



Metabolism **RESET**



The Alternative Daily

7 Day
Metabolism
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Reset your metabolism



IN 7 DAYS!

Are you frustrated by your inability to lose weight? Life isn't always easy when it comes to diet and the metabolism, and of course, you don't need to be a rocket scientist to know metabolism slows with age. In fact, did you know that women can gain almost two pounds per year during their adult life? That's 40-plus pounds by the time a woman reaches her 50s!

Being overweight isn't just bad for the body, it can also affect the mind and spirit. Excess weight, especially obesity, diminishes almost every aspect of health, suggest [medical experts](#). It can place a toll on everything from reproductive and respiratory function to memory and mood. Obesity also increases your chance of developing deadly diseases like diabetes, heart disease and certain cancers.

Of course, men aren't immune to the health risks associated with weight gain. [A review](#) of 89 studies on weight-related diseases found that diabetes topped the risk list. Compared to men and women with a normal BMI (Body Mass Index) of under 25, men with BMIs of 30 or higher have a seven times higher risk of developing type 2 diabetes. Women with BMIs of 30 or higher have a 12 times higher risk. So, what can you do?

The metabolism connection

Like most people, your first reaction to weight gain is to reduce your calories. The problem is, when you eat less than what your body needs for basic day-to-day function, your metabolism slows to a halt, suggests [a study](#) by Pennington Biomedical Research Center. When your metabolism slows, so does your body. It's hard not to be a couch potato when you just don't have enough energy to do anything else except watch television.



Too little food and the body will decrease the metabolic rate, rather than eliminate its own fat to replace lost food intake. As a result, you're more easily chilled and you feel less energetic. Not surprisingly, losing weight becomes an uphill battle. So, if you skip meals or eat too few calories each day, you're doing more harm than good to your metabolism. When your metabolism is stalled there's really only one thing you can do: reset it to get it back into high gear.

A careful balancing act

Increasing your calorie intake (to rev your metabolism) doesn't mean loading up on fatty, processed foods. While it may not be easy to break old eating patterns, it certainly is possible. You need to eat enough so that you're not hungry. That means three meals — around 430 calories each — loaded with metabolism-boosting foods. Plus, you'll need to eat healthy snacks midmorning and midafternoon to keep your metabolism humming. By eating every three to four hours, you'll stay satisfied, which will prevent you from overeating later in the day.



Also, don't make the mistake of avoiding coffee or tea. Look, we all love our morning coffee or tea, and for good reason. Caffeine is a central nervous system stimulant that can give your metabolism a substantial boost. [A study](#) published in the *American Journal of Clinical Nutrition* found that caffeine/coffee stimulates the metabolic rate in both normal weight and obese individuals.

The bottom line is, don't skip meals and don't starve yourself of calories. It won't do your body good. Jump-start your metabolism each morning with a healthy breakfast and cup of java. Make sure you eat three meals a day and give yourself license to indulge in two healthy snacks.

The following 7-day recipes are packed full of metabolism-boosting foods that will fill you up, rev you up and still help you lose weight.



METABOLISM-BOOSTING RECIPES

7-Day Breakfast Recipes:

1. *Spicy and Sweet Pineapple-Papaya Smoothie*

Servings: 1

Prep Time: 5 minutes

Cook Time: No cooking

Ingredients

- 1 cup coconut water
- 1/2 ripe organic avocado
- 1 scoop high-quality, grass-fed, vanilla whey protein powder
- 1/4 tsp cayenne pepper
- 1/2 cup frozen organic pineapple
- 1/2 cup fresh papaya



Equipment

- High-speed blender

Instructions

1. Place coconut water, avocado, protein powder and cayenne pepper into a high-speed blender and mix on high speed.
2. Add frozen pineapple and papaya. Blend until smooth. Pour into a tall glass and enjoy!

2. Spicy Egg Muffins

Servings: 6

Prep Time: 5 minutes

Cook Time: 20 minutes



Ingredients

- Avocado oil for greasing pan
- 1/2-pound free-range chicken sausage
- 1/2 yellow onion, chopped
- 1 clove garlic, minced
- 1 medium jalapeno, chopped fine
- 1 red chili pepper, diced
- 9 large eggs
- 1/2 tsp Himalayan Sea salt
- 1/2 tsp fresh ground black pepper

Equipment

- 12-cup muffin tin

Instructions

1. Preheat oven to 350°. Lightly grease a 12-cup muffin tin with avocado oil and set aside.
2. In a skillet, cook sausage until fully cooked. Using a wooden spoon, break into smaller pieces. Place sausage on paper towel-lined plate to absorb any excess grease.
3. Divide onions, garlic, jalapenos and half of the chili between the

muffin cups. Add the sausage meat.

4. In a large bowl, beat eggs, and add salt and pepper. Divide evenly between cups. Sprinkle with remaining chili pepper. Transfer to the oven, and bake for 20 to 25 minutes, or until eggs are fully cooked. Serve while hot.

3. *Inflammation-Fighting Smoothie*

Servings: 1

Prep Time: 5 minutes

Cook Time: No cooking

Ingredients

- 1 cup coconut water, unsweetened
- 1 cup organic spinach
- 1/2 cup frozen organic blueberries
- 1/2 cup frozen organic cherries, pits removed
- 1/2 cup frozen organic pineapple
- 10 walnut halves
- 1/2 tsp ground turmeric



Equipment

- High-speed blender

Instructions

1. Place all the ingredients into a high-speed blender and mix on high speed. Pour into a tall glass.

4. Overnight Swiss-Style Muesli

Serves: 4

Prep time: 10 minutes

Cook time: No cooking

Ingredients

Dry Muesli:

- 2 cups large-flake regular or certified gluten-free rolled oats
- 1 cup dry cranberries
- 1/2 cup dried goji berries
- 1 cup almonds, slivered
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup unsweetened coconut flakes



Swiss-Style Muesli:

- 1 cup unsweetened Greek-style yogurt
- 1 cup skim milk
- 2 tbsp raw honey
- 1 tsp cinnamon

- 1/2 tsp pure vanilla extract
- 2 cups dry muesli
- 1 organic Granny Smith apple, cored
- 1 cup organic blueberries
- 1 cup organic raspberries

Equipment

- Box grater



Instructions

Preparing dry muesli:

1. In a large mixing bowl, combine the oats, dried fruit, almonds, seeds and coconut flakes. Stir until all ingredients are well combined.
2. Store the dry muesli at room temperature in an airtight container, mason jar or freezer bag for later use. Alternatively, you can portion out the muesli for individual uses.

Preparing overnight Swiss muesli:

1. In large mixing bowl, add yogurt, skim milk, honey, cinnamon and vanilla. Whisk all ingredients together well.
2. Add 2 cups of prepared dry muesli to the yogurt mixture and blend well, then set aside.
3. With a box grater, grate the Granny Smith apple (skin on). Add the grated apple to the yogurt/muesli mixture.
4. Add the organic blueberries and raspberries into the mixture

and blend well so that all ingredients are incorporated into the yogurt.

5. Cover the bowl with plastic wrap and refrigerate overnight for at least 8 hours. Muesli can be refrigerated for up to 3 days.

5. *Lean and Green Smoothie*

Servings: 1

Prep Time: 5 minutes

Cook Time: No cooking

Ingredients

- 1 cup unsweetened green tea, chilled
- 1/2 cup organic spinach
- 1/2 cup organic arugula
- 2 organic celery stalks
- 1 organic lemon, juiced
- 1 tablet or scoop spirulina



Equipment

- High-speed blender

Instructions

1. Place all the ingredients into a high-speed blender and mix on high speed. Pour into a tall glass and enjoy.

6. Spinach Frittata

Servings: 4

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients

- 1 lb spinach leaves (or 6 ounces frozen spinach, thawed and squeezed dry)
- 2 tbsp avocado oil
- 1 medium onion, chopped
- 1 large clove garlic, minced
- 9 large eggs
- 2 tbsp cream
- 2 tbsp sun-dried tomatoes, chopped
- Salt and freshly ground pepper to taste
- 1/2 cup goat cheese



Instructions

1. Preheat oven to 400°. Add 1 tablespoon of avocado oil to a pan and add spinach. Cook until just wilted. Chop and set aside. For baby spinach, don't pre-cook — just chop and toss with the onions in step three.
2. In a mixing bowl, whisk together eggs and milk. Add chopped sun-dried tomatoes and sprinkle with salt and pepper. Set aside.

3. Saute onions in remaining avocado oil until translucent, about 4 to 5 minutes on medium heat. Add the garlic and continue to cook one more minute. Add cooked chopped spinach to the onions and garlic.
4. Spread out spinach mixture evenly on the bottom of a deep, ovenproof, nonstick skillet. Pour egg mixture over the spinach. Use a spatula to lift the spinach mixture along the sides of the pan to let egg mixture flow underneath.
5. Sprinkle the goat cheese over the top of the frittata mixture. Cook on the stove top until the eggs are about half set. Then, put the whole pan in the oven. Bake for about 15 minutes, until frittata is puffy and golden.
6. Remove from oven and allow to cool for before serving.

7. *Apple Cinnamon and Coconut Flour Pancakes*

Servings: 2-3 servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Ingredients

- 4 eggs, room temperature
- 1 cup coconut milk
- 1 tsp pure vanilla extract
- 1 tbsp honey
- 1/2 cup coconut flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp sea salt



- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp coconut oil (for cooking)

Cinnamon Apple Maple Syrup:

- 1 cup of pure maple syrup
- 2 apples, peeled and sliced
- 1/2 tsp cinnamon
- 1 tsp lemon juice
- 1 tbsp coconut oil



Instructions

1. Preheat skillet or griddle over medium-low heat. Beat eggs until frothy. Add the coconut milk, vanilla and honey.
2. In a medium-sized bowl, combine the coconut flour, baking soda, baking powder, cinnamon, nutmeg and salt. Whisk together. Stir the wet mixture into the dry ingredients until the coconut flour is incorporated.
3. Grease the griddle. Ladle two tablespoons of batter into the pan for each pancake; spread out slightly with the back of a spoon. The pancakes should be thick. Cook for two to three minutes per side, until the tops dry out slightly and the bottoms start to brown. Flip and cook an additional two to three minutes.
4. For the syrup, melt butter in a medium saucepan. Add the apple slices. Sprinkle with lemon juice and cinnamon. Sauté until tender and fragrant. Add maple syrup and heat until warmed through and slightly bubbly. Serve warm with pancakes.

7-Day Lunch Recipes:

1. *Savory Raw Tacos with Fresh Salsa*

Servings: 4

Prep Time: 15 minutes

Cook Time: No cooking

Ingredients

Walnut Taco Meat:

- 1 cup walnut halves
- 1/2 cup packed sun-dried tomatoes, soaked 1 to 2 hours and drained
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper

Fresh Salsa:

- 4 organic tomatoes, seeded and diced
- 2 cloves of organic garlic, chopped fine
- 1 organic sweet onion, chopped
- 2 organic jalapeno peppers, chopped fine
- 2 organic limes, 1 squeezed and 1 quartered
- 2 organic avocados, diced
- 8 organic romaine lettuce leaves, washed and trimmed



Equipment

- Food processor (or high-speed blender)

Instructions

Walnut Taco Meat:

1. Add the walnuts and the sun-dried tomatoes to a food processor or high-speed blender.
2. Add the chili powder, garlic powder, onion powder and cayenne pepper to the walnuts.
3. Process the ingredients until well combined, but still chunky. Scrape into a bowl and set aside.

Fresh Salsa:

1. In a large bowl, add chopped tomatoes, garlic, onions and jalapenos. Add the juice from the lime and combine well.

Tacos:

1. On each plate, place two romaine lettuce leaves. Divide the walnut taco meat between the eight leaves. Add a generous amount of salsa to each taco.
2. Top each taco with chopped avocado. Garnish each plate with a quarter of a lime. Enjoy!

2. Caesar Salad with Spicy Rubbed Chicken

Servings: 2

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

Chicken Breasts:

- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp sea salt
- 1/2 ground black pepper
- 1 tbsp avocado oil
- 2 boneless, skinless, organic, free-range chicken breasts



Salad:

- 2 heads romaine lettuce, washed, dried and torn into bite-size pieces
- 2 tbsp fresh lemon juice
- 2 small cloves garlic
- 1 tbsp Dijon mustard
- 6-8 anchovy fillets packed in water or olive oil
- 2 large egg yolks, preferably pasture-raised
- 1/4 tsp salt
- 1/4 tsp pepper

- 1/2 cup avocado oil
- 2 tbsp olive oil

Equipment

- Food processor (or high-speed blender)

Instructions

Chicken Breasts:

1. Preheat a grill on medium high. Brush with avocado oil.
2. Combine all the seasoning together in a small bowl. With a sharp knife, butterfly chicken.
3. Coat chicken with dry seasoning rub. Grill chicken until meat registers 165 degrees on a meat thermometer. Allow to rest while preparing the salad.

Salad:

1. Combine lemon juice, garlic, mustard, anchovy fillets, egg yolks, salt and pepper into a food processor or blender. Blend together until mixed thoroughly.
2. In a slow stream, add the avocado oil and olive oil through the hole in the lid. Adding the oil slowly is the key to making the dressing. This will help it emulsify and become creamy. Keep the food processor on until all the oil has mixed in thoroughly.
3. In a large bowl, toss lettuce with dressing until all lettuce is coated. Top with sliced chicken breast. Serve and enjoy.

3. Chicken Salad Pockets with Walnuts and Grapes

Servings: 2

Prep time: 10 minutes

Cook time: No cooking



Ingredients

- 1/2 cup Greek yogurt
- 1 tbsp Dijon mustard
- 1/8 tsp raw honey
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1/4 tsp tarragon
- 1 cup shredded, cooked, organic chicken
- 1 medium celery stalk, chopped
- 10 grapes, sliced in half
- 1/4 cup walnuts, chopped
- 1/2 cup sliced cucumber
- 1/2 cup baby spinach leaves, washed and drained
- Large whole grain pita, split in two (choose gluten-free if preferred)

Instructions

1. Combine Greek yogurt, Dijon mustard, honey and seasoning together in a medium bowl. Mix well. Add chicken, celery, grapes and walnuts. Combine well.

2. Divide cucumbers and spinach into each pita half, then stuff with chicken salad.

4. Korean-Style Grilled Beef Lettuce Wraps

Servings: 8

Prep Time: 2.5 hours

Cook Time: 6 minutes

Ingredients

- 1 1/2 pounds grass-fed rib-eye (or another type of well-marbled grass-fed steak)
- 1/4 cup liquid aminos
- 2 garlic cloves, peeled and minced
- 1 tbsp ginger, freshly minced
- 2 green onions, minced
- 4 tsp sesame oil
- 1 tsp black pepper
- 2 tbsp hot chili sauce (MSG-free)
- 4 tsp raw honey
- 1 tbsp coconut oil
- 2 tsp sesame seeds, toasted
- 1 head of lettuce (Bibb or butter lettuce) separated, washed and patted dry



Instructions

1. Wrap the steak in plastic wrap and place it in the freezer (don't leave it in too long — you don't want it to freeze).
2. Make the marinade: In a medium bowl, combine the liquid aminos, honey, garlic, ginger, green onions, sesame oil and pepper. Mix well and set aside.
3. Remove the steak from the freezer and slice it across the grain, into about 1/4-inch-thick strips. Add the steak strips to the the marinade, cover and marinate for one hour in the refrigerator.
4. Heat the coconut oil in a large skillet over high heat. Place the steak on the skillet and cook approximately two to three minutes per side. Remove the steak from the heat and stir in the sesame seeds. Whisk together hot chili sauce and honey.
5. Top each lettuce leaf with a few strips of beef and drizzle with a few drops of chili mixture. Roll lettuce leaves, layer on a platter and serve immediately.

5. Hearty Vegetarian Chili

Servings: 4

Prep Time: 15 minutes

Cook Time: 1.5 hours

Ingredients

- 2 cups onion, chopped
- 1 cup celery, chopped
- 1 cup green bell pepper, chopped
- 2 jalapenos, minced



- 2 cloves garlic, minced
- 2 tbsp extra virgin olive oil
- 2 quarts organic crushed tomatoes (unsalted)
- 2 cups cooked pinto beans, rinsed (unsalted)
- 2 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp black pepper
- 1/4 tsp sea salt
- 1 tbsp honey
- 1 tbsp oregano

Instructions

1. Cook onion, celery, bell pepper, jalapenos and garlic in a stockpot over low heat with oil until onions become translucent, about 10 minutes.
2. Add tomatoes, beans, honey and seasonings. Cover and simmer for 1 to 2 hours, stirring occasionally. If chili becomes too thick, thin with vegetable stock.



6. Spicy Veggie Chicken Soup

Servings: 4

Prep Time: 15 minutes

Cook Time: 3-6 hours

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, finely chopped
- 2 celery stalks, chopped
- 1 carrot, chopped
- 2 cloves garlic, minced
- 1/2 tsp dried basil
- 1/4 tsp sea salt
- 1/2 tsp freshly ground pepper
- 4 cups organic, free-range chicken stock
- 2 cups peeled butternut squash
- 1 red chili pepper, chopped
- 1 cup boiling water
- 1 jalapeno pepper, split, seeded, and finely chopped
- 1 cup sweet corn kernels
- 1/2 tsp lime zest, finely grated
- 1 tbsp lime juice, freshly squeezed
- 2 cups organic, free-range chicken, precooked and shredded



Equipment

- Crockpot

Instructions

1. Heat oil in a skillet over medium heat. Add onions and cook, stirring until soft. Add chopped celery, carrot, garlic, basil, salt and pepper. Cook for another 2 minutes. Transfer to a crockpot. Add chicken stock and squash, and stir to combine.
2. Add squash and stir. Cover and cook on low for 6 hours or on high for 3 hours, until squash is tender.
3. Thirty minutes before the soup has finished cooking, puree with an immersion blender until smooth and creamy.
4. Add chopped red chilli, jalapeno pepper, corn, lime zest, juice and shredded chicken. Cover, and cook on high for 30 minutes, until corn is tender. Serve warm and enjoy!

7. Tomato Soup with Turmeric and Kale Chips

Servings: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

Soup:

- 1 tbsp olive oil
- 1/2 yellow onion, chopped
- 2 cloves garlic, minced
- 28-ounce can organic San Marzano tomatoes
- 2 tsp turmeric



- 1 tsp dried basil
- 1/2 tsp cayenne pepper
- 1/4 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup of cream or unsweetened coconut milk

Kale chips:

- 1 bunch of kale
- 1 tbsp extra virgin olive oil
- Freshly ground sea salt and black pepper

Equipment

- Immersion blender

Instructions

Soup:

1. In a large sauce pan, add olive oil, onion and garlic. Cook for 2 to 3 minutes.
2. Add canned tomatoes and turmeric, basil, cayenne, salt and pepper. Stir to combine. With an immersion blender, blend tomatoes and seasoning into liquid.
3. Heat on high until mixture boils. Reduce heat and simmer for about 15 minutes, stirring occasionally. Add cream and stir well to combine. Continue cooking for another 2 to 3 minutes.

For kale chips:

1. Preheat the oven to 375°. Line a baking sheet with parchment paper and set aside.
2. Remove the center hard vein of each piece of kale with a knife and cut into smaller pieces.
3. Spray or lightly brush kale pieces with olive oil. Sprinkle each piece with sea salt and pepper.
4. Bake for about 10 minutes. Serve with soup and enjoy!



7-Day Dinner Recipes:

1. *Beef with Broccoli*

Servings; 6

Prep Time: 15 minutes

Cook Time: 20 minutes cooking,
1 hour marinade



Ingredients

- 1 1/4 cup water
- 1/2 cup liquid aminos
- 2 cloves garlic, peeled and minced
- 2 tbsp ginger, peeled and grated
- 1/4 tsp ground black pepper
- 1 pound boneless, organic, grass-fed round steak, cut thinly into 3-inch strips
- 2 tbsp honey
- 1 tsp sesame oil
- 1/2 tsp red pepper flakes
- 1/4 cup organic cornstarch
- 2 tbsp coconut oil
- 1/2 cup scallions, thinly sliced
- 1 sweet red pepper, thinly sliced
- 4 cup broccoli florets
- 1 tbsp toasted sesame seeds

Instructions

- Glass measuring cup
- Wok (optional)

Instructions

1. Whisk together a quarter cup of water, a quarter cup of liquid aminos, garlic, ginger and black pepper. Add the beef slices and marinade for one hour in the refrigerator.
2. In a glass measuring cup, whisk together 1 cup of cold water, the remaining liquid aminos, honey, sesame oil, pepper flakes and cornstarch. Set aside.
3. In a large frying pan or wok, heat the coconut oil on medium-high heat. Add the marinated beef plus marinade. Fry for 3 to 5 minutes. Add scallions and peppers and cook for another 1 minute. Add the broccoli and cook for another 1 minute.
4. Pour the liquid amino mixture over the broccoli and cook until the sauce thickens, approximately 2 to 3 minutes. Sprinkle with toasted sesame seeds and serve over rice.



2. Mini Chilli Casserole with Cauliflower Tortilla

Servings: 4

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients

Casserole:

- 1 tbsp avocado oil
- 2 jalapenos, minced
- 1 large red chilli pepper, chopped
- 3/4 cup frozen corn, thawed and patted dry
- 4 green onions, thinly sliced
- 1 cup shredded cheddar cheese
- 1 1/2 cups milk
- 6 large egg whites
- 4 large eggs
- 1/4 teaspoon sea salt

Tortillas:

- 3/4 head cauliflower
- 2 large eggs
- 1/4 cup chopped fresh cilantro
- 1/2 lime, juiced (add zest for even more lime flavor)
- Sea salt and pepper, to taste
- 1 tbsp avocado oil



Equipment

- 4 10-ounce heatproof ramekins
- Food processor
- Cheesecloth
- Wire rack

Instructions

Casseroles:

1. Preheat oven to 400°. Brush ramekins with avocado oil and place on a baking sheet.
2. Equally divide green chilies, corn and sliced green onion among the ramekins. Top each with cheese.
3. Whisk together milk, egg whites, eggs and salt in a medium bowl. Divide the egg mixture evenly among the ramekins. Bake the mini casseroles until the tops begin to brown and the eggs are set, about 25 minutes.

Tortillas:

1. Preheat the oven to 375°. Line a baking sheet with parchment paper.
2. Trim the cauliflower and cut it into small pieces. Pulse in a food processor in batches until you get a couscous-like consistency (should yield about 2 cups packed).
3. Place the cauliflower in a microwave-safe bowl and microwave for 2 minutes, then stir and microwave again for another 2 minutes. Place the cauliflower in a fine cheesecloth or thin dishtowel and squeeze out as much liquid as possible, being

careful not to burn yourself.

4. In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt and pepper. Mix until well combined.
5. Use your hands to shape into 8 small “tortillas” on the parchment paper. Bake for 10 minutes. Remove from the oven and carefully flip each tortilla. Return back to the oven for an additional 5 to 7 minutes, or until completely set. Place tortillas on a wire rack to cool slightly.
6. Add avocado oil to a medium-sized skillet and heat on medium. Place a baked tortilla in the pan, pressing down slightly, and brown for 1 to 2 minutes on each side. Repeat with remaining tortillas. Serve with casseroles and enjoy!

3. Veggie Spinach and Goat Cheese Pizza

Servings: 2

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

- 2 medium whole wheat (or gluten-free) pitas
- 1 cup low-sodium tomato sauce
- 1 clove of garlic, finely minced
- 1 tsp dry parsley
- 1/2 tsp black pepper
- 1 1/2 cups baby spinach leaves, washed and dried
- 1/2 cup fresh basil leaves
- 4 ounces goat cheese



Instructions

1. Preheat oven to 375°. Top each pita with tomato sauce.
2. Sprinkle each pizza with garlic, parsley and pepper. Top with basil and spinach leaves.
3. Add goat cheese and place in the oven. Cook for about 10 to 15 minutes until pizza is puffed and toppings are cooked.

4. Grilled Cod with Roasted Tomato Salsa and Asparagus

Servings: 4

Prep time: 15 minutes

Cook time: 55 minutes

Ingredients

- 6 tomatoes, sliced into quarter wedges
- 1/2 red onion, sliced into quarters
- 2 tbsp avocado oil
- 5 cloves garlic, peeled
- 1 jalapeno, sliced in half, seeds removed
- 3 tablespoons chopped fresh cilantro
- 1 lime, juiced
- Sea salt and pepper
- 4 5-ounce center-cut cod fillets, skinned
- 1 bunch asparagus, trimmed and washed



Equipment

- Food processor

Instructions

1. Preheat the oven to 450°. Add the tomatoes and onion to a bowl and drizzle with avocado oil. Add to a non-stick baking sheet.
2. Add the garlic to a square of tinfoil, drizzle with avocado oil and seal. Place on a baking pan and roast for 25 minutes, until charred and tender.
3. Remove from oven and allow to cool for a few minutes. Add the vegetables and garlic to a food processor along with jalapeno, cilantro and lime juice. Pulse until chunky. Add sea salt and pepper to taste.
4. Meanwhile, toss asparagus with avocado oil, and arrange the asparagus onto a baking sheet in a single layer. Bake for 12 to 15 minutes.
5. Add 1 tablespoon avocado oil to a large nonstick skillet over medium-high heat. Once hot, add the fish and cook for 4 minutes per side. Top with the roasted salsa. Serve with roasted asparagus.



5. Bunless Turkey Burger and Sweet Potato Fries

Servings: 4

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients

- 1 pound ground turkey
- 2 cloves garlic, peeled and minced
- 1 red chili, chopped
- 1 jalapeno, sliced in half, seeds removed and chopped
- 2 egg whites, lightly beaten
- 1/4 cup chopped fresh parsley
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 4 large lettuce leaves, washed and dried
- 1 avocado, sliced
- 1 tomato, sliced
- 4 medium sweet potatoes, peeled and french-fry cut
- 2 tbsp olive oil
- Sea salt to taste
- 1/2 tsp cayenne pepper



Instructions

Burgers:

1. In a large bowl, mix ground turkey, garlic, peppers, egg whites, parsley, salt and pepper. Form into 4 patties.
2. Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180°.
3. Place on a bed of lettuce. Top with avocado and tomato slices.

Sweet Potato Fries:

1. Preheat oven to 400 degrees Fahrenheit. In a bowl, toss fries in olive oil and layer on a baking sheet. Sprinkle with salt and cayenne pepper.
2. Bake until golden brown, turning occasionally, about 20 minutes. Serve with burgers.

6. Grilled Salmon with Lemon-Pepper

Serves: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 2 tbsp olive oil
- 2 tsp finely grated lemon zest, from 2 lemons
- 1 clove garlic, minced



- 1 tsp freshly ground black pepper, plus more as needed
- 4 6-ounce skin-on salmon fillets
- Olive oil, as needed

Instructions

1. Add 2 tablespoons of olive oil to a medium bowl. Add the lemon zest, garlic, salt and pepper. Mix until thoroughly combined. Cut the zested lemons in half and set them aside.
2. Heat a grilling pan to medium high (about 375°F to 425°F).
3. Pat the salmon dry with paper towels. Coat both sides of the fillets with oil and lemon mixture.
4. When the grill is ready, rub the grates with a towel dipped in olive oil. Place the salmon on the grill skin-side down, cover the grill, and cook undisturbed until grill marks appear and the skin is starting to crisp, about 2 to 3 minutes.
5. Using a spatula, carefully flip the fillets over. Place the reserved lemons cut-side down on the grill. Cover the grill and continue to cook until the salmon is just opaque in the center and the lemons have grill marks, about 2 to 4 minutes more.
6. Serve with a salad or grilled vegetables. Enjoy!



7. *Gluten-Free Healthy Zucchini Pasta Alla Puttanesca*

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes



Pasta sauce:

- 1/4 cup extra virgin olive oil
- 4 large organic garlic cloves, finely chopped
- 1 large organic onion
- 6 organic tomatoes, chopped
- 1/2 cup Kalamata olives, pitted and sliced
- 1/4 cup fresh organic basil leaves, chopped
- 1/2 tsp dried crushed red pepper
- 1 tbsp capers, drained (optional)
- 1/4 cup balsamic vinegar
- Freshly ground pepper to taste

Gluten-Free Zucchini Pasta:

- 6 medium organic zucchinis
- 1 tsp sea salt
- 1 tbsp extra virgin olive oil

Equipment

- Julienne peeler (or spiralizer)
- Strainer

Instructions

1. Heat olive oil in a large, deep sauté pan over medium heat.
2. Add chopped garlic and onion and sauté until fragrant, about 2 minutes.
3. Add chopped tomatoes, olives, basil, crushed red pepper and capers.
4. Simmer sauce over medium-low heat until thickened, about 8 minutes and season with pepper.
5. To make the pasta, wash zucchinis well and dry with a paper towel. Cut the bottom and top ends off of each zucchini.
6. Using a julienne peeler, start to pull strips from the zucchini on one side without stripping into the core. Turn the zucchini around and continue to pull strips. Discard the core.
7. Place the julienned zucchini in strainer and toss with the salt. Put the zucchini aside and let it sit for 30 minutes to remove excess water.
8. Rinse with clean water and drain well. Pat zucchini dry with paper towels.
9. Add olive oil to a large sauté pan and heat on medium-high. Add the prepared zucchini pasta. Sauté until just tender, about 1 to 2 minutes. Divide between 4 plates and top with sauce.

7 Metabolism-Boosting Snacks:

1. Turmeric and Garlic-Infused Popcorn

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 8 cups kettle corn (or air-popped popcorn)
- 4 tbsp coconut oil
- 1 tsp turmeric powder
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/2 tsp cracked black pepper



Instructions

1. Place popped popcorn in a large bowl.
2. In a small saucepan, combine all ingredients except for the popcorn and heat on low. Whisk ingredients until melted and well combined.
3. Remove topping from heat and pour over the popcorn. Combine well to coat all popcorn evenly. Serve with wet paper towels.

2. No-Bake Vegan Snack

Servings: 2 or more
Prep Time: 60 minutes
Cook Time: No cooking



Ingredients

- 1 cup raw, organic oats
- 3/4 cup all-natural peanut butter (or almond butter)
- 1/2 cup mixed seeds (we like flax, chia, pumpkin, sunflower, hemp and sesame)
- 1/4 cup sultana raisins
- 1/4 cup chopped almonds
- Pinch of Himalayan sea salt

Instructions

1. Combine all ingredients in a large bowl, mixing thoroughly until well-combined. Place in fridge for 45 minutes, as this will make the balls easier to roll.
2. Spoon out equally sized portions (approximately 1 tablespoon each) and roll into balls. Store in fridge and enjoy!

3. Chewy Cashew Butter Granola Bars

Servings: 8 (2 bars each)
Prep Time: 10 minutes
Cook Time: 5 minutes



Ingredients

- 1 3/4 cup gluten-free oats
- 3/4 cup unsweetened coconut flakes
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup raisins (or dried cranberries or blueberries)
- 1/4 cup dark chocolate chips
- 3/4 cup raw honey
- 1/2 cup cashew butter
- 2 tsp virgin coconut oil
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp pink Himalayan salt

Equipment

- 9-inch cake pan

Instructions

1. Line cake pan with parchment paper and set aside. In a large bowl, combine, oats, coconut, pumpkin seeds, sunflower seeds,

- raisins and chocolate. Set aside.
2. Place a large saucepan over medium heat. Add the honey. Bring to a boil, watching carefully so that the honey does not boil over the edge. You may need to stir constantly. Allow to boil for approximately 5 minutes.
 3. Add the cashew butter, coconut oil, vanilla, cinnamon and salt to the honey. Stir well to combine. Turn the heat off and pour the honey mixture over the oat mixture. Stir well to combine and coat ingredients evenly.
 4. Transfer the mixture to the prepared pan and press the mixture firmly. Coat the back of a spoon with a small amount of coconut oil and use it to press the mixture evenly (the oil will help keep the spoon from sticking). Alternatively, you can cover with more parchment paper and press a heavy book on top to press flat.
 5. Cover and place in the refrigerator for 1 to 2 hours. Cut into 16 pieces and wrap individually.

4. *Baked Apples with Maple Syrup*

Servings: 4

Prep Time: 20 minutes

Cook Time: 1 hour 20 minutes

Ingredients

- 4 large organic apples
- 1/2 cup maple syrup
- 1/2 cup walnut pieces
- 1 tsp cinnamon



- 1/2 tsp nutmeg
- 2 tbsp coconut oil

Equipment

- Apple corer (optional)
- Ovenproof baking dish



Instructions

1. Preheat oven to 400°F. Remove the cores of the apples using a paring knife or apple corer, and trim a quarter-inch slice from the bottom of each apple so that they sit flat.
2. Place the apples in an ovenproof baking dish. Drizzle each apple with the maple syrup. Mix the walnuts and spices together in a small bowl. Divide the mixture among the apples, spooning the filling into the center of the apples.
3. Dot each apple with the coconut oil, and bake until tender, approximately 40 to 50 minutes.
4. Reserve the liquid from the baking dish. Pour the liquid into a small saucepan. Bring the liquid to a boil over a medium heat and cook the sauce until slightly thick — 2 to 3 minutes. Spoon the sauce over the warm apples.

5. *Homemade Bone Broth*

Servings: 4

Prep time: 1 day

Cook time: 18-24 hrs

Ingredients

- 2 pounds of good quality bones
- 1 medium carrot, peeled and chopped
- 1 medium onion, chopped
- 5 cloves garlic, peeled and chopped
- 1 tbsp organic apple cider vinegar
- 2 tsp sea salt
- Any vegetable ends or pieces you have on hand



Equipment

- Crockpot
- Sieve

Instructions

1. Add all ingredients to a crockpot. Fill with filtered water.
2. Cook on low for 18 to 24 hours.
3. Strain the broth through a sieve and allow to cool.

6. Stuffed cucumbers

Serves: 1

Prep time: 5 minutes

Cook time: No cooking

Ingredients

- 1 cucumber
- 1/3 cup hummus

Instructions

1. Peel cucumber and slice in half. Remove seeds by dragging a spoon through the center.
2. Stuff hollowed-out cucumber halves with hummus.



7. Apple and Almond Butter

Serves: 1

Prep time: 5 minutes

Cook time: No cooking

Ingredients

- 1 medium apple, cored and cut into 4 pieces
- 1 tbsp almond butter



Instructions:

1. Spread almond butter on each apple quarter. Enjoy!



7 Metabolism-Boosting Drinks:

1. Tangerine, Cucumber and Mint-Infused Water

Servings 4

Prep Time: 5 minutes

Cook Time: No cooking,
infused overnight

Ingredients

- 2 organic tangerines, sliced
- 1/2 organic cucumber
- 10-12 mint leaves
- 3 quarts purified or spring water



Instructions

1. Combine all the ingredients together in a pitcher.
2. Let it infuse overnight and drink it warm or chilled.



2. Apple Cinnamon Water

Servings: 4

Prep Time: 5 minutes

Cook Time: No cooking,
chilled for 1 hour



Ingredients

- 2 organic Granny Smith apples, thinly sliced
- 3 cinnamon sticks
- 3 quarts purified or spring water

Instructions

1. Add apple slices and cinnamon sticks to a pitcher and fill with water and ice.
2. Place in the fridge for at least an hour before drinking.



3. Strawberry, Blueberry and Lime-Infused Water

Servings: 4
Prep Time: 5 minutes
Cook Time: No cooking,
infused overnight



Ingredients

- 1 cup of fresh, organic strawberries
- 1 cup of fresh, organic blueberries
- 1 organic lime, thinly sliced
- 3 quarts of purified or spring water

Instructions

1. Add all ingredients into a pitcher and fill with water.
2. For maximum flavor and infusion, keep in the refrigerator overnight. Enjoy!



4. Frozen Mochaccino

Serves: 2

Prep time: 10 minutes

Cook time: No cooking,
ice cubes set overnight



Ingredients

- 1 cup strongly brewed organic coffee, cooled
- 1 cup almond milk (or coconut milk)
- 2 tbsp raw cacao (or unsweetened natural cocoa powder)
- 2 tbsp pure maple syrup
- 1/2 tsp pure vanilla extract

Instructions

- Ice cube tray
- High-speed blender

Instructions

1. Pour the cooled coffee into an ice cube tray and freeze until firm, at least 4 hours or overnight.
2. Combine the frozen coffee cubes, almond milk, raw cacao, maple syrup and vanilla in a blender until smooth.
3. Divide between two glasses and serve immediately.

5. Grapefruit Metabolism Booster

Servings: 1 serving
Prep Time: 2 minutes
Cook Time: No cooking

Ingredients

- 1 cup pure grapefruit juice
- 1-2 tbsp apple cider vinegar
- 2 tsp raw honey



Instructions

1. Measure the apple cider vinegar and honey into a glass.
2. Top up with grapefruit juice. If you prefer less sugar, use half the amount of grapefruit juice and honey, and top up with water.



6. *Homemade Chai*

Serving: 4

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

- 6 cups filtered water
- 2 cinnamon sticks
- 2-inch piece of ginger root, sliced
- 8 cardamom pods
- 10 whole cloves
- 2 tsp black peppercorns
- 1 tsp ground allspice
- 4 black tea bags



Instructions

1. Add spices to 6 cups of filtered water and bring water to boil.
2. Once you've hit the boiling point, reduce heat and simmer for 10 minutes. Remove from heat, add tea bags and cover for 10 minutes, then strain.
3. Chai can be refrigerated for up to seven days. Mix with organic whole milk, almond milk, or coconut milk, and sweeten with raw honey, if desired.

7. Sweet and Tart Cranberry Cocktail

Servings: 1

Prep Time: 2 minutes

Cook Time: No cooking

Ingredients

- 1-2 tbsp apple cider vinegar
- 2 tbsp pure cranberry juice
- 1 1/2 cups water
- 1-2 tsp maple syrup



Instructions

1. Measure the apple cider vinegar, cranberry juice and maple syrup into a glass. Top up with water. Add ice cubes if desired.



7-Day Shopping List

Fresh Vegetables:

- Avocados, organic, 3
- Yellow onion, 5
- Sweet onion, 1
- Green onion, 1 bunch
- Jalapenos, 10
- Red chilli pepper, 2
- Green bell pepper, 1
- Red bell pepper, 1
- Baby spinach leaves, 3 bunches
- Kale, 1 bunch
- Arugula, 1 bunch
- Romaine lettuce, 3 heads
- Bibb or butter lettuce, 1 head
- Celery stalks, 1 bunch
- Carrots, 1 bunch
- Tomatoes, 16
- Cucumbers, 2
- Ginger root, 1
- Butternut squash, 1
- Sweet corn (fresh or frozen)
- Broccoli, 1 head
- Cauliflower, 1 head
- Cilantro, 1 bunch
- Basil leaves, 1 bunch
- Mint leaves, 1 bunch
- Asparagus, 1 bunch
- Sweet potatoes, 4 medium
- Zucchini, 6



Fresh Fruit:

- Pineapple, fresh or frozen, 1
- Blueberries, fresh or frozen
- Raspberries, fresh or frozen
- Cherries, fresh or frozen
- Strawberries, fresh or frozen
- Apples (3 granny smith & 3 red, your choice), 6
- Lemons, 6
- Limes, 2
- Seedless (green or red) grapes, 1 bunch
- Papaya, 1
- Tangerines, 2
- Pink grapefruit, 2

Dried Fruit:

- Cranberries
- Goji berries
- Sultana raisins
- Coconut flakes
- Sundried tomatoes



Protein:

- Chicken sausage, free-range, 1/2 pound
- Chicken breasts, boneless, skinless, 5
- Turkey, ground, 1 pound
- Beef, rib-eye, grass-fed, 1 1/2 pounds
- Beef, round steak, grass-fed, 1 pound boneless
- Good quality bones, 2 pounds
- Cod 5-ounce filets, skinned, center-cut, 4
- Salmon 6-ounce fillets, skin on, 4

Dairy and Eggs:

- Eggs, free-range, 2 1/2 dozens
- Greek yogurt
- Organic milk or non-dairy alternative (coconut or almond milk)
- Organic cream or unsweetened coconut cream
- Goat cheese, 8 ounces
- Cheddar cheese, 8 ounces

Nuts and Seeds:

- Unsalted walnuts
- Almonds
- Pumpkin seeds
- Sunflower seeds
- Flax seeds
- Chia seeds
- Hemp seeds
- Sesame seeds



Grains:

- Whole grain (or gluten-free) pitas, large, 3
- Rolled oats (regular or certified gluten-free)

Baking:

- Coconut flour, organic
- Baking soda
- Cornstarch, organic
- Baking powder, aluminum-free
- Pure vanilla extract
- Dark chocolate chips

Canned Goods:

- San Marzano 28-ounce tomatoes, low sodium, organic, 3
- Tomato sauce, low sodium, organic, 8 ounces
- Pinto beans, low sodium, organic, 16 ounces
- Anchovy fillets, packed in water or olive oil
- Chicken stock, low sodium, organic, free-range, 32 ounces
- Kalamata olives, low sodium, pitted and sliced, 4 ounces



Spices:

- Onion powder
- Cayenne pepper
- Garlic powder
- Chilli powder
- Red pepper flakes
- Smoked paprika
- Ground turmeric
- Oregano
- Dried basil
- Dried parsley
- Cumin
- Cinnamon
- Allspice
- Nutmeg
- Tarragon
- Cardamom pods
- Whole cloves
- Sea salt (or Himalayan pink, if available)
- Peppercorns



Oils:

- Avocado oil
- Extra virgin olive oil
- Virgin olive oil

Sweeteners:

- Organic raw honey
- Pure maple syrup

Others:

- Coconut water
- Vanilla whey protein powder
- Spirulina
- Green tea
- Dijon mustard
- Liquid aminos
- Sesame oil
- Hot chili sauce (MSG-free)
- Capers (optional)
- Balsamic vinegar
- Apple cider vinegar, organic
- Popcorn kernels
- Peanut butter, all natural (or almond butter)
- Cashew butter, 4 ounces
- Hummus
- Coffee, organic
- Raw cacao (or unsweetened natural cocoa powder)
- Black tea bags
- Pure cranberry juice



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