



EAT-BURNING FOODS

The Secret Revealed

*Rev up Your Metabolism, Burn Fat Like
a 24-Year-Old, & Detox Your Body!*

Introduction by Dr. Brenda Walding, DPT, FDN & Dr. Chad Walding, DPT, RKC

Fat-Burning Recipes by Tami Monaghan, HC, AADP





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INTRODUCTION

HERE YOU will find delicious recipes that will help you **burn fat** and **nourish** your body at the same time!

Below we have listed **key** components that are crucial for accelerating your weight loss and helping you feel your very best.

1) Eat protein at every meal.

TO KICK your body into fat-burning mode, you need to include a high-quality, animal-based protein in every meal. Because protein is a costly macronutrient, the body burns calories digesting it—thus facilitating weight loss.

Consuming protein with each meal helps us feel satiated so we don't over-eat.

It's super easy to overeat carbs (especially processed carbs like potato chips), which gets us (and our waistlines) into trouble. Our bodies have a wonderful built-in mechanism that keeps us from overeating protein, so it typically isn't an issue. Protein also triggers the production of glucagon, a hormone that facilitates fat-burning, further helping us lose weight or maintain our ideal weight.

Consumption of high-quality, animal-based protein is not only vital for weight loss but also for maintaining a healthy body. We **require** animal-based protein for growth and the repair of skeletal muscle, tendons, ligaments, hair, and skin as well as for manufacturing antibodies, hormones, enzymes, and neurotransmitters.

Quality Animal-Based Proteins

- Grass-fed meats
- Wild-caught fish
- Pasture-raised eggs

2) Eat high-quality fats (and avoid toxic fats).

KNOWING WHICH fats to eat and which ones to avoid is **pivotal** to losing weight, looking great, staying healthy, and feeling **awesome!**

This cookbook includes meals loaded with good fats. You will find none of the toxic inflammatory fats that lead to weight gain, inflammation, and disease.

Keep in mind... Quality dietary fat is not only helpful for facilitating weight loss but is also necessary for promoting a healthy brain, kidneys, lungs, and reproduction; producing sex and stress hormones; fostering cell membrane integrity and bone health; protecting the heart during times of stress; and decreasing inflammation.

Most likely, your body is used to burning **sugar** as fuel. We want to switch things up a bit and get your body used to burning **fat** (fat from your diet and fat from your body) as fuel instead.



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The body's preferred energy source, fat is more abundant and longer-lasting. When the body utilizes fat versus sugar, it is much easier to regulate blood sugar. You won't feel the need to eat every couple of hours to avoid energy crashes, brain fog, and feeling irritable. You will also be able to begin burning your own fat storage and get rid of those extra pounds hanging around.

When you are burning sugar as fuel, your insulin levels are chronically elevated, which puts the body into "fat-storing" mode. Burning fat versus sugar will help you trim that waistline.

Quality Fats (eat these)

- Grass-fed butter
- Coconut oil
- Red palm oil
- Olive oil
- Avocados
- Nuts and seeds (e.g., almonds, Brazil nuts, pumpkin seeds)
- Pastured lard, tallow, or duck fat

Toxic Fats (avoid these)

- Corn oil
- Soybean oil
- Safflower oil
- Canola oil
- Cottonseed oil

- Margarine and butter substitutes
- Trans fats
- Hydrogenated and partially hydrogenated oils



3) Eat a variety of vegetables (and low-sugar fruits) of varying colors.

THESE RECIPES are loaded with colorful vegetables and fruits to help you burn that extra weight off. **How?** Vegetables and fruits are packed with phytonutrients, minerals, and antioxidants that help the body detoxify, decrease inflammation, and become more resilient to stress (all crucial to keeping the pounds off). Vegetables like beets, broccoli, and artichokes are wonderful for supporting the liver's ability to detoxify the body and expunge toxins that can prevent you from losing weight.

You must eat vegetables with good-quality fats containing fat-soluble nutrients (vitamins A, D, E, and K) for your body to absorb the nutrients from the vegetables. Adding butter to your steamed broccoli or leafy greens allows you to soak up all the goodness from the vegetables!

4) Incorporate fresh, cleansing herbs and spices.

WE'VE INCLUDED herbs and spices like ginger, cilantro, turmeric, and parsley in these recipes to help facilitate detoxification and decrease inflammation, both of which help promote weight loss and improve health.

5) Eat carbs in the form of veggies, tubers, and fruits and adjust based on your activity level.

IN THIS cookbook, you will find a plethora of carbohydrates ranging from vegetables to sweet potatoes to low-sugar fruits. You will **not** find any processed or refined foods and grains, which spike insulin levels and cause you to **store** fat (not to mention depleting your health).

Carbs are not necessarily bad, but all carbs are not created equal, and we have chosen ones that will help you facilitate fat loss.

In our modern society, carbohydrates are easily over-consumed (e.g., breads, cereals, juices, and processed foods), and this makes it difficult to maintain blood sugar levels, stay healthy, and **lose weight**. We are going to avoid all of these bad carbs in this cookbook.

It is best to consume denser carbohydrates such as sweet potatoes, yams, and winter squashes in the “post-workout window,” which is 30–60 minutes after

your workout. Your body is more sensitive to insulin at this time, and the carbohydrates will be used to aid in recovery versus storing excess sugar as fat.

We hope this cookbook helps you achieve your **fat-burning** goals while leaving you satisfied and nourished. Continue to take the **action** required to reach your goals. It’s up to **you** to seek out **real, whole, fresh** food; cook it; and prepare it! You can do it!

To Your Health,

*Chad & Brenda
Walding, DPT*

P.S. *Want more fat-burning tricks to rev up your metabolism? Go [here!](#)*



Want 60 delicious recipes all in one place? Get now.

Breakfast

1



BRUSSELS SPROUTS & SPINACH TRUFFLE

Frittata

by Tami Monaghan

SERVINGS: 8

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

GF

INGREDIENTS

GRASS-FED BUTTER

12 EGGS

2 CUPS BRUSSELS SPROUTS, CUT INTO QUARTERS

6 CUPS PACKED SPINACH, CHOPPED

2 TSP. TRUFFLE OIL (OPTIONAL BUT

WORTH IT!)

2 GARLIC CLOVES, MINCED

½ TSP. PAPRIKA

AVOCADO, TO GARNISH

DIRECTIONS

1. **PREHEAT OVEN TO 400°.**
2. **MELT A LITTLE** butter in a cast-iron skillet over medium-high heat. Once pan is hot, add minced garlic and Brussels sprouts. Cook until browned.
3. **AFTER 5–6 MINUTES,** add the chopped spinach and cook for about 3–4 more minutes until spinach is cooked down and soft.
4. **WHISK YOUR EGGS** in a large bowl, then add the truffle oil, paprika, and pepper to taste. Add mixture to the skillet and mix well.
5. **PLACE SKILLET IN** oven and cook for 15–18 minutes, depending on the size of the skillet. Frittata is done when you press in the middle and it pushes back a bit.
6. **TOP WITH AVOCADO.**

ARTICHOKE BREAKFAST

Bake

by Tami Monaghan

SERVINGS: 6

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

GF DF

INGREDIENTS

- 1 WHITE ONION, DICED
- 4 SLICES PROSCIUTTO, DICED
- 2 14-OZ. CANS ARTICHOKE HEARTS
PACKED IN WATER
- 6 ANCHOVY FILLETS PACKED IN OIL
- 1 CUP FRESH PARSLEY LEAVES, CHOPPED
AND LOOSELY PACKED
- ¼ TSP. RED PEPPER FLAKES
- 1 TBSP. LEMON JUICE
- 4 EGGS
- 2 CUPS PACKED SPINACH, CHOPPED

DIRECTIONS

1. PREHEAT OVEN TO 350°F.

- 2. CHOP PROSCIUTTO INTO small pieces. Add prosciutto, onions, and spinach to a sauté pan and cook over medium heat until onions are soft, about 6 minutes.
- 3. DRAIN ARTICHOKE HEARTS and pat or squeeze to remove excess water. Chop coarsely.
- 4. MINCE ANCHOVIES.
- 5. ADD REMAINING INGREDIENTS to pan and mix together well. Pour into greased 8×8-inch baking pan. Place in oven and bake 40 minutes, until eggs are cooked.

TAKE TOTAL CONTROL OF
YOUR LIFE FOR ... A BUCK?!

START NOW.

Dinner

2



SPICY SHRIMP WITH ASPARAGUS, WATER CHESTNUTS, & Bok Choy

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

GF DF

INGREDIENTS

- 1½-2 LBS. WILD SHRIMP, CLEANED AND DE-TAILED
- 1 LARGE BOK CHOY, CHOPPED, INCLUDING LEAVES
- 1 BUNCH ASPARAGUS, CHOPPED
- 1 CAN WATER CHESTNUTS, DRAINED
- 1 TBSP. COCONUT OIL
- 3 CLOVES GARLIC, MINCED
- 1-2 TSP. GARLIC CHILI SAUCE (OPTION TO USE RED PEPPER FLAKES OR SRIRACHA SAUCE)
- 1 CUP BROTH
- 2 TBSP. LEMON JUICE (ABOUT 1 LEMON)
- CILANTRO, TO GARNISH

DIRECTIONS

1. **CLEAN AND PREP** shrimp and veggies.
2. **IN A LARGE** wok or skillet, add oil, asparagus, and garlic. Cook over medium high heat for 5 minutes.
3. **ADD SHRIMP AND** cook until done, about 5 more minutes.
4. **ADD BOK CHOY**, water chestnuts, broth, chili sauce, and lemon juice. Simmer for 5 minutes.
5. **TOP WITH CILANTRO.**



SALMON BURGERS WITH AVOCADO

Dill Dip

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

GF DF

INGREDIENTS

- 1 LB. COOKED WILD SALMON, MASHED UP (OPTION TO BUY CANNED)
- ½ RED ONION, FINELY CHOPPED
- 2 LARGE CLOVES OF GARLIC, PRESSED OR FINELY CHOPPED
- 1 TBSP. STONEGROUND MUSTARD
- 2 EGGS
- SEA SALT AND PEPPER TO TASTE
- 2 TBSP. COCONUT FLOUR
- ¼ CUP COCONUT OIL FOR PAN-FRYING
- JUICE AND ZEST FROM 1 LEMON FOR GARNISH
- GREENS OF CHOICE

Dill Dip

- 1 VERY RIPE AVOCADO
- 2 TBSP. OLIVE OIL
- 3 SPRIGS FRESH DILL

- 1 TBSP. CHILI POWDER (MORE OR LESS TO TASTE)
- 1 TBSP. LIME JUICE
- 1 TBSP. HONEY
- 2 TBSP. APPLE CIDER VINEGAR
- 2 CLOVES GARLIC
- ¼ CUP NUT MILK
- ¼ CUP WATER

DIRECTIONS

1. **PREHEAT A SMALL** cast-iron skillet or medium sauté pan with coconut oil.
2. **COMBINE ONION, GARLIC,** mustard, coconut flour, sea salt, pepper, and eggs in a small mixing bowl. Add salmon and mix together until the salmon is fully incorporated.

SALMON BURGERS WITH AVOCADO

Dill Dip

3. **FORM THE MIXTURE** into patties. When the pan and oil are hot, cook the patties until well-browned on one side before attempting to flip them. If you try to flip them too early, they may break.
4. **BROWN THE SECOND** side. Each side will take several minutes to brown.
5. **REMOVE THE SALMON** cakes from the pan and serve warm. Serve over salad greens or alongside a non-starchy vegetable.

**STILL EATING
NORMAL SALT?
CHECK THIS OUT.**



Dip

DIRECTIONS

1. **COMBINE ALL INGREDIENTS** in a blender and process until creamy.
2. **STORE IN AN** airtight jar or container in refrigerator. Dip will last approximately 1 week.



CHICKEN WITH APPLES, ASPARAGUS, & Arugula

by Tami Monaghan

SERVINGS: 4

PREP TIME: 5 MINUTES

COOK TIME: 35 MINUTES

GF DF

INGREDIENTS

- 4 SMALL CHICKEN BREASTS
- 2 BUNCHES ASPARAGUS
- 2 SHALLOTS, DICED
- 1 TSP. APPLE CIDER VINEGAR
- 2 TBSP. COCONUT OIL
- 1 APPLE, DICED
- 1 LEMON
- 6 GARLIC CLOVES, MORE IF DESIRED
- 4 CUPS PACKED ARUGULA, DIVIDED PER SERVING

DIRECTIONS

1. PREHEAT OVEN TO 400°F.
2. POUND CHICKEN BEASTS until they are thin (option to buy thin breast).
3. CLEAN AND BREAK ends of asparagus.
4. PLACE THE CHICKEN on a baking dish drizzled lightly with coconut oil. On a separate baking dish, place the asparagus and garlic cloves and drizzle lightly with coconut oil.
5. BAKE BOTH DISHES for about 15 minutes, until chicken is cooked.

Looking for more scrumptious Paleo recipes? Click [here](#).

CHICKEN WITH APPLES, ASPARAGUS, & *Arugula*

6. **CHOP SHALLOTS.** IN a small bowl, add shallots, apple cider vinegar, oil, and apples.
7. **PLACE A LARGE** handful (about a cup) of arugula on your plate. Place chicken on top of arugula and add the apple mixture.
8. **SQUEEZE A FRESH** lemon over the asparagus and serve alongside the chicken.



Is your chair slowly killing you?

Learn more.

COLLARD GREENS &

Ground Beef

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

GF DF

INGREDIENTS

1½ LBS. GROUND BEEF

1 TSP. COCONUT OIL

1 SMALL WHITE ONION, COARSELY CHOPPED

4 CLOVES GARLIC, CHOPPED

1-2 JALAPENOS, SEEDED AND CHOPPED

½ TSP. BLACK PEPPER

½ TSP. GROUND CINNAMON

½ TSP. GROUND GINGER

½ TSP. TURMERIC

½ TSP. GROUND CUMIN

½ TSP. GROUND CORIANDER

1 BUNCH COLLARD GREENS, STEMS REMOVED
AND SLICED INTO 1-INCH STRIPS

15 GRAPE TOMATOES, QUARTERED

1 TSP. LEMON JUICE

DIRECTIONS

1. **WARM OIL IN** large skillet over medium heat.
2. **ADD ONION AND** sauté until soft, about 4 minutes. Add garlic and jalapeño; sauté until fragrant, about 1 minute. Add ground beef and seasonings and cook until browned, about 6-8 minutes.
3. **ADD THE COLLARD** greens and tomatoes and sauté until wilted, about 4 minutes. Stir everything gently as it cooks, careful not to mush the tomatoes.
4. **ADD THE LEMON** juice, season to taste, and serve.

BLUEBERRY, LEEK, & KALE SALAD WITH

Steaks

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

GF

INGREDIENTS

4 SMALL GRASS-FED STEAKS

2 LEEKS

GRASS-FED BUTTER

2 BUNCHES KALE

1 CUP BLUEBERRIES

1 LEMON, JUICED

DIRECTIONS

1. **COOK THE STEAKS** on the grill or in the oven using the broil option.
2. **SLICE OFF THE** end and green part of the leek. Cut lengthwise and rinse well.

3. **SLICE LEEK INTO** thin strips and add to a sauté pan with a small amount of butter.
4. **DE-STEM AND CHOP** kale. Add to sauté pan and cook for a total of about 6 minutes. Remove from heat.
5. **ADD BLUEBERRIES AND** lemon juice and then top with avocado. Serve with steaks.

Could this be the secret to reversing your cells' age?

Side Dishes

3



ZUCCHINI *Fritters*

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

GF

INGREDIENTS

2 MEDIUM ZUCCHINI

2 EGGS

1 ONION, GRATED

$\frac{3}{4}$ CUP ALMOND FLOUR

1 TSP. EACH OF GARLIC POWDER, PEPPER, AND BASIL LEAF

PINCH OF SEA SALT

GRASS-FED BUTTER (FOR FRYING OPTION)

DIRECTIONS

1. PREHEAT OVEN TO 400°F.
2. GRATE ZUCCHINI WITH a cheese grater or food processor. Add the salt and squeeze tightly with a towel or paper towels to remove excess liquid. Place in medium-sized bowl.

3. GRATE THE ONION and add to the bowl. Add the eggs and almond flour. Sprinkle the spices on top of the mixture and mix until evenly incorporated.

To Bake

1. GENEROUSLY GREASE BAKING sheet or muffin tins. Put tablespoon-sized amounts of the mixture onto the baking sheet or fill the muffin tins halfway full.
2. BAKE APPROXIMATELY 18–20 minutes or until tops and sides start to brown.

ZUCCHINI *Fritters*

To Fry

1. **LOWER HEAT TO** medium-low and add a small amount of butter to the heated pan. Pour batter into 4-inch-diameter pancakes.
2. **COOK ABOUT 3** minutes on each side. Make sure they are set and golden brown before flipping. Makes eight 4-inch pancakes.



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WARM SWEET POTATO WITH PORTABELLA MUSHROOMS, TOMATOES, &

Onion

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

GF DF

INGREDIENTS

- 1 LARGE SWEET POTATO, DICED
- 1 SMALL ONION, DICED
- 2 CUPS PACKED SPINACH
- 1 SMALL CONTAINER PORTABELLA MUSHROOMS
- 12 CHERRY TOMATOES
- 1-2 JALAPENOS, DE-SEEDED
- 2 TBSP. APPLE CIDER VINEGAR
- CINNAMON
- PAPRIKA
- COCONUT OIL

DIRECTIONS

1. PREHEAT OVEN TO 450°F.
2. DICE SWEET POTATO into bite-sized pieces.

3. PLACE IN A single layer on a baking dish lined with parchment paper. Drizzle with coconut oil and mix to coat. Sprinkle with cinnamon and paprika. Bake for 20 minutes or until desired crispiness.
4. DICE MUSHROOMS, ONION, and jalapeno. Place into a skillet with apple cider vinegar and cook over medium heat until liquid is gone.
5. REMOVE FROM HEAT. Add spinach and tomatoes. Toss until spinach is wilted. Pour mixture over the potatoes once done.

ASPARAGUS

Vinaigrette

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

GF

INGREDIENTS

- 1 LARGE BUNCH OF ASPARAGUS
- GRASS-FED BUTTER
- 1 SHALLOT, DICED SMALL
- 2 TBSP. STONEGROUND MUSTARD
- 1 TBSP. OIL
- 1 TBSP. APPLE CIDER VINEGAR
(MAY NEED MORE UNTIL
YOU REACH DESIRED
CONSISTENCY)
- 1 TSP. TARRAGON,
CHOPPED

DIRECTIONS

1. **CLEAN ASPARAGUS** AND break off ends.
2. **IN A LARGE** skillet, add asparagus with a small amount of butter. Cook over medium-high heat until tender, about 10 minutes. Add diced shallot halfway through.
3. **COMBINE MUSTARD, OIL,** and vinegar. Add mixture to the sauté pan along with tarragon. Season to taste.

5 STEPS TO LOOKING
10 YEARS YOUNGER.

[LEARN HOW.](#)

Salads



BROCCOLI, GRAPEFRUIT, & AVOCADO SALAD WITH LEMON POPPYSEED

Dressing

by Tami Monaghan

SERVINGS: 4

PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES

GF DF

INGREDIENTS

4 HEADS BROCCOLI FLORETS, CHOPPED
(SAVE STEMS)

1 GRAPEFRUIT

1 AVOCADO

1 LEMON

1 SMALL SHALLOT, MINCED
(ABOUT 1 TBSP.)

¼ CUP WALNUTS, CHOPPED

½ TSP. POPPYSEEDS

¼ CUP OIL (OLIVE OR
AVOCADO)

PINCH SEA SALT

DIRECTIONS

1. **CHOP BROCCOLI INTO** small florets, chop avocado, and dice grapefruit. Add broccoli, grapefruit, avocado, and walnuts to a bowl.
2. **IN A SEPARATE** bowl, combine oil, shallots, poppyseeds, and lemon. Mix and pour over the salad. Serve immediately or store in fridge.



WATERCRESS, PISTACHIO, & BEET

Salad

by Tami Monaghan

SERVINGS: 4

PREP TIME: 30 MINUTES

COOK TIME: 10 MINUTES

GF DF

INGREDIENTS

- 1 LB. BEETS, PEELED AND SLICED INTO ¼ -INCH SLICES
- 4 TBSP. APPLE CIDER VINEGAR
- 2 TBSP. FRESHLY SQUEEZED ORANGE JUICE
- ½ TSP. ORANGE ZEST
- 3 TBSP. OLIVE OIL
- 10 CUPS WATERCRESS, TRIMMED
- 1 FENNEL BULB, TRIMMED, CORED AND THINLY SLICED
- ¼ CUP PISTACHIOS, CHOPPED

DIRECTIONS

1. BRING 1 INCH of water to a boil in a large saucepan fitted with a steamer basket. Add beets and cook until tender, about 10–12 minutes.

2. POUR 2 TABLESPOONS vinegar over beets and stir to mix. Refrigerate at least 10 minutes. Can be made up to 2 days in advance.
3. TO SERVE, WHISK the remaining vinegar, orange juice, orange zest, and oil together. Season to taste. Add watercress and fennel, tossing to coat.
4. ARRANGE BEETS ON edge of platter and drizzle with some of the pickling juice. Top with pistachios.



**COULD THIS
FINALLY
CURE
NECK &
BACK PAIN?**

1. SALADS

RAW SWEET GINGER DETOX

Salad

by Tami Monaghan

SERVINGS: 4

PREP TIME: 15 MINUTES

CHILL TIME: 0 MINUTES

GF DF

INGREDIENTS

- 1 SMALL RED CABBAGE, CORED AND SLICED THIN
- 3 CARROTS, COARSELY GRATED
- 1 APPLE, CORED AND SLICED (GRANNY SMITH ARE NICE AND TART)
- 1 BUNCH OF RADISHES, SLICED
- 3 TBSP. PINE NUTS
- 1 TBSP. PUMPKIN SEEDS
- 2 TBSP. SUNFLOWER SEEDS

Dressing

- 2 TSP. GRATED GINGER ROOT
- 2 TBSP. LEMON JUICE
- ½ TSP. LEMON ZEST
- ¼ TSP. GARLIC, MINCED
- 4 TBSP. OLIVE OIL

DIRECTIONS

1. PREPARE ALL THE veggies and add them to a large bowl.
2. WHISK THE INGREDIENTS for the dressing and pour over the salad.



Sweets

5



ALMOND BUTTER COCONUT CHIA SEED

Bites

by Tami Monaghan

SERVINGS: 10

PREP TIME: 20 MINUTES

COOK TIME: 0 MINUTES

GF DF

INGREDIENTS

- 2 TBSP. COCONUT OIL, MELTED
- 3 TBSP. NATURAL ALMOND BUTTER
- 1 TBSP. CHIA SEEDS
- 2 TBSP. SHREDDED COCONUT
- 1 TSP. PINE NUTS
- 2 TBSP. OF UNSWEETENED COCOA POWDER
- ½ TSP. ALMOND EXTRACT

DIRECTIONS

1. **COMBINE ALL INGREDIENTS** and mix well. Place in the fridge for 20 minutes.
2. **REMOVE MIXTURE AND** roll into bite-sized pieces. Roll in additional shredded coconut, place in the fridge for 10 more minutes, and enjoy!



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DARK CHOCOLATE AVOCADO

Truffles

by Tami Monaghan

SERVINGS: 12

PREP TIME: 15 MINUTES

CHILL TIME: 20 MINUTES

GF DF

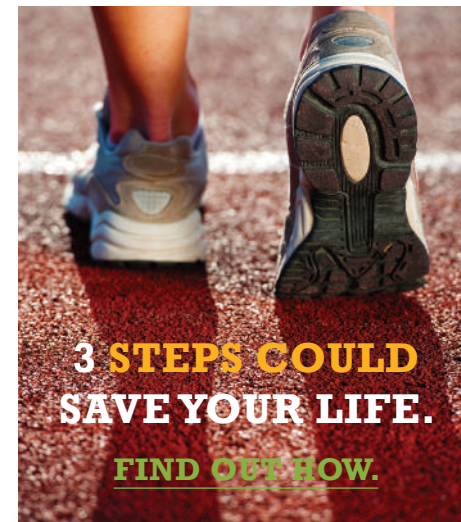
INGREDIENTS

- 6 OZ. DARK CHOCOLATE (70% OR HIGHER)
- 1/3 CUP MASHED AVOCADO (ABOUT 1 SMALL AVOCADO)
- 1/2 TSP. VANILLA EXTRACT
- PINCH OF SALT
- 2 TBSP. COCOA POWDER FOR ROLLING (OPTIONAL)

DIRECTIONS

1. **COMBINE CHOCOLATE, VANILLA** extract, and pinch of salt over a double boiler. Melt until completely smooth. (I just use an oven-safe bowl over my small saucepan for this.)

2. **MASH THE AVOCADO** with a fork until no lumps are visible, then stir it into the melted chocolate mixture until smooth and thickened.
3. **PLACE IN FRIDGE** to set for 20 minutes or until slightly firm to the touch.



Snacks

6



DAIRY-FREE RANCH

Dressing

by Tami Monaghan

SERVINGS: 12

PREP TIME: 60 MINUTES

MAKE TIME: 5 MINUTES

GF DF

INGREDIENTS

- ½ CUP CASHEWS, SOAKED FOR AT LEAST 1 HOUR
- ½ CUP UNSWEETENED NUT MILK (MAY THIN OUT TO DESIRED CONSISTENCY)
- 2 TBSP. FRESHLY SQUEEZED LEMON JUICE
- 2 TBSP. FRESH CHIVES
- 1 TBSP. DRIED PARSLEY
- ½ TSP. ONION POWDER
- ½ TSP. GARLIC POWDER
- SEA SALT AND GROUND BLACK PEPPER TO TASTE

DIRECTIONS

1. **BLEND ALL INGREDIENTS** in a Vitamix or high-speed blender until smooth. If making a dip, use less water. If making dressing, use more water.
2. **KEEP CHILLED UNTIL** ready to use.



Enjoy unlimited energy, a lean physique, and relief from chronic diseases—without starving or counting calories. Here's how.



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