



SUPPER

Sautéed curry chicken

1. Add 2 skinless, boneless breasts to a large pot with a tight seal
2. Add 2 tbs coconut oil
3. Add enough water to cover the bottom of the pan
4. Apply medium heat
5. Sprinkle garlic salt on top of the chicken
6. Add a generous portion of curry powder
7. Cover with tight lid and let steam & sauté for 10' on medium-low heat
8. Turn off heat and let the chicken cook for 5 more minutes

Baked salmon

1. select only wild salmon (1-2 pounds)
2. cover a flat bottom oven dish with a generous portion of avocado oil
3. place the salmon in the dish
4. moving the salmon around to cover both sides with oil
5. season the top of the salmon with grass-fed butter & garlic salt
6. place the salmon so that the skin is on the bottom of the pan
7. bake 30 minutes at 375

Baked brussel sprouts

1. preheat oven 350 F
2. rinse 1 medium to large bag of sprouts to remove dirt and trim Brussels sprouts as necessary
3. cut sprouts in half and place in a flat bottom oven dish
4. pour in generous amounts of olive oil to cover the entire bottom of the dish
5. stir or mix the sprouts until they are completely covered with olive oil
6. sprinkle on garlic salt
7. bake for 25-35 minutes or until tender

Steamed cauliflower or broccoli and coconut oil

1. cut 1 medium to large head of cauliflower into desired size pieces (or broccoli or both)
2. melt a generous amount of coconut oil in the bottom of a sturdy pot with a tight seal
3. add just enough water to cover the entire bottom of the pan
4. add cauliflower sprigs, garlic salt and pepper to taste
5. place the lid on and the heat on medium heat
6. letting the steam cook the cauliflower until tender (approximately 10 minutes)