Healthy Cell Solution

by Dr. Dex

MEALCLUB

WEEK 7
Hello again!

I’m always looking for ideas to keep these meals fresh and interesting.

For example, the last couple weeks I included bonus desserts to satisfy your sweet tooth. I hope you enjoyed those recipes! This week I had an idea for different kind of bonus...

I know sweets and desserts aren’t the only kind of “cheat” food we crave. Sometimes our temptations are more traditional comfort food. Just classic dishes that are simple yet familiar and delicious.

So this week I included a chicken wings and fries! Of course there’s Healthy Cell Solution twist to the recipe, but I think you’re going to love it! The flavors, the textures, the combination...it’s a great meal that you’re going to absolutely love and it’s not going to feel like you’re even on a diet.

And of course the rest of the recipes are nothing to turn your nose at either! As usual, a whole week’s worth of delicious meals designed with high fats and low carbs that will force your body to burn fats for fuels. That means no counting macros, no keeping a food log, just eat these meals and all the math is already done for you.

I hope you enjoy them, and I look forward to talking to you next week!

To The Greatest You Possible!

Here’s to your health,
Dr. Dex
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DR. DEX’S MEALCLUB

BREAKFAST
PUMPKIN SPICE FRENCH TOAST

Serves: 2 - Prep: 20 mins.

INGREDIENTS
- Ezekiel bread 4 slices
- Egg 1
- Cream 1/8 cup
- Orange extract 1 tsp
- Pumpkin pie spice ½ tsp
- Butter 2 tbsp

PREPARATION

1. In small container, mix egg, cream, vanilla extract, orange extract and pumpkin pie spice.

2. Dip the bread into the mixture and soak for 5 minutes.

3. After 5 minutes, again flip the bread and allow it to soak for 5 more minutes.

4. In a pan, add butter and when it is brown color add soaked bread and cook for 3-4 minutes on each side or until golden brown color.

5. Add desired toppings and serve.
CHICHARRONES CON HUEVOS

Serves: 3 - Prep: 25 mins.

INGREDIENTS

- Bacon 4 slices
- Eggs 5
- Pork rinds 2 oz
- Tomato 1
- Avocado 1
- Jalpeno Pepper 2
- Onion 1 oz
- Chopped cilantro 5 tsp
- Salt and pepper (as needed)

PREPARATION

1. Dice all vegetables.

2. Fry and pork rinds in two separate pans.

3. Once pork rinds are crispy, add vegetables to the pan and mix together. Seasoned as desired.

4. Once onions are translucent, add chopped cilantro to the pan and mix everything together and add bacon and allow it to cook for 2 minutes.

5. Add eggs and mix everything together and let it cook like an omelet.

6. Before serving, just add diced avocado and mix.

7. Serve and enjoy!
RASPBERRY PUDDING

Serves: 2 - Prep: 30 mins.

INGREDIENTS
- Coconut flour 1/3 cup
- Raspberry 1.5 oz
- Baking powder 1/4 tsp
- Egg yolks 5
- Protein powder 2 tsp
- Coconut oil 2 tbsp
- Purified butter 2 tbsp
- Sour cream 2 tbsp
- Lemon juice 2 tsp
- Lemon zest 2 tsp
- Erythritol 2 tbsp
- Stevia 10 drops

PREPARATION

1. Preheat your oven to 350F. In a bowl, add egg yolks, coconut flour, baking powder, coconut oil, purified butter, and mix well. Set aside for 5 minutes.

2. Now, add erythritol, stevia, sour cream, lemon juice, zest, and mix well until no lumps remain.

3. Add batter to 2 ramekins or muffin cups and lightly push raspberries into the batter with your finger. Also cut berries into small pieces and sprinkle over the top.

4. Place in preheated oven and bake for 25 minutes at 350F. Let cool for 5 minutes.

5. If desired, serve with heavy whipping cream on top.
BACON MUSHROOM HASH

Serves: 2 - Prep: 30 mins.

INGREDIENTS

- Bacon slices 10
- White mushrooms 1/2 cup
- fresh orange juice 1 tbsp
- Fresh orange zest 1 tbsp
- Wholegrain mustard 1 tbsp
- Coconut milk 2 fl oz
- Ghee or coconut oil 1 tbsp
- Pinch salt to taste

PREPARATION

1. First, slice the mushrooms and chop the bacon.

2. Extract the juice and zest from orange and keep aside.

3. Add ghee or coconut oil to a skillet on medium heat. When oil is hot, add roughly chopped bacon and cook until slightly browned.

4. Add the chopped mushrooms, mix well and cook for 5 minutes. Add the orange zest and stir until everything is mixed well.

5. Add mustard, orange juice, and coconut milk. Cook until the sauce is thick, occasionally stirring to avoid sticking.

CHEESE-BURGER WAFFLES

Serves: 4 - Prep: 15 mins.

INGREDIENTS

Waffles:
- Cheddar Cheese 1.5 oz
- Eggs 2
- Cauliflower Crumbles 4.5 oz
- Garlic Powder ½ tsp
- Onion Powder ½ tsp
- Almond Flour 1/3 cup
- Parmesan Cheese 1.5 oz

Salt and Pepper Topping:
- Ground Beef 0.25 lb
- 4 slices Bacon
- Sugar-free BBQ Sauce 4 tbsp
- Cheddar Cheese 1.5 oz

PREPARATION

1. Mix eggs, almond flour, spices and half of the cheeses together in a bowl. Set aside for the time being.

2. Cook bacon on medium heat. When partially cooked, add in the beef. (I like to let the beef and bacon get pretty over-cooked, so that it has nice crispy bits all over).

3. Add any excess grease from the pan into the waffle mixture that you have set aside. Immersion blend the waffle mixture into a thick paste. Add half of the mixture to your waffle iron and cook until it's crisp. Keep in mind that cauliflower waffles tend to take a little bit longer to cook.

4. While the waffles are cooking, add in the sugar-free BBQ sauce to the bacon and ground beef mixture in the pan. Assemble the waffles together by adding half of the ground beef mixture and half of the remaining cheddar cheese to the top of the waffle.

5. Broil for 1-2 minutes or until cheese is nicely melted over the top. Serve immediately.
5 MINUTE EGG PIZZA

Serves: 8 - Prep: 60 mins.

INGREDIENTS

- Eggs 2
- Parmesan Cheese 2 tbsp
- Psyllium Husk Powder 1 tbsp
- Italian Seasoning 1 tsp
- Salt to Taste
- Frying Oil 2 tsp

PREPARATION

1. Measure out all dry ingredients into a large bowl.

2. Add eggs and mix everything together using immersion blender. Blend at least 30 seconds, allowing the psyllium husk to absorb some of the liquid.

3. Heat 2 teaspoon frying oil in a pan over high heat. Once very hot, spoon your mixture into the pan and spread out into a circle shape.

4. Once the edges have started to set and look slightly brown, flip the pizza crust. Cook on the opposite side for 60 seconds, then turn the stove off. Add tomato sauce over the pizza and spread.

5. Add cheese, then put pizza into the oven to broil. Leave a crack open in the oven so you can keep an eye on it. Once it’s bubbling, remove and let cool before serving.
CHEESY SALAD EGGS

Serves: 2 - Prep: 20 mins.

PREPARATION

1. Preheat oven to 375F. Line a large baking tray with parchment paper.

2. Place the Prosciutto on the baking tray and bake for 15 minutes or until lightly browned and crisp. Crumble into large pieces. In the meantime, beat the dressing ingredients in a large bowl.

3. Divide prosciutto into two servings and tons with arugula, parmesan, and mascarpone cheese.

4. To cook the eggs, heat a large non-stick pan over medium heat, spray with coconut oil, and gently shake the eggs. Season with salt and cook until the white is set and the egg yolk is still running, or longer if desired.

5. Place the egg on each salad and serve with fresh pepper, if desired.

INGREDIENTS

- Prosciutto 2 oz (4 slices)
- Arugula 5 cups (3.5 oz)
- Parmesan cheese 1 oz
- Mascarpone cheese 1 oz
- Coconut oil 1 tsp
- Eggs 2
- Fresh black pepper to taste

**Salad dressing:**

- Chopped shallots 2 tbsp
- Olive oil 2 tbsp
- Vinegar 1 tbsp
- Dijon mustard 2 tsp
- Raw honey ½ tsp
LUNCH
PESTO CHICKEN SALAD

Serves: 8 - Prep: 15 mins.

INGREDIENTS

- 2 lbs chicken, cooked and cubed
- 12 slices bacon, cooked crisp and crumbled
- 2 medium chayote squash, cubed
- 20 grape tomatoes, halved
- 1/2 cup mayonnaise
- 4 tablespoons garlic pesto
- Several fresh butter lettuce leaves

PREPARATION

1. In large bowl, combine chicken, bacon, chayote squash, tomatoes, mayonnaise and pesto. Mix gently to coat.

2. Rip up lettuce leaves and serve the chicken on top as a salad, or keep the leaves intact and roll up the chicken and serve as lettuce wraps.
**BROCCOLI CHEESE SOUP**

Serves: 2 - Prep: 10 mins.

**PREPARATION**

1. In a large saucepan over medium heat, sauté the garlic for a minute, until fragrant.

2. Add vegetable broth, chopped broccoli, and cream. Increase heat to bring to a boil, then reduce heat and simmer for 15-20 minutes, until broccoli is tender.

3. Add grated cheddar cheese gradually, stirring constantly, and continue stirring until melted. (Add 1/2 cup, simmer and stir until completely melted, then repeat 1/2 cup at a time until all cheese is eaten). Remove from heat immediately once all cheese is melted.

4. Serve hot and enjoy!

**INGREDIENTS**

- 1 cup broccoli, cut into florets
- 1 cloves garlic, minced
- 7/8 cup or vegetable broth
- 1/4 cup heavy cream
- 3/4 cup cheddar cheese
TOFU AND BOK CHOY SALAD

Serves: 3 - Prep: 65 mins.

INGREDIENTS

- Tofu 1 lb
- Soy sauce 1 tbsp
- Sesame oil 1 tbsp
- Water 1 tbsp
- Minced garlic 2 tsp
- Rice wine vinegar 2 tsp
- Lemon 1 tbsp

PREPARATION

1. Cut the tofu and keep aside and work on marinade.

2. Combine all ingredients like soy sauce, sesame oil, water, garlic, vinegar and lemon.

3. Mix the tofu and marinade mixture in a bowl and keep aside for 30 minutes.

4. Preheat the oven to 350F, place tofu on a baking sheet lined with parchment paper and bake for 30-35 minutes.

5. Before tofu is cooked, prepare bok choy salad. Chop cilantro, bok choy and spring onions into small slices (like cabbage).

6. Once tofu is ready, add lemon into a bok choy salad and mix with cooked tofu.

7. Serve and enjoy.
SPINACH GREENS SALAD

Serves: 6 - Prep: 20 mins.

PREPARATION

1. Heat a pan greased with ghee over medium heat. When it is hot, add the cauliflower rice and cook for about 5 minutes, season with a pinch of salt and stir occasionally. Set aside to cool down.

2. Meanwhile, dice the cucumber and chop the tomatoes and spring onion. Place all the chopped vegetables in a large salad bowl.

3. Chop the mint and parsley and add to the bowl. Roughly chop the spinach leaves and add to the bowl along with the cooled cauliflower rice and combine well.

4. Add lemon juice, minced garlic, and olive oil and whisk using a fork. Pour over the salad and toss using two forks.

5. Serve and enjoy!

INGREDIENTS

- Cauliflower rice 1 head
- Ghee 2 tbsp
- Salt to taste
- Cucumber 2
- Chopped cherry tomatoes 1 cup
- Chopped spring onions 1 oz
- Chopped spinach 3 oz
- Chopped parsley 3 tbsp
- Chopped mint 2 tbsp
- Fresh lemon juice 4 fl oz
- Garlic 1 clove
- Extra virgin olive oil 4 fl oz
THAI BBQ PORK SALAD

Serves: 4 - Prep: 10 mins.

INGREDIENTS

- 2 tablespoons coconut oil
- 2 lbs ground pork
- Large handful mixed minced herbs such as Thai basil, mint, cilantro
- 4- inch piece of fresh ginger, minced
- 6 cloves garlic, minced
- 4 small shallots, thinly sliced
- 8 green onions, thinly sliced
- 2 tablespoons fish sauce
- 2 tablespoons coconut aminos
- zest of 1 lime
- Juice of 1 lime
- 2 teaspoons red pepper flakes
- 1 teaspoon white pepper
- Lettuce cups, for serving

PREPARATION

1. Heat the fat in a large skillet over high heat. Add the pork and shallots, cook 6-8 minutes, breaking the pork into small pieces.

2. While the pork is cooking, mix chopped garlic, chopped ginger, herbs, and green onions in a bowl.

3. In a second bowl mix fish sauce, coconut aminos, lemon juice and zest, red pepper flakes, and white pepper.

4. Add the herb mixture to the saucepan and cook for 1 minute. Next add the sauce and mix and cook for 1 minute.

5. Serve over the top of the lettuce as a salad, or wrapped up as lettuce wraps.
SPICY CREAM CHEESE BOMBS

Serves: 3 - Prep: 15 mins.

PREPARATION

1. Fry bacon slices until crispy, then crumble and keep aside.

2. Chop green chilis into small pieces

3. Combine cream cheese, chilis, spices, salt, pepper, bacon fat, and mix together until a solid mixture is formed.

4. Make small balls from cream cheese mixture and roll the balls on crumbled bacon.

5. Serve and enjoy.

INGREDIENTS

- Cream cheese 3 oz
- Bacon 3 slices
- Small green chilis 3
- Parsley 1/2 tsp
- Onion powder 1/4 tsp
- Garlic powder 1/4 tsp
- Salt and Pepper to taste
CAULIFLOWER AND SHRIMP CURRY

Serves: 6 - Prep: 60 mins.

PREPARATION

1. Mix curry powder, coconut flour, cumin, garlic, chili powder, onion powder, cayenne, paprika, ginger, coriander, turmeric, pepper, cardamom, cinnamon and keep aside.

2. Slice onion into thin strips and cook in olive oil until it turns slightly brown. Add seasonings as it cooks.

3. Add cream, butter, gum, spice mixture and mix well for 2 minutes.

4. Add chicken stock and coconut milk. Cover pan with lid and allow it to simmer for 30-40 minutes. Add chopped cauliflower and stir for 15 minutes. Add shrimp to curry and stir well, continue boiling for 10 minutes without lid. Add coconut flour and spinach to the curry and cook for additional 2 minutes.

5. Serve hot.

INGREDIENTS

- Shrimp 1.5 lb
- Raw spinach 2 oz
- Chicken stock 1 cup
- Onion 3 oz
- Cauliflower 2.5 oz
- Coconut milk 1 cup
- Butter 2 tbsp
- Heavy cream 1 ½ tbsp
- Olive oil 2 tbsp
- Curry powder 1 ½ tbsp
- Coconut flour 1 tbsp
- Cumin 1 tbsp
- Garlic powder 1 ½ tsp
- Chili powder 1 tsp
- Cayenne 1 tsp
- Paprika 1 tsp
- Ground ginger ½ tsp
- Coriander ½ tsp
- Turmeric ½ tsp
- Pepper ½ tsp
- Cardamom ½ tsp
- Cinnamon ½ tsp
- Salt and pepper (as needed)
CREAMY ZUCCHINI CASSEROLE

Serves: 9 - Prep: 50 mins.

PREPARATION

1. Preheat oven to 375F.
2. Steam zucchini for about 10 minutes.
3. And another side cook zucchini in water for 10 minutes.
4. In a large skillet, add butter. When butter stops foaming, add onions and cook until it turns brown.
5. Add garlic, vinegar, cream, cheese and mix well until it has thickened.
6. Stir in crab meat and green onions.
7. Add seasoning, salt and pepper for taste.
8. Add zucchini into the pan and mix everything together.
9. Transfer casserole mixture over to your baking dish and top with grated cheese.
10. Bake for 20-25 minutes or until it starts to brown and allow to cool for 5-10 minutes before serving.
**RED COCONUT CURRY**

**Serves: 2 - Prep: 25 mins.**

**INGREDIENTS**
- Broccoli Florets 8 oz
- Handful of Spinach 7 oz
- Coconut Oil 4 tbsp
- Onion 2 oz
- Minced Garlic 1 tsp
- Minced Ginger 1 tsp
- Red Boat Fish Sauce 2 tsp
- Soy Sauce 2 tsp
- Red Curry Paste 1 tsp
- Coconut Cream (or coconut milk) ½ cup

**PREPARATION**

1. Add coconut oil to a pan and bring to medium-high heat. Chop onions and mince garlic while you wait. When the oil is hot, add the onion to the pan and let it sizzle. Allow it to cook for 3-4 min to caramelize and become semi-translucent. Once this happens, add the garlic to the pan and let it brown slightly, approximately 30 sec.

2. Turn the heat to medium-low and add broccoli florets to the pan. Stir everything together, approx. 1-2 min.

3. Move everything to one side of the pan and add red curry paste. You want this hitting the bottom of the pan so that all of the flavors can be released from the spices. Once your red curry paste starts to smell pungent, mix everything together again and add a large handful of spinach over the top.

4. Once the spinach begins to wilt, add coconut cream or coconut milk and mix together. Stir everything together and then add 2 tablespoons coconut oil, boat fish sauce, soy sauce, and minced ginger. Cook for 5-10 minutes on low flame, depending on how thick you want the sauce. Dish out and serve! Garnish with a few slices of red cabbage and black sesame seeds for extra flavor.
INGREDIENTS
- Pistachios 2 tbsp
- Honey 1 tbsp
- Mustard ½ tsp
- Dill ½ tsp
- Salmon fillets 1.2 lb
- Olive oil 1 tbsp
- Salt and pepper to taste

PREPARATION
1. Preheat the oven to 350F.
2. Mix pistachios, honey, spices, and mustard in the blender to make a paste.
3. Heat a pan and add olive oil and fry dry salmon fillets for about 3 minutes.
4. Add the pistachios paste to the top of the salmon fillets.
5. Once fried, transfer them to an oven and bake for about 10 minutes.
6. Serve with a little fresh spinach and a little smoked paprika.
THAI COCONUT CHICKEN

Serves: 2 - Prep: 10 mins.

INGREDIENTS

- 1 lb chicken thighs (or pick a pre-cut pack of wings)
- 1 tablespoon olive oil
- 5 garlic cloves, sliced
- 1/2 lemon, the juice
- 2 tablespoons butter

PREPARATION

1. Preheat the oven to 450F. Place the chicken pieces in a buttered pan. Add Salt and pepper generously. Sprinkle the garlic on the chicken pieces and sprinkle the lemon juice and olive oil on top.

2. Bake until chicken is golden and the garlic looks roasted and browned, about 30-40 minutes depending on size are the pieces.

3. Remove and let cool 1-2 minutes before serving. Serve with “fries” on the following page.
GREEN BEAN FRIES

Serves: 3 - Prep: 10 mins.

INGREDIENTS

- 1/2 pound fresh green beans
- 1 egg
- 1 tablespoon olive oil plus 1 tablespoon for drizzling pan
- 1/8 cup coconut flour
- 1/8 cup parmesan cheese
- 1/2 teaspoon sea salt or kosher salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon Chipotle powder
- Dash pepper

PREPARATION

1. Preheat oven to 425F. Brush two cooking sheets with olive oil.

2. Wash and cut green beans

3. Whisk egg and olive oil together in large bowl. Coat the green beans completely with the mixture.

4. Mix the rest of the dry ingredients in a bowl. After coating the green beans in the egg mixture, coat them completely in the dry mix.

5. Spread out the green beans on the cooking greased sheets and bake for 15 minutes, or until crisp. If necessary, place under the broiler for a few minutes for extra crunchiness.
SAUSAGE AND KALE SOUP

Serves: 4 - Prep: 10 mins.

INGREDIENTS

- 1/2 lb. ground Italian sausage
- 1/2 tablespoon butter
- 1 small yellow onion, chopped
- 1 small Parsnip, peeled & diced
- 1 cloves garlic, crushed
- 1 tablespoon white grape juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried rubbed sage
- 1/4 teaspoon crushed red pepper flakes
- 2 cups low-sodium chicken broth
- 1/2 cup heavy cream
- 1/4 medium head broccoli, cut into small florets
- 1-1/2 cups kale, chopped
- 1/2 teaspoon sea salt, or to taste
- 1/4 teaspoon freshly ground black pepper

PREPARATION

1. Heat a large saucepan over medium-high heat. Add ground Italian sausage. Cook, stirring occasionally until browned and cooked, about 5 minutes. Remove the cooked sausage and let it drain on a paper towel.

2. Melt the butter in the same pan (to keep the flavor from the sausage). Add the onion and parsnip. Cook until the onion begins to brown on the edges and become a little translucent. Add white grape juice and cook 1 minute longer.

3. Stir in oregano, basil, sage, and red pepper. Pour in stock and heavy cream. Increase heat to medium high.

4. When the soup comes to a boil, add the broccoli and reduce the heat to medium-low. Simmer until broccoli is tender, about 10 minutes. Add kale and cooked sausage. Cook for 1 to 2 minutes or until kale fades.

5. Season to taste with salt and pepper and serve.
THAI PEANUT SHRIMP

Serves: 4 - Prep: 15 mins.

PREPARATION

1. Add coconut oil to a frying pan over medium heat. Once hot, add the ginger, garlic, and chopped onion.

2. Once onion is translucent, add green curry paste, turmeric, soy sauce, fish sauce, and peanut butter (choose an all-natural, organic peanut butter. Or even better, use almond butter).

3. Mix well and add vegetable broth and coconut milk.

4. Add 1/4 tsp. Xanthan gum and mix well.

5. Once the curry thickens slightly, add the broccoli and mix well. Cut the coriander leaves and add to the pan.

6. Finally add the shrimp and mix. Let cook for a few minutes, then serve with a spoonful of sour cream on top!

INGREDIENTS

- 4 tablespoons Green Curry Paste
- 2 cups Vegetable Stock
- 2 cups Coconut Milk
- 12 oz. Pre-cooked Shrimp
- 10 oz. Cauliflower Florets
- 6 tablespoons Cilantro, chopped
- 4 tablespoons Coconut Oil
- 2 tablespoons Peanut Butter
- 2 tablespoons Soy Sauce
- Juice of 1 Lime
- 2 medium Spring Onion, chopped
- 2 teaspoons Crushed Roasted Garlic
- 2 teaspoons Minced Ginger
- 2 teaspoons Fish Sauce
- 1 teaspoon Turmeric
- 1/2 teaspoon Xanthan Gum
- 1 cup Sour Cream (for topping)
**INGREDIENTS**

- Chicken drumsticks (8 legs)
- White onion 4 oz
- Red pepper 4 oz
- Paprika 1 tbsp
- Ghee 2 tbsp
- Chicken stock 8 fl oz
- Coconut milk 2 fl oz
- Yogurt 2 oz
- Salt and pepper to taste

**PREPARATION**

1. Season chicken legs with salt and pepper.

2. Place a large pan over medium heat and add ghee. Once ghee is hot, add the chicken and cook until it turns a golden color.

3. Now, add chicken stock. Close the lid and cook for 30 minutes then set aside.

4. Meanwhile, dice the onion and red pepper and cook in pan for 5 minutes with 1 tbsp ghee.

5. Add coconut milk and yogurt. Cook for another 5 minutes or until it becomes a thick sauce to dip chicken legs.
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DR. DEX’S MEALCLUB

- Carrot Muffin Loaf
- Zucchini Bacon Muffins
- Pecan Protein Bars
- Breakfast Cheese Pizza
- Pumpkin Chia Seed Cereal
- Shrimp Tabbouleh
- Cheese Filled Meatballs
- Fresh Scallops And Spinach
- Bacon Zucchini Rolls
- Triple Pork Roast
- Beef With Fried Pumpkin
- Keto Lasagna

And Much More!