

THE BEST OF THE SUMMIT

A COLLECTION OF THE 50 BEST RECIPES BY THE
PRESENTERS OF THE 2014 REVERSING DIABETES WORLD SUMMIT



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Thank you to all of our wonderful presenters for the 2014 Reversing Diabetes World Summit. Without their contributions of time and resources, we would not have had an event to celebrate and enjoy.

This cookbook is a compilation of some of the best recipes pulled from a variety of our speaker's websites. Credit is given whenever possible.

Please enjoy these recipes and use them for your own purpose, but do not duplicate, copy, or distribute this cookbook without the prior written consent of the publisher, SweetLife™ Diabetes Health Centers, LLC.

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BREAKFAST RECIPES

Easy Almond Flour Pancakes

Contributor: Wellnessmama.com



Prep time

5 mins / Cook time 5 mins / Total time 10 mins

A simple and delicious almond flour pancake with only three necessary ingredients for a fast and healthy breakfast. This recipe is also very easy to double or triple for larger groups.

Serves: 4

Ingredients

- 1.5 cups Blanched Almond Flour
- 3 eggs
- 1 cup of water or milk(or slightly less to desired thickness)
- Optional: spices like cinnamon and nutmeg, vanilla, blueberries or other flavors

Directions:

1. Mix all ingredients in a medium sized bowl using a hand blender or immersion blender until batter is a pourable consistency.
2. Make one test pancake to check for desired thickness and texture.
3. Cook all pancakes on a griddle or in a large pan for approximately 2-3 minutes per side until bubble form and both sides are golden brown.
4. Enjoy!

These are also very easy to customize by adding blueberries, dark chocolate chips, nuts, nutmeg and orange zest (donut flavor) or other spices of choice. They are GAPS legal and dairy optional, making them a fast, easy and allergen free treat! My kids also like these topped with banana slices and nuts, berries and homemade cream or just plain butter!

Brainy Breakfast Burrito

Contributor: tanaamen.com



- **Serves: 2**

In the Amen household, we typically "go green" when we eat burritos. That means we use romaine lettuce leaves as a wrap to increase veggie intake and cut calories and carbs.

Ingredients

- 2 whole eggs
- 4 egg whites
- 1 teaspoon coconut butter
- 1 leek, cut in half moons (white part only)
- 1 garlic clove, minced
- 1/4 cup chopped red bell pepper
- 1/4 cup sliced crimini mushrooms
- 1/4 cup chopped broccoli
- Romaine/Iceberg lettuce leaves
- 1 tablespoon salsa
- 1/4 avocado, sliced

Directions

1. In a small bowl, whisk eggs and egg whites.
2. In a medium skillet, heat coconut butter over medium heat.
3. Add leek and garlic to the skillet, and sauté for 1 minute.

4. Add bell peppers, mushrooms, and broccoli to the skillet, and cook for 2 to 3 minutes.
5. Add eggs to the skillet, and stir until cooked through.
6. Double up romaine leaves and spread with salsa. Top with avocado. Wrap egg mixture in romaine lettuce leaves. Roll up and serve immediately.

SuperCharged Grain-Free Oatmeal

Contributor: Drjockers.com



This is a recipe from my friend Kimberly Fuller who has a great health blog called Equipping the Body*

Prep Time: 5 minutes

Cook Time: 12 minutes

serves: 1-2

Ingredients:

1 c. *Riced Cauliflower, Packed

1/3 c. Canned Organic Coconut Milk

2/3 c. Filtered Water

2 Large Organic Pasture-Raised Eggs

2 Tbsp. Ground Flax or Chia Seed

2-3 tsp. Cinnamon

Choice of Mix-Ins (walnuts, shredded coconut, fresh blueberries, etc)

Directions:

*First things first, you need to “rice” your cauliflower. If you have a box grater, simply grate the cauliflower down to the stem.

To a medium saucepan, add riced cauliflower, coconut milk and water.

Over medium heat, bring to low boil and cook until cauliflower is tender, about 10 minutes or so.

Remove from heat and whisk in eggs, flax, cinnamon and mix-ins

Dr Jockers Comments:

We were always told to believe that oatmeal is healthy but the grains are highly inflammatory and cause blood sugar problems. This is a low-carb, anti-inflammatory version that tastes great!

This is loaded with healthy fats from the coconut milk and the pasture-raised eggs. The good fats along with the fiber from the flax/chia seeds and the cinnamon help to maintain healthy blood sugar signaling patterns and reduce inflammation.

You and the family will love this superfood oatmeal and won't want to go back to the traditional! Enjoy!

***Skip the raisins!**

Southwestern Omelet

Contributor: draxe.com



Ingredients:

- 1 Tbsp coconut oil
- 3 Eggs (cage free omega-3)
- ¼ onion
- ½ bell pepper
- ½ cup black beans
- ¼ cup guacamole
- ¼ cup salsa
- 1 tsp chili powder
- ¼ tsp black pepper

Directions:

In a bowl, beat the eggs, then stir in onion and bell pepper. Season with chili powder and pepper.

In a medium skillet heat oil over medium heat, pour in egg mixture and cook about 3 minutes, until partially set.

Flip with spatula and continue cooking 2 to 3 minutes.

Reduce heat to low. Continue cooking 2 to 3 minutes, or to desired doneness.

Top with salsa and guacamole before serving.

Veggie Omelet

Contributor: Draxe.com



Ingredients

- 3 eggs
- 1 garlic clove
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/2 cup chopped mushroom
- 1/4 cup chopped red onion
- 2 tbsp butter
- 2 oz. raw cheese
- oregano, chives, pepper and sea salt to taste

Directions

1. Sauté garlic, onion, peppers, mushrooms and butter in a saucepan over medium low heat.
2. After 5 minutes, add eggs.
3. Shred the cheese on top and fold into an omelet.
4. Serve with chives, oregano and black pepper.

Almond Berry Cereal

Contributor: draxe.com



Ingredients:

- 3 Tbsp. raw organic almond butter or almonds
- 4 Tbsp. coconut milk
- 4 Tbsp. flax meal
- 1/4 cup of blueberries
- 1 tsp cinnamon

Put almonds, coconut milk, flax meal, blueberries in a bowl.
Sprinkle with cinnamon.

Instant Cinnamon Chia “Oatmeal”

Contributor: holisticallyengineered.com



Ingredients

½ cup + 2 Tbsp chia seeds
½ cup + 2 Tbsp golden flax meal
½ cup + 2 Tbsp finely shredded unsweetened coconut
1 Tbsp + ¾ tsp ground cinnamon

For one serving of prepared "Oatmeal"

½ cup hot water
2 Tbsp unsweetened coconut milk
Sweetener to taste (I use [Swerve](#) or use honey for Paleo)

Instructions

Combine the chia seed, golden flax meal, unsweetened coconut, and cinnamon in an airtight container.

Scoop out ½ cup of “oatmeal” in a serving bowl and keep the rest stored in the airtight container.

Pour ½ cup of water over the “oatmeal” mixture and let sit for 3-5 minutes.

Add sweetener (to taste) and 2 Tbsp of cream into the bowl and stir to combine.

Top with fresh berries or toasted coconut

Turmeric Eggs

Contributor: draxe.com

Turmeric, the main spice in curry, is arguably the most powerful herb on the planet at fighting and reversing disease. It has so many healing properties that currently there have been 6,235 peer-reviewed articles published proving the benefits of turmeric and one of its renowned healing compounds curcumin. Try incorporating turmeric into your diet with this delicious turmeric eggs recipe!



Ingredients:

- 4 eggs
- 2 oz. shredded raw cheese
- 3 tbsp. butter
- 1/2 cup chopped red onions
- 8 chopped green onions
- 1 cup chopped yellow pepper
- 6 cloves of minced garlic
- 1 tbsp. thyme
- 1 tbsp. oregano
- 1 tbsp. basil
- 2 tbsp. turmeric

Directions

Makes 2 servings

1. Sauté onions, green onions and garlic in pan with coconut oil over medium low heat for 10 minutes.
2. Add in eggs, cheese and herbs.
3. Cook for 10 minutes, stirring continuously and add in turmeric.

Supercharged Turkey Frittata

Contributor: Drjockers.com



This recipe is a modified version of another recipe by my friend Miss Dot.

Ingredients:

- 1 tbsp. virgin coconut oil
- 1/2 red onion, chopped
- 1/2 organic green bell pepper, chopped
- 1 cup shredded cauliflower
- 1/2 cup leftover cooked chopped organic turkey
- 6 pastured eggs, lightly beaten
- 1/4 cup organic coconut milk
- Pink Salt and black pepper
- 2 tbsp. chopped parsley, basil or cilantro
- 1/2 cup grass-fed grated raw cheddar, or Jack (ideally Beyond Organic)

Directions:

Preheat the broiler. Heat oil in a large stainless steel or clay skillet over medium high heat. Add onion and bell pepper and cook for 3 minutes. Stir in shredded cauliflower and cook until golden brown. Add cooked leftover meat and toss to coat.

In a mixing bowl beat together the eggs and milk and season with salt and pepper. Pour egg mixture into skillet and stir in chopped herbs. Top with grated cheese and brown under broiler for about 2 to 3 minutes until the frittata puffs. You can also put into a well-oiled whoopee pan for individual servings.

Servings: 4

Ready in: 15 min.

Dr. Jockers Comments:

This is a fantastic recipe that is loaded with powerful nutrition and amazing taste. The best kind of eggs to use are pasture-raised eggs from chickens who were raised on grass, eating insects and weeds. These eggs have far superior nutrition than any other eggs and are much less likely to create a food sensitivity.

My favorite type of cheese and really the only cow cheese that is certified to be free of A1 beta casein is Beyond Organic cheese. You could also use a grass-fed goat or sheep cheese as they are free of A1 beta casein as well.

Swiss Chard Sausage Pie

Contributor: ibreatheimhungry.com



Ingredients

- 1 Tbl olive oil
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 8 cups swiss chard, chopped
- 2 cups whole milk ricotta cheese
- 3 eggs
- 1 cup shredded mozzarella
- 1/4 cup shredded parmesan
- 1/8 tsp ground nutmeg
- salt and pepper to taste
- 1 lb mild sausage

Directions:

Heat the olive oil in a large saute pan and add the onions and garlic. Cook for several minutes or until soft. Add the swiss chard (or other greens of your choice) and cook for about 5 minutes until the leaves are wilted and the stems have softened. Add the nutmeg and season with salt and pepper.

Remove from heat and set aside to cool. Meanwhile, beat the eggs in a large bowl. Add the ricotta, parmesan and mozzarella cheeses. Stir in the sauteed greens. If making the large pie, you will have to roll out your sausage or press it into the pie tin uniformly. Then pour in the filling, place on a cookie sheet (to catch any dripping oil from the sausage) and bake at 350 degrees (F) for about 30 – 35 minutes or until firm.

If making the muffins, use your fingers to press the sausage into place, lining the cups about 1/4 inch thick. Then spoon in your filling – don't overfill because they will puff up slightly when baking. Make sure you bake these on a cookie sheet, as the grease from the cooking sausage will overflow the cups and you will have a mess on your hands if you don't put something underneath it to catch it! Also, by all means add more cheese on top if you so desire.

LUNCH, SOUPS & SALADS

SuperGreen Berry Salad

Contributor: DrJockers.com



The SuperGreen Berry Salad is colorful, aromatic and tasty. This is truly a superfood recipe for the mind and eyes. Kale is loaded with carotenoid anti-oxidants lutein and zeaxanthin that concentrate in the *macula lutea*, the region of highest visual acuity in the human eye. These anti-oxidants protect the macula from UV light and protect the brain from free radical damage. The berries contain anthocyanin anti-oxidants that benefit both the brain and vision as well. They are also low-glycemic making them the best fruits along with lemons and limes to consume regularly. The bell peppers bring more carotenoid anti-oxidants into the picture.

The combination of chlorophyll in the dark green leafy veggies, unique carotenoids and anthocyanin's belonging to each of the different colors gives this recipe a rich variety of powerful nutrients. The result is that it looks delightful, tastes amazing and supercharged your energy! Doesn't get better than that!

Ingredients:

2 large organic lacinato kale leaves
Big handful of organic baby spinach
Small handful of organic raspberries
Small handful of organic blueberries
1/4 red, yellow & orange bell peppers diced

Directions:

Rip up the kale leaves into small, bite sized pieces. Put all ingredients into a big salad bowl.

Creamy Avocado Dressing

Contributor: DrJockers.com



The Creamy Avocado Dressing is fantastic on salads or as a dip for a veggie platter. This recipe fits our criteria of having good fats, anti-oxidants and clean proteins. The avocado and Amasai provide the good fats. The avocado, lemon and dill provide the anti-oxidants. The plain Amasai provides very high quality proteins.

For a vegan alternative you can use coconut milk in replacement of the Amasai in equivalent proportions. These pictures demonstrate the Creamy Avocado Dressing on the SuperGreen Berry Salad.

Ingredients:

4-8 oz. of Beyond Organic plain amasai

1-2 avocados

1 fresh squeezed lemon

3 stalks of organic celery

2 tsp of fresh or dried dill weed

1/2 tsp of pink salt

Optional Ingredients: Red onion, garlic, or onion/garlic powders. Can also use cilantro & parsley.

Directions:

Put all ingredients into blender. Blend and serve with a salad, party platter or the Coconut Fried Chicken recipe

Dr. Jockers Comments:

Avocados dramatically benefit the nutrient absorption of the anti-oxidants in vegetables. A study published in the *Journal of Nutrition* in March 2005 showed that adding avocados to salad or guacamole with veggies increases the absorption of alpha-carotene, beta-carotene and lutein 7.2, 15.3, and 5.1 times higher, respectively, than the average amount of these carotenoids absorbed when avocado-free salad was eaten.

Antiox Detox Chopped Salad with Shrimp Scampi

Contributor: tanaamen.com

- **Serves:** 4



Ingredients

- 1 green apple, cored and diced
- ½ cup pomegranate seeds
- 2 cups finely chopped kale
- 4 cups mixed greens
- ½ cup chopped raw walnuts
- 2 Persian cucumbers, thinly sliced
- ¼ cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon cur cumin
- 1 garlic clove, minced
- 1 avocado, diced

Optional

- 1 teaspoon xylitol or raw, unfiltered honey

Ingredients for Shrimp

- 1 tablespoon coconut oil
- 1 pound raw large shrimp, peeled and deveined

- 1 teaspoon minced garlic
- 1 teaspoon chopped oregano
- 1 teaspoon chopped basil
- ½ cup light coconut milk
- 1 teaspoon fresh lemon juice

Optional

- ½ teaspoon crushed red pepper flakes

Directions

1. In a large salad bowl, combine apple, pomegranate seeds, kale, mixed greens, walnuts, and cucumber.
2. In a small bowl, combine olive oil, red wine vinegar, cur cumin, garlic, and xylitol or raw, unfiltered honey, if using. Whisk until well blended.
3. Combine with salad mixture and toss well.
4. Divide evenly among 4 plates.
5. Top with avocado.

Directions for Shrimp

1. In a skillet, heat coconut oil over medium heat.
2. Add red pepper flakes, if using. Cook for 1 minute.
3. Add shrimp, and cook for 1 minute on both sides, just until they turn pink.
4. Be careful not to overcook.
5. Add garlic, oregano, and basil.
6. Stir in coconut milk and lemon juice. Cook until slightly thickened, about 1 minute.

Nutritional Info per Serving

Salad

- 209 calories
- 5.8g protein
- 23.9g carbohydrates
- 8g fiber
- 10.9g sugar
- 10g fat
- 3.6g saturated fat
- 0.0mg cholesterol

- 42mg sodium

Shrimp

- 102 calories
- 10g protein
- 3g carbohydrates
- 0.0g fiber
- 1g sugar
- 6g fat
- 5g saturated fat
- 66mg cholesterol
- 76mg sodium

Cincinnati Chili Copycat Recipe

Contributor: Wellnessmama.com



Prep time 30 mins / Cook time 3 hours / Total time 3 hours 30 mins

A healthy copycat recipe of Cincinnati style chili with hints of cinnamon, cloves and dark chocolate. Try it!

Serves: 6+

Ingredients

- 2 pounds ground beef (preferably grass fed)
- 2 onions, diced
- 4 cups bone broth
- 2 cups of tomato sauce
- 2 teaspoons of garlic powder or 4 cloves of minced garlic
- ½ teaspoon allspice
- ½ teaspoon ground cloves
- 1 tablespoon cumin
- ¼ cup (non-spicy) chili powder
- ½ bar unsweetened cocoa (about 2 ounces)
- 2 tablespoons of apple cider vinegar
- 2 teaspoons cinnamon powder
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

1. Pour broth in to large stock pot and add ground beef.
2. Bring to boil and simmer for about half an hour.
3. Add diced onions, tomato sauce and spices and reduce to medium low heat.
4. Simmer for at least two hours until chili has thickened. Add water if needed during this time.
5. For best flavor, refrigerate for at least 8 hours or overnight and reheat.
6. Enjoy!

Notes

Our favorite ways to serve are "1-way" with plain chili topped with onions or over eggs. This is also delicious over roasted cabbage "noodles."

Mexican Chicken Lime Chipotle Soup

Contributor: ibreatheimhungry.com



ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 6 cloves garlic, thinly sliced
- 6 skinless, boneless chicken thighs, cut into 1/2-inch pieces
- 2 canned chipotle chiles in adobo sauce, finely chopped, plus 2 tablespoons adobo sauce
- 6 cups chicken broth
- 1/2 cup chopped fresh cilantro
- Juice of 2 limes
- Salt and pepper
- 1 hass avocado, thinly sliced lengthwise into 12 pieces

directions

1. In a large saucepan, heat the olive oil over medium-high heat. Stir in the onion and garlic, lower the heat to medium and cook until the onion begins to brown, about 7 minutes. Increase the heat to high, push the vegetables to the side of the pan, add the chicken and cook, stirring, until golden, about 5 minutes. Stir in the chipotles and adobo sauce, then stir in the chicken broth. Lower the heat and simmer for 15 minutes, skimming any foam. Stir in the cilantro and lime juice; season with salt and pepper.
2. Place 2 avocado slices in each of 6 soup bowls and pour in the soup.

Avocado and Veggie "Sushi" Rolls

Contributor: nutritionstripped.com



Ingredients

- 2 organic raw sushi nori sheets
- 1 Avocado, mashed
- ¼-1/2 organic red bell pepper, cut into thin strips
- ¼ large organic carrot, cut into thin strips
- ¼ organic zucchini, cut into thin strips
- ½ cup of alfalfa sprouts (or any other sprouts you enjoy)
- Secret Sauce:
- 2-4 Tbs. of nutritional yeast (depends on your taste preference, I like a lot)
- 1 Tbs. of Dijon mustard
- 1-2 tsp. of gluten free, low-sodium Tamari sauce (or Coconut Aminos)
- 1 Tbs./squeeze of fresh lemon or lime juice
- 1 Tbs. of fresh organic cilantro, finely chopped
- salt and pepper to taste

Directions

SECRET SAUCE //

Mix all ingredients into a small mixing bowl, until a creamy "paste" is created, if you feel the texture is too thick you may add more liquid in the form of water or lemon/lime juice; if you feel the texture is too thin, add more nutritional yeast.

ASSEMBLY //

Lay the nori sheets on a flat surface, a counter top or cutting board.

Cut, dice and mash the avocado into a separate bowl and save on the side for now.

Pour and spread half of the Secret Sauce on the closest end of each nori sheet to you (bottom).

Spread half of the mashed avocado at the closet end of each nori sheet (where you spread the Secret Sauce).

Lay thinly sliced red bell peppers, carrots, and zucchini alongside and on top of the mashed avocado, parallel to the edge of the nori sheet (horizontally).

Top with alfalfa sprouts.

With a steady yet quick hand, take the edge with all the "filling" and roll/flip over onto the nori sheet just until you can no longer see the "filling"; continue this rolling action until you reach the other end.

Simply wet your index finger with water on the far edge until the nori sheet is damp (this creates a "glue" to hold it all together).

Finish rolling and press the wet edge onto the rest of the roll to complete.

Lightly dampen your hand with water and run alongside the whole roll to allow the complete nori roll to become slightly damp (this makes it easier to cut).

Repeat above for the second nori sheet.

ADDITIONAL //

You may either slice these rolls into small bite size pieces with a very sharp knife or you may eat as 2 long rolls (which I normally do, especially for a quicker meal).

Top with sesame seeds (optional).

May use the reserved Secret Sauce for dipping.

May serve this along side with a large salad and fermented veggies!

Super Raw Creamy Cucumber Avocado Soup:

Contributor: Drjockers.com



This Recipe is by my friend Kelcie Yeo. She has one of my favorite recipe blogs “Kelcie’s Kreation’s”

Ingredients:

- 1 organic cucumber
- 1 ripe avocado
- ¼ cup raw lemon juice (freshly squeezed)
- 2 cloves of garlic
- ½ cup chopped cilantro
- ½ cup of filtered water
- 1 tsp pink salt or Celtic sea salt

Directions:

Blend all ingredients together in a VitaMix
Serve Chilled

Dr. Jockers Comments:

I love a creamy and tangy soup like this that is loaded with good fats and anti-oxidants. This recipe is loaded with electrolytes and trace minerals that promote an alkaline environment within the body.

Avocados are extremely rich in potassium and magnesium as well as the carotenoid anti-oxidants lutein and zeaxanthin. Cucumber is rich in the beauty mineral silica. The lemon provides more potassium, vitamin C and vitamin P (also called citrus bioflavonoids). This is a healthy skin and anti-aging recipe for sure!

Garlic and cilantro are powerful detoxifying foods that help pull toxic debris, bad bacteria and parasites out of the system. Cilantro, lemon and cucumber are also great for helping support the processes of the liver and kidneys for optimal health

You can have this with other food or as a stand-alone lunch or snack. Let us know how you enjoyed it!

Steak Salad with Goat Cheese and Shitake Mushrooms

Contributor: thehealthyfoodie.com



Ingredients

- 1 150g leftover cooked roast beef (from inside round)
- 2 2 cups mixed greens
- 3 100g fresh shiitake mushrooms
- 4 30g unripened soft goat cheese
- 5 1-2 tbsp balsamic vinegar
- 6 Lime juice to taste
- 7 Pinch freshly cracked black pepper

Directions

1. Slice the shiitake mushrooms and cook them in a non stick pan over medium high heat until nice and golden on both sides, about 3-4 minutes per side.
2. While the mushrooms are cooking, slice the roast beef as thinly as you can; reserve.
3. Place mixed greens at the bottom of a shallow plate.
4. Arrange your slices of beef in the center of the pile of greens.
5. Add shiitake mushrooms and soft goat cheese.
6. Drizzle balsamic vinegar and lime juice to taste over the whole salad.
7. Sprinkle with freshly cracked black pepper if desired.

Sweet Meatball Soup

Contributor: dramymyers.com

This gut-healing soup is a sweet and savory take on pho, a Vietnamese noodle soup. Enjoy!



Brianne Williams, RD, LD

Serves ~4

Ingredients For meatballs:

- 1/2 pound organic/grass fed ground meat (option to use chicken, turkey, lamb, beef)
- 1/2 teaspoon garlic, minced
- 1 tablespoon onion, finely chopped
- 3/4 teaspoon rosemary
- 3/4 teaspoon basil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1-2 tablespoons coconut oil
- ¼ cup broth or water (optional)

Directions:

Put meat, garlic, onions and spices in large mixing bowl. Using your hands, mash ingredients together to incorporate spices well into meat. Form meat into 12 meatballs.

Ingredients For soup:

- 1 spaghetti squash
- 1 tablespoon coconut oil
- 2 sweet onions, roughly chopped
- 2 cloves garlic, peeled and smashed

- 9 stalks asparagus, cut into bite size segments
- 1 cinnamon stick
- 6 cups broth
- 12 meatballs
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1 teaspoon gluten free fish sauce
- 12 meatballs

Directions:

Cut spaghetti squash in half down the middle so each half has a single stem. Scoop out the seeds and discard. Heat coconut oil over medium heat and sauté onions, about 3-4 minutes. Add garlic cloves. Cook 2-3 more minutes until onions begin to brown, then add to bottom of slow cooker. Place spaghetti squash halves face down on top of onions. Scatter asparagus around squash. Add cinnamon stick, spices, fish sauce and broth. Stir together to incorporate spices. Place meatballs in slow cooker fully and partially submerged in broth. Cook on high in slow cooker for 5 hours until meatballs are cooked through. Discard cinnamon stick. Remove squash from soup to let cool a bit before spooning squash out from skin. Stir squash into soup and serve hot.

Egg Salad

Contributor: Draxe.com



Ingredients

- 5 hardboiled eggs
- 1/2 cup vegenaïse
- 1/4 cup celery
- 1/4 cup sprouted pecans
- 1/4 cup raisins
- sea salt and pepper

Directions

1. Chop eggs, celery and pecans.
2. Combine all ingredients together.
3. Serve chilled.

Makes 1-2 servings.

Avocado, Arugula, Artichoke, and Spinach Salad

Contributor: nutritionstripped.com



Ingredients

- 2 cups of organic spinach
- 2 cups of arugula
- ½ cup fresh sliced organic cucumber
- ¼- 1/2 cup of roasted artichoke hearts (fresh then roasted or frozen and thawed)
- ½ avocado
- ¼ cup diced red onion
- 3 tablespoon of shelled hemp seeds
- fresh black pepper and sea salt to taste

Directions

1. Prep all the vegetables by slices, dicing, or chopping.
2. Slice the avocado in half and simply scoop out the avocado.
3. Combine all the ingredients in a large salad bowl.
4. Dress with the Zesty Lemon Shallot Dressing (optional)
5. ENJOY!

Crustless Spinach Quiche

Contributor: Draxe.com



Ingredients

- 1 tbsp. coconut oil
- 1 onion, chopped
- 1 package frozen chopped spinach, thawed and drained
- 8 eggs, beaten
- 3 C shredded raw cheese
- ¼ tsp salt
- 1/8 tsp pepper

Directions

1. Preheat oven to 350 degrees F and grease a 9 in pie pan with coconut oil
2. Heat coconut oil, and onions over medium heat in sauce pan until onions are soft. Stir in spinach and cook until excess moisture has evaporated.
3. In a bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and blend
4. Scoop into pan and bake for 30 minutes.

DINNER RECIPES

Crock-Pot Meatloaf

Contributor: Wellnessmama.com



Prep time 10 mins. / Cook time 4 hours / Total time 4 hours 10 mins.

Delicious meatloaf in the slow-cooker for an easy dinner idea.

Serves: 4-6

Ingredients

- 2 pounds of ground beef, bison, or turkey (or a combination)
- 1 medium onion, very finely diced or pureed in blender (preferred method)
- 3 tablespoons of Worcestershire sauce (or more, to taste)
- 1 tsp garlic salt
- salt, pepper and any other spices to taste- I use about 1-2 teaspoons of each
- 2 eggs, lightly beaten

Directions:

1. Mix all ingredients well in a medium sized bowl.
2. Place in a metal loaf pan (if using a large crock pot) or directly in crock pot. Place the loaf pan directly in the crock pot if using a loaf pan.
3. Put the lid on crock pot and cook on low (6-8 hours) or high (4 hours). If not using the loaf pan, it will cook faster, so check in 3-4 hours on low or 2-3 hours on high.
4. When cooked, turn the crock pot off and let cool for 15-30 minutes with lid off before cutting.
5. Top with homemade ketchup (optional) and serve.

Spaghetti Squash Lasagna

Contributor: Drjockers.com



This is a recipe made by my friend Christina Vossler

Ingredients:

- ~ 1 large spaghetti squash
- ~ Onion powder to taste
- ~ Pink Salt & fresh-ground pepper to taste
- ~ 1 lb. organic grass-fed beef
- ~ 1 tsp. dried oregano
- ~ 1 tsp. dried Italian seasoning
- ~ 1 clove garlic, minced
- ~ 16 oz. organic whole milk Ricotta
- ~ 1 cup grated organic parmesan, divided
- ~ ¼ medium size yellow onion, diced
- ~ 1 – 25 oz. jar organic spaghetti sauce (I like Trader Joe's Organic Spaghetti Sauce with Mushrooms)
- ~ 2 cups organic whole milk mozzarella, grated

Directions:

Preheat oven to 350. Lightly grease a glass 9×13 pan with coconut oil.

Wash skin of spaghetti squash, and cut in half length-wise. Scrape out the seeds with a large spoon. Place skin side down on a cookie sheet lined with foil. Season with salt, pepper and onion powder. Bake for one hour.

While your squash is cooking, brown the beef, adding the 1 tsp. oregano, 1 tsp. Italian seasoning, and salt and fresh-ground pepper to taste. When mostly cooked through, scrape the meat to the side and make sure there is some fat in the bottom of the pan where you can add and cook the garlic for 1-2 minutes. Mix all together with the meat and continue cooking until nice and browned. Add entire jar of spaghetti sauce, mix and let simmer until the squash is done baking.

In a separate bowl, mix 16 oz. Ricotta, ½ cup grated parmesan, ¼ onion diced, and salt & pepper to taste. I also added about ½ teaspoon of both Oregano and Italian Seasoning to this cheese mix.

When spaghetti squash is done baking, remove from oven and turn oven up to 375.

When cool enough to handle, empty out the inside of the first squash half by twirling with a fork and pulling out...It will pull somewhat like spaghetti. When you have removed as much as you can with the fork, you can invert the skin and scrape with a serrated knife to remove any remaining squash. Empty one of the halves of spaghetti squash as your first layer in the 9x13 pan. Carefully spread ½ of the Ricotta mixture out over the squash. Dropping little bits evenly over the squash and then carefully spreading with rubber spatula simplifies this process. Cover the Ricotta with half of the meat sauce. Sprinkle the meat sauce with half of the mozzarella cheese.

Repeat process...covering the cheese with the other half of spaghetti squash (using fingers to 'sprinkle' the squash evenly prevents mixing it too much with layer beneath). Cover squash layer with remaining half of Ricotta mixture. Cover Ricotta mixture with remaining half of meat sauce. Sprinkle remaining mozzarella and remaining grated parmesan evenly over the top.

Bake for 30 minutes at 375. When done baking, turn oven to broil (I used Low vs. High broil setting), and broil for 1-2 minutes (under supervision) until nicely browned and bubbly.

Remove from oven and let set up for about 10-15 minutes. Cut into pieces with serrated knife and serve with a spatula. Because of the moisture of the squash, there will be some liquid on the bottom of the pan. It is easier to cut and serve when slightly cooled, but still holds shape when hot. Serve sprinkled with ground parmesan!

Dr. Jockers Comments:

I grew up eating lasagna all the time. My family would have it every week and I loved it! This is a fantastic grain-free alternative that uses a spaghetti squash as the material for the pasta noodles. The Italian herbs provide plenty of flavor and aroma and are loaded with powerful anti-oxidants.

It is quite hard to get mozzarella from a grass-fed cow but I do know that a few places are beginning to carry it. Same with parmesan cheese. It is always advisable to stay away from grain-fed dairy and absolutely never consume non-organic dairy.

I would personally use a grass-fed goat cheese or Beyond Organic raw cheese as these are much more nutrient dense. I would also use Amasai cream cheese as the mozzarella alternative if I could not find grass-fed mozzarella.

SPICY FISH TACOS

Contributor: dramymyers.com

Brianne Williams, RD, LD



Lettuce leaves stand in for tortillas in these Spicy Fish Tacos! Crisp and flavorful, they're a delicious and healthy meal perfect for kids (or anyone else!).

Serves 4

Ingredients

- 3 whitefish fillets
- Pinch of salt
- Pinch of ground black pepper
- Juice from 2 limes, divided
- 1-2 tablespoons olive oil
- 1 garlic clove, minced
- ¼ teaspoon turmeric
- 8 lettuce or cabbage leaves
- ½ head of red cabbage, cored and sliced thinly
- ½ red onion, minced
- 2 avocados, sliced
- ¼ cup cilantro, chopped
- 1 large lime, cut into wedges for garnish

Directions:

Preheat oven to 325 degrees or prepare grill to cook fish. Place snapper fillets in glass baking dish. Sprinkle fish with salt and pepper. Drizzle with juice from one lime and oil. Flip fillets to coat both sides. Top with garlic and turmeric. Bake fish for about 20 minutes until flakey or grill. Prepare lettuce leaves on plates and flake fish equally on lettuce. Top with onion, avocado and cilantro. Drizzle with remaining lime juice and garnish with lime wedge.

Zucchini Memory Enhancing Mushroom Stir Fry

Contributor: drjockers.com



This Recipe is by my friend Kelcie Yeo.

Ingredients:

- 4 cups of organic mushrooms
- 4 cups of organic chopped zucchini
- 2 cups chopped sweet onion
- 4 cups of organic spinach
- 3 tbsp. 100% grass-fed cultured butter (or ghee is even better if you make it yourself)
- 1 cup really raw cheddar bites

Directions:

Melt butter/ghee in a large skillet on low.
Place onions in and let it sauté for 10-15 minutes.
Add remaining ingredients except cheese and sauté for 30 minutes.
Add cheese and turn off stove.

Dr Jockers Comments:

Mushrooms are loaded with immune boosting compounds such as beta glucan and zinc. This recipe also has spinach which is loaded with carotenoid anti-oxidants and chlorophyll. The raw cheese is full of essential fats, amino acids and unique nutrients such as CLA and vitamin K2. The Beyond Organic raw cheese is one of the world's greatest superfoods as the cows fully digest the sunlight enriched grasses and produce nutrient rich dairy as a result. The dairy is then fermented which unlocks even more nutrient potential. This recipe both looks great and tastes even better!

Asian Stir-Fry with Fish

Contributor: thewholejourney.com



Ingredients:

- 1 pound white fish or wild salmon
- 3 tablespoons coconut oil, divided
- 1 onion, chopped
- 3 carrots, julienned
- 1 red bell pepper, sliced
- 2 garlic cloves, minced
- 1 bunch kale, de-stemmed and chopped
- ½ head purple or nappa cabbage, shredded
- 2 tablespoons (raw) honey
- 2 tablespoons toasted sesame oil
- 3 tablespoons tamari
- sea salt

Directions:

Heat 1½ tablespoons coconut oil in sauté pan. Salt meat side of fish and gently place in pan, meat side down. When golden and not sticking to pan (about 4 minutes), flip and cook on skin side for another 4 minutes. Set aside.

In another sauté pan, heat 1½ tablespoons coconut oil. Add onions, peppers, and carrots and sauté until lightly golden. Add garlic and sauté for about 30 seconds. Add kale and cabbage and stir. In a small bowl, whisk tamari, sesame oil, and raw honey. Pour over vegetables and continue to cook for 2-4 minutes, or until kale and cabbage are lightly cooked, and color is bright.

Zucchini Lasagna

Contributor: Wellnessmama.com



Prep time 20 mins / Cook time 1 hour / Total time 1 hour 20 mins

A grain free version of the classic Lasagna with zucchini instead of noodles. Delicious and healthy!

Serves: 8+

Ingredients

- 1-1.5 lbs. ground beef (can also use ground Italian sausage for part)
- 2 (24 ounce) jars of pasta sauce (check ingredients!) I used 1.5 quarts of homemade pasta sauce
- 1 large container Ricotta cheese
- 1 pound Mozzarella cheese, grated
- ½ cup Parmesan
- 8 eggs
- 3-4 medium zucchini (depending on size), thinly sliced lengthwise
- Spices to taste (We like a lot of flavor, so I used about 1 tbsp. each of basil, oregano, thyme, marjoram, rosemary, granulated garlic, onion powder etc. and about ½ tsp each of salt, pepper, etc. Spice to your own preference!)

Directions:

1. Thinly slice zucchini lengthwise into ¼ inch slices or smaller. Place on well-oiled baking sheet and bake at 400 degrees until just starting to brown and get tender. It isn't necessary to peel, but it might be a good idea if you are trying to hide the vegetables from any picky eaters!

2. While zucchini is cooking, brown meat in a large skillet. If there is room, add the pasta sauce to skillet to warm. If not, add meat and pasta sauce to large pot and heat to a simmer. Add any desired spices.
3. Mix large (approx. 32 ounce) Ricotta cheese with eggs, Parmesan, and half of grated mozzarella cheese. I also added garlic powder and basil to the mixture. Set aside.
4. When zucchini is done, remove from oven. In large 9x13 glass baking dish (or 10x16) start layering: meat/sauce on bottom, followed by zucchini slices, then ricotta mixture. This made 2 thick layers for me, but could be spread out into three layers if your dish is deep enough. Make sure the meat/sauce layer is on the top when done. (If you are making ahead, throw in the freezer at this point, and it will be ready to bake when you need it.
5. When you have added all ingredients in layers, place back in oven at 350 degrees for 45 minutes to an hour or until egg/ricotta mixture is set and middle is not jiggly. It will firm up as it cools too.
6. About 15 minutes before done, add remaining mozzarella cheese to top and put back in oven.
7. Serve immediately. (I recommend a side of Italian music and a salad!)

Grass-Fed Steak with Sautéed Kale

Contributor: drjockers.com



The Grass-Fed Steak with Sautéed Kale looks wonderful and tastes even better. This meal is built around good fats, anti-oxidants and clean proteins. Using Beyond Organic 100% green-fed beef is the ideal strategy for the steak as it contains mega-doses of omega-3 fatty acids and CLA. The kale provides chlorophyll and it combines with the garlic and onions to taste great and load the body up with sulfur containing amino acids that help detoxify the body. The bell peppers add color, flavor and rich carotenoid anti-oxidants.

I cooked this steak to a medium level to make it taste good but maintain as much nutritional value as possible. The longer the steak cooks the more nutritional value is lost. However, eating it rare can be very challenging to chew and swallow. So there is a delicate balance that you are looking for to make sure it is cooked appropriately. Combine this with sautéed kale & red onions and raw bell peppers and you have a wonderful meal full of color and nutrition.

Ingredients:

- 1 grass-fed beef steak
- 1 handful of baby spinach
- 2 large kale leaves – diced up
- 1/2 small red onion diced
- 2 cloves of garlic diced
- 1/2 multi-colored bell peppers diced
- 2 -4 tablespoons of EV coconut oil
- 2 scallions diced
- 1/2 lemon
- 2 cap-fulls of EV Olive oil
- Pinch of pink salt
- Italian Herbs to season with

Directions:

Using a stainless steel pan and 2 tablespoons of coconut oil begin to cook up the steak. I also dice up a clove of garlic and cook this with the steak. Keep flipping it until the steak is able to

penetrate with a fork or knife and it feels easy enough to cut with some level of effort. Then put the steak into the oven at low temperature on a plate to keep warm. Sauté the kale, 1 clove of garlic and onions in the same pan with the juices of the meat. You will also need to include more coconut oil as you won't have enough beef fat and coconut oil left to marinate the kale and onions while they cook. Don't overcook anything as it will burn and create black ash that is highly carcinogenic. So a much better practice would be to keep at low-medium temperatures and cook for longer periods of time.

Dice up bell peppers and place on a corner of the plate. When everything is done cooking set up a bed of spinach and place the steak and garlic on that. Then place the sautéed kale, garlic & onions on the other side of the plate. Squeeze fresh lemon and/or 2-3 caps of apple cider vinegar over everything. Put 2 caps of olive oil on everything and garnish with pink salt, diced scallions and Italian herbs.

Wild Salmon with Rosemary and Garlic Paste

Contributor: thewholejourney.com



Prep and cook time: 20 minutes Serves 6

Ingredients:

- ¼ cup finely chopped fresh rosemary leaves
- 2 garlic cloves, chopped
- ½ teaspoon black peppercorns
- ¾ teaspoon fine sea salt or coarse kosher salt
- 4 teaspoons grape seed oil
- 6 wild-caught salmon fillets, 4-6 ounces each

Directions:

Preheat oven to 400 degrees. Combine chopped rosemary and the next 4 ingredients in mortar and crush with pestle or blend in mini processor until coarse paste forms. Mix in oil. Rinse the salmon, pat dry with a paper towel, and place on a baking sheet. Rub the mixture over the top of the fish. Position rack in center of oven. Roast the salmon until an instant-read thermometer reaches 130 degrees. Place on platter and serve.

Garlic Baked Chicken

Contributor: Draxe.com



Ingredients:

- 4-6oz chicken breasts
- 1 tbsp. Coconut oil
- ½ tsp cinnamon
- ½ onion, minced
- 2 tsp rosemary
- ¼ tsp sea salt
- ½ tsp pepper
- ½ tbsp. parsley
- 3-6 cloves minced garlic

Directions:

1. Preheat oven to 450 degrees F
2. Line a baking pan with tin foil and grease the foil with coconut oil
3. Place the breasts on the foil side by side
4. Combine all the ingredients in a dish and brush/pour over the chicken, massaging the mixture onto the chicken
5. Bake for 20-25 minutes

Baked Halibut with Creamed Spinach Sauce

Contributor: tanaamen.com



Ingredients:

- 2 tablespoons grape seed oil
- 2 tablespoons minced shallot
- 1 garlic clove, minced
- ¼ cup white wine vinegar
- ¼ cup dry white wine
- 2 tablespoons pastured butter
- ¼ cup light coconut milk
- 4 halibut fillets, 6-8 ounces each
- ¼ cup baby spinach, chopped
- 1 small tomato, diced (about ½ cup)
- black pepper to taste
- ½ teaspoon sea salt, optional

Directions

1. Preheat oven to 400 degrees.
2. Heat 1 tablespoon of oil in a saucepan over medium heat. Sauté shallot and garlic for 2 minutes.
3. Add vinegar and bring to a boil for about 4 minutes.

4. Add wine and boil for another 3 minutes.
5. Add coconut milk and butter, and whisk. Take saucepan off heat and set aside momentarily.
6. Lightly oil a baking dish with half of remaining tablespoon of oil. Place the fish in the baking dish and brush with the remaining oil. Add sea salt and pepper to fish as desired. Bake until fish is no longer translucent, about 10- 20 minutes depending on size of fillets.
7. Meanwhile, return heat to low on sauce. Mix in tomato and spinach.
8. Serve halibut on plates and spoon a small amount of sauce over each fillet.

Italian Style Stuffed Bell Peppers

Contributor: Balancedbites.com

Yield: Approximately 4 servings.



Ingredients:

2 bell peppers

(I used yellow but any color is fine)

1 Tbsp. bacon grease or coconut oil

1/2 large onion, diced

4 cloves garlic, pressed or chopped

4 small tomatoes, diced

(or use 1/2c canned diced tomatoes)

1 lb grass-fed ground beef

(Or lean conventional ground beef / ground turkey)

6 Fresh basil leaves, finely chopped

2c Baby spinach, finely chopped

Sea salt – to taste

Black pepper – to taste
hot sauce – optional, as garnish
extra basil leaves garnish

Directions:

Preheat your oven to 375.

Halve the bell peppers and place them in a roasting dish face-down for about 10-15 minutes. *Note: You can skip this step if you want to keep the peppers more firm/raw when you eat them.* While the peppers are pre-cooking, you'll cook the stuffing on the stove-top. Use a large Sautee pan or a large pot. *I'd recommend **not** using cast iron for this recipe since we're cooking tomatoes and the acid of the tomatoes will react with the cast iron.*

Place your bacon grease or coconut oil in the pan and then cook the onions over medium-high heat until they're slightly browned on the edges and appear cooked through (translucent). You may season them with salt and pepper to taste.

Next add the tomatoes and garlic and allow the ingredients to simmer together for a couple of minutes. Then add the ground beef or turkey, breaking it up and allowing it to cook through completely. If you have grass-fed beef, you may leave it a bit pink.

Once the meat is cooked, taste the mixture to check for seasoning and add more salt and pepper if necessary. Then add the chopped basil and spinach and mix them in just allowing them to wilt.

Remove the peppers from the oven when they're just a bit softened, then flip them over and spoon in your stuffing mixture. If you would like to eat them at this point, you can go right ahead. Otherwise, place them back into the oven for around 15-20 minutes to allow the flavors to meld even more. I like to make a bunch of these ahead and either freeze them or just refrigerate them to heat up in my toaster oven later.

I also like to sprinkle a few dashes of hot sauce over the top and garnish them with basil leaves, just for visual appeal.

Depending on the size of your peppers, this will make approximately 4 pepper halves and will be around 4oz of protein in each one. One or two of these is a complete meal depending on how much you eat.

Seared Lamb Chops with Rosemary Salt

Contributor: balancedbites.com

Yield: Approximately 2 large or 4 small servings.



Ingredients:

- 1 Tbsp bacon fat or coconut oil
- 8 lamb rib chops
- 2 tsp Rosemary Salt Blend (see below)
- ground black pepper to taste

Preparation:

Preheat the oven to 400 degrees.

Heat a large, oven-safe cast iron or stainless steel skillet over medium-high heat and melt the bacon fat in the pan.

Season the lamb chops with the rosemary salt blend generously on both sides. Add ground black pepper to taste.

Sear each side of the chops for 2 minutes, then place the entire pan into the hot oven for 2 minutes.

Optional: Serve with Kalamata olives and macadamia nut pesto.

For the Rosemary Salt Blend:

Ingredients:

- 1/2 c ground, dried rosemary
(preferably made from drying fresh rosemary)
- 1/4 c coarse sea salt

Directions:

Combine all spices in a food processor. Store in a jar or resealable bag for use in recipes.

Grilled Eggplant with Mozzarella

Contributor: Draxe.com



Ingredients:

- 1 large Eggplant, cut crosswise into 1/4-inch slices
- 1 large ball fresh Mozzarella, cut into 1/4-inch slices
- 4 Roma Tomatoes, cut into 1/4-inch slices
- 1/4 cup of fresh whole Basil leaves
- 1 tablespoon Sea Salt
- Grape seed oil
- Balsamic vinegar
- Freshly ground black pepper

Directions:

1. Toss eggplant with kosher salt, oil and pepper. Let sit for 30 minutes.
2. Grill Eggplant slices for 4-5 minutes per side over a medium heat or until they just begin to get grill marks.
3. Serve eggplant with mozzarella, tomatoes and basil stacked.
4. Drizzle Balsamic vinegar over top and serve.

Quick and Easy Roasted Chicken & Gut Healing Bone Broth

Contributor: Dramymyers.com

Brianne Williams, RD, LD



These recipes are staples and couldn't be easier to prepare! Roasting an entire chicken saves time throughout the week and the leftovers can be used to make bone broth to help heal your gut.

Serves ~6

Ingredients:

- 1 organic whole chicken (about 5 pounds), giblets removed
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 lemon, sliced
- 1-2 cloves garlic, minced
- 2 tablespoon broth (optional)
- 1 tablespoon apple cider vinegar (optional)

Directions:

Preheat oven to 375 degrees F.

On a clean surface, cut slits in the skin of your chicken and press in garlic. Drizzle with olive oil. Sprinkle with salt and pepper, and rub over chicken. Insert lemon slices inside chicken cavity. Put chicken in baking dish. Pour broth and vinegar in bottom of dish (optional). Cook for about 1 ½ hours until the chicken is cooked through and has reached 165 degrees. Remove chicken from oven and let cool.

Gut Healing Bone Broth

Brianne Williams, RD, LD

Makes ~64 oz.

Ingredients:

- Left over chicken bones
- 1-2 cloves garlic, smashed
- 1-2 tablespoons apple cider vinegar
- 8 cups water
- 1 pinch salt

Directions:

Once chicken is cooled remove meat and enjoy or store in glass container. Place the leftover bones into a slow-cooker. Add garlic, apple cider vinegar, water, and salt. Cook on low for about 24 hours. Remove bones and discard. Strain broth to remove any leftover particles. Store in jars in fridge or freezer. Enjoy in soups or sip on this Gut Healing Broth in the morning.

Crockpot Braised Beef Shanks

Contributor: balancedbites.com

Yield: Approximately 3 servings.



Ingredients:

2 large grass-fed beef shanks (the ones I used were around 7-8oz each raw)

4 large cloves of garlic, smashed

a splash of red wine (or you can try balsamic or apple cider vinegar if you don't want to use or don't have red wine)

1-2 sprigs of fresh rosemary

Sea salt (I like Redmond Real Salt) to taste

cracked black pepper to taste

Homemade broth to cover the meat around 1/2 to 3/4 of the way up (roughly 1-3 cups depending on how much you fill your crockpot. *I used chicken stock and it was still very cold so there are some chunks floating in the picture to the right.*)

1 Tbsp. virgin coconut oil

2-3 cups of raw kale, rinsed & roughly chopped

1/4 Tsp onion powder (optional)

Sea salt to taste

Directions:

- Place all ingredients in your crock pot on low for around 4-6 hours until the meat is tender and falls apart easily with a fork.
- When the meat is nearly done or is just keeping warm in the crockpot, place the coconut oil in to a large cast iron skillet and then cook the still-damp kale over medium heat until

it's softened. Its okay to put the kale into the pan with some water on it so that the kale half steams and half sautées to cook.

Serve with gluten-free mustard mixed with horseradish and a side of raw sauerkraut to enjoy it as we did.

Variations

- You can also braise lamb shanks with this method.
- If you don't want to use wine, try using some balsamic, apple cider or red wine vinegar.
- Add different aromatic herbs to the mix before cooking for a change of pace- cinnamon can be a fantastic and surprising flavor to add.
- Add root vegetables to the pot to braise with the meat (be sure the liquid is covering everything 1/2-3/4 of the way up)

Grain-free Salmon Cakes

Contributor: balancedbites.com

Yield: Approximately 2 servings.



Ingredients:

1/4 red onion, finely chopped

1 large clove of garlic, pressed or finely chopped

1-2 Tbsp. finely chopped fresh chives (set 1 Tsp aside for garnish)

1 Tsp gluten-free Dijon mustard

1 egg

Sea salt & pepper to taste

6 oz. cooked wild salmon, mashed up

1 Tsp coconut flour (optional, I didn't use any and they were tricky to handle but I'd still re-make them this way again)

¼ coconut oil for pan-frying (quantity may vary based on pan size)

Juice & zest from 1/2 of a lemon for garnish

2 Tropical Traditions Organic Coconut Flours - 4.4 lbs.

Directions:

Pre-heat a small cast iron skillet with coconut oil melted in approximately 1/8-1/4" deep.

Combine onion, garlic, chives, mustard, sea salt, pepper and egg in a small mixing bowl to combine. Add coconut flour here if desired for an extra binding agent.

Add in salmon and mix together until the salmon is well incorporated.

When the pan and oil are hot, form the mixture into approximately 2 oz patties – I used a small ramekin to shape them then gently let them fall out of the ramekin into my hand and then into the pan.

Wild Pink Salmon No Added Salt 5.65 oz Can

Cook the patties thoroughly until well browned on one side before attempting to flip them. If you try to flip them too early they may break. Brown the second side. Each side will take several minutes to brown.

Remove the salmon cakes from the pan and serve warm. Garnish with extra chives, onions and lemon juice and zest to taste. Serve over salad greens or alongside any green vegetable.

This recipe makes 3, 2oz salmon cakes which is about 1 serving or 3 appetizer or snack portions. They can be reheated in a toaster oven for later snacking or a meal.

Variations

Make this recipe with crab meat or even tuna or another kind of leftover fish.

SIDE DISHES & SNACKS

Garlic & dill vegetables

Contributor: balancedbites.com

Yield: 4 servings



Ingredients:

- 1 tablespoon of garlic ghee (or any other safe cooking fat you like)
- 4-6 carrots, julienned – about 1 cup (cut into 2-3" by 1/4" pieces)
- sea salt and black pepper to taste
- 1 large zucchini, julienned – about 1 cup
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder

Directions:

- In a large skillet over medium-high heat, melt the garlic ghee, then place the carrots into the pan. Season with sea salt and black pepper to taste. Cook the carrots until they become brighter in color and just begin to brown on the edges – this will take approximately 10 minutes.
- Next, add the zucchini to the pan along with the dill and the garlic powder. Stir to combine. Continue to cook until the zucchini is slightly browned on the edges – approximately 3-5 minutes.
- Once the vegetables are cooked, plate them and serve warm with eggs and bacon for breakfast or as a side to any meal

Sautéed red cabbage with onions & apples

Contributor: balancedbites.com

This sweet and savory dish is great when paired with any type of roasted or grilled meat, and it also works well as a side dish to eggs in the morning.



PREP TIME: 25 minutes

COOKING TIME: 45 minutes

YIELD: 4 large servings

Ingredients:

- 1 large yellow onion, thinly sliced
- 1 tablespoon bacon fat or coconut oil
- 1/2 head of red cabbage, thinly sliced
- 2-4 tablespoons unfiltered apple cider vinegar
- 1 tablespoon Rosemary Salt Blend
- 1 green apple, sliced into matchstick-sized pieces

Directions:

- In a large enameled pot or pan, sauté the onion in the fat or oil. When it is mostly translucent, add the cabbage and cook until it begins to soften.

- Add the vinegar and Rosemary Salt blend, and allow the cabbage and onion mixture to cook until everything is softened / fork-tender.
- Add the apples, and cook them until soft. Add more vinegar or some water if the mixture becomes too dry.

Side note

Though I often recommend cooking in cast iron skillets, I don't recommend cooking this dish in cast iron since it includes vinegar, which is very acidic and may react to the cast iron.

Change it up

Instead of using plain bacon fat, chop and render 2-3 slices of bacon for the cooking fat, and add the cooked bacon meat back to the mixture when plating. For a slightly sweeter version, add about 2 tablespoons to 1/4 cup of chopped, dried cranberries (if not on the 21DSD, find a no sugar added brand or dry some yourself).

SuperCharged Green Bean Casserole

Contributor: drjockers.com



Vegan, Paleo and Gluten-Free

This recipe is done by Chef Somer who is an extremely talented Atlanta based personal chef.

Ingredients:

- 1.5 lb. green beans
- 1.5 cups Coconut Milk
- 3/4 cups of almond meal (optional for topping)
- 8 oz. mushrooms chopped
- 1 onion diced
- 1 tsp Pink Salt
- 1 tsp. garlic powder
- 1 tsp. turmeric
- Fresh pepper
- 3 cloves garlic
- 1 Tbsp. Virgin Coconut Oil
- 1 Tbsp. Organic Coconut Flour

Directions:

Clean and steam green beans, put in cold water to stop cooking once al dente.

Place the cooked green beans in medium size baking dish.

In sauté pan, cook the onions, mushrooms and garlic until soft in the ghee or grass fed butter. Add to the green beans and arrange evenly.

In a medium bowl, mix together the Coconut milk, garlic powder, turmeric, and coconut flour. Pour the mixture over green beans, which should cover them about halfway. Add salt and pepper over whole dish.

Bake on 350 for 30 minutes. Add almond meal to top and place under the boiler for 5-10 minutes. Allow the casserole to cook for 5-10 minutes prior to serving.

Dr Jockers Comments:

This is a creamy, low-carb casserole that you will absolutely love! I love the combination of garlic, turmeric, garlic powder and onions in this recipe! Just tastes so good along with the almond/coconut casserole crust!

This recipe is loaded with good fats and anti-oxidants making it a highly anti-inflammatory meal that tastes great!

Baked Cauliflower

Contributor: draxe.com



Ingredients

- 1 large head of cauliflower
- ½ C crushed Mary's Gone Crackers Crumbs
- ¼ C coconut oil, melted
- ½ tsp garlic powder
- 1/8 tsp salt
- 1 pinch of red pepper flakes
- 1 pinch of dried oregano

Directions

1. Place the head of cauliflower into a pot with an inch of water. Cover and boil over medium heat for 20 minutes or until tender. (watch to see that the water doesn't completely evaporate)
2. Preheat the oven to 375 degrees F. IN a bowl, mix the crumbs, and coconut oil. Add in the seasonings.
3. Place the cauliflower in a baking dish and coat with the crumb mixture
4. Bake for 10-15 minutes until golden brown.

Garlic Asparagus

Contributor: draxe.com



Ingredients

- 3 tbsp coconut oil
- 1 bunch asparagus
- 5 cloves garlic, chopped

Directions

1. Melt the coconut oil in a skillet on medium high heat.
2. Add the garlic and asparagus to the pan. Cover and cook for 10 minutes, stirring occasionally. Continue to cook until desired tenderness is achieved.

Easy Baked Kale Chips

Contributor: balancedbites.com



(All measurements are approximate, use all organic ingredients when possible)

Ingredients:

1 Large bunch of curly kale, stems removed and leaves chopped roughly
1-2 Tbsp. coconut oil, melted
Celtic/Sea Salt (*Redmond's Real Salt is my favorite!*), to taste
Garlic powder
Raw parmigiano cheese (optional)

Directions:

Preheat oven to 350 degrees.

- Place chopped kale on a cookie sheet and drizzle with coconut oil, just enough to get the leaves lightly coated, but not drenched. Pour a little at a time and use your hands to get the leaves coated.
- Sprinkle the oil coated leaves with a little bit of the sea salt and a little bit of the garlic powder- just to taste, more can be added after baking.
- Bake approximately 10-15 minutes until some of the edges of the leaves turn brown. Remove the tray from the oven and grate some raw cheese over the top so that some of it melts. Then turn the oven off and allow the kale to dry/cool in the oven. Remove from the oven when they feel crispy. (If you don't want to let them cool in the oven, you can remove them to a countertop).

Variations

- Sprinkle with sesame seeds once they're baked.

- Try a chili powder or a tiny bit of hot sauce sprinkled onto the kale before baking.
- Use any other spices you enjoy to see what flavor kale chips you like best!

Try this out and let me know what your favorite way to season it is! If you've made it before, share your tips below for other ways to make it.

SuperCharged Green Beans

Contributor: drjockers.com



This recipe is a modified version of another recipe by my friend Miss Dot.

Ingredients:

- 1 pound of green beans
- 3 tbsp. of pastured butter
- 3 tbsp. virgin coconut oil
- 2 tbsp. organic Italian herbs
- 1 tbsp. of organic kelp
- ½ tbsp. pink salt
- 2 cups chicken stock, plus more if needed

Directions:

Throw all ingredients into a large sauce pan and cook over medium heat. Add stock/water as need to keep the beans moist until they are tender.

Servings: 4-6

Ready in: 20 min.

Dr Jockers Comments:

This is a great ketogenic recipe for an individual that wants some great tasting veggies and stay in ketosis. These green beans are loaded with good fats in the pastured butter and the virgin coconut oil. The Italian herbs provide great flavor, aroma and anti-oxidants.

We added kelp which is a sea vegetable that provides more blood cleansing chlorophyll and thyroid supporting iodine. Kelp also has a nice salty style flavor and therefore you need a bit less salt. I get my organic herbs in bulk through Mountain Rose Herbs which is a wonderful company that provides fully pure herbs at a great price.

Getting organic stock, particularly when you make your own from the stock bones, is like a super multi-vitamin. Organic, pastured chicken stock or grass-fed beef stock provide tons of glycine, magnesium, gelatin and collagen to support the gut, skin and joint health.

Brain-Smart Start Smoothie

Contributor: tanaamen.com

- **Serves: 2**



Ingredients:

- 1/2 cup frozen organic blueberries
- 8 ounces pure coconut water or unsweetened almond milk
- 1 large handful baby spinach (about 1 1/2 cups)

(I promise you can't taste it, but you can adjust the amount initially until you get used to it, if necessary.)

- 2 chard leaves or 1 small cucumber
- 2 tablespoons hemp seeds, shelled
- 1 tablespoon coconut butter
- 1 scoop vanilla – or berry flavored, pea protein powder (sweetened with stevia). Use 2 scoops for large men.
- 1 tablespoon freeze-dried greens (Green Vibrance® is one of my favorite brands)
- 1 dropper full berry – or vanilla crème-flavored liquid stevia

Optional

- soluble fiber
- maca powder
- bee pollen
- aloe gel

Directions

1. Add all ingredients to blender bowl.
2. Turn blender on low at first, then increase speed.
3. Add additional almond milk or coconut water as desired to achieve desired consistency.
4. Pour into two large glasses and serve cold.

Chunky Temporal Lobe Tomato Salsa

Contributor: drjockers.com



This Recipe is by my friend Kelcie Yeo.

Ingredients:

3 organic, garden fresh tomatoes, diced
2/3 cup fresh cilantro
1 diced jalapeno pepper
1/4 cup diced red onion
Juice from two fresh limes
Juice from half an orange
Pink salt and pepper to taste

Directions:

Mix all ingredients together
Serve with fresh guacamole and chicken

Dr Jockers Comments:

The temporal lobe is region of our brain that houses and controls most of the communication and memory consolidation in the brain. This region depends upon lots of anti-oxidants to function at its peak capacity. This tomato salsa is loaded with anti-oxidants in the pepper, red onion, tomatoes, orange, limes and cilantro. The cilantro also helps pull environmental toxins out of the system and protect the brain from the free radical damage that toxins create.

This recipe is best when mixed with good fats such as extra virgin olive oil or avocado. The lemon, creamy, superfood guacamole is a perfect mix with this salsa. The healthy fats enhance nutrient absorption from the superfoods in the salsa. Add in a healthy protein like organic, free range chicken or grass-fed beef and you have healthy Mexican food. Keep the chips, tortillas and beans out as they are loaded with carbohydrates and will throw off healthy blood sugar signaling.

Brussel Sprout Chips

Contributor: popsugar.com



Ingredients

- 10 brussels sprouts
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt

Directions

1. Preheat oven to 350°F.
2. With a paring knife, cut off the bottom tip of each sprout. The outer leaves will fall off. Trim a tiny bit more off the bottom so more leaves fall off. Continue until you've removed all the leaves. Toss the leaves with the oil, and lay them in one layer on a rimmed baking sheet. Sprinkle with salt.
3. Roast seven to 10 minutes, until leaves are lightly browned and crisp.

Raw Almond Hummus

Contributor: thewholejourney.com



Soaking time: 12 hours / Prep time: 10 minutes / Makes 3 cups

Ingredients:

2½ cups raw almonds, soaked at least 12 hours
¼ cup plus 1 tablespoon raw tahini
¾ teaspoon fresh ground pepper
1½ teaspoon cumin
¼ cup plus 2 tablespoons olive oil
¼ cup plus 3 tablespoons lemon juice
¾ cup water
¾ teaspoon salt
smoked paprika for garnish

Directions:

Drain and rinse soaked almonds. Place almonds in a food processor and grind. Add remaining ingredients minus ½ the water. Purée the ingredients, adding more water until creamy. Taste and adjust seasonings to taste. Spoon into a serving dish and drizzle with extra olive oil and smoked paprika. Serve with cut veggies or raw flax cracker.

Nora's Nut Ball Snackers

Contributor:primalbody-primalmind.com



Ingredients

- One regular-sized jar of almond butter (or any other nut butter—other than peanut or cashew butter—that you prefer). Stir surface oil in well!
- 5-10 oz (an approximation) of organic nuts (almonds, pecans, macadamias, brazil nuts, pistachio's...etc, preferably pre-soaked and dried). Use a food processor to grind or chop to desired consistency/"chunkiness".
- Handful of organic sesame seeds and/or chia seeds (great source of mucilaginous fiber to help "keep that train rolling")
- Organic shredded coconut (as much or as little as you like)
- Alcohol-free (glycerin-based) vanilla extract, or powdered/crushed vanilla beans
- One full brick (room temperature) of KerryGold butter (decidedly a "key" ingredient)

Optional ingredients:

- Organic coconut flour (Bob's Red Mill makes a good one) – add for additional yummy coconut flavor and/or better binding
- Organic coconut butter...(you have to taste this stuff to believe it!)
- Stevia (for added sweetness, if needed or desired)
- Bee pollen (why not? Good source of flavinoids)
- Organic cacao nibs (Dagoba has quality ones) – adds chocolaty flavor without adding sugar. Also, cacao nibs have roughly 2X the antioxidant content of green tea!
- Lately I've taken to adding a scoop of Garden Of Life "Super Seed" (fiber supplement) for some added great texture and flavor
- Whatever floats your boat (and happens to be low carb)

Blend the above in a bowl thoroughly, then spoon out into little "balls" onto wax paper on a plate or tray. Refrigerate for a good hour, or until these firm up.

Warm Rosemary Olives

Contributor: Realsimple.com



Ingredients

6 cups mixed olives, such as nicoise, Spanish, picholine, and Greek
5 sprigs fresh rosemary
2 teaspoons red pepper flakes

Directions

1. Combine the olives, rosemary, and red pepper flakes in the center of 1 or 2 large sheets of aluminum foil. Fold the foil to enclose the olives in a pouch.
2. Heat oven to 400° F. Bake for 30 minutes. Serve warm.



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