RULES!  
1) Start each day with an 8 ounce glass of LEMON WATER!

2) Try to drink AT LEAST one gallon of water per day!

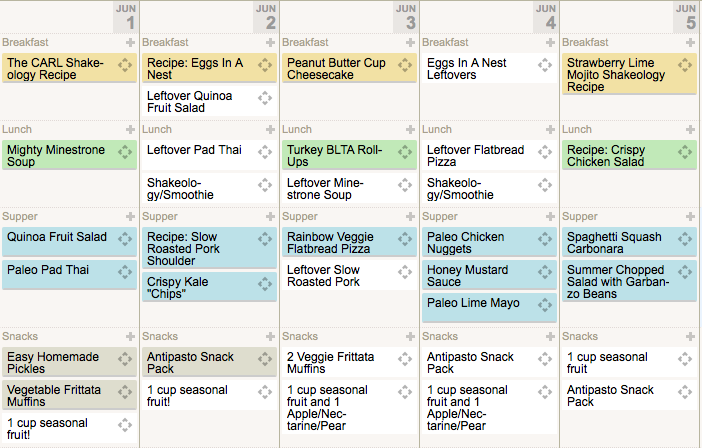
3) Eat when you are HUNGRY. Optimally, this is every 2-3 hours, but listen to your body.

4) Watch your portions!

5) Exercise daily!

6) Check in and support everyone else :) If you’re feeling the need to grab something less than stellar, check in with the group. We will support you!  
7) Take your measurements and photos. You don’t need to share with the group, but keep track!

8) If you’re not drinking shakeology, see the recipes below to add to your grocery list! I’ve also included more shakeology recipes below too!



**GROCERY LIST**

Bread

 (2-piece) Stonefire naan - 1 package

Baking

 Arrowroot Starch  1/4 cup

   notes: CORNSTARCH ALTERNATIVE

 Unsweetened Shredded Coconut  1/2 cup

 Coconut Oil

   notes: (for cooking/frying) + for cooking

 Honey  1 1/2 cups

 Olive oil  8 1/8 teaspoons

 Extra Light Olive Oil (NOT extra virgin) at room temperature  1/2 cup

Canned Goods

 Chicken broth  5 cups

   notes: (homemade or organic)

 Coconut Milk (canned  1/2 cup

   notes: shaken to combine)

 Garbanzo beans (canned  1 cup

   notes: if desired)

 Kidney beans  1 cup

   notes: , cooked (canned, if desired)

 Mini Dill Pickles  2

 Black Olives  1 Can

   notes: Try to get the ones WITHOUT the black food coloring!

 Pizza sauce  1/2 cup

   notes: homemade http://www.gimmesomeoven.com/perfect-pizza-sauce/ or store-bought

 Tomato paste  4 ounces

Condiments

 NUT BUTTER  2 tablespoons

   notes: or nut butter + Sun Butter, Almond Butter

Dairy

 Optional toppings: grated Parmesan cheese

   notes: red pepper flakes)

 Eggs  2 dozen

 Shredded part-skim Mozzarella cheese  1/2 cup

 Ricotta cheese  1/4 cup

   notes: OPTIONAL FOR SHAKEOLOGY

 Organic Valley Salted Butter  1 tablespoon

 Greek yogurt  16 ounces

 Milk of your choice  16 ounces

   notes: Almond, Coconut, Raw

Deli

 Turkey Cold Cuts  6 slices

   notes: (Applegate or Boar's Head are my favorites)

Dry Goods

 Almond  1 tablespoon

   notes: or Peanut Butter, (or to taste)

 Balsamic Vinegar  1/4 cup

   notes: (make sure no added sugar)

 Cider vinegar  1 cup

 Coconut Aminos  7 teaspoons

   notes: (of gluten-free soy sauce) + SOY SAUCE is an alternative

 Yellow Mustard  1/4 cup

 Gluten free pasta  3 cups

   notes: or whole wheat, fun shaped and precooked

 Fresh Ground Black Pepper

   notes: to taste

 Crushed Red Pepper Flakes  1 teaspoon

 Quinoa  1 cup

   notes: (I used Red Quinoa)

 Rice Vinegar  1 teaspoon

 Kosher salt  4 1/4 teaspoons

 Sea Salt  2 teaspoons

 White vinegar  1/2 cup

Frozen

 Peas  1 cup

   notes: (fresh or frozen)

Liquor

 Red Wine  1 cup

   notes: (exclude for Whole30)

Meat

 Bacon  1 package

   notes: cooked and cut in half lengthwise and then cut in half width wise (you'll end up with 8 pieces) + Try to find the highest quality meat you can!

 Chicken Breasts  3

   notes: boneless/skinless

 Chicken Thighs  3 pounds

   notes: cooked (preferably grilled), diced

 6-7 lb. Pork Shoulder (bone-in  1

   notes: bone-out, either is fine)

Misc.

 Shakeology  5 scoops

Produce

 Sweet Apple  3

   notes: (we use Gala) + Can also get nectarine/pear/seasonal fresh fruit

 Fresh asparagus  2 bunches

 Avocado  3

 Baby Spinach Leaves - 1 big bag

 Banana  1/2

 Blueberries  1 1/2 cups

 Button mushrooms  8 ounces

 Carrots  1 BAG

 Celery  1 stalk

 Chives - optional

 Chopped colorful veggies (I used broccoli florets  4 cups

   notes: green peppers, yellow peppers, orange peppers, grape tomatoes, red onions and thinly-sliced purple potatoes)

 Cucumbers  12 - (6 inches each)

 Garlic  16 Whole Cloves

 Fresh Ginger  1”

 Kale  1 head

 Fresh-Squeezed Lemon Juice  1 tablespoon

 Lime Juice  1/4 cup

   notes: (about 2 limes)

 Chopped mango  1 1/2 cups

 Finely chopped fresh mint  2 tablespoons

 Onions (Yellow or White)- 4

 Minced parsley  1/3 cup

 Red Bell Pepper  1 1/2

 Plum Tomato  1

 Sweet Potato  1 large

 Seasonal Fresh Fruit  6 cups

 Spaghetti Squash  - 2

 Chopped summer squash  2 cups

 Sliced strawberries  1 1/2 cups

 Sugar Snap Peas  3 cups

 Fresh tomatoes  4

 Zucchini (Summer Squash) - 3

Spices

 Whole bay leaf  1

 Basil (or to taste  1/2 teaspoon

 Cayenne Pepper  1/4 teaspoon

 Celery seed  2 teaspoons

 Chili Powder  1/2 teaspoon

 Ground Cinnamon  1/2 teaspoon

 Garlic Powder  1/4 teaspoon

 Italian seasoning  1 1/2 teaspoons

 Dry Mustard  1 teaspoon

 Mustard powder  1/4 teaspoon

 Onion Powder  1/4 teaspoon

 Dry Parsley  1/2 teaspoon

**SHAKEOLOGY RECIPES**

* “The Carl” - One scoop chocolate shakeology (red) blended with 1/2 banana (PURPLE), handful of ice, 1/2 cup unsweetened almond milk (1/2 yellow) and 8 ounces of water. Blend well!
* Strawberry Shakeology - 1.5 cups water, 1/2 cup coconut water, 1/2 cup frozen strawberries, 1/2 cup pineapple & scoop of strawberry shakeology. Blend and enjoy!
* Vanilla Peanut Butter Shakeology - 1 cup water, 1 cup almond milk, 1/2 banana, 1 teaspoon nut butter, 1 teaspoon vanilla extract, scoop of vanilla shakeology, ice and blend!
* Chocolate Peanut Butter Cup Shakeology -  2 cups water, splash of almond milk, 1 scoop chocolate shakeology, 1 teaspoon PB2, ice and blend away!
* Mocha Latte Shakeology - 1 cup coffee, 1/2 cup almond milk, 1 scoop chocolate shakeology, ice and blend!
* Almond Joy Shakeology - 8oz of coconut milk, 3oz of water, 1 Scoop of [Chocolate Shakeology](http://www.myshakeology.com/abbyfix), 2tbsp of either Peanut Butter or Almond Butter OR handful of almonds, ICE, BLEND

**SMOOTHIE RECIPES**

* Homemade Green Smoothie
* \* ½ medium banana
* \* 1 apple, peeled if desired, chopped
* \* 2 cups chopped kale or spinach leaves
* \* ½ cup cold orange juice or orange
* \* ½ cup cold water
* \* Ice
* \* Mix all ingredients in blender.
* Homemade Banana Spice Smoothie

    \* 1 banana

    \* 3/4 cup Greek yogurt

    \* ½ cup milk or water

    \* ½ teaspoon ground cinnamon

    \* 1/8 teaspoon ground nutmeg

    \* 1/8 teaspoon ground allspice

    \* Ice

    \*Mix in blender

* Homemade Strawberry Banana Smoothie
* \* 1 cup frozen or fresh strawberries

    \* ½ cup of Greek yogurt

    \* ½ cup milk or water

    \* ½ banana

    \* Ice

    \* Blend together (note; if you use frozen berries, use less ice)

* Homemade Berry Smoothie

    \* 1 cup milk

    \* ½ cup Greek yogurt

    \* ½ cup fresh or frozen berries

    \* 1 banana

    \* Ice to blend (use less ice if using frozen berries)

* Homemade Smoothie

    \* 5 raw almonds

    \* 1 red apple chopped

    \* 1 banana

    \* ¾ cup of Greek yogurt

    \* ½ cup milk

    \* ¼ tsp cinnamon

    \* Mix all in blender (Depending on how powerful your blender is, you may need to chop apple         and almonds finely before blending.

**MIGHTY MINESTRONE SOUP**

Adapted from Raechel Ray

**INGREDIENTS:**

* 3 cups **gluten free pasta** *or whole wheat, fun shaped and precooked (OPTIONAL)*
* 5 cups **chicken broth** *(homemade or organic)*
* 4 ounces **tomato paste**
* 1 cup **kidney beans** *, cooked (canned, if desired)*
* 1 cup **garbanzo beans (canned** *if desired)*
* 1/3 cup **chopped onions**
* 1/2 cup **chopped carrot** *or shredded*
* 2 cups **chopped summer squash** *or shredded*
* 1/2 cup **asparagus** *optional*
* 1/2 cup **chopped celery**
* 1/3 cup **minced parsley**
* 2 **fresh tomatoes** *chopped (large)*
* 1 cup **peas** *(fresh or frozen)*
* 3 **fresh garlic cloves** *minced*
* 1 **whole bay leaf**
* 1/2 teaspoon **ground black pepper**
* 1/2 teaspoon **basil (or to taste** *fresh or dried)*
* 1/2 teaspoon **Italian seasoning** *(to taste)*
* 1 tablespoon **Organic Valley Salted Butter**

**DIRECTIONS:**1. Wash and chop all the vegetables. Please note that you may substitute your favorite seasonal veggies/herbs (try fresh basil) for this recipe's basic selection.

2. Saute veggies and garlic in butter/olive oil over medium heat. Add beans, broth, tomato paste and seasonings. Let simmer for 15-20 min.

3. Add fun shaped, colorful pre-cooked pasta (spirals, trumpets, wagon wheels, alphabet, etc.) and let simmer for another 10-15 min.

**Easy Prep Homemade Pickles**

Who wants pickles with all the extra junk in them… and you don’t even have to can these! Just pop ‘em in the fridge and eat through the week :)  
  
**INGREDIENTS:**

* 4 **cucumbers** *(6 inches each)*
* **⅔ cup honey**
* 1/2 cup **white vinegar**
* 1 cup **cider vinegar**
* 4 tsp. **kosher salt**
* 2 tsp. **celery seed**
* 1/4 tsp. **mustard powder**

**DIRECTIONS:**

1. Sterilize 3 pint jars in boiling water or in the dishwasher or three jars that have lids.
2. Slice the cucumbers ¼ inch thick with a mandolin or food processor and divide them among the jars.
3. In a small saucepan, stir together the remaining ingredients and simmer them over medium heat for 2-3 minutes.
4. Pour the mixture over the cucumbers in the jars (1/3 in each jar). Proceed with canning or refrigerate.

**VEGETABLE FRITTATA MUFFINS**  
  
\*\* We make these ALL the time and I also call the “meffins” if we add meat to them! They freeze well and cook up quickly in the toaster oven.  
  
**INGREDIENTS:**

* 1/2 **yellow onion** *diced*
* 1 **red bell pepper** *diced*
* 8 ounces **button mushrooms** *trimmed and sliced*
* 8 **fresh asparagus** *chopped, woody ends removed*
* 1/4 teaspoon **Kosher salt**
* 1/4 teaspoon **black pepper**
* 8 **whole eggs**
* 1/2 cup **greek yogurt**
* 1/2 **zucchini skin on** *diced*  
    
    
  **DIRECTIONS:**

1. Preheat the oven to 350 degrees. Coat a standard 12-cup muffin pan with coconut oil (make sure each cup is well coated to prevent sticking).
2. Heat a large skillet liberally coated with oil spray over medium heat. Add the onion, bell pepper, asparagus and mushrooms and sauté until soft, 8 to 10 minutes. Season with salt and pepper to taste.
3. In a large mixing bowl, whisk together the eggs and yogurt. Add the zucchini, sautéed vegetables and mix thoroughly. Add ground black pepper, kosher salt (optional), and any other preferred herbs and seasonings.
4. Pour ¼ to ½ cup of the egg mixture into each of the twelve muffin cups. Bake for 22 to 24 minutes (check the oven periodically after 15 minutes to make sure the frittatas don’t burn). Serve with optional hot sauce.

**Oven Baked Chicken Nuggets**

**INGREDIENTS:**

* 3 **Chicken Breasts** *boneless/skinless*
* 1/2 cup **Unsweetened Shredded Coconut**
* 1/4 cup **Arrowroot Starch (Cornstarch Altnerative)**
* 1 tsp **Sea Salt**
* **½ tsp Pepper**
* **½ tsp Onion Powder**
* 1/2 tsp **Ground Cinnamon**
* 1/2 tsp **Chili Powder**
* **1 Egg**

*Honey Mustard Dipping Sauce*

* 1/2 cup **Paleo Lime Mayo**
* 2 Tbsp **Yellow Mustard**
* 2 Tbsp **Honey**
* 1/2 Tbsp **Fresh-Squeezed Lemon Juice**

**DIRECTIONS:**

1. Cut up chicken breasts into bite sized pieces
2. In a ziplock bag place your cut up chicken pieces and then add in your salt, pepper, onion powder, cinnamon and arrowroot and mix thoroughly.
3. In a separate bowl crack your egg and mix in the water to make an egg wash.
4. On a small plate place your unsweetened shredded coconut.
5. Take one chicken nugget and quickly dip it egg wash then roll it in coconut.
6. Place on your greased baking sheet and repeat.
7. Bake in your oven for 20 minutes at 365 degrees

Honey Mustard Dipping Sauce → Mix all ingredients together and let sit in fridge for at least 30 minutes before eating.

The chicken nuggets heat up quite well - 250 degrees for around 10 minutes :)

**Homemade Paleo Olive Oil Mayo**

***Ingredients:***  
1 egg  
2 tablespoons lemon juice @ room temp  
1/2 teaspoon dry mustard  
1/2 teaspoon salt  
1/4 cup plus 1 cup light-tasting olive oil (**Not** extra virgin. Try [Filippo Berio](http://www.filippoberio.com/ourproducts/detail/eloo) or [Bertoli](http://www.villabertolli.com/products/1003/extra-light-tasting.aspx).)  
**NOTE:** You can also use avocado oil instead of olive oil.)

***Directions:***  
1. Place the egg and lemon juice in a blender or food processor. Let them come to room temperature together, about 30-60 minutes. Add the dry mustard, salt, and  1/4 cup of the oil. Whirl until well mixed – about 20 to 30 seconds.

***THIS IS THE IMPORTANT PART!***  
2. The only remaining job is to incorporate the remaining 1 cup oil into the mixture. To do this, you must pour very slowly… the skinniest drizzle you can manage and still have movement in the oil. **This takes about three minutes or so**. Think about three minutes during a WOD; it’s a fairly long time. Breathe. Relax. Drizzle slowly.

If you’re using a blender, you’ll hear the pitch change as the liquid starts to form the emulsion. Eventually, the substance inside the blender will start to look like regular mayonnaise, only far more beautiful. Do not lose your nerve and consider dumping! Continue to drizzle.

If your ingredients were all at room temperature and you were patient, you will be rewarded!

**Eggs In A Nest**

Adapted from Our Paleo Life

My kiddos love these! They heat up easily in the toaster oven too!  
  
**INGREDIENTS:**

* 1 large **Sweet Potato**
* 1 **Sweet Apple** *(we use Gala)*
* 2 Tbsp **Coconut Oil + more for greasing muffin cups**
* 5 large **Eggs**
* **Sea Salt** *to taste*
* **Chives** *optional*
* 3 slices **uncooked Bacon** *diced small*
* **Balsamic Vinegar** *optional*

**DIRECTIONS:**

1. Preheat the oven to 350°F. Lightly grease 5 cups of a jumbo muffin tin with the coconut oil. Set aside.
2. Peel the potato and apple and cut into large pieces (to fit into the food processor). In the bowl of a food processor with the shredder attachment, shred the apple and potato together.
3. In a large skillet (preferably non-stick or a well-seasoned cast iron), heat the 2 tablespoons coconut oil over medium heat. Add the shredded potato/apple and saute until softened, about 5 minutes, stirring occasionally. Salt to taste while cooking.
4. Using a 1/2 cup measuring cup, scoop the potatoes out of the skillet and into the greased jumbo muffin cups. Depending on the size of your potato, you may get slightly more or less than 5 cups. using a small jar or cup, press an indentation into the potatoes, creating a well in the middle and pushing the potatoes up the sides of the muffin cup. This is your nest.
5. Crack one egg into the center of each potato nest. Sprinkle with chives (optional) and salt to taste.
6. Bake in the preheated oven for 15-20 minutes, or until eggs have reached your preferred doneness.
7. While egg nests are baking, cook the diced bacon bits in the same skillet until crispy. Remove with a slotted spoon and drain on paper towels.
8. Remove the nests from the oven. Using a large serving spoon, gently scoop them out one at a time and place them on a serving dish.
9. Sprinkle bacon bits on cooked egg nests, drizzle with a bit of balsamic vinegar, and serve hot.

**PALEO PAD THAI**

Inspired by Well Fed Cookbook

Serves 4

**INGREDIENTS:**

* 4 Tbsp **Lime Juice** *(about 2 limes)*
* 2-3 cloves **Garlic** *minced*
* 1 tsp **Crushed Red Pepper Flakes**
* 1 Tbsp **Coconut Aminos** *(or soy sauce)*
* 1 **" piece of Fresh Ginger** *finely chopped*
* 1 tsp **Rice Vinegar**
* 1/2 cup **Sunflower Butter** *(like Sunbutter or you can use peanut/almond butter  but it won’t be considered “paleo” anymore! :) )*
* 1/2 cup **Coconut Milk (canned** *shaken to combine)*
* 4 large **Eggs**
* 4 tsp **Coconut Aminos** *(or soy sauce)*
* **Coconut Oil** *(for cooking/frying)*
* 1 medium **Onion** *thinly sliced*
* 2 cups **Sugar Snap Peas** *thinly sliced lengthwise*
* 4 cups **cooked Spaghetti Squash** *shredded (I used 1 whole squash)*
* 2 lbs **Chicken Thighs** *cooked, diced*

**DIRECTIONS:**

1. Place all the ingredients from 4 Tbsp Lime Juice all the way to ½ cup Sunflower Butter in a food processor or blender and pulse until well blended and smooth.
2. Scrape down the sides of the bowl with a rubber spatula, then add the coconut milk. Pulse until it’s blended and smooth. Set aside. This is your sauce.
3. Crack the eggs into a bowl, and scramble them with the coconut aminos.
4. Heat a large skillet over medium-high heat, about 3 minutes. Add 4 teaspoons of coconut oil to the skillet, and when it’s melted, pour in the eggs and let them spread like a pancake. Reduce the heat to medium and cover with a lid, letting the eggs cook until they’re set and beginning to brown on the bottom, about 3-4 minutes.
5. Flip and lightly brown the other side. Remove the eggs from the pan and cut into strips with a sharp knife. Alternately, you could just scramble the eggs.
6. Using the same pan, increase heat to medium-high and add 2 teaspoons of coconut oil. Sauté the onion and sugar snap peas, stirring with a wooden spoon, until they’re crisp-tender. I prefer mine more tender than crisp.
7. Add the spaghetti squash, chicken, and cooked egg to the pan and, stirring with a wooden spoon, cook until heated through, about 3 minutes.
8. Add the sauce to the pan and mix until everything is well-blended and hot.
9. Spoon onto plates and sprinkle with crushed cashews (or peanuts) and squirt with a lime wedge.

**QUINOA FRUIT SALAD**  
Inspired by Two Peas and their Pod

**INGREDIENTS:**

* 1 cup **quinoa** *(I used Red Quinoa)*
* 2 cups **water**
* Pinch **salt**

**For the Honey Lime Dressing:**

* 1 large **lime** *JUICED*
* 3 tablespoons **honey**
* 2 tablespoons **finely chopped fresh mint**

**For the fruit:**

* 1 1/2 cups **blueberries**
* 1 1/2 cups **sliced strawberries**
* 1 1/2 cups **chopped mango**
* **Extra chopped mint** *for garnish-optional*

**DIRECTIONS:**

1. Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.
2. To make the Honey Lime Dressing: In a medium bowl, whisk the lime juice, honey, and mint together until combined.
3. In a large bowl, combine quinoa, blueberries, strawberries, and mango. Pour honey lime dressing over the fruit salad and mix until well combined. Garnish with additional mint, if desired. Serve at room temperature or chilled.

Note-Use your favorite fruit in this salad. Blackberries, peaches, kiwi, raspberries, pineapple, grapes, etc. are great options!

**Slow Cooker Pork Shoulder**

Adapted from Well Fed Cookbook

**INGREDIENTS:**

* 1 **6-7 lb. Pork Shoulder (bone-in** *bone-out, either is fine)*
* 2 **Yellow Onion** *quartered and sliced*
* 6-8 **Carrots** *sliced into ½" x 2" sticks*
* 10 Whole Cloves **Garlic** *peeled*
* 1 cup **Red Wine** *(can be replaced with chicken stock)*
* 1/2 cup **Water**
* **Sea Salt** *to taste*
* **Fresh Ground Black Pepper** *to taste*
* 3/4 cup **Chicken Stock (if store bought** *make sure no added sugar)*
* 1/4 cup **Balsamic Vinegar** *(make sure no added sugar)*
* 1/2 cup **Paleo Lime Mayo**
* 1/2 tsp **Dry Parsley**
* 1/4 tsp **Garlic Powder**
* 1/4 tsp **Onion Powder**
* 1/8 tsp **Cayenne Pepper**

**DIRECTIONS:**

1. In a dish large enough to hold the pork shoulder, but small enough to fit in your fridge, season the pork with salt and pepper on all side, cover, and refrigerate for 24 hours, or at least overnight.
2. Remove from the refrigerator and let sit out for 1 hour.
3. Place the pork shoulder in a large slow cooker, fatty side up. Add the onion, carrots, garlic, red wine, water on top of the roast.
4. Cook for 8 hours on low.
5. Remove from oven and let the pork rest for 15-20 minutes before serving.

Garlic Mayo Dip

-- While pork shoulder is roasting, combine all ingredients in a small bowl. Cover and refrigerate for 30 minutes before serving.

**Crispy “Kale” Chips**

**Ingredients**

* 1 head [kale](http://www.foodterms.com/encyclopedia/kale/index.html), washed and thoroughly dried
* 2 tablespoons olive oil
* [Sea salt](http://www.foodterms.com/encyclopedia/sea-salt/index.html), for sprinkling

**Directions**

Preheat the oven to 275 degrees F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the [olive oil](http://www.foodterms.com/encyclopedia/olive-oil/index.html) and salt. Bake until [crisp](http://www.foodterms.com/encyclopedia/crisp/index.html), turning the leaves halfway through, about 20 minutes. Serve as finger food.

**Turkey BLTA**

Such an easy lunch that my kids love to eat. Who needs bread? :)  
  
**INGREDIENTS:**

* 4-6 slices **Turkey Cold Cuts** *(Applegate or Boar's Head are my favorites)*
* 1 **Plum Tomato** *seeded and cut into strips*
* 2 slices **Bacon** *cooked and cut in half lengthwise and then cut in half width wise (you'll end up with 8 pieces)*
* 1 **Avocado** *sliced*
* **Baby Spinach Leaves**

**DIRECTIONS:**

1. Lay out a turkey slice on a plate or cutting board (or whatever you want, you don't have to listen to me).
2. Layer 3-6 spinach leaves (depending on size or how much you like spinach) in the center of the cold cut, width-wise across the short side (see picture above because I suck at explanations).
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that.
4. Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added. Then roll that folded side over to the non-folded side on the right to create the roll.
5. Just pick it up and eat it. Nom nom.

\*NOTE\* Be gentle with rolling so you don't rip the turkey slice or else food will start falling out. Not that I've ever done that...

**Rainbow Veggie Flatbread Pizza**

Taste the rainbow with this delicious and healthier Rainbow Veggie Flatbread Pizza recipe.

**Prep: 10 mins Cook: 20 mins Total: 30 mins**

**Ingredients:**

* 1 package (2-piece) Stonefire naan
* 1/2 cup pizza sauce, homemade <http://www.gimmesomeoven.com/perfect-pizza-sauce/> or store-bought
* 1/2 cup shredded part-skim Mozzarella cheese
* about 4 cups chopped colorful veggies (I used broccoli florets, green peppers, yellow peppers, orange peppers, grape tomatoes, red onions and thinly-sliced purple potatoes)
* 2 tsp. olive oil
* 1 tsp. Italian seasonings
* (optional toppings: grated Parmesan cheese, red pepper flakes)

**Directions:**

Preheat oven to 425 degrees F.

Lay out both pieces of naan in a single layer on a large baking sheet. Divide pizza sauce between the two pieces of naan, and use a spoon to spread it over the top of the naan. Sprinkle the cheese on top of the pizza sauce. Then layer the veggies in a rainbow pattern on top of the cheese. Drizzle or mist each pizza with a bit of olive oil. (I like to use a Misto <http://www.amazon.com/Misto-Brushed-Aluminum-Olive-Sprayer/dp/B00004SPZV>.) Then sprinkle each pizza with the Italian seasonings.

Bake for about 20 minutes, or until the veggies are cooked and the crust is slightly golden. Remove pizzas from oven, and sprinkle with optional toppings if desired. Slice and serve warm.

**Summer Chopped Salad with Garbanzo Beans**

**Ingredients**

* 1- 14 oz can garbanzo beans, drained and rinsed
* 3 roma tomatoes, seeded and diced
* 1 english cucumber, diced
* 3 green onions (scallions), diced
* 1 orange or other sweet bell pepper, diced
* 1/4 cup lemon juice
* 2 tablespoons apple cider vinegar
* 3-4 tablespoons olive oil
* salt and pepper to taste
* 4 oz feta cheese, crumbled (optional)
* 2 tablespoons chopped fresh basil

**Instructions**

Combine garbanzo beans, tomatoes, cucumber, onions, bell pepper, lemon juice, vinegar, olive oil, in a large bowl and toss to combine. Season with salt and pepper. Just before serving, stir in feta cheese and basil. This salad is best made the day before serving or at least 6 hours in advance.

**Spaghetti Squash Carbonara**

**Ingredients**

* 1 large spaghetti squash (about 2 lbs.)
* 6 slices bacon (or ⅓ cup cooked pancetta)
* 2 large eggs
* ¾ cup grated Parmesan cheese
* 4 cloves garlic, minced (optional)
* salt and pepper to taste
* 2 tsp chopped fresh parsley
* extra Parmesan cheese for garnish if desired

**The Oven Way-**

**1**. Preheat Oven to 400 F  
**2.** Slice the squash in half lengthwise, from stem to tail. I think this is the toughest part of this recipe. Spaghetti squash can be difficult to cut through. Make sure you have a sharp knife (like a Chefs knife) and a good grip on the squash. Cut slowly, I find “rocking” the knife back and forth helps to make your way through the squash.  
**3.** Scoop out the seeds and stringy stuff (technical term..hee hee) from the inside of the squash.  
**4.** Place the spaghetti squash flesh side down in a Pyrex glass baking pan.  
**5.** Cover with aluminum foil. Cook for 30-45 min. You’ll know when the squash if fully cooked when you can easily poke a fork into the squash and it goes all the way through the flesh.  
**6.** Flip spaghetti squash over (carefully they will be very hot) . Use a fork to “rake” the squash and create the noodles.  
 **The Microwave Way-**

**1.** Same as steps #1-4 above  
**2.** Microwave for 10-12 min. Depending on the size of your squash, you may need to adjust the time up or down. You’ll know when the squash if fully cooked when you can easily poke a fork into the squash and it goes all the way through the flesh.  
**3.** Let squash cool to touch. (about 10 min). Flip spaghetti squash over. Use a fork to “rake” the squash and create the noodles.

While the squash is cooking and doing it thing, to magically turn into perfect little “noodles”, you can whip up the rest of the ingredients to make the carbonara.

**Instructions**

1. Slice spaghetti squash in half, lengthwise, from stem to tail. Remove seeds and stringy flesh. Place squash flesh side down in a microwave safe glass baking pan. Cook 10-12 min. until flesh is soft . Let squash cool to touch, turn over and "rake" a fork through the flesh to create the "noodles".
2. While the squash is cooking, use kitchen shears to cut bacon into small pieces. Cook bacon in a large skillet.. Place on a paper towel lined plate when cooked. Reserve a small amount of bacon drippings in frying pan.
3. Combine eggs, cheese , salt and pepper in a small bowl.set aside.
4. Just prior to serving, add garlic to frying pan and cook until fragrant (about 1 min.) Add the spaghetti squash and bacon and heat thoroughly. Turn off heat, and add egg/cheese mixture. Toss to combine. (The egg will cook when combined with the hot squash).
5. Garnish with parsley and additional Parmesan cheese.

You’ll want to cook the bacon(or pancetta) and prepare the egg/cheese mixture. I know some folks have some concerns about using raw eggs, which are part of the process in preparing traditional Pasta Carbonara. The raw eggs will be mixed with the hot spaghetti squash, and will cook while being tossed with the hot squash. Most people will tell you there is no issue with using raw eggs this way, because they actually cook (and that’s been my experience as well).