



# WHOLE LIFE CHALLENGE COOKBOOK | 2019

OUR 92 FAVORITE RECIPES FROM THE PAST YEAR



*middle eastern turkey meatballs*

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# HELPING YOU IN MORE WAYS (AND WITH MORE RECIPES) THAN ONE

Have you ever opened a cookbook and thought to yourself, “I hope this recipe requires expensive, difficult-to-acquire ingredients, takes a million years to make, and tastes like cardboard!”

**Of course not.**

Yet, sadly, that might as well be the tagline for many of the “healthy” recipes out there. These dishes—purporting to increase your energy and tighten your waistline—may indeed be healthy, but if they’re unpleasant to both make and consume, then you won’t accrue any of the associated benefits.

What you need are healthy recipes you can get excited about. Whole ingredients, simple assembly, and delicious variety are critical to any lifestyle change—which is why we’re back with our annual recipe book.

The *2019 Whole Life Challenge Cookbook* features our best (and favorite) recipes from 2018, broken into categories to help you easily locate **breakfast, lunch, dinner, beverages, and snacks**. That’s not all, either. You can navigate between appetizers and side dishes, salads and seafood, chicken and classic comfort foods.

In other words, there’s a recipe to meet every taste and need—from packing simple work bites to hosting special events where you want to impress.

Think apple cinnamon paleo muffins for breakfast, avocado deviled eggs as a mid-morning snack, and a chicken-arugula-pear salad for work lunches on the go. Think butternut squash soup for a new family favorite in between holiday meals, and Thai green curry with veggie noodles to celebrate that next birthday.

Each recipe uses simple ingredients that are easy to find at your grocery store or online, but complex enough to please the palate and inspire a deeper relationship with your food.

Because, at the end of the day, the most important “ingredient” in healthy eating is enthusiasm. **With these recipes by your side, you’re bound to find your kitchen a more inviting place.**

It’s time to say goodbye to boring old flavors and foods, and hello to eating well with convenience and confidence!

Enjoy!

*the team at the  
Whole Life Challenge*

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# BREAKFASTS



# EASY EGG AND VEGGIE BREAKFAST MUFFINS

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

6

## INGREDIENTS

- 8 large eggs
- 2 Tbsp avocado oil (or oil of your choice)
- 1 garlic glove minced
- 1/4 cup yellow onion diced
- 1/2 bell pepper diced
- 1/2 cup broccoli diced
- 1/3 zucchini chopped
- 6 asparagus chopped
- 3 cups spinach or greens of choice chopped
- 1/4 tsp dried oregano
- 1/4 tsp dried parsley
- Sea salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease 12 muffin tins with one tablespoon of avocado oil (or oil of your choice) and set aside. You can also use a silicone pan, silicone liners, or paper muffin liners for this step.
3. Heat a large skillet over medium heat and add one Tbsp avocado oil. Add onion and garlic and saute for 3 minutes, until slightly translucent.
4. Add all your vegetables to the skillet and sauté for 4-5 more minutes.
5. Remove vegetable skillet from heat.
6. Scoop a heaping Tbsp of sauteed vegetables into greased muffin tins evenly, using up all the vegetable mixture. The vegetables should fill up about 3/4 of the cup.
7. Whisk eggs in a small bowl. Add in oregano, parsley, sea salt, and pepper. Whisk to combine.
8. Pour eggs over vegetables in muffin tins evenly, filling almost to the top.
9. Bake egg muffins in the oven for 18-20 minutes, or until the eggs have set and puffed up.
10. Let cool for a few minutes and carefully remove egg muffins from tin - enjoy hot.

**NOTES:** Egg muffins will keep for a week in the refrigerator in an airtight container.



# SWEET ITALIAN SAUSAGE SCRAMBLE WITH SWEET POTATO HASH

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
40 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 8oz organic Italian sausage links (check ingredients for WLC-compliance)
- 8 organic pasture raised eggs
- 2 cups sweet potato peeled and diced
- 1/2 cup onion diced
- 1/2 cup red bell pepper diced
- 1 Tbsp avocado oil
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Peel and chop sweet potatoes into small cubes.
3. Roast the sweet potatoes for about 30 minutes or until soft.
4. While potatoes are roasting, slice Italian sausage and cook in a large skillet on medium heat for 4-5 minutes. Flip sausage and repeat. Remove cooked sausage and set aside.
5. Add avocado oil to the skillet and saute onion and bell pepper until fragrant, about 3-5 minutes.
6. Add roasted sweet potatoes to skillet and cook for approx. 10 minutes, stirring occasionally.
7. Crack eggs into a large bowl and whisk together well. Scramble eggs in a separate large skillet.
8. Once potato hash is done and eggs are scrambled, serve together with the sausage.

**NOTES:** This recipe is not marked as compliant for Performance level due to the challenge of finding Performance-level compliant sausage. But if you *do* find that sausage, go for it!

# APPLE CINNAMON PALEO MUFFINS

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
20 MINUTES

**COOK TIME**  
25 MINUTES

**SERVINGS**  
12

## INGREDIENTS

- 1 1/4 cups almond flour
- 2 1/2 Tbsp coconut flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 Tbsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 large eggs at room temperature
- 5 Tbsp refined coconut oil melted
- 1/3 cup maple syrup
- 2 tsp vanilla extract
- 1/2 cup coarsely grated apples (about 1 large apple)
- 1 1/4 cups apples diced (about 1 large apple)

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Line a muffin pan with 12 muffin liners.
3. In a medium bowl, mix almond flour, coconut flour, baking soda, salt, cinnamon, and nutmeg.
4. In a large bowl, mix eggs, oil, maple syrup, and vanilla.
5. Add the dry ingredients to the wet ingredients and mix until combined.
6. Gently fold in apples.
7. Divide the batter evenly among the liners, filling them almost full.
8. Bake for 23-25 minutes or until a toothpick inserted in the middle of a muffin comes out clean.
9. Let the muffins cool for 5 minutes in the pan, then move to a wire rack to cool completely.

**NOTES:** These paleo muffins are only compliant at Kickstart level due to the maple syrup. If you want to experiment with other sweeteners and make this compliant at other levels, feel free to experiment – and be sure to let us know how it goes!



# HEARTY BREAKFAST CASSEROLE

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
1 HOUR

**SERVINGS**  
4

## INGREDIENTS

- 8 eggs
- 12oz Italian chicken sausage sliced
- 1 cup potatoes diced
- 2 Tbsp avocado oil divided
- 2 tsp sea salt divided
- 1 tsp black pepper
- 1 cup onions sliced
- 3 cups fresh spinach

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Coat the diced potatoes in 1 Tbsp of avocado oil, 1 tsp of salt, and 1 tsp of pepper.
3. Place potatoes on a baking sheet and roast for 20-30 minutes, or until golden brown.
4. In a medium skillet on medium-high heat, add another Tbsp of avocado oil and the sliced onions. Saute until caramelized.
5. Once the onions are caramelized, add fresh spinach and cook down until wilted.
6. Remove onions and spinach from the pan. Brown the sliced Italian chicken sausage.
7. Crack eggs into a large bowl and whisk well.
8. Once potatoes are golden and done in the oven, drop the oven temperature to 350 degrees Fahrenheit.
9. Add the onions and spinach, potatoes, Italian chicken sausage, and whisked eggs into an 8x8 casserole dish. Bake in oven for about 40 minutes, or until golden brown and eggs are cooked through.

# PUMPKIN BERRY ACAI BOWL

BY TULIKA VENUGOPAL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

10 MINUTES

## SERVINGS

2

## INGREDIENTS - BASE

- 1/2 cup frozen mixed berries
- 1/2 frozen banana
- 1/4 cup almond milk or other non-dairy milk
- 2 Sambazon Pure Acai Berry unsweetened packets or other frozen sugar-free acai berry packet of choice
- 1 Tbsp chia seeds
- 1/4 cup pumpkin puree
- 1/2 tsp ground cinnamon

## INGREDIENTS - TOPPINGS

- 1 sliced banana
- 6 sliced strawberries
- 2 Tbsp sliced almonds
- 1 Tbsp hemp seeds
- 4 Tbsp of your preferred combo of oats, nuts, and seeds (optional)
- 1 tsp unsweetened shredded coconut
- 2 tsp coconut nectar (optional)

## DIRECTIONS

1. Place all of the base ingredients in a blender and blend until smooth.
2. Pour into two bowls.
3. Top each bowl with the topping ingredients: banana, strawberries, almonds, hemp seeds, and (optional) oat/nut/seed combo.
4. Sprinkle shredded coconut on top and, if desired, drizzle the optional coconut nectar over the finished bowl.

**NOTES:** When it comes a combination of oats, nuts, and seeds, this is one of my favorites: oats, almonds, walnuts, and chia seeds. For this to be compliant for Performance players, leave out the optional items.

# 3-INGREDIENT PALEO PANCAKES

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

5 MINUTES

## SERVINGS

2

## INGREDIENTS

- 2 eggs whisked
- 1 ripe banana
- 1/2 avocado
- Butter or oil of choice to grease pan

## DIRECTIONS

1. In a medium bowl, mash together eggs, banana, and avocado. Stir until combined.
2. Heat a large non-stick pan with butter or cooking oil.
3. Spoon out batter into the pan to form small pancakes.
4. Cook about 2 minutes on each side, or until golden brown.

# DUCK EGG OMELET

BY RAJ PARSAD



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

2

## INGREDIENTS

- 1 duck egg
- 1/2 cup spinach shredded
- 1/4 cup basil diced
- 1/2 cup small onions cipollini or pearl
- 1 cup wild mushroom mix
- 1/2 cup cherry tomatoes cut in half
- 1 green onion diced
- 3 Tbsp duck fat or ghee, coconut oil, olive oil
- Salt and pepper to taste

## OPTIONAL INGREDIENTS

- 1/8-1/4 cup leftover duck meat diced
- 10-15 spears of asparagus
- 1 cup mixed greens
- 1 orange wedged or sliced

## DIRECTIONS

1. Pre-heat oven or toaster-oven to 350 degrees Fahrenheit for the onions and mushrooms.
2. Melt duck fat, tossing onions and mushrooms in about half of the duck fat. Spread on a cookie sheet and cook in oven until onions are soft and mushrooms are soft with browned edges. Lightly salt.
3. In a mixing bowl, crack the egg and beat with a fork until uniform consistency. Mix in shredded spinach and basil. Season with salt and pepper.
4. Optional: In a frying pan cook asparagus in half of remaining duck fat on medium heat until soft, but still crunchy. Season with salt to taste.
5. Optional: Warm duck meat in non-stick or cast iron frying pan, then put aside.
6. Add remaining duck fat to the pan. When hot (on medium setting) pour in egg mixture. Allow to cook until almost solid, then flip to brown the other side.
7. Serve over mixed greens. Put tomatoes, mushrooms, onions, and duck meat on half of the egg, then fold the other half over top. Sprinkle top with green onions. Plate with asparagus and orange pieces.

**NOTES:** No leftover duck meat in your house? Try making this [roasted duck recipe](#), then use the leftovers for your omelet.

# SPRING VEGGIE SCRAMBLE

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 8 organic eggs
- 1 Tbsp avocado oil
- 1/2 yellow onion diced
- 1 red bell pepper diced
- 1 cup Brussels sprouts petals
- 1 cup shiitake mushrooms sliced
- Sea salt and pepper to taste
- 1/4 cup fresh parsley chopped

## DIRECTIONS

1. Heat a large skillet to medium heat and add in 1 Tbsp avocado oil.
2. Saute the diced onions until transparent and fragrant.
3. Add the bell pepper, Brussels sprouts petals, and shiitake mushrooms. Stir well and saute until vegetables have softened. Remove from pan and set aside.
4. Crack 8 eggs into a large bowl and whisk well.
5. Add 1 Tbsp avocado oil to the large skillet.
6. Add eggs to the skillet and scramble.
7. Once eggs have scrambled, serve alongside the mixed veggies.
8. Add salt and pepper to taste and top with chopped fresh parsley.



# **APPETIZERS & SNACKS**



# AVOCADO DEVEILED EGGS

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

20 MINUTES

## SERVINGS

24

## INGREDIENTS

- 12 hard-boiled eggs
- 1 avocado
- 2 Tbsp paleo mayo (optional)
- 4 tsp Dijon mustard
- 2 tsp hot sauce of your choice
- 2 tsp fresh lemon or lime juice
- 1 tsp salt
- 1 tsp pepper
- 4 pieces crispy bacon (optional)
- Paprika for garnish

## DIRECTIONS

1. Remove the shell from the hard-boiled eggs and gently cut lengthwise with a sharp knife
2. Remove the yolk and place into a large mixing bowl.
3. To the egg yolks add: the flesh of the avocado, paleo mayo, Dijon mustard, hot sauce, lemon or lime juice, salt, and pepper.
4. Mix together with a fork or food processor until creamy.
5. Use a spoon to gently and evenly scoop the mixture into your 24 egg halves.
6. Garnish eggs with paprika and small pieces of bacon (remember to watch out for non-compliant ingredients in your bacon).
7. Chill until ready to serve.



# EASY CHUNKY GUACAMOLE

BY BECCA BORAWSKI JENKINS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

20 MINUTES

## INGREDIENTS

- 2 whole avocados
- 1/2 red onion diced
- 1 Roma tomato seeded and diced
- Juice of 1/2 lime or 1 Tbsp lime juice
- 2-3 cloves of garlic minced
- 2 Tbsp cilantro chopped
- 1 tsp salt or to taste

## DIRECTIONS

1. Slice open the avocados, discard the pits, and scoop the flesh into a medium-sized bowl.
2. Mash the avocado with a fork until you reach your preferred consistency.
3. Mix in tomatoes, onion, garlic, and cilantro.
4. Add lime juice and mix thoroughly. Taste and add more if you like.
5. Add salt to taste, and give the guacamole one final stir.
6. Serve with a variety of vegetables for dipping (think carrots, jicama, radishes, cucumber, bell peppers, and more).

# AVACADO VEGETABLE DIP

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

15 MINUTES

## SERVINGS

6

## INGREDIENTS

- 1 avocado
- 1/2 cup coconut milk
- 1/4 cup homemade mayonnaise or paleo mayo
- 1 Tbsp fresh lemon or lime juice
- 2 Tbsp fresh cilantro
- 1 tsp cumin
- 1 tsp hot pepper sauce
- 1/2 garlic clove minced
- Sea salt and freshly ground black pepper to taste

## DIRECTIONS

1. Place the coconut milk, mayonnaise, lemon or lime juice, garlic, cilantro, cumin, hot pepper sauce, and salt and pepper in a food processor.
2. Pulse everything until you get a smooth sauce.
3. Serve with fresh cut vegetables.

**NOTES:** This avocado vegetable dip keeps well in the refrigerator for a couple of days in an airtight container.

# BACON-WRAPPED AVOCADO

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

4

## INGREDIENTS

- 4-6 strips bacon
- 1 avocado
- chili powder

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Line a small baking sheet with foil or parchment paper.
3. Cut the avocado into long equal slices.
4. Wrap each avocado slice with bacon (I cut my bacon strips in half, and used half a bacon strip for each slice of avocado).
5. Line your bacon wrapped avocado slices on a baking sheet and sprinkle with chili powder.
6. Place in the oven and bake for 12-15 minutes, or until your bacon is crispy.
7. Let sit for a minute and place avocado slices on a paper towel to absorb any excess grease.
8. Serve immediately.



# OVEN BAKED BEET CHIPS

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

15 MINUTES

## COOK TIME

1 HOUR

## SERVINGS

4

## INGREDIENTS

- 6 beets
- 1/4 cup olive oil
- 2 tsp sea salt

## DIRECTIONS

1. Preheat oven to 300 degrees Fahrenheit and line several baking sheets with parchment paper.
2. Scrub the beets well with a brush and cut off the tops.
3. Use a mandolin slicer to slice the beets thin (1/16").
4. Place the beet slices in a large bowl, drizzle the oil and salt over the top, and toss well.
5. Let the beets sit in the oil and salt for 10-15 minutes, until they release their natural juices.
6. Toss the beets again and drain off the liquid. If some of the beets have a lot of oil coating them, pat them lightly with a paper towel, removing some of the oil.
7. Lay the slices out in a single layer on the prepared baking sheets.
8. Bake for 45-60 minutes until crisp, but not burnt. Test them after 45 minutes and bake longer if necessary.
9. Remove the beet chips from the oven and cool completely before eating.
10. Add more salt to taste.

**NOTES:** Store leftovers in an airtight container.

# EASIEST REFRIGERATOR DILL PICKLES

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
15 MINUTES

**COOK TIME**  
5 MINUTES

**SERVINGS**  
8

## INGREDIENTS

- 3 1/2 cups water
- 1 1/4 cups white vinegar
- 1 Tbsp sea salt
- 8 pickling cucumbers (about 4 cups) cut into spears
- 2 cloves garlic skinned and whole
- 2 heads fresh dill

## DIRECTIONS

1. In a medium saucepan, stir in water, vinegar, and sea salt over high heat.
2. Bring to a boil; remove from heat and let cool completely.
3. Combine cucumber spears, garlic cloves, and fresh dill in a large mason jar or plastic container.
4. Pour cooled vinegar mixture over cucumbers to the top of the container.
5. Seal container with lid and refrigerate for at least 3 days.

**NOTES:** The pickling brine can be used up to three times. Just add more sliced cucumbers to your jar and refrigerate for another three days. They will lose a little flavor, but they're still tasty.

# TAHINI MISO DIP FOR VEGETABLES

BY NANCY TEAS-CRAIN



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**SERVING SIZE**  
1 HALF CUP

## INGREDIENTS

- 1/3 cup tahini
- 1 Tbsp red miso
- 1 Tbsp fresh lemon juice
- 1 garlic clove mashed
- 1/4 tsp cayenne
- Water

## DIRECTIONS

1. Combine tahini, miso, lemon juice, garlic, and cayenne in small bowl. Mix well.
2. Add water 1 tsp at a time to make desired consistency.
3. Serve with carrot, celery, and zucchini sticks. The sweetness of carrots goes especially well with the deep flavor of the tahini miso combination.



# SALADS



# EASY WALDORF CHICKEN SALAD

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

40 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1.5lb cooked organic free-range chicken breast
- 3 Tbsp onion diced
- 3 Tbsp celery diced
- 2 Tbsp mustard
- 1 cup WLC-compliant mayonnaise
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1.5 Tbsp lemon juice
- Zest of half of one lemon
- 1/2 cup Granny Smith apple chopped
- 1 Tbsp walnuts chopped
- 1/2 cup raisins
- 1 Tbsp parsley chopped

## DIRECTIONS

1. Chop the cooked chicken breast to desired size and move to a large bowl.
2. Add in the WLC-compliant mayo, mustard, lemon juice and zest, parsley, sea salt, and black pepper. Mix well with the chicken.
3. Stir in the onion, celery, apple, walnuts, raisins, and parsley.
4. Chill in the refrigerator for about 30 minutes.



# ISRAELI CHOPPED VEGETABLE SALAD

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
10 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1 cucumber diced
- 1/3 cup red onion minced
- 2 cooked corn on the cob cut off the cob
- 1lb ripe tomatoes seeded and diced
- 1/2 cup fresh parsley minced
- 3 Tbsp extra virgin olive oil
- 3 Tbsp fresh lemon juice
- Sea salt to taste

## DIRECTIONS

1. Combine cucumber, red onion, corn, tomatoes, and parsley in a bowl.
2. Toss together with the olive oil, lemon juice, and sea salt.
3. Refrigerate for a half an hour (optional) and serve.

# CURRY CHICKEN SALAD

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

15 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1lb organic chicken breast cooked and cooled
- 1/2 cup WLC-compliant mayonnaise
- 1/4 cup celery chopped
- 1/4 cup onions chopped
- 1/4 cup currants or raisins sugar-free
- 1/4 cup cashews crushed
- 1 tsp curry powder
- 2 Tbsp lemon juice
- Pinch turmeric powder
- 1 tsp black pepper
- Sea salt to taste
- 1/8 cup fresh parsley chopped, for garnish

## DIRECTIONS

1. Chop the chicken, celery, and onions.
2. Add to a bowl and add in mayonnaise, currants, cashews, curry powder, lemon juice, pinch of turmeric powder, salt, and pepper.
3. Stir until well mixed.
4. Serve in a bowl, on a bed of lettuce, or in a lettuce wrap. Garnish with fresh parsley.

# AVOCADO CAPRESE SALAD

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

10 MINUTES

## SERVINGS

4

## INGREDIENTS

- 4 medium heirloom tomatoes
- 2 avocados
- 1 bunch of fresh basil
- Extra virgin olive oil
- Balsamic vinegar optional
- Sea salt and black pepper

## DIRECTIONS

1. Slice tomatoes and avocados and salt lightly.
2. Slice basil into thin ribbons.
3. Layer tomato slices, avocado slices, and basil.
4. Lightly drizzle with olive oil and balsamic vinegar (optional).
5. Sprinkle with salt and pepper to taste.

# CHICKEN, ARUGULA, AND PEAR SALAD

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
12 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1lb boneless skinless chicken breasts
- Juice of 2 lemons
- 5 Tbsp olive oil
- Salt and pepper to taste
- 6 cups baby arugula leaves
- 2 pears thinly sliced
- 2 celery stalks diced
- 1/4 cup walnuts roughly chopped

## DIRECTIONS

1. Preheat skillet pan to medium-high heat and heat 1 Tbsp olive oil.
2. Place chicken breasts in a shallow dish. Pour the juice of 2 lemons and 1 Tbsp olive oil over the chicken. Season with pepper and salt.
3. Add the chicken to the pan, and cook until cooked through, about 6 minutes per side.
4. Remove chicken from pan and let cool slightly before slicing. Set aside.
5. To make the salad, add the arugula to individual bowls (or a large serving bowl), and sprinkle with salt and pepper. Add the chicken on top along with the sliced pears, diced celery, and walnuts.
6. Drizzle the salad(s) with remaining juice of 1 lemon and 3 Tbsp olive oil and serve.



# PALEO AVOCADO TUNA SALAD (WITH A KICK)

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

10 MINUTES

## SERVINGS

2

## INGREDIENTS

- 1 avocado chopped
- 1/2-1 whole lemon juiced to taste
- 1-2 Tbsp red or white onion finely chopped
- 1 5oz can wild tuna
- 3 Tbsp celery chopped
- 3 Tbsp apple chopped
- 3 Tbsp red grapes chopped
- 1-2 Tbsp jalapenos finely chopped
- 1 Tbsp paleo mayo optional
- Sea salt and pepper to taste
- Lettuce leaves (optional)
- Sliced apples (optional)

## DIRECTIONS

1. Cut the avocado in half and scoop out the middle of both avocado halves, chop, and put into a medium bowl.
2. Add tuna (without the juice), lemon juice, onion, celery, apple, red grapes, jalapenos, mayo, and salt and pepper to the bowl.
3. Lightly stir to combine, and adjust taste as needed.
4. Eat as is and however you like. Add a scoop to salads, lettuce wraps, or apple slices as an appetizer.

# CABBAGE AND POMEGRANATE SALAD

BY NANCY TEAS-CRAIN



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**TOTAL TIME**  
30 MINUTES

**SERVINGS**  
12

## INGREDIENTS

- 1 cabbage chopped medium course (a 2.5 pound cabbage = about 12 cups)
- 1/2 cup fresh lemon juice
- 4 cloves garlic minced (use less, if you're not a garlic lover)
- 1/3 cup olive oil
- 2 tsp salt
- 1 pomegranate seeds only (about 1 cup of seeds)

## DIRECTIONS

1. Place cabbage in a large bowl.
2. In small bowl combine: lemon juice, garlic, olive oil, and salt. Mix well and pour over cabbage.
3. Top with the pomegranate seeds just before serving.

## NOTES:

Over time the pomegranate seeds will bleed their color into the cabbage. If you are making it to eat at home and want it to last the week, keep your pomegranate seeds in a separate container and add them to the salad just before eating.

During the week the cabbage will soften a bit and move toward slight fermentation. It is delicious at each stage of the process.

If this quantity seems like too much, cut everything in half. Cabbage keeps well and you can make a different cabbage salad next week or use it cooked in a stir fry at another meal.

When pomegranates are not available, replace the pomegranate seeds with 2 cups of chopped orange sections and 4 tablespoons of toasted sunflower seeds, added just before serving.

# CARROT APPLE SALAD WITH VINAIGRETTE

BY NANCY TEAS-CRAIN



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

15 MINUTES

## SERVINGS

8

## INGREDIENTS

- 4 cups carrot grated (about 4-6 carrots)
- 1-2 organic apples cored (but not peeled) cut into bite-sized pieces
- 1-2 cloves garlic pressed or minced (about 1/2 Tbsp)
- 1/4 cup olive oil
- 2 Tbsp white wine vinegar
- 1/2 lemon zested and juiced
- 1/2 tsp sea salt

## DIRECTIONS

1. Place carrots and apples in a medium bowl.
2. In small bowl or jar, combine white wine vinegar, lemon zest and juice, garlic, olive oil, and salt. Mix well.
3. Pour vinaigrette over carrots and apples.
4. Toss until combined.

**NOTES:** For a fancier variation, switch out the olive oil for walnut oil, and top the salad with 1/2 cup walnuts, toasted and chopped.



# **SOUPS & STEWS**





# CASHEW MILK POTATO LEEK SOUP

BY ALMA SCHNEIDER



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
20 MINUTES

**COOK TIME**  
30 MINUTES

**SERVINGS**  
6

## INGREDIENTS

- 3 cups potatoes (with skin if organic)
- 2 Tbsp butter
- 5 leeks (not the dark green part)
- 1 quart organic chicken broth
- 1 cup cashew milk  
(check your ingredients or make your own)
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 1 tsp salt

## DIRECTIONS

1. Peel potatoes, unless they are organic. Slice potatoes thinly and set aside.
2. Wash and slice the leeks thinly and discard the fibrous dark green parts.
3. In a large soup pot over low flame, heat up the butter and saute the leeks until wilted.
4. Add chicken broth and potatoes, and simmer until potatoes are tender, about 20-25 minutes.
5. With an immersion blender, puree the soup. If you don't have an immersion blender, wait until the mixture cools, transfer to a food processor or blender, and puree. Return to the pot.
6. Once mixture is pureed, add in 1 cup of cashew milk. Stir it in and add garlic, salt, and pepper.
7. Stir, adjust seasonings, and serve hot. Feel free to garnish with your favorite topping (I use a bit of sage).

# HEARTY WINTER VEGETABLE STEW

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

50 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1/2 cup parsnip chopped
- 1/2 cup turnip chopped
- 1 cup carrots chopped
- 1 cup sweet potatoes chopped
- 1/4 cup leeks sliced
- 1/2 cup onion diced
- 2-3 garlic cloves diced
- 1/4 cup sundried tomatoes
- 1 Tbsp avocado oil
- 1 cup kale
- 4 cups vegetable stock
- 1 sprig fresh rosemary
- 2-3 small bay leaves or 1 large
- Salt and pepper to taste

## DIRECTIONS

1. Prepare and chop the parsnip, turnip, carrots, sweet potatoes, leeks, onions, and garlic.
2. De-stem and chop the kale.
3. Add the avocado oil to a large pot on medium heat. Add the onions, garlic, and leeks. Saute until fragrant and onions are transparent.
4. Pour in the vegetable stock.
5. Mix in the chopped vegetables, sundried tomatoes, bay leaves, salt and pepper, and fresh rosemary.
6. Bring to a boil, cover, reduce heat to low, and allow to simmer for about 40 minutes, stirring occasionally.
7. Carefully remove lid and stir in the kale. Cover and let simmer for 10 more minutes.
8. Remove the bay leaves, serve, and enjoy!

# INSTANT POT VEGETABLE AND CHICKEN SOUP

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

5

## INGREDIENTS

- 2lbs chicken bone-in or breasts
- 3 carrots roughly chopped
- 2 celery stalks roughly chopped
- 1 Tbsp equal mixture of dried parsley, oregano, thyme, and rosemary
- 2 whole bay leaves
- 3 cloves garlic crushed
- 1 medium onion diced
- 4 cups organic chicken stock
- 1 Tbsp sea salt
- 1 tsp black pepper

## DIRECTIONS

1. In the liner pot, add the chopped vegetables and garlic, whole chicken breasts, and then put the herbs on top.
2. Add 4 cups organic chicken stock.
3. Close the lid tightly and close the vent.
4. Press the "SOUP" button.
5. When the timer goes off, let the pressure release naturally. This may take about 20 minutes.
6. Open the lid and take out the chicken. Debone the meat if using bone-in chicken, or cut chicken breasts up into bite sized pieces.
7. Put the meat back into the pot and stir.
8. Add salt and pepper to taste.



# BUTTERNUT SQUASH SOUP

BY V "PALEO BOSS LADY" CAPALDI



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

15 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

6

## INGREDIENTS

- 2 butternut squash cubed
- 1 medium onion chopped
- 1 cup nut milk of choice
- 1-2 cups bone broth
- 2 Tbsp coconut oil melted
- 1 tsp nutmeg
- Pumpkin seeds (optional)
- Pink Himalayan sea salt

## DIRECTIONS

1. Heat oven to 400 degrees Fahrenheit and line cookie sheet(s) with parchment paper.
2. Add squash and onion to cookie sheet(s), cover in coconut oil, and roast until slightly brown, about 30 minutes.
3. In two batches, add the squash and onion to a blender along with half of the nut milk and a half of the bone broth. Mix to desired consistency (and using more or less bone broth). I prefer it a little creamy as pictured.
4. Once blended, put first batch aside and blend the second batch.
5. Mix both batches together, adding the nutmeg and salt (to taste) and stirring until mixed well.
6. Sprinkle the pumpkin seeds on top (optional), serve, and enjoy.

# KERRI'S TOMATO SOUP

BY SANDY MCCALL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

4

## INGREDIENTS

- 3 Tbsp olive oil
- 1 large red or white onion diced
- 5 cloves garlic minced
- 3lbs fresh tomatoes chopped (or 3 14.5oz cans diced tomatoes)
- 1 cup vegetable or chicken broth
- 1-2 tsp monk fruit powder (optional; use as much or as little as needed to reduce sourness of tomatoes)
- 2 bay leaves
- 1/2 tsp dried thyme
- Salt and pepper to taste
- 1 cup full-fat coconut cream from the top of a 14oz can of full-fat coconut milk
- Optional garnishes: dollop of pesto, shredded unsweetened coconut, drizzle of coconut cream, and/or olive oil

## DIRECTIONS

1. In a large pot, heat oil over medium heat.
2. Saute onions for 3-5 minutes or until they start to soften and turn translucent.
3. Stir in garlic and cook another minute.
4. Add chopped or canned tomatoes, pesto, bay leaves, thyme, salt, and pepper.
5. Cover and simmer 30 minutes.
6. Remove bay leaves and puree using an immersion blender or cool and use regular blender.
7. Stir in coconut cream and reheat as needed, serve hot.
8. Add garnishes to each bowl, if desired, and enjoy.



# SIDE DISHES





# HEALTHY BAKED SWEET POTATO WEDGES

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

4 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

3

## INGREDIENTS

- 2 large sweet potatoes washed peeled, and cut into wedges
- 1 Tbsp olive oil avocado oil, or oil of choice
- 1/2 teaspoon paprika
- Sea salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Line baking sheet with parchment paper.
3. Place wedges in a bowl and add one Tbsp olive oil, pinch of sea salt and pepper, and 1/2 tsp paprika. Toss with your hands to combine the sweet potatoes with the spice mixture.
4. Roast the sweet potatoes for 35-45 minutes, until soft and slightly browning at edges.
5. Add a pinch more salt (to taste) and serve hot.

# EASY CAULIFLOWER RICE

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

10 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1 small cauliflower head cut into large pieces
- 2 Tbsp coconut oil avocado oil, or fat of choice
- 1 small onion finely chopped
- 1-2 Tbsp butter optional
- Salt and pepper to taste

## DIRECTIONS

1. Add the chopped cauliflower florets into a food processor fitted with the chopping blade. Don't fill the food processor more than half full. If necessary, process in two batches.
2. Pulse the cauliflower in one-second pulses until it has completely broken down and resembles rice grains. (Don't over pulse or the cauliflower will turn into mush.)
3. Heat a twelve-inch pan over medium heat until hot. Add your cooking oil of choice and when the oil is hot, toss in the onions.
4. Cook the onions, stirring frequently, until they are translucent, about 4-5 minutes.
5. Add the riced cauliflower to the pan and stir well.
6. Season the cauliflower with salt and pepper.
7. Cover the skillet and cook the cauliflower for 5-10 minutes until softened, stirring every few minutes.
8. Add the butter to the cauliflower rice and stir until it's melted and distributed throughout the rice. (This step is optional.)
9. Add more salt and pepper to taste.

**NOTES:** Once made, your easy cauliflower rice can be stored in the refrigerator for up to a week. It can also be sealed in airtight containers or bags and frozen for up to three months. Planning ahead and stocking your freezer with your cauliflower rice makes dinner even easier. All you have to do is thaw it on the counter for a few minutes before cooking.

# DELICIOUS AUTUMN RAGOUT

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
15 MINUTES

**COOK TIME**  
20 MINUTES

**SERVINGS**  
2

## VEGETABLE INGREDIENTS

- 1 cup golden beets sliced into coins
- 1 cup fingerling potatoes sliced into coins
- 1 cup shiitake mushroom julienned
- 2 Tbsp avocado oil
- Salt and pepper to taste

## VEGETABLE DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Toss beets and fingerlings in half of the oil, and season with salt and pepper.
3. Spread evenly on sheet tray and roast until soft. About 20 minutes.
4. Heat saute pan on high heat.
5. Add remaining oil and mushrooms.
6. Saute until soft. About 5 minutes.
7. Combine all vegetables and toss with vinaigrette.

## VINAIGRETTE INGREDIENTS

- 5 Tbsp avocado oil
- 2 Tbsp sherry vinegar
- 1 Tbsp Dijon mustard
- 1 Tbsp coconut nectar
- 1 tsp rosemary chopped
- 1 tsp garlic minced
- Salt and pepper to taste

## VINAIGRETTE DIRECTIONS

1. Whisk together all ingredients except oil.
2. Slowly whisk in oil, forming an emulsion.

# INSTANT POT MASHED SWEET POTATOES

BY BECCA BORAWSKI JENKINS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 2lbs sweet potatoes
- 2-3 Tbsp butter
- 1 cup water
- Salt to taste
- Coconut milk or almond milk (optional)

## DIRECTIONS

1. Peel the sweet potatoes then cut into one-inch chunks (you don't have to be very precise)
2. Pour 1 cup of water into your Instant Pot and place the sweet potato chunks into the basket.
3. Close the lid and make sure the vent is closed. Select the "STEAM" button. The newest models should default to "NORMAL" and 10 minutes.
4. When the timer goes off, you can turn off the heat and do a quick release or just let it sit and drop pressure on its own if you're busy with other things.
5. Open the lid and remove the cooked sweet potatoes to a large bowl.
6. Use a potato masher, spoon, or large fork to partially mash the potatoes.
7. Add the butter, and continue to mash the potatoes to your desired consistency.
8. If you like your mashed sweet potatoes to be a little more "whipped," you can add in a small amount of coconut milk or almond milk. I suggest just dribbling it in and not worrying about a specific measurement as it can be easy to overdo (and impossible to undo) and the amount depends on personal preference and the texture of the potatoes you have.
9. Add salt to taste (along with any other spices you might like; see note below) and do one final mix of the potatoes.

**NOTES:** For fun, you can experiment with adding other spices to your mashed sweet potatoes. Try any one or more of these ideas: 1/4 tsp nutmeg, 1 tsp garlic, 1/2 tsp onion powder. If you want more of a "treat," add cinnamon and stevia or monk fruit as sweetener.



# RAS EL HANOUT ROASTED CAULIFLOWER

BY ALMA SCHNEIDER



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
1.5 HOURS

**SERVINGS**  
6

## INGREDIENTS

- 1 cup plain Greek yogurt (preferably full fat)
- 1 medium cauliflower washed and trimmed of leaves but kept whole
- 1 Tbsp ras el hanout seasoning mix
- 1 tsp salt
- 3 cloves garlic minced
- 1 Tbsp olive oil

## DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. In a medium-sized bowl, mix the ras el hanout, salt, garlic, and yogurt.
4. Take the trimmed cauliflower upside down by its stem and dip it into the yogurt. Make sure to coat the cauliflower everywhere, even underneath.
5. Lay the cauliflower right side up on the parchment paper and place the baking sheet on the middle rack.
6. Roast for 60 minutes. Remove cauliflower from oven and cover with foil.
7. Return cauliflower to the oven, and roast for 30 more minutes.
8. Remove from the oven and drizzle the olive oil all over it.
9. Serve hot as a whole head (accompanied by other colorful veggies, if you wish) and slice up.

# GRILLED BUTTERNUT SQUASH WITH ALMOND SATAY SAUCE

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1 large butternut squash peeled and cut lengthwise into 1/2-inch slices
- 1/2 cup almond butter
- 1/2 cup coconut milk
- 2 Tbsp coconut aminos
- 1 Tbsp lime juice
- 1 tsp coconut nectar (optional, skip if WLC Performance Level)
- 1 tsp garlic
- 1 tsp ginger
- 1 tsp curry paste
- 2 tsp coconut oil
- 1 pinch cayenne optional
- Salt and pepper to taste
- Chopped cilantro and almonds for garnish

## DIRECTIONS

1. Heat a small saucepan on medium high and also preheat grill to medium high.
2. Melt coconut oil in saucepan and brush squash with half of the oil. Then, season the squash with salt and pepper, and set it aside.
3. Add garlic, ginger, and curry paste to the remaining oil in the pan and cook until fragrant. About 3 minutes.
4. Add coconut milk, coconut aminos, coconut nectar (optional), and cayenne (optional) and bring to a simmer.
5. Combine the hot mixture and almond butter in a blender and blend until smooth.
6. Place mixture back in saucepan on very low heat.
7. Now, grill your squash for about 5 minutes per side, forming char or until tender.
8. Serve squash with the almond satay sauce spooned over the top. Garnish with chopped cilantro and almonds if you like.

# SPICED AND SMOKY BUTTERNUT SQUASH

BY TULIKA VENUGOPAL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1lb butternut squash cubed (~3 cups cubed butternut squash)
- 2 tsp ghee; also known as clarified butter or regular butter or avocado oil
- 1 small tomato diced
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp garam masala
- 1/4 tsp liquid smoke
- 1/4 tsp salt or more, to taste
- 1/4 tsp black pepper
- Cilantro for garnish

## DIRECTIONS

1. Prepare the butternut squash. I use frozen cubed butternut squash and steam it. Alternatively, roasting a butternut squash is a great option. The squash can be roasted by first peeling it and cutting it into cubes, and then tossing the cubes in olive oil, salt, and pepper before baking at 400 degrees Fahrenheit for 20-30 minutes.
2. Once the butternut squash has been roasted or cooked, transfer the cubes to a bowl and mash with a fork. This does not need to be completely smooth; feel free to leave some small chunks for texture.
3. In a cast iron skillet or a non-stick skillet, melt the ghee over medium-high heat. Once it has melted, add the cumin seeds. After about one minute, the cumin will become fragrant.
4. Add the diced tomatoes, turmeric, salt, and pepper. Use a spatula to distribute the tomatoes and spices and allow the tomatoes to soften for about three minutes.
5. Add the mashed butternut squash and stir to combine.
6. Add the garam masala and liquid smoke, stir to combine, and remove from heat.
7. Garnish with chopped cilantro and serve.

**NOTES:** The cook times on this recipe are for using frozen squash. If you roast your own squash, then prep time will be 10 minutes and cook time will be 45 minutes.

# GRILLED TOMATO BRUSCHETTA WITH ZUCCHINI NOODLES

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
25 MINUTES

**COOK TIME**  
5 MINUTES

**SERVINGS**  
2

## INGREDIENTS

- 4-5 large organic tomatoes
- 1 Tbsp fresh basil
- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- 1 tsp sea salt
- 2 Tbsp balsamic vinegar
- 1 tsp black pepper
- Dash liquid smoke optional
- 1 large zucchini or 2 medium zucchinis (or use store-bought premade "zoodles")

## DIRECTIONS

1. Slice tomatoes into quadrants and marinate them in the basil, olive oil, garlic, balsamic, sea salt, black pepper, and liquid smoke for 25 minutes.
2. While they are marinating, use a spiralizer to turn the zucchinis into noodles. Spiralize them out onto a paper towel and pat them dry.
3. Heat a grill or a stove-top griddle to high heat. Carefully place each tomato piece onto the grill and sear for 1-2 minutes, then flip and repeat. Save the marinade.
4. Add the zucchini noodles to a large skillet on medium heat and flash-saute them so they are heated but not cooked through. This will help prevent soggy zucchini noodles.
5. Place the noodles in a bowl and top with the seared tomatoes.
6. Pour some of the marinade over the dish, top with more fresh basil, and enjoy!



# GRAIN-FREE THANKSGIVING STUFFING

BY TULIKA VENUGOPAL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

4

## INGREDIENTS

- 2 delicata squash
- 2 carrots
- 3 celery stalks
- 8oz mushrooms sliced
- 1 apple
- 1/2 cup walnuts
- 1 Tbsp + 1 Tbsp olive oil divided
- 1 Tbsp garlic minced
- 1 tsp parsley chopped
- 2 tsp fresh thyme
- 1/4 tsp + 1/2 tsp salt divided (or more to taste)
- 1/4 tsp + 1/4 tsp black pepper divided

## DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. While the oven is preheating, prepare the delicata squash by first cutting each squash in half lengthwise. With a fork, de-seed the inside of the squash halves.
3. Then, cut the squash into 1/2-inch thick slices. Drizzle 1 Tbsp olive oil, 1/4 tsp salt, and 1/4 tsp pepper over the squash and toss.
4. Arrange the squash slices on a foil-lined baking sheet.
5. Bake for 40 minutes, or until the squash have slightly browned, flipping the squash slices halfway through.
6. While the squash is roasting, chop the carrots, celery, apples, mushroom, and garlic.
7. In a large non-stick or cast-iron skillet, drizzle 1 Tbsp olive oil and turn stove on medium-high.
8. Add garlic and saute for 30 seconds.
9. Add carrots and celery, stir for a minute, and then add mushrooms, apples, salt, and pepper.
10. Mix all of the ingredients together and cook for 5 minutes.
11. Add walnuts, parsley, and thyme and stir once more. Turn the stove off and allow the flavors to combine in the remnant heat.
12. When the squash has finished roasting, remove the slices from the baking sheet and transfer them to the pan with the remaining ingredients. Gently toss to combine and serve warm.

# **MAIN COURSES**

## **CHICKEN & TURKEY**





# PALEO CHICKEN CURRY WITH VEGETABLES

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

6

## INGREDIENTS

- 2 15oz cans organic pumpkin puree
- 1 pint organic cremini mushrooms sliced
- 1/2 yellow onion diced
- 2-3 bell peppers preferably different colors, cut into one-inch pieces
- 2 small zucchinis
- 2 small yellow squash
- 1lb organic boneless, skinless chicken breast, cut into cubes
- 1/2 cup water
- 2 Tbsp coconut oil
- 2 Tbsp cumin
- 1 Tbsp curry powder
- 2 tsp ginger powder
- 2 tsp turmeric
- 1/2 tsp red chili pepper flakes
- 1/2 tsp sea salt
- 1/2 tsp black pepper

## DIRECTIONS

1. Add 1 Tbsp coconut oil to a Dutch oven or a large pan and heat on medium heat.
2. Add the diced onion and spices, and cook them until the onions and oil are translucent, about 4-5 minutes.
3. Add the chicken and the rest of the coconut oil (1 Tbsp) to the pan and cook until the chicken is no longer raw, about 4-5 minutes. (It will turn white throughout when it's done.)
4. Add the canned pumpkin plus half cup water to the pan, stirring to incorporate the spices and completely cover the chicken.
5. Reduce heat to medium-low and allow curry to gently simmer.
6. While the curry is simmering, chop the vegetables into one-inch sized pieces and add to the pan.
7. Stir so the curry sauce is evenly distributed over the vegetables and chicken.
8. Continue simmering on a low heat until the vegetables are cooked and the curry has thickened, about 20-30 minutes.
9. Once the vegetables are soft, but still slightly crisp, turn off the heat and allow the curry to sit for 5-10 minutes. This will allow it to thicken more and make for a nice sauce.
10. Serve with cauliflower rice (or your rice of choice) and enjoy. This recipe makes plenty of leftovers which will keep in the fridge up to a week.

# GINGER CHICKEN MEATBALLS WITH ASIAN VEGGIE STIR FRY

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

4

### MEATBALL INGREDIENTS

- 1.5lbs organic pasture-raised ground chicken
- 1 Tbsp scallions diced
- 1.5 Tbsp fresh ginger minced
- 2 fresh garlic cloves minced
- Pinch of ground ginger powder
- 1/2 tsp salt
- 1/2 tsp pepper

### MEATBALL DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Dice scallions.
3. Add chicken to a large bowl and add remaining ingredients to the bowl.
4. With clean hands, mix ingredients well and roll into 1- to 1.5-inch balls.
5. Place meatballs in a lightly greased oven safe skillet. Sear for 3-4 minutes on medium heat on the stove. Flip each meatball with tongs and sear another 3-4 minutes.
6. Carefully move the skillet to the oven and cook for 20 minutes.

### STIR FRY INGREDIENTS

- 1 cup carrots sliced
- 1 cup cauliflower chopped
- 2 cups bok choy sliced
- 1/2 cup celery sliced
- 1/2 cup onion sliced
- 1 Tbsp fresh ginger diced
- 2 Tbsp coconut oil
- 1 tsp sesame oil
- Salt and pepper to taste

### STIR FRY DIRECTIONS

1. While the meatballs are cooking, wash, peel, and chop your vegetables.
2. In a large wok or skillet on medium heat, add the coconut oil and sesame oil.
3. Add garlic and onions, saute until fragrant.
4. Add the remaining vegetables and spices in and stir. Cover and simmer on low for about 15 minutes, or until larger vegetables are soft.
5. Once the meatballs are done, if there is excess liquid in the pan, add it to the cooking stir fry veggies for an extra boost. If there is not much liquid, disregard.
6. Remove lid, turn heat to medium-high, and cook about 5 minutes, until the veggies are cooked and the added liquid has evaporated.



# CHILI LIME CHICKEN WITH SWEET POTATOES AND KALE

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

4

## CHICKEN & MARINADE INGREDIENTS

- 1 Tbsp cumin
- 1 Tbsp chili powder
- 1 Tbsp jalapeno diced
- 2-3 cloves garlic diced
- 1/4 cup lime juice
- 1 Tbsp avocado oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup cilantro chopped
- 1.5lbs chicken thighs organic pasture-raised

## SWEET POTATOES & KALE INGREDIENTS

- 4 cups sweet potato chopped
- 2 cups raw kale
- 2 Tbsp avocado oil
- 3-4 cloves garlic minced
- Salt and pepper to taste

## DIRECTIONS

1. In a large bowl, add chicken and all marinade ingredients. Stir together and marinate in the refrigerator for 30-60 minutes.
2. While the meat is marinating, prepare the sweet potatoes and kale. Peel and chop the sweet potatoes into large chunks. Wash, de-stem, and chop the kale.
3. Roast the sweet potatoes at 400 degrees Fahrenheit for about 30 minutes, or until soft.
4. Add the sweet potatoes to a large pot and mash them down with a potato masher (or your preferred tool).
5. Sauté the kale with the avocado oil and garlic on medium heat until kale is cooked down.
6. Stir the kale into the sweet potato mash. Add salt and pepper to taste.
7. While the mash continues to cook down, heat a large skillet to medium heat. Place the chicken in the skillet and cook for about 7-8 minutes. Flip and cook another 7-8 minutes. Cook until internal temperature reaches 165 degrees Fahrenheit.
8. Slice the chicken and serve with the sweet potatoes and kale.

# THAI GREEN CURRY WITH VEGETABLE NOODLES

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
25 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 2 boneless skinless chicken breasts diced into 1-inch chunks
- 1 red bell pepper julienned
- 1 carrot cut in thin half moons
- 1 zucchini cut in thin half moons
- 1/2 cup shiitake mushrooms sliced
- 2 cups spiralized vegetable noodles (or 1 package cauliflower rice)

## SAUCE INGREDIENTS

- 2 cups coconut milk
- 2 Tbsp curry paste we recommend Mae Ploy brand
- 2 Tbsp lime juice
- 2 Tbsp coconut aminos
- 1 Tbsp coconut crystals
- 1/2 cup basil loosely packed
- 1/2 cup scallions minced
- 1 tsp ginger minced
- 1 tsp garlic minced
- 1/2 tsp fish sauce

## DIRECTIONS

1. Use a spiralizer to make your vegetable noodles (you can use turnip, zucchini, or whatever you prefer) or open a bag of cauliflower rice.
2. In a large pot, add coconut oil and heat on medium-high until shimmering.
3. Add garlic, ginger, and curry paste. Cook until fragrant, about 30-60 seconds.
4. Next add coconut milk, coconut aminos, lime juice, coconut crystals, and fish sauce. Stir until well mixed.
5. Turn down heat to medium low and simmer for 10 minutes.
6. Pour everything in the pot into a blender. Begin to blend and add basil and scallion little by little until mixture is smooth.
7. Add sauce back to pot, and also add diced chicken, carrots, and zucchini.
8. Simmer on medium low heat until cooked through. This should take about 10 minutes.
9. Portion and serve over your "noodles" or "rice."

# MIDDLE EASTERN TURKEY MEATBALLS

BY ALMA SCHNEIDER



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

25 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

20

## INGREDIENTS

- 1lb ground turkey
- 1/2 cup almond flour
- 1 medium onion peeled and cut into quarters
- 1/2 cup fresh cilantro
- 1 Tbsp garlic (about 3-4 cloves) minced
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp Kosher salt
- 1/2 tsp ground black pepper
- Coconut or olive oil

## DIRECTIONS

1. In a large bowl, place the ground turkey.
2. In a food processor, puree the onion, garlic, and cilantro.
3. Add this mixture as well as the spices and almond flour to the ground meat and mix until everything is fully combined.
4. Form the meatballs into one-inch balls and set aside.
5. Place a large frying pan (preferably non-stick) over medium flame and cover the pan with oil.
6. Fry the meatballs, browning them on all sides, until they are opaque in the middle, about 15 minutes total.
7. Serve with your favorite sauce.



# BROCCOLI AND CHICKEN STIR FRY

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

3

## INGREDIENTS

- 2 Tbsp extra virgin olive oil or cooking oil of choice
- 1lb boneless skinless chicken breasts cut into 1-inch pieces
- 1 red bell pepper thinly sliced
- 1/2 yellow bell pepper thinly sliced
- 2 carrots peeled and diced
- 1 small white onion thinly sliced
- 1/2 head broccoli cut into florets
- 3 cloves garlic minced
- 1/2 tsp fresh ginger grated
- 1 Tbsp coconut aminos
- 1 tsp sesame oil
- Salt and pepper to taste
- Sesame seeds for garnish

## DIRECTIONS

1. Heat the olive oil in a large skillet or wok until it starts to get hot.
2. Season the chicken with salt and pepper on all sides and add to the pan.
3. Cook until browned, about 5-6 minutes.
4. Stir in the peppers, onion, carrots, and ginger. Saute for 4-5 minutes.
5. Add the broccoli and garlic. Cook for an additional 3-4 minutes.
6. Drizzle with coconut aminos and sesame oil, then stir.
7. Serve immediately, garnished with sesame seeds.

# BUNLESS HERBED TURKEY BURGERS

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1.5lbs ground turkey
- 2 Tbsp shallot minced
- 1 Tbsp garlic minced
- 1 Tbsp lemon zest
- 2 Tbsp rosemary chopped
- 2 Tbsp thyme chopped
- 1 Tbsp sage chopped
- Salt and pepper to taste

## OPTIONAL TOPPINGS

- Lettuce for wraps
- Tomato sliced
- Onion sliced
- Deli mustard and/or mayo

## DIRECTIONS

1. Preheat grill to medium-high heat.
2. In a large bowl, mix all ingredients well.
3. Form into six-ounce burgers and season with salt and pepper on both sides.
4. Place on well-oiled grill. Cook on medium-high for five minutes per side or until internal temperature reaches 165 degrees.
5. Serve on lettuce wraps with toppings on side.

# EASY AND VERSATILE LEMONGRASS CHICKEN

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
1.25 HOURS

**COOK TIME**  
15 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1.5lb chicken breast
- 1/2 cup lemongrass  
only inner white layers, chopped
- 1/2 cup avocado oil
- 2 Tbsp garlic chopped
- 2 Tbsp ginger chopped
- 2 Tbsp lime juice
- 2 Tbsp coconut crystals
- Salt and pepper to taste

## DIRECTIONS

1. Combine all ingredients (except chicken) in a blender or food processor and process until a smooth paste.
2. Place chicken in a small container or zip top bag and cover with marinade.
3. Marinate for at least one hour.
4. Preheat oven to 400 degrees Fahrenheit.
5. Remove chicken from marinade, making sure to wipe off excess.
6. Place on a lined baking sheet and roast at 400 degrees for 15 minutes or until internal temperature of 165 degrees is reached.



# JALAPENO CHICKEN BURGER WITH JICAMA SLAW

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
25 MINUTES

**COOK TIME**  
15 MINUTES

**SERVINGS**  
4

## SLAW INGREDIENTS

- 1 cup jicama julienned
- 1 cup green cabbage thinly sliced
- 3/4 cup carrot julienned
- 3/4 cup red bell pepper julienned
- 1/2 cup red onion julienned
- 1/2 cup cilantro
- 1/4 cup lime juice
- 1/4 cup avocado oil
- 2 Tbsp coconut nectar
- 1 tsp garlic
- Salt and pepper to taste

## SLAW DIRECTIONS

1. Add cilantro, lime, coconut nectar, garlic, salt, and pepper to a blender.
2. Slowly drizzle in avocado oil while blending until smooth.
3. Pour mixture over vegetables and toss to combine.
4. Refrigerate until ready to serve.

## BURGER INGREDIENTS

- 1.5lb ground chicken
- 1 Tbsp jalapeno minced
- 1 Tbsp garlic minced
- 1 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste

## BURGER DIRECTIONS

1. Preheat grill to medium high heat.
2. In a large bowl, mix all ingredients well.
3. Form into 6oz burgers and season with salt and pepper on both sides.
4. Place on well-oiled grill or grill pan and cook on medium high for 5-7 minutes per side, or until internal temperature reaches 165 degrees.
5. Serve with lettuce wraps and top with slaw.

# FOIL PACK CHICKEN WITH CAJUN SPICE AND VEGETABLES

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 2-3 boneless skinless chicken breasts cut into 1-inch pieces
- 1 zucchini chopped
- 2 cups broccoli florets
- 1 bell pepper chopped
- 1 small onion chopped
- 2 cloves garlic minced
- 2 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp ground oregano
- 1 tsp black pepper
- 1 tsp salt

## DIRECTIONS

1. Heat grill on medium-high heat. Or, if you're using an oven, pre-heat to 450 degrees Fahrenheit.
2. Cut 4 squares of foil, roughly 12"x12" in size. Set aside.
3. Combine all your ingredients in a large bowl and mix thoroughly.
4. Distribute the mixture evenly into the center of each of the 4 foil sheets.
5. Fold the edges of the foil over to create 4 sealed packets.
6. Place the foil packets on the grill and grill about 20 minutes (10 minutes per side). If you're baking in the oven, place the packets on a baking sheet and bake for 20-25 minutes.
7. Serve hot as is or with your favorite side.

# CHICKEN TINGA WITH CORN AND BLACK BEAN SALSA

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
30 MINUTES

**COOK TIME**  
40 MINUTES

**SERVINGS**  
4

## SALSA INGREDIENTS

- 3/4 cup canned black beans drained and rinsed
- 3/4 cup frozen corn kernels
- 1/4 cup red onion small diced
- 1/4 cup red bell pepper small diced
- 2 Tbsp lime juice
- 1 Tbsp cilantro chopped
- 1 Tbsp avocado oil
- 2 tsp garlic minced
- 1/4 tsp cumin
- Salt and pepper to taste

## TINGA INGREDIENTS

- 1.5lbs boneless skinless chicken thighs
- 2 cups tomato puree
- 1/2 cup yellow onion julienned
- 2 Tbsp avocado oil
- 1 Tbsp garlic minced
- 1 Tbsp lime juice
- 2 tsp chipotle pepper pureed
- 2 tsp apple cider vinegar
- 1 sprig oregano
- 1 bay leaf
- Salt and pepper to taste
- Avocado, lime wedges, and cilantro for garnish

## SALSA DIRECTIONS

1. In a medium bowl, toss all ingredients until combined.
2. Reserve in refrigerator until ready to serve.

## TINGA DIRECTIONS

1. Heat a medium-sized saucepan to medium high.
2. Add avocado oil, then add onion. Cook on medium-high until soft and translucent, about 5 minutes.
3. Add tomato, lime juice, apple cider vinegar, chipotle, oregano, and bay leaf and bring to a boil.
4. Add chicken thighs and turn down to a simmer and continue to cook until chicken shreds, about 20-30 minutes.
5. Remove chicken to a small bowl and shred.
6. Add chicken back to sauce and stir to combine.
7. Garnish with chopped cilantro, lime wedges, and avocado.
8. Serve with corn tortillas or lettuce wraps. Or, try it on its own with salsa as a side.

# PERUVIAN CHICKEN WITH SPICY GREEN SAUCE

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
15 MINUTES

**COOK TIME**  
45 MINUTES

**SERVINGS**  
6

## INGREDIENTS

- 3 Tbsp olive or avocado oil
- 3 garlic cloves
- 2 limes juiced
- 1 Tbsp salt
- 1 Tbsp paprika
- 1 Tbsp cumin
- 1 Tbsp black pepper
- 1 Tbsp dried oregano
- 4lbs chicken pieces bone in and skin on

## GREEN SAUCE INGREDIENTS

- 1 cup cilantro
- 3/4 cup WLC-compliant mayo
- 2 jalapenos seeded and chopped
- 2 limes juiced
- 2 cloves garlic
- 1 Tbsp olive or avocado oil
- Salt to taste

## DIRECTIONS

1. Combine first eight ingredients in a bowl and whisk to combine.
2. Place chicken in a shallow container. Pour marinade over chicken and toss to coat.
3. Cover container and place in refrigerator to marinate for at least an hour (up to 24 hours).
4. Preheat oven to 450 degrees Fahrenheit.
5. Remove chicken from refrigerator.
6. Lay chicken skin side up on a lined baking sheet.
7. Roast chicken for 30-40 minutes (breasts may take a little less time) or until juices run clear and internal temperature reaches 165 degrees.
8. Once done cooking, let chicken rest for 15 minutes before serving.
9. While chicken is in the oven prepare the sauce. Add all ingredients except oil to a food processor and process until smooth.
10. While processor is running, slowly drizzle in oil.
11. Serve chicken with sauce on side for dipping.



# CHICKEN CACCIATORE WITH BUTTERED SPAGHETTI SQUASH

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

1 HOUR

## SERVINGS

4

## INGREDIENTS

- 1 spaghetti squash
- 4 chicken breast boneless/skinless, quartered
- 4 cups crushed tomato
- 1 cup onion diced
- 1 cup red bell pepper diced
- 1 cup crimini mushroom sliced
- 1 cup chicken stock
- 3 Tbsp olive oil
- 2 Tbsp garlic minced
- 2 Tbsp capers
- 2 Tbsp butter cubed
- Salt and pepper to taste
- Fresh basil sliced chiffonade style for garnish

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut spaghetti squash in half and remove seeds with a spoon.
3. Place the squash cut side down on a baking sheet. Roast for 35 minutes.
4. When squash is done roasting, scrape out inside into a bowl, using fork to form long strands.
5. Add butter to hot squash and mix until melted, season with salt and pepper.
6. While squash is in the oven heat a large Dutch oven (or other heavy pot) over medium-high heat.
7. Season chicken pieces with salt and pepper on both sides.
8. Add olive oil to Dutch oven and sear chicken pieces, working in batches, until brown but not cooked through. Remove the chicken from the Dutch oven and reserve.
9. Add onion and peppers to Dutch oven and saute for 3 minutes.
10. Add garlic and cook, stirring often, for 1 minute or until fragrant.
11. Add mushroom and continue to cook for 5 minutes.
12. Pour in chicken stock. Scrape bottom of pot removing brown bits using a wooden spoon.
13. Reduce heat to low and add crushed tomatoes and capers. Bring to a simmer.
14. Return chicken to pot. Nestle chicken pieces in sauce and simmer covered for 30-45 minutes.
15. Serve chicken and sauce over spaghetti squash and garnish with basil.

# APPLE SAGE CHICKEN WITH CABBAGE AND FENNEL

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
20 MINUTES

**COOK TIME**  
40 MINUTES

**SERVINGS**  
4

## CHICKEN INGREDIENTS

- 3 cups apple juice
- 3 cups water
- 8 tsp salt
- 6 tsp coconut crystals
- 6 cloves garlic
- 2 tsp rubbed sage
- 4 boneless skinless chicken breasts

## OTHER INGREDIENTS

- 2 cups cabbage shredded
- 1 cup fennel bulb julienne
- 1 cup Granny Smith apple julienne
- 1 cup onion julienne
- 4 cups apple juice
- 2 Tbsp olive oil
- 1 cup apple cider vinegar
- 1/2 tsp caraway seed
- 2 bay leaves
- Salt and pepper to taste
- Fennel fronds

## DIRECTIONS

1. In a large container that you can seal, whisk together all “chicken ingredients” except the chicken.
2. Add chicken breasts. Let brine in refrigerator for at least 4 hours or overnight for best results.
3. When you’re ready to start cooking, preheat oven to 400 degrees Fahrenheit.
4. Place chicken on a baking sheet and season with salt and pepper.
5. Place chicken in oven and roast for 25 minutes or until internal temperature of 165 degrees Fahrenheit is achieved.
6. While chicken is in the oven, heat a large pot or Dutch oven on medium high.
7. Add olive oil, cabbage, fennel, apple, and onion to the pot. Cook, stirring often, until ingredients are wilted.
8. Reduce heat to low, add remaining ingredients, and season with salt and pepper
9. Simmer uncovered for 20 minutes.
10. Slice chicken and serve over cabbage, fennel, and apple mixture.
11. Garnish with fennel fronds.



# MAIN COURSES

## BEEF





# COTTAGE PIE

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

4

## BEEF FILLING INGREDIENTS

- 1lb organic ground beef
- 1 cup onion finely diced
- 1 tsp garlic finely diced
- 1/2 cup carrots finely diced
- 2 Tbsp tomato paste
- 1 tsp rosemary
- 1 tsp thyme
- Salt to taste
- 1/2 tsp black pepper

## CAULIFLOWER AND TURNIP PUREE

- 1lb cauliflower
- 1lb scarlet turnip
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet on medium heat, brown the meat.
3. Add in the onions, garlic, carrots, tomato paste, and spices.
4. Stir together and reduce heat to low.
5. While meat is cooking, steam the cauliflower and turnip until they are fork-soft.  
Strain any excess water.
6. Add in the salt and pepper to the softened cauliflower and turnip mixture.
7. Puree the cauliflower and turnip using an immersion or stick blender until they are a mashed, creamy consistency.
8. Transfer the cooked meat mixture into an 8x8 casserole dish and top with the cauliflower and turnip puree.
9. Bake in the oven for about 10-15 minutes, or until top is slightly browned.

# SLOPPY JOES WITH FINGERLING POTATO HOME FRIES + BRUSSELS SPROUT PETALS

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
20 MINUTES

**COOK TIME**  
25 MINUTES

**SERVINGS**  
4

## SLOPPY JOE INGREDIENTS

- 1.5lb organic ground beef
- 1 cup onion diced
- 1 cup red bell pepper diced
- 1 1/4 cup crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1/2 Tbsp coconut nectar
- 1/4 tsp mustard powder
- 1/2 tsp chili powder
- Salt and pepper to taste

## FINGERLING HOME FRY INGREDIENTS

- 1 cup yukon gold potato cut in wedges
- 1/2 Tbsp garlic
- Sprig of fresh thyme
- Pinch dried oregano
- Salt and pepper to taste
- 1/2 Tbsp avocado oil

## BRUSSELS SPROUTS INGREDIENTS

- 1/2lb Brussels sprout petals
- 1/2 Tbsp avocado oil
- 1 tsp chili flakes
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss the wedge-cut potatoes in the spices and avocado oil.
3. Spread potatoes on a baking sheet and place in the oven for about 20 minutes, or until golden brown.
4. While potatoes are cooking, add the meat to a large skillet on medium heat.
5. Once the meat is browned, add the remaining ingredients for the sloppy joe and stir.
6. Reduce heat on sloppy joe to low and allow to simmer down while potatoes continue to cook in the oven.
7. In a separate medium skillet on medium heat, add the Brussels sprout petals, avocado oil, chili flakes, and salt and pepper. Stir them so all of the petals are coated. Allow to cook until petals are softened.
8. Remove potatoes from the oven and serve everything together!

# BRAISED KOREAN BEEF SKILLET WITH BOK CHOY, ZUCCHINI, AND CARROTS

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1lb grass-fed organic beef chuck chopped
- 2 Tbsp avocado oil separated
- 1 cup onions diced
- 1/2 cup mushrooms sliced
- 1 Tbsp fresh ginger minced
- 1 Tbsp fresh garlic minced
- 1/2 Tbsp sesame oil
- 2 Tbsp coconut aminos
- 1 cup zucchini chopped
- 1 cup bok choy chopped
- 1 cup carrots sliced

## DIRECTIONS

1. Add 1 Tbsp avocado oil to a large skillet on medium to high heat. Sear the pieces of beef chuck on each side so they are browned. Remove and set aside.
2. Add another 1 Tbsp avocado oil to the skillet and saute the diced onions, mushrooms, garlic, and ginger until fragrant.
3. Stir in the sesame oil and coconut aminos to coat the veggies.
4. Add the zucchini, bok choy, and carrots to the skillet and stir together. Cook down until zucchini and carrots are softened.
5. Add the meat back into the skillet and cook until internal temperature of the meat reaches 160 degrees Fahrenheit.
6. Once everything is cooked through, serve and enjoy.



# SKIRT STEAK WITH CHIMICHURRI, MIXED PEPPERS, AND ONIONS

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

25 MINUTES

## COOK TIME

20 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1.5lb skirt steak
- 1 cup yellow onion julienned
- 1/2 cup red bell pepper sliced
- 1/2 cup green bell pepper sliced
- 1/2 cup green bell pepper sliced
- 8 Tbsp avocado oil
- 1/2 cup cilantro chopped
- 1/4 cup flat-leaf parsley chopped
- 3 Tbsp red wine vinegar
- 1 Tbsp garlic minced
- 1 Tbsp shallot minced
- Salt and pepper to taste

## DIRECTIONS CHIMICHURRI

1. Mix cilantro, parsley, red wine vinegar, garlic, shallot, and 6 Tbsp of avocado oil in a small bowl and reserve.

## DIRECTIONS SKIRT STEAK

1. Preheat grill to high heat.
2. Season steak on both sides liberally with salt and pepper.
3. Place on well-oiled grill and cook on high heat for 2-3 minutes per side.
4. Let steak rest for 5 to 10 minutes.
5. Slice steak against the grain in half-inch slices.

## DIRECTIONS PEPPERS AND ONION

1. While steak is resting, heat a large saute pan on high.
2. Add the remaining 2 Tbsp of avocado oil to the pan and wait until it starts to smoke.
3. Immediately add onion to pan and saute for 2 minutes or until onion begins to take on color.
4. Add peppers to pan and continue to saute until soft, about 5 minutes.

Serve steak with chimichurri spooned over the top and with peppers and onion on the side.

# SIMPLE SAVORY BEEF BARBACOA

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

40 MINUTES

## COOK TIME

4 HOURS

## SERVINGS

4

## INGREDIENTS

- 2lbs boneless beef chuck roast cut into two, one pound pieces
- 1 cup beef broth
- 1 cup crushed tomato
- 1/2 cup onion diced
- 3 Tbsp lime juice
- 2 Tbsp apple cider vinegar
- 1.5 Tbsp chipotle minced
- 1 Tbsp garlic minced
- 2 tsp cumin
- 1 tsp oregano
- Lime wedges and chopped cilantro for garnish
- Corn tortillas (for Kickstart or Lifestyle players)

## DIRECTIONS

1. Heat a Dutch oven or large heavy bottomed pot on high and preheat oven to 300 degrees Fahrenheit.
2. Season chuck roast liberally with salt and sear on all sides until well browned then reserve.
3. Reduce heat to medium high and add onion and saute for 2 minutes.
4. Add garlic and continue to cook for 1 minute.
5. Add remaining ingredients and bring to a boil.
6. Add beef back to pot and cover.
7. Place pot in in oven and braise for 3-4 hours or until beef shreds easily.
8. Shred beef mixing with the cooking liquid.
9. Serve with lime wedges and cilantro.  
(Add corn tortillas if you're playing the WLC at Kickstart or Lifestyle)

# PEPPER CRUSTED FLAT IRON STEAK + BRAISED BEETS AND ROASTED ASPARAGUS

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

30 MINUTES

## COOK TIME

1.5 HOURS

## SERVINGS

4

## INGREDIENTS

- 2lb Flat iron steak
- 1.5lbs beets peeled and quartered
- 2 bunches asparagus
- 1 cup red wine vinegar
- 2 Tbsp peppercorn coarsely cracked
- 7 sprigs thyme
- 7 cloves garlic smashed
- 2 bay leaves
- 4 Tbsp olive oil
- 1 Tbsp butter
- Juice of 1 lemon
- Salt to taste

## DIRECTIONS

1. Preheat oven to 475 degrees Fahrenheit.
2. In a large pot, add beets, red wine vinegar, 4 sprigs thyme, 4 garlic cloves, and bay leaves. Fill with water to cover beets.
3. Place pot on medium heat and simmer until beets are tender. About 45 minutes to 1 hour.
4. Reduce heat to low and hold until ready to serve.
5. Toss asparagus in 2 Tbsp olive oil and season with salt. Arrange on a baking sheet.
6. Roast asparagus at 475 for 10 minutes or until tender, then toss with lemon juice.
7. Heat a large saute pan on high heat. Coat steak with remaining olive oil, then press cracked peppercorn onto steak and season liberally with salt.
8. Add steak to hot pan and sear for 3-4 minutes until a crust develops.
9. Flip steak, then add butter and remaining garlic and thyme.
10. Using a spoon, baste the steak with butter while continuing to cook for 3 minutes.
11. Remove steak and let rest for 10 minutes.
12. Slice and serve with beets and asparagus on the side.



# **MAIN COURSES**

## **PORK & LAMB**



# INSTANT POT CARNITAS (FOR HEALTHY AND BUSY PEOPLE)

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

15 MINUTES

## COOK TIME

55 MINUTES

## SERVINGS

6

## INGREDIENTS

- 3lbs boneless pork shoulder roast
- 2 tsp kosher salt
- 2 tsp cumin
- 1 tsp red pepper flakes
- 1 tsp dried oregano
- 1 medium orange
- 6 cloves garlic peeled
- 1 large yellow onion peeled/quartered
- 1 bay leaf
- 1 small white onion finely diced
- 2 Tbsp cilantro minced
- 1 head butter lettuce leaves removed/washed
- 2 Hass avocados peeled and sliced
- 1-2 radishes thinly sliced
- 2 jalapeno peppers sliced or diced
- 3 limes quartered

## DIRECTIONS

1. Cut your boneless pork shoulder roast into two-inch cubes.
2. Put the pork in the Instant Pot and sprinkle on the salt, cumin, red pepper flakes, and oregano. Toss well to coat.
3. Use a vegetable peeler to peel wide strips of zest off the orange. Stay close to the surface so you don't peel into the white pith. Add the orange zest strips to the Instant Pot, along with the garlic, quartered yellow onion, and bay leaf.
4. Cut the bald orange in half and juice it. Pour the juice into the Instant Pot and thoroughly stir the ingredients.
5. Lock the Instant Pot lid. Double check that the lid valve is pointed at the "Sealing" position.
6. Press the "PRESSURE COOK" button and cook on high pressure for 35 minutes.
7. After cooking, let the pressure release naturally for about 20 minutes. Manually release any pressure after 20 minutes by turning the release on the valve.
8. While the pork is cooking, dice the white onion and cilantro, slice the avocados, radishes, and jalapenos, and cut up some lime wedges. These will be your taco toppings.
9. Open lid and discard the garlic, onion, and bay leaf. Taste and add salt if needed.
10. Remove the pork to a cutting board and shred with two forks or your fingers.
11. Assemble tacos with the butter lettuce leaves and toppings or create a tasty carnitas salad.

# ROASTED PORK LOIN WITH BACON BRAISED GREENS

BY COURTNEY SPIEGL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

1 HOUR

## SERVINGS

4

## ROASTED PORK LOIN INGREDIENTS

- 1.5lb organic pork loin
- 2 tsp salt
- 2 tsp pepper

## GREENS INGREDIENTS

- 1lb organic nitrate- and sugar-free bacon chopped
- 1 cup kohlrabi greens
- 2 cup turnip greens
- 1 cup mustard greens
- 1 cup kale
- 1 cup collard greens
- 1 cup onions diced
- 1 Tbsp garlic minced
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degree Fahrenheit.
2. Season the pork loin with the salt and pepper. Place on a baking sheet and roast in the oven for about 45 minutes, or until internal temperature reaches 145 degrees.
3. While pork is roasting, heat a large braiser or pot to medium heat and add in chopped bacon. Stir frequently.
4. Remove bacon once cooked but keep the grease in the pot. Add in the onions and garlic and saute until softened and fragrant.
5. Add in all the greens and cooked bacon and stir together.
6. Place lid on pot and allow to simmer on low for remainder of the time the pork is cooking. Stir regularly.
7. Remove pork from the oven once cooked through and allow to rest for 10 minutes.
8. Slice pork and serve with cooked-down braised greens.



# VIETNAMESE PORK MEATBALLS WITH STIR FRY VEGGIES

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
30 MINUTES

**COOK TIME**  
20 MINUTES

**SERVINGS**  
4

## DIPPING SAUCE INGREDIENTS

- 1 Tbsp garlic minced
- 1 Tbsp ginger minced
- 1 scallion very thinly sliced
- 1/8 cup basil chiffonade
- 1/8 cup cilantro chopped
- 1 serrano chili very thinly sliced (optional)
- 1/4 cup water
- 1/4 cup lime juice
- 1/4 cup coconut aminos
- 2 Tbsp fish sauce
- 1 Tbsp coconut crystals

## DIRECTIONS DIPPING SAUCE

1. Stir all ingredients in a mixing bowl and reserve.

## DIRECTIONS MEATBALLS

1. Preheat oven to 450 degrees Fahrenheit.
2. Mix all ingredients in a bowl and portion into 1-ounce meatballs.
3. Place meatballs on a lined baking sheet.
4. Roast for 10 minutes or until the meatballs are cooked through.

## DIRECTIONS STIR FRY VEGETABLES

1. While the meatballs are in the oven, heat a large saute pan or wok on high heat.
2. Add coconut oil to pan.
3. As soon as oil is melted and starts to smoke, add carrots and broccoli.
4. Fry for about one minute, constantly stirring.
5. Add cabbage and bok choy and continue to stir fry until just wilted (vegetables should still be slightly crunchy).
6. Add about two tablespoons of the dipping sauce, toss to combine, and turn off heat.
7. Remove meatballs from oven. Serve with vegetables and extra dipping sauce on the side.

## MEATBALL INGREDIENTS

- 1lb ground pork
- 1 Tbsp garlic minced
- 1 Tbsp ginger minced
- 1 Tbsp scallion white, minced
- Salt to taste

## STIR FRY VEGETABLES INGREDIENTS

- 1 cup baby bok choy sliced thin lengthwise
- 1 cup purple cabbage sliced very thin
- 1 cup broccoli very small florets
- 1 cup carrot julienned
- 1 Tbsp coconut oil
- Salt to taste

# LOW-CARB PORK CHILI VERDE

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
25 MINUTES

**COOK TIME**  
1.5 HOURS

**SERVINGS**  
8

## INGREDIENTS

- 3lbs boneless pork shoulder cut into 1-inch cubes
- 2lbs tomatillo husked and rinsed
- 1 cup onion quartered
- 1 poblano pepper
- 1 jalapeno
- 3 Tbsp lime juice
- 2 Tbsp avocado oil
- 1 Tbsp cumin toasted
- Cilantro, avocado, and lime wedges for garnish
- Salt and pepper to taste

## DIRECTIONS

1. Preheat broiler to high.
2. Toss tomatillos, onion, poblano, and jalapeno with 1 Tbsp of oil. Season with salt and pepper, then place on a baking sheet.
3. Broil on high for 10 minutes, turning halfway through, or until vegetables are starting to soften and take on color.
4. Place vegetables, lime juice, and cumin in blender and process until smooth. Reserve sauce.
5. Heat a large dutch oven or heavy bottomed pot on medium-high.
6. Add oil, then pork. Season with salt and pepper. Brown pork on all sides. (You may have to work in batches to avoid crowding the pot.)
7. When pork is brown, add sauce to pot and scrape the browned bits that have accumulated on the bottom with a wooden spoon.
8. Turn down to a simmer and cook, stirring occasionally, for one hour or until pork is tender. (The sauce may become too thick and you will need to thin it out with a little water or chicken stock.)
9. Serve in individual bowls. Garnish with diced avocado and cilantro, and lime wedges on the side.

**NOTES:** As written this recipe is Performance compliant. Lifestyle and Kickstart players could serve this with rice, beans, or warm corn tortillas.

# FRESH HERB LOLLIPOP LAMB CHOPS

BY V "PALEO BOSS LADY" CAPALDI



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

15 MINUTES

## COOK TIME

10 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1 rack of lamb
- 5 stalks of fresh rosemary
- 5 stalks of fresh thyme
- 1 bulb of fresh garlic minced
- Pink Himalayan salt and fresh ground black pepper to taste
- Coconut oil or meat fat

## DIRECTIONS

1. Chop lamb into individual lollipop chops.
2. Chop rosemary and thyme.
3. Mince garlic and mix together with rosemary and thyme.
4. Add salt and pepper to taste.
5. Place the mixture on one side of each chop, reserving half of the mixture for the other side.
6. Heat a cast iron pan with fat over medium heat until warm.
7. Add lamb chops with herb side down.
8. Cover top side with remaining herb mixture.
9. Cook for about 3 minutes on each side until medium done.
10. Remove from heat and enjoy.



# TRADITIONAL LAMB CURRY

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

4

## INGREDIENTS

- 2lbs boneless lamb shoulder cut into 1/2-inch cubes
- 2 cups coconut milk
- 2 cups cauliflower florets
- 1 1/2 cups tomato puree
- 1 1/2 cups onion small diced
- 3 Tbsp olive oil
- 2 or more Tbsp cilantro chopped for garnish
- 1 Tbsp jalapeno minced
- 1 Tbsp garlic minced
- 1 Tbsp ginger minced
- 4 tsp yellow curry paste (we use Mae Ploy brand)
- 1 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- Salt to taste

## DIRECTIONS

1. Heat a medium-sized Dutch oven or heavy bottomed pot on medium-high heat and preheat oven to 400 degrees Fahrenheit.
2. Add 1 Tbsp olive oil and then 1lb of lamb. Season with salt, and brown on all sides. Repeat this step with the other half of the lamb, then reserve, leaving any rendered fat in the pot.
3. Add garlic, ginger, jalapeno, coriander, 1 tsp turmeric, and curry paste and cook until fragrant, about 3 minutes.
4. Add onion and cook until soft and translucent, about 5 minutes.
5. Pour in coconut milk and tomato puree and bring to boil.
6. Add lamb back to pot and reduce to a simmer.
7. Cover slightly and continue cooking for 30 minutes or until lamb is tender.
8. While lamb is cooking, toss cauliflower in remaining olive oil and turmeric and season with salt.
9. Place cauliflower on a baking sheet and roast at 400 degrees for 15 minutes or until it begins to take on color then reserve.
10. When lamb is tender, stir in cauliflower and check for seasoning, adding more salt if necessary.
11. Serve with your choice of rice (for Lifestyle and Kickstart players) or on its own and garnish with cilantro.

# **MAIN COURSES**

## **SEAFOOD**



# WEEKNIGHT PALEO PAPRIKA GARLIC SHRIMP

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

2

## INGREDIENTS

- 1lb uncooked shrimp peeled
- 1 Tbsp coconut oil
- 1/8 tsp crushed red pepper flakes
- 2 Tbsp chopped garlic I used 3 garlic cloves
- 4 Tbsp canned coconut milk add more if you want more sauce
- 2 tsp dried parsley
- 1 1/2 tsp paprika
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 Tbsp lemon juice

## DIRECTIONS

1. In a large frying pan, add 1 Tbsp coconut oil over medium heat. Once melted, add 3 Tbsp chopped garlic and 1/8 tsp of crushed red pepper. Cook for 3 minutes, mixing often.
2. Add shrimp to the pan, along with 4 Tbsp coconut milk, 2 tsp dried parsley, 1 1/2 tsp paprika, 1/2 tsp salt, 1/2 tsp ground black pepper, and 2 Tbsp lemon juice. Mix all together.
3. Cook for 8-10 minutes or until the shrimp is pink and cooked through.
4. Remove shrimp from pan and cook the sauce for an extra 1-2 minutes until the sauce thickens.
5. Add shrimp back into the pan and mix into the sauce.
6. Spoon shrimp and sauce onto your favorite rice (cauliflower, white, brown, or otherwise).



# CITRUS AND BAY LEAF INFUSED HALIBUT

BY V "PALEO BOSS LADY" CAPALDI



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

13 MINUTES

## SERVINGS

1

## INGREDIENTS

- 1 bay leaf
- 1 lemon and/or orange
- 1 halibut fillet or white fish of your choice
- 1 Tbsp red palm oil or fat of your choice
- Pink Himalayan Sea Salt
- Pepper

## DIRECTIONS

1. Heat oven to 350 degrees Fahrenheit.
2. Heat cast iron over medium heat. Add 3-5 lemon and/or orange slices, bay leaf, and oil.
3. Heat for 5 minutes, turning lemon/orange slices half way through.
4. Add fish on top of lemon/oranges and bay leaf. Cover with a lid and cook for 3 minutes.
5. Place cast iron in oven and cook for another 3-5 minutes until done.
6. Serve with lemon slices on top of fish (and/or your favorite WLC-compliant sauce) and enjoy.

# SHRIMP AND MINT PESTO ZOODLES

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
7 MINUTES

**SERVINGS**  
2

## INGREDIENTS

- 1lb medium-large shrimp peeled and deveined
- Juice of 1 lemon
- 1 tsp olive oil
- 2 cloves garlic finely chopped
- Pinch of sea salt and black pepper
- 3 large zucchinis spiralized
- 1 cup green peas fresh or frozen

## PESTO INGREDIENTS

- 1/4 cup pistachios
- 1/2 cup mint
- 1/4 cup flat leaf parsley
- 1 clove garlic
- Juice from 1/2 lemon
- 3 Tbsp olive oil
- 1 Tbsp water
- Pinch of sea salt and black pepper

## DIRECTIONS

1. In a medium-sized bowl, combine shrimp, garlic, lemon juice, olive oil, salt, and pepper, set aside. If using frozen peas, place them out to thaw.
2. Prepare your pesto: In a food processor or Bullet, combine pesto ingredients. Blend until smooth, about a minute.
3. Spiralize zucchini and set aside.
4. Heat a large nonstick skillet over medium heat. Once hot pour in the shrimp with the marinade. Cook until the shrimp are pink, about 2 minutes per side.
5. Add peas and zucchini to the skillet and continue to cook until warmed through, about 3 minutes.
6. Remove skillet from heat and stir in your pesto. Divide into bowls and serve immediately.

**NOTES:** If you have any leftovers, they make a great cold salad the next day.

# LOW-CARB SHRIMP CREOLE

BY BRANDON CRESS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

30 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1/2-to-1lb wild-caught shrimp  
reserve shells for stock
- 1/4 cup onion small dice
- 1/4 cup celery small dice
- 1/4 green bell pepper small dice
- 3/4 cup okra sliced thin
- 3 cups crushed tomatoes
- 6 Tbsp butter
- 3/4 cup shrimp stock
- 1 Tbsp garlic minced
- 1 tsp gumbo file
- 1 tsp celery seed
- 1/2 tsp cayenne pepper
- 1 bay leaf
- Salt and pepper to taste
- Fresh parsley optional

## DIRECTIONS

1. Peel shrimp and place shells in a small pot and cover with water. Simmer on low heat for 20 minutes. Then strain the liquid to create your shrimp stock.
2. In a large pot or Dutch oven, melt butter over medium-high heat.
3. Add onion, celery, and bell pepper and sweat until translucent (about 5 minutes.)
4. Add garlic and continue to cook until fragrant.
5. Add crushed tomatoes, shrimp stock, all spices, and bring to a simmer.
6. Reduce heat to medium-low and continue simmering for about 10 minutes.
7. Add shrimp and simmer until cooked through.
8. Serve immediately over cauliflower rice.
9. Garnish with optional chopped parsley.



# CITRUS MARINATED GRILLED SHRIMP

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
45 MINUTES

**COOK TIME**  
5 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1.5 pounds large shrimp (16/20 count, peeled and deveined)
- 1 cup olive oil
- 2 Tbsp shallot minced
- 1 Tbsp garlic minced
- 3/4 cup cilantro chopped
- 1 Tbsp lemon zest
- 1 Tbsp lemon juice
- 1 Tbsp lime zest
- 1 Tbsp lime juice
- 1 Tbsp orange zest
- 1 Tbsp orange juice
- 1/2 tsp crushed red pepper
- Salt and pepper to taste

## DIRECTIONS

1. In a large bowl mix all ingredients except shrimp, salt, and pepper.
2. Add shrimp to bowl and toss to evenly coat.
3. Marinate in refrigerator for 30 minutes.
4. Preheat grill to high.
5. Remove shrimp from marinade and season both sides with salt and pepper.
6. Grill on high heat for 1.5 minutes per side or until shrimp are opaque.
7. Serve immediately over a salad or pair with grilled vegetables.

**NOTES:** You can leave out the orange juice in this recipe to make it compliant on Lifestyle and Performance levels.

# SHRIMP AND CAULIFLOWER GRITS

BY BRANDON CRESS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
25 MINUTES

**COOK TIME**  
45 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1.5lbs shrimp peeled and deveined
- 1 large head cauliflower
- 1 cup bacon diced
- 1 cup onion minced
- 1 cup crimini mushroom sliced thin
- 5 Tbsp butter cubed
- 2 Tbsp garlic minced
- 2 Tbsp Franks Red Hot or hot sauce of your choice
- 3/4 cup chicken stock or water
- Juice of 1 lemon
- Scallion sliced thin for garnish
- Salt and pepper to taste

## DIRECTIONS

1. Cut cauliflower into quarters and remove stem.
2. Chop cauliflower into small pieces and add to food processor filling halfway.
3. Work in batches processing cauliflower to a grit-like consistency.
4. Heat a saucepan on medium, then add cauliflower and half the chicken stock or water.
5. Cook for 10 to 15 minutes, stirring often until "grits" are creamy.
6. Turn heat to lowest setting, season with salt, and stir in 3 tbsp butter.
7. While grits are cooking, heat a large saute pan on medium, add bacon, and cook until crisp.
8. Remove bacon from pan, leaving grease, and increase heat to medium high.
9. Add onion and cook until soft and translucent, about 4 minutes.
10. Add garlic and continue to cook until fragrant, about 2 minutes.
11. Add mushrooms and cook until soft, about 4 minutes.
12. Reduce heat to medium and add Franks Red Hot, remaining chicken stock or water, and lemon juice. Bring to a simmer.
13. Add shrimp and cook for 3-4 minutes, turning halfway, until opaque and cooked through.
14. Remove from heat, then add bacon back to pan and stir in remaining butter.
15. Divide "grits" between 4 bowls and spoon shrimp mixture over top, then garnish with scallions.



# **MAIN COURSES**

## **VEGETARIAN & VEGAN**





# MUSHROOM WALNUT VEGAN BOLOGNESE

BY LAUREN LOBLEY



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

45 MINUTES

## SERVINGS

6

## INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 2 medium onions small dice
- 1 small head of broccoli small dice
- 200g Shiitake mushrooms (about 2 cups, small dice)
- 4 cloves garlic minced
- 1 28oz can of plum tomatoes
- 1 15oz can of tomato sauce
- 1 bay leaf
- 1 tsp Italian seasoning
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 cup walnuts roughly chopped

## DIRECTIONS

1. Heat the olive oil over medium heat.
2. Add the onions, broccoli and mushrooms. Saute for 5-10 minutes or until soft.
3. Add the garlic and toss to combine. Add the tomatoes and sauce, along with the spices. Toss to combine and let simmer on the stove for about 20-30 minutes to let all the flavors come together.
4. Add the walnuts and toss to combine. Adjust the seasoning as you wish.
5. Serve warm over spaghetti squash or zoodles.

# CURRY SPICED CHICKPEA VEGGIE BURGER

BY LAUREN LOBLEY



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
15 MINUTES

**COOK TIME**  
40 MINUTES

**SERVINGS**  
9

## INGREDIENTS

- 3/4 cups gluten-free rolled oats
- 1/2 cup pumpkin seeds
- 1/2 small red pepper small dice
- 1/2 red onion small dice
- 3-4 cloves garlic roughly chopped
- 1 handful cilantro roughly chopped
- 2 14oz cans chickpeas drained and rinsed
- 1/2 tsp curry powder
- 1/2 tsp ground cumin
- 1/2 tsp garam masala
- 1 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 2 +2 tbsp extra virgin olive oil
- 1 1/2 cups cooked brown rice

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Heat 2 tablespoons of olive oil over medium low heat. Add the onions, peppers, and garlic. Saute for about 5-10 minutes or until tender. Set aside.
3. Place oats and pumpkin seeds in a food processor. Blend until coarse (about 10-30 seconds).
4. Add everything else into the food processor, including the pepper and onion mixture but excluding the rice. Blend until almost smooth (it's okay to be a bit chunky).
5. Pour the mixture into a large bowl and fold in the rice.
6. Line 2 sheet pans with parchment paper or silicone baking mats.
7. Using a 1/2 cup measuring cup, scoop the mixture and place on your baking sheet. Once on the sheet, pat down each scoop so it is about 3/4 inches thick. Repeat for the rest of the burgers (you should end up with about 9 patties).
8. Bake for 15 minutes, then rotate the pan 180 degrees and rotate shelves (place the top one on the bottom one and vice versa - this ensures even cooking). Bake another 10-15 minutes or until firm.
9. Serve as you would any other burger and enjoy!

# JACKFRUIT CRAB CAKES (WITHOUT CRAB)

BY ALMA SCHNEIDER



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

1.25 HOURS

## COOK TIME

20 MINUTES

## SERVINGS

8

## INGREDIENTS

- 1 can jackfruit drained, rinsed, and dried
- 2 Tbsp flax seed mixed with water let sit for 10 minutes so it gets thicker
- 1 tsp cajun seasoning
- 3 cloves minced garlic
- 1 Tbsp lemon juice
- 1 tsp mustard
- 4 Tbsp scallions chopped green and white parts
- 1/2 tsp ground black pepper
- 1/2 cup almond flour or almond meal or any other kind of nut flour

## DIRECTIONS

1. In a large bowl, mix all the seasonings and the prepared jackfruit together.
2. Form into cakes and add a little more flour if they are too wet.
3. Place in the fridge for about an hour so they firm up.
4. If you are baking, place the cakes on a parchment paper-lined baking sheet and bake at 375 degrees Fahrenheit for about 10 minutes. Then flip and bake another 10 minutes.
5. If you are frying, coat a non-stick pan with enough oil to coat the pan. Heat over a medium flame and fry the cakes for about 5 minutes until golden brown. Add more oil if necessary and fry on the other side for a few minutes until golden brown.
6. Serve with your favorite yogurt or hot sauce.



# JACKFRUIT TUNA SALAD (WITH NO TUNA)

BY ALMA SCHNEIDER



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

15 MINUTES

## COOK TIME

15 MINUTES

## SERVINGS

4

## "TUNA" INGREDIENTS

- 1 20-ounce can young green jackfruit (can be found at Trader Joe's or online)
- 2 large cloves garlic
- 3/4 medium onion divided into quarters
- Juice of 2 limes
- 1/4 cup water

## DRESSING INGREDIENTS

- 1/3-1/2 cup WLC-compliant mayonnaise add more depending on your taste
- 1 Tbsp Dijon mustard
- Pinch cayenne pepper
- 2 small carrots
- 1/4 medium onion
- 1 cup apple (about 1/2 large apple, finely chopped)
- 3 Tbsp pickles chopped
- 1/3 cup almonds, cashews, or any other nut chopped
- 2 tsp Triple Blend sea flakes optional, can be found at Whole Foods or health food store
- Salt and pepper to taste

## DIRECTIONS

1. Mince 3/4 of the onion and the two garlic cloves.
2. Rinse the canned jackfruit, and then pulse it in a food processor or mash with a fork until it looks like tuna flakes.
3. In a sauce pan, simmer the jackfruit, water, lime juice, garlic, and onion, covered for 15 minutes.
4. While that is simmering, mince the carrots, pickles, remainder of the onion, nuts, and apple, and set aside.
5. Once the jackfruit combo is done simmering and is cooled, place in a bowl and add in the minced ingredients, mayo, mustard, cayenne, salt and pepper, and optional sea flakes.
6. Adjust seasonings and chill.
7. Serve in sandwiches or on top of lettuce or in an avocado.

# CLASSIC COMFORT FOODS



# PALEO CAULIFLOWER PIZZA CRUST

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
15 MINUTES

**COOK TIME**  
15 MINUTES

**SERVINGS**  
2

## INGREDIENTS

- 1 small- to medium-sized cauliflower head cut into large pieces, using just the florets and not the stems
- 1/4 tsp kosher salt
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- Pinch crushed red pepper to taste
- 2 Tbsp almond meal
- 1 Tbsp nutritional yeast optional
- 1 Tbsp olive oil
- 1 large egg
- Nonstick cooking oil or olive oil

## DIRECTIONS

1. Preheat oven to 450 degrees Fahrenheit. Place a pizza stone or baking sheet in the oven.
2. On a cutting board or cookie sheet, place a piece of parchment paper and spray with nonstick cooking oil or brush the parchment with olive oil.
3. Take your head of cauliflower and cut off the florets. You don't need to use the stem. Pulse in a food processor for about 30 seconds, until you get very fine cauliflower crumbs. You may need to do this in two batches.
4. Place the cauliflower in a microwave safe bowl and cover. Microwave for 3-4 minutes, until steaming. Let cool in the bowl.
5. Once cooled, dump the cooked cauliflower onto a clean tea towel, wrap it up, and wring the water out of it. Squeeze as much water out as possible. There will be a lot, so keep squeezing!
6. Dump the dry cauliflower into a bowl. It should resemble pulp. Add all your spices, almond meal, yeast, and olive oil. Mix the mixture to incorporate all the ingredients.
7. Now add your egg and mix together well.
8. Once mixed together, use your hands to form your dough into a ball. Place the dough on the oiled parchment paper and press down to form a thin circle shape.
9. Using your cutting board or cookie sheet, slide the dough on the parchment paper onto your hot pizza stone or baking sheet in the oven.
10. Bake for about 12 minutes, or until it starts to turn golden brown and the edges start to crisp. Remove from oven.
11. Add your toppings and bake for another 5 minutes, or until your toppings looks delicious and the crust starts to crisp.



# GLUTEN-FREE SWEET POTATO PIZZA CRUST

BY SANDY MCCALL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
12 MINUTES

**COOK TIME**  
18 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 3 medium-large sweet potatoes
- 2 cups rolled oats (buy oats labeled “gluten-free”)

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Trim any bad spots from potatoes, then chop and cover with salted water and boil the potatoes until soft. *(Use an extra pinch of sea salt for a more flavorful crust)*
3. While potatoes are cooking, put rolled oats into food processor and process until you have a very fine flour.
4. When potatoes are done, drain them and allow them to cool for a few minutes.
5. Carefully add potatoes to the oats in the food processor. Process until dough is thoroughly combined. *(If you prefer, transfer the cooked sweet potatoes to a mixing bowl and mash. Then add oats and mix with a wooden spoon until well combined.)*
6. Divide your “dough” into 4 balls if you are using 8” pizza stones. Rub each ball with olive oil and pat each ball of dough evenly to the edges of each pizza stone. Or pat onto large oiled baking pan for one large pizza.
7. Bake the pizza crust in the preheated oven for 15-18 minutes or until slightly browned. Set baked pizza crusts to the side.
8. Freeze crusts for later use or move on to prepping your pizza toppings.

**NOTES:** To assemble your pizza, preheat oven to 375 degrees Fahrenheit. Spread a thin layer of your chosen sauce on your pre-baked pizza crust (see pages 91 and 92 for sauce recommendations). Add your desired toppings plus sliced vegan mozzarella (page 93). Bake for approximately 8-10 minutes. Topping ideas: freshly roasted or sautéed vegetables, cooked and shredded meats, red pepper flakes, pesto, olives, fresh spinach and/or herbs, fresh tomato slices.

# NO-COOK RED SAUCE

BY SANDY MCCALL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

10 MINUTES

## SERVINGS

24

## INGREDIENTS

- 4 cloves garlic coarsely chopped
- 1 14.5oz can diced fire roasted tomatoes
- 2 Tbsp olive oil
- 1 tsp powdered monk fruit
- 1 1/2 tsp agar agar powder
- 1 tsp balsamic vinegar plus more to taste
- 3/4 tsp sea salt
- Freshly ground black pepper

## DIRECTIONS

1. Mix all ingredients together.
2. If you prefer a creamier sauce, process mixture in food processor or with immersion blender.

**NOTES:** Half of this recipe will be enough to top four 8-inch pizzas.

# NO-COOK DAIRY-FREE WHITE SAUCE

BY SANDY MCCALL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

10 MINUTES

## SERVINGS

24

## INGREDIENTS

- 1 14oz can coconut cream
- 1/4-1/2 cup fresh basil chopped
- 1/4 cup fresh chives chopped
- 1.5 tsp lemon zest finely grated
- 2 Tbsp fresh lemon juice
- 1 small clove garlic minced
- 2 tsp agar agar powder
- Pinch crushed red pepper flakes
- Salt and pepper to taste

## DIRECTIONS

1. Mix all ingredients together in food processor or with immersion blender.
2. Sauce will get thicker if you refrigerate.

**NOTES:** Half of this recipe will be plenty for four 8-inch pizzas. Make the full recipe for a larger pizza.



# DAIRY-FREE VEGAN "MOZZARELLA"

BY SANDY MCCALL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
20 MINUTES

**SERVINGS**  
16

## INGREDIENTS

- 1/4 cup raw cashews
- 1 cup hot water
- 2 Tbsp + 1 tsp tapioca flour/starch
- 1 Tbsp extra virgin olive oil
- 1 medium clove garlic minced
- 1/2 tsp sea salt
- 1 tsp fresh lemon juice
- 1 tsp Herbes de Provence (optional)
- Olive oil to drizzle on top (optional)

## DIRECTIONS

1. Blend all ingredients together in a high-speed blender until completely smooth, about 1 minute. (Note: If you don't have a high-speed blender, soak cashews in water for several hours before blending or processing)
2. Pour mixture into a small saucepan and cook, stirring constantly over medium-high heat.
3. After a couple of minutes, the mixture will start to look odd, like it's curdling or separating. When this happens, reduce heat to medium and keep stirring so it doesn't burn.
4. Keep cooking and stirring until it is very thick (about 2-3 more minutes) and the mixture becomes cohesive and looks like melted dairy cheese and it stretches.
5. Remove from the stove, put it into a refrigerator container and let it cool.
6. Once your "cheese" has cooled, drizzle with olive oil and sprinkle with Herbes de Provence, if desired.
7. If you are using this to make pizza, refrigerate the "cheese" while preparing your pizza dough, sauces, and toppings.

**NOTES:** Be aware: vegan mozzarella tastes great, but it does not melt like dairy mozzarella. Also, if you are participating in the Whole Life Challenge, please note that tapioca flour is allowed on Kickstart and Lifestyle as a thickener only.

# GRILLED AVOCADO, TOMATO, AND CAULIFLOWER BREAD SANDWICH

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

30 MINUTES

## SERVINGS

2

## INGREDIENTS

- 4 cups cauliflower rice
- 1/2 tsp sea salt
- 2 eggs
- 1/3 cup almond flour
- 1/4 tsp black pepper
- 1 tsp butter or ghee
- 2 ripe avocados mashed
- 1 medium tomato sliced

## DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the riced cauliflower and sea salt. Allow to sit for 20 minutes.
3. Use a clean kitchen towel to wring out the cauliflower to remove the moisture. (If using store bought cauliflower, you can skip removing the moisture because it is typically dry.)
4. Return the cauliflower to the mixing bowl and add the eggs, almond flour, and black pepper. Stir well to combine.
5. Scoop 1 cup of the mixture onto the prepared baking sheet and form into a square, about 1/4-inch thick. Repeat with the remaining mixture to create 4 slices total.
6. Bake for 25 minutes, then cool at room temperature for 5 minutes.
7. Grease a skillet with butter, ghee, or fat of choice and melt over medium heat.
8. While the pan heats, smear a slice of cauliflower bread with mashed avocado, a couple slices of tomato, and top with another slice of cauliflower bread.
9. Add the sandwich to the hot skillet and cook for 2-3 minutes a side, or until golden brown. Repeat with remaining bread and serve hot.

# DESSERTS





# ALMOND DATE COCONUT TRUFFLES

BY ALMA SCHNEIDER



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
1 HOUR

**SERVINGS**  
24

## INGREDIENTS

- 1/2lb almond butter crunchy
- 2oz date syrup (double check the ingredients)
- 2oz coconut toasted
- 2oz cacao nibs
- 2oz raisins
- 1oz oats

## DIRECTIONS

1. Mix all ingredients in medium bowl.
2. Refrigerate until cold.
3. Roll into small truffles, about 1/2 inch in size. Should make about 24 truffles.
4. Roll truffles in additional toasted coconut.

# HOMEMADE JELL-O

BY SOPHIA MCDERMOTT DRYSDALE



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
5 MINUTES

**TOTAL TIME**  
3 HOURS 5 MINUTES

**SERVINGS**  
6

## INGREDIENTS

- 1 cup boiling water
- 1 cup juice any flavor  
Use natural fruit juices rather than juices sweetened with high fructose corn syrup
- 2 packets unflavored gelatin
- 1/2 cup strawberries chopped

## DIRECTIONS

1. Bring 1 cup of water to the boil.
2. In a medium-sized glass (or heat proof) measuring cup, pour 1 cup of boiling water and dissolve gelatin packets one by one.
3. Pour the cup of water with the dissolved gelatin into a container that is ideal for setting.
4. Add the juice and stir.
5. Let set in fridge for approximately 20 minutes, until slightly set.
6. Sprinkle chopped strawberries into the mixture, then let set for another 2-3 hour or until firm.

# RAW CASHEW NUT BLISS BALLS

BY SOPHIA MCDERMOTT DRYSDALE



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
20 MINUTES

**TOTAL TIME**  
2 HOURS 20 MINUTES

**SERVINGS**  
12

## INGREDIENTS

- 1 cup raw cashews
- 1/2 cup desiccated coconut unsweetened and without preservatives
- 1 scoop protein powder of your choice vanilla works best
- 10 Medjool dates
- 1 Tbsp chia seeds
- 2 Tbsp water
- Pinch salt
- 1/2 cup extra coconut for rolling

## DIRECTIONS

1. In a food processor, blend the cashews until in chunk-form.
2. Add all other ingredients and blend until smooth.
3. Pour the extra coconut into a bowl or on a plate for rolling.
4. Roll mixture into small balls—this recipe should make 12.
5. Roll the balls in the bowl of desiccated coconut until they are covered and place on a baking tray lined with parchment paper to freeze.
6. Freeze to set (approx 2 hours) and enjoy.

**NOTES:** These balls will last in your freezer for 2 weeks and are equally delicious if stored in the fridge, once set.



# RAW BLUEBERRY BANANA STRAWBERRY CASHEW CHEESECAKE

BY LAUREN LOBLEY



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**TOTAL TIME**  
12 HOURS

**SERVINGS**  
8

## CRUST INGREDIENTS

- 1 cup hazelnuts
- 1 cup coconut flakes
- 1 Tbsp vanilla
- 8 large pitted dates
- 1/8 tsp sea salt

## FILLING INGREDIENTS

- 3 ripe bananas
- 1 13.5oz can coconut milk full fat
- 1 cup fresh blueberries
- 2 tsp chia seeds
- 1/2 cup coconut manna
- 1 1/2 cups raw cashews soaked
- 2 tsp vanilla

## TOPPING INGREDIENTS

- 1 package frozen strawberries or 2 cups fresh
- 2 tsp chia seeds

## DIRECTIONS

1. Blend all the ingredients for the crust together in a food processor for about a minute, or until finely ground. Pour the crust into the bottom of a spring form pan and pat down evenly and firmly. Set aside.
2. Blend the banana blueberry ingredients in a high-powered blender until smooth (about 1 minute). Pour over the crust in the pan. Place in the freezer to set for at least 4 hours (or overnight).
3. When the filling is mostly set, make your strawberry topping. If using frozen strawberries, heat them up in a pot with a splash of water until they are thawed. Place them in a blender with the chia seeds and blend until smooth (about 30-60 seconds). Pour over the blueberry banana cake and place back in the freezer until set.
4. When ready to serve, pull the cake out of the freezer and into the fridge. The strawberry filling will melt a little bit down the side of the cake. Place a whole strawberry on top of the cake in the middle, for garnish.

# HEALTHY CHOCOLATE CHIA MOUSSE

BY RAJ PARSAD



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
7 MINUTES

**TOTAL TIME**  
6 HOURS

**SERVINGS**  
4

## INGREDIENTS

- 1 1/3 cup coconut water
- 1 14oz can coconut milk
- 1 banana fresh or frozen
- 2 Tbsp honey or maple syrup
- 1 tsp vanilla
- 1/4 cup cacao powder
- 1/2 tsp cinnamon
- 1/4 tsp chili powder
- 1/8-1/4 tsp salt
- Zest of 1 orange
- 1/3 cup chia seeds ground

## DIRECTIONS

1. Put all ingredients in a blender and mix thoroughly.
2. Add chia seeds while blending (add at this point to prevent clumping).
3. Pour into a sealable container, refrigerate allowing to thicken for 6 hours.

**NOTES:** If you want to experiment with sweeteners (and making this recipe compliant at other Nutrition Levels), then we recommend you use coconut nectar or monk fruit instead of the honey/maple syrup.

# BEVERAGES





# ESSENTIAL GREEN JUICE

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

5 MINUTES

## SERVINGS

2

## INGREDIENTS

- 1 cucumber
- 5 celery stalks
- 2 carrots
- 1 apple or pear  
(do not use on Lifestyle or Performance levels)
- 2 handfuls kale or spinach
- 1/2 lemon peeled
- 1/2-inch piece fresh ginger
- A pinch of turmeric

## DIRECTIONS

1. Wash all your veggies and fruits.
2. Cut your apple into quarters and remove the rind from the lemon.
3. Add all your fruits and veggies to your juicer. (Tip: Use your apple pieces to help push the leafy greens through the juicer because those can get caught.)
4. Pour your juice into a glass and stir in your turmeric. (Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties; it's amazing for you.)
5. Enjoy your juice immediately or store in an airtight container for up to a day in the refrigerator.

**NOTES:** Adding the apple or pear will add some natural sweetness. It will also make this recipe non-compliant on Lifestyle and Performance, so choose to use apple or pear based on both your personal taste and your chosen nutrition level.

# COFFEE BANANA PROTEIN SMOOTHIE

BY ALMA SCHNEIDER



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
5 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1 cup black coffee
- 3 very ripe bananas
- 3/4 cup full-fat plain yogurt
- 2 dozen ice cubes

## DIRECTIONS

1. In a blender, add coffee, bananas, yogurt.
2. Blend until smooth.
3. With blender running, add ice cubes. Blend at high speed until smooth.

**NOTES:** For a variation add WLC-compliant protein powder or a little bit of unsweetened cocoa powder. Adding the powder while the blender is running will help keep it from clumping.

# HOMEMADE COCONUT MILK

BY LAUREN LOBLEY



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## SERVINGS

6

## INGREDIENTS

- 1 cup organic shredded coconut
- 2 cups filtered water boiled

## DIRECTIONS

1. Place coconut and boiled water in a high-powered blender.
2. Blend on high speed until smooth (about 1 minute).
3. Place a cheesecloth over a metal or glass bowl and pour the coconut milk over the cheesecloth.
4. Once it's cool enough to handle, wring out the coconut milk through the cheesecloth, squeezing and twisting until all you have left in the cloth is coconut pulp.
5. Save the pulp for smoothies or baking (or discard).
6. Pour the coconut milk into a glass jar. It will keep in the fridge for 2-3 days.



# ADULT BEVERAGES



# LOW-CALORIE BOOZY SMOOTHIE BERRY PUNCH

BY JENNA GRUTTADAURIA



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
10 MINUTES

**SERVINGS**  
1

## INGREDIENTS

- 1 cup water
- 1 oz powdered stevia
- 6 rosemary sprigs
- 1 ounce mixed berries blended frozen or fresh
- 2 ounces vodka
- 3/4 ounce lemon juice
- Ice

## DIRECTIONS ROSEMARY SYRUP

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 sit. Allow the rosemary to infuse with the syrup until your desired flavor is achieved (minimum 30 minutes).

## DIRECTIONS COCKTAIL

1. Measure 1 ounce of your rosemary syrup.
2. Using a blender, blend your mixed berries into a puree.
3. In a pint glass, add vodka, pureed berries, lemon juice, and 1 ounce rosemary syrup.
4. Add ice and shake.
5. Strain over a martini glass.

**NOTES:** You can dress up this berry punch cocktail by garnishing with a lemon wheel and a rosemary sprig.

# LOW-CALORIE SPIKED ARNOLD PALMER

BY JENNA GRUTTADAURIA



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
30 MINUTES

**SERVINGS**  
12

## INGREDIENTS

- 750ml bottle vodka
- 6 black tea bags
- 1.5 cups lemon juice
- 1oz stevia
- Water

## DIRECTIONS INFUSION

1. Put black tea bags into vodka and infuse.
2. Taste periodically and remove bags when desired flavor has been achieved.

## DIRECTIONS SIMPLE SYRUP

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat and simmer for a few minutes.
3. Remove from heat and let cool.

## DIRECTIONS LEMONADE

1. Combine lemon juice with water until desired tartness level is achieved (maximum 7 cups).
2. Stir in simple syrup until desired sweetness is achieved.

## DIRECTIONS COCKTAIL

1. Pour 2 ounces of tea infused vodka over ice.
2. Fill with desired amount of lemonade (at least 4 ounces).



# LOW-CALORIE ISLAND MIMOSA

BY JENNA GRUTTADAURIA



**COMPLIANCE LEVEL**  
KICKSTART

**TOTAL TIME**  
10 MINUTES

**SERVINGS**  
6

## INGREDIENTS

- 1 bottle of rose
- 5oz rum
- 10oz orange juice
- 1-2 cups of mixed berries to taste
- Orange flavored sparkling water to float

## DIRECTIONS

1. Muddle berries in a shaker.
2. Add Rum. Shake vigorously to combine.
3. Pour berries and rum into a pitcher. Add orange juice and rose wine.
4. Add ice and stir.
5. Pour cocktail into glass with ice.
6. Finish with a float of sparkling water.

**NOTES:** Make sure to double-check your flavored sparkling water for any non-compliant ingredients.

# LOW-CALORIE PICKLEBACK MARTINI

BY JENNA GRUTTADAURIA



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
5 MINUTES

**SERVINGS**  
1

## INGREDIENTS

- 2oz whiskey
- 1oz sugar-free pickle brine
- 3-5 drops of your favorite hot sauce
- Tajin for rim see notes for link
- Slice of pickle for garnish

## DIRECTIONS

1. Combine whiskey, pickle brine, and hot sauce in a shaker with ice.
2. Shake vigorously.
3. Rub Tajin on the rim of the glass of your choice.
4. Strain cocktail into glass (no ice).
5. Garnish with a slice of pickle.

# LOW-CALORIE TEQUILA CUCUMBER COOLER

BY JENNA GRUTTADAURIA



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
1 HOUR

**COOK TIME**  
15 MINUTES

**SERVINGS**  
1

## INGREDIENTS

- 1 cup water
- 1 ounce powdered stevia
- 1 fresh jalapeno
- 1/4 of a fresh cucumber
- 2oz tequila
- 1oz lime juice
- Juice from half a grapefruit
- Ice
- Chili powder and salt mixture equal parts of each
- Soda water

## DIRECTIONS JALAPENO SYRUP

1. Bring 1 cup of water and stevia to a boil.
2. Cut jalapeno into rounds.
3. Turn down heat, add jalapeno, and simmer for a few minutes.
4. Remove from heat and let mixture sit. Let the jalapeno infuse with the syrup until your desired flavor is achieved (minimum 30 minutes).

## DIRECTIONS TEQUILA CUCUMBER COOLER

1. Measure 1oz of your jalapeno syrup.
2. Muddle the cucumber in a pint glass. (If you don't own a muddler, use a wooden spoon and gently mash the cucumber in the bottom of the glass.)
3. Combine the tequila, 1oz of jalapeno syrup, lime juice, and juice from half a grapefruit with the muddled cucumber.
4. Add ice and shake.
5. Wet the rim of your cocktail glass (preferably with a lime wedge) and roll it in the chili-and-salt mixture.
6. Strain into fresh glass and fill the rest of the way with soda water.



# ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

## ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

## THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

## WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>

## LET'S CONNECT

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