

REAL 42

with *Chris Bryan*



21 DAYS TO CREATE A HABIT, 21 DAYS TO KEEP IT



FOOD | FITNESS | FOR YOU

3	Welcome!
4-5	Taking the First Step
6-8	Goal Setting
9-10	Mindset
11-12	REAL42 Contract
13	Fitness
14	Nutrition
15	The Plan
16	Grocery Guide
17-22	Breakfasts
23-24	Snacks
25-26	Lunches
27-28	Soups
29-31	Dinners

WELCOME MY NAME IS CHRIS BRYAN and I am so excited to have the opportunity to work with you towards your greatest health. Together we are going to make small easy changes to each day of our life that will eventually become second nature and part of our everyday routine. Those small changes are going to add up to one huge shift in the way you live your life and the way that those around you live as well. We have all been given the same opportunity when it comes to making decisions. Nobody can make a decision for us, and it's up to us to know what we want in life, to figure out the best path to get it, and then to go for it!

Do not venture out into this journey alone. Find one or more friends to join you, to hold you accountable to your everyday actions. Humans have always done better in groups and when making life changes this could not be more true.

All habits good or bad are created with repetition. Practice the habits that you want to be a part of your life and they will soon become your routine. Commit to being your best for the first 21 days, create the habit, then commit to being your best again for another 21 days, keep the habit. That's how easy it is, but you **MUST COMMIT**. I already believe in you, now prove to yourself, you're great!

-Know The Goal

CHRIS BRYAN

ARE YOU READY?

If the healthy, fit, and successful life you've always wanted and dreamed of could still be yours, how hard would you work to get it? Are your best days behind you or in front of you?

If you want your best days to be in front of you, then they are! The hard work we put in today will make us stronger tomorrow than we were yesterday, and if we do that each day, eventually we will be stronger than we ever have been. Will you commit to small things each day for 42 days? You will see first hand how easy it is to create a routine that promotes the success you want! Will you grant me the honor of working with you to help you live your best for 42 straight days with 100% commitment?

Right NOW, out loud so the neighbors hear you say, yes or no?

CONGRATULATIONS! You may not know it, but starting something new can be difficult. Many people can't bring themselves to take the first step toward change, but by picking up this program you've already told yourself that you want to see some change. You have now made the decision to do something about it!

Change is hard, but only at first. Eventually if done enough, change becomes routine and before you know it, what once appeared to be a burden becomes a way of life. Take exercise, most times it's the first day or first week that is that hardest, and usually it's more mental than it is physical. What happens after a week though? You catch the bug, you get hooked, and what you once hated is now something you can't wait to get back to!

The Real 42 is a strategic, easy-to-follow plan that will help you in all areas of your life. Regardless of your current health, your age, your lifestyle, or your past, this program is set up to help you get on the path toward being your best! We will define what you consider to be your best; we'll set goals and teach a process of using S.M.A.R.T goals that you will be able to use in all areas of your life. Then will come nutrition, which is the most crucial part of the program. Because eating habits are usually our worst habit, this is where we'll need to make the most change. Eighty percent of living a healthy lifestyle happens in the kitchen; what we feed our bodies can determine so many aspects of our level of wellness. Our mood, how we sleep, how we breakdown body fat, and how we build muscle can all be linked back to what we eat. Our recipe book and grocery guide make cooking for the family easy, nutritious and delicious.

REAL42 | THE FIRST STEP Part 2

Then comes the Real 42 fitness strategy, the third component in what makes this program so unique. High intensity body weight exercise first thing in the morning that is specifically designed to get your blood pumping, sending oxygen throughout the body! This form of exercise is going to jump start the fat burning process, it will boost your metabolism first thing in the morning, triggering amazing healthy effects for you, and while some people say 15 minutes isn't enough, just remember there's a method to my madness. This program was designed to help you create healthy habits in all areas of your life and the exercise arm will help you make all these great things happen!

In the Real 42, we first acknowledge that wellness has many parts. Just like we as human beings are multi-faceted when one part of our person is neglected, balance is lost and the whole begins to suffer. Dealing with wellness as a whole is essential to making lasting change, and that's what we're all about. In the Real 42, we'll focus on FOOD, FITNESS and all the parts that will help YOU be the best YOU possible!

WHAT NEXT? So you've made the decision to take ownership of your wellness and there are a few things that are essential to your success.

1. **Making the Choice** to Begin and to Commit to the Full 42 Days
(You're taking this step now)
2. **Setting** Goals
3. **Creating** a Plan of Action
4. **Preparing** how you'll follow through to completion
5. **Setting up** your support/community
6. **Saying I can** and I will everyday

NOW IS YOUR TIME,

be excited, visualize what your hard work will get you and get ready to

MAKE IT HAPPEN!

GOAL SETTING. This is what separates the most successful people in the world from those that don't make their desires become reality. When you create a clear vision of what you want in life, you're giving yourself a specific focus on where you put your effort. If you don't define your destination you will walk around aimlessly and never get anywhere. This is true in many areas of your life and as we practice goal setting in wellness you will learn how to incorporate this practice in many areas of your life. Once you decide what you're going to work hard for; you can then break-down the vision into smaller steps and actions that will get you where you want to go, look at your plan as a map to everything you want to achieve.

One of the most effective ways to break down these goals is to use the S.M.A.R.T goal method.

SPECIFIC: Having specific goals gives you a much better chance of hitting them than just something general. There are six "W" questions you'll want to answer to make a goal specific!

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location.

When: Establish a time frame.

Which: Identify requirements and constraints.

Why: Specific reasons, purpose or benefits of accomplishing the goal.

Example: A general goal would be, "Lose Weight, or Build Muscle." A specific goal would say, "I will commit to workout 4 times per week at a fitness facility doing group exercise."

MEASURABLE: Give yourself a solid criteria so you can measure your progress each step of the way and see your progress. There's no better feeling than progress or accomplishment and this will help you stay focused on hitting the goal!

A way to be sure your goal is measurable you can ask yourself questions like:

How often do I need to do "blank" to hit my target goal?

How will I know when I've hit my goal?

Example: If you want to lose 20 pounds, you'll need to know how you go about losing 1 pound per week, and then hitting you'll monitor your progress and if you stick to it, you should hit your goal in 5 months or less!

ATTAINABLE: One of the most important parts of hitting goals is making sure you can hit them and they're within your physical or mental limitations. Developing the attitudes, abilities, skills, and financial capacity to reach them. I am 100% confident that you can hit any goal you set your mind to, when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

REALISTIC: To be realistic, a goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplish actually seem easy simply because they were a labor of love.

TIMELY: A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by October 1st", then you've set your unconscious mind into motion to begin working on the goal.

BEFORE AND AFTER PICTURES: A great way to measure your long term progress will be to take a before picture as well as take some measurements. Don't expect miracles in 42 days, that's not what this program is, it's not a get skinny fast scheme. This program is specifically going to create the habits needed to allow you to get to your best health physically and mentally.

Here are some ways to measure your starting points:

1. Wear the same clothing in both your Before and After photos.
2. Expose your midriff, arms and legs or at least wear snug fitting shorts and a tank top
3. Use good lighting (preferably be in the same place at the same time of day) for both photos

For measurements

1. Around the middle of the bicep
2. Around largest part of the quad
3. Around the body at the middle of the butt
4. Around the hips at the hip bones about an inch under the navel

REAL42 | GOAL SETTING for YOU

Using the SMART Goals Guide, write out 3 Goals that you want to achieve during THESE 42 DAYS. Remember to ask the 6 “W” questions.

1. _____

2. _____

3. _____

	BEFORE & AFTER PICTURES
--	-------------------------

TODAY'S DATE _____

42 DAYS LATER _____

Record measurements

1. Arm _____ 3. Butt _____

2. Leg _____ 4. Hips _____

MINDSET. If you believe it, you WILL be it. Strong words, but true from both ends of the spectrum. If you believe you're weak, unable to commit, bound for nothing good, oh woe is me, then guess what, you will end up being a weak, uncommitted, unsuccessful person that only sees the negative in each moment. Our mind is strong, and it is up to us to cultivate our thoughts into a positive force that works toward success.

When you tell yourself you're awesome and kick butt at life, you will soon not just talk you will walk and believe it. Your mind it is no different than someone else telling you. This is because a positive, or just the same a negative thought or feeling triggers a signal to the brain. Negative thoughts bring one type of signal and internal reaction to the body and positive thoughts will provoke a different signal, and positive good feelings signals boosts mood and confidence!

For most of us, we haven't had a lot of positive vocal encouragement after our early childhood or teenage years. The days of our parents filling our heads with positive affirmation ends and society today certainly does not pick up where the parents left off. It is up to us to fill our heads with positive thoughts, and when we do this enough, eventually we feel it, and when you can feel positive in areas of your life it will lead to a positive energy.

I am often asked how I have so much energy; I've been referred to as a walking cup of coffee. I get up at 3:30am every day and by 3:50 you would have thought it was noon for me based on my approach to the day and positive energy I exude. I credit two parts of my daily routine here. One is the first few actions I take when waking which we'll go into when we talk about nutrition, but second is a practice of positive affirmation that I learned from a great leader and professional speaker, Dr. Matthew McAlees who works with the US Olympic Team and is the founder of the Charlotte Health Center in Charlotte NC.

Yes, that was definitely a shout out, if you're in NC, and want to live your best life, look him up, you'll be glad you did.

He once taught a seminar about positive mindset and one of the practices was speaking out loud toward yourself and hearing your positive affirmation each morning. He had us write a descriptive I AM and I WILL declaration so that our mind would vocally hear the words spoken to us, which initiates a chemical reaction in the body and gives us a feeling of confidence and well being. The reason I have so much energy is simple, I was just told out loud that I am an amazing person!

REAL42 | MINDSET Part 2

Some of the things I may ask you to do may sound cooky and weird, but you said you would give me 42 days. I'm not asking you to walk around with a fake red nose or to wear two different colored socks (even though I do think wearing 2 different colored socks could also promote confidence...another subject for another book, another time) I'm just asking you to commit to an action in the privacy of your home that will take no more than 30 seconds of your day, and truly may be the most important 30 seconds of all. **When we tell ourselves We Can Do, We WILL,**

Here's my example and you will write your own, with a pen and paper to read each day. Write it old school, in your penmanship, and then you can take a picture if you want on your phone or computer. But you must read it in the first 15 minutes that you are awake. This again, may be the single most important action you can take during this 42 days, as it will literally change your outlook on each and every day!

I AM (write 10 things that you want to be the best at or that you aspire to be known for, but I'll write the 1st one for you. Your 1st one is:

I am loved, cherished and valuable (this what you start with, next I'll give some examples)

I am a bright light in the world

I am the best personal trainer, nutritionist and yoga instructor that I can be

I am the best Father/Mother I can be

I am the best Husband/Wife I can be

I am a natural born leader an Abraham Lincoln, an Anthony Robbins, a Martin Luther King Jr.

I am the best at what I do because I practice excellence in everything I do

I am successful at everything I do I cannot fail

THEN we go to I WILL

I WILL be relentless in every action I know I was put here to do and people will be better everyday because of the passion that I show each and every day!

It may seem hokey, but you said you would trust me on this, I'm not asking much, GO BIG, say some things like I am a SuperHero I can conquer all obstacles I'm faced with, I am bullet proof to negativity, I find positive in everything I do, I am here only to serve and help those around me.

Your words are powerful, the better you want to be the better you will speak to yourself.

REAL42 | CONTRACT Writing

YOUR CONTRACT WITH YOURSELF. This is a binding agreement that you will make with yourself! When I went through my 90 day transformation I signed a contract. My contract said, I would exercise 5 days per week, I would eat whole foods, I would not eat sugar, I would not drink alcohol, I would read my positive affirmation declaration daily, I would help 3 people per day, I would read for a minimum 30 minutes etc.

Here was the result. Physically more changes than I could have ever imagined, mentally I became the person you've come to know today. I sacrificed a lot for 90 days, and now for the next 74 years of my life I can live in this state of physical and mental wellness. Yes, I am going to live until 111, has a nice ring to it! During the time I stuck to it 100%, when friends said, just have a drink, I said, unfortunately I signed an agreement with myself, and I will HONOR myself by not breaking this contract. **Honor yourself.**



I will write 5 lines of your contract to ensure your success on this program, and then you will write 5 on your own, of changes you want to see in your life. Think hard, because if you commit to this your life will never be the same!

FOR 42 DAYS:

1. I will read my positive affirmations and my why each day
2. I will stay committed to being my best and pursuing the goals I have set
3. I will not drink alcohol, consume sugar or artificial sweeteners
4. I will adhere to the nutrition plan
5. I will adhere to the exercise plan

REAL42 | My CONTRACT

I _____ COMMIT TO THIS CONTRACT WITH MYSELF.

FOR THE NEXT 42 DAYS:

1. I will read my positive affirmations and my why each day
2. I will stay committed to being my best and pursuing the goals I have set
3. I will not drink alcohol, consume sugar or artificial sweeteners
4. I will adhere to the nutrition plan
5. I will adhere to the exercise plan
6. _____
7. _____
8. _____
9. _____
10. _____

SIGNATURE

DATE

YOU WERE BORN TO MOVE. Our bodies were designed to be pushed. The next 42 days will give you an amazing opportunity to find the level of physical fitness you've been wanting. Exercise does so many great things for our body. When we get our heart rate elevated, our blood flows through the body faster, and this in turn sends more oxygen throughout the body. This increase in oxygen can help boost immunity and allows the body to heal itself faster. Increased oxygen also leads to a faster metabolism, which is simply the oxidation process in which the body breaks down forms of energy. High intensity movement is also going to help build muscle which also speed up metabolism allowing the body to utilize more body fat as a source of energy and getting you to your optimal weight!

When you incorporate exercise into your routine you will see an immediate increase to the amount of energy you have each day. Your body is awake because you have turned on receptors that want to heal the body. Not only heal the muscle you're building, but also any other areas that it may not have had the energy to heal when you were not working out. You will also find yourself in a better mood due to chemicals released during exercise called endorphins. This is what is associated with what you may have heard be called "runners high", but your sense of well-being is increased. Then there's also the fact you will be a more sound sleeper when proper high intensity exercise is incorporated into your routine. The body is going to be more relaxed because it has been in a healing state through the day.

The key to starting a good exercise habit is to incorporate it into your busy day and making sure the workout is efficient. The Real 42 Fitness Videos are the perfect way to get your metabolism boosted first thing in the day so that your body will burn calories through out the day!

Here's how it works. Start with Day 1 and even if the exercises seem easy, follow the plan as there is a method to the madness. Upon waking up, be sure to drink the Green Tea with Cayenne Pepper right away, yes even if you still have one eye closed. The tea is going to lower your body temperature and because your body always wants to be in balance it will want to raise the body temp ultimately starting the calorie burn process. The Cayenne Pepper will signal to the brain that you're eating and the brain will boost the metabolism because of the thermogenic properties in the pepper.

Immediately from the tea, turn on the videos. You **MUST** give it 100%. The workouts are 15 minutes long, and while that may seem short, trust me, if you're going all out, your body will be sweating quick. Your heart rate is going to get very high which is going to start to deplete your oxygen stores.

Have you ever heard, a certain type of Burst or Surge exercise can get your body to burn calories for up to 24 hours? Here's how, when your heart rate spikes the way it will during the 42 workout your body depletes oxygen stores, the body then has to work twice as hard through the day to replenish those stores, in turn burning more calories.

You have an option here depending on your day. Either do the workout 2 times in a row for 30 minutes, or do 15 minutes first thing in the a.m. or you can do the 2nd round of 15 minutes before eating lunch or before eating dinner. Either way, do the exercise protocol twice in one day.

So Go Move!

THE GREAT MISREPRESENTATION! How better to start the conversation of food. One decade our society is saying eat fat free, then next decade we went no carb, now people are being told don't eat food, just drink it!

Fortunately I've tried all these phases on my health journey and what I have come to learn is the body wants balance in every area possible especially in energy consumption, which translates to food. When talking food, the body wants carbs, it wants fat, and it wants protein. The Earth has always provided what every living creature needed to survive especially with the nutrients of food.

We live in the age of artificial and processed. This is what has led our country to be statistically the most obese country in the world. Did you know that 1 in every 3 people in the USA are obese while 2 in every 3 are over weight? This statistic has increased at an alarming rate since the 1970's and this is because of the processed food fillers, the artificial flavors and sweeteners, the crazy fad diets that are always coming out.

Eating healthy may not always be the most easy, and efficient part of your day, but it is without question the most important part of your day. If you truly want to live your best life, you must eat nutrient rich whole food. Your body was specifically designed to break down whole food and transport the nutrients through the body where it's needed.

If you want to be your best, feed your body the fuel it needs. I've used this example of 'if you owned a Ferrari would you ever put lighter fuel in the tank as fuel?' no, of course not, you would put the fuel that would ensure it runs its best for many years to come.

You're no different and in fact you're the most priceless vehicle in the universe, you're a one of a kind machine that nobody else will ever have. It's time we treat ourselves as such in every way.

This program will help you get into a good eating habit in just 21 days. You will notice a huge difference in your energy level, your mood, how you sleep, how your body decreases fat, how your skin will look better and feel softer, I could go on and on.

Our goal in this meal program is to start viewing food as a source of energy and medicine, truly the only supplement you need to be your absolute best. Once this occurs, we will no longer be just eating to be full, we will be eating good fats to make the brain function at it's optimal rate, we will be eating protein to speed up metabolism to repair and build muscle and we will be eating carbohydrates to help transport the protein and to help give us a complete source of fuel to get through our day. We will be in balance and we will be putting ourselves in a position to live a healthy life with the intention of preventing disease.

UNDERSTANDING THE METHOD TO THE MADNESS: YOUR 6 WEEK GUIDE TO SUCCESS

WEEK 1: Cleansing the Mind and Body. Your first 7 days will be the most challenging but you and your friends, together will make it through. This 7 day period will lay the foundation for amazing health for years to come, so while it's hard, it's worth it!

- During week 1 we are avoiding ALL sugars so the liver can be cleaned out. The liver works hard to detoxify the body of toxins like sugar, pesticides, pollutants, artificial sweeteners, flavors, colors and other food additives. The liver is responsible for detoxification and fat-metabolism so this cleanse will free up the liver to focus on fat-metabolism instead of being on detox-overdrive.

- **LOWER ENERGY ALERT FOR 3 DAYS**, depleted energy stores are going to force fat loss during a time of Reset but workouts and regular activity will be more challenging.

Week 1 Guidelines

1. Drink 1 Gallon of the Liver Fat Flush Tea each day for 7 days. (see recipe on ChrisBryan.com)
2. In addition to all grains, eliminate Quinoa. It's a seed but higher in carbs, so we'll incorporate during week 2.
3. Limit fruit consumption to 1 serving of berries early in the day.
4. Maintain Exercise routine but anticipate being more challenged than you're used to.
5. Revisit your goals and read your "I AM" each day.

WEEKS 2-5: Creating a Habit. These 4 weeks will give you time to create healthy living habits by setting plans in place and using community accountability to stay on track.

Weeks 2-5 Guidelines

1. Upon waking have 8 ounces of Green Tea Morning Power Drink (see recipe on ChrisBryan.com)
2. Drink at least 1 Gallon water a day (120 ounces)
4. Incorporate Quinoa if you choose
5. Incorporate 2 servings of fruit if you choose
6. Maintain exercise routine and begin to increase intensity, speed and weight during workouts
7. Continue to revisit your goals and read your "I AM"

WEEK 6: Keeping a Habit and Choosing a Healthy Lifestyle. As you enter the last week you'll ask yourself the following questions: What changes do I notice in the way I look, feel and think? Are the changes worth the hard work? Which guidelines do I want to incorporate into my lifestyle moving forward?

Week 6 Guidelines

1. Drink at least 1 Gallon water a day (120 ounces)
2. If there are any things you avoided during weeks 1-5 that you'd like to try to re-introduce, do it during this week so that you can see the impact it will have on your body.
3. Continue to revisit your goals and read your "I AM"

PROTEIN

Cage-Free Eggs
Free Range Chicken
Free Range Turkey
Grass-Fed Beef
Bison
Lamb
Nitrate-Free Organic Turkey Bacon
Nitrate-Free Organic sliced Turkey

GOOD FATS

Avocado
Raw or dry roasted nuts (Almonds, Walnuts, Pistachios, Pecans, Cashews)
Seeds (Hemp, Chia, Pumpkin, Sunflower)
Raw Nut and Seed butters
Coconut Oil
Extra-Virgin Olive Oil
Ghee (Clarified Butter)
Coconut milk

FRUITS (include sparingly)

Apples
Bananas
Berries (Blackberries, Blueberries, Cherries, Raspberries, Strawberries)
Grapefruit
Kiwi
Lemon/Lime
Melon
Pears
Plums

VEGETABLES

Arugula
Asparagus
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Garlic/Onions/Shallots
Greens (Collard, Turnip, Mustard)
Kale
Lettuce/mixed greens
Mushrooms
Spinach
Squash (Acorn, Butternut, Spaghetti, Summer)
Sweet Potato
Swiss Chard
Tomato
Zucchini

OTHER

Sprouted Quinoa
Almond Milk/Yogurt
Coconut Milk/Yogurt
Hemp Milk
Organic Stevia
Local Raw Honey
Fresh and dried Herbs
Organic Spices
Organic Vanilla Extract
Coconut Flour
Almond Flour
Organic Mustard
Balsamic Vinegar
Apple Cider Vinegar

ELIMINATE/AVOID

Artificial Sweeteners
Sugar
Alcohol
Processed foods
Breads
Pastas
Rice
MSG
GMOs (Genetically Modified)
Sulfites
Maltodextrin
Carageenan
Artificial colors
Soy

•When available always choose organic products.

Sweet Potato & Turkey Bacon Omelet

1 whole egg
2 egg whites
1 small sweet potato
2 strips nitrate-free organic Turkey Bacon
2 tbsp fresh salsa (see page 12)
fresh cilantro (optional)

- Cut sweet potato into spears and roast on 400 degrees until it they begin to brown.
- Cook egg and egg whites into a small omelet.
- Prepare 2 strips of bacon
- Fold egg around sweet poatoes and bacon
- Serve with salsa and garnish with fresh cilantro.



Per serving 315 Calories, 26 g protein, 4 g carb,
9 g fat

Cinnamon Almond Pancakes (3 Servings)



Per serving 236 Calories, 16 g protein, 16 g carb,
12 g fat

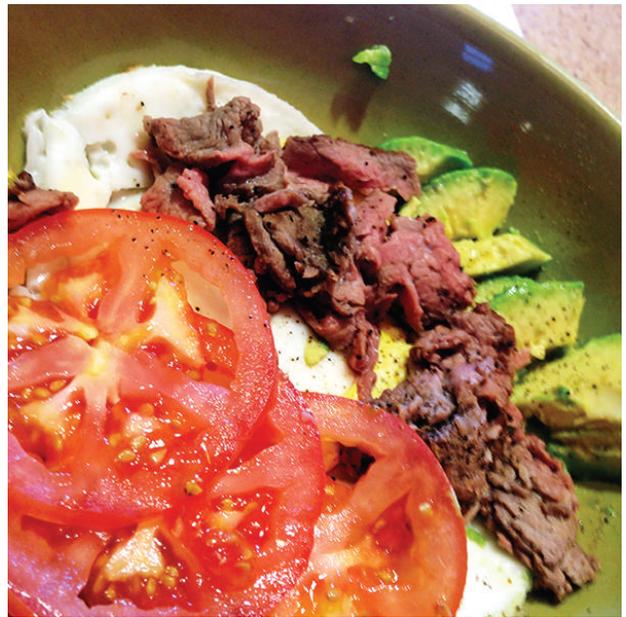
2 cups almond flour
2 eggs, whisked
1/2 tsp salt
1 tsp pure vanilla extract
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
2/3 cup water
1 tbsp coconut oil for cooking

- Pour almond flour, salt, cinnamon, and nutmeg into a medium sized mixing bowl.
- Add vanilla extract, and whisked eggs
- Combine ingredients, add water, and continue to stir.
- Heat 1 tablespoon of coconut oil on griddle or skillet
- Scoop 1/8 cup batter onto griddle
- Cook 2 minutes, flip, and cook another minute or two
- Serve with coconut oil, and a sprinkle of cinnamon
- Delicious with sliced green apples

Steak, Avocado & Tomato White Omelet

4 egg whites
2 ounces thinly sliced steak (any kind)
1/4 avocado
3 tomato slices
salt and pepper to taste

- Cook egg whites into omelet
- Cook or reheat steak
- Serve with avocado and tomato



Per serving 242 Calories, 27 g protein, 4 g carb,
13 g fat

Turkey Bacon vEGGie Muffins (6 servings - 2 muffins per serving)



Per serving 160 Calories, 16 g protein, 1 g carb,
11 g fat

8 whole eggs
8 egg whites
6 slices nitrate-free organic turkey bacon
1 cup diced tomatoes
1/2 cup wilted chopped spinach
1/4 cup diced onion (optional)
1 tbsp coconut oil
salt and pepper to taste

- Preheat oven to 350 degrees
- If not using bleach-free parchment muffin cup liners then grease the inside
- Cook bacon on stove top and cut in half
- Place 1/2 piece of bacon around edges of each muffin cup
- Fill each muffin cup evenly with egg mixture and chopped veggies
- Cook for 20 minutes or until cooked through the center

Vanilla Chia Seed Pudding (serves 2)

1/4 cup chia seeds
1 tbsp hemp seeds
1 cup almond, coconut or hemp milk
1/2 tsp organic vanilla extract
1/4 tsp cinnamon

- Put chia seeds, milk, vanilla and cinnamon in a 1-quart glass jar with a lid.
- Tighten the lid and shake or stir well to thoroughly combine.
- Refrigerate overnight.
- Top with hemp seeds, cherries or any other REAL42 approved toppings



Per serving 305 Calories, 11 g protein, 17 g carb, 19 g fat

Crustless Spinach Turkey Quiche (serves 8)



Per serving 310 Calories, 25 g protein, 7 g carb, 21 g fat

1 lb ground turkey
1 cup diced tomatoes
1/2 cup diced onions
1/2 cup diced peppers
1/4 cup fresh cilantro
1 cup whole Spinach Leaves
8-10 eggs

- Preheat oven to 350.
- Grease cooking dish with organic coconut oil.
- Brown turkey spread evenly on the bottom of the dish.
- Next evenly spread the vegetables and cilantro over the ground beef.
- Beat the eggs and pour over mixture.
- Cook 30-40 minutes or until cooked through the center and garnish with fresh herbs like cilantro or parsley or avocado and salsa.
- Serve with berries at breakfast or roasted sweet potatoes at lunch

Grainless Blueberry Muffins (serves 6)

1 cup almond meal
3 tsp coconut flour
1/4 tsp salt
1/8 tsp baking soda
3 tsp coconut oil
2 eggs
3 tsp honey
2 bananas mashed
1 cup organic blueberries

- Preheat oven to 350
- Line muffin cups or grease with coconut oil
- Combine almond meal, coconut flour, baking soda, and salt
- In a separate bowl combine egg, coconut oil, honey, and banana - mash and mix well.
- Combine ingredients and fill 12 muffin cups
- Bake for about 30 minutes



Per serving 240 Calories, 7 g protein, 8 g carb, 19 g fat

Protein Power Over Easy



300 Calories, 22 g protein, 12 g carb, 13 g fat

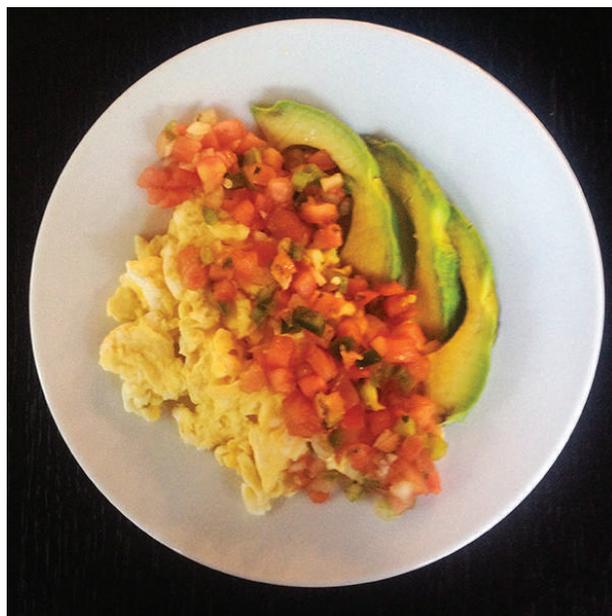
2 eggs
1/2 cup spinach
1/2 cup sprouted quinoa
2 tbsp diced peppers
2 tbsp diced tomatoes
1 tbsp chopped scallions
1 tsp goat cheese

- Cook 2 eggs over easy
- Serve over wilted, steamed or sauted spinach
- Prepare or use 1/2 cup leftover quinoa
- Serve with chopped vegetables
- Beat the eggs and pour over mixture.
- Top with scallions and goat cheese

Pico de Gallo Scramble with Avocado

1 whole egg
2 egg whites
1/2 avocado
1 roma tomato
1 slice onion
1 tbsp green or jalapeno pepper
1 tsp chopped cilantro
juice from 1/2 lime
salt and pepper to taste

- Whisk and scramble eggs
- Slice avocado
- Chop tomato, onion, pepper and cilantro and mix together with lime juice, salt and pepper for pico de gallo



Per serving 200 Calories, 20 g protein, 10 g fat, 9 g Carb

Sweet & Savory Breakfast Bake (serves 8)



Per serving 255 Calories, 19 g protein, 12 g carb, 14 g fat

1 lb organic grass fed ground beef
1/2 tsp garlic powder
1/2 tsp each of salt, pepper, thyme, sage
1/2 tsp red pepper flakes (optional)
1 onion diced
1 green pepper diced
4-5 cups cubed sweet potatoes with skins
8-10 whole eggs

- Roast sweet potatoes on baking sheet and 15-20 minutes...turn if they begin to burn
- Combine first 9 ingredients in a skillet, cook until ground beef is done and onions are clear
- Remove the sweet potatoes from the oven and reduce oven temperature to 350
- Cover the bottom of a 9 x 13 casserole dish with the sweet potatoes. Top with the ground beef, peppers and onions
- Whisk the eggs and pour over the top
- Bake for 30-40 minutes on 350
- Serve with homemade salsa and fresh jalapeño or avocado slices

Blueberry Coconut Quinoa (serves 3)

1 cup prepared quinoa
1/2 cup coconut milk
1 tsp chia seed
1 tbsp raw hemp seed
1/4 tsp cinnamon
1/4 tsp organic vanilla extract

- Mix prepared quinoa, chia seed, hemp seed, cinnamon and coconut milk in a small pan on the stove top
- Dish into bowl and serve with fresh or frozen blueberries
- Sprinkle unsweetened coconut flakes, chopped nuts or other approved REAL42 snacks or toppings



Per serving 300 Calories, 15 g protein, 39 g carb, 9 g fat

Green Apple with Almond Butter & Hempseed



1 medium green apple, sliced
1 tbsp raw almond butter
1 tbsp raw hemp seed

- Mix almond butter and hempseed together
- Spread on Apple slices or dip apple wedges into the mixture

268 Calories, 18 g protein, 8 g carb, 25 g fat

Spicy Cashew Dip (great cheese substitute)

3 cups raw cashews
1 cup water
1 cup fresh salsa (recipe on next page)
3 tbsp chili powder
4 tsp ground cumin
2 tsp garlic powder
1 tsp sea salt

- Combine all ingredients in a high powered blender and blend until desired consistency is achieved.
- Serve with roasted plantains or fresh veggies or use as a cheese substitute on tacos, nachos or burritos.



Per 2 tbsp serving 75 Calories, 4 g protein, 4 g fat, 5 g Carb

Grain-free Granola



Per 1/2 cup serving 320 Calories, 6 g protein, 10 g carb, 28 fat

1 cup raw almonds
1 cup raw cashews
1/2 cup raw shelled pumpkin seeds
1/4 cup raw shelled sunflower seeds
1/2 cup unsweetened coconut flakes
1/4 cup coconut oil
1/2 cup raw honey
1 tsp vanilla extract
1 tsp each of cinnamon sea salt

- Preheat oven to 275
- Coarsely chop the nuts, seeds and coconut flakes in a food processor or blender.
- Melt the coconut oil, honey and vanilla extract in a saucepan over medium heat
- Add the ground nut mixture and stir until the everything is fully coated.
- Spread the granola mixture evenly onto a baking and cook for about 25-30 minutes or until browned.
- Allow to cool before storing.

Roasted Cauliflower & Garlic Hummus

1 head of cauliflower
2 cloves garlic
3/4 cup olive oil
1/4 cup fresh lemon juice
1/3 cup tahini
1/2 cup water
salt to taste
1/4 teaspoon cayenne pepper
optional ingredients for flavor:
Roasted red peppers, olives, cilantro, jalapeño

- Roast the cauliflower and garlic on 400 for 20-30 minutes.
- Combine with the rest of the ingredients in a high speed blender and blend until consistency is smooth.
- Serve with fresh raw veggies or your favorite chips.



Serves 8. Per serving 170 Calories, 3 g protein, 12 g Carb, 11 g fat

Fresh Fire Roasted Salsa



Per 4 tbsp serving 24 Calories, 0 g protein, 6 g carb, 0 g fat (does not include plantains)

1 cup of roasted tomatoes or 1 can fire roasted tomatoes
1 small can of organic diced or whole tomatoes
1 thick slice of onion (any kind)
2-3 whole garlic cloves
1 whole chili or jalapeno pepper
1 handful of cilantro (or more if you like)
The juice from half a lime or lemon
1 tsp ground cumin
1 tsp dried or fresh oregano
salt & pepper to taste

- Put all ingredients in a magic bullet, blender or food processor and blend well.
- Serve with roasted plantains or with any of your favorite meals.

Chicken Salad Lettuce Wraps (serves 3)

2 cups cooked and diced organic chicken
8 stalks of celery chopped
1/4 cup red onion chopped
1/2 cup red grapes quartered
2 tbsp of dried cranberries (unsweetened)
2 tbsp of sliced almonds
1/2 tsp garlic powder
1/2 tsp nutmeg
4 tbsp REAL42 balsamic vinaigrette

- Mix all ingredients and toss in REAL42 balsamic vinaigrette
- Serve in romaine lettuce boats.



Per serving 280 Calories, 32 g protein, 27 g carb, 10 g Carb

Strawberry Spinach Salad with Flank Steak



4 ounces organic grass fed flank steak
3 cups spinach
3 sliced strawberries
2 slices purple onion
5 chopped pecans
1/2 tbsp goat cheese
1 tbsp REAL42 balsamic vinaigrette

- Grill organic grass fed flank steak and thinly slice 4 ounces.
- Serve over bed of spinach
- Top with strawberries, purple onion, chopped pecans and goat cheese.
- Drizzle REAL42 balsamic vinaigrette over top

Per serving 353 Calories, 47 g protein, 28 g carb, 16 fat

Hearty Greens Salad with Chicken

2 cups of chopped kale, broccoli, Brussel sprouts and cabbage mix
1 chopped chicken breast
1 tbsp raw hemp seed
1 tbsp unsweetened dried cranberries
1 tbsp pumpkin seeds
1 tbsp REAL42 Balsamic vinaigrette

- Combine ingredients and toss with 1-2 tablespoons of REAL42 Balsamic vinaigrette.

REAL42 Vinaigrette

2 parts olive oil
1 part balsamic or apple cider vinegar
1/2 part brown mustard

Per Tablespoon: 90 calories, 0g protein, 2g carb, 9g fat



Per serving 285 Calories, 48 g protein, 3 g carb, 17 g fat

Ginger Bison Lettuce Wraps (serves 3)



Per serving 280 Calories, 31 g protein, 17 g carb, 10 g fat

1 pound ground bison (or substitute grass-fed ground beef)
1 onion chopped
2 cups finely chopped kale, cabbage or Brussel sprouts
4 cloves of garlic minced
2 tbsp chopped fresh cilantro (optional)
1 tbsp chopped fresh ginger
2 tbsp organic raw coconut aminos
2 tbsp organic unfiltered apple cider vinegar

- Cook bison and onion over medium heat until onion is clear
- Add remaining ingredients and simmer until flavors combine.
- Serve on romaine or bib lettuce leaves

Sweet Basil Gazpacho (serves 2)

4 cups fresh or organic canned tomatoes
1/3 cup balsamic vinegar
1/4 cup extra virgin olive oil
1 whole cucumber
1 large or 2 small garlic cloves
1/2 small purple onion or about 1/3 cup chopped
1 red, yellow or orange pepper
10-12 fresh basil leaves
dash of hot sauce (optional)
salt and pepper, to taste

- Combine all ingredients in a high powered blender and blend until desired consistency is achieved
- Garnish with fresh basil or other finely chopped vegetables



Per serving 142 Calories, 6 g protein, 32 g carb, 8g fat

Hearty Chicken Kale Soup (serves 6)



Per serving 230 Calories, 31 g protein, 5 g carb, 10 g fat

1 whole organic chicken
1 small onion
1 head or bag of kale
1 quart organic chicken broth
salt, pepper and cayenne pepper to taste

- Bake, boil or roast the equivalent of one organic chicken (any type) then let it cool a bit and remove chicken from the bones.
- Sauté 1 small onion (any type)
- Add kale (an entire head chopped or a bag that is pre-chopped)
- Add chicken broth (or if you boiled the chicken you can save money by making your own).
- Add the chicken, season with sea salt, black pepper and cayenne pepper for extra kick.

Rosemary Sweet Potato Soup (serves 4)

1 tbsp olive oil or coconut oil
1 onion chopped
2-4 garlic cloves
2 pounds of sweet potatoes (peeled or not)
64 ounces of chicken broth
A few sprigs of rosemary
Optional: 2 tbsp of organic local honey

- Dice Sweet Potatoes and bake on 425 until soft.
- Saute onion and garlic in oil until translucent.
- Transfer half the sweet potatoes, half the cold chicken broth and all of the onion and garlic into a blender or food processor.
- Blend until smooth. Transfer back to a soup pot.
- Add the remaining sweet potatoes, cold chicken broth and rosemary to the blender.
- * Once smooth add to the rest of the soup and allow to simmer 20-30 minutes.



Per serving 220 Calories, 5 g protein, 38 g carb, 2 g fat

Legumeless Chili with Sweet Potatoes



Serves 3. Per serving 295 Calories, 27 g protein, 14 g carb, 14 g fat

1 piece of organic turkey bacon chopped
1 pound grass-fed ground beef or bison
1 onion chopped
3-5 garlic cloves minced
1 red pepper chopped
1 green pepper chopped
1 jalapeño pepper chopped
3 stalks of celery chopped
1 tbsp garlic powder
1 tbsp chili powder
1 tbsp cumin
1 tsp dried oregano or 2 tbsp fresh oregano
1 large can organic fire roasted tomatoes
4-5 small sweet potatoes quartered and roasted on 450 for 45 minutes on a pizza stone.

- Cook first 4 ingredients until meat is cooked through and onions are clear
- Add the rest of the ingredients and cook on medium heat for 30-45 minutes
- Serve over sweet potatoes

Spaghetti Squash with Basil Marinara and Fennel Beef

1 whole spaghetti squash
1 28 ounce can of organic diced tomatoes
1 tbsp olive oil
2 garlic cloves
1 small onion diced
1 celery stalk finely chopped
10 basil leaves
1 pound organic grass fed ground beef
1 tsp fennel seed
1 tsp garlic powder
Salt and pepper to taste

- Half spaghetti squash and bake on 375 until tender.
- Saute onion, garlic and celery in olive oil until clear and then add tomatoes and basil. Cover and simmer.
- Cook ground beef until well done and season with fennel seed, garlic powder, salt and pepper.
- Pull squash from skin with a fork and serve as you would pasta.



4 servings. Per serving 290 Calories, 25 g protein, 20 g carb, 12 g fat

Grilled Chicken, Avocado, Romaine and Tomato with Salsa



Per serving 280 Calories, 26 g protein, 16 g carb, 18 g fat

1 butterflied chicken breast
1/2 head romaine lettuce
1/2 avocado
1/2 tomato
1/2 tbsp olive oil
1/2 cup fresh salsa

- Coat chicken, avocado, romaine, and tomato with olive oil.
- Turn grill on medium.
- Grill avocado, romaine, and tomato for 5-10 minutes.
- Grill chicken until cooked through the center.
- Top with fresh salsa and garnish with lime.

Fennel Apple Roasted Chicken

4 whole organic chicken leg quarters
2 tart apple
3 garlic cloves
1 white onion
2 whole fennel bulb
2 tbsp olive oil
salt and pepper to taste

- Slice 1 or 2 fennel bulbs, 1 tart apple, 1 small onion and 3 finely chopped garlic cloves and place on a baking sheet with leg quarters.
- Drizzle with olive oil and roast on 375 degrees for 40-45 minutes.



4 servings. Per serving 300 Calories, 30 g protein, 12 g carb, 10 g fat

Ground Beef and Sweet Potato Skillet Bake



4 servings. Per serving 248 Calories, 24 g protein, 12 g carb, 11 g fat

1 pound organic grass fed ground beef
3 cloves garlic minced
1.5 cups diced sweet potatoes
1 red pepper diced
1 onion diced
1 bag of Tuscan kale or 1 bunch chopped
4 stalks celery chopped
1 tbs chili powder
2 tsp garlic powder
Salt and pepper to taste

- Roast diced sweet potatoes in the oven on 450 for 20 minutes.
- Cook onion, garlic and ground beef on stove stop until meet is browned.
- Add all other ingredients except for sweet potatoes and cook for about 10-15 minutes.
- Add sweet potatoes and mix into vegetables and beef mixture.

Lettuce Bison Burger with Guacamole

1 lb ground bison
1-2 heads iceberg lettuce
1 avocado
1 garlic clove
1 slice purple onion
juice from 1 lime
salt and pepper to taste

- Mash ripe avocado with garlic clove, cilantro, fresh lime juice, salt and pepper
- Grill burger to desired temperature and serve on a iceberg lettuce “bun”.
- Top with guacamole and any other fresh vegetables



4 servings. Per serving 320 Calories, 23 g protein, 4 g carb, 24 g fat

Coconut Ginger Curry Stirfry with Hemp Seed



4 servings. Per serving 200 Calories, 6 g protein, 6 g carb, 16 g fat

1 tbsp coconut oil
2 cups broccoli florets
1 red pepper
1 white onion
2 cups sliced white mushrooms
3 tbsp hemp seed
3 cloves garlic minced
1 tbsp fresh ginger minced
1 tsp curry powder or paste
2 tsp garlic powder
1 tbsp raw organic coconut aminos
1/2 can organic coconut milk

- Combine all ingredients except coconut milk and hemp seed in a large wok or skillet and cook just long enough to bring out the colors.
- Add coconut milk and hemp seed and let simmer for 5-10 minutes