



excel
WELLNESS

**LOW-CARB
RECIPE BOOK**

VOLUME 1: SPRING 2020



Hi, friend!

For YEARS, I've wanted to put together a recipe book that can be used by ANYONE looking for low-carb and HEALTHY meals! That's why I'm SOOO excited about this cookbook!

If you don't know my story, I'm a single momma of three kiddos and live in Louisburg, Kansas. I found these incredible products and business opportunity in 2011. I've lost 75 pounds, have kept it off and have earned more than \$3 million just by helping others!



This recipe book is full of great ideas to help you stay ON TRACK with healthy eating! And, one of the BEST parts about it is the recipes were submitted by individuals using our products and health system! You can find out more about the contributors throughout this book. If you'd like more information about our products, get back with the person who sent you this book.

I hope you're as excited about this resource as I am! I can't WAIT until we put together the next book! Happy cooking!

Here's to your amaXYNG! — *Kara*

Index

Breakfast	4-7
Appetizers	9-14
Soups	16-19
Sides	21-23
Entrees	25-35
Dessert	37-40
Recipes Using Products	42-49

Breakfast



Amy Potter
GRENOLA, KANSAS

If I can do this, anyone can do this. It's all hard. You pick your hard. Making a big change is hard, but I can promise you it's NO harder than being miserable. I became the girlfriend my husband fell in love with and the mom my kids never knew they had. It's TRUE, when Momma ain't happy ... ain't nobody happy.



Robin Gutowski
RADISSON, WISCONSIN

I started after an ankle surgery, 12 weeks, non-weight bearing. I knew I wouldn't be able to exercise and needed to lose the weight. I have maintained



for two years now! I'm feeling amazing! #shewillnotfail

Kara Nutsch
HAMILTON, KANSAS

I was an unhappy person. I relied and survived on Dr. Pepper to get me through my days with my kids. One had just turned 2, and the other was 11 months old. I wasn't sleeping or eating enough and was dealing with postpartum depression and anxiety. My kids deserved better. My husband deserved better. I deserved better! My kids didn't need a perfect mom, they needed a healthy, happy mom!



Skillet Breakfast Pizza

Submitted by Tracy Anderes

Ingredients

- 1 cup almond flour
- 2 cups mozzarella cheese, shredded
- 2 Tbsp cream cheese
- 3 large eggs, beaten
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/4 cup heavy cream
- 1/2 cup breakfast sausage pre-cooked, chopped
- 1/2 cup crispy bacon, chopped
- 1/2 cup ham, cubed
- 1 cup pizza blend cheese, shredded

Directions

1. Preheat oven to 350 degrees. Grease a cast iron skillet with olive oil or butter. In a microwave safe bowl, heat cream cheese and mozzarella on 30 second intervals until melted. Mix each time.
2. In a separate bowl, beat one egg into 3/4 cup of almond flour. Mixture will be thick. Hand mix into the melted cheese mixture. Dough will be sticky. Turn it out onto plastic wrap. Cover with plastic wrap and shape into ball. Refrigerate until firm.
3. Cover a flat surface with more plastic wrap or parchment paper. Place dough on paper and cover with another piece. Roll dough out slightly larger than pan. Use remaining 1/4 cup of almond flour to dust the dough before rolling out.
4. Place dough into skillet. Pinch and fold edges. Use a fork to poke holes to prevent bubbling. Pre-bake for 10 minutes.
5. Top dough with half of pizza cheese and all the meat toppings. Whisk heavy cream into remaining two eggs and pour over pizza. Top with remaining cheese.
6. Bake for 15 minutes or until golden brown and egg is set up. Allow to cool for 5 minutes before cutting.

Egg Casserole

Submitted by Gretchen Jones

Ingredients

- 1 lb Monterey Jack cheese, grated
- 12 oz fresh mushrooms, sliced
- 1/2 large onion, chopped
- 1/4 cup unsalted butter
- 1 cup cubed ham
- 7 large eggs, beaten
- 1 1/3 cup milk
- 1/2 cup keto flour
- 1 Tbsp parsley
- 1 Tbsp Lawry's seasoning salt

Directions

1. Preheat oven to 350 degrees.
2. Put half of the cheese in a buttered 9x13 pan.
3. Sauté mushrooms and onion in butter, then spread on top of the cheese. Sprinkle ham over mushroom/onion layer. Put remaining cheese on top of the ham.
4. Beat remaining ingredients together and pour into pan.
5. Bake for 45 minutes.

Baked Eggs in Ham Cups

Ingredients

- Eggs
- Black forest ham
- Spices as desired

Directions

1. Preheat oven to 400 degrees. Spray cupcake pan with coconut oil.
2. Tuck one slice of ham into each cup of the pan. Crack one egg into each cup and garnish with spices.
3. Place the pan in the oven and cook for 15 minutes or until egg whites are fully cooked.

Submitted by Tara Kelley

Spaghetti Squash Breakfast Hash

Submitted by eXcel Wellness



Ingredients

- 2/3 cup spaghetti squash
- Canadian bacon
- Red bell pepper
- Yellow onion
- Green onion
- Egg

Directions

1. Sauté spaghetti squash, veggies and protein in a skillet.
2. Season with salt, pepper and other spices as desired.

Raspberry Scones

Ingredients

- 1 cup almond flour
- 2 eggs, beaten
- 1/3 cup baking Stevia
- 1 1/2 tsp pure vanilla extract
- 1 1/2 tsp baking powder
- 1/2 cup berries

Directions

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, combine almond flour, eggs, Stevia, vanilla and baking powder. Mix well.
3. Add in the berries to the bowl and gently fold in. After the berries are incorporated, spoon 2 to 3 tablespoons of the batter, per scone, onto the lined baking sheet.
4. Place the baking sheet into the preheated oven. Bake for 15 minutes or until lightly brown.
5. Remove from oven and place on a cooling rack for 10 minutes.

Submitted by Tara Kelley

Killer Egg Casserole

Submitted by Jenny Anderson

Ingredients

- 1 lb pork sausage, browned and drained
- 12 oz bacon, chopped and fried until crisp
- 4 green onions, chopped
- 1/2 medium green pepper, chopped
- 1/2 medium red pepper, chopped
- Fresh mushrooms, sliced
- Fresh spinach
- 12 eggs
- 8 oz cream cheese, softened
- 1 cup heavy whipping cream
- Pepper/salt to taste
- 8 oz shredded cheddar cheese

Directions

1. Put all meat and veggies in greased 9x13 pan.
2. In a large bowl, beat the eggs and spices.
3. In a medium bowl, whisk cream cheese until creamy. Gradually whisk in the cream.
4. Pour into the eggs and blend well. Pour evenly over the meat and veggies.
5. Top with cheese. Bake at 350 degrees for 40-60 minutes, until knife inserted in the center comes out clean. Let stand for 10 minutes before cutting.



I like to make this for Christmas with the red and green peppers! It is so yummy!

Cheesy Avocado Baked Eggs

Submitted by Tara Kelley

Ingredients

- 1 avocado
- 2 eggs
- 4 Tbsp shredded Colby cheese



Directions

1. Preheat oven to 425 degrees.
2. Scoop out enough avocado from each half so an egg fits in the hole you create.
3. Place each avocado half in a ramekin, setting with the cut side facing up.
4. Using two small bowls, carefully crack an egg into each avocado half.
5. Sprinkle 2 tablespoons of cheese over each avocado half.
6. Place in the oven and bake for 15-20 minutes.

French Toast Cinnamon Egg Loaf

Ingredients

- 8 eggs
- 8 oz cream cheese
- 4 Tbsp butter
- 6 Tbsp coconut flour
- 1 tsp vanilla
- 1 tsp baking powder
- Packet of Truvia sweetener
- Cinnamon
- Optional: banana extract, sugar-free maple syrup extract

Directions

1. Preheat oven to 350 degrees.
2. Mix ingredients. Pour in greased loaf pan.
3. Bake for 45 minutes. Slice and eat like French toast with sugar-free syrup, butter, cinnamon, whipping cream, etc.

Submitted by Kara Cunningham



Savory Breakfast Cookies

Submitted by Tracy Anderes

Ingredients

- 4 oz pork sausage
- 1/2 cup onion, chopped
- 1/2 cup green peppers, chopped
- 3/4 cup almond flour
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp baking powder
- 3 eggs
- 1 cup cheddar cheese, shredded

Directions

1. Preheat oven to 375 degrees. Sauté sausage, onions and peppers until sausage is browned and the vegetables are soft. Take off heat and let cool.
2. Add almond flour, salt, pepper and baking powder to a bowl and mix. In a separate bowl, beat eggs, then add 1/2 cup of the cheese. Add to flour mixture and mix well.
3. Add cooled sausage mixture and mix to combine. Place a piece of parchment paper or a silicone mat on a large cookie sheet. Place a big spoonful of mixture as you would to make cookies. Dough is sticky so try to use the spoon as well you can.
4. Press down gently on each cookie to flatten a little. Sprinkle with cheese and bake for 8-10 minutes. Store in the refrigerator or freezer.



Appetizers



Danielle Crouch
DODGE CITY, KANSAS

I began my journey over five years ago!! In my first week, I lost 6 pounds and 20 inches and felt so much better!! Over the course of my journey, my joint aches and pains have significantly reduced, my energy and mood are so much better, and I've lost more than 60 pounds!



Patty White
GIRARD, ILLINOIS

I had tried numerous diets over the years without success. When I reached my highest weight ever, I had a 50-year high school reunion and a 30-year wedding anniversary coming and felt I just had to do something to look and feel better! Xyngular was the answer! I'm down 35 pounds and still losing! My coach, Carrie, is the best and the support from her and others is beyond belief! The company is so people-oriented. I am so glad I found you all!



Jenny Anderson
LINDSAY, NEBRASKA

I started May 2015 with Xyngular, lost 40 pounds and have kept it off for almost five years! It's a lifestyle change. I eat low carb every day and go jogging daily! Thanks X for changing my life!!!



Cream Cheese Chicken Spread

Ingredients

- 2 chicken breasts baked or grilled
- 8 oz cream cheese
- 1/2 cup shredded fiesta blend cheese
- Couple slices cooked bacon
- 1/4 cup or less sour cream

Submitted by Danielle Crouch

Directions

1. Soften cream cheese and add bacon, cheese blend and sour cream.
2. Shred chicken and mix all together and heat. Great on a low-carb tortilla, veggies or alone.

Toasted Pepperoni Snacks

Submitted by Danielle Crouch



Ingredients

- Pepperoni slices

Directions

1. Preheat oven to 350 degrees.
2. Place wire cooling sheet on a baking/cookie sheet.
3. Spread pepperoni out and bake until toasted/dark around the edge.
4. Cool on paper towels and blot extra grease.
5. Place in sandwich bag lined with paper towel and refrigerate.

Summer Sausage Snacks

Submitted by Anna Vance

Ingredients

- 2 1/3-inch thick slices jalapeño cheddar summer sausage
- 1 hard boiled egg, cut in half
- 1 tsp mayonnaise
- Salt/pepper



Directions

1. Place summer sausage on a plate.
2. Add 1/2 teaspoon mayo to each slice.
3. Add egg slice to each summer sausage and top with salt/pepper.

Ranch Crack Dip

Ingredients

- 8 oz cream cheese
- 3/4 cup ranch dressing
- 1/3 cup sour cream
- 1 cup cheddar cheese, shredded
- 1/3 cup bacon bits, cooked
- 1/3 cup green onions, chopped
- 1/8 tsp cayenne pepper (optional)

Submitted by Jimmie Hughes

Directions

1. Preheat oven to 350 degrees.
2. Heat cream cheese gently in microwave on medium until it's warm and easy to stir.
3. Stir the ranch dressing into the cream cheese, until smooth, then stir in the sour cream.
4. Stir in remaining ingredients.
5. Transfer dip into a 1/2 quart glass or stoneware container. Bake for about 15 minutes until hot and bubbly.
6. Serve hot or warm with veggies or low-carb crackers.

Low-Carb Guacamole



Submitted by Courtney Servaes

Ingredients

- 1/4 cup fresh cilantro, chopped
- 3 Tbsp finely diced red onion
- 3 ripe avocados, peeled, pitted and diced
- Juice of two limes
- 1 jalapeño, finely diced
- 2 Tbsp mayonnaise
- 1/2 tsp garlic powder

Directions

1. Mash cilantro, onions, avocados, lime juice and jalapeños together in a bowl using a fork.
2. Add mayonnaise and garlic powder. Guacamole should be chunky. Can put in blender for a smoother guacamole.

Buffalo Chicken Dip

Ingredients

- 8 oz cream cheese, softened
- 12 oz can chicken, drained
- 1/2 cup buffalo wing sauce
- 1/2 cup ranch dressing
- 2 cups shredded cheese

Submitted by Kara Cunningham

Directions

1. Preheat oven to 350 degrees. Spread cream cheese on bottom of an ungreased baking dish.
2. On top of cream cheese, layer chicken. Place wing sauce on top and salad dressing on top of that. Sprinkle cheese on top.
3. Bake until melted and bubbly, about 20 minutes.



Bacon-Wrapped Jalapeños

Submitted by Kara Cunningham

Ingredients

- 1/2 lb ground sausage
- 1 lb bacon
- 10 jalapeños
- 1/2 cup cheddar cheese
- 8 oz cream cheese

Directions

1. Preheat oven to 350 degrees.
2. Brown sausage. Mix cooked sausage with cream cheese until creamy.
3. Wash, cut off tops and and cut jalapeños vertically in half. Scoop seeds out of peppers.
4. Fill jalapeño halves with sausage and cream cheese mixture.
5. Cut bacon slices in half and wrap half of each slice around each pepper. Place wrapped peppers on foil-lined cookie sheet.
6. Bake 25-30 minutes. Sprinkle tops of peppers with cheddar cheese.



Jalapeño Popper Deviled Eggs

Submitted by Tracy Anderes

Ingredients

- 6 large eggs
- 16 sliced pickled jalapeños, divided
- 6 slices thick cut bacon, cooked crisp and crumbled
- 4-6 Tbsp mayonnaise
- 2 oz cream cheese, softened
- 1/4 tsp smoked paprika

Directions

1. Hard boil eggs.
2. Chop four of the jalapeño slices and set aside.
3. Peel eggs and slice in half lengthwise. Remove yolks and fork mash them in a medium mixing bowl.
4. To the bowl, add bacon, mayonnaise, cream cheese and chopped jalapeños. Mix until all ingredients are well incorporated.
5. Spoon mixture into a plastic bag or pastry bag. Squeeze mixture to one corner of the bag and snip off the corner. Use this to pipe the filling into the egg halves.
6. Top each egg with a jalapeño slice. Sprinkle paprika over top of the eggs.



No Chip Nachos

Submitted by Trish Linscott



Ingredients

- 2 1/2 lbs ground beef,
- 1 cup (or large) onion, chopped
- 1/4 cup taco seasoning
- 1 Tbsp salt
- 3 cups cheddar cheese, shredded
- 3 cups lettuce, shredded
- 2 cups tomatoes, diced
- Toppings: avocado, sour cream, jalapeños, cilantro

Directions

1. Preheat oven to 400 degrees. Mix ground beef, onions, salt and taco seasoning in a bowl.
2. Spread mixture out evenly and firmly onto a large sheet pan. Bake for 20-30 minutes, until well done and browned.
3. Remove from oven and using two spatulas, remove the beef mixture sheet from the pan and onto a cutting board.
4. Drain the grease in the sheet pan, then place the beef sheet back onto the pan.
5. Cover with shredded cheese and bake another 10 minutes until melted and bubbly. Remove from oven.
6. Top with lettuce, tomatoes, jalapeños, avocados, cilantro, sour cream, etc. Easy to eat cut into triangles.

Bacon-Wrapped Mozzarella Sticks

Submitted by Tara Kelley

Ingredients

- Oil for frying
- 2 mozzarella string cheese pieces
- 4 bacon slices

Directions

1. In large sauce pan, heat 2 inches of oil to 350 degrees.
2. Cut each string cheese stick in half widthwise.
3. Wrap each half of string cheese in one slice of bacon. Secure ends with a toothpick.
4. Drop cheese pieces into hot oil. Cook 2-3 minutes or until bacon is thoroughly browned.
5. Transfer to a paper towel to drain.
6. Serve alone or with sugar-free marinara or ranch dressing.

Cheesy Artichoke Baked Zucchini Rounds

*Submitted by
Trish Linscott*

Ingredients

- 4 oz cream cheese, softened
- 2/3 cup shredded mozzarella
- 1/4 cup fresh grated parmesan
- 1/2 cup canned artichoke hearts, drained and chopped
- 1/2 cup frozen spinach, thawed and drained
- 2 Tbsp sour cream
- 2 cloves minced garlic
- Pinch crushed red pepper flakes
- Salt/pepper
- 3 medium zucchini cut into 1/2-inch rounds (green and yellow)



Directions

1. Preheat oven to 400 degrees. Line large baking sheet with parchment paper.
2. Gently mix all ingredients in bowl. Add salt and pepper to taste.
3. Spread about a tablespoon of mixture on top of each zucchini coin.
4. Bake about 15 minutes until zucchini is tender and cheese is melty. Watch closely. For more color, broil carefully for just a minute or two.

Caprese Salad Bites

Submitted by Tara Kelley

Ingredients

- 12 cherry tomatoes, halved
- 12 small mozzarella balls or cubes
- 12 fresh basil leaves
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1/4 tsp salt
- 1/8 tsp black pepper

Directions

1. Using a toothpick, spear one tomato half, then add one mozzarella ball.
2. Top the cheese with one basil leaf then the second tomato half. Set aside.
3. Repeat the process with the remaining ingredients.
4. Arrange the skewers on a tray. Add salt and pepper to taste.

Italian Portobello Cups

Ingredients

- 6 portobello caps
- 3 medium tomatoes, diced,
- Medium chopped onion
- Oregano/basil/cracked pepper
- Minced garlic clove
- Mozzarella cheese
- 1 lb hot Italian sausage

Submitted by Trish Linscott



Directions

1. Preheat oven to 375 degrees.
2. Gently scrape out "gills" with a spoon from underside of portobello caps, holding in your hand. Sprinkle with salt and pepper. Place mushrooms flat, gill side down on large baking sheet.
3. Bake until slightly soft and giving off some liquid, about 10-15 minutes, depending on size. Pat gill side dry with paper towel.
4. Warm 2 tablespoons olive oil in large skillet, medium heat. Cook onion until soft, 3-5 minutes. Add minced garlic. Sauté 1 minute. Add sausage and break up into small pieces. Cook 5-7 minutes.
5. Stir in tomatoes and increase heat to high. Cook and stir until liquid has evaporated, about 12 minutes. Stir in oregano, basil, salt and pepper to taste.
6. Divide sausage mixture among portobellos, filling gill side of each with about 1/2 cup. Top with mozzarella cheese. Bake until cooked through and cheese is melted, about 10 minutes. Can broil a bit as well for toasty coloring.

Goat Cheese Stuffed Roasted Peppers

Ingredients

- 3/4 cup goat cheese at room temperature
- 1 tsp minced garlic
- 2 tsp chopped fresh basil
- 1/4 tsp salt
- 1/8 tsp ground black pepper
- 12 sweet cherry peppers, stemmed and seeded
- 1 Tbsp olive oil

Submitted by Tara Kelley

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix together goat cheese, garlic, basil, salt and pepper.
2. With a spoon, fill the peppers with goat cheese mixture. Place peppers on a parchment-lined baking sheet.
3. Drizzle peppers with the olive oil. Bake for 15 minutes or until peppers are browned and the cheese is bubbling.

Soups



Trish Linscott
OMAHA, NEBRASKA

In 2014, I had two goals: lose weight and "prove the hype wrong." In the first 8 days, I was AMAZED, losing 12 pounds and 10.5 inches, but still skeptical. In 90 days, I was down 40 pounds and five sizes, and I was a believer!! A happier, more balanced and HEALTHIER believer!!



Jenalea Myers
SHAWNEE, KANSAS

I started this system in February 2012, looking for weight loss but also very interested in overall health and wellness because of my family's history with heart disease. I lost my brother at age 31 and mom at age 60 to heart attacks. I knew I needed to make some BIG changes. I lost 12 pounds in my first 8 days, more than 22 pounds in my first 30 days, 50 pounds in four months and 75 pounds within a year. Today, I'm down around 85 pounds! It's truly the BEST GIFT I've given myself! It hasn't been easy, but it's been so WORTH IT.



Tara Kelley
SAN ANGELO, TEXAS

I am passionate about living healthy because my husband and five kids need a healthy wife and momma! I am better for them when I am strong!



Ground Beef Veggie Stew

Ingredients

- 1 lb ground beef
- 1 Tbsp olive oil
- 1 small yellow squash, chopped
- 1 small zucchini, chopped
- 1 small red pepper, chopped
- 2 15 oz can diced tomatoes
- 1 cup water
- 1 tsp salt
- 1/4 tsp pepper
- 3 Tbsp minced fresh cilantro

Submitted by Jenalea Myers

Directions

1. In a large saucepan, cook beef over medium-high heat until no longer pink, 5-7 minutes. Drain. Remove from pan and set aside.
2. In same saucepan, add oil, squash, zucchini and red pepper. Cook and stir until crisp-tender, 5-7 minutes.
3. Add beef, tomatoes, water, salt and pepper. Bring to a boil.
4. Reduce to a simmer and cook, stirring occasionally until vegetables are tender, 5-8 minutes.
5. Stir in cilantro to serve. If desired, top with sour cream.

Jalapeño Popper Chicken Soup

Submitted by Kara Cunningham

Ingredients

- 4 frozen chicken breasts (can use canned chicken for quicker and easier preparation)
- 2 blocks cream cheese
- 1 package Hidden Valley Ranch seasoning
- 3 Tbsp Mrs. Dash Southwest chipotle seasoning
- 2 10 oz cans rotel tomato and chiles
- 32 oz chicken broth
- Shredded cheese or several cubes of Velveeta



Directions

1. Place everything in the crockpot except cheeses.
2. Cook on low for six hours.
3. Add cheese in the last 30 minutes. You can spice it up more by using the spicy version of rotel and Hidden Valley Ranch seasoning and/or adding jalapeño slices.



This is one of my family's FAVORITE recipes! AND, it's low carb and goes along with our meal plan and products!

Creamy Keto Italian Sausage Soup

Submitted by Theresa Thomas

Ingredients

- 1 Tbsp butter
- 1/2 onion, chopped
- 2 cloves garlic
- 4 cups chicken bone broth
- 8 oz cream cheese
- 1 lb Italian sausage (mild or hot)
- 1 14 oz can diced tomatoes
- 1 zucchini (small) chopped
- 2 cups chopped spinach
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Parmesan cheese
- 1/4 tsp cayenne pepper (to taste)



*I absolutely love this soup!
The broth is to die for!*

Directions

1. Melt butter over medium-high heat and add onion, garlic and Italian sausage to cook for 4-5 minutes or until onion is soft and meat browned.
2. Pour in three cups of the bone broth, then add the zucchini, basil, oregano, bay leaf, cayenne pepper and diced tomatoes.
3. Bring to a boil, then lower the heat to simmer.
4. Place remaining cup of bone broth and cream cheese in a blender and blend until smooth. Pour into the rest of the soup and stir.
5. Mix in the chopped spinach and once wilted serve the soup or allow to simmer for another half hour or more for the flavors to combine.
6. Serve topped with shredded parmesan cheese.

Creamy Chicken Tortilla Soup

Submitted by Danielle Crouch

Ingredients

- 32 ounces chicken broth
- 3 cooked chicken breast
- 1 block cream cheese
- Shredded cheese
- Avocado

Directions

1. Heat broth and block of cream cheese.
2. Dice chicken. Add chicken when heated, stir. Can do in the crockpot or quickly on the stove top.
3. Serve hot with shredded cheese and avocado. Can add veggies if desired.



Chicken Noodle Soup

Submitted by Tara Kelley



Ingredients

- 3 cups chicken broth
- 1 chicken breast, chopped
- 2 Tbsp avocado oil
- 1 stalk of celery, chopped
- 1 green onion, chopped
- 1/4 cup cilantro, finely chopped
- 1 zucchini peeled

Directions

1. Dice chicken breast. Add avocado oil into a sauce pan and sauté chicken until soft.
2. Add chicken broth to sauce pan and simmer.
3. Chop celery and green onions and add to sauce pan.
4. Chop cilantro and put aside. Create zucchini noodles. I use a potato peeler to create long strands, but other options are to use a spiralizer or a food processor with the shredding attachment.
5. Add zucchini noodles and cilantro to pot.
6. Simmer for a few minutes. Add salt and pepper to taste.

Instant Pot Keto Broccoli Cheese Soup

Submitted by Jenny Anderson



I love this broccoli and cheese soup! It's very creamy!

Ingredients

- 2 Tbsp butter
- 1/2 sweet onion
- 2 garlic cloves
- 4 cups small broccoli florets
- 4 cups chicken broth
- 1/8 tsp cayenne pepper
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup cream cheese
- 2 cups heavy whipping cream
- 2 cups cheddar cheese

Directions

1. Melt butter in instant pot on sauté setting on high. Sauté diced onion for 3-4 minutes, add garlic and cook for 30 seconds.
2. Add broccoli, salt, pepper, cayenne pepper and chicken broth to pot. Cook on manual high for 1 minute. Immediately do a quick release.
3. Stir in 1/2 cup cream cheese until melted. Add whipping cream. Stir until cream of broccoli soup is heated through.
4. Stir in cheddar cheese 1/2 cup at a time. Serve immediately.

Low-Carb Crockpot Pizza Soup

Submitted by Jenny Anderson

Ingredients

- 1.5 lbs ground sausage, browned
- 2 cups low-carb marinara sauce
- 15 oz can beef broth
- 1 cup water
- 16 oz cream cheese, cubed
- 4 oz mushrooms, drained
- 2.25 oz black olives drained
- 1 Tbsp Italian seasoning
- 1 cup mini pepperoni or regular size chopped
- Mozzarella to garnish

Directions

1. Combine all ingredients in 6-quart slow cooker.
2. Cook for 2-3 hours on high or 4-5 on low, stirring occasionally.
3. Serve in bowls and top with cheese if desired.

“Tastes just like pizza in soup form!”

Chili

Submitted by Jessica Whetsell

Ingredients

- 20 oz rotel, drained
- 3 lbs hamburger meat
- 3 cups beef bone broth
- Medium white onion, diced
- 5 garlic cloves, pressed
- 3 jalapeño peppers, sliced
- 2 Tbsp avocado oil
- 3 Tbsp chili powder
- 2 Tbsp cumin
- 1 tsp salt and pepper
- 1/2 tsp cayenne pepper
- 1/4 tsp xanthan gum to thicken (optional)
- Optional toppings: cheddar cheese, sour cream, chives or green onion

Directions

1. Prepare meat and vegetables by dicing into small 1/2-inch or smaller diameter chunks. Sauté onion and peppers 1-2 minutes in 2 tablespoons of oil.
2. Add pressed garlic and continue to sauté until onions start to become slightly translucent. Add beef and cook until almost browned on the outside. Salt and pepper meat to taste.
3. Remove mixture and drain rendered fat and juices and set aside. Add 1 cup broth, cayenne pepper, chili powder, cumin and stir into paste.
4. Add remaining cups of broth and stir well. Add meat mixture back into pot and stir well. Add rotel and stir to combine. Place lid on. Cook for 15 minutes.
5. If thicker chili is what you want, add the xanthan gum. Serve as-is or with your choice of toppings.



Sides



Patty Dowty

LA CYGNE, KANSAS

These products have kept me full of energy, feeling great and looking my best for eight years!



Kasey Frost

BALDWIN CITY, KANSAS

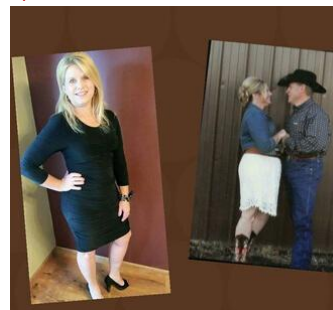
When I started our supplements, I lost more than 20 pounds in just two months, found energy I had forgotten about and filled by body's nutritional gaps! Nine years later, and I've kept it off!



Jimmie Hughes

FORT SCOTT, KANSAS

Months after breast cancer and riding the hormonal roller coaster, I was still experiencing sleepless nights. I was running on fumes and wondering if this was what the rest of my life was going to be like. A friend saw I was a walking zombie and reached out to me. I tried her little blue pill with lots of skepticism. Now, that little blue pill is my bestie!! I don't just sleep at night but I REST. I wake every morning completely rested, full of energy and no brain fog. Ready to tackle the day. That little blue pill (XR2) led me to try other products, where I found I could balance out my body, drop weight with little effort and turn back the hands of time!!



Creamiest Mashed Cauliflower

Submitted by Jenny Anderson

Ingredients

- 2 16 oz packages of riced cauliflower (or 1 large head)
- 3 Tbsp unsalted butter
- 2 cups water
- 1 tsp kosher salt

Directions

1. Melt butter in pot over medium heat. Add cauliflower and sauté. Stir occasionally until cauliflower has lightened in color, 3-5 minutes.
2. Add water and salt and bring to a boil.
3. Cover and cook until cauliflower is tender, about 10 minutes. Reserve 1/4 cup cooking liquid.
4. Drain cauliflower. Place drained cauliflower and reserved cooking liquid back in pan. Mash to desired consistency.

Amish Broccoli Salad

Submitted by Kara Cunningham

Ingredients

- 1 head cauliflower, chopped
- 1 cup mayonnaise
- 1 cup sour cream
- 1/2 cup erythritol
- 1/2 teaspoon salt
- 1/2 pound bacon, fried and crumbled
- 1 cup shredded cheddar cheese

Directions

1. Combine chopped broccoli and cauliflower in a large bowl.
2. In a separate bowl, combine mayo, sour cream, erythritol and salt to make a creamy dressing.
3. Add dressing to broccoli-cauliflower mix, stirring to evenly coat vegetables.
4. Stir in bacon and cheese, reserving a small amount to sprinkle on top of the salad just before serving.



Creamy Coleslaw Salad

Submitted by Jenny Anderson

Ingredients

- 4 tsp apple cider vinegar
- 1/4 cup Stevia
- 1/4 tsp dry ground mustard
- 1 cup mayonnaise
- 2 10 oz bags coleslaw mix

Directions

1. Whisk vinegar with dry ingredients, then add mayonnaise. Whisk until smooth and creamy.
2. Add cabbage to dressing and stir until all the cabbage is coated. Refrigerate two hours.



Tastes like KFC coleslaw!

Cauliflower Mac & Cheese

Ingredients

- 1 tsp salt, divided
- 1 head fresh cauliflower chopped into small florets
- 1 cup heavy whipping cream
- 1/3 cup cream cheese, cubed
- 1 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 tsp minced garlic
- 1/4 tsp black pepper
- 1/2 cup parmesan cheese

“ I feel like I'm eating pasta when I'm really not!

Submitted by Jenny Anderson
Directions

1. Preheat oven to 350 degrees.
2. Bring a large pot of water to a boil. Season with 1/2 teaspoon salt. Carefully drop cauliflower in boiling water and cook 5 minutes.
3. Drain thoroughly and place florets on paper towel to soak up remaining moisture. Place in large bowl and set aside.
4. In a large skillet over medium heat, add heavy cream and bring to simmer. Whisk in cream cheese until smooth.
5. Add cheddar and mozzarella cheeses and garlic. Whisk until melted, about 2 minutes. Remove from heat and pour over cauliflower. Stir to coat evenly. Sprinkle with rest of salt and pepper.
6. Spray 8-inch square baking pan with cooking spray. Transfer to pan and top with parmesan cheese.
7. Bake for 20 minutes.

Baked Cabbage

Submitted by eXcel Wellness



Ingredients

- 1 medium head of cabbage
- 4 Tbsp unsalted butter
- 1/2 cup water
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp low-carb sugar
- Pinch of red pepper flakes (optional)

Directions

1. Preheat oven to 350 degrees.
2. Wash cabbage and slice in half, then into strips. Place cabbage in a 2-quart baking dish.
3. Cut butter into four pieces and place around on top of the cabbage.
4. Pour in water and then sprinkle with the seasoning. No need to stir.
5. Cover with foil and bake for 1 hour. Remove foil and bake uncovered for an additional 15 minutes or until desired tenderness.

Broccoli Fritters

Submitted by eXcel Wellness

Ingredients

- 8 oz broccoli, cut into small pieces or chopped
- 1 cup shredded cheddar cheese
- 2 large eggs, beaten
- 2 Tbsp almond flour or crushed pork rinds
- 1 tsp Cajun seasoning
- 1 Tbsp avocado oil or olive oil

Directions

1. Cut fresh broccoli crowns and stems into 1/2-inch by 1/2-inch pieces. Steam lightly in the microwave or in a steamer. Drain any excess water and dry with paper towels if wet.
2. Toss or stir the broccoli with flour or pork rinds and Cajun seasoning to coat.
3. Add egg and stir. Add cheddar cheese and stir until thoroughly combined.
4. Place a cast iron or non-stick pan over medium heat until hot. Add oil and swirl to coat the pan. Divide mixture into fourths and spoon into the pan, arranging in a low mound or patty. Scrape any tumbled pieces back into the piles.
5. Cook on one side until the cheese on the top of the patty begins to melt and the bottom is crusty brown, about 2-3 minutes. Flip and cook on the other side until browned. Serve topped with ranch dipping sauce if desired.



Low-Carb Green Bean Casserole

Submitted by Kara Cunningham

Ingredients

- 4 oz can sliced mushrooms, drained
- 1/4 cup diced onion
- 1 tsp garlic
- 8 oz cream cheese
- 1/2 cup chicken broth
- 1/2 cup chicken broth
- 1 tsp salt
- 1 tsp ground pepper
- 2 cans green beans
- 1/2 cup crushed pork rinds
- 1 Tbsp Worcestershire sauce

Directions

1. Preheat oven to 350 degrees. Grease a casserole dish and set aside.
2. Heat in a skillet over medium heat, onion, mushrooms, garlic and Worcestershire. Cook until onions are tender.
3. Add cream cheese and chicken broth to skillet and cook over low heat, stirring constantly until the cream cheese has melted and the sauce is smooth and creamy. Season with salt and pepper.
4. Mix with green beans and then pour everything into the casserole dish. Sprinkle top with pork rinds
5. Bake 20-30 minutes, until everything is hot and bubbly. Optional toppings: crumbled cooked bacon and/or grated parmesan cheese.



Entrees



Tracy Anderes

MANKATO, KANSAS

I have lost 54 pounds and 45 inches! I have more energy, less stress and am a better wife and mother! These products taught me how to live a healthy lifestyle, and I love it!



Gretchen Jones

EDMOND, OKLAHOMA

When I started these products, I was concerned I wouldn't like the taste, I would be starving or that I would waste money. My objections were totally unfounded! I've lost 29 pounds and have kept it off!



Anna Vance

WALLER, TEXAS

I started my Xyngular journey with only a couple products, which is what my budget allowed.



Over the course of one year, I have been able to lose 40 pounds and couldn't be happier!

Chicken Tenders



Ingredients

- 3 oz pork rinds
- 2 tsp dried oregano
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp red pepper flakes
- 1 tsp pink salt
- 2 eggs
- 2 Tbsp heavy whipping cream
- 1 lb chicken tenders

Submitted by Jenalea Myers

Directions

1. Preheat oven to 350 degees and lined rimmed baking sheet with parchment paper.
2. Put pork rinds and seasonings in a food processor and pulse until crumbly and combined. Pour onto a dinner plate. Set aside. Crack eggs into a small bowl and add cream. Whisk.
3. Pat chicken tenders dry and, working in batches, dip them in the egg wash and then dredge them in the seasoned pork rinds. Once fully coated, lay them on baking sheet in a single layer.
4. Bake the tenders for 30 minutes, then turn the oven to broil and broil for 2-3 minutes, until the chicken is cooked through and the breading is browned.

Cabbage & Sausage



Ingredients

- One head of green cabbage
- One package kielbasa
- 4 Tbsp real butter

Submitted by Danielle Crouch

“ Such a fast and easy recipe!

Directions

1. Heat butter in large skillet until very hot. Cut cabbage into slaw-like shreds and add to skillet and cover.
2. Slice kielbasa into bite-sized pieces and put aside.
3. Stir cabbage routinely and add some salt. Once cabbage is cooked midway (about 10 minutes), add kielbasa and stir together. Uncover and continue to cook until done.

Hamburger Casserole

Ingredients

- 1 lb ground meat
- 1 bag cauliflower rice
- 8 oz cream cheese
- 1 can green chilis
- Ranch seasoning packet

Submitted by Wendy Morton

Directions

1. Brown ground meat and steam cauliflower rice. Mix together.
2. Add block of cream cheese, can of green chilis and ranch seasoning packet. Let simmer and enjoy!

Stuffed Bell Peppers

Submitted by Jenalea Myers

Ingredients

- 1 lb ground turkey
- 3/4 cup salsa
- 1/2 cup cheese (plus more for topping)
- 1 onion
- 4 bell peppers

Directions

1. Preheat oven to 400 degrees. Cut peppers in half and seed. Place in baking dish with 1/2 inch water in bottom.
2. Brown turkey. When cooked, add salsa. Simmer for 5 minutes.
3. Add cheese, and fill peppers. Bake covered for 30 minutes.
4. Take out, top with a little cheese. Bake uncovered for another 10 minutes.

“ I hate to cook, but even I can't mess up this recipe!

Spinach & Bacon Stuffed Chicken Thighs

Ingredients

- 5 bacon slices
- 2 Tbsp butter
- 1 1/2 cups spinach
- 1 tsp minced garlic
- 3/4 cup cream cheese at room temperature
- 1 lb boneless chicken thighs
- 1/4 cup shredded Swiss cheese
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

Directions

1. Preheat oven to 425 degrees. On a baking sheet, place bacon slices about 1/2 inch apart. Cook for 15 minutes.
2. In a large skillet over medium heat, melt butter. Add spinach and garlic.
3. Cook until spinach wilts, about 2 minutes. Remove spinach from the skillet. Set aside.
4. Chop cooled bacon into small pieces. In a large bowl, mix together cream cheese, sautéed spinach and chopped bacon.
5. On a flat surface, lay out chicken thighs. Spread the meat open so the thighs lay in two pieces. Place an equal portion of cream cheese mixture on each piece of chicken.
6. Top each with Swiss cheese. Close thighs and secure with toothpicks. Season with salt and pepper.
7. Place chicken in a baking dish. Bake for about 20 minutes.

Submitted by Tara Kelley

Jalapeño Popper Chicken

Submitted by Patty Dowty



Ingredients

- 4 boneless skinless chicken breasts
- 8 oz cream cheese
- 4 oz can chopped green chilies
- 1 cup Monterey jack cheese, shredded
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

1. Preheat oven to 375 degrees.
2. Lay chicken flat in a baking dish.
3. In a medium bowl, add cream cheese, garlic powder, cumin, salt and pepper. Combine.
4. Mix in green chilies. Place mixture on top of chicken breasts.
5. Top with shredded cheese. Bake for 35-45 minutes.



*Jalapeño
poppers are a
favorite of mine!
So good!*

Burger Bowls

Submitted by Kara Nutsch



Ingredients

- 2 lbs ground beef
- 1 1/2 cups shredded cheddar
- 1/2 cup cooked bacon, crumbled
- 2 minced jalapeños
- 1/2 cup ranch dressing
- Salt/pepper

Directions

1. Mix all ingredients besides beef and set aside.
2. Season 2 pounds ground beef with salt and pepper.
3. Shape into balls. Form a bowl with each ball with hands/glass.
4. Fill with cheese and mix.
5. Refrigerate for 1-2 hours and then grill.

Egg Roll In a Bowl

Submitted by Patty White
Ingredients



- 1 Tbsp avocado oil
- 4 cloves minced garlic
- 3 Tbsp fresh ginger, minced (or 3/4 tsp ground)
- 1 lb ground beef
- 1 tsp sea salt
- 1/4 tsp black pepper
- 4 cups shredded coleslaw mix
- 1/4 cup coconut aminos or soy sauce
- 2 tsp toasted sesame oil
- 1/4 cup green onions

Directions

1. Heat oil in large sauce pan over medium-high heat. Add garlic and ginger, sauté about 1 minute until fragrant.
2. Add ground beef, season with salt and pepper, cook until brown, 7-10 minutes.
3. Reduce heat to medium. Add slaw and coconut aminos. Cover and cook about 5 minutes until cabbage tender.
4. Stir in sesame oil and green onions.

“ Just like takeout at home! Love the flavor of the ginger and sesame oil!

Instant Pot Mississippi Pot Roast

Submitted by Jenny Anderson

Ingredients

- 4-5 lbs chuck or rump roast
- 9 pepperoncinis
- 1 oz packet dry ranch dressing mix
- 1 oz packet au jus gravy mix
- 1 stick butter

Directions

1. Sear roast in instant pot in 1-2 tablespoons olive oil until slightly browned. This is very important to lock in all the flavors.
2. Top with rest of ingredients. Cut up butter and put on top.
3. Turn on instant pot to manual pressure cooker for 90 minutes.
4. Once the cooking time is finished, use the quick release feature to let all steam out.
5. Remove lid and serve immediately.

Chicken & Mushrooms

Submitted by Crystal Hisey

Ingredients

- 6 thin sliced chicken breasts
- 1 container green onion cream cheese
- 1/4 cup olive oil
- 1/2 cup chicken broth
- 1 large package sliced mushrooms
- 1 small bag fresh baby spinach
- 1 dash Weber herb and garlic seasoning
- Dash pepper
- 8 oz shredded mozzarella cheese

Directions

1. Preheat oven to 375 degrees. In a 9x13 pan, lay out chicken in single layer and top with spinach and mushrooms. Sprinkle seasonings over the top.
2. Soften cream cheese and whisk in olive oil and chicken broth. Pour over mixture.
3. Lay piece of foil over top but do not seal.
4. Bake for 20 minutes. Remove foil and bake uncovered for another 20-25 minutes.
5. Sprinkle cheese on top and bake uncovered for another 10 minutes or until starting to brown. Let cool for 10 minutes and serve.

Jalapeño Popper Chicken Casserole

Submitted by Amy Potter

Ingredients

- 2 lbs boneless chicken breast, cooked and shredded
- 1/2 tsp garlic powder
- 8 oz cream cheese, softened
- 1/2 cup heavy whipping cream
- 1/4 cup chicken stock
- 1/2 lb jalapeño peppers (about 5-6 peppers)
- 4 oz sharp cheddar cheese, grated
- 1/2 tsp paprika
- 1/2 cup crumbled crispy bacon

Directions

1. Preheat oven to 375 degrees. Lay shredded cooked chicken in a casserole dish. Season with garlic powder, paprika and pepper.
2. Whisk together heavy cream, cream cheese and chicken stock. Spread mixture evenly over shredded chicken.
3. Wash jalapeño peppers and cut tops off. Remove seeds and stems if you want it milder, or leave some if you want more spicy. Cut peppers into strips and lay them on top of cream cheese mixture. Sprinkle cheddar cheese on top.
4. Bake for 20 minutes or until bubbly and hot. Remove from oven 5 minutes before cooking is complete and sprinkle with bacon. Then return for the remaining cooking.



Cheesy Meatloaf

Submitted by Kara Cunningham



Ingredients

- 2 pounds of hamburger
- 1 egg
- Meatloaf seasoning
- Pepper/onion/celery frozen veggie mixture
- Block cheese/Velveeta
- 3/4 cup almond milk
- Two handfuls pork rinds, crushed
- 3 slices bacon
- Reduced-sugar ketchup

Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients except bacon slices and ketchup.
3. Form into a loaf. Top with bacon and ketchup.
4. Bake for an hour.

Avocado Chicken Burgers

Submitted by Tara Kelley

Ingredients

- 1 lb ground chicken
- 1/2 cup almond flour
- 2 garlic cloves, minced
- 1 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 avocado, diced
- 2 Tbsp olive oil
- Lettuce wedge wraps

Directions

1. In a large bowl, mix together ground chicken, almond flour, garlic, onion powder, salt and pepper.
2. Add avocado, gently incorporating into the meat while forming four patties. Set aside.
3. In a large skillet over medium heat, heat olive oil for about 1 minute. Add patties to the skillet.
4. Cook for about 8 minutes per side, or until golden brown and cooked through.
5. Serve on a lettuce wedge wrap-able leaf.

Tuna Patties

Submitted by Trish Linscott

Ingredients

- 1 can tuna, drained
- 1 large egg
- 5-7 large pork rinds, crushed
- 1 Tbsp lemon juice
- 1 tsp soy sauce
- Seasonings to taste

Directions

1. Mix tuna, egg, crushed pork rinds, lemon juice, soy sauce and seasonings.
2. Make into patties and fry in plenty of coconut oil. Do NOT try to turn too soon — they will break apart. Can also bake in oven on parchment. I top mine with a horseradish mayo mix.

Low-Carb Red Sauce Enchiladas

Submitted by Courtney Servaes

Ingredients

- 3 tomatoes
- 1/2 onion
- 3 garlic cloves
- 1 tsp cumin
- 1 tsp oregano
- Ground black pepper to taste
- 3 chipotles in adobo sauce (found canned in ethnic aisle)
- 1 Tbsp adobo sauce from can
- 1 cup low-sodium chicken broth
- 1 chicken breast
- 8-10 low carb tortillas
- Monterey jack cheese
- Cilantro to garnish

Directions

1. Roast tomatoes in the oven at 400 degrees until lightly charred.
2. Cover chicken breast with cold water in a saucepan and bring to a boil. Add 1/2 teaspoon cumin and 1/2 teaspoon oregano to water. Reduce heat to a simmer and let chicken cook until it is no longer pink inside, about 20 minutes.
3. Once cooked, set aside to cool and then shred using two forks. Roughly chop onion and add to a dollop of oil. Add three whole, peeled garlic cloves to oil and sauté over medium heat.
4. Add roasted tomatoes to onions and garlic along with chipotles in adobo sauce, adobo sauce, 1/2 teaspoon cumin, 1/2 teaspoon oregano and chicken stock. Add ground black pepper to taste.
5. Let mixture simmer for a few minutes then add to a blender. Blend well and return to saucepan. Let simmer for 5-10 minutes on medium heat.
6. In a 8.5x11 glass pan, add thin layer of enchilada sauce to bottom of a pan. Fill tortilla with shredded chicken and cheese. Roll tight and place in pan.
7. Roll all enchiladas until chicken is gone. A single chicken breast should make 7-9 enchiladas.
8. Cover enchiladas with remaining sauce. Add shredded cheese and cilantro. Bake at 400 degrees for 8-10 minutes.

Low-Carb Egg Salad

Submitted by Tara Kelley

Ingredients

- 6 eggs
- 2 Tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1/4 tsp salt
- Pepper to taste

Directions

1. Place eggs gently in a medium saucepan. Add cold water until covered by about an inch. Bring to a boil for 10 minutes. Remove from heat and let cool.
2. Peel eggs under cold running water. Add eggs to a food processor or magic bullet and pulse until chopped.
3. Stir in mayo, mustard, lemon juice, salt and pepper. Taste and adjust as necessary.

KFC Style Chicken

Ingredients

Submitted by Patty Dowty



- 2 tsp paprika
- 1/2 tsp thyme
- 1/2 tsp ground ginger
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/3 tsp dried oregano
- 1/2 tsp celery salt
- 1/2 tsp mustard powder
- 1/2 tsp black pepper
- 1/4 tsp white pepper
- 1 tsp salt
- 1 1/2 cup extra fine almond flour
- 2 cups almond milk, unsweetened
- 1 egg
- 4 large chicken breasts or 8 thighs, cut into pieces
- 2 cups coconut oil

Directions

1. Combine all spices into a bowl, mix well and divide into two large bowls. In one bowl, add almond milk and egg. Mix well until combined.
2. Add chicken and leave to marinate overnight or for a few hours.
3. To other spice mix, add almond flour and mix well. Take chicken out and dip into flour spice mix until chicken is coated well. For a better crunch, you can double dip or repeat last step.
4. For deep frying, bring coconut oil up to a medium heat and fry chicken for 8-9 minutes or until golden brown and cooked through. For air frying, place in air fryer, drizzle some coconut oil over the top and air fry for 8-9 minutes at 180/350 degrees turning once. Serve immediately.

Low-Carb Philly Cheese Steak

Ingredients

Submitted by Courtney Servaes

Directions

- 8 oz thinly sliced steak
 - 1 medium green bell pepper
 - 1 medium red bell pepper
 - 1/2 package sliced button mushrooms
 - 1 medium onion
 - 1 Tbsp Worcestershire sauce
 - 2 Tbsp butter
 - 4 slices provolone cheese
1. Slice bell peppers and onion. Place steak and vegetables in a ziplock bag with Worcestershire sauce and let marinate for at least 1 hour.
 2. Dump vegetables from bag into frying pan with butter. Leave steak out of pan.
 3. Cook until onions are transparent and bell peppers are softened.
 4. Turn off burner and add steak, mixing until steak is cooked but not overdone.
 5. Serve on top of low-carb tortillas with provolone.

Hamburger, Sausage & Broccoli Alfredo

Submitted by Tracy Anderes



Ingredients

- 1 lb ground beef
- 1 lb sausage
- 1 tsp oregano, dried
- 1 small onion, chopped
- 1 clove garlic, minced
- 10 to 12 oz fresh broccoli
- 8 oz cream cheese
- 1/2 cup heavy cream
- 1/2 cup parmesan cheese, grated
- 8 oz mozzarella cheese, shredded
- Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees. In a large skillet, brown hamburger, sausage, onion and garlic over a medium heat. Season to taste with oregano, salt and pepper. Drain excess fat.
2. Steam broccoli until tender yet still a little crisp. Season with salt and pepper.
3. Place cream cheese in a microwaveable bowl and microwave on high for about 45 seconds, until soft. Whisk until creamy and smooth. Gradually whisk in the cream until smooth. Stir in the parmesan cheese.
4. Combine hamburger, broccoli and cream sauce in a large greased casserole dish (2.5 quart or larger). Top with shredded cheese.
5. Bake about 35-45 minutes, until bubbly around edges.

Low-Carb Homestyle Meatballs

Submitted by Courtney Servaes

Ingredients

- 1.5 lbs ground beef
- 1 cup original pork rinds, crushed
- 2 eggs
- 3 Tbsp finely minced onion
- 1 cup low-carb ketchup
- 2 Tbsp low-carb brown sugar
- 3 Tbsp vinegar
- 2 Tbsp low-carb Worcestershire sauce
- 4 Tbsp finely diced onion
- Dash of tabasco or hot sauce

Directions

1. Preheat oven to 350 degrees.
2. Combine beef, pork rinds, eggs and minced onion. Roll into medium-small balls and place in pan or casserole dish.
3. Combine all other ingredients in a bowl. Spread over meatballs.
4. Bake for 45 minutes.

Low-Carb Worcestershire Sauce

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp mustard powder
- 4 Tbsp coconut aminos
- 1 tsp ground cinnamon
- 2 tsp paprika
- 1/2 tsp ground pepper
- 3 Tbsp white vinegar
- 4 Tbsp water

Pollo Fundido

Ingredients Submitted by Jessica Whetsell



- 2 lbs chicken breasts
- 8 oz cream cheese, softened
- 1 cup Monterrey jack cheese
- 4 oz diced green chilis, drained
- 1/2 tsp garlic
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions

1. Preheat oven to 375 degrees. In a large mixing bowl, add cream cheese, garlic, cumin, salt and pepper. Stir generously to combine seasoning well.
2. Add diced green chilis to cream cheese mixture. In a large baking dish, place full chicken breasts on the bottom and be sure to space them out evenly.
3. Spread cream cheese mixture across top of chicken breasts to cover them completely. Top with Monterrey jack cheese.
4. Place in the middle oven rack for 45 minutes. Take out when chicken is cooked all the way, and allow to cool on counter for a few minutes before serving.

Zucchini Lasagna

Ingredients

Submitted by eXcel Wellness

- .5 lb ground beef
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/3 cup onion, chopped
- 1 tsp minced garlic
- 1/2 can crushed tomatoes
- 1 Tbsp basil
- 1.5 zucchini
- 3/4 cup ricotta cheese
- 2 Tbsp grated parmesan cheese
- 1.5 Tbsp liquid egg white
- 1.5 cups shredded mozzarella cheese

Directions

1. Preheat oven to 375 degrees. Brown hamburger. Mix in onion, garlic, tomatoes and spices and cook.
2. Place a layer of sauce in bottom of the pan.
3. Layer with zucchini. Mix ricotta, parmesan cheese and egg whites. Spread over zucchini layer.
4. Repeat steps 2-3. Top with mozzarella cheese.
5. Bake for 30 minutes covered and 20 minutes uncovered.

Crockpot Pepperoncini Shredded Beef



Ingredients

Submitted by eXcel Wellness

- 2 lbs boneless chuck shoulder
- 1 Tbsp minced garlic
- 1/2 tsp black pepper
- 8 oz sliced pepperoncinis, including juice

Directions

1. Combine all ingredients in a crockpot.
2. Cook on low for 8 hours.

Stuffed Pepper Casserole

Submitted by eXcel Wellness



Ingredients

- 1 lb ground turkey
- 3/4 cup green bell pepper, chopped
- 1/4 cup onion, chopped
- 1/2 tsp garlic, minced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 bag cauliflower rice
- 1/2 can no salt added diced tomatoes
- 1/2 can no sugar added spaghetti sauce
- 3/4 cup shredded mozzarella

Directions

1. Preheat oven to 350 degrees. In a skillet, combine turkey, pepper, onion, garlic, salt and pepper until onions are translucent and peppers are tender. Cook cauliflower rice.
2. In a large bowl, combine turkey mixture, riced cauliflower, tomatoes, tomato sauce and half of cheese.
3. Spread into a 2.5 quart casserole dish. Sprinkle remaining cheese on top. Bake for 25 minutes.

Low-Carb Cottage Pie

Submitted by Kara Cunningham



Ingredients

- 1 pound ground beef
- 1/4 cup onion, chopped
- 14.5 oz can French style green beans, drained
- 4 Tbsp butter
- 2 cups beef broth
- 2 tsp Worcestershire sauce
- 1 tsp garlic powder
- Salt and pepper
- 1/2 tsp xanthan gum
- 20 oz frozen mashed cauliflower
- 1/2 cup grated parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Brown beef in skillet with chopped onion. Set aside.
3. In separate skillet over medium heat, melt butter. Add broth, Worcestershire, garlic powder, salt and pepper. Bring to boil. Reduce heat and let cool to a simmer.
4. Add xanthan gum and whip to combine. Let simmer 5-10 minutes until starting to thicken.
5. Combine beef, onion, gravy and green beans. Spread on the bottom of a square baking pan.
6. Cook frozen mashed cauliflower. Spread cooked cauliflower over beef/veggie/gravy mixture.
7. Sprinkle with parmesan. Bake 20-30 minutes until cheese is melted and top starts to turn golden brown.

Desserts



Jessica Whetsell
WEIRTON, WEST VIRGINIA

All I can say is these products have made me a better wife and mother because I couldn't give the 110% to my family like I can now because I was overweight and had low energy!



Theresa Thomas
OVERLAND PARK, KANSAS

I love Xyngular's fruit punch Trimstix! They satisfy my craving for something sweet after lunch and give me the boost to get through my afternoon. I've noticed when I forget my Trimstix, I'm more likely to be looking for a dessert after dinner!



Angela Freeman
OVERLAND PARK, KANSAS

I'm a cancer survivor and chemo put me into early menopause, which makes it difficult to lose weight. These



products have been a God send! I've been using the products for 90 days and have lost 20 pounds! I'm 5'10" and down a full size and feel so much healthier. I love the shakes, and they are so easy to customize!

Edible Low-Carb Cookie Dough

Submitted by Jenalea Myers

Ingredients

- 6 oz cream cheese, softened
- 5 Tbsp butter, softened
- 2 Tbsp Swerve sweetener
- 1/2 tsp vanilla extract
- 1/2 cup Lily chocolate chips

Directions

1. Mix together cream cheese, butter, sweetener and vanilla in a medium bowl with a mixer.
2. Fold in the chocolate chips.
3. Roll into balls.
4. Transfer to an airtight container and keep refrigerated.



Fudgy Double Chocolate Keto Brownies

Submitted by Jenalea Myers

Ingredients

- 1 cup natural creamy almond butter
- 2/3 cup powdered erythritol
- 2 Tbsp unsweetened cocoa powder
- 2 Tbsp no sugar added peanut butter powder
- 2 large eggs
- 1 Tbsp salted butter ghee or coconut oil, melted
- 2 Tbsp water
- 1 1/2 tsp pure vanilla extract
- 1 tsp baking soda
- 1/4 cup sugar-free dark chocolate chips

Directions

1. Preheat oven to 350 degrees. Lightly grease an 8-inch by 8-inch baking dish. Alternately, you can line it with parchment paper, leaving a couple inches of overhang on the sides for easy removal.
2. In a large mixing bowl, combine almond butter, erythritol, cocoa powder, peanut butter powder, eggs, butter, water, vanilla extract and baking soda. Using an electric hand mixer, mix until all ingredients are well combined. Fold in chocolate chips.
3. Pour batter into prepared baking dish and spread in an even layer.
4. Bake for 15 minutes, or until center is set. Start checking at the 15-minute mark.
5. Let cool in the pan for 15 minutes before cutting and serving. Cut into 16 squares.



Keto No Bake Cookies

Submitted by Tracy Anderes

Ingredients

- 2 Tbsp real butter
- 3/4 cup all-natural peanut butter (or your choice of nut butter)
- 1 cup unsweetened all-natural shredded coconut
- 4 drops of vanilla stevia (or sweetener of your choice)
- Note: If using a granulated sweetener, add it to the butter when microwaving to melt.

Directions

1. Melt butter in microwave. Stir in peanut butter.
2. Add sweetener and coconut. Mix well.
3. Spoon onto sheet pan.
4. Freeze for 5-10 minutes. Store in the refrigerator, bagged.



Oreo Chaffles

Submitted by Jenny Anderson

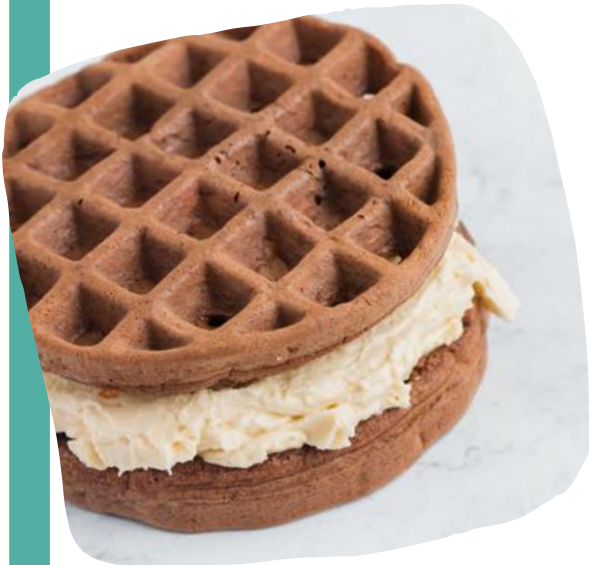
Ingredients

Chaffle

- 1 egg
- 1 oz cream cheese
- 2 Tbsp almond flour
- 1 Tbsp cocoa powder
- 2 tsp Monkfruit sweetener
- 1 tsp vanilla

Filling

- 2 Tbsp unsalted butter, softened
- 1 Tbsp powdered erythritol
- 1/4 tsp vanilla
- Pinch of salt



Directions

1. Preheat waffle maker to medium to high heat.
2. Whisk together egg, cream cheese, almond flour, cocoa powder, monkfruit and vanilla.
3. Pour half of mix into center of waffle maker. Close and let cook for 3-5 minutes or until golden brown and set. Remove and make second chaffle.
4. Mix all filling ingredients. Spread filling between COOL chaffles.



Tastes like an Oreo cookie!

Keto Thin Mints

Submitted by Kasey Frost

Ingredients

- 2 Tbsp cocoa powder
- 1 cup almond flour
- 1/8 tsp salt
- 1 tsp pure vanilla extract
- 1/8 tsp pure peppermint extract
- Pinch uncut stevia
- 3 Tbsp water
- 1/2 cup sugar-free chocolate chips
- 1/4 tsp additional pure peppermint extract
- Optional 2 tsp oil



Directions

1. Preheat oven to 350 degrees. Line baking sheet with parchment paper.
2. Combine all but the last three ingredients in a bowl and stir to form a dough. If too wet to roll out, freeze just until firm enough to roll. I find it's easiest to place dough in a large ziploc, smush into one large ball, and roll out from inside the bag.
3. Once rolled out, cut dough into circles (or other shapes) with a cookie cutter or small jar lid.
4. Bake 7 minutes. Let them cool completely, during which time they will firm up.
5. Freeze cookies while you make the coating so chocolate will adhere upon contact.
6. For coating, carefully melt chocolate chips. I like to stir in the oil for a smoother sauce that makes the cookies easier to coat.
7. Once melted, stir in extract. Dip cookies in chocolate, place on a parchment-lined plate and freeze.

Low-Carb Pumpkin Crisp

Submitted by Patty White

Ingredients

- 1 15oz can pumpkin purée
- 3/4 cup low-carb sweetener
- 1 egg
- 1/2 cup heavy cream
- 1/4 tsp salt
- 1 tsp vanilla
- 1 Tbsp pumpkin pie spice
- 3/4 cup low-carb brown sugar
- 2 Tbsp coconut flour
- 1/2 cup chopped pecans

Directions

1. Preheat oven 350 degrees. Combine first seven ingredients, whisking until thoroughly combined. Pour into 8x8 greased baking dish.
2. Mix last three ingredients with fork until crumbly. Spread over pumpkin mixture.
3. Bake until light brown, about 40 minutes until middle is slightly set.

Red Velvet Cupcakes

Submitted by Patty Dowty

Ingredients

Cupcake

- 1.5 cup almond flour
- 3 Tbsp coconut flour
- 2 Tbsp unsweetened cocoa powder
- 1/2 cup erythritol
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp pink Himalayan salt
- 6 large eggs
- 1/2 cup butter, melted
- 1/2 tsp liquid stevia
- 1-2 tsp red food coloring/natural food coloring
- 2 tsp vanilla extract
- 2 tsp distilled white vinegar

Directions

1. Preheat oven to 350 degrees. Line a muffin tin with cupcake liners or grease with coconut oil spray and set aside.
2. In a medium bowl, whisk together almond flour, coconut flour, erythritol, cocoa powder, baking powder, baking soda and salt.
3. In a separate bowl, mix eggs, melted butter, stevia, vanilla, vinegar and red food coloring (or substitute for natural coloring). Add wet ingredients to dry ingredients and mix until just combined.
4. Divide batter between cupcake liners, filling them 3/4 of the way full.
5. Bake for 20-25 minutes, until a toothpick inserted in the middle of a cupcake comes out clean. Allow to cool completely.

Icing

- 8 oz cream cheese, room temperature
- 1/2 cup butter, room temperature
- 1/2 cup powdered erythritol
- 1 Tbsp heavy cream
- 1 tsp vanilla extract
- 1/4 tsp liquid stevia

Directions

1. Using a hand mixer, beat cream cheese and butter together on medium speed until smooth, 3-4 minutes.
2. Scrape down sides of the bowl, then add remaining ingredients. Mix 3-4 minutes until fluffy. Add more powdered erythritol if you like it sweeter or heavy cream for a fluffier consistency.
3. Pipe or spread on cupcakes as desired. Serve and enjoy! Best stored in the fridge in an air tight container up to seven days.



Products



Wendy Morton

NORTH RICHLAND HILLS, TEXAS

So thankful I decided to try these products and believe in myself. I have never felt so good, and the weight loss is amazing! I am 48 and have lost 30 pounds, am down four sizes and have never felt better!!



Courtney Servaes

SHAWNEE, KANSAS

I've used Xyngular products for over five years. My favorite product is by far Xyng! Caffeine tends to make me crash, but Xyng doesn't seem to do anything but give me energy. My oldest son jokes about how much different my personality is if I don't take my daily Xyng. It's my secret weapon. It helps me keep up with my two sons and business. It's the best!



Crystal Hisey

SABINAL, TEXAS

I'm so embarrassed about how I just gave up and was "happy" living. Let me tell you, I was most definitely not happy trying to find clothes that fit and then backing out of a function because well, I wasn't buying new clothes in a bigger size. I was always aching somewhere, my skin was horrible and I wanted to sleep all the time. I am so grateful for this company and its amazing products bringing me back to actually living life and being happy again. God is good!



Lean Peanut Butter Shake

Submitted by Tara Kelley

Ingredients

- 1 cup crushed ice
- 1/4 cup heavy whipping cream
- 1/4 cup powdered peanut butter
- 2 Tbsp coconut oil
- 1 cup unsweetened almond milk
- 1 scoop Vanilla Lean

Directions

1. Add all ingredients to blender
2. Pulse until blended.



Lean Chaffles

Submitted by Patty Dowty



Ingredients

- 2 eggs
- 1 cup grated mozzarella cheese
- 1Tbsp psyllium husk powder
- 1 scoop of Vanilla Lean
- 1 tsp cinnamon
- 3 or 4 chopped pecans (optional)

Directions

1. Combine all ingredients in a bowl.
2. Scoop onto hot full-sized waffle iron and cook for 4-5 minutes.
3. Top with butter and sugar-free syrup.

“ I love waffles, and this is the first one that really tastes like a real waffle!

Lean Pancakes

Submitted by Tara Kelley

Ingredients

- 1 scoop Vanilla Lean
- 1 Tbsp of grass-fed butter, melted
- 1 egg
- 1 Tbsp cream cheese

Directions

1. Grease your pan.
2. Combine cream cheese, egg, butter and Lean into a mixing bowl. Mix until creamy.
3. Let batter sit for about 3 minutes — it will cook better.

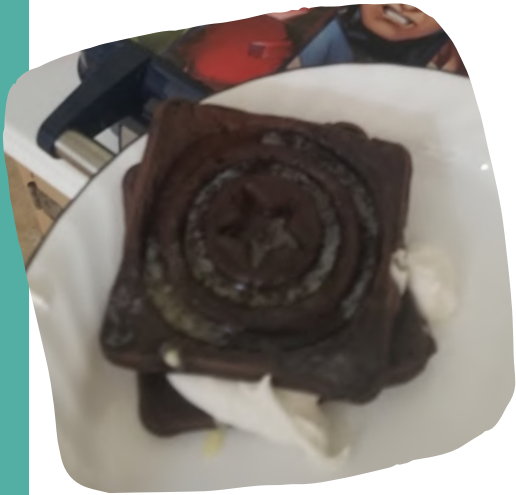
Chocolate Lean Waffles

Submitted by Trish Linscott

Ingredients

- 1 large egg
 - 1/2 tsp baking powder
 - 1 Tbsp butter, softened
 - 2 Tbsp heavy whipping cream
 - 1 scoop Chocolate Lean
1. Beat egg. Whip in baking powder. Mix in butter. Stir in heavy whipping cream.
 2. Carefully add Chocolate Lean. (If it still seems too thick, add a little water bit by bit. The butter will soften completely and spread on the hot waffle iron.)
 3. This made two big square waffles in our waffle maker. Smear butter on when hot ... or to make it interesting, put a heaping tablespoon of whipped cream or soft cream cheese in between two waffles!

Directions



Global Blend Whipped Cream

Submitted by Danielle Crouch

Ingredients

- 1/2 cup whipped topping
- Capful of Global Blend

Directions

1. Stir together and enjoy a sweet treat. Also a great topping for Lean pancakes! *Note: Not as good with Xypstix.*

Chocolate Lean Microwave Muffin Mug Cake

Submitted by Trish Linscott

Ingredients

- 1 large egg
 - 2 Tbsp unsalted butter, softened
 - 1 scoop Chocolate Lean
 - 1/2 tsp baking powder
 - 1 Tbsp coconut oil
 - 1/2 tsp instant coffee (optional)
 - 1 Tbsp unsweetened organic fine shred coconut (optional)
1. Mix AND microwave ingredients in a big coffee mug. Put in microwave at full power for 70-90 seconds. Do NOT overcook!
 2. Turn mug upside down and carefully give it a "bang." If it comes out too dry, you can break it up and pour some heavy cream or unsweetened almond milk on it and adjust your oils/fats/liquids next time.

Directions



Lean Cinnamon Roll Microwave Mug Muffin

Submitted by Trish Linscott



Ingredients

- 1 large egg
- 1 Tbsp heavy whipping cream
- 1 Tbsp butter, softened
- 1 scoop Salted Caramel Lean
- 1/2 tsp baking powder
- 1/4 tsp cinnamon

Directions

1. In a BIG coffee mug beat egg and heavy whipping cream.
2. Mix in butter, Salted Caramel Lean, baking powder and cinnamon. It will look like lumpy brownie batter. Scrape sides and bottom thoroughly, mixing well.
3. Microwave 70-90 seconds. Do not overcook!
4. Turn mug upside down and carefully give it a "bang." Can top with butter or I like a mix of softened cream cheese and butter, piped on.

Chocolate Peanut Butter Lean Fiber Mug Muffins

Ingredients

Submitted by Trish Linscott

- 1 scoop Vanilla Lean
- 1 scoop unsweetened cocoa powder
- 1 Tbsp Stevia
- 1/2 tsp baking powder
- 1 tsp flax meal
- 1 large egg
- 2 Tbsp heavy whipping cream
- 1 Tbsp coconut oil
- 1 Tbsp butter, softened
- 1 Tbsp low-sugar peanut butter

Directions

1. Mix together dry ingredients. In a large coffee mug, beat egg and heavy whipping cream. Mix in coconut oil, butter and peanut butter. Mix in dry ingredients (it will be lumpy).
2. Microwave about 1 minute until it poofs and pulls away from mug edges. Don't over bake. Eat hot. I like to top with whipped cream, butter or more peanut butter.

Vanilla Lean Breading

Submitted by Trish Linscott

The soft sweetness of the Vanilla Lean and mimic of "flour" consistency is a wonderful compliment to add to whatever combo of flax meal or finely crushed pork rinds with seasonings to "bread" protein for frying. I like to fry in a combo of leftover bacon grease and olive oil or coconut oil. A good basic seasoning mix is garlic powder, onion powder, sea salt, cracked pepper and/or red flake or cayenne pepper, mixed with a scoop of Vanilla Lean. If I'm doing fish, I like to dip the tilapia in a mix of spicy mustard and a bit of soy sauce, then dredge in the Lean seasonings. For pork or chicken, I like to dip in half-and-half or milk then seasonings. If cooking just a few pieces of meat, I often only use the Lean and seasonings — without flax or pork rinds.

Lean Chocolate Pudding

Submitted by Patty Dowty



Ingredients

- 1 ripe avocado
- 1 scoop of Vanilla Lean
- 1/4 cup cocoa powder
- 1/3 cup unsweetened almond milk
- 1 tsp vanilla
- 1 package stevia

Directions

1. Purée until smooth and serve chilled. You can use any flavor of Lean.

“It's a nice little snack when you crave something sweet!”

Lean Banana (or Pumpkin) Bread

Submitted by Trish Linscott



Ingredients

- 1 heaping scoop of Vanilla Lean
- 2 Tbsp coconut flour
- 1 VERY ripe banana OR 1 cup pumpkin purée (NOT pumpkin pie)
- 3 Tbsp unsweetened almond milk
- 1 large egg
- 1/2 tsp cinnamon
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- Add sweetener if desired after tasting batter.

Directions

1. Preheat oven to 350 degrees. Mash banana.
2. Whisk together wet then add and whisk dry ingredients. Stir in mashed banana (or pumpkin).
3. Pour into sprayed mini loaf pan or muffins.
4. Sprinkle top with sweetener and cinnamon.
5. Bake about 45-55 minutes.

Chocolate Lean Cream Cheese Fudge



Ingredients

- 1 stick butter
- 2 oz bakers unsweetened chocolate
- 1 Tbsp vanilla
- 8 oz cream cheese, softened
- 2 scoops Chocolate Lean

Submitted by Patty Dowty

Directions

1. Place butter and chocolate in a small pan and melt over low heat.
2. When chocolate and butter is just melted, add vanilla and Lean and blend together.
3. Place cream cheese in a medium bowl and pour chocolate mixture over it. With a hand mixer, mix about 2 minutes.
4. Pour into a greased pan. I use a 6x8 pan, and I freeze it and cut into squares.

“ I love this because it gives me a chocolate fix!

Lean Peanut Butter Fudge



Submitted by Trish Linscott

Ingredients

- 1 stick unsalted butter
- 1/2 cup low-sugar peanut butter
- 2 oz cream cheese, softened
- 1 cup granular Stevia or coconut sugar
- 2 heaping scoops of Vanilla Lean

Directions

1. Melt butter and peanut butter together in microwave and whisk well. Mix in cream cheese until smooth.
2. Whisk in Stevia then the Lean and blend well.
3. Line a 7x5 baking dish with wax or parchment paper.
4. Spread fudge mixture in pan and chill until set. Cut into squares. Store in refrigerator or freeze.

Lean Bacon Stix

Submitted by Trish Linscott



Ingredients

- Bacon
- 2 large eggs
- 1 scoop
Vanilla Lean

Directions

1. Cut bacon strips in half and fry. Remove bacon from pan.
2. Beat eggs and mix in Lean.
3. Pour 3/4 of Lean mix into the HOT pan of leftover bacon grease.
4. Lay half slices of cooked bacon on top of batter in pan. Pour remainder over the top.
5. Don't flip until edges are brown and bubbly. Cut into strips.



These are great for a grab-and-go low-carb breakfast!

No-Bake Lean Protein Peanut Butter Balls

Submitted by Trish Linscott

Ingredients

- 2 scoops Lean (any flavor)
- 1 cup almond meal
- 1/2 cup low-sugar peanut butter
- 1/4 cup sugar-free maple syrup
- 1/4 cup sugar-free or dark mini chocolate chips

Directions

1. Mix Lean and almond meal in bowl and then add in peanut butter and maple syrup. It will be like thick cookie dough. If too gooey, add more Lean. If too dry, add a bit more peanut butter or syrup.
2. Add in chips if desired. Use a tablespoon or small scoop to scoop out and roll in your palms into balls. I like to use Chocolate Lean for the balls, and then lightly roll in Salted Caramel Lean or Vanilla Lean.

Strawberries & Cream Lean Shake

Submitted by Tara Kelley

Ingredients

- 1 cup crushed ice
- 1/4 cup unsweetened almond milk
- 1 scoop Vanilla Lean
- 1/2 cup heavy cream
- 1 Tbsp coconut oil
- 1/4 tsp strawberry extract
- 1 tsp pure vanilla extract

Directions

Add all ingredients to blender and blend until smooth.

Lean Chocolate Chip Cookies

Submitted by Kara Cunningham
Ingredients



- 1 stick unsalted butter, softened
- 1/4 cup low-carb granulated sugar
- 3/4 cup low-carb brown sugar
- 1 egg
- 1 1/2 tsp vanilla
- 1/2 cup Vanilla Lean
- 3/4 cup almond flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cups sugar-free chocolate chips

Directions

1. Cream butter, sugars, egg and vanilla.
2. Mix in another bowl the rest of the ingredients except the chocolate chips. Add two mixtures together. Mix well. Add in the chocolate chips.
3. Scoop golfball-sized portions onto an ungreased cookie sheet, about 2 inches apart.
4. Bake 9 minutes.

Shamrock Lean Shake

Ingredients

- 8 oz unsweetened almond milk
- 1 scoop Vanilla Lean

- Couple drops mint extract
- 1 Tbsp sugar-free pistachio pudding mix

Submitted by Robin Gutowski

Directions

Mix ingredients in shaker cup.

Rich & Creamy Lean Chocolate Shake

Submitted by Angela Freeman

Ingredients

- 1 cup ice
- 1/2 cup unsweetened vanilla almond milk
- 1 small ripe avocado
- 1 scoop Chocolate Lean
- 2 tsp Monkfruit sweetener
- 1 tsp vanilla extract

Directions

Mix ingredients in shaker cup.



This creamy shake reminds me of chocolate pudding! It has the same mouthfeel as frozen custard. Seriously decadent and so much healthier!

Lean Protein Bars

Submitted by Kara Cunningham



Ingredients

- 2 cups natural peanut butter
- 1 1/4 cup honey
- 5 scoops Vanilla Lean
- 3 cups rolled oats

Directions

1. Mix peanut butter and honey.
2. Microwave for 90 seconds.
3. Add protein powder and mix. Add rolled oats and mix.
4. Spread in 9x13 pan. Refrigerate one hour. Cut into squares.

Super Fruit Dip

Submitted by Kara Cunningham



Ingredients

- 1 cup plain Greek or regular yogurt
- 1 XypStix
- 1 scoop of Vanilla Lean

Directions

1. Mix together.
2. Refrigerate. Enjoy as a yogurt snack or with fruit.

Snickers Lean Shake

Submitted by eXcel Wellness

Ingredients

- 1 scoop Vanilla Lean
- 1 Tbsp caramel extra or sugar-free flavoring
- 1 Tbsp powdered peanut butter
- 1-1 1/2 tsp sugar-free chocolate pudding mix
- 8 oz unsweetened almond milk
- 4-6 ice cubes

Directions

Blend well and enjoy!





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