



# THE WHOLE LIFE CHALLENGE RECIPE BOOK

11 COMPLIANT RECIPES TO SET YOURSELF UP FOR SUCCESS



## ABOUT THE WHOLE LIFE CHALLENGE

# NUTRITION LEVELS

The Whole Life Challenge utilizes three different nutrition levels. Each is designed to reduce inflammation to some degree.

Reducing bodily inflammation is thought to lead to better health over the long term. Academic research has shown a correlation between low-inflammation diets and positive outcomes like increased longevity, reduced chronic illness, and improved mood.

| Kickstart  | Lifestyle   | Performance   |
|--|---|---|
| <p>For those who want to remove the most common inflammatory junk from their diet, this level eliminates things like bread, pasta, candy, soda, and beer, hitting the high points of reducing inflammation without getting overly restrictive.</p> | <p>For those who want a more comprehensive elimination of inflammatory foods, this level goes beyond Kickstart, eliminating a selection of additional dairy products, grains and starches, sweeteners, fruit juices, and artificial colors and flavors.</p> | <p>For those who wish to remove more inflammatory foods from their diet, Performance piggybacks on Lifestyle, eliminating nearly all dairy, starches, alcohols, sweeteners, and grains.</p> |

For an in-depth look at what's allowed (and what isn't) for each level, download the:

[WLC NUTRITION LISTS](#)

## ABOUT RECIPE COMPLIANCE

Each recipe in this book features a graphic listing compliance with the Whole Life Challenge nutrition levels.

[Kickstart | Lifestyle | Performance](#)

If the recipe meets the standards of any given level, that level is listed in the graphic. If the recipe doesn't meet the standard, it isn't listed. This makes it easy for you to decide if a recipe is suitable for your chosen nutrition level without examining the ingredient list in detail.



Kickstart | Lifestyle

# ORANGE CHICKEN QUINOA SALAD

BY HOLLI LAWLER

## INGREDIENTS

1 cup quinoa  
4 ounces chicken, shredded  
1 orange, peeled and sliced  
2 handfuls of spinach  
8 cherry tomatoes

### OPTIONAL:

Baked squash

## DIRECTIONS

Cook quinoa either on the stove or in microwave according to package instructions.

Once quinoa is cooked and dried, then add all ingredients to a large bowl.

Stir well and dish to serve.

### OPTIONAL:

Add in some lemon and olive oil to taste.

If consuming post workout, add in sweet potatoes to increase carbohydrates.

Any leftovers can be used for meals or snacks the next day.



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# TANGY MANGO SALSA SALAD

BY SOPHIA DRYSDALE

## INGREDIENTS

1/2 mango, cubed

### *All Chopped:*

1/2 cup red bell pepper

1/4 cup green bell pepper

1/4 cup green onion

1/4 cilantro

1/2 avocado

### **DRESSING INGREDIENTS:**

2 tbsp white wine vinegar

2 tbsp sweet chili sauce

1 tbsp olive oil

salt and pepper to taste

## DIRECTIONS

Add chopped bell peppers, avocado, and mango into a bowl and mix.

Add finely chopped cilantro and green onion and mix.

Mix all the dressing ingredients together in a separate bowl.

Add dressing to salad and toss thoroughly.



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# OVEN-BAKED SWEET POTATO FRIES

## INGREDIENTS

2 large sweet potatoes  
2 tbsp coconut oil, melted  
Kosher salt  
Freshly ground pepper  
Smoked paprika, dried basil, or  
your favorite seasoning

## DIRECTIONS

Preheat oven to 400 degrees Fahrenheit.

Peel the sweet potatoes and cut into even matchsticks.

Place on foil-lined tray.

Toss with coconut oil, salt, pepper, and your favorite seasoning.

Bake for 30 minutes, flipping the fries and the tray halfway through for even cooking.

They'll be done when they're tender in the middle and browned on the edges.



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# GLUTEN-FREE BREADED CHICKEN

BY ALMA SCHNEIDER

## INGREDIENTS

8 chicken thighs (skin on, bone in)  
2 tbsp coconut flour  
1/2 cup almond flour  
1/2 tsp salt  
1/2 tsp paprika  
1/4 tsp garlic powder  
1/8 tsp black pepper  
3 tbsp butter, preferably grass-fed

## DIRECTIONS

Preheat the oven to 425 degrees.

In a shallow, medium-sized bowl, place the coconut flour, almond flour, salt, paprika, garlic powder, and black pepper. Stir to combine.

On a large plate, place the chicken thighs and dry them off with a paper towel.

Put the butter in a 9×13 baking dish and then place the dish on the middle rack of the oven.

When the butter has melted, remove the baking dish from the oven, and place on the stove or other heat-proof area.

Dip the chicken into the breading on both sides and place each piece, skin side down, onto the buttery baking dish.

Place the dish on the middle rack of the oven and bake for 30 minutes.

After 30 minutes, flip the chicken and bake for another 15-20 minutes.

Remove from the oven, cut into the thickest part of the chicken to make sure it is cooked through, and serve hot.



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# TOMATO & NUT-CRUSTED SALMON

BY LIANNE LOW

## INGREDIENTS

8-11 ounces fresh salmon fillets

1 medium tomato

3 cloves of garlic

Handful fresh parsley

1/4 cup cashews, toasted

Salt and pepper, to taste

## DIRECTIONS

Preheat oven to 400 degrees Fahrenheit.

Line a baking tray with aluminum foil/baking paper. Spray on some olive oil and set that aside.

In a food processor, place the tomato, garlic, parsley, and cashews and blend until the ingredients are all finely chopped.

Place the salmon skin side down on the baking tray and coat the herb and garlic mixture onto the salmon.

Season with salt and pepper.

Use a piece of baking paper to cover the salmon and bake for 10 minutes.

Remove the baking paper and allow the salmon to cook for another 5-7 minutes, depending on the thickness of your fish.

Allow to rest for 5 minutes before serving.



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# (AN EPIC) CAST IRON RIBEYE STEAK

BY JON GILSON

## INGREDIENTS

16-ounce boneless ribeye steak

Salt

Pepper

Avocado oil

Asparagus

## PREPARATION

Put your empty cast iron pan in the oven, and pre-heat it to 500 degrees.

Sprinkle your steak with a generous portion of salt and pepper on both sides.

Rub a bit of avocado oil over the salt and pepper, coating the steak until it is shiny.

## DIRECTIONS

### COOKING THE RIBEYE

Once the oven reaches 500 degrees, remove the skillet from the oven. Don't turn the oven off.

Put the skillet on high heat on the stovetop.

Add a few tablespoons of avocado oil to skillet.

Sear the ribeye for 60 seconds, flip, and sear for an additional 60 seconds.

Immediately place the entire pan, ribeye and all, back in the 500-degree oven for 2 minutes.

Remove the ribeye from the skillet and put it on a plate to "rest" for 3-4 minutes.

### COOKING THE ASPARAGUS

Put hot skillet back on stovetop, set to medium heat.

Add a few tablespoons of avocado oil.

Add your asparagus, making a single layer that covers the bottom of the pan.





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# 50/50 BACON & BEEF BURGER

BY JON GILSON

## INGREDIENTS

1 lb. 90% ground beef  
1 lb. bacon (nitrate and sugar free)  
1 egg  
1/4 cup almond flour  
1 head butter lettuce  
2 Tomatoes  
Olive Oil

## DIRECTIONS

Using a food processor, turn your bacon into ground bacon. Prior to grinding, put bacon in the freezer for 30 minutes to prevent it from sticking to the blades.

Using a large bowl, work the ingredients together until blended. The almond flour and egg will help the ground beef and bacon stick together, acting as a binding agent.

Divide your meat into four equal amounts and hand pack into patties.

Put a sauté pan on medium heat and add olive oil. Begin cooking burgers.

Due to the high fat content from the bacon, you'll want to flip the burgers often to avoid burning.

We recommend you cook the burgers to 160 degrees ("medium"). Because of the high bacon content, you won't lose juiciness.

Serve on a butter lettuce bun and add pickles, onions, tomatoes, mayo, or organic mustard to taste.



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# EASY BREAKFAST FRITTATA

BY LIANNE LOW

## INGREDIENTS

- 1 1/4 cups diced butternut squash
- 1/2 cup Swiss brown mushrooms, sliced
- 2 cloves garlic, chopped
- 1 cup fresh tomatoes, diced
- 1/2 cup broccoli florets
- 1/2 zucchini, diced
- 4 ounce chicken breast, shredded
- 7 eggs
- 1 tbsp smoked paprika
- Salt and pepper, to season
- 1 tbsp olive oil

## DIRECTIONS

Preheat oven to 400 degrees Fahrenheit.

Oil the baking tray, and place the diced butternut squash on it. Sprinkle with smoked paprika and bake for 15 minutes. Then remove the butternut squash from the oven and set aside, leaving the oven on.

Heat an oven-proof deep pan on medium to high heat, add the olive oil and garlic, and fry until fragrant. Careful not to burn, or you will have a bitter taste.

Add the mushrooms and broccoli florets and fry until the mushrooms are brown and the broccoli has a slight char.

Add the tomatoes and zucchini and fry until the tomatoes break down.

Add the shredded chicken breast and the reserved squash. Season with salt and pepper.

Crack the eggs into a bowl, and beat them with a fork until combined. Pour it over the mixture and allow the bottom of the frittata to brown on the stove for 5 minutes.

Place the pan into the oven and bake for 5-7 minutes, until you get a nice golden brown top.



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# BLUEBERRY COCONUT MUFFINS

## INGREDIENTS

1 cup coconut flour  
3/4 tsp salt  
1/2 tsp baking soda  
6 eggs  
1/2 cup melted coconut oil  
2 tsps vanilla extract  
1 cup blueberries

## DIRECTIONS

Preheat oven to 350 degrees and grease a 12-cup muffin tin.

In a mixing bowl, whisk together the coconut flour, salt, and baking soda.

In a smaller bowl, beat together with fork the eggs, coconut oil, and vanilla.

Add the liquid ingredients to the dry ingredients and mix with a hand mixer on medium speed for about one minute or until well combined.

Stir in the blueberries.

Spoon the batter evenly into the muffin cups.

Bake for 20-25 minutes until a toothpick inserted in center of a muffin comes out clean (unless it hits a blueberry).

Let the muffins cool in the pan for about 10 minutes, then transfer to a wire rack to cool completely.



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# CHIA SEED PUDDING

BY V. "PALEO BOSS LADY" CAPALDI

## INGREDIENTS

1/2 cup organic chia seeds  
1/2 cup filtered water  
1 can full-fat organic coconut milk  
1/4 cup organic coconut flakes  
1 tbsp organic cinnamon

### OPTIONAL:

Organic cacao powder  
Organic fresh or frozen berries

## DIRECTIONS

Put all the ingredients except the optional toppings into a 24oz Mason jar or other container with a lid.

Secure the lid and dance like nobody's watching while you shake the Mason jar and its ingredients. Trust me. Just do it.

Open the jar and use a spoon to break up any clumps of chia seeds that may have formed.

Return the lid and give it another dance party to hustle those flavors together.

Place in the refrigerator for at least two hours. The longer, the better. Overnight is ideal.

When ready, serve alone or sprinkle a spoonful of organic cacao powder or a bit of organic fruit on top.

Eat and enjoy - and maybe cha-cha with your chia some more, too!



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# MATCHA COCOA BARS

BY LIANNE LOW

## INGREDIENTS

9 ounces Medjool dates, pitted  
2 ounces slivered almonds  
1 ounce macadamias  
1 1/4 ounce walnuts  
1/3 ounce chia seeds  
1 ounce shredded coconut  
1/3 cup raw cocoa powder  
2 tbsp matcha powder, cooking-grade  
1 tbsp coconut oil  
1 tsp vanilla bean paste

## DIRECTIONS

In a medium-sized frying pan, toast the nuts and shredded coconut until light brown.

Set aside and let cool completely.

In a food processor, add the Medjool dates, toasted nuts, and shredded coconut and pulse until fine and crumbly. Add the rest of the ingredients and pulse until the ingredients come together into a ball.

Pour the mixture onto a baking mat and press the dough using your hands into a rectangle, about one inch thick.

Place into the fridge to let it set for two hours.

Cut up into the shape you desire. Note: If you're rolling into balls, roll them up after pouring the mixture onto the baking mat, before placing them into the fridge.

Lightly dust with more matcha powder, or cocoa powder if you prefer.

To store, place a piece of parchment paper in between the bars or layers of balls to avoid sticking. Keep them in an airtight container in the fridge.



# SUBMIT YOUR RECIPE

## HERE'S HOW

- Create your original, Whole Life compliant recipe
- Take some well-composed and well-lit high resolution photos
- Send us the recipe, ingredient list, and preparation instructions to the email below
- We'll contact you right away to let you know when we'll be publishing your recipe on the website
- Enjoy Your 15 minutes of culinary fame!

## SUBMIT YOUR RECIPE AT THE FOLLOWING URL:

<http://info.wholelifechallenge.com/submit-a-recipe>

# 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

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

Connect to get your daily dose of inspiration and motivation.



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