

Philly Cheesesteak Stuffed Red Peppers

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 325°F (165°C). Arrange the red bell pepper halves on a parchment-lined baking sheet and bake for 30 minutes.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the onions and green bell pepper until soft, about six minutes. Season with salt and pepper. Add the steak and cook for three minutes, or until your desired doneness is reached. Season with more salt and pepper, if needed.
3. Place a slice of provolone at the bottom of each red bell pepper. Top with the steak mixture and another slice of provolone. Set the oven to broil and return the stuffed peppers to the oven. Cook for about three minutes, or until golden brown. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals two stuffed bell pepper halves.

Dairy-Free

Use vegan cheese instead of provolone cheese or omit completely.

More Flavor

Add mayonnaise, horseradish, or Italian seasoning.

Additional Toppings

Add garlic and mushrooms to the steak mixture.

Ingredients

- 4 Red Bell Pepper (medium, halved)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, sliced)
- 1 Green Bell Pepper (small, diced)
- 12 **ozs** Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste, divided)
- 8 **ozs** Provolone Cheese (sliced)

Steak & Blue Cheese Salad

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. In a large bowl, add the romaine, tomato, and red onion.
3. In a small bowl add the remaining oil, balsamic vinegar, and salt and pepper to taste. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the blue cheese and steak. Enjoy!

Notes

Leftovers

Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

Dairy-Free

Omit the blue cheese or use vegan cheese instead.

Additional Toppings

Add toasted walnuts, pine nuts, pecans, or pumpkin seeds.

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)

8 ozs Flank Steak

Sea Salt & Black Pepper (to taste)

8 leaves Romaine (chopped)

2 Tomato (quartered)

1/4 cup Red Onion (thinly sliced)

1 tbsp Balsamic Vinegar

2 tbsps Blue Cheese (crumbled)

Cheeseburger Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
2. In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
3. Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

Serving Size

One serving equals approximately four cups.

Dairy-Free

Use vegan cheese instead of cheddar.

More Flavor

Add garlic to the ground beef.

Additional Toppings

Add sliced green onions.

Ingredients

- 8 ozs** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Mayonnaise
- 1 tbsp** Apple Cider Vinegar
- 1 tsp** Yellow Mustard
- 1 head** Boston Lettuce
- 1 cup** Cherry Tomatoes (halved)
- 2 ozs** Cheddar Cheese (shredded)
- 1/4 cup** Red Onion (diced)
- 1/4 cup** Pickle (chopped)

Steak & Egg Sandwich

6 ingredients · 15 minutes · 1 serving



Directions

1. Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining oil. Crack the egg in the pan and add the remaining salt. Cook until the whites are set and the yolk is cooked to your liking.
4. Top your toast with the mashed avocado, fried egg, and steak slices. Close the sandwich and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

More Flavor

Add mustard or your favorite steak sauce.

Additional Toppings

Tomato and mixed greens.

Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 2 1/2 ozs Top Sirloin Steak
- 1/8 tsp Sea Salt (divided)
- 1 Egg
- 1/2 Avocado (small, mashed)
- 2 slices Gluten-Free Bread (toasted)

Steak with Creamy Chimichurri Sauce

9 ingredients · 20 minutes · 2 servings



Directions

1. In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
2. Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
3. Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
4. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Notes

Cook Time

Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

Leftovers

Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

More Flavor

Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

Grill Lover

Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.

Ingredients

- 1/2 Avocado
- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsps Lemon Juice
- 1 Garlic (clove)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Avocado Oil
- 8 ozs NY Striploin Steak

Liver, Onions & Sage

6 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
2. Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
3. In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
4. Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 days.

No Fresh Sage

Use dried sage instead.

No Avocado Oil

Use butter, coconut oil, olive oil or ghee instead.

More Carbs

Serve it with quinoa, couscous, rice, toast or potatoes.

Ingredients

1/4 cup All Purpose Gluten-Free Flour

1/2 tsp Sea Salt (divided)

8 ozs Beef Liver (sliced into strips)

3 tbsps Avocado Oil (divided)

1 Yellow Onion (medium, sliced)

2 tbsps Fresh Sage

Avocado Beef Stir Fry

9 ingredients · 20 minutes · 2 servings



Directions

1. Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
2. Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

Notes

Serve it With

Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

No Beef

Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens

Stir in kale or baby spinach until wilted.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 2 **tbps** Sesame Oil
- 3 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 Yellow Onion (small, sliced)
- 8 **ozs** Top Sirloin Steak (thinly sliced)
- 1 **tbsp** Tamari
- 1 **1/2 tbps** Red Wine Vinegar
- 1 **tsp** Sea Salt
- 2 Avocado (peeled and cubed)

Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs

Serve with rice, potatoes or quinoa.

Ingredients

- 2 1/2 lbs** Top Sirloin Beef Roast
- 1 1/2 cups** Chicken Broth
- 1/2 cup** Balsamic Vinegar
- 3 tbsps** Tamari
- 3 tbsps** Maple Syrup
- 4** Garlic (cloves, minced)
- 1 tbsp** Coconut Oil
- 1** Yellow Onion (diced)
- 2 cups** Portobello Mushroom (sliced)
- 5 cups** Kale Leaves (chopped)
- 1 tbsp** Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

Pressure Cooker Bean-Free Chili

11 ingredients · 50 minutes · 4 servings



Directions

1. Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
2. Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
3. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
4. Divide between bowls and enjoy!

Notes

Optional Toppings

Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef

Use ground turkey or chicken instead.

More Flavor

Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options

Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee

Use extra virgin olive oil or avocado oil instead.

Leftovers

Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsps Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsps Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth

Serving Size

One serving is equal to approximately one cup of chili.

Pressure Cooker Beef & Veggie Stew

11 ingredients · 1 hour · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
2. Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 cups.

Want it Thicker

After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin

Use butternut squash purée instead.

Crunchy Veggies

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Ingredients

- 1 tsp Avocado Oil
- 1 lb Stewing Beef (diced into cubes)
- 16 fl ozs Bone Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 1 tbsp Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 2 Parsnip (peeled, chopped)
- 5 White Button Mushrooms (halved)
- 1 Yellow Onion (medium, sliced in large chunks)
- 1 tsp Thyme (dried)

Braised Oxtails

10 ingredients · 4 hours · 3 servings



Directions

1. Heat the oil in a Dutch oven, or similar pot, over medium-high heat. Pat the oxtails dry with a paper towel and season with half of the salt. Brown the oxtails on all sides then transfer to a plate.
2. To the pot add the carrot, onion, celery and garlic and cook for 2 to 3 minutes then add the remaining salt and the thyme and stir to combine. Add the water and the apple cider vinegar to the pot and scrape any browned bits off the bottom of the pot.
3. Add the browned oxtail to the pot and bring the liquid to a boil. Cover with the lid and reduce the heat to low. Continue to adjust the heat if needed to maintain a consistent simmer. Cook for 3 to 3 1/2 hours until the oxtails are tender and the meat easily peels away from the bone. Add more water to the braising liquid if needed throughout the cooking process. Remove the oxtail from the pot and transfer to a plate.
4. Carefully strain the cooking liquid through a fine-mesh sieve into a bowl and skim any fat from the broth. Discard the solids.
5. Serve the oxtails with strained broth. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh herbs, black pepper to the braising liquid. Use beef broth or bone broth instead of water.

Serve it With

Roasted or mashed potatoes or cauliflower.

Ingredients

- 2 **tbps** Avocado Oil
- 1 **1/4 lbs** Oxtail
- 1 **tsp** Sea Salt (divided)
- 1 Carrot (chopped)
- 1 Yellow Onion (medium, roughly chopped)
- 1 **stalk** Celery (chopped)
- 2 Garlic (cloves, chopped)
- 1/2 **tsp** Dried Thyme
- 3 **cups** Water
- 1 **1/2 tsps** Apple Cider Vinegar