



NORTHERN MICHIGAN
WEIGHT LOSS

Affiliated With **SECRET FOR WEIGHT LOSS™**

24

WEIGHT-REDUCTION RECIPES



Here are 24 recipes crafted to help manage inflammation while being mindful of common dietary restrictions associated with many gut illnesses. We are focusing on high-protein, gluten-free, and dairy-free recipes.

These recipes are designed to provide anti-inflammatory benefits, helping to manage symptoms while providing nutritious and flavorful meals.



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Shrimp Stir-Fry

Ingredients

- 4 oz shrimp
- 4 oz broccoli
- 1/2 cup bell peppers, sliced
- 1 clove garlic, minced
- 4 oz mango, diced
- 1 tbsp coconut aminos
- 1/2 tsp ginger, grated
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and add garlic and ginger.
2. Add shrimp and cook until pink, about 3-4 minutes.
3. Add broccoli and bell peppers, stir-fry for another 5 minutes.
4. Add coconut aminos and cook for 1 more minute.
5. Serve with diced mango on the side.



Salmon with Asparagus and Berries

Ingredients

- 4 oz salmon
- 4 oz asparagus, trimmed
- 4 oz mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste

Directions

1. Preheat oven to 375°F (190°C).
2. Place salmon and asparagus on a baking sheet, season with salt and pepper.
3. Bake for 15-20 minutes until salmon is cooked through.
4. Drizzle SkinnyGirl Dressing over asparagus.
5. Serve with mixed berries on the side.



Scallop and Zucchini Skewers

Ingredients

- 4 oz scallops
- 4 oz zucchini, sliced
- 1/2 cup cherry tomatoes
- 4 oz peach slices
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat grill to medium-high heat.
2. Thread scallops, zucchini, and cherry tomatoes onto skewers.
3. Brush with Simple Girl Dressing and season with salt and pepper.
4. Grill for 4-5 minutes on each side until scallops are opaque.
5. Serve with peach slices.



Lean Pork with Brussel Sprouts and Apples

Ingredients

- 4 oz lean pork, sliced
- 4 oz brussel sprouts, halved
- 1/2 cup red onion, sliced
- 4 oz apple slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook pork slices until browned, about 4-5 minutes.
2. Add brussel sprouts and red onion, stir-fry for another 5-7 minutes.
3. Add Braggs Aminos and cook for 1 more minute.
4. Serve with apple slices.



Beef and Broccoli with Oranges

Ingredients

- 4 oz 90-97% lean beef, sliced
- 4 oz broccoli florets
- 1/2 cup bell peppers, sliced
- 4 oz orange segments
- 1 tbsp Walden Farms Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook beef slices until browned, about 4-5 minutes.
2. Add broccoli and bell peppers, stir-fry for another 5 minutes.
3. Add Walden Farms Dressing and cook for 1 more minute.
4. Serve with orange segments.



Ground Turkey Stuffed Peppers

Ingredients

- 4 oz ground turkey
- 4 oz bell peppers, halved and seeded
- 1/2 cup tomatoes, diced
- 4 oz pear slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat oven to 375°F (190°C).
2. In a pan, cook ground turkey until browned, about 5-7 minutes.
3. Add diced tomatoes and Braggs Aminos, cook for 2 more minutes.
4. Stuff bell pepper halves with turkey mixture.
5. Place stuffed peppers on a baking sheet and bake for 20 minutes.
6. Serve with pear slices.



Turkey Sausage & Cauliflower Rice

Ingredients

- 4 oz turkey sausage, sliced
- 4 oz cauliflower rice
- 1/2 cup cherry tomatoes, halved
- 4 oz apple slices
- 1 tbsp Walden Farms Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook turkey sausage until browned, about 4-5 minutes.
2. Add cauliflower rice and cherry tomatoes, cook for another 5 minutes.
3. Add Walden Farms Dressing and cook for 1 more minute.
4. Serve with apple slices.



Baked White Fish with Leeks and Berries

Ingredients

- 4 oz white fish (such as cod or haddock)
- 4 oz leeks, sliced
- 4 oz mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste

Directions

1. Preheat oven to 375°F (190°C).
2. Place white fish and leeks on a baking sheet, season with salt and pepper.
3. Bake for 15-20 minutes until fish is cooked through.
4. Drizzle SkinnyGirl Dressing over leeks.
5. Serve with mixed berries on the side.



Filet Mignon with Green Beans and Peaches

Ingredients

- 4 oz filet mignon, trimmed of all visible fat
- 4 oz green beans, trimmed
- 1/2 cup cherry tomatoes, halved
- 4 oz peach slices
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste

Directions

1. Preheat grill to medium-high heat.
2. Season filet mignon with salt and pepper, grill for 4-5 minutes on each side until desired doneness.
3. In a pan, cook green beans and cherry tomatoes until tender, about 5 minutes.
4. Drizzle Simple Girl Dressing over green beans.
5. Serve with peach slices.



Bison Sirloin with Rutabaga & Apples

Ingredients

- 4 oz sirloin bison, skinless
- 4 oz rutabaga, diced
- 1/2 cup red onion, sliced
- 4 oz apple slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook bison sirloin until browned, about 4-5 minutes.
2. Add rutabaga and red onion, cook for another 5-7 minutes.
3. Add Braggs Aminos and cook for 1 more minute.
4. Serve with apple slices.





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We envision Traverse City and the surrounding communities as a place in which people have shifted their consciousness and regained control of their health; a community where drugs and surgery are a last resort and not a first choice; a community where longevity and a better quality of life go hand-in-hand; a community where every child has an opportunity to experience the joys of life without disease or dysfunction; a community where every individual is living clear and connected.

Chicken and Artichoke Salad

Ingredients

- 4 oz white chicken, cooked and sliced
- 4 oz artichoke hearts, chopped
- 1/2 cup cherry tomatoes, halved
- 4 oz orange segments
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. In a bowl, combine cooked chicken, artichoke hearts, and cherry tomatoes.
2. Drizzle with SkinnyGirl Dressing and toss to coat.
3. Season with salt and pepper to taste.
4. Serve with orange segments.



Cornish Game Hen with Bok Choy

Ingredients

- 4 oz Cornish game hen, cooked and chopped
- 4 oz bok choy, chopped
- 1/2 cup red onion, sliced
- 4 oz pear slices
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. In a pan, cook chopped Cornish game hen until browned, about 4-5 minutes.
2. Add bok choy and red onion, cook for another 5-7 minutes.
3. Drizzle Simple Girl Dressing over bok choy.
4. Serve with pear slices.



Turkey Eggplant Parmesan

Ingredients

- 4 oz ground turkey
- 4 oz eggplant, sliced
- 1/2 cup tomato sauce (no sugar added)
- 4 oz apple slices
- 1 tbsp nutritional yeast
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat oven to 375°F (190°C).
2. In a pan, cook ground turkey until browned, about 5-7 minutes.
3. Layer eggplant slices, ground turkey, and tomato sauce in a baking dish.
4. Sprinkle nutritional yeast on top.
5. Bake for 20 minutes until eggplant is tender.
6. Serve with apple slices.



Shrimp and Fennel Salad

Ingredients

- 4 oz shrimp, cooked and chopped
- 4 oz fennel, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 4 oz orange segments
- Spring greens
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. In a bowl, combine cooked shrimp, fennel, and cherry tomatoes.
2. Toss with spring greens.
3. Drizzle with SkinnyGirl Dressing and toss to coat.
4. Season with salt and pepper to taste.
5. Serve with orange segments.



Salmon with Cauliflower Rice and Berries

Ingredients

- 4 oz salmon
- 4 oz cauliflower rice
- 1/2 cup cherry tomatoes, halved
- 4 oz mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking sheet, season with salt and pepper.
3. Bake for 15-20 minutes until salmon is cooked through.
4. In a pan, cook cauliflower rice and cherry tomatoes for 5 minutes.
5. Drizzle Simple Girl Dressing over cauliflower rice.
6. Serve with mixed berries.



Scallops with Green Beans and Peaches

Ingredients

- 4 oz scallops
- 4 oz green beans, trimmed
- 1/2 cup cherry tomatoes, halved
- 4 oz peach slices
- 1 tbsp Walden Farms Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook scallops until opaque, about 4-5 minutes.
2. Add green beans and cherry tomatoes, cook for another 5 minutes.
3. Drizzle Walden Farms Dressing over green beans.
4. Serve with peach slices.



Lean Pork with Turnips and Apples

Ingredients

- 4 oz lean pork, sliced
- 4 oz turnips, diced
- 1/2 cup red onion, sliced
- 4 oz apple slices
- 1 tbsp Braggs Aminos
- - Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook pork slices until browned, about 4-5 minutes.
2. Add turnips and red onion, cook for another 5-7 minutes.
3. Add Braggs Aminos and cook for 1 more minute.
4. Serve with apple slices.



Ground Turkey and Zucchini Boats

Ingredients

- 4 oz ground turkey
- 4 oz zucchini, halved and scooped out
- 1/2 cup tomatoes, diced
- 4 oz pear slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat oven to 375°F (190°C).
2. In a pan, cook ground turkey until browned, about 5-7 minutes.
3. Add diced tomatoes and Braggs Aminos, cook for 2 more minutes.
4. Stuff zucchini halves with turkey mixture.
5. Place stuffed zucchini on a baking sheet and bake for 20 minutes.
6. Serve with pear slices.





A high-protein diet is vital for muscle growth and repair, aiding in weight management by increasing feelings of fullness and reducing appetite. It supports metabolic health, regulates blood sugar levels, and facilitates nutrient absorption. Additionally, protein is essential for tissue repair, wound healing, and hormone production.



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Turkey Sausage with Rutabaga and Apples

Ingredients

- 4 oz turkey sausage, sliced
- 4 oz rutabaga, diced
- 1/2 cup red onion, sliced
- 4 oz apple slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook turkey sausage until browned, about 4-5 minutes.
2. Add rutabaga and red onion, cook for another 5-7 minutes.
3. Add Braggs Aminos and cook for 1 more minute.
4. Serve with apple slices.



Baked White Fish with Artichokes and Berries

Ingredients

- 4 oz white fish (such as cod or haddock)
- 4 oz artichoke hearts, chopped
- 1/2 cup cherry tomatoes, halved
- 4 oz mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. Preheat oven to 375°F (190°C).
2. Place white fish and artichokes on a baking sheet, season with salt and pepper.
3. Bake for 15-20 minutes until fish is cooked through.
4. Drizzle SkinnyGirl Dressing over artichokes.
5. Serve with mixed berries.



Filet Mignon with Fennel and Peaches

Ingredients

- 4 oz filet mignon, trimmed of all visible fat
- 4 oz fennel, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 4 oz peach slices
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste

Directions

1. Preheat grill to medium-high heat.
2. Season filet mignon with salt and pepper, grill for 4-5 minutes on each side until desired doneness.
3. In a pan, cook fennel and cherry tomatoes until tender, about 5 minutes.
4. Drizzle Simple Girl Dressing over fennel.
5. Serve with peach slices.



Bison Sirloin with Bok Choy & Apples

Ingredients

- 4 oz sirloin bison, skinless
- 4 oz bok choy, chopped
- 1/2 cup red onion, sliced
- 4 oz apple slices
- 1 tbsp Braggs Aminos
- Himalayan pink salt and organic black pepper to taste



Directions

1. Heat a pan over medium heat and cook bison sirloin until browned, about 4-5 minutes.
2. Add bok choy and red onion, cook for another 5-7 minutes.
3. Add Braggs Aminos and cook for 1 more minute.
4. Serve with apple slices.



Chicken and Cauliflower Rice Salad

Ingredients

- 4 oz white chicken, cooked and sliced
- 4 oz cauliflower rice
- 1/2 cup cherry tomatoes, halved
- 4 oz orange segments
- 1 tbsp SkinnyGirl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. In a bowl, combine cooked chicken, cauliflower rice, and cherry tomatoes.
2. Drizzle with SkinnyGirl Dressing and toss to coat.
3. Season with salt and pepper to taste.
4. Serve with orange segments.



Cornish Game Hen with Zucchini

Ingredients

- 4 oz Cornish game hen, cooked and chopped
- 4 oz zucchini, sliced
- 1/2 cup cherry tomatoes, halved
- 4 oz pear slices
- 1 tbsp Simple Girl Dressing
- Himalayan pink salt and organic black pepper to taste



Directions

1. In a pan, cook chopped Cornish game hen until browned, about 4-5 minutes.
2. Add zucchini and cherry tomatoes, cook for another 5-7 minutes.
3. Drizzle Simple Girl Dressing over zucchini.
4. Serve with pear slices.






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