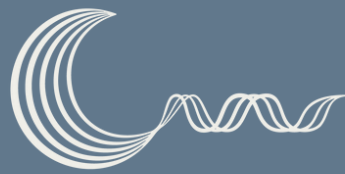


THE TMD FRIENDLY RECIPE BOOK



Center for
Sleep & TMJ





Pumpkin Spice Breakfast Cookies

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

1 cup white whole wheat flour (to make gluten free, sub gluten free flour and add an egg)	1/4 cup coconut oil
1 1/2 cups rolled oats	1-2 T almond milk
1 cup pureed pumpkin	1/2 tsp salt
1/3 cup maple syrup	1/2 tsp baking powder
1/2 cup unsweetened applesauce	1 tsp cinnamon
	1/4 tsp ginger
	1/4 nutmeg
	1/4 tsp cloves

Directions

1. Preheat oven to 350.
2. Mix all the dry ingredients in a large bowl.
3. Mix all the wet ingredients into a medium bowl.
4. Whisk the wet until well mixed and add wet to dry, being careful not to over mix.
5. Spoon onto a lined or greased baking sheet.
6. Bake for about 15-18 minutes.



Spinach-tomato frittata

Ingredients

- 2 eggs
- 2 tbsp skim milk
- pinch of black pepper
- 2 tbsp grated parmesan
- 1 small tomato chopped
- 1 tsp olive oil
- 1 chopped scallion
- 2 cups baby spinach
- 1 tsbp chopped parsley or basil

Directions

1. In a medium bowl, whisk 2 eggs, 1 tbsp skim milk, and a pinch of black pepper.
2. Stir in 2 tbsp grated parmesan and 1 small tomato, chopped.
3. In a small nonstick pan over medium heat, heat 1 tsp olive oil.
4. Saute 1 chopped scallion until softened. Add 2 cups baby spinach and cook until just wilted.
5. Pour egg mixture over spinach and cook, covered, until set, about 2 minutes.
6. Sprinkle with 1 tsbp chopped parsley or basil. Serve with an orange wedge.

Almond Butter Banana Overnight Oats



2 servings



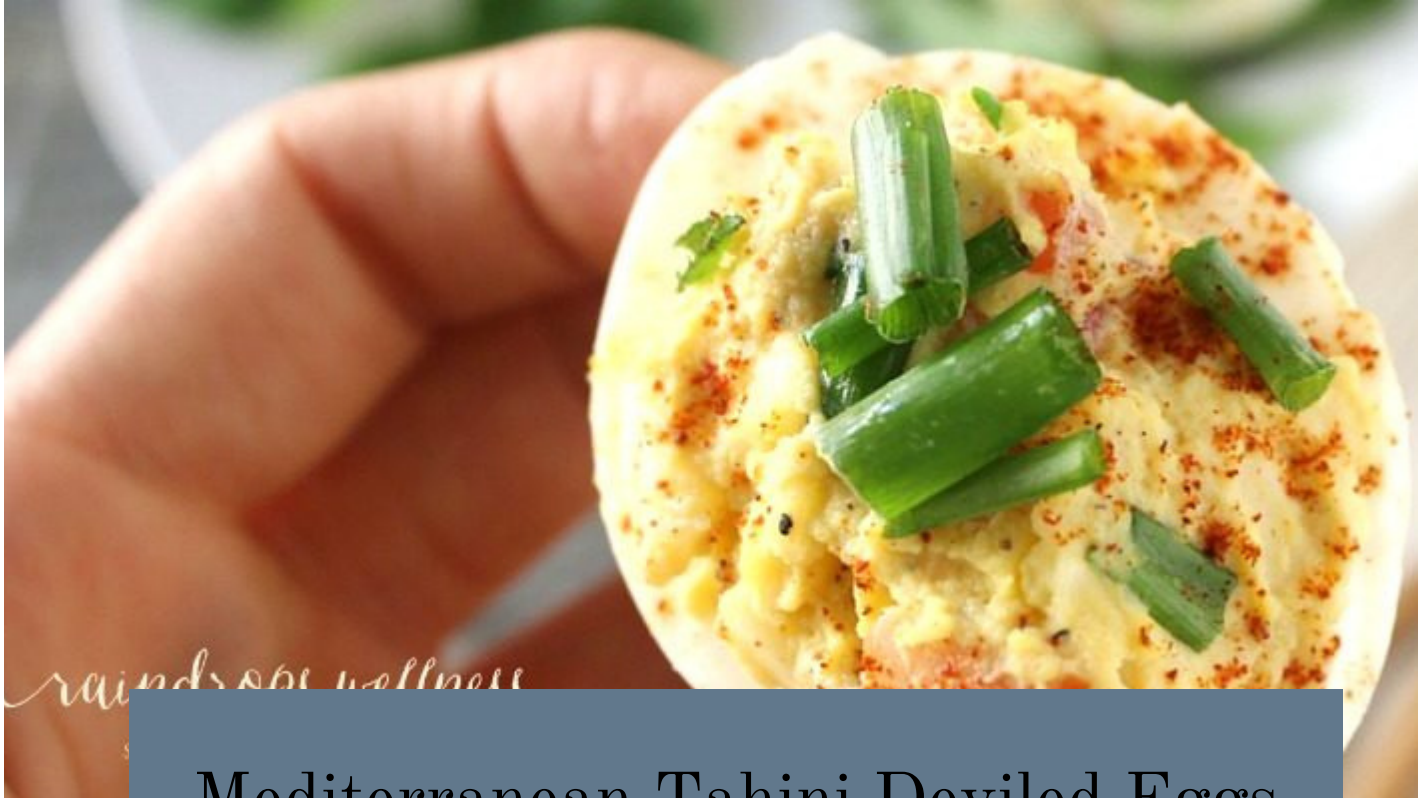
5 minutes

INGREDIENTS

- 1 1/2 cups old-fashioned oats
- 1 1/2 cups almond milk
- 3 tbsp brown sugar
- 1 large banana - thinly sliced
- 4 tbsp almond butter
- 1/2 tsp cinnamon
- 1/4 cup almonds, coarsely chopped - optional

DIRECTIONS

1. This recipe will make two equal servings in 12-oz. mason jars.
2. Fill each mason jar with 3/4 cup oats and 3/4 cup almond milk. Stir to combine.
3. Sprinkle half of the brown sugar into each jar, top with half of the banana and 2 tbsp of almond butter in each.
4. Place lids on jars and refrigerate for at least 4 hours or up to overnight.
5. Before serving, sprinkle each with cinnamon and top with almonds.



Mediterranean Tahini Deviled Eggs

Ingredients

- 6 boiled eggs
- 1 thinly diced tomato
- 1/4 cup thinly chopped celery
- 1/4 cup thinly chopped baby arugula
- 1/4 cup thinly chopped green shallots
- 1 tablespoon tahini sauce
- 1/4 cup olive oil
- 1/2 teaspoon cumin
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- Salt and pepper for seasoning
- Smoked sweet paprika as garnish

Directions

1. Cut the eggs in half and slowly separate the egg white and the yolk
2. Put the yolk in a bowl and smash it with a fork
3. Add all the ingredients and mix thoroughly
4. Form little balls and put them on the egg whites
5. Decorate with some green shallots and sprinkle with sweet paprika

Slow Cooker Lemon Chicken, Green Beans, and Potatoes



4 servings



4 hours 10 minutes

INGREDIENTS

- 2 lbs. boneless skinless chicken breasts
- 1/2 lb. fresh green beans - trimmed (about 2.5 cups)
- 1 1/4 lb. diced red potatoes (about 4 cups)
- 1/3 cup fresh lemon juice
- 1/4 cup olive oil
- 1 tsp. dried oregano
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp onion powder
- 2 garlic cloves minced

DIRECTIONS

1. Start by placing the chicken in the middle of the slow cooker. Next, add the green beans on one side. Then for the potatoes, you will need to mound them high off to the other side.
2. In a medium-sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder, and garlic cloves.
3. Pour this mixture evenly over the chicken, green beans, and potatoes
4. Cover and cook on HIGH for 4 hours or LOW for 7 hours, without opening the lid during the cooking time.
5. Note- do NOT use lemon juice out of squeeze bottle, the recipe will not turn out correct.

Skinny Chicken Fajitas



INGREDIENTS

- 16 oz boneless skinless chicken breasts
- 1 red bell pepper, cut into strips
- 1 green or poblano pepper, cut into strips
- 1 medium onion, cut into strips
- 3 tbsp lime juice
- 1 tsp ground cumin
- 1 tsp garlic powder
- pinch ancho or Mexican chili powder, to taste
- salt and pepper to taste
- 2 tsp olive oil
- 8 reduced carb whole wheat flour tortillas (Trader Joes)
- 1/2 cup reduced fat shredded mexican cheese
- reduced fat sour cream
- guacamole (optional)

DIRECTIONS

1. Marinate the chicken with lime juice, and season with chili powder, salt, pepper, garlic powder and cumin.
2. Season vegetables with salt and pepper and toss with olive oil. To grill the onions and peppers outside on the grill, use a cast iron skillet and grill covered over medium heat until tender, about 15 minutes. Or, to cook them indoors, you can use a large skillet on the stove over medium heat for 16 to 18 minutes, covered until the onions and peppers are soft.
3. Heat an outdoor grill or indoor grill pan over medium heat; grill chicken until cooked through, about 8 minutes on each side. Transfer to a cutting board when done and cut into strips.
4. Once cooked, combine with the peppers and onions.
5. Serve immediately with warmed tortillas, cheese and toppings.

Mom's Meatballs with Gravy

INGREDIENTS

MEATBALLS

- 1 lb ground beef
- .5 lb ground italian pork sausage
- 1 tbsp dried minced onion
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 1/4 tsp kosher salt
- 1/2 tbsp coconut aminos
- 1 egg
- 1/2 tsp fish sauce
- 1/2 tsp distilled white vinegar

GRAVY

- pan drippings
- 1 cup beef broth
- 1/4-1/2 tsp kosher salt
- 1/4-1/2 tsp ground black pepper
- 1/4 tsp garlic powder
- 2 tbsp cassave flour
- 1/2 cup water

DIRECTIONS

1. Preheat oven to 350 degrees
2. In a bowl, mix together all meatball ingredients and roll into about 1.5" balls. Mine usually makes 14 meatballs.
3. Take a few spoonfuls of cassava flour and spread out on a plate. Roll each meatball in the flour, making sure they are just lightly coated.
4. In a medium sized skillet, heat up 1 tbsp of avocado or olive oil to about medium heat (you want your pan to sizzle when you add the meatballs)
5. Add in enough meatballs that you're not crowding your skillet, and brown on all sides. You're not cooking them through, but browning them. This takes about 5 minutes per batch. Work in batches until all of your meatballs have been browned. If needed, add more oil to your pan if it gets dry during the process.
6. Placed browned meatballs into a casserole dish with a lid.

GRAVY:

1. Keeping your pan drippings after browning the meatballs, add beef broth, kosher salt, ground black pepper, and garlic powder. Bring to a nice simmer and allow to cook for about 5-6 minutes.
2. While that is simmering, mix 2 tbsp of cassava flour with 1/2 cup of warm water to make a "slurry".
3. Turn up the heat on the gravy and slowly pour in the slurry while constantly whisking. Your gravy will start to thicken. Remove from heat when you've reached a nice thick consistency.
4. Grab your immersion blender and place it in the gravy and blend until the gravy is a nice thick creamy light brown color.
5. Pour the gravy over the meatballs, cover, and bake in the oven for 30 minutes.
6. Remove from oven and allow to rest about 20 minutes before serving.
7. Serve over mashed potatoes!

Paleo Shepherd's Pie



INGREDIENTS

- **1 onion, diced**
- **2 cloves of garlic, minced**
- **1 lb grass-fed beef or ground turkey**
- **2 large carrots, diced**
- **2 celery stalks, diced**
- **1 tsp pepper**
- **1/2 tsp thyme**
- **1/2 tsp dried rosemary**
- **1/2 tsp salt**
- **3/4 cup of beef broth**
- **2 tbs tomato paste**
- **2 tbs of olive oil or coconut oil for sautéing**
- **2 large (or 3 medium) white-fleshed sweet potatoes**
- **1/4 tsp garlic**
- **1/8 to 1/4 tsp cayenne (adjust to taste)**
- **1/2 tsp rosemary**
- **1/4 cup coconut milk**
- **1 tbsp butter (or add a little more coconut milk instead)**

DIRECTIONS

1. Peel and cut potatoes into chunks and boil in salted water about 20 minutes until tender (or use pre-baked potatoes)
2. Sauté chopped onion, celery and carrots in a skillet over medium-high heat about 10 minutes with 2 tbs of olive oil or coconut oil
3. Add the ground beef (or turkey) to the sautéed veggies, along with the meat seasonings and garlic; pan fry until beef is cooked through
4. Next add the tomato paste and stir in the beef broth
5. Simmer together about 10 minutes - keep mixture moist by adding a little more broth if necessary
6. Spoon meat mixture into in an oven-safe glass pie dish or casserole dish
7. In a medium saucepan or mixing bowl, mash cooked potatoes and add about 1/4 cup of almond or coconut milk - you want the potatoes creamy but still stiff so they hold their shape
8. Optional: add 1 tbs of butter to the mashed potatoes (or a little more coconut or almond milk if needed)
9. Stir in potato seasonings, plus some salt and pepper to taste
10. Gently spread mashed potatoes over the beef filling
11. Bake at 350-degrees F for about 30 minutes
12. Optional: after baking, place dish under oven broiler for 2-3 minutes to add a little brown crust (watch closely to avoid burning)
13. Serve steaming hot and enjoy!



Sweet pan chili lime salmon

INGREDIENTS

- 1/2 cup freshly squeezed lime juice
- 1/4 cup fresh chopped parsley
- 2 tbsp olive oil
- 2 tbsp water
- 1 tbsp minced garlic
- 1 1/2 tsp red chili flakes
- 1 tsp ground cumin
- 1 1/2 tsp salt
- 1 tbsp honey
- 4 salmon fillets
- 1 red bell pepper, deseeded and chopped
- 1 green bell pepper, deseeded and chopped
- 1 yellow bell pepper, deseeded and chopped
- 1 onion, cut into wedges

DIRECTIONS

1. Preheat oven to grill/broil settings on high heat. Spray a baking sheet tray with cooking oil spray; set aside.
2. Whisk lime juice, parsley, olive oil, water, garlic, chili flakes, cumin and salt together to combine. Add the honey and whisk again until the honey runs smooth through the rest of the ingredients. Arrange the salmon fillets, peppers and onion in a single layer on the prepared baking tray; and pour over half of the marinade. Toss peppers and onion to coat; and rotate the salmon to coat in the marinade.
3. Broil/grill until the peppers are just beginning to char at the edges (about 10 minutes) and the salmon is cooked to your liking (about 10 minutes). Remove from the oven and serve immediately with lime wedges and remaining marinade for added flavor. (If the peppers are not done to your liking, simply transfer the salmon to a plate and return peppers to the oven until roasted to your liking.)

Pressure Cooker Garlic Mashed Potatoes



INGREDIENTS

- 4-6 large potatoes, about 2 1/2 lbs
- 1 stick of butter
- 1 cup of chicken broth
- 1 1/2 cups heavy whipping cream
- 3 cloves garlic minced
- salt and pepper to taste

DIRECTIONS

1. Rinse, peel, then chop potatoes roughly into 1 inch pieces.
2. Put potatoes and chicken broth into the pressure cooker.
3. Close and lock lid. Cook on High Pressure for 5 minutes.
4. While the potatoes are cooking, slowly bring the heavy cream to a simmer and add butter.
5. Stir until butter is melted, add garlic.
6. Let simmer for 5-6 minutes stirring occasionally.
7. When potatoes are done, perform a manual release.
8. If there is very little liquid left, begin mashing. If much liquid is left, drain.
9. When potatoes are nearly mashed, begin adding the cream mixture a little at a time until all is mixed.
10. Finish mashing to a smooth consistency and add salt and pepper to taste.

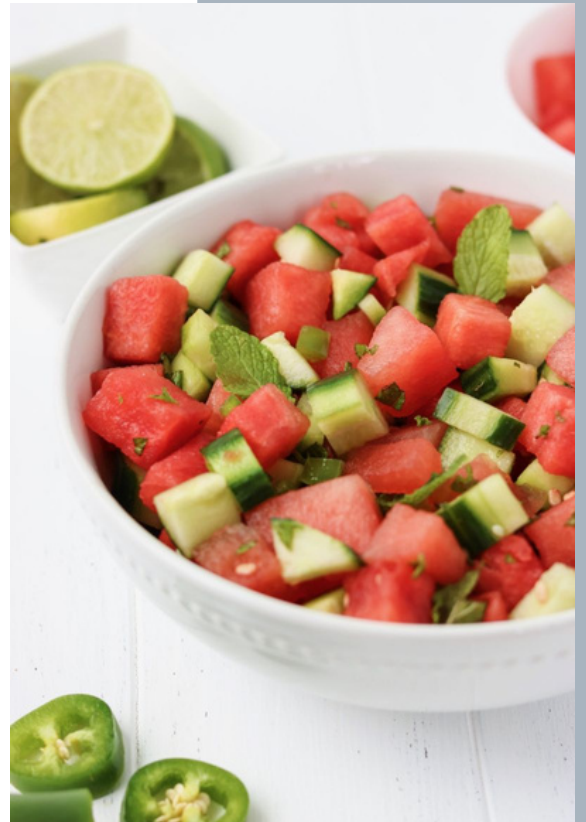
Watermelon Cucumber Salad

Ingredients

- 8 cups cubed seedless watermelon
- 3 cups cubed peeled cucumber
- 2 tbsp chopped fresh mint leaves plus more for garnish
- 2 limes juiced
- 1 jalapeno seeds removed, finely diced
- feta cheese OPTIONAL - but delicious!

Directions

1. Combine all ingredients in a large bowl and mix well. Refrigeration prior to serving is ideal, but not required. ENJOY!



Cheesy Zucchini Rice

Ingredients

- 1 cup white rice
- 2 cups chicken broth
- 1 medium or 2 small zucchini, grated (about 2 cups)
- 1 cup shredded sharp cheddar cheese
- 1/2 teaspoon garlic powder
- 1 teaspoon salt + pepper to taste
- 1-2 tablespoons milk

Directions

1. In a medium sauce pan, combine rice and broth, and bring to a boil. Reduce heat and simmer, covered for 15-20 minutes, or until liquid is absorbed. Remove from heat and stir in zucchini, cheese, garlic powder, and salt and pepper. Stir in milk if needed to thin out the sauce. Serve warm.



Avocado Egg Salad

Ingredients

- 8 whole omega-3 eggs, hardboiled peeled & cooled
- 2 whole fresh ripe avocado, pitted and scooped
- 2 tbsp. real mayonnaise
- 1 tbsp dijon mustard
- 2 tsp apple cider vinegar
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/8 tsp turmeric
- 1/8 tsp cayenne (optional)
- 1 1/2 tbsp finely chopped red onion (more or less depending on preference)
- 2 tbsp fresh parsley



Directions

1. In a small mixing bowl or food processor, combine eggs, avocado, mayo, vinegar, mustard, salt, pepper, turmeric, and cayenne (if using). Mash or pulse until all ingredients are of the consistency to your liking. (For chunky, pulse about 20 seconds or so. For a smoother texture, pulse for about 30 to 40 seconds, or until texture is how you like it.)
2. Remove blade from bowl if using a food processor and stir in onion. Garnish with fresh parsley before serving.
3. Serve over your favorite fresh greens or form a wrap using 1 to 2 big leaves of bibb lettuce. Stuff wrap with your favorite add-ons such as sprouts, bell peppers, mushrooms, fresh herbs, or tomatoes. Feel like snacking? Place a small scoop of egg salad on several leaves of endive or radicchio for a tasty, eye-appealing afternoon snack.

Sweet Potato Paleo Muffins



INGREDIENTS

- 3/4 cup mashed sweet potato
- 1/2 cup shredded carrot
- 1/2 cup grated apple
- 1/2 cup shredded coconut
- 1/2 cup raisins
- 1/4 cup chopped dried figs
- 1/2 cup chopped walnuts
- 3/4 cup almond flour
- 1/8 cup maple syrup (or honey)
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tsp baking powder
- 2 eggs

DIRECTIONS

1. Preheat oven to 350 F (175 C).
2. Mix everything together in one large bowl.
3. Grease muffin tin with coconut oil or use paper liners. Divide batter into 9 muffin tins.
4. Bake for about 30-35 minutes, until muffin is cooked through and the top is golden. Remove from oven and let stand for 10 minutes.
5. Remove muffins and let cool on a baking rack. Store in an airtight container, I would probably keep these in the fridge since there is no fat to preserve them.

Gluten-free dairy-free salted caramel apple pie



INGREDIENTS

Pie crust

- 2 cups almond meal
- 2-3 tbsp coconut oil, melted
or butter - melted
- 1 tbsp maple syrup
- 1/2 cup sucanat
- 2 1/2 tsp vanilla extract
- 1/2 tsp cinnamon

Salted caramel sauce

- 1/2 cup full-fat canned
coconut milk
- 2 tbsp coconut oil
- 3/4 cup sucanat sugar
- 2 tbsp maple syrup
- 1/4 tsp sea salt
- 1 tsp vanilla extract

Filling

- 4 apples, peeled, cored, and
thinly sliced
- 2 lemons, juiced
- 1/4 cup light brown sugar
- 1 tbsp cinnamon
- 1/8 tsp sea salt
- 1 tsp vanilla extract

DIRECTIONS

1. For crust: Combine all of the ingredients in bowl. With fingertips, press the dough into an 9-inch glass pie plate or tart pan. Dough should be a bit sticky. Try and bring crust up sides gently. Bake the crust at 350 degrees F for 15 minutes. Allow to cool before adding the filling.
2. For caramel sauce: while crust is baking, stir together coconut milk, coconut oil, brown sugar, maple syrup, and salt in a medium heavy-bottomed sauce pan. Whisk continuously and bring to a low boil over medium heat. Watch carefully- do not allow to burn! Reduce heat to medium-low and simmer gently for 3 minutes. Remove from heat and stir in vanilla extract. Let cool for about 10 minutes.
3. For filling: While caramel is cooling, toss apple slices with the juice from the lemons. In medium-bowl, mix together sugar, cinnamon, and sea salt. Drain apples on paper towel, then add to sugar/cinnamon mixture. add vanilla and toss all together.
4. Assembly: Once crust and caramel has cooled, drizzle 3-4 tbsp of the cooled salted caramel sauce over the base of the crust. Then layer your apple filling evenly over the drizzle of caramel sauce. Lightly drizzle another 3-4 tbsp of the salted caramel sauce over the top of the apples and bake in oven for 30 minutes. After 30 minutes, lightly place a piece of foil over the top of the pie, making sure the edges of the crust are under foil as well, and bake for 15 minutes more.
5. Drizzle any remaining caramel sauce over top of pie once it comes out of oven. Serve and enjoy!



Paleo Chocolate Chip Banana Bread Muffins

INGREDIENTS

- 3 medium-sized ripe bananas mashed
- 3 eggs
- 1/4 cup melted coconut oil
- 1/4 cup cashew butter or almond butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1/3 cup coconut flour
- 1 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup chocolate chips + more for topping

DIRECTIONS

1. Preheat oven to 350. Line a 12-cup muffin pan with baking cups, or spray well with cooking spray if using a non-stick pan. Mix the bananas, eggs, coconut oil, cashew butter, vanilla, and maple syrup in a large bowl (using an immersion blender is preferred) until well combined.
2. In a smaller bowl, mix the remaining dry ingredients (except for the chocolate chips). Add the dry ingredients to the bowl with the wet ingredients. Mix well. Add the chocolate chips and stir.
3. Spoon the batter into the cups, filling about 2/3 of the way to the top,
4. Bake for 16-17 minutes until a toothpick comes out clean. Let them cool completely before eating.

Cinnamon Banana Bread Energy Balls

Ingredients

- 1 banana, ripe
- ¼ cup almond flour
- ¼ cup coconut flour
- 2 tbsp. almond butter
- 2 tsp. pure maple syrup
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1 tbsp. coconut sugar
- 1 tsp. cinnamon

Directions

1. In a large bowl, mash your banana using a fork and stir in almond butter and maple syrup.
2. In another bowl, stir together almond flour, coconut flour, 1 teaspoon cinnamon and nutmeg.
3. Add dry ingredients to the banana mash. Stir until a dough forms.
4. Separate dough into 13 evenly sized balls.
5. In a shallow bowl, stir together coconut sugar and 1 teaspoon cinnamon. Roll each ball into cinnamon/sugar mix until completely coated.
6. Store in an airtight container.





Paleo Vanilla "Milkshake" Smoothie

Ingredients

- 1 cup vanilla almond milk or coconut milk with no sugar
- 1.5-2 cups frozen cauliflower
- 2 tbsp coconut butter
- 1 serving vanilla protein (vanilla protein powder
- 1 – 1.5 tbsp vanilla (use a Vegan protein Powder that is No Dairy, No Soy, No Sugar)
- 1/4 tsp pink Himalayan salt
- optional: 1/2 cup frozen spinach (this will turn it green)
- optional: 1/2 – 1 cup ice cubes

Directions

1. Add all ingredients (except ice, if using) into a high-powered blender. Blend until smooth.
2. If using ice, blend in the ice. Pour into a bowl or cup of choice.
3. Add toppings. Enjoy