

Phase IV Breakfast Recipes



Gluten Free and Keto Approved

Protein Waffles

Makes 3 (1/2 cup) Servings

Ingredients

- 4 large eggs
- ¼ cup natural nut butter
- ¼ cup mascarpone cheese
- 1 Tbsp. natural vanilla extract
- 1 Tbsp. cinnamon
- ¼ cup unsweetened macadamia nut milk
- 2 scoops Total-5 Vanilla Protein Powder
- 2 Tbsp. unsalted grass fed butter

Directions

1. Preheat a waffle iron on medium.
2. Put all the ingredients in a large mixing bowl and mix with an electric mixer.
3. Open the iron and grease top and bottom with coconut oil.
4. Use a ½ cup to measure out each waffle batter. Pour into the center of the waffle iron. Close the lid for 4-4.5 min. or until golden brown.
5. Use fresh nut butter to top the waffle or lightly sprinkle with Swerve confection sugar (optional).

On-the-go Breakfast Cookies

Makes 6 Servings

Ingredients

- 2/3 cup flax meal
- 2 tsp. ground cinnamon
- ½ cup natural nut butter
- 2 scoops Total-5 Vanilla Protein Powder
- ¼ cup Swerve or Monk Fruit
- ¼ cup unsweetened macadamia nut milk
- ¼ cup cacao nibs

Directions

1. Pre-heat oven to 300 degrease and grease a 6-cavity, 3 ½ inch diameter silicone muffin top pan.
2. Put the flax meal and cinnamon in a medium sized mixing bowl and blend with a fork. Add the nut butter, sweetener, and nut milk, stir.
3. Using a rubber spatula, fold in the cacao nibs. Scoop batter evenly into the muffin top pan, filling each cavity to the brim.
4. Bake for 15 minutes, or until the cookies are firm. Allow to cool in the molds for 20 minutes before handling or serving.

Best Keto Bread

Makes 16 Servings

Ingredients

- 6 large eggs
- ¼ tsp. cream of tartar
- 1.5 cup Bob's Red Mill Fine Almond Flour (Sam's Club)
- ¼ cup (1/2 stick) unsalted grass fed butter, melted but not hot
- 1 Tbsp. baking powder
- ½ tsp. pink Himalayan sea salt
- 10 drops liquid stevia

Directions

1. Preheat the oven to 375 degrees and grease an 8"x4" loaf pan with coconut oil spray.
2. Separate the egg yolks. Put the whites and cream of tartar in a large mixing bowl and beat with hand mixer on high until stiff peaks form.
3. Put the egg yolks, almond flour, melted butter, baking powder, salt stevia, and 1/3 of the beaten egg whites in another large bowl. Mix with the hand mixer until you have a thick, uniform dough.
4. Using a rubber spatula, fold in the remaining whipped egg whites in 2 parts.
5. Pour the batter into the loaf pan and bake for 30 minutes, until the bread is set in the center and a toothpick comes out clean. Allow to cool 10 minutes before removing and slicing.

By: Megha Barot & Matt Gaedke

Overnight Protein Cereal

Makes 1 Serving

Ingredients

- ¼ cup macadamia milk
- 3 Tbsp. hemp hearts
- 1 Tbsp. chia seeds
- 1 scoop Total-5 Vanilla Protein Powder
- ½ cup fresh berries

Directions

1. Put all the ingredients except the fruit in a bowl and stir to combine. Cover with plastic wrap and place in the refrigerator for at least 4 hours or overnight.
2. Serve cold, straight out of the refrigerator, or microwave on high for 20-30 seconds.
3. Top with fresh berries before serving.

Phase IV Lunch Recipes



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Collard BLT Wrap

Makes 1 Serving

Ingredients

- 2 large collard green leaves
- 1 Tbsp. Dukes mayo
- 4 oz. nitrate free turkey deli meat
- ½ small tomato, sliced
- ½ avocado, sliced
- 2 slices nitrate free bacon, cooked
- 1 grind pink Himalayan sea salt and black pepper

Directions

1. Cut the stalks out of both collard green leaves and cut them lengthwise. Overlap all 4 pieces so that there are no gaps in your wrap.
2. Spread the mayo down first, then layer on the turkey, tomato, avocado, and bacon. Season with salt and pepper.
3. Roll the leaves halfway, tuck in the sides, and finish rolling. Cut the wrap in half and use a toothpick to stabilize it for serving, if needed.

By: Megha Barot & Matt Gaedke

Bacon Cheeseburger Wrap

Makes 1 Serving

Ingredients

- 3-6 oz. grass fed 80% lean ground beef
- 2-4 slices cooked uncured bacon
- 1 slice cheese (Cracker Barrel Swiss Slices)
- 1 Tbsp. all natural mayo
- ½ medium avocado
- 4-6 leaves of organic lettuce (your choice)
- 1-2 slices of organic tomato
- 1-2 slices of organic onion

Directions

1. Cook bacon in oven at 350 degrees for 12-15 minutes.
2. Make your beef patty and cook in a hot pan with Thrive Oil or oil of your choice. Cook to your desired temp. (medium to done is about 135-145 degrees internal temp.)
3. Add your cheese toward the end to slightly melt it.
4. Build your burger on the lettuce...enjoy!

Better than Tuna Salad

Makes 4 Servings

Ingredients

- 2 cup kale and spinach mix greens
- 1 (15 oz.) can organic chickpeas, rinsed and drained
- 3 Tbsp. tahini or fresh nut butter
- 1 tsp. Dijon or spicy mustard
- ¼ cup diced red onion or green scallions
- ¼ cup diced celery
- ¼ cup diced pickles
- 1 tsp. capers, drained and finely chopped
- ½ tsp. Pink Himalayan Sea salt
- ½ tsp. fresh ground pepper
- ½ tsp. cumin
- 1 tsp. smoked paprika

Directions

1. Smash up chickpeas in a bowl and mix in all the ingredients.
2. Put kale and spinach mix in a bowl and top with ½ cup of Better than Tuna Salad.

Air Fried Salmon (to add to a salad)

Makes 2 Servings

Ingredients

- 2, 6oz. 1.5 inch. thick pieces of Wild Caught Salmon (must be same size pieces to cook equally)
- 2 tsp. Thrive Oil or oil of choice
- ½ Tbsp. McCormick Organic Mediterranean Sea Salt
- 1.5 tsp. smoked paprika
- 1-4 organic lemon wedges (optional)

Directions

1. Thaw frozen salmon filets. Bring to room temp. and pat dry.
2. Combine spices. Rub each filet with oil on all sides then pat spices into the filets.
3. Preheat Air Fryer to 390 degrees.
4. Place filets in the air fryer, skin side down.
5. Cook for 7 minutes. Check the doneness and continue cooking until light and flaky.
6. Add salmon on top your favorite salad and squeeze fresh lemon onto the salmon if desired.

Phase IV Dinner Recipes



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Sharee's Cauliflower Pizza

Makes 4 Servings

Ingredients

2 cups of fresh cauliflower rice OR 2 bags of frozen cauliflower rice
2 cups shredded parmesan cheese
2 large eggs
1/2-3/4 cups Bob's Red Mill Almond Flour (Sam's Club)
1/2-1 Tbsp. McCormick Mediterranean Sea Salt OR any Italian spice blend of your choice
2-3 Tbsp. basil pesto sauce
Toppings of your choice
Cheese cloth for ringing out liquid from cauliflower
Pizza Stone
Metal pizza pan (to make crust on)
Parchment paper

Directions

1. Place pizza stone in oven and preheat oven to 450 degrees.
2. Steam cauliflower for about 4 min in the microwave. If using frozen, cook in a glass bowl not the bags.
3. Let cool for 5 mins before using your cheese cloth to ring out the cauliflower liquid (there will be a lot of liquid).
4. Mix in all your ingredients with the cauliflower in the glass bowl to make the dough.
5. Since your pizza stone will be too hot to work on, use a round pizza pan lined with parchment paper to make your pizza crust.
6. Carefully remove your pizza stone from the oven and transfer the parchment paper/pizza dough to the stone.
7. Cook pizza dough for 15 minutes.
8. Remove pizza crust from the oven and add the basil pesto for the sauce then your desired cheese and toppings.
9. Place back into the oven and cook for 12-15 minutes.
10. Remove from oven and let sit for a few minutes. Cut, serve and ENJOY!!!

Stuffed Spinach Chicken

Makes 4 Servings

Ingredients

2 (6-8 oz.) chicken breasts
1 Tbsp. Thrive Oil or oil of your choice
1 cup of fresh chopped spinach
2 oz. room temp. cream cheese
1/3 cup cheddar cheese (good culture cheeses)
1/3 cup mozzarella cheese
1 tsp. smoked paprika
1 tsp. McCormick's Mediterranean Sea Salt
Sea Salt and fresh ground pepper to taste

Directions

1. Preheat the oven to 400 degrees. Line a baking pan with parchment paper.
2. Slice the chicken on the thicker side to prepare it to stuff.
3. Based the chicken on both sides with the olive oil.
4. Season chicken with spices.
5. Combine all the ingredients remaining ingredients in a bowl and mix well.
6. Stuff the chicken breasts with the spinach cheese mixture.
7. Bake for 20-30 minutes.

Cauliflower Soup

Makes 4 Servings

Ingredients

1 large head of cauliflower broken into small chunks
2 large stalks of leeks
2 cups of portobello mushroom slices
4 cups of organic vegetable stock
4 Tbsp. grass fed butter
4 garlic cloves minced
2-3 grinds Sea Salt
2-4 grinds Black Pepper
1 Tbsp. McCormick Mediterranean Sea Salt

Directions

1. Wash cauliflower, leeks and mushrooms well.
2. Slice up the leeks.
3. Add all the ingredients into a large crockpot and cook on low for 6-8 hours.

Phase IV Snack Recipes



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Keto Chocolate Fat Bomb

Makes 12 Servings

Ingredients

- ½ cup organic unrefined coconut oil
- ½ cup natural nut butter (almond butter is what I use)
- 2 Tbsp. cocoa powder
- 4 squirts liquid stevia

Directions

1. Melt coconut oil and nut butter in a pan or in the microwave. Do not overcook the mixture.
2. Whisk in cocoa powder until dissolved
3. Add in the sweetener and whisk until smooth.
4. Place silicone candy mold on a baking sheet.
5. Pour mixture into candy mold. Set in the freezer for at least 30 minutes before serving.

You can store the fat bombs in the freezer in a bowl lined with parchment paper for up to a week.

Nut Butter Cookies

Makes 12 Servings

Ingredients

- 1 cup Blind Spot Coconut Macaroon nut butter
- 1 cup granulated sweetener
- 1 large egg
- 1/3 cup Bob's Red Mill super fine almond flour
- 1 tsp. Watkin's pure vanilla extract

Directions

1. Preheat oven to 350 degrees
2. Mix everything in a bowl.
3. Form into 12 even size balls.
4. Place on a parchment lined cookie sheet a slightly flatten with a fork in 2 directions.
5. Bake for 10-12 minutes.
6. Let the cookies cool completely before removing them from the pan or they will fall apart.

Keto Snicker Doodles

Makes 12 Servings

Ingredients

Dough

- 2 cups Bob's Red Mill super fine almond flour
- ½ cup grass fed butter (room temp)
- 1 tsp Watkin's pure vanilla extract
- 1/2 cup Monk granulated sweetener
- 1 tsp. cinnamon

Coating

- 2 Tbsp. Swerve granulated sweetener
- 1 tsp. cinnamon

Directions

1. Preheat the oven to 350 degrees.
2. Mix all the dough ingredients in a bowl.
3. Roll the dough into 12 balls of equal size.
4. Roll the balls in the coating.
5. Place on a parchment lined cookie sheet and flatten slightly with the bottom of a glass.
6. Bake for 12-15 minutes
7. Let the cookies cool completely before removing them from the pan or they will fall apart.

Chocolate Almond Butter Shake

Makes 1 Serving

Ingredients

- 1 Scoop Total-5 Protein
- 8-10 oz. macadamia milk or nut milk of your choice
- 1/2 frozen banana
- 1 Tbsp. almond butter
- 1 Tbsp. MCT Oil

Directions

1. Place all the ingredients in a high powered blender and blend until completely smooth.

Keto and Gluten Free Products

Breads and Wraps



Gluten Free Pastas



Baking Flours



Sugar Substitutes

