

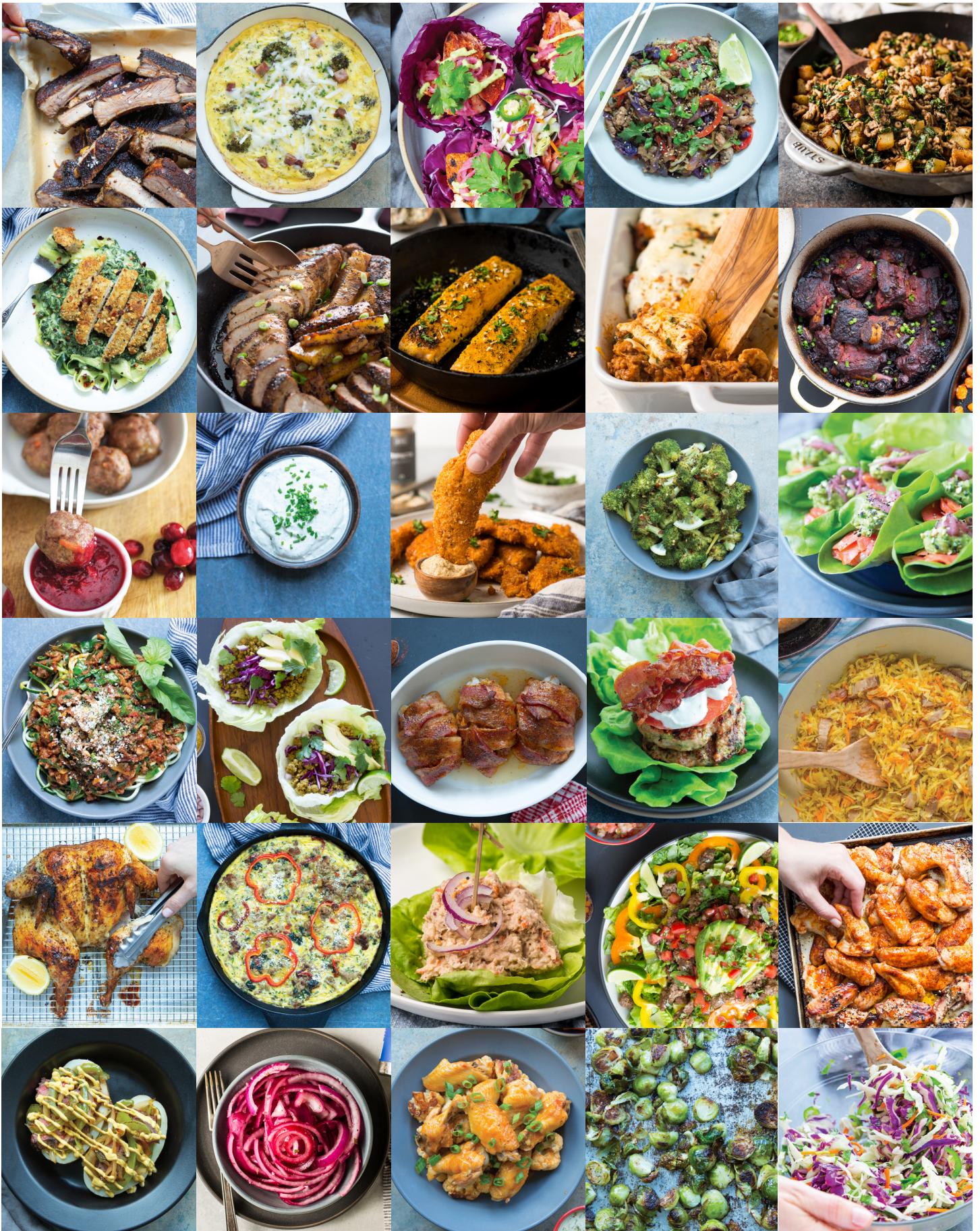
BRINGING BOLD FLAVORS TO YOUR TABLE.



THE BEST OF BALANCED BITES

30+ EASY & TASTY RECIPES
FEATURING BALANCED BITES SPICES

DIANE SANFILIPPO



RECIPES

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- 2** Coffee BBQ Ribs
- 4** Coffee BBQ Rubbed Pork with Seared Pineapple

SUPER GARLIC PIZZA

- 6** Spaghetti Squash Bolognese Bake

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- 10** Home Fries & Sausage Skillet

SMOKY

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Bring your food to life with **BALANCED BITES SPICES**



HEALTHY JUST GOT A LITTLE EASIER

The kitchen-speed you need to share healthy meals with your family, minus the hassle.

FLAVOR AT YOUR FINGERTIPS

Nutrient-dense herbs and spices, perfect for meat, eggs, veggies, homemade dressings, and more.

SPICE UP YOUR KITCHEN NOW!

Grab spices as singles, 4-packs, or the whole 12-pack set as bottles. Grab your spices shop.balancedbites.com!

A VISION YEARS IN THE MAKING

Developed by Certified Nutrition Consultant and two-time *New York Times* bestselling author Diane Sanfilippo, Balanced Bites Spices began as a vision many years ago.

Inspired by recipes from a meal delivery business she owned a decade ago (and has since resurrected!), many of these blends made their debut as D-I-Y recipes in her first book, *Practical Paleo*. The intent was to simplify weeknight cooking, and the response from readers was amazing. Today, each Balanced Bites Spices blend has been carefully crafted to help you prepare tasty, everyday meals in one quick step—shake some on today!

Diane



USING THE BLENDS



TASTES GREAT WITH...

A unique set of flavor icons to guide you.



INGREDIENTS YOU CAN TRUST

Certified organic, real-food ingredients.

MEET THE BLENDS

COFFEE BBQ

Want a killer hanger steak or pork tenderloin? This is your secret weapon! Slightly sweet and fruity, this smoky BBQ blend is featured in *Practical Paleo, 2nd edition*.



SUPER GARLIC PIZZA

When this blend hits your food, it'll be amoré! Add SUPER GARLIC PIZZA blend to any Italian dish, and beyond. We love this on avocado toast, mixed into a meat sauce or a salad dressing, as a dry-rub for grilled meats and seafood, and as a finisher atop salads.



DINER

Inspired by the home fries at New Jersey diners, this blend is perfect for seasoning potatoes and beyond! Try it on almost everything from red meat and pork, to chicken and eggs.



SMOKY

Add depth and smoky flavor to your dishes with this versatile blend! Equally great on roasted starchy veggies like sweet potatoes, or any meat or eggs.



TACO & FAJITA

Everyone needs a junk-free taco blend! This blend combines the flavors you love in any Mexican dish, and is perfect on protein, potatoes, or cooked up in cauli-rice.



TEX MEX

Everyone needs a junk-free taco blend, even those who can't eat nightshades! Whether you eat nightshade-free or not, this blend is amazing on just about anything.



ITALIAN

Easily make sausage out of any ground meat, right at home. Simply add to ground meat and cook up delicious, junk-free sausage, anytime. Great for making a homemade marinara, too!



SUPER ONION

SUPER ONION is perfect for a squeaky-clean, real-food-only onion dip! Use 2 tablespoons per cup of sour cream or yogurt to make an amazing dip. This blend is also amazing for seasoning veggies, chicken, fish, or any protein and tastes great in salad dressings.



SAVORY

Not sure what to use? SAVORY blend to the rescue! Perfect for seasoning chicken, pork, fish, and all kinds of roasted vegetables.



GREEK

A simple but perfect combination of the ultimate in Greek flavors - oregano, lemon, and garlic. We especially love this blend on eggs, lamb, chicken, and oven-roasted potatoes.



RANCH

The blend we all grew up loving! Sprinkle over chicken or potatoes for an easy weeknight meal. Add to sour cream or plain yogurt with EVOO and lemon juice for a quick ranch dressing.



SUPER GARLIC

When the mood strikes to get maximum flavor into your food, SUPER GARLIC is your hero. Especially amazing on grilled chicken, or mixed into meatballs.



BAGEL

New Jersey runs deep in our veins with this blend! Bagels were, well, everything growing up, and this blend takes you back instantly. Add to eggs, avocado, toast, or potatoes.



SUPER TRIFECTA

SUPER TRIFECTA is all about next-level flavor with this SUPER-sized spin on one of our best-selling blends. The perfect blend of garlic, salt, and pepper - this time, big flakes of garlic and salt and chunky cracked black pepper. Sprinkle it into any dish you're cooking or use it as a pinchable finisher for salads, pasta, eggs, entrees, and more.



TRIFECTA

The three spices we all reach for most often in the kitchen—garlic, salt, and pepper—now in a perfect balance for seasoning anything and everything. It couldn't be easier!



Coffee BBQ Ribs

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes, plus time to
marinate the ribs

cook time

3 hours

yield

8 servings

NOTE

You can make these using baby
back ribs if you prefer. Simply
adjust the cooking time to 2
hours, then add more time as
needed until the ribs are tender.

**2 racks St. Louis-style pork ribs
(5 to 6 pounds total) (see Note)**

1/2 cup COFFEE BBQ Blend

Coat both sides of each rack of ribs heavily with the spice blend,
wrap tightly with foil, and let sit in the refrigerator for at least 3 hours,
preferably overnight.

Preheat the oven to 275°F.

Remove the ribs from the refrigerator and, keeping them foil-wrapped,
place them in the oven on a rimmed baking sheet, foil seam up. Cook for
2 to 3 hours, until the rib meat easily separates from the bone. Remove
the ribs from the oven and unwrap them from the foil, then return them
to the rimmed baking sheet.

Place an oven rack directly under the broiler and turn the broiler to high.
Place the rack of ribs directly under the broiler and broil for 5 minutes,
or until the outsides of the ribs are crispy.

Alternatively, instead of broiling, you can crisp the ribs in a grill pan:
Heat the grill pan over high heat. Once the pan is hot, add the ribs and
cook for 5 minutes, or until the outsides of the ribs are crispy.



Coffee BBQ Rubbed Pork with Seared Pineapple

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes, plus time to
marinate the pork (not including
broth)

cook time

40 minutes

yield

6 servings

2 boneless pork tenderloins
(about 2 pounds)

1/4 cup COFFEE BBQ Blend

1 teaspoon bacon fat, coconut oil,
ghee, or butter

1/4 cup beef or chicken bone
broth, or water

1/2 fresh pineapple, peeled and
cut into 1/4-inch-thick spears

Sliced green onions (scallions),
for garnish (optional)

Marinate the pork: Place the pork tenderloins in a shallow dish and pat dry with a paper towel. Season all sides of the meat evenly with the spice rub. Cover the dish and let the pork marinate, refrigerated, for at least 1 hour or up to overnight. The longer the pork marinates, the more crust-like the spice rub will become.

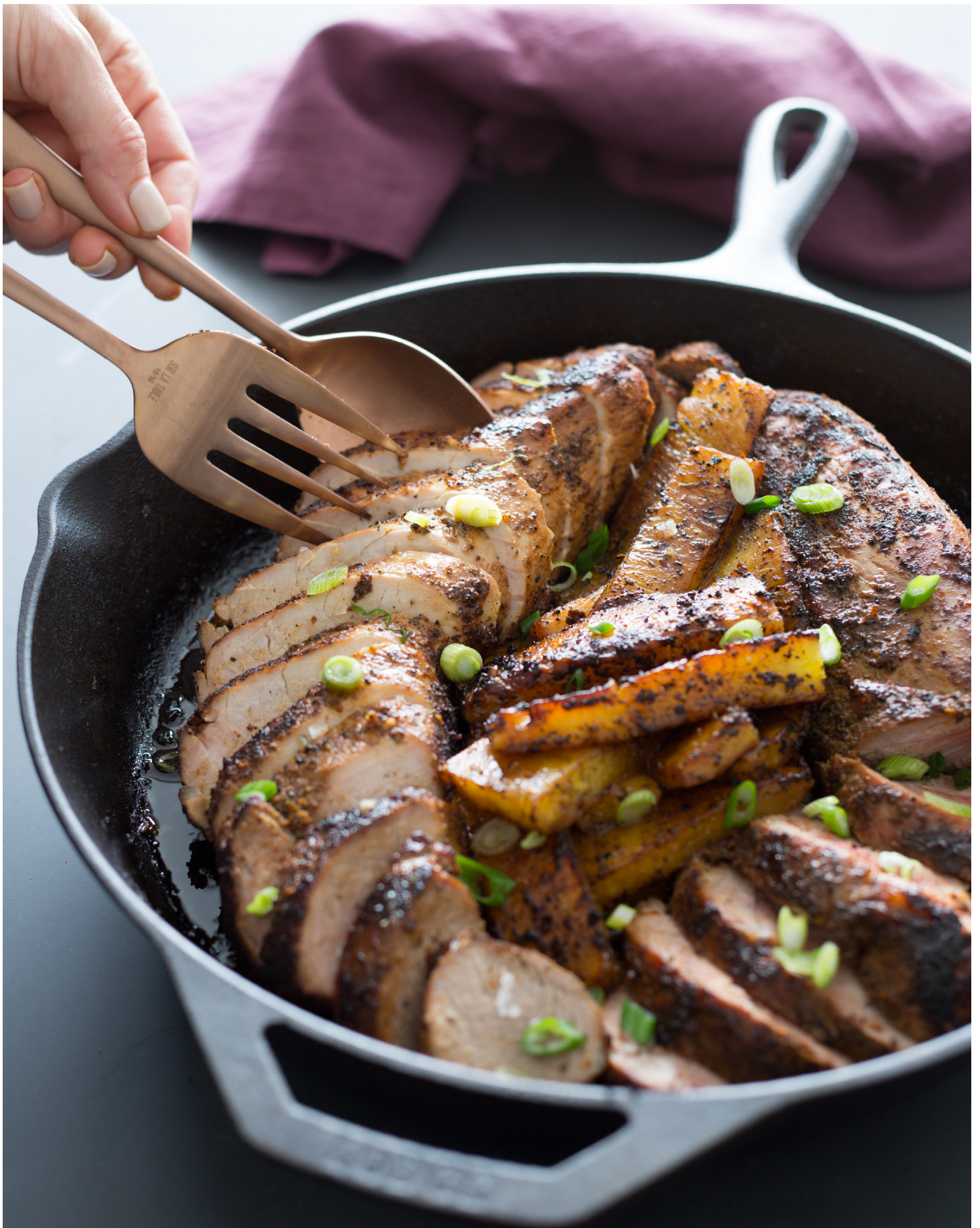
When you're ready to cook the pork, preheat the oven to 375°F.

Heat a large oven-safe pan over medium-high heat. Add the cooking fat and let it melt completely to coat the pan. Sear the meat all over until lightly browned, 2 to 3 minutes per side. Place the pan in the oven and roast the pork for 20 to 25 minutes for medium-rare, or until the internal temperature registers 145°F.

Remove the pork from the pan and let it rest for 5 to 10 minutes. Place the pan over high heat and pour the broth into the pan to deglaze it. Use a wooden spoon to loosen all the brown bits stuck to the bottom (this will give the dish lots of extra flavor). Reduce the liquid over high heat for 2 to 3 minutes, stirring often, until it thickens slightly.

Add the pineapple spears to the pan and cook for 5 minutes, turning the spears so they're evenly coated in the glaze.

Once the pork has rested, slice on the bias and serve with the pineapple spears. Garnish with sliced green onions, if desired.



Spaghetti Squash Bolognese Bake

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

25 minutes

cook time

50 minutes

yield

8 servings

NIGHTSHADE-FREE?

Use 6 ounces canned pumpkin instead of tomato paste.

DAIRY-FREE?

Omit the cheese.

MAKE IT 21DSD-FRIENDLY

Omit the white wine.

CHANGE IT UP

Make this using zucchini noodles instead of spaghetti squash.

NOTE

I used fresh mozzarella here, so I needed 2 of the 8-ounce balls that are sold individually. You can also shred regular mozzarella. I recommend avoiding pre-shredded cheeses unless you can find one without cellulose or other anti-caking agents.

1 medium spaghetti squash
(about 3 pounds)

Sea salt and ground black pepper

4 slices bacon, chopped

1 medium carrot, finely diced

1 medium yellow onion, finely
diced

1 stalk celery, finely diced

4 cloves garlic, minced or grated

1 pound ground pork

1 pound ground veal or beef

2 tablespoons GREEK Spice Blend

1/2 cup full-fat coconut milk

1/4 cup dry white wine

6 ounces tomato paste

16 ounces fresh mozzarella, sliced
1/4-inch rounds (see Note)

Thinly sliced fresh basil, for
garnish (optional)

Preheat the oven to 375°F.

Slice the spaghetti squash in half lengthwise. Scoop out the seeds, then sprinkle the cut sides with salt and pepper. Place both halves face down on a rimmed baking sheet and roast for 35 to 45 minutes, until the flesh of the squash is translucent and the skin begins to soften and easily separates from the “noodles” inside. Allow the squash to cool enough that you can handle it, then scoop out the “noodles” into a large roasting pan. Set aside.

While the squash is roasting, make the sauce: In a large skillet over medium-high heat, cook the bacon until the fat has rendered and the bits are crispy, about 8 minutes. Add the carrot, onion, and celery and sauté for about 8 minutes, until the onion and celery are translucent. Add the garlic and cook for 1 minute more, or until fragrant.

Add the pork, veal, and spice blend and cook until the meat is browned and cooked through, about 10 minutes. Add the coconut milk, white wine (if using), and tomato paste. Turn the heat down to medium-low and simmer, stirring occasionally, for 20 minutes, or until the sauce has thickened and any alcohol has evaporated. Add salt and pepper to taste. Remove from the heat.

Add the sauce to the roasting pan with the spaghetti squash noodles and mix well to combine. Lay the slices of cheese on top.

Place oven rack just under the broiler and set the oven to broil. Place the roasting pan in the oven just under the broiler for 2 to 5 minutes, until the cheese is melted and lightly browned.

Garnish with thinly sliced fresh basil, if desired.

Store leftovers in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 6 weeks. To defrost, place in the refrigerator overnight, then reheat before serving.



Broccoli, Ham & Cheese Frittata

DAIRY**EGGS****NUTS****FODMAPS****NIGHTSHADES****SEAFOOD****21DSD-FRIENDLY****prep time**

10 minutes, plus 30 minutes for the crispy broccoli

cook time

15 to 20 minutes

yield

2 servings

NOTE

Remember that 21DSD-friendly ham, bacon, and other cured meats may include sugar in the ingredients list as long as the amount of sugar listed in the Nutrition Facts is 0 grams. This is one of the few exceptions to the no-sweeteners rule.

FODMAP-FREE?

Omit the onion.

KITCHEN TIP

If you don't have an 8-inch skillet, you can double the recipe and use a 10-inch skillet instead. Bake for 15 to 20 minutes. Store leftovers in the refrigerator for up to 5 days, or freeze individually wrapped portions for up to several weeks. Defrost in the refrigerator overnight before reheating, ideally in a toaster oven.

1/2 pound cooked ham, cubed (see Note)

1/2 small red onion, chopped

4 eggs

2 tablespoons full-fat coconut milk, store bought or homemade

1/4 teaspoon sea salt

1/2 teaspoon DINER Blend

1 tablespoon cooking fat (optional)

1 cup Crispy Broccoli (page 54)

2 ounces cheddar cheese, grated (21DSD Levels 1 & 2 only)

Preheat the oven to 350°F.

Heat an oven-proof 8-inch skillet over medium heat. Add the ham and cook for 2 to 3 minutes to crisp slightly. Taste the ham—if it tastes fairly salty, use less salt later in the recipe. If the pan is looking a little dry, add the optional cooking fat.

Add the red onion, stir, and cook for 2 minutes.

While the onion is cooking, whisk the eggs in a large bowl with the coconut milk, sea salt, and black pepper. Add the egg mixture to the skillet and stir in the Crispy Broccoli and cheddar cheese, if using.

Bake for 10 to 15 minutes, until the eggs are no longer runny, the frittata puffs up a bit, and the edges are golden brown.

VARIATION: BROCCOLI, HAM & CHEESE EGG MUFFINS

Line 4 cavities of a 12-cavity muffin tin with parchment paper baking cups. Divide the cooked ham and onion, Crispy Broccoli, and cheddar cheese, if using, evenly among the prepared muffin cavities. Pour the egg mixture over the other ingredients. Bake according to the instructions, but check after 10 minutes to make sure it doesn't overcook.

Parchment paper baking cups specifically are critical to ensure the eggs won't stick to the paper! They're easy to find at most grocery stores, or they can easily be ordered online on a site like Amazon.



Home Fries & Sausage Skillet

DAIRY**EGGS****NUTS****FODMAPS****NIGHTSHADES****SEAFOOD****21DSD-FRIENDLY**

prep time

5 minutes

cook time

12-16 minutes

yield4 servings

INGREDIENT TIP

When using potatoes in a breakfast recipe, your best bet is to precook them ahead of time (at least the night before) by boiling them until fork-tender. Keep the cooked potatoes stored in the refrigerator until you're ready to cut and brown them.

1 pound ground pork

1 tablespoon Italian Blend

2 cups chopped kale

1 tablespoon ghee, bacon fat,
or butter2 large Yukon Gold potatoes,
parboiled and diced

2 tablespoons DINER Blend

FOR GARNISH

Red pepper flakes

Course sea salt

Chopped fresh chives

Heat a large skillet over medium heat. Add the pork, season with the Italian Blend, and stir to incorporate. Cook the meat for 5 minutes, stirring to break it up with a spatula as it cooks, then add the kale. Continue cooking for another 5 to 7 minutes, until the kale begins to wilt and the meat is cooked through. Remove the pork and kale from the skillet and set aside.

Melt the ghee in the skillet, still over medium heat, then add the potatoes and Diner Blend, gently stirring to coat the potatoes with the fat and spices. Spread the potatoes into an even layer and cook for 2 to 4 minutes, until they start to brown. Stir midway through cooking so they don't stick. If they do start to stick, add a little more ghee to the pan.

Return the meat and kale to the pan, then garnish with red pepper flakes, coarse sea salt, and chives, if desired.



Bacon-Wrapped Smoky Chicken Thighs

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cooking time

40 minutes

yield

2 servings

NIGHTSHADE-FREE?

Instead of Smoky Blend, try the Savory Blend.

CHANGE IT UP

Try this recipe with pork tenderloin instead of chicken thighs. Follow the same instructions but bake tenderloin until it reaches an internal temperature of 145°F. (30 to 40 minutes)

4 skinless chicken thighs
(bone-in or boneless)

8 slices bacon

2 teaspoons SMOKY Blend,
divided

Preheat the oven to 37°F.

Sprinkle the chicken thighs with 1 teaspoon of the spice blend. Wrap each thigh in 2 slices of bacon. Sprinkle the chicken with the remaining 1 teaspoon of spice blend and bake for about 40 minutes, until the internal temperature reaches 165°F.

INGREDIENT TIP

You can certainly make this recipe with chicken breasts instead of thighs if you prefer. Also, note that this recipe was developed for skinless chicken, since the bacon helps keep the meat moist during cooking and adds flavor (and besides, wrapping the bacon around the chicken skin will not allow the skin to crisp.) If you buy chicken with the skin on, I recommend removing the skin and baking it in a separate pan, dusted with some Smoky Blend, until it's crispy to enjoy as a snack or to chop up so and use as a salad topper.



Smoky Buffalo Wings

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cooking time

about 35 minutes

yield

4 servings

MAKE IT 21DSD-FRIENDLY

Omit the honey.

2 dozen chicken wings

3 tablespoons SMOKY Blend

1/4 cup melted coconut oil, ghee,
or butter

2 to 3 tablespoons hot sauce
(depending on heat preference)

1 teaspoon honey (optional)

Preheat the oven to 375°F and place a wire baking rack on a rimmed baking sheet.

Place the wings in a large mixing bowl. Sprinkle about half of the spice blend over the wings, then toss to coat; repeat with the other half of the spice blend. Place the wings smooth skin side up on the baking rack, not touching. Sprinkle any spice blend left in the bowl over the wings.

Bake for 30 to 40 minutes, until the chicken reaches an internal temperature of 165°F and is cooked through (no pink remains) and the skin is crispy. If you want to crisp the skin further, turn the oven to a low broil setting and broil for about 5 minutes.

In a large bowl, whisk together the melted oil, hot sauce, and honey (if using), starting with 2 tablespoons of hot sauce. Taste and add more hot sauce, 1 teaspoon at a time, as desired. If you accidentally add too much, add a bit more oil or honey to the sauce. Toss the wings in the sauce when they come out of the oven.



The Easiest Smoky Pork Chops Ever

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes

cooking time

15 minutes

yield

2 servings

1 tablespoon cooking fat

2 1-inch-thick bone-in pork chops
(6 to 8 ounces each)

1/2 tablespoon SMOKY Spice
Blend

1/2 tablespoon TRIFECTA Spice
Blend (or sea salt & black pepper)

Preheat the oven to 400°F if you'll be using a grill pan or want to finish the chops in the oven.

Preheat a grill or grill pan to medium-high heat, then brush with the cooking fat. Season the pork chops liberally on both sides with the spice blends, then cook on the hot grill for 3 minutes per side, or until grill marks appear. (If the pork chops are less than an inch thick, cook for 2 minutes per side.)

If using a grill pan, transfer the pan to the oven and continue cooking for 4 to 8 minutes, until the chops reach an internal temperature of 145°F.

If using a grill, move the chops to a higher rack or lower-temperature area of the grill and cook until they're cooked through, about 3 to 5 minutes. Alternatively, you can transfer the chops from the grill to an oven-safe pan and bake them to finish cooking, following the instructions above for the grill pan.



Blackened Fish Tacos

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cooking time

10 minutes

yield

8 tacos (2 per serving)

NIGHTSHADE-FREE?

Use the Tex Mex Blend and omit the bell pepper and tomatoes. Use cucumber or fruit salsa and add shredded carrots for color.

FODMAP-FREE?

Omit the granulated garlic and onion from the spice blend, the fresh garlic, and the avocado.

FREEZE ME

Freeze the cooked and seasoned meat and defrost it to enjoy with fresh salad vegetables and toppings when you're ready.

CHANGE IT UP

Try substituting ground bison, turkey, or chicken in place of the beef.

You can also serve this dish as tacos with lettuce-leaf "shells."

4 (6-ounce) boneless salmon (skin-up) or halibut fillets

Sea salt

2 teaspoons TACO & FAJITA Blend

1 head red cabbage, leaves separated

1/2 cup Marinated Onions (page 58)

1/4 cup roughly chopped fresh cilantro leaves

FOR SERVING

Spicy Citrus Slaw (page 66)

Sliced avocado or Avocado Crema (page 60)

4 lime wedges

Set an oven rack directly below the broiler and turn the oven to the low broil setting. Heat a large oven-safe skillet (preferably cast iron) over medium-high heat.

Lightly season the skin side of the salmon with salt and season the other side with the spice blend. Place the salmon skin side down in the dry, hot pan and sear for 3 minutes.

Transfer the pan to the oven, directly below the broiler. Broil for 4 to 5 minutes, until the fish is opaque. Remove the pan from the oven and flake the fish with a fork. Set the skin aside to eat separately.

Assemble the tacos: Using 1 or 2 large cabbage leaves per taco, layer on the fish, marinated onions, and cilantro. Serve with the citrus slaw, avocado, and lime wedges.



Tangy Taco Salad

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

20 minutes

cooking time

10 minutes

yield

4 meal-sized servings

NIGHTSHADE-FREE?

Use the Tex Mex Blend and omit the bell pepper and tomatoes.

Use cucumber or fruit salsa and add shredded carrots for color.

FODMAP-FREE?

Omit the granulated garlic and onion from the spice blend, the fresh garlic, and the avocado.

FREEZE ME

Freeze the cooked and seasoned meat and defrost it to enjoy with fresh salad vegetables and toppings when you're ready.

CHANGE IT UP

Try substituting ground bison, turkey, or chicken in place of the beef.

You can also serve this dish as tacos with lettuce-leaf "shells."

1 pound ground beef

2 tablespoons TACO & FAJITA Blend

2 cloves garlic, grated or minced

8 cups chopped romaine lettuce

1 bell pepper (any color), sliced

1 cup sliced or chopped tomatoes

1 cup salsa, any kind

1 avocado, sliced, or 1 cup guacamole

Chopped fresh cilantro, for garnish

2 limes, quartered, for serving

In a large skillet over medium-high heat, cook the meat until thoroughly browned and cooked through, adding the spice blend and garlic when the meat is about halfway done.

While the meat is cooking, arrange the lettuce and bell pepper slices on a large serving platter or in four individual serving bowls. Top with the browned meat, tomatoes, salsa, and avocado slices.

Garnish with cilantro and squeeze lime juice over the salad dressing.



The Easiest Tacos (Nightshade-Free)

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

20 minutes

cooking time

10 minutes

yield

4 meal-sized servings

SPICE BLEND SWAP

Use the regular Taco & Fajita Blend if you can eat nightshades.

TOP IT OFF

Serve the tacos topped with any of salsa, but avoid versions with tomato and bell pepper if you need to remain nightshade-free.

1 tablespoon ghee, butter, or extra-virgin olive oil

1 pound ground beef, turkey, or chicken

2 tablespoons TEX MEX Blend

2 tablespoons apple cider vinegar

FOR SERVING

1 head iceberg lettuce or butter lettuce, leaves separated

1/2 cup sliced purple cabbage

1/4 cup diced red onion

1 avocado, sliced

1/4 cup fresh cilantro leaves

1 lime, cut into wedges

Melt the ghee in a large skillet over medium heat. Add the ground meat and spice blend and cook for about 5 minutes, until the meat is cooked about halfway through, using a wooden spoon to break up the meat as it cooks.

Add the apple cider vinegar to the skillet, reduce the heat to low, and continue to cook until the meat is fully cooked through, another 5 to 6 minutes.

To serve, spoon some of the meat mixture into a lettuce leaf and top with cabbage, red onion, avocado, cilantro, and a squeeze of lime juice.



Crispy Brussels Sprouts

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cooking time

25 to 30 minutes

yield

2 servings (about 1 cup each)

4 cups Brussels sprouts (about 1 pound), trimmed and halved

1 tablespoon cooking fat

1 teaspoon TEX MEX Blend

Preheat the oven to 375°F.

Place the Brussels sprouts on a large rimmed baking sheet (use stainless steel rather than nonstick for the best browning). Toss with the cooking fat.

Sprinkle with the garlic powder and a few pinches each of salt and pepper, then arrange cut side down.

Roast for 25 to 30 minutes, until the leaves begin to separate and become dark brown and crispy and the halves are cooked through and browned. Check about halfway through cooking—if the separated leaves have browned very quickly, remove them, then continue roasting the rest of the pieces.



Italian Sausage, Peppers, & Spinach Frittata

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

cook time

40 minutes

yield

4 servings

DAIRY-FREE?

Omit the cheese.

1 tablespoon cooking fat of choice

1 medium yellow onion, diced

1 medium red bell pepper, sliced into rounds

1/4 teaspoon sea salt

1/4 teaspoon ground black pepper

1 pound ground pork

2 tablespoons ITALIAN Blend

1 cup chopped frozen spinach

8 large eggs

1/4 cup full-fat coconut, nut, or dairy milk

4 ounces grated hard cheese, such as Parmigiano-Reggiano or Pecorino Romano (optional)

Preheat the oven to 375°F.

Place the cooking fat, onion, bell pepper, salt, and pepper in an oven-proof 12-inch skillet over medium heat and cook until the onion is translucent and beginning to brown on the edges, 3 to 4 minutes.

Add the ground pork and spice blend to the skillet and cook for 5 to 8 minutes, until no pink remains, breaking the meat up with a spatula as it cooks. Add the spinach and cook for 3 to 5 minutes to warm through and break apart.

While the pork and spinach are cooking, in a large mixing bowl, whisk together the eggs and coconut milk.

Pour the egg mixture into the skillet, over the pork and spinach. Top with the cheese (if using). Transfer the pan to the oven and bake for 15 to 20 minutes, until the eggs are no longer runny, the frittata puffs up a bit, and the edges are golden brown.



DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

yield

1 serving

Keto Italian Hoagie Salad

QUICK LEMONY ITALIAN DRESSING

1/2 cup extra virgin olive oil

1/4 cup fresh lemon juice

1/4 cup red wine vinegar

1 teaspoon Dijon mustard

1 teaspoon dried oregano leaves

1/4 teaspoon sea salt

1/4 teaspoon black pepper

FOR THE SALAD

1/4 cup red onions, thinly sliced

2 cups baby kale, arugula, or other leafy green

2 ounces salami, chopped

2 ounces turkey, chopped

2 ounces ham, chopped

1/2 ounce Gouda or Parmesan cheese, shaved

1/4 cup pepperocini, chopped

1 pinch oregano, as garnish

1 pinch black pepper, as garnish

Whisk or blend together all dressing ingredients.

Place the sliced onions into a small, flat dish and pour 2 or 3 tablespoons of the dressing over them to allow them to quickly marinate while you make the salad.

Assemble the rest of the salad, then pour the onions and dressing over the top — enjoy!



Meat & Greens Bowl

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cook time

30 minutes

yield

6 servings

DAIRY-FREE?

Omit the cheese.

2 pounds ground beef, pork, or turkey, or combination

1 tablespoon ITALIAN Blend

1 bunch Italian kale, removed from stem and finely chopped

1 (24-ounce) jar sugar-free pasta sauce

Sea salt and ground black pepper

4 large zucchini

Fresh basil leaves, for garnish (optional)

Grated hard cheese, such as Parmigiano-Reggiano or Pecorino Romano, for garnish (optional)

Place the ground meat in a large skillet over medium-high heat. Add the spice blend, stir to combine, and cook until the meat is browned through, 5 to 8 minutes.

Add the kale and cook until softened, about 3 minutes. Turn the heat down to medium, add the pasta sauce, and simmer until the sauce is heated through, 5 to 10 minutes, stirring occasionally. Add salt and pepper to taste, then remove the pan from the heat.

While the sauce is cooking, make the zucchini into noodles using a spiral slicer, a hand-held julienne peeler, or even a regular vegetable peeler (if using a regular peeler, the noodles will be wide and flat instead of spaghetti-shaped). You should get about 4 cups of noodles.

Fill a large pot with 1 inch of water and place a steamer basket in the pot. Cover and bring to a boil over high heat. Add the noodles to the basket and steam for 3 minutes. Transfer the noodles to a colander to drain and allow to cool slightly.

Place the noodles in a large bowl and top with the meat-and-greens sauce. Garnish with the basil and grated cheese, if desired.



Thanksgiving Stuffing Meatballs

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

20 minutes

cook time

40 minutes

yield

2 dozen meatballs

NUT-FREE?

Omit the chestnuts.

MAKE IT 21DSD-FRIENDLY

Serve the meatballs without the cranberry sauce.

NOTE

Use precooked and peeled chestnuts, readily available at most grocery stores during the winter holiday season, or substitute walnuts or pecans if chestnuts are not available.

CHANGE IT UP

Want to use ground turkey instead? Go ahead! I recommend using 1 pound of ground pork for the best flavor and texture.

FREEZE ME

Make these into patties instead of meatballs to freeze and save for quick and easy breakfasts!

2 pounds ground pork

2 tablespoons ITALIAN Blend

2 teaspoons butter, bacon fat, or coconut oil

1/4 cup minced onions

1/4 cup minced celery

1/4 cup grated or shredded carrots

1/4 cup minced chestnuts (see Note)

Preheat the oven to 375°F.

In a medium-sized mixing bowl, combine the pork and spice blend until the spices are evenly incorporated throughout the meat.

In a large skillet over medium heat, melt the butter. Place the onions, celery, and carrots in the pan and sauté until the onions and celery are translucent. Add the chestnuts and continue to cook for another 2 minutes.

Set the chestnut mixture aside to cool until you can touch it comfortably. Then combine the mixture with the meat and form into twenty-four 1 1/2-ounce meatballs.

Place the meatballs in a baking dish or on a rimmed baking sheet and bake for 30 minutes, or until cooked all the way through.



Loaded Cauliflower Mash

DAIRY
EGGS
NUTS
FODMAPS
NIGHTSHADES
SEAFOOD
21DSD-FRIENDLY

prep time

10 minutes

cook time

20-25 minutes

yield

3-4 servings

2 large heads of cauliflower
5 slices of bacon, chopped
1/2 large red onion, minced
5 crimini mushrooms, chopped
1/2 cup chicken broth
2 tablespoons butter, bacon fat,
or coconut oil

SUPER GARLIC ONION Infused
Salt, to taste
Black pepper, to taste
1 teaspoon minced fresh parsley
or cilantro

Remove the outer leaves of the cauliflower then chop it into 2- to 3-inch pieces. Set up a pot with 2 inches of water and a steamer basket and bring the water to a boil, covered, over high heat. Steam the cauliflower until it is fork-tender.

While the cauliflower is steaming, warm a large sauté pan or skillet over medium heat and cook the bacon for 8 to 10 minutes, stirring occasionally, until the fat has rendered off and the meat becomes crispy.

Once the bacon is cooked, scoop out the bacon pieces with a slotted spoon and place into a medium sized bowl covered with paper towels. Remove a 1/4 of bacon pieces in a separate small bowl for garnish.

Place the minced red onions on the same pan with the bacon fat and stir and cook until translucent. When it is mostly translucent, add the mushrooms and cook until they begin to soften. Once everything is softened/fork-tender, place the mixture in the same bowl as the bacon. Stir to fully mix.

Drain your cauliflower in a large colander. Place the softened cauliflower pieces, chicken broth, butter, and spices in a food processor or blender and process until creamy, about 5 minutes, scraping down the sides often.

Pour in the bacon pieces, onions, and mushrooms and stir using a wooden spoon until fully mixed. Serve cauliflower mash in a large bowl and garnish with reserved bacon pieces and fresh minced herbs.



The Ultimate Onion Dip

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes

yield

1 cup

1 cup sour cream or yogurt

2 tablespoons SUPER ONION
Spice Blend

In a medium bowl, mix together all together.

Garnish with an extra sprinkle of SUPER ONION if you like.

CHANGE IT UP

Use 1 tablespoon SUPER ONION & 1 tablespoon SUPER GARLIC for a super charged garlic & onion dip

Use 2 tablespoons SUPER GARLIC for a creamy garlic dip.



Bacon & Root Veggie Hash

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

cooking time

20 minutes

yield

4 servings

FODMAP-FREE?

Omit the shallot.

4 slices bacon

1 shallot, minced

4 cups grated parsnips
(approximately 8 medium)

1/4 cup grated carrots

1 tablespoon SAVORY Blend

Slice the bacon crosswise into 1/4-inch strips. In a large skillet over medium heat, cook the bacon until the fat is rendered and the meat is cooked, approximately 10 minutes. Remove the bacon from the pan and set on paper towels to drain, leaving the fat in the pan.

Add the shallot to the pan and cook for 2 minutes, or until it becomes translucent. Add the parsnips, carrots, and Savory Blend to the pan and continue to cook until the vegetables are soft and cooked through, 5 to 8 minutes.

Add the bacon back to the pan and toss to combine and heat through.

Serve with eggs (any style) or your favorite breakfast sausage links.



Balsamic Braised Short Ribs

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes

cooking time

4 to 6 hours

yield

6 to 8 servings

NIGHTSHADE-FREE?

Replace the tomato sauce with 1/2 cup canned pumpkin puree and 1/2 cup beef bone broth.

MAKE IT 21DSD-FRIENDLY

Omit the dates.

SLOW-COOK IT

Don't have a Dutch oven? Cook everything in a slow cooker for 4 to 6 hours, or until the meat easily pulls apart from the bone.

2 tablespoons SAVORY Blend

2 to 3 pounds bone-in beef short ribs

1 tablespoon coconut oil

1 (15-ounce) can plain tomato sauce

1/2 cup balsamic vinegar

6 cloves garlic, peeled and smashed with the side of a knife

4 Medjool dates, pitted

Sliced green onions (scallions), for garnish

Rub the spice blend into the short ribs.

Melt the coconut oil in a large skillet over medium-high heat. Sear the short ribs for 1 to 2 minutes per side, until they are slightly browned.

Preheat the oven to 300°F.

Place the short ribs, tomato sauce, balsamic vinegar, garlic, and dates in a large enameled cast-iron Dutch oven. Cover, place in the oven, and cook for 4 to 6 hours, until the meat is tender enough to be pulled apart from the bones with a fork.

Shred the meat and serve. Garnish with green onions, if desired.



The Best-Tasting Chicken

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes, plus time to marinate the chicken

cook time

1 hour 10 minutes

yield

6 servings

TIPS

Save the bones from your chicken (including the backbone!) to make broth. I recommend freezing both raw and cooked bones until you fill a gallon-sized bag, then using them for your broth.

If you don't want to grill the chicken first, you can skip that step and simply roast the chicken for 10 minutes more, but the grilling step is what truly makes it "The Best-Tasting Chicken"!

3 tablespoons GREEK Blend, or spice blend of choice

2 tablespoons extra-virgin olive oil, plus more for brushing

Juice of 1 lemon

1 whole chicken (3 1/2 to 4 pounds)

2 or 3 generous pinches of sea salt

2 tablespoons cooking fat of choice

In a small bowl, combine the spice blend, olive oil, and lemon juice. Set aside.

Spatchcock (split) the chicken: Remove any organs (sometimes found in a paper or plastic wrapping) from the inside of the chicken. Place the whole chicken breast side down on a large cutting board. Using kitchen shears or a large, sharp knife, cut along one side of the backbone, then turn the chicken around and cut down the other side. Remove the backbone, then flip the chicken over and firmly press down on the breastbone to flatten.

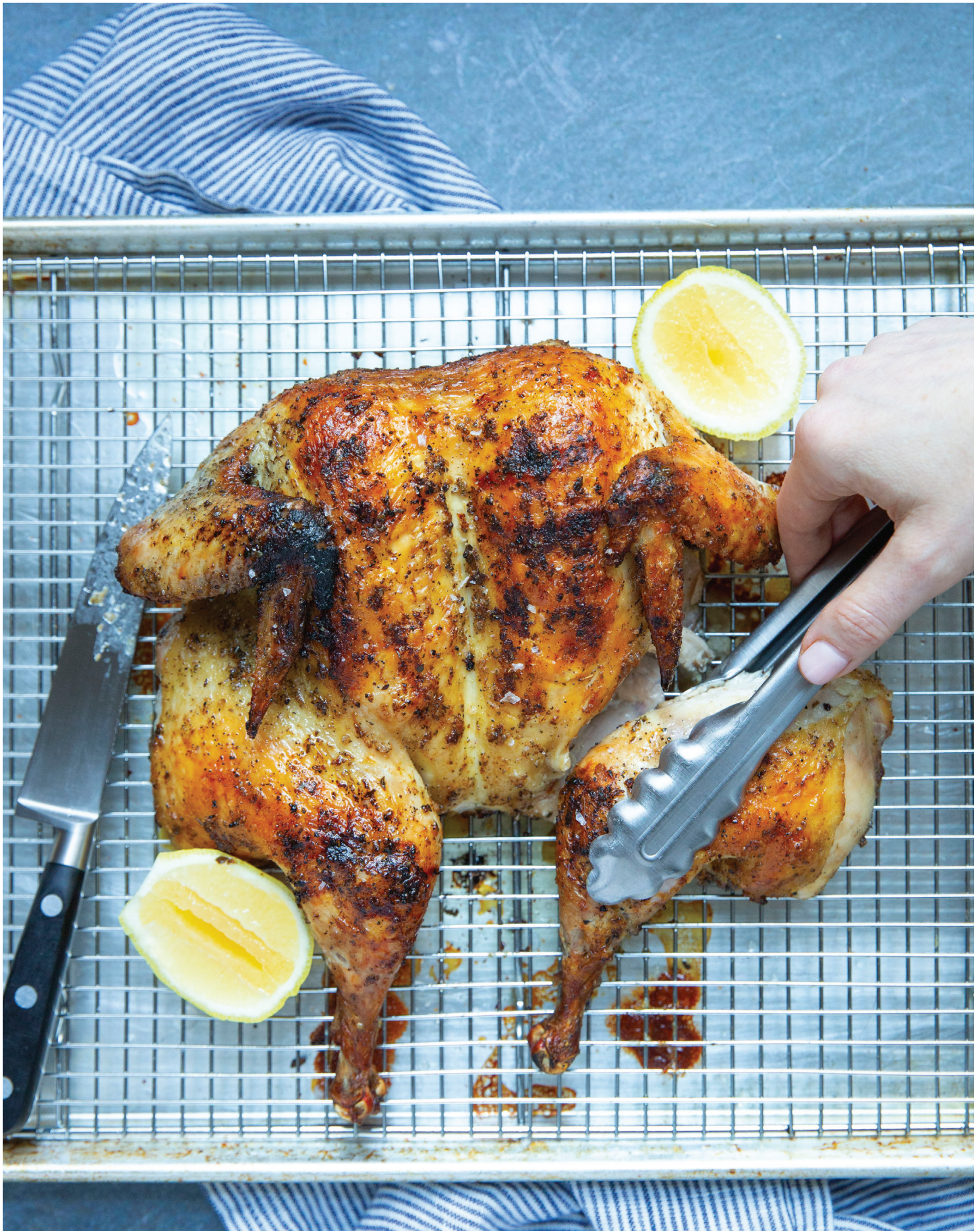
Place the chicken in a large roasting pan and season generously on both sides with the sea salt. Next, coat both sides of the chicken evenly with the oil mixture. Cover and marinate for at least 1 hour or overnight in the refrigerator (overnight is recommended).

Preheat the oven to 375°F. Preheat the grill or grill pan to high heat.

Brush the hot grill or grill pan with the cooking fat, then sear the chicken skin side down for 8 to 10 minutes, until the skin is charred.

Transfer the chicken to a clean roasting pan, skin side up, and put in the oven for 1 hour, or until the internal temperature of the chicken reaches 165°F. (Test the temperature by inserting the thermometer into a meaty part of the leg, avoiding the bone.)

Remove the chicken from the oven and transfer it to a cutting board. Brush it liberally with olive oil and let rest for at least 10 minutes before serving.



The Best Roasted Potatoes with Feta & Lemon

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cook time

40 minutes

yield

4 servings

NOTE

These fries are best when served immediately, as they may become quite soggy when stored. However, you can store them in an airtight container in the refrigerator for up to 5 days and re-crisp them in your oven or toaster oven (about 400°F) until warmed, about 5 minutes.

3-6 red-skinned potatoes, use enough to fill 2 sheet pans, quantity may vary based on the size of your potatoes

2 tablespoons chicken schmaltz (leftover pan fat from roasted chicken), melted ghee, extra-virgin olive oil or melted coconut oil

2 tablespoons GREEK Spice Blend

1/2 teaspoon SUPER GARLIC Spice Blend

Sea salt, optional

Lemon zest, for garnish

Crumbled feta cheese, for garnish

Preheat the oven to 375°F.

Slice small red potatoes into 4 pieces, or 6 if it's a larger one. Ideally your pieces will be like mini steak fries, about 1/2" by 2" or so.

Toss the potato slices in the schmaltz or cooking fat so that each slice is evenly coated. Divide the potato slices between the two pans and spread them out in a single layer. Sprinkle them evenly with the spice blends and salt, if using.

Bake for 25 minutes, then remove the pan from the oven and flip the potato slices. Bake for an additional 15 minutes, until the potatoes are golden brown and crispy. Serve warm.

Garnish with lemon zest and top with feta if you like (highly recommended).

Serve with my Ultimate Onion Dip (recipe linked below) or a 50/50 SUPER ONION & SUPER GARLIC dip.



Hidden Veggie Ranch Burgers

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

20 minutes

cook time

15-30 minutes

yield

8 burgers (2 per serving)

NIGHTSHADE-FREE?

Omit the tomato.

NOTE

These burgers taste best when made with ground chicken thigh instead of turkey! If you are unable to find ground chicken thigh, you can make your own: Working in batches, place boneless, skinless chicken thighs in a food processor and pulse until the chicken is the texture of ground meat.

TIP

These patties can be wrapped in plastic wrap or foil and stored in the freezer for up to 6 months. I suggest defrosting them in the refrigerator for 24 hours before using.

FOR THE PATTIES

2 medium zucchini, grated (about 1 cup)

2 pounds ground chicken thigh or turkey (see Note)

1/4 cup chopped fresh chives

3 tablespoons RANCH Blend

2 tablespoons chopped fresh parsley

Grated zest of 2 lemons

1/2 teaspoon sea salt

FOR SERVING

1 head iceberg lettuce or butter lettuce, leaves separated

Ranch Dressing (page 38)

Cooked bacon (optional)

Sliced tomato (optional)

Place the grated zucchini in a paper towel or cheesecloth and squeeze out the excess water.

In a large mixing bowl, combine all the ingredients for the patties and mix thoroughly with your hands. Form the meat mixture into 8 equal-sized patties.

Preheat a grill or grill pan to medium-high heat. Grill the burgers for 5 to 6 minutes per side, until the chicken has cooked through and no pink remains. You may need to work in batches, depending on the size of your grill or pan.

Assemble the burgers: Place a burger on a double layer of lettuce leaves, add the ranch dressing, bacon, and tomato (if using), and top with another double layer of lettuce leaves.



Ranch Dressing

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes

yield

1 cup (2 tablespoons per serving)

NIGHTSHADE-FREE?

Omit the red pepper flakes.

DAIRY-FREE?

Use 1 cup plain coconut yogurt in place of sour cream and add 1 tablespoon more of lemon juice for a total of 1/4 cup. You may need 2 lemons instead of 1 in this case.

TIPS

If the dressing is too firm after refrigerating, whisk in 1 tablespoon of warm water. You can use lemon juice instead if you like it more tart.

When adding raw garlic to a dressing, sauce, or dip that will remain uncooked, more is not always better! The potency of raw garlic intensifies as it sits, so don't let this recipe be one where you read "1 clove" and translate it to "4 cloves," as garlic lovers often do when cooking!

1 cup full-fat sour cream

3 tablespoons fresh lemon juice (1 large lemon)

1 tablespoon RANCH Blend

2 tablespoons extra-virgin olive oil

1 heaping tablespoon chopped fresh chives (optional)

1/2 teaspoon minced or grated garlic (about 1 clove) (see Tips)

1/2 teaspoon red pepper flakes (optional)

In a small mixing bowl, whisk together all the ingredients until well mixed. If you prefer a thicker dressing, chill it in the refrigerator before serving. Store in an airtight container in the fridge for up to a week.



Crispy Chicken Spinach Alfredo

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

25 minutes

cooking time

35 minutes

yield

4 servings

4 medium zucchini

1 1/2 pounds boneless, skinless
chicken thighs

Sea salt and ground black pepper

1/4 cup cooking fat of choice

FOR THE BREADING

1 cup almond flour or other raw
nut or seed meal or flour

2 tablespoons coconut flour

2 tablespoons **SUPER GARLIC
Blend**

1 large egg

**FOR THE SPINACH ALFREDO
SAUCE**

5 tightly packed cups finely
chopped fresh spinach (about
two 5-ounce bags)

1/2 cup full-fat coconut, nut,
or dairy milk

1/2 cup grated hard cheese,
such as Parmigiano-Reggiano
or Pecorino-Romano

1 teaspoon granulated garlic

1/4 teaspoon ground black pepper

Sea salt

FOR GARNISH

Course sea salt

Red pepper flakes

Preheat the oven to 375°F. Line a rimmed baking sheet with parchment paper.

Make the zucchini into noodles using a spiral slicer, a hand-held julienne peeler, or even a regular vegetable peeler (if using a regular peeler, the noodles will be wide and flat instead of spaghetti shaped). You should get 3 cups of noodles. Set aside.

Prepare the chicken: Tear 2 large sheets of plastic wrap from a roll and place 1 sheet on a large cutting board. Set a chicken thigh on the plastic wrap, then place the second sheet of plastic wrap on top. Using a kitchen mallet, evenly pound the chicken until it's roughly 1/4 inch thick. Repeat this process for all pieces of chicken. Season the chicken on both sides with a few pinches each of salt and pepper.

Place a large, heavy-bottomed sauté pan over medium heat. Melt the cooking fat in the pan and allow it to become hot, about 5 minutes. While the fat is heating, bread the chicken.

Create a breading station for the chicken: In a large shallow bowl or dish, whisk the almond flour, coconut flour, and spice blend until well combined. In a second large shallow bowl or dish, whisk the egg until well beaten. Dip a piece of chicken into the egg to coat it completely, allowing excess egg to drip off. Next, dredge the chicken in the flour mixture to coat it completely, gently shaking off any excess. Repeat this process for all pieces of chicken.

Working in batches, place the chicken in the hot pan and cook for 3 to 4 minutes on each side, until the breading has turned golden brown, adding more oil as needed. Transfer the browned chicken to the



prepared baking sheet. Once all of the chicken has been browned, place the baking sheet in the oven and bake for 10 minutes, or until the internal temperature of the chicken reaches 165°F.

Meanwhile, make the alfredo sauce: Combine the spinach, milk, cheese, garlic, and pepper in a large saucepan and heat over medium-low heat, stirring often. Let the sauce reduce slowly for 8 to 10 minutes, until it thickens, then remove the pan from the heat. Taste, add salt if desired, and adjust the seasonings to taste.

Add the zucchini noodles to the alfredo sauce, stir everything together, and return to the heat for 2 to 3 minutes, until the noodles are fork-tender.

Serve the chicken over the zucchini alfredo and garnish with coarse salt and red pepper flakes.

Super Garlic Stir-Fry Bowl

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSO-FRIENDLY

prep time

25 minutes

cooking time

35 minutes

yield

4 servings

NIGHTSHADE-FREE?

Omit the red bell pepper.

TIP

To save time and effort, buy pre-shredded cabbage. Some of these mixtures come with both green and purple cabbage and sometimes even some carrot (as shown in the picture), and they're perfect for this dish.

2 pounds ground pork

1/4 cup SUPER GARLIC Blend

1/2 teaspoon ginger powder

1 medium red bell pepper, thinly sliced

1 small red onion, thinly sliced

4 cloves garlic, minced or grated

4 cups shredded cabbage (about 1 head; see Tip)

1/4 cup coconut aminos

2 to 3 dashes of fish sauce

FOR GARNISH

Chopped fresh cilantro leaves

Sesame seeds

Sliced green onions

FOR SERVING

Lime wedges

In a large bowl, combine the ground pork, spice blend, and ginger powder and mix well with your hands.

Place the ground pork in a 12-inch skillet and cook over medium-high heat for about 10 minutes, until the meat has cooked through, breaking it up with a wooden spoon as it cooks. Remove the meat from the pan and set aside.

Add the bell pepper and onion to the skillet. Cook for about 5 minutes, until the onion starts to turn translucent and the pepper softens. Add the garlic and cook for 1 to 2 minutes more, until the garlic starts to turn golden brown.

Return the meat to the skillet, then add the shredded cabbage, coconut aminos, and fish sauce and stir to combine. Cook for about 5 minutes, until the cabbage softens slightly.

Garnish with chopped cilantro, sesame seeds, and sliced green onions. Serve lime wedges on the side.



Marinated Onions

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes, plus time to
marinate the onions

yield

about 2 cups (1/2 cup per
serving)

1/3 cup red wine vinegar

1 tablespoon Balanced Bites SU-
PER GARLIC Spice Blend

1 teaspoon Balanced Bites GREEK
Spice Blend

2 medium red onions, cut in
1/4-inch-thick half moons

In a medium-sized mixing bowl, mix together the oil, vinegar, salt, and spices. Add the onions, stir to coat well, cover, and marinate overnight in the refrigerator.

The onions will keep in an airtight container in the refrigerator for 1 to 2 weeks.



Deli Tuna Salad

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

yield

4 servings

NOTE

If you're not making your own mayonnaise, I recommend buying 100% avocado oil mayonnaise. Two brands I like are Sir Kensington's and Primal Kitchen.

1 medium carrot, peeled

1/2 small red onion

3 (5-ounce) cans tuna (reserve the liquid)

1/4 cup mayonnaise, homemade or store bought

1/2 teaspoon TRIFECTA Blend

1 stalk celery, finely chopped

1 head butter lettuce, for serving

FOR SERVING

Red onion slices

Tomato slices

FOR GARNISH

SUPER TRIFECTA Blend

TO MAKE WITH A FOOD PROCESSOR:

Fit your food processor with a shredding disc and shred the carrot and red onion. Remove the shredding blade and fit the processor with the chopping blade. Add the tuna, 1 tablespoon of the liquid from the cans, the mayonnaise, and the Trifecta Blend. If you prefer creamier tuna salad, use more of the liquid from the cans of tuna. Pulse 6 to 10 times, until well combined. Add the celery and stir to combine.

TO MAKE BY HAND:

Shred the carrot and red onion with a box grater or finely mince them by hand. Place the carrot and onion in a large mixing bowl and add the tuna, 1 tablespoon of the liquid from the cans, the mayonnaise, the Trifecta Blend, and the celery. If you prefer creamier tuna salad, use more of the liquid from the cans of tuna. Stir to combine.

Taste and add additional seasoning if desired. Spoon the tuna onto 4 lettuce leaves (you can layer 2 leaves if you like) and serve with slices of red onion and tomato. Garnish with the Bagel Spice Blend.



Buffalo Cauliflower & Chicken Wings

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cooking time

50 minutes

yield

2 servings

KITCHEN TIP

If you like your wings extra crispy, broil for two minutes before tossing with the Buffalo Sauce.

2 pounds chicken wings

2 medium to large heads of cauliflower, cut into florets

2 to 3 teaspoons TRIFECTA Blend

2 tablespoons chopped green onions, for garnish

FOR THE BUFFALO SAUCE

1/4 cup ghee

3 tablespoons sugar-free/sweetener-free hot sauce

FOR SERVING

Sliced carrots

Sliced celery

Ranch dressing

Preheat the oven to 375°F.

Season the wings and cauliflower generously with the Trifecta Blend. Spread evenly on a baking sheet and bake for 50 minutes.

Make the Buffalo Sauce: In a small bowl, combine the ghee and hot sauce and mix well.

Remove the wings and cauliflower from the oven. Toss with the Buffalo Sauce and garnish with green onion. Serve with carrots, celery, and ranch dressing.



Cheesesteak Stuffed Potatoes

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

cooking time

40-60 minutes

yield

2 servings

CHANGE IT UP

If you're looking for a non-potato option, serve with riced cauliflower instead!

Doing Level 1 or 2 of the 21DSD? Feel free to melt full-fat cheese on top of these instead of the "cheese" sauce. I'd suggest provolone for this recipe.

2 large potatoes, white or sweet

1 pound skirt steak, flank steak, or chicken breast

TRIFECTA Blend

2 teaspoons cooking fat

1 green bell pepper, sliced into strips

1 small yellow onion, sliced into strips

Sea salt and ground black pepper

Cashew "Cheese" Sauce (page 62), for serving

Preheat oven to 250°F. Use a fork to poke several holes in each potato, then wrap each potato in foil. Place on a sheet pan and bake 40 to 50 minutes, until fork-tender.

While the potatoes bake, make the steak and filling: Preheat a grill to medium-high heat. Season the steak liberally with the spice blend.

Grill for about 5 minutes per side, turning the steak 90 degrees halfway through cooking to achieve crosshatch grill marks. Set the cooked steak aside to rest.

In a large skillet over medium-high heat, melt the cooking fat. Add the bell pepper and onion and season with salt and pepper. Sauté for 8 to 10 minutes, until soft and slightly browned on the edges. Remove from heat and set aside.

Cut the steak into 1/4-inch slices, cutting on a slight angle against the grain.

Cut the baked potatoes in half lengthwise. Top each potato half with slices of steak, peppers, and onions. Drizzle with "cheese" sauce and serve.



Crispy Broccoli

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

cook time

20 to 30 minutes

yield

2 servings (about 1 cup per serving)

NIGHTSHADE-FREE?

Omit the red pepper flakes.

KITCHEN TIP

Buy your broccoli pre-cut into florets to save time!

1 large head broccoli, cut into florets

1 tablespoon cooking fat

1 teaspoon TRIFECTA Blend

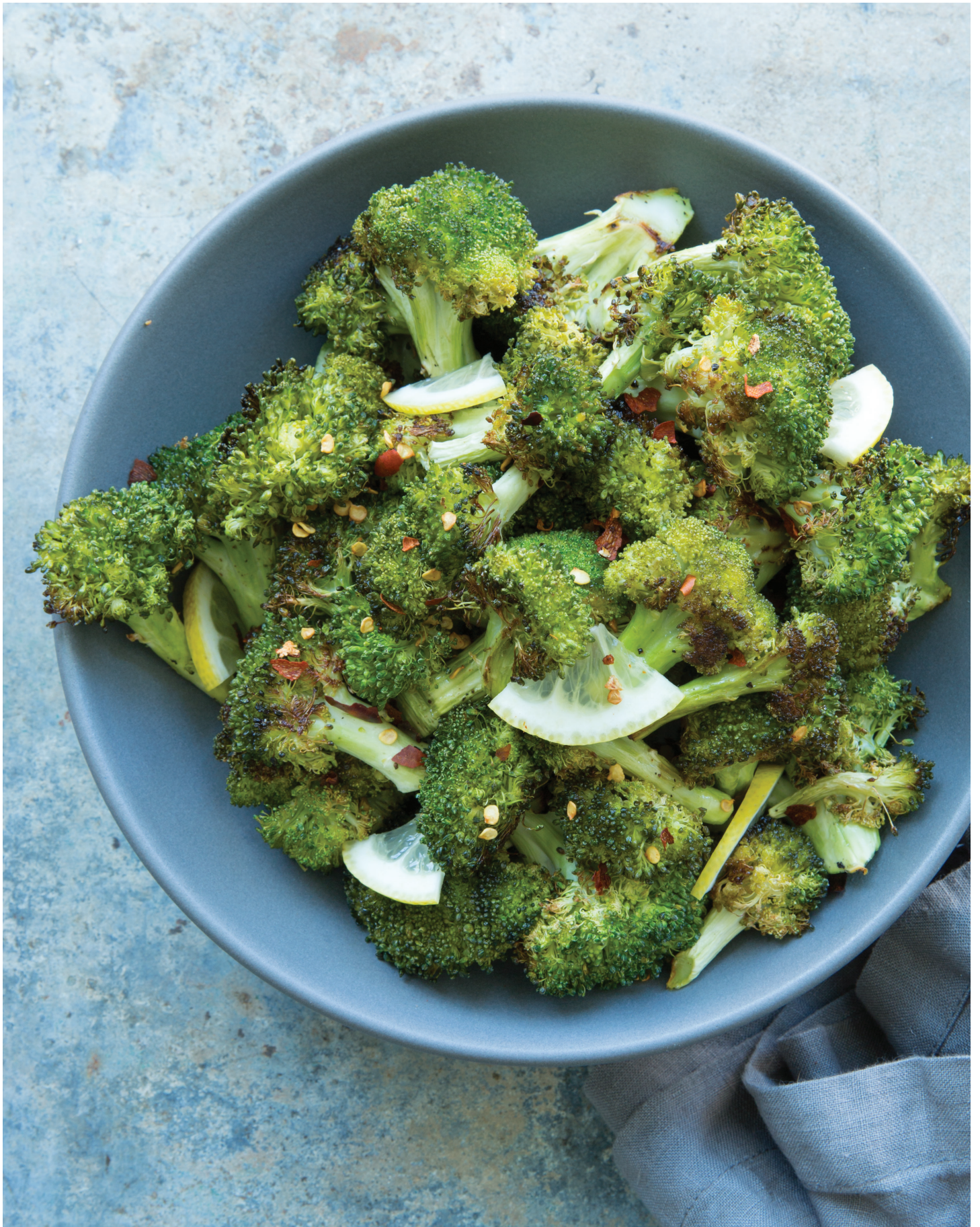
A few pinched of red pepper flakes

Juice of 1/2 fresh lemon

Preheat the oven to 375°F.

Place the broccoli florets on a large rimmed baking sheet (preferably stainless steel rather than nonstick for the best browning). Toss them with the cooking fat and spice blend.

Roast for 20 to 30 minutes, until the broccoli ends become dark brown and crispy. Sprinkle with the red pepper flakes and lemon juice before serving.



Keto Chicken Tenders

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

cooking time

40 minutes

yield

24 tenders (4 per serving)

NIGHTSHADE-FREE?

Omit the paprika.

NOTE

If you can't find precut chicken tenders, you can use boneless, skinless chicken breast sliced into roughly 1 by 4-inch strips.

1/4 cup cooking fat of choice

1 1/2 cups unsweetened shredded coconut

2 tablespoons coconut flour

1 tablespoon TRIFECTA Blend

2 teaspoons paprika

2 large eggs

2 pounds chicken tenders (see Note)

Prepared yellow mustard, for serving

Preheat the oven to 375°F. Line a rimmed baking sheet with foil, then place a wire baking rack on top of it and set aside.

Place a large, heavy-bottomed sauté pan over medium-high heat. Using just enough fat to coat the bottom of the pan, melt the cooking fat and allow it to become hot (but not smoking), about 5 minutes. While the fat is heating up, bread the chicken.

Create a breading station for the chicken: In a large shallow bowl or dish, whisk the coconut, coconut flour, and spices until well combined. In a second large shallow bowl or dish, whisk the eggs until well beaten.

Dip a piece of chicken into the egg to coat it completely, allowing the excess egg to drip off. Next, dredge the chicken in the flour mixture to coat it completely, gently shaking off any excess. Repeat this process for all the tenders.

Working in batches, place the chicken tenders in the hot pan and cook for 3 to 4 minutes on each side, until the breading has turned golden brown, adding more cooking fat to the pan as needed. Transfer the browned tenders to the wire rack on the baking sheet and space them out evenly.

Once all of the chicken has been browned, place the baking sheet in the oven and bake for 15 minutes, or until the internal temperature of the chicken reaches 165°F. Serve with mustard on the side.



Umami Steak & Arugula Salad

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

35 minutes

cooking time

10 minutes

yield

4 servings

DAIRY-FREE?

Omit the cheese.

TIP

To pack in even more nutrition without more carbs, add micro greens to this salad! I recommend about 1/4 cup per person.

2 pounds rib eye, hanger steak, or skirt steak

2 to 3 tablespoons coconut aminos

1 tablespoon TRIFECTA Spice Blend

6 cups fresh arugula

1/4 cup pumpkin seeds, pine nuts, or sunflower seeds

4 ounces blue cheese, goat cheese, or feta (optional)

1/2 cup balsamic vinaigrette (recipe below)

Coarse sea salt, for garnish

Marinate the steak: In a large baking dish, coat the steak evenly in the coconut aminos and the spice blend. Cover and place in the refrigerator to marinate for at least 20 minutes or up to 4 hours.

When you're ready to grill the steak, preheat a grill or grill pan to high heat. Cook the steak for 3 to 5 minutes per side, depending on the thickness and desired level of doneness. Set the cooked steak aside to rest for 10 minutes, then slice it against the grain into thin strips.

While the steak is resting, assemble the rest of the ingredients in large bowls for the salad.

Add the sliced steak on top of the salad and serve while the steak is still warm. Garnish with coarse sea salt.

BALSAMIC VINAIGRETTE | MAKES 1 CUP

2/3 cup extra-virgin olive oil

1/3 cup balsamic vinegar

1 teaspoon gluten-free Dijon mustard

1/2 teaspoon anchovy paste

Sea salt and ground black pepper

Place all of the ingredients, except the salt and pepper, in a blender and blend on low for 10 to 20 seconds. You can also whisk the ingredients together, but the dressing will not be as smooth.

Taste the dressing, add salt and pepper to taste, and adjust the other seasonings to your liking. Add more oil, vinegar, and/or citrus juice as desired.

Store in an airtight glass container in the refrigerator for up to 3 weeks.



Salmon Avocado Roll-Ups

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes

yield

about 8 roll-ups (4 per serving)

TIP

You can use 1/2 cup of cream cheese in place of the avocado if you prefer

1 medium avocado, peeled, pitted, and smashed (see Tip)

Juice of 1/2 lemon

Pinch of sea salt

2 tablespoons minced chives

8 ounces smoked salmon

1 head Boston or Bibb lettuce, leaves separated

1/4 cup Marinated Onions (page 58)

BAGEL Spice Blend, for garnish

In a small bowl, combine the avocado, lemon juice, salt, and chives.

Assemble the roll-ups: Place a few slices of smoked salmon on a lettuce leaf, then top with avocado mixture and the marinated onions. Sprinkle with the spice blend, if desired. Repeat with the remaining ingredients.



Six-Minute Salmon Bowls

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

5 minutes, (not including rice)

cook time

6-8 minutes

yield

about 2 cups (1/2 cup per serving)

INGREDIENT TIP

Seaweed salad without added dyes or other junky ingredients can be tricky to find. It should not be fluorescent green! If you don't have access to a clean-ingredient option, simply add some crumbled dried seaweed snacks that have been roasted with olive oil instead.

4 (6-ounce) wild salmon fillets

Sea salt and black pepper

1 tablespoon BAGEL Blend

4 cups arugula

1 recipe Cilantro Cauli-Rice
(page 64)

1 lemon, halved

FOR SERVING

2 tablespoons coconut aminos

1 avocado, sliced (optional)

1/2 mango, sliced (optional)

1 cup seaweed salad (optional;
see Ingredient Tip)

2 teaspoons sesame seeds
(optional)

Heat a large oven-safe skillet, preferably cast-iron, over high heat.

Place an oven rack in the top position. Turn on the oven to the broil setting.

Use a paper towel to pat the salmon dry on both sides. Lightly season the skin side of the salmon with salt and pepper and season the other side generously with the spice blend.

Place the salmon skin side down in the preheated dry skillet and sear for 2 minutes. Then place the skillet under the broiler for 4 minutes, until the salmon is opaque in the center or cooked to your liking.

Serve the salmon over a bed of arugula and cauli-rice. Squeeze some fresh lemon juice over the fish.

Dress the bowls with coconut aminos and top with the avocado slices, mango slices, seaweed salad, and sesame seeds, if using.



Avocado Crema

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

10 minutes

yield

3/4 cup (2 tablespoons per serving)

NIGHTSHADE-FREE?

Omit the cayenne pepper.

1 medium avocado, peeled, pitted, and halved

1/3 cup full-fat coconut milk

1/4 teaspoon ground cumin

1/4 teaspoon sea salt

Juice from 1 lime

1/8 teaspoon cayenne pepper (optional)

Place all of the ingredients in a food processor or blender and blend until smooth.

Store in an airtight glass container in the refrigerator for up to 3 days.



BONUS RECIPES

Cashew “Cheese” Sauce

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

cooking time

40-60 minutes

yield

2 servings

Nightshade-free?

Omit the paprika.

KITCHEN TIP

If you need to soak the cashews overnight but won't be able to prepare the recipe until later the next day, drain them in the morning and store them in the refrigerator until you are ready to make the sauce. When you make the sauce, be sure to use warm water for blending.

1 cup raw cashews

1 cup water

1 cup nutritional yeast

1/4 cup peeled and cooked sweet potato

1 teaspoon sea salt

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon black pepper

1/2 teaspoon paprika

Place the cashews in a medium-sized container, cover completely with warm water, and soak for 1 to 4 hours unrefrigerated or up to overnight refrigerated.

Drain the cashews, then add to a blender with the other ingredients. Blend until smooth. If the sauce is too thick, add more water, 2 tablespoons at a time, until the desired consistency is reached.

Store in an airtight container in the fridge for up to 5 days. Freeze leftovers or extra in a freezer-safe bag until needed. Blend again if necessary upon defrosting.



BONUS RECIPES

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

20 minutes

cook time

5 minutes

yield

4 servings

CHANGE IT UP

Instead of cilantro, use any fresh herb you like. Try basil or chives!

Cilantro Cauli-Rice

1 head cauliflower

1 tablespoon coconut oil, ghee,
or butter

Sea salt and black pepper

1/4 cup minced fresh cilantro

Remove the outer leaves and core from the cauliflower, then chop the cauliflower into large chunks. Shred the chunks using a box grater or food processor.

In a large skillet over medium heat, melt the coconut oil. Place the shredded cauliflower in the skillet and season generously with salt and pepper. Sauté for about 5 minutes, until the cauliflower begins to become translucent, stirring gently to ensure that it cooks through.

Place the cooked cauliflower in a serving bowl and toss with the chopped cilantro before serving.



Spicy Citrus Slaw

DAIRY

EGGS

NUTS

FODMAPS

NIGHTSHADES

SEAFOOD

21DSD-FRIENDLY

prep time

15 minutes

yield

4 servings

NIGHTSHADE-FREE?

Omit the jalapeño.

1 tablespoon extra-virgin olive oil

Grated zest of 1 lemon

Grated zest of 1 lime

1 tablespoon lemon juice

1 tablespoon lime juice

A few pinches of sea salt

1 (16-ounce) bag coleslaw mix
(or about 1/2 head of cabbage
and 1 carrot, shredded)

1 jalapeño, sliced, seeded if
desired for less heat (optional)

In a large mixing bowl, combine the olive oil, lemon and lime zest, lemon and lime juice, and salt, and whisk until well mixed. Add the slaw mix and jalapeño (if using) and toss until the ingredients are evenly distributed.





**Magic Green Sauce
Beef with Plantains
& Cilantro Cauli-Rice**



**Kyndra's Egg Roll
in a Bowl**



**Laney's Turkey
Meatloaf with Mashed
Potatoes & Broccoli**



**Green Curry Chicken
with Carrots &
Coconut Cauli-Rice**



**Pesto Chicken &
Spaghetti Squash**



**Butter Chicken with
Yellow Cauli-Rice**



Chicken Cottage Pie



**Mary's Blueberry BBQ
Beef with Brussels
Sprouts & Mashed
Parsnips**



**Slow-Cooked Orange
Beef with Sweet
Potatoes & Carrots**



**Beef Picadillo with
Mashed Potatoes &
Broccoli**



**BBQ Pulled Pork,
Smoky Sweet
Potatoes, & Grilled
Seasonal Veggies**



Sloppy Joe Chili



**Pork Shoulder
Carnitas Over Green
Cauli-Rice with
Pickled Onions**



**Shredded Chicken
& Winter Squash
Enchilada Bake with
Cashew "Cheese"
Sauce**



**Spaghetti Squash
Bolognese Bake**

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