



A Season of SPRING

# RECIPE BOOK

created by Ariel Richards



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# THE ESSENTIALS

## MORNING FAT BURNING ELIXIR

- 1 quart (950 ml) water
- 2 tablespoons raw Apple Cider Vinegar
- 1/8 teaspoon Himalayan rock salt

Place all of the ingredients in a jug, shake and drink. Drink a tall glass first thing in the morning then over the course of the day to feed your body acetic acid for producing ketones

## BONE BROTH

- 3.3 lb oxtail (1.5 kg) or mixed with assorted bones (chicken feet, marrow bones, etc.)
- 2 stalks celery with leaves
- 1 onion, quartered
- 1 cup Shiitake mushrooms (dried)
- 1 bunch fresh parsley
- 2 tbsp apple cider vinegar or fresh lemon juice
- 2-3 bay leaves
- Generous teaspoon of Himalayan Salt
- Pinch ground black pepper
- 8-10 cups water, enough to cover the bones, no more than 2/3 capacity of your pressure cooker or 3/4 capacity of your Dutch oven or 3/4 capacity of your slow cooker.

Place the ingredients in your slow cooker and cover with water. Set your slow cooker to low and cook for 8 to 12 hours. Remove the bones, strain the broth and store in glass or BPA-free plastic containers in the fridge or freezer. If you wish, you can let the broth set in the fridge overnight and skim the fat off the top, adding your own fat to the broth later as a single-serving option. Drink 1-2 cups (240 ml) a day to support the body.

If you don't have time to make bone broth or find it difficult to source grass-fed bones, there are a number of pre-made options available. I recommend Kettle & Fire because it's delicious, non-frozen and shelf stable.

## FAT BOMB SHAKE

- 2 ice cubes
- ½ cup water
- ¼ cup (60g) full-fat canned coconut cream
- ½ tsp raw ground stevia leaf powder
- ¼ tsp pure vanilla extract
- 1 tbsp MCT oil powder
- 1 tbsp (16g) No-Sugar-Added SunButter/Almond butter
- 1 tbsp (5g) unsweetened cacao
- 1/16 tsp salt

### Instructions

To a high-speed blender, add all ingredients and pulse until smooth. Serve immediately and enjoy! Serve immediately

Calories: 425 kcal | Calories from Fat: 387 | Total Fat: 44g | Saturated Fat: 31.68g | Cholesterol: 0mg  
Sodium: 195mg | Total Carbs: 10.5g | Sugars: 1.1g | Fiber: 4.6g | Protein: 6.51g

## FAT BURN MAYO

Servings: 20

### Ingredients

- 2 large eggs
- 2 large egg yolks
- 1 tablespoon fresh lemon juice
- 2 teaspoons apple cider vinegar
- 1 teaspoon yellow mustard
- ¼ teaspoon pink Himalayan salt
- ½ cup (120 ml) light extra- virgin olive oil or avocado oil
- ½ cup (120 ml) MCT oil

### Instructions

Place eggs, yolks, lemon juice, vinegar, mustard and salt to the jug of your high-powered blender. Blend on high for 1 minute, until frothy. Reduce speed to medium and begin to (slowly!) pour in oil, beginning with olive oil, then moving to MCT oil. The process of adding the oil should take 2 to 3 minutes. The slower you go, the better the mayo will turn out. Transfer to a clean jar, cover and store in the fridge.

Calories: 93 | Calories from Fat: 93 | Total Fat: 10.3g | Saturated Fat: 5.4g | Cholesterol: 37mg  
Sodium: 60mg | Potassium: 11mg | Total Carbs: 0.2g | Sugars: 0g | Fiber: 0g | Protein: 0.9g



# THE PANTRY

## SPICE MIX RECIPES

The following are some of my favorite spice mixes, perfect for adding pizzazz to just about anything—eggs, meats, salads, you name it. Mix all of the ingredients in a little jar, give it a shake, cover, and keep in your spice cabinet for up to 6 months.

### Za'atar Spice

- Mix 2 tablespoons dried thyme
- 2 tablespoons dried sumac
- 2 tablespoons sesame seeds, ground and toasted

### Chili Powder Spice Mix

- 2 tablespoons paprika
- 2 teaspoons ground oregano
- 1¼ teaspoons ground cumin
- 1¼ teaspoons garlic powder
- 1¼ teaspoons cayenne pepper
- ¾ teaspoons onion powder, optional

### Ranch Powder Spice Mix

- ¼ cup (6 g) dried parsley
- 1 tablespoon dried dill weed
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- ½ teaspoon basil leaf
- ½ teaspoon ground pepper

### Herbs de Provence Spice Mix

- ¼ cup thyme leaf
- 2 tablespoons marjoram leaf
- 1 tablespoons savory
- ½ teaspoon lavender flowers, ground
- ½ teaspoon ground fennel

### Italian Spice Mix

- 1 tablespoons dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 tablespoon dried marjoram
- 1 tablespoon dried thyme
- 1 tablespoon dried savory
- 1 teaspoon red pepper flakes

### Pumpkin Pie Spice Mix

- 4 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg

## Curry Powder Spice Mix

- 2 tablespoons whole coriander seeds
- 1 teaspoon cumin seeds
- ½ teaspoon whole mustard seeds
- 1 piece of cinnamon bark
- 10 whole cloves
- 1 teaspoon ground turmeric
- 1 teaspoon ground cardamom
- 1 teaspoon ground cayenne

Add coriander, cumin and mustard seeds to a small cast iron frying pan. Toast on medium heat for 2 to 3 minutes until golden. Continue to shake the pan to prevent it from burning. Drop into the cup of your coffee grinder and add cinnamon bark and cloves. Grind until powdered. Add powdered mixture and remaining ingredients into a small bowl. Mix with a small spoon.

## FLAXSEED FOCACCIA BREAD

Serves 12

### Ingredients

2 cups (256 g) roughly  
ground flax seed  
1 tablespoon gluten-free  
baking powder  
1 teaspoon gray sea salt  
5 large eggs  
½ cup (120 ml) water  
⅓ cup (80 ml) avocado oil

### Instructions

Preheat the oven to 350°F (177°C) and line a 13 by 9-inch (33 by 23-cm) baking pan with parchment paper, draping it over the sides. Set aside.

Add the ground flax seed, baking powder and salt to a large bowl. Stir to combine fully and set aside.

Place the eggs, water and oil into the jug of your high powered blender. Blend on high for 30 seconds, until foamy. Transfer the liquid mixture to the bowl with the flax seed mixture. Stir with a spatula, just until incorporated. The mixture will be very fluffy. Allow the batter to sit for 3 minutes.

Drop the mixture into the prepared baking pan. Smooth with the back of the spatula and transfer the pan to the preheated oven.

Bake the bread for 20 minutes, or until the top is golden. Remove from the oven and lift bread (from the parchment paper sides) to a cooling rack. Peel the parchment paper from the bottom of the bread and allow the bread to cool on the cooling rack for an hour before cutting into 12 pieces.

Bread can be toasted or frozen. Keeps well in the fridge for 3 to 4 days and in the freezer for up to 3 months.

Calories: 134 | Calories from Fat: 79 | Total Fat: 8.8g | Saturated Fat: 1.6g | Cholesterol: 68mg Sodium: 227mg | Total Carbs: 6.5g | Sugars: 0g | Fiber: 5.5g | Protein: 5.9g

## THYME & ONION CRACKERS

Serves 4

### Ingredients

- ½ medium onion, coarsely chopped
- 1 small garlic clove, minced
- 2 tablespoons avocado oil
- 2 teaspoons dried thyme leaves
- ¼ teaspoon gray sea salt
- Pinch ground black pepper
- ¾ cups (96 g) roughly ground flax seeds
- 2 tablespoons sunflower seeds, finely ground

### Instructions

Preheat the oven to 225°F (108°C) and set aside a large baking sheet.

Place onion, garlic, oil, thyme, salt and pepper in the bowl of your food processor. Pulse until the onion is completely pureed. Add flax seeds and ground sunflower seeds and pulse just until combined.

Place a 10-inch (25 cm) wide piece of parchment paper on the counter and scoop the cracker dough out on to it. Place another piece of parchment on top, and roll the dough between the two pieces of parchment until it's about ¼-inch (6 mm) thick.

Remove the top piece of parchment paper and score the crackers into 1-inch (2.5 cm) cubes. Keeping the crackers on the same sheet of parchment, transfer to a baking sheet.

Bake for 2 hours, flipping halfway through and removing the parchment paper. The baking time will vary greatly depending on how thick/thin you make the crackers. You want the end result to be crisp and crunchy with no moisture left.

Remove from the oven and allow the crackers to cool on the baking sheet for 15 minutes.

Calories: 166 | Calories from Fat: 136 | Total Fat: 15.1g | Saturated Fat: 0.7g | Cholesterol: 0mg Sodium: 117mg | Potassium: 204mg | Total Carbs: 8g | Sugars: 0.7g | Fiber: 6.6g | Protein: 5g



# SAUCES, DIPS, & DRESSINGS

## SALSA

Serves 8

### Ingredients

- 1 large tomato, diced
- ⅓ cup (20 g) chopped fresh cilantro leaves
- ½ cup (90 g) finely chopped green bell pepper
- ¼ cup (40 g) finely diced white onion
- 1 small jalapeno, diced
- 1 tablespoon lime juice
- 1 clove garlic, minced
- ½ teaspoon gray sea salt
- ¼ teaspoon ground cumin

### Instructions

Place all of the ingredients in a large bowl. Stir to coat.

Transfer to an airtight container and store in the fridge for up to 5 days.

Calories: 13 | Calories from Fat: 1 | Total Fat: 0.2g | Saturated Fat: 0g | Cholesterol: 0mg Sodium: 151mg | Potassium: 135mg | Total Carbs: 2.7g | Sugars: 1.6g | Fiber: 0.8g | Protein: 0.6g

## NUTTY HUMMUS

Serves: 2

### Ingredients

- ½ cup (80 g) macadamia nuts, soaked in water for 24 hours, drained and rinsed
- 1 garlic clove
- 1½ tablespoons fresh lemon juice
- 1 tablespoon water
- 1 tablespoon tahini
- pinch cayenne pepper
- Pinch gray sea salt
- Pinch ground black pepper

### Instructions

Place all of the ingredients into the bowl of your food processor or high-powered blender and blend on high until smooth. Transfer to an airtight container and store in the fridge for up to 5 days

Calories: 290 | Calories from Fat: 266 | Total Fat: 29.5g | Saturated Fat: 0g | Cholesterol: 0mg  
Sodium: 160mg | Potassium: 176mg | Total Carbs: 7g | Sugars: 1.8g | Fiber: 3.7g | Protein: 4.1g

## PATE

Serves 8

### Ingredients

- 1/2 lb Chicken liver
- 1/3 cup ghee or tallow
- 2 tbsp coconut cream
- 1/2 cup Water
- 1 medium shallot (minced)
- 2 cloves garlic (minced)
- 1 tbsp fresh thyme (leaves removed from the stalks)
- 1/2 tsp gray sea salt
- 1/2 tsp ground black pepper

### Instructions

Trim the white connective tissue from the chicken livers.

Melt a tablespoon of ghee or tallow in a skillet over medium heat. Add the garlic and shallots. Cook for one minute, until fragrant.

Add the chicken livers, sea salt, black pepper, thyme leaves, and water to the pan. Turn up the heat and bring to a simmer. Reduce heat to low and cover with a lid. Simmer for 4-8 minutes, stirring occasionally, until the livers are light brown on the outside and barely pink inside. Turn off the heat. Leave the livers covered in the pan for 5 minutes, then drain the liquid from the pan.

Transfer the liver mixture to a blender or food processor. Puree, gradually adding the cream and remaining butter, until smooth. (Feel free to add additional cream to make it creamier.) Blend in additional sea salt and black pepper to taste.

Transfer the pate to ramekins. Cover tightly with plastic wrap, with the plastic touching the top of the pate (try to avoid having air in direct contact with the top). Secure the plastic wrap around the ramekins with rubber bands to keep air out. Refrigerate for 4-6 hours, or overnight, until firm.

Calories: 125 | Calories from Fat: 100 | Total Fat: 11.2g | Saturated Fat: 5.8g | Cholesterol: 107mg  
Sodium: 116mg | Potassium: 89mg | Total Carbs: 1.1g | Sugars: 0.1g | Fiber: 0.2g | Protein: 5.1g

## CAESAR DRESSING

Serves 2

### Ingredients

- 2 tablespoons MCT oil
- 2 tablespoons extra-virgin olive oil
- 6 anchovy fillets
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- ½ tablespoon Dijon mustard
- ½ tablespoon apple cider vinegar
- 1 clove garlic
- Pinch gray sea salt
- Pinch ground black pepper

### Instructions

Place all of the ingredients into the jug of your blender and blend until smooth.

Calories: 233 | Calories from Fat: 232 | Total Fat: 25.8g | Saturated Fat: 3.1g | Cholesterol: 4mg Sodium: 483mg | Potassium: 49mg | Total Carbs: 0.8g | Sugars: 0g | Fiber: 0g | Protein: 1.6g

## FLAXSEED DRESSING

### Ingredients

- ¼ cup (60 ml) flax oil
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried thyme
- ¼ teaspoon paprika
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano

### Instructions

Combine all of the ingredients in a jar and allow the dressing to marinate overnight before using

Calories: 122 | Calories from Fat: 122 | Total Fat: 14g | Saturated Fat: 1g | Cholesterol: 0mg Sodium: 0mg | Potassium: 9mg | Total Carbs: 0.4g | Sugars: 0g | Fiber: 0g | Protein: 0.1g

## BBQ SAUCE

Serves 6

### Ingredients

1½ cups (338 g) tomato sauce  
3 tablespoons balsamic vinegar  
2 tablespoons water  
1½ teaspoons mustard powder  
1½ teaspoons smoked paprika  
¼ teaspoon garlic powder

### Instructions

Place all of the ingredients into a medium-sized saucepan, bring to a light boil, and then reduce to a simmer. Cover and simmer for 10 minutes. Allow the sauce to cool completely before transferring to an airtight jar and storing in the fridge for up to 7 days.

Calories: 22 | Calories from Fat: 4 | Total Fat: 0.4g | Saturated Fat: 0g | Cholesterol: 0mg Sodium: 322mg | Potassium: 228mg | Total Carbs: 4g | Sugars: 2.8g | Fiber: 1.2g | Protein: 1.1g

## PECAN BUTTER

Serves 10

### Ingredients

- 1 cup (100 g) sunflower seeds
- ⅓ cup (46 g) pecans
- 2 tablespoons avocado oil
- pinch gray sea salt

### Instructions

Soak nuts and seeds at least 2 hours or overnight. Drain and rinse well.

Preheat the oven to 325°F (163°C). Spread the ingredients out onto a baking sheet. Transfer the baking sheet to the preheated oven and roast the seeds and nuts for 15 to 20 minutes, rotating frequently.

When the seeds are lightly golden, transfer to the bowl of your food processor and process on high until smooth. Transfer the nut butter to a jar and store in the fridge for up to 1 month.

Calories: 97 | Calories from Fat: 82 | Total Fat: 9.1g | Saturated Fat: 1g | Cholesterol: 0mg  
Sodium: 59mg | Potassium: 94mg | Total Carbs: 2.9g | Sugars: 0g | Fiber: 1.5g | Protein: 2.6g

## CACAO COCONUT BUTTER

5 Servings

### Ingredients

- 1 cup (120 g) hazelnuts
- 1 cup (100 g) shredded unsweetened coconut
- ¼ cup (60 g) cacao butter
- 1 tsp cacao
- 1 tsp cinnamon

### Instructions

Soak nuts at least 2 hours or overnight. Drain and rinse well.

Preheat the oven to 325°F (163°C). Spread the ingredients out onto a baking sheet. Transfer the baking sheet to the preheated oven and roast the seeds and nuts for 10 to 15 minutes, rotating frequently.

When the nuts and coconut are lightly golden, transfer to the bowl of your food processor and process on high until smooth. Transfer the nut butter to a jar and store in the fridge for up to 1 month.

Calories: 369 | Calories from Fat: 335 | Total Fat: 37.2g | Saturated Fat: 19.9g | Cholesterol: 0mg Sodium: 7mg | Potassium: 83mg | Total Carbs: 8.2g | Sugars: 0.7g | Fiber: 4.8g | Protein: 2.1g



## THE MAINS

# PUMPKIN SOUP

## Ingredients

- 2 tablespoons coconut oil
- 1 cup (225 g) pumpkin puree
- 1½ cups (350 ml) homemade chicken broth
- ½ teaspoon gray sea salt
- ½ teaspoon ground pepper
- ½ teaspoon freshly minced ginger
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground coriander
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon cayenne pepper
- 1 bay leaf
- ½ cup (120 ml) full-fat coconut milk
- 4 strips (113 g) uncured bacon, cooked until crisp, then crumbled
- Reserved bacon grease

## Instructions

Place the coconut oil in a large saucepan and heat over medium heat. Add pumpkin puree and sauté for 3 minutes. Pour in chicken broth and all spices, including bay leaf. Bring to a boil, reduce heat to low and simmer for 10 minutes. Stir in the coconut milk, bacon crumbles and bacon grease to taste (optional). Serve!

Calories: 604 | Calories from Fat: 447 | Total Fat: 49.6g | Saturated Fat: 30.7g | Cholesterol: 59mg  
Sodium: 2309mg | Potassium: 727mg | Total Carbs: 14.3g | Sugars: 5.6g | Fiber: 3.9g | Protein: 26.1g

## GREEN FALAFELS

Serves 2

### Ingredients

½ cup (56 g) raw walnuts  
½ cup (80 g) raw almonds  
1½ tablespoons sesame seeds  
¼ cup (15 g) packed fresh cilantro leaves  
¼ cup (16 g) packed fresh parsley leaves  
2 tablespoons extra-virgin olive oil  
1 tablespoon lemon juice  
1 tablespoon dried mint leaves  
1 teaspoon ground cumin  
½ teaspoon nutritional yeast  
½ teaspoon dried oregano leaves  
½ clove garlic  
¼ teaspoon cayenne pepper  
¼ teaspoon gray sea salt  
¼ teaspoon ground pepper

### Instructions

Place the walnuts, almonds and sesame seeds into a large glass bowl. Fill with water, cover and refrigerate for 12 hours. After soaking, strain and rinse.

Add cilantro, parsley, olive oil, lemon juice, mint leaves, cumin, nutritional yeast, oregano, garlic, cayenne pepper, salt and ground pepper to the bowl of your food processor. Pulse mixture until smooth. Add soaked nut and seed mixture to the pureed mixture. Pulse until nuts are the size of sesame seeds.

Preheat your oven to the lowest temperature. Roll the dough, 2 tablespoons at a time, into balls. Press and rotate as you go to allow the mixture to stick. Repeat with remaining dough. Place completed balls on a baking tray and slide into the oven. Bake for 3 hours, rotating halfway through.

Allow the balls to cool completely before storing in a container in the fridge for up to 3 days, or in the freezer for up to 2 months.

Calories: 506 | Calories from Fat: 434 | Total Fat: 48.2g | Saturated Fat: 4.5g | Cholesterol: 0mg Sodium: 207mg | Potassium: 500mg | Total Carbs: 12.3g | Sugars: 1.7g | Fiber: 7.1g | Protein: 14.9g

# SPICY ROASTED CAULIFLOWER

Serves 2

## Ingredients

- 1 medium cauliflower, florets removed
- 2 tablespoons avocado oil
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- ¼ cup (60 ml) MCT Mayonnaise
- 2 tablespoons flax seed oil
- 1 tablespoon harissa
- ¼ teaspoon gray sea salt
- Pinch ground black pepper
- ½ cup (32 g) chopped fresh parsley leaves
- ¼ cup (15 g) chopped fresh cilantro leaves
- ¼ cup (15 g) chopped fresh mint leaves

## Instructions

Preheat the oven to 375°F (190°C).

Place cauliflower florets, oil, cumin seeds and turmeric on a baking sheet and toss to combine. Roast in a preheated oven for 15 to 20 minutes, until the cauliflower begins to brown. Remove from the oven and allow the mixture to cool completely.

Meanwhile, combine the mayo with flaxseed oil, harissa, salt and pepper. Pour over the cooled cauliflower. Toss in fresh herbs and serve. Store in an airtight container in the fridge for up to 3 days.

Calories: 336 | Calories from Fat: 246 | Total Fat: 27.4g | Saturated: 3.9g | Cholesterol: 0mg Sodium: 596mg | Potassium: 700mg | Total Carbs: 22.6g | Sugars: 8.8g | Fiber: 6g | Protein: 5.2g

# CHICKEN POT PIES

Serves 2

## Ingredients

- 1 teaspoon coconut oil
- 1 garlic clove, chopped
- 1 small onion, diced
- 1 stick celery, diced
- 7 oz (200 g) uncooked skin- on chicken thighs, cut into small pieces
- 1 medium cauliflower, florets removed
- 1½ cups (350 ml) homemade broth
- ¼ teaspoon onion salt
- ¼ cup (25 g) coconut flour
- 1 small egg
- 2 tablespoons coconut oil

## Instructions

Preheat oven to 350°F (177°C)

Place coconut oil, garlic, onions, celery and carrot into a frying pan and sauté on medium heat for 5 minutes.

Add chicken thigh pieces and cook through, about 10 minutes. Transfer to a bowl and set aside. Meanwhile, add cauliflower to a saucepan and cover with chicken broth. Bring to a boil on high heat, reduce heat to low and simmer for 15 minutes. Transfer mixture to the jug of your high-powered blender with onion salt and blend until smooth. Transfer cauliflower mix to vegetable mix and toss to coat. Divide into 2 individual ramekin dishes (Or use one small casserole dish).

Cut together coconut flour, egg and coconut oil. The best way to do this is in a stand mixer or with a fork. Divide the dough into 2 equal pieces. Sandwich each piece between two pieces of parchment and roll out until ⅛-inch (3 mm) thick. Cover ramekins with dough, place on a baking sheet and bake in a preheated oven for 30 minutes, until pastry tops begin to golden.

Allow to cool completely. Store in the fridge for up to 3 days, or in an airtight container in the freezer for up to 2 months.

Calories: 531 | Calories from Fat: 320 | Total Fat: 35.6g | Saturated Fat: 20.7g | Cholesterol: 153mg  
Sodium: 882mg | Potassium: 711mg | Total Carbs: 19.1g | Sugars: 6.3g | Fiber: 8.2g | Protein: 33.2g

## BEEF KEBABS w/ TZATZIKI

Serves 1

### Ingredients

- ½ lb (225 g) ground beef
- 2 tablespoons onion
- 1 clove garlic, minced
- ¾ teaspoon grated fresh
- ginger
- ½ teaspoon ground cumin
- pinch ground cinnamon
- pinch gray sea salt
- ½ cucumber, peeled, seeded
- and finely diced
- 2 tablespoon full-fat
- coconut milk
- 1 small garlic clove, minced
- 2 teaspoons lemon juice
- 2 teaspoons fresh dill

### Instructions

Preheat the oven to 375°F (190°C) and place 2 bamboo skewers to soak in water.

To make the kebabs, place all ingredients (beef, onion, garlic, ginger, cumin, cinnamon and salt) into a large sized bowl and mix with your hands until incorporated.

Separate the meat mixture into 2 even portions and roll into sausage-like shapes, about 5 inches (12.75 cm) long, then thread skewers through them. Place completed kebabs on a parchment paper-lined baking sheet.

Repeat with remaining meat mixture. Once complete, bake in the preheated oven for 25 to 30 minutes or until internal temperature reaches 160°F (71°C).

Meanwhile, combine tzatziki ingredients: cucumber, coconut milk, garlic, lemon juice and dill, in a small bowl.

Once kebabs are complete, serve alongside tzatziki.

Calories: 712 | Calories from Fat: 430 | Total Fat: 47.7g | Saturated Fat: 22g | Cholesterol: 196mg  
Sodium: 453mg | Potassium: 1054mg | Total Carbs: 8.4g | Sugars: 2.6g | Fiber: 2.0g | Protein: 59.8g

# SALMON CAKES

Serves 2

## Ingredients

- 2 large eggs
- ½ bell pepper, diced and with juice squeezed out
- 2 green onions
- ¼ cup (16 g) fresh parsley leaves
- 2 tablespoons fresh dill
- 1½ tablespoon lemon juice
- 12 oz (340 g) canned sockeye salmon, drained
- 1 cup (113 g) ground almonds
- 2 tablespoons coconut oil

## Instructions

Place eggs in the bowl of your food processor or high powered blender and whip on low for 1 minute. Add bell pepper, green onion, parsley, dill, and lemon juice. Pulse for a couple of seconds to chop the bell pepper and break up the herbs.

Add salmon and ground almonds, pulsing quickly. If the mixture is too dry, add a bit more of the ground almonds. Form the mixture into 2-inch (5 cm) patties.

Heat the coconut oil in a medium sized frying pan over medium-high heat. Add the salmon patties and cook for 3 to 4 minutes per side, or until golden brown.

Calories: 773 | Calories from Fat: 496 | Total Fat: 55.2g | Saturated Fat: 17.9g | Cholesterol: 261mg  
Sodium: 699mg | Potassium: 1168mg | Total Carbs: 15.9g | Sugars: 4.3g | Fiber: 7.7g | Protein: 57.5g

## PULLED PORK

Serves 8

### Ingredients

- 4 lb pork shoulder (or boston butt)
- 1 tbsp Salt
- 1 tbsp Pepper
- 1 tbsp Garlic powder
- 1 tbsp Onion powder
- 1 tbsp Chili powder
- 1 tbsp Smoked paprika
- 1 cup Chicken broth

Place all of the seasonings in a small bowl and mix well to make the spice rub. Massage the spice rub all over the meat. You may have some left over if you have a smaller cut of meat.

If you have the time, wrap and refrigerate the meat for 3 hours or as long as 24 to let the rub set in. If you are planning ahead, I recommend letting the rub set in. If you don't have the time, just season the pork and start cooking. Place the pork into the slow cooker and pour the chicken broth in. Cook on low for 8-10 hours.

Remove the pork from the crock pot and place it on a cutting board. Shred with two forks or tongs and serve. You can spoon some of the juices from the slow cooker on to the pork for serving.

Calories: 667 | Calories from Fat: 587 | Total Fat: 42.5g | Saturated Fat: 15.5g | Cholesterol: 235mg  
Sodium: 1158mg | Potassium: 812mg | Total Carbs: 0.5g | Sugars: 0g | Fiber: 1g | Protein: 64g

## MEATBALLS w/ LIME SAUCE

Servings: 3

### Ingredients

- 1 lb (225 g) ground beef
- 1 lb (225 g) chicken livers, blended
- $\frac{2}{3}$  cup (40 g) canned water chestnuts, drained, rinsed and finely chopped
- $\frac{2}{3}$  cup (20 g) chopped fresh cilantro leaves
- $\frac{1}{2}$  teaspoon gray sea salt
- 2 cup (240 ml) full-fat coconut milk
- 1 cup (48 g) chopped fresh mint leaves
- 4 tablespoons extra-virgin olive oil
- 4 tablespoons lime juice (2 limes)
- Pinch crushed red pepper
- flakes
- Pinch gray sea salt
- Pinch ground black pepper

### Instructions

Preheat the oven to 375°F (190°C) and line a small baking sheet with parchment paper or a silicone baking mat.

Combine beef, liver, water chestnuts, cilantro and salt into a medium-sized bowl. Scoop 2 tablespoons out at a time and shape into balls, transferring to the prepared baking sheet.

Bake until cooked through, about 15 minutes.

Meanwhile, add coconut milk, mint, olive oil, lime juice, red pepper flakes, salt and pepper to a bowl, and whisk to combine. Serve sauce with the meatballs.

Calories: 493 | Calories from Fat: 304 | Total Fat: 33.8g | Saturated Fat: 19.2g | Cholesterol: 133mg  
Sodium: 445mg | Potassium: 672mg | Total Carbs: 6g | Sugars: 1.7g | Fiber: 1.5g | Protein: 40.2g



Most of your recipes exist in the meal plan.

They are simple, quick and straight forward- just the way we like them!

Like everything with WILDFIT®, take what you like, leave what you don't and make it your own!