

1 Ingredients

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)
- 6 garlic cloves
- 2 teaspoon ginger paste
- 1 shallot
- 16 oz turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 4 medium-to-large carrots
- 1/4 cup General Tso's or Hoisin Sauce
- 1 yellow onion
- 3 celery stalks
- 1 lb gold potatoes
- 4 oz mascarpone cheese
- 2 teaspoons white miso (can use tamari or soy sauce instead)
- 16 oz salmon
- 1/4 oz dill
- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

2 Recipe One

Figure 1: BBQ Chili



2.1 Instructions

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)

2.2 Instructions

1. Preheat oven to 400 degrees and grease muffin pan.
2. Whisk flour, sugar, baking powder, and salt in a large bowl.
3. Whisk avocado oil, egg, milk, and vanilla in a medium bowl.
4. Mix the wet ingredients into the dry ingredients and then gently stir in the berries.
5. Divide the batter between muffin cups and bake 15-20 minutes, until the internal temperature reaches 207 or a toothpick comes out clean.

3 Recipe Two

Figure 2: BBQ Chili



3.1 Instructions

- 6 garlic cloves
- 2 teaspoon ginger paste
- 1 shallot
- 16 oz turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 4 medium-to-large carrots
- 1/4 cup General Tso's or Hoisin Sauce

3.2 Instructions

1. Preheat oven to 450 degrees. Chop shallot and mince garlic.
2. In a small bowl, mix carrots, 2 tablespoons olive oil, and salt and pepper to taste.
3. In a medium bowl, mix turkey, ginger, two-thirds of the garlic, shallot, egg, panko breadcrumbs, a teaspoon of salt, and a pinch of pepper.
4. Form four mini meatloafs using the turkey mixture and generously brush with sauce.
5. Bake meatloaf and carrots on a rimmed baking sheet for 20 minutes. Sprinkle remaining garlic on carrots and let sit for 2-3 minutes.

4 Recipe Three

Figure 3: BBQ Chili



4.1 Instructions

- 1 yellow onion
- 3 celery stalks
- 1 lb gold potatoes
- 4 oz mascarpone cheese
- 2 teaspoons white miso (can use tamari or soy sauce instead)
- 16 oz salmon
- 1/4 oz dill

4.2 Instructions

1. Cut potatoes into 1/2 inch pieces. Finely chop the onion, celery, and dill.
2. In a stock pot, melt three tablespoons of butter and cook onions and celery for about five minutes.
3. Stir in 1 tablespoon of flour and cook 1-2 minutes, stirring frequently.
4. Continue stirring while slowly adding two cups of water.
5. Add potatoes, mascarpone, and miso.
6. Bring to a simmer over high heat, then lower to medium and cook for 15 minutes.
7. Remove skin from salmon and cut into bite-sized pieces. Stir salmon into the chowder and cook for 4-5 minutes.
8. Remove from heat and stir in chopped dill. Season with salt and pepper to taste.

5 Breakfast Recipe

Figure 4: BBQ Chili



5.1 Instructions

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

5.2 Instructions

1. Dice the yellow onion.
2. Drain and rinse black, white, and red beans.
3. Crumble and cook beef in a frying pan.
4. Cook bacon and cut into bite size pieces.
5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.