



### STIR FRY BEEF & BROCCOLI

#### INGREDIENTS:

- 1 Pound beef (sirloin, skirt steak or boneless short rib)
- 1 to 2 Heads broccoli, break into florets
- 2 Cloves garlic, minced
- 2 Pieces thin sliced ginger, finely chopped
- Ghee, coconut oil or avocado oil

#### Beef Marinade:

- 2 Tbsp. coconut aminos
- 1/2 Tsp salt
- 1 Tbsp. sesame oil
- 1/4 Tsp black pepper
- 1 Tsp arrowroot or tapioca flour
- 1/4 Tsp baking soda
- 1 Tsp fresh minced garlic (or 1/4 teaspoon garlic powder)

#### Sauce:

- 2 Tbsp. coconut aminos
- 1 Tbsp. fish sauce
- 2 Tsp sesame oil
- 1/4 Tsp black pepper

#### For Garnish:

- 4 Scallions, sliced
- Sesame seeds
- Red pepper flakes

#### DIRECTIONS:

Mix all marinade ingredients together in a shallow bowl or dish. Slice beef into 1/4 inch thin strips and add to marinade for 10 - 15 minutes while you prep the rest of the recipe, or marinate overnight in the refrigerator.

Place broccoli florets in a microwave safe container. Add 1-2 tbsp. water. Loosely covered with a lid or wet paper towel and microwave for 2 mins.

Cook until broccoli tender but still crunchy or blanch broccoli in boiling water for about 2 minutes to tender but still crunchy. Set Aside.

Mix the sauce ingredients in a small bowl. Set aside. Heat a wok or stir fry pan over medium high heat w/ 1 1/2 tbsp. ghee or other oil. When hot, lower the heat to medium, add garlic and ginger. Season w/ a pinch of salt & stir-fry until fragrant - about 10-20 seconds.

Turn up the heat to medium-high, take beef out of the marinade and add the beef to the pan. Spread evenly over the bottom of the pan and cook until the beef is slightly darkened and crispy on one side then do the same thing on the other side. Don't cook all the way through only about 3/4 of the way. Add Sauce. Finish cooking by mixing sauce and beef together in the pan for 1 minute. Add broccoli. Toss everything together and stir-fry for 30 secs.

Serve over cauliflower rice and top with scallions, sesame seeds and red pepper flakes.

### FLATBREAD PIZZA

#### INGREDIENTS:

**Crust** – use recipe for [Grain-Free and Delicious Flatbread](#) (page 224) or buy [Outer Isle](#) Sandwich Thins

#### Choice of Toppings:

- Sugar Free Marinara
- Fresh Pesto (page 229)
- Choose cheese(s): mozzarella, feta, goat, gouda, pecorino, parmesan, manchego
- Fresh veggies - mushrooms, spinach, bell pepper, broccoli, tomato, onion etc.
- Other veggies - olives, roasted red pepper, sundried tomato, peppercini
- Proteins – sausage, chicken, pepperoni, hamburger

#### DIRECTIONS:

Pre-heat oven to broil. Follow recipe instructions for Flatbread. One third of the recipe is one serving for this meal. Top finished flatbread with options of your choice, place under broiler for 1-2 minutes until cheese is bubbling! Enjoy!

Serving size is one Flatbread Pizza

### GARLIC ROASTED NEW POTATOES

#### INGREDIENTS:

- 1.5 Pounds small red or white potatoes
- 1/8 Cup good olive oil
- 3/4 Tsp kosher salt
- 1/2 Tsp freshly ground black pepper
- 1 Tbsp. minced garlic (3 cloves)
- 1 Tbsp. minced fresh parsley or rosemary

#### Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.

Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

### OVEN ROASTED ASPARAGUS

#### INGREDIENTS:

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil or melted ghee
- 1 ½ tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice

#### DIRECTIONS:

Preheat an oven to 425 degrees

Place the asparagus into a bowl, and drizzle with the olive oil or ghee. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until tender, 12 to 15 minutes. Sprinkle with lemon juice just before serving.

### PESTO SCRAMBLED EGGS

#### INGREDIENTS:

- 1Tbsp. of butter or coconut oil
- 4 Eggs
- 1-2 Tbsp. Fresh Pesto (page 229)

Melt butter or oil in a skillet over medium heat. Crack eggs into the pan and scramble for about a minute very gently in the pan, combining the yolks and white loosely. This allows for colors to show yellow and white. Add the pesto and combine the eggs and pesto gently. Cook until no longer runny.

Serve with an extra dollop of pesto.

This meal plan is optional. Feel free to follow this or use your own meals following the no sugar or grains guidelines. Also swap out recipes not listed on this weeks plan with others in the Eat Live Thrive Diet book.

### Breakfast Options:

For those Intermittent Fasting using the ELT Eating Cycle, you may be skipping your morning meal and having two meals per day and 1-2 snacks instead. Simply choose the meals you most prefer!

Any breakfast (or meal) may be substituted with your choice of an ELTD smoothie (page 186). Note: You may substitute 1 tablespoon nut butter in place of coconut oil in any recipe.

### Quick Meal Options:

For a quick easy meal, create a "Meal bowl" using pre-cooked or frozen cauliflower rice, chopped veggies, grilled chicken, beef or shrimp, shredded cheese, avocado, salsa, diced chilies, chopped scallion and cilantro.

### Drinks:

- Sparkling water – plain, with splash of unsweetened cranberry juice, or 2 tablespoons of ELTD cleansing drink, sweetened with stevia or Monk Fruit Extract
- Coffee
- Herbal Tea (hot or cold)
- Water - optional lemon or cucumber

### Snack Options:

Maximum 2 per day:

- Turkey roll up: 2 oz. sliced turkey wrapped around 1/4 of avocado (mustard optional)
- 1/2 an apple or 1/2 banana with 1 tablespoon sunflower, almond or peanut butter
- 1/2 an apple or pear with 1 ounce of cheese
- Anytime Egg Muffin ([see recipe](#))
- Leftover Salmon/Tuna patty (page 207)
- Hardboiled egg and 1/2 apple
- 1 orange & 10 almonds
- One ELTD muffin of choice (lemon poppy-seed, snicker-doodle or carrot apple pumpkin)
- 1 oz. Chocolate Bliss Squares (page 232)
- 1 Energy Bite (page 233)
- 1/4 cup of nuts
- 3/4 cup fresh or frozen berries
- 10 medium black or green olives
- 1 Sun Cookie (page 231)
- 1 Chocolate Coconut Macaroon (page 232)
- 1 Serving - Fast Creamy Sorbet (page 230)
- 1/2 Banana Mug Cake (page 233)

### No Grain Noodle Alternatives

[Better Than Pasta](#), [Miracle Noodles](#), Zoodles, Spaghetti Squash, Sautéed shredded cabbage, [Heart of Palm Pasta](#).

### Frozen Pizza Crust & Sandwich Thins

We choose [Outer Isle](#) because it only has 4 simple ingredients. Most others we have found have some form of grain or ingredients that we don't care for.

### Mikey's Grain-Free English Muffins

Find these in the freezer section of many markets. They may be used as an alternative to our ELTD Grain-Free English Muffins (page 188)