



Levels Kitchen Instructions

with Dr. Casey Means



30 Min Tacos Two Ways

INGREDIENTS

Each taco recipe creates 4 tacos

Vegan mushroom walnut filling

- 1 cup mushrooms
- 1 cup walnuts
- 1 tbsp tamari
- 1 tbsp cumin
- ½ tsp garlic powder
- ¼ tsp chipotle powder or cayenne

Beef filling

- 1 lb pasture-raised beef, 70-80% lean (organic if possible)
- 1 tbsp chili powder
- ½ tsp salt
- ¾ tsp cumin
- ½ tsp dried oregano
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ cup tomato sauce

Sauce

- 1 cup cashews
- 1 cup salsa

Topping

- Purple cabbage and white cabbage, or any fermented foods you have in the fridge
- Avocado slices
- 2-3 lime wedges

RECIPE

Walnut filling

(inspired by The Simple Veganista)

- In a food processor, combine mushrooms, walnuts, tamari, and spices
- Pulse until crumbly. This should only take 3-4 pulses, so be careful not to overdo it (you don't want it smooth)
- Add additional spices to taste
- Optional: Place filling in a medium skillet and heat on low until warm. Filling may also be warmed in the microwave

Beef filling

(inspired by House of Yumm)

- Add the ground beef to a large skillet and cook over medium heat
- Using a wooden spoon, break apart the meat as it browns
- Once the meat is fully cooked, drain grease from the pan. Return the meat to the pan and place on low heat
- Stir in taco seasoning and tomato sauce
- Continue stirring until sauce coats the meat. Let simmer for 5 minutes

Sauce

- Blend cashews and salsa in a Vitamix or any high-speed blender until emulsified and creamy
- Add water or more salsa to thin the sauce to your liking

Assembly

- Place a scoop of filling in a lettuce wrap, Siete almond flour tortilla, or homemade flaxseed tortilla
- Top with cashew cream sauce and avocado slices. If desired, add purple cabbage and white cabbage, or any fermented topper
- Serve with lime wedges



Blood Sugar Stable Brunch

INGREDIENTS

Serves 6-8 people

Frittata

- 6 large eggs (10-inch skillet); or 8 large eggs (12-inch skillet)
- ¼ cup unsweetened almond milk (or another nut milk/milk substitute of choice)
- 2 garlic cloves, minced
- ¼ tsp sea salt, plus more for sprinkling
- Freshly ground black pepper
- 6 scallions, chopped
- 2 cups chopped broccoli
- ⅛ tsp smoked paprika
- Cherry tomatoes
- ¼ cup crumbled feta cheese (optional)

Berry compote

- 3 cups mixed berries (frozen berries work just as well as fresh ones)
- ½ tsp kosher salt
- ½ tsp fresh lemon zest
- 3 tbsp fresh lemon juice (required if using fresh berries, optional for frozen berries)
- 2 tbsp basil seeds (or chia seeds)
- Water as needed for thinning

Almond flour pancakes

- 4 eggs
- 2 tsp vanilla extract
- 1/3 cup unsweetened milk of choice
- 1/4 cup coconut oil (plus extra for frying)
- 1 cup almond flour (super fine, not almond meal)
- 2 tbsp coconut flour
- 2 tbsp allulose
- 2 tsp baking powder
- 1 pinch flake salt
- 1 teaspoon
- Cinnamon

Side salad

- Red lettuce
- Butter lettuce
- 2 tbsp Dijon mustard
- 4-6 tbsp extra-virgin olive oil or MCT oil
- 2 tbsp finely chopped shallots
- 2 tbsp balsamic or red-wine vinegar
- ¼ tsp fine sea salt
- Freshly ground black pepper to taste

RECIPE

Frittata

(inspired by Love & Lemons)

- Note: Start by chopping your broccoli, scallions, and garlic to allow their enzymatic transformations to kick off
- Preheat oven to 400°F
- Add eggs, almond milk, salt, and garlic to a large bowl and whisk until combined. Set aside
- Add 1 tbsp olive oil to a cast iron skillet and place on medium heat
- Add broccoli and scallions to the skillet and season with salt and pepper. Cook 5-8 minutes until the broccoli is tender but still bright green
- Add smoked paprika to the skillet, then pour in eggs and gently shake the skillet to evenly distribute the mixture
- Sprinkle with feta and cherry tomatoes
- Bake until the eggs are set (15-20 minutes)

Berry compote

(inspired by Urban Farmie)

- Add berries, salt, and fresh lemon zest to a saucepan over medium heat. If using fresh berries, add lemon juice (lemon juice is optional if you're using frozen berries)
- Stir the berries occasionally as they begin to cook
- Once the mixture starts boiling, stir continuously. Keep cooking and stirring until the compote thickens (5-10 minutes)
- Stir in basil or chia seeds
- Optional: Sweeten with allulose if excessively tart

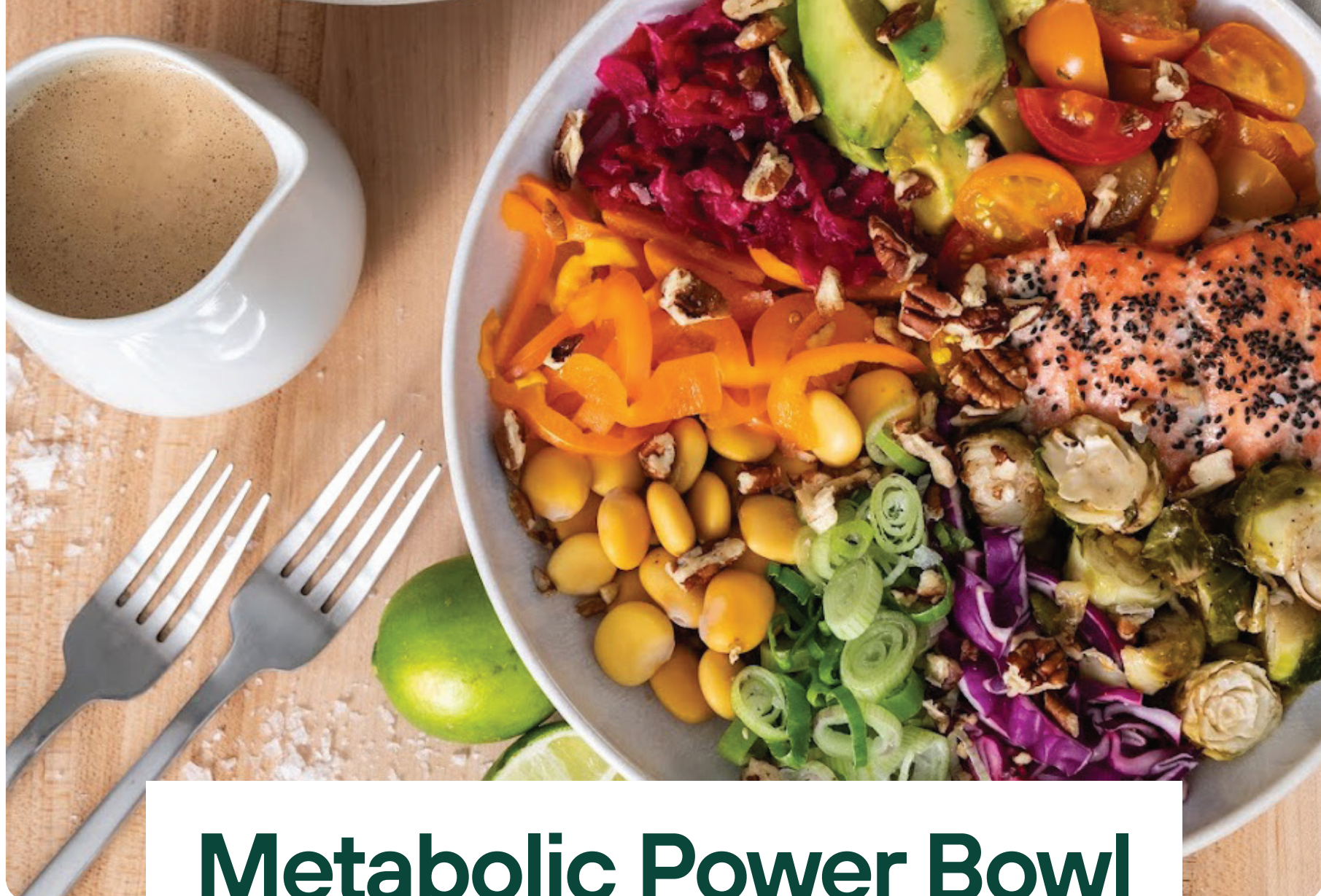
Almond flour pancakes

(inspired by MadCreations)

- Crack eggs into a large bowl and whisk gently
- Add the rest of the ingredients and continue to whisk
- Allow mixture to rest for 5 minutes
- Preheat a large frying pan and coat it with a small amount of coconut oil (you can also use butter or ghee here)
- Using a spoon or measuring cup, drop small rounds (⅓ – ¼ cup) of batter into the pan
- Cook each pancake for 1-2 minutes or until it begins to bubble. Then flip the pancake and cook on the opposite side until cooked through (another 30-60 seconds)
- Once cooked, transfer pancakes to a plate and cover with a towel to keep warm while you cook up the rest of the batter
- Top with your berry compote

Side salad

- Dressing: In a small bowl, combine Dijon mustard, vinegar (balsamic or red-wine vinegar), salt, pepper, and oil (olive or MCT). Set aside
- In a large bowl, add lettuce and shallots
- Drizzle dressing over greens mixture and toss to combine



Metabolic Power Bowl

INGREDIENTS

Serves 4 people

Bowl

- 5-6 cloves of garlic
- 1 tbsp pecans, chopped
- 1 bell pepper, thinly sliced
- 2 cups cherry tomatoes, diced
- 2 cups Brussels sprouts, quartered
- 1 head red cabbage, chopped
- 1 bunch of green onions, chopped
- 1 yellow or red onion, chopped
- 1 avocado, sliced or cubed
- 1 head of cauliflower (plus broccoli stems if you have them on hand)
- 1 tbsp olive oil
- Salt and pepper
- 1 tsp turmeric
- ¼ cup lupini beans
- 3-4 oz wild-caught fresh salmon (you can also use canned salmon or mackerel, or smoked fish with no added sugar)
- ½ tsp lime juice
- Basil seeds or chia seeds
- Sauerkraut

Sauce

- 1 cup unsweetened coconut milk
- 1 tsp minced jalapeno
- 1-3 tbsp minced ginger
- 3 cloves minced garlic
- 2 tbsp lime juice
- ⅛ tsp cayenne
- 2 tbsp tamari
- ½ cup raw almond butter or peanut butter
- 1 tbsp red miso
- Optional: 1 chopped date

RECIPE

- Preheat oven to 400°F
- Chop garlic (or mince using a small food processor)

Brussels sprouts

- Add Brussels sprouts to a pan and toss with a little olive oil, salt, and pepper
- Roast in the oven at 400°F for 10-15 minutes until soft and fork pierces easily

Salmon

- Lightly coat salmon with olive oil, salt, pepper, and a splash of lime juice
- Place in the oven at 400°F and cook for about 12-15 minutes

Cauliflower rice base

- Chop cauliflower head into 2-3 inch pieces and add to food processor. Pulse a couple times until the cauliflower looks like rice; don't over pulse or it will become watery. Set rice aside
- If you have extra broccoli stems on hand, chop into 2-3 inch pieces add them to the food processor as well for some broccoli rice
- Add 1 tbsp olive oil to the pan. Sauté the onions and garlic for 2-3 minutes. Add the cauliflower and/or broccoli rice to the pan and stir for 1-2 minutes
- Add turmeric and a pinch of salt to the rice and stir for 3-4 more minutes. Be careful not to overcook

Sauce

- Add all sauce ingredients to a blender
- Blend for 10-15 seconds or until smooth

Assembly

- Place base in a large bowl
- Add your salmon (or other protein)
- Add cooked Brussels sprouts, beans, veggies
- Top with sauerkraut, basil seeds, pecans, and your sauce



Low-Spike Brownies

INGREDIENTS

15 - 25 brownies

- 1 cup of fine almond flour
- ¼ cup + 2 tbsp of non-alkalized cocoa powder
- ¾ cup of 100% allulose
- Two eggs (ideally organic and pasture-raised)
- ½ tsp salt
- 1 tsp baking powder
- ¼ tsp of cinnamon
- ⅓ cup coconut oil
- ½ cup almond butter (or other nut butter)
- 3 tbsp water
- 1 tsp vanilla extract
- ½ cup stevia-sweetened dark chocolate chips
- ½ cup pecans

RECIPE

(inspired by Chocolate Covered Katie)

- Preheat oven to 350°F
- Line an 8-inch, oven-safe dish with parchment paper
- In a large bowl, combine almond flour, cocoa powder, allulose, eggs, salt, baking powder, cinnamon, coconut oil, almond butter, water, and vanilla extract. Stir to combine
- Add ¼ cup pecans and ¼ cup chocolate chips, and continue to stir until well mixed
- Spread batter into the pan and smooth with a spatula
- Top with the remaining pecans and chocolate chips
- Bake for 20 minutes or until a fork can go in and come out clean
- Remove from oven and let cool





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