



Chicken Tenders

Level 1 | Entree

Ingredients:

- 2 pieces Melba toast or Grissini; for those who are on a gluten-free diet, we recommend either crackers by Yehuda or Edward & Sons Both gluten-free brands can be found at your local Whole Foods.
- ½ tsp Himalayan pink sea salt
- ¼ tsp ground black pepper
- ¼ tsp ground cayenne pepper Optional.
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 lb boneless, skinless organic chicken breast Tenderized (pounded) to about 3/8" thick and cut into strips.
- 1 Tbsp skim milk OR 1 egg, beaten

Directions:

1. Preheat oven to 350° F.
2. Grind breading option (Grissini/Melba toast) in a food processor. Add seasonings and mix.
3. Add chicken to milk (or beaten egg) and toss to coat well. One at a time, place chicken strips in crumb/seasoning mix and coat both sides of chicken.
4. Place chicken in glass baking dish and bake 15 minutes, turning about halfway through. Remove from oven and place the chicken in the broiler long enough to brown each side. Serve immediately.



Hamburger Lettuce Wraps

Level 1 | Entree

Ingredients:

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- 1 lb lean ground beef
- 4 large leaves of romaine lettuce (use bread buns for kids!)
- 1/8 tsp Himalayan pink sea salt
- to taste ground black pepper
- 1 large tomato Sliced. Optional.
- 1/2 yellow or red onion Sliced. Optional.
- to taste organic ketchup - low sodium and sugar content.
- to taste organic Dijon mustard Optional.

Directions:

1. Take the ground beef and shape it 4 rounded patties. Season the patties with salt and pepper, and/or other Level 1 seasonings.
2. Grill burgers on a nonstick pan or on a grill for about 3 to 5 minutes each side (the cook time will vary depending on how well-done you like your burger).
3. Wrap the patty in lettuce with tomato, onion, ketchup, and mustard as desired. Enjoy!



Chicken Cacciatore

Level 1 | Entree

Ingredients:

- 4 Chicken breasts Tenderized, or substitute 2 cups of fresh spinach or kaleÄ lightly chopped
- 1/2 Tsp Himalayan pink sea salt
- Ground black pepper to taste
- 1 Tsp grape seed oil
- 1 Clove garlic peeled and crushed
- 1 Medium yellow onion diced
- 1 Red bell pepper diced
- 1 Green bell pepper diced
- 8 Oz organic crushed tomatoes (no sugar added)
- 1/2 Tsp dried oregano
- 1/2 Tsp dried basil
- 1 Bay leaf
- 2 Tsp fresh basil or parsley, chopped
- 2 to 3 Zucchini - spiralized for "noodles" (use regular pasta for kids!)

Directions:

1. Season chicken with salt & pepper.
2. Using saute' setting on the Instant Pot, add 1 tsp grape seed oil and brown chicken on both sides. Remove.
3. Add grape seed oil to the pot and saute' garlic, onions and peppers until soft and brown, about 4-5 minutes.
4. Add chicken back into the pot and pour in tomatoes. Add oregano, basil, bay leaf and stir.
5. Cook on high pressure for 30 minutes, natural release.
6. Serve over zucchini "noodles" topped with with fresh basil or parsley.



Zoodles and Meatballs

Level 1 | Entree

Ingredients:

- 1/4 Tsp. Coconut oil, or propellant-free coconut oil spray
- 2 Cloves fresh garlic, chopped
- 1/2 Cup onion, diced
- 3 Tbsp Herbs de Provence (an herb blend consisting of thyme, rosemary, savory, marjoram, and oregano)
- Salt and pepper to taste
- 1 Lb lean grass-fed organic beef
- 3 Tbsp hemp seeds (optional)
- 2 Zucchini, spiralized (use regular pasta for kids!)
- 1 Cup marinara sauce (no sugar added)
- 6 Leaves fresh basil, chopped

Directions:

1. Warm skillet to medium-high heat with 1/4 tsp. coconut oil, or a propellant-free coconut oil spray.
2. Sauté garlic and onion until soft, about 3 minutes.
3. Add Herbs de Provence (thyme, rosemary, savory, marjoram, and oregano).
4. Roll meat into balls.
5. Optionally, roll the balls into the hemp seeds for an extra crunch and extra omega 3's.
6. Add sauce.
7. Add meatballs to the sauce, and simmer uncovered for 10-15 minutes until meat is pink and cooked through.
8. In the meantime, spiralize zucchini to make the "zoodles".
9. Either add the zoodles to cook for 5 minutes, or plate them raw.
10. Serve meatballs and sauce.
11. Garnish with basil and enjoy!



Sloppy Joes

Level 1 | Entree

Ingredients:

- ½ onion Diced.
- 1 bell pepper Chopped.
- ½ cup water Substitute low sodium organic broth.
- 1 lb organic grass-fed ground beef Substitute organic ground chicken.
- 3 Tbsp organic tomato paste No salt or sugar added.
- 1 Tbsp apple cider vinegar
- 1/3 tsp liquid stevia optional
- 1 Tbsp garlic powder
- 1 tsp Himalayan pink sea salt
- 4 leaves romaine, butter lettuce, or cabbage (use bread buns for kids!)

Directions:

1. Add onion and bell pepper to a non-stick frypan, cooking for 5-7 mins on medium heat, add water or low sodium broth to keep from sticking.
2. Add ground beef or chicken and cook through. (note: For those using ground beef, after it is cooked, place the beef in a colander and rinse it under HOT water. This will remove any excess fat from the meat.)
3. Put meat back into the pan and mix in tomato paste, vinegar, stevia, and seasonings. Stir until all the paste is mixed in. If the mixture is too thick, add water or broth to thin the paste.
4. Mix and serve on romaine leaves as your bun!
5. Enjoy!



Chocolate Chip Protein Muffins

Morning, noon, or night- muffins always hit the spot. These muffins are healthy and easy to make- and may help you get rid of a muffin top.

INGREDIENTS:

- 1 Cup oat flour
- 1/4 Cup blended rolled oats
- 1/2 Cup N2G Whey Protein Powder (vanilla)
- 1/2 Cup 0% Greek yogurt
- 3 Large eggs
- 1 Tsp cinnamon
- 1 Tsp baking powder
- 1 Tsp baking soda
- 1/2 Cup dark Ghirardelli chocolate chips

INSTRUCTIONS:

Preheat oven to 350 degrees. Add the oats to a blender or food processor until they become a flour. Combine all ingredients until well mixed. Line muffin tin with liners and coat with baking spray. Spoon mixture into a pan. Bake for 25-30 minutes or until knife is clean upon poke.

Makes 12 servings. Eat two for a good snack. 140 Calories. 17C/4F/9P.

