



FIXATE[®]

A FIX-APPROVED
COOKING SHOW

RECIPES

HOW TO USE THIS GUIDE

FIXATE
A FIX-APPROVED
COOKING SHOW

RECIPES

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FIXATE
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RECIPES

VEGAN PULLED PORK^o

SERVES: 8 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** 57 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

This Vegan Pulled Pork is a real mindblower. You won't believe just how much it tastes like the real thing, tangy, smoky, meaty, and satisfying. AND it doesn't take 8 hours to make, win-win! The secret ingredient is jackfruit, a tropical fruit that has a meaty, heavy-grained flesh similar to pork. It absorbs the flavors of smoke and BBQ sauce beautifully and comes out tasting just like the real deal. We use the canned variety here, which you can find at most Asian markets or order online. It's important to use the young, unripe fruit for this, so be careful if buying fresh, as most fresh fruits are sold ripened.

3 cans (20-oz. each) young green jackfruit in brine (NOT in syrup), drained, rinsed, cored, and seeds removed and discarded

1 Tbsp. extra-virgin organic coconut oil

1 cup chopped onion (approx. 1½ medium)

5 cloves garlic, finely chopped

2 tsp. coconut sugar

1 tsp. ground cumin

1 tsp. ground coriander

2 tsp. chili powder

2 tsp. ground smoked paprika

¼ tsp. instant espresso powder

¼ tsp. unsweetened cocoa powder

¼ tsp. ground cinnamon

¼ tsp. ground allspice

½ tsp. ground black pepper

½ tsp. smoked sea salt (or Himalayan salt)

¼ tsp. ground cayenne pepper (optional)

2 cups low-sodium organic vegetable broth

½ cup Banana BBQ Sauce (see separate recipe for *Banana BBQ Sauce*) or all-natural barbecue sauce of your choice

SPECIAL EQUIPMENT:

Aluminum foil (optional)

1 cup wood chips for smoking (optional)

Parchment paper

80 DAY OBSESSION

GF **V** **VG**

1. If you would like to pre-smoke your jackfruit, line bottom of large stock pot with aluminum foil. Add wood chips. Top with colander (or steamer basket). Add jackfruit. Cover pan with firmly crimped foil. Poke a pinhole in foil; turn burner to high and wait until you see smoke coming from the hole. Turn heat to medium-low and let stand, covered, for 10 minutes. Taste the jackfruit. If you would like it smokier, turn the heat on again and repeat the process. This step is **optional**.

2. Preheat oven to 400° F.

3. Line large baking sheet with parchment paper. Set aside.

4. Heat oil in large nonstick skillet over medium high heat.

5. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.

6. Add garlic; cook, stirring frequently, for 1 minute.

7. Add jackfruit, sugar, cumin, coriander, chili powder, paprika, espresso powder, cocoa powder, cinnamon, allspice, black pepper, salt, cayenne pepper (if desired), and broth; mix well. Bring to a boil. Reduce heat to medium-low; gently boil, uncovered, for 10 to 15 minutes, or until liquid is absorbed.

8. Transfer jackfruit to prepared baking sheet. Mash with a spatula until fibers divide and take on the appearance of pulled pork.

9. Bake for 10 minutes.

10. Add BBQ sauce; mix well to coat fruit. Bake for an additional 7 to 10 minutes, or until fruit is lightly browned.

RECIPE NOTE:

Canned young green jackfruit in brine can be found in specialty Asian markets or online.

This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 354 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 24 g Protein: 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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Look for dietary icons here to find out if the recipe is:

- Gluten-Free
- Paleo-Friendly
- Vegan
- Vegetarian

Look for these identifiers to find out if a recipe fits with the 80 Day Obsession Eating Plan. Check if it works with your specific plan.

Be sure to review the end of the "ingredients" section for any additional recipes your dish might need, such as a specific sauce, dressing, or condiment!

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BREAKFAST RECIPES



AUTUMN'S BANANA APPLE MUFFINS^o

SERVES: 9 (1 muffin each) **Prep Time:** 20 min. **Cooking Time:** 22 min.

CONTAINER EQUIVALENTS (per serving): 1 1



My son is a big eater, except first thing in the morning, so this recipe started out as a way of tricking him into eating something deceptively healthy when he wakes up. But now everybody loves these super "healthified" muffins because they're delicious and taste just like a regular old not-so-good-for-you muffin.

- | | |
|--|---|
| <p>2 large eggs, lightly beaten</p> <p>1 cup mashed ripe banana (approx. 2 medium bananas)</p> <p>1 Tbsp. unsalted organic grass-fed butter, melted</p> <p>1½ cups almond flour</p> <p>¾ tsp. baking soda, gluten-free</p> <p>1 dash sea salt (or Himalayan salt)</p> <p>½ cup chopped apple (approx. ¾ medium apple)</p> | <ol style="list-style-type: none"> 1. Preheat oven to 350° F. 2. Line muffin pan with nine muffin papers and lightly coat with spray. Set aside. 3. Combine eggs, banana, and butter in a medium bowl; mix well. Set aside. 4. Combine almond flour, baking soda, and salt in a medium bowl; mix well. 5. Add almond meal mixture to egg mixture; mix until blended. 6. Add apple; mix until just blended. 7. Divide batter evenly between prepared muffin cups, ¾ full (approx. ¼ cup). 8. Bake for 18 to 22 minutes, or until golden brown and toothpick inserted into the center comes out clean. 9. Transfer muffins to rack; cool. |
|--|---|

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray

RECIPE NOTES:

- If you'd like a little more fiber and some omega-3 fatty acids, replace ½ cup of your almond flour with ½ cup of ground flaxseed.
- You can make your own almond flour by processing 1 cup slivered almonds in food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approx. 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 161 **Total Fat:** 12 g **Saturated Fat:** 2 g **Cholesterol:** 45 mg **Sodium:** 157 mg **Carbohydrates:** 11 g **Fiber:** 3 g **Sugars:** 4 g **Protein:** 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



AUTUMN'S BROCCOLI CRUST BREAKFAST PIZZA^o

SERVES: 3 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 1



FOR CRUST:

- 3 cups** raw broccoli florets
- Hot water**
- ½ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** grated Parmesan cheese
- 2** large eggs, lightly beaten
- ½ tsp.** sea salt (or Himalayan salt)
- 1 clove** garlic, finely chopped
- ¼ cup** finely chopped fresh basil leaves

FOR TOPPING:

- 1 Tbsp.** extra-virgin olive oil
- 2** large eggs, lightly beaten
- ¼ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** sliced mushrooms
- ¼ cup** sliced red bell pepper

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray
- Cheesecloth

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.

FOR CRUST:

1. Place broccoli in food processor (or blender); pulse until fine using two or three 5-second pulses, or until the consistency of bread crumbs.
2. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccoli in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer broccoli to cheesecloth to cool. Squeeze dry.
Cook's Note: If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the broccoli "crumbs."
3. To make crust, combine cooled broccoli, mozzarella cheese, Parmesan cheese, eggs, salt, garlic, and basil in a medium mixing bowl; mix well.
4. Transfer broccoli mixture to the center of prepared baking sheet. Shape into an approx. 10- to 12-inch pizza crust by pressing down and out with fingertips. Make sure to create a raised lip around the edges to keep ingredients from sliding off.
5. Bake for 17 to 20 minutes, or until crust is set and is slightly browned around the edges.

FOR TOPPING:

1. Brush crust with oil. Top with eggs, cheese, mushrooms, and bell peppers.
2. Bake for 6 to 8 minutes, or until cheese is melted and eggs are starting to set. Switch to the broiler setting; broil for 2 minutes or until golden brown and eggs are done.
3. Allow to cool for a few minutes before serving. Be careful when removing pizza from parchment as there may be some sticking. I always work around the crust with a spatula to release from parchment before transferring to a cutting board.
4. Cut into six slices. Enjoy!

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 284 **Total Fat:** 20 g **Saturated Fat:** 7 g **Cholesterol:** 266 mg **Sodium:** 795 mg **Carbohydrates:** 7 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 21 g

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BALSAMIC MUSHROOM TOAST^o

SERVES: 1 (1 slice of toast) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1



- | | |
|---|--|
| <p>1 tsp. ghee (organic grass-fed, if possible)</p> <p>1 cup quartered cremini mushrooms</p> <p>1 Tbsp. finely chopped shallot</p> <p>1 tsp. finely chopped thyme</p> <p>1 dash sea salt (or Himalayan salt)</p> <p>1 dash ground black pepper</p> <p>2 Tbsp. balsamic vinegar</p> <p>1 slice low-sodium sprouted wheat bread (like Ezekiel[®]), toasted</p> | <ol style="list-style-type: none"> 1. Heat ghee in large skillet over high heat. 2. Add mushrooms; cook, stirring frequently, for 3 minutes, or until golden brown. Reduce heat to medium-low. 3. Add shallot, thyme, salt, and pepper; cook, stirring frequently, for 1 to 2 minutes, or until shallot is translucent. 4. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry. 5. Top toast with mushroom mixture and enjoy! |
|---|--|

RECIPE NOTE:

You can substitute 1 Tbsp. chopped onion and ¼ tsp. chopped garlic for shallot.

SERVING SUGGESTION:

To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 173 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 12 mg **Sodium:** 373 mg **Carbohydrates:** 26 g **Fiber:** 4 g **Sugars:** 7 g **Protein:** 6 g

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BANANA BOATS

SERVES: 4 (1 boat each) **Prep Time:** 20 min. + 30 min. to cool **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ 1 ½ ½ ½

¾ cup dry old-fashioned rolled oats
 2 Tbsp. unsweetened dried cranberries
 20 raw pecan halves, chopped
 2 Tbsp. raw pumpkin seeds
 2 Tbsp. unsweetened shredded coconut
 1 Tbsp. + 1½ tsp. pure maple syrup
 2 tsp. ghee, melted (organic grass-fed, if possible)
 ¼ tsp. pure vanilla extract
 1 dash sea salt (or Himalayan salt)
 1 dash ground cinnamon
 1 pinch ground nutmeg
 2 large bananas, cut in half lengthwise, then cut in half
 1½ cups reduced-fat (2%) plain Greek yogurt
 2 cups fresh (or frozen) berries
 1 Tbsp. + 1 tsp. honey

1. Preheat oven to 300° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Combine oats, cranberries, pecans, pumpkin seeds, coconut, maple syrup, ghee, extract, salt, cinnamon, and nutmeg in a medium mixing bowl; mix well.
4. Spread oat mixture evenly on prepared pan. Bake for 35 to 40 minutes, stirring occasionally, until dry and lightly toasted. Set aside to cool.
5. Lay two banana pieces on each of four plates to form banana splits.
6. Between each pair of banana pieces layer 6 Tbsp. yogurt, approximately ⅓ cup granola, ½ cup berries, and drizzle with 1 tsp. honey.
7. Serve immediately.

RECIPE NOTE:

Pure maple syrup can be substituted for honey.

SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 378 **Total Fat:** 14 g **Saturated Fat:** 5 g **Cholesterol:** 10 mg **Sodium:** 104 mg **Carbohydrates:** 53 g **Fiber:** 6 g **Sugars:** 31 g **Protein:** 14 g

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BANANA OAT PANCAKES^o

SERVES: 8 (1 pancake each) **Prep Time:** 15 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving): 1 ½



- 1 cup** unsweetened almond milk
- 2** large eggs
- 1** large ripe banana
- 1 tsp.** pure vanilla extract
- 1 tsp.** baking powder, gluten-free
- ½ tsp.** ground cinnamon
- 1 dash** sea salt (or Himalayan salt)
- 2 cups** dry old-fashioned rolled oats, gluten-free
- 4 cups** fresh mixed berries

SPECIAL EQUIPMENT:

Coconut oil cooking spray

- 1.** Place almond milk, eggs, banana, extract, baking powder, cinnamon, salt, and oats in blender; cover. Blend until smooth.
- 2.** Heat nonstick skillet, lightly coated with spray, over medium-low heat.
- 3.** Pour ¼ cup batter into skillet for each pancake; cook for 2 to 3 minutes, or until bubbles form on top of the pancake. Flip with spatula; cook for an additional 90 seconds. Repeat with remaining batter.
- 4.** Serve with ½ cup fresh berries, each.

RECIPE NOTES:

- If you want to make sure these pancakes are gluten-free, look for certified gluten-free oats. Oats are a naturally gluten-free food, however they are easily contaminated with gluten during harvesting. Therefore, to ensure you have a gluten-free product, look for the gluten-free variety.
- Wrap leftover pancakes in plastic wrap (or aluminum foil) and store for up to 4 days in the refrigerator. Pancakes can be reheated in a toaster.

SERVING SUGGESTION:

Top with 1 tsp. coconut oil, ghee, or peanut butter.
Don't forget to count your .

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 152 **Total Fat:** 3 g **Saturated Fat:** 1 g **Cholesterol:** 47 mg **Sodium:** 139 mg **Carbohydrates:** 27 g **Fiber:** 6 g **Sugars:** 7 g **Protein:** 5 g

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BANANA PANCAKE BITES

SERVES: 12 (2 muffins each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 1½ cups** **gluten-free all-purpose flour**
(preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- 1½ tsp.** **baking powder**
- ½ tsp.** **sea salt (or Himalayan salt)**
- 3** **large ripe bananas**
- ¼ cup** **melted coconut oil**
- 1** **large egg**
- 3 Tbsp.** **pure maple syrup**
- 1 tsp.** **pure vanilla extract**

SPECIAL EQUIPMENT:

- Nonstick 24-cup mini-muffin tin**
- Nonstick cooking spray**

- 1.** Preheat oven to 375° F.
- 2.** Coat mini-muffin tin with cooking spray. Set side.
- 3.** Combine flour, baking powder, and salt in a large mixing bowl; whisk to blend. Set aside.
- 4.** Place bananas, coconut oil, egg, maple syrup, and extract in a blender; cover. Blend until smooth.
- 5.** Add dry mix to blender; cover. Blend until smooth and lumps are gone.
- 6.** Divide batter evenly among muffin cups.
- 7.** Bake 12 to 15 minutes, rotating once halfway through, until a toothpick inserted into center of muffin comes out clean.
- 8.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- If you have trouble removing muffins from the pan, use a butter knife to loosen them around the edges.
- If you do not have a nonstick mini-muffin tin, use mini-muffin liners to avoid sticking.
- Make sure to count for your Yellow Containers (Carbohydrates) when using maple syrup for dipping.

NUTRITIONAL INFORMATION (per serving): **Calories:** 144 **Total Fat:** 5 g **Saturated Fat:** 4 g **Cholesterol:** 18 mg **Sodium:** 12 mg **Carbohydrates:** 23 g **Fiber:** 1 g **Sugars:** 5 g **Protein:** 2 g



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BLUEBERRY MAPLE MUFFINS

SERVES: 15 (1 muffin each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving):  1½  1

1 cup whole wheat flour
¾ cup + 2 Tbsp. all-purpose flour
¼ cup wheat germ
1½ tsp. baking powder
½ tsp. baking soda
¼ tsp. sea salt (or Himalayan salt)
1 tsp. ground cinnamon
2 large eggs, lightly beaten
½ cup pure maple syrup
1 cup low-fat (1%) buttermilk
¼ cup extra-virgin organic coconut oil, melted
1 tsp. pure vanilla extract
2 cups fresh blueberries

1. Preheat oven to 375° F.
2. Prepare fifteen muffin cups by lining with muffin papers (or coating with spray). Set aside.
3. Combine flours, wheat germ, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well. Set aside.
4. Combine eggs and maple syrup in a medium bowl; whisk to blend.
5. Add buttermilk, oil, and extract; whisk to blend.
6. Add flour mixture to egg mixture; mix until just blended.
7. Gently fold in blueberries.
8. Evenly divide batter between prepared muffin cups, filling ¾ full (approx. ¼ cup).
9. Bake for 14 to 16 minutes, until tester inserted into the center comes out clean.
10. Transfer muffins to rack; cool.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 25 mg Sodium: 171 mg Carbohydrates: 23 g Fiber: 2 g Sugars: 10 g Protein: 4 g

BREAKFAST SQUASH^o



SERVES: 1 (½ squash and 1 cup filling each) **Prep Time:** 10 min. **Cooking Time:** 13 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1



Here's one of Autumn's go-to meal-prep breakfasts. Protein-packed and bursting with flavor, this squash can be warmed up quickly for a breakfast that keeps you feeling satisfied even on the most hectic mornings.

- ½ **baked small acorn squash**
- ½ cup **cooked steel-cut oatmeal**
- 1 pinch **sea salt (or Himalayan salt)**
- 1 pinch **ground cinnamon**
- ¾ cup **FIXATE Breakfast Sausage, warm**
*(see separate recipe for **FIXATE Breakfast Sausage**)*
- ¼ tsp. **pure vanilla extract**

1. Remove ¼ cup squash flesh with a spoon; refrigerate for future use.
2. Preheat oven to 350° F.
3. Place squash on baking sheet. Bake for 8 to 10 minutes to reheat. This step is **optional**.
4. Heat small saucepan, lightly coated with spray, over medium heat.
5. Add enough water to slightly cover bottom of saucepan, oatmeal, salt, cinnamon, and sausage; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
6. Remove from heat. Add extract; mix well.
7. Stuff squash with oatmeal mixture.

SPECIAL EQUIPMENT:

Nonstick coconut cooking spray

RECIPE NOTES:

- Bake whole acorn squash at 375° F for 45 minutes. Once sufficiently cooled, cut squash in half and scoop out seeds. Store other half of squash in an airtight container in the refrigerator for up to 5 days.
- Store squash that was removed in an airtight container, in the refrigerator, for up to 5 days. This can be used as 1 at another time.
- To cook steel-cut oats, cook 1 cup oats with 4 cups water.
- Store leftover oatmeal in an airtight container, in the refrigerator, for up to 5 days.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**




NUTRITIONAL INFORMATION (per serving): **Calories:** 405 **Total Fat:** 13 g **Saturated Fat:** 3 g **Cholesterol:** 84 mg **Sodium:** 1,223 mg **Carbohydrates:** 46 g **Fiber:** 6 g **Sugars:** 8 g **Protein:** 27 g

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BROCCOLI CRUST BREAKFAST PIZZA^o (WITH FIXATE BREAKFAST SAUSAGE)

GF

SERVES: 3 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1



FOR CRUST:

- 3 cups** raw broccoli florets
- Hot water**
- ½ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** grated Parmesan cheese
- 2** large eggs, lightly beaten
- ½ tsp.** sea salt (or Himalayan salt)
- 1 clove** garlic, finely chopped
- ¼ cup** finely chopped fresh basil leaves

FOR TOPPING:

- 1 Tbsp.** extra-virgin olive oil
- ¼ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** **FIXATE Breakfast Sausage** (see separate recipe for **FIXATE Breakfast Sausage**)
- 2** large eggs*

SPECIAL EQUIPMENT:

- Parchment paper**
- Nonstick cooking spray**
- Cheesecloth**

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.

FOR CRUST:

1. Place broccoli in food processor (or blender); pulse until fine using two or three 5-second pulses, or until the consistency of bread crumbs.
2. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccoli in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer broccoli to cheesecloth to cool. Squeeze dry. **Cook's Note:** If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the broccoli "crumbs."
3. To make crust, combine cooled broccoli, mozzarella cheese, Parmesan cheese, eggs, salt, garlic, and basil in a medium mixing bowl; mix well.
4. Transfer broccoli mixture to the center of prepared baking sheet. Shape into an approx. 10- to 12-inch pizza crust by pressing down and out with fingertips. Make sure to create a raised lip around the edges to keep ingredients from sliding off.
5. Bake for 17 to 20 minutes, or until crust is set and is slightly browned around the edges.

FOR TOPPING:

1. Brush crust with oil. Top with cheese, breakfast sausage, and eggs. You can scramble your eggs first, or simply crack the eggs on top of the pizza and let them bake until the whites are set but the yolk is still runny!
2. Bake for 8 to 10 minutes, or until cheese is melted and eggs are done. For sunny-side up eggs, switch to the broiler setting for the last 2 minutes of baking to be sure the eggs are cooked through.
3. Allow to cool for a few minutes before serving. Be careful when removing pizza from parchment as there may be some sticking. Work around the crust with a spatula to release from parchment before transferring to a cutting board.


VARIATION:

To find out how to make Autumn's favorite vegetarian breakfast pizza from the FIXATE show, see separate recipe for [Autumn's Broccoli Crust Breakfast Pizza](#).

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 303 **Total Fat:** 21 g **Saturated Fat:** 8 g **Cholesterol:** 276 mg **Sodium:** 899 mg **Carbohydrates:** 7 g **Fiber:** 0 g **Sugars:** 2 g **Protein:** 23 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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BROWN RICE PORRIDGE^o



SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½



Here's a quick and easy way to turn plain brown rice into a spectacular breakfast porridge. Bursting with layer upon layer of flavor from chocolate to the nutty crunch of sunflower seeds, it's anything but boring porridge. And the pickled ginger makes for a sweet surprise; I guess it's not just for sushi after all!

½ cup cooked brown rice
2 Tbsp. unsweetened almond milk
1 pinch sea salt (or Himalayan salt)
¼ tsp. unsweetened cocoa powder
1 tsp. pure maple syrup
1 pinch ground cinnamon
1 pinch ground cardamom
1 tsp. raw sunflower seeds
1 tsp. unsweetened shredded coconut
1 tsp. chia seeds
1 Tbsp. finely chopped pickled ginger

1. Combine rice, almond milk, salt, cocoa powder, maple syrup, cinnamon, and cardamom in a medium serving bowl; mix well.
2. Top with sunflower seeds, coconut, chia seeds, and ginger; enjoy!

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 186 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 399 mg Carbohydrates: 32 g Fiber: 4 g Sugars: 5 g Protein: 4 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



CARROT CAKE BAKED OATMEAL

SERVES: 12 (approx. 1 muffin cup each) **Prep Time:** 15 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1

FOR MUFFINS:

- 1 cup** unsweetened coconut milk beverage
- 2** large eggs, lightly beaten
- ¼ cup** pure maple syrup
- 1 tsp.** pure vanilla extract
- ¾ cup** grated carrots (approx. 1¼ medium)
- ¼ cup** crushed pineapple, in 100% pineapple juice, drained
- 2 cups** dry old-fashioned rolled oats
- 1 tsp.** baking powder, gluten-free
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground ginger
- ¼ tsp.** ground nutmeg
- ¼ tsp.** sea salt (or Himalayan salt)

FOR ICING:

- 3 Tbsp. + ½ tsp.** reduced-fat sour cream
- 3 Tbsp. + ½ tsp.** powdered sugar

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by lining with muffin papers. Set aside.
3. To make muffins, combine coconut milk, eggs, maple syrup, extract, carrots, and pineapple in a medium bowl; mix well. Set aside.
4. Combine oats, baking powder, cinnamon, ginger, nutmeg, and salt in a large bowl; mix well.
5. Fold coconut milk mixture into oat mixture; mix well.
6. Evenly divide batter among prepared muffin cups, mixing frequently to ensure there are both oats and liquid in each cup.
7. Bake for 30 minutes, rotating pan after 15 minutes.
8. While oatmeal cups are baking, make icing. Combine sour cream and powdered sugar in a small bowl; mix well. Set aside.
9. Let oatmeal cups cool in pan until you can handle them. Remove to a cooling rack.
10. Drizzle each oatmeal cup with approximately 1 tsp. icing before serving; serve warm.

RECIPE NOTE:

As soon as oatmeal cups are cool, place in an airtight container and store in the refrigerator for 1 day. If storing longer, place in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): **Calories:** 105 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 32 mg **Sodium:** 73 mg **Carbohydrates:** 18 g **Fiber:** 2 g **Sugars:** 8 g **Protein:** 3 g

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CASHEW 'N' OAT HOTCAKES

SERVES: 10 (1 hotcake each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

- 2 cups** dry old-fashioned rolled oats, gluten-free
- ½ cup** raw cashews
- 1 Tbsp.** coconut sugar
- 1 tsp.** ground cinnamon
- ½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** baking powder, gluten-free
- 1** large egg
- 1 Tbsp.** extra-virgin organic coconut oil, melted
- 1½ cups** unsweetened almond milk
- 1 tsp.** pure vanilla extract
- 5 cups** fresh mixed berries

SPECIAL EQUIPMENT:

Nonstick cooking spray

- 1.** Place oats, cashews, sugar, cinnamon, salt, and baking powder in food processor (or blender); pulse until coarsely ground.
- 2.** Add egg, oil, almond milk, and extract; pulse until well blended. Batter will be thick, but if it is as thick as paste add 2 to 3 Tbsp. of water.
- 3.** Heat medium nonstick skillet, lightly coated with spray, over medium heat.
- 4.** Spoon about ¼ cup batter into skillet for each hotcake; cook for approx. 3 minutes, or until bubbles form on top. Flip with spatula; cook for an additional 2 to 3 minutes.
- 5.** Repeat with remaining batter.
- 6.** Serve one hotcake topped with ½ cup berries.

RECIPE NOTES:

- Leftover hotcakes can be wrapped in plastic wrap (or aluminum foil) and stored in the refrigerator for up to 4 days (or in the freezer for up to 3 months).
- Hotcakes can be reheated in the toaster (or microwave).

SERVING SUGGESTION:

Place your berries in a pot with ¼ cup water and cook down until thickened for a no-added-sugar option.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 19 mg Sodium: 184 mg Carbohydrates: 23 g Fiber: 4 g Sugars: 7 g Protein: 5 g

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CINNAMON ROLL MUFFINS

SERVES: 10 (approx. 1 muffin each) **Prep Time: 20 min. Cooking Time: 20 min.**

CONTAINER EQUIVALENTS (per serving): 1½ ½ 1

FOR MUFFINS:

½ cup	coconut sugar
½ cup	unsweetened coconut milk beverage
⅓ cup	pure maple syrup
¼ cup	ghee (organic grass-fed, if possible), melted
1	large egg
1 tsp.	ground cinnamon
1 tsp.	pure vanilla extract
1½ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
½ cup	almond flour
1½ tsp.	baking powder, gluten-free
½ tsp.	sea salt (or Himalayan salt)

FOR ICING:

3 Tbsp. + 1 tsp.	reduced-fat sour cream
3 Tbsp. + 1 tsp.	powdered sugar

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line muffin pan with 10 muffin liners and lightly coat with spray. Set aside.
3. To make muffins, place sugar, coconut milk, maple syrup, ghee, egg, cinnamon, and extract in blender; cover. Blend until smooth. Set aside.
4. Combine flour, almond flour, baking powder, and salt in a medium bowl; mix well.
5. Add flour mixture to blender; cover. Blend until a smooth batter forms, scraping sides of blender with rubber spatula as needed.
6. Evenly divide batter among prepared muffin cups.
7. Bake for 18 to 20 minutes, rotating pan after 10 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool completely before topping with icing.
8. While muffins are baking, make icing. Combine sour cream and powdered sugar in a small bowl; whisk to blend. Refrigerate until muffins are cool. Top each with 1 tsp. icing.

RECIPE NOTE:

Store leftover muffins in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories: 228 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 7 mg Sodium: 180 mg Carbohydrates: 34 g Fiber: 3 g Sugars: 21 g Protein: 4 g**

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CREAMY QUINOA PORRIDGE

SERVES: 6 (approx. ½ cup quinoa plus toppings) **Prep Time: 15 min.** **Cooking Time: 43 min.**

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

- 1 cup** dry red quinoa
- 2 cups** water
- 1 cup** unsweetened almond milk
- 2 Tbsp.** honey
- 3 pods** green cardamom (or ½ tsp. ground cardamom)
- ½ stick** cinnamon (or ¾ tsp. ground cinnamon)
- ¼ tsp.** ground nutmeg
- 4 to 6 slices** raw ginger (or ¼ tsp. ground ginger)
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)
- 1½ cups** sliced strawberries
- 1½ cups** fresh blueberries
- ¼ cup** sliced almonds (toasted, if desired)
- ¼ cup** unsweetened shredded coconut (toasted, if desired)
- ¼ cup** raisins

- 1.** Rinse quinoa thoroughly in fine mesh strainer; place in medium saucepan.
- 2.** Add water. Bring to a boil over medium-high heat. Reduce heat to medium-low. Gently boil, covered, for 18 to 20 minutes, or until liquid has absorbed and quinoa germ has released. Quinoa should be soft with just a little bite. Remove from heat. Allow quinoa to rest, covered, for 5 minutes.
- 3.** While quinoa is cooking, heat almond milk, honey, cardamom, cinnamon, nutmeg, ginger, and salt in small saucepan over medium-high heat. Bring to a boil. Reduce heat to low; gently boil for 10 minutes.
- 4.** Add cornstarch slurry; cook, stirring frequently, for 2 to 3 minutes, or until thickened. Remove whole spices from mixture.
- 5.** Add almond milk infusion to cooked quinoa; mix well.
- 6.** Place ½ cup quinoa into each of six bowls. Top each bowl evenly with strawberries, blueberries, almonds, coconut, and raisins. Serve warm and enjoy!

TIPS:

- Measure out ½ a with a mixture of strawberries and blueberries and top your serving of quinoa with it.
- You can also combine the sliced almonds, shredded coconut, and raisins and use your to top your serving of quinoa with it.
- To toast almonds and coconut, place them on a baking sheet in a 375° F oven for approx. 10 minutes, or until golden brown and fragrant.

NUTRITIONAL INFORMATION (per serving): **Calories: 240** **Total Fat: 7 g** **Saturated Fat: 2 g** **Cholesterol: 0 mg** **Sodium: 231 mg** **Carbohydrates: 41 g** **Fiber: 4 g** **Sugars: 17 g** **Protein: 5 g**

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CRÊPES YOUR WAY^o

SERVES: 4 (1 crêpe each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving) (for Crêpes only): ½ ½



These crêpes are low in carbs and high in protein and fiber. The high protein content gives these crêpes a little more strength than the traditional flour-based variety, so they're easy to flip without tearing. They work great with both sweet and savory fillings, and they keep for up to a week in the refrigerator, which means I can make a triple batch when I'm meal prepping and have wraps for any meal of the day the entire week!

4 large eggs
¼ cup unsweetened almond milk
2 tsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
3 Tbsp. + 1 tsp. coconut flour

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Combine eggs, almond milk, sugar, and salt in a medium bowl; whisk until well blended.
2. Add coconut flour; whisk until well blended and free of lumps. Set aside.
3. Lightly coat a 10-inch nonstick skillet with spray. Wipe skillet with a paper towel, leaving only a thin layer of spray.
4. Preheat skillet over low heat until it just begins to get hot.
5. Add ¼ cup batter to pan, swirling immediately to coat entire bottom and ¼-inch up the sides with a thin, even layer of batter; cook for approx. 90 seconds, or until crêpe has completely set. Gently peel from the edge and flip.
6. Cook for 30 seconds. Place crêpe on a plate; cover with a paper towel.
7. Continue with remaining batter, stacking crêpes with paper towels in between each on the plate.

RECIPE NOTES:

- If storing crêpes in refrigerator, cool to room temperature before placing in a resealable plastic bag. Crêpes can be stored for up to one week (or frozen for up to one month).
- Refrigerated crêpes can be rewarmed in a skillet, or for a few seconds in the microwave before serving.
- These crêpes work with both sweet and savory fillings. Make sure you are measuring and accounting for this with your containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 108 **Total Fat:** 6 g **Saturated Fat:** 2 g **Cholesterol:** 183 mg **Sodium:** 158 mg **Carbohydrates:** 6 g **Fiber:** 2 g **Sugars:** 3 g **Protein:** 7 g

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FIXATE BREAKFAST SAUSAGE^o

SERVES: 4 (¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 9 min.

CONTAINER EQUIVALENTS (per serving): 1



- 1 lb.** raw 93% lean ground turkey
- 2 Tbsp.** pure maple syrup
- 1½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** finely chopped fresh sage
- 1 tsp.** finely chopped fresh rosemary
- ¼ tsp.** ground black pepper
- 1 dash** ground juniper berries
- ¼ tsp.** ground nutmeg
- 2 tsp.** ice cold water
- 1 tsp.** olive oil

- 1.** Combine turkey, maple syrup, salt, sage, rosemary, pepper, juniper, nutmeg, and water in a large mixing bowl; mix with clean hands until just blended. (Do not overmix, as that will make the sausage tough.) Set aside.
- 2.** Heat oil in large nonstick skillet over medium-high heat.
- 3.** Add turkey mixture; cook, stirring frequently to break turkey into crumble-sized pieces, for 5 to 8 minutes, or until turkey is no longer pink.

RECIPE NOTES:

- If possible, use dark amber maple syrup, which can be found at upscale markets or online.
- If you can't find juniper berries at your local store, check online.
- This sausage can also be sautéed in patties. Store cooked sausage in an airtight container in the refrigerator for up to 5 days.
- Sausage can be held raw in an airtight container in the refrigerator for 3 days, or in the freezer for up to 3 months.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 208 **Total Fat:** 11 g **Saturated Fat:** 3 g **Cholesterol:** 84 mg **Sodium:** 935 mg **Carbohydrates:** 7 g **Fiber:** 0 g **Sugars:** 7 g **Protein:** 21 g

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FRENCH TOAST MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 1 1

12 slices **FIXATE Gluten-Free Fresh Bread** (or **gluten-free bread of choice**) (see *separate recipe for **FIXATE Gluten-Free Fresh Bread***)

6 **large eggs, lightly beaten**

½ cup **unsweetened coconut milk beverage**

3 Tbsp. **pure maple syrup**

2 Tbsp. **melted ghee (organic grass-fed, if possible)**

¾ tsp. **sea salt (or Himalayan salt)**

½ tsp. **ground cinnamon**

¼ tsp. **ground nutmeg**

1 cup **chopped strawberries**

1. Preheat oven to 350° F. Line a muffin pan with muffin papers. Coat with spray.
2. Cut bread into ½-inch cubes. Place in a large bowl; set aside.
3. Whisk together eggs, coconut milk, maple syrup, ghee, salt, cinnamon, and nutmeg.
4. Gently fold bread and strawberries into egg mixture. Let soak 3 minutes, or until fully absorbed.
5. Divide mixture evenly among muffin cups, lightly packing to fill air gaps. Bake for 20 to 25 minutes, or until golden brown and a toothpick inserted into the center of a muffin comes out clean.
6. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

SPECIAL EQUIPMENT:

12-cup muffin pan

Muffin papers/cupcake liners

Nonstick cooking spray





NUTRITIONAL INFORMATION (per serving): **Calories:** 143 **Total Fat:** 6 g **Saturated Fat:** 2.5 g **Cholesterol:** 113 mg **Sodium:** 161 mg **Carbohydrates:** 18 g **Fiber:** 1.5 g **Sugars:** 5 g **Protein:** 4 g

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FRENCH TOAST WITH STRAWBERRY TOPPING

SERVES: 4 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 41 min.

CONTAINER EQUIVALENTS (per serving):  ½  2½  ½  ½

I can remember the first dishes I learned to prepare as a child. The very first was a simple, Italian vinaigrette, but the first thing I ever actually “cooked” was French toast. It was exciting because although it’s a simple enough dish for a child to master, there is actually cooking involved. You learn to break and beat eggs, to grease and handle a skillet, and you watch how a simple egg custard (that’s right, the egg-mixture used in French toast is a custard) can transform an ordinary piece of bread into something extraordinary!

½ cup unsweetened almond milk
4 large eggs
2 Tbsp. pure maple syrup
½ tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
8 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
1 cup **Strawberry Topping** (see separate recipe for **Strawberry Topping**)







1. Combine almond milk, eggs, maple syrup, cinnamon, and salt in a medium bowl; whisk until smooth. Transfer almond milk mixture to a shallow pan.
2. Dip each slice of bread into almond milk mixture, soaking for 10 seconds on each side. Place on wire rack to absorb and drain excess egg mixture.
3. Heat cast iron (or nonstick) skillet over medium heat.
4. Lightly coat skillet with spray; cook two slices of bread for 2 to 3 minutes on each side, or until golden brown.
5. Repeat, lightly coating skillet with spray and adding 2 slices of bread for each batch.
6. Top each slice of French toast with 2 Tbsp. Strawberry Topping and enjoy!

SPECIAL EQUIPMENT:

Nonstick coconut cooking spray

Aluminum foil

SERVING SUGGESTIONS:

- Two slices of French toast can be served with 2 Tbsp. maple syrup.
CONTAINER EQUIVALENTS (per serving):  3½  ½  ½
- For kids, cut one slice of French toast into nine pieces. Place the pieces on two skewers starting with toast and alternating with sliced strawberries, drizzle with 1 tsp. maple syrup. One serving is two skewers.
CONTAINER EQUIVALENTS (per serving):  1½  ½  ½





NUTRITIONAL INFORMATION (per serving): Calories: 344 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 186 mg Sodium: 417 mg Carbohydrates: 54 g Fiber: 8 g Sugars: 19 g Protein: 15 g

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FRITTATA

SERVES: (6 servings) **Prep Time:** 15 min. **Cooking Time:** 50 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  1

12 large eggs, lightly beaten
½ tsp. sea salt (or Himalayan salt)
1½ servings
(3 pepper halves) **Chicken Stuffed Bell Peppers**
(see separate recipe for **Chicken Stuffed Bell Peppers**),
coarsely chopped
¼ cup chopped fresh flat leaf (Italian)
parsley

SPECIAL EQUIPMENT:


Nonstick cooking spray

1. Preheat oven to 375° F.
2. Combine eggs and salt in a large mixing bowl; whisk to blend.
3. Add Chicken Stuffed Bell Peppers; mix well. Set aside.
4. Lightly grease oven-safe baking dish.
5. Pour egg mixture into baking dish. Cover with aluminum foil. Bake for 40 to 45 minutes, or until lightly browned and fluffy.
6. Turn oven to broil. Remove aluminum foil. Bake for an additional 5 minutes, or until top is lightly browned.
7. Cut into 6 slices.
8. Sprinkle with parsley; serve immediately.

RECIPE NOTES:

- Frittata can be made the evening before and stored in the refrigerator for up to 4 days in an airtight container.
- Heat one serving at a time on the stove top or in a microwave.
- Frittata is especially delicious served with a simple green salad drizzled with balsamic vinegar.

NUTRITIONAL INFORMATION (per serving): **Calories:** 221 **Total Fat:** 12 g **Saturated Fat:** 4 g **Cholesterol:** 391 mg **Sodium:** 379 mg **Carbohydrates:** 8 g **Fiber:** 2 g **Sugars:** 2 g **Protein:** 20 g

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FRUIT PIZZA

SERVES: 1 Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½

- | | |
|--|--|
| <p>1</p> <p>Cashew 'N' Oat Hotcake
(see separate recipe for <i>Cashew 'N' Oat Hotcakes</i>)</p> <p>¼ cup + 2 Tbsp. Vanilla Yogurt
(see separate recipe for <i>Vanilla Yogurt</i>)</p> <p>½ cup chopped fresh mixed fruit</p> | <ol style="list-style-type: none"> 1. Place hotcake on a serving platter; top with Vanilla Yogurt and mixed fruit. 2. Serve immediately and enjoy! |
|--|--|

RECIPES:

- For Cashew 'N' Oat Hotcakes, this is a great way to use leftover hotcakes. You will not use the berries from the original recipe.
- We recommend a fruit mix of kiwifruit, strawberries, orange, and blueberries.*

NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 23 mg Sodium: 248 mg Carbohydrates: 37 g Fiber: 4 g Sugars: 21 g Protein: 13 g

*Or fruit of your choice

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GLUTEN-FREE WAFFLES^o

SERVES: 10 (1 waffle each) Prep Time: 15 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): 1 ½



Here's a gluten-free waffle recipe that has the light, crispy texture of the classic, plus the hearty nuttiness of almond and coconut flours! I like to make these in large batches, then freeze the leftovers and reheat them in the toaster.

- 4** large egg whites (½ cup)
- 2 cups** oat flour, gluten-free
- ¼ cup** almond flour
- 2 Tbsp.** coconut flour
- 2 Tbsp.** ground flaxseed
- 2 tsp.** baking powder, gluten-free
- 1 Tbsp.** coconut sugar
- 1 dash** sea salt (or Himalayan salt)
- 2 cups** unsweetened almond milk
- 1 Tbsp.** extra-virgin, organic coconut oil (melted)
- 1 tsp.** pure vanilla extract

SPECIAL EQUIPMENT:

Nonstick cooking spray

- 1.** Preheat waffle iron.
- 2.** Place egg whites in a medium mixing bowl. Beat to stiff peaks. Set aside.
- 3.** Combine oat flour, almond flour, coconut flour, flaxseed, baking powder, sugar, and salt in a medium bowl; mix well. Set aside.
- 4.** Combine almond milk, oil, and extract in a medium bowl; whisk to blend.
- 5.** Add almond milk mixture to oat flour mixture; whisk until evenly blended.
- 6.** Gently fold egg whites into batter until just combined.
- 7.** Spray waffle iron with spray. Add ½ cup batter; cook until waffle is golden and crisp. Repeat with remaining batter.

RECIPE NOTES:

- To make oat flour, process oats in food processor until ground.
- The key to light, crispy waffles is to use the Belgian technique. Beat your egg whites to form stiff peaks in a separate bowl; fold them into the batter just before cooking.
- Your egg whites have reached stiff peak stage when the egg whites are smooth, moist, shiny, and the tips can stand straight up.
- Wrap leftover waffles individually in plastic wrap (or aluminum foil) and refrigerate for up to 4 days (or freeze for up to 3 months).

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 123 Total Fat: 5 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 164 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 2 g Protein: 5 g

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HAM AND CHEESE TOAST

SERVES: 1 (1 slice of toast) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 1 ■ 1

- 1** large egg
- 1 slice** low-sodium sprouted wheat bread (like Ezekiel®), toasted
- 3 slices** ham, nitrite-free, minimally processed
- ¼ cup** grated Gruyère cheese (approx. 1 oz.)
- Chopped fresh chives (for garnish; optional)

- 1.** Preheat broiler on high.
- 2.** Heat nonstick skillet, lightly coated with spray, over medium-low heat.
- 3.** Break egg into skillet; cook for 2 to 3 minutes, or until white has become firm and yolk begins to set. Turn with a large rubber spatula. Cook for 1 minute, or until egg reaches desired doneness.
- 4.** Top toast with ham, fried egg, and cheese. Place under broiler for 3 to 5 minutes, or until cheese is melted and slightly brown.
- 5.** Garnish with chives, if desired.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

You can substitute Swiss cheese for Gruyère (which is a type of Swiss cheese).

SERVING SUGGESTION:

To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

NUTRITIONAL INFORMATION (per serving): **Calories:** 354 **Total Fat:** 16 g **Saturated Fat:** 7 g **Cholesterol:** 243 mg **Sodium:** 826 mg **Carbohydrates:** 19 g **Fiber:** 3 g **Sugars:** 3 g **Protein:** 33 g



JAMAICAN BANANA FRITTERS

SERVES: 6 (3 fritters each) Prep Time: 10 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

These “fritters” are pan-fried instead of deep-fried, which saves a LOT of calories. It makes them a little more pancake-like, but they’re so moist and naturally sweet that they don’t need any kind of topping. We like to keep them finger-food-sized for great on-the-go snacking!

¼ cup	coconut flour
½ tsp.	ground cinnamon
1 dash	ground nutmeg
½ tsp.	baking powder, gluten-free
1 pinch	sea salt (or Himalayan salt)
1 Tbsp.	coconut sugar
3	large ripe bananas, mashed
1	large egg
1 tsp.	pure vanilla extract
¼ cup	unsweetened almond milk

1. Combine flour, cinnamon, nutmeg, baking powder, salt, and sugar in a large bowl; mix well. Set aside.
2. Combine bananas, egg, extract, and almond milk in a medium bowl; whisk to blend.
3. Add banana mixture to flour mixture; whisk until smooth.
4. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
5. Drop 1 heaping Tbsp. batter per fritter into skillet, fitting as many as you can, while leaving room to flip fritters; cook for 2 to 3 minutes, or until bottoms of fritters are golden brown. Flip and cook another 3 minutes.
6. Place on a serving plate; let cool slightly before enjoying.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

- For vegan fritters, substitute 1 Tbsp. ground flaxseed plus 2 Tbsp. + 1½ tsp. water for egg. Mix flaxseed and water, and set aside while combining dry ingredients.

NUTRITIONAL INFORMATION (per serving): Calories: 105 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 30 mg Sodium: 83 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 11 g Protein: 2 g

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MARINATED EGGS

SERVES: 2 (approx. 2 eggs each) **Prep Time:** 5 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1


1¼ cups cold water
¼ cup reduced-sodium tamari
soy sauce
3 Tbsp. + 1 tsp. mirin
4 large hard-boiled eggs, peeled

1. Combine water, soy sauce, and mirin in an airtight container; mix well.
2. Add eggs. Refrigerate, covered, for at least 24 hours. Eggs will be good for up to 7 days.

RECIPE NOTE:

- This basic brine liquid used for marinating the eggs can also be flavored with additional seasonings. We enjoyed ours with 1 clove of smashed garlic and a few slices of ginger.

NUTRITIONAL INFORMATION (per serving): **Calories:** 157 **Total Fat:** 10 g **Saturated Fat:** 3 g **Cholesterol:** 372 mg **Sodium:** 395 mg **Carbohydrates:** 3 g **Fiber:** 0 g **Sugars:** 2 g **Protein:** 13 g






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OVEN-FRIED CHICKEN AND GLUTEN-FREE WAFFLES


GF

SERVES: 4 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1  1

- | | |
|---|---|
| <p>4 Gluten-Free Waffles (see separate recipe for Gluten-Free Waffles)</p> <p>4 pieces Oven-Fried Chicken (see separate recipe for Oven-Fried Chicken), warm</p> <p>4 tsp. pure maple syrup</p> | <ol style="list-style-type: none"> 1. Place each waffle on a serving plate, top with one chicken breast. 2. Drizzle with 1 tsp. maple syrup per serving, and enjoy! |
|---|---|

NUTRITIONAL INFORMATION (per serving): Calories: 435 Total Fat: 21 g Saturated Fat: 5 g Cholesterol: 77 mg Sodium: 685 mg Carbohydrates: 30 g Fiber: 6 g Sugars: 9 g Protein: 35 g

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PALEO BAKED EGG IN AVOCADO

SERVES: 4 (1 avocado half each) **Prep Time:** 10 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

- 2** medium avocados, cut in half, seeds removed
- 4** large eggs
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 tsp.** finely chopped red bell pepper
- 2 tsp.** finely chopped chives

SPECIAL EQUIPMENT:

Aluminum foil

1. Preheat oven to 425° F.
2. Remove enough avocado flesh from center of each avocado half, using a small spoon, to accommodate one egg. (This is usually about half the avocado flesh.)
3. Make four nests to bake avocados in using a 12 x 12-inch sheet of aluminum foil for each nest. Crumble each piece of foil into a loose ball, place on baking sheet, and gently press down in center using skin-side of an avocado half until it forms a snug and stable nest.
4. Crack one egg into each avocado half. Season evenly with salt and pepper. Top evenly with bell pepper.
5. Bake for 20 minutes for runny yolks, 25 minutes for semi-firm yolks, or 30 minutes for firm yolks.
6. Plate one avocado cup per serving. Garnish evenly with chives and enjoy!

RECIPE NOTE:

The leftover avocado flesh makes a great guacamole snack when mixed with a squeeze of lime and a pinch of salt and pepper!

VARIATION:

Substitute 4 tsp. finely chopped low-sodium nitrate-free ham and 4 tsp. shredded cheddar for red bell pepper and chives. For each avocado half, whisk together 1 egg, 1 tsp. ham, 1 tsp. cheese, 1 pinch salt, and 1 pinch pepper; pour into avocado half. Repeat for remaining three avocado halves. Bake for 30 minutes or until set.

CONTAINER EQUIVALENTS (per serving): ½ 1

NUTRITIONAL INFORMATION (per serving): Calories: 154 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 183 mg Sodium: 351 mg Carbohydrates: 5 g Fiber: 3 g Sugars: 1 g Protein: 7 g

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POACHED EGGS WITH ASPARAGUS TOAST^o

VG

SERVES: 2 (1 toast each) **Prep Time:** 10 min. **Cooking Time:** 11 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  ½



½ tsp. olive oil
 10 medium asparagus spears, trimmed
 2 cups hot water
 1 tsp. fresh lemon juice
 2 large eggs
 2 slices low-sodium sprouted whole-grain bread (like Ezekiel[®]), toasted
 2 Tbsp. **Lemon Garlic Sauce** (see separate recipe for **Lemon Garlic Sauce**)
 Freshly ground black pepper (to taste; optional)

1. Heat oil in medium nonstick skillet over medium heat.
2. Add asparagus; cook for 5 to 7 minutes, turning occasionally, or until tender-crisp. Set aside.
3. Bring water to a boil in medium saucepan over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
4. Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining egg; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water.
5. Spread each piece of toast with 1 Tbsp. Lemon Garlic Sauce. Top with five asparagus spears, one egg, and pepper (if desired).
6. Serve immediately.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 224 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 204 mg **Sodium:** 181 mg **Carbohydrates:** 20 g **Fiber:** 5 g **Sugars:** 2 g **Protein:** 12 g

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PORTOBELLO MUSHROOM AND GOAT CHEESE OMELET^o

SERVES: 1 Prep Time: 15 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ 1



- 2** large eggs
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 1 tsp.** ghee (organic grass-fed, if possible), *divided use*
- 1 cup** thinly sliced baby portobello (or button) mushrooms (approx. 3 oz.)
- 2 Tbsp.** crumbled goat cheese
- Chopped fresh flat leaf (Italian) parsley (for garnish; optional)

- 1.** Combine eggs, salt, and pepper in a medium bowl; whisk to blend. Set aside.
- 2.** Heat $\frac{1}{2}$ tsp. ghee in medium skillet over medium-high heat.
- 3.** Add mushrooms; cook, stirring frequently, for 5 minutes, or until tender. Remove mushrooms from skillet. Set aside.
- 4.** Cool skillet, wipe skillet dry. Heat *remaining* $\frac{1}{2}$ tsp. ghee over medium-low heat.
- 5.** Add egg mixture. Stir continuously for 3 to 4 minutes, or until eggs are almost set.
- 6.** Add mushrooms and cheese, turn off heat, cover. Let stand for 1 to 2 minutes, or until heated through. Gently fold in thirds (or in half) for a more traditional omelet.
- 7.** Serve omelet immediately, garnished with parsley, if desired.

VARIATIONS (OTHER OMELET COMBINATIONS INCLUDE):

- Red bell peppers and grated Parmesan cheese
- Spinach and feta cheese
- Broccoli and cheddar cheese
- Asparagus and provolone cheese

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 244 Total Fat: 18 g Saturated Fat: 6 g Cholesterol: 387 mg Sodium: 493 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 3 g Protein: 17 g

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PUFFED COCOA AMARANTH

SERVES: 1 Prep Time: 10 min. Cooking Time: 2 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 ½

2 Tbsp. dry amaranth
½ cup unsweetened almond milk
1 tsp. pure maple syrup
½ tsp. unsweetened cocoa powder
¼ tsp. ground cinnamon
1 cup fresh blueberries

1. Heat the deepest soup pot you have over high heat until a grain of amaranth dropped in the pan pops within 2 to 3 seconds.
2. Wearing oven mitts, drop 1 Tbsp. amaranth into pot; cook, stirring continuously with a wooden spoon, for approx. 10 seconds, or until most of amaranth is popped (not all will pop). Immediately place popped amaranth in a small bowl.
3. Repeat with remaining amaranth.
4. Combine almond milk, maple syrup, cocoa powder, and cinnamon in a small bowl; whisk to blend.
5. Pour almond milk mixture over popped amaranth; top with blueberries. Enjoy!

RECIPE NOTES:

- You'll know you've reached maximum "poppage" when the unpopped amaranth in the pan begins to turn dark brown. Remove immediately at this point or it will burn.
- This will make for a porridge-like cereal consistency, which we enjoy. If you would like yours thinner, add a little more almond milk.
- You can pop your amaranth ahead of time and store it in an airtight container at room temperature. It will keep just like ordinary breakfast cereal.
- You can substitute any fruit that you choose for blueberries. Just make sure amount equals 1 .

NUTRITIONAL INFORMATION (per serving): Calories: 215 Total Fat: 4 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 93 mg Carbohydrates: 43 g Fiber: 6 g Sugars: 19 g Protein: 5 g




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PUMPKIN MUFFINS WITH PUMPKIN SPICE FROSTING

SERVES: 12 muffins (1 muffin each) **Prep Time:** 15 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving):  1½  ½  1

FOR MUFFINS:

1¾ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
1½ tsp.	baking powder
½ tsp.	sea salt (or Himalayan salt)
2 tsp.	pumpkin pie spice
1½ cups	100% pure pumpkin puree
¼ cup	extra-virgin organic coconut oil, melted
½ cup	unsweetened coconut milk beverage
2	large eggs
¼ cup	pure maple syrup
1 tsp.	pure vanilla extract

1. Preheat oven to 375° F.
2. Line a muffin pan with 12 muffin papers and lightly coat with spray.
3. Combine flour, baking powder, salt, and pumpkin pie spice; whisk until combined and set aside.
4. Place pumpkin puree, coconut oil, coconut milk, eggs, maple syrup, and extract in a separate mixing bowl; whisk until smooth.
5. Add flour mixture to egg mixture; whisk until smooth and well incorporated.
6. Divide batter evenly among muffin papers and bake, 20 to 25 minutes, rotating once, until a toothpick inserted into center of muffin comes out clean.
7. While muffins are baking, in a large mixing bowl, combine cream cheese, coconut sugar, and coconut milk. Beat with a hand blender on low until combined then slowly add in Shakeology until combined.
8. Turn hand blender up to medium-high and beat until frosting is fluffy.
9. Once muffins are completely cooled, top each with 1 Tbsp. + 1 tsp. frosting and enjoy!

FOR FROSTING:

½ cup	whipped cream cheese
¼ cup	coconut sugar
¼ cup	unsweetened coconut milk beverage
2 packets	Pumpkin Spice Plant-Based Vegan Shakeology

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 224 **Total Fat:** 9 g **Saturated Fat:** 6 g **Cholesterol:** 38 mg **Sodium:** 155 mg **Carbohydrates:** 31 g **Fiber:** 3 g **Sugars:** 9 g **Protein:** 6 g



PUMPKIN PIE AMARANTH PORRIDGE

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): ½ 2 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 2 ½

Here's a great meal-prep recipe for fall, when everything is turning pumpkins and spice. The earthy taste of amaranth matches perfectly with the warm spices of pumpkin pie. What a treat to start the morning off right!

2½ cups	unsweetened almond milk
3 Tbsp.	pure maple syrup
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground cinnamon
¼ tsp.	ground ginger
1 dash	ground nutmeg
1 dash	ground cloves
1 cup	dry amaranth
1 cup	100% pure pumpkin puree
½ tsp.	pure vanilla extract
2 tsp.	raw pumpkin seeds (for garnish; optional)

1. Bring almond milk, maple syrup, salt, cinnamon, ginger, nutmeg, and cloves to a boil in large saucepan over medium-high heat.
2. Add amaranth; gently boil, covered, for 15 minutes.
3. Add pumpkin. Whisk to blend; cook, covered, for 4 to 5 minutes, or until amaranth is tender and you have a nice porridge consistency. (If porridge becomes too thick, add a little water to achieve desired consistency.)
4. Remove from heat. Add extract; mix well.
5. Evenly divide between four serving bowls. Top each with ½ tsp. pumpkin seeds (if desired).

RECIPE NOTE:

Refrigerate leftover porridge in an airtight container for up to 4 to 5 days. You may need to thin it out with 1 to 2 Tbsp. unsweetened almond milk when serving.

NUTRITIONAL INFORMATION (per serving): **Calories:** 276 **Total Fat:** 6 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 262 mg **Carbohydrates:** 48 g **Fiber:** 7 g **Sugars:** 13 g **Protein:** 9 g

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RICOTTA, APPLE, AND HONEY TOAST

SERVES: 1 (1 slice of toast) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

1 slice low-sodium sprouted wheat bread (like Ezekiel®), toasted
¼ cup + 2 Tbsp. part-skim ricotta cheese
1 pinch sea salt (or Himalayan salt)
½ cup sliced apples (approx. ½ medium)
1 tsp. honey

1. Top toast with cheese and salt.
2. Layer apples over cheese. Drizzle with honey and enjoy!

SERVING SUGGESTION:

To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

NUTRITIONAL INFORMATION (per serving): Calories: 256 Total Fat: 8 g Saturated Fat: 5 g Cholesterol: 29 mg Sodium: 309 mg Carbohydrates: 33 g Fiber: 4 g Sugars: 11 g Protein: 15 g

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RICOTTA PANCAKES WITH MIXED BERRY COMPOTE

SERVES: 4 (1 pancake each) **Prep Time:** 10 min. **Cooking Time:** 43 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 2

FOR COMPOTE:

2 cups fresh mixed berries, *divided use*
¼ cup water
2 Tbsp. pure maple syrup
1 pinch sea salt (or Himalayan salt)
1 tsp. cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)

FOR PANCAKES:

1 cup gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
1 tsp. baking powder, gluten-free
¼ tsp. sea salt (or Himalayan salt)
1 cup part-skim ricotta cheese
¾ cup low-fat (1%) buttermilk
2 large eggs
2 Tbsp. pure maple syrup
1 tsp. pure vanilla extract

1. Combine 1 cup berries, water, maple syrup, and salt in medium nonstick skillet over medium-high heat. Cook for 10 minutes, or until boiling. Reduce to a gentle boil and cook for 6 to 8 minutes, or until berries have broken down.
2. While berries are cooking, combine flour, baking powder, and salt in a large mixing bowl. In a separate bowl, whisk together cheese, buttermilk, eggs, maple syrup, and extract. Pour dry mixture into wet; mix until a smooth batter forms. Set aside.
3. When berries have finished cooking, stir in *remaining* 1 cup berries and cornstarch slurry. Simmer for 30 seconds, or until thickened; set aside.
4. Heat large nonstick skillet over medium-high heat; lightly coat with spray.
5. Add ¾ cup batter to pan, cook for 3 minutes, or until golden brown on bottom; flip and cook for 3 minutes more, or until golden brown on both sides. Transfer pancake to plate. Repeat with remaining batter to make 4 pancakes.
6. Serve each pancake topped with ¼ cup berry compote, or store refrigerated in separate airtight containers for up to 5 days.

RECIPE NOTES:

- You can add 1 tsp. of ghee to enhance flavor a bit. Just remember to track your .
- You can substitute low-fat (1%) milk + 2 tsp. fresh lemon juice (or 2 tsp. white vinegar) for buttermilk.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 330 **Total Fat:** 8 g **Saturated Fat:** 4 g **Cholesterol:** 129 mg
Sodium: 374 mg **Carbohydrates:** 52 g **Fiber:** 2 g **Sugars:** 20 g **Protein:** 13 g




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SAVORY BREAKFAST MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 15 min. **Cooking Time:** 28 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1½

- 3 cups** chopped raw spinach
- 2 cups** gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- 2 tsp.** baking powder, gluten-free
- ½ tsp.** sea salt (or Himalayan salt)
- 2** large eggs, lightly beaten
- 1 cup** unsweetened almond milk
- 1 cup** cooked **FIXATE Breakfast Sausage** (see separate recipe for **FIXATE Breakfast Sausage**), crumbled
- 1 cup** shredded Cheddar cheese
- ¼ cup** ghee (organic grass-fed, if possible), melted
- ¼ cup** pure maple syrup

SPECIAL EQUIPMENT:


Muffin papers/cupcake liners

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Line twelve-cup muffin pan with muffin liners and lightly coat with spray. Set aside.
3. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
4. Add spinach; cook, stirring frequently, for 2 minutes, or until wilted. Set aside.
5. Combine flour, baking powder, and salt in a medium bowl; mix well. Set aside.
6. Combine eggs, almond milk, sausage, cheese, ghee, and maple syrup; whisk to blend.
7. Add spinach mixture; whisk to blend.
8. Add flour mixture to egg mixture; whisk until thoroughly combined. Divide batter evenly among twelve muffin cups (approx. ½ cup per muffin cup).
9. Bake for 20 to 25 minutes, rotating pan after 10 minutes, or until a toothpick inserted into center comes out clean.

NUTRITIONAL INFORMATION (per serving): **Calories:** 206 **Total Fat:** 11 g **Saturated Fat:** 6 g **Cholesterol:** 64 mg **Sodium:** 363 mg **Carbohydrates:** 21 g **Fiber:** 2 g **Sugars:** 6 g **Protein:** 8 g

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SAVORY POACHED EGGS (SHAKSHUKA)^o

SERVES: 4 (approx. 2 eggs and 1 cup sauce each) **Prep Time:** 20 min. **Cooking Time:** 41 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1 1



Shakshuka is a dish that arrived in Israel by way of North Africa and simply means “mixture.” Perfect anytime of day, particularly breakfast, there’s a reason why this dish has been popping up on the menus of trendy diners across the country.

- 1 (35-oz.) can** whole peeled tomatoes
- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1½ medium)
- 6 cloves** garlic, finely chopped
- 1½ tsp.** ground cumin
- 1 tsp.** ground coriander
- 1½ tsp.** ground caraway
- 1 Tbsp.** ground smoked paprika
- ¾ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 cups** chopped bell pepper (approx. 2½ medium)
- 1 medium** jalapeño pepper, seeds and veins removed, chopped
- ¼ cup** water
- 2 cups** coarsely chopped kale
- 8** large eggs
- 40 whole** kalamata olives, chopped
- ¼ cup** chopped fresh parsley (for garnish; optional)
- 4** (4-inch) whole wheat pitas

- 1.** Place tomatoes in a medium bowl; crush by hand (or pulse in food processor or blender) to achieve slightly chunky consistency. Set aside.
- 2.** Heat oil in large skillet (or cast iron pan) over high heat, until fragrant.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until lightly browned. Reduce heat to medium.
- 4.** Add garlic, cumin, coriander, caraway, paprika, salt, and pepper; cook, stirring frequently, for 1 minute.
- 5.** Add bell pepper, jalapeño, and water; cook, stirring frequently, for 3 to 5 minutes, or until soft.
- 6.** Add kale and tomatoes. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 10 minutes.
- 7.** Use a spoon to make eight small wells in tomato mixture. Crack an egg into each well as you go; gently boil, covered, for 10 to 14 minutes, or until eggs have reached desired doneness. (I prefer mine with runny yolks, so about 10 minutes.) Remove from heat.
- 8.** Garnish with olives and parsley, if desired. Serve with one pita. Enjoy!

RECIPE NOTE:

Many Italian brands have 35-oz. cans of tomatoes. If you can't find one, use a 28-oz. can plus half of a 14-oz. can.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 401 **Total Fat:** 24 g **Saturated Fat:** 4 g **Cholesterol:** 366 mg **Sodium:** 1,569 mg **Carbohydrates:** 31 g **Fiber:** 7 g **Sugars:** 12 g **Protein:** 18 g

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SOUTHERN SPICED FRENCH TOAST WITH BANANAS AND PECANS^o



SERVES: 4 (1 slice each) **Prep Time:** 15 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ ½ 1 tsp.



- 4** large eggs
- ¼ cup** unsweetened almond milk
- 1 Tbsp. + 4 tsp.** pure maple syrup, *divided use*
- 1 tsp.** pumpkin pie spice
- 4 slices** low-sodium sprouted whole-grain bread (like Ezekiel[®])
- 2 tsp.** extra-virgin organic coconut oil
- 2** large bananas, sliced
- ¼ cup** chopped raw pecans

- 1.** Combine eggs, almond milk, *1 Tbsp.* maple syrup, and pumpkin pie spice in a shallow pan; whisk to blend.
- 2.** Soak each slice of bread in egg mixture for 10 seconds on each side.
- 3.** Heat oil in medium nonstick skillet over medium heat.
- 4.** Add bread; cook for 2 to 3 minutes on each side, or until golden brown.
- 5.** Top each slice evenly with *1 tsp.* maple syrup, ½ banana, and 2 Tbsp. pecans; serve immediately.

RECIPE NOTES:

- If you'd like to toast pecans: heat skillet to medium heat. Add pecans; cook, stirring constantly, for 3 to 5 minutes, or until fragrant.
- If desired, scramble the remaining egg mixture in a skillet and evenly divide among 4 servings, to fully account for containers.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 296 Total Fat: 13 g Saturated Fat: 4 g Cholesterol: 186 mg Sodium: 84 mg Carbohydrates: 36 g Fiber: 5 g Sugars: 12 g Protein: 12 g

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SOUTHWEST BREAKFAST SCRAMBLE^o

SERVES: 2 (approx. 1½ cups each) **Prep Time:** 15 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1 1



- 2** medium poblano chilies
- 3** large eggs
- 4** large egg whites (½ cup)
- 1 tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** sea salt (or Himalayan salt)
- 2 tsp.** olive oil
- ¾ cup** finely chopped onion (about 1 medium)
- 1 cup** finely chopped red potato (about 2 medium)
- 2 Tbsp.** water
- ½ cup** **Homemade Salsa** (see separate recipe for *Homemade Salsa*)
- 2 Tbsp.** finely chopped fresh cilantro
- ½** medium ripe avocado, sliced

- 1.** Preheat oven to broil.
- 2.** Place chilies on baking sheet, lightly coat with spray. Broil for 5 to 8 minutes on each side, turning occasionally. Chilies will be blistered all over, but not burned.
- 3.** Place chilies in resealable plastic bag (or covered bowl) until cool enough to handle. Pull off loose skin and discard skin, stem, and seeds. Coarsely chop. Set aside.
- 4.** Combine eggs and egg whites in a medium bowl; whisk to blend.
- 5.** Season with chili powder, cumin, and salt. Set aside.
- 6.** Heat oil in nonstick skillet over medium-high heat.
- 7.** Add onion and potato; cook, stirring frequently, for 2 to 3 minutes.
- 8.** Add water; cook, stirring frequently for 6 to 7 minutes, or until onion is translucent and potato is soft.
- 9.** Add egg mixture and chilies. Mix well; cook slowly, over medium-low heat, stirring frequently, for 3 to 6 minutes, or until eggs are set.
- 10.** Divide evenly between two serving plates. Top each with ¼ cup salsa, 1 Tbsp. cilantro, and ¼ avocado.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTES:

- You can use pasilla chilies instead of poblano chilies.
- This scramble is great served on a bed of radicchio and served with a slice of sprouted whole-grain toast. Make sure to account for any containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 363 **Total Fat:** 20 g **Saturated Fat:** 4 g **Cholesterol:** 279 mg **Sodium:** 637 mg **Carbohydrates:** 28 g **Fiber:** 8 g **Sugars:** 7 g **Protein:** 21 g

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SPRING BREAKFAST BOWL

SERVES: 1 **Prep Time:** 6 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1 1 1 1

½ cup
¼ cup + 2 Tbsp.
10
1 tsp.
1 dash
1 dash
2
¼
¼ cup
½

cooked brown rice
water, *divided use*
medium asparagus
spears, trimmed
olive oil
sea salt (or Himalayan
salt), *divided use*
ground black pepper,
divided use
large eggs
medium ripe avocado,
sliced
peeled and thinly
sliced watermelon
radish
large grapefruit, cut
into 4 wedges, peeled

1. Heat a large nonstick skillet over medium-high heat. Add rice and 2 Tbsp. water; cook, stirring constantly, for 3 minutes, until rice is warm. Transfer to serving bowl; set aside.
2. Wipe out skillet with a paper towel. Add *remaining* ¼ cup water and bring to a simmer over medium-high heat. Add asparagus, cover, and cook for 3 to 4 minutes, until tender-crisp.
3. Transfer asparagus to serving bowl, drizzle with olive oil, and sprinkle with 1 pinch salt and 1 pinch pepper.
4. Lightly coat the same skillet with cooking spray and place over medium heat. Add eggs; cook them however you prefer, for 3 to 5 minutes, or until done to your liking.
5. Arrange eggs on top of asparagus; sprinkle *remaining* 1 pinch salt and *remaining* 1 pinch pepper.
6. Top with avocado, radish, and grapefruit; serve immediately.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories 426 Total Fat: 22 g Saturated Fat: 5 g Cholesterol: 373 mg Sodium: 338 mg Carbohydrates: 41 g Fiber: 8 g Sugars: 5 g Protein 20 g

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STRAWBERRY CREAM CHEESE TOAST



SERVES: 1 (1 slice of toast) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 1

½ cup sliced strawberries
1 tsp. coconut sugar
1 slice low-sodium sprouted wheat bread
(like Ezekiel®), toasted
2 Tbsp. cream cheese

1. Combine strawberries and sugar in a small bowl; mix well. Leave to macerate for 10 minutes.
2. Spread cream cheese on toast and top with strawberry mixture, and enjoy!

SERVING SUGGESTION:

- To make this recipe gluten-free, use **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**).

NUTRITIONAL INFORMATION (per serving): **Calories:** 221 **Total Fat:** 11 g **Saturated Fat:** 6 g **Cholesterol:** 32 mg **Sodium:** 182 mg **Carbohydrates:** 27 g **Fiber:** 5 g **Sugars:** 9 g **Protein:** 6 g

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STRAWBERRIES AND CREAM OVERNIGHT OATS

SERVES: 1 **Prep Time:** 5 min. + 4 hours (or overnight) to chill **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1½ 1 ½ 1 ½

- | | | |
|------------------------|--|--|
| 1 cup | chopped strawberries,
<i>divided use</i> | 1. Place <i>½ cup</i> strawberries, yogurt, coconut milk, maple syrup, and jam in blender; cover and blend until smooth. |
| ¼ cup + 2 Tbsp. | reduced-fat (2%) plain Greek yogurt | 2. Place <i>remaining ½ cup</i> strawberries, oats, and chia seeds in a medium bowl. Top with yogurt mixture; stir to combine. Cover tightly; refrigerate four hours, or overnight. |
| ½ cup | canned lite coconut milk | |
| 1 tsp. | pure maple syrup | |
| 1 Tbsp. | reduced-sugar strawberry jam | |
| ¼ cup | dry rolled oats, gluten-free | |
| 1 Tbsp. | chia seeds | |

NUTRITIONAL INFORMATION (per serving): **Calories:** 389 **Total Fat:** 16 g **Saturated Fat:** 8 g **Cholesterol:** 9 mg
Sodium: 101 mg **Carbohydrates:** 50 g **Fiber:** 11 g **Sugars:** 23 g **Protein:** 17 g

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SWEET POTATO HASH^o

SERVES: 4 (approx. 1 cup hash and 1 egg each) **Prep Time:** 15 min. **Cooking Time:** 19 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 1



- | | |
|--|---|
| <p>1 Tbsp. ghee (organic grass-fed, if possible)</p> <p>¾ cup chopped kale (or raw spinach)</p> <p>½ cup chopped onion (approx. ⅔ medium)</p> <p>½ cup chopped bell pepper (approx. ⅔ medium)</p> <p>2 cloves finely chopped garlic</p> <p>1 tsp. ground smoked paprika</p> <p>¼ tsp. + 1 dash sea salt (or Himalayan salt)</p> <p>¼ tsp. ground black pepper</p> <p>2 cups 1-inch cubed cooked sweet potato</p> <p>4 large eggs</p> <p>¼ cup thinly sliced green onion</p> | <ol style="list-style-type: none"> 1. Preheat oven to 450° F. 2. Line a baking sheet with parchment paper. Set aside. 3. Melt ghee in large skillet over medium-high heat. 4. Add kale, onion, and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. 5. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. 6. Combine paprika, salt, and pepper in a small bowl; mix well. 7. Add sweet potato to paprika mixture; mix well. Spread in an even layer on prepared pan. 8. Crack eggs over top of hash. Bake for 10 to 12 minutes, or until eggs are cooked to desired doneness. 9. Garnish with green onion; serve immediately. |
|--|---|

SPECIAL EQUIPMENT:

Parchment paper

RECIPE NOTE:

Use your meal-prepped sweet potato for this recipe.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 214 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 196 mg **Sodium:** 511 mg **Carbohydrates:** 26 g **Fiber:** 3 g **Sugars:** 2 g **Protein:** 9 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



SWEET POTATO TOAST^o

SERVES: 2 (approx. 4 slices each) **Prep Time:** 10 min. **Cooking Time:** 21 min.

CONTAINER EQUIVALENTS (per serving) Sweet Potato Toast only: 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING) SWEET POTATO TOAST ONLY: 1



- 1 **medium sweet potato, wash, remove each end, slice lengthwise using a mandoline (if desired) into 8 approx. 1/4-inch-thick slices**
1. Preheat oven to 350° F.
2. Arrange sweet potato slices on baking sheet. Bake for 20 minutes, turning after 10 minutes, until pliable but not completely done.
3. When ready to prepare toast, place a slice of potato in the toaster and toast until crisp.

RECIPE NOTE:

Store potato slices in an airtight container in the refrigerator for up to 5 days.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving) Sweet Potato Toast only: Calories: 85 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 55 mg Carbohydrates: 20 g Fiber: 3 g Sugars: 4 g Protein: 2 g

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VARIATIONS:

- To make one serving **Smoked Salmon Sweet Potato Toast**, evenly top 4 Sweet Potato Toast slices with 4 oz. smoked salmon, 1/4 sliced medium avocado, 4 slices tomato, and 1/2 cup thinly sliced red onion.

CONTAINER EQUIVALENTS (per serving): 1/2 1 1 1

This recipe is not vegan or vegetarian.

NUTRITIONAL INFORMATION (per serving) Smoked Salmon Sweet Potato Toast: Calories: 336 Total Fat: 13 g Saturated Fat: 2 g Cholesterol: 26 mg Sodium: 953 mg Carbohydrates: 33 g Fiber: 8 g Sugars: 9 g Protein: 25 g

- To make one serving **Cottage Cheese Blueberry Sweet Potato Toast**, evenly top 4 Sweet Potato Toast slices with 3/4 cup reduced-fat (2%) cottage cheese and 1/4 cup fresh blueberries, and drizzle with 1 tsp. honey.

CONTAINER EQUIVALENTS (per serving): 1/2 1 1

This recipe is not paleo-friendly or vegan.

NUTRITIONAL INFORMATION (per serving) Cottage Cheese Blueberry Sweet Potato Toast: Calories: 272 Total Fat: 4 g Saturated Fat: 2 g Cholesterol: 17 mg Sodium: 614 mg Carbohydrates: 37 g Fiber: 4 g Sugars: 19 g Protein: 22 g



SWISS OATMEAL

SERVES: 1 Prep Time: 10 min. + 4 hours (or overnight) Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1 2 1

- ½ cup** dry old-fashioned rolled oats, gluten-free
- ¾ cup** unsweetened almond milk
- ¾ cup** reduced-fat (2%) plain Greek yogurt
- ½ tsp.** pure vanilla extract
- ½ tsp.** ground cinnamon
- ½ cup** chopped strawberries
- ¼** large banana, chopped
- 2 Tbsp.** sliced raw almonds

- 1.** Place oats, almond milk, yogurt, extract, cinnamon, strawberries, banana, and almonds in a medium bowl; mix well. Soak, covered, in the refrigerator overnight.

RECIPE NOTE:

If you don't have sliced almonds, you can chop 12 raw almonds.

NUTRITIONAL INFORMATION (per serving): Calories: 445 Total Fat: 14 g Saturated Fat: 4 g Cholesterol: 9 mg Sodium: 195 mg Carbohydrates: 54 g Fiber: 9 g Sugars: 16 g Protein: 27 g

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TOFU "OMELETS"^o

SERVES: 3 (1 omelet each) **Prep Time: 10 min. Cooking Time: 18 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ B ½

14 oz. silken tofu, drained
3 Tbsp. nutritional yeast
¼ tsp. ground turmeric
¼ tsp. onion powder
¼ tsp. garlic powder
¾ tsp. sea salt (or Himalayan salt)
¼ cup + 2 Tbsp. gluten-free all-purpose flour (preferably Bob's Red Mill®)
¼ cup water

1. Place tofu, yeast, turmeric, onion powder, garlic powder, salt, and flour in blender; cover. Blend, adding 1 Tbsp. of water at a time, until a smooth batter (similar to pancake batter) forms. Set aside.
2. Heat small nonstick omelet pan (or skillet), lightly coated with spray, over medium heat.
3. Add ⅔ cup of batter. Swirl pan to form a thin, even layer across entire bottom of pan (or gently spread with spatula); cook for 4 to 5 minutes, or until top of omelet is set and bottom is golden brown.
4. Tilt pan. Flip omelet over itself, using a spatula, and out of pan onto a plate.
5. Repeat twice, spraying pan each time, with remaining batter.

SPECIAL EQUIPMENT:

Coconut oil cooking spray

RECIPE NOTES:

- Depending on the brand of tofu you use, you may need to add more or less water to achieve a consistency similar to pancake batter.
- If you are filling your omelet, pre-cook your filling ingredients, and add them after the first 2 minutes of cooking.
- Get creative with your fillings, just make sure to account for the appropriate containers!
- Unfilled omelets keep for 4 to 5 days in the refrigerator.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories: 161 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 620 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 2 g Protein: 14 g**

Bob's Red Mill is a trademark of Bob's Red Mill Natural Foods, Inc.

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TOFU BREAKFAST SAUSAGE

SERVES: 4 (approx. ¾ cup each) Prep Time: 5 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1

3 cups firm tofu, drained, patted dry
2 Tbsp. maple syrup
2 tsp. fresh rosemary, finely chopped
1 tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
¼ tsp. ground nutmeg
1 dash ground juniper

1. Crumble tofu into a large mixing bowl. Add maple syrup, rosemary, salt, pepper, nutmeg, and juniper; toss to combine.
2. Heat a medium pan over medium-high heat; coat with spray. Cook tofu mixture, stirring frequently, 2 to 3 minutes, until heated through.
3. Divide evenly among four plates and serve immediately, or store in an airtight container in the refrigerator for up to 4 days.

SPECIAL EQUIPMENT:

Olive oil cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 139 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 11 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 7 g Protein: 12 g

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TOFU PINEAPPLE BREAKFAST SKILLET

SERVES: 1 Prep Time: 15 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1½ 1 1

- 1 tsp. coconut oil
- ¼ cup chopped onion (approx. ⅓ medium)
- ¼ cup chopped tomato
- ¼ cup chopped bell pepper (approx. ⅓ medium)
- ½ cup cubed pineapple
- ½ cup cooked sweet potato, cut into ½-inch cubes
- ½ tsp. chili powder
- ¼ tsp. garlic powder
- 1 dash sea salt (Himalayan salt)
- ¼ tsp. ground black pepper
- ¾ cup **FIXATE Tofu Breakfast Sausage** (see separate recipe for **FIXATE Tofu Breakfast Sausage**)
- 2 slices cooked vegan bacon, crumbled
- ¼ cup sliced green onions (approx. ¼ bunch)

Olive oil cooking spray

1. Heat a medium nonstick skillet over medium-high heat; coat with spray and add oil.
2. Add onion, tomato, bell pepper, and pineapple. Cook 3 to 5 minutes, until onion is translucent and pineapple begins to brown.
3. Add potatoes, chili powder, garlic powder, salt, and pepper and cook another 2 minutes, until potatoes begin to brown.
4. Add Tofu Breakfast Sausage and bacon and cook, 2 to 3 minutes, until tofu is lightly browned. Remove from heat, then stir in green onions.
5. Serve immediately, or store in an airtight container in the refrigerator for up to 4 days.

RECIPE NOTE:

You can use meal-prepped sweet potato or frozen sweet potato.

SPECIAL EQUIPMENT:

NUTRITIONAL INFORMATION (per serving): Calories: 428 Total Fat: 13 g Saturated Fat: 5 g Cholesterol: 0 mg Sodium: 412 mg Carbohydrates: 60 g Fiber: 8 g Sugars: 28 g Protein: 21 g

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VANILLA YOGURT


SERVES: 4 (approx. 1/4 cup + 2 Tbsp. each) **Prep Time:** 5 min.

CONTAINER EQUIVALENTS (per serving):  1/2

1 1/2 cups reduced-fat (2%) plain
Greek yogurt
2 Tbsp. honey
1/2 tsp. pure vanilla extract
1 pinch sea salt (or Himalayan salt)

1. Combine yogurt, honey, extract, and salt in a medium bowl; mix well. Refrigerate until needed.

NUTRITIONAL INFORMATION (per serving): **Calories:** 96 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 4 mg **Sodium:** 64 mg **Carbohydrates:** 12 g **Fiber:** 0 g **Sugars:** 11 g **Protein:** 9 g

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VEGAN "EGG" SOUFFLÉS^o

SERVES: 4 (4 soufflés each) **Prep Time:** 15 min. **Cooking Time:** 26 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½ ½

What we love about soufflé cups is that you can use them as a protein-rich vehicle for just about any ingredient. We're staying vegan with this recipe, so we're going to eschew the meats and cheeses for a vegetable medley, but grains like quinoa or brown rice can work in this too. Just remember to use your containers and the sky's the limit.

2 Tbsp.	olive oil
2 cups	mixed chopped vegetables (like bell peppers, broccoli, and onion)
1¼ tsp.	sea salt (or Himalayan salt), divided use
¼ tsp.	ground black pepper
14 oz.	silken tofu, drained
3 Tbsp.	nutritional yeast
¼ tsp.	ground turmeric
¼ tsp.	onion powder
¼ tsp.	garlic powder
¼ cup + 2 Tbsp.	all-purpose flour, gluten-free
¼ cup	water
¼ cup	finely chopped chives

1. Preheat oven to 400° F.
2. Lightly coat two twelve-cup muffin tins with spray. Set aside.
3. Heat oil in medium skillet over medium-high heat, until fragrant.
4. Add vegetables, ¼ tsp. salt, and pepper; cook, stirring frequently, for 3 to 5 minutes, or until vegetables just begin to soften.
5. Place tofu, yeast, turmeric, onion powder, garlic powder, *remaining 1 tsp.* salt, flour, and water in blender (or food processor); cover. Blend until smooth batter forms. (You may need to add a little more or less water to get a consistency like pancake batter.)
6. Combine tofu mixture, vegetable mixture, and chives; mix well.
7. Add a scant ¼ cup of batter to each of 16 cups in prepared muffin tins.
8. Bake for 15 to 20 minutes, or until tops of soufflés have begun to brown and a toothpick inserted into the center comes out clean.

SPECIAL EQUIPMENT:

Nonstick cooking spray

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 192 **Total Fat:** 10 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 760 mg **Carbohydrates:** 17 g **Fiber:** 3 g **Sugars:** 2 g **Protein:** 11 g

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VEGAN ORANGE CHERRY MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 10 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 1/2 1 1/2 1 1/2

VEGAN CONTAINER EQUIVALENTS (per serving): 1/2 B 1 1/2 1 1/2

1 1/2 cups	all-purpose gluten-free flour, sifted
1/2 cup	almond flour, sifted
2 tsp.	baking powder, gluten-free
1/2 cup	chopped raw walnuts
1 tsp.	sea salt (or Himalayan salt)
1/4 cup	extra-virgin organic coconut oil
2 Tbsp.	all-natural peanut butter
3/4 cup	pure maple syrup (preferably grade B)
1 Tbsp.	finely grated orange peel (orange zest)
3/4 cup	fresh orange juice (approx. 1 to 2 medium oranges)
2 tsp.	ground flaxseed
1 cup	thickly sliced banana, very ripe (approx. 1 large banana)
1 tsp.	pure vanilla extract
1/2 cup	chopped fresh cherries

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine flour, almond flour, baking powder, walnuts, and salt in a large mixing bowl; mix well. Set aside.
4. Place oil, peanut butter, maple syrup, orange peel, orange juice, ground flaxseed, banana, and extract in blender; cover. Blend until smooth; approx. 30 seconds.
5. Add peanut butter mixture to flour mixture; mix until just moistened. Do not overmix.
6. Add cherries; fold until just mixed.
7. Spoon batter into prepared muffin cups. (One-quarter cup batter should fill each cup about three-quarters full.)
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into the center of a muffin comes out clean.
9. Remove from oven; allow to cool for 5 to 10 minutes before removing muffins from pan and cooling completely on a rack. Enjoy!

TIPS:

- Not all brands of all-purpose gluten-free flour are vegan, so be sure to check the label.
- Grade B maple syrup has a very strong, intense flavor that can be similar to molasses, and is perfect for baking.

NUTRITIONAL INFORMATION (per serving): **Calories:** 240 **Total Fat:** 12 g **Saturated Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 266 mg **Carbohydrates:** 32 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 4 g

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VEGGIE QUICHE^o

SERVES: 4 (1 slice each) **Prep Time:** 25 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1



FOR CRUST:

2 Tbsp. ground flaxseed + ½ cup water
2 cups cooked brown rice
1 large egg
¼ cup + 2 Tbsp. whole flaxseeds
¼ tsp. ground black pepper
½ tsp. sea salt (or Himalayan salt)

FOR FILLING:

7 large eggs, lightly beaten
4 cups cooked mixed vegetables
3 Tbsp. finely chopped fresh tarragon
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

FOR CRUST:

1. Preheat oven to 350° F.
2. Combine ground flaxseed and water in a small bowl. Set aside for 5 minutes to soak.
3. Line bottom of 9-inch pie pan with parchment paper and coat with spray. Set aside.
4. Combine rice, egg, ground flaxseed mixture, whole flaxseeds, pepper, and salt; mix well.
5. Spread rice mixture evenly over bottom and halfway up sides of prepared pie pan, dipping hands in water periodically to keep rice from sticking to them. Bake for 20 minutes, or until crust just starts to brown. Set aside.

FOR FILLING:

1. Combine eggs, vegetables, tarragon, salt, and pepper in a large bowl; mix well.
2. Add egg mixture to crust. Bake for 35 to 40 minutes, or until quiche is set in the center.
3. Cut quiche into four slices. Serve immediately or refrigerate in an airtight container for up to 5 days.

RECIPE NOTES:

- This is a great recipe to use your meal-prepped brown rice and vegetables. You can use seasonal vegetables of your choice in this recipe. If you are starting with fresh vegetables, they can be cooked for 4 to 5 minutes in a steamer.
- Frozen vegetables work great too. Make sure you thaw frozen vegetables first.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 391 **Total Fat:** 18 g **Saturated Fat:** 4 g **Cholesterol:** 366 mg **Sodium:** 739 mg **Carbohydrates:** 38 g **Fiber:** 9 g **Sugars:** 3 g **Protein:** 20 g

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ENTRÉE RECIPES

AHI AND AVOCADO QUINOA SUSHI

SERVES: 6 (4 rolls each) Prep Time: 35 min. Cooking Time: 21 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  ½

In this recipe, we will be preparing a form of sushi known as Gunkan Maki. It is much easier to make than your typical sushi roll and requires no special equipment. It's also a great showcase for your creativity as it can be topped with all sorts of healthy ingredients, from fish to vegetables to fresh fruit!

FOR SUSHI QUINOA:

- 1 cup** dry quinoa, not rinsed
- 2 cups** water
- 1 Tbsp.** rice vinegar, unseasoned
- 1 Tbsp.** coconut sugar (or palm sugar)
- ¾ tsp.** sea salt (or Himalayan salt)

FOR ROLLS:

- 10 oz.** raw ahi tuna, sushi grade, finely chopped*
- 1½ tsp.** rice vinegar, *divided use*
- Sea salt (or Himalayan salt) (to taste; optional)**
- ¾** medium avocado, chopped
- 4 sheets** nori
- Sesame Infusion (optional)**
(see separate recipe for Sesame Infusion)
- 4 tsp.** toasted sesame seeds
- Reduced-sodium tamari soy sauce (for dipping)**
- Wasabi (optional)**
- Pickled ginger (optional)**

FOR SUSHI QUINOA:


1. Bring quinoa and water to a boil in small saucepan over medium-high heat. Reduce heat to medium-low. Gently boil, covered, for 10 to 15 minutes, or until all water has been absorbed.
2. While quinoa is cooking, combine vinegar, sugar, and salt in a microwave-safe bowl; mix well. Microwave on high for 30 seconds; mix well. Cool for 20 to 25 minutes. Set aside.
3. Place cooked quinoa in a large mixing bowl. Fold in vinegar mixture with a rubber spatula, to completely coat quinoa. Cover with a damp towel; cool to room temperature before using. (Do not skip this step!)

FOR ROLLS:


1. Place ahi in a medium bowl. Drizzle with *1 tsp.* vinegar and season with salt (if desired). Set aside.
2. Place avocado in a small bowl. Drizzle with *remaining ½ tsp.* vinegar and season with salt (if desired). Set aside.
3. Cut each sheet of nori, using a sharp knife (or scissors), into twenty-four 1½-inch wide strips. (You will have some strips left over. You can wrap them to use next time.) Set aside.
4. Using damp hands, make twenty-four 1½-inch balls of quinoa, packing it together just enough so the quinoa forms cohesive balls.
5. Place each ball on a clean cutting board, pressing down slightly to flatten the bottom.
6. Wrap a strip of nori around quinoa ball, shiny side out, and seal ends together with fingers using a little bit of water. (In a pinch, a few grains of quinoa can be used as glue.)
7. Push down top of quinoa ball so that there is approx. ¼-inch of empty space between quinoa and nori.
8. Fill the empty space with ahi, top with avocado, drizzle with Sesame Infusion (if desired), and sprinkle with sesame seeds.
9. Repeat steps 5 to 8 for the remaining rolls.
10. Serve with soy sauce, wasabi (if desired), and ginger (if desired). Enjoy!

NUTRITIONAL INFORMATION (per serving) Ahi and Avocado Quinoa Sushi without Sesame Infusion:
Calories: 219 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 21 mg Sodium: 428 mg Carbohydrates: 24 g Fiber: 4 g Sugars: 2 g Protein: 16 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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TIPS:

- If you're using Sesame Infusion, be sure to add 1 
- Nori can be hard to slice. Make sure you have a really sharp knife or pair of scissors.
- Look for nori that comes in slightly perforated pre-cut strips.



ALMOND CRUSTED CHICKEN^o

SERVES: 6 (1 chicken breast each) Prep Time: 25 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1



- 1 cup** almond flour
- 1 tsp.** garlic powder
- 1½ tsp.** finely grated lemon peel (lemon zest)
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 1** large egg, lightly beaten
- ¼ cup** water
- 6 (4-oz.)** raw chicken breasts, boneless, skinless
- 2 Tbsp.** olive oil, *divided use*
- 6 cups** raw mixed vegetables
Fresh parsley (for garnish; optional)

SPECIAL EQUIPMENT:

Plastic wrap

- 1.** Preheat oven to 425° F.
- 2.** Combine almond flour, garlic powder, lemon peel, salt, and pepper in a shallow dish; mix well. Set aside.
- 3.** Combine egg and water in a shallow dish; whisk to blend.
- 4.** Dip each chicken breast into the egg mixture; dredge in flour mixture until evenly coated. Set aside.
- 5.** Heat *1 Tbsp.* oil in large, ovenproof skillet over medium-high heat.
- 6.** Add chicken breasts; cook for 3 to 4 minutes on each side.
- 7.** Place skillet in oven; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each chicken breast reads 165° F.
- 8.** While chicken is baking, heat *remaining 1 Tbsp.* oil in medium skillet over medium heat.
- 9.** Add vegetables; cook, stirring frequently, for 2 to 3 minutes, or until tender-crisp.
- 10.** Serve one chicken breast and 1 cup vegetables per serving garnished with parsley, if desired.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 319 Total Fat: 18 g Saturated Fat: 2 g Cholesterol: 104 mg Sodium: 445 mg Carbohydrates: 12 g Fiber: 5 g Sugars: 4 g Protein: 30 g

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AMARANTH RISOTTO

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 15 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1½ 1 ½

1 cup dried shiitake mushrooms
4 cups water
1 Tbsp. + 1 tsp. olive oil
1 cup chopped onion
 (approx. 1½ medium)
4 cloves garlic, finely chopped
1 tsp. dried thyme
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 cup dry amaranth
3 cups low-sodium organic
 vegetable broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel
 (lemon zest)

1. Bring water to a boil. Turn off heat, add mushrooms. Soak mushrooms in hot water for 5 minutes. Drain, squeezing out excess water, reserving mushroom liquor and soaking water.
2. Heat oil in large saucepan over medium-high heat, until fragrant.
3. Add onion, garlic, drained mushrooms, thyme, salt, and pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
4. Add amaranth; cook, stirring frequently, for 3 minutes, or until amaranth begins to brown.
5. Add broth, 2 cups reserved mushroom liquor and soaking water, and lemon juice. Bring to a boil. Reduce heat to low; gently boil uncovered, stirring occasionally, for 15 to 20 minutes, or until liquid is absorbed.
6. Remove from heat. Add lemon peel; mix well.

RECIPE NOTE:

You can store leftover risotto in an airtight container in the refrigerator for up to 4 days. Add 1 to 2 Tbsp. of broth when reheating.

SERVING SUGGESTION:

Top with 1 Tbsp. grated Parmesan or 1 Tbsp. nutritional yeast.

NUTRITIONAL INFORMATION (per serving): **Calories:** 215 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 407 mg **Carbohydrates:** 35 g **Fiber:** 5 g **Sugars:** 3 g **Protein:** 6 g

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AVOCADO CHICKEN SALAD WRAP^o

SERVES: 14 (½ wrap each) **Prep Time:** 20 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ■ ½ ■ 1 ■ ½



Avocado makes a shockingly delicious mayonnaise substitute in this healthy chicken salad. If you're a fan of the fruit (yes, it's a fruit, and yes, we are fans) you may even like it better than the original! When you're using meal-prepped chicken, this recipe is a no-cook snap to whip up!

- 2** medium ripe avocados, mashed
- ¼ cup** fresh lemon juice
- 1 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** Dijon mustard
- ¼ cup** chopped fresh dill weed
- ¾ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 5¼ cups** shredded cooked chicken breast
- 2 cups** red grapes, cut in half
- 1 cup** chopped celery (approx. 3 medium stalks)
- 1 cup** chopped red onion (approx. 1½ medium)
- ½ cup** thinly sliced green onion (approx. 4 medium stalks)
- ¼ cup** pine nuts
- 7** (9-inch) sprouted whole-grain tortillas

- 1.** Combine avocados, lemon juice, lemon peel, mustard, dill, salt, and pepper in a medium bowl; mix until well blended.
- 2.** Add chicken, grapes, celery, onions, and pine nuts; toss gently to blend.
- 3.** Place 1 cup avocado mixture on each tortilla. Roll up, cut in half, and serve immediately.

RECIPE NOTE:




You can meal-prep this recipe by having all of the ingredients prepped and combining them when you are ready to eat this wrap.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 248 **Total Fat:** 9 g **Saturated Fat:** 1 g **Cholesterol:** 45 mg **Sodium:** 343 mg **Carbohydrates:** 21 g **Fiber:** 5 g **Sugars:** 5 g **Protein:** 22 g

BANGERS AND MASH

SERVES: 4 (1 sausage patty, approx. ½ cup mashed potatoes, and approx. ¼ cup gravy each) **Prep Time:** 25 min. **Cooking Time:** 36 min.

CONTAINER EQUIVALENTS (per serving):  1  1  2

FOR GRAVY:

1 cup	low-sodium organic beef broth
1 tsp.	unflavored gelatin (preferably from grass-fed cows)
1 tsp.	ghee (organic grass-fed, if possible)
½ cup	thinly sliced onion (approx. ¾ medium)
2 cloves	finely chopped garlic
1 Tbsp.	Worcestershire sauce
1 pinch	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
1 Tbsp.	cornstarch (preferably GMO-free) + 1 Tbsp. water (combine to make a slurry)

FOR BANGERS:

¼ cup + 2 Tbsp.	Guinness® beer
¼ tsp.	unflavored gelatin (preferably from grass-fed cows)
¼ cup	dry old-fashioned rolled oats, toasted
1 lb.	raw 93% lean ground turkey
1 tsp.	sea salt (or Himalayan salt)
1 tsp.	ground black pepper
¼ tsp.	ground ginger
½ tsp.	ground mace
¼ tsp.	ground nutmeg
¼ tsp.	onion powder
1 tsp.	finely chopped fresh sage
2 cups	mashed potatoes, warm (see recipe notes for seasoning)

SPECIAL EQUIPMENT:

Nonstick cooking spray

FOR GRAVY:

1. Sprinkle broth with gelatin. Set aside.
2. Melt ghee in medium saucepan over medium heat.
3. Add onion; cook, stirring frequently, for 5 to 6 minutes, or until lightly browned.
4. Add garlic; cook, stirring frequently, for 2 minutes.
5. Add beef broth mixture, Worcestershire sauce, salt, and pepper. Bring to a boil, stirring occasionally.
6. Add cornstarch slurry; gently boil, stirring frequently, for 1 minute, or until thickened. Remove gravy from heat; cover. Set aside and keep warm.

FOR BANGERS:

1. Sprinkle Guinness with gelatin. Set aside.
2. Grind oats in blender (or food processor) until coarse crumbs form.
3. Combine Guinness mixture and oat crumbs in a large mixing bowl; mix well.
4. Add turkey, salt, pepper, ginger, mace, nutmeg, onion powder, and sage; mix with clean hands until sticky paste forms. Place in refrigerator until ready to cook.
5. Form sausage mixture into four equal patties (approx. ½ cup each). Set aside.
6. Heat large nonstick skillet, lightly coated with spray, over medium heat. Add sausage patties; cook, for 5 to 6 minutes on each side, or until deep brown and no longer pink in the middle.
7. To each of four plates, add a sausage patty and ½ cup mashed potatoes. Drizzle with ¼ cup gravy.

RECIPE NOTES:

- To make toasted oats, cook oats in dry skillet over medium-high heat for 4 to 5 minutes, or until lightly browned.
- This is a perfect recipe to use leftover mashed potatoes.
- If you need to make mashed potatoes, cook 2 cups cubed potatoes in large pot of water for 8 to 10 minutes, or until fork-tender; drain well. Combine potatoes with ¼ cup warm unsweetened almond milk, 1 Tbsp. ghee, ½ tsp. sea salt (or Himalayan salt), and ½ tsp. ground black pepper in a medium mixing bowl. Mash with potato masher (or back of a fork) until desired consistency is achieved.




NUTRITIONAL INFORMATION (per serving): **Calories:** 338 **Total Fat:** 15 g **Saturated Fat:** 6 g **Cholesterol:** 97 mg **Sodium:** 1,102 mg **Carbohydrates:** 25 g **Fiber:** 3 g **Sugars:** 2 g **Protein:** 25 g

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BEEF STEW WITH SWEET POTATOES


SERVES: 6 (approx. 2 cups each) Prep Time: 20 min. Cooking Time: 2 hr. 56 min.

CONTAINER EQUIVALENTS (per serving):  ½  1½  ½

1 tsp. olive oil
1 lb. 10 oz. raw lean beef stew meat
¾ cup chopped onion (approx. 1 medium)
½ cup sliced carrots (approx. 1 medium)
¾ cup chopped celery (approx. 2 medium stalks)
4 cloves garlic, finely chopped
½ cup red wine
8 cups low-sodium organic beef broth, *divided use*
1½ cups chopped tomatoes (approx. 2 medium)
¼ tsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
1 tsp. ground smoked paprika
3 bay leaves
2 large sweet potatoes, cut into 1-inch cubes
2 tsp. cornstarch, (preferably GMO-free) + 2 tsp. lukewarm water (combine to make a slurry)

1. Heat oil in large saucepan over medium-high heat.
2. Add stew meat; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from pot with slotted spoon, place on plate with paper towel.
3. Add onion, carrots, and celery; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add wine; cook, stirring constantly, scraping bottom of pan so vegetables don't stick, for 3 to 4 minutes, or until almost dry.
6. Add 1 cup broth, tomatoes, salt, pepper, paprika, bay leaves, and return beef to pan. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 5 to 8 minutes, or until liquid has almost completely evaporated, and tomatoes begin to break down.
7. Add *remaining 7 cups* broth. Bring to a boil over medium-high heat. Reduce heat; gently boil, partially covered, stirring occasionally, for 2 hours, or until meat is tender.
8. Add sweet potatoes; cook, stirring occasionally, for 10 to 20 minutes, or until sweet potatoes are tender.
9. Add cornstarch mixture to stew; cook, stirring constantly, for 2 to 3 minutes, or until stew has thickened slightly.





NUTRITIONAL INFORMATION (per serving): Calories: 282 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 87 mg Sodium: 434 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 6 g Protein: 32 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

CALABRESE CHICKEN^o

GF

SERVES: 1 Prep Time: 10 min. Cooking Time: 10 min.


CONTAINER EQUIVALENTS (per serving):  ½  1  1  1



- | | |
|--|--|
| <p>1 (4-oz.) raw chicken breast, boneless, skinless</p> <p>1 dash + 1 pinch ground black pepper, <i>divided use</i></p> <p>½ tsp. olive oil</p> <p>2 tsp. FIXATE Pesto (<i>see separate recipe for FIXATE Pesto</i>)</p> <p>2 thick slices large tomato</p> <p>6 large fresh basil leaves, <i>divided use</i></p> <p>1 slice fresh part-skim mozzarella cheese (1 oz.)</p> <p>1 pinch sea salt (or Himalayan salt)</p> <p>1 Tbsp. + 1 tsp. balsamic vinegar</p> | <ol style="list-style-type: none"> 1. Season both sides of chicken evenly with <i>1 dash</i> pepper. Set aside. 2. Heat oil in medium nonstick skillet over high heat. 3. Add chicken; cook for 3 to 4 minutes on each side, or until no longer pink in the middle. 4. Top chicken with pesto, tomato, 4 basil leaves, and cheese. Reduce heat to medium-low. Add small splash of water to pan; cook, covered, for an additional 1 to 2 minutes, or until cheese is melted and tomatoes are softened. 5. Season with salt and <i>remaining 1 pinch</i> pepper. Drizzle with vinegar. 6. Serve topped with <i>remaining 2</i> basil leaves. |
|--|--|

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.




NUTRITIONAL INFORMATION (per serving): Calories: 308 Total Fat: 14 g Saturated Fat: 5 g Cholesterol: 101 mg Sodium: 589 mg Carbohydrates: 8 g Fiber: 1 g Sugars: 5 g Protein: 33 g

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CARIBBEAN BANANA CURRY^o

GF

SERVES: 1 Prep Time: 10 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1



When most people think of bananas, they don't think of savory dishes, but bananas are great for adding a rich but subtle sweetness to savory sauces like curry or BBQ. They can also serve as a thickening agent, like in this curry. We made ours with meal-prepped chicken, but you can make this vegan by substituting tofu or chickpeas for the chicken, and vegetable stock for the chicken stock!

- 1 tsp. extra-virgin organic coconut oil
- ½ large banana, sliced thin
- 2 Tbsp. chopped onion
- 1 clove garlic, finely chopped
- 1 tsp. curry powder
- ¼ tsp. ground ginger
- ½ tsp. coconut sugar
- 1 pinch sea salt (or Himalayan salt)
- 1 pinch ground black pepper
- ¾ cup chopped cooked chicken breast
- 1 tsp. fresh lime juice
- ½ tsp. finely grated lime peel (lime zest)
- ½ cup low-sodium organic chicken broth


1. Heat oil in large nonstick skillet over medium-high heat.
2. Add banana, onion, and garlic; cook, stirring frequently, for 5 to 7 minutes, or until banana has broken down into a thick, caramelized paste.
3. Add curry powder, ginger, sugar, salt, and pepper; cook, stirring constantly, for 1 minute.
4. Add chicken, lime juice, lime peel, and broth. Bring to a gentle boil; gently boil, stirring frequently, for 3 to 4 minutes, or until sauce is thick.

RECIPE NOTES:

- You can substitute ¾ cup tofu for chicken, and vegetable broth for chicken broth to make this recipe vegan.
- This curry is great over ½ cup cooked quinoa or cooked brown rice. If you want to save the yellow container, serve over 1 cup steamed mixed vegetables.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 286 Total Fat: 9 g Saturated Fat: 5 g Cholesterol: 89 mg Sodium: 375 mg Carbohydrates: 24 g Fiber: 3 g Sugars: 12 g Protein: 29 g

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CARNITAS

SERVES: 6 (approx. 5 oz. each) **Prep Time: 15 min.** **Cooking Time: 5 hours**

CONTAINER EQUIVALENTS (per serving): 1½ 1

- 2 Tbsp. olive oil
- 3 cloves garlic, finely chopped
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. coriander
- 1 lb. 14 oz. pork loin
- 1 tsp. sea salt (or Himalayan salt)
- 1 tsp. ground black pepper
- 1 cup chopped onion (approx. 1⅓ medium)
- 1 medium jalapeño pepper, seeds removed, finely chopped
- 1 medium orange, cut in half

SPECIAL EQUIPMENT:

Slow cooker

1. In a small bowl mix oil together with garlic, oregano, cumin, and coriander.
2. Sprinkle salt and pepper over all sides of pork loin then rub oil mixture evenly over entire pork loin with clean or gloved hands.
3. Add pork loin, onion, and jalapeño pepper to a slow cooker; squeeze the juice from the orange halves over pork and add halves to slow cooker.
4. Cook on low for 4 to 5 hours, or until pork reaches an internal temperature of 145° F.
5. Shred pork with two forks and serve immediately, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTES:

- For added flavor, reduce leftover juices in the slow cooker by ⅔ by moving them to a saucepan, then pour back over shredded pork.
- Suggested toppings include shredded cabbage, sliced radish, diced onion, cilantro, and lime.
- Carnitas are great on tortillas, but we also love to serve them on collard green leaf wraps to save our Yellow Containers (Carbohydrates).

NUTRITIONAL INFORMATION (per serving): Calories: 273 Total Fat: 15 g Saturated Fat: 5 g Cholesterol: 69 mg Sodium: 513 mg Carbohydrates: 7 g Fiber: 1 g Sugars: 3 g Protein: 27 g

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

CAULIFLOWER TACOS^o



SERVES: 3 (approx. ⅓ cup each) **Prep Time: 10 min. Cooking Time: 7 min.**

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1



3 cups **riced cauliflower**
2 tsp. **chili powder**
¾ tsp. **ground cumin**
½ tsp. **onion powder**
½ tsp. **garlic powder**
½ tsp. **ground smoked paprika**
½ tsp. **ground coriander**
½ tsp. **sea salt (or Himalayan salt)**
½ tsp. **ground black pepper**
1 Tbsp. **olive oil**

1. Combine cauliflower, chili powder, cumin, onion powder, garlic powder, paprika, coriander, salt, and pepper in a large mixing bowl; mix until thoroughly combined. Set aside.
2. Heat oil in large skillet over medium-high heat until fragrant.
3. Add cauliflower mixture, making sure not to fill the skillet too full as this will impede browning. If your skillet is not large enough, work in batches; cook, stirring frequently, for 5 to 7 minutes, or until cauliflower is lightly browned and cooked through.

RECIPE NOTE:

Cauliflower taco filling can be served in lettuce cups or on corn tortillas with your favorite toppings, such as chopped tomato, chopped onion, chopped bell pepper, cilantro, and/or lime juice. Just remember to account for the correct containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 71 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 473 mg Carbohydrates: 6 g Fiber: 3 g Sugars: 2 g Protein: 3 g

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CHEESEBURGER WITH EGGPLANT BUN^o

GF

SERVES: 4 (1 burger each) Prep Time: 20 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 1 ■ 1



- 1 lb.** raw 92% lean ground beef
- 1** medium eggplant, sliced into 8 rounds
- 5 pinches** sea salt (or Himalayan salt), *divided use*
- 1 tsp.** ghee (organic grass-fed, if possible)
- 1/3 cup** thinly sliced onion (1/2 medium)
- 3/4 cup** thinly sliced bell pepper (1 medium)
- 4 slices** cheddar cheese (4 oz.)


SPECIAL EQUIPMENT:

Olive oil cooking spray

- 1.** Form ground beef into four equal patties. Set aside.
- 2.** Heat cast iron skillet (or any heavy-bottomed skillet) over high heat until very hot. Coat with spray. Add eggplant, season with *1 pinch* salt; cook for 3 minutes.
- 3.** Lightly coat tops of eggplant with spray, flip, season with *1 pinch* salt; cook for an additional 3 minutes. Place on a plate lined with paper towels. Set aside.
- 4.** Add ghee, onion, bell pepper, and *1 pinch* salt to skillet; cook, stirring frequently, for 3 to 4 minutes, or until slightly charred. Place on plate with eggplant. Set aside.
- 5.** Coat skillet with spray. Add patties and *1 pinch* salt; cook for 3 to 4 minutes, or until a deep brown sear forms on underside.
- 6.** Lightly coat tops of patties with spray, flip, season with *remaining pinch* salt; cook for another 3 to 4 minutes.
- 7.** Top each patty with 1 slice of cheese; cook for an additional minute for medium-rare, or cook to desired doneness.
- 8.** Place a slice of eggplant on each of four serving plates. Top each with a patty, and evenly with onion and bell pepper mixture. Top with a second slice of eggplant. Enjoy!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.






NUTRITIONAL INFORMATION (per serving): Calories: 314 Total Fat: 15 g Saturated Fat: 11 g Cholesterol: 101 mg Sodium: 430 mg Carbohydrates: 9 g Fiber: 4 g Sugars: 5 g Protein: 32 g

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CHEESY STEAK SKILLET^o

GF

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 20 min. **Cooking Time:** 1 hr. 9 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1  1



1 Tbsp. + 1 tsp. ghee (organic grass-fed if possible), *divided use*

1 lb. raw beef skirt steak

½ tsp. + 1 dash sea salt (or Himalayan salt), *divided use*

½ tsp. + 1 dash ground black pepper, *divided use*

1½ cups chopped onion (approx. 1½ medium)

4 cloves garlic, finely chopped

⅔ cup dry long-grain brown rice

1½ cups low-sodium organic chicken broth

1 tsp. ground turmeric

½ tsp. ground paprika

1½ cups frozen cut green beans

1½ cups chopped carrot (approx. 3 medium)

1 cup shredded Colby-Jack cheese (optional)


1. Heat *1 Tbsp.* ghee in large heavy-bottomed (or cast iron) skillet over high heat until wisps of smoke begin to rise.
2. Add steak; sear for 3 minutes on each side (for medium), or until deep brown. Remove steak from skillet and place on a plate. Season both sides of steak lightly with *1 dash* salt and *1 dash* pepper. Set aside.
3. Heat *remaining 1 tsp.* ghee in same skillet over medium heat.
4. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add rice; cook, stirring frequently, for 3 to 5 minutes, or until rice begins to brown.
7. Add broth, turmeric, paprika, *remaining ½ tsp.* salt, *remaining ½ tsp.* pepper, green beans, and carrots. Bring to a boil. Reduce heat to medium-low; gently boil, covered, for 45 minutes, or until rice is tender and liquid is almost completely absorbed.
8. Slice steak thin, on the bias, against the grain.
9. Remove lid from skillet; lightly fluff rice with a fork. Place sliced steak on top. Sprinkle with cheese if desired. Replace lid and let rest for 10 minutes

RECIPE NOTE:

You can substitute Monterey Jack or cheddar cheese for the Colby-Jack.





^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 504 Total Fat: 23 g Saturated Fat: 12 g Cholesterol: 108 mg Sodium: 686 mg Carbohydrates: 39 g Fiber: 4 g Sugars: 6 g Protein: 37 g

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CHICKEN AND DUMPLINGS

SERVES: 4 (approx. 1½ cups soup and 3 dumplings each) **Prep Time:** 10 min. **Cooking Time:** 18 min.

CONTAINER EQUIVALENTS (per serving):  ½  2  1  1

FOR SOUP:





1 Tbsp.	ghee (organic, grass-fed, if possible)
1 cup	chopped onion (approx. 1½ medium)
½ cup	chopped celery (approx. 1½ medium stalks)
½ cup	chopped carrots (approx. 1 medium)
3 cloves	garlic, finely chopped
2 cups	low-sodium organic chicken broth
2 cups	low-fat (1%) milk
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
3 Tbsp.	cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
3 cups	cooked shredded chicken breast
1 Tbsp.	apple cider vinegar
1 Tbsp.	chopped fresh parsley

FOR DUMPLINGS:

1 cup	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	baking powder, gluten-free
1	large egg, lightly beaten
3 Tbsp.	water


1. Add ghee to a large soup pot and heat over medium-high heat until fragrant. Add onion, celery, carrots, and garlic; cook for 5 minutes, until vegetables begin to soften.
2. Add broth, milk, salt, and pepper. Bring to a boil; reduce to a simmer and continue cooking while dumplings are made.
3. To make dumplings, stir together flour, salt, and baking powder in a medium mixing bowl. Add egg and water; stir until a loose dough forms.
4. Dollop tablespoon-sized lumps of dough directly into simmering soup. Cover and cook, 10 to 12 minutes, until a toothpick inserted into the center of a dumpling comes out clean.
5. Stir in cornstarch slurry and simmer, 1 minute, until soup thickens.
6. Stir in chicken, vinegar, and parsley.
7. Divide evenly among four bowls and serve immediately, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTES:

- This is a perfect way to use your meal-prepped chicken.
- Be sure to use an actual measure of 1 Tbsp. per dumpling. When placing them into the simmering soup, be careful not to lay them on top of one another.
- You can use chopped raw chicken instead of cooked shredded chicken. Cut the raw chicken into 1-inch cubes and place into soup to cook through before adding the dumplings.
- This recipe can be made dairy-free by substituting unsweetened almond milk for low-fat (1%) milk. This would change your container count to  ½  1½  1  1½.






NUTRITIONAL INFORMATION (per serving): **Calories:** 405 **Total Fat:** 8 g **Saturated Fat:** 4 g **Cholesterol:** 93 mg **Sodium:** 753 mg **Carbohydrates:** 48 g **Fiber:** 3 g **Sugars:** 9 g **Protein:** 34 g

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CHICKEN AND VEGGIE QUESADILLA

SERVES: 1 Prep Time: 5 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1½  1  1

1 tsp. olive oil
½ cup chopped tomato
¼ cup chopped onion
¾ tsp. chili powder
¼ tsp. garlic powder
1 dash ground cumin
1 dash sea salt (or Himalayan salt)
¼ cup matchstick-sized bell pepper pieces
¼ cup + 2 Tbsp. shredded cooked chicken breast
¼ cup water
1 (8-inch) sprouted-grain tortilla (or 2 gluten-free 6-inch tortillas)
¼ cup shredded Colby jack cheese

- 1.** Warm olive oil in medium skillet over medium-high heat until fragrant; add tomato, onion, chili powder, garlic powder, cumin, and salt. Cook 3 to 5 minutes until onion is translucent and tomatoes are breaking down.
- 2.** Add bell pepper, chicken breast, and water; continue to cook another 3 minutes, or until most of the liquid has been absorbed and mixture is saucy.
- 3.** Place tortilla in a large skillet, top with cheese and set aside.
- 4.** Distribute chicken mixture evenly on top of cheese; place the skillet with tortilla over medium-high heat. Cook until cheese is melted and bottom of tortilla is crisp and brown.
- 5.** Fold the tortilla in half. Remove to a plate.

RECIPE NOTES:

- Once quesadilla is plated, wait a couple of minutes before cutting so that the cheese has a chance to set.
- This quesadilla is great in packed lunches. Keep refrigerated in an airtight container.



NUTRITIONAL INFORMATION (per serving): Calories: 396 Total Fat: 15 g Saturated Fat: 6 g Cholesterol: 66 mg Sodium: 767 mg Carbohydrates: 37 g Fiber: 3 g Sugars: 6 g Protein: 28 g

CHICKEN ENCHILADAS


SERVES: 2 (2 enchiladas each) Prep Time: 15 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1  1  1  1½

- 1 cup** low-sodium organic chicken broth
- 1 tsp.** unflavored gelatin (preferably from grass-fed cows)
- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1½ medium onions)
- ½** medium jalapeño, seeds and veins removed, chopped (optional)
- 4 cloves** garlic, finely chopped
- ½ tsp.** sea salt (or Himalayan salt)
- 2 Tbsp.** **FIXATE Taco Seasoning** (see separate recipe for **FIXATE Taco Seasoning**)
- 1 cup** all-natural tomato puree
- 2 Tbsp.** cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)
- 1½ cups** cooked shredded chicken breast
- 4** (6-inch) corn tortillas
- ½ cup** shredded cheddar-jack cheese

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat until fragrant.
3. Add onion and jalapeño (if desired); cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add salt, taco seasoning, tomato puree, and broth. Bring to a boil, stirring frequently. Reduce heat to medium-low; gently boil, stirring occasionally, for 5 minutes.
6. Add cornstarch slurry; cook, stirring frequently, for 1 minute, or until thickened.
7. Combine ⅔ cup sauce with chicken in a medium bowl; mix well. Set aside.
8. Preheat oven to 425° F.
9. Place ⅔ cup sauce in the bottom of 9 x 9-inch casserole pan. Set aside.
10. Heat medium skillet over medium-high heat.
11. Cook tortillas for 10 seconds on each side. Set aside.
12. Place ½  of chicken and sauce mixture (1½ oz.) on each tortilla; roll.
13. Place each rolled tortilla, seam-side down, in prepared pan. Top with *remaining* sauce. Sprinkle each tortilla with ½  cheddar-jack cheese (approx. 2 Tbsp.).
14. Bake for 10 to 12 minutes, or until cheese is melted and sauce is bubbling. Enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 439 Total Fat: 17 g Saturated Fat: 5 g Cholesterol: 86 mg Sodium: 765 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 5 g Protein: 43 g

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CHICKEN MOLE^o

SERVES: 8 (approx. 3 oz. chicken and ¼ cup sauce each) **Prep Time: 15 min. Cooking Time: 1 hr. 20 min.**

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 1



2 Tbsp. + 1½ tsp.	raw pumpkin seeds
1	dry ancho chili, stem and seeds discarded, chili chopped
2	dry smoked pulla chilies, stem and seeds discarded, chilies chopped
1	dry guajillo chili, stem and seeds discarded, chili chopped
1	dry smoked pasilla chili, stem and seeds discarded, chili chopped
2	canned chipotle chilies in adobo sauce
½ cup	canned whole peeled tomatoes
2 cloves	garlic
¼ cup	chopped onion (approx. ⅓ medium onion)
½ tsp.	ground smoked paprika
½ tsp.	ground coriander
½ tsp.	ground cumin
¼ tsp.	ground black pepper
1 pinch	ground cinnamon
1 pinch	ground cloves
1 pinch	ground nutmeg
1 pinch	ground allspice
1 Tbsp.	ghee (organic grass-fed, if possible)
½ cup	low-sodium organic chicken broth
¼ cup	dark Mexican beer (such as Negra Modelo [®])
2 Tbsp. + 1½ tsp.	bittersweet (or dark) chocolate, 70% cocoa or higher, chopped
¾ tsp.	finely grated lime peel (lime zest) (approx. 1 medium lime)
1 Tbsp.	fresh lime juice
½ tsp.	ground espresso
½ tsp.	unflavored gelatin (preferably from grass-fed cows)
1½ tsp.	sea salt (or Himalayan salt)
1½ tsp.	honey
1 cup	water
2 lbs.	raw chicken breast, boneless, skinless
¼ cup	finely chopped fresh cilantro (for garnish; optional)

1. Preheat oven to 325° F.
2. Arrange pumpkin seeds on a baking sheet. Bake for 10 to 12 minutes. Set aside.
3. Arrange ancho, pulla, guajillo, and pasilla chilies on a large baking sheet in a single layer. Bake for 5 to 7 minutes, or until brittle and fragrant. Cool until they can be handled.
4. Place baked chilies, chipotle chilies in adobo sauce, tomatoes, garlic, onion, paprika, coriander, cumin, pepper, cinnamon, cloves, nutmeg, and allspice in blender (or food processor); blend until a smooth paste forms. Set aside.
5. Melt ghee in medium saucepan over medium-high heat. Add chili mixture; cook, stirring frequently, for 5 to 7 minutes, or until paste has thickened, is slightly browned, and very fragrant. Remove from heat. Set aside.
6. Place pumpkin seeds, broth, beer, chocolate, lime peel, lime juice, espresso, gelatin, salt, and honey in blender (or food processor); blend until smooth.
7. Add pumpkin seed mixture and water to saucepan with chili mixture. Bring to a boil over medium-high heat. Reduce heat to low; cook, stirring frequently, for 10 minutes, or until chocolate has melted and flavors have melded into a mole sauce.
8. Add half of mole sauce to roasting pan. Place chicken over sauce in a single layer. Top chicken with remaining mole sauce. Cover with aluminum foil. Braise for 45 minutes. **Cook's Note:** Braising is cooking, tightly covered, in a small amount of liquid (or sauce) at a low heat for a long time. It helps develop flavors and tenderizes meat.
9. Garnish with cilantro (if desired) and enjoy!

TIPS:

- Dried chili varieties are available at most well-stocked grocery stores. If you can't find what you're looking for try a Latin grocer, or order online. Experiment with different varieties to see what you like best, just be careful of the heat level.
- If you prefer a milder mole, reduce the chipotles to 1 or leave them out altogether.

BOBBY'S NOTE:

This has always been one of my favorite go-to family meal recipes. It's a blender sauce that I can throw together quickly and inexpensively. But mostly, because it's a dish I make for my kitchen whenever I start work at a new restaurant. If you can serve a childhood dish that a cook has been eating since childhood, and make it better than mom used to, you've just made yourself a friend. With that in mind, I dedicate this dish to my many tough-as-nails Hispanic friends who have taught me so much over the years. ¡Buen provecho!

SPECIAL EQUIPMENT:

Aluminum foil

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.






NUTRITIONAL INFORMATION (per serving): **Calories: 232 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 87 mg Sodium: 616 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 5 g Protein: 28 g**

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CHICKEN PARMESAN

SERVES: 1 Prep Time: 5 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving):  2  1  ½  1  1½

- 1 piece** **Oven-Fried Chicken** (see separate recipe for **Oven-Fried Chicken**)
- 2 Tbsp.** **Grandma's Tomato Sauce** (see separate recipe for **Grandma's Tomato Sauce**)
- 1 Tbsp.** **shredded mozzarella cheese**
- 1 Tbsp.** **shredded Parmesan cheese**
- 1 cup** **cooked spaghetti squash**

- 1.** Preheat oven to 350° F.
- 2.** Place Oven-Fried Chicken in medium baking dish.
- 3.** Top with Grandma's Tomato Sauce and cheeses.
- 4.** Cover with aluminum foil. Bake for 7 to 10 minutes, or until cheese is bubbly and chicken is heated through.
- 5.** Serve with spaghetti squash.

SPECIAL EQUIPMENT:

Aluminum foil


RECIPE NOTE:

To make spaghetti squash, place a medium spaghetti squash (about 3 lbs.) on a parchment-lined baking sheet. Poke the squash 2 or 3 times with a fork. Bake at 350° F for 60 to 80 minutes. Cool for 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles.

VARIATIONS (SUBSTITUTE FOR SPAGHETTI SQUASH):



- One cup zucchini noodles (zoodles)
- One cup steamed vegetables

NUTRITIONAL INFORMATION (per serving): Calories: 431 Total Fat: 20 g Saturated Fat: 6 g Cholesterol: 88 mg Sodium: 820 mg Carbohydrates: 25 g Fiber: 6 g Sugars: 11 g Protein: 37 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

CHICKEN PICCATA^o

SERVES: 4 (2 chicken cutlets each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving):  1  1



With the citrusy punch of fresh lemon and the briny pop of capers, Chicken Piccata is a great way to bring loads of flavor to the simple chicken breast. This whole dish comes together in minutes in a single pan, so it's perfect for a healthy lunch or quick dinner.

½ cup	low-sodium organic chicken broth + 1 tsp. gelatin (preferably from grass-fed cows)
4 (4-oz. each)	raw chicken breasts, boneless, skinless, cut in half lengthwise to create thin cutlets
	Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
¼ cup	all-purpose flour, gluten-free
1 Tbsp. + 1 tsp.	ghee (organic grass-fed, if possible)
¼ cup	fresh lemon juice
2 Tbsp.	capers (in brine), drained
¼ cup	chopped parsley


1. Sprinkle broth with gelatin. Set aside.
2. Sprinkle each chicken cutlet on each side with salt and pepper, if desired. Dredge each side in flour. Set aside.
3. Melt ghee in large skillet over medium-high heat.
4. Add chicken cutlets; cook for 3 minutes on each side. (You might have to cook the chicken in multiple batches to avoid overcrowding the pan. If that's necessary, you may need to divide your ghee.) Remove chicken to a plate lined with a paper towel. Set aside.
5. Reduce heat to medium. Add lemon juice, broth mixture, and capers; gently boil for 3 to 4 minutes, or until sauce has reduced by half.
6. Return chicken cutlets to skillet; gently boil for 2 minutes on each side, or until liquid in pan has become a thick glaze.
7. Garnish with parsley and serve.

RECIPE NOTES:

- To cut chicken breast into cutlets, place boneless, skinless chicken breast on a cutting board. Hold flat with the palm of your hand. With the opposite hand, use a sharp knife to slice chicken breast lengthwise (horizontally) into two even pieces.
- There is excess flour in the recipe to make dredging easier. You shouldn't expect to use all the flour. Discard excess.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories 185 Total Fat 8 g Saturated Fat 4 g Cholesterol 84 mg Sodium 455 mg Carbohydrates 3 g Fiber 0 g Sugars 1 g Protein 25 g

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CHICKEN SATAY WITH PEANUT DIPPING SAUCE

SERVES: 8 (2 skewers and 1 Tbsp. dipping sauce each) Prep Time: 15 min. + 2 hours Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

FOR PEANUT DIPPING SAUCE:

¼ cup rice vinegar
¼ cup all-natural smooth peanut butter
1 Tbsp. honey
1 Tbsp. reduced-sodium tamari soy sauce
2 tsp. hot pepper sauce
Red pepper flakes (optional)

FOR CHICKEN SATAY:

¼ cup + 2 Tbsp. coarsely chopped shallots (approx. 3 medium)
6 cloves garlic, coarsely chopped
½ cup canned lite coconut milk
2 Tbsp. fresh lime juice
1 Tbsp. honey
1 Tbsp. coarsely chopped fresh cilantro
¼ tsp. ground cumin
¼ tsp. ground turmeric
2 lbs. raw chicken breast, boneless, skinless, cut into 2-inch chunks

FOR PEANUT DIPPING SAUCE:

1. Combine vinegar, peanut butter, honey, soy sauce, pepper sauce, and red pepper flakes (if desired) in a small bowl; whisk to blend. Set aside.

FOR CHICKEN SATAY:

1. Soak skewers in water.
2. Place shallots, garlic, coconut milk, lime juice, honey, cilantro, cumin, and turmeric in blender; cover. Blend until smooth.
3. Place chicken in glass baking dish. Top with marinade; mix well to blend. Marinate in the refrigerator, covered, for 2 hours.
4. Preheat grill (or broiler) on high.
5. Place 2 to 3 pieces of chicken on each skewer. Discard marinade that contained chicken.
6. Grill (or broil) skewers for 3 to 4 minutes, on each side, or until chicken is no longer pink in the middle, and juices run clear.
7. Serve two skewers with 1 Tbsp. dipping sauce.

RECIPE NOTE:

If grilling skewers using your broiler, place wire rack on baking sheet. Lightly coat wire rack with nonstick cooking spray. Place skewers on wire rack. Broil as directed in recipe.

SPECIAL EQUIPMENT:

16 bamboo skewers

NUTRITIONAL INFORMATION (per serving) Including Dipping Sauce: Calories: 212 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 73 mg Sodium: 319 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 25 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

CHICKEN STUFFED BELL PEPPERS^o

GF

SERVES: 4 (2 pepper halves each) **Prep Time:** 20 min. **Cooking Time:** 54 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 1 ■ 1 ■ 1



- 4** medium bell peppers, cut in half, seeds removed
- 2 tsp.** olive oil
- ¼ cup + 2 Tbsp.** chopped onion (approx. ½ medium)
- 1 clove** garlic, finely chopped
- 12 oz.** raw chicken breast, boneless, skinless, cut into ¾-inch pieces
- ½ tsp.** chili powder
- ½ tsp.** ground cumin
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- ½ cup** all-natural tomato sauce, no salt or sugar added
- 1 cup** cooked quinoa
- ½ cup** canned black beans, drained, rinsed
- ½ cup** frozen corn kernels
- 3 Tbsp.** chopped fresh cilantro, *divided use*
- 1½ tsp.** fresh lime juice
- 1 cup** shredded Monterey jack cheese
- Hot pepper sauce (to taste; optional)

- 1.** Preheat oven to 375° F.
- 2.** Place bell peppers, skin side down, in large baking dish; set aside.
- 3.** Heat oil in large nonstick skillet over medium-high heat.
- 4.** Add onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
- 5.** Add garlic; cook, stirring frequently, for 1 minute.
- 6.** Add chicken, chili powder, cumin, salt, and pepper; cook, stirring frequently, for 5 minutes, or until chicken is no longer pink.
- 7.** Add tomato sauce, quinoa, beans, and corn. Reduce heat to medium-low; cook, stirring occasionally, for 3 to 4 minutes, or until heated through.
- 8.** Add *2 Tbsp.* cilantro and lime juice; mix well.
- 9.** Divide chicken mixture evenly between each bell pepper half; cover lightly with foil.
- 10.** Bake for 35 to 40 minutes, or until bell peppers are tender; remove foil.
- 11.** Top each bell pepper evenly with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
- 12.** Sprinkle evenly with *remaining 1 Tbsp.* cilantro and hot sauce, if desired.

RECIPE NOTE:

You can use any color bell pepper for this recipe.

SPECIAL EQUIPMENT:

Aluminum foil




^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 384 Total Fat: 14 g Saturated Fat: 6 g Cholesterol: 87 mg Sodium: 454 mg Carbohydrates: 32 g Fiber: 7 g Sugars: 8 g Protein: 31 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

CHICKEN TERIYAKI CASSEROLE

SERVES: 5 (approx. 1 cup each) Prep Time: 20 min. Cooking Time: 1 hr. 31 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1½


3 Tbsp. coconut sugar
2 Tbsp. rice vinegar
½ cup reduced-sodium tamari soy sauce
¼ cup water
1 tsp. sesame oil
1 clove garlic, finely chopped
½ tsp. ground ginger
2 tsp. cornstarch (preferably GMO-free) +
2 tsp. water (combine to make
a slurry)
¾ cup dry brown rice
1½ cups boiling water
1 lb. 4 oz. raw 1-inch cubed chicken breast,
boneless, skinless
1 cup sliced carrots (approx. 2 medium)
1 cup matchstick-sized pieces red bell
pepper (approx. 1 medium)
1 cup broccoli florets
1 cup sliced onion (approx. 1 medium)

1. Preheat oven to 375° F.
2. To make teriyaki sauce, heat sugar and vinegar to a boil in small saucepan over medium heat; gently boil, stirring frequently, for 3 to 5 minutes, or until mixture reduces to a thick syrup.
3. Add soy sauce, water, oil, garlic, and ginger. Bring to a boil. Reduce heat to medium-low.
4. Whisk together cornstarch and water in a small bowl to make a slurry. Add cornstarch slurry to soy sauce mixture; cook, whisking frequently, for 1 minute, or until slightly thickened. Set aside.
5. Add rice to large casserole dish (or Dutch oven). Add water and half of teriyaki sauce; cover. Bake for 45 minutes.
6. While rice is baking, combine chicken, carrots, bell pepper, broccoli, onion, and remaining teriyaki sauce in a large bowl; toss gently to blend. Set aside.
7. Add chicken mixture to rice mixture; cover. Bake for an additional 30 minutes.

RECIPE NOTE:



Store leftover casserole in an airtight container in the refrigerator for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 310 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 65 mg Sodium: 820 mg Carbohydrates: 37 g Fiber: 2 g Sugars: 12 g Protein: 28 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

CHICKEN TIKKA MASALA

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 23 min.

CONTAINER EQUIVALENTS (per serving):  1  1

2 tsp.	ghee (organic grass-fed, if possible)
¼ cup	chopped onion (approx. ⅓ medium)
2 cloves	garlic, finely chopped
2 tsp.	yellow curry powder
1 tsp.	ground smoked paprika
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
1 dash	ground cardamom
1 dash	ground cinnamon
1 dash	ground nutmeg
1 dash	ground cloves
1 Tbsp.	all-natural tomato paste
¼ cup	low-sodium organic chicken broth
¼ cup	unsweetened almond milk
¼ cup	all-natural tomato puree
2 Tbsp.	Greek yogurt (plain, 2%)
1 lb. 4 oz.	raw chicken breast, boneless, skinless, cut into 1-inch cubes

1. Heat a medium skillet over medium heat; add ghee, onion, and garlic. Cook, stirring frequently, for 3 to 4 minutes, until onion is translucent.
2. Add curry powder, paprika, salt, pepper, cardamom, cinnamon, nutmeg, cook, stirring constantly, 1 minute, until toasted and fragrant.
3. Add tomato paste and cook, stirring frequently, 1 to 2 minutes, until it begins to brown on bottom of pan
4. Add chicken broth, almond milk, tomato puree, and yogurt; whisk to combine. Bring mixture to a simmer and cook, stirring occasionally, 5 to 6 minutes, until slightly thickened.
5. Add chicken and continue to cook, stirring occasionally, 7 to 10 minutes until chicken is cooked through.
6. Divide evenly among four plates; serve immediately, or store refrigerated in an airtight container for up to 4 days.





RECIPE NOTE:

Chicken Tikka Masala is great served over brown rice or with a warm flatbread such as naan or pita.

NUTRITIONAL INFORMATION (per serving): **Calories:** 220 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 110 mg **Sodium:** 96 mg **Carbohydrates:** 5 g **Fiber:** 2 g **Sugars:** 2 g **Protein:** 34 g

CHICKEN TINGA TACOS^o


SERVES: 4 (2 tacos each) **Prep Time:** 15 min. **Cooking Time:** 27 min..

CONTAINER EQUIVALENTS (per serving):  1  1  1  1





Chicken Tinga is one of my favorite taco fillings. The combination of lean chicken breast and spicy tomato sauce really hits the spot, and it's the perfect way to dress up that boring, meal-prepped chicken you have in the fridge. In just 25 minutes, you can have authentic, taqueria-style tacos for the whole week, and the leftovers get better each day as those rich, bold flavors meld over time.

- 1 cup** low-sodium organic chicken broth
- 1 tsp.** unflavored gelatin (preferably from grass-fed cows)
- 1 Tbsp.** olive oil
- ¾ cup** chopped onion (approx. 1 medium)
- 4 cloves** garlic, finely chopped
- 1 cup** all-natural tomato puree
- 1 Tbsp.** chili powder
- 1 tsp.** dried oregano leaves
- 2** bay leaves
- 2** canned chipotle chili peppers in adobo sauce, finely chopped
- 1 Tbsp.** adobo sauce (sauce from the canned chipotle chili peppers in adobo sauce)
- 1 Tbsp.** fresh lime juice
- 1 tsp.** finely grated lime peel (lime zest)
- 3 cups** shredded cooked chicken breast
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 8** (6-inch) corn tortillas


- 1.** Sprinkle broth with gelatin in a small bowl. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium high heat until fragrant.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add broth mixture, tomato puree, chili powder, oregano, bay leaves, chipotle chili peppers, adobo sauce, lime juice, lime peel, chicken, salt, and pepper. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 15 minutes, or until sauce is reduced by half.
- 6.** Remove bay leaves. Divide ¾ cup (1 ) chicken mixture between two tortillas for each serving.

VARIATIONS:

- Possible toppings (for 1 serving) include:
 - 2 Tbsp. Cotija cheese (½ )
 - ½ medium avocado, chopped (½ )
 - 1 Tbsp. chopped onion with a sprinkling of chopped cilantro and a squeeze of lime juice (Free)




^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 351 **Total Fat:** 8 g **Saturated Fat:** 1 g **Cholesterol:** 89 mg **Sodium:** 689 mg **Carbohydrates:** 31 g **Fiber:** 7 g **Sugars:** 6 g **Protein:** 41 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

CHINESE MEATBALLS

SERVES: 6 (approx. 2 meatballs each) **Prep Time: 20 min. Cooking Time: 18 min.**

CONTAINER EQUIVALENTS (per serving):  1  ½  ½


1 lb. 4 oz. raw 93% lean ground turkey
½ cup gluten-free panko bread crumbs
½ cup unsweetened almond milk
3 Tbsp. sliced green onion
2 Tbsp. reduced-sodium tamari soy sauce
1 Tbsp. sesame oil, toasted
1 large egg, lightly beaten
1 tsp. garlic powder
1 tsp. ground ginger
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

1. Preheat oven to 450° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine turkey, bread crumbs, almond milk, green onion, soy sauce, oil, egg, garlic powder, ginger, salt, and pepper in a large mixing bowl; mix well with clean hands until thoroughly combined. (Do not overmix, as that will make the meatballs tough.)
4. Roll into twelve meatballs (approximately ¼ cup each). Place on prepared pan.
5. Bake for 15 to 18 minutes, rotating pan after 8 minutes, or until meatballs are cooked through.

SPECIAL EQUIPMENT:



Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories: 209 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 101 mg Sodium: 404 mg Carbohydrates: 7 g Fiber: 1 g Sugars: 0 g Protein: 19 g**

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CIOPPINO

SERVES: 6 Prep Time: 15 min. Cooking Time: 1 hr.

CONTAINER EQUIVALENTS (per serving):  2  1½

Christmas Eve dinner always meant the one thing in the Calabrese family: a huge, Italian fish dinner. The day before, I loved going to the fish market with my grandma to pick everything out: mussels (my favorite!), clams, shrimp, crab legs, escargot, and eel. The beauty of this cioppino is that it works with any of your favorite seafood. You don't need to wait until Christmas to feast on this delicious soup!


- 2 tsp.** olive oil
- ¾ cup** chopped onion (approx. 1 medium)
- 1** fennel bulb, thinly slice bulb, finely chop fronds, and reserve separately, *divided use*
- 5 cloves** garlic, finely chopped
- ½ tsp.** ground black pepper
- ½ tsp.** ground white pepper
- 3** bay leaves
- 1 cup** dry white wine
- 1 (28-oz.) can** whole peeled tomatoes, pureed (preferably San Marzano)
- 8 cups** seafood broth
- 1 lb.** raw clams, in shells
- 1 lb.** raw blue mussels, in shells
- 1 lb.** raw shrimp, peeled, deveined
- 1 lb.** raw tilapia fillets, cut into 1-inch chunks
- ½ cup** fresh basil, finely chopped

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion and sliced fennel *bulb*; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add peppers, bay leaves, and wine. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 10 to 11 minutes, or until liquid has almost completely evaporated.
- 5.** Add tomatoes. Bring to a boil over medium-high heat. Reduce heat; gently boil, stirring occasionally, for 10 to 12 minutes, or until two-thirds of liquid is remaining.
- 6.** Add broth. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 25 to 30 minutes.
- 7.** Add clams and mussels; cook, covered, for 5 to 10 minutes, or until clams and mussels begin to open.
- 8.** Add shrimp and tilapia; cook, covered, for 2 to 3 minutes, or until all clams and mussels are open, shrimp is opaque, and tilapia flakes easily when tested with a fork. Discard any unopened clams or mussels. Discard bay leaves. Remove from heat.
- 9.** Evenly divide between six serving bowls (approx. 1 cup broth, 2 oz. tilapia, 2 shrimp, and 4 to 6 pieces of shellfish); evenly top with basil and chopped fennel *fronds*.

RECIPE NOTE:

You can substitute 6 cups low-sodium vegetable broth plus 2 cups clam juice for 8 cups seafood broth.

NUTRITIONAL INFORMATION (per serving): Calories: 303 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 134 mg Sodium: 1,428 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 6 g Protein: 39 g

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COCONUT CHICKPEA STEW

SERVES: 4 (approx. ¾ cup each) **Prep Time: 10 min. Cooking Time: 45 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½

- 1 Tbsp.** olive oil
- ½ cup** chopped onion (approx. ⅔ medium)
- 3 cloves** garlic, finely chopped
- 2 cups** canned chickpeas (garbanzo beans), drained, rinsed
- 1 Tbsp.** fresh ginger, finely chopped (or 1 tsp. ground ginger)
- 1 tsp.** ground turmeric
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1 (13.5-oz.) can** lite coconut milk
- 1 cup** low-sodium organic vegetable broth
- 2 cups** kale or Swiss chard, stems removed, roughly chopped
- 1 Tbsp.** fresh lime juice
- 1 tsp.** finely grated lime peel (lime zest)
- 4 tsp.** chopped fresh mint

- 1.** Add oil to a large pot and heat over medium heat until fragrant, 1 to 2 minutes.
- 2.** Add onion, garlic, chickpeas, ginger, turmeric, salt, and pepper; cook for 8 minutes, stirring often, until chickpeas begin to brown.
- 3.** Gently mash chickpeas with a potato masher or the back of a wooden spoon. Add coconut milk and broth, stirring to release any ingredients stuck to the bottom of the pan.
- 4.** Bring to a simmer and cook for 30 minutes, stirring occasionally, until stew has thickened.
- 5.** Stir in kale and simmer 3 to 5 minutes, until wilted. Remove from heat; stir in lime juice and lime zest.
- 6.** Divide stew evenly among four serving bowls. Top each bowl with 1 tsp. chopped mint and serve immediately, or store refrigerated in an airtight container for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 223 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 256 mg Carbohydrates: 25 g Fiber: 6 g Sugars: 6 g Protein: 7.4 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

CURRIED CHICKEN WITH COUSCOUS^o

SERVES: 8 (½ cup couscous and ¾ cup chicken each) Prep Time: 15 min. Cooking Time: 27 min.

CONTAINER EQUIVALENTS (per serving): ■ ½ ■ 1 ■ 1 ■ ½



2 cups water
1 tsp. sea salt (or Himalayan salt),
divided use
1 cup + 2 Tbsp. dry whole-grain couscous
2 Tbsp. all-purpose flour
2 Tbsp. curry powder
2 lbs. raw chicken breast, boneless,
 skinless, cut into ½-inch strips
 (or bite-sized pieces)
1 Tbsp. extra-virgin organic coconut oil
2 cups canned lite coconut milk
1½ cups finely sliced (into matchstick-
 sized pieces) carrots (approx.
 3 medium)
½ cup raisins
 Chopped fresh cilantro
 (for garnish; optional)




1. Heat water and ¼ tsp. salt in medium saucepan over medium-high heat. Bring to boil.
2. Add couscous; mix well. Remove from heat. Let stand, covered, for 5 minutes. Remove cover and fluff with a fork. Set aside.
3. Combine *remaining* ¾ tsp. salt, flour, and curry powder in a resealable plastic bag. Add chicken, seal the bag, and toss gently to coat. Set aside.
4. Heat oil in large skillet over medium heat.
5. Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is no longer pink.
6. Add coconut milk, carrots, and raisins. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 10 minutes, or until chicken is tender.
7. Place ½ cup couscous in each of eight serving bowls. Top with 3 pieces of chicken and approx. ⅓ cup coconut milk mixture (or ¾ cup chicken mixture if chicken has been cut into bite-sized pieces).
8. Garnish evenly with cilantro, if desired.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 336 Total Fat: 9 g Saturated Fat: 5 g Cholesterol: 83 mg Sodium: 370 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 8 g Protein: 30 g

DE-STRESS LETTUCE WRAPS

SERVES: 4 (2 wraps per serving) **Prep Time:** 15 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1

2 Tbsp.	reduced-sodium tamari soy sauce
3 Tbsp.	water
1 tsp.	rice vinegar
1 Tbsp.	coconut sugar
½ tsp.	garlic powder, <i>divided use</i>
½ tsp.	ground ginger
1 tsp.	cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)
1 lb.	salmon fillet, skinless, pin bones removed
¼ cup	coconut oil
56	whole unsalted peanuts
¼ tsp.	sea salt
¼ tsp.	ground smoked paprika
8 leaves	butter lettuce (or Bibb lettuce)
1 cup	red bell pepper, cut into matchstick-sized pieces
1 cup	seedless cucumber, cut into matchstick-sized pieces
	Fresh cilantro leaves (for garnish; optional)

1. Preheat oven to 375° F. Line a baking sheet with parchment paper; set aside.
2. To make glaze, place a small saucepot over medium heat; add tamari, water, vinegar, sugar, $\frac{1}{4}$ tsp. garlic powder, and ginger. Bring to a gentle boil.
3. Stir in cornstarch slurry and continue to stir until sauce thickens, about 30 seconds.
4. Brush salmon all over with glaze, place on prepared baking sheet, and bake, 14 to 16 minutes, until cooked through.
5. While salmon bakes, heat oil in a medium skillet over medium heat. Add peanuts and cook, stirring often, until golden brown, about 5 minutes. (Lower heat if necessary so peanuts don't burn.)
6. Use a slotted spoon to transfer peanuts to a bowl lined with paper towels; toss with salt, *remaining* $\frac{1}{4}$ tsp. garlic powder, and paprika; set aside.
7. To assemble wraps, place two lettuce leaves on each plate, top each leaf with 2 oz. salmon, 2 Tbsp. bell pepper, 2 Tbsp. cucumber, and 7 peanuts; garnish with cilantro (if desired). Serve immediately.

RECIPE NOTE:

Not all of the oil will stick to the peanuts. The Ultimate Portion Fix containers for this recipe are calculated based on how much oil is actually consumed.



SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): Calories: 296 Total Fat: 15 g Saturated Fat: 3 g Cholesterol: 51 mg Sodium: 411 mg Carbohydrates: 10 g Fiber: 3 g Sugars: 5 g Protein: 30 g

EASY PUMPKIN RAVIOLI

SERVES: 6 (2 large ravioli each) **Prep Time:** 20 min. **Cooking Time:** 47 min.

CONTAINER EQUIVALENTS (per serving):  1½  1

⅓ cup	chopped Parmesan cheese rind
2 cups	low-sodium organic vegetable broth
1 Tbsp.	unsalted organic grass-fed butter
6	fresh sage leaves
½ cup	100% pure pumpkin puree
½ cup	part-skim ricotta cheese
8 Tbsp.	grated Parmesan cheese, <i>divided use</i>
1 tsp.	honey
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
¼ tsp.	ground black pepper
1	large egg white
2 Tbsp.	water
	Whole wheat flour
24	wonton wrappers
	Hot water

SPECIAL EQUIPMENT:

Cheesecloth
Kitchen string

1. Wrap cheese rinds in cheesecloth (or a coffee filter). Tie ends tightly with kitchen string.
2. Heat broth to boiling in medium saucepan over high heat. Reduce heat to low. Add cheese rinds; steep in broth for at least 30 minutes. Carefully squeeze cheesecloth before removing and discarding cheese rinds.
3. Heat butter and sage over medium-low heat in small skillet (or saucepan) for 4 to 5 minutes, or until butter begins to brown and sage leaves stop sizzling. Remove from heat. Place sage leaves on a paper towel; reserve brown butter. Set aside.
4. Place pumpkin, ricotta, 2 Tbsp. grated Parmesan cheese, honey, ¼ tsp. salt, and pepper in food processor; pulse until smooth. Transfer pumpkin mixture to a resealable plastic bag. Set aside.
5. Combine egg and water in a small bowl; whisk to blend. Set aside.
6. Lightly dust a cutting board with flour and lay out 12 wonton wrappers.
7. Snip off one corner of plastic bag (filled with pumpkin mixture) with a pair of scissors. Pipe approx. 1 Tbsp. pumpkin mixture into center of each wrapper.
8. With a pastry brush (or the tip of your finger), apply a thin layer of egg mixture to the outer edge of each wrapper.
9. Top each with a second wrapper, press down with fingertips around the edges to seal, squeezing out as much air as possible.
10. Heat water to boiling in large saucepan. Season with *remaining* ¼ tsp. salt.
11. Add ravioli; cook for 2 minutes. Carefully remove ravioli with slotted spoon.
12. To serve, place two ravioli in a shallow bowl. Top with 3 Tbsp. broth. Garnish each bowl with 1 fried sage leaf, 1 Tbsp. grated Parmesan cheese, and ¼ tsp. brown butter.




RECIPE NOTES:

- Wonton wrappers are used in Chinese cooking and can be found in many grocery stores. Look for wrappers that are approx. 3½ inches square. The larger wrappers are called egg roll wrappers and you can use them in a pinch. Just make sure you cut them to wonton wrapper size.
- You can substitute canned sweet potato for pumpkin in these raviolis.
- If you carefully wrap uncooked ravioli in parchment paper and plastic wrap, you can store them in the freezer for up to 2 months. Cook from frozen as in the directions above, but add an extra minute to the cook time.

NUTRITIONAL INFORMATION (per serving): **Calories:** 195 **Total Fat:** 7 g **Saturated Fat:** 4 g **Cholesterol:** 22 mg **Sodium:** 679 mg **Carbohydrates:** 24 g **Fiber:** 2 g **Sugars:** 2 g **Protein:** 10 g

EGGPLANT CANNELONI

SERVES: 6 (2 rolls each) Prep Time: 20 min. Cooking Time: 43 min.

CONTAINER EQUIVALENTS (per serving):  3½  ½  1

- 1** medium eggplant, sliced lengthwise into twelve ¼-inch slices (approx. 1¼ lbs.)
- 1 tsp.** olive oil
- ¾ cup** chopped onion (approx. 1 medium)
- ¾ cup** chopped red bell pepper (approx. 1 medium)
- 3 cloves** garlic, finely chopped
- 8 oz.** raw 93% lean ground turkey breast
- 2 cups** chopped raw spinach
- 1 cup** part-skim ricotta cheese
- 2 Tbsp.** finely chopped fresh basil
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 3 cups** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**), divided use

SPECIAL EQUIPMENT:


- Parchment paper
- Coconut oil cooking spray
- Aluminum foil

- 1.** Preheat oven to broil, and line two baking sheets with parchment paper.
- 2.** Arrange eggplant slices on prepared baking sheets, lightly coat both sides with spray.
- 3.** Broil eggplant, for 3 minutes on each side, or until eggplant begins to soften and brown. Set aside.
- 4.** Reduce oven temperature to 350° F.
- 5.** Heat oil in large nonstick skillet over medium-high heat until fragrant.
- 6.** Add onion and bell pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add turkey; cook, stirring frequently, breaking turkey into small crumbles, for 5 to 6 minutes, or until turkey is no longer pink.
- 7.** Place turkey mixture in a large mixing bowl, Add spinach, cheese, basil, salt, and pepper; mix well. Set aside.
- 8.** Spread 1½ cups marinara sauce on bottom of 13 x 9-inch casserole pan.
- 9.** Place ¼ cup turkey filling on wide end of 1 eggplant slice; roll away from yourself. Place roll, seam-side down, into baking dish. Repeat with remaining slices.
- 10.** Top eggplant rolls with remaining 1½ cups marinara sauce. Cover with foil. Bake for 20 minutes, or until hot.
- 11.** Heat oven to broil. Remove foil; broil an additional 3 to 5 minutes, or until lightly browned on top.

RECIPE NOTES:



- Eggplant slices will slightly resemble lasagna noodles before adding other ingredients.
- Refrigerate leftovers in an airtight container for up to 4 to 5 days, or freeze individual portions for up to 3 months.
- For a more traditional Italian flavor, use olive oil spray in place of coconut oil cooking spray.

NUTRITIONAL INFORMATION (per serving): Calories: 216 Total Fat: 8 g Saturated Fat: 2 g Cholesterol: 38 mg Sodium: 435 mg Carbohydrates: 21 g Fiber: 6 g Sugars: 12 g Protein: 14 g

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FISH AND CHIPS

SERVES: 4 (1 piece of fish, approx. 8 to 12 potato wedges, and 1 Tbsp. tartar sauce each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving):  1  1 ½

Here's a healthy take on a British classic that we really put some love into getting just right. Unfortunately, no matter how healthy your ingredients, deep-frying is too high in fat to offer a balanced meal. So, we came up with a method, using pre-toasted breading and baked chips, that allows us to finish our fish and chips in a very hot oven to achieve the same results as frying, but without all the oil. Another plus, there's a lot less cleanup in the end!

¾ cup	panko bread crumbs, gluten-free
½ tsp. + ¼ tsp.	sea salt (or Himalayan salt), divided use
¼ tsp.	ground black pepper
2	large eggs, lightly beaten
2 Tbsp.	Dijon mustard
2 Tbsp.	cornstarch (preferably GMO-free)
4 (4-oz.) pieces	raw white fish (like cod, pollock, or haddock)
2	small russet potatoes, washed, cut into ½-inch-wide wedges
¼ cup	FIXATE Tartar Sauce (see separate recipe for FIXATE Tartar Sauce) (optional)
1	lemon, cut into wedges (optional)

SPECIAL EQUIPMENT:

Parchment paper
Olive oil cooking spray

1. Preheat oven to 400° F. Place baking sheet in oven.
2. Line second baking sheet with parchment paper. Set aside.
3. Toast bread crumbs in medium skillet over medium-high heat for 3 to 4 minutes, or until golden brown.
4. Combine toasted bread crumbs, ½ tsp. salt, and pepper in a shallow bowl; mix well. Set aside.
5. Combine eggs and mustard in a shallow pan; whisk to blend. Set aside.
6. Place cornstarch on a medium plate.
7. Pat fish dry with paper towels. Dredge one piece in cornstarch, then egg mixture, and then bread crumbs. Place on prepared baking sheet and repeat with remaining fish. Set aside.
8. Place potatoes in a medium bowl. Lightly coat with spray; gently toss to coat. Place potatoes on hot baking sheet (from oven). Bake for 15 to 20 minutes, turning potatoes occasionally to promote even browning, until potatoes are golden brown.
9. Add fish to oven (to bake with potatoes). Bake for 14 to 16 minutes, turning fish once, until fish is cooked through.
10. Season potatoes evenly with *remaining* ¼ tsp. salt.
11. Top each of four plates with a piece of fish, 8 to 12 potato wedges, and 1 Tbsp. FIXATE Tartar Sauce (if desired). Garnish with 1 lemon wedge, if desired.


RECIPE NOTE:

- You can substitute King Edward or Maris Piper potatoes for russet.

SERVING SUGGESTION:

- Season with malt vinegar to taste. This ingredient is not gluten-free.
- If your gluten-free bread crumbs are chunky, put them in the food processor and pulse until smooth.

NUTRITIONAL INFORMATION (per serving): **Calories:** 342 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 141 mg **Sodium:** 966 mg **Carbohydrates:** 46 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 28 g

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FIXATE ANDOUILLE SAUSAGE^o

SERVES: 4 (1 patty each, approx. 3-oz. cooked) **Prep Time:** 5 min. **Cooking Time:** 7 min.

CONTAINER EQUIVALENTS (per serving): 1



- 1 lb.** raw 93% lean ground turkey
- 2 tsp.** cold water
- 1 tsp.** ground smoked paprika
- 1 tsp.** onion powder
- ¾ tsp.** dried thyme
- ½ tsp.** garlic powder
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** mustard powder
- 1 dash** ground allspice
- 1 dash** ground cayenne pepper
- 1 dash** ground cloves

- 1.** Combine turkey, water, paprika, onion powder, thyme, garlic powder, salt, mustard powder, allspice, cayenne, and cloves in a large mixing bowl; knead together with clean hands to form a smooth, uniform mixture.
- 2.** Form sausage into 4 equal patties (about 4-oz. each).
- 3.** Heat medium skillet over high heat; coat skillet with cooking spray. Cook sausage patties on high heat for 4 minutes, then flip and cook for another 3 minutes, or until thermometer inserted in the center reaches 165° F. Remove from heat.

RECIPE NOTE:

If sausage is browning too quickly, add 1 Tbsp. of water to the pan and cover with a lid to finish cooking.

SPECIAL EQUIPMENT:

Nonstick cooking spray or olive oil cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 177 **Total Fat:** 10 g **Saturated Fat:** 2 g **Cholesterol:** 84 mg **Sodium:** 346 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 22 g

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.



FIXATE VEGAN KALE NACHOS

SERVES: 4 Prep Time: 20 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ 3

VEGAN CONTAINER EQUIVALENTS (per serving): 1½ ½ 2½

FOR KALE CHIPS:

- 4 cups** raw kale, stems and ribs removed and discarded, leaves cut into 1-inch pieces
- 1 Tbsp.** olive oil
- 1 dash** sea salt (or Himalayan salt)

FOR TACO “MEAT”:

- 1½ cups** cauliflower florets
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for FIXATE Taco Seasoning)
- 1 Tbsp.** olive oil
- ¼ tsp.** sea salt (or Himalayan salt)

FOR TOPPINGS:

- 2 medium Roma tomatoes,** seeds removed, chopped
- ½ cup** chopped onion
- 1 cup** canned black beans, drained, rinsed
- ¼ cup** **FIXATE Vegan Nacho “Cheese” Dip**
(see separate recipe for FIXATE Vegan Nacho “Cheese” Dip)
- 1 Tbsp.** fresh lime juice
(juice of ½ medium lime)
- ¼ cup** chopped fresh cilantro

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

FOR KALE CHIPS:

1. Preheat oven to 400° F.
2. Cut a sheet of parchment paper into four equal squares. Lay parchment paper squares on a large baking sheet; lightly coat with spray. Set aside.
3. Combine kale, oil, and salt in a large bowl; toss gently to blend.
4. Evenly arrange kale, in a single layer, on each parchment paper square.
5. Bake for 15 to 18 minutes, turning halfway through, or until dry and crispy. Set aside.

FOR TACO “MEAT”:

1. Place cauliflower in food processor (or blender); pulse until it resembles rice, seven to ten 1-second pulses.
2. Combine cauliflower and taco seasoning in a large mixing bowl; mix well.
3. Heat oil in large skillet over medium-high heat; swirling to coat pan.
4. Add cauliflower mixture and salt; cook, stirring frequently, for 6 to 8 minutes, or until lightly browned and cooked through. Remove to a paper-lined plate. Set aside. **Cook’s Note:** Be sure not to overcrowd pan as this will impede browning; if your pan is not large enough, work in batches.
5. Top kale chips evenly with cauliflower mixture, tomato, onion, black beans, and cheese dip.
6. Bake for 3 to 5 minutes, or until everything is warm and melty.
7. Carefully transfer each parchment sheet to a serving plate. Drizzle evenly with lime juice and garnish with cilantro; enjoy!

TIP:

Kale chips can be more fragile than tortilla chips, so you might want to enjoy these nachos with a fork.

NUTRITIONAL INFORMATION (per serving): Calories: 220 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 635 mg Carbohydrates: 24 g Fiber: 8 g Sugars: 4 g Protein: 9 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

FIX-ED GRILLED CHEESE^o

VG

SERVES: 2 (2 sticks each) **Prep Time:** 5 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½



CLASSIC GRILLED CHEESE:

2 slices low-sodium sprouted whole-grain bread (like Ezekiel[®])

1 tsp. ghee (organic grass-fed, if possible)

1 dash sea salt (or Himalayan salt)

2 slices Muenster cheese (approx. 2 oz.)

1. Spread each slice of bread with ½ tsp. ghee. Season with salt.
2. Top dry slice of bread with cheese and second slice of bread. Make sure buttered sides of bread are on the outside of the sandwich.
3. Grill sandwich in small skillet, over medium-low heat, for 4 minutes on each side, or until bread is golden brown and cheese is melted. Press down on sandwich to seal. Remove from heat.
4. Cut off crusts; cut sandwich into four sticks.

SERVING SUGGESTION:

Serve with our **Creamy Tomato Soup** (see separate recipe for **Creamy Tomato Soup**) for a hearty and complete kid-friendly meal!

VARIATIONS:

- To transform your classic grilled cheese into **FIX-ed Pepperoni Pizza Grilled Cheese**, substitute 2 slices low-moisture part-skim mozzarella cheese for Muenster cheese. Add 1 Tbsp. **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**) and 2 Tbsp. **Chicken Pepperoni Crumbles** (see separate recipe for **Chicken Pepperoni Crumbles**).

CONTAINER EQUIVALENTS (per serving):  1  1  ½


- To transform your classic grilled cheese into **FIX-ed Chicken and Broccoli Grilled Cheese**, substitute 2 slices Monterey jack cheese for Muenster cheese. Add 2 Tbsp. thinly sliced broccoli florets and 2 Tbsp. thinly sliced grilled chicken breast.

CONTAINER EQUIVALENTS (per serving):  1  1  ½

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.



NUTRITIONAL INFORMATION (per serving) **FIX-ed Classic Grilled Cheese only:** Calories: 200 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 36 mg Sodium: 333 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 0 g Protein: 10 g

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GLUTEN-FREE PEPPERONI PIZZA

SERVES: 4 (1 slice each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  1  ½

4 slices **Gluten-Free Fresh Bread**
(see separate recipe for
Gluten-Free Fresh Bread)

¼ cup **FIXATE Marinara**
(see separate recipe for
FIXATE Marinara)

½ cup **Chicken Pepperoni Crumbles**
(see separate recipe for
Chicken Pepperoni Crumbles)


½ cup **shredded part-skim mozzarella
cheese**

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Evenly space bread on baking sheet.
3. Top each slice of bread with 1 Tbsp. marinara sauce. Sprinkle each slice with 2 Tbsp. pepperoni crumbles and 2 Tbsp. cheese.
4. Bake for 10 minutes, or until cheese is melted and bread is toasted.

SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 173 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 34 mg **Sodium:** 352 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 4 g **Protein:** 9 g

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HEALTHY BELLY BOWL

SERVES: 1 **Prep Time:** 15 min. **Cooking Time:** 6 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ 1 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1 1 1 ½

Autumn has a few staple take-out dishes she finds herself going back to often because of their nutritional makeup as well as their taste. One of them is a quinoa bowl loaded with ingredients that aid digestion, such as turmeric, kale, dandelion greens, and sauerkraut. If you're someone who struggles with digestion, it really is a godsend, and now you can make it at home.

FOR DRESSING:

- 1 tsp.** tahini paste
- 1½ tsp.** water
- ½ tsp.** fresh lemon juice
- ¼ clove** garlic, finely chopped
- 1 dash** coconut sugar
- 1 pinch** sea salt (or Himalayan salt)
- 1 pinch** ground turmeric
- ½ tsp.** chopped parsley

1. Combine tahini, water, lemon juice, garlic, sugar, salt, turmeric, and parsley in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium heat until fragrant.
3. Add garlic, kale, sweet potato, and quinoa; cook, stirring frequently, for 4 to 5 minutes, or until kale is wilted and sweet potatoes are warmed through. Remove from heat.
4. Add dandelion greens, sauerkraut, and kombu; mix well.
5. Place kale mixture in a serving bowl. Drizzle with dressing; toss gently to blend.
6. Top with pumpkin seeds and avocado; enjoy!

FOR BOWL:

- 1 tsp.** olive oil
- 1 clove** garlic, finely chopped
- ½ cup** chopped kale
- ½ cup** cooked sweet potato, cut into ½-inch cubes
- ¼ cup** cooked quinoa
- ½ cup** chopped dandelion greens
- ¼ cup** sauerkraut, drained
- ¼ tsp.** kombu powder (or sea salt (or Himalayan salt))
- 1 Tbsp.** raw pumpkin seeds (preferably toasted)
- ¼** medium avocado, sliced

RECIPE NOTES:

- Meal-prepped sweet potato, or frozen sweet potato can be used.
- Kombu is an edible kelp that is great for digestion, loaded with minerals, and packed with the flavor known as umami, which makes dishes taste hearty and satisfying. It can be found in the Asian section of many grocery stores, at many health food stores, as well as ordered online.
- To make kombu powder, roast kombu at 425° F for 10 minutes, or until toasty and crisp. Break into small pieces. Process in coffee grinder into a fine powder.
- Instead of making the powder, you can add a 4-inch piece of kombu to the cooking water of your quinoa, and discard it after the quinoa is done.

VARIATION:

You can substitute baby spinach for dandelion greens.

NUTRITIONAL INFORMATION (per serving): Calories: 388 **Total Fat:** 21 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 1,047 mg **Carbohydrates:** 45 g **Fiber:** 11 g **Sugars:** 2 g **Protein:** 11 g

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HERB-CRUSTED BEEF TENDERLOIN^o (WITH HORSERADISH CREAM SAUCE)

GF

SERVES: 8 (4 oz. each) **Prep Time:** 10 min. + 8 hours refrigeration (approx. overnight) **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving):  1  ½



1 Tbsp. + 1 pinch sea salt (or Himalayan salt),
divided use

1 Tbsp. ground black pepper

2 cloves garlic

2 Tbsp. fresh rosemary sprigs,
leaves removed and stem
discarded, tightly packed

2 tsp. fresh thyme sprigs, leaves
removed and stem
discarded, tightly packed

2 Tbsp. fresh parsley, tightly packed

2 lbs. raw, lean, center-cut beef
tenderloin

1 Tbsp. ghee (organic grass-fed,
if possible)

¼ cup crème fraiche

2 tsp. prepared horseradish

- Place *1 Tbsp.* salt, pepper, garlic, rosemary, thyme, and parsley in food processor (or blender). Pulse until finely chopped.
- Coat outside of tenderloin evenly with garlic mixture. Place in a casserole dish and refrigerate, uncovered, minimum 8 hours (approx. overnight).
- After minimum 8 hours (or the next day), remove tenderloin from refrigerator 2 hours before cooking to allow tenderloin to come up to room temperature.
- Preheat oven to 400° F.
- Heat large, ovenproof skillet over high heat. Your skillet must be smoking hot in order to get a true and deep sear on your tenderloin.
- Carefully pat tenderloin dry with paper towels. Rub outside with ghee; cook in preheated skillet, 1 to 2 minutes on each side, or until brown on all sides.
- Place skillet in preheated oven. Bake, uncovered, for 20 to 25 minutes, or until a thermometer inserted at its thickest point reads 125° F for medium rare. Remove tenderloin from oven. Transfer to carving board. Allow to rest for 10 minutes.
- While tenderloin is baking, make Horseradish Cream Sauce. Combine crème fraiche, horseradish, and *remaining pinch* of salt in a small bowl; mix well. Refrigerate, covered, until ready to use.
- Slice tenderloin into 8 portions. Serve each with 1½ tsp. Horseradish Cream Sauce.

RECIPE NOTE:


Roasted meats should always be rested before slicing for two reasons. First, it allows the hot outer portions to transfer their heat to the center, which completes the cooking process. Our 125° F tenderloin will rest up to about 140° F, for a perfect medium rare. Second, by allowing the temperature to stabilize before slicing, we keep the juices in the meat rather than on the cutting board.

TIPS:

- For rare meat, subtract 3 to 5 minutes from the total baking time.
- For medium, add 3 to 5 minutes to the total baking time.
- Make sure your prepared horseradish is pure horseradish, and not in a cream-based or mayonnaise sauce.
- If you do not have fresh herbs, you can use 2 tsp. of dried herbs, each.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 202 **Total Fat:** 10 g **Saturated Fat:** 5 g **Cholesterol:** 85 mg **Sodium:** 927 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 25 g

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HOMEMADE HOTDOGS^o

SERVES: 4 (1 hotdog each) **Prep Time:** 30 min. + 1 hr. to freeze **Cooking Time:** 19 min.

CONTAINER EQUIVALENTS (per serving): 1



No one wants to see how the sausage is made, right? With our FIXATE hotdogs, you don't have to be afraid of what's in there! Made with all-white-meat chicken breast, they're lower in fat than traditional hotdogs and totally nitrate-free so you can enjoy some summer grilling without throwing off your nutrition goals! These taste just like the real thing, and they require no special equipment to make, just a little patience that will be rewarded tenfold at your next BBQ!

- 1 lb.** raw chicken breast, boneless, skinless, cut into ½-inch cubes
- ¾ tsp.** smoked sea salt (or Himalayan salt)
- 1 tsp.** ground smoked paprika
- ½ tsp.** garlic powder
- ¼ tsp.** ground black pepper
- ½ tsp.** onion powder
- ½ cup** crushed ice

SPECIAL EQUIPMENT:

- Plastic wrap
- Olive oil cooking spray

1. Place chicken on small baking sheet, evenly spread out. Freeze for approx. 1 hour, or until crusty on the outside but not completely frozen.
2. Place chicken, salt, paprika, garlic powder, pepper, onion powder, and ice in food processor; process for approx. 3 minutes, or until a smooth, emulsified paste forms.
3. Place chicken mixture into a resealable plastic bag. Snip off one corner, leaving a 1-inch-wide opening. Set aside.
4. Bring large saucepan of water to a boil over high heat.
5. Spread out 12 x 12-inch piece of plastic wrap. Coat with spray.
6. Pipe an 8-inch line of chicken mixture onto lower edge of plastic wrap; repeat with a second 8-inch line slightly overlapping the first; repeat with a third 8-inch line slightly overlapping the second. Roll chicken mixture tightly in plastic wrap, being careful to squeeze out as much air as possible. Form a sausage shape; grab ends and twist tightly to seal. Prick any air bubbles with the tip of a sharp toothpick, then retighten wrap. (Chicken mixture should form a tight, hotdog-shaped package.)
7. Repeat steps 5 and 6 with remaining chicken until you have four hotdog packages.
8. Reduce heat on water to low. Put wrapped hotdogs in steamer basket; steam, covered, for 10 minutes, or until solid.
9. Remove hotdogs to an ice bath. Let cool for 5 minutes; remove plastic with a pair of scissors.
10. Lightly coat hotdogs with spray.
11. Heat medium nonstick skillet over medium-high heat.
12. Add hotdogs; cook, turning occasionally, for 3 to 4 minutes, or until lightly browned on all sides and heated through.

RECIPE NOTES:

- Food-service plastic wrap reacts to heat better than the kind you buy at the grocery store. You can find it at club stores or at restaurant supply stores. One roll will last you a really long time!
- Hotdogs can be cooked on a grill instead of in a skillet.
- Refrigerate leftover hotdogs in an airtight container for up to 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.





NUTRITIONAL INFORMATION (per serving): **Calories:** 140 **Total Fat:** 3 g **Saturated Fat:** 1 g **Cholesterol:** 83 mg **Sodium:** 480 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 26 g

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Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

INSTA POT GOULASH


SERVES: 4 (approx. 1¼ cups each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 6 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1½  2

1 Tbsp.	olive oil
1 lb.	raw lean beef stew meat
1 cup	chopped onion (approx. 1⅓ medium)
½ cup	chopped carrot (approx. 1 medium)
½ cup	chopped celery (approx. 1 medium stalk)
3 cloves	garlic, finely chopped
1 Tbsp.	ground sweet paprika
1 tsp.	ground smoked paprika
2 tsp.	caraway seeds
2 Tbsp.	tomato paste
2 Tbsp.	apple cider vinegar
2½ cups	low-sodium organic chicken or beef broth
1 tsp.	finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
2	bay leaves
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
2 Tbsp.	cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)

1. Set instant pot to “sauté.”
2. Heat oil in pot. Add beef; cook for 5 minutes, turning to sear on all sides. Remove from pot and set aside.
3. Add onion, carrot, celery, and garlic; cook for 5 minutes, or until vegetables begin to soften.
4. Add sweet paprika, smoked paprika, and caraway seeds; toast for 30 seconds. Add tomato paste and vinegar; cook for 1 minute.
5. Add seared beef, broth, thyme, bay leaves, salt, and pepper. Seal pot and switch instant pot to “meat stew.” (If your instant pot does not have this setting, set pot to the highest pressure-cooker setting and timer for 35 minutes.)
6. Once cycle is complete, release pressure, being sure to keep clear of steam.
7. Switch pot to “sauté” and stir in cornstarch slurry. Simmer for 10 minutes, or until thickened.






RECIPE NOTE:

This recipe pairs well with whole-grain toast or brown rice. Don't forget to count your  Yellow Container (Carbohydrates).

NUTRITIONAL INFORMATION (per serving): **Calories:** 392 **Total Fat:** 20 g **Saturated Fat:** 7 g **Cholesterol:** 122 mg
Sodium: 835 mg **Carbohydrates:** 14 g **Fiber:** 3 g **Sugars:** 4 g **Protein:** 38 g

INSTA POT WHITE CHILI

SERVES: 4 (approx. 2 cups each) **Prep Time:** 10 min. **Cooking Time:** 36 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  1  ½  1

1 Tbsp.	olive oil
1 cup	chopped, seeded poblano chiles (approx. 2 medium)
1 cup	chopped onion (approx. 1½ medium)
4 cloves	garlic, finely chopped
1 Tbsp.	chili powder
1 tsp.	ground cumin
1 tsp.	ground smoked paprika
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
4 cups	low-sodium organic chicken broth
1 lb.	raw chicken, boneless, skinless (preferably a mixture of white and dark)
2 Tbsp.	cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)
2 cups	canned white beans, drained, rinsed (approx. 1¼ cans, 15-oz. each)
½ cup	reduced-fat sour cream
2 tsp.	chopped fresh cilantro
½	medium lime, cut into 4 wedges

1. Set instant pot to “sauté.”
2. Heat oil in pot. Add chiles, onion, and garlic; cook for 5 minutes, stirring frequently, or until vegetables begin to soften.
3. Add chili powder, cumin, paprika, salt, and pepper; cook for an additional 1 minute.
4. Add broth and chicken; seal pot and switch setting to “pressure cooker” at “high pressure.” Set timer for 20 minutes.
5. Once cycle is complete, release pressure, being sure to keep clear of steam. Shred chicken in pot with two forks.
6. Switch setting to “sauté” and stir in cornstarch slurry. Simmer for 5 to 7 minutes, or until mixture thickens. Stir in beans and sour cream; serve immediately or switch setting to “warm” until ready to serve.
7. Evenly divide chili among four bowls; top each evenly with cilantro, and serve lime wedge on the side

RECIPE NOTE:




Store in airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 404 **Total Fat:** 11 g **Saturated Fat:** 3 g **Cholesterol:** 93 mg
Sodium: 793 mg **Carbohydrates:** 37 g **Fiber:** 8 g **Sugars:** 6 g **Protein:** 41 g

ITALIAN MEATBALLS^o

PF

SERVES: 5 (5 meatballs each) **Prep Time:** 30 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (Italian Meatballs Only):  1  ½  1



When I was a kid, everything was made from scratch. The sauce took about 4–5 hours to cook properly and the meatballs were hand-rolled by Gram. We always said no one else's tasted quite like hers—we joked that it must have been the olive oil naturally in my grandma's body that came out in her hands!

½ cup	whole wheat panko bread crumbs
½ cup	unsweetened almond milk
2 tsp.	olive oil
¾ cup	finely chopped onion (approx. 1 medium)
3 cloves	garlic, finely chopped
1 lb.	raw ground 93% lean turkey breast
2	large eggs, lightly beaten
¼ cup	finely chopped fresh parsley
2 Tbsp.	grated Parmesan cheese
1 tsp.	dried oregano leaves
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper

1. Preheat oven to 425° F.
2. Line large baking sheet with parchment paper, lightly coat with spray. Set aside.
3. Place bread crumbs and almond milk in a small bowl. Set aside; soak for 10 minutes.
4. Heat oil in medium skillet over medium-high heat.
5. Add onion; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
6. Add garlic; cook, stirring frequently, for 1 minute.
7. Combine onion mixture, turkey, eggs, parsley, cheese, oregano, salt, pepper, and bread crumb mixture in a large bowl; mix well with clean hands or wooden spoon.
8. With clean wet hands, form turkey mixture into twenty-five, approx. 1-inch meatballs; arrange onto prepared baking sheet.
9. Bake for 13 to 18 minutes, or until browned and cooked through.









SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

VARIATION:


Gluten-free panko can be substituted for whole wheat panko to make this recipe gluten-free.

SERVING SUGGESTIONS:

- Serve Italian Meatballs with 2 Tbsp. **Grandma's Tomato Sauce** (see separate recipe for **Grandma's Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  1  1  ½  1½
- Serve Italian Meatballs over 1 cup zucchini noodles (zoodles) or 1 cup cooked spaghetti squash with 2 Tbsp. **Grandma's Tomato Sauce** (see separate recipe for **Grandma's Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  2  1  ½  1½
- Serve Italian Meatballs over ½ cup cooked whole wheat (or quinoa) pasta with 2 Tbsp. **Grandma's Tomato Sauce** (see separate recipe for **Grandma's Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  1  1  1½  1½






^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) **Italian Meatballs Only:** Calories: 237 Total Fat: 13 g Saturated Fat: 3 g Cholesterol: 144 mg Sodium: 387 mg Carbohydrates: 9 g Fiber: 2 g Sugars: 1 g Protein: 22 g

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

ITALIAN STUFFED PEPPERS^o

SERVES: 8 (½ pepper each) Prep Time: 20 min. Cooking Time: 1 hr. 4 min.

CONTAINER EQUIVALENTS (per serving):  2  ½  ½  ½  1




- 3 cups** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**), **divided use**
- 4** **medium bell peppers, cut in half lengthwise, stems, seeds, and veins removed**
- 2 Tbsp.** **olive oil**
- ½ cup** **chopped onion (approx. ⅔ medium)**
- 6 cloves** **garlic, finely chopped**
- 1 lb.** **raw 93% lean ground turkey**
- 2 cups** **cooked brown rice**
- 1 cup** **grated Parmesan cheese**
- ½ tsp.** **ground black pepper**
- ¼ cup** **finely chopped fresh basil**

- 1.** Preheat oven to 350° F.
- 2.** Evenly spread *2 cups* marinara in the bottom of large baking dish. Top sauce with pepper halves, skin-side down. Set aside.
- 3.** Heat oil in large skillet over medium-high heat until fragrant.
- 4.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.
- 5.** Add garlic; cook, stirring frequently, for 1 minute.
- 6.** Add turkey; cook, breaking up into small pieces, for 5 to 7 minutes, or until cooked through. Remove from heat.
- 7.** Add rice, *remaining 1 cup* marinara, cheese, and pepper; mix well.
- 8.** Add ¾ cup turkey mixture to each pepper half. Cover with aluminum foil. Bake for 35 minutes.
- 9.** Remove foil. Bake for an additional 15 to 20 minutes, or until peppers are browned and tender-crisp.
- 10.** Garnish evenly with basil.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 293 Total Fat: 14 g Saturated Fat: 4 g Cholesterol: 53 mg Sodium: 360 mg Carbohydrates: 23 g Fiber: 4 g Sugars: 6 g Protein: 18 g

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KID-FRIENDLY KALE NACHOS

SERVES: 4 Prep Time: 20 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1  ½  1½

FOR KALE CHIPS:

- 4 cups** raw kale, stems and ribs removed and discarded, leaves cut into 1-inch pieces
- 1 Tbsp.** olive oil
- 1 dash** sea salt (or Himalayan salt)

FOR TACO MEAT:

- 12 oz.** raw extra-lean ground beef
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for FIXATE Taco Seasoning)
- 1 Tbsp.** olive oil
- ¼ tsp.** sea salt (or Himalayan salt)

FOR TOPPINGS:

- 2** medium Roma tomatoes, seeds removed, chopped
- ½ cup** chopped onion
- 1 cup** canned black beans, drained, rinsed
- ½ cup** shredded cheddar cheese
- 1 Tbsp.** fresh lime juice (juice of ½ medium lime)
- ¼ cup** chopped fresh cilantro

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

FOR KALE CHIPS:

1. Preheat oven to 400° F.
2. Cut a sheet of parchment paper into four equal squares. Lay parchment paper squares on a large baking sheet; lightly coat with spray. Set aside.
3. Combine kale, oil, and salt in a large bowl; toss gently to blend.
4. Evenly arrange kale, in a single layer, on each parchment paper square.
5. Bake for 15 to 18 minutes, turning halfway through, or until dry and crispy. Set aside.

FOR TACO MEAT:

1. Combine ground beef and taco seasoning in a large mixing bowl; mix with clean hands until just blended. **Cook's Note:** Try not to overmix as that will make the meat tough; knead just enough to combine ingredients into a uniform, homogenous mixture.
2. Heat oil in large skillet over medium-high heat; swirling to coat pan.
3. Add ground beef mixture and salt; cook, stirring frequently, for 6 to 8 minutes, or until lightly browned and cooked through. Drain and discard any excess fat.
4. Top kale chips evenly with ground beef mixture, tomato, onion, black beans, and cheese.
5. Bake for 3 to 5 minutes, or until everything is warm and melty.
6. Carefully transfer each parchment sheet to a serving plate. Drizzle evenly with lime juice and garnish with cilantro; enjoy!


TIP:

Kale chips can be more fragile than tortilla chips, so you might want to enjoy these nachos with a fork.

VARIATION:




Substitute ground chicken breast or 93% lean ground turkey for ground beef.

NUTRITIONAL INFORMATION (per serving): Calories: 335 Total Fat: 16 g Saturated Fat: 6 g Cholesterol: 68 mg Sodium: 631 mg Carbohydrates: 20 g Fiber: 6 g Sugars: 2 g Protein: 28 g

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LOADED CAULIFLOWER CASSEROLE

SERVES: 4 (approx. 1 cup each) **Prep Time:** 15 min. **Cooking Time:** 42 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1


4 cups	cauliflower florets
1 cup	shredded cheddar cheese
1 Tbsp. + 1 tsp.	cornstarch
1 cup	low-fat milk (1%)
2 cloves	garlic, finely chopped
8 strips	cooked turkey bacon, crumbled, <i>divided use</i>
¼ cup	sliced green onions (approx. ¼ bunch)
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Coat an 8½-inch x 8½-inch casserole dish with cooking spray. Set aside.
3. Steam or blanch cauliflower for 3 minutes; drain thoroughly. Set aside.
4. In a medium bowl mix together cheese and cornstarch. Set aside.
5. Place milk and garlic in a large nonstick skillet and bring to a low simmer over medium heat, about 3 minutes.
6. Reduce heat to low and whisk in cheese mixture a small handful at a time, stirring constantly, until cheese is completely melted, about 2 minutes.
7. Add cauliflower, ¾ crumbled bacon, green onions, salt, and pepper, and mix well.
8. Carefully pour mixture into prepared casserole dish. Top with *remaining* ¼ crumbled bacon and bake for 30 minutes, or until cauliflower is tender and top of casserole has slightly browned.
9. Divide evenly among four serving bowls and serve immediately, or store refrigerated in an airtight container for up to 3 days.




NUTRITIONAL INFORMATION (per serving): **Calories:** 225 **Total Fat:** 13 g **Saturated Fat:** 6 g **Cholesterol:** 53 mg **Sodium:** 423 mg **Carbohydrates:** 14 g **Fiber:** 2 g **Sugars:** 5 g **Protein:** 15.6 g

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LEMON GARLIC CHICKEN WITH ASPARAGUS^o

GF

SERVES: 4 (1 chicken breast and 10 asparagus spears each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 6 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1



6 cloves garlic, finely chopped
¼ cup dry white wine (like pinot grigio)
¼ cup low-sodium organic chicken broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel (lemon zest)
1 tsp. finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
4 (4-oz. each) raw chicken breasts, boneless, skinless
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional), *divided use*
4 slices medium lemon
2 lbs. asparagus, stems trimmed (approx. 40 medium stalks)
4 tsp. unsalted organic grass-fed butter, cold

SPECIAL EQUIPMENT:

Olive oil cooking spray

Aluminum foil


1. Preheat oven to 400° F.
2. Combine garlic, wine, broth, lemon juice, lemon peel, and thyme in an 8 x 8-inch pan; mix well. Set aside.
3. Season both sides of chicken with a *pinch of salt* and a *pinch of pepper*, if desired.
4. Place chicken on top of garlic mixture. Top each chicken breast with 1 slice lemon.
5. Bake for 20 to 25 minutes, or until chicken is no longer pink in the middle.
6. 10 minutes before chicken is done baking, lightly coat asparagus with spray. Season with a *pinch of salt* and a *pinch of pepper*, if desired.
7. Heat large skillet over medium-high heat. Add asparagus; cook, turning occasionally, for 5 to 7 minutes, or until tender-crisp and lightly charred.
8. Remove chicken from oven, discard lemon slices. Place chicken and asparagus on a serving platter. Cover with foil; set aside while you finish the sauce.
9. Pour pan juices into small skillet. Bring to a boil over medium-high heat; cook, stirring occasionally, for 4 to 6 minutes, or until juices reduce by half.
10. Reduce heat to low. Bring juices to just below a gentle boil. Add butter, 1 tsp. at a time; cook, whisking constantly, for 2 to 3 minutes, or until all butter is melted and emulsified into a creamy sauce. Remove from heat.
11. Pour sauce over chicken and asparagus.
12. Place 1 chicken breast and 10 stalks asparagus onto each of four plates, and enjoy!

RECIPE NOTES:

- To trim ends of asparagus, hold one stalk of asparagus by each end and flex until it snaps. Cut remaining stalks to length of broken stalk.
- If your emulsion breaks while making your sauce, simply whisk in a splash of water to re-emulsify.
- If sauce looks thin and watery after all butter is melted, turn heat to medium and reduce until creamy.
- Refrigerate leftovers in an airtight container for up to 4 to 5 days.





^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 229 **Total Fat:** 7 g **Saturated Fat:** 3 g **Cholesterol:** 93 mg **Sodium:** 145 mg **Carbohydrates:** 9 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 30 g

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LOW-CARB JAPANESE NOODLE BOWL


SERVES: 1 Prep Time: 15 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  2

1 Tbsp. + 1 tsp. reduced-sodium tamari soy sauce, *divided use*
¼ cup water
½ tsp. coconut sugar
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. ground ginger
1½ tsp. rice vinegar
¾ tsp. sesame oil, *divided use*
1 (7-oz.) bag shirataki noodles, drained, rinsed under hot water
2 large eggs, lightly beaten
1 cup thinly sliced mixed vegetables
1 tsp. sesame seeds

1. Combine *1 Tbsp.* soy sauce, water, sugar, garlic powder, onion powder, ginger, vinegar, and *½ tsp.* oil in a medium bowl; whisk to blend. Set aside.
2. Heat drained noodles in large skillet (or sauté pan) over medium-high heat; cook, stirring frequently, for 4 to 5 minutes, or until dry.
3. Add eggs; cook, stirring frequently, for 2 to 3 minutes, or until cooked through.
4. Add vegetables and soy sauce mixture; cook, stirring frequently, for 3 to 4 minutes, or until skillet is almost dry.
5. Top with sesame seeds, *remaining 1 tsp.* soy sauce, and *remaining ¼ tsp.* oil; enjoy!


VARIATION:

Substitute 1  tofu or shredded cooked chicken breast for eggs.

TIP:






Shirataki noodles are a terrific refrigerator staple with a shelf life of close to a year. They have little flavor themselves but excel at absorbing added flavors, which is why they work well in stir-fries (as shown here), soups, or as a pasta substitute. Made almost entirely of the healthy soluble fiber known as glucomannan, they have zero calories and are great for digestion.

NUTRITIONAL INFORMATION (per serving): Calories: 292 Total Fat: 15 g Saturated Fat: 4 g Cholesterol: 366 mg Sodium: 1,108 mg Carbohydrates: 22 g Fiber: 8 g Sugars: 9 g Protein: 17 g

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MACARONI AND CHEESE WITH BROCCOLI AND CHICKEN

SERVES: 8 (approx. 1¼ cups each) Prep Time: 20 min. Cooking Time: 17 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  ½  1

1 Tbsp. + 1 tsp. unsalted organic grass-fed butter
2 cloves garlic, finely chopped
2 Tbsp. whole wheat flour
½ tsp. ground paprika
1½ cups unsweetened almond milk
1¼ cups freshly grated extra-sharp cheddar cheese
4 cups cooked whole wheat elbow macaroni
3 cups chopped cooked chicken breast, boneless, skinless
4 cups chopped steamed broccoli florets
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

1. Melt butter in large saucepan over medium heat.
2. Add garlic; cook, stirring frequently, for 1 minute.
3. Add flour and paprika; cook, whisking constantly, for 1 minute, or until brown. (Don't let it burn.)
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.

VARIATIONS:

- Use quinoa pasta and gluten-free flour if you're following a gluten-free lifestyle.
- Asparagus, green beans, or brussels sprouts can be substituted for broccoli.
- A combination of cheeses, like cheddar and Gouda, cheddar and Monterey jack, or cheddar and Asiago can be substituted for sharp cheddar.

NUTRITIONAL INFORMATION (per serving): Calories: 303 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 68 mg Sodium: 366 mg Carbohydrates: 27 g Fiber: 5 g Sugars: 2 g Protein: 28 g



MEXICAN TACO MEAT^o

SERVES: 4 (approx. 1¼ cups each) **Prep Time:** 20 min. **Cooking Time:** 24 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1



- 1 tsp.** olive oil
- ¾ cup** chopped onion (approx. **1 medium**)
- 1** medium jalapeño pepper, seeds and veins removed, finely chopped
- 2 cloves** garlic, chopped
- 1 lb.** raw ground 93% lean turkey breast
- 1 cup** all-natural tomato sauce, no salt or sugar added
- 1** canned chipotle chili pepper in adobo sauce, chopped
- 1 Tbsp.** adobo sauce (sauce from the canned chipotle chili pepper in adobo sauce)
- 1 tsp.** chili powder
- 1 tsp.** dried Mexican oregano leaves
- ½ tsp.** sea salt (or Himalayan salt)

- 1.** Heat oil in large skillet over medium-high heat.
- 2.** Add onion and jalapeño; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute. Transfer onion mixture to a medium bowl. Set aside.
- 4.** Add turkey to the same skillet; cook over medium heat until lightly seared, stirring frequently to break up turkey, for 6 to 8 minutes, or until turkey is no longer pink.
- 5.** Add onion mixture, tomato sauce, chipotle chili, and adobo sauce. Season with chili powder, oregano, and salt. Mix well. Reduce heat to medium-low; gently boil, stirring frequently, for 5 to 8 minutes, or until most liquid evaporates.

SERVING SUGGESTIONS:

- Serve with 2 corn tortillas, 1 cup shredded lettuce, and 2 Tbsp. pico de gallo or **Homemade Salsa** (see separate recipe for **Homemade Salsa**).
CONTAINER EQUIVALENTS (per serving): 1½ 1 1 1
- Serve over ½ cup cooked quinoa.
CONTAINER EQUIVALENTS (per serving): ½ 1 1 1
- Serve inside 2 large romaine lettuce leaves.
CONTAINER EQUIVALENTS (per serving): 1 1 1

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) Mexican Taco Meat Only: Calories: 219 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 717 mg Carbohydrates: 9 g Fiber: 2 g Sugars: 4 g Protein: 22 g

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MUSHROOM BOURGIGNON

SERVES: 5 (approx. 1 cup each) **Prep Time: 10 min. Cooking Time: 39 min.**

CONTAINER EQUIVALENTS (per serving): 2 ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 2 B ½ 1

- 1 Tbsp. + 1 tsp.** olive oil, *divided use*
- 1 cup** finely chopped onion (approx. 1⅓ medium)
- 1 cup** chopped carrots, cut into ½-inch chunks (approx. 2 medium)
- ½ cup** chopped celery (approx. 1 medium stalk)
- 4 cloves** finely chopped garlic
- ½ cup** dry red wine (vegan)
- 2 Tbsp.** tomato paste
- 1 Tbsp.** white or red miso paste
- 4 cups** low-sodium vegetable broth
- 2 tsp.** fresh thyme leaves (or 1 tsp. dried)
- ½ tsp.** ground smoked paprika
- ½ tsp.** garlic powder
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2** bay leaves
- 6 cups** chopped mushrooms, cut into 1-inch chunks (approx. 1 lb.)
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
- 1 Tbsp.** chopped fresh parsley

- 1.** In a large saucepan, heat *2 tsp.* oil over medium-high heat; add onion, carrots, and celery. Cook, stirring occasionally, for 3 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute.
- 2.** Add wine and tomato paste; cook, stirring frequently, for 3 minutes.
- 3.** In a small bowl, combine miso paste with a small amount of broth and whisk with a fork to make a thinner paste. Set aside.
- 4.** Add vegetable broth, miso paste mixture, thyme, paprika, garlic powder, salt, pepper, and bay leaves to pan. Bring to a simmer; cook for 30 minutes.
- 5.** While stew cooks, heat *remaining 2 tsp.* oil in a large skillet over high heat until first wisps of smoke appear. Add mushrooms; cook for 5 minutes, stirring occasionally, to let mushrooms brown. Work in batches, if necessary, so as not to overcrowd pan. Add seared mushrooms to stew.
- 6.** Add cornstarch mixture; mix well. Cook for 1 minute, or until stew has thickened slightly. Remove from heat. Discard bay leaves.
- 7.** Divide evenly among five serving bowls. Garnish evenly with parsley.
- 8.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTE:

Mushroom Bourguignon is delicious by itself, but also works great served over cauliflower mash, mashed potatoes, or noodles.

NUTRITIONAL INFORMATION (per serving): **Calories: 150 Total Fat: 4 g Saturated Fat: 0.5 g Cholesterol: 0 mg Sodium: 259 mg Carbohydrates: 21 g Fiber: 4 g Sugars: 7.5 g Protein: 4 g**

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

MUST-HAVE MEATLOAF^o

SERVES: 6 Prep Time: 20 min. Cooking Time: 50 min.

CONTAINER EQUIVALENTS (per serving) Must-Have Meatloaf only: ■ 1

CONTAINER EQUIVALENTS (per serving) Must-Have Meatloaf with 2 Tbsp. FIXATE Ketchup: ■ 1 ■ ½



- ½ cup low-sodium organic beef broth
- ¼ tsp. unflavored gelatin (preferably from grass-fed cows)
- ½ cup coarsely chopped onion (approx. ½ medium onion)
- 3 cloves garlic
- ½ cup coarsely chopped carrot (approx. ¾ medium carrot)
- ½ cup coarsely chopped red bell pepper (approx. ½ medium red bell pepper)
- ½ cup coarsely chopped celery (approx. 1 medium stalk celery)
- 1 Tbsp. olive oil
- 1 Tbsp. all-natural tomato paste
- ½ tsp. fresh thyme (or dry thyme)
- ½ tsp. chili powder
- 2 Tbsp. Worcestershire sauce
- ¾ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 lb. 96% lean raw ground beef
- 1 large egg, lightly beaten
- ¼ cup gluten-free panko bread crumbs (or whole-wheat panko bread crumbs)
- ¾ cup **FIXATE Ketchup** (see separate recipe for **FIXATE Ketchup**)

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

1. Preheat oven to 325° F.
2. Line baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. Sprinkle broth with gelatin to let bloom before use. Set aside.
4. Place onion, garlic, carrot, bell pepper, and celery in food processor (or blender); pulse until finely chopped. Set aside.
5. Heat oil in large saucepan over medium-high heat for 1 minute, or until fragrant.
6. Add onion mixture; cook, stirring frequently, for 4 to 6 minutes, or until just beginning to brown.
7. Add tomato paste, thyme, and chili powder; cook, stirring frequently, for 1 minute. Remove from heat.
8. Add Worcestershire sauce, broth mixture, salt, and pepper; mix well. Allow to cool a few minutes before using.
9. Combine ground beef, egg, bread crumbs, and onion mixture; mix with clean hands until combined.
10. Place ground beef mixture on prepared baking sheet; form into a loaf.
11. Bake for 38 to 42 minutes, or until brown all over and a thermometer inserted into center of loaf reads 155° F.
12. Rest for 10 minutes; slice into six equal portions.
13. Serve with FIXATE Ketchup (2 Tbsp. each).

RECIPE NOTES:

- A shallow pan of hot water placed in the oven on a rack below meatloaf during baking will help keep the outside from cracking.
- If you're gluten-free, use gluten-free Worcestershire sauce and gluten-free bread crumbs. If you can't find gluten-free bread crumbs, just toast a few pieces of gluten-free bread until hard and pulse in a food processor.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) **Must-Have Meatloaf only:** Calories: 160 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 71 mg Sodium: 441 mg Carbohydrates: 7 g Fiber: 1 g Sugars: 2 g Protein: 19 g

NUTRITIONAL INFORMATION (per serving) **Must-Have Meatloaf with 2 Tbsp. FIXATE Ketchup:** Calories: 200 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 71 mg Sodium: 670 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 9 g Protein: 20 g



NO FUSS FISH AND VEGGIES^o

SERVES: 1 Prep Time: 10 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1



This method of preparing fish is so quick and easy that you can throw one together anytime, but it also has an elegance that makes you feel like you're eating at a fancy restaurant. The flavors are fresh and light, and the way it steams keeps everything moist and tender. It's also great for dinner parties because everyone gets to tear open their own packet at the table, releasing that fresh lemon-herb aroma that usually gets a lot of ahhs!

- 4 oz.** raw cod
- 1 dash** sea salt (or Himalayan salt), *divided use*
- 1 dash** ground black pepper, *divided use*
- 1 clove** garlic, sliced thin
- ½ cup** chopped mixed vegetables (like bell peppers, onions, and tomatoes)
- 2 thin slices** lemon, seeds removed
- 2 sprigs** fresh herbs (like tarragon or dill)
- 1 tsp.** extra-virgin organic coconut oil (optional)
- 1 Tbsp.** dry white wine (like pinot grigio)

1. Preheat oven to 375° F.
2. Season cod on both sides with *1 pinch* salt and *1 pinch* pepper.
3. Place cod in the center of a 12 x 12-inch square of parchment paper. Top with garlic. Set aside.
4. Season vegetables with *remaining pinch* salt and *remaining pinch* pepper; arrange on top of cod.
5. Top vegetables with lemon and herbs; drizzle with oil and wine.
6. Fold parchment in half over cod, crimp edges using overlapping ½-inch folds to form a tightly sealed half-moon shape.
7. Place parchment packet on baking sheet. Bake for 12 minutes, or until cod is cooked through. A thermometer poked through the package into the thickest part of cod should read 145° F.
8. Place the packet directly onto a serving plate, cut top open, discard lemon and herbs; enjoy!

SPECIAL EQUIPMENT:

Parchment paper

RECIPE NOTES:

- It's a common misconception that fish is done when it is flaky. Flaky fish is actually overcooked and will be dry. For properly cooked, juicy fish, stop cooking just before the flaky stage.
- When fish is cooked, the proteins tighten up releasing a thick, white substance known as albumin. A little bit of albumin is OK, but if you see a significant amount, your fish is overdone.
- To make this a more complete meal, try adding 1 of cooked quinoa (or brown rice) directly to the package before you put it in the oven.

VARIATION:

Any similar white fish can be used, like tilapia or sole.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 178 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 49 mg Sodium: 639 mg Carbohydrates: 10 g Fiber: 3 g Sugars: 3 g Protein: 22 g





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Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

ONE POT BEAN AND SAUSAGE STEW^o

GF

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 20 min. **Cooking Time:** 1 hr. 8 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1



4 cups low-sodium organic chicken broth
2 packets unflavored gelatin (preferably from grass-fed cows)
1 Tbsp. olive oil
8 oz. chicken sausage links, reduced-fat
½ cup chopped carrots (approx. 1 medium carrot)
¼ cup water
1 cup chopped onion (approx. 1½ medium onions)
½ cup chopped celery (approx. 1 medium stalk celery)
5 cloves garlic, sliced
1 tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
3 bay leaves
4 fresh parsley sprigs
1 tsp. ground smoked paprika
1 (15-oz.) can cannellini beans, drained


1. Preheat oven to broil.
2. Sprinkle broth with gelatin to let bloom before use. Set aside.
3. Heat oil in large, oven-safe saucepot over medium heat for 1 minute, or until fragrant.
4. Add sausages; cook, turning occasionally, for 8 to 10 minutes, or until sausages are deep brown all over. (Sausages do not have to be cooked all the way through at this stage.) Place sausages on a paper towel.
5. Place carrots and water in same saucepot; cook, over medium-high heat, stirring frequently, for 5 minutes, or until soft.
6. Add onion, celery, and garlic; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent and beginning to brown.
7. Add broth, salt, pepper, bay leaves, parsley, and paprika. Bring to a boil. Reduce heat to medium-low. Gently boil for 28 to 32 minutes, or until reduced by half. Remove bay leaves and parsley.
8. Slice sausage into rounds. Add sausage and beans to saucepot. Bring to a boil. Remove from heat.
9. Place saucepot under broiler for 4 to 5 minutes, or until a deep brown crust forms on top.

RECIPE NOTE:

Look for chicken sausage that is nitrate-free, has less than 8 grams of fat per link, and is free-range.




^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 178 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 29 mg **Sodium:** 640 mg **Carbohydrates:** 15 g **Fiber:** 3 g **Sugars:** 3 g **Protein:** 15 g

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OVEN-FRIED CHICKEN

SERVES: 4 (1 piece of chicken each) Prep Time: 30 min. Cooking Time: 36 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1


2 Tbsp. pine nuts, toasted
1 Tbsp. cornmeal
½ tsp. onion powder
½ tsp. ground paprika
½ tsp. garlic powder
½ tsp. ground black pepper
¼ tsp. ground cayenne pepper
½ tsp. dried oregano leaves
½ tsp. dried thyme leaves
¼ tsp. sea salt (or Himalayan salt)
½ tsp. baking powder, gluten-free
¼ cup almond flour
¼ cup coconut flour
2 Tbsp. grated Parmesan cheese
½ cup low-fat (1%) buttermilk
1 large egg white (2 Tbsp.)
4 (4-oz.) each raw chicken breasts, boneless, skinless

1. Preheat oven to 425° F.
2. Place pine nuts and cornmeal in food processor (or blender); cover. Pulse until finely ground.
3. Combine pine nut mixture, onion powder, paprika, garlic powder, black pepper, cayenne pepper, oregano, thyme, salt, baking powder, almond flour, coconut flour, and cheese in a shallow dish; mix well. Set aside.
4. Combine buttermilk and egg white in a shallow dish; whisk to blend.
5. Dip each chicken breast into the buttermilk mixture; dredge in pine nut mixture until evenly coated. Set aside.
6. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
7. Add chicken breasts; cook for 3 to 4 minutes. Remove chicken, lightly coat skillet with spray, and return chicken, on uncooked side, to skillet, cook for 3 to 4 minutes.
8. Transfer chicken to oven-safe baking dish; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each breast reads 165° F.

SPECIAL EQUIPMENT:

Olive oil cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 294 Total Fat: 15 g Saturated Fat: 3 g Cholesterol: 77 mg Sodium: 520 mg Carbohydrates: 11 g Fiber: 4 g Sugars: 3 g Protein: 30 g

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OVERSTUFFED TURKEY CLUB^o

SERVES: 2 (½ sandwich each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ 1 ■ 1



- 2 slices** low-sodium sprouted whole-grain bread (like Ezekiel[®])
- 1 Tbsp.** muffuletta mix
- 1 Tbsp.** Dijon mustard
- ½ cup** sliced tomato (approx. 1 medium)
- ½ cup** sliced red onion (approx. ½ medium)
- 2 Tbsp.** sliced dill pickles
- 6 slices** low-sodium, nitrite-free, deli-sliced turkey breast (approx. 4 oz.)
- 4 slices** cooked turkey bacon
- ½ cup** butter (or Bibb) lettuce

SPECIAL EQUIPMENT:

- Parchment paper (optional)
- Plastic wrap

- 1.** Spread one slice of bread with muffuletta mix and the other with mustard. Set slice of bread with mustard aside.
- 2.** Top first slice of bread with tomato, onion, pickles, turkey, turkey bacon, lettuce, and second slice of bread.
- 3.** Wrap sandwich tightly in parchment paper, if desired, before slicing in half. (This helps hold all that stuffing in place.) Eat one half and wrap second half in plastic wrap for storage.

RECIPE NOTES:

- Muffuletta mix can be found in some grocery stores, most Italian grocers, or online.
- If you want to make your own muffuletta mix, combine 2 parts finely chopped green olives with 1 part finely chopped giardiniera (an Italian relish of pickled vegetables in vinegar or oil). Look for the giardiniera not packed in oil; add a little olive oil and oregano (to taste).

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 229 **Total Fat:** 8 g **Saturated Fat:** 2 g **Cholesterol:** 50 mg **Sodium:** 909 mg **Carbohydrates:** 22 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 19 g

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PALEO TUNA SALAD WRAP

SERVES: 4 (1 wrap each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 2

I love the use of collard greens as a no-carb wrap; simple and inexpensive, collards pack in the nutrition. Plus, they keep well in the refrigerator and are virtually waterproof, so you can make wraps ahead of time with no fear of them getting soggy!

- 4 cans (5-oz. each)** chunk light tuna, packed in water, drained
- 2 Tbsp. + 2 tsp.** **FIXATE Mayonnaise** (see separate recipe for **FIXATE Mayonnaise**)
- ¼ cup** chopped celery (approx. 1 small stalk)
- ¼ cup** chopped red onion (approx. ⅓ medium onion)
- ¼ cup** sliced green onions (approx. 1 large green onion)
- 2 Tbsp.** chopped fresh dill
- 1 Tbsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- 1 tsp.** finely grated lemon peel (lemon zest) (approx. 1 medium lemon)
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 4** large collard green leaves

- 1.** Combine tuna, mayonnaise, celery, red onion, green onions, dill, lemon juice, mustard, yogurt, lemon peel, salt, and pepper in a medium bowl; mix well.
- 2.** With a sharp knife, cut off bottom 2 to 3 inches of stem-end of each collard green leaf. Shave each stem down, reducing it until it is flush with the rest of the leaf.
- 3.** Place ½ cup tuna mixture in center of each leaf. Fold ends over to form a closure at the top and bottom of the wrap, then starting at the stem end, roll the entire leaf up like a burrito.

RECIPE NOTES:

- Collard green leaves will stay fresh refrigerated in a resealable bag for up to two weeks.
- Collard green leaves don't get soggy, so you can meal-prep these wraps in advance and store them in the fridge ready to go!

VARIATION:

This recipe works great with chicken salad too, just substitute 20 oz. canned chicken or 1 lb. cooked chicken breast for tuna.

NUTRITIONAL INFORMATION (per serving): **Calories:** 233 **Total Fat:** 12 g **Saturated Fat:** 8 g **Cholesterol:** 80 mg **Sodium:** 783 mg **Carbohydrates:** 4 g **Fiber:** 1 g **Sugars:** 1 g **Protein:** 27 g

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PASTA E FAGIOLI

SERVES: 4 (approx. ¾ cup each) **Prep Time: 10 min. Cooking Time: 20 min.**

CONTAINER EQUIVALENTS (per serving): 1 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 1

1 Tbsp. olive oil
¼ cup chopped fresh parsley
½ cup chopped onion
 (approx. ⅓ medium)
2 cloves garlic, finely chopped
1 cup chopped tomatoes (approx. 1½
 medium)
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
¼ cup dry white wine
1 cup chopped arugula
1 cup low-sodium organic vegetable
 broth
1 cup cooked whole-grain pasta
1 cup canned white (cannellini)
 beans, drained, rinsed (liquid
 reserved)

1. In a large skillet heat oil over medium heat, until very hot; add parsley and cook, stirring frequently, until lightly crisped, about 30 seconds.
2. Add onion, garlic, tomatoes, salt, and pepper and cook for 5 minutes, stirring occasionally, or until tomatoes begin to break down.
3. Add white wine and cook, stirring as needed, until almost all of liquid has evaporated, about 2 minutes.
4. Add arugula and cook 1 minute, or until wilted.
5. Add broth and ¼ cup of reserved bean liquid; cook 6 to 8 minutes, or until sauce begins to thicken.
6. Add pasta and beans and simmer 2 to 3 minutes, until sauce is thick and beans are warmed through.
7. Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTE:

If you're not vegan, use your Blue Container (Healthy Fats) to finish this dish with grated Parmesan cheese for authentic Italian flavor.

NUTRITIONAL INFORMATION (per serving): Calories: 162 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 154 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 3 g Protein: 6 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

PINEAPPLE CHICKEN SKEWERS^o

GF

SERVES: 4 (2 skewers each) **Prep Time:** 20 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1  ½



- 1 lb.** raw chicken breast, boneless, skinless, cut into 16 1-inch pieces
- ¼ cup** reduced-sodium tamari soy sauce
- 2 tsp.** sesame oil
- 2 tsp.** grated fresh ginger
- 1 (8-oz.) can** pineapple chunks in juice, drained
- 1** medium red bell pepper, cut into 16 1-inch chunks
- ½** large red onion, cut into 16 1-inch chunks

- 1.** Soak skewers in water for 30 minutes.
- 2.** Place chicken in resealable plastic bag (or container); add soy sauce, oil, and ginger; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.
- 3.** Preheat gas or charcoal grill on high heat.
- 4.** Place a piece of chicken, pineapple chunk, bell pepper, and onion onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with seven remaining skewers. Discard leftover marinade.
- 5.** Lightly coat grill with cooking spray. Grill skewers in covered grill for 4 to 5 minutes on each side (if cooking on an open grill, cook for 6 to 8 minutes each side), or until chicken is no longer pink in the middle.
- 6.** Serve immediately.

SPECIAL EQUIPMENT:


- 8 bamboo skewers**
- Nonstick cooking spray**

RECIPE NOTE:

Leftover Pineapple Chicken Skewers can be used for lunch in the **On-The-Go Salad** (see separate recipe for **On-The-Go Salad**).

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 214 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 83 mg **Sodium:** 514 mg **Carbohydrates:** 12 g **Fiber:** 1 g **Sugars:** 9 g **Protein:** 26 g

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PINEAPPLE FRIED RICE


SERVES: 1 Prep Time: 15 min. Cooking Time: 11 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1  ½  2


1 tsp. fish sauce
2 Tbsp. low-sodium organic chicken broth
1 tsp. coconut sugar
½ tsp. curry powder
¼ tsp. cornstarch (preferably GMO-free)
1 tsp. extra-virgin organic coconut oil
1 clove garlic, finely chopped
1 Tbsp. chopped raw peanuts
1 Tbsp. thinly sliced green onion
¼ cup cubed pineapple
¼ cup broccoli and carrots
1 large egg, lightly beaten
½ cup cooked brown rice
1 tsp. finely chopped fresh basil
 (for garnish; optional)

1. Combine fish sauce, broth, coconut sugar, curry powder, and cornstarch; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over high heat.
3. Add garlic, peanuts, and green onion; cook, stirring frequently, for 1 minute.
4. Add pineapple, broccoli, and carrots; cook, stirring frequently, for 2 to 3 minutes, or until pineapple is beginning to caramelize around the edges.
5. Push ingredients to sides of skillet. Add egg to middle; cook, stirring constantly, for 2 to 3 minutes, or until scrambled. Push to sides of pan.
6. Add rice; cook, stirring frequently, for 1 minute.
7. Add fish sauce mixture; cook, stirring frequently, for 2 minutes, or until all ingredients are nearly dry.
8. Place in serving bowl; garnish with basil (if desired) and enjoy!

RECIPE NOTE:




To make this recipe a little more protein-rich, you can add 1  of cooked chicken breast at the same time you add the rice.

NUTRITIONAL INFORMATION (per serving): Calories: 343 Total Fat: 15 g Saturated Fat: 6 g Cholesterol: 183 mg Sodium: 318 mg Carbohydrates: 40 g Fiber: 5 g Sugars: 10 g Protein: 13 g

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POACHED COD

SERVES: 1 Prep Time: 15 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1


2½ cups hot water
1 tsp. white wine vinegar
½ cup thinly sliced carrot (approx. 1 medium)
½ cup thinly sliced leek, discard top third of tough green leaves, wash thoroughly
½ cup thinly sliced red potato (approx. 1 medium)
1 clove garlic, smashed
1 bay leaf
1 tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 oz. raw cod
1 lemon wedge
½ tsp. chopped fresh parsley

- 1.** Combine water, vinegar, carrots, leeks, potatoes, garlic, bay leaf, salt, and pepper in a medium nonstick skillet. Bring to a boil over medium heat; reduce heat to a gentle simmer.
- 2.** Add cod and gently simmer for 6 to 8 minutes, or until fish is opaque and a thermometer inserted at its thickest point reads 145° F. Remove fish; set aside.
- 3.** Remove potatoes, leeks, and carrots with a slotted spoon. Drain vegetables thoroughly; arrange on serving plate. Top with fish; squeeze lemon over fish; garnish with parsley.
- 4.** Serve immediately, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTE:

Most of the sodium is lost once fish and vegetables are removed from the salted water.

NUTRITIONAL INFORMATION (per serving): Calories: 207 Total Fat: 1 g Saturated Fat: 0.5 g Cholesterol: 49 mg Sodium: 417 mg Carbohydrates: 27 g Fiber: 5 g Sugars: 6 g Protein: 23 g

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POKE BOWL AND MANGO LIME DRESSING

SERVES: 1 Prep Time: 12 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1  1  ½  ½


4 oz. chopped raw ahi tuna, sushi-grade
1 Tbsp. finely chopped onion
1 Tbsp. sliced green onion
2 tsp. reduced-sodium tamari soy sauce
½ tsp. sesame oil
½ tsp. sesame seeds
½ tsp. hot pepper sauce (preferably Sriracha) (optional)
1 cup mixed lettuce greens
½ cup cooked brown rice
¼ cup sliced cucumber
¼ medium avocado, sliced
2 Tbsp. **FIXATE Mango Lime Dressing**
*(see separate recipe for **FIXATE Mango Lime Dressing**)*

- 1.** Combine tuna, onion, green onion, soy sauce, oil, sesame seeds, and pepper sauce (if desired) in a small mixing bowl; mix well. Set aside.
- 2.** Layer lettuce, rice, cucumber, avocado, and tuna mixture in a serving bowl.
- 3.** Drizzle with dressing. Serve immediately.

RECIPE NOTE:

Tamari soy sauce is often gluten-free. Be sure to check the nutrition label to ensure you purchase a gluten-free product.

NUTRITIONAL INFORMATION (per serving): Calories: 450 Total Fat: 17 g Saturated Fat: 3 g Cholesterol: 44 mg Sodium: 637 mg Carbohydrates: 40 g Fiber: 7 g Sugars: 7.5 g Protein: 34 g

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PORK TENDERLOIN WITH PUMPKIN-SPICED APPLES^o



SERVES: 4 (approx. 3 oz. pork loin and approx. 8 apple wedges each) **Prep Time: 20 min. + 4 hrs. to marinate** **Cooking Time: 19 min.**

CONTAINER EQUIVALENTS (per serving): 1 1 1



- | | |
|--|---|
| <p>1 lb. raw pork tenderloin</p> <p>Sea salt (or Himalayan salt) (to taste; optional), divided use</p> <p>Ground black pepper (to taste; optional)</p> <p>2 Tbsp. finely chopped fresh rosemary</p> <p>2 Tbsp. dry granulated (or minced) garlic</p> <p>3 tsp. ghee (organic grass-fed, if possible), <i>divided use</i></p> <p>4 small apples (preferably Granny Smith), cored, cut into wedges</p> <p>1 Tbsp. apple cider vinegar</p> <p>2 Tbsp. apple brandy (optional)</p> <p>¼ cup water</p> <p>2 Tbsp. honey</p> <p>½ tsp. ground cinnamon</p> <p>¼ tsp. ground ginger</p> <p>¼ tsp. ground nutmeg</p> | <ol style="list-style-type: none"> 1. Preheat oven to 450° F. 2. Lightly season pork with salt and pepper, if desired. Coat evenly with rosemary and garlic. Place on a rack, uncovered, in the refrigerator, for at least 4 hours (preferably overnight). 3. Rub pork with <i>1½ tsp.</i> ghee. 4. Heat ovenproof, heavy-bottomed (or cast iron) skillet over high heat; sear pork for approx. 2 minutes on each side, or until all sides are deep brown. 5. Transfer skillet to oven. Bake for approx. 15 minutes, or until internal temperature reaches 145° F, in thickest part of pork. 6. Let pork sit for 5 to 10 minutes before slicing. 7. While pork is resting, heat <i>remaining 1½ tsp.</i> ghee in nonstick skillet over medium-high heat. 8. Add apples; cook, stirring frequently, for 3 to 5 minutes, or until lightly browned. Reduce heat to medium. 9. Add vinegar and brandy, if desired; cook, stirring frequently, for 1 minute. 10. Add water, honey, cinnamon, ginger, nutmeg, and a <i>pinch of salt.</i> Bring to a boil. Reduce heat to medium-low; gently boil for 3 to 5 minutes, or until apples are tender to their centers and coated in a light syrup. 11. Divide pork into four equal portions; serve each portion with approx. eight wedges of spiced apples. |
|--|---|

RECIPE NOTES:

- I like to use dry minced garlic for my rub because it's less likely to burn when searing.
- When choosing pork, look for a deep red color. Lighter colored pork is an indication of high acidity, due to age or poor handling. High acid meat will be soft, less flavorful, and will lose its juices when cooked.
- There is an old wives' tale that says pork must be cooked to 161° F to kill trichinosis. The USDA recommends 145° F for tender, juicy pork. It will be a little pink in the center at this temperature, and is completely safe.





^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories: 374 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 64 mg Sodium: 414 mg Carbohydrates: 26 g Fiber: 2 g Sugars: 21 g Protein: 23 g**

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POZOLE VERDE





SERVES: 4 (approx. 2 cups each) **Prep Time:** 10 min. **Cooking Time:** 14 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1

2¼ cups	tomatillos, husks removed, rinsed in warm water, halved (approx. ¾ lb.)
1 cup	chopped, seeded poblano chiles (approx. 2 medium)
½ cup	chopped onion (approx. ¾ medium)
¼ cup	fresh cilantro leaves
3 cloves	garlic
2 tsp.	fresh oregano (or 1 tsp. dried oregano)
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
1 Tbsp.	olive oil
4 cups	low-sodium organic chicken broth
3 cups	shredded cooked chicken breast
2 cups	canned white hominy, drained, rinsed (approx. 2 cans, 15-oz. each)
½	medium lime, cut into 4 wedges

1. Place tomatillos, chiles, onion, cilantro, garlic, oregano, salt, and pepper in a food processor and pulse until very smooth. Scrape down sides as needed.
2. Heat oil in a large soup pot over medium-high heat. Add tomatillo mixture and cook for 5 to 7 minutes, or until dark green in color.
3. Add broth to pot and cook for 7 minutes, until a gentle boil is reached. Add chicken and hominy; bring back to a gentle boil. Remove from heat.
4. Divide evenly among four bowls; serve immediately with a lime wedge, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTES:





- Pozole is traditionally served with a side of shredded radish, lettuce, and chopped avocado. If you would like to add these toppings, just remember to use your containers to count them.
- If you don't like cilantro, you can substitute with parsley.
- This recipe is a great opportunity for using up precooked chicken breast or rotisserie chicken with the skin removed.
- This recipe can be made vegan by substituting 3 cups chopped tofu or tempeh for chicken breast and vegetable broth in place of the chicken broth. Your new containers would be  1  1  1  1.

NUTRITIONAL INFORMATION (per serving): **Calories:** 317 **Total Fat:** 13 g **Saturated Fat:** 2 g **Cholesterol:** 87 mg **Sodium:** 1,072 mg **Carbohydrates:** 27 g **Fiber:** 8 g **Sugars:** 8 g **Protein:** 30 g

QUINOA TABOULI BOWL^o

GF

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1  1




- ½ cup** cooked quinoa
- ⅓ cup** chopped onion
(approx. ½ medium onion)
- ⅓ cup** chopped tomato
(approx. ½ medium tomato)
- ⅓ cup** chopped cucumber
(approx. ½ medium cucumber)
- ¾ cup** cooked chopped chicken breast,
boneless, skinless
- 1 dash** sea salt (or Himalayan salt)
- 1 tsp.** extra-virgin olive oil
- 1 Tbsp.** lemon juice
- 1 Tbsp.** chopped fresh mint
- 1 Tbsp.** chopped fresh parsley

- 1.** Combine quinoa, onion, tomato, cucumber, chicken, salt, oil, lemon juice, mint, and parsley in a large bowl; toss gently to blend.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 350 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 79 mg Sodium: 213 mg Carbohydrates: 30 g Fiber: 5 g Sugars: 5 g Protein: 37 g

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RACK OF LAMB

SERVES: 4 (approx. 3 chops each) **Prep Time:** 10 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 2 2

- 2 Tbsp.** fresh rosemary
- 2 tsp.** sea salt (or Himalayan salt)
- 2 tsp.** ground black pepper
- 3 cloves** garlic
- 1 Tbsp.** olive oil
- 2 lbs.** raw rack of lamb, trimmed of excess fat
- 1 Tbsp.** Dijon mustard

SPECIAL EQUIPMENT:

- Aluminum foil
- Nonstick cooking spray

- 1.** Preheat oven to 450° F.
- 2.** Line baking sheet with aluminum foil; coat lightly with spray. Set aside.
- 3.** Place rosemary, salt, and pepper in food processor (or blender); pulse until finely chopped. Add garlic and pulse again until finely chopped, scraping down sides if needed.
- 4.** Transfer rosemary mixture to medium bowl; stir in olive oil. Set aside.
- 5.** Rub lamb with mustard then with rosemary mixture.
- 6.** Place lamb on prepared baking sheet and bake for 25 minutes for medium-rare, 30 minutes for medium. Let rest 10 minutes before slicing in between rib bones.
- 7.** Divide evenly among four plates; or store refrigerated in an airtight container for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories** 375 **Total Fat** 16 g **Saturated Fat** 6 g **Cholesterol** 150 mg
Sodium 1,432 mg **Carbohydrates** 2 g **Fiber** 0 g **Sugars** 0 g **Protein** 55 g

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ROAST CHICKEN WITH HONEY MUSTARD GLAZE

SERVES: 6 (approx. 1/6 chicken each) Prep Time: 15 min. Cooking Time: 50 min.

CONTAINER EQUIVALENTS (per serving): 1 1/2 1 2

1/3 cup	Dijon mustard
3 Tbsp.	honey
1/2 tsp.	garlic powder
1/2 tsp.	onion powder
1 (3 1/2-lb.)	raw whole chicken
1/2 tsp.	sea salt (or Himalayan salt)
1/2 tsp.	ground black pepper

SPECIAL EQUIPMENT:

Kitchen shears

1. Preheat oven to 425° F.
2. In a small mixing bowl whisk together mustard, honey, garlic powder, and onion powder. Set aside.
3. Place chicken breast-side-down on a cutting board, locate the backbone, and remove it by cutting along either side with kitchen shears.
4. Turn chicken breast-side-up and press down with your palms until chicken lays flat.
5. Season both sides of chicken with salt and pepper. Rub mustard mixture over entire chicken, including under the breasts, with clean or gloved hands, until chicken is evenly coated.
6. Place chicken skin-side-up on a roasting rack and cook for 15 minutes until skin is golden brown.
7. Lower oven to 325° F and roast an additional 35 minutes, or until the thickest part of the breast reaches an internal temperature of 165° F.
8. Allow chicken to rest 10 minutes before carving into 6 equal servings.
9. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

RECIPE NOTE:

Ovens can vary widely, and roasting times are only a guide. Be sure to lower your oven's temperature when the skin gets brown to avoid burning, and check meat temperature for doneness.

NUTRITIONAL INFORMATION (per serving): Calories: 377 Total Fat: 23 g Saturated Fat: 7 g Cholesterol: 115 mg Sodium: 426 mg Carbohydrates: 9 g Fiber: 0 g Sugars: 9 g Protein: 29 g

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SALSA ROJA

SERVES: 6 (approx. 3 Tbsp. each) **Prep Time: 5 min. Cooking Time: 10 min.**

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

- 5** pasilla chiles
(or dried chiles of choice)
- 1** Roma tomato
- ¼** medium onion
- 3 cloves** garlic
- ¾ tsp.** sea salt
(or Himalayan salt)

- 1.** Place all cooked ingredients in a medium saucepan, cover with water, and bring to a gentle boil for 10 minutes, or until chiles are soft and pliable.
- 2.** Place chiles, tomato, onion, garlic, and salt in a blender with ¼ of the cooking water. Cover and blend, adding more water, if needed, until salsa has a smooth, saucy consistency.
- 3.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 26 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 8 mg Carbohydrates: 4 g Fiber: 2 g Sugars: 0.5 g Protein: 1 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

SEARED AHI TUNA^o

GF

SERVES: 3 Prep Time: 10 min. + 30 min. to marinate. Cooking Time: 6 min.

CONTAINER EQUIVALENTS (per serving):  1  1



1 lb. raw ahi tuna
2 Tbsp. reduced-sodium tamari soy sauce
2 Tbsp. mirin
2 Tbsp. fresh lime juice
1 clove garlic, grated
½ tsp. grated ginger
 (or ¼ tsp. ground ginger)
1 tsp. toasted sesame oil
2 Tbsp. sesame seeds


- 1.** Place ahi, soy sauce, mirin, lime juice, garlic, ginger, and oil in a resealable plastic bag. Seal, squeezing out excess air. Massage ingredients for a few seconds to distribute evenly. Marinate, in the refrigerator, for 30 minutes (or up to 2 hours).
- 2.** Remove ahi from bag. Discard leftover marinade. Pat ahi dry with a paper towel. Coat evenly on all sides with sesame seeds. Set aside.
- 3.** Heat medium cast iron pan (or heavy-bottomed skillet) over high heat until very hot.
- 4.** Add ahi; sear for 1½ to 3 minutes on each side (depending on the size and cut of ahi), until all sides are browned. Remove from heat.
- 5.** Let ahi sit for 5 minutes before gently slicing across the grain.
- 6.** Serve as is, or use as a fantastic protein addition to your favorite salad!

RECIPE NOTES:

- 2 Tbsp. dry sherry and 1 tsp. coconut sugar can be substituted for mirin.
- For best results, marinate ahi for no longer than 2 hours as marinating longer will cause the proteins to denature and can make the ahi tough.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 238 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 68 mg Sodium: 452 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 4 g Protein: 36 g

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SHEET PAN SAUSAGE AND PEPPERS^o

SERVES: 4 (approx. 3 sausage patties and ½ cup veggies each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1



- 1 lb.** raw 93% lean ground turkey
- 6 cloves** garlic, 3 cloves finely chopped, 3 cloves thinly sliced, *divided use*
- 1 Tbsp.** ground paprika
- 2 tsp.** cold water
- 1¼ tsp.** sea salt (or Himalayan salt), *divided use*
- ¾ tsp.** ground black pepper, *divided use*
- ½ tsp.** fennel seeds
- ½ tsp.** crushed red pepper flakes (optional)
- 3 cups** matchstick-sized bell pepper pieces (approx. 4½ medium)
- 1 cup** matchstick-sized onion pieces (approx. 1½ medium)
- 1 Tbsp.** olive oil
- 2 Tbsp.** finely chopped fresh basil (for garnish; optional)

SPECIAL EQUIPMENT:

Parchment paper

1. Preheat oven to 450° F.
2. Line baking sheet with parchment paper. Set aside.
3. Combine turkey, *chopped* garlic, paprika, water, 1 tsp. salt, ½ tsp. pepper, fennel, and pepper flakes (if desired) in a large bowl; mix well with clean hands.
4. Form sausage into 12 small patties and place on half of prepared pan.
5. Combine bell peppers, onions, *sliced* garlic, oil, *remaining* ¼ tsp. salt, and *remaining* ¼ tsp. pepper in a large bowl; mix well.
6. Arrange bell pepper mixture on the other half of prepared pan.
7. Bake for 15 to 20 minutes, stirring bell pepper mixture after 10 minutes, or until sausage is cooked through and bell peppers are tender-crisp.
8. Garnish with basil (if desired) and enjoy!

RECIPE NOTES:

- Cutting vegetables into matchstick-sized pieces (or short, thin strips) is also called julienne.
- Store leftover sausage and peppers in an airtight container in the refrigerator for up to 4 days. You can also divide it into individual portions and freeze for up to 3 months.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.





NUTRITIONAL INFORMATION (per serving): Calories: 241 Total Fat: 13 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 797 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 3 g Protein: 23 g

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SHEPHERD'S PIE^o

SERVES: 4 (1 piece each) **Prep Time:** 25 min. **Cooking Time:** 49 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1



Who doesn't love shepherd's pie? This hearty, gravy-smothered, fluffy, twice-baked-potato-topped casserole is the stuff of legend, and we've got it Fixed so you can indulge without the guilt. Made with a light gravy, plenty of veggies, extra-lean ground beef, and Fix-friendly sweet potatoes, it's a delicious, healthy, complete meal that will keep you on track and satisfied. Great for a family dinner or as a meal-prep standard, this recipe is sure to be a FIXATE classic!

- 1 cup** low-sodium organic beef broth + 1 tsp. unflavored gelatin (preferably from grass-fed cows)
- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1¼ medium)
- ½ cup** chopped carrots (approx. 1 medium)
- ½ cup** chopped celery (approx. 1½ medium stalks)
- 3 cloves** finely chopped garlic
- 1 lb.** raw extra-lean (92% lean or above) ground beef
- 2 Tbsp.** all-natural tomato paste
- 1 Tbsp.** Worcestershire sauce
- 1 tsp.** dried thyme
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 2 cups** frozen green beans
- 2 tsp.** cornstarch (preferably GMO-free) + 2 tsp. water (combine to make a slurry)
- 2 cups** mashed sweet potatoes (see Recipe Notes for seasonings)


- 1.** Bring large saucepan of water to a boil over high heat.
- 2.** Preheat oven to 425° F.
- 3.** Combine broth and gelatin. Set aside.
- 4.** Heat oil in large skillet over medium-high heat.
- 5.** Add onion, carrots, and celery; cook, stirring frequently, for 3 to 5 minutes, or until tender.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add beef; cook, stirring frequently, for 4 to 5 minutes, or until lightly browned and cooked through.
- 8.** Add tomato paste; cook, stirring frequently, for 2 minutes.
- 9.** Add broth mixture, Worcestershire sauce, thyme, salt, pepper, and green beans. Bring to a boil. Reduce heat to low.
- 10.** Add cornstarch slurry; gently boil, stirring constantly, for 1 minute. Remove from heat. Set aside.
- 11.** Transfer beef mixture to 8 x 8-inch casserole dish. Top with sweet potatoes. Smooth to evenly cover. Bake for 20 to 25 minutes, or until sweet potatoes are lightly browned.
- 12.** Cut into 4 pieces (4 x 4-inches each); serve immediately.

RECIPE NOTES:

- This is a perfect way to use meal-prepped sweet potatoes.
- To make mashed sweet potatoes, cook 2 cups cubed sweet potatoes in large pot of water for 10 to 15 minutes, or until soft; drain well. Combine sweet potatoes with ¼ cup warm unsweetened almond milk, 1 tsp. ghee, ½ tsp. sea salt (or Himalayan salt), and ¼ tsp. ground black pepper in a medium mixing bowl. Mash with potato masher (or back of a fork) until desired consistency is achieved.
- If your casserole dish is really full, place it on baking sheet before baking to catch any boil-over spills.
- Store leftovers in an airtight container and refrigerate for up to 5 days. You can also divide into individual portions and freeze for up to 3 months.





^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 331 **Total Fat:** 11 g **Saturated Fat:** 4 g **Cholesterol:** 73 mg **Sodium:** 519 mg **Carbohydrates:** 29 g **Fiber:** 5 g **Sugars:** 8 g **Protein:** 29 g

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SHRIMP AND CAULIFLOWER GRITS

SERVES: 4 (approx. ¾ cup grits and 8 shrimp each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1

FOR CAULIFLOWER GRITS:


4 cups	riced cauliflower
½ cup	low-sodium organic chicken broth
½ cup	low-fat milk (1%)
2 tsp.	ghee (organic grass-fed, if possible)
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ cup	shredded cheddar cheese
1 Tbsp.	cornstarch (preferably GMO-free)

1. In a large pot combine cauliflower, broth, milk, ghee, salt, and pepper. Bring to a simmer and cook, stirring frequently, for 5 minutes.
2. In a small bowl, toss cheese in cornstarch to coat; stir cheese into cauliflower mixture, then simmer, stirring constantly, 1 minute, until cheese is melted. Remove from heat; set aside.
3. Cook bacon in a large skillet until crisp then set aside on paper towels. When cool, crumble into small pieces.
4. In the same skillet, melt ghee. Add shrimp, cajun rub, and salt; sauté until shrimp are pink and cooked through, 3 to 5 minutes. Remove from heat; add green onions and bacon, and stir to combine.
5. Divide cauliflower grits evenly among 4 plates (about ¾ cup per plate). Top with approximately 8 shrimp per plate.
6. Serve immediately, or store refrigerated in an airtight container for up to 2 days.

FOR SHRIMP:




4 slices	turkey bacon
2 tsp.	ghee (organic grass-fed, if possible)
1 lb.	raw medium shrimp, peeled, deveined
2 tsp.	FIXATE Cajun Rub (see separate recipe for FIXATE Cajun Rub)
1 dash	sea salt (or Himalayan salt)
¼ cup	sliced green onions (approx. ¼ bunch)

NUTRITIONAL INFORMATION (per serving): **Calories:** 271 **Total Fat:** 14 g **Saturated Fat:** 7 g **Cholesterol:** 191 mg **Sodium:** 1,071 mg **Carbohydrates:** 10 g **Fiber:** 2 g **Sugars:** 4 g **Protein:** 26 g

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SHRIMP AND SAUSAGE GUMBO^o

SERVES: 8 (approx. 1½ cups each) Prep Time: 20 min. Cooking Time: 1 hr. 6 min.


CONTAINER EQUIVALENTS (per serving):  1  1  1



Inspired by our 2017 Coach Summit in New Orleans, this classic Shrimp and Sausage Gumbo is Fix-approved but doesn't skimp on any of the flavor. We achieved all the brown, buttery goodness of a traditional roux by caramelizing our vegetables and tomato in ghee, then adding some espresso powder (shhh, it's our little secret) to capture the toasty notes of darkened flour. You get classic gumbo taste without all the calories!


- | | |
|--|---|
| <p>2 Tbsp. ghee (organic grass-fed, if possible)</p> <p>1 lb. raw turkey sausage links</p> <p>1 cup chopped celery (approx. 2½ medium stalks)</p> <p>2 cups chopped onion (approx. 2⅔ medium)</p> <p>1 cup chopped green bell pepper (approx. 1½ medium)</p> <p>5 cloves garlic, chopped</p> <p>2 cups tomato puree</p> <p>8 cups low-sodium organic chicken broth + 1 packet unflavored gelatin (preferably from grass-fed cows)</p> <p>2 cups sliced, frozen okra</p> <p>2 Tbsp. Cajun Rub
<i>(see separate recipe for Cajun Rub)</i></p> <p>3 bay leaves</p> <p>1 Tbsp. Worcestershire sauce</p> <p>½ tsp. sea salt (or Himalayan salt)</p> <p>1½ tsp. instant espresso powder</p> <p>¼ cup cornstarch (preferably GMO-free) + ¼ cup water (combine to make a slurry)</p> <p>1 lb. raw shrimp, peeled, deveined</p> | <ol style="list-style-type: none"> 1. Heat ghee in large soup pot over medium-high heat, until fragrant. 2. Add sausages; sear for approx. 5 minutes, turning frequently, until deep brown on all sides. Place on a paper towel-lined plate. Cool, slice into ¼-inch rounds. Set aside. 3. Add celery, onion, bell pepper, and garlic to same soup pot; cook over medium-high heat, stirring frequently, for 8 to 10 minutes, or until vegetables are very soft and brown. 4. Add tomato puree; cook, stirring occasionally, for 8 to 10 minutes, or until it becomes very thick and darkens. (Don't worry if it sticks and browns on the bottom of the pan, just don't let it turn black.) 5. Add broth mixture, okra, sliced sausage, Cajun Rub, bay leaves, Worcestershire sauce, salt, and espresso powder. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 30 minutes. 6. Remove bay leaves. Add cornstarch slurry and shrimp. Bring back to a boil, stirring occasionally. Remove from heat. Cover and let sit for 10 minutes. |
|--|---|

RECIPE NOTE:

Enjoy gumbo served over brown rice (make sure you add your )!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) **Shrimp and Sausage Gumbo only:** Calories: 289 Total Fat: 12 g Saturated Fat: 4 g Cholesterol: 124 mg Sodium: 925 mg Carbohydrates: 23 g Fiber: 4 g Sugars: 7 g Protein: 25 g

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SHRIMP AND VEGGIE PASTA^o

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 15 min. **Cooking Time:** 22 min.

CONTAINER EQUIVALENTS (per serving): ■ 2 ■ 1 ■ 1



Rich, yet light, a quick pan sauce made from ripe cherry tomatoes is the perfect background to fresh shrimp, asparagus, and basil in this springtime favorite.

½ cup low-sodium organic chicken broth +
1 tsp. unflavored gelatin
(preferably from grass-fed cows)

1 Tbsp. olive oil

4 cups halved cherry tomatoes

½ cup chopped onion (approx. ¾ medium)

4 cloves garlic, finely chopped

½ tsp. sea salt (or Himalayan salt)

¼ tsp. ground black pepper

¼ tsp. crushed red pepper flakes

½ cup dry white wine

40 spears asparagus, cut into 1-inch pieces

3 cups raw medium shrimp, peeled and
deveined (approx. 1 lb.)

2 cups cooked whole wheat linguine

¾ cup torn basil leaves

- 1.** Combine broth and gelatin. Set aside.
- 2.** Heat oil in large nonstick skillet over medium-high heat until fragrant.
- 3.** Add tomatoes, onion, garlic, salt, pepper, and pepper flakes; cook for 5 to 7 minutes, stirring frequently, or until tomatoes begin to soften.
- 4.** Add wine; cook, stirring frequently, for 2 to 3 minutes, or until wine has almost evaporated.
- 5.** Add asparagus and broth mixture. Bring to a boil; cook, stirring frequently, for 2 to 3 minutes.
- 6.** Add shrimp; cook, stirring frequently, for 2 to 3 minutes, or until shrimp is opaque, most liquid is absorbed, and a thick sauce has formed.
- 7.** Add linguine; cook, stirring frequently, for 1 to 2 minutes, or until pasta is heated through. Remove from heat.
- 8.** Add basil; serve immediately.

RECIPE NOTE:

Approximately 4 oz. dry linguine makes 2 cups cooked linguine.





^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 278 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 125 mg **Sodium:** 728 mg **Carbohydrates:** 33 g
Fiber: 6 g **Sugars:** 7 g **Protein:** 24 g

SHRIMP BOIL IN FOIL^o

GF

SERVES: 4 (1 packet each) **Prep Time:** 10 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  1  ½



- ¾ lb.** raw **FIXATE Andouille Sausage**
(see separate recipe for **FIXATE Andouille Sausage**)
- ¾ lb.** raw medium shrimp,
peeled, deveined
- 2 cups** asparagus, ends trimmed, cut into
1-inch pieces
- 2 ears** blanched corn on the cob
- 1 cup** blanched baby red potatoes
(halve the larger ones, leave smaller
ones whole)
- 2 Tbsp.** fresh lemon juice
- 1 Tbsp.** melted ghee
(organic grass-fed, if possible)
- 2 tsp.** Cajun seasoning, gluten-free

- 1.** Heat oven to 425° F.
- 2.** Heat large nonstick skillet over medium-high heat; coat with cooking spray. Cook sausage 5 minutes, stirring frequently, until cooked about halfway through. Remove from heat.
- 3.** Add sausage, shrimp, asparagus, corn, potatoes, lemon juice, ghee, and seasoning in a large mixing bowl; toss to combine.
- 4.** Lay out four large (12-inch by 15-inch) pieces of heavy-duty aluminum foil. Divide mixture evenly among them.
- 5.** Wrap up each packet very tightly; bake 15 minutes, or until corn is tender and shrimp are pink and cooked through.

SPECIAL EQUIPMENT:


Nonstick cooking spray

RECIPE NOTES:

- Find Cajun seasoning in your local grocery store in the spices and seasonings aisle, by the seasoning blends. Look for a blend that has salt included.
- Blanch the corn and potatoes by boiling in water for 10 minutes, then placing in ice water or under cold running water until cool.
- You can also cook this recipe on a grill, over medium heat, 7 minutes per side, or until corn is tender and shrimp are cooked through.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 277 **Total Fat:** 11 g **Saturated Fat:** 4 g **Cholesterol:** 156 mg **Sodium:** 591 mg **Carbohydrates:** 19 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 32 g

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SLOW COOKED CHICKEN IN WINE SAUCE

SERVES: 8 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 6 hrs. 45 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ ½ 1

When Bobby and I were kids, my dad used to make us chicken in wine sauce in his slow cooker, and it was one of my favorite meals. Turns out it was quite a healthy dish, and Bobby didn't have to change much to make it Fix-approved. Traditionally, this dish was made with bone-in chicken, but picking all those bones out of the final stew was a pain. Luckily, Bobby informed me that chicken thighs contain the same natural gelatin as the bones, so as long as you use at least half the total meat in thighs you can get the same results without all the bones. Great trick!

- 2 Tbsp.** olive oil
- ½ cup** shiitake mushrooms, sliced
- ½ cup** carrots, peeled, cut into 1-inch pieces (approx. 2 medium carrots)
- 3 cups** thinly sliced red onion (approx. 1½ large)
- 4 cloves** garlic, sliced
- ¼ cup** brandy (optional)
- 3 lbs.** raw chicken breast and thighs, boneless, skinless
- 1 cup** Burgundy wine
- 1½ cups** low-sodium organic chicken broth
- 8 sprigs** fresh thyme (or 1 tsp. dried thyme)
- ¼ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** ground black pepper
- 1** smoked ham hock (optional)
- 2 Tbsp.** cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)

- 1.** Heat oil in large skillet over high heat for 1 to 2 minutes, or until first wisp of smoke rises.
- 2.** Add mushrooms; cook, stirring frequently, for 3 to 5 minutes, or until edges begin to brown.
- 3.** Push mushrooms to sides of pan, lower heat to medium. Add carrots, onion, and garlic; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 4.** Deglaze pan with brandy (if desired); cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry. Add contents of pan to 5-quart slow cooker.
- 5.** Add chicken, wine, broth, thyme, salt, pepper, and ham hock (if desired) to slow cooker; cover. Cook on low for 6 hours.
- 6.** Remove ham hock and thyme sprigs. Add cornstarch slurry; increase temperature to high, cook for 20 to 30 minutes, or until thickened.

RECIPE NOTES:

- If you have a slow cooker that can get hot enough to sauté vegetables, skip the skillet and prepare the entire dish in the slow cooker.
- You can substitute any dry red wine for the Burgundy.
- If you are not using brandy, deglazing with ¼ cup red wine is sufficient.
- Bacon is traditional in this stew, but rather than adding extra calories and fat to the dish, we added the great, smoky pork flavor from the ham hock. We list it here as optional, but I highly recommend trying it; hocks are inexpensive and widely available.
- So called “hard” herbs (like thyme) have woody stems and can stand up to long cooking times.
- No need to cut up your chicken pieces, they will be fall-apart tender by the time it's done!



NUTRITIONAL INFORMATION (per serving): Calories: 328 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 132 mg Sodium: 271 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 3 g Protein: 36 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

SLOW COOKED POBLANO PORK

SERVES: 5 (approx. 3 oz. pork each) **Prep Time:** 15 min. **Cooking Time:** 4 hr. 20 min.

CONTAINER EQUIVALENTS (per serving):  1  ½

- 1 lb. 4 oz.** raw center-cut pork loin
- 2 tsp.** ghee (organic grass-fed, if possible), melted
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)**
- 1 tsp.** ground smoked paprika
- 1** large poblano chile pepper
- 2 cloves** garlic
- ¼** medium red onion, peeled, cut into chunks
- ¼ cup** reduced-fat sour cream
- ¼ cup** chopped fresh cilantro
- 1 Tbsp.** fresh lime juice
- ½ tsp.** ground cumin
- ½ tsp.** chili powder

- 1.** Pat pork dry with paper towels.
- 2.** Coat pork with ghee. Season lightly with salt and pepper (if desired). Sprinkle evenly with paprika and rub seasoning in. Set aside.
- 3.** Char poblano over a burner. (See recipe note below.) Remove and discard stem and seeds.
- 4.** Place poblano, garlic, onion, sour cream, cilantro, lime juice, cumin, and chili powder in blender; cover. Blend until smooth. Set aside.
- 5.** Preheat cast iron skillet (or heavy-bottomed pan) over high heat. Add pork; sear for 2 minutes on each of four sides, or until deep brown. Set aside.
- 6.** Place seared pork in 3-quart slow cooker. Pour poblano mixture over top; cover and cook on low for 4 hours, or until pork is tender and cooked through.




RECIPE NOTE:

To char poblano, turn stove on to medium-high flame. Carefully place poblano directly on the burner and over the flame, using tongs. Poblano will slowly get little blisters that will turn black. Turn frequently, so that entire poblano is evenly charred on all sides. (Do not leave unattended because you want the skin to darken, but not burn entirely and turn to ash.) Remove blackened poblano. Place in a resealable plastic bag for 5 minutes, or until skin is easily removed. Wash skin off using water; pat dry.

NUTRITIONAL INFORMATION (per serving): **Calories:** 193 **Total Fat:** 8 g **Saturated Fat:** 4 g **Cholesterol:** 83 mg **Sodium:** 134 mg **Carbohydrates:** 4 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 25 g

SPAGHETTI SQUASH BOATS

SERVES: 6 Prep Time: 25 min. Cooking Time: 1 hr. 21 min.

CONTAINER EQUIVALENTS (per serving):  2  ½  1½

¼ cup	low-sodium organic chicken broth
¼ tsp.	unflavored gelatin (preferably from grass-fed cows)
1	medium spaghetti squash, cut in half lengthwise, seeded (approx. 3 lbs.)
1 dash + ¼ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
1 dash + ¼ tsp.	ground black pepper, <i>divided use</i>
¾ cup	coarsely chopped onion (approx. 1 medium), <i>divided use</i>
2 cloves	garlic
2	small Roma tomatoes, cut 1 into quarters, remove seeds from 1 and chop, <i>divided use</i>
1 tsp.	fresh lime juice
½ tsp.	finely grated lime peel (lime zest)
2 tsp.	honey
1 Tbsp.	semisweet (or dark) chocolate chips
2 tsp.	pumpkin seeds
1	canned chipotle chili pepper in adobo sauce
1 Tbsp.	adobo sauce (sauce from the canned chipotle chili pepper in adobo sauce)
1½ tsp.	chili powder
½ tsp.	ground smoked paprika
¼ tsp.	ground coriander
¼ tsp.	ground cumin
2 tsp.	ghee (organic grass-fed, if possible)
1 lb.	raw chicken breast, boneless, skinless, cut into ½-inch cubes
½ cup	chopped bell pepper (approx. ⅓ medium)
¼ cup	grated cotija cheese
2 Tbsp.	chopped cilantro

SPECIAL EQUIPMENT:


Parchment paper
Olive oil cooking spray

- Preheat oven to 400° F.
- Line large baking sheet with parchment paper. Set aside.
- Sprinkle broth with gelatin in a small bowl. Set aside.
- Lightly coat squash with spray. Season with 1 dash salt and 1 dash pepper. Place face-down on prepared baking sheet. Bake for 38 to 40 minutes, or until flesh is fork tender.
- While squash is baking, place ½ cup onion, garlic, quartered tomato, lime juice, lime peel, honey, chocolate chips, seeds, chipotle pepper, adobo sauce, chili powder, paprika, coriander, cumin, remaining ¼ tsp. salt, and remaining ¼ tsp. pepper in blender; cover. Blend until smooth paste forms.
- Heat ghee in large nonstick skillet over medium-high heat.
- Add blended onion mixture. Bring to a gentle boil; gently boil, stirring frequently, for 10 minutes.
- Add broth mixture; whisk to blend.
- Add chicken. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 13 to 15 minutes, or until chicken is cooked through and sauce has reduced to the consistency of barbecue sauce. Set aside.
- When squash is cool enough to handle, use a fork to scrape flesh into stringy noodles.
- Heat oven to broil.
- Add half chicken mixture to each squash half, top each evenly with ¼ cup onion, chopped tomato, bell pepper, and cheese. Broil on high for 5 minutes, or until top is lightly browned.
- Garnish evenly with cilantro. Divide contents of squash halves equally between six plates and enjoy!

RECIPE NOTES:

- Feta cheese can be substituted for cotija cheese.
- Leftovers can be stored in an airtight container in the refrigerator for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 204 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 56 mg Sodium: 504 mg Carbohydrates: 19 g Fiber: 4 g Sugars: 9 g Protein: 19 g

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SPINACH PASTA

SERVES: 4 (approx. ½ cup each) **Prep Time:** 35 min. + 45 min. resting time **Cooking Time:** 9 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

4 cups baby spinach
1 cup semolina flour (preferably fine-ground *rimacinata*)
3 Tbsp. warm water
1 dash sea salt (or Himalayan salt)
Boiling water

1. Bring large pot of water to a boil over high heat.
2. Add spinach; blanch for 2 minutes. Drain and immediately rinse under cold water. Squeeze out as much water as possible; finely chop.
3. Add spinach, semolina, water, and salt to a medium mixing bowl; mix until a rough dough forms. Turn out dough onto a table and knead for 5 minutes. (Dough should be very stiff; if it is crumbly, wet hands and continue to knead, slowly working in more water, until dough is fully hydrated.)
4. Wrap dough tightly in plastic wrap; set aside to rest for 15 minutes. Unwrap and knead another 1 to 2 minutes before rewrapping. Rest another 30 minutes.
5. Bring large pot of lightly salted water to a boil over high heat.
6. Roll out dough to ¾-inch thickness. Cut off a ¾-inch wide rope of dough; cover remainder with plastic wrap. Using clean hands, roll rope against table into a long, cylindrical cord about ½-inch thick. Cut cord into ¾-inch chunks.
7. Arrange a clean kitchen towel on a baking sheet. Using thumb, and pressing lightly, roll each chunk of dough across the tines of a fork until it rolls over on itself, forming a concave dumpling with indentations on the outside. These dumplings are called cavatelli. Work over the baking sheet so each cavatelli falls onto the towel when it is formed.
8. Repeat this process, keeping the remaining dough covered with plastic wrap, until all of dough is formed into cavatelli.
9. Lift corners of the towel with cavatelli inside; carefully turn them out into pot of boiling water. Cook for 5 to 7 minutes, or until tender; strain.
10. Serve with your favorite pasta sauce.

RECIPE NOTES:

- Fresh or frozen spinach will work in this recipe.
- The recipe will turn out best with twice-ground semolina, if you can get it.
- Serve pasta with your favorite sauce, like FIXATE Marinara (see separate recipe for FIXATE Marinara). Adding 2 Tbsp. would add ½ and ½ to your containers.
- To store cavatelli, freeze them on the baking sheet until solid, then transfer to a resealable plastic bag; store in freezer for up to 3 months.





NUTRITIONAL INFORMATION (per serving): **Calories:** 155 **Total Fat:** .5 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg
Sodium: 86 mg **Carbohydrates:** 32 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 6 g

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SPINACH STUFFED CHICKEN BREASTS^o


SERVES: 4 (approx. ½ chicken breast each) Prep Time: 20 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  1




- | | | |
|--|--|---|
| <p>2 (10-oz. each)</p> <p>2 tsp.</p> <p>¼ cup</p> <p>2 cups</p> <p>2 cloves</p> <p>½ cup</p> <p>2 tsp.</p> <p>1 tsp.</p> <p>1 tsp.</p> <p>4 slices</p> | <p>raw chicken breasts, boneless, skinless</p> <p>ghee (organic grass-fed, if possible), <i>divided use</i></p> <p>Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)</p> <p>chopped onion (approx. ⅓ medium)</p> <p>chopped raw spinach</p> <p>garlic, finely chopped</p> <p>crumbled feta cheese (optional)</p> <p>fresh lemon juice</p> <p>finely grated lemon peel (lemon zest)</p> <p>fresh oregano</p> <p>turkey bacon</p> | <ol style="list-style-type: none"> 1. Preheat oven to 450° F. 2. Cut a pocket into center of each chicken breast then rub outside of <i>each</i> with ½ <i>tsp.</i> ghee. Season lightly with salt and pepper (if desired). Set aside. 3. Heat ½ <i>tsp.</i> ghee in large oven-proof skillet over medium heat. 4. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent. 5. Add spinach and garlic; cook, stirring frequently, for 1 minute. Remove spinach mixture from skillet and place in a mixing bowl. 6. Add cheese (if desired), lemon juice, lemon peel, oregano, 1 pinch salt (if desired), and 1 pinch pepper (if desired) to spinach mixture; toss gently to blend. 7. When spinach mixture is cool enough to handle, stuff each breast with half spinach mixture. 8. Wrap each breast with two slices of turkey bacon. Set aside. 9. Melt <i>remaining</i> ½ <i>tsp.</i> ghee in same skillet over medium-high heat. 10. Add chicken breasts. Place skillet in oven. Bake for 12 to 14 minutes, or until chicken is no longer pink in the middle and juices run clear (165° F). 11. Cut breasts in half; serve a half chicken breast for each serving. |
|--|--|---|

RECIPE NOTE:

You can take away ½  container if you don't use the feta cheese.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.





NUTRITIONAL INFORMATION (per serving): Calories: 289 Total Fat: 13 g Saturated Fat: 7 g Cholesterol: 117 mg Sodium: 640 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 1 g Protein: 38 g

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STEAK FAJITAS^o

GF

SERVES: 4 (2 fajitas each) **Prep Time:** 20 min. **Cooking Time:** 18 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1



- 1½ tsp.** olive oil
- 1 lb.** raw flank steak, cut into 2-inch strips
- 2** medium bell peppers, cut into strips
- 1 cup** sliced onion (approx. 1 medium)
- ½ tsp. + 1 pinch** sea salt (or Himalayan salt), divided use
- 2 cloves** garlic, finely chopped
- 1 tsp.** chili powder
- 1 tsp.** ground cumin
- 1 tsp.** crushed red pepper flakes (optional)
- ½ cup** **Homemade Salsa**
(see separate recipe for Homemade Salsa)
- 8** (6-inch) corn tortillas, warm
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- 1 Tbsp.** chopped fresh cilantro (optional)
- 1 Tbsp.** fresh lime juice

- 1.** Heat oil in large nonstick skillet over medium-high heat.
- 2.** Add flank steak; cook, stirring occasionally, for 7 to 8 minutes, or until meat is no longer pink. Set aside.
- 3.** Lightly coat a separate large nonstick skillet with cooking spray; bring to medium-high heat.
- 4.** Add bell peppers, onion, and 1 pinch salt; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent and peppers are tender.
- 5.** Add garlic to pepper mixture; cook, stirring frequently, for 1 minute.
- 6.** Add pepper mixture to flank steak.
- 7.** Add chili powder, cumin, red pepper flakes (if desired), and remaining ½ tsp. salt
- 8.** Add salsa; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
- 9.** Combine yogurt, cilantro (if desired), and lime juice; mix well.
- 10.** Evenly top each tortilla with approx. ½ cup flank steak mixture and 1 Tbsp. yogurt mixture.

RECIPE NOTE:


Green, red, or yellow bell peppers, or a combination, can be used to make the fajitas.

SPECIAL EQUIPMENT:

Nonstick cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 321 **Total Fat:** 9 g **Saturated Fat:** 3 g **Cholesterol:** 69 mg **Sodium:** 438 mg **Carbohydrates:** 30 g **Fiber:** 5 g **Sugars:** 4 g **Protein:** 30 g

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STUFFED MINI PUMPKINS

SERVES: 4 (1 pumpkin each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 5 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1½ 1 1
 VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 1 ½ 1 1

- 1 cup** uncooked wild rice
- Water**
- 2½ cups** crumbled organic tempeh
- 4** mini pumpkins
- ¼ cup + 2 Tbsp.** dried unsweetened cranberries
- ¼ cup + 2 Tbsp.** chopped unsalted pecans
- ¼ cup** fresh 100% orange juice
- 3 Tbsp.** pure maple syrup
- 1 Tbsp.** olive oil
- 1 Tbsp.** minced fresh sage (or 1½ tsp. dried sage)
- 1 Tbsp.** finely grated orange peel (orange zest)
- 2 tsp. + 1 pinch** sea salt (or Himalayan salt), *divided use*
- ½ tsp.** ground black pepper
- ½ tsp.** ground nutmeg

- 1.** Add rice to a medium pot and cover with 2 inches of water. Bring to a simmer; cover and cook for 35 to 40 minutes, or until husks begin to burst.
- 2.** While rice is cooking, preheat oven to 375° F. Line a baking sheet with parchment paper.
- 3.** Add crumbled tempeh to rice 10 minutes before the rice is finished cooking. Drain tempeh and rice mixture, rinse with cold water, and place in a mixing bowl.
- 4.** While rice is cooking, cut tops off pumpkins and scoop out innards. Lightly coat inside of pumpkins with spray. Sprinkle insides with *a pinch* of salt.
- 5.** Place pumpkins on prepared baking sheet top-side down. Bake for 15 minutes. Set aside.
- 6.** Add cranberries, pecans, orange juice, maple syrup, oil, sage, orange peel, *remaining 2 tsp.* salt, pepper, and nutmeg to rice mixture. Toss to combine.
- 7.** Turn pumpkins top-side up and stuff with equal amounts of rice mixture. Return pumpkins to oven for 5 to 10 minutes, or until flesh is fork-tender and stuffing is hot.
- 8.** Serve immediately, or store refrigerated in an airtight container for up to 3 days.

SPECIAL EQUIPMENT:

- Parchment paper
- Olive oil cooking spray

Nutritional Information (per serving): Calories: 467 Total Fat: 23 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 120 mg Carbohydrates: 47 g Fiber: 3.5 g Sugars: 22 g Protein: 26 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



STUFFED PORK LOIN

SERVES: 8 (1 portion each) Prep Time: 10 min. Cooking Time: 27 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1½

2½ lbs. raw center-cut pork loin
2 Tbsp. olive oil, *divided use*
1½ tsp. garlic powder
1½ tsp. onion powder
1½ tsp. ground black pepper, *divided use*
1 tsp. sea salt (or Himalayan salt), *divided use*
2 cups chopped mushrooms
2 cups raw baby spinach
5 strips cooked turkey bacon, chopped
1 Tbsp. fresh thyme (or 1½ tsp. dried)

SPECIAL EQUIPMENT:

Butcher's twine or sturdy string

1. Preheat oven to 425° F.
2. Butterfly pork loin lengthwise into ¼-inch thickness using either the mallet method or roll-cut method.
3. Rub pork all over with 1 Tbsp. oil. Sprinkle evenly with garlic powder, onion powder, 1½ tsp. pepper and ¾ tsp. salt.
4. Heat *remaining* 1 Tbsp. oil in a large ovenproof skillet over medium-high heat until you see the first wisps of smoke. Add mushrooms; cook for 3 minutes, or until lightly browned.
5. Reduce heat to medium. Add spinach, bacon, and thyme. Cook for 2 minutes, or until spinach has wilted. Remove from heat; season with *remaining* ¼ tsp. each pepper and salt.
6. Spread spinach mixture evenly over butterflied pork loin, leaving a ½-inch space around the edges. Tightly roll up loin and place seam side down. Tie up loin in five places with butcher's twine.
7. Wipe out skillet. Heat on medium-high; sear loin, 2 minutes per side, until browned on all sides.
8. Place skillet in oven for 15 to 20 minutes, or until internal temp reaches 145° F. Let rest 10 minutes before slicing into eight equal portions.
9. Serve immediately, or store refrigerated in an airtight container for up to 3 days.






NUTRITIONAL INFORMATION (per serving): Calories: 236 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 87 mg Sodium: 240 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 1 g Protein: 36 g

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STUFFED SHELLS

SERVES: 4 (3 shells each) Prep Time: 15 min. Cooking Time: 35 min.







CONTAINER EQUIVALENTS (per serving):  2  1  1  1  2

Some of the best Sundays were when Grandma made stuffed shells; tender pasta, bursting with meat and cheese, lightly browned on the edges, they were more than just a plate of noodles and sauce. For this recipe, we're going to make our own 93% lean Italian sausage that takes just minutes to put together. It will honestly leave you wondering why you ever used the store-bought stuff.

- 12** dry jumbo pasta shells
- 1 lb.** raw 93% lean ground turkey
- 1 tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ½ tsp.** fennel seeds
- ½ tsp.** crushed red pepper flakes (optional)
- 1 Tbsp.** ground paprika
- 3 cloves** garlic, finely chopped
- 2 tsp.** cold water
- 1 Tbsp.** olive oil
- 2 cups** **FIXATE Marinara**
(see separate recipe for **FIXATE Marinara**), divided use
- 4 cups** coarsely chopped baby spinach
- ¼ cup** chopped fresh basil
- 1 cup** part-skim mozzarella cheese (optional)

- 1.** Preheat oven to 350° F.
- 2.** Cook shells according to package directions. Rinse under cold water. Set aside.
- 3.** To make sausage mixture, combine turkey, salt, pepper, fennel seeds, red pepper flakes (if desired), paprika, garlic, and water in a large mixing bowl; mix with gloves (or clean hands) until sticky and thoroughly combined. Set aside.
- 4.** Heat oil in large skillet over medium-high heat, until fragrant.
- 5.** Add sausage mixture; cook, breaking into small pieces with a wooden spoon, for 4 to 6 minutes, or until cooked through.
- 6.** Add 1 cup marinara, spinach, and basil. Bring to a gentle boil; gently boil for 2 minutes.
- 7.** Place remaining 1 cup marinara in bottom of a 9 x 9-inch casserole dish. Set aside.
- 8.** Fill each shell with approx. 3 Tbsp. turkey mixture. Place in prepared casserole dish, seam-sides up. Top with cheese, if desired. Bake for 10 to 12 minutes, or until hot and bubbly. Enjoy.

RECIPE NOTES:






- It's best to slightly undercook the shells, as they will continue to cook in the oven. Most boxes will have pre-bake boil times. It's usually about 9 minutes.
- If your boiled shells are going to be sitting for a while, it's best to lay them out on a sheet pan after rinsing to avoid them sticking together.
- You can use store-bought marinara sauce if you prefer. Look for a product without added sugar. CONTAINER EQUIVALENTS (per serving):  1  1  1  1  1  2
- I like to double this recipe then freeze the individual leftover shells until solid. Then place them in a resealable freezer bag for storage. This way, when I want stuffed shells, I simply place a couple in the refrigerator the night before to defrost, then warm them through in a 350° F oven.

NUTRITIONAL INFORMATION (per serving): Calories: 475 Total Fat: 22 g Saturated Fat: 6 g Cholesterol: 99 mg Sodium: 1,028 mg Carbohydrates: 33 g Fiber: 4 g Sugars: 7 g Protein: 35 g

SWEET POTATO AND CHICKEN WRAPS^o

GF

SERVES: 4 (2 wraps each) **Prep Time:** 35 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1  1  1  1  1



Here's a delicious and innovative take on a collard green wrap that gives you a complete meal on-the-go. It's kind of like a chicken salad wrap, but it uses mashed sweet potato as a binder instead of mayo, which takes it to a whole new level of flavor!

¼ cup	extra-virgin olive oil
3 Tbsp.	white wine vinegar
1½ tsp.	Dijon mustard
1 tsp.	honey
¼ cup	fresh basil leaves
½ tsp. + 1 dash	sea salt (or Himalayan salt), divided use
½ tsp. + 1 dash	ground black pepper, divided use
8	large collard green leaves
2 cups	mashed cooked sweet potato (approx. 2 small)
1 Tbsp. + 1 tsp.	melted ghee (organic grass-fed, if possible)
3 cups	chopped cooked chicken breast, boneless, skinless
1 cup	chopped bell peppers (approx. 1⅓ medium)
½ cup	chopped tomato (approx. 1 medium)
½ cup	sliced green onions

1. Place oil, vinegar, mustard, honey, basil, 1 dash salt, and 1 dash pepper in blender; cover. Blend until smooth. Set aside.
2. Remove stem from each collard green leaf where it touches base of leaf. Pare down remaining stem with a vegetable peeler until it is flush with rest of leaf. Set aside.
3. Combine sweet potatoes, ghee, remaining ½ tsp. salt and remaining ½ tsp. pepper in a large bowl; mix well.
4. Add chicken, bell peppers, tomato, and green onions; mix well.
5. Lay out prepared collard leaves, dark green side down. Evenly top with (approx. ⅔ cup) sweet potato mixture. You may add 1 Tbsp. of dressing to each leaf, or reserve it to dip in later.
6. Roll up each leaf like a burrito, then wrap it tightly in plastic wrap.
7. When ready to serve, slice each wrap in half while still in plastic wrap; peel back plastic wrap and enjoy!

RECIPE NOTES:


- To prepare sweet potatoes, pierce whole sweet potatoes multiple times with a fork and bake at 425° F for 40 minutes, or until soft to the center.
- Leftover wraps will keep in refrigerator, wrapped in plastic, for up to 5 days.

SPECIAL EQUIPMENT:

Plastic wrap

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 464 Total Fat: 22 g Saturated Fat: 6 g Cholesterol: 101 mg Sodium: 739 mg Carbohydrates: 26 g Fiber: 5 g Sugars: 15 g Protein: 36 g

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SWEET POTATO RICOTTA GNUDI IN PUMPKIN SAUCE

SERVES: 3 (approx. 6 gnudi each) Prep Time: 30 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 1

FOR PUMPKIN SAUCE:

- 1 tsp. olive oil
- ¼ cup chopped onion (approx. ⅓ medium)
- 2 cloves garlic, finely chopped
- 1 cup 100% pure pumpkin puree
- ¼ cup unsweetened almond milk
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground ginger
- ¼ tsp. ground cloves

FOR GNUDI:

- 4 cups hot water
- 4 small sweet potatoes, peeled, cut into 1-inch cubes
- 1 Tbsp. part-skim ricotta cheese
- 1 large egg yolk
- 1 pinch sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- Coconut flour
- 1 tsp. olive oil
- 3 fresh sage leaves
- 1 pinch ground cinnamon (for garnish)
- 1 pinch ground nutmeg (for garnish)
- ½ tsp. honey

PUMPKIN SAUCE:

1. Heat oil in medium skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add pumpkin, almond milk, cinnamon, nutmeg, ginger, and cloves; cook, stirring frequently, for 4 to 5 minutes, or until sauce begins to boil. Remove from heat.
5. Place sauce in blender (or food processor), in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
6. If sauce has cooled, return to skillet. Heat over medium heat, stirring frequently, for 1 to 2 minutes just before serving.

GNUDI:

1. Bring water to a boil in large saucepan over medium-high heat.
2. Add sweet potatoes. Bring back to a boil. Reduce heat to low; gently boil for 15 to 20 minutes, or until sweet potatoes are fork tender. Remove from heat, drain, and place in an ice bath to cool.
3. When sweet potatoes are cool, drain, and mash until smooth.
4. Combine sweet potatoes, ricotta, egg yolk, salt, and pepper in a large bowl; mix well. Paste should be smooth, thick, and sticky to the touch.
5. Roll approx. 1½ tablespoons dough between clean palms, then roll in coconut flour to coat, forming approx. eighteen oval dumplings. If dumplings are very soft, refrigerate, covered, for 30 to 60 minutes.
6. Heat oil in large skillet over medium-high heat.
7. Add sage; cook for 4 minutes, turning once. Remove crisp sage from oil. Place on a paper towel.
8. Add dumplings to oil; cook for 3 to 5 minutes, gently turning once, until light brown.
9. Evenly top each of three serving plates with pumpkin sauce, gnudi, cinnamon, nutmeg, and a drizzle of honey.

RECIPE NOTE:

Oil spray can be used in place of oil to evenly coat the bottom of the pan.





NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 63 mg Sodium: 523 mg Carbohydrates: 48 g Fiber: 11 g Sugars: 12 g Protein: 7 g

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TAMALE BOWLS

SERVES: 4 (approx. 4 dumplings with $\frac{3}{4}$ cup sauce each) **Prep Time:** 15 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving):  $\frac{1}{2}$  1  1  $\frac{1}{2}$

FOR SAUCE:


1 cup	low-sodium organic chicken broth
1 cup	tomato puree
2 tsp.	chili powder
1 tsp.	dried oregano
1 tsp.	onion powder
1 tsp.	garlic powder
1 tsp.	ground smoked paprika
1 tsp.	ground cumin
$\frac{1}{2}$ tsp.	sea salt (or Himalayan salt)
$\frac{1}{4}$ tsp.	ground black pepper
3 cups	shredded cooked chicken breast, boneless, skinless

1. To make sauce, add broth, puree, chili powder, oregano, onion powder, garlic powder, paprika, cumin, salt, and pepper to a large saucepot; bring to a boil. Reduce to a simmer; cook for 15 minutes, or until reduced by half. Stir in shredded chicken and set aside.
2. To make dumplings, stir together masa harina, baking powder, and salt; add broth and ghee. Stir together to mix, then knead with hands to form a soft dough.
3. Bring a large pot of water to a simmer. Form dough into 1 Tbsp.-sized balls; gently press into thick disks (try to avoid cracking around the edges).
4. Gently place disks into simmering water (work in batches if your pot gets crowded) and cook for 5 minutes. Gently remove with a slotted spoon.
5. Divide dumplings evenly among four bowls, approximately 4 dumplings per bowl. Top each with $\frac{3}{4}$ cup chicken and sauce mixture, 1 Tbsp. sour cream, and 1 tsp. cilantro.
6. Serve immediately, or store refrigerated in an airtight container for up to 4 days.

FOR DUMPLINGS:

$\frac{3}{4}$ cup + 2 Tbsp.	masa harina
$\frac{1}{2}$ tsp.	baking powder, gluten-free
$\frac{1}{4}$ tsp.	sea salt (or Himalayan salt)
$\frac{3}{4}$ cup	low-sodium organic chicken broth
2 tsp.	ghee (organic, grass-fed, if possible)
$\frac{1}{4}$ cup	low-fat sour cream, <i>divided use</i>
4 tsp.	chopped cilantro, <i>divided use</i>

NUTRITIONAL INFORMATION (per serving): **Calories:** 313 **Total Fat:** 8 g **Saturated Fat:** 3 g **Cholesterol:** 95 mg **Sodium:** 255 mg **Carbohydrates:** 28 g **Fiber:** 3.5 g **Sugars:** 4 g **Protein:** 33 g

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TEMPEH BBQ "RIBS"

SERVES: 4 (approx. 4 oz. tempeh each) **Prep Time: 10 min. Cooking Time: 22 min.**

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1

16 oz. organic tempeh (approx. 3 cups)
1 Tbsp. chili powder
1 tsp. ground smoked paprika
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. ground cumin
¼ tsp. sea salt (or Himalayan salt)
1 Tbsp. olive oil
¾ cup **Vegan BBQ Sauce**, *divided use*
(see separate recipe for
Vegan BBQ Sauce)

SPECIAL EQUIPMENT:

Parchment paper
 Nonstick cooking spray

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment paper. Coat with cooking spray. Set aside.
3. Place tempeh in large skillet and add enough water to cover tempeh; cover. Bring to a low boil over medium heat. Cook for 10 minutes. Remove from water and set aside.
4. Mix together chili powder, paprika, garlic powder, onion powder, cumin, and salt in a small bowl. Rub outside of tempeh liberally with spice mixture.
5. Wipe out pan with a paper towel. Heat olive oil over medium-high heat until fragrant. Cook tempeh, 1 to 2 minutes per side, until golden brown.
6. Coat tempeh with ¼ cup Vegan BBQ Sauce and place on prepared pan. Bake for 10 minutes, or until tempeh is cooked through.
7. Cut tempeh into rib-sized portions and serve with *remaining* ½ cup Vegan BBQ Sauce (2 Tbsp. per portion).

RECIPE NOTE:

Tempeh is often gluten-free. Be sure to check the nutrition label to ensure you purchase a gluten-free product.

NUTRITIONAL INFORMATION (per serving): **Calories: 303 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 130 mg Carbohydrates: 26 g Fiber: 13 g Sugars: 8 g Protein: 22.5 g**

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TOFU CHILI

SERVES: 4 (1 cup each) **Prep Time: 10 min. Cooking Time: 39 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 ½ 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 1 1

- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1½ medium)
- 1 cup** chopped bell pepper (approx. 1½ medium)
- 4 cloves** garlic, finely chopped
- 1½ cups** extra-firm organic tofu, drained, crumbled
- 2 Tbsp.** chili powder
- 2 tsp.** ground cumin
- 2 tsp.** ground smoked paprika
- 1 tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground cayenne pepper
- ½ tsp.** ground black pepper
- ¼ tsp.** ground allspice
- 2 cups** all-natural tomato puree
- 1½ cups** canned black beans, drained, rinsed
- 1 cup** light beer, gluten-free
- 2 Tbsp.** Worcestershire sauce, vegan, gluten-free
- 2 tsp.** chopped fresh cilantro (for garnish; optional)

- 1.** Heat a large pot over medium heat; add oil and heat until fragrant.
- 2.** Add onion, bell pepper, and garlic and cook, stirring frequently, until onion is translucent, approximately 3 to 5 minutes.
- 3.** Add tofu, chili powder, cumin, paprika, salt, cayenne pepper, black pepper, and allspice. Turn heat to medium-high and cook until tofu is lightly browned and spices smell toasty, about 2 to 3 minutes.
- 4.** Add tomato puree, beans, beer, and Worcestershire sauce. Bring to a simmer and cook for 30 minutes, or until slightly reduced and thickened.
- 5.** Divide evenly among four serving bowls. Top each with ½ tsp. cilantro (if desired).
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTE:

This is a spicy recipe. To make it less spicy cut the cayenne pepper in half or leave it out.

NUTRITIONAL INFORMATION (per serving): **Calories: 298 Total Fat: 10 g Saturated Fat: 0.5 g Cholesterol: 0 mg Sodium: 268 mg Carbohydrates: 37 g Fiber: 10 g Sugars: 9 g Protein: 18 g**

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TUNA MELT ON ROASTED PORTOBELLO MUSHROOM^o

GF

SERVES: 4 (1 mushroom each) **Prep Time:** 15 min. **Cooking Time:** 27 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ ½ ■ 1



- 4** large portobello mushroom caps, remove stems and gills
- 1 tsp.** olive oil
- 1½ cups** chunk light tuna, packed in water, well-drained (approx. 12 oz.)
- ½** medium ripe avocado, mashed
- 2 Tbsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- 2 Tbsp.** chopped fresh parsley
- ½ tsp.** garlic powder
- 4 slices** medium tomato
- ½ cup** shredded Swiss cheese (approx. 2 oz.)

- 1.** Preheat oven to 425° F.
- 2.** Place mushrooms on baking sheet smooth side down. Brush evenly with oil. Bake for 20 to 22 minutes, turning after 10 minutes. Mushrooms will be softened. Set aside.
- 3.** While mushrooms are baking, combine tuna, avocado, lemon juice, mustard, parsley, and garlic powder in a medium bowl; mix well.
- 4.** Top each mushroom evenly with tuna mixture, 1 slice of tomato, and 2 Tbsp. cheese.
- 5.** Bake for 3 to 5 minutes, or until cheese is melted; serve immediately.

RECIPE NOTES:

- Avoid washing mushrooms but if you have to, use as little water as possible. Mushrooms absorb water and get very watery while cooking.
- A clean brush (like a paint brush) or cheesecloth is a good way to clean mushrooms.
- In order to end up with 12 oz. drained tuna, make sure you are buying cans that equal 1 lb. The can weight includes the liquid that you will drain!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 221 **Total Fat:** 10 g **Saturated Fat:** 3 g **Cholesterol:** 57 mg **Sodium:** 486 mg **Carbohydrates:** 9 g **Fiber:** 3 g **Sugars:** 3 g **Protein:** 26 g

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TURKEY CHILI^o



SERVES: 8 (approx. 1 cup each) Prep Time: 20 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1 ½



- 2 tsp.** extra-virgin organic coconut oil, melted
- ¾ cup** chopped onion (approx. 1 medium)
- ¾ cup** chopped green bell pepper (approx. 1 medium)
- ¾ cup** chopped red bell pepper (approx. 1 medium)
- 2 cloves** garlic, finely chopped
- 1 lb.** cooked 93% lean ground turkey breast
- 2 cans (15-oz. each)** kidney beans, drained, rinsed
- 2 cans (15-oz. each)** organic diced tomatoes, no salt added
- 1 cup** red wine
- 1 Tbsp.** chili powder
- ½ tsp.** sea salt (or Himalayan salt)
- 2 tsp.** crushed red pepper flakes (optional)
- Chopped fresh cilantro** (garnish)
- 8 tsp.** crumbled goat cheese

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion and bell peppers; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add turkey, beans, tomatoes (with liquid), wine, chili powder, salt, and red pepper (if desired). Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 20 minutes, or until slightly thickened.
- 5.** Evenly divide between eight serving bowls; top each with cilantro and 1 tsp. cheese.

RECIPE NOTES:

- You can substitute pinto beans for kidney beans.
- This is an ideal recipe post-Thanksgiving to use up leftover turkey, but I make it year-round using ground turkey. After all, how can you resist anything made with red wine?





^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 300 Total Fat: 9 g Saturated Fat: 3 g Cholesterol: 60 mg Sodium: 421 mg Carbohydrates: 26 g Fiber: 1 g Sugars: 5 g Protein: 24 g

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TURKEY SLOPPY JOES^o

SERVES: 4 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 42 min.



CONTAINER EQUIVALENTS (per serving):  1  1  1  1 tsp.



- 2 tsp.** olive oil, *divided use*
- 1 lb.** raw ground 93% lean turkey breast
- ¾ cup** chopped onion (approx. 1 medium)
- ¾ cup** chopped red bell pepper (approx. 1 medium)
- 2 cloves** garlic, chopped
- 2 cups** all-natural tomato sauce, no salt or sugar added
- 1 Tbsp.** Worcestershire sauce, gluten-free
- 1½ tsp.** hot pepper sauce
- 1 Tbsp.** pure maple syrup
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 4 slices** low-sodium sprouted whole-grain bread (like Ezekiel[®])
- Finely chopped fresh parsley (for garnish; optional)

- 1.** Heat *1 tsp.* oil in large skillet over medium heat.
- 2.** Add turkey; cook, stirring frequently to break up the turkey, for 8 to 10 minutes, or until the turkey is no longer pink.
- 3.** Heat *remaining 1 tsp.* oil in second large skillet over medium heat.
- 4.** Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 5.** Add garlic; cook, stirring frequently, for 1 minute.
- 6.** Add onion mixture, tomato sauce, Worcestershire sauce, hot pepper sauce, and maple syrup. Season with salt and pepper.
- 7.** Add turkey to tomato mixture. Mix well. Reduce heat to medium-low; gently boil, stirring occasionally, for 15 to 20 minutes, or until sauce has thickened.
- 8.** Place a slice of bread on each serving plate. Top evenly with turkey mixture (approx. 1 cup).
- 9.** Sprinkle each serving evenly with parsley before serving, if desired.

SERVING SUGGESTION FOR ONE SERVING TURKEY SLOPPY JOES:

- Serve Turkey Sloppy Joes over 1 cup zucchini noodles (zoodles), or any steamed vegetables  2  1  1 tsp.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 350 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 480 mg Carbohydrates: 34 g Fiber: 6 g Sugars: 12 g Protein: 27 g

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TURKEY TACO LETTUCE WRAPS

SERVES: 6 (1 wrap each) **Prep Time:** 20 min. **Cooking Time:** 26 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 1½ tsp.** olive oil
- ⅓ cup** finely chopped onion (approx. ½ medium)
- ⅓ cup** finely chopped green bell pepper (approx. ½ medium)
- 1½ lbs.** raw 93% lean ground turkey breast
- 1 tsp.** garlic powder
- 1 tsp.** ground cumin
- ½ tsp.** sea salt (or Himalayan salt)
- 1 tsp** chili powder
- 1 tsp.** ground paprika
- ½ tsp.** dried oregano
- ¾ cup** water
- ¼ cup** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**)
- 6** large lettuce leaves, washed, dried
- ¾ cup** chopped tomato (approx. 1 medium)
- 6 Tbsp.** chopped fresh cilantro

- 1.** Heat oil in large nonstick skillet over medium heat.
- 2.** Add onion and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 3.** Add turkey; cook, stirring frequently, for 5 to 6 minutes, or until turkey is no longer pink.
- 4.** Add garlic powder, cumin, salt, chili powder, paprika, and oregano; mix well.
- 5.** Add water and marinara sauce. Reduce heat to low; cook, covered, for 10 to 12 minutes.
- 6.** Evenly top each lettuce leaf with turkey mixture (approx. ¾ cup), 2 Tbsp. tomato, and 1 Tbsp. cilantro. Serve immediately.

NUTRITIONAL INFORMATION (per serving): **Calories:** 209 **Total Fat:** 11 g **Saturated Fat:** 3 g **Cholesterol:** 84 mg **Sodium:** 322 mg **Carbohydrates:** 5 g **Fiber:** 2 g **Sugars:** 2 g **Protein:** 22 g

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VEGAN BEAN BURRITO

SERVES: 1 Prep Time: 10 min. Cooking Time: 2 min.

CONTAINER EQUIVALENTS (per serving): ½ 2 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1 1 ½

- 1** (6-inch) sprouted grain (or gluten-free) tortilla
- ¼ cup + 2 Tbsp.** nonfat refried beans, warm
- ¼** medium avocado, sliced
- 1 dash** chili powder
- 1 pinch** ground black pepper
- 1** lime wedge
- 2 Tbsp.** chopped tomato
- 2 Tbsp.** chopped red onion
- 2 Tbsp.** chopped bell pepper
- 2 Tbsp.** thinly sliced radish (about 8 slices)
- 2 Tbsp.** sliced green olives
- 2 Tbsp.** fresh cilantro leaves

- 1.** Warm tortilla in medium skillet over medium-high heat for 1 minute on each side. Set aside; keep warm.
- 2.** Spread beans in middle of wrap. Top with avocado. Season with chili powder, pepper, and a squeeze of lime.
- 3.** Top with tomato, onion, bell pepper, radish, olives, and cilantro. Roll tortilla, tucking in ends as you wrap.

RECIPE NOTE:

Place your burrito in the middle of a rectangular piece of aluminum foil. Roll from the bottom up to keep your burrito warm and hold it together as you eat.

NUTRITIONAL INFORMATION (per serving): Calories: 309 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 757 mg Carbohydrates: 40 g Fiber: 8 g Sugars: 4 g Protein: 10 g

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VEGAN BOLOGNESE

SERVES: 4 (1 cup each) Prep Time: 10 min. Cooking Time: 52 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ 2 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1½ 1½ 1

1 Tbsp.	olive oil
1 cup	chopped mushrooms (approx. 5 oz.)
½ cup	finely chopped onion (approx. ½ medium)
¼ cup	chopped carrot (approx. ½ medium)
¼ cup	chopped celery (approx. ½ medium stalk)
4 cloves	garlic, finely chopped
2 Tbsp.	vinegar (red or white wine)
1 Tbsp.	reduced-sodium tamari soy sauce
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
3 cups	reduced-sodium vegetable broth
1 (28-oz.) can	tomato puree
1¼ cups	dry brown lentils, rinsed
½ cup	unsweetened almond milk
2 Tbsp.	nutritional yeast
½ tsp.	ground smoked paprika
2	bay leaves
¼ cup	chopped fresh basil

1. Heat a large pot over medium-high heat; add oil. Heat until the first wisps of smoke rise; add mushrooms and cook, stirring occasionally, for 2 minutes, or until lightly browned.
2. Reduce heat to medium, add onion, carrot, celery, garlic, vinegar, tamari, and ¼ tsp. salt; cook 3 to 5 minutes, or until vegetables are tender.
3. Add broth, tomato puree, lentils, milk, nutritional yeast, paprika, bay leaves, and *remaining* ¼ tsp. salt. Bring to a boil; reduce heat to a low boil. Cook for 45 minutes, stirring occasionally, or until lentils are tender but not mushy.
4. Remove from heat. Discard bay leaves. Stir in chopped basil.
5. Serve immediately over your choice of whole-grain pasta (or zoodles), or store refrigerated in an airtight container for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 368 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 374 mg Carbohydrates: 64 g Fiber: 12 g Sugars: 13 g Protein: 21 g

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VEGAN CRAB CAKES

SERVES: 4 (approx. 3 crab cakes each) **Prep Time:** 15 min. **Cooking Time:** 19 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1½

1¼ cups	canned chickpeas (garbanzo beans), drain reserving liquid, rinsed
1¼ cups	hearts of palm
2 Tbsp.	vegan mayonnaise
2 tsp.	Dijon mustard
2 tsp.	Worcestershire sauce, vegan, gluten-free
1 tsp.	Old Bay Seasoning®
¼ tsp.	sea salt (or Himalayan salt)
¼ cup	thinly sliced green onions
2 Tbsp.	chopped fresh parsley
½ cup	gluten-free panko bread crumbs

1. Place chickpeas and hearts of palm in food processor; pulse until flaky. Set aside.
2. Place 3 Tbsp. reserved chickpea liquid in a medium mixing bowl; whisk until foamy.
3. Add mayonnaise, mustard, Worcestershire sauce, seasoning, salt, green onions, and parsley; mix until thoroughly combined.
4. Combine chickpea mixture and bread crumbs in a medium bowl.
5. Gently fold in mayonnaise mixture; mix until just combined (try not to overmix). Form mixture into twelve patties (approx. ¼ cup each). Set aside.
6. Heat large cast-iron (or nonstick) skillet, lightly coated with spray, over medium-high heat.
7. Add 3 to 4 patties, taking care not to overcrowd skillet; cook for 3 minutes on each side, or until golden brown and crispy. Repeat with remaining patties.

SPECIAL EQUIPMENT:

Olive oil cooking spray

RECIPE NOTE:

Serve 3 crab cakes with 2 Tbsp. vegan tartar sauce (if desired). Make sure you add 1 Orange Container (Seeds & Dressings) and ½ tsp. (Oils & Nut Butters) to your containers if you're using 2 Tbsp. of vegan tartar sauce.

NUTRITIONAL INFORMATION (per serving): **Calories:** 165 **Total Fat:** 6 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 844 mg **Carbohydrates:** 22 g **Fiber:** 5 g **Sugars:** 2 g **Protein:** 5 g

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VEGAN MEATLOAF

SERVES: 4 (one 2-in. slice each) **Prep Time:** 15 min. **Cooking Time:** 1 hr. 9 min.

CONTAINER EQUIVALENTS (per serving): 1 3 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1/2 1 1 1

2½ cups	reduced-sodium vegetable broth, <i>divided use</i>
½ cup	dry brown lentils, rinsed
⅓ cup	dry quinoa, rinsed, drained
1 cup	chopped onion (approx. 1½ medium onion)
½ cup	chopped celery (approx. 1 medium stalk)
½ cup	chopped carrot (approx. 1 medium carrot)
3 cloves	garlic
1 Tbsp.	olive oil
1 Tbsp.	tomato paste
1 tsp.	dried thyme
1 tsp.	chili powder
¾ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
2 Tbsp.	Worcestershire sauce, vegan, gluten-free
½ cup	gluten-free bread crumbs
2 Tbsp.	ground flaxseed
2 Tbsp.	nutritional yeast
1 Tbsp.	reduced-sodium tamari soy sauce
½ cup	all-natural ketchup

1. Preheat oven to 375° F. Line loaf pan or small baking dish with parchment paper. Coat with cooking spray.
2. Add 2¼ cups broth and lentils to a large saucepot. Bring to a boil, then reduce to a low boil; cook for 20 minutes.
3. Stir in quinoa; simmer, partially covered, for 12 minutes.
4. Add onion, celery, carrot, and garlic to a blender or food processor; cover. Pulse until finely chopped.
5. Heat oil in large skillet over medium-high heat; cook vegetable mixture 4 to 5 minutes, or until lightly browned. Add tomato paste, thyme, chili powder, salt, and pepper. Cook, stirring frequently, for 1 to 2 minutes.
6. Remove from heat; stir in *remaining* ¼ cup vegetable broth and Worcestershire sauce. Set aside to cool for 5 minutes.
7. Combine lentil mixture, vegetable mixture, bread crumbs, flaxseed, nutritional yeast, and tamari in a large mixing bowl (be sure everything is cool enough to handle). With clean hands, mix ingredients until a sticky, moldable mixture forms.
8. Add mixture to prepared loaf pan or baking dish, packing mixture in tightly to ensure no air pockets and a smooth level surface. Spread ketchup over top. Cover with foil; bake for 30 minutes.
9. Remove foil; bake for 5 minutes. Rest 15 minutes before slicing.
10. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 354 **Total Fat:** 9 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 528 mg **Carbohydrates:** 58 g **Fiber:** 9 g **Sugars:** 13 g **Protein:** 12 g

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VEGAN PULLED PORK^o



SERVES: 8 (approx. ½ cup each) Prep Time: 15 min. Cooking Time: 57 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1

This Vegan Pulled Pork is a real mindblower. You won't believe just how much it tastes like the real thing, tangy, smoky, meaty, and satisfying. AND it doesn't take 8 hours to make, win-win! The secret ingredient is jackfruit, a tropical fruit that has a meaty, heavy-grained flesh similar to pork. It absorbs the flavors of smoke and BBQ sauce beautifully and comes out tasting just like the real deal. We use the canned variety here, which you can find at most Asian markets or order online. It's important to use the young, unripe fruit for this, so be careful if buying fresh, as most fresh fruits are sold ripened.

- 3 cans (20-oz. each)** young green jackfruit in brine (NOT in syrup), drained, rinsed, cored, and seeds removed and discarded
- 1 Tbsp.** extra-virgin organic coconut oil
- 1 cup** chopped onion (approx. 1½ medium)
- 5 cloves** garlic, finely chopped
- 2 tsp.** coconut sugar
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- 2 tsp.** chili powder
- 2 tsp.** ground smoked paprika
- ¼ tsp.** instant espresso powder
- ¼ tsp.** unsweetened cocoa powder
- ¼ tsp.** ground cinnamon
- ¼ tsp.** ground allspice
- ½ tsp.** ground black pepper
- ½ tsp.** smoked sea salt (or Himalayan salt)
- ¼ tsp.** ground cayenne pepper (optional)
- 2 cups** low-sodium organic vegetable broth
- ½ cup** **Banana BBQ Sauce** (see separate recipe for **Banana BBQ Sauce**) or all-natural barbecue sauce of your choice

- 1.** If you would like to pre-smoke your jackfruit, line bottom of large stock pot with aluminum foil. Add wood chips. Top with colander (or steamer basket). Add jackfruit. Cover pan with firmly crimped foil. Poke a pinhole in foil; turn burner to high and wait until you see smoke coming from the hole. Turn heat to medium-low and let stand, covered, for 10 minutes. Taste the jackfruit. If you would like it smokier, turn the heat on again and repeat the process. This step is **optional**.
- 2.** Preheat oven to 400° F.
- 3.** Line large baking sheet with parchment paper. Set aside.
- 4.** Heat oil in large nonstick skillet over medium high heat.
- 5.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add jackfruit, sugar, cumin, coriander, chili powder, paprika, espresso powder, cocoa powder, cinnamon, allspice, black pepper, salt, cayenne pepper (if desired), and broth; mix well. Bring to a boil. Reduce heat to medium-low; gently boil, uncovered, for 10 to 15 minutes, or until liquid is absorbed.
- 8.** Transfer jackfruit to prepared baking sheet. Mash with a spatula until fibers divide and take on the appearance of pulled pork.
- 9.** Bake for 10 minutes.
- 10.** Add BBQ sauce; mix well to coat fruit. Bake for an additional 7 to 10 minutes, or until fruit is lightly browned.

SPECIAL EQUIPMENT:

- Aluminum foil (optional)
- 1 cup wood chips for smoking (optional)
- Parchment paper

RECIPE NOTE:

Canned young green jackfruit in brine can be found in specialty Asian markets or online.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 354 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 24 g Protein: 3 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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VEGAN SLOPPY JOES

SERVES: 6 (approx. ½ cup each) **Prep Time: 10 min. Cooking Time: 11 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

3 cups riced cauliflower
½ cup chopped green bell pepper
(approx. ⅔ medium)
1 Tbsp. onion powder
2 tsp. chili powder
1 tsp. garlic powder
½ tsp. sea salt (or Himalayan salt)
1½ cups all-natural tomato sauce
½ cup all-natural ketchup
1 tsp. Dijon mustard
1 Tbsp. olive oil

1. Combine cauliflower, bell pepper, onion powder, chili powder, garlic powder, and salt in a medium bowl; toss gently to blend. Set aside.
2. Combine tomato sauce, ketchup, and mustard in a medium bowl; mix well. Set aside.
3. Heat oil in large nonstick skillet over high heat until very hot.
4. Add cauliflower mixture; cook, stirring frequently, for 5 minutes, or until golden brown.
5. Add tomato sauce mixture. Reduce heat to medium low; gently boil, covered, for 5 minutes.

RECIPE NOTE:

Sloppy Joe filling can be served on lettuce wraps, whole wheat buns, or gluten-free buns. Make sure you account for the correct containers.

NUTRITIONAL INFORMATION (per serving): Calories: 83 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 885 mg Carbohydrates: 13 g Fiber: 3 g Sugars: 8 g Protein: 2 g

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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VEGAN TUNA SALAD^o

SERVES: 4 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1



- 1½ cups** chickpeas, drained, rinsed
- ¼ cup** mashed avocado (approx. ¼ medium)
- ¼ cup** sliced green onion
- ¼ cup** chopped red onion (approx. ⅓ medium)
- ¼ cup** chopped celery (approx. ¾ medium stalk)
- 1 Tbsp.** extra-virgin olive oil
- 1 Tbsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- 1 Tbsp.** finely chopped fresh dill weed (or 1 tsp. dried)
- ½ tsp.** kombu powder (optional)
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Place chickpeas in medium bowl. Mash with back of a fork (or a potato masher). Set aside.
- 2.** Combine avocado, green onion, red onion, celery, oil, lemon juice, mustard, dill, kombu powder (if desired), salt, and pepper in a medium bowl; mix well.
- 3.** Fold avocado mixture into chickpeas; toss gently to blend.

RECIPE NOTES:

- To make kombu powder: Toast kombu in a toaster (or 450° F oven for 3 minutes, or until golden brown), then blend in a food processor, blender, or spice grinder into a fine powder.
- Vegan Tuna Salad can be enjoyed on your bread of choice, or try it in a collard wrap! Make sure you account for the correct containers.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 140 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 362 mg **Carbohydrates:** 16 g **Fiber:** 5 g **Sugars:** 3 g **Protein:** 5 g





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VEGETARIAN PORTOBELLO SLIDERS

SERVES: 4 (2 sliders each) **Prep Time:** 15 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  1  2  1  2


¼ cup	olive oil
1 Tbsp.	Worcestershire sauce, vegan
2 cloves	garlic, finely chopped (or 1 tsp. garlic powder)
1 tsp.	onion powder
1 tsp.	chopped fresh rosemary (or 1 tsp. dried rosemary)
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground smoked paprika
¼ tsp.	ground black pepper
8	baby portobello mushrooms, stems removed, rinsed
8	whole-grain dinner rolls, sliced in half
4 slices	smoked Gouda cheese (approx. 4 oz.) (optional)

1. Combine oil, Worcestershire sauce, garlic, onion powder, rosemary, salt, paprika, and pepper in a small bowl; whisk to blend.
2. Place mushrooms in a resealable plastic bag. Pour oil mixture over mushrooms, squeeze out excess air, seal. Refrigerate, covered, for at least 15 minutes, or as long as overnight. (The longer they marinate, the more flavor they will absorb.)
3. Preheat oven to 425° F.
4. Place rolls on sheet pan, cut side up. Place ½ slice of cheese on each top (if desired). Bake for 2 to 4 minutes, or until cheese is melted. Set aside.
5. Grill mushrooms over high heat for 3 minutes on each side, or until soft to the core and lightly charred on each side.
6. Place one grilled mushroom on each bottom roll. Top with your favorite burger toppings and top roll.

RECIPE NOTES:

- If you can't find whole-grain dinner rolls, you can use a biscuit or cookie cutter to cut out a mini bun from a regular-sized hamburger bun.
- If topping your burger with your favorite toppings, remember to count your container equivalents.

NUTRITIONAL INFORMATION (per serving): **Calories:** 399 **Total Fat:** 18 g **Saturated Fat:** 8 g **Cholesterol:** 23 mg **Sodium:** 933 mg **Carbohydrates:** 45 g **Fiber:** 6 g **Sugars:** 7 g **Protein:** 18 g

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ULTIMATE VEGAN SANDO

SERVES: 2 (½ sandwich each) Prep Time: 10 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½ ½

- | | |
|---|---|
| <p>4 oz. sliced firm tofu, drained and patted dry</p> <p>½ tsp. olive oil</p> <p>1 dash sea salt (or Himalayan salt)</p> <p>1 dash ground black pepper</p> <p>2 Tbsp. FIXATE Vegan French Onion Spread, (see separate recipe for FIXATE Vegan French Onion Spread)</p> <p>2 slices FIXATE Gluten-Free Fresh Bread (see separate recipe for FIXATE Gluten-Free Fresh Bread) or sprouted-grain bread (like Ezekiel®)</p> <p>4 slices cooked vegan bacon</p> <p>¼ medium avocado, sliced</p> <p>2 thin slices red onion</p> <p>6 slices cucumber</p> <p>2 slices medium tomato</p> <p>1 leaf lettuce (like butter or Bibb)</p> <p>¼ cup alfalfa sprouts</p> | <ol style="list-style-type: none"> 1. Brush tofu with oil and sprinkle all over with salt and pepper. 2. Heat a medium nonstick skillet over medium-high heat; add tofu and cook 2 to 3 minutes per side. Remove from heat and set aside. 3. Spread 1 Tbsp. onion spread evenly on each slice of bread. On one slice of bread layer tofu, bacon, avocado, onion, cucumber, tomato, lettuce, and sprouts. Top with remaining slice of bread. 4. Wrap sandwich tightly in plastic wrap and slice in half. Serve immediately, or rewrap sandwich halves tightly and store in an airtight container in refrigerator for up to 3 days. |
|---|---|

NUTRITIONAL INFORMATION (per serving): Calories: 254 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 330 mg Carbohydrates: 28 g Fiber: 5 g Sugars: 3 g Protein: 16 g

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VEGAN FRENCH ONION SPREAD

SERVES: 9 (approx. 2 Tbsp. each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

4 oz. organic firm tofu,
drained, patted dry

2 Tbsp. unsweetened almond
milk

1 Tbsp. + 1½ tsp. apple cider vinegar

½ tsp. reduced-sodium tamari
soy sauce

¼ cup sliced green onion

1 Tbsp. onion powder

2 tsp. garlic powder

1 tsp. nutritional yeast

¾ tsp. sea salt (or Himalayan
salt)

¼ tsp. ground black pepper

1. Place tofu, milk, vinegar, tamari, green onion, onion powder, garlic powder, nutritional yeast, salt, and pepper in blender; cover. Blend until smooth, scraping down sides as needed.
2. Serve immediately, or store in the refrigerator in an airtight container for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 18 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

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WASABI CREAM CHEESE SALMON BURGERS^o

GF

SERVES: 4 Prep Time: 20 min. Cooking Time: 26 min.

CONTAINER EQUIVALENTS (salmon patty, bun, wasabi cream cheese, and arugula): ■ 2 ■ 1 ■ 1 ■ 1



FOR WASABI CREAM CHEESE:

3 Tbsp. whipped cream cheese
½ tsp. prepared wasabi

FOR PATTIES:

1 lb. raw wild-caught salmon fillets, boneless, skinless, cut into 1-inch chunks
Finely grated lemon peel (lemon zest) (approx. 1 medium lemon)
Juice of ½ medium lemon
1 Tbsp. Dijon mustard
1 large egg white (2 Tbsp.)
1½ tsp. finely chopped fresh dill
1½ tsp. finely chopped fresh chives
½ tsp. fine sea salt (or Himalayan salt)
¼ tsp. ground black pepper

FOR BUNS:

1 Tbsp. dried minced garlic
1 Tbsp. dried minced onion
2 Tbsp. cold water
4 gluten-free hamburger buns
1 large egg white (2 Tbsp.) + 2 Tbsp. cold water
½ tsp. poppy seeds
½ tsp. sesame seeds
¼ tsp. coarse sea salt (or Himalayan salt)
1 Tbsp. olive oil
4 cups baby arugula or **Dill Cucumber Salad** (see separate recipe for *Dill Cucumber Salad*)

- 1.** To make wasabi cream cheese, combine cream cheese and wasabi in a small bowl; mix well. Cover and refrigerate until ready to use.
- 2.** To make patties, place salmon, lemon peel, lemon juice, mustard, egg white, dill, chives, salt, and pepper in a food processor; pulse in approx. three 5-second pulses, or until finely chopped, but not so fine that it becomes a paste.
- 3.** Cut out four 5-inch x 5-inch squares of parchment. Arrange on a baking sheet; lightly coat with spray.
- 4.** Spray your hands with spray; form salmon mixture into four 2-inch balls, pressing each one into a patty atop a piece of sprayed parchment.
- 5.** Cover patties with plastic wrap; refrigerate at least 1 hour to set.
- 6.** Preheat oven to 375° F.
- 7.** To make buns, combine garlic, onion, and 2 Tbsp. water in a microwave-safe bowl; mix well. Microwave on high for 30 seconds. Set aside.
- 8.** Line a baking sheet with parchment. Arrange buns, top side up, with equal space between. Set aside.
- 9.** Combine egg white with 2 Tbsp. water in a small bowl; whisk to blend.
- 10.** Brush top of each bun with egg white mixture; sprinkle with garlic mixture, poppy seeds, sesame seeds, and salt. Don't worry if a little bit falls off the buns.
- 11.** Bake for 12 to 15 minutes, or until topping is golden brown. You can save this step until just before serving if you want warm buns to serve on.
- 12.** Coat cast iron skillet with oil; wipe out excess oil with a paper towel, leaving just a thin layer (about ¼ tsp.) on the surface.
- 13.** Heat skillet on medium-high for 2 to 4 minutes, or until oil just begins to smoke.
- 14.** Place patties onto the skillet by using the parchment paper to pick up, invert them onto skillet, then gently peel off the parchment. Cook for 2½ to 3 minutes on each side, or until golden on the outside. Do not move patties until they have cooked the full 2½ minutes per side for the mixture to set. A thermometer should read 145° F.
- 15.** Spread each bottom bun with 1 tsp. wasabi cream cheese. Top with salmon patty, 1 cup arugula, and finish with top bun. Enjoy!

[CONTINUED ON NEXT PAGE]

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

WASABI CREAM CHEESE SALMON BURGERS^o (CONTINUED)



TIPS:

- The Dill Cucumber Salad is the perfect side salad for these burgers. Add an additional container for 1 cup of the salad.
- Patties can also be grilled on an outdoor barbecue.

80 DAY OBSESSION NOTE:

To make this recipe 80 Day Obsession-friendly, substitute gluten-free fresh bread for hamburger buns.

VARIATIONS:

- Serve salmon patty open-faced (½ of a bun) with wasabi cream cheese
CONTAINER EQUIVALENTS (per serving): 1 1 1
- Serve salmon patty atop 1 cup arugula and 1 cup Dill Cucumber Salad
CONTAINER EQUIVALENTS (per serving): 2 1




^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) including **salmon patty, bun, wasabi cream cheese, and arugula**: Calories: 357 Total Fat: 16 g Saturated Fat: 3 g Cholesterol: 70 mg Sodium: 820 mg Carbohydrates: 25 g Fiber: 3 g Sugars: 4 g Protein: 26 g

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WHOLE-GRAIN STUFFED TURKEY

SERVES: 8 (1-inch slice each) Prep Time: 20 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  1½

- 2 Tbsp.** ghee (organic grass-fed, if possible)
- 1 clove** garlic, finely chopped
- 1** bay leaf, crushed
- 1 sprig** fresh thyme
- 1** raw small turkey breast deboned, skin on, butterflied (approx. 2½ lbs.)
- Sea salt (or Himalayan salt), divided use**
- Ground black pepper, divided use**
- 1½ cups** **Whole-Grain Stuffing** (see separate recipe for **Whole-Grain Stuffing**)

- 1.** Preheat oven to 375° F.
- 2.** Combine ghee, garlic, bay leaf, and thyme leaves (discard stem) in a small bowl; mix well.
- 3.** Place turkey breast, skin-side down, on a cutting board. Rub meat side of turkey breast with *half of* ghee mixture. Season with salt and pepper.
- 4.** Spread stuffing in an even layer over ghee mixture, covering the entire surface of turkey breast.
- 5.** Roll turkey breast into a tight log, with stuffing on the inside and skin on the outside; wrap kitchen twine around turkey breast and tie lightly.
- 6.** Rub outside of turkey breast with *remaining half of* ghee mixture. Season with salt and pepper.
- 7.** Place in roasting pan on rack. Bake for 65 to 75 minutes, turning every 20 minutes so skin crisps evenly, or until a thermometer placed into center of turkey breast reaches 165° F.
- 8.** Allow the turkey breast to rest at room temperature for 15 minutes; remove twine and skin. Cut into eight 1-inch thick slices.

TIPS:

- To butterfly a turkey breast, lay it skin-side down on a clean cutting board. Using a sharp knife, cut the breast in half laterally, leaving about ½ inch before slicing all the way through the outer edge. Open the cut breast along the ½-inch binding like a book to reveal a turkey breast that is doubled in size and half the width. You can also ask the butcher at your grocery store to butterfly a turkey breast for you and skip this step.

NUTRITIONAL INFORMATION (per serving) **Whole-Grain Stuffed Turkey:** Calories: 259 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 90 mg Sodium: 164 mg Carbohydrates: 10 g Fiber: 1 g Sugars: 2 g Protein: 36 g

ZOODLES BURRITO BOWL

SERVES: 1 Prep Time: 15 min. Cooking Time: 9 min.

CONTAINER EQUIVALENTS (per serving): ■ 1½ ■ 1 ■ 1 ■ 1 ■ 1

½ cup low-sodium organic chicken broth
 ½ cup all-natural tomato puree
 1 tsp. chili powder
 ½ tsp. onion powder
 ½ tsp. garlic powder
 ½ tsp. ground cumin
 1 dash sea salt (or Himalayan salt)
 1 Tbsp. cornstarch (preferably GMO-free)
 + 1 Tbsp. cold water (combine to make a slurry)

1½ medium zucchini, spiralized
 (approx. 1½ cups)

¾ cup cooked 93% lean ground turkey (or
 95% lean ground beef)

¼ cup frozen corn

¼ cup canned black beans,
 drained, rinsed

¼ cup shredded cheddar-jack cheese
 (optional)

1. Place broth, tomato puree, chili powder, onion powder, garlic powder, cumin, and salt in large skillet. Bring to a gentle boil, stirring frequently, over medium heat.
2. Add cornstarch slurry; cook, stirring frequently, for 1 minute, or until slightly thickened.
3. Add zucchini, turkey, corn, and beans; cook over low heat, covered, stirring occasionally, for 2 to 3 minutes, or until zucchini is tender-crisp. Remove from heat.
4. Add cheese (if desired); mix well.

RECIPE NOTES:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.
- If you don't have a spiralizer, using a vegetable peeler, cut each zucchini into lengthwise strips about ¼-inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½-inch ribbons.
- If you are not using cheese, omit the ■ container.

NUTRITIONAL INFORMATION (per serving): Calories: 468 Total Fat: 16 g Saturated Fat: 8 g Cholesterol: 105 mg Sodium: 730 mg Carbohydrates: 44 g Fiber: 8 g Sugars: 15 g Protein: 41 g

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ZUCCHINI NOODLE LASAGNA

SERVES: 6 Prep Time: 15 min. Cooking Time: 51 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ ½ 3

- 2 Tbsp. + 1 tsp.** olive oil, *divided use*
- 5 cups** peeled, ½-inch cubed eggplant (approx. 1 large eggplant)
- ½ tsp.** sea salt (or Himalayan salt), *divided use*
- ¼ tsp.** ground black pepper
- 2 cups** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**)
- 2** large zucchini, ends removed, cut lengthwise in ⅛-inch strips
- 2 cups** part-skim ricotta cheese, *divided use*
- ¾ cup** shredded part-skim mozzarella cheese

1. Preheat oven to 375° F.
2. Grease bottom of an 8 x 8-inch casserole dish with 1 tsp. oil. Set aside.
3. Heat *remaining 2 Tbsp.* oil in large skillet over medium-high heat.
4. Add eggplant. Season with ¼ tsp. salt and ¼ tsp. pepper; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to brown.
5. Add marinara; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to soften slightly. Remove from heat. Set aside.
6. Place 5 or 6 zucchini slices, overlapping slightly, into bottom of casserole dish. Top evenly with 1 cup ricotta cheese, 1 dash salt, and 1½ cups eggplant mixture. Top with a second layer of zucchini slices (running crosswise, in the opposite direction of the first layer), then *remaining 1 cup* ricotta, *remaining dash salt*, and 1½ cups eggplant mixture.
7. Add a third layer of zucchini. Sprinkle with mozzarella cheese. Bake for 30 to 40 minutes, turning once halfway through, or until lasagna is bubbling and mozzarella cheese is golden brown.
8. Allow to cool and set for 10 to 12 minutes. Cut into 6 pieces and enjoy!

TIP:

This delicious lasagna can be made ahead and kept in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 325 Total Fat: 18 g Saturated Fat: 7 g Cholesterol: 33 mg Sodium: 503 mg Carbohydrates: 24 g Fiber: 6 g Sugars: 13 g Protein: 16 g

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SIDES & SNACK RECIPES

AUTUMN'S AHI BRUSCHETTA^o

SERVES: 4 (2 pieces each) **Prep Time:** 20 min. **Cooking Time:** 6 min.

CONTAINER EQUIVALENTS (per serving):  ½  1



FOR MISO DRESSING:

- 1 tsp. miso paste (preferably red miso)
- 1 tsp. reduced-sodium soy sauce
- 1 tsp. sesame oil
- ½ tsp. grated fresh ginger
- 1 Tbsp. hon-mirin
- 2 tsp. fresh lime juice
- 1 tsp. finely grated lime peel (lime zest)
- ½ tsp. hot pepper sauce

FOR BRUSCHETTA:

- 8 baguette slices, ½-inch thick
- 1 clove garlic, cut in half
- ¾ cup chopped raw ahi tuna
- 2 Tbsp. finely chopped shallot
- ¼ cup finely chopped kale
- 1 Tbsp. sesame seeds, toasted

SPECIAL EQUIPMENT:

Nonstick olive oil cooking spray

FOR SIMPLE VINAIGRETTE:

- 1 Tbsp. olive oil
- ¼ tsp. sea salt (or Himalayan salt)
- 1 dash ground black pepper
- 2 tsp. fresh lime juice
- 1 tsp. finely grated lime peel (lime zest)
- 1 tsp. coconut sugar

1. Preheat oven to 450° F.
2. To make miso dressing, combine miso, soy sauce, sesame oil, ginger, mirin, lime juice, lime peel, and pepper sauce in a medium bowl; whisk until well blended. Set aside.
3. Place bread on baking sheet. Lightly coat each side of bread with spray. Bake for 5 to 6 minutes, or until lightly browned.
4. Rub each piece of toasted bread with cut side of garlic. Set aside.
5. Add ahi, shallot, kale, and sesame seeds to miso dressing; toss gently to blend.
6. Place 2 Tbsp. ahi mixture on each piece of toasted bread and enjoy!









RECIPE NOTES:

- Use hon-mirin as it is true mirin and has less additives than aji-mirin.
- Miso is a probiotic and packed with the savory flavor known as umami that lends a sense of heartiness and satisfaction to many dishes.

80 DAY OBSESSION NOTE:

To make this recipe 80 Day Obsession-friendly, substitute gluten-free fresh bread for baguette slices.

VARIATIONS:

- Substitute ¾ cup chopped tomatoes for ahi tuna with Miso Dressing
CONTAINER EQUIVALENTS (per serving):  ½  1
- Substitute ¾ cup chopped tomatoes for ahi tuna with Simple Vinaigrette
CONTAINER EQUIVALENTS (per serving):  ½  1  ½
- You can substitute Simple Vinaigrette for Miso Dressing
CONTAINER EQUIVALENTS (per serving):  ½  1  ½

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) **Autumn's Ahi Bruschetta with Miso Dressing:** Calories: 150 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 9 mg Sodium: 259 mg Carbohydrates: 20 g Fiber: 1 g Sugars: 2 g Protein: 11 g

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.



BABA GHANOUSH

SERVES: 12 (approx. ¼ cup each) **Prep Time:** 15 min. + 2 hrs. chilling time **Cooking Time:** 35 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1½

This delicious eggplant dip is traditionally served with toasted pita, but it works just as well with fresh veggies if you're trying to save your yellows! The key to a great Baba Ghanoush is to get the eggplant skins nice and charred, which lends the flesh a rich, smoky flavor. Our recipe calls for smoked paprika and cumin to really make it pop, and we like to wring the excess water from the cooked flesh to concentrate its flavor.

- 4** medium eggplants (approx. 3.75 lbs.)
- 3 Tbsp.** tahini paste
- 3 cloves** garlic
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- ¼ cup** fresh parsley
- 2 tsp.** ground smoked paprika
- ½ tsp.** ground cumin
- 1¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ¼ cup** extra-virgin olive oil

- 1.** Preheat oven to 500° F.
- 2.** Line a large bowl with cheesecloth (or paper towels). Set aside.
- 3.** Line large baking sheet with foil.
- 4.** Place eggplants on prepared baking sheet. Lightly coat with spray. Bake for 33 to 35 minutes, or until skin is charred and flesh is very tender to the core. Remove from oven. Wrap in foil and let rest until cool enough to handle.
- 5.** Cut eggplants in half, peel away skin and discard. Transfer flesh to prepared bowl. Gently wring out excess moisture.
- 6.** Place eggplant flesh, tahini, garlic, lemon juice, lemon peel, parsley, paprika, cumin, salt, and pepper in food processor; process until blended.
- 7.** With food processor running, slowly add oil in a slow steady stream. Process until fully emulsified.
- 8.** Refrigerate for 2 hours to cool and to let flavors meld.

SPECIAL EQUIPMENT:

- Cheesecloth
- Aluminum foil
- Olive oil cooking spray

RECIPE NOTE:

Refrigerate leftovers in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 103 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 245 mg **Carbohydrates:** 11 g **Fiber:** 5 g **Sugars:** 6 g **Protein:** 2 g

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BANANA BREAD

SERVES: 8 (1 slice each) Prep Time: 10 min. Cooking Time: 45 min.

CONTAINER EQUIVALENTS (per serving): 1/2 1 1/2 1/2

Banana bread is one of those foods that sounds healthy but is often loaded with fat and sugar. Not a problem with our Fixate version! It's made with a Fix-approved dose of healthy coconut oil, unrefined coconut sugar, fully gluten-free, AND vegan (optional). What more could you ask for? Oh yeah, taste! Trust us, you won't be missing any.

- 3** large very ripe bananas, mashed
- 1/4 cup** melted extra-virgin organic coconut oil
- 1** large egg
- 1 tsp.** pure vanilla extract
- 1 cup** gluten-free all-purpose flour (preferably Bob's Red Mill®)
- 1/2 cup** almond flour
- 1 tsp.** baking powder, gluten-free
- 3 Tbsp.** coconut sugar
- 1/2 tsp.** sea salt (or Himalayan salt)

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat 4 x 8-inch loaf pan with spray. Set aside.
- 3.** Combine bananas, oil, egg, and extract in a medium mixing bowl; mix well. Set aside.
- 4.** Combine flour, almond flour, baking powder, sugar, and salt in a large mixing bowl; mix well.
- 5.** Add banana mixture to flour mixture; mix until a smooth batter forms.
- 6.** Place batter into prepared loaf pan. Bake for 35 to 45 minutes, or until a toothpick inserted into the center comes out clean.
- 7.** Cool for 5 minutes. Turn loaf out onto cooling rack; let cool completely before slicing into eight equal slices.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTES:

- The riper the bananas, the more natural sweetness they provide.
- If Bob's Red Mill is unavailable, select a gluten-free all-purpose flour with chickpea (garbanzo bean) flour listed as first ingredient.
- To make this recipe vegan, substitute 1 Tbsp. ground flaxseed and 2 Tbsp. water for the egg. Mix flaxseed and water before measuring the other ingredients, and set aside until you are ready to use them.
- Wrap leftover slices individually and freeze for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 223 Total Fat: 12 g Saturated Fat: 6 g Cholesterol: 23 mg Sodium: 196 mg Carbohydrates: 29 g Fiber: 3 g Sugars: 12 g Protein: 4 g

Bob's Red Mill is a trademark of Bob's Red Mill Natural Foods, Inc.



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BBQ CHICKEN SLIDERS^o

GF

SERVES: 1 (1 slider each) **Prep Time:** 10 min. **Cooking Time:** 6 min.

CONTAINER EQUIVALENTS (per serving):  1  ½




3 Tbsp. **FIXATE BBQ Sauce** (see separate recipe for **FIXATE BBQ Sauce**)

¾ cup **shredded cooked chicken breast**

1. Heat BBQ sauce in medium nonstick skillet over medium heat; cook, stirring frequently, for 3 to 4 minutes, or until BBQ sauce comes to a gentle boil.
2. Add chicken; cook, stirring frequently, for 2 minutes, or until heated through.
3. Chicken mixture can be served on whole wheat dinner (or slider) roll.
NOTE: Remember to account for your containers.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**




NUTRITIONAL INFORMATION (per serving) **not including roll:** Calories: 215 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 89 mg Sodium: 532 mg Carbohydrates: 9 g Fiber: 0 g Sugars: 7 g Protein: 35 g

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BERRY QUINOA PARFAIT^o

SERVES: 1 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1





½ cup cooked quinoa
¼ cup sliced fresh strawberries
¼ cup fresh blackberries
¼ cup fresh blueberries
¼ cup fresh raspberries
¾ cup reduced-fat (2%) plain Greek yogurt
¾ tsp. honey

1. Evenly layer half of quinoa, strawberries, blackberries, blueberries, raspberries, yogurt, and honey in a tall glass. Repeat with remaining half of ingredients.
2. Serve immediately or cover and refrigerate for up to 3 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 320 Total Fat: 6 g Saturated Fat: 3 g Cholesterol: 9 mg Sodium: 64 mg Carbohydrates: 46 g Fiber: 8 g Sugars: 20 g Protein: 23 g

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BROCCOLI TOTS

SERVES: 4 (approx. 6 tots each) **Prep Time:** 20 min. **Cooking Time:** 31 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½

	Hot water
4 cups	broccoli florets
2	large eggs
½ cup	shredded cheddar cheese
½ cup	gluten-free panko bread crumbs
¼ cup	finely chopped onion (approx. ⅓ medium)
2 Tbsp.	finely chopped parsley
¾ tsp.	sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper
Cheesecloth

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper. Set aside.
3. Heat large saucepan of water to boiling over high heat.
4. While water is coming to a boil, place broccoli in food processor; process until it is rice-like consistency.
5. Add broccoli to boiling water; blanch for 30 seconds to 1 minute. Drain and rinse under cold water until cool. Place in cheesecloth (or clean kitchen towel); wring out excess water.
6. Place broccoli, eggs, cheese, bread crumbs, onion, parsley, and salt in food processor; pulse until well blended.
7. To make each tot, shape approximately 1 packed Tbsp. broccoli mixture into tot shape. Place on prepared pan.
8. Bake for 22 to 25 minutes, rotating pan after 12 minutes, or until crispy.

RECIPE NOTES:

- Enjoy these tots with **FIXATE Ketchup**. The **FIXATE Ketchup** recipe and nutritionals are available on Beachbody On Demand in our FIXATE cooking show videos.
- Store leftover tots in an airtight container in the refrigerator for up to 5 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 153 **Total Fat:** 7 g **Saturated Fat:** 4 g **Cholesterol:** 10 mg **Sodium:** 662 mg **Carbohydrates:** 13 g **Fiber:** 1 g **Sugars:** 1 g **Protein:** 9 g

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CARAMELIZED PEARL ONIONS

SERVES: 8 (¼ cup each) Prep Time: 5 min. Cooking Time: 10 hrs. 30 min.

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): **B** 1

THESE *ONIONS* go great as an accompaniment to our holiday beef tenderloin, as a topping on our broccoli crust pizza, or mixed in with your morning scrambled eggs. It can also be pureed and used as a spread on sandwiches or wraps!

1½ lbs. frozen pearl onions
½ cup ruby port
½ cup apple cider vinegar
¼ cup pure maple syrup
1 tsp. sea salt (or Himalayan salt)
1 sprig fresh rosemary

1. Place onions, port, vinegar, maple syrup, salt, and rosemary in a 3-quart slow cooker. Mix well. Cover; cook on low for 8 to 10 hours, or until onions are soft and caramelized to a deep brown.
2. Remove lid; cook on high, stirring occasionally, for 15 to 30 minutes, or until excess liquid has evaporated.
3. Remove rosemary.

RECIPE NOTE:

The caramelized onions can be served as-is or pureed in a blender before serving as a jam.

NUTRITIONAL INFORMATION (per serving): Calories: 79 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 4 mg Sodium: 354 mg Carbohydrates: 14 g Fiber: 1 g Sugars: 11 g Protein: 2 g

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CHARRED LEEKS^o

SERVES: 4 (1 leek heart each) **Prep Time:** 10 min. **Cooking Time:** 36 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1



I love it when my favorite way to eat a vegetable just happens to be the easiest way to prepare it. With these charred leeks, instead of fighting against the tough exterior of the plant, we're using it to cradle and steam the sweet, juicy heart while we roast it over high heat until it's meltingly tender. Then, we just peel away the charred exterior, leaving a perfectly cooked heart of leek.

- | | |
|--|--|
| <p>4 large leeks, discard top third of tough green leaves, wash leeks thoroughly</p> <p>1 Tbsp. + 1 tsp. extra-virgin olive oil</p> <p>2 tsp. fresh lemon juice</p> <p>1 Tbsp. + 1 tsp. capers</p> <p>1 Tbsp. + 1 tsp. chopped parsley</p> <p>Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)</p> | <ol style="list-style-type: none"> 1. Preheat oven to its highest baking temperature setting. Do not broil. 2. Cover baking sheet with aluminum foil. Place leeks on baking sheet; lightly coat with spray. 3. Bake for 30 to 35 minutes, turning every 10 minutes, until charred black all over and a knife inserted into thickest portion feels tender to the core. Cool until leeks can be handled. 4. Slice off root ends of leeks. Peel away and discard burned outer leaves. Slice hearts into 2-inch pieces. Place a heart on each of four small plates. 5. Drizzle each plate with 1 tsp. oil. Sprinkle each plate with ½ tsp. lemon juice, 1 tsp. capers, 1 tsp. parsley, a pinch of salt (if desired), and a pinch of pepper (if desired). |
|--|--|

SPECIAL EQUIPMENT:

Aluminum foil

Olive oil cooking spray

RECIPE NOTE:

Most home ovens heat to a maximum temperature of 400° to 500° F.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 86 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 166 mg Carbohydrates: 11 g Fiber: 2 g Sugars: 3 g Protein: 1 g

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CHEESY CAULIFLOWER BREADSTICKS (WITH FIXATE MARINARA)

SERVES: 4 (2 breadsticks and 2 Tbsp. FIXATE Marinara each) **Prep Time:** 15 min. **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1½

3 cups	cauliflower florets
	Hot water
¾ cup	shredded, part-skim, low-moisture mozzarella cheese, divided use
¼ cup + 1 Tbsp.	grated Parmesan cheese, divided use
2	large eggs, lightly beaten
½ tsp. + 1 pinch	sea salt (or Himalayan salt), divided use
1 Tbsp.	ghee (organic grass-fed, if possible)
1 clove	garlic, finely chopped
½ cup	FIXATE Marinara (see separate recipe for FIXATE Marinara)

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray
Cheesecloth

1. Preheat oven to 400° F.
2. Line a 6 x 8-inch casserole dish with parchment paper. Lightly coat with spray.
3. Place cauliflower in food processor (or blender); pulse until it resembles rice, seven to ten 1-second pulses.
4. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place cauliflower in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer cauliflower to cheesecloth to cool. Squeeze dry. **Cook's Note:** If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the cauliflower "crumbs."
5. Combine cooled cauliflower, ½ cup mozzarella cheese, ¼ cup Parmesan cheese, eggs, and ½ tsp. salt in a medium mixing bowl; mix well.
6. Transfer cauliflower mixture to casserole dish; press down and out with fingertips, spreading until it forms one even layer that fills bottom of the dish.
7. Bake for 20 to 25 minutes, or until cauliflower has set in the center and browned around the edges.
8. While cauliflower is baking, heat ghee and garlic in small saucepan over medium heat for 2 to 3 minutes, or until garlic just begins to brown. Remove from heat; allow ghee to infuse.
9. Remove cauliflower from oven; brush with infused ghee and sprinkle with remaining pinch of salt, remaining ¼ cup mozzarella cheese, and remaining 1 Tbsp. Parmesan cheese.
10. Bake for 3 to 5 minutes, or until cheese is melted.
11. Allow to cool to room temperature. Remove from dish. Slice into eight 1 x 6-inch sticks.
12. Serve with FIXATE Marinara and enjoy!

NUTRITIONAL INFORMATION (per serving): **Calories:** 217 **Total Fat:** 14 g **Saturated Fat:** 7 g **Cholesterol:** 119 mg **Sodium:** 681 mg **Carbohydrates:** 10 g **Fiber:** 2 g **Sugars:** 5 g **Protein:** 13 g

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CHEWY WHOLE-GRAIN BARS

SERVES: 12 (1 bar each) Prep Time: 15 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ ½

Here is a very versatile bar recipe that allows you to use your favorite ingredients. Tasty and loaded with quality nutrition, we make these bars in muffin cups so they come out of the oven already wrapped and portioned with no cutting required!

- 1 cup** dry old-fashioned rolled oats, gluten-free
- ½ cup** dry quinoa, rinsed
- 2 Tbsp.** chia seeds
- 2 Tbsp.** flaxseeds
- 1 tsp.** ground cinnamon
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ cup** all-natural almond butter
- 3 Tbsp.** pure maple syrup (preferably dark amber)
- 1** large very ripe banana
- 1 tsp.** pure vanilla extract
- ½ cup** mixed dried fruit (like raisins, cherries, apricots), chopped
- ¼ cup** raw sunflower seeds
- ¼ cup** chopped raw walnuts (optional)
- ¼ cup** bittersweet chocolate chips

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine oats, quinoa, chia seeds, flaxseeds, cinnamon, and salt in a large bowl; mix well.
4. Add almond butter, maple syrup, banana, and extract; mix well with clean hands or a rubber spatula.
5. Fold in dried fruit, sunflower seeds, walnuts (if desired), and chocolate chips; mix well with clean hands or a rubber spatula.
6. Add ¼ cup batter to each muffin cup. Use back of a ¼ cup measure to compress batter into a tight puck.
7. Bake for 18 to 20 minutes, or until edges just begin to brown.
8. Cool; store in an airtight container, in the refrigerator, for up to 2 weeks.

RECIPE NOTES:

- In this recipe we have specified almond butter, but you can use any nut butter you like. If you have a nut allergy, you can use sunflower butter.
- Pumpkin seeds can be substituted for sunflower seeds. Or use your favorite seed!
- You can also use any kind of nuts that you like. Make sure they are raw! If you have a nut allergy, you can add an additional ¼ cup of your favorite seeds.
- You can substitute semisweet or dark chocolate chips for bittersweet chocolate chips.

NUTRITIONAL INFORMATION (per serving): Calories: 196 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 98 mg Carbohydrates: 26 g Fiber: 4 g Sugars: 12 g Protein: 5 g

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CHICKEN PEPPERONI CRUMBLES

SERVES: 6 (½ cup each) Prep Time: 10 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): ½

¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 Tbsp. ground sweet paprika
1 tsp. garlic powder
¼ tsp. ground fennel seed
1 pinch cayenne pepper
1 lb. raw lean ground chicken breast
1 Tbsp. olive oil

1. Combine salt, pepper, paprika, garlic powder, fennel, and cayenne in a large mixing bowl; mix well.
2. Add chicken; mix well with clean hands or a rubber spatula. Over-kneading can make the chicken a little tough, so be sure to mix just until the spices are incorporated. Set aside.
3. Heat oil in large skillet over medium-high heat.
4. Add chicken mixture; cook, stirring frequently to break up large pieces, for 5 to 7 minutes, or until chicken is cooked through and is broken into small crumbles. Remove chicken with a slotted spoon; cool on a plate lined with paper towels to absorb any excess fat.

RECIPE NOTE:

This recipe is made for our [Gluten-Free Pepperoni Pizza](#) (see separate recipe for [Gluten-Free Pepperoni Pizza](#)) but is great in other dishes. Save the leftovers for topping salads, folding into wraps, or better yet, adding it to our [FIX-ed Grilled Cheese](#) (see separate recipe for [FIX-ed Grilled Cheese](#))!

NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 65 mg Sodium: 332 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 14 g

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CLOUD BREAD^o

SERVES: 3 (2 pieces each) Prep Time: 10 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): 1/2



- 3** large eggs
- 1 dash** cream of tartar
- 1 dash** sea salt (or Himalayan salt) (to taste; optional)
- 1/3 cup** reduced-fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

- Nonstick cooking spray
- Parchment paper
- Silpat (optional)

1. Heat oven to 300° F.
2. Lightly coat large baking sheet with spray, then cover it with parchment paper. Set aside.
3. Separate egg yolks from egg whites. Place egg whites in a medium bowl. Place egg yolks in a separate medium bowl. Set aside.
4. Add cream of tartar to egg whites. Beat with a mixer on high until stiff peaks form, about 4 minutes. Set aside.
5. Add salt, if desired, and yogurt to egg yolks. Beat with a mixer on medium until blended.
6. Gently fold 1/3 of egg white mixture into egg yolk mixture. Fold in the remaining egg white mixture until just incorporated, being careful not to overmix.
7. Using a large spoon, transfer a scoop of egg mixture onto prepared baking sheet, gently spreading into a thick pancake shape about 3 inches in diameter. Repeat with remaining batter.
8. Bake for 25 to 30 minutes, or until golden brown and exterior is crispy to the touch. Immediately loosen each cloud bread with a spatula; allow to cool on the baking sheet for 3 minutes, then transfer to a wire rack to cool completely.
9. Serve immediately, or store in an airtight container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.




NUTRITIONAL INFORMATION (per serving): Calories: 94 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 184 mg Sodium: 167 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 9 g

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CORN DOG MUFFINS

SERVES: 14 (1 muffin each) **Prep Time:** 15 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1

1 lb. raw 93% lean ground turkey
1 tsp. ground smoked paprika
¾ tsp. smoked sea salt (or Himalayan salt)
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. ground black pepper
1 cup low-fat (1%) buttermilk
3 Tbsp. extra-virgin organic coconut oil, melted
3 large eggs, lightly beaten
1 cup gluten-free all-purpose flour
1 cup cornmeal
¼ cup + 2 Tbsp. coconut sugar
1½ tsp. baking powder, gluten-free
¼ tsp. baking soda
¾ tsp. sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:


Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat fourteen cups in two muffin pans with spray. Set aside.
3. To make turkey dog balls, combine turkey, paprika, smoked sea salt, garlic powder, onion powder, and pepper in a large bowl; mix well with clean hands.
4. Evenly form turkey mixture into fourteen balls.
5. Heat large nonstick skillet, lightly coated with spray, over medium-high heat.
6. Add balls; cook for 2 to 3 minutes on each side, or until no longer pink in the middle. Set aside.
7. Combine buttermilk, oil, and eggs in a medium mixing bowl; whisk to blend. Set aside.
8. Combine flour, cornmeal, sugar, baking powder, baking soda, and sea salt in a large mixing bowl; mix well.
9. Add buttermilk mixture to flour mixture; whisk until just blended.
10. Place 2 Tbsp. cornmeal mixture into each muffin cup. Place one ball into each muffin cup. Top evenly with remaining batter, filling each muffin cup until almost full.
11. Bake for 14 to 16 minutes, or until golden brown and a toothpick inserted into center comes out clean.

RECIPE NOTE:

All-natural turkey hot dogs can be substituted for turkey dog balls. The protein content of store-bought hot dogs can vary, and will probably be less than our turkey dog balls. Look for hot dogs that have at least 10 grams of protein per serving.

NUTRITIONAL INFORMATION (per serving): **Calories:** 178 **Total Fat:** 8 g **Saturated Fat:** 4 g **Cholesterol:** 64 mg **Sodium:** 378 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 6 g **Protein:** 10 g

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CREAMY CAULIFLOWER MASH^o



SERVES: 6 (½ cup each) Prep Time: 15 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½

8 cups Water
**cauliflower florets, washed,
patted dry**

2 cloves garlic, crushed

⅓ cup unsweetened almond milk

1 Tbsp. extra-virgin olive oil

½ tsp. sea salt (or Himalayan salt)

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cauliflower and garlic in steamer basket; cook for 10 to 12 minutes, or until tender.
2. Place cauliflower and garlic, almond milk, oil, and salt in food processor; pulse until smooth.
3. Serve hot.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 57 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 240 mg Carbohydrates: 7 g Fiber: 2 g Sugars: 3 g Protein: 3 g

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CUCUMBER HUMMUS ROLL-UPS^o

SERVES: 2 (4 roll-ups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½



- 1** large cucumber
- ¼ cup** prepared hummus
- ¼ cup** roasted red peppers, thinly sliced

- 1.** Use a vegetable peeler to peel off eight long, thin slices of cucumber.
- 2.** Spread 1½ tsp. hummus on each cucumber slice.
- 3.** Top each with 1½ tsp. red pepper slices.
- 4.** Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.

SPECIAL EQUIPMENT:

Toothpicks

VARIATIONS (SUBSTITUTE YOUR FAVORITE VEGETABLES OR HERBS FOR ROASTED RED BELL PEPPERS. YOU CAN TRY THESE OR YOUR FAVORITE COMBINATIONS):

- Chopped fresh red bell peppers
- Sun-dried tomatoes
- Capers
- Fresh chopped herbs
- Sliced green onions

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 75 **Total Fat:** 3 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 197 mg **Carbohydrates:** 9 g **Fiber:** 3 g **Sugars:** 3 g **Protein:** 3 g

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DECONSTRUCTED CHEESECAKE DIP

SERVES: 4 (¼ cup + 1 Tbsp. dip, and 2 Tbsp. crumble each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 1 2

FOR CRUMBLE:

½ cup **crushed gluten-free graham crackers**

1 Tbsp. **extra-virgin coconut oil, room temperature**

1 tsp. **pure maple syrup**

1. To make crumble, place graham crackers in food processor; pulse into fine crumbs. Add coconut oil and maple syrup; pulse until combined. Set aside.
2. To make cheesecake, add cream cheese, sour cream, maple syrup, extract, and salt to a large mixing bowl. Using a hand mixer, beat until smooth.
3. Transfer cream cheese mixture to serving bowl; top with graham cracker crumble. Serve immediately with mixed fruits for dipping, or store in an airtight container in the refrigerator for up to 4 days.

FOR CHEESECAKE:

1 cup **cream cheese, softened**

1 Tbsp. + 1 tsp. **reduced-fat (2%) sour cream**

1 Tbsp. + 1 tsp. **pure maple syrup**

½ tsp. **pure vanilla extract**

1 pinch **sea salt (or Himalayan salt)**

Mixed fruits for dipping

RECIPE NOTES:

- To bring the coconut oil to room temperature and soften the cream cheese, let them rest on the counter until soft enough to whip.
- Don't forget to use your container to count your fruit for dipping!



NUTRITIONAL INFORMATION (per serving, excluding fruit): **Calories:** 277 **Total Fat:** 20 g **Saturated Fat:** 13 g **Cholesterol:** 52 mg **Sodium:** 303 mg **Carbohydrates:** 19 g **Fiber:** 1 g **Sugars:** 11 g **Protein:** 5 g

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DEVEILED EGGS THREE WAYS^o

SERVES: 3 (4 halves each) **Prep Time:** 15 min. **Cooking Time:** 17 min.

CONTAINER EQUIVALENTS (Asian Infusion Eggs):  1  3½

CONTAINER EQUIVALENTS (Scandinavian Smorgasbord Eggs):  1

CONTAINER EQUIVALENTS (Devil's Curry Eggs):  1  ½



6 large eggs

FOR ASIAN INFUSION:

- ¼ cup** mayonnaise
- 1 tsp.** Dijon mustard
- ¾ tsp.** finely grated lemon peel (lemon zest)
(approx. ½ lemon)
- 1 Tbsp.** fresh lemon juice
- ½ tsp.** **Sesame Infusion**
(see separate recipe for *Sesame Infusion*)
- 1 pinch** ground black pepper
- ¼ tsp.** Thai fish sauce
- 1 Tbsp.** bonito flakes (optional)
Ground sweet paprika
(for garnish; optional)

FOR SCANDINAVIAN SMORGASBORD:

- ¼ cup** reduced-fat (2%) plain Greek yogurt
- 1 tsp.** Dijon mustard
- ¾ tsp.** finely grated lemon peel (lemon zest)
(approx. ½ lemon)
- 1 Tbsp.** fresh lemon juice
- 2 Tbsp.** finely chopped smoked salmon
(reserve a small amount for garnish)
- 1 Tbsp.** finely chopped fresh dill
(reserve 1 sprig for garnish)
- 1 pinch** ground black pepper
- 1 pinch** sea salt (or Himalayan salt)

FOR DEVIL'S CURRY:

- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ tsp.** finely grated lime peel (lime zest)
(approx. ½ lime)
- 1 Tbsp.** fresh lime juice
- ½ tsp.** ghee (organic grass-fed, if possible)
- 1 Tbsp.** sliced green onion
(reserve a small amount for garnish)
- 1 tsp.** curry powder
(reserve a small amount for garnish)
- 1 tsp.** finely chopped serrano chili, seeds and
veins removed
- ¼ tsp.** sea salt (or Himalayan salt)
- 2** kaffir lime leaves, stem and center vein
removed, finely chopped (optional)



[CONTINUED ON NEXT PAGE]

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.



DEVEILED EGGS THREE WAYS (CONTINUED)

1. Bring water to a boil in a large saucepan over high heat.
2. Add eggs; cook for 12 minutes. **Cook's Note:** To avoid cracking, remove your eggs from refrigerator 30 minutes before you cook them.
3. Remove eggs from boiling water; immediately place eggs in an ice water bath to stop cooking process. Peel eggs as soon as they are cool enough to handle. **Cook's Note:** The shock of ice water separates shell from the white, making eggs a snap to peel, but if you leave them in cold water too long, the temperature equalizes and the effect is lost.
4. Carefully cut eggs in half. Follow instructions for the recipe or recipes you want to make.

FOR ASIAN INFUSION:

1. Place yolks in food processor (or blender). Add mayonnaise, mustard, lemon peel, lemon juice, Sesame Infusion, pepper, fish sauce, and bonito (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less mayonnaise might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR SCANDINAVIAN SMORGASBORD:

1. Place yolks in food processor (or blender). Add yogurt, mustard, lemon peel, lemon juice, salmon, dill, pepper, and salt; pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR DEVIL'S CURRY:

1. Place yolks in food processor (or blender). Add yogurt, lime peel, lime juice, ghee, green onion, curry powder, chili, salt, and lime leaves (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR ALL EGGS:

1. Arrange egg whites on a serving plate. Set aside.
2. Place egg yolk mixture in a 1-gallon freezer bag (or piping bag). Cut off a small piece of one corner and use like a piping bag to pipe mixture evenly and neatly into the center of each egg white.
3. Garnish with sweet paprika (if desired) and a drop of Sesame Infusion for Asian Infusion Eggs; salmon and dill for Scandinavian Smorgasbord Eggs; or curry powder and green onion for Devil's Curry Eggs; enjoy!

TIPS:

- Bonito is a Japanese smoked fish that can be found at many health food markets and Asian markets.
- Ghee is clarified butter that is commonly used in South Asian cuisine. It can be found in Indian markets or online.

◦ **This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving) Asian Infusion Eggs: Calories: 284 Total Fat: 25 g Saturated Fat: 5 g Cholesterol: 373 mg Sodium: 282 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 12 g

NUTRITIONAL INFORMATION (per serving) Scandinavian Smorgasbord Eggs: Calories: 167 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 368 mg Sodium: 240 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 15 g

NUTRITIONAL INFORMATION (per serving) Devil's Curry Eggs: Calories: 171 Total Fat: 11 g Saturated Fat: 4 g Cholesterol: 369 mg Sodium: 323 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 14 g

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Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VO** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



EASY EGG SALAD

SERVES: 1 (approx. ½ cup) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 1

- 2** large hard-boiled eggs, chopped
- 1 tsp.** mayonnaise
- 1 tsp.** all-natural dill pickle relish
- 1 tsp.** Dijon mustard
- ½ tsp.** hot pepper sauce (like Sriracha®)
- ¼ tsp.** dried dill weed
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper

- 1.** Combine eggs, mayonnaise, pickle relish, mustard, pepper sauce, dill, salt, and pepper in a medium bowl; mix well.

RECIPE NOTES:

- Look for all-natural dill pickle relish that does not contain corn syrup.
- Chopped dill pickle can be substituted for pickle relish.
- Egg salad can be served as is, on a lettuce wrap, whole-grain bread, or gluten-free bread. Make sure you account for the correct containers.
- Make a vegan version by substituting ¾ cup chopped firm tofu for eggs and 1 tsp. FIXATE Vegan Mayo for mayonnaise.

NUTRITIONAL INFORMATION (per serving): **Calories:** 198 **Total Fat:** 15 g **Saturated Fat:** 4 g **Cholesterol:** 373 mg **Sodium:** 683 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 13 g

Sriracha is a registered trademark of Huy Fong Foods, Inc.
Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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EGGPLANT FRIES WITH FIXATE TZATZIKI SAUCE^o



SERVES: 8 (5 fries each with 3 Tbsp. tzatziki) Prep Time: 30 min. Cooking Time: 21 min.

CONTAINER EQUIVALENTS (per serving): 1 ½



One issue when substituting a baked version of something that is normally deep-fried, is that it's difficult to get a properly browned exterior without overcooking the interior. Here we demonstrate a simple work-around. By pre-toasting our bread crumbs in a dry pan before we bread our eggplant, our fries come out of the oven a delicious, deep brown without all the extra fat that comes from traditional fries!

- | | |
|--|--|
| <p>1¼ cups whole wheat panko bread crumbs</p> <p>½ tsp. ground smoked paprika</p> <p>½ tsp. chili powder</p> <p>¼ tsp. ground cumin</p> <p>¼ tsp. ground coriander</p> <p>½ tsp. garlic powder</p> <p>½ tsp. onion powder</p> <p>¾ tsp. dried oregano leaves</p> <p>1 medium eggplant, peeled, cut into 40 ½-inch-thick fries (about 1¼ lbs.)</p> <p>½ cup all-purpose flour</p> <p>3 large eggs, lightly beaten</p> <p>¾ tsp. sea salt (or Himalayan salt)</p> <p>½ tsp. ground black pepper</p> <p>¾ cup FIXATE Tzatziki Sauce (see separate recipe for FIXATE Tzatziki Sauce)</p> | <ol style="list-style-type: none"> 1. Preheat oven to 425° F. 2. Combine bread crumbs, paprika, chili powder, cumin, coriander, garlic powder, onion powder, and oregano in large nonstick skillet; cook, over medium to medium-high heat, stirring constantly, for 3 to 5 minutes, or until golden brown. Remove from skillet and place on a large plate (or shallow pan). 3. Dip each eggplant fry into flour, then eggs, then bread crumb mixture. Place on large baking sheet. Repeat with remaining fries. Make sure there is a little space between each fry. Discard excess flour, eggs, and bread crumb mixture. 4. Bake for 14 to 16 minutes, or until eggplant is fork tender and breading is deep brown. 5. Season with salt and pepper; serve five fries with 3 Tbsp. FIXATE Tzatziki. |
|--|--|

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 95 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 41 mg Sodium: 325 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 3 g Protein: 5 g

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GARLIC PARMESAN MUSHROOMS

SERVES: 2 (approx. 1 cup each) **Prep Time:** 5 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 2 tsp.** ghee (organic grass-fed, if possible)
- 4 cups** mushrooms, cut into ½-inch chunks
- 1 tsp.** dried minced garlic
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- ½ tsp.** dried thyme (or 1 tsp. fresh)
- 2 tsp.** grated Parmesan cheese
- 1** lemon wedge

- 1.** Heat ghee in large skillet over high heat until skillet starts to smoke. Add mushrooms; cook for 2 minutes stirring frequently.
- 2.** Add garlic, salt, pepper, and thyme; cook another 2 to 3 minutes, or until mushrooms are nicely browned and crisp around the edges. Remove from heat.
- 3.** Place mushroom mixture in a medium mixing bowl and toss with cheese and a squeeze of lemon. Serve warm.

NUTRITIONAL INFORMATION (per serving): **Calories:** 82 **Total Fat:** 6 g **Saturated Fat:** 3.5 g **Cholesterol:** 15 mg **Sodium:** 189 mg **Carbohydrates:** 7 g **Fiber:** 1 g **Sugars:** 2.5 g **Protein:** 4.5 g

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GLUTEN-FREE FRESH BREAD^o

SERVES: 10 (1 slice each) **Prep Time:** 5 to 10 min. (+ 30 min. rising) **Cooking Time:** 1 hr. 10 min.

CONTAINER EQUIVALENTS (per serving): 1



- 2** large eggs, lightly beaten
- 1½ cups** warm water
- 1 tsp.** apple cider vinegar
- 2 cups** gluten-free all-purpose flour
- 2½ tsp.** xanthan gum
- 1 tsp.** sea salt (or Himalayan salt)
- 2 tsp.** instant yeast

SPECIAL EQUIPMENT:

Nonstick cooking spray

- 1.** Preheat oven to 400° F.
- 2.** Lightly coat 2 lb. loaf pan with spray. Set aside.
- 3.** Combine eggs, water, and vinegar in a medium bowl; whisk to blend. Set aside.
- 4.** Place flour, xanthan gum, salt, and yeast in food processor; pulse to blend.
- 5.** With food processor running, add egg mixture to flour mixture; process for 5 minutes.
- 6.** Add batter to prepared pan; smooth top with spatula. Cover and allow to rise for 30 minutes.
- 7.** Uncover pan. Bake for 35 minutes. Decrease oven temperature to 350° F. Bake an additional 30 to 35 minutes, or until golden brown.
- 8.** Remove from oven, cool 5 minutes in pan, then turn loaf out of pan onto cooling rack; allow to cool completely before slicing.

RECIPE NOTE:

Water should be between 110 and 115° F. If it is hotter it can kill the yeast.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 97 **Total Fat:** 2 g **Saturated Fat:** 0 g **Cholesterol:** 37 mg **Sodium:** 263 mg **Carbohydrates:** 18 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 4 g

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GREEN BEAN CASSEROLE

SERVES: 8 (1 cup each) Prep Time: 30 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1 2

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 2

- 3 tsp.** sea salt (or Himalayan salt), *divided use*
- 2 lbs.** fresh (or frozen) green beans, ends trimmed, cut into bite-sized pieces
- 4 cups** cipollini onions, peeled, cut in half vertically (approx. 20 oz.) (or frozen pearl onions)
- 2 Tbsp.** olive oil, *divided use*
- 2 tsp.** ground black pepper, *divided use*
- ¼ cup** balsamic vinegar
- 4 cups** sliced button mushrooms
- 4 cups** unsweetened almond milk
- 1 clove** garlic, sliced
- ½ tsp.** onion powder
- 1 tsp.** ground nutmeg
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
- ¾ cup** sliced raw almonds

SPECIAL EQUIPMENT:

Nonstick cooking

Aluminum foil

1. Preheat oven to 375° F.
2. Lightly coat a 4-quart casserole dish with spray. Set aside.
3. Bring 1 gallon water and 1 tsp. salt to a boil in a large pot over high heat.
4. Blanch green beans in boiling water for 2 to 3 minutes, or until tender-crisp and bright green. Place in ice water bath to stop cooking process. Drain and set aside.
5. Combine onions and 1 Tbsp. oil in a medium bowl; mix well. Season with ½ tsp. salt and ½ tsp. pepper.
6. Place on a baking sheet. Cover with aluminum foil. Bake for 20 minutes, or until onions are soft and light brown.
7. Remove foil; drizzle onions with vinegar. Bake, uncovered, for an additional 10 to 15 minutes, or until onions are mahogany brown (not black), and vinegar has reduced and thickened. Set aside.
8. While onions are cooking, heat *remaining 1 Tbsp.* oil in medium skillet over medium-high heat.
9. Add mushrooms; cook, stirring frequently, for 6 to 8 minutes, or until mushrooms are soft. Remove from heat. Set aside.
10. Bring almond milk to a gentle boil in a medium saucepan over medium heat.
11. Add garlic, onion powder, nutmeg, ½ tsp. salt, and ½ tsp. pepper; cook, stirring frequently, for 1 to 2 minutes.
12. Add cornstarch slurry to almond milk mixture; cook, whisking constantly, for 5 to 7 minutes, or until mixture thickens. Remove from heat. Set aside.
13. Combine green beans, mushrooms, and almond milk mixture in a large bowl; mix well. Season with *remaining 1 tsp.* salt and *remaining 1 tsp.* black pepper and add to prepared casserole dish.
14. Top green beans evenly with onions and almonds. Bake at 350° F for 35 to 40 minutes, or until casserole is hot and bubbly and almonds are golden brown.
15. Allow to rest for 5 to 10 minutes before serving.

AUTUMN'S COMMENTS:

For this recipe, I like to use fresh green beans because they have more flavor, nutrients, and crunch. If using frozen green beans, you can defrost, skip the blanching step, and proceed to step 5.

NUTRITIONAL INFORMATION (per serving): Calories: 188 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 671 mg Carbohydrates: 22 g Fiber: 7 g Sugars: 10 g Protein: 6 g

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GREEN BEAN AND POTATO SALAD

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ ½

- 2 cups** halved baby red potatoes
- 3½ cups** fresh green beans, trimmed (approx. 1 lb.)
- 2 Tbsp.** white balsamic vinegar
- 3 Tbsp.** extra-virgin olive oil
- 1 Tbsp.** Dijon mustard
- 1 clove** garlic, finely chopped (or grated)
- 3 Tbsp.** fines herbes (or 1 Tbsp. dill, 1 Tbsp. tarragon, and 1 Tbsp. celery leaves)
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ½ cup** sliced red onion (approx. ½ medium)
- 4** large hard-boiled eggs, halved

- 1.** Bring lightly salted water to a boil in a large pot over high heat.
- 2.** Add potatoes; bring back to a boil. Reduce heat to medium and gently boil for 8 minutes.
- 3.** Add green beans and cook an additional 2 minutes. Remove from heat, drain into mesh strainer, and place in an ice bath to cool.
- 4.** Whisk together vinegar, oil, mustard, garlic, herbs, salt, and pepper in a medium bowl. Add potatoes, beans, and onion; toss to coat. Top with halved eggs.

RECIPE NOTES:

- Fines herbes is a French blend of parsley, chives, tarragon, and chervil.
- You can purchase them as a blend or individually.
- If you don't have a mesh strainer, you can drain the water from the potatoes and green beans, then use tongs to place them into the ice bath.

SPECIAL EQUIPMENT:

Mesh strainer

NUTRITIONAL INFORMATION (per serving): **Calories:** 265 **Total Fat:** 16 g **Saturated Fat:** 3 g **Cholesterol:** 187 mg
Sodium: 460 mg **Carbohydrates:** 22 g **Fiber:** 5 g **Sugars:** 7 g **Protein:** 10 g

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GUACAMOLE^o



SERVES: 12 (approx. ¼ cup each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1

- 2 cups** **mashed ripe avocado**
(approx. 2 large)
- ¾ cup** **seeded, chopped Roma tomatoes**
(approx. 2 medium)
- ½ cup** **chopped onion**
(approx. ¾ medium onion)
- 1 Tbsp.** **finely grated lime peel (lime zest)**
(approx. 2 limes)
- ¼ cup** **fresh lime juice**
(approx. 2 limes)
- ¼ cup** **finely chopped fresh cilantro**
- ½ tsp.** **sea salt (or Himalayan salt)**
- ¼ tsp.** **ground black pepper**
- 1 Tbsp.** **extra-virgin olive oil**
- 2 Tbsp.** **seeded, chopped jalapeño**
(approx. 1 medium) (optional)

- 1.** Combine avocado, tomatoes, onion, lime peel, lime juice, cilantro, salt, pepper, oil, and jalapeño (if desired) in a medium bowl; mix well.
- 2.** Serve immediately, or refrigerate, covered tightly, a few hours to let the flavors meld.

COOK'S NOTE:

To keep your guac bright green while storing, press a piece of plastic wrap directly over the top with all air bubbles squeezed out. Since avocados turn brown when exposed to the air, removing the air removes the process of browning!

TIP:

For a chunkier guacamole, mash avocados with a potato masher or the back of a fork. For a smoother guacamole, use a food processor.

o This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 70 **Total Fat:** 6 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 99 mg **Carbohydrates:** 5 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 1 g

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HOMEMADE SALSA^o



SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

- 1** medium jalapeño pepper, roasted, seeds and veins removed, finely chopped
- 2 cups** finely chopped tomatoes (approx. 3 medium)
- ½ tsp.** sea salt (or Himalayan salt)
- 3 cloves** garlic, finely chopped
- ½ cup** finely chopped sweet onion (approx. 1 small)
- 1 bunch** fresh cilantro, stems removed, finely chopped

- 1.** Combine jalapeño, tomatoes, and salt in a medium bowl; mix well.
- 2.** Add garlic, onion, and cilantro; mix well.

RECIPE NOTES:

- Another way to make the salsa is to coarsely chop the jalapeño, 1½ cups of tomatoes, and garlic. Place these ingredients and salt in food processor (or blender); cover. Pulse until well blended. Combine this mixture with the remaining tomato, onion, and cilantro; mix well.
- Maui and Vidalia are two varieties of onion that you can use.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 14 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 146 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 1 g

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HONEY-ROASTED CARROTS AND BEETS

SERVES: 6 (½ cup each) **Prep Time:** 15 min. **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

- 3 cups** 1-inch cubes, raw, peeled beets (approx. 4 medium beets)
- 3 cups** 1¼-inch pieces, raw, peeled carrots (approx. 6 medium carrots)
- 4 tsp.** olive oil
- 2 Tbsp.** honey
- 2 tsp.** finely chopped fresh rosemary
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper

- 1.** Preheat oven to 375° F.
- 2.** Combine beets, carrots, oil, honey, rosemary, salt, and pepper in a 2½-quart (or 3-quart) casserole dish; mix well. Cover with aluminum foil.
- 3.** Bake for 35 minutes, stirring every 10 minutes, until tender-crisp.
- 4.** Remove foil; mix well. Bake, uncovered, for 3 to 5 minutes or until tender.

TIP:

Cut carrots slightly larger than beets so they roast evenly.

SPECIAL EQUIPMENT:

Aluminum foil

NUTRITIONAL INFORMATION (per serving): **Calories:** 91 **Total Fat:** 3 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 357 mg **Carbohydrates:** 15 g **Fiber:** 4 g **Sugars:** 10 g **Protein:** 2 g

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LOADED SWEET POTATO SKINS^o

GF

SERVES: 6 (1 half each) **Prep Time:** 15 min. **Cooking Time:** 1 hr. 20 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1



Here at Fixate, we love our sweet potatoes, and we're hooked on these amazing potato skins! Loaded with lean chicken breast and spinach, they're a fraction of the calories of regular skins, but you still get a little melty cheese, crispy bacon, and creamy sour cream. It's all about moderation, and this recipe has just the right balance!

- 3** medium sweet potatoes
- 2 slices** nitrate-free bacon
- 5 oz.** raw chicken breast, boneless, skinless, finely chopped
- ½ tsp.** sea salt (or Himalayan salt)
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for **FIXATE Taco Seasoning**)
- 3 cups** chopped spinach
- 6 Tbsp.** shredded cheddar cheese
- 6 tsp.** reduced-fat (2%) sour cream
Chopped chives (for garnish; optional)

SPECIAL EQUIPMENT:

Nonstick olive oil cooking spray

1. Preheat oven to 400° F.
2. Place sweet potatoes on baking sheet. Bake for 50 to 60 minutes, or until fork tender. Cool until sweet potatoes can be handled.
3. While potatoes are baking, cook bacon in large nonstick skillet over medium heat for 3 to 4 minutes on each side, or until crisp. Place on paper towels to drain. Once cooled, crumble bacon. Set aside.
4. Add chicken to same skillet. Season with salt and taco seasoning; cook, over medium heat, stirring frequently, for 4 to 5 minutes, or until cooked through.
5. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until fully wilted. Set aside.
6. Slice cooled sweet potatoes in half lengthwise. Scoop out most of flesh with a spoon, leaving about ¼-inch of flesh attached to skin.
7. Place sweet potato halves, skin-side up, on baking sheet. Lightly coat with spray. Bake for 15 minutes, or until skins are brown and crisp.
8. Fill each sweet potato half with ¼ cup of chicken mixture. Top evenly with 1 Tbsp. cheese, and bacon. Bake for 5 minutes, or until cheese is melted.
9. Garnish each sweet potato half evenly with 1 tsp. sour cream and chives (if desired); enjoy!

RECIPE NOTE:

For a vegan version, substitute cauliflower taco “meat” for the chicken, vegan cheese sauce for the cheese, and vegan sour cream for the sour cream. (See separate recipe for **FIXATE Vegan Kale Nachos**).

80 DAY OBSESSION NOTE:


To make this recipe 80 Day Obsession-friendly, substitute turkey bacon for nitrate-free bacon.

TIP:

Save flesh from sweet potatoes for sweet potato mash, or better yet, use it to make the Sweet Potato Gnudi (see separate recipe for **Sweet Potato Ricotta Gnudi in Pumpkin Sauce**).

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 150 **Total Fat:** 6 g **Saturated Fat:** 3 g **Cholesterol:** 27 mg **Sodium:** 360 mg **Carbohydrates:** 13 g **Fiber:** 4 g **Sugars:** 1 g **Protein:** 10 g

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MAPLE GLAZED BRUSSELS SPROUTS^o

SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving): 1 1 1



This is a recipe I came up with for one of my New York kitchens that was a big hit and became a wintertime staple. The glaze is simply a sweet-and-sour sauce, and this one is not only simple, but extremely versatile. It can be used to glaze squash, sweet potatoes, carrots, or just about any winter root vegetable, but I love it most on these sprouts.

- ¼ cup** pure maple syrup (preferably dark amber)
- ¼ cup** apple cider vinegar
- ½ tsp.** chopped fresh rosemary
- 2 tsp.** sea salt (or Himalayan salt), *divided use*
- ½ tsp. + 1 dash** ground black pepper, *divided use*
- 1 tsp.** unsalted organic grass-fed butter (optional)
- 8 cups** brussels sprouts, stems removed, cut in half lengthwise
- 1 Tbsp.** olive oil

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

1. Preheat oven to 450° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. To make glaze, combine maple syrup, vinegar, rosemary, *½ tsp.* salt, and *1 dash* pepper in small saucepan. Bring to a boil, over medium heat, stirring occasionally. Reduce heat to medium-low; gently boil for 20 to 25 minutes, or until glaze has thickened to the consistency of syrup, foamy bubbles appear on the surface, and harshness of the vinegar has evaporated. Remove from heat.
4. Add butter (if desired), whisking constantly until fully incorporated. Set aside. (You should have about *½ cup* of glaze.)
5. While glaze is cooking, bring water and *1 tsp.* salt to boil in large pot over medium-high heat.
6. Add brussels sprouts to boiling water; cook for 4 to 5 minutes, or until bright green and tender-crisp.
7. While brussels sprouts are cooking, prepare an ice bath by filling a large bowl with ice and cold water.
8. Drain brussels sprouts and place immediately in ice bath for approx. 5 to 10 minutes (or rinse under cold running water until fully cooled). Set aside.
9. Drain chilled brussels sprouts. Combine brussels sprouts, oil, *remaining ½ tsp.* salt, and *remaining ½ tsp.* pepper in a medium bowl; toss gently to blend. Spread evenly on prepared baking sheet. Bake for 15 minutes, rotating pan once, or until edges begin to crisp.
10. Pour glaze over brussels sprouts; toss with a spatula until well coated. Bake for an additional 5 minutes, or until a shiny glaze has set over their entire surface.
11. Cool a few minutes. Stir before serving. Enjoy!

TIP:

An ice bath is the second part of the blanching process, which preserves vitamins, color, and the al dente bite, and also stops the cooking process, which cuts down on cooking time.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 171 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 692 mg Carbohydrates: 30 g Fiber: 7 g Sugars: 18 g Protein: 6 g

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MEDITERRANEAN QUINOA

SERVES: 6 (approx. 1 cup each) **Prep Time: 15 min. Cooking Time: 15 min.**

CONTAINER EQUIVALENTS (per serving): 1 1 ½ 2

- 1 cup** dry quinoa, rinsed
- ¼ cup** extra-virgin olive oil
- 2 Tbsp.** fresh lemon juice
- 1½ tsp.** finely grated lemon peel (lemon zest)
- 2 Tbsp.** chopped fresh oregano leaves
- 1 clove** garlic, grated
- 1 Tbsp.** honey
- ¾ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1 cup** ¼-inch cubed eggplant (approx. 1 medium)
- 3 cups** raw baby spinach, coarsely chopped
- 1 cup** thinly sliced red onion (approx. 1 medium)
- ½ cup** sliced sun-dried tomatoes (rehydrated)
- ½ cup** halved Kalamata olives (approx. 30)
- ¼ cup** crumbled feta cheese (optional)

- 1.** Cook quinoa according to package directions.
- 2.** While quinoa is cooking, make dressing by combining oil, lemon juice, lemon peel, oregano, garlic, honey, salt, and pepper in a medium bowl; whisk to blend. Set aside.
- 3.** As soon as quinoa has finished cooking, add eggplant and spinach to quinoa; cover, let stand for 5 minutes.
- 4.** Place quinoa mixture in a large mixing bowl. Add onion, sun-dried tomatoes, olives, and cheese (if desired); toss gently to blend.
- 5.** Drizzle dressing over quinoa mixture; toss gently to blend.

RECIPE NOTE:

Refrigerate leftovers in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): **Calories: 261 Total Fat: 14 g Saturated Fat: 2 g Cholesterol: 6 mg Sodium: 435 mg Carbohydrates: 28 g Fiber: 4 g Sugars: 6 g Protein: 6 g**

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MEXICAN STREET CORN (ELOTE)^o

SERVES: 4 (½ cob each) **Prep Time:** 10 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving): ½ ½



- 1 Tbsp.** **FIXATE Mayonnaise** (see separate recipe for **FIXATE Mayonnaise**)
- 1 Tbsp.** **reduced-fat (2%) sour cream**
- 2 Tbsp.** **crumbled Cotija cheese**
- 1 Tbsp.** **crumbled blue cheese**
- ½ tsp.** **chili powder, *divided use***
- 1 clove** **garlic, finely chopped**
- 1 tsp.** **finely grated lime peel (lime zest) (approx. 1 lime)**
- 1 pinch** **sea salt (or Himalayan salt)**
- 2** **ears of corn, husks and silk removed**
- 1 Tbsp.** **finely chopped fresh cilantro**
- ½** **medium lime, cut into 4 wedges**

- 1.** Preheat broiler or grill on high.
- 2.** Combine mayonnaise, sour cream, Cotija cheese, blue cheese, ¼ tsp. chili powder, garlic, lime peel, and salt; mix well. Set aside.
- 3.** Grill corn, turning every minute or so, for 10 to 12 minutes, or until cooked through and slightly charred in places.
- 4.** Cut grilled corn in half. Slather each evenly with mayonnaise mixture. Garnish evenly with *remaining* ¼ tsp. chili powder and cilantro; serve with lime wedges.

RECIPE NOTE:

If you cannot find Cotija cheese, you can substitute Parmesan or feta cheese.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 110 **Total Fat:** 6 g **Saturated Fat:** 4 g **Cholesterol:** 16 mg **Sodium:** 154 mg **Carbohydrates:** 11 g **Fiber:** 1 g **Sugars:** 3 g **Protein:** 3 g

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MISO GREEN BEANS^o



SERVES: 4 (1 cup each) **Prep Time:** 5 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): 1 1



- 1 Tbsp.** white miso paste
- 1 Tbsp.** water
- 1 tsp.** fresh lime juice
- 1 clove** garlic, finely chopped
- 1 Tbsp.** olive oil
- 4 cups** fresh green beans, trimmed (about 1 lb.)
- 2 Tbsp.** chopped fresh cilantro (optional)

- 1.** Combine miso, water, lime juice, and garlic in a small bowl; whisk to blend. Set aside.
- 2.** Heat olive oil in large skillet over medium-high heat.
- 3.** Add green beans; cook 8 to 10 minutes, tossing every 2 minutes, so that green beans lightly blister all over. Remove from heat.
- 4.** Place green beans in a medium bowl. Toss with miso mixture and cilantro (if desired).

RECIPE NOTE:

You can also cook under a broiler by tossing green beans with olive oil. Lay green beans on a prepared baking sheet in a single layer. Cook under the broiler for 8 minutes or until green beans blister all over. Remove from the broiler. Place green beans in a medium bowl. Toss with miso mixture and cilantro (if desired).

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 71 **Total Fat:** 4 g **Saturated Fat:** 0.5 g **Cholesterol:** 0 mg **Sodium:** 124 mg **Carbohydrates:** 9 g **Fiber:** 3 g **Sugars:** 4 g **Protein:** 2 g

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PEANUT BUTTER OATMEAL BARS

SERVES: 12 (1 bar each) **Prep Time:** 15 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1

2 cups dry old-fashioned rolled oats, gluten-free
1 tsp. baking powder, gluten-free
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
¼ cup chopped raw peanuts
½ cup fresh mixed berries
1½ cups unsweetened almond milk
1 large ripe banana, cut into chunks
1 tsp. pure vanilla extract
1 Tbsp. ground flaxseed
2 Tbsp. all-natural peanut butter
¼ cup pure maple syrup (preferably dark amber, grade B)

SPECIAL EQUIPMENT:

Parchment paper
 Nonstick cooking spray

1. Preheat oven to 375° F.
2. Line 8 x 10-inch casserole pan with parchment paper and lightly coat with spray. Set aside.
3. Place oats, baking powder, cinnamon, salt, nuts, and berries in a large mixing bowl; mix well.
4. Place almond milk, banana, extract, flaxseed, peanut butter, and maple syrup in blender (or food processor); cover. Blend until smooth.
5. Add almond milk mixture to oat mixture; mix until well blended. Pour mixture into prepared pan. Smooth top with a spatula.
6. Bake for 30 minutes or until oatmeal is set and top is golden brown.
7. Allow to cool to room temperature before evenly cutting into twelve bars.

RECIPE NOTES:

- Bars will keep in the refrigerator for up to a week.
- These bars are great for kids' lunches or as an on-the-go snack. They also make a delicious homemade cereal when crumbled into a bowl with a little cold milk.

VARIATION:

Feel free to play with alternate nuts, berries, and nut butters to match your preferences.

NUTRITIONAL INFORMATION (per serving): **Calories:** 123 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 173 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 7 g **Protein:** 3 g

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PIÑA COLADA FRUIT AND YOGURT SALAD

SERVES: 4 (approx. 1 cup fruit salad + ½ cup yogurt) **Prep Time: 10 min.** **Cooking Time: 6 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 1

FOR PIÑA COLADA YOGURT:

1½ cups reduced-fat (2%) plain Greek yogurt
1 tsp. pure coconut extract
½ cup crushed pineapple, in juice

FOR FRUIT SALAD:

½ cup unsweetened shredded coconut
1 stalk lemongrass (optional)
1 cup ½-inch cubed pineapple
1 cup ½-inch cubed papaya
1 cup ½-inch cubed mango
1 cup ½-inch cubed honeydew melon

1. Combine yogurt, extract, and pineapple in a medium bowl; mix well. Set aside.
2. Heat a large skillet over medium heat.
3. Add coconut; cook, tossing frequently, for 4 to 5 minutes, or until coconut is golden brown. Remove from pan immediately, so that it doesn't scorch. Set aside.
4. Remove woody stem and tough root end of lemongrass (if desired). Peel off outside layer leaving only the tender internal shoot. Slice into rounds, as thin as you can make them. Set aside.
5. Combine pineapple, papaya, mango, and honeydew in a large mixing bowl; toss gently to blend.
6. Garnish with coconut and lemongrass, and serve with a side of Yogurt (½ cup each).

NUTRITIONAL INFORMATION (per serving): **Calories: 235** **Total Fat: 9 g** **Saturated Fat: 7 g** **Cholesterol: 4 mg** **Sodium: 45 mg** **Carbohydrates: 30 g** **Fiber: 4 g** **Sugars: 24 g** **Protein: 10 g**


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PIÑA COLADA YOGURT^o

SERVES: 4 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  ½



1½ cups **reduced-fat (2%) plain Greek yogurt**


1 tsp. **pure coconut extract**


½ cup **crushed pineapple, in juice**

1. Combine yogurt, extract, and pineapple in a medium bowl; mix well and serve!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.



NUTRITIONAL INFORMATION (per serving): **Calories:** 85 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 4 mg **Sodium:** 30 mg **Carbohydrates:** 8 g **Fiber:** 0 g **Sugars:** 7 g **Protein:** 9 g

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POPCORN SHRIMP

SERVES: 4 (approx. 10 shrimp each) **Prep Time:** 13 min. **Cooking Time:** 17 min.

CONTAINER EQUIVALENTS (per serving):  1  1

1 lb. 4 oz. raw medium shrimp, peeled, deveined
1 tsp. Old Bay seasoning
1 dash sea salt
1½ cups gluten-free panko bread crumbs
2 large eggs
2 Tbsp. unsweetened almond milk (or coconut milk beverage)
½ cup gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)

1. Preheat oven to 350° F.
2. Line large baking sheet with parchment paper and lightly coat with spray.
3. Place shrimp in a medium bowl; add Old Bay seasoning and salt and toss to coat. Set aside.
4. Heat a medium skillet over medium-high heat. Add bread crumbs and cook, stirring constantly, 5 minutes, or until golden brown. Immediately transfer bread crumbs to a ceramic plate and set aside to cool.
5. Whisk eggs together with almond milk in a shallow bowl; set aside. Spread flour on a plate and set aside.
6. Dip seasoned shrimp in flour, egg mixture, then bread crumbs to coat. Place on prepared baking sheet, leaving a little space between each shrimp.
7. Bake shrimp 10 to 12 minutes, until cooked through. Divide evenly among four plates and enjoy!

SPECIAL EQUIPMENT


Parchment paper
Nonstick cooking spray

RECIPE NOTES:

- FIXATE Tartar Sauce is a tasty accompaniment to Popcorn Shrimp.
- Not all the flour, egg mixture, and panko bread crumbs will stick to the shrimp. The Ultimate Portion Fix containers for this recipe are calculated based on how much of each ingredient is actually consumed.


NUTRITIONAL INFORMATION (per serving): **Calories:** 228 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 222 mg **Sodium:** 922 mg **Carbohydrates:** 24 g **Fiber:** 1 g **Sugars:** 1 g **Protein:** 23 g

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PROTEIN-PACKED RANCH DIP^o

SERVES: 5 (approx. ¼ cup each) Prep Time: 15 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving):  1



This low-fat, high-protein dip is the perfect party snack! It's great spread on crackers or as a dip for raw veggies. It's so easy to throw together, I often whip up a batch during meal-prep to keep in the fridge as a super-fast, hunger-busting snack! We've also created a meatless version, Vegetarian Protein-Packed Ranch Dip, that uses cashews in place of chicken, and it doesn't skimp on taste. The creamy richness of cashews complements the flavors of ranch so well I sometimes prefer it to the chicken!

- 3 cans (5-oz. each)** chicken breast, well-drained
- 2 Tbsp.** reduced-fat (2%) plain Greek yogurt
- 2 Tbsp.** fresh chives
- 1 Tbsp.** fresh dill
- 2 Tbsp.** coarsely chopped onion
- 2 cloves** garlic
- 2 tsp.** Dijon mustard
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1 dash** ground smoked paprika

- 1.** Place chicken, yogurt, chives, dill, onion, garlic, mustard, salt, pepper, and paprika in food processor (or blender); pulse for 1 to 2 minutes, or until smooth and creamy.

RECIPE NOTE:

You can substitute 12 oz. baked chicken breast for canned chicken breast. If it comes out a little dry, just drizzle in a tsp. of water at a time, with the blender running, until the desired consistency is achieved.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 67 Total Fat: 1 g Saturated Fat: 1 g Cholesterol: 23 mg Sodium: 468 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 12 g



PUMPKIN PIE ENERGY BITES

SERVES: 8 (2 energy bites each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½

- 1 cup** pitted dates
- Warm water
- ½ cup** raw pecan halves
- ½ cup** 100% pure pumpkin puree
- ¼ cup** unsweetened shredded coconut, reserve small amount for garnish
- 1 tsp.** pure hazelnut extract
- 1 tsp.** pure maple syrup
- 2 tsp.** pumpkin pie spice
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.
- 2.** Place pecans in food processor; pulse until finely ground.
- 3.** Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes.
- 4.** Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut, if desired.

RECIPE NOTES:

- Store leftover energy bites, refrigerated, in an airtight container.
- Maple extract can be substituted for hazelnut extract.

NUTRITIONAL INFORMATION (per serving): Calories: 120 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 13 g Protein: 1 g

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RASPBERRY PEACH ROLL-UPS

SERVES: 7 (approx. 2 roll-ups each) **Prep Time:** 10 min. **Cooking Time:** 3 hrs.

CONTAINER EQUIVALENTS (per serving):  ½

1½ cups fresh (or frozen) raspberries
1½ cups sliced frozen (or fresh) peaches
1 tsp. honey (or coconut sugar)

SPECIAL EQUIPMENT:


Silicone baking mat (or parchment paper)
Nonstick cooking spray (optional)
Parchment paper


1. Preheat oven to lowest setting (ours was 150° F).
2. Line baking sheet with silicone baking mat (or parchment paper) and lightly coat with spray (if desired).
3. Place raspberries, peaches, and honey in blender (or food processor); cover. Puree until well blended.
4. Pour raspberry mixture onto prepared pan. Spread into a thin, even layer about ⅛-inch thick with a spatula.
5. Bake for 3 to 4 hours, or until roll-up is barely tacky to the touch and your finger does not leave an indentation.
6. Allow to cool completely. Trim edges. Invert baking mat onto a piece of parchment paper; loosen and remove roll-up. Cut into fourteen 1-inch wide strips.

RECIPE NOTES:

- Silicone baking mats provide even heat transfer and prevent foods from sticking. They can be found in cookware stores.
- Store in an airtight container at room temperature for up to 2 weeks.

NUTRITIONAL INFORMATION (per serving): **Calories:** 42 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 5 mg **Carbohydrates:** 10 g **Fiber:** 2 g **Sugars:** 8 g **Protein:** 0 g

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RED BEANS AND RICE^o

GF

SERVES: 1 Prep Time: 12 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1  1




Red beans and rice is a classic Creole dish that usually takes hours to prepare but our Fixate version is ready in just minutes. It has a lot more fiber than the original and a fraction of the calories, all while maintaining that classic Louisiana flavor!

- | | |
|---|--|
| <p>¼ cup low-sodium organic chicken broth</p> <p>¼ tsp. unflavored gelatin (preferably from grass-fed cows)</p> <p>1 tsp. olive oil</p> <p>¼ cup chopped onion (approx. ⅓ medium onion)</p> <p>2 Tbsp. chopped red bell pepper</p> <p>2 Tbsp. chopped celery</p> <p>1 clove garlic, finely chopped</p> <p>½ cup chopped low-sodium, nitrate-free ham (approx. 2 oz.)</p> <p>1 tsp. dried thyme</p> <p>1 pinch sea salt (or Himalayan salt)</p> <p>1 pinch ground black pepper</p> <p>¼ tsp. ground smoked paprika</p> <p>1 pinch ground cayenne pepper (optional)</p> <p>¼ cup canned red beans, drained, liquid reserved</p> <p>¼ cup cooked brown rice</p> <p>1 tsp. chopped parsley (optional)</p> | <ol style="list-style-type: none"> 1. Sprinkle broth with gelatin. Set aside. 2. Heat oil in medium nonstick skillet over medium-high heat until fragrant. 3. Add onion, bell pepper, and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. 4. Add garlic, ham, thyme, salt, black pepper, paprika, and cayenne pepper (if desired); cook, stirring frequently, for 2 minutes. 5. Add beans, rice, broth mixture, 2 Tbsp. reserved liquid from beans, and parsley (if desired); cook, stirring frequently, for 3 to 4 minutes, or until pan is almost dry and liquid has reduced to a thick sauce. 6. Place in a serving bowl and enjoy! |
|---|--|

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 25 mg Sodium: 508 mg Carbohydrates: 33 g Fiber: 6 g Sugars: 6 g Protein: 18 g

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ROAST TURNIPS

SERVES: 4 (approx. ½ cup each) **Prep Time:** 9 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1

2 cups turnips, peeled, cut into ½-inch pieces (approx. 3 medium turnips)
¼ cup sliced shallots (approx. 2 medium)
1 Tbsp. olive oil
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 Tbsp. dried thyme

1. Preheat oven to 450° F.
2. Lightly coat large baking sheet with spray; set aside.
3. Blanch turnips in lightly salted boiling water for 8 minutes; place in ice water or under cold running water until cool.
4. Place turnips, shallots, oil, salt, pepper, and thyme in a medium mixing bowl; toss gently to coat.
5. Spread turnip mixture evenly on prepared baking sheet; bake for 14 to 16 minutes, until tender and lightly browned.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

Can be served as a side dish in place of potatoes.

NUTRITIONAL INFORMATION (per serving): **Calories:** 65 **Total Fat:** 4 g **Saturated Fat:** 0.5 g **Cholesterol:** 0 mg
Sodium: 358 mg **Carbohydrates:** 8 g **Fiber:** 2 g **Sugars:** 4 g **Protein:** 1 g

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SAUTÉED BROCCOLI RABE

SERVES: 2 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1½

- 1 tsp. + 1 dash** sea salt (or Himalayan salt),
divided use
- 1** large bunch broccoli rabe,
tough stems removed
(approx. 2 cups)
- 1 Tbsp.** olive oil
- 1 clove** garlic (sliced thin)
- 1 pinch** crushed red pepper flakes
- 1 pinch** ground black pepper
- ½** medium lemon, juiced

- 1.** Bring 1 gallon water and 1 *tsp.* salt to a boil in a large pot over high heat.
- 2.** Add broccoli rabe; blanch for 2 to 3 minutes. Immediately place broccoli rabe in an ice water bath to stop cooking process. Drain well once cooled. Set aside.
- 3.** Heat oil in large skillet over medium-high heat.
- 4.** Add garlic, red pepper flakes, and black pepper; cook, stirring constantly, for 10 to 15 seconds.
- 5.** Add broccoli rabe; cook, stirring frequently, for 4 to 5 minutes, or until heated through and slightly scorched on the edges.
- 6.** Place broccoli rabe on a serving plate; season with *remaining dash* of salt and freshly squeezed lemon juice.

TIP:

When salting water for blanching vegetables or cooking pasta, the water should taste as salty as soup would be.

NUTRITIONAL INFORMATION (per serving): Calories: 83 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 168 mg Carbohydrates: 3 g Fiber: 2 g Sugars: 0 g Protein: 3 g

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SHAKEOLOGY YOGURT PUDDING^o

VG

SERVES: 4 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1  1



- 1** large avocado, peeled, pitted
- 1 tsp.** pure vanilla extract
- 1 scoop** Chocolate Shakeology
- 2 Tbsp.** pure maple syrup
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** unsweetened almond milk
- ¼ cup** fresh orange juice (approx. 1 large orange)
- 1 Tbsp.** finely grated orange peel (orange zest) (approx. 1 large orange)
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place avocado, extract, Shakeology, maple syrup, yogurt, almond milk, orange juice, orange peel, and salt in blender; cover. Blend until smooth and creamy.

VARIATION:

Try it with your favorite Shakeology flavor!

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 183 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 1 mg Sodium: 106 mg Carbohydrates: 19 g Fiber: 6 g Sugars: 11 g Protein: 7 g

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SIMPLE FRUIT DIP

SERVES: 8 (½ cup each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½

Here's a fun and simple way to pair a red and a purple. Get creative with this one! Try mixing up your fruit additions; pineapple, blueberries, and kiwi all work great here. And if you have peanut issues, substitute your favorite nut or seed butter.

3 cups reduced-fat (2%) plain Greek yogurt

1½ cups sliced strawberries

1 Tbsp. + 1 tsp. all-natural peanut butter

2 Tbsp. honey

1 pinch sea salt (or Himalayan salt)

1. Place yogurt, strawberries, peanut butter, honey, and salt in blender (or food processor); cover. Blend until smooth.
2. Serve ½ cup of dip with your favorite fruit (don't forget to account for the additional).

NUTRITIONAL INFORMATION (per serving) **Simple Fruit Dip only:** Calories: 105 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 4 mg Sodium: 58 mg Carbohydrates: 11 g Fiber: 1 g Sugars: 9 g Protein: 9 g

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SMOKY BAKED BEANS^o



SERVES: 8 (approx. ½ cup each) **Prep Time: 10 min. Cooking Time: 1 hr. 1 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

- 1 Tbsp. + 1 tsp.** olive oil
- ¾ cup** chopped sweet onion (approx. 1 medium)
- 2 cans (8-oz. each)** all-natural tomato sauce, no salt or sugar added
- 1 Tbsp.** Worcestershire sauce, gluten-free, vegan
- 2 Tbsp.** all-natural liquid smoke (optional)
- ¾ tsp.** Dijon mustard
- 3 Tbsp.** blackstrap molasses
- 2 cans (15-oz. each)** cannellini beans, drained, rinsed
- Sea salt (or Himalayan salt) (to taste; optional)**

- 1.** Preheat oven to 325° F.
- 2.** Heat oil in ovenproof medium saucepan over medium-high heat.
- 3.** Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 4.** Add tomato sauce, Worcestershire sauce, liquid smoke (if desired), mustard, molasses, and beans. Season with salt, if desired; cook, stirring frequently, over medium-low heat, for 5 minutes.
- 5.** Place saucepan in oven, uncovered. Bake for 45 to 50 minutes, or until sauce is thick.

RECIPE NOTES:

- Maui and Vidalia are two varieties of onion that you can use.
- Colgin® is a brand of all-natural liquid smoke that you can use.
- Pure maple syrup can be substituted for molasses.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories: 128 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 499 mg Carbohydrates: 21 g Fiber: 4 g Sugars: 7 g Protein: 4 g**

Colgin is a trademark of Colgin Cellars, Inc..

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SPICY CAULIFLOWER BITES^o

SERVES: 3 (1 cup each) **Prep Time:** 20 min. **Cooking Time:** 35 min.

CONTAINER EQUIVALENTS (per serving): 1 1



I ALWAYS try to bring a somewhat healthy dish to parties, but I don't want to be that person who always brings the vegetable platter. This is a great way to bring something interesting that can be passed off as not-so-healthy. (Shhh...)

6 cups	cauliflower florets (approx. 1 lb.)
½ tsp.	sea salt (or Himalayan salt), divided use
¼ cup	hot pepper sauce
2 Tbsp. + 2 tsp.	rice vinegar
1 tsp.	chili powder
1 dash	ground smoked paprika
¼ tsp.	garlic powder
¼ tsp.	onion powder
½ tsp.	pure maple syrup
½ tsp.	Worcestershire sauce, gluten-free, vegan
1 Tbsp.	unsalted organic grass-fed butter
1½ tsp.	cornstarch (preferably GMO-free) + 1½ tsp. water (combine to make a slurry)

1. Preheat oven to 350° F.
2. Lightly coat large baking sheet with spray.
3. Place cauliflower on baking sheet. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt.
4. Bake for 20 minutes, or until tender-crisp.
5. While cauliflower is baking, combine hot sauce and vinegar in medium saucepan.
6. Add chili powder, paprika, garlic powder, onion powder, maple syrup, Worcestershire sauce, butter, and *remaining* ¼ tsp. salt; whisk to blend.
7. Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 5 minutes, or until thickened. Set aside.
8. Add cornstarch slurry, whisk until combined.
9. Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well.
10. Return cauliflower to oven. Bake for 5 minutes.
11. Remove from oven, transfer cauliflower to plate lined with paper towels to drain.
12. Serve 1 cup hot cauliflower mixture with 1 Tbsp. Lemon Garlic Sauce for each serving.

SPECIAL EQUIPMENT:

Nonstick cooking spray

SERVING SUGGESTION:

- Pair with sliced celery for a traditional appetizer. Make sure you add your container!
- Add 1 Tbsp. **Lemon Garlic Sauce** (see separate recipe for **Lemon Garlic Sauce**) to each serving. Make sure you count ½ container.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 96 **Total Fat:** 2 **Saturated Fat:** 1 **Cholesterol:** 5 **Sodium:** 599 **Carbohydrates:** 12 **Fiber:** 2 **Sugars:** 5 **Protein:** 2

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STEAMED ARTICHOKE

SERVES: 1 **Prep Time:** 10 min. **Cooking Time:** 35 min.

CONTAINER EQUIVALENTS (per serving): 2 1

I know it's spring when I walk into the supermarket and see a big pile of fresh artichokes in the produce section! Sadly, most people pass these beauties by, not knowing how to properly clean and prepare them. But with a little know-how, you too can enjoy this springtime bounty. Make sure you watch the video for this one; we're going to take you through the process step-by-step!

1 + 1 wedge medium lemon, cut in half, *divided use*
1 large globe artichoke
1 clove garlic
1 bay leaf
1 tsp. ghee, melted (organic grass-fed, if possible) (optional)
Sea salt (or Himalayan salt) (to taste; optional)

SPECIAL EQUIPMENT:

Aluminum foil

1. Fill a large mixing bowl half full with cold water. Squeeze *half* lemon into bowl. Set aside.
2. Bring medium saucepan, filled with 2 to 3 inches water, to a boil over high heat. Reduce heat to low, maintaining a gentle boil.
3. While water is heating, cut off bottom ½ inch of artichoke stem. Peel off tough green exterior of remaining stem. Slice off top 1½ inches of artichoke top. Using kitchen shears, snip off the spiny tips of the artichoke leaves (approx. ¼ to ½ inch). Slice artichoke in half lengthwise. Using your fingers, remove tough, purple petals from the center. Scoop out the fuzzy “choke” with a spoon and discard.
4. Place cleaned artichoke in lemon water to prevent oxidation. Repeat with remaining artichoke half.
5. Add garlic, bay leaf, and squeeze *remaining half* lemon to gently boiling water. Add artichoke halves, stem side up; cook, covered, for 28 to 30 minutes, or until one of the leaves near the stem pulls away cleanly. (Check during cooking to make sure there is water in the pan.)
6. Serve with *lemon wedge* and ghee for dipping, if desired.
7. To eat, squeeze *lemon wedge* over artichoke. Sprinkle with salt, if desired, then pull leaves off, one by one, dipping the stem side of each leaf in ghee, then scraping off the flesh with your teeth. Keep a separate bowl to discard leaves. Once all the leaves are eaten, slice the heart into quarters and enjoy!

RECIPE NOTES:

- When buying artichokes, the thicker the stem, the larger the heart. Look for bright green leaves and a compact head.
- For a vegan dip, try balsamic vinegar, or your favorite vegan mayo.

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 12 mg Sodium: 440 mg Carbohydrates: 28 g Fiber: 10 g Sugars: 3 g Protein: 7 g

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SWEET POTATO AND HAM STUFFED MUSHROOMS^o

SERVES: 4 (3 mushrooms each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1



- 12** baby portobello mushrooms, remove stems and gills
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 2 cups** mashed cooked sweet potato (approx. 2 small)
- 3 cups** finely chopped low-sodium, uncured ham (approx. 12 oz.)
- ¼ cup** finely chopped chives
- 2 tsp.** chili powder

SPECIAL EQUIPMENT:

Olive oil cooking spray

- 1.** Preheat oven to 425° F.
- 2.** Lightly coat mushrooms with spray. Season with salt and pepper. Place mushrooms on baking sheet smooth side up. Set aside.
- 3.** Combine sweet potato, ham, chives, and chili powder in a medium bowl; mix well.
- 4.** Divide sweet potato mixture evenly between mushrooms (approx. ¼ heaping cup each). Bake for 12 to 15 minutes, or until mushrooms are soft, and filling is lightly browned. Enjoy!

RECIPE NOTES:

- Avoid washing mushrooms but if you have to, use as little water as possible. Mushrooms absorb water and get very watery while cooking.
- A clean brush (like a paintbrush) or cheesecloth is a good way to clean mushrooms.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 243 **Total Fat:** 3 g **Saturated Fat:** 0 g **Cholesterol:** 38 mg **Sodium:** 1,151 mg **Carbohydrates:** 34 g **Fiber:** 7 g **Sugars:** 21 g **Protein:** 23 g

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SWEET POTATO AND ROASTED RED PEPPER DIP

SERVES: 12 (approx. ¼ cup each) Prep Time: 5 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1

- 2** whole red bell peppers
- 2 cups** mashed sweet potato (approx. 3 medium; skins removed)
- ¼ cup** tahini paste
- 2 Tbsp.** fresh lemon juice
- 1 Tbsp.** extra-virgin olive oil
- 2 cloves** garlic
- 1½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** ground cumin
- 1 tsp.** ground smoked paprika
- ½ tsp.** ground black pepper

- 1.** Preheat oven to 450° F (or your oven's hottest setting).
- 2.** Line a baking sheet with foil; set aside.
- 3.** Place oven rack on the top position about 4 inches from the broiler. Lay peppers on foil-lined baking sheet. Roast for 15 to 20 minutes or until skins are black. Once darkened remove from the oven; set aside until peppers are cool enough to handle.
- 4.** Remove seeds and stems from peppers, and scrape away charred skin.
- 5.** Place peppers, sweet potato, tahini paste, lemon juice, oil, garlic, salt, cumin, paprika, and pepper into a food processor and process until smooth.
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 4 days.

SPECIAL EQUIPMENT:

Aluminum foil

RECIPE NOTE:

This is a perfect way to use meal-prepped sweet potatoes.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 13 g Fiber: 2 g Sugars: 4 g Protein: 2 g

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SWEET POTATO CASSEROLE^o

SERVES: 8 (about ½ cup each) Prep Time: 20 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½



1½ lbs. sweet potatoes, peeled,
cut into 1-inch cubes

1 Tbsp. + 1 tsp. unsalted organic
grass-fed butter

1 Tbsp. + 1 tsp. honey

½ tsp. sea salt (or Himalayan salt)

¼ tsp. ground cinnamon

1 dash ground nutmeg

¼ tsp. freshly grated ginger
(or 1 dash ground ginger)

½ cup chopped raw pecans

1. Preheat oven to 375° F.
2. Place sweet potatoes in a large mixing bowl; set aside.
3. Place butter, honey, salt, cinnamon, nutmeg, and ginger in small saucepan; cook over medium heat, stirring occasionally, for 1 to 2 minutes, or until butter is completely melted and ingredients are thoroughly combined.
4. Top sweet potatoes with butter mixture; toss gently to coat.
5. Place sweet potatoes in 1½-quart casserole dish, using a slotted spoon to drain off honey mixture. (Reserve excess honey mixture.) Cover casserole dish with aluminum foil. Bake for 30 to 35 minutes, or until sweet potatoes are soft. (Foil can be removed for the last 5 minutes of baking.)
6. While sweet potatoes are baking, combine pecans and reserved honey mixture in a medium bowl; mix well. Set aside.
7. Increase oven temperature to 500° F.
8. Remove aluminum foil from sweet potatoes and mix well. Top with pecans. Bake for 5 minutes, or until pecans begin to brown.
9. Let cool for 10 minutes; enjoy!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 149 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 5 mg Sodium: 196 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 7 g Protein: 2 g

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SWEET POTATO LATKES^o

VG

SERVES: 8 (1 latke each) Prep Time: 20 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving):  1



¾ medium onion
1 lb. sweet potatoes, peeled
2 large eggs, lightly beaten
2 Tbsp. whole wheat flour
2 Tbsp. whole wheat panko bread crumbs
1 clove garlic, finely chopped
½ tsp. sea salt (or Himalayan salt)
2 Tbsp. + 2 tsp. reduced fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

Parchment paper
 Grater attachment for food processor
 Nonstick cooking spray


1. Preheat oven to 350° F.
2. Line large baking sheet with parchment paper, lightly coat with spray. Set aside.
3. Process onion in food processor using grater attachment. Squeeze out and discard water after grating. Place onion in a medium bowl. Set aside.
4. Process sweet potatoes in food processor using grater attachment. Add to onion.
5. Add eggs, flour, bread crumbs, garlic, and salt to onion mixture; mix well.
6. Using ¼-cup measuring cup, scoop mixture onto prepared baking sheet. Form into patties.
7. Lightly coat tops evenly with spray. Bake for 20 minutes. Turn latkes. Spray tops. Bake an additional 18 to 20 minutes, or until crisp.
8. Serve each latke topped with 1 tsp. yogurt.

RECIPE NOTES:

- You can shred onion and sweet potatoes with a hand grater.
- Latkes can be made one day ahead. Follow steps 1 to 6 above. Cover baking sheet and store in the refrigerator for one day. Bake latkes right before serving.





^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 47 mg Sodium: 195 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 3 g Protein: 4 g

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TORTILLA PINWHEELS

SERVES: 1 (8, 1-inch wheels) **Prep Time:** 5 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  ½  ½  1½  1

- | | |
|--|--|
| <p>2 Tbsp. whipped cream cheese</p> <p>2 Tbsp. sliced green onion</p> <p>2 Tbsp. finely chopped bell pepper</p> <p>1 (8-inch) sprouted-grain (or gluten-free) tortilla</p> <p>3 slices nitrate- and nitrite-free turkey slices (approx. 3-oz.)</p> <p>¼ cup raw baby spinach</p> | <ol style="list-style-type: none"> 1. Combine cream cheese, green onion, and bell pepper in a small mixing bowl; mix well. 2. Spread cream cheese mixture evenly on one side of tortilla. 3. Top with an even layer of turkey and spinach. Leave some exposed cream cheese around the top edge to seal the roll closed. 4. Roll the tortilla away from you into a log. Wrap tightly in plastic wrap and place in the refrigerator for 1 hour, or overnight. 5. When the roll has fully set, unwrap and slice into 8 even wheels. |
|--|--|

RECIPE NOTES:

- Warming the tortilla slightly in the microwave or a dry pan will improve its pliability.
- Use your fingertips to tuck the ingredients in as you roll to avoid any overflow at the end.

NUTRITIONAL INFORMATION (per serving): **Calories:** 318 **Total Fat:** 10 g **Saturated Fat:** 5 g **Cholesterol:** 74 mg **Sodium:** 744 mg **Carbohydrates:** 29 g **Fiber:** 2 g **Sugars:** 3 g **Protein:** 28 g



VEGAN CHOCOLATE AVOCADO PUDDING

SERVES: 16 (approx. ¼ cup each) Prep Time: 15 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

- 1 cup** semi-sweet chocolate chips, dairy-free
- 1 tsp.** extra-virgin organic coconut oil
- 4** medium ripe avocados
- ½ cup** pure maple syrup
- ¼ cup** unsweetened coconut milk beverage
- 2 tsp.** pure vanilla extract
- ¼ tsp.** sea salt (or Himalayan salt)

- 1.** Prepare double-boiler by setting a heatproof bowl over gently boiling saucepan of water.
- 2.** Add chocolate and oil to bowl; cook, stirring frequently, for 2 to 3 minutes, or until chocolate is melted. Remove bowl from saucepan. Let chocolate cool to room temperature.
- 3.** Place chocolate mixture, avocados, maple syrup, coconut milk, extract, and salt in blender; cover. Blend until smooth and creamy, scraping down sides with a rubber spatula as needed.
- 4.** Pour evenly into sixteen dessert cups; refrigerate for at least 1 hour, or until set.

RECIPE NOTE:

Store leftover pudding in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 181 Total Fat: 12 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 41 mg Carbohydrates: 20 g Fiber: 4 g Sugars: 15 g Protein: 2 g

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VEGAN CORN CHOWDER

SERVES: 4 (approx. 1 cup each) **Prep Time:** 9 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 ½ ½

1 Tbsp.	olive oil
1 cup	chopped onions (approx. 1½ medium)
½ cup	chopped carrot (approx. ⅔ medium)
½ cup	chopped celery (approx. 1 medium stalk)
½ cup	chopped red bell pepper (approx. ⅓ medium)
2 cloves	garlic, finely chopped
2 cups	corn kernels, cut off cob (or frozen) (approx. 2½ medium ears)
2 cups	low-sodium organic vegetable broth
½ cup	canned coconut milk
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
2 Tbsp.	cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make slurry)
1 Tbsp.	fresh lime juice
1 tsp.	finely grated lime peel (lime zest)
4 tsp.	chopped fresh cilantro

1. Heat oil in a medium soup pot over medium heat.
2. Add onion, carrot, celery, bell pepper, and garlic; cook, stirring occasionally, for 5 minutes, or until onion is translucent.
3. Add corn, vegetable broth, coconut milk, salt, and pepper; stir to combine. Gently boil for 10 minutes, or until corn is plump and tender-crisp.
4. Add cornstarch slurry, lime juice, and lime peel; whisk to combine. Gently boil for 1 minute, or until thickened. Garnish with cilantro and enjoy!

NUTRITIONAL INFORMATION (per serving): **Calories:** 188 **Total Fat:** 7 g **Saturated Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 237 mg **Carbohydrates:** 32 g **Fiber:** 4 g **Sugars:** 7 g **Protein:** 4 g

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VEGAN REFRIED BEANS

SERVES: 5 (approx. ¾ cup each) **Prep Time: 5 min. Cooking Time: 10 min.**

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

1 Tbsp.	olive oil
1 cup	chopped onion (approx. 1½ medium)
¼ cup	chopped green bell pepper (approx. ⅓ medium)
2 cloves	garlic, finely chopped
½ tsp.	sea salt (or Himalayan salt)
2 cups	canned pinto beans (reserve liquid)
¼ tsp.	ground smoked paprika
¼ cup	chopped fresh cilantro
½	medium lime, cut into 5 wedges

1. Heat oil in a large nonstick skillet over medium heat.
2. Add onion, bell pepper, garlic, and salt; cook for 5 minutes, or until soft.
3. Add beans, along with their liquid, and paprika; cook another 5 minutes.
4. Transfer vegetable mixture to a food processor; process until smooth. Return to skillet and heat through (if desired).
5. Serve garnished with cilantro and a lime wedge.

NUTRITIONAL INFORMATION (per serving): **Calories: 123 Total Fat: 3 g Saturated Fat: 0.5 g Cholesterol: 0 mg Sodium: 492 mg Carbohydrates: 19 g Fiber: 5 g Sugars: 3 g Protein: 5 g**

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VEGAN SPINACH AND ARTICHOKE DIP^o



SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 6 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ■ 1 ■ ½

Going into this recipe, we were skeptical about whether or not we could make an artichoke dip that was not only Fix-approved but also vegan, since the original is all mayo, and cheese. But, using avocado to mimic the creaminess of cream cheese and mayo and nutritional yeast to give it that cheesy kick, this recipe has all the yum factor without the guilt! And, with just two simple steps, it couldn't be easier to prepare!

- 1 (15-oz.) can** **Hot water**
- 3 packed cups** **artichoke hearts, packed in water, drained**
- 1** **raw spinach**
- 2 Tbsp.** **medium ripe avocado**
- ⅓ cup** **fresh lemon juice**
- 1 clove** **nutritional yeast**
- ½ tsp.** **garlic**
- ¼ tsp.** **sea salt (or Himalayan salt)**
- ½ tsp.** **ground black pepper**
- ½ tsp.** **onion powder**

- 1.** Bring medium saucepan of water to a boil over high heat.
- 2.** Add artichoke hearts and spinach; cook for 1 minute. Remove from heat and drain well.
- 3.** Place artichoke mixture in food processor. Add avocado, lemon juice, yeast, garlic, salt, pepper, and onion powder; process until smooth.

RECIPE NOTE:

You can substitute 1½ cups frozen artichoke hearts for canned.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 77 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 192 mg Carbohydrates: 9 g Fiber: 5 g Sugars: 1 g Protein: 4 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



VEGAN THANKSGIVING STUFFING

SERVES: 8 (approx. ¾ cup each) **Prep Time: 15 min. Cooking Time: 46 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ B 1 1 1

- 4 cups** **FIXATE Gluten-Free Fresh Bread** (or vegan gluten-free bread of choice) *(see separate recipe for **FIXATE Gluten-Free Fresh Bread**)*
- 2 Tbsp.** olive oil, *divided use*
- 2 cups** sliced mushrooms (approx. 16 medium)
- 1 cup** finely chopped onion (approx. 1½ medium)
- 1 cup** chopped celery (approx. 2 medium stalks)
- 2 Tbsp.** finely chopped fresh sage (or 1 Tbsp. dried sage)
- 1 Tbsp.** fresh thyme leaves (or 1½ tsp. dried thyme)
- 1 cup** chopped unsalted nuts (like almonds or walnuts)
- ¼ cup** chopped pitted dates
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1 cup** low-sodium vegetable broth
Fresh chopped parsley (for garnish; optional)

1. Preheat oven to 400° F.
2. Cut bread into 1-inch cubes. Place on baking sheet lined with parchment paper; bake for 10 minutes, stirring occasionally, or until evenly toasted. Set aside.
3. Heat 1 Tbsp. oil in a large skillet over high heat until the first wisp of smoke appears. Add mushrooms; cook for 3 minutes, stirring every minute, or until lightly browned. Transfer mushrooms to a mixing bowl.
4. Reduce heat to medium; add *remaining* 1 Tbsp. oil. Add onion and celery; cook for 3 minutes, or until tender. Add sage and thyme and cook for another 30 seconds, or until herbs are fragrant; transfer to bowl with mushrooms.
5. Add toasted bread, nuts, dates, salt, and pepper to bowl; toss to combine.
6. Add broth to bowl a little at a time, stirring until bread is evenly moistened but not soggy (it shouldn't drip when lifted).
7. Lightly coat 12 x 9-inch baking dish with spray; spread stuffing in an even layer. Cover with foil; bake for 20 minutes.
8. Uncover stuffing; bake for 10 more minutes, or until golden brown on top.
9. Garnish with parsley (if desired) and serve immediately, or store refrigerated in an airtight container for up to 3 days.

RECIPE NOTES:

- To make **FIXATE Gluten-Free Fresh Bread** vegan, simply leave the eggs out of the recipe.
- Gluten-free bread can be fragile when wet, so take care when adding broth.

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories: 235 Total Fat: 14 g Saturated Fat: 1.5 g Cholesterol: 0 mg Sodium: 166 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 6 g Protein: 6 g**

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WHITE BEAN DIP

SERVES: 5 (approx. ¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving): ½ 1½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1½

This dip is rich in protein and fiber and goes great with either raw veggies or toasted bread. I also really enjoy it as a spread on sandwiches and wraps. The roasted garlic and miso give the dip amazing depth of flavor.

1 bulb	garlic
2 Tbsp. + 1½ tsp.	extra-virgin olive oil, divided use
1 (15-oz.) can	cannellini beans, drained, rinsed
1 Tbsp.	fresh lemon juice
2 Tbsp.	water
1 tsp.	chopped fresh rosemary
¼ tsp.	ground black pepper
1 Tbsp.	white miso paste

1. Preheat oven to 425° F.
2. Cut top third off garlic bulb. Drizzle with 1½ tsp. oil. Wrap in aluminum foil and place on small baking sheet. Bake for 1 hour, or until cloves are golden brown. When cool enough to touch, squeeze bulb to release roasted cloves.
3. Place garlic, beans, lemon juice, water, rosemary, pepper, and miso paste in food processor; process until smooth.
4. Slowly add *remaining 2 Tbsp.* oil, with processor running, until well blended.

SPECIAL EQUIPMENT:

Aluminum foil

RECIPE NOTES:

- You can substitute 2 cloves of garlic for roasted garlic.
- You can substitute ¼ tsp. sea salt (or Himalayan salt) for miso paste.

NUTRITIONAL INFORMATION (per serving): **Calories:** 124 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 366 mg **Carbohydrates:** 12 g **Fiber:** 2 g **Sugars:** 0 g **Protein:** 4 g




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WHOLE-GRAIN STUFFING

SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: 1 hr. 50 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1

This flavorful stuffing can be a wonderful staple to your Thanksgiving meal as a side dish by itself or as a stuffing in our Whole-Grain Stuffed Turkey.

⅔ cup	dry rye berries (or farro or barley)
⅔ cup	dry wild rice
4 cups + 3 Tbsp.	low-sodium organic chicken (or vegetable) broth
⅓ cup	dried cherries
¾ cup	boiling water
4 tsp.	olive oil
½ cup	chopped celery (approx. 1 large stalk)
¼ cup	chopped shallots (approx. 2 medium shallots)
⅔ cup	¼-inch cubes butternut squash, peeled
4	fresh sage leaves, finely chopped
4 tsp.	apple brandy (preferably Calvados) (optional)
⅓ cup	fresh orange juice (juice of 1 small orange)
2 tsp.	finely grated orange peel (orange zest)
¾ tsp.	ground nutmeg
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ cup	water
½ cup	sliced raw almonds

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat 3-quart casserole dish with spray. Set aside.
3. Combine rye berries, wild rice, and broth in large saucepan. Bring to a boil over high heat. Reduce heat to medium-low; gently boil, covered, for 50 to 55 minutes, or until rice and rye berries are tender-crisp.
4. While grains are cooking, combine cherries and boiling water in a medium bowl; soak for 15 minutes. Drain and set aside.
5. Heat oil in large nonstick skillet over medium-high heat.
6. Add celery and shallots; cook, stirring frequently, for 5 minutes.
7. Add squash, cook, stirring frequently, for 4 minutes, or until squash is tender-crisp.
8. Add sage; cook, stirring frequently, for about 3 minutes.
9. Add brandy (if desired); cook, stirring frequently, for 2 to 3 minutes, or until liquid has almost completely evaporated.
10. Add orange juice, orange peel, cherries, nutmeg, salt, and pepper; cook, stirring frequently, for 4 to 5 minutes.
11. Add contents of skillet and water to saucepan of cooked grains; mix well. Remove from heat.
12. Place stuffing in prepared casserole dish. Top with almonds. Bake for 18 to 22 minutes, or until almonds are golden brown.

TIPS:

- If using this recipe for Whole-Grain Stuffed Turkey, use 1½ cups of Whole-Grain Stuffing to fill the turkey.
- Rye berries can be found at health food markets or online.
- This recipe can be vegan if you substitute vegetable broth for chicken broth.
- If using grains other than rye berries, make sure to check their packaging for cooking times.

AUTUMN'S COMMENTS:

This recipe uses wild rice and rye berries (whole, unprocessed rye grains) in place of the traditional bread cubes found in most Thanksgiving stuffing. Whole, unprocessed grains such as these contain more fiber and nutrients than their processed counterparts, leading to a greater sense of fullness and satisfaction.

NUTRITIONAL INFORMATION (per serving): Calories: 189 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 189 mg Carbohydrates: 27 g Fiber: 3 g Sugars: 6 g Protein: 7 g

ZUCCHINI BREAD^o

VG

SERVES: 20 (1 slice each) Prep Time: 15 min. Cooking Time: 50 min.

CONTAINER EQUIVALENTS (per serving): 🍌 1 🥄 1



- 6** large egg whites (¾ cup)
- ¼ cup** extra-virgin, organic coconut oil, melted
- ½ cup** unsweetened applesauce
- ½ cup** coconut sugar
- 2 tsp.** pure vanilla extract
- ¾ cup** all-purpose flour
- 1¾ cups** whole wheat flour
- 1 tsp.** baking powder
- 1 tsp.** baking soda
- ¾ tsp.** sea salt (or Himalayan salt)
- 1 Tbsp.** ground cinnamon
- 2½ cups** grated zucchini (about 1½ medium zucchini)
- ½ cup** chopped raw walnuts

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat two 9 x 5-inch loaf pans with spray.
- 3.** Combine egg whites, oil, applesauce, sugar, and extract in a large bowl; mix well. Set aside.
- 4.** Combine all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well.
- 5.** Add flour mixture to egg mixture; mix until just blended.
- 6.** Fold in zucchini and walnuts; mix until just blended.
- 7.** Divide batter evenly between the two pans.
- 8.** Bake for 45 to 50 minutes, or until golden brown and tester inserted into the center comes out clean.
- 9.** Cool bread in pans for 5 to 10 minutes, remove from pans and transfer to wire rack; cool completely.
- 10.** Slice into ten slices per loaf. Enjoy!

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

Leftover zucchini bread slices can be wrapped individually and stored in the freezer for future meals.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 120 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 0 g Sodium: 191 mg Carbohydrates: 16 g Fiber: 2 g Sugars: 4 g Protein: 4 g

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



SALAD &
SOUP RECIPES



BLACK BEAN SOUP^o

SERVES: 4 (approx. 1 cup each) **Prep Time:** 20 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (PER SERVING): ½ 1 ½



Here's a super fast-and-easy way to turn canned black beans into a delicious soup in minutes. I like to throw on a pot of this soup when I'm making our Chicken Tinga Tacos, then I eat my taco meat in a lettuce wrap and save my yellow for the soup. It's a great little Mexican combo!

- 2 tsp.** olive oil
- ½ cup** chopped bell pepper (approx. ⅔ medium)
- ½ cup** chopped onion (approx. ⅔ medium)
- 3 cloves** garlic, finely chopped
- 2 cups** canned black beans, drained, rinsed
- ½ tsp.** ground cumin
- ½ tsp.** ground smoked paprika
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 2 cups** low-sodium organic vegetable broth
- 2 tsp.** cornstarch (preferably GMO-free) + 2 tsp. water (combine to make a slurry)
- 1 tsp.** apple cider vinegar
- 2 tsp.** chopped fresh cilantro (for garnish; optional)
- 2 tsp.** vegan sour cream (for garnish; optional)

- 1.** Heat oil in large saucepan over medium heat until fragrant.
- 2.** Add bell pepper and onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add beans, cumin, paprika, salt, pepper, and broth. Bring to a boil, stirring occasionally. Reduce heat to medium-low.
- 5.** Add cornstarch mixture. Bring to a gentle boil; gently boil, stirring occasionally, for 1 minute, or until sauce has thickened. Remove from heat.
- 6.** Add vinegar. Puree using an immersion blender until you reach desired consistency.
- 7.** Divide evenly between four serving bowls. Top each with ½ tsp. cilantro and ½ tsp. sour cream, if desired.

RECIPE NOTES:

- If you don't have an immersion blender, you can place soup in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until you reach desired consistency.
- I like to partially puree my soup, leaving some whole beans behind for texture, but you can blend it to a smooth and creamy consistency if you like.
- Store leftover soup in an airtight container for up to 5 days. You can also divide soup into individual portions and freeze for up to 3 months.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 153 **Total Fat:** 3 g **Saturated Fat:** 1 g **Cholesterol:** 1 mg **Sodium:** 642 mg **Carbohydrates:** 25 g **Fiber:** 9 g **Sugars:** 2 g **Protein:** 8 g

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BONE BROTH

SERVES: 10 (1 cup each) Prep Time: 15 min. Cooking Time: 8 hrs.

CONTAINER EQUIVALENTS (for 1 cup): Free

- 1** whole chicken carcass (from a rotisserie chicken)
- ½** medium onion, cut into quarters
- 4 cloves** garlic, smashed
- 1 tsp.** whole black peppercorns
- 2** medium celery stalks, cut into 2-inch pieces
- 2** medium carrots, peeled, cut into 2-inch pieces
- 1 tsp.** sea salt (or Himalayan salt)
- 2** bay leaves
- 1 small bunch** fresh thyme
- 1 small bunch** fresh parsley
- 1 Tbsp.** apple cider vinegar
- Cold water

- 1.** Place chicken carcass, onion, garlic, peppercorns, celery, carrots, salt, bay leaves, thyme, and parsley in 5- or 6-quart slow cooker. Drizzle vinegar over chicken carcass to help extract its nutrients.
- 2.** Add water until ingredients are submerged about 1 inch; cover. Set to low heat. You know your broth is done when bones begin to fall apart.
- 3.** Strain finished broth through a fine mesh strainer; discard solids.
- 4.** Cool in an ice bath, or by dividing liquid into three separate containers and placing them in the refrigerator with plenty of room between.
- 5.** Once broth has cooled, remove layer of fat that has solidified on top; discard fat.

RECIPE NOTES:

- A properly made bone broth should set like gelatin when refrigerated.
- Bone broth will keep for up to a week in the refrigerator, or 3 months frozen.
- 4 cups of bone broth equals ½ .

TIPS:

- It is important to begin your bone broth with cold water as there are some compounds in the bones that dissolve more readily in cold than in heat.
- If your slow cooker lid does not have a vent, leave the lid slightly askew so that the harsher aromatic compounds will evaporate out during cooking.
- This recipe can be made in a stock pot. Bring to a gentle boil over high heat. Reduce heat to low, so that bubbles are just barely breaking the surface. Gently boil for 6 to 8 hours over low heat. Skim the surface every hour or so to keep the bone broth from getting cloudy. Add water if necessary to keep ingredients submerged.





NUTRITIONAL INFORMATION (per serving): Calories: 15 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 245 mg Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 1 g

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BROCCOLI CHEESE SOUP


SERVES: 4 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1  1½

1 Tbsp.	ghee (organic, grass-fed, if possible)
½ cup	chopped carrot (approx. 1 medium)
½ cup	chopped onion (approx. ¾ medium)
2 cloves	garlic, finely chopped
2 cups	low-fat (1%) milk
2 cups	low-sodium organic chicken or vegetable broth
3 cups	chopped broccoli florets
¼ tsp.	ground smoked paprika
1 Tbsp.	nutritional yeast (optional)
¾ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
1 cup	shredded cheddar cheese
2 Tbsp.	cornstarch (preferably GMO-free)





1. Add ghee to a large soup pot and heat over medium-high heat.
2. Add carrot, onion, and garlic; cook, 5 minutes, until carrots begin to soften.
3. Add milk, broth, broccoli, paprika, and nutritional yeast (if desired); season with salt and pepper. Bring to a simmer and cook, 10 minutes, until broccoli is very soft.
4. Place broccoli mixture in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth; return soup to pot.
5. Toss cheese with cornstarch to coat. Bring soup to a very gentle simmer; whisk in cheese mixture, a little at a time, until cheese is melted and soup is thick.

NUTRITIONAL INFORMATION (per serving): **Calories:** 259 **Total Fat:** 14 g **Saturated Fat:** 8 g **Cholesterol:** 45 mg **Sodium:** 733 mg **Carbohydrates:** 18 g **Fiber:** 2 g **Sugars:** 9 g **Protein:** 16 g

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BUFFALO CHICKEN SALAD^o

SERVES: 4 (approx. 2 cups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1  1  ½  ½



It's got buffalo chicken, it's got ranch dressing, AND it's Fix-approved! We should call this the Miracle Salad because the impossible just became reality.

- 3 cups** cooked chopped chicken breast
- ¼ cup** **FIXATE Buffalo Sauce** (see separate recipe for **FIXATE Buffalo Sauce**)
- 3 cups** coarsely chopped romaine lettuce
- ½ cup** matchstick-sized carrot pieces (approx. 2 medium)
- ½ cup** matchstick-sized celery pieces (approx. 1 medium)
- ½ cup** **FIXATE Ranch Dressing** (see separate recipe for **FIXATE Ranch Dressing**)
- ½ cup** blue cheese crumbles (optional)


- 1.** Combine chicken and buffalo sauce in a medium bowl; mix well. Set aside.
- 2.** Combine lettuce, carrots, celery, and ranch dressing in a large bowl; toss gently to blend.
- 3.** Divide lettuce mixture evenly (approx. 1 cup each) between four serving plates. Top evenly with chicken (approx. ¾ cup each) and top each with 2 Tbsp. blue cheese, if desired.

RECIPE NOTE:

- This is a perfect way to use your meal-prepped chicken.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 289 **Total Fat:** 12 g **Saturated Fat:** 6 g **Cholesterol:** 109 mg **Sodium:** 815 mg **Carbohydrates:** 5 g **Fiber:** 1 g **Sugars:** 3 g **Protein:** 39 g

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BUFFALO CHICKEN SOUP

SERVES: 4 (approx. 2 cups each) **Prep Time:** 15 min. **Cooking Time:** 5 to 6 hours

CONTAINER EQUIVALENTS (per serving):  ½  1½  1  1

- 1 Tbsp.** ghee (organic grass-fed, if possible)
- 1 cup** finely chopped onion
- ½ cup** chopped carrot
- ½ cup** chopped celery
- 4 cups** low-sodium organic chicken stock
- ½ cup** low-fat (1%) sour cream
- ¼ cup** crumbled blue cheese
- ¼ cup** whipped cream cheese
- ¼ cup** hot pepper sauce (preferably Frank's Red Hot®)
- ½ tsp.** garlic powder
- ¼ tsp.** sea salt (or Himalayan salt)
- 1 lb. + 4 oz.** raw chicken breast, skinless, boneless
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)

- 1.** Heat ghee in large skillet over medium-high heat; cook onion, carrot, and celery until tender, about 3 to 5 minutes. Remove from heat.
- 2.** Place vegetable mixture in a slow cooker. Add in stock, sour cream, blue cheese, cream cheese, pepper sauce, garlic powder, and salt; mix well.
- 3.** Add chicken to slow cooker; cover. Cook on low for 5 to 6 hours, or until chicken is fork tender.
- 4.** Remove chicken from soup; shred the chicken using two forks. Set aside.
- 5.** Turn the slow cooker up to high. Add cornstarch mixture. Cook, stirring frequently, on a low boil for 2 minutes, or until soup thickens. Add shredded chicken. Turn off heat.
- 6.** Serve immediately.


RECIPE NOTE:

This soup is great served with crispy tortilla strips. Be sure to count your containers.

SPECIAL EQUIPMENT:

Slow cooker

NUTRITIONAL INFORMATION (per serving): **Calories:** 366 **Total Fat:** 15 g **Saturated Fat:** 8 g **Cholesterol:** 150 mg **Sodium:** 604 mg **Carbohydrates:** 16 g **Fiber:** 2 g **Sugars:** 5 g **Protein:** 38 g

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BUTTERNUT SQUASH SOUP^o

SERVES: 9 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** 48 min.

CONTAINER EQUIVALENTS (per serving): 2 1



- 2** medium butternut squash, cut in half lengthwise, seeds removed
- 1 Tbsp.** olive oil
- Sea salt (or Himalayan salt) and ground black pepper** (to taste; optional)
- 4 cloves** garlic
- 4** fresh thyme sprigs
- 4 cups** low-sodium, organic vegetable broth, *divided use*
- 9 Tbsp.** **Pepper Jam** (see separate recipe for **Pepper Jam**)
- 18 tsp.** **Spicy Yogurt** (see separate recipe for **Spicy Yogurt**)
- Chopped fresh cilantro** (for garnish; optional)

- 1.** Preheat oven to 425° F.
- 2.** Lay squash skin side down on a baking sheet. Drizzle with oil. Season with salt and pepper, if desired.
- 3.** Place 1 garlic clove and 1 thyme sprig into the seed pocket of each squash half. Cover with aluminum foil.
- 4.** Bake for 35 to 40 minutes, or until squash is soft, but not dried out. Remove from oven. Let squash rest until it is cool enough to handle.
- 5.** Peel squash; discard skin and thyme.
- 6.** Place squash, garlic, and *1 cup* broth in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
- 7.** Place squash mixture and *remaining 3 cups* broth in large saucepan; cook, over medium-high heat, stirring frequently, for 5 to 8 minutes, or until hot. If soup is too thick add water.
- 8.** Evenly divide soup into nine serving bowls. Top each with 1 Tbsp. Pepper Jam, 2 tsp. Spicy Yogurt, and cilantro (if desired).

SPECIAL EQUIPMENT:

Aluminum foil

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 197 mg Carbohydrates: 20 g Fiber: 3 g Sugars: 6 g Protein: 4 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

CHARRED CORN SALAD^o



SERVES: 8 (approx. ½ cup each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

- 4** medium ears of corn, husks and silk removed
- 1 cup** chopped red onion (approx. 1½ medium)
- 2** medium Roma tomatoes, seeded, chopped
- 1 clove** garlic, grated
- ½** medium jalapeño pepper, seeds and veins removed, finely chopped
- 2 Tbsp.** fresh lime juice
- 2 tsp.** finely grated lime peel (lime zest)
- 3 Tbsp.** olive oil
- 3 Tbsp.** chopped fresh cilantro
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Preheat gas (or charcoal) grill on high heat.
- 2.** Coat corn with spray; grill corn for approx. 10 minutes, turning each time the underside gets charred, or until corn is charred on all sides. Set aside to cool.
- 3.** When corn is cool enough to touch, cut kernels off the cob.
- 4.** Combine corn, onion, tomatoes, garlic, jalapeño, lime juice, lime peel, oil, cilantro, salt, and pepper in a medium bowl; toss gently to blend.

RECIPE NOTES:

- You can substitute 3 cups frozen corn kernels for ears of corn. If using frozen corn, skip steps 2 and 3 above. Heat heavy-bottomed (or cast iron) skillet over high heat until very hot. Coat corn with spray; cook until well charred.
- Salad may be served immediately, but flavor improves as it marinates, covered, in an airtight container in the refrigerator.

SPECIAL EQUIPMENT:

Olive oil cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 98 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 73 mg Carbohydrates: 11 g Fiber: 1 g Sugars: 3 g Protein: 1 g

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COCONUT CURRY PUMPKIN SOUP^o

SERVES: 4 (1½ cups each) **Prep Time:** 20 min. **Cooking Time:** 46 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ ½ 1 1



- 1 cup** low-sodium organic chicken broth
- ½ tsp.** unflavored gelatin (preferably from grass-fed cows)
- 2 tsp.** ghee (organic grass-fed, if possible)
- ½ cup** chopped onion (approx. ¾ medium onion)
- 2 cloves** garlic, finely chopped
- 1 Tbsp.** grated fresh ginger
- 1 Tbsp. + 1 tsp.** curry powder (preferably Thai curry)
- 2 Tbsp.** fish sauce, gluten-free
- 2 Tbsp.** coconut sugar
- 1 cup** canned coconut milk
- 2 cups** water
- 2 Tbsp.** fresh lime juice
- 1 Tbsp.** finely grated lime peel (lime zest)
- 1 (15-oz.) can** 100% pure pumpkin puree
- 1 cup** chopped carrots (approx. 2 medium carrots)
- 1 cup** chopped cauliflower (approx. 3½ oz.)
- 8 oz.** shredded chicken breast, boneless, skinless (about 1 cup)
- 2 tsp.** chopped fresh cilantro (for garnish; optional)

1. Sprinkle broth with gelatin to let bloom before use. Set aside.
2. Heat ghee in large saucepan or Dutch oven over medium heat.
3. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
4. Add garlic and ginger; cook, stirring frequently, for 2 minutes.
5. Add curry powder; cook, stirring frequently, for 2 minutes.
6. Add fish sauce and sugar; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
7. Place broth, coconut milk, water, lime juice, lime peel, and pumpkin in a blender (or food processor); cover. Blend to emulsify.
8. Add broth mixture to onion mixture. Bring to a gentle boil over medium-high heat. Reduce heat to medium-low.
9. Add carrots, cauliflower, and chicken; cook, stirring occasionally, for 30 minutes.
10. Garnish with cilantro (if desired). Enjoy!

RECIPE NOTE:

You can add an extra ½ of shredded cooked chicken to your individual portioned soup for a heartier meal.

TIP:

If your soup gets too thick, whisk in ¼ cup water at a time until desired consistency is reached.

SERVING SUGGESTION:

Try garnishing this soup with 1 tsp. of our [Sesame Infusion](#) (see separate recipe for [Sesame Infusion](#)). It's the perfect complement. (Make sure you add an additional 1)

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.






NUTRITIONAL INFORMATION (per serving): **Calories:** 335 **Total Fat:** 18 g **Saturated Fat:** 13 g **Cholesterol:** 56 mg **Sodium:** 606 mg **Carbohydrates:** 27 g **Fiber:** 7 g **Sugars:** 13 g **Protein:** 23 g

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CREAMY CHICKEN SALAD

SERVES: 4 (1¼ cups Creamy Chicken Salad over 2 cups lettuce) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  2  ½  1  ½  ½

- 3 cups** chopped cooked chicken breast, boneless, skinless
- ½ cup** chopped green apple (⅓ medium)
- ½ cup** halved seedless red grapes
- ½ cup** sliced raw almonds
- 2** green onions, sliced
- 2 Tbsp.** chopped fresh tarragon
- ¼ cup** **Honey Mustard Salad Dressing** (see separate recipe for **Honey Mustard Salad Dressing**)
- 8 cups** shredded romaine lettuce

- 1.** Combine chicken, apple, grapes, almonds, green onions, tarragon, and Honey Mustard Salad Dressing in a large bowl; mix well. Refrigerate, covered, for 2 hours.
- 2.** Serve 1¼ cups Creamy Chicken Salad over 2 cups romaine lettuce for each serving.

VARIATION:

Almost any leafy greens will work with this recipe, so don't limit yourself to romaine. You can replace some or all of your lettuce with spinach, kale, or even shredded cabbage to dial up the nutrition in your salad bowl.

NUTRITIONAL INFORMATION (per serving): **Calories:** 298 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 111 mg **Sodium:** 153 mg **Carbohydrates:** 16 g **Fiber:** 4 g **Sugars:** 10 g **Protein:** 36 g

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CREAMY TOMATO SOUP^o

SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 23 min.

CONTAINER EQUIVALENTS (per serving): 1 1



1 Tbsp.	olive oil
½ cup	chopped onion (approx. ¾ medium onion)
2 cloves	garlic, finely chopped
1 (28-oz.) can	whole peeled tomatoes, pureed (preferably San Marzano)
1½ cups	unsweetened almond milk
1 Tbsp. + 1 tsp.	coconut sugar
¼ tsp.	sea salt (or Himalayan salt)
1 sprig	fresh basil, leaves and stem attached
2 tsp.	dry sherry (for garnish; optional)

1. Heat oil in medium saucepan over medium heat for 1 minute, or until fragrant.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 2 minutes.
4. Add tomatoes, almond milk, sugar, salt, and basil. Bring to a boil. Reduce heat to medium low; gently boil for 10 minutes.
5. Remove basil. If you want a smooth soup, place soup in a blender or food processor, in small batches; cover with lid and kitchen towel. Blend until smooth.
6. Garnish each portion with ½ tsp. sherry (if desired); enjoy.

RECIPE NOTE:

If you are making this soup for kids, you can remove the whole basil and puree the soup so that there are no little green bits and no large pieces of onion and garlic, which some kids can find off-putting.

SERVING SUGGESTION:

Pair this recipe with our **FIX-ed Grilled Cheese** (see separate recipe for **FIX-ed Grilled Cheese**). With multiple versions, you'll be able to find one that fits your mood.

TIPS:

- The tomatoes known as San Marzano, grown in the volcanic soils around Mt. Vesuvius, are among the best in the world, but don't be fooled by American-grown tomatoes marketed as San Marzano—their prices are highly inflated with little return in quality. True San Marzano tomatoes come from Italy, where their labeling is codified by law.
- American tomato growers save the ripest, highest quality tomatoes for cans of whole peeled tomatoes. These tomatoes are sweeter, so less sweetener is used in canning. You can use these instead of San Marzano. Look for tomatoes that are soft with deep red flesh, not translucent or watery. Quality varies widely among growers, and you don't know what you'll get until you open the can. When you come across a can that's great, make a note of it and look for that brand in the future.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 118 **Total Fat:** 5 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 259 mg **Carbohydrates:** 16 g **Fiber:** 4 g **Sugars:** 12 g **Protein:** 2 g





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DIGESTIVE PAPAYA SALAD

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 20 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1

FOR PEANUTS:

- 2 Tbsp.** extra-virgin organic coconut oil (approx. 1 tsp. will stick to peanuts)
- 28** whole unsalted peanuts
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** garlic powder
- 1 dash** ground smoked paprika

FOR DRESSING:


- ¼ cup** fresh lime juice
- 3 Tbsp.** fish sauce
- 3 Tbsp.** coconut sugar
- 2 Tbsp. + 2 tsp.** chia seeds
- 1 clove** garlic, grated or finely chopped
- 1** serrano chile, seeded and finely chopped (optional)

FOR SALAD:

- 4 cups** shredded raw green papaya (3–4 lbs.)
- 1 cup** halved grape tomatoes
- ½ cup** sliced green onions (approx. ½ bunch)
- ½ cup** shredded carrots (approx. 1½ medium)
- ¼ cup** torn fresh cilantro
- 1 lb.** cooked medium shrimp
- ½** medium avocado, peeled and sliced

- 1.** To prepare the peanuts, heat oil in a medium skillet over medium heat. Add peanuts and cook, stirring often, until golden brown, about 5 minutes. (Lower heat if necessary, so that peanuts don't burn.)
- 2.** Use a slotted spoon to carefully transfer peanuts to a bowl lined with paper towels. Sprinkle with salt, garlic powder, and paprika; toss to coat. Set aside.
- 3.** For dressing, place lime juice, fish sauce, sugar, chia seeds, garlic, and serrano chile (if desired) in a large mixing bowl; whisk to combine.
- 4.** To the same bowl add papaya, tomatoes, green onions, carrots, cilantro, and shrimp; toss to combine.
- 5.** Divide equally among four serving bowls; top each bowl with ¼ sliced avocado and 7 peanuts.
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 2 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 347 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 214 mg **Sodium:** 1,153 mg **Carbohydrates:** 36 g **Fiber:** 8 g **Sugars:** 19 g **Protein:** 33 g

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DILL CUCUMBER SALAD^o

SERVES: 4 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1



- 2 tsp.** ground coriander
- ½ tsp.** ground black pepper
- ½ tsp.** sea salt (or Himalayan salt)
- 3 Tbsp.** apple cider vinegar
- 1 Tbsp.** honey
(preferably acacia honey)
- 3 cups** thinly sliced English hothouse
cucumber (approx. 1 medium
cucumber)
- ½ cup** thinly sliced red onion
(approx. ½ medium onion)
- 2 Tbsp.** finely chopped fresh dill

- 1.** Combine coriander, pepper, salt, vinegar, and honey in a medium bowl; whisk until incorporated.
- 2.** Add cucumber, onion, and dill; toss to blend.
- 3.** Refrigerate salad, covered, at least 1 hour and enjoy!

TIP:

Eat this salad immediately after refrigerating for an hour to prevent the salad from wilting and getting too watery.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 38 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 288 mg **Carbohydrates:** 9 g **Fiber:** 1 g **Sugars:** 6 g **Protein:** 1 g

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EASY CHICKEN NOODLE SOUP^o

SERVES: 8 (approx. 1½ cups each) Prep Time: 15 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS (per serving): ■ 1 ■ ½ ■ 1



2 tsp. olive oil
½ cup chopped onion (approx. ¾ medium)
2 cups sliced celery (approx. 5 medium stalks)
8 cups low-sodium organic chicken broth
1 tsp. dried oregano leaves
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1½ cups sliced carrots (approx. 2 medium)
1¼ cups dry whole wheat pasta
3 cups cubed cooked chicken breast, boneless, skinless
¼ cup chopped fresh cilantro

- 1.** Heat oil in large saucepan over medium heat.
- 2.** Add onion and celery; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add broth, oregano, salt, and pepper. Bring to a boil, over high heat, stirring occasionally.
- 4.** Add carrots and pasta; boil, stirring occasionally, for 8 to 10 minutes, or until pasta is tender. Remove from heat.
- 5.** Add chicken and cilantro; mix well.

VARIATION:

Substitute rice pasta or quinoa pasta for whole wheat pasta for a gluten-free choice.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 188 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 72 mg Sodium: 489 mg Carbohydrates: 16 g Fiber: 3 g Sugars: 2 g Protein: 20 g



EASY PUMPKIN SOUP

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 5 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

1 (15-oz.) can pumpkin puree (approx. 1¾ cups)
¾ cup canned coconut milk, well stirred
½ cup low-sodium vegetable broth
2 Tbsp. pure maple syrup
½ tsp. onion powder
½ tsp. sea salt (or Himalayan salt)
¼ tsp. + 1 dash ground cinnamon
¼ tsp. ground nutmeg
1 dash ground cloves

1. Place pumpkin, milk, broth, maple syrup, onion powder, salt, cinnamon, nutmeg, and cloves in blender; cover. Blend until smooth.
2. Pour mixture into a medium saucepan. Bring to a simmer over medium heat; cook for 3 to 5 minutes, or until soup is heated through.
3. Serve immediately, or store refrigerated in an airtight container for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 149 Total Fat: 9 g Saturated Fat: 8 g Cholesterol: 0 mg Sodium: 30 mg Carbohydrates: 17.5 g Fiber: 4 g Sugars: 10 g Protein: 2 g

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EGG DROP SOUP

SERVES: 1 Prep Time: 15 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving):  1  1


2 cups low-sodium organic chicken broth
2 tsp. unflavored gelatin (preferably from grass-fed cows)
½ cup sliced shiitake mushrooms
¾ tsp. reduced-sodium tamari soy sauce
¼ tsp. ground ginger (or 1 Tbsp. grated fresh ginger)
1 dash ground white (or black) pepper
2 tsp. cornstarch (preferably GMO-free) + 2 tsp. water (combine to make a slurry)
1 large egg (lightly beaten)
2 Tbsp. sliced green onions (approx. 1 medium)

1. Sprinkle broth with gelatin in small saucepan. Let sit for 5 minutes.
2. Add mushrooms, soy sauce, ginger, and pepper. Bring to a gentle boil over medium heat, stirring occasionally.
3. Whisk together cornstarch and water in a small bowl to make a slurry. Add slurry to mushroom mixture; gently boil for 1 to 2 minutes, or until mixture slightly thickens.
4. Stir mixture in one direction while slowly adding beaten egg. Egg will spread and feather. Remove from heat.
5. Add green onion; serve immediately.

RECIPE NOTE:




Stir the soup in one direction to start a momentum before adding egg. Continue to stir soup in the same direction gently and slowly to stretch out strands of eggs.

NUTRITIONAL INFORMATION (per serving): Calories: 214 Total Fat: 8 g Saturated Fat: 2 g Cholesterol: 186 mg Sodium: 342 mg Carbohydrates: 14 g Fiber: 1 g Sugars: 2 g Protein: 24 g

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FIVE-MINUTE SWEET POTATO SOUP

SERVES: 1 (approx. 1 cup) **Prep Time:** 5 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving):  2  1  ½


½ cup mashed cooked sweet potato
¼ cup canned coconut milk, shake well before using
¼ cup low-sodium chicken (or vegetable) broth
½ tsp. ghee (organic grass-fed, if possible)
½ tsp. curry powder
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. onion powder
1 Tbsp. unsweetened applesauce
1 tsp. honey
1 pinch ground cinnamon

1. Combine sweet potato, coconut milk, broth, ghee, curry powder, salt, onion powder, applesauce, honey, and cinnamon in medium saucepan. Bring to a gentle boil over medium heat, stirring frequently, for 5 minutes, or until heated through.

RECIPE NOTE:

Vegan butter can be substituted for ghee.

Nutritional Information (per serving): **Calories:** 299 **Total Fat:** 13 g **Saturated Fat:** 9 g **Cholesterol:** 7 mg **Sodium:** 687 mg **Carbohydrates:** 40 g **Fiber:** 3 g **Sugars:** 15 g **Protein:** 5 g

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FRENCH LENTIL SALAD^o



SERVES: 8 (approx. ½ cup each) Prep Time: 15 min. Cooking Time: 37 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): ½ ½ 1

Loaded with fiber and protein, lentils are a great source of nutrition, but they can be a bit dull if not prepared properly. This French Lentil Salad is layered with flavors, both during and after cooking, giving you a lip-smacking mix of savory, sweet, salt, and herbs. If you think you don't like lentils, now's the time to give them a second try.

- 1 cup** finely chopped red onion (approx. 1½ medium)
- ½ cup** finely chopped celery (approx. 1¼ medium stalks)
- ½ cup** peeled and finely chopped carrots (approx. 1¼ medium)
- 1 cup** dry French green lentils, rinsed
- 1** bay leaf
- 3 sprigs** fresh thyme
- Water**
- ¼ cup** olive oil
- 1 Tbsp.** finely chopped fresh dill
- 1 Tbsp.** finely chopped fresh tarragon
- 1 Tbsp.** finely chopped celery leaves
- ¼ cup** red wine vinegar
- 1 Tbsp.** white miso paste (or ½ tsp. sea salt or Himalayan salt)
- ½ tsp.** ground black pepper
- ½ cup** thinly sliced red onion (approx. ⅔ medium)
- ¼ cup** pine nuts, toasted

- 1.** Heat medium saucepan, lightly coated with spray, over medium heat.
- 2.** Add *chopped* onion, celery, and carrots; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add lentils, bay leaf, and thyme. Cover with 2 inches of water. Bring to a boil. Reduce heat to low; gently boil, covered, for 20 to 25 minutes, or until lentils are tender but still have some bite.
- 4.** While lentils are cooking, make dressing by combining oil, dill, tarragon, celery leaves, vinegar, miso paste, and pepper in a large bowl; whisk to blend.
- 5.** When lentils are finished cooking, drain; discard bay leaf and thyme sprigs.
- 6.** Add lentils to dressing; toss gently to blend.
- 7.** Add *sliced* onion and pine nuts; mix well.
- 8.** Serve warm or at room temperature.

RECIPE NOTES:

- The best lentils to use are French green lentils du Puy.
- While it's fine to serve this salad right away, we find that letting it cool to room temperature really gives the lentils a chance to absorb the flavors in the dressing.
- There are not enough lentils to make up a full ½ (Protein) and that is why you see the ½ (Carbohydrates - Whole Grains).

SPECIAL EQUIPMENT:

Nonstick cooking spray

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 158 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 107 mg Carbohydrates: 14 g Fiber: 4 g Sugars: 2 g Protein: 6 g





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FRENCH ONION SOUP^o

SERVES: 6 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 1 hr. 5 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  ½  ½



1 Tbsp. olive oil
4 cups sliced onions (approx. 4 medium)
4 cloves garlic, finely chopped
½ cup red wine
6 cups low-sodium organic beef broth
1 (8-oz.) smoked turkey leg (optional)
2 bay leaves
3 fresh thyme sprigs
1 dash sea salt (or Himalayan salt)
¼ tsp. ground white pepper
3 slices low-sodium sprouted whole-grain bread (like Ezekiel[®])
6 Tbsp. shredded Gruyère cheese (approx. 2 oz.)

1. Heat oil in large saucepan over medium-high heat.
2. Add onions; cook, stirring frequently, for 8 to 10 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 1 minute, or until tender. Reduce heat to low, cook, stirring occasionally, for 25 to 30 minutes, or until onions are a soft brown color.
4. Add wine. Bring to a boil over high heat. Reduce heat; gently boil for 2 to 4 minutes, or until pan is almost dry.
5. Add broth, turkey leg (if desired), bay leaves, thyme, salt, and pepper. Bring to a boil over high heat; reduce heat to medium-low, simmer for 13 to 15 minutes.
6. While soup is cooking, preheat oven to 425° F.
7. Place bread on medium baking sheet; top evenly with cheese (2 Tbsp.). Bake for 10 to 12 minutes, or until cheese is bubbly and brown. Cut diagonally in half.
8. Once soup is finished cooking, remove turkey leg, bay leaves, and thyme.
9. Evenly ladle soup into six serving bowls; top each with a half slice of bread.

VARIATION:

You can substitute Parmesan cheese for Gruyère.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 154 Total Fat: 5 g Saturated Fat: 2 g Cholesterol: 13 mg Sodium: 243 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 4 g Protein: 9 g

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GARDEN VEGETABLE SOUP^o

SERVES: 4 (1¼ cups each) **Prep Time:** 20 min. **Cooking Time:** 43 min.

CONTAINER EQUIVALENTS (per serving): 2 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): 2 1



- 1 Tbsp.** olive oil
- 1 cup** chopped onion (approx. 1½ medium)
- 3 cloves** garlic, finely chopped
- 1 cup** chopped carrots (approx. 2 medium)
- ½ cup** chopped celery (approx. 1 medium stalk)
- 1 cup** fresh (or frozen) green beans, cut into ½-inch pieces
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 4 cups** low-sodium organic vegetable broth
- 1 cup** seeded, chopped tomatoes (approx. 1½ medium)
- ½ cup** frozen corn kernels
- 1 Tbsp.** finely chopped fresh parsley
- 2 tsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)

- 1.** Heat oil in large saucepot over medium-high heat until fragrant.
- 2.** Add onion, garlic, carrots, celery, green beans, salt, and pepper; cook, stirring frequently, for 5 to 7 minutes, or until onion is translucent and vegetables begin to soften.
- 3.** Add broth. Bring to a boil. Reduce heat to low. Gently boil for 1 minute.
- 4.** Add tomatoes and corn; gently boil, stirring occasionally 25 to 30 minutes uncovered, or until vegetables are fork tender.
- 5.** Remove from heat. Add parsley, lemon juice, and lemon peel; enjoy!

RECIPE NOTES:

- You can substitute fresh corn cut off the cob for frozen corn.
- This soup is a great way to use up leftover veggies from the fridge or an excess from your garden, as almost any vegetable will work well in it. Just remember that if you're using starchy vegetables like peas or potatoes, you will need to use your yellow container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 116 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 479 mg Carbohydrates: 19 g Fiber: 5 g Sugars: 7 g Protein: 3 g

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HEARTY WINTER SALAD^o

GF

SERVES: 4 Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  1



- 1 cup** chopped kale
- 1 cup** cooked quinoa (preferably red)
- 2** large hard-boiled eggs, chopped
- 1 (12-oz.) can** chunk light tuna, packed in water, drained
- ½ cup** finely chopped shallot (approx. 3 medium shallots)
- ½ cup** chopped canned beets, drained
- 4 tsp.** raw pine nuts, toasted
- 4 Tbsp.** **Rosemary Blue Cheese Dressing**
(see separate recipe for *Rosemary Blue Cheese Dressing*)

- 1.** Combine kale and quinoa in a large salad bowl; toss gently to blend.
- 2.** Top with eggs, tuna, shallot, and beets.
- 3.** Sprinkle with pine nuts. Drizzle with dressing; serve immediately.

RECIPE NOTE:


If you would like to use fresh beets instead of canned, put peeled beets in oven-safe saucepot with enough water to come a quarter way up the beets; cover. Bake at 375° F for about an hour, or until they are tender all the way through.

VARIATION:

You can substitute the canned tuna with canned chicken breast (in water), 9 oz. sliced grilled chicken, or 9 oz. fresh ahi tuna. If using fresh tuna, sear for 1 minute on each side in a dry pan before slicing.






^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving) Hearty Winter Salad and Dressing: Calories: 305 Total Fat: 18 g Saturated Fat: 3 g Cholesterol: 138 mg Sodium: 526 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 4 g Protein: 22 g

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ITALIAN WEDDING SOUP

SERVES: 5 (2 cups each, 5 meatballs each) **Prep Time: 15 min.** **Cooking Time: 20 min.**

CONTAINER EQUIVALENTS (per serving):  1  1  ½  ½  2


1 tsp. olive oil
¾ cup finely chopped onion (approx. 1 medium)
2 cloves garlic, finely chopped
6 cups low-sodium organic chicken broth
5 lightly packed cups greens, trimmed, torn into bite-sized pieces (approx. 1 large bunch)
25 **Italian Meatballs**
(see separate recipe for Italian Meatballs)
2 large eggs, lightly beaten
2 Tbsp. grated Parmesan cheese
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add broth. Bring to a boil.
- 5.** Add greens. Reduce heat to low; gently boil, covered, for 10 minutes.
- 6.** Add meatballs; cook, stirring occasionally, for 5 minutes.
- 7.** Combine eggs and cheese in a small bowl; mix with a fork to blend.
- 8.** Slowly pour egg mixture into the hot soup, stirring constantly. Gently boil until egg bits are just set, about 30 seconds.
- 9.** Season with salt and pepper.

RECIPE NOTE:





You can use escarole, spinach, Swiss chard, or your favorite greens in this recipe.

NUTRITIONAL INFORMATION (per serving): **Calories: 352** **Total Fat: 18 g** **Saturated Fat: 5 g** **Cholesterol: 220 mg** **Sodium: 793 mg** **Carbohydrates: 18 g** **Fiber: 3 g** **Sugars: 3 g** **Protein: 33 g**

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MEXICAN CHICKEN TORTILLA SOUP

SERVES: 4 (1½ cups each) Prep Time: 15 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving):  2  1  1½  1

- 8** (6-inch) corn tortillas, *divided use*
- 2 tsp.** olive oil
- ½ cup** chopped onion (approx. ⅔ medium)
- 2 cups** sliced celery (approx. 4 medium stalks)
- 2 cloves** garlic, chopped
- 1½ cups** chopped tomatoes (approx. 4 medium)
- 6 cups** low-sodium organic chicken broth, *divided use*
- 3 cups** chopped cooked chicken breast, boneless, skinless
- 1½ cups** sliced carrots (approx. 3 medium)
- 1 tsp.** dried Mexican oregano leaves
- 1 tsp.** ancho chili powder
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ½** medium avocado, chopped
- ¼ cup** chopped fresh cilantro
- 4 tsp.** crumbled Cotija cheese

SPECIAL EQUIPMENT:


Parchment paper

- 1.** Preheat oven to 350° F.
- 2.** Line large baking sheet with parchment paper.
- 3.** Place 4 tortillas on baking sheet. Bake for 8 to 10 minutes, or until toasted and crispy. Remove from oven. When cool, break into pieces. Set aside.
- 4.** Heat oil in large saucepan over medium heat.
- 5.** Add onion and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add tomatoes; cook, stirring frequently, for 5 minutes, or until tomatoes are soft. Set aside.
- 8.** Add onion mixture, 2 cups broth, and half of toasted corn tortilla pieces to blender (or food processor); cover. Blend until smooth.
- 9.** Add blended mixture to large saucepan. Add *remaining 4 cups* broth, chicken, carrots, oregano, chili powder, salt, and pepper. Bring to a boil over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes, or until carrots are tender.
- 10.** Top each serving with ⅓ avocado, chopped, 1 tsp. cotija cheese, 1 (6-in.) corn tortilla, 1 Tbsp. chopped fresh cilantro.

RECIPE NOTES:

- For a vegetarian version replace chicken broth with low-sodium organic vegetable broth and omit chicken breast.
- You can substitute any ground chili powder for ancho chili powder.
- Cotija cheese can be found in many grocery stores, or specialty Hispanic markets. You can substitute feta cheese for Cotija cheese.

NUTRITIONAL INFORMATION (per serving): Calories: 480 Total Fat: 15 g Saturated Fat: 3 g Cholesterol: 99 mg Sodium: 634 mg Carbohydrates: 42 g Fiber: 9 g Sugars: 8 g Protein: 48 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



MINISTRONE SOUP

SERVES: 8 (approx. 1 cup each) **Prep Time: 15 min.** **Cooking Time: 23 min.**

CONTAINER EQUIVALENTS (per serving): 1½ ½ ½

- 2 tsp.** olive oil
- ½ cup** finely chopped onion (approx. ½ medium)
- 1 cup** chopped carrots (approx. 2 medium)
- 1 cup** chopped celery (approx. 2 medium stalks)
- 1 clove** garlic, finely chopped
- 6 cups** low-sodium organic vegetable broth
- 1 (28-oz.) can** whole peeled tomatoes, crushed (preferably San Marzano)
- 1 lb.** Swiss chard, stems trimmed, leaves chopped
- 1 (15-oz.) can** cannellini beans, drained, rinsed
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 8 tsp.** grated Parmesan cheese
- 8 tsp.** chopped fresh flat leaf (Italian) parsley

- 1.** Heat oil in large saucepan over medium heat.
- 2.** Add onion, carrots, and celery; cook, stirring frequently, for about 5 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add broth and tomatoes. Bring to a boil.
- 5.** Add chard; gently boil, stirring occasionally, for 6 minutes.
- 6.** Add beans; cook, stirring occasionally, for 2 minutes. Season with salt and pepper.
- 7.** Evenly divide soup into eight serving bowls. Serve immediately sprinkled with 1 tsp. cheese and 1 tsp. parsley each.






NUTRITIONAL INFORMATION (per serving): **Calories: 128** **Total Fat: 2 g** **Saturated Fat: 1 g** **Cholesterol: 2 mg** **Sodium: 444 mg** **Carbohydrates: 20 g** **Fiber: 6 g** **Sugars: 7 g** **Protein: 6 g**

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ON-THE-GO SALAD

SERVES: 1 Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  2  ½  1  ½  ½

½ cup fresh baby spinach

½ cup fresh arugula

¼ cup snap peas (or sugar snap peas)

¼ cup shredded carrot
(approx. ½ medium)


2 **Pineapple Chicken Skewers** (see separate recipe for **Pineapple Chicken Skewers**), remove bamboo skewers

1 tsp. sesame seeds

1 Tbsp. **Asian Vinaigrette** (see separate recipe for **Asian Vinaigrette**)

1. Combine spinach, arugula, snap peas, and carrot in a serving bowl; toss gently to blend.
2. Top with Pineapple Chicken Skewers.
3. Sprinkle with sesame seeds; drizzle with Asian Vinaigrette.

NUTRITIONAL INFORMATION (per serving): Calories: 293 Total Fat: 10 g Saturated Fat: 2 g Cholesterol: 83 mg Sodium: 724 mg Carbohydrates: 19 g Fiber: 4 g Sugars: 12 g Protein: 28 g

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ORANGE AND FENNEL SALAD WITH KALAMATA OLIVES

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 2

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 2

- 4** medium oranges, peeled, white pith removed, sliced in ¼-inch slices
- 2 cups** thinly sliced fennel bulb, fronds chopped and reserved (approx. 1 large fennel bulb)
- 20** Kalamata olives, pitted, cut in half
- 2 Tbsp. + 2 tsp.** extra-virgin olive oil
- Fresh lemon juice (optional)
- 1 pinch** sea salt (or Himalayan salt)
- Ground black pepper (to taste)

1. Arrange orange slices in an even layer on a large serving plate. Set aside.
2. Arrange fennel slices over top of oranges so that you can still see the oranges, which are the star of the show, beneath them. (Reserve any remaining fennel for future salads, soups, or braises.)
3. Sprinkle olives over fennel; drizzle with oil and lemon juice (if desired).
4. Season with salt and pepper. Refrigerate, covered, for at least 30 minutes to allow flavors to meld.
5. When ready to serve, garnish with reserved fennel fronds. Enjoy!

TIPS:

- A mandoline works great for slicing the fennel bulb.
- Use a good extra-virgin olive oil to make this tasty salad. It's the healthiest olive oil and is judged to have the best taste.

NUTRITIONAL INFORMATION (per serving): **Calories:** 206 **Total Fat:** 15 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 328 mg **Carbohydrates:** 19 g **Fiber:** 5 g **Sugars:** 15 g **Protein:** 2 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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QUINOA AND BLACK BEAN SALAD^o

SERVES: 6 (1 cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 1

I usually make a bunch of quinoa at the beginning of the week, so I'm always looking for things to mix it into instead of just eating it by itself. I usually throw some quinoa in with fruit or veggies or whatever I have handy. Out of all the combinations, this recipe is my hands-down favorite.

- ½ cup** **canned black beans, drained, rinsed**
- 2 cups** **cooked quinoa**
- 1 cup** **red bell pepper, finely chopped (approx. 1¼ medium)**
- 1 cup** **orange bell pepper, finely chopped (approx. 1¼ medium)**
- 1 cup** **yellow bell pepper, finely chopped (approx. 1¼ medium)**
- ½ cup** **frozen corn kernels, thawed**
- 3 Tbsp.** **fresh lime juice**
- 2 tsp.** **red wine vinegar**
- 2 Tbsp.** **olive oil**
- 1½ tsp.** **ground cumin**
- 1 tsp.** **sea salt (or Himalayan salt)**
- Ground black pepper (to taste; optional)**
- 1 bunch** **fresh cilantro, finely chopped**

- 1.** Combine beans, quinoa, bell peppers, and corn.
- 2.** Add lime juice, vinegar, oil, cumin, salt, and pepper (if desired).
- 3.** Garnish with cilantro.

RECIPE NOTES:

- This salad is delicious when eaten immediately.
- It holds well, refrigerated in an airtight container, and can be stored for up to 2 to 3 days.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 166 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 200 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 2 g Protein: 5 g

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ROAST ARTICHOKE SALAD WITH CHICKPEA VINAIGRETTE

SERVES: 4 (approx. 1 cup each) **Prep Time:** 10 min. + 30 min. to cool **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ ½ 2

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1 2

FOR SALAD:

- 3 cups** frozen artichoke hearts, thawed, patted dry (or 4 cups canned hearts, drained, rinsed, patted dry)
- 1 Tbsp.** olive oil
- ¼ tsp** sea salt (or Himalayan salt)
- 1½ cups** firm tofu, drained and cut into ½-inch cubes
- ½ cup** sliced red onion (approx. ⅓ medium)
- ¼ cup** fresh basil leaves, roughly torn
- ¼ cup** sliced roasted red peppers, drained
- 2 Tbsp.** capers, drained

1. Preheat oven to 350° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Place artichokes in a medium bowl, add oil and salt, and toss gently to coat.
4. Spread artichokes evenly on baking sheet; bake for 20 minutes, or until artichokes are golden brown around the edges. Set aside.
5. While artichokes cook, place chickpeas, parsley, olive oil, sesame oil, lemon juice, capers, garlic, salt, pepper, and water in a blender; cover. Blend on high until smooth, about 30 seconds.
6. Place cooked artichokes, tofu, onion, and vinaigrette in a mixing bowl and toss to coat. Set aside to marinate until artichokes reach room temperature, about 30 minutes.
7. Top with basil, red peppers, and capers. Serve immediately, or store in the refrigerator in an airtight container for up to 4 days.

FOR VINAIGRETTE:

- ½ cup** chickpeas (garbanzo beans), drained, rinsed
- ¼ cup** fresh parsley
- 2 Tbsp.** olive oil
- 1 Tbsp.** sesame oil
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** capers
- 1 clove** garlic, finely chopped
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 Tbsp.** water

SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): Calories: 267 Total Fat: 17.4 g Saturated Fat: 2.3 g Cholesterol: 0 mg Sodium: 428 mg Carbohydrates: 18 g Fiber: 11 g Sugars: 2 g Protein: 12 g

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ROAST CAULIFLOWER AND KALE SALAD

SERVES: 4 (1 cup salad with 1 Tbsp. dressing each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 1

FOR SALAD:

4 cups	cauliflower florets
1 pinch	sea salt (or Himalayan salt)
3½ cups	torn kale, stems removed
½ cup	thinly sliced red onion
½ cup	gorgonzola cheese (or crumbly blue cheese of choice, optional)
¼ cup	pine nuts

FOR DRESSING:

3 Tbsp.	extra-virgin olive oil
1 Tbsp.	red wine vinegar
1 Tbsp.	water
1 tsp.	Dijon mustard
1 clove	garlic, finely chopped
1 tsp.	chopped fresh tarragon
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper

SPECIAL EQUIPMENT:

Olive oil cooking spray

1. Preheat oven to 425° F. Prepare two baking sheets with aluminum foil.
2. Add cauliflower to a medium- to large-sized bowl. Lightly coat cauliflower with spray and toss with a pinch of salt; spread on baking sheet. Spread kale on second baking sheet and lightly coat with spray.
3. Bake cauliflower for 25 minutes, or until golden brown and tender. Add kale to oven after 15 minutes and bake for 10 minutes.
4. While cauliflower is baking, whisk together oil, vinegar, water, mustard, garlic, tarragon, salt, and pepper in a medium- to large- sized bowl. Set aside.
5. Once cauliflower is cool enough to handle, toss with kale, onion, and dressing; top with cheese (if desired) and pine nuts.
6. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

RECIPE NOTE:

If you forego the cheese, the containers for this recipe are 2 1

NUTRITIONAL INFORMATION (per serving): **Calories:** 240 **Total Fat:** 20 g **Saturated Fat:** 5 g **Cholesterol:** 12 mg **Sodium:** 261 mg **Carbohydrates:** 10 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 7 g

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SALMON SALAD

SERVES: 4 (approx. 1 cup each) **Prep Time:** 12 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

- 3 cups** cooked salmon, flaked (approx. 1 lb.)
- ½ cup** chopped celery (approx. 1 medium stalk)
- ½ cup** shredded carrot (approx. 1 medium)
- ½ cup** finely chopped red bell pepper (approx. ¾ medium)
- ¼ cup** finely chopped red onion (approx. ¼ small)
- ¼ cup** sliced green onion (approx. 1 large)
- 2 Tbsp.** fresh lemon juice
- 2 Tbsp.** Dijon mustard
- 4 tsp.** reduced-sodium tamari soy sauce
- 1 Tbsp.** sesame oil
- 1 Tbsp.** dried minced garlic
- 1 tsp.** ground ginger

- 1.** Combine salmon, celery, carrot, bell pepper, red onion, green onion, lemon juice, mustard, soy sauce, oil, garlic, and ginger in a medium mixing bowl; toss to combine.

RECIPE NOTE:

This recipe is delicious on its own, but also tastes great with our FIXATE Gluten-Free Fresh Bread (*see separate recipe for FIXATE Gluten-Free Fresh Bread*) or served in lettuce cups. If you pair it with the bread, don't forget to count your Yellow Container (Carbohydrates).

NUTRITIONAL INFORMATION (per serving): **Calories:** 236 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 51 mg
Sodium: 482 mg **Carbohydrates:** 6 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 26 g

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SPRING SALAD^o

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 20 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 ½ 1



What better way to highlight the bright, fresh flavors of spring than a fun fruit and veggie salad. With a beautiful blend of flavors, colors, and textures, this deceptively simple salad is full of nuance and depth, from the snap of the sugar snap peas to the scintillating bursts of orange and mint. It's like sunshine on your plate!

- | | |
|--|---|
| <p>½ cup reduced-fat (2%) plain Greek yogurt</p> <p>1 Tbsp. fresh lemon juice</p> <p>1 Tbsp. finely grated orange peel (orange zest)</p> <p>1 Tbsp. olive oil</p> <p>1 Tbsp. chopped fresh dill weed</p> <p>1 tsp. honey</p> <p>¼ tsp. sea salt (or Himalayan salt)</p> <p>¼ tsp. ground black pepper</p> <p>2 cups sugar snap peas, sliced thin</p> <p>1 cup radishes, ends trimmed, cut into quarters (approx. 1 bunch)</p> <p>1 cup chopped cucumber (approx. ⅔ medium)</p> <p>1 cup orange segments (approx. 1½ medium)</p> <p>1 cup strawberries, cut into quarters</p> <p>½ cup torn mint leaves</p> | <ol style="list-style-type: none"> 1. Combine yogurt, lemon juice, orange peel, oil, dill, honey, salt, and pepper in a large bowl; whisk to blend. 2. Add snap peas, radishes, cucumber, orange segments, strawberries, and mint leaves; toss gently to blend. |
|--|---|

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**




NUTRITIONAL INFORMATION (per serving): **Calories:** 117 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 1 mg **Sodium:** 165 mg **Carbohydrates:** 15 g **Fiber:** 4 g **Sugars:** 11 g **Protein:** 5 g

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SPRING VEGGIE ORZO SALAD

SERVES: 5 (approx. $\frac{3}{8}$ cup each) Prep Time: 20 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving):  $\frac{1}{2}$  $1\frac{1}{2}$  2

FOR DRESSING:


$\frac{1}{4}$ cup extra-virgin olive oil
2 Tbsp. fresh lemon juice
 $\frac{3}{4}$ tsp. sea salt (or Himalayan salt)
 $\frac{1}{4}$ tsp. ground black pepper
2 tsp. honey (or coconut sugar)
1 clove garlic, finely chopped

FOR ORZO:

3 cups low-sodium organic chicken (or vegetable) broth
1 cup dry orzo, whole wheat
 $\frac{1}{2}$ cup frozen peas
 $\frac{1}{2}$ cup chopped carrots ($\frac{1}{2}$ -inch)
 $\frac{1}{2}$ cup sliced asparagus ($\frac{1}{2}$ -inch rounds)
 $\frac{1}{2}$ cup chopped zucchini ($\frac{1}{2}$ -inch)
 $\frac{1}{4}$ cup coarsely chopped fresh basil
1 Tbsp. finely grated lemon peel (lemon zest) (approx. 1 lemon)

1. Combine oil, lemon juice, salt, pepper, honey, and garlic in a medium bowl; whisk to blend. Set aside.
2. Bring broth to a boil in large pot over high heat.
3. Add orzo; cook, stirring occasionally, for 8 to 10 minutes, or until tender with a little bite.
4. While orzo is cooking place a colander on top of pot. Place peas, carrots, asparagus, and zucchini in colander. Top with a lid. Let vegetables steam until orzo has finished cooking.
5. Set vegetables aside. Drain orzo and rinse under cold water. Drain all excess water. Place in a large mixing bowl.
6. Add steamed vegetables, basil, lemon peel, and dressing; toss gently to blend. Enjoy at room temperature, or refrigerate and serve chilled.

RECIPE NOTES:

- Orzo can be cooked in lightly salted water instead of broth.
- Vegetables can be steamed separately.
- To make a more complete meal, add 1  of cooked, pulled chicken breast to each serving.

NUTRITIONAL INFORMATION (per serving): Calories: 253 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 378 mg Carbohydrates: 34 g Fiber: 4 g Sugars: 4 g Protein: 7 g



SUMMER TOMATO SALAD^o

SERVES: 6 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1



- 5 cups** sliced Roma tomatoes (approx. 6 medium tomatoes)
- 1 cup** green onions (scallions), sliced thin
- 1 cup** daikon (or other radish), julienned (cut into matchstick-sized pieces)
- 1** yellow bell pepper, julienned (cut into matchstick-sized pieces)
- 6 Tbsp.** Creamy Raspberry Vinaigrette (see separate recipe for *Creamy Raspberry Vinaigrette*)

1. Combine tomatoes, green onions, daikon, and bell pepper in a medium bowl; toss gently to blend.
2. Drizzle with Creamy Raspberry Vinaigrette; toss gently to blend. Enjoy!

TIPS:

- Cut tomatoes in half lengthwise, then slice them into half-moons.
- If using the to measure this rich and delicious dressing, make sure you fill the container only halfway. That measurement counts as one full . A little goes a long way!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 131 mg Carbohydrates: 12 g Fiber: 3 g Sugars: 7 g Protein: 2 g

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THAI CHICKEN SALAD (WITH THAI SALAD DRESSING)

SERVES: 4 (2¾ cups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ■ 2 ■ 1 ■ ½ ■ 1


2 cups mixed salad greens
½ cup thinly sliced cauliflower
½ cup thinly sliced broccoli
1¼ cups thinly sliced red bell pepper (approx. 1 medium bell pepper)
½ cup carrot strips (approx. 1 medium carrot, cut into thin strips or small ribbons)
1 cup sliced English hot house cucumber, peeled (approx. ¼ medium cucumber)
½ cup thinly sliced green onions (scallions)
¼ cup radicchio
24 whole raw peanuts, chopped
8 Tbsp. Thai Salad Dressing (see separate recipe for *Thai Salad Dressing*)
3 cups shredded cooked chicken breast, boneless, skinless

1. Combine salad greens, cauliflower, broccoli, bell pepper, carrot, cucumber, green onions, radicchio, and peanuts in a large serving bowl.
2. Drizzle with warm (or cool) Thai Salad Dressing; toss gently to blend; top with chicken. Serve immediately.

TIP:

If using warm dressing, place your salad greens in the bottom of the bowl with the hard vegetables such as cauliflower and broccoli on top to prevent your greens from wilting.

NUTRITIONAL INFORMATION (per serving) **Thai Chicken Salad (with Thai Salad Dressing):** Calories: 350 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 89 mg Sodium: 612 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 13 g Protein: 39 g

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TOASTED KALE SALAD WITH LEMON DIJON SALAD DRESSING^o

SERVES: 2 Prep Time: 15 min. Cooking Time: 25 min.

CONTAINER EQUIVALENTS (per serving):  2  ½  1  ½  ½ tsp.



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| <p>1 slice low-sodium sprouted whole-grain bread (like Ezekiel[®]), cut into 1-inch cubes</p> <p>¼ tsp. + 1 pinch sea salt (or Himalayan salt), <i>divided use</i></p> <p>1 pinch ground black pepper</p> <p>2 (4-oz.) raw chicken breasts, boneless, skinless</p> <p>½ tsp. chili powder</p> <p>1 bunch kale, torn into large pieces (approx. 6 oz.)</p> <p>2 Tbsp. Lemon Dijon Salad Dressing (see separate recipe for Lemon Dijon Salad Dressing)</p> <p>Finely chopped lemon peel (lemon zest) (for garnish; optional)</p> | <ol style="list-style-type: none"> 1. Preheat oven to 450° F. 2. Line baking sheet with parchment paper. Set aside. 3. Lightly coat bread with spray and sprinkle with <i>1 pinch</i> salt and pepper. Place on prepared baking sheet. Bake for 10 to 12 minutes, or until croutons are toasted and crunchy. Set aside. 4. Sprinkle chicken on each side evenly with <i>remainings</i> salt and chili powder. Set aside. 5. Heat large cast iron skillet over medium-high heat. 6. Add chicken; cook, for 6 to 8 minutes on each side, or until chicken is no longer pink in the middle, and is blackened on the outside. Remove chicken from pan. Keep warm. 7. Lightly coat kale with spray, add to skillet; cook over high heat, for 4 to 5 minutes, turning once, until kale is crispy and lightly charred. 8. Evenly divide kale between two serving plates. 9. Slice chicken into strips, top kale with chicken and croutons. 10. Drizzle each serving with 1 Tbsp. Lemon Dijon Salad Dressing. 11. Top with lemon peel, if desired. |
|---|--|

SPECIAL EQUIPMENT:

Parchment paper
Olive oil cooking spray

RECIPE NOTE:

You can make this salad vegetarian by eliminating the chicken.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 274 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 88 mg Sodium: 688 mg Carbohydrates: 16 g Fiber: 5 g Sugars: 2 g Protein: 29 g

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TUNA SALAD WITH ARTICHOKE AND OLIVES^o

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 20 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 1 1 1



- 5 cans (5-oz. each)** chunk light tuna, packed in water, drained
- 3 cups** artichoke hearts, packed in water, drained, chopped
- 1 cup** chopped red bell peppers (approx. 1¼ medium)
- 40** medium black olives, chopped (approx. 1 cup)
- 1 Tbsp. + 1 tsp.** **FIXATE Mayonnaise** (see separate recipe for *FIXATE Mayonnaise*)
- 2 tsp.** fresh lemon juice
- 1½ tsp.** chopped fresh oregano
- ¼ tsp.** ground black pepper
- 4** large Boston (or Bibb) lettuce leaves

- 1.** Combine tuna, artichoke hearts, bell peppers, olives, mayonnaise, lemon juice, oregano, and pepper in a medium bowl; mix well.
- 2.** Place a leaf of lettuce on each of four serving plates; top evenly with tuna salad.
- 3.** Serve immediately.

RECIPE NOTE:

½ tsp. dried oregano can be substituted for fresh oregano.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 330 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 90 mg **Sodium:** 507 mg **Carbohydrates:** 21 g **Fiber:** 13 g **Sugars:** 3 g **Protein:** 42 g

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TUSCAN BEAN SALAD^o

SERVES: 6 (¾ cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 2

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 2



- 2 cans (15-oz. each)** cannellini beans, drained, rinsed
- ¾ cup** seeded, chopped Roma tomatoes (approx. 2 medium)
- 2 cloves** garlic, finely chopped
- ⅓ cup** thinly sliced red onion (approx. ½ medium)
- 1 Tbsp.** finely chopped fresh rosemary
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 3 Tbsp.** extra-virgin olive oil
- 1 Tbsp.** red wine vinegar
- ¼ cup** loosely packed, fresh whole basil leaves

1. Combine beans, tomatoes, garlic, onion, rosemary, salt, pepper, oil, and vinegar in a large mixing bowl; toss gently to blend.
2. Stack and roll basil leaves on your work surface and thinly slice (chiffonade). Add to bean mixture; toss gently to blend. Enjoy!

RECIPE NOTES:

- To seed a fresh tomato, cut the ends off, cut out the core, and gently scoop out any remaining seeds that weren't removed with the core.
- Chiffonade is a simple technique in which the leaves of a soft herb are stacked, rolled, and sliced thin. It is a great way to cut delicate herbs without bruising and it looks beautiful!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 304 mg Carbohydrates: 17 g Fiber: 4 g Sugars: 1 g Protein: 6 g

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VEGAN CREAM OF ASPARAGUS SOUP^o



SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 31 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): 1½ 1

A bright pop of lemon and a refreshing hint of dill are all you need to underscore the light, springtime flavor of fresh asparagus. Cashews add creaminess while still keeping things vegan for a soup that's as easy as it is tasty!

- 1½ cups** chopped onion (approx. 2 medium)
- 40 spears** asparagus, stems trimmed, cut into 1-inch pieces
- 3½ cups** low-sodium organic vegetable broth
- ½ cup** whole raw cashews, coarsely chopped (approx. 2 oz.)
- 2 Tbsp.** fresh lemon juice
- 2 tsp.** finely grated lemon peel (lemon zest)
- 1 Tbsp.** finely chopped fresh dill weed
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground white (or black) pepper

1. Heat large stockpot, lightly coated with spray, over medium heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add asparagus; cook, stirring frequently, for 5 minutes. Remove 8 asparagus tips for garnish if desired.
4. Add broth and cashews. Bring to a boil. Reduce heat to medium-low; gently boil for 20 minutes, or until asparagus is very tender.
5. Add lemon juice, lemon peel, dill, salt, and pepper. Using an immersion blender, blend until smooth. (Remember to fully submerge immersion blender before starting to blend.)
6. Divide evenly between four serving bowls (approx. 1 cup each). Garnish each with two asparagus tips and enjoy!

SPECIAL EQUIPMENT:

Olive oil cooking spray

RECIPE NOTES:

- To trim asparagus ends, hold one stalk of asparagus by each end and flex until it snaps. Cut remaining stalks to length of broken stalk.
- If your asparagus stalks have very thick stems, use a vegetable peeler to peel the bottom third until bottoms are equal width with the rest of the stalk.
- If you do not have an immersion blender, place soup in blender, in two or more batches, if necessary; cover with lid. Remove lid's center insert and cover securely with a kitchen towel. Start blender on slow and increase speed as you blend. Blend until smooth. Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.
- Store leftover soup in an airtight container for up to 5 days. You can also divide soup into individual portions and freeze for up to 3 months.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 161 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 415 mg **Carbohydrates:** 20 g **Fiber:** 6 g **Sugars:** 8 g **Protein:** 7 g

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WATERMELON SALAD

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 ½

- 4 cups** cubed watermelon, seedless
- 2 cups** chopped cucumber, seedless
- 28** unsalted roasted peanuts
- 2 Tbsp.** low-sodium tamari soy sauce (or Thai fish sauce)
- 2 Tbsp.** fresh lime juice
- 1 Tbsp.** coconut sugar
- 1 Tbsp.** torn mint leaves
- 1 Tbsp.** torn basil leaves
- 2 tsp.** finely grated lime peel (lime zest)
- 1 clove** garlic, finely chopped (or grated)
- 1 tsp.** finely chopped (or grated) fresh ginger

- 1.** Combine watermelon, cucumber, peanuts, soy sauce (or fish sauce), lime juice, sugar, mint, basil, lime peel, garlic, and ginger in a medium bowl; mix well. Enjoy!

RECIPE NOTE:

This salad can be made the day before and left to marinate, covered, in the refrigerator.

NUTRITIONAL INFORMATION (per serving): **Calories:** 112 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 293 mg **Carbohydrates:** 18 g **Fiber:** 2 g **Sugars:** 13 g **Protein:** 4 g





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ZOODLE NOODLE SALAD

SERVES: 4 (approx. 1¼ cups each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1

3 cups spiralized zucchini
(approx. 3 medium)

1 cup halved grape tomatoes

8 slices cooked turkey bacon, chopped

4 large hard-boiled eggs, chopped

¼ cup blue cheese crumbles

¼ cup low-fat (1%) sour cream

1 Tbsp. extra-virgin olive oil

1 Tbsp. fresh lemon juice

1 Tbsp. chopped fresh basil

½ tsp. onion powder

¼ tsp. sea salt (or Himalayan salt)


¼ tsp. ground black pepper

1. Combine zucchini, tomatoes, turkey bacon, eggs, cheese, sour cream, oil, lemon juice, basil, onion powder, salt, and pepper in a large mixing bowl; toss to blend.
2. Serve immediately.

RECIPE NOTES:

- A spiralizer is an inexpensive tool that cuts fresh veggies into noodles. You can use a spiralizer to cut the zucchini in this recipe.
- If you don't have a spiralizer, you can use a vegetable peeler: Cut each zucchini lengthwise into strips about 1/8-inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Cut slices lengthwise into 1/2-inch ribbons.

NUTRITIONAL INFORMATION (per serving): **Calories:** 271 **Total Fat:** 18 g **Saturated Fat:** 6 g **Cholesterol:** 215 mg **Sodium:** 776 mg **Carbohydrates:** 11 g **Fiber:** 3 g **Sugars:** 6 g **Protein:** 17 g

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SAUCE, DRESSING, &
SEASONING RECIPES

ADOBO SEASONING^o



SERVES: 10 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



- 1 Tbsp. ground paprika
- 1 Tbsp. ground coriander
- 1 Tbsp. ground turmeric
- 1 Tbsp. finely grated lemon peel (lemon zest)
- 2 tsp. ground black pepper
- 1½ tsp. onion powder
- 1½ tsp. dried oregano
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. saffron
- 1 tsp. sea salt (or Himalayan salt)

1. Combine paprika, coriander, turmeric, lemon peel, pepper, onion powder, oregano, garlic powder, cumin, saffron, and salt in a medium bowl; mix well.
2. Store in an airtight container in a cool, dark place.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 11 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 229 mg Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 0 g

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Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

ALL-PURPOSE SEASONING^o



SERVES: 5 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



- | | | |
|--|--|---|
| <p>1 Tbsp. + 1 tsp.
2 tsp.
2 tsp.
¼ tsp.
¼ tsp.
1 tsp.</p> | <p>onion powder
garlic powder
mustard powder
dried thyme
ground black pepper
sea salt
(or Himalayan salt)</p> | <ol style="list-style-type: none"> 1. Combine onion powder, garlic powder, mustard powder, thyme, pepper, and salt in a medium bowl; mix well. 2. Store in an airtight container in a cool, dark place. |
|--|--|---|

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 15 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 459 mg Carbohydrates: 3 g Fiber: 0 g Sugars: 0 g Protein: 1 g

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ASIAN VINAIGRETTE^o

SERVES: 8 (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1



1/3 cup rice vinegar
1/3 cup reduced-sodium tamari soy sauce
1 tsp. honey
2 tsp. freshly grated ginger
1/4 cup + 1 Tbsp. toasted sesame oil

- 1.** Combine vinegar, soy sauce, honey, and ginger in a medium bowl; whisk to blend.
- 2.** Slowly add oil while whisking; mix well.
- 3.** Store in the refrigerator, in an airtight container, until ready for use.

RECIPE NOTES:

- To make this dressing vegan, substitute maple syrup for honey.
- Store leftover dressing in an airtight container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
- This dressing is wonderful on salads but is also great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 90 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 353 mg Carbohydrates: 3 g Fiber: 0 g Sugars: 2 g Protein: 1 g

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BANANA BBQ SAUCE^o

SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 32 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½



- 1 Tbsp. extra-virgin organic coconut oil
- 1 large banana, sliced
- 2 Tbsp. apple cider vinegar
- 1 cup low-sodium organic vegetable broth
- 1 cup all-natural ketchup, no sugar added
- 1 Tbsp. orange marmalade
- 1 Tbsp. Worcestershire sauce, gluten-free, vegan
- ½ tsp. ground black pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. mustard powder
- ¼ tsp. ground allspice
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground cayenne pepper (optional)
- ½ tsp. smoked sea salt (or Himalayan salt)
- 1 tsp. ground smoked paprika
- ½ tsp. chili powder

1. Heat oil in medium saucepan over high heat.
2. Add banana; cook, stirring occasionally, for 3 to 4 minutes, or until banana is dark brown and mushy. Reduce heat to medium.
3. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry.
4. Add broth, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Whisk to blend. Bring to a gentle boil over medium heat.
5. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes, or until sauce thickens.

RECIPE NOTE:

Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 66 Total Fat: 2 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 590 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 0 g

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BLUEBERRY JAM

SERVES: 16 (1 Tbsp. each) **Prep Time:** 5 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (for 1 cup): Free (6 Tbsp. =  ½)


1 cup **frozen blueberries**
Water


1. Place blueberries in small saucepan, add water to cover bottom of pan, but do not submerge fruit; cook, over medium heat, stirring occasionally, for 12 to 15 minutes, or until berries have broken down and liquid becomes thicker.
2. Refrigerate, covered, to cool.


RECIPE NOTE:


This is a great technique that works with all kinds of fresh fruits to make delicious, healthy toppings. Try it with raspberries, plums, or apples. Cook times vary, but just make sure to keep stirring until fruit is soft and jammy and add more water if the pan gets too dry.

NUTRITIONAL INFORMATION (per serving): **Calories:** 5 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 0 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 0 g

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CAJUN RUB ^o



SERVES:10 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



This all-around Cajun seasoning is great as a dry rub for chicken breast, but it's also wonderful on steak or fish (especially catfish), grilled veggies, corn, as a seasoning for hearty stews; heck, as they say in New Orleans, anything that walks, crawls, swims, or flies, Cajun's got you covered.

- ¼ cup** ground smoked paprika
- 1 Tbsp.** garlic powder
- 1 Tbsp.** onion powder
- 2 tsp.** ground black pepper
- ½ tsp.** ground cayenne pepper
- 1 tsp.** dried oregano
- 1 tsp.** dried thyme

- 1.** Combine paprika, garlic powder, onion powder, black pepper, cayenne pepper, oregano, and thyme in a medium bowl; mix well.
- 2.** Store in an airtight container in a cool, dark place.

RECIPE NOTE:

To use rub, lightly salt outside of 4 oz. of protein, and sprinkle evenly with 2 tsp. Cajun rub. Cook as desired.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 16 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 3 mg **Carbohydrates:** 3 g **Fiber:** 1 g **Sugars:** 0 g **Protein:** 1 g

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CRANBERRY SAUCE^o

SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1 ½



2-inch slice orange peel
2 whole cloves
3 cups fresh (or frozen) cranberries
½ cup honey
¾ cup water
½-inch slice fresh ginger, peeled

1. Stud orange peel with cloves.
2. Heat orange peel with cloves, cranberries, honey, water, and ginger in medium saucepan over medium-high heat. Bring to a gentle boil. Reduce heat to medium-low; cook, stirring occasionally, for 8 to 10 minutes, or until cranberries are soft and sauce has slightly thickened.
3. Remove from heat. Remove orange peel with cloves and ginger from sauce; discard. Cool (if desired) and serve!

TIP:

For a slightly thinner sauce, add ¼ cup water.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 78 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 1 mg Carbohydrates: 22 g Fiber: 2 g Sugars: 18 g Protein: 0 g

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CREAMY RASPBERRY VINAIGRETTE^o

SERVES: 6 (approx. 1 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1



This delicious Creamy Raspberry Vinaigrette is made for the Summer Tomato Salad, but can be used on any of your favorite vegetable or salad dishes.

¼ cup extra-virgin olive oil
1 Tbsp. fresh lemon juice
1 tsp. Dijon mustard
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1½ tsp. raspberry preserves
1 Tbsp. reduced-fat (2%) plain Greek yogurt

1. Combine oil, lemon juice, mustard, salt, pepper, preserves, and yogurt in a medium bowl; whisk until emulsified.

TIPS:

- If using the to measure this rich and delicious dressing, only fill the container halfway. That measurement counts as one full , since a little goes a long way!
- You can serve this dressing over your favorite salads and vegetables.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**


NUTRITIONAL INFORMATION (per serving): **Calories:** 93 **Total Fat:** 9 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 118 mg **Carbohydrates:** 3 g **Fiber:** 0 g **Sugars:** 2 g **Protein:** 0 g

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FIXATE BBQ SAUCE

SERVES: 9 (approx. 3 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS (per serving):  ½

- 1 cup** low-sodium organic chicken broth
- 1 tsp.** unflavored gelatin (preferably from grass-fed cows)
- 2 Tbsp.** apple cider vinegar
- 2 Tbsp.** honey
- 1 cup** all-natural ketchup, no sugar added [or **FIXATE Ketchup** (see separate recipe for **FIXATE Ketchup**)]
- 1 Tbsp.** orange marmalade
- 1 Tbsp.** Worcestershire sauce, gluten-free
- ½ tsp.** ground black pepper
- 1 tsp.** onion powder
- 1 tsp.** garlic powder
- ½ tsp.** mustard powder
- ¼ tsp.** ground allspice
- ½ tsp.** ground cumin
- ½ tsp.** ground coriander
- ¼ tsp.** ground cayenne pepper (optional)
- ¼ tsp.** smoked sea salt (or Himalayan salt)
- 1 tsp.** ground smoked paprika
- ½ tsp.** chili powder

- 1.** Sprinkle broth with gelatin in a small bowl. Set aside.
- 2.** Bring vinegar and honey to a gentle boil in medium saucepan over medium-high heat; gently boil, stirring occasionally, for 3 minutes, or until honey just begins to caramelize.
- 3.** Add broth mixture, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Mix well. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes.


RECIPE NOTE:

Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

SPECIAL EQUIPMENT:

Aluminum foil

NUTRITIONAL INFORMATION (per serving): **Calories:** 48 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 454 mg **Carbohydrates:** 9 g **Fiber:** 0 g **Sugars:** 7 g **Protein:** 1 g

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FIXATE BUFFALO SAUCE^o

SERVES: 8 (approx. 2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 7 min.

CONTAINER EQUIVALENTS (per serving): 1



¾ cup hot pepper sauce
2 Tbsp. + 2 tsp. ghee
 (organic grass-fed, if possible)
½ cup water
¼ tsp. sea salt (or Himalayan salt)
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. ground smoked paprika
2 tsp. cornstarch (preferably GMO-free) + 2 tsp. water (combine to make a slurry)

1. Combine hot sauce, ghee, water, salt, garlic powder, onion powder, and paprika in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium; gently boil, stirring constantly, for 1 minute.
2. Add cornstarch slurry; cook, whisking constantly, for 1 minute, or until thickened.

RECIPE NOTE:

- Store in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 44 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 12 mg **Sodium:** 762 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 0 g

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FIXATE GRAVY^o



SERVES: 16 (about 3 Tbsp. each) Prep Time: 10 min. Cooking Time: 54 min.

CONTAINER EQUIVALENTS (per serving): 1



- 1 bulb** garlic
- 3 tsp.** olive oil, *divided use*
- 3 cups** low-sodium organic chicken (or vegetable) broth
- 2 tsp.** unflavored gelatin (preferably from grass-fed cows)
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 Tbsp.** finely chopped shallot (approx. 1 medium shallot)
- 1 tsp.** finely chopped fresh sage leaves (or dried sage)
- 1 Tbsp.** dry sherry
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)

1. Preheat oven to 400° F.
2. Cut top ¼-inch off garlic bulb. Drizzle with 1 tsp. oil. Wrap tightly in aluminum foil. Bake for 1 hour, or until cloves are golden brown and soft to their core. Cool until garlic can be handled.
3. Once garlic is cool enough to handle, hold it cut-side down over the base of your blender and squeeze to release bulbs from their skin. Add broth, gelatin, salt, and pepper; cover. Blend until smooth. Set aside.
4. Heat *remaining 2 tsp.* oil in medium saucepan over medium heat.
5. Add shallot and sage; cook, stirring frequently, for 2 to 3 minutes, or until shallot is translucent.
6. Add sherry; cook, stirring frequently, for 1 minute, or until sherry has almost completely evaporated.
7. Add garlic mixture to same saucepan. Bring to a gentle boil over medium heat, stirring frequently.
8. Add cornstarch slurry; cook, whisking constantly, for 1 to 2 minutes, or until gravy has thickened.

COOK'S NOTE:

Add cornstarch slurry slowly as the total quantity may not be necessary to achieve desired thickness. Use more or less as needed, but keep in mind that gravy tends to thicken as it cools. Since it won't be served at a full simmer, it's best to leave it a little under-thickened in the pan.

TIPS:

- After 40 minutes of roasting, check garlic every 10 minutes (or so) to be sure it doesn't burn.
- Blackened garlic is extremely bitter and will ruin your gravy. If garlic turns black, it's best to discard it and start fresh. Trust me, I've been there; a kitchen timer is your friend!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 26 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 91 mg Carbohydrates: 3 g Fiber: 0 g Sugars: 0 g Protein: 1 g

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FIXATE KETCHUP

SERVES: 6 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: 45 min.

CONTAINER EQUIVALENTS (per serving): ½

- 2 Tbsp.** coconut sugar
- 2 Tbsp.** apple cider vinegar
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ cup** all-natural tomato paste
- 1 tsp.** onion powder
- ½ tsp.** garlic powder
- ¼ tsp.** ground ginger
- ¼ tsp.** mustard powder
- ¼ tsp.** ground paprika
- 1 dash** ground allspice
- 1 dash** ground cloves
- 1** bay leaf
- 1 cup** low-sodium organic beef broth
- ¼ tsp.** unflavored gelatin (preferably from grass-fed cows) (optional)
- 1 tsp.** honey

- 1.** Combine sugar, vinegar, and salt in small saucepan. Heat over medium-high heat; cook, stirring frequently, for 4 to 5 minutes, or until a thick syrup forms.
- 2.** Add tomato paste, onion powder, garlic powder, ginger, mustard powder, paprika, allspice, cloves, bay leaf, broth, gelatin (if desired), and honey. Whisk to blend. Bring to a boil over low heat, stirring frequently; gently boil for 30 to 35 minutes, or until thickened.
- 3.** Remove bay leaf. Store in an airtight container in the refrigerator for up to 1 month.

RECIPE NOTES:

- If you are vegan, substitute vegetable broth for beef broth, maple syrup for honey, and omit gelatin.
- Substituting 1 Tbsp. fish sauce for sea salt can give you a more complex flavor.
- FIXATE Ketchup has 25% less sugar than store-bought! Store-bought ketchup has 40 calories, 320 mg sodium, 10 g carbohydrates, 8 g sugars, and 0 g protein.

NUTRITIONAL INFORMATION (per serving): Calories: 38 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 229 mg Carbohydrates: 8 g Fiber: 0 g Sugars: 6 g Protein: 2 g

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FIXATE MARINARA^o

SERVES: 8 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½

This flavorful sauce accompanies the Cheesy Cauliflower Bread Sticks, but is just as wonderful with your favorite sautéed veggies, quinoa pasta, or any meatball recipe!

- 1 (14.5-oz.) can** whole peeled tomatoes
- 2 tsp.** olive oil
- ½ cup** chopped onion (approx. ½ medium)
- 2 cloves** garlic, finely chopped
- 2 Tbsp.** dry white wine (like pinot grigio)
- ¼ tsp.** sea salt (or Himalayan salt)
- 4** fresh basil leaves, finely chopped

- 1.** Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium-high heat.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
- 6.** Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
- 7.** Add basil; mix well. Cool to room temperature before serving. Set aside.

RECIPE NOTE:

For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 33 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 84 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 3 g Protein: 1 g

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FIXATE MAYONNAISE^o

SERVES: 48 (1 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1



2 Tbsp. cold water
1 Tbsp. apple cider vinegar
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 tsp. coconut sugar
¼ tsp. onion powder
2 large egg yolks, pasteurized*
¾ cup light olive oil

1. Place water, vinegar, salt, pepper, sugar, onion powder, and egg yolks in blender; cover. Blend for a few pulses to combine.
2. Slowly add oil in a thin, continuous stream with blender running, until blended and mayonnaise has emulsified into a thick sauce. (If you add oil too quickly the emulsion will break, so be patient and go slowly.) Enjoy!

RECIPE NOTE:

Keeps 4 days in an airtight container in the refrigerator.

VARIATIONS:

- Add a clove of fresh garlic to make aioli.
- For extra flavor, add fresh herbs like basil or lemon juice for a citrusy kick. Most herbs, spices, and acids are free foods so have fun with them!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 33 Total Fat: 4 g Saturated Fat: 3 g Cholesterol: 8 mg Sodium: 24 mg Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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FIXATE PESTO^o

SERVES: 24 (2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1



- 2 tightly packed cups** fresh basil leaves (approx. 4 oz.)
- 3 cloves** garlic
- 2 Tbsp.** pine nuts
- ¼ cup** pecorino Romano cheese
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ cup + 2 Tbsp.** extra-virgin olive oil

- 1.** Place basil, garlic, pine nuts, cheese, and salt in food processor (or blender). Process until finely chopped.
- 2.** With food processor running, add oil in a thin stream until fully incorporated.

RECIPE NOTE:

This pesto will keep in an airtight container in the refrigerator for 5 days (or frozen for up to 1 month).

VARIATIONS:

- For a vegan version of this pesto, leave out the cheese and add in an extra ¼ tsp. sea salt.
- Parmesan cheese can be substituted for pecorino Romano cheese.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 48 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 66 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 0 g

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FIXATE RANCH DRESSING^o

SERVES: 12 (approx. 2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



- 1 cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** low-fat (1%) buttermilk
- 2 tsp.** Dijon mustard
- 1 tsp.** fresh lemon juice
- 1 Tbsp.** finely chopped chives
- ¾ tsp.** garlic powder
- ¾ tsp.** onion powder
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Combine yogurt, buttermilk, mustard, lemon juice, chives, garlic powder, onion powder, salt, and pepper in a medium bowl; whisk to blend and enjoy!

RECIPE NOTE:

- Store in an airtight container in the refrigerator for 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 21 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 2 mg Sodium: 141 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 2 g

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FIXATE TACO SEASONING

SERVES: 24 (1 tsp. each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): Free food

This flavorful Fixate Taco Seasoning is used in the Kale Nachos, but it's also delicious as a meat rub, in rice and beans, and in most vegetable dishes.

3 Tbsp. chili powder
1 Tbsp. + 1½ tsp. ground cumin
2½ tsp. garlic powder
2½ tsp. onion powder
2½ tsp. ground sweet smoked paprika
2½ tsp. ground coriander
2 tsp. ground black pepper

1. Combine chili powder, cumin, garlic powder, onion powder, paprika, coriander, and pepper in a small bowl; mix well.
2. Store taco seasoning in an airtight container.

NUTRITIONAL INFORMATION (per serving): Calories: 6 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 38 mg Carbohydrates: 1 g Fiber: 1 g Sugars: 0 g Protein: 0 g

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Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



FIXATE TARTAR SAUCE


SERVES: 24 (1 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free


- 1½ cups** reduced-fat (2%) plain Greek yogurt
- ¼ cup** coarsely chopped dill pickle (approx. 1 small)
- 1 Tbsp.** whole-grain mustard
- 1 Tbsp.** coarsely chopped chives
- 1 dash** ground black pepper
- ¼ tsp.** sea salt (or Himalaya n salt)
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- 1 Tbsp.** capers, in brine, drained
- 1 Tbsp.** fresh dill weed


- 1.** Place yogurt, pickle, mustard, chives, pepper, salt, lemon juice, lemon peel, capers, and dill in food processor; process until smooth.

RECIPE NOTES:

- 1 Tbsp. is a Free Food. If you eat 6 Tbsp., they would be counted as  ½.
- This is great as a sauce on cooked veggies.

NUTRITIONAL INFORMATION (per serving): **Calories:** 12 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 1 mg **Sodium:** 66 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 1 g


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FIXATE TZATZIKI SAUCE

SERVES: 8 (approx. 3 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): Free (¾ cup equal to  ½)


- 1 cup** reduced-fat (2%) plain Greek yogurt
- 1 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- 1 clove** garlic
- ½ tsp.** sea salt (or Himalayan salt)
- ½ cup** coarsely chopped seeded cucumber (approx. ⅓ medium)
- 2 tsp.** fresh dill
- 2 tsp.** fresh mint leaves
- ¼ tsp.** ground black pepper

- 1.** Place yogurt, lemon juice, lemon peel, garlic, salt, cucumber, dill, mint, and pepper in food processor; process until smooth.

RECIPE NOTE:

Refrigerate leftover tzatziki sauce in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 24 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 152 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 3 g

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FIXATE VEGAN CARAMEL SAUCE

SERVES: 8 (2 Tbsp. each) Prep Time: 5 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): **B** 1

½ cup coconut sugar
2 to 3 Tbsp. water
1 cup canned coconut milk (shake well before opening)
1 pinch sea salt (or Himalayan salt)
½ tsp. pure vanilla extract

1. Combine sugar and water in small saucepan until you have the consistency of wet sand.
2. Cook over medium heat, stirring frequently, for 2 to 3 minutes, or until sugar has dissolved and syrup is a rich dark brown, but not burned.
3. Add coconut milk slowly; cook, stirring constantly, for 12 to 15 minutes, or until sugar has dissolved again and sauce is hot. (Be careful when adding coconut milk as mixture could splatter and sugar might seize.) Remove from heat.
4. Add salt and extract; mix well. Allow to cool before serving.

TIP:

Extra sauce can be stored in an airtight container in the refrigerator for up to a month and softened in the microwave before serving.

NUTRITIONAL INFORMATION (per serving): Calories: 106 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 33 mg Carbohydrates: 14 g Fiber: 0 g Sugars: 13 g Protein: 1 g

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FIXATE VEGAN NACHO "CHEESE" DIP

SERVES: 12 (approx. 2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ● — 3

VEGAN CONTAINER EQUIVALENTS (per serving): ● — 3

- ¾ cup** all-natural peanut butter (or cashew butter)
- 1 Tbsp.** fresh lime juice (juice of ½ medium lime)
- 3 slices** pickled jalapeño
- 1 tsp.** jalapeño brine (from pickled jalapeño jar)
- ½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** palm sugar or coconut sugar (or coconut sugar)
- 1 Tbsp.** **FIXATE Taco Seasoning** (see separate recipe for **FIXATE Taco Seasoning**)
- ¾ cup** cool water

1. Place peanut butter, lime juice, jalapeño, jalapeño brine, salt, sugar, and taco seasoning in food processor (or blender).
2. Process continuously while slowly adding water until a smooth, creamy sauce has formed.

NOTE:

This sauce is also great on veggie tacos and veggie burgers. It stores covered in the refrigerator for up to 5 days. When ready to use, simply warm gently in the microwave, stirring every 10 seconds, until desired temperature is reached. Don't be afraid to add a teaspoon or two of water if sauce has thickened.

NUTRITIONAL INFORMATION (per serving): **Calories:** 97 **Total Fat:** 8 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 201 mg **Carbohydrates:** 4 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 4 g

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GRANDMA'S TOMATO SAUCE^o

SERVES: 28 (approx. 2 Tbsp. each) Prep Time: 40 min. Cooking Time: 1 hr. 15 min. (minimum)

CONTAINER EQUIVALENTS (per serving): 1 ½



2 Tbsp. olive oil
¾ cup onion, chopped (approx. 1 medium)
4 cloves garlic, finely chopped
3 oz. tomato paste
¼ cup red wine
2 cans (28-oz. ea.) whole peeled tomatoes, pureed (preferably San Marzano)
2 Tbsp. coconut sugar
1 tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
3 oz. Parmesan (or Parmigiano) cheese rind
3 Tbsp. finely chopped fresh basil

1. Heat oil in large saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add garlic and tomato paste; cook, stirring constantly, for 2 to 3 minutes. Do not let tomato paste burn.
4. Add wine; cook, stirring constantly, for 2 to 3 minutes.
5. Add tomatoes, sugar, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat to low; gently boil, stirring occasionally, for 3 minutes.
6. Add cheese rind; cook, uncovered, stirring occasionally, for 1 hour.
7. Remove cheese rind. Add basil; mix well.

RECIPE NOTES:

- Choosing the right canned tomato can be tricky. Quality definitely matters, but price doesn't always reflect quality. Look out for tomatoes that appear pale and watery, or taste bland and overly acidic. Let taste be your guide. Also, I always buy whole peeled tomatoes and blend or crush them myself because producers save the best tomatoes for whole canning, and send the lower-quality yield to the grinder.
- The Parmesan rind is not totally necessary, but it is a great way to add depth to the sauce without much by way of extra calories. I always save the rinds from hard cheeses like Parmesan and pecorino Romano to add to sauces and soups for extra flavor.
- If cooking the sauce for a long time, to further develop the flavors, add 1 to 2 cups water, ¼ cup at a time, to achieve desired consistency; cook, on very low heat, covered, stirring about every 5 to 10 minutes, for 4 to 6 hours.
- Store in the refrigerator for up to 4 days, or in the freezer for up to 3 months.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 49 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 139 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 2 g


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HONEY MUSTARD SALAD DRESSING


SERVES: 8 (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1

½ cup reduced-fat (2%) plain Greek yogurt
3 Tbsp. Dijon mustard
3 Tbsp. honey
3 Tbsp. rice vinegar
¼ cup extra-virgin olive oil
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Combine yogurt, mustard, honey, and vinegar in a medium bowl; mix well.
2. Slowly add oil, whisking constantly until well blended; season with salt and pepper, if desired.

NUTRITIONAL INFORMATION (per serving): Calories: 102 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 175 mg Carbohydrates: 9 g Fiber: 0 g Sugars: 7 g Protein: 1 g


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HONEY SYRUP

SERVES: 40 (1 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  ½


½ cup **water**
½ cup **honey**
¼ cup **mint leaf stems (optional)**


1. Bring water and honey to a boil in small saucepan over medium heat, stirring occasionally.
2. Add mint leaf stems (if desired), just before mixture boils. Remove from heat. Allow mixture to infuse for 5 to 10 minutes. Strain to remove stems.
3. Chill before using.

RECIPE NOTES:

- The mint leaf stems bring a hint of fresh mint to any drink you use this syrup in. Skip the stems if you want your syrup to be versatile enough for other uses.
- Honey Syrup keeps in an airtight container in the refrigerator for up to 2 weeks.

NUTRITIONAL INFORMATION (per serving): **Calories:** 12 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 0 mg **Carbohydrates:** 3 g **Fiber:** 0 g **Sugars:** 3 g **Protein:** 0 g


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LEMON DIJON SALAD DRESSING^o

SERVES: 6 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1





- | | |
|--|---|
| <p>1 large egg yolk, pasteurized*</p> <p>1 Tbsp. Dijon mustard</p> <p>¼ tsp. sea salt (or Himalayan salt)</p> <p>¼ tsp. ground black pepper</p> <p>¼ cup fresh lemon juice</p> <p>1½ tsp. finely grated lemon peel (lemon zest)</p> <p>¼ cup extra-virgin olive oil</p> | <ol style="list-style-type: none"> 1. Place egg yolk, mustard, salt, pepper, lemon juice, and lemon peel in a medium bowl; whisk until smooth. 2. Slowly add oil, whisking continuously until well blended. |
|--|---|

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 94 **Total Fat:** 10 g **Saturated Fat:** 2 g **Cholesterol:** 31 mg **Sodium:** 157 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 1 g

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LEMON GARLIC SAUCE^o

SERVES: 5 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1




- 2 Tbsp.** fresh lemon juice
- 1** large egg yolk, pasteurized*
- 2 cloves** garlic, crushed
- 1 Tbsp.** Dijon mustard
- 1 Tbsp.** whole-grain mustard, gluten-free
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 3 Tbsp.** extra-virgin olive oil


- 1.** Combine lemon juice, egg yolk, garlic, and mustards in a small bowl; mix well.
- 2.** Season with salt and pepper, if desired.
- 3.** Slowly add oil, whisking continuously until well blended.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 92 **Total Fat:** 9 g **Saturated Fat:** 1 g **Cholesterol:** 37 mg **Sodium:** 203 mg **Carbohydrates:** 2 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 1 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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MANGO LIME DRESSING


SERVES: 8 (approx. 2 Tbsp. each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  ½

- | | | |
|----------------|---|---|
| 1 cup | mango, peeled, cored, chopped (approx. 1 medium) | 1. Combine mango, lime juice, oil, water, honey, peel, pepper sauce, and salt in a blender; cover. Blend until smooth. |
| 2 Tbsp. | fresh lime juice | |
| 2 Tbsp. | sesame oil | |
| 2 Tbsp. | cold water | |
| 1 Tbsp. | honey | |
| 1 tsp. | finely grated lime peel (lime zest) | |
| ½ tsp. | hot pepper sauce | |
| ¼ tsp. | sea salt (or Himalayan salt) | |

NUTRITIONAL INFORMATION (per serving): Calories: 56 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 76 mg Carbohydrates: 6 g Fiber: 0 g Sugars: 5 g Protein: 0 g

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MEDITERRANEAN SEASONING^o



SERVES: 11 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



<p>¼ cup</p> <p>1 Tbsp. + 1 tsp.</p> <p>2 tsp.</p> <p>1 tsp.</p> <p>1 tsp.</p> <p>1 tsp.</p> <p>1 tsp.</p> <p>¼ tsp.</p>	<p>dried parsley, crushed</p> <p>dry granulated (or minced) onion flakes</p> <p>dried basil, crushed</p> <p>ground oregano</p> <p>ground thyme</p> <p>garlic powder</p> <p>sea salt (or Himalayan salt)</p> <p>ground black pepper</p>
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- 1.** Combine parsley, onion flakes, basil, oregano, thyme, garlic powder, salt, and pepper in a medium bowl; mix well.
- 2.** Store in an airtight container in a cool, dark place.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 6 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 209 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

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ORANGE STIR-FRY SAUCE

SERVES: 8 (approx. 2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 28 min.

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (PER SERVING): B ½

Ever had Chinese orange chicken? It's delicious, but sadly not Fix-approved—until now! Use this pre-made sauce to add that orange flavor to any perfectly portioned bowl. You can portion it into a muffin pan, freeze, then store frozen sauce portions in a freezer bag for up to 3 months! Just cook up a batch and have it on hand for whenever you need to spice up your next quick meal.

1 Tbsp.	rice vinegar
2 Tbsp.	coconut sugar
¾ cup	low-sodium organic vegetable broth
½ cup	100% orange juice
2 Tbsp.	reduced-sodium tamari soy sauce
1 Tbsp.	orange marmalade
½ tsp.	garlic powder
½ tsp.	ground ginger
1 pinch	ground cayenne pepper (optional)
1 Tbsp.	cornstarch (preferably GMO-free) + 1 Tbsp. water (combine to make a slurry)
½ tsp.	sesame oil

1. Heat vinegar and sugar in small saucepan over medium-high heat. Bring to a gentle boil; gently boil, stirring constantly, for 1 to 2 minutes, or until sugar caramelizes and forms a thick syrup.
2. Add broth, orange juice, soy sauce, marmalade, garlic powder, ginger, and cayenne pepper (if desired). Bring to a boil. Reduce heat to medium-low; gently boil for 15 minutes to reduce sauce.
3. Add cornstarch slurry. Whisk to blend; gently boil for 1 minute, or until sauce thickens. Remove from heat.
4. Add oil; mix well.

RECIPE NOTE:

You're going to be tempted to skip the first step, but don't overlook its importance. Caramelizing the sugar and vinegar together raises the temperature above the boiling point of the actual sauce. This drives off the harsher flavor in the vinegar, leaving behind only a pleasant tang while coaxing out deeper flavors from the sugar, and it makes all the difference. Otherwise, you end up with a sauce that smells and tastes of hot vinegar—yuck!

NUTRITIONAL INFORMATION (per serving): **Calories:** 38 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 130 mg **Carbohydrates:** 8 g **Fiber:** 0 g **Sugars:** 6 g **Protein:** 0 g

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PEPPER JAM

SERVES: 18 (approx. 1 Tbsp. each) **Prep Time: 15 min.** **Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): Free (¼ cup = ½)

- 1** medium red bell pepper, roasted over gas burner until skin is black
- 3** canned chipotle chili peppers in adobo sauce, coarsely chopped
- 1-inch slice** fresh ginger, peeled, cut into pieces
- ¼ cup** coarsely chopped carrot (approx. ½ medium)
- 1 tsp.** olive oil
- 1 tsp.** finely grated lemon peel (lemon zest)
- 4** medium dried figs, cut in half, seeds removed, skin discarded
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place blackened bell pepper in glass bowl and cover with lid or plastic wrap. Let sit for 10 minutes to cool.
- 2.** Run bell pepper under water to remove all skin. Cut in half. Remove and discard stem and seeds. Coarsely chop bell pepper.
- 3.** Place bell pepper, chipotle chili peppers, ginger, carrot, oil, lemon peel, figs, and salt in food processor (or blender); cover. Blend until smooth.

RECIPE NOTE:

Store jam in an airtight container, in the refrigerator, for up to 5 days.

SERVING SUGGESTION:

Great on toast or as a sandwich spread.

NUTRITIONAL INFORMATION (per serving): **Calories: 14** **Total Fat: 0 g** **Saturated Fat: 0 g** **Cholesterol: 0 mg** **Sodium: 81 mg** **Carbohydrates: 3 g** **Fiber: 1 g** **Sugars: 2 g** **Protein: 0 g**

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ROSEMARY BLUE CHEESE DRESSING^o

SERVES: 16 (approx. 1 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1



¼ cup blue cheese (preferably gorgonzola)
1 large egg yolk, pasteurized[†]
1 clove garlic
1 Tbsp. fresh rosemary
1 Tbsp. + 2 tsp. fish sauce
1 Tbsp. apple cider vinegar
1 Tbsp. honey
¼ tsp. ground black pepper
¾ cup olive oil

1. Place blue cheese, egg yolk, garlic, rosemary, fish sauce, vinegar, honey, and pepper in blender; cover. Blend until smooth.
2. Slowly add oil in a thin, steady stream, with blender running continuously, until smooth and thickened. Set aside.

RECIPE NOTE:

This salad dressing will keep for up to 7 days refrigerated in an airtight container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 104 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 13 mg **Sodium:** 164 mg **Carbohydrates:** 2 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 1 g

[†]Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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SESAME INFUSION^o

SERVES: 12 (1 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): ● — 1

VEGAN CONTAINER EQUIVALENTS (per serving): ● — 1



This delicious Sesame Infusion is perfect in our Ahi and Avocado Quinoa Sushi, but it's also great in soups, vegetables, and rice dishes. It is a flavor bomb! It only takes a tiny amount to add so much goodness to salads, roasted veggies, sushi, or grilled meats and fish. Leftover infusion can be stored in an airtight container in the refrigerator for up to a month. And remember, don't strain out those crunchy bits of garlic and ginger; they make for a great texture addition as well as little punchy flavor accents when you bite into them!

¼ cup **sesame oil**
3 cloves **garlic, finely chopped**
1 Tbsp. **finely chopped fresh ginger**
½ tsp. **ground smoked paprika**

1. Heat oil, garlic, and ginger in small saucepan over low heat, stirring occasionally, for 12 to 15 minutes, or until garlic has turned golden brown. Remove from heat.
2. Add paprika; allow to infuse until oil has cooled to room temperature.

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NUTRITIONAL INFORMATION (per serving): **Calories:** 42 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 0 mg **Carbohydrates:** 0 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 0 g

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SMOKY SOUTHWESTERN SEASONING^o



SERVES: 5 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



- 1 Tbsp.** chili powder
- 2 tsp.** ground cumin
- 1 tsp.** ground coriander
- ½ tsp.** onion powder
- ½ tsp.** garlic powder
- ½ tsp.** dried oregano
- ½ tsp.** ground smoked paprika
- 1 tsp.** sea salt (or Himalayan salt)

- 1.** Combine chili powder, cumin, coriander, onion powder, garlic powder, oregano, paprika, and salt in a medium bowl; mix well.
- 2.** Store in an airtight container in a cool, dark place.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 8 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 517 mg Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 0 g

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SPICY YOGURT

SERVES: 9 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 3 min.

CONTAINER EQUIVALENTS (per serving): Free (6 Tbsp. equal to  ½)

½ tsp. **fennel seeds**
 ½ tsp. **cumin seeds**
 ½ cup **reduced-fat (2%) plain Greek yogurt**
 1 pinch **sea salt (or Himalayan salt)**
 1 pinch **ground black pepper**

1. Heat small nonstick skillet over medium-high heat.
2. Add fennel and cumin; cook, stirring frequently, for 2 to 3 minutes, or until fragrant. Remove from skillet.
3. Grind toasted seeds in blender.
4. Combine yogurt, ground seeds, salt, and pepper in a small bowl; mix well. Refrigerate, covered, for at least 30 minutes.


RECIPE NOTES:

- Toasted seeds can also be ground in a small food processor (or with a mortar and pestle).
- Store in an airtight container, refrigerated, for up to 4 days.

SERVING SUGGESTION:

Make up a batch of this yogurt and use it as a dip for raw vegetables.

NUTRITIONAL INFORMATION (per serving): **Calories:** 10 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 1 mg **Sodium:** 20 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 1 g


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STRAWBERRY TOPPING

SERVES: 4 (¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving):  ½


2 cups sliced strawberries, *divided use*
¼ cup water
2 Tbsp. honey
1 pinch sea salt (or Himalayan salt)
2 tsp. finely grated lemon peel (lemon zest) (approx. 2 medium lemons)
1½ tsp. cornstarch (preferably GMO-free) + 1½ tsp. water (combine to make a slurry)


1. Combine 1 cup strawberries, water, honey, and salt in small saucepan. Bring to a boil over medium-high heat. Boil vigorously for 3 to 5 minutes. Remove from heat. Strain strawberries; reserve liquid and discard strawberries.
2. Place liquid and lemon peel in same saucepan. Bring to a boil over medium heat, stirring occasionally.
3. Add cornstarch slurry. Whisk until well blended; cook, stirring occasionally, for 2 minutes. Remove from heat.
4. Add *remaining* 1 cup strawberries; mix well. Allow to cool for 5 minutes before serving.


SERVING SUGGESTION:

Serve with our **French Toast** (see separate recipe for **French Toast with Strawberry Topping**).

NUTRITIONAL INFORMATION (per serving): **Calories:** 44 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 37 mg **Carbohydrates:** 12 g **Fiber:** 1 g **Sugars:** 8 g **Protein:** 0 g

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THAI SALAD DRESSING^o

GF

SERVES: 4 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving):  1



2 Tbsp. fish sauce, gluten-free
2 Tbsp. rice vinegar
1 Tbsp. toasted sesame oil
¼ cup coconut sugar
2 Tbsp. water
¼ cup fresh lime juice (about 2 large limes)
1 clove garlic, finely chopped
1 tsp. grated fresh ginger
1 bird's eye chili, seeds and veins removed, chopped (optional)


1. Combine fish sauce, vinegar, oil, sugar, water, lime juice, garlic, ginger, and chili (if desired) in small saucepan. Bring to a boil over medium-high heat, stirring occasionally. Remove from heat.
2. Dressing can be served cold or warm.

TIPS:

- Phu Quoc is my favorite brand of fish sauce, which can be found at any Asian market and many Whole Foods Markets.
- Store leftover salad dressing in an airtight container, refrigerated, for up to 1 week.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 94 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 755 mg **Carbohydrates:** 15 g **Fiber:** 0 g **Sugars:** 13 g **Protein:** 1 g

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THAI SPICE RUB^o



SERVES: 8 (approx. 2 tsp. each) **Prep Time:** 5 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): Free



- ¼ cup** **unsweetened shredded coconut, toasted**
- 1 tsp.** **ground coriander**
- 1 tsp.** **ground dried lemongrass**
- ½ tsp.** **ground galangal (or ground ginger)**
- ½ tsp.** **garlic powder**
- 1 tsp.** **ground turmeric**
- ¼ tsp.** **ground cayenne pepper**

- 1.** Combine coconut, coriander, lemongrass, galangal, garlic powder, turmeric, and cayenne pepper in a medium bowl; mix well.
- 2.** Store in an airtight container in a cool, dark place.

RECIPE NOTES:

- Shredded coconut can be toasted in a dry, nonstick pan, over medium-high heat, stirring frequently, for 5 minutes. Remove from heat and transfer immediately to a heat-safe bowl to prevent burning.
- Galangal is a rhizome, like ginger root. It has a sharp citrus, almost piney flavor.
- To use this rub on tofu, lightly salt outside of 4 oz. firm tofu that has been patted dry. Sprinkle evenly with 2 tsp. Thai Spice Rub. Grill (or sear) in a nonstick skillet, over medium-high heat, for 3 minutes on each side.
- For a fun side dish, cook brown rice according to package directions, but substitute coconut milk beverage (the one in the carton, not in the can) for cooking water. Add 1 tsp. Thai Spice Rub and 1 dash sea salt (or Himalayan salt) to coconut milk for each ¼ cup dry brown rice you are using. Don't forget to count your 🍌 for the rice!

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 23 **Total Fat:** 2 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 1 mg **Carbohydrates:** 1 g **Fiber:** 1 g **Sugars:** 0 g **Protein:** 0 g

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VEGAN ALFREDO SAUCE

SERVES: 5 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** 17 min.

CONTAINER EQUIVALENTS (per serving): 1 ½
VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½

1 Tbsp. **vegan butter, trans-fat-free**
¾ cup **chopped onion (approx. 1 medium)**
4 cloves **garlic, finely chopped**
4 cups **chopped cauliflower**
1 cup **low-sodium organic vegetable broth**
2 Tbsp. **nutritional yeast**
1 tsp. **reduced-sodium tamari soy sauce**
½ tsp. **sea salt (or Himalayan salt)**
¼ tsp. **ground black pepper**

1. Melt butter in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add cauliflower, broth, yeast, soy sauce, salt, and pepper. Bring to a gentle boil; gently boil, covered, stirring occasionally, for 10 minutes.
5. Place onion mixture in blender in two or more batches; cover, removing center cap to allow steam to escape. Cover hole with a kitchen towel. Blend slowly until smooth, being careful not to splatter hot liquid.*
6. Serve sauce over your favorite pasta.

RECIPE NOTES:

- Vegan butter is also labeled as margarine and can be found in the dairy (or vegan) section of your grocery store. Choose trans-fat-free.
- Olive oil can be substituted for vegan butter.
- Store leftover sauce in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.
- Do **not** use an immersion blender to combine sauce ingredients.

NUTRITIONAL INFORMATION (per serving): Calories: 69 Total Fat: 3 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 337 mg Carbohydrates: 10 g Fiber: 3 g Sugars: 3 g Protein: 3 g

*Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.

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VEGAN BBQ SAUCE

SERVES: 12 (2 Tbsp. each) **Prep Time:** 7 min. **Cooking Time:** 23 min.

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

- 2 Tbsp.** apple cider vinegar
- 2 Tbsp.** pure maple syrup
- 1 cup** reduced-sodium vegetable broth
- 1 cup** all-natural ketchup, gluten-free
- 1 Tbsp.** orange marmalade
- 1 Tbsp.** Worcestershire sauce, vegan, gluten-free
- 1 tsp.** onion powder
- 1 tsp.** garlic powder
- 1 tsp.** ground smoked paprika
- ½ tsp.** ground black pepper
- ½ tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** ground allspice
- ¼ tsp.** sea salt (or Himalayan salt)

- 1.** Combine vinegar and maple syrup in medium saucepan over medium-high heat; cook for 3 minutes, until liquid just begins to caramelize.
- 2.** Whisk in broth, ketchup, marmalade, Worcestershire sauce, onion powder, garlic powder, paprika, pepper, chili powder, cumin, allspice, and salt. Reduce heat to medium-low; cook for 20 minutes, or until mixture slightly thickens.

NUTRITIONAL INFORMATION (per serving): Calories: 46 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 136 mg Carbohydrates: 10 g Fiber: 0 g Sugars: 9 g Protein: 0 g

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VEGAN CAESAR SALAD DRESSING

SERVES: 10 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1

¼ cup + 2 Tbsp.	water
3 Tbsp.	fresh lemon juice
¼ tsp.	xanthan gum
2 Tbsp.	Worcestershire sauce, vegan, gluten-free
2 tsp.	nutritional yeast
½ tsp.	kombu powder (optional)
½ tsp.	garlic powder
½ tsp.	onion powder
½ tsp.	coconut sugar
½ tsp.	smoked sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ cup	extra-virgin olive oil

1. Place water, lemon juice, and xanthan gum in blender; cover. Pulse to combine.
2. Add Worcestershire sauce, yeast, kombu powder (if desired), garlic powder, onion powder, sugar, salt, and pepper; cover. Blend until smooth.
3. With blender running, remove center plug from blender lid. Slowly add oil in a thin, continuous stream, until blended, scraping sides as needed.

RECIPE NOTE:

To make kombu powder: Toast kombu in a toaster (or 450° F oven for 3 minutes, or until golden brown), then blend in food processor, blender, or spice grinder into a fine powder.

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 11 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 153 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 0 g

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VEGETARIAN PROTEIN-PACKED RANCH DIP^o



SERVES: 10 (approx. 2 Tbsp. each) Prep Time: 15 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1



- 6 oz.** raw, unsalted cashews (about 1½ cups)
- ½ cup** reduced-fat (2%) plain Greek yogurt
- 2 Tbsp.** water
- 2 Tbsp.** fresh chives
- 1 Tbsp.** fresh dill
- 2 Tbsp.** coarsely chopped onion
- 2 cloves** garlic
- 2 tsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- ¼ tsp.** ground smoked paprika

- 1.** Place cashews in medium saucepan. Add enough water to cover them by 1 inch. Bring to a boil over medium-high heat; cook for 10 minutes. Drain well.
- 2.** Place drained cashews, yogurt, water, chives, dill, onion, garlic, lemon juice, mustard, salt, pepper, and paprika in food processor (or blender); pulse for 1 to 2 minutes, or until smooth and creamy.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 107 Total Fat: 8 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 156 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 2 g Protein: 4 g

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DESSERT & COCKTAIL RECIPES



APPLE PIE MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 25 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 2 2

FOR FILLING:

1½ cups peeled diced apples
½ cup coconut sugar
½ cup water
1 Tbsp. fresh lemon juice
½ tsp. ground cinnamon
1 dash sea salt (or Himalayan salt)
1½ Tbsp. cornstarch + 1½ Tbsp. water (mix to make slurry)

FOR BATTER:

1½ cups gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
1½ tsp. baking powder
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground nutmeg
½ cup pure maple syrup
½ cup melted ghee (organic grass-fed, if possible)
2 large eggs, lightly beaten
¼ cup unsweetened coconut milk beverage
2 tsp. pure vanilla extract

1. Preheat oven to 350° F; place muffin papers in pan. Coat with cooking spray. Set aside.
2. To make filling, heat apples, coconut sugar, water, lemon juice, cinnamon, and salt in a saucepan over medium heat; bring to a low boil. Cook for 6 to 8 minutes, or until apples have softened.
3. Add cornstarch slurry, stirring constantly; cook for 1 minute until thickened; remove from heat.
4. To make batter, combine flour, baking powder, cinnamon, salt, and nutmeg in a large mixing bowl. Set aside.
5. Whisk together maple syrup, ghee, eggs, coconut milk beverage, and extract in a medium bowl.
6. Add wet mixture to dry mixture, stirring until a smooth batter forms.
7. Add 2 Tbsp. batter to each muffin cup, then add 2 Tbsp. apple filling. Top with another 2 Tbsp. batter.
8. Bake 20 to 25 minutes, or until a toothpick inserted into the edge of muffin comes out clean. Let cool 5 minutes in pan before moving muffins to a cooling rack.
9. Serve warm, or keep refrigerated in an airtight container for up to 5 days, or frozen for up to 2 weeks.

SPECIAL EQUIPMENT:

12-cup muffin pan
Muffin papers/cupcake liners
Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 231 **Total Fat:** 11 g **Saturated Fat:** 6 g **Cholesterol:** 56 mg **Sodium:** 90 mg **Carbohydrates:** 31 g **Fiber:** 1 g **Sugars:** 12 g **Protein:** 2 g

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ALMOND CHOCOLATE SQUARES

SERVES: 16 (1 square each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 ½ 2

1 cup oat flour, gluten-free
½ cup almond flour
3 scoops Vanilla Shakeology
½ tsp. sea salt (or Himalayan salt)
1 cup all-natural almond butter
2 tsp. pure vanilla extract
½ cup unsweetened almond milk
¼ cup dark chocolate chips, 70% cacao (or more)

SPECIAL EQUIPMENT:

Parchment paper

1. Line 8 x 8-inch baking pan with parchment paper. Set aside.
2. Place flours, Shakeology, and salt in food processor; pulse to mix.
3. Add almond butter and extract; pulse for 1 minute, or until crumbly.
4. Add almond milk; pulse for 1 minute, or until mixture forms a soft dough.
5. Press dough into prepared pan. Smooth top with a spatula.
6. Freeze, covered, for 15 minutes.
7. Cut into sixteen squares (approx. 2 x 2 inches).
8. Melt chocolate in double boiler.
9. Drizzle melted chocolate evenly on top of squares.
10. Freeze for 10 minutes, or until chocolate sets.
11. Store in freezer for up to one week in an airtight container.

RECIPE NOTES:

- You can make oat flour by processing oats in a food processor (or blender) until smooth.
- You can make your own almond flour by processing 1 cup slivered almonds in a food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approx. 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.
- If you don't have a double boiler, use a medium stock pot. Fill bottom of pot with water, place heat-resistant bowl on top, so that water is not touching the bottom of the bowl. Place over high heat. Once water is boiling add chocolate chips, stirring until fully melted.

VARIATIONS:

- You can substitute any nut or seed butter for almond butter.
- Coconut flour or hazelnut flour can be substituted for almond flour.

NUTRITIONAL INFORMATION (per serving): **Calories:** 186 **Total Fat:** 13 g **Saturated Fat:** 2 g **Cholesterol:** 2 mg **Sodium:** 154 mg **Carbohydrates:** 13 g **Fiber:** 3 g **Sugars:** 4 g **Protein:** 8 g

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ALMOND MILK PANNA COTTA

SERVES: 4 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 1

2 cups unsweetened almond milk
3 Tbsp. honey, *divided use*
2½ tsp. unflavored gelatin (preferably from grass-fed cows)
1 pinch sea salt (or Himalayan salt)
¼ tsp. pure vanilla extract
1 large egg white, pasteurized† (approx. 2 Tbsp.)
1 dash cream of tartar
4 Tbsp. **Blueberry Jam** (see separate recipe for **Blueberry Jam**)

1. Combine almond milk, 2 Tbsp. honey, gelatin, and salt in medium saucepan; whisk to blend. Set aside for 5 minutes.
2. Heat almond milk mixture over medium-low heat, stirring frequently, for 5 to 8 minutes, or until just before mixture starts to boil. Remove from heat.
3. Add extract; mix well. Cool for 20 minutes.
4. Pour into four serving bowls (or wine glasses). Refrigerate for 6 hours, or until gelatin has set.
5. To make meringue, place *remaining 1 Tbsp.* honey, egg white, and cream of tartar in a clean large metal mixing bowl; beat until stiff peaks are formed. Set aside.
6. Top each panna cotta with 1 Tbsp. Blueberry Jam and approx. 1 Tbsp. meringue; serve immediately.

RECIPE NOTES:

- Prepare meringue immediately before use, consume within 30 minutes.
- If using heat-safe serving bowls, you don't need to cool almond milk mixture before dishing and refrigerating (step 4).

NUTRITIONAL INFORMATION (per serving): **Calories:** 77 **Total Fat:** 2 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 106 mg **Carbohydrates:** 15 g **Fiber:** 1 g **Sugars:** 13 g **Protein:** 2 g

†Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.



AUTUMN'S FAVORITE SKINNY CUCUMBER COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1

5 cucumber slices
2 Tbsp. fresh mint leaves
1 oz. vodka (preferably Grey Goose®)
 Ice
1 cup soda water
2 tsp. St-Germain® liqueur
1 wedge lime (optional, for garnish)

- 1.** Place cucumber slices, mint, and vodka in the bottom of a large serving glass; muddle until well mixed.
- 2.** Top with ice and soda water; stir to mix.
- 3.** Add St-Germain; garnish with lime wedge, if desired.

RECIPE NOTE:

St-Germain liqueur is made from elderberry flowers and has bright and fragrant floral notes.

NUTRITIONAL INFORMATION (per serving): Calories: 109 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 17 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 1 g

Grey Goose and St-Germain are registered trademarks of Bacardi & Company Limited.

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AVOCADO BROWNIES

SERVES: 12 (approx. 1 square each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 2 1

½ cup	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
¼ cup	unsweetened cocoa powder
2 cups	semisweet chocolate chips
1 Tbsp.	extra-virgin organic coconut oil
1 cup	mashed avocado
½ cup + 2 Tbsp.	pure maple syrup
2	large eggs
2 tsp.	pure vanilla extract
1 dash	sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray
Double boiler

1. Preheat oven to 400° F.
2. Line a 9 x 12-inch baking dish with parchment paper, allowing it to come up the sides of the dish. Coat with cooking spray. Set aside.
3. Whisk together flour and cocoa powder in a medium mixing bowl. Set aside.
4. Place a double boiler over low heat with water 1-inch deep in bottom. Add chocolate and coconut oil to top of double boiler, stir occasionally until melted. Set aside.
5. Place avocado, maple syrup, eggs, extract, and salt in blender; cover. Blend until smooth. Transfer to a mixing bowl.
6. Stir melted chocolate into avocado mixture. Fold in flour mixture, adding ⅓ of mixture at a time, until fully combined.
7. Spread mixture evenly in prepared baking dish. Bake for 13 to 15 minutes, or until firm on top.
8. Allow to cool completely in baking dish. Cut into 12 squares; serve immediately or store in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 264 **Total Fat:** 14 g **Saturated Fat:** 6 g **Cholesterol:** 36 mg **Sodium:** 18 mg **Carbohydrates:** 36 g **Fiber:** 4 g **Sugars:** 26 g **Protein:** 4 g

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BAKED DONUT HOLES

SERVES: 24 (1 donut hole each) **Prep Time:** 20 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving): 1

1 cup	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour)
1½ tsp.	xanthan gum
¾ cup	coconut sugar
1½ tsp.	baking powder, gluten-free
½ tsp.	ground cinnamon
¼ tsp.	ground nutmeg
¼ tsp.	sea salt (or Himalayan salt)
1	large egg
¾ cup + 1 Tbsp.	coconut milk beverage, divided use
2 Tbsp.	extra-virgin organic coconut oil, melted
1¼ tsp.	pure vanilla extract, divided use
½ cup	powdered sugar

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Lightly coat two mini-muffin pans with spray. Set aside.
3. Place flour, xanthan gum, sugar, baking powder, cinnamon, nutmeg, and salt in food processor (or blender). Pulse to blend. Set aside.
4. Combine egg, ¾ cup coconut milk, oil, and 1 tsp. extract in a medium mixing bowl; whisk to blend.
5. Add egg mixture to flour mixture. Process for 30 to 60 seconds, scraping sides occasionally, until a smooth batter forms.
6. Fill prepared pan with approx. 1 Tbsp. batter per muffin cup. Bake for 10 to 12 minutes, or until tops of donuts are golden brown and a toothpick inserted into the center of one comes out clean. Set aside to cool.
7. To make glaze, combine powdered sugar, remaining 1 Tbsp. coconut milk, and remaining ¼ tsp. extract in a small bowl; whisk to blend.
8. Dip top of each cooled donut hole into glaze and place on a serving plate.

RECIPE NOTES:

- For vegan donut holes, substitute 1 Tbsp. ground flaxseed plus 2 Tbsp. water for egg. Mix flaxseed and water; set aside while combining dry ingredients.
- Extra donut holes may be stored in an airtight container in the refrigerator for up to 3 days.
- Bob's Red Mill All-Purpose Baking Flour does not contain xanthan gum. If you use a different gluten-free flour check the ingredient list for xanthan gum and adjust amount of xanthan gum.

NUTRITIONAL INFORMATION (per serving): **Calories:** 77 **Total Fat:** 3 g **Saturated Fat:** 3 g **Cholesterol:** 8 mg **Sodium:** 56 mg **Carbohydrates:** 12 g **Fiber:** 1 g **Sugars:** 8 g **Protein:** 1 g

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BANANA OATMEAL COOKIES

SERVES: 8 (2 cookies each) Prep Time: 10 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

VEGAN CONTAINER EQUIVALENTS (PER SERVING): ½ ½ ½

- 1 cup** dry old-fashioned rolled oats, gluten-free
- 2 tsp.** ground cinnamon
- ¼ tsp.** sea salt (or Himalayan salt)
- 2** medium ripe bananas, mashed
- ¼ cup** golden raisins
- ¼ cup** chopped raw walnuts

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat large baking sheet with spray. Set aside.
- 3.** Combine oats, cinnamon, and salt in a medium bowl; mix well.
- 4.** Add bananas, raisins, and walnuts; mix well.
- 5.** Drop by rounded Tbsp. onto prepared baking sheet to form 16 cookies; flatten cookies with a spatula.
- 6.** Bake for 14 to 15 minutes or until firm.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 73 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 6 g Protein: 2 g

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BANANA PEANUT BUTTER CHOCOLATE CHUNK ICE CREAM

SERVES: 4 (approx. ¼ cup each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 3½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 3½

- | | |
|--|---|
| <p>3 ripe medium bananas, cut into chunks</p> <p>3 Tbsp. all-natural peanut butter</p> <p>1 to 2 Tbsp. unsweetened almond milk (optional)</p> <p>4 tsp. chopped dark chocolate</p> <p>4 tsp. sliced raw almonds</p> | <ol style="list-style-type: none"> 1. Place bananas in plastic bag; freeze for 4 hours, or until completely frozen. 2. Place bananas and peanut butter in blender (or food processor); cover. Blend until smooth. Add almond milk, if needed, for creamier texture. 3. Divide ice cream evenly between four serving bowls; top evenly with chocolate and almonds. 4. Serve immediately. |
|--|---|

TIP:

If you are preparing ice cream ahead of time and freezing it for later, make sure to transfer it to the refrigerator for 10 to 20 minutes or until soft enough to scoop.

NUTRITIONAL INFORMATION (per serving): **Calories:** 182 **Total Fat:** 9 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 57 mg **Carbohydrates:** 25 g **Fiber:** 4 g **Sugars:** 13 g **Protein:** 5 g

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CANDY CANE MARTINI

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

- 2 fl. oz.** soda water
- 1 fl. oz.** vodka
- 5 drops** pure peppermint extract
- 1 tsp.** **Honey Syrup** (see separate recipe for *Honey Syrup*)
- ¾ fl. oz.** 100% cranberry juice
- Ice**
- 1** fresh mint leaf (for garnish)

- 1.** Place soda water in martini glass. Set aside.
- 2.** Combine vodka, extract, Honey Syrup, and cranberry juice in a cocktail shaker that is half full of ice. Shake until chilled; strain into martini glass.
- 3.** Garnish with mint leaf; serve.



NUTRITIONAL INFORMATION (per serving): Calories: 89 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 19 mg Carbohydrates: 6 g Fiber: 0 g Sugars: 6 g Protein: 0 g

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CANDY CORN PARFAIT

SERVES: 8 (1 parfait each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1

- 1 cup** coconut cream, unsweetened, chilled in back of refrigerator overnight (or in the freezer for 1 hour)
- 1 Tbsp.** pure maple syrup
- 1 pinch** sea salt (or Himalayan salt)
- ½ tsp.** pure vanilla extract
- 4 cups** bite-sized chunks of fresh pineapple (approx. 1 medium pineapple) (or 20-oz. canned pineapple chunks in juice, drained)
- 2 cups** canned mandarin oranges in their own juice, drained (about 24 oz. before draining)
- 8 pieces** candy corn

1. Remove all liquid from coconut cream.
2. Place coconut cream, maple syrup, salt, and extract in a large mixing bowl; beat with a mixer (or whisk) until stiff peaks form. (If you are whisking by hand, it may take 5 minutes, but don't give up.) Set aside.
3. Spoon pineapple evenly into the bottom of eight clear glasses, then arrange the mandarin oranges evenly on top.
4. Top each glass with a dollop of whipped coconut cream and a piece of candy corn and serve!

TIPS:

- Make sure you are using pure, unsweetened coconut cream.
- This recipe works best if coconut cream is really cold, and mixing bowl and beaters have been refrigerated for an hour. Place coconut cream in the back of your refrigerator, where it is the coldest.
- Make sure you select canned mandarins that are in their own juice and not in syrup.

COOK'S NOTE:

You can swap the canned mandarin oranges for fresh clementines or tangerines. With a sharp pairing knife, cut off the top and bottom of the rind to get to the fruit, then follow the contours with your knife to remove the remaining rind in vertical strokes. Cut between the segments to release the fruit in beautiful, jewel-like pieces.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 10 g Saturated Fat: 9 g Cholesterol: 0 mg Sodium: 44 mg Carbohydrates: 18 g Fiber: 2 g Sugars: 13 g Protein: 2 g



CARAMEL APPLE COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving with apple brandy): **2**

VEGAN CONTAINER EQUIVALENTS (per serving with apple brandy): **B 2**

CONTAINER EQUIVALENTS (per serving with apple juice): **1**

VEGAN CONTAINER EQUIVALENTS (per serving with apple juice): **B 1**

- 3 tsp.** **FIXATE Vegan Caramel Sauce, divided use** (see separate recipe for **FIXATE Vegan Caramel Sauce**)
- Ice**
- ¼ cup** **unsweetened almond milk**
- 1½ fl. oz.** **apple brandy (preferably Calvados) (or ¼ cup unsweetened apple juice)**
- 1 dash** **pure vanilla extract**
- Ground cinnamon**
- 1 thin slice** **apple (for garnish; optional)**

- 1.** Drizzle inside of a chilled martini glass with $\frac{1}{2}$ tsp. caramel sauce. Set aside.
- 2.** Fill a cocktail shaker $\frac{1}{2}$ full of ice.
- 3.** Add almond milk, brandy (or apple juice), *remaining* $2\frac{1}{2}$ tsp. caramel sauce, and extract; shake vigorously for 15 seconds.
- 4.** Strain into prepared martini glass.
- 5.** Garnish with a sprinkle of cinnamon and apple (if desired); enjoy!

NUTRITIONAL INFORMATION (per serving **with apple brandy**): Calories: 170 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 67 mg Carbohydrates: 11 g Fiber: 0 g Sugars: 7 g Protein: 1 g

NUTRITIONAL INFORMATION (per serving **with apple juice**): Calories: 95 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 70 mg Carbohydrates: 15 g Fiber: 1 g Sugars: 13 g Protein: 1 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



CAULIFLOWER ICE CREAM

SERVES: 8 (½ cup each) Prep Time: 20 min. + 4 hr. to freeze Cooking Time: 5 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 ½

2 cups	riced cauliflower
1 cup	unsalted cashews, soaked
½ cup	canned coconut milk
¼ cup + 1 tsp.	pure maple syrup
¼ cup	unsweetened coconut milk beverage
1 Tbsp. + 1 tsp.	melted coconut oil
2½ tsp.	pure vanilla extract
¼ tsp.	sea salt (or Himalayan salt)

1. Place a pot with water over high heat. Boil cauliflower for 5 minutes; strain through a fine mesh strainer, then rinse with cold water until cool enough to handle. Wring out excess water using cheesecloth or a clean kitchen towel.
2. Place cauliflower, cashews, coconut milk, maple syrup, coconut milk beverage, oil, vanilla, and salt in a blender; cover. Blend until smooth.
3. Pour cauliflower mixture into an airtight container. Freeze for 4 hours, or until solid. Remove from freezer 20 to 30 minutes before serving to let soften before scooping; or place mixture into an ice cream machine and freeze on a soft-serve setting.
4. Store frozen in an airtight container for up to 5 days.

SPECIAL EQUIPMENT:

Fine mesh strainer
Ice cream machine (optional)
Cheesecloth

RECIPE NOTE:

To soak cashews, cover with room temperature water and soak overnight, or cover with boiling water and soak at least 2 hours. Drain and rinse.

NUTRITIONAL INFORMATION (per serving): Calories: 166 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 13 mg Carbohydrates: 13 g Fiber: 1 g Sugars: 8 g Protein: 3 g

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CHOCOLATE-CARAMEL APPLE NACHOS

SERVES: 4 (approx. 12 slices each) **Prep Time:** 20 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): 1 1 1

- 1** Cold water
- 1** medium lemon, cut in half
- 2 Tbsp.** bittersweet chocolate chips, vegan
- ½ tsp.** extra-virgin organic coconut oil
- 4** small apples, cut into ¼-inch slices
- 2 Tbsp.** **FIXATE Vegan Caramel Sauce**
(see separate recipe for **FIXATE Vegan Caramel Sauce**)
- 2 Tbsp.** dried cranberries

1. Fill a large bowl half full of water; squeeze lemon into it. Set aside.
2. Place 1 inch of water in small saucepan. Bring to a gentle boil over medium-high heat. Reduce heat to low. Top with a heat-proof bowl. (Make sure the bowl is not touching the water.)
3. Add chocolate chips and oil; stir occasionally for 3 to 5 minutes, with a rubber spatula, until chocolate is smooth and melted. Set aside.
4. While chocolate is melting, add apple slices to lemon water (to keep them from browning). Let sit for 1 to 2 minutes. Drain apple slices. Pat dry with a paper towel.
5. Spread out apple slices on a large platter. Drizzle with caramel sauce and melted chocolate. Sprinkle with cranberries and enjoy!

RECIPE NOTE:

Tart apples, like Granny Smith, work nicely with this recipe.

NUTRITIONAL INFORMATION (per serving): **Calories:** 164 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 0 mg **Sodium:** 10 mg **Carbohydrates:** 32 g **Fiber:** 5 g **Sugars:** 24 g **Protein:** 1 g

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CHOCOLATE CHERRY FROYO CUPS

SERVES: 12 (1 cup each) **Prep Time: 15 min.** + 4 to 6 hours to freeze **Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

With a no-bake crust and just a few ingredients, these froyo cups are super-easy to put together, but their taste is out of this world! Chocolate and cherries pair beautifully with the sweet richness of the cashew-date crust. This is a recipe we'll be coming back to again and again for our sweet-tooth fix!

¾ cup	raw cashews
¾ cup	pitted dates
¼ tsp.	sea salt (or Himalayan salt)
2 cups	reduced fat (2%) plain Greek yogurt
¼ cup	honey
1 tsp.	pure vanilla extract
2 Tbsp.	unsweetened cocoa powder
1 cup	fresh (or unsweetened frozen) cherries, pitted

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

1. Prepare twelve muffin cups by lining with muffin papers. Lightly coat with spray, if desired. Set aside.
2. Place cashews, dates, and salt in food processor; pulse until a fine crumb forms.
3. Divide cashew mixture evenly (approx. 1 Tbsp. + 1½ tsp.) into bottom of each muffin cup. Pack firmly. Set aside.
4. Clean food processor.
5. Combine yogurt, honey, extract, and cocoa powder in food processor; process until well mixed.
6. Add cherries; pulse until cherries are coarsely chopped.
7. Fill each muffin cup to ¼-inch below the rim with cherry mixture (approx. 2 to 3 Tbsp.). Freeze for 4 to 6 hours, or until solid. Enjoy!

RECIPE NOTES:

- I like to top each muffin cup with a cherry half for garnish.
- Letting froyo cups sit at room temperature for 10 minutes before serving helps soften them slightly.
- Wrap leftover cups individually and store them in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): **Calories: 135** **Total Fat: 4 g** **Saturated Fat: 1 g** **Cholesterol: 2 mg** **Sodium: 60 mg** **Carbohydrates: 20 g** **Fiber: 2 g** **Sugars: 15 g** **Protein: 5 g**

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CHOCOLATE CHIA PUDDING WITH STRAWBERRIES

SERVES: 1 Prep Time: 20 min. + 4 hours (or overnight) Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

VEGAN CONTAINER EQUIVALENTS (PER SERVING): ½ ½ 1

½ cup unsweetened almond milk
2 Tbsp. chia seeds
1 Tbsp. unsweetened cocoa powder
1 tsp. pure maple syrup
¼ tsp. pure vanilla extract
1 pinch sea salt (or Himalayan salt)
½ cup chopped strawberries

1. Combine almond milk, chia seeds, cocoa powder, maple syrup, extract, and salt in a large bowl; whisk vigorously until cocoa powder is incorporated, and pudding is well blended.
2. Let stand at room temperature for 30 minutes; mix well. Refrigerate, covered, for 4 hours (or overnight), stirring occasionally.
3. Top with strawberries.

VARIATION:

This pudding could also be topped with chopped banana, fresh blueberries, fresh raspberries, chopped kiwifruit, or chopped pear.

NUTRITIONAL INFORMATION (per serving): Calories: 191 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 238 mg Carbohydrates: 24 g Fiber: 11 g Sugars: 9 g Protein: 5 g

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CHOCOLATE DONUTS

SERVES: 12 (1 donut each) **Prep Time:** 20 min. + 1 hr. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving):  2  2

FOR DONUTS:

½ cup	coconut sugar
½ cup	unsweetened coconut milk
⅓ cup	pure maple syrup
¼ cup	melted ghee (organic grass-fed, if possible)
1	large egg
1 tsp.	pure vanilla extract
1½ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
½ cup	almond flour
1½ tsp.	baking powder, gluten-free
½ tsp.	sea salt (or Himalayan salt)

FOR DIP:

1 cup	semisweet chocolate chips
1 tsp.	coconut oil

SPECIAL EQUIPMENT:

Donut pans
Nonstick cooking spray


1. Preheat oven to 350° F.
2. Coat two donut pans with cooking spray (or work in batches with one donut pan, if needed).
3. Place sugar, coconut milk, maple syrup, ghee, egg, and extract in blender; cover and blend until smooth. Leave in blender; set aside.
4. In a medium mixing bowl, stir together flour, almond flour, baking powder, and salt. Add contents of bowl to blender; cover and blend until smooth batter forms, scraping down sides as needed.
5. Transfer batter to a piping bag or resealable plastic bag. Cut a medium hole at the bottom corner. Divide batter evenly among 12 donut molds; bake 14 to 16 minutes, rotating pans and switching shelves halfway through cooking, until a toothpick inserted into the center of a donut comes out clean. Transfer donuts to a cooling rack; let cool 1 hour.
6. Place a heatproof bowl over a pot of gently simmering water. Add chocolate chips and oil; stir until melted.
7. When donuts have cooled, dip one side of each into chocolate; place on cooling rack to set before serving.
8. Store donuts refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- You can carefully divide the batter by pouring out of a liquid measuring cup or spooning the batter into the donut pan. This will likely be messy! Using a resealable bag with a hole cut at the bottom corner works just as well as a piping bag. Be sure to scrape down batter with a butter knife.
- Not all of the chocolate mixture will stick to the donuts. The Ultimate Portion Fix containers for this recipe are calculated based on how much chocolate mixture is actually consumed.

NUTRITIONAL INFORMATION (per serving): **Calories:** 226 **Total Fat:** 10 g **Saturated Fat:** 5 g **Cholesterol:** 10 mg
Sodium: 115 mg **Carbohydrates:** 32 g **Fiber:** 2 g **Sugars:** 15 g **Protein:** 3 g

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COOKIE DOUGH HUMMUS

SERVES: 6 (¼ cup each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

1¾ cups **canned chickpeas, drained and rinsed**

¼ cup **dry rolled oats**

½ cup **unsalted cashews**

3 Tbsp. **pure maple syrup**

2 tsp. **pure vanilla extract**

2 Tbsp. **unsweetened coconut milk beverage**

1 Tbsp. + 1 tsp. **semisweet chocolate chips, vegan**

1. Combine chickpeas, oats, cashews, maple syrup, extract, and coconut milk in a blender or food processor; cover. Process for approximately 2 minutes, or until smooth. Scrape down sides as needed.
2. Place mixture in a large bowl. Fold in the chocolate chips.
3. Serve immediately, or refrigerate, covered, until ready to serve. Store refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- This is a very thick hummus (to imitate the texture of cookie dough) so you may need to scrape down the sides of your blender often.
- Apple slices are probably our favorite accompaniment for this hummus, but pears work well too, as do carrots, or just enjoy it with a spoon!

NUTRITIONAL INFORMATION (per serving): Calories: 184 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 21 mg Carbohydrates: 25.5 g Fiber: 4 g Sugars: 7 g Protein: 6 g

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DECEPTIVELY DIVINE RED VELVET CUPCAKES

SERVES: 18 (1 cupcake each) Prep Time: 20 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1½

FOR RED VELVET CUPCAKES:

1 (15-oz.) can beets, drained
½ cup extra-virgin organic coconut oil
1½ tsp. pure vanilla extract
1 cup unsweetened almond milk
1 Tbsp. fresh lemon juice
2 large eggs
½ cup coconut sugar
½ tsp. sea salt (or Himalayan salt)
1 Tbsp. unsweetened cocoa powder
1½ cups gluten-free all-purpose flour
½ cup almond flour
1 Tbsp. baking powder, gluten-free

FOR AVOCADO CREAM FROSTING:

5 Tbsp. coconut sugar
1 tsp. cornstarch (preferably GMO-free)
2 very ripe medium avocados
1 Tbsp. + 1 tsp. fresh lemon juice
1½ tsp. pure vanilla extract
¼ cup unsweetened cocoa powder

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
 Nonstick cooking spray

FOR RED VELVET CUPCAKES:

1. Preheat oven to 350° F.
2. Line two muffin pans with eighteen muffin papers and lightly coat with spray. Set aside.
3. Place beets, oil, extract, almond milk, lemon juice, eggs, sugar, salt, and cocoa powder in blender (or food processor); cover. Blend until smooth.
4. With the blender running, add flour, almond flour, and baking powder. Blend until a smooth batter forms.
5. Pour batter evenly into prepared muffin pans, filling each cup approx. ¾ full.
6. Bake for 18 to 20 minutes, or until a toothpick inserted into center of a cupcake comes out clean.
7. Set cupcakes aside to cool while you prepare frosting.

FOR AVOCADO CREAM FROSTING:

1. Place sugar and cornstarch in blender (or food processor); cover. Blend until powdered.
2. Add avocados, lemon juice, extract, and cocoa powder; cover. Blend until smooth peaks form.
3. Evenly spread frosting on cool cupcakes.

NUTRITIONAL INFORMATION (per serving) **Red Velvet Cupcakes with Avocado Cream Frosting:** Calories: 180 Total Fat: 10 g Saturated Fat: 4 g Cholesterol: 20 mg Sodium: 176 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 10 g Protein: 3 g

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DOUBLE CHOCOLATE COOKIES

SERVES: 15 (1 cookie each) Prep Time: 15 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½

¼ cup extra-virgin organic coconut oil, melted

½ cup unsweetened applesauce

⅓ cup pure maple syrup

¼ cup canned lite coconut milk

⅓ cup coconut flour

¼ cup whole wheat flour

½ cup unsweetened cocoa powder

¼ cup dark chocolate chips, 70% cacao (or more), vegan

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oil, applesauce, maple syrup, and coconut milk in a medium bowl; mix well. Set aside.
4. Combine flours and cocoa powder in a small bowl; mix well.
5. Add flour mixture to applesauce mixture; mix until well blended.
6. Add chocolate chips; mix until blended.
7. Drop fifteen rounded Tbsp. onto prepared baking sheet.
8. Bake for 10 to 12 minutes or until firm.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

For a gluten-free version, substitute ⅓ cup brown rice flour for whole wheat flour.

VARIATION:

Substitute 1 oz. slivered raw almonds, chopped pecans, dried cherries, or raisins for chocolate chips.

NUTRITIONAL INFORMATION (per serving): Calories: 97 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 2 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 7 g Protein: 1 g

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EASY BAKED APPLE CRISP

SERVES: 4 (1 half apple each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 1

FOR SAUCE:

½ cup brewed unsweetened chai tea
1½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
1 tsp. cornstarch (preferably GMO-free)
 + 1 tsp. water (combine to make a slurry)
¼ tsp. pure vanilla extract

FOR GRANOLA:

3 Tbsp. coarsely chopped raw walnuts
3 Tbsp. dried cranberries
3 Tbsp. unsweetened shredded coconut
3 Tbsp. dry old-fashioned rolled oats,
 gluten-free
2 tsp. pure maple syrup
½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. + 1 tsp. unsweetened applesauce
½ tsp. ground cinnamon
1 pinch sea salt (or Himalayan salt)
2 medium Golden Delicious apples,
 peeled, cut in half, cores removed

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. To make sauce, heat tea, ghee, sugar, and salt in a small saucepan over high heat. Bring to a gentle boil, stirring frequently.
4. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until slightly thickened. Remove from heat.
5. Add extract; mix well. Set aside.
6. To make granola, place walnuts, cranberries, coconut, oats, maple syrup, ghee, applesauce, cinnamon, and salt in food processor; pulse until a fine crumb forms. Set aside.
7. Place apples on prepared baking sheet.
8. Fill each hollow center evenly with granola (approx. 1 Tbsp. + 1 tsp.). Drizzle 2 Tbsp. sauce over each apple. Bake for 30 minutes, or until apples are soft to their centers.

RECIPE NOTE:

These apples are great warm or cold; I like to have one for breakfast served in a pool of cold vanilla almond milk.

VARIATION:

You can substitute your favorite nuts for walnuts and any dried fruit for cranberries.

SPECIAL EQUIPMENT:

Parchment paper


NUTRITIONAL INFORMATION (per serving): **Calories:** 180 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 6 mg **Sodium:** 145 mg **Carbohydrates:** 25 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 2 g

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ELDERFLOWER MERINGUE COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  2

	Ice
1½ fl. oz.	gin
½ fl. oz.	elderflower liqueur (such as St-Germain®)
½	medium orange, juice reserved
½	medium lime, juice reserved
1	large egg white, pasteurized*
2 fl. oz.	soda water
	Orange bitters (for garnish; optional)

1. Fill a cocktail shaker $\frac{3}{4}$ full of ice.
2. Add gin, elderflower liqueur, orange juice, lime juice, and egg white. Shake vigorously for 30 seconds, or until drink is chilled and egg white emulsifies into a thick, creamy foam.
3. Place soda water in a highball glass. Strain gin mixture into glass; mix well.
4. Garnish with a few drops of orange bitters if desired.

RECIPE NOTE:

Elderflower liqueur is made from elderberry flowers and has bright and fragrant floral notes.

NUTRITIONAL INFORMATION (per serving): Calories: 181 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 56 mg Carbohydrates: 10 g Fiber: 0 g Sugars: 8 g Protein: 4 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

St-Germain is a trademark of Bacardi Global Brands Limited.

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FIXED PALOMA

SERVES: 1 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1

½ tsp. honey + **1 tsp. hot water**
Ice
1 fl. oz. tequila
1 fl. oz. unsweetened grapefruit juice
Sparkling water
1 lime wedge

- 1.** Combine honey and hot water in a small bowl; stir until honey is fully dissolved. Set aside.
- 2.** Fill a highball glass three-quarters full with ice.
- 3.** Add honey mixture, tequila, and grapefruit juice; mix well.
- 4.** Top with sparkling water to almost fill glass; mix well.
- 5.** Garnish with lime wedge and enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 87 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 5 mg Carbohydrates: 6 g Fiber: 0 g Sugars: 5 g Protein: 0 g

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FIXED VODKA COLLINS


SERVES: 1 Prep Time: 5 min. Cooking Time: None


CONTAINER EQUIVALENTS(per serving):  1


½ tsp. honey + **1 tsp. hot water**
Ice
1 fl. oz vodka
½ fl. oz. fresh lemon juice
Sparkling water
1 orange slice

- 1.** Combine honey and hot water in a small bowl; stir until honey is fully dissolved. Set aside.
- 2.** Fill a highball glass three-quarters full with ice.
- 3.** Add honey mixture, vodka, and lemon juice; mix well.
- 4.** Top with sparkling water to almost fill glass; mix well.
- 5.** Garnish with orange slice and enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 95 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 0 mg Carbohydrates: 4 g Fiber: 0 g Sugars: 3 g Protein: 0 g

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FLOURLESS CHOCOLATE CHICKPEA BROWNIES

SERVES: 16 (1 brownie each) **Prep Time:** 20 min. **Cooking Time:** 28 min.

CONTAINER EQUIVALENTS (per serving): 1

- 1 (15-oz.) can** chickpeas (garbanzo beans), drained, rinsed
- ¼ cup** unsalted organic grass-fed butter
- 2** large eggs
- ½ cup** pure maple syrup
- 2 tsp.** pure vanilla extract
- ⅓ cup** unsweetened cocoa powder
- ½ tsp.** baking powder, gluten-free
- 1 pinch** sea salt (or Himalayan salt)
- ¼ cup** semisweet (or dark) chocolate chips

1. Preheat oven to 350° F.
2. Line 9 x 9-inch baking pan with parchment paper. Lightly coat with spray. Set aside.
3. Place chickpeas, butter, eggs, maple syrup, extract, cocoa powder, baking powder, and salt in blender (or food processor); cover. Blend until smooth.
4. Add chocolate chips; mix by hand until blended.
5. Evenly spread batter into prepared pan.
6. Bake for 25 to 28 minutes, or until a toothpick inserted into the center of brownies comes out clean.
7. Cut into sixteen squares.

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

RECIPE NOTES:

- You can substitute cannellini beans for garbanzo beans. They make a little smoother brownie.
- If you don't like to use butter, you can substitute extra-virgin organic coconut oil.

NUTRITIONAL INFORMATION (per serving): **Calories:** 106 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 31 mg **Sodium:** 95 mg **Carbohydrates:** 13 g **Fiber:** 1 g **Sugars:** 8 g **Protein:** 2 g

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FRUITY SPRING ROLLS^o

SERVES: 4 (1 wrap and approx. 3 Tbsp. sauce) **Prep Time:** 25 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1



FOR ROLLS:

- 4 sheets** rice paper
- 24** fresh mint leaves
- 8** medium strawberries, sliced
- ½ cup** fresh pineapple, cut into matchstick-sized pieces
- ½ cup** cantaloupe, cut into matchstick-sized pieces
- ½ cup** honeydew, cut into matchstick-sized pieces

FOR SAUCE:

- 2 Tbsp.** fresh lime juice
- 2 Tbsp.** chopped honeydew
- 2 Tbsp.** chopped cantaloupe
- 2 Tbsp.** chopped pineapple
- 2 Tbsp.** chopped strawberry
- 1 Tbsp.** fresh chopped mint
- 1 tsp.** finely grated lime peel (lime zest)

- 1.** Dampen a clean kitchen towel and spread out on a cutting board.
- 2.** Soften one piece of rice paper according to package directions. Place paper smooth-side down on top of dampened towel.
- 3.** Layer each paper with 6 mint leaves and 2 Tbsp. each of strawberry, pineapple, cantaloupe, and honeydew on the first third of the paper, leaving room to fold the edges over.
- 4.** Fold edges up to meet the filling, then roll the paper away from you to form a tight log.
- 5.** For the sauce, combine lime juice, honeydew, cantaloupe, pineapple, strawberry, mint, and zest together in a blender; cover. Blend until smooth.
- 6.** Serve each roll with approximately 3 Tbsp. sauce.

RECIPE NOTES:

- Rice paper can be found in your local grocery store in the Asian or ethnic foods aisle.
- Depending on your blender, it may be necessary to place the sauce ingredients in a shatterproof cup and blend them with an immersion (stick) blender instead.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 72 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 58 mg **Carbohydrates:** 18 g **Fiber:** 1 g **Sugars:** 8 g **Protein:** 1 g

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GLUTEN-FREE CHOCOLATE CHIP COOKIES

SERVES: 16 (1 cookie each) Prep Time: 15 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

- ¼ cup** extra-virgin organic coconut oil, solid
- ½ cup** coconut sugar
- 1** large egg yolk
- 1 tsp.** pure vanilla extract
- 1 cup** gluten-free all-purpose flour
- ¼ tsp.** baking soda, gluten-free
- ¼ tsp.** baking powder, gluten-free
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ cup** dark chocolate chips, 70% cacao (or more)

- 1.** Preheat oven to 325° F.
- 2.** Line two baking sheets with parchment paper. Set aside.
- 3.** Combine oil and sugar in a large mixing bowl, using a hand mixer; beat until well mixed.
- 4.** Add egg yolk and extract; mix well. Set aside.
- 5.** Combine flour, baking soda, baking powder, and salt in a medium bowl; mix well.
- 6.** Add oil mixture to flour mixture; mix well.
- 7.** Fold in chocolate chips.
- 8.** Roll into Tbsp.-sized balls and place on prepared baking sheets.
- 9.** Bake for 10 to 12 minutes, or until golden brown.

SPECIAL EQUIPMENT:

Parchment paper

RECIPE NOTE:

Cookies can be stored in an airtight container for up to 3 days.

NUTRITIONAL INFORMATION (per serving): Calories: 102 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 12 mg Sodium: 40 mg Carbohydrates: 14 g Fiber: 1 g Sugars: 8 g Protein: 1 g

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GOOEY PEANUT BUTTER CUPCAKES

SERVES: 12 (1 cupcake each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 3

FOR CUPCAKES:

- ¼ cup extra-virgin organic coconut oil
- ½ cup all-natural peanut butter
- ¾ cup pure maple syrup (preferably grade B)
- ¾ cup unsweetened almond milk
- 2 tsp. ground flaxseed
- 1 tsp. pure vanilla extract
- 1½ cups gluten-free all-purpose flour, sifted
- ½ cup almond flour, sifted
- 2 tsp. baking powder, gluten-free
- 1 tsp. sea salt (or Himalayan salt)
- ¼ cup bittersweet chocolate chips

FOR FROSTING:

- ½ cup all-natural peanut butter
- 2 Tbsp. unsweetened almond milk
- 1 pinch sea salt (or Himalayan salt)
- ¼ cup pure maple syrup (preferably grade B)
- 1 tsp. pure vanilla extract

FOR CHOCOLATE DIP (OPTIONAL):

- ½ cup bittersweet chocolate chips
- 1 tsp. extra-virgin organic coconut oil

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray

FOR CUPCAKES:

1. Preheat oven to 375° F.
2. Line muffin pan with twelve muffin papers and lightly coat with spray. Set aside.
3. Place oil, peanut butter, maple syrup, almond milk, flaxseed, and extract in blender (or food processor); cover. Blend for approx. 30 seconds, or until smooth. Set aside.
4. Combine flour, almond flour, baking powder, and salt in a large mixing bowl; blend until combined.
5. Add oil mixture to flour mixture; mix until ingredients are just moistened (do not overmix).
6. Fold in chocolate chips.
7. Pour batter evenly into prepared muffin pans, filling each tin with a level ¼ cup batter (approx. ¾ full).
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into center of a cupcake comes out clean.
9. Set cupcakes aside to cool.

FOR FROSTING:

1. While cupcakes are baking, combine peanut butter, almond milk, salt, maple syrup, and extract in a medium mixing bowl; beat until well mixed. Set aside.

FOR DIP:

1. If using dip, place a heat-proof mixing bowl on top of a pot of gently boiling water.
2. Add chocolate and oil; cook, stirring frequently, until just melted. Stir until well blended.
3. Once cupcakes have cooled, frost each with 1 Tbsp. frosting. Dip frosting of each cupcake into dip; set aside to cool a few minutes before serving.

RECIPE NOTE:

When making dip, you can melt chocolate in a microwave; just make sure to use 50% power and stir every 30 seconds.




NUTRITIONAL INFORMATION (per serving): **Calories:** 335 **Total Fat:** 19 g **Saturated Fat:** 7 g **Cholesterol:** 0 mg **Sodium:** 362 mg **Carbohydrates:** 38 g **Fiber:** 4 g **Sugars:** 22 g **Protein:** 7 g

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GRILLED PEACHES WITH MASCARPONE

SERVES: 4 Prep Time: 10 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1

3 Tbsp. mascarpone cheese
¼ tsp. pure vanilla extract
2 Tbsp. pure maple syrup (preferably grade B)
½ medium orange, orange peel finely grated (orange zest), juice reserved
2 tsp. Kentucky bourbon
2 medium peaches (preferably late-season freestones)
Nonstick cooking spray

1. Beat together mascarpone and extract in a small bowl; refrigerate, covered.
2. To make maple bourbon sauce, combine maple syrup, orange peel, orange juice, and bourbon in a small saucepan over medium-high heat. Bring to a gentle boil; cook, stirring constantly (being careful not to burn it), for approx. 5 minutes, or until sauce is reduced by half. Remove from heat. Set aside.
3. Coat grill with spray. Preheat grill (or cast iron grill pan) on high.
4. Cut peaches in half; remove stones.
5. Grill peaches, flesh side down, for 12 to 15 minutes, or until you can see juices bubbling beneath the skin, flesh is slightly charred, and peaches are soft to their core. Place peaches on a serving platter.
6. Fill each peach center with about 2 heaping teaspoons of mascarpone mixture; drizzle with maple sauce.
7. If desired, top each with a few crystals of fleur de sel (or any large, flaky salt) and enjoy!

TIPS:

- For a kid-friendly version, skip the maple bourbon sauce and drizzle the grilled peaches with plain maple syrup or honey.
- When possible, use freestone peaches (available mid-June through August) since their stones can be easily removed. If using regular peaches, be sure to split them along their equator, not lengthwise, and remove the stone with a sharp paring knife.
- If you don't have a grill, you can arrange peaches flesh side up on a baking sheet and place under the broiler for 10 to 12 minutes. Watch carefully so they don't burn!

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 9 g Saturated Fat: 6 g Cholesterol: 31 mg Sodium: 34 mg Carbohydrates: 15 g Fiber: 1 g Sugars: 14 g Protein: 3 g

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HOLIDAY SUGAR COOKIES

SERVES: 11 (2 cookies each) **Prep Time:** 1 hr. 15 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 1½ cups** **gluten-free all-purpose flour**
(preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- 1 tsp.** **cornstarch** (preferably GMO-free)
- ¼ tsp.** **baking powder, gluten-free**
- ¼ tsp.** **sea salt** (or Himalayan salt)
- ¼ cup** **pure maple syrup**
- 1** **large egg**
- ¼ cup** **ghee** (organic, grass-fed, if possible), room temperature
- 1 tsp.** **pure vanilla extract**
- ½ tsp.** **pure butter extract**
Colored decorating sugar (optional; for garnish)

SPECIAL EQUIPMENT:

- Cookie cutters
- Rolling pin
- Parchment paper

1. Whisk together flour, cornstarch, baking powder, and salt in a medium mixing bowl.
2. In a separate medium bowl, whisk together maple syrup, egg, ghee, and extracts.
3. Add dry mixture to wet mixture, mixing to form dough. Knead briefly, then place dough on a large piece of plastic wrap.
4. Form dough into a disc 1-inch thick, cover with another sheet of plastic wrap, and refrigerate 1 hour.
5. Preheat oven to 350° F. Line a baking sheet with parchment paper.
6. Remove dough from refrigerator. Leave dough between the plastic wrap; use a rolling pin to roll out dough until it is ⅛-inch thick.
7. Cut out cookies with a cookie cutter. Gather and re-roll unused dough and cut remaining cookies (repeat as many times as necessary to use all the dough; gluten-free dough doesn't toughen).
8. Place all cookies on prepared baking sheet, leaving a little space between them. Sprinkle each with a pinch of colored sugar (if desired). Bake for 8 to 10 minutes. Cool on baking sheet for 5 minutes. Remove to a wire rack to cool completely.
9. Serve immediately, or store refrigerated in an airtight container for up to 3 days

NUTRITIONAL INFORMATION (per serving): **Calories:** 140 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 31 mg **Sodium:** 25 mg **Carbohydrates:** 21.5 g **Fiber:** 0.5 g **Sugars:** 4.5 g **Protein:** 2 g

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LEMON HONEY CAKES

SERVES: 16 (1 piece each) **Prep Time:** 15 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

In honor of our UK debut, here's an easy little lemon-honey cake that's perfect for afternoon tea (or anytime you have a sweet tooth, if you don't drink tea). Gluten-free, with a fraction of the fat and sugar you get in a typical lemon cake, these fluffy, decadent little pastries are smothered in a honey-lemon glaze that will make you feel like you're cheating, but they're fully Fix-approved!

FOR LEMON HONEY CAKE:

- 3** large eggs
- 2 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** fresh lemon juice
- 1 tsp.** pure vanilla extract
- ¼ cup** ghee (organic grass-fed, if possible), at room temperature
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** honey
- ½ cup** unsweetened coconut milk beverage
- 2 cups** all-purpose flour, gluten-free
- 2 tsp.** baking powder, gluten-free
- ¼ tsp.** baking soda, gluten-free
- ¾ tsp.** sea salt (or Himalayan salt)

FOR GLAZE:

- ¼ cup** fresh lemon juice
- ¼ cup** honey
- ¼ tsp.** pure vanilla extract
- 1 Tbsp.** finely grated lemon peel (lemon zest)

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

FOR LEMON HONEY CAKE:

1. Preheat oven to 350° F.
2. Line 9 x 9-inch pan with parchment paper and lightly coat with spray. Set aside.
3. Place eggs, lemon peel, lemon juice, extract, ghee, yogurt, honey, and coconut milk in blender; cover. Blend until smooth. Set aside.
4. Combine flour, baking powder, baking soda, and salt in a medium mixing bowl; mix well.
5. With blender running, add flour mixture to egg mixture a little at a time; blend until well mixed.
6. Pour batter into prepared pan. Bake for 25 to 30 minutes, or until golden brown and a toothpick inserted into center comes out clean.

FOR GLAZE:

1. While cake is baking, heat lemon juice and honey in small saucepan over medium-high heat. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 8 to 10 minutes, or until mixture has reduced by half. Remove from heat.
2. Add extract and lemon peel; mix well. Cool until lemon-honey mixture is room temperature before using.
3. Allow cake to cool completely in pan before brushing top with lemon-honey mixture. Cut into 16 pieces (approx. 2¼ x 2¼-inches each).

RECIPE NOTES:

- Coconut milk beverage comes in a carton.
- You can substitute extra-virgin organic coconut oil for ghee.

NUTRITIONAL INFORMATION (per serving): **Calories:** 148 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 45 mg **Sodium:** 188 mg **Carbohydrates:** 25 g **Fiber:** 2 g **Sugars:** 13 g **Protein:** 3 g

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LEMON RASPBERRY FROYO BITES

SERVES: 10 (2 bites each) **Prep Time:** 15 min. + 2 to 4 hours to freeze **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1

- 1 cup** reduced-fat (2%) plain Greek yogurt
- 2 cups** frozen raspberries
- ¼ cup** fresh lemon juice
- 2 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** honey

- 1.** Prepare twenty muffin cups by lining with muffin papers. Lightly coat with spray, if desired. Set aside.
- 2.** Place yogurt, raspberries, lemon juice, lemon peel, and honey in blender; cover. Blend until smooth.
- 3.** Fill each muffin cup to just below the rim with yogurt mixture (approx. 2 to 3 Tbsp.). Freeze for 2 to 4 hours, or until solid. Enjoy!


SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray (optional)

RECIPE NOTE:

Letting froyo cups sit at room temperature for 10 minutes before serving helps soften them slightly.

NUTRITIONAL INFORMATION (per serving): **Calories:** 56 **Total Fat:** 1 g **Saturated Fat:** 0 g **Cholesterol:** 1 mg **Sodium:** 8 mg **Carbohydrates:** 11 g **Fiber:** 2 g **Sugars:** 9 g **Protein:** 3 g

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MELON SORBET

SERVES: 5 (1 cup each) Prep Time: 20 min. + 4 hours to freeze Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

Here's a fun and simple way to whip up a quick sorbet. We used cantaloupe for this recipe, but it works just as well with other melons like honeydew and watermelon. You can also switch between lemon and lime as your acid, and try herb additions, like mint, tarragon, or basil. This is so easy to make, it's worth experimenting!

- 1** medium cantaloupe, cut into 1-inch cubes
- 2 Tbsp.** fresh lemon juice
- 3 Tbsp.** honey
- 3 Tbsp.** water
- 1 pinch** sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper

- 1.** Line baking sheet with parchment paper. Place cantaloupe on baking sheet; spread out so that there is a little space between each piece.
- 2.** Place baking sheet in freezer overnight or until cantaloupe is frozen solid (minimum 4 hours).
- 3.** Place frozen cantaloupe in food processor; pulse until crumbly.
- 4.** Add lemon juice, honey, water, and salt; pulse until mixture forms texture of soft sorbet. (If sorbet is too thick, add 1 tsp. of water at a time. Make sure it does not become a slushy.)
- 5.** Serve immediately, or store in an airtight container, in the freezer, for up to 3 months.

RECIPE NOTE:

For a vegan version, omit honey. Heat 3 Tbsp. water and 3 Tbsp. coconut sugar until sugar is dissolved. Chill before adding to the sorbet.

NUTRITIONAL INFORMATION (per serving): Calories: 75 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 46 mg Carbohydrates: 20 g Fiber: 1 g Sugars: 18 g Protein: 1 g

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MINI-CHEESECAKES

SERVES: 12 (1 cheesecake each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 1 1 2

FOR CRUST:

1 1/2 cups **crushed graham crackers, gluten-free**
1 Tbsp. **pure maple syrup**
3 Tbsp. **extra-virgin organic coconut oil, melted**

FOR FILLING:

2 3/4 cups **reduced-fat cream cheese**
1/4 cup **reduced-fat sour cream**
1/4 cup **pure maple syrup**
2 **large eggs**
1 tsp. **pure vanilla extract**

FOR GARNISH:

2 Tbsp. **reduced-sugar organic strawberry jam, *divided use***
6 **halved strawberries, *divided use***

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by lining with muffin papers and lightly coating with spray.
3. Add graham crackers to a food processor; pulse until crackers are crumbs. Add maple syrup and oil; pulse until combined.
4. Evenly divide crust mixture among muffin cups (approx. 2 Tbsp. each) and press down to form a compact base; set aside.
5. Place cream cheese and sour cream in a large mixing bowl; using a hand mixer, beat until fluffy. Add maple syrup, eggs, and extract; beat until combined, being careful not to overmix.
6. Evenly divide filling among muffin cups. Bake for 18 to 20 minutes, rotating pan once, halfway through, or until edges are set and centers are slightly jiggly. Remove from oven.
7. Let pan cool before placing in the refrigerator for 2 to 3 hours to chill and set.
8. To serve, garnish each cheesecake with $\frac{1}{2}$ tsp. strawberry jam and $\frac{1}{2}$ strawberry.

NUTRITIONAL INFORMATION (per serving): **Calories:** 244 **Total Fat:** 18 g **Saturated Fat:** 11 g **Cholesterol:** 83 mg
Sodium: 213 mg **Carbohydrates:** 14 g **Fiber:** 0 g **Sugars:** 9 g **Protein:** 5 g

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NO-BAKE CHOCOLATE COCONUT COOKIES

SERVES: 8 (1 cookie each) Prep Time: 20 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1 ½

1 cup	unsweetened shredded (or desiccated) coconut
1 Tbsp.	unsweetened coconut milk beverage
1 Tbsp.	pure maple syrup
1 Tbsp.	all-natural peanut butter (or nut butter of choice)
1 tsp.	pure vanilla extract
½ cup	semisweet chocolate chips (vegan)
½ tsp.	extra-virgin coconut oil
	Sea salt flakes (to taste)

1. Place coconut in food processor or blender; cover. Process until coconut has a flour-like consistency.
2. Add milk, maple syrup, peanut butter, and extract. Process until dough forms.
3. Divide dough into 8 equal-sized balls (approximately 1 Tbsp. each). Flatten, then place on a parchment-lined baking sheet and refrigerate for 15 minutes.
4. Place a double boiler with water 1-inch deep in bottom over low heat; bring to a simmer. Add chocolate and oil to top of double boiler; cook, stirring frequently, for 2 to 3 minutes, or until chocolate has melted. Let chocolate cool to room temperature.
5. Dip chilled cookies in chocolate to coat then place back on lined baking sheet. Top with a few salt flakes then using a fork drizzle remaining chocolate onto tops of cookies. Place in refrigerator until chocolate has set.
6. Serve chilled, or store in an airtight container in the refrigerator for up to 3 days.

SPECIAL EQUIPMENT:

Parchment paper

RECIPE NOTE:

If you don't have a double boiler, use a small saucepan and a heatproof bowl that covers the top of saucepan and does not touch the bottom. Fill the pan with ½ cup of water; bring to a simmer. Once water is simmering, add chocolate and oil to bowl, stirring frequently, for 2 to 3 minutes, or until chocolate has melted. Remove pan from heat when boiler is not in use.

NUTRITIONAL INFORMATION (per serving): Calories: 140 Total Fat: 11 g Saturated Fat: 8 g Cholesterol: 0 mg Sodium: 14 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 8 g Protein: 2 g

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NO-BAKE MINI BLUEBERRY PIES

SERVES: 12 (1 pie each) **Prep Time:** 20 min. + 4 hrs. to freeze and chill **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): ½ 1½ 1½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1½ 1½

CRUST:

- 2⅔ cups** coarsely crushed graham crackers, gluten-free, vegan
- 1 Tbsp.** pure maple syrup
- ¼ cup + 2 Tbsp.** extra-virgin organic coconut oil, melted

FILLING:

- 3½ cups** fresh blueberries, *divided use*
- ½ cup** coconut sugar
- 1 cup** water
- 1 dash** sea salt (or Himalayan salt)
- 3 Tbsp.** cornstarch (preferably GMO-free) + **3 Tbsp. water** (combine to make a slurry)
- 2 Tbsp.** fresh lemon juice

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray (optional)

CRUST:

1. Prepare twelve muffin cups by lining with muffin papers (or coating with spray, if desired). Set aside.
2. Place graham crackers in food processor (or blender); process until finely ground.
3. Add maple syrup and oil; pulse until thoroughly combined.
4. Place 2 Tbsp. graham cracker mixture into each muffin cup; press down with fingers, molding it to cover the bottom and sides of each muffin cup.
5. Place muffin cups in freezer to set.

FILLING:

1. While muffin cups are in freezer, bring 2 cups blueberries, sugar, water, and salt to a boil in medium saucepan over medium-high heat. Reduce heat to medium-low; gently boil, stirring occasionally, for 6 to 8 minutes, or until blueberries have burst.
2. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until mixture thickens.
3. Remove from heat. Add remaining 1½ cups blueberries and lemon juice; mix well. Chill in refrigerator until blueberry mixture has reached room temperature.
4. Fill each muffin cup with ¼ cup blueberry mixture. Chill muffin cups in refrigerator for approx. 2 hours, or until blueberry mixture has set.

RECIPE NOTE:

Freeze leftovers in an airtight container for up to 3 months.

NUTRITIONAL INFORMATION (per serving): **Calories:** 212 **Total Fat:** 10 g **Saturated Fat:** 6 g **Cholesterol:** 0 mg **Sodium:** 117 mg **Carbohydrates:** 31 g **Fiber:** 2 g **Sugars:** 17 g **Protein:** 2 g

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PAN-FRIED CINNAMON BANANAS

SERVES: 4 (½ banana each) **Prep Time:** 10 min. **Cooking Time:** 9 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

Here's a fast and fun way to throw together a quick dessert! The richness of ghee matches perfectly with caramelized honey and banana. This dish will have you feeling like a pastry chef in just 10 minutes!

- 2 tsp.** ghee (organic grass-fed, if possible)
- ½ tsp.** ground cinnamon
- 1 Tbsp. + 1 tsp.** honey
- 1 pinch** sea salt (or Himalayan salt)
- 2** large just-ripe bananas, cut into 1-inch rounds

- 1.** Place ghee, cinnamon, honey, and salt in medium nonstick skillet; cook, over medium-high heat, stirring frequently, for 2 to 3 minutes, or until mixture is melted and well mixed.
- 2.** Add banana; cook for approx. 3 minutes on each side, or until each side has caramelized to a deep brown. Enjoy!

RECIPE NOTE:

You can substitute pure maple syrup for honey to make this recipe vegan.

SERVING SUGGESTION:

Bananas can be eaten by themselves, or make a great topping for your morning oatmeal or yogurt!

NUTRITIONAL INFORMATION (per serving): **Calories:** 101 **Total Fat:** 3 g **Saturated Fat:** 2 g **Cholesterol:** 6 mg **Sodium:** 36 mg **Carbohydrates:** 21 g **Fiber:** 1 g **Sugars:** 14 g **Protein:** 1 g

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PEANUT BUTTER CHOCOLATE BALLS

SERVES: 24 (1 ball each) Prep Time: 20 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

1 cup all-natural smooth peanut butter
1 Tbsp. cornstarch (preferably GMO-free)
¾ cup coconut flour
2 Tbsp. pure maple syrup
Hot water
8 oz. semisweet chocolate, 62% cacao (or more), vegan, chopped
2 tsp. extra-virgin organic coconut oil, unrefined

SPECIAL EQUIPMENT:

Parchment paper

1. Line a large baking sheet with parchment paper. Set aside.
2. Combine peanut butter, cornstarch, coconut flour, and maple syrup in a medium bowl; blend well with a spatula until mixture forms a uniform dough.
3. Using clean hands, shape dough into twenty-four 1-inch balls; place a toothpick in the center of each ball. Place on prepared baking sheet. Refrigerate for 20 minutes.
4. Fill small saucepan with 2 inches of water; bring to a boil over high heat. Reduce heat to low.
5. Place a heat-proof mixing bowl over saucepan. Add chocolate and oil. Stir for 2 to 3 minutes, or until just melted. Make sure water does not splash into the bowl.
6. Remove balls from refrigerator. Hold a ball by the toothpick and dip into chocolate, swirling to completely coat. Return to baking sheet. Repeat with each ball. (For any uncoated areas, coat carefully with a spoon dipped into chocolate.)
7. Refrigerate for at least 1 hour, or until chocolate has hardened.
8. Store in airtight container in the refrigerator.

TIPS:

- You can also melt the chocolate in the microwave. Place morsels and oil in microwave-safe container. Microwave on 50% power for 30 seconds; stir. Microwave for an additional 30 to 45 seconds or until just melted. Do not overcook.
- To prevent the balls from sticking to your hands when you roll them, lightly coat your hands with nonstick cooking spray.

NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 57 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 8 g Protein: 4 g

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PEANUTTY PEANUT BUTTER SQUARES

SERVES: 16 (1 square each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 1 2½

1½ cups all-natural smooth peanut butter
½ cup honey
2 tsp. pure vanilla extract
2 large eggs, at room temperature
½ tsp. baking soda, gluten-free

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Lightly coat 8 x 8-inch baking pan with spray. Set aside.
3. Combine peanut butter, honey, extract, eggs, and baking soda in a large bowl; mix well.
4. Evenly spread batter into prepared pan. Smooth top with a spatula.
5. Bake for 22 to 25 minutes. Squares may be a little soft when coming out of the oven, but they will continue to cook as they cool.
6. Cool completely.
7. Cut into sixteen squares.

VARIATION:

Pure maple syrup can be substituted for honey.




NUTRITIONAL INFORMATION (per serving): **Calories:** 182 **Total Fat:** 13 g **Saturated Fat:** 3 g **Cholesterol:** 23 mg **Sodium:** 158 mg **Carbohydrates:** 13 g **Fiber:** 1 g **Sugars:** 10 g **Protein:** 7 g

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PUMPKIN WHOOPIE PIES

SERVES: 9 (1 pie each) **Prep Time:** 20 min. **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving):  1½  ½  1

FOR COOKIES:

1 cup	dry old-fashioned rolled oats, gluten-free
½ cup	gluten-free all-purpose flour
½ tsp.	ground cinnamon
¼ tsp.	baking powder, gluten-free
¼ tsp.	sea salt (or Himalayan salt)
¼ cup	extra-virgin organic coconut oil
¼ cup	coconut sugar
1	large egg
½ tsp.	pure vanilla extract
½ cup	chopped raw walnuts

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

FOR PUMPKIN FILLING:

¼ cup	heavy whipping cream
½ tsp.	unflavored gelatin (preferably from grass-fed cows)
½ cup	100% pure pumpkin puree
2 Tbsp.	coconut sugar
1 pinch	sea salt (or Himalayan salt)
¼ tsp.	ground cinnamon
¼ tsp.	ground ginger
¼ tsp.	ground nutmeg
1 dash	ground cloves
½ tsp.	pure vanilla extract

FOR COOKIES:

1. Preheat oven to 350° F.
2. Line baking sheet with parchment paper and lightly coat with spray.
3. Combine oats, flour, cinnamon, baking powder, and salt in a large bowl; mix well. Set aside.
4. Combine oil and sugar in a medium mixing bowl with a stand mixer (or electric mixer); beat until light and fluffy.
5. Add egg and extract; beat until well blended.
6. Gently fold in oat mixture using a spoon (or clean hands); mix until just blended.
7. Fold in walnuts; mix until just blended.
8. Spread 18 rounded Tbsp. of dough onto prepared baking sheet.
9. Bake 15 to 18 minutes, rotating baking sheet once halfway through, or until golden brown.
10. Cool cookies completely before filling (hot cookies will melt the cream filling).


FOR PUMPKIN FILLING:

1. While cookies are baking, combine cream and gelatin in a large mixing bowl; whisk to blend. Let stand for 5 minutes.
2. Add pumpkin, sugar, salt, cinnamon, ginger, nutmeg, cloves, and extract to cream mixture; whisk to blend.
3. Add pumpkin mixture to a large skillet. Bring to a gentle boil, over medium heat, stirring constantly. Reduce heat to medium-low; cook, stirring constantly, for 3 to 5 minutes, or until mixture has thickened slightly.
4. Place pumpkin mixture in heat-proof bowl, then place bowl in ice bath. Chill for 5 to 10 minutes, or until pumpkin mixture has set to the consistency of pudding.
5. Transfer pumpkin filling to a large resealable plastic bag. Refrigerate until it's time to fill the pies.

FOR WHOOPIE PIES:

1. Snip off one corner of plastic bag (containing pumpkin filling) with a pair of scissors.
2. Pipe approx. 1 Tbsp. filling on the flat bottom of a cookie; press another cookie on top to form a sandwich. Continue with remaining cookies and filling until nine pies are complete.
3. Whoopie pies may be enjoyed immediately or refrigerated in an air-tight container for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 220 **Total Fat:** 14 g **Saturated Fat:** 8 g **Cholesterol:** 30 mg **Sodium:** 105 mg **Carbohydrates:** 21 g **Fiber:** 3 g **Sugars:** 9 g **Protein:** 4 g

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RASPBERRY-FILLED COOKIE BITES

SERVES: 9 (2 cookie bites each) Prep Time: 1 hr. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

1 cup fresh (or frozen) raspberries
¾ cup + 2 Tbsp. water, *divided use*
¼ cup honey
2 large egg whites (¼ cup)
½ tsp. pure vanilla extract
½ cup sifted almond flour

SPECIAL EQUIPMENT:

Candy thermometer
 Parchment paper
 Pastry bag (optional)

1. To make raspberry filling, combine raspberries and $\frac{3}{4}$ cup water in small saucepan; cook, over medium-high heat, stirring occasionally, for 10 to 12 minutes, or until berries have broken down and liquid becomes slightly thicker. Refrigerate to cool.
2. To make meringue, place honey and *remaining 2 Tbsp.* water in small saucepan; cook, over medium-high heat, stirring occasionally, until mixture reaches 240° F with a candy thermometer.
3. While honey mixture cooks, place egg whites in a clean, large metal mixing bowl; beat until soft peaks are formed. Set aside.
4. When honey mixture reaches 240° F, transfer it into a clean, heat-resistant pouring vessel (like a glass measuring cup).
5. Slowly add honey mixture (in a thin stream) to egg whites, whisking vigorously until completely mixed.
6. Add extract; continue whisking vigorously until the meringue forms stiff, glossy peaks.
7. Gently fold in almond flour; mix until well blended. Set aside.
8. Preheat oven to 300° F.
9. Line two baking sheets with parchment paper. Set aside.
10. Transfer meringue mixture into a large resealable plastic bag (or pastry bag). Squeeze out any excess air and seal bag. Cut off about ½-inch of the bottom corner of the bag.
11. Pipe out thirty-six 1-inch rounds, evenly spaced. Firmly tap each baking sheet against the kitchen counter a few times to release any air bubbles.
12. Let cookies rest for 30 minutes prior to baking.
13. Bake for 18 to 20 minutes, or until cookies have risen about ½ inch. Remove from oven. Cool before removing from parchment paper.
14. Evenly divide raspberry filling on the flat side of eighteen cookies. Top each cookie with the flat side of a second cookie to make a sandwich.

RECIPE NOTES:

- Don't limit yourself to raspberries. Any fruit jam (made using the directions above) will make a great filling!
- If you have a stand mixer, this would be a good way to beat the egg whites. If you don't, you might have someone slowly pour the honey mixture while you beat the egg whites.

NUTRITIONAL INFORMATION (per serving): Calories: 67 Total Fat: 3 g Saturated: Fat 0 g Cholesterol: 0 mg Sodium: 13 mg Carbohydrates: 8 g Fiber: 2 g Sugars: 6 g Protein: 2 g

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SAVORY CHEDDAR BAY DONUTS

SERVES: 6 (1 donut each) Prep Time: 10 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 2

- 1 cup** **gluten-free all-purpose flour**
(preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- ¼ cup** **salted organic grass-fed butter, cold,**
cut into cubes
- ¾ cup** **shredded cheddar cheese**
- 1 Tbsp.** **chopped fresh parsley**
- 2 tsp.** **baking powder, gluten-free**
- 1½ tsp.** **Old Bay Seasoning®**
- 1 tsp.** **garlic powder**
- ¾ cup** **unsweetened organic soy milk**
- 2 tsp.** **pure maple syrup**

- 1.** Preheat oven to 450° F.
- 2.** Lightly coat donut pan with spray; set aside.
- 3.** Add flour and butter to a food processor; pulse until butter is chopped into pea-sized pieces.
- 4.** Add cheddar cheese, parsley, baking powder, seasoning, and garlic powder; pulse to combine.
- 5.** Add soy milk and maple syrup; blend until a smooth batter forms.
- 6.** Transfer batter to a resealable plastic bag; seal. Snip off one corner from bag; squeeze bag to pipe batter into prepared donut pan, dividing evenly among 6 donut molds.
- 7.** Bake for 13 to 15 minutes, or until golden brown. Let pan cool until it can be handled; remove donuts to a wire rack to cool completely.

SPECIAL EQUIPMENT:

- Nonstick cooking spray
- Donut pan

NUTRITIONAL INFORMATION (per serving): Calories: 231 Total Fat: 13 g Saturated Fat: 8 g Cholesterol: 36 mg Sodium: 191 mg Carbohydrates: 23 g Fiber: 1 g Sugars: 2 g Protein: 6 g

Bob's Red Mill is a trademark of Bob's Red Mill Natural Foods, Inc.
Old Bay Seasoning is a trademark of McCormick & Company, Inc.

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SPRING SANGRIA

SERVES: 12 (5 oz. plus approx. 2 Tbsp. fruit each) **Prep Time:** 15 min. + 2 hrs. to chill **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1

A nice, light sangria is a great way to welcome the fresh flavors of spring. Our FIXATE version uses a combination of rosé and prosecco to produce a lightly effervescent, pink-kissed elixir that highlights its spring fruit additions without overwhelming them. And with no added sugar or liquors, we keep it Fix-approved, letting the natural sweetness and fruity bouquet shine through.

- | | | |
|--------------------------|---|--|
| 1 | medium blood orange | 1. Remove orange peel (orange zest) using a vegetable peeler. Juice orange (approx. 2 oz.); add orange peel and orange juice to serving pitcher. |
| 1 cup | strawberries, cut in half | 2. Add strawberries, kiwi, and rose; mix well. Place in refrigerator for at least 2 hours, or as long as overnight. |
| 2 | medium kiwifruit, peeled, sliced into rounds | 3. To serve, fill a glass half-full with ice. Fill with approx 2 oz. rose mixture, a couple pieces of fruit, and add a sprig of lavender, if desired. Top evenly with prosecco (approx. 2 oz.) and sparkling water (approx. 1 oz.) and enjoy. |
| 1 (750-ml) bottle | rosé (preferably pinot noir varietal) | |
| | Ice | |
| 10 sprigs | fresh lavender (for garnish; optional) | |
| 1 (750-ml) bottle | prosecco, chilled | |
| 1 (12-oz.) bottle | sparkling water | |

NUTRITIONAL INFORMATION (per serving): **Calories:** 99 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 158 mg **Carbohydrates:** 7 g **Fiber:** 1 g **Sugars:** 3 g **Protein:** 0 g

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STRAWBERRY RHUBARB MINI PIES

SERVES: 12 (1 pie each) **Prep Time:** 20 min. + 4 hours to chill **Cooking Time:** 17 min.

CONTAINER EQUIVALENTS (per serving): 1½ 2

VEGAN CONTAINER EQUIVALENTS (PER SERVING): B 1½ 2

FOR CRUST:

2⅔ cups coarsely crushed graham crackers, gluten-free, vegan
1 Tbsp. pure maple syrup
¼ cup + 2 Tbsp. extra-virgin organic coconut oil

FOR FILLING:

1¾ cups chopped rhubarb (approx. 5 medium stalks)
½ cup coconut sugar
1 cup water
1 dash sea salt (or Himalayan salt)
1¾ cups quartered strawberries
3 Tbsp. cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
1 Tbsp. orange juice (from medium orange)
1 tsp. finely grated orange peel (orange zest)
½ tsp. pure vanilla extract

FOR GARNISH (OPTIONAL):

6 medium strawberries, cut in half

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

FOR CRUST:

1. Prepare twelve muffin cups by lining with muffin papers (or coating with spray, if desired). Set aside.
2. Place graham crackers in food processor (or blender); process until finely ground.
3. Add maple syrup and oil; pulse until thoroughly combined.
4. Place approx. 3 to 4 Tbsp. graham cracker mixture into each muffin cup; press down with fingers, molding it to cover the bottom and sides of each muffin cup.
5. Place muffin cups in freezer to set (approx. 2 hours).

FOR FILLING:

1. While muffin cups are in freezer, bring rhubarb, sugar, water, and salt to a boil in medium saucepan over medium-high heat. Reduce heat to medium-low; gently boil, stirring occasionally, for 6 to 8 minutes, or until rhubarb has softened.
2. Add strawberries. Bring back to a gentle boil; gently boil, stirring frequently, for 1 to 2 minutes.
3. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until mixture thickens. Remove from heat.
4. Add orange juice, orange peel, and extract; mix well. Chill in refrigerator until mixture has reached room temperature (approx. 2 hours).
5. Fill each muffin cup with 3 Tbsp. rhubarb mixture and top with half a strawberry, if desired. Chill muffin cups in refrigerator for approx. 2 hours, or until mixture has set.

NUTRITIONAL INFORMATION (per serving): Calories: 202 Total Fat: 10 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 117 mg Carbohydrates: 29 g Fiber: 2 g Sugars: 14 g Protein: 2 g

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VANILLA CAKE WITH CHOCOLATE FROSTING

SERVES: 12 (1 slice each) **Prep Time:** 20 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 2

1 cup	almond flour
½ cup	coconut flour
2 tsp.	baking powder, gluten-free
¼ tsp.	sea salt (or Himalayan salt)
¾ cup	unsalted organic grass-fed butter, softened, <i>divided use</i>
¾ cup	coconut sugar
4	large eggs
¼ cup + 3 Tbsp.	unsweetened almond milk, <i>divided use</i>
1 tsp.	pure vanilla extract
¼ cup	honey
⅓ cup	unsweetened cocoa powder, sifted

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Coat a 9-inch round baking pan with spray. Set aside.
3. Combine almond flour, coconut flour, baking powder, and salt in a medium bowl; mix well. Set aside.
4. Cream together ½ cup butter and sugar in a medium mixing bowl; beat on medium speed for 1 minute.
5. Add eggs one at a time; beat until blended.
6. Add ¼ cup almond milk and extract; beat until blended.
7. Add almond flour mixture to butter mixture; beat until creamy.
8. Pour batter into prepared pan.
9. Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean. Cool on a baking rack.
10. To make frosting, beat *remaining* ¼ cup butter in a medium bowl; beat on medium speed for 1 to 2 minutes, or until creamy.
11. Slowly add honey while beating on medium speed.
12. Add cocoa powder and *remaining* 3 Tbsp. almond milk; beat until well blended, scraping bowl occasionally. Set aside.
13. Once cake is cool, evenly spread with frosting; cut into twelve slices.

RECIPE NOTES:

- You can make your own almond flour by processing 1 cup slivered almonds in a food processor (or blender with a strong motor). Make sure that you blend in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approx. 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.
- Soften the butter by leaving it at room temperature for an hour or so.

NUTRITIONAL INFORMATION (per serving): **Calories:** 293 **Total Fat:** 19 g **Saturated Fat:** 9 g **Cholesterol:** 92 mg **Sodium:** 188 mg **Carbohydrates:** 22 g **Fiber:** 4 g **Sugars:** 15 g **Protein:** 6 g

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VEGAN SWEET POTATO PIES

SERVES: 12 (1 pie each) **Prep Time:** 20 min. + 4 hours to chill **Cooking Time:** 7 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ 1½

VEGAN CONTAINER EQUIVALENTS (per serving): 1½ ½ 1½

FOR CRUST:

2⅔ cups coarsely crushed gluten-free graham crackers
¼ cup + 2 Tbsp. extra-virgin organic coconut oil
2 Tbsp. pure maple syrup

FOR FILLING:

1½ cups cooked sweet potato, cut into chunks
¾ cup canned coconut milk, shake well before using
¼ cup + 2 Tbsp. pure maple syrup
2 Tbsp. cornstarch (preferably GMO-free)
¾ tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. pure vanilla extract
1 dash sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners
Nonstick cooking spray

FOR CRUST:

1. Prepare twelve muffin cups by lining with muffin papers and coating with spray. Set aside.
2. Place graham crackers in food processor (or blender); process until finely ground.
3. Add oil and maple syrup; pulse until thoroughly combined.
4. Place 2 Tbsp. graham cracker mixture into each muffin cup; press down with fingers, molding it to cover the bottom and sides of each muffin cup.
5. Place muffin cups in freezer to set.

FOR FILLING:

1. While muffin cups are in freezer, place sweet potato, coconut milk, maple syrup, cornstarch, cinnamon, ginger, nutmeg, extract, and salt in blender; cover. Blend until smooth.
2. Place sweet potato mixture in medium saucepan. Bring to a gentle boil, stirring frequently to avoid scorching bottom of pan, over medium heat; cook, stirring frequently, for 2 minutes, or until slightly thickened. Remove from heat.
3. Cool sweet potato mixture to room temperature.
4. Fill each muffin cup with 3 Tbsp. sweet potato mixture. Chill muffin cups in refrigerator for approximately 4 hours, or until filling has set.

RECIPE NOTE:

Vegan Sweet Potato Pies can be topped with coconut whipped cream. To make coconut whipped cream, place 1 (14-oz.) can *chilled* coconut cream (remove liquid), 1 Tbsp. pure maple syrup (if desired), 1 pinch sea salt (or Himalayan salt), and ½ tsp. pure vanilla extract in a large mixing bowl; beat with mixer (or whisk) until stiff peaks form. (If you are whisking by hand, it may take a few minutes, but don't give up.) Top each pie with 2 Tbsp. coconut whipped cream. Don't forget to add ½ container.

NUTRITIONAL INFORMATION (per serving) Vegan Sweet Potato Pies only: Calories: 223 Total Fat: 12 g Saturated Fat: 8 g Cholesterol: 0 mg Sodium: 116 mg Carbohydrates: 28 g Fiber: 1 g Sugars: 14 g Protein: 1 g

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WATERMELON AGUA FRESCA

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1

4 cups cubed watermelon
3 cups water, *divided use*
½ cup fresh basil leaves
2 Tbsp. fresh lime juice
1 Tbsp. honey
1 dash sea salt (or Himalayan salt)
 Ice


1. Place watermelon, 1 cup water, basil, lime juice, honey, and salt in blender; cover. Blend until smooth.
2. Strain watermelon mixture through cheesecloth (or a fine mesh strainer). Discard solids.
3. Add *remaining 2 cups* water to watermelon mixture; mix well.
4. Serve over ice.


SPECIAL EQUIPMENT:

Cheesecloth

NUTRITIONAL INFORMATION (per serving): **Calories:** 63 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 84 mg **Carbohydrates:** 16 g **Fiber:** 1 g **Sugars:** 14 g **Protein:** 1 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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SHAKEOLOGY RECIPES

CHOCOLATE HAZELNUT SHAKEOLOGY



SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1

1 cup unsweetened almond milk
½ cup ice
1 scoop Chocolate Shakeology
11 whole raw hazelnuts
1 tsp. pure vanilla extract
1 tsp. pure maple syrup
1 pinch sea salt (or Himalayan salt)

1. Place almond milk, ice, Shakeology, hazelnuts, extract, maple syrup, and salt in blender; cover. Blend for 20 to 30 seconds or until smooth.

TIP:




For a thicker smoothie, add ½ cup ice.

NUTRITIONAL INFORMATION (per serving): Calories: 325 Total Fat: 14 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 479 mg Carbohydrates: 27 g Fiber: 9 g Sugars: 12 g Protein: 20 g

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MEXICAN DRINKING CHOCOLATE SHAKEOLOGY

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1


- 1½ cups** unsweetened almond milk
- 1 scoop** Chocolate Shakeology
- ¾ cup** coarsely chopped zucchini (approx. ½ medium zucchini)
- ½ tsp.** pure vanilla extract
- 1 tsp.** pure maple syrup
- ½ tsp.** ground cinnamon
- ¼ tsp.** ground nutmeg
- 1 pinch** ground cloves
- 1 pinch** ground cayenne pepper (or to taste)
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place almond milk, Shakeology, zucchini, extract, maple syrup, cinnamon, nutmeg, cloves, cayenne pepper, and salt in blender; cover. Blend for 20 to 30 seconds or until smooth.

COOK'S NOTE:

I love Mexican drinking chocolate. It's a slightly thicker version of hot chocolate, accented with the warm spice of cinnamon and cayenne pepper. This Shakeology version isn't hot, but it's just as delicious, and you're getting loads of quality nutrition along the way!

NUTRITIONAL INFORMATION (per serving): Calories: 267 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 572 mg Carbohydrates: 29 g Fiber: 9 g Sugars: 13 g Protein: 20 g

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