

SOUTHWESTERN CHICKEN SALAD

SALAD INGREDIENTS:

- 1 Bag of Prewashed Mixed Greens of Your Preference
- 8-12 Ounces of roasted or canned chicken
- ¼ Cup finely chopped scallions
- ½ Cup roughly chopped jicama
- ½ Cup roughly chopped black olives
- 1 – 4 Ounce can mild green chilies
- 1 Avocado roughly chopped
- 1 Tsp. Cumin
- ½ Tsp. sea salt
- ¼ Tsp. ground pepper
- ¼ Cup organic salsa plus extra for garnish
- Siete Grain Free Tortilla Chips*

*Visit their website to find a store that carries them near you or buy online at: www.sietefoods.com

DRESSING:

¼ Cup Creamy Ranch Dressing (page 199)
Mixed with ¼ cup organic salsa of your preference

DIRECTIONS:

Mix dressing ingredients together in a small bowl

Mix all salad ingredients (except for Siete chips and salsa) in a salad bowl large enough to toss dressing. Add dressing to desired wetness. Plate

salad in large bowls or on a dinner plate. Tops with 1 to 2 tablespoons of salsa can crumble 4-6 chips on top for crunch.

Makes 2-3 Servings.

EASY ROASTED BROCCOLI

- 16 ounces Broccoli, raw
- 1 tablespoon Oil, olive, salad or cooking
- 1 pinch Salt, table

DIRECTIONS:

Preheat oven to 400 degrees F (200 degrees C).

Cut broccoli florets from the stalk. Mix florets with olive oil in a bowl and transfer to a baking sheet; season with salt and pepper.

Roast in the preheated oven until broccoli is tender and lightly browned, about 18 minutes.

Serve immediately.

SLOW-COOK CHILI (page 217)

We have done a modification to this recipe to bring down the level of starchy carbohydrate.

If choosing to use beans in this recipe, modify it by reducing the canned beans down to 1 can of beans of your choice only and replacing the balance of beans with 2-3 cups of diced carrot and 2 chopped orange or red bell pepper. Or you may choose to omit the beans completely.

ZUCCHINI PIZZA BOATS

INGREDIENTS:

- 2 Large zucchini
- 1 Tsp. sea salt
- 1 Tbs. olive or avocado oil
- 1.5 Minced garlic cloves or 1 Tbs. pre-minced cloves
- 6 Ounces ground turkey
- ½ Tsp. chili powder
- ¼ ground black pepper
- ½ (14.5 ounce) can diced tomatoes, drained
- ¼ Cup grated or shaved Parmesan cheese
- 1 Tbs. fresh chopped parsley
- 2 Tbs. water

DIRECTIONS:

Preheat Oven to 400 degrees F with rack in center position.

Prep Zucchini Boats:

Slice ½ inch off the top lengthwise and use melon baller to scoop out insides to ¼ inch thick shell. Chop scooped out zucchini and set aside. Set boats in baking dish and sprinkle insides with ½ tsp. salt.

In a large skillet, heat oil over medium heat. Add garlic and cook 30 – 60 seconds until fragrant.

Add turkey, chili powder, ½ tsp. salt and ¼ tsp. pepper. Break up turkey into small crumbles and cook about 5 minutes until golden brown. Use slotted spoon to transfer meat to a plate – leaving excess fat in pan. Add the chopped zucchini to the fat in pan and cook at medium-high until liquid has evaporated – about 15 minutes.

In a medium bowl, combine turkey, cooked zucchini, drained tomatoes, and 2 tbs. Parmesan cheese, parsley, and ½ tsp. salt and ¼ tsp. pepper. Stir until well mixed.

Stuff Zucchini Boats:

Shells will release liquid after salting, so wipe out liquid with a paper towel, and fill each boat with turkey filling dividing evenly between the zucchini. Press firmly to make sure they are well filled.

Bake Zucchini Boats:

Pour 2 tbs. water into bottom of baking dish and cover tightly with foil. Bake for 15-20 minutes

until a paring knife can be easily inserted into shell. Remove foil and top with 2 tbs. Parmesan

cheese. Bake for another 10-15 minutes, until cheese is melted to a golden brown. Serve hot.

Serving size – 1 Zucchini Boat

Calories: 230

Protein: 20 grams

Carbohydrate: 13 grams

Fat: 12 grams

CRUNCHY COLD SEAFOOD SALAD

SALAD INGREDIENTS:

- 1 Large head iceberg lettuce chopped in bite-sized pieces*
- 12-16 Ounces cooked frozen or fresh shrimp**
- 8 Ounces frozen organic peas (do not pre-thaw)
- ¼ Cup finely chopped scallions
- ½ Canned water chestnuts (drained) and rough chopped
- 1 Large lemon
- ¼ Cup toasted slivered almonds***

* You may substitute romaine lettuce or use a combo of both if preferred

** Thaw cooked frozen shrimp and pat very dry. You may also substitute canned or fresh salmon

*** Can find these in most produce sections of store – check ingredients for unwanted additives

DRESSING INGREDIENTS:

- ½ - ¾ Cup avocado mayonnaise (depending upon how much dressing you prefer)
- ½ Tsp. garlic powder
- 1 Tsp. onion powder
- ½ Tsp. salt
- ¼ Tsp. pepper
- 2 - 4 Tbs. white vinegar or rice vinegar (use this to thin dressing to desired consistency)

DIRECTIONS:

In a small bowl, mix avocado mayonnaise with seasonings. Add the zest of ½ to a whole lemon. Thin the dressing to desired consistency with vinegar. Set aside.

Chop lettuce and place in very large salad bowl that provides ample room for tossing the dressing. Use the juice of the remaining lemon and squeeze it over the shrimp before adding to the greens. Add in frozen peas, chopped scallions, and water chestnuts. Toss in the dressing to desired amount. Let salad “rest” for 5 minutes for peas to slightly thaw and the ingredients to absorb the flavor of the dressing.

Just before serving, toss in toasted almonds so they stay crunchy.

Makes 3 to 4 servings.

GRAIN FREE MEAT LOAF

INGREDIENTS:

- 1 Pound grass fed ground beef or organic ground turkey
- 1 Organic free range egg lightly beaten
- 1 Medium white or yellow onion finely chopped
- 2 Cloves garlic chopped (or 1 Tbsp. organic pre-chopped)
- 1/2 Cup [Italian Nut Crumbs](#)*
- 1/2 Tsp. salt
- 1/4 Tsp. ground pepper
- 3 Tbsp. Low Sugar Catsup (recipe below)
- 1 Tsp. Dijon mustard

*May substitute 1/2 cup almond flour for Nut Crumbs and add 1 Tsp. Italian seasoning or Herbs de Provence

DIRECTIONS:

Preheat oven to 375 degrees F.

In a large bowl, combine the meat, eggs, nut crumbs or almond flour, 3 Tbsp. Healthy Catsup, onion, garlic, salt, mustard, and black pepper. Mix until well blended.

Transfer the mixture to a 9 x 5 loaf pan and bake in the preheated oven for 20 minutes. After 20 minutes, remove and spread 1/3 cup of the Healthy Catsup on top of the loaf and return to oven and continue to bake for 10-15 or more minutes until center is cooked to an internal temp of 160 degrees F. Allow Meat Loaf to rest for 10 minutes before slicing.

Serve garnished with chopped parsley if desired.

Makes 4 Servings.

LOW SUGAR CATSUP

INGREDIENTS:

- 1 - 6 ounce can or jar of tomato paste
- 2 Tbsp. water
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. maple syrup*
- 1 Tsp. garlic powder
- 1 Tsp. onion powder
- 1/2 Tsp. sea salt

*Bump up sweetness if you prefer with 1/16 tsp. of monk fruit extract

DIRECTIONS:

Combine tomato paste and water in a saucepan and heat over medium heat. Just as the mixture starts to boil, turn off heat. Add the rest of the ingredients and stir well. Remove from heat and cool to room temperature. Add additional water if you want a thinner consistency.

Store leftover in an airtight container. Keeps for up to 4 weeks in fridge.

RESISTENT* STARCH HOME FRIES

Missing French fries? With this easy and healthy alternative, you won't anymore!

*By precooking potatoes and cooling for at least 12 hours in fridge, the starch becomes more resistant to quick release which can save calories and improve blood sugar balance. The cooled

potatoes are also much easier to slice into segments for Home Fries

INGREDIENTS:

- 2 Medium Russet baking potatoes
- 2-3 Tbs. Extra virgin olive oil
- Sea salt
- Optional: 1 Tsp dried herbs such as Herbs de Provence

DIRECTIONS:

Preheat oven to 550 degrees F.

Scrub potatoes, rinse and dry well. Using a pastry brush, coat each entire potato in olive oil and then dust all over with sea salt. Place in oven for 45-60 minutes until a sharp knife slips through

skin and into center of potato easily. Remove from oven and cool on counter for one hour.

Place in a container and put in fridge for a minimum of 12 hours.

Prep Home Fries:

Preheat oven to 450 degrees F. Cut potatoes into large wedges and place on a baking sheet. Use parchment paper on base of baking sheet if you have it to save on clean up. Brush inside surfaces of potatoes with a light coating of olive oil and dust with sea salt. Dust with herbs if desired. Place in oven and

bake for about 10-15 minutes until golden brown. If you want them extra crispy, place under the broiler and watch carefully for 1-3 minutes.

Serving Size: ½ potato.

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)