

Diabetes Freedom

— Advanced System —

100 Recipes For Optimal
Blood Sugar



Sam Austin

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EGGS AND SAUTÉED SPINACH

Ingredients;

- 1 Tablespoon of butter or olive oil
- 1 cup sliced mushrooms
- 2 cups spinach
- 1 egg
- 1 Tablespoon Salsa

Process;

- Add half the oil to a heated skillet, sauté mushrooms and spinach, and remove to a plate.
- Add remaining oil to the skillet.
- Crack egg into the pan, and cook sunny-side up.
- Add egg to vegetables.
- Drizzle with Salsa.



BERRY BLAST SMOOTHIE

Servings: 1

Ingredients;

1 banana, cut into chunks
1/2 cup almond milk
1/4 cup frozen unsweetened blueberries
1/4 cup frozen unsweetened strawberries
1 tsp almond or peanut butter
1/2 tsp honey

Process;

In a blender, combine the banana, milk, blueberries, strawberries, nut butter, and honey and blend for approximately one minute.



EGGS BENEDICT OVER SAVOURY WAFFLES

Ingredients (Waffles);

3 eggs
¾ cup raw cashew butter
3 tablespoons almond milk
2 teaspoons bacon fat, melted ¼
teaspoon minced garlic
¼ teaspoon salt
¾ teaspoon baking powder
3 tablespoons coconut flour
1 piece of bacon, roughly chopped
2 chives, chopped

Ingredients (Benedict);

4 savoury waffles
4 slices of cooked ham
2 eggs, poached
¼ cup Hollandaise sauce, recipe follows
Chives to garnish

Ingredients (Hollandaise sauce);

2 egg yolks
¼ cup melted grass-fed butter or Ghee, unsalted (for dairy-free, follow my recipe for Coconut oil Hollandaise) 2
teaspoons lemon juice
1/4 Tsp Salt
1/8 Tsp Paprika or Cayenne if you want some heat

Process (Waffles and Benedict);

- Preheat your waffle iron.
- In a stand mixer, or using a handheld electric



- mixer, beat the eggs with the cashew butter, almond milk, bacon fat, and garlic.
- Mix the salt, baking soda and coconut flour in a small bowl, and then pour the dry ingredients into the wet mixture.
 - Beat for 30 seconds until the batter is fully incorporated, scraping the bottom of the bowl to make sure you get the entire sticky cashew butter.
 - Fold the chopped bacon and chives into the batter by hand.
 - Cook your waffles according to the instructions on your waffle iron, and then keep them in a warm oven until you're ready to assemble the Benedict.
 - Layer each waffle with a slice of ham, poached egg, drizzle of hollandaise, and a few chives

** Every machine is different, so watch the waffles really carefully to ensure they don't burn. This batter will not take as long to cook as regular waffles and will probably be done before your indicator light turns green. Once the steam stops, they are likely done. Mine takes about 30-45 seconds for each batch. ****

Process (Hollandaise Sauce);

- Pour boiling water into a blender, then cover and let sit for 10 minutes. Dump out the water and dry the container thoroughly.
- Blend the egg yolks with the lemon juice, salt, and paprika.
- With the blender running on low, slowly pour in the hot melted butter.
- Blend for about 30 seconds until the sauce has thickened and the butter is well incorporated. The sauce will continue to thicken as it cools

** If it gets too thick, warm it over very low heat until it becomes runny again (about 10 seconds in a microwave and a minute on a low burner). Be careful not to use too high of heat or your eggs will scramble and your butter will curdle. ****



BREAKFAST SAUSAGE

Servings: 4-6

Ingredients;

- 1 Lb Grass-fed Ground Beef
- 1 Lb Ground Pork
- 1 Lb Ground Bison
- 2 Tsp Fresh Thyme, chopped
- 2 Tsp Fresh Sage, chopped
- 1 Tsp Fresh Rosemary, chopped
- 2 Tsp Salt
- 1.5 Tsp Black Pepper
- 1 Tsp Fresh grated Nutmeg
- 1/2 Tsp Cayenne

Process;

- You can make these with all your own fresh ground meat like I did. I ground pork shoulder, top sirloin, and bison tenderloin.
- Combine all of your ingredients in a large mixing bowl.
- Form into 1-2 inch rounds.
- You can refrigerate those rounds for up to 1 week to use and/or freeze for up to 3 months.
- For eating immediately, heat a skillet over medium-low heat.
- Sauté until brown and cooked through, ~10-15 minutes.
- Serve with any other food you can imagine, breakfast, lunch or dinner like I did.
- Enjoy.

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CAVEMAN CRUNCH CEREAL

Servings: 6-8

Ingredients;

1/2 Cup Raw Sunflower Seeds Caveman Crunch 1/2
Cup Raw Pumpkin Seeds Caveman Crunch 1 Cup
Almond Meal Caveman Crunch
1 Cup Shredded Unsweetened Coconut Caveman
Crunch
2 Cups Almonds chopped or slivered
1/2 Cup Grape seed oil (Or any oil of your choice, you can
try coconut) Caveman Crunch
1/2 Cup 100% Raw Organic Honey Caveman Crunch 1
Tsp Vanilla
2 Tbsp Unsweetened Cacao Powder
Cinnamon to taste, the more the stronger the taste will be

Process;

- Preheat oven to 325 Degrees.
- In a large mixing bowl, combine all the dry ingredients and mix well.
- In a separate bowl, combine all of your wet ingredients.
- Microwave on high for 20-30 seconds to help it mix better.
- Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything.
- Place your mixture on a foil lined baking sheet and spread thin and evenly.
- Bake in the oven for 25 minutes.
- Remove from the oven and stir around to ensure nothing burns; I put it back in the bowl and then respread it on the baking sheet.





- Place back in the oven for 5 minutes.
- Remove and let cool, it tastes better cold and also develops its crunchiness as it cools.
- Serve in a bowl with some almond milk or coconut milk and enjoy.

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ZUCCHINI BREAKFAST CASSEROLE

Servings: 10

Ingredients;

- 2 Cups Cooked Meat, diced, I used leftover Chicken for this Recipe
- 1 Zucchini, peeled using your Julienne Peeler
- 1 Red Onion, Diced
- 4 Cloves of Garlic, minced
- 8 Eggs
- 2 Tbsp Basil Salt and Pepper to Taste
- 4-6 Pieces of Nitrate Free Bacon

Process;

- Preheat your oven to 350 Degrees Fahrenheit.
- Sauté your onions and garlic until your onions start to caramelize and then turn off the heat.
- In your mixing bowl, combine eggs, cooked meat, shredded zucchini, basil, and salt and pepper and mix well.
- Once mixed add in your sautéed onions and garlic and mix well.
- Grease your 9×13 Inch baking dish using oil of your choice, I used olive oil.
- Pour your mixture into your baking dish and place in the preheated oven and cook for 30 minutes or until cooked through and passes the toothpick test. I baked mine for 30 minutes and then finished it for 3 minutes under the broiler on high to brown the top.
- Once you place your casserole in the oven, start your bacon on the stove top and cook to your liking.
- Cut casserole and serve with a slice of amazing bacon on top.
- Enjoy.



SCRAMBLED EGGS WITH TURMERIC

Servings: 2-4

Ingredients;

2-4 organic eggs

1 onion, chopped

Choice of vegetables (Zucchini, asparagus, summer squash, mushrooms, red or green pepper, etc.), chopped into small pieces

½ teaspoon turmeric

½ teaspoon chilli powder

Chopped tomato

1 Tablespoon grass fed butter or coconut oil

Process;

- Brown onions and other vegetables in coconut oil or grass fed butter over a medium-high heat.
- Add in turmeric and chilli powder.
- Stir in chopped tomato and heat through.
- Turn down heat, toss in eggs, stir for a minute or two until cooked through.
- Enjoy.

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PINA COLADA SMOOTHIE

Servings: 1

Ingredients;

- 1 medium banana
- 1 cup of fresh pineapple
- 1 cup of coconut milk or coconut water
- 1 Tablespoon of extra virgin coconut oil
- Cold processed Protein powder, or 1 raw organic egg, or both
- Ice cubes (optional)

Process;

In a blender, combine all ingredients and blend for approximately one minute.



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PEAR & KALE SMOOTHIE

Servings: 1

Ingredients;

1 cup green or red seedless grapes
1 large peeled orange
½ pear
1 large banana
1 cup of kale
½ cup of water
Ice cubes

Process;

In a blender, combine all ingredients and blend for approximately one minute. Add more water if necessary.



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BREAKFAST BURRITO

Servings: 1

Ingredients;

- 1 small whole wheat tortilla
- 3 egg whites
- 1 large egg
- 1.5 oz shredded low fat cheddar cheese
- 1.5 oz canned black beans, rinsed and drained
- ½ scallion, finely chopped
- 1 tablespoon salsa
- 1 tablespoon fat-free sour cream

Process;

- Spray a small pan with non-stick spray.
- Beat eggs and cook in pan on medium heat.
- Add chopped black beans, scallion, and salsa, stir occasional and cook for approximately one minute.
- Add the cheese and cook for a further 30 seconds, remove from heat.
- Heat tortilla in the microwave until warm.
- Place mixture in the centre of the tortilla, top with sour cream and wrap.



ALMOND FLAVOURED OATS

Servings: 1

Ingredients;

2.1 oz rolled dry oats
1 scoop chocolate protein powder
1.5 tablespoons natural almond butter $\frac{3}{4}$
cup almond milk

Process;

- Cook oats in almond milk, add in protein powder and natural
- Almond butter.
- Enjoy.



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MEXICAN STYLE EGGS

Servings: 1

Ingredients;

6 egg whites
1 teaspoon olive oil
1/3 cup onion, chopped
1/2 tomato, diced
1/4 cup avocado, sliced
1/4 cup fresh cilantro, chopped
Pinch of chilli powder

Process;

- Beat the egg whites with chilli powder.
- In a large frying pan, heat oil over medium-high heat, add the onion.
- Stir-fry until the onion is translucent, add the eggs.
- Scramble until eggs are almost fully cooked, add tomato, avocado and cilantro, stir until everything is well mixed.



BACON CURRIED EGGS

Servings: 1

Ingredients;

¼ teaspoon curry powder ½
clove garlic, crushed 1 egg
4 egg whites
1 tablespoon Greek yogurt
2 slices turkey bacon, cooked until crisp

Process;

- Beat the eggs, garlic, curry and yogurt; pour into a frying pan on medium heat.
- Scramble until the eggs are set.
- Crumble bacon over the top.



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CLUB OMELETTE

Servings: 1

Ingredients;

1 slice turkey bacon, cooked
2oz turkey or chicken breast
½ small tomato, diced
1 scallion, sliced
4 egg whites
1 egg
1oz low fat cheddar
Pinch of sea and pepper

Process;

- Beat eggs and pour onto a frying pan over medium heat.
- Once the eggs are set in the pan, add the bacon, tomato, scallion and turkey while it's still cooking.
- Add cheddar, salt, pepper, fold, and serve once it's cooked



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OATMEAL BANANA

Servings: 1

Ingredients;

¼ cup rolled oatmeal
1 scoop chocolate protein powder
½ cup skimmed milk
Pinch of stevia
½ banana, sliced
4 big strawberries, sliced
1 tablespoon Greek yogurt
Water

Process;

- In a big bowl, mix oatmeal with the milk and complete with water until it's completely soaked.
- Cook in a Microwave for about 1 minute, stir, microwave for another 1 minute, allow to cool for 3 minutes.
- Add the chocolate protein powder and stevia, stir.
- Stir in the banana and strawberry slices.
- Top with the Greek yogurt.

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BEEF AND VEGETABLE SOUP

Servings: 4-6

Ingredients;

2 Tablespoon extra virgin olive oil
1 lb grass fed beef stew meat, or boneless chuck, brisket, tri-tip steak, sirloin steak, etc., cut into small chunks
1 large yellow or red onion, chopped
2-3 garlic cloves, minced
2 carrots, chopped
2 organic celery stalks, chopped
2 red-skinned potatoes, scrubbed but unpeeled, cut into chunks
1 large can (28 ounces) crushed plum tomatoes, with juices
½ lb green beans, trimmed
1 small summer (or yellow) squash, quartered and chopped
1 small zucchini, quartered and chopped
2 teaspoons oregano
2 Tablespoons chopped fresh flat-leaf parsley
Salt and freshly ground pepper, to taste
Red pepper flakes, optional

Process;

- Cook beef in a large saucepan over medium heat until slightly browned.
- Add the salt and pepper, oregano, garlic, onion, carrots and celery; cover the pan and cook, stirring occasionally, until the onion is softened, about 5 minutes.
- Add 4 cups water, potatoes, tomatoes, green beans, squash, zucchini, and greens and simmer for 1 hour.
- Stir in the parsley and season with salt and pepper.



GAZPACHO

Servings: 4

Ingredients;

4-6 ripe organic ripe tomatoes, quartered
1 red onion, quartered
1 cucumber, peeled, seeded, chopped in large pieces
2-3 stalks celery, chopped
2 carrots
1 sweet red bell pepper (or green) seeded and halved
1-2 cloves garlic, chopped
1-2 Tablespoons fresh parsley
1 teaspoon cumin
Pinch of red pepper flakes, to taste
1/4 cup extra virgin olive oil
2-3 Tablespoons freshly squeezed lemon juice
1 teaspoon raw sugar or honey
Salt pepper to taste
1 teaspoon Worcestershire sauce
2-4 cups tomato juice
Cilantro, chopped for garnish
Avocado sliced, for garnish

Process;

- Combine all ingredients.
- Blend at low speed, leaving somewhat chunky.
- This can be made ahead of time and refrigerated overnight so the flavours blend better.

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ARTICHOKE SOUP

Servings: 4

Ingredients;

- 2 medium artichokes
- 1 cup of water with juice of 1 lemon added
- 1 Tablespoon of extra virgin olive oil
- 1 or 2 leeks, white part only, washed and sliced
- 2 garlic cloves
- 1 or 2 small new potatoes quarter and sliced
- Several leaves of butter lettuce, bib lettuce, sorrel, or organic spinach
- 1 Tablespoon of chopped Italian parsley
- Sea salt
- 5 or 6 cups water
- 1 lb of fresh peas, or 1 cup frozen peas

Process;

- Trim the artichoke leaves off, slice off the top of the remaining artichoke about 2/3 of the way down, cut in quarters and remove the fuzzy centres.
- Drop them into the lemon water to prevent them from turning dark.
- Warm the extra virgin olive oil and add the leeks, artichokes, garlic, potato, greens and salt.
- Add about a half-cup water and stew gently for about 5 minutes.
- Add the rest of ingredients, and simmer, partially covered for about 20 minutes.
- Cool slightly and then blend in a blender for a creamy texture.



HUEVOS RANCHEROS

Servings: 2-4

Ingredients;

- 1 Tablespoon of grass fed butter
- 1 small can mild green chilli peppers, chopped
- 1 can black beans, drained
- ½ cup grated raw grass fed cheese (optional)
- 1 small chopped tomato Juice of one lime
- Handful of cilantro leaves, chopped Sliced avocado
- 4 eggs
- Sea salt and fresh black pepper
- 4 brown rice or sprouted wheat tortillas (optional)

Process;

- Melt butter over medium heat and fry eggs.
- In another small pan, add beans and green chillies and heat until warm.
- Layer tortilla, beans, and eggs; top with a sprinkle of grated cheese, a spoonful of salsa, a few slices of avocado and a generous amount of chopped cilantro.

ASIAN CHICKEN SALAD

Servings: 4

Ingredients (Salad);

- 2-4 cooked chicken breasts, sliced into thin slices
- 2-3 cups Napa cabbage, sliced thinly
- ½ cup red cabbage, sliced thinly
- 1 small sweet red bell pepper, sliced into thin strips
- 4-6 green onions (scallions), chopped
- 2 carrots, grated or cut into matchstick slices
- ½ lb fresh snow peas, sliced on diagonal into thin slices
- Handful of cilantro, chopped
- 1-2 cups mung bean sprouts
- ½ cup sliced or slivered almonds

Ingredients (Dressing);

- ¼ cup Rice wine vinegar
- ½ fresh lime, juiced
- 1 Tablespoon of honey
- ¼ cup extra virgin olive oil
- 1 teaspoon sesame oil
- Pinch of red pepper flakes, to taste
- 1 Tablespoon grated fresh ginger root

Process;

- Place all vegetables in large salad bowl.
- Whisk together dressing ingredients.
- Add chicken and almonds to salad, pour on dressing, toss and serve.



SALAD NICOISE

Servings: 2-4

Ingredients (Salad);

2 handfuls of baby greens, chopped red leaf lettuce or romaine
2 handfuls of baby arugula
2-3 new red potatoes, quartered
½ lb fresh or frozen organic green beans or asparagus
4 eggs hard-boiled, quartered
2 large or 3 smaller ripe tomatoes, chopped 1/3 cup Greek olives
½ large red onion sliced thinly
Handful of chopped parsley
1 small can of tuna or wild salmon (drained), or equal amount of cooked fish
Capers for garnish

Ingredients (Dressing);

2 garlic cloves, minced
1 shallot, minced
½ cup extra virgin olive oil
¼ cup balsamic vinegar
½ teaspoon Dijon mustard
Sea salt and pepper to taste

Process;

- Steam green beans or asparagus lightly until tender crisp and then cool under cold water.
- Boil potatoes and cool.
- Whisk together ingredients for dressing.
- On a large plate place greens on bottom, and arrange potatoes, green beans, eggs, tomatoes, olives and tuna in separate sections on top of greens, drizzle with dressing.

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MEXICAN CHICKEN SALAD

Servings: 4-6

Ingredients (Salad);

3 cups red leaf lettuce, thinly sliced
3 cups Napa cabbage, thinly sliced
2-3 Roma tomatoes, seeded and chopped
½ roasted red bell pepper
½ roasted yellow pepper
Half (or more) firm avocado, peeled and diced ¼
cup minced red onion
Half a can black beans, drained and rinsed
1 small jalapeno, de-seeded, de-ribbed and minced
2 small tomatillos, hulls removed and chopped
¼ cup toasted pumpkin seeds ½
cup crumbled feta cheese
2-4 grilled chicken breasts, cooked and sliced in thin
strips

Ingredients (Dressing);

¼ cup chopped shallots
Juice of 1 lime
½ cup fresh cilantro, chopped
3 cloves of finely minced garlic
1/3 cup extra virgin olive oil
Sea salt and fresh ground pepper

Process;

- To make dressing combine first four ingredients in medium bowl, gradually whisk in oil, season with sea salt and pepper.
- Combine salad ingredients in large bowl and toss in dressing just before serving.
- Place chicken on top.



SALMON TARTARE WITH SALAD

Servings: 2-4

Ingredients;

- 2 cans canned sockeye salmon, drained and chunked
- 3 Tablespoons organic mayo
- 1 Tablespoon lemon juice
- 1 Tablespoon capers, drained
- 1/3 cup fennel root, finely chopped
- 1/3 cup red onion, diced
- Pinch of organic black pepper
- 1 Tbsp chopped fresh dill
- 4-6 large leaves green or red leaf lettuce

Process;

- Drain salmon, combine all ingredients.
- Lay out lettuce leaves and place a scoop of salmon salad on each leaf.



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QUINOA SALAD

Servings: 4-6

Ingredients (Salad);

2 cups cooked quinoa, drained
1 organic cucumber, chopped
2 medium tomatoes, chopped
1 bunch green onions, sliced
½ cup fresh chopped mint
2 cups fresh chopped parsley
2 cloves garlic, minced

Ingredients (Dressing);

½ cup fresh lemon juice
¾ cup extra virgin olive oil
Sea salt and freshly ground pepper, to taste

Process;

- Cut up the vegetables for the salad, and toss with the dressing, will have better flavour if allowed to soak for an hour or more.
- Serve chilled or at room temperature.



CHILLED MOZZARELLA AND TOMATO SALAD

Servings: 1

Ingredients;

- 1 medium tomato, cubed
- 1 oz fresh part-skim mozzarella cheese, cubed
- 1 cup fresh spinach leaves
- 1 clove garlic, pressed
- 1 1/2 tsp olive oil
- 2 tbsp balsamic vinegar
- 2 tsp sunflower seeds
- 1/4 tsp black pepper

Process;

Combine ingredients into a bowl, mix then chill in the refrigerator for 10 minutes before serving.



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AVOCADO STUFFED BURGER

Servings: 3-4

Ingredients;

2 Lbs Grass Fed Ground Beef from the Awesome US Wellness Meats
2 Avocados
1 Cup Sun dried tomatoes, chopped NO OIL
Juice of 1/2 Lemon
Zest of 1 Lemon
2 Tbsp Black Pepper
2 Tbsp Sea Salt
Bacon Fat (Optional)

Process;

- Preheat your grill to medium-medium high heat
- Put your ground beef in a large mixing bowl with your black pepper, 1 Tbsp of your sea salt, and your zest of one lemon
- Mix well and then using your hands form into thin patties all the same size, you need them thin because you will be using two of them to make one patty
- In another mixing bowl combine your avocados, sun dried tomatoes, lemon juice, and the remaining tbsp of sea salt and mash and mix well to get as smooth as you like
- Place your avocado mixture on the bottoms of half of the burgers ensuring you leave room to seal the burgers without it leaking out
- Put your other patty over the top of your mixture and pinch the edges of your burgers together to seal all the way around
- Now go out and grill to your liking.





- I normally do about 6-8 Minutes per side on my grill but yours may be different. Ensure you cook evenly on both sides of the burger or you will end up with an undercooked and an overcooked side
- While grilling, I drizzle my burgers with bacon grease and it adds an amazing flavour
- When done grilling, allow your burgers to rest for 10 minutes and then serve. You can use the rest of your avocado mixture to top your burgers with and go to town

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STRAWBERRY AND FETA SALAD

Servings: 2

Ingredients;

2 cloves garlic, minced
1 teaspoon Dijon mustard
1/4 cup white wine vinegar
2 tablespoons balsamic vinegar
1 teaspoon of honey
1 tablespoon of brown sugar
1 tablespoon of olive oil
1 full organic romaine lettuce
30 fresh organic strawberries, sliced
25g broken feta cheese
1 full red capsicum, sliced
1 onion, chopped
Freshly squeezed lemon juice (half a lemon)
Fresh spinach leaves

Process;

- Using a frying pan, heat the almonds on their own on medium heat for 3- 4 minutes until they become light brown. Once toasted, set them on a plate.
- Cook the garlic in a dab of olive oil for 2 minutes.
- Blend together the cooked garlic, white wine vinegar, balsamic, mustard, sugar and honey all together with the rest of the olive oil.
- Cut the lettuce (after washing thoroughly).
- Mix together the capsicum, lettuce, feta and strawberries, spinach and onion.
- Add the dressing and toss the salad in a large bowl and serve.



SUMMER FRUIT SALAD

Servings: 2

Ingredients;

- ½ lb cherry or grape tomatoes
- 1 peach
- Handful of blueberries
- 4 fresh basil leaves, thinly sliced
- ½ Tablespoon of balsamic vinegar
- 2 Tablespoons of extra virgin olive oil

Process;

- Peel the peach and then dice it.
- Halve each cherry tomato.
- Toss everything together in a bowl and serve.

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KALE AND RED PEPPER FRITTATA

Servings: 4

Ingredients;

1 tablespoon coconut oil
1/2 cup chopped red pepper
1/3 cup chopped onion
3 slices crispy bacon, chopped
2 cups chopped kale, de-stemmed and rinsed
8 large eggs
1/2 cup almond or coconut milk
Salt and pepper to taste

Process;

- Preheat oven to 350 degrees.
- In a medium bowl whisk the eggs and milk together, add salt and pepper.
- In a non-stick pan, heat about a tablespoon of coconut oil over medium heat, add onion and red pepper and sauté for 3 minutes, add kale and cook until it wilts.
- Add eggs to the pan mixture, along with the bacon. Cook for about 4 minutes until the bottom and edges start to set.
- Put frittata in the oven and cook for 10-15 minutes until the frittata is cooked all the way through.
- Slice and serve.



BLT FRITTATA

Servings: 5

Ingredients;

- 8 eggs
- 4 slices bacon, cooked and chopped
- 3-4 cups spinach
- 1 large tomato, sliced and seeded
- 1 tablespoon almond milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon chopped fresh basil
- 1 tablespoon extra virgin olive oil

Process;

- Preheat oven to 400 degrees F.
- In a medium bowl, whisk together the eggs, milk, basil, salt and pepper.
- Heat olive oil in a 10-inch nonstick pan over medium heat, add greens and cook 3-4 minutes until wilted, add in bacon and stir.
- Add egg mixture to the pan and place tomatoes on top.
- Using a spatula, occasionally lift the edges to allow uncooked egg to run under, when set, transfer to the oven and cook for 12-15 minutes.
- Cut into wedges and serve warm.



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STUFFED BELL PEPPERS

Servings: 5

Ingredients;

5 large bell peppers
1 tablespoon coconut oil
1/2 large onion, diced
1 teaspoon dried oregano
1/2 teaspoon salt
1 lb. ground turkey
1 large zucchini, halved and diced
3 tablespoon tomato paste
Freshly ground black pepper, to taste
Fresh parsley, for serving

Process;

- Preheat the oven to 350 degrees F.
- Coat a small baking dish with coconut oil spray.
- Bring a large pot of water to a boil.
- Cut the stems and very top of the peppers off, removing the seeds, place in boiling water for 4-5 minutes, remove from the water and drain on a paper towel.
- Heat the coconut oil in a large nonstick pan over medium heat; add in the onion, sauté for 3-4 minutes.
- Stir in the ground turkey, oregano, salt, and pepper and cook until turkey is browned, add the zucchini to the pan as the turkey finishes cooking.
- Cook everything together until the zucchini is soft, and then drain any juices.
- Remove the pan from heat and stir in the tomato paste.
- Place the peppers upright in the baking dish and spoon the meat mixture into the center of each, bake for 15 minutes.



BEEF TACO FRY

Servings: 4-6

Ingredients;

1 pound ground beef

2 medium onions

2 bell peppers

2 medium squash or zucchini

1 large hand-full of fresh spinach

Spices to taste: I used about 1 tablespoon each of: cumin, chili powder, garlic powder, Himalayan salt, and fresh cilantro

Process;

- Brown the beef until well cooked in a large pan over medium high heat.
- Remove and add thinly sliced onions, peppers, squash/zucchini to the pan and sauté until starting to soften.
- Return meat to pan and add fresh spinach.
- Spice to taste and continue to cook until spinach is wilted.
- Remove and serve.

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STEAK FAJITAS

Servings: 4-6

Ingredients;

2 lbs. flank steak
1/3 cup extra virgin olive oil
2 tablespoon Paleo Worcestershire sauce
1/4 cup fresh lime juice
3 cloves garlic, minced
2 teaspoon honey
2 teaspoon cumin
2 teaspoon chili powder
1/4 teaspoon red pepper flakes
1/2 teaspoon salt
1/4 teaspoon pepper
1 large onion, thinly sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
2 tbsp coconut oil, divided
Avocado, for serving
Cilantro, for serving

Process;

- Stir together the olive oil, Worcestershire sauce, lime juice, garlic, honey, cumin, chili powder, red pepper flakes, salt and pepper in medium bowl.
- Pour half of the marinade into a separate bowl.
- In one bowl, place the steak and turn to coat, in the other bowl, place the veggies and toss to coat, refrigerate both for 1 hour.
- Melt one tablespoon of coconut oil in a large pan over medium heat, add the marinated veggies and sauté for 3-4 minutes, until just cooked but still crispy, remove from the pan to a plate.





- Melt the remaining tablespoon of coconut oil in the same pan and add the steak, cook for 2-3 minutes per side.
- Slice the meat into thin strips; serve with veggies and lettuce wraps, topped with avocado and cilantro.

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BALSAMIC CHICKEN ROAST TOMATOES

Servings: 2

Ingredients;

2 chicken thighs, bone-in
1 cup mushrooms, chopped
1/2 medium onion, chopped
1-2 tablespoon extra virgin olive oil
3 tablespoon balsamic vinegar
Salt and pepper, to taste
1 pint cherry tomatoes
1 tablespoon honey
Fresh parsley, for garnish

Process;

- Preheat the oven to 400 degrees F.
- Place the tomatoes on a baking sheet and drizzle with olive oil and honey, sprinkle with salt and pepper and toss to coat, bake for 15-20 minutes until soft.
- Heat one tablespoon of olive oil in a large pan over low heat, add the onions and mushrooms and cook for 10-12.
- Season the chicken with salt and pepper and then place it in the pan, add the balsamic, reduce the heat to low, simmer for 15 minutes.
- Divide the tomatoes between two plates, place one chicken thigh on each and then spoon the onions, mushrooms, and pan drippings over the chicken.
- Garnish with parsley.



BAKED EGG IN AVOCADO

Servings: 2

Ingredients;

2 ripe avocados
4 fresh eggs
1/8 teaspoon pepper
1 tablespoon chopped chives

Process;

- Preheat the oven to 425 degrees.
- Slice the avocados in half and scoop out about two tablespoons of flesh from the center.
- Place in a small baking dish.
- Crack an egg into each avocado half.
- Place in the oven and bake for 15 to 20 minutes.
- Remove from oven, and then season with pepper, chives, and garnish of your choice.



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HICKORY SMOKED BEEF BRISKET

Servings: 10

Ingredients;

Grass Fed Beef Brisket, mine was 10 Lbs
1/2 Cup Grass Fed Butter
1/2 Cup Melted Raw Organic Honey
Yellow mustard to coat
Liberal amount of Caveman Blend
100% pure apple juice if smoking

Process;

- To prep the brisket whether you are smoking it or cooking it in the oven you need to rinse it under cold water and pat dry
- Use your yellow mustard and spread it evenly over your entire brisket and then rub in a liberal amount of the caveman blend making a nice crust over the whole brisket
- If you can, wrap the whole brisket in plastic wrap and just let sit in the refrigerator from a few hours to overnight to let those flavors meld
- When your ready to cook your brisket, ensure you pull it out of the refrigerator at least an hour prior to your starting to cook it
- Once it has come to room temperature, melt together the butter and honey in the microwave
- If you are smoking your brisket, get your smoker to around 200 degrees F
- If you are cooking it in the oven, preheat your oven to 220 degrees F
- Using a marinade injector inject that brisket as full as you can get it and this is where the steps split





- If you are smoking it, now is the time to go put that brisket fat side up on the smoker and get ready to sit on your hands for close to 16 hours. That brisket needs to smoke for a LONG TIME and the more you open the lid the longer it will take. After 5 hours I sprayed apple juice on the brisket every hour until the internal temperature reached 190 degrees F
- If you are using your oven, wrap your seasoned and injected brisket tightly in heavy duty aluminum foil ensuring the fat side is up. Place in the oven and then leave it alone for like 8-9 hours. You are shooting for the same internal temperature of 190 Degrees here. I recommend prepping the brisket the day before and starting in the morning for dinner. It is almost a must to have a leave in meat thermometer as well so you never have to open your oven.
- Once your meats are done let rest for about 10 minutes and then slice AGAINST the grain.

FIRE ROASTED BACON MEATLOAF

Servings: 6

Ingredients;

1 Lb Grass Fed Ground Beef
1 Lb Bacon, minced
14 Ounce Can of Fire Roasted Tomatoes
1 Red Onion, minced
1 Bell Pepper, minced
3 Cloves garlic, minced
2 Eggs
1 Cup Almond flour
2 Tbsp Oregano
1/2 Tbsp Sea Salt
Pepper to taste

Process;

- Preheat oven to 400 Degrees Fahrenheit
- If you have a meat grinder, use it to grind your bacon and beef together, if not mince your bacon as fine as possible and combine in a mixing bowl with your beef
- Add all remaining ingredients to the bowl, and using your hands mix well to ensure an even distribution of ingredients
- You can now form it into a loaf and put it in a Pyrex dish, put it in a loaf pan, or form into meatballs and put in the pan
- Bake for an hour or until the meat is cooked through, internal temperature needs to be at least 165 Degrees F because of the bacon
- Remove from oven and let sit for 10-15 minutes before slicing and serving
- Serve drizzled with some Beasty BBQ Sauce
- Enjoy



JALAPEÑO DIJON GRILLED CHICKEN

Servings: 4-6

Ingredients;

- 3 Lbs Chicken Thighs, skin optional
- 4 Jalapenos, diced (I kept my seeds in)
- 2 Garlic Cloves, pressed
- 2 Tbsp Kasandrios Olive Oil
- 4 Tbsp Dijon Mustard
- 2 Tbsp Raw Organic Honey (optional if Whole 30)
- 2 Tsp Salt
- 1 Tbsp Fresh Rosemary, chopped
- 1 Tsp Pepper
- 1 Lemon

Process;

- Combine all of your ingredients, EXCEPT YOUR LEMON, in a bowl or dish to marinade your chicken
- Marinade for at least a few hours but 24 hours in the refrigerator is ideal
- Once your ready to cook, preheat your grill to a medium/medium high heat or about 400-450 degrees F
- 4. Once your grill is ready, place your chicken thighs on the grill and cook between 7-10 minutes per side
- Use a meat thermometer to ensure your chicken is cooked and at least 175 Degrees F
- Once done place all your chicken thighs in aluminum foil, squeeze all your lemon juice over the chicken, and close the aluminum foil and let it steam with the lemon juice for about 10-15 minutes
- Serve and enjoy



TOP SIRLOIN KABOBS

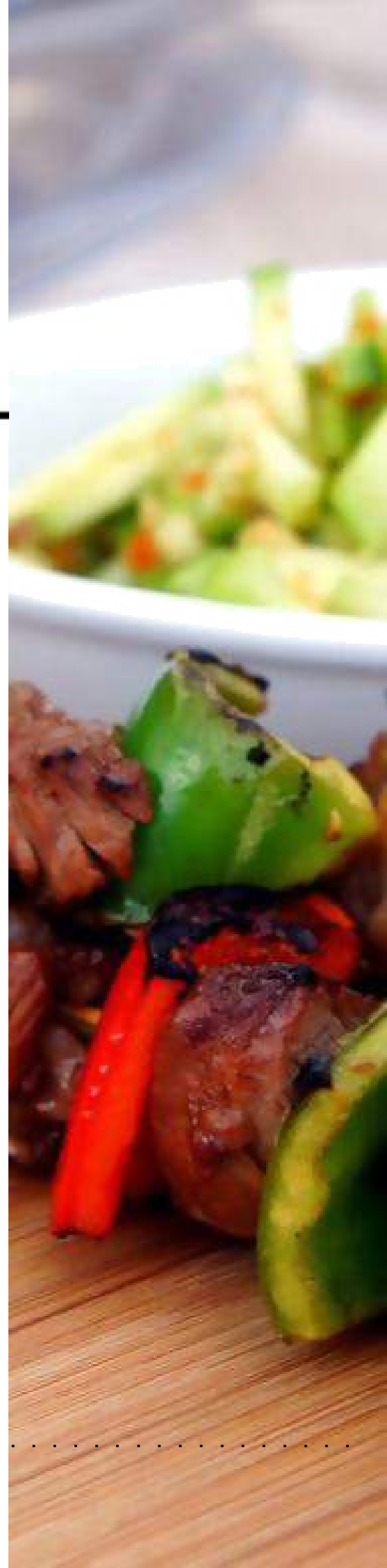
Servings: 4-10

Ingredients;

2 Grass Fed Top Sirloins or steak of your choice, chunked
1 Large onion sliced
3 Bell Peppers, color of your choice
16 Ounces of Cherry Tomatoes
3 Garlic cloves, minced
2 Tbsp Italian Seasoning
Salt and Pepper to taste
Kasandrino's Olive Oil

Process;

- If using wood skewers, soak for 20 Minutes in water prior to cooking with
- Preheat your grill for a medium-high heat
- Place all of your ingredients in a mixing bowl and ensure you get a nice even coating. Use enough olive oil to lightly coat everything
- Once your skewers are soaked, start alternately threading your ingredients onto your skewers, steak, pepper, onion, tomato and so on
- Once done, grill for 8-10 minutes uncovered turning occasionally for medium-rare to medium steaks
- Once done serve with a side dish of your choice, I recommend my Sweet Potato Mash or Grilled Broccoli with Almond Dressing.
- Alternately you can include any fruits of your liking that you like grilled as well
- Enjoy



CROCK POT RUMP ROAST

Servings: 4-8

Ingredients;

- 1 Grass Fed Rump Roast 3-6 lbs. (Or what you can fit in your crockpot)
- 1 Onion, diced
- 1 Tablespoon Black Pepper
- 1 Tablespoon Paprika
- 2 Teaspoon Chili Powder
- 1/2 Teaspoon Cayenne
- 1/2 Teaspoon Garlic
- 1/4 Teaspoon Mustard Powder
- 1/2 Cup Beef Stock

Process;

- Combine all the spices above together and mix well.
- Generously rub this spice mixture all over your rump roast to your taste liking. If you don't like too many spices just lightly coat it.
- Line the bottom of your crock-pot with your diced onions.
- Place your seasoned roast on top.
- Pour in your beef stock.
- Cover and cook on low for 10 Hours.

PUMPKIN CHICKEN CHILI

Servings: 8-10

Ingredients;

- 3 Lbs. of Chicken, cubed (any cut you want, I used breasts)
- 3 Cups Organic Pumpkin Puree
- 2 Cups Bell Pepper, Diced (Color of your choice)
- 2 Cups of Red Onion, Diced
- 3 Jalapenos, diced and seeds removed (if you want)
- 1 Cup Chicken Stock
- 1 Cup White Wine (Optional)
- 28 Ounces Organic tomatoes with their juice, diced
- 6 Ounces Organic Tomato paste
- 1 Clove of Garlic, minced
- 3 Tablespoons Chili Powder
- 2 Tablespoons Pumpkin Pie Spice
- 2 Tablespoons Fresh Cilantro, diced
- 1 Tablespoon Cocoa Powder
- 1 Teaspoon Ground Coriander
- 1/2 Teaspoon Sea Salt
- 1 Whole Cinnamon Stick
- 2 Tablespoons Coconut Oil for Dutch Oven

Process;

- Heat your coconut oil in a Dutch Oven over medium heat
- Sauté your onions until lightly browned, then add your bell peppers, jalapenos, and garlic and sauté for another 5 minutes
- Add in your chicken, chicken stock, white wine, organic tomatoes, organic tomato paste, chili powder, pumpkin pie spice, coriander, salt, and cinnamon stick and simmer for 20 minutes Stir in your pumpkin, cilantro, and cocoa powder and cook for an additional 5 minutes
- Reduce heat to low and let sit until ready to serve or serve immediately
- Enjoy and if there is too much, you can freeze it and eat later on in the week



CHICKEN WITH SEASONED BAKED VEGGIES

Ingredients;

2 lbs. skinless, boneless chicken breasts, sliced
1 red or white onion, sliced
1/2 lb. fresh green beans, asparagus, sliced fresh
zucchini, summer squash, etc.
2-4 white or sweet potatoes, quartered and sliced
2-4 Tablespoons grass fed butter, or extra virgin olive oil
1-2 cloves minced garlic
1 teaspoon oregano, basil, thyme, rosemary or other
herbs; fresh or dried Sea salt, pepper Foil sheets,
approximately 12" x 10"

Process;

- Heat oven to 350-375 degrees F.
- Place a serving of meat in middle of foil sheet, spread vegetables on top, drizzle with extra virgin olive oil or a small chunk of grass fed butter, season with garlic, herbs, salt and pepper, and wrap in a rectangular shaped package.
- Place packets on a baking pan and bake for about 30-40 minutes..



LEMON PEPPER CHICKEN WITH ROSEMARY

Ingredients;

2 Tablespoons extra virgin olive oil
2 Tablespoons butter
2 lbs. of chicken breasts
1/4 cup rice flour, almond flour or coconut flour
2 cloves fresh garlic, minced
2 or 3 sprigs fresh rosemary
Sea salt
Fresh coarsely ground pepper
1 lemon cut in half
Handful of fresh parsley for garnish

Process;

- Coat the chicken pieces with flour.
- Over medium heat, add the extra virgin olive oil, butter, and chicken.
- Season with generous amounts of garlic, sea salt, and fresh ground pepper.
- Cook for about 5-7 minutes and turn over.
- Add the rosemary. Season other side and squeeze half the lemon juice over the chicken.
- When chicken is done, squeeze the other half of the lemon on it and serve.



TURKEY MEATBALLS WITH BAKED VEGGIES

Servings: 4

Ingredients;

- 1 lb. ground free range organic turkey or chicken
- 1 raw egg
- 1 onion, minced
- 2-4 cloves garlic, minced
- 1 teaspoon sea salt or so, to taste
- 1 slice gluten free bread, blended into crumbs in a food processor
- 1-2 teaspoons of oregano
- 2 Tablespoons of extra virgin olive oil

Process;

- Heat oven to 375 degrees F. Drizzle extra virgin olive oil a shallow baking pan.
- In a big bowl, combine all remaining ingredients. Mix with clean hands or large wooden spoon.
- Roll into 1 1/2" sized balls, and place on the baking pan.
- Cook for about 10 minutes or so, turn and cook for another ten minutes.
- Serve with your favorite baked vegetables.

100 Recipes For Optimal Blood Sugar

HOME FRIES WITH GRILLED SAUSAGE

Servings: 1

Ingredients;

- 3 links Applegate Naturals chicken breakfast sausage
- 1 cooked sweet potato, cubed
- 1 1/2 cup chopped kale
- 2 teaspoons of butter or olive oil
- Salt and pepper to taste

Process;

- Heat chicken sausage. In a pan, sauté sweet potato and kale in oil until soft, then sprinkle with salt and pepper.



LAMB CHOPS WITH MUSTARD

Servings: 4

Ingredients;

2 pints cherry tomatoes, halved
2 tablespoons extra virgin olive oil
2 tablespoons honey
Salt and freshly ground pepper
1/2 head of cauliflower, chopped coarsely 1/2
small onion, finely diced
1 tablespoon coconut oil
1 tablespoon fresh parsley, chopped Salt
and freshly ground pepper, to taste 4
double lamb rib chops, Frenched Extra
virgin olive oil
Salt and freshly ground pepper
Coconut oil, for the pan
1/4 cup red onion, finely diced
1/4 cup white wine vinegar
1 cup chicken stock
1 tablespoon whole grain mustard
Salt and freshly ground pepper, to taste

Process;

- Preheat the oven to 400 degrees F.
- Place the tomatoes on a baking sheet and drizzle with olive oil and honey, sprinkle with salt and pepper, bake for 15-20 minutes.
- While the tomatoes are roasting, prepare the cauliflower rice; place the cauliflower into a food processor and pulse.
- Melt the coconut oil in a nonstick pan over medium heat, add the onion and cook for 5-6 minutes, stir in the cauliflower, season with salt and pepper,

and cover, cook for 7-10 minutes and then toss with parsley.

- Preheat the oven to 325 degrees F.
- Pat the lamb chops dry and rub with olive oil. Generously season both sides with salt and pepper.
- Heat one tablespoon of coconut oil in a cast iron pan, add the ribs and sear for 2-3 minutes on all sides.
- Place the pan in the oven and bake for 5-8 minutes; let rest for 10 minutes before serving.
- While the lamb is resting, add the red onion to the skillet with the pan drippings from the lamb, sauté for 3-4 minutes, and then add the white wine vinegar.
- Turn the heat to high and cook until the vinegar has mostly evaporated.
- Add the stock and bring to a boil, cooking until the sauce reduces by half.
- Stir in the mustard, and season to taste with salt and pepper, pour over lamb rib chops to serve.



BEEF CAULIFLOWER SHEPHERDS PIE

Ingredients;

- 1 large head cauliflower, cut into florets
- 2 tablespoon ghee, melted
- 1 teaspoon spicy Paleo mustard
- Salt and freshly ground black pepper, to taste
- Fresh parsley, to garnish 1 tablespoon coconut oil
- 1/2 large onion, diced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 lb. lean ground beef
- 2 tablespoons tomato paste
- 1 cup chicken broth
- 1 teaspoon dry mustard
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ground clove
- Salt and freshly ground black pepper, to taste

Process;

- Place a couple inches of water in a large pot, once it is boiling, place steamer insert and then cauliflower florets into the pot and cover, steam for 12-14 minutes, drain and return to the pot.
- Add the ghee, mustard, salt, and pepper, using an immersion blender or food processor, combine the ingredients until smooth.
- Meanwhile, heat the coconut oil in a large pan over medium heat, add the onion, celery, and carrots and sauté for 5 minutes, add in the ground beef and cook until browned.

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- Stir the tomato paste, chicken broth, and remaining spices into the meat mixture, simmer until most of the liquid has evaporated.
- Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top, drizzle with olive oil.
- Place under the broiler for 5-7 minutes until the top turns golden, sprinkle with fresh parsley and serve.



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CHICKEN CURRY, RICE OPTIONAL

Servings: 1

Ingredients;

6 oz. stewed tomatoes
2 oz. hot water
4 teaspoons curry powder
1 teaspoon cumin
1 teaspoon coriander
2 minced garlic cloves
1 large onion diced
1 chicken breast, diced
Gluten-free soy sauce
1 red pepper de-seeded and diced
You may serve this dish over "rice" cauliflower

Process;

- Brown chicken and onions in a pan, add all of the spices, stewed tomatoes and water and cook on medium for approximately 10 minutes.
- Add red pepper to mix and let cook for about a minute.
- Serve in bowls, on plates with a nice side salad or over "rice" cauliflower.

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TURKEY METAMIX

Servings: 4

Ingredients;

- 2 lbs. leftover cooked turkey, cubed or shredded
- 3 Tablespoons fish sauce
- 3 Tablespoons coconut aminos
- 1 Tablespoon water
- 1/2 Tablespoon unrefined granulated sugar or honey (optional)
- 1 teaspoon salt
- 1/2 teaspoon ground white pepper
- 2 Tablespoons lard
- 4 baby bok choy, leaves pulled apart, hearts halved
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 1/2 cups lightly pack Thai basil leaves

Process;

- In a medium bowl, combine turkey with fish sauce, coconut aminos, water, sugar, salt and pepper.
- Melt lard in large wok or frying pan over medium-high heat; add bok choy, peppers, onion and garlic and sauté until softened.
- Add contents of bowl with the meat to pan and stir for about 3 minutes until turkey is fully incorporated and heated through.
- Remove from heat and add Thai basil, stirring until basil wilts.



MOROCCAN CHICKEN FRY

Servings: 2

Ingredients;

1 chicken breast, chopped into pieces 1/2
tablespoon olive oil 1/2 onion, chopped
1 bell pepper, chopped
2 cloves garlic, minced
1 teaspoon ginger, minced
1 teaspoon cumin
1 teaspoon turmeric
1/2 teaspoon paprika
1/2 tablespoon oregano
1/2 can diced tomatoes
1/2 cup chicken stock
Salt and pepper

Process;

- In a pan cook the chicken in the olive oil, once finished remove from pan.
- Add to the pan the bell pepper, onion, garlic, ginger and all spices, sauté until bell pepper and onion become soft.
- Add back in the chicken along with the diced tomatoes and chicken stock, let simmer for 10 minutes.

MACADAMIA NUT CRUSTED MAHI MAHI

Servings: 2

Ingredients;

Enough coconut milk to marinate your Mahi Mahi in, approximately 1 cup
2 Mahi Mahi filets, about 6-8 ounces a piece 3/4
Cups roasted macadamia nuts
1/8 Cup almond flour
1/8 Cup coconut flour
1/8 Cup coconut oil, melted
Salt and pepper to taste
Shredded Unsweetened coconut to taste Oil
for brushing foil

Process;

- Place your 2 Mahi Mahi filets in a Ziploc bag with the coconut milk and let sit at room temperature for 30-60 minutes
- Preheat your oven to 425 Degrees F
- Place your macadamia nuts in a food processor and grind until they are coarsely ground
- Add in the coconut flour and almond flour and mix well, transfer macadamia nut mixture to a bowl
- Line a baking sheet with aluminum foil and brush oil on the sheet so your fish doesn't stick
- Place your Mahi Mahi filets on the baking sheet and salt and pepper each side of the fish to your taste liking
- Place in oven and bake for 5 minutes
- Add your melted coconut oil to your macadamia nut mixture and mix well
- After the 5 minutes remove your mahi from the oven





- Flip the Mahi over and spread your macadamia mixture over the top of the filets and press it down so it sticks. Then add your shredded coconut on top of the mixture, as much as you like
- Place your baking sheet back in the oven and cook for an additional 8-10 minutes or until your coconut and macadamia nuts have browned nicely.
- Remove from the oven and let sit for 10 minutes
- Serve with anything of your choice, I just had mine with some freshly diced pineapple and it was amazing
- Enjoy

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BROWN RICE PASTA WITH SALMON AND ASPARAGUS

Servings: 8

Ingredients;

16 ounces dried brown rice pasta
1 package frozen peas
2 cups packed fresh spinach, chopped
1 can salmon, drained and flaked
1 bottle Italian-style salad dressing
1/2 cup finely chopped carrots
3/4 cup red cherry tomatoes
3/4 cup yellow cherry tomatoes
1/4 cup chopped fresh cilantro
1 ripe avocado, peeled and sliced
1 tablespoon lemon juice
1/2 jalapeno pepper, finely chopped

Process;

- Fill a large pot with lightly salted water and bring to a boil.
- Stir in pasta, and return to a boil.
- Cook pasta uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite, 10 to 12 minutes.
- Drop frozen peas and spinach into boiling pasta during the last minute of cooking.
- Drain pasta, peas, and spinach in a colander.
- Stir in salmon and salad dressing until well combined.
- Chill in the refrigerator, about 20 minutes.
- Gently stir in carrots, tomatoes, cilantro, avocado, and lemon juice.
- Garnish with jalapenos.



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WILD SALMON AND ROAST ASPARAGUS

Servings: 2

Ingredients;

400g of small new potatoes

2 wild salmon fillets

8 asparagus stalks, trimmed and cut in half

20 or so cherry tomatoes

Fresh basil

1 tablespoon of balsamic vinegar

Half a lemon

Process;

- Heat the oven to 220°C (fan) or 200°C (using gas)
- Squeeze one quart of the lemon juice onto the salmon to soak
- Add the potatoes and olive oil to a baking dish, coating the potatoes with oil
- Once the oven is ready, roast the potatoes for approximately 20 minutes
- After 20 minutes, add the asparagus stalks to the baking tray and cook both asparagus and potatoes for another 15 minutes
- Add cherry tomatoes together with balsamic vinegar, pepper and salmon to the baking dish and cook for 12-15 minutes longer
- Once cooked, add the basil leaves and the other quart of the lemon juice, sprinkling over the dish
- Serve directly from the dish within a minute and add salt to taste

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HOT FISH WITH GINGER

Servings: 2

Ingredients;

2 fillets of wild red mullet
4 tablespoons of olive oil
1 clove of garlic
2 limes
2 lime leaves
1 sliced carrot
1 sliced chili
3 tablespoons of white wine vinegar
3 sliced spring onions
Freshly ground pepper
1 tablespoon of brown sugar
Half a cup of flour
Stump of ginger
Fresh coriander
Salt and pepper

Process;

- Squeeze the limes into a saucepan, add the white wine vinegar and lime leaves (broken in) with the chili, onions and carrot
- Heat the saucepan to moderate heat for 2 minutes and add garlic
- After 1 more minute add the pepper and brown sugar and dilute with half a cup of water and mix thoroughly to blend the flavors
- Stir for 2 minutes more and then transfer the pan to a bowl
- Take the fish fillets and roll them in flour, then fry in olive oil for 5-6 minutes on each side until they are golden and crispy.
- While the fish cook grate the ginger and chop the coriander, then add them both to your dressing and mix
- Spoon the dressing onto the fish and serve with salad, potatoes or roasted vegetables



FISH COCONUT CURRY

Servings: 4

Ingredients;

2 teaspoon coconut oil
1 large onion, chopped
2 cloves garlic, minced
1 tablespoon fresh ginger, minced
1 teaspoon garam masala
1 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon turmeric
1/8 teaspoon cayenne, or to taste
14.5oz can diced tomatoes
13.5oz can coconut milk
1/2 - 2 jalapeno peppers, sliced and to taste
Salt, if needed
1 lb. firm white fish
2 tbsp. fresh cilantro, chopped

Process;

- Heat the coconut oil in a heavy pot, add the onion and cook until it's translucent.
- Stir in the garlic, ginger, garam masala, coriander, cumin, turmeric and cayenne, cook for a minute or two, then stir in the tomatoes, coconut milk and jalapeno pepper.
- Bring the mixture to a simmer, then reduce the heat to low, cover the pot and cook for about an hour.
- Cut the fish into bite sized pieces and add to the curry, cook for another 3-6 minutes or until the fish is cooked through.
- Serve.

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PALEO FISH TACOS

Servings: 2

Ingredients;

For the Fish:

1 lb. tilapia (or halibut/cod), cut into ½ inch by 3-4 inch strips

½ cup coconut flour

1 tablespoon garlic powder

2 teaspoons salt

2 teaspoons cumin powder

Dash of pepper

Coconut oil for frying

For the White Sauce:

½ cup mayo (recipe here) 1

tablespoon lime juice

1 teaspoon dried oregano

½ teaspoon cumin powder

Dash of chili pepper

½ teaspoon of raw honey (optional)

To Eat:

4-6 lettuce leaves

1 cup salsa (recipe here)

2 tablespoons cilantro, chopped

4-6 slices of lime

Process;

- Mix all the sauce ingredients together with a fork. Add in the honey if you find the sauce too sour.
- Mix together all the dry ingredients (coconut flour, garlic powder, cumin powder, salt, pepper) in a bowl.
- Drop the fish strips into the bowl and coat with the mixture.





- Heat up enough coconut oil in a saucepan on high heat so that the coconut oil is approx. ½ inch deep.
- Carefully add the coated fish strips to the hot coconut oil.
- Fry until they turn a golden brown color.
- Place the fried fish strips in a bowl lined with a paper towel to soak up the excess oil.
- Wash the lettuce leaves and pat dry with a paper towel.
- Place 5-6 fish strips on top of a lettuce leaf, top with salsa and white sauce.

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GINGER COD WITH SALAD

Servings: 1

Ingredients;

- 1 fillet of cod, cut into serving size pieces
- Salt and pepper
- Ginger powder
- 2 tablespoons olive oil
- 2 zucchini, cut into ribbons
- 1/4 each, yellow and orange bell peppers, cut into thin strips
- 1 teaspoon fresh ginger, grated
- 1/4 cup rice vinegar
- 1 tablespoon soy sauce
- Juice 1/2 lemon
- 1 tablespoon honey
- 1 tablespoon sesame oil

Process;

- Season the cod pieces with salt, pepper and the ginger powder
- Steam the zucchini and peppers for 3 minutes, rinse with cold water, drain and pat dry, and then place in a mixing bowl.
- Whisk together the fresh ginger, vinegar, soy sauce, lemon juice, honey and sesame oil, then pour over the zucchini and peppers.
- Fry the cod in the olive oil until cooked and serve with the zucchini salad.



WILD SALMON AND WATERMELON

Servings: 2

Ingredients;

For Watermelon & Fish:

- 1 cross section watermelon (1" thick)
- 1 tablespoon olive oil
- Sea salt
- 2 wild caught salmon filets, skinned

For Sauce:

- ¼ cup sweet chili sauce
- 1 teaspoon Sriracha sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon dark sesame oil
- 2 tablespoons toasted sesame seeds

Process;

- Cut watermelon into 2 planks approximately, add olive oil to pan and bring heat to medium high, add watermelon and sear for approximately 2 minutes on each side, remove from pan, season with sea salt and set aside until fish is ready.
- Keep heat on and add fish to pan used for watermelon; leave residual juices and oil in there, sauté for approximately 5 -6 minutes per side.
- In a small bowl, whisk together chili sauce, Sriracha sauce, soy sauce, vinegar, oil and sesame seeds. Pour over fish during last 2 minutes of cooking to glaze salmon and warm up.
- To serve, place fish atop seared watermelon plank and spoon extra spicy sesame sauce from pan over the top.



METABOLIC SUSHI

Servings: 1

Ingredients;

1 head small cauliflower
1 ahi tuna steak
Green onions for topping
1 cucumber
1 carrot grated
1 avocado diced
1 sheet nori, torn into pieces or dulce flakes
Clover sprouts for topping, optional

For the Dressing;

2 tablespoon coconut aminos (soy sauce)
1 tablespoon sesame oil
1 tablespoon apple cider vinegar
1 teaspoon raw honey
1/2 teaspoon sea salt

Process;

- Roughly chop cauliflower, and place in a blender/ food processor and pulse until formed into the form of rice grains.
- Steam or boil the 'rice' until just tender, not too soft. It only takes a few minutes, then drain and allow to cool.
- Chop and prepare all vegetables.
- Make the dressing by simply mixing all ingredients in one bowl.
- Heat a pan over high heat with two tablespoons coconut oil. Add tuna steak to the hot cooking surface and sear for 1 minute on each side.
- Mix the rice, nori sheets, vegetables, and dressing.
- Top with ahi tuna, avocado, green onions and more dressing





FRIED HALIBUT

Servings: 4

Ingredients;

4 halibut fillets or other firm white fish (8 ounces each)
1 tablespoon olive oil
Kosher salt and fresh cracked black pepper
Zest of 2 lemons
1/4 cup freshly squeezed lemon juice
3 tablespoons butter or ghee (or olive oil)

Process;

- Heat a large sauté pan coated with olive oil, sauté fillets until golden and cooked through, remove from heat.
- Add butter, ghee or olive oil, to pan and melt.
- Let it cook a minute or two on lower heat until it begins to bubble, add the lemon juice and zest and remove pan from heat.
- Pour sauce over fillets.

100 Recipes For Optimal Blood Sugar

QUINOA PINEAPPLE STIR-FRY

Servings: 4

Ingredients;

1 cup quinoa
1 cup pineapple juice
1 cup cold water
1/4 teaspoon soy sauce
4 ounces raw unsalted cashews
3 tablespoons peanut oil
2 scallions, sliced thinly
2 garlic cloves, minced
1 hot red chili pepper, sliced into very thin rounds 1/2
inch piece gingerroot, peeled and minced 1 red bell
pepper, diced
1 cup edamame, cooked
1/2 cup fresh basil, sliced into thin shreds
2 tablespoons fresh mint, finely chopped
2 cups fresh pineapple, cut into bite-size chunks
3 tablespoons soy sauce
3 tablespoons vegetable stock
1 tablespoon mirin
Lime wedge (to garnish)

Process;

- Combine the quinoa, juice, water, and soy sauce in a medium-sized pot, cover, place over high heat, and bring to a boil.
- Stir a few times, lower the heat to medium-low, cover, and cook for 12 to 14 minutes, uncover, fluff, and let cool.
- Place the cashews in the dry wok and heat over low heat, stirring them, until lightly toasted, about 4 minutes, remove from pan.





- Raise the heat to medium, and add the peanut oil, scallions, and garlic.
- When the garlic starts to sizzle, add the sliced chili pepper and ginger.
- Stir-fry for about 2 minutes, and then add the red bell pepper and edamame.
- Stir-fry for about 3 minutes, until the bell pepper is softened and edamame is bright green.
- Add the basil and mint, and stir for another minute before adding the pineapple and quinoa.
- In a measuring cup, combine the soy sauce, vegetable stock, and mirin.
- Pour over the quinoa mixture.
- Continue to stir-fry for 10 to 14 minutes.
- Serve with lime wedges and additional soy sauce, to season individual servings to taste.

100 Recipes For Optimal Blood Sugar

BLACK BEAN AND SWEET POTATO CHILI

Servings: 4

Ingredients;

1 tablespoon plus 2 teaspoons extra-virgin olive oil
1 medium-large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
2 tablespoons chili powder
4 teaspoons ground cumin
1/2 teaspoon ground chipotle chili 1/4
teaspoon salt 2 1/2 cups water
2 15-ounce cans black beans, rinsed
1 14-ounce can diced tomatoes
4 teaspoons lime juice
1/2 cup chopped fresh cilantro

Process;

- Heat oil in a Dutch oven over medium-high heat.
- Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds, add water and bring to a simmer.
- Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
- Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
- Reduce heat and simmer until slightly reduced, about 5 minutes.
- Remove from heat and stir in cilantro.



CAULIFLOWER AND BROCCOLI GRATIN

Servings: 2

Ingredients;

200g of cauliflower
200g of broccoli
30g of butter
30g of cream
1 onion
1 clove of garlic
20g of grated Parmesan cheese
Salt & ground pepper
Fresh parsley
1 egg
Half a cup of coconut flour (optional)

Process;

- Boil a pan of water and when hot add the broccoli and cauliflower (4 minutes only total cooking time)
- In a frying pan, gently cook the onion and garlic using some of the butter (4 minutes)
- Heat the oven to 180°C (10 minutes)
- In a separate mixing dish, add milk, parsley, some salt and pepper to make the sauce
- Add the sauce mix on low heat to the onions in the frying pan (once the onions have already fried for 4 minutes)
- Leave the sauce on low heat for 10 minutes
- Remove and drain the cauliflower and broccoli and assemble in the baking dish, ready for cooking
- Add an egg to the saucepan and whisk for 3 minutes, increasing heat to mark 3
- Add half of the Parmesan cheese to the sauce mix and continue whisking (3 minutes); add more pepper and parsley to taste

- If the sauce does not thicken enough, add a small amount of flour
- Once the oven is ready at 180°C, pour the sauce (when semi-thick) onto the broccoli and cauliflower
- Sprinkle more Parmesan cheese on the top of the dish, spread evenly
- Cook in the oven for 15 minutes at 180°C
- The dish is ready to serve once cooked



100 Recipes For Optimal Blood Sugar

CAULIFLOWER AND BEANS IN COCONUT CURRY



Ingredients;

- 1/4 cup coconut milk**
- 2 tablespoons curry powder**
- 1/2 cup red onion, diced**
- 3 clove garlic, minced**
- 3/4 cup water**
- 10oz firm tofu, drained, cut into bite size pieces**
- 1/2 cup green beans**
- 1.5 cups cauliflower florets**
- 1/4 cup cashews**
- 1/3 cup fresh cilantro, chopped**
- Salt**

Process;

- In a large skillet, heat the coconut milk over medium-high heat.
- Whisk in curry powder and salt and break down any chunks of the coconut milk.
- Add onion and garlic and cook for 1-2 minutes.
- Add water and tofu, cook for a couple of minutes and then add cauliflower and green beans.
- Cook covered for 5 minutes, add cashews and top with cilantro and serve.

VEGETARIAN FRITTATA

Servings: 1

Ingredients;

- 1 egg
- 3 egg whites
- ¼ cup shredded non fat mozzarella cheese
- ¼ cup grated low fat Parmesan cheese
- 1 teaspoon olive oil
- 1/3 cup chopped onion
- 1 clove garlic, minced
- 1/3 cup diced green bell pepper
- 1/3 cup zucchini, chopped
- 1/3 cup tomato, chopped
- ¼ teaspoon dried oregano
- Pinch of cayenne pepper

Process;

- Preheat oven at 450°F.
- In a frying pan heat the oil and sauté onion, zucchini, garlic and green bell pepper over medium-high heat until tender.
- Then add the tomatoes and sweet potatoes, stirring gently to combine with the other ingredients, set aside.
- Beat the eggs with the oregano, and cayenne.
- When all the vegetables are cooked, pour the eggs over them.
- Sprinkle the mozzarella and Parmesan cheeses and cook gently over low heat until the eggs are almost set, bake until eggs are set and sides are “puffy”, about 25 minutes.



STUFFED SWEET POTATOES

Servings: 2

Ingredients;

- 2 sweet potatoes
- 1 tablespoon olive oil
- 2 cups broccoli, chopped into small florets
- 1 large shallot, thinly sliced
- 5 cloves garlic, minced
- 2 large pinches kosher salt
- Freshly cracked pepper
- 1 large pinch of red pepper flakes
- 3 sun-dried tomatoes
- 1 oz. goats milk feta cheese

Process;

- Heat a medium pan over medium heat until hot, add olive oil, and swirl to coat the pan.
- Add broccoli, shallot, and garlic; sauté until the broccoli is crunchy-tender and the shallots are limp.
- Add the salt, pepper and red pepper flakes, stir in the sun-dried tomatoes and remove from heat.
- Microwave the sweet potatoes on high for 8 minutes, flipping half way through.
- Split the sweet potatoes down the center and spoon half the broccoli mixture into each, sprinkle on the feta cheese and serve hot.



100 Recipes For Optimal Blood Sugar

INDIAN PANCAKES

Servings: 2

Ingredients;

Oil/fat of choice, use enough to shallow fry
½ cup Almond Flour
½ cup Tapioca Flour
1 cup Coconut Milk, canned and full fat
1 teaspoon salt, adjust to taste
½ teaspoon Kashmiri Chili Powder ¼
teaspoon Turmeric Powder
¼ teaspoon freshly ground black pepper
½ red onion, chopped
1 handful cilantro leaves, chopped
1 Serrano pepper, minced
½ inch ginger, grated

Process;

- Mix almond flour, tapioca flour, coconut milk and spices in a bowl, stir in the onion, cilantro, Serrano pepper and ginger.
- Heat a pan on low-medium heat, add enough oil/ fat to coat your pan, pour ¼ cup of batter onto pan.
- Fry this for about 3-4 minutes per side.
- Repeat until batter is gone.



CAULIFLOWER SALAD

Servings: 1

Ingredients;

- 1 head of cauliflower, broken up into bite-sized pieces
- 1 small onion, chopped
- ¼ cup mayonnaise
- ⅛ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- 8 drops liquid stevia (optional)
- ½ teaspoon sea salt
- ½ teaspoon black pepper

Process;

- Wash and break up the cauliflower into bite-sized pieces and put in a bowl with the chopped onion.
- Whisk together the mayo, oil, vinegar, stevia, salt and pepper, add the pumpkin seeds, dried cranberries, and the dressing to cauliflower and onion.
- Toss together and let marinate for a couple of hours or overnight.

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VEGETARIAN LASAGNA

Servings: 5-6

Ingredients;

For the meat sauce

- 1 large yellow onion, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 2 tablespoon extra virgin olive oil
- 1 1/2 lbs. ground beef
- 1/2 cup tomato paste
- 1/2 cup tomato sauce
- 1 cup red wine
- 1 bay leaf
- 3 sprigs thyme
- Salt and freshly ground pepper, to taste

For the lasagna;

- 1 eggplant, sliced lengthwise thinly
- 1 teaspoon salt
- 1 tablespoon extra virgin olive oil
- 2 yellow squash, sliced thinly
- 1/2 cup torn fresh basil leaves
- 8 oz. white mushrooms, sliced
- 2 cups fresh spinach
- 2 large zucchini, sliced lengthwise into ribbons

Process;

- To make the meat sauce, place the onion and garlic in a food processor and pulse to finely chop.
- Heat the olive oil in a saucepan over medium heat, add the onion and garlic and season with salt and pepper, cook for 12-15 minutes.
- Add the beef to the pot and season with salt and pepper, cook for 15 minutes until browned.
- Stir in the tomato paste and cook for 2-3 minutes, add the red wine to the pan and cook for 5 more minutes.





- Add the tomato sauce, bay leaf, and thyme to the pan, bring to a simmer, and then add 1/2 cup water.
- Cook at a low simmer for 1 hour; discard the bay leaf and thyme.
- Preheat the oven to 350 degrees F.
- Heat one tablespoon of olive oil in a pan over medium heat; cook the eggplant for 2-3 minutes per side until golden.
- Layer the lasagna in a baking dish, start by layering the yellow squash as the base, add one third of the meat sauce on top of that, then lay the eggplant slices, fresh basil, and mushrooms.
- Next add the rest of the meat sauce, then the spinach, zucchini, and finally drizzle with olive oil and sprinkle with salt and pepper.
- Bake for 40-45 minutes.

100 Recipes For Optimal Blood Sugar

BUTTERNUT SQUASH GRATIN

Servings: 6-8

Ingredients;

1 medium butternut squash, peeled, seeded, and diced
1 large sweet potato, peeled and thinly sliced
6 cups fresh spinach
1 tablespoon extra virgin olive oil
2 large shallots, diced
4 cloves garlic, chopped
Salt and pepper, to taste
Pinch of nutmeg

For the sauce;

1/2 head of cauliflower, cut into florets
1 cup almond milk
1/2 cup chicken stock
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper 1/4
teaspoon nutmeg

Process;

- Preheat the oven to 375 degrees F.
- To make the cream sauce, place a couple inches of water in a large pot, once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover, steam for 12-14 minutes.
- Drain and return cauliflower to the pot, add the almond milk, stock, nutmeg, salt, and pepper, use an immersion blender to combine the ingredients until smooth.
- Meanwhile, bring a separate pot of water to a boil; add the butternut squash and cook for 4 minutes drain.





- Heat the oil in a small pan over medium heat, add the shallots and garlic and cook for 4-5 minutes until soft, stir in the spinach to wilt.
- To assemble, grease a large baking dish with coconut oil spray, spoon a thin layer of the cream sauce over the bottom of the pan, arrange a layer of half of the butternut squash, top with half of the spinach mixture, and then all of the sliced sweet potato. Drizzle with the cream sauce.
- Bake for 50-60 minutes until browned.

100 Recipes For Optimal Blood Sugar

COD PICATTA

Servings: 2-3

Ingredients;

- 1 lb. cod fillets
- 1/3 cup almond flour
- 1/2 teaspoon salt
- 2-3 tablespoon extra virgin olive oil
- 2 tablespoon grape seed oil, divided 3/4
- cup chicken stock
- 3 tablespoon lemon juice
- 1/4 cup capers, drained
- 2 tablespoon fresh parsley, chopped

Process;

- Stir the almond flour and salt together in a shallow bowl, toss in fish and coat.
- Heat enough olive oil to coat the bottom of a large pan over medium-high heat along with one tablespoon grape seed oil, working in batches, add the cod and cook for 2-3 minutes per side to brown.
- Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom, simmer to reduce the sauce by almost half, remove from heat and stir in the remaining tablespoon of grape seed oil.
- To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.



VEGETARIAN THAI RED CURRY

Servings: 4

Ingredients;

- 1 tablespoon coconut oil
- 1 medium yellow onion, diced
- 1 teaspoon salt
- 1 green bell pepper, thinly sliced
- 4 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and minced
- 3 tablespoon Thai red curry paste
- 1 14-oz. can coconut milk
- 1 tablespoon coconut aminos
- 1 large acorn squash, peeled, seeded, and cut into 1-inch cubes
- 2 teaspoon lime juice
- 1/4 cup cilantro, chopped
- Cauliflower rice, for serving

Process;

- Melt the coconut oil in a large pan over medium heat, add the onion and cook for 5-6 minutes.
- Add the bell pepper, garlic, ginger, and salt, cook for an additional minute.
- Add the curry paste to the pan and cook for about a minute, add in the coconut milk and coconut aminos and bring to a simmer, stir in the squash, simmer for 15-20 minutes.
- Remove the pan from the heat and stir in the lime juice, sprinkle with cilantro to serve.

100 Recipes For Optimal Blood Sugar

VEGGIE STIR-FRY

Servings: 8

Ingredients;

- 1 lb. of Cubed Butternut Squash, cut into cubes
- 1 lb. of Green Beans, sliced
- 3 Baby Bok Choy slice the stems and cut the leaves in half
- 1½ lb. of Eggplants, cut into wedges 3
- Garlic Cloves, minced
- 1 small Yellow Onion, sliced
- 1/3 cup of Coconut Aminos or Soy Sauce
- ½ teaspoon of Kosher Salt
- ½ teaspoon of Black Pepper
- 1-2 Tablespoons of Cooking Fat
- 2 teaspoons of Chili Paste, optional

Process;

- Heat a wok and add the cooking oil.
- Add the onions and cook until translucent, add the garlic and cook for another minute.
- Add the squash, beans, salt, pepper, and coconut amino/soy sauce and cook for about 15 minutes.
- Add the eggplant and bok choy stalks and cook for another 7-10 minutes.
- Add the bok choy leaves and cook for another few minutes, covered.
- Add the chili paste if so desired.



SCALLION PANCAKES

Servings: 1

Ingredients;

226g (8 oz.) cauliflower
1/4 cup water
40g scallions, chopped
40g onion, chopped finely (optional)
2 eggs
1/4 teaspoon sea salt
2 tablespoons coconut oil

Process;

- Begin by preparing your cauliflower, manually cut into coarse florets then mince through a food processor.
- In a large saucepan, heat up 1/4 cup of water until it is boiling, immediately place all of the minced cauliflower in the saucepan, give it a quick stir, cover and turn off the heat, let steam for 10 minutes.
- Remove the cauliflower from the saucepan into a fine mesh bag and squeeze all of the moisture out.
- Mince your onion and chop your scallion into rounds.
- Crack two eggs into a small bowl, whisk the eggs with a fork, then toss it, along with the scallions, onion, cauliflower and 1/4 teaspoon of sea salt in a medium bowl until well combined.
- In a large fry-pan, heat up 2 tablespoons of oil on medium heat, and then place all of the egg mixture into the pan.
- Spread it out with a spatula to evenly cover the whole pan. Let fry for about 5 minutes or until golden brown.
- Flip the pancake, cook for another 3 minutes or so, until also golden brown.
- Slide the pancake from the pan to a large plate and cut into 6 pieces.

SWEET POTATO AND LEEK WITH EGG

Servings: 2-4

Ingredients;

3 tablespoons coconut oil, divided
2 medium sweet potatoes or yams, diced
Sea salt
½ teaspoon ground cumin
½ teaspoon smoked paprika
1 medium leek, diced
2 garlic cloves, minced
4 local, organic eggs
Black pepper to taste

Process;

- Add 2 tablespoons of coconut oil to a pan over medium-high heat; add the sweet potatoes, along with a generous pinch of salt, cumin, and paprika.
- Cover the pan and cook for about 5 minutes, tossing and flipping occasionally to ensure that all sides of the potatoes are browning and getting crisp.
- Add the leeks and garlic and cook for an additional 5 minutes.
- Meanwhile, in a separate pan over medium heat, add the remaining tablespoon of coconut oil and crack the eggs directly into the pan, cover and cook for 1 - 2 minutes until the whites are set.
- Divide the hash between four plates and top with a fried egg.



LAYERED RATATOUILLE

Servings: 2

Ingredients;

1 large zucchini, cut into chunks
1 large red onion, cut into chunks
4 garlic cloves, crushed
2 green bell peppers cut into chunks
4-5 tomatoes
2 Japanese eggplant
5-6 tablespoon olive oil
Sea salt and black pepper to taste
A pinch of cayenne pepper
6 stalks of fresh rosemary

Process;

- In a large soup pot heat the olive oil over medium and add the onions and garlic, sauté until the onions and garlic start to soften and add the remaining vegetables except for the tomatoes.
- Cook the veggies with the onions and garlic for 5 minutes, add the tomatoes, salt, pepper, cayenne, and rosemary, mix well and bring to a boil.
- Let the Ratatouille simmer for 15 minutes or until the eggplant is soft and the tomatoes are reduced down to a soup like consistency.
- Serve immediately over the meat of your choice.

100 Recipes For Optimal Blood Sugar

COCONUT CHOCOLATE CAKE

Servings: 12

Ingredients;

1 1/4 Cup Almond Flour
1 Cup Dark Chocolate Chips or Enjoy Life Chocolate Chips
1/2 Cup Coconut Milk
1/2 Cup Shredded Coconut
1/2 Slivered Almonds
2 Eggs
1/2 Teaspoon Sea Salt
1/2 Teaspoon Baking Powder
Coconut Oil for Grease

Process;

- Preheat your oven to 350 Degrees Fahrenheit
- Melt your chocolate and coconut milk in a small sauce pan over low heat
- Once the chocolate is melted, transfer to a mixing bowl or your stand mixer
- Add in your eggs and mix well
- Now add in your almond flour, shredded coconut, salt, and baking powder and mix well
- Grease an 8x8 baking dish with coconut oil
- Transfer your batter to your baking dish and sprinkle with your slivered almonds and some coconut if you would like
- Bake in the oven for 25-35 minutes or until a toothpick in the center of the cake comes out clean



CHOCOLATE CHERRY PIE

Servings: 8

Ingredients;

Crust

1 1/2 Cups Almond Flour
3/4 Cup Coconut Flour
1/2 Cup Coconut Oil, melted
1 Tablespoon Cocoa Powder
1/4 Teaspoon Salt
1 Egg
Water

Filling;

4 Cups of cherries, pitted and sliced
1 Cup of Water
1/4 Raw Organic Honey
2 Tablespoons Arrowroot Powder
1/4 Teaspoon Almond Extract (optional)

Process;

- Preheat oven to 400 Degrees Fahrenheit
- Combine all crust ingredients EXCEPT water in a bowl and mix well. You should have a crumbly mixture
- Next slowly add water in 1 Tbsp. increments and mix well to help you form a dough
- Once you have a dough, grease your cake pan with coconut oil and using your hands spread your crust throughout your pan and up the sides ensuring it is even around the pan (you will have leftover which you can crumble on top)
- Place your crust in the oven and bake for 8 minutes
- While your crust is baking, place your water and honey in a saucepan over medium heat and stir until well combined.

- Slowly add in your arrowroot powder and continually stir until your sauce thickens
- Add in all your cherries and then continue to stir over the heat for 2-3 minutes
- Remove from the heat and add your almond extract and stir well
- You should have your crust out of the oven now, pour your cherry mixture into your crust and then put back in the oven
- Bake for 15-20 minutes
- Remove and let cool and Enjoy



100 Recipes For Optimal Blood Sugar

CHOCOLATE AVOCADO CAKE

Servings: 12-16

Ingredients;

- 3 Ripe Avocados
- 3 Eggs
- 1 Cup Diced Strawberries
- 1/2 Cup Coconut Cream Concentrate 1/2
Cup Raw organic honey
- 1/3 Cup Cocoa Powder
- 1 Tablespoon Cinnamon
- 1 Tablespoon Vanilla
- 1 Teaspoon Sea Salt
- 1 Teaspoon Baking Soda

Process;

- Preheat oven to 350 Degrees F
- Place all of your avocados in a food processor, and blend until smooth.
- Transfer your avocado to a mixing bowl or mixer and combine with the rest of your ingredients including all of your coconut cream concentrate.
You can use extra to drizzle on the end if you want
- Mix well ensuring an even distribution of all ingredients
- Grease a 13×9 baking dish with the method of your choice, I use grass fed butter
- Place in your preheated oven and bake for 40-50 minutes or until a toothpick inserted in the middle comes out clean
- Let cool, drizzle with coconut cream concentrate, cut and serve

STRAWBERRY PEACH COBLER

Servings: 8

Ingredients;

- 3 Cups of fruit, your choice diced (I used 1 1/2 Cups Strawberries and 1 1/2 Cups Peaches)
- 1 1/2 Cups Almond Flour
- 1/2 Cup Water
- 1/3 Cup Cinnamon Honey
- 1 Egg
- 2 Tablespoon Coconut Oil, Melted
- 1 Tablespoon Ghee

Process;

- Preheat your oven to 350 Degrees F
- Peel your peaches and dice them as well as dicing your strawberries
- Place your fruit, water, and honey in a sauce pan on your stove and bring to a boil stirring often.
- Once boiling reduce the heat and simmer for 10-12 minutes
- Melt your ghee in the bottom of your cake pan
- Once your fruit is done, add your fruit to the cake pan and set aside
- Combine your almond flour, coconut oil, and egg in a mixing bowl and mix well. It will stay chunky
- Spoon your crumbled mixture over the top of all your fruit and then bake in the oven for 35 Minutes
- Remove from the oven and let cool
- Serve with a scoop of awesome Paleo Chocolate Ice Cream
- Enjoy



CINNAMON SWIRL BANANA

Servings: 28 squares

Ingredients;

3 Mashed Bananas, spotted
1 Cup Almond Flour Cinnamon Swirl Banana Cake 1/4
Cup Coconut Flour
3 Eggs
1 Teaspoon Vanilla
1 Teaspoon Baking Soda
1 Teaspoon Baking Powder
1 Tablespoon Cinnamon
1/8 Cup 100% Pure Maple Syrup
1/2 Cup Walnuts chopped
1 Banana
1 Tablespoon Cinnamon
1 Tablespoon Cinnamon Honey

Process;

- Preheat your oven to 350
- In a mixing bowl combine the first 8 ingredients of the cake and using your hand mixer combine all ingredients well, set aside
- In a separate mixing bowl, combine all your swirl ingredients and mix well by hand
- Grease your 8×8 Pyrex baking dish with oil of your choice, I used coconut oil
- Fold in your cake batter and spread evenly
- Now drop spoonful's of your swirl mixture all over your batter and then using a knife cut in the swirl however your little heart desires
- Place your cake in the oven and start the baking process, should bake for a total of about 30 minutes or until a toothpick comes out clean
- As soon as you put your cake in the oven, make the candied walnuts following the directions here

- As soon as they are done and cool, you should have about 15 minutes of baking time left, pull your cake out and sprinkle your walnuts all over your cake and place back in the oven
- Finish your baking time, remove from the oven and let cool
- Slice and enjoy



100 Recipes For Optimal Blood Sugar

CAVEMAN COOKIES

Servings: 12

Ingredients;

- 2 Eggs
- 1 Cup Roasted Almonds
- 1/2 Cup dried blueberries
- 1/2 Cup dried apricots
- 1/2 Cup shredded coconut
- 1 Tablespoon EVOO

Process;

- First thing you need to do is roast your almonds so preheat your oven to 350 Degrees
- Next spread out all your almonds on a baking sheet
- Place in preheated oven and bake for 10 minutes, for your taste test they should taste roasted but not burnt
- Leave the oven at 350 degrees
- Place your roasted almonds, blueberries, apricots, and shredded coconut in a food processor and continually pulse until all of it is minced
- Turn your food processor on low and let it run while you slow drizzle in your EVOO
- Transfer this mixture to a mixing bowl and mix well with the 2 eggs
- Using your hands, form thin patties or long bars or whatever shapes you want, just keep them about 1/4 inch thick
- Place them on a parchment paper lined baking sheet or nonstick baking sheet
- Bake for 20 minutes and transfer to a cooling rack so they don't continue to cook
- Enjoy

MIXED BERRY TART

Servings: 8-10

Ingredients;

Crust;

- 1 3/4 cups raw almonds, walnuts or pecans
- 1 Tablespoon coconut oil or grass fed butter
- 5 fresh dates, pitted
- Pinch of nutmeg
- 2 teaspoon of cinnamon
- Pinch of sea salt
- 1-2 Tablespoon raw honey (just enough so that dough will stick together)

Filling;

- 4-5 cups (around 1 quart) fresh or frozen organic blackberries, cherries, blueberries, strawberries, or raspberries (any combination is great)
- 3 Tablespoons raw honey
- 1 1/2 Tablespoons arrowroot
- 2 Tablespoons water, or juice if using frozen berries

Process;

- Finely chop the nuts in a food processor, add the oil, dates, and spices, blend together until fine and crumbly.
- Transfer mixture to a mixing bowl, add honey, and mix to form a dough ball.
- Grease a 9" pie pan with coconut oil or grass fed butter, and spread the dough into the bottom of the pan.
- Bake at 350 degrees F for about 10-12 minutes.
- Add 2 cups of the berries along with the arrowroot in a blender, add 2 Tbsp. water or berry juice, blend into a puree.



- Cook puree in small saucepan with honey over medium heat, stirring constantly for about 3-4 minutes.
- Remove from heat and cool slightly, add remainder of berries and fill shell.
- Refrigerate, covered at least 3 hours.



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COCONUT FLOUR STRAWBERRY SHORTCAKE

Servings: 6

Ingredients;

1/4 cup sifted coconut flour
3 Tablespoon melted grass fed butter 3 eggs
3 Tablespoon honey
1/4 teaspoon sea salt
1/4 teaspoon vanilla
1/4 teaspoon baking powder

Process;

- Preheat oven to 400 degrees F.
- Blend together butter, eggs, honey, salt and vanilla.
- Blend coconut flour with baking powder and whisk into liquid batter, stirring until no lumps, pour batter into greased muffin cups.
- Bake for 15 minutes.



STRAWBERRY CREPES

Servings: 2

Ingredients;

Crêpes:

2 eggs
¼ cup almond milk
2 Tablespoons coconut flour
2 Tablespoons tapioca starch
A pinch of sea salt
Avocado oil for oiling the pan

Strawberry Sauce:

12 ounces frozen strawberries, thawed
1 Tablespoon honey
1½ Teaspoons tapioca starch

Coconut Whipped Cream:

1 can (13.5 oz.) refrigerated coconut milk
1 Tablespoon honey
1 Teaspoon vanilla extract

Process;

- For the strawberry sauce, mix together the tapioca starch and a little of the juices from the thawed berries, add the thawed berries, the rest of the berry juice, and the honey.
- Cook over medium high heat until the sauce comes to a boil and thickens, remove it from the heat.
- Place the coconut cream in a mixer with the honey and vanilla extract and whip for 6-8 minutes until it's light and fluffy.
- For the crêpes, combine all the ingredients into a blender and blend until smooth.
- Place a non-stick 12" pan, oiled with avocado oil over medium low heat.

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- Pour a small amount of crêpe batter into the preheated pan; let it cook for a minute or two until the crêpe batter is set.
- Using a spatula, loosen an edge of the crêpe and carefully peel it off the pan and flip it to cook the other side. Continue cooking the crêpes, oiling the pan anytime you feel that they're beginning to stick.
- To assemble, spread some coconut whipped cream on each crêpe, fold into quarters, and top with warm strawberry sauce.



SWEET POTATO MERINGUE

Servings: 8-10

Ingredients;

For the crust;

- 1 1/2 cups coconut flour
- 1/2 cup arrowroot flour
- 1 teaspoon salt
- 1 stick of very cold grass-fed butter, cubed into small pieces
- 1/2 - 1 cup ice cold water

For the filling;

- 4 large sweet potatoes, peeled and cubed
- 2 Tablespoons coconut oil
- 2 eggs and 1 egg yolk
- 1 tablespoon orange zest
- Juice of half an orange
- 1/2 cup pure maple syrup
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon vanilla extract

For the meringue;

- 3 egg whites, room temp
- 3-4 tablespoons raw honey

Process;

- Preheat oven to 350 degrees F.
- In a food processor, pulse coconut and arrowroot flours and salt, add the cold butter to the flour and pulse until the flour becomes crumbly, about 45 seconds.
- While food processor is running, add ice cold water in a slow steady stream, add enough for the flour to start to bind together.



- Once dough can come together, form into a ball, then wrap and place in the fridge for about 30 minutes.
- Steam sweet potatoes for about 30 minutes.
- Allow sweet potatoes to cool slightly, and then toss in a large bowl, Using a hand mixer puree sweet potatoes with coconut oil and eggs. Once combined, add zest, orange juice, maple syrup, spices, and vanilla.
- Remove chilled pie crust from fridge and press into a pie plate.
- Using a fork, poke holes on the bottom and sides of the crust, then place in oven for about 10 minutes.
- Remove crust from oven, then spoon filling into the pie shell, place back in the oven for about 50-60 minutes, or until a skewer comes out clean.
- Cool for about an hour.
- Make meringue by beating egg whites with a hand mixer until glossy peaks form, add honey and continue to beat until well incorporated.
- Dollop meringue all over pie, place pie back in the oven and turn on your broiler, broil for about 1-2 minutes, or until meringue is golden.
- Allow to cool for another hour before serving.



PALEO PUMPKIN PANCAKES

Servings: 10

Ingredients;

- 1 cup egg whites
- 3/4 cup pumpkin
- 1/2 cup almond flour
- 1 scoop vanilla egg white protein powder
- 2 tablespoon organic milled flax
- 2 tablespoon organic honey (or splenda/stevia)
- 1/8 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

Process;

- Stir in/dissolve the pumpkin into the egg whites & add the honey
- Mix dry ingredients separately & add to the wet ingredients
- Heat pan on medium low heat and coat with organic coconut oil or coconut oil spray
- Pour 1/4 cup of batter onto your cooking surface
- Once it bubbles up, use a spatula to flip it over & cook for an additional 30 seconds

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CINNAMON ROLL SQUASH MUFFINS

Servings: 9

Ingredients;

Cinnamon topping (1 Tablespoon melted butter, ghee or coconut oil (I used coconut oil), 2 Tablespoons raw honey, 1 Tablespoon cinnamon, combine all together in a small bowl.)

1/2 cup butternut squash puree

1/2 cup coconut flour

3 eggs, preferably pasture-raised

1/2 teaspoon baking soda

1/4 teaspoon sea salt

1/2 cup melted grass-fed butter, ghee or coconut oil 1

Tablespoon pure vanilla extract 1/4 cup raw honey

1/4 – 1/3 cup raw pecans for topping, optional

Process;

- Combine all ingredients together except pecans and cinnamon topping in the food processor and process until a smooth, fluffy batter forms
- Grease muffin cups; fill each with approximately 1/4 cup of batter.
- Spoon cinnamon mixture over each muffin and top with pecans, if using.
- Bake at 350 degrees F for 20-25 minutes.



BANANA PANCAKES

Servings: 2-4

Ingredients;

- 2 Really Ripe Bananas, mashed
- 4 Whole Eggs
- 1 teaspoon Vanilla
- 1/2 teaspoon Cinnamon
- 1 teaspoon Baking Soda
- 1/3 Cup Coconut Flour

Process;

- Beat the eggs until frothy, then add remaining ingredients one by one, continuing to beat well to incorporate lots of air.
- Heat your pan to medium to medium-low heat and grease generously with butter or coconut oil.
- Drop batter onto the hot pan and allow to cook for 3-4 minutes, or until the bottom is browned and the edges are firm.
- Carefully flip and cook on the other side for 3-4 minutes as well.



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BLUEBERRY APRICOT CARDAMOM MUFFINS

Servings: 12

Ingredients;

- 2 cups almond flour
- 1 Tablespoon coconut flour
- 2 Tablespoon flax meal
- 1 teaspoon baking powder
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- 4 eggs
- 1 Tablespoon vanilla extract
- 2 Tablespoons coconut oil or butter, gently melted ¼ cup honey or maple syrup
- ½ cup fresh or frozen (thawed) blueberries
- cup dried apricots, diced small

Process;

- Preheat oven to 350°F.
- Whisk together all dry ingredients (flour through salt) in a large bowl.
- In a separate bowl, whisk together the eggs and vanilla, add the honey to the melted coconut oil/ butter, whisk together, then add to the egg mixture and whisk to combine.
- Stir wet ingredients into dry. Fold in blueberries and apricots.
- Fill muffin tin cups evenly with muffin mixture.
- Bake for 20 minutes.



COCONUT CASSAVA PANCAKES

Ingredients;

2/3 cup coconut flour
1 1/3 cup tapioca starch
2 teaspoons baking powder
Large pinch of salt
4 eggs
2 cups coconut milk
3 teaspoons coconut oil

Process;

- Combine all dry ingredients, then add the wet ingredients and mix well.
- Heat a little coconut oil and drip some batter in the pan, flip after lightly browned and continue cooking until the other side is brown.



COCONUT FLOUR PANCAKES

Ingredients;

1/4 cup coconut flour
1/8 teaspoon baking soda
Pinch of salt
1/3 - 1/4 cup coconut milk
2 tablespoon organic, cold-pressed coconut oil
3 eggs
1-2 tablespoon honey
1/2 teaspoon vanilla extract
Maple syrup to taste
Grass-fed butter for cooking

Process;

- Thoroughly mix the eggs, coconut oil, and honey together, add the coconut milk and vanilla extract, throw in the coconut flour, baking soda, and salt, Mix.
- Melt a dab of butter in your pan and then using a measuring cup, add a little batter to the pan.
- You aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping.
- For best results, serve your pancakes right away.



GRILLED BUFFALO SHRIMP

Servings: 2-4

Ingredients;

24 Medium Shrimp, cleaned, deveined, and butterflied
1 Clove Garlic, minced
1/4 Cup Franks Original Hot Sauce
1 Tbsp Coconut Oil, Melted
1 Tsp Crushed Red Pepper
1 Tsp Italian Seasoning
1/4 Tsp Cayenne Pepper
Salt and Pepper to taste

Process;

- Combine all the ingredients above except the shrimp in a bowl and mix well
- Add the shrimp and mix well ensuring an even coating. If you have time, let the shrimp marinate for 30 minutes or so
- Preheat your grill to a medium heat, about 400 Degrees Fahrenheit
- I recommend you using a grill rack if you have it so your shrimp don't fall through the grates, if you don't you can use skewers as well. If using a grill rack ensure you preheat it on your grill
- Once your grill is ready, put your shrimp on the grill and close the lid
- Allow to cook for 2-3 minutes and then flip and finish cooking on the other side
- Once done, plate and enjoy.

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APPLE PIE CAVEMAN BARS

Servings: 8

Ingredients;

- 2 Cups Dates, pitted
- 1/2 Cup Raw Macadamia Nuts
- 1/2 Cup Dried Apples
- 1/4 Cup Raw Almonds
- 2 Tablespoon Coconut Oil, melted
- 2 Tablespoon Cinnamon

Process;

- Place your dates, macadamia nuts, apples, and almonds in a food processor or really strong blender. I have a Ninja 1100 and it makes short work of this one
- Pulse until your dates, macadamia nuts, and almonds are in small chunks and transfer to a mixing bowl
- Add in all remaining ingredients. Using your hands mix well to ensure an even coating of everything
- Once mixed, using parchment paper, flatten out your mixture to the size of bars your want or you can use individual ziploc bags and form them inside the bag
- Place in refrigerator and let cool, then enjoy



BABA GHANOUJ

Servings: 4-6

Ingredients;

- 1 large eggplant (about 1 pound), halved lengthwise
- 3 Tablespoons sesame tahini
- 1 to 2 cloves garlic, finely chopped
- 2 Tablespoons nonfat plain yogurt
- 1/2 cup parsley leaves, chopped, plus more for garnish
- 1/4 cup lemon juice
- Sea salt to taste
- 1 Tablespoon extra virgin olive oil, plus more for garnish

Process;

- Preheat oven to 350°F.
- Place eggplant cut-side down on a foil-lined baking sheet, prick the skin all over with a fork and bake for 20-30 minutes, depending on its size.
- When cool enough to handle, scoop eggplant pulp into a bowl, add tahini, garlic, yogurt, parsley, lemon juice, salt, and extra virgin olive oil, mash for a chunky texture, or puree in a food processor, for a smooth texture.
- Garnish with parsley and drizzle with extra virgin olive oil.
- Serve with fresh sliced veggies for dipping.

GUACAMOLE DEVEILED EGGS

Servings: 4

Ingredients;

4-6 eggs, hard-boiled
1 avocado
1 clove minced garlic
1/4 cup finely minced red onion
1 small roma or plum tomato, seeded and finely chopped
2-4 Tablespoons chopped cilantro
Tabasco, more or less to taste, depending on its hotness
1 teaspoon lemon or lime juice
Cilantro, chopped
Sea salt

Process;

- Peel hard-boiled eggs and cut in half length-wise, gently pop out yolks and place into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice, mash, season with sea salt, and freshly ground black pepper to taste.
- Refill egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro.



MELON JUICE POWER BOOST

Servings: 1

Ingredients;

Half a watermelon
1 Red onion
1 Red pepper
1 Jalapeno pepper
1 Field cucumber
Salt and pepper
Cayenne pepper

Process;

- Seed the water melon, then cut and liquidize in the blender
- Chop up the onion, chilli and red pepper
- Peel and chop the cucumber into chunks
- Mix all and blend with some salt, pepper and cayenne to taste
- Chill for 90 minutes or so, or according to taste or add crushed ice.

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POMEGRANITE GLORY SMOOTHIE

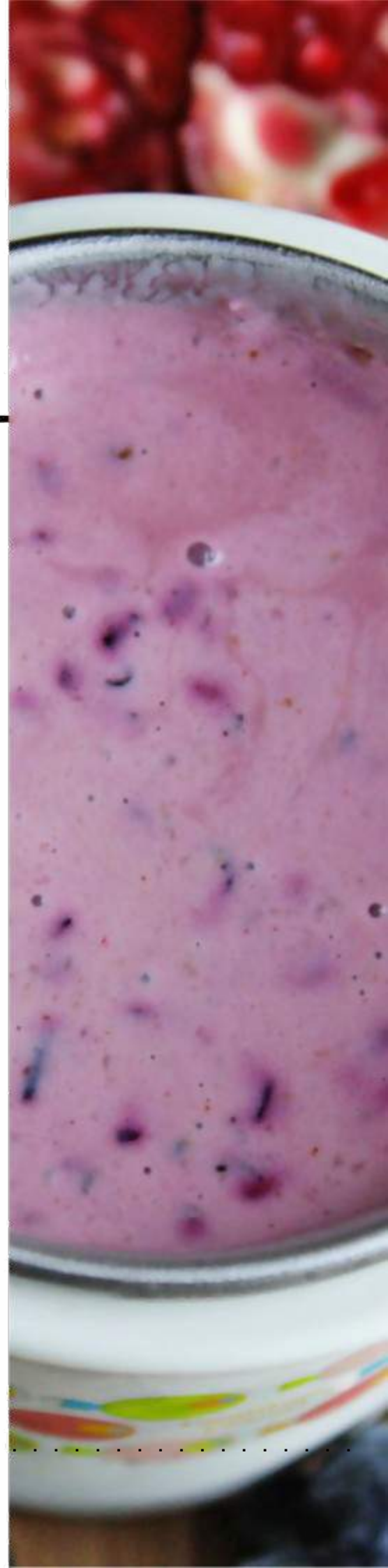
Servings: 1

Ingredients;

500mg of water
Half a cup of sugar
1 half teaspoon of cinnamon
1 pinch of nutmeg powder
1 pinch of ginger powder
Half a lemon
8 medium sized pomegranates, skinned seeded and strained

Process;

- Add all ingredients except the lemon and pomegranates to a saucepan
- Heat the pan for 6-8 minutes until almost at boiling point
- Simmer for 5 minutes on very low heat
- Remove the cloves
- Add the pomegranate juice and squeezed lemon juice to the mix
- Keep at low temperature then take off the heat, while stirring
- Garnish each glass with grated lemon peel and serve chilled.



BAKED BANANA NUT OATMEAL

Servings: 6

Ingredients;

- 2 cups oatmeal (regular or quick)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups nonfat milk
- 3 bananas, mashed
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg
- 2 teaspoons cinnamon
- 4 tablespoons Splenda Sugar Blend for Baking
- 1/2 cup walnuts, chopped
- 2 tablespoons protein powder

Process;

- Preheat oven to 325 degrees F.
- In a large bowl combine oatmeal, cinnamon, nutmeg, sugar, salt and chopped walnuts.
- Bring milk to almost a boil add mashed bananas, vanilla, and protein powder together until well mixed.
- Combine wet and dry ingredients together, pour into greased casserole dish.
- Bake at 325 for 45 minutes.

BALSAMIC STUFFED MUSHROOMS

Servings: 20

Ingredients;

20 baby bella mushroom caps
1/2 small onion (white or yellow)
1 roma/plum tomato
1 cup spinach
2 cloves garlic
3 tablespoons of balsamic vinegar
2.5 tablespoons of olive oil
2 teaspoons of thyme
2 teaspoons of rosemary (or basil, or both)
dash of salt and pepper

Process;

- Preheat the oven to 350 degrees.
- Dice up onions, spinach, and garlic into tiny pieces.
- Sauté the garlic and onions in 1/2 tablespoon of olive oil for 5 minutes, add the spinach and cook for another minute or two.
- Using a small knife, take your baby bella mushroom caps and cut off the stem and scoop part of the center to create bowl shapes.
- Create a sauce with 2 tablespoons of olive oil, balsamic vinegar, and herbs, dip your mushroom caps into the sauce and place on a foil-lined cooking sheet.
- Dice tomatoes into pieces, add to the onion and spinach and mix well.
- Stuff each mushroom bowl with the diced veggies.
- Cook for about 15-18 minutes at 350 degrees.



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KALE CHIPS

Servings: 2

Ingredients;

1 bunch of kale, washed and dried
2 tbsp olive oil
salt to taste

Process;

- Preheat oven to 300 degrees.
- Remove the center stems and either tear or cut up the leaves.
- Toss the kale and olive oil together in a large bowl; sprinkle with salt. Spread on a baking sheet.
- Bake for 15 minutes or until crisp.

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