

DEVEILED EGGS THREE WAYS^o

SERVES: 3 (4 halves each) Prep Time: 15 min. Cooking Time: 17 min.

CONTAINER EQUIVALENTS (Asian Infusion Eggs):  1  3½

CONTAINER EQUIVALENTS (Scandinavian Smorgasbord Eggs):  1

CONTAINER EQUIVALENTS (Devil's Curry Eggs):  1  ½



6 large eggs

FOR ASIAN INFUSION:

¼ cup mayonnaise
1 tsp. Dijon mustard
¾ tsp. finely grated lemon peel (lemon zest)
 (peel of approx. ½ lemon)
1 Tbsp. fresh lemon juice
½ tsp. **Sesame Infusion**
(see separate recipe for Sesame Infusion)
1 pinch ground black pepper
¼ tsp. Thai fish sauce
1 Tbsp. bonito flakes (optional)
 Ground sweet paprika
 (for garnish; optional)

FOR SCANDINAVIAN SMORGASBORD:

¼ cup reduced-fat (2%) plain Greek yogurt
1 tsp. Dijon mustard
¾ tsp. finely grated lemon peel (lemon zest)
 (peel of approx. ½ lemon)
1 Tbsp. fresh lemon juice
2 Tbsp. finely chopped smoked salmon
 (reserve a small amount for garnish)
1 Tbsp. finely chopped fresh dill
 (reserve 1 sprig for garnish)
1 pinch ground black pepper
1 pinch sea salt (or Himalayan salt)

FOR DEVIL'S CURRY:

¼ cup reduced-fat (2%) plain Greek yogurt
½ tsp. finely grated lime peel (lime zest)
 (peel of approx. ½ lime)
1 Tbsp. fresh lime juice
½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. sliced green onion
 (reserve a small amount for garnish)
1 tsp. curry powder
 (reserve a small amount for garnish)
1 tsp. finely chopped serrano chile, seeds and
 veins removed
¼ tsp. sea salt (or Himalayan salt)
2 kaffir lime leaves, stem and center vein
 removed, finely chopped (optional)



[CONTINUED ON NEXT PAGE]

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.



DEVEILED EGGS THREE WAYS (CONTINUED)

1. Bring water to a boil in a large saucepan over high heat.
2. Add eggs; cook for 12 minutes. **Cook's Note:** To avoid cracking, remove your eggs from refrigerator 30 minutes before you cook them.
3. Remove eggs from boiling water; immediately place eggs in an ice water bath to stop cooking process. Peel eggs as soon as they are cool enough to handle. **Cook's Note:** The shock of ice water separates shell from the white, making eggs a snap to peel, but if you leave them in cold water too long, the temperature equalizes and the effect is lost.
4. Carefully cut eggs in half. Follow instructions for the recipe or recipes you want to make.

FOR ASIAN INFUSION:

1. Place yolks in food processor (or blender). Add mayonnaise, mustard, lemon peel, lemon juice, Sesame Infusion, pepper, fish sauce, and bonito (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less mayonnaise might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR SCANDINAVIAN SMORGASBORD:

1. Place yolks in food processor (or blender). Add yogurt, mustard, lemon peel, lemon juice, salmon, dill, pepper, and salt; pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR DEVIL'S CURRY:

1. Place yolks in food processor (or blender). Add yogurt, lime peel, lime juice, ghee, green onion, curry powder, chile, salt, and lime leaves (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR ALL EGGS:

1. Arrange egg whites on a serving plate. Set aside.
2. Place egg yolk mixture in a 1-gallon freezer bag (or piping bag). Cut off a small piece of one corner and use like a piping bag to pipe mixture evenly and neatly into the center of each egg white.
3. Garnish with sweet paprika (if desired) and a drop of Sesame Infusion for Asian Infusion Eggs; salmon and dill for Scandinavian Smorgasbord Eggs; or curry powder and green onion for Devil's Curry Eggs; enjoy!

TIPS:

- Bonito is a Japanese smoked fish that can be found at many health food markets and Asian markets.
- Ghee is clarified butter that is commonly used in South Asian cuisine. It can be found in Indian markets or online.

°This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) Asian Infusion Eggs: Calories: 284 Total Fat: 25 g Saturated Fat: 5 g Cholesterol: 373 mg Sodium: 282 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 12 g

NUTRITIONAL INFORMATION (per serving) Scandinavian Smorgasbord Eggs: Calories: 167 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 368 mg Sodium: 240 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 15 g

NUTRITIONAL INFORMATION (per serving) Devil's Curry Eggs: Calories: 171 Total Fat: 11 g Saturated Fat: 4 g Cholesterol: 369 mg Sodium: 323 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 14 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VO** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

SESAME INFUSION^o



SERVES: 12 (1 tsp. each) Prep Time: 10 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1



This delicious Sesame Infusion is perfect in our Ahi and Avocado Quinoa Sushi, but it's also great in soups, vegetables, and rice dishes. It is a flavor bomb! It only takes a tiny amount to add so much goodness to salads, roasted veggies, sushi, or grilled meats and fish. Leftover infusion can be stored in an airtight container in the refrigerator for up to a month. And remember, don't strain out those crunchy bits of garlic and ginger; they make for a great texture addition as well as little punchy flavor accents when you bite into them!

¼ cup **sesame oil**
3 cloves **garlic, finely chopped**
1 Tbsp. **finely chopped fresh ginger**
½ tsp. **ground smoked paprika**

1. Heat oil, garlic, and ginger in small saucepan over low heat, stirring occasionally, for 12 to 15 minutes, or until garlic has turned golden brown. Remove from heat.
2. Add paprika; allow to infuse until oil has cooled to room temperature.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 42 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 0 mg Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.