

## 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