

# WINTER EATS

COOKBOOK



CRISTY **"CODE RED"** NICKEL

# WELCOME!

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Congratulations on getting your copy of the Code Red Winter Eats digital cookbook!

The recipes in this cookbook are perfect for staying on track and burning fat with delicious, healthy meals, even during chilly winter months.

Most are suitable for weight loss mode, but there are a few you'll need to save for maintenance.

I've included suggestions for **possible** substitutions on some of them, but I haven't personally tried the substitutions, so can't vouch for them. Just understand that if you choose to substitute (or save the recipe for maintenance).

Congratulations again, and I hope you enjoy this amazing cookbook!

- Cristy "Code Red" Nickel  
[www.coderedlifestyle.com](http://www.coderedlifestyle.com)



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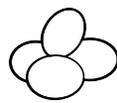
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## Where To Get My Favorite Ingredients

# MAIN DISHES



# JUICY HERB-BUTTER STEAK

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## INGREDIENTS

- » 2 ribeye or sirloin steaks (about 1-inch thick)
- » Redmond Real Salt and freshly ground black pepper, to taste
- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 3 Tbsp unsalted butter
- » 2 cloves garlic, minced
- » 1 Tbsp fresh rosemary, finely chopped
- » 1 Tbsp fresh thyme, finely chopped
- » 1 Tbsp fresh parsley, finely chopped (optional for garnish)

## DIRECTIONS

### Prep the Steaks:

1. Remove the steaks from the refrigerator at least 30 minutes before cooking to allow them to come to room temperature. This helps them cook more evenly.
2. Pat the steaks dry with a paper towel and season generously with salt and pepper on both sides.

### Sear the Steaks:

3. Heat the oil in a large, heavy skillet (cast iron is ideal) over high heat until it's shimmering but not smoking.
4. Carefully place the steaks in the hot skillet and sear for about 3-4 minutes on one side, until they develop a deep brown crust.

5. Flip the steaks and sear for an additional 3-4 minutes for medium-rare, or longer if you prefer your steak more well-done.

#### Add Herbs and Butter:

6. Reduce the heat to medium.
7. Add the butter, garlic, rosemary, and thyme to the skillet.
8. As the butter melts, spoon it over the steaks repeatedly for about 1-2 minutes. The herbs and garlic will infuse the butter to flavor the steak.

#### Rest the Steaks:

9. Transfer the steaks to a cutting board or a plate and let them rest for at least 5 minutes before slicing.
  10. Optional: While the steak rests, you can continue to cook the herb butter mixture in the skillet for an additional minute until the garlic is golden (but not burnt) and the herbs are fragrant.
  11. Slice the steak against the grain and serve with the garlic herb butter spooned over the top. Garnish with fresh parsley if desired.
-  **Cristy's Note:** The cooking time will vary depending on the thickness of the steaks and your preferred level of doneness. Use a meat thermometer to ensure your steak is cooked to your liking.

# BAKED SIRLOIN ROAST

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## INGREDIENTS

- » 1 sirloin tip roast, 3 lbs
- » 1 Tbsp paprika
- » 1½ tsp Redmond Real Salt
- » 1 tsp garlic powder
- » 1 tsp fresh ground pepper
- » ½ tsp onion powder
- » ⅛ tsp cayenne pepper
- » ½ tsp dried oregano
- » ½ tsp dried thyme
- » 2 cloves garlic, minced
- » 3 Tbsp Code Red Olive Oil

## DIRECTIONS

1. In a small bowl, put all seasonings and mix to combine. Add the olive oil and garlic and stir. Let rest for 15 minutes.
2. Preheat oven to 350°F. Line a baking sheet with aluminum foil. Place the roast on the baking sheet. Brush the roast with the seasoned oil mixture on all sides.
3. Roast in the oven for 1-3 hours (depending on size of the roast) until the internal temperature reaches 135-145°F on a meat thermometer.
4. Remove from oven and allow to sit 15 minutes before slicing. Slice and serve.

# STUFFED BEEF & CREAM CHEESE PEPPERS

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil, divided
- » 1 large onion, sliced about ½" thick
- » ½ tsp Redmond Real Salt
- » 6 small green bell peppers, halved and seeds removed
- » 1 lb beef top sirloin steak, sliced very thinly against the grain (tip: do this when the steak is partially frozen)
- » 2 cups cauliflower rice
- » Cream cheese to put inside peppers

## DIRECTIONS

1. In a large pan, heat 1 Tbsp of the olive oil on medium heat until shiny.
2. Add in the sliced onions and a pinch of salt.
3. Cook, stirring every so often, until the onions are caramelized and golden brown.
4. Place your peppers into a large pot and cover with water.
5. Bring to a boil and boil for 2-3 minutes.
6. Drain and place the peppers in a 9x13 inch pan, and turn oven to 350°F.
7. Heat the remaining 1 Tbsp of oil in a large pan on medium heat.

8. Cook the sliced steak until golden brown, draining out the excess fat.
9. Transfer to a plate.
10. Add the cauliflower rice to the beef pan and cook on medium heat until golden brown. Once cooked, add the beef and caramelized onions into the pan and sprinkle with salt. Stir until well mixed.
11. Stuff the peppers with the mixture and cream cheese, then bake until peppers are tender, about 10-15 minutes.
12. Turn the oven to high broil and cook an additional 2-4 minutes until cream cheese is golden brown.

 Submitted by Andrea Scott

# SIMPLE & YUMMY LASAGNA

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## INGREDIENTS

- » Muir Glen pasta sauce (no sugar added), classic marinara
- » Ground beef, 80% lean
- » Cottage cheese, full-fat (4%)
- » Palmini Hearts of Palm pasta lasagna sheets
- » Oregano
- » Basil
- » Redmond Real Salt
- » Black pepper
- » Garlic powder
- » Optional: Italian seasoning (if you want a bit more than the oregano and basil)
- » Coconut oil or avocado oil cooking spray
- » If in maintenance: parmesan cheese (otherwise omit)

## DIRECTIONS

1. Preheat the oven to 375°F.
2. Cook ground beef in a frying pan until cooked.
3. Drain ground beef and add Muir Glen pasta sauce and seasonings to taste.
4. Simmer meat sauce on low for 30 minutes.

5. In a rectangle or a square pan (large enough for two to three layers) spray cooking spray at the bottom.
6. In the pan, add a thin layer of meat sauce to coat the bottom.
7. Next, add a layer of Palmini lasagna noodles over the meat sauce.
8. Then add a layer of meat sauce (if in maintenance add a layer of fresh parmesan cheese on top of the meat sauce; otherwise omit).
9. After that, continue to layer the above ingredients until the pan is almost full (not too full so it doesn't spill over).
10. Cover the pan with aluminum foil and put in the oven for 30-45 minutes, depending on your oven.
11. As the lasagna gets closer to being done, remove the aluminum foil for the last 10 minutes.
12. Allow it to cool and then serve.

 Submitted by Maya McKnight

# CODE RED BEEF STROGANOFF

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## INGREDIENTS

- » 3 Tbsp butter
- » 1 lb ground beef or beef tips
- » Freshly ground black pepper
- » Redmond Real Salt to taste
- » 1½ lbs mushrooms, sliced
- » 1 garlic clove, minced
- » 1 cup beef stock or bone broth
- » 4 oz cream cheese
- » ½ cup full-fat sour cream
- » 2 tsp Worcestershire sauce
- » 2 tsp dijon mustard
- » Finely chopped parsley for garnish, optional

## DIRECTIONS

1. Heat a large skillet over medium-high heat and melt 1 Tbsp butter. Add beef and season with salt and pepper. Cook beef, stirring occasionally, until cooked through, about 10 minutes. Transfer meat to a plate.

2. Return skillet to medium high heat and add remaining butter and mushrooms. Cook, tossing occasionally, until mushrooms are golden, about five to seven minutes. Season with salt and pepper and add garlic. Cook for about one minute. Add broth, cream, cheese, sour cream, Worcestershire and dijon to skillet. Bring to a simmer while stirring.
3. Return beef to skillet and stir to combine. Serve with cauliflower rice or roasted veggies and garnish with parsley, if desired.

 Submitted by Kerri Martin

# TENDER BEEF STEW

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## INGREDIENTS

- » Rump Roast, 2½ - 3 lbs thawed meat
- » ½ each - orange, yellow or red bell peppers, diced
- » ¼ cup celery flakes (8 stalks, diced)
- » ¼ cup dehydrated onions, (2 medium onions, diced)
- » 16 oz bag radishes, halved
- » 6 oz can tomato paste
- » 2 cups beef broth
- » 3 Tbsp Worcestershire Sauce
- » 2 tsp Redmond Real Salt
- » ½ tsp black pepper
- » ¼ tsp cayenne pepper
- » 1 tsp onion powder
- » ½ tsp garlic powder
- » 1 tsp oregano
- » ¼ cup nutritional yeast
- » ¼ cup heavy whipping cream

## DIRECTIONS

1. Sear roast in ghee to brown on all sides. Place in crockpot, turn on low.
2. Add veggies, tomato paste, Worcestershire sauce, seasonings and yeast.
3. Cook on low the night before the meal. Let it cook on low all day.
4. Fifteen minutes before serving, turn off crockpot, add the cream and whisk in.

 **For freezer to crock prep:** Place meat in one bag. Place the rest (except cream) in another bag. Twenty-four hour before cooking, place both bags in fridge to thaw. Drain excess liquid from meat, then place both bag contents into crock and cook on low for up to 24 hours.

 Submitted by Terri Baker

# JUICY BEEF & VEGGIES STEW

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## INGREDIENTS

- » 1 lb chopped beef chuck steak (or any beef cut in ½” or ¾” cubes)
- » ½ cup diced onion
- » 1 cup diced carrots
- » ¼ head of cabbage (1-2 cups)
- » 1 cup diced zucchini
- » (Additional cut up vegetables by preference)
- » 1 Tbsp Redmond Real Salt
- » 2 Tbsp black pepper
- » 1 tsp Redmond Garlic Salt
- » Optional: 1 or 2 bay leaves (removed before serving)
- » Optional: 1 Tbsp coconut aminos

## DIRECTIONS

1. Set a large pot half full of water on a burner and add the meat. Make sure there's enough water to more than cover the meat and leave a couple inches for boiling.
2. Add the onion and other vegetables.
3. Set the burner on medium high until it boils. Then turn it down to medium low, but high enough for a gentle boil to continue.

4. Cook the stew for 45 minutes to 1 hour (or so) until the meat and vegetables are tender and a beef broth forms.
5. Serve in bowls with a side (like a small flax muffin).

 Submitted by Pam Apfelbeck

# CODE RED MEATLOAF

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## INGREDIENTS

- » 1 lb ground beef
- » 1 egg
- » ½ cup chopped onion
- » 15 oz can tomato sauce (divided)
- » ½ cup ground flaxseed meal
- » (optional: ½ tsp psyllium husk powder)
- » 2 tsp Redmond Real Salt
- » 1 tsp black pepper
- » 1 tsp oregano or chopped basil
- » Onion or garlic salt to taste

## DIRECTIONS

1. Preheat oven to 375°F. Mix the loaf ingredients and half the tomato sauce well. I do it by hand after mixing with spoon, squishing between my fingers so the ingredients are intermingled well.
2. Transfer to a loaf pan (or baking dish) and smooth well on the top with a spoon or spatula. Pour remaining tomato sauce on top of the surface. Optional: Slices of onion on top are good.
3. Bake in preheated oven for 1 to 1 ½ hours, or more if needed to be well browned on the top and sides (it should not be mushy. If it is, bake 10 minutes more at a time).

 Submitted by Pam Apfelbeck

# HEARTY NO-BEAN CHILI

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## INGREDIENTS

- » 3 lbs ground beef
- » 5 slices of bacon
- » 1 small onion, chopped
- » 1 small bell pepper, chopped
- » 1 can Rotel (diced green chiles & tomatoes)
- » 1 can tomato sauce
- » 2 Tbsp chili powder
- » 1 Tbsp cumin
- » 2 tsp garlic powder
- » 2 tsp smoked paprika
- » 1 tsp dry italian seasoning
- » ¼ tsp cayenne pepper
- » Redmond Real Salt & black pepper to taste
- » Beef bone broth to thin (if desired)

## DIRECTIONS

1. Cook bacon in a large skillet until crispy.
2. Set aside bacon and leave bacon grease in the skillet.

3. Add chopped onion and bell pepper to skillet and cook in bacon grease until tender. Add ground beef to the skillet and cook until browned.
4. Crumble bacon and add it back into skillet.
5. Add all remaining ingredients and simmer for 30 minutes.
6. Serve with salsa, sour cream & jalapeños for toppings.

 Submitted by Nancy Nosari

# TASTY RED CHILI

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## INGREDIENTS

- » 1 lb hamburger
- » 15 oz tomato sauce (or chopped tomatoes)
- » ½ cup chopped onion
- » 1 cup chopped mushrooms (and/or olives)
- » 1 cup diced zucchini (and/or other neutral-tasting veggie)
- » 1 Tbsp chili powder
- » 1 tsp cumin
- » 2 tsp Redmond Real Salt (can also use garlic or onion salt)
- » 1 tsp pepper

## DIRECTIONS

1. Chop up hamburger in a large skillet on medium heat.
2. Add onion, mushrooms, zucchini to cook with the burger. Add salt(s) and pepper.
3. After the burger is cooked through, add tomato sauce, chili powder, and cumin.
4. Turn the burner heat down a notch and allow the chili to simmer until the vegetables are cooked through and the sauce thickens enough to be blended and dipped into a bowl.
5. Serve with sour cream and hot sauce to taste. ADD HOT SAUCE or SALSA to the chili as it cooks for a more robust flavor.

 Submitted by Pam Apfelbeck

# CODE RED TACO SALAD

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## INGREDIENTS

- » 1 lb ground beef (could also use cut up leftover chicken or steak pieces)
- » ½ cup onion and/or ¼ cup mushrooms or olives
- » Redmond Real Salt and black pepper to taste
- » 1 tsp chili powder
- » ½ tsp cumin
- » Diced lettuce or spinach (or both)
- » Diced tomato
- » Sour cream to garnish
- » Hot sauce or salsa to taste
- » Pork rinds
- » Optional: cream cheese to taste
- » Ranch dressing to taste

## DIRECTIONS

1. Add meat, onion (and/or mushrooms/olives) to skillet and cook on medium heat, chopping fine as ingredients cook.
2. Prepare serving bowls with a few pork rinds on the bottom.
3. Add chopped lettuce/spinach to the bowl.
4. Put tomatoes on top.

5. When the meat mixture is cooked through, add it on top of the bed of lettuce & tomatoes.
6. Add salsa, sour cream, cream cheese, and ranch dressing.
7. Sprinkle some crushed pork rinds on top.

# REUBEN IN A BOWL

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## INGREDIENTS

- » 1 bag coleslaw mix
- » 1 lb corned beef
- » 3 Tbsp butter

### Dressing:

- » 1 cup Code Red olive oil or avocado oil mayonnaise
- » ¼ cup sugar-free ketchup
- » 4 tsp horseradish
- » 1 tsp hot sauce
- » 1 tsp Worcestershire Sauce
- » ½ tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper

## DIRECTIONS

1. Combine dressing ingredients and set aside.
2. Cut beef into strips.
3. Heat a skillet to medium heat and melt butter.
4. Add the corned beef and sauté, covered, for 6 minutes.
5. Add the coleslaw mix, stir to combine, cover and cook another 5 minutes.
6. Drizzle with dressing and serve.

# SKILLET GOULASH

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## INGREDIENTS

- » 1 lb ground beef
- » ½ cup diced onion
- » 2 cloves diced garlic
- » 1 cup sliced or diced mushrooms
- » ½ cup diced or shredded zucchini
- » 15 oz can diced tomatoes (or 2 cups cut up tomatoes, OR ½ cup tomatoes and 8 oz. tomato sauce)
- » 2 tsp Italian seasoning OR 2 tsp basil, 1 tsp paprika
- » 1 tsp parsley
- » ½ tsp black pepper
- » 2 tsp Redmond Real Salt
- » Optional: Parmesan cheese to taste if in maintenance (otherwise omit)

## DIRECTIONS

1. Add ground beef, onion, garlic, mushrooms, and zucchini to a skillet. Cook at medium-high heat until burger is browned, stirring to turn over and mix well.
2. Turn down to medium and add tomatoes and seasonings, stirring well.
3. Simmer entire mixture until it's done and some of the liquid from tomatoes has evaporated so it thickens.

4. Optional: Serve with parmesan cheese on top (omit or use nutritional yeast if still in weight loss mode).
5. Add your favorite side. We use salad or a flax muffin, or a side of cottage cheese with a few berries on top and tablespoon of whipped heavy cream.



Submitted by Pam Apfelbeck

# CR BACON & CHICKEN THIGHS IN CREAM SAUCE

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## INGREDIENTS

- » 4 slices of bacon
- » 1 1/2 lbs bone-in, skin-on chicken thighs
- » 1 small red onion, chopped
- » 8 oz mushrooms, sliced
- » Two cloves garlic, minced
- » 1 small bunch of thyme
- » 3/4 cup chicken broth
- » 3/4 cup heavy cream
- » 4 oz cream cheese
- » Redmond Real Salt
- » Freshly ground black pepper
- » Optional: Juice of half a lemon & freshly chopped parsley for garnish

## DIRECTIONS

1. In a large skillet over medium heat, cook bacon until crispy, about eight minutes. Drain bacon on a paper towel and reserve about 2 tablespoons of fat in the skillet.
2. Season chicken all over with salt and pepper. Increase heat to medium high, then add chicken to skillet, skin side down.

3. Cook until golden and seared, about five minutes, then flip and cook until seared on the second side, about five minutes more. Remove chicken from skillet and set aside.
4. Add onion, and cook until soft, about five minutes. Stir in mushrooms and season with salt and pepper. Cook, stirring, often, until golden, about five minutes. Stir in garlic then add chicken broth, cream, cream, cheese, thyme, and lemon juice. Bring to a simmer and let cook five minutes.
5. Return chicken to skillet and simmer until chicken is cooked through and sauce has thickened slightly, about 10 minutes more.
6. Chop bacon and sprinkle over chicken before serving.

 Submitted by Kerri Martin

# CHICKEN TIKI MASALA

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## INGREDIENTS

- » 5 boneless chicken breast halves, cubed
- » ½ large yellow onion, finely diced
- » 4 cloves garlic, minced
- » 2 Tbsp fresh grated ginger
- » 1 can tomato puree
- » 1½ cup plain full-fat Greek yogurt
- » 2 Tbsp Code Red Olive Oil
- » 2 Tbsp lemon juice
- » 2 Tbsp Garam Masala
- » 1 Tbsp cumin
- » ½ Tbsp cumin
- » 2 tsp Redmond Real Salt
- » ¾ tsp cinnamon
- » ¾ tsp cayenne pepper powder

## DIRECTIONS

1. Add all ingredients into a slow cooker and mix.
2. Place 2 bay leaves on top.
3. Slow cook on low all day or high until chicken is cooked through and tender.

4. Add heavy whipping cream and cook.
5. Pour over cauliflower rice and enjoy. (You can buy cauliflower rice frozen and already riced. Just heat it up per instructions on the bag.)

 Submitted by Lisa Parkman

# BALSAMIC VINEGAR CHICKEN

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## INGREDIENTS

- » 1-2 skinless, boneless chicken breasts
- » ⅓ cup balsamic vinegar
- » ⅓ cup Code Red Olive Oil
- » ½ head fresh garlic
- » ½ tsp thyme
- » ½ tsp savory
- » ½ tsp garlic salt
- » ½ tsp basil
- » ½ tsp oregano (flakes)

## DIRECTIONS

1. Peel and coarsely chop garlic. Cut chicken into 1" to 2" pieces.
2. In skillet, combine all ingredients except chicken. Heat over medium heat until garlic begins to lightly brown.
3. Add chicken and coat with mixture. Continue cooking until chicken is nicely browned and completely cooked in the middle of thickest piece.
4. Mixture will turn dark and "sticky," almost like it's burnt.

# GARLIC BAKED CHICKEN

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## INGREDIENTS

- » 1 package cut up fryer chicken
- » 3-4 Tbsp minced garlic
- » 3-4 tsp lemon pepper
- » Code Red Olive Oil

## DIRECTIONS

1. Preheat oven to 350°F.
2. Rub oil on all sides of chicken and place in baking dish. Add garlic and lemon pepper to both sides of chicken. Cover with foil and place in oven.
3. Bake at 350°F for approximately 40 minutes.
4. Remove foil from baking dish.
5. Turn oven up to 450°F and cook chicken uncovered for an additional 20 minutes, or until skin browns.
6. Serve and enjoy!

# ROASTED LEMON & HERB CHICKEN

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## INGREDIENTS

- » 1 (2-3 lbs) whole chicken
- » 1 Tbsp Redmond Real Salt
- » 1 tsp thyme
- » 1 tsp paprika
- » 1 Tbsp lemon juice (or coconut aminos, or both)
- » 1 Tbsp butter
- » 1 Tbsp chopped parsley
- » 1 tsp black pepper

## DIRECTIONS

1. Preheat oven to 375°F. Wash whole chicken, remove giblets, and place chicken in baking dish or pan.
2. Season chicken all over with spices, including salting the inside cavity. Put dabs of butter on top and drip lemon juice over entire top.
3. Add about one inch of water to the pan.
4. Cover with lid or tent of aluminum foil and bake 1 hour at 375°F.
5. Remove cover or foil and bake 50 minutes, until chicken is browned.
6. Let rest 10 minutes before cutting up. Serve with your favorite side dishes.

# CREAMY SPICY CHICKEN CASSEROLE

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## INGREDIENTS

- » 1½ lbs cut up chicken (bite-sized)
- » 1 onion
- » 2 bell peppers (red and green)
- » 1 cup chopped mushrooms
- » 1 cup diced tomatoes
- » 1 small can green chili peppers
- » 1 Tbsp sour cream
- » 1 tsp chili powder
- » ½ cup cream cheese
- » Pork rinds, broken up

## DIRECTIONS

1. Preheat oven to 375°F.
2. Sauté the onion, red bell pepper, and green bell pepper until they're warmed through.
3. Add diced tomatoes, sour cream, cream cheese, and spices and stir until well-combined.
4. Spread a few tablespoons of these onto the bottom of a baking dish.

5. Top with half the chicken.
6. Arrange a layer of broken-up pork rinds on top of the chicken.
7. Add the rest of the mixture on top.
8. Add remaining chicken.
9. Bake in an oven for 45 minutes until well heated through.
10. Top with sour cream and salsa to taste.
11. Serve with green salad with ranch dressing.

# BROCCOLI, “RICE” & CHICKEN CASSEROLE

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## INGREDIENTS

- » 2 cups canned chicken, leftover, or fresh-cooked chicken pieces, cut up
- » 1 10 oz pkg cauliflower rice
- » 1 10-16 oz pkg frozen broccoli
- » ½ cup chopped onion
- » 1 cup almond or other approved non-dairy milk
- » 4 to 8 oz. cream cheese
- » ¼ cup cubed butter

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Thaw the cauliflower rice and broccoli enough to mix them in a 9” x 13” baking dish.
3. Add and mix the remaining ingredients well, then top with butter chunks.
4. Bake in preheated oven, about 30 to 35 minutes.
5. Stir halfway through to ensure even cooking.

# CREAMY CHICKEN CHILI

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## INGREDIENTS

- » 1 Tbsp Code Red Olive Oil
- » 1 lb skinless, boneless chicken breast halves, cut into 1/2-inch cubes
- » 1 onion, chopped
- » 2 cloves garlic, chopped
- » 2 cups chopped zucchini or chopped cauliflower (or 1 cup of each)
- » 1 (14.5 ounce) can chicken broth
- » 2 (4 oz) cans chopped green chiles
- » 1 tsp Redmond Real Salt
- » 1 tsp ground cumin
- » 1 tsp dried oregano (optional, or dried basil)
- » ½ tsp ground black pepper
- » ¼ teaspoon cayenne pepper or chili powder
- » 1 cup full-fat sour cream
- » ½ cup heavy whipping cream

## DIRECTIONS

1. Heat oil in a large saucepan over medium heat.
2. Add chicken, onion, and garlic, then cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes.

3. Stir in chicken broth, green chiles, salt, cumin, oregano, peppers; bring to a boil.
4. Reduce heat and simmer until flavors have blended, about 30 minutes.
5. Remove chili from heat; stir in sour cream and whipping cream until incorporated.
6. Serve hot and enjoy!

# CHICKEN A LA KING

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## INGREDIENTS

- » 6 Tbsp butter
- » 1 cup sliced mushrooms
- » 1 cup chopped onion
- » 1 cup diced sweet bell pepper
- » Redmond Real Salt and black pepper to taste
- » 3½ cups chicken stock or broth
- » ¼ tsp nutmeg
- » 1 pinch cayenne pepper or chili powder
- » ½ tsp thyme or sage
- » 1 Tbsp parsley
- » 1 tsp xanthan gum
- » 2 Tbsp apple cider vinegar
- » ⅓ cup heavy whipping cream
- » 4 cups cubed roasted chicken
- » Optional: Chopped fresh chives for garnish

## DIRECTIONS

1. Melt butter in a large skillet over medium-high heat. Add mushrooms and salt. Sauté until mushrooms begin to brown, 8 to 10 minutes. Add onion and cook until onion softens, 3 or 4 minutes.

2. Reduce heat to medium. Add xanthan gum and peppers; cook and stir about 1 minute. Pour in vinegar; allow to sizzle about 30 seconds.
3. Stir in stock. Raise heat to medium-high and bring to a simmer. When it starts to bubble, reduce heat to medium-low and cook until slightly thickened, 10 to 15 minutes, stirring occasionally.
4. Add nutmeg and cayenne pepper or chili powder.
5. Stir in thyme, parsley, cream, and chicken.
6. Reduce heat to low and cook until chicken is heated through, about 5 minutes.
7. Top each serving with some chopped fresh chives.

# THAI COCONUT CHICKEN

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## INGREDIENTS

- » 1 lb boneless, skinless chicken breasts
- » 2 cloves garlic, minced
- » 1 cup diced yellow onion
- » ½ cup sliced white mushrooms
- » ½ cup coin sliced carrots
- » 1 cup quarter sliced zucchini
- » 1 can full-fat coconut milk
- » 3 tsp green curry paste
- » 1½ tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » 1 Tbsp red chile pepper slices
- » 1 Tbsp coconut oil

## DIRECTIONS

1. In a small bowl, combine coconut milk and green curry paste. Set aside.
2. Preheat a large high-sided skillet to medium-high heat and melt coconut oil. Cut chicken breasts into two-inch cubes and season with 1 teaspoon of salt and the pepper.
3. In heated, oiled pan, place the chicken and sear, about 5 minutes, not stirring. Flick the cubes to the other side and sear another 3 minutes.

4. Reduce the heat to medium and add the carrots, onions and garlic. Cook, stirring occasionally, about 4 minutes.
5. Add the zucchini, mushrooms, chili pepper slices and remaining salt. Continue to cook about 5 minutes, stirring occasionally. Add a small amount of water if anything is browning too much.
6. Once final vegetables are nicely browned, pour the coconut milk mixture in. Simmer 8 to 10 minutes, stirring occasionally.
7. Serve immediately as is or over riced cauliflower.

# SPICE-RUBBED SALMON

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## INGREDIENTS

- » 1 tsp golden Lakanto monk fruit
- » 1 tsp ground cumin
- » ½ tsp salt
- » ½ tsp dried parsley flakes
- » ½ tsp chili powder
- » ¼ tsp garlic powder
- » ¼ tsp ground mustard
- » ¼ tsp paprika
- » ¼ tsp pepper
- » ⅛ tsp ground cinnamon
- » 4 salmon filets (6 ounces each)
- » 2 tsp Cod Red Olive Oil

## DIRECTIONS

1. In a small bowl, mix the first 10 ingredients. Rub filets with seasoning mixture; drizzle with oil. Moisten a paper towel with cooking oil. Using long-handled tongs, rub paper towel on grill rack to coat lightly.
2. Place salmon on grill rack, skin side up. Grill, covered, over high heat or broil 3-4 inches from heat for 5 minutes. Turn; grill 4-6 minutes longer or until fish just begins to flake easily with a fork.

 Submitted by Terri Baker

# SALMON ROLLUPS

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## INGREDIENTS

- » 4 oz filet smoked salmon
- » 6 oz full-fat cream cheese
- » 2½ tsp Dill Dip Seasoning Blend
- » ½ avocado

## DIRECTIONS

1. In a small bowl, combine cream cheese and seasoning blend.
2. Slice avocado into thin slices and cut the slices in half. Gently pull apart the salmon filet layers.
3. Spread the cream cheese mixture in a thin layer onto each strip. Place a piece of avocado on top and gently roll up. Secure with a toothpick if needed.
4. Best served chilled. Garnish with dried dill, if desired.

# GARLIC LEMON BUTTER SHRIMP

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## INGREDIENTS

- » 1 lb of large shrimp, peeled and deveined
- » Redmond Real Salt and freshly ground black pepper, to taste
- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 4 cloves garlic, minced
- » ¼ cup chicken broth
- » Juice of 1 lemon
- » 3 Tbsp unsalted butter
- » 1 Tbsp fresh parsley, chopped
- » Lemon wedges, for serving

## DIRECTIONS

### Prep the Shrimp

1. Pat the shrimp dry with paper towels and season them with salt and pepper.

### Cook the Shrimp

2. In a large skillet over medium-high heat, heat the oil.
3. Add the shrimp in a single layer and cook for 1-2 minutes on one side until they start to turn pink.

4. Flip the shrimp and cook for another 1-2 minutes until they are pink and opaque. Remove the shrimp to a plate and set aside.

### Make the Sauce

5. In the same skillet, lower the heat to medium and add a bit more oil if needed. Add the minced garlic and sauté for about 30 seconds until fragrant but not browned.
6. Pour in the chicken broth to deglaze the pan, scraping up any browned bits from the bottom.
7. Stir in the lemon juice and simmer for 2-3 minutes to reduce slightly.

### Combine Shrimp and Sauce

8. Reduce the heat to low and add the butter, stirring until it melts and forms a creamy sauce.
9. Return the shrimp to the skillet and toss to coat in the sauce. Heat through for about 1 minute to ensure the shrimp are hot and covered in the garlic lemon butter sauce.

### Garnish and Serve

10. Remove from heat, taste, and adjust seasoning if necessary.
11. Sprinkle with chopped parsley and serve with lemon wedges on the side.

## NOTES

1. Be careful not to overcook the shrimp, as they can become rubbery. They cook quickly and are done as soon as they are opaque.
2. You can add a pinch of red pepper flakes if you like a little heat.
3. Serve this with a side of steamed or sautéed vegetables, like zucchini noodles or a fresh green salad.

# TUNA BAKE

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## INGREDIENTS

- » 6 cans tuna packed in water (drained)
- » 4 eggs
- » 3 Tbsp Code Red Olive Oil
- » ⅓ cup ground flax meal
- » 1 Tbsp apple cider vinegar
- » 1 Tbsp onion powder
- » 2 tsp Redmond Real Salt
- » 2 tsp black pepper

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. In a large mixing bowl, beat eggs and olive oil until fluffy.
3. Add all other ingredients and mix well.
4. Turn out into a 2 quart baking dish.
5. Bake uncovered for 45 minutes or until golden brown on top.
6. Serve with sugar-free ketchup or a dash or two of hot sauce.

 Submitted by Nancy Nosari

# BAKED PORK TENDERLOIN

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## INGREDIENTS

- » 2 small (½ lb) pork tenderloins or 1 medium-large pork tenderloin
- » 1 Tbsp Code Red Olive Oil
- » 2 Tbsp apple cider vinegar
- » 2 tsp Italian seasoning
- » 1 tsp garlic powder
- » 2 tsp Redmond Real Salt
- » 1 tsp cumin
- » 1 tsp chili powder
- » ½ tsp smoked paprika
- » ½ tsp pepper

## DIRECTIONS

1. Preheat oven to 400°F and lightly grease a large casserole dish. Pierce the tenderloins all over with a fork and rub oil on all sides of the meat.
2. Whisk together the Italian seasoning, garlic powder, Redmond Real Salt, cumin, chili powder, smoked paprika and pepper. Sprinkle and pat down onto all sides of the meat. Place in the baking dish and drizzle apple cider vinegar over the top.
3. Bake for 25-35 minutes, or until outside is browned and centers are cooked through
4. Spoon juices over the meat and let rest for 10 minutes before cutting.

 Submitted by Melanie Wyman

# CAJUN PORK ROAST

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## INGREDIENTS

- » 2 lbs boneless loin pork roast
- » 3 Tbsp smoked paprika
- » ½ tsp cayenne
- » 1 Tbsp garlic powder
- » 2 tsp oregano
- » 2 tsp thyme
- » ½ tsp Redmond Real Salt
- » ½ tsp pepper
- » ¼ tsp nutmeg

## DIRECTIONS

1. Combine all seasonings and rub well over surface of roast. This is easily done if roast is placed in large freezer bag and spices are dumped in. Seal bag and cover roast with spices.
2. Remove roast from bag and place roast in shallow pan.
3. Roast at 350°F for an hour, until internal temperature is 160-degrees.
4. Remove from oven and let sit 5-10 minutes before slicing.

# SPICY SAUSAGE & PEPPERS

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## INGREDIENTS

- » 2-3 hot Italian sausage & mild Italian sausage (or just mild if you don't like spicy)
- » 1-2 red bell peppers, sliced
- » 1-2 orange bell peppers, sliced
- » 1 purple onion, sliced
- » 3 garlic cloves, chopped
- » Code Red Olive Oil
- » Cajun seasoning OR garlic powder
- » 2 Tbsp smoked paprika
- » 2 Tbsp onion powder
- » 1 Tbsp Redmond Real Salt
- » 1 Tbsp oregano
- » 2 tsp black pepper
- » 2 tsp cumin
- » 1 tsp mustard powder
- » Mushrooms
- » ¼ tsp cayenne pepper
- » Optional: Mushrooms, sliced

## DIRECTIONS

1. Slice sausage links. Cook until browned.
2. Add 1 Tbsp Code Red Olive Oil into medium-high heated pan. Add chopped garlic, sliced onion and bell peppers. Cook until soft.
3. Then add sausage in and stir cajun seasoning or the other ingredients mentioned above.
4. Turn heat down to medium-low and cook for 15-20 minutes

 Submitted by Amanda Griggs-Fleming

# BBQ SMOKIES

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## INGREDIENTS

- » 24 oz cocktail sausages
- » 2 Tbsp avocado oil or Code Red Olive Oil
- » 1 cup sugar-free ketchup
- » ½ cup water
- » 3 Tbsp apple cider vinegar
- » ¼ cup golden Lakanto monk fruit
- » 2 tsp sugar-free maple syrup
- » 1 tsp dijon mustard
- » 1 tsp Worcestershire Sauce
- » ½ tsp Redmond Real Salt
- » ½ tsp onion powder
- » ½ tsp garlic powder
- » ¼ tsp fresh ground pepper

## DIRECTIONS

1. Combine all ingredients except sausages and oil into a bowl and stir to combine. Set aside.
2. In a pan over medium heat, warm oil. Add the sausages and sear 2-3 minutes, stirring frequently, until the sides begin to brown.
3. Add the sauce to pan and coat the sausages. Set the heat to low, stirring occasionally and let cook 10-15 minutes until sauce has thickened.

# STUFFED SPAGHETTI SQUASH

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## INGREDIENTS

- » 1 large spaghetti squash
- » 1 Tbsp Code Red Olive Oil
- » 2 cups cauliflower rice
- » 12 oz ground sausage (cooked and drained)
- » 1 can Rotel
- » 4 oz cream cheese
- » 2 Tbsp butter

## DIRECTIONS

1. Preheat oven to 400°F. Slice spaghetti squash and remove seeds.
2. Drizzle olive oil over the flesh of the squash and rub the oil with your hands.
3. Place squash flesh side down on baking sheet and bake 45 minutes until the squash is tender and flakes with a fork.
4. Remove from oven and turn squash over.
5. In large skillet on low, add butter, cream cheese, and melt.
6. Add Rotel, cauliflower rice, and sausage.
7. Heat until warm and transfer to the middle of the squash.
8. Place squash back into the oven for an additional 5 to 8 minutes.

 Submitted by Andrea Scott

# CODE RED ZUPPA TOSCANA

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## INGREDIENTS

- » 1 lb hot Italian sausage
- » 5 oz pancetta
- » 6 cups chicken broth
- » 1 bunch of kale
- » 1 medium onion
- » ¾ cup heavy whipping cream
- » 5 cloves garlic
- » 2 cauliflower stocks or parsnips
- » ¼ tsp Redmond Real Salt
- » ¼ tsp pepper

## DIRECTIONS

1. Cook meat and strain the grease and set the grease aside.
2. Cook onion in grease and add garlic, salt and pepper.
3. Add broth and cauliflower or parsnips. Cook on medium heat for 20-25 minutes.
4. Chop kale and add. Cook 3-5 minutes. Add meat and heavy whipping cream.
5. Simmer 5 minutes and ready to serve.

 Submitted by Lisa Parkman

# EASY BREAKFAST CUPS

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## INGREDIENTS

- » 12 slices deli ham
- » 12 eggs
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Preheat the oven to 400°F.
2. Spray a 12-count cupcake pan with olive oil or coconut oil spray.
3. Place a slice of ham in each cup, pressing down in the middle.
4. Crack an egg onto the top of each slice of ham.
5. Season with salt and pepper.
6. Bake 13 minutes for slightly runny yolks and 15 minutes for set yolks.
7. Use a big spoon to scoop out and serve.

# SAUSAGE & CABBAGE ALFREDO

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## INGREDIENTS

- » 1 head cabbage
- » 1½ lbs smoked sausage
- » 6 oz full-fat cream cheese
- » 1 tsp Redmond Real Salt
- » ½ tsp ground pepper
- » ¾ cup butter
- » 1 Tbsp minced garlic
- » (Optional: ½ cup parmesan cheese if in maintenance; omit or use nutritional yeast if in weight loss mode)

## DIRECTIONS

1. Preheat the oven to 400°F. Slice cabbage into ½ inch rounds. Place in a large baking dish. Cube butter and cream cheese and place on cabbage throughout the baking dish.
2. Add cream cheese over the dish contents. Sprinkle garlic and spices throughout the dish. Bake for 30 minutes. While it's baking, slice the sausage into roughly ¾ inch pieces and brown in a skillet.
3. Once cabbage is done baking, use tongs to gently stir/combine. Add sausage pieces (and parmesan if using) and place back in the oven to bake another 8 minutes.
4. Let cool enough to safely serve and enjoy!

# PORK BELLY “FRIES”

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## INGREDIENTS

- » 1 lb uncured pork belly
- » Redmond Real Salt, to taste
- » ½ cup sugar-free BBQ sauce

## DIRECTIONS

1. Slice the pork belly into thin 1 inch pieces (fry size). Blot with a paper towel to remove excess moisture. Put the pieces into a large, unheated skillet.
2. Over low-medium heat, cook the pork pieces, turning frequently until they become crisp and golden, about 15-20 minutes.
3. Remove onto a paper towel lined plate. Sprinkle with salt.
4. Serve with your favorite veggie side and BBQ sauce for dipping.

# BLT BITES

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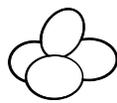
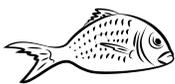
## INGREDIENTS

- » 16 cherry tomatoes
- » 2 bacon slices, cooked and finely chopped
- » 1 cup guacamole
- » ¼ cup romaine lettuce, chopped

## DIRECTIONS

1. Cut a thin slice off the top of the tomato. Scoop out the pulp with a teaspoon and place opening down into a paper towel to drain for 5 minutes.
2. Mix bacon, guacamole and lettuce in a bowl to combine.
3. Spoon guacamole mixture into tomatoes and serve immediately.

# SIDES



# GREEN BEAN CASSEROLE, CODE RED STYLE

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## INGREDIENTS

- » Fresh green beans 1 lb or 1/2 lb, depending
- » Heavy whipping cream
- » Full-fat sour cream
- » Garlic
- » Onion (optional)
- » Butter
- » Redmond Sea Salt & pepper
- » Code Red Olive Oil

## Homemade Cream of Mushroom

- » 8 oz mushrooms, sliced
- » 2 Tbsp butter, unsalted
- » 1 cup heavy whipping cream
- » 1/2 a block of full-fat cream cheese
- » 1/2 cup full-fat sour cream
- » 3 garlic cloves, chopped
- » 1/2 onion, chopped
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Melt butter in pan. Add chopped garlic and onion until translucent, then add mushrooms and cook on medium heat until mushrooms are softened (7-9) minutes.
3. Turn heat down to medium-low, add in heavy cream, sour cream, and cream cheese. Stir until cream cheese is mixed in without clumps and add salt and pepper to taste.
4. Turn to low and let it simmer for 10-15 minutes, stirring occasionally.
5. Cut ends off of green beans.
6. In a baking dish add olive oil, enough to grease bottom of pan, then toss in green beans and sauce. Mix until coated, then place in oven for 25 minutes.

 Submitted by Amanda Griggs-Fleming

# ASIAN STYLE GREEN BEANS

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## INGREDIENTS

- » 1 Tbsp Code Red Olive Oil
- » 2 cups frozen cut green beans (about 8 ounces), thawed
- » 1 garlic clove, minced or diced
- » 2 Tbsp coconut aminos
- » 1 tsp Lakanto monk fruit sweetener
- » Sesame seeds, optional

## DIRECTIONS

1. In a large skillet, heat oil over medium-high heat.
2. Add green beans. Cook and stir until heated through.
3. Add garlic. Cook 1 minute longer.
4. Stir in coconut aminos and monk fruit until it is dissolved. If desired, sprinkle with sesame seeds.

# SAUTEÉD RADISHES WITH GREEN BEANS

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## INGREDIENTS

- » 1 Tbsp butter
- » ½ lb fresh or frozen green beans
- » 1 cup thinly sliced radishes
- » ½ tsp Lakanto monk fruit sweetener
- » ¼ tsp Redmond Real Salt
- » 2 Tbsp pine nuts, chopped cashews, or chopped almonds

## DIRECTIONS

1. In a large skillet, heat butter over medium-high heat.
2. Add beans; cook and stir 3-4 minutes or until crisp-tender.
3. Add radishes; cook 2-3 minutes longer or until vegetables are tender, stirring occasionally.
4. Stir in sweetener and salt; sprinkle with nuts.

# GLAZED BABY CARROTS

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## INGREDIENTS

- » 2 lb bag of baby carrots
- » 2 Tbsp butter
- » 2 Tbsp Lakanto brown or golden monk fruit sweetener
- » 2 tsp Redmond Real Salt

## DIRECTIONS

1. Wash the carrots and place in a saucepan. Add water until it completely covers the carrots.
2. Cover the pan with a lid and allow water to boil over high heat. Let boil for 6-7 minutes.
3. Drain half the water from the pan and add the butter, monk fruit and salt. Stir until combined.
4. Cover the pan again and cook until carrots are tender (but not mushy), about 6 minutes.

 Submitted by Melanie Wyman

# CARROT & PARSNIP MASH

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## INGREDIENTS

- » 1½ lbs carrots, coarsely chopped
- » 2 lbs parsnips, peeled and cut into 1½-inch pieces
- » ½ cup butter, diced
- » 1 pinch ground nutmeg
- » Redmond Real Salt to taste
- » Ground black pepper to taste

## DIRECTIONS

1. Bring a large pot of salted water to a boil. Add carrots, cover partially, and simmer 5 minutes. Add parsnips and cover partially.
2. Simmer until vegetables are very tender, about 15 minutes. Drain well.
3. Return vegetables to saucepan and stir over medium heat until any excess moisture evaporates.
4. Transfer to food processor. Add butter, and process until smooth. (If you do not have a food processor, mash with fork or potato masher.)
5. Season with nutmeg, Redmond Real Salt, and pepper.
6. Can be made 4 hours ahead. Warm over low heat, stirring often.
7. Transfer to bowl. Serve.

# ROASTED VEGETABLES

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## INGREDIENTS

### Choose from:

- » Carrots, peeled and thickly sliced
- » Yellow onions, peeled and cut into wedges
- » Winter squash, peeled and sliced
- » Parsnips, peeled and thickly sliced
- » Rutabagas, peeled and thickly sliced
- » Beets, peeled and sliced

### Mix together:

- » 4 Tbsp Code Red Olive Oil
- » 2 Tbsp balsamic vinegar
- » ½ tsp Redmond Real Salt
- » 1 tsp lemon pepper
- » ¼ tsp ground oregano
- » ¼ tsp onion salt
- » ¼ tsp garlic salt
- » ¼ tsp smoked paprika
- » ¼ tsp pepper
- » ¼ tsp thyme

## DIRECTIONS

1. Mix all the oil, vinegar and spices together in a large bowl.
2. Choose the vegetables you prefer to use from the list. You can use all of them if you like.
3. Toss the vegetables in the oil mixture.
4. Spread out in a large roasting pan.
5. Roast at 425°F for 1 hour and 30 minutes, or until tender and browned.
6. Turn and stir vegetables every 15 minutes.

# SAUTEÉD BRUSSELS SPROUTS & ONIONS

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## INGREDIENTS

- » 3 Tbsp Code Red Olive Oil
- » 1 lb fresh Brussels sprouts, trimmed and halved
- » ¼ to ½ cup thinly sliced onions
- » 2 Tbsp butter
- » 1 tsp smoked paprika
- » 1 tsp Redmond Real Salt
- » ½ tsp pepper

## DIRECTIONS

1. Heat oil in a large pan over medium-high heat until hot.
2. Add Brussels sprouts and cook, stirring often, until starting to brown (3-4 minutes)
3. Add onions and reduce heat to medium. Continue to cook and stir often, until the Brussels sprouts soften and the onions begin to caramelize.
4. Remove from heat and stir in butter, smoked paprika, Redmond Real Salt and pepper until the butter has melted.

# BACON-WRAPPED JALAPEÑOS

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## INGREDIENTS

- » 10 fresh jalapeños
- » 8 oz full-fat cream cheese
- » 10 pieces thin-sliced bacon, cut in half

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Cut jalapeños in half lengthwise and remove seeds and veins. (Use gloves if desired or wash hands immediately after.)
3. Fill jalapeños with cream cheese and wrap each with half slice of bacon. Secure with toothpick.
4. Bake until bacon is to desired doneness, about 15-20 minutes.

# STIR FRY ZUCCHINI NOODLES

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil or butter
- » 2 yellow onions, spiralized or sliced thin
- » 4 small zucchinis, spiralized, patted dry with paper towels
- » 3 Tbsp coconut aminos
- » 1 Tbsp sesame or chia seeds (or ¼ cup chopped nuts)

## DIRECTIONS

1. Heat oil/butter in a wok or skillet over medium heat.
2. Add the spiralized onions and cook for 4 to 5 minutes or until translucent and tender.
3. Stir in the zucchini and continue to cook for 2 minutes.
4. Add coconut aminos and sesame seeds; mix and continue to cook for 5 minutes or until zucchini is tender.
5. Remove from heat.
6. Serve.

# HOMEMADE “SPAGHETTI” NOODLES

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## INGREDIENTS

- » 4 large eggs
- » 3 Tbsp cream cheese, softened
- » 2 tsp garlic powder

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Mix all ingredients with a mixer or in a blender and combine until smooth.
3. Line a rimmed baking sheet with parchment paper. Pour the batter onto the sheet and spread to a roughly ¼ inch thickness.
4. Bake for 12 minutes or until batter is cooked and set.
5. Cool slightly and cut into large noodle pieces.
6. Serve with desired toppings such as sugar free spaghetti sauce.

# LEMON-PARMESAN BROILED ASPARAGUS

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## INGREDIENTS

- » ¼ cup avocado mayonnaise
- » 4 tsp Code Red Olive Oil
- » 1½ tsp grated lemon zest
- » 1 garlic clove, minced or diced
- » ½ tsp pepper
- » ¼ tsp Redmond Real Salt seasoned salt
- » 1 lb fresh asparagus, trimmed
- » 2 Tbsp shredded parmesan cheese  
(in maintenance) or nutritional yeast (weight loss mode)
- » Lemon wedges, optional

## DIRECTIONS

1. Preheat broiler. In large bowl, combine the first 6 ingredients.
2. Add asparagus; toss to coat.
3. Place in a single layer on a wire rack over a foil-lined 15x10x1-in. baking pan.
4. Broil 5-6 inches from heat until tender and lightly browned, 5-7 minutes.
5. Transfer to a serving platter; sprinkle with parmesan cheese or nutritional yeast. If desired, serve with lemon wedges.

# SOUTHERN FRIED CABBAGE

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## INGREDIENTS

- » ⅓ cup Code Red Olive Oil or 3 Tbsp butter
- » 3 slices bacon, cut into thirds
- » 1 tsp Redmond Real Salt, or to taste
- » 1 tsp ground black pepper, or to taste
- » 1 head cabbage, cored and sliced
- » 1 onion, chopped

## DIRECTIONS

1. Heat oil in a large pot (or skillet) over medium heat.
2. Add bacon and season with salt and pepper.
3. Cook until bacon is crisp, 5 to 7 minutes.
4. Add cabbage and onion.
5. Cook and stir continuously until cabbage and onion are tender (5 to 15 minutes).

# ACORN SQUASH

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## INGREDIENTS

- » 1 medium acorn squash, halved and de-seeded
- » 1 Tbsp Lakanto monk fruit sweetener
- » 1 Tbsp butter

## DIRECTIONS

1. Preheat oven to 350°F.
2. Place acorn squash halves cut-side down onto a cookie sheet. Bake in the preheated oven until flesh begins to soften, about 30 to 45 minutes.
3. Remove squash from the oven and transfer one squash half, cut-side up, to a deep baking dish. Spoon butter and sweetener into the cavity. Place remaining squash half, cut-side down, over top to seal.
4. Return to the oven and continue to bake until flesh is soft, 30 minutes.
5. Serve warm and enjoy!

# SPAGHETTI SQUASH SAUTÉ

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## INGREDIENTS

- » 1 spaghetti squash, halved and seeded
- » ¼ cup butter or 2 Tbsp Code Red Olive Oil
- » 1 small onion, chopped
- » 2 cloves garlic, finely chopped
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Coat a baking sheet with oil or rub butter on.
3. Place squash halves cut side down on the sheet. Bake until squash is tender but still crunchy, about 40 minutes. Set aside to cool.
4. Once cool enough to handle, shred squash flesh from rind using a fork. Set aside.
5. Melt butter in a skillet over medium heat. Cook onion and garlic in butter until soft.
6. Add squash to the skillet and cook until hot. Season with salt and pepper.

# COUNTRY FRIED SQUASH

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## INGREDIENTS

- » ¼ cup nut milk (almond or cashew)
- » 1 egg, beaten
- » ½ cup golden ground flaxseed meal
- » ¼ tsp garlic salt
- » ¼ tsp pepper
- » ½ tsp Redmond Real Salt
- » ¼ cup Code Red Olive Oil for frying
- » 3 lbs butternut squash - peeled, seeded and sliced

## DIRECTIONS

1. Whisk milk and egg together in a small bowl. Combine flax, garlic salt, pepper, and salt together in a separate bowl.
2. Heat oil in a deep skillet over medium-high heat.
3. Dip each squash slice into egg mixture, then dredge in flax mixture to coat.
4. Fry coated squash slices in hot oil, a few at a time, until golden brown on both sides.

# FRIED PUMPKIN

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## INGREDIENTS

- » 1 small sugar pumpkin or ½ small regular pumpkin
- » Redmond Real Salt and pepper to taste
- » ½ cup or golden ground flaxseed meal
- » ¼ cup butter

## DIRECTIONS

1. Cut pumpkin in half, remove seeds, pit and outer skin. Cut into 2 or 3-inch pieces.
2. Place ½ of pumpkin (2 to 3 pounds) in large bowl and season with salt and pepper. Add flaxseed meal and stir to evenly coat.
3. Melt butter in a large deep skillet over medium heat.
4. Add pumpkin and cook, turning often until golden brown and tender.

# ROASTED VEGETABLE MEDLEY

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil, divided.
- » 1 large parsnip, peeled and cut into 1-inch pieces
- » 1 cup baby carrots
- » 1 zucchini, cut into 1-inch slices
- » 1 bunch fresh asparagus, trimmed and cut into 1-inch pieces
- » 1 red pepper, cut into 1-inch pieces
- » ¼ cup chopped fresh basil
- » 2 cloves garlic, minced
- » ½ tsp Redmond Real Salt
- » ½ tsp ground black pepper

## DIRECTIONS

1. Preheat oven to 425°F. Grease two baking sheets with 1/2 tablespoon Code Red Olive Oil each. Place parsnip and carrots onto the baking sheets.
2. Bake in the preheated oven for 30 minutes, then add zucchini and asparagus and drizzle with remaining 1 tablespoon Code Red Olive Oil. Continue baking until all the vegetables are tender, about 30 minutes more.
3. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet. Put into a large bowl and add basil, garlic, salt, and pepper, and toss until combined.
4. Serve at room temperature or cold.

# GARLIC & HERB MARINARA SAUCE

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil
- » 6 cloves garlic, minced
- » 28 oz whole San Marzano tomatoes
- » 8 oz can tomato sauce
- » 6 oz can tomato paste
- » 4 tsp basil
- » 4 tsp parsley
- » 1 Tbsp dried minced onion
- » 1 tsp oregano
- » 1 tsp Redmond Real Salt
- » ½ tsp black pepper
- » Pinch of red pepper flakes
- » 1 Tbsp balsamic vinegar

## DIRECTIONS

1. Heat the olive oil in a large saucepan over medium heat.
2. Sauté garlic until soft and fragrant (too long will make it bitter).

3. Puree tomatoes, sauce, and paste in blender.
4. Pour into saucepan with garlic.
5. Stir in seasonings and vinegar.
6. Bring to a low boil over medium heat, reduce, and simmer for 30 minutes, stirring occasionally.
7. Store in refrigerator for up to 2 weeks.

 Submitted by Terri Baker

# HOLIDAY “GRAVY”

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## INGREDIENTS

- » 4 Tbsp salted butter
- » 2 cups beef or chicken broth
- » ¼ tsp onion powder
- » ¼ tsp garlic powder
- » 1 tsp xanthan gum
- » ½ tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper

## DIRECTIONS

1. Add all ingredients into a saucepan and whisk until the xanthan gum is absorbed.
2. Turn on the burner to medium-high heat.
3. Bring the gravy to a low boil and continue to whisk for 1 minute.
4. Remove from heat and serve immediately over your favorite holiday fixings.

# BUFFALO CHICKEN DIP

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## INGREDIENTS

- » 3 cans canned chicken (drained)
- » 8 oz full-fat cream cheese
- » ½ cup full-fat sour cream
- » 1 cup full-fat ranch dressing
- » 1 tsp onion powder
- » 1 tsp Redmond Real Salt
- » 1 cup buffalo chicken hot sauce (such as Frank's or Louisiana hot sauce)

## DIRECTIONS

1. In a large skillet, heat chicken well over medium heat.
2. Add cream cheese to skillet and stir until melted.
3. Add remaining ingredients and mix well.
4. Continue to heat until warm and bubbly.
5. Dump into your favorite dip serving dish (it will thicken as it cools).
6. Serve with sliced bell peppers, baby carrots, cucumber slices or celery. Enjoy!

 Submitted by Nancy Nosari

# LOUISIANA HOT CRAB DIP

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*(maintenance only)*

## INGREDIENTS

- » 1/2 lb crab meat
- » 8 oz cream cheese
- » ½ cup mayonnaise
- » ¼ cup grated Parmesan cheese
- » 3 Tbsp minced green onion
- » 2 large garlic cloves
- » 2 tsp Worcestershire sauce
- » 2 Tbsp lemon juice
- » 1 tsp hot sauce
- » ½ tsp Old Bay seasoning
- » Add Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Combine all ingredients.
2. Bake in the oven at 325°F 35-40 minutes until lightly golden.
3. Serve with pork rinds.

 Submitted by Lisa Parkman

# SHAKSHUKA

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil
- » 1 medium onion, diced
- » 1 red bell pepper, chopped and seeded
- » 4 garlic cloves, finely chopped
- » 1 tsp paprika
- » ½ tsp cumin
- » ¼ tsp chili powder
- » 1-28 oz. can whole peeled tomatoes
- » 6 large eggs
- » Redmond Real Salt and pepper to taste
- » Garnish: Cilantro and parsley

## DIRECTIONS

1. In a large sauté pan, heat olive oil and cook the onions and pepper until onions are translucent.
2. Add garlic and spices and cook another minute.
3. Add the can of tomatoes and juice and break the tomatoes down.
4. Add salt and pepper and bring to a simmer.
5. Make small wells in the sauce and crack the eggs into each well.

6. Cover and simmer until the eggs are to your liking.
7. Garnish with cilantro and parsley.

 Submitted by Andrea Scott

# OVEN POACHED EGGS

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## INGREDIENTS

- » 12 large eggs
- » Muffin tin with 12 spaces

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Place 1 Tbsp water in each of the 12 muffin tin spaces.
3. Gently add one egg per tin space.
4. Bake for 12 minutes.
5. Gently scoop out each poached egg and serve as desired.

# SWEET BUTTERNUT SQUASH CASSEROLE

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## INGREDIENTS

- » Whole butternut squash
- » Lakanto monkfruit (classic)
- » Butter
- » Full-fat sour cream
- » Heavy whipping cream
- » Full-fat cream cheese
- » Apple pie spice
- » Optional: Pecans

## DIRECTIONS

1. Preheat oven to 400°F.
2. Cut ends off of butternut squash, cut in half, and de-seed the squash by scooping out with a spoon.
3. In a rectangular baking pan, put about a half inch of water in the pan, then put the squash face down in the pan. Note: make sure you have enough water in the pan.
4. Place the pan in the oven and cook for about 45 minutes. Keep an eye on it so you don't overcook it. It should be easy to scoop out and cooked thoroughly. When squash is done baking, lower oven temperature to 375°F.
5. Scoop out the meat of the squash (leaving the peeling) and place in a mixing bowl.

6. Add the monk fruit, heavy whipping cream, sour cream, cream cheese, butter, and apple pie spice to the butternut squash and mix it with a mixer.
7. Once thoroughly mixed, put the mixture in a baking pan (top with pecans if you like; I usually sauté them lightly in butter before adding) and then cover with aluminum foil.
8. Bake at 375°F for 30-40 minutes. For the last 5 minutes remove the aluminum foil to brown the pecans (if you added them).

 Submitted by Maya McKnight

# BUTTERNUT SQUASH MASH

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## INGREDIENTS

- » 4 lbs butternut squash
- » ½ cup salted butter, divided
- » ¼ cup almond milk (or cashew, coconut, flax milk or heavy whipping cream)
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash the squash and cut in half lengthwise. With a spoon, remove seeds and membrane.
3. Place the squash half cut side up on a rimmed baking sheet.
4. Brush the flesh with 2 Tbsp melted butter or Code Red Olive Oil and sprinkle with salt and pepper.
5. Bake for 1 hour or until the squash is very tender and a fork pierces through the flesh easily.
6. Scoop out the flesh into a large mixing bowl. With a masher or electric mixer, work until smooth.
7. Add in the milk or cream, remaining butter, and salt and pepper to taste.
8. To spice it up, sprinkle in half a teaspoon of cinnamon, if desired. Mix to combine and serve.

# KALE CHIPS IN AIR FRYER

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## INGREDIENTS

- » Bag of fresh Kale
- » Bragg Liquid Aminos (or coconut aminos)
- » Garlic Powder
- » Black Pepper
- » Code Red Olive Oil
- » Optional: For spicier “chips,” add your favorite spices

## DIRECTIONS

1. Preheat air fryer.
2. In a bowl mix kale, Bragg or coconut aminos (dribble over leaves; if using Bragg Liquid Aminos, don't use too much or it will be too salty), olive oil, garlic, pepper, and optional spices of your choosing.
3. Put kale mixture in air fryer and shake it.
4. Turn air Fryer to 350°F for 10 minutes.
5. Serve!

 Submitted by Maya McKnight

# NUT BUTTER WAFFLES

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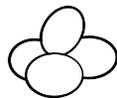
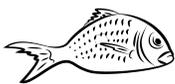
## INGREDIENTS

- » 4 Tbsp almond or cashew butter
- » 3 large eggs
- » 2 Tbsp softened full-fat cream cheese
- » 1 tsp baking powder
- » ½ Tbsp pure vanilla extract
- » 2 Tbsp granulated Lakanto monk fruit sweetener
- » Code Red Olive Oil or cooking spray

## DIRECTIONS

1. Mix ingredients.
2. Spray a small waffle iron with olive or coconut oil cooking spray or brush with Code Red Olive Oil.
3. Once heated and ready, add batter and cook 3-5 minutes to desired crispness.
4. Serve with favorite sugar-free syrup.

# SOUPS



# CURRY BUTTERNUT SQUASH SOUP

---

## INGREDIENTS

- » 1 Tbsp coconut oil or avocado oil
- » 2 medium shallots, diced
- » 2 garlic cloves, minced
- » 6 cups peeled and chopped butternut squash
- » 1 pinch each Redmond Real Salt and black pepper
- » 1½ Tbsp curry powder
- » ½ tsp ground cinnamon
- » 1 - 14 oz can unsweetened coconut cream or milk
- » 2 cups vegetable or chicken broth

## DIRECTIONS

1. Put all ingredients in crockpot on low for 6-8 hours or 4-6 hours on high.
2. When time is up, use immersion blender or mixer to puree.
3. Serve warm, topped with a few pumpkin seeds.

 Submitted by Amy Beth Main

# FIREHOUSE SOUP

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## INGREDIENTS

- » ½ lb bacon slices, cut in small pieces
- » 2 large onions, grated or finely chopped
- » 1 lb rutabagas, finely diced or grated (use a food processor)
- » 4 large carrots, grated
- » 1 ½ quarts unsweetened almond milk
- » ½ tsp Redmond Real Salt
- » ½ tsp pepper

## DIRECTIONS

1. In a large kettle, cook bacon slowly until done, but not crisp.
2. Add onion and sauté just until limp.
3. Add rutabagas, carrots, almond milk, salt and pepper.
4. Cover and simmer for 4 hours or more, stirring occasionally.

# DUTCH OVEN LASAGNA SOUP

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## INGREDIENTS

- » 2 Tbsp ghee
- » 1 medium onion, diced
- » 2 cloves garlic, minced
- » Redmond Real Salt & black pepper
- » 1 lb ground beef
- » 4 cups beef stock
- » 2½ cups garlic & herb marinara sauce
- » ½ cup heavy whipping cream
- » ½ cup full-fat cottage Cheese
- » ½ cup parmesan cheese, shredded (optional, if in maintenance; or replace with nutritional yeast if in weight loss mode)
- » ¼ cup basil, chopped for garnish
- » Pinch of paprika for garnish

## DIRECTIONS

1. Cook onion and garlic in butter in Dutch oven or stock pot over medium-low heat.
2. Add salt/pepper.

3. Increase heat to medium, brown ground beef.
4. Drain excess fat so that it doesn't give the soup an oily taste.
5. Stir in the stock and marinara sauce, bring to a boil.
6. Reduce heat to low and maintain a gentle simmer.
7. Mix in cream and cottage cheese.
8. Simmer 30-45 min. Add salt and pepper to taste.
9. Top each bowl of soup with parmesan (maintenance) or nutritional yeast (weight loss mode), basil and paprika.
10. Store in refrigerator for up to 1 week.

 Submitted by Terri Baker

# BEEF BOMB SOUP

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## INGREDIENTS

- » 1 lb ground beef (not lean)
- » 1 block full-fat cream cheese
- » 1 green bell pepper
- » 1 medium yellow onion
- » 32 oz beef broth

## DIRECTIONS

1. In a large saucepan, brown the ground beef, bell pepper and onion until beef is fully cooked.
2. Gently pour in the beef broth and stir, then add the block of cream cheese.
3. Warm over low-medium heat, stirring frequently until the cream cheese is melted.
4. Serve immediately. Store leftovers in the fridge.

# ZUPPA TOSCANA SOUP

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## INGREDIENTS

- » 16 oz ground Italian sausage
- » ¾ cup chopped onion
- » 3 cloves garlic, finely chopped
- » 2 tsp Code Red Olive Oil (divided)
- » 4 cups chicken broth
- » 1 tsp Redmond Real Salt
- » 1 tsp pepper
- » 3 cups roasted cauliflower
- » 2 cups kale (chopped)
- » 1 cup heavy whipping cream

## DIRECTIONS

1. In a large skillet, brown sausage until cooked through. Drain fat.
2. Chop the cauliflower to your desired size and place on lined baking pan.
3. Drizzle 1 tsp olive oil on cauliflower and toss.
4. Roast for 25 minutes at 375°F.
5. In a Dutch oven or large stock pot, add olive oil and sauté the onion and garlic.
6. Add chicken broth, salt and pepper and bring to a boil.
7. Add roasted cauliflower and sausage and kale.

8. Bring to a simmer and cook until kale is tender.
9. Add the heavy cream and cook through.
10. Serve and enjoy!

 Submitted by Andrea Scott

# PARSNIP CURRY SOUP

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## INGREDIENTS

- » 1 medium onion
- » 5-6 medium parsnips
- » 1 quart chicken broth/stock
- » 3-4 Tbsp curry powder
- » 2 tsp garlic powder
- » 1 tsp onion powder
- » ½ tsp pepper
- » 1 tsp cinnamon
- » 1 to 1½ cups heavy whipping cream

## DIRECTIONS

1. Boil the onion and parsnips in the broth until soft.
2. Puree the veggies (an immersion blender works great for this).
3. Add curry powder, garlic powder, onion powder, pepper, cinnamon and heavy cream to taste.
4. Let simmer for 10 minutes and enjoy!

 Submitted by Melanie Wyman

# COZY CAULIFLOWER SOUP

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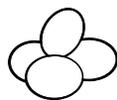
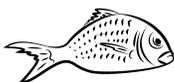
## INGREDIENTS

- » 2 heads of cauliflower OR 2-16 oz bags of frozen cauliflower, steamed
- » 2 Tbsp avocado oil or Code Red Olive Oil
- » 1 medium yellow onion, halved and sliced
- » 2 cloves of garlic
- » 1¼ cups water
- » 3 cups vegetable broth
- » 3 Tbsp lemon juice
- » 2 cups sliced mushrooms
- » 1 cup fresh parsley, divided
- » 2 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper

## DIRECTIONS

1. Remove main stem from cauliflower heads (if using fresh) and steam until tender, about 12 minutes. Saute ½ of the onion and mushrooms in a skillet with ¼ cup of water. Keep adding water as needed to keep onion and mushrooms from sticking to the pan. Cook until browned.
2. When cauliflower is done and still hot, add to a blender with the vegetable broth, oil, 1 cup of water, garlic cloves, lemon juice, 1 Tbsp of parsley, salt, pepper and other half of the raw onion. Blend until smooth and creamy.
3. Pour soup into a bowl and top with sautéed mushrooms and onions. Sprinkle on fresh parsley and serve.

# BEVERAGES



# CODE RED

# GINGERBREAD LATTE

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## EQUIPMENT

- » Blender
- » Hand or stand mixer

## INGREDIENTS

- » 1 ½ cups unsweetened almond milk
- » 8 oz brewed coffee
- » ¼ tsp ground ginger powder
- » ½ tsp nutmeg powder
- » ¼ tsp cinnamon powder
- » ¼ tsp clove powder
- » ¼ tsp gingerbread spice mix
- » ½ tsp Lakanto monk fruit sweetener

## Coconut Cream

- » ½ cup coconut cream
- » ¼ tsp cream of tartar
- » ¼ tsp almond extract (optional)
- » 1 tsp Lakanto monk fruit sweetener

## DIRECTIONS

### Step 1: Make Flavored Coffee

1. Brew coffee.
2. Add ginger powder, nutmeg, cinnamon, clove and gingerbread spice mix. Give the mixture a good stir.
3. Add almond milk.

### Step 2: Make Coconut Cream

1. In a bowl, add coconut cream, cream of tartar, almond extract, and sweetener.
2. Whisk well with a blender or hand mixer until the cream forms soft peaks.
3. Pour hot latte into cups. Top with cream.

# PEPPERMINT BULLETPROOF HOT CHOCOLATE

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## INGREDIENTS

- » 12 oz hot water
- » 2 tsp cocoa powder
- » 1 Tbsp butter or ghee
- » 1 Tbsp coconut oil or MCT oil
- » ⅛ teaspoon peppermint extract
- » Stevia drops, to taste

## DIRECTIONS

1. Heat butter or ghee and add cocoa powder. Stir well.
2. Add chocolate/butter mixture to hot water and stir.
3. Add in coconut oil or MCT oil, peppermint extract, and sweetener. Carefully blend until frothy.
4. Add sweetener to taste.
5. Carefully serve and enjoy!

# SPICED GINGERBREAD COFFEE

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## INGREDIENTS

- » 1 ½ tsp sugar-free syrup or 1 tsp Lakanto monk fruit sweetener
- » 1 Tbsp heavy cream
- » ¼ tsp ground ginger
- » ⅛ tsp ground cinnamon
- » 1 cup hot brewed coffee
- » Heavy whipping cream
- » Dash of ground cloves

## DIRECTIONS

1. In a large mug, mix together sweeteners, heavy cream, ginger, and cinnamon.
2. Add 1 cup hot brewed coffee.
3. Stir until spices have been blended into coffee.
4. Top with whipped cream and then sprinkle cloves on top.

# COFFEE-FREE CINNAMON VANILLA PUMPKIN LATTE

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## INGREDIENTS

- » 4 Tbsp 100% pumpkin puree
- » 2 cups unsweetened almond or coconut milk
- » 1/2 tsp cinnamon
- » 1/4 tsp vanilla extract
- » Stevia or Lakanto monk fruit sweetener to taste

## DIRECTIONS

1. Heat almond or coconut milk until steaming.
2. Mix in pumpkin, cinnamon, vanilla and sweetener. If there are still clumps of pumpkin, use an immersion blender until creamy and smooth.
3. Top with coconut cream or whipped cream and additional cinnamon, if desired.

# BLACK TEA LATTE

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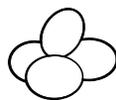
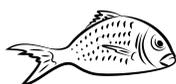
## INGREDIENTS

- » 1.5 cups strongly brewed black tea (12 oz.)
- » 1 Tbsp MCT oil, coconut oil, or butter
- » 2 Tbsp heavy whipping cream or coconut milk
- » ½ - 1 tsp Lakanto monk fruit sweetener

## DIRECTIONS

1. In an immersion blender, add strongly brewed black tea and other ingredients and blend.

# DESSERTS



# CREAMY CHOCOLATE MOUSSE

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## INGREDIENTS

- » 4 oz butter, softened
- » ¼ cup Lakanto monkfruit (or more to taste)
- » 4 oz cream cheese, softened
- » 6 oz heavy whipping cream, whipped
- » 2 Tbsp cocoa powder

## DIRECTIONS

1. Whip together the butter and monk fruit until completely mixed.
2. Add cream cheese and cocoa powder and blend until smooth.
3. Whip up the heavy whipping cream separately and fold into the butter/cream cheese mixture until well mixed.
4. Spoon into small glasses and refrigerate for 30 minutes.

# EASY EGGNOG FUDGE

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## INGREDIENTS

- » 8 oz full fat cream cheese, softened
- » 8 Tbsp butter, softened
- » ½ cup powdered Lakanto monk fruit sweetener (grind in coffee grinder to powder if needed)
- » 2 tsp pure vanilla extract
- » ¼ tsp nutmeg
- » Optional: ¼ tsp rum extract

## DIRECTIONS

1. Combine all ingredients into a bowl and mix on high until smooth and creamy.
2. Using a well-greased loaf pan, place batter into the pan and smooth evenly.
3. Cover with plastic wrap and freeze until set, at least 2 hours.
4. Slice and serve.

# CHOCOLATE PECAN COOKIES

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*(maintenance only)*

## INGREDIENTS

- » 1 cup powdered Lakanto monk fruit sweetener
- » ½ cup Lily's Dark Chocolate Baking Chips
- » ½ cup chopped pecans
- » 6 Tbsp unsweetened cocoa powder
- » 4 large eggs, whites separated
- » 1 tsp pure vanilla extract
- » ¼ tsp Redmond Real Salt

## DIRECTIONS

1. Preheat the oven to 350°F.
2. To a medium sized bowl, add sweetener, cocoa powder, salt, pecans and chocolate chips and mix to combine.
3. Add in the egg whites, vanilla extract and salt. Mix to combine until well incorporated. Use teaspoons to form cookies on a baking tray lined with parchment paper. Do not flatten.
4. Bake for 12 minutes.
5. Allow time to cool before serving.

# CRUSTLESS PUMPKIN PIE

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## INGREDIENTS

- » 1-15 oz can pumpkin puree
- » 3 eggs
- » ¾ cup Lakanto monkfruit sweetener
- » 1 tsp Redmond Real Salt
- » 2 tsp cinnamon
- » 2 tsp pumpkin pie spice
- » ¾ cup heavy whipping cream

## DIRECTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Pour into a well-greased pie pan.
4. Bake at 350°F for 30-40 minutes.

# SUGAR-FREE PUMPKIN PIE

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*(maintenance only)*

## INGREDIENTS

- » 1 almond flour pie crust
- » 1-15 oz can pumpkin puree
- » ½ cup heavy whipping cream (or coconut cream for dairy-free)
- » 2 large eggs (at room temperature)
- » ⅔ cup Lakanto monk fruit sweetener
- » 2 tsp pumpkin pie spice
- » ¼ tsp Redmond Real Salt
- » 1 tsp pure vanilla extract

## DIRECTIONS

1. Make or acquire an almond flour pie crust (see instructions below). Beat together all remaining ingredients, using a hand mixer at medium-low speed, until smooth. (Don't overmix.)
2. When the pie crust is done baking, reduce the oven temperature to 325°F. Cool the crust on the counter for at least 10 minutes.
3. Pour the filling into the crust. Gently tap on the counter to release air bubbles. Cover the crust edge with foil.
4. Bake 40-50 minutes, until the pie is almost set but still slightly jiggly in the center, like Jell-o. Do not let it fully set in the oven.
5. Cool completely on the counter. Then, refrigerate for at least 2 hours, preferably overnight. Make sure the pie is completely set and doesn't jiggle before you slice it.

# ALMOND FLOUR PIE CRUST

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*(maintenance only)*

## INGREDIENTS

- » 2 ½ cups almond flour
- » 2 Tbsp Lakanto monk fruit sweetener (for sweeter crust)
- » ¼ tsp Redmond Real Salt
- » ¼ cup butter (measured solid, then melted; substitute ghee or coconut oil for dairy-free)
- » 1 large egg (or 2 Tbsp additional butter, ghee, or coconut oil)
- » ½ tsp pure vanilla extract (optional)

## DIRECTIONS

1. Preheat the oven to 350°F. Line the bottom of a 9-inch round pie pan with parchment paper, or grease well.
2. In a large bowl, mix together the almond flour and Redmond Real Salt.
3. Stir in the melted butter and egg, until well combined. (If using vanilla, stir that into the melted butter before adding to the dry ingredients.) The “dough” will be dry and crumbly. Just keep mixing, pressing and stirring, until it’s uniform and there is no almond flour powder left. (Alternatively, you can use a food processor to mix it all together.)
4. Press the dough into the bottom of the prepared pan. You can flute the edges if desired; if it crumbles when doing this, just press it back together. Carefully poke holes in the surface using a fork to prevent bubbling.
5. Bake for 6-12 minutes, until the edges are slightly golden. The time can vary depending on your pan, your oven, and the sweetener you use (or don’t use).

6. Add fillings only after pre-baking. If your fillings will require baking again, you'll want to prebake the crust for the shorter end of the time spectrum, around 6-8 minutes, and use a pie shield or foil to cover the edges when baking again with filling.

 **Cristy's Note:** This is a maintenance-only recipe, due to the almond flour. If you're in weight loss mode, try substituting finely ground flaxseed meal in place of the almond flour.

# PUMPKIN PIE CHIA PUDDING

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## INGREDIENTS

- » 3 Tbsp chia seeds
- » ½ tsp pumpkin pie spice
- » ¼ tsp pure vanilla extract
- » 1 Tbsp sugar-free maple syrup
- » 3 Tbsp pumpkin puree
- » ¾ cup unsweetened almond milk  
(or substitute unsweetened cashew milk, coconut milk or flax milk)

## DIRECTIONS

1. In a small mason jar or 12 oz glass container, place all ingredients.
2. Mix gently but well to combine.
3. Refrigerate a minimum of 1 hour or overnight.
4. Serve as is, with fresh whipped cream and a dash of pumpkin pie spice, or any other desired topping.

# “RICE” PUDDING

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## INGREDIENTS

- » 1 cup unsweetened almond milk
- » 1 cup heavy whipping cream
- » ⅓ cup Lakanto monk fruit sweetener
- » 1 tsp pure vanilla extract
- » 12 oz cauliflower rice, raw
- » 3 egg yolks
- » 1 tsp ground cinnamon

## DIRECTIONS

1. Place a saucepan over medium heat and add the almond milk, cream, sweetener and vanilla. Mix well.
2. Bring to a simmer and add the cauliflower rice. Simmer uncovered for 10 minutes, then remove from the heat.
3. Add the egg yolks to a bowl and whisk together. Ladle a small amount of the rice pudding into the yolks while whisking to temper the eggs, whisk in a second ladleful.
4. Pour the egg mixture into the saucepan and whisk well. Place back over medium heat and simmer while stirring for 5 minutes.
5. Remove from the heat and sprinkle with cinnamon. Serve warm or cold.

# MIXED BERRY SLAB PIE

---

*(maintenance only)*

## INGREDIENTS

### For the crust:

- » ½ cup butter, melted
- » 2 ½ cups super fine blanched almond flour
- » 2 Tbsp psyllium husk powder
- » ⅛ tsp salt
- » 2 Tbsp Lakanto monk fruit sweetener

### For the filling:

- » 5 cups mixed berries
- » ½ cup Lakanto monk fruit sweetener
- » 1 tsp ground cinnamon
- » 1 tsp vanilla extract

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Combine the crust ingredients in a medium sized bowl and mix well.
3. Remove ¼ cup of dough (about ⅓ of the dough – don't pack) from the bowl for the top crust.
4. Press the remaining dough (⅔ of dough) into a 13" x 9" baking sheet.

5. Bake the crust for 6 – 8 minutes, or until a light golden brown.
  6. Meanwhile, combine all of the filling ingredients in a large bowl and stir.
  7. Spread the berries evenly onto the baked bottom crust.
  8. Top the pie with the remaining crust either crumbled over Dutch style, or rolled and cut into strips lattice style.
  9. Bake on the center or top rack of oven for 30-32 minutes, or until the top is golden brown and the berries are softened.
  10. Remove and cool for 15 minutes before slicing into 12 squares.
  11. Store leftovers in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 1 month.
-  **Cristy's Note:** This is a maintenance-only recipe, due to the almond flour. If you're in weight loss mode, try substituting finely ground flaxseed meal in place of the almond flour.

# PUMPKIN SPICE WHIPPED COTTAGE CHEESE

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## INGREDIENTS

- » 2 cups full fat cottage cheese (4% or more)
- » 1 cup pumpkin puree
- » ¾ tsp pumpkin pie spice
- » 2 Tbsp sugar-free maple syrup

## DIRECTIONS

1. Combine all ingredients and combine in a food processor or blender until smooth and well combined.
2. Serve cold and add fresh whipped cream, a sprinkle of nuts, or topping of choice, if desired.
3. Keep refrigerated.

# WHERE TO GET MY FAVORITE INGREDIENTS

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## LAKANTO MONK FRUIT SWEETENERS:

[www.coderedlifestyle.com/amazon](http://www.coderedlifestyle.com/amazon).

## CODE RED OLIVE OIL:

[www.coderedoliveoil.com](http://www.coderedoliveoil.com).

## REDMOND REAL SALT AND OTHER REDMOND SPICES:

[www.coderedlifestyle.com/realsalt](http://www.coderedlifestyle.com/realsalt)  
(use CODERED15 for 15% off your order)