

# Diabetes Superfood *Breakfast* Recipes!

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# INTRODUCTION

**Yes, You Can Eat to Reverse Diabetes with These Delicious Recipes!**



## Quick and Easy Recipes for Your Busy Life!

I am well aware that we are not all master chefs, nor do we have the time to spend hours preparing food, so I made these recipes to be quick and easy. We all like to eat healthy, great tasting food and delicious dishes with the least time and effort. So quick and easy is how these recipes were put together.

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Growing up, I was fortunate to have parents who were 'foodies' before their time. We ate a large variety of foods from different ethnicities, and

I learned to love and enjoy healthy food. We also had a large garden that produced wonderful Midwestern United States produce like zucchini, green beans, baby lettuce, cucumbers, beets, carrots, tomatoes, peas, asparagus, sweet peppers and hot peppers and many different herbs like fresh basil, parsley, and dill.

The difference between eating a freshly picked tomato, still warm from the sunshine and eating one that came from a grocery store, grown in a hothouse is dramatic. They could be two totally different foods! And, while I never could stomach the canned spinach that was served with our school lunches, there was nothing more flavorful, sweet and full of nutrients as fresh picked sautéed spinach, sprinkled with some fresh lemon juice, butter, salt and pepper.

This is where I learned my love for real, fresh, and local foods. There simply is no comparison to foods grown on industrial farms, canned, frozen or otherwise processed, then shipped thousands of miles to show up on a grocery store shelf. This is what I want you to understand and learn about enjoying healthful, REAL food. It's absolutely amazing! And it feels good to your body to eat such powerful, nutrient-rich superfood too. This is how you heal or possibly reverse diabetes and many other health issues as well.

I want you to embrace healthy eating and think about food this way:

***What you eat either helps or harms your body. Let everything you put in your mouth be food or drink that promotes the most optimal health and has the most nutrition possible.***

Eating a healthy diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there are an overwhelming amount of delicious healthy, choices. And as you move into healthier eating, you may find that your tastes gravitate towards REAL food as opposed to packaged, processed, sweetened foods that may have made up your diet prior to making these major life changes.

Eating for your health, and to maintain a healthy blood sugar balance can mean you get to really enjoy and eat satisfying and delicious foods!

We'll show you how to make quick and easy, healthy and delightful meals and snacks with this book!

The best way to do this is by following a diet similar to our ancestors, going even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

We are going to eliminate those fake, processed "diet" convenience foods: frozen, packaged, processed "weight loss" dinners, artificial sweeteners, sugar-laden yogurt, processed 'energy bars', soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food! This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it—making you gain weight, and ruining your health!

Real food usually contains just **one ingredient**, or it can be combination of one-ingredient foods—foods you can easily identify. The way nature made it. But while these natural foods contain only one ingredient, they are actually jam-packed with tens of thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. You feel satisfied. And your good health returns!

You will notice that when you eat this way, you actually have more energy and feel great. Many of your chronic health problems may totally disappear—including diabetes and more.

You will look younger. You will feel younger. And you will be younger, physiologically and biologically.

Consider this: You may think you are eating nutritious foods when you eat whole wheat bread, pasta, whole grain crackers, etc. Even “whole grain” foods are high glycemic carbohydrates, and they cause your blood sugar to go up. These so-called ‘complex’ carbohydrates just release their sugar into your body more slowly than refined carbohydrates, but in the end, all these carbohydrates are just the same in your body—**sugar**.

High glycemic foods that raise your blood sugar can lead to diabetes and pre-diabetes, and also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, chronic disease and accelerated aging.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual ‘superfoods’. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as ‘phytochemicals’ that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to reverse your diabetes, balance and maintain stable blood sugar, but also to:

- burn fat
- increase muscle
- keep you looking and feeling young
- strengthen the immune system

- fight cancer
- help mental concentration and mood
- make your heart healthy
- help you to breathe better
- sleep more restfully
- see better
- and feel great—all over!

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

***Healthy Food is Your Weapon to Fight and Reverse Disease, Lose Weight, Conquer Your Cravings, Improve Your Moods, and Bring You to Optimal Health.***

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger, but they are incredibly protective of your overall health as well.

In fact, it is thought one of the primary factors in developing disease has to do with a lack of important nutrients and a depletion of the powerful antioxidants that help fight disease and imbalance in the body.

Included in this book are tons of antioxidant-rich, nutrient dense foods like brightly colored vegetables, nuts, seeds, squash, beans, dark chocolate, naturally-raised meats and plenty of herbs and spices, all combined in new and exciting ways that you will love.

There are literally ***thousands*** of other beneficial 'phytochemicals' (plant-based, health-boosting natural chemical compounds), that help to

reverse diabetes, burn fat and give you more energy, and fight off other diseases like heart disease, kidney disease, nerve disease and diseases that affect your eyes. What's more, they contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Everything is low-glycemic and excellent to help balance and maintain a low blood sugar level.

I have included important information about one or more of the main ingredients, in each recipe, so you will know exactly what these super-powered ingredients can do for your health!

Rest assured that every bite of every recipe is packed with the healthiest diabetes-reversing nutrition, metabolism-boosting, fat burning energy, and good for you in a hundred different ways. And what's more—they are absolutely delicious!

Enjoy creating these wonderful dishes and share them with loved ones, friends, and family! After all, good food is meant to be shared with good company!



## A Few Words About Food Allergies, from Catherine

**Recipes are: Gluten free, corn free, dairy free, soy free and many are also nut/peanut free recipes**

I have some of the most common food allergies—and some of those can be pretty serious. I have learned how to adapt most recipes to be free of the above allergens—which by the way, are some of the most common food allergies.

I also think that avoiding wheat, corn, and soy is a healthy dietary choice for many of the reasons I outlined in the Diabetes Fix book. They are often genetically modified, over processed, and are highly inflammatory to most everyone—allergies or not. These foods are in no way necessary in the human diet and often contain 'anti-nutrients' instead of adding real nutrition.

Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation, and contribute to blood sugar increases. Even if you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, and some sources estimate that almost a third of the population has some degree of gluten sensitivity. My personal take on this is if you have some type of gluten sensitivity, you most likely have a form of celiac disease. I think gluten in general, should just be avoided.

The other important thing about avoiding gluten is that if you have any kind of sensitivity, gluten contributes to inflammation. Increased inflammation can lead to increased risk of disease, including diabetes.

Many people do not even realize they have sensitivity to gluten, but often find they lose weight, have more stable blood sugar, digest food better, sleep better, poop better, and even feel more emotionally stable and happy, as soon as gluten is removed from their diets.

Corn is to be avoided as well. Corn is almost always genetically modified, and also contains its own natural toxins and nutrient-

blocking ingredients (anti-nutrients). Corn can quickly cause a rise in blood sugar, and most definitely causes weight gain—and is a big contributor to diabetes. Countries and cultures that use large amounts of corn in their diets generally have high numbers of obesity and diabetes.

Corn is also a very irritating allergen, and is one of the most common food allergies. Beware the many disguised ways corn is added to prepared foods. Often it is in the form of corn syrup or high fructose corn syrup, but can also be corn starch, modified food starch, dextrose, maize, corn flour and more. The most commonly used form of corn in the form of corn syrup or high fructose corn syrup is a known contributor to diabetes, obesity, fatty liver disease, chronic inflammation, high blood pressure, and heart disease. About 80-85% of packaged food and drinks usually contain corn in some form or another. Take a look around your grocery store and see what I mean!

Soy is another crop is most often genetically modified, full of toxic and nutrient blocking substances—and hormone-disrupting phytochemicals. Soy's phytoestrogens and xenoestrogens will screw up your own natural hormone balance, and even cause some men to start developing hormonal problems such as "man boobs", low testosterone, impotence and more.

Soy blocks thyroid function, which causes hypothyroid (low thyroid) symptoms, including weight gain and fatigue.

And soy contains anti-nutrients that actually block the body's ability to use important nutrients like zinc, calcium, magnesium and iron, leaving you with serious deficiencies.

And—all of the above grains and soy are doused with the chemical glyphosate causing serious health issues, including an increased risk of disease, loss of your protective bacterial biome in your gut, inflammation, increased risk of cancer and increased risk of allergies.

What about dairy products?

Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it. This is more than lactose intolerance, which a certain degree of the population has—this is more of a true allergic reaction to the protein molecule of dairy.



Vital nutrients, are destroyed when milk is pasteurized, and that white liquid you are buying from the grocery store is loaded with growth hormones, antibiotics (and pus!) and not the nutritious, wholesome food you thought it was. (Read the chapter I wrote on milk in [The Fat Burning Kitchen](#)).

Raw, unpasteurized, grass-fed dairy is better if you are going to eat dairy products. Many people who have an intolerance to pasteurized dairy do not have the same digestive issues with raw dairy. The heat from pasteurization changes the protein molecule of milk, and it then becomes more difficult to digest. However, raw dairy from a clean, local grass-fed dairy is safer and cleaner and easier to digest than the pasteurized products you see on your grocery store shelves.

Raw WHOLE dairy also contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it's grass fed milk, you get up to five times as much of this healthy fat-burning fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital to get calcium into bones and teeth where it is needed.

**Mike's Note:** You're probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it

is “dangerous”, despite humans using this nutritious food source for thousands of years, and the fact that milk from grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I’ve been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it’s “dangerous”. If you eat dairy at all, ultimately, it’s up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to [realmilk.com](http://realmilk.com) to see more info about raw milk and also find locations to obtain it.

***Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!***

# What You Need to Know About Herbs and Spices



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. While many of these seasonings are optional, I recommend that you add as much as you can--as often as you can!

Every time you flavor your meals with herbs or spices you supercharge your food without adding a single calorie! You can transform ordinary and bland dishes into something delicious and exciting, simply by adding herbs and spices.

Herbs and spices contain ingredients that are as powerful as many medicines used to treat diabetes. And they are natural, so there's less chance of adverse reactions to herbs and spices.

Herbs and spices contain some of the most potent antioxidants of any foods! In fact, many herbs and spices rank even higher in antioxidant activity than fruits and vegetables! Combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food exponentially!



**Many spices and herbs actually have medicinal value-** Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues—including diabetes.

One study of people with Type 2 Diabetes found that as little as two teaspoons of cinnamon a day would significantly reduce blood sugar levels—almost as well as insulin—and also lowered LDL cholesterol and triglyceride levels.

Researchers found that the active ingredient in turmeric (curcumin) is effective at slowing or stopping the harmful inflammation that is associated with diabetes. And curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.

Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.

Cumin seeds also have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better at protecting the kidneys and pancreas.

Herbs and spices are **thermogenic**, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

*(Check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)*

Here are some other health benefits of some of the most popular herbs and spices:

- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Cumin, turmeric, rosemary, basil and sage are anti-inflammatory
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.
- Turmeric fights inflammation, cancer and Alzheimer's disease.
- Oregano is anti-fungal, antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme make your skin softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system and help fight infections.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.



**These spices contain the *most* antioxidants and super-nutrients—use often and use liberally:**

- Turmeric
- Basil
- Cumin
- Cayenne and Red Pepper flakes

- Cloves
- Cinnamon or its cousin Cassia (often used instead of real cinnamon)
- Nutmeg
- Oregano
- Ginger
- Marjoram
- Sage
- Thyme

Enjoy, and spice up your life a bit!

### **Delicious, Satisfying Foods included in these Recipes:**

- **Grass Fed Beef**
- **Wild Caught Fish—especially salmon, sardines, cod and halibut**
- **Free Range Pastured Poultry**
- **Healthy Fats—coconut oil, grassfed butter, extra virgin olive oil, avocado oil, nuts**
- **Vegetables**
- **Avocados**
- **Nuts**
- **Berries—Cherries, Strawberries, Blueberries, Raspberries, Blackberries**
- **Unsweetened Coconut**

## **DELICIOUS RECIPES THAT RESET YOUR BODY AND BLOOD SUGAR**

These recipes have you eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

What's more, these meals help to serve as a detox diet for your body from sugars, starches, chemicals, preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where we will help you break the addictions to sugar and starchy foods. While this may seem a bit difficult at first, after about 3-5 days, you will find those unhealthy cravings start to go away. If you find you crave sugary or starchy foods, try these two things:

- Drink plenty of water—Often when you think you are hungry or have the munchies, you need to drink water. Drinking water also helps you feel more full and satisfied.
- Eat protein—Protein satisfies hunger without causing changes in blood sugar. In fact, it helps to stabilize blood sugar.

- Take magnesium. Magnesium deficiencies often make you crave chocolate or sweets.

If at all possible, prepare and eat most all of your meals from home. This way you can control what you eat. If you need to, pack a lunch or snacks for work or anytime you may be out, so that you will not get off track by eating out at restaurants with all the temptations available. Pack a small cooler for the car if you have a lot of errands or driving to do—this will keep you from being tempted by fast food restaurants when hunger strikes. Fill it up with healthy snacks and keep nuts on hand to snack on whenever the munchies strike you.

You may eat three satisfying meals full of protein, healthy fats, and lots of low glycemic, filling vegetables—as well as two healthy snacks—if you desire. You might be surprised to find out that as your blood sugar levels go down you will not be as hungry all the time.

Most vegetables, meat, fish, and healthy fats are naturally low glycemic. There are a few low-carb, low glycemic fruits that include raspberries, strawberries, blueberries, and blackberries, but generally you should avoid fruit until your blood sugar is under control.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these types of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats, conjugated linoleic acid, and less of the toxins of regular factory farmed foods. Most farmers' markets and health food stores carry naturally raised meat, poultry and fish—as well as ample supplies of delicious, locally grown, nutrient-dense veggies!

This is a 'cold-turkey' approach—and while it may seem harsh—it is nearly impossible to 'cut back' on these foods. Cutting back on sugar is like telling an alcoholic to drink less. It just doesn't work. There is no 'eating in moderation' here. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction, makes you crave it more, and makes it worse.



You can DO this!

The benefits of this diet go beyond lowering your blood sugar:

- The constant craving for carbs and sugar goes away.
- You lose weight quickly and without really trying. (6-10 lbs. on average)
- Your pancreas gets a much-needed rest from supplying insulin constantly.
- Your body resets itself and you begin to crave healthier foods.

*Again, be sure to let your doctor know you are starting on a low carb, low glycemic diet to naturally and safely lower your blood sugar.*

**Foods to omit until blood sugar is under control--**

- **All Grains and Gluten**
- **All Sugars and Foods Containing Sugars**
- **Dairy Products**
- **Processed, Packaged Foods**
- **Sweetened Beverages, Including (100%) Fruit Juices**
- **Starchy Vegetables**
- **Moderate to High Glycemic Fruits**

After the initial few days of adjustment, not only will your blood sugar start to level off, but your appetite will decrease and you will find these recipes to be very satisfying and delicious.

The other great thing you may notice about the Diabetes Fix diet is that you will lose weight effortlessly—often a significant amount in the first week or so!

Without the constant supply of glucose-producing foods, your body will learn to burn fat for energy, and will become very proficient at this over time.

Once your *fasting blood sugar* stabilizes under 100, (allow yourself 2 weeks—or more if necessary) you may advance to recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

## **Vegetarian Recipes**

I am not a big fan of strictly vegan or vegetarian diets—I think our bodies need some complete protein/fats and the extra bioavailable nutrients that animal protein sources provide. However, I do think that a diet that is about 75% plant based, vegetarian is very healthy—as long as you add in some animal proteins and healthy fats a few days a week.

If you are vegetarian or vegan because of personal beliefs, religious or cultural beliefs or for the environment, I have included a few vegetarian recipes for you as well.

By combining incomplete plant proteins with other foods—cheese, eggs or fish—you increase the protein availability in your diet. If you are a vegan, you must combine foods such as: legumes with grains and/or seeds to get the correct combination of amino acids necessary for your health.

BUT for one—this makes it hard to get complete protein this way; and two—most protein foods that vegans eat are grains and starches, leading to high blood sugar, and, three—vegans miss out on some vital nutrients: bioavailable iron, zinc, calcium, B12, healthy saturated fats, omega 3 fats, and bioavailable proteins. Many of use cannot break down plant foods into the usable nutrients our bodies need. A perfect example of this is iron. While iron is present in many plant-based

foods, our bodies need 'hemi-iron' which comes only from red meat. Lots of people (me included) cannot get the necessary iron any other way than to eat red meat, no matter how much spinach and kale I consume!

One other consideration—many legumes like soy, actually contain 'anti-nutrients' which block the body's ability to digest and break down nutrients. While many people have very legitimate reasons to become and stay vegetarian, it may be worth considering adding meat, fish, or eggs to your diet if you are having trouble keeping your blood sugar stable on a vegetarian diet.



***Don't forget to drink copious amounts of water or other non-sweetened beverages. Try these if you aren't good at just drinking plain water:***

- 1. Make your own flavored water with cut up cucumber, limes, lemons, oranges, strawberries, raspberries, mint, basil, etc. Cut up and allow to sit for a while to flavor water.***
- 2. Sparkling mineral water with or without fruit added***
- 3. Green or black tea, hot or on ice***
- 4. Herb tea, hot or on ice***

# BREAKFAST



Breakfast is truly an important start to your day!

A hearty, fat burning breakfast actually jumpstarts your metabolism for the day, sets up your body to burn off sugar and fat, fires up your brain and gives you fuel for a day full of energy. Don't miss this opportunity to supercharge your day with essential nutrients.

Studies show that when you compare breakfast eaters with those who skip breakfast, the breakfast eaters lose more weight, lose more body fat and are less likely to eat junky, high calorie lunches or snacks. In other words, it is easier to stick to a healthy diet if you eat a healthy, low glycemic, high fat/protein breakfast.

***The best type of breakfasts that help to stabilize blood sugar, hold off hunger and burn fat, are those that contain some protein and healthy fats.***

For many people, breakfast comes primarily from two food groups—starchy grains and dairy. But these types of food can really spike your blood sugar! These recipes will give you much better choices than a bagel, toast or cereal. And healthy leftovers can be for breakfast too!

Try these easy options:

- An egg—pan-fried, poached, boiled or scrambled in some grass fed butter. Add couple slices of natural bacon, or leftover meat scramble together, garnish with avocado. Or start with a few veggies for a veggie scramble, top with the miracle spice, turmeric, and heat it up a bit with some red pepper flakes or some hot sauce.
- Try frying an egg in some grass fed butter, and add some tasty nutrient rich greens like Swiss chard or spinach to the pan. Top with some natural salsa or hot sauce.
- If you want something other than an egg, try a sliced apple with peanut butter, almond butter or other nut butters. This is one of my favorite quick and easy, light and healthy breakfasts.
- How about a handful of nuts and maybe a couple slices of raw cheese? This makes a great breakfast on the run.
- Want to make something a little more elaborate and filling? Try some coconut flour or ground flax seed pancakes. You can even omit the usual topping, and just use them as a burrito-style wrap for eggs and bacon, or throw in some fruit and nut butter for a healthy nut butter sandwich.
- Or try a green smoothie with kale, unsweetened hemp or almond milk, a half an apple, some avocado, and protein powder, and stevia if desired. Pow! You've got a superfood



smoothie! Other ingredients you can add to smoothies to supercharge them and rev up their nutritional punch:

- Organic canned pumpkin (watch out for “pumpkin pie filling” though, it may have added sugar)
- Fresh or frozen cranberries (very high in antioxidants)
- Ground or whole flax seeds
- Cold processed, grass fed whey protein, hemp protein or pea protein
- Extra virgin coconut oil
- Unsweetened coconut flakes
- Flax or chia seeds
- A handful of raw nuts
- Fresh or frozen kale, organic spinach, or Swiss chard
- Parsley, or other dark green leafy vegetables to really rev up the nutritional punch.

## Huevos Rancheros with Grain-Free Tortilla



Fiber, particularly soluble fiber, slows the absorption of sugar into the bloodstream.

Legumes in general cause less of a rise in blood glucose than foods like potatoes or almost any sort of grain-based flour food.

This recipe includes the added health benefits of cilantro, avocado and tomatoes, along with the blood sugar-stabilizing protein power of eggs. Cilantro aids in the digestive process by helping to stimulate digestive enzymes, and is a natural anti-inflammatory while it helps to control blood sugar. It is also full of vitamin K, which helps to prevent bruising, excessive bleeding, protects the immune system, and aids bones and teeth. Cilantro is highly effective in removing harmful heavy metals like mercury, aluminum, and lead from the body.

Tomatoes add their own healthy dose of antioxidants, primarily lycopene, which is a known cancer-fighter, and vitamin C, as well as beta-carotene, plus manganese, and vitamin E.

The avocado is full of healthy monounsaturated fats—very effective at stabilizing blood sugar, and it turns on your body's fat burning ability for the day. You are more satisfied--and you burn fat better all day with the addition of avocado to your breakfast!

## Directions

### **Tortillas (optional)**

- 1 cup garbanzo flour
- ½ tsp baking powder
- 1 teaspoon ground cumin or cumin seed
- ½ teaspoon fine ground sea salt
- 1 cup water
- 2 tablespoons olive oil
- coconut oil for cooking

Whisk together flour, baking powder, and spices until there are no lumps at all. Add olive oil and water and allow to sit at room temperature for at least one hour.

Heat a cast iron or nonstick skillet on medium heat. Add a small amount of coconut oil, pour ¼ cup of the batter into the skillet and cook until lightly browned on one side, then flip. Repeat with the rest of the batter. You can cover these and reheat on a bare burner over low heat.

### **Huevos**

- 1 Tbsp of grass fed butter
- 1 small can mild green chili peppers, chopped
- 1 14 oz can refried black or pinto beans, or whole canned beans, smashed with fork
- Fresh salsa (can buy premade) or chunky salsa in a jar (be sure no sugar added)

- Handful of cilantro leaves, chopped
- Sliced avocado or guacamole\*
- 4 eggs
- Grated raw cheese, optional
- Sea salt and fresh black pepper

Prepare tortillas ahead of time. Melt butter in skillet over medium heat and fry eggs sunny side up or over easy in grass fed butter. In another small pan, add beans and green chilies and heat up until warm.

Layer tortilla, beans, and eggs; and a big spoonful of salsa, avocado or guacamole, raw cheese, and a generous amount of chopped cilantro. Serves 2-4.

### **\*Quick Guacamole**

Smash up 1 or 2 avocados in bowl. Add lemon or lime juice and a small amount of premade salsa. Mix. Add sea salt and black pepper to taste.

## Swiss Chard, Mushroom and Egg Scramble



*I ate this so fast I forgot to take a photo, so I borrowed a photo from [www.ancemorewithveggies.com](http://www.ancemorewithveggies.com).*

I often get requests for a quick, easy and healthy breakfast-and this would make a great healthy breakfast. Today, however, this was my lunch. In the spirit of true inspiration borne of necessity and hunger, I looked in my fridge for something I could rustle up for lunch. I had a few nice stalks of Swiss Chard, a couple of mushrooms, a part of a red onion, some garlic, and a couple eggs.

Some of the massive health benefits from Swiss Chard include:

An amazing variety of phytonutrients in chard which is quickly seen in its vibrant colors, like the rich, dark greens of the leaves and the red, purple, or yellows in the stalks.

Chard provides some very specific and powerful phytonutrients that regulate blood sugar, making this a valuable food item to add to meals if you are working on keeping blood sugar low and preventing or managing diabetes.



The only thing I would change would be to add bacon next time!

## Ingredients

- 2T Extra Virgin Olive Oil or butter
- 1/4-1/2 red onion, chopped
- 2 cloves of garlic, chopped
- 2 sliced mushrooms
- 2-3 leaves of fresh Swiss Chard, chopped (include white or red stalks, but chop off tough ends)
- Or, use a handful or two of chopped organic spinach ([read about the "Dirty Dozen" here](#))
- 1 or 2 eggs
- 2 slices pre-cooked natural uncured bacon, crumbled
- 1/2 tsp turmeric
- Hot pepper flakes
- Sea salt, fresh ground pepper
- 1/2 fresh lemon

## Directions

In a pan, melt butter or add olive oil, garlic and onion over medium heat. Sauté until until is soft.

Add Swiss Chard and stir, about 1-2 minutes, or until it just begins to wilt. Don't overcook! Push veggies out to the sides of the pan, and add the eggs in the center. Scramble lightly and then stir into veggies. Add hot pepper to taste, salt, pepper and a squeeze of lemon juice. I'm

thinking this would have been good with a squeeze of Sriracha sauce as well!

If using bacon, cook first and break or chop up. Drain excess grease, and then to egg mixture.

## Spinach-Egg Mini Quiche Cups



This is a great meal to make ahead and keep on hand all week in the fridge for a fast, healthy, high protein, low glycemic, fat burning meal or snack. Be sure and use the egg yolks as well as the whites, because the yolks contain the healthy fats, and most of the vitamins, minerals and antioxidants.

You can add virtually any type of vegetable to this, just cut up in smaller pieces. Any way you go, you will be adding powerful antioxidants and vitamins and minerals. Try spinach or kale, chopped mushrooms, sweet red peppers, asparagus, or zucchini.

### Ingredients

- 6 large eggs, beaten
- 1 small package of frozen organic spinach
- ½ cup of chopped red pepper, asparagus, or other vegetable
- ½ cup or so of shredded raw, grass fed cheese (optional)
- ¼ cup of minced onion

- Dash of Tabasco, or other hot sauce, or red pepper flakes
- Sea salt
- 1 - 2 slices of natural, nitrite/nitrate free ham, sausage or bacon if desired, diced
- Muffin pan sprayed with nonstick cooking oil for 12 servings

## **Directions**

Heat oven to 350 degrees F. Spray muffin pan with cooking spray. Thaw and drain the spinach. You can wring out the spinach with your hand and get most of the excess liquid out of it.

Mix all ingredients in with beaten eggs, and pour into muffin cups. Bake in 350-degree oven for 20 minutes, or when a knife inserted comes out clean. Cool and serve.

Can be refrigerated and re-warmed in a pan (low heat with lid on) to reheat—never a microwave! Great topped with fresh salsa and avocados! Makes 10-12.

## Smoked Salmon Stuffed Avocados



*Photo and recipe credit courtesy Grow Grub  
<http://grokgrub.com/2014/05/16/smoked-salmon-egg-stuffed-avocados/>*

I cannot say enough good things about avocados! This fatty food is actually one of the best low glycemic, fat burning superfoods there is. Their mild taste makes them so adaptable to so many recipes—any time of the day. And they are the perfect breakfast food, combined with the protein power of eggs. Avocados contain lots of healthy, blood sugar-lowering, satisfying, monounsaturated fats, in addition to antioxidants, vitamins and minerals. A breakfast high in healthy fats and protein will turn on your fat burning, blood sugar-stabilizing power the whole day!

This recipe is super easy, but really delicious, satisfying and filling—sure to become one of your favorites!

## **Ingredients**

- 4 avocados
- 4 oz smoked salmon
- 8 eggs
- Salt
- Black pepper
- Chili flakes
- Sriracha

## **Directions**

Preheat oven to 425°F. Halve the avocados, then remove the large pit—I do this by holding the avocado carefully, fingers out of the way, and hitting it with a sharp knife blade. The pit then sticks to the blade and it comes out cleanly. If the hole looks small, scoop out a small bit extra with a spoon.

Arrange the avocado halves on a cookie sheet, and line the hollows with strips of smoked salmon. Crack each of the eggs into a small bowl, then spoon the yolks and however much white the avocado will hold. Add salt and fresh cracked black pepper on top of the eggs, to taste. Sprinkle with chili flakes if desired.

Gently place the cookie sheet in the oven and bake for about 15-20 minutes, until the eggs look cooked. Dot with Sriracha, serve warm and enjoy! Serves 4.



## Egg and Bacon ‘Cupcakes’

These are a wonderful tasty, take-it with-you breakfast, also great as a snack too!



Photo

courtesy fifteen spatulas <http://www.fifteenspatulas.com/mini-bacon-egg-and-toast-cups/>

### Ingredients

- Eggs
- Bacon
- Butter or cooking spray

### Directions

Preheat oven to 375°F. Pre-cook the bacon by frying them for 2-3 minutes. Remove from the skillet and drain on paper towels. Spray a metal muffin pan with cooking spray. Line muffin cups with bacon and carefully crack egg into bacon lined cup. Bake the egg cups for 10-15 minutes until the centers have set. You can adjust the cooking time based on how you prefer the consistency of your egg yolks. Carefully remove the bacon egg cups to a plate. Refrigerate leftovers and enjoy!



# Paleo Quiche



This recipe does not use a crust, but you can, however, make a gluten free crust with thinly sliced white or sweet potatoes for a \*potato crust (see below).

## Ingredients

- 1 package frozen spinach or kale, defrosted and drained (about 1 cup), or 1 cup fresh spinach
- 1 red or yellow bell pepper, chopped
- 1/4 cup thinly sliced sweet onion
- 1/4-1/3 cup grated cheese (optional)
- 1 Tbsp chopped fresh basil or other fresh herbs
- 10-12 whole eggs
- 2 Tbsp unsweetened almond, coconut or flax milk
- 1/4 teaspoon sea salt

- 1/4 teaspoon coarse ground black pepper
- A couple squirts of Tabasco or other hot sauce
- 2-4 slices cooked, drained and chopped bacon (optional)

## **Directions**

- Preheat the oven to 350F.
- Mix spinach, bell pepper, onion, cheese, bacon and herbs together. Add to pre-baked crust, if using.
- Whisk together eggs, milk, salt and pepper till foamy.
- Pour egg mixture over veggie mixture in pie pan.
- Bake for 60-75 minutes or until crust golden brown and center is firm. Cool slightly before serving. Makes great leftovers for breakfast, lunch or dinner!

Notes: You can substitute most any veggies in this recipe. Try mushrooms, zucchini, asparagus, etc.

\*Potato crust: Using a mandoline or food processor, thinly slice a couple of potatoes. Heat oven to 425. Add a very small amount of olive oil to pie pan and spread to bottom and sides. Lay potatoes flat in pan, overlapping them slightly. Spread around sides and overlap where pan sides join the bottom. Bake 15 minutes or until golden colored around edges.

## Breakfast Stir-fry



One of the easiest things to make for breakfast is stir-fry, using leftover ingredients from your fridge. Most kinds of meat or fish will work, but you can always use an egg for protein too! There's really no measuring, just a little bit of chopping, so it's a quick and easy option to the same old eggs in the morning. Add in some veggies like peppers, zucchini, greens, onion—you name it, and viola! You have a delicious low glycemic, quick and easy healthy breakfast! You can add a small amount of cooked sweet potato or quinoa in Phase 2 if desired.

### Ingredients

- Leftover chicken or salmon, natural sausage, bacon or eggs
- Zucchini, onions, bok choy
- Sweet red pepper
- Greens—kale, chard, spinach
- Carrot

- ½ Tsp of Turmeric
- Chopped cilantro
- Phase 2 - ½ cooked sweet potato, or ¼ cup cooked quinoa

## **Directions**

Add veggies to pan over medium heat with a Tbsp of butter or coconut oil. Stir over heat until soft and mostly done—or if already cooked, just heat through. Add chopped cooked meat or fish and stir until heated.

If using an egg for protein, scoot cooked veggies to side of pan and add eggs, stir in pan and cook until done. Mix in veggies. Serves 2-4. Enjoy!



## Warm Lentil, Kale and Bacon Toss



This dish is delicious ANY time of the day, but it is especially delicious for breakfast—especially if you’d like something a little different from the usual eggs for breakfast.

Lentils are a great low-glycemic power food—loaded with protein, fiber, B vitamins, and iron. Lentils are full of folate too. Folate, a B vitamin, protects your body against heart disease by lowering inflammation, especially homocysteine—a risk factor for heart attacks. Folate also helps to lower the risk of cancers—especially breast cancer. The fiber in lentils, and the kale also help to stabilize blood sugar levels, making them an ideal food for people with diabetes, pre-diabetes or insulin resistance.

And kale—need we say any more about kale? Kale lowers bad cholesterol, and contains a massive amount of super nutrients that fight disease and fortify the body including vitamin A, C, K, calcium, magnesium and potassium. It also contains several powerful antioxidants to supercharge your body and fight diabetes. Plus, I

added turmeric, that powerful anti-diabetic spice that is so incredibly good for you!

## **Ingredients**

- 2 slices of thick sliced, natural (nitrite/nitrate free) bacon
- 4-6 good sized garlic cloves, chopped
- 2/3 cup (or so) cooked black or brown lentils
- 1/2 bunch of kale, chopped in small pieces
- Sea salt to taste
- 1/2 tsp turmeric
- Juice of 1 fresh lemon wedge, to taste
- Hot pepper flakes, to taste

## **Directions**

In a frying pan, fry bacon until medium crispy. Remove from pan and chop or break in small pieces. Set aside.

Leave about 1-2 Tbsp of the bacon grease in pan, and stir and cook garlic for a few minutes, until soft. Add chopped kale, salt, drained lentils, red pepper flakes, and turmeric. Cover with lid and cook over medium to medium-low heat for a few minutes until kale is tender. Squeeze fresh lemon juice over kale, add bacon, stir and serve. Enjoy! Serves 2-4.



## Guacamole Deviled Eggs



These delicious eggs have guacamole as a healthy addition to the egg yolks. So on top of all the glucose-lowering effects you get from eating the eggs and the yolk, you get the healthy fats, vitamins and minerals from the avocado as well.

The healthy fats and other nutrition you get from avocados help your body to maintain proper levels of hormones that help fight diabetes, fat loss and muscle building. This monounsaturated fat in also helps control insulin levels and gives your brain a signal that your hunger is satisfied, so you eat less.

Avocados contain plenty of oleic acid, a healthy fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA.

This filling low carb snack will keep your blood sugar low, satisfy your hunger and replenish and fuel your body with lean, fat burning nutrition.

These are fun to bring to a party too! Check these out—they are absolutely delicious!

## **Ingredients**

- 4-6 eggs, hard-boiled
- 1 avocado
- 1 clove minced garlic
- ¼ cup finely minced red onion
- 1 small roma or plum tomato, seeded and finely chopped
- 2-4 Tbsp chopped cilantro
- Frank's Redhot sauce or Tabasco, more or less to taste, depending on its hotness
- 1 tsp lemon or lime juice
- Cilantro, chopped
- Sea salt

## **Directions**

Peel hard-boiled eggs and cut in half length-wise. Gently pop out yolks into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice. Mash yolks and avocado mix together. Season with sea salt, and freshly ground black pepper to taste.

Refill egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro. These are so filling they are a meal in itself. Try taking to the next party you go to-everyone will love this new twist on deviled eggs! Serves 4 or so.

# Balls of Energy



*photo courtesy tisthefood.wordpress.com/*

These nutty morsels not only fill you up with healthy super-powered nutrients, but they also are low glycemic and high in fiber, and give you oodles of fat-burning energy. Try these before a workout or as a sweet satisfying dessert, or even a high-powered breakfast to go! Every ingredient in these is a virtual superfood bursting with healthy, energizing, fat burning potential.

The fats are good for your heart, blood vessels, skin, eyes and more. The arginine in the nuts helps to relax blood vessels, lowering blood pressure and increasing stamina. And chia seeds are loaded with omega 3 fats, and tons of antioxidants! They provide complete protein, along with a bushel of nutrition!

## Ingredients

- 1 cup raw or roasted almond, cashew, sunflower or peanut butter1  
Tbsp coconut oil
- 1 Tbsp minced ginger
- 1/4 cup chia seeds
- 3/4 cup oats

- 1 cup raisins or dried cranberries
- 1/4 cup unsweetened coconut
- 2 Tbsp honey
- pinch of sea salt
- 1/2 tsp vanilla
- 1 Tbsp of organic cocoa powder
- 2 scoops cold processed whey protein powder

## **Directions**

Mix all ingredients in bowl or food processor. Roll into balls or press into a square pan. Refrigerate for an hour or more. Store in refrigerator or freezer.



## Coconut Almond Energy Bars



Here is my latest attempt at homemade energy bars. I don't like the 'store-bought' varieties, and the "Go Raw" bars I do buy are pretty expensive, so I made my own version, and they turned out great!

Well, here is another attempt at some good homemade energy bars. I don't generally like the 'store-bought' varieties-so many of them have too much sugar (in the form of rice syrup, extra fruit, corn syrup, etc.), soy protein, artificial ingredients, etc. The store variety bars I like best, "Go Raw" bars are pretty darn expensive, so I decided to make my own version of these.

These are full of nuts, a little bit of fruit for sweetness, a touch of salt and not baked, but dehydrated at a low oven temp overnight. This preserves the natural enzymes in the ingredients, plus helps the bars hold together with just the right amount of chewiness.

And they are gluten free, dairy free, corn free, soy free, grain free, and Paleo as well. This particular rendition actually tasted a lot like Clif bars-without the grain or other additives. If you'd like them to have some extra sweetness, I'd suggest adding whole raisins-after you are done blending the mixture.

These bars are excellent fuel for a longer bike ride, run, hike, or busy day. They can be stuffed in your cycling jersey pocket without melting all over or taken along in a backpack for a hike.

The ingredients given are all approximate and do not have to be exact. Adjust ingredients until the right consistency is achieved.

## **Ingredients**

- 1/2 cup mixed nuts (I used raw almonds)
- 1/2 cup pumpkin seeds
- 1/3 cup raisins
- 5-6 dates
- 1/2 cup natural (no sugar added) peanut butter (I suggest Trader Joe's Valencia and flax seed peanut butter)
- 2-3 scoops of cold processed vanilla protein powder
- 1/2 raw apple
- 1/2 cup natural flaked or shredded coconut
- 2 Tbsp or so real Maple Syrup or Honey
- 1-2 tsp cinnamon
- Sea salt to taste
- 1/4 cup or so water

## **Directions**

In a food processor, add pumpkin seeds, nuts, raisins, and dates and mix. Add peanut butter, and other ingredients and mix until well blended. Add a small amount of water if mixture is too crumbly.



Mixture should end up like thick cookie dough. If you'd like raisins, stir in after everything is mixed up.

Preheat oven to 160-175 degrees. Grease a cookie sheet lightly with butter, and drop cookie-sized spoonfuls on sheet. Smash down till about a half inch or less thick. Cook in oven all day or overnight—about 6-8 hours. Bars should be solid when done. Cool. Makes 12 or so, depending on size. Enjoy!!

# Coconut Flour Pancakes



Coconut flour is a great gluten free flour substitute that is low-glycemic, low carb, high in fiber and high in nutrition. It has fewer digestible carbs than other flours, and it even has fewer carbs than some vegetables!

Coconut Flour has one of the highest percentages of dietary fiber (58%) found in any flour. Even wheat bran is only 27% fiber, and wheat bran also has the health issues associated with gluten and other anti-nutrients.

Coconut flour is a healthy and delicious alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Because so few people are allergic to coconut, it is often regarded as hypoallergenic.

Spread some grass fed butter on these pancakes with a small amount of smashed up berries; wrap up some bacon and eggs for a tasty breakfast burrito; top with cut up fresh fruit for a delicious fruit tart, or just eat them plain. These things are incredibly easy to make and incredibly tasty!

## **Ingredients:**

4-5 eggs

1/2 cup mixture of almond flour, ground flax, and coconut flour

1/4 tsp vanilla extract

1 pinch nutmeg

1 tsp cinnamon

1 pinch salt

1 Tbsp honey

1/4 to 1/3 cup coconut milk (full fat)

Pecans or walnuts

1/4 cup Blueberries or raspberries, mashed

## **Directions**

Mix all ingredients but nuts and berries, and let them sit for five minutes. Add a touch of water, if you find batter is too thick—coconut flour absorbs liquids like crazy. Add coconut oil or butter to a pan and heat over medium heat. Pour about a ¼ cup of batter for each pancake, allowing each side to brown before flipping it. Serves 2-4.

If you want some healthy and delicious additions to your pancakes, add a few blueberries, crushed pecans, or walnut pieces immediately after pouring the batter in the pan.

## Buckwheat-Flax Seed Pancakes



Yummy gluten-free, grain-free pancakes. They are also low carb/low glycemic, and absolutely delicious! These nutty tasting pancakes contain buckwheat as a main ingredient. Buckwheat is actually considered a 'seed', not a grain, and contains valuable nutrients, including vitamins, minerals, protein and antioxidants, such as rutin, tannins and catechin. Buckwheat is high in energy producing, fat-burning B vitamins, and includes a healthy dose of magnesium, that super-important mineral we all badly need, great for heart health, and blood pressure. In addition, it contains manganese, zinc, and phosphorus. Buckwheat's hearty allowance of nutrients make it especially helpful for brain health, fighting depression and anxiety, as well as headaches and stress.

Buckwheat provides a good source of amino acids, (components of protein), and contains twelve amino acids, making it a great source of plant-based protein. Buckwheat also contains the essential amino acids lysine and arginine, not usually found in other grains.

Even though the word "wheat" shows up in its name, buckwheat is gluten-free and is not related to wheat at all. Buckwheat tends to be very low on the allergy/inflammation list, making it an ideal substitute

for celiacs or gluten sensitive people. Because buckwheat is a seed, not a grain, it is easier to digest, and helps avoid bloating, constipation or other issues related to grains and gluten.

## **Ingredients**

- ½ cup pure buckwheat flour (not buckwheat mix)
- 2/3 cup ground flax seeds
- 3-4 eggs
- pinch of nutmeg
- tsp of cinnamon
- 1 tsp of backing powder
- pinch of sea salt
- tsp vanilla

## **Directions**

Mix ingredients with fork until mixed. Mixture should be the texture of pudding, depending on how thick you like your pancakes. Add a little bit of water if too thick or extra buckwheat flour, if too thin. Serve with a chunk of grass fed butter and a drizzle of maple syrup and fresh berries.



## Paleo Low Carb Bread



I've been searching for a good low-carb bread, because it's nice to have a piece of toast sometimes with eggs in the morning, or maybe a sandwich once in a while for lunch. The problem is, even gluten free breads are just as refined as the wheat breads, so they are high glycemic and should be avoided.

There are a few kinds of Paleo style, grain free breads in the store, but I have found the ones that I have tried, have a funny taste and texture (at least the coconut flour ones do). And, really—who wants to pay \$11 or \$12 a loaf? That's crazy!

I've had good luck with ground flax seeds as an all around substitute for many things that are normally made with flour, so I played around a bit and came up with this tasty bread. While it has a heavier texture than a regular loaf of bread, the flax seed gives it a delicious, nutty flavor and of course, tons of fiber! And the recipe contains a lot of eggs, so you get a nice bit of healthy fat and protein as well. My favorite way to eat this for breakfast is toasted with sunflower or almond butter on top.



## **Ingredients**

- ½ cup almond butter or sunflower butter (in case you have a nut allergy)
- 5 eggs
- ¼ cup butter, melted
- 1 Tbsp honey or real maple syrup
- 1 tsp apple cider vinegar
- 1/3 to ½ cup ground flaxseed meal
- 1 tsp baking soda
- ½ tsp sea salt

## **Directions**

Preheat oven to 350-360 degrees F. Grease a loaf pan or use a silicone loaf pan.

Melt the butter over low heat and remove from heat. In a large bowl, whip the eggs with a mixer, whisk or fork until light-colored, and well mixed. Add in other ingredients and mix well.

Pour batter in loaf pan and bake 30 minutes until loaf is firm and lightly browned on top. Let cool. Store in refrigerator, serve warm, toasted or cold. Makes one loaf.

## Breakfast Quinoa Scramble



Looking for a quick and tasty breakfast but tired of the same old scrambled eggs and bacon? Here is a great idea that you can make from virtually anything-leftovers work great!

This particular recipe uses bacon, eggs, sweet onion, green onion and sliced carrots. You can also add red or green pepper, peas, broccoli, fresh tomatoes, zucchini, spinach, kale, parsley, cilantro or whatever other yummy veggies you'd like to add. The key ingredients are cooked quinoa, sweet or green onion, bacon and eggs.

When I make quinoa, I usually make a big batch, because the leftovers are great for breakfast or in other dishes. This recipe is quick and easy, and absolutely delicious and satisfying-and very nutritious as well! This recipe serves two but is easily expandable to 4 or more. There are no hard and fast measurements here, just add more ingredients for a bigger crowd.

### Ingredients

- 1 cup cooked quinoa

- 3-4 slices of natural, nitrite free bacon
- 2 organic, free range eggs
- 1/4 cup sweet Vidalia onion, coarsely chopped
- 3-4 green onions, chopped
- 1-2 carrots, sliced thinly
- 1/4 cup frozen peas
- handful of cilantro or parsley, if desired
- 1 Tbsp of grass fed butter
- Sea salt and hot pepper flakes (optional)

## **Directions**

In a skillet, cook the bacon till done, but not too crisp. Set aside to cool, then cut or break into smaller pieces. Add vegetables, and stir fry in leftover bacon grease until slightly tender but not mushy. (5-6 minutes) Push veggies to one side of pan and add eggs, and scramble-fry in pan.

Add cooked quinoa and bacon, and stir into veggies and heat through. Sprinkle with sea salt and hot pepper flakes and serve. Enjoy! You will have super-powered energy to burn all day!

## Low Glycemic Cranberry Muffins



Muffins, fortunately, are an inexact science—unlike cakes or baking bread. Or perhaps I’m lucky and just know the right ingredients to add in the right amounts.

Cranberries have some of the highest quantities of antioxidants out there. They even top blueberries! They are full of vitamin C, making them great as an immune booster, and their unique properties fight harmful bacteria in the digestive system. They also help to prevent kidney stones, prevents cancer, and lower LDL (bad) cholesterol and raises HDL (good) cholesterol. Not bad for one little berry, huh?

According to a recent study from Cornell University, cranberries also contain compounds that are toxic to a variety of cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

Fresh cranberries—not the frozen or canned kind, which often have sugar added—have the highest levels of nutrients, and are at their peak usually in the late fall and early winter, just in time to add their bright color and tart tangy flavor to holiday meals. Since they are hard to find any other time, I usually stock up on the fresh ones and throw them in the freezer to use in smoothies, sauces, and muffins.

## **Ingredients**

- 2 cups fresh or frozen cranberries, whole
- 2 Tbsp of pure maple syrup
- 2-3 tsp cinnamon
- ½ tsp nutmeg
- 2 Tbsp honey
- ½ cup ground flax seed
- ½ cup oats
- ½ cup walnuts, pecans, or almond slivers (optional)
- ¼ cup melted butter or coconut oil
- ½ tsp sea salt
- 2 tsp baking powder
- 2 large eggs
- 1 Tbsp vanilla

## **Directions**

Preheat oven to 375 degrees F. Grease muffin tin or use paper muffin cups. In a bowl, mix all ingredients except cranberries and stir vigorously. Add cranberries, stir. Divide into muffin cups. Bake at 375 for 25 minutes or until centers are done.

Cool and enjoy with some grass-fed butter!



## Power Pumpkin Breakfast Custard or Smoothie



The holidays are a tough time to avoid all the tempting treats that make their appearance. Don't let that healthy resolve disintegrate into high blood sugar and extra pounds. Here's a healthy, delicious way to partake in a treat, without it ruining your diet. If you like pumpkin pie, you'll love this nutrient-dense, antioxidant-rich, protein-packed smoothie—any time of the year!

Pumpkins are a rich source of beta carotene and vitamin A, vitamin C, magnesium, potassium, zinc, and fiber which benefit your eyes, skin, immune system, bones, digestion, and heart health. It is also rich in anti-inflammatory compounds, and contains l-tryptophan, which helps you concentrate, sleep and feel more calm and relaxed.

The fiber in the pumpkin fills you up without increasing your blood sugar—as long as you are not adding sugar. The addition of ginger is a monstrosly powerful anti-inflammatory, so if you have achy joints or stiff sore muscles, this is a great addition. You make this dish thick and creamy and enjoy it like yogurt or a dessert, or if you add extra milk or water, it becomes an easily transportable smoothie. This is one of my favorite breakfasts to go.



## Ingredients

- 1/2 small can organic pumpkin—not pumpkin pie filling, be careful!
- 1-2 teaspoons pumpkin pie spice or 1 tsp cinnamon ½ tsp nutmeg
- 1 cup unsweetened coconut milk (the kind that comes in a can, or the milk that comes in a carton) use ¼ cup if you want to make the pudding/custard
- 1 teaspoon real vanilla
- ½ banana
- 2 scoops of grass fed/cold processed vanilla whey with no added sugar or artificial sweetener except stevia.
- Slice or two of fresh ginger
- Handful of ice cubes
- Blend until smooth and enjoy this creamy smooth smoothie that tastes like you are drinking a pumpkin pie-with whipped cream. I love these things!

## Power Protein Smoothies



The best smoothies have some protein in them, and also good fats. Protein can come from a cold-processed, grass fed whey cold processed protein powder, raw milk, egg, or hemp powder.

A fresh, raw, organic egg can work well for added protein. To minimize any chance of

contamination or salmonella, use an organic, pasture-raised egg and wash it first, avoiding any eggs with cracks in the shell-those can be cooked later. Eggs are excellent protein. Easy to digest, and if you get organic, **pasture-raised** eggs, you will also get a healthy dose of omega 3's, less harmful cholesterol, more vitamin A, more vitamin E, 7 times more beta carotene, and higher levels of antioxidants, and healthy brain chemicals. Eggs also make smoothies thick and creamy which makes them taste even more delicious. The best kind of eggs are the ones that you get locally from a farm near you. This will ensure they are as fresh as possible.

Protein powder is a good option too, but choose well, as many have added sugars or artificial sweeteners. The best kind of protein powder is whey based or hemp based, (avoid soy based proteins), and cold-

processed. Most whey protein powders are heat processed; heat processing of whey proteins denatures the protein, making it virtually useless. And if the protein powder is sweetened, look for Stevia as a healthier sweetener, although stevia can cause an insulin release, but it does not affect blood sugar. The best whey protein is cold processed AND from grass fed cows.

## **‘GO’ Greens**

Speaking of green, add lots of your favorite superfood greens like organic kale, spinach or swiss chard. Simply purchase a bag of fresh or frozen, organic greens and just throw in a quarter cup or so into smoothies. While they may change the color a bit, the milder greens just seem to blend right in without even changing the taste. So, if you are not a huge fan of greens on your dinner plate, try this method to get all the healthy benefits of this superfood. And, if you have younger children who may turn up their noses at eating green stuff, this is a great way to sneak it into their diets without the battle.

## **Fabulous Fats**

The perfect fat burning, low glycemic smoothie has the addition of a healthy fat source. This does two things: one, it helps keep blood sugar stable by slowing down absorption time. And two, it adds an instant energy source. One of my favorite healthy fat additions is virgin coconut oil. Coconut oil has many fat burning energy boosting, benefits--as well as fantastic health benefits.

The medium chain fatty acids in coconut oil are metabolized immediately as energy, so coconut oil is a great way to give your smoothie an added bonus of quick, slow burning energy (without the bonk) and extra fat burning power. Coconut oil contains saturated fat, but this is a very healthy type of saturated fat and actually will help to raise your HDL (good) cholesterol, and lower your LDL (bad) cholesterol and help you burn your own fat as well.

Avocado is also another great addition to a healthy, low glycemic, fat burning smoothie. Avocados have tons of vitamins, minerals, antioxidants and healthy monounsaturated fat, similar to the healthy fat in extra virgin olive oil and nuts. While the avocado may change the color of your smoothie slightly, it adds a rich creamy texture, almost like ice cream, and has such a mild taste that it blends in well with any other flavors.

## High Powered Spices

Although this may sound weird to you, adding spices to your smoothies is another way to really supercharge them with extra antioxidants, fat burning power and special phytonutrients. Cinnamon is a tasty addition to smoothies that will help keep blood sugar low, lower LDL cholesterol, and lower triglycerides, all factors in heart disease and diabetes. A very important study was by the US Department of Agriculture (USDA) that showed that people who ate 1 gram of cinnamon each day over a period of 40 days, experienced a significant decrease in their blood sugar levels, LDL cholesterol, total cholesterol and triglycerides.

Turmeric, known for its incredibly powerful ability to fight inflammation in the body and the brain, prevent cancer and strengthen the immune system, is also an excellent choice to add to smoothies. It does add a little bit of spicy flavor, but it seems to blend well with most other ingredients, as long as you don't overdo it. I actually accidentally added curry powder one day to my smoothie, (turmeric is a major part of curry powder), and to my surprise, it was actually quite tasty!

Cayenne is another great spice to boost fat burning, lean-body potential of your smoothies, while it warms your insides, fights inflammation, helps your blood vessels, lowers blood pressure, and speeds up your metabolism. Just go easy on this hot spice, a little goes a long way, but it will certainly wake you up in the morning!

Once you get the basic formula for smoothies down, you can create and make up your own customized versions to suit your particular nutritional needs. Experiment and enjoy! Just remember that

smoothies can have a lot of calories, so be careful about added sugars, fruit (which contains a lot of sugar) and protein powder, which can contain sugar or artificial sweeteners.

Here is my basic formula for low glycemic smoothies. Choose one or two from each category, blend and enjoy! Go easy on the fruit, as it can become high glycemic, but load up on veggies, protein and healthy fat.

## **Liquid Base**

Coconut water, or coconut milk

Raw dairy whole milk

No sugar added almond milk, hemp milk, cashew milk, etc.

Sparkling water, or mineral water

## **Fruit or Veggies**

½ cup or less, fresh or frozen (no sugar added) fruit: cranberries, strawberries, blackberries, organic mixed berries, acai, goji berries, mango, cherries, blueberries, etc.

½ fresh organic apple (skin and all), good for added fiber and flavor

½ banana (not too ripe) adds thickness and a little sweetness, can be frozen or fresh

Cucumber-has lots of great health benefits, is a natural diuretic (gets rid of excess water in body) and has a mild flavor that blends with most everything

Celery

Carrots



Greens of all kinds

## **Protein**

Cold processed, grass fed whey

Hemp protein (make sure no artificial sweeteners, or artificial additives)

Fresh, organic, free range, raw egg–washed and clean, no cracks in shell.

Walnuts, almonds, pecans, or raw sunflower seeds, raw pumpkin seeds

Peanut butter or other nut butters

## **Fat**

Unprocessed extra virgin coconut oil is my favorite. Its fat burning and health benefits are amazing.

Ground flax seeds or flax seeds are a great source of omega 3 fatty acids and fiber.

Coconut milk (full fat, no sugar kind) adds fat burning, energy boosting nutrition.

Avocados add a thick, creamy taste to smoothies and their mild flavor blends in well with most any ingredients. And chock full of healthy monounsaturated fats, vitamins and antioxidants!

## **Sweeteners**

I don't usually add a sweetener, but just enjoy the natural sweet taste of the ingredients. If you feel you really want a sweeter taste, the best natural, low calorie sweetener to add is Stevia.

Raw honey is okay to add in VERY small amounts. Remember, though, honey is a type of sugar, so go easy on it! 1-2 teaspoons is sufficient

Pure all natural maple syrup adds a great taste, and again 1-2 teaspoons

Natural Stevia

## **Flavorings**

Cinnamon really tastes great in smoothies and it keeps blood sugar levels stable, helping you to burn fat easier.

Natural vanilla extract or vanilla beans are good as well.

## **Greens and Other Good Stuff**

Don't be afraid to throw in fresh parsley, cilantro, sprouts, or a small amount of kale. These green leafy veggies add in powerful vitamins, minerals, and fat burning antioxidants to power you through the day and give you tons of extra energy.

Fresh ginger is a great additive. Ginger adds a bit of a sweet, spicy taste that goes well in smoothies. Ginger lowers blood sugar, expands blood vessels and increases blood flow, as well as burning fat. Ginger also is a powerful anti-inflammatory, aids digestion, combats motion sickness and nausea, and works as a fat burning superfood because it raises the body's metabolism.

Garlic is a great addition for so many health and fat burning reasons, but obviously you can really overpower the taste of the smoothie with this, so go easy.

Smoothies are best cold, so if you are using fresh fruits, then add a few ice cubes. Since bananas ripen so quickly—especially in warm weather, try peeling and chopping in large pieces and freezing at their peak of ripeness. Throw into the blender frozen and to add a cool, smooth, thickness to your smoothie. Any frozen fruit works well in smoothies as well.

Ok, now you have the basics of making good smoothies. Below are a few of my favorite combinations. You can experiment and just combine those fruits and flavors you like best to come up with all sorts of smoothie varieties. The possibilities are endless!

## Green Smoothie

### Ingredients

1 cup baby greens, Swiss chard, dinosaur or baby kale, etc.

1/4 cup blueberries

1/4 avocado

1 tbsp. chia seeds

1 tbsp. cacao powder

1 cup unsweetened almond milk, hemp milk, etc.

1/2 cup ice

### Directions

Blend and enjoy!

# The Chocolate Monkey Smoothie

Dark chocolate contains a variety of powerful fat burning, anti-aging antioxidants, making it excellent for heart and vascular health, and lowering blood pressure as well. Chocolate also helps brain function, and elevates one's mood, raising levels of the feel good hormone, endorphins.

Numerous studies indicate that dark chocolate has a very favorable effect on blood sugar levels as well as diabetes, and decreases inflammation associated with a number of diseases including heart disease, dementia, diabetes and arthritis.

Dark cocoa appears to possess unique properties that can reduce weight gain, and seems to have appetite suppressing properties. So a nibble of dark chocolate can be a delicious and satisfying sweet treat. Always get the darkest chocolate you can find with the highest percentage of cacao, for maximum health benefits.

## Ingredients

- 1 cup of unsweetened hemp milk, almond milk or unsweetened coconut milk
- 2 Tbsp cacao nibs or organic (70% or more) dark chocolate pieces, or organic powdered unsweetened dark chocolate
- 1/2 banana
- 1 Tbsp of extra virgin coconut oil
- 1-2 scoops protein powder vanilla or chocolate, sweetened with stevia-no real sugar, or artificial sweeteners like Splenda/sucralose, or 1 raw organic egg
- Ice cubes if desired

## Green Superfood Smoothie

For those of you who may be watching your blood sugar, yet want to enjoy green smoothie health benefits, here is a great low sugar option for you. The avocado adds a rich creamy texture, healthy fats and added vitamins and minerals.

### Ingredients

1/2 medium sized avocado  
handful of baby arugula  
5 large leaves of kale, center stem removed handful of spinach leaves  
1/2 lemon, peeled and seeded  
1/2 cup cranberries  
1 cup spring water  
Ice cubes

### Directions

Blend on high in blender, adding water last.

## Anti-inflammatory Fat Burning Apple Smoothie

### Ingredients

8 large kale leaves, stem removed 2 bananas  
6 dates  
1-2 tsp turmeric  
  
1 Tbsp (approximately) fresh ginger root, coarsely chopped 1/2 cup water  
ice cubes if desired

### Directions

Blend all ingredients on high. Serves 2-4.