

RECIPES IN THIS VIDEO – 5-MINUTE SAUCES

(listed in order of appearance)

Moroccan Sauce - [Always Delicious](#) pg. 292. Also access this recipe as well as the **Moroccan Chicken Stew with Apricots** recipe from [Always Delicious](#) pg. 133 on Chef Dawn's Blog at <https://www.drdauidludwig.com/moroccan-chicken-stew-apricots/>

Tips: How to use, peel, and store fresh turmeric and fresh ginger. More on this in Chef Dawn's Tasty Tips – [Always Delicious](#) pg. 289

Coconut Curry Sauce - [Always Hungry?](#) pg. 266

Thai Peanut Sauce - [Always Hungry?](#) pg. 262

RECIPES IN THIS VIDEO – CHOCOLATE

(listed in order of appearance)

Chocolate Dipped Fruit - [Always Delicious](#) pg. 313. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/chocolate-dipped-fruit/>

Coconut Cashew Clusters - [Always Hungry?](#) pg. 284. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/chocolate-dipped-fruit/>

Chocolate Truffles - [Always Delicious](#) pg. 314

Chocolate Sauce - [Always Hungry?](#) pg. 289

RECIPES IN THIS VIDEO – RICE, COUSCOUS, MOROCCAN CHICKEN & COCONUT SHRIMP (listed in order of appearance)

Cauliflower Couscous - [Always Delicious](#) pg. 211. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/cauliflower-couscous/>

Parsnip Rice – Access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/parsnip-rice/>

Moroccan Chicken Stew with Apricots - [Always Delicious](#) pg. 133 using the **Moroccan Sauce** from the SAUCES video in this Diabesity series. Also access these recipes on Chef Dawn's Blog at <https://www.drdauidludwig.com/moroccan-chicken-stew-apricots/>

Coconut Curry Shrimp - [Always Hungry?](#) pg. 248

Coconut Curry Tofu - [Always Hungry?](#) pg. 249

Thai Peanut Chicken - [Always Hungry?](#) pg. 259

RECIPES IN THIS VIDEO – CASSEROLES & LEFTOVERS (listed in order of appearance)

Lettuce Wraps - [Always Hungry?](#) pg. 153

Moroccan Chicken Stew with Apricots - [Always Delicious](#) pg. 133 using the **Moroccan Sauce** from the SAUCES video in this Diabesity series. Also access these recipes on Chef Dawn's Blog at <https://www.drdauidludwig.com/moroccan-chicken-stew-apricots/>

Coconut Curry Shrimp - [Always Hungry?](#) pg. 248

Coconut Curry Tofu - [Always Hungry?](#) pg. 249

Thai Peanut Chicken - [Always Hungry?](#) pg. 259

Ginger Soy Vinaigrette - [Always Hungry?](#) pg. 267

Mustard Vinaigrette - [Always Hungry?](#) pg. 264

RECIPES IN THIS VIDEO – FAST MEAL SECRETS

(listed in order of appearance)

Easy Dijon Salmon – [Always Delicious](#) pg. 128

Easy Dijon Chicken – [Always Delicious](#) pg. 128

On-A-Budget Marinated Chicken – [Always Delicious](#) pg. 116

RECIPES IN THIS VIDEO – WAFFLES & MORE!

(listed in order of appearance)

Grain-Free Waffles – [Always Hungry?](#) pg. 223. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/gluten-free-waffle/>

Grab and Go Breakfast:

Cheesy Smoked Salmon Mini Egg Muffins (Crustless Quiches). -Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/smoked-salmon-cheddar-egg-muffins/>

For **Bacon Cheddar Quiche** or **Spinach Feta Quiche** see [Always Delicious](#) pp. 92 – 95, and **Grain-Free Pie Crust** – [Always Delicious](#) pg. 209.

Millet Mashed Fauxtatoes – [Always Delicious](#) pg. 236.

Millet Corn Polenta – [Always Hungry?](#) pg. 275.

Mashed Fauxtatoes – This recipe is the topping to the Shepherd's Pie recipe in [Always Hungry?](#) pg. 238. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/mashed-fauxtatoes/>

Blanched Vegetables – See Guide to Cooking Vegetables in [Always Hungry?](#) pg. 313 or in [Always Delicious](#) pg. 329, or access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/blanch-vegetables-video/>

RECIPES IN THIS VIDEO – MACAROONS & MUFFINS

(listed in order of appearance)

Guide to Grain-Free Flours – Access these tips in [Always Delicious](#) pg. 195, or on Chef Dawn's Blog at <https://www.drdauidludwig.com/guide-to-using-grain-free-flours-2/>

Grain-Free Pumpkin Spice Muffins – [Always Delicious](#) pg. 90. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/grain-free-pumpkin-spice-muffins/>

How To Choose and Use Squash – Access these tips on Chef Dawn's Blog at <https://www.drdauidludwig.com/how-to-use-squash/>

Almond Coconut Macaroons – [Always Delicious](#) pg. 312. Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/almond-coconut-macaroons/>

Apple Cinnamon Muffins – Access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/gluten-free-muffins/>

RECIPES IN THIS VIDEO – QUICK, EASY & ON-A-BUDGET – EPISODE 1

(listed in order of appearance)

Basil Walnut Pesto – [Always Delicious](#) pg. 297

Pesto Baked Fish – [Always Delicious](#) pg. 143

Sugar-Free Worcestershire Sauce – [Always Delicious](#) pg. 284

Mustard Vinaigrette – [Always Hungry?](#) pg. 264

Lemon Aioli – [Always Delicious](#) pg. 298

Chipotle Mayonnaise – [Always Hungry?](#) pg. 268

Lemon Thyme or Tarragon Marinade – [Always Delicious](#) pg. 296

On-A-Budget Marinated Chicken – [Always Delicious](#) pg. 116

Marinated Baked Tofu – [Always Delicious](#) pg. 175

Sheet Pan Dinners – [Always Delicious](#) pg. 214 & 215 (Use Sheet Pan dinner variation to roasted or grilled vegetable recipes). Also access this recipe on Chef Dawn's Blog at <https://www.drdauidludwig.com/sheet-pan-dinners/>

RECIPES IN THIS VIDEO – QUICK, EASY & ON-A-BUDGET – EPISODE 2

(listed in order of appearance)

Lettuce Wraps - [Always Hungry?](#) pg. 153

Moroccan Chicken Stew with Apricots - [Always Delicious](#) pg. 133 using the **Moroccan Sauce** from the SAUCES video in this Diabesity series. Also access these recipes on Chef Dawn's Blog at <https://www.drdauidludwig.com/moroccan-chicken-stew-apricots/>

Coconut Curry Shrimp - [Always Hungry?](#) pg. 248

Coconut Curry Tofu - [Always Hungry?](#) pg. 249

Thai Peanut Chicken - [Always Hungry?](#) pg. 259

Ginger Soy Vinaigrette - [Always Hungry?](#) pg. 267

Mustard Vinaigrette - [Always Hungry?](#) pg. 264