

WEEK 11

RECIPES

BREAKFAST

Banana Pancakes

makes 8 mini pancakes

- 2 eggs
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1 banana
- ½ cup almond flour
- 1 tablespoon grass-fed butter

Breakfast Tacos

serves 2

- 1 tablespoon grass-fed butter
- 4 eggs
- ¼ cup milk
- ¼ cup sharp cheddar, grated
- 4 corn tortillas, warmed
- 1 cup arugula
- 3 strips bacon, cooked and crumbled
- 1 avocado, seeded and sliced
- 2 sprigs cilantro, chopped
- Favorite Salsa for topping

In a large bowl beat eggs with vanilla and cinnamon. Add in banana and almond flour. On a large griddle heat and melt butter. Spoon batter onto the griddle and allow the top to bubble before flipping and cooking an additional 1-2 minutes.

- In a large bowl beat eggs with milk, then add in cheese.
- In a large pan heat and melt butter then add eggs and begin folding, until eggs are mostly set, about 4 minutes, then transfer to a plate.
- Portion eggs onto tortillas over arugula, add bacon, avocado, cilantro and top with salsa.

LUNCH

Tostada Style Quesadillas with Cabbage Salad

Serves 4

4 corn tortillas
2 cups crumbled queso fresco
1 large heirloom tomato, sliced
½ cup black beans, sprouted and cooked
¼ head of green cabbage, finely shredded
1 kohlrabi, peeled and finely shredded
1 teaspoon dried oregano
2 tablespoons apple cider vinegar

Greek Salad with Shrimp

serves 4

1 pound shrimp
1 tablespoon grass-fed butter
Juice from 1 lemon
4 roma tomatoes, diced
2 persian cucumbers, diced
1 red bell pepper, diced
¾ cup kalamata olives, sliced
1 medium avocado, sliced
8 ounces of feta, crumbled
1 tablespoon capers
2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
2 teaspoons dried oregano
2-3 heads of little gem lettuce
Salt and pepper to taste

- On a large, greased sheet pan arrange tortillas and top with beans, tomatoes and queso fresco. Place into a hot broiler on low heat until cheese melts and begins to brown, about 5 minutes.
- In a medium bowl toss cabbage and kohlrabi with oregano and apple cider vinegar.
- Serve a “tostadas” with a side of cabbage salad.

- In a large pan, heat and melt butter, add shrimp and cook until firm about 1-2 minutes per side. Then drizzle with lemon juice
- In a large bowl toss tomatoes, cucumbers, peppers, avocado, feta and capers with olive oil, apple cider vinegar and oregano.
- Divide lettuce and top with veggies and shrimp.

DINNER

Philly Cheese Steak Lettuce Wraps

serves 4

2 tablespoons grass-fed butter
1 medium onion, sliced
1 teaspoon dried oregano
1 pound skirt steak, thinly sliced
1 cup provolone, shredded
8 large butter lettuce leaves
1 tablespoon parsley, chopped
Salt and pepper to taste.

- In a large skillet heat and melt butter then add onions and peppers and season with salt, pepper and oregano to taste. Stirring often, until onions and peppers are tender, about 5 minutes.
- In a separate pan add steak and sear each side, 2 minutes per side.
- Transfer veggies to steak pan and sprinkle cheese over then cover until cheese has melted, about 2 minutes.
- Arrange lettuce and portion steak and veggies into each lettuce leaf, then garnish with parsley.

Orange glazed pork loin with apples

serves 4

2 pounds pork loin roast
8 apples, diced
1 tablespoon cinnamon
1 teaspoon salt
8 cloves of garlic, minced
3 sprigs fresh thyme, minced
2 inch knob of fresh ginger, peeled and grated
¼ teaspoon black pepper
1 cup orange juice
¼ cup sucanat
1 tablespoon Dijon mustard
8 cups spring salad mix
½ fennel bulb, thinly sliced
2-3 large tangerines, peeled and seperated.
3 tablespoons crumbled blue cheese
3 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon balsamic vinegar

In a medium bowl, combine salt, garlic, thyme, ginger, pepper, orange juice, sucanat, and mustard. Pour over pork loin and allow to marinate for at least 4 hours. In a large baking dish arrange apples and dust with cinnamon.

In a large skillet brown each side of the pork loin, 3 minutes per side, then transfer to baking dish with apples and place in a 350 degree oven until cooked through, about 15-20 minutes, occasionally basting with remaining marinade occasionally. Allow to rest 10 minutes before serving.

In a large bowl toss greens and fennel with olive oil and vinegars and divide amon plates. Then top with tangerine pieces and blue cheese.

Serve pork topped with apples along with salad.