

*The
Marble
Method*

Tasty Recipes!

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Bacon Breakfast Cups

INGREDIENTS:

4 eggs

4 slices of precooked bacon (if you are using raw bacon, make sure to heat it up so it is cooked about 50% before placing it into the molds)

DIRECTIONS:

Preheat oven to 400F. Spray muffin tin with pam spray. Line muffin pans with bacon so that it circles each mold. Break an egg into the center of each mold. Bake for about 8 minutes or until egg is cooked to the doneness of your liking. Serve while warm.



Almond Butter Banana Shake

2 scoops Arbonne Protein Powder,
1 tbsp of Almond Butter (all natural),
1/4 c oatmeal, 1/2 frozen banana (sliced in chunks),
2-3 ice cubes,
mix in a blender with 1/2-3/4 cup of water or unsweetened coconut milk or almond milk
Blend and service.

Green Protein Smoothie

2 scoops Arbonne Vanilla Protein Powder
2 cups of spinach
6 ice cubes
1/2c water or unsweetened coconut milk
2 packets of stevia

2 tbsp os PB2

Blend and Serve.

Chicken Salad

1 can chicken in water or you can use pulled rotisserie chicken (my favorite)

2 tbsp paleo mayonnaise

3/4 cup grapes (sliced)

1/2 cup apples (diced)

1/4 celery (diced)

1/2 cup pecan halves



Combine all the ingredients, serve on spinach or wrap in lettuce wraps.

Lime Mahi Mahi with Avocado-Chili Salsa

Serves: 4

Ingredients

4 portions of mahi mahi (6-8 ounces each)

2 limes, juiced

2 inches fresh ginger root, grated

3 tbsp gluten free soy sauce

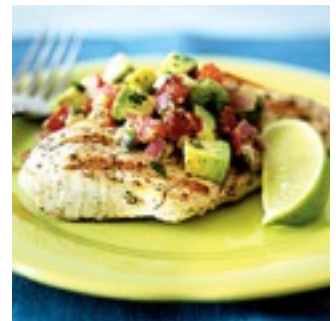
1 tbsp olive oil

4 lemon slices

Combine the lime juice, soy, ginger, and a dash of oil in a shallow dish. Turn the mahi mahi in the citrus soy marinade and let it sit for 10 minutes. Preheat skillet on medium heat. Cook with marinade for 6 minutes per side for a 1-inch fillet or until fish is firm and opaque. Garnish with a slice of lemon or lime and serve.

Salsa:

1 ripe avocado, cut into 1/4-1/2 inch chunks



2 plum tomatoes, cut into 1/2 inch chunks

1 jalapeno pepper, seeded and minced

1 lime, juiced

1/2 tsp kosher salt

Combine all of the ingredients in a large, nonreactive bowl (glass, stainless steel, or glazed ceramic), and mix gently with a spoon. Set aside. You can prepare this salsa up to a few hours before serving and store it in the refrigerator in a covered container.

Make-It-Your-Own Stir-Fry

Group 1 Veggies

Broccoli Florets

Cauliflower

Sweet Peppers

Celery

Onions

Green Beans

Pea Pods

Zucchini

Mushrooms

Carrots

Group 2 Veggies

Sweet Potatoes (cubed)

Parsnips (cubed)

Potatoes

Butternut Squash (cubed)

Yams

Acorn Squash

Sauces

Sweet-n-Sour Sauce

Toppers

Snipped fresh cilantro

Sesame seeds

Chopped almonds, hazelnuts, walnuts

Pumpkin Seeds

Just-A-Dash

Chili-garlic sauce

Fish Sauce

Gluten Free Soy Sauce

Start to Finish

1 tbsp coconut oil

4 servings of protein (thinly sliced if meats)

4-5 cups of Group 1 Veggies

2 cloves garlic, minced

1-2 cups of Group 2 Veggies



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1 Recipe sauce

1 Topper

How to:

In an extra-large skillet or wok heat oil over medium-high heat. Add Group 2 Veggies and garlic; cook and stir for 3-5 minutes or until tender. Add in protein and constantly stir for 5 minutes. Add Group 1 Veggies; cook and stir for 5 minutes or more until veggies are crisp-tender. Push veggies to the sides of skillet. Add Sauce to the center of the skillet; cook and stir until slightly thickened and bubbly. Stir veggies into sauce to coat; heat through. Transfer veggie mixture to a serving dish and add a topper and just a dash. Makes 4 Servings.

Sweet-n-Sour Sauce

1/4 c pineapple juice

6 tbsp chicken stock

1/4 c ketchup

5 tbsp (packets) of stevia

3 tbsp apple cider vinegar

3 tbsp gluten free soy sauce

1/4 tsp crushed red pepper

Prepare the sauce by mixing 1/4 cup of the reserved pineapple juice with 6 tablespoons chicken stock, the ketchup, sugar, vinegar, soy sauce and remaining 1/4 teaspoon crushed red pepper flakes in a small mixing bowl

Peanut Stir-Fry Sauce

3/4 cup coconut milk

1tbsp red curry paste

2 tbsp gluten free fish sauce

3 tbsp almond butter

3 tbsp stevia

1 tbsp tamarind paste

Stuffed Peppers

4 Bell Peppers (your favorite color)

1 lb lean ground turkey

1/2c chopped scallions

1 tsp garlic

1 tbsp italian seasoning

Peppers

1 zucchini shredded

Heat oven to 375. Wash and cut off the top of the bell peppers and scrape out the insides. Make sure to save the top of the bell peppers. In a skillet, on medium high heat cook ground turkey and chopped scallions. Drain out the excess liquid. Mix together the ground turkey, scallions, and add garlic, salt and pepper to taste and cook for 5 minutes. Then spoon mixture and place inside the peppers. Place peppers inside a high wall baking dish and bake for 15-20 minutes or until desired texture.

Stuffed Avocados

2/3 cup real mayonnaise or greek yogurt

1/3 cup finely chopped red onion (optional)

1-2 red chili peppers, finely chopped

Juice of 1 lime

2 cups cut-up cooked chicken

2 hard-cooked eggs, chopped

2 avocados, peeled and halved

In large bowl, combine real mayonnaise or greek yogurt, onion, chili peppers and lime juice. Stir in chicken and eggs, then season to taste with salt and ground black pepper. Chill, if desired. Serve chicken salad in avocado halves. Garnish, if desired, with additional chopped red onion and serve with additional lime juice.



Roasted Root Veggies

4 medium golden beets, peeled, thickly sliced

4 medium carrots, peeled, sliced lengthwise into 2-inch long pieces

3 medium garnet yams, sliced lengthwise into 2-inch long pieces

4 medium parsnips, peeled, sliced lengthwise into 2-inch long pieces, any tough woody core removed

1 large red onion, thickly sliced

1/2 cup cider vinegar

1/2 cup olive oil

3 Tbsp dark brown sugar

1/4 teaspoon kosher salt

Freshly grated black pepper to taste

3/4 teaspoon thyme, dry or fresh



Preheat the oven to 450°F. In a large bowl (enough room for all the vegetables) mix together the cider vinegar, olive oil, brown sugar, salt and pepper. Add the vegetables to the bowl and toss to combine. Line two large roasting pans or sturdy rimmed baking sheets with aluminum foil. Spread the root vegetables out over the pans in a single layer, with some space in between so that the vegetables don't crowd each other too much and the hot oven air can circulate around the vegetables. (You'll get better browning that way.) Pour the remaining vinaigrette over the root vegetables in the pans. Place vegetables in the oven and roast for 35 to 40 minutes, turning the pans (and swapping bottom and top rack positions), half-way through the cooking. Cook until the vegetables are well browned and caramelized around the edges. Remove from oven and gently loosen the root vegetables from the foil with a wooden spoon. Sprinkle with thyme. Add more salt and pepper to taste.

Sweet Treat Granola Bars

2 cups dry oatmeal (bob's redmill)

1 cup honey

1 cup natural almond butter or peanut butter

1/4c flaxseed

1/c chopped almonds

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dried cranberries optional

Melt honey and almond butter on low heat, in medium saucepan. Add in oatmeal, mix well, then add in any other ingredients. Mix well and continuously stir. Once mixed, take and flatten into a small pan. Freeze for 20 minutes. Cut into sections and keep frozen.