

MY TOP 6 RECIPES FOR WEIGHT LOSS

**FREE BONUS
GROCERY
LIST!**



Non-inflammatory, gluten-free, soy-free and unrefined delicious, easy and healthy recipes!

CORTNEY CRIBARI

Super Coffee

Serves 1

Super charge your mind and body with this energy booster, not your ordinary cup of coffee.

Ingredients

- 8-ounces of organic fresh brewed coffee
- ¼ teaspoon MCT oil or coconut oil
- ½ teaspoon grass-fed butter

Directions

Combine coffee, oil and butter in blender. Once mixed frothy, drink and enjoy.

**Inspired by Bulletproof Coffee*

Protein Scramble

Serves 1-2

This low carb protein packed breakfast that will get you energized for the day.

Ingredients

- 1/2 chicken breast cut into small cubes
- 3 egg whites
- ¼ cup mushrooms
- ¼ cup spinach
- salt & pepper to taste
- 1 tablespoon of olive oil

Directions

Heat a medium saute pan, add oil over medium heat. Saute chicken for 3 minutes, add mushrooms and spinach. Cook for another 5 minutes until chicken has golden color. Add salt and pepper to your taste.

Add egg whites and scramble all ingredient together.

**Tastes great topped with hot sauce!*





Green Goddess

Serves 1

My favorite green juice on the planet that fires up your metabolism, satisfies your belly and gives you a glow.

Ingredients

- 6-ounces of filtered water
- 1 teaspoon ginger root, peeled
- ½ cup ice
- 1 cup baby kale
- 1 honeycrisp or fuji apple, cored and quartered
- juice of 1 lemon
- cayenne pepper

Directions

Place all ingredients into a blender except cayenne, blend well then dust cayenne pepper on top.

“You have two options: keep getting sicker and living miserably, or do everything you can to feel better and enjoy your life.”

-From the Naked Confidence Cookbook

Tuscan Kale Salad

Serves 2-4

A gorgeous salad that is cleansing and satisfying at the same time!

Ingredients

- 1 bunch tuscan kale (also known as black or lacinato kale)
- ½ cup raw sliced almonds
- ¼ cup finely grated parmesan
- 3 tablespoons extra virgin olive oil
- freshly squeezed juice of 1 lemon
- ¼ teaspoon salt
- Freshly ground black pepper to taste

Directions

Remove stems and ribs from kale and discard. Slice kale into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl.

Squeeze lemon juice over kale and give kale a nice massage. Then add the oil and massage again really breaking down the kale structure.

Place bowl in fridge for at least 30 minutes to soften the kale. Remove from fridge top with almonds, parmesan and a drizzle of oil. Serve

Grilled Salmon With Kale Salad

Serves 2

A dinner loaded with healthy fat and protein to nourish your body.

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 salmon fillets
- salt and pepper to taste
- 2 cups *Tuscan Kale Salad*, recipe above

Directions

Turn on grill to low medium heat and let warm up for 5 minutes. Rub both sides of salmon fillets in olive oil, season with salt and pepper.

Place salmon on grill and cook until flaky, 5 minutes on each side. Remove from grill and serve salmon over tuscan kale salad.





Nut Mix

Serves 15 cups

Try my awesome nut mix recipe!

Ingredients

- 1 pound raw shelled walnuts
- 1 pound raw shelled pistachios
- 1 pound dry roasted almonds
- 1 pound dry roasted peanuts
- 1 pound raw pepitas

Directions

Mix all ingredients in a large mixing bowl, portion out 1/4 servings into individual plastic bags. Then place individual portions in the refrigerator or freezer. Add pink sea salt to taste.

“Total body success is knowing
how to eat right,
having discipline and making
healthy choices enjoyable.”
-From The Naked Confidence Cookbook

Grocery List

Fruits

Apples
Lemons

Organic Vegetables

Mushrooms
Spinach
Baby Kale
Tuscan Kale

Fresh Herbs

Ginger root

Protein

Wild Salmon, 2 Fillets
Free-Range Chicken Breast
Eggs Whites

Nuts

Raw Sliced Almonds
Raw Walnuts
Raw Pistachios
Raw Pepitas
Dry Roasted Peanuts
Dry Roasted Almonds

Dairy

Grass-Fed Butter
Shredded Parmesan

Oil & Healthy Fats

Coconut or MCT Oil
Extra Virgin Olive Oil

Seasonings

Cayenne Pepper
Sea Salt
Black Pepper

Beverages

Organic Coffee