waffles
- Truffles

When baking with coconut flour, it works best to use an equal ratio of liquid to flour; this means you would use 2 tablespoons of water for every 2 tablespoons of coconut flour. The water will be easily absorbed during the baking process, so by not adding enough liquid, your product cannot come out too dry and crumbly.

You can also use **coconut oil** along with coconut flour to add even more benefits and retain moisture. One benefit of coconut flour's absorbency is that it works well to give baked goods a dense quality, for example in a heart bread or something similar.

Since coconut flour is free from **gluten**, which usually binds ingredients together, the egg takes the place of the gluten and will hold your product in place without it crumbling.

# 1. 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.

## 2. 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.



### 3. 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.

**\*\*If you wish to make the mixture in advance, keep the mixture in a ziplock and freeze. If you wish to bake it, you can pop it to the microwave oven to defrost.**

## 4. 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.

## 5. 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.

## 6. 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.

## 7. 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.

## 8. 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.

## 9. 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!**

## 10. 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.

## 11. 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.

## 12. 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.

## 13. 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!

## 14. 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.

## 15. 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.



## 16. 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.

## 17. 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.

## 18. 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.

## 19. 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
- 1/4 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.



## 20. 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 egg 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.

## 21. 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.

## 22. 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!

## 23. 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.

## 24. 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.

## 25. 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 ¾ 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.

## 26. 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.

## 27. 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.

## 28. 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.**

## 29. 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

## 30. 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.

## 31. 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.**

## 32. 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

### 33. 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.

## 34. 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.

## 35. 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!)

## 36. 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.

## 37. 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.

## 38. 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.

## 39. 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.

## 40. Onion Herb Coconut Biscuits



### Ingredients

- 6 Tbsp. coconut flour
- 6 Tbsp. coconut oil, melted
- 2 eggs
- 1/4 cup very finely minced onion
- 2 garlic cloves, finely minced
- 2 Tbs. GAPS/SCD yogurt or additive free coconut milk
- 1 Tbs. fresh chopped herbs (parsley, dill, thyme... whatever you have)  
OR 3/4 tsp. dried herbs
- 1/4 tsp. baking soda
- 1/2 tsp. apple cider vinegar

### Instructions

1. Preheat the oven to 350. Line two baking sheets with parchment paper.
2. Mix together the coconut flour, oil, eggs, onion, garlic, yogurt/coconut milk, and herbs. Let sit for 5 minutes; the batter will thicken slightly.
3. Mix in the baking soda and vinegar. Drop a spoonful of batter onto the baking sheets. Use the back of a spoon to spread the batter into circles about 1/2" thick. The batter will not spread very much when baking.
4. Bake for 12-15 minutes, until moist but cooked through. Cool at least 10 minutes before serving, or they will be too crumbly.

## 41. Oniony Delishy Biscuits



### Ingredients

- 1/3 cup coconut flour
- 1/4 cup coconut oil, melted
- 4 eggs
- 1/4 tsp low sodium salt
- 1/4 tsp cream of tartar
- 1/8 tsp baking soda
- 1 cup shredded onion

### Instruction

1. Preheat oven to 400 degrees
2. Put flour, salt, cream of tartar and baking soda in a small bowl
3. Put eggs and coconut oil in a mixing bowl, and whisk until smooth
4. Add flour mixture, and whisk until no lumps remain
5. Stir in the onion
6. Drop by spoonful onto lightly oiled baking sheet
7. Bake 8-10 minutes until lightly browned
8. Remove from baking sheet



## 42. 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 ready to fill them and bake.

## 43. 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.

## 45. 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.

## 45. 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.

## 46. 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.



## 47. 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.

## 48. 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.

## 49. 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.

## 50. 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.

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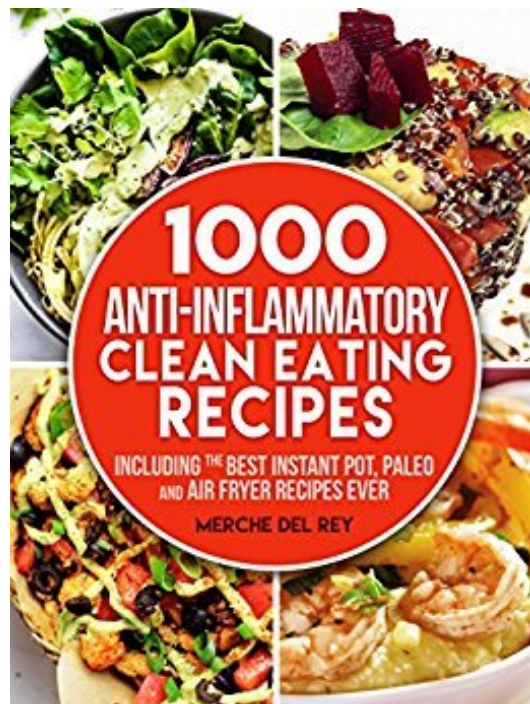
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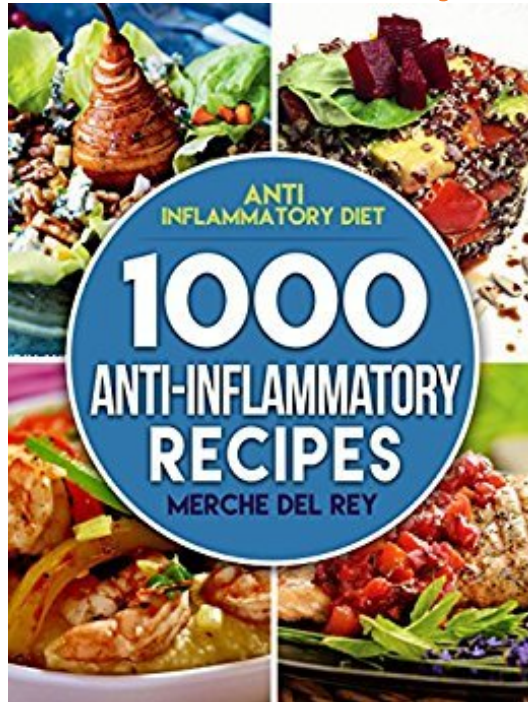
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