

LUNCH IDEAS FOR A PROTEIN TYPE



<p style="text-align: center;">Steak Strips & Spinach Salad</p>	<p style="text-align: center;">Roast Beef & Hummus Lettuce Tacos</p>
<p>Melt some grass-fed butter or ghee in a pyrex dish Add 1/4lb or less of steak strips and broil in the oven with Celtic salt, pepper, and Italian spices (oregano, thyme, basil, garlic) 1-2 cups baby spinach salad, ¼ sliced avocado, ½ cubed pear, 8 walnuts, generous sprinkle of goat or sheep feta cheese Add balsamic vinegar, Celtic salt, olive oil, and pepper</p>	<p>4 large romaine lettuce leaves doubled up to make two sturdy lettuce boats Add ¼ lb or less of natural deli roast beef Add hummus made with olive oil or no oil added, 6-8 sliced black olives, Generous sprinkle of grated Gouda goat or sheep cheese Side of celery/carrot sticks</p>
<p style="text-align: center;">Roast Beef & Pear Salad</p>	<p style="text-align: center;">Turkey Patty Lettuce Boats</p>
<p>¼ lb or less of roast beef Spinach salad with ½ avocado, ½ pear, celery, onion, 8 walnuts, and crumbled goat or sheep cheese Add Celtic salt, Italian seasoning, olive oil and balsamic vinegar (optional)</p>	<p>2 turkey patties cooked in grass fed butter or ghee, spices and coconut aminos 4 large romaine lettuce leaves doubled up to make two sturdy lettuce boats 1 tbsp Kensington mayo, ½ avocado sliced or spread over top Sprinkle of goat or feta cheese and tomato slices Side: sliced fermented pickle</p>
<p style="text-align: center;">Broiled Chicken Apple Salad</p>	<p style="text-align: center;">Tuna Veggie Bowl</p>
<p>¼ lb or less chicken thighs sliced and broiled in an oven with a small amount of chicken broth, Celtic salt and Italian spice blend Add to: 10-12oz mixed blend of organic greens with ½ chopped apple, chopped celery, 1tbsp crumbled sheep or goat feta, 10 roasted salted almonds, and small handful of sunflower seeds</p>	<p>1 can of tuna with 1 tbsp Kensington mayo Finely chopped vegetable blend of celery, carrot, spinach, onion, artichoke hearts, olives, parsley and cilantro Mix with Celtic salt, pepper and olive oil, then blend with tuna and top with sheep feta 8 or less of Mary's Gone Crackers Gluten Free "Real Thins," for dipping</p>
<p style="text-align: center;">Garden Cassava Pizza</p>	<p style="text-align: center;">Cassava Chilli Tortilla</p>
<p>2 Cassava tortillas toasted until crispy in the oven Top with generous amount of grated or crumbled sheep cheese, small chunks of chicken or steak, fresh parsley, cilantro, tomato, and sauteed onion and olive oil</p>	<p>¼ lb or less of chicken thighs or steak tips broiled with ghee, celtic sea salt, pepper and chilli spice blend, shred in a blender 2 cassava tortillas warmed in the oven, positioned together in a bowl to keep them folded like a taco Add a layer of mixed chopped greens, crumbled goat cheese, avocado, tomato, and cilantro, then chicken over top</p>
<p style="text-align: center;">Turkey-Bacon Crisp</p>	<p style="text-align: center;">Egg Salad Crisp</p>
<p>1-2 slices toasted quality gluten free bread Kensington mayo 3 slices of high quality turkey deli, one slice of broiled Wellshire Farms turkey bacon 4 thinly sliced cucumbers soaked in balsamic vinegar (optional) Top with 1-2 romaine lettuce leaves (make 1-2 open faced sandwiches based on hunger)</p>	<p>1-2 slices toasted quality gluten free bread 1-2 boiled eggs mashed with Kensington mayo, finely chopped onion, celery, parsley, and cilantro Spread over toasted gluten free bread Add paprika, celtic salt, pepper and ¼ thinly sliced avocado Top with 1-2 romaine lettuce leaves (make 1-2 open faced sandwiches based on hunger)</p>