

PART 5



RECIPES THAT
SATISFY



WATERBROOK

Meals, Snacks, and Sides

Tasty Recipes to Help You Stick with the Program

15

Food is medicine and a healthy diet is a powerful tool for protecting one's health.

—DR. JOSH AXE

These recipes have been designed to ensure that your Eat, Live, Thrive experience is enjoyable. Our participants have told us that these meals, snacks, and sides have made all the difference in helping them stick to their programs. They discovered countless alternative ways to stimulate their taste buds and satisfy their cravings healthfully. Their families love the recipes as well.

You'll see that we've noted what Elimination Phase levels (L1, L2, L3) each recipe can be used for. If your level is listed, it is approved for that level. Others will be designated with an *M* to clarify that a modification is needed for that level.

WATERBROOK

Breakfast and Grain-Free Goodies

Berry Protein Smoothie (L1/L2/L3)

1 cup unsweetened almond or coconut milk, from carton
1 tablespoon extra-virgin coconut oil or 1 tablespoon MCT oil
½ cup berries
1 scoop/serving of high-quality whey protein
½ banana (ideally frozen and very ripe)
2 to 3 ice cubes (optional)

In a blender, place the milk, oil, berries, protein, and banana. Blend until smooth. Add the ice and blend again until smooth.

Tip: Peel ripe bananas and cut them in half. Store them in the freezer in a baggie. Perfect for your smoothies, and no more wasted bananas!

Serves 1. Per serving: approximately 353 calories, 26g carbohydrate, 12g sugar, 21g protein, 20g fat.

Orange Smoothie (L1/L2/L3)

1 cup unsweetened almond or coconut milk, from carton
1 tablespoon extra-virgin coconut oil or 1 tablespoon MCT oil
½ orange, peeled and seeds removed
1 scoop of high-quality whey protein
½ banana
2 to 3 ice cubes (optional)

In a blender, place the milk, oil, orange, protein, and banana. Blend until smooth. Add the ice and blend again until smooth.

Serves 1. Per serving: approximately 349 calories, 25g carbohydrate, 13g sugar, 21g protein, 20g fat.

Chocolate Banana Smoothie (L1/L2/L3)

1 cup unsweetened almond or coconut milk, from carton
1 tablespoon extra-virgin coconut oil or 1 tablespoon MCT oil
1½ tablespoons cocoa powder
1 scoop of high-quality whey protein
½ banana
2 to 3 ice cubes (optional)

In a blender, place the milk, oil, cocoa powder, protein, and banana. Blend until smooth. Add the ice and blend again until smooth.

Serves 1. Per serving: approximately 348 calories, 22g carbohydrate, 7g sugar, 22g protein, 20g fat.

Tasty Treats for Your Sweet Carb Cravings

The recipes in this section will help satisfy your desire for foods that have a grain-like texture. You'll notice that the sweeter ones allow you to choose either raw honey or pure maple syrup for sweetening. You can bump up the sweetness of any recipe by adding a healthy non-caloric sweetener. One of our favorites is pure monk fruit extract, which is highly concentrated. We recommend $\frac{1}{8}$ of a teaspoon for most recipes. If you cannot find it in your local supermarket, we carry it on our web store at LeanHealthyAgeless.com. We also like the packets of granulated stevia and granulated monk fruit organic sweetener, which are great for sprinkling on top of pancakes, muffins, and so on. They are also easy to carry in your purse to sweeten beverages on the go. Another option is liquid lo han drops. Each of these products produce a very sugar-like sweetness with little or no aftertaste. Liquid or powdered stevia is also an option. In most of the recipes, we will give you this instruction: $\frac{1}{8}$ teaspoon pure monk fruit extract, or sweetener of your preference to taste.

Pumpkin Spice Pancakes (L1/L2/L3)

- 4 large eggs
- $\frac{1}{2}$ cup canned pumpkin (nothing added)
- 1 teaspoon pure vanilla extract
- 1 tablespoon coconut flour
- 1 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{16}$ to $\frac{1}{8}$ teaspoon pure monk fruit extract or sweetener of your preference to taste
- 1 teaspoon extra-virgin coconut oil or coconut-oil spray (for pan)

Whisk the eggs with the pumpkin and vanilla. Add the flour, spices, baking soda, and sweetener.

In a nonstick pan over medium heat, melt the coconut oil. Scoop about $\frac{1}{4}$ cup of the batter onto the pan to make each pancake. When a bubble or two begins to form or the edges look firm, flip the pancakes and cook until golden brown on the other side.

Serve with Optional Toppings

- 1 teaspoon organic unsweetened apple butter
- $\frac{1}{2}$ cup fresh berries
- 1 teaspoon raw honey or pure maple syrup
- $\frac{1}{2}$ banana, sliced

Time-Saving Tip: Make a double batch and refrigerate or freeze for a future meal.

Serves 2. Per serving: approximately 200 calories, 7g carbohydrate, 2g sugar, 13g protein, 13g fat (not including optional toppings).

Grain-Free English Muffins (L1/L2/L3)

1/8 teaspoon baking soda
1/4 teaspoon apple cider vinegar
1/2 tablespoon plus 1/2 tablespoon
grass-fed butter, ghee, or coconut
oil
1 large egg, beaten
1 tablespoon unsweetened coconut
or almond milk, from carton
1 tablespoon coconut flour
1/4 teaspoon raw honey or pure maple
syrup
1 pinch sea salt

In a small cup or bowl, mix the baking soda and apple cider vinegar. (It will get fizzy.) Set aside.

In a 4-inch ramekin (microwave- or oven-safe), melt 1/2 tablespoon butter, ghee, or oil. Add the egg, milk, flour, and honey or syrup to the melted butter, and whisk with a fork. Add the baking soda mixture. Mix well.

Microwave for 90 seconds or bake at 400°F for 12 to 15 minutes. Allow the muffin to cool to touch, and then loosen the edges with a knife and remove from the ramekin.

Slice the muffin in half and toast in a pan with 1/2 tablespoon butter until golden brown on each side.

Serves 2. Per serving: approximately 103 calories, 2g carbohydrate, 4g protein, 8g fat (serving size: 1/2 English muffin).

Apple Pancakes (L1/L2/L3)

3 large eggs
Dash of salt
1/2 teaspoon pure vanilla extract
1 teaspoon cinnamon
1/4 teaspoon baking soda
1/16 teaspoon pure monk fruit extract
or sweetener of your preference to
taste
1 tablespoon coconut flour
1 cup shredded apple (about 1 1/2
apples), patted dry with a paper
towel
2 teaspoons extra-virgin coconut oil
(for cooking)

In a medium-size mixing bowl, whisk the eggs. Add the salt, vanilla, cinnamon, baking soda, and sweetener, and stir well. Add the coconut flour and stir until smooth. Add the shredded apples and blend until mixed well.

In a skillet or frying pan over medium heat, melt the coconut oil to coat the bottom of the pan. Scoop 1/4-cup portions of batter onto the skillet and flatten into a pancake shape. Cook until golden brown, about 60 to 90 seconds. Flip and cook through on the other side.

Serves 2. Per serving: approximately 222 calories, 18.5g carbohydrate, 12g sugar, 10g protein, 12g fat, 9g fiber.

Sweet Potato Skillet Hash and Eggs (L1/L2/L3)

1 tablespoon extra-virgin coconut oil
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon chili flakes (optional)
2 medium red onions, coarsely chopped
Salt and pepper
3 medium sweet potatoes, scrubbed and cut into 1-inch cubes
½ to ¾ cup bone or vegetable broth or water
4 large eggs
½ cup cilantro, roughly chopped
1 ripe avocado, sliced

Heat a large oven-safe skillet, preferably cast-iron, over medium heat. Add the oil and heat until melted. Add the cumin, coriander, and chili flakes. Cook until fragrant, about 1 minute. Stir in the onions and a few pinches of salt and pepper. Reduce the heat to medium-low and cook the onions, stirring occasionally, until they have caramelized. (This can take up to 30 minutes.)

Add the sweet potatoes and mix with the onions and spices. Add the broth or water. Cover the skillet with a lid and let cook undisturbed for 15 to 20 minutes. This will allow the sweet potatoes to steam.

Remove the lid from the skillet. Use a spoon to create 4 “holes” in the hash, and crack 1 egg into each hole. Put the lid back on and allow the eggs to cook for about 3 to 5 minutes to your personal preference. (Alternatively, you can put the whole skillet, uncovered, under the broiler and broil until eggs are cooked to your preference.) Sprinkle with chopped cilantro and serve with sliced avocado.

Time-Saving Tip: Just cook the onions until translucent, about 10 minutes. The flavor is still good, just not quite as intense.

Time-Saving Tip #2: Precook sweet potatoes in the microwave and eliminate the broth or water from the recipe. Reduce cook time to 5 minutes before adding the eggs.

Serves 4. Per serving: approximately 208 calories, 25g carbohydrate, 8g protein, 8.5g fat.

Carrot Apple Pumpkin Muffins (L1/L2/L3)

6 large eggs, beaten
¼ cup canned pumpkin (nothing added)
½ cup extra-virgin coconut oil, melted
1 teaspoon pure vanilla extract
1 banana, mashed
½ cup coconut flour
Dash of sea salt
¼ teaspoon baking soda
1 tablespoon pumpkin pie spice
2 teaspoons cinnamon
2 cups shredded carrots
1 cup shredded apple (let juices drain in colander before adding to mixture)
⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste
Extra-virgin coconut oil for greasing muffin tins

Preheat the oven to 350°F.

In a large mixing bowl, whisk the eggs, pumpkin, oil, vanilla, and banana together. Sift in the flour, sea salt, baking soda, sweetener, pumpkin pie spice, and cinnamon. Mix until well combined. Gently fold in the carrots and apples. Add additional sweetener, if desired, to batter and mix well.

Grease a 12-cup muffin tin with oil, and scoop ¼ cup batter into each muffin cup. Bake for 35 to 40 minutes or until the tops and edges are starting to brown. Refrigerate or freeze extra muffins. These are great for snacks.

Makes 12 muffins. Per serving: approximately 163 calories, 9g carbohydrate, 4.5g sugar, 4g protein, 12g fat

Banana Pancakes (Lifestyle Phase Only)

1 small banana, mashed
2 large eggs
½ teaspoon baking powder
½ teaspoon cinnamon (optional)
1 teaspoon extra-virgin coconut oil
½ cup fresh or thawed frozen berries (optional)
⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste (optional)

Whisk the banana, eggs, baking powder, and cinnamon (if desired) together to make a batter.

Heat a skillet or griddle on medium heat. Rub the surface with the oil. Drop the batter onto the skillet and cook the pancake for 2 to 3 minutes, watching for the top to start bubbling. Flip the pancake and cook until golden on each side. Transfer the pancake to a plate. Serve with berries, if desired. Add sweetener of preference if you desire more sweetness.

Serves 1. Per serving: approximately 303 calories, 30g carbohydrate, 17g sugar, 14g protein, 14g fat (with berries).

Berry Goat Cheese Crepes (L1/L2M/L3M)

Crepes

- 4 large eggs
- ½ cup unsweetened almond or coconut milk, from carton
- 1 tablespoon extra-virgin coconut oil, plus 1 to 2 teaspoons additional for griddle
- ⅛ teaspoon salt
- 2 tablespoons coconut or almond flour

Filling

- 6 tablespoons crumbled goat cheese
- ¾ cup fresh berries
- 3 tablespoons raw honey or pure maple syrup
- ⅙ teaspoon pure monk fruit extract or a natural sweetener of choice to taste

In a food processor or blender, place eggs, milk, 1 tablespoon coconut oil, salt, and flour. Pulse or blend until well mixed. Heat a griddle or crepe pan to medium-high heat and melt 1 to 2 teaspoons oil to prevent sticking.

For each crepe, pour a third of the mixture onto the pan and move the pan about to let the liquid drain out from the center to create a thinner crepe. Cook until there are bubbles throughout and you can slide a spatula under all areas. Using two spatulas or a crepe turner, flip the crepe to cook the other side.

While the second side is cooking, add about 2 tablespoons goat cheese crumbles on top so the cheese will melt a bit. Drizzle about 1 teaspoon honey or syrup for sweetness. Remove crepe from heat when the bottom is golden brown and slides easily around the pan. Add ¼ cup berries on top, fold over, and slide onto a plate.

Modification: Delete goat cheese.

Makes 3 crepes. Per serving: approximately 266 calories, 13g carbohydrate, 8g sugar, 11g protein, 19g fat.

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Snickerdoodle Muffins (L1/L2/L3)

6 large eggs
¼ cup raw honey or pure maple syrup
½ cup extra-virgin coconut oil, melted
¾ cup unsweetened coconut or almond milk, from carton
1 tablespoon apple cider vinegar
1 teaspoon pure vanilla extract
¾ cup coconut flour
½ teaspoon salt
½ teaspoon baking soda
⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste
1 teaspoon cinnamon, plus additional for sprinkling
Granulated stevia or granulated monk fruit organic sweetener to sprinkle

Preheat the oven to 375°F.

In a medium bowl, mix the eggs with a whisk. Add the honey or syrup, oil, milk, apple cider vinegar, and vanilla. Whisk until combined.

In a large bowl, combine the flour, salt, baking soda, sweetener of preference, and cinnamon. Add the wet ingredients to dry and mix until combined into a batter. The batter will thicken gradually as the liquid ingredients get absorbed.

Spoon half the batter into 12 ungreased muffin cups and fill half full. Sprinkle with cinnamon and non-sugar sweetener, and then top off muffin tins with remaining batter and sprinkle again. Bake for 20 to 22 minutes or until the muffins are cooked through the middle and the edges and tops are starting to turn golden.

Cake Option: Pour batter into an 8 x 8-inch cake pan and cook for 25 to 28 minutes or until the edges and top are starting to turn golden.

Serves 12. Per serving: approximately 160 calories, 9g carbohydrate, 4.5g sugar, 3.5g protein, 12g fat (1 muffin counts as ¼ tablespoon honey/maple syrup).

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Lemon Poppy Seed Muffins (L1/L2/L3)

¼ cup coconut flour, plus 1
tablespoon
¼ teaspoon salt
¼ teaspoon baking soda
⅛ teaspoon pure monk fruit extract
or sweetener of your preference
to taste
1 ½ teaspoon poppy seeds
¼ cup unsweetened coconut or
almond milk, from carton
½ tablespoon apple cider vinegar
3 large eggs, lightly beaten
2 tablespoons lemon juice
2 tablespoons raw honey or pure
maple syrup
¼ cup extra-virgin coconut oil,
melted
½ teaspoon pure vanilla extract
Zest of 1 lemon

Preheat the oven to 350°F.

In a small bowl, combine the flour, salt, baking soda, sweetener of preference, and poppy seeds. Set aside.

In a larger bowl, mix the milk and vinegar. Add the eggs and mix with a whisk. Add the lemon juice, honey or syrup, oil, vanilla, and lemon zest to the egg mixture and whisk until combined. Add the dry ingredients to the egg mixture and stir until combined into a batter.

Pour the batter into 6 greased muffin cups, filling three-quarters full. Bake for 20 minutes or until cooked through the middle and the edges and tops are starting to turn golden. Leave muffins in the cups until they are cool to the touch and then transfer them to a serving plate. Allow leftover muffins to cool completely before storing in the refrigerator or freezer. Great with breakfast or for a snack.

Makes 6 muffins. Per serving: approximately 160 calories, 9g carbohydrate, 3g sugar, 3.5g protein, 12g fat (1 muffin counts as ¼ tablespoon honey/maple syrup).

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Spinach Frittata(L1/L2/L3)

½ tablespoon plus ½ tablespoon
extra-virgin coconut oil
1 cup spinach, chopped
1 cup mushrooms, chopped
3 asparagus spears, chopped
¾ cup onion, diced
8 large eggs
Salt and black pepper

Preheat the oven to 350°F.

In an oven-safe skillet, melt ½ tablespoon oil over medium heat. Sauté the spinach, mushrooms, asparagus, and onion for 3 minutes, until the onion is translucent and the mushrooms have softened. Remove from heat and set aside.

In a medium bowl, whisk the eggs. Add salt and pepper to taste. Stir the vegetables into the eggs. In an oven-safe skillet over medium heat, melt ½ tablespoon oil. Pour the frittata mixture into the skillet and cook without stirring, 2 to 3 minutes until eggs are just beginning to set around the edges.

Transfer the frittata to the oven and bake 12 minutes, or until it achieves a spongy firmness to the touch.

Options: Use vegetables you have on hand, such as chopped zucchini, broccoli, or bell peppers.

Time-Saving Tip: Just scramble the egg mixture until fully cooked and skip the oven baking.

Serves 4. Per serving: approximately 212 calories, 8.5g carbohydrate, 13g protein, 13.5g fat.

WATERBROOK

Salads, Salad Dressings, and More

Turkey Nori Wraps (L1/L2M/L3M)

Wasabi Cream

- ¼ cup sour cream
- ½ teaspoon wasabi paste
- 1 teaspoon rice vinegar

Wrap

- 2 nori (seaweed) sheets (large lettuce leaves may be used as a substitute)
- 4 slices roasted turkey
- ¼ cup shredded cabbage
- ¼ cup julienne carrots
- ½ small ripe avocado, sliced

Options: Replace turkey with smoked salmon. If you don't like seaweed, use lettuce leaves for wrap.

In a small bowl or ramekin, mix the sour cream, wasabi paste, and rice vinegar until smooth and there are no chunks of the wasabi paste. Taste it to see if more wasabi or sour cream is needed.

Take a sheet of nori and spread a spoonful of the wasabi cream mixture across a section horizontally. Lay 2 slices of turkey across the nori sheet, and layer with cabbage, carrots, and avocado. Add another smear of wasabi cream over the top of your meat and veggies. Carefully roll up your wrap. Eat it whole, or slice it in half.

Makes 2 wraps. Per wrap: approximately 136 calories, 7g carbohydrate, 14g protein, 6.5g fat.

Modification: Substitute 2 tablespoons avocado oil mayonnaise and 2 tablespoons coconut milk for sour cream.

Coleslaw (L1/L2/L3)

- 2 (10-ounce) bags of shredded coleslaw, undressed

Dressing

- ⅛ cup raw honey or pure maple syrup
- ½ cup apple cider vinegar
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ½ teaspoon celery seed
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- Stevia (optional)

Pour the coleslaw into a large bowl.

Place a small saucepan over medium heat. Add the dressing ingredients. Stir to combine, and bring to a boil. Reduce heat to low and simmer for 3 minutes, stirring occasionally. Cool to the touch. Pour the dressing over the coleslaw. Toss with a serving spoon to coat the coleslaw. Cover the bowl and refrigerate for at least 1 hour or until chilled. Taste, and adjust any seasonings as needed before serving.

Serves 6. Per serving: approximately 162 calories, 14g carbohydrate, 5.5g sugar, ½ g protein, 11.5g fat.

Carrot and Apple Salad (L1/L2/L3)

1 large carrot, cut into chunks
½ green apple, cored and cut into chunks
½ teaspoon finely grated fresh ginger
½ teaspoon cinnamon
Juice from ½ lemon
4 ounces cold cooked chicken breast, cubed
Olive oil, for drizzle
Salt

In a food processor, place the carrot and apple chunks, ginger, cinnamon, and lemon juice. Pulse to ¼-inch or ½-inch chunks. Pour into a serving bowl. Add the chicken and mix. Drizzle with extra-virgin olive oil and a dash of salt. Serve immediately.

Serves 1. Per serving: approximately 187 calories, 18g carbohydrate, 10g sugar, 22g protein, 3g fat.

Strawberry Balsamic Chicken Salad (L1/L2/L3)

Salad

5 to 6 ounces spinach or other greens of your choice
¼ to ½ cup chopped red onion
1 cup sliced organic strawberries
1 cup sliced roasted almonds
¼ cup crumbled feta or goat cheese
2 precooked free-range chicken breasts (or 8 to 12 ounces of roasted chicken)

Combine the spinach, onion, strawberries, almonds, cheese, and chicken in a salad bowl large enough to toss ingredients.

In a small container with a lid, mix the oil, vinegar, honey or maple syrup, salt, pepper, and garlic (if desired). Cover with a lid and shake well. Toss salad with about 3 tablespoons dressing. Store leftover dressing in a closed container and refrigerate for up to one week.

Serves 2. Per serving: approximately 536 calories, 11g carbohydrate, 8g sugar, 50g protein, 32g fat.

Dressing

½ cup extra-virgin olive oil
½ cup balsamic vinegar
1 tablespoon raw honey or pure maple syrup
Sea salt and freshly ground black pepper
1 tablespoon garlic (optional), minced

Rainbow Chopped Salad with Grilled Chicken (L1/L2/L3)

1 small broccoli head, cut into small florets
1/4 small red cabbage head, finely diced
1 small red onion, finely diced
1 large carrot, chopped
1 red or orange bell pepper, chopped
1 ripe avocado, cubed
12 ounces cold grilled chicken breast, cubed

In a medium serving bowl, mix all ingredients together. Serve with Easy Homemade House Dressing (page 000), Garlic and Herb Dressing (page 000), or Avocado Dressing (page 000).

Serves 3. Per serving: approximately 243 calories, 13g carbohydrate, 27g protein, 9g fat (without dressing).

Tuna Avocado Boats (L1/L2/L3)

1 (5-ounce) can albacore tuna
1 tablespoon extra-virgin olive oil, plus additional for drizzle
1 to 2 tablespoons lemon juice or 2 drops of lemon essential oil
1 teaspoon Dijon or yellow mustard (optional)
Salt and freshly ground black pepper
Fresh or dry dill or basil
1/2 ripe avocado
1/2 cup cherry tomatoes, sliced in half

Mix tuna with olive oil, lemon juice, and mustard (if desired). Add salt, pepper, and dill or basil to taste. Serve on top of half an avocado and surround with tomatoes. Drizzle a bit more olive oil on tomatoes and top with more herbs.

Serves 1. Per serving: approximately 318 calories, 10g carbohydrate, 16g protein, 27g fat.

Easy Homemade House Dressing (L1/L2/L3)

2 tablespoons fresh lemon juice
1 tablespoon apple cider vinegar
1 small clove garlic, minced
1/4 cup extra-virgin olive oil
Sea salt and freshly ground black pepper
Dried herbs of your choice (optional)

In a small bowl, whisk all ingredients together until combined, or use a blender or bullet to mix.

Makes 3 servings. Per serving: approximately 120 calories, 14g fat (serving size: 2 tablespoons).

Garlic and Herb Dressing (L1/L2/L3)

2 cloves garlic, minced
2 teaspoons Dijon mustard
¼ teaspoon salt
¼ cup apple cider vinegar
½ cup extra-virgin olive oil
Freshly ground black pepper
(optional)
Dry or fresh herbs of choice, such as
herbs de Provence

Place all ingredients in a bowl, and whisk until combined. Add water as needed (up to ¼ cup) to thin.

Makes 8 servings. Per serving: approximately 120 calories, 14g fat (serving size: 2 tablespoons).

Avocado Dressing (L1/L2/L3)

1 ripe avocado
1 small clove garlic, minced
Juice of 1 lemon
2 tablespoons extra-virgin olive oil
Sea salt and freshly ground black
pepper
1 teaspoon fresh dill, finely chopped,
or dried dill

Mix all ingredients in a food processor or blender. Add a little water to thin the mixture to a desired consistency. Store in the refrigerator for several days.

Makes 6 servings. Per serving: approximately 81 calories, 2g carbohydrate, 0.5g protein, 8.5g fat (serving size: 2 tablespoons).

Cilantro Fiesta Dressing (L1/L2/L3)

2 garlic cloves, minced
¼ teaspoon salt
1 cup packed fresh cilantro
1 cup packed fresh parsley
¼ cup red wine vinegar
¾ cup extra-virgin olive oil
¼ teaspoon raw honey or pure maple
syrup
Pinch of red or cayenne pepper, or
dash of Tabasco sauce

In a blender or food processor, combine garlic and salt and make into a paste. Add cilantro and parsley, and finely mince. Add vinegar, oil, and honey or syrup and blend fully. Add your choice of pepper or Tabasco sauce to taste.

Makes 12 servings. Per serving: approximately 120 calories, 14g fat (serving size: 2 tablespoons).

Caesar Dressing (L1)

1 teaspoon anchovy paste
3 cloves garlic, minced
1 teaspoon freshly ground black pepper
¼ cup lemon juice
2 tablespoons sherry or red wine vinegar
1 tablespoon Dijon mustard
½ cup extra-virgin olive oil
½ cup grated Parmesan cheese
Salt

In a medium-size bowl, mix together the paste, garlic, and pepper. Whisk in the lemon juice, sherry or vinegar, and mustard. Slowly whisk in the oil until emulsified. Stir in the cheese. Then put all ingredients in a blender and puree until creamy. Season with salt to taste.

Extra dressing can be refrigerated in a sealed container for up to one week.

Serving Suggestion: Toss liberally with romaine lettuce and additional cheese for an authentic Caesar salad.

Makes 8 servings. Per serving: approximately 73 calories, less than 1g carbohydrate, 1g protein, 7.5g fat (serving size 2 tablespoons).

Creamy Ranch Dressing (L1/L2/L3)

½ cup avocado oil mayonnaise
¼ cup canned full-fat coconut milk
1 teaspoon fresh dill, finely chopped, or dried dill
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon salt
¼ teaspoon freshly ground pepper
Chopped fresh chives (optional)

Add all ingredients to a jar or container that has a lid. Stir together until blended. Put the lid on the jar and shake to thoroughly combine. Chill for 30 minutes before serving. Store in the refrigerator.

Reducing Tip: Thin out this dressing by adding some unsweetened coconut milk (from a carton, not a can). Not only does it make the dressing go further, but it also reduces your calories per tablespoon.

Makes 6 servings. Per serving: approximately 146 calories, 17g fat (serving size: 2 tablespoons).

Entrées

Roasted Free-Range Chicken (L1/L2/L3)

1 free-range chicken, approximately
3 to 4 pounds
1 bunch of organic parsley
1 bunch of organic rosemary
1 bunch of organic chives
1 bulb of organic garlic
¼ cup ghee
Coarse Celtic sea salt
Freshly ground organic black pepper

Preheat the oven to 300°F.

Chop half of each bunch of fresh herbs finely, discarding the tough stems. Divide the bulb of garlic in half. Peel and slice half of the garlic cloves as thinly as possible. (Reserve other half for stuffing inside the chicken.) In a small bowl, mix the herbs and garlic thoroughly with the ghee.

Loosen the skin of the chicken breast by running a butter knife between the skin and the flesh of the bird. When the skin is sufficiently loose, spread some of the herb mixture between the skin of the breast and its flesh. Take the remaining mixture and spread it on the outside of the skin of the bird. Stuff the remaining garlic inside the cavity of the chicken, and then sprinkle the bird generously with the salt and pepper.

Place the chicken in a covered roasting pan and roast it in the oven for 2 hours. Then raise the temperature to 425°F and continue to roast the chicken for another 20 minutes or until the skin is golden brown. Garnish the chicken with the remaining fresh whole herbs and serve.

Makes approximately 4 servings. Per serving: approximately 190 calories, 28g protein, 7g fat (serving size: 4 ounces without skin).

Using Pre-Minced Garlic

Many of our recipes call for garlic. To save time, you can use pre-minced garlic products found in jars, tubes, or frozen packets. Use the same amount as noted for the fresh garlic. Do be sure to check the ingredients for the pre-minced garlic to make sure they do not include any unhealthy vegetable oils or preservatives.

Chicken Fajitas (L1/L2/L3)

2 tablespoons extra-virgin coconut oil
1/2 red onion, sliced
2 bell peppers (any color), sliced
1 cup sliced mushrooms (optional)
1/4 teaspoon garlic powder
1/2 teaspoon cumin
2 tablespoons chili powder
Salt
3 tablespoons canned diced green chiles
3 tablespoons salsa, plus additional for garnish
2 chicken breasts, cooked and sliced
Iceberg or butter lettuce or non-GMO corn tortillas
1/2 cup chopped fresh cilantro
1 medium avocado, chopped (optional)

Melt oil in a large skillet or saucepan over medium-high heat. Add onion, peppers, mushrooms (if desired), garlic powder, cumin, chili powder, and salt. Cook until veggies are tender. Reduce heat to medium-low and add diced green chiles, salsa, and chicken. Heat until chicken is warmed through. Serve wrapped in lettuce leaves or tortillas, and garnish with cilantro, more salsa, and avocado (if desired).

Serves 2. Per serving: approximately 305 calories, 13g carbohydrate, 28g protein, 15g fat.

Easy-Baked Salmon over Spinach (L1/L2/L3)

4 (8-ounce) skinless salmon fillets (preferably wild)
Salt and freshly ground black pepper
1 tablespoon fresh dill or thyme, finely chopped
1 tablespoon butter or ghee, melted
1/2 tablespoon extra-virgin coconut oil
1 garlic clove, thinly sliced
1/2 tablespoon ghee
9 ounces baby spinach
2 teaspoons fresh lemon juice, or 2 drops lemon essential oil

Preheat the oven to 400°F.

Place the salmon in an ovenproof baking dish, and season it well with salt and pepper. Mix the dill or thyme with melted butter, and drizzle it on salmon. Bake 10 to 15 minutes.

In a medium skillet over medium heat, sauté the garlic in the oil and ghee for about a minute. Add the spinach to the skillet, and toss and cook it until it is wilted. Stir in the lemon juice. Salt to taste. Serve salmon atop spinach.

Serves 8. Per serving: approximately 263 calories, 7g carbohydrate, 27g protein, 16g fat.

Chicken Sausage Zucca (L1/L2/L3)

2 medium zucchini
2 fully cooked Italian chicken or turkey sausages
1 tablespoon extra-virgin coconut oil
1 cup sliced mushrooms (optional)
¼ teaspoon salt
¼ teaspoon granulated garlic
½ teaspoon dried Italian seasoning
1 to 2 tablespoons sliced sun-dried tomatoes
2 cubes frozen basil or 2 tablespoons fresh basil, chopped
¼ cup canned full-fat coconut milk
Spaghetti or tomato sauce (optional)

Spiralize the zucchini into long noodle strands, or use a vegetable peeler to make wide noodles. Set them in a colander and sprinkle with salt. Let them drain over paper towels.

Slice sausage into bite-sized pieces.

Melt the oil in a sauté pan, and add sausage, mushrooms (if desired), salt, garlic, and Italian seasoning. Cook until the mushrooms are tender. Add the tomatoes, basil, and milk. Cook until the mixture is heated through.

Add zucchini noodles, and cook for another minute until noodles are warm and al dente. (Be careful not to cook the zucchini very long or it will get soggy and add too much liquid to your dish.) If you want the red sauce option, add ½ cup of the spaghetti or tomato sauce to pan, then mix and warm through.

Serves 2. Per serving: approximately 300 calories, 16g carbohydrate, 24g protein, 16g fat.

WATERBROOK

Chicken Stir Fry (L1/L2/L3)

2 tablespoons extra-virgin coconut oil
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
Salt and freshly ground black pepper
1 red bell pepper, thinly sliced
½ yellow bell pepper, thinly sliced
1 small white onion, thinly sliced
2 small carrots, diced
½ teaspoon fresh grated ginger
½ head of broccoli, cut into florets
3 cloves garlic, minced
1 tablespoon coconut aminos
1 teaspoon sesame oil

In a large skillet, heat the coconut oil on medium-high until it starts to shimmer.

Season the chicken with salt and pepper, and add it to the pan. Sauté until the chicken is browned, about 7 to 10 minutes. Stir in the peppers, onion, carrots, and ginger, and sauté for 3 to 5 minutes until the vegetables are the desired tenderness. Add the broccoli and garlic, and cook for an additional 2 to 3 minutes until it reaches the tenderness you desire. Drizzle with coconut aminos and sesame oil and stir. Add salt and pepper to taste. Serve by itself or with Cauliflower Rice (page 000).

Time-Saving Tip: Use prepackaged raw or frozen stir-fry vegetables.

Serves 4. Per serving: approximately 213 calories, 10g carbohydrate, 22g protein, 11g fat.

WATERBROOK

Lemon Cauliflower Risotto (with Chicken) (L1/L2/L3)

2 tablespoons grass-fed butter or ghee
1 medium shallot, chopped
1 cup sliced mushrooms (optional)
Salt for sprinkling, plus ¼ teaspoon additional
Freshly ground black pepper for sprinkling, plus ¼ teaspoon additional
1 medium cauliflower, riced, or 1 (16-ounce) package frozen riced cauliflower
1 (14-ounce) can full-fat coconut milk
2 tablespoons fresh lemon juice
1½ teaspoons, plus ½ to 1½ teaspoons lemon zest
¼ teaspoon onion powder
1½ cups cooked and chopped chicken breast (optional)
Fresh chopped basil

In a skillet over medium heat, melt 2 tablespoons butter. Add the shallot and sauté until tender. Add the mushrooms (if desired), sprinkle with salt and pepper, and sauté for another 2 minutes. Add the cauliflower, sprinkle with more salt and pepper, and cook until tender, stirring frequently. While cauliflower is cooking, in a medium bowl, mix sauce by combining coconut milk, lemon juice, 1½ teaspoons lemon zest, ¼ teaspoon salt, ¼ teaspoon pepper, and powder. Stir until all the lumps are gone. Once the cauliflower is tender, pour half the sauce into the skillet, stir, and heat through. Add cooked chicken (if desired).

Garnish with fresh lemon zest and basil and serve.

Save the remaining lemon cream sauce for another batch. This sauce is also used in our Creamy Lemon Chicken with Zoodles recipe (page 000).
Sauce can be kept in fridge for 4 to 6 days.

Serves 3. Per serving: approximately 288 calories, 7g carbohydrate, 14g protein, 24g fat (with chicken).

WATERBROOK

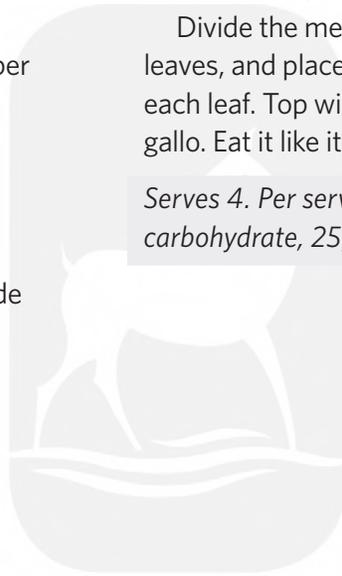
Turkey Taco Lettuce Wraps (L1/L2/L3)

1 tablespoon extra-virgin coconut oil
1 pound ground turkey or chicken
1 teaspoon garlic powder
1 teaspoon cumin
1 teaspoon salt
1 teaspoon chili powder
1 teaspoon paprika
½ teaspoon oregano
½ small onion, minced
2 tablespoons minced bell pepper
¾ cup water
1 (4-ounce) can tomato sauce
8 large iceberg lettuce leaves,
washed and dried
1 avocado, cubed
Chopped cilantro or fresh pico de
gallo (for garnish)

In a large skillet over medium heat, melt the oil. Add the poultry, and cook it until it's browned, breaking it into smaller pieces as it cooks. When the meat is no longer pink, add the garlic powder, cumin, salt, chili powder, paprika, and oregano. Mix well. Add the onion, bell pepper, water, and tomato sauce. Cover the skillet with a lid, and reduce the heat to low. Simmer for 20 minutes, and then remove from heat.

Divide the meat equally among the 8 lettuce leaves, and place a spoonful of meat in the center of each leaf. Top with avocado and cilantro or pico de gallo. Eat it like it's a taco and enjoy!

Serves 4. Per serving: approximately 231 calories, 5g carbohydrate, 25g protein, 14g fat.



WATERBROOK

Creamy Lemon Chicken with Zoodles (L1/L2/L3)

2 large zucchini
2 large yellow squash
Sea salt for sprinkling
1 (14-ounce) can full-fat coconut milk
2 tablespoons fresh lemon juice
1 ½ teaspoons, plus ½ to 1 ½ teaspoons lemon zest
¼ teaspoon salt, plus additional for sprinkling
¼ teaspoon freshly ground black pepper, plus additional for sprinkling
¼ teaspoon onion powder
1 tablespoon, plus 1 tablespoon grass-fed butter or ghee
1 medium shallot, chopped
1 cup sliced mushrooms
1 cup chopped broccoli
1 ½ cups chopped or shredded cooked chicken breast

Use a spiralizer or vegetable slicer to make your squash noodles. Place the noodles in a colander, sprinkle them with sea salt, and let them drain in the sink.

In a medium bowl or large mason jar, combine milk, lemon juice, 1 to 1 ½ teaspoons lemon zest, salt, pepper, and powder. Stir until all the lumps are gone. Set aside.

In a large skillet over medium heat, melt 1 tablespoon butter, being careful not to burn it. Add the shallots and sauté until transparent. Add 1 more tablespoon butter, the mushrooms, and the broccoli and cook until tender. Add half of the lemon cream mixture to the skillet, bring the mixture to a slow boil, and then reduce the heat to medium-low. Add the chicken and heat through.

Towel off the squash noodles to remove any excess moisture, and then add them to the skillet. Combine, tossing the noodles into the mixture. Cook another minute, just until noodles are al dente. (Be careful not to cook the zucchini very long or it will get soggy and add too much liquid to your dish.)

Serve topped with sprinkles of lemon zest and salt and pepper to taste.

Save the remaining lemon cream sauce for another batch, or use it in Lemon Cauliflower Risotto (page 000). Sauce can be kept in fridge for 4 to 6 days.

Serves 3. Per serving: approximately 288 calories, 7g carbohydrate, 14g protein, 24g fat.

Salmon or Tuna Patties (L1/L2/L3)

2 (6-ounce) cans of wild salmon or tuna, drained well
2 large eggs, beaten
1 clove garlic, finely chopped
3 tablespoons finely chopped shallots
2 to 3 scallions, white and green parts, chopped
½ to 1 teaspoon fresh dill, finely chopped, or dried dill
¼ teaspoon garlic powder (optional)
¼ teaspoon onion powder (optional)
1 teaspoon Dijon or yellow mustard (optional)
Sea salt and freshly ground black pepper
1 tablespoon coconut flour (optional)
1 to 2 teaspoons extra-virgin coconut oil

In a medium bowl, mix the following ingredients until combined: salmon or tuna, eggs, garlic, shallots, scallions, dill, powder and mustard (if desired), and salt and pepper to taste. Sprinkle in the flour and mix well. If there's still a lot of liquid, add a little more flour, one teaspoon at a time.

In a medium frying pan over medium heat, melt the oil.

Scoop the fish mixture into your hand and form it into a patty. (It should yield 7 to 9 patties.) Place 3 to 4 patties in the pan, depending on the size of your pan. Cook them until they are golden brown on one side, approximately 2 to 3 minutes. Flip patties and cook on the other side until they're golden brown. Place patties on a serving plate and cover until all patties are cooked and ready to serve.

Serving Suggestion: These are great served with Avocado Dressing (page 000).

Serves 3. Per serving: approximately 198 calories, 1g carbohydrate, 30g protein, 11g fat.

WATERBROOK

South of the Border Stuffed Peppers (L1/L2M/L3M)

2 large bell peppers (any color),
halved with seeds and core
removed
½ pound cooked or roasted chicken
½ small onion, chopped
1 clove garlic, minced
½ teaspoon cumin
½ teaspoon chili powder
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons tomato paste
6 tablespoons water
1 (4-ounce) can diced green chiles
½ cup canned black beans, drained
and rinsed
1 cup fresh or frozen corn
Mexican-style hot sauce (Cholula,
Tapatio)
1 cup riced cauliflower
(Lifestyle Phase Option: 1 cup cooked
rice instead of the riced
cauliflower—will increase calories
by 60 calories and carbohydrate
grams by 13)
¼ cup salsa verde
½ cup shredded cheddar cheese

Preheat the oven to 400°F.

Fill a medium pot with water, and bring it to a boil. Add the pepper halves and continue to boil for 5 minutes. Drain and place the peppers cut-side down on a paper towel.

In a medium bowl, mix together the chicken, onion, garlic, cumin, chili powder, salt, pepper, tomato paste, water, chiles, beans, corn, hot sauce to taste, and riced cauliflower or cooked rice.

Spoon stuffing mixture into each drained pepper half. Place peppers in an 8 x 8-inch baking dish. Top them with salsa. Cover the baking dish with aluminum foil, and bake for 30 minutes. Remove the foil, and top the peppers with the cheese. Return the uncovered baking dish to the oven for an additional 7 to 10 minutes, or until the cheese is bubbling and just starting to turn golden in spots.

Time-Saving Tip: Coarsely chop peppers. In a large skillet, melt 1 tablespoon coconut oil over medium heat. Sauté the peppers with onion, garlic, riced cauliflower, and corn until soft. Add the remaining spices, beans, cooked chicken, salsa, tomato paste, and water. Combine well. Reduce heat to low and simmer until warmed through. Add hot sauce to taste, and top with shredded cheese.

Modification: (L2/L3) Delete corn, beans, and cheese, substituting with 1 ½ cups diced carrots and/or zucchini.

Makes 4 peppers. Per serving: approximately 296 calories, 22g carbohydrate, 21g protein, 14g fat.

Roasted Italian Stuffed Peppers (L1/L2/L3)

2 bell peppers (any color), halved
with seeds and core removed
1 tablespoon extra-virgin coconut oil
½ large onion, diced
Sea salt and freshly ground black
pepper
4 cloves garlic, minced
1 carrot, shredded or diced
1 pound ground turkey or chicken
2 to 3 tablespoons tomato paste
6 fresh basil leaves, finely chopped,
plus extra for garnish
1 cup fresh or frozen spinach,
chopped

Preheat the oven to 400°F.

Fill a medium pot with water, and bring it to a boil. Add the pepper halves and continue to boil for 5 minutes. Drain and place the peppers cut-side down on a paper towel.

In a large sauté pan over medium-high heat, melt the oil. Add the onion, and cook it until it is translucent. Season with salt and pepper. Add the garlic and carrot, reduce the heat to low, and let simmer for a few minutes.

Increase the heat to medium-high, add the poultry, and cook through completely. Add the tomato paste and stir through. (You may need to add 2 to 4 tablespoons water if the mixture is too thick.) Add additional salt and pepper to taste. Add the basil and spinach, and allow them to wilt. Combine evenly.

Spoon stuffing mixture into each drained pepper half. Place in an 8 x 8-inch baking dish and bake in the oven for 15 to 20 minutes. Garnish with fresh basil.

These go well with Cauliflower Mash as a side (page 000). Stuffed Peppers refrigerate and freeze well and are great for lunch, too!

Serves 4. Per serving: approximately 242 calories, 6.5g carbohydrate, 23g protein, 9.5g fat.

WATERBROOK

Busy-Woman Greek Chicken (L1/L2/L3)

1 whole pre-roasted chicken
½ cup extra-virgin olive oil
½ cup fresh lemon juice
4 teaspoons chopped fresh garlic
2 tablespoons apple cider vinegar
Zest of 1 lemon
½ teaspoon salt
Dash of freshly ground black pepper
2 teaspoons herbs de Provence,
Italian seasoning, or other green-
herb seasoning, plus additional for
sprinkling

Preheat the oven to 400°F.

Carve the chicken breast and thigh in thick slices, and place them in an 8 x 13-inch baking dish. Add the wings and legs to the baking dish alongside the other chicken pieces.

In a bowl or jar that has a lid, place oil, lemon juice, garlic, vinegar, zest, salt, pepper, and herbs. Mix well.

Sprinkle some additional dried herbs over the top of the chicken, and then pour the marinade over the top to cover the chicken. Cover the baking dish with foil. Bake it in the oven for 10 to 15 minutes, until chicken is heated through and sauce is bubbling.

Serve with a salad and/or roasted veggies and maybe a few roasted potatoes. *Opa!*

Serves 5. Per serving: approximately 350 calories, 23g protein, 28.5g fat.

WATERBROOK

Creamy Chicken Spaghetti Squash (L1/L2/L3)

1 large spaghetti squash
2 tablespoons ghee or extra-virgin coconut oil
1 to 2 teaspoons fresh garlic, minced
2 large shallots, thinly sliced
4 tablespoons sun-dried tomatoes, julienne sliced (in olive oil)
½ cup chopped mushrooms (optional)
1 pound chicken breast (boneless, skinless), diced small
½ teaspoon salt, plus additional
½ teaspoon red pepper flakes (optional)
1 teaspoon dried basil
½ cup canned full-fat coconut milk
½ to 1 cup chicken-bone broth or veggie broth
1 teaspoon sea salt
Fresh black pepper

Preheat the oven to 400°F.

Cut spaghetti squash in half lengthwise, discard seeds, and place facedown on a baking sheet. Bake for 45 to 55 minutes, until threads are easily removed from the squash. (Or, in a microwave-safe dish, place the squash facedown and cook for 12 minutes.)

Place a large sauté pan over medium-low heat. Add 2 tablespoons of the ghee or oil (or a combination of the two) to the pan. Once the oil is warm, add the garlic and shallots. Cook until the garlic becomes fragrant. Add the tomatoes and mushrooms (if desired), and cook for 5 minutes. Remove mixture and set it aside on a plate.

Return the skillet to the stove top, add the chicken, sprinkle with the salt, red pepper flakes (if desired), and basil. Brown the chicken on all sides, and add the tomato mixture back into the pan with the chicken. Pour in the milk, ½ cup broth, and the sea salt. Mix well. Add in the spaghetti squash threads, and mix until well combined. Turn the heat to low, and let the mixture simmer for about 8 to 10 minutes, or until it reduces and thickens. If it is too thick, add more chicken broth to thin. Add salt and pepper to taste.

Time-Saving Tip: Use pulled chicken from a roast chicken that you purchased precooked or made earlier in the week. Warm chicken through instead of browning on all sides.

Serves 4. Per serving: approximately 334 calories, 19g carbohydrate, 27g protein, 17g fat.

Chicken Marsala (L1)

1 medium white or yellow onion, sliced
1 to 2 teaspoons fresh garlic, minced
1 cup sliced mushrooms
2 to 3 tablespoons, plus 2 to 3 tablespoons extra-virgin coconut or avocado oil
Sea salt and freshly ground black pepper
4 chicken breast cutlets (or 1 pound full boneless chicken breasts pounded to 1/4 inch thickness)
1/2 cup arrowroot (you won't use all of this, but you need enough for shaking in a bag)
1/2 cup tapioca flour (you won't use all of this, but you need enough for shaking in a bag)
Herbs de Provence
3/4 to 1 1/4 cups marsala wine
Garlic powder

In a large skillet over medium-high heat, sauté the onion, garlic, and mushrooms in 2 to 3 tablespoons oil. Cook until the onion is caramelized. Remove from heat, and place the mixture in a small bowl.

Lightly shake salt and pepper (to taste) directly onto chicken breast. In a large ziplock baggie, mix arrowroot, flour, more salt and pepper, and herbs de Provence. Toss chicken into baggie, close, and shake well.

In the same skillet over medium heat, sauté the floured chicken in 2 to 3 tablespoons oil until it is golden brown on both sides, about 15 minutes total. Slowly pour in about half of the wine, and turn the heat down to a simmer. Note that the alcohol will burn off. You can be liberal with the wine if you want more gravy.

Add the onion and mushrooms to the chicken. Cover with a lid and simmer for 10 minutes. Add garlic powder and more salt to taste as the sauce thickens slightly while simmering.

Serve beside or over your choice of veggies, such as zucchini or Cauliflower Mash (recipe on page 000). Mashed sweet potatoes are also nice if you want a few more carbohydrates with the meal.

Serves 4. Per serving: approximately 368 calories, 18g carbohydrate, 22g protein, 18g fat.

Mediterranean Tuna (L1M/L2M/L3M)

1 medium yellow onion, diced
2 to 3 tablespoons avocado oil or extra-virgin coconut oil
1 to 2 teaspoons garlic, minced
1 (12-ounce) can albacore tuna packed in water
1 (32-ounce) can stewed tomatoes, well chopped and with liquid
2 to 3 tablespoons capers (from jar)
½ cup diced black or kalamata olives
½ cup chopped sun-dried tomatoes (optional)

In a medium pan over medium heat, sauté onion in 2 to 3 tablespoons oil until it turns golden brown and then stir in the garlic. Flake the tuna into small pieces with a knife or fork, and add it to the sauté pan. Add the stewed tomatoes, capers, and olives. Add sun-dried tomatoes if desired. Simmer for 5 minutes. You can stir rice, penne, kelp noodles, or spaghetti squash into this tuna mixture for a complete meal.

Serves 8. Penne Option per serving: approximately 221 calories, 27g carbohydrate, 13g protein, 7g fat. Kelp Noodle Option per serving: approximately 124 calories, 5g carbohydrate, 11g protein, 6g fat. Spaghetti Squash Option per serving: approximately 143 calories, 9g carbohydrate, 11.5g protein, 6.5g fat.

Serving Options for the Mediterranean Tuna

Brown Rice or Penne (LS): Use 8 ounces cooked brown rice or cook 6 ounces gluten-free penne pasta according to the package directions. Drain the pasta or rice, and then stir it into the tuna mixture and simmer for one additional minute.

Kelp Noodle (L1/L2/L3 and LS): Use 1 (12-ounce) package kelp noodles for a grain-free option. To soften noodles, place them in a colander and rinse them with water. Transfer the noodles to a large bowl, and cover them with very hot water. Add ½ tablespoon salt and the juice of a whole medium-size lemon. Stir for about 10 seconds, until the salt dissolves. Let them set for 30 minutes to soften. Drain the noodles, and stir them into the tuna mixture.

Spaghetti Squash (L1/L2/L3 and LS): Preheat the oven to 400°F. Cut 1 large spaghetti squash in half lengthwise, discard seeds, and place cut-side down on a baking sheet. Bake for 45 to 55 minutes, until threads are easily removed from the squash. (Optional microwave cooking option: In a microwave-safe dish, place squash cut-side down and cook in microwave for 12 minutes.) Remove squash threads from skin with a fork, stir them into the tuna mixture, and simmer for 1 additional minute.

Ceviche (L1/L2/L3)

Be prepared for this recipe to take at least 30 minutes of preparation time. Prep can be done one day ahead. (The ceviche will stay good two days in the refrigerator.) Read through all the instructions before you begin.

1 ¼ pounds raw white fish (cod, grouper, sea bass, sole, snapper, tilapia), chopped into ½-inch squares
5 medium limes, cut in half
10 medium lemons, cut in half
2 to 3 garlic cloves, roughly chopped
2 jalapeños, seeds removed, roughly chopped (wear rubber gloves when handling)
1 tablespoon extra-virgin olive oil
3 cucumbers, diced
6 firm vine-ripened tomatoes, diced
1 large red onion, diced
2 teaspoons salt, plus additional
1 bunch of cilantro
2 avocados, diced (optional)
Tamari (optional)
Coconut aminos (optional)

Place the fish in a deep bowl. Using a hand citrus press, squeeze 4 of the limes and 9 lemons over the fish. Make sure the fish is fully covered in juice. Cover the bowl and place it in the refrigerator for 45 to 60 minutes. Various fish types cure at different rates, so leave it soaking longer if needed. Fish that appears fully white and pulls apart easily is ready to eat.

In a food processor, gently pulse the garlic, jalapeños, and oil until well combined. Set it aside to add to the final mixture.

Remove the fish from the refrigerator and uncover it. Add the cucumber, tomatoes, and onion to the cured fish. Add the set-aside mixture, and combine all ingredients well. Stir in salt and add more to taste. Garnish with diced avocado, if desired. Add tamari and coconut aminos to individual servings, if desired.

This is a large recipe and makes about 10 full servings (or more if you are serving it as an appetizer). Consider cutting the recipe in half if you don't want too many leftovers. Fish is best if eaten the same day, but it can be stored in the refrigerator for up to 3 days. If you do this, separate the juice from the fish so that it does not continue to marinate and overcure it.

Serves 10. Per serving: approximately 88 calories, 8.5g carbohydrate, 10g protein, 1.5g fat.

Fall-Apart Crock-Pot Roast (L1M/L2M/L3M)

3 pounds grass-fed rump roast or chuck roast
3 tablespoons extra-virgin olive oil
1 medium onion, diced
1 to 2 teaspoons fresh garlic, minced
1 to 2 stalks celery, diced
Salt to rub roast, plus ½ teaspoon, plus additional
Freshly ground black pepper to rub roast, plus ½ teaspoon, plus additional
1 tablespoon tomato paste
1 cup red wine
2 to 3 cups beef broth or bone broth
4 to 8 carrots and/or parsnips, roughly chopped
4 small red or Yukon Gold potatoes, roughly chopped
2 cups sliced mushrooms
2 cups fresh or frozen green beans
3 sprigs fresh thyme or more to taste
3 sprigs fresh rosemary or more to taste

Place a large skillet over medium-high heat. Rub each side of the roast with 2 tablespoons of the oil. Salt-and-pepper both sides of the roast, and then sear it in the skillet until it is a caramelized brown. Remove the roast from the pan, and place it in a Crock-Pot.

In the same skillet, add another tablespoon of the oil. Also add the onion, garlic, celery, salt, and pepper. Sauté on medium-high heat until vegetables are tender. Mix in the tomato paste, and let that cook for about a minute. Deglaze the pan by pouring in the wine and broth, heat through, and scrape off all the browned bits on the bottom of the pan. Pour over the roast in the Crock-Pot.

Layer carrots, parsnips, potatoes, mushrooms, green beans, rosemary, and thyme on top of the roast. Salt and pepper to taste.

Put the lid on the Crock-Pot and cook for 6 to 8 hours on low until the meat gets very tender. Move the veggies to the bottom of the Crock-Pot for the last hour of cooking to absorb flavor and juices.

Once again, add salt and pepper to taste.

This is a complete meal in one pot.

Modification: Substitute wine with broth on L1, L2, and L3.

Serves 8. Per serving: approximately 578 calories, 19.5 carbohydrate, 33g protein, 39g fat (without wine).

Italian Nut Crumbs Meatballs (L1)

Recipe adapted from Susan Laughlin, founder of Nut Crumbs (NutCrumbs.com)

1 pound ground turkey
1 pound grass-fed ground beef or lamb
1 large egg plus 2 more
½ cup, plus ½ cup Italian Nut Crumbs
½ cup grated Parmesan cheese
Salt and freshly ground black pepper
1 small onion, chopped (optional)
¼ cup unsweetened almond or coconut milk
¼ cup extra-virgin olive oil
2 tablespoons ghee
1 (25-ounce) jar marinara sauce

In a large bowl, thoroughly combine the ground meat, 1 egg, ½ cup Nut Crumbs, and cheese. Add salt and pepper, if desired, but the Italian Nut Crumbs have so much flavor and seasoning that this is optional. Add onion, if desired.

In a small bowl, whisk together the remaining 2 eggs and milk.

Pour the remaining ½ cup Nut Crumbs onto a plate.

Form meatballs into 2-inch rounds to ensure the ground turkey will be fully cooked in the middle. Dunk the meatballs in the egg mixture, and then roll them in the Nut Crumbs.

In a skillet, add the oil and ghee and heat them on medium-high. Once the pan is hot, add the meatballs. Cook them for about 2 minutes on one side, and then rotate them. Flip the meatballs every 2 minutes until all sides of them are browned. Add the marinara sauce, cover the skillet, reduce heat to medium-low, and simmer for another hour or until cooked through.

Serving Suggestion: Pour over spaghetti squash or zucchini noodles.

Serves 10. Per serving: approximately 356 calories, 7.5g carbohydrate, 21g protein, 27g fat.

Slow-Cook Chili (L1/L2M/L3M)

- 2 (16-ounce) cans kidney beans, rinsed and drained
- 1 (16-ounce) can white beans, rinsed and drained
- 1 (16-ounce) can black beans, rinsed and drained
- 1 pound grass-fed ground beef or ground turkey, browned and crumbled
- 1 (16-ounce) can stewed tomatoes
- 1 medium white or yellow onion, finely chopped
- 1 to 2 teaspoons fresh garlic, minced
- 2 teaspoons cumin and/or chili powder
- 1 (6-ounce) can tomato paste
- Dry herbs such as cilantro or herbs de Provence (optional)
- Salt and freshly ground black pepper

In a Crock-Pot on high setting, place all beans, cooked beef, stewed tomatoes, onion, and garlic. Stir well. Add 1 teaspoon of cumin and/or chili powder at first, and then taste, adding more if you prefer a stronger flavor. Add dry herbs, if desired. Simmer on high for at least 1 hour, and then turn to medium setting for up to 3 hours. Turn Crock-Pot to low until you serve the meal.

Optional Garnishes: Red pepper flakes, grated sharp cheddar, chopped scallions

Modification: L2/L3—Use diced carrots as a substitution for beans.

Time-Saving Tip: Use 4 precooked frozen and thawed Angus patties, crumbled into pieces.

Serves 8. Per serving: approximately 290 calories, 61g carbohydrate, 21g protein, 10g fat (beans Level 1 & Lifestyle Phase only).

WATERBROOK

Sides, Soups, and Sauces

Cauliflower Rice (L1/L2/L3)

1 head cauliflower
1 tablespoon organic extra-virgin
coconut oil
1 clove garlic, minced
½ cup medium yellow onion,
chopped
1 teaspoon salt
1 teaspoon pepper

Rinse cauliflower under cool water and pat it dry. Using a cheese grater, grate the cauliflower to a coarse texture, approximately the size of rice grains. Or use a food processor to pulse the cauliflower to the desired texture.

In a skillet over medium heat, melt the oil. Sauté the garlic and onion for 3 to 4 minutes, until the onion is relatively translucent. Add in the cauliflower and continue to sauté for 6 to 7 minutes. Season with salt and pepper.

Options: If serving with Mexican-style food, stir in fresh chopped cilantro and a little lime juice. Also delicious covered with our Rich Mushroom Gravy (page 000).

Time-Saving Tip: Precook shredded cauliflower in the microwave for 5 minutes before adding it to the pan.

Serves 4. Per serving: approximately 88 calories, 12.5g carbohydrate, 4.5g protein, 4g fat.

WATERBROOK

Cauliflower Mash (L1/L2/L3)

1 head cauliflower
2 tablespoons ghee
1 to 2 cloves garlic, minced (optional)
Sea salt
1 to 2 tablespoons canned full-fat coconut milk
Chicken or vegetable broth (optional, to thin mash if needed)

Cut the cauliflower in half and remove the stem. Chop it into small pieces, and then steam, boil, or cook it until it's tender. Drain the cauliflower in a colander for at least 5 minutes. Place it in a food processor, and pulse it a few times. Add the ghee, the garlic (if desired), and a pinch of sea salt. Pulse again until it's smooth. Add the milk and broth until you get the desired consistency. (You may not need broth if you had a lot of water still in the cauliflower after draining it.) Delicious with Rich Mushroom Gravy (page 000).

Serves 4. Per serving: approximately 126 calories, 11.5g carbohydrate, 4g protein, 8.5g fat.

Sweet Potato Latkes (L1/L2/L3)

3 large eggs, beaten
2 teaspoons coconut flour
¼ teaspoon salt or more to taste
¼ teaspoon garlic powder
¼ teaspoon rosemary or thyme, fresh or dried
2 cups shredded yellow sweet potato or yam
½ cup finely chopped onion or shallot
2 tablespoons extra-virgin coconut oil

In a medium bowl, mix together the eggs, flour, salt, and rosemary or thyme. Add the potatoes and onion and combine well.

In a large nonstick skillet, melt 1 tablespoon of the oil over medium-low heat. Spoon the potato mixture into the skillet, making 4- to 6-inch pancakes. Cook the first sides for 2 to 3 minutes, until they're golden brown. Flip them and cook another 2 to 3 minutes.

Add the second tablespoon of oil to the pan and repeat the cooking method above and complete cooking the entire mixture.

These make a delicious side dish and are great for breakfast, too.

Serves 4. Per serving: approximately 215 calories, 25g carbohydrate, 6g protein, 11g fat.

Spicy Nut Crumbs Buffalo Cauliflower (L1)

Recipe courtesy of Susan Laughlin, founder of Nut Crumbs (NutCrumbs.com)

2 large eggs, beaten
¼ cup unsweetened almond milk,
from carton
¼ cup or more Frank's RedHot
Buffalo Wing Sauce
1 large head cauliflower, chopped into
florets
½ cup Spicy Nut Crumbs
2 tablespoons extra-virgin olive oil

In a large bowl, add the eggs and milk and ¼ cup of Frank's RedHot sauce or as much as you'd like. Whisk until the mixture is fully combined. Throw in the cauliflower florets, and make sure they are drenched in the liquid gold.

Pour out the Spicy Nut Crumbs onto a plate, and then dredge the cauliflower in the crumbs until they are fully coated.

Place a medium saucepan on the stove at medium-high heat. Add the oil. When oil is hot, add the cauliflower. Cook it on one side for about 2 minutes, and then use metal tongs to flip it. Cook the other side. Be gentle with the cauliflower and only flip it once so the breading is less likely to fall off.

Once the cauliflower is fully browned, serve it with your favorite dipping sauce. Creamy Ranch Dressing (page 000) would be perfect to serve with these!

Serves 4. Per serving: approximately 198 calories, 10g carbohydrate, 7g protein, 15g fat.

WATERBROOK

Savory Zucchini Carrot Pancakes(L1/L2/L3)

- 3 large eggs
- 2 tablespoons coconut flour (plus additional if needed for a thicker batter)
- Sea salt and freshly ground black pepper to taste
- 1 cup shredded zucchini (hand shred this for quick cleanup—lightly squeeze excess moisture out of shredded zucchini with cheese cloth)
- 1 cup shredded carrots
- 2 to 3 scallions, chopped white and green parts
- Dash of garlic powder and/or onion powder (optional)
- 1 tablespoon extra-virgin coconut oil

Whisk eggs with coconut flour, salt, and pepper. Mix in the zucchini, carrots, scallions, and garlic and/or onion powder (if desired) until combined. Add in additional coconut flour if needed, 1 teaspoon at a time, if the batter seems too thin.

In a medium skillet, heat half the oil over medium heat. Spoon the zucchini batter in to make 4-inch pancakes. Cook them until they're golden brown on bottom, and then flip them once and heat until they're golden brown on the second side remove from pan. Add rest of oil to pan and repeat with the balance of the mixture. Serve warm.

These make a great side dish but are also good on their own for a savory breakfast or lunch.

Time-Saving Tip: Make a double batch and refrigerate it to reheat for another meal.

Serves 2. Per serving: approximately 182 calories, 9g carbohydrate, 10.5g protein, 11.5g fat.

WATERBROOK

Quick Roasted Veggies (L1/L2/L3)

4 multicolor carrots, chopped
(blanched, if desired)
1 cup chopped brussels sprouts
(blanched, if desired)
1 medium yellow onion, chopped
2 bell peppers (any color), chopped
2 tablespoons extra-virgin coconut
oil, melted
Herbs de Provence (or any other
herbs you love)
Sea salt and freshly ground black
pepper

Optional Glaze

1/8 cup balsamic vinegar
2 teaspoons raw honey

If you want firm veggies, such as carrots or brussels sprouts, to cook more quickly, you can blanch them for about 3 minutes in boiling water and then drain them.

Preheat the oven to 425°F.

In a large ziplock baggie, shake the carrots, brussels sprouts, onion, peppers, and oil. Spread the vegetables one layer deep on a cookie sheet. Sprinkle them with herbs, salt, and pepper. Roast vegetables in the oven for 10 minutes, and then reduce the heat to 350°F and bake for another 10 to 15 minutes.

For optional glaze, in a small bowl mix together the vinegar and honey. Drizzle over veggies for last 10 minutes of cooking.

Note: Use any “roast-able” veggie you have on hand, including asparagus, mushrooms, zucchini, squash, eggplant, and broccoli.

Serves 4. Per serving: approximately 125 calories, 15g carbohydrate, 3g protein, 7.5g fat.

WATERBROOK

Brazilian Cheese Rolls (L1)

- ¼ cup butter
- 2 ½ tablespoons unsweetened coconut or almond milk, from carton
- 2 ½ tablespoons water
- ½ teaspoon salt
- 1 cup tapioca flour
- 1 teaspoon fresh garlic, minced
- ⅓ cup grated or shredded Parmesan cheese
- 1 large egg, beaten

Preheat the oven to 375°F.

In a small saucepan over high heat, add butter, milk, water, and salt. Bring it to a boil, and then immediately remove it from the heat. Stir in flour and garlic, and continue stirring until mixture is smooth. Set aside the mixture for 10 to 15 minutes.

Stir the cheese and egg into the mixture, and then combine thoroughly until it has a texture similar to that of cottage cheese. Fill a ¼-cup measuring cup approximately ¾ full and drop rounded mounds of mixture onto an ungreased cookie sheet. Recipe should make 8 medium rolls.

Bake rolls for 15 to 20 minutes or until they're lightly browned on top.

Serves 8. Per serving: approximately 129 calories, 16g carbohydrate, 3g protein, 6g fat.

Roasted Chicken Bone Broth (L1/L2/L3)

- 1 leftover roasted chicken carcass (cleaned of usable meat)
- Vegetable scraps (celery leaves, onion trimmings, carrot peels, garlic)
- 2 bay leaves
- 1 tablespoon apple cider vinegar

Place the chicken carcass in a Crock-Pot with vegetable scraps and bay leaves. Pour filtered water to cover and add vinegar. Cook on low heat for 24 hours or longer. Add water as needed. Cook until bones crumble when smashed with a spoon.

Strain the broth through a fine mesh sieve into a freezer-quality container. The broth may gel, but not always. Bone broth can be stored in the refrigerator for no more than a week, or the freezer for up to six months. You can also freeze it in ice cube trays and transfer the frozen cubes of broth to a resealable ziplock freezer bag.

Servings vary. Per serving: 30–60 calories (varies based on amount of water and how much it reduces).

Grain-Free and Delicious Flatbread (L1)

½ cup blanched almond flour
½ cup tapioca flour
1 cup canned full-fat coconut milk
½ teaspoon salt
Optional, if not using nonstick pan: 1
teaspoon extra virgin coconut oil,
avocado oil, or butter (use only for
greasing pan)

Mix all ingredients in a bowl.

Place a nonstick pan or skillet over no more than medium heat as the flatbread needs to cook somewhat slowly to both brown outside and cook fully inside.

Pour about ¼ cup batter into the skillet. The batter is quite thick, so spread it out a bit with a spatula to create a thin pancake. Cook for 2 minutes until the upper side is fully bubbled across the entire surface and the bottom is starting to brown. Flip and cook the other side for 2 minutes, until it is starting to brown as well. To get a nice crispness, cook each side an additional 1 minute. This specific cooking technique is needed for the flatbread to cook properly inside and out. (If by chance your flatbread comes out slightly gooey inside, place it on an ungreased cookie sheet and bake for 5 to 10 minutes at 350°F.)

Variations: Mix some herbs and/or garlic in the batter. Top the flatbread with ghee or goat cheese. These flatbreads can also be used as a base for mini pizzas—just add toppings and stick the flatbread under the broiler. Or use flatbread as wraps or taco shells. Flatbread is most tasty when it's warm, but you can refrigerate it and then reheat it in your skillet or pan.

Note: This bread is grain free and wheat free but not carbohydrate or calorie free, so eat it in moderation!

Serves 6. Per serving: approximately 156 calories, 12g carbohydrate, 2g protein, 11g fat.

Chicken Vegetable Soup (L1/L2/L3)

1 large onion, chopped
2 cups your choice of veggies (carrots, broccoli, riced or whole cauliflower)
1 cup leftover chopped roasted chicken
5 cups bone broth or organic chicken broth
Herbes de Provence
Salt and freshly ground black pepper

Combine onion, veggies, chicken, broth, herbs, and salt and pepper (to taste) in a saucepan, and heat it until the vegetables are desired tenderness. Simple!

Special Tip: No cooked chicken on hand? Place chicken (frozen or thawed) in a 3-quart soup pan. Pour in 8 cups filtered water and add 2 teaspoons sea salt. Bring to a low boil, and cover until the chicken is mostly cooked (10 to 12 minutes). Remove from the heat, and chop the chicken into small pieces. Add to broth and veggies.

Serves 8. Per serving: approximately 65 calories, 4g carbohydrate, 5g protein, 1g fat (serving size: 1 cup).

Kale Potato Soup (L1/L2/L3)

1 ½ quarts organic chicken or bone broth
1 pound spicy chicken sausage (or any meat you choose)
1 tablespoon extra-virgin coconut oil
1 cup chopped onion
1 to 1 ½ cups chopped celery
1 large sweet potato, peeled and diced
4 to 5 cups fresh or packaged kale, chopped
Sea salt and freshly ground pepper
Dry parsley, herbes de Provence, or other spices of your choice
¼ to ½ cup canned full-fat coconut milk

In a medium saucepan over medium-high heat, bring the broth to a boil.

Meanwhile, in a large skillet over medium-high heat, brown the meat. Add the oil, onion, and celery. Sauté until celery is cooked and onion is golden brown. Remove from heat.

Once the broth is at a boil, transfer the meat, celery, and onion to the broth. Add the potatoes and continue cooking until they are very soft. Add kale and cook until it is soft and shrunken, followed by the salt, pepper, and your favorite spices. Slowly stir in ¼ to ½ cup of the milk, according to your creaminess preference.

Serves 8. Per serving: approximately 64 calories, 4g carbohydrate, 4g protein, 5g fat.

Carrot Ginger Soup (L1/L2/L3)

2 teaspoons extra-virgin coconut oil
1 tablespoon minced fresh ginger
1 tablespoon minced shallot
4 cups thinly sliced carrots
3 cups chicken or vegetable broth
Sea salt and freshly ground black pepper
¼ cup canned full-fat coconut milk (optional)

Place oil in a large saucepan over medium-low heat. When oil is hot, add the ginger and shallot and sauté until soft, about 3 to 5 minutes. Add the carrots and sauté until caramelized and tender, about 12 to 15 minutes. Add the broth and cook until all veggies are very tender, about 10 more minutes. Sprinkle with a little salt. Remove from heat and transfer to a blender.

Puree or blend to desired consistency. (If using a regular blender, be sure to do this in batches and cover the lid with a towel so the blender does not overflow.) If you like a creamy soup, return the mixture to the saucepan and add the milk. Add salt and pepper to taste. If you prefer soup extra warm, reheat in original saucepan for 1 to 2 minutes on medium heat.

Serves 4. Per serving: approximately 142 calories, 15g carbohydrate, 3g protein, 9g fat.

Red Curry Pumpkin Soup (L1/L2/L3)

2 to 4 tablespoons Thai Kitchen Red Curry Paste
2 (15-ounce) cans pumpkin puree
Salt
4 cups chicken broth or any flavor bone broth
1 can full-fat coconut milk
¼ teaspoon dry ginger (optional)
⅛ teaspoon cayenne pepper (optional)
Red pepper flakes (optional)
Freshly ground black pepper (optional)
Cinnamon (optional)
Drizzle of raw honey (optional)

Add Red Curry Paste to a soup pot over medium heat. Cook for 1 to 2 minutes, until fragrant.

Add pumpkin, salt, and broth. Stir and cook for approximately 3 minutes until it's lightly bubbling. Stir in the milk and cook another 3 to 4 minutes. Add ginger and pepper at this time to taste. To garnish, sprinkle with red pepper flakes, ground black pepper, or cinnamon, or drizzle with raw honey.

Serves 8. Per serving: approximately 125 calories, 11g carbohydrate, 5g protein, 10g fat, 4g fiber.

10-Minute Asparagus Soup (L1/L2/L3)

8 asparagus stalks, trimmed
1/3 cup shallot or onion, chopped
(optional)
Chicken or vegetable broth (enough
to cover veggies in pot)
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon herbs de Provence

Add asparagus and shallot or onion (if desired) to soup pot. Pour in enough broth to just cover vegetables. Add seasonings. You may need to add more broth as vegetables cook. Keep pot on medium-high heat until the broth is bubbling and vegetables are tender. Allow to cool just a bit, and then transfer to a blender. Blend until smooth. Add salt and pepper. Enjoy!

Variations for Soup:

Celery
Broccoli
Carrots
Bell peppers
Canned coconut milk for creamier version
Curry

Serves 2. Per serving: approximately 42 calories, 7g carbohydrate, 2g protein, 2.5g fat (serving size: approximately 1 cup).

WATERBROOK

Rich Mushroom Gravy (L1/L2/L3)

2 tablespoons organic butter or ghee
1 small onion, finely chopped
1½ cups finely chopped mushrooms
3 to 4 teaspoons arrowroot
2 cups vegetable broth
Salt and freshly ground black pepper

Melt the butter in a saucepan over medium heat. Add the onion and sauté until they're dark golden-brown. Add the mushrooms and cook for an additional 2 minutes. Stir in 3 teaspoons arrowroot. Cook gently for 1 minute, and then gradually add vegetable broth. Bring to a boil, stirring constantly, until thickened and blended. Remove from heat, and add salt and pepper to taste.

Tip: If the sauce is not thick enough, add 1 additional teaspoon at a time of arrowroot using the following method: Take 1 teaspoon arrowroot, add 1 teaspoon water, stir until dissolved, and then add it to your gravy and stir. Bring to a boil again while stirring. The gravy should thicken to the desired consistency.

Serves 8. Per serving: approximately 40 calories, 3g carbohydrate, 1g protein, 3g fat (serving size: ¼ cup).

WATERBROOK

Fresh Pesto (L1/L2M/L3M)

2 cups fresh basil leaves packed
(substitutions: arugula, kale)
¼ cup raw or toasted nuts, such as
walnuts, pine nuts, or pecans
3 garlic cloves, minced
½ cup grated pecorino or Parmesan
cheese
½ cup extra-virgin olive oil
Salt and freshly ground black pepper

Combine the basil leaves and nuts in a food processor, and pulse several times. Add the garlic and cheese, and pulse several times more. Scrape down the sides of the processor with a rubber spatula, and on low speed slowly add the oil. Occasionally stop to scrape down sides. Add salt and pepper to taste, and then pulse again several times.

Using a blender or a bullet, place all ingredients in at once and blend for 15-second intervals until blended. Add salt and pepper to taste. Blend one more time.

Serve on vegetables, spaghetti squash, zoodles (zucchini noodles), fish, and more!

Modifications: L2/L3—Make the pesto without cheese and substitute pumpkin seeds or sunflower seeds for nuts. You may also delete any nut or seed and make with just basil, garlic, and oil.

Makes approximately 16 tablespoons. Per tablespoon: approximately 87 calories, less than 1g carbohydrate, less than 1g protein, 9g fat.

WATERBROOK

Desserts and Treats

Fast and Creamy Berry Sorbet (L1/L2/L3)

1 cup berries (fresh or frozen)
2 ripe bananas (preferably overripe,
fresh or frozen)
¼ cup canned full-fat coconut milk

In a blender or bullet, blend until smooth. Freeze until it's the consistency you like.

Serves 4. Per serving: approximately 100 calories, 18g carbohydrate, 10g sugar, 3g fat, 3g fiber.

Berry Compote Cake (L1/L2/L3)

1 tablespoon, plus ¼ cup extra-virgin
coconut oil, melted
4 cups frozen or fresh mixed berries
(thaw and drain if using frozen)
½ lemon, juiced
Zest of ½ lemon
⅛ teaspoon pure monk fruit extract
or sweetener of your preference
to taste
4 large eggs
¼ cup raw honey or pure maple
syrup
½ cup unsweetened coconut or
almond milk
2 teaspoons pure vanilla extract
½ cup coconut flour
¼ teaspoon cinnamon
1 teaspoon baking soda
¼ teaspoon salt

Preheat the oven to 400°F.

In an 8 x 8 x 2-inch baking dish, add 1 tablespoon of the oil, berries, lemon juice, and lemon zest. If desired, add a natural sweetener of choice to the berries.

In a medium bowl, mix together the eggs, ¼ cup of the oil, honey or syrup, milk, and vanilla. Mix in the flour, cinnamon, baking soda, and salt until a batter is formed. If desired, add sweetener to taste. Drop the batter by spoonful over the top of the fruit and smooth over the top. It does not need to completely cover all the berry mixture fully because it will spread out as it bakes.

Bake the cake for 10 minutes, and then reduce the oven to 375°F and continue to bake it for 30 to 40 minutes or until the fruit is bubbly and the top is golden brown. Cool it for a few minutes. This cake is best served warm, but it is delicious cold as well.

Serves 8. Per serving: approximately 207 calories, 20g carbohydrate, 13g sugar, 4g protein, 11g fat (1 serving counts as ½ tablespoon honey or syrup).

Sun Cookies (L1M/L2/L3)

- 6 tablespoons raw honey or pure maple syrup
- 1 large egg, beaten
- ½ teaspoon salt
- ½ teaspoon baking soda
- ⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste
- 1 cup unsweetened sunflower seed butter (such as SunButter)

Preheat the oven to 375°F.

In a medium bowl, stir together the honey or syrup, egg, salt, baking soda, and sweetener. Stir well. Add the butter and mix until the batter is fully combined and starting to thicken. If you want to increase sweetness, add stevia or lo han to taste.

Dollop about 1 tablespoon batter per cookie onto a parchment-covered cookie sheet. Bake cookies for 15 to 20 minutes until they're golden brown. Slide parchment paper off the pan and allow the cookies to cool.

Modification: L1/LS—If you are not sensitive to peanuts, you can substitute organic Valencia peanut butter in place of seed butter.

Servings 18. Per serving: approximately 113 calories, 6g carbohydrate, 4.5g sugar, 4g protein, 7.5g fat.

Dark Chocolate Truffles (L1/L2/L3)

- ½ cup extra-virgin coconut oil
- ½ cup coconut butter (coconut manna)
- ¾ cup cocoa powder
- ¼ cup raw honey or pure maple syrup
- 1 teaspoon pure vanilla extract
- ¼ teaspoon salt
- 1/16 to ⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste
- ½ cup chopped almonds or peanuts (optional)
- Coarse sea salt (optional)

In a small saucepan over low heat, melt oil and butter. Stir until blended. Add cocoa and mix until combined and it looks like a liquid chocolate sauce. Turn off the heat. Mix in honey or syrup, vanilla, and salt. Add sweetener and nuts (if desired). Stir until mixture is evenly combined.

Pour the mixture into silicone candy molds, and then put the molds in the freezer until the chocolate sets solid. If you don't have silicone molds, use plastic ice cube trays and fill them to about ½ full. If desired, sprinkle with coarse sea salt to taste.

Makes 38 pieces. Per serving: approximately 63 calories, 4g carbohydrate, 2.5g sugar, 5g fat (without nuts).

Chocolate Coconut Macaroons (L1/L2/L3)

3 cups shredded unsweetened coconut
1/2 cup cocoa powder
1/2 cup raw honey or pure maple syrup
1/2 cup canned full-fat coconut milk
1/2 teaspoon cinnamon
1/8 teaspoon pure monk fruit extract or sweetener of your preference to taste
1/4 teaspoon pure vanilla extract
1 large egg white
Pinch of sea salt

Preheat the oven to 325°F.

In a large bowl, combine coconut, cocoa, honey or syrup, milk, cinnamon, sweetener, and vanilla. Stir thoroughly. In a small mixing bowl, use a mixer to beat the egg white and salt for about 2 minutes, or until fluffy peaks are formed.

Fold egg-white mixture into chocolate mixture and gently combine. Scoop balls of the mixture using a tablespoon and pack down firmly onto a parchment paper-lined cookie sheet. Bake for 30 minutes. Let cool and enjoy.

Makes about 22 macaroons. Per serving: approximately 100 calories, 10g carbohydrate, 4g sugar, 8g fat, 2g fiber (1 macaroon counts as 1/4 tablespoon honey or syrup).

Chocolate Bliss Squares (L1/L2/L3)

1 cup extra-virgin coconut oil (warmed to liquid state)
1/4 cup raw honey or pure maple syrup
2 teaspoons pure vanilla extract
1/8 teaspoon pure monk fruit extract or sweetener of your preference to taste
1/4 teaspoon sea salt
1 cup dried shredded unsweetened coconut
3/4 to 1 cup cocoa powder

Using a mixer or blender or by hand, blend the oil, honey or syrup, vanilla, sweetener, and salt. Add the coconut (1/2 cup at a time), and blend until smooth. Stir in the cocoa until the ingredients are thoroughly combined. Adjust your amount of cocoa so that your batter is the consistency of brownie batter.

Line the bottom of an 8 x 8 x 2-inch baking pan with parchment paper. Pour in the mixture. Place it in the refrigerator or freezer until it's solid. Once the mixture is solid, the parchment paper will peel away easily and the chocolate can be cut into squares. Store all finished truffles in the refrigerator or freezer to prevent melting.

Makes twenty 1-ounce pieces. Per serving: approximately 160 calories, 7g carbohydrate, 4.5g sugar, 14g fat (counts as 1/4 tablespoon honey or syrup).

Energy Bites (L1/L2M/L3M)

½ cup almond butter
⅛ cup raw honey
½ cup unsweetened shredded coconut, plus extra for coating
1 tablespoon chia seeds
½ cup chopped pumpkin or sunflower seeds
⅛ teaspoon sea salt
⅛ cup cocoa powder (optional, for rolling)
⅛ to ¼ teaspoon pure monk fruit extract or sweetener of your preference to taste

In a medium bowl, add the butter, honey, coconut, chia seeds, pumpkin or sunflower seeds, and salt. Mix well. Form rounded tablespoons of the mixture into balls, and then roll them in a little shredded coconut or cocoa powder and refrigerate.

Modification: L2/L3—Substitute unsweetened sunflower butter for almond butter.

Makes 16 bites. Per bite: approximately 100 calories, 5g carbohydrate, 3g sugar, 3g protein, 8g fat.

Banana Mug Cake (L1/L2/L3)

2 large ripe bananas mashed well (the browner the better!)
1 large egg, lightly beaten
2 tablespoons canned full-fat coconut milk (unsweetened)
4 tablespoons coconut flour
½ teaspoon cinnamon
½ teaspoon baking soda
Pinch of sea salt
Optional: ⅛ teaspoon pure monk fruit extract or sweetener of your preference to taste

Mix the bananas, egg, and milk together in a medium bowl. In a small bowl, sift or just mix together the flour, cinnamon, soda, and salt. Add sweetener if desired. Add dry ingredients to wet ones, and mix until combined into a batter. Scoop and divide the batter evenly into 2 microwave-safe coffee mugs. Place mugs individually in the microwave for 3 minutes each. Allow the cake to cool for 3 to 4 minutes. Enjoy right from the mug, or use a knife to loosen the edges and flip the mugs over to release the cake onto plates.

Serves 2. Per serving: approximately 223 calories, 36g carbohydrate, 6g protein, 7g fat, 8g fiber.

Grain-Free Banana Bread (L3)

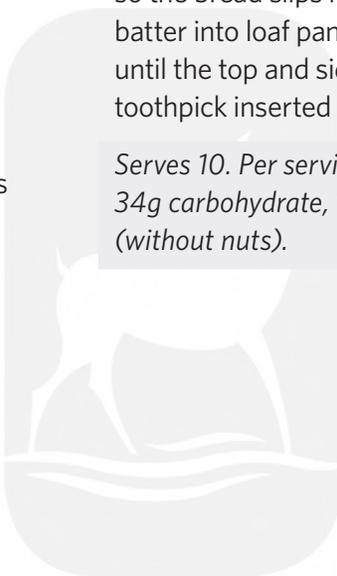
¼ cup extra-virgin coconut oil, plus
extra for greasing pan
½ cup raw honey or pure maple
syrup
2 large eggs
⅛ teaspoon pure monk fruit extract
or sweetener of your preference to
taste
½ teaspoon pure vanilla extract
1½ cup mashed ripe bananas
1¼ cup cassava flour
½ teaspoon salt
½ cup chopped pecans or walnuts
(optional)

Preheat the oven to 375°F.

In a medium bowl, combine the oil, honey or syrup, eggs, sweetener, and vanilla, and stir until it's creamy. Stir in mashed bananas. Add flour, salt, and nuts (if desired) to mixture and combine well.

Grease a 9 x 5 x 3-inch loaf pan with oil. If desired, line the bottom of the loaf pan with parchment paper so the bread slips right out after it is baked. Pour batter into loaf pan. Bake for 45 to 50 minutes, or until the top and sides become golden brown and a toothpick inserted into the center comes out dry.

Serves 10. Per serving: approximately 137 calories, 34g carbohydrate, 18g sugar, 1.5g protein, fat 6.5g (without nuts).



WATERBROOK

Beverages

Sparkling Cranberry Mocktail (L1/L2/L3)

2 to 4 ounces unsweetened
cranberry juice
6 to 8 ounces sparkling water
3 to 4 cubes of ice
Liquid stevia or liquid lo han

Pour juice and water over ice in a glass. Sweeten to taste and stir for a refreshing mocktail.

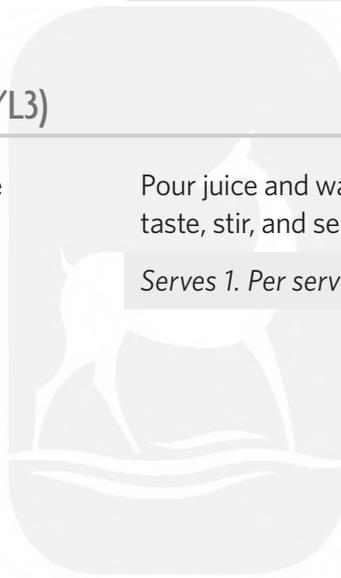
Serves 1. Per serving: approximately 18 calories, 4g carbohydrate, 2.5g sugar.

Sparkling Lemonade (L1/L2/L3)

2 tablespoons fresh lemon juice
6 to 8 ounces sparkling water
3 to 4 cubes of ice
Liquid stevia or liquid lo han

Pour juice and water over ice in a glass. Sweeten to taste, stir, and serve.

Serves 1. Per serving: approximately 10 calories.



WATERBROOK