



## **Holiday Recipe and Workout Guide**

**3 time a week body weight workout (6 workouts)**

### **Instructions**

1. Each workout should take approximately 30-45 minutes to complete. Be sure to monitor rest period (60-90 sec) to avoid lowering HR outside of fat burning zone.
2. Items lettered (A1, A2, B1, B2 ) are to be performed as a superset. Therefore, A2 should be performed immediately after A1, with no rest in between. Once all the exercises in each letter category are completed, take a rest before moving on to the following letter. Complete each superset as one set.

WARM-UP	Cadence	Distance/Reps/Time
Bridges	Static Hold	20

Day 1		Week 1
Exercise	Sets	Reps
A1: Squat with Calf Raise	3	20
A2: Wall Push-up	3	15
B1: Reverse Lunges with Arms Overhead	3	20/side
B2: Tricep dips (on bench/chair)	3	15
B3: Forearm Plank Holds	3	30sec (or 15sec x2)
C1: Bicycle Crunches	2	25/ea
C2: Toe Touches	2	25

WARM-UP	Type	Distance/Reps
Shoulder Rotation	Arm Circles	5/ea x2

Day 2		Week 1
Exercise	Sets	Reps
A1: Forward Lunges with Oblique Twist	3	15/ea
A2: Marching High Bridges	3	15/ea
B1: Mountain Climbers	2	25/ea
C1: Lat Pull Down and Squeeze	3	20
C2: Laying Hamstring Curls	3	25
D1: Straight Arm Jumping Jacks	2	25
C1: Reverse Crunches	2	25
C2: Laying Alternate Heel Touches	2	25/ea
C3: Flutter Kicks	2	25/ea

WARM-UP1	WARM-UP2	Distance/Reps
High Knees Marches	Shoulder Separation	20

Day 3		Week 1
Exercise	Sets	Reps
A1: Narrow Body Weight Squats	3	15/ea
A2: Regular Body Weight Squats	3	20/ea
A3: Sumo (wide stance) Body Weight Squats	3	15
B1: Elevated Push-up	3	15
B2: Superman	3	15
C1: Crunches	1	25
C2: Laying Leg Raises	1	25
C3: Plank Holds	1	30sec
C4: Russian Twists	1	25

WARM-UP1	WARM-UP2	Distance/Reps
Hamstring Holds	Lateral (mini-band) Walks	20

Day 4:		Week 2
Exercise	Sets	Reps
A1: Curtsy Lunges	3	15/ea
A2: Bridge Holds	3	20
A3: Body Weight Tricep Extensions	3	20
B1: 3-Pulse Squats	3	15
B2: Leg Kickbacks	3	15/ea
B3: Low Planks	3	30sec
C1: Bicycle Cruches	2	25
C2: Flutter Kicks	2	25

WARM-UP2	WARM-UP2	Distance/Reps
High Plank Hold	Shoulder External Rotation	20sec x3

Day 5:		Week 2
Exercise	Sets	Reps
A1: Squat With Lateral Leg Raise	4	15/ea
A2: Modified Push-ups (on Knees)	4	15
A3: Walking Lunges	4	15
B1: Standing Left Knee Taps	4	15/ea
B2: Standing Right Knee Taps	4	15/ea
B3: High Knees		15/ea
C1: Laying Leg Raise	4	20sec
C2: Laying Leg Raise Holds	3	20sec
C3: Alternating Leg Raise	3	20sec

WARM-UP1	WARM-UP2	Distance/Reps
Body Weight Squats w/ 2sec pause	Hip Flexor Stretch	12count

Day 6:		Week 2
Exercise	Sets	Reps
A1: Wall Sit	4	20sec
A2: Wall Sit - Right Leg Up	4	20sec
A3: Wall Sit - Left Leg Up	4	20sec
B1: Push Ups	3	12
B2: High Plank	3	30sec
B3: Shoulder Taps	3	12ea
C1: Star Jumps	2	25
C2: Mountain Climbers	2	25



## 15 Recipes to help keep you on track this season.

### Recipes:

#### Breakfast

##### 1. Quick Pesto Mug Muffin



#### Muffins:

- 1/4 cup almond flour
- 1/4 cup flaxmeal
- 1/4 tsp baking soda
- 1 large egg, free-range or organic
- 2 tbsp heavy whipping cream or coconut milk (add 1 tbsp water if too thick)
- 2 tbsp pesto, I used Homemade Red Pesto



- salt to taste (I like pink Himalayan)

#### Filling:

- 2 tbsp cream cheese
- 1/2 medium avocado, sliced
- 4 slices crisped up Pancetta or bacon
- Optionally: sliced tomatoes or crispy greens to serve with

#### Instructions

- Place all the dry ingredients in a small bowl and combine well.
- Add the egg, cream, water and mix well using a fork. Add the pesto.
- Combine well and place in two single-serving ramekins. Microwave on high for 60-90 seconds. Let the ramekins cool before filling. Cut the muffins in half. Spread cream cheese on both halves and top with sliced avocado and crisped up bacon slices. Enjoy!
- Tips for cooking in the oven: If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 C / 350 F and cook for about 12-15 minutes or until cooked in the centre.

#### Nutrition Facts

- Total Carbs: 13.9g
- Fiber: 9.4g
- Net Carbs: 4.5g
- Protein: 16.4g
- Fat: 46.2g
- Saturated: 12.7g
- Calories: 511
- Magnesium: 137mg (34% RDA)
- Potassium: 634mg (32% EMR)

#### **\*E3 Recommendation\***

Eliminate the muffin to reduce prep time and decrease calorie intake to 289. For those desiring a larger caloric load, use the full ingredients list for single serving at (578 cal).

*Note-recipe above creates 2 servings!!!*

## 2. Summer Scrambled Eggs



### Ingredients

- 400g Zucchini, diced
- 100g Cheddar
- 100g Ham, smoked
- 2 Green onions, raw, tips only
- 5 Whole Eggs
- 4 tbsp Olive oil

### Instructions

- Dice the zucchini and pat dry with kitchen towel.
- Grate the cheddar and dice the ham, finely chop the onion.
- In a large frying pan, heat the olive oil, then saute the onion for a minute or two.
- Add the diced zucchini to the pan and saute for about 10 minutes, or until they begin to soften and brown a little.
- In the meantime, beat the whole eggs in a larger bowl, add salt and pepper to taste, then incorporate the cheddar and the ham into them.
- Pour the whole eggs, cheddar and ham mixture to cover the zucchini, mix and cook for another 5 minutes or until the whole eggs have the consistency you like.
- Serve hot.

### Nutrition Facts

- Calories: 334
- Fat: 27g
- Carbohydrates: 5.7g
- Fiber: 1.5g
- Protein 20g

**\*E3 Recommendation\***

Substitute whole eggs for egg whites to decrease calorie intake to 258.

*Note-recipe above creates 4 servings!!*

## Lunch

### 1. Easy Chicken, Bacon, Avocado Caesar Salad



#### Ingredients

- 1 ripe avocado, sliced
- 1 chicken breast, (grilled / pre-cooked)
- 1 cup crumbled bacon (about 4 slices)
- creamy caesar dressing (to taste - I used Marie's - about 3 tbsp per salad)
- Optional: lettuce, if you want a bigger meal

#### Instructions

- Slice avocado in half, twist, and discard pit. Slice in half, then easily remove the shell. Slice into about 1" slices.
- Slice your pre-cooked / grilled chicken breast into slices.
- Between two bowls, combine avocado slices, chicken breast, and crumbled bacon.
- Top with a few dollops of creamy caesar dressing and lightly toss (careful not to smoosh the avocado).
- If you want a bigger meal, toss with your preferred amount of lettuce.
- Enjoy!

#### Nutrition Facts

- Net carbs: 3g
- Calories: 417
- Fat: 34g
- Carbohydrates: 8g

- Fiber: 5g
- Protein 24g

### **\*E3 Recommendation\***

Tip: Earlier in the week, it's best to pre-cook your bacon and grilled chicken breasts to make this salad lickety split during the week.

On the go substitutions can allow you to make this almost anywhere. Now you can eat healthy; no excuses: 3tbs bacon bits, 4oz Hormel canned chicken, 1tbsp Marie's Caesar, 1/2 Avocado = 1serving @ 372 cal.

*Note-Recipe above makes 2 servings!!!!*

## **2. Meatloaf in a Mug**



### **Ingredients**

- 4oz = 115 g organic ground beef from grass-fed cows
- 1/4 cup = 60 ml = 1 oz = 30 g shredded Cheddar cheese
- 3 tablespoons homemade or other sugar-free, food additive free salsa
- 1/4 teaspoon organic onion powder
- 1/4 teaspoon (or to taste) unrefined sea salt

### **Instructions**

- Combine all ingredients in a small bowl. Mix with a clean hands until the mixture is well mixed.
- Place the mixture into an 8-ounce (230 ml) or larger microwave-safe mug.
- Microwave at 250 watts for 6–8 minutes. Check after a couple of minutes and adjust the total cooking time according to your microwave oven. Don't cook too long, otherwise the meat becomes too dry.
- Let cool to a convenient temperature and serve.

## |||Nutrition Facts

- Protein: 30.4g
- Fat: 20.9g
- Net carbs: 2.6g
- Cal: 320

### **\*E3 Recommendation\***

Enjoy this quick and easy meal. This rarity is only 1 serving and quite tasty. I doubt you want to make your own salsa, so a sugar free version from your local grocery store should suffice nicely.

## |||Dinner

### **1. Bunless Burger**



## |||Ingredients

- 4 (1/4-lb.) ground beef patties
- ½ teaspoon coarse kosher salt
- ½ teaspoon black pepper
- 12 teaspoons Dijon mustard
- 4 lettuce leaves
- 2 thick tomato slices
- 2 red onion slices
- 2 slices sharp cheddar

## Instructions

- Season the beef patties with salt and pepper. Cook them on a hot cast iron griddle, 1-2 minutes per side. Transfer to a plate and allow to rest, loosely covered in foil, for 5 minutes.
- While meat is resting, assemble the remaining ingredients.
- To assemble the "sandwiches," grab two plates. Place one cooked patty on each plate. Spread it with mustard. On top of the mustard, layer the lettuce, onion, tomato, cheese, and then top with another cooked patty. Serve immediately, with extra napkins.

## Nutrition Facts

- Calories: 610
- Fat: 43g
- Carbohydrates: 3g
- Sugar: 0g
- Sodium: 729mg
- Fiber: 0g
- Protein: 49g

### **\*E3 Recommendation\***

This is another great recipe that needs little to no modification. Be sure to cut ingredients in half when cooking for one.

*Recipe above yields 2 servings!!*

## 2. Seared Tuna with Shaved Vegetable Salad



### Ingredients

- 1/4 cup extra-virgin olive oil divided
- 1 tablespoon rice vinegar
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon Dijon mustard
- 3/4 teaspoon honey
- 4 ounces baby gold beets, thinly shaved
- 1 (4-oz.) fennel bulb, trimmed and thinly shaved
- 4 ounces baby turnips, thinly shaved
- 1 (6-oz.) Granny Smith apple, very thinly sliced
- 2 teaspoons toasted sesame seeds
- 4 (6-oz.) tuna steaks
- 1/2 teaspoon black pepper
- 1 tablespoon torn fennel fronds

### Instructions

- Combine 2 tablespoons oil, vinegar, 1/2 teaspoon salt, mustard, and honey in a large bowl. Add beets, fennel, turnips, and apple; toss to coat. Sprinkle salad with sesame seeds.
- Heat remaining 2 tablespoons oil in a cast-iron skillet over high. Sprinkle tuna with pepper and remaining 1/2 teaspoon salt; place in hot pan. Cook 90 seconds on both sides (for rare) or until desired degree of doneness. Remove tuna from pan. Slice thinly, and serve with salad; top with fennel fronds.

## 🍴 Nutrition Facts

- Calories: 366
- Fat: 15.6g
- Saturated fat: 2.4g
- Mono fat: 11.2g
- Poly fat: 1.9g
- Protein: 43g
- Carbohydrate: 12g
- Fiber: 3g
- Cholesterol: 66mg
- Iron: 2mg
- Sodium: 636mg
- Sugars: 8g
- Est. added sugars: 1g

### **\*E3 Recommendation\***

Remove Granny smith apple to reduce carbohydrate intake to 6.5 and calories to 346.

*Note, the recipe above makes 4 servings!!!*

### **3. Strawberry Chicken Poppy Seed Salad**



## 🍴 Ingredients

- 2 cups cubed organic chicken
- 1/2 cup diced strawberries
- 1/4 cup diced red onion
- 1/4 cup diced celery
- 1/4 cup sliced almonds, toasted
- 1-2 Tbsp. chopped fresh basil
- 1/4-1/3 cup mayonnaise (we recommend Primal Kitchen Mayo)
- 2 Tbsp. lemon juice
- 1 tsp. poppy seed
- Salt & pepper to taste



- Leaf lettuce or butter lettuce
- Chopped green onion

#### Instructions

- In a medium bowl, combine the chicken, strawberries, onion, celery, toasted almonds and fresh basil.
- To toast almonds: place almonds in a small pan over medium heat. Toast until slightly browned tossing occasionally. This only takes a few minutes so watch closely.
- In a small bowl, combine the mayonnaise, lemon juice, and poppy seeds. Gently stir into the chicken mixture. Salt and pepper to taste.
- Serving option: scoop into a lettuce leaf or scoop onto a bed of greens and top with green onions and a few toasted almonds.

#### Nutrition Facts

- Calories: 239
- Fat: 16g
- Protein: 21g
- Carbohydrate: 4g
- Fiber: 1g
- Sodium: 180mg
- Sugars: 2g

### **\*E3 Recommendation\***

This is another great low carb recipe that needs little to no modification.

*Recipe above yields 4 servings!!*

#### 4. Bell Pepper Nacho Boats



##### Ingredients

- 1 pound lean ground turkey
- 1 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher or sea salt
- 3/4 cup salsa, no sugar added
- 1 cup grated cheddar cheese, reduced-fat
- 3 bell peppers

##### Instructions

- Remove seeds, core, and membrane from bell peppers then slice each one into 6 vertical pieces where they dip down. Set sliced bell peppers aside.
- Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses its pink color and is cooked through. Drain off any fat.
- Preheat oven to 375 degrees.
- Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese. Bake on a parchment lined baking sheet for 10 minutes or until cheese is melted and peppers are hot.
- Remove from the oven and add additional toppings, If desired.
- Optional ingredients: sliced Jalapeno peppers, diced avocado, fat-free Greek yogurt or sour cream, or sliced green onions.

## ||| Nutrition Facts

- Calories: 145
- Total Fat: 9g
- Saturated Fat: 4g
- Trans Fat: 0g
- Cholesterol: 50mg
- Protein: 13g
- Carbohydrate: 4g
- Fiber: 1g
- Sodium: 293mg
- Sugars: 2g

### **\*E3 Recommendation\***

Note: If you prefer much softer bell peppers, add a few tablespoons of water to the bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake for 15 minutes.

*Recipe above yields 18 boats total, 2 servings!!!*

## **5. Buffalo Chicken Meatballs**



## ||| Ingredients

- 1 lb. ground chicken
- 1 egg, beaten
- 2 sprigs of green onion, finely chopped
- 1 celery stalk, trimmed and finely diced
- 1 tablespoon almond or coconut flour
- 1 tablespoon mayonnaise

- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pink sea salt
- 1 tsp ground black pepper
- 1 cup of buffalo wing sauce

### Instructions

- Preheat the oven to 400. Spray a sheet pan with non stick cooking spray or grease with Olive oil, coconut oil or butter. (I use Olive oil)
- In a large bowl, combine all ingredients, minus the buffalo sauce. Mix well.
- Use your hands to form 2" balls, mixture will be sticky. If desired set out a small amount of almond or coconut flour to dust your palms with. I personally just pushed through it and made a mess all over my hands!
- Place meatballs on a sheet pan. Bake for 15 minutes or until center has reached 160°.
- Remove meatballs from the oven. Place in a skillet or pot over medium low heat. Coat with buffalo sauce. Continue to cook just until sauce is warmed.
- Serve over pureed celery root or cauliflower that has been mixed with a ranch seasoning packet! Or eat as is.

### Nutrition Facts

- Calories: 176
- Total Fat: 7.7g
- Cholesterol: 95mg
- Protein: 23.3g
- Carbohydrate: 2.4g
- Fiber: 0.5g
- Sodium: 494mg
- Sugars: 0.7g

### **\*E3 Recommendation\***

This low carb high protein recipe requires little modification. We recommend low fat mayonnaise to maintain fat intake.

*Makes 18 meatballs total, serving size is 3 meatballs!!!*

## 6. No Bean Turkey and Sweet Potato Chili



### Ingredients

- 20 oz 93% lean ground turkey
- kosher salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 10 oz can Rotel mild tomatoes with green chilies
- 8 oz can tomato sauce
- 3/4 cup water
- 1/2 tsp cumin, or to taste
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes
- fresh cilantro, for garnish

### Instructions

- In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin.
- When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.
- Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.

- Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally.
- Add 1/4 cup more water if needed. Remove bay leaf and serve

#### Nutrition Facts

- Calories: 235
- Total Fat: 8g
- Cholesterol: 81mg
- Protein: 23g
- Carbohydrate: 14g
- Fiber: 2g
- Sodium: 578mg
- Sugars: 4g

#### **\*E3 Recommendation\***

Increase protein and reduce fat per serving by using 99% extra lean ground turkey.

*Yield: 5 servings, Serving Size: 1 cup*

### **7. Low Carb Chicken Quesadilla**



#### Ingredients

- 3 oz pepper jack
- 2.5 oz chicken breast grilled
- 1/2 avocado sliced thin
- 1 tsp chopped jalapeño
- 1 low carb wrap
- 1/4 tsp dried basil
- 1/4 tsp crushed red pepper
- 1/4 tsp garlic powder
- 1/4 tsp salt

## Instructions

- If not already done, grill the chicken breast with spices (optional) for additional flavor. Make sure it's chopped so it cooks quicker and is ready to go into your quesadilla.
- Place your wrap on a frying pan wide enough to allow the wrap to lay as fully flat as possible on a medium heat.
- After a 2 minutes, flip the wrap over and begin laying out the pepper jack. Don't get too close to the corners (leave a little less than an inch from the edges of the wrap).
- Add the chopped chicken breast, sliced avocado and jalapeño to only one half of the wrap.
- Add cheese and your favorite ingredients!
- Fold the wrap over with a spatula and press down to flatten (not too much!). This will ensure the melted cheese glues the quesadilla together.
- Fold the wrap over with a spatula and press down.
- Take off the pan and cut into thirds. Enjoy with salsa and/or sour cream!

## Nutrition Facts

- Calories: 654
- Protein: 52g
- Carbohydrate: 7g
- Fat: 43g

### **\*E3 Recommendation\***

This high protein low carb recipe needs little to no modification.  
*Yields 1 quesadilla for 1 serving.*

## 8. Cheesy Kale Casserole



### Ingredients

- 2 tablespoons olive oil
- 1 lb. lean ground beef
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 10 oz fresh kale
- 2 cups marinara sauce
- 4 oz shredded mozzarella

### Instructions

- Heat broiler on high.
- In an oven-and-broiler-safe deep skillet or Dutch oven, heat the olive oil over medium-high heat, about 2 minutes.
- Add the beef. Cook, stirring to break up and crumble the beef, until no longer raw, about 5-7 minutes.
- Stir in the salt, pepper, garlic powder, onion powder and oregano.
- In batches, stir the kale into the beef mixture, cooking just until it slightly wilts.
- Stir in the marinara sauce. Cook until heated through, about 2 more minutes.
- Mix half the cheese into the mixture.



- If not using an oven-safe skillet, transfer the mixture to a broiler-safe dish.
- Sprinkle the remaining cheese on top. Broil just until cheese is melted, about 1 minute. Allow to rest 5 minutes before serving.

#### ||| Nutrition Facts

- Calories: 471
- Saturated Fat: 12g
- Protein: 30g
- Carbohydrate: 8g
- Fat: 35g
- Sodium: 843mg
- Fiber: 2g
- Sugar: 4g

#### **\*E3 Recommendation\***

For more protein per servicing, opt for 99% lean ground turkey breast.  
*This recipe yields 4 servings*

### 9. Fathead Pizza Rolls



#### ||| Ingredients

##### ||| The Dough:

- 1.5 cups Mozzarella Cheese, Shredded
- 2 tbsp Cream Cheese
- 3/4 cup Almond Flour
- 1 Egg
- 1/2 tsp Garlic salt

### The Filling:

- 2 tbsp Tomato Sauce
- Mozzarella Cheese, Shredded - to taste
- Black Olives, Minced - to taste
- Pepperoni, Minced - to taste
- Salami, Minced - to taste

### Instructions

- Preheat oven to 400 degrees F.
- Drape cookie sheet with parchment paper. Sprinkle garlic salt and a small amount of almond flour on the surface of the paper.
- Melt the mozzarella and cream cheese in the microwave for 60 seconds.
- Stir almond flour and egg in with the melted cheese mixture to form the dough.
- Flatten the dough out into a rectangular shape on the prepared parchment paper.
- Bake the dough for 2-3 minutes at 400 degrees F.
- Remove from oven and lift edges of dough from parchment paper.
- Spread tomato sauce across the surface of the crust. Evenly distribute the rest of the pizza toppings over the sauce.
- Starting with one edge of the crust, gently roll into a log.
- Using a sharp knife, cut into slices.
- Lay slices flat on top of parchment paper covered cookie sheet.
- Bake for 10-15 minutes, until dough becomes golden.

### Nutrition Facts

- Calories: 420
- Protein: 27g
- Carbohydrate: 9g
- Fat: 33g
- Fiber: 3g
- Sugar: 1.5g

### **\*E3 Recommendation\***

If gluten intolerant, opt for gluten free almond flour, also low fat cream cheese to reduce fat intake.

*This recipe yields 4 servings*

## 10. Chicken Bacon Crockpot Chowder



### Ingredients

- 4 cloves garlic, minced
- 1 shallot, finely chopped
- 1 small leek, cleaned, trimmed and sliced
- 2 ribs celery, diced
- 6 oz cremini mushrooms, sliced
- 1 medium sweet onion, thinly sliced
- 4 tbsp butter, divided
- 2 cups chicken stock, divided
- 1 lb. chicken breasts
- 8 oz cream cheese
- 1 cup heavy cream
- 1 lb bacon, cooked crisp and crumbled
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried thyme

### Instructions

- Heat slow cooker on low setting.
- To slow cooker, add garlic, shallot, leek, celery, mushrooms, onions, 2 tbsp butter, 1 cup chicken stock, sea salt and black pepper.
- Cover, and cook vegetables on low for 1 hour. Complete this next step while the vegetables are cooking.
- In a large skillet over medium-high heat, pan-sear the chicken breasts in the remaining 2 tbsp butter until they are browned on

both sides. – About 5 minutes each side. (Chicken will not be fully cooked during this stage.)

- Remove chicken from pan and set aside. De-glaze the pan with the remaining 1 cup of chicken stock. Using a rubber spatula, scrape up any bits of chicken that may be stuck to the pan.
- Add chicken stock to slow cooker.
- Add heavy cream, cream cheese, garlic powder, and thyme to the slow cooker. Stir until well combined and there are no longer any visible chunks of cream cheese.
- Once the chicken has cooled, cut it into cubes and add it to the slow cooker, along with bacon. Stir until all ingredients are well combined.
- Cover and let cook for 6-8 hours.
- Stir in the salt, pepper, garlic powder, onion powder and oregano.

#### Nutrition Facts

- Calories: 355
- Protein: 21g
- Total Carbohydrate: 6.4g
- Fat: 28g
- Net Carbs: 5.75g
- Fiber: .62g

#### **\*E3 Recommendation\***

We recommend using Turkey Bacon for less fat, less calories and more protein per serving.

*Serving Size 1 cup Yields 8 servings*

## Dessert

### 1. Strawberry Vanilla Muffin



#### Ingredients

- 2 cups almond flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup butter melted
- 1/4 cup erythritol or sugar substitute
- 2 teaspoons vanilla essence
- 2/3 cup chopped strawberries
- 4 Eggs
- 1/4 Cup water

#### Instructions

- Preheat the oven to 180C/350F degrees.
- Mix the almond flour, baking powder and salt together.
- In another bowl mix the butter, water, eggs, erythritol and vanilla essence.
- Combine the wet and dry ingredients together, and stir well. Add the strawberries.
- Pour the mixture into muffin liners in a muffin tin.
- Bake for 15 to 20 minutes until firm.

- Eat and enjoy!

#### 🍴 Nutrition Facts

- Calories: 373
- Protein: 11g
- Total Carbohydrate: 9g
- Fat: 35g
- Net Carbs: 5g
- Fiber: 4g

#### **\*E3 Recommendation\***

This guilt-free sweet treat needs little to no modification. However, if gluten intolerant, opt for gluten free almond flour.

*Yields 6 servings*

#### **\*Healthy on-the-go Recommendations in PBC\***

- 🍴 CR Chicks
- 🍴 Freshii (remember to order your choice w/o corn, quinoa; i.e. carbs)
- 🍴 Nature's Way Cafe
- 🍴 Field of Greens (portion control)
- 🍴 Bolay
- 🍴 Christopher's Kitchen
- 🍴 3 Natives
- 🍴 Fresh Nation

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