

2 Weeks to Lose 10 Pounds Recipes

Smoothies and Shakes

The Basic Smoothie

1 scoop vanilla whey protein powder (2 raw eggs can be used instead of protein powder)

1 cup coconut milk or unsweetened almond milk

1 cup frozen berries

1 tsp raw almond butter

Add all ingredients except the whey powder into the blender. Blend until smooth. Add whey powder, pulse 5 times. This avoids destroying the proteins.

Egg Nog

2 raw eggs

½ can coconut milk

1 cup ice

2 capfuls vanilla extract

2 tsp nutmeg

2 tsp cinnamon

Stevia to taste

Blend until creamy and frothy.

Vanilla Shake

¾ scoop protein powder or 2 whole raw eggs

½ can unsweetened, full-fat coconut milk

1 cup ice

2 capfuls vanilla extract

Stevia or xylitol to taste

1 Tbsp coconut oil

Add all ingredients except the whey powder into the blender. Blend until smooth. Add whey powder, pulse 5 times. This avoids destroying the proteins. If you want chocolate instead, add one tbsp of unsweetened cocoa powder and only one capful of vanilla.

Salads

Taco Salad

1 lb ground beef or bison

½ cup chopped onion

½ cup chopped red pepper

½ cup chopped mushrooms

1 tsp salt.

1 tsp Bragg's Liquid Aminos

1 tsp chilli powder

Spinach Leaves

Bean sprouts

- 1 can black beans
- 1 large chopped tomato
- 1 red bell pepper cut in strips
- ½ can pitted olives
- Guacamole or Salsa

Mix meat, onion, chopped pepper, mushrooms, salt, Bragg's and chilli powder together. You can either form into patties and grill them or you can sauté it all together. To make the salad, place a handful of spinach on a plate, top with bean sprouts, black beans, tomato, strips of pepper and olives. Place grilled burger or sautéed meat on top. You can add hot sauce if desired. Eat with guacamole or salsa

Chicken Salad

- 3-4 cups chopped cooked chicken
- 1 cup diced celery
- 2 Tbsp. Lemon juice
- 2/3 cup Grapeseed Oil Veganaise
- ¼ cup walnuts or pecans, chopped
- Salt and pepper

Mix all ingredients until combined, and chill. Serve on lettuce or spinach leaves. To serve as a casserole, put the mixture in a lightly greased casserole, top with organic or raw parmesan or cheddar cheese, and bake for twenty minutes at 350 °C.

Antipasto Salad

- 1/3 lb organic or raw feta or cheddar
- 1 cup finely chopped celery
- 1 chopped red bell pepper
- 1 cup diced asparagus
- 1 cup artichoke hearts, diced
- 1 cup pitted black olives, diced
- 1 Tbsp chopped capers or dill pickle
- 4 Tbsp olive oil
- 1 tsp lemon juice
- 1 tsp oregano
- Salt and Pepper

Mix all ingredients in a large bowl and then add salt and pepper to taste. You can also add two to four tablespoons of balsamic vinegar.

Watercress Almond Salad

- 3 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- ¼ cup olive oil
- ½ tsp. tamari or Braggs Liquid Aminos
- 3 bunches of watercress, washed and trimmed
- 3 sticks of heart of palm cut in ½ inch pieces
- 2 Tbsp raw almonds, chopped
- 3 Tbsp feta cheese, crumbled
- 2 tsp cilantro

In glass jar or cup, combine lemon juice, mustard, tamari, olive oil, and cilantro. Whisk. Place watercress in large bowl and drizzle with dressing. Divide onto serving plates and top with hearts of palm, almonds and feta.

Greek Salad

Iceberg lettuce
1 cucumber, sliced
1 bell pepper, chopped
½ cup black pitted olives
1 small onion, thinly sliced
1/3 cup crumbled feta cheese

Toss all ingredients, except cheese. Make a dressing of olive oil, vinegar, salt and pepper. Pour over salad, and top with cheese. Can be topped with sliced grilled or sautéed chicken.

Snacks

Guacamole

2 avocados
1 lime
2 cloves garlic
1 small tomato
Salt, cumin and chilli powder to taste

Scoop out avocados into bowl and add lime juice, finely chopped garlic, and chopped tomato. Mash it together and add spices to taste. Chill then serve.

Hummus

2 cans rinsed chickpeas
2 cloves garlic
3 Tbsp olive oil
2 Tbsp lemon juice
Salt and cayenne pepper or paprika
Place all ingredients into a food processor or blender until smooth. Taste and adjust seasoning.

Veggies

Sautéed Greens

1 Tbsp coconut oil
½ small onions
6 pitted black olives (optional)
2 lb spinach, kale or collards (broccoli can be used if you parboil it first)
1 tsp lemon juice
3 cloves garlic (optional)
Salt and pepper
¼ cup crumbled feta (optional)

Heat a large pan over medium-high heat. Add oil and onion, and cook until onion wilts. Add greens (you have to chop the kale or collards but not the spinach) add olives, if using them. Sauté spinach two or three minutes and the rest of them eight to ten minutes. Add lemon juice, salt, and pepper, cook one more minute. Sprinkle with feta if you like it.

Mashed Faux-tatoes

1 head cauliflower or several celery roots
¼ cup butter

¼ cup organic or raw half-and-half cream
Salt and Pepper

Steam cauliflower in steamer or small amount of water until tender. Drain. In food processor, blend cauliflower or celery roots with remaining ingredients until smooth. You can get this smooth enough without a blender or food processor. You'll be amazed how good this is!

Lemon Pepper Green Beans

3 lb fresh green beans
2 Tbsp coconut oil or butter
2 cloves garlic, minced
¼ cup lemon juice
2 tsp grated lemon rind (optional)
Salt and pepper

In a large skillet, stir-fry green beans and garlic in oil or butter until crisp and tender. Reduce heat to medium and add lemon juice, rind, salt and pepper. Cover and let steam two to three minutes, stirring occasionally. If you desire, you can steam up to 10 minutes for a more delicate flavour.

Roasted Vegetables

Cut any vegetables you like – asparagus, Brussels sprouts, carrots, onions, green beans, tomatoes, broccoli, zucchini, or yellow squash, or all of these if you want, - into bite size pieces. Place vegetables in large roasting pan and toss with olive oil, chopped garlic, salt and pepper. Spread into thin layer and roast at 450 degrees for about thirty minutes. You may want to turn them half way though. You'll wonder why you never liked veggies before! You can put a whole chicken in a roasting pan and roast for one-and-a-half hours and then surround it with veggies and roast for another forty-five minutes. Double delicious, and you'll have dinner all in one pan!

Soups

Black Bean Soup

2 Cans black beans
1 cup chicken stock
¼ cup chopped onion
¼ cup chopped green onions
3 cloves chopped garlic
2 tsp cilantro
2 Tbsp coconut oil
Salt, chilli powder, cumin, and hot sauce to taste

In a food processor or blender, puree one can black beans and chicken stock. In a medium sauce pan, sauté onion and garlic in oil. When veggies are tender, add black bean mixture from blender, remaining can of black beans and stir on medium-low heat. Add spices a little at a time and taste until you like it! Top with raw organic cheddar.

Chilli

1 Tbsp. coconut oil
½ cup chopped onions
2 chopped garlic cloves
1 ½ stalks celery, chopped
1 cup chopped green pepper
1 ½ lb ground beef or bison

2 tsp thyme leaves
2 tsp chilli powder, or more if you like
2 tsp cumin
Salt to taste
1 8 oz can chopped tomatoes
1 12 oz jar of salsa (all natural)

In large skillet, sauté onions, garlic, celery and pepper in oil until tender. Add meat, thyme, chilli powder, and cumin. Stir frequently for 5 or 6 minutes. Add salt, tomatoes, and salsa to the pot. Cover and simmer for an hour. This can also be cooked all day in a Crock Pot on low.

Vegetable Soup

Brown 1 to 2 pounds of ground beef. Add a whole chopped onion and four stalks of chopped celery. Cook for 5 minutes. Add salt and pepper to taste and one tablespoon of marjoram. Add a 46-ounce can of tomato juice and two cups of chicken broth. Add whatever vegetables you would like. Cook until tender- about forty-five minutes. Adjust seasoning to taste.

Sauces and Salad Dressings

Hollandaise Sauce

Put three eggs in a blender on low. Add half a cup of melted butter, two tablespoons lemon juice, a quarter teaspoon salt, and a pinch of cayenne. Blend until smooth and thickened, about twenty seconds. To make Béarnaise sauce, just add one teaspoon of tarragon vinegar, one teaspoon of tarragon, one tsp of shallots or onion, and pepper.

Salad Dressing

Combine olive oil with balsamic vinegar, salt, and pepper for the base. You can add some Dijon mustard or any herbs you like. Olive oil and lemon juice is a nice light dressing. Olive oil and red wine vinegar with oregano is a classic.

Main Dishes

Zucchini Casserole

2 small zucchini
2 lb ground meat
½ onions chopped
3 cloves garlic, chopped
3 eggs
2 Tbsp Bragg's Liquid Aminos
2 15-oz cans tomato sauce
2 7-oz cans tomato paste
1 pt ricotta cheese
Pinch of stevia
Salt and pepper to taste

Mix in glass bowl Bragg's, garlic, onion, two eggs and ground meat. Flatten mixture into 9x4 glass casserole dish. Slice zucchini and lay over meat. Mix ricotta, one egg, salt and pepper, and spread over zucchini. Mix tomato paste and sauce with stevia, and pour over ricotta. Bake one-and-a-half hours at 350 degrees.

Pot Roast with Sauerkraut

4lb rump roast, bottom round, or brisket
Salt and Pepper

2 Tbsp coconut oil
¾ chopped onions
1 tsp thyme leaves
¼ tsp. oregano
2 lb sauerkraut
2 bay leaves
2 cups beef or chicken broth
4 medium kohlrabi or celery roots, peeled and quartered.
3 cups chopped tomatoes or 1 can diced tomatoes
4 stalks celery
4 medium carrots

Season the beef with salt and Pepper. In a large Dutch oven, melt coconut oil and brown meat with onions. Add thyme. Cover with sauerkraut, tomatoes, and bay leaves. Simmer several hours until tender. Add veggies after about one-and-a-half hours. Cover and continue to simmer. This can be made in a Crockpot after you brown the meat.

Coconut Curry Chicken

2 lb boneless, skinless chicken breast
1 cans coconut milk
2 cups broccoli
1 cup mushrooms
1 onion
1 Tbsp curry powder
1 tsp minced garlic
1 tsp minced ginger
Salt to taste

In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and chopped onion and cook on a medium high for 15 minutes. Add curry powder, garlic, ginger and salt, and cook over medium-low heat for 15 minutes. Garnish with fine parsley.

Chicken Stir-fry

2 lb boneless, skinless chicken breast cut into cubes.
1 small can water chestnuts
2 cups broccoli
1 cup sliced red bell pepper
¾ cup sliced onions
1 cup mushrooms
2 Tbsp coconut oil
1 tsp salt

In a large wok or skillet, heat oil. Add chicken, and cook on medium heat for 5 minutes. Add broccoli, peppers, onions, mushrooms, and salt. Cook until veggies are crisp and tender and chicken is done. This main dish can be topped with tamari sauce or Bragg's Liquid Aminos.

Chicken and Broccoli Casserole

4 boneless skinless chicken breasts
2 bunches broccoli
1 16-oz jar Grapeseed Oil Veganaise
8 oz shredded Monterey Jack cheese

1 bunch green onions, sliced
1-2 tsp, garlic powder
2 Tbsp multipurpose seasoning
1 ½ cups chopped raw almond
½ stick butter
Salt and Pepper to taste

Boil chicken until tender. Season and cut into cubes. Steam broccoli and drain. Combine all ingredients, except almonds and butter. Mix well. Press mixture into 9x13 baking dish. Sprinkle with almonds. Drizzle with butter. Bake at 375 degrees for 30 minutes. Stand about 5 minutes and enjoy!

Turkey Burgers

1 lb ground turkey
¼ cup finely chopped celery
¼ cup finely chopped red onion
1 Tbsp tarragon leaves
1 Tbsp Dijon mustard
½ tsp multipurpose seasoning
¼ tsp pepper
2 eggs
3 Tbsp olive oil

Mix all ingredients, except oil, in bowl and shape into patties. You can grill, fry in oil or broil these.

Dilled Salmon

Sauté salmon steaks in butter until done. Remove and add a little more butter and one tablespoon of dried dill or three tablespoons of fresh dill. Let cook for one minute and pour over fish.

Baked Tilapia

2 lb tilapia
Juice of 1 lemon
2 Tbsp butter
1 tsp salt
1 tsp parsley flakes
1 tsp garlic powder
Coconut Oil

Coat bottom of baking dish with oil and put in tilapia. Pour lemon juice over fish. Top with butter, parsley, and salt and garlic powder. Bake at 400 degrees for about 15 minutes or until the fish easily flakes.

South-western Tilapia

2 lb tilapia
4 Tbsp lime juice
1 cup salsa
1 tsp salt
Coconut oil

Place tilapia in oiled baking pan, sprinkle with lime juice and salt. Top with salsa. Bake at 400 degrees until fish flakes, about 20 minutes.

Teriyaki Salmon

For sauce:
¼ cup tamari sauce

¼ cup dry sherry
1 tbsp sesame oil
1 tbsp grated ginger root
2 cloves garlic, minced

For Fish

2 lb salmon, wild caught is best
Lemon wedges

Combine sauce ingredients. Place fish in glass dish and pour the sauce over it. Marinate in the fridge for two hours. Grill the fish or broil it in the oven. Cook three to four minutes on each side while basting it with sauce. Serve fish with lemon wedges.

Shepherd's Pie

2 lb ground beef or bison
½ cup chopped onion
½ cup chopped celery
½ cups chopped bell pepper
1 cup mushrooms, sliced
Any veggies you have on hand
Salt and pepper to taste
Any herbs you like- marjoram, thyme, all seasoning

Brown beef with onions and celery. Add mushrooms, and cook for 5 minutes. Add the other veggies. Cook for a few minutes and add a little beef or chicken broth. Thicken with some arrowroot. Put in a 9x13 baking dish and top with mashed faux-tatoes. Bake for 30 minutes at 350 degrees, and dig in!

Blueberry Pancakes

2 scoops vanilla protein powder
2 Tbsp whole ground flaxseed meal
6 Tbsp coconut flour
¼ tsp baking powder
½ tsp salt
½ tsp stevia
4 eggs
1 cup milk
4 Tbsp butter
1 pt blueberries
Generous sprinkling of cinnamon
Grapeseed oil spray

Mix ingredients together, except blueberries. Spray preheated pan with oil. Drop batter on hot pan. Drop blueberries throughout. Flip over pancakes when they are set. Spread butter on hot pancakes and eat plain or top with blueberry syrup by cooking some blueberries with a little water and stevia. You can make the topping with any kind of berries.

Coconut Macaroon

1 cup raw almonds
2 cups raw unsweetened flaked coconut
½ cup protein powder
1-3 tbsp unsweetened cocoa powder
Stevia or xylitol to taste

6-9 Tbsp warmed liquid coconut oil

2 Tbsp flax seeds

In blender or food processor, grind almonds and flax seeds. Blend in remaining ingredients. Remove mixture and place tablespoon-sized serving cookie sheet and chill. Makes 12 macaroons.