

# Performance 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.

# GOALS

## WEEK 1

- **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.

## WEEK 2

- **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)
- Choose one night to have alcohol (up to 2 drinks)

## WEEK 3

- DWS Carb cycling is a strategy of reducing carbs in your diet until 2 days from your long run, or race event then doing a mild carb loading within two days of the event. Research shows greater absorption rates of energy (glycogen) in the muscles and liver.
- Monday thru Thursday morning the profile of the week will be lower in calories and carbs.
- Then there will be small amounts of carbs in 2 out of 3 meals before the race.
- Race day or performance day try to eat the same breakfast and food you eat normally to reduce food indigestion.

## WEEK 4

- **Add 1000-2000 units of vitamin D3 daily**
- **Replace lunch with protein shakes 4-5 days a week.** (if you are trying to gain muscle weight add the protein shake as a 4th meal post workout)

## 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> <p>Try to eat from organic, sustainable farms.</p>	<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>• No Alcohol</li> <li>• Coconut or olive oil</li> <li>• Vinegars</li> <li>• Dry seasonings or fresh herbs</li> </ul>

Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
1	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</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. No Alcohol this week.
2	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</li> </ul>	Mediterranean Chicken Salad*	Curried Paleo Cauliflower Soup*
3	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</li> </ul>	YOU PICK! Choose any item from the previous lunch, leftovers from dinner or stay within the lunch profile	Steak Fajitas with a Kick*

4	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</li> </ul>	YOU PICK! Choose any item from the previous lunch, leftovers from dinner or stay within the lunch profile	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
5	Broccoli Egg Bake*	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack*</li> </ul>	YOU PICK! Choose any item from the previous lunch, leftovers from dinner or stay within the lunch profile	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
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\* The recipe for this meal is provided in this document. YUM!

# AVOCADO POWER SNACK

## INGREDIENTS:

- 1/2 Avocado
- 1/3 Cup Soy 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.





## CURRIED CAULIFLOWER SOUP

### INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 1 large head of cauliflower, cut into florets
- 3 cups low-sodium chicken stock
- 1/2 tsp coriander
- 1/2 tsp turmeric
- 1 1/2 tsp cumin
- 1 cup full-fat coconut milk
- 1/4 cup roasted cashews
- 2 tbsp fresh parsley, finely chopped
- Salt and pepper, to taste

### METHOD

1. Preheat the oven to 375 degrees F. Spread out the onion and cauliflower in a single layer on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast for 15-20 minutes until golden, stirring once.
2. Place the cauliflower and onions in a large pot and add the chicken stock. Stir in the coriander, turmeric, cumin, and a pinch of salt. Bring to a boil and let boil for 5 minutes. Remove from heat.
3. Using an immersion blender, puree ingredients in the pot until smooth. (Alternatively, carefully transfer to a blender.) Stir in the coconut milk and warm the soup to serve. Taste to adjust seasonings as necessary. Serve with roasted cashews and top with parsley.

## MEDITERRANEAN CHICKEN SALAD

### INGREDIENTS:

- 1 roasted chicken (*organic, soy-free and pastured is best*)
- 1/2 cup of olive oil mayo
- 1/4 cup fresh cilantro, chopped
- 1 head of romaine or butter lettuce
- 1 red onion, diced
- 1 lemon, juiced
- Sea salt and pepper as desired

### METHOD

1. Shred the chicken with your hands or chop up and put it in a big bowl
2. Add the homemade mayo (below), red onion, cilantro, lemon, sea salt and pepper.
3. Mix well and serve on a lettuce boat.



# STEAK FAJITAS WITH A KICK

recipe by:  
Chef Kiri Rowan

## INGREDIENTS:

- 2 lbs. flank steak
- 1/3 cup extra virgin olive oil
- 2 tbsp Paleo Worcestershire sauce
- 1/4 cup fresh lime juice
- 3 cloves garlic, minced
- 2 tsp honey
- 2 tsp cumin
- 2 tsp chili powder
- 1/4 tsp red pepper flakes
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large onion, thinly sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 tbsp coconut oil, divided
- Avocado, for serving
- Cilantro, for serving

## METHOD

1. Stir together the olive oil, Worcestershire sauce, lime juice, garlic, honey, cumin, chili powder, red pepper flakes, salt and pepper in medium bowl. Pour half of the marinade into a separate bowl. In one bowl, place the steak and turn to coat. In the other bowl, place the veggies and toss to coat. Cover both bowls and place in the refrigerator to marinate for 1 hour.
2. Melt one tablespoon of coconut oil in a large skillet over medium heat. Add the marinated veggies and sauté for 3-4 minutes, until just cooked but still crispy. Remove from the skillet to a plate. Set aside.
3. Melt the remaining tablespoon of coconut oil in the same skillet and add the steak. Cook for 2-3 minutes per side. Remove to a cutting board and let rest for 5 minutes. Slice the meat into thin strips against the grain. Serve with veggies and lettuce wraps, topped with avocado and cilantro.







## INGREDIENTS

- 8 eggs
- 1/2 large onion, diced
- 2 medium zucchini, diced
- 1 medium head of broccoli, chopped
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp fresh parsley, chopped

## METHOD

1. Preheat the oven to 350 degrees F. In a small bowl, whisk the eggs, salt and pepper. Stir in the chopped vegetables.
2. Grease a ramekin with coconut oil spray. Pour egg mixture into the dish and bake for 25-30 minutes or until the eggs are set. Remove from heat and let sit for 5 minutes before serving. Top with chopped parsley to serve.

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Wednesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</li> </ul>	YOU PICK! Choose any item from the previous lunch, leftovers from dinner or stay within the lunch profile	Simple cod piccata* with oven roasted brussel sprouts.
Thursday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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 Powersnack*</li> </ul>	Chicken Fiesta Chili*	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile

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Saturday	Banana Nut Muffins*	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Avocado Powersnack*</li> </ul>	YOU PICK! Choose any item from the previous lunch, leftovers from dinner or stay within the lunch profile	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
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\* The recipe for this meal is provided in this document. YUM!

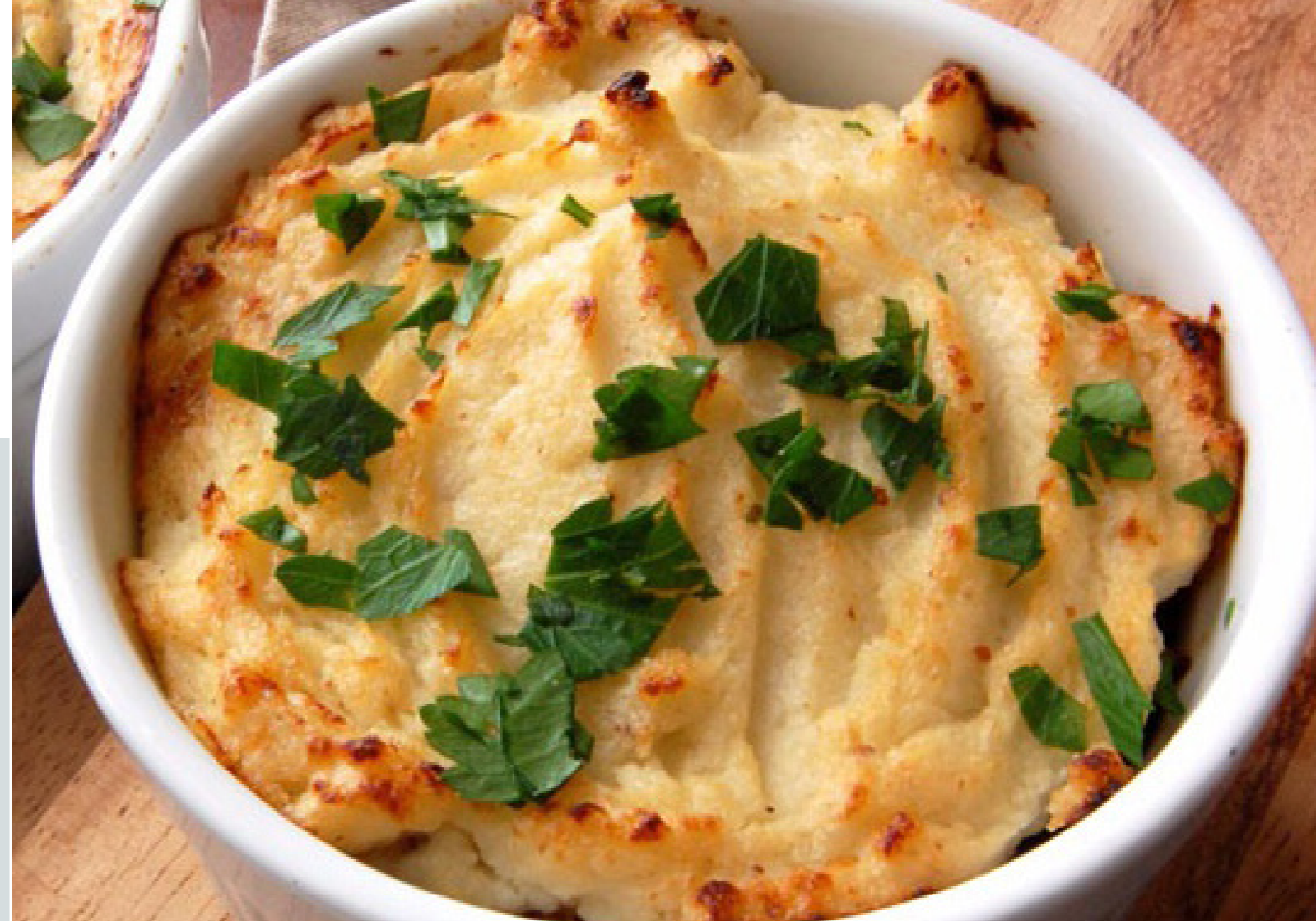
# PALEO SHEPHERD'S PIE

## BOTTOM LAYER:

- 1 tbsp coconut oil
- 1/2 large onion, diced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 lb. lean ground beef
- 2 tbsp tomato paste
- 1 cup chicken broth
- 1 tsp dry mustard
- 1/4 tsp cinnamon
- 1/8 tsp ground clove
- Salt and freshly ground black pepper, to taste

## METHOD

1. Place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until tender. Drain and return cauliflower to the pot.
2. Add the ghee, mustard, salt, and pepper to the cauliflower. Using an immersion blender or food processor, combine the ingredients until smooth. Set aside.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the onion, celery, and carrots and sauté for 5 minutes. Add in the ground beef and cook until browned.
4. Stir the tomato paste, chicken broth, and remaining spices into the meat mixture. Season to taste with salt and pepper. Simmer until most of the liquid has evaporated, about 8 minutes, stirring occasionally.
5. Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top. Use a fork to create texture in the cauliflower and drizzle with olive oil. Place under the broiler for 5-7 minutes until the top turns golden. Sprinkle with fresh parsley and serve.





## SIMPLE COD PICCATA

### INGREDIENTS

- 1 lb. cod fillets
- 1/3 cup almond flour
- 1/2 tsp salt
- 2-3 tbsp extra virgin olive oil
- 2 tbsp grapeseed oil, divided
- 3/4 cup chicken stock
- 3 tbsp lemon juice
- 1/4 cup capers, drained
- 2 tbsp fresh parsley, chopped

### METHOD

1. Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.
2. Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.
3. Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.
4. To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

## PALEO WHITE CHICKEN CHILI

### INGREDIENTS:

- 1.5 - 2 pounds boneless skinless chicken breast, cut into bite size pieces
- 1 tablespoon olive oil
- 1 large onion, diced
- 1 bell pepper, any color, seeded and chopped
- 1 -2 jalapeños, seeded and diced
- 4 cloves garlic, minced
- 2 teaspoons salt
- 1 tablespoon ground cumin
- 1 teaspoon coriander
- 4 cups chicken broth
- 2 - 7 ounce cans green chiles
- 3 tablespoons thick canned coconut milk (unsweetened)
- 3 tablespoons arrowroot powder
- Chopped green onions and cilantro for garnish

### METHOD

1. Chop the chicken and veggies. Then place a large pot over medium-high heat. Add the oil, onions, peppers, jalapeño, and garlic.
2. Saute for 5 minutes, then add the chicken, salt and spices. Saute another 5-8 minutes, until the chicken is nearly cooked through. Add the broth, green chiles, and coconut milk. Whisk in the arrowroot powder and bring to a boil.
3. Lower the heat and simmer for 20 minutes. Then take a potato masher (or ladle) and smash the chicken pieces to shreds. Serve topped with green onions and cilantro.



# COCONUT LIME ENERGY BITES

## INGREDIENTS:

- 3/4 cup almonds
- 1/4 cup cashews
- 1 1/2 cups pitted Medjool dates
- Zest of 3 limes
- Juice of 3 limes
- Pinch of salt
- 1/3 cup unsweetened coconut flakes

## METHOD

1. Place the almonds and cashews into a blender or food processor and pulse to finely chop. Add the dates, salt, lime zest and juice and blend until the mixture starts to clump together.
2. Transfer to a bowl and scrape down the sides with a spatula. Use your hands to form small round balls, rolling in your palm. Roll each ball in the coconut flakes to coat. Store in an airtight container in the refrigerator for up to a week.





## BANANA NUT MUFFINS

### INGREDIENTS

- 4 bananas, mashed with a fork (the more ripe, the better)
- 4 eggs
- 1/2 cup almond butter
- 2 tbsp coconut oil, melted
- 1 tsp vanilla
- 1/2 cup coconut flour
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

### METHOD

1. Preheat oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.
2. Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.
3. Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.

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Wednesday	<ul style="list-style-type: none"> <li>2 eggs <i>(boiled, or cook with a tablespoon of olive oil) with half an avocado</i></li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Dark green lettuce salad with protein Use an oil based salad dressing	Balsamic Chicken with Roasted Tomatoes* Side of roasted or steamed broccoli or green veggies of your choice
Thursday	<ul style="list-style-type: none"> <li>2 eggs <i>(boiled, or cook with a tablespoon of olive oil) with half an avocado</i></li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	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.	Shrimp and Grits (paleo style)* with a mix green salad (little bit of vinaigrette on top)*

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

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Saturday	<ul style="list-style-type: none"> <li>2 eggs <i>(boiled, or cook with a tablespoon of olive oil) with half an avocado</i></li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Follow Thursday's protocol	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
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# BALSAMIC CHICKEN WITH ROASTED TOMATOES

## INGREDIENTS:

- 2 chicken thighs, bone-in
- 1 cup mushrooms, chopped
- 1/2 medium onion, chopped
- 1-2 tbsp extra virgin olive oil
- 3 tbsp balsamic vinegar
- Salt and pepper, to taste
- 1 pint cherry tomatoes
- 1 tbsp honey
- Fresh parsley, for garnish

## METHOD

1. Preheat the oven to 400 degrees F. Place the tomatoes on a baking sheet and drizzle with olive oil and honey. Sprinkle with salt and pepper and toss to coat evenly. Bake for 15-20 minutes until soft.
2. While the tomatoes are roasting, heat one tablespoon of olive oil in a large pan over low heat. Add the onions and mushrooms and cook for 10-12 minutes to soften and caramelize, stirring regularly. Clear a space for the chicken.
3. Season the chicken with salt and pepper and then place it in the pan. Add the balsamic, reduce the heat to low, and cover. Simmer for 15 minutes or until the chicken is cooked through. Every 5 minutes or so, spoon the sauce in the pan over the chicken.
4. To assemble, divide the tomatoes between two plates. Place one chicken thigh on each and then spoon the onions, mushrooms, and pan drippings over the chicken. Garnish with parsley.



recipe by:  
Chef Rebecca Bohl



## SHRIMP & GRITS (PALEO STYLE)

### INGREDIENTS

- 15 pieces raw shrimp, shelled and de-veined
- 3 tbsp extra virgin olive oil
- 6 garlic cloves minced, divided
- Zest from one lemon
- 2 tsp dried oregano, divided
- 2 slices bacon
- 1/2 large onion, diced
- 2 tbsp butter
- 1 tbsp white wine vinegar
- 1 tsp red pepper flakes
- 1 tbsp lemon juice
- 1 tbsp chopped fresh oregano
- Salt and freshly ground black pepper, to taste
- 1 large head of cauliflower, cut into florets
- 1/4 cup almond milk
- 4 garlic cloves, minced
- 1 tbsp ghee or butter
- 1/4 tsp cayenne pepper
- Salt and pepper, to taste

### METHOD

1. In a medium bowl mix together the olive oil, 2 cloves of garlic, lemon zest, and 1 teaspoon dried oregano. Place shrimp in the bowl and marinate for 1-3 hours.
2. Place a couple inches of water in a large pot. Once water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return cauliflower to pot.
3. Add the milk, ghee, and garlic to the cauliflower. Using an immersion blender, combine ingredients. The cauliflower should be fairly thick to resemble the consistency of grits. Season with salt and pepper to taste.
4. Cook the bacon in a large skillet over medium heat until crispy. Reserving the bacon fat in the pan, set the bacon aside to cool and break into pieces.
5. Add the butter to the bacon fat in the pan and melt. Add the onion and sauté for 4-5 minutes until softened. Add in the remaining 4 garlic cloves, dried oregano, and the red pepper flakes. Sauté for 1-2 minutes, stirring frequently.
6. Stir in the white wine vinegar, and then add the shrimp. Cook, stirring frequently, until the shrimp are cooked through, 3-4 minutes. Remove from heat and stir in the lemon juice. Season with salt and pepper. Serve shrimp and onions over grits, with bacon and fresh oregano for garnish.

## TURKEY PESTO MEATBALLS

### INGREDIENTS:

- 2 lbs. ground turkey
- 1/2 cup almond flour
- 1/2 cup pesto
- 2 egg whites
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper

### METHOD

1. Preheat the oven to 375 degrees F. Line a baking sheet with aluminum foil and then place a wire cooling rack on top of the baking sheet. Coat the wire rack well with coconut oil spray.
2. In a large bowl, mix together all of the ingredients. Roll the mixture into small balls using your hands and place on the wire rack. Bake for 20-25 minutes until cooked through.



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) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	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, no carbs.
Wednesday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Anti-oxidant berry smoothie* Add 1 scoop of unflavoured whey or vegan protein powder. Men should use two scoops	Pork Tenderloin with Caramelized Apples* Add side of swiss chard or kale plus roasted cauliflower.
Thursday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul>	Choose of one <ul style="list-style-type: none"> <li>10-15 raw or lightly roasted almonds</li> <li>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Anti-oxidant berry smoothie* Add 1 scoop of unflavoured whey or vegan protein powder. Men should use two scoops	Italian Sausage and cabbage soup*

\* 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) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Anti-oxidant berry smoothie* Add 1 scoop of unflavoured whey or vegan protein powder. Men should use two scoops	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
Saturday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Anti-oxidant berry smoothie* Add 1 scoop of unflavoured whey or vegan protein powder. Men should use two scoops	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
Sunday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	Anti-oxidant berry smoothie* Add 1 scoop of unflavoured whey or vegan protein powder. Men should use two scoops	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile
Monday	<ul style="list-style-type: none"> <li>2 eggs (boiled, or cook with a tablespoon of olive oil) with half an avocado</li> </ul> OR <ul style="list-style-type: none"> <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>Powersnack</li> <li>Raw veggies</li> <li>Coconuts bites</li> </ul>	YOU PICK! Choose any item from the previous lunch or dinner options this week or stay within the lunch profile	YOU PICK! Choose any item from the previous dinner options this week or stay within the dinner profile

# PALEO ANTIOXIDANT BERRY SHAKE

## INGREDIENTS:

- 1/2 cup coconut milk
- 1/4 cup cold water
- 1/2 frozen banana
- 1/2 cup frozen raspberries
- 1/2 cup frozen blueberries
- 1 tbsp chia seeds

## METHOD

1. In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more water if necessary to reach desired consistency. Serve immediately.





## PORK TENDERLOIN WITH CARAMELIZED APPLES

### INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 pork tenderloin (about 1 1/2 lbs.)
- Salt and pepper
- 1 tsp smoked paprika
- 1/2 tsp garlic powder

### FOR THE APPLES

- 1 tbsp coconut oil
- 1 small white onion, peeled and diced
- 1 green apple, peeled and diced
- 2/3 cup orange juice
- 1/2 tsp cinnamon
- Pinch of ground cloves
- Pinch of salt
- 1 tbsp lemon juice
- 6 cups fresh spinach
- Horseradish sauce, to serve

### METHOD

1. Preheat the oven to 425 degrees F. To cook the apples, melt the coconut oil in a saucepan over medium heat. Sauté the onion for 4-5 minutes until soft. Add the apple, cinnamon, cloves, salt, and 1/3-cup of orange juice. Cook for 5 minutes, stirring occasionally, and then add the remaining orange juice. Cook for 10 more minutes, and then add the lemon juice and a splash of water if necessary to prevent the apples from sticking to the pan. Cook about 5 minutes further until the apples are completely golden and caramelized.
2. Meanwhile, heat one tablespoon of olive oil in a large ovenproof skillet over medium heat. Season the pork generously with paprika, garlic, salt, and pepper. Sear for 6-8 minutes, turning to brown on all sides.
3. Transfer the skillet to the oven and cook for 15-20 minutes, until a meat thermometer registers 150 degrees in the thickest section of the meat. Transfer the pork to a cutting board and let rest for 5 minutes before slicing.
4. Place the washed, slightly damp spinach in a pot over medium-high heat and cover. Cook for 3-4 minutes until wilted.
5. To serve place a handful of spinach and caramelized apples onto a serving plate and top with slices of pork loin and a dollop of horseradish sauce.

# ITALIAN SAUSAGE AND CABBAGE SOUP

## INGREDIENTS:

- 1½ pounds Mild Italian Sausage, removed from casing and crumbled
- 1½ Tablespoons olive oil
- 2 medium or 1 extra large onion, halved and thinly sliced
- 5 to 6 medium cloves garlic, finely chopped
- 4 medium carrots, cleaned and cut into ¼” rounds
- 1 head green cabbage (about 2 pounds), core removed and shredded
- 2 teaspoons kosher salt plus a couple pinches
- freshly ground black pepper
- 1 28-ounce can diced tomatoes (unsalted)
- 6 cups chicken stock or broth
- crushed red pepper flakes for serving (optional)

## METHOD

1. Remove sausage meat from casing. The easiest way to remove the uncooked sausage from the casings is to slice a vertical cut down the center of each sausage. Then just pick them up and “peel” off the casing – takes seconds and not that messy.
2. Peel and thinly slice onion (I used my food processor to save time (with the slicing blade inserted).
3. Finely chop garlic (Again, I used the food processor with the chopping blade inserted).
4. Clean carrots (peel if necessary) and cut into ¼” rounds.
5. Remove core from cabbage and shred. I used the food processor with the shredding blade inserted. Alternately, you could cut the cabbage into very thin slices.
6. Heat a large soup pot over medium heat. Once hot, add crumbled sausage. Cook, stirring occasionally, mostly to break up the sausage with a wooden spoon, for 8 to 10 minutes, or until most of the pink is gone.
7. Remove sausage from pot and set aside.
8. Keep the pot over medium heat and add olive oil. Once hot, toss in sliced onions along with a pinch of kosher salt and a couple turns of freshly ground pepper. Cook, stirring occasionally, for 8 to 10 minutes, until onions are soft.
9. Add in garlic and carrots, stir continuously for 1 minute until garlic is fragrant.
10. Raise heat to medium high and add in cabbage along with 2 teaspoons of kosher salt and about 25 turns of freshly ground black pepper. Toss to combine and continue cooking for 5 minutes, stirring frequently, until cabbage begins to wilt and release some moisture.
11. Add cooked sausage back in along with diced tomatoes and broth. Bring to a boil.
12. Once boiling, cover and reduce heat to a simmer. Simmer for 15 to 20 minutes, remove from heat and adjust seasonings if necessary. Serve with a sprinkle of crushed red pepper flakes and Enjoy!



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