

SANE™

The Calorie Myth Listener Bonuses

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Welcome and thank you! By investing your time and effort in “Going SANE,” you are ready to learn the truth about fat loss, fitness, and nutrition-related health. These bonuses set you up for success as you put this knowledge into practice. Much more is available at SANESolution.com.

FREE HALF-DAY INTERACTIVE MASTERCLASS WITH NEW YORK TIMES BEST SELLING AUTHOR AND NATURAL WEIGHT-LOSS EXPERT JONATHAN BAILOR

If You Are Ready To Get Off The Yo-Yo Diet Roller-coaster, Then It's Time To Start Your PERSONALIZED WEIGHT LOSS PLAN With Me!

Live Half-Day Seminar Tickets Cost ~~\$297~~, But For A Limited Time, You Can Attend Online For FREE!

SANE Weight Loss Results Planner

1. What is your current weight?

2. What is your goal weight?

3. What is your gender?

4. Are you over 40?

5. Have you dieted more than once?

6. Are you taking insulin or SSRIs?

7. Were your parents heavy?

8. Do you perceive your life as high-stress?

9. Do you get less than 6 hours of sleep / night?

10. Will you be inactive while traveling?

Your SANE Results

Based on your answers these are the results you can expect from following your customized SANE plan.

Week	Weight (lbs)
0	250
12	240
24	230
36	220
48	215

GET YOUR PERSONALIZED PLAN TODAY

Daily Servings	Vegetables:	Protein:	Fats:	InSANEity:
	11	5	6	1

Total Weight Lost: 40 lbs
Weeks Until Goal: 48
Date Goal Achieved: 9/22/2016

During Our Time Together You Will...

Free yourself from all the confusion and conflicting weight loss information! See the latest science showing you how to get off the yo-yo diet roller-coaster for good, while you overcome emotional eating and cravings.

Learn simple ways to jump-start your motivation today! I'll show you how to effortlessly stick with your new Personalized Weight Loss Plan for lasting results that turn heads and get attention.

Start creating your own personalized weight loss plan--with my help--that will show you exactly how many pounds you can lose per week and even give you an exact date when you will reach your goal weight...without ever counting calories, being hungry, or spending endless hours in the gym!

Discover the one "adjustment" you can make today to increase your energy and ignite your natural fat-burning metabolism so you jump out of bed every morning with confidence.

Crush cravings and end emotional eating with just a few small changes to the types of sweets and fats you are eating. Don't give up what you love, eat more...smarter! Bust the top myths and mistakes that hold you back from losing weight and keeping it off. (You will be relieved when we finally put these lies to rest).

Plus, just for attending you will receive the entire \$297 Eat More Lose More Quick Start kit, with videos, cheat sheets, and food guide, for free so you can put this life-changing information to use immediately.



Getting Started Is Easy and Free:

There are many convenient times available

1. Type in this web address: SANESeminar.com
2. Click the button and select a convenient time
3. Enter your information to reserve your seat!

AN EXAMPLE DAY OF EXCELLENT SANEITY

What I Ate Today:	How To Track/Score In Your SANE App
Breakfast - 2 whole egg and 4 egg whites scrambled with a lot of vegetables, half grape fruit, green tea, 2 TBSP Garden in My Glass drink mix	1 nutrient-dense protein, 3 non-starchy vegetable, 1 whole-food fat, 1 low-fructose fruit
Lunch - Stir-fried chicken with a lot of vegetables, green tea, 2 TBSP Garden in My Glass drink mix	1 nutrient-dense protein, 3 non-starchy vegetable, 1 other fats
Snack - SANE Vanilla Almond Meal Bar , raw sugar snap peas, raw macadamia nuts	1 nutrient-dense protein, 1 non-starchy vegetable, 1 whole-food fat
Dinner - Baked salmon, a lot of grilled vegetables, SANE peanut butter pie, 2 TBSP Garden in My Glass drink mix	1 nutrient-dense protein, 4 non-starchy vegetables, 2 whole-food fats

SANE Food Group	Servings
Non-Starchy Vegetables	11
Nutrient-Dense Protein	4
Whole-Food Fats	4
Low-Fructose Fruits	1
Legumes	
Other Fruits	
Most Dairy	
Other Fats	1
Starch	
Sweets/Sweetened Drinks	

SANE SWAP CHEAT SHEET

inSANE	SANE
Pasta & Rice	<ul style="list-style-type: none"> • Spaghetti squash/Squoodles • Zucchini noodles/Zoodles • Shirataki noodles • Shredded cabbage • Shaved brussels sprouts • Bean sprouts • Pea shoots • Cauliflower rice • Broccoli and carrot slaw (premade in grocery produce section)
Potatoes	<ul style="list-style-type: none"> • Mashed cauliflower • Turnips • Eggplant • Squash • Zucchini
Bread, Cookies, Cakes, Pies, Waffles, Pancakes, and Tortillas	<ul style="list-style-type: none"> • Baked goods made using golden flaxseed meal, coconut flour, almond meal, almond flour, and other nut flours • Low-carb and diabetic breads, tortillas, etc. that contain as few ingredients as possible • SANE Clean Whey Protein
Hot and cold cereal	<ul style="list-style-type: none"> • SANE cereals made with ground flax, nuts, and chia. See recipes in the next section. • SANE Clean Whey Protein
Pretzels & chips	<ul style="list-style-type: none"> • Raw nuts • Seeds • Baked kale chips
Fast Food/Bars	<ul style="list-style-type: none"> • SANE Meal Bar
Candy and Sweets	<ul style="list-style-type: none"> • SANE Cravings Killer Chocolate Truffle

Get Everything You Need To Burn Fat and Prepare Delicious Meals at the SANE Store



Fat-Burning Flour



Mood-Boosting Chocolate Powder



Clean Pea Protein



Craving Killer Bake-N-Crisps



Slimming Sugar Substitute



Clean Whey Protein



Vanilla Almond Meal Bars



Craving Killer Chocolate Truffle



No Added Sugar



100% Natural



Gluten Free



No GMO's



No Dairy



No Soy

SANE™

Find all of these EXCLUSIVE tools, plus over 100 other fat-burning SANE products to help you and your family look and feel your best!

Visit Today: Store.SANESolution.com

SENTENCE COMPLETION

A powerful and quick way to get your subconscious to help you is a psychological technique popularized by Dr. Nathaniel Branden known as sentence completion. All you do is write an incomplete sentence and then add a series of different endings. In Dr. Branden's words:

"Sentence-completion work is a deceptive simple yet uniquely powerful tool for raising self-understanding, self-esteem, and personal effectiveness. It rests on the premise that all of us have more knowledge than we normally are aware of—more wisdom than we use, more potentials than typically show up in our behavior. Sentence completion is a tool for accessing and activating these 'hidden resources.'"

For example:

- When I slim down and tone up, I am excited to _____.
- When I slim down and tone up, I will feel _____.
- When I have more energy, my relationship with _____ will improve because: _____.
- When I have more energy, _____'s life will improve because: _____.

Here are the same sentences, each completed twice.

- When I slim down and tone up, I am excited to buy new clothes.
- When I slim down and tone up, I am excited to see the expression on my partner's face.
- When I slim down and tone up, I will feel more confident.
- When I slim down and tone up, I will feel proud of myself.
- When I have more energy, my relationship with my spouse will improve because I won't be crabby when I get home from work.

- When I have more energy, my relationship with my friends will improve because I'll be able to spend more time with them since I'll get everything else that I need to do done quicker.
- When I have more energy, my kids' lives will improve because I'll be able to play with them outside.
- When I have more energy, my life will improve because I'll perform better at my job and get that raise I deserve.

SENTENCE COMPLETION PART 1

SENTENCE 1

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

When I slim down and tone up, I am excited to: _____.

SENTENCE 2

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

When I slim down and tone up, I will be _____.

SENTENCE 3

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

When I slim down and tone up, _____'s life will improve because _____

_____.

When I slim down and tone up, _____'s life will improve because _____

_____.

When I slim down and tone up, _____'s life will improve because _____

_____.

When I slim down and tone up, _____'s life will improve because _____

SENTENCE 4

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

When I slim down and tone up, I will feel _____.

SENTENCE 5

When I slim down and tone up, my relationship with _____ will improve because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

When I slim down and tone up, my relationship with _____ will improve
because _____.

Work through the exercises in the next two sections in half-hour chunks. In the long run, you'll find that these sessions will amount to one of the most empowering hours of your life.

SENTENCE COMPLETION PART 2

SENTENCE 1

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

When I have more energy, I am excited to _____.

SENTENCE 2

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

When I have more energy, I will be _____.

SENTENCE 3

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

When I have more energy, _____'s life will improve because: _____

SENTENCE 4

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

When I have more energy, I will feel _____.

SENTENCE 5

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

When I have more energy, my relationship with _____ will improve because: _____

SENTENCE 6

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

When I am tempted to eat inSANEly, I will remember _____
_____ and pick a more SANE option.

SENTENCE 7

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

Avoiding major degenerative diseases such as cancer, heart disease, diabetes, etc., would be nice because _____.

SENTENCE 8

By setting a SANEr example, I _____.

By setting a SANEr example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

By setting a SANER example, I _____.

SENTENCE COMPLETION PART 3

SENTENCE 1

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

When I feel better about myself, I am excited to _____.

SENTENCE 2

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

When I feel better about myself, I will be _____.

SENTENCE 3

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

When I feel better about myself, _____'s life will improve because: _____

SENTENCE 4

When I feel better about myself, my relationship with _____ will improve because:

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

When I feel better about myself, my relationship with _____ will improve because:

_____.

SENTENCE 5

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

Living twenty years longer would be nice because _____.

SENTENCE 6

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

Having five extra hours per week thanks to exercising less—smarter—would improve _____ because _____.

SENTENCE 7

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

When I have fewer aches and pains, I am excited to _____.

SENTENCE 8

When I have fewer aches and pains, my relationship with _____ will improve because _____.

When I have fewer aches and pains, my relationship with _____ will improve because _____.

When I have fewer aches and pains, my relationship with _____ will improve because _____.

When I have fewer aches and pains, my relationship with _____ will improve because _____.

When I have fewer aches and pains, my relationship with _____ will improve because _____.

When I have fewer aches and pains, my relationship with _____ will improve
because _____.

When I have fewer aches and pains, my relationship with _____ will improve
because _____.

When I have fewer aches and pains, my relationship with _____ will improve
because _____.

When I have fewer aches and pains, my relationship with _____ will improve
because _____.

When I have fewer aches and pains, my relationship with _____ will improve
because _____.

SAMPLE MENU FOR A SANE WEEK

MONDAY

Breakfast

- Strawberry Chia Seed Cereal
- Strawberry-Avocado Green Smoothie

Lunch

- Broccoli & Red Pepper Mini Quiches
- Cinnamon and Raisin “Rice” Pudding

Dinner

- Turkey and Mushroom Stroganoff
- Squash Noodles

Dessert

- Peanut Butter Mousse

TUESDAY

Breakfast

- Super Yogurt
- Orange Creamsicle Green Smoothie

Lunch

- Large dark green salad with 2 hard-boiled eggs

Dinner

- Turkey and Almond Stir-fry

Dessert

- Mint Chocolate Pudding

WEDNESDAY

Breakfast

- Vanilla Almond Hot Cereal
- Strawberry-Avocado Green Smoothie

Lunch

- Leek and Cauliflower Soup
- Cottage cheese mixed with diced ham or turkey

Dinner

- Prawn and Mushroom Stir-fry

Dessert

- Chocolate Covered Berry Cream

THURSDAY

Breakfast

- German Chocolate Pancakes
- Orange Creamsicle Green Smoothie

Lunch

- Peanut Butter Chicken Salad served over spinach

Dinner

- Lasagna

Dessert

- Chocolate Peanut Butter Fudge

FRIDAY

Breakfast

- Almond and Pear Cereal
- Strawberry-Avocado Green Smoothie

Lunch

- Large dark green salad with salmon burgers
- Creamy Cucumber Soup

Dinner

- Chicken Carbonara

Dessert

- Caramel Orange Spice Cashews

SATURDAY

Breakfast

- Ham and Eggs Bake
- Spinach or kale, onions, mushrooms, and peppers stir-fried in coconut oil

Lunch

- Smoked Salmon and Bean Sprout Sauté

Dinner

- Pork Chops with Bacon and Cabbage
- Zucchini and Cherry Tomato Salad

Dessert

- Orange Cranberry Scones

SUNDAY

Breakfast

- Omelet filled with as much of your favorite non-starchy vegetables as possible

Lunch

- Chicken, Avocado and Walnut Salad

Dinner

- Salmon with Orange and Fennel
- Mixed green salad
- Almond Parmesan Squash

Dessert

- Dark Chocolate Espresso Cookies

Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Second A Day!



0g Sugar



100% Plant-Based



Gluten Free



No GMO's



No Dairy



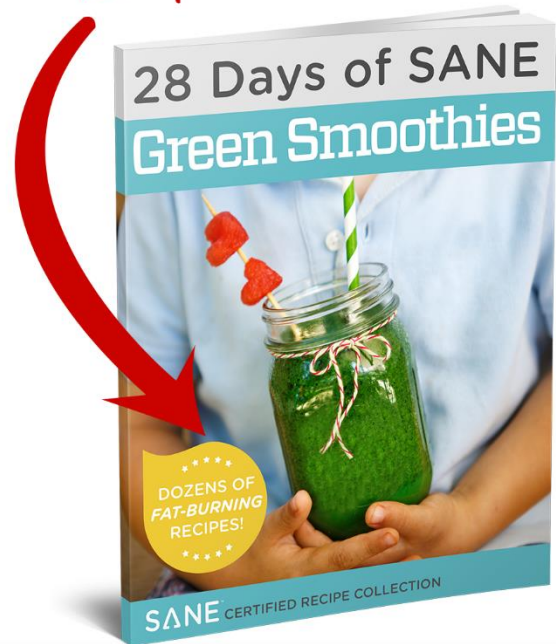
No Soy



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RECIPES

TIP: You can get hundreds of *SANE Certified™* recipes, weekly meal plans, weekly grocery lists, and more, on your phone, tablet, desktop, and even paper :) in your [SANE Premium Plan](#).

→ [Learn More and get more recipes by clicking here](#) ←

BREAKFAST

ALMOND PEAR CEREAL

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

2 large, firm pears, cored and roughly chopped

2/3 cup light coconut milk

1 cup almond meal

1/4 cup ground flaxseed

1 cup vanilla casein or whey protein powder

1/4 cup unsweetened raw shredded coconut

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

To an electric blender, add the pear, coconut milk, almond meal, flaxseed, and Clean Whey Protein.

Blend on low speed until the ingredients are completely combined and there are no large chunks of pear, but the mixture has a coarse texture. Add the coconut and blend just until the coconut is incorporated. Serve immediately.

CINNAMON RAISIN MUFFINS

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

Coconut oil spray	1 oz Clean Whey Protein
½ oz. chia seeds	2 tsp cinnamon
½ oz sunflower seeds	2 tsp baking powder
1 oz unsweetened coconut	½ tsp salt
4 oz almond flour	1 ½ oz xylitol
½ oz ground flax seeds	2 oz raisins
1 oz almond meal	2 eggs
	¾ cup COLD water

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables or nutrient-dense protein. Please be sure to drink a green smoothie (or [Garden in My Glass](#)) and enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Spray 12 silicone muffins cups with coconut oil and place them in a muffin pan. In a coffee grinder, grind the chia, sunflower seeds and coconut well. Tip the ground seed mixture into a mixing bowl (preferably one with a pouring lip) and add the almond flour, ground flax seeds, almond meal, whey powder, cinnamon, baking powder, salt, xylitol, and raisins and mix all together well.

In a small bowl whisk the eggs and cold water together. Add the egg mixture into the dry ingredients and stir well until completely mixed. Pour the mixture into the muffin cups, stopping a little short of full. Bake the muffins in the center of the oven at 325F for 30 minutes, until golden brown on the top.

Remove from the oven and leave to cool for a few minutes until you can handle the silicone cups. Turn each cup top down in one hand, and using the other hand gently squeeze the sides of the cup all the way round until the sides release and the muffin pops out. Be gentle. Place each muffin on a cooling rack to cool.

GERMAN CHOCOLATE PANCAKES

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

6 egg whites

2 eggs

1 cup water

1 cup nonfat Greek yogurt

1 cup chocolate protein powder

½ cup unsweetened raw shredded coconut

1 cup raw unsweetened cocoa powder (not Dutch process)

6 tbsp Xyla xylitol

Cinnamon, to taste

Coconut oil spray

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Place all the ingredients into a blender in the order listed.

Blend on high until the mixture is completely smooth.

Spray a skillet with coconut oil and place over medium heat.

Heat skillet for 2 minutes and pour batter into the skillet.

Cook for 2 to 3 minutes. Gently lift the edge of the pancake with a spatula to check for browning.

Once the underside is lightly browned, flip the pancake and cook for 20 to 30 seconds until cooked all the way through.

Serve immediately.

GRAIN-FREE GRANOLA

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

½ cup cashews, roughly chopped

2 cups unsweetened shredded coconut

½ cup hazelnuts, roughly chopped

8 tbsp chia seeds

1 cup slivered almonds

6 tsp ground nutmeg

2/3 cup sugar-free vanilla syrup (such as Torani's)

2 tbsp melted coconut oil

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables or nutrient-dense protein. Please be sure to drink a green smoothie (or [Garden in My Glass](#)) and enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Preheat the oven to 300°F.

In a large bowl, mix the nuts, coconut, chia, and nutmeg until combined.

Add the syrup and oil and mix well, ensuring ingredients are evenly coated.

On a foil-covered baking sheet, spread mixture evenly in a half-inch layer.

Bake on the middle rack of the oven until deep golden brown, stirring occasionally to ensure even coloring.

Cool completely. Store in an airtight jar.

HAM & EGGS BAKE

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

½ tbsp coconut oil

8 oz cubed ham

2 tsp dried parsley

Salt and freshly ground pepper

4 eggs & 4 egg whites

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Preheat the oven to 350°F.

Grease 2 small ramekins with the oil.

Spread the ham in the bottom of the ramekins and season with parsley and salt and pepper to taste.

Carefully crack 2 eggs into each ramekin over the ham. Add egg whites after adding the eggs.

Place the ramekins in a small baking dish. Add warm water to the dish to come halfway up the side of the ramekins.

Bake for 15 minutes, or until eggs are just cooked through.

LEMON BLUEBERRY CREAM SMOOTHIE

Makes 2 serving

by: CarrieBrown.com

INGREDIENTS

1 cup thin coconut milk (carton)

8 oz kale

1 lemon, peeled

1 small avocado

2 scoops vanilla whey

1 1/3 cup frozen blueberries

Add water as needed to get right consistency

Xylitol or equivalent sweetener to taste if needed

DIRECTIONS

Place ingredients in blender in order listed.

Blend on high until completely smooth.

Sweeten if necessary to taste.

PANCAKES

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

½ tsp pure vanilla extract

4 egg whites

2 eggs

1 cup nonfat Greek yogurt

½ cup water

1 cup vanilla UMP protein powder blend

½ cup unsweetened raw shredded coconut

Cinnamon, to taste

Optional: sugar-free vanilla syrup, to serve

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Place all the ingredients except the syrup into a blender in the order listed.

Blend on high until the mixture is completely smooth.

Lightly spray a large skillet with coconut oil and place over medium heat.

Pour the batter into the hot skillet. Cook for 2 to 3 minutes. Gently lift the edge of the pancake to check for browning. Once the underside is lightly browned, flip the pancake and cook for 20 to 30 seconds on the other side.

Serve immediately with syrup on top, if desired.

SMOKED SALMON BAKED EGGS

Makes 1 serving

by: CarrieBrown.com

INGREDIENTS

½ tbsp butter

3 TBSP full-fat Greek yogurt (optional)

2 oz chopped smoked salmon (lox)

Salt and pepper

2 tsp fresh chives

2 eggs

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Grease small ramekin dish with butter.

Put cream in bottom of dish.

Spread salmon on bottom of dish, sprinkle with chives and season.

Crack eggs carefully over the salmon.

Place dish in a baking pan with water half way up the sides of ramekin dish.

Bake for 20 minutes at 350 F until eggs are just cooked.

SUPER YOGURT

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

2 cups low-fat Greek yogurt

2/3 cup [Clean Whey Protein](#)

2/3 cup macadamia nuts, chopped

Cinnamon, to taste

Vanilla extract to taste

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Place all the ingredients in a bowl and mix well.

Serve immediately.

STRAWBERRY-CHIA SEED CEREAL

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

1¾ cups water

1/3 cup chia seeds

1 lb nonfat Greek yogurt

¾ lb frozen strawberries

2/3 cup [Clean Whey Protein](#)

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Pour the coconut milk into a large bowl.

Add the chia seeds and stir immediately to stop the seeds from sticking together.

Add the yogurt and mix well. Add the frozen strawberries.

Cover and refrigerate overnight.

In the morning, add Clean Whey Protein (if using) and mix well until completely combined.

STRAWBERRY GREEN SMOOTHIE

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

2 cups hot water

16 cups fresh spinach

1 small avocado, peeled and roughly chopped

2/3 cup [Clean Whey Protein](#)

2 cups frozen strawberries

DIRECTIONS

Place all ingredients into a blender in the order listed.

Blend on high until completely smooth. Serve immediately.

VANILLA ALMOND HOT CEREAL

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

2 tbsp chia seeds

1 tbsp sunflower seeds

7 tbsp unsweetened shredded coconut

2 tbsp ground flaxseed

2 tbsp almond meal

2 tsp cinnamon

½ cup (2 scoops) [Clean Whey Protein](#)

1 cup boiling water

1 tsp pure vanilla extract

2 tsp Xyla xylitol, or to taste

2 oz fresh berries

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables or nutrient-dense protein. Please be sure to drink a green smoothie (or [Garden in My Glass](#)) and enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Place the chia seeds, sunflower seeds, and coconut in a coffee grinder and grind to a fine meal. Take care not to overgrind to a paste.

Pour the ground seeds into a bowl. Add the flaxseed, almond meal, cinnamon, and Clean Whey Protein. Mix well until completely blended.

Add the boiling water and mix well. Set aside for 1 minute to thicken.

Mix again, adding more boiling water if you prefer a runnier cereal.

Add the vanilla and xylitol to taste. Serve with the berries.

ORANGE CREAMSICLE GREEN SMOOTHIE

Makes 2 serving

by: CarrieBrown.com

INGREDIENTS

½ cup water

¼ cup nonfat Greek yogurt

16 cups fresh spinach

1 peeled orange

Zest of ½ orange, chopped

1 cup [Clean Whey Protein](#)

1 tsp pure vanilla extract

½ tsp guar gum

Xylitol to taste

DIRECTIONS

Place all ingredients except the guar gum into a blender in the order listed.

Blend on high until completely smooth.

Remove the blender lid stopper. While the blender is running, shake the guar gum in.

Blend for 10 seconds more (but no longer). Serve immediately.

LUNCH

BEET AND TARRAGON SOUP

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

3 cups chicken or clear vegetable stock

2 lbs beets (beetroot), peeled and chopped into 1" pieces

1 TBSP coconut oil

1 large onion, chopped

2 TBSP fresh tarragon

1 tsp salt

Ground pepper

½ cup 2% Greek yogurt

4 oz fresh spinach

¼ tsp guar gum

DIRECTIONS

TIP: This recipe does not contain any nutrient-dense protein. Please be sure to enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Bring stock and chopped beets to boil in a large pan, then reduce heat and simmer until beets are tender when pierced with a knife.

Heat coconut oil and cook onion until transparent.

Working in batches, place onion, beets, stock, tarragon, salt and pepper in blender and blend on high until completely smooth.

Add Greek yoghurt and fresh spinach and blend until spinach has disappeared.

During last 10 seconds of blending, shake guar gum through the food opening in the blender lid.

Blend for 5 seconds. Re-heat if necessary and serve.

BROCCOLI AND RED PEPPER MINIQUICHES

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

7 oz red pepper, finely chopped

8 oz broccoli, chopped

6 oz nonfat cottage cheese

12 egg whites

1 tsp dried parsley

¼ cup 2% Greek yogurt

Freshly ground pepper

DIRECTIONS

Preheat the oven to 375°F.

Place 12 silicone baking cups in a muffin pan.

In a large bowl, mix the red pepper, broccoli, and Cheddar or cottage cheese until well combined.

Divide the vegetable mixture evenly among the 12 cups.

Place the eggs, parsley, Greek yogurt (if using), and pepper to taste in a bowl and whisk well to combine. Pour the egg mixture into a pitcher.

Carefully pour the egg mixture over the cheese mixture in each cup till almost full.

Carefully place the muffin pan on the middle rack of the oven.

Bake for 40 minutes until puffy and golden brown, and a skewer comes out clean. The quiches will rise well above the cups.

Remove the pan from the oven and carefully remove each quiche from its cup. Serve immediately.

Note: If you wish to make in advance, allow quiches to cool completely and store in an airtight container in the refrigerator.

CREAMY CUCUMBER SOUP

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

1 medium onion, chopped

3 large English cucumbers, chopped

1½ cups water

1 tbsp salt

½ cup chopped chives

2 small avocados, peeled and roughly chopped

2 tbsp 2% Greek yogurt

DIRECTIONS

TIP: This recipe does not contain any nutrient-dense protein. Please be sure to enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

In a large stock pot, sauté the onion over a medium heat until transparent.

Add the cucumber, water, and salt, and cover the pot. Cook until the cucumber is tender, about 10 minutes. Remove from the heat.

Working in batches, carefully transfer the cucumber mixture to a blender and blend on high until very smooth.

To the last batch, add the chives, avocado, cream or yogurt, and white wine, if using. Blend until completely incorporated.

Return the blended soup to the stock pot and stir well. Gently rewarm over low heat if necessary. Serve immediately.

CHICKEN, AVOCADO, AND WALNUT SALAD

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 heads romaine lettuce

4 tbsp extra virgin olive oil

1½ tbsp Xyla xylitol

2 tbsp white wine vinegar

1 tbsp chopped parsley

¼ tsp dried oregano

Salt and freshly ground pepper

2 avocados

2 oz walnuts, roughly chopped

1.5 lb cooked chicken breast, cut into bite-sized chunks

DIRECTIONS

Tear the lettuce into large pieces and place on a large serving dish.

Whisk the olive oil, xylitol, vinegar, parsley, and oregano in a small bowl until completely blended.

Season with salt and pepper to taste.

Peel, halve, and slice the avocados.

Add the avocado to the dressing and carefully turn to coat each slice.

Spoon the avocado evenly over the bed of lettuce.

Sprinkle the chicken and walnuts evenly over the salad.

Drizzle the remaining dressing over the salad. Serve immediately.

CHUNKY CHICKEN AND APRICOT PIE

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

4 TBSP coconut oil

2 lbs chicken, cut into large chunks

1 small onion

8 oz white mushrooms, sliced

6 oz dried apricot pieces, chopped into quarters

1 TBSP fresh chopped rosemary

Coarse salt and ground black pepper

3 cups chicken stock

1 ½ tsp konjac flour / glucomannan powder

2 head cauliflower, leaves removed, stem and florets chopped into similar sized pieces

2 tsp fresh chopped rosemary

¼ cup coconut flour

½ cup cheddar cheese

DIRECTIONS

In a large skillet, heat 2 TBSP of coconut oil.

Add the chicken chunks and cook until lightly browned all over.

In a small skillet, heat 2 TBSP of coconut oil.

Add onions and cook until translucent.

Add sliced mushrooms and sauté over low heat, turning frequently until they just start to brown.

Add onions and mushrooms to the chicken in the large skillet.

Add the apricots, 1 TBSP chopped rosemary and 2½ cups chicken stock to the chicken and mushrooms. Season with salt and pepper.

In a small bowl, mix the konjac flour and remaining ½ cup chicken stock together well..

Stir the stock into the chicken mixture until completely mixed through.

Bring the chicken mixture to the boil, stirring constantly.

Turn the heat down and simmer the chicken sauce until thickened, 3 minutes.

Pour chicken mixture into an oven-proof dish or casserole.

Steam the cauliflower pieces until just tender.

Put the cooked cauliflower into a food processor with 2 tsp chopped rosemary, the ground almonds and the butter.

Process until smooth. You can also mash by hand.

Spoon the cauliflower mash over the chicken mixture and spread evenly over the top.

Sprinkle the almond meal and grated Cheddar over the top of the pie.

Bake in a pre-heated oven at 325 degrees F until the top is golden brown and bubbling, 50 – 60 minutes.

LEEK AND CAULIFLOWER SOUP

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

5 cups chicken stock

2 lb thinly sliced leeks

1 medium cauliflower, cut into small pieces

1 tsp dried rosemary

2 tsp dried mint

1 tsp salt

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables or nutrient-dense protein. Please be sure to drink a green smoothie (or [Garden in My Glass](#)) and enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

In a large stock pot, pour the stock and place over medium heat.

Add the leeks, cauliflower, mint, rosemary, and salt.

Cover and cook until the cauliflower is just tender, about 15 minutes.

Working in batches, add the vegetable mixture to a blender and blend on high until completely smooth. Add the butter to the last batch.

Return the blended vegetables to the stock pot and stir well.

Gently reheat if necessary. Serve immediately.

LEEK AND MUSHROOM QUICHE CUPS

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

3 oz mushrooms, finely chopped

4 oz leeks, sliced thinly and slices cut in half crossways

2 oz sharp cheddar, grated

4 eggs and 10 egg whites

1 tsp dried sage

Ground pepper

¼ cup non-fat Greek yogurt (optional)

DIRECTIONS

Place 12 silicone cups in a muffin pan.

In a bowl, mix leeks, mushrooms and cheese well.

Divide veggie cheese mix evenly between the 12 silicone cups.

Place eggs, sage, pepper and heavy cream in the bowl and whisk very well to make sure the eggs are completely broken up.

Pour egg mixture into a measuring jug (or other container with a pouring lip) and then carefully fill each silicone cup. The cups should be almost full.

Carefully place the muffin pan into the center of oven, pre-heated to 375 degrees F.

Bake for 30 minutes until the quiche cups are risen, puffy and golden brown.

Remove from the oven and carefully tip each quiche cup out of the silicone cups.

Eat immediately or, if making in advance, allow to cool completely before packing in a storage container and placing in the 'fridge.

MUSHROOM PIZZA BITES

Makes 2 servings

by: [CarrieBrown.com](https://www.CarrieBrown.com)

INGREDIENTS

Coconut oil spray

8 large white mushrooms, stalks removed

8 TBSP tomato basil pasta sauce (unsweetened)

¼ tsp guar gum

2 oz. mozzarella cheese, grated

2 chicken or turkey sausages, pre-cooked and sliced thinly

DIRECTIONS

TIP: This recipe does not contain any nutrient-dense protein. Please be sure to enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Spray an ovenproof serving dish with coconut oil.

Place the mushroom upside down on the dish in a circle, with one in the center.

Place the dish under the broiler (grill) for 5 minutes.

Meanwhile, in a bowl, mix the guar gum into the tomato sauce and stir well.

Mix the two grated cheeses together in a separate bowl.

Carefully remove the dish of mushrooms from under the heat.

Spoon a tablespoon of tomato sauce into each mushroom.

Sprinkle the cheese mix evenly over the mushrooms.

Place 2 - 3 slices (depending on size) of sausage on top of each mushroom.

Place the mushrooms back under the heat for a further 10 minutes or until the cheese is melted and the sausages lightly browned.

Be very careful, the serving dish will be very hot!

PEANUT BUTTER CHICKEN SALAD

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

1 tbsp water
2 lbs chicken breasts sliced into small strips
4 medium carrots, peeled and sliced into thin sticks
1 large English cucumber, sliced into thin sticks
8 green onions (scallions), thinly sliced
1 lb bean sprouts, rinsed and drained well
6 oz salted roasted peanuts, roughly chopped
¼ cup natural crunchy peanut butter
½ cup chicken stock
4 tsp soy sauce
4 tbsp extra virgin olive oil
Freshly ground pepper
12 handfuls fresh baby spinach

DIRECTIONS

In a large pan, sauté chicken strips over a medium heat until golden brown.

Remove the chicken strips from the skillet and drain. Set aside to cool.

Place the carrots, cucumber, onions, and bean sprouts in a large bowl.

Add 4 oz of the peanuts. In a small bowl, whisk the peanut butter with chicken stock and soy sauce.

Slowly add the olive oil, whisking well until completely incorporated.

Season with pepper to taste. Pour the peanut sauce over the vegetables and add the cooled chicken strips. Toss the ingredients until well coated in the sauce.

Place spinach onto 2 plates; spoon half the chicken mixture onto each plate. Sprinkle remaining 2 oz of peanuts over salads. Serve immediately.

SMOKED SALMON SAUTÉ

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

2 tbsp water

1 lb leeks, thinly sliced

10 oz smoked salmon, sliced into thin strips

½ cup 2% Greek yogurt

Freshly ground pepper

4 oz bean sprouts

DIRECTIONS

In a large skillet, sauté the leeks in the water until soft, about 10 minutes. Do not allow them to brown.

Add the smoked salmon and yogurt; stir well.

Add the bean sprouts and stir until evenly distributed through the mixture.

Cook just long enough to warm through, about 2 minutes. Serve immediately.

SPICED CAULIFLOWER SOUP

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 cups chicken or clear vegetable stock

1 medium cauliflower, cut into florets

1 medium onion, chopped

1 pear, chopped

1 tsp salt

¼ cup thick coconut milk (coconut cream)

½ tsp Five Spice (do not guess, it's powerful)

1 tsp lemon juice

DIRECTIONS

TIP: This recipe does not contain any nutrient-dense protein. Please be sure to enjoy a serving of nutrient-dense protein (or [Vanilla Almond Meal Bar](#)) BEFORE eating this dish to maximize your SANEity.

Put stock, cauliflower and onion in a stock pot and cook for 15 minutes until cauliflower is tender.

Carefully transfer vegetables and stock to a blender.

Add the pear and blend on high until completely smooth.

Add salt, cream, five spice and lemon juice and blend for another minute.

Gently reheat in the stock pot if necessary.

TUNA MELT

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

Coconut oil spray

2 large Portobello mushrooms

3 oz. mozzarella cheese, grated

2 cans of tuna

1 large stick celery, finely sliced

½ English cucumber, sliced and then quartered

4 TBSP fat-free Greek yogurt

½ TBSP lemon juice

1 TBSP white wine vinegar

Salt and pepper

½ tsp guar gum

DIRECTIONS

Spray a baking sheet with coconut oil, place Portobello mushrooms upside down on the sheet and grill (broil) for about 6 minutes until tender.

Meanwhile, in a bowl mix the tuna, celery, cucumber, Greek yogurt, lemon juice, white wine vinegar, and salt together well.

Sprinkle the guar gum over the tuna salad and quickly mix immediately to incorporate it into the salad thoroughly.

Spread the grated cheese evenly over the mushrooms and place back under the heat to melt the cheese, about 2 minutes.

When the cheese is completely melted, remove the baking sheet from the oven.

Carefully transfer each mushroom onto a separate plate.

Pile tuna salad onto each mushroom. Grind some black pepper over and serve.

WARM TURKEY ALMOND SLAW

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

1 TBSP coconut oil

6 oz broccoli carrot slaw

1/3 cup slivered (not flaked) almonds

7 oz packet smoked deli turkey, sliced into thin strips

1 tsp dried rosemary

¼ cup 2% Greek yogurt

1 TBSP balsamic vinegar

Ground black pepper and salt

DIRECTIONS

Heat the coconut oil in a skillet over high heat.

Add the broccoli carrot slaw and the almonds and stir-fry for 2 minutes, stirring constantly.

Reduce the heat to medium.

Add the strips of turkey, stir and cook for 1 minute.

Add the dried rosemary and gently stir in the yoghurt.

Add the balsamic vinegar, stir well and season with salt and pepper.

DINNER

CHICKEN CARBONARA

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 tbsp water

2 ½ lb chicken breast, cut into thin strips

4 oz uncooked bacon slices, chopped

3 lb Napa cabbage, shredded

2 eggs and 4 egg whites

½ cup almond milk

Salt and freshly ground pepper

DIRECTIONS

In a large skillet, heat the water over medium heat until steaming. Preheat the broiler to 500°F.

Sauté the chicken strips until golden brown.

Remove the chicken with a slotted spoon and place in an ovenproof serving dish. Cover with foil to keep warm.

Add the bacon to the skillet and cook until crisp.

Add the cabbage to the skillet and stir-fry with the bacon for two minutes, turning frequently.

In a small bowl, beat together the eggs and almond milk. Season with salt and pepper to taste.

Reduce the heat to its lowest setting. Add the egg mixture to the bacon mixture.

Stir constantly until well mixed and the egg mixture thickens, about 2 to 3 minutes.

Stir in the chicken strips. Spoon the mixture into the ovenproof serving dish.

Broil until the top bubbles and turns golden brown, 2 to 3 minutes. Serve immediately.

LASAGNA

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

2 medium eggplants, cut lengthwise into ¼-inch slices

Freshly ground pepper

2 lb grass-fed ground beef

1 large jar (1 lb 8 oz) all-natural tomato basil sauce (no sugar added)

1 tsp xanthan gum

10 handfuls fresh spinach

1 lb nonfat cottage cheese

8 oz shredded mozzarella

½ cup Parmesan, finely grated

DIRECTIONS

Preheat the oven to 400°F. Pepper the eggplant slices to taste and place on foil-covered baking sheets. Bake for 20 minutes, turning eggplant slices after 10 minutes.

Reduce the oven temperature to 375°F. In a large skillet over medium-high heat, brown the beef.

Add the tomato sauce to the beef, reduce the heat to low, and simmer uncovered for 20 minutes. While quickly stirring the meat sauce, sprinkle the xanthan gum over the surface and combine well.

Spread ½ cup of the meat sauce on the bottom of a large baking dish. Place 6 slices of the eggplant to cover the bottom of the dish. Layer on half of the spinach, if using.

Spread half of the remaining meat sauce over the eggplant. Spread half of the cottage cheese over the meat sauce. Spread half of the mozzarella over the cottage cheese.

Place the remaining eggplant on top of the mozzarella to cover it. Layer on the remaining spinach, if using. Repeat the layers with the remaining meat sauce, cottage cheese, and mozzarella. Evenly sprinkle the Parmesan on top of the mozzarella.

Bake for 20 minutes, rotating the dish after 10 minutes, or until the top is golden and bubbling. Serve immediately.

LEMON GRILLED PRAWNS WITH COCONUT CREAM SQUASH NOODLES

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

1½ pounds pre-cooked shrimp, tail-off and deveined

2 tablespoons coconut oil, warmed until just liquid

1 tablespoon dried rosemary

Juice and zest from 1 lemon

Fresh ground lemon pepper

2 TBSP coconut oil

4 large yellow squash (zucchini)

2 large green squash (zucchini)

½ cup thick coconut milk (coconut cream)

Freshly ground pepper

DIRECTIONS

Place shrimp, 2 TBSP of liquid coconut oil, rosemary, lemon juice, zest and lemon pepper in a bowl and mix well. Set aside to marinate for at least 30 minutes, stirring occasionally to keep the prawns thoroughly coated.

Julienne the yellow and green squash with a julienne peeler or a mandoline. Heat 2 TBSP of coconut oil in the largest pan you have, over a high heat. It is easier to toss the “noodles” well if you have a large pan. Toss the julienned squash in the pan with oil, separating the “noodles” as you do so. Heat for 1 minute. Meanwhile, heat a griddle over high heat.

Pour the heavy cream into the squash and season with ground pepper. Cook squash for another minute until the cream starts to boil, tossing squash frequently.

Stir the prawns in the marinade and then spoon the prawns onto the hot griddle. Grill on high until warmed through & starting to brown, about 1 minute. Toss the squash to make sure it is evenly coated in cream and turn into a serving dish and cover with a lid (or foil) while prawns heat.

Pile “noodles” onto each plate and place prawns over the top. Spoon a little of the lemon marinade over the prawns.

PAN-FRIED CHICKEN WITH STRAWBERRY SALSA

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

10 oz fresh strawberries, hulled and sliced

Zest of 1 lime, finely grated

2 tsp balsamic vinegar

2 tsp xylitol (I use Xyla)

2 TBSP fresh chives, chopped

1 TBSP coconut oil

4 skinless chicken breasts

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

At least 30 minutes before you start to cook the chicken, place the hulled, sliced strawberries in a bowl with the lime zest, balsamic vinegar, xylitol, and fresh chives.

Mix well until the strawberry pieces are completely coated in liquid and xylitol.

Leave to macerate, stirring every so often.

Melt the coconut oil in a skillet, and add the chicken breasts.

Pan-fry the chicken until they are golden brown on both sides, about 15 minutes, making sure that they are cooked right the way through.

PERFECT PORK CHOPS

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

4 large pork chops, trimmed of all fat

1 TBSP coconut oil

1 medium onion, finely chopped

8 oz mushrooms, sliced

6 TBSP (hard) cider

2 TBSP lemon juice

¾ cup non-fat soured cream

Salt and ground pepper

1 TBSP fresh rosemary, not chopped

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Melt the coconut oil in a pan and brown the chops well on one side. Remove the chops from the pan and place each, browned side up, in the center of a 12" square of foil.

Add the mushrooms and onions to the pan and cook for 5 minutes. Stir in the lemon juice and cider.

Bring pan to the boil and then simmer until liquid is reduced by half.

Remove from heat and stir in the soured cream. Season with salt and pepper.

Divide the mushroom mixture across the 4 chops.

Wrap each chop into a sealed parcel and place in an ovenproof baking dish.

Bake the chops at 325 F for 50 minutes.

Remove from oven and side each chop with its sauce and juices onto a plate to serve.

Sprinkle with fresh rosemary.

PORK CHOPS WITH BACON AND CABBAGE

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 tbsp water

4 large pork chops

Salt and freshly ground pepper

3 strips bacon, sliced into ½-inch pieces

1 medium onion, chopped

1 ½ head green cabbage (3.75 lb), cut into 8 wedges

2 tbsp garbanzo bean flour

3 cups chicken stock

DIRECTIONS

Preheat the oven to 400°F. Set a large, heavy roasting pan across two burners over medium heat. Add water.

Season the pork chops with salt and pepper to taste. Place into the pan and brown on one side, about 3 to 5 minutes. Turn and brown the other side. Transfer to a plate.

Place the cabbage wedges, cut side down, into the roasting pan and cook until lightly browned, about 6 minutes. Turn and cook until slightly tender, about 3 minutes. Transfer to the plate with the pork chops.

Place the bacon in the pan. Cook until golden, about 5 minutes. Add the onion and cook until softened, about 5 minutes.

In a small bowl, mix the garbanzo bean flour with a tablespoon of the milk to make a smooth, thin paste. Add the remaining milk to the pan with the bacon and onions. Add the garbanzo bean paste to the milk in the pan. Stir the sauce constantly until thickened, about 4 minutes.

Season the mixture with salt and pepper to taste, then return the pork chops and cabbage to the roasting pan. Transfer the pan to the middle rack of the oven. Bake until the pork is cooked through, about 10 minutes, and the sauce is bubbling and golden brown. If using thick bone-in chops, cook for about 15 minutes.

PRAWN AND MUSHROOM STIR-FRY

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

1 tbsp water

1 large leek, sliced

4 oz mushrooms, sliced

12 oz cooked prawns, tails removed

1/3 cup 2% Greek yogurt

Juice of half a lemon (about 2 tbsp)

Lemon pepper, sugar-free seasoning

DIRECTIONS

Add the leeks to a large skillet with water and sauté gently over medium heat, stirring often, for 5 minutes or until tender.

Add the sliced mushrooms. Cook for 1 minute.

Add the prawns and cook just to heat through, about 2 minutes.

Add the yogurt and toss with the prawn mixture until evenly coated.

Stir in the lemon juice.

Season liberally with lemon pepper. Serve immediately.

ORANGE AND FENNEL SALMON

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 large oranges, peeled and segmented, juice reserved

1 small fennel bulb, very thinly sliced

¼ cup pitted green olives, halved

2 tbsp fresh lemon juice

Kosher salt and freshly ground pepper

2 tsp water

4 skinless salmon fillets

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

In a bowl, combine the orange segments, reserved juice, fennel, olives, and lemon juice. Season with salt and pepper to taste, toss gently, and set aside.

In a large nonstick skillet, add the salmon fillets, flat side down, and cook over medium heat until browned, about 3 minutes.

Turn and cook until opaque throughout, 1 to 3 minutes more, depending on thickness.

Place the salmon fillets in a serving dish and spoon the orange mixture over each piece. Serve immediately.

ROAST TURKEY CASSEROLE

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

Coconut oil spray

1.5 lb roasted turkey, chopped

½ lb leeks, finely chopped

2 oz celery, finely chopped

2 tsp dried sage

1 cup non-fat cottage cheese

4 whole eggs and 6 egg whites

Lemon pepper to taste

¼ cup Parmesan cheese, grated

DIRECTIONS

TIP: This recipe does not contain any non-starchy vegetables. Be sure to drink a green smoothie or a [Garden in My Glass](#) BEFORE eating this to maximize your results.

Spray a 7 x 11" / 4 pint / 2 quart baking dish with coconut oil.

In a bowl, mix the turkey, leeks, celery, sage and cottage cheese together.

Spread the turkey mixture evenly in the baking dish.

In the bowl, whisk the eggs and lemon pepper well.

Pour the eggs evenly over the turkey mixture.

Sprinkle the grated Parmesan evenly over the surface.

Carefully place the baking dish in the oven.

Bake at 375 F for 40 minutes, until the top is golden brown and a skewer poked into the middle comes out clean.

TURKEY AND ALMOND STIR-FRY

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

1 tbsp water

12 oz broccoli-carrot slaw

1/3 cup slivered almonds

10 oz fresh smoked deli turkey, cut into strips

1 tsp dried rosemary

¼ cup fat free Greet yogurt

1 tbsp balsamic vinegar

Salt and freshly ground pepper

DIRECTIONS

In a large skillet, add the water, broccoli-carrot slaw, and almonds over a high heat. Stir-fry for 2 minutes, stirring constantly.

Reduce the heat to medium.

Add the turkey, stir, and cook for 1 minute.

Add the rosemary and gently stir in the yogurt.

Add the balsamic vinegar and stir well. Season with salt and pepper to taste. Serve immediately.

TURKEY AND MUSHROOM STROGANOFF

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 lb ground turkey or chicken
8 oz mushrooms, sliced
2 cups chicken stock
1 cup fat-free milk
2 tbsp garbanzo bean flour
Salt and freshly ground pepper
Dried oregano
2 tbsp white wine vinegar

DIRECTIONS

In a large skillet over medium heat, brown the ground meat, stirring frequently to break it up.

Add the mushrooms and cook for 1 minute.

Add the chicken stock, stir well, and heat just until the mixture starts to bubble.

Reduce the heat to low.

In a small bowl, slowly mix the milk or some stock into the garbanzo bean flour to make a thick paste.

Add the paste to the meat mixture, stirring constantly until the sauce thickens.

Simmer the meat sauce for 10 minutes.

Season with salt, pepper, and oregano to taste. Add the vinegar, if using, and stir well.

Serve the sauce spooned over piles of hot Squash Noodles (see other recipe).

SIDE DISHES

ALMOND PARMESAN SQUASH

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

1 tbsp water

2 lb zucchini, cut into ¼-inch-thick slices

1 medium onion, coarsely chopped

Salt and freshly ground pepper

½ cup 2% Greek yogurt mixed with ¼ cup almond milk

¼ cup almond meal, plus more for garnish

¼ cup grated Parmesan, plus more for garnish

DIRECTIONS

Preheat the oven to 450°F.

In a large skillet, add the water, zucchini, and onion and season with salt and pepper to taste. Sauté, turning occasionally, until the vegetables are crisp-tender, about 5 minutes.

Pour the yogurt mixture over the vegetables and stir gently. Heat gently. Cook until thickened, about 5 minutes.

Remove the skillet from the heat and gently stir in the almond meal, and then the Parmesan.

Spoon the vegetable mixture into a baking dish.

Sprinkle additional almond meal and Parmesan evenly over the mixture.

Bake on the middle rack of the oven for 10 minutes until the top is golden brown. Serve immediately.

BLUEBERRY CHEESECAKE SCONES

Makes 10 servings

by: CarrieBrown.com

INGREDIENTS

15 oz. almond flour / ground almonds

4 tsp baking powder

1 tsp baking soda

3 tsp xanthan gum

1 tsp salt

4 TBSP xylitol

3 oz. unsalted butter and 3 oz. solidified coconut oil

1 egg

½ cup thick coconut milk (coconut cream)

Zest of 1 lemon

6 oz fresh blueberries

Beaten egg to glaze

DIRECTIONS

Place almond flour, baking powder, baking soda, xanthan gum, salt, xylitol and cold butter into a food processor and pulse just until it resembles breadcrumbs. Do not over process!

Turn into a mixing bowl and add the egg, sour cream, lemon zest, and blueberries and mix just enough to form a rough, soft dough. Be gentle so you don't smash the blueberries.

Turn onto a board (use almond flour to dust if sticky) and knead about 5 times until the dough is all together. Be very gentle. The dough will be very shaggy.

Flatten the dough lightly with your hand until it is a 1½ inch thick. This is the same thickness as my cutter.

Use a round 2½ inch metal cutter to cut into thick circles. Very gently push the dough out of the cutter and place scones on a baking sheet. Brush with beaten egg. Bake in the center of the oven at 325 F for 20 - 22 minutes until golden brown.

BRUSSELS SPROUTS WITH LEEKS AND POPPY SEEDS

Makes 3 servings

by: CarrieBrown.com

INGREDIENTS

2 TBSP coconut oil

3 oz leeks, very finely sliced

10 oz bag shaved Brussels Sprouts

½ cup white wine

1 TBSP poppy seeds

1 TBSP lemon juice

¼ tsp salt

DIRECTIONS

In a skillet, sauté leeks in coconut oil until just tender.

Stir in the shaved Brussels Sprouts, white wine, poppy seeds, lemon juice and salt.

Turn heat to high, and stirring constantly cook for 4 minutes – the sprouts will be bright green, and barely tender.

Turn heat to low and continue cooking for 1 minute and serve.

CHEESY BISCUITS

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

9 oz almond flour (ground almonds)

½ tsp salt

4 tsp baking powder

1 tsp xanthan gum

2 oz butter

2 oz white cheese, finely grated

1/3 cup unsweetened coconut milk + small amount to glaze

DIRECTIONS

Heat oven to 400 F.

Put the almond flour, other dry ingredients and butter in a food processor and pulse until it resembles fine breadcrumbs. You can also do this by hand if that's your thing.

Turn into a bowl and mix in the cheese until evenly distributed.

Make a well in the center of the dry ingredients and pour in the milk.

Mix by hand to form a dough. It will be a little sticky.

Using almond flour to dust the surface, knead the dough lightly until smooth.

Roll out the dough to ¼ inch thick.

Cut out biscuits using a round or fluted cutter.

Gather up the trimmings into a ball, re-roll and cut remaining dough into rounds.

Place the scones on a baking sheet.

Brush tops with milk.

Bake for 8 - 10 minutes until golden brown.

CHEESY CAULIFLOWER

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

1 head cauliflower

2 cups thin unsweetened coconut milk (carton)

2 oz butter

1 tsp konjac flour / Glucomannan powder

5 oz strong cheddar cheese, grated (shredded)

Salt and pepper

DIRECTIONS

Discard the outer leaves of the cauliflower and separate the head into florets.

Steam florets in a steamer for 15 minutes, or until just tender when pierced with a knife.

Place florets in a baking dish, head side up.

Meanwhile, place 1 cup of the milk and the butter in a saucepan over medium heat until hot.

In a small bowl slowly mix the konjac flour and the remaining cup of milk to make a smooth sauce.

Reduce the heat under the saucepan to low, and stirring constantly add the sauce to the pan.

Stir until the sauce has thickened and then simmer for 1 minute.

Add 4 oz of the cheese and stir well.

Season with salt and pepper.

Once the cheese has completely melted, giving you a smooth, thick sauce, pour it evenly over the cauliflower florets.

Sprinkle the remaining cheese evenly over the top of the sauce.

Place under a hot broiler (grill) until the top is lightly browned and bubbling.

HOT FRUITY RED CABBAGE

Makes 5 servings

by: CarrieBrown.com

INGREDIENTS

2 lb red cabbage, finely shredded

3 large pears, peeled, cored and sliced thickly

salt

1 cup chicken or vegetable stock

2 TBSP lemon juice

1 cup dried cranberries (optional)

½ tsp konjac flour / glucomannan powder

DIRECTIONS

Place half the shredded cabbage into a large, lidded, ovenproof casserole.

Place a layer of pears on top of the cabbage and sprinkle with a pinch of salt.

Repeat the cabbage and pear layers.

Pour over ½ cup stock and the lemon juice.

Cover with the lid and bake at 325 F for 2 hours until the cabbage is just tender.

Remove from the oven and stir well. Add extra salt if needed.

Place the casserole on a medium heat and add the dried cranberries, if you are using them.

Mix the konjac flour and ½ cup stock together well

Stir the stock into the cabbage and heat the cabbage for a few minutes to thicken the glaze.

Spoon into a serving dish or serve at the table straight from the casserole.

LEEK AND CAULIFLOWER RISOTTO

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

1 TBSP coconut oil

1 lb leeks, finely sliced

1 ½ cups chicken stock

Sea salt

Ground black pepper

1 lb cauliflower florets

Few chives for garnish, chopped.

DIRECTIONS

Melt the coconut oil in a large skillet over high heat.

Add the finely sliced leeks and reduce the heat to medium.

Sauté the leeks until they are soft, about 10 minutes.

Add the stock, sea salt, and pepper, stirring well.

Place the cauliflower florets in a food processor and pulse until it resembles coarse breadcrumbs.

Once the stock starts to simmer, add the cauliflower and stir well.

Cook for 3 - 5 minutes until the cauliflower is just tender, stirring occasionally. Do not overcook as the cauliflower will turn to mush.

Remove from the heat, stir well and spoon into a serving dish.

Garnish with fresh chives.

SQUASH NOODLES

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

1 tbsp water

1 large leek, very thinly sliced

4 large yellow (summer) squash, julienned

2 large zucchini, julienned

DIRECTIONS

In a large stock pot, add the water and leeks and sauté, stirring frequently, until they wilt, about 3 minutes.

Reduce the heat to low, add the squash and zucchini, and toss with the leeks. Cook until the squash is warmed through, about 1 minute. Serve immediately.

Note: You can julienne the vegetables with a julienne peeler or a mandolin.

TOMATO BASIL BISCUITS

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

9 oz. almond flour / ground almonds

½ tsp salt

4 tsp baking powder

1 tsp xanthan gum

3 tsp dried basil

1 oz / 30 g butter and 1 oz / 30 g solidified coconut oil

2 oz sun-dried tomatoes, pre-soaked in hot water to soften, and then chopped

1/3 cup unsweetened thin coconut milk (carton)

Beaten egg to glaze

DIRECTIONS

Heat oven to 400 F. Put the almond flour, other dry ingredients, basil and butter in a food processor and pulse until it resembles fine breadcrumbs. You can also do this by hand if that's your thing.

Turn into a bowl and mix in the sun-dried tomatoes until evenly distributed.

Make a well in the center of the dry ingredients and pour in the milk.

Mix by hand to form a dough.

Knead the dough lightly until smooth.

Divide dough into 8 x 2 oz pieces of dough.

Roll each piece in your hands to make a ball, place on baking sheet and flatten gently to resemble a cookie.

Brush tops with beaten egg.

Bake for 10 minutes until golden brown.

Carefully use a serrated knife to cut open, especially if they are still warm, as they are quite fragile.

ZUCCHINI AND CHERRY TOMATO SALAD

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

8 oz cherry tomatoes, halved or quartered

¼ cup chopped raw walnuts

2 tbsp fresh basil, torn into small pieces

2 tbsp extra-virgin olive oil

1 zucchini, sliced paper thin with a vegetable peeler or mandolin

DIRECTIONS

Mix the tomatoes, walnuts, basil, and oil in a bowl.

Season with salt and pepper to taste and leave to stand for 20 minutes.

Add the zucchini, toss, and garnish with basil. Serve immediately.

DESSERTS

CARAMEL-ORANGE-SPICE CASHEWS

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

1 egg white

¼ cup sugar-free caramel syrup

1 tsp pure vanilla extract

½ tsp orange extract

1 lb cashews

½ tsp salt

3 tsp cinnamon

Zest of 2 oranges, finely chopped

DIRECTIONS

Preheat the oven to 350°F.

In a large bowl, whisk the egg white, syrup, vanilla, and orange extract until frothy.

Add the cashews and stir until the nuts are well coated.

Add the salt, cinnamon, and orange zest and toss until cashews are evenly coated.

Spread the nuts out on a foil-covered baking sheet.

Bake on the middle rack of the oven for 25 minutes, stirring every 5 minutes to separate, until the nuts are deep golden brown.

Cool completely. Store in an airtight jar at room temperature.

CHOCOLATE BERRY CREAM

Makes 2 servings

by: CarrieBrown.com

INGREDIENTS

2 cups frozen mixed berries, thawed

4 tbsp unsweetened, undutched cocoa powder

2 cups nonfat Greek yogurt

4 tsp Xyla xylitol

DIRECTIONS

Place the berries in a bowl and sift the cocoa powder over them. Stir until completely coated.

Stir in the yogurt and xylitol. Serve immediately or store in a lidded container in the refrigerator.

CHOCOLATE PEANUT BUTTER FUDGE

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

1 cup natural peanut butter

2 cups chocolate protein powder blend

2 cups [Clean Whey Protein](#)

1 ¼ cup unsweetened, undutched cocoa powder

Cinnamon, to taste

Xyla xylitol, to taste (start with a teaspoon)

Water as needed, for consistency

DIRECTIONS

Place the peanut butter in a mixing bowl. Microwave for 30 seconds until it is softened.

Add the remaining ingredients and mix well.

Add water as needed to achieve the desired consistency.

DARK CHOCOLATE ESPRESSO COOKIES

Makes 16 servings

by: CarrieBrown.com

INGREDIENTS

8 oz unsweetened 100% chocolate

¾ cup coconut oil

9 oz Xyla xylitol

2 eggs

1 tsp pure vanilla extract

6 oz almond flour

2 oz raw unsweetened cocoa powder (not Dutch process)

3 tsp instant espresso powder

2 tsp baking powder

½ tsp salt

1½ tsp xanthan gum

1/3 cup light coconut milk

DIRECTIONS

Preheat the oven to 325°F. Melt the chocolate in a heatproof bowl set over a pan of simmering water. Set aside to cool. In a large mixing bowl, beat the coconut oil and xylitol until they are completely blended and resemble very fine bread crumbs.

Add the eggs and vanilla and beat until fully incorporated. Add the melted chocolate and stir until combined. In another bowl, whisk the almond flour, cocoa powder, espresso powder, baking powder, salt, and xanthan gum until combined. Add to the egg mixture and fold in until combined. Add the coconut milk and mix until combined.

Roll 32 golf-ball-sized pieces of dough and place on foil-covered baking sheets, 2 inches apart. Flatten each ball into a disk ½ inch thick. Place the baking sheets on the middle rack of the oven and bake for 10 to 12 minutes. They will look dry, but will be still be soft in the center when they are done. Remove the cookies from the oven and leave on the baking sheet until cool to the touch. Carefully move the cookies to a rack to cool completely. Store in an airtight container.

MINT CHOCOLATE PUDDING

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

13 oz avocado flesh (3 small or 2 medium)

¾ cup light coconut milk

1 1/3 cup unsweetened, undutched cocoa powder

Pinch salt

¼ tsp pure peppermint extract

Xyla xylitol, to taste

2 tbsp cocoa nibs

1/3 cup [Clean Whey Protein](#)

DIRECTIONS

Place the avocado flesh and coconut cream or milk into a blender and blend on high until smooth.

Add the cocoa powder, salt, extract, and xylitol and blend on high.

Note: You will need to stop the blender and stir the ingredients regularly as this is very thick. It will be hard work for even the best blenders.

Add the Clean Whey Protein, if using, and blend on low until completely mixed.

Spoon into 4 glasses or dishes and refrigerate for at least 30 minutes until chilled.

Sprinkle with the cocoa nibs and serve.

ORANGE COCONUT CUPCAKES

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

Coconut oil spray

3 oz sunflower seeds

1 oz chia seeds

2 oz coconut flour

2 oz / 55 g [Clean Whey Protein](#)

3 tsp baking powder

½ tsp salt

2 oz / 50 g xylitol

1 tsp xanthan gum

1 ½ oz flaked or shredded coconut

2 oranges

2 whole eggs, 3 egg whites

1 can thick coconut cream / milk

¼ tsp orange extract

¼ tsp guar gum

Xylitol to taste

DIRECTIONS

Spray 15 silicone muffin cups with coconut oil spray and place in muffin pan.

Grind the sunflower and chia seeds in a coffee grinder until very fine. (If you use a Vitamix be very careful you do not end up with sunflower butter!)

Tip ground seeds into a mixing bowl and add the coconut flour, whey powder, baking powder, salt, xylitol, xanthan gum, and coconut.

Zest the oranges, add zest to the dry ingredients and mix very thoroughly, making sure the zest is evenly distributed.

Peel the oranges and put the orange flesh in a blender and blend on high until it is completely liquefied.

Whisk the liquefied oranges and eggs in a bowl and add to the dry ingredients, mixing quickly until completely combined.

Carefully spoon the mixture evenly into the muffin cups – they should be slightly under-filled.

Place in center of oven at 300F for 35 minutes, until golden brown.

Remove from the oven and leave to cool for a few minutes until you can handle the silicone cups.

Turn each cup top down in one hand, and using the other hand gently squeeze the sides of the cup all the way round until the sides release and the muffin pops out. Be gentle.

Place each muffin on a cooling rack to cool.

Tip the coconut cream into a sieve to remove the liquid portion.

Put the solid portion of the coconut cream into a bowl.

Add the orange extract, and sprinkle the guar gum evenly over the surface.

Immediately whip the coconut cream on high with a hand mixer (or a stand mixer) until it is thick and holds its shape.

Sweeten to taste and whip to incorporate.

Place a spoonful of cream on top of each cupcake.

Sprinkle with toasted flaked coconut.

Once frosted, store them in the 'fridge. Or frost as you need them.

ORANGE-CRANBERRY SCONES

Makes 8 servings

by: CarrieBrown.com

INGREDIENTS

9 oz almond flour

2 tbsp Xyla xylitol

2 tsp baking powder

1 tsp xanthan gum

½ tsp salt

2 oz (4 tbsp) butter

3 oz dried cranberries, chopped

Zest of 1 orange, finely chopped

1 egg, beaten

3 tbsp orange juice

1 egg, beaten, for brushing

DIRECTIONS

Preheat the oven to 425°F.

Place the almond flour, xylitol, baking powder, xanthan gum, salt, and butter in a food processor and pulse until it resembles fine bread crumbs.

Pour into a mixing bowl, add the cranberries and zest, and mix gently till combined.

Beat the egg with the orange juice and add to the dry ingredients in the bowl.

Mix just until a dough forms.

Knead the dough lightly (2 or 3 turns) on an almond-floured surface.

Roll out the dough to a ½-inch thickness. Cut out 8 scones with a fluted cutter.

Place scones 1 inch apart on a foil-covered baking sheet and brush with a beaten egg.

Bake on the middle rack of the oven for 8 to 10 minutes or until golden brown. Serve warm.

PEANUT BUTTER MOUSSE

Makes 6 servings

by: CarrieBrown.com

INGREDIENTS

2 cups nonfat Greek yogurt

1 cup natural peanut butter

1 cup [Clean Whey Protein](#)

3 egg whites

Xylitol to taste

½ tsp cream of tartar

DIRECTIONS

In a large bowl, beat together the yogurt and peanut butter until completely blended.

Mix in the Clean Whey Protein.

In a separate bowl, beat the egg whites and cream of tartar until stiff.

Add the xylitol and whisk until the egg whites are stiff and glossy.

Gently fold the egg whites into the peanut butter mixture until completely blended.

Spoon into 6 dishes and chill in the refrigerator before serving.

PEANUT BUTTER ICE CREAM

Makes 4 servings

by: CarrieBrown.com

INGREDIENTS

2 cups unsweetened hemp milk

¼ cup smooth natural peanut butter, unsweetened

5 ½ oz. / 155 g. Xylitol

¼ cup thick coconut milk (coconut cream)

½ tsp. sea salt

¼ tsp. vanilla extract

5 oz. / 150 g. [Clean Whey Protein](#)

½ tsp. guar gum

DIRECTIONS

Place hemp milk, peanut butter, xylitol, cream, sea salt, and vanilla extract into a blender and blend on high until completely smooth.

Add the whey powder and blend briefly, just until mixed in.

Turn the blender to low speed and through the opening in the blender lid tap the guar gum into the mixture while the machine is running.

Blend for no more than 5 seconds and turn the blender off.

If you do not need the blender jug, put the lid on and place in the 'fridge for at least 4 hours until the ice cream mix is very cold. If you need the blender jug, transfer the ice cream mix into a jug or other container and cover before placing in the 'fridge.

Once the ice cream mix is very cold, freeze in your ice cream churner following the manufacturer's Directions. This usually takes 20 - 30 minutes.

Once the ice cream mixture has churned into "soft serve" consistency, quickly transfer it from the churning bowl into your pre-chilled container, and place in the freezer overnight.

“SUGAR” COOKIES

Makes 15 servings

by: CarrieBrown.com

INGREDIENTS

5 oz. / 140 g. solidified coconut oil

6 oz. / 170g xylitol

2 tsp. baking powder

1 tsp. xanthan gum

¼ tsp. sea salt

1 tsp. vanilla extract

1 TBSP unsweetened almond milk

1 egg

8 oz. / 225g almond flour (ground almonds)

1 oz. / 28g coconut flour

1 TBSP konjac flour (glucomannan powder)

DIRECTIONS

Place the softened butter, xylitol, baking powder, xanthan gum, and sea salt in a mixing bowl and cream together with a hand or stand mixer until light and fluffy. Add the vanilla, almond milk, and egg, and mix well until completely combined. In a separate bowl place the almond flour (ground almonds), coconut flour, and konjac flour and mix well.

Add half of the flours into the butter mixture with the mixer, then add the rest of the flour with a spatula until it is completely incorporated into a dough. Wrap the dough in plastic wrap or place in a ziplock bag and put in the ‘fridge for at least two hours to become firm. Take the dough out of the ‘fridge and carefully roll out to ⅛’ - ¼’ thick using a little almond flour to stop it sticking to the work surface or the rolling pin.

Use the cutter of your choice to cut out the dough. I used a 2” round plain cutter. Place the cookies on a baking sheet 1” apart. Bake in the center of the oven at 350F for 10 - 12 minutes - until they are barely starting to brown a little. Remove from the oven and leave on the tray until the cookies have firmed up enough to move without breaking or getting mis-shapen. Using a flat spatula, move the cookies carefully onto a cooling rack to cool completely

“RICE” PUDDING

Makes 1 serving

by: CarrieBrown.com

INGREDIENTS

1 cup nonfat cottage cheese

1/3 cup [Clean Whey Protein](#)

1 tsp cinnamon, to taste

Vanilla extract to taste

DIRECTIONS

Place all the ingredients in a bowl and mix gently until combined. Serve immediately.

Note: For variety, substitute ½ cup Greek yogurt for a ½ cup of the cottage cheese.

FIVE WEEKS TO COMPLETE SANEITY (TRACKER/APP)

With a lifetime of fitness in mind, we're going to make simple changes to the way we eat and exercise over five weeks. Each week we will swap a few more starches and sweets for a few more non-starchy vegetables, nutrient-dense proteins, whole-food fats, and low-fructose fruits, and we'll add a little more resistance to our smarter exercise. We'll use a simple food tracker and revolutionary mobile app to keep general tabs on what we're eating.

Also keep in mind that it is OK to eat more non-starchy vegetables. The tracker shows daily minimums for non-starchy vegetables. The more non-starchy vegetables we eat, the healthier and slimmer we will be. Also keep in mind that just as we want to avoid hunger, we also want to avoid feeling uncomfortably full. Use this tracker as a guide, but listen to your body. If you are not hungry and are on track to eat at least three 30-gram servings of protein and at least eight servings of non-starchy vegetables and some essential fats, you do not need to make yourself uncomfortably full. Use the serving-size guidelines we outlined earlier for non-starchy vegetables, nutrient-dense protein, whole-food fats, and low-fructose fruits.

TIP: Your SANE App really helps here. You:

1. SNAP: Take pictures of your meals and tag food groups (we will help).
2. SCORE: See the quality of what you're eating instantly via your SANE-O-Meter.
3. SUCCEED: Stay supported with instant feedback and coaching. No more isolation and starvation!

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