

Cooking Workout

Cook all of this as fast as you can this weekend. 60 minute time limit. Have fun. Yes, you can have help!

Grill or bake 2 lbs of boneless chicken thighs (free range/pastured)

Cook 2 lbs. organic ground beef, ground pork, ground turkey, ground chicken, or ground lamb seasoned to your liking (sea or kosher salt and cracked pepper at minimum). You can do any of those meats or combine different ones.

Cook 8-12 hard boiled eggs (free range/pastured)

Boil and mash one head of cauliflower

Steam-sauté 2-3 heads of broccoli (Save the juice!)

Steam-sauté greens—kale, spinach, collard, Swiss chard

Chop up red peppers, carrots, radishes, mushrooms, celery, onions, or herbs for salad add-ons in the week

*remember to sauté with coconut oil, avocado oil, lard, Nitrate free bacon fat, ghee, or duck fat and not for long 5-10 minutes.

