

# 14 DAY



# TESTOSTERONE FAT FLUSH



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We have created a 14 day meal plan with you in mind. We've taken the foods that are testosterone boosting and have the added bonus of shredding fat and put it all together in an easy to follow 14 day meal plan just for you.



## 1. Ginger

We've used ginger for medical purposes for centuries. Research indicates that this root may be linked to improving fertility in men. According to [Tikrit Medical Journal 2012](#), using ginger daily for 3 months increased testosterone levels by 17.7% in a group of 75 adult men.





## 2. Oysters

Oysters contain more zinc than any other food. Zinc is extremely important in sperm and reproductive health. Males with severe zinc deficiency can develop hypogonadism, in which the body does not produce enough testosterone. They may also experience impotence or delayed sexual maturation.

## 3. Pomegranates

Pomegranate has been a symbol of fertility and sexual function throughout human history. Its antioxidant levels may support heart health and stress reduction.

[Results from Endocrine Abstracts \(2012\) show that pomegranate may boost testosterone levels.](#) Sixty healthy participants drank pure pomegranate juice for 14 days. At the conclusion of the study participants displayed an average 24 percent increase in salivary testosterone levels. They further experienced improvements in mood and blood pressure.





## 4. Fortified plant milks

Vitamin D is an essential nutrient, results from a [study in 2011](#) suggest that it may increase testosterone levels in men. It's important to not that the dosage in the study was 3,332 international units (IU) of the vitamin per day, which drastically exceeds the 400 IU recommended daily for healthy people.

While exposure to the sun is one of the best ways to get vitamin D, not everyone can spend enough time outdoors in sunny weather. In the average diet for Americans, fortified foods provide the majority of their vitamin D intake.

Many plant based milks, like, almond, soy, hemp, coconut and Flax have 23 percent of the vitamin D requirements per serving. It's in good practice to check your nutritional contents label as they do vary brand to brand.

Research has put to rest the concern that soy lowers testosterone levels. The bulk of the evidence shows [that soy does not have any effect](#).





## 5. Leafy green vegetables

Green leafy vegetables such as kale, spinach, swiss chard, and collard greens to name a few are rich in magnesium, a mineral that may increase the body’s level of testosterone.

A [study from 2011](#) found that taking magnesium for 4 weeks promoted an increase in testosterone levels of sedentary participants and those who were athletic. The testosterone increases were greater in the active participants.

**Good dietary sources of magnesium include:**

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beans and lentils	nuts and seeds	whole grains
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## 6. Fatty fish and fish oil

It is [recommended by the USDA that people eat seafood twice weekly](#). Fatty fish may be particularly beneficial as they are rich in omega-3 fatty acids.

**Good examples of fish that are rich in omega-3 fatty acids include:**

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Atlantic mackerel	herring	salmon
sardines	trout	

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## 7. Extra-virgin olive oil

Olive oil is in just about every kitchen and may have many health benefits. The oil is rich in monounsaturated fat and vitamin E. Extra virgin olive oil may also improve reproductive health in males. Results from a study in [2013 done on Moroccan](#) men show that the oil may boost serum testosterone levels. The participants also experienced an increase in luteinizing hormone with stimulates cells in the testes to produce testosterone.

## 8. Onions

Onions may provide benefits from supporting the heart to slimming the waistline. A great source of several nutrients and antioxidants adding onions to your diet is a no brainer!

## 9. Eggs

Eggs are a great source of protein, cholesterol, vitamin D and omega-3, all aid in the production of testosterone.





## 10. Oats

Oats are an excellent source of B Vitamins which are key for good testosterone production. There are a number of different B Vitamins, many of which are found in testosterone boosting foods. One B Vitamin which plays a very direct role in testosterone production is Vitamin B6 which suppresses the production of estrogen, thereby helping testosterone levels to rise.





## 11. Lemons

Lemons are a great testosterone boosting food. In fact, most citrus fruits are. Much like garlic they help to lower your levels of cortisol which means testosterone it's easier for your body to produce. Additionally, they contain vitamin A which is required for the production of testosterone and can assist in lowering estrogen levels which again means testosterone can be more effective.

## 12. Bananas

Bananas contain enzymes called bromelain, this is known to boost testosterone levels. Bananas will also help you maintain your energy levels and reduce antioxidants.



## 13. Coffee

[Studies have shown that pre workout caffeine](#) comes along with a nice boost testosterone levels, as well as with an increase of strength and endurance! On top of all that coffee is a delicious way to start the day.



Foods  
to avoid





Some foods can reduce a person's testosterone levels. People looking to raise their levels may wish to avoid:



## Processed foods

Many of the foods we consume are frozen or prepackaged meals and snacks. These are processed foods that offer little nutritional value and are usually high in calories, fat, sodium and sugar. Processed foods often contain high amounts of trans fat which can reduce testosterone and impair testicular functions among healthy men, according to a [2017 study](#).



# Canned or plastic-packaged foods

Chemicals found in plastic packaging can affect testosterone levels. In today's world we consume many drinks and foods that are canned or packaged in plastic. As an example, there is chemicals such as bisphenol A (BPA) or bisphenol S, from water bottles or reheated food in plastic containers.

[A study done in 2013](#) suggested that men who work in environments with high levels of BPA have reduced levels of free testosterone and androstenedione, a hormone that can convert into testosterone or estrogen.



# Alcohol

Moderate amounts of alcohol, such as the occasional glass of red wine, may provide some health benefits. However, drinking excessively can reduce fertility.

The [National Institute on Alcohol Abuse and Alcoholism cautions that alcohol use is linked to low testosterone levels](#) and changes in the amount of other reproductive hormones.



Now that we have established what foods we want to make certain we have and what foods we want to avoid, we are ready to begin our 14 day journey to boost testosterone and flush out the fat!

Each day you get to chose your own meal plan! You do not have to worry about sticking to a recipe you don't enjoy! There are lots to choose from. You can find all the recipes, in the recipe portion of this book.

Each day for Breakfast  
choose one recipie



# Breakfast Recipes







# Apple Cider Overnight Oats with Apple Butter

## Ingredients:

1 cup rolled-oats  
1/2 cup water  
1/2 cup apple cider (organic apple cider, no processed ingredients)  
1/2 tsp lemon juice or apple cider vinegar  
3 tsp walnuts or crushed almonds  
3/4 tsp cinnamon  
1/2 tsp ground ginger  
1/2 tsp nutmeg  
1/4 tsp allspice  
pinch of sea salt

Make the Apple Cider Overnight Oats - makes about 1 1/2 cup overnight oats (2 servings)

## Instructions:

### Make the Apple Cider Overnight Oats

1. Stir ingredients, put into the refrigerator covered for overnight.
2. Make the apple butter and refrigerate.
3. The next morning, layer the oats, with the butter and extra apple slices or chunks. Sprinkle with more cinnamon and eat a filling healthy breakfast.





# Apple Cider Overnight Oats with Apple Butter

## Ingredients:

2 green apples, 2 red apples (organic is important) (To balance sweetness we use green for sour and gala or fuji for sweet)

2 tsp lemon juice

10 cashews

1/2 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp ginger

pinch of ground cloves

Raw Apple Butter - makes about 1/2 cup butter

## Instructions:

### Make the Raw Apple Butter

1. Cut the apples (don't peel) with this an apple corer and divider.





# Smoked salmon omelette

## Ingredients:

1 free-range large egg  
2 free-range large eggs whites only  
1 spring onion, thinly sliced  
2 tbsp chopped chives  
1 1/2 tablespoon olive oil  
2 thin slices of smoked salmon, cut into thin strips,  
1/4 cup salad leaves  
freshly ground black pepper

## Instructions:

1. Put the eggs, spring onions and herbs in a bowl, beat together lightly and season with freshly ground black pepper.
2. Heat a medium-sized frying pan over a medium-low heat, add the oil allowing it to warm up. Pour in the egg mixture and swirl to cover the base of the pan. Stir gently for 2-3 minutes or until almost set.
3. Sprinkle over the smoked salmon strips and cook for a further 30 seconds, or until just set. Fold over and slide on to a serving plate.





# Baked Eggs Boats

## Ingredients:

1 avocado  
2 small eggs  
2 slices bacon, cooked  
then crumbled  
sea salt, to taste  
fresh cracked black  
pepper, to taste  
hot sauce, optional  
fresh chopped tomatoes,  
optional

## Instructions:

1. Preheat oven to 425°F.
2. Crack the eggs in a medium bowl, careful to not puncture the yolks. Set aside.
3. Cut avocado in half and carefully remove seed. Depending on how big the seed is, the hole in the avocado should be big enough for one small egg. But if the hole looks too small, scoop out a little at a time till it matches the amount of egg.
4. In a medium baking dish, try to rest the avocado half inside the edge of the dish so that the avocado doesn't tilt over. You need to keep the avocado from tilting so that the raw egg does not spill out.
5. You can crack the egg directly in the avocado, but it might overflow and make a mess. So this technique will be useful: With a medium spoon, gently scoop out one of the yolks and place it into the hole of the avocado. Then continue spooning the egg whites into the avocado hole till it's full. Repeat for both avocado halves.





# Baked Eggs Boats

Instructions continued:

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6. Add salt and fresh cracked black pepper on top of the eggs, to taste.
7. Gently place the baking dish in oven and bake for about 15 minutes. Baking time will vary depending on how much egg you have and how big your avocado is. So keep checking the egg to see if it's cooked to your desired consistency.
8. Sprinkle crumbled bacon on top. Add addition salt and pepper to taste, chopped tomatoes, hot sauce, if wanted.





# Protein Scramble

## Ingredients:

2 teaspoons olive oil  
1/4 cup diced onion  
1 cup (4 ounces) sliced white button mushrooms  
1 small clove garlic, finely minced  
1 egg and 2 egg whites  
1/4 cup cooked black beans  
Himalayan sea salt to taste  
A couple turns freshly ground black pepper  
1/2 small avocado, diced  
A few cilantro leaves, if desired

## Instructions:

1. Add olive oil to a medium skillet over medium heat. Add onion and mushrooms and saute, stirring occasionally, until softened, about 5 minutes. Add garlic; cook for another minute, stirring occasionally.
2. Crack eggs into a small bowl and beat with a whisk or fork. Pour over veggies. Add the black beans, salt, and pepper.
3. Stir constantly until eggs are cooked through, about 1 minute. Taste and add additional salt and pepper if desired.
4. Scoop onto a plate and top with diced avocado and scattered cilantro leaves.





# Quick & Simple Huevos Rancheros

## Ingredients:

2 whole eggs  
1 cup store-bought or  
homemade salsa  
1/2 cup black beans  
1/3 cup corn  
sea salt & pepper to taste  
fresh cilantro  
avocado slices  
whole wheat or grain tortillas

## Instructions:

1. Set oven to 420F.
2. Spray a small 6.5 inch or 8 inch cast-iron skillet with olive oil or nonstick cooking spray.
3. Add salsa, black beans and corn to the skillet and then mix it together.
4. Form 2 holes in the mixture for the eggs, then crack the two eggs into the holes.
5. Add a pinch of sea salt and pepper and then bake for about 25 minutes, or until the egg white has completely cooked.
6. Top with fresh cilantro and avocado.
7. Enjoy with whole grain or whole wheat tortillas.





# Pumpkin Protein Pancakes

(low-carb, gluten-free, refined sugar-free)

## Ingredients:

1/2 cup pumpkin purée  
2 eggs  
1/2 teaspoon pumpkin pie spice  
1/8 teaspoon baking powder (optional but recommended)  
2 tablespoons vanilla whey protein powder (optional; you can also add a touch of vanilla extract instead)

## Instructions:

1. Place a medium skillet over medium heat on the stove. Let it heat up while you prepare the pancakes. It's ready when water dropped into the pan sizzles.
2. To prepare the pancakes, whisk the pumpkin, eggs, pumpkin pie spice, baking powder, and protein powder (if using) until well combined. Spray the skillet with nonstick cooking spray before adding in 2-3 tablespoons of the pancake mixture and spreading it into a pancake shape.
3. Let the pancakes cook for 35-45 seconds before flipping and letting the other side cook for 25-35 seconds. Remove to a plate and serve with nut butter, sugar-free syrup, butter, fruit, or agave nectar.





# Simple Spinach Omelette

## Ingredients:

3 Eggs  
handful Baby spinach  
2 tsp Coconut Oil  
Sea Salt and Black Pepper

## Instructions:

1. Whisk the eggs together in a small bowl. Season with salt and pepper to taste.
2. Heat the coconut oil in a nonstick omelet pan over medium heat.
3. Add the eggs to the pan and cook for 2-3 minutes stirring constantly until the eggs begin to scramble.
4. Once the eggs have started to scramble stop stirring. Allow to cook for an additional 3-5 minutes until the eggs begin to set. Add the spinach on top of the omelet. Fold in half. Continue to cook until the spinach begins to wilt.
5. Transfer to a plate and serve.



# Entree Recipes







# Slow Cooker Sweet Potato Chili

## Ingredients:

28 ounce (796 ml) can diced tomatoes  
23 ounce (680 ml) can tomato sauce  
1 tsp chili powder  
1 tsp cayenne pepper  
1 tablespoon ground cumin  
2 teaspoons paprika  
1 tablespoon brown sugar  
1/2 teaspoon salt  
2 large sweet potatoes, peeled and chopped into 1" pieces  
1 medium onion, coarsely chopped  
2 cloves garlic, minced  
2 15 oz cans kidney beans, drained  
1 cup corn, frozen and thawed  
1 lb ground beef sirloin (optional)  
1 cup chicken broth

This makes 6 servings and will keep in your fridge for 5 days.

## Instructions:

1. Roast the corn until most pieces have a dark/charred corner, either in your slow cooker, if it has that function, or on the stove top. A dry pan or pot works best. Set aside corn and brown the meat on stove top.
2. Combine all ingredients in the base of your slow cooker and stir to mix well. Cook on low for 8 hours.





# Bison Meatballs

## Ingredients for 8 meatballs

### Ingredients:

1 lb 85% ground bison  
8 slices bacon  
1 tablespoon extra virgin olive oil  
1/2 cup red onion, diced  
1 egg  
1 red bell pepper, diced  
1/4 cup almond flour  
1/3 cup chopped parsley  
1 tablespoon smoked paprika  
1 tablespoon thyme  
pinches of sea salt & pepper

### Instructions:

1. Set oven to 400F.
2. Set a nonstick skillet on medium heat and add olive oil and red onion. Saute the onions until they are caramelized.
3. Add the onions to a bowl and add in the rest of the ingredients. Mix and mash them up with a fork.
4. Form small meatballs with your hands, about 8 ping pong ball-sized meatballs.
5. Wrap each meatball in 1 strip of bacon and place it flap-side down on a baking sheet/rack.
6. Bake in the oven for 15 minutes at 400F. For the last 2-3 minutes of baking, set the temperature in the oven to broil so the outside gets a little crispy.





# Tuna and Kale Salad

## Ingredients:

4 cups clean well chopped kale  
1 (5-ounce) can albacore tuna, drained of its liquid  
3 tablespoons thinly sliced green onion  
3 tablespoons chopped parsley  
2 hard boiled eggs, peeled and sliced  
1/3 cup sliced celery  
1/4 cup roasted shelled sunflower seeds  
1/4 cup grated parmesan cheese  
3 tablespoons capers, drained  
olive oil, lemon juice, rice vinegar  
salt and pepper to taste  
2 plum tomatoes diced

## Instructions:

1. Toss kale in a large bowl with a splash of olive oil and rice vinegar. Season with a bit of salt and pepper and set aside.
2. In a separate medium bowl, combine tuna and half of the sliced boiled egg. Add the green onion, parsley, a bit of olive oil, tomatoes. use the back of a fork to work the mixture together, breaking up the tuna and eggs. Add the sunflower seeds, cheese, and capers. Add a bit more olive oil if needed and fresh lemon juice. Season with salt and pepper to taste.
3. Add the tuna mixture to the kale bowl. Toss to combine. Before serving top with the remaining egg.





# Chicken and Broccoli Casserole

## Ingredients:

2 cups reduced sodium chicken broth  
1 cup almond or soy milk  
1 teaspoon poultry seasoning  
1/2 cup flour  
2 cups water, divided  
1 cup uncooked quinoa, rinsed  
1/4 cup cooked, crumbled bacon  
1 pound boneless skinless chicken breasts  
2 teaspoons seasoning (like Emeril's Essence or any basic blend you like)  
1/4 cup shredded Gruyere cheese (any kind will work)  
3 cups fresh broccoli florets

## Instructions:

- 1. Sauce:** Preheat the oven to 400 degrees and generously grease a 9x13 baking dish (seriously, be generous because it really really sticks to the sides). Bring the chicken broth and 1/2 cup milk to a low boil in a saucepan. Whisk the other 1/2 cup milk with the poultry seasoning and flour; add the mixture to the boiling liquid and whisk until a smooth creamy sauce forms.
- 2. Assembly:** In a large bowl, mix the sauce from step one, one cup water, quinoa, and bacon and stir to combine. Pour the mixture into the prepared baking dish. Slice the chicken breasts into thin strips and lay the chicken breasts strips over the top of the quinoa mixture. Sprinkle with the seasoning. Bake uncovered for 30 minutes.
- 3. Broccoli:** While the casserole is in the oven, place the broccoli in boiling water for 1 minute until it turns bright green and then run under cold water. Set aside.





# Chicken and Broccoli Casserole

## Instructions continued:

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**4. Bake:** Remove the casserole from the oven, check the mixture by stirring it around in the pan, and if needed, bake for an additional 10-15 minutes to get the right consistency. When the quinoa and chicken are cooked and the sauce is thickened, add the broccoli and a little bit of water (up to one cup) until the consistency is creamy and smooth and you can stir it up easily in the pan. Top with the cheese and bake for 5 minutes, or just long enough to melt the cheese.

**Note:** You will know the quinoa is done when it is soft and looks as if it has popped open, with the germ of the kernel visible as a little spiral. I've gotten quite a few comments about the liquid not absorbing right away – if that's you, just bake it a little longer. With enough time, it should get that moisture soaked right up into a creamy sauce.





# Guinness Lamb Stew with Vegetables

## Ingredients:

3 pounds lamb shoulder, well-trimmed and cut into 1-1/2-inch pieces  
2 teaspoons salt  
1 teaspoon freshly ground black pepper  
3 tablespoons extra virgin olive oil  
2 medium yellow onions, cut into 1-1/2-inch  
6 cloves garlic, peeled and smashed  
3 tablespoons tomato paste  
1/4 cup all-purpose flour  
1 cup Guinness  
3 cups beef broth  
2 cups water, plus 2 tablespoons more for cooking onions and garlic  
1 bay leaf  
1 small sprig fresh rosemary  
2 teaspoons agave nectar or honey  
4 large carrots, peeled and cut into 1-inch chunks on diagonal  
1/2 pound small white boiling potatoes (baby yukons), cut in half  
1 cup frozen green peas

## Instructions:

1. Pat the lamb dry and season with salt and pepper. In a large Dutch oven or heavy pot, heat one tablespoon of oil over medium-high heat until hot and shimmering. Brown the lamb in three batches, adding one more tablespoon of oil for each batch. Do not crowd the pan and let the meat develop a brown crust before turning with tongs. It should take 5-8 minutes per batch. Transfer the browned meat to large bowl and set aside.
2. Add the onions, garlic and 2 tablespoons of water to the pot. Cook until the onions are soft, stirring with a wooden spoon to scrape any brown bits from the bottom of pan, about 5 minutes.





# Guinness Lamb Stew with Vegetables

## Instructions continued:

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3. Stir in the tomato paste and cook a few minutes more.
4. Add the lamb with its juices back to the pan and sprinkle with flour. Stir with a wooden spoon until the flour is dissolved, 1-2 minutes.
5. Add the Guinness, beef broth, water, bay leaf, rosemary sprig and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, turn the heat down to low and simmer for one hour and twenty minutes.
6. Add the carrots and potatoes to the stew, then cover and continue simmering until the vegetables are cooked and the meat is very tender, 30-40 minutes. (Be sure to stir a few times to prevent vegetables from sticking to bottom.)
7. Remove the bay leaf and rosemary sprig, and then taste and adjust seasoning if necessary. If serving right away, add the frozen peas and cook until the peas are warmed through. Otherwise, let the stew cool, then cover and store in the refrigerator until ready to serve. Reheat gently on the stovetop and add the peas right before serving.
8. Make Ahead: This stew can be made a day or two ahead of time and reheated gently on the stovetop. Just be sure to add the peas right before serving so they stay fresh. Also, the broth will thicken in the fridge so it may be necessary to thin it with a bit of water (add it little by little).





# Spicy Shrimp and Avocado Salad

## Ingredients:

### for the salad:

1 teaspoon minced garlic  
1/2 pound raw shrimp, tails removed  
1/2 tablespoon butter  
1/2 teaspoon chili powder  
1/4 teaspoon cayenne  
1 1/2 cups sliced avocados (2 small)  
1 cucumber  
4 cups chopped spinach or baby kale  
fresh chopped cilantro for topping  
peanuts for topping

### for the dressing:

1 1-inch piece of fresh peeled ginger  
3 tablespoons oil  
3 tablespoons lime juice (more to taste)  
2 tablespoons agave nectar  
1 1/2 tablespoons white miso (it's like a paste – you can buy it at many regular grocery stores)  
1/2 teaspoon minced garlic  
1/4 teaspoon salt





# Spicy Shrimp and Avocado Salad

## Instructions:

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1. Heat the butter in a small skillet over medium high heat. Add the garlic and shrimp; sprinkle with the chili powder and cayenne directly in the pan. Saute for a few minutes on each side until the shrimp are no longer clear and have a nice golden color on the outside.
2. Cut the avocados in half; cut lines through the avocado vertically and horizontally and scoop the flesh out with a spoon (like this). Peel and dice the cucumber. Chop the spinach or baby kale into small bite sized pieces. Arrange in a bowl with the shrimp.
3. Puree all the dressing ingredients together in a food processor until smooth. Taste and adjust to your preferences. Pour the dressing over the salad and serve immediately (or store the individual parts separately in the refrigerator until ready to serve). Top with fresh cilantro and peanuts for crunch.





# Guac Burger

## Ingredients:

1/2 lbs. 90% lean or higher  
Ground Beef  
1 tsp. Taco Seasoning  
2 Slices Cheese  
1/4 cup Tortilla Strips  
1/3 cup Homemade  
Guacamole  
2 Large Hamburger Buns  
1/4 cup Ketchup and Mustard  
mix

## Instructions:

1. Prepare the guacamole, (see sauces and dips) cover, and save in the fridge until ready.
2. Place the beef in a large bowl and cover with the taco seasoning, then mix until the two are fully incorporated. Separate the beef into 2 balls, about 1/4 lb. each, then press down gently with your hand to flatten out the patties.
3. Prepare a grill at high heat, brush the grate down with oil and grill each burger for 3 minutes on one side before flipping, then another 3 minutes for medium rare, and around 6-8 minutes for well done.
4. Add a slice of Cheese about a minute or so before the burger is done to allow it to melt, then place the burger on a bottom bun prepped with a thin layer ketchup - mustard mixture. Top with a generous layer of tortilla strips and guacamole, add the top bun.





# Coconut Tilapia with Pomegranate Salsa

## Ingredients:

4 tilapia fillets  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 lemon, cut in half  
3 tablespoons coconut oil  
1/3 cup unsweetened shredded coconut

### salsa

1 tomato, chopped  
1/2 red onion, finely diced  
1/2 cup pomegranate arils  
1/4 cup fresh cilantro, chopped  
the juice of 1/2 lime  
the juice of 1/2 orange  
1/4 teaspoon salt

## Instructions:

1. To toast coconut, add to a saucepan over low-medium heat and stir, cooking for about 4-5 minutes. As soon as mine starts to turn golden, I use a wooden spoon and toss continuously until it's evenly toasted. Set aside.
2. Season tilapia on both sides with salt, pepper and lemon juice. Heat a large nonstick skillet over medium to medium-high heat and add coconut oil. Once the oil is completely melted, add tilapia and cook until the edges are opaque, about 3-4 minutes. Using a spatula, gently flip the fish. Immediately cover in half of the toasted coconut mixture, and as the fish cooks the coconut will somewhat "adhere" to it. Once the tilapia is easily flaked with a fork, remove it from the skillet and top with the remaining toasted coconut if desired. Serve with pomegranate salsa on top!

### Salsa

Combine all ingredients together and mix! Can be stored in the fridge for 2-3 days.





# Surf and Turf

## Ingredients:

2 lobster tails  
2 in bone- ribeye steaks  
salt and pepper to taste  
2 teaspoons paprika  
2 teaspoons ground coriander  
1 teaspoon brown sugar  
1 clove garlic minced  
1/4 teaspoon cayenne pepper  
olive oil for cooking

### **Chimichurri Spicy Garlic Butter**

1 small head roasted garlic mashed (or 2 grated garlic cloves)\*  
1 stick (1/2 cup) unsalted butter softened  
1 shallot minced or grated  
1 anchovy fillet finely chopped  
1 fresno chile seed chopped  
1/2 cup fresh cilantro chopped  
1/4 cup fresh parsley chopped  
2 tablespoons fresh oregano chopped  
2 teaspoons kosher salt

## Instructions:

1. To make the Spicy Garlic Chimichurri Butter, add the roasted garlic to a medium bowl and finely mash it with a fork. You can also use a knife to mash the garlic into a paste. To the bowl, add the butter and mix it in with the garlic. Add the shallot, anchovy, fresno chile, cilantro, parsley, oregano and salt. Mix well. Keep the butter room temp if using right away or store in the fridge for up to 1 week.
2. To make the steak and lobster, combine the paprika, coriander, brown sugar, garlic, cayenne and a good pinch of salt and pepper in a bowl. Season the steaks all over with the spices.





# Surf and Turf

## Instructions continued:

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3. Use kitchen shears or a very sharp knife, cut the lobster tail right down the center. Rub the flesh of the lobster with olive oil, season with salt + pepper.
4. Heat a grill, grill pan or cast iron skillet over high heat. Once hot, place the steaks on the grates, cook until desired doneness, about 5-8 minutes (depending on thickness) for medium-rare, per side.
5. About five minutes before the steaks are done cooking, place the lobster, flash side down on the hot grill (or pan), cook for about 5 minutes and then flip the tails over and spread the chimichurri butter over the tails. Continue cooking for another 3-5 minutes or until the shells are bright red. Remove both the steak and tails from the heat.
6. To serve, place the hot steaks on a platter, add a good dollop of the chimichurri butter and the lobster tails.





# Tomato-Baked Chicken

## Ingredients:

1 tbsp whole-wheat flour  
1 tsp smoked paprika  
1/2 tsp dried oregano  
1/2 tsp sea salt, divided  
1/2 tsp ground black pepper, divided  
4 bone-in, skinless chicken thighs, trimmed  
1 1/2 tbsp olive oil, divided  
1lb baby potatoes, scrubbed and quartered  
2 cloves garlic, minced  
1 3/4 cups unsalted tomato sauce  
1/2 tsp red pepper flakes  
1 large red and/or yellow bell peppers, cut into 1/2-inch chunks

## Instructions:

1. Preheat oven to 375°F. Spray down a large roasting pan with cooking spray. In a large dish mix together flour, paprika, oregano and 1/4 tsp salt and 1/4 black pepper. Cover chicken in flour mixture, turning to coat. Shake off the excess
2. In a large nonstick skillet on medium-high, heat 2 tsp oil. Add chicken and cook, turning once, until lightly browned, about 4 minutes. Move into prepared roasting pan.
3. In a large bowl, toss together potatoes, 1 tsp oil and remaining black pepper. Add to roasting pan, spreading around chicken. Bake for 25 minutes.
4. Meanwhile, in a small saucepan, heat remaining oil on medium. Add garlic and cook, until fragrant. Stir in tomato sauce, pepper flakes and remaining salt, bring to a simmer. Reduce heat to low and simmer gently, stirring occasionally, until slightly thickened, about 15 minutes.
5. Pour tomato sauce mixture over chicken and potatoes and top with bell peppers. Return to oven and bake until chicken is fully cooked and potatoes and bell peppers are tender, about 20 minutes.





# Chicken -Lime-Pomegranate with Herbed Farro

## Ingredients:

1/4 cup fresh lime juice plus 1  
tbsp zest, divided  
1 tbsp pomegranate molasses  
2 boneless, skinless chicken  
breasts  
3/4 tsp sea salt, divided  
1/4 tsp fresh ground black  
pepper, divided  
1/4 tsp ground cumin  
1/4 tsp ground coriander  
Olive oil cooking spray  
1 cup farro, rinsed  
1/4 cup fresh cilantro leaves,  
finely chopped  
1/4 cup fresh mint leaves,  
finely chopped  
2 tbsp pomegranate seeds,  
optional

## Instructions:

1. In a medium baking dish, whisk together lime juice and molasses. Add chicken and marinate at room temperature for 15 minutes, turning over halfway. Shake off and discard marinade. Season chicken with 1/4 tsp salt, 1/8 tsp pepper, cumin and coriander. Position oven rack about 6 inches below heating element and preheat broiler to high. Mist a grated broiler pan with cooking spray and place over a large foil-lined baking sheet. Arrange chicken on broiler pan and broil until no longer pink in thickest part and juices run clear, turning over halfway, about 12 to 14 minutes.
2. Meanwhile, to a medium saucepan, add farro, 1/4 tsp salt and 2 cups water; cover and bring to a boil. Reduce heat to low, cover and simmer until farro is tender and liquid is absorbed, about 30 minutes. Drain in a colander and transfer farro to a large bowl. Stir in lime zest, remaining 1/4 tsp salt, remaining 1/8 tsp pepper, cilantro, mint and pomegranate seeds (if using). Serve chicken with farro.





# Tuna Lettuce Wraps

## Ingredients:

6 oz sushi-grade tuna  
1 tsp to 1 1/2 tbsp Sriracha hot chili sauce, depending on your heat preference  
1/4 cup plain Greek yogurt  
2 Roma tomatoes, diced  
8 small Boston lettuce leaves or hearts of romaine  
Sea salt and fresh ground black pepper, to taste  
Olive oil cooking spray

## Instructions:

1. Season tuna with salt and pepper. Heat a nonstick skillet over medium-high. Mist tuna on all sides with cooking spray. Sear tuna for 30 seconds per side. Remove from skillet and set aside until cooled to room temperature. Slice tuna into 8 pieces and set aside.
2. In a small bowl, whisk together Sriracha sauce and yogurt until combined; set aside.
3. To assemble lettuce wraps, place 2 tbsp tomatoes into each lettuce leaf. Top with 1 tsp Sriracha yogurt and 1 slice tuna. Roll lettuce gently to enclose ingredients, using a toothpick to secure, if desired. Repeat assembly with remaining ingredients, place wraps onto a serving platter and enjoy immediately.





# Salad for today's Man!

## Ingredients:

3 cups leafy greens  
2 eggs, boiled  
1/2 cup blue cheese  
5 slices bacon, crumbled  
1 avocado  
3 tomatoes  
1 tbsp olive oil

## Instructions:

1. Cook the bacon, crumble into a cup. Boil the eggs and peel and slice them to your liking.
2. Combine everything in a large bowl and now you have a salad.





# Baja Fish Tacos

## Ingredients:

Cooking spray

3/4 pound mahi mahi or other firm white fish fillets

2 teaspoons fajita seasoning

2 cups pre-sliced green cabbage (about 6 ounces)

1 tablespoon fresh lime juice

1/2 teaspoon salt

3 tablespoons chopped fresh cilantro

8 (6-inch) corn tortillas

2 1/2 tablespoons reduced-fat sour cream, divided (optional)

1/2 avocado, pitted and diced

One tomato chopped

Bottled salsa

Lime wedges

## Instructions:

1. Lightly spray grill rack with nonstick cooking spray, and preheat grill.
2. Sprinkle both sides of fish with fajita seasoning, gently pressing into flesh. Grill fish 3-4 minutes on each side or until fish flakes easily when tested with a fork.
3. Keep warm.
4. In a small bowl, mix together cabbage, lime juice, salt, and cilantro.
5. Wrap the tortillas in paper towels, and microwave 1 minute on HIGH or until they're warm.
6. Place taco ingredients on the table for assembly. Spread each tortilla with 1 teaspoon of sour cream, if desired, and top with fish, tomatoes, cabbage mixture, and avocado. Serve with salsa and lime wedges on the side.





# Tuna Steaks with Pistachio Crust

## Ingredients:

1 tablespoon thinly sliced shallot  
1 bay leaf  
1/2 cup white wine  
3 tablespoons sour cream  
2 teaspoons lemon juice  
2 teaspoons chopped fresh dill, divided  
1 teaspoon whole-grain mustard  
1/2 teaspoon salt, divided  
1/4 cup coarse dry breadcrumbs, preferably whole-wheat  
1/4 cup shelled pistachios  
4 x 4 ounce tuna steaks, 1-1 1/4 inches thick  
1 teaspoon extra-virgin olive oil

## Instructions:

1. Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard and 1/4 teaspoon salt; stir to combine.
2. Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.
3. Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.





# Mackerel Pate

## Ingredients:

2 x 120-125 g cans mackerel fillets in oil, or similar canned oily fish fillets  
1 tsp mustard  
1 tbsp sour cream  
Pinch of cayenne pepper  
Lemon juice  
Sea salt & ground black pepper, to taste  
Whole Wheat toast or Whole wheat crackers

### Quick-Pickled Onions

1 small red onion, peeled and finely chopped  
1 large pinch caster sugar  
2 tsp cider vinegar  
2 tbsp finely chopped dill (you can use parsley instead)

## Instructions:

1. Prepare the onion first: put it in a bowl, sprinkle over a good pinch each of salt and sugar and a grinding of pepper and toss. Leave for 10 minutes to soften, drain it off excess fluid caused from the onion.
2. Sprinkle over the vinegar and dill, stir, let sit for 10 more minutes. Taste, add more sugar, salt or pepper as needed, and set aside until you are ready to serve. \*This can be made up to one day ahead by keeping it in the fridge but be sure to bring back to room temperature before serving.
3. Drain the oil from the cans of mackerel. Place fish into the bowl of a food processor. Add the mustard, sour cream, cayenne, some black pepper and a good squeeze of lemon. Blitz to a thick paste, stopping several times along the way to scrape down the sides of the processor.
4. Serve the pâté spread thickly on toast or crackers, with a scattering of the onion on top.





# Halibut and Beets

## Ingredients:

2 slices slightly stale whole-wheat or rye bread  
4 teaspoons extra-virgin olive oil, or canola oil, divided  
1/2 cup finely chopped shallot  
1/3 cup fresh lemon juice  
2 teaspoons butter  
1 tablespoon capers, rinsed  
2 pounds Pacific halibut, or other firm-fleshed fish cut into 8 pieces  
1/4 teaspoon salt  
1 x 16 ounce jar sliced pickled beets, drained and diced

## Instructions:

1. Preheat oven to 425 degrees F. Coat a 9-by-13-inch baking dish with cooking spray.
2. To make breadcrumbs, grate bread through the large holes of a box grater; place the crumbs in a small bowl and toss with 2 teaspoons oil.
3. Heat the remaining 2 teaspoons oil in a medium nonstick skillet over medium heat. Add shallot and cook, stirring, until softened, 2 to 3 minutes. Pour in lemon juice and bring to a boil, stirring gently; remove from the heat and add butter. Swirl the pan, letting the butter melt and slightly thicken the sauce. Stir in capers.
4. Sprinkle fish with salt and place in the prepared baking dish. Pour the pan sauce over the fish and sprinkle with the breadcrumbs.
5. Bake the fish until it is opaque in the center, 15 to 18 minutes. Serve each portion topped with about 3 tablespoons pickled beets.





# Pork Medallions with Pom-Glaze Goodness

## Ingredients:

2-1/2 cups water  
1 cup uncooked wild rice  
1 pork tenderloin (1 pound)  
1/4 cup all-purpose flour  
1/4 cup cornmeal  
2 teaspoons grated lemon peel  
1 tablespoon olive oil  
1 cup reduced-sodium chicken broth  
1 cup pomegranate juice  
2 tablespoons brown sugar  
2 garlic cloves, minced  
1/2 teaspoon pepper  
1/4 teaspoon salt  
1/4 teaspoon ground ginger  
1/8 teaspoon cayenne pepper  
1 tablespoon cornstarch  
2 tablespoons cold water

## Instructions:

1. In a large saucepan, bring water and rice to a boil. Reduce heat; cover and simmer for 45-60 minutes or until rice is tender.
2. Meanwhile, cut pork tenderloin into eight slices; flatten slightly. In a large resealable plastic bag, combine the flour, cornmeal and lemon peel. Add pork, a few pieces at a time, and shake to coat.
3. In a large skillet coated with cooking spray, cook pork in oil in batches for 2-3 minutes on each side or until tender. Remove and keep warm.
4. In the same skillet, combine the broth, pomegranate juice, brown sugar, garlic and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Combine cornstarch and cold water until smooth; gradually stir into the pan. Bring to a boil; cook and stir for 1 minute or until thickened. Serve with pork and wild rice.



# Side Dish Recipes







# Oyster Stuffed Artichoke

## Ingredients:

### Stuffing

1 tbsp extra virgin olive oil  
1 cup finely chopped onion  
1/8 cup chopped shallot  
1/2 tbsp minced garlic  
1 cup shucked oysters,  
drained, liquid reserved  
1/4 tsp ground pepper  
1/8 tsp tabasco sauce  
1 egg lightly beaten

### Artichoke

2 medium artichokes  
Juice of 1/2 lemon  
1 tbsp extra virgin olive oil  
1 tbsp minced garlic  
1/2 tbsp chopped fresh  
oregano  
1 sprig fresh thyme  
1 tsp himalayan sea salt  
1/4 tsp ground pepper

## Instructions:

1. To prepare stuffing: Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and shallots. Cover and cook, stirring occasionally, until they begin to lightly color, about 10 minutes. Stir in garlic and cook, stirring, 1 minute more.
2. Chop oysters and add to the pan. Stir in parsley, basil, oregano and thyme and cook, stirring, 1 minute. Transfer the mixture to a medium bowl and stir in the reserved oyster liquid, breadcrumbs, cheese, 1 tablespoon lemon juice, pepper and Tabasco. Stir in egg; refrigerate while you prepare the artichokes.
3. To prepare artichokes: Using a sharp knife, trim the top 1/2 inch off each artichoke. Remove the small outer leaves from the stem end and snip any spiky tips from the rest of the outer leaves, using kitchen shears. Cut off the stem.
4. Bring 8 cups of water to a boil in a pot just large enough to hold all the artichokes in a single layer. Add lemon juice, oil, garlic, oregano, thyme sprigs, 2 teaspoons salt and pepper. Nestle the artichokes into the





# Oyster Stuffed Artichoke

## Instructions continued:

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pot so they are snug. Add more water if the artichokes are not completely submerged. Place a heatproof plate on top of them to keep them submerged.

5. Return to a boil over high heat and boil until the leaves have softened and become malleable, about 10 minutes. Transfer the artichokes to a colander, leaf-side down, to drain and cool. Reserve 4 cups of the artichoke-cooking liquid.
6. When the artichokes are cool enough to handle, gently open the center and remove the core of light green leaves; discard. With a teaspoon or melon baller, scrape out the fuzzy “choke” from the center.
7. Preheat oven to 350°F.
8. To stuff artichokes: Fill the center of each artichoke with about  $\frac{1}{3}$  cup stuffing. Then, starting at the bottom outside edge, place about 1 teaspoon of stuffing between each leaf. Continue until all the leaves hold some stuffing and the artichokes have spread out to become quite large.
9. Bring the artichoke-cooking liquid to a boil in a saucepan. Stand the stuffed artichokes in a pan just large enough to hold them. Pour enough of the boiling liquid into the pan to come about 1 inch up the sides. Tent the pan with foil.
10. Bake the artichokes until the hearts are tender when pierced through the stuffing with a knife, 45 minutes to 1 hour. Remove foil, increase oven temperature to 425 degrees and continue baking until the stuffing begins to brown. 5 to 10 minutes more.





# Halibut and Beets

## Ingredients:

2 loaves Italian or French bread, cut into 3/4-inch cubes (12 cups)

1/2 lb sliced bacon, cut into 1/2-inch pieces

2 to 3 tablespoons olive oil (if needed)

2 medium onions, finely chopped (2 cups)

1 1/2 cups chopped celery

3 tablespoons chopped fresh thyme or 1 tablespoon dried thyme, crumbled

1 tablespoon finely chopped fresh sage or 2 teaspoons dried sage, crumbled

1 tablespoon minced garlic

1/2 teaspoon salt

1/4 teaspoon black pepper

2/3 cup finely chopped fresh flat-leaf parsley

1 stick (1/2 cup) unsalted butter, melted

18 oysters, shucked, drained, and chopped (3/4 cup)

2 1/4 cups low-sodium chicken broth

## Instructions:

1. Preheat oven to 325°F.
2. Spread bread cubes in 2 shallow baking pans and bake in upper and lower thirds of oven, switching position of pans halfway through baking, until golden, 25 to 30 minutes total. Cool bread in pans on racks, then transfer to a large bowl.
3. Meanwhile, cook bacon in a 12-inch heavy skillet over moderate heat, stirring occasionally, until crisp, about 10 minutes. Transfer to paper towels to drain, reserving fat in skillet.
4. If bacon renders less than 1/4 cup fat, add enough oil to skillet to total 1/4 cup fat. Cook onions, celery, thyme, sage, garlic, salt, and pepper in fat in skillet over moderate heat, stirring occasionally, until vegetables are softened, 8 to 10 minutes. Transfer to bowl with bread cubes, then stir in bacon, parsley, butter, and oysters. Drizzle with stock, then season with salt and pepper and toss well.
5. Transfer stuffing to a buttered 3- to 3 1/2-quart shallow baking dish. Bake, covered, in middle of oven 30 minutes, then uncover and bake until browned, about 30 minutes more.

**Note:** Stuffing can be assembled (without oysters and not baked) 2 days ahead and chilled, covered. Bring to room temperature and stir in oysters before baking.





# Spinach and Kale with lemon and garlic

## Ingredients:

1 tbsp Extra Virgin Olive Oil  
1/2 a medium onion  
1 garlic clove, minced  
4 cups spinach  
2 cups kale  
Juice of 1/2 a lemon  
1/4 cup pine nuts, toasted  
Salt and pepper to taste

## Instructions:

1. Heat olive oil in a sautéed pan over medium-high heat. Add onions and cook until translucent. Add garlic.
2. Begin to add spinach and kale a little at a time, each time leaving enough room to stir. As the vegetables cook down and begin to wilt, add more. Continue until all of the spinach and kale is added. Let cook for about 7 minutes, or until all leaves are wilted.
3. Once wilted, take off heat. Pour lemon juice on top and stir. Add salt and pepper to taste. Stir in. Top with pine nuts.





# Parm-Spinach & Kale Quinoa

## Ingredients:

1/4 cup uncooked quinoa (rinsed)  
2 tbsp butter  
1 large clove of garlic (minced)  
1 cup fresh spinach  
1 cup fresh kale  
2-3 tsp lemon juice (start with 2 tsp, and if you would like more add another tsp)  
2 tbsp raw sunflower seeds or raw pecans (chopped in small pieces)  
1/3 cup raw shredded parmesan cheese

## Instructions:

1. Rinse your dried quinoa several times (this will allow it not to be bitter).
2. Boil your quinoa in salted water and cook for 20 minutes.
3. Drain and rinse in cold water, set aside.
4. In a large skillet melt butter and add garlic.
5. Toss your garlic for about a minute and then add your kale and spinach.
6. Cook several minutes to wilt your spinach and kale.
7. Add your quinoa, lemon juice and parmesan cheese.
8. Cook for 2 minutes.
9. Toss in your raw sunflower seeds or raw pecans and cook another minute.





# Bakoula w/ spinach and kale

## Ingredients:

3 tablespoons olive oil  
1 cup finely chopped kale leaves (stalks discarded)  
1 cup finely chopped spinach  
3 tbsp finely chopped parsley  
3 tbsp finely chopped cilantro  
2 tbsp lemon juice  
3/4 tbsp finely chopped garlic, about 3 cloves  
1 tsp paprika  
1/2 tsp cumin  
1/2 tsp salt, or more to taste  
1 preserved lemon (unsqueezed)  
1 handful of red olives, such as Kalamatas, pitted and sliced, for garnish

## Instructions:

1. In a large casserole or a deep skillet, heat the olive oil and add the kale and spinach over medium heat.
2. Stir the rest of the ingredients in (except the preserved lemon and olives) and cover with a lid for 7 to 10 minutes until the kale and the spinach are cooked and soft. Stir occasionally.
3. Uncover and cook for 5 minutes until all liquids have evaporated.
4. Serve warm or cold, garnish with preserved lemon and olives.





# Sweet Potato and Pomegranate salad

## Ingredients:

### Salad:

1 large sweet potatoes, peeled and cut into 1-inch cubes

1 tablespoon olive oil

Salt and pepper, to taste

1/4 cup pomegranate arils

1/4 cup pepitas

1/4 cup feta cheese

### Dressing:

1 tablespoons pomegranate juice

1 tablespoons red wine vinegar

1/4 tablespoon honey

1 tablespoons olive oil

Salt and freshly ground black pepper, to taste

## Instructions:

1. Preheat the oven to 400 degrees . Place the sweet potatoes on a baking sheet. Drizzle with olive oil and toss until sweet potatoes are well coated. Season with salt and pepper, to taste. Roast for 20-30 minutes, stirring occasionally, or until sweet potatoes are tender. Remove from oven.
2. Place the sweet potatoes in a large bowl. Add pomegranate arils, pepitas, and feta cheese.
3. In a small bowl, whisk together pomegranate juice, red wine vinegar, honey, olive oil, salt, and pepper. Drizzle dressing over sweet potato salad. Gently toss. Serve immediately.





## Can't Beet this side dish

### Ingredients:

1/2 cup uncooked wild rice  
1/4 tsp salt  
1 pound small red beets  
1 tbsp lemon juice  
1/4 cup pistachios (toasted)  
1/4 cup minced fresh parsley  
1/4 cup lemon vinaigrette  
Salt (as needed)

### Instructions:

1. Rinse the wild rice and place in a pot with 2 cups water. Bring to a boil, reduce to a simmer, cover, and cook until the rice is tender; until the majority of the water has been absorbed. Remove from heat and allow to rest for 5 minutes. Add salt and fluff the rice.
2. While the rice is cooking, trim the ends from the beets. I like to use beets that are a little larger than a golf ball. Place in a pot of boiling water along with the lemon and cook until tender. The beets should be tender enough to pierce with a knife but not fall apart. Drain and let beets cool throughout. Peel the beets and cut into quarters.
3. Combine the hot rice with beets, pistachios, and parsley. Pour the dressing over the salad and toss.



# Treats Recipes







# Chocolate Beet Cupcakes with Chocolate Avocado Frosting

## Ingredients:

1 cup oat flour  
1/4 cup almond meal  
1/2 cup unsweetened cocoa powder  
1/4 teaspoon salt  
1/2 teaspoon baking powder  
1 teaspoon baking soda  
1/2 cup roasted beet\*  
1/2 cup coconut sugar  
2 tablespoons pure maple syrup  
3/4 cup unsweetened vanilla almond milk

1 teaspoon apple cider vinegar  
2 teaspoons vanilla extract  
1/4 cup unrefined melted coconut oil  
For the Frosting  
2 very ripe avocados  
1/2 cup pure maple syrup  
1/2 cup unsweetened cocoa powder  
2 teaspoons vanilla extract  
pinch salt  
1 tablespoon melted coconut oil



## Instructions:

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1. Preheat the oven to 350°F then grease or line a muffin pan for 10 cupcakes. In a large bowl, sift together the dry ingredients (oat flour to baking soda), making sure to work out any large lumps, then set aside.
2. Stir together the almond milk and the apple cider vinegar in a measuring cup and allow to sit for a few minutes to curdle. Add it to a blender or a food processor along with the 1/2 cup diced and roasted beet, coconut sugar, pure maple syrup and vanilla extract. Blend on high for about 20 seconds, or until a smooth liquid forms.
3. Pour the liquid into the bowl with the dry ingredients then add the melted coconut oil last. Use a spatula to fold everything together until well combined, making sure there aren't any lumps. Using a scoop or a small dry measuring cup, fill each one about 1/2 full to make 10 cupcakes. Bake in the preheated oven for 20 minutes, or until you can stick a knife in the center and have it come out clean.
4. Meanwhile, prepare the frosting by combining all of the ingredients in a blender or a food processor and blending until smooth. You will probably have to scrape down the sides a few times in between blending. Taste test to see if you prefer more maple syrup to make it sweeter.
5. Allow the cupcakes to cool completely before frosting them. You can either use a knife to spread the frosting on top or transfer it to a bag for piping, like I did in the pictures above. Store leftovers in an airtight container in the refrigerator for up to 2 days.

**Notes:** \*One medium-to-large size beet will make about 1/2 cup. To roast, remove the stem, wash it thoroughly and lightly coat with high heat oil then wrap in tin foil. Put it on a baking sheet and bake at 425°F for 45 minutes to an hour, or until soft. Remove from the oven and set aside to cool for at least one hour. Once it is thoroughly cooled, put on gloves and use your hands to peel the skin off. It will slide off as you rub it. Cut off the hard spots on the top and bottom as well as any areas with skin that didn't peel off. Dice the roasted beet and measure out 1/2 cup for the recipe. You can also use precooked or canned beets if you want to skip this step. Be certain to read the label and make sure there are no preservatives in with the beets. It should be beet and water under ingredients only.

If you would like to make them ahead of time, we recommend making the cupcakes first and then refrigerating them. The frosting will be best if it's made the same day.





# Coconut Chocolate Cookie Chunk

## Ingredients:

2/3 cup (148g) light brown sugar, packed  
2 tablespoons (20g) potato starch  
1/3 cup (75g) refined coconut oil, melted (but not hot)  
1/4 cup (56g) Califia Farms unsweetened almondmilk, room temperature  
1 1/2 teaspoons real deal vanilla extract  
1/4 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon fine sea salt  
1 1/3 cups (185g) all purpose unbleached flour  
1 1/2 ounces good quality dark chocolate, roughly chopped

## Instructions:

1. Preheat oven to 350°F. Line a large baking sheet with a silicone mat or parchment paper; set aside.
2. In a large mixing bowl, whisk together the sugar and potato starch until evenly combined. Stir in the coconut oil and whisk for 30-45 seconds, just until the mixture starts to thicken. Add the almond milk and vanilla extract; whisk until combined then let set for about 1 minute to thicken, before mixing again.
3. Add the flour, baking soda, baking powder and salt; mix with a wooden spoon or spatula, just until combined then quickly/gently mix in the dark chocolate.
4. Using a 1/4 cup cookie scoop, drop the dough onto the prepared baking sheet then roll into round balls, if desired.
5. Bake at 350°F for 10-11 minutes, then remove from oven and let cool on baking sheet for ten minutes.
6. Transfer to a wire rack to cool completely. Cookies can be kept in an airtight container, at room temperature, for up to five days. But they won't last that long.





# Pomegranate Brownies

Servings 12 brownies

## Ingredients:

- 1/2 cup olive oil
- 1 1/4 cup organic raw cane sugar
- 3/4 cup cacao powder
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla
- 2 large eggs
- 1/3 cup almond or coconut flour
- 1/4 cup pomegranate seeds
- 2 tablespoons cacao nibs
- flake salt

## Instructions:

1. Preheat the oven to 350 degrees and line an 8 x 8 baking dish with parchment paper.
2. In a large mixing bowl whisk together the oil, cane sugar, cacao powder, salt, vanilla and eggs.
3. Then add in the flour and mix slowly and gently until smooth. Do not over mix, this may result in a dryer batter.
4. The batter will be thick, spoon it into the baking dish. Sprinkle the top with pomegranate seeds and cacao nibs. Bake for about 40 minutes. To test for doneness, the edges should be hard and formed and a toothpick into the center should come out slightly wet.
5. Sprinkle the brownies with flake salt and allow them to cool completely in the pan before cutting. This step is very important.





# Greek Yogurt w/ Pomegranate-Apple Salad

## Ingredients:

1 tablespoon sliced almonds  
1/2 cup plain low-fat Greek yogurt  
1 teaspoon honey (optional)  
1/8 teaspoon orange-flower water (optional)  
1 apple, cored, sliced  
2 tablespoons pomegranate seeds

## Instructions:

1. Preheat oven to 350°.
2. Toast almonds on a small rimmed baking sheet, stirring occasionally, until golden brown, about 4 minutes.
3. Let cool.
4. Mix yogurt with honey, if using, and orange-flower water, if using. Top with apple, pomegranate seeds, and almonds.

Ingredient Info: Orange-flower water, a flavoring extract, is available at liquor stores, Middle Eastern markets, and in the cocktail-mixers or baking sections of some supermarkets. This is not necessary and can be omitted





# Just Beet it Hummus

## Ingredients:

1 large beet  
1 can chickpeas  
2 lemons  
1/4 cup tahini paste  
1 teaspoon salt  
4 oz. crumbled goat cheese  
1/4 cup olive oil

## Instructions:

1. First scrub the beet and chop into large cubes.
2. Bake in aluminum foil or on a baking tray at 400°F until soft enough to pierce with a fork (about 25-30 minutes). Allow the beet to cool.
3. In a food processor combine the beet (and any juices you were able to reserve), the rinsed \*chickpeas, juice from two lemons, tahini paste, salt and goat cheese. Pulse until well blended.
4. While the food processor is running drizzle in the olive oil. Blend until smooth.





# Greek Beet Popsicle

## Instructions:

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### Ingredients:

1 medium beet (about 6 oz)  
1 1/2 cups Greek yogurt  
milk or cream to thin, if  
necessary  
a squeeze of fresh lemon  
1 tsp pomegranate molasses  
1/2 tsp salt

1. Set oven to 400F
2. Wash the beet and wrap loosely in foil. Roast for about 1 1/2 hours, or until tender when pierced with a sharp knife. Let cool, and then peel and give it a rough chop.
3. Puree the beet in a small food processor. Keep scraping down the sides as necessary until you get the beet as finely pureed as possible.
4. Add 1 cup of the yogurt to the machine and process until the mixture is nice and smooth.
5. Season with the lemon juice, pomegranate molasses and salt to taste.
6. Thin the mixture with some milk or cream until it is the consistency of thick pancake batter. Fill the molds ALMOST to the top, but leave about 1/4 inch. Clean up any spills from the mold.
7. Put the mold in the freezer for about an hour.
8. Thin another 1/2 cup of yogurt with the milk or cream, to a pourable consistency and fill the molds to the top. Insert the sticks, and freeze for another several hours, or overnight, until firm.
9. To unmold the pops, fill your sink with hot water and immerse the mold up to, but not over the edge for 15 seconds. If the pops don't slide out easily, immerse for another few seconds.





# Homemade Guacamole

## Ingredients:

2 ripe avocados, pitted and peeled  
1/4 cup minced cilantro  
1/4 cup diced plum or roma tomatoes (about 1 large tomato)  
1/4 cup diced white onions  
1/2 lime, juiced  
1 teaspoon salt  
1 jalapeno, seeded and diced (optional)

## Instructions:

1. In a medium bowl, add pitted and peeled avocados. Mash using a potato masher or a fork until it's mostly smooth but still has a few chunks.
2. Add all the remaining ingredients and mix together gently with a spoon.
3. Taste and season with more salt if necessary.