

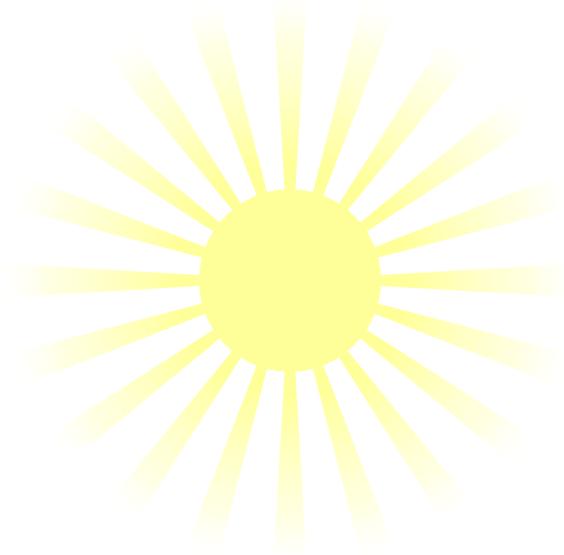
# AWAKEN

30+

EGG FREE &  
GRAIN FREE  
BREAKFASTS



KAREN SORENSON  
OF  
LIVING LOW CARB ...ONE DAY AT A TIME



## *Disclaimer*

The information within the book is intended for informational purposes only and is in no way medical advice. Please consult a physician or other professional health care provider before beginning any nutrition program. The nutritional information provided is based on ingredients that I used and are only estimates.

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*Awaken: 30+ Egg Free and Grain Free Breakfasts*

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# WELCOME

Hi, I'm Karen! I'm the blogger and recipe developer behind **Living Low Carb...One Day at a Time**. The blog is dedicated to low carb, grain free, and dairy free recipes and information. In May 2011, after years of unhealthy eating and continuous weight gain, I decided to regain my health. I made a promise to myself that I would change my eating habits and never look back. My journey to regain my health started with a low carb diet, which worked for me in the past to shed some weight. Low carbining was working and the scale was moving in the right direction, but I knew I needed to do more to improve my health.

I started the blog in December of 2011 as a way to hold myself accountable for what I was eating and to not return to my old habits. Through my work with the blog I have discovered the Paleo/Primal/Ancestral/Real Food movements and I am now moving to that direction. While, it wasn't a difficult change to go from low carb to Paleo, there were significant changes. I ditched the processed foods and focused on fresh veggies and quality meats. I started reading labels for the ingredients and not just the carb counts. You may be surprised to see how many unnecessary ingredients are added to products. I have never felt better! More energy, more alert, more focused! Since I am still trying to lose weight I keep my carbs moderately low and I haven't made the switch to Paleo sweeteners yet, but I have made great strides and I love the direction my health is going in.

Thank you for your purchase and I hope you enjoy the book. Whether you are allergic to eggs or just want something different, my goal was to create a recipe resource that was helpful to those trying to regain their health.

Enjoy,  
~Karen

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# STOCKING THE PANTRY

## Almond Butter (or Nut Butter)



Almond butter is made from grinding almonds until they turn into a smooth creamy texture. Almond butter is used as a substitute for peanut butter. Other nuts, like cashews and macadamia nuts, could be used to make nut butters. When purchasing almond/nut butters ensure that the only ingredient is nuts and that no additives, preservatives, or sugar have been added.

## Almond Flour



Almond flour is made from grinding blanched almonds (have no skin) to form a powder like consistency. While almond flour cannot be directly substituted for all-purpose flour, with some modifications it can be used in baking. Due to its high fat content, it is best stored in the refrigerator or freezer. You can make your own almond flour by grinding blanched almonds in a food processor until you reach the desired consistency. Almond Meal has a coarser texture and will not have the same results in recipes. If you only have almond meal then turn it into the consistency of almond flour by grinding it in a coffee/spice grinder until the desired consistency is reached.

## Almond Milk



Almond milk is the liquid produced after soaking the almonds, grinding them with water, and straining out the almond skins/pulp. Almond milk is a great dairy free substitute for milk.

## Bone Broth



Bone broth is made by boiling animal bones (like chicken or beef) in water, vegetables, and spices to create a rich broth full of minerals like calcium and magnesium. Bone broth also provides an excellent source for gelatin which is known to help heal the gut. It is best to make **homemade bone broth**, but if you do purchase store bought be sure to check the ingredients to make sure only whole, natural ingredients are used.

## Chia Seeds



Chia seeds are rich in omega-3 fatty acids. Chia seeds make a great substitute for eggs when combined with water to form a gel.

## Coconut Butter



Coconut butter is made from the flesh of the coconut that is pureed into a dense spread. Coconut butter is solid at room temperature. To soften the coconut butter, place the jar in a warm water bath until softened.

## Coconut Flour



Coconut Flour is made from drying the flesh of the coconut and grinding it into flour. Coconut flour can be used as a substitute for all-purpose flour in baking, but requires significant modifications. When using coconut flour additional liquid is required (often in the form of extra eggs). Coconut flour does not work well with egg free baking.

## Coconut Milk



Coconut milk is the liquid produced after soaking the coconut meat in water, grinding the meat, and straining the pulp. Coconut milk is a great dairy free substitute for milk or heavy cream. If you purchase store bought coconut milk, be sure to check the ingredients to make sure no preservatives or gums have been added.

## Coconut Oil



Virgin coconut oil is made from a cold press technique (no chemicals or high heat) of extracting the oil from the meat of the coconut. Coconut oil is able to stand up to higher heats without damaging the nutrients. Coconut oil can be used for cooking/baking and makes a great dairy free substitute for butter.

## Dijon Mustard



Dijon mustard is a staple in my pantry because it adds wonderful flavor and creaminess to recipes, which is essential in dairy free cooking. Be sure to check the ingredients of the Dijon mustard to make sure no additives or preservatives have been added.

## Extra Virgin Olive Oil (EVOO)



Extra virgin olive oil comes from extracting the oil from the olive. EVOO works well for applications that do not require cooking because excess heat could damage the nutrients of the oil. EVOO makes great dressings and vinaigrettes.

## Flax Seeds (or Meal)



Flax seeds are rich in omega-3 fatty acids and fiber. Flax seeds make a great substitute for eggs when combined with water to form a gel. Flax seed meal is made by grinding the flax

seeds to a flour/meal. Flax seeds can be brown seeds or golden yellow seeds. There is no significant difference in taste, but the golden flax seed gives baked goods a lighter color. Due to its high fat content, it is best stored in the refrigerator or freezer.

## Raw Nuts



Raw nuts work well for creating crunchy toppings and crumbles. Ensure you are purchasing raw nuts from quality sources with no additives or preservatives. Due to their high fat content, raw nuts are best stored in the refrigerator or freezer.

## Spices



It is important to have a wide variety of spices to create maximum flavor. Dried spices are great for creating seasoning blends to season meat. My favorite spices to use are black peppercorns (freshly ground), cinnamon, cayenne pepper, dill weed, garlic powder, fennel seed, oregano, rosemary, sea salt, and thyme.

## Sweeteners

Sweeteners can be the source of debate in many health circles. Everyone has an opinion on which sweetener is best and I have included a list of common sweeteners used. I recommend doing your research and reviewing the facts for yourself to make the best decision that works for you.\* Regardless of the sweetener used, I think we can all agree that excess consumption of sweeteners (no matter the form) does not promote a healthy body and lifestyle.

## Swerve Sweetener



Swerve Sweetener is made from a combination of erythritol (a zero calorie sugar alcohol, found naturally in fruits and vegetables) and oligosaccharides (non-digestible carbohydrates extracted from fruits and vegetables). This combination

makes a cup for cup substitution with sugar without needing a combination of sweeteners. It is known to not produce spikes in blood glucose levels.\* While I do follow a Paleo/ancestral health lifestyle, the one thing that I have not changed is the sweetener I use. I am still on a journey to lose weight and Swerve Sweetener allows me to have the occasional indulgence without affecting my blood glucose level.\* The recipes within this book were created and tested using Swerve Sweetener, but I have included a **sweetener substitution chart** for those that prefer other sweeteners. The nutritional information with each recipe does not include sweetener. Please make the necessary adjustments for the sweetener you use in the recipe.

### **Stevia**



Stevia is produced by drying the leaves of the stevia plant and ground into a powder. To eliminate the aftertaste, it is best when used in combination with erythritol. It is known to not produce spikes in blood glucose levels.\*

### **Coconut Palm Sugar**



Coconut Palm Sugar is produced by tapping the nectar from the flower of the coconut palm tree. The nectar is dried in large kettle drums and the liquid is evaporated until the granular sugar appears. Coconut palm sugar is similar in taste to brown sugar and ranks 35 of the Glycemic Index which is classified as a low glycemic food. While ranked low on the Glycemic Index, coconut palm sugar can have an effect on blood sugar.\*

### **Raw Honey**



Raw honey is used in ancestral diets and diets that work to treat gut related issues (e.g. GAPS) because it is unprocessed, contains vitamins/minerals, and is easy to digest. Raw honey can have an effect on blood glucose levels.\*

### **Real Maple Syrup**



Real maple syrup comes from the sap of the maple trees. Grade B, is a good quality maple syrup that contains many minerals. Maple syrup can have an effect on blood glucose levels.\*

### **Tuna/Salmon**



Canned tuna and salmon can be a great resource to have in your pantry. Check the ingredients to make sure no soy, additives, or preservatives have been added. Also ensure you are getting quality (i.e. wild) fish and if packed in oil ensure quality oil is used (i.e. olive oil).

### **Unsweetened Shredded Coconut**



Unsweetened shredded coconut is the dried meat of the coconut. Ensure that you are using shredded coconut that is unsweetened and does not contain any additives or preservatives.

\* **Note:** Not intended as medical advice. Always consult a physician or medical health professional before making adjustments to your diet.

# EGG SUBSTITUTION CHART

Ingredient	Amount	Function	Comments
Egg	1 egg	Leavening, Binding	Low Carb
Chia Seed Gel	1 Tbsp Chia Seed + 3 Tbsp water	Leavening, Binding	Low Carb
Flax Seed Gel	1 Tbsp Flax Seed + 3 Tbsp water	Leavening, Binding	Low Carb
Apple Sauce (Unsweetened)	¼ cup	Leavening	Low-Mid Carb Best When Used with Honey or Maple Syrup
Baking Soda	2 tsp baking soda + 2 Tbsp warm water	Leavening	Low Carb Best When Used with Honey or Maple Syrup
Gelatin (Unflavored)	1 Tbsp Gelatin + 3 Tbsp lukewarm water	Leavening	Low Carb Best When Used with Honey or Maple Syrup

**Note:** Not all egg substitutes will have the same results in recipes and may require different cooking/baking times and temperatures. Determine the function of the egg(s) in the recipe and choose a substitute that has the same function.

# SWEETENER SUBSTITUTION CHART

Sugar	Swerve Sweetener	Erythritol + Stevia	Coconut Palm Sugar	Raw Honey*	Maple Syrup*
1 cup	1 cup	1 cup erythritol + 1 tsp Stevia	1 cup	1 cup	1 cup
1/2 cup	1/2 cup	1/2 cup erythritol + 3/4 tsp Stevia	1/2 cup	1/2 cup	1/2 cup
1/3 cup	1/3 cup	1/3 cup erythritol + 1/2 tsp Stevia	1/3 cup	1/3 cup	1/3 cup
1/4 cup	1/4 cup	1/4 cup erythritol + 1/4 tsp Stevia	1/4 cup	1/4 cup	1/4 cup
1 Tbsp	1 Tbsp	1 Tbsp erythritol + 1/16 tsp Stevia	1 Tbsp	1 Tbsp	1 Tbsp
NOT recommended (used to set the equivalent measure)	Low Carb	Low Carb	Paleo	Paleo GAPS	Paleo

\*When using honey or maple syrup for baking, the liquid used will need to be reduced by 1/4 cup for every 1 cup of honey / maple syrup and the baking temperature will need to be reduced by 25°F

**Note:** Measurements are estimates and actual sweetness will vary by recipe. The recipes were tested using a granular sweetener and results may vary when using a liquid sweetener.

**Sweeteners are not included in the nutritional information listed with each recipe.**

Please adjust the nutritional information based on the sweetener you use.

# HOW TO CUT A CHAYOTE SQUASH



1. Take one chayote squash.



2. Peel the skin of the chayote squash\* using a vegetable peeler and cut the chayote in half lengthwise.
3. Using a spoon, scoop out the inner core.



4. Using a mandolin slicer, cut each half of the chayote into slices (thickness dependent on the recipe)
5. Use as directed in the recipes.

**\* Note:** Recommend wearing gloves while working with chayote squash as it may cause skin dryness.

# HOW TO MAKE A CHIA EGG



1.  
Place 1 Tbsp of whole chia seeds in a bowl.



2.  
Add 3 Tbsp of water and stir to combine.

3.  
Let sit for 5 minutes while a gel forms.



4.  
After 5 minutes, stir the mixture and let sit for an additional 1-2 minutes or until completely gelled.

5.  
This will yield 1 chia egg. Use as directed in the recipes.

# HOW TO MAKE CAULIFLOWER "RICE"



1. Take one medium head of cauliflower. One medium head of cauliflower yields about 4 cups of cauliflower "rice"
2. Trim the leaves and remove the core.
3. Cut the cauliflower into florets (doesn't have to be perfect)
4. Place the cauliflower in a food processor or blender (may have to work in batches) and pulse until the cauliflower is the size of grains of rice (about 5-8 times).
5. Use as directed in the recipes.



# HOW TO ROAST A SPAGHETTI SQUASH



1. Preheat the oven to 400°F and use one whole 3 lb spaghetti squash.
2. Using a fork, pierce the skin of the spaghetti squash all over.
3. Place the spaghetti squash in a baking dish and bake for about 1 hour and 15 minutes or until the squash is tender when pressed. Flip the squash over halfway through baking.



4. Cut the spaghetti squash in half, lengthwise and allow to cool slightly.

5. Using a spoon, scoop out the seeds and discard.

6. Flake the strands of spaghetti squash with a fork.

7. Use as directed in recipes.



## **Note:**

One 3 lb spaghetti squash yields approximately 5-6 cups of squash strands. Another roasting method would be to cut the spaghetti squash in half before cooking, scoop out the seeds, drizzle with oil, season to taste, and roast cut side down at 400°F for about 45 minutes or until tender. Flake the spaghetti squash with a fork and use as directed in recipes.





MORNING MEATS

# BACON TWISTS



# BACON TWISTS

## INGREDIENTS:

- 10 slices bacon
- 2 Tbsp equivalent granular sweetener (15 mL)
- 1 Tbsp cinnamon (15 mL)

## DIRECTIONS:

1. Preheat the oven to 350°F (177°C).
2. Arrange the bacon in a single layer on a rimmed baking sheet, lined with foil.
3. Combine the sweetener and cinnamon in a small bowl.
4. Rub the seasoning mixture evenly over the bacon.
5. Place one piece of bacon with one end in each hand and twist until the whole piece of bacon is twisted (not too tight, but not too loose). Place the bacon on an oven-proof rack.
6. Repeat for the rest of the bacon slices.
7. Discard the extra spices left on the baking sheet (so they do not burn) and place the rack of bacon on top of the baking sheet.
8. Bake for 25-30 minutes or until the bacon is cooked through and crispy.
9. Serve with your favorite vegetable.

Prep Time	10 min
Cook Time	25 min
Yield	10 pieces
Serves	5

### Nutritional Info (per serving)

Calories	136
Protein	8.98g
Fat	10.1g
Carbs	2.44g
Fiber	1.23g
Net Carbs	1.21g

## NOTES

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# BACON WRAPPED ZUCCHINI



# BACON WRAPPED ZUCCHINI

## INGREDIENTS:

- 3 medium zucchinis
- 8 pieces of bacon
- 1 tsp garlic powder (5 mL)
- 1 tsp chili powder (5 mL)
- 1 Tbsp of oil (15 mL)

## DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. Cut the bacon in half, widthwise and place the bacon on a rimmed baking sheet, lined with foil.
3. Bake for 10 minutes.
4. Meanwhile, peel the skin of the zucchini and trim the ends.
5. Cut the zucchini into pieces that are 1" thick and 1½" long (it should yield 16 pieces of zucchini).
6. Add the zucchini to a large bowl with the garlic powder, chili powder, and oil. Stir to coat.
7. Remove the bacon from the oven and drain the renderings.
8. Wrap one piece of bacon around each piece of zucchini and secure with a toothpick.
9. Place each piece of zucchini on the baking sheet and return to the oven for 15-20 minutes or until the bacon is crispy and the zucchini is tender. Flip the zucchini halfway through so the bacon cooks evenly.
10. For crispier bacon, broil it for the last 3-5 minutes of baking (keep an eye on it).

Prep Time	10 min
Cook Time	20 min
Yield	32 pieces
Serves	4

### Nutritional Info (per serving)

Calories	144
Protein	13.84g
Fat	10.44g
Carbs	6.02g
Fiber	1.93g
Net Carbs	4.09g

## SWITCH IT UP

Use 1 lb of butternut squash, cut into 1" cubes and season with the garlic powder, chili powder, and oil. Cut the bacon in half and wrap it around the butternut squash (no need to precook the bacon). Bake at 350°F (177°C) for 20 minutes, flip the squash over, and bake for another 20 minutes or until the squash is tender and cooked through.

# BEEF SAUSAGE



# BEEF SAUSAGE

## INGREDIENTS:

- 1 lb ground beef (0.45 kg)
- 2 tsp fennel seed (10 mL)
- 1 tsp dried thyme (5 mL)
- 1½ tsp garlic powder (7 mL)
- 1½ tsp dried sage (7 mL)
- ½ tsp salt (2 mL)
- ¼ tsp pepper (1 mL)
- ¼ tsp cayenne (1 mL)

## DIRECTIONS:

1. Grind the fennel seed and the thyme in a spice grinder or mortar and pestle to break down the spices (recommended).
2. Combine all of the spices together.
3. Incorporate the spice mixture into the beef.
4. (Optional) Fry 1-2 tsp of the meat in a skillet to see if you need to adjust the seasoning.
5. Form into 10 equal patties.
6. Heat 1 Tbsp of oil, in a large skillet, over medium-high heat and brown the patties for 4-5 minutes per side or until cooked through.
7. Serve with your favorite vegetable.

Prep Time	5 min
Cook Time	10 min
Yield	10 pieces
Serves	5

### Nutritional Info (per serving)

Calories	202
Protein	17.19g
Fat	13.78g
Carbs	1.40g
Fiber	0.60g
Net Carbs	0.80g

## SWITCH IT UP

Replace the ground beef with your favorite ground meat!

# ITALIAN BREAKFAST SAUSAGE



# ITALIAN BREAKFAST SAUSAGE

## INGREDIENTS:

- 1 lb ground pork (0.45 kg)
- 2 tsp fennel seed (10 mL)
- 2 tsp Italian seasoning (10 mL)
- 1½ tsp garlic powder (7 mL)
- 1½ tsp dried sage (7 mL)
- ½ tsp salt (2 mL)
- ¼ tsp black pepper (1 mL)

## DIRECTIONS:

1. Grind the fennel seed and the Italian seasoning in a spice grinder or mortar and pestle to break down the spices (recommended).
2. Combine all of the spices together.
3. Incorporate the spice mixture into the pork.
4. (Optional) Fry 1-2 tsp of the meat in a skillet to see if you need to adjust the seasoning.
5. Form into 10 equal patties.
6. Heat 1 Tbsp of oil, in a large skillet, over medium-high heat and brown the patties for 3-4 minutes per side or until cooked through.
7. Serve with your favorite vegetable.

Prep Time	10 min
Cook Time	10 min
Yield	10 pieces
Serves	5

### Nutritional Info (per serving)

Calories	245.2
Protein	15.63g
Fat	19.4g
Carbs	1.29g
Fiber	0.54g
Net Carbs	0.75g

## SWITCH IT UP

Replace the ground pork with your favorite ground meat!

# CHICKEN SAUSAGE



# CHICKEN SAUSAGE

## INGREDIENTS:

- 1 lb ground chicken (0.45 kg)
- 2 tsp fennel seed (10 mL)
- 2 tsp dried rosemary (10 mL)
- 1½ tsp garlic powder (7 mL)
- 1½ tsp dried sage (7 mL)
- ½ tsp salt (2 mL)
- ¼ tsp black pepper (1 mL)

## DIRECTIONS:

1. Grind the fennel seed and the rosemary in a spice grinder or mortar and pestle to break down the spices (recommended).
2. Combine all of the spices together.
3. Incorporate the spice mixture into the chicken.
4. (Optional) Fry 1-2 tsp of the meat in a skillet to see if you need to adjust the seasoning.
5. Form into 10 equal patties.
6. Heat 1 Tbsp of oil, in a large skillet, over medium-high heat and brown the patties for 4-5 minutes per side or until cooked through.
7. Serve with your favorite vegetable.

Prep Time	10 min
Cook Time	10 min
Yield	10 pieces
Serves	5

### Nutritional Info (per serving)

Calories	121
Protein	13.32g
Fat	6.35g
Carbs	1.39g
Fiber	0.58g
Net Carbs	0.81g

## SWITCH IT UP

Replace the ground chicken with your favorite ground meat!

# SWEET CINNAMON PROSCIUTTO CHIPS



# SWEET CINNAMON PROSCIUTTO CHIPS

## INGREDIENTS:

- 3 oz thinly sliced prosciutto (125 g)
- 1 tsp cinnamon (5 mL)
- 2 ½ tsp equivalent granular sweetener (12 mL)

## DIRECTIONS:

1. Preheat the oven to 350°F (177°C).
2. Place the prosciutto in a single layer onto a rimmed baking sheet lined with parchment paper.
3. Combine the cinnamon and sweetener together in a small bowl.
4. Sprinkle the cinnamon/sweetener mixture evenly over the prosciutto.
5. Bake for 10-15 minutes or until slightly crispy (watch carefully so that they do not burn).
6. Transfer the prosciutto to cooling rack lined with paper towel to cool and crisp up.
7. Serve with your favorite vegetable.

Prep Time	5 min
Cook Time	15 min
Yield	6 pieces
Serves	3

### Nutritional Info (per serving)

Calories	29
Protein	8.03g
Fat	2.41g
Carbs	0.99g
Fiber	0.37g
Net Carbs	0.62g

## NOTES

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# DIJON SAUSAGE MEATBALLS



# DIJON SAUSAGE MEATBALLS

## INGREDIENTS:

¼ cup finely diced onion (60 mL)

1 lb ground pork (0.45 kg)

¼ cup Dijon mustard (60 mL)

2 tsp fennel seed (10 mL)

1 tsp garlic powder (5 mL)

1 tsp salt (5 mL)

1 tsp black pepper (5 mL)

## DIRECTIONS:

1. Preheat oven to 350°F (177°C).
2. Heat 1 Tbsp of oil in a skillet over medium heat. Cook the onions for 4-5 minutes or until tender and translucent. Allow to cool.
3. In a medium bowl, combine all of the ingredients making sure the spices and onions are thoroughly incorporated.
4. Scoop 1 Tbsp of sausage and form into a ball.
5. Place the sausage ball on a parchment paper lined baking sheet.
6. Repeat until all of the sausage has been formed into balls (makes about 24 sausage balls).
7. Bake for 15-20 minutes or until the sausage is cooked through.

Prep Time	5 min
Cook Time	25 min
Yield	24 pieces
Serves	4

### Nutritional Info (per serving)

Calories	351.25
Protein	20.28g
Fat	28.14g
Carbs	3.78g
Fiber	2.10g
Net Carbs	1.68g

## SWITCH IT UP

In a hurry? Use sausage instead of ground pork, leave out the spices, and only add 2 Tbsp Dijon mustard.

# PEPPERED BACON



# PEPPERED BACON

## INGREDIENTS:

- 1 lb Bacon (0.45 kg)
- 2 tsp fresh cracked black pepper (10 mL)
- ¾ tsp equivalent granular sweetener (3 mL)

## DIRECTIONS:

1. Preheat the oven to 375°F (190°C).
2. Place the bacon on a foil lined baking sheet in a single layer (may need more than one pan).
3. Combine the black pepper and sweetener in a small bowl.
4. Sprinkle the seasoning mixture evenly over the bacon.
5. Bake for 17-20 minutes or until the bacon is cooked through and crispy.
6. Place on a paper towel to drain.
7. Serve with your favorite vegetable.

Prep Time	10 min
Cook Time	25 min
Yield	15 pieces
Serves	5

### Nutritional Info (per serving)

Calories	132
Protein	8.98g
Fat	10.06g
Carbs	0.89g
Fiber	0.22g
Net Carbs	0.67g

## NOTES

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# SAUSAGE SKILLET



# SAUSAGE SKILLET

## INGREDIENTS:

- 1 lb **ground sausage** (0.45 kg)
- 1 lb radishes, trimmed and quartered (500 g)
- 1 tsp garlic powder (5 mL)
- $\frac{3}{4}$  tsp salt (3 mL)
- $\frac{1}{2}$  tsp black pepper (2 mL)
- 3 cups baby spinach, chopped (750 mL)
- 3 Tbsp Dijon mustard (45 mL)

## DIRECTIONS:

1. Heat 1-2 Tbsp of oil in a large skillet over medium-high heat.
2. Add the radishes and season with the garlic powder, salt, and pepper. Sauté for 5-6 minutes or until halfway tender.
3. Push the veggies to the sides of the pan and add the ground sausage in the middle.
4. Cook the sausage until cooked through.
5. Drain the excess fat and combine the meat with the veggies.
6. Add the spinach and Dijon mustard.
7. Stir to combine and cook until the spinach has wilted and the veggies are tender (cover the pan if necessary to soften the veggies). Season to taste.

Prep Time	5 min
Cook Time	20 min
Yield	4 cups
Serves	4

### Nutritional Info (per serving)

Calories	371.75
Protein	21.63g
Fat	28.25g
Carbs	8.02g
Fiber	3.58g
Net Carbs	4.45g

## SWITCH IT UP

Substitute the Breakfast Sausage with one of the other sausage recipes in the Morning Meats or use your favorite sausage. In a hurry? Make a double batch, allow to cool, and freeze in individual servings. Defrost overnight and reheat in the morning.

# SAVORY BEGINNINGS



# BREAKFAST PIZZA



# BREAKFAST PIZZA

## INGREDIENTS:

- 1 cup almond flour (250 mL)
- 1 **chia egg**
- 2 Tbsp extra virgin olive oil (500 mL)
- 1 tsp Italian seasoning (5 mL)
- ½ tsp garlic powder (2 mL)
- ¾ tsp salt (3 mL)
- ½ tsp black pepper (2 mL)
- ¼ cup sugar free tomato or marinara sauce (50 mL)
- 1 Tbsp nutritional yeast (optional) (15 mL)
- 3 pieces of bacon, cooked and crumbled
- 4 oz. sliced mushrooms, sautéed (125 g)
- 1½ cups baby spinach, sautéed (375 mL)

Prep Time	15 min
Cook Time	20 min
Yield	2 personal pizzas
Serves	2

### Nutritional Info (per serving)

Calories	573.5
Protein	20.97g
Fat	49.20g
Carbs	19.14g
Fiber	8.35g
Net Carbs	10.79g

## DIRECTIONS:

1. Prepare the chia egg and preheat oven to 350°F (177°C).
2. Combine the almond flour, chia egg, olive oil, Italian seasoning, garlic powder, salt, and pepper.
3. Form into 2 even dough balls and let set for 5 minutes.
4. Place one dough ball between two pieces of parchment paper and roll the dough out until it is ¼" thick.
5. Place the crust onto a baking sheet and roll out the other ball of dough between two pieces of parchment paper.
6. Bake both crusts for 14-16 minutes or until golden brown.
7. Once baked, top each pizza crust with half of the tomato/marinara sauce.
8. Sprinkle half of the nutritional yeast on top of the sauce for each pizza.
9. Top with half of the bacon, mushrooms, and spinach on each pizza.
10. Bake for 3-4 minutes or until the sauce has heated through.

Use your favorite spices and toppings to make it your own (i.e. go Mexican using cumin and taco meat or during the summertime use barbeque sauce and grilled chicken). If you eat dairy, add some cheese.

# DIJON PORK CHOPS WITH "APPLE" SAUCE



# DIJON PORK CHOPS WITH "APPLE" SAUCE

## INGREDIENTS:

- 4 thin cut, boneless pork chops
- 2 Tbsp Dijon mustard (30 mL)
- 1 tsp salt (5 mL)
- 1 tsp pepper (5 mL)
- 1 tsp garlic powder (5 mL)
- ½ cup "Apple" Sauce (125 mL)

## DIRECTIONS:

1. Heat 1-2 Tbsp of oil in a skillet over medium-high heat.
2. Cover the pork chops on one side with half of the Dijon mustard.
3. Season with half of the salt, pepper, and garlic powder.
4. Flip the pork chops over, spread the rest of the Dijon mustard and season with the remaining spices.
5. Sear the pork chops for 3-4 minutes per side or until cooked through.
6. Top each pork chop with 2 Tbsp "Apple" Sauce.

Prep Time	5 min
Cook Time	10 min
Yield	4 chops
Serves	4

### Nutritional Info (per serving)

Calories	140.94
Protein	14.2g
Fat	7.26g
Carbs	19.75g
Fiber	1.77g
Net Carbs	3.00g

## SWITCH IT UP

Use your favorite spices to season the pork chops or for a little heat add ¼ - ½ tsp of cayenne pepper.

# GRITS



# GRITS

## INGREDIENTS:

- 4 slices of bacon, cut into pieces
- 6 cups **riced cauliflower** (1.5 L)
- 1 cup warm chicken bone broth (250 mL)
- ½ tsp garlic powder (2 mL)
- 1 tsp salt (5 mL)
- 1 tsp black pepper (5 mL)

## DIRECTIONS:

1. Fry the bacon in soup pot and set aside to drain once cooked, leaving the renderings.
2. Place the cauliflower and spices in a saucepan over medium-high heat and stir to coat.
3. Cook for 3-4 minutes.
4. Add the warm chicken broth to the cauliflower, cover and cook for 5-7 minutes or the cauliflower is tender.
5. Uncover and cook until the liquid has been absorbed, about 5 minutes.
6. Remove the pan from the heat, add the bacon pieces and serve immediately.

Prep Time	10 min
Cook Time	20 min
Yield	3 cups
Serves	3

### Nutritional Info (per serving)

Calories	109
Protein	2.95g
Fat	4.68g
Carbs	11.10g
Fiber	5.03g
Net Carbs	6.07g

## SWITCH IT UP

Replace the bacon with 4 oz. of sausage. Also, if you are not dairy free add ½ cup shredded cheddar cheese.

# ITALIAN SAUSAGE ZUCCHINI BOATS



# ITALIAN SAUSAGE ZUCCHINI BOATS

## INGREDIENTS:

- 5 medium zucchinis
- 1 lb ground pork (0.45 kg)
- 1/2 Tbsp fennel seed (7 mL)
- 1 tsp dried sage (5 mL)
- 1 tsp dried oregano (5 mL)
- 1/2 tsp basil (2 mL)
- 1 tsp garlic powder (5 mL)
- 1 tsp salt (5 mL)
- 1/2 tsp pepper (2 mL)
- 3/4 cup marinara sauce (no added sugar) (175 mL)

Prep Time	5 min
Cook Time	40 min
Yield	10 boats
Serves	5

### Nutritional Info (per serving)

Calories	299
Protein	18.22g
Fat	21.49g
Carbs	8.74g
Fiber	2.90g
Net Carbs	5.84g

## DIRECTIONS:

1. Preheat oven to 350°F (177°C).
2. Grind the fennel seed in a spice grinder (or mortar and pestle) to break up the seeds. Add the sage, oregano, and basil and grind until a powder is formed. Add the garlic powder, salt, and pepper and grind to combine.
3. Cut the ends of the zucchini and cut each zucchini in half, lengthwise. Using a spoon, remove the core/seeds from the zucchini and chop into small pieces. Set aside for later.
4. Place the zucchini in a baking dish.
5. Add the ground pork to a large skillet over medium-high heat and begin to brown. Add the spice mixture and continue to brown the pork until cooked through.
6. Add the reserved zucchini core and cook for another 1-2 minutes.
7. Add the marinara and heat through.
8. Sprinkle the zucchini with salt and pepper. Add spoonfuls of the sausage mixture to fill the zucchini.
9. Bake uncovered for 30-35 minutes or until the zucchini is tender.

If you are not dairy free, you could also top with cheese half way through baking.  
In a hurry? Make the sausage mixture the night before or in advance (it freezes well). The morning of, saute diced zucchini in skillet and reheat the meat sauce. Serve the meat sauce over the cooked zucchini.  
No boat...same great flavor.

# LEMON VINAIGRETTE TUNA



# LEMON VINAIGRETTE TUNA

## INGREDIENTS:

- 3-2.6 oz cans/pouches of tuna\*, shredded (250 g)
- 2 Tbsp lemon juice (30 mL)
- 2 tsp Dijon mustard (10 mL)
- 1 garlic clove, pressed
- 1 tsp salt (5 mL)
- 1 tsp pepper (5 mL)
- 1 tsp chopped dill weed (5 mL)
- ¼ cup olive oil (60 mL)

\*Ensure you are choosing quality tuna that has no added ingredients (except water/quality oil or salt).

## DIRECTIONS:

1. Combine the lemon juice, Dijon mustard, herbs, and spices in a bowl.
2. Slowly drizzle in the olive oil, while whisking, to allow the vinaigrette to emulsify and thicken.
3. Add the tuna and stir until combined.

Prep Time	10 min
Cook Time	N/A
Yield	1 cup
Serves	2

### Nutritional Info (per serving)

Calories	380.5
Protein	28.81g
Fat	28.16g
Carbs	3.19g
Fiber	0.65g
Net Carbs	2.54g

## SWITCH IT UP

Substitute the tuna with cooked wild salmon, crab, or chicken breast. The vinaigrette can also be used as a salad dressing for your favorite salad.

# RADISH HOME FRIES



# RADISH HOME FRIES

## INGREDIENTS:

- 1 lb radishes (0.45 kg)
- 3 pieces of bacon
- ½ cup diced onion (125 mL)
- 1 clove garlic, minced
- ½ cup chicken bone broth (125 mL)
- Salt and pepper, to taste

## DIRECTIONS:

1. Trim the ends of the radishes and cut each radish into quarters (cut smaller pieces in half).
2. In a large skillet, over medium-high heat, cook the bacon until crispy and cooked through.
3. Set the bacon aside on paper towels to drain. Leave the renderings in the pan.
4. Add the onions and sauté for 2-3 minutes.
5. Add the garlic and the radishes and stir to coat.
6. Cook for 5 minutes, stirring occasionally.
7. Add the broth and cook for 5-7 minutes or until tender, stirring frequently.
8. Crumble the bacon into pieces and add to the radishes.

Prep Time	10 min
Cook Time	20 min
Yield	4 cups
Serves	4

### Nutritional Info (per serving)

Calories	118.5
Protein	11.25g
Fat	5.05g
Carbs	6.94g
Fiber	2.43g
Net Carbs	4.52g

## NOTES

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# SALMON CAKES



# SALMON CAKES

## INGREDIENTS:

2-5 oz cans/pouches boneless, skinless wild salmon (300 g)

3 **chia eggs**

1 large rib of celery, finely diced

1 tsp Dijon mustard (5 mL)

1 tsp diced dill weed (5 mL)

Juice of ½ lemon

½ tsp black pepper (2 mL)

1/8 tsp salt (0.5 mL)

1 Tbsp coconut flour (15 mL)

## DIRECTIONS:

1. Prepare the chia eggs.
2. Drain and squeeze out the excess moisture from the salmon.
3. Combine the celery, mustard, dill, lemon juice, pepper, salt, and coconut flour.
4. Add the chia eggs and mix until thoroughly combined.
5. Form into 12 even patties and let sit for 5 minutes.
6. In a large skillet, heat 2 Tbsp of oil over medium high heat.
7. Sprinkle the top of the patties with salt and immediately place them in the pan salt side down.
8. Sear for 3-4 minutes or until golden brown.
9. Sprinkle the top of the patties with salt and immediately flip them over.
10. Sear for another 3-4 minutes or until golden brown.

Prep Time	20 min
Cook Time	10 min
Yield	10 patties
Serves	2

### Nutritional Info (per serving)

Calories	387.5
Protein	36.91g
Fat	22.56g
Carbs	11.04g
Fiber	8.53g
Net Carbs	2.69g

## SWITCH IT UP

Substitute the salmon with cooked tuna or crab.

# SPAGHETTI SQUASH HASH BROWNS



# SPAGHETTI SQUASH HASH BROWNS

## INGREDIENTS:

2½ cups **roasted spaghetti squash** (625 mL)

½ tsp garlic powder (2 mL)

½ tsp onion powder (2 mL)

½ tsp black pepper (2 mL)

¼ tsp salt (1 mL)

1 **chia egg**

Prep Time	10 min
Cook Time	10 min
Yield	8 patties
Serves	4

### Nutritional Info (per serving)

Calories	94.75
Protein	1.26g
Fat	6.95g
Carbs	7.97g
Fiber	2.53g
Net Carbs	5.44g

## DIRECTIONS:

1. Prepare the chia egg.
2. Place the spaghetti squash in a tea towel (or lint free kitchen towel) and squeeze out all of the excess moisture.
3. Add the spices and stir to combine.
4. Add the chia egg and thoroughly incorporate into the squash.
5. Form into 8 even patties and let sit for 5 minutes.
6. In a large skillet, heat 1-2 Tbsp of oil of your choice over medium-high heat.
7. Sprinkle the patties with salt and place salt side down into the pan.
8. Sear for 3-4 minutes or until golden brown.
9. Sprinkle the other side of the patties with salt and flip.
10. Sear for another 3-4 minutes or until golden brown.

# STUFFED MUSHROOMS



# STUFFED MUSHROOMS

## INGREDIENTS:

- 1 lb ground pork (0.45 kg)
- 28 oz whole mushrooms (870 g)
- 3 cups baby spinach, chopped (750 mL)
- 1 tsp dried sage (5 mL)
- ½ tsp garlic powder (2 mL)
- ½ tsp salt (2 mL)
- ½ tsp pepper (2 mL)
- 1/3 cup Dijon mustard (75 mL)

Prep Time	10 min
Cook Time	30 min
Yield	20-25 mushrooms
Serves	4

### Nutritional Info (per serving)

Calories	390.5
Protein	26.36g
Fat	38.88g
Carbs	8.97g
Fiber	2.95g
Net Carbs	6.02g

## DIRECTIONS:

1. Preheat oven to 350°F (177°C).
2. Clean the mushrooms and remove the stems.
3. Chop the stems and reserve for the filling.
4. Begin to brown the ground pork over medium-high heat.
5. After 5 minutes, add the chopped mushroom stems.
6. Season with spices and cook until the pork and mushrooms are cooked through.
7. Add spinach and cook until wilted.
8. Add Dijon mustard and stir to combine. Allow the filling to cool slightly.
9. Lightly oil and season the mushrooms with salt and pepper.
10. Add about 1 tsp of filling to each mushroom.
11. Bake for 15-20 minutes or until the mushrooms are cooked.

## SWITCH IT UP

Substitute the ground pork with ground beef, chicken, or turkey.

# ZUCCHINI SOUP



# ZUCCHINI SOUP

## INGREDIENTS:

- 3 pieces of bacon
- ¼ cup chopped onion (60 mL)
- 1 garlic clove, minced
- 3 large zucchini, trimmed and sliced
- ¼ tsp salt (1 mL)
- ¼ tsp pepper (1 mL)
- 3 cups chicken bone broth (750 mL)
- 1 Tbsp Dijon mustard (15 mL)

## DIRECTIONS:

1. In a large soup pot, cook the bacon over medium heat until crispy. Remove the bacon and place on a plate lined with paper towels to drain.
2. Add the onions and garlic and cook until translucent and tender, about 5 minutes.
3. Add the zucchini, salt, and pepper and sauté for 3-4 minutes.
4. Reduce heat to medium-low and add the chicken bone broth.
5. Simmer until the zucchini is tender.
6. Working in batches, puree half of the zucchini mixture and blend until smooth. Repeat for the other half of the zucchini mixture (allow the mixture to cool slightly before blending).
7. Pour the pureed zucchini back into the soup pot and add the Dijon mustard.
8. Cook until heated through and season to taste. Serve in bowls and top with crumbled bacon.

Prep Time	10 min
Cook Time	20 min
Yield	5 cups
Serves	4

### Nutritional Info (per serving)

Calories	108.5
Protein	9.12g
Fat	4.13g
Carbs	10.58g
Fiber	3.03g
Net Carbs	7.55g

## NOTES

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Two glass jars filled with a pink, creamy strawberry chia pudding. The pudding is topped with several fresh, sliced strawberries. The jars are placed on a dark, rustic wooden surface. The text "SWEET STARTS" is overlaid in the bottom left corner.

SWEET  
STARTS

# "APPLE" SAUCE



# "APPLE" SAUCE

## INGREDIENTS:

- 5 **chayote squash**, peeled and cored
- 6 Tbsp lemon juice (90 mL)
- 1 cup equivalent sweetener (250 mL)
- 1½ tsp cinnamon (7 mL)
- ½ tsp nutmeg (2 mL)
- 1 tsp vanilla extract (5 mL)

## DIRECTIONS:

1. Cut the squash into slices using the thick cut setting of a mandolin slicer.
2. Add the squash to the crockpot.
3. Add the lemon juice, sweetener, cinnamon, nutmeg, and vanilla.
4. Cook on LOW for 8 hours (or on HIGH for 4 hours).
5. Remove the squash from the slow cooker, draining any excess liquid.
6. Use an immersion blender or counter-top blender to puree the squash until smooth.
7. Serve over Dijon Pork Chops.

Prep Time	15 min
Cook Time	4-8 hours
Yield	2 cups
Serves	16

### Nutritional Info (per serving)

Calories	13.94
Protein	0.55g
Fat	0.11g
Carbs	3.21g
Fiber	1.24g
Net Carbs	1.97g

## SWITCH IT UP

Seven medium zucchini could be used in place of the chayote squash. To prepare, cut the zucchini into large chunks, add the remaining ingredients, and cook on LOW for 2-3 hours (or 1 hour on HIGH).

# BLUEBERRY PORRIDGE



# BLUEBERRY PORRIDGE

## INGREDIENTS:

- 1 ½ cups riced cauliflower (375 mL)
- 1 cup coconut milk (250 mL)
- 2 Tbsp equivalent sweetener (30 mL)
- 2 tsp cinnamon (10 mL)
- 1 cup blueberries (250 mL)
- 1 Tbsp coconut flour (15 mL)

## DIRECTIONS:

1. Combine all of the ingredients, except the coconut flour, in a saucepan over medium-high heat. Bring to a rolling boil.
2. Reduce the heat to simmer and cook for 12-14 minutes. Mash the blueberries and stir occasionally.
3. Add coconut flour, 1 tsp at a time, until the desired consistency is reached.
4. Top with toasted coconut or walnuts.

Prep Time	5 min
Cook Time	20 min
Yield	1 ½ cups
Serves	2

### Nutritional Info (per serving)

Calories	373.5
Protein	7.07g
Fat	29.43g
Carbs	28.4g
Fiber	10.45g
Net Carbs	17.95g

## SWITCH IT UP

Substitute the blueberries with strawberries or raspberries. To reduce the carbs, half of the coconut milk can be substituted with almond milk.

# CHOCOLATE SMOOTHIE



# CHOCOLATE SMOOTHIE

## INGREDIENTS:

- 1 cup coconut milk (250 mL)
- ½ cup crushed ice (125 mL)
- ½ avocado (125 mL)
- 2 Tbsp cocoa powder (30 mL)
- 3 Tbsp equivalent sweetener (45 mL)
- 1 Tbsp golden flax seed meal (15 mL)

## DIRECTIONS:

1. Combine all of the ingredients in a blender.
2. Blend until smooth.
3. Add additional sweetener, if necessary.

Prep Time	10 min
Cook Time	N/A
Yield	1 ½ cups
Serves	1

### Nutritional Info (per serving)

Calories	379
Protein	5.31g
Fat	37.46g
Carbs	14.53g
Fiber	8.45g
Net Carbs	6.08g

## SWITCH IT UP

Substitute the avocado with ½ cup pumpkin puree.

# CINNAMON CEREAL



# CINNAMON CEREAL

## INGREDIENTS:

- 2/3 cup almond flour (150 mL)
- 2/3 cup chopped nuts (150 mL)  
(I use almonds, walnuts, and pecans)
- 1/3 cup golden flax meal (75 mL)
- 1/2 cup equivalent granular sweetener (125 mL)
- 1 Tbsp cinnamon (15 mL)
- 1/4 cup coconut oil (60 mL)
- 2 Tbsp water (30 mL)

## DIRECTIONS:

1. Preheat oven to 300°F (149°C).
2. Combine the almond flour, nuts, golden flax seed meal, sweetener, and cinnamon.
3. Add the coconut oil and water to the dry ingredients and mix until incorporated and crumbles form.
4. Spread the mixture onto a parchment paper lined rimmed baking sheet.
5. Bake for 12 minutes.
6. Remove the pan from the oven and turn off the oven.
7. Stir the mixture lightly (trying not to break any of the crumbles) and return the pan to the oven and let sit for 20 minutes or until crisp.
8. Place the cereal in a bowl and serve with dairy free milk of choice (unsweetened almond milk, unsweetened coconut milk, etc.).\*

Prep Time	5 min
Cook Time	30 min
Yield	4 cups
Serves	4

### Nutritional Info (per serving)

Calories	432.25
Protein	8.74g
Fat	40.64g
Carbs	13.72g
Fiber	9.13g
Net Carbs	4.59g

\* Nutritional info for the dairy free milk is not included

Make a double or triple batch and store in an air tight container in the refrigerator. If stored properly, it will last for about 1 week.

# CINNAMON NUT CEREAL



# CINNAMON NUT CEREAL

## INGREDIENTS:

- 2/3 cup sliced raw almonds (150 mL)
- 2/3 cup chopped raw walnuts (150 mL)
- 2/3 cup chopped raw pecans (150 mL)
- 3 Tbsp coconut oil (45 mL)
- 3 Tbsp equivalent sweetener (45 mL)
- 1 Tbsp cinnamon (15 mL)

## DIRECTIONS:

1. Preheat the oven to 300°F (149°C).
2. Heat the coconut oil in a sauce pan over medium low heat.
3. Add the sweetener and spices and cook until the sweetener has dissolved, stirring occasionally.
4. Place the raw nuts in a large bowl and pour the spice mixture over the nuts and stir to evenly coat.
5. Spread the mixed nuts on a rimmed baking sheet lined with parchment paper.
6. Bake for 20 minutes, stirring halfway through.
7. Allow to cool and break into chunks.
8. Serve in a bowl with dairy free milk of choice (unsweetened almond milk, unsweetened coconut milk, etc.).\*

Prep Time	10 min
Cook Time	20 min
Yield	2 cups
Serves	3

### Nutritional Info (per serving)

Calories	585.67
Protein	10.77g
Fat	59.07g
Carbs	12.58g
Fiber	7.80g
Net Carbs	4.78g

\* Nutritional info for the dairy free milk is not included

Make a double or triple batch and store in an air tight container in the refrigerator. If stored properly, it will last for about 1 week.

# GLAZED CINNAMON COOKIES



# GLAZED CINNAMON COOKIES

## INGREDIENTS:

- 3 cups almond flour (750 mL)
- ¾ cup equivalent sweetener, add to taste (175 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp salt (5 mL)
- 1 Tbsp cinnamon (15 mL)
- 2 **chia eggs**
- 1 tsp vanilla extract (5 mL)
- ½ cup nut butter, just slightly melted (almond, cashew, etc.) (125 mL)
- ¼ cup dairy free milk (unsweetened almond, coconut, etc.)\* (60 mL)

### Glaze:

- ½ cup equivalent powdered sweetener\*\* (125 mL)
- 2 Tbsp coconut oil, melted (30 mL)
- 2 Tbsp dairy free milk (unsweetened almond, coconut, etc.) (30 mL)
- ½ tsp cinnamon (2 mL)

## DIRECTIONS:

1. Prepare two chia eggs and preheat oven to 375°F (190°C).
2. In a bowl, combine the almond flour, sweetener (unless it is liquid), baking soda, salt, and cinnamon.
3. Add the chia eggs, vanilla, nut butter, sweetener (if liquid), and dairy free milk. Mix to combine and let sit for 2-3 minutes.
4. Scoop 1 Tbsp of dough onto a parchment paper lined baking sheet and flatten the top of the dough slightly.
5. Bake for 13-15 minutes or until golden brown and cooked through.
6. Allow to cool on the baking sheet for 5 minutes before transferring to a cooling rack to cool completely.
7. To prepare the glaze, add the powdered sweetener to a small bowl and add the coconut oil, dairy free milk, and cinnamon. Stir to combine.
8. Add ½ - 1 tsp of glaze over each cookie.

Prep Time	10 min
Cook Time	15 min
Yield	36 cookies
Serves	9

### Nutritional Info (per serving)

Calories	303
Protein	9.83g
Fat	27.06g
Carbs	11.44g
Fiber	5.89g
Net Carbs	5.55g

\* Omit if honey or maple syrup are used.

\*\*Powdered sweetener can be made by grinding granular sweetener in a spice/coffee grinder until a powder is formed.

Freeze in individual servings (without the glaze) and defrost the night before. Prepare the glaze before serving. One serving of glaze is 1 Tbsp powdered sweetener, 2 tsp of coconut oil, 2 tsp of dairy free milk, and a dash of cinnamon.

# OVERNIGHT STRAWBERRY PUDDING



# OVERNIGHT STRAWBERRY PUDDING

## INGREDIENTS:

- 1 lb strawberries, trimmed (0.45 kg)
- 1½ cup unsweetened coconut milk (375 mL)
- 2 Tbsp equivalent sweetener (30 mL)
- ½ tsp vanilla extract (2 mL)
- 9 Tbsp chia seeds (135 mL)

## DIRECTIONS:

1. Place the strawberries, coconut milk, sweetener, and vanilla in a blender and blend until smooth.
2. Place chia seeds in a large bowl and pour strawberry mixtures over the seeds.
3. Stir and wait for 5 minutes.
4. Stir again then cover and refrigerate for 2-3 hours or overnight.

Prep Time	5 min
Cook Time	N/A
Yield	2 ¼ cups
Serves	3

### Nutritional Info (per serving)

Calories	506.33
Protein	12.76g
Fat	42.56g
Carbs	33.35g
Fiber	20.67g
Net Carbs	12.68g

## SWITCH IT UP

The strawberries could be substituted with blueberries, blackberries, or raspberries and unsweetened almond milk could be used instead of coconut milk.

# PUMPKIN PORRIDGE



# PUMPKIN PORRIDGE

## INGREDIENTS:

- 2 medium zucchini, peeled
- ½ cup pumpkin puree (125 mL)
- ¼ cup unsweetened coconut milk (60 mL)
- 1 Tbsp coconut butter (optional) (15 mL)
- ¼ cup finely shredded unsweetened coconut (60 mL)
- ¼ cup equivalent sweetener (60 mL)
- 1 tsp cinnamon (5 mL)
- ½ tsp vanilla extract (2 mL)

## DIRECTIONS:

1. Cut the zucchini in half, lengthwise, and then slice into ½" thick half-moons.
2. Add the zucchini, coconut milk, cinnamon, and sweetener to a sauce pan over medium-high heat.
3. Cover and cook for 6-8 minutes or until zucchini is tender.
4. Puree the zucchini until slightly chunky using an immersion blender or regular blender (may need to work in batches).
5. With the puree in the sauce pan over medium heat, add the pumpkin, coconut butter, vanilla, and shredded coconut to the zucchini puree.
6. Cook until heated through.

Prep Time	5 min
Cook Time	15 min
Yield	1 ½ cups
Serves	2

### Nutritional Info (per serving)

Calories	233.5
Protein	4.55g
Fat	18.72g
Carbs	15.58g
Fiber	6.15g
Net Carbs	9.43g

## SWITCH IT UP

Substitute the pumpkin puree with your favorite fruit puree. In a hurry? Make a double batch, allow to cool, and freeze in individual servings. Defrost overnight and reheat in the morning.

# RASPBERRY AND CREAM "OATMEAL"



# RASPBERRY AND CREAM "OATMEAL"

## INGREDIENTS:

- 1/4 cup chia seed (60 mL)
- 1/4 cup golden flax meal (60 mL)
- 1/4 cup finely shredded unsweetened coconut (60 mL)
- 1/2 cup equivalent sweetener (125 mL)
- 1/2 tsp cinnamon (2 mL)
- 1 cup hot water (250 mL)
- 3 oz. fresh raspberries (90 g)
- 1/4 cup unsweetened coconut milk (60 mL)

## DIRECTIONS:

1. Divide the raspberries evenly between two serving bowls and mash them with a spoon.
2. Combine the chia seed, golden flax meal, unsweetened coconut, sweetener, and cinnamon.
3. Divide the mixture evenly between the two serving bowls.
4. Pour 1/2 cup of water over each bowl and let sit for 5 minutes.
5. Add 2 Tbsp of coconut milk to each bowl and stir to combine.
6. Top with fresh raspberries or toasted coconut.

Prep Time	5 min
Cook Time	5 min
Yield	2 cups
Serves	2

### Nutritional Info (per serving)

Calories	392
Protein	11.87g
Fat	30.41g
Carbs	27.17g
Fiber	21g
Net Carbs	6.17g

## SWITCH IT UP

Substitute the raspberries with blueberries, strawberries, or blackberries.

# RASPBERRY BREAKFAST COOKIES



# RASPBERRY BREAKFAST COOKIES

## INGREDIENTS:

- 3 cups almond flour (750 mL)
- ¾ cup equivalent sweetener, add to taste (175 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp salt (5 mL)
- ½ tsp cinnamon (2 mL)
- 2 **chia eggs**
- 1 tsp vanilla extract (5 mL)
- ½ cup nut butter, just slightly melted (125 mL)  
(almond, cashew, etc.)
- ¼ cup unsweetened dairy free milk (60 mL)  
(almond, coconut, etc.)\*
- 1 cup raspberries (250 mL)

## DIRECTIONS:

1. Prepare two chia eggs and preheat oven to 375°F (190°C).
2. In a bowl, combine the almond flour, sweetener (unless it is liquid), baking soda, salt, and cinnamon.
3. Add the chia eggs, vanilla, nut butter, sweetener (if liquid), and dairy free milk. Mix to combine.
4. Add the raspberries, stir to combine, and let sit for 2-3 minutes.
5. Scoop 1 Tbsp of dough onto a parchment paper lined baking sheet and flatten the top of the dough slightly.
6. Bake for 13-15 minutes or until golden brown and cooked through.
7. Allow to cool on the baking sheet for 5 minutes before transferring to a cooling rack to cool completely.

Prep Time	10 min
Cook Time	15 min
Yield	36 cookies
Serves	6

### Nutritional Info (per serving)

Calories	422.33
Protein	14.93g
Fat	36.09g
Carbs	18.68g
Fiber	9.53g
Net Carbs	9.15g

\* Omit if honey or maple syrup are used.

## SWITCH IT UP

Substitute the raspberries with blueberries, strawberries, or blackberries. In a hurry? Freeze in individual servings and defrost overnight. Enjoy in the morning!

# STRAWBERRY COCONUT SMOOTHIE



# STRAWBERRY COCONUT SMOOTHIE

## INGREDIENTS:

- 12 frozen strawberries
- 1¼ cup unsweetened coconut milk (300 mL)
- ½ tsp cinnamon (2 mL)
- 2 Tbsp almond butter (or any nut butter) (30 mL)
- 2 Tbsp equivalent sweetener (30 mL)

## DIRECTIONS:

1. Combine all of the ingredients in a blender.
2. Blend until smooth.

Prep Time	5 min
Cook Time	N/A
Yield	1½ cups
Serves	2

### Nutritional Info (per serving)

Calories	471
Protein	6.35g
Fat	45.45g
Carbs	17.7g
Fiber	5.65g
Net Carbs	12.05g

## SWITCH IT UP

Substitute the strawberries with 5 ½ oz of frozen fruit of your choice.

# STRAWBERRY CRUMBLE



# STRAWBERRY CRUMBLE

## INGREDIENTS:

- 24 oz strawberries (750 g)
- ¼ cup almond flour (60 mL)
- ¼ cup equivalent sweetener (60 mL)
- 1 tsp vanilla extract (5 mL)

### **Crumble:**

- 1 cup almond flour (250 mL)
- ¾ cup sliced almonds (175 mL)
- ¾ cup walnuts, chopped (175 mL)
- ¼ cup equivalent sweetener (60 mL)
- 1 ½ tsp cinnamon (7 mL)
- ½ tsp vanilla extract (2 mL)
- ⅛ tsp salt (0.5 mL)
- ¼ cup coconut oil, melted (60 mL)

## DIRECTIONS:

1. Preheat the oven to 350°F (177°C).
2. Rinse and trim the end of the strawberries.
3. In a large bowl, combine the strawberries, almond flour, sweetener, and vanilla and pour into a 9" baking dish.
4. Prepare the crumble topping by combining all of the crumble ingredients.
5. Sprinkle the topping evenly over the strawberry mixture.
6. Bake for 30 minutes or until the strawberries are bubbling and crumble topping is golden brown.
7. If additional time is needed, cover with foil so the topping does not burn.

Prep Time	10 min
Cook Time	30 min
Yield	-
Serves	6

### Nutritional Info (per serving)

Calories	417.17
Protein	10.51g
Fat	36.71g
Carbs	18.63g
Fiber	7.43g
Net Carbs	11.12g

## SWITCH IT UP

Substitute the strawberries with 24 oz of raspberries, blackberries, or blueberries.

# ABOUT THE AUTHOR



Karen is the blogger and recipe developer behind [Living Low Carb...One Day at a Time](#), a blog dedicated to low carb, grain free, and dairy free recipes and information. She has turned what started as a diet into a passion for food and living a healthy lifestyle.

Karen is an engineer by day and a foodie by night. She is also working on finishing up her Master's degree. Starting the blog has also sparked her interest in photography. She enjoys taking pictures of all subjects, but mostly food. Most of all she enjoys helping others with their healthy journeys by providing delicious recipes.

Look for more recipes at [the blog](#) and please stay in touch:



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