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CHOCO-NUT BUTTER SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 405 | **Protein:** 39 | **Fat:** 18 | **Carbs:** 26

Gluten-Free, Vegetarian

- 1 serving Life Time vanilla protein powder*
- ½ cup full-fat, plain Greek yogurt
- ¼ cup gluten-free oatmeal
- 1 Tbsp. nut-butter
- 1 scoop Double Chocolate Life Greens
- 1 tsp. cocoa powder
- 8 oz. water

1. Blend and enjoy!

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STRAWBERRY SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 310 | **Protein:** 27 | **Fat:** 12 | **Carbs:** 30

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Strawberry Crème Grass-Fed Why
- 1 Tbsp. ground flaxseed or chia seeds
- 2 cups spinach
- 1 cup frozen strawberries
- 8 oz. coconut milk (or milk-alternative of choice)
- 4 oz. water

1. Blend and enjoy!

“SPIKED” COFFEE SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 245 | **Protein:** 26 | **Fat:** 4 | **Carbs:** 31

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 serving Life Time vanilla or chocolate protein powder*
- 1 scoop Cafe Mocha Life Greens
- ½ ripe banana
- 1 cup cold or room temperature brewed coffee
- 1 Tbsp. ground coffee
- 1 Tbsp. chia seeds
- 1 tsp. almond extract
- 1 cup ice

1. Blend and enjoy!

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CARROT CAKE SMOOTHIE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 335 | **Protein:** 27 | **Fat:** 7 | **Carbs:** 48

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 serving Life Time vanilla protein powder*
- 1 large carrot, washed, peeled, and chopped
- 1 large banana
- 1 Tbsp. flax seeds
- ½ tsp. pure vanilla extract
- 1 cup water
- ¼ tsp. ground cinnamon
- 4 large ice cubes

1. Blend and enjoy!

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PEPPERMINT SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 250 | **Protein:** 26 | **Fat:** 7 | **Carbs:** 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX

- 1 serving Life Time chocolate protein powder*
- 1 tsp. peppermint extract
- ½ banana (fresh or frozen)
- 1 cup unsweetened almond milk (or dairy-alternative of choice)
- Add ice as needed/preferred

1. Blend and enjoy!

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PUMPKIN PIE SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 315 | **Protein:** 29 | **Fat:** 8 | **Carbs:** 36

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ cup pumpkin puree
- ½ banana
- 1 cup unsweetened vanilla almond milk
- ½ tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1 cup ice

1. Blend and enjoy!

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CARAMEL APPLE SHAKE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 285 | **Protein:** 26 | **Fat:** 8 | **Carbs:** 31

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 8 oz. unsweetened cashew milk
- ½ apple, cubed
- 1 Medjool date, pitted
- 1 tsp. vanilla extract
- 1 Tbsp. chia seeds

1. Blend and enjoy!

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SWEET POTATO, EGG, & SAUSAGE HASH

2 Servings | **Prep time**: 10 minutes | **Cook time**: 25-30 minutes

Calories: 292 | **Protein**: 23 | **Fat**: 14 | **Carbs**: 17

Gluten-Free, Dairy-Free

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

PROTEIN PANCAKES

15 Servings | **Prep time**: 5 minutes | **Cook time**: 10 minutes

Calories: 170 | **Protein:** 14 | **Fat:** 8 | **Carbs:** 10

Gluten-Free, Vegetarian

- 1 large (organic) egg
- ¼ cup Life Time Vanilla Grass-Fed Whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ tsp. baking powder
- ¼ tsp. baking soda

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.

BANANA PROTEIN MUFFINS

15 Servings | **Prep time**: 5 minutes | **Cook time**: 15 minutes

Calories: 106 | **Protein:** 8 | **Fat:** 3 | **Carbs:** 3

Gluten-Free, Vegetarian

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 Tbsp. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup oats
- ½ cup chopped pecans
- 1 Tbsp. vanilla extract
- 1 Tbsp. cinnamon
- Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.

1. Preheat oven to 375°F.
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown and enjoy!

*Store in a zip-lock bag in the refrigerator for 3-4 days

OVERNIGHT OATS FOUR WAYS

1 Serving | **Prep time**: 5 minutes | **Cook time**: 8 hours

MOCHA CHIP

Cals: 340 | **Protein:** 28 | **Fat:** 14 | **Carbs:** 32

DF, GF, Vegetarian, Vegan

- 1 square 90% dark chocolate, chopped
- 1 scoop Cafe Mocha Life Greens
- 1 serving Life Time chocolate protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

BLUEBERRY LEMON CHEESECAKE

Cals: 276 | **Protein:** 26 | **Fat:** 7 | **Carbs:** 30

DF, GF Vegetarian, Vegan, D.TOX

- 1/3 cup blueberries
- 2 Tbsp. lemon zest
- 1 serving Life Time vanilla protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

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OVERNIGHT OATS FOUR WAYS

1 Serving | **Prep time**: 5 minutes | **Cook time**: 8 hours

PB&J

Cals: 426 | **Protein:** 31 | **Fat:** 15 | **Carbs:** 33

DF, GF, Vegetarian, Vegan

- 1 Tbsp. peanut butter
- 1/2 cup chopped strawberries
- 1 serving Life Time vanilla protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

CHUNKY MONKEY

Cals: 452 | **Protein:** 30 | **Fat:** 22 | **Carbs:** 43

DF, GF, Vegetarian, Vegan

- 1/2 banana, sliced
- 1 Tbsp. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving Life Time chocolate protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

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LOW CARB CEREAL

2 Servings | **Prep time**: 5 minutes | **Cook time**: 10 minutes

Calories: 450 | **Protein:** 15 | **Fat:** 38 | **Carbs:** 19

Gluten-Free, Vegetarian

- ¼ cup whole, raw, unroasted almonds
- ¼ cup whole, raw, unroasted pecans
- ¼ cup whole, raw, unroasted walnuts
- 1 Tbsp. chia seeds
- 1 Tbsp. ground flaxseed
- ¼ cup shredded (unsweetened) coconut
- ½ cup wild blueberries
- ½ cup organic plain full fat or Greek yogurt (You can substitute organic milk or almond/coconut milk.)

1. Toast the nuts (if desired) for 5 minutes at 200°F.
2. Chop by hand or in a food processor to small bits (no need to pulverize). Mix the nut pieces with the coconut, chia seeds and ground flaxseed in a bowl.
3. Add yogurt or milk and blueberries (or your fruit of choice).

BREAKFAST SALMON PATTIES

4 Servings | **Prep time**: 10 minutes | **Cook time**: 10 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Dairy-Free, Gluten-Free, D.TOX

- 12 oz. wild-caught salmon fillet
- ½ avocado
- ½ cup red onion, diced
- 3 Tbsp. almond flour
- 1/3 cup full fat coconut milk
- 2 Tbsp. coconut oil
- 1 Tbsp. dill
- 1 Tbsp. garlic powder
- 1 Tbsp. paprika
- Salt and pepper, to taste

1. Drain extra water from salmon and flake with a fork in a medium mixing bowl.
2. Add avocado and mix well. Once combined, add coconut milk and stir until the mixture thickens.
3. Add almond flour, dill, garlic powder, paprika, and salt and pepper and mix.
4. Form mixture into 3-4 small patties about 2 inches in diameter
5. In a medium pan, heat coconut oil and melt. Add salmon patties and cook over medium heat until cooked and crispy, about 4-5 minutes.

PROTEIN OATMEAL CUPS

6 Servings | **Prep time**: 3-5 hours | **Cook time**: 2 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, D.TOX

- 1 ½ cups whole oats
- 1 ½ cups unsweetened vanilla or coconut milk
- 1 ½ cups water
- 2 scoops Life Time Vanilla Grass Fed Whey
- 4 Tbsp. chia seeds
- 1 cup sliced almonds
- 2 cups fruit – Blueberries, strawberries, blackberries, etc…

1. In a large saucepan, combine the oats, water, milk, and salt and bring to a boil.
2. Reduce heat to medium and cook for 2-3 minutes, or to desired consistency. Set cooked oats aside to cool. While oats are cooling, grease muffin tin.
3. Once oatmeal has cooled, add protein powder and mix well. Divide the cooked oatmeal evenly within the muffin tin. Sprinkle with toppings of choice.
4. Cover the muffin tin with plastic wrap and place in the freezer until frozen, usually 3-4 hours.
5. Once frozen, pull out the individual cups and place in plastic bags for later.
6. Remove desired amount of cups 6-8 hours prior to eating them (typically the night before).
7. Place cup in the microwave with ½ cup of coconut or almond milk and 2 oatmeal cups. Microwave for 1-2 minutes, until it reaches desired temperature.

SAUSAGE & EGG BAKE

6 Servings | **Prep time:** 5 minutes | **Cook time:** 35 minutes

Calories: 195 | **Protein:** 15 | **Fat:** 12 | **Carbs:** 6

Gluten-Free, Dairy-Free

- 8 eggs
- ½ onion, diced
- ½ pound breakfast sausage, cubed
- 1 bell pepper, diced
- 1 cup broccoli, chopped
- 1 cup mushrooms, diced
- Salt and pepper, to taste
- Optional: ¼ cup cheese

1. Heat oven to 350°F.
2. Grease 8" round baking dish
3. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
4. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check – if fork comes out clean, it's done).

BLENDED COFFEE

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 145 | **Protein:** 11 | **Fat:** 8 | **Carbs:** 6

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- ½ scoop Double Chocolate or Mocha Life Greens
- ½ serving Life Time chocolate protein powder*
- ½ Tbsp. coconut oil
- 1 cup hot coffee

1. Place all ingredients in a blender, blend, and enjoy!

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PEPPERMINT MOCHA

1 Serving | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 80 | **Protein:** 19 | **Fat: 0** | **Carbs:** 1

Gluten-Free, Dairy-Free

- 1 cup coffee
- 1 serving Life Time chocolate collagen protein
- 5 drops peppermint extract

1. Place all ingredients in a blender, blend, and enjoy!

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BURGER WITH CARAMELIZED ONION

4 Servings | **Prep time**: 5 minutes | **Cook time**: 15 minutes

Calories: 300 | **Protein**: 24 | **Fat**: 24 | **Carbs**: 14

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. lean ground beef (93% lean)
- 1 tsp of garlic powder
- 2 Tbsp. coconut oil
- 1 onion, thinly sliced
- 2 Tbsp. balsamic vinegar
- 1 beef steak tomato, sliced into 5 thick slices
- Salt and pepper, to taste
- 2 avocados, to taste

1. Heat medium skillet to medium high heat and add 1 Tbsp. coconut oil. Add thinly sliced onions and sauté until lightly caramelized, stirring occasionally.
2. Add balsamic vinegar and sauté for another 5 minutes, stirring occasionally. Set aside.
3. Form 4 burgers with the lean ground beef, lightly seasoning both sides with salt, pepper, and garlic powder.
4. Heat a large skillet to medium-high heat. Add in 1 Tbsp. coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes, until burgers have reached desired doneness. Remove from skillet and let sit for 1 minute.
5. Assemble burgers – Place 1 large slice of beef steak tomato on a plate, then the burger, then 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.

LEMON ROASTED SALMON

4 Servings | **Prep time**: 10 minutes | **Cook time**: 15 minutes

Calories: 140 | **Protein: 21** | **Fat:** 5 | **Carbs:** 3

Gluten-Free, Dairy-Free

- 4 salmon fillets, skin removed
- 2 Tbsp. melted unsalted butter
- 2 Tbsp. chopped parsley
- 2 Tbsp. chopped rosemary
- 2 cloves minced garlic
- 2 Tbsp. lemon juice
- ¼ tsp. red pepper flakes
- Salt and pepper, to taste

1. Preheat oven to 400°F. Line baking sheet with aluminum foil.
2. Brush melted butter on fillets and place on baking sheet.
3. In a small bowl, mix remaining ingredients together, and then spread over fillets.
4. Bake for 15 minutes or until salmon is just cooked through. Should flake easily with fork

BAKED ARTICHOKE CHICKEN

6 Servings | **Prep time**: 10 minutes | **Cook time**: 20 minutes

Calories: 215 | **Protein:** 30 | **Fat:** 9 | **Carbs:** 4

Gluten-Free, Dairy-Free

- 2 pounds chicken breasts
- 1 can or jar (approx. 12 oz.) artichoke hearts
- 1 cup carrots, peeled and sliced
- 1 small red onion, diced
- 1 heaping handful spinach
- 2 cloves garlic, minced
- 1 cup chicken stock
- 2 tablespoons coconut oil (or butter)
- Salt & pepper to taste
- Red pepper flakes, to taste

1. Preheat oven to 425°F.
2. Melt coconut oil in a pan over medium-high heat.
3. Add chicken and brown on each side, about 5 minutes per side, then remove from pan.
4. Add onion, carrots, and artichokes to the pan and cover, cooking until tender. Add garlic, chicken stock and spinach and cook for another 1-2 minutes.
5. Grease baking sheet with coconut oil. Add onion, carrots, artichokes, garlic, chicken and spinach and bake for 20 minutes or until chicken is cooked through.

CHEESY ZUCCHINI LASAGNA

6 Servings | **Prep time**: 15 minutes | **Cook time**: 40 minutes

Calories: 320 | **Protein:** 29 | **Fat:** 17 | **Carbs:** 18

Gluten-Free

- 5 medium zucchini, sliced lengthwise (about 15-20 slices total)
- 1 lb. ground beef
- 1 Tbsp. coconut oil
- Zest and juice from one lemon
- 2 (14.5 oz.) cans of crushed tomatoes
- 2 cloves minced garlic
- 1 small yellow onion, chopped
- 2 Tbsp. chopped basil
- Salt and pepper, to taste
- 1 ½ cup grated Parmesan cheese
- 3 large eggs, lightly beaten

1. Preheat oven to 400°F.
2. In a large pan, add ground beef and onions and brown for 5-6 minutes.
3. Once beef is mostly cooked, add garlic, lemon juice, salt and pepper, tomatoes, and basil and simmer for about 10 minutes.
4. Grease a 9×13-inch baking dish with coconut oil, and cover with the bottom with a single layer of zucchini slices.
5. Cover zucchini layer with eggs, cheese, and beef sauce, in that order. (Be mindful & conservative to save enough beef sauce, cheese, and eggs for more layers!).
6. Repeat (zucchini, eggs, cheese, beef sauce) to make 3 layers total—ending with uniform layer of zucchini & cheese.
7. Bake in oven for 40 minutes until the cheese is beginning to brown.
8. Remove from oven and let sit for about 15 minutes before cutting and serving.

SPINACH, WALNUT AND PEAR SALAD

5 Servings | **Prep time**: 10 minutes | **Cook time**: 10 minutes

Calories: 255 | **Protein:** 6 | **Fat:** 17 | **Carbs:** 23

Gluten-Free, Vegetarian

- wo 6 oz. bag of baby spinach
- 2 pears (Bosc or Anjou, preferred)
- ½ small red onion
- ¾ cup goat cheese
- ½ cup walnuts
- 1/8 cup olive oil
- 1/8 cup white wine vinegar
- 1 Tbsp. Dijon mustard

1. Preheat oven to 350° Spread walnuts in a single layer on a baking sheet and roast for 5-10 minutes, tossing occasionally. Nuts are done when slightly darker color and fragrant.
2. Chop ½ of one of the pears and place into a blender along with the vinegar, oil, mustard, and honey and puree.
3. Slice onion and pears into thin slices.
4. Combine spinach, goat cheese, onion and pears in a large bowl and toss with dressing to evenly coat.
5. Serve immediately.

OVEN ROASTED SAUSAGE, SWEET POTATO & GRAPES

4 Servings | **Prep time**: 5 minutes | **Cook time**: 30-35 minutes

Calories: 315 | **Protein**: 25 | **Fat**: 12 | **Carbs**: 31

Gluten-Free, Vegetarian

- 1 lb. spicy Italian sausage, cut into 1" cubes
- 3 sweet potatoes, peeled, cut into 1" cubes
- ½ bag (8 oz.) red seedless grapes
- 5 Tbsp. balsamic vinegar
- Salt & pepper to taste

1. Preheat oven to 400° Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
2. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 2.5-3 Tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
3. Pour half of the ingredients on to the pan—enough so that it is an even layer, and the remainder on the 2nd pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15-20 minutes or until sweet potatoes can be easily pierced with a fork.

SLOW COOKER POT ROAST & ROOT VEGGIES

6 Servings | **Prep time**: 15 minutes | **Cook time**: 6-8 hours

Calories: 425 | **Protein:** 48 | **Fat:** 19 | **Carbs:** 17

Gluten-Free, Dairy-Free, D.TOX

- 2.5 pound boneless beef chuck roast
- 2 cups peeled, sliced carrots
- 2 cups peeled, sliced parsnips
- 2 stalks celery, chopped
- 1 medium onion
- 1 Tbsp. coconut oil
- 2 cloves garlic, peeled, diced
- 1 ½ cups water or beef broth
- 1 teaspoon rosemary (dried or fresh)—parsley could work too!
- 1 teaspoon dried basil
- Salt & pepper to taste

1. Melt coconut oil on skillet. Pat dry the roast, and then place on hot skillet. Brown all sides of roast over high heat for approximately 3-4 minutes per side.
2. Place the roast in the slow cooker and add the other ingredients.
3. Cover and cook on low setting for 6-8 hours, or until meat is tender (you could also cook on high for 4-5 hours, however roast may not be quite as tender).
4. Use tongs or a slate spoon to remove roast and veggies.

CRAN-APPLE TURKEY MEATBALLS

4 Servings | **Prep time**: 10 minutes | **Cook time**: 12-14 minutes

Calories: 165 | **Protein:** 22 | **Fat:** 7 | **Carbs:** 6

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. 93% lean ground turkey
- ½ tart apple, shredded
- ¼ cup unsweetened dried cranberries
- 2 cups spinach, finely chopped
- ½ yellow onion, finely chopped
- 1 Tbsp. garlic powder
- 1 Tbsp. fresh sage
- Salt and pepper, to taste

1. Preheat oven to 425°
2. In a large mixing bowl, combine the turkey, spinach, apple, and seasonings until fully mixed.
3. Roll the mixture into 12 balls. Place balls in a muffin tin, with one ball per opening. Bake for 12-14 minutes, until thoroughly cooked.

GRAIN-FREE THANKSGIVING STUFFING

6 Servings | **Prep time:** 15 minutes | **Cook time:** 60 minutes

Calories: 355 | **Protein:** 17 | **Fat:** 24 | **Carbs:** 18

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. Italian sausage
- ½ cup coconut flour
- 2 eggs
- 1 tart apple (like Granny Smith) chopped
- 2 cups chopped celery
- 3 carrots, chopped
- ½ yellow onion, chopped
- 1 Tbsp. fresh rosemary, chopped
- 1 Tbsp. thyme leaves, chopped
- 1 Tbsp. sage leaves, chopped
- Salt and pepper, to taste

1. Preheat oven to 350°
2. In a skillet, sauté Italian sausage for 6-8 minutes. Add in veggies and continue to sauté until thoroughly cooked.
3. In a mixing bowl, add coconut flour, eggs, and spices and mix well.
4. Add mixture to greased, 9”x13” baking dish, cover with aluminum foil, and place in the oven. After 20 minutes, remove foil and continue to bake for another 25-25 minutes, until baked all the way through.

TURKEY PUMPKIN CHILI

4 Servings | **Prep time**: 15 minutes | **Cook time**: 20-30 minutes

Calories: 350 | **Protein:** 26 | **Fat:** 9 | **Carbs:** 15

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. ground turkey
- 1 can (14.5 oz.) pumpkin puree (unsweetened)
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 can (14.5 oz.) red kidney beans
- ½ yellow onion, diced
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 clove garlic, minced
- 1 ½ Tbsp. chili powder
- 1 ½ tsp. cumin
- ¼ tsp. ground cinnamon
- ¼ cup cilantro, chopped
- 1 jalapeno, sliced (optional)

1. Brown ground turkey over medium heat in large skillet or Dutch oven.
2. Add in yellow onion, green & yellow peppers, and garlic and sauté 5-8 minutes.
3. Stir in tomatoes, pumpkin puree, red kidney beans. Season with chili powder, cumin, cinnamon, and paprika (salt and pepper to taste).
4. Reduce heat and simmer 20-30 minutes.
5. Top with cilantro and/or jalapeno and enjoy!

HOMESTYLE MEATLOAF MUFFINS

8 Servings | **Prep time:** 15 minutes | **Cook time:** 25 minutes

Calories: 300 | **Protein:** 25 | **Fat:** 12 | **Carbs:** 25

Gluten-Free, Dairy-Free

For the loaf:

- 1 lb. ground beef
- 1 tsp. coconut oil
- 1/2 small onion, minced
- 1 green bell pepper, diced
- 1 cup carrot, shredded
- 2 garlic cloves, minced
- ¼ cup barbecue sauce
- 2 Tbsp. Italian seasoning

For the sauce:

- ½ cup ketchup
- 2 Tbsp. mustard

1. Preheat oven to 350°F. and spray a muffin tin.
2. Place ground beef in a medium bowl and set aside.
3. Melt 1 tsp. coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20-25 minutes or until meat is no longer pink in the center.
7. Drizzle with ketchup and mustard sauce, and enjoy!

AUTUMN HARVEST BOWL

8 Servings | **Prep time**: 25 minutes | **Cook time**: 45 minutes

Calories: 400 | **Protein:** 28 | **Fat:** 22 | **Carbs:** 27

Gluten-Free, Dairy-Free, D.TOX

Harvest Bowl

- 2 lbs. shredded turkey breast
- 3 cups brussels sprouts, halved
- 3 cups butternut squash, cubed
- 1 ½ cups wild rice (cooked)
- 2 apples, diced
- 6 Tbsp. walnuts, chopped
- 6 cups mixed greens

Cranberry Vinaigrette

- ¼ cup fresh or frozen cranberries
- ¼ cup balsamic vinegar
- 1 Tbsp. Dijon mustard
- ½ cup olive oil

1. Preheat oven to 400ºF
2. Placed brussels sprouts and cubed butternut squash on an oiled pan and sprinkle with salt and pepper. Roast for 30-40 minutes.
3. While the vegetables are roasting, add 4 cups of water, rice, and a pinch of salt to a saucepan and bring to a boil. After water has reached a boil, bring water to a simmer and cook for 35-45 minutes, until soft. (Wild rice takes much longer to cook).
4. When the vegetables have been in the oven for about 20-25 minutes, heat 1 tbsp. coconut oil over medium heat and sauté turkey breast until thoroughly cooked, about 7-9 minutes. Then shred with two forks and set to the side.
5. When vegetables are finished, remove from oven. On a small baking sheet, add chopped walnuts and toast for 5 minutes.
6. In a small mixing bowl, add vinaigrette ingredients until thoroughly blended.
7. Place all ingredients in a large mixing bowl and toss until thoroughly mixed and well coated with vinaigrette dressing.

LEMON GARLIC HERB CHICKEN

8 Servings | **Prep time**: 5 minutes | **Cook time**: 40 minutes

Calories: 125 | **Protein:** 22 | **Fat:** 3 | **Carbs:** 2

Gluten-Free, Dairy-Free, D.TOX

- 2 lbs. chicken breasts (or thighs)
- 1 lemon
- 3 garlic cloves
- 2 Tbsp. fresh thyme leaves
- Salt and pepper to taste

1. Preheat oven to 375°
2. Slice lemons in half and juice them—adding juice to a large bowl; toss in the lemon rinds when juiced.
3. Add garlic, thyme, salt & pepper to the bow and stir.
4. Grease large baking dish, and place chicken in it and pour lemon mixture to coat.
5. Bake for 30-40 minutes, basting 2-3 times or as needed.

BUTTERNUT SQUASH SOUP WITH CHICKEN SAUSAGE

4 Servings | **Prep time**: 10 minutes | **Cook time**: 45 minutes

Calories: 510 | **Protein:** 29 | **Fat:** 28 | **Carbs:** 34

Dairy-Free

- 1 lb. cooked chicken-apple sausage, cut into 1/2-inch pieces
- 4 cups cubed peeled butternut squash (1 small to medium squash)
- 3 medium carrots, chopped
- 1 stalk celery, chopped
- ½ medium onion, chopped
- 2 ½ cups low-sodium chicken broth
- 1 Tbsp. coconut oil
- Kosher salt and freshly ground pepper
- ½ cup fresh sage or parsley leaves

1. Preheat oven to 400° F.
2. Toss diced squash and carrots with olive oil and place on a baking sheet. Bake until tender, or about 30 minutes.
3. While the squash is cooling, heat coconut oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned – about 4 minutes. Remove from pan.
4. Place squash, carrots, celery, onion, sage, chicken broth, 2 ½ cups water and pinch of salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
5. Puree the soup in a blender in batches, then return to the pot and add the sausage. Top with sage, salt and pepper, and enjoy!

CREAMY CHICKEN & PUMPKIN ZOODLES

3 Servings | **Prep time**: 10 minutes | **Cook time**: 20 minutes

Calories: 270 | **Protein:** 24 | **Fat:** 18.5 | **Carbs:** 5

Gluten-Free

- 1 lb chicken, diced
- 2 medium zucchini, spiralized
- 3 Tbsp. coconut oil, divided
- 2 Tbsp. onion, finely minced
- 1 cup pumpkin puree
- 1 tsp. vanilla extract
- ¼ cup grated parmesan (plus more for topping)
- ½ cup full fat coconut milk
- ¾ tsp. salt
- 1/2 tsp. ground pepper

1. In a medium saucepan, heat 2 tbsp. oil over medium heat. Add onion and cook, stirring frequently, until it becomes translucent, 2 to 4 minutes.
2. Add diced chicken and sauté until full cooked, about 5-7 minutes.
3. Stir in pumpkin puree, vanilla and grated parmesan until well combined and smooth. Remove from heat and stir in coconut milk until well combined. Season with additional salt and pepper, if desired.
4. In a large sauté pan, heat remaining oil over medium heat until just hot. Stir in spiralized zucchini and cook, tossing frequently, until just tender.
5. Divide zucchini noodles among for plates. Top with pumpkin sauce, shredded parmesan, salt and pepper, and enjoy!

PORK TENDERLOIN WITH APPLES & MUSHROOMS

10 Servings | **Prep time**: 15 minutes | **Cook time**: 2 hours

Calories: 190 | **Protein:** 29 | **Fat:** 7 | **Carbs:** 8

Gluten-Free

- 1 tsp. dried thyme
- 1 boneless pork loin roast (3 pounds)
- 3 small tart apples, diced
- 12 oz. fresh mushrooms, diced
- 2 Tbsp. butter
- Fresh thyme sprigs, optional
- Salt and pepper, to taste

1. Sprinkle thyme and pepper over roast and press into the meat. Place in a greased 13×9-in. baking dish.
2. Bake, uncovered, at 450° for 20 minutes. Reduce heat to 325°; bake 60-80 minutes longer or until a thermometer reads 160°-170°.
3. Fifteen minutes before roast is done, sauté apples in butter in a skillet until tender. Remove with a slotted spoon; cover and keep warm. Sauté mushrooms in the same skillet until tender; set aside.
4. Remove roast from oven; sprinkle with 1/8 teaspoon salt. Transfer to a serving platter; cover and keep warm.

SIDES & SNACKS

SNACKS & SIDES

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CHOCOLATE PROTEIN BARS

8 Servings | **Prep time**: 15 minutes | **Cook time**: 5 minutes

Calories: 300 | **Protein:** 17 | **Fat: 18** | **Carbs:** 24

Vegetarian, Gluten-Free

- ½ cup unsweetened vanilla almond milk
- 1 cup natural chunky almond or peanut butter
- 2-3 Tbsp. honey, plus more to taste (optional)
- 1¼ cup vanilla (or chocolate) whey protein powder
- 2 cups gluten free oats
- (Optional: Melted 80% dark chocolate for drizzle)

1. In a medium pot, combine milk, nut butter, and honey over low heat. Stir just until all ingredients are well combined and warmed through. Add protein powder and oats. Stir to combine well. (If mixture is too thick to stir, slowly add milk.)
2. Grease an 8×8 pan and press mixture evenly into pan. Drizzle with dark chocolate (optional).
3. Allow bars to cool completely before cutting into squares. Wrap in airtight container and store at moderate room temp for up to a week.

*Note: Nutritional information does not include optional chocolate.

ALMOND BUTTER BANANA BLENDER MUFFINS

8 Servings | **Prep time**: 5 minutes | **Cook time**: 10 minutes

Calories: 245 | **Protein:** 9 | **Fat:** 17 | **Carbs:** 16

Gluten-Free, Dairy-Free, Vegetarian

- 1 cup nut butter
- 2 eggs
- 2 ripe bananas
- 1 Tbsp. honey or Stevia (optional)
- ½ tsp. baking soda
- Optional: Dark chocolate chips

1. Preheat oven to 400 degrees and spray/grease muffin pan. Cupcake liners work as well!
2. Place all ingredients except chocolates chips in blender. Pour mixture into muffin pan and sprinkle with a few chocolate chips.
3. Bake for about 9-11 minutes, until edges are brown. Let cool for 10 minutes. Store in an airtight container for up to one week.

FIVE MINUTE GUACAMOLE

2 Servings | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 180 | **Protein:** 3 | **Fat: 26** | **Carbs:** 16

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 2 avocados
- 1 Tablespoon lime juice
- 2 Tablespoons chopped cilantro
- ¼ cup salsa (no sugar added)
- Salt & pepper to taste

1. Scoop avocado into large bowl (discard peel and seed), and mash with fork.
2. Stir in remaining ingredients.
3. Chill for 30 minutes to blend flavors (optional)

ROASTED CHICKPEAS

3 Servings | **Prep time**: 5 minutes | **Cook time**: 30 minutes

Calories: 185 | **Protein:** 7 | **Fat: 6** | **Carbs:** 26

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 15oz can of chickpeas (garbanzo beans)
- 1 Tbsp. olive oil
- Sea salt, to taste
- 2 tsp. of spice mixture (chili, seasoned salt, garlic salt, etc…)

1. Preheat oven to 400 F.
2. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
3. Place chickpeas on a cooking sheet and bake for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning.

ROASTED SWEET & SPICY ALMONDS

10 Servings | **Prep time**: 5 minutes | **Cook time**: 15 minutes

Calories: 175 | **Protein:** 6 | **Fat:** 15 | **Carbs:** 7

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX

- 2 cups raw whole almonds
- 2 tsp. coconut oil
- 1 tsp. paprika
- 1 tsp. cayenne powder
- 2 oranges, zested
- 1 tsp. sea salt

1. Preheat oven to 325° Line baking sheet with parchment paper and set aside.
2. In large bowl, combine almonds, coconut oil, paprika, cayenne and salt and spread evenly on the baking sheet.
3. Roast for 12-15 minutes, stirring every 5 minutes or so—be sure they do not burn!
4. Cool and toss with orange zest.

RUTABAGA FRIES

2 Servings | **Prep time**: 10 minutes | **Cook time**: 35 minutes

Calories: 138 | **Protein:** 3 | **Fat:** 7 | **Carbs:** 18

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 rutabaga
- 1 Tbsp. olive oil
- Salt and pepper, to taste
- Seasoning of choice (garlic powder, chili powder, paprika, cayenne, etc), to taste

1. Peel rutabaga and cut into the shape of fries.
2. Toss fries in olive oil, salt, pepper and seasoning.
3. Place on a baking sheet and bake for 30-35 minutes at 400° F, until crispy. Halfway through, flip fries so both sides get crispy.

HOMEMADE HUMMUS

6 Servings | **Prep time**: 10 minutes | **Cook time**: 0 minutes

Calories: 138 | **Protein:** 3 | **Fat:** 7 | **Carbs:** 18

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- One 15oz can chickpeas (garbanzo beans)
- ¼ cup fresh lemon juice, about 1 large lemon
- ¼ cup tahini
- 1 garlic clove, minced
- 2 Tbsp olive oil
- Sea salt, to taste
- ½ tsp ground cumin
- 2-3 Tbsp water
- Dash of ground paprika

1. Add tahini and lemon juice to a food processor and process for 1 minute. Then add the olive oil, minced garlic, cumin and the salt and process for 1 minute, scraping the sides halfway through.
2. Drain liquid from the can of chickpeas and rinse well with water. Add half of the chickpeas to the food processor and process for 1 minute. Add the rest of the chickpeas and process for 1 to 2 minutes or until thick and smooth. If hummus is still too thick, slowly add of water until desired consistency.
3. Sprinkle with paprika and serve!

CHEWY SNACK BARS

8 Servings | **Prep time**: 10 minutes | **Cook time**: 30+ minutes

Calories: 245 | **Protein:** 5 | **Fat:** 12 | **Carbs:** 27

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 cup Medijool dates (pitted)
- 1 cup raw cashews, almonds, or other nut of choice
- 1/3 cup nut-butter of choice (almond, cashew, sunflower butter, etc.)
- 1+ tablespoons water

1. Pulse the nuts in a food processor until they are in small pieces.
2. Add the pitted dates and nut-butter to the food processor, and blend together (scraping sides down as needed).
3. Add water and continue blending. Mixture should stick together and be pliable; add another ½ tablespoon or more of water as needed to get to desired consistency.
4. Grease 8×8 or 9×9 pan, and scrape mixture from food processor into pan.
5. Place in refrigerator for 30 minutes, then cut bars into 8 squares.

Keep refrigerated.

BAKED KALE CHIPS

2 Servings | **Prep time**: 5 minutes | **Cook time**: 20-25 minutes

Calories: 120 | **Protein:** 5 | **Fat:** 8 | **Carbs:** 12

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX, GUT.FIX

- 1 Tbsp. coconut oil
- 1 bunches kale (washed, dried, stems removed)
- 2 teaspoons dried rosemary
- 2-4 teaspoons of sea salt (add to taste)

1. Preheat oven to 300°
2. Melt coconut oil and add to bowl of kale, stirring to coat chips evenly.
3. Spread kale onto large baking sheet in a single layer, and sprinkle with salt and rosemary.
4. Bake for 15 minutes, toss, and then continue baking another 5-10 minutes until crispy.

ROASTED VEGETABLES WITH BACON

2 Servings | **Prep time**: 10 minutes | **Cook time**: 30 minutes

Calories: 120 | **Protein:** 8 | **Fat:** 15 | **Carbs:** 7

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

- 4 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, etc…
- Coarse kosher salt and freshly ground black pepper
- 8 slices thick bacon

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

GREEN BEANS WITH BACON & ONIONS

3 Servings | **Prep time**: 5 minutes | **Cook time**: 20 minutes

Calories: 100 | **Protein: 5** | **Fat:** 4 | **Carbs:** 11

Gluten-Free, Dairy-Free, D.TOX

- 3 cups green beans
- 4 strips of bacon
- ½ yellow onion
- Salt and pepper to taste

1. Cut bacon into bite size pieces and cook on stove-top until done, about 10 minutes. Remove excess grease.
2. Dice onion and add to pan with bacon pieces. Cook 3-4 minutes until tender, stirring frequently.
3. Add green beans and cook 5 – 6 minutes until heated through.
4. Season with salt and pepper (optional), and enjoy!

GARLIC MASHED FAUX-TATOES

4 Servings | **Prep time**: 10 minutes | **Cook time**: 20 minutes

Calories: 160 | **Protein:** 5 | **Fat:** 13 | **Carbs:** 12

Gluten-Free, Vegetarian

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
- 3 Tbsp. unsalted butter
- 2 Tbsp. unsweetened almond or coconut milk
- 1 Tbsp. coconut oil
- 1 clove of garlic, smashed
- Salt and pepper, to taste

1. Fill a large pot with water ¾ of the way full and add cauliflower. Cook until tender, about 15-20 minutes.
2. Meanwhile, add coconut oil to a small skillet over medium heat and cook garlic until soft, about 2-3 minutes.
3. Once the cauliflower is tender, remove water from cauliflower as much as possible. Then put into large bowl and add butter, garlic, milk and salt and pepper.
4. Use blender or food processor to blend all ingredients until smooth and creamy. Enjoy!

CINNAMON APPLE CHIPS

4 Servings | **Prep time**: 10 minutes | **Cook time**: 2 hours

Calories: 245 | **Protein:** 5 | **Fat:** 12 | **Carbs:** 27

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 2 large apples (Honeycrisp or Fuji are best)
- 1 tsp. cinnamon

1. Preheat oven to 225°
2. Thinly slice apples with a mandolin (or by hand if you don't have one – just make sure slices are the same width as much as possible).
3. Line 1-2 baking sheets with parchment paper, and lay apples down in an even layer. Sprinkle cinnamon evenly over the top.
4. Bake for 1 hour, then flip and bake for another hour, until preferred crispiness is achieved. The longer they bake, the crispier they will be.
5. Remove from oven, let cool, and enjoy! They can be stored in an airtight container for 2-3 days.

BUFFALO CHICKEN DIP

8 Servings | **Prep time**: 5 minutes | **Cook time**: 4 hours

Calories: 160 | **Protein:** 25 | **Fat:** 6 | **Carbs:** 4

Gluten-Free

- 2 lb. chicken
- ½ cup buffalo sauce
- 1 ½ cups plain Greek yogurt

1. Place all ingredients in crock-pot and cook on medium for 3-4 hours.
2. With two forks, shred chicken and mix well. Serve with assorted veggies.

DRY RUB CHICKEN WINGS

8 Servings | **Prep time**: 60 minutes | **Cook time**: 60 hours

Calories: 265 | **Protein: 21** | **Fat:** 20 | **Carbs:** 0

Gluten-Free, Dairy-Free, D.TOX

- 2 lb. chicken wings
- 1 ½ Tbsp. Old Bay seasoning
- 1 Tbsp. olive oil

1. Place all ingredients in a large, 1 gallon plastic bag and add seasoning and olive oil. Shake until chicken is thoroughly coated. Let sit for at least 1 hour, but the longer the better.
2. Preheat oven to 400 F. Place a wire rack on a large baking sheet and spread chicken wings out on a single layer. You may need 2 baking sheets and wire racks.
3. Bake wings for 30 minutes, then flip and continue to bake for another 25-30, until skin is crispy.

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DESSERTS

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HOLIDAY EGG NOG

3 Servings | **Prep time**: 5 minutes | **Cook time**: 4 hours

Calories: 290 | **Protein: 14** | **Fat: 17** | **Carbs: 20**

Gluten-Free

- 6 large eggs, yolk only
- 1/8 cup maple syrup, pure
- 3 cups whole milk
- ½ tsp. nutmeg
- ¼ tsp. cinnamon
- 1 tsp. vanilla extract

1. Whisk eggs, maple syrup, and milk in a medium saucepan, and then place on a burner over medium heat. Whisk regularly until the mixture reaches 160* F or so and coats the back of a metal spoon slightly.
2. Remove from the heat and allow to cool for 10 minutes. Then mix in the spices and vanilla.
3. Chill in the fridge for a few hours or overnight.
4. Whisk well before serving.

PEPPERMINT MACAROONS

15 Servings | **Prep time:** 15 minutes | **Cook time:** 60 minutes

Calories: 285 | **Protein:** 3 | **Fat:** 26 | **Carbs:** 13

Gluten-Free, Vegetarian

- 4 cups unsweetened shredded coconut
- 1/8 cup maple syrup
- 2 egg whites
- 2 tablespoons coconut oil
- 1 tsp. vanilla
- 1 tsp. peppermint extract
- ½ cup dark chocolate chips

1. First, preheat oven to 350ºF and line a baking sheet with parchment paper.
2. In a large bowl, mix together coconut, maple syrup, egg whites, coconut oil, and vanilla.
3. Use a 1/4 cup to scoop the coconut mixture into your palm and compress together. Place on baking sheet and shape into a dome with the palm of your hand. Repeat.
4. Bake at 350ºF for about 20 minutes or until the macaroons begin to turn golden brown on the sides.
5. Let cool for about 30 minutes.
6. Coat the bottom of each macaroon with chocolate by melting chocolate chips in the microwave and stirring until smooth.
7. Dip the bottom of each macaroon into the melted chocolate (gently), set on a piece of parchment paper. Repeat.
8. When chocolate has cooled and hardened, enjoy!

SWEET POTATO, HONEY & GINGER MOUSSE

6 Servings | **Prep time**: 5 minutes | **Cook time**: 35 minutes

Calories: 175 | **Protein:** 14 | **Fat:** 7 | **Carbs:** 24

Gluten-Free, Dairy-Free, Vegetarian

- 3medium sweet potatoes
- ¼ cup canned coconut milk
- 1 Tbsp. honey
- 4 servings Life Time chocolate collagen protein
- 2 Tbsp. ginger

1. Place sweet potatoes on a baking sheet and bake at 450 until soft – about 30 minutes
2. Remove skin from the sweet potatoes and place in a blender with the remaining ingredients.
3. Blend until smooth, then chill.

DARK CHOCOLATE COVERED STRAWBERRIES

5 Servings | **Prep time**: 5 minutes | **Cook time**: 15 minutes

Calories: 150 | **Protein:** 2 | **Fat:** 10 | **Carbs:** 12

Gluten-Free, Vegetarian

- 1 lb. strawberries
- One 3.5 oz. bar of 90% dark chocolate

1. Rinse and thoroughly pat dry strawberries.
2. Break chocolate bars into pieces and place in glass bowl.
3. Microwave chocolate for 30 seconds, stir, and repeat as needed until chocolate is melted—careful not to scorch the chocolate. You can use a double-boiler instead if you would rather.
4. Line baking sheet with parchment paper.
5. Once chocolate is melted, dip strawberry into chocolate and set on paper.
6. Dip all strawberries and place on parchment paper, then place baking sheet into fridge to cool and allow chocolate to set, about 15 minutes.
7. Serve once chocolate has cooled. Store any leftovers in fridge.

COCONUT SHORTBREAD COOKIES

10 Servings | **Prep time**: 20 minutes | **Cook time**: 30-60 minutes

Calories: 120 | **Protein:** 4 | **Fat:** 10 | **Carbs:** 5

Gluten-Free, Dairy-Free, Vegetarian

- 1 ½ cups unsweetened shredded coconut
- 3 tsp. coconut oil
- 3 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- Pinch of coarse Himalayan sea salt
- 1/8 cup organic dark chocolate
- 1 serving Vanilla VeganMax (2 scoops)

1. Place shredded coconut and coconut oil into the bowl of a food processor and process on high speed. Scrape the sides intermittently until mixture is a butter consistency.
2. Add the VeganMax, coconut milk, vanilla extract, and salt and process on high speed until all of ingredients are thoroughly mixed.
3. Form mixture into 1" balls and place in the refrigerator overnight, or in the freezer for one hour.
4. Once the coconut balls have firmed up, melt the dark chocolate in a small saucepan and dip coconut balls. Sprinkle with shredded coconut and enjoy!

PUMPKIN MUFFINS

12 Servings | **Prep time**: 10 minutes | **Cook time**: 20 minutes

Calories: 120 | **Protein:** 4 | **Fat:** 5 | **Carbs:** 16

Gluten-Free, Dairy-Free, Vegetarian

- 1 cup pumpkin puree
- ¼ cup pure maple syrup
- 2 eggs
- 1 tbsp. vanilla extract
- 4 tbsp. almond butter
- ¼ cup unsweetened vanilla almond milk
- 2 and ¼ cup gluten-free oats
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ cup dark chocolate chips (optional)

1. Preheat the oven to 350°F and grease a muffin tin.
2. Place all of the ingredients except the chocolate chips into a blender and blend for about 30 seconds, or until smooth.
3. Using a spoon, mix-in the chocolate chips. Pour the batter into the muffin tin, filling each about 3/4th of the way full. Bake in the oven for 20-25 minutes, until light golden brown.

BAKED APPLES

6 Servings | **Prep time**: 10 minutes | **Cook time**: 35 minutes

Calories: 215 | **Protein:** 1 | **Fat:** 18 | **Carbs:** 15

Gluten-Free, Vegetarian

- 3-4 apples (Honeycrisp, Fuji, Braeburn or Jazz work best)
- ½ cup unsalted butter, melted
- 2-3 tbsp. Cinnamon
- Juice of ½ orange (not orange juice)
- 1 tbsp. vanilla extract
- ¼ cup chopped pecans or walnuts

1. Preheat oven to 350° F. In a small bowl, combine melted butter, cinnamon, vanilla extract, and orange juice. Stir until evenly mixed and set aside.
2. Core the apples and slice them into thin slices.
3. Line the bottom of a small, shallow baking dish with a single layer of apples. Spread a small amount of the butter mixture over each slice. Sprinkle with chopped nuts. Repeat these three steps until you run out of apples – Be careful not to finish the butter mixture before you finish the apple layers.
4. Bake for 30-35 minutes or until apples are fork tender. Enjoy!

SUNBUTTER BUCKEYES

15 Servings | **Prep time**: 30 minutes | **Cook time**: 5 minutes

Calories: 205 | **Protein:** 9 | **Fat:** 19 | **Carbs:** 9

Gluten-Free, Vegetarian

- 2 cups sunflower seed butter (unsweetened)
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 2 scoops (1 serving) Vanilla VeganMax Protein Powder
- 1/8 cup dark chocolate (90% cacao)
- 2 Tbsp. coconut oil

1. Combine almond butter and extract(s) in a small bowl. Add in protein powder, and mix well together. Place mixture in the freezer for 30 minutes.
2. Remove mixture from freezer and form into tablespoon-sized balls. Place the sunflower butter balls on a baking sheet lined with parchment paper, and place back into freezer for about 1 hour or until hardened.
3. Melt the chocolate and coconut oil in a saucepan over the stove. Using a double boiler or microwave is fine as well.
4. Remove the sunflower butter balls from the freezer. With a toothpick, dip the balls into the chocolate mixture. Use only one coat, and cover about ¾ of each ball. Repeat with each ball, and place each one back onto the parchment lined baking sheet.
5. Place baking sheet back into the freezer for about an hour to allow chocolate shell to harden completely.
6. Store in refrigerator or freezer. Serve chilled.

PROTEIN PUDDING

2 Servings | **Prep time**: 5 minutes | **Cook time**: 0 minutes

Calories: 190 | **Protein: 14** | **Fat:** 18 | **Carbs:** 12

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX

- 1 ripe avocado
- 1 serving Life Time chocolate protein powder*
- 3 tablespoons unsweetened almond or coconut milk (add more to desired consistency)

1. Place all ingredients in blender or food processor and blend until creamy.

* LIFE TIME PROTEINS – ***GLUTEN-FREE:*** All; ***VEGAN:*** Vegan & Vegan +; *VEGETARIAN:* Vegan, Vegan +, Whey, Whey + & Whey Isolate; ***DAIRY-FREE:*** Vegan, Vegan +, & Beef Protein (Collagen), ***GUT.FIX:*** Collagen; ***D.TOX:*** Vegan, Vegan + & Collagen

GINGERBREAD PROTEIN BITES

5 Servings | **Prep time**: 10 minutes | **Cook time**: 30-60 minutes

Calories: 285 | **Protein:** 22 | **Fat:** 12 | **Carbs:** 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 cup unsweetened coconut or almond milk
- 1 Tbsp. pumpkin pie spice
- 1 tsp. ginger
- 1 tsp. vanilla extract
- ½ cup sunflower butter
- 3 scoops Cinnamon UCAN
- 6 scoops Vanilla VeganMax

1. In a microwave safe bowl, place milk, sunflower butter and vanilla extract and heat for 20 seconds at a time until the sunflower butter is fully melted.
2. Add UCAN, VeganMax and spices to the mixture and mix until thoroughly blended.
3. Form 10, 2 inch balls and refrigerate for 30-60 minutes, until set.

SALTED ALMOND ICE CREAM

3 Servings | **Prep time**: 5 minutes | **Cook time**: 5 hours

Calories: 160 | **Protein:** 25 | **Fat:** 6 | **Carbs:** 4

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 2 peeled, frozen bananas
- 2 Tbsp. unsalted almond butter (or nut butter of choice)
- ¼ cup chopped almonds (raw, unroasted)
- 1 tsp. salt (course is best)
- 1 tsp. vanilla extract

1. Chop each frozen banana into 4-6 smaller pieces. Place a food processor or blender and blend on low to medium speed until smooth and creamy.
2. Add nut butter, vanilla and salt, and blend until thoroughly mixed.
3. Top with chopped almonds and enjoy!