

21 Day Spring
MELTDOWN



CLEAN EATING RECIPES





RECIPES

BANANA NUT PORRIDGE

Original Recipe from Against All Grain

Ingredients:

- 1/2 cup raw cashews
- 1/2 cup raw almonds
- 1/2 cup raw pecans
- 1 very ripe banana (makes it easier to digest & adds a little more sweetness)
- 2 cups coconut milk
- 2 teaspoons cinnamon
- Dash of sea salt for soaking water



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Directions:

Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight. Drain the nuts and rinse 2 or 3 times, until the water runs clear.

Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.

Divide it into bowls and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.

Serve with raisins, chopped nuts, and an extra splash of milk if desired



RECIPES

OMELET MUFFINS

Original Recipe from Paleo Plan

Makes: 8 Muffins

Serving Size: 2 Muffins

Oven Temp: 350°F

Ingredients:

- Coconut oil or paper muffin liners (*note they're non-stick)
- 8 eggs
- 1/8 cup water
- 1/2 lb chicken or sausage, cooked and cut or crumbled into small pieces
- 2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli and 1/2 yellow onion recommended, but use whatever is on hand)
- 1/4 tsp salt
- 1/8 tsp ground pepper



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Directions:

Preheat oven to 350°F

Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.

Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add. Pour mixture into the muffin cups.

Bake for 18-20 minutes.



RECIPES

AVOCADO CHORIZO SWEET POTATO SKINS

Original Recipe from Paleo Plan

Prep Time: 40 min.

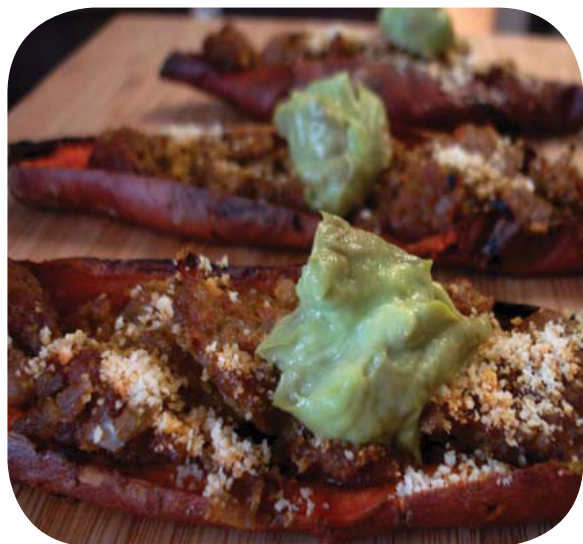
Serves: 3-6

Oven Temp: 425°F

Cook Time 20 min.

Ingredients:

- 1 lb chorizo
- 3 sweet potatoes
- 1 red onion, diced
- 2 ripe avocados, halved and seeds removed
- 1 lime, juiced
- 1 lemon, juiced
- 1 teaspoon cumin
- 2 tablespoons coconut oil
- Himalayan sea salt and fresh ground pepper (to taste)
- 1 tablespoon almond flour



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Directions:

Preheat oven to 425°F

Use a fork to poke some holes in your sweet potatoes. Place on a baking sheet and bake for 25-30 minutes or until sweet potatoes are soft when you poke them. (Time will range depending on how fat they are. I used thin ones) While your sweet potatoes are baking, pull out a large skillet, place over medium heat and add your chorizo to it. Use a wooden spoon to break up your chorizo while it cooks.

When chorizo is halfway done cooking, add your onions to “sweat it out.” When your chorizo is cooked completely through, put your chorizo mixture on a plate with a paper towel to soak up some of the excess fat and to cool. Now pull out your handy dandy food processor. Use a spoon to scoop out the inside of your two avocados and place in the food processor. Mix until you get a smooth paste. Add your lime, lemon, cumin and a bit of salt. Pulse until mixed thoroughly. Place your chorizo and $\frac{3}{4}$ of your avocado mixtures in a large bowl to incorporate. Leave the other $\frac{1}{4}$ of avocado mixture for toppings.

When your sweet potatoes are done cooking, let cool, cut in half, scoop out insides (leaving about $\frac{1}{2}$ -1 inch of sweet potato still inside) of sweet potato, and use a pastry brush to brush on coconut oil on the inside and all around the sweet potato. Place back on cooking sheet and in the oven for another 10-15 minutes or until crispy. Once potatoes are crispy, add your avocado and chorizo mixture into your sweet potato, top off with a little sprinkle of almond flour, and place back in the oven for around 5 minutes. Top off your leftover avocado mixture. Kinda like a scoop of sour cream on top.



RECIPES

AVOCADO DRESSING

Original Recipe from Eat, Lift, and Be Happy

Makes: 8 Muffins Serving Size: 2 Muffins
Oven Temp: 350°F

Ingredients:

- 2 ripe avocados
- Juice of 1.5 limes
- 1/8 cup balsamic vinegar
- 1/8-1/4 cup water (more if necessary to reach desired consistency)
- About 4 sprigs of cilantro
- 1-2 tsp sea salt
- 1 1/2 tsp garlic powder
- Pepper to taste



Directions:

Combine all ingredients in a food processor, and blend until smooth. If the dressing is not your desired consistency, add water, just a teaspoon at a time. Taste, and add more salt, garlic, etc. if necessary. Place in an airtight jar and refrigerate for up to 10 days.

BASIC VINAIGRETTE

Makes: 8 Muffins Serving Size: 2 Muffins
Oven Temp: 350°F

Ingredients:

- 3 tbsp oil (extra virgin olive oil, avocado oil, organic canola oil, etc.)
- 2 tbsp acid (vinegar, lemon juice, orange juice, etc.)
- Himalayan sea salt to taste
- Freshly ground pepper to taste

Directions:

Shake or whisk all ingredients together

Variations:

Italian – add 1/2 tsp minced garlic and 1/2 tsp Italian seasoning

Lemon Dressing – use 3 Tbsp lemon juice; add 1/2 tsp oregano and 1/2 tsp minced garlic



RECIPES

CHICKEN “NOODLE” SOUP

*Original Recipe from Maria’s Nutritious and
Delicious Journal*

Serves: 10

Ingredients:

- 4 cups chopped, cooked chicken meat
- 1 cup chopped celery
- 1/4 cup chopped carrots
- 1/4 cup chopped onion
- 1/4 cup ghee
- 4 cups Daikon radish
- 12 cups chicken broth
- 1/2 tsp dried marjoram
- 3 slices fresh ginger root (optional)
- 1/2 tsp ground black pepper
- 1 bay leaf
- 1 tbsp dried parsley



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Directions:

Peel and cut daikon with the veggie cutter or by hand to resemble noodles. I used a julinated peeler.

In a large stockpot, sauté celery and onion in ghee until soft.

Add chicken, carrots, chicken broth, marjoram, ginger, black pepper, bay leaf, and parsley. Simmer for 30 minutes. Add Daikon, and simmer for 10 more minutes.



RECIPES

VEGETABLE SOUP

*Original Recipe from Maria's Nutritious and
Delicious Journal*

Serves: 6

Ingredients:

- 1 Tbsp avocado oil
- 1 onion, chopped
- 3-4 garlic gloves
- 2-3 large carrots, chopped
- 1 cup celery, chopped
- can 28 oz. whole peeled tomatoes, drained
- 6-8 cups vegetable and chicken broth
- 2 zucchini, chopped
- 1 tsp oregano
- 1 tsp basil
- 1 tsp chives
- 1 tsp marjoram
- Himalayan sea salt to taste
- 4 cups of kale, chopped



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Sauté onion, garlic cloves, carrots, and celery in avocado oil until vegetables are soft. Add tomatoes and vegetable and chicken broth. Simmer 15-20 minutes.

Add diced zucchini and spices. Add kale and cook for 10 additional minutes.



RECIPES

SLOW COOKER CHILI

Original Recipe from Fast Paleo

Ingredients:

- 1 lb. ground beef
- 1 yellow onion, chopped
- 2 green bell pepper, chopped
- 4 garlic cloves, minced
- 14.5 oz. can fire-roasted tomatoes, undrained
- 14.5 oz. can Mexican Style tomatoes, undrained
- 1 tsp. salt,
- 1 tbsp. dried oregano,
- 1 tbsp. cumin,
- 4 tbsp. chili powder (spice to your taste)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Brown ground beef in large skillet until there's only a bit of pink left.

Meanwhile add your chopped onion, pepper, and garlic to the bottom of your slow cooker.

Add in browned ground beef and then toss in both cans of tomatoes. You may want to drain your ground beef; I did not. I enjoy sipping on full-flavored grease, but hey that's just me!

Top off with all of your spices and stir well to combine.

Set the slow cooker on low and let it do its thing for a whole 8 hours.



RECIPES

SLOW COOKER ITALIAN PORK ROAST

Original Recipe from The Clothes Make the Girl

Prep: 10 min.

Cook Time: 16 hours (approx.) Yield: A Lot!

Ingredients:

- 5-7 pound pork roast, boneless or bone in (shoulder, Boston butt... ribs would work, too)
- 5-7 cloves garlic, cut into slivers
- 1 tablespoon salt
- 1 tablespoon Penzeys Italian Herb Mix (or 1 teaspoon each dried oregano, dried basil and dried rosemary)



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Directions:

Pat the pork roast dry with paper towels. Use a small sharp knife to make slits all over the pork, and then insert the garlic slivers into the slits. In a small bowl, mix the salt and dried herbs, using your fingers to crush the leaves and mix them with the salt. Rub the mixture all over the pork roast, working into the nooks and crannies.

Place the pork roast in the slow cooker and cook on low for 14-16 hours. As the pork roasts, the pan of the slow cooker will fill with liquid. You have two choices: (1) Let it go and pour off the liquid when the meat is finished cooking; or (2) halfway through cooking, remove the lid and carefully pour off the liquid. Put the lid back on the pork and let it continue roasting; refrigerate the liquid in a glass bowl/jar or BPA-free container so the grease can separate from the luscious juice. I like to pour off the liquid so the outside of the roast gets crispier.

When the meat is finished roasting, it's fall-apart tender. You can either shred it with forks, mixing the crusty bits with the interior, tender bits — or break it into serving-size hunks. It's crazy-good either way.

Remember the juice you put in the fridge? Now you can easily skim off the excess fat, reheat the juice in a pan on the stove, and use it as a sauce for the cooked meat.



RECIPES

ALMOND FLAX CHICKEN

Original Recipe from Ultra Simple Slimdown

Oven Temp: 350°F

Serving: 4

Ingredients:

- 4- 5 oz. chicken breasts
- 3 Tbsp ground flax
- 1/2 cup almond meal
- 1 tbsp olive oil
- 1 tbsp almond butter
- 1 tsp. lemon juice
- 1 tsp. sea salt
- 1 pinch cayenne pepper
- 1 tsp parsley, fresh
- 1/4 tsp. paprika
- 1 tsp thyme, fresh
- 1 Tbsp onion finely chopped

Directions:

Preheat oven to 350°F

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly and flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the olive oil, almond butter, lemon juice, and all spices and herbs. Mix in a small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor but the taste will still be great if you don't have an extra 10-15 minutes).

Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the "crust" to the chicken. Carefully turn over each chicken piece and repeat the process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20-30 minutes or until an instant thermometer reaches 168°F on the thickest part of the chicken.



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RECIPES

BAKED COD WITH THYME

Original Recipe from Ultra Simple Slimdown

Prep Time: 5 min. Cook Time: 15 min.

Oven Temp: 375°F

Serving: 4

Ingredients:

- 1 ½ lbs. cod fillet
- 1 tsp. fresh thyme
- ½ tsp. sea salt
- ¼ tsp. onion powder
- 1 Tbsp avocado oil

Directions:

Pre-heat oven to 375°F

Cut the cod into 5 oz. pieces. Combine the avocado oil, thyme, salt, and onion powder in a bowl. Mix.

Cover cookie sheet or baking dish with parchment paper. Place cod fillets on baking pan. Evenly spread the herb and oil mixture over the cod.

Bake for approximately 12-15 minutes or until fish flakes easily with a fork: internal temperature of the cod should be 150°F.

Note: Fresh cod is the best but not always available. When substituting with frozen fish let the fish thaw completely in your refrigerator before cooking it.



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RECIPES

RECIBEEFY MEXI “CAULI” RICE

Original Recipe from Healthy Living How To

Prep Time: 5 min. Cook Time: 15 min.

Oven Temp: 375°F

Serving: 3-4

Ingredients:

- 1 Medium to Large Head of Cauliflower (grated with a cheese grater)
- 1 lb. Grass Fed Ground Beef
- 14.5 oz. can of Organic Garlic & Onion Tomatoes
- 1 Heaping Tbsp. Chili Powder Garlic Salt to Taste
- 1 Medium Avocado



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Directions:

In a skillet add grated cauliflower, ground beef & tomatoes. Cook on medium-high heat until beef is no longer pink.

Add chili powder and garlic salt to taste.

Turn heat to high to cook off liquid (optional). Top with avocado and serve.



RECIPES

CHICKEN BACON ALFREDO

Original Recipe from Paleo OMG

Prep Time: 25 min. Cook Time: 10 min.

Oven Temp: 425°F

Serves: 4

Ingredients:

- 1 spaghetti squash cut in half lengthwise, seeds removed
- 1 larger delicata squash cut in half lengthwise, seeds removed
- 1 lb chicken tenders
- 4-6 slices bacon, diced
- ½ cup canned coconut milk
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Salt and pepper, to taste



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Directions:

Preheat your 425°F.

Cut spaghetti squash delicata squash in half and use a spoon to scoop out the seeds and excess threads. Don't be dainty. Place open side down on a baking sheet (use aluminum foil or parchment paper for easy clean up) and cook for 20-25 minutes. You will know when they are done cooking when you can poke the outside skin and it 'gives' a bit.

Now you can either cook your chicken at the same time or after the squash is done cooking. Whatever you'd like. Just place chicken on a foil or parchment paper lined baking sheet, sprinkle some olive oil over the chicken (or other kind of fat), salt and pepper it, and sprinkle just a bit of basil on top. I cooked my tenders for around 15-20 minutes, or until cooked through.

Once your squash is done cooking, pull it out of the oven; de-thread the spaghetti squash into a large bowl with a fork. Go against the grain, if spaghetti squash had grain. Now throw your diced bacon into a skillet and cook until done. Use a slotted spoon to pull out your cooked bacon, but leave behind the grease.

Take your delicata squash and hollow it out. Use the insides and dump them into your warm skillet filled with bacon grease. Then add your coconut milk. You may need to add a little bit more coconut milk depending on how runny you like your sauce. Mix thoroughly with a ladle to break up the squash a bit. Add seasonings to the mix and salt and pepper as needed. Mix thoroughly and cook on low for about 5 minutes to simmer. Now dice up your cooked chicken. Pour sauce over spaghetti squash and add your chicken to the mix. Mix well & top with bacon



RECIPES

CREAMY ZUCCHINI PASTA WITH SHRIMP

Original Recipe from Livin Paleo

Prep Time: 10 min.

Cook Time: 10 min.

Serves: 2

Ingredients:

- 4 zucchini, julienne peeled
- 9 ounces shrimp
- 1 can diced tomatoes
- 1 avocado
- 1/4 cup fresh basil
- 2 tbsp water
- salt and pepper



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

In a pan, sauté the shrimp

In a separate skillet, cook the zucchini

In a food processor, blend the tomatoes, avocado, basil, water, salt and pepper

Once everything is done cooking, add the zucchini and sauce to the shrimp and mix until the sauce is heated



RECIPES LAMB BURGERS

Original Recipe from Healthy Living How To

Prep Time: 5 min.
Cook Time: 15 min.
Serves: 4

Ingredients:

- 1 lb. New Zealand Grass Fed Ground Lamb
- 1 tsp. Dried Parsley
- 1 tsp. Dried Dill
- 1 tsp. Dried Oregano 1 tsp. Celtic Sea Salt
- 1 tsp. Coarse Ground Black Pepper
- 1/2 tsp. Ground Coriander
- 1/2 tsp. Ground Cumin
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder Salad Greens



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Directions:

In a mixing bowl, add ground lamb and all spices. Mix with hands and form into 4 equal size patties.

Pan fry in cast-iron skillet over medium-high heat about 4 minutes per side. Let cooked patties rest and juices redistribute for 5 minutes.

Serve over a pile of mixed salad greens. Enjoy!



RECIPES

LEMON DILL WILD SALMON

Original Recipe from Ultra Simple Slimdown

Oven Temp: 375°F

Serves: 4

Ingredients:

- 1-pound wild salmon
- 3 cloves fresh garlic
- 1 Tbsp. olive oil
- 2 Tbsp. lemon juice
- ½ tsp. fresh dill weed
- ½ tsp. fresh parsley
- ½ tsp. fresh tarragon

Directions:

Pre-heat oven to 375°F

Mince the garlic. Combine the garlic, olive oil, lemon juice, and herbs in a bowl. Mix.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper).

Place salmon skin side-down on the sheet pan. Evenly spread the herb mixture over the salmon.

Bake for approximately 15-20 minutes or until fish flakes easily when tested with a fork: internal temperature of the salmon should be 155°F.



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RECIPES

LOW CARB POT ROAST W/ GARLIC MASHED CAULIFLOWER

Original Recipe from Living Low Carb, One Day at a Time

Ingredients:

- 1 lb chuck roast
- 2 cups broth (beef or vegetable)
- 1/2 cup coconut aminos (soy sauce substitute)
- 2 tsp red wine vinegar
- 1/2 tsp crushed rosemary
- 1/2 tsp dried basil
- 1 onion, peeled and quartered
- 2 garlic cloves, smashed
- 2 cups sliced carrots
- 1 medium head cauliflower, cut into florets
- 3-4 cloves minced garlic (or more if you like garlic)
- Salt and pepper (to taste)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Season the chuck roast with salt and pepper. Heat 1 tbsp of oil in a Dutch oven over medium- high heat. Add the roast and sear for 3-4 minutes on both sides.

Transfer to a crock-pot. Add the liquid and spices. Stir to incorporate. Next, add the onion and garlic. Cover and cook on low for 4-5 hours. Add the carrots and cook for another hour or until the meat shreds easily.

For the garlic mashed cauliflower, steam the cauliflower until very tender. Add the garlic cloves. Using an immersion blender, food processor, or countertop blender, puree the cauliflower and garlic together. Season with salt and pepper, to taste.

Serve pot roast with vegetables and mashed cauliflower.



RECIPES

MEXICAN MEATZA

Original Recipe from The Clothes Make the Girl

Oven Temp: 400°F

Ingredients:

Meat Crust:

- 1 lb ground beef
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp salt
- 2 cloves garlic, crushed

Toppings:

1/2 to 3/4 cup of your favorite salsa
Green bell pepper, cut into thin strips

Red onion, cut into thin strips
Avocado, diced

garnish: fresh lime, chopped fresh cilantro

Directions:

Preheat the oven to 400°F.

In a large bowl, mix the ground beef with the crust seasonings until combined.

Make the crust. Divide the meat in half, roll into a ball, and press evenly into an 8- or 9-inch round pie pan. Cover only the bottom of the pan and smooth the meat with damp hands until it's an even thickness. Repeat with the other piece of "crust." Bake for 10-15 minutes, until the meat is cooked through and the edges are brown. Leaving the oven on, remove the meat crusts from the oven and allow them to cool in the pan.

Assemble your meatza. Cover a large baking sheet with parchment paper or aluminum foil and place the meat crusts on the baking sheet. Spread about 1/4 cup salsa on each meat crust, leaving a 1/2-inch border around the edges. Arrange the peppers and onions on top, pressing them gently into the salsa. Pop the pizza back into the oven for 10-15 minutes, until hot and browned to your liking. Garnish your meatza. Remove from the oven and sprinkle with diced avocado, then squeeze a little fresh lime juice over the top and sprinkle with chopped cilantro.



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RECIPES

PALEO SHEPHERD'S PIE

Original Recipe from Edible Harmony

Oven Temp: 350°F

Cook Time: 40min.

Ingredients:

For the Filling:

- 1 lb of ground grass-fed beef
- 1 lb of ground lamb or more ground beef
- 5 thick slices of nitrate-free bacon, sliced
- 1 tbsp coconut oil
- 4 cups of diced vegetables (carrots, celery, zucchini, mushroom)
- 1 diced onion
- 1 tsp of ground black pepper
- 1 tsp of dried thyme leaves
- 1 tbsp of smoked paprika
- 1 tbsp of arrowroot powder (dissolved in the broth) $\frac{3}{4}$ cup of broth
- $\frac{3}{4}$ cup of red wine or more broth
- Salt to taste

For the top:

- 2 cauliflower heads, steamed until very soft
- 2 tbsp of ghee or bacon fat
- Salt to taste
- 1 tsp of garlic powder

Directions:

In a large saucepan brown the onion until tender with the oil and bacon. Add the meat and vegetables. Continue to cook until the meat is done. Mix in the rest of the ingredients and cook uncovered over medium-low heat. Stir occasionally for about 20 minutes or until most of the broth has evaporated.

Transfer meat filling to a 10 x 15 baking dish and using a large spoon flatten out to form an even layer. Using a blender, food processor, or electric mixer puree all the ingredients for the top layer and spread evenly over the meat. Bake at 350°F for 40 minutes.

Sprinkle with black pepper and parsley flakes. Let stand 5 minutes and serve.



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RECIPES

SAUSAGE N' CABBAGE "NOODLES"

Original Recipe from Everyday Paleo

Serves: 4

Ingredients:

- 1 lb mild Italian pork sausage (or other ground meat of your choice)
- 1 red onion, thinly sliced
- ½ head or 5 cups thinly sliced green cabbage
- 2 tablespoons ghee (or coconut oil)
- ½ teaspoon caraway seeds
- ½ teaspoon paprika
- Fresh ground black pepper and sea salt to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

In a large skillet brown the sausage. Once the sausage is fully cooked, remove it from the pan and set aside.

Add the ghee to the same pan with the sausage drippings and add the onions and cook for about 5 minutes or until the onions start to brown a bit.

Add the cabbage and cook for another 7-10 minutes or until the cabbage is soft and "noodle-y." Add the sausage back to the pan, add the spices, mix well and serve!



RECIPES

FRIED APPLES



Serves: 2

Ingredients:

- 3-4 small organic apples, thinly sliced (about 3 cups)
- 2 tablespoons coconut oil
- ¼ cup raisins
- ½ tablespoon cinnamon
- 2 tablespoons canned full fat coconut milk

Directions:

In a medium sized sauté pan, heat the coconut oil over medium heat.

Add the apples and sauté for about 5 minutes or until they start to soften.

Add the raisins and cook for 2-3 more minutes.

Add the cinnamon, mix well and add the coconut milk.

Stir the coconut milk in with the apples just until warm and serve.



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RECIPES

SWEET POTATO AND KALE CHICKEN PATTIES

Original Recipe from Multiply Delicious

Ingredients:

- 2 green onions, finely chopped
- 1/2 medium sweet potato, peeled and cut into tiny little cubes
- 2 1/2 cups kale, finely chopped (leaves only)
- 1 pound skinless boneless chicken breasts, cut into chunks or ground chicken
- 1/2 teaspoon sea salt 1 garlic clove, minced
- 1 teaspoon paprika
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh rosemary, finely chopped
- 1 egg
- 2 tablespoons coconut flour



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Heat a large skillet over medium high heat with 1 teaspoon coconut oil (or bacon grease) add green onions and cook until tender, about 3 to 5 minutes. Add sweet potatoes and cook for 4 to 5 more minutes, until barely tender. Add kale and cook until wilted, about 2 to 3 minutes. Set aside.

Add chicken to a food processor and process on pulse until ground. Transfer meat to a large mixing bowl. Add salt, garlic, paprika, Dijon mustard, rosemary, egg, coconut flour, and sweet potato mix.

Mix together with hands until well combined. Cover with plastic wrap and refrigerate for at least 4 hours or even better overnight. Divide your chicken mixture into 6 to 7 even patties.

Coat a large non-stick pan with coconut oil or even better bacon grease to just coat the bottom (not a lot).

Add patties and cook until golden crust forms, about 5 to 6 minutes, then flip to the other side and cook until golden and cooked through. Serve as is or with a side salad. I used a little guacamole, which was delicious!



RECIPES

BRUSSEL SPROUT, KALE AND BACON SALAD

Original Recipe from Multiply Delicious

Serves: 6

Ingredients:

- 5 to 6 slices nitrate-free bacon
- 1 pound brussel sprout, trimmed and shredded
- 1 bunch of kale (about 3 cups), stems removed and shredded
- 1 teaspoon garlic, minced
- Juice of ½ of lemon
- Dash or two of red pepper flakes



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

In a large non-stick skillet, cook bacon a few slices at a time until cooked through. Once cooked set aside on paper towel. Do not disregard the nice bacon grease you have in your skillet.

Heat the same skillet you cooked the bacon with (and still has the bacon grease) over medium- high heat. Add garlic and cook for about 30 seconds, then add shredded Brussel sprouts and kale and continue to toss the two until it's slightly wilted.

Remove from heat and add lemon juice and red pepper flakes (to taste) and mix together.

Cut the cooked bacon into bite sized pieces and add to the greens and toss to combine. Serve warm as a side dish and enjoy!

NOTE: Using a food processor to chop/shred the kale and brussels sprouts will make it super easy!



RECIPES

RECIPE RESOURCES:

- <http://drhyman.com/downloads/UltraSimpleCompanion.pdf>
- <http://www.negharfonooni.com/2013/01/07/tangy-avocado-dressing/>
- <http://www.againstallgrain.com/2013/01/04/banana-nut-porridge/>
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- <http://paleomg.com/leftovers-chicken-bacon-alfredo/>
- <http://mariahealth.blogspot.com/2010/09/chicken-noodle-soup.html>
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- <http://healthylivinghowto.com/1/post/2012/08/the-end-of-our-lamb.html>
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- <http://everydaypaleo.com/sausage-n-cabbage-noodles-with-fried-apples/>
- <http://fastpaleo.com/slow-cooker-chili/>
- <http://www.theclothesmakethegirl.com/2012/10/16/slow-cooker-italian-pork-roast/>
- <http://paleomg.com/superbowl-snacks-avocado-chorizo-sweet-potato-skins/>
- <http://www.multiplydelicious.com/thefood/2012/06/sweet-potato-and-kale-chicken-patties/>

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21 Day Spring
MELTDOWN



VEGETARIAN RECIPES





RECIPES

MUSHROOM FRITTATA WITH YAM AND ONION HASH

Makes: 8

Ingredients:

- 3 tbsp avocado oil
- 3 yams, peeled and diced
- 1 onion, chopped
- 4 cloves garlic, minced
- 5 eggs
- 2 cups cremini mushrooms
- 1 tsp dried thyme
- Himalayan sea salt and freshly ground pepper to taste
- 1 avocado, sliced for garnish



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Peel the yams and dice into bite sized pieces. Skin the onion and chop. Add 2 tsp. avocado oil to an electric skillet set at 350 F, or a large sauté pan and heat until oil shimmers. Add the yams, garlic, onion and seasoning. Stir well and cover to steam for 5-8 minutes, checking to make sure the garlic and onion don't burn.

Once the yams are softened, remove cover and cook until the yams are browned and the onions caramelized. Brush off any dirt from the mushrooms, cut off the hard end of the stem and discard. Chop the mushrooms into quarters. In another skillet, heat one tsp of avocado oil on medium heat and add the mushrooms. Season to taste and stir. Cover and let simmer, stirring occasionally.

Once they release their liquid, after cooking for about 15 minutes, remove the cover and let them re-absorb their liquid. Tasty!

While the mushrooms cook, beat the eggs with seasoning and add to the pan of mushrooms once all of their liquid has been absorbed. Let the eggs cook until the bottom is slightly browned, then put the pan under the broiler to cook the top. Make sure your pan is oven proof!

Serve with the yam and onion hash and sliced avocado.



RECIPES

QUICKIE VEGGIE EGG MUFFINS



Oven Temp: 350°F

Ingredients:

- 8 eggs
- 1 cup diced red bell pepper
- 1 cup diced onion
- 1 cup chopped broccoli
- Himalayan sea salt and fresh ground pepper to taste

Directions:

Preheat the oven to 350°F.
Line an 8-muffin tin with paper liners.

Chop pepper, onion and broccoli into small pieces. Add 1 tbsp avocado oil to a sauté pan and sauté the onion, pepper and broccoli with seasoning until they are lightly browned. Set aside. Beat the 8 eggs with salt and pepper in a bowl or measuring cup with a pouring lip – you will appreciate the convenience when pouring later!

Using a spoon, divide the browned veggies evenly into the 8 paper cups. Pour the egg mixture over the veggies, making sure you have enough for each cup. Cook in the oven for 18-20 minutes or until the egg sets in the middle.

This is a very versatile recipe. You can use your favorite veggies. Just remember, water-dense vegetables like tomatoes have a tendency to make your muffins soggy. Try sun-dried tomatoes as an alternative option. You don't like broccoli? Substitute kale leaves – grab a handful, cut out the center stem, blanch and dice up!

You can really switch up the flavor if you start getting bored of plain seasoning. Experiment with spices like turmeric, which is mildly aromatic, has scents of orange or ginger and is good for fighting inflammation. Sauté with veggies.

Don't get it on your clothes! Thyme is my go to for egg dishes. It is more flavorful if it is fresh, and you only use the tiny leaves.



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RECIPES

MUSHROOM & BROWN RICE KALE ENCHILADAS IN RED SAUCE

Original Recipe from Sunny Side Up Nutrition

Servings: 4

Oven Temp: 350°F

Ingredients:

- 3 tbsp olive oil or avocado oil
- 1 tbsp ground chia seeds**
- 1/4 cup chili powder
- 2 cups vegetable stock
- 2 of each dried chilies – pasilla and California, soaked and deseeded
- 1 8 oz can of tomato paste
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- Himalayan sea salt and freshly ground pepper to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Soak the chilies in hot water until they soften, about 20 minutes. Deseed them and process them with 1/4 cup of the vegetable stock in a blender or food processor.

Heat oil until it is shimmering, about 2 minutes. Add the chili powder, stir with a wooden spoon and cook for a minute, then pour in the remaining vegetable stock, chili bend, tomato paste, cumin, oregano, salt and pepper. Stir well to combine.

Bring to a simmer and cook for 15 minutes. Add the ground chia seeds and stir for another 2-5 minutes until the sauce has thickened a bit. Pour the sauce into a large, deep sided baking dish and set aside.



RECIPES

MUSHROOM & BROWN RICE KALE ENCHILADAS IN RED SAUCE (CONTINUED)

Original Recipe from Sunny Side Up Nutrition

FOR ENCHILADAS

Ingredients:

- 2 tbsp olive or avocado oil
- 1 bunch large flat leaf Italian (lacinato) kale 8-10 leaves
- 1 lb cremini (brown) mushrooms, chopped
- 1 medium onion, diced
- 1 bunch cilantro, chopped
- 1 cup cooked brown rice, in a large bowl
- 3 cloves garlic, minced
- egg, beaten
- Himalayan sea salt and freshly ground pepper to taste

Directions:

Add the kale to a pot of boiling water and blanch for about 2 minutes.

While the leaves are softening, fill a large bowl with cold water. When the leaves are just soft enough to drape over a spatula, put them into the bowl of cold water to stop the cooking. Pat them dry with paper towels or a dish towel.

Heat the oil in a large frying pan and add the mushrooms and garlic, season with salt and pepper. Stir occasionally until the mushrooms release their liquid, then add the diced onions and cook until the onions are transparent and the liquid has been re-absorbed. Add the mushroom mixture to the bowl of rice. Add cilantro and mix thoroughly. Add the beaten egg and mix again.

Set up your enchilada rolling station – mixture to your left, kale front and center and baking dish of sauce to your right. Spoon 1-2 tbsp of mixture onto one end of a kale leaf, roll and fold in the sides as you go. Place the roll in the baking tray on the bed of enchilada sauce. Repeat until you have used all of your filling. Cover the baking dish with foil and bake for 35 minutes. Remove the foil and bake an additional 10 minutes.

*Chia seeds gel up just like gelatin so you can use them anywhere gelatin is called for. You can also use milled chia, which is also known as chia flour, in place of cornstarch in any recipe. You can add the whole seeds or the milled version to smoothies, oatmeal, bread, granola, or any other baked good or dessert.

Since chia is tasteless, it is versatile and easy to use anywhere, not to mention incredibly nutritious for you! If you don't like chia in a recipe, flax seeds work just as well.



RECIPES

SPAGHETTI SQUASH WITH MARINARA SAUCE

Original Recipe by Dave Burns

Servings: 4

Oven Temp: 400°F

Ingredients:

- 2 spaghetti squash
- 1 onion, diced
- 1 carrot, finely diced
- 1 stalk celery, finely diced
- 2 cloves garlic, finely diced
- 3 oz organic tomato paste
- 1 15 oz can organic tomato sauce
- 1 15 oz can organic diced tomatoes
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried sage
- 1/2 tsp dried oregano
- 1 bay leaf
- 1 tbsp olive oil
- Himalayan sea salt and freshly ground pepper to taste



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Directions:

In a large pan, heat the oil over high heat until it starts to shimmer. Add the onions and reduce the heat to medium high. Sautee the onions until they start to turn translucent, about 5 minutes. Add the garlic, carrot and celery. Sautee for 5 minutes more. Add the tomato paste, tomato sauce, diced tomatoes and all of the herbs. Stir well to combine.

Bring to a boil then reduce heat to a simmer. Cover and let simmer for at least 30 minutes. I like to leave the sauce for an hour.

Once the sauce has been simmering for 30 minutes, taste it and season as necessary. You can also add some liquid, water or vegetable stock, at this point if you feel that the sauce is too thick.

While the sauce is simmering, prepare the spaghetti squash.



RECIPES

SPAGHETTI SQUASH WITH MARINARA SAUCE (CONTINUED)

Original Recipe by Dave Burns



FOR THE SPAGHETTI SQUASH

Preheat the oven to 400°F while you prepare the squash.

Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth on your counter to keep it steady as you cut.

Use a soup spoon to scrape out the seeds and just the stringy bits from inside the squash. The flesh is what we want to cook. The inside should look clean and fairly smooth. Discard the seeds, or save them and roast them for a snack!

Place the squash halves cut-side down in a roasting pan. Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking. The squash is done when tender and you can easily pierce a fork through the flesh all the way to the peel. The flesh will separate easily into spaghetti-like strands. Taste it for doneness – if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.

Use a fork to gently pull the squash flesh from the peel and separate the flesh into strands. The strands wrap around the squash horizontally. Rake your fork in the same direction to make the longest “noodles.”

Serve the squash immediately with the marinara sauce.



RECIPES

ZUCCHINI PASTA PUTTANESCA

Original Recipe by Dave Burns

Servings: 4

Ingredients:

- 1 tbsp olive oil
- 4 cloves garlic, finely chopped
- 5-6 Roma tomatoes, chopped
- 20 Kalamata olives, chopped
- 1/2 tsp red pepper flakes
- 3 tbsp capers (with their brine)
- Himalayan sea salt and freshly ground pepper
- 1/4 cup flat leaf parsley
- 2 large zucchini, cut into 'noodles' (use the julienne setting on a mandolin, a spiralizer, or a box grater if you don't want to cut them by hand)



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Puttanesca is a tangy, somewhat salty Italian pasta dish invented in the mid-20th century. This version isn't nearly as salty as we are omitting the anchovies to make this dish vegetarian.

Add the olive oil to a large skillet and heat over medium high until the oil starts to shimmer. Reduce the heat to medium and add the garlic and pepper flakes and cook until the garlic just starts to brown, don't let it burn! Garlic becomes very bitter tasting when it turns too brown.

Add the olives, capers (with brine) and tomatoes to the pan and stir to ensure that nothing stick to the bottom of the pan. Allow to cook through for about 5 minutes, just until the tomatoes start to break down.

Season to taste with salt and pepper. Remember, Puttanesca sauce usually uses anchovies for seasoning, so feel free to go a bit heavy on the salt, although it's not recommended on the Spring Meltdown program.

Add the zucchini 'noodles' and allow to heat through for another 5 minutes. Stir in the chopped parsley and serve.



RECIPES

CAULIFLOWER CRUST PIZZA

Original Recipe by joeandsue.blogspot.ca and
nutritionstripped.com

Servings: 2

Oven Temp: 400°F

Ingredients:

- 4 tsp olive or avocado oil
- 2 cups cooked, riced cauliflower (1 head)
- 2 eggs, beaten
- 1 tbsp ground chia seeds
- 1 tbsp coconut flour
- 1 tsp dried oregano
- 1/2 tsp dried basil, crushed garlic & , garlic salt



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Preheat oven to 400°F and line a cookie sheet with parchment paper then spread with a thin coat of olive or avocado oil.

Remove the leaves and stems from 1 medium head of cauliflower, chop the florets into chunks, then grate the cauliflower with a cheese grater or add to a food processor and pulse just until it looks like rice. Don't over-process it!

Add the riced cauliflower to a microwave safe bowl and microwave on high for 6-8 minutes, stirring halfway through. If you don't like using microwaves or don't have one, you can steam the cauliflower in a pan with a little water.

If the mix is too moist, put it into cheesecloth and squeeze out the excess moisture, then let cool.

While the cauliflower mix is cooling, combine the remaining ingredients and whisk well. Stir in the cooled cauliflower mixture. (continued)



RECIPES

CAULIFLOWER CRUST PIZZA (CONTINUED)

*Original Recipe by joeandsue.blogspot.ca and
nutritionstripped.com*

Directions:

Form into a loose ball and transfer the mixture to the oiled parchment paper-lined pan.

Form the mixture into a flattened pizza pie shape, the thinner the pie the crispier the crust will be, but don't go less than 1/2 inch thick or the crust may crack and pull away from the rest of the dough.

Brush with olive oil so it will brown.

Bake at 400°F for 10-15 minutes or until golden brown and firm, then carefully flip the pie using two spatulas if you have to, and brown for another 10-15 minutes.

Remove from oven, top with your favorite toppings and bake for another 10-15 minutes. Please note some toppings are more moist than others and may need additional cooking time.

Variations:

For a fun change for the kids, try using a purple cauliflower!

Experiment with the consistence and try making smaller pies to use as sandwich wraps! Can you picture their little faces when they open their lunch and find a purple sandwich?!

Some sauces and toppings to try:

- Spinach pesto with sundried tomatoes, garlic and olives
- Roasted beet spread with sautéed mushrooms and basil leaves
- Roasted curried butternut squash spread with caramelized onions and thinly sliced apple
- Roasted eggplant spread (everything tastes better roasted!) with asparagus and red peppers



RECIPES

JICAMA APPLE SLAW



Servings: 6

Ingredients:

- 2 navel oranges
- 1/4 cup fruity olive oil
- 1/4 cup lime juice
- 1/2 bunch cilantro, stems removed
- 2 large Granny Smith apples cut into match sticks (julienned) 1 medium jicama, peeled and julienned
- 2 plums, julienned
- 1-2 tbsp minced jalapeño
- 1/2 bunch mint leaves, sliced finely
- orange-infused olive oil (see recipe below)
- 2 avocados



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Jicama*, pronounced “hee-ka-ma,” is a root vegetable native to Mexico. It is a member of the morning glory family and is related to the sweet potato, but it more closely resembles water chestnuts in color, texture and flavor. The soluble fiber found in jicama, inulin, is a beneficial prebiotic food that stimulates the activity of the healthy bacteria growth in the digestive system.

Take a zester and shave the skin from the navel oranges. Put the zest in a mason jar with 1/4 cup fruity olive oil. Secure the lid firmly and give it a good shake. Set aside.

For the slaw:

Wash the cilantro, dry it with paper towels and chop it up, discarding the stems. Mix the lime juice and cilantro in a large bowl. Julienne the apples and toss in the lime juice.

Give the orange infused olive oil another shake. Using a small, sharp knife, peel the jicama, making sure to remove the papery brown skin and the thick flesh just underneath.

Julienne the jicama and add to the apple mixture. Give the orange infused olive oil another good shake. (continued)



RECIPES

JICAMA APPLE SLAW



Servings: 6

Directions:

Julienne the plums and add to the apple jicama mixture. Give the orange infused olive oil another good shake.

Mince the jalapeño and add according to preference.

Give the orange infused olive oil another good shake

then pour over the slaw and toss to mix well. Wash and dry the mint in paper towels, the slice finely and add to the bowl. Mix everything together.

Place the salad onto a serving plate, and then add a little more shredded mint leaves for garnish.

Serve with sliced avocado.

When purchasing jicama, choose one that is firm and heavy for its size. Jicama that is soft or shriveled or very large is likely to be tough and woody. Whole, uncut jicama can be kept in a cool, dark place for up to two weeks, or up to three weeks in the refrigerator. If you do not use all of the jicama, peel it and store it tightly wrapped in the refrigerator crisper, where they will keep for up to one week. Enjoy jicama sliced and baked, julienned in a salad, chopped in stir-fries and soups, and mixed with other veggies and fruits to emphasize its sweetness or starchy texture.

A favorite Mexican recipe is chilled jicama slices sprinkled with chili powder, salt and lime juice. Try getting the kids on board with jicama and make jicama tater tots! Note: Make sure to use a silicone pan for this recipe, it will be worth the cost and these tots will be so popular with the kids you'll be making them over and over! You can use a 12 count silicone muffin pan or try a 24 count for mini-tots.

Preheat the oven to 325°F. In a large bowl, combine 3 1/2 cups shredded jicama, squeezed dry in a towel first, 2 beaten eggs, 1 tbsp ground chia seeds, 2 tbsp olive oil, 3 minced green onions, 1 tsp Himalayan sea salt and 1/2 tsp fresh ground pepper. Spoon into silicone muffin pan and gently pack down with the back of a spoon or spatula. Bake 12 count pan for 50-60 minutes and 24 count mini's for 30-40 minutes. Let them rest for 5 minutes then run a spatula around the edge of each cup to free the edges.

Pop out onto their tops so they are bottoms up and enjoy!



RECIPES

BROWN RICE RISOTTO

Original Recipe by Dave Burns



Ingredients:

- 2 shallots
- 2 cloves garlic
- 1/2 cup brown rice (medium grain sprouted brown rice, short grain is the best)
- 4 cups vegetable stock
- 1 tbsp avocado oil
- Juice and zest from 1 lemon
- 1 tsp dried thyme
- Himalayan sea salt and freshly ground pepper to taste



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Directions:

Heat the vegetable stock in the microwave and pour into a saucepan. Alternatively, heat vegetable stock in a saucepan on high until it comes to simmer, then turn the heat down to medium-low. Keep the stock warm on the stove top over medium-low heat.

Finely chop the shallots and garlic. Sauté the shallots in oil over high heat until translucent. Add garlic and sauté for an additional minute. Add rice and sauté until rice begins to look translucent.

Add 1 ladle of stock, lemon zest, lemon juice and thyme and sauté until the stock is mostly absorbed. Reduce the heat to medium-high.

Keep adding stock and stirring. As stock is absorbed, add more. Don't allow to boil, just keep a good simmer. This will take some time, so be patient! Keep stirring the risotto to break down the rice so that you get the correct texture. It should be creamy and smooth.

Check for seasoning and adjust to taste.



RECIPES

ROASTED PUMPKIN OR SQUASH SEEDS

Original Recipe from Paleo Plan



Oven Temp: 300°F

Ingredients:

- A large winter squash, such as pumpkin, kabocha or spaghetti squash
- Neutral oil, such as avocado or coconut
- Himalayan sea salt

Optional additions – see recipe notes

Equipment:

- Baking sheet Parchment paper
- Spoon and spatula
- Airtight container

Directions:

Preheat oven to 300°F.

Cut the squash according to how you are going to use it. Scoop the seeds from the cavity and place in a bowl. Pinch away most of the large chunks of squash flesh and strings, but leave some intact. They taste really good too!

Drizzle the seed mixture with avocado, olive or coconut oil. Use approximately 1 tsp for $\frac{3}{4}$ cups of seeds. Place the seed mixture on a parchment lined baking tray. Spread out so they are in a single layer,

though some overlapping is fine. Roast until the seeds are just starting to brown, about 20 to 25 minutes, stirring after 10 minutes so they toast all over. Remove the tray from the oven and let the seeds cool on the tray. Use a spatula to scoop up the seeds and display in a favorite bowl. Enjoy right away or keep for a few days in an airtight container.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*

Recipe Notes:

Sweet Pumpkin Seeds – omit or reduce the salt and toss with cinnamon, allspice, nutmeg or other ‘sweet’ spices. Toss well to coat evenly then roast the seeds on a parchment-lined baking sheet for 10 to 15 minutes. Toss and cook for another 10 to 15 minutes.

Hot Pumpkin Seeds – Toss the seeds with a little siracha or chili flakes. A little cumin might be nice, or curry powder. Roast as with sweet seeds.

Savory Pumpkin Seeds – Add herbs, such as chopped rosemary, dried oregano, and/or spices such as smoked paprika, chili powder, or cumin to the seeds before roasting. Check carefully to be sure the herbs and spices aren’t browning too quickly. If so, roast at a slightly lower heat.