

**Food is responsible for contributing to the function or dysfunction of every role in the body.** Eating is an integral part of living with vitality and should be enjoyed, so eat up and support your health!

## **EGG DROP SOUP**

*Serves 1*

2 cups bone broth  
1-2 eggs, beaten  
½ cup chicken, cooked and shredded  
1oz shiitake mushrooms, sliced  
1 teaspoon onion powder  
Garlic powder  
Sea salt and pepper to taste

Heat bone broth over medium-high heat until warm. Add chicken, mushrooms and spices. Allow to simmer for 10 minutes, or until mushrooms are tender.

Crack and beat eggs in mixing bowl. Continuously stir soup in same direction while slowly pouring beaten eggs into pot. Keep stirring until eggs have cooked.

Serve soup, top with green onions, and enjoy!

## **FAJITA STEAK & SALAD GREENS**

*Serves 1*

7oz organic romaine lettuce, chopped  
3oz fajita steak, grilled  
¼ cup colorful bell peppers, sliced  
⅛ cup red onion, diced  
Sprinkle crushed red pepper flakes  
Sea salt and pepper to taste  
Extra virgin olive oil  
Balsamic vinegar  
Lime squeeze

Toss all veggies in olive oil, vinegar, and seasonings. Top bed of lettuce with fajita steak and lime squeeze. Serve and enjoy!

**PRO TIP:** Cook your fajita meat early in the week and store in airtight container in the fridge.

## **DIRTY RICE WITH GROUND BEEF & CHICKEN LIVER**

*Serves 4*

2 cups cooked rice, soaked 24 hours before cooking  
2 cups pasture-raised chicken bone broth  
1 pound grass-fed ground beef  
½ pound pasture-raised chicken livers, finely chopped  
2 tablespoons grass-fed butter  
1 medium bell pepper, diced  
1 bunch, green onions, thinly sliced  
1 small red onion, diced  
5 gloves garlic, minced  
¼ teaspoon paprika  
¼ teaspoon dried oregano  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
⅛ teaspoon dried basil  
⅛ teaspoon thyme  
⅛ teaspoon cayenne pepper

Melt butter in cast iron skillet over medium-high heat. Add veggies and sauté for 5 minutes. Next, add ground beef, chopped livers, and seasonings and mix thoroughly. Allow to cook until no pink remains. Slowly add rice and bone broth. Stir until fully combined and allow to sit over heat for another 5 minutes.

Serve and enjoy!

**PRO TIP:** I like to soak my livers in apple cider vinegar overnight before cooking them. It seems to lessen the flavor, reducing the otherwise bold taste that typically scares people off. When I soak and cook them like this, no one can tell I've added liver to the dish!

## **GREEN APPLE SLICE SANDWICHES**

*Serves 1*

1 green apple, cored and sliced  
Grass-fed pepperoni slices  
Raw Manchego or cheese of choice

Layer ingredients and enjoy!

