

# CODE RED *Cookbook*

# MEAT LOVERS



CRISTY "CODE RED" NICKEL

# WELCOME!

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Congratulations on grabbing your copy of the Code Red Meat Lovers Cookbook! Inside, you'll find delicious, meat-themed recipes to fill you up and make weight loss easier and more enjoyable.

You'll see everything from Chicken Fries to Marinated Beef Steak to Bacon-Wrapped Cod and MORE! They're great options for your family, for potlucks, and for holidays and special occasions, as well as for yourself. Enjoy!

- Cristy Code Red



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# BEEF DISHES

# THREE-INGREDIENT BEEF ROAST

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## INGREDIENTS

- » 3 lbs beef roast such as a chuck roast
- » 1 envelope dry Italian salad dressing mix
- » 1 envelope dry Ranch salad dressing mix
- » 1 envelope dry brown gravy mix
- » 2 cups water

## DIRECTIONS

1. Put the water in a measuring cup that is larger than the amount of water you are using.
2. Now add and mix all three envelopes to the water. Mix until blended completely. Brown the roast (if desired).
3. Add the meat to your cooker.
4. Pour the water, salad dressing mixture over the roast.
5. In the slow cooker, cook it on high for about 4 hours, on low about 8 hours.

 Submitted by Carolyn Pedego, Forestburg, SD

# SLICED STEAK MARINARA

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## INGREDIENTS

- » 1 lb sliced, pre-cooked steak
- » ½ cup onion, diced
- » 2 cups fresh baby spinach leaves
- » Riced cauliflower in preferred amount
- » 2 tsp Italian seasoning
- » 1 tsp Redmond Real Salt
- » ½ tsp pepper
- » 2 tsp garlic paste or 2 cloves garlic, minced
- » 1 cup low-carb marinara sauce or tomato sauce
- » 1 cup canned diced tomatoes

## DIRECTIONS

1. Add all the ingredients to a gallon-sized freezer bag.
2. Press all the air out of the bag and seal. Store flat in the freezer until ready to cook. To prepare, thaw in the refrigerator the night before.
3. Add all ingredients to the liner of an Instant Pot. Attach the lid and set the vent to seal. Pressure cook on high for 7 minutes.
4. Release pressure by turning the knob to venting. If cooking from frozen, add ¼ cup of water to the liner of the Instant Pot along with the ingredients to prevent the contents from burning.
5. Pour steak marinara over cauliflower rice.

# ONE DISH BEEF SPAGHETTI

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## INGREDIENTS

- » 1 lb ground beef
- » 1 zucchini (6-8 inches long), sliced or chopped
- » 12 oz Botticelli Pasta Sauce
- » 1 pkg It's Skinny Pasta/Konjac Noodles, 9.52 oz (prepare according to pkg directions)
- » 1 tsp Italian Seasoning

## DIRECTIONS

1. In a skillet with lid, add water to barely cover zucchini and simmer for 5 minutes or until tender.
2. Drain and set aside.
3. In same skillet add the Italian Seasoning to the ground beef. Cook on medium heat. Drain off fat.
4. Add to the cooked beef the remaining ingredients: zucchini, spaghetti sauce & noodles.
5. Simmer on medium for 5 minutes.
6. I weigh my portions to meet my macros as I prepare this dish.

 Submitted by Debbie Peterson, Jefferson City, MO

# MEATY LASAGNA BAKE

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## INGREDIENTS

- » 1 lb full-fat cream cheese (softened)
- » 1-1½ lbs lean ground beef
- » 10 oz fresh baby spinach
- » 2 - 22 oz marinara sauce (read ingredients as many are only 4-5 ingredients, all Code Red-approved) or the sauce from the 4<sup>th</sup> Edition Code Red Cookbook
- » 3 Outer Aisle Italian Pizza Crusts
- » 3 Tbsp minced garlic in jar
- » Minced onion, salt and pepper to taste for hamburger

## DIRECTIONS

1. Preheat oven to 400°F.
2. Place Outer Aisle crusts on baking sheet and cook for 7 minutes, then flip and cook on other side for 7 minutes. This makes the crust firm for layering.
3. Set crusts to the side, and reduce oven temperature to 350°F.
4. Brown hamburger, with some minced onion and salt and pepper.
5. Add marinara sauce to hamburger and heat.
6. In separate pan, sauté garlic in bacon grease. Add spinach until wilted.
7. Add in cream cheese to make creamy mixture.
8. Grease deep cake pan roughly the size of the pizza crust.

9. Assemble the lasagna, start with some sauce, then crust, next half of the spinach mixture then repeat layers and end with sauce on top.
10. Bake at 350°F for approximately 30-35 minutes, until heated through.
11. Allow to cool slightly and enjoy!

 Submitted by Odella Fuqua, Emerado, ND

 **CRISTY'S NOTE:** Outer Aisle changed their ingredients and are no longer approved for weight loss mode. Save this one for maintenance or if you “hit pause.”

# BUNLESS CHEESEBURGER CASSEROLE

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## INGREDIENTS

- » Ground beef
- » Full-fat cream cheese, softened
- » 2 eggs
- » Onions and green peppers (optional) or squash
- » Seasonings of choice

## INSTRUCTIONS

1. Choose ingredients in amounts appropriate to your weight loss goals.
2. Cook beef and veggies in a skillet.
3. Add cream cheese and beat in eggs to hold it together.
4. Pour into baking dish and bake at 350°F for 25–30 min.

 Submitted by Tina Karnes, Miami, OK

# NO BEAN TEXAS CHILI

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## INGREDIENTS

(Spice Mix)

- » 2 Tbsp chili powder
- » 1 Tbsp smoked paprika
- » 1 Tbsp ground cumin
- » 1 Tbsp cocoa powder
- » 1 tsp ground coriander
- » 1 tsp dried Mexican oregano
- » 2 tsp RX Sugar allulose (optional)

(Chili Ingredients)

- » 1 Tbsp avocado oil or Code Red Olive Oil (aka Fresh-Pressed Olive Oil)
- » 3½ lbs beef stew meat or chuck roast cut into 1-inch pieces
- » Redmond Real Salt and pepper to taste
- » 1 cup onion, diced
- » ¾ cup poblano peppers, cored, seeds and ribs removed, then diced
- » 2 jalapeño peppers, seeds and ribs removed, then finely diced
- » 1½ Tbsp garlic, minced
- » 15 oz can tomato sauce (no sugar added)
- » 1 can chipotle peppers, minced
- » 4 cups beef broth

- » 1 bay leaf
- » Assorted, Code Red-approved toppings such as onion, avocado, sliced black olives, plain full-fat Greek yogurt

## DIRECTIONS

1. Place all the spice mix ingredients in a small bowl, then stir to combine.
2. Heat the oil in a large pot over medium heat. Add the meat in a single layer and season with salt and pepper to taste. You may need to work in batches.
3. Cook for 4-5 minutes per side or until the beef is browned.
4. Remove the beef from the pot and cover to keep warm.
5. Place onions, poblano peppers and jalapeño peppers in the pot. Season the vegetables with salt and pepper.
6. Cook for about 5 minutes or until the vegetables have softened, then add in the garlic and cook for 30 seconds.
7. Add the spice mixture to the pot and cook for 1 minute, stirring constantly.
8. Add the beef back to the pot along with the tomato sauce, chipotle pepper, beef broth and bay leaf. Stir everything together and bring to a simmer.
9. Cook, uncovered, over low heat for 3 hours, stirring every 20 minutes, until a thick stew forms and the beef is tender. If it's too thick prior to the beef being done, you can add more beef broth or water, ¼ cup at a time.
10. Taste and add salt and pepper, if desired.
11. To cook in the crockpot (my favorite way to do it): Place the cooked vegetables, spices, beef, tomato sauce, chipotle pepper, beef broth, and bay leaf into the crockpot and cook for 6-8 hours on low.

 Submitted by Tanya Anderson, Chandler, AZ

# SIMPLE CHILI (INSTANT POT OR SKILLET)

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## INGREDIENTS

- » 3 Tbsp Code Red Olive Oil or avocado oil
- » 1 lb ground beef
- » 1 tsp Redmond Real Salt Onion Salt
- » ¼ onion, diced
- » 1 red bell pepper, diced
- » 3 garlic cloves, minced
- » 2 Tbsp chili powder
- » 1 tsp cumin
- » 1 tsp oregano
- » 2 Tbsp picante or taco sauce
- » 1 (13.5 oz) can diced tomatoes

## DIRECTIONS

1. Set the Instant Pot to the sauté function.
2. Add oil, beef, onion, bell pepper, picante sauce, garlic, and salt to the pot.
3. Cook on sauté function until beef is browned and vegetables are softened.
4. Stir in seasonings and cook for 1 minute.
5. Add tomatoes and stir to combine.

6. Cover and pressure cook for 8 minutes.
7. Let pressure release naturally before venting out excess steam.
8. Remove the lid and serve.
9. Optionally, top with full-fat sour cream and more picante sauce.
10. To cook in a skillet, add oil, beef, onion, bell pepper, garlic, sauce, and salt. Cook on medium heat until meat is browned, chopping to mix ingredients. Then add seasonings and tomato, stir, and simmer on medium low (stirring occasionally to mix well) until chili is thickened.

# HEARTY SALISBURY STEAK

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## INGREDIENTS

- » 1 lb ground beef
- » ½ cup heavy whipping cream
- » 3 Tbsp full-fat cream cheese
- » 4 Tbsp butter
- » ½ onion, sliced
- » 8 oz mushrooms, sliced
- » 1 Tbsp tomato paste
- » ½ tsp xanthan gum
- » 1 cup chicken or beef broth
- » 2 Tbsp coconut aminos
- » 1 tsp Redmond Real Salt
- » ¼ tsp black pepper

## DIRECTIONS

1. Mix together ground beef, cream, cream cheese, salt and pepper.
2. Form four patties from the ground beef mixture.
3. Melt 2 Tbsp butter in a skillet over medium-high heat. Add patties and cook until browned on each side (5 minutes per side).

4. Remove patties and set aside.
5. Melt 2 Tbsp butter in the skillet. Add onions and sauté onions until soft. Add mushrooms and ½ tsp salt.
6. Cook until mushrooms release their fluid and most of it has evaporated.
7. Stir in tomato paste and xanthan gum. Cook 1-2 minutes. Whisk in broth coconut aminos. Bring to simmer.
8. Add patties back into the skillet, reduce to low heat and cook covered for 10-15 minutes.

 Submitted by Pam Apfelbeck, Orofino, ID

 **CRISTY'S NOTE:** Xanthan gum is not approved for weight loss mode. Consider omitting.

# SHREDDED BEEF

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## INGREDIENTS

- » 3-4 lbs chuck roast
- » 1 cup beef stock
- » 1 Tbsp apple cider vinegar
- » 2 Tbsp Cross O Beef Tallow (or butter)
- » Redmond Real Salt and Pepper (to taste)
- » OPTIONAL: Other seasonings to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all the ingredients in a small bowl and mix them well with the beef roast.
3. Add tallow (or butter) to a frying pan over medium heat and sear the chuck roast for 5 minutes on each side.
4. In a lined foil baking sheet, add the beef stock, apple cider vinegar, and seared roast.
5. Cover with foil.
6. Bake for 3½ hours.
7. Remove from the oven and leave it covered for an hour. Then, use a fork to shred and pull the meat.

 Submitted by Patti Ciarleglio, Waterbury, CT

# MARINATED BEEF STEAK & BROCCOLI

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## INGREDIENTS

(Beef and Broccoli)

- » 1 lb flat iron steak, thinly sliced against the grain
- » ½ lb broccoli cut into small florets
- » ¼ cup coconut oil or Code Red Olive Oil
- » 1 tsp toasted sesame oil
- » 1 tsp fish sauce

(Marinade)

- » ¼ cup coconut aminos
- » 1 tsp ginger root, peeled and grated
- » 2 cloves chopped garlic

## DIRECTIONS

1. Cut flat iron steak into very thin slices against the grain.
2. Add sliced beef to a small bag with coconut aminos, ginger, and garlic. Let marinate for 1 hour in the fridge.
3. When you are ready to cook, drain the beef from the marinade but reserve the liquid for later, this will be the stir fry sauce.
4. Blanch the broccoli for two minutes in boiling water, then drain.

5. In a large wok or cast-iron skillet, heat oil over medium-high heat, then stir-fry beef until browned, 1-3 minutes. Remove from skillet.
6. Stir-fry broccoli until crisp-tender, for about 3 minutes, then add the remaining marinade and cook for two more minutes.
7. Return the beef to the pan with the broccoli and warm through. Add fish sauce and toasted sesame oil, then serve hot.

# GRILLED STEAK SALAD

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## INGREDIENTS

(Marinade & Steak )

- » 3 garlic cloves, grated or minced
- » ¼ cup avocado oil
- » 1 tsp Lakanto golden monk fruit
- » 1 tsp chili powder
- » 1 tsp oregano
- » 1 tsp Redmond Real Salt + ½ tsp more (for vegetables)
- » ½ tsp sesame oil
- » ¼ tsp ground cumin
- » 1½ pounds skirt steak, flank steak or flat iron steak

(Salad)

- » ½ red onion, diced
- » 8 oz mushrooms, diced
- » 12 spears of asparagus
- » 4 oz arugula, radicchio or spinach leaves
- » 2 avocados, peeled and sliced
- » 5 Tbsp Code Red Olive Oil
- » 1 Tbsp lime juice

## DIRECTIONS

1. In a small bowl, prepare the marinade. Mix together garlic, avocado oil, monk fruit, chili powder, oregano, 1 tsp salt, sesame oil, and cumin.
2. Add skirt steak to a Ziploc bag. Pour marinade into the bag with the steak. Shake or rub the bag until the marinade coats the steak. Store in the refrigerator for at least 1 hour or overnight.
3. Preheat grill – heat to medium high (about 450°F) OR use the broiler function in an oven.
4. Before cooking the steak, prepare the vegetables. Add the red onion, mushrooms, and asparagus to a Ziploc bag with 2 Tbsp olive oil plus ½ tsp salt. Rub together until evenly coated.
5. Grill vegetables in a preheated grill basket or wrap in aluminum foil and place on the grill. Cook until softened.
6. Remove from grill once cooked. If you don't have a grill, you can sauté them on the stovetop until softened.
7. While grilling the vegetables, add the marinated skirt steak to the grill and cook about 2-4 minutes per side for a medium rare steak.
8. Remove from grill and let rest for 5 minutes before carving.
9. Meanwhile whisk together remaining olive oil and lime juice with a pinch of salt.
10. To assemble salad, lay down a handful of greens, a scoop of grilled veggies, sliced steak, and sliced avocado onto a plate. Drizzle with lime vinaigrette.

# TACO MEATBALLS

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## INGREDIENTS

- » 2 lbs ground beef
- » 2 cups ground pork rinds
- » ¼ cup full-fat cream cheese
- » ⅓ cup heavy cream or full-fat sour cream
- » ⅓ cup finely chopped onion
- » ¼ cup chopped cilantro
- » 2 Tbsp Redmond Real Salt Taco Seasoning (or other no sugar taco seasoning)
- » 2 garlic cloves, minced
- » 2 tsp Redmond Real Salt
- » 1 tsp black pepper

(Dipping Sauce Ingredients)

- » ¼ cup full-fat sour cream
- » ¼ cup salsa

## DIRECTIONS

1. To a large bowl, add all ingredients and mix until combined.
2. Roll meatballs into a golf ball-sized shape.
3. For air fryer: Preheat air fryer to 400°F for 3-4 minutes before adding in the meatballs.

4. Add the meatballs to the basket of the air fryer and cook 6-7 minutes or until the interior of the meatball is cooked through.
5. For oven: Place meatballs on a parchment lined baking tray and bake in a 400°F oven for 9-12 minutes or until cooked through.
6. For stovetop: Heat a couple Tbsp of avocado oil in a skillet over medium-high heat. Add meatballs in a single layer in the skillet. Space about 1 inch apart. Work in batches to avoid overcrowding.
7. Cook meatballs on all sides until browned on the outside and cooked through in the interior.
8. To freeze: Place meatballs in a freezer safe bag and arrange in a single layer. To thaw out for cooking, thaw the night before in the refrigerator.

# GRILLED BURGERS & HORSERADISH SAUCE

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## INGREDIENTS

(Meat)

- » 2 lbs lean ground beef
- » 2 tsp Redmond Real Salt

(Sauce)

- » ¼ cup avocado oil mayonnaise
- » 1-2 Tbsp prepared horseradish
- » 1 Tbsp full-fat sour cream
- » 1 Tbsp Dijon or stone ground mustard
- » 1 garlic clove, minced
- » ½ tsp hot sauce
- » ¼ tsp Redmond Real Salt

## DIRECTIONS

1. Preheat grill to 450-500°F range.
2. Divide ground beef into 6 equal portions and roll into a ball. Press down onto flat cutting board or parchment paper.
3. Using your thumb, press down in the center of each patty to make a divot in the middle. This will prevent the burger from puffing up while cooking.
4. Sprinkle each side of each patty with salt.

5. Spray the grill grate with cooking oil spray or, using tongs, wipe the grate with a paper towel dipped in oil.
6. Place patties on the grill grate and grill over direct heat.
7. Flip the burgers half way through cooking.
8. Cook until desired level of doneness. (Rare - 4 minutes 125°F; Medium-rare 5 minutes 135°F; Medium 6 - 7 minutes 145°F; Well-done 8 - 9 minutes 160°F.)
9. While burgers are cooking, prepare the horseradish sauce. Add all ingredients to a small bowl and whisk until combined.
10. Once burgers are done cooking, remove them from the grill and let rest for 5 minutes before serving. Top with your favorite Code Red-approved burger ingredients and the creamy horseradish burger sauce.

# YUMMY MEATLOAF

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## INGREDIENTS

- » 1 lb ground beef
- » 2 lg carrots, grated (about 2 cups)
- » 1-2 ribs/stalks celery, grated (about  $\frac{3}{4}$  cup)
- » 1 small onion, diced (about  $\frac{1}{2}$  cup)
- » 2 eggs, slightly beaten
- »  $\frac{1}{4}$  tsp pepper
- »  $\frac{1}{4}$  tsp Redmond Real Salt
- »  $\frac{1}{3}$  cup heavy whipping cream
- »  $\frac{1}{3}$  cup pork rinds, crushed

## DIRECTIONS

1. Mix all ingredients together.
2. Place in small loaf pan.
3. Bake at 350°F for 45-60 minutes or to an internal temperature of 160°F.
4. Let stand 10 minutes before slicing.

 Submitted by Nancy Husfloen, Nampa, ID

# SHEET PAN MEATLOAF

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## INGREDIENTS

(Meatloaf)

- » 2 garlic cloves, minced
- » ¼ cup grated onion
- » ¼ cup sugar-free ketchup
- » 1 cup ground pork rinds
- » ½ cup heavy whipping cream
- » 2 eggs
- » ¼ cup chopped parsley
- » 2 Tbsp Worcestershire Sauce
- » 1½ pounds ground beef
- » 1½ pounds ground pork
- » 1 tsp Redmond Real Salt
- » ½ tsp pepper

(Sauce)

- » ½ cup tomato sauce
- » ¼ cup sugar free ketchup
- » 1 Tbsp Lakanto Golden Monk Fruit
- » 1 Tbsp apple cider vinegar
- » 1 tsp chili powder

## DIRECTIONS

1. Preheat oven to 375°F.
2. Mix meatloaf ingredients (except sauce) in a large bowl and mix together using your hands.
3. Spread meatloaf onto a parchment or foil lined baking tray. Press down into an even layer.
4. In a small bowl, whisk together the ingredients for the sauce and brush over the top of the meatloaf.
5. Bake in a 375°F oven for 20 minutes. Finish by broiling on high for 3-4 minutes.

# BEEF TIPS & NOODLES

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## INGREDIENTS

- » 1½ lbs beef tips (cubed sirloin or chuck steak)
- » Redmond Real Salt and pepper
- » 3 Tbsp avocado oil
- » 8 oz sliced mushrooms
- » ½ red onion, diced
- » 1 cup beef broth
- » 1 tsp fresh thyme or ½ tsp dried thyme
- » ½ cup full-fat sour cream
- » 2 Tbsp Dijon mustard
- » 9 oz hearts of palm spaghetti noodles

## DIRECTIONS

1. Pat steak tips with a paper towel to dry. Then season all sides with salt and pepper. Add avocado oil to a skillet and heat over medium-high heat. Working in batches to not over crowd the pan, add beef tips and sear for a few minutes on all sides until browned (6-8 minutes). Remove from the skillet when all have been cooked.
2. To the same skillet, add mushrooms, onion and ¼ tsp salt. Sauté mushrooms and onions until softened. Stir in broth and thyme. Scrape the skillet as the liquid comes to a boil to get the brown bits of flavor off the bottom of the skillet.
3. Add back in the steak tips and simmer until broth has reduced by half. Remove skillet from the heat and stir in sour cream, Dijon mustard and noodles.

# INSTANT POT SWISS STEAK

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## INGREDIENTS

- » 2-3 lbs London broil, top round, bottom round steak or roast
- » Redmond Real Salt and pepper, to taste
- » 1 tsp arrowroot powder (optional)
- » 2 Tbsp avocado oil
- » ½ cup diced onion
- » 3 oz sliced mushrooms
- » 2 cloves garlic, minced
- » ½ tsp dried thyme
- » 14 oz can diced tomatoes, drained
- » 1 cup chicken broth

## DIRECTIONS

1. Pat steaks or roast dry with a paper towel. Season generously with salt and pepper. Dust with arrowroot powder or your favorite thickener (if using).
2. Set Instant Pot to sauté mode. Add avocado oil. Once oil is heated through, add steaks to the liner of the Instant Pot. Do not crowd the steaks, leave room for steam to escape to get a proper sear and crust on the outside of each steak. You may have to work in batches.
3. Sear on all sides. Remove steaks and set aside.

4. To the liner of the Instant Pot, add diced onions, mushrooms, garlic and thyme. Sauté until almost softened. Stir in diced tomatoes and chicken broth.
5. Return steaks to the Instant Pot and submerge within the liquid. Place the lid on the pressure cooker and turn the vent to seal. Pressure cook on high for 30 minutes.
6. Let pressure release naturally for 10 minutes before sliding or pressing the knob to vent remaining pressure.
7. Remove steak. To thicken the sauce, turn the Instant Pot to sauté mode and let sauce reduce. Add more arrowroot powder or your favorite thickener, if needed/using.
8. Pour sauce over steak once finished.



**CRISTY'S NOTE:** Arrowroot powder is not approved for weight loss mode. Consider omitting.

# GROUND BEEF BROCCOLI STIR FRY

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## INGREDIENTS

- » ¼ cup avocado oil
- » 1½ lbs ground beef
- » Dash of onion powder
- » 2 cloves garlic, minced
- » ½ cup liquid aminos
- » ¼ cup sesame oil
- » 4 tsp apple cider vinegar
- » 12 oz broccoli florets

## DIRECTIONS

1. Add avocado oil to a skillet and heat over medium high heat.
2. Add ground beef and break up into small chunks. Cook, stirring occasionally until beef is browned and slightly crispy. Add onion powder and garlic. Stir for 30 seconds.
3. Stir in liquid aminos, sesame oil and vinegar.
4. Stir in broccoli florets. Cover and let steam over medium heat until broccoli is fork tender (3-5 minutes).

# GROUND BEEF STEW

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## INGREDIENTS

- » 1 lb ground beef
- » 1 Tbsp Code Red Olive Oil
- » 2 large carrots, peeled and cut into 1-inch pieces
- » 2 stalks celery cut into 1-inch pieces
- » 1 large onion, chopped
- » 2 cups chopped zucchini or vegetable of your choice
- » 1 Tbsp garlic minced
- » 1 large bay leaf
- » 2 sprigs fresh thyme or 1 tsp dried thyme
- » 2½ cups beef stock
- » 1 Tbsp Worcestershire sauce
- » 1 Tbsp psyllium husk powder
- » 1 tsp xanthan gum to thicken
- » ½ cup water

## DIRECTIONS

1. Add the ground beef to a large saucepan over medium high heat. Cook, crumbling until browned and cooked through. Drain the grease and transfer the meat to a paper towel-lined plate. Set aside.
2. Add the olive oil to the saucepan along with the carrots, celery, onions and zucchini or other.

3. Cook for 10 minutes, stirring occasionally, until vegetables are just starting to soften.
4. Add the garlic, thyme, bay leaf, salt, pepper, psyllium husk powder, and stir to combine. Cook another minute.
5. Then add beef stock and Worcestershire sauce. Bring to a boil and let boil 5 minutes.
6. Reduce heat to a simmer. Add the ground beef back to the pot, stir and cover.
7. Simmer for 25-30 minutes or until vegetables are fork tender.
8. Add xanthan gum to water and stir with a fork. Pour into pot and mix until stew is thickened.
9. Remove the bay leaf and, if used, thyme sprigs. Serve up!



**CRISTY'S NOTE:** Xanthan gum is not approved for weight loss mode. Consider omitting.



# CHICKEN & TURKEY DISHES

# CHICKEN FRIES

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## INGREDIENTS

- » 1 lb chicken breast, cut into thin strips
- » 2 eggs, beaten
- » 3½ oz pork rinds, crushed
- » ¼ tsp black pepper
- » ¼ tsp Redmond Real Salt
- » Optional: ¾ tsp paprika, ½ tsp garlic powder, ½ tsp onion powder

## DIRECTIONS

1. Preheat oven to 425°F.
2. In a shallow dish, mix crushed pork rinds with the seasonings. In another dish, add the beaten eggs.
3. Take each chicken strip and coat it in the egg. Then dip it in the pork rind mixture to coat well.
4. Place on a sprayed wire rack on a baking sheet.
5. Bake for 15-20 minutes, or until the chicken is cooked through and the coating is crispy. (NOTE: Flip the chicken strips halfway through the cooking for even browning.)
6. Cool for about 5 minutes before serving to set the coating.



Submitted by Patti Ciarleglio, Waterbury, CT

# CRISPY CHICKEN TENDERS

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## INGREDIENTS

- » 1 lb chicken tenders or thigh meat, cut into strips
- » 1½ cups ground pork rinds, divided
- » ½ cup finely ground golden flaxseed meal (can be ground in coffee or seed grinder)
- » 1 tsp garlic powder
- » 1 tsp onion powder
- » ¼ tsp Redmond Real Salt
- » ¼ tsp black pepper
- » 1 egg

## DIRECTIONS

1. Pat dry the chicken tenders with a clean paper towel to remove excess moisture. Season with salt and pepper. Then set aside.
2. In a shallow bowl or plate, mix together 1 cup pork rinds, flaxseed meal, garlic powder, onion powder, salt and pepper.
3. To a separate bowl, add remaining ½ cup pork rinds.
4. Whisk together the egg with 2 Tbsp water.
5. Add a couple of chicken tenders to the bowl with the flaxseed. Dust until coated.

6. Dip each tender in the egg wash, then put back into the bowl with breading for another dusting.
7. For extra, extra crispy chicken strips, do a final coating with egg wash and a dip in a bowl with ground pork rinds only.
8. Air Fryer: Add in a single layer to an air fryer basket or tray. Spray the top of the chicken strips with oil. Bake at 350-360°F for 8-12 minutes or until chicken strips have cooked all the way through.
9. Stovetop: Fill a skillet with 2 Tbsp of avocado oil and heat over medium heat. Once oil ripples as you turn the skillet, you are ready to add your chicken strips. Working in batches, add breaded chicken tenders to the hot oil and fry for 3-5 minutes on each side until chicken is cooked through. Remove and let sit on a plate with a paper towel.
10. Oven: Add breaded chicken tenders to a baking tray lined with foil or parchment paper. Coat the top of the chicken strips with spray oil to help keep the strips moist as they bake. Bake at 400°F for 15 to 20 minutes.

# BACON-WRAPPED CHICKEN TENDERS

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## INGREDIENTS

- » 1 lb chicken tenderloins
- » 1 tsp smoked paprika
- » 1 tsp salt
- » 1 tsp black pepper
- » 1 lb thick-cut bacon
- » 1/3 cup sugar-free BBQ sauce

## DIRECTIONS

1. Preheat air fryer to 400°F or oven to 425°F and pat dry chicken tenders using a paper towel. In a small bowl, combine smoked paprika, salt and black pepper.
2. Sprinkle seasoning on both sides of the chicken tenders. Press seasoning in to evenly coat.
3. Starting with the end of a bacon strip, tightly wrap the bacon around the length of the chicken tender from top to bottom.
4. Brush BBQ sauce on all sides of each bacon-wrapped chicken tender using a silicone brush or basting brush.
5. Air fryer: Cook in the air fryer at 400°F for 10-15 minutes or until chicken reaches an internal temperature of 165°F and bacon is crispy.
6. Oven: Bake in the oven at 425°F for 25-30 minutes or until chicken reaches an internal temperature of 165 °F and bacon is crispy.

# CHICKEN FRIED RICE

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## INGREDIENTS

- » 2 eggs (beaten)
- » 4 Tbsp butter (divided)
- » 2 medium carrots peeled and diced
- » 1 small onion
- » 3 cloves garlic, minced
- » 4 cups cauliflower rice (cooked according to package instructions)
- » ¼ cup green onions thinly sliced (plus more for garnish)
- » 3 Tbsp coconut aminos
- » ½ tsp toasted sesame oil (plus more for garnish)
- » 1 tsp sesame seeds

## DIRECTIONS

1. Melt 1 Tbsp butter over medium heat.
2. Add beaten eggs until softly scrambled. Remove and set aside.
3. Melt 2 Tbsp butter and increase heat to medium-high.
4. Add carrots and onions and cook, stirring occasionally until slightly brown, about 3-5 minutes.
5. Add garlic and cook 1 minute.
6. Push veggies to one side of pan and add remaining Tbsp butter to the other side, then add cauliflower rice to this side.

7. Allow the rice to brown slightly by not stirring for a couple of minutes.
8. Once the bottom of the rice starts to brown, stir all the veggies together and cook another 3 minutes.
9. Stir in green onions, coconut aminos, sesame oil, sesame seeds and scrambled eggs. Remove from heat and garnish with additional sesame seeds and green onions, if desired.

 Submitted by Judith Birdsell, Mesa, AZ

# CRISPY OVEN-BAKED BBQ CHICKEN

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## INGREDIENTS

- » 8 chicken thighs (bone in and skin on)
- » 2 cups of your favorite sugar-free BBQ sauce
- » Code Red Olive Oil
- » Redmond Real Salt
- » Pepper

## DIRECTIONS

1. Preheat oven to 400°F.
2. Coat chicken on all sides with olive oil and season with salt and pepper.
3. Place chicken skin side down on rimmed baking sheet lined with foil.
4. Bake for 25 minutes.
5. Remove chicken and increase oven temperature to 425°F.
6. Coat top of chicken with BBQ sauce using basting brush. Use spatula to flip chicken over. Baste other side with BBQ sauce and bake for 7 minutes.
7. Remove from oven, baste top of chicken with BBQ sauce and bake for 7 more minutes.
8. Remove from oven and baste again, bake for 7 more minutes or until chicken is crispy and fully cooked.

 Submitted by Judith Birdsell, Mesa, AZ

# BBQ CHICKEN DRUMSTICKS

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## INGREDIENTS

- » Chicken drumsticks with skin on
- » Redmond Real Salt
- » Redmond Red Rock BBQ seasoning
- » Avocado oil spray

## DIRECTIONS

1. Pre-heat the oven to 425°F.
2. Remove the chicken from the package and arrange it on a baking sheet lined with parchment paper.
3. Season each drumstick with salt (to taste) and the Red Rock BBQ seasoning. Gently rub the salt and BBQ seasoning into each drumstick. Spritz each drumstick with avocado oil.
4. Place the baking sheet in the pre-heated oven and bake for 45 minutes. Don't disturb the chicken while it's cooking. This allows the skin to get nice and crispy.
5. Remove them from oven and let them rest for about 5 minutes. Enjoy!



Submitted by Leann Wagele, Spokane Valley, WA

# CROCKPOT BBQ CHICKEN

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## INGREDIENTS

- » 3 lbs boneless, skinless chicken breasts (about 6 large)
- » 1 Tbsp onion powder
- » 1 Tbsp smoked paprika
- » 1 tsp garlic powder
- » ½ tsp Redmond Real Salt
- » ½ tsp pepper
- » 8 oz chicken stock/broth
- » 32 oz G. Hughes sugar-free barbecue sauce

## DIRECTIONS

1. Season chicken with onion powder, garlic powder, paprika, salt and pepper.
2. Add to crockpot, then add chicken stock/broth and 24 ounces of barbecue sauce.
3. Cook on low for 8 hours, tossing once or twice if desired.
4. After 8 hours, shred and add remaining barbecue sauce.
5. Toss chicken to coat and let sit for 10-15 minutes before serving to absorb everything.
6. Serve as desired.

 Submitted by Michele Broussard, Auburn, CA

# GARLIC GREEK CHICKEN

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## INGREDIENTS

- » 3 Tbsp extra-virgin olive oil, divided
- » 2 Tbsp lemon juice
- » 3 cloves garlic, minced
- » 1 tsp dried oregano
- » 1 lb chicken thighs
- » Redmond Real Salt
- » Freshly ground black pepper
- » ½ lb asparagus, ends removed
- » 1 zucchini, sliced into half moons
- » 1 lemon, sliced
- » Kamala olives

## DIRECTIONS

1. In a large bowl, combine 2 tablespoons olive oil, lemon juice, garlic, and oregano. Whisk until combined, then add chicken thighs and toss to coat.
2. Cover bowl with plastic wrap and let marinate in the refrigerator for at least 15 minutes and up to 2 hours.
3. When you're ready to cook the chicken, preheat oven to 425°F.
4. In a large ovenproof skillet over medium-high heat, heat remaining tablespoon olive oil.

5. Season both sides of marinated chicken with salt and pepper, then add chicken skin-side down and pour in the remaining marinade.
6. Sear until the skin becomes golden and crispy, about 10 minutes. Flip chicken and add asparagus, zucchini, olives and lemon to the skillet.
7. Transfer pan to oven and cook until the chicken is cooked through and the vegetables are tender, about 15 minutes.

 Submitted by Tamara Afflerbach, Antioch, CA

# OVEN-BAKED PECAN CRUSTED CHICKEN BREAST

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## INGREDIENTS

- » 4 chicken breasts
- » 1½ cups pecans
- » ½ tsp Redmond Real Salt
- » Pinch cayenne pepper
- » pinch black pepper
- » ¼ cup Code Red Olive Oil
- » ¼ cup parsley, chopped - as garnish

## DIRECTIONS

1. Preheat oven to 400°F.
2. Finely chop or pulse the pecans lightly in a food processor and mix in salt and cayenne pepper.
3. Brush the chicken with olive oil on both sides and lightly salt and pepper.
4. Lay on a lined baking sheet.
5. Top the chicken with the pecan mixture and press down firmly.
6. Bake for about 30 minutes or until internal temperature of chicken reaches 165°F. Garnish with chopped parsley.

# SPINACH-STUFFED CHICKEN BREAST

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## INGREDIENTS

- » 4 large boneless, skinless chicken breasts
- » 1 Tbsp Code Red Olive Oil
- » 1½ tsp Redmond Real Salt
- » 1½ tsp black pepper
- » 1½ tsp garlic powder
- » 1½ tsp paprika
- » 2 cups chopped spinach
- » 8 oz full-fat cream cheese, softened
- » 2 Tbsp full-fat mayonnaise
- » 1 Tbsp basil
- » 2 cloves garlic, minced

## DIRECTIONS

1. Pat chicken dry with a paper towel (this allows seasoning to stick better).
2. Using a knife, cut a slit into the center side of the breast and move your knife along to create a pocket. Don't cut all the way through. Stop about ½ inch from each end.
3. Transfer the chicken to a foil-lined baking tray.

4. In a small bowl, mix salt, pepper, garlic powder and paprika.
5. Brush the chicken on both sides with olive oil, then sprinkle both sides with the seasoning and rub it into the chicken.
6. In a medium bowl, combine chopped spinach, cream cheese, mayonnaise, basil, and minced garlic.
7. Evenly stuff each chicken breast pocket with the spinach cream cheese filling.
8. Bake at 375°F for 20-25 minutes or until cooked through (reaches an internal temperature of 165 degrees).

# COLD CHICKEN SALAD

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## INGREDIENTS

- » 2 lbs boneless skinless chicken breast
- » ½ cup red onion, diced
- » 4 celery stalks, diced
- » 5 medium pickles, diced
- » ⅔ cup full-fat mayonnaise
- » 2 tsp dijon mustard
- » 3-4 Tbsp fresh parsley or dill, chopped
- » ½ tsp Redmond Real Salt
- » ¼ tsp black pepper

## DIRECTIONS

1. Bring a large pot of water to a boil and add a little salt. Add chicken to boiling water for 5-8 minutes (depending on thickness) or until juices run clear.
2. Remove from heat, drain, and allow to cool before making the salad.
3. Dice or pull apart the chicken breast and place in a large bowl.
4. Add remaining ingredients to bowl and stir.
5. Add more mayonnaise, salt and black pepper to taste.
6. Serve over crispy romaine lettuce.

# CREAMY CHICKEN & SPINACH SKILLET

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## INGREDIENTS

- » Chicken breast (cubed)
- » Full-fat cream cheese
- » Ghee
- » Fresh spinach
- » Redmond Real Salt Garlic Powder & Onion Powder

## DIRECTIONS

1. Sauté chicken in Ghee with Redmond seasonings.
2. Add cream cheese and a splash of water or organic chicken broth to make a sauce.
3. Stir in fresh spinach until wilted. Serve hot.
4. Can serve over cauliflower rice.

 Submitted by Tina Karnes, Miami, OK

# TURMERIC GINGER CHICKEN SALAD

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## INGREDIENTS

- » Chicken breast (grilled or baked)
- » Cauliflower rice
- » Steamed broccoli
- » Sliced avocado
- » Ghee butter
- » Turmeric, ginger, garlic, Redmond Real Salt

## DIRECTIONS

1. Season preferred amount of chicken with preferred amounts of turmeric, ginger, garlic, and salt.
2. Cook and assemble in a bowl with cauliflower rice, broccoli, and avocado.
3. Drizzle with ghee before serving.

 Submitted by Tina Karnes, Miami, OK

# RANCH CHICKEN CASSEROLE

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## INGREDIENTS

- » 6-8 boneless, skinless chicken thighs
- » ½ cup golden ground flaxseed meal
- » 2 oz softened full-fat cream cheese
- » 1 tsp Redmond Real Salt
- » 1 tsp black pepper
- » 1 tsp paprika
- » 1 cup Ranch dressing
- » ⅓ cup full-fat sour cream
- » Parsley and black pepper to garnish
- » 1 Tbsp Code Red Olive Oil or avocado oil cooking spray

## DIRECTIONS

1. Preheat oven to 375°F.
2. Coat a square baking dish (or small rectangle dish) with cooking spray or Code Red Olive Oil and set aside.
3. To a small bowl, combine flaxseed meal, black pepper, paprika, and salt. Press each piece of chicken into the mixture to evenly coat on both sides.
4. Place chicken in a single layer into the prepared baking dish.

5. In a small bowl, combine ranch dressing, cream cheese, and sour cream. Pour or wipe over the chicken thighs and spread evenly.
6. Bake in a 375°F oven for 25-30 minutes or once chicken has reached an internal temperature of 160°F.
7. Turn the oven to broil and broil on high for additional 1-2 minutes or until the top turns golden brown. Watch closely to ensure it doesn't burn. Garnish with parsley and black pepper.

# CHICKEN STIR FRY

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## INGREDIENTS

- » 2 Tbsp avocado oil or Code Red Olive Oil
- » 1½ lbs boneless skinless chicken thighs or breasts, sliced or diced
- » ½ red bell pepper, diced or sliced
- » 1 cup broccoli florets
- » 7-8 asparagus spears, cut into 1-inch pieces
- » ½ cup quartered mushrooms
- » ½ diced carrot
- » ⅓ cup liquid aminos
- » 3 Tbsp vinegar (white or apple cider)
- » 2 garlic cloves, minced
- » 1 tsp ground ginger or 2 Tbsp freshly grated ginger
- » Optional: 1 tsp sesame oil, 1 tsp arrowroot powder to thicken

## DIRECTIONS

1. Add oil to a large skillet and heat medium high heat. Add chicken and sauté until cooked through. To the chicken stir fry mixture, add sliced bell pepper, broccoli, asparagus, mushrooms and carrot. Continue to cook for 1-2 minutes.
2. Stir in aminos, vinegar, garlic and ginger. Lower heat to medium and let cook until veggies are soft. If desired, add in sesame oil and thickener (arrowroot powder).



**CRISTY'S NOTE:** Arrowroot powder is omitted in weight loss mode.

# BAKED TERIYAKI CHICKEN & SNOW PEAS

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## INGREDIENTS

- » ⅓ cup liquid aminos
- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 2 Tbsp Lakanto Brown Monk Fruit
- » 1 Tbsp apple cider vinegar
- » 1 garlic clove, minced
- » 1 tsp tomato paste
- » ½ tsp arrowroot powder
- » ¼ tsp ground ginger or ½ tsp freshly grated ginger
- » ½ tsp sesame seeds, optional
- » 2-3 boneless chicken breasts or 8 boneless chicken thighs
- » 1 Tbsp Redmond Real Salt and pepper to taste
- » 1 pkg snow peas, broccoli, or asparagus, cooked

## DIRECTIONS

1. Preheat oven to 425°F.
2. Sprinkle chicken on both sides with salt and pepper and place on baking pan.
3. Cook chicken 20 minutes or until cooked through.
4. If preferred, chicken could be pan fried.

5. Prepare your vegetables per package directions so they are done when the chicken is.
6. In the meantime, in a small bowl, add liquid aminos, oil, brown monk fruit, apple cider vinegar, garlic, tomato paste, arrowroot powder, ginger and sesame seeds. Whisk until combined.
7. Add sauce to a medium saucepan and heat over medium heat until sauce is bubbling and thickened.
8. Serve the sauce over the cooked chicken and enjoy!



**CRISTY'S NOTE:** Snow peas and arrowroot powder are not approved for weight loss mode, so use one of the other veggie options if you're still losing weight and use a different thickener to replace the arrowroot powder.

# HOMEMADE TURKEY SAUSAGE

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## INGREDIENTS

- » 1 lb lean ground turkey
- » ¾ tsp Redmond Real Salt
- » ½ tsp sage
- » ½ tsp pepper
- » ¼ tsp ground ginger

## DIRECTIONS

1. Crumble ground turkey into a large bowl.
2. Add the salt, sage, pepper and ginger; mix lightly but thoroughly.
3. Shape into eight 2-inch patties.
4. In a greased cast-iron skillet, cook patties over medium heat, 4-6 minutes on each side (or until a thermometer reads 165°F and juices run clear).
5. Serve at breakfast with an egg and slices of avocado or stir fried onion and zucchini.

# GROUND TURKEY AND CABBAGE

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## INGREDIENTS

- » 1 lb ground turkey
- » ½ Tbsp minced garlic
- » ½ tsp onion powder
- » 1 Tbsp chili powder
- » ⅓ cup coconut aminos
- » 1 Tbsp water
- » 1 small head of green cabbage
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Lightly sprinkle salt/pepper on ground turkey.
2. In a large/deep pan, brown ground turkey. Add all the seasonings.
3. Chop the cabbage into small strips. Add the cabbage to the turkey mixture.
4. Cook until you like how firm your cabbage is. I like my cabbage a little wilted.
5. The aminos will absorb into the cabbage. You will have minimal liquid.
6. Serves 4.



Submitted by Michele Broussard, Auburn, CA

# TURKEY MEATBALLS WITH SPINACH

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## INGREDIENTS

- » 1 pkg (10 oz) frozen chopped spinach, thawed and squeezed dry
- » ½ cup golden ground flaxseed meal
- » 1 large egg, beaten
- » 2 Tbsp grated onion
- » 1 tsp Redmond Season Salt
- » 1 lb ground turkey
- » Shredded or spiraled zucchini or cauliflower rice (if desired)
- » Homemade pasta sauce (if desired)

## DIRECTIONS

1. In a bowl, combine spinach, egg, flaxseed meal, onion and season salt.
2. Add turkey and mix lightly but thoroughly. Shape into twelve 2-inch balls.
3. Place meatballs on a greased rack in a shallow baking pan.
4. Bake, uncovered, at 400°F for 20 minutes or until the meat is no longer pink.
5. Drain meatballs on paper towels.
6. If desired, serve with pre-cooked zucchini or cauliflower rice and the following sauce.

7. Optional: add tomato sauce and small can of tomato paste, oregano (or ground basil), chopped onion, and chopped garlic to a skillet while the meatballs cook. Add a few teaspoons of Lakanto Monk Fruit or RxSugar allulose to sweeten.
8. Cook until thick. Either place meatballs on zucchini (or cauliflower) and pour sauce over all, OR mix meatballs, zucchini or cauliflower and sauce together to serve. Season with salt as needed.

# TURKEY KIELBASA, PEPPERS, & ZUCCHINI SKILLET

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil
- » 12 oz turkey kielbasa (pre-cooked), sliced
- » 1 small onion, diced
- » 1 red pepper, diced
- » 2 medium zucchini, diced
- » 1 Tbsp garlic, minced
- » ½ tsp Redmond Real Salt
- » Black pepper, pinch
- » ½ lemon, juiced - optional
- » ¼ tsp dried Italian seasoning - optional

## DIRECTIONS

1. Bring a 12" skillet to medium high heat and add enough olive oil to lightly coat the pan (1 Tbsp).
2. Sear sliced kielbasa on one side for about 3 minutes or until lightly browned. Don't overcrowd the pan or the kielbasa will steam and not sear. Add more oil if pan dries out too much.

3. Flip kielbasa to other side and sear for an additional 2-3 minutes or until browned. Set kielbasa aside on a plate.
4. In the same pan, add another light layer of olive oil, about 1 Tbsp.
5. When hot, add onions, peppers, zucchini, salt, and black pepper to the pan. Add more olive oil if pan is drying out.
6. Cook 5 minutes, stirring occasionally.
7. Add garlic and a touch more olive oil and cook until fragrant, 1-2 minutes.
8. Cook longer if you want softer vegetables or eat them now as al dente veggies. Add kielbasa to the pan.
9. Add salt to taste and optional Italian seasoning.
10. Squeeze lemon juice over the top. Serve with your favorite vegetables or side.

# OVEN-BAKED TURKEY SCOTCH EGGS

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## INGREDIENTS

- » 4 eggs
- » 1½ Tbsp unsalted butter
- » ¾ cup crushed pork rinds
- » ½ tsp dried thyme, divided
- » Pinch black pepper
- » 1 lb ground turkey
- » ½ tsp dried sage
- » 1 tsp Redmond Real Salt, divided
- » ¼ tsp black pepper
- » ¼ tsp cayenne pepper

## DIRECTIONS

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil.
2. Place 4 eggs in a cold pot of water. Cover and bring to a boil (takes 5-7 minutes). Once the water is boiling, remove from heat and let sit for 4 minutes.
3. Place eggs in an ice water bath and allow to cool for 20 minutes.
4. These eggs are soft boiled and therefore, will be hard to peel. Have patience and don't panic if you see the yolk - it is still relatively strong on the outside so should be ok if you don't squish it. If it's too much for you, boil the eggs for another 4 minutes and they will be harder.

5. Mix together warmed butter, pork rinds, ¼ teaspoon thyme, ¼ teaspoon salt, and pinch of black pepper. Set aside.
6. Mix together ground turkey, ¼ teaspoon dried thyme, sage, ¾ teaspoon salt, pinch black pepper, and cayenne pepper.
7. Form 4 “thinnish” patties and place on a cutting board or flat surface.
8. Place a cooked, peeled egg in the middle of each. Lift the patty up with a spatula and GENTLY “coerce” the turkey around the egg. Be patient.
9. Gently roll the egg in the pork rind mixture until covered and lay on baking sheet. Repeat.
10. Bake for 23 minutes.

# TURKEY TACO LETTUCE WRAPS

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## INGREDIENTS

- » 1 Tbsp Code Red Olive Oil
- » 1.3 lbs 99% lean ground turkey
- » ¾ cup chopped onion (optional)
- » 2 minced garlic cloves
- » Redmond Real Salt and freshly ground pepper
- » 1 Tbsp Redmond Chili Lime seasoning
- » 1 tsp ground cumin
- » ½ tsp paprika
- » Romaine lettuce leaves

## DIRECTIONS

1. Heat skillet or pan over medium heat and add olive oil.
2. Add ground turkey and onion and cook until turkey starts to turn brown (10-15 mins).
3. In a bowl, mix garlic and all dry seasonings, then add to turkey and cook for another 10 minutes.
4. Let the turkey cool. Wrap in romaine lettuce leaves and serve. Enjoy!

 Submitted by Lisa Sibley, Galesburg, IL



# SEAFOOD DISHES

# BACON-WRAPPED SHRIMP

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## INGREDIENTS

- » 1 lb raw jumbo shrimp (about 20 shrimp, peeled and deveined)
- » 10 pieces thin-sliced bacon
- » 3 Tbsp melted butter
- » 3 Tbsp RxSugar allulose
- » 1 tsp garlic powder
- » ½ tsp cayenne pepper (optional)

## DIRECTIONS

1. Preheat oven to 400°F.
2. Place a wire rack over a large sheet pan.
3. Cut the bacon in half to make 20 pieces.
4. Wrap each shrimp with bacon, and place them apart on a wire rack.
5. Whisk together butter, sugar, garlic powder, and cayenne pepper.
6. Brush mixture over shrimp.
7. Bake for 15 minutes, and then turn oven to broil for 1-2 minutes to crisp the bacon.

 Submitted by Patti Ciarleglio, Waterbury, CT

# BACON-WRAPPED COD

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## INGREDIENTS

- » 4 cod fillets
- » 4 slices of thick cut bacon
- » Redmond Real Salt & pepper
- » 2 Tbsp butter, melted or Code Red Olive Oil

## DIRECTIONS

1. Preheat oven to 400°F.
2. Lay out the cod fillet on a clean cutting board and pat dry with a paper towel.
3. Brush melted butter or olive oil all over each piece of cod.
4. Season with salt and pepper.
5. Wrap each fillet with one slice of bacon.
6. Place each bacon-wrapped fillet on a parchment or foil lined baking tray. Bake at 400°F for 10 to 12 minutes or until fish is cooked through and flaky.
7. Serve with a side salad or your favorite vegetable.

# BROWN SUGAR- GLAZED SALMON

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## INGREDIENTS

- » 4 (6 oz) boneless salmon fillets
- » Redmond Real Salt and black pepper to taste
- » ¼ cup Lakanto Golden Monkfruit Sweetener with Allulose
- » 2 Tbsp sugar-free Dijon mustard (If you can't find sugar-free Dijon, plain yellow mustard works fine)

## DIRECTIONS

1. Preheat oven to 425°F.
2. Line a baking pan with foil.
3. Arrange salmon skin side down on pan and season with salt and pepper.
4. In a bowl, whisk together golden monkfruit sweetener and mustard. Spoon mixture evenly over the salmon.
5. Bake for 10 minutes at 425°F, then remove salmon from oven.
6. Preheat oven to broil. Return salmon to oven 6 inches from heat, and broil for 5-10 minutes or until glaze is caramelized and golden.



Submitted by Kerri Jensen, Baxter Springs, KS

# AIR FRYER SALMON CAKES

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## INGREDIENTS

- » 7 oz flaked salmon
- » ½ cup ground pork rinds
- » ½ tsp onion powder
- » 2 tsp garlic powder
- » 2 tsp Redmond Seasoning Salt
- » 1 tsp lemon juice
- » 1 large egg

## DIRECTIONS

1. Mix ingredients in bowl.
2. Shape into patties.
3. Place in greased air fryer basket in a single layer.
4. Cook at 400°F for 5 minutes, carefully flip, and cook for an additional 4-5 minutes until done.



Submitted by Odella Fuqua, Emerado, ND

A top-down view of a cast-iron skillet filled with a variety of pork dishes. In the center is a large, round pork roast. To its right is a smaller, spiral-cut ham. The skillet is also filled with various vegetables, including what appears to be a whole roasted pumpkin or squash, and some leafy greens. The entire scene is set against a dark red background. A white, double-lined frame with a slightly irregular, hand-drawn appearance surrounds the text. The text 'PORK DISHES' is written in a bold, white, sans-serif font, centered within the frame.

**PORK DISHES**

# ITALIAN SAUSAGE DISH

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil
- » 1 lb mild ground Italian sausage
- » ½ tsp red pepper flakes (optional)
- » ½ cup diced onion
- » 4 cloves garlic, minced
- » 1 can (28 oz) diced tomatoes
- » 1½ cup heavy whipping cream
- » 1 cup packed fresh spinach leaves, cut into strips

## DIRECTIONS

1. Brown sausage and pepper flakes with olive oil over medium heat.
2. Add onion and garlic, cooking until onion is tender.
3. Add tomatoes and heavy cream. Simmer until mixture thickens, about 10 minutes.
4. Add spinach and cook 3 minutes.
5. Serve over riced cauliflower.

 Submitted by Judith Birdsell, Mesa, AZ

# SESAME GINGER

# ORIENTAL MEATBALLS

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## INGREDIENTS

- » 1 lb ground pork
- » 1 cup ground pork rinds
- » 1 egg
- » 1/3 cup minced green onion
- » 3 Tbsp grated ginger
- » 2 garlic cloves, minced
- » 2 tsp toasted sesame seed oil
- » 2 tsp liquid aminos
- » 1/4 tsp Redmond Real Salt

## (Dipping Sauce)

- » 1 Tbsp Code Red Olive Oil or avocado oil
- » 1/3 cup liquid aminos
- » 2 Tbsp apple cider vinegar
- » 1 Tbsp Lakanto golden monk fruit
- » 1 tsp almond butter
- » 1 tsp crushed red pepper flakes
- » 1 tsp toasted sesame oil

- » ¼ tsp garlic powder
- » Squeeze of lime juice

## DIRECTIONS

1. To a large bowl, add all of the meatball ingredients and mix until combined.
2. Roll meatballs into a golf ball-sized shape.
3. Air fryer: Preheat air fryer to 400°F for 3-4 minutes before adding in the meatballs. Add the meatballs to the basket of the air fryer and cook 6-7 minutes or until the interior of the meatball is cooked through.
4. Oven: On a parchment lined baking tray, add meatballs and bake at 400°F for 9-12 minutes or until cooked through.
5. To make the sauce, add the ingredients except the lime juice into a saucepan. Heat over medium high heat until bubbly. Then reduce heat to a simmer. Continue to cook for 3-4 minutes. Remove from heat and add in lime juice.
6. Dip the meatballs in the sauce or place meatballs in skillet and pour over-heat as desired. Serve with your favorite vegetables.

# PORK & RICE

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 1 cup sliced mushrooms
- » ½ green bell pepper, diced
- » ½ yellow or sweet onion, diced
- » 2 cups cubed cut pork or 1 lb ground pork
- » 1 tsp garlic powder
- » 1 tsp onion powder
- » ½ tsp Redmond Real Salt
- » ¼ cup heavy whipping cream
- » 1 Tbsp coconut aminos
- » 9 oz hearts of palm rice or cauliflower rice

## DIRECTIONS

1. Add oil to a skillet and heat over medium heat.
2. Add mushrooms, bell pepper and onion and stir fry vegetables. You can use any vegetables that might pair well in this recipe. Cook until vegetables have softened.
3. Add pork to the skillet and cook until heated through or browned (if using ground pork).
4. Sprinkle in garlic powder, onion powder and salt.

5. NOTE: If using raw pork, remove vegetables first and set aside.
6. Pour in cream and stir until heated through.
7. Add cauliflower rice to the skillet and stir until heated through. Season with additional salt and pepper to taste.

# CREAMY PORK CHOPS

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## INGREDIENTS

- » 24 oz boneless pork chops
- » 2½ Tbsp Code Red Olive Oil or avocado oil
- » 4 slices bacon, chopped
- » 1 Tbsp butter
- » 4 cloves garlic, minced
- » 1 tsp dried thyme
- » 1 cup heavy whipping cream
- » ¼ cup Dijon mustard
- » 2 Tbsp full-fat cream cheese
- » 2 cups baby spinach leaves
- » Redmond Real Salt & pepper, to taste

## DIRECTIONS

1. Pat all sides of pork chops dry with a paper towel and season both sides with salt and pepper.
2. Heat a large skillet over medium heat, add oil. Evenly space pork chops in skillet, ensuring there is about an inch of space between each.
3. Cook for 4-6 minutes per side until internal temperature of each pork chop center reaches 140°F. Remove pork chops from the skillet and set aside.

4. To the same skillet, add chopped bacon and cook over medium heat until crispy. Remove bacon from the skillet to set aside and leave behind the bacon grease in the skillet.
5. To the skillet, melt butter and add minced garlic and dried thyme. Cook for 1 minute or until garlic is fragrant.
6. Pour in heavy cream and mustard. Stir and scrape the bottom of the pan to deglaze and mix the delicious brown bits into the sauce. Continue to cook until sauce has slightly thickened.
7. Stir in cream cheese and spinach leaves. Cook until spinach wilts.
8. Return the cooked pork chops and bacon to the sauce. Coat the pork chops with the sauce and serve immediately.



**MORE MEATY  
GOODIES**

# CALF LIVER & ONIONS

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## INGREDIENTS

- » Calf liver
- » Onions
- » Redmond Real Salt
- » Coarse grain black pepper
- » Fresh-Pressed Olive Oil (aka Code Red Olive Oil)

## DIRECTIONS

1. Season liver with salt and pepper.
2. Heat olive oil in a skillet.
3. Brown liver with olive oil and add onions.
4. Cook until liver is done and onions are caramelized.

 Submitted by Marilyn Fraser, Pipe Creek, TX

# MEATY TACO SALAD

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## INGREDIENTS

(Homemade taco seasoning - or substitute Redmond Taco Seasoning and use garlic salt and onion salt)

- » 1 Tbsp chili powder
- » 1½ tsp ground cumin
- » 1 tsp Redmond Real Salt
- » ½ tsp paprika
- » ¼ tsp garlic powder
- » ¼ tsp onion powder
- » ¼ tsp crushed red pepper
- » ¼ tsp cayenne pepper
- » ¼ tsp dried oregano

(Salad)

- » 1 lb ground beef, turkey or chicken
- » 2 hearts romaine lettuce, shredded
- » 1 tomato, diced
- » ½ avocado, diced
- » ¼ cup full-fat cream cheese
- » ¼ cup diced red onion
- » ¼ cup roughly chopped fresh cilantro

- » ¼ cup full-fat sour cream
- » 2 Tbsp salsa
- » Ranch dressing, full-fat

## DIRECTIONS

1. In a small bowl, add chili powder, ground cumin, salt, paprika, garlic powder, onion powder, crushed red pepper, cayenne pepper and oregano. Mix to combine. Set aside.
2. To a large skillet, add ground beef and cook over medium high heat until browned.
3. Add in taco seasoning and ¼ cup of water. Lower heat to low medium, cover, and simmer until liquid has mostly evaporated. Stir occasionally.
4. To a large bowl layer down lettuce, taco ground beef mixture, tomato, avocado, onion and cilantro.
5. Top with cream cheese, sour cream, salsa, and ranch dressing.

# STIR FRY MEAT & VEGGIE ORIENTAL

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## INGREDIENTS

- » 1½ lbs beef steak, pork loin, or boneless chicken
- » 1 lb package frozen stir fry vegetables
- » 2 tsp Redmond Real Salt (or Redmond Onion Salt and/or Redmond Garlic Salt)
- » 2 Tbsp coconut aminos
- » 1 Tbsp butter or Code Red Olive Oil

## DIRECTIONS

1. Chop up meat (or meats if combining types) to bite-sized pieces. Add butter or oil to 12-inch skillet and heat on medium heat for 5 minutes.
2. Add chopped meat and season with half of the salt(s).
3. When the meat is brown on one side, add the whole package or partial package of stir fry vegetables to the meat and stir well.
4. Add the rest of the salt and 1 Tbsp coconut aminos. Cook, turning and chopping periodically to cook through the meat and vegetables.
5. If desired, add more aminos. Cook until somewhat browned so the flavors combine.
6. Serve with a side, such as cottage cheese, if desired.
7. Serves 3 or 4 people or save portions to use during the week.

 Submitted by Pam Apfelbeck, Orofino, ID

# MEAT MARINADE

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## INGREDIENTS

- » ½ cup avocado oil
- » ⅓ cup coconut aminos
- » ¼ cup fresh lemon juice
- » 1 tsp minced garlic
- » 1 tsp dried rosemary
- » 1 tsp dried oregano
- » 1 tsp Redmond Real Salt
- » 1 tsp fresh ground black pepper
- » ½ tsp crushed red pepper flakes

## DIRECTIONS

1. In a medium bowl, combine all ingredients and whisk to combine.
2. Pour over steak, chicken, pork or fish in a shallow bowl or Ziploc bag.
3. Marinate for 2 to 4 hours.
4. Cook meat as you'd like, pan sear, grill, bake or air fry. Enjoy!

 Submitted by Tamara Afflerbach, Antioch, CA

# BAKED CORNED BEEF CABBAGE

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## INGREDIENTS

- » 3 lbs flat cut, corned beef brisket with spice packet
- » 1 cup chicken or vegetable broth
- » 1 tsp lemon juice
- » ½ head cabbage, cut into four wedges
- » 3 Tbsp Dijon mustard
- » 2 Tbsp sugar-free maple syrup

## DIRECTIONS

1. Preheat the oven to 325°F.
2. Remove corned beef from package and reserve spice packet. Rinse off corned beef brisket and pat dry with a paper towel.
3. Add corned beef brisket, fat cap side up, to a large Dutch oven.
4. Pour in broth. Sprinkle contents of spice packet on top of corned beef.
5. Cover and place in a 325°F degree oven to braise for 3 hours.
6. After a couple of hours, check on the corned beef to make sure there is enough liquid in the pot. If needed, add ½ cup more broth or water.
7. Remove Dutch oven and place the cabbage wedges around the corned beef. Cover and cook for another 30 minutes.

8. In a small bowl, combine Dijon mustard and sugar free maple syrup. Remove the Dutch oven from the oven. Set aside the cabbage wedges. Brush the maple Dijon glaze over the top and sides of corned beef.
9. Adjust rack in the oven so Dutch oven is close to the broiler. Broil on high, uncovered, for 3-4 minutes to help caramelize the maple Dijon glaze.
10. Serve after resting 20-30 minutes.

# WHERE TO GET MY FAVORITE INGREDIENTS

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## REDMOND REAL SALT, SEASONINGS:

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

Use code, CODERED15, for 15% off

## RxSUGAR ALLULOSE SWEETENER:

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

Use code, CODERED, for 10% off

## LAKANTO MONKFRUIT:

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

Look under the “Foods” category

## FRESH-PRESSED OLIVE OIL AKA CODE RED OLIVE OIL:

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

Get your first bottle for \$1

## CROSS O BEEF TALLOW

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

Use code, REBEL, for 10% off



**Cristy “Code Red” Nickel** has been in the health and fitness industry since 1994. After seeing her first female bodybuilder at age 13, she vowed to compete someday and finally got on stage in 2002, placing in the top 4. Since bodybuilding didn’t pay the bills, Cristy began fighting as a professional boxer to earn money for college and became one of the most dangerous females on the planet. She was featured on MTV’s MADE, magazine covers, and other media outlets, even earning the title of “**New York’s Best Trainer**” from Allure Magazine.

After struggling with her own weight as a “fat athlete,” Cristy created the Code Red Lifestyle to help overweight people get healthy with real food, water and sleep. Upon the release of her best selling book, “**The Code Red REVOLUTION,**” Code Red exploded into an 8-figure company in only 31/2 years, landing Cristy on huge stages and becoming one of the fastest growing entrepreneurs in the country.

In April 2024, Generation Iron released a worldwide documentary called “**Code Red: Diaries of MADNESS**” about her life and her comeback to competitive bodybuilding at 46 years old.

Cristy and her husband, David—a Marine with a fighter’s heart—aren’t built for ordinary. From the city streets of Boise to the wild silence of the mountains, they live wide open, fueled by iron, trail dust, and caffeine. With their two dogs as their crew, they tear across the country chasing freedom, defying comfort, and living a story bold enough to carry the Code Red name.