



### **Green Eggs & Goat Cheese**

Starting your morning off with protein, fiber and healthy fat is a sure way to stabilize your insulin and balance your hormones. Oh, and keep away those pesky carb cravings!

3 eggs (scrambled)

Add 3 cups of greens (I added kale & spinach) when eggs were half done. Add 2 oz goat cheese as you're finishing and top with 1/4 avocado.



### **Fat Blasting Afternoon Pick Me UP**

When you start to stabilize your insulin and balance your hormones you'll be able to go 5-6 hours without ever thinking about food. Yes, it's true. If you're constantly feeling hungry (even an hour after eating) what you're eating is not optimal for you. Making sure that you have your body work FOR YOU rather than against you is critical when it comes to fat loss and weight loss.

Slice up a whole cucumber (you could also use celery, parsnips or bell peppers).

1/2 avocado mashed

2 oz goat cheese

Everything bagel spice on top as desired!

This was so delicious and great to share with a friend. It is a perfect snack between lunch and dinner IF YOU NEED ONE!



### **Simple Salmon Salad**

This is one of my favorite recipes because it's quick and easy. You can take a frozen salmon filet and place 2 tbsp coconut oil in a frying pan on medium-high heat. I sprinkle Old Bay seasoning on the top and cook for 3-5 minutes and flip and repeat.

I put the salmon filet on a 1/3 of a bag of chopped salad and I either have 1/4 avocado or 2 ounces of goat cheese. For dressing I use Simply 60.



## Gluten Free Meatballs & Spaghetti Squash

2 lbs lean ground beef  
 4 strips of bacon (must cook them)  
 4 garlic cloves, (minced)  
 1 egg  
 1 tbsp dried oregano  
 1 tbsp fresh parsley  
 2 tbsp cocoa powder  
 2 tbsp grape jelly  
 1 cup grated mozzarella cheese  
 1 tsp black pepper  
 1 tsp himalayan salt  
 1/2 tsp red pepper flakes



**\*\* Pull apart two pieces of gluten free bread and add into the mixture (optional)**

Preheat over to 350 degrees. While you're cooking your bacon and prepping your meatballs you will cook your spaghetti squash and brussels sprouts. Line two baking sheets with foil and set aside. Cook bacon ahead of time, break up the 4 piece and toss them into the meatball mixture. Combine all ingredients until mixed well. Shape mixture into equal sized balls, about 2 tbsp. Don't pack them too tightly.

Arrange on the lined baking sheets, about 12 per sheet. Bake in the oven for about 30 minutes.

Topping: I put 1/3 cup ketchup in a small pan with 2 tbsp grape jelly and drizzled on top of the meatballs. I used an organic, low sugar spaghetti sauce over my spaghetti sauce.

**Awesome Tip:** You can serve these right away or freeze for later. Make sure they are completely cooled before freezing. Freeze in desired portions in freezer bags.



## Crock Pot Chicken & Roasted Veggies

Simple and easy is the only way I want to cook. Simply put thawed chicken into your crockpot and cover with low sodium gluten free chicken broth. Add spices of your choice. Put on low and let it cook for 4-5 hours (time depends on crock pots).

**Roasted Veggies:** I used asparagus and onions but this works for all. Preheat over to 350. I heat up coconut oil and toss my veggies in 2-4 tbsp of coconut oil. Season with spices I want. Bake for 20-30 minutes or desired texture.

I also added Aleia's Gluten Free Savory Stuffing Mix.

I topped my chicken with Avocado Hummus. 1/4 avocado mashed. 4 tbsp pesto hummus. Mix together and place on top! Delicious!



## Fat Bombs

Sometimes I like something sweet and decadent. These are absolutely delicious and good for you! Now remember, 1-2 is a serving. Overindulgence in anything is not good.

1/2 cup almond butter  
1/2 cup coconut oil  
1/4 cup cocoa powder  
Dash of pink salt  
2 tbsp truvia granulated sweetener

Heat on stovetop until sweetener is dissolved. I use a whisk so there are no chunks. Pour into mini muffin tins (liners make it easier to pop them out). If there is sweetener at the bottom on the pan, divide it up between the cups. Freeze for 10 minutes and then take out and put into freezer bags. Store in freezer.