

# Phase III Recipe Ideas - Week 1 Difs



## Breakfast Veggies & Sausage

Makes 2 Servings

### Ingredients

4 TBS avocado oil  
1 cup Brussels sprouts cut in half pinch of sea salt  
6 ounces fully cooked chicken sausage sugar free/nitrate free, cut into bite sizes  
1 medium zucchini, cut into ½ inch, bite size pieces  
1 small yellow bell pepper, cut into bite size pieces  
2 TBS of Primal Kitchen Caesar or Italian dressing

### Directions

1. Put 2 TBS avocado oil in the cold skillet and add Brussels sprouts. Turn the burner to medium. Cover with a lid for 5 minutes. Uncover and add sea salt. Stir, cover, and cook for 2 more minutes. Place Brussels sprouts in a bowl off to the side.
2. Put the sausage in a pan and cook for 2-4 minutes. Add to Brussels sprout bowl.
3. Cook the zucchini and bell peppers in remaining 2 TBS avocado oil until the veggies are to desired texture.
4. Add the Brussels sprouts and sausage to the pan with the veggies. Add dressing for flavor.

## Fancy Lunch Crab Salad

Makes 4 Servings

### Ingredients

½ cup Primal Kitchen avocado oil mayo  
2 TBS Dijon mustard  
½ tsp horseradish  
½ tsp Old Bay seasoning  
½ tsp smokey paprika  
¼ tsp garlic powder  
¼ tsp or less cayenne pepper  
1 tsp fresh lemon juice  
1 pound lump crabmeat (not imitation)  
1 stalk celery with leaves, finely chopped  
2 scallions, finely chopped  
8 cups arugula or spring mix 2 avocados, sliced

### Directions

1. Mix mayo, mustard, horseradish, old bay, paprika, garlic powder, cayenne, and lemon juice in a medium size bowl
2. Add the crabmeat, celery, and scallions. Stir very well.
3. Refrigerate long enough to chill.
4. Place 2 cups arugula on each plate. Arrange ½ sliced avocado on top. Scoop one quarter of the crab mixture on top of the avocado.

## Flavor Bursting Turkey Soup

Makes 4 Servings

### Ingredients

2 TBS olive oil  
1 lg container of Wegman's Super Greens Kale mix  
1 small onion, finely chopped  
1 TBS fresh ginger, finely graded  
6 fresh cloves of garlic finely chopped  
2 inch. piece fresh turmeric root, peeled and finely grated  
¼ tsp ground turmeric  
1 lb. grass fed ground turkey  
¼ tsp cinnamon  
½ tsp coriander  
¼ tsp cayenne pepper (opt.)  
¼ cup fresh cilantro, chopped  
3 cups organic chicken broth  
3 cups organic veggie broth

### Directions

1. In a large soup pot, heat olive oil over medium heat. When hot, add the onion. Sauté for 4 min.
2. Add the ginger and garlic. Sauté, stirring constantly for 2 min. Add the ground turmeric. Sauté for 1 min.
3. Crumble in the ground turkey. Add the coriander, cinnamon, 1 tsp sea salt, ¼ tsp black pepper, the cayenne, and the cilantro. Stir well. Cook until the turkey is just cooked through. Break up the meat as it cooks.
4. Add both broths. Use wooden spoon to scrape bits from bottom. Add kale mix. Simmer until kale is soft.

## Egg Salad for Breakfast

Makes 4 Servings

### Ingredients

½ medium avocado  
1/3 cup avocado oil Primal Kitchen Mayo  
6 lg hard boiled eggs  
4 slices uncured bacon, cooked until crisp  
2 stalks scallions, finely chopped  
Pepper to taste  
Sea salt to taste  
½ tsp smoked paprika

### Directions

1. In a medium bowl, mash the avocado with a fork. Stir in the mayo.
2. Roughly chop up the eggs. Add to the mayo mixture. Use a fork to combine, mashing the egg but leave a little chunky.
3. Chop or crumble the bacon. Add bacon bits, green scallions, and spices to the egg mixture.
4. Stir well.

# Phase III Recipe Ideas – Week 1 Difs



## Chicken & Olives

Makes 4 Servings

### Ingredients

- 4 bone-in, skin on chicken thighs
- 2 tsp sea salt
- Fresh ground pepper to taste
- 3 TBS avocado oil or Thrive algae cooking oil or more if needed
- 1 small Vidalia onion, thinly sliced and halved
- 4 garlic cloves, chopped
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 2 cups organic chicken broth
- 1 dried bay leaf
- 2 lemons
- 1 cup pitted olives, a mixed variety is best for taste and flavor

### Directions

1. Season the chicken with salt and pepper. In a large skillet, heat the oil over medium-high heat until quite hot. Place the chicken skin side down in the pan. Cook for 3-5 minutes without moving. Season the chicken with more salt and pepper. Flip and sear the other side for 3 minutes. Remove chicken to a plate.
2. Add more oil. Reduce heat to medium. Add the onion and garlic. Sauté for 5 minutes or until soft. Add all the powder spices. Stir well.
3. Slowly add in the broth, scraping up any browned pieces. Turn heat to medium-high. Return chicken as well as any juices from the chicken. Add the bay leaf.
4. Cut one of the lemons into Wedges. Place them around the chicken. Scatter the olives evenly over the top of the chicken. Squeeze the juice from the other lemon over everything.
5. Allow to come to a boil. Reduce to low simmer for 30 minutes. Serve the chicken thighs with the sauce from the pan spooned over.

## Loaded Grilled Chicken Salad

Makes 2 Servings

### Ingredients

- 2 hormone free chicken breasts, tenderized and flattened
- McCormick's Organic Mediterranean Sea salt (seasoned to your liking)
- 4 cups Wegman's Super Greens Kale mix
- 1 cup cherry tomatoes, sliced in ½
- 2 Radishes, sliced very thin
- 2 mini cucumbers, diced 1 per serving
- 2 mini bell peppers, sliced thin
- 1 medium avocado, split in ½ & diced
- 4 TBS Primal Kitchen Greek dressing

### Directions

1. Cook your chicken on a grill or the George Forman.
2. Place 2 large cups of kale greens in 2 bowls.
3. Evenly spread out all the different veggies on top on the kale greens.
4. Slice chicken into strips and add on top of the salad.
5. Top with 1-2 TBS of dressing.

# Phase III Recipe Ideas – Week 2 Nuts



## Banana Bread Chia Seed Portage

Makes 1 Serving

### Ingredients

- 1/3 cup coconut milk
- 3 TBS organic chia seeds
- 1 squirt of stevia, if needed
- Cinnamon, to taste
- 1/8 tsp pure vanilla extract
- ½ a banana
- 2 TBS walnuts, small pieces

### Directions

1. In a glass bowl that has a lid, add milk. Sprinkle in each tsp of chia seeds. Stir well to make sure there are no clumps of chia seeds. Add in cinnamon to your desired liking. Add stevia and vanilla extract. Stir very well. Cover and refrigerate over night.
2. In the morning, slice banana. Add on top off chia portage. Sprinkle on Walnuts. Add more cinnamon if desired.

## Crunch & Munch Tuna Salad

Makes 4 Servings

### Ingredients

- 2 cans tuna packed in water (5-ounce cans), Safe Catch tuna is recommended
- ½ cup avocado oil mayo, Primal Kitchen mayo is recommended
- 2 TBS capers, drained
- 1 TBS smoked paprika
- Sea salt and black pepper to taste
- 1 celery stalk, diced
- 1/3 cup broccoli, finely chopped
- 4 radishes, diced
- ½ cup almonds, slivered
- 2 TBS sunflower seeds
- 4 cups of spring mix or power green mix lettuces

### Directions

1. In a bowl, add drained tuna. Flake the tuna apart. Add mayo, capers, and spices. Mix everything. Add almonds and sunflower seeds. Mix.
2. In 4 bowls, add 1 very packed cup of salad greens. Top with different veggies.

## Chicken Taco Salad

Makes 4 Servings

### Ingredients

- 1 pound of ground chicken
- 2 TBS olive oil
- 1 pack of McCormick Organic Taco Seasoning Mix
- 4 cups spring mix salad, packed
- 1 large tomato, diced
- 4 TBS fresh Pico de Gallo or organic salsa
- 24 Nut-Thins crackers, cheddar cheese flavor

### Directions

1. Heat olive oil in a skillet on medium-high.. Add ground chicken. Cook for 6-8 minutes. Chop meat while it cooks. Add pack of seasoning and follow pack directions. Continue cooking. After cooked through, turn off heat.
2. In 4 bowls, add 1 cup of spring mix to each bowl. Top with
3. 1/4 of taco meat. Crumble 6 nut thins over each bowl. Add 1 TBS of Pico de Gallo, and top with tomatoes.

## Brain Full “Oatmeal”

Makes 2 Serving

### Ingredients

- ½ cup coconut milk
- 3 large egg yolks
- ¼ cup of coconut flakes, Bob’s Red Mill is recommended
- ½ tsp ground cinnamon
- 1 tsp pure vanilla extract
- ½ cup nuts (walnuts, macadamias, and cashews), pureed in food processor
- 2 TBS Coconut Macaroon nut butter from [www. Blindspotnutbutter.com](http://www.Blindspotnutbutter.com) make sure to order the one made with coconut sugar. You can also use almond butter.

### Directions

1. Mix the coconut milk, egg yolks, coconut flakes, cinnamon, vanilla, nut puree, and nut butter in a saucepan. Heat over medium-low heat. Stir continuously for 4-6 minutes.
2. Remove from the heat. Scoop into two small bowls. Top with extra cinnamon and chopped nuts if desired

# Phase III Recipe Ideas – Week 2 Nuts



## Radish Salad with a Crunch

Makes 4 Serving

### Ingredients for dressing

¼ cup extra-virgin olive oil  
1 large organic lemon, zested and then juiced  
1 small organic lime, juiced 1 small shallot, minced  
¼ tsp sea salt  
Ground black pepper to taste

### Ingredients for Salad

8 cups arugula or favorite green mix  
½ cup packed fresh parsley leaves, chopped  
1 small bunch radishes, sliced thin 2 celery stalks with leaves, finely chopped  
½ cup pecans or walnuts, chopped

### Directions

1. For for the dressing: In a 32 oz mason jar with a lid, shake together the oil, lemon zest, lemon juice, lime juice, shallot, shallot, and pepper until combined.
2. For the salad: In a bowl, toss the arugula and parsley with half the dressing. Divide the greens among four salad bowls. Arrange the sliced radishes on top. Sprinkle with celery, and nuts. Drizzle the remaining dressing evenly over the salads if more dressing is needed. Serve immediately.

## Asparagus Zoodles

Makes 6 Serving

### Ingredients

2 large zucchinis  
½ tsp sea salt  
½ TBS sea salt  
1 pound of thick size asparagus, cut off woody ends  
3 TBS coconut aminos  
1.5 TBS sesame oil  
1.5 TBS extra-virgin olive oil  
1 TBS fresh ginger, peeled and finely grated  
2 TBS toasted sesame seeds

### Directions

1. Using a hand spiralizer, make the zucchini noodles. Place the zoodles in a large bowl. Toss the zoodles with ½ tsp sea salt. Let them set.
2. In a pot, combine 4 cups water and ½ TBS sea salt and bring it to a boil over high heat.
3. Make asparagus noodles: lay one asparagus spear at a time on a cutting board. Holding it by the tip, place a vegetable peeler just below the tip and draw it down the length of the spear to create a thin ribbon. Turn the asparagus over and do the same down the other side, avoiding the tip. Continue until only a thin strip is left. Repeat. Collect the ribbons in one bowl and tips in another.
4. When the water is boiling, drop in the asparagus tips only. Boil for 2 minutes. Drain and run the tips under cold water to stop them from cooking.
5. Use a wooden spoon to gently press down on the zucchini noodles to squeeze the liquid out of them. Stir and press again. Repeat several more times until no liquid runs out. Place the zoodles in a cheese cloth. Roll up the cheese cloth and press to squeeze moisture out. Transfer zoodles to a serving bowl. Add the shaved asparagus ribbons.
6. Whisk together coconut aminos, sesame oil, olive oil, and ginger. Pour 2/3 of the dressing over zoodles and toss. Add asparagus tops. Sprinkle with sesame seeds. Serve and enjoy!

# Phase III Recipe Ideas – Week 3 Dairy



## Loaded Breakfast Salad

Makes 2 Servings

### Ingredients

4 slices of uncured bacon, cooked crispy (Wegman's uncured peppered bacon is our favorite)  
2 TBS grass fed butter or Ghee to cook with  
½ cup mushrooms, washed and sliced  
¼ cup yellow and red bell peppers, diced  
4 large eggs  
Sea salt and pepper to taste  
4 cups spring mix or super green mix  
½ cup cherry tomatoes, halved  
1 medium avocado, diced  
¼ cup Raw Milk cheddar cheese, shredded (sold at Leg Up Farm & Wegman's)

### Dressing Ingredients

2 TBS bacon fat  
1 TBS apple cider vinegar  
2 tsp Dijon Mustard (Primal Kitchen is the best one)

### Directions

1. Set oven to 425 degrees. Once at temp, cook bacon on a cookie sheet for 10 minutes. Place bacon on a plate but keep 2 TBS bacon grease. Pour grease into a small bowl.
2. Add butter to a skillet. Add in the mushrooms and bell peppers. Sauté over medium heat for 4 minutes or until the veggies start to soften.
3. Crack eggs into a clean bowl. Lightly beat them. Pour raw eggs over cooked veggies. Season with salt and pepper. Scramble the eggs and veggies together for about 3 minutes or until the eggs are cooked completely.
4. Portion out the salad to big bowls or plates. Add cherry tomatoes and avocado to both plates/bowls. Add cheese and crumbled up bacon.
5. Add apple cider vinegar and Dijon mustard to the bacon grease bowl. Wisk together. Add salt and pepper if desired. Drizzle on top of the salads.
6. Add the cooked eggs to the salads.

## Salmon Collard Green Wraps Makes 4 Servings

### Ingredients

4 pouches of Salmon (2.5 ounces each), Safe Catch preferred  
½ cup avocado oil mayo, Primal Kitchen mayo recommended  
2 TBS capers, drained  
1 celery stalk, finely diced  
2 scallion stalks, diced  
2 radishes, finely diced  
1 small cucumber, finely chopped  
Sea salt and pepper to taste  
6-8 large leaved collard greens, washed and dried  
½ cup organic feta cheese  
6 TBS Primal Kitchen Sesame Ginger salad dressing

### Directions

1. Empty the salmon into a bowl and flake it apart. Stir in the mayo, capers, celery, radishes, cucumbers, and scallions. Mix well.
2. Lay out one collard green and the ½ way down lay another one on top of it. Add 2 ounces of salmon salad mix in the center. Sprinkle with cheese. Roll and fold in ends.
3. Repeat with 3 more wraps.
4. Cut them in half before plating them.

## Bacon & Lobster “Mac & Cheese”

Makes 4 Servings

### Ingredients

4 slices uncured bacon, cooked crisp and chopped  
¼ medium sized vidalia onion, diced  
1 head cauliflower, cored and cut into florets  
2 tsp garlic powder  
½ tsp pink Himalayan Sea salt  
2 cups Langostino mini-Lobster Tails, thawed and cut in half (Wegman's frozen sea food section)  
4 TBS grass fed unsalted butter  
¼ cup organic heavy whipping cream  
1 cup raw milk white cheddar cheese (about 4 oz shredded)  
½ tsp dried parsley leaves, plus extra for garnish  
¼ tsp ground black pepper  
1 tsp smoked paprika

### Directions

1. Preheat your oven to 425 degrees.
2. Heat a large skillet to medium-high heat. Add chopped bacon in the skillet. Cook for 3 minutes. Add the onion. Cook for 1-2 minutes or until tender.
3. Add cauliflower florets, garlic, and salt. Stir to combine. Place a lid over the skillet and steam the cauliflower for 5-7 minutes or until cooked through. Remove the lid. Cook for an additional 5 minutes. Remove the skillet from the heat.
4. In another skillet, add 2 TBS butter and heat to medium-high heat. Add pre-cut lobster tails. Sauté for 3 minutes. Add cooked lobster to the cauliflower pan.
5. In the empty lobster pan, add 2 TBS of butter and cream. Allow butter to melt. Stir often. Once completely melted, add shredded cheese, parsley, smoked paprika, and pepper. Stir Well. When the cheese is melted, pour the cheese mixture over the cauliflower and lobster. Toss to mix.
6. Pour the mixture into an 8-inch square baking dish. Bake for 10 minutes. Allow to cool for 2-5 minutes.

# Phase III Recipe Ideas – Week 3 Dairy



## Rollin Up Breakfast

Makes 3 rolls

### Ingredients

6 large eggs  
¼ cup heavy whipping cream  
½ tsp pink Himalayan Sea salt  
1.5 cups, packed, baby spinach  
8 slices bacon, cooked  
2-4 ounces fresh goat cheese crumbles

### Directions

1. Pre-heat oven to 425. Cook bacon for 10-12 minutes.
2. Heat a skillet over low heat and grease with coconut oil spray.
3. Combine eggs, cream, and salt in a bowl. Whisk up to combine.
4. Using a 1/3 cup measuring cup, scoop out some of the egg mixture. Pore in into the center of the hot skillet. Tilt the pan so that the mixture coats the entire bottom of the skillet. Cover with lid. Cook for 2-3 minutes or until cooked through. Repeat with the remaining egg mixture.
5. Turn the heat up to medium- high. Grease the skillet again with more coconut oil spray. Add spinach. Cover with a lid. Cook for 1-2 minutes or until spinach is wilted. Remove.
6. Divide spinach evenly on each flat egg. Place 2 slices of cooked bacon on top of each egg and spinach. Divide goat cheese.
7. Roll up like a burrito.

## Portable Chef Salad

Makes 2 Servings

### Ingredients

4 lg. collard green leaves  
2 eggs, hard-boiled  
1.5 TBS avocado oil mayo (Primal Kitchen recommended)  
1.5 TBS keto friendly ranch dressing (Primal Kitchen recommended)  
½ cucumber, seeded and diced  
4 thin slices turkey, uncured/nitrate free  
4 thin slices ham, uncured/nitrate free  
1 tomato, sliced very thin  
2 slices Swiss

### Directions

1. Remove the thick stems from collard greens. Keep leaf intact as much as possible.
2. In a bowl, mash eggs. Add mayo and ranch. Stir them together. Could leave some chunks if desired. Mix in cucumbers.
3. Lay out 2 collards stem end to stem end. Overlap about 3 inches. Place 2 slices of turkey and ham in the middle. Add tomato in a line down the middle. Spoon on half the egg salad mix. Add salt and pepper to taste. Top with cheese.
4. Roll up like a burrito.

## Stuffed Pizza Peppers

Makes 4 Servings

### Ingredients

2 TBS grass fed butter or Ghee  
½ small onion, diced  
2 garlic cloves, minced  
½ pound 80% grass-fed Beef  
½ pound fresh Italian sausage links uncured/nitrate free (sweet or hot), remove casings  
½ tsp dried oregano  
½ tsp sea salt  
¼ tsp ground black pepper  
1 TBS organic tomato paste  
2 large bell peppers, any color  
8 ounces fresh mozzarella cheese, shredded or thinly sliced  
¼ cup shredded Parmesan cheese  
8 thin pepperoni slices, nitrate free

### Directions

1. Preheat oven to 425 degrees.
2. In a skillet, heat the butter over medium heat. Add onion. Sauté 3 minutes or until soft. Add the garlic. Sauté for 1 minute.
3. Crumble in the beef and sausage. Stir in oregano, salt, and pepper. Cook for 6 minutes making sure to chop meat as it cooks. Add tomato paste. Stir. Cook until no pink remains. Add additional spices to your liking.
4. Halve the bell peppers lengthwise, through the stem. Clean them out. Place peppers in a single layer on a baking dish that fits them snugly, so they don't tip over.
5. Divide the mozzarella into 8 equal portions. Fill each half pepper halfway with the meat mixture. Top with the mozzarella, parmesan, and 2 pepperoni slices per pepper.
6. Bake roughly 20 minutes or until peppers are soft and cheese is completely melted.