

2018 WLC RECIPE BOOK



EATING COMPLIANT IS REALLY DELICIOUS



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HERE'S THE DEAL

Our team here at the WLC is continually looking for ways to make healthy living easier and more accessible for our community. That's why we're proud to offer you the 2018 Whole Life Challenge Cookbook.

In this eBook, we've included every single recipe posted to our blog in 2017—that's 74 mouth-watering recipes in total!

Here's why we think you'll love it:

These recipes are super healthy—and super delicious. For our dishes, we include easy-to-use and easy-to-buy ingredients that are rich in essential nutrients, vitamins, and minerals, giving you the energy and vitality you need to optimize your health and maintain your other 7 Daily Habits, too (like sleep and exercise).

Need variety?

We've got variety for you: different flavors, textures, meals, and even levels of complexity. You can find recipes for everyone from the vegetarian to the meat lover, and covering everything from Kickstart to Performance levels, low carb to Paleo, formal dinner to casual Sunday brunch. Who says eating healthy is boring?

The convenience factor is key when trying to adopt a healthier lifestyle. You now have in your possession an entire year's worth of creative, nutritious, and diverse recipes all in one handy resource, making it easier to find exactly what you're looking for. Categorized and organized, this cookbook will help whether you're meal planning an entire week or simply looking for something new to make for friends and family.

This is our first annual cookbook and we're excited to share it with you. We hope it will help you on your nutrition journey—and maybe even add some joy and adventure to your eating.

So grab an apron, flip through these pages, find your faves, and get cooking.

Bon appétit!

BREAKFAST



CROWD-PLEASING ONE-PAN CHORIZO HASH



BY V "PALEO BOSS LADY" CAPALDI

COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
35 MINUTES

SERVINGS
4

INGREDIENTS

- 1 lb chorizo ground or links (double check the ingredients)
- 2 medium sweet potatoes or butternut squash diced
- 1 large onion chopped
- 1 pint chopped mushrooms of choice
- Bag of mixed greens or slaw
- 2 ripe avocados
- Bag of plantain or other baked vegetable "chips"
- 3 stalks of fresh rosemary
- Coconut oil or fat of choice
- Pink Himalayan salt
- Ground black pepper

DIRECTIONS

1. Heat skillet to medium using fat of choice.
2. Add onions and mushrooms, cooking until onions are golden in color (about 10 minutes).
3. Next add potatoes or squash, cooking for another 10 minutes. (You can add in any extra veggies like Brussels sprouts you've got laying around, too.)
4. Add chorizo, breaking apart if ground or cutting into 1/4-inch rounds if links.
5. Sprinkle with fresh rosemary.
6. Add desired amount of salt and pepper, mixing all together.
7. Cook for about 15 more minutes allowing the flavors to marry together.
8. Mash avocado and add a little salt to create a simple guacamole side.
9. Serve with chips over greens or slaw. Enjoy!

NOTE If you want to turn this into "breakfast," just put a fried egg on top!

TOMATO, MUSHROOM, AND SPINACH EGG MUFFINS

BY SOPHIA MCDERMOTT DRYSDALE



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

20 MINUTES

SERVINGS

6

INGREDIENTS

- 4 eggs
- 4 egg whites
- 1/2 cup organic unsweetened Greek yogurt or almond milk
- 1 cup or chopped mushrooms
- 1 cup of chopped spinach 1 cup of chopped tomato
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, mix eggs, egg whites, and yogurt or almond milk.
3. Beat thoroughly.
4. Add chopped vegetables to egg mixture, and season with salt and pepper.
5. Pour into muffin trays, filling 2/3rds of the way to allow for room to rise.
6. Bake for 20 minutes.

NOTES This recipe is compliant on Kickstart and Lifestyle levels if you use yogurt. It is compliant on Performance level if you opt for almond milk.

BANANA-BERRY SMOOTHIE AND HARD-BOILED EGGS

BY SOPHIA MCDERMOTT DRYSDALE



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

1

INGREDIENTS

- 1 cup of almond milk ([click here to learn how to make your own](#))
- 1/2 banana
- 1 cup of strawberries or you can try a different type of berry
- 1 tbsp chia seeds
- 2 eggs

BANANA-BERRY SMOOTHIE DIRECTIONS

1. Add banana, strawberries, and chia seeds to the almond milk.
2. Blend thoroughly.

EGG DIRECTIONS

1. Put a pin prick into the base of each egg and add to a pot of boiling water.
2. Cook for 10 minutes.
3. Rinse with cold water, set aside to cool, peel and serve.

EASY BAKED EGG AND AVOCADO BREAKFAST

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

2

INGREDIENTS

- 1 avocado
- 2 eggs separated into eggs and whites
- Olive oil
- Salt
- Cayenne

DIRECTIONS

1. Preheat your oven to 350 degrees Fahrenheit.
2. Cut your avocado in half and pull out the pit. My favorite way to do that is to give it a good karate chop with my chef's knife and pop it out.
3. You're going to want to scoop out a little more avocado than the pit makes room for. It's a tiny place to put an egg, so make it comfortable.
4. Season the avocado with some salt.
5. Now, we separated the egg because the whole thing is not going to fit in the avocado, so start with the yolk (that's the best part anyway). Place the yolk in the pit you made and spoon in a little egg white to fill it up the rest of the way. Repeat with the other half of the avocado and the other egg (you will have some white left over, but you can use that to make meringue or scrambled egg white omelets).
6. Drizzle the eggs with olive oil, season with salt, and dust with cayenne.
7. Put the two avocado halves in a pan (it helps to make a little nest for each out of foil to keep them sitting evenly) and bake for about 15 minutes. You should check after 10 or 12, but it may take a little longer. When the whites have become solid, they're done!

APPETIZERS AND SNACKS



MANGO, GRAPEFRUIT, AND STRAWBERRY GUACAMOLE

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

0 MINUTES

SERVINGS

8

INGREDIENTS

- 3-4 ripe avocados halved
- Juice of 1 lime
- Juice of 1/2 a lemon
- 2-3 tbsp finely chopped red onion
- 1 handful of parsley roughly chopped
- 1/2 tsp pepper
- 1/2 tsp sea salt
- 1 mango ripe and chopped into chunks
- 1 ruby red grapefruit sectioned
- 4-5 strawberries small dice

DIRECTIONS

1. Place avocados in a bowl with lemon and lime juice, parsley, salt, and pepper.
2. Mash until smooth (or chunky if you prefer chunky).
3. Add mangoes, ruby red grapefruit, and strawberries to the bowl. Stir to combine.
4. Test the seasonings, serve, and enjoy!

HEALTHY HOMEMADE PECAN BUTTER

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
15 MINUTES

SERVINGS
12

INGREDIENTS

- 3 cups of pecans whole or pieces is fine
- 1 1/2 tsp cinnamon
- 1/4 tsp sea salt

DIRECTIONS

1. Place the pecans on a sheet pan in an even layer and bake at 350F for 5 minutes. Be careful! If you have a hot oven, reduce the temperature to 325F and check the pecans at 2-3 minutes. These puppies burn easily!
2. Let the roasted pecans cool for 5 minutes.
3. Place the cooled pecans into a food processor along with the cinnamon and sea salt.
4. Blend for about 2-5 minutes, or until your "butter" forms.
5. Place in a jar with an airtight lid and keep in the fridge for up to 3 weeks (but I swear it won't last that long - it'll be gone in a few days!)

CHIPOTLE SUNFLOWER SEED DIP

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

5 MINUTES

SERVINGS

8

INGREDIENTS

- 1 cup salted roasted sunflower seeds (without shells)
- 2/3 cup walnuts
- 1/3 cup tomato sauce or diced tomatoes
- 1/3 cup lemon juice
- 1 peeled clementine or 1/2 of a peeled seedless orange
- 1/2 tsp ground chipotle pepper
- 1/4 tsp salt

DIRECTIONS

1. In a food processor, puree all the ingredients together until fully combined.
2. Adjust seasonings to your liking.
3. Dip your veggie of choice – carrots, cucumber, celery, bell pepper, and jicama all work well.

PUMPKIN HUMMUS

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
20 MINUTES

COOK TIME
0 MINUTES

SERVINGS
LOTS!

INGREDIENTS

- 1 15 oz can of pumpkin puree or 1 half of a cooked pumpkin pureed
- 1 15 oz can chickpeas rinsed and strained
- 2-3 cloves of garlic roughly chopped
- Juice of 1 lemon
- 1 tsp sea or Celtic salt
- 1/2 tsp black pepper
- Pinch of cumin
- Pinch of garam masala

DIRECTIONS

1. Place all ingredients in a food processor and blend until smooth. (You can leave it a bit chunky if you prefer that texture.)
2. Enjoy!

SOY-FREE DAIRY-FREE SPINACH ARTICHOKE DIP

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

20 MINUTES

SERVINGS

LOTS!

INGREDIENTS

- 1 1/2 tbsp extra virgin olive oil
- 1/2 cup red onion small dice
- 2 cloves of garlic minced
- 12-14 oz can of artichokes roughly chopped
- 1 lb frozen spinach thawed, rinsed, and drained
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 cup cashew ricotta cheese
- 1 tsp apple cider vinegar

DIRECTIONS

1. Heat up olive oil over medium heat.
2. Sauté the onions until translucent (about 5 minutes).
3. Add garlic and sauté for another minute.
4. Add in the artichokes and spinach, salt and pepper, and toss around until the spinach begins to warm up.
5. Add in the cashew ricotta and toss to combine.
6. Finish it off with a teaspoon of apple cider vinegar.

NOTES See page 70 for an easy cashew ricotta cheese recipe.

BACON WRAPPED DRUMSTICKS AND HERB SPRINKLED WINGS

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

50 MINUTES

SERVINGS

6

INGREDIENTS

- 1 lb sugar- and nitrate-free bacon
- 1 lb organic chicken wings and drumsticks
- Pink Himalayan salt
- Fresh ground black pepper
- Chopped fresh or dried dill
- Chopped fresh or dried thyme

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Grab a cookie sheet or preferred tray.
3. Salt and pepper all chicken.
4. Take the drumsticks and wrap each with one piece of bacon. Place on baking tray, leaving a spot for a wing to go in between.
5. Place wings on tray in between bacon-wrapped drumsticks and sprinkle the wings with dill and thyme.
6. Place all in oven for 45 minutes, then turn on broiler for another 5. Be sure to keep a close eye during broiling so you don't burn. You just want everything to get to a nice crisp.
7. Serve with napkins and enjoy.

FRIED SHISHITO PEPPERS

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
10 MINUTES

SERVINGS
4

INGREDIENTS

- 1/2 lb Shishito peppers
- Coconut oil
- Pink Himalayan salt

DIRECTIONS

1. Heat cast iron or desired pan to medium high.
2. Add 3 tablespoons of oil and heat.
3. Place peppers in oil and fry for about 10 minutes. The pan should be hot enough the peppers start cooking immediately. Turn about half way through, and cook until each side is slightly charred
4. Sprinkle with salt and enjoy.

DATE AND ALMOND BUTTER SANDWICHES WITH CINNAMON

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
0 MINUTES

SERVINGS
24

INGREDIENTS

- 24 pitted dates
- Almond butter
- Cinnamon

DIRECTIONS

1. Slice dates in half.
2. Spread almond butter on the bottom half of each date.
3. Sprinkle the almond butter with cinnamon
4. Replace the top of the date, creating a tiny sandwich.

SALADS



MEXICAN STYLE CHICKEN SALAD

BY SOPHIA MCDERMOTT DRYSDALE



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
20 MINUTES

COOK TIME
0 MINUTES

SERVINGS
1

SALAD INGREDIENTS

- 2 cups chopped romaine lettuce
- 1/2 cup chopped broccoli or cucumber
- 1/3 cup chopped carrots
- 1/3 cup chopped cherry tomatoes
- 1/3 chopped bell pepper any color
- 1/2 avocado
- 1/3 cup of canned corn
- 1/3 cup of canned pinto beans

DRESSING INGREDIENTS

- 1 tsp organic Greek yogurt
- 1 tsp balsamic vinegar
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine dressing ingredients in a bowl and whisk or put into a sealed container and shake until mixed.
2. Add all the salad ingredients to a bowl.
3. Add the dressing to the salad and toss thoroughly.
4. Add chicken, salmon, hard-boiled egg, or protein of your choice.

NOTES

If you'd like a little crunch in your salad, you can chop up some jicama or break up some baked sweet potato chips over the top.

To make this compliant on the Performance level, swap out the corn and beans for different vegetables and leave the yogurt out of the dressing.

OVEN-ROASTED TOMATO AND SPAGHETTI SQUASH PASTA SALAD

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
50 MINUTES

SERVINGS
6

INGREDIENTS

- 1 medium-sized spaghetti squash cut in half lengthwise and seeds removed
- 1 lb cherry tomatoes rinsed and dried
- 1 medium-sized onion sliced
- 1/4 cup raw or roasted cashews roughly chopped
- 1 handful of fresh basil leaves roughly chopped
- Extra virgin olive oil
- Sea salt and ground black pepper

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Heat 1 tablespoon olive oil in a skillet over medium-low heat. Sauté your onions in the skillet for about 40 minutes or until browned. Stir every 5-10 minutes to avoid burning.
3. In the meantime, drizzle 1/2 tsp olive oil onto each of your spaghetti squash halves, massaging the oil into the flesh. Place the two squash halves – flesh side down – in a Pyrex or glass baking dish. Fill the dish with water so that it comes up between 1/2 and 1 inch. Set aside.
4. Place your cherry tomatoes on a sheet pan and drizzle with 1 tbsp olive oil, 1/2-1 tsp sea salt, and 1/2 tsp ground black pepper. Using your hands, toss to ensure all of the tomatoes get coated in oil.
5. Place both the tomatoes and the squash in the oven at the same time. Roast the tomatoes for 25 minutes, and the squash for 30-45 minutes, or until tender (you will know the squash is ready when you stick a fork in the skin and it comes out without any resistance).
6. Once ready, run a fork along the squash to dislodge it, and place in a glass bowl. Add in the roasted cherry tomatoes, caramelized onions, fresh basil, and cashews. Add in 1/2 tsp of ground black pepper, 1/2 tsp of sea salt, and 1 tbsp olive oil. Toss and taste to adjust seasonings if need be.
7. Serve hot or cold!

APPLE WALNUT FENNEL SALAD

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

0 MINUTES

SERVINGS

2

INGREDIENTS

- Organic apple of choice
- 2 fennel bulbs
- Fresh basil leaves
- 1/4 cup whole walnuts
- Olive oil
- Pink Himalayan salt
- Fresh ground pepper

DIRECTIONS

1. Clean and slice fennel and apple fairly thin, stacking on a plate. A mandolin slicer works well for this.
2. Add 1/4 cup walnuts to apples and fennel mounds.
3. Drizzle with about 1/4 cup of olive oil, and add salt and pepper to taste.
4. Garnish with fresh basil leaves left whole.
5. Enjoy!

NOTES

You can add in your protein of choice, as well. Chicken, fish, or your favorite vegetarian protein source would all work well with this salad.

QUICK AND HEALTHY QUINOA CHICKEN SALAD

BY SOPHIA MCDERMOTT DRYSDALE



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
10 MINUTES

COOK TIME
15 MINUTES

SERVINGS
2

SALAD INGREDIENTS

- 1 tsp coconut oil for cooking
- 1/2 pound chicken tenders
- 1-2 tsp chicken seasoning/all-purpose seasoning
- 1/2 red onion
- 2 cups bell peppers green, yellow, and/or red
- 1 1/2 cups cooked quinoa
- 1/2 cup corn, canned
- 1/2 avocado
- 1 green onion
- 1/4 cups chopped cilantro

DRESSING INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Coat a pan lightly with the coconut oil.
2. Sprinkle the chicken lightly on both sides with the chicken/all-purpose seasoning and a dash of salt.
3. Add the chicken tenders to the pan and cook on medium heat. Cook for 8 minutes and turn over and cook for another 5 minutes until cooked through.
4. Meanwhile in a second pan, add a dash of coconut oil and add the red onion. Sauté on low to medium heat for 4-5 minutes until softened.
5. Add the bell peppers with some salt and pepper and sauté for another 3 minutes or so.
6. In a separate bowl, put together all the remaining salad ingredients. Add the cooked onion and bell peppers.
7. Toss lightly with olive oil, balsamic vinegar, salt, and pepper. Serve with the chicken tenders.

CITRUS AND GREEN BEAN SALAD

BY MICHAEL STANWYCK



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
10 MINUTES

SERVINGS
2

INGREDIENTS

- 8 oz green beans preferably French
- 1/4 cup pine nuts
- 2 medium oranges
- 1 tbsp rice wine vinegar
- 1.5 tbsp olive oil
- Salt and pepper

DRESSING DIRECTIONS

1. Add the rice vinegar to the smaller bowl, season with a pinch of salt, and mix to dissolve.
2. Add olive oil and whisk, or mix with fork until well blended.
3. Drizzle over salad, toss to coat, and adjust salt to taste.

SALAD DIRECTIONS

1. Bring a large pot of water to a boil and season with 2-3 heavy pinches of salt. It should taste like sea water.
2. While your water boils, put your pine nuts in a cold sauté pan over a medium-high heat. Shake while heating for 3-4 minutes. Watch closely as they'll change color a lot in the last minute.
3. Remove the pine nuts from the pan to cool. Don't leave them in the pan or they may burn.
4. Drop the green beans into the boiling water and cook for about 60 seconds. This can be done in two batches if your pot isn't big enough.
5. Cut the tops and bottoms off of your oranges.
6. Stand one orange on end and carefully cut away the peel around sides.
7. Lay this same orange on a cutting board, cut the segments out between the white part, and cut segments in half so each segment becomes two chunks (alternately, peel and pull apart the segments, then chop them in half).
8. Repeat with your second orange.
9. Combine green beans, orange pieces, and pine nuts. Season with salt and pepper.

COLD SWEET POTATO SALAD WITH DILL, BACON, AND LIME

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

35 MINUTES

SERVINGS

6

INGREDIENTS

- 3 pounds sweet potato
- 1 pound of nitrate- and sugar-free bacon
- 1 bunch of dill
- 1 bunch of green onions
- 1 lime
- Pink Himalayan salt
- 1/3 cup organic olive oil

DIRECTIONS

1. Set oven for 400 degrees Fahrenheit.
2. Split bacon between two baking sheets and place in oven. If you have to set it on two shelves, rotate the sheets after about 10 minutes.
3. Check bacon after 15 minutes. Remove from oven once at desired doneness. Put on plate and set aside. Leave the bacon fat on the sheets.
4. Meanwhile, as the bacon cooks, cube sweet potato to desired size.
5. After the bacon is done, place cubed sweet potatoes on trays in the bacon fat and mix around. Coat as best you can. If more fat is needed for a good coating, use brown butter ghee or coconut oil.
6. Place the potatoes in the oven and cook for approximately 20 minutes.
7. While the potatoes are cooking, chop the dill and green onion. Set them aside in a bowl large enough for the entire salad.
8. Squeeze lime into this bowl and add salt.
9. Once the sweet potatoes are done remove them from the oven. Aim for them to be almost fork soft. Let cool for 15 minutes.
10. After the sweet potatoes are cool, add to the bowl with dill, onions, and lime. Mix gently and thoroughly.
11. Now, chop up the bacon, add it to the salad, and mix well. You can drizzle any bacon fat left on the baking sheets into mixture for some added flavor.
12. Add olive oil and enjoy!

APRICOT, ALMOND, AND KALE EGG SALAD

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

10 MINUTES

SERVINGS

4

INGREDIENTS

- 8 eggs
- 1/3 cup dried apricots chopped (make sure they have no added sugar)
- 1/3 cup sliced almonds toasted
- 1/2 tsp salt
- 1/2 tsp pepper
- 3 cups raw kale washed and minced
- 1/3 cups compliant mayo

DIRECTIONS

1. Take the eggs and gently place in a sauce pan with enough water to cover by a few inches.
2. Place over a high flame and when the water begins to boil, turn off the flame and leave the eggs in the covered pan for 5 minutes.
3. While the eggs are cooking, wash the kale, take out the stems, and chop in a food processor or with a knife until the leaves are minced.
4. After the 5 minutes, cool the eggs down with cold water and peel them all.
5. Place the eggs in a very large bowl and start mashing with a fork.
6. Add in the mayo, salt and pepper, and minced kale and stir until combined.
7. Add in the apricots and nuts and stir until combined.
8. Serve over salad greens or any way you enjoy egg salad!

NOTES [Click here for an easy WLC-compliant mayo recipe.](#)

"FATTOUSH" SALAD

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
20 MINUTES

COOK TIME
0 MINUTES

SERVINGS
8

SALAD INGREDIENTS

- 1 head of lettuce chopped
- 2 plum tomatoes chopped
- 1/2 of a small carrot cut into thin rounds
- 1/2 large green pepper chopped
- 2 small radishes chopped
- 2 cups of cilantro only the leaves, chopped finely
- 2 chopped scallions white and green parts, chopped finely

DRESSING INGREDIENTS

- 1/3 cup of lemon juice more to taste
- 1 tsp salt more to taste
- 2 teaspoons of sumac spice

DIRECTIONS

1. Set out a large bowl and add in all the ingredients.
2. Pour on the lemon juice, add the salt and sumac, and toss the salad until all the ingredients combined and the dressing has coated all the vegetables.

NOTES

If you plan to add protein to this salad, calculate the amount based on 4oz per person.

CURRIED CHICKEN SALAD

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

0 MINUTES

SERVINGS

4

INGREDIENTS

- 4 cups chopped cooked chicken from two large breasts
- 1/3 cup mayonnaise (see note below for recipe)
- 2 tsp curry powder
- 1/4 cup golden raisins
- 1/2 cup toasted chopped pecans
- 1/4 tsp salt
- 1/4 tsp black pepper

DIRECTIONS

1. Combine all ingredients together and serve cold by itself or over greens.

NOTES [Click here for an easy WLC-compliant mayo recipe.](#)

SOUPS



HAZELNUT PARSNIP SOUP

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

20 MINUTES

SERVINGS

8

INGREDIENTS

- 3 cups roasted parsnips diced
- 1 halved and roasted acorn squash
- 1 quart hazelnut milk (watch your ingredients or make your own)
- 1 tsp fresh rosemary chopped
- 1/2 tsp black pepper ground
- 1 tsp Kosher salt
- 1/4 cup hazelnuts chopped and toasted

DIRECTIONS

1. In a large pot, add the parsnips and the scooped-out acorn squash. Discard the squash skin.
2. Add in the hazelnut milk, salt, and black pepper, and stir over a low flame until all the vegetables are heated through.
3. When it is hot, add in the rosemary and stir.
4. Blend in a counter top device or use a hand blender to puree.
5. Serve hot with chopped hazelnuts as garnish.

NOTES

This recipe is compliant on all nutrition levels – Kickstart, Lifestyle, and Performance – as long as you are careful about the hazelnut milk ingredients. You can make your own hazelnut milk [using this recipe](#).

And here are some [easy directions for how to roast an acorn squash](#). You can do something similar with parsnips by dicing them, dressing them with some oil, and setting them in a roasting pan.

DAIRY-FREE POTATO CORN CHOWDER

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
30 MINUTES

COOK TIME
30 MINUTES

SERVINGS
6

INGREDIENTS

- 10 small potatoes washed, diced, steamed
- 1 cup frozen or fresh corn
- 2 stalks celery washed and diced
- 1 large onion chopped coarsely
- 4 cloves fresh garlic chopped finely
- 2 tbsp dehydrated onion
- 1 tbsp dried dill
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 6 cups water
- Olive oil for sautéing

DIRECTIONS

1. In a large pot over low flame, add 1 tbsp olive oil and chopped onions. Sauté onions until almost wilted.
2. Add in the chopped celery and sauté until the onions are caramelized and the celery is softened. Add more oil if needed.
3. In the same pot, add the water, dehydrated onion, garlic, dill, salt, and pepper, and raise the flame to medium.
4. Simmer for about 10 minutes and then add the steamed potatoes and corn. If you have any pre-cooked meat on hand, like shredded chicken or WLC-compliant sausage, you can add that here, too.
5. Simmer for about 10 more minutes and serve hot.

NOTES

This also stores well in the fridge or freezer, so you can make a batch and have meals ready for the week or for a day you're just too busy to cook.

VEGGIE LENTIL SOUP

BY NIKI GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
20 MINUTES

COOK TIME
1 HOUR

SERVINGS
8

INGREDIENTS

- 1 tablespoon butter
- 4 tablespoon extra virgin olive oil
- 2 1/2 cups onion chopped
- 7 cloves garlic minced
- 2 cups carrots chopped
- 2 cups celery chopped
- 1 large potato chopped (2 3/4 cups)
- 1 large sweet potato chopped (2 3/4 cups)
- 6 oz can tomato paste
- 8 cups vegetable stock
- 1 cup raw red lentils or any color lentils you prefer

DIRECTIONS

1. Heat butter and extra virgin olive oil in saucepan on medium heat.
2. Add garlic, onion, carrots, celery, potato, and sweet potato to saucepan. Sauté vegetables on medium heat until cooked through.
3. Add tomato paste to vegetables mixture. Blend. Let mixture cook for two to five minutes on medium heat, stirring every minute to avoid burning.
4. Add vegetable stock and lentils. Stir.
5. Bring mixture to a boil.
6. Reduce heat to low, allowing mixture to simmer for 30 minutes. Stirring every 5 minutes. This will allow the soup time to thicken.
7. Enjoy!

SIDE DISHES



WORLD'S EASIEST ROASTED WHOLE CAULIFLOWER OR BROCCOLI

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
50 MINUTES

COOK TIME
45 MINUTES

SERVINGS
6

INGREDIENTS

- 1 head of cauliflower or broccoli
- ~2 tbsp ghee use butter or other fat of choice if you don't have ghee
- Himalayan sea salt
- Fresh ground black pepper

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Place whole flower on cookie sheet or pie plate.
3. Cover top of vegetable in 1 tablespoon of ghee either using a knife or melting for a nice drizzle.
4. Sprinkle with desired amount of salt and pepper.
5. Bake for about 30 minutes.
6. Remove from oven and recover top of vegetable with remaining ghee (or butter).
7. Continue to cook for another 15 minutes until slightly brown and tender using a fork to pierce.
8. Slice easily and serve.

SHIITAKE MUSHROOM AND LEEK SAUTÉ

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

20 MINUTES

SERVINGS

4

INGREDIENTS

- 2-3 tbsp extra virgin olive oil
- 2 small or 1 large leek sliced
- 1/4 small red onion small dice
- 3 garlic cloves minced
- 1/2 lb shiitake mushrooms cleaned and thinly sliced
- 1/2 tsp black pepper
- 1/4 tsp sea salt
- 1 tsp Dijon mustard

DIRECTIONS

1. Heat up the olive oil in a pan over medium heat.
2. Add the leeks and red onions to the pan, and sauté until translucent (about 5-10 minutes).
3. Add garlic and stir until aromatic (about 30 seconds).
4. Add the mushrooms and sauté for another 5-10 minutes, or until the mushrooms are tender.
5. Toss with salt and pepper, and then add your Dijon mustard. Toss to combine. Remove from the heat.
6. Serve as is, or in any creative way imaginable! Enjoy!

ALMA'S MUNG BEANS AND BROWN RICE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
5 MINUTES

COOK TIME
25 MINUTES

SERVINGS
4

INGREDIENTS

- 1 cup dried sprouted mung beans (can get at Whole Foods and other health food stores)
- 2 1/2 to 3 cups already-cooked brown rice
- 1 tbsp butter olive oil, coconut oil, or any other healthy oil you like
- 2 tsp curry powder more to taste
- 1/4 tsp black pepper ground
- 1/4 tsp salt
- 1/4 cup cashews chopped
- 1/2 cup cilantro chopped finely

DIRECTIONS

1. In a large pot, add the sprouted mung beans and cover with about 1 inch of water.
2. Boil until the beans are tender, about 20 minutes.
3. Stir in cooked rice, butter or oil, curry powder, pepper, and salt.
4. Stir over low flame for about 5 minutes until rice is heated through.
5. Serve and top with chopped cashews and cilantro.

OPTIONAL

1. Stir in sautéed kale, chopped carrots, or other vegetables.
2. Add your already-cooked protein of choice.

STEWED EGGPLANT AND TOMATOES INDIAN STYLE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

40 MINUTES

SERVINGS

4

INGREDIENTS

- 1 28 oz can diced tomatoes or equivalent amount of fresh tomatoes
- 1 very large eggplant unpeeled if organic cut into centimeter-sized cubes
- 3 tbsp avocado oil or other neutral oil
- 5 cloves garlic minced
- 1 inch peeled ginger minced or grated
- 3 tbsp cumin
- 1 tbsp ground fennel
- 1 tbsp ground coriander
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 cup golden raisins

DIRECTIONS

1. In a large pot over low flame, add oil.
2. When oil is hot, add in ginger and garlic. Sauté for a few minutes and be careful not to let it burn.
3. Add in all the spices and stir to combine with the garlic and ginger.
4. Add in the tomatoes, raisins, and eggplant. Stir with the spice mixture and let simmer for about 30 minutes, stirring every few minutes so it doesn't burn.
5. Serve hot with brown rice, white rice, quinoa, or sweet potato.

NOTES

You can add in your protein of choice, as well.

ROASTED BRUSSELS SPROUTS WITH PECANS AND BALSAMIC REDUCTION

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
20 MINUTES

SERVINGS
4

INGREDIENTS

- 1 lb of Brussels sprouts washed and dried
- 1 1/2 - 2 tbsp extra virgin olive oil
- 1/2 - 1 tsp sea salt
- 1/2 tsp ground black pepper
- 1/4 cup pecans pieces and halves (not whole)
- 1 tsp balsamic reduction store-bought (watch the ingredients) or make your own

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut the bottoms off the Brussels sprouts and peel some of the leaves off the sprout. Place the leaves on an ungreased sheet pan. Cut the remaining sprout in half and place it on the sheet pan as well. Repeat with the entire pound of Brussels sprouts.
3. Drizzle the sprouts with olive oil, salt, and pepper and toss with your hands until everything is coated. Bake the sprouts for 10 minutes.
4. At the 10-minute mark, open the oven and sprinkle the sprouts with 1/4 cup of pecan pieces and halves. No tossing necessary – you don't want to disrupt the caramelization process! Bake for another 10 minutes.
5. Pull them out of the oven and drizzle with 1/2 to 1 tsp of balsamic reduction. Toss to coat. Serve warm.

SUGAR-FREE PALEO BEET SLAW

BY KAREN KATZENBACH



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

0 MINUTES

SERVINGS

4

DRESSING INGREDIENTS

- 1/4 cup good vinegar, your preference
- 1/2 cup extra virgin olive oil
- 1 tbsp lime juice
- 1 tbsp brown mustard
- 1 tsp fish sauce (we recommend Red Boat)
- 1/2 tsp salt
- 1/8 tsp black pepper

SALAD INGREDIENTS

- 3-4 medium beets about 12 oz by weight, peeled and julienned or shredded
- 1 medium tart apple Granny Smith or Braeburn are good, peeled and 1/2" chopped
- 2 green onions sliced, include the white and most of the green parts
- Black walnuts optional

DIRECTIONS

1. Whisk all the dressing ingredients together in the bowl you'll serve the salad in. If you have a small hand blender, so much the better. Taste and adjust the seasonings. It should be tart and stronger than you think it should be. Nobody likes wimpy slaw.
2. Throw in the beets, apple, and onions and stir together. Taste again and adjust the seasonings again in you like.
3. Top with walnuts (optional).

NOTES

I buy my beets spiral sliced at the store in the produce section and chop them to size. If you start with whole beets, no worries. Use your [Y-peeler](#) just like you would for potatoes or carrots. Use it for the apple in this recipe.

[Red Boat](#) is our recommendation for fish sauce.

This recipe is compliant on all levels as long as you watch your condiment ingredients.

QUINOA STUFFED ACORN SQUASH

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
15 MINUTES

COOK TIME
55 MINUTES

SERVINGS
4

INGREDIENTS

- 2 whole medium-sized acorn squashes washed and dried
- 1 cup uncooked quinoa rinsed
- 1 cup veggie stock
- 1 cup water
- 1/4 cup pine nuts
- 1/4 cup cashews
- 1 large handful of fresh spinach
- 1/2 cup sundried tomatoes
- 1 handful of chopped fresh parsley
- 1 tsp sea salt
- 1/2 tsp ground black pepper
- Extra virgin olive oil for drizzling

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Poke holes in the acorn squash with a fork in a few places, piercing the skin.
3. Place the squash on a baking sheet, whole, and bake for 40-50 minutes, or until tender.
4. While the squash is baking, make your quinoa. Cook it according to the instructions on the package, which should tell you to use 2 cups of water per 1 cup of quinoa. But replace 1 of the cups of water with your 1 cup of veggie stock.
5. When the quinoa is done, mix in the spinach right away so the steam wilts it down. Toss until wilted down.
6. Then add in your nuts, parsley, tomatoes, and spices. Set aside.
7. Once the squash is tender, remove them from the oven.
8. Using an oven mitt, carefully cut the squash in half. Remove the seeds, and place the squash halves in a baking dish, skin side down.
9. Drizzle some olive oil on top of the squash and sprinkle them with some sea salt and pepper.
10. Then, fill the squash with your quinoa mixture, just to the brim.
11. Bake for another 5 minutes and serve warm.

HOW TO ROAST VEGETABLES THE QUICK AND EASY WAY

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

BEFORE WE BEGIN, WE ARE GOING TO BREAK VEGETABLES UP INTO TWO GROUPS:

- **Group 1 - With Skin:** Winter squash, potatoes, sweet potatoes, carrots, parsnips, beets, onions, garlic, etc. Mostly, if it grows underground it'll fall in this group. That's not always true, but you get the picture. This group takes more time to cook, about 45 minutes at 425 degrees.
- **Group 2 - Without Skin:** Broccoli, cauliflower, Brussels sprouts, mushrooms. If it grows above ground, it probably falls into this group. This group takes less time to cook, about 25 minutes at 425 degrees.
- **Ingredients:** vegetables, olive oil, salt and pepper.

DIRECTIONS

1. Set your oven to 425 degrees Fahrenheit (I like to wait at least 10 minutes after my "preheat" alarm goes off, just to make sure we're actually there).
2. Prepare your vegetables by cutting them all into roughly equal-sized pieces. Cuts are good because they create more surface area, and therefore more delicious roasted goodness.
3. Line your trays with parchment paper and arrange the vegetables in a single layer on two separate trays. Group 1 on one tray and Group 2 on the other. Give the pieces some space. They shouldn't be touching much.
4. Drizzle all the vegetables generously with olive oil and season well with salt.
5. Put the Group 1 tray into the oven and roast at 20 minutes.
6. Add the Group 2 tray to the oven and roast everything for an additional 25 minutes.
7. Remove the veggies from the oven, mix, and serve.

NOTES If you want more even browning, flip the veggies halfway through their cooking cycle. When serving, you can drizzle with more olive oil, adjust salt, or add a squeeze of lemon juice or some chopped herbs. It's up to you!

SPICY KALE AND CAULIFLOWER RICE

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
30 MINUTES

COOK TIME
20 MINUTES

SERVINGS
4

INGREDIENTS

- 1 bunch of curly green kale washed, de-spined, and chopped
- 1 large head of cauliflower washed and chopped
- 2-3 tbsp sesame oil
- 2-3 tbsp extra virgin olive oil
- 3 cloves garlic minced
- 1 handful cilantro roughly chopped
- 1 large tomato chopped small dice
- 4 tbsp apple cider vinegar
- 2 tbsp coconut aminos
- 1 tsp sea salt
- 1/2 tsp black pepper
- 5 scallions thinly sliced
- 2 tbsp hot sauce that is compliant on your nutrition level

DIRECTIONS

1. Using a food processor, make your cauliflower rice. I find that I have to do this in batches, because if you put too much cauliflower in at one time, not all of it gets "riced." Set aside.
2. Using a food processor, make your kale rice. Do this in batches as well. Set aside.
3. Heat up your oil over medium low heat, and add the cauliflower and kale rice, along with all of the rest of the ingredients to the pot. Stir to combine.
4. Turn the heat up to medium high, and sauté for about 10-15 minutes, stirring every 3-5 minutes to make sure it doesn't burn.
5. Serve and enjoy!

PALEO CARROT ZUCCHINI FRITTERS

BY SHANNON GILSON



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

10 MINUTES

SERVINGS

4

FRITTER INGREDIENTS

- 2 medium zucchinis peeled
- 2 medium carrots peeled
- 1/2 small red onion finely chopped
- 2 Tbsp finely chopped fresh parsley or 2 tsp dried parsley
- 2 eggs beaten
- 1/2 cup almond flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 Tbsp avocado oil

HERBED PALEO MAYO INGREDIENTS

- 3 Tbsp paleo mayo
- 1/2 clove garlic minced
- 2 tsp herbs of choice I used 1 tsp fresh parsley and 1 tsp fresh dill because that's what I had, feel free to use anything you have on hand; chives and rosemary would be nice, too
- 1 Tbsp fresh lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Shred the carrots and zucchini with a hand grater or food processor.
2. Place the shredded veggies in a colander, sprinkle with a generous pinch of salt and mix.
3. Let stand for 10 minutes, then squeeze out all the moisture from the veggies with your hands.
4. Place the grated zucchini and carrots in a large bowl.
5. Add the red onion, parsley, eggs, pinch of salt, pinch of pepper, and almond flour to the zucchini mixture and mix until combined.
6. Heat the avocado oil in a large skillet over medium heat. Make sure your oil is nice and hot before you add the fritters to the pan otherwise the fritters will soak up all the oil and they won't become crisp. Also, since you need to make these fritters in batches, add a little oil to the pan between every batch so the fritters all become golden brown and don't burn.
7. For each fritter, spoon 1/4 cup of the mixture onto the pan. Make a circle shape and pat down and together with a spoon.
8. Cook for 2-3 minutes per side, keeping an eye on them so they don't burn. You might need to turn the burner down if your pan gets too hot.
9. Mix together the ingredients for the herbed mayo in a small bowl.
10. Serve the warm fritters with the mayo. [Click here for an easy WLC-compliant mayo recipe.](https://www.wholelifechallenge.com/recipe/easy-wlc-compliant-mayo-recipe/)

APPLE AND CARROT SLAW

BY SHANNON GILSON



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

0 MINUTES

SERVINGS

6

SLAW INGREDIENTS

- 2 large carrots julienned
- 2 Granny Smith apples cored and julienned
- 1/4 cup vinaigrette
- 1/4 cup slivered almonds

VINAIGRETTE INGREDIENTS

- 2 Tbsp raw unfiltered apple cider vinegar
- 6 Tbsp olive oil
- 1 Tbsp organic honey or equivalent of other sweetener optional
- Clove of crushed garlic
- Salt and pepper

DIRECTIONS

1. Combine the apple cider vinegar, olive oil, honey/sweetener (optional), crushed garlic, salt, and pepper in a bowl and whisk. This makes extra so save it in a jar and store in the refrigerator.
2. In a large bowl, combine the julienned carrots and apples.
3. Toss the vegetables together with the vinaigrette and sprinkle with slivered almonds.

NOTES

Once made, this slaw can be stored in the refrigerator up to a week.

This recipe is compliant on Kickstart if you include the honey or agave. If you leave the sweetener out of your vinaigrette, this recipe is compliant on all levels.

CREAMY CRUNCHY VINEGAR VEGETABLE SLAW

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

90 MINUTES

COOK TIME

0 MINUTES

SERVINGS

5

DRESSING INGREDIENTS

- 2 Tbsp apple cider vinegar or distilled vinegar
- 2 Tbsp dill relish
- 1 cup mayonnaise (see notes for an easy paleo mayo recipe)
- 1 tsp celery seed
- 1/2 tsp salt
- 1/2 tsp black pepper

SLAW INGREDIENTS

- 1 lb cabbage about half an average green cabbage, hand-cut.
- Any other shredded cruciferous vegetables like Brussels sprouts broccoli, cauliflower, just reduce the volume of cabbage accordingly
- 1 large carrot shredded
- 1/2 small onion minced
- 3 radishes shredded or sliced

DIRECTIONS

1. Whisk together dressing ingredients in a bowl large enough to hold the completed vegetable slaw.
2. Combine all vegetable ingredients in the bowl with the dressing.
3. Mix with vegetables. For the best results, get your hands right in there.
4. Chill for at least one hour. Overnight is even better.

NOTES [Click here for an easy paleo mayo recipe.](#)

BACON, APPLE, AND BROCCOLI SALAD

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

75 MINUTES

COOK TIME

95 MINUTES

SERVINGS

5

INGREDIENTS

- 4 cups broccoli broken into small florets
- Juice of 1 lemon
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 2 Jonagold apples cored and diced
- 1 small red onion halved, and sliced thin
- 4 slices of bacon
- Rendered bacon fat approximately 3 tbsp
- 4 Tbsp red wine vinegar

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit. Skip this step if you cook your bacon on the stovetop.
2. Toss broccoli florets with lemon juice, olive oil, and salt. Rub the broccoli lightly between your hands for 2-3 minutes (don't skip this as it's important to soften the broccoli).
3. Add apples and red onion, toss additionally, and set aside. The longer this all sits, the better. I like to leave it for an hour.
4. Cook bacon until crisp. My preferred method is to put the bacon in a pan in the oven and cook it for about 18 minutes, until golden and crisp. Whichever way you prepare the bacon, once it's done, remove it from the pan and set aside to cool. Keep the 3 tablespoons of the bacon fat.
5. When bacon is cool (~ 2 minutes), break it into bite-sized pieces. Toss with broccoli mixture.
6. Before serving, whisk the rendered bacon fat and red wine vinegar together and toss with salad.

NOTES

- Note on the broccoli: I like to use only the florets for this. I cut them off at the top of their stems. The florets will soften in the massaging process, but the stems won't do that.
- Note on slicing onion: Cut the non-root end off the onion and slice the onion in half at the root. Then lay the onion half flat and cut half-moon shaped slices off the end, as thin as you can.
- For ultra-thin slices of vegetables: if you don't have one already, get yourself a [Japanese mandoline](#). It's really the only way to cut super thin slices of almost anything.

LOW-SUGAR OR SUGAR-FREE CRANBERRY SAUCE

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
20 MINUTES

SERVINGS
6

INGREDIENTS

- 12- ounce bag of fresh cranberries
- 1/2 cup of water
- 2 teaspoons grated orange rind
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon raw local honey or 1/3 teaspoon liquid stevia

DIRECTIONS

1. Add all ingredients to saucepan.
2. Heat over mid-low heat for about 10 minutes or until the berries start popping.
3. Stir and lower to simmer for another 10 minutes.
4. Refrigerate or serve warm. Enjoy!

NOTES If you use honey, this recipe is compliant on Kickstart. If you use stevia, it is compliant for Lifestyle and Performance levels.

MAIN COURSES



PUMPKIN APPLE CURRY WITH SHRIMP

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

15 MINUTES

SERVINGS

4

INGREDIENTS

- 3-4 cups fresh roasted pumpkin, peeled and cut into chunks
- 1 tbsp green curry paste I like the Thai Kitchen brand
- 2 15oz cans coconut milk
- 1 tbsp fish sauce
- Juice of 1 lime
- 4 tbsp dates for Performance level or use coconut nectar (for Kickstart and Lifestyle)
- 1 cup shredded bamboo shoots
- 2 cups frozen or fresh shrimp
- 1 apple peeled and diced

DIRECTIONS

1. In a large pot over low to medium heat, heat up the curry paste and stir for one minute.
2. Add in the coconut milk, fish sauce, lime juice, and dates/nectar. Stir until combined and simmering.
3. Add in the pumpkin chunks, bamboo shoots, frozen or fresh shrimp, and diced apple.
4. Simmer until the shrimp is pink and opaque and serve hot over rice, quinoa, or vegetables.

NOTES This recipe is compliant on all nutrition levels depending on which sweetener you choose.

BAKED HALIBUT WITH LEEKS AND CHERRY TOMATOES

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

45 MINUTES

SERVINGS

6

INGREDIENTS

- 1.5-2 lbs of halibut
- 3 large leeks cut into 1/4-inch pieces (whites and light green parts only)
- 3 lbs cherry tomatoes halved
- 1/2 -1 cup extra virgin olive oil, give or take
- Additional olive oil for the pan
- Lemon juice
- Salt and pepper to taste

(Recipe directions on next page.)

CONTINUED

BAKED HALIBUT WITH LEEKS AND CHERRY TOMATOES



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

45 MINUTES

SERVINGS

6

DIRECTIONS

1. Preheat your oven to 350 degrees Fahrenheit.
2. Heat a pan over medium-high heat. Add 2 tablespoons olive oil.
3. Once the oil is hot, add 1/4 of the chopped leeks to the pan. You want to crisp these up to use as a garnish to finish the meal, so get them brown and crispy, but don't burn them! Once they are crispy, take them out of the pan and put them aside on a plate lined with a paper towel to catch the grease.
4. Using the same pan, turn the heat down to medium-low. Add about 1/2 cup to 1 cup of olive oil, or however much you need to coat the entire bottom of the pan so the oil comes up the sides about a 1/2 inch. The olive oil is going to be part of the sauce, so you can be generous with it!
5. Once the oil is hot, add the rest of the leeks. Sweat them for 10-15 minutes until they are soft, buttery, and translucent. You can add salt and pepper at this stage, or you can wait until the end.
6. Once the leeks are soft, add the cherry tomatoes.
7. Once the tomatoes are in the pan, turn up the flame to let the oil, tomatoes, and leeks simmer and reduce together. After 15 minutes or so, put the cover over the pan and turn it to a low flame. Let everything cook out for another 15-20 minutes. If you haven't seasoned with salt and pepper yet, do it now.
8. Meanwhile, wash and dry your fish, and place it in a baking dish. Coat both sides with a little bit of olive oil, freshly squeezed lemon juice, and salt and pepper.
9. Bake the fish at 350F for about 20 minutes, covering it with tin foil for the first 15, and removing the foil for the last 5. If your fish is really thick and not cooked after 20 minutes, turn the heat up to 400F and bake it another 5-7 minutes, or until done.
10. Take the fish out of the oven and cover it with tin foil to let it rest for about 5 minutes.
11. To serve, take a large spoonful of leeks and tomatoes and lay it down on the plate. Then place a piece of fish on top, followed by more leeks and tomatoes, followed by the crispy leeks you prepared earlier.

MEXI SLOW COOKER CHICKEN WITH CAULIFLOWER TORTILLAS

BY KIM KESTNER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
5 HOURS

SERVINGS
3

CHICKEN INGREDIENTS

- 1 lb chicken thighs or breasts
- 2 limes juiced
- 1/2 cup salsa of your choice
- 1 tablespoon chili powder
- 1 tablespoon garlic powder

CAULIFLOWER TORTILLA SHELL INGREDIENTS

- 2 cups riced cauliflower (make yourself or buy the premade frozen version)
- 2 whole eggs
- 1 tablespoon coconut oil
- Salt and pepper to taste

SUGGESTED CONDIMENTS

- 1 medium avocado
- 1 handful fresh cilantro
- 1 small white onion
- Hot sauce

(Recipe directions on next page.)

CONTINUED

MEXI SLOW COOKER CHICKEN WITH CAULIFLOWER TORTILLAS



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

5 HOURS

SERVINGS

3

CHICKEN DIRECTIONS

1. Cut excess fat from chicken.
2. Place all the chicken ingredients in a slow cooker.
3. Pour in 1 cup of water.
4. Cook on low for 4-5 hours. Chicken should be tender enough to pull apart and shred.

CAULIFLOWER TORTILLA SHELL DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Add the cauliflower to a bowl and microwave for 3 minutes. Stir and microwave for 1 minute more.
3. Pour cauliflower onto a dish towel or thick paper towel and pat dry thoroughly. Dump dried cauliflower back in the bowl.
4. Add in eggs, salt, and pepper and mix well.
5. Prep a baking sheet by laying a piece of parchment paper flat on the sheet.
6. Pour the cauliflower mixture into 5-6 small circles depending on what size you want the tortilla.
7. Bake for 10 minutes and carefully flip the tortillas over and continue baking for 4-5 minutes.
8. Final step: Heat a frying pan with 1 tablespoon of coconut oil.
9. Add the tortillas to the pan and press down to brown slightly.
10. Add the chicken and desired condiments. Enjoy!

LUXURIOUSLY SIMPLE LOBSTER

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

2

INGREDIENTS

- 2 - 1lb lobsters
- 1/4 cup of ghee or grass-fed butter melted
- 2 tablespoons fresh dill
- 1 lemon
- Salt and pepper to taste

PREP DIRECTIONS

1. Clean lobster and rinse thoroughly.
2. Arrange on flat surface and squeeze 1/2 lemon onto each tail.
3. Spread 1 tablespoon of melted butter or ghee on meat of each tail, followed by a sprinkling of dill, salt, and pepper.

GRILLING DIRECTIONS

1. Pre-heat grill to medium temperature.
2. Place lobster tail-side down to grill.
3. Cook for 9-11 minutes and remove when done.

GRILLING DIRECTIONS

1. Place 1 teaspoon of desired fat in cast iron pan, heating over medium heat to melt.
2. Turn oven to broil.
3. Once cast iron is heated, add tails to pan and place in the oven.
4. Watching closely, cook for 7 -9 minutes under broiler.
5. Removing Lobster from Shell:
6. Once the lobster meat is cooked, grab the no-fin side of the tail, placing your fork between tail and meat.
7. Pulling in the direction of the meat, you should be able to separate the meat from the shell without much of a problem.
8. Use any remaining melted butter or ghee for dipping and enjoy!

QUICK WEEKNIGHT FISH WITH WICKED EASY SAUCE

BY ROBERT MORTON



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
7 MINUTES

COOK TIME
13 MINUTES

SERVINGS
2

INGREDIENTS

- 2-4 fillets of tilapia black cod, or other thin white fish
- Almond meal about a plate full (big enough to hold your fish)
- 1 egg optional
- Salt and pepper to taste approx. 1/2-1 tsp salt, 1/4-1/2 tsp pepper
- Juice from 1 lemon plus lemon slice or two for garnish if you're feeling fancy
- 2 tbsp butter
- 1 tbsp olive oil
- 1.5-2 cups chicken stock

DIRECTIONS

1. Mix salt and pepper in with the plate full of almond meal
2. Dredge your fish fillets in the almond meal mix, making sure to cover both sides evenly. Use your spatula to add extra in spots not covered if need be. Moisture from the fish should give you the stickiness you need, but you can also whisk up an egg and coat your fish before the almond meal dredge.
3. Heat 1 tbsp of the butter and the olive oil in a frying pan over medium heat.
4. Sauté fillets 3-4 minutes each side, starting skin side down, until golden brown on each side. Then set aside.
5. Now for the sauce. Using same pan with good browned bits still in, add the lemon juice and chicken stock, plus the second tablespoon of butter. Reduce over medium heat, scraping up the bits of yumminess occasionally until about half the original amount remains. (Capers, if you like them, could work well in the sauce, too).
6. Serve sauce in separate dish, along with fish and your favorite quick sides. We often do a salad and/or gluten-free grain side like quinoa or brown rice that's easy to prep alongside the fish.

POMEGRANATE PULLED PORK

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART

PREP TIME
10 MINUTES

COOK TIME
6.5 HOURS

SERVINGS
10

INGREDIENTS

- 4 pounds pork butt or shoulder
- 1 cup of organic pomegranate juice
- 2 medium onions chopped
- 1 teaspoon pink Himalayan sea salt
- 1 teaspoon of fresh ground black pepper
- 1 tablespoon of duck fat or fat of choice
- 1/2 cup of red wine
- 5 garlic cloves

DIRECTIONS

1. Heat a pan over medium high heat with fat of choice.
2. Cover meat in salt and pepper.
3. Once the pan is hot, add the meat. Brown it on all sides for about 5 minutes.
4. Remove the meat from the pan and put in slow cooker.
5. Add onions and garlic to pan, cooking over medium heat for about 5 minutes.
6. Add onions and garlic to slow cooker.
7. Add the pomegranate juice and red wine to the slow cooker.
8. Set the slow cooker to low or 10 hours.
9. After 9 hours, remove any strings on the pork and shred the meat in the slow cooker.
10. Keep the cover on for the remaining hour of cooking in order for the pork to absorb even more juices.
11. Serve and enjoy.

CRISPY PALEO BUFFALO CHICKEN WINGS

BY JON GILSON



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
70 MINUTES

SERVINGS
8

INGREDIENTS

- 4 lbs chicken wings first and second wing sections
- 1/4 cup Kerrygold grass-fed butter, melted
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
- Kosher salt

DIRECTIONS

1. Preheat your oven to 475 degrees Fahrenheit.
2. Line a baking sheet with aluminum foil.
3. Place a wire rack on the baking sheet.
4. Spread your chicken wings on the wire rack in a single layer.
5. Sprinkle liberally with kosher salt.
6. Bake for 30 minutes on the center oven rack.
7. Remove wings from the oven, flip, and sprinkle liberally with kosher salt.
8. Bake for an additional 25 minutes on the center oven rack.
9. Turn off the "bake" function of your oven and turn your broiler on high.
10. Broil wings for 3 minutes on the top oven rack.
11. Remove wings from the oven and flip.
12. Broil an additional 3 minutes.
13. While wings are broiling the second time, create the sauce by whisking melted butter and Red-Hot together in a bowl that will hold all your wings (I used a 3.5-liter bowl).
14. Add about half the wings to the sauce bowl and coat, plate them, and then coat the rest.
15. Serve a la carte or with your favorite WLC-compliant dip, carrots, and celery sticks.

NOTES Don't forget to make your dip: [WLC-compliant Dump Ranch Dressing](http://WWW.WHOLELIFECHALLENGE.COM).

EASY ONE-PAN LAMB AND SPINACH DINNER

BY BECCA BORAWSKI JENKINS



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
20 MINUTES

SERVINGS
4

INGREDIENTS

- 1 pound ground lamb use beef if that's what you have
- 1 12 oz package frozen spinach
- 1 14.5 oz can diced tomatoes
- 1 tbsp dried onion flakes or onion powder
- 1 tbsp garlic powder
- Sprinkle of red pepper flakes
- 1 tbsp more or less harissa paste or chili powder, depending on your taste for heat
- 2-3 oz can black olives sliced or whole
- 1/4 teaspoon black pepper
- Salt to taste
- Cooking oil of choice

DIRECTIONS

1. Heat pan to medium-high.
2. Add your oil of choice and then the lamb. Cook until browned.
3. Add onion flakes/powder, garlic powder, black pepper, and harissa (or chili powder).
4. Add spinach and let soften, break it up with a spatula.
5. Once softened, add can diced tomatoes (including juices).
6. Add black olives.
7. Sprinkle lightly with red pepper flakes and salt.
8. Cook until hot throughout, then serve as is or over starch of your choice – sweet potato, spaghetti squash, brown rice, or white rice.

6 SIMPLE WAYS TO MAKE THE BEST MEATBALLS EVER

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

15 MINUTES

SERVINGS

4

TRADITIONAL MEATBALL INGREDIENTS

- 1/4 pound ground beef
- 1/4 pound pork
- 1/4 pound veal
- 1 pasture-raised egg hand whipped
- 1 teaspoon of fresh ground black pepper
- 1 tablespoon of pink Himalayan salt
- 1/4 cup chopped Italian parsley
- 1/4 cup chopped fresh garlic
- 1/4 cup chopped mushrooms
- 1/4 cup chopped onions
- 1/4 cup organic tomato sauce
- Coconut oil or bacon fat

TURKEY MEATBALL INGREDIENTS

- 1/2 pound of ground turkey
- 1 pound of spinach
- 1/4 cup chopped red onion
- 1/4 cup chopped zucchini
- 1 pasture-raised egg hand whipped
- 1 teaspoon of fresh ground black pepper
- 1 tablespoon of pink Himalayan salt

(Recipe directions on next page.)

CONTINUED

6 SIMPLE WAYS TO MAKE THE BEST MEATBALLS EVER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

15 MINUTES

SERVINGS

4

CHICKEN DIRECTIONS

1. Place all ingredients in bowl and using clean hands mix until blended well.
2. Roll into medium-size meatballs and place on tray with rows about one inch apart.
3. If meatballs are smaller, cut cooking time to reflect size of meatball.

BAKING DIRECTIONS

1. Place in a 350-degree Fahrenheit oven cooking for 15 minutes, turning half way.

STOVE TOP DIRECTIONS

1. Use 1/4 cup of desired fat heat to medium high.
2. Add meatballs and quickly cook each side for 3 minutes before turning down to medium.
3. Continue cooking for another 2.5 minutes each side

GRAVY, SOUP, OR BROTH DIRECTIONS

1. Follow either method above, but cut cooking time in half.
2. Meanwhile, get your favorite tomato gravy, sauce, or soup cooking. This method works well just using broth, too.
3. Add the meatballs to your gravy, sauce, soup, or broth.
4. Continue cooking for at least 1.5 hours after the meatballs are added.
5. Pour in any excess juices from the frying pan or baking sheet into gravy/soup, as well.

FISH TACOS FOR PEOPLE WHO LOVE FISH TACOS

BY JON GILSON



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
5 MINUTES

COOK TIME
10 MINUTES

SERVINGS
3

INGREDIENTS

- 1 pound of Icelandic wild-caught cod
- 2 avocados ripe
- 3 tablespoons of grass-fed butter
- 1 cup of red cabbage shredded
- Your favorite compliant salsa
- 6 gluten-free corn tortillas we like Mission Extra Thin
- 1 tablespoon coconut oil

DIRECTIONS

1. Slice the cod into one-inch strips.
2. Shred the cabbage to your liking.
3. Cut avocados in half, remove pit and skin, and cut into bite-size chunks.
4. Get out two skillets and put both on medium-high heat.
5. Add butter to the “fish” skillet, coconut oil to the “tortilla” skillet.
6. Immediately start frying up tortillas. You’ll need to get six of them done, so you’ll be doing this as the fish cooks. I recommend about 40 seconds per side once the skillet is up to temperature. Once done, set aside.
7. Add the cod to the “fish” skillet. Cook until flaky, allowing some browning to occur on all sides. If all goes well, you’ll be fully cooked up by the time you finish making tortillas. If the fish is done a bit prior, just turn off the heat and leave the cod in the skillet.
8. Put two tortillas on each plate.
9. Add avocado, cabbage, and salsa.
10. Add fish to each tortilla.
11. Cover liberally in salsa and serve.

PALEO SAUSAGE, PEPPER, AND ONIONS

BY JON GILSON



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
20 MINUTES

SERVINGS
6

INGREDIENTS

- 5 pounds sugar-free Italian pork sausage
- 5 cups bell peppers
- 1 cup broccoli florets
- 1 white onion
- 1 tbsp coconut oil

DIRECTIONS

1. Slice peppers and onions and broccoli to your desired size.
2. Place a large sauté pan on medium heat, and add coconut oil.
3. Slice off the outer casing of each sausage (lengthwise), carefully remove the sausage.
4. If you prefer, cut the sausage into disks. Alternatively, just throw it in the pan and break it up a bit with your spatula.
5. Add sausage to the pan, and cook until browned. This is much faster with the casing removed, and takes 3-4 minutes.
6. Add all of the vegetables to the pan, and leave them on top for 2 minutes.
7. Then, using a spatula, bring the sausage to the top, making sure to get the peppers and onions toward the bottom of the pan. Cook for 5 minutes.
8. Flip the ingredients, and cook for an additional 5 minutes.
9. Serve.

NOTES Sugar-free sausage can be slightly more difficult to find, but is available in most grocery stores. Whenever possible, I strongly prefer fresh links made by an on-site butcher.

THE BASICS OF HOW TO ROAST A WHOLE CHICKEN

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

55 MINUTES

SERVINGS

8

INGREDIENTS

- 1 whole chicken
- Salt

DIRECTIONS

1. Preheat the oven to 450 degrees Fahrenheit.
2. Rinse the bird and pat it dry inside and out. Stuffing a couple of paper towels in the cavity while you pat the outside dry will do the trick.
3. Salt the chicken inside and out. Most of the salt will end up on the breast, but turn the bird on its side to get the legs and between the thighs and body. You should be able to see the salt, almost like a crust. A pretty good rule of thumb is to use a teaspoon for every two pounds. Note: You can salt the chicken up to two days in advance of cooking in order to “dry brine” it. If you do this, store the bird in the refrigerator, loosely covered. At the very least, try to give the salt 30 minutes on the bird before you put it in the oven. Pat the bird dry again before it goes in oven.
4. While trussing a bird is a useful skill, you can just tie the leg bones together tightly and tuck the wings behind the back to keep the bird tight while it cooks.
5. When the oven is preheated, also heat an oven-proof sauté pan on the stove. When it’s hot, put the chicken in the pan. It should sizzle. This will help to keep the chicken from seeping juices as the pan heats up in the oven. Juices in the pan means steam and steam means less browning – and we all love a golden-brown bird!
6. Put the chicken in the oven. For a bird that is 3-4 pounds, cook it for about 50-55 minutes. If the chicken is larger, you’ll obviously have to go longer. A thermometer inserted in the leg should read 165-170 degrees Fahrenheit when the chicken is done.

NOTES Keep in mind that if you stuff the chicken, it’s always a good idea to pre-cook the stuffing a bit. You’ll want the stuffing to be 170 in the end also, and it will always cook more slowly than the bird.

EASY-TO-MAKE GLUTEN-FREE, GRAIN-FREE, PALEO MEATLOAF

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

30 MINUTES

COOK TIME

90 MINUTES

SERVINGS

8

LOAF INGREDIENTS

- 4 small cloves garlic finely chopped
- 1/2 a large yellow onion or 1 small yellow onion chopped
- 1/2 cup flat leaf parsley finely chopped
- 2 tbsp tomato paste
- 1 tbsp coconut aminos
- 1 teaspoon paprika
- 1/2 teaspoon dried oregano
- 2 teaspoons kosher salt
- 3/4 teaspoon ground black pepper
- 2/3 cup almond meal
- 2 large eggs beaten
- 1.5 pounds lean ground beef
- 1 pound ground pork
- 3 to 4 hard-boiled eggs

TOPPING INGREDIENTS

- 2 tablespoons tomato paste
- 2 teaspoons ghee or olive oil

(Recipe directions on next page.)

CONTINUED

EASY-TO-MAKE GLUTEN-FREE, GRAIN-FREE, PALEO MEATLOAF



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

30 MINUTES

COOK TIME

90 MINUTES

SERVINGS

8

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop the onion, garlic, and parsley. (Alternatively, throw the onion and garlic in the food processor and process until chopped, but not watery.) Remove to a mixing bowl.
3. Stir in the chopped parsley. (You can also chop the parsley in the food processor, but do it separately from the onions and garlic.)
4. Add tomato paste, coconut aminos, paprika, oregano, salt, pepper, almond meal, and beaten eggs to the bowl. Mix well.
5. Add ground meat. Incorporate until mixed, but don't over mix or it'll get dense.
6. Place half the mixture into a loaf pan and make a trough down the center.
7. Place the three hard-boiled eggs down the center, in the trough.
8. Cover the eggs with the remaining meat, making sure to fill in any air pockets.
9. Combine the topping ingredients, then spread the topping evenly over the meatloaf.
10. Set your loaf pan on top of a baking pan covered with foil in case the juices bubble over.
11. Bake for 90 minutes.
12. Remove from oven and cool for 15 more minutes.
13. Use a couple spatulas to remove the meatloaf from the pan.
14. Slice and enjoy!

NOTES Those are the basics. Once you have this part down, then you can experiment with different ingredients – various meats, different vegetables, herbs, spices, etc.

OFFAL BURGER FOR BEGINNERS

BY KAREN KATZENBACH



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

10 MINUTES

SERVINGS

4

INGREDIENTS

- 1 pound grass-fed beef 80/20 if you can
- 4-6 ounces beef or chicken liver less if you're serving to offal beginners
- 1/4 cup onions minced
- 1/8 cup carrots minced
- 1/8 cup celery minced
- 1/4 cup chopped black or green olives or some of both
- 1 1/2 tsp fish sauce Red Boat is our recommendation
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/8 tsp black pepper

DIRECTIONS

1. On medium heat, sweat (soften) the onions, carrots, and celery for about 5 minutes.
2. Meanwhile fine chop the liver.
3. Put everything in a bowl and mix thoroughly. It'll be a little wet. If it's too sloppy to hold shape, add a little starch.
4. Form into 4-5 patties. Cook on medium heat.
5. Serve with sprouts, micro greens, sliced avocado, or any of your other favorite burger toppings. You can also make a bun of portobello mushrooms or a sweet potato "bun" if you need your burger to be bundled up.

NOTES The one pound of beef could actually be a mix of beef, pork, bison, game, or even poultry. Use what's handy. Feel free to mix it up when it comes to the liver, too. Heart is a muscle and has a much milder taste than liver. Kidney and spleen would work, as well. Just be sure you get your organ meats from responsibly fed sources like grass-fed cattle.

SAUCES



HOMEMADE PESTO SAUCE

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

0 MINUTES

SERVINGS

LOTS!

INGREDIENTS

- 1/4 pine nuts
- 1 1/2 teaspoons kosher salt
- 1 teaspoon pepper
- 7-8 cloves of garlic whole
- 4 oz 4 cups fresh basil leaves
- 1 -1 1/2 cups of extra virgin olive oil depending on how you like it
- 1 cup nutritional yeast you may also use vegan cheese, but check the ingredients to be sure

DIRECTIONS

1. Pulse the nuts, garlic, salt, and pepper in a food processor for about 30 seconds (until a paste forms).
2. Add in your basil leaves and turn on the food processor again.
3. Slowly add in the oil as the processor is running.
4. Add in the nutritional yeast (or whatever you're using) and pulse again until incorporated.
5. Enjoy over vegetables, spaghetti squash, zoodles, a cauliflower-crust pizza, meat, fish, eggs, or all of the above!

NOTES If you're not using your pesto right away, you can store it in an airtight container. Either cover the top of the pesto with oil and then place the lid on or cover the pesto with plastic wrap that's touching the pesto directly (to create a barrier so no air touches the pesto) and place the lid on top. You can store this in the fridge for up to three days or in the freezer for up to three months.

PUTTANESCA SAUCE

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
50 MINUTES

SERVINGS
4

INGREDIENTS

- 4 tbsp extra virgin olive oil
- 1 medium sized onion chopped medium dice
- 4 cloves garlic minced
- 4 medium sized tomatoes chopped medium dice
- 1 cup fresh basil roughly chopped
- 12 Kalamata olives roughly chopped
- 1/2 tsp dried oregano
- 1/8 tsp red pepper flakes
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 2 cups of fresh spinach

DIRECTIONS

1. Heat up your extra virgin olive oil in a skillet over medium heat.
2. Add your onions and let them caramelize and brown for about 20 minutes.
3. Add in the garlic. Toss and let it sauté for about 30 seconds, just until you can smell the garlic.
4. Then add in your spices, chopped tomatoes, and olives. Toss to combine and let the tomatoes cook down for about 20 minutes.
5. Once the tomatoes are cooked down, add in your spinach. Toss until wilted down.
6. Turn off the heat and add in your fresh basil. Toss to combine, adjust the seasoning, and serve over spaghetti squash, quinoa, or whatever your heart desires (and is compliant on your chosen Whole Life Challenge nutrition level). Note: You can also use puttanesca sauce to spice up meat, fish, or your favorite protein of choice.

NOTES This recipe is compliant on all levels – Kickstart, Lifestyle, and Performance – just remember if you're currently in the Challenge, pasta is not compliant. Instead try quinoa, zoodles, spaghetti squash, or something similar.

CASHEW RICOTTA "CHEESE"

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

12 MINUTES

COOK TIME

0 MINUTES

SERVINGS

LOTS!

INGREDIENTS

- 1 1/2 cups raw cashews soaked overnight, then strained and rinsed
- Juice from 1 lemon about 2 tbsp
- 1/2 to 1 tsp sea salt
- 1/4 to 3/4 cups water

DIRECTIONS

1. Combine all ingredients in a blender, starting with just 1/4 cup of water.
2. Blend until you get a paste/ricotta-like texture. If you find it's too thick, at another 1/4 cup of water.
3. Once you get the desired consistency, taste to see if it needs more salt. If not, you're done!
4. Store in an airtight container in the fridge for up to a week.

DESSERTS



AVOCADO CHOCOLATE PUDDING

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

0 MINUTES

SERVINGS

1

INGREDIENTS

- 1 medium avocado
- 2 teaspoons of organic cacao powder
- 2 tablespoons of organic nut butter your choice of nut
- 1 teaspoon of any of these: coconut sugar raw honey, date paste, or stevia (choose whichever is compliant on your Whole Life Challenge nutrition level)

DIRECTIONS

1. Mash up avocado with a fork to desired texture.
2. Add remaining ingredients and mix well.

NOTES This recipe is compliant on all levels – Kickstart, Lifestyle, and Performance – depending on which sweetener you choose.

PROTEIN FLUFF "ICE CREAM" PARFAIT

BY KIM KESTNER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
5 MINUTES

COOK TIME
0 MINUTES

SERVINGS
1

INGREDIENTS

- 1 scoop whey or vegetable-based protein powder in flavor of your choice
- 10 oz unsweetened vanilla almond or coconut milk
- 1 tsp xanthan gum
- 1 tablespoon peanut or almond butter
- 2-3 large ice cubes
- 1/4 cup fresh berries of your choice

DIRECTIONS

1. In a blender or food processor, add whey protein, milk, xanthan gum, and nut butter.
2. Blend on a high-power setting, stopping to scrape around blender occasionally to get the ingredients mixed well.
3. Add in 2-3 large ice cubes and blend again.
4. If the mixture is too thick, add more milk until desired consistency is achieved. It should look like a thick pudding once blended. If it is runny, add more xanthan gum.
5. Layer the berries and mixture in a bowl or a fancy ice cream dish if you have one.
6. Garnish the top with fresh or frozen berries, coconut flakes, cocoa powder, or any other WLC-compliant ingredient of your choice.

NOTES Finding a flavored protein powder without junky ingredients can be hard, so be diligent in your label reading. Instead, you might experiment with adding vanilla extract or cacao powder so you have complete control of your ingredients and flavor level.

You can make your own almond milk in just fifteen minutes by following [this simple recipe](#). This protein fluff is compliant on Kickstart and Lifestyle levels. Just be sure to double check both your protein powder and almond milk ingredients.

COCONUT MILK CHIA SEED PUDDING

BY BECCA BORAWSKI JENKINS



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

TIME
6 HOURS

SERVINGS
6

INGREDIENTS

- 1 15oz can coconut milk
- 1/2 cup chia seeds
- 1/2 teaspoon vanilla extract
- Sweetener of your choice see below
- 1/4 teaspoon cinnamon powder
- Possibly up to 1/2 cup water depends on the thickness of your coconut milk and preferences

DIRECTIONS

1. Put coconut milk, vanilla, sweetener, and cinnamon into a dish that you can easily cover and mix very well. Make sure all the coconut lumps get broken up and the liquid is smooth.
2. If your coconut milk seems thick already, then add 1/4 or 1/3 cup of water. If your coconut milk is thin, skip this step.
3. Stir in chia seeds and mix thoroughly. (You can also just combine steps one and two, and throw everything into a blender, especially if you don't prefer the "seedy" nature of chia seeds.)
4. Place in the refrigerator for at least 4 hours to let gel. I usually let it sit overnight.
5. Serve in individual bowls or mugs. Top with sliced fresh fruit, nuts, and/or shredded (unsweetened) coconut.

(See notes on next page.)

CONTINUED

COCONUT MILK CHIA SEED PUDDING



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

TIME

6 HOURS

SERVINGS

6

NOTES

The sweetener options are pretty endless with this recipe, so I encourage you to experiment. This recipe can be compliant on Kickstart, Lifestyle, or Performance levels depending on which sweetener you choose.

Here are some options that will work:

- 1/3 teaspoon of powdered or liquid stevia
- 1/3 cup [date puree](#)
- 1/3 mashed bananas
- 1/4 teaspoon [monkfruit extract](#)
- 1/4 cup maple syrup

Note: the date puree and bananas will also act as thickeners, so if you choose them as sweeteners you may need to add more coconut milk and/or water to the recipe.

Also, try these flavor variations:

- Mix in 1/4 cup unsweetened cocoa powder
- Mix in 1/2 cup fresh fruit
- Add 1 tablespoon [matcha green tea powder](#)
- Add 1 teaspoon [maca powder](#)
- Use 1 teaspoon of pumpkin pie spice instead of the cinnamon in the ingredient list
- Use almond extract (or any other flavor extract) instead of vanilla

PALEO BROWNIES WITH GANACHE, WHIPPED CREAM, AND FRESH FRUIT

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

35 MINUTES

COOK TIME

25 MINUTES

SERVINGS

9

BROWNIE INGREDIENTS

- 1 cup organic pumpkin puree
- 1/2 cup chia seeds
- 1/2 cup raw almond butter
- 1/3 cup cacao powder
- Optional: You can also mix in a 1/2 cup of your favorite nuts

GANACHE INGREDIENTS

- 1/3 cup cacao powder
- 1/2 cup coconut oil
- Optional: 2 tablespoons honey

WHIPPED CREAM INGREDIENTS

- 1 15oz can full-fat organic coconut milk refrigerate overnight
- Optional: 1/3 cup honey

TOPPINGS INGREDIENTS

- Pint organic strawberries or other fresh fruit
- Chopped nuts unsweetened shredded coconut, or whatever else your heart desires

NOTES The ingredients in this recipe are compliant on Kickstart if you add the honey. If you do not add honey, then the ingredients are compliant on Lifestyle and Performance. That said, this recipe is only recommended as an occasional treat and should not be considered an everyday "compliant" food.

(Recipe directions on next page.)

CONTINUED

PALEO BROWNIES WITH GANACHE, WHIPPED CREAM, AND FRESH FRUIT



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

35 MINUTES

COOK TIME

25 MINUTES

SERVINGS

9

BROWNIE DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Grab a square brownie pan and grease with coconut oil or ghee.
3. Mix pumpkin, chia seeds, almond butter, cacao powder, and optional nuts together in a bowl until well blended. Try your best to remove any lumps.
4. Spread mixture in pan and place in oven.
5. Cook for 10-15 minutes until done.

GANACHE DIRECTIONS

1. Heat coconut oil on stove over low heat
2. Mix with cacao powder.
3. Remove from heat and put aside.
4. After the brownies are cut and cooled, pick up each one and dip the top into your ganache mixture.
5. Place the frosted brownies on wax paper. You can refrigerate if desired.

WHIPPED CREAM DIRECTIONS

1. Open the chilled can of coconut milk and take out the harder coconut solids, leaving behind the coconut water.
2. Using a blender, mix the coconut solids well until whipped cream peaks start to form.
3. Refrigerate until ready to use.

ASSEMBLY

1. Slice up your strawberries, and serve your ganache-topped brownie with whipped cream and strawberries for the win. Sprinkle nuts or unsweetened shredded coconut on top if your heart so desires.

RICH AND CREAMY (AND HEALTHY) CHOCOLATE SHAKE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
0 MINUTES

SERVINGS
1

INGREDIENTS

- 2 ripe bananas
- 2 tbsp unsweetened cocoa powder
- 2 heaping tbsp peanut butter or almond butter
- 1/2 cup almond milk

DIRECTIONS

1. Puree all the ingredients in a blender until creamy.
2. Serve cold or even room temperature.

NOTES Feel free to substitute the peanut butter for almond or sunflower seed butter. You can also add more almond milk if you want it thinner, frozen bananas to make it colder, or pour the mixture into popsicle molds to make it a frozen treat.

BEVERAGES



ISKIATE CHIA ENERGY DRINK

BY JON GILSON



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

0 MINUTES

SERVINGS

1

INGREDIENTS

- 25 ounces of water chilled
- 1 tablespoon chia seeds
- Juice from 1/2 lime fresh-squeezed

DIRECTIONS

1. Mix the ingredients together in a glass and consume.

NOTES You will find that chia seeds tend to settle, so using a container you can shake (rather than a simple glass) may improve your experience.

PEACH RASPBERRY ICED TEA

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
5 MINUTES

COOK TIME
10 MINUTES

SERVINGS
8

INGREDIENTS

- 4 Peach Passion tea bags from Celestial Seasonings
- 4 Raspberry Zinger tea bags from Celestial Seasonings
- 8 cups of water boiled
- A handful of raspberries and 1 sectioned peach or nectarine for garnish
- Fancy toothpicks or drink sticks

DIRECTIONS

1. Steep the tea bags in 8 cups of boiling hot water for 5-10 minutes in a metal or glass bowl that can withstand high heat.
2. Transfer the tea into a pitcher. Put it in the fridge to cool.
3. To serve, fill a glass with ice cubes, pour your tea in, and garnish with raspberries and nectarines on a toothpick or drink stick!

NOTES This recipe is compliant on Kickstart and Lifestyle only due to the Celestial Seasonings ingredients.

ANTI-INFLAMMATORY FAT COFFEE

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

1

INGREDIENTS

- 1 cup hot organic coffee
- 1 tablespoon of MCT oil
- 1/4 cup organic coconut milk
- 1/4 teaspoon turmeric
- 1/4 teaspoon cinnamon
- Sprinkle of ground black pepper

DIRECTIONS

1. Make your coffee using your preferred method.
2. Add all ingredients into blender of your choice or use an immersion blender. Mix for about 30 seconds, until all becomes blended and frothy.

CHOCOLATE ALMOND FAT COFFEE

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

1

INGREDIENTS

- 1 cup hot organic coffee
- 1 tablespoon of MCT oil
- 1/4 cup of organic almond milk
- 1 tablespoon of cacao powder
- Sprinkle of cinnamon

DIRECTIONS

1. Make your coffee using your preferred method.
2. Add all ingredients into blender of your choice or use an immersion blender. Mix for about 30 seconds, until all becomes blended and frothy.

ICED CARDAMOM FAT COFFEE

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

10 MINUTES

COOK TIME

10 MINUTES

SERVINGS

1

INGREDIENTS

- 1 cup hot organic coffee
- 1 tablespoon of MCT oil
- 1 tablespoon of organic cashew milk
- 1 teaspoon cardamom
- Ice

DIRECTIONS

1. Make your coffee using your preferred method.
2. Add all ingredients into blender of your choice or use an immersion blender. Mix for about 30 seconds, until all becomes blended and frothy.
3. Pour over ice.

MORNING NUT MILK LATTE WITH TURMERIC AND CINNAMON

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

10 MINUTES

SERVINGS

2

INGREDIENTS

- 1 1/2-2 cups almond or cashew milk
- 1 tbsp coconut oil
- 1 tsp sweetener such as date or fig syrup or preferred amount of stevia or monk fruit
- 1 tsp ground turmeric
- 1 tsp ground cinnamon

DIRECTIONS

1. In a small pot, combine the milk and oil.
2. Heat until it simmers, and the oil has melted.
3. Add in the sweetener, turmeric, and cinnamon. Stir to combine.
4. Serve hot.

NOTES WLC-compliant nut milks can be hard to find, but you can quickly and easily [make your own with this recipe](#).

This recipe is compliant on all levels depending on which sweetener you choose. As with any recipe that includes dates, exercise caution if you have a specific weight-loss or body composition goal. Dates are a fantastic source of natural sugar, but they are, nonetheless, made of sugar.

DAIRY-FREE SUGAR-FREE HOT COCOA

BY MICHAEL STANWYCK



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

SERVINGS

2

INGREDIENTS

- 2 cups almond milk
- 1/3 cup unsweetened cocoa powder
- Stevia or monk fruit powder to taste
- 1 egg
- 1/2 tsp vanilla extract

VARIATIONS

- Instead of 2 cups almond milk, use 1 cup almond milk and 1 cup coconut milk for an “Almond Joy” experience.
- Add 1/2 tsp cinnamon, 1/4 tsp ancho chili powder, and a pinch of cayenne for a Mexican hot cocoa.

DIRECTIONS

1. Put the almond milk in a pot and start to heat over a medium-high heat.
2. Mix the cocoa powder and sweetener together and whisk into the almond milk until thoroughly combined.
3. Mix your vanilla extract in now, as well.
4. Heat the mixture slowly to just below the boil. This is known as “scalding.” When the liquid starts to bubble around the edges of the pot. Turn off the heat.
5. Beat the egg in a bowl.
6. You are now going to perform a technique called “tempering.” You will bring the egg up in temperature gently, so it doesn’t scramble when it hits the liquid. Take about a cup of the hot cocoa liquid and slowly, while whisking the egg, pour it in a stream into the egg bowl.
7. Once all the hot liquid has been incorporated into the egg, whisk the tempered egg mixture back into the pot with the rest of the cocoa.
8. Taste it for sweetness at this point and adjust if necessary.
9. Turn the heat back on to a medium-high heat and whisk constantly as you bring up the temperature. Bring the liquid back up to just below a boil. (Don’t let it actually boil!) You will see the cocoa thicken. When you begin to see bubbles wanting to well up just under the surface, turn it off.
10. Pour the mixture into mugs and enjoy!

ADULT BEVERAGES



LOW-CAL CRANBERRY SHRUB GIN SPRITZER

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

TIME
40 MINUTES

SERVINGS
1

INGREDIENTS

- 1 cup water
- 1/4 cup powdered stevia
- 10 allspice berries
- 2 cinnamon sticks
- 2 cups fresh cranberries
- 1 cup apple cider vinegar
- Ice
- 1 ounce gin
- 1/2 ounce lime juice
- Soda water
- Prosecco

CRANBERRY SHRUB DIRECTIONS

1. Combine 1 cup of water, stevia, allspice berries, cinnamon sticks, and cranberries. Bring to a boil.
2. Reduce heat and simmer until the cranberries are soft (5-8 minutes), stirring occasionally.
3. Remove from heat and pour mixture through a mesh strainer. You'll want to press down on the cranberries to extract as much juice as possible, without pushing any of the solids through.
4. Add apple cider vinegar.
5. Refrigerate until ready to use. This mixture can be saved for several months

GIN SPRITZER DIRECTIONS

1. Measure 1/2 an ounce of your cranberry shrub.
2. Over ice, combine 1 ounce gin, 1/2 ounce lime juice, and 1/2 ounce cranberry shrub.
3. Fill your glass with soda water until you reach about an inch from the top of glass.
4. From there, layer (or "float") the prosecco on top.

LOW-CALORIE CIDER COCKTAIL FOR GROWN-UPS

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART

TIME
4 HOURS

SERVINGS
1

INGREDIENTS

- 8-10 apples
- 4 pears
- 1/3 cup powdered stevia
- 6 tablespoons allspice
- 4 cinnamon sticks
- 2 ounces whiskey
- 1/4 oz lemon juice
- Ice
- Soda water
- Whiskey

CIDER DIRECTIONS

1. Quarter the apples and pears and place in a large pot.
2. Fill the pot with water so the water line is just above the fruit.
3. Add stevia, allspice, and cinnamon
4. Bring to a boil and cook uncovered on high for an hour, checking often.
5. Turn heat down and let simmer, covered, for 2 more hours.
6. Allow to cool, then smash up your fruit to a pulp-like consistency.
7. Pour this mixture through a mesh strainer into a large bowl or pitcher.
8. Wrap the remaining pulp in two layers of cheesecloth and hold it over your bowl or pitcher. Squeeze the cheesecloth until no more juice comes out.

COCKTAIL DIRECTIONS

1. Measure 4 ounces of your cider.
2. Combine 2 ounces of whiskey, 4 ounces of cider, and lemon juice in a glass.
3. Add ice, fill glass with 2 ounces of soda water, and stir.

NOTES You can sprinkle your cocktail with cinnamon or add cinnamon sticks and an apple slice for garnish.

LOW-CALORIE FALL MOSCOW MULE

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

TIME
1 HOUR

SERVINGS
1

INGREDIENTS

- 4 ounces fresh ginger
- 1 cup water
- 1 ounce powdered stevia
- 8 fresh sage leaves
- 2 ounces vodka
- 1 ounce lime juice
- Soda water

GINGER-SAGE SYRUP DIRECTIONS

1. With a vegetable peeler or spoon, peel the ginger and then cut into quarter-inch pieces.
2. Combine 1 cup of water with the ginger, stevia, and sage. Bring to a boil, stirring occasionally.
3. Remove from heat and let the infusion macerate (i.e. sit). Continue tasting occasionally until your desired flavor is achieved (minimum 40 mins).
4. Remove ginger pieces and sage leaves from syrup.

COCKTAIL DIRECTIONS

1. Measure 1 ounce of your ginger-sage syrup.
2. Combine vodka, 1 ounce of ginger-sage syrup, and 1 ounce lime juice.
3. Fill your glass (or copper mug if you want to be traditional) the rest of the way with soda water.

LOW-CALORIE EARL GREY HOT TODDY

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART

TIME
12 MINUTES

SERVINGS
1

INGREDIENTS

- 6 ounces water
- 2 ounces bourbon
- 1 ounce lemon juice
- 1/2 ounce honey or to taste
- Earl Grey tea bag
- 2 cinnamon sticks
- 5 allspice berries

GINGER-SAGE SYRUP DIRECTIONS

1. Boil 6 ounces of water.
2. In mug, combine bourbon (any type of whiskey can be used), lemon juice, and honey.
3. Once water is boiling, fill the mug with the hot water, then add tea bag.
4. Allow the tea to steep until desired flavor is achieved (minimum 2 minutes).
5. Remove tea bag.
6. Add cinnamon stick and allspice berries.

LOW-CALORIE GREEN GODDESS BLOODY MARY

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART

TIME
15 MINUTES

SERVINGS
1

INGREDIENTS

- 6-8 green tomatoes
- 1/3 of a pineapple
- 15 basil leaves
- 1/2 of a fresh jalapeno
- 1/2 teaspoon cayenne
- 3 dashes of Worcestershire sauce
- 1/3 teaspoon celery salt
- Black pepper to taste
- 2 ounces vodka
- Ice

DIRECTIONS

1. Blend tomatoes, pineapple, basil, and jalapeno in a blender, slowly adding each ingredient to not overwhelm your machine.
2. Once blended, pour the mixture through a mesh strainer into a large bowl.
3. Add cayenne, Worcestershire sauce, celery salt, and black pepper. (Keep in mind that, really, all of these ingredients can be "to taste." Add as much or as little as you like.)
4. In a glass, add vodka and ice, then fill with your green Mary mixture.
5. To further mix your drink, roll it into another glass and then back into the first.

NOTES Dressing up your Mary is half the fun. I like to garnish this version with a basil sprig and a slice of pineapple or jalapeno.

LOW-CALORIE DRIED CHERRY AND PISTACHIO OLD-FASHIONED

BY JENNA GRUTTADURIA



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

TIME
30 MINUTES

SERVINGS
1

INGREDIENTS

- 1 cup water
- 1 ounce powdered stevia
- 1/4 cup dried cherries approximately
- 5 tablespoons pistachios approximately
- 2 ounces rye whiskey my preference, any whiskey works
- Angostura bitters
- Ice

DRIED CHERRY AND PISTACHIO SYRUP DIRECTIONS

1. Combine 1 cup of water, stevia, dried cherries, and crushed pistachios. Bring to a boil, stirring occasionally.
2. Reduce heat to simmer, continuing to stir occasionally, until liquid deepens in color.
3. Remove from heat and leave mixture to infuse until your desired flavor is achieved.
4. Pour liquid through a mesh strainer to remove solids.

COCKTAIL DIRECTIONS

1. Measure 1 ounce of your dried cherry and pistachio syrup.
2. In a glass, combine whiskey, 1 ounce dried cherry and pistachio syrup, and 3 dashes of angostura bitters.
3. Add ice, stir. (This can also be enjoyed without ice.)

LOW-CALORIE HERBAL FRENCH 75

BY JENNA GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART

TIME
1 HOUR

SERVINGS
1

INGREDIENTS

- 1 cup water
- 1 ounce powdered stevia
- 6 rosemary sprigs
- 1.5 ounces gin
- Juice from half grapefruit
- Prosecco

ROSEMARY SYRUP DIRECTIONS

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat, add rosemary sprigs, and simmer for a few minutes.
3. Remove from heat and let rosemary infuse with syrup until your desired flavor is achieved (minimum 30 minutes).

COCKTAIL DIRECTIONS

1. In a champagne flute (or similar glass) combine gin, 1/2 ounce of rosemary syrup, and juice from half a grapefruit. Stir to combine.
2. Fill the remainder of the glass with Prosecco.
3. Garnish with rosemary sprig.

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