

**WRITTEN & CREATED BY GAVIN WALSH**

# **LEAN IN 19**

## **EXTREME**

### **FAT LOSS PLAN**



**MEAL PLANNER**

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# Introduction

If you have been struggling to burn the fattimus from your assimus for some time, you can thank you're lucky stars that you came across my *Lean In 19* program.

It's your one way ticket to a leaner, firmer and dare I say, sexier bod.



*Lean In 19* may be considered 'extreme' by some, but in actual fact the diet strategies used are scientific proven and my hope is that you learn from this experience and begin to apply these strategies into your everyday life.

Rather than asking you to count calories or follow a severely restricted diet, *Lean In 19* program is a simple way to kick-start your weight loss.

More importantly, this program will help you to burn off stored fat not only for the duration of the program, but to keep up that momentum even after you have finished the program.

How does it work?

By combining several scientifically-proven weight loss methods into one fat-blasting 19-day program.

On **Day 1** of your *Lean In 19* program you will begin with an 18-hour intermittent fast followed by one snack and one meal for a total of 500 calories for the day.

**Day 2** of your program will consist of three meals and two snacks for a total of 50 to 80 grams of carbohydrate, while **Day 3** will be a low-carb day under 50 grams of carbs.

**Day 4** of the program is simply a repeat of Day 1, while **Day 5** is a cheat day.

On your cheat day you do not need to follow any carb or calorie restrictions but it is important that you enjoy your "cheat" foods in

moderation to avoid sabotaging the benefits you have received during the first four days of the *Lean In 19* program.

After Day 5 you will repeat the 5-day cycle three more times.

This meal plan was designed under the assumption that you have already followed the *Lean In 19* guide to familiarize yourself with the other elements of the program.

In addition to following the meal plan provided in this resource you should plan to drink plenty of water every day, sleep 7+ hours each night and follow the *Lean In 19* exercise routine as well.

*Lean In 19* requires you to eliminate certain foods from your diet in order to cleanse and detoxify your body.

In removing certain foods like refined sugars and processed grains from your diet you may experience headaches and cravings for a few days as your body gets used to the change, but by the end of the program you will be feeling better than ever.

Simply follow the meal plan provided here and you will experience a level of fat loss that you never imagined possible!

To your success ☺

Gavin Walsh

# The 19-Day Nutrition Plan

To prepare you for the 19-day journey ahead, you will find a quick overview of the full Lean In 19 program outlined below.

As you may already know, the Lean In 19 program consists of a 5-day cycle (AKA the Hot Zone Cycle), which combines the elements of intermittent fasting and carb cycling to produce extreme fat-loss results.



The 5-day cycle repeats four times throughout the Lean In 19 program, so you will get used to it pretty quickly.

**Day 1:** 18-hour intermittent fast with 500 calories post fast

**Day 2:** High Carb Day (50-80g)

**Day 3:** Low Carb Day (under 50g)

**Day 4:** 18-hour intermittent fast with 500 calories post fast

**Day 5:** Cheat (eat whatever)

**Day 6:** 18-hour intermittent fast with 500 calories post fast

**Day 7:** High Carb Day (50-80g)

**Day 8:** Low Carb Day (under 50g)

**Day 9:** 18-hour intermittent fast with 500 calories post fast

**Day 10:** Cheat (eat whatever)

**Day 11:** 18-hour intermittent fast with 500 calories post fast

**Day 12:** High Carb Day (50-80g)

**Day 13:** Low Carb Day (under 50g)

**Day 14:** 18-hour intermittent fast with 500 calories post fast

**Day 15:** Cheat (eat whatever)

**Day 16:** 18-hour intermittent fast with 500 calories post fast

**Day 17:** High Carb Day (50-80g)

**Day 18:** Low Carb Day (under 50g)

**Day 19:** 18-hour intermittent fast with 500 calories post fast

# 19-Day Meal Plan

In this section you will find a full 19-day meal plan utilizing the recipes provided in the final section.

In order to achieve success with the Lean In 19 program you should plan to follow this meal plan as closely as possible.



Each day you will follow the prescribed meal plan for meals and snacks – remember, Days 1 and 4 of each 5-day cycle will begin with an 18-hour fast followed by one snack and a meal.

## Full 19-Day Meal Plan for the *Lean In 19* Program:

18-Hour Intermittent Fast then 500 Calories					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
1	X	X	X	Salted Kale Chips	Rosemary Roasted Chicken

High-Carbohydrate Day (50-80 grams)					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
2	Banana Coconut Pancakes	Curry Roasted Cauliflower Bites	Spinach Avocado Salad with Raisins	Curried Cashews	Fried Zucchini Fritters

### Low-Carbohydrate Day (under 50 grams)

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
3	Skillet/frying pan Eggs with Spinach	Guacamole Deviled Eggs	Carrot Ginger Bisque	Cinnamon-Roasted Almonds	Herb-Roasted Pork Tenderloin

### 18-Hour Intermittent Fast then 500 Calories

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
4	X	X	X	Peachy Ginger Smoothie	Grilled Salmon with Balsamic Glaze

### Cheat Day

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
5	Enjoy whatever foods you like, in moderation				

### 18-Hour Intermittent Fast then 500 Calories

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
6	X	X	X	Tamari Toasted Walnuts	Hearty Beef Stew

### High-Carbohydrate Day (50-80 grams)

<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
7	Blueberry Celery Smoothie	Creamy Artichoke Spinach Dip	Curried Cauliflower Soup	Baked Sweet Potato Fries	Cream of Mushroom Soup

<b>Low-Carbohydrate Day (under 50 grams)</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
8	Ground Lamb and Broccoli Frittata	Quick Sour Pickles	Creamy Dijon Egg Salad	Citrus-Marinated Olives	Baked Swordfish with Mango Salsa

<b>18-Hour Intermittent Fast then 500 Calories</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
9	X	X	X	Leafy Green Smoothie	Almond-Crusted Tilapia Fillets

<b>Cheat Day</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
10	Enjoy whatever foods you like, in moderation				

<b>18-Hour Intermittent Fast then 500 Calories</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
11	X	X	X	Sesame Baby Carrots	Rosemary Roasted Chicken

<b>High-Carbohydrate Day (50-80 grams)</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
12	Sautéed Sweet Potato Hash	Avocado Chocolate Mousse	Avocado Mango Spring Salad	Curry Roasted Cauliflower Bites	Spinach-Stuffed Portobello Mushroom Caps

<b>Low-Carbohydrate Day (under 50 grams)</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
13	Spiced Pork Breakfast Sausages	Citrus-Marinated Olives	Spinach Salad with Strawberries	Guacamole Deviled Eggs	Beef and Mushroom Stroganoff

<b>18-Hour Intermittent Fast then 500 Calories</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
14	X	X	X	Strawberry Spinach Smoothie	Grilled Salmon with Balsamic Glaze

<b>Cheat Day</b>					
<u>Day</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
15	Enjoy whatever foods you like, in moderation				

### **18-Hour Intermittent Fast then 500 Calories**

<u><b>Day</b></u>	<u><b>Breakfast</b></u>	<u><b>Snack</b></u>	<u><b>Lunch</b></u>	<u><b>Snack</b></u>	<u><b>Dinner</b></u>
16	X	X	X	Avocado Chocolate Mousse	Hearty Beef Stew

### **High-Carbohydrate Day (50-80 grams)**

<u><b>Day</b></u>	<u><b>Breakfast</b></u>	<u><b>Snack</b></u>	<u><b>Lunch</b></u>	<u><b>Snack</b></u>	<u><b>Dinner</b></u>
17	Dried Fruit and Banana Muffins	Baked Sweet Potato Fries	Apple and Fennel Soup	Creamy Artichoke Spinach Dip	Sweet Potato and Pesto Zucchini Pasta

### **Low-Carbohydrate Day (under 50 grams)**

<u><b>Day</b></u>	<u><b>Breakfast</b></u>	<u><b>Snack</b></u>	<u><b>Lunch</b></u>	<u><b>Snack</b></u>	<u><b>Dinner</b></u>
18	Ham and Broccoli Egg Cups	Cinnamon-Roasted Almonds	Cream of Broccoli Soup	Quick Sour Pickles	Chicken Cacciatore

### **18-Hour Intermittent Fast then 500 Calories**

<u><b>Day</b></u>	<u><b>Breakfast</b></u>	<u><b>Snack</b></u>	<u><b>Lunch</b></u>	<u><b>Snack</b></u>	<u><b>Dinner</b></u>
19	X	X	X	Peachy Ginger Smoothie	Almond-Crusted Tilapia Fillets

# Grocery List (Print This)

To help make things easier for you, I've created a grocery list of all the items you will need to follow the meal plan in its exact form.

I say, exact because you may not follow it 100%, as there may be meals that you don't like or you may want to incorporate some of your own meals.

However, if you use this list below you will have everything you need to follow the meal plan as it's laid out.

## **Meat and Eggs**

---

- Beef, boneless chuck roast (braising steak) – ¼ lbs.
- Beef, stew meat – ½ lbs.
- Chicken, bone-in drumstick – 2 large
- Chicken, bone-in thigh – 3 large
- Eggs, large – 9
- Egg whites, large - 5
- Ham, diced – 2 tablespoons
- Lamb, ground – 1 ounce
- Pork, boneless tenderloin – 1 lbs.
- Pork, ground – ¼ lbs.
- Salmon, boneless fillets – 2 (6 ounce each)
- Swordfish, boneless fillets – 1 (6 ounce)
- Tilapia, boneless fillets – 2 (6 ounce each)

## **Fresh Produce**

---

- Arugula (rocket salad) – ½ cup
- Avocado – 1 medium, 1 large
- Bananas – ½ medium, 2 large
- Basil, fresh – 1 bunch
- Bell pepper, red – 1 small
- Broccoli, florets – 2 ¼ cups
- Carrots, baby – 1 1/3 cups
- Carrots, small - 2
- Cauliflower, florets – ¾ lbs.
- Celery, stalk – 1 small, 1 large

- Celery, chopped – ½ cup
- Cilantro (Coriander), fresh – 1 bunch
- Cucumbers, pickling – 1 cup sliced
- Fennel, bulb – 1 large
- Garlic – 1 head
- Ginger, fresh – 1 knot
- Kale – 3 cups
- Lemon – 2
- Lime – 1
- Mango – ¼ large
- Mushrooms, sliced – 3 ounces
- Mushroom, Portobello cap – 1 large
- Orange – 1
- Onion, green – 2
- Onion, red – 1 medium
- Onion, yellow – 2 small, 3 medium
- Oregano, fresh – 1 bunch
- Parsley, fresh – 1 bunch
- Rosemary, fresh – 1 bunch
- Sage, fresh – 1 bunch
- Shallot – 1 small
- Spinach, fresh – 10 cups
- Spring greens – 2 cups
- Strawberries, fresh – ½ cup diced
- Sweet potato – 2 ½ medium, ½ large
- Thyme, fresh – 1 bunch
- Zucchini (courgette) – 1 medium, ½ large

## **Frozen Foods**

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- Frozen banana, peeled – 1 medium
- Frozen blueberries – ½ cup
- Frozen broccoli, florets – ¼ cup
- Frozen peaches, sliced – 2 cups
- Frozen strawberries, sliced – 1 cup
- Frozen spinach – 8 ounces

## Dry Goods

---

- Almonds, chopped – 2 tablespoons
- Almond flour – 3 ¼ cups
- Almonds, sliced – ¼ cup
- Almonds, whole – 2 ounces
- Baking powder
- Black pepper
- Cashews, raw – 5 ounces
- Cayenne pepper
- Chili powder
- Cinnamon, ground
- Cocoa powder, unsweetened – 3 tablespoons
- Coconut, fresh – 2 tablespoons
- Coconut flour – 3 ½ tablespoons
- Coconut oil
- Cranberries, dried – ½ cup
- Curry powder
- Dill seed, dried
- Dry mustard powder
- Kosher salt
- Garlic powder
- Ginger, ground
- Medjool dates, pitted – 2 large
- Olive oil
- Onion powder
- Paprika
- Raisins, seedless – ¼ cup
- Rosemary, dried
- Sage, dried
- Sesame seeds, raw – 1 teaspoon
- Sesame seeds, toasted – ½ tablespoon
- Tapioca starch – 1 teaspoon
- Thyme, dried
- Vanilla extract
- Vinegar, apple cider
- Vinegar, balsamic
- Vinegar, distilled white
- Vinegar, red wine
- Walnuts, raw – ¾ cup chopped

## Canned and Bottled Goods

---

- Artichoke hearts, canned – 1 cup
- Black olives, whole – 4
- Beef broth – 2 ¼ cups
- Capers – 1 teaspoon
- Chicken broth – 1 ½ cups
- Coconut milk, canned – 2 (15-ounce) can
- Cooking sherry
- Diced tomatoes, canned – 1 (14.5-ounce) can
- Diced tomatoes, fresh – ¼ cup
- Dijon mustard
- Green olives, whole – 6
- Orange juice – 2 teaspoons
- Tamari
- Vegetable broth – 1 ¾ cups
- Unsweetened almond milk – 2 ¼ cups
- Unsweetened coconut milk drink – ¾ cup

# Cooking Conversions

I've got a bit of a problem...

You see, I have so many people follow *Lean In 19* all over the World it's almost impossible to cater for all the different metrics, cup sizes, etc.

Now, if you're based in the US you'll find the recipes easy to follow as the US is my biggest market and so I've had the recipes cater for this market. However, that doesn't mean you can't use these recipes if you live elsewhere in the World. It just might mean you need to do a quick conversion...

And that's what this chapter is all about ☺

I've listed some of the common differences you will find between imperial and metric, as well as a couple of other nuggets to help make your life easier.

For most home cooks, an extra gram or two of an ingredient won't make much of a difference. And of course, we're not baking cakes and cookies every day, where precision really does count, so it's not the end of the World if you're not bang on the money with the ingredient weights.

Having said that, you'll still need to know the rough conversion and that's why I've listed some of the most common conversions below.

## Volume

When measuring liquid, cooking measurements are quite straightforward:

Metric	Imperial	US cups
250ml	8 fl oz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 1/2 fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
30ml	1 fl oz	1/8 cup
15ml	½ fl oz	1 tablespoon

## Weight

Check this chart for basic imperial to metric conversions:

Imperial	Metric
½ oz	15 g
1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz	110 g
5 oz	140 g
6 oz	170 g
7 oz	200 g
8 oz	225 g
9 oz	255 g
10 oz	280 g
11 oz	310 g
12 oz	340 g
13 oz	370 g
14 oz	400 g
15 oz	425 g
1 lb	450 g

## Spoons

Ever stop to wonder about teaspoons, dessertspoons and tablespoons?

Here are their metric equivalents. But first:

1 dessertspoon = 2 teaspoons

3 teaspoons = 1 tablespoon

Spoon	ml
1 teaspoon	5
2 teaspoons	10
1 tablespoon	15
2 tablespoons	30
3 tablespoons	45
4 tablespoons	60
5 tablespoons	75
6 tablespoons	90
7 tablespoons	105

## Tablespoons to US cups

Also know that tablespoons can be easily used to convert dry (and wet) ingredients to/from US cups. Here's a simple conversion chart:

Tablespoons	US cups
1	1/16
2	1/8
4	1/4
5	1/3
8	1/2
10	2/3
12	3/4
16	1

## Quick Conversions

For other common ingredients, here are some quick conversions from US cups to metric:

1 cup chocolate chips = 150g

1 cup cocoa powder = 125g

1 cup chopped walnuts or pecans = 125g

1 cup walnut or pecan halves = 100g

1 cup desiccated coconut = 75g

1 tablespoon baking powder = 15g

1 tablespoon salt = 18g

1 cup lentils = 190g

1 cup sultanas or raisins = 170g

# Final Thoughts

After flicking through this meal planner you should have a better understanding of what the *Lean In 19* nutrition program is and how it will benefit you.

On first glance, you might think that counting carb grams is a ball ache but in actual fact you don't need to be bang on the money with the grams as long as you keep the carbs to a minimum on the low and high carb day.

The good news is that the recipes provided in this meal planner mean that you don't have to count any grams or calories. Just follow the meals on the plan and the results will follow.

Easy-peasy!

And something else that I MUST mention...

**You can eat all the green leafy vegetables you like ☺**

So, if you feel you need more food, then whack a few more greens on your plate. You can literally go to town!

**I don't count green leafy veg as part of any carb grams or calorie intake for your fast days.** Got it?

Once you've finished *Lean In 19* I would like you to continue using the nutrition foundations I have taught you and if further fat loss is your goal, then you can continue to use this plan once every 4-6 weeks.

If time is of the essence, then I recommend that you combine the foundations with two 18 hours fasts each week to help lose those extra pounds slightly quicker.

However, please know that you will continue to lose lard consistently by simply following the nutrition foundations using my 80/20 rule.



# Recipes

# **Snacks Under 150 Calories**

## **Salted Kale Chips – Intermittent Fast Day**

**Servings:** one 2-cup servings

### **Ingredients:**

- 3 cups fresh chopped kale
- 1 teaspoon olive oil
- Kosher salt

### **Instructions:**

1. Preheat the oven to 400°F/200°C.
2. Tear the kale into 2-inch chunks by hand and toss with the olive oil until evenly coated.
3. Spread the kale onto two rimmed baking sheets then sprinkle with salt.
4. Bake for 5 minutes then rotate the baking pans and bake for another 5 to 7 minutes until crisp.

### **Nutritional Info:**

105 calories per serving, 5g fat, 16g carbs, 5g protein, 6g fiber

## **Peachy Ginger Smoothie – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 cup frozen sliced peaches
- 1/2 cup unsweetened almond milk
- ½ teaspoon ground ginger
- 3-4 ice cubes

### **Instructions:**

1. Combine the ingredients in a high-speed blender.
2. Blend for 30 to 60 seconds until smooth and well combined.
3. Pour into two glasses and enjoy immediately.

### **Nutritional Info:**

98 calories per serving, 2g fat, 2g protein, 21g carbs, 2g fiber

## **Tamari Toasted Walnuts – Intermittent Fast Day**

**Servings:** one 2-tablespoon servings



### **Ingredients:**

- 2 tablespoons raw walnut halves, coarsely chopped
- 1/2 teaspoon tamari
- Pinch salt

### **Instructions:**

1. Heat a small skillet (frying pan) over medium heat until very hot.
2. Add the walnuts and drizzle with tamari and sprinkle with salt.
3. Stir until well coated then cook for about 1 minute until the liquid is absorbed.
4. Transfer the walnuts to a bowl to cool.

### **Nutritional Info:**

55 calories per serving, 38g fat, 9g carbs, 9g protein, 4g fiber

## **Leafy Green Smoothie – Intermittent Fast Day**

**Servings: 1**



### **Ingredients:**

- $\frac{1}{4}$  ripe avocado, pitted and chopped
- $\frac{1}{2}$  small frozen banana, peeled and chopped
- $\frac{1}{4}$  cup frozen blueberries
- $\frac{1}{2}$  cup fresh chopped kale
- $\frac{1}{2}$  cup fresh baby spinach
- 1 cup water

### **Instructions:**

1. Combine the ingredients in a high-speed blender.
2. Blend for 30 to 60 seconds until smooth and well combined.
3. Pour into two glasses and enjoy immediately.

### **Nutritional Info:**

78 calories per serving, 4g fat, 9g carbs, 2g protein, 4g fiber

## **Sesame Baby Carrots – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 cup fresh baby carrots
- ½ tablespoon sesame seeds, toasted
- Pinch salt

### **Instructions:**

1. Place the carrots in a bowl.
2. Toss with the sesame seeds and salt then serve chilled.

### **Nutritional Info:**

50 calories per serving, 3g fat, 10g carbs, 1g protein, 3g fiber

## **Strawberry Spinach Smoothie – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 cup fresh chopped spinach
- ½ cup frozen sliced strawberries
- ½ medium frozen banana, peeled and sliced
- 1 cup water
- ¼ cup canned coconut milk

### **Instructions:**

1. Combine the ingredients in a high-speed blender.
2. Blend for 30 to 60 seconds until smooth and well combined.
3. Pour into two glasses and enjoy immediately.

### **Nutritional Info:**

115 calories per serving, 2g fat, 25g carbs, 5g protein, 4g fiber

## **Avocado Chocolate Mousse – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 ounce chopped avocado
- 1 large Medjool date, pitted
- 2 ½ tablespoons canned coconut milk
- 1 ½ tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla extract
- Pinch salt

### **Instructions:**

1. Combine the avocado, dates and coconut milk in a food processor.
2. Blend the mixture until smooth and well combined.
3. Add in the cocoa powder, vanilla, and salt and blend smooth.
4. Transfer the mixture to a large bowl and beat with a hand mixer on high speed for 4 to 5 minutes until fluffy.
5. Spoon into a bowl and chill for 30 to 60 minutes before serving.

### **Nutritional Info:**

150 calories per serving, 11g fat, 16g carbs, 3g protein, 3g fiber

## **Curried Cashews – High Carb Day**

**Servings:** 1



### **Ingredients:**

- 1 ounce raw cashews, unsalted
- ½ teaspoon fresh lemon juice
- Pinch curry powder
- Pinch salt

### **Instructions:**

1. Preheat the oven to 250°F/130°C.
2. Combine the lemon juice, curry powder and salt in a bowl then add the cashews and toss to coat.
3. Spread the cashews on two rimmed baking sheets.
4. Bake for 15 minutes then stir the cashews – repeat 3 times for a total baking time of 45 minutes.
5. Cool the cashews then store in an airtight container.

### **Nutritional Info:**

105 calories per serving, 8g fat, 6g carbs, 3g protein, 1g fiber

## **Curry Roasted Cauliflower Bites – High Carb Day**

**Servings:** 1



### **Ingredients:**

- 1 cup chopped cauliflower florets
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- $\frac{1}{4}$  teaspoon curry powder
- Pinch salt

### **Instructions:**

1. Preheat the oven to 450°F/230°C.
2. Combine the oil, vinegar, curry powder and salt in a bowl then toss with the cauliflower to coat.
3. Spread the cauliflower on baking sheets and bake for 35 minutes, stirring twice, until golden brown.

### **Nutritional Info:**

215 calories per serving, 21g fat, 7g carbs, 3g protein, 3g fiber

## Creamy Spinach Artichoke Dip – High Carb Day

Servings: 8



### Ingredients:

- ½ cup chopped artichoke hearts
- 2 ounces frozen spinach
- 2 tablespoons raw cashews
- 1 teaspoon olive oil
- Pinch garlic powder
- Pinch onion powder
- Salt and pepper to taste

### Instructions:

1. Combine the spinach and artichokes in a small saucepan over medium heat.
2. Cook until the spinach is thawed – about 5 minutes.
3. Place the cashews in a food processor and blend into a flour.
4. With the processor running, drizzle in the oil and blend until smooth.
5. Transfer the spinach and artichokes to a bowl (drain the water) and stir in the cashew cream.
6. Stir in the remaining ingredients until well combined then serve with sliced veggies.

### Nutritional Info:

168 calories per serving, 10g fat, 13g carbs, 7g protein, 6g fiber

## Baked Sweet Potato Fries – High Carb Day

Servings: 1



### Ingredients:

- ½ medium sweet potato
- 1 teaspoon olive oil
- ¼ teaspoon kosher salt
- Pinch ground pepper

### Instructions:

1. Preheat the oven to 425°F/220°C.
2. Peel the sweet potatoes and cut them into wedges then toss with the olive oil.
3. Spread the potatoes on a baking sheet in a single layer and sprinkle with salt and pepper.
4. Bake for 15 minutes then flip the wedges and back for another 12 to 15 minutes until lightly browned.

### Nutritional Info:

105 calories per serving, 5g fat, 16g carbs, 2g protein, 3g fiber

## **Guacamole Deviled Eggs – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 1 large hardboiled egg, peeled
- 1 tablespoon chopped avocado
- 1 teaspoon fresh chopped cilantro(coriander)
- ½ teaspoon fresh lemon juice
- Pinch dry mustard powder
- Salt and pepper to taste

### **Instructions:**

1. Cut the hardboiled egg in half lengthwise and remove the yolk.
2. Place the yolk in a mixing bowl with the remaining ingredients and stir until smooth and well combined.
3. Spoon the filling back into the eggs and chill for at least 2 hours before serving.

### **Nutritional Info:**

125 calories per serving, 10g fat, 3g carbs, 7g protein, 3g fiber

## **Cinnamon-Roasted Almonds – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 1 ounce whole almonds, raw
- $\frac{1}{4}$  teaspoon ground cinnamon
- Pinch salt

### **Instructions:**

1. Preheat the oven to 350°F/180°C.
2. Spread the almonds on a rimmed baking sheet and roast for 10 to 12 minutes.
3. Remove from the oven and sprinkle with salt then toss with cinnamon.
4. Cool the almonds and store in an air-tight container.

### **Nutritional Info:**

105 calories per serving, 9g fat, 3g carbs, 4g protein, 2g fiber

## **Quick Sour Pickles – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- ½ cup sliced pickling cucumber
- 1 teaspoon apple cider vinegar
- 1 teaspoon distilled white vinegar
- 1 thin slice yellow onion
- ½ small clove minced garlic
- Pinch dried dill seed
- Pinch ground mustard powder

### **Instructions:**

1. Spread the cucumber slices on paper towel and sprinkle with salt – let stand 15 minutes.
2. Rinse the cucumber slices well and drain them then transfer to a large bowl.
3. Whisk together the vinegars, onion, garlic, dill, and ground mustard in a saucepan over medium-high heat.
4. Bring to a boil then reduce heat and simmer for 10 minutes.
5. Pour the hot vinegar mixture over the cucumber slices and stir well.
6. Cover and chill for 10 minutes before serving.

### **Nutritional Info:**

10 calories per serving, 0g fat, 2g carbs, 1g protein, 1g fiber

## Citrus-Marinated Olives – Low Carb Day

Servings: 1



### Ingredients:

- 2 whole black olives
- 2 whole green olives
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon fresh chopped cilantro
- 2 teaspoons orange juice
- 1 teaspoon fresh lemon juice
- 1 teaspoon fresh chopped parsley
- $\frac{1}{2}$  clove minced garlic
- $\frac{1}{4}$  teaspoon fresh orange zest
- $\frac{1}{4}$  teaspoon fresh lemon zest

### Instructions:

1. Place the olives in a large plastic freezer bag.
2. Add the remaining ingredients and shake vigorously to combine.
3. Chill in the refrigerator for at least 24 hours before serving, turning the bag occasionally.
4. Bring the olives up to room temperature to serve.

### Nutritional Info:

103 calories per serving, 13g fat, 3g carbs, 0.5g protein, 1g fiber

# **Breakfast Recipes**

## **Skillet/frying pan Eggs with Spinach – Low Carb Day**

**Servings:** 1

### **Ingredients:**

- 2 tablespoons canned coconut milk
- $\frac{1}{4}$  teaspoon minced garlic
- Pinch salt
- $\frac{1}{2}$  tablespoon coconut oil
- 1 tablespoon diced yellow onion
- 2 ounces fresh baby spinach
- $\frac{1}{4}$  teaspoon fresh lemon juice
- 1 large egg

### **Instructions:**

1. Whisk together the coconut milk, garlic and salt in a small bowl.
2. Heat the oven to 300°F/150°C.
3. Heat the coconut oil in a large skillet/frying pan over medium heat then add the onion.
4. Cook for 8 to 10 minutes until soft then stir in the spinach and lemon juice.
5. Increase the heat to medium-high and cook for 4 minutes until the spinach wilts.
6. Transfer the spinach to an ovenproof skillet/frying pan and make four round indentations in the middle.
7. Crack one egg into each indentation then place the skillet/frying pan in the oven.
8. Bake for 10 to 15 minutes until the eggs are set.
9. Spoon the coconut milk mixture over the eggs to serve.

### **Nutritional Info:**

220 calories per serving, 19g fat, 5g carbs, 8g protein, 1g fiber

## **Ground Lamb and Broccoli Frittata – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- $\frac{1}{2}$  teaspoon olive oil
- 1 ounce ground lamb
- $\frac{1}{4}$  cup frozen broccoli florets, thawed
- 1 large egg, lightly whisked
- 1 teaspoon canned coconut milk
- Salt and pepper to taste

### **Instructions:**

1. Preheat the oven to 350°F/180°C.
2. Heat the oil in an ovenproof skillet/frying pan over medium heat.
3. Add the ground lamb and cook for 5 to 6 minutes until evenly browned – spoon off the fat.
4. Stir in the broccoli and cook for 2 to 3 minutes until heated through.
5. Beat together the eggs, coconut milk, salt and pepper in a mixing bowl then pour into the skillet/frying pan.
6. Stir gently then cook for 3 to 5 minutes until the bottom of is just set.

7. Transfer the skillet/frying pan to the oven and cook for 12 to 15 minutes then turn on the broiler/grill and cook for another 2 minutes until puffed.
8. Let the frittata rest for a few minutes then slice to serve.

**Nutritional Info:**

150 calories per serving, 12g fat, 2g carbs, 9g protein, 1g fiber

# **Spiced Pork Breakfast Sausages – Low Carb Day**

**Servings:** 1



## **Ingredients:**

- $\frac{1}{4}$  lbs. lean ground pork
- $\frac{1}{4}$  teaspoon finely sliced garlic
- Pinch dried onion powder
- Pinch dried sage
- Pinch cayenne pepper
- Salt and pepper to taste

## **Instructions:**

1. Stir together the ground pork, garlic, and spices in a mixing bowl until well combined.
2. Shape the mixture into a patty by hand.
3. Heat a large skillet/frying pan over medium heat and grease with oil.
4. Add the patty and cook for 3 to 4 minutes on each side until cooked through and browned on the outside.

## **Nutritional Info:**

300 calories per serving, 24g fat, 1g carbs, 19g protein, 0g fiber

## **Ham and Broccoli Egg Cups – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 2 fresh chopped broccoli florets
- 2 tablespoons diced ham, lean
- 2 tablespoons diced red onion
- 1 large egg plus 1 egg white
- 1 tablespoon sliced green onion
- 1 teaspoon canned coconut milk
- Salt and pepper to taste

### **Instructions:**

1. Preheat the oven to 375°F/190°C and grease two cups in a muffin pan with cooking spray.
2. Combine the broccoli, ham and onion in a mixing bowl then divide the mixture evenly between the 2 cups of the muffin pan.
3. Beat together the egg, egg white, green onion, coconut milk, salt and pepper in a mixing bowl.
4. Pour the mixture into the muffin tin, filling each up nearly to the top.

5. Bake for 20 to 22 minutes until the egg is cooked through. Serve hot.

**Nutritional Info:**

150 calories per serving, 7g fat, 4g carbs, 16g protein, 1g fiber

## **Blueberry Celery Smoothie – High Carb Day**

**Servings: 1**



### **Ingredients:**

- 1 large stalks celery, sliced
- $\frac{1}{2}$  cup frozen blueberries
- $\frac{3}{4}$  cups unsweetened almond milk
- $\frac{1}{4}$  cup ice cubes

### **Instructions:**

1. Combine the ingredients in a high-speed blender.
2. Blend for 30 to 60 seconds until smooth and well combined.
3. Pour into a glass and enjoy immediately.

### **Nutritional Info:**

115 calories per serving, 3g fat, 5g protein, 18g carbs, 5g fiber

## Banana Coconut Pancakes – High Carb Day

Servings: 6



### Ingredients:

- 1 ½ tablespoons coconut flour
- ¼ teaspoon baking powder
- Pinch salt
- 2 egg whites, lightly beaten
- 3 tablespoons unsweetened almond milk
- 1 teaspoon melted coconut oil
- ½ medium banana, peeled and sliced

### Instructions:

1. Combine the coconut flour, baking powder and salt in a medium mixing bowl.
2. In another bowl, beat together the eggs, almonds milk and coconut oil.
3. Whisk the dry ingredients into the wet ingredients until smooth then let rest 5 minutes.
4. Grease a large skillet/frying pan and heat it over medium-high heat.
5. Spoon the batter into the skillet/frying pan using 3 to 4 tablespoons per pancake.
6. Cook the pancake for 3 to 4 minutes until browned on the underside then flip and cook for another 2 to 3 minutes then serve with banana slices.

### Nutritional Info:

185 calories per serving, 7g fat, 24g carbs, 7g protein, 5g fiber

## **Sautéed Sweet Potato Hash – High Carb Day**

**Servings:** 1



### **Ingredients:**

- ½ large sweet potato, peeled and chopped
- 1 teaspoon chili powder
- Salt and pepper to taste
- ¼ teaspoon olive oil
- 3 tablespoons chopped yellow onion
- 2 teaspoons fresh chopped cilantro (coriander)
- ½ green onion, sliced

### **Instructions:**

1. Preheat the oven to 425°F/220°C.
2. Toss the sweet potatoes with the chili powder, salt and pepper then spread them on two rimmed baking sheets in a single layer.
3. Bake the sweet potatoes for about 30 minutes then remove from oven.
4. Heat the oil in a large skillet/frying pan over medium heat.
5. Add the peppers and onion then cook for 6 to 8 minutes until tender.
6. Transfer the vegetables to a large bowl and add the sweet potatoes.
7. Toss in the cilantro (coriander) and green onion then serve hot.

### **Nutritional Info:**

100 calories per serving, 2g fat, 21g carbs, 32 protein, 4g fiber

## **Dried Fruit and Banana Muffins – High Carb Day**

**Servings:** 12



### **Ingredients:**

- 3 tablespoons coconut oil, melted
- 2 large eggs, lightly beaten
- 2 overripe bananas (large), peeled and mashed
- 3 cups almond flour
- 1 teaspoon baking soda
- Pinch salt
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{2}$  cup chopped walnuts

### **Instructions:**

1. Preheat the oven to 325°F/170°C and line a regular muffin tin with paper liners.
2. Whisk together the coconut oil, eggs, and banana in a mixing bowl until smooth.
3. In another bowl, stir together the almond flour, baking soda and salt.
4. Whisk dry ingredients into the wet until smooth then fold in cranberries and walnuts.
5. Spoon the batter into the muffin pan, filling each cup about 2/3 full.

6. Bake for 25 to 30 minutes until a knife inserted in the center comes out clean.

**Nutritional Info:**

268 calories per serving, 22g fat, 15g carbs, 9g protein, 4g fiber

# Lunch Recipes

## **Carrot Ginger Bisque – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 1/3 cup chopped baby carrots
- 2 tablespoons chopped yellow onion
- ½ teaspoon minced garlic
- ¼ teaspoon fresh grated ginger
- ¾ cups vegetable or chicken broth
- Salt and pepper to taste
- 2 tablespoons unsweetened almond milk

### **Instructions:**

1. Place the carrots, onion, garlic, and ginger in a large saucepan and stir in the broth.
2. Bring the mixture to boil then reduce heat and simmer, covered, for 18 to 20 minutes until the carrots are very tender.
3. Remove the soup from the heat and puree with an immersion blender.
4. Return the soup to the heat and whisk in the almond milk.
5. Season with salt and pepper to taste and serve hot.

### **Nutritional Info:**

88 calories per serving, 4g fat, 11g carbs, 2g protein, 2g fiber

## Creamy Dijon Egg Salad – Low Carb Day

Servings: 1



### Ingredients:

- 1 ½ hardboiled eggs, peeled and chopped
- ½ medium stalk celery, diced small
- ½ green onion, sliced thin
- 2 teaspoons fresh chopped parsley
- 1 tablespoon homemade mayonnaise
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

### Instructions:

1. Stir together the eggs, celery, green onion, and parsley in a large bowl.
2. Add the mayonnaise and mustard and season with salt and pepper to taste.
3. Stir well then serve over a bed of lettuce.

### Nutritional Info:

280 calories per serving, 26g fat, 4g carbs, 10g protein, 1g fiber

## **Spinach Salad with Strawberries – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 2 cups fresh baby spinach, chopped
- ¼ cup fresh diced strawberries
- 1 ½ tablespoons extra-virgin olive oil
- ½ tablespoon red wine vinegar
- 1 teaspoon balsamic vinegar
- ½ teaspoon sesame seeds
- Salt and pepper to taste

### **Instructions:**

1. Place the spinach on a salad plate and top with strawberries.
2. Whisk together the remaining ingredients and drizzle over the salads to serve.

### **Nutritional Info:**

245 calories per serving, 23g fat, 12g carbs, 3g protein, 6g fiber

## Cream of Broccoli Soup – Low Carb Day

Servings: 1



### Ingredients:

- 2 cups fresh broccoli florets, chopped
- $\frac{1}{4}$  cup vegetable or chicken broth
- $\frac{1}{4}$  cup unsweetened coconut milk
- Salt and pepper to taste

### Instructions:

1. Boil a large pot of salted water then add the broccoli to it and boil for 5 minutes.
2. Drain the broccoli and set it aside – do not reserve the water.
3. Stir together the vegetable broth and coconut milk in a small saucepan over medium-high heat.
4. Bring the mixture to boil then stir in the broccoli and cook for 5 minutes.
5. Pour the soup into a blender and blend until smooth.
6. Season the soup with salt and pepper to taste then serve hot.

### Nutritional Info:

325 calories per serving, 43g fat, 13g carbs, 8g protein, 4g fiber

## **Spinach Avocado Salad with Raisins – High Carb Day**

**Servings:** 1



### **Ingredients:**

- 2 cups fresh baby spinach, packed
- 2 tablespoons thinly sliced almonds
- 2 tablespoons seedless raisins
- $\frac{1}{4}$  medium avocado, pitted and sliced
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- $\frac{1}{2}$  tablespoon minced yellow onion
- Pinch dry mustard powder

### **Instructions:**

1. Toss the spinach with the almonds and raisins then divide between two plates.
2. Top the salad with sliced avocado.
3. Whisk together the remaining ingredients and drizzle over the salad to serve.

### **Nutritional Info:**

385 calories per serving, 32g fat, 26g carbs, 5g protein, 8g fiber

## **Curried Cauliflower Soup – High Carb Day**

**Servings:** 4



### **Ingredients:**

- $\frac{1}{4}$  teaspoon coconut oil
- $\frac{1}{2}$  clove minced garlic
- $\frac{1}{4}$  cup chopped yellow onion
- $\frac{1}{4}$  lbs. cauliflower florets, chopped
- $\frac{3}{4}$  cup unsweetened coconut milk beverage
- $\frac{1}{2}$  teaspoon curry powder
- Salt and pepper to taste

### **Instructions:**

1. Heat the coconut oil in a small saucepot over medium heat then add garlic and onion.
2. Cook for 6 to 8 minutes until the onion is tender then stir in the cauliflower, coconut milk and curry powder.
3. Season with salt and pepper to taste then bring to a boil.
4. Reduce heat and simmer for 35 minutes until the vegetables are very tender.
5. Pour the soup into a blender and blend smooth then serve hot.

### **Nutritional Info:**

150 calories per serving, 7g fat, 16g carbs, 6g protein, 6g fiber

## **Avocado Mango Spring Salad – High Carb Day**

**Servings:** 1



### **Ingredients:**

- 2 cups spring greens, packed
- 2 tablespoons coarsely chopped walnuts
- $\frac{1}{4}$  ripe avocado, pitted and sliced
- $\frac{1}{4}$  ripe mango, pitted and sliced
- 1 tablespoon olive oil
- $\frac{1}{2}$  tablespoons red wine vinegar
- Pinch dry mustard powder
- Salt and pepper to taste

### **Instructions:**

1. Toss the spring greens with the walnuts then top the salad with the avocado and mango.
2. Whisk together the remaining ingredients and drizzle over the salads to serve.

### **Nutritional Info:**

390 calories per serving, 33g fat, 17g carbs, 5g protein, 7g fiber

## **Apple and Fennel Soup – High Carb Day**

**Servings:** 1



### **Ingredients:**

- $\frac{1}{4}$  teaspoon olive oil
- $\frac{1}{4}$  cup chopped yellow onion
- $\frac{1}{4}$  large fennel bulb, diced
- $\frac{3}{4}$  cups vegetable broth
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  teaspoon fresh grated ginger
- $\frac{1}{4}$  teaspoon fresh chopped thyme
- Salt and pepper to taste

### **Instructions:**

1. Heat the olive oil in a small stockpot over medium heat.
2. Stir in the onion and fennel then cook for about 6 to 8 minutes until the onion is tender.
3. Add the broth, apples, water, ginger, and thyme then season the soup with salt and pepper.
4. Reduce the heat and simmer the soup for 35 to 40 minutes until the vegetables and apples are very tender.

5. Pour the soup into a blender and blend smooth then serve hot garnished with fresh chopped parsley.
6. Serve hot garnished with fresh chopped parsley.

**Nutritional Info:**

140 calories per serving, 5g fat, 16g carbs, 4g protein, 4g fiber

# Dinner Recipes

## Rosemary Roasted Chicken – Intermittent Fast Day

Servings: 1



### Ingredients:

- 1 teaspoon coconut oil
- 1 chicken thigh, skin removed
- 1 chicken drumstick, skin removed
- Salt and pepper to taste
- 2 thin slices yellow onion
- 1 teaspoon dried rosemary
- 2 to 3 tablespoons vegetable or chicken broth

### Instructions:

1. Preheat the oven to 400°F/200°C.
2. Heat the oil in a medium skillet/frying pan over medium-high heat and season the chicken with salt and pepper to taste.
3. Add the chicken to the skillet and cook for 2 to 3 minutes on each side until lightly browned.
4. Place the onions in a small glass baking dish and place the chicken on top.

5. Sprinkle with rosemary then drizzle with broth.
6. Roast for 30 minutes then turn the chicken and roast for another 20 to 30 minutes until the juices run clear.

**Nutritional Info:**

405 calories per serving, 26g fat, 3g carbs, 38g protein, 1g fiber

## **Grilled Salmon with Balsamic Glaze – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 ½ tablespoons balsamic vinegar
- 1 ½ tablespoons cooking sherry
- 1 teaspoon fresh lemon juice
- 1 (6-ounce) boneless salmon fillets
- ½ teaspoon olive oil
- Salt and pepper to taste

### **Instructions:**

1. Whisk together the balsamic vinegar, cooking sherry, and lemon juice in a small saucepan.
2. Bring the mixture to a steady boil and cook for 15 minutes or so until reduced by half.
3. Preheat the grill to medium-high heat and brush the grates with olive oil.
4. Brush the fillets with oil then season with salt and pepper to taste.
5. Cook the fillets for 5 minutes on each side until just opaque in the center.

6. Serve the fillets hot drizzled with balsamic glaze.

**Nutritional Info:**

405 calories per serving, 25g fat, 9g carbs, 32g protein, 0g fiber

## **Hearty Beef Stew – Intermittent Fast Day**

**Servings:** 4



### **Ingredients:**

- 1 teaspoon coconut oil
- ¼ cup diced yellow onion
- ¼ cup chopped celery
- 1 small carrot, peeled and chopped
- ½ medium sweet potato, peeled and cubed
- ¼ lbs. beef stew meat
- ½ (14.5-ounce) can diced tomatoes
- 1 cup beef stock or broth
- ¼ teaspoon fresh chopped thyme
- Salt and pepper to taste

### **Instructions:**

1. Heat the coconut oil in a large stockpot over medium-high heat.
2. Add the onions, carrots, celery and sweet potato and cook for 4 to 5 minutes.
3. Stir in the beef along with the tomatoes, stock, and thyme.
4. Season with salt and pepper to taste.

5. Cover and cook for 1 hour over medium-low heat, stirring occasionally.
6. Uncover and cook the stew for another 45 minutes until hot and thick. Serve hot.

**Nutritional Info:**

350 calories per serving, 16g fat, 25g carbs, 28g protein, 6g fiber

## **Almond-Crusted Tilapia Fillets – Intermittent Fast Day**

**Servings:** 1



### **Ingredients:**

- 1 (6-ounce) boneless tilapia fillets
- 1 teaspoon olive oil
- Salt and pepper to taste
- 2 tablespoons almond flour
- 1 tablespoon finely chopped almonds
- Lemon wedge

### **Instructions:**

1. Preheat the oven to 350°F/180°C and line a baking sheet with parchment.
2. Brush the fillet with olive oil and season with salt and pepper to taste.
3. Combine the almond flour and chopped almonds in a shallow dish then dredge the fillet in the mixture until coated.
4. Place the fillet on the baking sheet and bake for 12 to 15 minutes until the flesh flakes easily with a fork.

5. Serve hot with lemon wedges.

**Nutritional Info:**

305 calories per serving, 16g fat, 4g carbs, 36g protein, 2g fiber

## Fried Zucchini Fritters – High Carb Day

Servings: 1



### Ingredients:

- 1 medium zucchini (courgette), grated
- 2 large egg whites, lightly whisked
- 1 tablespoon coconut flour
- 1 teaspoon tapioca starch
- Salt and pepper to taste
- 2 tablespoons olive oil

### Instructions:

1. Spread the zucchini in a colander or on paper towel and sprinkle liberally with salt.
2. Let the zucchini stand for 10 minutes then rinse well and wring out as much water as you can.
3. Place the zucchini in a bowl and stir in the coconut flour, tapioca starch, and egg – season with salt and pepper to taste.
4. Heat the oil in a large skillet/frying pan until very hot.
5. Drop the zucchini mixture into the skillet/frying pan using a  $\frac{1}{4}$  cup and cook for 3 to 4 minutes until lightly browned and crisp.

6. Flip the fritters and cook for another 3 minutes on the other side until browned.
7. Transfer to paper towels to drain and repeat with the remaining batter.

**Nutritional Info:**

325 calories per serving, 26g fat, 17g carbs, 8g protein, 7g fiber

## Cream of Mushroom Soup - High Carb Day

Servings: 1



### Ingredients:

- $\frac{1}{4}$  cup whole cashews, raw
- $\frac{3}{4}$  cups boiling water
- 1 teaspoon olive oil
- 2 ounces sliced mushrooms
- $\frac{1}{2}$  small shallot, chopped
- $\frac{1}{2}$  clove minced garlic
- $\frac{3}{4}$  cups vegetable broth
- Pinch dried thyme
- Salt and pepper to taste

### Instructions:

1. Put the cashews in a medium bowl and pour in the boiling water.
2. Let the cashews soak for 30 minutes then drain them, reserving the water, and put them in a food processor.
3. Blend the cashews, adding up to  $\frac{1}{2}$  cup of the reserved water, until it forms a creamy mixture.
4. Heat the oil in a saucepan over medium heat.

5. Stir in the mushrooms, shallots and garlic and cook for 8 to 10 minutes until the liquid from the mushrooms has cooked off.
6. Add the vegetable broth, thyme, salt and pepper and cook for 5 minutes.
7. Whisk in the cashew cream then remove from heat and puree until smooth.

**Nutritional Info:**

240 calories per serving, 19g fat, 13g carbs, 6g protein, 2g fiber

# **Spinach-Stuffed Portobello Mushroom Caps - High Carb Day**

**Servings:** 1



## **Ingredients:**

- 1 large Portobello mushroom cap
- ½ small red pepper, cored and diced
- 2 tablespoons diced red onion
- 2 tablespoons sliced green olives
- Olive oil, as needed
- ½ clove minced garlic
- ½ cup frozen spinach, thawed and drained
- 1 tablespoon coconut flour
- Salt and pepper to taste

## **Instructions:**

1. Preheat the oven to 400°F/200°C.
2. Use a damp paper towel to clean the mushroom then remove and chop the stems.
3. Place the chopped stems in a bowl and stir in the onions, red pepper, and olives.

4. Heat 1 teaspoon oil in a skillet over medium heat and add the garlic and frozen spinach.
5. Cook for 4 minutes until the spinach is warmed then transfer the mixture to the bowl with the vegetables and stir well.
6. Transfer the mixture to a food processor and pulse several times to chop.
7. Add in the coconut flour then blend well – season with salt and pepper to taste.
8. Brush the mushroom cap with oil then spoon the spinach mixture onto it.
9. Place the mushroom cap on a baking sheet and bake for 17 to 24 minutes until tender and heated through.

**Nutritional Info:**

260 calories per serving, 14g fat, 20g carbs, 7g protein, 7g fiber

## **Sweet Potato and Pesto Zucchini Pasta - High Carb Day**

**Servings:** 1



### **Ingredients:**

- ½ large zucchini (courgette)
- 1 teaspoon coconut oil
- ½ medium sweet potato, peeled and chopped
- ¼ cup fresh packed basil leaves
- 2 tablespoons fresh young coconut meat
- 1 teaspoon olive oil
- ½ tablespoon lemon juice
- Salt and pepper to taste
- ½ cup fresh arugula (rocket), packed

### **Instructions:**

1. Use a vegetable peeler or spiralizer to peel the zucchini into long, noodle-like threads.
2. Heat the coconut oil in a large skillet/frying pan over medium heat and add the sweet potato.

3. Cook for 8 to 10 minutes, stirring often, until the sweet potato is tender.
4. In a food processor, combine the basil, coconut, olive oil, and lemon juice – blend smooth into a pesto mixture.
5. Place the zucchini in a bowl and toss with the pesto mixture until well coated.
6. Transfer the zucchini and pesto mixture to the skillet/frying pan and season with salt and pepper to taste.
7. Stir in the arugula then cook for 2 minutes until the arugula is just wilted.

**Nutritional Info:**

220 calories per serving, 14g fat, 20g carbs, 2g protein, 3g fiber

## **Herb-Roasted Pork Tenderloin – Low Carb Day**

**Servings:** 2



### **Ingredients:**

- 1 lbs. boneless pork tenderloin
- Salt and pepper to taste
- 1 teaspoon olive oil
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh chopped thyme
- 1 teaspoon fresh chopped sage
- 1 teaspoon minced garlic

### **Instructions:**

1. Preheat the oven to 350°F/180°C and season the tenderloin with salt and pepper to taste.
2. Heat the oil in a large roasting pan over medium-high heat.
3. Add the tenderloin and cook for 2 to 3 minutes on each side until lightly browned.
4. Combine the rosemary, thyme, sage, and garlic in a bowl and stir well then spoon over the tenderloin.

5. Transfer the roasting pan to the oven and roast the tenderloin until the internal temperature reads 140°F or 145°F.
6. Remove the tenderloin to a cutting board and let rest for 15 minutes before slicing to serve.

**Nutritional Info:**

395 calories per serving, 32g fat, 1g carbs, 104g protein, 0g fiber

## **Baked Swordfish with Mango Salsa – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- 1 (6-ounce) boneless swordfish fillets
- $\frac{1}{2}$  teaspoon olive oil
- Salt and pepper to taste
- $\frac{1}{4}$  teaspoon chili powder
- Pinch of paprika
- $\frac{1}{4}$  large ripe mango, pitted and diced
- 1 tablespoon fresh chopped cilantro
- 2 teaspoons minced red onion
- 1 teaspoon fresh lime juice
- Pinch ground cumin

### **Instructions:**

1. Preheat the oven to 350°F/180°C.
2. Lightly brush the fillet with olive oil then season with salt and pepper to taste.
3. Combine the chili powder and paprika in a small bowl then sprinkle over the fillet.

4. Place the fillet on a baking sheet and bake for 12 to 15 minutes until the flesh flakes easily with a fork.
5. Meanwhile, combine the remaining ingredients in a bowl and stir well.
6. Serve the fillet hot with the mango salsa.

**Nutritional Info:**

365 calories per serving, 18g fat, 10g carbs, 40g protein, 1g fiber

# **Beef and Mushroom Stroganoff – Low Carb Day**

**Servings:** 1



## **Ingredients:**

- $\frac{1}{4}$  lbs. boneless beef chuck roast (braising steak), cut into chunks
- Salt and pepper to taste
- $\frac{1}{2}$  teaspoon coconut oil
- $\frac{1}{4}$  yellow onion, diced
- 1 tablespoon cooking sherry
- $\frac{1}{4}$  cup beef broth
- 1 ounce sliced mushrooms
- 1 tablespoon canned coconut milk

## **Instructions:**

1. Season the beef with salt and pepper to taste.
2. Heat the oil in a small skillet over medium-high heat and add the beef – cook for 2 to 3 minutes, stirring often, until lightly browned.
3. Add the onions and cook for another 4 to 5 minutes until tender.
4. Stir in the cooking sherry and bring the mixture to a boil – reduce heat and simmer until the liquid is reduced by half.
5. Add the beef stock then bring to a boil again.

6. Reduce heat and simmer for 45 minutes until the beef is tender.
7. Stir in the mushrooms and coconut milk and cook for another 5 minutes then stir in the parsley. Serve hot.

**Nutritional Info:**

380 calories per serving, 22g fat, 4g carbs, 33g protein, 1g fiber

## **Chicken Cacciator – Low Carb Day**

**Servings:** 1



### **Ingredients:**

- $\frac{1}{2}$  teaspoon coconut oil
- 1 bone-in chicken thighs, skins removed
- Salt and pepper to taste
- $\frac{1}{2}$  clove minced garlic
- $\frac{1}{2}$  small red bell pepper, cored and chopped
- $\frac{1}{4}$  medium yellow onion, chopped
- 2 tablespoons cooking wine or sherry
- $\frac{1}{4}$  cup diced tomatoes
- $\frac{1}{4}$  cup chicken broth
- 1 tablespoon fresh chopped basil leaves
- $\frac{1}{2}$  teaspoon fresh chopped oregano
- 1 teaspoon capers, drained

### **Instructions:**

1. Heat the oil in a medium skillet over medium-high heat and season the chicken with salt and pepper to taste.
2. Add the chicken to the skillet and cook for 4 to 5 minutes on each side until browned.

3. Remove the chicken to a plate.
4. Reheat the skillet over medium-high heat and add the garlic, peppers, and onion – cook for 4 to 5 minutes until the onions are tender.
5. Stir in the cooking wine and cook until it is reduced by half then stir in the tomatoes, chicken broth, oregano, basil, and capers.
6. Add the chicken back to the skillet and simmer over medium-low heat for 30 minutes or until cooked through. Serve hot.

**Nutritional Info:**

240 calories per serving, 8g fat, 9g carbs, 24g protein, 2g fiber