



6 Secrets to enjoying your food and losing weight.

Recipes:

🏋️ Breakfast-

1. Quick Pesto Mug Muffin



🏋️ Muffins:

- ¼ cup almond flour (25 g / 0.9 oz)
- ¼ cup flaxmeal (38 g / 1.3 oz)
- ¼ 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 (30 g / 1.1 oz)
- salt to taste (I like pink Himalayan)

🔪 Filling:

- 2 tbsp cream cheese (30 g/ 1.1 oz)
- ½ medium avocado, sliced (75 g/ 2.6 oz)
- 4 slices crisped up Pancetta or bacon (60 g/ 2.1 oz)
- 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 13.9 grams
- Fiber 9.4 grams
- Net Carbs 4.5 grams
- Protein 16.4 grams
- Fat 46.2 grams of which Saturated 12.7 grams
- Energy (calories) 511 kcal
- Magnesium 137 mg (34% RDA)
- Potassium 634 mg (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 two 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

- 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.

🍴 To Make

- 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 smooch the avocado).
- If you want a bigger meal, toss with your preferred amount of lettuce.
- Enjoy!

🍴 Nutrition Facts

- Net carbs: 3
- Calories: 417
- Fat: 34
- Carbohydrates: 8
- Fiber: 5
- Protein 24

E3 Recommendation

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 two 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-2.6
- Cal-320

E3 Recommendation

Enjoy this quick and easy meal. This rarity is only one 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
- Satfat 2.4g
- Monofat 11.2g
- Polyfat 1.9g
- Protein 43g
- Carbohydrate 12g
- Fiber 3g
- Cholesterol 66mg
- Iron 2mg
- Sodium 636mg
- Calcium 37mg
- 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!!!

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

References

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