



THE HOT MELT WAY

VOLUME 1

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What the Ketogenic Diet is About

Ketogenic diets, also known as the “keto” diet, have been around forever. Used medically, these high fat diets have been proven to help epilepsy, cancer, weight loss and more.

But it's the fast, easy, painless way to lose weight that attracts people to this type of eating.

And the biggest needle mover with a ketogenic diet is that it helps your body begin to use fat instead of sugar, as its fuel.

The advantages of being a fat burner versus a sugar burner are several:

- 1) Effortless weight loss because you're using your own fat as fuel rather than glucose.
- 2) More energy.
- 3) Clearer skin.
- 4) Better mental clarity.
- 5) Less cravings, no hunger.
- 6) Possibility of reversing type 2 diabetes, PCOS, lower blood pressure and control epilepsy.
- 7) Fix your broken metabolism.

Weight Loss and Keto

The problem with being a sugar burner is that your body stays in fat storage mode—that doesn't help with weight loss! So getting yourself into ketosis (NOT ketoacidosis) will help your body drop weight almost effortlessly until you're at your ideal weight.

Ketosis means your body is making ketones as the result of very low carbohydrates being consumed. The ketones are excreted through the urine.

In other words, ketones are the evidence that your body is using fat for fuel and energy instead of sugar.

To get into ketosis, you need to deplete your stored glycogen (glucose fuel that is stored in your liver). This can take several days or even a week or more, depending on your own personal metabolism and how strict you are.

And depending on where you are with your eating (low carb eater already, eating the SAD—Standard American Diet or somewhere in between) getting to that point can be uncomfortable.

It's what a lot of people call the keto flu or low carb flu: headache, nausea, fatigue, dry mouth, bad breath, upset stomach, nausea, frequent urination, and lack of mental clarity.

But not to worry! These flu-like symptoms usually pass within a couple of days.

Ketosis vs Ketoacidosis

Ketoacidosis, a metabolic condition where the blood becomes extremely acidic as a result of the accumulation of too many ketone bodies. Ketoacidosis can have serious consequences and may require urgent medical treatment.

Contrast that with ketosis, which is the natural consequence to low carb/high fat eating.

To keep yourself safely in ketosis, you simply have to test. You'll read more about that later, keep reading! ☺

How to Get Into Ketosis in 6 Easy Steps

1. Eat 20 or less net grams of carbs a day (easy—just follow our plan!)
2. MCT oil and grass fed butter are your friends! I LOVE [Bulletproof Coffee](#) for this reason
3. Continue to exercise—your body will use your glucose up quicker
4. Intermittent fasting is super helpful (don't worry, it's not hard or awful! Explanation is further down the pages)
5. Take in adequate protein (varies depending on your size, I'll share the formula within the plan itself)
6. Fat, fat and more fat (the healthy kind, like avocados, nuts, etc. will help you get into ketosis faster)

Measuring Ketones

There are two ways to measure your ketones—blood or urine.

With the blood ketones, you prick your finger in the morning and the ketone reading will let you know whether or not you're in ketosis.

With urine ketones, you pee on stick and you compare the color that the stick turns to the handy chart that they give you in the kit.

Ketostix are available on Amazon, and are the easiest way to test, even though blood testing is more accurate.

Minding Your Macros

Macro is short for macronutrients. Macros are the big caloric things like protein, carbohydrates and fats.

In order to figure out what macros you need to eat, you have to calculate them based on your sex, age, height, weight, and activity level.

Generally however, your meals need to look like this: 60 to 75% of your calories come from fat, 15 to 30% of your calories come from protein and the remaining 5 to 10% come from carbs.

To calculate, use a free keto calculator online. I like this one:
<https://burnitnutrition.com/keto-cal/>

The Hot Melt Way

Our plan is simple and will have you in ketosis in no time! Here's how it works:

Breakfast everyday is the same: a high fat, protein rich smoothie that will keep you full the entire morning.

For lunch, we utilize leftover protein from the night before and turn it into a delicious salad, soup or easy entrée, to keep you focused and not spending all your time in the kitchen.

Dinner will give you protein (and you'll make extra for your lunch tomorrow), veggies slathered in butter.

And there is a snack list as well if you feel you need them. 😊

Part of The Hot Melt Way is making sure you keep your gut strong and healthy. You'll see bone broth soups you can add to your meals, as well as just plain bone broth. Plus we strongly recommend adding l-glutamine to your smoothies each day and eating fermented foods such as sauerkraut, kimchi and real dill pickles.

WARNING:

DO NOT DO THIS DIET IF YOU ARE PREGNANT, NURSING, OR HAVE DIABETES TYPE 1.

If you are a Type 2 diabetic, only attempt this diet under your healthcare provider's supervision.

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Weight loss results may vary: causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical.

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Snack Attack

Let's face it—it's best not to snack, but there are times when you just have to have something!

If it's something sweet, my suggestion is to make these little gems! They'll not only knock your socks off, BUT they'll fill the bill and keep you from straying to the carbage that's out there.

Better Than Mounds FatBomber

Makes about 20

1/2 cup coconut butter

1/2 cup coconut oil

1/2 cup shredded coconut (make sure it's unsweetened)

3 tablespoons xylitol

3 ounces sugar free dark chocolate, melted (good brands are Valor or Lily's)

First off, you'll need a mini-muffin pan and some mini muffin pan parchment paper liners. Line the pan and set aside.

In a small saucepan, combine all ingredients together except the chocolate and heat over medium heat, turning it down if it's too hot. You want everything melted and mixed well.

Now spoon the mixture into each muffin liner, then freeze for at least 20 to 30 minutes.

To melt the chocolate, use a double boiler or a stainless bowl over a boiling pot of water.

Once chocolate is melted, bring the frozen coconut mixture muffin pan out of the freezer and divide the chocolate up on top of each one.

Let sit for at least 30 minutes to harden. You CAN put it in the fridge, but the chocolate will sweat.

Can be stored in a sealed container in your pantry for a week.

Serving size is 2 Fat Bombers and the net carbs are 1 (for both).

Remember for other snacks , you can have a cup of bone broth, or a 1/4 cup of fermented veggies like kimchi or sauerkraut or a real dill pickle (needs to be fermented; Bubbies is a great brand).

A Bevy of Beverages

Water of course, is king for hydration and clearing out toxins from your body. That's true with any eating protocol.

But it's easy to get bored!

You can infuse your water with lemon and cucumber, you can drink La Croix or Pellegrino waters (just watch the Pellegrino—they have lemon drinks and such that are full of sugar, ALWAYS read the label to make sure).

You can drink green tea—hot or iced. You can drink coffee or espresso and even add a little heavy cream or full fat coconut milk if you like.

To sweeten any beverage, use ONLY stevia or xylitol. But here's a warning about xylitol (or any other sugar alcohol): DON'T over do it! Too much xylitol will give you a stomachache, will bloat your belly like you've never seen and, can we just talk about the deadly gas you'll pass? That's right, it's lethal! You'll have to stay home for a day just to keep the earth spinning on its axis!

Stevia won't do that (it's an herb) but still, be cautious about eating or drinking overly sweet anything. There's this thing called caloric dysregulation which means your body is getting zero calories, but it's tasting sweet so it reacts as if you really did eat sugar!

Keep it low on the sweetener and as a matter of fact, train yourself to like less sweet things—you can, you just need to commit to it. It's a matter of stepping it down. Let's say you put a full teaspoon of stevia in your coffee each morning. For the next couple of days, try about 3/4 of a teaspoon, then down to 1/2 a teaspoon, etc.

You can do this at your own speed, but I recommend getting over the need for sweet as soon as you can—it's a game changer!

Then there are the mocktails you can make—plain mineral water, with lemons or limes squeezed in there. You can add a splash of unsweetened cranberry juice (it's tart!).

One of my favorite mocktails is coconut La Croix with two lime wedges squeezed in it—refreshing and simple with no carbs whatsoever.

And then there's the Keto Kocktails! Because what's a party without a little mixed drinkie?

Here are my absolute faves:

- Minty Gin Zinger // serves 1
 - Ice, 2 ounces gin, 3 to 5 mint leaves (chopped), lime La Croix (or plain sparkling water), 1 wedge lime. In a glass, fill with ice, add gin, mint leaves, and top with lime La Croix. Stir well and squeeze in lime wedge.

Grapefruit Margarita // serves 1

- Ice, 2 ounces tequila (100% agave), 1 teaspoon Stevia (or to taste), 1 tablespoon grapefruit juice, grapefruit La Croix (or plain sparkling water), 1 wedge of lime. In a glass, add ice and tequila. In a small bowl, whisk together grapefruit juice and stevia, add to glass and top with grapefruit La Croix. Squeeze in lime wedge and enjoy!

Berry Blast // serves 1

- Ice, 2 ounces vodka (POTATO vodka), 1 teaspoon stevia (or to taste), 1/4 cup mixed frozen berries, berry La Croix (or plain sparkling water). In a blender, combine all ingredients **EXCEPT** La Croix. Blend until smooth, then add to glass, leave a little room and top with sparkling water. Stir and sip!

**If you're feeling really committed and bold, skip adding stevia to any of the drinks altogether!

How to Get Into Ketosis Quicker

One of my favorite ways to get into ketosis fast is to, well, fast. Now before you scream, “No way!” let me explain.

Intermittent fasting isn’t drinking water for days and nothing else. Intermittent fasting is going for long stretches of time with no food. It’s really easy to do if you do the lion’s share of your fasting time while you sleep.

For example, stop eating at 7PM the night before and the next day, don’t eat breakfast until 7, 8, 9 or even 10AM—your body will tell you what time. ☺

This small period of time with no food gives your body a break from all the digestive business it does on a regular basis and give it time for more extensive repair, such as resetting of your metabolism, losing body fat and cooling inflammation. Many people also report a boost in energy.

It’s important to not do this daily as, for a lot of women, this could throw their sex hormones out of balance and who needs that?

So if you’re interested in getting into ketosis faster and want to see even better results, utilize an intermittent fast every other day and see how well it works for you.

30 Day Instructions:

Below, we have two menus: Menu 1 and Menu 2.

Each menu includes a shopping list and 5 days of breakfast, lunch, and dinner.

You should alternate these two menus for 30 days – so here's what that'll look like:

Days 1 through 5: Menu 1

Days 6 through 10: Menu 2

Days 11 through 15: Menu 1

Days 16 through 20: Menu 2

Days 21 through 25: Menu 1

Days 26 through 30: Menu 2



THE HOT MELT WAY

MENU 1

THE HOT MELT WAY

Menu 1

Day One //

Breakfast: Summer Power Smoothie

Lunch: Citrus Herb Salmon Salad

Dinner: Kale Lime Beef Soup

Day Two //

Breakfast: Very Cocoa Smoothie

Lunch: Beef Tacos with Avocado Crema

Dinner: Sausage Fried Kale

Day Three //

Breakfast: Cucumber Kale Smoothie

Lunch: Sausage Fennel Salad

Dinner: Red Wine Vinegar Chicken and Steamed Greens

Day Four //

Breakfast: Spinach Coconut Smoothie

Lunch: Shredded Chicken with Wilted Garlic Spinach

Dinner: Spattering Salmon Fajitas

Day Five //

Breakfast: Beet Green Smoothie

Lunch: Vietnamese Salmon Salad

Dinner: Marinated Grilled Chicken Drumsticks

Shopping List:

MEAT/POULTRY/SEAFOOD

Ground beef (2 pounds) [R3]
Nitrate free chicken sausage (2 pounds) [R6]
Skinless boneless chicken thighs (4, 8-ounce) [R9]
Wild-caught sockeye salmon filets (2 pounds) [R12]
Chicken drumsticks (1 pound) [R15]

CONDIMENTS

Paleo mayo [R2]
Apple cider vinegar [R2, R8, R15]
Avocado oil [R3]
Coconut oil [R4, R6, R7, R10, R12, R13]
Rice wine vinegar [R6, R14]
Coconut aminos [R6, R15]
Olive oil [R8, R11, R14, R15]
Macadamia oil [R9]
Red wine vinegar [R9]
Flaxseed oil [R14]
** Ghee [R9]

CANNED GOODS

Full fat coconut milk (3, 14-ounce cans) [R1, R4, R7, R10, R13]
Salmon (2, 5-ounce cans) [R2]
Bone broth (7 3/4 cups) [R3, R5, R9, R11, R15]

SPICES

Sea salt (keep on hand)
Freshly ground black pepper (keep on hand)
Ground cumin [R3, R12]
Ground coriander [R3, R12]
Paprika [R3, R12]
Chili powder [R3]
Cayenne pepper [R12]

DRY GOODS

Saving Dinner's Perfect Paleo Protein, chocolate or vanilla [R1, R4, R7, R10, R13]
Saving Dinner's Fiber Mender 2.0 [R1, R4, R7, R10, R13]
Cacao nibs (1 tablespoons) [R4]

PRODUCE

Basil (1 bunch) [R1, R14, R15]
Spinach (1 1/4 cups) [R1, R10]
Lemon (1 large) [R2]
Dill (1 small bunch) [R2]
Chilves (1 bunch) [R2, R12]
Cucumber (1 large) [R2]
Arugula (1 cup) [R2]
Avocado (7 large) [R2, R3, R5, R8, R14] ** [R12]
Romaine lettuce (1 small head, 1 large head) [R2, R14]
Garlic (4 cloves) [R3, R9, R11]
Red onion (1 small) [R3, R5] ** [R12]
Jalapenos (4 medium) [R3, R5, R14] ** [R12]
Kale (4 cups, chopped) [R3]
Celery (4 stalks) [R3, R6]
Limes (4 large, 1 medium) [R3, R5, R12] ** [R12]
Cilantro (1 large bunch) [R3, R5, R12, R14] ** [R12]
Collard greens (8 large leaves and 6 cups) [R5, R9]
Fennel (5 large bulbs) [R5, R8, R12]
Ginger root (1 small piece) [R6]
Onion (1 small) [R6]
Zucchini (3 large, 2 medium) [R6, R15]
Baby kale (1 cup) [R7]
Baby arugula (3 cups) [R8]
Baby spinach (9 cups) [R8, R11]
Beet greens (1 cup) [R13]
Cabbage (2 cups, shredded) [R14]
Mint (3 leaves) [R14]
Bean sprouts (1/2 cup) [R14]
** Mixed leafy greens [R3]
** Radishes [R9]
** Tomato [R12]

FROZEN

Avocado (2 large) [R1, R4, R10, R13] (buy fresh and freeze yourself, unless your store has frozen avocado)
Cucumber (1/2 medium) [R7] (buy fresh and freeze yourself, unless your store has frozen cucumber)

Day 1

Summer Power Smoothie

Breakfast Day 1 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk	1/4 cup spinach
1/2 frozen avocado	1 scoop Perfect Paleo Protein, Chocolate or Van.
1 tablespoon chopped basil	2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Citrus Herb Salmon Salad

Lunch Day 1 – Serves 4

INGREDIENTS:

2 (5 ounce) cans of salmon, drained	2 cups chopped cucumber
1/3 cup paleo mayo	1 cup arugula, shredded
2 teaspoons apple cider vinegar	1 large avocado, sliced
1 large lemon, juiced and zested	sea salt and freshly ground black pepper to taste
2 tablespoons fresh dill	1 small head of romaine lettuce, leaves removed and washed
1/4 cup minced chives	

Prep time: 15 minutes

Cook time: 30 minutes

DIRECTIONS: In a large bowl, combine all ingredients except lettuce (salmon through salt and pepper). Once fully mixed together, serve in lettuce leaves!

Kale Lime Beef Soup

Dinner Day 1 – Serves 4

INGREDIENTS:

2 tablespoons avocado oil	1 teaspoon chili powder
1 clove garlic, minced	2 medium jalapenos, seeded and chopped
½ small red onion, chopped fine	4 cups chopped kale
2 pounds ground beef	2 stalks celery, chopped
2 teaspoons ground cumin	6 cups bone broth
2 teaspoons ground coriander	2 large limes, juiced
Sea salt and freshly ground black pepper to taste	¼ cup chopped cilantro
2 teaspoons paprika	1 large avocado, cubed

Prep Time: 15 minutes

Cook Time: 45 minutes

DIRECTIONS: In a large stock pot, heat the oil over medium-high heat. Cook the garlic and onion until soft. Add in the beef and season with the cumin through the chili powder, breaking up with a wooden spoon while it cooks. Once the meat is cooked through, drain any excess grease and remove half of meat and store it in an airtight container in the fridge for the following day.

Add in jalapenos, kale and celery, sauté for another 1 to 2 minutes, then add in bone broth and lime juice.

Bring the mixture to a boil and then reduce heat to low, cover with a lid and continue to simmer for another 30 minutes.

After the 30 minutes, remove soup from heat, serve and top with cilantro and avocado.

SERVING SUGGESTION: salad with mixed leafy greens and balsamic vinaigrette.

Day 2

Very Coco Smoothie

Breakfast Day 2 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/2 frozen avocado
2 tablespoons coconut oil

1 tablespoon cocoa nibs
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Beef Tacos with Fennel and Avocado Crema

Lunch Day 2 – Serves 4

INGREDIENTS:

Ground beef (left over from Dinner
Day 1)
1/4 cup bone broth
2 large avocados, peeled, pitted and
chopped
2 large limes, juiced
4 tablespoons chopped fresh cilantro

1 medium jalapeno, seeded and
chopped
sea salt and freshly ground black
pepper to taste
8 large collard green leaves, steamed
1 cup thinly sliced fennel
¼ small red onion, sliced thin

Prep time: 15 minutes

Cook time: 5 minutes

DIRECTIONS: In a large skillet over medium heat, add the cooked ground beef and bone broth (the broth keeps it from drying out!). Cook for about 5 minutes until heated thoroughly and once broth reduces, then remove skillet from heat.

In a food processor, combine avocados, lime juice, cilantro, jalapeno, salt and pepper. Puree until smooth.

In the collard leaves, add beef, fennel, onion and drizzle with avocado crema then serve.

Sausage Fried Kale

Dinner Day 2 – Serves 4

INGREDIENTS:

2 pounds nitrate free chicken sausage, sliced	1 cup shredded zucchini
2 tablespoons coconut oil	6 cups chopped kale
1 tablespoon freshly grated ginger	1 tablespoon rice wine vinegar
1 small onion, chopped	1/4 cup coconut aminos
2 stalks celery, chopped	Sea salt and freshly ground black pepper to taste

Prep Time: 10 minutes

Cook Time: 25 minutes

DIRECTIONS: In a large skillet over medium high heat, cook the sausage 10 to 15 minutes, until crispy. Remove the sausage and place on a paper towel lined plate. Store half of the sausage for lunch the next day in the refrigerator. Chop the sausage for this recipe.

In another large skillet, heat coconut oil over medium heat. Add ginger, and onion. Cook for 1 to 2 minutes then add in celery and zucchini. Saute until slightly tender, about 1 minute, then add in kale, sausage, vinegar, coconut aminos, salt and pepper. Cook together for 3 to 5 minutes or until kale is tender.

Day 3

Cucumber Kale Smoothie

Breakfast Day 3 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/2 frozen peeled cucumber
2 tablespoons coconut oil

1 cup baby kale
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Sausage Fennel Salad

Lunch Day 3 – Serves 4

INGREDIENTS:

3 tablespoons olive oil
1/4 cup apple cider vinegar
sea salt and freshly ground black
pepper to taste
sausage (left over from Dinner Day 2,
chopped)

3 cups baby arugula
3 cups baby spinach
3 cups sliced fennel
2 large avocados, pitted and cubed

Prep time: 15 minutes
Cook time: 5 minutes

DIRECTIONS: In a medium bowl, whisk together oil, vinegar, salt and pepper.

In a large bowl, toss together remaining ingredients (sausage through avocado). Drizzle with vinaigrette, toss and serve.

Red Wine Vinegar Chicken and Steamed Greens

Dinner Day 3 – Serves 4

INGREDIENTS:

4 tablespoons macadamia oil
2 cloves garlic, minced
1 cup bone broth
1/4 cup red wine vinegar
4 8 oz. skinless boneless chicken thighs

Sea salt and freshly ground black pepper to taste
6 cups chopped collard greens, steamed

Prep time: 10 minutes

Cook time: 20 minutes and 3 to 4 hours or 7 to 8 hours

DIRECTIONS: In a large bowl, whisk together oil, garlic, broth and vinegar.

Place thighs in bottom of a large crock cooker, pour the mixture over chicken, season with salt and pepper, make sure it's fully saturated, then cook on HIGH for 3 to 4 hours or LOW for 7 to 8 hours. Shred chicken with forks once done and put aside half of chicken for the next day's lunch.

Serve with side of steamed greens.

SERVING SUGGESTION: roasted radishes (tossed in ghee and salt and pepper).

Day 4

Spinach Coconut Smoothie

Breakfast Day 4 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/2 frozen avocado
2 tablespoons coconut oil

1 cup spinach
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Shredded Chicken with Wilted Garlic Spinach

Lunch Day 4 – Serves 4

INGREDIENTS:

1/4 cup bone broth
Shredded Chicken (Leftover from
Dinner Day 3)
3 tablespoons olive oil

1 clove garlic, minced
6 cups baby spinach
sea salt and freshly ground black
pepper to taste

Prep time: 15 minutes

Cook time: N/A

DIRECTIONS: In a large skillet, heat broth and chicken together over medium high heat. Heat for about 3 to 4 minutes, or until chicken is heated through – then remove from skillet and leave juices in pan if there are any left.

Add oil to same skillet, place back over medium high heat. Add garlic, sauté for about 2 minutes until fragrant, then add spinach, toss for another 2 minutes, or until wilted, season with salt and pepper and serve with chicken.

Spattering Salmon Fajitas

Dinner Day 4 – Serves 4

INGREDIENTS:

3 tablespoons coconut oil	1 teaspoon cumin
2 pounds sockeye salmon filets, cubed	1/2 teaspoon cayenne pepper
sea salt and freshly ground black pepper to taste	1/2 teaspoon paprika
3 tablespoons chopped chives	1/2 teaspoon coriander
1 large fennel bulb, sliced	1/2 cup cilantro, chopped
	1 medium lime, cut into wedges

Prep time: 10 minutes

Cook time: 30 minutes

DIRECTIONS: In a large skillet (preferably cast iron), heat coconut oil over medium high heat. Add salmon, season with salt and pepper, and cook for 3 to 4 minutes, stirring regularly until salmon is cooked thru. Once cooked through, remove half the salmon and store in refrigerator for lunch the following day.

Add next 6 ingredients (chives through coriander). Stirring constantly, cook for 3 to 4 minutes or until everything is tender.

Serve with cilantro and a wedge of lime.

SERVING SUGGESTION: fresh guacamole for on top or on the side (avocadoes, lime juice, cilantro, jalapeno (optional), minced onion, a small diced tomato, and sea salt).

Day 5

Beet Green Smoothie

Breakfast Day 5 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk	1 scoop Perfect Paleo Protein, Chocolate or Van.
1/2 frozen avocado	
2 tablespoons coconut oil	2 teaspoons Fibermender 2.0
1 cup chopped beet greens (or other green if beet greens are unavailable)	

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Vietnamese Salmon Salad

Lunch Day 5 – Serves 4

INGREDIENTS:

4 cups chopped romaine lettuce	2 tablespoons olive oil
2 cups shredded cabbage	1 tablespoon flaxseed oil
6 basil leaves, chopped	1/4 cup rice wine vinegar
3 mint leaves, chopped	sea salt and freshly ground black pepper to taste
1/2 cup bean sprouts	1 medium jalapeno, seeded and chopped
1 large avocado, pitted and cubed	1/2 cup cilantro, chopped
Salmon (From Day 4 Dinner)	

Prep Time: 10 minutes

Cook Time: 30 minutes

DIRECTIONS: In a large bowl, toss together first 7 ingredients (romaine through salmon).

In a food processor, combine remaining ingredients (olive oil through cilantro), puree until smooth, then drizzle over salad, toss, and serve.

Marinated Grilled Chicken Drumsticks

Dinner Day 5 – Serves 4

INGREDIENTS:

4 tablespoons olive oil	2 tablespoons chopped basil
1/4 cup apple cider vinegar	3 tablespoons bone broth
2 tablespoons coconut aminos	1 pound chicken drumsticks
sea salt and freshly ground black pepper to taste	2 medium zucchini, halved length-wise

Prep time: 10 minutes (plus 2 to 3 hours marinating time or overnight)

Cook time: 20 minutes

DIRECTIONS: In a large bowl, combine all ingredients except chicken and zucchini (oil through broth). Whisk together. Place chicken in a large zipper topped plastic bag, pour mixture all over the top of the chicken, make sure chicken is fully saturated, let out excess air, seal and place in refrigerator to marinate for at least 2 to 3 hours or overnight.

At time of cooking, preheat grill to medium high heat.

Remove chicken from fridge and marinade. Grill for about 4 to 6 minutes per side, or until chicken is cooked through. Brush zucchini halves with olive oil, season lightly with salt and pepper, and grill for about 2 to 3 minutes per side or until tender. Serve with drumsticks.



THE HOT MELT WAY

MENU 2

THE HOT MELT WAY

Menu 2

Day One //

Breakfast: Berry Butter Smoothie

Lunch: Citrus Crab Salad

Dinner: Chive Sirloin and Veggies

Day Two //

Breakfast: Nut Butter Smoothie

Lunch: Sliced Steak Salad

Dinner: Almond Salmon and Beet Greens

Day Three //

Breakfast: Avocado Mint Smoothie

Lunch: Almond Salmon Salad

Dinner: Mushroom Glazed Chicken and Spinach

Day Four //

Breakfast: Cherry Coconut Smoothie

Lunch: Chicken and Zucchini Skillet

Dinner: Kale and Sausage Soup

Day Five //

Breakfast: Strawberry Basil Smoothie

Lunch: Quick Sausage and Greens

Dinner: Creamy Fish Chowder

Shopping List:

MEAT/POULTRY/SEAFOOD

Lump crabmeat (2, 5-ounce cans) [R2]
Sirloin steaks (8 petite) [R3]
Wild-caught salmon filets, skin on one side (2 pounds) [R6]
Skinless boneless chicken breasts (4, 8-ounce) [R9]
Chicken sausage (2 pounds) [R12]
Firm white fish filets (1 pound) [R15]

CONDIMENTS

Olive oil [R2, R8, R14] ** [R9, R12]
Apple cider vinegar [R2, R5, R14]
Coconut oil [R3, R6, R7, R9, R10, R12, R13, R15]
Ghee [R3, R9, R11]
** Balsamic vinegar [R9, R12]

SPICES

Sea salt (keep on hand)
Freshly ground black pepper (keep on hand)
Ground ginger [R3]
Ground coriander [R6]
Ground cumin [R6]
Dried thyme [R12]
Dried Oregano [R12]
Bay leaf [R12]

DRY GOODS

Saving Dinner's Perfect Paleo Protein, chocolate or vanilla [R1, R4, R7, R10, R13]
Saving Dinner's Fibermender 2.0 [R1, R4, R7, R10, R13]
Almond flour (2 cups) [R6]
Hazelnuts (2 teaspoons) [R9]

FROZEN

Avocado (2 large) [R1, R4, R7] (buy fresh and freeze yourself unless your store carries frozen avocado)
Mixed berries (1/4 cup) [R1]
Cherries (1/4 cup) [R10]
Strawberries (1/4 cup) [R13]

PRODUCE

Limes (3 large) [R2, R8]
Dill (1 small bunch) [R2]
Chives (2 bunches) [R2, R3, R5, R14]
Cucumber (1 large) [R2]
Kale (10 cups) [R2, R8, R12]
Arugula (4 cups) [R2]
Avocado (6 large) [R2, R5, R8, R14]
Garlic (4 cloves) [R3, R11, R12, R15]
Lemon (2 medium, 2 large) [R3, R6, R12]
Broccoli florets (2 cups) [R3] ** [R15]
Zucchini (6 large) [R3, R11, R15]
Parsley (1 small bunch) [R5, R14]
Mixed leafy greens (8 cups) [R5] ** [R12]
Cilantro (1 bunch) [R6]
Mint (1 bunch) [R7]
Romaine lettuce (2 heads) [R8, R14]
Purple cabbage (1 small head) [R8]
Onion (1 small) [R9]
Rosemary (1 bunch) [R9]
Cremini mushrooms (10) [R9]
Baby kale (1 cup) [R10]
Cabbage (1 cup) [R12]
Baby spinach (1 cup) [R13]
Basil (5 to 6 leaves) [R13]
Spinach (4 cups) [R14]
White button mushrooms (10) [R15]
** Asparagus [R9]

CANNED GOODS

Full fat coconut milk (3, 14-ounce cans) [R1, R4, R7, R10, R13]
Almond butter (3 tablespoons) [R1, R4]
Bone broth (12 1/2 cups) [R3, R9, R11, R12, R15]
Cashew butter (1 tablespoon) [R4]
Olives (1/4 cup) [R5]

DAIRY

Unsalted butter (1 tablespoon) [R1]
Unsweetened coconut milk in carton (3 cups) [R6, R15]
Grated parmesan cheese (1/4 cup) [R11]

Day 1

Berry Butter Smoothie

Breakfast Day 1 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk	1 tablespoon unsalted butter
1/2 frozen avocado	1 scoop Perfect Paleo Protein, Chocolate or Van.
1/4 cup frozen berries	2 teaspoons Fibermender 2.0
1 tablespoon almond butter	

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Citrus Crab Salad

Lunch Day 1 – Serves 4

INGREDIENTS:

2 (5 ounce) cans lump crabmeat, drained	1/4 cup minced chives
1/3 cup extra virgin olive oil	2 cups chopped cucumber
2 teaspoons apple cider vinegar	4 cups kale, shredded
1 large lime, juiced and zested	4 cups chopped arugula
2 tablespoons fresh chopped dill	1 large avocado, sliced
	sea salt and freshly ground black pepper to taste

Prep time: 15 minutes

Cook time: N/A

DIRECTIONS: In a large bowl, combine all ingredients and toss to coat. Serve right away.

Chive Sirloin and Veggies

Dinner Day 1 – Serves 4

INGREDIENTS:

6 tablespoons coconut oil, melted	8 petite sirloin steaks
1 garlic clove minced	2 cups bone broth
¼ cup chopped chives	2 cups broccoli florets
1 medium lemon, juiced	4 cups sliced zucchini
4 teaspoons ground ginger	2 tablespoons ghee
Sea salt and freshly ground black pepper to taste	

Prep Time: 1 hour (optional overnight marinating)

Cook Time: 25 minutes

DIRECTIONS: In a large bowl, add the next 5 ingredients (coconut oil through pepper); mix well and submerge steaks in mixture. Cover bowl and let sit overnight in the refrigerator, or at room temperature for 1 hour.

In a large pot, add broccoli, zucchini, onion and bone broth. Over medium-high heat, bring to boil and stir occasionally for 10 minutes, or until veggies are softened. Remove from heat, season with salt and pepper to taste, and set aside.

Preheat grill to MEDIUM-HIGH. Brush grill grate with ghee.

Place marinated sirloin steaks on the grill and cook for 3 to 5 minutes per side, or to desired doneness. Set aside 4 steaks for lunch the next day. Serve remaining steaks with veggies.

Day 2

Nut Butter Smoothie

Breakfast Day 2 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/2 frozen avocado
2 tablespoons almond butter

1 tablespoon cashew butter
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Sliced Steak Salad

Lunch Day 2 – Serves 4

INGREDIENTS:

Steaks (left over from Dinner Day 1),
sliced
2 large avocados, peeled, pitted and
chopped
2 tablespoons apple cider vinegar

4 tablespoons chopped fresh parsley
¼ cup chopped olives
sea salt and freshly ground black
pepper to taste
8 cups mixed leafy greens
¼ cup chopped chives

Prep time: 15 minutes

Cook time: N/A

DIRECTIONS: In a medium bowl, toss together all the ingredients and serve right away.

Almond Salmon and Beet Greens

Dinner Day 2 – Serves 4

INGREDIENTS:

2 cups unsweetened coconut milk	2 large lemons, zested
2 cups almond flour	1/2 cup chopped fresh cilantro
2 teaspoons coriander	2 pounds salmon fillets, skin on one side
2 teaspoons cumin	1 tablespoon olive oil
6 tablespoons coconut oil, divided	1 pound beet greens, chopped
Sea salt and freshly ground black pepper to taste	

Prep Time: 20 minutes

Cook Time: 20 minutes

DIRECTIONS: In a shallow bowl, add coconut milk.

In a separate bowl, add the next 7 ingredients (almond flour through cilantro) and stir to combine.

Coat each salmon filet with coconut milk, and then dredge in the almond flour mixture covering each filet well. Set aside to rest for at least 10 minutes.

Preheat grill to MEDIUM-HIGH. Brush grill grate with 2 tablespoons of the coconut oil.

Using aluminum foil, make packets by folding a square of foil in half, crimping the two side edges and leaving the tops open. Place the coated salmon inside each packet and fold the top to seal.

In a medium bowl, toss together beet greens, sea salt, pepper and olive oil, coating well.

In a grill plate/basket add seasoned greens and place on grill for 5 to 6 minutes, or until soft; remove and set aside.

Place seasoned salmon packets on grill and cook for 4 to 5 minutes per side; remove from grill, store half of the salmon in refrigerator for lunch the next day.

Pair remaining salmon with greens and serve.

Day 3

Avocado Mint Smoothie

Breakfast Day 3 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/2 frozen peeled avocado
1 tablespoon coconut oil

1/2 cup chopped mint
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Almond Salmon Salad

Lunch Day 3 – Serves 4

INGREDIENTS:

3 tablespoons olive oil
1/4 cup fresh lime juice
sea salt and freshly ground black
pepper to taste
salmon (leftover from Dinner Day 2,
chopped)

3 cups chopped kale
3 cups chopped romaine lettuce
3 cups thinly sliced purple cabbage
2 large avocados, pitted and cubed

Prep Time: 15 minutes

Cook Time: N/A

DIRECTIONS: In a medium bowl, whisk together oil, lime juice, salt and pepper.

In a large bowl, toss together remaining ingredients (salmon through avocado). Drizzle with vinaigrette, toss and serve.

Mushroom Glazed Chicken and Spinach

Dinner Day 3 – Serves 4

INGREDIENTS:

2 tablespoons ghee	1/4 cup coconut oil
4 (8 ounce) boneless skinless chicken breasts	1/2 small onion, chopped
Sea salt and freshly ground black pepper to taste	2 teaspoons chopped hazelnuts
	1/4 cup chopped fresh rosemary
	10 Cremini mushrooms, sliced
	1/4 cup bone broth

Prep Time: 5 minutes

Cook Time: 15 minutes

DIRECTIONS: Preheat grill to MEDIUM-HIGH. Brush grill grate with ghee.

Season chicken breasts with salt and pepper. Place chicken on the grill for 4 to 6 minutes per side or until juices run clear and cooked through; remove from grill and set half aside for lunch the next day.

In a large pan, heat coconut oil over medium heat. Add the next 3 ingredients (onion through rosemary leaves) and simmer for 5 minutes. Add mushrooms and cook for another 3 minutes, or until mushrooms are slightly browned. Add in broth, season with salt and pepper, and after it boils, reduce heat to low and allow to simmer for at least 10 to 15 minutes or until broth has reduced by more than half.

Pour mushroom mixture over chicken and serve.

SERVING SUGGESTION: Grilled balsamic asparagus (brush asparagus with olive oil and balsamic vinegar, season with salt and pepper, and grill until tender).

Day 4

Cherry Coconut Smoothie

Breakfast Day 4 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk
1/4 cup frozen cherries
1 cup baby kale

1 tablespoon coconut oil
1 scoop Perfect Paleo Protein,
Chocolate or Van.
2 teaspoons Fibermender 2.0

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Chicken and Zucchini Skillet

Lunch Day 4 – Serves 4

INGREDIENTS:

3 tablespoons ghee
1 clove garlic, minced
6 cups sliced zucchini
1/4 cup bone broth

sea salt and freshly ground black
pepper to taste
Leftover chicken from Dinner Day 3,
chopped
1/4 cup grated Parmesan cheese

Prep Time: 15 minutes

Cook Time: 10 minutes

DIRECTIONS: In a large skillet, heat the ghee over medium-high heat. Add garlic, sauté for about 2 minutes until fragrant, then add zucchini, toss for another 3 minutes, or until tender.

Add in the bone broth and season with salt and pepper and then toss in the chicken. Reduce heat to low, simmer for about 10 minutes, or until broth reduces by half, and then serve and garnish with cheese.

Kale and Sausage Soup

Dinner Day 4 – Serves 4

INGREDIENTS:

2 tablespoons coconut oil	Sea salt and freshly ground black pepper to taste
1 clove garlic, minced	6 cups bone broth
1 cup chopped cabbage	2 cups water
1 teaspoon dried thyme	1 bay leaf
1 teaspoon dried oregano	3 cups chopped kale
2 pounds chicken sausage, sliced	1 medium lemon, juiced

Prep Time: 15 minutes

Cook Time: 1 hour

DIRECTIONS: In a large pan, over medium heat, add coconut oil, garlic, cabbage, thyme and oregano. Sauté for 10 minutes, stirring occasionally.

In a large pot, over medium-high heat, add the remaining ingredients (sausage through lemon juice) bring to a boil, then reduce heat to low. Add ingredients from frying pan and simmer for 30 to 45 minutes.

With a slotted spoon remove half of the sausage and reserve for lunch the next day. Serve remaining soup hot.

SERVING SUGGESTION: Mixed leafy green salad with balsamic vinaigrette.

Day 5

Strawberry Basil Smoothie

Breakfast Day 5 – Serves 1

INGREDIENTS:

1/2 cup full fat canned coconut milk	2 tablespoons fresh basil
1/4 frozen strawberries	1 scoop Perfect Paleo Protein, Chocolate or Van.
2 tablespoons coconut oil	2 teaspoons Fibermender 2.0
1 cup chopped baby spinach	

DIRECTIONS: In a blender, combine all ingredients (coconut milk through Fibermender 2.0); blend until smooth and enjoy! It's ok to add a bit of water, if a thinner smoothie is preferred.

Quick Sausage and Greens

Lunch Day 5 – Serves 4

INGREDIENTS:

4 cups chopped spinach	3 tablespoons olive oil
2 cups shredded romaine	1/4 cup apple cider vinegar
1/4 cup chopped parsley	sea salt and freshly ground black pepper to taste
1 large avocado, pitted and cubed	1/4 cup chopped chives
Chicken sausage (From Day 4 Dinner)	

Prep Time: 10 minutes

Cook Time: N/A

DIRECTIONS: In a large bowl, toss together first 5 ingredients (romaine through chicken sausage).

In a food processor, combine remaining ingredients (oil through chives), puree until smooth, then drizzle over salad, toss, and serve.

Creamy Fish Chowder

Dinner Day 5 – Serves 4

INGREDIENTS:

2 tablespoons coconut oil
1 pound white fish fillets, cubed
Sea salt and freshly ground black pepper to taste

1 clove garlic, minced
10 white button mushrooms, sliced
2 cups chopped zucchini
4 cups bone broth
1 cup unsweetened coconut milk

Prep Time: 10 minutes

Cook Time: 35 minutes

DIRECTIONS: In a large pot, heat the coconut oil over medium-high heat.

Cook the fish for 2-3 minutes and season with salt and pepper to taste. Add in the garlic through the zucchini and saute for another 2 to 3 minutes. Stir in the broth and then bring the stew to a boil.

Reduce heat to low, simmer for 20 minutes, then stir in coconut milk. Simmer for another 10 minutes or until chowder begins to thicken. Serve hot.

SERVING SUGGESTION: steamed broccoli.