



Sweet Soy Salmon and Broccoli

Ingredients

Serves 8

- 1 tablespoon monk fruit sugar
- 1 tablespoon butter, melted
- 1 tablespoon olive oil
- 1 tablespoon local honey
- 1 tablespoon liquid aminos
- 1 clove garlic, finely chopped
- 2 lbs salmon filet, cut into 8 pieces
- 4 cups broccoli florets

instructions

1. In small bowl, mix all ingredients except salmon.
2. In shallow dish, place salmon. Pour marinade over salmon and mix. Cover and refrigerate at least 30 minutes but no longer than 1 hour.
3. Drizzle olive oil into a pan and place on stove with medium heat.
4. Remove salmon from marinade. Let it sit at room temp for 10 min.
5. Place salmon, skin side down, on pan. Cook for 5 min or until skin is crispy. Add your broccoli florets. Then, flip the salmon over and cook for another 4-5 min or until salmon is fully cooked and broccoli is at desired texture.



NOT YOUR BASIC ASS CHOPPED SALAD

Ingredients

Serves 4

1 pound ground turkey

1 tablespoon olive oil

2 whole Romaine hearts,
chopped

1 whole avocado, cubed

6 ounces grass-fed cheese,
shredded

6 ounces grape tomatoes,
halved

2 tbsp sliced red onion, chopped

1 tablespoon chili powder

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon dried oregano

1 1/2 teaspoon paprika

1 1/2 teaspoons ground cumin

1 teaspoon salt

1 teaspoon black pepper

instructions

1. Drizzle 1 tbsp of olive oil to a pan. Place the ground turkey in the pan over medium heat. Work the ground turkey in the pan to break up in to tiny crumbles, about 7-10 minutes.
2. Add all of the seasoning to the turkey and mix well.
3. Once turkey is fully cooked, place the rest of the ingredients into a large bowl and toss with the ground turkey. Top with a dollop of sour cream, cilantro, green onions, jalapeño and salsa if desired .