

Fit2
Fat
2Fit

Summer

COOKBOOK



24 KETO & NON-KETO
RECIPES

Ingredients:

3 cups romaine salad mix
4 slices bacon, cooked and chopped
½ medium avocado, diced
¼ cup tomatoes, chopped
¼ cup shredded cheddar cheese
2 tablespoons paleo ranch dressing

Instructions:

- In a large bowl layer romaine salad mix, tomatoes, shredded cheese, avocado, and bacon. Drizzle salad with ranch and enjoy!

Makes 1 serving



Ingredients:

4 cups radishes, sliced
2 tablespoons butter
½ teaspoon minced garlic
1 teaspoon fresh thyme
sea salt & pepper, to taste

Instructions:

- In a skillet heat butter over low heat; sauté minced garlic until just fragrant, about 1 minute. Arrange radishes, cut side-down, in the skillet. Season with salt, pepper, and thyme, continue cooking and stirring occasionally, until radishes are browned and softened, about 10 minutes. Enjoy!

Makes 4 servings



Ingredients:

2 cucumbers, sliced
 1 cup chopped tomatoes
 ½ cup sliced onion
 3 cups spinach
 3 cups arugula
 ½ cup walnuts
 1 cup goat cheese crumbles

¼ cup avocado oil
 ¼ cup white distilled vinegar
 ½ cup water
 2 tablespoons monk fruit sweetener
 (or stevia)
 1 teaspoon sea salt
 Black pepper, to taste

Instructions:

- In a large bowl whisk together water, vinegar, avocado oil, sea salt, sweetener, and pepper.
- Place cucumbers, tomatoes, and onion in a large container, drizzle vinegar mixture over vegetables and toss until well coated. Cover and refrigerate for at least 2 hours or overnight.
- Just prior to serving toss spinach and arugula in a large bowl. Drain cucumber mixture and layer on top of greens, sprinkle with walnuts and goat cheese. Enjoy immediately!

Makes 4 servings



Ingredients:

12 ounces lime sparkling water
¼ cup cucumbers
1 tablespoon fresh mint
2 lime wedges
1 ounce shot vodka
Ice to taste

Instructions:

- Place mint and one lime wedge in a glass, using a muddler to crush. Pour vodka and sparkling water in glass, mix together until well combined. Add ice, cucumbers, and remaining lime to glass, enjoy immediately.

Makes 1 serving



Ingredients:

1/2 cup strawberry halves
3 tablespoons fresh mint
1 lemon, juiced
4 12oz cans lemon sparkling water
2 tablespoons monk fruit sweetener
Ice, to desire

Instructions:

- In a bowl use a muddler to crush strawberries and mint. Place sparkling water in a pitcher and gently mix in strawberry mint mixture, lemon juice, and sweetener. Add ice and enjoy!

Makes 4 servings



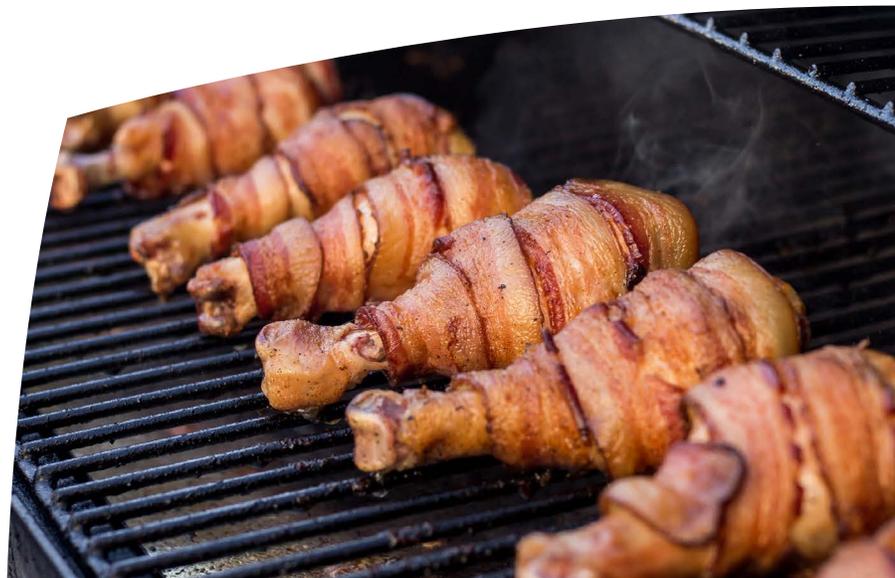
Ingredients:

8 chicken drumsticks
16 slices bacon
2 tablespoons avocado oil
1 tablespoon dried parsley
Sea salt & pepper, to taste
Stevia to taste

Instructions:

- Preheat grill to medium heat.
- Pat drumstick dry with paper towel, rub with avocado oil and season with sea salt & pepper to taste on all sides. Wrap 2 bacon slices around drumstick, tucking ends so they do not unravel while cooking. Sprinkle drumsticks with stevia and parsley.
- Place drumstick on grill and cook for 30-35 minutes, flipping every 5-7 minutes, or until they reach an internal temperature of 185 degrees Fahrenheit.
- Enjoy drumsticks with vegetable of choice on the side.

Makes 8 servings



Ingredients:

1 pound boneless skinless chicken thighs, cut into bite-sized pieces
1 bell pepper, chopped
8 ounces mushrooms, sliced
2 cups zucchini, sliced
½ cup pesto
3 tablespoons olive oil
salt and pepper to taste

Instructions:

- Heat 1 ½ tablespoons of oil in a large skillet over medium-high heat. Sprinkle salt and pepper on chicken.
- Sauté chicken until white and cooked through, about 8-10 minutes. Set aside.
- In the same skillet add remaining oil and the vegetables and sauté another 5 minutes until vegetables are just soft. Add pesto and turn heat down to medium-low and simmer for another 5 minutes.
- Remove from heat and add chicken, toss until well coated and allow to cool a few minutes. Enjoy warm.

Makes 4 servings



Ingredients:

4 (5.3 ounce) ground sirloin hamburger patties
4 (4 oz.) portobello mushroom caps
2 tablespoons avocado oil
4 slices swiss cheese
½ cup sliced jalapenos
4 tablespoons paleo mayo
1 medium avocado, sliced
lettuce
garlic and herb seasoning, to taste
sea salt & pepper, to taste
smoked paprika, to taste

Instructions:

- Preheat grill to medium heat.
- As your grill is heating season hamburger patty with sea salt, pepper, and garlic and herb seasoning on both sides.
- Rub mushroom caps with olive oil on both sides, season with sea salt, pepper, and smoked paprika.
- Grill hamburger and mushroom cap on preheated grill, cook until desired doneness and texture. Top burger patty with swiss cheese and allow to melt.
- Once cheese has melted, top patty on grilled Portobello mushroom cap. Top patty with mayo, lettuce, mushrooms, and avocado. Enjoy!

Makes 4 servings



Ingredients:

2 pounds chicken wings
 2 tablespoon avocado oil
 1 tablespoon chili powder
 ½ teaspoon mustard powder
 ½ teaspoon paprika
 ½ teaspoon red pepper flakes
 ¼ teaspoon thyme
 1 teaspoon sea salt

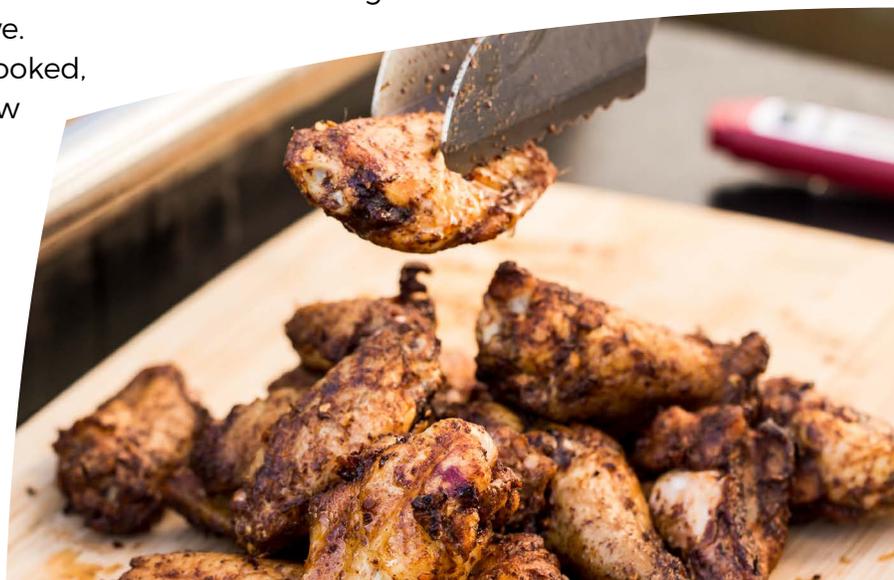
Optional dipping sauce

4 tablespoons paleo mayo
 2 tablespoons sour cream
 1 tablespoon heavy whipping cream
 3 tablespoons grated parmesan cheese
 1 teaspoon lemon juice
 Pinch stevia
 garlic powder, to taste
 sea salt & pepper, to taste

Instructions:

- Preheat grill to medium heat. In a large bowl, combine chicken wings, avocado oil, and seasonings, toss until evenly seasoned. Place on grill and cook over medium heat for 40 minutes, turning every 7-10 minutes.
- (For oven preparation) Preheat oven to 375 degrees Fahrenheit, line a baking sheet with foil for easy clean up, spray with nonstick cooking spray. Set aside.
- In a large bowl combine chicken wings, avocado oil, and seasonings, toss until evenly seasoned.
- Line wings on baking sheet, careful that no pieces overlap. Bake in preheated oven for 1 hour, or until cooked through and has an internal temperature of 160 degrees Fahrenheit.
- Meanwhile, while wings are cooking, make dipping sauce. In a bowl combine mayo, sour cream, heavy cream, parmesan cheese, lemon juice, garlic powder, salt, pepper, and stevia. Mix until thoroughly combined and chill in refrigerator until ready to serve.
- Once wings are cooked, set aside and allow to cool for 5-10 minutes. Once cooled serve wings with dipping sauce on the side and enjoy!

Makes 6 servings



Ingredients:

2 portobello mushroom caps
4 ounces ground pork sausage
4 ounces cream cheese
1 cup shredded Colby jack cheese
½ teaspoon cumin
½ teaspoon minced garlic
¼ teaspoon paprika
Sea salt & pepper, to taste
¼ cup water

Instructions:

- Preheat oven to 400 degrees Fahrenheit, spray an 9x11 baking dish with nonstick cooking spray and set aside.
- In a skillet over medium heat add minced garlic, pork sausage, and seasonings. Cook until sausage is browned and cooked through, about 5-8 minutes.
- In a bowl combine cream cheese, sausage, and ½ cup shredded cheese. Divide sausage mixture between mushrooms. Place mushrooms in greased baking dish and sprinkle with remaining cheese. Pour water in bottom of dish and cover with foil.
- Bake in preheated oven for 15 minutes. Remove from oven and remove foil and bake for another 10 minutes until cheese begins to brown. Allow to cool a few minutes before serving.

Makes 2 servings



Ingredients:

For the brownies:

1/3 cup almond flour
 1/4 cup coconut flour
 3 tablespoons monk fruit sweetener
 ¼ cup unsweetened cocoa powder
 3 scoops Complete Wellness vanilla mct powder
 1/2 teaspoon baking soda
 1 teaspoon baking powder
 ¼ teaspoon salt
 3 tablespoons coconut oil
 2 tablespoons butter, melted

1 teaspoon vanilla extract

2 Eggs

½ cup water

For the cheesecake:

4 ounces cream cheese

1 tablespoon butter

2 tablespoons monk fruit sweetener

1 egg

½ teaspoon vanilla extract

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Grease an 8x8 baking dish with coconut oil and set aside.
- For the brownies, in a large bowl combine dry ingredients, mix well. In another bowl beat together wet ingredients. Slowly add wet ingredients to the dry ingredients and continue to beat until well combined. Set aside.
- In a small bowl beat together all the ingredients for cheesecake layer.
- Pour half the brownie mixture into greased baking dish then spread cheese cake mixture on top. Drop remaining brownie mixture by spoonful on top of cheesecake, using a knife swirl brownie mixture around.
- Bake in preheated oven for 30-35 minutes or until a toothpick comes out clean.
- Allow to cool and enjoy!

Makes 9 servings



Ingredients:

3 ounces cream cheese, softened
 3 tablespoons butter, softened
 ¼ cup cashew butter, softened
 ½ teaspoon vanilla extract
 ¼ teaspoon almond extract
 3 scoops Complete Wellness Vanilla C8 MCT Oil
 3 tablespoons golden monk fruit sweetener (or golden erythritol)
 ¾ cup blanched almond flour
 ½ teaspoon baking powder
 ¼ teaspoon sea salt
 ½ cup sugar free dark chocolate chips

Instructions:

- Preheat oven to 350 degrees Fahrenheit and line a cookie sheet with parchment paper, set aside.
- In a medium bowl, beat together cream cheese and butter until creamy then add cashew butter and extracts. Mix until smooth and well combined.
- Add MCT oil powder, sweetener, baking powder, and sea salt to the cream cheese mixture and mix until smooth. Slowly add almond flour and continue mixing until dough begins to form. Fold in chocolate chips.
- Measure out about a heaping tablespoon worth of dough and line on prepared cookie sheet, be sure to leave about 2 inches between cookies to allow for spreading. Bake in preheated oven for 13-15 minutes or until edges are golden brown. Allow to cool on sheet for 5 minutes then move to cooling rack and allow to cool for 5-10 minutes.
- Store in airtight container for 5 days if they last that long!

Makes 16 cookies



Ingredients:

2 medium avocados
1/3 cup unsweetened cocoa powder
4 tablespoons natural peanut butter
1/3-1/2 cup full fat coconut milk
2 teaspoons vanilla extract
3 tablespoons monk fruit sweetener

Instructions:

- In a blender combine all the ingredients together until smooth, you may add more almond milk if batter is too thick.
- Pour mixture into popsicle molds and freeze for a minimum of 3 hours.
- Enjoy popsicle on a nice hot day!

Makes 6 servings



Ingredients:

8 ounces cream cheese
 ½ cup heavy whipping cream
 ½ cup sour cream
 1 tablespoon lemon zest
 2 tablespoons lemon juice
 1 teaspoon vanilla
 2-3 tablespoons stevia

For granola:

5 tablespoons Super Seed Blend (chia seeds, ground flax seeds, hemp seeds)
 5 tablespoons unsweetened shredded coconut
 1 ounce walnut pieces
 1 ounce macadamia nuts, crushed
 4 tablespoons sugar free maple syrup
 1 teaspoon ground cinnamon

Instructions:

- Preheat oven to 350 Degrees Fahrenheit, line a baking sheet with parchment paper and set aside.
- In a bowl combine all ingredients for granola, except for cinnamon, toss until well coated with syrup. Spread granola on baking sheet, careful to not overlap. Season with cinnamon and bake for 20 minutes, careful to not burn. Allow granola to cool to room temperature.
- Meanwhile, in a mixer cream together cream cheese, sour cream, lemon zest, lemon juice, vanilla, and stevia. Add heavy whipping cream, blend until whipped and fluffy, about 5-8 minutes.
- Once granola is cooled layer in serving dishes, pipe cheesecake mixture on top, and layer again with granola. Top with cheesecake layer and sprinkle with lemon zest for garnish. Enjoy!

Makes 8 servings

Ingredients:

½ cup strawberry halves
2 tablespoons whipped heavy cream
1 tablespoon sliced almonds

Instructions:

- In a bowl layer strawberry halves and top with whipped cream. Sprinkle with almonds and enjoy immediately.

Makes 1 serving



Ingredients:

- 1 (15 ounce) can black beans, drained and rinsed
- 1 medium avocado, diced
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- 1 cup roma tomatoes, diced
- 2 tablespoons avocado oil
- 3 tablespoons lime juice
- 1 teaspoon minced garlic
- Cilantro, to taste
- Sea salt & pepper, to taste

Instructions:

- In a large bowl layer black beans and vegetables, toss until well combined. Drizzle salad with lime juice, avocado oil, and seasonings. Toss again until well coated in seasonings.
- Refrigerate salad for at least 2 hours prior to serving. Enjoy!

Makes 6 servings



Ingredients:

3 cups mixed greens salad
¼ medium avocado, sliced
½ cup strawberries, sliced
2 ½ ounces grilled chicken breast
2 tablespoons raspberry vinaigrette dressing
2 tablespoons pecans

Instructions:

- Layer all ingredients in a bowl. Drizzle with dressing and enjoy immediately!

Makes 1 serving



Ingredients:

2 medium bananas, sliced
1 medium apple, diced
1 cup strawberry halves
1 cup blueberries
2 medium kiwis, sliced
½ lemon, juiced
½ orange, juiced
1 tablespoon honey
1 tablespoon chia seeds

Instructions:

- In a large bowl, combine all ingredients, mix well.
- Chill for about an hour prior to serving. Enjoy!

Makes 6 servings, about 1 cup per serving



Ingredients:

1 cup unsweetened coconut milk
1/2 cup pineapple tidbits
¼ cup 100% pineapple juice
1 scoop vanilla protein powder
1/4 tsp rum extract
1/4 tsp coconut extract
2 teaspoons stevia
Ice to desire

Instructions:

- In a blender combine all ingredients. Blend until mixed well and enjoy!

Makes 1 serving



Ingredients:

1 cup fresh raspberries
1 tablespoon minced ginger
4 cups water
3 bags tea of choice (I like green tea)
3 tablespoons stevia

Instructions:

- In a large pot add raspberries, ginger, and water and bring to a boil. Allow to boil 2 minutes then remove from heat.
- Add tea bags to pot and cover. Allow tea to steep for ½ hour.
- Strain tea into a pitcher and add stevia, mix until dissolved. Allow tea to chill in refrigerator until cool. Serve over ice and enjoy!

Makes 4 servings



Ingredients:

- 3 pounds boneless, skinless chicken breasts
- 3 cups low sodium chicken broth
- 2 cups low sugar barbecue sauce
- 1 large head iceberg lettuce
- 1 red onion, chopped
- 1 cup shredded carrots

Instructions:

- Place chicken breasts and chicken broth into a slow cooker. Cover and cook on low for 8 hours or high for 4 hours.
- Once chicken is cooked through, carefully shred chicken with a fork or hand mixer. Once shredded, toss with barbecue sauce.
- Serve barbecue chicken in whole leaves of the iceberg lettuce, using the leaves as "wraps" to place the chicken in. Tuck shredded carrots and red onion in with the chicken and enjoy!

Makes 8 servings



Ingredients:

1 pound chicken breast, trimmed and cut into 1 inch pieces
½ cup panko crumbs
½ cup whole wheat flour
¾ cup liquid egg whites
¼ teaspoon sea salt
¼ teaspoon pepper
¼ teaspoon paprika
½ teaspoon chili powder

Instructions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium sized bowl, mix pepper, paprika, and chili powder with panko bread crumbs.
- Line a baking sheet with foil for easy clean up and spray with non-stick cooking spray.
- Roll chicken breast pieces in flour, dip in egg whites, then roll in bread crumb mixture, and lay on baking sheet.
- Bake in preheated oven for 20 minutes. Your serving size will depend on how small you cut your chicken pieces into. Divide your total pan into four equal portions.
- Enjoy nuggets with vegetable of choice on side!

Makes 4 servings



Ingredients:

4 limes juiced
5 green onions
1 chopped medium onion
2 habanero peppers
1 cup water
2 teaspoons allspice
1/2 teaspoon nutmeg
1 teaspoon sea salt
1 teaspoon coconut sugar
2 teaspoons dried thyme
1 teaspoon ground ginger
1/2 teaspoon ground pepper
2 tablespoons olive oil
3 teaspoons minced garlic
2 pounds chicken breast, diced
2 medium zucchini, sliced
2 medium yellow squash, sliced
2 medium bell peppers, sliced

Instructions:

- Add all ingredients, except for chicken, zucchini, squash, and bell peppers, to food processor and blend until smooth.
- Place chicken into a large zip-lock bag. Pour in about $\frac{3}{4}$ of the marinade mixture. Seal bag and toss chicken until well coated.
- Chill in refrigerator for at least 2 hours or overnight.
- On a skewer, alternate placing zucchini, squash, bell pepper, and chicken, filling until skewer is full. Grill chicken kabobs over medium heat, brushing with remaining mixture. Cook for about 7 minutes on each side or until chicken reaches an internal temperature of 165 degrees Fahrenheit.

Makes 6 servings



Ingredients:

3 pounds lean ground turkey
3 tablespoons Dijon mustard
3 tablespoons minced garlic
2/3 cup red onion, finely chopped
1 small head red cabbage, chopped
½ cup olive oil
1 cup red wine vinegar
2 tablespoons stevia

Instructions:

- Place ground turkey, mustard, garlic, red onion, sea salt, and pepper in a large bowl. Using your hands mix until well combined.
- Once combined, form mixture into 6 patties.
- Grill burger over medium heat until meat is well done and reaches an internal temperature of 160 degrees Fahrenheit.
- Meanwhile, in a large bowl combine cabbage, olive oil, vinegar, and stevia. Toss until well coated and chill in refrigerator until ready to serve.
- Enjoy turkey burger with toppings of choice and cabbage on the side.

Makes 6 servings



Ingredients:

4 oz. pork loin chop
½ tablespoon olive oil
¼ teaspoon sea salt
¼ teaspoon chili powder
¼ teaspoon smoked paprika
¼ teaspoon garlic powder
¼ teaspoon onion powder
Fresh cracked pepper, to taste

Instructions:

- Preheat grill to medium heat.
- In a small bowl combine all the seasonings and mix well.
- Pour olive oil on each side of pork loin chop, use fingers to rub in until well coated.
- Sprinkle seasoning mixture on each side, rub in with fingers, including the sides.
- Grill on preheated grill for 5-6 minutes each side or until pork reaches an internal temperature of 160-170 degrees Fahrenheit. (160 for medium, 170 for well done.)
- Enjoy with steamed veggies of choice on the side!

Makes 1 serving



Ingredients:

1½ cups whole wheat pastry flour	1 teaspoon butter extract
½ cup vanilla protein powder	½ cup unsweetened applesauce
½ cup xylitol	½ cup plain non-fat greek yogurt
2 teaspoons baking powder	3 egg whites
½ teaspoon baking soda	¼ cup unsweetened almond milk
½ teaspoon sea salt	2 tablespoons rainbow sprinkles
1 teaspoon almond extract	1 8-ounce tub sugar free whipped cream

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Mix all ingredients, except for sprinkles, together in a bowl. Fold in 1 tablespoon of sprinkles.
- Line a cupcake sheet with foil liners, or spray with nonstick cooking spray.
- Equally fill the liners with the cupcake batter.
- Bake in preheated oven for 18-20 minutes or until a toothpick comes out clean.
- Allow cupcakes to cool to room temperature before icing with sugar free whipped topping.
- Sprinkle with the remaining sprinkles and store in the refrigerator until ready to serve!

Makes 12 cupcakes, 1 cupcake per serving



Ingredients:

2 medium peaches
1 tablespoon butter, melted
2 tablespoons honey
¼ cup goat cheese
2 tablespoons coconut milk
2 tablespoons walnuts
½ teaspoon cinnamon

Instructions:

- Preheat grill to medium high heat. Cut peaches in half and remove pit, brush with melted butter on each side. Grill peaches for 4-5 minutes on each side, until soft and caramelized.
- Once cooked remove from heat and plate. Drizzle peaches with honey and coconut milk. Season with cinnamon, sprinkle with goat cheese and walnuts. Enjoy immediately!

Makes 2 servings



Ingredients:

12 wonton wrappers
8 ounces greek cream cheese
1/8-1/4 cup unsweetened almond milk
1 tablespoon lemon juice
2 teaspoons lemon zest
1/4 cup stevia
1 teaspoon vanilla
1/3 cup blueberries
1/4 cup raspberries
1/4 cup blackberries, cut in half
1/4 cup strawberry halves

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Spray or line a muffin tin with nonstick cooking spray or liners.
- Line each muffin tin with a wonton wrapper. Bake in preheated oven for 8-10 minutes until golden brown. Allow to cool to room temperature.
- In a large bowl, beat together cream cheese, stevia, lemon juice, lemon zest, and vanilla. Slowly add almond milk until mixture is just thinned, but not runny. Pour mixture into a large zip lock bag, cut corner to create a piping bag.
- Pipe cheesecake mixture into each "crust." Top each with remaining fruit.
- Chill in refrigerator for 1-2 hours. Enjoy!

Makes 12 servings



Ingredients:

24 ounces greek cream cheese, softened
3 scoops vanilla protein powder
3 large eggs
1 ½ teaspoons vanilla extract
1 ½ teaspoons almond extract
1 tablespoon lemon juice
¼ cup unsweetened almond milk (or other milk of your choice)
¼ cup xylitol
½ cup raspberries
1 cup sugar free whipped cream

Instructions:

- Preheat the oven to 300 degrees Fahrenheit. Spray a 9-inch spring foam pan, or pie dish, with nonstick cooking spray. Set aside.
- In a large bowl mix all the ingredients together, except for raspberries and whipped cream, until smooth.
- Pour filling into the pan and spread until evenly distributed with a spatula.
- Bake in preheated oven for 40-45 minutes.
- Once cooked allow to cool for about 15-20 minutes. Then move cheesecake to the refrigerator and chill for at least 4 hours to allow cheesecake to further set.
- Once set top with whipped cream and raspberries and enjoy!

Makes 8 servings, 1/8 slice per serving.



Ingredients:

1 (15 oz.) can chickpeas, rinsed and drained
½ cup cashew butter
¼ cup stevia
1 egg
½ teaspoon baking powder
½ teaspoon baking soda
1 teaspoon vanilla extract
1 teaspoon almond extract
2 graham crackers, crumbled
½ cup mini marshmallows
¼ cup sugar free chocolate chips

Instructions:

- Preheat oven to 350 degrees Fahrenheit, spray an 8x8 baking dish with nonstick cooking spray and set aside.
- In a food processor blend chickpea until smooth then add remaining ingredients, except for graham crackers, mini marshmallows, and chocolate chips. Blend until batter is smooth.
- Pour batter into baking dish and spread until smooth and even.
- Bake bars in preheated oven for 20 minutes. Remove from oven and sprinkle with graham crackers, mini marshmallows, and chocolate chips. Place back in oven and allow to cook for another 20-25 minutes.
- Remove bars from oven and allow to cool for 15 minutes before cutting and removing from pan. Enjoy!

Makes 9 servings

