

 **THE HOT MELT DIET**

# HOT MELT FAVORITES



# MITOCHONDRIA MIRACLE SOUP



30 minutes



4-9 hours



serves 12

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- 3 tablespoons olive oil
  - 3 large onions, chopped
  - 3 large leeks, chopped
  - 6 cloves garlic (or more!), pressed
  - 3 large carrots, peeled and chopped
  - 3 small stalks celery, chopped
  - 1 medium turnip, peeled and chopped
  - 2 huge leaves chard, deribbed and chopped
  - 4 leaves each, black kale and Scotch kale, deribbed and chopped
  - 1/4 head cabbage chopped
  - 1/2 teaspoon dried thyme
  - Sea salt and freshly ground black pepper to taste
  - 2 small sweet potatoes, peeled and chopped
  - 2 (14.5-oz.) cans diced tomatoes, un-drained
  - 4 quarts homemade bone broth or low-sodium chicken broth

In a large soup pot\*, heat the olive oil over medium-high heat; add the onion and cook until nearly translucent. Add the garlic and sauté for a couple of minutes, but don't let it brown!

Add remaining veggies; sauté for just a minute or 2 (you're not cooking them, just getting the wonderful flavor this quick step will infuse in your soup). Add the thyme, salt and pepper while sautéing.

Now place the veggies in a large slow cooker; add diced tomatoes and broth. Cover and cook on LOW for 7 to 9 hours or on HIGH for 4 to 6 hours (all slow cookers differ, depending on size, age, brand, etc...your mileage may vary). If your slow cooker isn't large enough, simmer the mixture in the soup pot on the stovetop for at least 1 hour. Just before serving, gently mash some of the sweet potato chunks against the side of the slow cooker or soup pot to thicken the soup; give it a stir and serve.

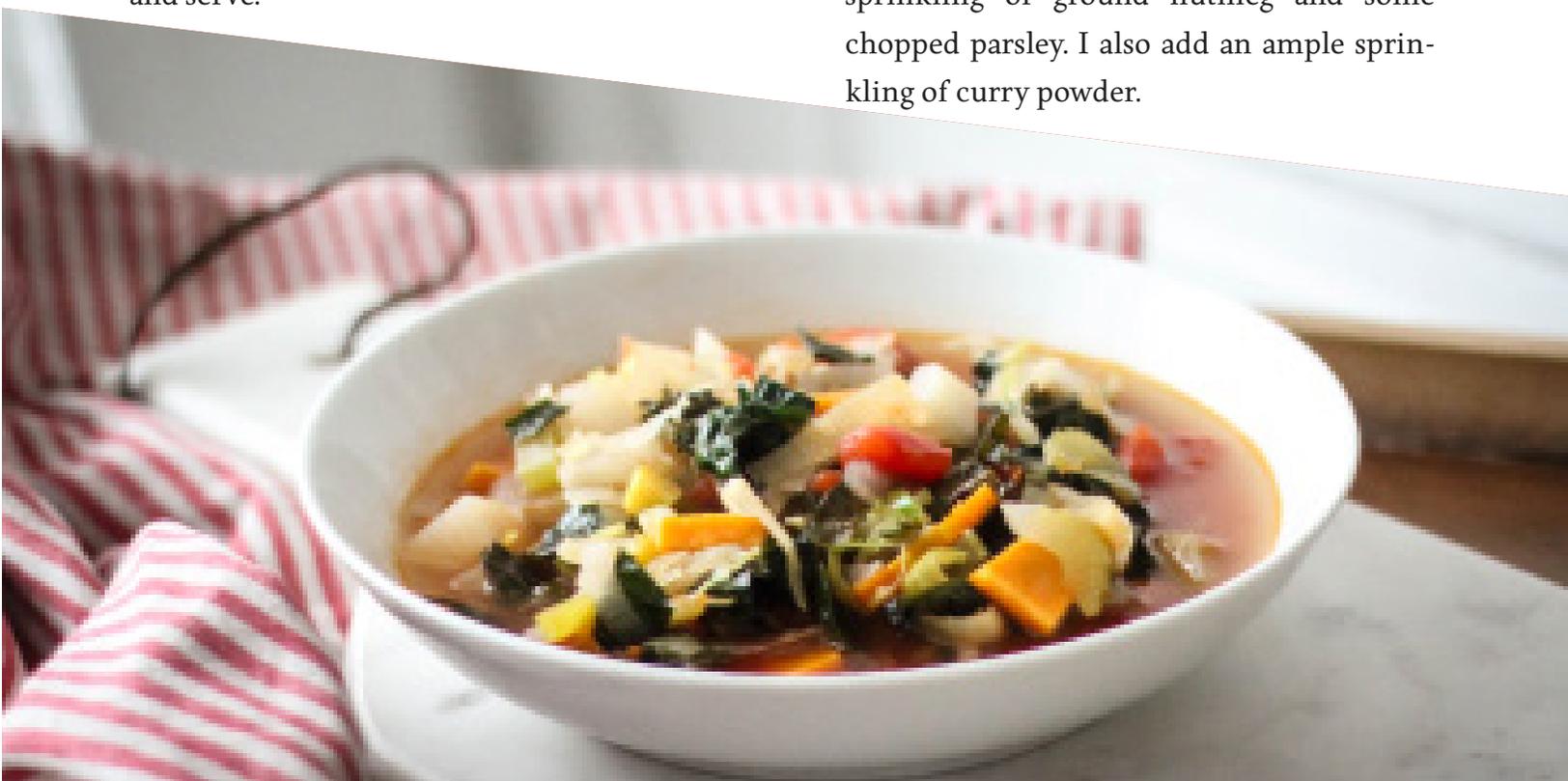
\*LEANNE'S NOTE: This is a BIG pot of soup, you may need to do a half batch so it will fit in your pot or crock cooker. It freezes well. I like to make a huge batch and freeze some of it in single servings for later.

Quick Fixes for Soup Variations (Now remember: Don't do this to the whole pot of soup...just the amount you pull out to fix yourself for lunch, etc.):

Quick Fix #1: Tex-Mex Veggie Soup: Add some salsa for a little heat (and a dash of cayenne if you like), a little ground cumin and chopped cilantro. Top with some diced avocado and more chopped cilantro.

Quick Fix #2: Tuscan Veggie soup – Add some fresh chopped basil leaves, chopped tomato and gluten free and nitrate free sausage.

Quick Fix #3: Autumn Veggie Soup – Add some diced acorn or butternut squash, a sprinkling of ground nutmeg and some chopped parsley. I also add an ample sprinkling of curry powder.





# HOT MELT GARLIC LIME SALMON



2 servings



20 minutes

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## [SALMON]

- 2 salmon fillets
- 2 tablespoons ghee (divided)
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon sea salt

## [AVOCADO SALSA]

- 1 ripe avocado, pitted and diced
- 2 tablespoons salsa (your choice)
- 2 tablespoons red onion, diced
- 2-3 tablespoons cilantro, chopped coarsely (use the stems, too!)
- 1 tablespoon olive oil
- 1/2 lime, squeezed
- sea salt and fresh ground pepper, to taste

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In a small bowl, toss together chili powder through sea salt. Rub half the melted ghee onto the salmon fillets, then follow up with the spices and sprinkle on the filet.

In a skillet over a medium high heat, melt remaining ghee and let the pan get hot. Now add the salmon, skin side down, and cook for about 3 to 5 minutes, depending on the thickness of the filet.

While the salmon is cooking, make the Avocado Salsa.

In a medium bowl, toss all salsa ingredients together. Refrigerate if not using right away.

# HOT MELT SPAGHETTI



4 servings



20 minutes

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- 1 tablespoon ghee or olive oil**
  - 1 onion, chopped**
  - 1 can (14.5 ounces) diced tomatoes or fresh equivalent**
  - 1 teaspoon thyme**
  - 1 teaspoon oregano**
  - salt and pepper to taste**
  - 2 cloves of garlic, pressed**
  - dash of red wine**
  - 2 zucchinis, spiralized**
  - 1 pound Italian sausage, cooked**
  - shredded Parmesan cheese (optional)**
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First up, in a large skillet, heat the ghee and add the onion. When the onion becomes translucent, now add the tomatoes, spices and simmer a couple of minutes. Use a potato masher to smush up the tomatoes. Add the garlic now and red wine and simmer another few minutes.

Add the zucchini to the pan and cover. Allow to simmer for a few minutes until cooked through, about 2 to 3 minutes.

Now add the cooked sausage and mix altogether. Serve in a bowl, top with parmesan if you like. :-)





# HOT MELT LOADED BREAKFAST COOKIES



12 cookies



20 minutes

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**4 strips thick sliced bacon, chopped**  
**1/2 cup onion, chopped**  
**2 big handfuls fresh baby spinach, chopped**  
**salt and pepper to taste**  
**3/4 cup fine almond flour**  
**1 teaspoon baking powder**  
**4 eggs, beaten and in a bowl**  
**1 cup shredded parmesan cheese, divided**

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Preheat oven to 375. Line a jelly roll pan or cookie sheet with parchment paper--trust me, you WANT the parchment!

In a large skillet, saute the bacon and onion together till onion is nicely browned and the bacon is cooked. Add the spinach and cook another minute longer, until the spinach is wilted and bright green and set aside.

In a large mixing bowl, add the almond flour and baking soda. Mix with a fork to blend. Make a well out of the dry ingredients, add the eggs and half the cheese, mixing well. Now add the bacon mixture, mixing well.

Using a soup spoon, place a big spoonful on the parchment. Press down slightly to even it out, not completely flatten. Sprinkle with remaining cheese and press down again to hold the cheese.

Bake for about 10 minutes or until nicely browned. Store in the fridge or freezer--best heated up in the toaster oven, not the microwave so it doesn't come out rubbery.

# HOT MELT FAT BOMBS



10 servings



30 minutes

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**1/2 cup coconut butter**  
**1/2 cup coconut oil**  
**1/2 cup shredded, unsweetened coconut**  
**3 tablespoons xylitol**  
**3 ounces sugar free dark chocolate, melted (like Valor or Lily's)**

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First off, you'll need a mini-muffin pan and some mini muffin pan parchment paper liners. Line the pan and set aside. In a small saucepan, combine all ingredients together except the chocolate and heat over medium heat, turning it down if it's too hot. You want everything melted and mixed well.

Now spoon the mixture into each muffin liner, then freeze for at least 20 to 30 minutes. To melt the chocolate, use a double boiler or a stainless bowl over a boiling pot of water. Once chocolate is melted, bring the frozen coconut mixture muffin pan out of the freezer and divide the chocolate up on top of each one.

Let sit for at least 30 minutes to harden. You CAN put it in the fridge, but the chocolate will sweat. Can be stored in a sealed container in your pantry for a week.



# HOT MELT MEATLOAF



6 servings



1 hour 15 minutes

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**1 tablespoon ghee or avocado oil**  
**3 medium onions, chopped**  
**1/2 teaspoon thyme**  
**2 teaspoons pink salt**  
**1 teaspoon freshly ground black pepper**  
**3 tablespoons Worcestershire sauce**  
**1/3 cup chicken broth (bone broth, if you have it)**  
**1 tablespoon tomato paste**  
**2 1/2 pounds ground beef**  
**1/2 cup ground pork rinds**  
**2 eggs, beaten**

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Preheat oven to 350.

In a skillet, heat the ghee and saute the onions.

In a large bowl, with your very clean hands mix all ingredients--add the sauteed onions.

Once everything is thoroughly mixed, put it in a loaf pan or muffin tin for smaller portions.

Bake for an hour or until cooked thoroughly. Enjoy!

# HOT MELT BURGERS



4 servings



30 minutes

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**1/2 pound ground beef**  
**1/2 pound ground bacon**  
**Garlic powder (about 1 teaspoon per burger)**  
**Salt**  
**Pepper**  
**Olive oil or Avocado Oil**  
**4 to 6 mushrooms, sliced (per burger)**  
**1/2 tablespoon ghee**  
**1-2 tablespoons heavy cream (or full fat coconut milk)**

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In a mixing bowl, mix beef, bacon, garlic powder and salt and pepper together well. Form patties and place on a plate.

In a large skillet, heat some plain olive oil or avocado oil over medium high heat to begin cooking the burgers.

As the burgers are cooking, in another skillet, heat the ghee over medium high heat and sauté the mushrooms; adding salt and pepper.

When burgers are done to your liking, pull them and place on a paper towel lined plate.

To the burger pan, add the heavy cream and whisk getting all the little brown bits to form the gravy. As the gravy forms, turn down the heat to low and add the mushrooms to incorporate.

Serve burgers with mushroom gravy over the top and Enjoy!

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**SAVING DINNER**  
*by Leanne Fly*