



JUST ENJOY

Health

SIMPLIFY
YOUR
HEALTH



PERSONAL WELLNESS
PLANNING GUIDE

Dr. Meghan Birt

JUST ENJOY HEALTH
WWW.MEGHANBIRT.COM



HELLO!

Hi, I'm Dr. Meghan and I'm so grateful you're reading this personal wellness guide. I wrote it with you in mind because I want you to feel your best and live a life of health and wellness. I believe in this wellness planning guide to be a tool to bring you one step closer your health goals.

I fell in love with natural health at the age of 18 and it still continues over a decade later. I have seen my own life transform by applying principles of natural living and I know your life can change too. I'm assuming that because you're reading this you have an interest in natural and holistic living. Whether you're just starting your journey or have been doing this as long (or longer) than I have, this guide is for you.

Let me start here with a little more of an introduction. I am Dr. Meghan Birt. I love Jesus, my husband Phil and our daughter Ottava. I'm a chiropractor and founded the website **Just Enjoy Health** and the Just Enjoy Health podcast. I am also a healthy living encourager. When you're encouraged in your health, you are hopeful. Hope fuels healing!

The majority of my days are filled with being a mom, but this little corner of the internet is where I can use my passion for natural health and connect with other women on similar journey's to heal their bodies naturally and fall in love with living a natural wellness lifestyle. And information is not only for you, it's for your family too!

This ebook is a guide to help you jumpstart your health by simplifying how you look at health. How can you be healthier by simplifying? I believe we gain health by small choices made consistently. Those consistent choices become habits. Over time our habits add up and they become easy to do. Then we move onto the next small thing. Our health changes in the little by little.

If you tried to change your health in 5 days by doing 30 new things, you would get overwhelmed, burned out, and give up before you notice any of the benefits to living healthier. I see it happen all the time and I was in that mindset myself along time ago. It's a recipe for feeling guilt, disappointment, and self-condemnation. (Oh, and I've been there too).

Dive into this ebook. Embrace simplicity in your health. And start seeing real change in your health by doing the small things consistently!

Dr. Meghan



SIMPLIFIED WELLNESS

WHAT I BELIEVE ABOUT HEALTH

Our health is important. Working on our health is important. I think if you asked everyone, they would say the same thing... that our health matters! If that's the case, why do so many of us struggle to take care of our bodies? I see it a lot. Whether it's being ruled by food cravings to totally giving up on exercise to letting stress get the best of you day after day. These may sound familiar to you, or you may have a different struggle in your health.

We all struggle in some area of our life and health and we will never arrive. I believe we can experience freedom in our eating, in our health, and live life with abundant health. And trust me, being healthy is not about perfection (because there's no such thing as **perfect**)!

I believe a bit solution to that is simplification and education. How do you simplify while still learning new health information? It's really about taking complex topics and research and breaking it down in to simple steps that are items you can take action on. The action you take will allow you to feel accomplished. And then you can move onto the next bit of health information or health goal.

I'll tell you something else I've learned over the last 10 years in the natural health and wellness field, our health can seem anything but simple. Sometimes it can be downright hard and confusing. Don't misunderstand me when I talk about simplicity. It doesn't mean that there's one magic supplement to take, one exercise you can do once a year, or a food you eat 3x/day and it gives you infinite health.

If our health takes time and effort (I won't lie, it does), why would we want to make it harder to apply and overcomplicate it? Why do we overwhelm our minds with too information and essentially freeze ourselves from making any decisions or taking any action? If you're like me, a busy wife and mom, your



mind doesn't have an extra room for a high capacity of complex health information. You're looking for simple steps so you can take action on the areas of your life that matter.

This is my health philosophy. Our health is important. Have an attitude of seeking health knowledge, taking simplified action, and reaping the benefits of your healthy lifestyle. Oh, and fill your Healthy Living Toolbox too (I talk about this on the next page). Take out a tool or two when you need it. We have different seasons to our health and the more tools you have at your disposal, the better! It's a way you can take control of your health (and your family's health). Before you start, know this:

You can do this!

You can change your health!

You can see changes and results!

You are capable and worth these changes!



WHAT IS THE HEALTHY LIVING TOOLBOX?

In the 10+ years I've been in the natural health world I have learned there's not a one-size-fits-all approach to healing. As much as we all want some kind of a "magic bullet" there isn't such a thing. The longer I learn about natural health and apply these things to my own life, the more I realize our bodies are so unique.

I've also tried to narrow down my area of teaching and I've realized that's not me. I love talking about health in all aspects of the body and this thought brought me to designing and teaching on my Healthy Living Toolbox. It has all the tools in it you need to live a healthy life and is a guide for you to use and tailor fit it to your body's unique needs in your current season.

I have 12 Tools for Healthy Living. Each are a different topic and when put in the toolbox are pretty much all you need in your health journey. The topics are big and encompass a lot of information, but can be narrowed down to doable action steps you need today.

I created a full Healthy Living Toolbox Workbook and you can find the full ebook [here](#) - use code HLT10 for \$10 off. When you fill out this workbook please be honest with yourself. Don't

look towards someone else's goals. Don't put down something you think you should put down. Don't let a magazine article, blogpost, or commercial sway your goals. Create goals for things that matter to you. If you don't love exercise, don't write a goal to exercise daily for 45 minutes. Start smaller, start with working out 15-20 minutes 3x/week. Maybe even start with 1x/week. Doesn't that sound easier? You can always add more as you go along.



WHAT ARE THE 12 HEALTHY LIVING TOOLS?

Listed below are the 12 tools found in my Healthy Living Toolbox. They are explained in more detail in my [Healthy Living Toolbox ebook](#).

Click each graphic for resources for each tool.



FAITH



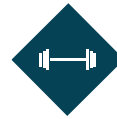
NUTRITION



ESSENTIAL OILS



CHIROPRACTIC CARE



EXERCISE



BEAUTY



HEALTHY HOME



STRESS MANAGEMENT



SUPPLEMENTS



DETOX



HEALTHY RELATIONSHIPS



SLEEP



SIMPLIFIED NUTRITION

LET'S TALK NUTRITION

All of my healthy living tools carry an equal weight of importance. The one I talk on the most tends to be nutrition. It's not any more important, but eating is something we do often. We eat multiple times a day, everyday. There isn't a day we don't eat. Ok, maybe there's a day where you don't eat for a healing detox or fast, but that isn't very common. One of the most common questions I get is about nutrition.

Nutrition is also an area of struggle and confusion to many of us. Meal planning, grocery shopping, preparing meals all takes time and energy. It can take more time and energy than other healthy living tools. It can take a longer amount of time for nutrition choices to become a habit. We live in a fast food world and that can affect our mindset of healthy eating.

We think eating healthy should be quick, easy, and immediate. Don't misunderstand me, healthy eating can be pretty easy and doesn't have to be wildly complex. Eating healthy is a lot about cultivating a healthy eating mindset that knows why you eat the way you do. The way you eat doesn't have to be the way I eat. Our bodies are different and a food that I don't do well on could be one you thrive on.

I used to have a deprivation mindset years ago. I lived feeling constantly deprived, addicted to sugar, and completely unhealthy with how I was eating. I felt that everyone got to eat better than I did—like they got to eat all the donuts, cookies, and candy—and still feel good. It was exhausting and I was bound by diet rules and trying to be perfect. I was struggling so much I actually craved foods I didn't even like just because I was exhausted from trying to control my “perfect” diet. (Remember, there's no such thing as perfect)

I don't believe in food rules and rigidity when it comes to eating. I want you to throw out the notion that you have to eat perfectly, and do so all the time. It's not about trying to follow

all the right rules or a 30 day plan perfectly. It's about listening to your body and looking at it as a lifestyle choice. Guess what? You GET to eat healthy. Yep, you GET to choose each day to fuel your body well.

You will often hear me talk about the difference between I “have to” and I “get to”—it's a *huge* mindset shift I want you to grasp, especially when it comes to healthy nutrition.

Healthy nutrition doesn't mean dieting. It's following a lifestyle nutrition plan where you eat nutrient dense foods that fuel your body. You eat foods that are anti-inflammatory. You eat foods that prevent and reverse disease. You eat foods that are whole and healing.

I believe eating healthy means getting to a point where you actually crave and thrive off of those good foods. Without rules. Just good, real food nutrition.

I am also a huge fan of eating **healthy desserts**. Why? Because I believe if we choose our desserts wisely, they can take away some stress and feelings of deprivation and actually add to our health because we are enjoying our life more and still fueling our bodies well.

Remember this: it doesn't have to be all or nothing when it comes to your health (including your food choices)! Our bodies are forgiving. You will learn, grow, make changes, and eventually be walking in **food freedom**.

There's a lot of science that backs eating healthy and following a diet that's gluten-free, low in sugar, high in healing fats, and full of nutrients. In order to keep things simplified I won't get into all of that in this book. Realize there is a happy medium between eating healthy, listening to your body, and finding freedom and joy when it comes to food.

Here are some of my thoughts on healthy eating and nutrition guidelines:

Gluten-Free Eating

Grain-Free Eating

Swapping Sugars

How to Get Your Husband on Board with Eating Healthy

Encouragement for Your Diet Discouragement

Nutrition Resources

PURPOSEFUL WEEK PLANNING

I believe wholeheartedly in planning out the week ahead. It's important for your stress levels and it allows you to be proactive versus reactive in your life. I will go as far as to say it is beneficial to your health to have a plan for your week. Stress Management is a tool in my Healthy Living Toolbox.

The next 3 pages contain printables for my weekly purposeful 3P planning sheet, meal planning list, and grocery shopping list. Planning meals and having ample amount of healthy food in your house is key to the success of your healthy week! Pre-planning your week actually reduces your stress levels.

If you need more help with meal planning, you can check out [Real Plans](#). They can do a lot of the work for you by creating customizable eating plans and grocery lists. If you need help and like doing things digitally, Real Plans is right up your alley. This helped us so much during Ottawa's first year of life when I couldn't get myself to meal plan for our family like I once did. I use it less now, but still plan out all of our meals for the week.

If you need more help with planning your week (and really, simplifying your whole life) check out my friend Kelsey's course. [Simplify your Life with Trello](#) is a digital course designed to help women use Trello to plan, organize, and manage their life with greater ease. Trello itself is a free digital management and organizational tool I use myself to help keep track of #allthethings in your life from the big picture to the tiny details. I get my weekly plan on paper using by printing out my 3P planner (because I like to get my plan and thoughts out on pen and paper) and then I transfer it over to Trello to use for the week.

[Purposefully Planning Your Week Podcast](#)

[Meal Planning Podcast](#)

[Meal Planning Blogpost](#)

[Grocery Shopping Podcast](#)

Print and use my Purposeful Planner Sheet, Meal Planning Sheet, and Grocery Shopping List on the next 3 pages. Save them, print them out, and use them as you're planning your week.

PURPOSE



<i>What is my purpose for this week?</i>	<i>How am I doing this week?</i>	<i>Encouragement for my week:</i>
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PREPARE



<i>Home</i>	<i>Meals</i> M: T: W: H: F: S: S:	<i>Action Items (make these doable)</i> 1. 2. 3. 4. 5.
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PLAN



<i>Monday</i>	<i>Thursday</i>
<i>Tuesday</i>	<i>Friday</i>
<i>Wednesday</i>	<i>Sat/Sun</i>

#3pweek @drmeghanbirt



FUEL

For the week of:

Dinner:

MONDAY

◆ *Prep:*

TUESDAY

◆ *Prep:*

WEDNESDAY

◆ *Prep:*

THURSDAY

◆ *Prep:*

FRIDAY

◆ *Prep:*

SATURDAY

◆ *Prep:*

SUNDAY

◆ *Prep:*

BREAKFAST

LUNCH

SNACKS

PRE-WEEK PREP

GROCERY

For the week of:

PRODUCE

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FREEZER

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MISC.

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Almond Flour

Almond flour or almond meal is one of my favorite grain-free (and gluten-free) flours to bake with. It has a rich, nutty flavor with a consistency similar to cornmeal. When buying almond flour, look for almond meal. The two names are often used interchangeably. The only difference between the two is that almond flour is typically made solely from skin-less (blanched) almonds while almond meal can be made from a mixture of both blanched and skin-on almonds. Although almond flour/meal can now be found in most conventional and natural food stores, the most cost-effective way to purchase is by buying in bulk. My favorite brand is **Honeyville**, but I also like Bob's Red Mill which you can find in stores.

Coconut Flour

Another gluten and grain-free flour that I recommend for baking is coconut flour. It is high in fiber with more than three-times the amount of dietary fiber than almond flour. I recommend mixing together both coconut and almond flour for a better texture as coconut flour tends to be dry. If you are using only coconut flour, you will need to use a lot of eggs to contract how thick this flour is. The brand I use most often is **Nutiva**.

Arrowroot Powder

Derived from the arrowroot plant, arrowroot powder is a gluten and corn-free starch. Like both cornstarch and flour, arrowroot powder can be used in recipes that call for a thickening agent or starch. However, be careful not to overheat it or it will lose its thickening ability. Like the gluten in flour, arrowroot powder works as a binding agent in baked products. Without thickening the recipes, it helps to hold together and give form to baked goods.

Stevia

Stevia, derived from a South American herb, is my favorite natural and safe alternative sweetener. Stevia is a calorie-free, healthful way to sweeten any food or beverage without impacting insulin or blood sugar levels. It is available in both powder and liquid forms, and in a variety of flavors, making it versatile and great for both every day use and baking. Up to 300 times sweeter than sucrose (table sugar), only a small amount of stevia is needed. For my baking and cooking, I use a brand of stevia called **Stevita**, which is a powder mixed with a small amount of vegetable fiber. An estimated conversion to use when replacing stevia for sugar is one-teaspoon stevia per one cup of sugar. You may need to

experiment to find your own desired level of sweetness, just keep in mind that stevia is much sweeter than sugar.

Xylitol

Another safe alternative sweetener, xylitol, is a sugar alcohol sweetener produced and sold for consumption in powder form. It is approximately equal in sweetness to sucrose. It can also be used as a supplement (usually in liquid spray or as a chewing gum) for dental care, as it has been shown to reduce cavities. Unlike Stevia, which can be used both in baking and raw in a recipe, Xylitol is best used only in baking. Watch your intake in order to avoid the negative side effects of bloating and gas that can present when consuming a large amount of this sweetener. **Xylitol** can be extracted from a variety of sources, two of which are birch and corn. For a healthier product, make sure to purchase xylitol sourced from birch and not corn.

Gluten-Free Flour Bread

A gluten-free flour blend is a multi-purpose flour mixture made up of several gluten-free flours and starches, such as white and brown rice flour and tapioca powder. Because each gluten-free flour has its own distinct flavor and texture, a multi-purpose flour mixture that contains a blend of several gluten free flours more closely resembles traditional wheat flour. Using a multi-purpose **gluten-free flour** blend is an easier option than making your own gluten-free flour out of several products. Use it when a recipe calls for several gluten-free flours, which is standard for a gluten-free baking recipe. Although gluten-free, this type of alternative flour is still a grain, which can cause digestive upset and inflammation, so use sparingly. A mostly grain-free diet is best; therefore, even gluten-free flours should be used only on occasion or as a stepping-stone away from wheat and traditional flours to a grain-free or ancient-grain diet.

Coconut Oil

Coconut oil is an amazing saturated fat with numerous health benefits for the heart, immune system, and metabolism. It also fights inflammation. Unlike other cooking oils, coconut oil maintains its structural integrity under high heat, making it the safest and healthiest oil for cooking. I like the brands **Nutiva**, Tropical Traditions and Wilderness Family Naturals.

Coconut Milk

Coconut milk is an excellent source of healthy fat, as well as an alternative to cows milk. It can be purchased as both a canned

product (make sure there are no added sugars), or in a half gallon in the refrigerated section (make sure to get unsweetened). I love **Native Forest** because it's a BPA free can and doesn't have any fillers.

Himalayan Salt

Himalayan salt is my salt of choice because it contains all of the elements found in our body. Unlike conventional salt that is manufactured in a factory out of synthetic chemicals, Himalayan salt is a naturally occurring element with numerous and profound health benefits. While traditional table salt has many disease promoting effects, Himalayan salt, the highest grade of all-natural salts, is associated with health benefits ranging from blood sugar and blood pressure regulation to bone strength.

Apple Cider Vinegar

For thousands of years vinegar has been used for many purposes, both as a multi-purpose cleaning agent and as a beneficial health supplement. Apple Cider vinegar is an especially nourishing type of vinegar distilled from apples. Taken orally, it is known to promote healthy digestion and support the immune system, while soothing to the skin when used topically. I recommend Bragg's, an amazing, unfiltered, unheated, and unpasteurized brand of Apple Cider vinegar.

Eggs

Packed with protein, vitamins and minerals, eggs are a well-rounded food. Free-range brown eggs are more nutritious than conventionally raised eggs, as they are higher in nutrients and omega-3 fats. While they are more expensive than standard white eggs, their health benefits more than make up for the extra cost. Find them in both natural and conventional grocery stores.

Chicken

When buying chicken, make sure to purchase it free-range and having used NO antibiotics or growth hormones. Conventionally raised chickens are fed a significant amount of antibiotics and growth hormones that ultimately we consume.

Beef

Grass fed beef has many healthful qualities you simply do not find in grain fed or grain finished, conventionally raised beef. Cattle are intended to graze and consume a natural grass diet. When cattle are raised in this way, they produce a nutrient-rich beef that is high in beneficial Omega 3 fatty acids, and free of

hormones and antibiotics. When they are fed a traditional grain diet, the fat composition of the beef is altered. Conventionally raised cattle are usually fed GMO (genetically modified organism) corn, which is something you want to avoid entirely. Ultimately, grass fed beef is the best choice. When purchasing beef, make sure it is grass fed; Organic beef does not necessarily mean it is grass fed. For a dramatically lower price, buy from a local farmer.

CHEESE

For the healthiest cheeses use raw or aged cheeses made without extra processing or added colors. Ideally, consume cheese made from grass-fed cows, not grain-fed cows, and from milk without added hormones. For dairy free cheese option, use goat cheese. Goat cheese comes in many options including Brie, Cheddar and Gouda.

SIMPLIFIED RECIPES



You'll find my top 10 favorite recipes along with 7 of my favorite desserts. You can click below to read them on my blog or find them at the back of this book.

[Crockpot Chicken Tacos](#)

[Salsa Chicken](#)

[Sicilian Stuffed Meatloaf](#)

[Spaghetti and Meatloaf Meatballs](#)

[Cashew Chicken Salad](#)

[Coconut Flour Crepes](#)

[Grain-Free two seed pizza crust](#)

[Healing Bone Broth Soup](#)

[Super Smoothie \(and How to Customize Your Own\)](#)

[Creamy Crockpot Chicken and Kale](#)

[Snowball Cookies](#)

[Tangy Lemon Bars](#)

[Cashew Raspberry Thumbprint Cookies](#)

[French Silk Pie](#)

[Happy Birthday Chocolate Ganache Cake](#)

[Refrigerator Chocolate Fudge](#)

[Strawberry Shortcake](#)



SIMPLIFIED SUPPLEMENTS

I often get asked the question, what supplements should I take?

I get it, you want to know. And I want to tell you. But it's not a very easy, especially if you're not a patient of mine, to know what to recommend to you personally. Here are a few generally recommended supplements for mostly everyone. These are not for deep healing or getting to the root cause of health issues, but they are a perfect starting place for everyone. Kids can take the Dynamic Greens, Children's Multivitamin, and Probitoic.

Nutri-Dyn Dynamic Fruits & Greens with Super Fruits is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a "super blend" of 100% natural fruit and vegetable extracts, vitamins, flax lignans, ionic trace minerals, enzymes, antioxidants, phytonutrients, and symbiotic intestinal flora.

This dynamic blend supplies your body with improved energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity! Dynamic Greens improves immune function, alkalizes the body and balances the pH, no sugar added and free of preservatives.

Dynamic Greens Dosage: Take one scoop daily. Take 2-3 scoops per day under periods of stress or when your body is tired. Kids can take 1/5 scoop up to 1 scoop depending on body size.

MULTIVITAMIN



Taking a multivitamin daily is an easy and inexpensive way to ensure you are getting the adequate supply of vitamins and minerals that you need each day. Because the nutrients in our food supply are decreasing, we must get essential vitamins from a supplement. Our body needs 13 essential vitamins to



function properly; do you know you are getting all 13 on a daily basis? The quality of your multivitamin is crucial. I recommend **Wellness Essentials Packets** which are formulated with different needs in mind. Women's, Women's Prime, **Pregnancy**, Healthy Balance. If you don't want a packet, **PhytoMulti** multivitamin can be purchased separately. For children, I recommend **Suppys Chewable Vitamin**.

Wellness Essentials Dosage: 1 packet per day. Each pack will last 30 days.

Benefits to a Multivitamin:

1. Helps combat daily stress
2. Provides needed energy for our body.
3. Prevents vitamin and mineral deficiencies
4. Provides mental clarity
5. Prevents cardiovascular disease and cancer
6. Boosts brain function

VESSELCARE METHYLATION SUPPORT



Stress is the number one cause of methyl groups becoming depleted. Even chronic anxiety and depression can be linked to methyl depletion. Methyl groups are needed to turn on the stress response, but they are also needed to turn it off. Some people become so depleted due to multiple stressors that they simply do not have enough to turn off the stress response and are left in a state of heightened stress. These individuals not only have anxiety, but also sleep problems and eventually depression.

Methylation is cellular activity where your cells:

- Turn On and Off Gene
- Detoxify Cellular Waste
- Repair Cell Communications

Methylation is involved with the following:

- Anxiety & Mood Disorders (Depression)
- Sleep Disorders
- Heart Issues
- Estrogen Dominance & Increased Toxic Estrogen
- Inability to Adapt to Stress
- Premature Aging
- Allergies

VesselCare is a methylation donor and provides an important contribution for:

- Nutrition for Reversing the Damage to Your Genes
- Nutritional Switches for Turning Genes On and Off
- Supporting Telomere Stability (the only true aging marker)
- Unparalleled Cellular Metabolic Detoxifier
- Getting Rid of Toxic Estrogen Metabolites through Phase II Estrogen Metabolism

VesselCare Dosage: 1 tablet 2x/day. For decreased stress adaptation, hormonal conditions or sleep/mood disorders, take 2 tablets 2x/day

There are other good methylation supplements on the market. Feel free to do your own research.

PROBIOTIC



The over prescribing of antibiotics has become a huge problem in our modern society. And there is a price to pay in our guts for the overuse. Our insides are not meant to be sterile. To get the maximum amount of benefits, it is always recommended that you take a high quality probiotic supplement. Many contain multiple strains of bacteria, and are shielded from stomach acid to release in the intestines.

Benefits to a Probiotic:

- Improved digestive function
- Improved immune response
- Improves lactose tolerability
- Increased mineral absorption
- Competition for harmful organisms
- My favorite probiotics are the UltraFlora line from Nutri-Dyn. They have a wide variety of strains for different needs. My personal favorites are **UltraFlora Spectrum**, **UltraFlora Immune Booster**, and **UltraFlora Balance**.

Ultra Flora Dosage: 1 capsule 2x/day as a maintenance dose. You can take up to 6 capsules per day if needed. There's no way you can overdose on probiotics.

HOW TO ORDER THESE
PROFESSIONAL QUALITY
SUPPLEMENTS:

Here is how to order supplements from Nutri-Dyn. Orders over \$300 are free shipping (domestic shipping).

How to register:

1. go to www.nutri-dyn.com
2. Register by filling out the simple registration form
3. When asked for account type, choose "Patient"
4. Create your own username and password
5. You'll need my account number: 102691

SIMPLIFIED RESOURCES

Find Recipes and Resources from Just Enjoy Health at
www.meghanbirt.com

Join my exclusive community of women in my
[Just Enjoy Health Facebook Group](#)

Listen more on the podcast
[Just Enjoy Health](#)

[Healthy Living Toolbox ebook](#)
use coupon code HLT10 for \$10 off

[Just Enjoy Dessert ebook](#)
use coupon code Dessert5 to get the ebook for \$5

[Safe Skincare and Clean Cosmetics email series:](#)

[Essentials: Getting Started with Essential Oils ebook \(FREE\)](#)

[Essential Oil Two-Week Introductory Email Course](#)

[Healthy Thanksgiving 101: Grain Free Thanksgiving ebook](#)



RECIPES





crockpot chicken tacos

INGREDIENTS

4 organic free-range chicken breasts
½ teaspoon salt
½ teaspoon pepper
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon smoked paprika
½ teaspoon garlic powder
¼ teaspoon cayenne powder (more or less depending on how hot you like it)
¼ teaspoon oregano
1 Jar of Salsa, choose your favorite kind
1 poblano pepper, finely diced
Juice of 1 lime

Taco Toppings

1 avocado, sliced
1 tomato, diced
½ cup onion, diced
1 cup cheddar cheese, shredded
(feel free to use goat cheese for a cow's dairy-free version) sour cream, optional, can omit if avoiding dairy
Fresh cilantro, to top the tacos
Lettuce leaves, for the taco shells.
You can use any kind of lettuce, just stay away from iceberg, it's not the best choice

DIRECTIONS

1. Place the chicken breasts flat in the crockpot. Top with all of the spices, evenly distributed over each chicken breast. If you want, you can measure all of the spices into a bowl and mix them together. You can also sprinkle them individually over the chicken breasts.
2. After the spices are on the chicken, dump a jar of salsa evenly over the chicken breasts and top with the diced poblano pepper and lime juice
3. Set your crockpot for 4 or 8 hours (high or low) depending on when you want to eat the chicken. Once the chicken is done, you will take two forks and pull the chicken apart so it is shredded and mix all of the salsa and sauce together so everything is mixed together.
4. Put all of your toppings on a serving plate or little bowls so you can easily grab them while assembling your tacos
5. Serve and eat as many lettuce wrap tacos as you desire (you can also make into taco salad too if you desire)

Serves 4



featured recipe No. 02



salsa chicken (primal)

INGREDIENTS

3 Tablespoons coconut oil
1 large onion, sliced
2 colored peppers, sliced
4 organic free-range chicken breasts,
in ½-½ inch chunks
½ teaspoon salt and pepper
1 jar mild or medium organic salsa
1 cup organic sour cream
2 cups shredded organic cheddar cheese
or goats cheddar cheese
½ cup fresh cilantro, chopped



GRAIN FREE

DIRECTIONS

1. In a large skillet add the 3 Tablespoons of coconut oil and turn the burner to medium. When the pan is hot and the coconut oil is melted add the onions and peppers and sauté until the onions and peppers until the peppers start to soften
2. Remove the onions and peppers from the pan and put in a bowl and set aside
3. Add the chicken to the pan and turn the heat to medium-high and cook the chicken, stirring often, until it is cooked through. Add the salt and pepper
4. Turn the heat back down to medium and add the onions and peppers back into the skillet and add the salsa, sour cream and cheese to the pan and stir until the cheese is melted
5. Before serving, add the cilantro and stir to combine

Serves 4





sicilian stuffed meatloaf

INGREDIENTS

1 lb grass-fed ground beef
1 egg
2 cloves garlic, minced
½ medium onion, finely chopped
2 Tbs chopped flat-leaf parsley
½ teaspoon pink salt
½ teaspoon pepper
1 cup baby spinach leaves
6 slices free-range turkey bacon, cooked
8 slices raw cheddar cheese or crumbled
chevre goat cheese

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Add beef and next 6 ingredients in a mixing bowl and mix ingredients together with your hands (or a spatula if you're more comfortable). Mix until combined but be careful not to overmix
3. Place a piece of parchment paper on a baking sheet and place the meat in the middle of it
4. Flatten out meat with your hands into a thin layer: about 1/3 inch thick. Cover meat with turkey bacon, cheese and spinach and then roll the meat, using the parchment paper to help roll up into a large loaf
5. Try to keep all of the filling stuffed into the loaf when you roll it up. With mine I lost a few pieces of spinach but kept the bacon and cheese stuffed inside
6. Cook meatloaf 35 minutes and let sit for 10-15 minutes before cutting it into slices. That will allow the juices to go back into the meat for more flavor and it will also be easier to slice
7. Slice with a serrated knife and serve



spaghetti & meatloaf meatballs

INGREDIENTS

1 medium spaghetti squash
1 pound grass fed ground beef, thawed
1 egg
½ cup parmesan cheese (or feta/
shredded goat cheese for dairy free)
½ cup almond flour (used as bread
crumbs)
salt and pepper
1 teaspoon italian seasoning
Marinara sauce (fresh or canned) to top
the meatballs and spaghetti squash

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Gut a spaghetti squash in half and scoop out the seeded insides with a big spoon. Put each half of the spaghetti squash on a cookie sheet and cook for 60 minutes. The meatloaf will take 30 minutes, so make sure to plan ahead and start the squash 30 minutes earlier.
3. Add the grass fed beef to a large bowl. Add the egg, cheese, almond flour, salt and pepper and italian seasoning to the top of the beef. Using your freshly cleaned hands, mix up the beef until all of the ingredients are mixed. Be careful not to over mix.
4. You are going to make 8 meatballs from the pound of ground beef. I split the beef into four parts with my hands and then made two meatballs from each quarter.
5. Set each meatball into a muffin tin slot and put in the oven.
6. Bake for 30 minutes until the beef is cooked through and the top is getting slightly browned.
7. While the meatballs are cooking, heat the marinara sauce on the stove in a sauce pan
8. Using a fork, scrape out the squash so it will resemble noodles and put on the bottom of a serving plate.
9. Place the meatballs on top and pour the marinara sauce around the edges of the plate or on top of the meatballs.





cashew chicken salad

INGREDIENTS

3 cups cooked free-range chicken,
chopped (I usually boil mine for
chicken salad)
½ - ⅔ cup of Grapeseed Veganaise or
homemade Mayo
¼ cup heavy cream or coconut cream
¼ cup green onions, chopped
¼ cup celery, chopped
½ cup roasted and unsalted cashews,
chopped
½ cup fresh italian parsley, chopped
lemon juice from ½ a fresh lemon
(fresh is important here for ideal
taste)
dash of salt and pepper

DIRECTIONS

1. In a small bowl add the chopped chicken
2. In a large mixing bowl combine mayo and cream. If you don't use cream and are dairy free just add more mayo or milk alternative (like coconut or almond milk). The cream adds moisture to the dish
3. Add green onions, celery, cashews (roasted cashews makes this dish and raw cashews, although more healthy, doesn't taste very good), parsley, lemon juice and stir
4. Add the chicken and once combined add the salt and pepper
5. If you need more mayo or parsley, add it to your preference
6. Serve on a salad with cucumbers, tomatoes, and avocado OR on rice cakes OR on little slices of cucumber
7. Slice with a serrated knife and serve

featured recipe No. 06



coconut flour crepes

INGREDIENTS

8 organic and free range eggs
8 Tablespoons butter (or coconut oil for dairy free), melted (I melt the butter in the skillet so it pre-greases the skillet for when I make the crepes)
1 cup canned coconut milk
¼ cup + 2 Tablespoons coconut flour
¼ teaspoon salt



DAIRY FREE



SUGAR FREE



NUT FREE

DIRECTIONS

1. In a medium bowl beat the eggs with a hand mixer
2. Add the melted butter very slowly so you don't start to cook the eggs
3. Add the coconut milk, coconut flour and salt to the batter and mix for about 30 seconds so all of the ingredients are combined and the coconut flour slightly thickens the batter
4. Heat up 1-2 small 8 inch skillets (if you want to go quicker you can use two at a time) on medium heat
5. Pour about 1/3-1/2 cup of batter into the skillet and lift the skillet up and move it in gentle circles to spread around the pan. Place the pan back on the burner and bake about 2 minutes on the first side until it is able to be flipped with a spatula. Cook the crepe on the other side for about 1 minute until you can slide the crepes out of the pan and they are completely cooked through
6. Makes about 12-14 crepes. Store in an airtight container in the refrigerator for up to 7 days

SUBSTITUTIONS

DAIRY FREE: REPLACE THE BUTTER WITH COCONUT OIL OR GHEE





two-seed pizza crust

INGREDIENTS

½ cup raw sunflower seeds
½ cup raw pumpkin seeds
¼ cup arrowroot powder
1 teaspoon pink salt
½ teaspoon garlic powder
3 eggs
¼ cup coconut flour

Pizza Toppings

Pizza sauce, no sugar added
Pizza sauce no sugar added (this is important)
Green peppers, finely diced
Onion, finely diced
Fresh mushrooms, finely sliced
Beef salami, used as pepperoni
Raw cheese, shredded (I used about 2.5 cups, but use how much you want to!)



DAIRY FREE



NUT FREE



GRAIN FREE

DIRECTIONS

1. Preheat oven to 350 degrees F and take out a small baking sheet (a large jelly roll pan is too big)
2. In a food processor, finely ground the sunflower seeds and pumpkin seeds
3. In a medium sized bowl add the ground seeds, arrowroot powder, pink salt, garlic powder, eggs and mix together until well combined with a hand mixer
4. Add in coconut flour and mix until combined
5. Spread the crust onto the cookie sheet with a spatula. It is challenging to get it to spread well, so don't give up. It's supposed to be hard. Don't try rolling it out like conventional crusts because that won't work either
6. Once spread evenly (and hopefully in a rectangular shape) put in the oven and bake for 16-18 minutes. The crust doesn't turn a very golden color because of the seeds but definitely feels dry and baked. That's how you know it's done
7. Top your pizza with your choice of toppings and bake for another 15 minutes to melt the cheese in gentle circles to spread around the pan. Place the pan back on the burner and bake about 2 minutes on the first side until it is able to be flipped with a spatula. Cook the crepe on the other side for about 1 minute until you can slide the crepes out of the pan and they are completely cooked through
8. Makes about 12-14 crepes. Store in an airtight container in the refrigerator for up to 7 days



healing bone broth soup

INGREDIENTS

You can customize this recipe for as many people as you are serving. I make 1-2 servings often, but have also made **this recipe** for many people. Starting out, you are going to need beef broth. You can find the recipe here to make it. Next, you will need a protein. Your meat will be pre-cooked. I use about ¼-½ pound per person.

I recommend using:

1. Organic and free-range chicken, diced
2. Grass-fed ground beef
3. Organic and free-range turkey, shredded
4. Grass-fed beef roast

Following the meat, you will need vegetables. You can really use any vegetable here. I will list some of my favorites, but I believe any combination will work well.

- | | |
|-----------------|-------------------------------------|
| 1. Onion | 7. Squash |
| 2. Celery | 8. Zucchini |
| 3. Carrots | 9. Root Vegetable (turnip, parsnip) |
| 4. Cabbage | 10. Peppers |
| 5. Sweet Potato | 11. Mushrooms |
| 6. Kale | |

Once the soup is cooked thoroughly I always use “Add-In’s”

1. Coconut Oil: I use 1-2 Tablespoons per person
2. Salt and Pepper: Season to taste. Feel free to use any spices in the soup
3. Avocado: This is a beef broth soup must for me. I use a half to a whole avocado on the top of my soup
4. Cheese: I often times top my soup with some organic raw cheese
5. Sour Cream: My husband loves sour cream as an addition to his broth soups

DIRECTIONS

1. In a saucepan add the protein and raw vegetables. Add enough beef broth* to fill halfway to the top of the vegetables
2. Put the cover on the pan and turn the stove to high and bring to a boil
3. Once boiling, turn the temperature to low, keeping the pan covered
4. Simmer for 15-20 minutes until the vegetables are steamed and cooked through
5. Scoop into a bowl (or bowls) and top with the “Add In’s”
6. Enjoy the amazing taste and healing benefits of this beef broth soup

**You can also use chicken broth*



super smoothie & how to make your own

INGREDIENTS

Your “milk” base: Unsweetened almond milk, canned coconut milk, raw milk, grass-fed kefir

Your fats: Coconut oil, chia seeds, avocado, raw egg(s)

Fruit: Berries, green apple, half of a banana (All Organic)

Greens: Spinach, lettuce, kale, cucumber, celery (All Organic)

Protein: Whey protein, Beef Protein, hemp seeds, peanut butter

Add-ins: Grass-fed gelatin (read more about it here), cinnamon, turmeric, probiotics, fiber, cocoa powder, shredded coconut, dash of organic heavy cream, stevia or honey for sweetener

Add Ice if needed

DIRECTIONS

1. A smoothie is pretty easy to put together. You can pretty throw it all together and blend it up!
2. There are a couple of tips I will share to make it easier: Always start with liquid at the bottom of the blender and build your smoothie on top of that. If you start with powders, they will get stuck in the bottom and not blend together well
3. Add ice if you want it thicker and colder
4. There’s no real way to mess up a smoothie. If it doesn’t taste great after your first blend, add a few more ingredients until you get it just right.



creamy crockpot chicken with kale

INGREDIENTS

4 organic and free-range chicken breasts, cut in ½ inch chunks
1 organic onion, in strips
2 15-ounce cans organic crushed fire-roasted tomatoes
1 15 ounce can organic black beans
4 cups fresh organic kale, chopped (I use 1 handful as 1 cup)
1 teaspoon garlic powder or 2 garlic cloves finely chopped
1 teaspoon italian seasoning dash of cayenne pepper
1 teaspoon salt
½ teaspoon pepper
8 oz chèvre goat cheese OR organic cream cheese (you can do canned coconut milk for a 100% dairy-free option)

DIRECTIONS

1. In a crock-pot combine chicken, onion, fire-roasted tomatoes, black beans, kale and spices and stir together.
2. Cook on high for 4 hours, stirring occasionally. If you aren't able to stir the dish, make sure the kale is covered by sauce so it won't burn throughout the day
3. 30 minutes before serving, stir in the goat cheese or cream cheese and serve

Serves 4



cashew raspberry thumbprint cookies

INGREDIENTS

2 cups cashew flour (or almond flour)
2 Tablespoons coconut flour
¼ cup arrowroot powder
1 teaspoon baking powder
½ teaspoon salt
2 ½ teaspoon stevia
1 egg
¼ cup coconut oil, melted
1 teaspoon almond extract



DAIRY FREE



NUT FREE



GRAIN FREE

DIRECTIONS

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper
2. In a large bowl combine the cashew flour, coconut flour, arrowroot powder, baking powder, salt and stevia
3. In a small bowl beat the eggs, coconut oil and almond extract with a hand mixer
4. Pour the wet ingredients into the dry ingredients and mix until combined
5. Using a cookie scoop, or about 1 Tablespoon of dough, place on a cookie sheet. Gently press a thumb imprint into each cookie so it will create a little vessel for the jam. If your thumb is sticking to the cookie, just wet your thumb with a little water and that should help
6. Put in the oven and bake for 12-14 minutes. Remove from the baking sheet with a small spatula and let cool
7. Spoon Raspberry Chia Jam into each indent of the cookies until it is just overflowing
8. Store in an airtight container for up to 5 days

SUBSTITUTIONS

NUT-FREE: SUBSTITUTE SUNFLOWER SEED FLOUR, MADE FROM GROUND SUNFLOWER SEEDS WITH A COFFEE GRINDER. MEASURE AFTER GRINDING.

SWEETENER: REPLACE THE STEVIA WITH 1/4 CUP RAW HONEY



french silk pie

INGREDIENTS

- 1 Recipe of The Best Grain Free Pie Crust
- ½ cup butter, softened
- ¼ cup honey
- 1 teaspoon stevia
- 2 eggs
- 2 ounces unsweetened chocolate, melted
- 1 teaspoon vanilla extract
- 1 cup whipped cream



SUGAR FREE

DIRECTIONS

1. Bake pie shell
2. In medium bowl, cream butter, honey and stevia until fluffy
3. Add eggs, one at a time, beating at medium speed for 60 seconds after each addition
4. Blend in chocolate and vanilla
5. Spoon into cool pie shell
6. Chill 2 hours and spread with whipped cream
7. Sprinkle with dark chocolate chips or chocolate curls (optional)

SUBSTITUTIONS

SWEETENER: REPLACE THE HONEY BY ADDING STEVIA TO 2 TEASPOONS TO MAKE IT SUGAR FREE



happy birthday chocolate ganache cake

INGREDIENTS

- 1 ½ sticks butter, room temperature
- ⅓ cup xylitol
- ½ cup raw honey (this is more than I usually use, but the recipe is for a special occasion)
- 1 teaspoon stevia
- 4 organic eggs, room temperature
- ⅔ cup cocoa powder
- 1 ½ cup canned coconut milk
- 3.5 ounces unsweetened chocolate or 77% or higher dark chocolate
- 1 shot of espresso or about 3 tablespoons black coffee
- 1 teaspoon stevia (or ¾ teaspoon for dark chocolate)
- 1 ½ teaspoons vanilla extract
- 3 cups almond flour
- ¼ cup coconut flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt



SUGAR FREE

DIRECTIONS

1. Preheat the oven to 350 degrees and butter 2- 9 inch cake pans and layer the bottom of the pans with parchment paper.
2. In a large bowl cream the butter, xylitol, honey and stevia with a stand mixer or a hand mixer. Make sure to scrape the edges of the bowl because it will cream differently than regular butter and sugar. Once mixed, add the eggs one at a time followed by the cocoa powder. Mix until combined on low because the cocoa powder is very fine
3. In a small saucepan add the coconut milk and the 3.5 ounces of dark chocolate and turn the heat to medium and whisk until melted. This will look like milk chocolate sauce when it is done. Remove from the heat and add the espresso, stevia, and vanilla and stir together. This needs to sit until it starts to cool before you add it into the cake batter
4. Once the chocolate is cooled down, slowly add it to the cake batter while mixing
5. In a small bowl, combine the remaining dry ingredients and slowly add to the chocolate batter. Once the dry ingredients are added, keep mixing for another 30 seconds to a minute to make sure everything is blended together well
6. Add 1/2 of the chocolate cake batter to each of the cake pans and bake for 40 minutes or until a toothpick comes out of the pan clean
7. Frost the cake with Chocolate Ganache Frosting. To frost the cake, put the first cake layer on a cake pan or plate and spread 1/3 of the frosting into the cake. Gently set the next layer of cake on the other and use the remaining 2/3 of the frosting to top the cake

SUBSTITUTIONS

SWEETENER: YOU CAN REPLACE THE XYLITOL WITH 2 ADDITIONAL TEASPOONS OF STEVIA





refrigerator chocolate fudge

INGREDIENTS

- 1 cup organic peanut butter (creamy or crunchy)
- ¾ cup coconut oil
- 2 Tablespoons birch xylitol, powdered
- 1 teaspoon stevia, powdered
- ⅓ cup cocoa powder
- ¼ teaspoon salt
- 2 Tablespoons vanilla extract



DAIRY FREE



SUGAR FREE



NUT FREE

DIRECTIONS

1. Line an 8x8 baking pan with parchment paper
2. Add 1 cup of water to a small saucepan and put it over medium heat. You are going to use this as a double boiler to make the fudge. I find it much easier to heat everything up so it melts together well. It also dissolves the xylitol and stevia so you don't get a crunch from the crystals
3. In a stainless steel bowl or thick glass bowl add the peanut butter and coconut oil and set on top of the saucepan. This will be your double boiler. It heats it more evenly and doesn't scald the fudge as it could if you just put it directly on the stove. You can make this directly in the saucepan but make sure to keep your eye on the fudge so it doesn't burn
4. Add the sweeteners (I powdered the stevia and xylitol together in a coffee grinder) and cocoa powder and salt and stir to combine. I used a whisk because it breaks up the little bits of the ingredients until they melt together
5. Once everything is all mixed together take off of the heat and add the vanilla, stir one more time
6. Pour the fudge into the pan and put in the refrigerator to harden for 1-2 hours
7. Cut with a sharp knife and serve. Store in the refrigerator or freezer

SUBSTITUTIONS

SWEETENER: SWEETENER: REPLACE XYLITOL WITH AN ADDITIONAL TEASPOON OF STEVIA



snowballs

INGREDIENTS

2 sticks organic butter, softened
2 cups pecans, finely chopped
¼ cup raw honey
1 teaspoon stevia
2 ½ cups almond flour
3 Tablespoons coconut flour
1 teaspoon vanilla extract
Arrowroot powder, to dust the top
of the cookies



EGG FREE

DIRECTIONS

1. Preheat oven to 325 degrees and butter a cookie sheet or lay parchment paper down
2. In a medium bowl combine all ingredients and mix well with a hand mixer
3. Using a cookie scoop, place the cookies put on a cookie sheet (12-16 per cookie sheet)
4. Bake for 17-19 minutes, until golden brown
5. After 5-10 minutes out of the oven and the cookies are cool to the touch, coat the top of the cookies with arrowroot powder to give them the look of powdered sugar

Makes about 3 dozen cookies



strawberry shortcake

INGREDIENTS

2 cups almond flour
1 cup coconut flour
2 Tablespoons arrowroot powder
½ teaspoon pink salt
2 teaspoons baking powder
2 teaspoons stevia
1 stick (½ cup) butter
1 cup heavy cream
¼ cup raw honey
1 teaspoon vanilla extract



DAIRY FREE

DIRECTIONS

1. Preheat oven to 350 degrees and take out a baking sheet
2. In a small bowl lightly mix together the almond flour, coconut flour, arrowroot powder, salt, baking powder and stevia
3. In a medium bowl cream the butter, heavy cream, raw honey and vanilla with an electric hand mixer
4. Slowly add the dry ingredients to the creamed butter and mix until combined
5. Using a large cookie scoop or a 1/4 cup measuring cup create biscuits. The biscuits won't expand much as you cook. They will stay pretty much as you put them on the cookie sheet
6. Bake for 12-15 minutes until golden brown
7. Let cool before serving
8. Serve topped with sliced fresh organic strawberries and whipped cream or whipped coconut cream

SUBSTITUTIONS

DAIRY FREE: REPLACE BUTTER WITH GHEE AND HEAVY CREAM WITH CANNED COCONUT MILK



tangy lemon bars

INGREDIENTS

CRUST

- 1 ¼ cup almond flour
- ¼ cup coconut flour
- ½ teaspoon stevia
- ½ teaspoon salt
- 3 Tablespoons butter, melted
- 2 teaspoons vanilla extract

TOPPING

- ½ cup lemon juice, fresh squeezed
- 3 eggs
- 3 Tablespoons raw honey
- 1 teaspoon stevia
- 1 teaspoon vanilla extract
- ½ cup butter, melted

DIRECTIONS

CRUST

1. Preheat oven to 350 degrees and butter an 8 inch baking dish
2. To make the crust, mix the almond flour, coconut flour, stevia and salt. Pour the melted butter into the bowl and combine. I used my hands because that always works the best. You can also use a silicone spatula. Once mixed, add the vanilla and combine again with your hands
3. Press the dough (once again with your hands) into the pan so it is pressed even
4. Put in the oven for 17-20 minutes until the crust starts to turn golden brown

TOPPING

1. While the crust is baking, make the topping
2. In a medium bowl add the lemon juice, eggs, honey, stevia and vanilla and mix together well with a hand mixer. You want to mix very well and completely beat the eggs. You don't want scrambled eggs as the topping to your lemon bars. Slowly add the melted butter into the bowl while mixing. You want to do this slowly because if your butter is still warm you don't want to bake the eggs.
3. Bake in the oven for 15-20 minutes until the topping is set and turning a golden brown.
4. Let cool on the counter and then refrigerate. Serve cold, there's something better about a cool lemon bar versus a warm one

SUBSTITUTIONS

THIS RECIPE ALSO WORKS WITH ORGANIC LEMON JUICE FROM A JAR. IT HAS A FRESHER AND TANGIER FLAVOR WITH FRESH LEMONS.

JUST ENJOY Health

DR. MEGHAN BIRT

DC

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