



Shrimp Fried Cauliflower Rice

Ingredients

Serves 4

1 lb medium-large raw shrimp
peeled and deveined

1 tsp tapioca flour

Sea salt and black pepper

2 Tbsp ghee or grass-fed butter

3 eggs whisked

1 1/2 cups carrots diced

1 bunch scallions white and green
parts separated - thinly sliced

1 inch fresh ginger peeled and
minced about 2 tsp

3 cloves garlic minced

12 oz cauliflower rice fresh or
frozen.

1/4 cup coconut aminos (cleaner
version of soy sauce)

1 tbsp pure sesame oil

Sea salt to taste

instructions

1. In a bowl, toss the shrimp with the tapioca flour, salt and pepper. Heat a large nonstick skillet over medium high heat. Once hot, add 1 Tbsp ghee or grass-fed butter. Add shrimp in a single layer and cook 1-2 minutes per side until opaque, careful not to overcook. Remove to a plate and turn the heat to medium.
2. With the skillet over medium heat, add the whisked eggs and cook until just set, breaking them up with your spatula. Set them aside with the shrimp.
3. Add the second tablespoon of oil or ghee to the skillet and adjust heat medium high. Add the diced carrots and cook, stirring, 3-4 minutes or until fork tender. Then add in the white part of the scallions, ginger, and garlic and stir to combine. Cook another minute until fragrant.
4. Add in the cauliflower rice, coconut aminos and sesame oil and stir to combine. Cook about 2-3 minutes to soften the cauliflower rice. Add in the shrimp and eggs and stir and cook 30-60 seconds to heat through, then remove from heat. Garnish with the green part of the scallions and additional coconut aminos or salt and pepper to taste.



Dairy-Free Low Carb Chicken Alfredo

Ingredients

Serves 6

1 1/2 cups cashews no need to
soak

1 cup almond milk

3 cloves garlic

3 Tbsp lemon juice

3 Tbsp nutritional yeast

1 1/4 tsp fine sea salt

1 tsp Dried basil optional

1 med/large spaghetti squash

Avocado oil or avocado oil spray

Sea salt and black pepper

1 1/2 lbs Boneless skinless
chicken thighs or breasts

1/2 tsp dried oregano

1/2 tsp dried basil

1 Tbsp grass-fed butter or ghee

Fresh Basil or parsley for garnish

instructions

For Alfredo Sauce:

1. In a high-speed blender combine all ingredients. Blend until completely smooth. Sauce should be warm by the end of blending, if not, transfer it to a saucepan to heat before serving.

spaghetti squash and chicken:

1. Preheat your oven to 400°F and line a baking sheet with parchment paper. Cut the squash in half lengthwise and scoop out the seeds and strings. Spray the inside of the squash with avocado oil spray or brush with oil, and sprinkle with sea salt and black pepper.

2. Place squash face down on the baking sheet and roast in the preheated oven for 22-25 minutes, depending on size and preference for softness. You can press down gently on the back of the squash to see if it's tender.

3. Meanwhile, season the chicken thighs generously on both sides with salt and pepper, then sprinkle the oregano and basil all over.

4. Heat oil or ghee over medium-high heat and add chicken to pan.

5. Cook 5-6 minutes on each side, lowering the heat to medium to avoid burning the outside, if necessary.

6. Once chicken is cooked through, remove from pan to a cutting board and let it sit a few minutes. Slice it into strips or bite size pieces using a sharp knife.

7. Use a fork to scrape the squash to make “spaghetti” strands. Then, add to a bowl. Top with the Alfredo sauce and chicken, then garnish with basil and/or parsley as desired.