



THE HOT MELT SPRINT

RECIPES AND GUIDE



CONTENTS

1. *Welcome!*
2. *The Warm-Up*
3. *The Sprint Program*
4. *The Mindful Mug*
5. *The Supplements*
6. *The Recipes*
7. *The Shopping List*



Keto is all the rage these days and there are 101 reasons why – with fast fat loss being one of the biggest.

The science behind it is irrefutable – keto is all about getting your body into ketosis, where your body is throwing off ketones and using your fat as fuel instead of glycogen, the product of carbohydrate/sugar metabolism which is stored in the liver.

Going very low carb will get your body to that point of switching fuel sources – THIS is the goal. The reason behind this of course is to get your body to become a fat-burning machine instead of a sugar-burning machine ... the fat as fuel is preferred if you want to lose body fat faster than a long, slow standard weight-loss diet.

You see it's ALL about the insulin factor.

Insulin is a fat-storing hormone. Now, remember, hormones are merely messengers for bodily function – they tell different parts of your body what to do with the information it's being sent.

Insulin tells cells to use some of the glucose for energy and to store any remaining glucose in the liver (in the form of glycogen). If there's too much glycogen, insulin tells the body to save it as body fat (visceral and/or belly fat) for later in case it's needed.

Constant eating (snacking) and eating too many carbohydrates in any of its forms, produces this problem. So high levels of insulin are inevitable in this situation whereas if you change up your eating style – banishing snacking, eating low carb, and diligently utilizing some intermittent fasting techniques, you can completely change things up.

In my research, I stumbled upon some fascinating science that when applied, will help you to get even faster results than my clean keto diet (Hot Melt Way). This is especially useful if you want to get started with a bang or are dealing with a plateau.

Sometimes you just gotta change it up!

The Hot Melt Spring uses 4 things to give you an unfair advantage over other diets and really make substantial strides in true weight loss and establish a new set point weight.

**** Get cleared by your doctor BEFORE starting any weight loss diet, but especially if you have any chronic conditions, take medication, or have gallbladder issues (or no gallbladder).**

Here are the 4 things:

1. You must be able to fast intermittently — you can dial this in according to what you can do, but IF (***intermittent fasting***) is critical to the success of this program. Your eating "window" is precise on this plan and whatever method you choose to use, you must keep your eye on the clock.
2. You must be able to do the ***Four Minute Workout*** every day, preferably more than once a day. Do this first thing in the morning while your coffee is brewing. This set of exercises hits all the major large muscle groups and stimulates a nitric oxide dump, very beneficial. Watch the video for more info.
3. ***Flights*** means you take the stairs a few flights at a time to break up all the sitting. Movement COUNTS, any kind does, but stair climbing is especially useful as it works your legs (large muscle groups), and using your large muscle groups promotes more fat burning. I set the alarm on my phone to get up and do my flights (I do 4 at a time) every 45 minutes or so, from 8:45 am to 5:45 pm every day. I'm getting in 40 flights of stairs!
4. HIIT stands for High-Intensity Interval Training. You adjust your HIIT according to your fitness level of course, but you have to spend 30 minutes a day doing some kind of HIIT.

Research has shown that a sedentary lifestyle increases your risk of experiencing a heart attack by 82 percent, stroke by 37 percent, and depression by a whopping 150 percent.

Research also shows that those who exercise keep their weight steady and constant versus those who do not and end up gaining back the weight they lost.

This is not hard, and you are the one to establish how it will work. You need 20 minutes to get it done, but if you are starting from ground zero and haven't exercised in forever, start with only 10 minutes.

You don't need a gym; you just need your legs to walk. You can even walk in place if it's too cold or icy outside or too hot and humid.

Walk for a minute or two to warm up. Now walk briskly for 30 seconds. Slow down again but still keep up a good pace for the next 2 minutes.

Keep up this pattern of 2 minutes of a decently paced walk to 30 seconds of brisk walking. You want to get a little out of breath, but again, it's very dependent on your current fitness level. Go easy to start!

You can use your stairs if you want for your 30-second burst — very effective.

Another variation of this kind of workout is to get up and do a mini HIIT session for 5 minutes and do at least 2 of those a day if you're a beginner, adding other 5 minute sessions as you get stronger. The point is to get those steps in and get your heart rate up.

That's it—ideally, you will do this first thing in the morning on an empty stomach, but the most important part is that you get it done and that you do it at your own pace!

If you already have an exercise routine in place, add the 30-second bursts in. If you're a swimmer, you can do it in the pool for example. Same with any other activity, just add the little burst of harder exercise for just 30 seconds (or a minute if you're already in shape!)

The idea is to alternate back and forth to stimulate your metabolism and get the fat burning on the front burner.



The Hot Melt Sprint is a 7-day plan and then you can transition to the regular Hot Melt Way.

If you are new to intermittent fasting (IF), it would be wise to warm up for a week before you start this plan and practice 12-hour fasts, especially if snacking after dinner is a part of your daily routine.

I would also suggest cutting back on all snacks as much as possible – the goal is to eliminate snacking entirely, fast intermittently, and eat intentionally, nutrient-dense, very low carb food to start tipping the scales in your favor.

Also, your coffee or tea needs to be black – no sweetener, not even stevia or monk fruit, no sweetener whatsoever. Start titrating down every day on the cream and sugar so you'll be ready to drink it plain!

This pre-work BEFORE we start the Hot Melt Sprint is called the Hot Melt Sprint Warm-Up and I HIGHLY recommend you start with the Warm-Up if you're a grazer or snacker and/or an after-dinner eater, or used to eating a high carb diet, or are addicted to sugar – it will be much less painful!

This Warm-Up is also an opportunity to get your head around what you're doing, clean out the fridge and pantry, and get your Hot Melt Soup, Hot Melt Salad Mix, and Hot Melt Vinaigrette ready to go for Sprint Week.

If you choose to go all-in and want the supplements (we'll talk about those in a bit), get those ordered immediately.



The Sprint Program

Once you're ready to begin (and have gone through the Hot Melt Sprint Warm-Up), this is what the plan looks like:

You have the 7-day plan — the food is all outlined, the recipes themselves are easy to make — it's mostly batch cooking/assembly.

You will be intermittently fasting, as I mentioned before, for at least 12 hours each day.

****For some, that 12 hours is enough—simply turning off the after-dinner snacking (and dessert eating) and giving your body 12 hours of not eating will switch things up enough.**

Intermittent fasting is simply going without eating for specific periods of time, using your sleep cycle as the bulk of the fasting, but extending it as you can, as you are comfortable with and what makes sense for YOU. This is not a contest to see how long you can go without eating! If you're already intermittent fasting, feel free to stretch things out. Otherwise, there is a guide on how to do it at the end of this section —

Start with the 12-hour fasting. Like I mentioned above, giving up the after-dinner snacking and dessert is a game-changer. If you're already there (and already eating low carb, no sugar and have adapted to 12 hours and have no medical issues that would prevent you from going longer without eating) then try 16:8. It's 100% up to you—like I said, it's NOT a contest. It's about what is right for YOUR body.

Fasting is a way to reset your metabolism, find true hunger again, and put your appetite back in check.

When you break your fast, you will begin each day with a Target Trifecta Smoothie or a Target Trifecta Meal—and when I say “begin each day” that will be after your intermittent fast is ready to be broken, regardless of the time of day. YOU make that determination.

My preference of course is using the smoothie. It's precise, will fill you up, and keep your carb count low.

Here's the drill on how your day will go when you're Sprinting—

Upon rising, you may have black coffee, no sweeteners whatsoever, no creamers of any kind. No, you can't have anything in it—it is to be drunk black. If you decide to add something to it, do it at your own peril, but this is the rule and there are no exceptions so please don't ask. :-)

Regular or decaf, it's up to you.

You can have tea too—green tea is full of polyphenols that help tremendously with fat loss. I recommend making some green tea (cold brew it—let 3 bags sit in 24 ounces of water and drink throughout the day). Same goes with any kind of tea you want—regular or decaf teas are all fine, as are all herbal teas provided, they're just teas and nothing else added.

Also, drink 1-2 tablespoons of apple cider vinegar (ACV) diluted in about 12 ounces of filtered water once or twice a day, preferably ½ hour before meals.

This simple trick helps to regulate blood sugar and insulin—and remember, insulin is the fat-storage hormone, so this is a huge help to getting insulin to behave.

I suggest you have your ACV before meals to help with digestion. Have your smoothie when you feel true hunger, not before. This is crucial to re-establish your feeling of hunger and to realign your appetite.

Remember, this smoothie is your Break Fast, but that doesn't mean you'll be having it in the morning, necessarily. You have it when you feel hungry and when you're ready to have it—that could be at 11 AM, lunchtime, or even 3 PM—it's all contingent on feeling hunger.

Your Target Trifecta Break Fast Meal if you decide to forego the smoothie is this:

2 eggs** (any way you like them—scrambled, over easy, etc.) with a little salt and pepper, a handful of spinach (cooked with the eggs or not), ¼ to ½ an avocado depending on the size of the avocado OR you can have a handful of nuts (walnut halves, almonds, or pecan halves—a total of 10 to 12).

**if you have an egg allergy or sensitivity, eat 4 to 6 ounces of the protein of your choice.

Drink water throughout the day, the goal being half your body weight in ounces of water. If you weigh 150 pounds, you want to drink 75 ounces throughout the day. It's important to get that water in before dinner as you don't want to spend the night getting up to pee.

There is new research about what counts toward hydration. Your soup counts as the liquid toward your water for the day. So does tea and coffee believe it or not, even though they both have a diuretic quality. Please keep this in mind as you plan your water for the day.

Every meal looks nearly identical.

The only thing that will change is the protein. You get 3 to 6 ounces of protein that is either fatty fish or meat that is NOT lean. If you have poultry, skip the breast because it's too lean. You want to eat dark meat, preferably with the skin. I've included some keto-friendly protein recipes in this guide.

Now, here's the tricky part—you have the option to have 1 or 2 meals per day (assuming you're having a smoothie to break your fast and that is my preference—that you will begin each day with the Target Trifecta Smoothie). The meal count is just a matter of a) your personal fasting zone and b) breaking your fast with a smoothie. Just remember, there is absolutely no snacking.

If you have 1 meal, you may have up to 6 ounces of protein—this depends on your size, age, etc. If you have 2 meals, you need to break that up—2-3 ounces per meal.

GUIDELINES TO INTERMITTENT FASTING

- 1.12:12 This is where you eat during a 12-hour window, and you don't eat during the other 12 hours. Simplest and easiest method: start with a 7 AM breakfast, end with a 7 PM dinner, no after-dinner snacking. We do this each day.
- 2.16:8 This is where you essentially skip breakfast so your window for eating is 8 hours with 16 hours of fasting. So, you would start with a meal at noon to break your fast, end your eating by having dinner by 8 PM. If you've adjusted to 12:12 and are game for a little bit more of a stretch, try doing this a couple of times a week.
- 3.5:2, AKA The Fast Diet. This is eating normally for 5 days, and 2 days are spent eating approximately 500 calories a day. The calorie restriction is low enough on those two days to trick your body into thinking it's a fasting experience, so you reap the benefits. I personally know a few people who do this and have gotten great results—personally, it's not for me, but we're all different! I mention this for educational purposes only; the 5:2 plan is not a part of the Hot Melt Sprint.
4. Eat Stop Eat. This is more severe than the 5:2 in that you completely water fast two non-consecutive days each week; nothing but water for 24 hours, twice a week. If you're hardcore, this is for you—but again, this is NOT a part of the Hot Melt Sprint.
- 5.20:4 This is fasting for 20 hours, eating in a 4-hour window. Again, hardcore but for some people, it's a lifesaver. This is also NOT a part of the Hot Melt Sprint and is mentioned only to give you a complete rundown of how intermittent fasting can be done.

The Mindful Mug

You may have a cup of bone broth to start your meal OR you can have the Hot Melt Soup. Just remember, this cup of soup or broth is the beginning of your meal and it's a moment for you to get centered and stay mindful about your meal.

Drink your broth with gratitude, knowing that your body is capable of regulating your appetite. Flip the switch and think in terms of eating 'til satisfied, not full. Let full (especially Thanksgiving full) be a thing of the past.

We are creating a new paradigm not just in the way we eat, but the way we think about eating.

This Mindful Mug of broth or soup is a reminder of all of these things. Allow that mug to work its magic.



Below are all the recipes for the Hot Melt Spring Program including the **Target Trifecta Triple Green Smoothie** I make on most days (using my supplements—if you want, you can use what you have on hand).

The supplements are optional but recommended. They are very strategic, and each plays a role in your transformation:

PROACTIVE PROBIOTIC—this is an incredible probiotic that will give your gut exactly what it needs. With its four strains of probiotic totaling 30 billion colony-forming units per capsule with a targeted release in the small intestines, you're replenishing your microbiome and fighting leaky gut!

HOT MELT MIX—exogenous ketones that will keep you in ketosis, safe to use, and super helpful for overcoming the keto flu or avoiding it altogether.

PERFECT PALEO PROTEIN—a powerhouse of collagen and dairy-free protein that will break your fast in a smart way, keeping your appetite and cravings under control. Vanilla, chocolate, and unflavored, lightly sweetened with stevia (except no sweetener in unflavored).

JUST JUICED VEGGIES—this is my secret weapon for adding more nutrients into my daily smoothie without the added carbs.

FIBERMENDER—fiber is the prebiotic your gut needs to feed the good bacteria! Supplementing with our FiberMender 3.0 will get you there.

DIGESTZYMES—taken with your meals, these digestive enzymes ensure that you're not overburdening your digestive system and you're getting the nutrients you need from the food you're eating. Especially important if you have any compromised digestion from gallbladder issues (or no gallbladder) to heartburn, GERD, or anything else that makes digestion unpleasant. I swear by these — I keep a bottle in my purse and one on the countertop so I'm never without.

Optional supplements to help with appetite control are:

L-GLUTAMINE—this amino acid is super helpful for cravings—stops them on contact. Learned this trick from an MD who works with addicts of all kinds, including sugar/carb addicts and people who have eating disorders. Used in its loose form, you apply it to your teeth and gums to stop cravings in the moment. Added to your smoothie, it helps heal your leaky gut and also helps with cravings.

CRAVECRUSHER—contains key amino acids to support the brain's biosynthesis of the neurotransmitters involved in appetite control and carbohydrate cravings. As a bonus, CraveCrusher 2.0 boosts mood as well.

LEPTIFIX—leptin is the hormone that helps you control your appetite and cravings. When you go on any kind of diet, leptin naturally starts to decline! That stinks because that's precisely when you need it! LeptiFix fixes that.

06

The Recipes & Shopping List



MON



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Burgers



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

TUE



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Meatloaf



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

WED



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Garlic Lime Salmon



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

THU



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Spaghetti



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

FRI



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Meatloaf



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

SAT



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Garlic Lime Salmon



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

SUN



BREAK YOUR FAST
Target Trifecta Smoothie



MEAL 1 SALAD
Hot Melt Salad, Hot Melt Vinaigrette



MEAL 1 PROTEIN
Hot Melt Burgers



MEAL 1 SOUP
Hot Melt Soup



ALTERNATIVE
Chicken Bone Broth

FRUITS

- 4 1/2 Avocado
- 1/2 Lime

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 2 tsps Black Peppercorns
- 1/2 tsp Chili Powder
- 1/2 tsp Cumin
- 1 1/2 tsps Garlic Powder
- 1 tsp Oregano
- 2 1/2 tsps Sea Salt
- 1 1/3 tsps Sea Salt & Black Pepper

VEGETABLES

- 7 cups Baby Spinach
- 1 cup Broccoli
- 3 Carrot
- 1 cup Cauliflower
- 5 stalks Celery
- 2 tsps Cilantro
- 14 slices Cucumber
- 6 sprigs Fresh Oregano
- 2 Garlic Clove
- 9 Garlic Cloves
- 1 cup Green Cabbage
- 1 cup Green Onion
- 21 cups Mixed Greens
- 16 Mushrooms
- 14 Radishes
- 2 tsps Red Onion
- 3 sprigs Rosemary
- 1 3/4 tsps Thyme
- 6 Thyme Sprigs
- 4 1/3 Yellow Onion
- 1 cup Zucchini
- 2 Zucchini

BOXED & CANNED

- 3 1/2 tsps Bone Broth
- 2 quarts Bone Broth
- 1 can Diced Tomatoes
- 2 tsps Salsa
- 2 tsps Tomato Paste

BREAD, FISH, MEAT & CHEESE

- 8 ozs Bacon
- 2 1/8 lbs Extra Lean Ground Beef
- 1 lb Italian Sausage
- 1/3 cup Pork Rinds
- 2 lbs Roasted Chicken Backs*
- 2 lbs Roasted Chicken Feet*
- 2 Salmon Fillet
- 1 Shredded Parmesan

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Worcestershire Sauce

COLD

- 1 1/3 Egg
- 1/2 cup Ghee
- 2 tsps Heavy Cream
- 7 cups Unsweetened Almond Milk

OTHER

- 7 servings Fibermender
- 7 servings Just Juiced Veggies
- 7 servings L Glutamine
- 1 1/8 tsps Matcha Tea Powder
- 7 servings Perfect Paleo Protein
- 1 dash Red Wine
- 7 cups Water

Target Trifecta Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Unsweetened Almond Milk (Use the nut milk of your choice - NO dairy)
- 1 cup Baby Spinach
- 1/4 Avocado (you can sub 1 tsp MCT oil)
- 1/2 tsp Matcha Tea Powder
- 1 serving Perfect Paleo Protein
- 1 serving Just Juiced Veggies (Optional)
- 1 serving Fiber Mender (Optional)
- 1 serving L Glutamine

DIRECTIONS

- 01 Toss all ingredients into a blender, whirl, and serve. Add ice or water as necessary depending on your preferred consistency.

NOTES

BLENDER

If you're using a lower-powered blender, you may want to add the greens and nut milk on the first round. Add the additional ingredients, and then blend again to get a smoother consistency.

Hot Melt Salad

1 SERVING 10 MINUTES



INGREDIENTS

3 cups Mixed Greens (your choice-
lettuce, arugula, baby spinach etc)
2 tbsps Broccoli (chopped, or broccoli
sprouts)
2 slices Cucumber
2 Radishes (sliced or chopped)
1/4 Avocado (1/4 to 1/2, chopped and
sprinkled with a little pink or sea salt)

DIRECTIONS

01 Toss together with 1 tablespoon Hot Melt Vinaigrette.

Hot Melt Vinaigrette

8 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Apple Cider Vinegar (or fresh lemon juice)
1/3 cup Extra Virgin Olive Oil
1/2 tsp Dijon Mustard
2 Garlic Clove (or two if you like it garlicky)

DIRECTIONS

01 Whisk together and store in fridge as needed. Take out and bring to room temperature before serving.

Hot Melt Burgers

4 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
8 ozs Bacon (ground)
1 tsp Garlic Powder (or to taste)
1 tsp Sea Salt & Black Pepper (or to taste)
1 tbsp Extra Virgin Olive Oil (or as needed)
16 Mushrooms (4-6 mushrooms sliced, per burger)
1 1/2 tsps Ghee
2 tbsps Heavy Cream (1-2 tbsp, or full fat coconut milk)

DIRECTIONS

- 01 In a mixing bowl, mix beef, bacon, garlic powder, and salt and pepper together. Form patties and place on a plate.
- 02 In a large skillet heat some plain olive oil or avocado oil over medium high heat to begin cooking the burgers.
- 03 As the burgers are cooking, in another skillet, heat the ghee over medium high heat and sauté the mushrooms, adding salt and pepper.
- 04 When burgers are done to your liking, pull them and place on a paper towel lined plate.
- 05 To the burger pan, add the heavy cream and whisk getting all the little brown bits to form the gravy. As the gravy forms, turn down the heat to low and add the mushrooms to incorporate.
- 06 Serve burgers with mushroom gravy over the top and enjoy!

Hot Melt Meatloaf

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

2 tsps Ghee (or avocado oil)
1 1/3 Yellow Onion (medium, chopped)
1/3 tsp Thyme
1 1/3 tsps Sea Salt
2/3 tsp Black Pepper (freshly ground)
2 tbsps Worcestershire Sauce
3 1/2 tbsps Bone Broth (or chicken broth)
2 tsps Tomato Paste
1 2/3 lbs Extra Lean Ground Beef
1/3 cup Pork Rinds (ground)
1 1/3 Egg (beaten)

DIRECTIONS

- 01 Preheat oven to 350 degrees.
- 02 In a skillet, heat the ghee and sauté the onions.
- 03 In a large bowl, with your very clean hands mix all ingredients—add the sautéed onions.
- 04 Once everything is thoroughly mixed, put it in a loaf pan or muffin tin for small portions
- 05 Bake for an hour or until cooked thoroughly. Enjoy!

Hot Melt Garlic Lime Salmon

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Salmon Fillet
2 tbsps Ghee (divided)
1/2 tsp Chili Powder
1/2 tsp Cumin
1/2 tsp Garlic Powder
1/4 tsp Black Pepper
1/4 tsp Sea Salt
1 Avocado (ripe, pitted and diced)
2 tbsps Salsa (your choice)
2 tbsps Red Onion (diced)
2 tbsps Cilantro (2-3 tbsp, chopped coarsely. Use the stems, too!)
1 tbsp Extra Virgin Olive Oil
1/2 Lime (squeezed)
1 tsp Sea Salt & Black Pepper (or to taste)

DIRECTIONS

- 01 In a small bowl, toss together chili powder through sea salt. Rub half the melted ghee onto the salmon fillets, then follow up with the spices and sprinkle on the fillets.
- 02 In a skillet over medium heat, melt remaining ghee and let the pan get hot. Now add the salmon, skin side down, and cook for about 3 to 5 minutes, depending on the thickness of the fillet.
- 03 While the salmon is cooking, make the Avocado Salsa.
- 04 In a medium bowl, toss all the ingredients together. Refrigerate if not using right away.

Hot Melt Spaghetti

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Ghee (or olive oil)
- 1 Yellow Onion (chopped)
- 1 can Diced Tomatoes (or fresh equivalent)
- 1 tsp Thyme
- 1 tsp Oregano
- 1 tsp Sea Salt & Black Pepper (or to taste)
- 2 Garlic Cloves (pressed)
- 1 dash Red Wine
- 2 Zucchini (spiralized)
- 1 lb Italian Sausage (cooked)
- 1 Shredded Parmesan (optional)

DIRECTIONS

- 01 First up, in a large skillet, heat the ghee and add the onion. When the onion becomes translucent, add the tomatoes, spices and simmer a couple of minutes. Use a potato masher to smush up the tomatoes.
- 02 Add the garlic and red wine, and simmer another few minutes.
- 03 Add the zucchini to the pan and cover. Allow to simmer for a few minutes until cooked through, about 2 to 3 minutes.
- 04 Now add the cooked sausage and mix altogether. Serve in a bowl, top with parmesan if you like.

Hot Melt Soup

12 SERVINGS 45 MINUTES



INGREDIENTS

3 tbsps Ghee
1 cup Green Onion (bulbs and tops, chopped)
4 Garlic Cloves (chopped)
2 stalks Celery (chopped)
1 cup Green Cabbage (chopped)
1 cup Cauliflower (chopped)
1 cup Zucchini (chopped)
1/2 tsp Thyme
1 tsp Sea Salt & Black Pepper (or to taste)
2 quarts Bone Broth (your choice, chicken or beef)

DIRECTIONS

- 01 In a large soup pot over medium-high heat, add the ghee to the pot and let it get hot. Now add the green onions and sauté 'til beginning to get translucent, about 3-5 minutes.
- 02 Turn down the heat to about medium, add the garlic and celery and sauté another 2 minutes. Now add the rest of the veggies, thyme, and salt and pepper.
- 03 Add broth and continue to cook 'til all the veggies are tender.
- 04 To serve, add one cup of chopped raw, fresh baby spinach to the bottom of your soup bowl. Ladle 1 cup of hot Hot Melt Soup over the top and allow it to "cook" your spinach. Salt and pepper to taste before serving.

Chicken Bone Broth

8 SERVINGS 40 MINUTES



INGREDIENTS

2 lbs Roasted Chicken Backs*
2 lbs Roasted Chicken Feet*
7 cups Water
2 Yellow Onion (halved)
3 Garlic Cloves
3 stalks Celery (halved)
3 Carrot (cut into 2-inch pieces)
3 sprigs Rosemary (fresh)
6 sprigs Fresh Oregano
6 Thyme Sprigs (fresh)
2 tsp Black Peppercorns (whole)
1 tsp Sea Salt
2 tbsps Apple Cider Vinegar (2-3 Tbsp)

DIRECTIONS

- 01 In a large crock pot, place the chicken backs, chicken feet and water.
- 02 Add onions, garlic, celery, carrots, rosemary, oregano, thyme, peppercorns, salt, and apple cider vinegar.
- 03 Cook the whole thing on low for at least 8 hours (I usually cook mine for up to 72 hours). If you choose to go longer than 8 hours, be sure to check periodically and add more water, one cup at a time.

NOTES

ROASTING BONES:

*To roast your bones and chicken feet, preheat the oven to 350 degrees. Place the chicken feet and bones on a baking sheet, drizzle with avocado oil, liberally sprinkle with sea salt and freshly ground black pepper. Place the baking sheet in the oven for 20-25 minutes or until golden brown.