



PHASE 3 TO LIFE
MAINTENANCE
PROGRAM

WEEK

1



WEEK 1



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Recipe

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the MAYDAY PAGE

1 THE RECIPES in the meal plan were designed so that when you make them they will feed JUST you for the week- so this means if you want to make additional servings for family, you will need to X the recipe, so when grocery shopping you would double/triple ingredients.

EXAMPLE: MOST of the main meal dish recipes are laid out in the meal plan where you make the recipe as it's written, & it makes 2 servings- both of which you will eat - once for dinner & then again the following days as leftovers for lunch. I hope that makes sense!

2 TIME SPENT COOKING: When you see a breakfast/ lunch/dinner dish listed twice on the meal plan, you are not having to cook it twice - you are eating 1 portion as leftovers the following day for lunch or dinner as the plan dictates. Additionally w/ things like mug muffins or chia puddings, can make multiple servings at once. **Smoothies:** These take 3-5 minutes to make. I have video tutorials on these in the "dessert smoothies course" on the p3tolife.com site.

COOKING OPTIONS:

- A. Cook as the dishes come up. This is 11 "sessions" of cooking, a little over 1x a day.
- B. YOU CAN BATCH COOK 2 DISHES AT ONCE and reduce this to 5-6 "sessions" or
- C. DO A PREP DAY where you basically cook almost all the dishes in 1 longer session (except the smoothies & seafood dishes), put in tupperware for the week.
- D. REDUCE THE # OF DISHES - pick some favorites & double them. Lunch for 4 days! This modifies the plan but should really be just fine.

3 GROCERY COSTS: Initially you may spend extra on some new staples for new alternative pantry items, BUT you won't have to buy these items again for a long time & if you keep making recipes like this, which is really the foundation for your long term maintenance, that cost is really spread out over months.

WAYS TO REDUCE COST: You can buy small amounts of alternative baking ingredients and super fresh spices in small quantities for very low prices at savoryspiceshop.com.

EXAMPLE: You buy at savoryspiceshop.com a small 2oz bag chia seeds for \$3.80 instead of buying 1 whole pound for \$11 (we only use 4.5 tbs over the course of P3 - if you like the chia puddings you may like to make them more in the future, but you can decide that later). This can be great if you're new to these types ingredients & not sure if you want to use them long term yet. They carry all sorts of alternative baking ingredients.

4

SUBBING INGREDIENTS:

1. Recipes calling for refrigerated boxed coconut milk or almond milk - the first two weeks I went with coconut because of sticking with the whole dairy/nut free thing, but to be honest my main purpose there was really just because these food groups are so calorie dense and easy to overconsume. Almond milk has hardly any actual almonds and it very low calories so in that sense it's not really a problem for that reason- so you can probably just go with either coconut or almond milk if you like to save on cost- so your not buying large cartons and wasting half of it. These cartons do have a long expiry date which is nice.
2. If there is a protein you do not care for, you can sub it out. If the meat is lean, ie shrimp, you'd want to replace with another lean meat (ie chicken breast, not rib-eye steak). If the meat is a slightly higher fat meat (ie chicken thighs, then you could replace it with another higher fat meat of your choice).

5

DESSERT SMOOTHIES: these do not have to be in a certain order- you can pick any p3 smoothie recipes from the week 1 & 2 list, & week 3 smoothies have a LITTLE dairy & nuts, so best saved for week 3. These are very low calorie so feel free to swap them as you like. Once you find a favorite, you'll know how to make it by heart after a couple times or keep it on a post it note near your blender.

MAKING THEM: There is a bit of an "art" to making these smoothies, in order to get them to that level of thickness we want so they taste like a true dessert replacement. They take only 3-5 minutes to make, but to learn the best way to make them, **please see the Dessert Smoothies Course** on the P3tolife.com site.

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THE WHY: If you're wondering why the meal plan is the way it is, so that you can start making your own plans and eating choices knowledgeably, please check out the coaching tutorials section on p3tolife.com. I explain in detail the various facets to the recipe makeup and layout and calorie and macronutrients balance and why I made the choices I did for this phase.

= recipe

C= Calories

p= Protein

f= Fat

c= Carbs

nc= Net Carbs

WEEK 1

Wherever you see the same dish listed, you are not having to cook that dish multiple times. You cook it once, & eat the additional servings as leftovers, **with the exception** of the quick dessert smoothies & mug muffins.

BREAKFAST

LUNCH

DINNER

SNACK

DAY 1

246C 21p 14f 6c 4nc

1



Bacony Egg Cups

412C 28p 25f 24c 18nc

4



Indian Curry Chicken

336C 32p 10f 32c 23nc

5



Deconstructed Egg Roll

41C 0p 0f 10c 8nc

12



Blackberry Lime Zinger

DAY 2

213C 20p 9f 14c 2nc

2



Chocolate Chia Protein

336C 32p 10f 32c 23nc

5



Deconstructed Egg Roll

412C 28p 25f 24c 18nc


4



Indian Curry Chicken

58C 2p 5f 2c 1nc

13



Double Chocolate Smoothie

DAY 3

224C 11p 14f 14c 6nc

3



Apple Spice Morning Mug

289C 42p 1f 28c 22nc

6



Lean Turkey Chili Bowl

370C 29p 21f 17c 13nc

7



Steak & Spring Mix Salad

41C 0p 0f 10c 8nc

12



Blackberry Lime Zinger

DAY 4

246C 21p 14f 6c 4nc

1



Bacony Egg Cups

289C 42p 1f 28c 22nc

6



Lean Turkey Chili Bowl

347C 30p 18f 20c 15nc


8



Spanish Cauliflower Rice

58C 2p 5f 2c 1nc

13



Double Chocolate Smoothie

DAY 5

213C 20p 9f 14c 2nc

2



Chocolate Chia Protein

347C 30p 18f 20c 15nc

8



Spanish Cauliflower Rice

301C 38p 8f 20c 16nc

9



Spag Squash & Meatballs

73C 2p 6f 6c 2nc

14



Snickerdoodle Icey

DAY 6

224C 11p 14f 14c 6nc

3



Apple Spice Morning Mug

301C 38p 8f 20c 16nc

9



Spag Squash & Meatballs

433C 33p 25f 36c 27nc


10



Creamy Mushroom Chicken

58C 2p 5f 2c 1nc

13



Double Chocolate Smoothie

DAY 7

246C 21p 14f 6c 4nc

1



Bacony Egg Cups

433C 33p 25f 36c 27nc

10



Creamy Mushroom Chicken

351C 28p 22f 16c 9nc

11



Smoky Salmon

73C 2p 6f 6c 2nc

14



Snickerdoodle Icey

NT
UO
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1035C
81p
49f
72c
53nc

1019C
82p
49f
72c
44nc

924C
82p
36f
69c
49nc

940C
95p
38f
56c
42nc

934C
90p
41f
60c
35nc

1016C
84p
52f
72c
50nc

1103C
84p
67f
64c
42nc

Breakfasts



1 BACONY EGG CUPS

2 CHOCOLATE CHIA
PUDDING3 APPLE SPICE MORNIN' MUG
BREAD

Main Meals

4 INDIAN CURRY W/
ROASTED CAULI &
PURPLE ONION5 DECONSTRUCTED
PORK EGGROLL BOWL6 LEAN AND HEARTY
TURKEY CHILI7 STEAK & SPRING MIX SALAD
W/ LEMON TARRAGON
DRESSING8 SPANISH CAULI RICE
AND STEAK9 SPAGHETTI SQUASH &
LEAN BEEF MEATBALLS10 CREAMY GARLIC
MUSHROOM CHICKEN W/
SAUTEED BROCCOLI11 SMOKY SALMON & CRISPY
ROASTED BRUSSEL
SPROUTS

Snacks

12 BLACKBERRY LIME
ZINGER13 DOUBLE CHOCOLATE SMOOTHIE
W/ COCONUT CREAM DRIZZLE14 SNICKERDOODLE ICEY
W/ CINNAMON CRUMBLE

WEEK 1 RECIPES

BREAKFASTS:

1. BACONY EGG CUPS
2. CHOCOLATE CHIA PUDDING
3. APPLE SPICE MORNING MUG BREAD

MAIN MEALS:

4. INDIAN CURRY CHICKEN
5. DECONSTRUCTED PORK EGGROLL BOWL
6. LEAN & HEARTY TURKEY CHILI
7. STEAK & SPRING MIX SALAD
8. SPANISH CAULI RICE W/ STEAK
9. SPAGHETTI SQUASH & MEATBALLS
10. CREAMY GARLIC MUSHROOM CHICKEN & BROCCOLI
11. SMOKY SALMON & ROASTED BRUSSEL SPROUTS

DESSERT SMOOTHIES:

12. BLACKBERRY LIME ZINGER SMOOTHIE
13. DOUBLE CHOCOLATE W/COCONUT CREAM DRIZZLE
14. SNICKERDOODLE ICEY W/CINNAMON CRUMBLE

WEEK 1 GROCERY LIST

NOTE 1: The number at the end of each ingredient is the recipe number it's used in.

NOTE 2: Ingredient amounts listed here = the food that will feed you for the entire week if you follow the meal plan exactly & will make each recipe as it's written. **ie.** most recipes will have 2 servings, both of which you will eat, typically 1 serving for dinner and 1 serving as leftovers for lunch the next day, etc.

PRODUCE

VEGGIES

- 1c spinach, coarsely chopped (1)
- 5c broccoli florets (4,10)
- 4c spring mix salad (7)
- 1/4c fennel, thinly sliced (7)
- 1c celery, diced or thinly sliced (6)
- 1c (1/2 large) red bell pepper, julienned (4)
- 2c halved Brussels sprouts (11)
- 1c carrots, shredded (bag) (5)
- 1 head cauliflower (4, 8) [2c florets, 2c cauli rice]
- 2 ½ c cherry tomatoes (7, 8)
- 16 oz cremini mushrooms, sliced (10)
- 3 tbsp minced garlic (4,5,6,7,8,10)
- 1 jalapeño (optional) (6)
- 1 medium Napa cabbage (5) [8c shredded]
- 1 poblano/ancho pepper (6)
- 1c baby portobello mushrooms (6)
- 1 3/4c white onion, chopped (1,6,8,9)
- 1 large red onion (4,7) [1c quartered, 1/4c thinly sliced]
- 1 large shallot, thinly sliced (10)
- 8 oz shiitake mushrooms, finely chopped (5)
- 1 small spaghetti squash (9) [2c cooked]

FRESH HERBS

Can use dried herbs if need be.

- 1/2c basil, chopped (9)
- 1/2 bunch cilantro (5,6) [2/3c chopped]
- 1/2 bunch green onions (5) [1/2c thinly sliced]
- 1 sprig rosemary (10)
- 1 tbsp tarragon leaves, finely chopped (7)
- 1 tsp fresh ginger, minced (5)

FRUIT

- 1/2c apple (3)
- 1 juicy lemon/2 harder ones (7)
- 4 limes (8,12)

SPECIALTY

OFTEN BEST TO GET ONLINE (clickable below)
OR LOCAL HEALTH FOOD / ORGANIC STORE

Stevia (2,3,12,13,14)

Caramel liquid stevia (13)

1/4 tsp vanilla bean powder or 1/2 tsp
vanilla extract (14)

1/3c vanilla protein powder (2)

5 tbsp Swerve (2,3,12,13,14)

1 1/4 tsp smoked paprika (6,11)

1/4c coconut aminos OR gluten-free
soy sauce (5)

3 tbsp nutritional yeast (1,9)

1/2c cocoa powder (2,13)

DAIRY

4 tsp butter (3,14)

7 large eggs (1,9)

1/2c carton egg whites (2,3)

2c low cal coconut milk
(unsweetened boxed refrigerated kind)(1,2,3)

PROTEINS

2 slices bacon, thick cut* (1)

8 oz pork cutlets (5)

4 (4 oz) chicken thighs (4,10)

10 oz ground turkey - extra Lean (6)

4 oz salmon fillet (11) [OR buy frozen - for day
7 dinner. Only buy fresh if you are buying a day or two
before cooking this]

10 oz ground beef, 96% lean (9)

4 oz New York strip steak (7)

2 (4 oz) skirt steaks (8)

WEEK 1 GROCERY LIST

BAKING

- 1 tsp baking powder (3)
- 1/4c chia seeds (2)
- 2/3c flaxseed meal (3,14)
- 1/3c ghee (4,7,8,10,11)
- 2 tsp toasted sesame oil (5)
- 2 tsp balsamic vinegar (11)

DRIED SPICES

- 1 tsp ancho chili powder (8)
- 2 tsp basil (9)
- 2 tsp black pepper
- 1/8 tsp cayenne pepper (11)
- 1 tbsp chili powder (6)
- 1 tbsp cinnamon (3,14)
- 2 tbsp cumin (6)
- 1 tbsp curry powder* (4)
- 1/8 tsp fennel seed (7)
- 2 3/8 tsp garlic powder (4,9,11)
- 1/4 tsp nutmeg (3)
- 1/8 tsp onion powder (11)
- 1 1/4 tsp, 2 tsp oregano (8,9,11)
- 1/2 tsp paprika (8)
- 1 tsp, 1/2 tsp turmeric (4,8)

NOTE: If you don't already have a nice store of spices in your pantry, [this online source](#) is MUCH more affordable when you need a batch of spices and also much FRESHER

ETHNIC

- 3 tbsp coconut cream (13)
- 1c canned lite coconut milk (10)
- 1/2c canned coconut milk (full fat) (4)

CANNED/DRY

- 3/4c chicken broth (4,8)
- 3 (14 oz) cans diced fire roasted tomatoes* (4,6,9)
- 1 1/4 c tomato sauce* (8,9)

FROZEN

- 1/4c frozen green peas (8)
- 1/2c frozen blackberries* (12)
- 4 oz salmon fillet (11) [OR buy fresh if you are buying a day or two before cooking this]

LIL' TIPS

* These are products that can be deceiving - check the ingredient label and look for a brand without added sugar.



Bacony Egg

1

CUPS

Ingredients

- 8 medium eggs*
- 2 slices thick cut bacon**
- 1 cup coarsely chopped spinach
- 1/2 cup white onion, chopped
- 1/3 cup unsweetened coconut milk***
- 2 tbsp nutritional yeast
- 1/2 tsp sea salt
- 1/2 tsp black pepper

What to Do

- 1** HEAT a large frying pan over medium heat. Add bacon slices and cook 8-10 minutes, flip and cook an additional 8-10 minutes. Set slices aside onto a plate or paper towel to cool. Chop into small pieces.
- 2** PREHEAT oven to 350°F and spray 6 muffin tins with avocado or ghee cooking spray. In a large bowl, whisk together eggs and coconut milk. Stir in onion, spinach, bacon, nutritional yeast, sea salt and black pepper.
- 3** USING a 1/3 measuring cup, scoop mixture into prepared muffin tins. Bake 30 minutes. Freeze and microwave as needed or refrigerate up to 5 days.

Per serving: 2 egg cups | 246 cal - 21 protein - 14 fat - 6 carbs - 4 net carbs ||
Yields: 3 servings

*or 6 large eggs

**Most regular bacon has sugar - however, the amount you'd be consuming in the 1/2 slice per serving is negligible (like 1/8 tsp). I would personally feel comfortable using regular natural bacon. You can also specialty order sugar free bacon online.

***low cal boxed kind from refrigerated section. For more info about this, please see the "[Coconut Milks](#)" [lesson](#) under Shopping Tutorials at [p3tolife.com](#).



Chocolate CHIA PUDDING

Ingredients

1 1/2 cups unsweetened coconut milk*
4 tbsp chia seeds
2 tbsp unsweetened cocoa powder
1 tbsp + 1 tsp Swerve
1/8 tsp stevia
1/3 cup vanilla protein powder
(I used egg white protein powder)

What to Do

MIX all ingredients together in a quart mason jar and stir with a whisk to incorporate well. Leave in jar to take out servings later, or pour into 2 separate individual serving mugs/jars now. Refrigerate at least 4 hours or overnight.

Per serving: 1/2 recipe | 213 cal - 20 protein - 9 fat - 14 carbs - 2 net carbs || Yields: 2 servings

NOTE: If you find your chia pudding is not setting up after being in the fridge for a few hours, you can do a couple of things:

1. Your chia seeds may be a bit old- in this case, you can add a little xanthan gum or glucomannan powder to thicken it- probably just 1/8th tsp to 1/4 tsp per serving that you make of this..
2. For future times with same orders seeds, you can use a little less liquid for those seeds.

*low cal boxed kind from refrigerated section. For more info about this, please see the "[Coconut Milks](#)" lesson under Shopping Tutorials at [p3tolife.com](#).



Apple Spice MORNIN' MUG BREAD

3

Ingredients

- 1/4 cup flaxseed meal
- 1/4 cup peeled and grated apple
- 2 tbsp unsweetened boxed coconut milk*
- 3 tbsp egg whites
- 1 tsp butter, melted
- 1 tbsp Swerve
- 1/8 tsp nutmeg
- 1/4 tsp cinnamon
- 1/2 tsp baking powder
- 1/32 tsp stevia**

What to Do

1 COMBINE ingredients in a mug or small bowl. Stir well until smooth and moistened.

2 MICROWAVE for 1 minute and 50 seconds.

ALTERNATE COOKING METHOD OVEN

1 Please note, oven cooking method is temporary guesstimate till fully tested! PREHEAT oven to 350°F. Pour batter into mug, bake for 25 minutes. I HIGHLY RECOMMEND making several at a time so you're not spending all that time for 1 muffin. :)-

Per serving: 224 cal - 11 protein - 14 fat - 14 carbs - 6 net carbs || Yields: 1 serving

*low cal boxed kind from refrigerated section. For more info about this, please see the "[Coconut Milks](#)" [lesson](#) under Shopping Tutorials at [p3tolife.com](#).

**STEVIA NOTES: 1/32 tsp stevia = the scoop that comes in stevia bottle = 1 packet stevia. If you do not like stevia, use more erythritol-based sweetener to compensate. It's not nearly as sweet so per scoop you may need to add 1-3 more tsp. to taste. Please see the "[Sweeteners](#)" tutorial on [P3tolife.com](#) under the Shopping Tutorials section. You need to be logged in to view it.

Note: These can be batch cooked too! See instructions under "[Morning Mug Muffins](#)" [lesson](#) under cooking tutorials on [P3tolife.com](#) site.



INDIAN CURRY

4

w/ Roasted Cauli & Purple Onion

Ingredients

FOR INDIAN CHICKEN CURRY

2 (4 oz) skinless chicken thighs
1 cup broccoli florets (2.5 oz - about 1/4 medium head broccoli)
1 cup red bell pepper, julienned (about 1/2 large)
1/2 cup full fat canned coconut milk
1/2 cup, canned fire roasted diced tomatoes, drained
1/4 cup chicken broth
1 tbsp curry powder*
1 tsp garlic, minced
1 tsp ghee
1/4 tsp sea salt

1/4 tsp black pepper

Optional toppings: cilantro, green onion, parsley

FOR TURMERIC ROASTED VEGETABLES

2 cups cauliflower florets (about 1/2 medium head of cauli)
1 cup red onion (about 1 medium), peeled and quartered
1 tsp ghee
1 tsp ground turmeric
1/4 tsp garlic powder
1/4 tsp sea salt

What to Do

1

PREHEAT oven to 400°F and line a baking sheet with parchment paper or aluminum foil. Combine ingredients for roasted vegetables in a large mixing bowl. Toss with hands to coat paying extra attention to rubbing the onion with seasoning on cut sides. Spread mixture onto baking sheet. Bake 30-35 minutes.

2

IN the meantime, season both sides of chicken thighs with sea salt and black pepper. Add 1 tsp ghee in a large pan over medium heat. Add chicken thighs and brown 5 minutes. Flip chicken thighs and add bell peppers to pan. Sauté 3 minutes to soften.

3

ADD garlic, coconut milk, chicken broth, tomatoes and curry powder. Stir to combine and bring mixture to a low boil. Reduce heat and simmer 15 minutes. Add broccoli and simmer 5 minutes longer.

4

ALTERNATE fast cooking method - Instant Pot: for curry, combine all ingredients into instant pot, set at manual pressure for 15 minutes. Done.
Serve chicken curry alongside roasted vegetables.

Per serving: 1/2 recipe | 412 cal - 28 protein - 25 fat - 24 carbs - 18 net carbs ||
Yields: 2 servings

*Indian type, includes fenugreek, coriander, turmeric amongst other exotic herbs.



Deconstructed Pork

5

EGGROLL BOWL

Ingredients

- 8 oz thinly cut lean pork cutlets
- 8 cups Napa cabbage, finely chopped
- 8 oz (4 cups) whole shiitake mushrooms, finely chopped
- 1 cup shredded carrots
- 1/2 cup scallions, thinly sliced
- 1/3 cup cilantro, chopped
- 1/4 cup coconut aminos/gluten free soy sauce
- 2 tsp toasted sesame oil
- 1 tsp ginger, peeled and minced
- 1 tsp garlic, minced

What to Do

- 1** BEGIN by chopping pork cutlets into very small pieces about 1/2 inch in size. Heat sesame oil in a very large saute pan or pot over medium heat. Add pork and cook 10 minutes or until pork is cooked through, stirring regularly.
- 2** ADD cabbage, mushrooms, shredded carrots, garlic, and ginger to pan. Cook, stirring occasionally, for 3-4 minutes. Stir in coconut aminos and scallions. Continue to cook 1-2 minutes. Garnish with chopped cilantro.

MAKE IT A MAINTENANCE RECIPE (Choose one)

FAT: Use higher fat pork cut OR
Use an additional 1 tbsp of toasted sesame oil.

PROTEIN: Add 2 oz shrimp.

CARBS: Add 1/2 cup toasted rice.

Per serving: 1/2 recipe | 336 cal - 32 protein - 10 fat - 32 carbs - 23 net carbs ||
Yields: 2 servings



Lean and Hearty

TURKEY CHILI

6

Ingredients

10 oz extra lean ground turkey
2 (14 oz) canned petite diced tomatoes in juice
1 poblano pepper, seeds removed and diced
1 cup slices baby portobello mushrooms
1 cup celery, thinly slices

1/2 cup white onion, finely chopped
1 tbsp garlic, minced
2 tbsp cumin
1 tbsp chili powder
1 tsp smoked paprika
1 tsp sea salt
Slices of jalapeño, optional
Fresh cilantro, chopped

What to Do

- 1 IN a large pot over medium heat, combine ground turkey, onion, poblano pepper and celery. Use a spatula to break up turkey. Cover and cook 10 minutes.
- 2 STIR in mushroom, garlic, cumin, chili powder, paprika, and sea salt. Cover and cook an additional 5 minutes.
- 3 ADD tomatoes. Bring to a low boil, reduce heat and simmer uncovered 30 minutes. Serve with fresh sliced jalapeño and cilantro.

ALTERNATE COOKING METHOD INSTANT POT

- 1 COMBINE all ingredients to instant pot, and set to high manual pressure for 15 minutes.

MAKE IT A MAINTENANCE RECIPE (Choose one)

FAT: Use higher fat meat like 85/15 ground beef or dark meat ground turkey OR Saute meat and veggies in 1 tbsp coconut oil, butter, or ghee.

PROTEIN: Use 1 lb ground meat package instead of just the 10 oz.
Add additional 1-2 fresh diced tomatoes + another 50% of the spices

CARBS: Add additional ½ cup of onion and 1 cup of mushrooms
Add ¼ cup kidney beans

Per serving: 1/2 recipe | 289 cal - 42 protein - 1 fat - 28 carbs - 22 net carbs ||
Yields: 2 servings



STEAK & SPRING MIX SALAD

w/ Lemon Tarragon Dressing

Ingredients

FOR STEAK

4 oz NY strip steak, fat trimmed
1 tsp ghee or coconut oil
1/4 tsp garlic, minced
1/4 tsp sea salt
1/8 tsp black pepper

FOR SALAD

4 cups Spring mix-spinach, endive, radicchio
1/4 cup red onion, thinly sliced
1/4 cup thinly sliced fennel
1/2 cup cherry tomatoes, halved

FOR DRESSING

2 tbsp lemon juice
1 tbsp ghee or coconut oil
1 tbsp fresh tarragon leaves, finely chopped
1/4 tsp sea salt
1/4 tsp black pepper

What to Do

- 1** WHISK together ingredients for dressing in a small bowl. Set aside.
- 2** ADD spring mix, tomato and fennel to a large bowl. Toss with dressing. Arrange salad in a bowl or serving dish. Scatter red onion slices.
- 3** HEAT a skillet over high heat. Season steak with salt and pepper. Once pan is very hot add steak. Cook 3-4 minutes. Turn steak over and add ghee and garlic to pan. Use tongs to move steak around in ghee and garlic. Cook an additional 3-4 minutes. Allow steak to rest 5 minutes. Thinly slice steak and place over salad.

Per serving: 370 cal - 29 protein - 21 fat - 17 carbs - 13 net carbs || Yields: 1 serving



Spanish Cauli Rice

8

Ingredients

and STEAK

FOR STEAK

2 (4 oz) flat iron or skirt steaks, fat trimmed
1 tsp dried oregano
1 tsp ancho chili powder (sub chili powder)
1/2 tsp sea salt

FOR TOMATOES

2 cups cherry tomatoes
1 tsp ghee
1/2 tsp sea salt
1/4 tsp black pepper

FOR RICE

2 cups cauliflower rice
1/4 cup green peas
1/4 cup white onion, minced
1/2 cup chicken broth
3 tbsp tomato sauce, no sugar added
1 tbsp fresh lime juice
1/2 tsp garlic, minced
1/2 tsp turmeric
1/2 tsp paprika
1/2 tsp sea salt
2 tsp ghee

What to Do

1

PREHEAT oven to 400°F. Line a baking sheet with parchment paper. ROASTED TOMATOES: In a mixing bowl, combine ingredients for roasted tomatoes. Stir to coat. Pour onto baking sheet and roast 30-40 minutes.

2

CAULIFLOWER RICE: Add 2 tsp of ghee over medium/low heat in a large pan. Add onions and garlic, sauté until they begin to soften, about 5 minutes. Add chicken broth, tomato sauce, turmeric and paprika. Stir to combine. Stir in peas and cauliflower. Season with salt and stir in lime juice. Cook 5 minutes.

3

STEAK: Rub chili powder, oregano, sea salt and pepper on both sides of steak. Heat a medium pan over medium/high heat and spray with cooking spray. Once pan is very hot, place steak on and cook 3-5 minutes, turn steak over and cook an additional 3-5 minutes. Allow steak to rest 5 minutes.

4

SLICE steak and serve over cauliflower rice topped with roasted tomatoes.

Per serving: 1/2 recipe | 347 cal - 30 protein - 18 fat - 20 carbs - 15 net carbs ||
Yields: 2 servings



Spaghetti Squash & **LEAN BEEF MEATBALLS**

9

Ingredients

1 small/medium spaghetti squash,
halved (2 cups cooked)
10 oz 96% lean ground beef
1 cup tomato sauce
1 cup canned diced fire roasted
tomatoes
1/3 cup Vidalia onion, minced
1 egg

1 tbsp nutritional yeast
2 tsp oregano, divided
2 tsp basil, divided
2 tsp garlic powder, divided
½ tsp fennel seed
1 tsp sea salt
1/2 tsp black pepper
Fresh basil, chopped

What to Do

- 1** **COOK SPAGHETTI SQUASH:** either
1. **INSTANT POT:** Slice in half down the middle so that it looks like a CIRCLE when you look at either side. Pierce with fork on both sides a few times. Place trivet and 1" of water at bottom of instant pot, then add squash. Cook on high manual pressure for 8 minutes. Release steam and scoop out seeds and toss.
2. **OVEN:** Preheat to 400 F. Fill a large glass/metal casserole dish with 1/4 of water, place spaghetti squash, cut side down into casserole dish. Bake 30-40 minutes until pierces easily with fork. Once done, discard seeds and strings.
- 2** **MIX MEATBALLS:** While squash cooks, in a medium mixing bowl, combine beef, minced onion, nutritional yeast, egg, 1 tsp basil, 1 tsp oregano, 1 tsp garlic powder, fennel seeds, sea salt and black pepper. Mix with hands.
- 3** **FORM** into 8 golf-ball sized meatballs. Heat a large frying pan over medium heat and spray liberally with nonstick cooking spray. Place meatballs on pan and cook 3 minutes to brown. Turn meatballs and cook 3 minutes longer.
- 4** **POUR** in tomato sauce and diced tomatoes with meatballs. Stir in the rest of the garlic powder, oregano and basil. Reduce heat and cover. Simmer 20 minutes. Serve over 1 cup cooked spaghetti squash. Top with freshly chopped basil.

INSTANT POT FOR SAUCE AND MEATBALLS

- 1** **BROWN** meatballs in instant pot. Add the tomato sauce and diced tomatoes with meatballs. Stir in the rest of the garlic powder, oregano and basil. Cook in high pressure for 10 minutes. Serve over 1 cup cooked spaghetti squash. Top with freshly chopped basil

MAKE IT A MAINTENANCE RECIPE (Choose one)

FAT:	Use higher fat beef OR Top with ¼ avocado OR Top with Parmesan or mozzarella
PROTEIN:	Use 1 lb package ground meat instead of 10 oz.
CARBS:	Add additional 1 cup spaghetti squash

Per serving: 1/2 recipe 301 cal - 38 protein - 8 fat - 20 carbs - 16 net carbs
Yields: 2 servings



Creamy Garlic

MUSHROOM CHICKEN

w/ Sautéed Broccoli

10

Ingredients

- 2 (4 oz) skinless, boneless chicken thighs
- 16 oz sliced crimini mushrooms
- 4 cups broccoli florets
- 1 large shallot, thinly sliced
- 1 cup light canned coconut milk
- 1 sprig fresh rosemary, stem discarded
- 3 tsp ghee
- 2 tsp garlic, minced
- 1 1/2 tsp sea salt
- 1/4 tsp black pepper

What to Do

- 1** HEAT 1 tsp of ghee over medium/high heat in a large skillet. Season chicken thighs with black pepper and 1/2 tsp of salt. Add chicken thighs to pan and brown 5 minutes.
- 2** TURN chicken over and add garlic, shallots and mushrooms. Cover and cook 5 minutes.
- 3** STIR in coconut milk, sea salt and add rosemary. Bring to a simmer. Lower heat and simmer 25 minutes uncovered. Optional: Sprinkle 1/4 tsp of xanthan gum over the sauce and stir to blend.
- 4** IN a separate pan, heat remaining ghee over medium high heat. Once oil is shimmering add broccoli and sauté 5 minutes or until broccoli is lightly crisped, stirring occasionally. Divide into 2 servings.

Per serving: 1/2 recipe | 433 cal - 33 protein - 25 fat - 36 carbs - 27 net carbs ||
Yields: 2 servings



SMOKY SALMON

11

& Crispy Roasted Brussels Sprouts

Ingredients

BRUSSELS SPROUTS

2 cups halved Brussels sprouts
1 tbsp ghee
2 tsp balsamic vinegar
1/8 tsp black pepper
1/2 tsp sea salt, divided

SALMON

4 oz salmon fillet
1/4 tsp smoked paprika
1/4 tsp dried oregano
1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp cayenne pepper, optional

What to Do

- 1** PREHEAT oven to 450°F. Line a baking sheet with aluminum foil and spray with avocado or ghee cooking spray. In a medium mixing bowl, combine Brussels sprouts, ghee, balsamic vinegar, black pepper and half of sea salt. Toss to coat. Pour Brussels sprouts on to baking sheet and bake for 10 minutes.
- 2** IN a small bowl, combine smoked paprika, onion powder, garlic powder, cayenne (if using), oregano and remaining sea salt. Stir to combine. Pat any excess moisture from salmon using a paper towel. Sprinkle seasoning over both sides of salmon and use hands to gently rub into salmon.
- 3** REMOVE Brussels sprouts from oven and make a space for the salmon. Place pan back into oven for 15 minutes.

MAKE IT A MAINTENANCE RECIPE (Choose one)

FAT:	Top roasted Brussels sprouts with ¼ cup crumbled feta
PROTEIN:	Add 2-3 oz. of salmon per serving.
	Add additional 1 cup Brussels sprouts
CARBS:	Add additional 2 tsp balsamic vinegar and use a glaze type one that is thick/syrupy (contains a little sugar)

Per serving: 351 cal - 28 protein - 22 fat - 16 carbs - 9 net carbs || Yields: 1 serving



BLACKBERRY LIME

12

Zinger

Ingredients

1/2 cup frozen blackberries
4 - 6 tbsp water
2 tsp lime juice
Zest of 1 lime
1 tsp Swerve
Stevia to taste*
8 ice cubes**

What to Do

High Powered Blender: Add liquids first/soft ingredients first, then ice, and blend.

Ninja: Add ice first, then rest of ingredients on top. Do crush function first to crush ice. Scrape sides with spatula, then blend.

Both: You will likely need to scrape the sides with a spatula a time or two.

Per serving: 41 cal - 0 protein - 0 fat - 10 carbs - 8 net carbs || Yields: 1 serving

***STEVIA NOTES:** 1/32 tsp stevia = the scoop that comes in stevia bottle = 1 packet stevia. **If you do not like stevia,** use more erythritol-based sweetener to compensate. It's not nearly as sweet so per scoop you may need to add 1-3 more tsp. to taste. Please see the "[Sweeteners](#)" tutorial on P3tolife.com under the Shopping Tutorials section. You need to be logged in to view it.

Note: Video tutorials of these smoothies in the [Dessert Smoothies Course](#) on p3tolife.com!

**So I've discovered ice cube size can vary! These are made with ice-cube trays purchased online. If you make your smoothie and it seems too watery/liquidy and not thick like the photo or the video tutorials don't worry, you aren't crazy! Your ice-cubes are just smaller. Either add more ice-cubes or buy some trays online to use. The point is your smoothie should be kind of hard to blend-that's how thick it should be.



Double CHOCOLATE SMOOTHIE

13

Ingredients

1/4 cup water
2 tbsp cocoa powder
1 1/2 tsp Swerve
1 squirt caramel liquid stevia
Stevia to taste*
9-10 ice cubes**
Optional topping:
1 tbsp coconut cream
1/2 tsp Swerve

w/
Coconut
Cream
Drizzle

What To Do

High Powered Blender: Add liquids/soft ingredients first, then ice, and blend.

Ninja: Add ice first, then rest of ingredients on top.

Do crush function first to crush ice. Scrape sides with spatula, then blend.

Both: You will likely need to scrape the sides with a spatula a time or two.

Topping: Mix coconut cream w/ 1/2 tsp Swerve - it hardens on top from the cold smoothie! Yum.

Per serving: 58 cal - 2 protein - 5 fat - 2 carbs - 1 net carb || Yields: 1 serving

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SNICKERDOODLE ICEY w/ Cinnamon Crumble

Ingredients

FOR ICEY

1/4 cup water
1 tsp cinnamon
1 tsp Swerve
Stevia to taste*
7 ice cubes**

FOR CRUMBLE

1 tsp browned butter
1 tbsp flaxseed meal
1/2 tsp Swerve
1/4 tsp cinnamon
1/8 tsp vanilla bean powder
or 1/3 tsp vanilla extract

What to Do

TOPPING: Brown butter in very small saucepan. Add flaxseed meal, cinnamon and vanilla bean powder. Stir and toast another minute or two (do not allow to burn), then remove from heat.

SMOOTHIE:

High Powered Blender: ADD liquids/soft ingredients first, then ice, and blend.

Ninja: ADD ice first, then rest of ingredients on top. Do crush function first to crush ice. Scrape sides with spatula, then blend.

Both: You will likely need to scrape the sides with a spatula a time or two.

MIX the crumble thoroughly into the smoothie.

Per serving: 73 cal - 2 protein - 6 fat - 6 carbs -
2 net carbs || Yields: 1 serving

***STEVIA NOTES:** 1/32 tsp stevia = the scoop that comes in stevia bottle = 1 packet stevia. If you do not like stevia, use more erythritol-based sweetener to compensate. It's not nearly as sweet so per scoop you may need to add 1-3 more tsp. to taste. Please see the "Sweeteners" tutorial on P3tolife.com under the Shopping Tutorials section. You need to be logged in to view it.

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