



FATS

Based Recipes



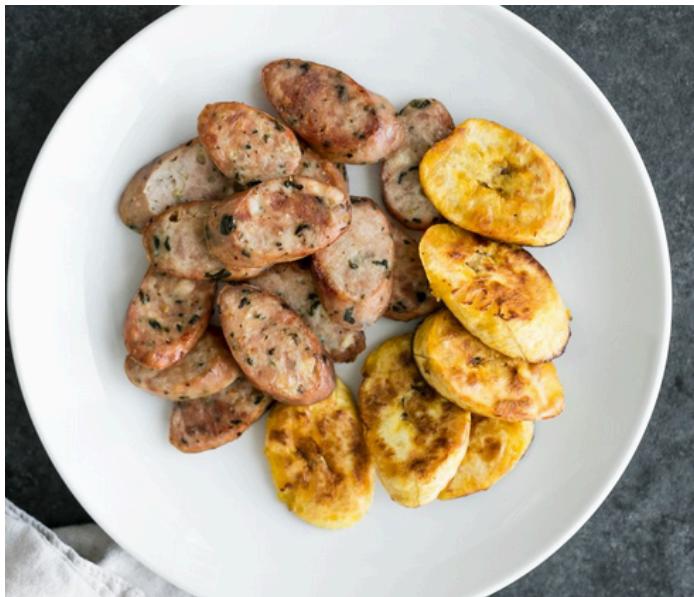


High Fat **RECIPES**

Enjoy delicious high fat recipes! Mix and match for every meal of the day and start improving your health and achieving your body goals in no time.



Breakfast **SAUSAGE AND PLANTAIN**



<td>COOKING TIME</td>	COOKING TIME
20 Mins	SERVES
2	

Nutrition:

Calories:	441
Protein:	17g
Carbs:	52g
Fats:	20g

INGREDIENTS

- 1 ½ tsp avocado oil
- 1 plantain (large, peeled, sliced)
- 8 oz chicken sausage (sliced)

DIRECTIONS

1. Heat the avocado oil in a large skillet over medium-high heat. Add the plantain and sausage, cooking for about 8 to 10 minutes or until golden brown and cooked through.
2. Divide onto plates and enjoy!



Breakfast APPLE AUSAGE BITES



<td>COOKING TIME</td>	COOKING TIME
20 Mins	SERVES
<td>2</td>	2

Nutrition:

Calories:	396
Protein:	14g
Carbs:	11g
Fats:	33g

INGREDIENTS

- 8 oz pork sausage
- ½ Apple (core removed, sliced)
- ¾ cup sauerkraut

DIRECTIONS

1. Preheat the oven to 425°F (218°C).
2. Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
3. Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!



Breakfast CAULIFLOWER BOWL



	COOKING TIME
30 Mins	3

Nutrition:

Calories:	392
Protein:	15g
Carbs:	17g
Fats:	31g

INGREDIENTS

- 1 head cauliflower (large, sliced into florets)
- 2 tbsps. plain coconut milk (unsweetened, from the carton)
- ¼ tsp sea salt
- ½ tsp garlic powder
- 6 slices bacon
- 9 oz portobello mushroom caps (sliced)
- 2 tbsps. coconut aminos
- 2 tbsps. extra virgin olive oil
- 1 tbsp lemon juice
- 4 cups arugula

DIRECTIONS

1. Place the cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft. Transfer steamed cauliflower to a food processor or blender along with the coconut milk, sea salt and garlic powder. Process until smooth.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
3. In a pan over medium heat, add the sliced mushrooms and cook for 5 to 7 minutes. Add the coconut aminos to deglaze the pan and turn the heat off.
4. In a small bowl, add extra virgin olive oil and lemon to the arugula. Add the mashed cauliflower to a bowl, top with bacon, mushrooms and arugula. Serve and enjoy!

Lunch **CHICKEN SKILLET**



COOKING TIME	SERVES
25 Mins	4

Nutrition:

Calories:	291
Protein:	31g
Carbs:	11g
Fats:	14g

INGREDIENTS

- 4 slices bacon
- 1 lb chicken breast (skinless, boneless, cubed)
- ½ tsp sea salt (divided, to taste)
- 2 cups butternut squash (peeled, cubed)
- 2 cups asparagus (trimmed, chopped)
- 2 tbsps. water
- 1 tbsp lemon juice (to taste)

DIRECTIONS

1. Heat a large skillet over medium heat. Cook the bacon until browned and crispy, about six to seven minutes. Transfer to a paper towel lined plate. Add the chicken to the same skillet. Cook for seven to eight minutes, or until cooked through. Season with half of the salt. Set aside with the bacon.
2. Add the squash and remaining salt. Cook, stirring occasionally for five minutes. Add the asparagus and water, cover with a lid and let steam for five minutes. Add more water if needed.
3. Chop the bacon and return to the skillet along with the chicken. Stir and heat for one minute. Divide onto plates, squeeze lemon juice over top and enjoy!

Lunch

SUSHI CAULI RICE BOWL



COOKING TIME

20 Mins



SERVES

4

Nutrition:

Calories:	363
Protein:	24g
Carbs:	21g
Fats:	22g

INGREDIENTS

- 4 cups cauliflower rice
- 3 tbsps. avocado oil (divided)
- ¼ cup coconut aminos
- 1 garlic clove (minced)
- ½ tsp ginger (minced)
- 1 cucumber (medium, julienned)
- 4 carrots (small, julienned)
- 1 avocado (small, sliced)
- 10 oz canned wild salmon (drained)
- 4 nori sheets (quartered)

DIRECTIONS

1. Sauté the cauliflower rice in a large pan with 1/3 of the oil for seven to 10 minutes. Divide the cauliflower rice between bowls or containers if meal prepping.
2. In a small bowl, whisk the remaining oil with the coconut aminos, garlic, and ginger to make a dressing.
3. Divide the remaining ingredients evenly between bowls on top of the cauliflower rice and serve with the dressing. Enjoy!

Lunch

LEMON & CHIVE SALMON



	COOKING TIME
15 Mins	2
	SERVES

Nutrition:

Calories:	485
Protein:	30g
Carbs:	11g
Fats:	36g

INGREDIENTS

- ¼ cup extra virgin olive oil (divided)
- 3 cups purple cabbage (sliced into thick wedges)
- ½ tsp sea salt (divided)
- 10 oz salmon fillet
- 2 tbsps. chives (finely chopped)
- 1 ½ tbsp lemon juice

DIRECTIONS

1. Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Dinner

HADDOCK WITH OLIVE SAUCE



	COOKING TIME
15 Mins	4

Nutrition:

Calories:	337
Protein:	33g
Carbs:	6g
Fats:	20g

INGREDIENTS

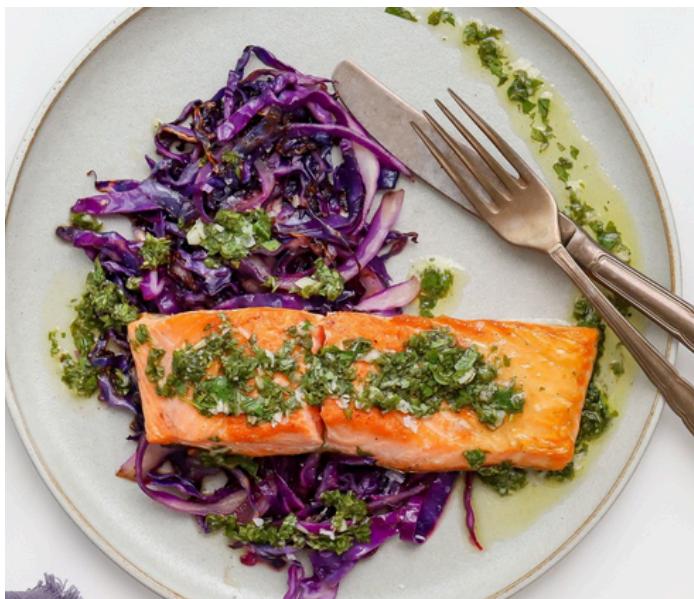
- 1 tbsp avocado oil
- 4 haddock fillet
- ½ tsp garlic powder
- ½ tsp sea salt (divided)
- 4 cups parsley (leaves and stems, roughly chopped)
- ½ cup green olives (pits removed)
- ¼ cup extra virgin olive oil (divided)
- 2 tbsps. lemon juice

DIRECTIONS

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Gently rub the avocado oil onto the fish fillets and season with the garlic powder and half of the salt. Bake for 7 to 10 minutes or until the fish is cooked through and flakes easily.
3. Meanwhile, make the olive sauce. In a food processor, combine the parsley, olives, half of the olive oil, lemon juice and the remaining salt. Pulse to combine the ingredients and then with the food processor running stream in the remaining olive oil and continue to blend, scraping down the sides of the bowl as needed, until the sauce is mostly smooth. Season with additional salt or lemon juice if needed.
4. To serve, divide the fish and green olive sauce between plates and enjoy!

Dinner

SALMON WITH HERB SAUCE



	COOKING TIME
20 Mins	2
	SERVES

Nutrition:

Calories:	493
Protein:	31g
Carbs:	12g
Fats:	37g

INGREDIENTS

- 1 anchovy
- ½ cup parsley (finely chopped)
- 1 ½ tbsps. lemon juice
- ¼ tsp sea salt
- ¼ cup extra virgin olive oil (divided)
- 10 oz salmon fillet
- 3 cups purple cabbage (sliced into thin wedges)

DIRECTIONS

1. In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
2. Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
3. Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
4. Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

Dinner

CHEESY BEEF WITH ZOODLES



COOKING TIME	SERVES
25 Mins	2

Nutrition:

Calories:	484
Protein:	55g
Carbs:	11g
Fats:	23g

INGREDIENTS

- 1 lb extra lean ground beef
- 3 tbsps. nutritional yeast
- 1 tbsp fresh dill (chopped, divided)
- $\frac{1}{4}$ tsp sea salt
- 2 zucchini (spiralized)

DIRECTIONS

1. Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
2. Drain the excess beef drippings and place the pan back on medium heat.
3. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
4. Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

Thank You!

LET'S STAY IN TOUCH

Thank you for immersing yourself in the world of fats with us in the "Guide to Fats." I trust this guide has shed light on the diverse landscape of fats, empowering you to make informed choices that align with your health and well-being goals.

As we bring this guide to a close, remember that fats are not just nutrients; they are essential building blocks for a balanced and vibrant life. Your commitment to understanding and navigating the realm of fats reflects a dedication to a healthier lifestyle.

Feel free to revisit this guide whenever you need a refresher, and stay connected for more tips, recipes, and insights on your journey to a well-balanced and nourished life.

Here's to savoring the richness of life, one healthy fat at a time!

**CHECK OUT HOW WE CAN HELP
YOU REACH YOUR GOALS!**

