



SlimKitchen
EAT WELL TO LOSE WEIGHT FOR LIFE

IN THIS COOKBOOK YOU'LL FIND:

**CHEF-CRAFTED RECIPES
DESIGNED TO COMPLIMENT
THE SLIMLOGIX SYSTEM FOR
WEIGHT MANAGEMENT**

— A COLLECTION OF OUR FAVORITE RECIPES —



FORWARD

Welcome to SlimKitchen!

This cookbook is meticulously crafted to redefine your approach to weight loss through the principles of high fat, moderate protein, and low carbohydrate consumption.

You're about to embark on a culinary journey where taste meets nutrition, and discover a collection of indulgent recipes designed to not only tantalize your taste buds but also support your weight loss goals.



In this cookbook, Chef Dennis and I have masterfully curated a selection of dishes that harness the power of wholesome, nutrient-dense ingredients, rich in healthy fats and moderate protein, while minimizing carbohydrates. Say goodbye to conventional dieting and embrace a lifestyle where decadence and wellness coexist harmoniously on your plate.

To enhance your culinary experience, SlimKitchen is designed to be used in tandem with SlimLogix, our online educational weight loss program. Together, these resources provide a comprehensive approach to achieving your weight loss aspirations, making your journey towards a healthier you both delicious and enlightening.

Let the delicious transformation begin!

A blue ink signature of Andy J. James, written in a stylized, cursive script.

Andy J. James
SlimLogix Founder



MEET CHEF DENNIS

Chef Dennis began his culinary journey at the prestigious Culinary Institute of America (CIA), where he honed his skills and developed a profound understanding of the art and science of cooking. The rigorous training at CIA laid the foundation for his culinary expertise and instilled in him a passion for creating exceptional experiences.

After completing his education, Chef Dennis set his sights on the vibrant culinary scene of New York City by securing a coveted position at a Michelin Star restaurant, where he further refined his techniques and gained invaluable experience in the demanding world of fine dining.

Building on his success in the restaurant industry, Chef Dennis then focused on developing a supply chain to support local farmers and ranchers and joined Bon Appétit Management Company. While there he developed a food system centered around sustainable and natural agriculture.

Chef Dennis then moved to Las Vegas and joined MGM Resorts International. He lead a team focusing on reinvigorating the "Vegas: Food and Beverage Experience" and helped Las Vegas become a Food and Beverage experience destination.

In a bold move that showcased his entrepreneurial spirit, Chef Dennis set out on a journey to build national supply chains for fresh, seasonal ingredients. He believes our bodies should be fueled by naturally grown ingredients and that chemicals have no place in our food. As a proud partner to SlimLogix, we're excited to bring you SlimKitchen!





INTRODUCTION

The inspiration for SlimKitchen came from a simple notion — **healthy, delicious food can be enjoyed while losing weight**. The meals created for you are designed to nourish your body, keep hunger at bay, and support your weight loss goals. The approach centers around meals that are high in healthy fats, moderate in protein and low in carbohydrates (aka the *SlimLogix Macro Mix*). The SlimLogix Macro Mix provides satisfaction and fullness between meals and current research shows that this macro mix promotes weight loss in several ways:

Feeling Fuller, Longer: High-fat, moderate-protein, low-carb meals are exceptionally satisfying. Consuming a meal that is higher in fat and protein can help you feel fuller for a longer period. By feeling fuller faster, you're not eating as much, which is critical to weight loss and management.

Stabilized Blood Sugar Levels: Low-carb diets help stabilize blood sugar. When you eat lots of refined carbs and sugars, they spike blood sugar rapidly then cause a crash, leading to hunger and cravings. Minimizing carbs helps keep blood sugar more stable, potentially reducing hunger.

Increased Fat Utilization: When eating very low carb, your body burns more fat for energy. This fat can come directly from your diet or stored body fat. Using fat for fuel rather than blood sugar from carbs may help energy levels stay steadier. This is because carbs can spike blood sugar rapidly, only to have it crash soon after, triggering hunger. A fat-fueled metabolism helps to avoid these dips and peaks in energy keeping hunger cues more stable.

Enhanced Ketosis: Your body will enter ketosis by depleting its glucose stores. In ketosis your body primarily burns fat for energy instead of carbs. Burning fat makes chemicals called ketones. Research shows that these ketones can suppress your appetite which leads to eating less overall.

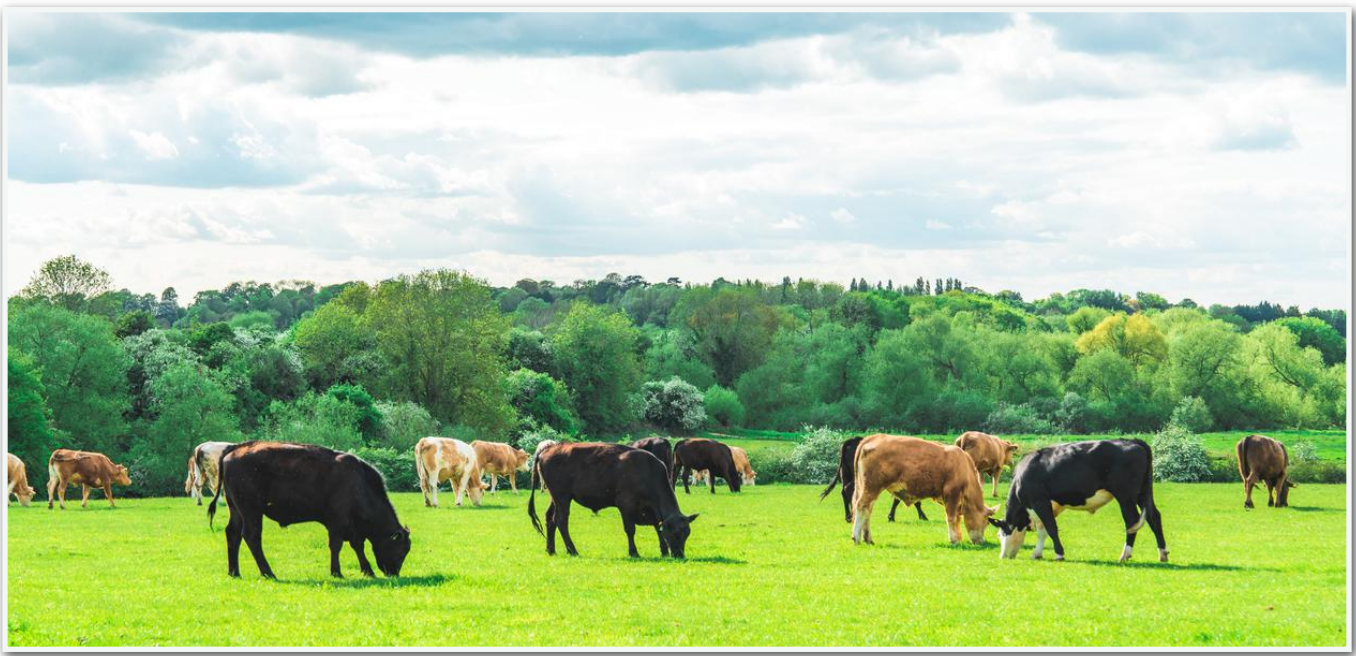
Reduced Insulin Levels: Carbs, mainly refined ones, trigger the release of insulin. Insulin tells your body to store fat. High insulin levels can also increase hunger and weight gain over time. Lowering high-glycemic carbs can help reduce insulin thus limiting your body's fat storage and hunger.

This recipe book is more than just a collection of delicious meals; it's a guide to a transformative experience. If you're on a quest to shed those extra pounds and embark on a journey towards a healthier lifestyle, you've come to the right place. Each recipe within these pages is carefully crafted to not only tantalize your taste buds but also support your weight loss goals. By choosing the right ingredients and cooking methods, we've created a repertoire of dishes that make no compromise on taste while promoting a balanced, nutritious diet. It's time to embrace the joy of cooking and savor the satisfaction of nourishing your body while enjoying every bite. Let's embark on this culinary adventure together and discover the delectable path to a slimmer, healthier you!

TABLE OF CONTENTS



| | |
|----|----------------|
| 2 | PASTURED MEATS |
| 3 | CHOOSE ORGANIC |
| 4 | COOKING OILS |
| 5 | HYDRATION |
| 6 | BREAKFAST |
| 11 | ENTREES |
| 23 | SNACKS |
| 27 | DESSERTS |
| 30 | MOCKTAILS |



CHOOSE PASTURE-RAISED MEATS

What about the meat you eat? Does it matter where it comes from?

The short answer is YES. By eating pasture-raised, organic meats, you're not only eating healthier but also helping the environment. Some very important benefits come with choosing to eat pasture-raised and organic over other meats:

Animal Welfare: Pasture-raised meats come from animals living outside in open spaces that they are intended to live and graze upon. They can wander around freely and eat grass and plants whenever they feel like it. This is a more humane life than big factory farms where animals are stuffed inside ugly, crowded pens all day.

Nutritional Benefits: Organic meats mean no antibiotics, lab-made hormones, or GMOs getting into the animals. Pasture-raised livestock eat a nice mix of natural grass, bugs, and plants that pack more healthy nutrients into their meat - like omega-3s and antioxidants. So eating these meats can give your diet a big dose of the good stuff compared to factory farmed animals fed unhealthy, unnatural grain mixes their whole lives.

Environmental Impact: Organic and pasture-raised farms work with nature, not against it. They focus on keeping soils healthy, cutting back on dumping synthetic chemicals everywhere, and help all types of tiny critters and helpful bugs thrive. Supporting these sustainable practices makes our land and water healthier, all the while helping farms thrive.

Reduced Chemical Exposure: Organic meats skip all the nasty pesticides, herbicides, and artificial fertilizer chemicals from conventional farms that sneak into regular meat. Choosing organic means you dodge some likely toxic stuff linked to health issues down the road - especially problematic for anyone already dealing with illness. *Why pump your precious body full of meat carrying an unintended science experiment?*

Support for Local Farmers: Choosing pasture-raised, organic meats often means supporting local farmers who prioritize sustainable and ethical farming practices. This can contribute to the vitality of local economies, promote community resilience, and foster a closer connection between consumers and their food sources.

Ethical Considerations: Many consumers are increasingly concerned about the ethical implications of their food choices. Opting for pasture-raised, organic meat aligns with values prioritizing animal welfare, environmental sustainability, and the overall health and well-being of individuals and communities.

Pasture-raised organic meats are more holistic, caring about animal welfare, human health, environmental impacts, and local farmers. Consumer interest reflects growing awareness of how meats are produced and a commitment to voting with their dollars to support their values. Opting for these meats shows understanding how each small choice ripples outwards for the greater good.



CHOOSE ORGANIC FRUITS & VEGETABLES

Choosing organic fruits and vegetables is good for personal health and the environment. "Organic" means crops are grown without artificial pesticides, herbicides, or genetically modified organisms (GMOs). This provides a more natural food option. There are many reasons why buying organic produce matters:

Reduced Exposure to Pesticides: Organic farming relies on natural pest control methods, reducing harmful pesticides in the food chain. This lowers the risk of pesticide-related health issues and promotes overall well-being.

Nutrient Density: Organic fruits and vegetables have more vitamins, minerals, and antioxidants than non-organic ones. Not using artificial chemicals when growing organic produce helps boost how nutrient-packed these foods turn out. This means people eating organic get more of those good-for-you nutrients per bite.

Environmental Sustainability: Organic farming works with nature, not against it. Methods used help to keep soil and water pure by cutting back on synthetic chemicals. Supporting healthy soils and ecosystems helps all critters thrive while making farms more sustainable over the long term.

Support for Sustainable Agriculture: Choosing organic products supports farmers who adopt environmentally friendly practices. By investing in organic agriculture, consumers contribute to the growth of a more sustainable and ethical food production system, encouraging a shift away from conventional farming methods that are resource-intensive and ecologically damaging.

GMO-Free: Organic farming prohibits using genetically modified organisms (GMOs). This is important for individuals who prefer to avoid genetically engineered crops and prioritize foods that align with traditional and natural agricultural practices.

Taste and Quality: Organic fruits and vegetables have a purer, more robust flavor. This natural taste comes from organic farming methods that enrich soil health and use sustainable techniques rather than synthetic chemicals. Tastier organic produce results from growing conditions that allow biodiversity without pesticides. The standards bring out vibrant, nuanced profiles true to each fruit and vegetable.

Animal Welfare: Organic farming often extends beyond fruits and vegetables to include organic animal products. By choosing organic, consumers support agricultural practices that prioritize the humane treatment of animals, such as providing access to pasture for grazing.

Choosing to purchase organic produce involves multiple important factors that matter to today's conscientious consumers. Opting for organics represents a commitment to personal health, ecological sustainability, and responsible farming practices, even if prices run a bit higher. Many people shopping thoughtfully in the produce aisle find the extra cost worthwhile, knowing they support ethical food production that protects human and environmental welfare over the long term. Ultimately, paying more for organic fruits and vegetables constitutes an intentional investment by caring consumers into critical health and sustainability goals. We consumers vote with our dollars.



CHOOSE NATURAL COOKING FATS AND OILS

Cooking with natural animal fats, such as lard (*rendered from pork fat*), beef tallow (*rendered from beef fat*), schmaltz (*rendered from chicken fat*), along with butter, coconut and olive oil over highly processed, industrial oils offer you the following benefits:

Stability at High Temperatures: Animal fats like lard and tallow have higher smoke points compared to some highly processed oils. Cooking at high temperatures can cause the breakdown of oils into potentially harmful substances. Animal fats are more stable, making them suitable for frying and high-heat cooking without undergoing significant degradation

Saturated Fat Profile: While saturated fats have been historically associated with negative health effects, recent research suggests that *not all saturated fats are created equal*. Animal fats, particularly those from grass-fed or pasture-raised animals, contain a favorable balance of saturated fats. For example, stearic acid, found in beef tallow, has a neutral or even positive impact on cholesterol levels

Nutrient Content: Animal fats contain fat-soluble vitamins such as vitamin D and vitamin K2. Vitamin D is crucial for bone health and immune function, while vitamin K2 plays a role in bone and cardiovascular health. Using animal fats from sources with a nutrient-rich diet may contribute to the overall nutrient content of the food

Natural and Unprocessed: Animal fats are minimally processed compared to most industrial vegetable oils. Highly processed oils undergo refining, bleaching, and deodorizing processes, which strips them of certain nutrients and can introduce unwanted chemicals. Choosing less processed fats helps to align with a more natural and whole-food approach to cooking

Flavor and Texture: Cooking with animal fats enhances the flavor and texture of foods. They add richness and depth to dishes, making them more satisfying, which can be beneficial for overall satiety and enjoyment of meals

It's important to consider individual dietary needs, preferences, and health conditions when choosing cooking fats. While animal fats can have certain benefits, a balanced approach that includes a variety of fats from different sources is generally recommended. Additionally, focusing on an overall healthy diet that includes a variety of nutrient-dense foods, such as fruits and vegetables is crucial for maintaining optimal health.



THE IMPORTANCE OF HYDRATION

Proper hydration is essential for maintaining good health and well-being for us all. Water plays a vital role in many of your critical bodily functions and it helps to maintain the perfect balance of fluids, which is vital for overall health. Here are some key reasons why proper hydration is essential:

Cellular Function: Water is a fundamental component of cells. It helps transport nutrients into cells and removes waste products. Adequate hydration ensures optimal cellular function, promoting overall physiological health.

Temperature Regulation: Sweating is how the body cools itself down naturally. When a person is adequately hydrated, their body can use sweating effectively to keep its temperature safe. Not having enough fluid intake leads to dehydration. The danger of overheating can happen inside the body without being able to sweat and have that sweat evaporate off the skin properly. Staying hydrated allows the body to keep regulating temperature through healthy sweating mechanisms.

Joint Lubrication: Water is a critical component of synovial fluid, which lubricates joints. Proper hydration helps maintain joint function and can alleviate joint pain and stiffness.

Digestion and Nutrient Absorption: Water is essential for the digestion and absorption of food. It helps break down food particles, facilitates nutrient absorption in the digestive tract, and supports overall gastrointestinal health.

Cognitive Function: Dehydration can negatively impact cognitive function, including concentration, alertness, and short-term memory. Maintaining proper hydration levels is crucial for optimal brain function.

Heart Health: Blood is about 90% water, and proper hydration helps maintain adequate blood volume. This, in turn, supports the heart in pumping blood more efficiently, promoting cardiovascular health.

Kidney Function: Adequate water intake is essential for the kidneys to filter and eliminate waste products from the body through urine. Insufficient hydration can contribute to the formation of kidney stones and other kidney-related issues.

Weight Management: Drinking water before and during meals can help control appetite and promote a feeling of fullness, aiding in weight management.

Skin Health: Proper hydration contributes to healthy skin by maintaining elasticity and preventing dryness. Dehydrated skin is more prone to irritation and premature aging.

Exercise Performance: During physical activity, the body loses water through sweat. Proper hydration is crucial for sustaining endurance, preventing cramps, and optimizing overall exercise performance.

How much water you need can be different based on your age, gender, where you live, how active you are, and overall health status. Experts typically recommend drinking enough water at regular intervals throughout the day. Paying attention to your body's thirst signals is also helpful in knowing if you are staying hydrated.



BREAKFAST

"Breakfast," a term that dates back to 15th Century Middle English, is a blend of two simple words: "break" and "fast." This term embodies a straightforward yet profound concept: the meal interrupts the fasting period, usually overnight. This fast-breaking ritual isn't just about the time since the last meal; it's a daily tradition that rejuvenates and prepares us for the day ahead.

Your breakfast could be anytime you choose to break your fast. This time could be first thing in the morning at 7 am, later around 2 pm, or when you get home from work at 6:30 pm. Listen to your body and decide when you want to have breakfast each and every day.

THE MOST IMPORTANT MEAL OF THE DAY?

You've likely heard the saying 'breakfast is the most important meal of the day,' a belief backed by many studies and health experts. However, you must remember that everyone's nutritional needs and lifestyles are unique. What works for one person may not suit another, so the role of breakfast in your daily routine should be tailored to your individual needs and preferences.

Several arguments and studies have challenged the notion that breakfast is inherently the most crucial meal. Here are some points to consider:

Individual Variability: Your body is unique, with its own circadian rhythm, dietary preferences, and metabolic rate. You might find that you're not hungry first thing in the morning, or perhaps you naturally lean towards eating later in the day. It's important not to force yourself to eat breakfast if you're not feeling hungry, as this could lead to overeating or discomfort. Pay attention to your body's signals and decide what eating schedule works best for you.

Intermittent Fasting: Studies suggest that intermittent fasting, which involves cycling between periods of eating and fasting, can have various health benefits. In this approach, skipping breakfast and having a condensed eating window later in the day is a deliberate choice for some people and can promote a more optimized level of blood sugar regulation.

Meal Composition Matters: Remember, what you eat for breakfast makes a big difference. Starting your day with a breakfast high in sugar and processed ingredients will leave you feeling sluggish and hungry soon after. Instead, consider a meal that's rich in healthy fats, moderate in protein, and low in carbs. This kind of balanced breakfast can keep you feeling full and energized for the long haul, helping you tackle your day with more vigor and focus.

In the end, what truly matters is what works best for you. You might be someone who feels at their best with a regular breakfast routine, or you could find that different eating patterns suit you better. The key is to tune in to your body's needs. Pay attention to how different foods and routines affect you, and make choices that best support you. Remember, your journey to wellness is unique, and what works for you is what's most important.

BREAKFAST

EGG MUFFINS



INGREDIENTS

- 10 large eggs
- 1/3 cup heavy cream
- 1 cup bacon (*cooked, chopped*)
- 3/4 cup red bell pepper (*finely chopped*)
- 2/3 cup sharp cheddar cheese (*shredded*)
- 1/4 cup green onions (*chopped, thinly slice white portion*)
- 2 Tbsp fresh parsley (*chopped*)
- 1/2 tsp black pepper
- 1/4 tsp salt, or to taste

| | | |
|--------------------|-------------------|------------------|
| Prep. Time: | Cook Time: | Servings: |
| 10 minutes | 20 minutes | 12 |

DIRECTIONS

1. Preheat oven to 375° F
2. Crack eggs into a large mixing bowl and add heavy cream. Using a fork pierce the yolks then whisk until mixture is just combined.
3. Add bacon, bell pepper, cheddar, green onions, parsley, salt and pepper. Stir to mix.
4. Spray a 12-cup muffin pan well with non-stick cooking spray or bacon fat. Fill each with 1/3 cup of the mixture (filling nearly to the top). Scoop near the bottom of the bowl with the measuring cup to get some of the mix-ins in each measurement).
5. Bake in preheated oven until eggs are just barely set, about 19 - 23 minutes.
6. Let cool in pan about 5 minutes then serve, or cool on a wire rack about 30 minutes before storing in the fridge or freezer.

NOTES

Optional to serve with any fresh herbs such as cilantro, basil and top with a favorite hot sauce or salsa.

Can be refrigerated for up to 2 days.

DIRTY EGGS QUESO FRESCO

Prep. Time: 10 minutes **Cook Time:** 10 minutes **Servings:** 2

INGREDIENTS

- 3 large eggs
- ⅓ cup onions (*diced*)
- ¼ cup red bell pepper
- ⅓ cup cremini or button mushrooms (*sliced*)
- ½ cup baby spinach (*chopped*)
- 2 slices bacon (*½ inch thick, diced*)
- 2 Tbsp EVOO or butter (unsalted, grass-fed)
- ¼ cup queso fresco
- Kosher or sea salt and fresh cracked pepper to taste

NOTES

Optional to serve with any fresh herbs such as cilantro, chives, basil and top with a favorite hot sauce or fresh made organic salsa.

Can be refrigerated for up to 2 days



DIRECTIONS

1. Crack eggs into a bowl and whisk thoroughly, set aside
2. Chop all vegetables and combine in a bowl
3. In a non-stick pan, cook the bacon on medium heat until done
4. Remove bacon from pan, set aside leaving veggies in the fat to cook
5. Add mushrooms to the pan and cook on medium heat for about 5 minutes or until the mushrooms have fully absorbed the bacon fat
6. Add olive oil or butter and the remaining vegetables to the pan and cook for 3-5 minutes
7. Gently season the veggie mix with salt and pepper, taste to see if you feel it needs more seasoning
8. Add the eggs and cooked bacon, and using a rubber spatula, scramble the mixture in the pan until eggs are cooked
9. Top with queso fresco and transfer to a bowl or plates

BREAKFAST

MUSHROOM OMELETTE

INGREDIENTS

- 3 large eggs
- ½ cup cremini or button mushrooms (*sliced*)
- 2 cloves garlic (*minced*)
- ¼ tsp dried oregano
- 2 Tbsp of EVOO
- Kosher or sea salt and fresh cracked pepper to taste
- Optional: ⅛ to ¼ cup of feta, Swiss or gruyere cheese



Prep. Time:

5 minutes

Cook Time:

10 minutes

Servings:

2

NOTES

Optional to serve with any fresh herbs such as cilantro, chives, basil and top with a favorite hot sauce or salsa.

Can be refrigerated for up to 2 days

DIRECTIONS

1. Crack eggs in a bowl and whisk thoroughly
2. In a small non-stick skillet, heat 1 Tbsp of olive oil
3. Add mushrooms and sauté on medium heat for 3-5 minutes
4. Add garlic, salt, pepper, and oregano while continuing to sauté for another 2 minutes
5. Remove mushrooms and garlic from the pan and hold in a bowl
6. Add 1 Tbsp of olive oil to the pan
7. Add eggs and season with salt and pepper
8. Use a rubber spatula to move the eggs around to keep from sticking to the sides
9. Cook until eggs are set on the bottom and a little runny on the top
10. Add mushrooms and garlic mix to the top of your open omelette
11. Flip over and cook until done
12. Slide omelet to lay flat on a plate
13. Optional: Sprinkle cheese on the flat omelet and fold over
14. Let rest for 2-3 minutes and enjoy!

BREAKFAST

FRITTATA



INGREDIENTS

- 8 eggs
- 6 oz bacon (*cut in ½ inch thick pieces*)
- 2 cups baby spinach or arugula (*chopped*)
- 8 oz shiitake mushrooms (*sliced*)
- 3 garlic cloves (*minced*)
- 1 bell pepper (*medium, any color, diced*)
- 1 yellow onion (*small, diced*)
- ¼ cup lime juice (*fresh squeezed*)
- ½ cup cilantro (*chopped*)
- 2 Tbsp EVOO
- 1 Tbsp cumin
- 1 Tbsp chili powder
- Kosher or sea salt and cracked black pepper to taste
- 1 avocado (*sliced, for topping*)
- Queso fresco (*optional*)

Prep. Time:

15 minutes

Cook Time:

20 minutes

Servings:

6

DIRECTIONS

1. Preheat oven to 375° F
2. Crack eggs into bowl and whisk, set aside
3. Peel and dice avocado, place into bowl with lime juice, cilantro and half of the cumin and chili powder; season to taste with salt and pepper, and optional: crumbled queso fresco, set aside
4. In an oven-safe 10 or 12 inch skillet, cook the bacon then remove and set aside
5. Add vegetables to skillet with bacon fat and cook about 5 minutes, stirring frequently
6. Add eggs and remaining seasonings, stir then place in oven for 12 minutes
7. After 12 minutes, poke frittata with toothpick and see if it comes out dry; if not cook for a couple more minutes until done
8. Remove from oven and let rest for 5-7 minutes
9. Cut into however many pieces you desire, transfer to a plate and garnish with avocado mixture

NOTES

Optional to serve with any fresh herbs such as cilantro, basil and top with a favorite hot sauce or salsa.

Can be refrigerated for up to 2 days.



ENTREES

The notion that we should eat exactly three meals a day is more of a cultural norm than a nutritional requirement. This standard has been deeply embedded in many societies, but it's crucial to remember that nutrition is not a one-size-fits-all affair. The 'three meals a day' rule doesn't necessarily suit everyone. So, feel free to enjoy these scrumptious entrée recipes whenever hunger strikes, no matter how many times a day that might be. Trust your body's cues and eat in a way that feels right for you.

Recent research is shedding light on an intriguing idea: the frequency and timing of your meals might not be as crucial for weight management as we once believed. You might discover that alternative eating patterns, like intermittent fasting, which alternates between periods of eating and fasting, work well for you. When it comes to managing your weight, it often boils down to the overall quality and quantity of what you eat rather than sticking to a set number of meals. Finding what aligns best with your lifestyle and body's needs is critical.

Your unique metabolism, lifestyle, and personal tastes are critical factors in finding the eating pattern best for your weight management goals. It's vital to tune into your body's signals of hunger and fullness and choose a way of eating that resonates with your needs and preferences.

Also, remember that the quality of your meals matters more than their quantity. Opting for whole, nutrient-rich foods high in healthy fats, moderate in protein, and low in carbs can be a game-changer in promoting weight loss. By focusing on the nutritional value of what you eat, you're setting yourself up for a healthier, more balanced approach to eating.

ENTREES

SALMON BASILICO WITH CAULIFLOWER RICE



INGREDIENTS

- 2-7oz salmon filets (*with or without skin*)
- 1 head cauliflower (*leaves removed*)
- ½ lb. baby spinach (*chopped*)
- 6 gloves of garlic (*minced*)
- ½ of a lemon (*freshly squeezed juice*)
- 6 Tbsp balsamic vinegar
- 6 Tbsp fresh basil (*chopped*)
- 1 shallot
- 5 Tbsp EVOO
- Kosher or sea salt and cracked pepper to taste

| | | |
|--------------------|-------------------|------------------|
| Prep. Time: | Cook Time: | Servings: |
| 10 minutes | 12 minutes | 2 |

SALMON

1. Dry salmon by dabbing with paper towel, season salmon with salt and pepper, and let sit unrefrigerated for 10 minutes
2. Place sauté pan on stove and turn to medium high heat
3. Once pan is hot, pour in 2 Tbsp olive oil
4. Gently place salmon (*skin side down*) in pan and cook for 2-3 minutes
5. Gently flip over and cook for another 2-3 minutes
6. Remove from pan, set on cooling rack to rest
7. Wipe pan clean with several paper towels and return pan to stove
8. Add 1 Tbsp of olive oil to pan on medium heat
9. Add shallot and garlic, sautéing until soft
10. Add lemon juice and balsamic vinegar and allow liquid to start simmering and add basil and spinach
11. Cover and let sit for 1-2 minutes then remove lid and stir
12. Continue to sauté until the spinach is tender and the liquid has reduced

CAULIFLOWER RICE

1. Rough chop cauliflower in food processor until a fine rice is achieved or you can purchase riced cauliflower
2. Add 2 Tbsp olive oil to sauté pan and place on medium high heat
3. Pass 3 cloves of garlic through a garlic press or mince the garlic by hand and add to pan
4. Sauté until lightly toasted (*do not burn garlic*)
5. Add cauliflower to pan and stir for 2 minutes
6. Add ½ cup water, reduce heat to med-low, cover, and let sit for 2-4 minutes
7. Remove lid and increase heat stirring until liquid has evaporated
8. Season with salt and pepper

PLATING

1. Spoon a portion of cauliflower rice onto center of each plate
2. Place spinach (*and remaining liquid*) on plate and place salmon on bed of spinach

ENTREES

SPINACH SALAD

INGREDIENTS

- Spinach
- Arugula
- Bacon (*cooked and diced*)
- Hard-Boiled Eggs
- Red Onion
- Cucumber
- Grape Tomatoes
- Salt & Pepper to Taste
- Lemon Juice
- EVOO
- Balsamic Vinegar

Prep. Time:

10 minutes

Cook Time:

n/a

Servings:

varied

DIRECTIONS

Mix varying amounts of the core ingredients into a large bowl and toss with EVOO, vinegar, salt and pepper.



Optional to add a protein and would recommend cooked and shredded chicken.

SALMON NIÇOISE

INGREDIENTS

Salmon + Marinade:

- 1½ lb. center cut salmon fillet (or four 6-8 oz filets), skin on, pin bones removed
- 2 Tbsp grainy dijon mustard
- 1 Tbsp EVOO
- 1 tsp lemon zest
- ½ tsp salt
- ¼ tsp pepper

Niçoise Relish:

- 3 Tbsp EVOO
- 1 Tbsp sherry vinegar
- 1 tsp Dijon mustard
- 1 Tbsp shallot (*finely minced*)
- 1 cup cherry tomatoes (*halved*)
- ½ cup red bell peppers (*sliced*)
- ½ cup green beans (*sliced*)
- 2 Tbsp Niçoise olives (*pitted and chopped*)
- 1 Tbsp chives (*chopped*)
- 1 Tbsp parsley (*chopped*)
- Salt and pepper to taste

Prep. Time:

15 minutes

Cook Time:

n/a.

Servings:

8

DIRECTIONS

Salmon + Marinade

1. Marinate for 1 hour and up to 24 hours
2. Pan sear Salmon for 3 minutes per side depending on thickness



Niçoise Relish:

Mix all ingredients in bowl and serve

NOTES

Serve with a drizzle of balsamic vinegar

Can be refrigerated for up to 2 days

ENTREES

TINGA CHICKEN LETTUCE WRAPS WITH ROASTED SALSA AND AVOCADO MOUSSE

Prep. Time: **Cook Time:** **Servings:**

50 minutes 1h 15 min 8

INGREDIENTS

Chicken:

- 2 lbs boneless chicken thighs
- 1 can chipotle peppers
- 8 oz chicken stock or broth
- 1 head of romaine lettuce

Salsa:

- 2 Tbsp butter (*melted*)
- 4 vine-ripened tomatoes (*quartered*)
- 2 small yellow onions (*cut into wedges*)
- 6 garlic cloves (*peeled*)
- 3 serrano chili peppers (*stemmed*)
- ¼ cup EVOO or avocado oil
- 1 Tbsp lime juice (*fresh squeezed*)
- 2 tsp kosher or sea salt
- 1 tsp cumin
- ¼ cup cilantro leaves
- Kosher or sea salt and cracked black pepper to taste

Avocado Mousse:

- 3 avocados
- ¼ cup of cream cheese
- Juice of 1 lime
- 1 Tbsp sour cream
- 1 Tbsp cumin
- 2 Tbsp cilantro (*fresh chopped*)
- Salt and pepper to taste



DIRECTIONS (CHICKEN)

1. Preheat oven to 350° F
2. Add chipotle peppers to food processor and blend
3. Add Chicken and chipotle to a large bowl (*add water if needed to cover but still needs to be thick*), cover and place in the refrigerator for 1-2 hours
4. Place a Dutch oven or oven-safe pot on stove set to medium high heat
5. Add 2 Tbsp EVOO to pot and sear chicken on both sides, about 3 minutes per side
6. After searing, add marinade and chicken stock and bring to a simmer
7. Cover and place in oven for about 1 hour
8. Remove from oven and place chicken in a bowl and cover at room temp for 15 minutes, reserve the liquid
9. Place pot back on stove and reduce liquid to desired thickness seasoning as desired
10. After chicken has rested, use forks to pull and shred chicken then add the reduced liquid to the chicken, mixing together
11. Cut base of the Romaine lettuce off and using the leaves as taco shells
12. Place chicken on lettuce and garnish with salsa and avocado mousse
13. Add queso fresco and fresh squeezed limes

ENTREES

TINGA CHICKEN LETTUCE WRAPS (CONTINUED)

DIRECTIONS (SALSA)

1. Place onions, tomatoes, peppers and garlic on a foil lined sheet tray
2. Toss veggies in oil and season with salt and pepper
3. Roast veggies until soft and slightly charred (~12 min.)
4. Place roasted veggies in a blender and blend with cumin and cilantro adding salt and pepper to taste *(if desired, add cayenne pepper to make spicier)*
5. Once salsa is tasting the way you want, place in a container and refrigerate while you cook chicken *(salsa will last up to a week in refrigerator)*



DIRECTIONS (AVOCADO MOUSSE)

1. Place all ingredients in a food processor and pureeing until smooth
2. Adjust seasoning to your liking



ENTREES

STUFFED PEPPERS WITH AVOCADO MOUSSE



INGREDIENTS

Stuffed Peppers:

- 2 lbs ground beef
- 4 large bell peppers (*yellow or red*)
- 1 yellow onion (*diced*)
- 6 garlic cloves (*minced*)
- 1 jalapeño (*diced*)
- 3 large carrots (*diced*)
- 2 Tbsp EVOO
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp paprika
- 2 tsp onion powder
- Kosher or sea salt and cracked black pepper to taste

Avocado Mousse:

- 3 avocados
- ¼ cup of cream cheese
- Juice of 1 lime
- 1 Tbsp sour cream
- 1 Tbsp cumin
- 2 Tbsp cilantro (*fresh, chopped*)
- Salt and pepper to taste

Prep. Time:

15 minutes

Cook Time:

35 minutes

Servings:

4

PREPARATION

1. Preheat oven to 400° F
2. Cut vegetables and combine into a bowl
3. Cut tops of bell peppers and remove pith and seeds

MAKE THE AVOCADO MOUSSE

1. Place all ingredients in a food processor and pureeing until smooth
2. Adjust seasoning to your liking

DIRECTIONS

1. Heat a large pan on medium high heat
2. Add EVOO
3. Add ground beef and cook thoroughly adding salt and pepper to taste
4. Remove ground beef from pan with a slotted spoon and place in a bowl
5. Leave fat in the pan to cook vegetables in
6. Add vegetables to pan
7. Cook vegetables until softened on medium heat
8. Add seasonings and ground beef back to pan stirring all together
9. Grease a high sided dish with either pan spray or a thin coat of EVOO
10. Fill bell peppers with the meat mixture and place in the oven for 20 minutes
11. When peppers are cooked, remove from oven and let rest for 5 minutes
12. Place pepper on a plate and spoon generous portion of avocado mousse on top of pepper

ENTREES

SICILIAN SHORT RIBS



INGREDIENTS

- 2-3 lbs beef short ribs
- ¼ cup EVOO
- 1 large yellow onion (*diced*)
- 4 celery ribs (*cut into 1" pieces*)
- 4 large peeled carrots (*cut into 1" pieces*)
- 12 whole garlic cloves
- 4 roma tomatoes (*quartered*)
- 1 cup dry red wine
- 1 cup beef bone broth
- 4 bay leaves
- 5 sprigs rosemary
- Kosher or sea salt and cracked black pepper to taste

| | | |
|--------------------|-------------------|------------------|
| Prep. Time: | Cook Time: | Servings: |
| 15 minutes | 2½ hours | 4 |

DIRECTIONS

1. Preheat oven to 350° F
2. Pat dry short ribs with a paper towel. Season all sides generously with salt and pepper and let rest at room temperature for 30 minutes
3. Heat a dutch oven or large oven-safe pot on stove at medium high heat
4. Add EVOO and beef short ribs
5. Sear ribs on both sides, about 3-5 min. per side
6. Remove ribs and set aside
7. Discard some of oil leaving about 2 Tbsp in the pot
8. Reduce heat to medium and add all vegetables; cook about 5 minutes or until fragrant and slightly softened; season with salt and pepper
9. Add tomatoes and cook for another 5 minutes stirring occasionally
10. Add wine and deglaze pot by scraping brown bits from the pan, continue on low heat until wine is reduced by half
11. Add ribs back to pot and add enough bone broth to cover the ribs about three quarters
12. Bring up to a slow simmer, cover and transfer to oven
13. When ribs are easily pulling apart, (around 3 hours) remove from pot and place pot on stove
14. Taste broth and vegetable mixture and season to your liking
15. Once flavor is where you like it, add a portion of veggies and sauce to a bowl and place a rib on top. Add sauce to top.

ENTREES

BROCCOLI BEEF OVER CAULIFLOWER FRIED RICE



INGREDIENTS

Broccoli Beef

- 2 pounds flank steak
- 4 cups broccoli (*chopped*)
- 4 Tbsp coconut oil
- ½ cup coconut aminos (*soy sauce sub.*)
- 2 Tbsp garlic (*minced*)
- 2 Tbsp ginger (*minced*)
- 1 Tbsp apple cider vinegar

Cauliflower Fried Rice

- 1 bag riced cauliflower (fresh or frozen)
- 2 eggs (*lightly whisked*)
- 1 cup baby bok choy (*chopped*)
- ½ cup diced peas (*frozen*)
- ½ onion (*finely chopped*)
- 3 garlic cloves (*minced*)
- 2 green onions (*finely sliced*)
- 2 Tbsp ginger (*minced*)
- 2 Tbsp coconut aminos

Sauce + Mix

- 1 Tbsp Mirin or Chinese cooking wine (*sub for dry sherry or cooking sake*)
- 1 Tbsp oyster sauce (*sub hoisin*)
- 1½ Tbsp coconut aminos
- 1½ tsp sesame oil

| Prep. Time: | Cook Time: | Servings: |
|-------------|------------|-----------|
| 15 minutes | 20 minutes | 4 |

DIRECTIONS

Broccoli Beef

1. Slice steak against the grain in bite-sized strips and place in a mixing bowl
2. In bowl, whisk together 2 Tbsp coconut oil, coconut aminos, minced garlic, minced ginger and apple cider vinegar covering *all* of steak
3. Heat a non-stick pan on medium high with 1 Tbsp coconut oil until hot
4. Add marinated steak and half of sauce searing for 2-3 minutes per side
5. Add the 2nd Tbsp of coconut oil along with broccoli and the rest of sauce cooking for 10 minutes or until broccoli is tender
6. Reduce heat to low and continue simmering until broccoli is cooked to your desired texture

DIRECTIONS

Cauliflower Fried Rice

1. Heat 1 Tbsp coconut oil in large sauté pan on medium high heat
2. Add garlic, onion and ginger and sauté for 30 seconds
3. Add frozen peas and cook for 2 minutes
4. Add cauliflower and coconut aminos stirring regularly until sauce is reduced and cauliflower is almost cooked, about 4 minutes
5. Push the cauliflower to one side of the skillet
6. Pour in egg on other side of skillet
7. Leave for 10 seconds then scramble egg until almost cooked, then stir in cauliflower and add green onion

Serve the broccoli beef on top of a bed of Cauliflower Fried Rice.

ENTREES

POLPETTE DE POMODORO BASILICO

INGREDIENTS

- 1 lb. ground beef
- ¼ cup parmesan cheese (*grated*)
- ¼ cup almond flour
- 1 Tbsp Italian seasoning
- ¾ tsp kosher or sea salt
- ½ tsp black pepper
- ¼ cup heavy cream
- 3 Tbsp onion (*grated*)
- 1 large egg
- 3 garlic cloves (*minced*)
- 2 Tbsp parsley (*fresh chopped*)
- ¾ cup marinara sauce (recipe below)

INGREDIENTS

(Marinara Sauce)

- 2 Tbsp EVOO
- 6 garlic cloves (*minced*)
- 2 pints cherry tomatoes (*halved*)
- 3 oz of red wine
- 2 Tbsp oregano (*dried*)
- ¼ cup basil (*fresh, minced*)
- Salt and pepper to taste

DIRECTIONS

(Marinara Sauce)

1. Heat olive oil in medium pot on medium high
2. Add garlic and sauté until fragrant
3. Add tomatoes and stir
4. Add wine and reduce by ¾
5. Reduce heat, mash the softened tomatoes with fork
6. Add oregano and basil
7. Stir and season with salt and pepper to taste



Prep. Time:

20 minutes

Cook Time:

45 minutes

Servings:

12

DIRECTIONS (MEATBALLS)

1. Preheat the oven to 425° F
2. Line a baking sheet with parchment paper or foil (*grease if using foil*)
3. In a large bowl, stir together grated parmesan cheese, almond flour, Italian seasoning, sea salt, and black pepper
4. Whisk in heavy cream, grated onion, egg, garlic, and fresh parsley then let mixture sit for a couple of minutes
5. Mix in the ground beef using your hands, until just incorporated being careful not to over-mix to avoid tough meatballs
6. Form mixture into 1 inch balls and place on lined baking sheet
NOTE: if using your hands, use a gentle touch and don't pack the meatballs too tightly
7. Bake for 10-12 minutes until the meatballs are barely done
NOTE: if you want them more golden, you can place them under the broiler for a couple of minutes
8. Place meatballs in a large, high-sided sauté pan and add marinara sauce to cover half of meatballs bringing to a simmer and let sit for 10 minutes

ENTREES

LAMB LOLLIPOPS WITH PISTACHIO ROSEMARY PESTO

INGREDIENTS

Lamb Lollipops

- 1½ lbs lamb rib chops
- 1 Tbsp black pepper
- ½ Tbsp smoked paprika
- 1 cup almond flour
- 1 cup EVOO
- 3 Tbsp butter
- ½ Tbsp thyme leaves (*fresh*)

Pistachio Rosemary Pesto

- 2 medium garlic cloves (*peeled*)
- ½ cup roasted and salted pistachios
- 2 cups power greens (*pre-packaged grocery item*)
- ¼ cup parmesan cheese (*grated*)
- ⅓ - ½ cup EVOO
- 2 Tbsp rosemary (*fresh chopped*)
- 1½ Tbsp lemon juice (*fresh squeezed*)
- ½ tsp black pepper
- ¼ tsp salt

DIRECTIONS

(Pistachio Rosemary Pesto)

1. Place all ingredients into food processor and pulse until a paste-like texture is achieved
2. Season with salt and pepper to taste



Prep. Time:

30 minutes

Cook Time:

30 minutes

Servings:

4

DIRECTIONS

(Lamb Lollipops)

1. Pat and dry lamb chops with paper towels; trim any fat or meat from the last 2-inches of bone *NOTE: this is why they are called "lollipops" since you have a handle to hold*
2. In a medium bowl, create spice mixture by combining salt, black pepper and paprika
3. Season lamb chops on both sides with spice mixture reserving some for a later
4. Dredge seasoned chops in almond flour
5. Heat EVOO in heavy bottomed skillet over medium heat until shimmering
6. Add lamb chops to hot oil being careful not to crowd skillet
7. Cook lamb chops 3-4 minutes per side until nice and brown
8. Add butter and thyme to skillet along with remaining spice mix
9. Allow butter to melt, turning lamb chops over again to cover in butter mixture
10. Plate lamb chops alongside small ramekin of pesto for dipping

ENTREES

LEMON GARLIC SHRIMP WITH SHIRATAKI NOODLES



INGREDIENTS

- 6 large shrimp
- 7 oz of shirataki noodles
- 4 cloves minced garlic
- 2 tsp EVOO
- 1 Tbsp unsalted butter
- 2 Tbsp lemon juice (*fresh squeezed*)
- Fresh parsley, for garnish
- Kosher or sea salt
- Black pepper

Prep. Time:

5 minutes

Cook Time:

15 minutes

Servings:

2

DIRECTIONS

1. Sauté garlic and shrimp in a medium pan with olive oil and butter seasoning with salt and pepper to taste, about 3 minutes or until shrimp are cooked through. Set aside
2. Empty a bag of shirataki noodles into a colander and rinse thoroughly over sink
3. Transfer rinsed noodles to a bowl and pour boiling water over then let sit for five minutes, then drain off the water before adding noodles to the pan with the shrimp
4. Add lemon juice and continue cooking for a couple of minutes to meld the flavors then serve
5. Garnish with fresh parsley and pinch of fresh ground black pepper

NOTE

Shirataki noodles are made from glucomannan, a starch found in the konjac yam that have been used for centuries in Asian cuisines & known for soaking up rich flavors in soups & sauces. They are free from gluten, fat, grains & soy.

Can be refrigerated for up to 2 days.

ENTREES

SHIRATAKI NOODLES WITH CHICKEN, FETA & TOMATO

INGREDIENTS

- 1 lb boneless chicken thighs
- ¼ cup EVOO
- ½ tsp kosher or sea salt, divided
- 1 pint cherry tomatoes (*halved*)
- 4 garlic cloves (*thinly sliced*)
- 1 tsp oregano (*fresh chopped*)
- 2 Tbsp sherry vinegar
- 2 Tbsp unsalted butter (*cut into equal size cubes*)
- 2 (7 oz) packages of shirataki noodles (*rinsed*)
- ½ cup basil (*lightly chopped*)
- ⅓ cup feta cheese (*crumbled*)
- ¼ cup Kalamata olives (*pitted and halved lengthwise*)
- Black pepper to taste

NOTE

Shirataki noodles are made from glucomannan, a starch found in the konjac yam that have been used for centuries in Asian cuisines & known for soaking up rich flavors in soups & sauces. They are free from gluten, fat, grains & soy.

Refrigerate for up to 2 days.



Prep. Time:

30 minutes

Cook Time:

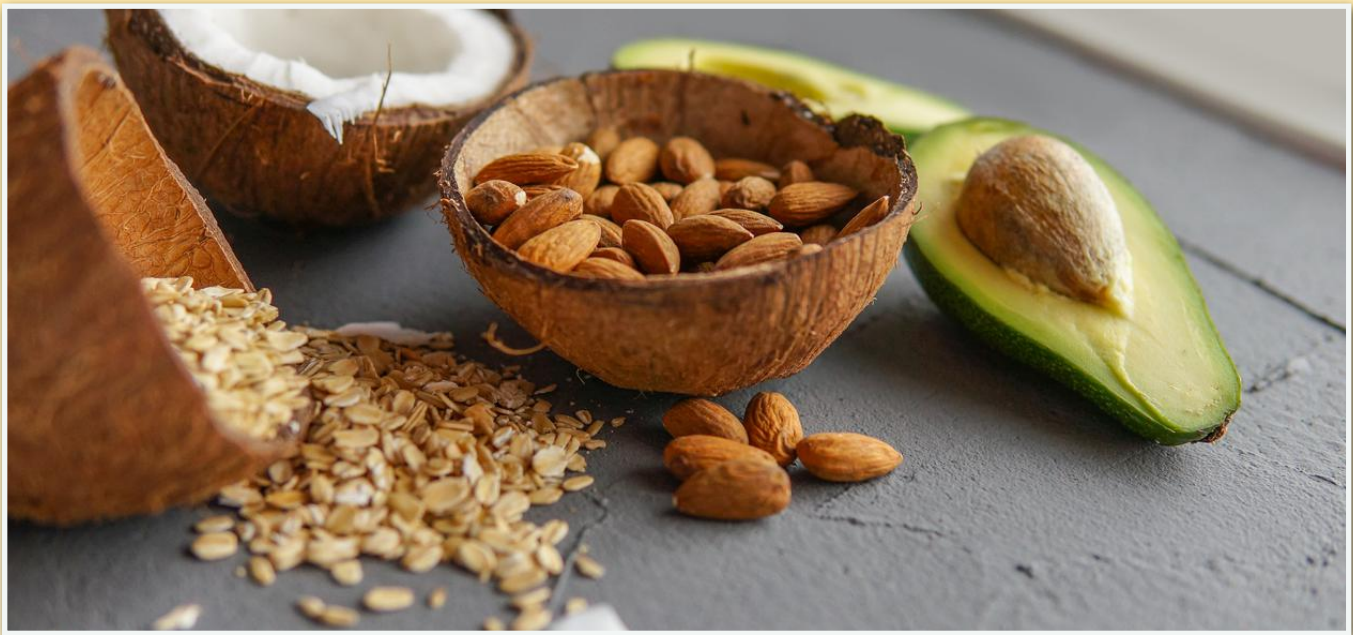
20 minutes

Servings:

4

DIRECTIONS

1. Heat oil in a large non-stick skillet over medium-high heat
2. Sprinkle chicken with ¼ teaspoon of salt, add to pan, and cook until golden brown (until a thermometer inserted in the thickest portion registers 165° F, roughly 5-7 minutes per side)
3. Transfer chicken to a clean cutting board and let rest
4. Add tomatoes, garlic, oregano and remaining ¼ teaspoon of salt to the pan; cook over medium-high heat, stirring often, until tomatoes have broken down and garlic has softened (*approximately 8 minutes*)
5. Add sherry vinegar and allow it to reduce and slightly thicken
6. Reduce heat in pan and add butter one cube at a time stirring to incorporate as it melts
7. Empty shirataki noodles into a colander and rinse thoroughly
8. Transfer rinsed noodles to a bowl and pour boiling water over then let sit for five minutes before draining the noodles and adding them to the pan along with the basil, feta, and olives. Remove from heat
9. Slice chicken on the diagonal and divide the noodle mixture among 4 bowls topping each with chicken
10. Garnish with additional basil and season with black pepper to taste



SNACKS

Choosing meals high in healthy fats, moderate in protein, and low in carbohydrates is an important strategy to curb those in-between-meal cravings. Our snack recipes are crafted to align with the SlimLogix macro-nutrient mix, helping you stay on track with your weight loss goals. These snacks work through several mechanisms to support your journey:

Stabilizing Blood Sugar Levels: Carbs are broken down into glucose, which causes a rapid increase in blood sugar levels. This spike is followed by a subsequent drop, leading to cravings for more quick energy. Low-carb meals and snacks help stabilize blood sugar levels, reducing the rollercoaster effect and minimizes the urge to snack.

Feel Fuller, Longer: The secret to staying satisfied between meals lies in the power of fats and proteins. Unlike carbohydrates, fats and proteins take time to digest and absorb, meaning you will feel full for longer. This natural increase in satiety reduces the urge to snack frequently, making it easier for you to manage your hunger and stay on track with your eating goals.

Balancing Hormones: Foods high in carbohydrates can significantly influence hormones such as insulin and ghrelin, crucial in regulating hunger and fullness. By opting for low-carb meals and snacks, you're helping to balance these hormones. This shift can lead to improved appetite control and fewer cravings, making it easier to stay on track with your eating plan and feel more in tune with your body's needs.

Enhanced Ketosis: In a ketogenic state, the body produces ketones as an alternative energy source when glucose (*from carbohydrates*) is limited. Ketone production in the body is associated with reduced hunger and cravings. When the body relies on fat for fuel, there is a more steady and sustained release of energy, which contributes to decreased snack cravings.

Reduced Insulin Resistance: High-carbohydrate diets can contribute to insulin resistance, where the body's cells become less responsive to the effects of insulin. Insulin resistance is linked to increased hunger and cravings. Low-carb meals and snacks can help improve insulin sensitivity, reducing the likelihood of craving-inducing blood sugar fluctuations.

Indulge in these delicious snacks, and remember to pack them along whenever you're on the move! They're perfect for those moments when you need a quick, convenient boost of nourishment. Whether you're running errands, heading to work, or out on an adventure, these snacks are your go-to for staying fueled and satisfied.

SNACKS

ROASTED NUTS



INGREDIENTS

- ½ lb almonds
- ⅛ lb macadamia nuts
- ⅛ lb pecans
- ⅛ lb brazil nuts
- 1 tsp rosemary (*dried*)
- 2 tsp onion powder
- 2 tsp garlic powder
- 1½ Tbsp sea salt
- 3 Tbsp of EVOO
- Optional: red pepper flakes and cayenne pepper

| | | |
|--------------------|-------------------|------------------|
| Prep. Time: | Cook Time: | Servings: |
| 5 minutes | 25 minutes | Many |

DIRECTIONS

1. Preheat oven to 300° F
2. Place all ingredients in a large bowl and mix thoroughly
3. Line a sheet tray with foil
4. Spread nuts on the foil and place in oven
5. Check after 15 minutes and mix around
6. Cook an additional 8 minutes
7. Remove from oven and place on a tray
8. Let sit at room temp for 30 minutes
9. Put nuts in a large sealable bag

NOTES ABOUT NUTS

Make sure to only consume raw, organic nuts and avoid prepackaged nuts roasted in questionable oils and other additives.

Raw nuts are nutritional powerhouses, offering a wealth of health benefits. Packed with heart-healthy monounsaturated and polyunsaturated fats, they contribute to improved cholesterol levels and cardiovascular health.

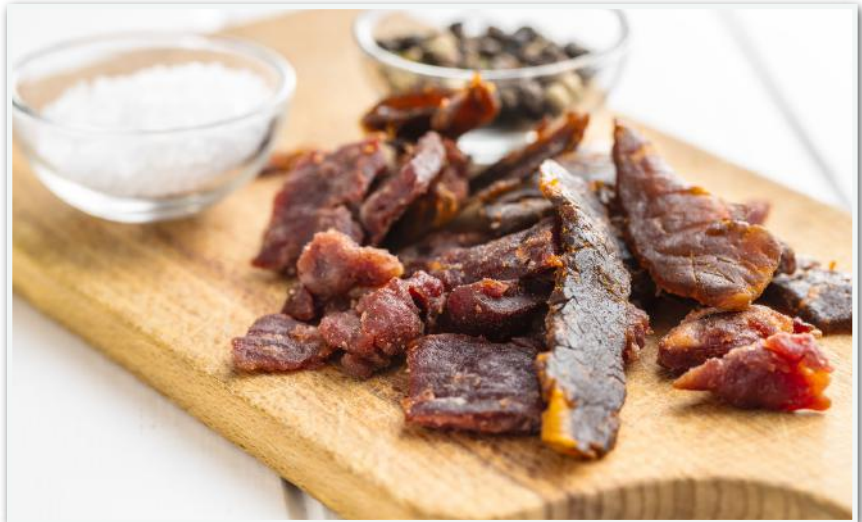
Their fiber content aids digestion and helps maintain stable blood sugar levels, making them a valuable component of weight loss.

Incorporating a variety of raw nuts into your diet provides a nutrient-dense source of energy and an array of health-promoting compounds assisting in weight management.

BEEF TACO JERKY

INGREDIENTS

- 1 lb flank steak
- 3 Tbsp avocado oil
- ¼ cup chili powder
- ¼ cup cumin
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp paprika
- 1 Tbsp red pepper flakes
- ¼ cup water (room temperature)
- 2 Tbsp kosher or sea salt
- 1 Tbsp ground black pepper



Prep. Time:

30 minutes

Cook Time:

4+ hours

Servings:

12

NOTES

Store the jerky inside an airtight container (we recommend glass)

Properly dried jerky will keep at room temperature for about one week; for longer storage, refrigerate or freeze

Beef jerky, when made from lean cuts of meat, can be a nutritious and protein-rich snack.

Packed with high-quality protein, beef jerky supports muscle maintenance and repair, making it an excellent option for those seeking a convenient and portable protein source that will keep you full in-between meals.

DIRECTIONS

PRO TIP: Before slicing the meat, place in freezer for 1 to 2 hours as it will be much easier to cut

1. Slice steak against the grain into ⅛ - ¼ inch thick pieces
2. In a medium bowl, combine spices and oil mixing well while slowly adding water until it is a loose, paste-like consistency
3. Add meat to marinade and toss until all of pieces are evenly coated
4. Cover with plastic wrap and place in refrigerator for at least 12 hours tossing meat several times throughout to ensure marinade is evenly spread
5. Line two baking sheets with aluminum foil for easy clean-up and place a wire rack over each for meat to rest on
6. Preheat oven to 185° F setting two oven racks in centermost positions
7. Place marinated meat on wire racks in a single layer
8. Bake while rotating pans from front to back and top to bottom midway through until meat is dried out (approximately 4 hours)
9. Determine dryness by removing a piece of meat from oven and let it cool to room temperature; meat should be dry to the touch, leather-like in appearance, and chewy but still somewhat tender; if a dryer jerky is preferred, simply keep cooking until it reaches your desired texture

PORK RINDS (CHICHARRONES)



INGREDIENTS

- 1 lb pork skin
- 1 tsp kosher or sea salt
- Olive oil cooking spray

SPICE COMBINATIONS

Standard Recipe

- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp of paprika or smoked paprika
- 1 tsp kosher or sea salt

Asian Recipe

- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sriracha powder
- 1 tsp ground ginger
- 1 tsp kosher or sea salt

| Prep. Time: | Cook Time: | Servings: |
|-------------|------------|-----------|
| 15 minutes | 90 minutes | Many |

DIRECTIONS

1. Preheat oven to 325° F
2. Line a rimmed baking sheet with parchment paper
3. Using a knife, cut pork skin into bite-size pieces trimming some, but not all, excess lard still attached to the skin (*fat is flavor after all*)
4. Arrange pork skin on prepared baking sheet skin side up / fat side down in a single layer making sure pieces are not touching
5. Generously spray pork skin with olive oil
6. Sprinkle with salt and any additional spice combinations
7. Bake 1½ - 2 hours or until crispy and golden
8. Transfer pork rinds to paper towels, skin side up allowing them to cool for 20 minutes

NOTES

Great for dipping in avocado mousse or roasted salsa (*reference the SlimKitchen recipes*)

In lieu of baking, you could also deep fry the pork skins using animal fats such as lard (*rendered from pork fat*), beef tallow (*rendered from beef fat*), schmaltz (*rendered from chicken fat*), etc.



DESSERTS

While indulging in sweet treats can be one of life's pleasures, moderating your dessert intake can significantly affect your weight loss journey. Here's why limiting desserts can be beneficial:

Caloric Density: Desserts, particularly those rich in sugar and fat, are often packed with calories. Overindulging can easily tip you into a caloric surplus, slowing your weight loss progress. By being mindful of your dessert consumption, you can control your total calorie intake better, helping you stay on track with your weight loss goals.

Added Sugars: Many desserts, particularly processed ones, contain high added sugars. Excessive sugar intake can contribute to weight gain and may lead to insulin resistance, increasing the risk of metabolic disorders. Limiting desserts helps reduce added sugar consumption.

Nutrient Deficiency: Desserts, while delicious, typically fall short in providing essential nutrients like vitamins, minerals, and fiber. If a large part of your daily calorie intake comes from desserts, you might miss out on these vital nutrients. Choosing nutrient-dense foods over desserts ensures your body gets what it needs for optimal health, supporting your well-being and weight loss journey.

Satiety: Desserts often lack the fiber and protein needed for satiety. Consuming foods high in added sugars and low in fiber may not keep individuals feeling full for an extended period. This can lead to overeating and difficulty maintaining a caloric deficit for weight loss.

Psychological Aspects: The high sugar content in many desserts can lead to a cycle of increased cravings for sweet and indulgent foods. You're taking a significant step towards breaking this cycle by reducing your dessert consumption. This approach not only helps in controlling cravings but also encourages the development of healthier eating habits.

Blood Sugar Control: Consuming large amounts of sugary desserts can lead to spikes and crashes in blood sugar levels. This can contribute to increased hunger and cravings, making it challenging to adhere to a calorie-controlled diet.

Behavioral Changes: Adopting a moderation mindset and reducing the frequency of dessert consumption supports long-term behavioral changes. Learning to enjoy desserts occasionally as a treat rather than a regular part of the diet can contribute to sustainable weight loss.

Remember, moderation is crucial. Completely cutting out treats can sometimes backfire, leading to feelings of deprivation and increasing the chances of overindulgence later. The trick is to find a balance. Allowing yourself a small portion of dessert now and then, opting for healthier sweet options, or satisfying your cravings with whole foods can help you maintain this balance. This way, you can stay on track with your weight loss goals while still enjoying food.

DESSERTS

DARK CHOCOLATE

Dark chocolate can offer several health benefits due to its rich content of antioxidants, minerals, and other bioactive compounds. Here are some of the potential health benefits associated with eating dark chocolate:

- **Rich in Antioxidants:** Dark chocolate is packed with powerful antioxidants, such as flavonoids and polyphenols which help combat oxidative stress in the body, thereby reducing chronic diseases and slowing the aging process.
- **Heart Health:** Research suggests dark chocolate can contribute to heart health by improving blood flow, reducing blood pressure, and decreasing the risk of cardiovascular disease. Flavanols in dark chocolate stimulate the production of nitric oxide helping to relax blood vessels.
- **Improved Mood:** Dark chocolate contains serotonin precursors and other compounds that may have mood-enhancing effects. It also contains small amounts of caffeine, which can contribute to increased alertness and improved mood.
- **Brain Function:** The flavonoids in dark chocolate may have positive effects on cognitive function. Research shows that regular consumption leads to improved memory and better overall brain function.
- **Blood Sugar Control:** Dark chocolate has a lower glycemic index compared to milk chocolate, meaning it has a smaller impact on blood sugar levels. However, moderation is key, especially for individuals with diabetes.
- **Mineral Content:** Dark chocolate is a good source of certain essential minerals, such as iron, magnesium, and copper. These minerals play important roles in various bodily functions, including oxygen transport, muscle and nerve function, and the formation of red blood cells.
- **Improved Skin Health:** The antioxidants in dark chocolate may contribute to better skin health by protecting against sun damage, improving hydration, and promoting a healthy complexion.
- **Appetite Regulation:** Some studies suggest that consuming dark chocolate may help regulate appetite by inducing a feeling of fullness, which helps contribute to more effective weight management.

The actual health benefits can vary based on the specific type of dark chocolate, its cocoa content, and individual health conditions. Always choose high-quality dark chocolate with a cocoa content of at least 70% for the best potential health benefits.



DARK CHOCOLATE HAZELNUT SPREAD

INGREDIENTS

- 3 cups hazelnuts
- $\frac{2}{3}$ cup dark chocolate (70%+ cacao)
- 1 tsp pure vanilla extract
- $\frac{1}{2}$ tsp sea salt or Himalayan salt



Prep. Time:

20 minutes

Cook Time:

18 minutes

Servings:

many

DIRECTIONS

1. Preheat oven to 350° F
2. Line large baking sheet with parchment paper placing hazelnuts on baking sheet in an even layer and bake for 12-15 minutes until light brown, cool slightly
3. Place hazelnuts in a food processor or blender and pulse 5-8 minutes while scrapping sides until a butter-like consistency is formed
4. Place dark chocolate in saucepan over medium heat until melted being careful not to overcook
5. Add chocolate, pure vanilla extract, and salt to hazelnut butter pulsing until creamy and well mixed
6. Store at room temperature in glass container for 2-3 weeks

DESSERTS

DARK CHOCOLATE AVOCADO MOUSSE

INGREDIENTS

- 2 very ripe organic avocados
- 4 oz 70%+ cacao baking chocolate, melted
- ¼ cup unsweetened cocoa powder
- ⅓ cup heavy whipping cream
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon
- 1 Tbsp powdered sugar
- Pinch of sea salt
- Optional toppings: whipped cream (see below), roughly chopped dark chocolate, berries, nuts, mint, etc.

Prep. Time:

10 minutes

Cook Time:

n/a

Servings:

4

DIRECTIONS

In a food processor, combine all the ingredients *(except the toppings)* and purée until creamy

Spoon the mousse into 4 small ramekins and chill for 1 hour

Serve the mousse with any of your desired toppings



FRESH BERRIES WITH WHIPPED CREAM

INGREDIENTS

- 4 cups of fresh mixed berries
- 2 pints of heavy whipping cream (cold)
- 1 cup of powdered sugar
- 2 tsp pure vanilla extract



Prep. Time:

15 minutes

Cook Time:

n/a

Servings:

8

DIRECTIONS

1. Put bowl of a standing mixer or a large mixing bowl (*glass or metal preferred*) into the refrigerator to chill for at least 15-30 minutes
2. Add whipping cream, powdered sugar and vanilla extract to chilled bowl
3. Use wire whisk attachment for a standing mixer, or a hand-held mixer, and beat the ingredients together, starting on low and slowly increasing to high as it begins to firm up
4. Beat for 60-90 seconds until stiff peaks form stopping once halfway through to scrape down the sides of the bowl
5. Transfer mixture to a piping bag or put in a serving dish to serve



MOCKTAILS

Life is meant to be fully enjoyed, including celebrating special moments. However, it's entirely possible to revel in these occasions without the need for alcohol.

When it comes to weight loss, alcohol can be a hindrance due to several factors. Understanding how alcohol can impede your progress is critical to making informed choices about its place in your lifestyle and celebrations.

Here are some reasons why alcohol can impede weight loss:

Caloric Content: Alcohol is relatively high in calories. One gram of alcohol provides approximately seven calories, close to the calorie content of fat. Consuming alcoholic beverages adds extra calories to your overall daily intake, and if these calories are not accounted for, they can contribute to weight gain.

Metabolism Priority: When you drink alcohol, your body focuses on metabolizing the alcohol first, putting other nutrients on the back burner. This shift means that the metabolism of fats and carbohydrates takes a backseat, slowing down significantly. Consequently, the calories from these nutrients are more likely to be stored as fat, as your body is preoccupied with alcohol processing.

Appetite Stimulation: Alcohol has a knack for stimulating your appetite and lowering inhibitions, which can often lead to overeating or making less-than-ideal food choices. When under the influence of alcohol, you might find yourself more inclined to indulge in high-calorie, unhealthy foods, which can certainly be a setback in your goals.

Reduced Fat Burning: Alcohol can interfere with the body's ability to burn fat for energy. When alcohol is present in the bloodstream, the body prioritizes its metabolism, and the oxidation of fatty acids is reduced. This can lead to a decrease in the overall rate of fat burning.

Dehydration: Alcohol acts as a diuretic, which means it increases urine production and can lead to dehydration. This dehydration can sometimes be misleading, making you feel hungry when your body actually needs water. Moreover, being dehydrated can impact your exercise performance, making it harder to engage in the essential physical activities for weight loss. So, what might seem like hunger could be your body's way of asking for more hydration.

Liver Function: The liver plays a crucial role in metabolizing fats. Excessive alcohol consumption can impair liver function and lead to a condition called alcoholic fatty liver disease. When the liver is not functioning optimally, it may be less effective in metabolizing fats, potentially contributing to weight gain.

Empty Calories: Alcoholic beverages often contain "empty calories," providing energy with little to no nutritional value. Consuming calories from alcohol may displace the intake of more nutrient-dense foods, leading to an imbalance in essential nutrients.

It's worth noting that moderate alcohol consumption doesn't necessarily derail weight loss efforts for everyone. However, excessive or frequent drinking can present significant challenges. If you're focused on losing weight, being mindful of your alcohol intake is crucial. This includes considering the calorie content of alcoholic beverages and adopting healthier drinking habits. Integrating these practices into a balanced lifestyle can make a big difference in achieving your weight loss goals.

MOCKTAILS

MINT CHERRY NO-JITO



INGREDIENTS

- 4-5 oz club soda
- 1 lime
- 3 mint sprigs
- 5 eye droppers of cherry bitters
- Ice to fill glass

INSTRUCTIONS

- Muddle 2 mint sprigs in Collins glass
- Add ice to fill glass
- Juice half of lime into glass
- Add cherry bitters and club soda
- Stir slowly until an even color
- Garnish with a lime wedge, mint sprig and serve!

SKINNY BLUEBERRY-GINGER MULE



INGREDIENTS

- 4-5 oz of club soda
- 6 blueberries
- ½ lime (juiced)
- 1 tsp powdered ginger
- 2 mint sprigs
- Ice to fill mug

INSTRUCTIONS

- Muddle all ingredients (except club soda) in cocktail shaker
- Add club soda to shaker and stir slowly to mix
- Fill copper mug (or rocks glass) with ice
- Strain shaker contents over ice
- Garnish with lime wedge, mint sprig and serve!

MOCKTAILS

STRAWBERRY SPRITZER



INGREDIENTS

- 4-5 oz club soda
- 3 strawberries
- 1 Tbsp champagne vinegar
- 1 tbsp lemon juice (fresh squeezed)

INSTRUCTIONS

- Muddle 2 strawberries in cocktail shaker
- Fill shaker half full with ice
- Add vinegar and lemon juice
- Stir until well mixed
- Strain into champagne glass
- Garnish with strawberry

APPLE CINNAMON TODDY



INGREDIENTS

- 8 oz of water
- 1 lemon wedge
- 1 cinnamon stick
- 1½ Tbsp of apple cider vinegar
- 2 tsp of ground cinnamon

INSTRUCTIONS

- Bring water to a boil and pour into glass mug
- Add vinegar and ground cinnamon to glass
- Stir with cinnamon stick until well mixed
- Garnish with lemon wedge

BONUS TIP: Enjoy with a nib of dark chocolate!



SlimKitchen

EAT WELL TO LOSE WEIGHT FOR LIFE

Thank you for your commitment to eating great food that properly nourishes you and helps promote weight loss.

Enroll into the SlimLogix Program and see exactly how these foods, paired with nutrition education, can help you achieve your ideal weight, and maintain it for life!

VISIT SLIMLOGIXSYSTEM.COM TODAY!

A handwritten signature in blue ink, appearing to read 'Andy J. James', is located in the bottom right corner of the page.

ANDY J. JAMES
SLIMLOGIX FOUNDER



SlimKitchen
EAT WELL TO LOSE WEIGHT FOR LIFE