

Cowboy Pasta Salad

INGREDIENTS

- 1 lb. rotini pasta
- 2 tsp olive oil
- $\frac{3}{4}$ lb. ground beef or turkey
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp ground sea salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp red pepper flakes
- 1 cup canned corn or frozen cooked corn
- 2 cups cherry tomatoes, halved
- $\frac{1}{2}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup diced red onion
- 3 slices cooked bacon, crumbled
- 1 cup plain Greek yogurt
- 1 $\frac{1}{2}$ tbsp Frank's Red Hot sauce

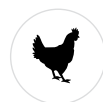
INSTRUCTIONS

1. Cook rotini according to package directions. Drain and run under cold water. Reserve.
2. Heat olive oil in a large frying pan, and add meat. Break up using a spatula, and season with cumin and salt, pepper, and pepper flakes.
3. Cook until browned, and cooked through. Drain any fat.
4. Place the rotini, meat, corn, tomatoes, cheese, onion, and bacon in a large bowl.
5. In a small bowl, stir together the yogurt and hot sauce.
6. Add the dressing to the salad, and stir well to coat.

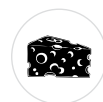
SERVING SIZE

Recipe makes 8 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
Recipe makes 4 servings



Chicken & Brussels Sprouts Bake

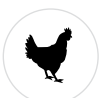
INGREDIENTS

- 1 lb. halved Brussels sprouts
- 3 tbsp olive oil
- 3 tbsp ghee
- 1 small red onion, diced
- 1 garlic clove, diced
- 1 ½ cups chicken broth
- ½ cup coconut cream
- 1 tbsp dijon mustard
- ½ tsp ground sea salt
- ½ tsp black pepper
- ½ tsp paprika
- 1 lb. cooked rotisserie chicken, shredded or diced
- 8 cooked slices of nitrate-free bacon

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Toss the Brussels sprouts with the olive oil, and place in a single layer on a large baking sheet. Roast for 15-20 minutes, or until golden brown and caramelized. Reserve.
3. In a medium saucepan, heat the ghee over medium heat.
4. Add in the onion, and sauté for 5 minutes.
5. Add the garlic, and stir for 1 minutes.
6. Stir in the broth, cream, mustard, salt, pepper, and paprika.
7. Bring to a gentle simmer, and reserve.
8. Add the cooked chicken, Brussels sprouts, and bacon to a 9x13 inch baking pan.
9. Pour the sauce over the chicken and stir well.
10. Bake uncovered for 15 minutes.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

SIDES



Sweet Potato & Bacon Fritters

INGREDIENTS

- 2 medium sweet potatoes, shredded
- ¼ cup diced red onion
- 2 eggs, whisked
- 3 tbsp coconut flour
- 1 tsp paprika
- 1 tsp cumin
- ½ tsp ground sea salt
- ½ tsp black pepper
- ¼ cup vegetable oil (for frying)

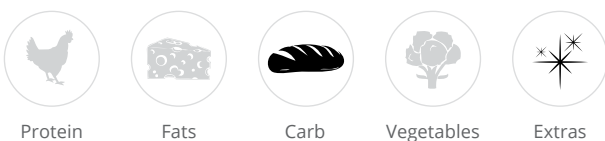
INSTRUCTIONS

1. Combine all of the ingredients (minus the oil) in a large bowl.
2. Using a ¼ cup measure, scoop the mixture out, and form into patties. Place on parchment paper.
3. Heat the oil in a medium frying pan over medium heat.
4. When a drop of the mixture sizzles and bubbles immediately in the oil, add 3-4 patties to the pan.
5. Cook for 5 minutes, flip and cook for an additional 5 minutes.
6. Drain on paper towels.
7. Repeat with the rest of the batter.

SERVING SIZE

Recipe makes 4 servings

FOOD PLATE SECTIONS FULFILLED



Protein

Fats

Carb

Vegetables

Extras



Rosemary Potato Strings

INGREDIENTS

- 1 ½ lbs. russet potatoes
- 2 tablespoons olive oil
- 1 tablespoon dried rosemary
- 1 teaspoon ground sea salt
- 1 teaspoon black pepper

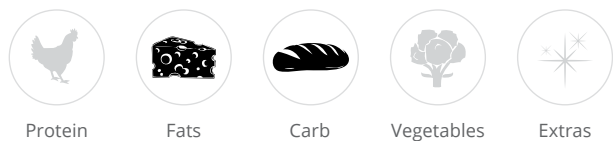
INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Using a spiralizer, or a mandolin with the French fry insert, process the potatoes into strings. Cut the strings in half.
3. Toss with olive oil, rosemary, and salt and pepper in a medium bowl.
4. Place on a parchment lined baking sheet.
5. Bake for 10 minutes, and stir.
6. Reduce heat to 350 degrees, and stir every 5 minutes or until golden brown.
7. Serve immediately.

SERVING SIZE

Recipe makes 6 servings

FOOD PLATE SECTIONS FULFILLED



Protein

Fats

Carb

Vegetables

Extras



SERVING SIZE
Recipe makes 2 servings

Low Carb Lava Cakes

INGREDIENTS

- ¼ cup dark unsweetened cocoa powder
- ½ tsp baking powder
- 3 tbsp coconut cream (alternative for heavy cream)
- 2 tbsp organic honey
- 2 large eggs, beaten
- ½ tsp vanilla

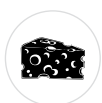
INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk together the cocoa and baking powder.
3. Add the cream, honey, eggs, and vanilla. Whisk well.
4. Divide between 2 ramakins and bake for 12 minutes.
5. Let cool for 5 minutes, and remove the cakes.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras