

A PUBLICATION OF

CLUB ONE

Athletics

HEALTHY RECIPE BOOK

FUN, EXCITING, AND HEALTHY RECIPES
TO HELP YOU BURN FAT AND BUILD MUSCLE





10 BREAKFAST RECIPES

Pear, Ginger, and Turkey Patties

Ingredients:

- 1 lb. ground turkey
- 1 ripe pear, peeled and chopped
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 1 teaspoon fresh sage, minced
- 1 teaspoon fresh rosemary, minced
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1-2 tablespoons coconut oil

Directions:

1. Pulse pear in a food processor until it is smooth.
2. In a medium bowl, combine turkey, pear, garlic, ginger, sage, rosemary, salt and pepper.
3. Shape mixture into small patties by rolling them into a ball in the palm of your hand and flattening them.
4. Heat 1 tablespoon of coconut oil in a heavy bottomed pan, like cast iron. Add enough patties, so they are not crowded in the pan.
5. Cook them for 4-5 minutes on the first side, until lightly browned and the patty lifts from the pan easily. Flip and cook them on the second side for 2 to 3 minutes, or until they are browned on both sides and no longer pink inside.
6. Move cooked patties to a plate and set aside.
7. Add more coconut oil if needed and cook the second batch of patties.
- 8.

Pumpkin Pancakes

Ingredients:

- 2 eggs
- ¼ cup pumpkin puree (GAPS legal canned pumpkin puree or homemade)
- ⅛ tsp. cinnamon
- Coconut oil for the pan
- Raw butter, raw honey, maple syrup, or fruit butter for serving

Directions:

1. Warm a cast iron pan over medium high heat.
2. Whisk together the eggs, pumpkin puree, and cinnamon.
3. Add 1 tablespoon of coconut oil to the hot pan and swirl to cover the bottom of the pan.
4. Use about 2 tablespoons of batter for each pancake. They flip best when the pancakes are small.
5. Cook until golden on the bottom and slightly opaque in the center and around the edges.
6. Flip, brown on the other side, and serve.



10 BREAKFAST RECIPES

Paleo Cauliflower and Spinach Breakfast Bread

Ingredients:

- Touch of Coconut Oil – for saute
- 1 Cauliflower
- ½ Onion – Diced
- 1 Cup Spinach – Fresh or frozen
- ½ Cup Nuts – Ground (optional)
- 2-3 Free Range Eggs
- 1-2 Cloves Garlic – Crushed
- Any herb of choice, fresh or dry – Optional
- Freshly Ground Sea Salt and Black Pepper

Directions:

1. Preheat oven to 350 degrees F.
2. In a food processor, chop the cauliflower until it resembles breadcrumbs.
3. In a skillet, melt coconut oil and heat the cauliflower, garlic and onion until it browns slightly,
4. Beat eggs in a bowl and add cauliflower mix and the remaining ingredients. Stir.
5. Place parchment paper on a baking tray and spoon mixture into rounds onto the tray. Use a cookie cutter for a perfectly round shape.
6. Bake for 15 minutes until browned.

Baked Tomato & Egg Breakfast

Ingredients:

- 2 Medium/Large Fresh Tomatoes
- 2 Large Eggs
- 1 teaspoon Fresh Italian Parsley
- Sea Salt & Cracked Black Pepper to Taste

Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with aluminum foil.
3. Cut the tops of the tomatoes off.
4. With a spoon (I like to use a serrated grapefruit spoon), spoon out all the tomato innards.
5. Crack an egg in each hollowed-out tomato.
6. Bake at 350 F for 30 minutes.
7. Let cool for a few minutes.
8. Dust with minced parsley, salt & pepper then enjoy!



10 BREAKFAST RECIPES

Buffalo Chicken Egg McMuffins

Ingredients:

For the chicken:

- 3/4 lb boneless, skinless chicken breast
- 1/2 tsp garlic powder
- sea salt & black pepper to taste
- 3 tablespoons of a clean-ingredient hot sauce* + 3 tablespoons melted butter or coconut oil
- 6 large eggs, whisked
- 2 tablespoons green onion/scallion, sliced
- sea salt & black pepper to taste

Directions:

1. Preheat the oven to 425.
2. On a baking pan, arrange the chicken, season with garlic, salt, and pepper. Bake 25 minutes
3. Shed chicken into a large bowl, pour wing sauce over the chicken and toss to combine.
4. In a small bowl, whisk eggs, 2 tablespoons wing sauce, green onion, sea salt, and black pepper.
5. Pour egg mixture into parchment cup lined muffin tins to filling them approximately halfway.
6. Gently spoon about 2oz of the shredded chicken into each muffin cup so that it's evenly distributed.
7. Serve any extra chicken alongside the cooked muffins.
8. Bake for approximately 30 minutes or until the muffins rise and have golden brown edges.

Cauliflower Biscuits

Ingredients:

- one head of cauliflower
- 2 eggs
- 1/2 cup of almond meal
- 1/4 cup of nutritional yeast (or if you are not eating paleo, you could use cheese) OR you can leave this out completely *
- 1/2 tsp of garlic salt
- You could also add chives, rosemary, bacon bits or whatever you like inside of your biscuits.

Directions:

1. Preheat your oven to 400 degrees
2. Wash, dry, and cut cauliflower into small pieces.
3. Using the shredder blade on your food processor, shred it up.
4. Place shredded cauliflower into a pan and fry it with a little olive or coconut oil for about 7 minutes.
5. Mix all ingredients together in a bowl until you have a wet pasty like consistency.
6. Grease a 6 cup muffin pan and fill each muffin holder with the mixture almost to the top.
7. Place in the over and bake for 30-35 minutes or until the top is nice and crispy looking. The more caramelized looking on the outside the better!



10 BREAKFAST RECIPES

Paleo Sausage Egg “McMuffin”

Ingredients:

- 2 tablespoons ghee, divided (plus more for greasing the biscuit cutters)
- ¼ pound turkey breakfast sausage
- 2 large eggs
- Kosher salt
- Freshly ground black pepper
- ¼ cup water
- 1 heaping tablespoon guacamole (optional)

Directions:

1. Grab two stainless steel 3½-inch biscuit cutters, and grease the insides well with melted ghee.
2. Place one cutter on a plate and fill it with the turkey sausage meat.
3. Gently press the meat down to uniformly shape a sausage patty.
4. Heat a skillet over medium heat and add a tablespoon of ghee.
5. When the fat is shimmering, add the patty to the pan. If you really want the patty to keep its perfectly round shape, you can keep the mold on until the cooked patty shrinks away from the sides.
6. Clean the biscuit cutter and grease it again.
7. Fry the sausage about 2 to 3 minutes on each side or until fully cooked.
8. If your patty's thick, you may need to cover the pan to make sure it's cooked through. Once the patty's ready, transfer it to a plate.
9. Grab two small bowls and crack one egg into each.
10. Pierce the yolks with a fork.
11. Heat a skillet over medium-high heat with the remaining tablespoon of ghee.
12. When the ghee's shimmering, place the two greased biscuit cutters in the pan and pour an egg into each mold.
13. Season the eggs with salt and pepper to taste.
14. Add ¼ cup water to the skillet (outside of the egg molds), making sure not to splash the eggs.
15. Turn down the heat to low and cover the pan.
16. Cook the eggs, covered, for about 3 minutes or until cooked through.
17. Transfer the eggs to a paper-towel lined plate
18. Assemble the faux-“McMuffin” by sandwiching the sausage patty in between the two egg rounds.



10 BREAKFAST RECIPES

Egg Foo Young-ish Pankakes

Ingredients:

- 4 large eggs
- 1 teaspoon Sunny Paris seasoning or a tablespoon of minced fresh chives
- kosher salt, to taste
- ¼ cup coconut flour
- ½ teaspoon baking soda
- 1 cup frozen spinach, thawed and squeezed dry (you end up with about 1/3 cup of spinach)
- 2/3 cup diced ham (or any leftover cooked meat)
- ½ teaspoon of apple cider vinegar
- Freshly ground black pepper
- ghee or coconut oil for frying

Directions:

1. In a large bowl, whisk the eggs with seasoning and salt to taste.
2. Stir in the coconut flour and baking soda.
3. Combine in the spinach, ham, and apple cider vinegar in a bowl and stir everything together.
4. Heat up a tablespoon of ghee in a cast iron skillet over medium heat.
5. Spoon batter (3 tablespoons size) into the pan and flatten the pancake to ½" with the back of a spoon.
6. Cook for 2 minutes on one side, flip the pancake over and cook it for about one more minute.
7. Place them on a wire rack to cool.
8. Top with guacamole or salsa to taste.

Baked Eggs in Portobello Mushroom Caps

Ingredients:

- farm fresh eggs
- portobello mushroom caps
- slices of prosciutto
- black pepper
- fresh parsley or thyme
- a little olive oil

Directions:

1. Preheat oven to 375 degrees F.
2. Clean mushroom caps with a damp cloth, remove the stem and scrape out the gills
3. Rub a little bit of olive oil on the outside of the mushroom caps and arrange on a baking sheet.
4. Place one slice of prosciutto inside the mushroom cap.
5. Crack each egg into a small bowl and then carefully slide it onto a prosciutto-filled mushroom cap.
6. Sprinkle with black pepper and fresh herbs of choice like parsley.
7. CAREFULLY place the baking pan into the oven and bake for 20-30 minutes.



10 BREAKFAST RECIPES

Baked Eggs in Squash Rings

Ingredients:

- 1 acorn squash, sliced crosswise into 3/4 inch-thick rings, seeds and pulp scraped out
- Olive oil
- 3-4 large eggs (1 per slice of squash)
- Salt and pepper to taste
- Fresh herbs or freshly grated cheese (optional), for serving

Directions:

1. Preheat the oven to 425
2. Line a baking sheet with tinfoil.
3. Spray the baking sheet lightly with cooking spray or coat with a little olive oil.
4. Place the prepared squash rings on the baking sheet, and brush the tops and insides with some olive oil.
Bake the rings for 20 minutes, then flip them over and return the baking sheet to the oven.
5. Have your salt and pepper handy, and prepare the eggs by cracking each one into its own bowl or cup.
6. Remove the baking sheet from the oven, and slide one egg into the middle of each squash ring.
7. Sprinkle with salt and pepper, and carefully return the pan to the oven.
8. A tiny bit of egg white may ooze out from the edge of the squash rings, but the pan should be hot enough to set the eggs fairly quickly and keep you from losing too much.
Bake for 8-12 more minutes, or until the whites are almost set and the yolks are almost done to your liking.
9. The eggs will continue to cook some after you remove the pan from the oven, so it's best to take the pan out when they are somewhat underdone.
10. Use a spatula to carefully transfer the squash & egg rings to plates and serve hot, topped with salt & pepper, herbs, and cheese as desired.



15 SNACK RECIPES

Cottage-Style Fruit:

Top ½ cup cottage cheese with 1/2 cup fruit and ¼ cup nuts.

Beef or Turkey Jerky:

Avoid sodium- and sugar-filled brands, but low-sodium, natural, or lightly-flavored options are high in protein.

Pumpkin Seeds:

½ Cup of pumpkin seeds are a great source of protein and can be roasted or seasoned to your preference.

Kale Chips:

Place fresh kale on a baking sheet, season to taste, and bake lightly until crisp.

Hard-Boiled Eggs:

Eggs are one of the best ways to get a healthy low cost dose of protein.

Celery and Nut Butter:

Fill celery sticks with nut butter and top with a few whole nuts or raisins.

Dipped Apple Sliced:

Slice a green apple and dip it in your favorite nut butter.

Deli Rollup:

Combine 2 slices of lean low-sodium deli meat with 1 slice of low-fat cheese and a shake of pepper. Try adding a slice of tomato or dipping it in V8 juice for extra flavor.

Mini Bean-and-Cheese Quesadilla:

Fold 1/2 cup black beans, 1 tablespoon salsa, and 1 slice low-fat cheddar cheese in a small high-protein tortilla. Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned. Then wrap it in foil and stick in a plastic baggie for easy transport.

Tuna Pouch:

Tuna pouches come flavored, or add mustard or yogurt for an easy high protein snack.

Yogurt Pesto

Combine 1 ½ cups plain Greek yogurt with ½ cup pesto of your choice and mix until smooth. Pair it with vegetables, scrambled eggs, or use as dipping sauce for chicken, fish, or steak.



15 SNACK RECIPES

Lighter Egg Salad

Switch in Greek yogurt for mayo for a healthy egg salad. Add some Dijon mustard, paprika, dill, and salt and pepper for extra flavor.

Yogurt Spinach Dip:

Ingredients:

- 1 6-ounce bag baby spinach
- 2 plump garlic cloves, halved, green shoots removed
- Salt, preferably kosher salt, to taste
- 1 tablespoon freshly squeezed lemon juice (more to taste)
- 2 tablespoons chopped fresh dill
- ½ cup finely chopped parsley
- 2 tablespoons chopped fresh mint, or 1 teaspoon dried mint
- 2 to 3 tablespoons extra virgin olive oil
- 2 cups thickened yogurt or thick Greek style yogurt
- 1 bunch scallions, chopped (optional)

Directions:

1. Bring a large pot of generously salted water to a boil.
2. Fill a bowl with ice water.
3. When the water comes to a boil, add the spinach and blanch for 10 to 20 seconds.
4. Transfer to the ice water, cool for a minute, then drain and squeeze dry. Chop coarsely.
5. Place the garlic in a mortar and pestle with 1/2 teaspoon salt and mash to a paste.
6. Combine with the lemon juice and olive oil, and let stand for 10 minutes. Stir in the yogurt.
7. In a medium bowl, combine the chopped spinach, dill, parsley and mint. Stir in the yogurt and garlic mixture, and the optional scallions.
8. Add freshly ground pepper to taste and more salt if desired.
9. Serve with celery or raw vegetables.

“Greek” Hummus Dip:

Ingredients:

- 1 can garbanzo beans (drained and rinsed)
- ¾ cup Greek yogurt
- 1 teaspoon olive oil
- three cloves of garlic
- the juice of one lemon
- salt and pepper

Directions:

1. Combine ingredients in a food processor until smooth.
2. Serve with raw veggies.



15 SNACK RECIPES

Buffalo Cauliflower:

Ingredients:

- 6 cups of fresh cauliflower florets
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- 1 tablespoon butter, melted
- $\frac{3}{4}$ cup Frank's RedHot hot sauce

Directions:

1. Preheat oven to 450 degrees and place cauliflower on a baking sheet and spray with cooking oil, or olive oil.
2. Sprinkle garlic powder, salt, and pepper over the cauliflower florets.
3. Bake for 20 minutes.
4. Combine the melted butter and hot sauce into a small bowl and pour over the cauliflower florets and bake for 5 minutes.
5. Serve with yogurt based ranch or blue cheese dressing.



10 PROTEIN RECIPES

Buffalo Cajun Chicken Dip

Ingredients:

For the Rub:

- 1 tablespoons baking powder
 - 1 teaspoon paprika
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon dried thyme
 - 1/4 teaspoon dried oregano
 - 1/4 teaspoon cumin
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon freshly ground black pepper
 - 1/8 teaspoon cayenne pepper
 - 3 pounds chicken wings, cut into drumettes and flats

For the Sauce:

- 1/4 cup Louisiana-style hot sauce
- 1 tablespoon Worcestershire sauce

Directions:

1. In a small bowl, mix together baking powder, paprika, garlic powder, onion powder, thyme, oregano, cumin, salt, pepper, and cayenne.
2. Pat chicken wings dry with paper towels. Place wings in a large bowl and sprinkle seasoning mixture, tossing to evenly coat. Arrange wings in a single layer on wire rack set inside a baking sheet lined with aluminum foil, leaving a little space between each wing. Place baking sheet with wings in refrigerator for 8 hours to overnight.
3. When ready to grill, melt butter in a small saucepan over medium heat. Stir in hot sauce and Worcestershire sauce. Set aside.
4. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place the wings skin side up over the cool side of the grill, cover, and cook until skins are crisp and and browned, about 45 minutes.
5. Transfer wings to a large bowl. Add in sauce and toss to thoroughly coat wings. Transfer to a platter and serve immediately.



10 PROTEIN RECIPES

Spicy Honey Chicken

Ingredients:

- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 3/4 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground red pepper
- 8 skinless, boneless chicken thighs
- Cooking spray
- 6 tablespoons honey
- 2 teaspoons cider vinegar

Directions:

1. Preheat oven to 350.
2. Combine ingredients in a large bowl.
3. Add chicken to bowl; toss to coat.
4. Place chicken on a broiler pan coated with cooking spray.
5. Bake chicken 5 minutes on each side.
6. Combine honey and vinegar in a small bowl, stirring well.
7. Remove chicken from oven; brush 1/4 cup honey mixture on chicken.
8. Broil 1 minute. Remove chicken from oven and turn over.
9. Brush chicken with remaining honey mixture.
10. Bake 1 additional minute or until chicken is done.

Oven Baked Meatballs

Ingredients:

- 2 pounds (949 grams) ground meat of choice (I used lean pork)
- 2 medium onions, diced
- 3 tbsp fresh rosemary, chopped (or 3 teaspoons dried rosemary)
- 1 tbsp dried sage
- 2 tsp ground coriander seed
- 1 tsp sea salt
- 1 tsp ground black pepper
- 1 tbsp fat of choice

Directions:

1. Preheat oven to 400F (204C). Line a sheet pan with foil or parchment paper.
2. In a large skillet over medium heat, sauté the onion in a spoonful of your fat of choice until softened.
3. In a large bowl, combine the ground meat, onions and all the spices.
4. Form into 2-inch balls and arrange on sheet pan.
11. Bake for about 20 minutes or until cooked through.



10 PROTEIN RECIPES

Lemon Caper Chicken

Ingredients:

- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- 1 tablespoon olive oil
- Cooking spray
- 1/3 cup extra-dry vermouth
- 3 tablespoons fresh lemon juice
- 1 1/2 tablespoons capers
- 1 tablespoon chopped fresh parsley

Directions:

Chicken:

1. Sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper evenly over chicken.
2. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
3. Add chicken; cook 6 minutes on each side or until chicken is done.
4. Remove from skillet. Set aside; keep warm.

Sauce:

1. Add 1/8 teaspoon salt, 1/8 teaspoon pepper, vermouth, lemon juice, and capers to skillet, scraping skillet to loosen browned bits.
2. Cook until reduced to 1/4 cup (about 2 minutes).
3. Stir in parsley.
4. Spoon sauce over chicken.
- 5.

Sesame Spiced Tuna

Ingredients:

- 4 tuna steaks, about 6 oz. each
- 1 tsp. fennel seeds
- 1 tsp. mustard seeds
- 1/4 tsp. black peppercorns
- 4 tbsp. sesame seeds
- 3 tbsp. coconut oil
- Sea salt

Directions:

1. Mix the fennel seeds, the mustard seeds, and peppercorns in a mortar.
2. Coarsely grind everything, add the sesame seeds, and season to taste with sea salt.
3. Spread the spice mixture evenly over the whole surface of a plate and press the tuna steaks to coat.
4. Heat the coconut oil in a skillet placed over a medium-high heat.
5. Brown each tuna steak for 2 to 3 minutes per side or until they reach the desired doneness.



10 PROTEIN RECIPES

Turkey-Bacon Meatballs with Tomato Sauce

Ingredients:

- 4 slices bacon
- 2 lb lean ground turkey
- 1 (8-oz) package sliced fresh mushrooms, finely chopped
- 1 large onion, chopped
- 1 T Italian seasoning
- 1 large egg, lightly beaten
- 2 T coconut oil
- 2 (14.5-oz) cans fire-roasted diced tomatoes

Directions:

1. Place bacon on a paper towel-lined plate.
2. Microwave on HIGH 1½ to 2 minutes or until crisp.
3. Crumble bacon.
4. Combine ground turkey, bacon, mushrooms, onion, Italian seasoning and egg.
5. Shape mixture into 1-inch meatballs. Heat oil in a large deep nonstick skillet over medium heat.
6. Cook meatballs 4 minutes or until browned and no longer pink in centers, stirring frequently.
7. Remove from skillet, and keep warm.
8. Add tomatoes to skillet, bring to a boil, and simmer 15 minutes or until slightly thickened.
9. Add meatballs to pan, cover and simmer 5 minutes or until thoroughly heated.

Artichoke Lemon Stuffed Chicken

Ingredients:

- 2 1/2 tablespoons Italian-seasoned breadcrumbs
- 2 teaspoons grated lemon rind
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (6-ounce) jar marinated artichoke hearts, drained and chopped
- 1 (3-ounce) package herbed goat cheese, softened
- 4 (6-ounce) skinless, boneless chicken breast halves

Directions:

1. Preheat oven to 375°.
2. Combine first 6 ingredients; stir well.
3. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Top each breast half with 2 tablespoons cheese mixture; roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.
4. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan, and cook 3 minutes on each side or until browned. Wrap the handle of pan with foil, and bake at 375° for 15 minutes or until chicken is done.



10 PROTEIN RECIPES

Turkey Bacon Cheeseburger Meatloaf Muffins

Ingredients:

- 1 lb ground turkey breast (99% fat free)
- 2 tbs Worcestershire sauce
- 1 tsp grill seasoning
- 1 large garlic clove - grated
- ¼ c grated parmigiano reggiano
- 4 sundried tomatoes - minced
- ¼ medium onion - grated (use cheese grater)
- ½ tsp salt
- ¼ tsp pepper
- 2 slices bacon - cut into 8 pieces
- ¼ c ketchup
- 2 tbs Dijon mustard

Directions:

1. Pre-heat oven to 350 degrees.
2. Spray a muffin pan with non-stick spray and set aside.
3. In a large bowl, combine all ingredients and mix well.
4. Divide mixture into 8 and place into 8 muffin cups, pressing gently to fit.
5. In a small bowl, mix ketchup and mustard.
6. Using a small brush or spoon, spread sauce evenly on all muffin cups. Top each muffin with 1 piece of bacon.
7. Bake for 15 minutes.
8. Turn oven to broil and heat an additional 2 minutes to crisp bacon.

Garlic and Herb Roasted Pork

- 4 to 5 pound Pork Loin Roast (two pork loins tied together)
- 2 Bulbs Roasted Garlic
- 1 Tbsp fresh sage, chopped
- 1 ½ Tbsp fresh rosemary, chopped
- 1 ½ Tbsp fresh thyme, chopped
- Salt & Pepper to taste

Directions:

1. Preheat oven to 350 degrees
2. Cut tops off of garlic and place each on a separate piece of foil
3. Drizzle garlic with melted bacon grease (or melted coconut oil)
4. Wrap garlic with tin foil and place on baking sheet
5. Bake at 350 for approximately 1 hour or until garlic cloves brown, soften and start rising out of skin
6. After garlic is done let cool and then squeeze garlic out of skin into bowl



10 PROTEIN RECIPES

Apple Cinnamon Port Tenderloin

Ingredients:

- 2 pounds (949 grams) ground meat of choice (I used lean pork)
- 2 medium onions, diced
- 3 tbsp fresh rosemary, chopped (or 3 teaspoons dried rosemary)
- 1 tbsp dried sage
- 2 tsp ground coriander seed
- 1 tsp sea salt
- 1 tsp ground black pepper
- 1 tbsp fat of choice

Directions:

1. Season the pork to taste with sea salt and freshly ground black pepper.
2. Melt some cooking fat in a large skillet placed over a high heat and brown the roast on all sides.
3. Using a sharp knife, cut 3-inch deep slits into the pork.
4. Insert the apple slices into each pork slit.
5. Place half of the remaining apples in the bottom of a slow cooker.
6. Place the roast over the apples.
7. Drizzle the honey on top of the roast, then add the onion and remaining apples.
8. Add the chicken stock and sprinkle everything with cinnamon.
9. Cover and cook on low for 6-8 hours.



10 VEGETABLE RECIPES

Sesame Soy String Beans

Ingredients:

- 4 cups string beans
- 1 Tbsp minced garlic
- 1 Tbsp sesame oil
- 2 tbsp low sodium soy sauce

Directions:

1. Top and tail the string beans
2. Heat garlic and sesame oil in saute pan
3. Add string beans and cook thoroughly
4. Add soy sauce and stir rapidly until soy sauce begins to carmelize
5. Remove immediately before soy sauce burns and serve

Parmesan String Beans

Ingredients:

- 4 cups string beans
- 1 Tbsp minced garlic
- 1 Tbsp olive oil
- 2 tbsp grated parmesan cheese

Directions:

6. Top and tail the string beans
7. Heat garlic and olive oil in saute pan
8. Add string beans and cook until they begin to blacken
9. Add parmesan and stir
10. Remove immediately and serve

Crispy Brussels Sprouts

Ingredients:

- 3/4 pounds brussels sprouts, sliced in half length-wise
- 1 1/2 Tbsp. extra virgin olive oil
- 1/4 tsp sea salt (or more to taste)
- 1/4 tsp. ground black pepper (or more to taste)

Directions:

1. Preheat oven to 400F. Cut brussel sprouts in half and place in a medium sized bowl . Drizzle the olive oil over the brussel sprouts and toss with the sea salt and black pepper until evenly coated.
2. Pour brussel sprouts onto a baking sheet and make sure they are evenly spaced (don't let them crowd each other!)
3. Bake for 10 minutes, stir the brussel sprouts around the pan, and bake for another 10 minutes or until crispy. Taste and add additional salt and/or pepper if desired.



10 VEGETABLE RECIPES

Bacon Brussels Sprouts

- 1½ pounds Brussels sprouts
- 2-3 tablespoons melted ghee or fat of choice
- Kosher salt and pepper
- 4 bacon slices, diced (choose sugar-free bacon if on a Whole30)
- Aged balsamic vinegar

Directions:

1. Preheat your oven to 400°F. Trim the ends and any old outer leaves from the Brussels sprouts. (Don't throw away the leaves – toss 'em in a container and keep 'em in the fridge so you can make some Brussels Sprouts Chips later!)
2. Cut the sprouts in half.
3. Toss them with melted fat of choice, salt, and pepper.
4. Dump them on a foil lined baking sheet, making sure to keep everything in one layer. Sprinkle the diced bacon over everything.
5. Place tray in oven.
6. The sprouts take about 30 to 35 minutes to roast, so set your timer for 10 minute intervals to regularly rotate and flip the sprouts 'n swine.
7. Check for seasoning and drizzle some of the aged balsamic vinegar on the finished dish.
8. Bonus: The same technique for roasting these Brussels sprouts also works with cauliflower and broccoli!

Butternut Squash Lasagna

Ingredients:

- 4 large Portobello mushroom caps
- 1 Tbsp. sesame oil
- 1 1/2 Tbsp. soy sauce
- 1 1/2 Tbsp. worsteshire sauce

Directions:

1. Preheat to 400°F.
2. In a saute pan crumble the sausage and brown it, along with the onions & garlic.
3. Cut the top and ends of the squash off, peel it, and split it into 1/4's.
4. Pull out the seeds.
5. Slice the squash into planks.
6. Puree the pizza sauce, red peppers, olive oil and basil.
7. Cover the bottom of a 9×9 oven safe baking dish.
8. Add the squash, trying not to overlap the pieces, then spoon on the sausage mixture, followed by the sauce.
9. Repeat until all your ingredients are used.
10. Reserve enough sauce to cover the top of the lasagna.
11. Bake for 45 minutes and then set for 30 minutes to thicken.



10 VEGETABLE RECIPES

Paleo Roasted Asparagus

Ingredients:

- 2 oz (57 g) sliced prosciutto (about 4 slices)
- 2 lb (907 g) asparagus, washed and trimmed
- 1 tbsp (15 mL) olive oil or your fat of choice
- ¼ tsp sea salt
- ¼ tsp black pepper
- Zest of ½ a medium orange

Directions:

1. Preheat the oven to 400F (204C). Line a baking sheet with parchment paper. If you use foil, the prosciutto will stick.
2. Lay the prosciutto on the parchment, and bake until the prosciutto is crispy, about 15 minutes. Let cool, then crumble with your fingers. Set aside until you're ready to dress the asparagus.
3. To roast the asparagus, you can use the same baking sheet / parchment from crisping the prosciutto. Keep the oven at 400F (204C) or preheat it if you crisped the prosciutto earlier.
4. [Be sure you've trimmed off the tough lower ends of the asparagus. To do this, gently bend the asparagus and it'll break where the tough part is. Discard that tough little end. Repeat for all the asparagus. If you're pressed for time, hold the tough part that broke off against the rest of the asparagus bunch and use it as a guide. Cut the ends off with a knife.]
5. Place the trimmed asparagus onto the baking sheet. Drizzle with oil, then sprinkle with salt and pepper. Gently toss it with your hands until the asparagus is well coated.
6. Roast the asparagus for about 15 minutes, until it's tender but not dried out.
7. Place the asparagus on a serving plate. Sprinkled with the crispy prosciutto and orange zest.

Mashed Cauliflower

Ingredients:

- 2 head of cauliflower
- 8 garlic cloves (more or less to taste, depends how much you like garlic)
- Olive oil
- Black pepper
- Sea salt

Directions:

1. Rinse the cauliflower and cut the florets away from the core.
2. Peel the garlic. I take a huge knife, hold it sideways (flat) and push down on the garlic to break the coating of the garlic. The peel slips right off.
3. Throw the cauliflower and garlic into a medium saucepan along with about 1/2 inch of water (or use a steaming basket).
4. Steam for several minutes until the cauliflower is tender when pierced.
5. Into a food processor, place the cooked cauliflower, whole garlic cloves, olive oil, pepper and salt (optional) to taste. Give it a good whirl until the consistency is smooth.



10 VEGETABLE RECIPES

Cauliflower Fried Rice with Bacon

Ingredients:

- 4 slices bacon, chopped
- 1 small onion, finely minced
- 1 head cauliflower, grated
- 1 tablespoon water
- 1 cup frozen mixed vegetables
- 1 tablespoon fish sauce

Directions:

1. In a wok or large saute pan over medium heat, cook bacon until almost crispy.
2. Add the onions and stir fry until translucent.
3. Turn heat to high. Add grated cauliflower and stir fry for 1 minute. Add water and mixed vegetables, stir well, cover the pan and let the cauliflower mixture steam for another 3 minutes until tender.
4. Uncover and add Bragg's (or your choice of seasoning) to combine. Toss well. Taste and add additional seasoning as desired.

Sesame Grilled Portobello Mushrooms

Ingredients:

- 4 large Portobello mushroom caps
- 1 Tbsp. sesame oil
- 1 1/2 Tbsp. soy sauce
- 1 1/2 Tbsp. worsteshire sauce

Directions:

1. Remove stalks from mushrooms and rinse.
2. Combine ingredients in a ziplock bag and marinate for at least 30 minutes.
3. Place mushroom caps gills up on the grill.

Balsamic Butternut Squash

Ingredients:

- 3 pounds butternut squash, peeled and diced into 1 inch chunks
- 3 Tbsp. olive oil
- 1 1/2 Tbsp. balsamic vinegar or fresh squeezed orange juice
- 2 tsp. sea salt
- 1 tsp. ground black pepper

Directions:

1. Preheat oven to 400F.
2. Place butternut squash in bowl and toss to coat with olive oil, vinegar, salt and pepper.
3. Dump the squash onto the baking sheet and arrange into a single layer.
4. Bake for 30 minutes, stirring with a spatula a couple times during baking.
5. Taste and add additional sea salt or ground black pepper if needed. Serve.



ABOUT THE AUTHOR

Written by Chase Brendle

Chase Brendle holds his bachelors degree from the University of Florida, specializing in Exercise Sports Science. He is an ISSA Certified Personal Trainer, CrossFit Level 1 Coach, Active Isolated Specialist, and Life Coach. An athlete all his life Chase has a wealth of knowledge and experience, from professional equipment sales and design, to elite personal training, and gym ownership.

His passion is empowering others to reach their optimal health and fitness by providing the tools to have it happen. From nutrition, to exercise technique and prescription, Chase can recommend a plan that is right for you.

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