

Toned

IN

Ten

Youth Enhancing
Fat Loss Recipes



ERIN NIELSEN, P.T., CPI, PBCE

Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only.

The recommendations in this guide are not medical guidelines and are for educational purposes only. The author advises readers to take full responsibility for their safety and know their limits. The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting this program. If you experience any lightheadedness, dizziness, consult a physician. If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this program, please follow your doctor's orders.

No part of this Publication may be reproduced, transcribed, transmitted, or translated in any language without written permission and signature of the author.

Table of Contents

Breakfast	5
Bacon & Egg Bites.....	5
Harvest Omelet cups.....	6
Fruit Salad.....	6
Strawberry Banana Smoothie	7
Green Power Smoothie	7
Lunch	8
Grilled Halibut with Pancetta	8
Mushroom and Bacon "Risotto".....	9
Balsamic Asparagus	10
Basil Spinach Salad	11
Chicken and Kale Salad.....	11
Salmon with spring pea and citrus	12
Taco salad.....	13
Appetizers	14
Bacon wrapped dates.....	14
Kale chips.....	14
Prosciutto Melon Wraps	15
Dinner	16
Beef	16
Asian Ground Beef and Lettuce Wraps.....	16
Beef Chili	17
Ginger Beef and Broccoli.....	18
Chicken	19
Mediterranean Grilled Chicken	19
Chicken Fajitas with Guacamole	20

Apple Chicken.....	21
Crusted Chicken	21
Seafood	22
Halibut with Dijon and Almonds	22
Baked Sea Bass.....	23
Chipotle Lime Salmon	23
Dessert	24
Berries with Almonds and Balsamic	24
Paleo Ice Cream.....	24
Toasted Apple Crisp	25
Homemade Nutella	26
Coconut Whip Cream.....	27
Dressings	27
Easy Salad Dressing	27
Avocado Dressing.....	28
Bacon Dressing.....	29

Enjoy these quick and easy - no chef needed recipes-- just easy, step by step, delicious-tasting meals in minutes. These meals will maximize your fat burning potential and the good for you ingredients won't cause damage to your skin like highly processed or sugar laden recipes will. Enjoy your delicious journey to fat loss and a more youthful appearance!

Breakfast

Bacon & Egg Bites

(makes 6)

Ingredients:

6 bacon strips

4 large eggs

1 medium tomato

1/3 c. onions

4 button mushrooms

½ tsp. pepper

1/2 tsp sea salt

Direction:

Heat up your oven to 325 degrees. In a medium skillet, Fry the bacon until it is brown and crunchy. Soak up the fat in paper towels. Grease a muffin tin with the bacon fat leaving a little fat in the pan for sautéing. Then add the onion and mushroom and sauté in the fat. Slice the tomato into 6 thin circle shapes. Take each bacon strip and make a circle around the muffin hole. In a small bowl whisk each egg with some salt, pepper, mushrooms and onions and pour into the middle of the bacon. Bake 20 minutes.

Harvest Omelet cups

(makes 6 – 8)

Ingredients:

8 large eggs

½ lb. chopped sausage

1/2 red bell pepper chopped

4 asparagus spears (cut into 1 inch pieces)

1 small yellow onion (chopped)

Direction:

Heat up oven to 350 degrees and line a muffin pan with cupcake liners. In a medium skillet add olive oil. Salt and pepper over medium heat. Add the onions and brown them then add in the sausage to brown the outsides. In a bowl, whisk together the eggs, sausage and onions, bell pepper and asparagus. Pour the mixture between the muffin cups and bake 20 minutes.

Fruit Salad

(serves 1 – 2)

Ingredients:

1/2 cup blueberries

1 apple (chopped in pieces)

½ c. pecans

½ tsp. cinnamon

Direction:

Prepare your fruit and mix together in a bowl. You can chop the pecans or add them in whole. Sprinkle with cinnamon and enjoy.

Strawberry Banana Smoothie

(serves 1- 2)

Ingredients:

1 ½ c. strawberries
1 sliced banana
2/3 c. coconut (shredded unsweetened)
1 c. coconut milk
Ice

Direction:

Combine in a blender and mix until smooth. Makes two smoothies.

Green Power Smoothie

(serves 1 – 2)

Ingredients:

1 green apple (cut into quarters)
1 pear (cut into quarter) ½ tsp. ginger (freshly grated)
2.5 tbsp. flax seeds
2 c. spinach
1 lemon (juice)
1 c. water

Direction:

Blend the quartered apple and pear until smooth. Then add in ginger, seeds, spinach, lemon juice and water. Blend completely and serve for a refreshing very nutritious start to the day.

Lunch

Grilled Halibut with Pancetta

(Serves 2 – 3)

Ingredients:

- 2 6-ounce (170 g) skinless halibut fillets
- 3 ounces of pancetta (ideally cut from a slab, not a round) (85 g)
- 2 tablespoons finely chopped shallot (20 g)
- 1 tablespoon sherry vinegar (15 ml)
- 1 tablespoon finely chopped parsley (30 ml)
- 1 bunch of asparagus
- 2 tablespoons of olive oil (30 ml)

Direction:

1. Slice 4 very thin slices off the piece of pancetta and set aside. Cut the rest up into tiny cubes.
2. Heat a skillet over medium heat. Add the cubes of pancetta and cook for 3 minutes then add the shallot. Continue to cook until the pancetta is crispy. Pour off most of the fat (keeping the pancetta and shallot in the skillet) and set aside.
3. Add the vinegar and parsley to the skillet. Cook about 1 minute more, until most of vinegar evaporates, then spoon the mixture of pork, shallot and parsley into a bowl and set aside.
4. Pour the reserved bowl of grease back into the skillet. Turn the heat up to medium-high. Lightly salt the halibut and add it to the pan, cooking until browned on the bottom, about 5 minutes. If the pan starts smoking, turn the heat down to medium. Flip the fish and cook about 2 to 4 minutes longer, until opaque in the center.
5. While the fish is cooking, coat the asparagus in olive oil. Lay out in a single layer in a rimmed baking pan. Sprinkle with salt and pepper. Broil under high heat, shaking the baking sheet occasionally, and cook until slightly shriveled and charred, 6 to 8 minutes.

6. Plate each of the halibut fillets with two slices of raw pancetta on top and asparagus on the side dressed with the pancetta and parsley dressing.

Mushroom and Bacon "Risotto"

(Serves 4)

Ingredients:

- 2 heads of cauliflower, cut into small chunks (bottom stem and leaves trimmed off)
- 4 to 6 pieces of bacon, cut into small pieces
- 1 large shallot, finely chopped
- 2 garlic cloves, finely chopped or thinly sliced
- 3/4 pound mushrooms, sliced thinly (340 g)
- 1/2 cup chicken stock (120 ml)
- Parmigiano-Reggiano cheese, butter, finely chopped fresh herbs (optional toppings)

Direction :

1. In small batches, put the cauliflower chunks into a food processor. Process until the cauliflower has the consistency of rice. Set aside.
2. Cook the bacon in a wide pot or skillet over medium-high heat. After a few minutes add the onion/shallot, and garlic. If the bacon hasn't released enough fat, add a little bit of olive oil or butter to the pot.
3. Sauté for 3 minutes then add the mushrooms. Sauté for 5 minutes more. Again, if the pot seems dry, add more olive oil or butter. Season the mushrooms lightly with salt and pepper.
4. Add 8 cups of cauliflower rice. If you have slightly less than 8 cups, don't worry about it. If you have more, reserve the extra for another meal.
5. Add the chicken stock. Put a lid on the pot and cook the cauliflower for 5 to 7 minutes until tender but not completely mushy.
6. Before serving, flavor the risotto with generous amounts of one or more of the following: grated cheese, butter, fresh herbs.

Balsamic Asparagus

(serves 4)

Ingredients:

1 lb asparagus, ends trimmed
1 Tbs red onion, minced
1 Tbs Extra Virgin olive oil
4 tsp balsamic vinegar
sea salt, to taste (optional)
freshly ground black pepper, to taste

Directions:

1. Bring a medium pot of water to boil.
2. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.
3. Mix all other ingredients together. Toss asparagus with balsamic mixture.
4. Serve chilled or at room temperature.

Basil Spinach Salad

(serves 2 -3)

Ingredients:

- 1 tbs. coconut oil
- 1/2 red onion, diced
- 2 medium tomatoes, diced
- 4 handfuls of spinach
- 1 package (several sprigs) fresh basil

Directions:

1. Wash and prepare vegetables.
2. Heat a small skillet over medium-high heat. Add coconut oil when hot.
3. Add diced onions, and sauté until soft and translucent. Add tomatoes and cook for another minute or two.
4. Add spinach and basil to the pan and cook for one minute.

Chicken and Kale Salad

(serves 2 – 3)

Ingredients:

- 1 bunch of kale or 6 cups
- 2 Tbs extra virgin olive oil
- juice of 1 small lemon
- 1/8 tsp sea salt (optional)
- 1/4 tsp freshly ground black pepper
- 2 (6 oz each) boneless, skinless chicken breasts, cooked and sliced
- 1/4 cup toasted almonds

Direction:

1. Wash kale and remove leaves from woody stems. Slice leaves thinly.

2. In a large bowl, combine kale, olive oil, lemon juice, sea salt (if desired) and freshly ground black pepper. Toss to coat leaves completely.
3. Divide kale into two bowls. Top each salad with a cooked chicken breast and almonds to serve.

Salmon with spring pea and citrus

(serves 2)

Ingredients:

- ¾ lb. fresh or frozen salmon filets
- 1/2 tsp. sea salt
- ¼ tsp. freshly ground black pepper
- ½ lb. mixed greens (or use fresh pea shoots)
- 1 cup sugar snap peas, trimmed
- 1 radish, trimmed and thinly sliced
- Juice of ½ lime
- Juice of ½ lemon (or use lemon segments)
- 1 TB. olive oil

Direction:

1. Preheat oven to 425°F.
2. Season both sides of fresh salmon filets with sea salt and black pepper. If you are using frozen filets, wait to season until a few minutes in to cooking so it will stick.
3. Place filets on a broiler pan (or use a wire rack over a baking sheet) and place in the oven.
4. Bake 15-18 minutes for fresh salmon or 30-35 minutes for frozen, or until salmon flakes easily with a fork and reaches an internal temperature of 145°F.
5. Meanwhile, in a large mixing bowl, combine mixed greens (or pea shoots), sugar snap peas, radish slices, orange juice, lemon juice (or segments) and olive oil. Toss to coat and season slightly with sea salt and black pepper, if desired.
6. Divide greens into two salad bowls. Top with warm or cooled salmon to serve.

Taco salad

(serves 2 – 3)

Ingredients:

1 lb lean ground beef or turkey
2 Tbs chili powder
1 tsp garlic salt
1 tsp cumin
1/2 tsp oregano
1/2 tsp sea salt
3/4 cup water
1/2 yellow onion, diced
1 medium tomato, diced
3 romaine hearts
1 avocado
fresh cilantro
1 small jar of salsa

Direction:

1. Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes more.
3. Meanwhile, wash lettuce and tear onto two plates (save some for leftovers).
4. Top with meat, sliced avocado, tomatoes, cilantro and salsa.

Appetizers

Bacon wrapped dates

(serves 4)

Ingredients:

8 bacon slices, cut in half
16 large Medjool dates, pitted
16 whole almonds
toothpicks (optional)

Direction :

1. Preheat oven to 375 F
2. Open up dates gently with a knife.
3. Stuff each date with an almond, and wrap with half of a bacon slice. Secure with a toothpick if necessary.
4. Place on a shallow baking sheet and bake, bacon seam down, for about 7 minutes.
5. Flip and bake for another 7 minutes or until bacon is crispy.
6. Serve warm or cold, and store leftovers in the refrigerator.

Kale chips

(serves 2)

Ingredients:

1 bunch kale
1 tsp olive oil
1/4 tsp sea salt (optional)

Directions :

1. Preheat oven to 350°F.
2. Wash kale and remove tough stems.

3. Cut kale into 2 - 3 inch sections and place on baking sheet.
4. Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with oil.
5. Bake for 10-15 minutes, or until kale is crispy. Serve hot.

Prosciutto Melon Wraps

(serves 6)

Ingredients:

1/2 medium honeydew melon, seeded
4 oz. Prosciutto, sliced into 1 inch strips
2 sprigs fresh mint, chopped
toothpicks (optional)

Directions:

Carefully slice cantaloupe into 1-inch wedges. Remove and discard the rinds. Wrap each cantaloupe slice with prosciutto. Secure with a toothpick if needed. Garnish with fresh mint and serve chilled or at room temperature.

Note:

These simple snacks will satisfy your sweet and savory cravings. Make them as described, or make a summer salad by cubing the melon and tossing it with thinly sliced prosciutto, mint and a splash of extra-virgin olive oil. You could also make kebabs by threading cubed melon, slices of prosciutto and whole mint leaves on wooden skewers.

This recipe would also be excellent with fresh figs or ripe peaches instead of melon. Fresh basil leaves may also be used in place of the mint. Or make a party platter with a variety of sweet fruits for a fun appetizer.

If you'd like to skip the small amount of residual sugar in the cured ham, feel free to replace the prosciutto with cold smoked salmon.

Dinner

Beef

Asian Ground Beef and Lettuce Wraps

(serves 2 – 3)

Ingredients:

- 1 lb grass-fed ground beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 TB. fresh chopped ginger
- 1/4 cup sliced mushrooms
- 1 cup shredded cabbage
- 1 TB. apple cider vinegar
- 1 TB. coconut aminos
- 1 TB. fish sauce (use Red Boat Fish Sauce if you can find some)
- 1 head Iceberg or Bibb lettuce, large leaves in tact

Directions:

1. Heat a skillet over medium heat and add the ground beef and onions. Cook until the beef is no longer pink in the center (about 7 minutes) and add the garlic and ginger. Stir well for about a minute.
2. Add the mushrooms and cabbage and cook until vegetables are soft. Stir in the vinegar, coconut aminos, and fish sauce and continue stirring until heated through.
3. To serve, spoon the ground beef mixture into the lettuce leaves, being careful not to overfill. Top with additional cabbage, carrots, and green onions if desired.

Beef Chili

(Serves 8)

Ingredients:

- 2 pounds lean ground beef
- 1 red bell pepper, diced
- 6 cloves garlic, minced
- 2 Tbs olive or coconut oil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 3 Tbs cumin, or to taste
- 1-1/2 Tbs chili powder, or to taste
- 1 (28 oz) can diced tomatoes

Direction:

1. Light coals in grill. While coals are setting (30-45 minutes), form ground beef into large patties. If you don't have a grill feel free to cook the beef in another pan. You shouldn't need to add any oil to cook the meat in. Make sure you drain any excess fat before transferring meat to the skillet (or not if you want the extra fat).
2. Heat oil in a heavy bottomed soup pot, and add freshly ground black pepper.
3. Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in minced garlic.
4. Grill patties over coals until medium rare, no more than 5 minutes on each side.
5. Turn heat on high under soup pot, and place patties in with garlic, oil, and pepper mixture.
6. Break up patties into small pieces with spatula and brown meat thoroughly. Add tomatoes and sea salt.
7. Mash and break up tomatoes with spatula.
8. Add enough water to cover all ingredients, reduce heat to low, and let simmer 2 hours or more.

Ginger Beef and Broccoli

(Serves 2 – 3)

Ingredients:

- 2 Tbs coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 Tbs lemon juice
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup chicken broth
- 1 lb. broccoli, cut into flowerets
- 1 green onion, thinly sliced

Direction:

1. Heat the 1 Tbs coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, flax meal, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
4. Heat pan again over medium heat. Add 1 Tbs coconut oil when pan is hot.
5. Add broccoli to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.

Chicken

Mediterranean Grilled Chicken

(serves 3 – 4)

Ingredients:

1 cup cherry or grape tomatoes
16 large Kalamata olives, pitted and halved
3.5 Tbs capers, rinsed
2 Tbs olive oil
4 (4-6 oz) boneless, skinless chicken breasts
sea salt and freshly ground black pepper

Direction:

1. Pre-heat oven to 475°F.
2. Toss tomatoes, olives, capers, and 2 tsp olive oil in a bowl.
3. Season chicken breasts on both sides with sea salt and freshly ground black pepper.
4. Heat a large, oven-proof skillet over high heat. Once hot, add 2 tsp olive oil and sear chicken on both sides.
5. Turn heat to medium-high and add remaining oil (should be hot but not smoking) and continue to cook until deep golden brown (about 4 minutes).
6. Use tongs to flip chicken, then add tomato mixture to skillet.
7. Transfer skillet to oven and roast chicken until cooked through and tomatoes have softened, about 15-18 minutes.
8. Transfer to plates and spoon tomato mixture over top to serve.

Chicken Fajitas with Guacamole

(Serves 2 – 3)

Ingredients:

3 cloves garlic, minced

1 tsp cumin

1 tsp paprika

1 tsp chili powder

1 tsp sea salt (optional)

1 lb boneless, skinless chicken breasts, sliced into strips

1 Tbs coconut oil

1/2 red onion, sliced

2 red bell peppers, sliced

juice of 1 lemon

juice of 1 lime

2 heads butter lettuce, root removed, washed and dried

guacamole

1 small jar salsa (or substitute fresh chopped tomatoes, cilantro and garlic)

Direction:

1. In a medium bowl, combine garlic, cumin, oregano, paprika, chili powder, and sea salt (if desired). Toss chicken in mixture until fully coated and set aside.
2. Heat a large sauté pan over medium-high heat. When pan is hot, add coconut oil.
3. Sauté onion for 3 minutes. Add chicken and continue to cook until chicken is almost fully cooked (about 10-15 minutes), stirring often.
4. Just before chicken is done, add red peppers, lemon and lime juice. Stir and cook for 3 more minutes.
5. Serve over lettuce and top with guacamole and salsa.

Apple Chicken

(serves 2)

Ingredients:

2 (4-6oz) boneless, skinless chicken breasts (or use leftover chicken from another meal)

1/4 tsp sea salt (optional)

1/8 tsp freshly ground black pepper

2 Tbs coconut oil

1 large apple

1/2 tsp cinnamon or allspice

Direction:

1. Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside.
2. Heat a medium sauté pan over medium-high heat. Add coconut oil when hot.
3. Add diced chicken and cook until slightly pink (about 150° F).
4. Grate apple into pan.
5. Add cinnamon or allspice.
6. Continue to cook until chicken is done and apple is tender.

Crusted Chicken

(serves 2 – 3)

Ingredients:

3 eggs, beaten

6 Tbs water

1/2 tsp garlic powder

1/2 tsp sea salt (optional)

1/4 tsp freshly ground black pepper

1 cup almond flour

1 lb boneless, skinless chicken breasts, cut into 3 strips each

Direction:

1. Preheat oven to 350° F.
2. Combine egg and water in a shallow bowl. Set aside.
3. Place nut flour on a plate, and mix in sea salt (optional) and black pepper.
4. Dip chicken in egg mixture, then pat moistened chicken in nut flour.
5. Coat chicken with flour on both sides. For thicker coating, repeat above procedure.
6. Place coated chicken on a metal baking sheet and bake for about 25-35 minutes, or until fully cooked.

Seafood**Halibut with Dijon and Almonds**

(serves 2 – 3)

Ingredients:

- olive or coconut oil
- 1 lb Halibut or other white fish
- 2.5 Tbs Dijon mustard
- 2 Tbs almonds, chopped

Direction:

1. Preheat the oven to 350° F.
2. Lightly grease a baking sheet with olive or coconut oil.
3. Lay fish in the pan skin side down.
4. Spread Dijon mustard over fish and sprinkle with almonds.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.

Baked Sea Bass

(serves 2 – 3)

Ingredients:

- 1 lb sea bass fillets (or any firm white fish available)
- 1 lemon
- 2.5 Tbs capers, rinsed
- 2 sprigs fresh dill (dried may be used if fresh dill is unavailable)
- sea salt and freshly ground black pepper

Direction:

1. Preheat oven to 350°F.
2. Place sea bass fillets on a broiler pan.
3. Thinly slice lemon (1/8" slices).
4. Sprinkle the fish with sea salt and freshly ground black pepper. Top with capers and dill sprigs. Cover with fresh lemon slices.
5. Bake for 10-15 minutes, until fish flakes easily with a fork.

Chipotle Lime Salmon

(serves 2 – 3)

Ingredients:

- 1 lb salmon fillets, skinless
- 1-2 Tbs olive oil, coconut oil, or bacon grease
- 2-3 limes (1 per salmon fillet), cut in half
- 1/4 tsp sea salt (optional)
- 1/2 tsp ground chipotle
- 1/2 tsp garlic powder

Direction:

1. Preheat oven to 350°F.
2. Rinse salmon, pat dry, and place on a metal baking sheet.

3. Rub each fillet with olive oil or fat of choice, and squeeze the juice from one-half lime onto each fillet.
4. Sprinkle fillets with sea salt (if desired) and chipotle and garlic powder, then place a half lime on top of each fillet.
5. Cook salmon for 12-15 minutes, or until it flakes easily with a fork.

Dessert

Berries with Almonds and Balsamic

(Serves 2)

Ingredients:

- 6 oz fresh berries
- 4 tsp balsamic vinegar
- 1/3 cup slivered almonds

Direction:

1. Wash and slice fresh berries (if needed).
2. Evenly separate the berries between two small bowls.
3. Pour 2 tsp of balsamic vinegar over each serving.
4. Top with slivered almonds.

Paleo Ice Cream

(Serves 2)

Ingredients:

- 1 can coconut milk
- 1/4 cup raw honey
- Any other ice cream ingredients desired (cocoa powder to taste, spices, frozen fruit, nuts, vanilla extract, etc.)

An ice cream maker is needed for this recipe.

Direction:

1. Blend all ingredients.
2. Place in the ice cream maker and wait about 25 minutes.
3. Enjoy!

Toasted Apple Crisp

(serves 6 – 8)

Ingredients:

- 2 cups of nuts (almonds, pecans, cashews, walnuts), finely chopped
- ¼ cup coconut flakes
- ¼ cup coconut oil
- 2 Tbsp coconut butter
- 1 tsp sea salt
- 2 tsp vanilla extract
- ½ cup raw honey
- 6 medium apples, peeled, cored, chopped into ½ inch cubes
- 2 Tbsp freshly squeezed lemon juice
- 2 tsp ground cinnamon, divided
- ¼ tsp nutmeg
- ¼ tsp allspice
- ½ cup coconut sugar
- ½ cup ghee or butter

Direction:

1. Preheat the oven to 300°F.
2. Place nuts and coconut flakes into a food processor and pulse until finely chopped. Set aside.
3. In a small saucepan, heat the coconut oil, coconut butter, vanilla extract, and raw honey until melted. Pour over the nut and coconut mixture and stir to mix.
4. Place the nut and coconut mixture on a baking sheet and bake for 15-20 minutes or until lightly browned. Stir every 5-7 minutes.

5. Remove from oven and sprinkle with sea salt.
6. Combine the apples, lemon juice, cinnamon, nutmeg, allspice, coconut sugar, and ghee in a mixing bowl. Make sure the apples get coated with the mixture.
7. Increase the oven temperature to 350°F.
8. Place the apple mixture in a 9x13 baking dish, spreading out evenly. Bake for 45 minutes.
9. Remove the apple mixture from the oven and add the nut and coconut mixture. Carefully stir the mixture with the wooden spoon a few times before returning to the oven. Bake for another 10-15 minutes.

Homemade Nutella

(Makes 1.5 cups)

Ingredients:

- 1½ cup of Blanched Hazelnuts
- 5 Tablespoons of Raw Honey
- 3 ounces of Unsweetened Solid Chocolate
- ¼ cup of Coffee
- ¼ cup of Unsweetened Cocoa Powder, sifted
- ¼ cup of Full Fat Coconut Milk
- Pinch of Salt

Direction:

1. Gently melt the solid chocolate and mix in the honey and coffee. Let rest to about room temperature.
2. Blend the hazelnuts and salt in a food processor until creamy.
3. Blend in the chocolate mixture until combined. It will probably look unappetizing at this point.
4. Blend in the coconut milk and cocoa powder. It should look nice and creamy now.
5. Add more honey to taste.
6. Keep refrigerated, it will stay creamy and soft.
7. Grab a spoon and dive in.

Coconut Whip Cream

(makes 1 cup)

Ingredients:

- 1 (403mL) can organic full fat coconut milk
- 1/8 tsp vanilla extract (optional)
- 1/8 tsp cinnamon or freshly grated nutmeg (optional)

Direction:

1. Refrigerate can of coconut milk for at least 2 hours (best if refrigerated overnight).
2. Open the can and scoop out thickened coconut cream on top into a medium bowl. Drink the coconut water at the bottom, or save it for a smoothie.
3. Add cinnamon and vanilla if desired, and whip coconut cream with a wire whisk until it begins to thicken.

Dressings

Easy Salad Dressing

(Good for 8)

Ingredients:

- 1 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 garlic clove, finely minced
- 1 tsp dijon mustard
- 1 Tbs lemon juice
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tsp dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)

Direction:

1. Whisk (or put in blender) balsamic vinegar, dijon mustard, minced garlic, raw honey and lemon juice until blended.
2. Gradually add olive oil while whisking (or blending).
3. Mix salt, pepper and dried herbs in to taste.
4. Store in the refrigerator.

Avocado Dressing

(Makes 1 cup, serves 8)

Ingredients:

- ½ avocado
- ¼ cup coconut milk
- 3 tablespoons freshly squeezed lemon juice
- 1 garlic clove
- finely chopped 2 anchovy fillets (optional)
- finely chopped ½ cup coarsely chopped parsley
- 2 tablespoon coarsely chopped fresh tarragon
- ¼ teaspoon salt
- ½ cup extra virgin olive oil

Direction:

Blend the first nine ingredients in the food processor until combined. With the blade running, pour in the oil and process until the dressing thickens and the herbs are finely chopped.

Bacon Dressing

(Makes ½ cup, serves 4)

Ingredients:

5 bacon slices

Extra virgin olive oil as needed

1 tablespoon sherry vinegar

1 tablespoon finely chopped parsley

Direction:

Fry the bacon in a skillet over medium heat. Remove the cooked bacon from the pan and set aside. Pour the bacon fat into a bowl— you'll need 3 tablespoons (45 ml) of fat. If there isn't enough, add olive oil. Whisk together the fat/oil, vinegar, and parsley. Crumble or chop the bacon into small pieces. Whisk half the bacon crumbles into the dressing. Use the rest as garnish for the salad. This dressing is best when slightly warm, so use immediately, or put back in the skillet and heat it gently before pouring over a salad.

Please visit:

www.TonedInTenFitness.com/blog

To deepen your understanding on fat loss and youth boosting tips.