



Optionz! Memberz

4th of July

Indoor BBQ

Recipe Collection

"Everything Tastes Better with Optionz!"

CREATED BY ELIZABETH CATES



“Everything Tastes Better with Optionz!”

Deviled Eggs

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INGREDIENTS

6 boiled eggs
2 T mayonnaise
1 t mustard
1 T dill pickle relish
salt & pepper to taste
optional: paprika and parsley to garnish

METHOD

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- 1 Cook using an egg cooker.
- 2 Place in ice water for 5-10 minutes to quickly cool.
- 3 Cut eggs in half lengthwise.
- 4 Place egg whites on a plate and place yolks, mayo, mustard, relish, seasonings in a bowl. Mix well.
- 5 Scoop or pipe filling in egg whites.
- 6 Top with garnish.

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Oven BBQ Chicken

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INGREDIENTS

4-6 Bone-In Chicken Thighs
SF BBQ Sauce of Choice
3 T Extra Virgin Olive
Sea Salt & Pepper

METHOD

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- 1. Preheat oven to 400 degrees.**
- 2. Top chicken with oil.**
- 3. Season with salt and pepper.**
- 4. Bake on lined cookie sheet 30 minutes.**
- 5. Apply BBQ Sauce to chicken and cook another 5 minutes or until internal temperature reaches 165 degrees F.**



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Optionz! Bunless Burger

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INGREDIENTS

2 lbs good quality ground beef
olive oil for the griddle/pan
(unless grilling)
Kosher salt
4 leaves lettuce
tomatos, sliced
pickles, sliced
cheddar and pepperjack cheese
grilled red onions
cooked bacon
mustard & mayo

METHOD

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- 1. In a large bowl, gently mix the ground beef and form 4 patties. Place the burgers in the refrigerator until chilled, about 30 minutes.**
- 2. Heat a cast-iron griddle or pan over medium-high heat. Drizzle it with a bit of the oil. Season the burgers with salt.**
- 3. Gently place the burgers onto the hot griddle and cook until browned, about 4 minutes on each side for medium-rare (or to desired doneness), seasoning the burgers again after flipping.**
- 4. Top with one or two slices and cover with a lid for 30 seconds to slightly melt.**

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Easy Turkey Chili

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INGREDIENTS

METHOD

- 1 lb ground turkey**
- 2 T extra virgin olive oil**
- 1/ 2 small red onion, diced**
- 1/2 bell pepper, diced**
- 1 jalapeno, sliced**
- 2 T taco seasoning**
- 1 T chili powder**
- 1 c medium salsa**
- 1 8 oz can tomato sauce**
- salt & pepper to taste**

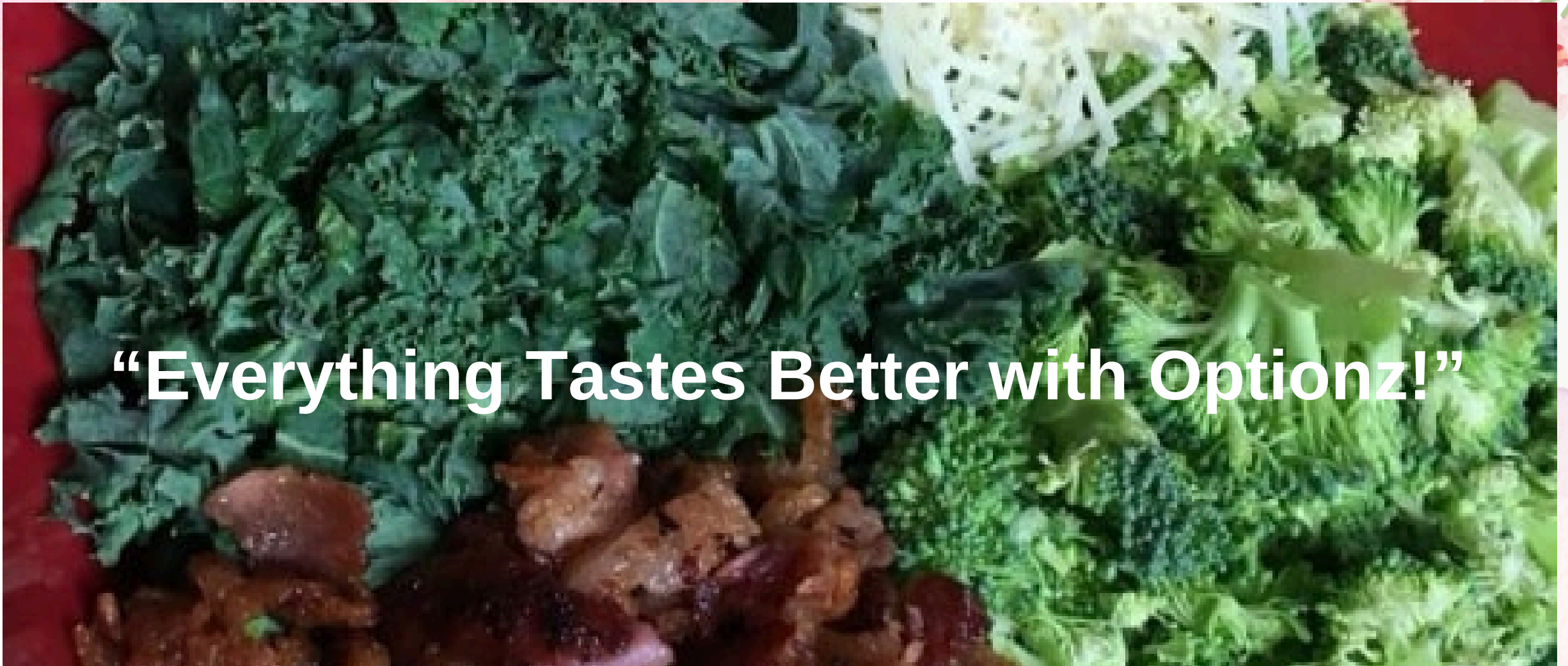
Optional Toppings:

**grated cheese, green onions,
sour cream, tomatoes, avocado**

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- 1. Cook turkey with EVOO until no longer pink**
- 2. Add onion, bell pepper, jalapeno and seasonings and cook about 5 minutes.**
- 3. Add salsa, tomato sauce and 1 c water and bring to simmer.**
- 4. Reduce heat to medium low and cover. Cook about 20-30 minutes.**
- 5. Serve over hot dogs, burgers or in a bowl with your favorite toppings!**

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Broccoli Kale Salad

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INGREDIENTS

- 1 head broccoli**
- 1 c kale, chopped finely**
- ¼ c parmesan cheese, grated**
- ½ lb bacon, cooked, chopped**

Dressing: 1 c mayo

**½ c apple cider or red wine
vinegar**

1 T mustard

METHOD

- 1 Cook bacon. Chop. Set aside.**
 - 2 Place broccoli and kale in microwavable bowl and microwave 1 min to wilt slightly. Let cool about 5-10 minutes.**
- Optionz: Caesar dressing, Creamy Italian or vinaigrette would work well also.**

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Red White & Blueberry Parfait or Waffle Cake

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INGREDIENTS

METHOD

**Optionz! Sweet Waffles
(recipe to follow)**

**1 c total of Strawberries,
Blueberries, Raspberries &
Blackberries**

**Sugar-Free Whipped Topping
Sugar-Free Berry Preserves or
Sugar-Free Jam**

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- 1 Optional: Make Optionz! Sweet Waffles**
 - 2 Place berries and preserves in small sauté pan and heat just until jam is liquified, tossing berries to coat.**
 - 3 Place one waffle on plate and layer with berries and whipped topping.**
 - 4 Garnish with fresh berries.**



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Cinnamon Waffles (for Breakfast or Desserts)

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INGREDIENTS

Sweet Waffles

6 lg eggs

1 1/2 c almond flour

3/4 to 1 c sweetener

1 1/2 c mozzarella, grated

1 t vanilla extract

1 t cinnamon

1 t baking powder

oil spray

Glaze:

1/2 c SF preserves/jam

Toppings:

**Strawberries, Blueberries,
Blackberries, Raspberries**

METHOD

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1. Heat DASH Waffle Iron.
 2. Mix waffle ingredients into a large bowl.
 3. Spray waffle iron.
 4. Portion out about 1/4 c for each waffle.
 5. Cook about 1-3 minutes.
(Each waffle iron is different.)
 6. Let cool about 5 minutes.
 7. Heat jam or syrup in microwave about a minute.

Tip for waffles: Do not open Dash Waffle Iron before 1 minute or it can ruin the cooking process.

*Addng 1/4 c pumpkin helps with the “cooling effect” of the granulated sweetner.

Optionz! Memberz Program

Monthly Membership Services Include:

- Unlimited 24/7 Access to Private Online Pages with 3 Weekly Low Carb, Sugar Free & Gluten Free Recipes including Optionz! that are Dairy Free & Meatless.
- Bonus Handouts, Cheat Sheets, Checklists, Meal Planning Guides & More.
- Bonus Webinars, Cooking Classes, Lessons/Modules to help you Transform Your Family Favorite Recipes to be More Healthy.
- Access to email Eliza with any Meal Planning and Recipe Optionz! Questions.
- Access to Archived Recipes for the Previous Month.

Benefits:

- Make as little or as many time-saving recipes that you choose.
- Connect with Eliza for suggestions of possible ingredient substitutions.
- Go online at your convenience, any time or day.
- Download Recipes and Cheat Sheets to create a Physical or Digital Binder of Your Family Favorite Recipes.
- Start your Healthy Journey Today!
- Join the Weekly Challenge!

Affordable Month-to-Month Membership
No Annual Contract
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No Initial Sign-up Fee



For more information about
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please message me at
eliza@optionzwitheliza.com

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