

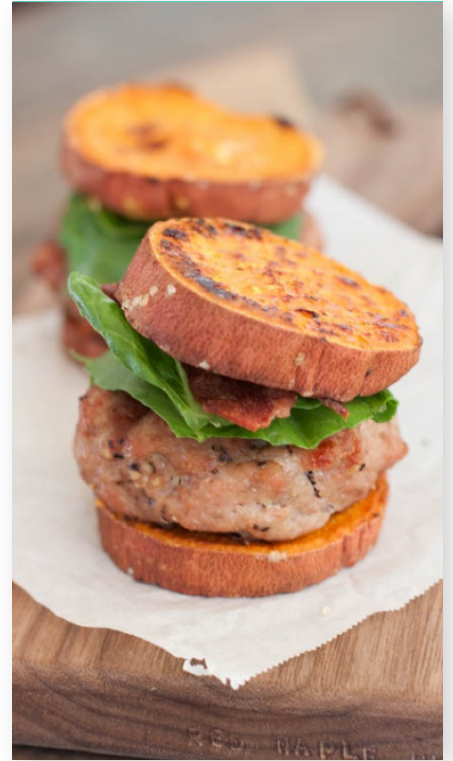


# ...BREAD-LESS SANDWICH... COOKBOOK

GET HEALTHY 



# SWEET POTATO TURKEY BURGER SLIDERS



Using sweet potatoes to substitute for a bun? Genius. Less carbs and loaded with nutrients like vitamin D, vitamin B6, and iron, sweet potatoes simply rock! Talk about a whole lot more wholesome than a hamburger bun!

## Ingredients:

- 1 1/2 pound ground turkey
- 1 teaspoon garlic salt
- 1 1/2 teaspoon steak seasoning
- 2 large sweet potatoes
- 1 tablespoon extra virgin olive oil
- 3-4 slices cooked turkey bacon
- lettuce torn into small pieces

[click here for the full recipe!](#)

# PERFECT EGG SALAD



Get a protein boost without the added calories of bread. Use romaine or collard greens to wrap up your egg salad for a quick recipe that you can refrigerate and eat daily!

## Ingredients:

- 6 hard boiled eggs
- 3 tablespoons Greek yogurt
- 1 teaspoon yellow mustard
- ½ teaspoon salt
- ¼ teaspoon of pepper
- ½ teaspoon celery seed
- ¼ teaspoon honey or sugar
- Sprinkles of sweet paprika
- Romaine lettuce leaves

[click here for the full recipe!](#)

# AVOCADO LATKES GRILLED CHEESE



A recipe that you probably have never heard of before, these Avocado Latkes Grilled Cheese are heavenly. Not completely fried in butter like a regular grilled cheese, these are guilt-free and something you need to make as soon as possible.

## Ingredients:

- 2 pounds peeled and shredded potatoes
- 1/2 an avocado
- 1/2 cup aged white cheddar
- 2 tablespoon olive oil
- 1 tablespoon flour
- 1 tablespoon garlic
- 1 teaspoon salt

[click here for the full recipe!](#)

# CABBAGE BREAKFAST BURRITO

## WITH SWEET POTATO NOODLES



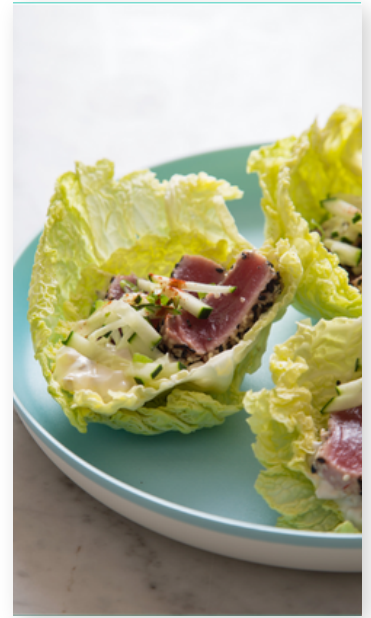
Cabbage savoy leaves are one of the best foods you can put into your body. These greens can lower cholesterol and are cancer-preventive, so incorporating these into your breakfasts with this wrap is vital for your diet.

### Ingredients:

- 2 cabbage savoy leaves
- 1 avocado
- Salt and pepper, to taste
- 4 pieces of bacon
- 1 sweet potato
- 4 eggs

[click here for the full recipe!](#)

# PROTEIN STYLE AHI TUNA BURGERS



One of the leading omega-3 power packed foods, tuna is a great lunch additive. This wrap is free from all the grains and will give you the energy and strength to conquer your day.

## Ingredients:

### For the Creamy Tartar Sauce

- 1/2 cup mayonnaise
- 2 tablespoons sour cream
- 10 dill chips
- 1 1/2 tablespoons dill chip brine
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground ginger
- Salt and pepper to taste

### For the Tuna:

- 16 ounces ahi tuna
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds
- 3 tablespoons extra virgin olive oil
- 1/4 cucumber
- 8 savory cabbage leaves
- 1 teaspoon smoked paprika
- Salt and pepper to taste

[click here for the full recipe!](#)

# PALEO HAM & CUCUMBER ROLLUPS



Ideal for appetizers or sides at your next get together, these roll-ups are addicting. Cucumbers contain little to no calories and are completely unprocessed.

## Ingredients:

- 6 slices thick-cut ham
- 1 cucumber
- 6 green onions
- 3 teaspoon paleo mayonnaise
- 1 jalapeño, diced
- 1 teaspoon dill

[click here for the full recipe!](#)

# PORTABELLA & HAM BURGERS



Another genius substitute for bread. Use grilled Portabella Mushrooms to hold your burger in place! Mushrooms assist in digestion, rather than upset it like some grains do. This sandwich looks and tastes so appetizing.

## Ingredients:

- 4 portabella mushroom caps with stems removed
- 3 ½ tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 thin slices halloumi
- 2 thick slices tomato
- Sea salt and pepper
- 1 handful basil leaves

[click here for the full recipe!](#)



# CRANBERRY & CHICKEN ROLLUP SANDWICHES



Spice up your classic chicken salad with this recipe. Lettuce wraps are so fresh, and adding them into cranberries gives your sandwich some added antioxidants.

## Ingredients:

- 4 ounces cooked chicken breast, shredded (about 1 cup)
- 1/3 cup fat free Greek Yogurt (more or less to taste)
- 1/4 cup dried cranberries
- 1 medium apple, quartered and chopped
- 4-6 large leaves of butter leaf lettuce
- salt and pepper to taste

[click here for the full recipe!](#)

# MUSHROOM & QUINOA LETTUCE WRAPS



Another wrap, another day. This Mushroom and Quinoa Lettuce Wrap is low-calorie, high in protein, and will fill you up in all the right ways.

## Ingredients:

### Mushroom & Quinoa Filling

- 1 teaspoon olive oil
- 2 cups chopped mushrooms
- 1-2 teaspoons soy sauce
- A squeeze of lime
- A splash of rice vinegar
- 1 cup cooked quinoa
- ¼ cup scallions

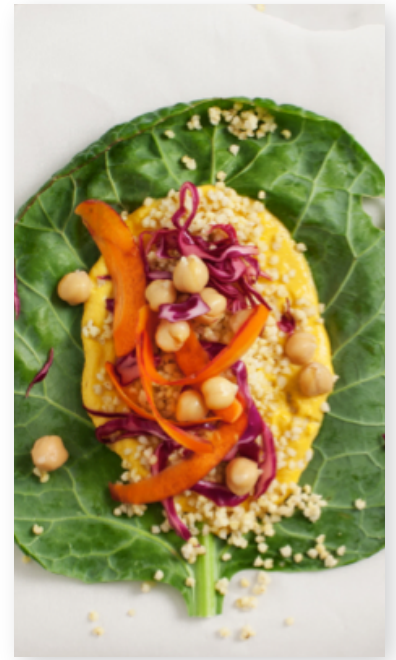
### Peanut Tofu Sauce

- ¼ cup smooth peanut butter
- 5 ounces silken tofu (soft or firm)
- 1 teaspoon soy sauce or tamari
- 1 small clove of garlic, minced
- splash of sriracha
- splash of rice vinegar

[click here for the full recipe!](#)

# COLLARED WRAPS

## WITH CARROT HUMMUS



This vegetarian wrap is perfect for someone who wants to go breadless and meatless. The creamy spread is a carrot hummus which is tasty in itself! Chickpeas attend to weight loss needs, lower cholesterol, and are a healthy addition to any diet.

### Ingredients:

#### Collared Wraps

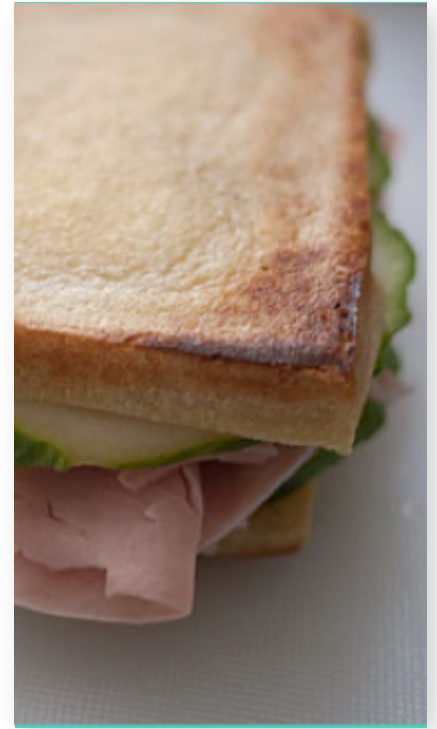
- 4 collard leaves
- Carrot hummus
- 1 cup cooked millet
- ½ cup chickpeas
- 2 carrots, shaved into ribbons
- Sliced red cabbage
- Sprinkle of hemp seeds

#### Carrot Hummus

- ½ teaspoon coconut oil
- 3 small carrots
- 2 medium (unpeeled) garlic cloves
- 2 teaspoons harissa seasoning
- 1 cup chickpeas
- 2 tablespoon lemon juice
- 2 tablespoon orange juice
- 2-4 tablespoons olive oil
- Salt, to taste

[click here for the full recipe!](#)

# GLUTEN-FREE TOFU SANDWICH



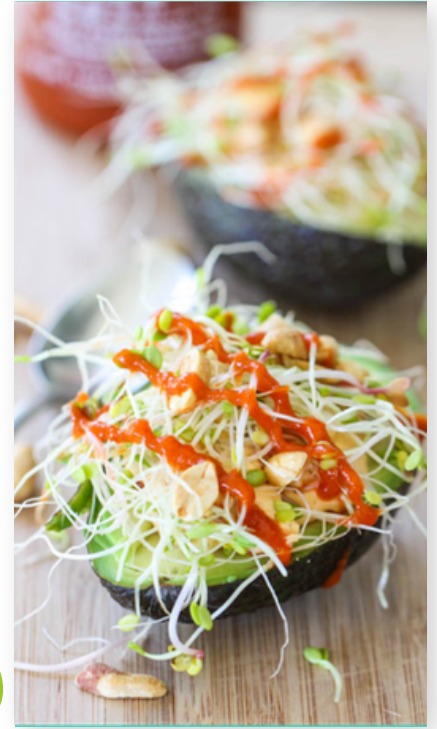
If you are a tofu fan, you need to make this for your next meal. Tofu is naturally gluten-free, so if you have a sensitivity, this sandwich is first-class. It will also contain an ideal amount of protein with the tofu and whatever meat you decide to incorporate into the “sandwich.”

## Ingredients:

- Freeze dried tofu squares
- Vegetable stock or dashi stock
- Oil or butter

[click here for the full recipe!](#)

# THAI STUFFED AVOCADOS



More and more, we are seeing an avocado being used as a shell for tasty cuisine. This Thai Stuffed Avocado is unbelievable, and something that you will want to experiment with and make for everyone you know!

## Ingredients:

- 1 large avocado, ripe but still a little firm
- 1/2 cup cream cheese
- 1/3 cup hummus
- 1 tablespoon chili garlic sauce
- Spicy sprouts
- Roasted peanuts
- Sriracha sauce

[click here for the full recipe!](#)

# CAULIFLOWER BAGEL BLTS



We have all heard or used cauliflowers for a flour substitute to make pizza crust, but how about to make bagels? Bagel sandwiches are everybody's guilty pleasure, so remove the calories with this recipe. You will be hooked on cauliflower after this!

## Ingredients:

- 1 small head cauliflower
- 3 tablespoons almond flour
- 1 tablespoon coconut flour
- 2 eggs
- ½ teaspoon garlic powder
- ½ teaspoon fine sea salt
- ¼ teaspoon baking powder
- Pinch of ground black pepper
- Poppy seeds, sesame seeds, minced garlic or minced onion for topping
- 8 slices bacon
- 1 large ripe tomato
- 4 leaves crispy leaf lettuce
- 4 tablespoons mayo

[click here for the full recipe!](#)

# CHICKEN AVOCADO & MANGO ROLLS



A summer recipe that all will fall in love with, these rolls incorporate some of the healthiest foods for your body. Chicken for lean protein, mangos for an essential B vitamin, and avocados for every vitamin and mineral you could think of. These are a great no gluten appetizer option!

## Ingredients:

### For the Rolls

- 1 Daikon Radish
- 1 chicken breast
- ½ cucumber
- 1 Mango
- ½ red onion
- ¼ cup coriander
- ½ avocado
- 1 lime

### For the Sauce

- 1½ tablespoon peanut butter
- 1 tablespoon sesame oil
- 1 tablespoon tamari
- 3 tablespoon orange juice
- 2 teaspoon lime juice

[click here for the full recipe!](#)

# VEGGIE NORI WRAPS WITH SUNFLOWER BUTTER DIPPING SAUCE



Do not be intimidated by this, it is not difficult to make! It is crunchy, full-flavored, and seaweed is key to getting enough fiber and protein into your daily diet. Delicious vegetables bundled up in an edible seaweed container and served with a tasty, creamy, sunflower butter for the perfect portable lunch or snack.

## Ingredients:

### For the Veggie Nori Rolls

- 3 to 4 Nori sheets
- 1 medium watermelon radish
- ½ a large avocado
- 1 cup baby spinach leaves
- 1 cup sprouts

### For the Sunflower Seed Sauce

- 1/4 cup sunflower seed butter
- 1 tablespoon coconut aminos
- 1 tablespoon lime juice
- 1 teaspoon sesame oil
- 1 teaspoon maple syrup
- 1/8 tsp red pepper flakes
- Hot water to thin

[click here for the full recipe!](#)