



A BALANCED YOU



# PROTEIN PROFILES

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# Protein Profiles

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I really enjoy cooking but I hate measuring stuff. For me it can turn something that is rewarding and relaxing into a tedious ass whip. I don't bake much, but for things like pancakes or fat head bagels, I'll measure so I don't end up with a doughy disaster. I measure internal temps on meats with an instant read thermometer, but pretty much everything else I'm eyeballing it.

So, I encourage you to play with your food. By that I mean to experiment with herbs, spices, and sauces. I don't want to overwhelm a dish with herbs or spices, but I want to make sure that there's enough to contribute to the flavor. I don't put quantities on the herbs and spices because there are so many variables- how old is the spice; is it dried or fresh; how much food are you seasoning; how spicy do you like your food? So, play with your food- season to taste.

I use bacon grease from uncured bacon; lard from pastured pigs that is not chemically refined; organic, virgin, coconut oil; ghee; avocado oil and for low temp sauté I may use olive oil. I ditched all of the industrial oils like corn and vegetable oil and grape seed oil since these oils tend to be oxidized or compromised during the manufacturing process.

For the chicken thighs I use organic chicken thighs from Costco that are boneless and skinless. If you're using bone in and skin on you'll need to increase the cooking time to 10-12 minutes. Also, if you skip the browning step (you'll miss out on flavor if you do) you'll need to increase the cooking time on boneless to 10 minutes.

Always check your meat with an instant read thermometer. 165 for chicken, 160 for ground beef and lamb, 165 for ground pork. Whole cuts of beef and lamb vary with your preference - 125 for rare up to 160 for well done. I like mine medium rare - usually about 130. With pork - if I'm eating pastured pork I'll shoot for 140 for whole cuts - but stick with 165 for ground pork. For fish - 125-140 unless it's sushi grade.

FYI - If you add wine to an Instant Pot dish, I'd suggest using the Sauté function after you've finished the quick release—that gives the alcohol a few minutes to evaporate, since evaporation isn't going to happen with the lid on and sealed.



If you want to thicken the sauce on any of the recipes there are a couple of ways to do that - the first is reduction- simmering the sauce and evaporating some of the liquid will concentrate the sauce or the other way to thicken a sauce is by making a roux with fat and a starch. I like cassava flour for the starch part of my roux. I use goats milk butter for my fat, but you can use lard, bacon grease, coconut oil—it's your party. I use equal parts fat to cassava flour. Melt the fat in a heavy skillet and then whisk in the cassava flour and continue to stir. You don't want to scorch or burn the flour so as it begins to darken you can reduce the heat. You're shooting for a light peanut color. Then you can stir this into the sauce that you want to thicken.

The most important thing to remember is to have fun. Cooking is a great way to connect with people and to nourish yourself and others. It's one of the most important things that we can do to reclaim our health. Good food, movement/ exercise, sleep and stress management - the foundations of good health!

*Jim Brown*



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Reasonable effort was taken to gather accurate macronutrient information for the nutritional profiles. For branded products, the information used was obtained from those brands information pages or from product packages. This information is for general frame of reference; it is not intended to diagnose, treat or prevent disease or to replace the advice of your physician.



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## Mediterranean-Thai Instant Pot Chicken Magic



### INGREDIENTS:

- ☐ Boneless skinless chicken thighs 2-3 lbs
- ☐ Onions
- ☐ Salt
- ☐ Pepper
- ☐ Stuffed olives
- ☐ Three or four dashes of fish sauce
- ☐ Sun dried tomatoes
- ☐ Coconut milk- full fat 13.5 oz can
- ☐ Chicken broth 1 cup
- ☐ Use bacon grease from uncured bacon, clean lard, coconut oil, ghee, or avocado oil to sauté the chicken thighs and the onions.

### DIRECTIONS:

- Dry the chicken thighs with paper towel then salt and pepper them.
- Sauté chicken thighs in instant pot on Sauté 5-6 minutes one side, 2-3 minutes on the other.
- Remove to plate, sauté a medium chopped onion 3-4 minutes and then add all ingredients to the instant pot and set pressure to high for 8 minutes.
- Let natural release for 10 minutes and then carefully quick release any remaining steam.
- Garnish with lime wedge and chopped cilantro leaves.

### RECOMMENDED SIDES:

Serve with braised collards, sautéed or roasted green beans or roasted broccoli.

## Instant Pot Chicken Masala



### INGREDIENTS:

- ☐ Boneless skinless chicken thighs 2-3 lbs
- ☐ Onions medium chopped
- ☐ Garlic 2-3 cloves
- ☐ Salt
- ☐ Pepper
- ☐ Can of organic fire roasted tomatoes
- ☐ 1 cup chicken stock
- ☐ 1 cup white wine
- ☐ Garam masala 2 tsp
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil to sauté the chicken thighs.

### DIRECTIONS:

- Season the chicken thighs with salt and pepper and sauté in the Instant Pot on Sauté – 5-6 minutes on one side, 2-3 minutes on the other.
- Remove from Instant Pot to a plate and add the onions for 2-3 minutes and add the garlic and garam masala for another 2 minutes.
- Deglaze the Instant Pot with white wine and be sure to get any brown bits from the bottom of the Instant Pot mixed into the liquid.
- Add the chicken back in and add the tomatoes and chicken stock.
- Add additional garam masala.
- Set the Instant Pot to Pressure, and to “More” using the pressure level button. Set the time to 8 minutes using the +/- keys. When the time elapses allow natural release for 10 minutes and then carefully quick release the remaining pressure. Set to sauté and sauté for 10 minutes to reduce the sauce.

### RECOMMENDED SIDES:

Sautéed collards, roasted okra, or roasted green beans



## Thai-Caribbean Instant Pot Chicken



### INGREDIENTS:

- ☐ 2-3 pounds boneless skinless chicken thighs
- ☐ Onions- medium
- ☐ Sliced okra – 1 quart container
- ☐ Organic fire roasted diced tomatoes - 14 oz can
- ☐ Chicken stock- 1 cup
- ☐ Full fat coconut milk -1 can
- ☐ Curry - I like coconut curry for this
- ☐ Use bacon grease, clean lard, ghee, coconut oil, or avocado oil to sauté the chicken thighs.

### RECOMMENDED SIDES:

Cauliflower rice

### DIRECTIONS:

- Dry the chicken thighs with a paper towel then season them with curry.
- Sauté chicken thighs in Instant Pot on Sauté 5-6 minutes one side, 2-3 minutes on the other. Remove to plate.
- Add the onions and the okra and add additional curry and sauté for 4-6 minutes.
- Add a few dashes of fish sauce.
- Be sure to double check the curry before adding any salt to the dish. Some coconut curries contain salt and fish sauce is salty, so if your coconut curry contains salt, go easy on adding any extra salt.
- Add the tomatoes, a cup of chicken stock and a can of full fat coconut milk and add the chicken back into the pool.
- Close and seal the lid and set to "more" pressure and set the time for 8 minutes. When time is finished, let natural release for 10 minutes and carefully quick release any remaining steam.

## Instant Pot Chicken & Mushrooms



### INGREDIENTS:

- ☐ 2-3 pounds boneless skinless chicken thighs
- ☐ Onions
- ☐ Salt
- ☐ Pepper
- ☐ Garlic
- ☐ White wine
- ☐ Chicken stock
- ☐ Mushrooms. Any mushrooms will work - I like shiitakes
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil to sauté the chicken thighs.

### DIRECTIONS:

- Dry the chicken thighs with paper towel then salt and pepper them.
- Sauté chicken thighs in Instant Pot on Sauté 5-6 minutes one side, 2-3 minutes on the other.
- Remove to plate, sauté a medium chopped onion and mushrooms 3-4 minutes and then add the garlic and sauté for another 1-2 minutes.
- Deglaze with the wine and chicken stock making sure to free any brown bits stuck on the bottom - so they can make their contribution to your masterpiece.
- Add the chicken back into the pot and close and seal the lid. Select pressure ("more") set the time to 8 minutes and you'll let natural release for 10 minutes.
- Set to sauté and sauté for 10 minutes to reduce the sauce.

### RECOMMENDED SIDES:

This will go great with roasted or sautéed broccoli, roasted or sautéed kale, roasted sweet potatoes, roasted or sautéed asparagus, or roasted, steamed, or sautéed green beans.



## Southwestern Instant Pot Chicken



### INGREDIENTS:

- ☐ 2-3 pounds boneless skinless chicken thighs
- ☐ Onions
- ☐ Garlic
- ☐ Salt
- ☐ Pepper
- ☐ Jalapeno
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Chili powder
- ☐ Oregano
- ☐ Chicken stock 1 ½ cups
- ☐ Juice from ½ lime
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil to sauté the chicken thighs.

### RECOMMENDED SIDES:

Serve over cilantro, lime, riced cauliflower or sautéed thinly cut zucchini or zucchini noodles.

### DIRECTIONS:

- Dry the chicken thighs with a paper towel then salt and pepper them.
- Sauté chicken thighs in Instant Pot on Sauté 5-6 minutes one side, 2-3 minutes on the other. Remove to plate.
- Add and sauté a medium chopped onion and chopped jalapeño, seeds removed and the smoked paprika, chili powder, and cumin 3-4 minutes and then add the garlic and sauté for another 1-2 minutes.
- Deglaze with chicken stock and lime juice and liberate any brown bits into your cooking liquid.
- Seal the lid and set to Pressure "more" and set time to 8 minutes. Let natural release for 10 minutes and carefully quick release any remaining pressure.

FYI - when you sauté the jalapeno you may need to open a window and turn on a fan. They can clear a room like tear gas if you happen to get some real angry ones. Also, don't make the mistake of deseeding them with your fingers and then later rubbing your eyes. You'll only make that mistake once. Actually, that's a lie, I've done it twice.

## Instant Pot Chicken and Cabbage



### INGREDIENTS:

- ☐ 2-3 pounds boneless skinless chicken thighs
- ☐ Shredded cabbage 2 cups shredded
- ☐ Salt
- ☐ Pepper
- ☐ Red onion small- chopped
- ☐ Whole grain mustard 1 tbsp
- ☐ Granny smith apple - peeled and sliced
- ☐ 4 pieces of bacon cut into ½ inch pieces
- ☐ Apple cider vinegar ¼ cup
- ☐ Chicken broth 1 ½ cup
- ☐ Honey ¼ cup
- ☐ Rosemary 2-3 fresh sprigs
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil to sauté the chicken thighs

### RECOMMENDED SIDES:

Cauliflower rice

### DIRECTIONS:

- Dry the chicken thighs and then salt and pepper them.
- Heat Instant Pot on Sauté until indicator light shows "hot" and add the cooking fat and the bacon and stir to keep from burning.
- Once bacon is done, remove and set aside and sauté chicken thighs 5-6 minutes on one side, 2-3 on the other.
- Remove to plate, add the apple, onion and rosemary and sauté for 2-4 minutes and then add the mustard, cabbage, bacon pieces, apple cider vinegar, chicken broth, honey and chicken and seal the lid.
- Select pressure ("more") and 8 minutes.
- Let natural release for 10 and carefully quick release any remaining pressure.
- Set to sauté and sauté for 10 minutes to reduce the sauce.



## Creamy Sun Dried Tomato Beef



### INGREDIENTS:

- ☐ 2 pounds ground beef 80% (grass fed-preferred)
- ☐ Onions medium chopped
- ☐ Garlic 2-3 cloves finely chopped
- ☐ Sun dried tomatoes 2 tbsp
- ☐ Mushrooms ½ pound sliced
- ☐ Salt
- ☐ Pepper
- ☐ Oregano 2 tsp
- ☐ Full fat coconut milk 13.5 oz can
- ☐ 1 cup red wine
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil to sauté the ground beef.

### DIRECTIONS:

- This one will work in a large skillet or dutch oven. Sooner or later I'll play with this in the Instant Pot and will update with any needed modifications.
- You're going to add cooking fat and brown the ground meat, the onions, mushrooms and the garlic.
- Then add the sun-dried tomatoes, oregano, full fat coconut milk and red wine and simmer.

### RECOMMENDED SIDES:

Serve over sautéed zucchini or spaghetti squash.

## Spicy Beef & Zucchini



### INGREDIENTS:

- ☐ 2 pounds ground beef 80% (grass fed-preferred)
- ☐ Onions medium chopped
- ☐ Garlic 2-3 finely chopped
- ☐ Cumin 1 tsp
- ☐ Chili powder (I'll usually use New Mexico chili powder or chipotle if I want it smokier) 1-2 tbsp
- ☐ Oregano 1 tsp
- ☐ Organic diced tomatoes 1 14 oz can
- ☐ Zucchini 3-4 small zucchini sliced
- ☐ Bone broth or stock 1 ½ cups
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- You're going to add cooking fat to a skillet and brown the ground meat, the onions, cumin, chili powder, oregano, zucchini and the garlic.
- Then add the tomatoes and stock and simmer.

### RECOMMENDED SIDES:

This works great with grilled veggies- asparagus, red or yellow onions, mushrooms, any color bell peppers, cauliflower, eggplant- any or all of those. I use a stainless grill topper so the smaller veggies don't become a sacrifice to the fire gods. I always try and grill a large batch of veggies so I can make sure that I have leftovers. They go great in eggs.



## Ground Beef Picadillo



### INGREDIENTS:

- ☐ 2 pounds ground beef- 80% & grass fed if available
- ☐ Onion medium chopped
- ☐ Red bell pepper – chopped
- ☐ Tomato paste
- ☐ Garlic 2-3 cloves minced
- ☐ Cumin, oregano, bay leaves 1 tsp, 1 tsp, 4 leaves
- ☐ Black pepper to taste
- ☐ White wine ½ cup
- ☐ Stewed tomatoes 1 14 oz can
- ☐ Fish sauce 4-5 squirts
- ☐ Golden raisins ¼ cup
- ☐ Sweet smoked paprika 2 tsp
- ☐ Stuffed olives – sliced ¼ cup
- ☐ Capers 1 tbsp
- ☐ Sweet potato or waxy potato like Yukon golds or red or purple potato (about a half a pound cubed)

### INGREDIENTS (contd):

- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Heat the oil in a large skillet or dutch oven and sauté the onion and bell pepper until they begin to soften 5-6 minutes
- Add the tomato paste, paprika, garlic, cumin, oregano, salt, pepper and bay leaves until the tomato paste starts to darken.
- Add the wine, the ground beef and tomatoes and cook until the ground beef is no longer pink.
- Add the raisins, fish sauce, sliced stuffed olives, capers and potatoes and reduce heat to medium low and cover until the potatoes are tender - about 12-15 minutes.

### RECOMMENDED SIDES:

Serve with sautéed zucchini or riced cauliflower.

## Jim's You Gotta Try This Ground Beef



### INGREDIENTS:

- ☐ 2 pounds ground beef- 80% & grass fed if available
- ☐ Onion
- ☐ Garlic
- ☐ Jalapeño - deseeded and chopped
- ☐ Sun dried tomatoes ¼ cup chopped
- ☐ Ginger - 1" piece peeled and chopped,
- ☐ Full fat coconut milk 13.5 oz can
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Heat the cooking fat in a large skillet and brown the ground beef, onion and jalapeno, then add the garlic, the ginger, add the sun-dried tomatoes and the coconut milk and reduce the heat to simmer until the ground beef is no longer pink.
- When you're sautéing the jalapeno, you may want to open a window and turn on a fan - the fumes can get pretty angry. Also understand that jalapeno juice seems to stick around even after you wash your hands. It will remind you if you forget.
- Garnish with cilantro and lime.

### RECOMMENDED SIDES:

Serve with cauliflower rice and roasted green beans.





## Creamy Mushroom Beef and Ramen



### INGREDIENTS:

- ☐ 2 pounds ground beef- 80% & grass fed if available
- ☐ Mushrooms
- ☐ Onion
- ☐ Garlic
- ☐ Bone broth
- ☐ Lime juice
- ☐ Full fat coconut milk
- ☐ Millet & brown rice ramen\*
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

\*I found these at Costco, but any gluten free noodles will work. Adjust the cooking time per instructions

### RECOMMENDED SIDES:

Serve with grilled or roasted bok choy, or roasted asparagus.

### DIRECTIONS:

- Heat the cooking fat in a large skillet and brown the ground beef, onion and, then add the garlic and the mushrooms, the bone broth and the coconut milk and reduce the heat to simmer until the ground beef is no longer pink.
- Prepare the ramen per the instructions and add to the skillet after the other ingredients are done.
- Garnish with cilantro and lime wedge

## Beef Steak Stir-Fry



### INGREDIENTS:

- ☐ 2 pounds sirloin grass fed if available
- ☐ Onions
- ☐ Garlic
- ☐ Celery
- ☐ Broccoli
- ☐ Mushrooms
- ☐ Ginger
- ☐ Fish sauce or tamari
- ☐ Bacon fat, ghee, coconut oil or clean pork lard for cooking fat.

### DIRECTIONS:

- Thinly slice all of the items except the ginger so they'll cook quickly.
- For the ginger, peel it and then finely chop.
- Cook in small batches and remove as they're done and then after you've removed everything add the ginger until it's fragrant, add the fish sauce and/or tamari and then add the cooked items back in to recombine, heat and serve.

### RECOMMENDED SIDES:

Serve over cauliflower rice with cilantro and lime.



## Instant Pot Roast Braised with Coffee, Wine and Coconut



### INGREDIENTS:

- ☐ 3-4 pound roast- grass fed preferred
- ☐ Salt
- ☐ Pepper
- ☐ Medium onion – chopped
- ☐ 2 cloves of garlic – minced
- ☐ Red Boat Fish sauce 5-6 squirts
- ☐ Mushrooms ½ pound
- ☐ 3 sprigs of thyme
- ☐ Rosemary & oregano 2 sprigs fresh each
- ☐ Cup of coffee
- ☐ Red wine 1 cup
- ☐ Coconut milk ½ cup
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Salt and pepper the roast.
- Set the Instant Pot to sauté and when you get the “hot” sign, add the cooking fat and brown the roast on one side for 5 minutes then turn it over and brown that side for 4 minutes. Remove it and set it on a plate.
- Add the onions and mushrooms and sauté and then add the garlic.
- Add the coffee, herbs, red wine and coconut milk and scrape any brown bits from the bottom of the pot back into the mixture.
- Add the roast, seal the lid, select pressure, “more” and set timer for 65 minutes.
- Let natural release for 10 minutes and then carefully quick release any remaining pressure.
- Set to sauté and sauté for 10 minutes to reduce the sauce.

### RECOMMENDED SIDES:

Roasted green beans, roasted broccoli, cauliflower and celery root mash, or roasted asparagus—any of those would go team up well with this.

## Instant Pot Braised Short Ribs



### INGREDIENTS:

- ☐ 3-5 pounds short ribs- grass fed preferred
- ☐ Onion med chopped
- ☐ Carrots ½ cup
- ☐ Celery – ½ cup chopped
- ☐ Mushrooms – ½ pound sliced
- ☐ Red Boat Fish sauce 5-6 squirts
- ☐ Red wine 1 cp
- ☐ Bone broth 1 cup
- ☐ Salt
- ☐ Pepper
- ☐ Coriander 2 tsp
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Another Instant Pot opportunity.
- Dry the short ribs with a paper towel before you season them.
- If you’re using whole coriander, grind it and season the short ribs with coriander, salt and pepper.
- Select sauté and when the “hot” light comes on add the cooking fat and then brown the short ribs on one side for 5 minutes. Don’t over crowd the pot, so you may have to brown them in batches.
- After 5 minutes, turn the ribs over and brown that side for 4 minutes. Set aside on a plate.
- Sauté the other veggies and then add a few dashes of fish sauce, red wine, and bone broth. Seal the lid and set to Pressure, “more” and set timer for 70 minutes.
- Let it natural release for 10 minutes and then carefully quick release any remaining pressure.
- Set to sauté and sauté for 10 minutes to reduce the sauce and help evaporate some of the alcohol.

**RECOMMENDED SIDES:** cauliflower rice & braised collard greens



## Instant Pot Beef Stew with Collards



### INGREDIENTS:

- ☐ Beef stew meat 2-3 pounds
- ☐ Onion – chopped
- ☐ Mushrooms – ½ pound sliced
- ☐ Garlic 2-3 cloves minced
- ☐ Salt
- ☐ Pepper
- ☐ Cauliflower – cored and rough chopped
- ☐ Collard greens –1 bunch destemmed and chopped
- ☐ Celery –2 ribs sliced
- ☐ Can of fire roasted tomatoes
- ☐ Bone broth or chicken stock 1 cup
- ☐ Red wine 1 cup
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.
- ☐ If I'm not trying to keep this keto or really low carb, I'll add small red or purple potatoes or diced sweet potatoes.

### DIRECTIONS:

- Another great recipe for the Instant Pot.
- Dry the stew meat with paper towels and then salt and pepper the stew meat and set the Instant Pot to sauté and when it reads "hot" add the cooking fat and brown the stew meat. Remove to a plate when you've browned it on both sides.
- Sauté the onions, mushrooms and then the garlic.
- Then add the stew meat back in and add the cauliflower, the collards, celery, fire roasted tomatoes, and potatoes if you're using them, stock and red wine.
- Select pressure, "more" and 45 minutes on the timer.
- Let natural release for 10 minutes and carefully quick release the rest of the pressure.
- Select sauté and allow the stew to reduce for 10 minutes and any remaining alcohol to cook off.

### RECOMMENDED SIDES:

A nice glass of red wine



## Oven Roasted Pork Tenderloins



### INGREDIENTS:

- ☐ Two 1-1/2 pound pork tenderloins-  
pastured pork a plus
- ☐ Mustard slather on the tenderloin
- ☐ Salt
- ☐ Pepper
- ☐ Use bacon grease from uncured bacon,  
clean lard, ghee, coconut oil, or  
avocado oil for cooking fat.

### RECOMMENDED SIDES:

This one goes great with sweet potatoes, or a cauliflower/ celery root mash and grilled or saluted asparagus or green beans. Roasted veggies would go with this as well, I'm just trying to avoid additional traffic in the oven.

### DIRECTIONS:

- Dry the tenderloins and then smear them with mustard. I like whole grain mustard, but any of it works. Then salt and pepper.
- Heat oven to 450 degrees and place a cast iron skillet on the middle rack and let it heat along with the oven. When the oven and the pan are heated using an appropriate oven mitt to take the skillet out of the oven and swirl enough cooking fat in the skillet to coat the inside of the pan.
- Place the tenderloins in the skillet and return it to the oven. Let it cook for 10 minutes, remove it from the oven, turn the tenderloin over and return it to the oven and reduce the oven temp to 400.
- Check the internal temp on the tenderloins in the thickest part in 7-10 minutes. I'm shooting for 140 degrees, but you know your doneness preference.

## Sautéed Pork Tenderloin with Mushrooms and Olives



### INGREDIENTS:

- ☐ Two 1-1/2 pound pork tenderloins  
sliced 1' medallions
- ☐ Salt
- ☐ Pepper
- ☐ Rosemary 2-3 fresh sprigs
- ☐ Mushrooms – ½ pound sliced
- ☐ Stuffed olives – ½ cup sliced
- ☐ Red wine ½ cup
- ☐ Onions chopped
- ☐ Use bacon grease from uncured bacon,  
clean lard, ghee, coconut oil, or  
avocado oil for cooking fat.

### RECOMMENDED SIDES:

Roasted asparagus or roasted green beans

### DIRECTIONS:

This and the next recipe are great when you want something delicious and you're tight on time.

- Dry the tenderloin with paper towels and salt and pepper it. And then slice it into medallions.
- Heat cooking oil in skillet and add the tenderloin, onions and mushrooms and sauté.
- Add the olives and red wine and reduce.
- Stir in a tablespoon of cold butter and a squeeze of lemon to finish the sauce.



## Honey and Balsamic Glazed Pork Tenderloin



### INGREDIENTS:

- ☐ Two 1-1/2 pound pork tenderloins sliced into medallions
- ☐ Red onion medium chopped
- ☐ Whole grain or dijon mustard 3 tbsp
- ☐ Balsamic vinegar 1/3 cup
- ☐ Honey 1/3 cup
- ☐ Rosemary 2-3 fresh sprigs
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Dry the tenderloin with paper towels and salt and pepper it. And then slice it into medallions.
- Heat cooking fat in skillet and add the tenderloin.
- Start browning the pork and the onions in the fat and in a bowl make a mixture of the mustard, vinegar and honey.
- Add that to the skillet with the pork and add the rosemary.
- Simmer until you have reduced the acidic smell from the balsamic vinegar and you have reached the desired doneness with the pork.

### RECOMMENDED SIDES:

Pairs well with roasted broccoli, asparagus, bok choy, cauliflower or kale.

## Instant Pot Braised Pork Roast with Olives & Sun Dried Tomatoes



### INGREDIENTS:

- ☐ 3-4 pound pork roast
- ☐ Sliced stuffed olives
- ☐ Garlic
- ☐ Sun dried tomatoes 1/4 cup
- ☐ Red Boat Fish Sauce 5-6 squirts
- ☐ Onion medium chopped
- ☐ Red wine 1 cup
- ☐ Bone broth or chicken stock 1 cup
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### RECOMMENDED SIDES:

This goes great with braised collards, roasted kale, roasted sweet potatoes, celery root and cauliflower puree for starters.

### DIRECTIONS:

I think this is the first meal I made in the Instant Pot and after that one meal I was sold. I couldn't believe that anything that tasted this good could be done so quick.

- Dry the roast with paper towels and salt and pepper it.
- Select Sauté and when you get the "hot" sign, add your cooking fat.
- Brown the roast for 5 minutes on one side and 4 minutes on the other. Remove to a cutting board.
- While the onions, olives and garlic are browning cut the roast into 1/2 to 1" slices.
- Deglaze the pot with the red wine and the stock, making sure that you liberate any brown bits back into the broth.
- Add the pork back into the pot and seal the lid and set to Pressure, "more" for 20 minutes.
- Let natural release for 10 minutes and carefully quick release any remaining pressure. Remove the lid and sauté for 10 minutes to allow for alcohol evaporation.



## Grilled Pork Chops



### INGREDIENTS:

- ☐ 2-4 Pork Chops extra points for pastured pork
- ☐ Salt
- ☐ Pepper

### RECOMMENDED SIDES:

Grilled asparagus, grilled broccoli, grilled mushrooms- all of those work great. I also like pork chops with a vinegar and yogurt cole slaw.

### DIRECTIONS:

My go to for Pork Chops is to grill them.

- Salt and pepper them and put them on a gas grill or if I'm feeling ambitious I'll fire up the Big Green Egg. They only take a few minutes to cook, so if I'm in a hurry I'll save the Egg for a project that takes a little longer.
- I want to pull the Pork Chops off the grill when they reach 130-135 since they'll continue to come up to temp after removing them from the grill and resting.

## Ground Pork That Works for Breakfast Lunch or Dinner



### INGREDIENTS:

- ☐ 2 pounds ground pork- extra points for pastured pork
- ☐ Salt
- ☐ Pepper
- ☐ Onion medium chopped
- ☐ Garlic 2-3 cloves minced
- ☐ Cumin 1 tsp
- ☐ Sage 1 tsp
- ☐ Sweet paprika 2 tsp
- ☐ Mushrooms ½ pound sliced
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Use a small amount of cooking fat and brown the pork, the onions and mushrooms.
- After those have started, add the garlic.
- Then add the salt, pepper, cumin, sage and paprika
- Cook until the pork is no longer pink

### RECOMMENDED SIDES:

I'll add this to eggs, I'll also put it over roasted kale, or any other green veggie. You can dice sweet potato and add it during the cooking process and it becomes a hash.



## 50/50 Ground Pork / Ground Beef



### INGREDIENTS:

- ☐ 1 pound ground pork & 1 pound of ground beef- pastured and grass fed preferred
- ☐ Salt
- ☐ Pepper
- ☐ Turn into burger patties and cook on grill or on stove in cast iron skillet.

### RECOMMENDED SIDES:

I always try to cook enough for several meals and a grilled or smoked burger patty goes great in an omelet or a scramble with goat cheese, onions, mushrooms and spinach

### DIRECTIONS:

I love the flavor of pork and beef combo

- I usually buy ground longhorn for my beef and longhorn is super lean, so early on I started mixing a pound of ground longhorn with a pound of ground pastured pork and I'm hooked. 90% of the time I'll cook them on the grill or the big green egg, but I have cooked them on the stove in a cast iron skillet. I think that was when I ran out of propane about half way through. The skillet works fine, but I prefer the grill or the egg.



## Braised Lamb Shanks



### INGREDIENTS:

- ☐ 3 lamb shanks
- ☐ Salt
- ☐ Pepper
- ☐ Carrots – ½ cup
- ☐ Celery – ½ cup chopped
- ☐ Onion –medium rough chop
- ☐ Tomato paste 1 ½ tbsp
- ☐ Can fire roasted tomatoes
- ☐ Garlic 2-3 cloves minced
- ☐ Bone broth or chicken stock 1 cup
- ☐ Red Boat Fish sauce 5-6 squirts
- ☐ Balsamic vinegar 1 tbsp
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

**RECOMMENDED SIDES:** braised collards and cauliflower rice

### DIRECTIONS:

You can do this one in the oven or on the stove top in a heavy cast iron pot and it's delicious – but why not do it in the Instant Pot in a fraction of the time and make sure that all of the delicious lamby flavor stays sealed in the pot. And even better it stays in the lamb instead of being braised into the cooking liquid.

- ☐ Dry the lamb shanks and then salt and pepper them.
- ☐ Set Instant Pot to sauté and wait till you get "hot" on the display and then add the cooking fat and then brown the shanks.
- ☐ Once browned set on plate and make sure you have enough cooking fat and sauté the carrots, celery and onion and then add the garlic.
- ☐ Give the vegetables a few minutes and then add back in the shanks, the broth, 2 or 3 good shakes of fish sauce and about a tablespoon of balsamic vinegar and the fire roasted tomatoes.
- ☐ Seal the lid and select pressure "more" and 60 minutes.
- ☐ Let natural release for 10 minutes and then carefully quick release the rest of the pressure. Enjoy!

## Stuffed Boneless Leg of Lamb



### INGREDIENTS:

- ☐ 6-10 pound boneless leg of lamb
- ☐ Salt
- ☐ Pepper
- ☐ Garlic 2-3 cloves
- ☐ Olive oil ¼ cup
- ☐ Rosemary 3-4 sprigs
- ☐ Lemon zest from 2 lemons
- ☐ Anchovy filets 5-8
- ☐ 2 medium shallot
- ☐ Red pepper flakes.

Anchovies can really up the umami factor in a sauce and they boost the lamb flavor in this dish. It's why I use fish sauce in so many of my dishes.

### RECOMMENDED SIDES:

Roasted asparagus and sautéed mushrooms

### DIRECTIONS:

- Mince the garlic and shallots and chop the rosemary leaves and anchovies and add to olive oil in a small sauce pan and add red pepper flakes and simmer until the garlic and the shallots have softened.
- Trim the lamb of any of the hard fat and rub the mixture of rosemary / anchovy goodness into the inside of the butterflied lamb leg. Roll the leg and tie with butcher's twine. Rub the remainder of the mixture on the outside of the leg.
- Adjust the oven rack to lower middle position of the oven. Place the lamb on a wire rack set in a foil lined rimmed baking sheet. Preheat the oven to 275.
- You'll want to remove the lamb when the internal temp reads 125-130 degrees for medium rare and 130-135 for medium. It should take about 3 to 3 ½ hours but I'd check it after 2 ½ just to be on the safe side.
- When it reaches the desired level remove it from the oven and let it rest for 30-40 minutes. Reheat the oven to 500 degrees. Return the lamb to the oven until the exterior is deep brown and crisp - about 10-15 minutes. Remove from the oven and let it rest for 5 minutes and then cut the butcher's twine and carve the lamb.

Thanks to J. Kenji Lopez-Alt at Serious Eats. Also check out his cookbook The Food Lab.





## Sautéed Lamb Loin Chops



### INGREDIENTS:

- ☐ 2-3 pounds lamb loin chops
- ☐ Salt
- ☐ Pepper
- ☐ Bacon grease
- ☐ Cast iron or stainless-steel skillet

### RECOMMENDED SIDES:

Roasted asparagus and sautéed mushrooms

### DIRECTIONS:

- Dry the chops with a paper towel and salt and pepper them.
- Heat bacon grease in a cast iron or stainless-steel skillet. When it's shimmering add the chops - don't over crowd the skillet.
- I usually wait 3 minutes before I turn the chops. Same for the other side. I'm shooting for 130 internal temp for medium rare.
- Once you've finished the chops set them on a plate to rest.
- Lower the heat and add a little red wine to deglaze the pan and stir all of the brown bits from the bottom of the pan into the liquid. Add a tablespoon of cold butter into the pan and stir it into the pan juice and wine until it's silky. Spoon it over the chops.

## Curried Ground Lamb & Eggplant



### INGREDIENTS:

- ☐ 2 pounds ground lamb 80%
- ☐ Onion medium chopped
- ☐ Garlic 2-3 cloves minced
- ☐ Peeled and diced eggplant
- ☐ Jalapeno – deseeded and chopped
- ☐ Curry 1-2 tbsp
- ☐ Full Fat coconut milk ½ cup
- ☐ Chicken broth or bone broth 1 cup
- ☐ Can of fire roasted tomatoes
- ☐ Use bacon grease from uncured bacon, clean lard, ghee, coconut oil, or avocado oil for cooking fat.

### DIRECTIONS:

- Use a small amount of cooking fat. When skillet and oil are hot add the lamb, the onion, the eggplant and the garlic, the curry and jalapeno. Remember that heated jalapeno fumes are potent – you may want to open a window.
- Add the chicken stock, coconut milk and the fire roasted tomatoes and simmer for 30 minutes.

### RECOMMENDED SIDES:

Goes great with roasted kale, creamed spinach or roasted green beans.



## Super Simple Grilled Fish

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### INGREDIENTS:

- ☐ Flounder, salmon or halibut – wild caught 1-3 pounds
- ☐ 2 tbsp melted Kerrygold butter
- ☐ 1-2 lemons or limes
- ☐ Salt
- ☐ Pepper

### RECOMMENDED SIDES:

Sautéed or roasted asparagus; or sautéed or roasted green beans

### DIRECTIONS:

- I love to fix fish at home but except for scallops or shrimp all of my fish is done on the grill or on the Big Green Egg. It's incredibly simple. Salt and Pepper, maybe a squeeze of lemon or lime and brush on some melted butter and you look like a genius. The secret is not to overcook it. Do yourself a favor and buy an instant read thermometer. It's inexpensive and it will make you a better cook. I like mine in the 125-130 degree range.



# About A Balanced You

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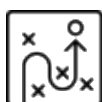
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