

Chicken:

1) Slow Cooker

- Put 4 chicken breasts in crock pot, fill with 4 cups water. Slow cook for 4 hours.

Remove the chicken after 4 hours, it should be falling apart as you're trying to take it out of the crock pot. Let it cool down on a plate. In a pan, heat up a tablespoon of extra virgin olive oil, or coconut oil. Chop some onion up, and sauté the onion in the oil. While that's cooking, shred the chicken with two forks. It should be really easy to shred. Toss the shredded chicken with the sautéed onion, add salt, pepper and some cayenne pepper.

2) Marinated Chicken (**CAREFUL WHAT YOU USE FOR MARINADE. MOST MARINADES HAVE SUGAR AND OTHER INGREDIENTS THAT ISN'T CHALLENGE FRIENDLY**)

- Chop up chicken breasts into 1 inch cubes. Put the chicken in a big ziplock bag, add your favorite marinade. Whole Foods has an excellent selection of marinades and sauces. You can also make your own, google recipes. Evenly rub the marinade all over the chicken, so it's fully coated. Store in your fridge for at least two hours, the USDA Food safety and Inspection Service says it can be stored up to two days. After it has been marinated, you can put the chicken on skewers and grill them. You can bake it, or pan grill it. I think grilling is the best.

3) Baked Chicken

- Heat the oven to 400 degrees, spray a pan with pam. Rinse the chicken breast, pat dry. Rub the chicken with extra virgin olive oil, salt, pepper and any other seasoning you'd like. Place the chicken breasts in the pan, place lemon wedges

in between the breasts for extra flavor, and cook for 30-40 minutes. Make sure the chicken is fully cooked and no pink in the inside.

Fish:

All my fish recipes are the similar, it's hard to make fish exciting

1) Salmon

- Rinse the salmon, pat dry. In a bowl combine extra virgin olive oil, lemon, minced garlic, salt and pepper. Using a basting brush, brush the salmon with your sauce. Put your preheated oven to 375 degrees for 35-45 minutes.

2) Cod

- Rinse the cod, pat dry. In a bowl combine, extra virgin olive oil, lemon, cayenne pepper, salt and pepper. Brush the cod with the sauce cook at 400 degrees for 15 minutes

Turkey:

1) Turkey Burgers

- In a large mixing bowl, whisk an egg together, it will keep it all together. Add your turkey in, some chopped up onion, and seasoning you'd like. Mix well and make into 3 inch patties, grill to your preference.

2) Pan Cooked Turkey

- Put your turkey in a pan, you don't need olive oil because the fat will come out. Get 95% lean 5% fat turkey. Add onion, mushrooms, whatever you want and season. Drain the fat, and enjoy with your favorite hot sauce or put in romaine lettuce leaves for turkey lettuce wraps.

Brown Rice:

1) Slow cooker

- Add 2 cups rice, 2 cups water to crock pot. Set for the rice cooking, be sure to seal it if your slow cooker has that. It will steam the rice so it's really soft.

Sweet Potato

1) Set oven to 425, poke holes into sweet potatoes, spray with olive oil and baked for 40-60 minutes. Checking the softness throughout the cooking

Asparagus

minutes depending on asparagus

1) Steamed Asparagus

- In a veggie steamer, put an inch of water and bring to a boil. Place asparagus with the ends cut a little. Steam for 3-5 minutes depending on how tender you like it