

London Broil

Marinade

- 2 cloves of garlic
- 1 tsp salt
- 3 Tlbs. Soy Sauce (for gluten free substitute with coconut aminos)
- 1 Tlbs. ketchup (I use organic tomato paste)
- 1 Tlbs. Vegetable oil (I use avocado or olive oil)
- ½ tsp. black pepper
- ½ tsp. oregano

Score steak 1/8 " deep on both sides, rub marinade into both sides of steak, or place in plastic bag. Place in refrigerator 5-7 hours, or over night. Turn a few times to assist marinating process.

Cook on hot grill to desired temperature. (4-8 minutes per side), remove from heat. Let rest for 10 minutes. Slice and serve.

Serve with corn on the cob, baked red potatoes, and a green salad.

Roasted Red Potatoes

- 2 pounds red potatoes – cut into 1" cubes
- 1 Tlbs. Basil
- 1 Tlbs. Thyme
- ½ c olive oil
- 1 c Parmesan cheese
- 2 tsp. seasoned salt
- Pepper to taste

Pre-heat oven to 425'

Place potatoes in a casserole dish and drizzle with olive oil. Add spices to coat potatoes.

Place ½ of the Parmesan cheese on potatoes and put in oven for 30 minutes.

Check potatoes, stir, (add more olive oil if getting dry), add remaining Parmesan cheese. Return to oven for 30 minutes or until desired color and texture.

Shrimp Zucchini Fettuccini

4-5 c spiraled zucchini
2 servings of shrimp
½ fresh lemon
1 Tlbs. Olive oil
1 Tlbs. Butter
½ finely chopped onion
2-3 clove minced garlic
Red pepper flakes to taste

Sauté onions, garlic, and pepper flakes in olive oil and melted butter, until tender. Add shrimp, heat through, add juice from lemon, allow most of the excess fluid to evaporate (keep more than you might think you should)...add zucchini, toss, heat through and serve hot.

You can also add additional veggies of your liking. Steamed broccoli is a nice addition, as would be red, yellow or orange peppers.

Spinach Frittata (Whole 30)

Serves 2

Prep Time: 10 minutes

Cook Time: 10 to 15 minutes

6 large eggs, beaten

¼ tsp. salt

¼ tsp. black pepper

2 Tlbs. Ghee, olive or avocado oil

½ onion, diced

1 c seeded tomato (plus a few slices for topping the frittata)

9 oz. baby spinach, roughly chopped

Grated zest and juice of ¼ lemon

Preheat oven to 500°F (or broil mode)

In a mixing bowl, whisk the eggs with the salt and pepper.

Heat a large oven-safe skillet over medium heat. Add the cooking oil to the pan and swirl to coat the bottom. When the fat is hot, add the onion and tomato and cook, stirring until softened, 2 to 3 minutes. Add the spinach and let it wilt for 30 seconds. Add the eggs and fold them into the veggies with a rubber spatula. Cook, without stirring to the eggs on the bottom and sides of the pan, until the eggs are firm and still appear wet, 3 to 4 minutes. Lay a few tomato slices on top. Drizzle the lemon juice and sprinkle the lemon zest over the top.

Transfer the pan with the eggs to the oven and broil 4 to 6 inches from the heat (or bake in the preheated oven) for 3 to 5 minutes, until the top is golden brown. Cut into slices and serve hot out of the pan.

Cooking Variations....

1. You can also cook the frittata in a regular pan on the stovetop, and then transfer it to a Pyrex dish to broil.
2. Preheat oven to 350', and grease the bottom and sides of your baking dish with coconut oil or ghee. Cook the veggies in a large frying pan on the stovetop as directed. Then, add the cooked vegetables to the bowl with the eggs, and transfer the mixture to the baking dish. Bake for 25-30 minutes, until the frittata is set in the center and slightly golden on top. Drizzle the lemon juice and sprinkle the zest over the top just before serving.

Your frittata will reheat beautifully the next day. Or enjoy it cold! A slice is really easy and delicious on the go breakfast or lunch.

Power Bars (Paleo Cleanse)

1 ¼ c walnuts
1 c raisins
½ c dried apples
½ tsp. cinnamon powder
1/3 c egg white protein powder
¼ c water

Place the walnuts in a food processor and pulse for about 20 seconds, or until granular.

Add the remaining ingredients and pulse for about 45 seconds, or until thoroughly combined.

Scoop out the mixture and press into an 8x8-inch square dish.

Cut the pressed mixture into your desired serving size and place the dish in the refrigerator to set for about an hour.

Serve immediately or keep refrigerated and snack on these bars throughout the week.