



It's Time to "FALL" Back into Fitness!!!

21 Day Detox Training & Nutrition Guide

How to get ready for the Holiday Season!

The holidays as we know are quickly approaching. We must start getting ready for Halloween, Thanksgiving, Christmas and New Year's Eve!

Own this guide for the next 21-days—nutrition, training, supplementation—and you'll enjoy a feeling great during the holiday season!!

21 Day Detox Nutrition Plan

You'd be surprised at how quickly locking into healthy eating habits can transform your body. Because eating the right blend of the right foods can kickstart and sustain everything that's good in your body—and make you feel and look better than you ever could while your nutrition is "off track."

So to keep you motivated to stick to the 21 Day Detox Nutrition Plan, I'm going to make it as user-friendly as possible.

Over the next 21-days, you'll pack your plate with plenty of Nutrient Dense foods that will help you Detox and even lose fat and build muscle at the same time!

Starting today, you'll begin shaping your body the way *you want it to look*. Just implement the full-proof plan listed out for you below and you'll be feeling great for your busy holiday season.

Water

First and foremost, DRINK A LOT OF WATER!! Consume at least half of your body weight (in ounces) in water each day! Or challenge yourself to drinking a gallon of water each day! This is so important to detoxify your body and to keep you hydrated all day. Feel free to also add herbal tea, green tea, sparkling water or fruit infused water to your daily beverage consumption.

High Protein

Protein is your ticket to turning. Not only does protein build muscle—but it also kickstarts your metabolism and fire's up your fat burning hormones, so you can shed pounds around the clock...

On top of those impressive benefits, protein has been scientifically proven to balance your hunger hormones. A single serving of protein has the unique ability to eliminate sugar cravings for hours after you eat *and* keep your stomach satisfied for longer periods of time... So you're not tempted by the candy dish at the office...

In fact, one study published in the *Journal of the American College of Nutrition*, discovered that after eating protein, you'll feel **more full** with **less food** compared to other food options. The reason being that protein reduces hunger hormone (ghrelin) levels, while also increasing your satiety hormone (peptide YY) which makes you feel full, satisfied, and invincible against temptation that could detour you from showing off your best body during all the holiday parties.

To let you in on how powerful filling your plate with protein is, let's take a look at a 2005 study that included 19 overweight women. Over the course of 12-weeks, women were placed on 2 separate diets—one in which protein made up 15% of their daily caloric intake and another which made up 30% of their daily caloric intake. When they transitioned to making 30% of their daily caloric intake protein, the women consumed on average *441 fewer calories* each day without intentionally restricting any other food group.

These women ate over 400 fewer calories daily and didn't even realize it! That's how helpful a protein-packed plate can be. But that's not all protein will do for you...

Protein works as a dual muscle-building and fat-burning solution—containing amino acids that kickstart your metabolism and help you slim down and get ripped so you can look and feel great leading up to and on the big day. According to a large study on the relationship between muscle

mass and metabolism, the leaner muscle you have, the faster your metabolism is going to run – and that, of course will lead to more fat burning over the next couple months.

Plus, a study found in the *Journal of the American College of Nutrition*, discovered that your body uses more effort to metabolize protein than it does other food sources such as carbohydrates. And as a result, increasing thermogenesis 100% in high protein diets when compared to low-fat diets. This heightened thermogenesis will skyrocket your ability to burn fat around the clock so that you get the body you want this Holiday Season.

The bottom line—you don't want to miss out on all the benefits that protein has to offer you over the next 21-days (*and beyond!*)

Suggested Serving Size: 4oz (women) 6oz (men) for each meal

Some of the best protein sources you can eat are:

- Eggs
- Chicken breast
- Lean ground beef
- Salmon
- Tuna
- Turkey
- Bison
- Protein shake
- Shrimp
- Cod
- Crab
- Tuna
- Lamb
- Elk
- Filet Mignon
- Pork tenderloin

And speaking of *the best* protein sources you can eat; I also want to shed light on *the most convenient* protein sources as well. See, you don't have to spend hours slaving away in the kitchen to get your protein "fix" every day. In fact, you can prepare a high-quality protein meal (or snack) in less than 1-minute using an elite protein powder.

Protein shakes and smoothies are a quick and easy way to fill up on protein that'll build muscle, burn fat, satisfy your stomach and help you look your best this holiday season. But not all protein shakes are created equally. Some protein powders you'll find at the local retail or health store are packed with additives and "filler ingredients" that won't do what you want your protein to do for you...

So instead of settling for a “run of the mill” protein powder that won’t meet your expectations, get your hands-on high-quality protein powder such as MYOFX PROTEIN POWDERS that come in a variety of tasty flavors that will sure to satisfy any craving you may have.

Vegetables

Next to your pile of protein (or even blended in with your protein shake), make some room on your plate for vegetables.

Green vegetables are packed with benefits for you. They’re loaded with vitamins, minerals, antioxidants and fiber—all of which play a unique role in keeping your stomach healthy, your face clear, skin firm and much more...

After a series of research, there’s a new saying floating around the health industry today. *You’re only as healthy as your gut.* Meaning that if your digestive tract isn’t clean and healthy, the rest of your body—from the inside-out—is going to suffer for it. But the good news is veggies can save the day...

Many vegetables are loaded with fiber that keeps your digestive tract running at its best. See, your gut contains both good bacteria and bad bacteria. Good bacteria can have a wide range of positive effects on the body – everything from regulating blood sugar, to immunity, healthy brain function to weight control. Bad bacteria, on the other hand can cause inflammation, disease, and loads of stomach issues. But the good news is...

Green vegetables mostly contain insoluble fiber, meaning that it stays intact as it passes through the digestive tract, and as a result pushes other food through your digestive tract and out of your body more quickly than other fiber sources. Also, because insoluble fiber remains in your stomach intact, your good bacteria ends up digesting it and using it as fuel for survival – which is exactly what you want... Because the more friendly bacteria you have in your gut, the better off your health will be.

To sweeten the pot even more, because leafy green fiber is an insoluble fiber source, it takes longer to digest, and as a result, keeps you fuller for longer periods of time—just like protein does. When you pair protein and leafy green veggies together, you won’t have to worry a bit about pesky cravings, hunger pangs or late-night snacking.

On top of these benefits, one study, published in the *Journal of Nutrition*, discovered that the high vitamin and mineral content of leafy greens can also improve fat burning altogether—and help you burn fat around the clock.

Suggested Serving Size: 6-8 servings per day.

1 serving= ½ cup cooked or 1 cup raw

The best greens and veggies to fill your plate with over the next 21 days are:

- Spinach
- Kale
- Broccoli
- Brussels sprouts
- Cabbage
- Asparagus
- Beets
- Arugula
- Red leaf lettuce
- Spaghetti Squash
- Cauliflower
- Celery
- Green Beans
- Zucchini

Berries

Fruits, especially berries, are packed with antioxidants that reduce stress in your body, balance hormones and make your skin clear and healthy. And by adding berries to a meal or even as a mid-afternoon snack, you'll earn all the above benefits—plus an extra punch of vitamins and minerals to keep your body functioning at its best...

Suggested Serving Size: 2-3 servings a day

1 serving= ½-1 cup

Some of the best berries you can eat are:

- Blueberries
- Raspberries
- Blackberries
- Goji berries
- Cranberries
- Strawberries
- Cherries
- Pomegranate

Carbohydrates

Suggested Serving Size: 2oz (women) 3oz (men) for each meal

Some of the best complex carbohydrates you can eat are:

- Brown Rice
- Quinoa
- Sweet Potato
- Yams

These four foods will be the bulk of your complex carbohydrates during your detox program. Brown rice will give sustained energy, aid in elimination of waste, and keep you feeling full after a meal. It is also rare for someone to have an allergy to brown rice. Quinoa is a high protein seed (not a grain) that is a powerhouse energy source, and sweet potatoes are delicious, nutritious and fun to prepare!

Portioning carbohydrates is important to ensure they are being consumed in moderation. The evening meal is the exception, at which no carbs need be consumed. When portions are too large, it can be too much for our body to handle, especially for our pancreas to handle. Also, our preferred carbs in this program are natural sources of complex carbohydrates.

Fats

Fat, fat, fat! Would all of our weight loss problems be solved if we just eliminated fat from our diets? Unfortunately, it's not that simple. We actually need fats -- can't live without them, in fact. Fats are an important part of a healthy diet: They provide essential fatty acids, keep our skin soft, deliver fat-soluble vitamins, and are a great source of energizing fuel.

Suggested Serving Size: 1 tsp for cooking and 1oz for nuts

Some of the best complex carbohydrates you can eat are:

- Ghee
- Coconut oil
- Extra Virgin Olive oil
- Avocado (1/4 of an avocado per serving)
- Almonds
- Walnuts
- Macadamia Nuts
- Pecans
- Almond butter
- Cashews
- Brazil Nuts

Training Plan

If you are going to show off your best body this Holiday season it is going to require a little “leg work”. Particularly, HIIT (High Intensity Interval Training).

This type of training has proven time and again to be the most effective method for burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on your body’s ability to burn fat around the clock.

High Intensity Interval Training is a training method in which you give your all-out, 100% effort during quick bursts of exercise. After each burst of exercise, you’ll have short recovery periods—and burn more fat in less time, no questions asked. Even more impressive is the fact that HIIT creates an “afterburn” effect, meaning that you’ll continue to burn calories hours after you’ve finished your training, around the clock.

Some of the other benefits of High Intensity Interval Training are:

- Increases your metabolism...
- Doesn’t require equipment...
- Can be done anywhere...
- Quick workouts that won’t keep you in the gym for hours...

For even more impressive results from HIIT, I recommend that you train *while fasted*—meaning that if you work out in the morning, you should do so *before* you eat, not after.

One study, published in the *American Journal of Physiology*, tested the effects of pre-exercise meals on fat burning during exercise in a small group of men. Six healthy and active men were tested for fat oxidation both after an overnight fast followed by exercise and a small breakfast followed by exercise. Researchers concluded that the subjects burned more fat after exercising in a fasted state instead of a fed state.

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for optimal fat burning—which is a must-have when you’re trying to keep a peak physique while still being able to enjoy a sweet treat or two.

Another study published in *Acta Physiologica (Oxford)*, discovered that when you train in a fasted state, blood flow increases in your abdominal region and as a result, burns more fat in those stubborn stomach fat areas. This way, you can show off a slim stomach when you go out with that someone special to enjoy your treats.

As an added benefit, when you train in a fasted state, your glycogen stores become depleted. Your glycogen stores are those deposits in your body where glycogen is saved for future use. Particularly, when you train...

Which is actually a problem if you want to keep your lean physique this season...

See, when your glycogen stores are loaded up with glycogen (no surprise), your body burns the glycogen for fuel instead of burning fat for fuel. However, when you train in a fasted state, you deplete your glycogen stores and your body mobilizes and uses fat for energy instead. Which ensures that every workout is a fat-burning one.

HIIT cardio is one of the best fat-burning forms of training on the planet (if not, the most). Plus, if you use this training method while in a fasted state, you'll burn more stomach fat than ever before, which will pay off big time when you want to look lean and ripped at all your holiday parties.

If you aren't used to training in a fasted state and you're worried about feeling a little sluggish on your way to the gym, check out the MyoFX Pre-workout that'll increase energy, improve mental focus, boost endurance and maximize strength in the gym.

It's also packed with beta-alanine, a natural amino acid that's been proven to enhance performance in the gym.

So, with the training, fasting, and supplement settled, what are some examples of HIIT that you can add into your workout this week?

Here are some suggestions:

H.I.I.T. Circuit Workout Examples

Bodyweight HIIT Workout #1 (repeat this circuit 3 times):

- 50 Sit-Ups
- 40 Jump Squats
- 30 Lunges (15 Per Leg)
- 20 Push-Ups
- 10 Tricep Dips
- 30 Second Burpees

Bodyweight HIIT Workout #2 (3 rounds, 45 seconds per exercise, 15 seconds of rest):

- Crunches (45 seconds)
- Push-ups (45 seconds)
- Scissor kicks (45 seconds)
- Tricep dips (45 seconds)
- Side lunges (45 seconds)

Bodyweight HIIT Workout #3 (Repeat this circuit 4 times, 15 seconds of rest between exercises)

- Mountain climbers (45 seconds)
- Jump squats (45 seconds)
- Front Plank (45 seconds)
- Jump rope (45 seconds)

Bodyweight HIIT Workout #4 (Repeat this circuit 5 times, 15 seconds rest between exercises)

- Sprint (30 seconds)
- Squat jump (30 seconds)
- Side-lunges (30 seconds)
- Scissor kicks (30 seconds)

Bodyweight HIIT Workout #5 (Repeat this circuit 8 times, 30 second rest between exercises)

- All-out sprint (45-seconds)

HIIT is a dynamic form of exercise because all it really requires to succeed is a plan and dedication. The ones I've given you above are physically and mentally challenging so make sure you stretch your muscles and your mind beforehand! You can also perform HIIT on a stationary bike, with hill sprints, or even kettlebell swings. If you're stale on HIIT ideas, just type HIIT workouts into your internet browser and you'll have plenty of other recommendations to work off of.

BONUS: Exciting Partner Workouts

In the spirit of the holidays, give partner workouts a try! Try them out with a loved one or friend for a fun and exciting new way to train. The following exercise will use training bands and a medicine ball. Call up your friend or bring your partner along to the gym and put these workouts into practice...

With Resistance Bands

Partner Heel Taps: Partner A lies faceup, with Partner B standing at A's head. Partner A brings feet into table-top position (shins parallel to the ground). Partner B holds both ends of the resistance band and with A's help, carefully loops the band around Partner A's feet. Throughout the movement, Partner B should be standing, core tight, knees slightly bent, arms holding the ends of the band. Once in position, Partner A should contract core and slowly lower both heels toward the ground, taping heels, then returning to table-top position. Make sure the band is securely looped at the center of A's feet, so it won't snap back and hit your partner.

Tricep Kickbacks: Stand facing each other with knees slightly bent, hips back, core engaged. Each partner should hold one side of a resistance band on the same side (so right hand for one partner, left hand for the other). Hinge slightly toward each other from the waist. Both partners should bend elbows 90 degrees and hug elbow and biceps to their sides. Now extend the arm, using triceps to push the band away from your partner, keeping elbow hugged into side throughout the movement. Slowly re-bend the arm and return to the 90-degree angle and repeat.

Chest Press: Partner A holds both ends of the resistance band, with the loop hanging loosely behind body. Partner B will act as the anchor, holding the loop and stepping back until there is tension. From here, Partner A raises both hands to sides of body, elbows bent 90-degrees so elbows, biceps, and forearms are parallel to the ground. For balance, she can step right foot forward into a slight lunge. With core tight and a slight bend in the right knee, Partner A pushes forward, fully extending both arms, then slowly bends at the elbows to return to start. Repeat for 8 to 12 reps, then switch roles.

Band Jumps: Begin with Partner A standing in front of Partner B, facing away. Loop the resistance band around A's waist, with B holding one end in each hand. Partner A steps forward until there's light tension in the band. Now with B's knees slightly bent, and hips slightly back for stability, A will jump forward as far as possible. Jump by bending the knees, sending hips back, keeping core tight, and then exploding up and forward. Swing arms naturally for added momentum. Land lightly on toes, then take a few steps back to return to start position. Repeat quickly for 8 to 12 reps, then switch roles.

With Medicine Ball

Squat with Rotational Pass: Stand back-to-back and drop into a low squat so thighs are parallel to floor. Hold this position throughout the exercise. Partner A should hold the medicine ball at chest and rotating from the upper torso, hand the ball to Partner B over left side. Partner B should rotate right to take the ball and then quickly pass it over left side, so Partner A can accept the ball once again at his right side. Repeat for 8 to 12 reps in one direction, then change directions.

Lunge-To-Chest-Pass: Face your partner standing at least 5 feet apart. Hold the medicine ball at chest, and step forward into a lunge, bending front and back leg 90 degrees, keeping your core tight and back straight. Your partner will also step forward into a lunge so now you're closer together. Chest pass the medicine ball to your partner by pushing it out from the center of your chest (similar to the chest press movement mentioned above with the resistance band). Your partner should catch the ball at chest level before stepping back to return to start position as you do the same. Repeat for 8 to 12 reps, then switch sides on the lunge.

High-Low Twist and Pass: Stand back to back with your partner. Holding the medicine ball overhead on a right diagonal, pass the ball over your right shoulder where your partner will take the ball, and draw it down and across his body, as his knees bend into a squat. He'll pass

the ball back to you low by his left shins, where you'll grab it and draw it up and across your body to the upper right diagonal to repeat. The 'orbit' of the ball should be an oval. Repeat for 10-15 reps, then switch directions.

Lateral Lunge and Throw: Stand facing each other about 3 feet apart. Partner A can take one step to his left, while partner B takes one step to his left so that you are staggered. Holding the medicine ball at chest, Partner A takes a wide step to the right, sending hips back and keeping Abs tight while lowering into a low lateral lunge and bringing the medicine ball down to right side on a slight diagonal. The left leg should be straight. Simultaneously, Partner B takes a wide step to the right (away from partner), and comes into a low lateral lunge (without the medicine ball). Now in one smooth movement, both partners push off their right foot, and as they return to start position, Partner A throws the medicine ball laterally to Partner B. Partner B catches the ball and immediately steps out with the right foot into a right lateral lunge, allowing the ball to come down on the same right diagonal. Partner A does the same, sans ball. Repeat for 8 to 12 reps, then switch sides.

21 Day Detox Supplement Guide

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* to chisel out a head-turning body this Holiday Season—so you put your best face and physique forward on your special night. Plus, I'm sure you'll find that some of these supplements will be helpful to look great—not only this Holiday Season—but all year round...

So which supplements are the best ones to optimize your health this Holiday Season?

Let's find out...

MyoFX 21-Day Detox

You're only as healthy as your gut...

And because this eating plan may be a far stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, I recommend getting your hands on [MyoFX 21 Day Detox](#), a 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 3 capsules (the daily dosage) so you don't miss out on a single day of your detox.

MyoFX EFA Complex

While on your 21 Day Detox Training & Nutrition Plan, you run the risk of missing out on essential polyunsaturated fatty acids, essential nutrients that cannot be manufactured in your body and can only be obtained through your diet. In fact, these fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In short, you don't want to miss out on EFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels
- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time
- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly
- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing body fat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive this Holiday season. Cover all your bases with one simple supplement.

Glutamine FX

After training, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing [GLUTAMINE FX...](#)

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout.

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.

- Build and keep muscle – Promotes muscle growth and decreases muscle wasting
- Improved athletic performance and recovery from endurance exercise
- Curbed cravings for sugar and alcohol
- Healthy blood sugar level support

MyoFX Whey Protein Powder

When your goal is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the highest-quality whey isolate you can get your hands on.

[MyoFX Whey Protein Isolate](#) is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein this holiday season to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.
- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- Many different flavors

LipoFX AM and PM

Do you want a little extra help burning the fat off before the holidays? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, [LipoFX](#) is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX AM and PM also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling of fullness (satiety), reducing food intake at a subsequent meal.
- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

PreFX (Pre-Workout)

If you need a little “pick-me-up” before your workouts, don’t miss out on a pre-workout supplement that’ll send a surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that’ll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PreFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Now What?

Don’t start your 21 Day Detox Training & Nutrition protocol without at least browsing through the supplements I’ve listed for you above. They’ll prove to be incredible allies to keep you looking and feeling your best this Holiday Season and beyond.

****Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning. We are NOT doctors, nutritionists or registered dietitians. We do not claim to help cure any condition or disease. We do not provide medical aid or nutrition advice for the purpose of health or disease nor do we claim to be doctors or dietitians.**

Any product recommendation is not intended to diagnose, treat, cure, or prevent any disease. Our statements and information have not necessarily been evaluated by the Food and Drug Administration. Individual results are not guaranteed and may vary. We cannot and do not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual. The health, fitness, and nutrition success depend on each individual’s background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

21 Day Detox Recipes

Omelet Muffins

Ingredients:

- Coconut oil
- 8 eggs
- 1/8 cup water
- 1/2 lb chicken or sausage, cooked and cut or crumbled into small pieces
- 2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli and 1/2 yellow onion recommended, but use whatever is on hand)
- 1/4 tsp salt
- 1/8 tsp ground pepper

Directions

Preheat oven to 350°F

Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking.

Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add. Pour mixture into the muffin cups.

Bake for 18-20 minutes.

Almond Flax Chicken

Ingredients:

- 4-5 oz chicken breasts
- 3tbsp ground flax
- ½ cup almond meal
- 1 tbsp olive oil
- 1 tbsp almond butter
- 1 tsp sea salt
- Pinch cayenne pepper
- 1 tsp fresh parsley
- ¼ tsp paprika
- 1 tsp fresh thyme
- 1 tbsp onion finely chopped

Directions:

Pre-heat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the olive oil, almond butter, lemon juice, and all spices and herbs. Mix in a small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor but the taste will still be great if you don't have an extra 10-15 minutes).

Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the "crust" to the chicken. Carefully turn over each chicken piece and repeat the process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20-30 minutes or until an instant thermometer reaches 168 degrees on the thickest part of the chicken.

Baked Cod with Thyme

Ingredients:

- 1 ½ lbs cod filet
- 1 tsp fresh thyme
- ½ tsp sea salt
- ¼ tsp onion powder
- 1 tbsp Avocado oil

Directions:

Pre-heat oven to 375 degrees.

Cut the cod into 5 oz. pieces. Combine the avocado oil, thyme, salt, and onion powder in a bowl. Mix.

Cover cookie sheet or baking dish with parchment paper. Place cod fillets on baking pan. Evenly spread the herb and oil mixture over the cod.

Bake for approximately 12-15 minutes or until fish flakes easily with a fork: internal temperature of the cod should be 155 degrees Fahrenheit.

Note: Fresh cod is the best but not always available. When substituting with frozen fish let the fish thaw completely in your refrigerator before cooking it.

Beefy Mexi “Cauli” Rice

Ingredients:

- 1 medium to large head of Cauliflower grated with a cheese grater
- 1 lb grass fed ground beef
- 14.5oz can of organic garlic and onion tomatoes
- 1 heaping tbsp chili powder
- Garlic salt to taste
- 1 medium avocado

Directions:

In a skillet add grated cauliflower, ground beef & tomatoes. Cook on medium-high heat until beef is no longer pink.

Add chili powder and garlic salt to taste. Turn heat to high to cook off liquid and top with avocado and serve.

Creamy Zucchini Pasta with Shrimp

Ingredients:

- 4 zucchini, julienne peeled
- 9 ounces of shrimp
- 1 can diced tomatoes
- 1 avocado
- ¼ cup fresh basil
- 2 tbsp water
- Salt and pepper

Directions:

In a pan sauté the shrimp

In a separate skillet cook the zucchini

In a food processor blend the tomatoes, avocado, basil, water, salt and pepper

Once everything is done cooking add the zucchini and sauce to the shrimp and mix until the sauce is heated

Lamb Burgers

Ingredients:

- 1lb grass fed ground lamb
- 1 tsp dried parsley
- 1 tsp dried dill
- 1 tsp dried oregano
- 1 tsp sea salt
- 1 tsp ground black pepper
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ garlic powder
- ¼ tsp onion powder
- Salad greens

Directions:

In a mixing bowl add ground lamb and all spices. Mix with hands and form into 4 equal size patties.

Pan fry in cast-iron skillet over medium-high heat about 4 minutes per side. Let cooked patties rest and juices redistribute for 5 minutes.

Serve over a pile of mixed salad greens.

Lemon Dill Wild Salmon

Ingredients:

- 1 pound wild salmon
- 3 cloves fresh garlic
- 1 tbsp olive oil
- 2 tbsp lemon juice
- ½ tsp fresh dill weed
- ½ tsp fresh parsley
- ½ tsp fresh tarragon

Directions:

Pre-heat oven to 375 degrees.

Mince the garlic. Combine the garlic, olive oil, lemon juice, and herbs in a bowl. Mix.

Rub a cookie sheet or spray with olive oil to prevent sticking (or cover the pan with parchment paper).

Place salmon skin side down on the sheet pan. Evenly spread the herb mixture over the salmon.

Bake for approximately 15-20 minutes or until fish flakes easily when tested with a fork: internal temperature of the salmon should be 155 degrees Fahrenheit.

Mexican Meatza

Ingredients:

- Meat crust
 - 1 pound ground beef
 - 2 teaspoons chili powder
 - ½ teaspoon cumin
 - ½ teaspoon paprika
 - ½ teaspoon salt
 - 2 cloves garlic crushed
- Toppings
 - ½ to ¾ cup of your favorite salsa
 - Green bell pepper cut into thin strips
 - Red onion cut into thin strips
 - Avocado diced
 - Garnish: fresh lime and fresh cilantro

Directions:

Preheat the oven to 400F.

In a large bowl, mix the ground beef with the crust seasonings until combined.

Make the crust. Divide the meat in half, roll into a ball, and press evenly into an 8- or 9-inch round pie pan. Cover only the bottom of the pan and smooth the meat with damp hands until it's an even thickness. Repeat with the other piece of "crust." Bake for 10-15 minutes, until the meat is cooked through and the edges are brown. Leaving the oven on, remove the meat crusts from the oven and allow them to cool in the pan.

Assemble your meatza. Cover a large baking sheet with parchment paper or aluminum foil and place the meat crusts on the baking sheet. Spread about 1/4 cup salsa on each meat crust, leaving a 1/2-inch border around the edges. Arrange the peppers and onions on top, pressing them gently into the salsa. Pop the pizza back into the oven for 10-15 minutes, until hot and browned to your liking. Garnish your meatza. Remove from the oven and sprinkle with diced avocado, then squeeze a little fresh lime juice over the top and sprinkle with chopped cilantro.

Sweet Potato and Kale Chicken Patties

Ingredients:

- 2 green onion, finely chopped
- ½ medium sweet potato, peeled and cut into tiny cubes
- 2 ½ cups kale, finely chopped (leaves only)
- 1 lb skinless boneless chicken breasts cut into chunks or ground chicken
- ½ tsp sea salt
- 1 garlic clove minced
- 1 tsp paprika
- 1 tsp paprika
- 1 tsp Dijon mustard
- 1 tsp fresh rosemary finely chopped
- 1 egg
- 2 tbsp coconut flour

Directions:

Heat a large skillet over medium high heat with 1 teaspoon coconut oil (or bacon grease) add green onions and cook until tender, about 3 to 5 minutes. Add sweet potatoes and cook for 4 to 5 more minutes, until barely tender. Add kale and cook until wilted, about 2 to 3 minutes. Set aside.

Add chicken to a food processor and process on pulse until ground. Transfer meat to a large mixing bowl. Add salt, garlic, paprika, Dijon mustard, rosemary, egg, coconut flour, and sweet potato mix.

Mix together with hands until well combined. Cover with plastic wrap and refrigerate for at least 4 hours or even better overnight. Divide your chicken mixture into 6 to 7 even patties.

Coat a large non-stick pan with coconut oil or even better bacon grease to just coat the bottom (not a lot).

Add patties and cook until golden crust forms, about 5 to 6 minutes, then flip to the other side and cook until golden and cooked through. Serve as is or with a side salad.

Filet Mignon and Sweet(ie) Potato

Ingredients:

For Filet Mignon

- 2 4-ounce filet mignon steaks
- 4 teaspoons extra virgin olive oil
- $\frac{3}{4}$ teaspoon ground pepper

For Sweet Potato

- 1 medium sweet potato (split in half)
- $\frac{1}{2}$ teaspoon minced garlic
- 1 teaspoon chopped fresh herbs

Directions:

Preheat oven to 425°F.

Combine garlic and herbs in a small bowl. Set aside.

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add sweet potato, cover and steam until tender, about 10 minutes. Transfer to a medium bowl. Add $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt. Mash with a large fork or potato masher to desired consistency. Cover and keep warm.

Pat steaks dry with paper towel and season both sides with $\frac{1}{4}$ teaspoon each salt and pepper. Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat. Cook the steaks, turning once, until browned on both sides, 1 to 2 minutes per side. Place the seared steaks on the empty half of the baking sheet. Return to the oven and roast until the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Transfer each steak to a plate and top each one with 1 teaspoon of the herbs. Serve with mashed sweet potato. Add broccoli or other greens if you'd like.

Balsamic Pork and Strawberry Salad

Ingredients:

- 1 pound natural pork tenderloin
- ½ cup balsamic vinegar
- 2 tablespoons Dijon-style mustard
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 cups torn romaine lettuce
- 2 cups quartered fresh strawberries

Directions:

Trim fat from meat. Place meat in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl whisk together balsamic vinegar and mustard. Set aside 3 tablespoons of the marinade. Pour the remaining marinade over meat. Seal bag and turn to coat meat. Marinate in the refrigerator 15 minutes.

Preheat oven to 425°F. Line a shallow roasting pan with foil. Drain meat, discarding marinade. Place meat in the prepared roasting pan. Roast 25 to 30 minutes or until an instant-read thermometer inserted in meat registers 145°F. Remove from oven; let stand 3 minutes.

Meanwhile, for salad, in a large bowl whisk together the reserved 3 tablespoons marinade, the oil, salt and pepper. Add lettuce and strawberries; toss gently to coat.

Arrange salad on a serving platter. Slice meat and arrange on top of salad.