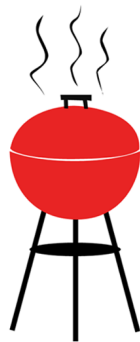


The Rich Food Summer BBQ Guide



5 Tips to Guarantee a Safer Grill!

1

Turn down the heat and raise the rack. Temperatures over 300 degrees Fahrenheit trigger HCA formation.

2

Turn with tongs. Using a fork can puncture the meat, which causes drippings to flare up the flame.

3

Flip meat frequently. Turning every few minutes has been shown to greatly reduce HCAs.

4

Avoid overcooking. Chargrilled pieces contain the most toxins. Cut off any charred sections.

5

Marinate your meat. Marinades made with herbs such as basil, mint, rosemary, thyme, oregano, and sage, HCA formation was reduced by up to 99%.

Rich Food Meat Checkout Checklist

- ✓ Choose organic meats
- ✓ Choose grass-fed and grass-finished ruminants and pastured poultry and pigs.
- ✓ Choose air chilled chicken.
- ✓ Choose whole chickens to save money.
- ✓ Choose white meat that is fed 100% vegetarian feed when purchasing non-organic chicken.
- ✓ Purchase local meats in bulk to save money.
- ✓ Choose organic deli meats with the least number of ingredients.
- ✓ Avoid products that add in extra water.
- ✓ Avoid meat from factory farmed animals.
- ✓ Avoid MSG under all of its aliases.
- ✓ Avoid sweeteners and GMO additives (ie: corn and soy)

Rich Food Summer Recipes

*from the
Calton kitchen!*

We want to help you be the talk of the party!
We're sharing four BBQ friendly recipes
from the Calton kitchen, that even the kids will love!

Don't forget, you can always find more at
CaltonNutrition.com!

Cheers!

Mira & Jayson

Honey Curry Chicken Marinade

- 1 cup honey
- ¼ cup original skinny fat oil
- 3 Tbsps. Curry powder
- 1 tsp. ground pepper -- coarsely ground
- 1 tsp. Powder Ginger

**Combine all ingredients thoroughly and put in an airtight container.
Baste poultry while baking at 375 degrees for one hour.**

Simple Italian Dressing

- 2/3 cup SKINNYFat Olive
- 4 TBS organic red wine vinegar
- 1 TBS minced garlic Salt and Pepper to taste
(always use organic spices, grab your coupons here)

Mix together and store in a glass jar with a sealed lid, enjoy!

SKINNYFat Blue Cheese Dip

1/2 of mayo from SKINNYFat Mayo recipe
4 oz organic blue cheese (gluten free!)
1/3 cup organic sour cream
4 oz organic cream cheese

Blend all ingredients in a blender until smooth.

Note: you may need to stop and shake your blender a few times. Also, If you like chunky blue cheese, hand crumble after blending all ingredients except blue cheese.

Triple Threat Ice Cream

2 pasture raised eggs
1 pint grass fed organic heavy cream
1 tbsp cinnamon
2 scoops IN.POWER organic grass-fed protein
2 packets nutreince PM chocolate
1 tbsp SKINNYfat original
20 drops of chocolate stevita or 1 tbsp stevita delight
1 tbsp grassfed beef gelatin (red container)

Beat eggs. Slowly pour in heavy cream, then pour in IN.POWER, cinnamon, nutreince, and stevita delight (turn it up) Add in SKINNYFat, and slowly add in gelatin

Put it into a dish in freezer or in popsicle containers or an ice cream machine to chill. Last but not least, enjoy!
Don't forget to change it up and try some different flavor variations