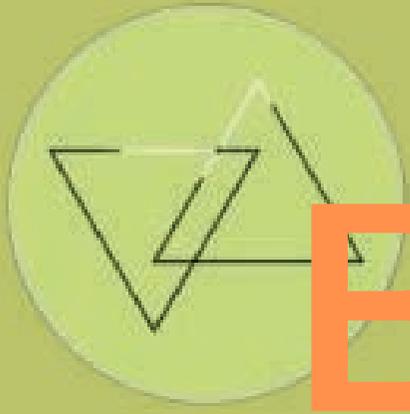


BSB

SAMPLE MEAL PLAN & RECIPES





BSB

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Sample Meal Plans

You can always "assemble" your meals but if you want to use some of the recipes in this book, the following two pages give you an idea of meal combos to meet your daily macronutrient needs.

A few of the recipes may contain small amounts of maple sugar and other non-program ingredients. Please note and modify with stevia or wait until after the program to sample.

If you're not a cook, best not to try to take on too many recipes at one. Try a mix of "assembly" and "recipes" - but ALWAYS have your meals planned at least a day in advance to set yourself up for SATIETY SUCCESS.

- Mixed Berry Smoothie
- Tea/ Coffee/ Probiotic
- Chicken Avocado Soup
- Green Salad
- Apple Pork Tenderloin
- Roasted Brussels sprouts
- Cauliflower rice

- Egg & Turkey Cups
- Tea/ Coffee/ Probiotic
- Roasted Vegetables over Salad Greens and Cauliflower rice
- Shrimp Fried Quinoa
- Mixed Berries

- Mocha Chia Pudding
- Tea/ Coffee/ Probiotic
- Curried Cauliflower Soup
- Spinach Salad with avocado
- Easy Tacos Tonight
- Mixed Berries

- Buffalo Chicken Casserole
- Tea/ Coffee/ Probiotic
- Paleo Ginger Garlic Zoodles with Shrimp
- Mixed berries
- Weekend Chicken Soup
- Stir fry Apples with Cinnamon and pecans

- Pumpkin Pancakes
- Tea/ Coffee/ Probiotic
- Easy Carrot Ginger Soup
- Mixed Green Salad
- Chicken Apple Salad
- Roasted Asparagus and Zucchini Squash

- Easy Spinach Frittata
- Tea/ Coffee/ Probiotic
- Chopped Kale Power Salad
- Tomato soup with Ginger, Turmeric & Coconut



BREAKFAST

Pumpkin Pancakes

Servings: 6-8

Cook time: 20 min

INGREDIENTS

½ cup pumpkin
¼ cup almond butter
3 eggs
Coconut oil to grease pan
Berries for topping or
to mix into batter

Optional: 1-2 scoops Collagen

DIRECTIONS

1. Mix pumpkin, almond butter, and eggs in dish.
2. Heat a large skillet or electric skillet over medium heat.
3. Grease the cooking surface with coconut oil.
4. Pour batter into circles on surface. Flip after a few minutes.
5. Pancakes are done when browned on each side. Top with fresh berries.

Tip: Add more almond butter for pancake-like consistency in the batter.

Broccoli Quiche

Servings: 6

Cook time: 20 min

INGREDIENTS

4 cups broccoli florets
½ cup sliced red onion
6 eggs
1 ½ cups coconut milk
1 tbsp. melted butter or ghee
¼ tsp. nutmeg
¼ tsp. pepper
¼ tsp. salt

Tip: Use your imagination!
Mix it up with ingredients-
try spinach or peppers too!

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Butter a 10 inch round or 13 x 9 square baking pans.
3. Sauté onion 3 minutes in butter but not until browned.
4. Cook broccoli in the microwave or in boiling water 4 minutes.
5. Whisk together eggs, coconut, butter, nutmeg, salt, and pepper.
6. Stir in broccoli and onions.
7. Pour into baking dish and bake 20 minutes or until the center is done.

Creamy Coconut Squash Cereal

Servings: 8

Cook time: 10 min

INGREDIENTS

2 cups butternut squash cubes
(Costco)

¼ teaspoon cinnamon

¼ cup pecans

1 cup coconut milk

Optional: 1-2 scoops Collagen

DIRECTIONS

1. Steam squash in microwave 6-8 minutes
2. Place steamed squash in food processor and blend with cinnamon and nuts.
3. Add coconut milk to desired consistency.

NOTE: This recipe contains butternut squash which is a starchy carbohydrate to be used in moderation during your BSB program.

Limit to 1/2 cup serving and measure blood sugar to make sure you don't go over 110.

Mocha Protein Chia Pudding

Servings: 4

Cook time: 4 hours

INGREDIENTS

¾ cup brewed coffee

¼ cup coconut milk

2 tablespoons collagen

1 ½ tablespoons

unsweetened cocoa powder

½ teaspoon vanilla extract

1 teaspoon ground cinnamon

6 drops Sweet Leaf Stevia

A pinch of sea salt

¼ cup chia seeds

DIRECTIONS

1. Place all of the ingredients, except for the chia seeds, in your blender.
2. Blend until smooth. Pour the mixture into a mason jar or small bowl.
3. Add the chia seeds, seal the container and shake well to combine.
4. Refrigerate for at least 4 hours, or overnight.
5. Top with a little coconut flakes or raspberries. Enjoy!



SMOOTHIES

Gut Healing Cocoa Banana Smoothie

Servings: 1

Cook time: 5 min

INGREDIENTS

1 cup almond milk
1 banana frozen
1-2 tablespoons cocoa powder
depending on how chocolate-y
you want it
1/2 avocado peeled and pit
removed
2 scoops collagen
1 teaspoon maca powder
(optional)
1/2 teaspoon flax seeds

DIRECTIONS

1. Place all of the ingredients into your blender. Blend on high until smooth.
2. Pour the shake into your favorite glass & enjoy with an optional sprinkle of flax seeds.



Green Detox Smoothie

Servings: 1

Cook time: 5 minutes

INGREDIENTS

1 cup frozen blueberries
1 packed cup kale leaves
1 packed cup spinach leaves
1/4 avocado
1/4 cup fresh cilantro or parsley
1 teaspoon ginger powder
2 tablespoons fresh lemon juice
1/2 cup cold water
2 tablespoons collagen powder
(optional)

DIRECTIONS

1. Place all ingredients in a blender. Blend for 2 minutes, or until entirely smooth.
2. Add 1/4 cup ice cubes, if prefer colder.
3. Enjoy!



Espresso Protein Smoothie

2 SERVINGS

6 HOURS OR OVERNIGHT

INGREDIENTS

½ cup cashew or almond milk
½ banana frozen
⅔ cup ice cubes
½ teaspoon vanilla extract
dash of cinnamon
¼ cup egg white
2 scoops collagen
2 ounces espresso or strong coffee
Stevia to taste

DIRECTIONS

1. Add all ingredients to Vitamix or high-speed blender in the order listed.
2. Blend on high until smooth. Pour into a tall glass and serve.





SOUPS

Curried Cauliflower Soup

4 SERVINGS

55 MINUTES

INGREDIENTS

2 Tbsp olive oil, or ghee
1 onion, rough chopped
1 medium-large apple
4–5 garlic cloves, rough chopped
1 1/2 tablespoons fresh ginger, chopped
1 medium head cauliflower, chopped
2 1/2 cups veggie broth
2 teaspoon yellow curry powder
1 teaspoon coriander
1/4 teaspoon turmeric
3/4 teaspoon salt
3/4 cup canned coconut milk
a squeeze of lime (tablespoon) or orange juice is nice too.

DIRECTIONS

1. Heat oil in a large heavy bottom pot or dutch oven, over medium-high heat.
2. Add onions, saute 2-3 minutes.
3. Add garlic, ginger and apple and keep sauteing, turning heat down if need be, about 4-5 minutes.
4. Add cauliflower, veggie broth, curry powder, coriander, turmeric and salt. Stir.
5. Bring to a boil, cover and simmer on low heat until cauliflower is very tender, about 15 minutes.
6. Puree until very smooth using an immersion blender or blender.
7. Add the lime juice, and stir in the coconut milk. (the more you use the thinner the soup)
8. Garnish with a little swirl of coconut milk, toasted coconut flakes, cilantro leaves (or scallions or micro greens).



Weekend Chicken Soup

Servings: 4

Cook time: 35 min

INGREDIENTS

1 lb. boneless chicken, skinless
chicken thighs
2 T ghee or coconut oil
1 small onion, diced
2 large celery stalks, diced
2 large carrots chopped
4 cups organic chicken stock
2 T chopped fresh dill
Salt and Pepper to taste

Optional: Celery salt and bay
leaf

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Season chicken thighs with salt, pepper, and bake for 30-35 minutes.
3. In large pot over medium heat melt oil, adding onion, celery, and carrots.
4. Saute for 5-8 minutes until for tender and onions translucent.
5. Add stock and chunks of cooked chicken to pot and simmer for 10 minutes to marry flavors.
6. Serve topped with dill or garnish of your choice.

Creamy Mushroom Soup

Servings: 4

Cook time: 35 min

INGREDIENTS

1 onion
1 lb white mushrooms
2 T olive oil
3 cups organic chicken broth
1.5 cup coconut milk
2 garlic cloves crushed
2/3 cup tapioca starch
1 tsp salt
1/2 tsp pepper
1/2 tsp nutmeg

DIRECTIONS

1. Slice mushrooms and finely dice the onion.
2. Heat oil and add onions, crushed garlic, and mushrooms cooking on a medium heat for 5 minutes or until onions are soft.
3. Remove from the heat and add the tapioca starch and mix well.
4. Add in the chicken broth, coconut milk, nutmeg, salt and pepper, and stir over a medium heat until thickened.
5. Using an immersion blender, puree the soup and simmer for a further 10 minutes.
6. Salt and pepper to taste.

SALADS



Every Day Chopped Salad

4 SERVINGS

30 MINUTES

INGREDIENTS

1 head romaine lettuce,
chopped
3 cups diced red cabbage
5 pepperoncini, seeded and
finely chopped
3 radishes, finely diced
2 cucumbers, finely diced
2 carrots, finely diced
1/2 pint cherry tomatoes,
quartered
1/2 bunch chives, finely chopped
1 avocado, peeled, pitted, and
diced

DRESSING

In a small bowl or glass jar with
a lid, whisk or shake all
ingredients until emulsified.
Cover and refrigerate for 5 to 7
days.

DIRECTIONS

1. In a large bowl, combine lettuce and cabbage. Add pepperoncini, radishes, cucumbers, carrots, tomatoes and chives.
2. Toss with enough dressing to coat lightly. Add avocado and feta and drizzle with a small amount of dressing. Toss very gently with your hands to incorporate into the salad.

EVERYDAY SALAD DRESSING

- 1 small shallot
- 3/4 cup extra-virgin olive oil
- 2 T apple cider vinegar or red wine vinegar
- 2 T rice vinegar
- 2 tsp raw honey or pure maple syrup
- 1 tsp Dijon mustard
- 3/4 - 1 tsp sea salt
- ground black pepper, to taste



Egg and Tomato Salad

Servings: 2

Cook time: 10 min

INGREDIENTS

2 large hard boiled eggs
(chopped)
2 medium Roma tomatoes
(chopped)
1 T balsamic vinegar (or to
taste)
Salt to taste
Fresh basil to taste (chopped)

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Serve and enjoy.



Healthy Tuna Salad

Servings: 8

Cook time: 20 min

INGREDIENTS

3 (5 oz.) cans water packed
tuna
1/4 cup Avocado Mayo
2 tsp. lemon juice
1 medium carrot (grated)
1/2 tsp. dried dill
1 tsp. dried parsley
1 small tomato (chopped)
1/4 tsp. dijon mustard
1/2 small white onion (chopped)
1 Lg hard boiled egg (chopped)
1/2 tsp. garlic powder
Salt and pepper (to taste)

DIRECTIONS

1. Mix all ingredients together in a large mixing bowl and serve.





BOWLS & SIDES

Thai Coconut Chicken Curry Bowl



4 servings



30 min



INGREDIENTS

1 T coconut oil
1 1/2 T curry powder, divided
1/2 T ground turmeric
2 cloves garlic, minced
1 T grated ginger
1 pound chicken breast (cut into 1 inch pieces)
1 cup diced onion (120 grams)
1 large sweet potato, cubed (3 cups)
2 large bell peppers, julienned
3 heaping cup broccoli (2 heads)
1 can full fat coconut milk
1 T red curry paste
1 T tomato paste
1/2 teaspoon cayenne pepper
Salt and pepper, to taste

Serve with cauliflower rice,
cilantro, lime wedges...

DIRECTIONS

1. Heat oil in a large pan over medium heat until hot.
2. Add 1 T curry powder, ground turmeric, garlic, and ginger. Toast the spices by stirring until fragrant and well combined, about 30 seconds. Careful not to let the garlic burn.
3. Add chicken, salt and pepper and stir to combine with the spices.
4. Cook for 5-7 minutes until browned on the outside. Remove from the pan and set aside.
5. Add onion, sweet potato and salt and pepper, cover with a lid, and cook for 5 minutes, stirring once or twice.
6. Add broccoli and peppers, cover with a lid, and cook for another 3-5 minutes, stirring occasionally. Add coconut milk, red curry paste, tomato paste, 1/2 tablespoon curry powder, cayenne, cooked chicken, and salt and pepper. Stir to combine. I like to pour in the juices from the chicken as well for flavor, but it will thin out the curry a little bit.
7. Let simmer from 5-10 minutes until vegetables are cooked to your preference. Curry will thicken as you simmer.

Butternut Squash & Kale with Coconut Cream

Servings 6

Cook time: 45 min

INGREDIENTS

1 lb. butternut squash cubed
olive oil
garlic
curly kale
raw almonds
canned coconut cream
red pepper flakes
arrowroot starch
salt
pepper

DIRECTIONS

1. Preheat oven to 400F. Put squash cubes in a large baking dish, toss with olive oil, minced garlic, and salt and bake 30 minutes until slightly browned and fork-tender.
2. Wash and dry kale and tear into small pieces. Chop almonds and set aside.
3. Add coconut cream to a small saucepan and bringing to a boil. Reduce heat to a simmer, and stir in red pepper flakes and arrowroot. Simmer for another 10-15 minutes and set aside to allow sauce to continue thickening.
4. Remove squash after 30 minutes and gently stir in kale. Sprinkle with almonds and bake another 6 minutes.
5. Remove from oven and cover with coconut sauce.

Spicy Asian Roasted Portobello Mushrooms

Servings: 2

Cook time: 20 min

INGREDIENTS

6 ounces Portobello mushrooms
(sliced)
Olive oil
Sea Salt and Black Pepper
2 T Sesame oil
1/4 teaspoon White wine vinegar
2 medium Green onions (minced)
1/2 slice Fresh ginger (minced)
1 T Fresh cilantro (minced)
Pinch Red pepper flakes
1 teaspoon Toasted sesame seeds
1 medium Fresno chili (sliced)

DIRECTIONS

1. Preheat oven to 425° F.
2. Place mushrooms on a cooking sheet and drizzle with olive oil and season with salt and pepper.
3. Roast for 10-15 minutes until tender.
4. Combine sesame oil, vinegar, green onions, cilantro, ginger, red pepper flakes, and Fresno chilis.
5. Toast sesame seeds in hot dry pan over low heat, stirring seeds continuously until golden.
6. Toss mushrooms with sauce and sprinkle with toasted sesame seeds and serve!



MAINS

Lemon Butter & White Wine Seafood



4 servings



25 min



INGREDIENTS

4 Tinfoil Sheets,
(18-20" long each)
1 lb. cod, cut into 4 equal
portions
1/2 lb. bay scallops
1/2 lb. shrimp
1 large bunch asparagus
20 cherry tomatoes
1/2 cup butter
1 Tbsp lemon zest (1 large
lemon)
2 Tbsp white wine (optional)
1 lemon, cut into wedges
(optional, for garnish)

DIRECTIONS

1. Preheat the grill to medium heat.
2. Lay out four tinfoil sheets on a flat surface. Evenly distribute the asparagus between the sheets, and follow suit with the cod, shrimp, bay scallops, and cherry tomatoes.
3. Melt the butter and stir in lemon zest and white wine. Spoon butter mixture evenly the seafood.
4. Pull edges of tinfoil together and close up, leaving a pocket of air to allow for steam to gather (see picture above).
5. Place of grill for 15-18 minutes, until all seafood is cooked through.
6. Remove from grill and open carefully, as the packets will have hot steam! Enjoy!

Best Ever Cauliflower Chili

Servings 4-6

Cook time: 15 min

INGREDIENTS

1 cauliflower head minced
2 tablespoons olive oil
3 tablespoons ground cumin
3 tablespoons dried oregano or italian herbs
2-3 tablespoons chili powder more or less for spicy
1 small red and yellow bell pepper diced
4 medium garlic cloves minced
28 oz diced tomatoes
6 oz tomato paste
2 tablespoons coconut aminos
1/2 cup chopped cilantro for topping
1 teaspoon sea salt

DIRECTIONS

1. In a large soup pot saute the minced cauliflower with seasonings until slightly softened, but not mushy.
2. You can buy pre-riced cauliflower or make it by pulsing chunks of cauliflower in a food processor.
3. Add rest of ingredients (except cilantro) and cook until chili reaches desired consistency (about 8-10 minutes).
4. Serve with fresh chopped cilantro.

Variation: Sub half the cauliflower for 1/2 lb. ground hamburger and cook as directed.

Easy Tacos Tonight

Servings: 4

Cook time: 30 min

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 pound ground beef, chicken or turkey
2 tablespoons taco seasoning mix
2 teaspoons apple cider vinegar

For Serving:

1 head iceberg or butter lettuce, leaves separated
1/2 cup sliced purple cabbage
1/4 cup diced red onion
1 avocado, sliced
1/4 cup fresh cilantro leaves
1 lime, cut into wedges
Salsa (2 tbsp per serving)

DIRECTIONS

1. Melt the olive oil in a large skillet over medium heat.
2. Add the ground meat and seasoning, and cook for about 5 minutes, until the meat is cooked about halfway through. using a wooden spoon to break up the meat as it cooks.
3. Add the apple cider vinegar to the skillet, reduce the heat to low, and continue to cook until the meat is fully cooked through, about 6 minutes.
4. To serve, spoon some of the meat mixture into a lettuce leaf and top with cabbage, red onion, avocado, cilantro, lime juice and salsa as desired.



APPETIZERS

Chicken Veggie Meatballs



12
Servings

🕒 45 min



INGREDIENTS

1 medium zucchini,
chopped
6 baby carrots, chopped
A handful fresh parsley,
coarsely chopped
4 garlic cloves, minced
1 lb. chicken breast,
chopped into small pieces
¼ cup almond flour
1 egg
Chili powder, salt, and
pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a food processor, pulse together the zucchini, carrots, parsley and garlic.
3. Add almond flour, egg, and chicken; continue to pulse until chicken is ground up and vegetables are mixed well with meat.
4. Season with salt, pepper, and chili powder.
5. Form into meatballs with a 1 to 1 ½ inch diameter and place onto baking sheet. Bake approximately 25 minutes or until cooked through.

Tip: You could also use ground chicken or turkey and make meatballs much faster.

Easy Crab Cakes

Servings 4

Cook time: 30 min

INGREDIENTS

1 jar crab meat
3 green onions, minced
3 cloves garlic, minced
1 jalapeno, minced
½ lemon, juiced
1 lime, juiced
1 egg
2 tsp. dill weed
2 tsp. chipotle seasoning
Coconut flour
Coconut oil

DIRECTIONS

1. Mix all ingredients together in bowl, adding coconut flour as needed until you are able to form into patties.
2. Cover with plastic wrap and place in fridge for 30 minutes to help firm up the patties.
3. Lightly dust patties with more coconut flour when ready to cook.
4. Heat coconut oil in a skillet over medium heat. There should be enough oil just to cover the bottom of the skillet.
5. Place the patties in the oil, cooking until browned on each side and heated through.

Carrot Turmeric Hummus

Servings: 4

Cook time: 25 min

INGREDIENTS

2 cups chopped carrots
1 garlic clove
1 tsp. grated fresh turmeric
2 lemons
½ cup extra-virgin olive oil, plus more for serving
Sea salt and ground black pepper
2 T hulled, unsalted sunflower seeds, toasted
2 T sliced fresh mint leaves
Vegetable Crudités, for serving

DIRECTIONS

1. Fill a large bowl with ice and water.
2. Bring a small saucepan of water to a boil.
3. Add the carrots and cook until crisp-tender.
4. Drain and immediately transfer to the ice water. When cool, drain again.
5. Transfer the carrots into a food processor.
6. Process and add the garlic, turmeric, the zest and juice of 1 lemon, and ¼ cup water. Blitz until smooth.
7. With the machine running, add the olive oil in a steady stream. Season with salt and pepper.
8. Transfer to a serving bowl and top with the sunflower seeds and mint.
9. Zest the remaining lemon directly on top, drizzle with olive oil, and sprinkle with sumac.
10. Serve with crudités.

TREATS



Pumpkin Spice Cookies



5 servings



25 min



INGREDIENTS

Cookie

1 cup pumpkin puree
1/4 cup fine coconut shreds
1/4 cup coconut flour
1 large green tipped banana
1 T pumpkin spice
1 T cinnamon
1/2 teaspoon pure vanilla extract
2 T coconut oil, melted

1/4 cup coconut butter, melted
1/2 green apple, peeled and finely shredded

DIRECTIONS

1. For the cookies, place all the ingredient in your food processor and mix until all the ingredients are thoroughly combined.
2. Roll into a walnut size ball and place on a baking sheet lined with parchment paper. Lightly press a thump into the center of each cookie.
3. Bake at 350 degrees for 20 minutes. Let cool completely.

To make the frosting, combine the apple shreds and the coconut butter. Scoop a small amount into the center of each cookie.

Chocolate Chia Parfait

Servings 1

Cook time: 15 min

INGREDIENTS

3/4 cup unsweetened nondairy milk of choice

1 green-tipped banana, divided

1 T unsweetened cocoa powder

A pinch of sea salt

A splash of pure vanilla extract

1 T chia seeds



DIRECTIONS

1. Add milk, half of your green-tipped banana, the cocoa, sea salt, and vanilla to a blender.
2. Blend on high until smooth and creamy. Add chia seeds. Blend on low for a few seconds, or pulse them in (you don't want to pulverize the seeds).
3. Pour mixture into a small bowl. Chill until "set" to a pudding-like consistency. Slice the remainder of your green-tipped banana.
4. Either layer pudding and banana slices like a parfait, or simply top your bowl of pudding with the banana slices.
5. Enjoy!

Chocolate-Almond Freezer "Fudge"

Servings: 4-6

Cook time: 12 min

INGREDIENTS

2 T extra virgin coconut oil, softened

2 T unsweetened almond butter

1-2 T unsweetened cocoa powder

A pinch of sea salt



DIRECTIONS

1. Mix all ingredients together in a small bowl.
2. If hard to mix, microwave for 10-15 seconds to soften the coconut oil further, and then mix again.
3. Stir until completely blended and smooth.
4. Line a small storage container with waxed paper.
5. Pour mixture in, then freeze until solidified.
6. Cut into 4-6 pieces.