

RECIPE GUIDE



the hard method

The Balance Challenge

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the **bar** method™

The Balance Challenge

Scrambled Eggs & Avocado

Recipe: Ready in 10 minutes
Serves 1

Ingredients:

1 avocado
Lemon juice,
salt and pepper
1 slice sprouted bread or Dave's Killer
bread
2 large organic cage-free eggs
1 tbsp Coconut oil or ghee
1 tomato slice
Trader Joe's Everything but the Bagel
seasoning

Preparation:

Mash $\frac{1}{2}$ avocado with $\frac{1}{4}$ tsp lemon
juice and salt and pepper. Set aside.
Heat 1 tbsp. coconut oil or ghee over
medium high heat in skillet and add
eggs. Cook through. Meanwhile, toast
bread and slice tomato. Place mashed
avocado on toast, top with sliced
tomato and Everything but the Bagel
seasoning. Serve eggs on the side. Add
Frank's Red Sauce for a little kick.

Tips:

Serve with fresh berries, coffee or
matcha.

Yogurt Bowl

Recipe: Ready in 5 minutes

Serves 1

Ingredients:

1 c. yogurt (can use almond milk yogurt if DF)

1-2 scoops protein powder (use plant based if df)

Almond milk

½ c. blueberries

¼ c. roasted nuts

1 tbsp. unsweetened shredded coconut
cinnamon

Preparation:

Place yogurt in bowl. Add protein powder and a dash of almond milk. Stir until incorporated. Layer remaining ingredients on top and sprinkle with cinnamon. Enjoy!

Tips:

I have this one a lot as a snack during the day or at night with a tbsp. of nut butter. Satisfies my sweet tooth.

Strawberry Vanilla Pancakes

Recipe: Ready in 10 minutes
Serves 2

Ingredients:

3 tbsp coconut flour
2 large organic cage free eggs
½ tsp. vanilla extract
1 tbsp coconut sugar (+ ½ tsp. for
syrup)
1/2 tsp. Maca powder
⅛-¼ c. almond milk to thin
8 strawberries-diced
½ tsp. lemon juice
4 tbsp. water
Lemon zest from 1 lemon
½ banana (optional)

Preparation:

Whisk eggs. Add remaining ingredients and mix until smooth. Heat griddle. Drop mixture 2-3 tbsp at a time. Cook until golden. Heat strawberries, 4 tbsp. water, ½ tsp. lemon juice, and ½ tsp. coconut sugar in saucepan until reduced. Remove from stove top, stir in lemon zest. Top pancakes with homemade syrup, extra strawberries and enjoy!

Tips:

Substitute other fruits (blueberries, raspberries, blackberries). Optional add-ins: dairy free chocolate chips, 1 mashed banana, shredded coconut, cinnamon.

Peanut Butter Banana Smoothie

Recipe: Ready in 5 minutes
Serves 1

Ingredients:

- ½ banana
- 1 c. almond milk (or milk of choice)
- 1 c. spinach
- 1 c. water
- 2 scoops protein powder (if DF, use pea protein)
- 1 tbsp. nut butter
- 1 tbsp. chia seeds
- 1 c. ice

Preparation:

Place all ingredients in blender and mix until smooth. Sprinkle with cinnamon and enjoy!

Chocolate Kale Smoothie

Recipe: Ready in 5 minutes
Serves 1

Ingredients:

- 1 banana
- 1 c. almond milk (or milk of choice)
- 1 c. kale
- 1 c. water
- 2 scoops protein powder (if DF, use pea protein)
- 1 tbsp. raw cacao
- 3 tbsp. raw cacao nibs
- 1 c. ice

Preparation:

Place all ingredients in blender and mix until smooth. Sprinkle with raw cacao nibs and enjoy!

Green Madness

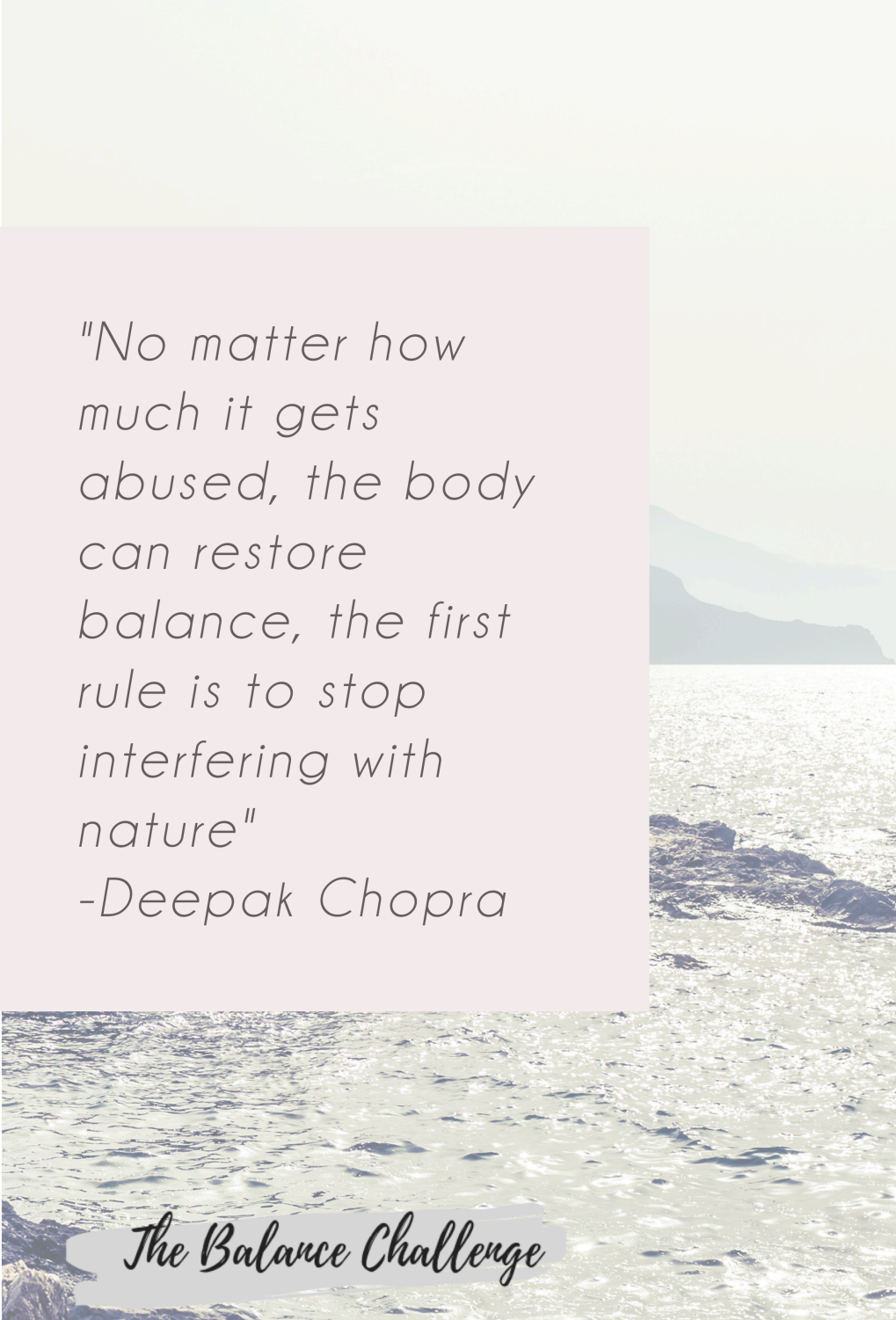
Recipe: Ready in 5 minutes
Serves 1

Ingredients:

- 1 banana
- 1 c. almond milk (or milk of choice)
- 1 half of avocado
- 1 c. water
- 2 scoops protein powder (if DF, use pea protein)
- 1 tbsp. parsley
- 1 tbsp. ground flax seeds
- 1 tbsp. chia seeds
- 1 tbsp. cinnamon
- 1 c. ice

Preparation:

Place all ingredients in blender and mix until smooth. Sprinkle with cinnamon and enjoy!



*"No matter how
much it gets
abused, the body
can restore
balance, the first
rule is to stop
interfering with
nature"*

-Deepak Chopra

The Balance Challenge

Taco Bowl

Recipe: Ready in 20 minutes
Serves 4 people

Ingredients

1 lb. grass fed ground beef
1 onion
Taco seasoning (find a low sodium, no msg)
1 bag riced cauliflower

Toppings: avocado, lettuce, tomato, cheese & sour cream-optional (will not be DF), salsa

Preparation:

Heat skillet and brown onion, add meat and cook through. Add 2 tbsp. Taco seasoning, $\frac{1}{4}$ c. water. Simmer until water is reduced. Place frozen cauliflower in skillet with 2 tbsp. Avocado oil. Heat until it begins to brown. Rinse produce, chop tomatoes, and shred lettuce. Set aside. Assemble bowls: scoop cauliflower rice into bowl, place meat on top, and add toppings. I like to add plantain chips instead of tortilla chips as an alternative. A squeeze of lime juice is a great finishing touch.

Tips:

This is a quick and healthy meal to have on hand at all times! Our kids love it; they have the freedom to customize it how they like it.

Sweet Potato Boats

Recipe: 60 minutes
Serves 4 people

Ingredients:

4 sweet potatoes

Toppings: nut butter, cinnamon,
shredded coconut, banana, roasted
nuts, roasted vegetables, salt and
pepper

Preparation:

Preheat oven to Roast at 425
degrees. Rinse potatoes and pat dry.
Score potatoes and place directly on
wire rack. I suggest placing a foil lined
sheet below the potatoes as they will
bubble while cooking. Cook potatoes
for 1-½ hours (depending on
size). Cool slightly and add toppings.

Tips:

Savory: pair with a green salad and
vinaigrette

Sweet: top with ghee/coconut oil,
sliced bananas, shredded unsweetened
coconut, and drizzle with nut butter. I
like to cook 3-4 at a time so that I
have these on hand during the week.

Chicken Wings

Recipe: Ready in 40 minutes
Serves 6-8 people

Ingredients:

Organic chicken wings (I get the 3-pack from Costco)
½ c. Flour-I use Costco GF, or Bob's Red Mill
2 tbsp. baking powder
1 tsp. sea salt
1 tsp. pepper
1 tsp. garlic powder
1 tsp. chili powder

Preparation:

Preheat oven to 450 degrees. Wash chicken and pat dry. In a large bowl, combine flour, baking powder, salt, pepper, garlic powder, and chili powder. Toss in wings and coat. Place on cookie sheet. Bake 15 minutes, rotate and bake 15 more. Oven times will vary; may need longer. Remove chicken from pan and place on a wire rack to maintain crispiness. Toss wings in Frank's Red Sauce. I like to leave some as-is without the sauce. Serve with a crisp salad.

Tips:

This is one of those meals the whole family will love. It's one of our girls' favorites. Stores well in refrigerator. Just reheat leftovers in oven.

Homemade Meatballs

Recipe: Ready: will vary (30min-2hrs
depends on desired cooking method)
Serves 6-8

Ingredients:

1 lb. grass fed ground beef
1 large organic cage free egg
1 c. Almond meal
½ c. grated parmesan (omit if DF)
Unsweetened milk (almond/cashew)-if
needed to form meatballs
2 tbsp. Avocado oil (or Olive oil)
1 tbsp. each garlic powder, basil,
Italian seasoning
Salt and pepper
1 large jar of favorite Marinara (low
sugar)
2 bay leaves

Preparation:

In large bowl, beat egg. Add ground
beef, almond meal, and remaining
ingredients. Incorporate well, then roll
into meatballs (these can be any size
you like; cooking times will differ based
on thickness). Heat oil in skillet and add
meatballs, searing all sides. Once
browned, set aside. Heat marinara
over low heat, add bay leaves, and
add meatballs to sauce. Cover and let
simmer until meatballs are cooked
through. I like to simmer for 1-2 hours
but this is not necessary. Serve over
mashed cauliflower with extra marinara,
and a crisp salad.

Tips:

In a hurry? Sear meatballs, then cook in
oven for 20min at 350. Can also serve
with zucchini noodles, Banza pasta,
cauliflower gnocchi, or a bed of
spinach.

Pan Roasted Veggies

Recipe: Ready in 40 minutes
Serves 4-6 people

Ingredients:

Broccoli florets

Cauliflower florets

1 onion

New potatoes

Spices-salt, pepper, garlic powder,
paprika

Preparation:

Preheat oven to 450 degrees. Chop broccoli and cauliflower, slice onion, quarter new potatoes. Toss in avocado oil, sea salt, pepper, garlic powder, and paprika. Place on baking sheet and roast for 20 minutes. Stir halfway to brown all sides.

Tips:

Feel free to use any spices you like. Options are endless with this dish. Add cooked diced chicken to the pan for a 1-pan dinner. If you're not DF or Paleo, you can drizzle with a cream sauce: cream cheese, heavy whipping cream, garlic, salt and pepper. Leftovers can be served with eggs the next day.

Almond Crusted Chicken

Recipe: Ready in 40 minutes
Serves 4-6 people

Ingredients:

4 Organic free-range chicken breasts
1 c. Almond Meal
1 Tbsp. italian seasoning, parsley,
basil, garlic powder, salt and pepper
Avocado oil
2 eggs (optional)
Mozzarell (optional)

Preparation:

Preheat oven to 350 degrees. Wash chicken and pat dry. If chicken is thick, I recommend you use a mallet to pound it to ¼ inch thick. If using eggs, whisk and set aside. Mix almond meal and seasonings. Coat chicken in egg mixture and dip into dry ingredients. Add 2 tbsp avocado oil to skillet and heat to medium high. Sear chicken until golden on both sides. Place in baking dish (top with cheese if you want) and put in oven for approx. 20 minutes until cooked through. When ready to serve, drizzle with avocado oil. Serve with roasted vegetables or side salad.

Tips:

White fish works well with this. You would not need to cook after searing. Use of leftovers: Top chicken with mozzarella and marinara, serve over noodles, gf noodles, or riced cauliflower.

Avocado Dressing

Recipe: Ready in 5 minutes
Serves 2-4

Ingredients:

½ avocado
1 tbsp. Lime juice
1 small garlic clove
Salt and pepper to taste
2 tbsp Water
Spices-change up the flavor with
paprika, basil, Italian seasoning, chili
powder, etc.

Preparation:

Place all ingredients in a food
processor and mix until smooth. Thin out
with more water if needed. Add salt
and pepper to taste. Store in
refrigerator 4-5 days. Serve over crisp
romaine. Add any vegetables you like.

Tips:

Serve this dressing over the roasted
vegetables with chicken for a complete
meal. Recipe can easily be doubled.

Homemade Vinaigrette Dressing

Recipe: Ready in 5 minutes
Serves 6-8

Ingredients:

½ c. Olive or Avocado Oil
2 tbsp. apple cider vinegar
1 tbsp. Dijon mustard
Salt and pepper

Preparation:

Mix all ingredients and store in refrigerator. Use within 3-5 days.

Tips:

Use over your favorite salad, chicken, or fish.



"The first wealth is health"

Ralph Waldo Emerson

Chocolate Chip Cookies

Recipe: Paleo, GF, DF
Enjoy in 20 minutes
Makes 12-18 cookies

Ingredients:

¼ c. coconut oil (softened)
1 large organic cage free egg
1 ½ c. blanched almond flour
2 tbsp. coconut flour
2 tsp vanilla extract
¼ c creamy nut butter (almond, sunflower seed, cashew, peanut-will not be paleo)
1 tbsp raw honey
½ tsp of baking soda
¼ tsp sea salt
⅛ c coconut sugar (or maple sugar)
½ c dairy-free chocolate chips (Enjoy Life or Costco semi-sweet)
Sprinkle of sea salt

Preparation:

Heat oven to 350 degrees. Mix oil and egg in a food processor or by hand.. Add vanilla, nut butter, honey, and sugar. Add flours, baking soda, and salt. Stir in chocolate chips. Drop by rounded teaspoonfuls approx. 2 inches apart onto un-greased cookie sheet. Bake 8-10 minutes or until golden brown. Remove from oven and sprinkle with sea salt. Cool on wire rack.

Tips:

Substitute alternative extracts for different flavor (coconut, almond, etc).

Fat Bombs

Recipe: Paleo, GF, Keto, Low Glycemic

Ingredients:

Dark Chocolate bar

Coconut oil

Almond butter

Sea salt

Preparation:

Melt chocolate and coconut oil over low heat. Spoon one tablespoon melted chocolate into silicone mold.

Place a dollop of nut butter on top of chocolate. Cover with a spoonful of melted chocolate. Sprinkle with sea salt. Freeze until set.

Tips:

Additional add-ins: nuts, unsweetened coconut flakes, flavored extract.

Cheese Crisps

Recipe: Ready in 20 minutes
Serves 6 people

Ingredients:

1 c. Sharp Cheddar
1 c. Parmesan
1 tsp. garlic powder
salt and pepper

Preparation:

Preheat oven to 350 degrees. Shred cheese (you can use any hard cheese you like). Add garlic powder, salt and pepper. Form mounds on baking sheet spaced 2 inches apart. Bake 5-10 minutes (cooking times will vary). Remove from oven and let cool.

Tips:

These are so good, and a fraction of the price from what you see in the deli section at the store. Save \$\$! Pair with a green salad or serve with a creamy dip as an appetizer.

n'Ice Cream

Recipe: Ready in 5 minutes
Serves 3-4

Ingredients:

2 bananas (sliced and pre-frozen)
1 c. almond milk (or coconut milk)
¼ tsp. vanilla extract

Optional toppings: nut butter, shredded coconut, fresh fruit, whipped topping (Silk brand makes an almond and coconut version), chocolate chips (Costco's semi-sweet are dairy free)

Preparation:

Put all ingredients in a food processor and blend until smooth. Top with anything you like, or store in the freezer for individual servings.

Tips:

If freezing, you'll need to let sit at room temp for at least 30 minutes to thaw slightly (good luck waiting that long). To increase the fat, you can add a small can of coconut cream to the food processor. Provides a creamy texture, and fat is your friend (keeps you satiated longer).

Left Over Ideas

What to do with all the leftovers?

Use the food you've prepared, get creative with your combos. Start to rethink your food as FOOD vs. breakfast, lunch, dinner. You might discover that you like something savory vs. starting your day with a sugar bomb.

Example 1: Chicken Wings-saute celery, carrots, and onion in 2 tbsp. ghee, add leftover chicken. Bring large container of bone broth (chicken or vegetable works well too) to a boil, and add ingredients. Toss in 2 bay leaves, can diced tomatoes, let simmer for 30 minutes and you'll have a healthy chicken soup (add noodles or banza for gf option). Serve with a side salad and dressing.

Example 2: Almond crusted chicken-heat 1 tbsp. avocado/olive oil in skillet, add chicken breast to re-crisp and heat through. Toss mixed greens in vinaigrette dressing, add diced honey-crisp apples, avocado, and roasted nuts. Add cheese if not DF.

Left Over Ideas

What to do with all the leftovers?

Example 3:

Sweet potato boats-scoop out and mash with ghee or coconut oil, salt and pepper. Reheat meatballs and serve on top.

Example 4:

Roasted vegetables-reheat and serve with an omelet for breakfast.

Example 5:

Smoothie-change up your combinations. Add unsweetened cocoa powder to make it chocolate, avocado to make it creamy, PB2 for peanut butter flavor. I recommend your smoothies have at least 1 protein (powder, collagen, or nut butter), 1 fat (nut butter, avocado), and 1 carb (bananas, berries) and spinach. This gives you the fiber, and sneaks in another vegetable serving. When you think of different ways to eat what you've already prepared, you'll save time, money, and a lot of frustration.

Have fun, get creative. I can't wait to see your new ideas!
