



# Healthy Living Cookbook

Real Meals Made With REAL Ingredients



*Burn Fat the Delicious Way!*

# Complete Meals/Entrees

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## Cheeseburger Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Cook ground turkey and diced onions in a large non-stick pan over medium-high heat. Stir and break up the turkey while it's cooking. When turkey is almost completely cooked through, (about 5-10 minutes), add the sauce and seasonings to the pan.

Stir and continue to cook until the ground turkey is completely cooked (when it is no longer pink, about 10-15 minutes total). Remove from heat. Sprinkle grated cheddar over meat evenly while meat is still warm. Stir cheese into meat if desired.

To make the lettuce wraps, Cut off the stem (or base) of the lettuce head, and cut in half long ways. Peel off individual leaves, and wash and pat dry. Scoop 1/2 cup meat into lettuce wraps and serve with tomatoes, pickles, and ketchup and mustard if desired! Enjoy!

### *Ingredients*

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#### **For the Cheeseburger Meat Filling:**

- 1.2 lb. Extra lean ground turkey, or extra lean ground beef (grass fed whenever possible)
- 1 Medium white onion, diced
- 3 tbsp. Ketchup (organic whenever possible)
- 2 tbsp. Mustard
- 1/2 tsp. Seasoned salt
- 1/4 tsp. Pepper
- 1/2 tsp. Garlic powder

#### **Wraps/Toppings:**

- 1 Head of lettuce
- 1/2 cup Shredded cheddar cheese (use goat or sheep milk cheese as alternative)
- 1 Medium tomato, diced
- 2 Dill Pickles, diced (optional)

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### *Breakdown* \*All calories are per serving

- 6** Lettuce Wraps (with 1/2 cup filling)
- 120** Calories per Serving (2 lettuce wraps with 1/2 cup filling each)
- 4 g** Fat per Serving
- 3 g** Carbohydrate per Serving
- 0.6 g** Fiber per Serving
- 0.5 g** Sugar per Serving
- 16 g** Protein per Serving

# Honey “Soy” Parmesan Grilled Chicken

**THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.**

Combine all of the ingredients for the marinade in a small bowl, and stir to mix. Pour marinade into a heavy resealable bag. Add chicken breasts to the Ziploc bag, and zip shut. Move chicken around in bag until all of the chicken breasts are evenly coated in the marinade. Refrigerate chicken in Ziploc bag for at least 1-2 hours, or overnight for best results. (*Don't marinate for longer than 24 hours*).

When ready to grill chicken, remove chicken from Ziploc bag, and discard leftover marinade. Cook chicken on an outdoor grill (or on a grill pan or non-stick skillet) over medium high heat until chicken is fully cooked and no longer pink in the middle (takes about 10-15 minutes). Immediately after removing the chicken from the grill, sprinkle parmesan cheese evenly over cooked chicken breasts, (it will melt onto the chicken, making for a slightly sweet, slightly salty sauce coating the grilled chicken! YUM!) Enjoy warm!

## *Ingredients*

|         |  |
|---------|--|
| 1 lb.   | Boneless skinless chicken breasts (about 3-4 breasts) [pasture raised whenever possible] |
| 1/4 cup | Parmesan cheese, grated [goat or sheep milk cheese as alternative]                       |

### **For Honey-“Soy” Marinade:**

|         |   |
|---------|---|
| Juice   | Of one large orange   |
| 2 tbsp. | Coconut Aminos [a paleo friendly and MUCH better Soy alternative] |
| 1/4 cup | Honey   |
| 2 tsp.  | Garlic, chopped (or 1 tsp. garlic powder)                         |
| 2 tsp.  | Dried minced onion (or 1 tsp. onion powder)                       |

## *Breakdown*

|              |                                 |
|--------------|---------------------------------|
| <b>4</b>     | Servings                        |
| <b>191</b>   | Calories per Chicken Breast     |
| <b>3 g</b>   | Fat per Chicken Breast          |
| <b>10 g</b>  | Carbohydrate per Chicken Breast |
| <b>0.2 g</b> | Fiber per Chicken Breast        |
| <b>9 g</b>   | Sugar per Chicken Breast        |
| <b>30 g</b>  | Protein per Chicken Breast      |

\*All calories are per serving

# Cheesy Summer Squash & Chicken Bake

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 45-60 MINUTES.

Preheat oven to 425 degrees. Spray a 9×13 casserole dish with non-stick cooking spray. Wash squash and cut into 1/4 inch thick slices. Cut each slice in half, (to resemble a half circle), and in half again, (so each circle is cut into four pieces).

Spray a large non-stick skillet over medium high heat. Sauté the squash for about 2-3 minutes, or until slightly softened. (This will help dry up the squash a bit, preventing a watery casserole!)

In a large bowl, combine the squash with the rest of the ingredients until well combined.

Spread squash mixture evenly in prepared baking pan.

Place in oven and cook for about 40-45 minutes until cheese is lightly golden brown. Enjoy warm!

## *Ingredients*

|           |   |
|-----------|---|
| 3         | Medium-large summer squash [organic whenever possible]                                    |
| 1         | Egg white [pasture raised whenever possible]  |
| 1         | Cup chicken breast, cooked and diced into small pieces [pasture raised whenever possible] |
| 1 1/4 cup | Plain low fat Greek yogurt [goat or sheep milk yogurt as alternative]                     |
| 1/2 tsp.  | Chopped garlic or 1/4 tsp. garlic powder  |
| 1/2 tsp.  | Onion powder  |
| 1/8 tsp.  | Pepper  |
| 1/2 tsp.  | Salt  |
| 1/2       | Small onion (I used a Vidalia sweet onion)  |
| 1/4 cup   | Grated parmesan cheese [goat or sheep milk cheese as alternative]                         |

### **Cheese**

### **Topping:**

|           |  |
|-----------|--|
| 1/4 cup   | Shredded mozzarella [goat or sheep milk cheese as alternative] |
| Optional: | Sprinkle of dried parsley                                      |

## *Breakdown*

|             |                          |
|-------------|--------------------------|
| <b>6</b>    | 1 Cup Servings           |
| <b>120</b>  | Calories per Serving     |
| <b>3 g</b>  | Fat per Serving          |
| <b>5 g</b>  | Carbohydrate per Serving |
| <b>1 g</b>  | Fiber per Serving        |
| <b>3 g</b>  | Sugar per Serving        |
| <b>18 g</b> | Protein per Serving      |

\*All calories are per serving

# Low Calorie Cauliflower Pizza Crust

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 50-60 MINUTES.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or foil. Spray with non-stick cooking spray.

Wash cauliflower, and cut in half, (you could save the rest for another recipe, or double this recipe and use the entire cauliflower!) Break cauliflower into segments, and place in food processor. Pulse until it reaches a rice-like texture. Place cauliflower in microwave safe bowl and microwave for 8 minutes. (Don't add water or cover).

Remove cauliflower from microwave and add the cheese and seasoning. Once cauliflower has cooled down, add egg, and stir until everything is well combined.

Scoop 1/3 of cauliflower mixture up (I used a measuring cup, which came out to about 1/2 cup per crust). Scoop cauliflower onto prepared baking sheet, using a spatula to help form crust into a small circle on the pan, (it should look like the size of a thin burger, about 1/4 in thick). Repeat the process for the other two pizza crusts.

Place crusts in the oven and bake for 30 minutes. Remove from the oven, top with sauce and toppings of choice, and return pan to the oven for another 5-10 minutes, or until cheese is melted. Remove from the oven and serve warm! Enjoy!

## Ingredients

|          |   |
|----------|---|
| 2 cups   | Cauliflower (about 1/2 head of cauliflower)                           |
| 1/8 cup  | Egg whites [pasture raised whenever possible]                         |
| 1/4 cup  | Shredded mozzarella cheese [sheep or goat milk cheese as alternative] |
| 1/4 cup  | Parmesan cheese [sheep or goat milk cheese as alternative]            |
| 1/2 tsp. | Dried oregano seasoning   |
| 1/2 tsp. | Dried basil seasoning   |
| 1/4 tsp. | Garlic powder   |
| 1/8 tsp. | Salt  |

Optional Toppings: Additional sauce or veggies for topping

<sup>1</sup> Instead of adding the basil and oregano seasonings separately, you could also use 1 tsp. Italian seasoning.

## Breakdown

|             |                        |
|-------------|------------------------|
| <b>3</b>    | Personal Pizza Crusts  |
| <b>88</b>   | Calories per Crust     |
| <b>4 g</b>  | Carbohydrate per Pizza |
| <b>2 g</b>  | Fiber per Pizza        |
| <b>10 g</b> | Protein per Pizza      |
| <b>5 g</b>  | Fat per Pizza          |

# Teriyaki Chicken Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 25-30 MINUTES.

Heat a large skillet or wok with a generous amount of cooking spray. Chop chicken breasts into thin strips (or cubes depending on what you prefer), and place in warm pan along with the onions. Pour 2 tbsp. Paleo Friendly Teriyaki sauce, 1 tbsp. coconut aminos, and garlic powder onto the chicken. Stir until chicken is evenly coated with sauce.

Cook the chicken for about 4-6 minutes or so, turning it frequently for even cooking. *(Note: During this step I usually add about 1/4 to 1/2 cup water a little at a time to the pan to help the chicken cook through, and keep it moist...Also the time will vary on how long to cook the chicken, but I suggest 'eyeballing it' and cooking it until the chicken is lightly browned on the outside, and there is no pink on the inside, onions should start to get translucent at this point).* Take chicken and onions out of the pan when it is fully cooked, and set it aside.

Add the frozen vegetables, water chestnuts, and the rest of the Paleo Friendly Teriyaki sauce to the pan, (you may add a bit more seasoning here too if desired!) Cook veggies for about 3 to 5 minutes, or until completely de-frozen and cooked through. Turn off the heat.

Put the chicken back in the pan with the veggies, mixing until everything is well combined. Divide mixture into four even servings. Scoop the hot chicken and veggie stir fry onto lettuce wraps and garnish with sesame seeds if desired. Enjoy!

## Ingredients

- 1 lb. Chicken breasts, cut into thin strips or cubes [pasture raised whenever possible]
- 1/2 Medium white onion, cut into thin strips
- 1 Can sliced water chestnuts, drained
- 1 Large bag frozen Asian style vegetable mix
- 1/4 tsp. Garlic powder
- 1/4 cup Paleo Friendly Teriyaki Sauce [gluten and soy free]
  - 1/2 cup coconut aminos
  - 1/2 cup raw honey
  - 1/4 cup juice from fresh oranges
  - 2 tbs rice vinegar
  - 1 tbs fresh grated ginger
  - 1-2 garlic cloves, pressed or minced
  - 1 tbs sesame oil
  - Pinch of red pepper flakes
  - Optional:* Add 1 tsp arrowroot flour to make the sauce thicker
- 1 tbsp. Coconut aminos [paleo friendly and soy-free soy alternative]
- 1 Head of lettuce, cored, quartered, and peeled into individual leaves

Optional: Sesame seeds for garnishing

## *Breakdown*

**4** Servings

**160** Calories per  
Serving

# Greek-Style Feta Burgers

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 20-25 MINUTES.

Preheat grill or broiler. Coat grill or broiler pan with cooking spray.

In a medium bowl, mix together ground chicken, oregano, garlic powder, feta, and spinach until well combined; divide mixture into four balls and then press them gently into 4 patties.

Grill or broil patties until burgers are no longer pink inside (or they reach an internal temperature of 165 degrees) about 7 to 8 minutes per side. Serve each burger on a lettuce “bun” with choice of toppings!

## *Ingredients*

- 1 lb. Lean ground chicken OR lean ground turkey breast [organic whenever possible]
- 1/2 cup Crumbled feta cheese [goat or sheep milk cheese as alternative]
- 1/2 cup Frozen chopped spinach, thawed and squeezed dry
- 1 tsp. Dried oregano (or dried Italian seasoning)
- 1/4 tsp. Garlic powder
- 4 4 Large pieces of lettuce for lettuce wraps
- Optional: Roasted red peppers, red onion rings, tomato slices

## *Breakdown*

**4** Servings

**170** Calories (For 1 Burger with Lettuce Wrap)

\*All calories are per serving

# Succulent Spaghetti Squash

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 15-20 MINUTES.

Prepare spaghetti squash by microwaving for 5-10 minutes, or until soft, (be sure to pierce with a knife before microwaving to release steam). Or bake in the oven at 350 degrees for 30-45 minutes, or until squash is soft. This allows the skin to soften, which makes it easier to cut in half lengthwise!

Split the spaghetti squash into two even halves. Be careful, it's hot!

Remove the seeds first, and throw them into a 'trash bowl', (or you could clean them up and cook them just like you would pumpkin seeds!). Using a fork, loosen the 'spaghetti' strands from the inside of the squash, scraping them into a bowl or plate.

Pick out your favorite seasonings you would use to flavor any traditional pasta dish. Spray a non-stick skillet with cooking spray. Add spaghetti squash "noodles" to the sautéed pan, along with the seasonings of your choice.

Let squash cook for about 2-3 minutes over medium high heat, stirring constantly until the squash has become more tender and the excess moisture has cooked out of the squash. *(You could eat it just like this, or move on to the next step to make the meat sauce).*

Sauté the ground meat crumbles and sauce over high heat until the meat is cooked through.

Place 1/2 of the spaghetti squash onto a plate, and top with 1/2 of the meat sauce. Sprinkle parmesan cheese over the top if desired.

Serve warm and enjoy!

## Ingredients

- 1 Large spaghetti squash (about 4 cups) cooked and prepared
- 1 tsp. Garlic powder or seasoning of choice
- 1/2 tsp. Pepper
- 1/2 tsp. Salt (or to taste)
- 1 1/2 cups Lean ground beef or bison [grass fed whenever possible]
- 2 tbsp. Grated parmesan cheese [goat or sheep milk cheese as alternative]
- 1 Cup Tomato sauce of choice

<sup>1</sup> Just be sure to check the label! I would look for one with 50-80 calories per 1/2 cup serving

## Breakdown

- 2 Servings
- Calories Per
- 260** Serving

\*All calories are per serving

# No Noodles About It—The Best Low-Carb Lasagna!

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 - 45 MINUTES.

**For the noodle layer:** Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray, arrange zucchini slices and season with salt and pepper. Bake zucchini slices for 5 minutes on each side, then remove from oven. Set zucchini slices aside and lower oven temperature to 375 degrees.

**For the meat sauce layer:** In a large non-stick skillet, cook meat until it's browned. To the skillet, add the veggies, seasonings, and the entire jar of spaghetti sauce. Simmer for about 10 minutes, (or until veggies are de-thawed/begin to soften), stirring occasionally.

**For the cheesy layer:** Mix the cottage cheese and parmesan cheese together, (this can be done right in the cottage cheese container!)

**Put it all together:** Spray a 9×13 baking dish with non-stick cooking spray. Begin by spreading 1/3 of the meat sauce in the bottom of the pan.

Follow meat sauce with a layer of zucchini slices, followed by a layer of cottage cheese. Repeat the layers until casserole dish is full.

**Finish it off:** Sprinkle the mozzarella evenly over the top. Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Remove from oven and let rest for about 10 minutes before slicing, and serve warm!

## *Ingredients*

### **For the Noodles:**

6 large                      Zucchini, cut lengthwise into 1/8 inch strips

### **For the Meat Sauce:**

1.25 lb.                      Lean ground turkey meat  
1 large                      Onion, diced  
2 cups                      Fresh or frozen broccoli  
2 cups                      Fresh or frozen cauliflower  
2 cups                      Fresh or frozen chopped spinach  
1                              25oz jar of spaghetti sauce  
1 tbsp.                      Garlic powder or 1 clove garlic, minced  
Pinch                      Salt and pepper, or to taste  
Optional                      Seasoning: 2 tbsp. of Italian Seasoning

### **For the Cheese Layer:**

1                              16oz container light cottage cheese or light ricotta cheese [goat or sheep milk cheese as alternative]  
1/2 cup                      Grated parmesan cheese [goat or sheep milk cheese as alternative]  
3/4 cup                      Shredded mozzarella cheese [goat or sheep milk cheese as alternative]

Note: If you don't want to use zucchini for the 'noodles', you could also use a large eggplant, cut lengthwise into 1/8 inch strips.

<sup>1</sup> (should resemble thick lasagna type "noodles")

## *Breakdown*

**8** Servings (slices)

**285** Calories Per Serving

\*All calories are per serving

# Honey-“Soy” Glazed Salmon

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 15-20 MINUTES.

Preheat the broiler to high heat. Line baking sheet with foil and spray with non-stick cooking spray, (or cover with parchment paper).

Whisk the honey, coconut aminos, garlic, (and ginger if desired) together in a small bowl. Place the salmon on the baking sheet, and brush both sides of the salmon with the glaze. Season with salt and pepper.

Broil for 4 to 5 minutes on one side, then flip and cook an additional 4 to 5 minutes, (or until cooked through). Serve Honey-Glazed Salmon along with side of choice and enjoy!

## *Ingredients*

- 4 (4-6-ounce) salmon fillets [wild caught whenever possible]
- 2 tbsp. Honey
- 2 tbsp. Coconut aminos [paleo friendly and soy-free alternative]
- 1 tsp. Garlic powder (or 1 garlic clove, minced)
- Pinch Salt and pepper (or to taste)
- Optional: 1 tbsp. freshly grated ginger

## *Breakdown*

- 4 Fillets
- Calories per Fillet (based on 6 oz. fillets)
- 250**

\*All calories are per serving

# Grilled Chicken Kabobs

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 1 HOUR.

Cut meat into small bite size cubes and place in a large Ziploc bag.

Cut vegetables into small bite-size pieces and place in a large Ziploc bag(s). (Be sure to put veggies in a separate bag from the chicken!).

Put all of the ingredients for the marinade in water bottle (or any bottle with lid) and shake it up until everything is well combined. Pour the dressing into the bags, distributing evenly between bag of vegetables and chicken. Seal bags shut, and refrigerate overnight. (For best results, I usually marinate everything overnight, but this can be done up to 2 hours prior to grilling).

After marinating, place meat and vegetables onto skewers. I usually use 3-4 pieces of meat per skewer and lots of veggies, alternating colors to make them look pretty.

Grill kabobs directly over heat source (I use outdoor grill on medium heat, but you could also broil them in the oven) for about 10 to 15 minutes, turning 1/4 rotation every 2 to 3 minutes, or until the meat is cooked thoroughly.

## *Ingredients*

### **Kabobs**

:

- 1 lb. Boneless, skinless chicken breasts, cut into 1-inch cubes [pasture raised whenever possible]
- 1 Yellow/or orange pepper [organic whenever possible]
- 1 Red pepper
- 1 Medium red onion
- 1 Zucchini
- 1 Yellow squash
- Optional Any other veggie you like! Some other good ideas would be mushrooms, cherry tomatoes, or even pineapple!

### **Marina**

**de**

- 1 tbsp. Italian Seasoning
- 3 tbsp. Oil
- 1/4 cup Vinegar
- 1/2 cup Water
- 1 tsp. Freshly ground black pepper
- 1 tsp. Minced garlic
- 1 tbsp. Honey

## *Breakdown*

**4-6**      Skewers  
Calories Per  
**175**      Serving

\*All calories are per serving