

# 5 Favorite Recipes for Health and Enjoyment

---



From an upcoming [GiryaGirl.com](https://www.giryagirl.com) recipe book & strategy guide!

By [Adrienne Harvey](https://www.giryagirl.com) PCC Team Leader, RKC-II, CK-FMS, Primal Move Nat'l Instructor

## Table of Contents:

Disclaimer: .....	2
Foreword.....	3
Let's Start with Breakfast... Baked Ham and Eggs.....	4
Simple Salad - Raw Beet and Celery Salad .....	6
Chinese Inspired Cabbage Wraps .....	7
Green with Envy Tuna Salad .....	8
Chocolatey Pecan Date Coconut Treats .....	10

## Disclaimer:

The information contained in this document is presented solely for informational purposes so that you may learn more about the subject.

Nothing contained in this document is intended to constitute, nor should it be considered, medical advice or to serve as a substitute for the advice of a physician or other qualified health care provider. Always consult your doctor or physician before you begin any diet or weight loss program.

### DISCLAIMER

The information provided in this document should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider. It should not be used in place of a visit to, consultation with or the advice of a physician or other qualified health care provider.

The material in this document is made available with the understanding that we are not engaged in providing professional advice. Information in this document is not exhaustive and does not cover all diseases, ailments or physical conditions or their treatment. Should you have any health care related questions, call or see your physician or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in this document.

No promises are being made that the information in this document will be error free, or that it will provide specific results. This document is provided "AS-IS" without any warranty, and the use of this document is solely at your own risk. Before relying on the material in this document, users should independently verify the accuracy, the completeness, and the relevance for their purposes, obtaining professional advice when appropriate or applicable as the material in this document may include opinions, recommendations, or content from third parties, which may not reflect your views.

By accepting and using this document and any information contained in this document or related to this document, you understand and acknowledge that your sole and exclusive remedy with respect to any defect in or dissatisfaction with this document or the information contained in this document is to cease using this document. You further understand and acknowledge that everyone that has contributed or prepared this document or that has distributed or otherwise shared this document disclaims any liability to you, and all such persons are NOT LIABLE for losses or damages which may result through the use of the information, products, and service presented in this document or any other materials or information relating to this document.

Copyright 2013 Adrienne Harvey, [GiryaGirl.com](http://GiryaGirl.com)

## Foreword

Many people seem to equate healthy eating with deprivation, starvation, and making big compromises. One of my secrets of being able to stick to eating well over a long period of time is to create abundant, flavorful, and delicious meals from the best possible ingredients. A friend recently described what I've been doing not as a "diet" but as a "nutritional lifestyle." His phrase is incredibly accurate. Any time I've mentioned phrases like Paleo Diet, Primal Diet, etc. that "d word" in there immediately causes noses to wrinkle in disgust—just like when I describe preparing liver and onions!! I don't want to go on and on about it but one of the big game-changing strategies I've used over the years when exploring all sorts of (admittedly sometimes bizarre) eating plans has been to focus on all the new and interesting foods, recipes and flavors to try—instead of focusing on "what I can't have". It's not so much about giving up old favorite foods as it is finding new favorite foods which will contribute to your overall health and ongoing fitness goals. With all of that said, here's a small sampling of recipes that I prepare on a regular basis. Every time I make them, they evolve, change and adapt to what is on hand. After making these recipes as is, I'd encourage you to start getting creative with them too. Please let me know how they turn out, and if you discover a great variation!

Best to you!

Adrienne Harvey  
Adrienne@GiryaGirl.com

## Let's Start with Breakfast... Baked Ham and Eggs



### Ingredients:

- 1 tsp Coconut Oil
- 5 eggs (locally sourced, right?)
- 12 slices prosciutto (Thin sliced as they will be rumped and or folded)
- 1/2 tsp black pepper, fresh cracked (Or more if you're into black pepper)
- 2 oz goat cheese (Optional use 6 eggs if you don't use the goat cheese)
- 1 pinch dried parsley
- 1 pinch dried dill
- 1 pinch dried oregano

### Equipment:

- Muffin tin for 12 regular sized muffins
- Wire whisk
- Large bowl preferably with a spout for easy pouring

## Instructions:

You can make these partially ahead for guest breakfasts - preparing the muffin tin with the oil and prosciutto then storing it (wrapped in plastic wrap so it doesn't dry out) in the refrigerator. Likewise, the egg mixture can be made ahead and stored in a small spouted pitcher right next to it. When it's time for breakfast simply put the mixture into the prosciutto lined tins and bake.

Preheat oven to 400 Degrees F.



Lightly grease the muffin tins with coconut oil - the prosciutto ham will generally not stick, but having that little bit of extra oil in there will make the ham crispy on the edges. Folding if necessary, line each muffin tin with a slice of prosciutto as in the photo.



Whisk eggs thoroughly and add in herbs/spices, crumble in the goat cheese if you are using it and whisk again - make sure to break up the goat cheese with the whisk into tiny pieces throughout the mixture. Do not be tempted to add salt, the cheese and prosciutto will salt it almost too much. Carefully spoon or pour the egg mixture into each prosciutto cup - and place in the oven for approx 10 minutes or until the egg mixture is cooked through and the bottoms are

lightly browned. You may wish to slightly broil the tops, but don't walk away during this process! For an elegant breakfast or brunch serve 2-3 of these for each person with a side of cool melon.

## Simple Raw Beet and Celery Salad

The original inspiration for this salad came from a WAY "far out" cookbook about raw foods from the 70s that featured Peter Max drawings all throughout the text! My version works as an accompaniment for lunch, dinner, or as an interesting snack for 1-2 people.

### Ingredients:

2 medium sized organic beets of any variety  
2 celery stalks  
1 tbsp extra virgin olive oil  
2 tbsp red wine vinegar (Or the juice of one lemon)  
1/2 tsp sea salt or mineral salt

### Instructions:

If you have a mandolin or v-slicer, this is a great excuse to get it out, because this salad really works well when the beets and celery are sliced impossibly thin. Peel and slice the beets thinly, slice the celery thinly (or shred) and place into a bowl with the oil, vinegar, and salt. Stir well to combine and let marinate in the refrigerator for at least 1/2 hour, preferably a little more. Stir it up again and enjoy the subtle flavors of each ingredient. This is an old favorite from my vegan and raw foods days in the early 2000s that has managed to stick around by virtue of the colors and flavors. It goes well with a side of Mediterranean spiced meats, by the way! :)



## Chinese Inspired Cabbage Wraps

I love to make this with locally sourced, ethically raised organic ground pork (while those are a lot of expensive sounding words, ground pork--if you eat pork--is a great way to get delicious organic meat at a very good price.) If you don't eat pork that's ok too! The following recipe can also be made with ground turkey, or not-too-lean ground beef.

### Ingredients:

- 1 lb ground pork
- 1 medium head nappa cabbage
- 1/4 cup crushed walnuts
- 1 tbsp rice wine vinegar
- 1 tbsp coconut aminos (or wheat free tamari)
- 1 tsp Chinese five spice powder
- 1/2 tsp ground ginger
- 1 tbsp chili garlic sauce (check your local Asian food market -- or use 1 minced clove garlic and 1 tsp optional hot sauce)
- 1 tsp honey (optional)

### Instructions:

This is so simple and there are so many fun variations you can do once you figure out the basics - start by browning the ground meat in a heavy skillet, add in the walnuts, stir and add in vinegar, soy sauce, five spice powder, ginger, chili garlic sauce and optional honey. Simmer/heat through for 3-5 minutes. Trim the bottom of the nappa cabbage leaves, spoon meat mixture into each leaf and eat like a taco.

### Variants:

Add in 1/2 small can of chopped bamboo shoots or water chestnuts instead of the walnuts. If you choose to use ground turkey or chicken instead of ground pork, add a little bit of coconut oil to the pan before adding in the meat.

## Green with Envy Tuna Salad

This is a no-excuses recipe, you can take it on a camping trip or in a brown bag to work as the ingredients before combining don't even require refrigeration. Make it right at the picnic table if you wish. At home it's a cinch too.



### Ingredients:

- 1 5oz can tuna packed in water
- 1 Hass avocado, perfectly ripe
- 1 tsp fresh lemon juice
- 1 tbsp dijon mustard
- Sea salt to taste
- 2 tbsp chopped dried goji berries
- 2 tbsp crushed pecans (or walnuts)
- Fresh ground black pepper to taste
- 1 tbsp olive oil (optional - if you need more moisture in the salad and a calorie boost.)

## Instructions:

This is so simple to make... and it can be made super portable too - made on the fly at the office or maybe even on a picnic/camping! If you love convenience and tastiness, then this may be a good choice for you. Instead of carrots/celery/pickles in the picture, you could always use tomatoes (I think grape tomatoes would fun), apple slices, jicama, or whatever you have. Maybe add some olives or whatever is handy that you enjoy eating. Similarly, the goji berries and pecans are optional additions. You could choose to add a different dried fruit like a few raisins, or something that's less sweet. For extra extra "credit" you could add in chia seeds or sesame seeds for a nutritional crunch.

First, drain the can of tuna very well and break up the larger chunks in a medium sized bowl. Add in the peeled and at least partially chopped avocado along with the salt, pepper, lemon juice, and mustard. Mash together with the back of a fork then mix in the rest of the (mostly optional) ingredients. Serve on a plate or large bowl full of mixed greens and your chosen salad veggies and optional hardboiled egg on the side. Alternately you could serve it in a lettuce wrap.

Yes it's kind of weird because it's green, but your friends will be green with envy if you let them taste this salad. Admittedly, this is heavy calorie wise, so some people may wish to make it into 2 servings. What variations will you come up with?

## Chocolate-y Pecan Date Coconut Treats

These little 2 bite yummys helped me survive my first RKC workshop in 2010, and a few years later a participant at another RKC workshop (where I was conducting interviews) came up and shared some she'd made as a variation of my recipe. So you can also make friends with these little treats as well as power through heavy duty workshops. Store in the refrigerator.

### Ingredients:

1 cup raw shelled pecans  
12 dates (use the gloriously gooey Medjool variety)  
3 tbsp cocoa powder (added a little extra for dusting at the end)  
4 tbsp coconut butter  
4 tbsp shredded unsweetened coconut  
1 pinch cayenne pepper (optional - but delicious!)

### Instructions:

This recipe absolutely positively requires the use of a food processor. I would suggest doing the initial chopping/mixing in batches, this is a thick mixture full of healthy fatty oils. A good strategy is to put all the ingredients into a bowl, mix it by hand, then drop 1/4 of it at a time into your processor - eventually mixing it all together at the end.

When you have a food processor that is full of this amazing energy-giving paste, its time to get creative - you can form it into little bars, balls, patties etc. Personally I prefer to make little truffle-looking servings. After you have rolled them (quickly, they're MELTY!) into whatever shape you want, dust with cocoa powder, coat with coconut shreds, or squish a pecan half into the top. Store in tightly sealed containers in the refrigerator. For particularly oily batches, I like to put a little "bedding" of shredded coconut mixed with cocoa powder in the bottom of each box.

I made sure to have a chilled box of these in my backpack EVERYDAY of the RKC weekend - they really kept me going. Other participants and instructors really enjoyed them too. Enjoy and please put your own personal spin on them.