



Healthy Recipes for your Living Fit Lifestyle!

Living Fit Game Recipes

by Bernadette Kathryn, LMT, IHLC

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Living Fit Game

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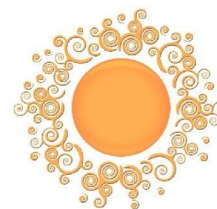




Table of Contents

Dedication	8
Acknowledgements	9
Introduction	13
Breakfast & Brunch	
Gluten Free Granola	16
Blueberry Muffins	19
Cranberry Walnut Muffins	20
Apple Butter Muffins	22
Scottish Shortbread	25
Broccoli Cheddar Frittata	26
Chicken Maple Sausage	29
Whole Grain Waffles	31
Salads & Entrees	
Creamy Cucumber Dressing	34
Creamy Italian Dressing	35

Buttermilk Tomato Dressing	36
Tomato Mustard Dressing	37
Roasted Garlic Vinaigrette	39
Grilled Tarragon Chicken	40
Classic Bone Broth	42
Italian Wedding Soup	45
Zucchini & Onion Soup	46
Spicy Gazpacho	49
Chicken & Shrimp Gumbo	51
Vegetarian Texas Chilli	53
Shrimp Bisque	54
Potato Leek Soup	56
Chicken Dijonnaise	57
Curried Chicken Salad	58
Hot Wings	61
Chicken In Mustard Sauce	63
Asian Chicken Sliders	65
Spring Rolls & Asian Slaw	67
Chicken Stuffed Peppers	71
Chicken Bolognese	73
Chipotle Burger	74
Sausage Stuffed Peppers	76
Lemon & Garlic Chicken	79
Chicken Cacciatore	80
Lemon Herb Chicken	83
Lasagna	84
Mediterranean Burgers	87
Chicken Meatballs	89
Egg Salad	90

Quinoa Tabouli	93
Grilled Eggplant Parmesan	95
Salisbury Steak & Gravy	96
Italian Style Meatballs	98
Shrimp "Gumbo" Cakes	100
Shrimp Corn Crepes	103
Shrimp Pad Thai	105
Miso Glazed Cod	106
Paleo Paella	109

Something Special

Goji Raspberry Gelee	113
Granola Parfait	115
Coconut Macaroons	117
Pecan Date Meringues	118
Chocolate Coconut Candy	121
Spicy Chocolate Bark	123
Three Layer Pavlova	125
Blackberry Compote	126
Coconut Whipped Cream	127
Tropical Fruit Salad	129
Homemade Marshmallows	131

About the Game

Our Mission	133
What is a Fully Sanctioned Meal?	135
Daily Scorecard	141



Dedication & Acknowledgements

Dedication



It was through her delicious cooking that I developed my love of food and desire to cook. I came to the realization in my early adult years that food was an absolute necessity and it could either be a very damaging necessity if not taken seriously or an amazingly delicious, healthy adventure that was both nourishing and healing.

I have chosen to cook the best quality food I can find and make it as delicious and satisfying as I can, promoting health for all those who enjoy it with me.

I would like to dedicate this book to my Mom, Bernie and my brothers, Billy & Larry. It was Mom that cooked for us and cared for us with extraordinary love and compassion. She worked hard for us to ensure that we had everything we

needed to make our way in this world as happy, healthy individuals. It was not easy for her, we were not easy and I want to thank her for all of the love and caring that she bestowed upon us.

Thank you Mom!

with love,

Bernadette

Acknowledgements

I am and will always be eternally grateful for many wonderful people in my life that have loved and supported me over the years. I have been blessed with incredible friends, amazing clients and fabulous teachers. I would not have been able to complete this project without the help and support of those people.

I would like to say a special thanks to Marc Fowler (**Capt. Marc**), my husband and strongest cheerleader. He worked long and hard with me on this project ~ tasting, testing, and critiquing all the food, tough job! And his incredible support of shopping, chopping, plating, photographing, and organizing this book for me.

Then there is a group of very talented and supportive chefs that were instrumental in the development of my culinary career (see right).

Chef Brad -- our inspiration, he is a trusted friend and colleague that inspired this game, Thank you Brad!

Chef Barbara - another dear friend and colleague that worked many hours with me in the kitchen and is responsible for some of the recipes you will find here.

Chef Xavier - my favorite teacher and mentor!

Chef Hollie - another dear friend and colleague. She specializes in teaching children and families. Find our more about her at Joyfoodly.com

And, last but certainly not least ~ all of the dedicated gamers & clients that have been so gracious to encourage me to gather my recipes and present them something new on a daily basis. They volunteered to be my guinea pigs and recipe testers ~ my QC department!



Capt. Marc



Chef Brad



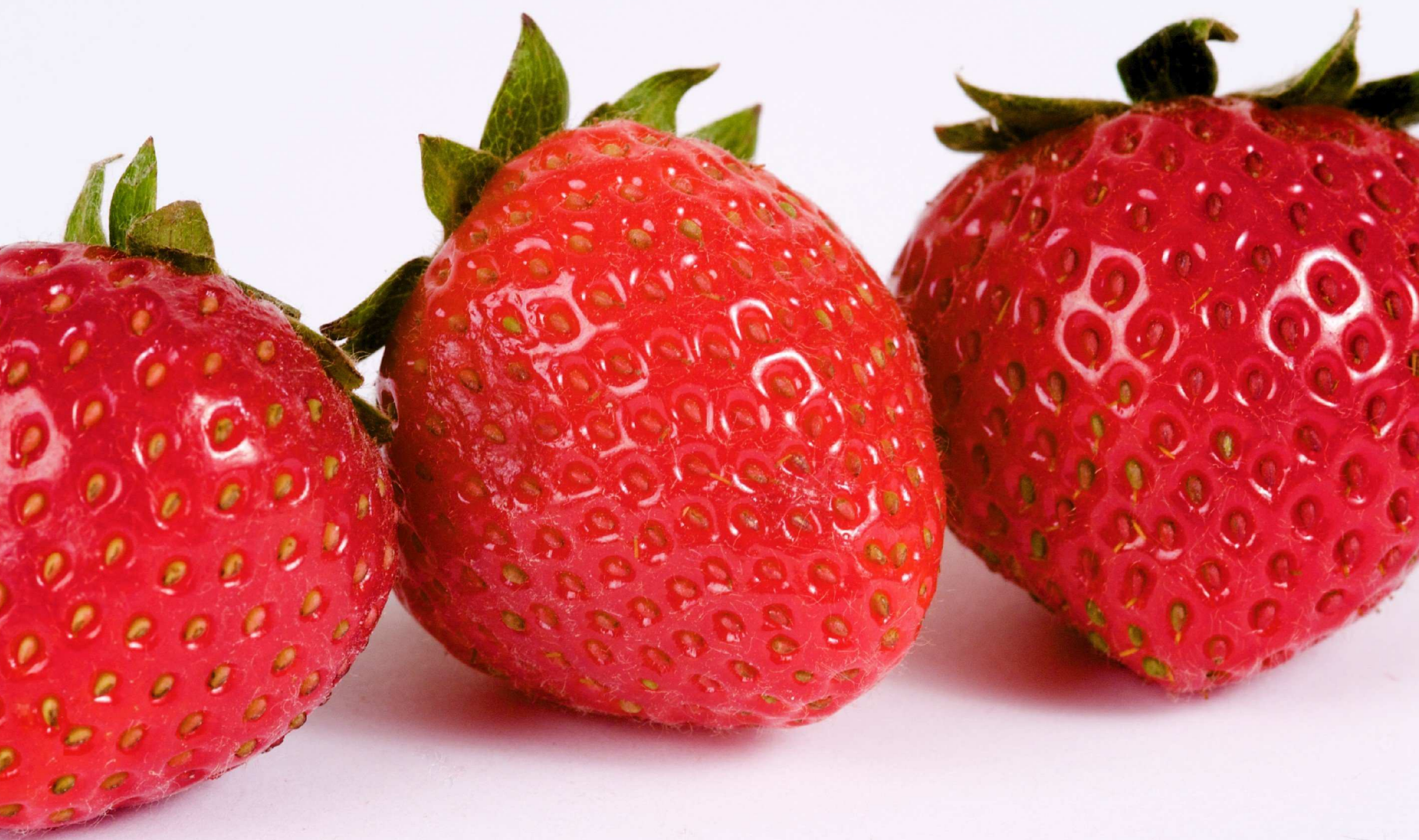
Chef Barbara



Chef Xavier



Chef Hollie



Introduction



Bernadette

Let me introduce myself, my name is Bernadette Kathryn. I arrived in Manhattan some 20 years ago; I have worked in the Health & Wellness Industry as a Health Coach, Lifestyle Consultant, Personal Trainer, Massage Therapist and Personal Chef at BK Fitness.

One of the greatest pleasures of my life has been working with many amazing people over the years and it is with great pride that I can say – most of my clients are still with me today, 20 years later. I feel very blessed and honored to be a part of their lives, to be trusted and respected by these amazing, accomplished individuals.

It has been my experience that most people wrestle with their food plans as much as they wrestle with their fitness regimen. I want people to know that eating healthy doesn't have to be boring, you can have both – great tasting and good for you!

While growing up in the South, with an Italian mother (she grew up in New Orleans), there was always lots of fabulous food. Food with a little spicy edge to it and the influences of Tex-Mex mixed into traditional Italian & Cajun dishes. My personal food style reflects this mixture of Southern, Italian, spicy Tex-Mex all rolled up into healthy deliciousness.

I am lucky that I have always loved to eat, cook & share great food with my family and friends. And, this collection of recipes reflects my love of food, desire for healthy eating and requirement for great taste.

"My food style reflects this mixture of Southern, Italian, spicy Tex-Mex all rolled up into healthy deliciousness."



Breakfast & Brunch

Gluten Free Granola

Prep time: 15 mins | Cook time: 45 mins | Total time: 1 hour

Ingredients

4 Cups Organic Oats
½ Cup Coconut sugar
1T pure vanilla extract
½ Cup Agave Nectar
½ Cup Coconut Oil
1T Ground Cinnamon
½ T ground nutmeg
½ t celtic salt
2 Cups nuts of choice
2 Cups of fruit of choice
2 Cups large flaked coconut

Instructions

1. Preheat the oven to 325•
2. Mix your oil, agave, coconut sugar, salt, cinnamon, nutmeg, vanilla

3. Add Oats and mix thoroughly
4. Spread out mixture on 2 sheet trays
5. Bake for 15-20 minutes
6. Add the nut mixture and bake an additional 15 minutes
7. Add the coconut flakes and bake an additional 10 minutes then take out and allow to cool
8. Mix thoroughly with your fruit of choice
9. Package and save! Can be safely frozen for the future.







Blueberry Muffins

Combine the power of blueberries and whole grains and you have a real winner

Ingredients

1-1/2 Cups GF whole grain flour
1t celtic salt
1 Cup organic sugar-free shredded coconut
1/2 Cup organic coconut palm sugar
1T baking powder
1t baking soda
1t guar gum or xanthan gum
1 Large Egg – room temperature
1/4 Cup melted organic coconut oil
1/2 Cup organic apple or pear sauce – room temperature
1/2 Cup organic milk – room temperature
1 cup of fresh organic blueberries

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Instructions

1. Preheat your oven to 350•
2. Line your muffin tins with paper
3. Mix all of your dry ingredients
4. Mix your wet ingredients – make sure everything is room temperature
5. Combine and add the walnuts & cranberries
6. Fold to distribute blueberries
7. Scoop into your lined muffin tin
8. Bake for 10 minutes at 350•
9. Rotate your pan and bake an additional 10 minutes

Cranberry Walnut Muffins

Muffins with a splash of lemon brings me back to those Sunday with the family

Ingredients

1.5 cups GF flour
½ Cup coconut sugar (or honey)
1t salt
1T baking powder
1t baking soda
1t guar gum
1 Egg large
½ Cup milk
½ Cup applesauce
¼ Cup melted coconut oil
½ Cup walnuts, chopped
½ Cup cranberries
1 Lemon, zest & juice

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Instructions

1. Preheat your oven to 350•
2. Line your muffin tins with paper
3. Mix all of your dry ingredients
4. Mix your wet ingredients – make sure everything is room temperature
5. Combine and add the walnuts & cranberries
6. Fold to distribute
7. Scoop into your lined muffin tin
8. Bake for 10 minutes at 350•
9. Rotate your pan and bake an additional 10 minutes



Apple Butter Muffins

Just the right amount of spice and extra special served warm with a sugar free fruit jam

Ingredients

1 Cup GF flour
1 t baking soda
1 T baking powder
1 t guar gum
½ t cinnamon
1 Cup Apple Butter
¼ Cup Applesauce
¼ Cup raw organic honey
1 Cup FF Buttermilk
2 Lg Egg Whites
½ Cup raisins

3. Whisk together the wet ingredients
4. Mix wet and dry ingredients to combine
5. Fold in the raisins
6. Scoop into paper lined muffin tins
7. Bake for 18-20 minutes
8. Allow to cool for 5 minutes

Instructions

1. Preheat the oven to 350•
2. Combine the dry ingredients, stir to mix well

Prep time: 10 mins
Cook time: 20 mins
Total time: 30 mins





Scottish Shortbread

A great treat from "Gems of gluten free baking" by Wendy Turnbull

Ingredients

1 1/4 cups finely ground brown rice flour
1/4 Cup corn flour
1/3 Cup brown sugar
1/2 Cup butter
1/4 t salt

Prep time: 10 mins
Cook time: 25 mins
Total time: 35 mins

Instructions

1. Preheat oven to 300F
2. Combine rice flour, corn flour, butter, brown sugar and salt in food processor. Pulse until mixture is crumbly
3. Press firmly in ungreased 8x8 pan
4. Score (1/8" deep) shortbread into portions
5. Using tip of a fork poke three evenly spaced indentations in each rectangle
6. Bake 25 minutes
7. Cool completely before cutting

Broccoli Cheddar Frittata

Prep time: 25 mins | Cook time: 25 mins | total time: 50 mins

Ingredients

1 pt Organic Egg whites
2 Whole pastured eggs
1 bunch broccoli
12 oz chicken apple sausage
3 oz grated cheddar cheese

Instructions

1. Pre heat Oven to 325F
2. Bring all ingredients to room temperature
3. Cut broccoli tops, save stems for another use
4. Blanche broccoli and set aside
5. Cut sausage into bite-sized pieces
6. In food processor, chop broccoli and sausage by pulsing 3-4 times
7. Grate cheddar cheese and set aside
8. Combine egg whites and whole eggs in a pitcher with a whisk
9. Prepare muffin pan with non-stick spray
10. Divide sausage/broccoli mixture between 12 muffin servings.
11. Top with cheese
12. Distribute egg mixture evenly between 12 muffin servings
13. Bake for 20 - 25 mins (depending on oven)





Chicken Maple Sausage

Delightful little patty sausages — perfect for a quick morning bite!

Ingredients

2 LB Organic Free Range Ground Chicken
1 Organic Apple, peeled & chopped or
grated
1 bunch of Organic Scallions, finely
chopped
4t dried sage
3T Organic maple syrup (optional)
2T Organic EVOO
2t Celtic Salt
black pepper and cayenne to taste

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

Instructions

1. Mix thoroughly, scoop into molds on a cookie sheet.
2. I use a ice cream scooper and ring molds to assist the process and ensure that each sausage patty is uniform in size and shape.
3. Then sear in a hot pan and cook through.



Whole Grain Waffles

Tasty, great texture, gluten free, whole grain - the only waffle with a resume

Ingredients

¾ C tapioca flour
½ C sorghum flour
½ C oat flour
⅓ C teff flour
2t xanthan gum
½ t guar gum
1T baking powder
1 t salt
3 T Agave Nectar
1 C Organic Milk or Almond milk
2 Large Eggs
1 t vanilla extract
½ stick of melted butter or coconut oil
Coconut oil for greasing the pan

Instructions

1. Combine all the dry ingredients
2. Combine the liquids — make sure they are room temperature
3. Combine the liquids and dry, I like to use a hand mixer for this and thin the batter out a little if it feels too thick.
4. Preheat your waffle iron according to package directions and begin the magic!

Prep time: 10 mins

Cook time: 4 mins

Total time: 14 mins



Salads & Entrees

Creamy Cucumber Dressing

Clean & cool, perfect for a summer salad

Ingredients

1 English Cucumber, chopped — you can seed it if you prefer, I don't because I like the seeds
1 Shallot – chopped
1 Cup organic non-fat plain yogurt
1/2 Cup organic white wine vinegar
1 T mayonnaise
1/4 Cup organic EVOO
s/p to taste

Instructions

Blend the first 5 ingredients in a high powered blender to puree, then slowly drizzle the EVOO into the mix with the blender running to emulsify. Taste and season with salt & pepper to taste.



Creamy Italian Dressing

So easy and will last a long time, its crazy not to make your own!

Ingredients

1 Cup Plain Yoghurt
2T Mayonnaise
2T White Wine Vinegar
1/2t Dry Mustard
1/2t Dry Basil
1/2 Dried Oregano
1/4 t Salt
1 Garlic Clove (minced)
1/4 Cup EVOO
Juice of a lemon

Instructions

1. Everything other than the EVOO in the blender
2. Blend on high
3. Slowly drizzle in EVOO to emulsify
4. Taste and adjust seasoning



Buttermilk Tomato Dressing

Prep time: 5 mins | Total time: 5 mins

Ingredients

- 1 Cup FF Organic Buttermilk
- 1 Cup Organic Cherry Tomatoes
- 1 Shallot chopped
- 1 garlic clove, grated
- 2 T FF Organic Plain Yogurt
- 2 T Dijon Mustard
- 1 t dry mustard
- 2T white wine vinegar
- 1 Lemon, zest & juice
- s/p to taste

Instructions

1. Put all of the ingredients into a powerful blender and puree until smooth. Taste and adjust the seasoning as needed



Tomato Mustard Dressing

Quick, tangy & goes great on just about anything

Ingredients

1 pint of organic cherry tomatoes
2 T dijon mustard
½ cup red wine vinegar
½ cup EVOO
s/p to taste

Instructions

1. Throw the first 3 ingredients into the blender and puree
2. Slowly drizzle the oil into the blender while running to emulsify
3. Taste and season as needed

Prep time: 5 mins
Total time: 5 mins





Roasted Garlic Vinaigrette

Prep time: 15 mins | Cook time: 30 mins | Total time: 45 mins

Ingredients

½ red onion chopped
1 whole head of roasted garlic
½ Cup organic red wine vinegar
½ Cup organic EVOO
1T Raw organic honey
s/p to taste

Instructions

1. Preheat the oven to 350•
2. Cut your garlic head in half, s/p, dash of EVOO
3. Wrap in foil and bake for 30 mins, until soft & sweet
4. Chop onion and place in blender
5. Take the garlic cloves out of the paper & place in the blender
6. Add the red wine vinegar and honey
7. Blend until smooth
8. Slowly add the EVOO in a stream while the blender is running and emulsify
9. Taste and add s/p to suit

Grilled Tarragon Chicken

Prep time: 15 mins | Cook time: 20 mins | Total time: 35 mins

Marinade Ingredients:

1 LB. thin cut boneless, skinless chicken breast
2 Tbs. Dijon Mustard
2 Tbs. Fresh Tarragon, chopped
2 Tbs. Dry Vermouth
Salt & Pepper, to taste

Tarragon Vinaigrette:

4 teaspoons Sherry vinegar
1 tablespoon minced shallot
1/2 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup extra-virgin olive oil
2 teaspoons finely chopped fresh tarragon

Instructions:

1. Combine all the marinade ingredients in a bowl
2. Mix well
3. Add to the thin chicken cutlets and marinade 2-4 hours
4. Bring to room temperature before grilling. Cook on a hot grill until just cooked through
5. Enjoy with your favorite fresh vegetables w/ Tarragon Vinaigrette

For the vinaigrette follow instructions from Tomato Mustard Dressing



Classic Bone Broth

The first step to flavor and health!

How its done:

1. Roast your bones — (can be done with chicken, beef, pork or veal bones) about 20 mins at 350F to 400F

Add vegetables and herbs to your pot

- onion
- carrots
- celery
- leeks
- parsley
- thyme
- bay leaves
- garlic
- cloves
- s/p

2. Caramelize your vegetables either in the oven or in the pot for a bit before adding your roasted bones

3. De-glaze your pot with white wine — the amount depends on your pot and amount of bones

4. Allow the wine to reduce and the alcohol to burn off, you will be left with the lovely flavor

5. Add your roasted bones and cover with COLD WATER

6. Bring to a boil, reduce to a simmer — skim the impurities (scum) off the top periodically. NEVER let the pot boil again

7. Keep the broth at a moderate simmer for 24-48 hours, add 2T apple cider vinegar to help pull the minerals out of the bones

8. Add more cold water as needed to not let the pot cook down too far

9 Although, you do need the broth to reduce to concentrate the flavor, minerals and gelatin.

10. After you have completed the cooking process, strain twice to remove all the impurities and ensure a clear broth.





Italian Wedding Soup

A marvelous dinner in a bowl that is delicious, satisfying and completely sanctioned!

Ingredients

2 Qts Classic Bone Broth
2 Cups of white wine – any good wine you have on hand
1 – 2" piece of parmesan cheese rind
48 mini meatballs – any kind you like
3 large shallots – sliced thinly
4 large cloves garlic – minced
2 carrots – peeled & chopped
1 celery stalk – peeled & chopped
¼ cup parsley – chopped
4 Cups Escarole – chopped

Prep time: 10 mins
Cook time: 20 mins
Total time: 30 mins

Instructions

1. Heat the Classic Bone Broth
2. Add the wine and parmesan rind, up to a boil, down to simmer, reduce by ¼
3. Add the vegetables after 15 minutes
4. Cook vegetables for 5 minutes on low heat, not to over cook
5. Add the meatballs to heat through
6. Sprinkle with parsley and serve!

Zucchini & Onion Soup

Prep time: 5 mins | Cook time: 20 mins | Total time: 25 mins

Ingredients

1 Vidalia Onion
1 Cup White Wine
Salt/Pepper
1t Cumin (or more to taste)
4 Zucchini
2 Cups Chicken Stock
1T Butter or Cream (optional)

5. Add 2 Cups chicken stock (or just to cover the vegetables)
6. Cook until Zucchini are tender.
7. Throw into Blender and puree on high.
8. Add in one tablespoon of butter or cream (optional to make it as thick or thin as you like) and blend again.
9. Taste and adjust seasoning

Instructions

1. Cut up sweet vidalia onion and sweat it in a pan with a little butter
2. Add 1 Cup white wine and reduce by half
3. Add salt pepper and cumin
4. Add in 4 zucchini (4 servings)

Recipe works for almost every vegetable and combination of vegetables, some of our favorite flavor profiles are:

Carrot, Apple & Onion
Cauliflower Onion & Curry
Broccoli Onion & Cumin
Yellow Squash, Onion & Celery
Parsnip, Pear & Sweet Onion





Spicy Gazpacho

You can add some EVOO to cut the acidity — or just use plain yogurt, it's very good!

Ingredients

4 medium ripe tomatoes
1 long English cucumber
½ medium red onion
½ red bell pepper
½ yellow bell pepper
1 large celery rib
2 fresh jalapeño peppers
2 Cups tomato juice
3T fresh lime juice
2T sherry vinegar
s/p to taste
non-fat plain yogurt – optional

Prep time: 15 mins

Total time: 15 mins

Instructions

1. Cut the tomatoes, cucumber, red onion, peppers, celery and jalapeño peppers into chunks and pulse in batches in a food processor until finely chopped — or use a sharp knife.
2. In a large bowl or covered container combine the chopped vegetables with the tomato juice, lime juice, vinegar and s/p. Stir to mix thoroughly
3. Cover and refrigerate until well chilled – 2-8 hrs
4. Serve ice cold with a dollop of yogurt if desired.



Prep time: 45 mins | Cook time: 90 mins | Total time: 135 mins

Chicken & Shrimp Gumbo

A lighter spa version of a classic - laissez les bon temps rouler!

Ingredients

1 lb fresh large shrimp — cut in half lengthwise
1 lb chicken breast — organic, free-range, pastured chicken
1 lb andouille chicken sausage, cut into cubes and browned
1 qt chicken stock, homemade
1 qt shrimp stock, homemade
1 large organic onion, chopped
1 large organic red pepper, chopped
1 large organic jalapeño, chopped
4 organic scallions, thinly sliced
2T organic garlic, chopped
28oz can organic crushed tomatoes
4 bay leaves
1T dried basil
1T dried oregano
1T dried thyme

Instructions

1. In a large heavy bottom pan, sweat onions, scallion, garlic and pepper
2. In another pan, brown your sausage before adding to the pot
3. Add tomatoes, stocks and herbs to the heavy bottom pan with the vegetables
4. Add the chicken pieces and sausage, cook for ½ hour or more to marry the flavors
5. Add the shrimp in the last 5 minutes before serving to ensure that they are not over cooked.

Prep time: 30 mins | Cook time: 2 hours | Total time: 2 hours 30 min



Vegetarian Texas Chilli

This dish makes a great base for Nachos ~ a fun meal for a party night off!

Ingredients

1 Qt Classic Bone Broth or stock in a box
 1 can black beans – rinsed
 1 can kidney beans – rinsed
 1 can whole tomatoes – crushed
 1 large vidalia onion – finely chopped
 3 large carrots – peeled and finely chopped
 2 stalks celery – peeled and finely chopped
 1 large red pepper – chopped
 1 large yellow pepper – chopped
 1 pt – button mushrooms – roasted & chopped
 1 pt – cremini mushrooms – roasted & chopped
 1 pt – shitaki mushrooms – roasted & chopped
 1 pt – portabello mushrooms – roasted & chopped
 4-6 cloves garlic – minced
 2-3 jalapeños – chopped (optional)
 2 T organic spice mix or to taste
 2 T Chili powder or to taste
 2 T Cumin or to taste
 2 T Cocoa Powder
 ¼ – ½ Cup Whisky or White Wine (optional)
 s/p to taste

Instructions

1. Preheat the oven to 400•
2. Clean mushrooms from any loose dirt
3. Toss mushrooms with a T of EVOO and sprinkle with s/p
4. Roast in oven 25-30 minutes and let cool
5. Sweat the onion, carrot, celery & peppers in a heavy bottom dutch oven
6. Add the spices and cocoa to the pot and cook for a few minutes
7. Add the Whiskey or Wine (if using)
8. Using a food processor – pulse chop all of the mushrooms and add to the pot
9. Cook on low simmer to allow the alcohol to reduce
10. Add the Classic Bone Broth or stock in a box
11. Add the canned tomatoes or fresh if you have them
12. Add the beans – rinse first please — or use dried beans that have been soaked if you prefer
13. This is the perfect recipe for a crock pot – you can put it all together in the morning and come home to a gorgeous pot of chili in the evening!

Shrimp Bisque

A surprisingly easy soup to make that is comforting, satisfying, delicious and low-fat

Ingredients

1 QT fresh shrimp stock
1 Cup white wine
¼ Cup dry sherry
2 LB fresh shrimp with shells
1T butter
4 medium size shallots chopped
2 cloves garlic, minced
1 jalapeño, chopped
1 sweet red pepper, chopped
2 Cups organic sweet corn
1 Cup skim milk or ¼ Cup cream to finish

Prep time: 30 mins

Cook time: 15 mins

Total time: 45 mins

Instructions

1. Finely chop and sweat the shallots & garlic in butter
2. Add jalapeño and cook for 2 mins until soft
3. Add white wine & dry sherry, reduce to ½
4. Add shrimp stock and continue to further reduce to ⅓
5. Peel & devein shrimp (save the shells to make shrimp stock for future use & freeze)
6. Slice shrimp in half lengthwise
7. Add Shrimp to the pot and cook for 2-3 minutes

8. Remove $\frac{1}{2}$ the shrimp and set aside
9. Puree the other half of the shrimp with the shallots, garlic and jalapeño in blender until smooth
10. Return puree to the pot and add red pepper and corn to heat through
11. Chop other half of shrimp into slightly smaller pieces and return to the pot
12. Taste and adjust the seasonings



Potato Leek Soup

A rich and satisfying bowl of comfort, especially when you are not feeling your best

Ingredients

8 Yukon Gold Potatoes
1 Celery stalk
2 Garlic cloves
2 Leeks, white & light green parts only
4 Cups Bone Broth
1 bay leaf
½ Cup Organic FF Buttermilk

Instructions

1. Cook all the vegetables in the bone broth until soft
2. Discard the bay leaf
3. Puree in a high powered blender
4. Puree until smooth, add buttermilk and blend

5. Taste & adjust the seasoning to your taste

Prep time: 10 mins
Cook time: 15 mins
Total time: 25 mins



Chicken Dijonnaise

So simple that you already have the ingredients around your kitchen



Prep time: 4 hours | Cook time: 15 mins | Total time: 4 hours 15 mins

Ingredients

1lb Chicken Breast
1/4 Cup Mayonnaise
1/4Cup Mustard
1T Dried Thyme
1T Dried Tarragon

Instructions

1. Mix mustard & mayo
2. Mix in thyme and tarragon
3. Add cubed chicken and leave to marinate for at least 4 hours to overnight.
4. Cook chicken and enjoy!

Curried Chicken Salad

Prep time: 30 mins | Cook time: 30 mins | Total time: 1 hour

Ingredients

1 Double breast chicken (bone-in, organic free-range)
½ Head Cauliflower, oven roasted
2 Stalks Celery
½ Red Onion
4 Scallions (green part only)
¼ C Parsley (finely chopped)
1 Golden Delicious Apple (finely chopped or shredded)
½ C Greek-style Yogurt (plain, organic, Fat-free)
2 Lemons (juice & zest)
1½ tsp Curry Power
2 tsp Turmeric
Salt & Pepper to taste

Instructions

1. Preheat the oven to 375
2. Rub the chicken with lemon, s/p, EVOO — Roast until it reaches an internal temperature of 155
3. Take it out, cover with foil and rest to allow the carry over temperature to rise to 165. This will ensure that the chicken is fully cooked without drying out the meat. (or make your life easy and just buy a rotisserie chicken and pull the juicy meat off the bones and save the bones to make a beautiful bone broth)
4. Split the cauliflower into florets and toss with EVOO, s/p and roast until tender and slightly caramelized, allow to cool

5. Finely chop the celery, red onion, scallion tops, and parsley

6. Peel and grate or chop the apple – toss with juice of ½ lemon to prevent oxidizing

7. Prepare the dressing: Mix the yogurt, lemon juice, spices

8. Adjust the seasoning to your taste

9. Take the chicken off the bone and chop into bite size chunks and toss into the dressing

10. Chop the cauliflower and add all of the vegetables to the chicken and dressing, tossing to coat

11. Check again for seasoning — you may want to add more s/p and or lemon





Hot Wings

A deliciously deceptive version of a party favorite!

Ingredients

1 LB Boneless, skinless chicken breast
2T EVOO
1/4 Cup organic spice rub
1/4 Cup lime juice and zest
1/4 Cup hot sauce of choice
2T honey

Instructions

1. Cut chicken breast into approx 1" cubes, coat with EVOO & spice rub
2. Marinade 4 hours or overnight (take out and allow to come to room temperature before cooking)

3. Mix remaining ingredients into a sauce and heat on low flame to mix and melt the honey
4. Heat your non-stick grill pan and lightly coat with oil
5. Grill the chicken pieces for 2-3 minutes until cooked through
6. Toss the chicken with some of the sauce to coat

Serve on lettuce cups with extra sauce on the side

Prep time: 4 hours

Cook time: 5 mins

Total time: 4 hours 5 mins



Chicken in Mustard Sauce

An excellent, elegant meal ~ beautiful, scrumptious and good enough for a special occasion.

Ingredients

White wine
Classic Bone Broth
Sweet onion or shallots
Dijon Mustard
A little bit of cream

Instructions

The amount of each ingredient will vary depending on how many you are serving. The process will be the same no matter what the quantity is.

First, brown the meat in the pan creating a nice crust on each side and then lower the heat and cook through. The cooking time will depend on the size and thickness of the meat.

While the meat is cooking, chop your onion or shallot into fine dice or slivers (however you like your gravy)

After the meat is cooked, remove it from the pan and set aside

Add the onion or shallot to the pan along with the wine and allow to reduce to 1/2, scraping the bottom of the pan to release the sucs from the pan and into the sauce, yum — lot's of good flavor

Add the Classic Bone Broth and bring the temperature up to high and allow to reduce again to 1/2

Add the dijon mustard and cream, continue to cook until it reduces again to 1/2

Taste and adjust the seasoning

What you will be left with is an amazing gravy (sauce) that really adds personality to your dish. It does have fat from the cream, but – it's so little compared to the entire dish, it's acceptable and desirable! Just don't eat a bowl of sauce ...

Prep time: 10 mins
Cook time: 20 mins
Total time: 0.5 hours



Asian Chicken Sliders

With a tangy dipping sauce that makes you want to lick your fingers when you eat!

Ingredients

Ground Chicken — pastured, free range chicken
1 large egg — pastured from free range chicken
½ cup Shitaki Mushrooms — organic, finely chopped
¼ cup Scallions — organic, finely chopped
2T Ginger — finely grated
1T Garlic — finely grated
2T Tamari — gluten free
2T Sesame Oil — toasted
1t Red pepper flakes

Prep time: 20 mins

Cook time: 6 mins

Total time: 26 mins

Instructions

1. Combine ground chicken, egg, and chopped vegetables
2. Add aromatics, garlic, ginger, tamari, pepper, sesame oil
3. Mix thoroughly and portion into ring molds with ¼ cup ice cream scoop
4. Tamper into size and remove ring molds
5. Cook in hot pan with plain sesame oil until brown on both sides
6. Approximately 4-6 minutes



Spring Rolls & Asian Slaw

Healthy, tangy, crunchy & satisfying; perfect for a summer easy week-night dinner

Ingredients

Boneless, skinless chicken breasts
 Fresh grated ginger
 EVOO
 S/P
 Napa Cabbage
 Snow Peas
 Carrots
 Red Pepper
 Yellow Pepper
 Radicchio
 Endive
 Golden Delicious Apple
 Rice Wine Vinegar
 Grated Ginger
 Dark Toasted Sesame Oil
 Light Miso Paste
 Lime Zest & Juice
 Sriracha Hot Sauce
 Extra Thin Spring Roll Wrapper
 (If you want a spring roll presentation)

Prep time: 30 mins

Cook time: 10 mins

Total time: 40 mins

Instructions

1. Cut Chicken into thin strips
2. Grate fresh ginger
3. Add EVOO
4. Add S/P to taste
5. Mix to form a paste & cover the chicken
6. Leave in an airtight container overnight to marinate
7. Wash & dry your vegetables
8. Finely chop all vegetables into julienne strips for your slaw
9. Make your dressing:
10. (1) qtr Cup each -
11. Toasted Sesame Oil



12. Rice Wine Vinegar

13. Light Miso Paste



14. Juice & Zest of 2 limes

15. T Sriracha Hot sauce (or to taste)



16. S/P

17. Mix and serve!



Prep time: 30 mins | Cook time: 30 mins | Total time: 1 hour



Chicken Stuffed Peppers

Ingredients

1 lb ground chicken, browned
 1 large sweet onion, minced
 ½ cup dry white wine
 3 cloves garlic, minced
 2T clarified butter, divided
 2T EVOO, divided
 1T fresh oregano chopped
 1T fresh thyme chopped
 1T fresh basil chopped
 10 oz baby spinach chopped
 2 zucchini, julienne sliced
 2 yellow squash julienne sliced
 s/p to taste
 Parmesan cheese
 12 mini peppers, variety of colors

Instructions

1. Chop and slice all your vegetables, use a mandolin slicer for the 'linguini'
2. Chop your aromatics, garlic, herbs
3. Chop your spinach
2. Put 1T of clarified butter & EVOO into a pan with the onion & garlic

3. Add s/p and allow to sweat over medium heat
4. Add ½ cup white wine and allow to reduce
5. Add the ground chicken and brown
6. Add the chopped herbs and stir to combine, allow to simmer
7. Add the spinach and allow to wilt
8. Taste and adjust seasoning to taste
9. Set aside to cool
10. Bring a pot of cold water up to boil, add a T salt
11. Drop your peppers into the boiling water and cook for 2 minutes
12. Remove from the boiling water and allow to cool
13. After cooling, carefully open the peppers and remove the seeds
14. Stuff with your meat, herb and spinach mixture
15. Sprinkle with parmesan cheese
16. In a non-stick pan heat your remaining butter & oil
17. Add your 'linguini' to the pan and cook approximately 2 minutes tossing to combine and make sure all the 'linguini' heats the heat
18. Season with s/p and allow to cool in a colander (let any remaining liquid pass off)
19. Serve with peppers and a little additional parmesan cheese.



Prep time: 15 mins | Cook time: 2 hours | Total time: 2 hours 15 mins

Chicken Bolognese

I tend to mix up an old favorite with the flavors that I remember blended in

Ingredients

3 lbs Ground Chicken
1 Vidalia Onion, large chopped fine in food processor
4 Celery ribs, chopped fine in food processor
8 Carrots, peeled & chopped fine in food processor
6 Garlic cloves, chopped in food processor
½ Cup parsley, chopped in food processor
2 jalapeños, chopped in food processor
2 T butter – grass fed
2 – 28oz cans fire roasted tomatoes
¼ cup tomato paste
s/p to taste
1 Cup white wine

Instructions

1. Clean and coarse chop all veg
2. Place all veg, jalapeño, garlic, parsley into the food processor and pulse chop until fine — do not puree
3. Add the butter to a pan, melt and add chopped vegetables to cook
4. Add the wine to deglaze the pan and cook down to concentrate the flavor
5. Add the tomato paste and cook out the tomato
6. Add the Chicken to the pan and combine
7. Add the canned tomatoes and simmer 1-2 hours
8. The longer you cook it — the better, just don't let it burn.

Chipotle Burger

This is great with soup or on a whole grain bun with arugula and mayo!

Ingredients

1 LB ground chicken or turkey
1 large red bell pepper – fine dice
1 large yellow bell pepper – fine dice
1 sweet onion – grated
1 red apple – grated
1 jalapeño – fine dice (optional)
2 scallions – fine chop
¼ cup cilantro – fine chop
1 T – chipotle powder
¼ t – cayenne
s/p to taste

Prep time: 20 mins

Cook time: 8 mins

Total time: 28 mins

Instructions

1. Chop all of the vegetables – as fine as possible to mix with the burger
2. Grate the onion and apple into the bowl that you will mix with the meat, so that you keep the juices to moisten the meat
3. Add the other vegetables
4. Add the meat and spice
5. Mix thoroughly and divide into 6 – even patties
6. Cook on hot grill or grill pan until cooked through, approximately 4 min per side



Sausage Stuffed Pepper

A full sanctioned meal that is gorgeous, satisfying, comforting and oh so good

Ingredients

Classic Tomato Sauce
Chicken Sausage
Fresh organic vegetables — sweet
peppers, carrots, mushrooms, spinach, and
scallions
Brown Rice Fettuccini

Instructions

1. Par cook the pepper (blanch in boiling salted water for 3 minutes) take it out and set aside to cool

2. Peel a large carrot and using the peeler cut ribbons to add to the pasta

3. Defrost and heat the Classic Tomato Sauce

4. Defrost and heat the Chicken Sausage
5. Mix the Chicken Sausage in a bowl with mushrooms, spinach and scallions

6. Cut the pepper in half, remove the ribs and seeds — stuff with the sausage and vegetables

7. Utilizing the pot of hot water from the pepper, cook the pasta and add the carrot ribbons the last 2 minutes to cook

8. Drain the pasta and carrots, dress with tomato sauce and plate with your stuffed pepper!

Prep time: 4 hours

Cook time: 7 mins

Total time: 4 hours 7 mins





Lemon & Garlic Chicken

Elegant & tangy, perfect for a romantic dinner for two

Ingredients

2 bone-in skinless chicken breast
1T – organic cultured butter
1T – organic EVOO
15 cloves of garlic smashed
1 cup white wine
2 cups Classic Bone Broth
2 Lemons (Juice & zest)
s/p to taste

Instructions

1. Melt the butter and EVOO over medium high heat
2. Add the chicken – breast side down to the pan to sear the meat

3. Cook on all sides to sear and add a crust (without the skin)
4. Par cook the chicken and take out of the pot – set aside for later
5. Reduce the heat to medium & add garlic
6. Add wine and stock to reduce to half
7. Debone chicken and return to pan with zest & juice of the lemons.
8. Cook for additional 10 mins on low heat

Prep time: 10 mins

Cook time: 20 mins

Total Time: 30 mins

Chicken Cacciatore

A classic Italian dish of braised chicken with tomato and mushrooms

Ingredients

2 Chicken Breast, bone in for roasting
6 Portabello mushrooms, for roasting
4 medium sized shallots, minced
4 cloves garlic, minced
1T butter
1T EVOO
1/4 cup dry Sherry
1 cup white wine
1-28 oz can fire roasted tomatoes

Instructions

1. Preheat the oven to 400•
2. Season the chicken breast and mushrooms with s/p
3. Roast in the oven for approx. 25 minutes
4. Take out of the oven and allow to cool
5. Chop the garlic & shallots, fine dice
6. Heat the butter and oil over medium heat and add shallots and garlic to sweat
7. Chop the mushrooms when cool, fine dice
8. Add the mushrooms to the shallots & garlic
9. Add the sherry and cook 5 minutes to reduce
10. Add the canned tomatoes and white wine and allow to reduce
11. Debone breasts and cut into bite size pieces add to the sauce to cook, add any juices into the sauce and cook on low heat for 10-15 minutes
12. Taste & adjust seasoning



Prep time: 20 mins | Cook time: 45 mins | Total time: 1 hour 5 mins



Lemon Herb Chicken

Chicken infused with the Mediterranean flavors of lemon and herb

Ingredients

(Lemon Herb Chicken Marinade)

2 boneless skinless chicken breasts

Cut in half – across the breast
sideways

Juice and Zest of 2 lemons

Garlic cloves chopped — use as much or
little as you like

2 T dried oregano

2T EVOO

s/p to taste

Prep time: 4 hours

Cook time: 20 mins

Total time: 4 hours 20 mins

Instructions

1. Put all of the Lemon Oregano Chicken marinade ingredients together in a zip lock baggie with your bone-less, skin-less chicken breasts.

2. Squeeze all of the air out of the bag and put into the fridge until an hour before you are ready to cook.

3. It's important to bring the meat to room temperature before cooking. When you are ready, heat your grill and make sure to dry off your chicken before grilling.

Ingredients

Homemade Bolognese Sauce (recipe coming – stay tuned!)
GF – Brown Rice Lasagna noodles
Large Sweet Onions
Organic Carrots
Organic Celery
Organic Mushrooms
Organic Zucchini
Organic Spinach
Organic Red Peppers
Organic Parsley
Organic Oregano
Organic Basil
Ricotta Cheese
Goat Cheese, softened
Parmesan Cheese
Pastured Egg
Nutmeg

Prep time: 45 mins

Cook time: 1 hour

Total time: 1 hour 45 mins

Instructions

1. Preheat the oven to 350•
2. Make Bolognese Sauce
3. Cook GF noodles according to package
4. Roast all of your vegetables, cool & pulse chop in food processor
5. Mix your ricotta cheese, goat cheese, and egg
6. Add — herbs to the cheese mixture with nutmeg
7. Begin the Assembly
8. *** I only use 1 noodle per serving, cut in half and bake individual servings in small loaf pans
9. Put a little sauce on the bottom of the pan
10. Add ½ noodle
11. Layer more sauce, vegetables, cheese, sauce, noodle, and repeat
12. Top with grated parmesan cheese
13. Bake for 45 minutes covered
14. Uncover and continue to bake for 15 minutes





Mediterranean Burgers

Includes all the salty, briny, flavors of "the Med" and brings life to white meat chicken

Ingredients:

1 lb ground chicken, pastured
1 lb frozen artichokes, roasted & finely chopped
10 button mushrooms, roasted & finely chopped
¼ cup Kalamata olives, finely chopped
¼ cup sun dried tomatoes, finely chopped
¼ cup parsley, finely chopped
1 bunch scallions, finely chopped
2T dijon mustard
1T Worcestershire sauce
S/P to taste

Prep time: 30 mins

Cook time: 10 mins

Total time: 40 mins

Instructions:

1. Preheat oven to 350•
2. Roast the mushrooms & artichokes until golden
3. Put all veg into the food processor and pulse chop
4. Mix all the veg with the chicken, mustard, sauce
5. Form into 6 – 6oz patties
6. Sear in very hot pan with minimal oil

Chicken Meatballs

Perfect added to Zucchini Linguini, Light Lasagna, Meatball Hero, Eggplant Parmesan, or served in the sauce on a buffet for a party, yum!



Prep time: 45 mins | Cook time: 2 hours | Total time: 2 hours 45 mins

Ingredients

2 lbs – ground chicken or turkey – whatever you prefer
2T Organic clarified butter & EVOO
1 large Vidalia onion
6 small carrots
6 cloves garlic
4 large whole eggs
½ cup spinach & basil pesto optional
¼ cup fresh chopped oregano
¼ cup fresh chopped basil
½ cup fresh chopped parsley
 Salt & pepper – to taste
 NO BREAD CRUMBS

Instructions

1. Have the butcher grinding the meat fresh if possible
2. Keep at room temperature for at least an hour before cooking
3. Coarsely chop the onion, carrots, garlic, parsley, oregano, basil
4. Using the processor – pulse chop the ingredients to a fine chop (not puree)
5. Using clarified butter & EVOO -- sauté the vegetable & herbs
6. Add salt & pepper to taste – sweating the vegetables
7. Allow the vegetables to cool and drain
8. Gently mix the 4 eggs and add to the meat
9. Add the vegetable mixture when it's cooled
10. Add the spinach & basil pesto (if using)
11. Mix everything thoroughly with your hands
12. Measure the meatballs with a small ice cream scoop to shape uniform balls
13. Place on a sheet tray while completing the whole batch
14. You can either bake the meatballs or par cook GENTLY in a pan before adding to the

Egg Salad

Prep time: 15 mins Cook time: 30 mins | Total time: 45 mins

Ingredients

1 dozen egg whites
4 egg yolks
1/4 Cup non-fat organic greek yoghurt
1T dijon mustard
Salt & Pepper

Instructions

1. Place egg whites and yolks in a bowl and chop with a pastry cutter to desired consistency
2. Add in yoghurt and mustard
3. Taste and add seasoning as required

Quick Tip:

For perfectly boiled eggs every time :

1. Put your eggs into a pot with cold water, cover the eggs by 1"
2. Bring the water to a boil
3. Turn the heat off and cover the pot
4. Set your timer for 10 minutes
5. When the bell rings, pour the hot water down the drain and cool your eggs to stop the cooking.
6. Then begin to peel your perfectly cooked eggs!





Quinoa Tabouli

I love everything about it, it's fresh, tangy, chewy, and I couldn't stop eating it

Ingredients

1 Cup Quinoa, rinsed & cooked
1 pint Cherry tomatoes, quartered
1 whole english cucumber, peeled, seeded
& chopped
1 bunch scallions, finely chopped
1 bunch parsley, leaves chopped
2 lemons, zested & juiced
1 T mint, minced
3T EVOO
s/p to taste

Instructions

1. Cook the quinoa according to package directions, drain & cool
2. Chop & layer the vegetables, quarter tomatoes

3. Peel, seed & chop cucumber
4. Clean and chop the scallions
5. Chop the parsley & mint
6. Zest & juice the lemons over the layered ingredients
7. s/p
8. Mix thoroughly and taste, adjust the seasonings
8. Allow the flavors to marry overnight (if possible) ... it gets better with time!

Prep time: 30 mins
Total time: 30 mins



Grilled Eggplant Parmesan

This is exactly why I keep a stash of Italian Style Meatballs with sauce in the freezer.

Ingredients: 1 Eggplant | 1/2 Ball Mozzarella | Meatballs and Sauce



Prep time: 10 mins | Cook time: 10 mins | Total time: 20 mins

Instructions

- 1) Grill the eggplant on my non-stick indoor grill
- 2) Slice the cheese very thin
- 3) Smash the meatballs into the marinara sauce to create a meat sauce which I thought would make a better accent to the dish than the actual meatballs. It came out fantastic!!

Salisbury Steak & Gravy

Updated, completely fresh and sanctioned version of that old classic!



Ingredients

- 1 LB Grass-fed ground beef
- 1 Cup Roasted Garlic & Shallot Sauce - (refer to website)
- S/P to taste
- 1 Cup Homemade Beef Consommé
- 1 Cup White Wine
- 2 T Dijon Mustard
- 4 T Homemade Ketchup
- 2 T Worcestershire Sauce (optional)
- 2 Shallots – sliced thinly
- 1 Large Sweet Onion – Sliced Emincer, thinly
- 1 T Clarified Butter
- 1T organic EVOO
- 1 T Balsamic Vinegar
- 4 Cups Chopped Broccoli Stems, Blanched
- 4 Cups Chopped Carrots – Blanched

Instructions

1. Preheat the oven to 400•
2. Thoroughly mix the Roasted Garlic/Shallot Sauce with the beef and set aside to marinate.
3. While the beef marinates, chop the vegetables
4. Melt the oil and butter in a sauté pan and begin to caramelize the onions over medium heat, with s/p, stir occasionally to ensure that they do not burn
5. Bring a pot of water to boil, add salt, and blanch the broccoli and carrots to set the bright color and par cook, take out and shock in ice water to stop the cooking.
6. Continue to stir the onions until they reach the caramel stage and then add the balsamic vinegar to the pot and finish cooking on low heat.
7. Shape the burgers into oval ‘steaks’ and sear in a hot sauté pan on both sides and then put into
8. Remove the steaks from the oven and allow to cool a bit.
9. Remove the steaks from the pan and set aside while making the gravy. Add shallots to the pan along with the white wine and allow to reduce. Add the consommé, mustard, ketchup, worcestershire sauce, s/p and continue cooking. Taste and adjust the seasonings, then puree in a high powered blender on high to create a silky gravy.
10. Serve the steak, onions, vegetables and gray — ENJOY!

Prep time: 4 hours

Cook time: 40 mins

Total time: 4 hours 40 mins

Italian Style Meatballs

Prep time: 40 mins | Cook time: 30 mins | Total time: 70 mins

Ingredients

2lbs each – ground beef, veal, pork
¼ lb of pancetta
2T Organic clarified butter & EVOO
1 large Vidalia onion
6 small carrots
6 cloves garlic
4 large whole eggs
½ cup spinach & basil pesto (
¼ cup fresh chopped oregano
¼ cup fresh chopped basil
½ cup fresh chopped parsley
Salt & pepper – to taste
NO BREAD CRUMBS

Instructions

1. Have the butcher blend the meat when grinding or mix yourself set aside

2. Keep at room temperature for at least an hour before cooking
3. Coarsely chop the pancetta, onion, carrots, garlic, parsley, oregano, basil
4. Using the processor – pulse chop the ingredients to a fine chop (not puree)
5. Using clarified butter & EVOO -- sauté the pancetta, vegetable & herbs
6. Add s&p to taste – sweating the vegetables
7. Allow the vegetables to cool and drain to remove excess juices
8. Gently mix the 4 eggs and add to the meat
9. Add the vegetable mixture when it's cooled
10. Add the spinach & basil pesto
11. Mix everything thoroughly with your hands
12. Measure the meatballs with a ice cream scoop to shape uniform balls
13. Place on a sheet tray while completing the whole batch
14. You can either bake the meatballs or par cook GENTLY in a pan before adding to the sauce to finish



Shrimp "Gumbo" Cakes

I can eat a whole plate of them, they are so good.

Ingredients

1lb Cod, steamed and flaked
1lb Shrimp, poached, chopped
1lb Chicken Sausage, chopped
1 Red Pepper – Chopped
1 Yellow Pepper – Chopped
1 Scallion – bunch, Chopped
½ Cup Parsley – Chopped
1 small yellow potato, boiled & mashed
1T Sriracha
2T Mayonnaise
2 Whole Eggs or 4 Egg Whites
Salt & Pepper to taste

Prep time: 25 mins

Cook time: 10 mins

Total time: 35 mins

Instructions

1. Gently cook the Cod & Shrimp — careful not to over cook – 2-4 minutes & set aside to cool
2. Chop all the veg into small dice, uniformly to ensure even cooking
3. Chop the chicken sausage into small dice and mix all protein & vegetables together
4. Fold in the mashed potato, seasonings, mayonnaise and eggs
5. Form into balls with an ice cream scoop and flatten into cakes
6. Heat a non stick pan with a little oil and cook gently until golden and heated through



Shrimp Corn Crepe

Served with luscious shrimp for an elegant sunday brunch.

Ingredients

1 LB easy peel Shrimp
½ Cup GF flour
⅓ Cup organic cornmeal – medium grind
½ t celtic salt
2 T organic coconut oil
1 Cup + 2T organic milk
2 large eggs – room temperature

Instructions

1. In a medium bowl combine the flour, cornmeal, and salt.

2. Stir to combine

3. Add, 1T melted coconut oil, 1 Cup of milk and 2 eggs

4. Stir to combine, cover and let stand at least 20 minutes or overnight

5. Heat a 10" non-stick pan, using a paper towel, lightly grease with coconut oil.

6. Pour ⅓ Cup of batter into the pan, tilting to spread evenly and cook for approximately 1 minute on each side. Remove the crepe from the pan and stack on a plate. Repeat with the remaining batter, save until ready to use.

7. Cut your shrimp in half lengthwise (optional) and submerge in your shrimp stock for approximately 2 minutes or until pink — being careful not to over cook.



8. Place ½ cup of cooked shrimp in a crepe and fold or wrap like a burrito.
9. Serve with a little of your favorite sauce — I like béchamel — gluten free (of course) or a Roasted Garlic Ricotta sauce — yum.
10. Garnish with chopped chives or crumbled bacon

Prep time: 10 mins | Cook time: 10 mins | Total time: 20 mins



Shrimp Pad Thai

A leaner, fresher version full of delicious vegetables, tangy sauce and brown rice noodles

Ingredients

1 lb fresh shrimp, peeled & deveined (save your peel for nutritious shrimp stock)
4 oz brown rice noodles, fettuccine noodles or larger
2 limes, zest and juice
2T tamari sauce
2T sriracha sauce
¼ cup fish sauce
¼ cup water
1 whole zucchini, julienne outer portion to seeds
1 Cup snow peas, thinly sliced
4 large Napa Cabbage leaves, chiffonade
4 scallions, thinly sliced
1 red pepper, julienne sliced
¼ cup cashews chopped

Prep time: 20 mins
Cook time: 5 mins
Total time: 25 mins

Instructions

1. Mix all liquids in a pot and bring to a simmer & reduce slightly
2. Prepare all vegetables, mise en place — get ready to stir fry
3. Soak your noodles in boiling water for 8-10 minutes, until soft – not mushy
4. Saute your vegetables a little, keep crisp
5. Add shrimp to warm liquid for 1 minute
6. Add the noodles for 1 minute
7. Add the vegetables, turn off heat and stir
8. Serve on a large platter, top with cashews



Miso Glazed Cod

Perfect for a quick and elegant meal any night of the week

Ingredients

(Glazed Cod)

1 Large Cod fillet

2T Light Miso

1/4 Cup Water

1T Mirin

1t Organic Coconut Oil

(Stir fry)

1T Organic Coconut Oil

1t Dark Sesame Oil

1T Sriracha

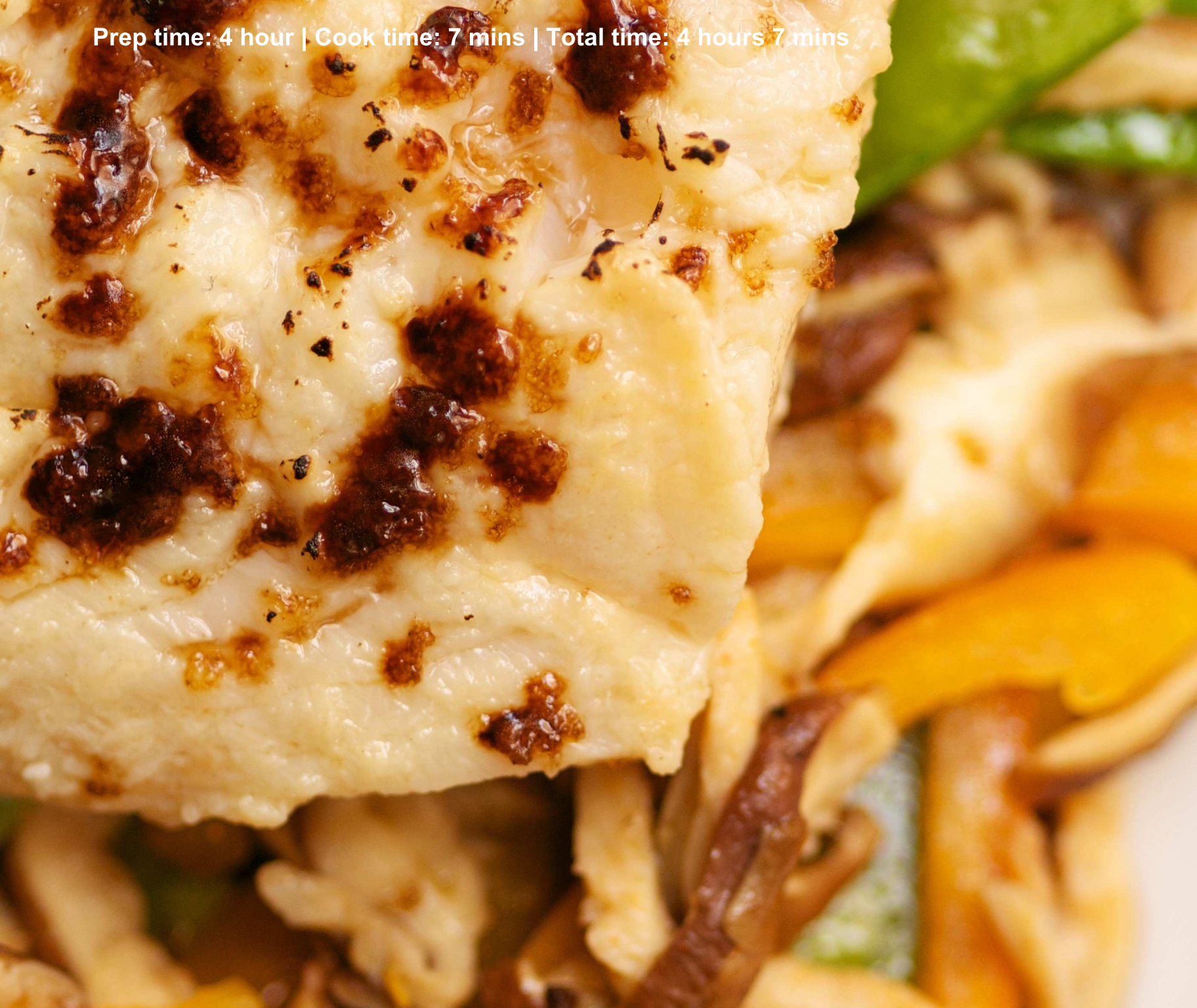
Squeeze of Lime

Choice of vegetables (Try Snow peas,
Napa Cabbage, Shitakis, Peppers, Carrots)

Instructions

1. Mix Miso, water and mirin into light paste
2. Marinate Cod in paste for at least 4 hours (up to overnight)
3. Heat Coconut Oil in a non-stick saute pan
4. Cook Cod about 5 mins on one side (until mostly opaque), gently turn over and cook for a remaining two minutes.
5. Heat Coconut Oil in wok
6. Add in your choice of vegetables (shredded)
7. Cook just to soften , then add Sriracha, Sesame Oil and Lime.
8. Serve & Enjoy

Prep time: 4 hour | Cook time: 7 mins | Total time: 4 hours 7 mins



Paleo Paella

A lighter version with all the flavors of Spain



Ingredients

1 lb med-large shrimp in the shells – brined
 in salt & honey
 12 oz Belinski Chicken Cajun Style
 Andouille Sausage
 1 large sweet onion or 4 Shallots sliced
 1 large sweet red pepper – sliced
 1 large yellow pepper – sliced
 1 small fennel bulb – sliced
 1 – 10 oz package frozen artichokes –
 roasted
 ½ cup frozen organic corn
 ½ cup frozen organic peas
 1 Cup – Chardonnay
 2 Cups – Classic Bone Broth
 1 Cup – shrimp stock
 ¼ cup white wine vinegar
 1t – cayenne
 1t – tumeric
 1t – smokey paprika
 1 pinch saffron

Prep time: 30 mins

Cook time: 20 mins

Total time: 50 mins

Instructions

1. Preheat the oven to 400•
2. Roast your artichoke hearts for 25 minutes and set aside to cool
3. Put shrimp in a brine of salt, honey and water – leave for 2 hrs or overnight
4. Slice sausage and cook crispy edges, remove from pan and set aside
5. Add vegetables and cook until tender
6. Add wine and vinegar – reduce to ½
7. Add the spices and cook
8. Add the bone broth and shrimp stock, continue to simmer
9. Check for seasonings – add s/p to taste and adjust to your taste
10. Peel the shrimp (and save to make shrimp stock for a future use)
11. Slice the shrimp in half and add to the pot with the sausage
12. Allow to simmer approximately 3-4 minutes and turn off the stove



Something Special



Goji Raspberry Gelee

Made from a flavored Green Tea, a little sweet and very refreshing

Ingredients

4 Cups Boiling Water
6 Bags goji raspberry green tea
2 T Organic honey
3 T Gelatin powder

Instructions

1. Add the 6 tea bags to the boiling water
2. Add the honey to sweeten (more or less to taste)
3. Bloom gelatin in 1/4 cup room temperature water for 1 minute
4. Remove tea bags and add gelatin mixture
5. Pour into silicon ice cube molds.

6. Put into fridge to set for at least 1 hour

7. Unmold and enjoy!

Prep time: 5 mins

Cook time: 60 mins

Total time: 65 mins





Granola Parfait

Once you have a batch of granola that you like, add it to a serving of plain organic yogurt & fresh fruit to make a delicious dessert or mini-meal to enjoy something a little sweet and stay on track.

And, if you want to make this completely easy on yourself, you can purchase a good quality granola — just beware of the sugar content.

You can add a little raw organic honey or coconut nectar if you would like a little extra sweetness... absolutely spectacular!

If you want to have some fun with your family ~ set up a Parfait Bar ~ organize all the toppings that your family likes and set it up for everyone to create their own perfect parfait!

Topping Ideas:

- Blueberries
- Strawberries
- Raspberries
- Sliced Bananas
- Sunflower seeds
- Dried cranberries
- Coco nib sprinkles

(See pg 16 for granola recipe)





Coconut Macaroons

Cover these with Chocolate, it's like an old fashioned Mounds bar, only much better.

Ingredients:

5 large egg whites, room temperature
1/4 tsp Celtic Salt
1/2 cup Organic Raw Honey
1 Tbl Organic Vanilla Extract
1 Tbl Gelatin
3 Cups Organic Shredded Coconut
(unsweetened)
Coconut Oil for greasing

Instructions

1. Preheat oven to 350•
2. Line baking sheet with parchment paper and grease with coconut oil
3. Beat egg whites with salt in a clean bowl with an electric mixer/whip until stiff peaks

4. Fold in the honey, vanilla extract, coconut, gelatin and coconut extract until well blended
5. Drop and place spoonfuls of the macaroon mixture and place on the lined sheet pan
6. Bake for 12-15 minutes until golden brown.
7. Dip in melted organic chocolate (70% or higher) if desired

Prep time: 15 mins

Cook time: 15 mins

Total time: 30 mins

Pecan Date Meringues

Looking for something a little sweet? These little meringues are just the right cookie

Ingredients

4 egg whites – room temperature
(pastured egg whites will not work – you
have to separate your eggs for this one)
2 cups chopped nuts (pecans or walnuts)
2 cups of chopped pitted dates
½ cup of powdered xylitol
pinch of salt
1 t vanilla

Instructions

1. Preheat oven: 350•
2. Pulse chop your nuts & dates in food processor
3. Separate your egg white
4. Whip your egg whites until frothy
5. Add the xylitol, vanilla & salt
6. Continue whipping until stiff peaks
7. Fold in your nuts & dates
8. Scoop onto a sheet tray with a silpat or parchment paper in desired size
9. Reduce the oven temp to 180•
10. Place in the oven for 2 hours
11. Turn the oven off & leave in overnight to complete the drying process

Prep time: 30 mins | Cook time: 120 mins | Total time: Overnight



Chocolate Coconut Candy

I am not against having some fun and some goodies along the way





Ingredients

½ Cup Organic Coconut Oil - melted
¼ Cup Organic Coconut Manna
1-1/2 Cup Organic Coconut Flakes
¼ Cup Organic Raw Honey
½ Cup Organic Almonds ½ Cup Organic
Chocolate – melted

Instructions

1. Prepare a mini-muffin pan (lined with paper – if you prefer)
2. Melt the Coconut Oil, Coconut Manna, Raw Honey over low flame
3. Add the Almond Extract and shredded coconut flakes, mix well
4. Chop the almonds and divide between the 24 segments of the muffin pan
5. Divide the coconut mixture into the pan and put into the freezer, flat
6. Melt the chocolate over a double boiler on simmer until just melted
7. Carefully add a small amount of chocolate to cover the coconut mixture
8. Return to the freezer for 20-30 minutes

Prep time: 20 mins

Cook time: 20 mins

Total time: 40 mins



Spicy Chocolate Bark

We need a day off, we need a little naughty mixed in with our nice

Prep time: 45 mins | Cook time: 15 mins | Total time: 60 mins

Here's what I did:

1. Preheat the oven to 350•
2. Gather my spices — cinnamon, nutmeg & cayenne
3. 1 egg white, whipped with 2 T agave nectar and spices
4. Toss the nuts in the egg white and spice mixture
5. Spread the nut mixture out on a sheet tray and place in the middle of your preheated oven
6. Roast in the oven at 350• for approx 15 mins — may vary with your oven, pay attention to the smell
7. Chop the chocolate with a serrated knife
8. Melt over a double boiler — place a bowl over small amount of simmering water to steam the chocolate, do not let the water boil or touch the bowl... simmer
9. Once the chocolate is melted and the nuts are roasted, put the nuts into the chocolate
10. Then pour onto a sheet tray covered with parchment paper and set aside to cool
11. You can put this into the fridge for quicker results
12. Once the chocolate is set — break and enjoy!!

*Pavlova with Compote
& Coconut Cream*



Three Layer Pavlova

Prep time: 5 mins | Cook time: 30 mins (overnight) | Total time: Overnight

Ingredients

8 Organic egg whites (room temp)
1/4t cream of tartar
1/4t salt
1/2 Cup Organic Honey

Instructions

1. Add egg whites & cream of tartar to mixing bowl and whip on med/high until frothy
2. Add honey and salt and whip on high for approx. 3 mins, until stiff peaks
3. Spread into 3 even sized rounds on 3 sheets of parchment paper
4. Place into preheated 275F oven and cook for 30 mins (rotating every 10 mins) then leave overnight



Blackberry Compote

Prep time: 5 mins | Cook time: 25 mins | Total time: 30 mins



Ingredients

2Cups fresh organic blackberries
2 Cups organic dried cherries
2 Cups dry red wine
1/4 Brandy or Framboise
10 pink peppercorns
1 Cinnamon stick
2T Agave

Instructions

1. Soak fruit with Brandy in bowl
2. Add wine, peppercorns & cinnamon to a pan, bring to boil, then down to a simmer until reduced by half
3. Add fruit and continued to reduce on low flame until desired consistency
4. Serve over anything or everything!

Coconut Whipped Cream

Prep time: Overnight | Total time: Overnight

Ingredients

2 Cans Original Coconut Milk
1t Organic Vanilla Extract
1/2 Cup Agave

Instructions

1. Put cans of coconut milk into the fridge (do not shake) and leave overnight
2. Open cans scoop only the solids into mixer bowl (keep water for smoothies)
3. Add vanilla and sugar
4. Beat on high until consistency of whipped cream





Tropical Fruit Salad

So naturally delicious & a great source of antioxidants

Ingredients

- 1 Pineapple
- 2 Mango
- 4 Apples
- 1 Pomegranate
- 6 Kiwis
- 1 bunch Red Seedless Grapes
- 1 bunch Green Seedless Grapes
- 1 bunch Bananas
- 1 pint Strawberries
- 1 pint Raspberries
- 1 pint Blueberries
- 3 Limes
- 2 Oranges
- 1T Agave

Prep time: 45 mins

Total time: 45mins

Instructions

1. Cut up pineapple, mangoes, apples, kiwis, grapes, bananas, strawberries into 1/2 inch pieces and place into a large bowl.
2. Add raspberries, blueberries and pomegranate seeds.
3. Mix
4. In a small jar or bowl mix juice of limes, oranges and pomegranate,
5. Add agave and shake.
6. Pour over fruit salad and dig in!



And finally...

Homemade Marshmallows

Ooey-gooey, sticky, homemade sweetness

Ingredients

2 x 1/2 Cup water
3 T Grass fed beef gelatin
1 cup organic honey
1 t vanilla extract
1/4 t salt
Candy Thermometer

Instructions

1. Grease 8 by 8 pan and line w/ parchment paper (in both directions), leave some overhand for "handles"
2. In mixer bowl, add gelatin and 1/2 cup of water
3. Pour other 1/2 Cup of water in a saucepan, add honey, vanilla and salt. Bring to boil, place in

thermometer and continue to boil until mixture reaches 240F and immediately remove from heat.

4. Slowly add honey mixture to mixer bowl while mixing on low.

5. When all is in mixer bowl, mix on high setting for 10 mins.

6. Transfer to prepared pan and pat into place with lightly greased hands

7. Leave to set.....then DEVOUR!



About the Game

Our Mission

To make the world a healthier, happier place — one game at a time!

It is our intention to provide a framework for self-discovery and support to explore your lifestyle in an effort to improve one's life in a meaningful way. Working together in a community of like minded individuals, playing a game of healthy living we are all in this (life) together.

Now is the time to have a real sit-down with ourselves and our internal posse, and come up with our smart goals for this game and our healthy lifestyle. Get out your pen & paper or your i-Pad, however you are comfortable taking notes and get busy — get organize and make some SMART GOALS for this game period!

This game is played in 10 week segments and our lifestyle stays with us for our lifetime! Choosing a healthy lifestyle is just that — a choice. And, that choice is one we are faced with time and again when we get stressed, are hungry, travel, and go out with friends and family. We are constantly bombarded with a multitude of choices that can either support a healthy lifestyle or not.

It is completely unrealistic to think that we will make the healthiest choice 100% of the time, which is why this game has built in three 'cheat meals' each week. We all need to take a break from our work, workout, 'diet' and chores — decompress a little, right?

The goal of this game is to help us become more aware of the choices that we are making everyday, over and over again, that either support our health or not. Once we begin to see the behaviors, that can potentially be destructive over time, we are better able to change them. And, if we really want to support our health and that of our families — consistency in our choices is the most supportive thing we can do for ourselves.

The objective of the game is to create healthy habits that will support a long healthy life and there are several core components:



- **Food** - eating well-balanced meals from our list of 'whole foods' at regular intervals to ensure that we are optimizing our metabolism.

- **Water** - drinking 2-3 liters of pure water everyday — forgetting the juice, soda, diet drinks and limiting the adult beverages to 2-3 meals a week, only!

- **Exercise** - minimum 30 minutes a day for a minimum of 180 minutes each week — do your very best and work up to more without overdoing it!

- **Sleep** - the most under rated healthy habit in modern times — we need to recharge our batteries, 6-8 hours sleep each night.

- **Communication** - is an essential element in every good relationship and we need healthy relationships to thrive in this world.

- **Gratitude** - an attitude of gratitude is essential to a healthy spirit. The more grateful you are for what you have the better you feel, take a look around...

Make your smart goals on any area of life that you wish to work on — remember, it's a journey — enjoy the ride!

What is a FULLY SANCTIONED MEAL?

Each meal must include:

Protein – (1) Palm Size Portion

Vegetables – (2) Fist Size Portions

Healthy Fat – (1) Thumb Size Portion

Optional:

Whole Grains / Fruit – (1) Fist Size Portion

OBJECTIVE:

To eat healthy, whole foods, *without sugar*,
at regular intervals to keep your blood sugar stable
and maximize your metabolic benefit!

**You must choose a Meal Plan
BEFORE beginning the game You have TWO options!**

Meal Plan A:

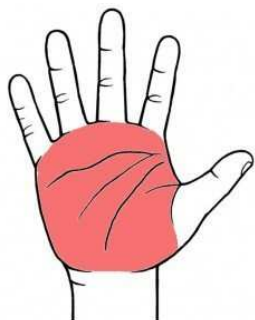
Recommended for: Maintenance / Minimal Weight Loss

3 Fully Sanctioned Meals per day + 2 'mini meals'
Mini meals = one full meal / cut in half / eat twice!
Must be eaten at regular intervals – every 3 hours
No Snacking – EXCEPT: celery or cucumbers
No Salt or dip with your snack!

Meal Plan B:

Recommended for: Substantial Weight Loss (20+ lbs)

5 Fully Sanctioned Meals per day
Must be eaten at regular intervals – every 3-4 hours
No Snacking – EXCEPT: celery or cucumbers
No Salt or dip with your snack!



Lean Protein

Palm size portion per meal

Meats (lean)

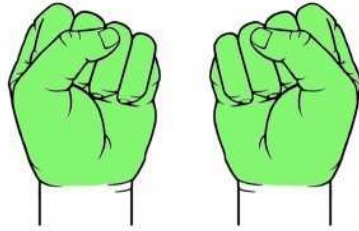
- Beef Ground
- Steak – Flank
- Steak – Top Round
- Steak – Top Sirloin
- Steak – Tenderloin
- Buffalo
- Pork Tenderloin
- Lamb
- Ground Lamb
- Chicken Breast
- Chicken Ground
- Turkey Bacon
- Turkey Ground
- Turkey Breast
- Venison
- Wild Game Meat

Fish & Seafood

- Anchovy
- Catfish
- Cod
- Flounder
- Halibut
- Mahi Mahi
- Perch
- Salmon
- Sardine
- Snapper
- Sole
- Swordfish
- Tilapia
- Trout
- Tuna
- Shrimp
- Lobster
- Crab
- Scallops
- Oysters

Dairy (Low-fat)

- Cottage
- Cream
- Feta
- Mozzarella
- Ricotta
- Swiss
- Goat
- Yogurt
- Egg Whites



Vegetables

2 cups w/ 2-3 meals each day

Vegetables

- Artichoke
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard (Swiss)
- Collards
- Cucumber
- Eggplant

Vegetables

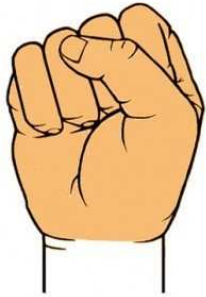
- Endive
- Escarole
- Fennel
- Kale
- Lettuce
- Mushroom
- Okra
- Onion
- Peas
- Peas (snow)
- Peppers (sweet)
- Pumpkin

Vegetables

- Radish
- Radicchio
- Spinach
- Squash
- Tomatillo
- Zucchini
- Watercress

All vegetables are unlimited at each meal!

Celery & Cucumbers only
for in between meal snacks
no salt or dip for those snacks, please!



Fruits & Grains

Fruit - Fist size portion per meal (optional)

Grains - 1/4 - 1/2 cup per meal (optional)

Fruit

- Apple
- Apricot
- Blackberry
- Blueberry
- Cherry
- Clementine
- Cranberry
- Currant
- Date
- Fig
- Grape
- Grapefruit
- Kiwi
- Lemon
- Lime
- Lychee
- Mandarin
- Mango
- Melon
- Nectarine
- Orange
- Papaya

More Fruit

- Peach
- Pear
- Pineapple
- Plum
- Raspberry
- Rhubarb
- Strawberry
- Tangerine
- Tomato
- Watermelon

Grains (optional)

1/4 - 1/2 cup per meal

- Amaranth
- Barley
- Bran (WG)
- Bread (WG)
- Buckwheat
- Bulgar
- Millet
- Oatmeal

Grains & Beans

- Pasta (WG)
- Potato –baked
- Potato – sweet
- Quinoa
- Rice – brown & wild
- Rye
- Tortilla – (WG)
- **Beans**
 - o Adzuki
 - o Black
 - o Black-eye
 - o Broado Butter
 - o Fava
 - o Garbanzo
 - o Kidney
 - o Lentils
 - o Lima
 - o Mung
 - o Navy
 - o Pinto
 - o White

(WG) = Whole Grain



Healthy Fats

Thumb size portion per meal

Fats & Condiments

- Avocado
- Egg Yolk
- Olives
- Nut Butters
 - Almond
 - Cashew
 - Peanut
 - Sesame
 - Sunflower

Approved Condiments

- Mustard
- Salsas
- Sriracha
- Vinegars

Nuts & Seafood

• Nuts (Dried / Raw)

- Almonds
- Cashews
- Peanut
- Pecan
- Pine Nuts
- Pistachio
- Walnuts

• Seeds (dried)

- Flax
- Pumpkin
- Sesame
- Sunflower

Oils & Sweeteners

• Oils













- Fish oils
- Flaxseed oil
- Nut oils
- Oil Spray
- Olive oil
- Udo Oil
- Vegetable
- Coconut


























Approved Sweeteners

- Agave Nectar
- Honey
- Pure Maple Syrup
- Xylitol

DAILY SCORECARD

DATE:	GRATITUDES	
WEIGHT:	① _____	
	② _____	
	③ _____	
	④ _____	
	⑤ _____	

WATER	           	
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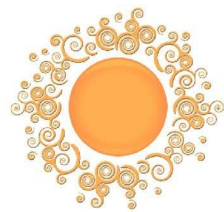
	PROTEIN	VEGETABLES	FATS	GRAINS/FRUITS	
MEAL ①		 			
MEAL ②		 			
MEAL ③		 			
MEAL ④		 			
MEAL ⑤		 			

EXERCISE	TYPE	
10 mins		
20 mins		
30 mins		

COMMUNICATION		
INSPIRATION		
CHALLENGE		
JOURNAL		
SLEEP	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	

Research has proven that those who utilize food diaries, exercise logs and journals experience far greater results.

NOTE: A minimum of 30 mins exercise daily (it can be made up of three different activities such a 10 mins walking, 10 mins mowing the lawn and 10 mins alligator wrestling). Experts agree that the total of vigorous activity for the week needs to be in excess of 180 mins for best results, get moving, get fit and have fun!!



Bernadette Kathryn


THE
FRENCH
CULINARY INSTITUTE
NEW YORK CITY

