



BASIC NUTRITION ASSESSMENT

Please check the items that apply to you below:

- ☐ Do you eat out more than three times per week?
- ☐ Do you eat boxed foods more than twice per week?
- ☐ Do you drink any type of soda?
- ☐ Do you eat less than 5 servings of vegetables per day?
- ☐ Do you drink less than 4 glasses of water per day?
- ☐ Do you feel “addicted” to certain foods?
- ☐ Do you typically opt for lower fat and lower calorie foods when given the choice?
- ☐ Do you eat white flour, white rice, or white bread?
- ☐ Do you use artificial sweeteners like Aspartame, Splenda, and Nutrisweet, or consume foods that contain them?
- ☐ Do you eat fried foods more than once per week?
- ☐ Do you eat processed “deli” meat, bacon, sausage, or hot dogs?
- ☐ Do you feel you get all your needed nutrients from food, and therefore pass on supplements including multivitamins and fish oil?
- ☐ Do you use canola oil or vegetable oils in cooking or in salad dressings?
- ☐ Do you use margarine?
- ☐ Are most of the fruits and vegetables you eat conventionally grown (non-organic)?
- ☐ Do you consume milk and dairy products at the grocery store?
- ☐ Are the majority of your animal products from the meat counter or freezer at the grocery store (as opposed to a health food store or local farmer)?
- ☐ Do you consider price and convenience of food to be more important than nutritional quality?



- ☐ Do you eat sweets or candy more than once per week?
- ☐ Do you drink more than 10 oz of alcohol, three times per week?
- ☐ Do you eat while rushed or under stress?
- ☐ Do you, your doctor or family feel that you should lose some body fat?
- ☐ Do you have irregular blood sugar, diabetes, or pre-diabetes?
- ☐ Do you have blood pressure over 115/75?
- ☐ Do you suffer from sinus issues, asthma, or allergies (including rashes, eczema, hives)?
- ☐ Do you have gastrointestinal issues?
- ☐ Do you frequently experience fatigue or insomnia?
- ☐ Do you have emotional/mental challenges or trouble concentrating?
- ☐ Do you suffer from joint pain or muscle aches?
- ☐ Do you have hormonal imbalances?

YOUR SCORE (how many you marked): _____

0-5 = GREAT: You are obviously a nutritionally-conscious person and are off to a good start! Like most of us, you may have some minor improvements that you could make to your nutrition plan. We trust the core principles of the Maximized Living Nutrition Plan will help you take your health to the next level.

6-10 = GOOD: You are doing pretty well but likely need stronger discipline with your eating habits. If you can target and stick to the basic principles of the Core Plan described in this book, you will likely experience speedy improvements in your health.

11-15 = IMPROVEMENT NEEDED: Your diet needs some work -- although you may not realize it. It's very likely that you are doing your best, following other food guides and counting calories, but considering the principles of Maximized Living you are possibly doing some harm to your health. You are probably learning some surprising things in the Maximized Living Nutrition Plan that contradict "traditional wisdom." Rather than becoming overwhelmed, take small steps. You can deal with these one at a time. Be sure to identify any conditions listed in chapter 15 that make you a candidate for the Advanced Plan, which you may need to follow in order to reach your health goals. Small successes can get you motivated to make more changes! Aim to get your score below 6 within six months.



16-20 = PRE-DISEASE: Whether you realize it or not, your eating habits will not be without serious health consequences. If you haven't already started to experience symptoms or have not yet been diagnosed with any disease, that day is around the corner if immediate changes are not made. Fortunately, your score is low enough that following the Advanced Plan will help you reduce your score even further -- and improve your health significantly -- within 6 months time. However, long-standing illness or other factors described in Chapter 15 may prolong your recovery. You will probably feel awful in your first few weeks of changes, but once your body adapts, you will undoubtedly feel the positive effects, like so many Maximized Living consumers across the globe.

20+ = CRISIS: It is time to pull out all of the stops. Whether or not your doctor has diagnosed it, you are in a very serious state of health crisis, and are moving in the wrong direction. The Advanced Plan is designed to help you reverse the track you are on. Start making changes and moving in the right direction today -- the longer you wait, the less likely you will ever start. Even if you begin slowly, just get started! You are better off moving in the right direction slowly than the wrong direction quickly.

As you may have guessed, all of the items on the list are problematic when it comes to being healthy. After all, the ideal score is "zero." It is imperative that you be able to avoid answering yes to most of them. A score of 30 (out of 30) would go to someone following the Standard North American Diet (S.A.D.) religiously! It is sad but true that North Americans hold the dubious honor of having the worst diets on the planet ... and the most lifestyle-related diseases such as heart disease, diabetes, high blood pressure, and cancer.

Every person in his or her lifetime will at some time decide to (and have to) make his or her own health the top priority. We trust you will make this decision today -- not tomorrow! Regardless of your starting point, everyone has room to improve. Nutrition, just like life, is a marathon ... and not a sprint. Let's get started.

Action Steps:

- Keep a Food Journal for 7 Days
- Read the *Maximized Living Nutrition Plans Book*
- Begin the Basic Supplement Regimen described in the book
- Attend the next Nutrition Workshop
- Make a special appointment if you need additional guidance





Recipes For Nutrition Workshop

Starters

Mini Onion Quiches
Hummus with chopped vegetables
Flax Meal Bread

Main Dishes

Basic Chili
Asian Turkey Lettuce Wraps
Caribbean Chicken
Fancy Salmon
Zucchini Boats
Chicken Asparagus Marsala
Stuffed Peppers
Roasted Vegetable Lasagna

Sides and Salads

Broccoli Cranberry Salad
Mixed Greens with Roasted Shallot Dressing
Lime & Walnut Coleslaw
Fried Rice
Mashed No-tatoes
Green Bean Almondine

Desserts

Almond Power Bars
Chocolate Bark
Brownies
Raw Brownie Balls



Mini Onion Quiches • Servings: 10-12

These mini quiches are great to freeze for a quick on the go breakfast later. Here, a typical crust is substituted with shredded coconut.

$\frac{3}{4}$ Cup Shredded Coconut

4 Tablespoons Butter, Melted

1 Cup Chopped Green Onion With Tops

2 Tablespoons Butter

2 Eggs

1 Cup Whole Milk

$\frac{1}{2}$ Teaspoon Sea Salt

$\frac{1}{4}$ Teaspoon Pepper

1 Cup Swiss Cheese, Grated

Preheat oven to 300°F. Combine coconut and melted butter. Divide coconut among mini muffin tins. Saute onion for 10 minutes in 2 tablespoons butter.

Cool onions then divide evenly over coconut crust. Beat eggs, add milk, salt, pepper, and swiss cheese. Pour by spoonfuls on top of onions in tins. Do not fill to the top as they will run over.

Bake until set, about 15-20 minutes. Do Not Overbake.





Hummus • Servings: 4-6

This is delicious and good with grainless crackers, veggies, in a veggie sandwich, etc.

1 Can Chick Peas

2 Cloves Garlic

3 Tablespoons Extra Virgin Olive Oil

Lemon Juice (adjust amount to desired consistency or taste)

Sea Salt

Optional: Tahini (sesame paste)

Fresh Parsley

Paprika

Cumin

Cayenne

Put chick peas, garlic, and olive oil into food processor.
All other ingredients are added to suit taste and consistency.





Flax Meal Bread • Servings: 1 Loaf

Staying away from refined carbohydrates like bread is often difficult because they are a common staple in most people's diet. This is a healthy, crunchy alternative.

2 Cups Flaxseed Meal

1 Tablespoon Aluminum Free Baking Powder

1 Teaspoon Sea Salt

Stevia and/or Xylitol Equivalent to 1-2 Tablespoons Sugar

5 Beaten Eggs

½ Cup Water

½ Cup Grapeseed or Coconut Oil

Preheat oven to 350 F. Prepare pan or a half-sheet pan with parchment paper or a silicone mat. Mix dry ingredients - a whisk works well. Mix wet ingredients; add to dry combining well. Let batter set for 2 to 3 minutes to thicken up. Pour batter onto pan. Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning. Cool and cut into whatever size slices you desire.



Basic Chili • Servings: 4-6

Everyone should have this recipe in their collection. It is healthy, easy to make, and travels well. You can also use this recipe to make a taco salad. Just put over greens with your favorite toppings.

- 1 Tablespoon Coconut Oil
- 1/2 Cup Onion, Chopped or Grated
- 1/2 Cup Celery, Chopped
- 2 Cloves Garlic, Minced
- 1 Cup Green Pepper, Chopped
- 1 Can Kidney Beans or Black Beans
- 2 Teaspoon Oregano
- 2 Teaspoon Chili Powder
- 2 Teaspoons Ground Cumin
- 1 Teaspoon Sea Salt
- 1 8 Ounce Can Organic Crushed-Tomatoes
- 1 - 1 1/2 Pounds Ground Bison, Grass Fed Beef,
or Ground Turkey
- Optional: 1 12 Ounce Jar Prepared Salsa or Pasta
sauce (check ingredients)

In a large skillet melt oil and sauté onions, celery, garlic, and peppers until onion is translucent, 3-4 minutes. Add ground meat, oregano, chili powder, and cumin, continue cooking, stirring frequently, for 5-6 minutes. Pour salt, tomatoes, and salsa, if desired, into pot. Cover, reduce heat and simmer for a minimum of 1 hour for best flavor.



*TIP: You can use a crockpot for this recipe making preparation even simpler.
TIP: If you are on the Advanced Plan, you can leave out the beans.*



Asian Turkey Lettuce Wraps • Servings: 4-5

This is a very tasty dish that will rival any Chinese takeout or elegant Chinese restaurant. It makes a nice presentation for an appetizer as well.

- ½ Cup Water
- 3 Tablespoons Organic Almond/Cashew Butter
- 1 Pound Ground Turkey
- 1 Tablespoon Sesame Oil
- 1 Cup Shiitake Mushroom Caps, Chopped
- 1 Tablespoon Rice Vinegar
- 1 (8 Ounces) Can Water Chestnuts, Drained and Chopped
- 3 Cloves Garlic
- 2 Tablespoons Fresh Ginger, Minced
- ½ Cup Tamari
- ½ Cup Green Onions, Optional,
- 1 Head Lettuce, Separated into Leaves

Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add mushrooms, and next 5 ingredients. Increase heat to medium-high, and cook, stirring constantly, 4 minutes. Add green onions if desired and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up. Serve with extra tamari sauce if desired.

*TIP: You can replace the lettuce with all natural whole wheat tortillas as well for the core plan.
TIP: You can also add ¼ cup chopped carrots that have been lightly steamed for the Core Plan*



Caribbean Chicken • Servings: 4

This is a recipe that you will be sure to make often because it uses common ingredients. It is hard to believe something so good is so easy.

2 Tablespoon Olive Oil

Coarse Salt and Freshly Ground Pepper

1 Small Onion, Finely Chopped

2 Clove Garlic, Finely Chopped

1/2 Cup Coconut Milk

1 Can (14 ounces) Crushed Tomatoes

2 Pinch Ground Cinnamon

4 Boneless Chicken Breast Halves, Cut into Chunks

2 Tablespoons Curry Powder

Cilantro Leaves, Coarsely Chopped, for Garnish

Heat oil in a large skillet over medium-high heat. Add onions and garlic and cook, stirring, until golden brown. Add tomatoes, chicken, and sprinkle curry powder; season with salt and pepper. Reduce heat to low, and cook, stirring, until mixture has thickened and chicken is cooked through, 15 to 25 minutes. Add coconut milk and stir until well combined; cook 5 minutes more. Sprinkle with cinnamon. Garnish with cilantro and serve immediately.

TIP: This dish is great served with sautéed greens.



Fancy Salmon • Servings: 4

This is an exclusive restaurant style recipe. It is great for a quiet dinner or for entertaining guests.

- 1 Tablespoon Olive Oil
- 2 Shallots, Chopped
- ¼ Cup Red Wine Vinegar
- 2 Tablespoons Soy Sauce or Tamari
- ¼ Cup Fresh Lemon Juice
- ¼ Teaspoon Cayenne Pepper
- 1 Tablespoon Fresh Ginger, Chopped
- 2 Tablespoons Fresh Cilantro, Chopped
- 4 Wild Caught Salmon Steaks, Skinless

Sauce: Mix first 7 ingredients in a saucepan. Cook until shallots are soft (about 3 minutes). Remove from heat. Mix in cilantro. Baste the salmon on both sides. Grill or broil 10 minutes on each side, turning once and basting frequently with sauce





Zucchini Boats • Servings: 4

Impress your friends with this delicious and beautifully presented dish. You will want to double this recipe!

- 2 Medium Zucchini
- $\frac{3}{4}$ Pound Ground Turkey
- 1 Small Onion, Chopped
- 1 Cup Raw Cheese (or Cheese Alternative), Shredded (Optional)
- 2 Tablespoons Fruit Sweetened Ketchup or Tomato Paste
- $\frac{1}{2}$ Teaspoon Sea Salt
- $\frac{1}{4}$ Teaspoon Pepper
- $\frac{1}{2}$ Cup Sliced Fresh Mushrooms
- $\frac{1}{2}$ Cup Sweet Red Peppers
- $\frac{1}{2}$ Cup Chopped Green Peppers

Trim the ends of the zucchini. Cut in half lengthwise. Scoop out pulp, leaving a $\frac{1}{2}$ inch shell. Finely chop pulp. In a skillet, cook ground turkey, zucchini pulp, onion, mushrooms, and peppers until meat is brown, drain. Remove from heat. Add $\frac{1}{2}$ cup cheese, ketchup, sea salt, and pepper. Mix well. Spoon into the zucchini shells. Place in a buttered 13 x 9 x 2 inch baking dish. Sprinkle with remaining cheese if desired. Bake uncovered at 350°F for 30 minutes.



Chicken Asparagus Marsala • Servings: 4

Asparagus always give a dish an elegant flair. Here, it also adds beautiful color.

4 Chicken Breast Halves, Boned and Skinned

½ Pound Mushrooms

10 Ounces Asparagus Spears, Cut

¼ Cup Marsala Wine

2 Tablespoons Butter

1 Tablespoon Coconut or Grapeseed Oil

½ Teaspoon Salt

¼ Cup Water

⅛ Teaspoon Pepper

1 Tablespoon Parsley, Chopped Diagonally in 2 Pieces

Pound the chicken pieces to ¼-inch thickness. Melt the butter in a frying pan over medium-high temperature. Add chicken and cook, turning, for about 5 minutes or until the chicken is brown. Remove chicken and set aside. To the drippings remaining in the fry pan, add the asparagus and mushrooms and cook, stirring, for about 3 minutes. Return the chicken to the pan, add the marsala wine, water, salt, and pepper.

Bring the mixture to a boil for 2 minutes to reduce the liquid. Reduce heat, cover and simmer for about 3 minutes or until the chicken and vegetables are tender. Arrange the chicken on a serving platter. Spoon the vegetable sauce over the chicken. Sprinkle with chopped parsley and serve.

TIP: The alcohol in the wine will burn off during cooking but make sure you are using a quality Marsala to get the best flavor. If the asparagus is very thick, rather than wasting the tough ends, use a vegetable peeler to peel off the hard outer edge and leave the soft middle intact.



Stuffed Peppers • Servings: 6

A fancy presentation already in individual servings.

6 Whole Bell Peppers, Red, Yellow or Orange Preferred

1 Pound Grass Fed Ground Beef

1 Cup Brown Rice

1 Can Crushed Tomatoes

1 Can Chicken Stock

1 Garlic Clove, Minced

Coarse Sea Salt and Freshly Ground Black Pepper

Preheat oven to 350°F. Season the meat with salt and pepper and brown in skillet on medium-high. In the meantime, cook the rice with half the amount of liquid (using chicken stock rather than water will add flavor) and half the time as noted on the directions. Once the rice mixture is transferred to the peppers, the liquid in the peppers will continue the rice in the oven. Be careful not to overcook the rice. Add the can of tomatoes, including liquid, into the skillet with the ground beef. Once the rice is done, add that to the skillet along with the minced garlic and salt and pepper. Combine all ingredients well.

Cut the tops off the peppers and remove all the seeds from inside. Take your meat and rice mixture and fill the peppers to the top and put the tops back on. Cover the entire baking dish with aluminum foil trying to make sure it doesn't touch the peppers and bake in the oven for about 50 minutes. Remove the foil and cook for an additional 10 minutes. Make sure the peppers are tender, but not falling apart.

TIP: Serve with some freshly grated parmesan cheese.



Roasted Vegetable Lasagna • Servings: 4-6

This recipe takes a bit of preparation but is well worth it.

Make it when you have some extra time and use the leftovers for lunches.

- 1 Large Eggplant, Sliced into 1/4 Inch Rounds
- 1/2 Pound Medium Mushrooms, Cut into 1/4 Inch Slices
- 3 Small Zucchini, Sliced Lengthwise into 1/4 inch Slices
- 2 Sweet Red Peppers, Cut into 6 Pieces Each
- 3 Tablespoons Olive Oil
- 1 Clove Garlic, Minced
- 1 (15 Ounce) Container Ricotta Cheese (Drained)
- 1/2 Teaspoon Pepper
- 1/4 Cup Parmesan Cheese, Grated
- 1 Egg
- 1 Teaspoon Sea Salt
- 1 (26 ounce) Jar Pasta Sauce (Check Ingredients) or Homemade Sauce
- 2 Cups Mmozzarella Cheese, Grated
- 3 Tablespoons Basil, Minced

Spread eggplant and mushrooms onto a baking pan. Place zucchini and red pepper on a second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake uncovered at 400°F for 15 minutes. Turn vegetables over and cook 15 minutes more. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes until edges are browned. In a bowl, combine the ricotta cheese, parmesan cheese, and egg. Spread about 1/2 cup pasta sauce in a 9" x 13" x 2" glass baking dish. Layer with half the ricotta cheese mixture, half of the vegetables, a third of the pasta sauce, and 1/2 cup of the mozzarella cheese. Sprinkle with basil. Repeat layers.

Top with remaining pasta sauce. Cover and bake at 350°F for 40 minutes. Uncover, sprinkle with remaining cheese. Bake 5-10 minutes longer or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.



Broccoli Cranberry Salad • Servings: 4-6

This is a popular recipe that has been improved with better ingredients. It is great for picnics and potlucks.

5 Cups Broccoli Florets, Chopped

½ Cup Red Onion, Chopped

½ Cup Organic Shredded Cheese, Optional

1 Cup Turkey Bacon, Cooked And Crumbled

1 Cup Raw Sunflower Seeds

1 Cup Dried Cranberries

Dressing:

¾ Cup Mayonnaise

stevia or Xylitol to Taste

2 Tablespoons Red Wine Vinegar

¼ Teaspoon Pepper

Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour.



Roasted Shallot Salad Dressing • Servings: About 4

The family-favorite salad dressing!

1 Small Bag Shallots

Coconut Oil

Balsamic Vinegar

Extra Virgin Olive Oil

Peel and slice the shallots; then sauté them in a tiny bit of coconut oil until they begin to caramelize. Deglaze the pan with some balsamic vinegar, and remove from heat. Pour the shallots and vinegar into a blender, and add more balsamic vinegar – approximately one cup. Turn the blender on, at first to a low setting, and then increasing the speed as the shallots are incorporated. Once the high setting has been established, stream in approximately two cups of extra virgin olive oil, very slowly so that the dressing will emulsify. (Amounts listed can be varied to your liking.)



Lime and Walnut Coleslaw

A great tangy, crunchy salad. This is a great alternative to mayonnaise based slaws.

1½ Cups Raw Walnut Pieces

½ Head Medium-Large Cabbage

1 Basket of Tiny Cherry Tomatoes, Quartered (optional – not pictured here)

1 Jalapeño Pepper, Seeded and Diced

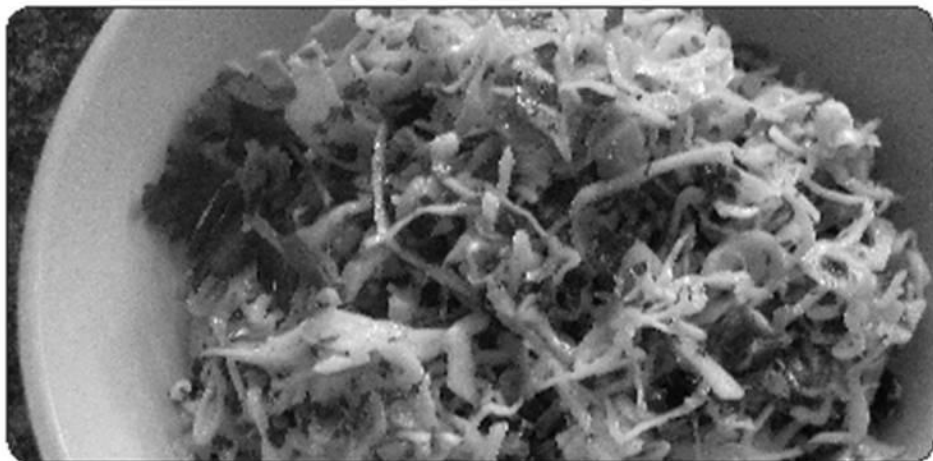
¾ Cup Parsley or Cilantro, Chopped

¼ Cup Freshly Squeezed Lime Juice

2 Tablespoons Olive Oil

¼ Teaspoon Sea Salt

Cut the cabbage into two quarters and cut out the core. Using a knife shred each quarter into very thin slices. Cut long pieces in half. Combine the cabbage, walnuts, tomatoes, Jalapeño (optional), and cilantro or parsley in a bowl. In a separate bowl combine the lime juice, olive oil, salt. Add to the cabbage mixture and gently stir.





Fried Rice • Servings: 4

This recipe is better than the restaurant version. It is quick and can easily turn into a complete dinner with the addition of chopped chicken or turkey. It is great as leftovers too! You can add extra vegetables or protein- just adjust the ingredients accordingly.

3 Tablespoons Coconut Oil

4 Cups Brown Rice, Cooked

1½ Teaspoon Soy Sauce

2 Eggs, Slightly Beaten

¼ Teaspoon Fresh Ground Pepper

Optional:

¼ Cup Scallions, Chopped

¼ Cup Corn

¼ Cup Peas

¼ Cup Chopped Carrots

Heat the oil in a large skillet, and add the rice, soy sauce, pepper and optional ingredients. Cook over medium-high heat, stirring often, for about 6 minutes. Add the eggs and stir briskly so they cook and break into small bits throughout the rice. As soon as the egg is set, remove and serve



Mashed NO-tatoes • Servings: 4

This is a good alternative to high carbohydrate mashed potatoes.

This is not only low carb but it is highly nutritious. Use it in place of potatoes or rice.

1 Head Cauliflower

Sea Salt and Black Pepper to Taste

2 Tablespoons Organic Butter

1-2 Cloves of Garlic, Optional

Steam cauliflower until very soft (you can also boil it but this is not recommended as a lot of the nutrients are lost) Chop up cauliflower and put in a food processor or blender with butter, salt, pepper, and garlic if desired. Blend to desired consistency.



Green Bean Almandine • Servings: 4

Most green bean recipes call for the beans to be cooked so long that much of the nutrients are lost. In this recipe they remain completely intact.

3 Tablespoons Lemon Juice

8 Tablespoons Olive Oil

1 Clove of Garlic, Minced

1 Tablespoons Onion Minced

½ Teaspoon Dry Mustard

½ Teaspoon Sea Salt

¼ Fresh Ground Pepper

4 Cups Greens Beans, French Cut

2 Cups Mushrooms, Wiped and Sliced

1 Cup Almonds, Sliced

Combine ingredients for marinade and pour over beans, mushrooms and almonds. Toss well. Allow to marinate for 2 hours in a dehydrator or overnight in the refrigerator. Serve chilled or just slightly warmed

TIP: Use the slicer blade in a food processor to French cut the beans. Just put a whole handful in at a time and press down.



Almond Power Bars • Servings: 8-10 Slices

These no bake, high-protein, high-fiber bars are a cinch to make and easy to take along.

2 Cups Raw Almonds

½ Cup Flaxseed Meal

½ Cup Unsweetened Shredded Coconut

2 Scoops Flavored Whey Protein Powder

½ Cup Raw Almond Butter

½ Teaspoon Kosher Salt

½ Cup Coconut Oil

8 Drops Liquid Stevia or ¾ Teaspoon Stevia Powder, To Taste

1 tablespoon pure vanilla extract (No sugar – check the label)

8 squares unsweetened chocolate, melted and sweetened to taste with stevia and cinnamon (optional) Place almonds, flax meal, shredded coconut, whey powder, almond butter and salt in a food processor. Pulse briefly, about 10 seconds. In a small sauce pan, melt coconut oil over very low heat.

Remove coconut oil from stove; stir stevia and vanilla into oil. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8 x 8 glass baking dish. (A parchment paper liner helps when you want to remove the bars from the dish.) Chill in refrigerator for 1 hour, until mixture hardens. In a double boiler, melt chocolate, stirring in stevia and cinnamon. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens. Remove from refrigerator, cut into bars, and serve.

These bars are pictured here naked for people who prefer to skip the chocolate coating.



TIP: Use other combinations of raw nuts and raw nut butters; such as macadamia.



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Chocolate Bark • Servings: 4

Any chocolate lover will approve of this recipe. It makes a great gift as well.

4 Squares Unsweetened Baking Chocolate

1 Tablespoon Butter (optional)

1 Teaspoon Cinnamon (optional)

Stevia and/or Xylitol to taste

1 Handful of Raw Almonds, Raw Pecans, Raw Hazelnuts, or a Combination of
Any Raw Nut You Have on Hand.

Melt chocolate and (optional) butter over a double boiler. Add stevia/Xylitol to taste. On a piece of parchment paper in a 1/2 sheet pan or on a rimmed cookie sheet, distribute the nuts over the surface. Pour the melted chocolate mixture over the nuts. Cool in refrigerator or freezer. When the bark has hardened, remove from the parchment paper, break into pieces, and store in a plastic bag in the refrigerator or freezer.



Brownies • Servings: 8 Squares

Use this recipe when you have to bring food for a children's celebration, to share with co-workers, or keep all to yourself.

4 Tablespoons Butter

4 Tablespoons Unsweetened Cocoa Powder

1 ½ Cup Whey Protein Powder (Chocolate or Vanilla)

2 Teaspoons Stevia or to Taste

1 Teaspoon Pure Vanilla Extract

½ Cup Milled Flaxseed + 2/3 Cup Boiling Water to Gel

½ Teaspoon Aluminum Free Baking Powder

½ Teaspoon Baking Soda

½ Cup Chopped Walnuts, Optional

¾ Teaspoon Salt

1 Egg

Preheat oven to 275°F. Melt butter and chocolate in a small saucepan on low heat. Stir until smooth. Add protein powder, stevia, salt, vanilla and egg and beat well. Combine milled flaxseed gel, walnuts, baking soda, and baking powder. Add to the chocolate mixture. Mix all ingredients well. Pour mixture into 5 ramekins and bake for 10 minutes. When done, remove and cool brownies on a wire rack. Serve when cool.



Raw Brownie Balls • Servings: Approximately 10

A great treat for people trying to cut out carbs and sugars because it is very sweet and satisfying!!! It is a kid friendly favorite

1 Cup Walnuts or Pecans

6-10 Pitted Dates, Soaked in Water

½ Teaspoon Stevia (or more to taste)

1 Cup Unsweetened Cocoa Powder

2 Teaspoons Ghee or Coconut Oil

½ - ¾ Cup Shredded Coconut, Unsweetened

Put everything in the blender and mix. Shape into one inch balls and refrigerate.