

30 - Day Challenge  
Nutrition Plan



# Welcome and Congratulations!

You've taken an incredible step toward reaching your healthy lifestyle goals. Here, you will find support, motivation and inspiration from a community of like minded people. Whether you struggle with your weight, want to gain strength or simply want to live with more confidence and energy, we will provide you the tools you need.

# WEEK 1

## GOALS

- **Water, Water, Water!** Drink a glass at every meal and keep a water bottle on you at all times.
- **No Sugar! No Bread! No Alcohol!** This week it is key not to consume these items.

## SUGGESTED AND APPROVED FOODS

Proteins	Veggies	Carbs	Drinks or misc
<ul style="list-style-type: none"><li>• Nothing fried or breaded</li><li>• Chicken <i>(baked, grilled, pan seared)</i></li><li>• Steak <i>(grilled, pan seared)</i></li><li>• Fish</li><li>• Shrimp</li><li>• Pork</li><li>• Eggs</li><li>• Lentils</li><li>• Black and Pinto beans</li></ul>	<ul style="list-style-type: none"><li>• Any green veggies <i>(broccoli, beans, brussel sprouts, swiss chard, kale, spinach, etc)</i></li><li>• Any peppers <i>(sweet or hot)</i></li><li>• Limit corn</li><li>• No regular potatoes only sweet potatoes</li></ul>	<ul style="list-style-type: none"><li>• Sweet potato or quinoa or steel cut oats</li><li>• Limit fruit to 1-2 servings a day</li></ul>	<ul style="list-style-type: none"><li>• YES! Black coffee <i>(no sugar but you can add little bit of half and half or almond or coconut milk)</i></li><li>• Water, or herbal tea with lemon</li><li>• No Alcohol</li><li>• Coconut or olive oil</li><li>• Vinegars</li><li>• Dry seasonings or fresh herbs</li></ul>
Try to eat from organic, sustainable farms.			



Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil)</li> <li>Half an avocado OR</li> <li>1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado</li> <li>Powersnack*</li> <li>Handmade gluten free snack bars</li> </ul>	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or chicken broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil)</li> <li>Half an avocado OR</li> <li>1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado</li> <li>Powersnack*</li> <li>Handmade gluten free snack bars</li> </ul>	Grilled chicken (size of your palm ) salad with a lemon vinaigrette or another lunch option in this column	Dill & Lemon seasoned Baked Salmon with steamed green bean salad or another option in this column
Thursday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil)</li> <li>Half an avocado OR</li> <li>1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado</li> <li>Powersnack*</li> <li>Handmade gluten free snack bars</li> </ul>	Tuna lettuce avocado wraps* or another option in this column	Beef and Broccoli Stir fry* or another option in this column

\* The recipe for this meal is provided in this document. YUM!

Friday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil)</li> <li>Half an avocado OR</li> <li>1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado</li> <li>Powersnack*</li> <li>Handmade gluten free snack bars</li> </ul>	Low Carb Chipotle Chicken Lettuce Wraps or another option in this column	bake chicken with roasted brussel sprouts and mushrooms
Saturday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil)</li> <li>Half an avocado OR</li> <li>1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado</li> <li>Powersnack*</li> <li>Handmade gluten free snack bars</li> </ul>	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week
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# AVOCADO POWER SNACK

recipe by:  
Chef Laura Hahn

## INGREDIENTS:

- 1/2 Avocado
- 1/3 Cup Greek Yogurt
- 1/2 tsp Paprika
- 1/2 tsp Salt
- 1/2 tsp Garlic Powder

## METHOD

1. Place the yogurt in the empty pit part of the avocado half. Sprinkle with all the seasonings and enjoy.



recipe by:  
Chef Rebecca Bohl



## GLUTEN-FREE ENERGY BARS

### INGREDIENTS:

- 1 cup almonds
- 1 cup dried cranberries
- 1 cup pitted dates
- 1 tbsp unsweetened coconut flakes
- 1/4 cup mini dark chocolate chips

### METHOD

1. Combine all of the ingredients in a blender or food processor. Pulse a few times to break everything up. Then blend continuously until the ingredients have broken down and start to clump together into a ball.
2. Using a spatula to scrape down the sides, turn out the mixture onto a piece of wax paper or plastic wrap. Press into an even square and chill, wrapped, for at least an hour. Cut into desired size of bars, wrapping each bar in plastic wrap to store in the fridge.

# BEEF AND BROCCOLI STIR FRY

## INGREDIENTS

- 1.5 lbs. sirloin, thinly sliced
- 4 tbsp coconut aminos, divided
- 4 tbsp red wine vinegar, divided
- 3 tbsp chicken broth
- 4 cloves garlic, minced
- 1 tsp arrowroot flour
- 1 tsp honey
- 1 tbsp ginger, minced
- 1/2 tsp sesame oil
- 1 head broccoli, cut into florets
- 4 carrots, diagonally sliced
- 3 tbsp coconut oil, divided

## METHOD

1. Place the sirloin in a small bowl with one tablespoon each of red wine vinegar and coconut aminos and toss to coat. Let marinate for 15 minutes at room temperature.
2. Meanwhile, whisk together 3 tablespoons each red wine vinegar, coconut aminos, and chicken broth. Stir in the garlic, ginger, arrowroot, honey, and sesame oil. Prepare a separate small bowl with 1 tablespoon of water and set it next to the stove along with the garlic sauce.
3. Melt 2 tablespoons of coconut oil in a large skillet over medium heat. Place the steak in the skillet in a single layer. The meat should sizzle; otherwise the pan is not hot enough. Cook for 1-2 minutes per side to brown, and then transfer to a bowl.
4. Add the remaining tablespoon of coconut oil to the skillet. Stir in the broccoli and carrots, cooking for 2 minutes. Add the water to the skillet and cover with a lid. Let cook for 2-3 minutes, then remove the lid and cook until all of the water has evaporated.
5. Add the garlic mixture to the vegetables and stir to coat. Add the beef back into the pan and toss until the sauce thickens and everything is well coated. Serve immediately.



recipe by:  
Chef Rebecca Bohl

recipe by:  
Chef Rebecca Bohl



# CHIPOTLE CHICKEN LETTUCE WRAPS

## INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 lb. boneless skinless chicken breast
- 3 chipotle peppers
- 4 tbsp adobo sauce
- 1/3 cup cilantro, chopped
- Juice of 1 lime
- 1/2 red bell pepper, diced
- 2 scallions, thinly sliced
- 1 head lettuce, rinsed
- Salt and freshly ground pepper

## METHOD

1. Heat the olive oil in a large pan over medium heat. Sprinkle the chicken with salt and pepper on both sides and place in the pan. Cook for 5-6 minutes per side until the chicken is cooked through. Set aside and rest for 5 minutes, then shred.
2. In a food processor or blender, combine the chipotle peppers, adobo, cilantro, and lime juice. Blend until smooth.
3. Add the bell pepper, adobo mixture, and chicken to the sauté pan on low heat. Stir well to combine and cook for 3-4 minutes. Add the scallions to the pan. Spoon the mixture into lettuce wraps and serve.



recipe by:  
Chef Kiri Rowan

# TUNA AVOCADO LETTUCE WRAPS

## INGREDIENTS:

- 1 can tuna
- ½ very ripe avocado
- 2 tbsp paleo mayo
- ¼ cup green olives
- 2 tbsp diced green chiles
- 1 scallion
- 2 large leaves of green leaf lettuce (or your favorite green!)

## METHOD

1. Cut olives in half and dice scallion.
2. Mash the avocado until it's a creamy consistency, and then mix with paleo mayonnaise.
3. Add in the tuna, olives, scallion, and diced green chiles to the avocado-mayonnaise mixture.
4. Place one scoop of tuna salad into a large leaf of lettuce, wrap, and enjoy!



# WEEK 2

## GOALS

- Prep your food for the week. This is a time saving measure. ziploc your snacks and meals or marinate your meat. Cook your steel cut oatmeal for the week's worth.
- make sure you have some good fat in the morning (coconut or olive oil or avocado)
- Try one of the desserts recipes but save it for only 1 night (if your lucky someone on your team can make some for you).

## SUGGESTED AND APPROVED FOODS

Proteins	Veggies	Carbs	Drinks or misc
<ul style="list-style-type: none"><li>• Nothing fried or breaded</li><li>• Chicken (baked, grilled, pan seared)</li><li>• Steak (grilled, pan seared)</li><li>• Fish</li><li>• Shrimp</li><li>• Pork</li><li>• Eggs</li><li>• Lentils</li><li>• Black and Pinto beans</li></ul>	<ul style="list-style-type: none"><li>• Any green veggies (broccoli, beans, brussel sprouts, swiss chard, kale, spinach, etc)</li><li>• Any peppers (sweet or hot)</li><li>• Limit corn</li><li>• No regular potatoes only sweet potatoes</li></ul>	<ul style="list-style-type: none"><li>• Sweet potato or quinoa or steel cut oats</li><li>• Limit fruit to 1-2 servings a day</li></ul>	<ul style="list-style-type: none"><li>• YES! Black coffee (no sugar but you can add little bit of half and half or almond or coconut milk)</li><li>• Water, or herbal tea with lemon</li><li>• Coconut or olive oil</li><li>• Vinegars</li><li>• Dry seasonings or fresh herbs</li></ul>

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Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil or coconut oil) optional half an avocado or 1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack</li> <li>Handmade gluten free snack bars</li> </ul>	Profile for the week: Lunch should consist of a good source of protein (suggested proteins and veggies on next page) and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or chicken broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. Sausage and kale “pasta” casserole* or another option in this column
Wednesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil or coconut oil) optional half an avocado or 1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack</li> <li>Handmade gluten free snack bars</li> </ul>	Grilled shrimp or steak (size of your palm ) salad with a lemon vinaigrette or another option in this column.	Texas style chili* or another option in this column
Thursday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil or coconut oil) optional half an avocado or 1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack</li> <li>Handmade gluten free snack bars</li> </ul>	Tuna lettuce avocado wraps or another option in this column	Breakfast pizza for Dinner* or stay within dinner profile

\* The recipe for this meal is provided in this document. YUM!

Friday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil or coconut oil) optional half an avocado or 1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack</li> <li>Handmade gluten free snack bars</li> </ul>	YOU PICK! Choose any item from the previous lunch options this week	Spicy Pepper Chicken Stir Fry* or another option in this column
Saturday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil or coconut oil) optional half an avocado or 1 serving of steel cut oats with handful of berries</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack</li> <li>Handmade gluten free snack bars</li> </ul>	Carne Asada Tostada Salad* or another option in this column	YOU PICK! Choose any item from the previous dinner options this week
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# SAUSAGE AND KALE "PASTA" CASSEROLE

## INGREDIENTS:

- 1 lb. Italian sausage
- 1 medium spaghetti squash, halved and seeded
- Extra virgin olive oil, for drizzling
- 1 large bunch of kale, de-stemmed, and chopped
- 1/2 red onion, sliced thin
- 1/3 cup chicken broth
- 1/2 cup coconut milk
- 1 clove garlic, minced
- 2 tsp Italian seasoning
- Salt and freshly ground pepper, to taste

## METHOD

1. Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands
2. Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat. Add the sausage and brown. Once cooked through, remove to a plate. In the same skillet, add the onion and sauté for 3-4 minutes. Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale. Pour in the chicken broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat
3. Stir in the cooked sausage. Add the spaghetti squash into the skillet and stir well to combine. Bake for 15-18 minutes, until the top has slightly browned. Serve hot.

recipe by:  
Chef Rebecca Bohl



recipe by:  
Chef Sabrina Modelle



## TEXAS STYLE CHILI

### INGREDIENTS:

- 4lbs grass fed stew meat cut into 1.5 in cubes
- 2lbs pastured pork shoulder cut into 1.5 in cubes
- 2.5lbs tomatoes (I used a wide variety of organic heirlooms) coarsely chopped, juices reserved.
- 2 onions, coarsely chopped
- 1lb various fresh chilies (I used anaheims, poblanos, gypsy peppers, curly banana peppers, and a couple of very hot purple Chinese chilies), coarsely chopped
- 6 cloves of garlic, coarsely chopped
- 2 dried chipotles finely chopped (optional)
- 3 tablespoons smoked paprika (your choice of hot or mild)
- 3 tablespoons dark cocoa powder
- 2 tablespoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- (plus more salt and pepper for seasoning meat and seasoning at the end )

### METHOD

1. Season meat with salt and pepper then rest on the counter for about one hour so it comes to room temperature.
2. Working in batches or in multiple pans, sear meat over medium-high heat. Turning each piece every 3-5 minutes until all sides are browned. Be sure not to crowd the pan.
3. In a large bowl, toss tomatoes and their juices with the garlic, chipotles, paprika, cocoa powder, cumin, salt and pepper.
4. Place chopped onions at the bottom of the slow cooker, in another layer, add chilies, top with the browned meat, then finally top with the tomato and spice mixture.
5. Turn your slow cooker on low and cook for 10 hours. During the last hour, remove the lid to thicken the sauce. Give it one more taste and season as needed.
6. Serve with traditional chili toppings. We used raw milk cheddar, chopped fresh tomatoes, red onion, and cultured sour cream.

# BREAKFAST PIZZA

## FOR THE CRUST

- 3 eggs
- 1 cup full-fat canned coconut milk
- 1/2 cup of coconut flour
- 2 tsp of garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 1/2 tsp baking soda

## FOR THE BREAKFAST PIZZA

- 3 strips bacon
- 1/4 cup scallions, chopped
- 1-2 tomatoes, sliced thin
- 2 cups spinach
- 4 eggs
- 1 tbsp fresh parsley, chopped

## METHOD

1. Preheat the oven to 375 degrees F. To form the pizza dough, lightly beat the eggs and coconut milk in a bowl. Add in the coconut flour, baking soda, and seasonings and mix into a smooth batter.
2. Spread the batter onto a baking sheet lined with parchment paper, using a spatula to smooth into either a circle or rectangle. Bake for 18-20 minutes or until the top is golden brown. Remove from oven. Carefully flip over.
3. While the crust is baking, cook the bacon in a skillet over medium heat. Reserving the bacon fat in the pan, set the bacon aside to cool and crumble into pieces. Barely wilt the spinach in the leftover bacon fat.
4. Add toppings to the baked crust. Start with bacon, tomato, spinach, and scallions. Carefully crack eggs onto the crust. Sprinkle with parsley. Bake for 12-15 minutes more, just until the egg whites have set. Slice and serve warm.

recipe by:  
Chef Rebecca Bohl





recipe by:  
Chef Jess

## SPICY PEPPER CHICKEN STIR FRY

### INGREDIENTS

- 2 lbs. boneless skinless chicken breasts, cut into 1-inch slices
- 2 tbsp coconut oil
- 1 tsp cumin seeds
- 1/2 each green, red & orange bell pepper, thinly sliced
- 1 tsp garam masala
- 2 tsp freshly ground pepper
- Salt, to taste
- Scallions, for garnish

### FOR THE MARINADE

- 1/2 cup coconut cream
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp freshly ground pepper
- 2 tsp salt
- 1/4 tsp turmeric

### METHOD

1. Place all of the marinade ingredients into a Ziploc bag. Add the chicken, close the bag, and shake to coat. Marinate in the refrigerator for at least 30 minutes, or up to 6 hours.
2. In a wok or large sauté pan, melt the coconut oil over medium-high heat. Add the cumin seeds and cook for 2-3 minutes. Add the marinated chicken and let cook for 5 minutes. Stir the chicken until it begins to brown, and then add the peppers, garam masala, and freshly ground pepper. Sprinkle with salt. Cook for 4-5 minutes, stirring regularly, or until the bell pepper is cooked to desired doneness. Serve hot.

contributed by:  
Meg Heitz

# CARNE ASADA TOSTADA SALAD

## INGREDIENTS:

- 2 pounds flank or skirt steak
- Olive oil
- Kosher salt and freshly ground black pepper

## MARINADE:


- 4 garlic cloves, minced
- 1 jalapeño chile pepper, seeded and minced
- 1 teaspoon freshly ground cumin seed (best to lightly toast the seeds first, then grind them)
- 1 large handful fresh cilantro, leaves and stems, finely chopped (great flavor in the stems)
- Kosher salt and freshly ground black pepper
- 2 limes, juiced
- 2 tablespoons white vinegar
- 1/2 cup olive oil

## METHOD

1. Lay the flank steak in a large non-reactive bowl or baking dish. Combine marinade ingredients and pour the marinade over the steak. Make sure each piece is well coated. Cover in plastic wrap and refrigerate for 1-4 hours.
2. Preheat your grill over medium-high flame (you can also use a cast iron grill pan on high heat for stove-top cooking). Brush the grates with a little oil to prevent the meat from sticking. Remove the steak from the marinade. If you are cooking indoors, you may want to brush off excess marinade as the bits may burn and smoke on the hot pan. Season both sides of the steak pieces with salt and pepper. Grill the pieces for a few minutes only, on each side, depending on how thin they are, until medium rare to well done, to your preference. You may need to work in batches. Remove the steak pieces to a cutting board and let rest for 5 minutes. Thinly slice the steak across the grain on a diagonal







recipe by:  
Chef Rebecca Bohl

# COCONUT MACAROONS

## INGREDIENTS

- 2 EGG WHITES
- 1/4 CUP HONEY
- 1 TSP VANILLA EXTRACT
- ZEST FROM 1 LEMON
- PINCH OF SALT
- 1 1/2 CUPS GRATED COCONUT
- 2 TBSP GHEE, MELTED

## COATING

- 3 1/2 OZ. DARK CHOCOLATE
- 1 TSP COCONUT OIL
- 1 TBSP PISTACHIO NUTS, SHELLS REMOVED

## METHOD

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. In a large bowl, whisk together the egg whites, honey, vanilla, lemon zest, and salt until foamy. Mix in the ghee and coconut flakes. Let rest for 20 minutes to allow the coconut to soak up the liquid.
2. Spoon 1 tightly packed tablespoon of the mixture onto the lined baking sheet. Repeat with remaining batter, and then bake for 8-12 minutes. Remove from the oven once the macaroons turn golden. Carefully transfer to a wire rack to cool completely.
3. Finely chop the pistachio nuts and set aside. Prepare a double broiler and melt the chocolate and coconut oil for the coating. Dip the bottom of each macaroon in the chocolate and place on the wire rack with the chocolate side up. Sprinkle with chopped pistachios and allow to dry.

# LEMON BLENDER PIE

contributed by:  
Linda DeKoven

## FOR THE CRUST

- ¾ cup white rice flour
- 4 organic eggs
- 1/3 cup freshly squeezed lemon juice
- 1 cup honey
- 1 cup shredded coconut
- 1 Tbsp natural vanilla extract
- 1 ½ cups soy milk or hemp milk
- ½ stick or ¼ cup of organic melted butter or vegan margarine
- 1 tsp freshly grated lemon zest

## METHOD

1. Throw all ingredients in your blender (I like to use a Vitamix) and blend until well combined.
2. Pour into a well greased standard 9 inch/23cm pie dish and bake for about an hour at 180C/350F.
3. Test the pie with a skewer. I have had this pie take up to an hour and a half to set properly, depending on the oven.
4. If it starts to brown too much on the top – cover with foil to continue baking without ruining that gorgeous golden finish.



# WEEK 3

## GOALS

- Take 2000 IU of vitamin d-3 supplement daily in the morning. *(check with doctor, especially if you are on any medication)*
- Break the plateau with two - (18) hour intermittent fastings this week. Eat an early dinner around 6pm and do not eat or drink *(you can have water or tea without sugar)* until noon the following day. This will help break through weight plateaus and sharpen brain metabolism for better focus. Email me for more questions.
- Embrace the leftovers. It saves money and all of the recipes this week are interchangeable *(except dessert)*

## SUGGESTED AND APPROVED FOODS

Proteins	Veggies	Carbs	Drinks or misc
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Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or chicken broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	Try intermittent fasting	Try intermittent fasting	Paleo Taco Salad with creamy avocado dressing*	Roasted Butternut Squash Soup with Balsamic Glazed Grass fed Steak and side of rosemary beets*
Thursday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	Hearty Jambalaya* you can make this	Roasted citrus and herbed chicken* with veggies of your choice

Friday	Try intermittent fasting	Try intermittent fasting	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Slow cooker pot roast* with vegetables
Saturday	Kale and Red Pepper Frittata*	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile Try the chocolate mug cake*
Sunday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile
Monday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*rs</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile

\* The recipe for this meal is provided in this document. YUM!

# BAKED CINNAMON APPLE CHIPS

## INGREDIENTS

- 1-2 apples (I used Honeycrisp)
- 1 tsp cinnamon

## METHOD

1. Preheat oven to 200 degrees.
2. Using a sharp knife or mandolin, slice apples thinly. Discard seeds. Prepare a baking sheet with parchment paper and arrange apple slices on it without overlapping. Sprinkle cinnamon over apples.
3. Bake for approximately 1 hour, then flip. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Store in airtight container.

recipe by:  
Chef Rebecca Bohl



# TACO SALAD WITH AVOCADO DRESSING

## INGREDIENTS:

- 2-3 cups shredded romaine lettuce
- 1/4 cup red onion, diced
- 3 tbsp sliced black olives
- 3 green onions, chopped
- 8 oz. ground beef
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/8 tsp dried oregano
- 1/8 tsp paprika
- Salt and pepper, to taste

## FOR THE DRESSING

- 1/2 avocado, pit removed
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 clove garlic, minced
- 1 tsp fresh cilantro, chopped
- 1 tbsp water
- Pinch of salt

## METHOD

1. To make the dressing, blend the ingredients with an immersion blender or in a regular blender and process until smooth. Add more water if necessary to reach desired consistency, and taste for seasoning. Set aside.
2. Cook ground beef with seasonings over medium heat. Assemble salad by combining all of the salad ingredients in a large bowl. Toss well to combine. Top with dressing to serve.

recipe by:  
Chef Rebecca Bohl



recipe by:  
Chef Rebecca Bohl



## ROASTED BUTTERNUT SQUASH SOUP

### INGREDIENTS:

- 1 large butternut squash (about 5 lbs)
- 1 green apple, sliced and cored
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 3 tbsp olive oil
- 2 tsp cinnamon
- 1 1/2 tsp salt
- 1/2 tsp cumin
- 1 tsp chili powder
- 2 tbsp ghee
- 3 cups chicken broth

### METHOD

1. Preheat oven to 400 degrees F. In a large bowl, combine the butternut squash, olive oil, 1 tsp cinnamon, 1/2 tsp salt, and 1/2 tsp cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
2. Next, in the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat with the remnants. Place on a second rimmed baking sheet and add both baking sheets to the oven. Roast for 35-40 minutes until soft, stirring once.
3. Heat up ghee over medium heat in a large pot on the stove. Add the roasted ingredients and then the chicken broth. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
4. Using an immersion blender, combine the ingredients until smooth, or transfer to a blender to puree. Serve warm.

# HEARTY PALEO JAMBALAYA

## INGREDIENTS

- 1 tbsp extra virgin olive oil
- 8 oz. Andouille sausage, diced
- 1/2 red bell pepper, diced
- 1/2 yellow bell pepper, diced
- 4 cloves garlic, minced
- 1/2 medium onion, diced
- 1 14.5-oz. can fire-roasted tomatoes
- 1 tbsp smoked paprika
- 1 tsp dried thyme
- 1 tsp cumin
- Dash of cayenne pepper
- 1 1/2 cups chicken broth
- 1 large head of cauliflower, coarsely chopped
- 1 lb. medium shrimp, peeled and deveined
- Salt and pepper, to taste
- Fresh cilantro, for garnish

## METHOD

1. Heat the olive oil in a Dutch oven or heavy-bottomed saucepan. Add the Andouille sausages and cook for 4-5 minutes until lightly browned. Add the red and yellow peppers, garlic, and onion and stir. Cook for 4 minutes until softened.
2. Stir in the tomatoes and spices. Pour in the chicken stock and bring to a boil. Once boiling, turn the heat down and simmer for 20 minutes.
3. Meanwhile, place the cauliflower into a food processor and pulse until it is reduced to the size of rice grains.
4. Mix in the cauliflower rice to the jambalaya, starting with half of the rice and adding more depending on preference. Simmer for 12-15 minutes until tender. Add the shrimp and cook everything for 5-7 minutes until the shrimp are opaque. Season to taste with salt and pepper. Serve hot, garnished with fresh cilantro.

recipe by:  
Chef Rebecca Bohl







recipe by:  
Chef Rebecca Bohl

# ROASTED PALEO CITRUS AND HERB CHICKEN

## INGREDIENTS

- 12 total pieces bone-in chicken thighs and legs
- 1 medium onion, thinly sliced
- 1 tbsp dried rosemary
- 1 tsp dried thyme
- 1 lemon, sliced thin
- 1 orange, sliced thin

## FOR THE MARINADE

- 5 tbsp extra virgin olive oil
- 6 cloves garlic, minced
- 1 tbsp honey
- Juice of 1 lemon
- Juice of 1 orange
- 1 tbsp Italian seasoning
- 1 tsp onion powder
- Dash of red pepper flakes
- Salt and freshly ground pepper, to taste

## METHOD

1. Whisk together all of the marinade ingredients in a small bowl. Place the chicken in a baking dish (or a large Ziploc bag) and pour the marinade over it. Marinate for 3 hours to overnight.
2. Preheat the oven to 400 degrees F. Place the chicken in a baking dish and arrange with the onion, orange, and lemon slices. Sprinkle with thyme, rosemary, salt and pepper. Cover with aluminum foil and bake for 30 minutes. Remove the foil, baste the chicken, and bake for another 30 minutes uncovered, until the chicken is cooked through.

# SLOW COOKER POT ROAST

## INGREDIENTS:

- 3 lbs. boneless beef roast, trimmed of fat
- 1 tbsp coconut oil
- 1 cup beef stock
- 5 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 large onion, sliced
- 3 garlic cloves, chopped
- 1 tbsp fresh parsley, chopped

## SPICE RUB:

- 1 tbsp freshly ground black pepper
- 1 tbsp ground coriander
- 2 tsp cinnamon
- 1 1/2 tsp salt
- 1/2 tsp ground clove
- 1/2 tsp ground allspice

## METHOD

1. Mix together the ingredients for the spice rub and massage into the roast. Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side. Transfer the roast to the slow cooker.
2. Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

contributed by:  
Meg Heitz



recipe by:  
Chef Rebecca Bohl

# KALE AND RED PEPPER FRITTATA

## INGREDIENTS

- 1 tbsp coconut oil
- 1/2 cup chopped red pepper
- 1/3 cup chopped onion
- 3 slices crispy bacon, chopped
- 2 cups chopped kale, de-stemmed and rinsed
- 8 large eggs
- 1/2 cup almond or coconut milk
- Salt and pepper to taste

## METHOD

1. Preheat oven to 350 degrees. In a medium bowl, whisk the eggs and milk together. Add salt and pepper. Set aside.
2. In a non-stick skillet, heat about a tablespoon of coconut oil over medium heat. Add onion and red pepper and sauté for 3 minutes, until onion is translucent. Add kale and cook until it wilts, about 5 minutes.
3. Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges of the frittata start to set.
4. Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through. Slice and serve.



recipe by:  
Chef Rebecca Bohl



## ROSEMARY BEETS WITH GARLICKY KALE

### INGREDIENTS:

- 6 large leaves of kale (stalks omitted)
- 3 beets
- 1 tbsp minced garlic
- 1 tbsp extra virgin olive oil
- 1 tsp rosemary (or more, to taste)
- Sea salt and pepper, to taste
- This recipe makes 3 servings

### METHOD

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut stalks and greens off of beets, then peel and chop into 1" cubes.
3. Mix 1 tbsp olive oil, beet cubes, rosemary, sea salt, and pepper in a large bowl.
4. Transfer beet mixture to baking dish and bake for 45 minutes, or until beets are tender enough to pierce with a fork.
5. 10 minutes before the beets are ready, rip kale leaves into bite-size pieces.
6. Add either a small amount of olive oil or water into a pan, and sauté kale and minced garlic on medium heat until wilted.
7. Place kale onto a plate, and then add the beets on top.
8. Serve and enjoy!!

# CHOCOLATE MUG CAKE

## INGREDIENTS

- 1 heaping tbsp almond flour
- 1 heaping tbsp unsweetened cocoa powder
- 1 tbsp almond milk (I used unsweetened vanilla)
- ½ tbsp honey
- 1 egg
- 1 tsp vanilla extract
- This recipe makes one serving.

## METHOD

1. It really is so delightfully simple! Mix all ingredients together in a mug and microwave for 1-1.5 minutes.
2. Serve with your favorite nut butter or ice cream and enjoy!

recipe by:  
Chef Kiri Rowan



# WEEK 4

## GOALS

- Sleep Prep (prep your clothes, next day lunch before bed, and put the cell on airplane mode) Quality sleep makes everything work better including your ability to metabolism fat.
- Schedule your weigh in with Tara or Donavan.
- WATER,WATER WATER! is so important I had to do it again. Consume 2-3 liters a day

## SUGGESTED AND APPROVED FOODS

Proteins	Veggies	Carbs	Drinks or misc
<ul style="list-style-type: none"><li>• Nothing fried or breaded</li><li>• Chicken (baked, grilled, pan seared)</li><li>• Steak (grilled, pan seared)</li><li>• Fish</li><li>• Shrimp</li><li>• Pork</li><li>• Eggs</li><li>• Lentils</li><li>• Black and Pinto beans</li></ul>	<ul style="list-style-type: none"><li>• Any green veggies (broccoli, beans, brussel sprouts, swiss chard, kale, spinach, etc)</li><li>• Any peppers (sweet or hot)</li><li>• Limit corn</li><li>• No regular potatoes only sweet potatoes</li></ul>	<ul style="list-style-type: none"><li>• Sweet potato or quinoa or steel cut oats</li><li>• Limit fruit to 1-2 servings a day</li></ul>	<ul style="list-style-type: none"><li>• YES! Black coffee (no sugar but you can add little bit of half and half or almond or coconut milk)</li><li>• Water, or herbal tea with lemon</li><li>• Coconut or olive oil</li><li>• Vinegars</li><li>• Dry seasonings or fresh herbs</li></ul>
Try to eat from organic, sustainable farms.			



Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips</li> </ul>	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or chicken broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips</li> </ul>	Paleo Taco Salad with creamy avocado dressing	Grilled steak or chicken with garlic cauliflower mash and choice of veggies
Thursday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Stuff bell Peppers*

Friday	18- hour intermittent fasting	Try intermittent fasting	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Slow cooker pulled pork* with roasted butternut squash*
Saturday	Kale and Red Pepper Frittata	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile Try the chocolate mug cake*
Sunday	Eggs and Sweet Potato Mash*	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile
Monday	2 eggs <i>(boiled, or cook with a tablespoon of olive oil or coconut oil)</i> optional half an avocado or 1 serving of steel cut oats with handful of berries	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Handmade gluten free snack bars</li> <li>Homemade cinnamon apple chips*rs</li> </ul>	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile

\* The recipe for this meal is provided in this document. YUM!

# STUFFED BELL PEPPERS

recipe by:  
Chef Rebecca Bohl

## INGREDIENTS

- 5 large bell peppers
- 1 tbsp coconut oil
- 1/2 large onion, diced
- 1 tsp dried oregano
- 1/2 tsp salt
- 1 lb. ground turkey
- 1 large zucchini, halved and diced
- 3 tbsp tomato paste
- Freshly ground black pepper, to taste
- Fresh parsley, for serving

## METHOD

1. Preheat the oven to 350 degrees F. Coat a small baking dish with coconut oil spray. Bring a large pot of water to a boil. Cut the stems and very top of the peppers off, removing the seeds. Place in boiling water for 4-5 minutes. Remove from the water and drain face-down on a paper towel.
2. Heat the coconut oil in a large nonstick pan over medium heat. Add in the onion. Sauté for 3-4 minutes until the onion begins to soften. Stir in the ground turkey, oregano, salt, and pepper and cook until turkey is browned. Add the zucchini to the skillet as the turkey finishes cooking. Cook everything together until the zucchini is soft, and then drain any juices from the pan.
3. Remove the pan from heat and stir in the tomato paste. Place the peppers upright in the baking dish and spoon the meat mixture into the center of each. Bake for 15 minutes. Serve warm sprinkled with chopped parsley.





# ROASTED BUTTERNUT SQUASH

## INGREDIENTS:

- 1 large butternut squash, peeled, seeded, and cut into 1/2-inch cubes
- 2 red onions, cut into large wedges
- 3 tbsp extra virgin olive oil, divided
- Salt and pepper, to taste
- 3 tbsp cashew butter
- 1 tbsp lemon juice
- 1-3 tbsp water
- 1 clove garlic, crushed
- 2 tbsp sesame seeds, lightly toasted
- 1 tbsp za'atar
- 1 tbsp fresh parsley, chopped

## METHOD

1. Preheat the oven to 400 degrees F. In a large bowl, combine the butternut squash with 2 tablespoons of olive oil and mix well to coat. Spread the squash out onto a rimmed baking sheet and sprinkle with salt and pepper. Toss the red onion with one tablespoon of olive oil in the same bowl and set aside. Bake the squash for 10 minutes, and then add the red onion to the pan and bake together for an additional 20-25 minutes, until the squash is soft.
2. Place the cashew butter, lemon juice, garlic, and one tablespoon of water in a bowl and stir. Add more water if necessary to reach the consistency of honey.
3. To assemble, scatter the sesame seeds and za'atar over the squash mixture. Drizzle cashew mixture over the top and garnish with parsley.



recipe by:  
Chef Rebecca Bohl



## BREAKFAST SWEET POTATO HASH

### INGREDIENTS:

- 1 large onion, sliced
- 3 tbsp olive oil, divided
- 1/2 tbsp ghee
- 2 Italian sausages, diced
- 2 sweet potatoes
- 3 tbsp fresh rosemary
- Salt and freshly ground black pepper, to taste
- 3 eggs

### METHOD

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Heat one tablespoon of olive oil and the ghee in a skillet over medium heat. Add the onions and sprinkle with salt. Cook on low heat for 30-40 minutes, until dark brown and caramelized.
2. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Place into a large bowl with the remaining two tablespoons of olive oil and rosemary.
3. In a separate skillet, cook the sausages until browned. Add the cooked onions and sausages to the bowl with the sweet potatoes and toss. Season with salt and pepper.
4. Spread out the sweet potato mixture evenly onto the prepared baking sheet. Roast for 30-35 minutes until the potatoes are soft and browned. Either refrigerate overnight at this point or proceed to the next step.
5. Place the sweet potato hash into a cast iron skillet and make three small wells to crack the eggs into. Crack eggs into the skillet and season lightly with salt and pepper. Bake for 15-18 minutes at 425 degrees F until the eggs are set.

# DWS

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