

Blueberry Flax Smoothie (12)

½ cup Frozen Blueberries
2 tbsp Whole Flax Seeds
1 cup Baby Spinach

Chocolate Avocado Smoothie (12)

¼ Avocado
1 tbsp Sunflower Seed Butter
1 cup Baby Spinach
2 tbsp Cocoa Powder
1 scoop Grass Fed Collagen Powder
(optional)
1 tsp Psyllium Husk Powder (optional)

Bacon & Gruyere Egg Muffins (whole recipe)

10 Eggs
8 slices Bacon chopped, cooked
1 cup Gruyere Cheese, shredded
1 cup Baby Spinach, chopped
¼ tsp Salt

Sausage Balls (whole recipe)

3 lbs Sausage
3 cups Almond Flour
3 cups Cheddar Cheese, Shredded
3 eggs
¾ cups Parmesan, Shredded
¼ cup Dried Onion Flakes
2 tbsp Baking Powder

Toasted Quinoa Energy Bites (whole recipe)

¾ cup Quinoa (uncooked)
2 cups Oats
⅔ cups Unsweetened Shredded Coconut
½ cup Cacao Nibs
¾ cup Sunflower Seed Butter
⅓ cup Raw Honey

Pecan Trail Mix (whole recipe)

6 cups Pecans
1 ½ cups Pumpkin Seeds
1 ½ cups Dried Unsweetened Cranberries
12 oz Dark Chocolate

Peanut Butter Mocha Chia Pudding (2 batches)

5 ¼ cups Coconut Milk
1 ½ cups Brewed Coffee
⅓ cup Cacao Powder
1 cup Chia Seeds
⅓ cup Peanut Butter
2 oz Collagen Powder (optional)
¾ tsp Stevia Powder

Bagels (whole recipe)

5 cups Mozzarella, shredded
4 oz Cream Cheese
4 Eggs
3 cups Almond Flour
2 tsp Baking Powder
⅛ cup Everything Bagel Seasoning

Chili/Taco Seasoning (whole recipe)

2 tbsps Black Pepper
2 tbsps Cayenne Pepper
¼ cup Coriander
¼ cup Sea Salt
¼ cup Oregano
¼ cup Garlic Powder (or granulated)
¼ cup Onion Powder
½ cup Paprika
¾ cup Cumin
1 ½ cups Chili Powder

Black Bean & Beef Chili (whole recipe)

¼ cup Avocado Oil
6 lbs Extra Lean Ground Beef
6 Yellow Onion (chopped)
4 Jalapeno Pepper (seeded, finely chopped)
16 Garlic (large cloves, minced)
1 cup Taco Seasoning
¼ cup Cocoa Powder
1 cup Tomato Paste
16 cups Black Beans (cooked, rinsed)
6 cups Diced Tomatoes (from the can)
8 cups Vegetable Broth
Sea Salt & Black Pepper (to taste)

Meatloaf (whole recipe, divide into 3 bags)

6 Egg
1 cup Tomato Paste
1 ½ Yellow Onion (chopped)
30 Cremini Mushrooms (finely chopped)
3 tbsps Coconut Aminos
1 tbsp Sea Salt
1 ½ cups Oats
4 ½ lbs Lean Ground Beef
18 slices Bacon (optional)

Hawaiian Chicken Kabobs (3)

2 lbs Chicken Breast
2 tbsp Coconut Aminos
¼ cup Apple Cider Vinegar
4 Garlic (cloves, minced)
2 Limes (juiced)
2 tbsp Ginger (peeled and grated)
1 tsp Cayenne Pepper
2 Green Bell Pepper (chunks)
2 Yellow Bell Pepper (chunks)
2 cups Cherry Tomatoes
4 cups Pineapple (chunks)
2 cups Red Onion (chunks)

Chicken Fajitas (4)

2 tbsps Avocado Oil
14 ozs Chicken Breast (strips)
1 tbsp Chili Powder
1 ½ tps Cumin
½ tsp Sea Salt
1 Green Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 Yellow Onion (sliced)

Beef Stew (3)

2 tbsps Extra Virgin Olive Oil
2 lbs Stewing Beef Cubes
¼ cup Red Wine Vinegar
2 cups Baby Carrots
1 Sweet Onion (diced)
2 ½ cups Mushrooms (sliced)
1 cup Beef Broth
1/2 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper

Maple Bacon-Wrapped Pork Loin (3)

2 lbs Pork Tenderloin
5 slices Bacon
½ cup Maple Syrup
3 tbsps Dijon Mustard (or spicy brown)
2 tbsps Apple Cider Vinegar
1 tbsp Coconut Aminos
1 ½ tps Garlic (minced)
2 tps Black Pepper

Maple Bacon Wrapped Pork Loin

Date _____

1. Thaw in fridge overnight.
2. Place all bag contents in slow cooker.
3. Cook on low 7-8 hours.
4. Serve with a bag of steamed veggies of choice.

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Beef Stew

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1. Thaw in fridge overnight.
2. Place all bag contents in slow cooker.
3. Cook on low 6 hours.
4. Before serving, add ¼ cup brown rice flour. Stir til sauce thickened.

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Chicken Fajitas

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1. Thaw in fridge overnight.
2. Place all bag contents in slow cooker.
3. Cook 4 hours.
4. Serve on corn tortillas with toppings of choice.

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Hawaiian Chicken (Kabobs)

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1. Thaw in fridge overnight.
2. (option #1) Place all bag contents (no skewers) in slow cooker, cook for 4 hours.
3. (option #2) Place all bag contents (no skewers) in grill basket on grill for approx 15 minutes, stirring frequently, until chicken fully cooked.
4. (option #3) (skewers) cook on grill for approx 15 minutes, flipping over half way during cooking, until chicken fully cooked.

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Taco Seasoning

Date _____

- 1 taco/chili seasoning “packet”
= ¼ cup homemade mix

Meatloaf

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1. Thaw in fridge overnight.
2. Place in slow cooker on low 6-8 hours.
3. Serve with your favorite bag of steamed veggies.

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Sausage Balls (raw)

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2. Bake in oven at 350 for 20-22 minutes.

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Chocolate Avocado Smoothie

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Blend and enjoy!

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Blueberry Flax Smoothie

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