



10 Daily Fix Sides For the Holiday Season

Garlic Steak Bites with Bacon-Wrapped Onion Rings over Arugula



Ingredients

For the Steak Bites and Onion Rings

6 oz sirloin steak, cut into bite-sized cubes

1 medium yellow onion, cut into thick rings (about ½ inch thick)

6–8 strips of sugar-free bacon

2 cups fresh arugula

1 Tbsp butter (for searing)

½ tsp garlic powder

½ tsp smoked paprika

Salt and pepper, to taste

For the Garlic Aioli

2 Tbsp avocado oil mayonnaise

1 clove garlic, finely minced

1 tsp lemon juice

½ tsp Dijon mustard

1 tsp olive oil (for finishing)

Salt, to taste

Macronutrients

Protein: 60g

Fat: 65g

Carbs: 12g

Preparation

Prepare the Bacon-Wrapped Onion Rings: Preheat the oven to 400°F (200°C). Separate onion into thick rings. Wrap each ring tightly with a strip (or two, if needed) of bacon, overlapping slightly. Place the wrapped rings on a wire rack set over a baking sheet to allow fat to drip off during cooking. Bake for 20–25 minutes, until the bacon is crispy and the onions are tender.

Cook the Steak Bites: Season the steak cubes with garlic powder, smoked paprika, salt, and pepper. Heat butter in a skillet over medium-high heat. Sear the steak bites for 2–3 minutes per side until browned and cooked to your desired doneness. Remove from heat and set aside.

Make the Garlic Aioli: In a small bowl, combine the mayonnaise, minced garlic, lemon juice, Dijon mustard, and a pinch of salt. Slowly stir in the olive oil until smooth and creamy.

Assemble the Dish: Lay a bed of fresh arugula on plates. Top with the garlic steak bites and arrange the bacon-wrapped onion rings around or over the steak. Serve with a dollop of garlic aioli or drizzle lightly over the top.



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Bacon-Wrapped Jalapeño Chicken Bombs



Ingredients

2 chicken breasts (about 6 oz each), cut in half lengthwise (for 4 pieces)
2 jalapeños, halved, seeds removed
4 Tbsp cream cheese or goat cheese (room temp)
¼ cup shredded cheddar or mozzarella (optional)
4 slices thick-cut bacon
½ tsp garlic powder
¼ tsp smoked paprika
Salt and pepper, to taste
Toothpicks, for securing

Macronutrients

(per bomb, makes 4):
Protein: 35g
Fat: 29g
Carbs: 2g

Preparation

Set oven to 400°F (200°C) or preheat grill to medium-high.

Prep the filling: Mix cream cheese with shredded cheese (if using). Stuff each jalapeño half with the cheese mixture.

Assemble the bombs: Flatten each chicken piece slightly. Season both sides with garlic powder, paprika, salt, and pepper. Place a stuffed jalapeño half inside each chicken piece and roll it up tightly. Wrap each with 1 slice of bacon and secure with toothpicks.

Cook:

- Oven: Place bombs on a baking rack over a sheet pan. Bake 25–30 minutes, then broil for 2–3 minutes to crisp the bacon.
- Grill: Grill over indirect heat, turning occasionally, for about 25 minutes or until internal temp hits 165°F and bacon is crispy.
- Air Fryer: Cook at 375°F for 15–18 minutes, flipping halfway.

Serve: Let rest for 5 minutes. Remove toothpicks before serving.



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Smoked Salmon Spirals with Lemon Cream Cheese Sauce



Ingredients

4 oz smoked salmon slices
2 Tbsp cream cheese, softened
1 Tbsp sour cream
1 tsp lemon juice
½ tsp lemon zest
1 Tbsp fresh dill, chopped
Salt and pepper, to taste
1 Tbsp butter, melted (for brushing, optional)
1 cup baby spinach or arugula

Macronutrients

Protein: 22g
Fat: 30g
Carbs: 2g

Preparation

In a small bowl, mix the softened cream cheese (2 Tbsp), sour cream (1 Tbsp), lemon juice (1 tsp), lemon zest (½ tsp), and chopped fresh dill (1 Tbsp). Season with a pinch of salt and pepper to taste to create the lemon cream cheese sauce.

Lay the smoked salmon slices (4 oz) flat on a clean surface. If desired, lightly brush them with melted butter (1 Tbsp) for extra richness.

Spread a thin layer of the lemon cream cheese sauce evenly over each slice of salmon. Carefully roll each slice into a spiral, starting from one end and rolling tightly but gently to avoid tearing.

If desired, place the spirals on a bed of baby spinach or arugula (1 cup) for serving.

Serve the smoked salmon spirals chilled or at room temperature, with any extra lemon cream cheese sauce drizzled on top or on the side for dipping.



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Avocado Bacon Deviled Eggs Over Cilantro Tomato Ground Beef



Macronutrients

Protein: 38g
Fat: 55g
Carbs: 7g

Ingredients

For the Deviled Eggs:

3 large eggs, hard-boiled
1 large avocado, peeled and pitted
2 Tbsp avocado oil mayo (optional for extra creaminess)
2 cloves garlic, minced
1 Tbsp fresh lime juice
½ tsp dried minced onion
¼ tsp sea salt
Pinch of cayenne pepper
2 strips thick-cut bacon, cooked crispy and crumbled
Fresh ground pepper, to taste

For the Ground Beef Base:

6 oz ground beef
⅓ cup diced tomatoes (fresh or canned, drained if using canned)
2 Tbsp finely chopped white onion
1 Tbsp chopped fresh cilantro (plus more for garnish)
½ tsp cumin
½ tsp smoked paprika
Salt and pepper, to taste
1 tsp avocado oil or butter (for cooking)

Preparation

Make the deviled eggs: Hard-boil the eggs (3 large), peel, and slice them in half. Remove the yolks and place in a bowl. Mash the yolks with avocado (1 large), mayo (2 Tbsp, if using), garlic (2 cloves), lime juice (1 Tbsp), dried onion (½ tsp), sea salt (¼ tsp), cayenne (pinch), and black pepper (to taste). Mix until creamy. Fold in half the crumbled bacon (1 strip). Spoon or pipe mixture into the egg whites. Top with remaining bacon crumbles (1 strip) and set aside.

Prepare the beef: Heat avocado oil or butter (1 tsp) in a skillet over medium heat. Add diced onion (2 Tbsp) and cook for 1–2 minutes until soft. Add ground beef (6 oz) and break it up as it browns. Season with cumin (½ tsp), smoked paprika (½ tsp), salt and pepper (to taste). Once the beef is nearly cooked, stir in the tomatoes (⅓ cup) and cook for another 3–4 minutes until soft and slightly reduced. Stir in chopped cilantro (1 Tbsp) just before removing from heat.

To serve: Spoon the warm beef mixture onto a plate to form a base. Nestle the deviled egg halves on top. Garnish with extra cilantro (to taste) or a drizzle of lime juice if desired.

Garlic Butter Steak Bites with Herb Garnish & Dipping Sauce



Ingredients

For the Steak Bites

6 oz steak (ribeye or sirloin), cut into 1-inch cubes
2 Tbsp butter (divided)
½ tsp paprika
Salt and pepper, to taste
2 cloves garlic, minced
1 tsp fresh parsley, chopped (for garnish)

For the Olive Oil Herb Dipping Sauce

2 Tbsp sour cream
1 tsp mayonnaise (avocado oil mayo preferred)
1 tsp olive oil
½ tsp lemon juice
½ tsp Dijon mustard (no sugar added)
¼ tsp garlic powder
Salt and pepper, to taste
1 tsp chopped fresh parsley or chives

Macronutrients

Protein: 42g
Fat: 60g
Carbs: 3g

Preparation

Make the dipping sauce: In a small bowl, whisk together sour cream (2 Tbsp), mayonnaise (1 tsp), olive oil (1 tsp), lemon juice (½ tsp), Dijon mustard (½ tsp), garlic powder (¼ tsp), chopped parsley or chives (1 tsp), and salt and pepper (to taste). Mix until smooth and creamy. Chill while cooking the steak.

Cook the steak bites: Pat the steak cubes (6 oz) dry and season with paprika (½ tsp), salt, and pepper (to taste). Heat butter (1 Tbsp) in a skillet over medium-high heat. Add steak cubes (6 oz) in a single layer and sear for 2–3 minutes per side until golden and cooked to desired doneness.

Add the remaining butter (1 Tbsp) and minced garlic (2 cloves). Toss everything together for 30 seconds to 1 minute until the garlic is fragrant and the butter is coating the meat.

Serve: Transfer steak bites (6 oz) to a plate, spoon some of the garlic butter from the pan over top, and garnish with fresh parsley (1 tsp). Serve alongside the dipping sauce.

Cheesy Egg Muffins with Sausage & Spinach



Ingredients

6 large eggs
4 oz ground pork sausage (sugar-free, nitrate-free)
½ cup spinach, chopped
¼ cup shredded cheddar or goat cheese (or dairy-free cheese, if paleo strict)
1 Tbsp butter or ghee (for cooking)
¼ tsp garlic powder
Salt and pepper, to taste

Optional: 1 Tbsp chopped chives or parsley for garnish

Macronutrients

(per 2 muffins, makes 6)

Protein: 24g

Fat: 27g

Carbs: 2g

Preparation

Preheat the oven: Set oven to 350°F (175°C). Grease a 6-cup muffin tin with butter or ghee, or use silicone liners.

Cook the sausage and spinach: In a skillet over medium heat, melt 1 Tbsp butter or ghee. Add sausage and cook for 4–5 minutes until browned. Add spinach and sauté for 1 minute until wilted. Remove from heat.

In a bowl, whisk eggs with garlic powder, salt, and pepper. Stir in the sausage-spinach mixture and shredded cheese.

Fill the muffin tin: Divide the mixture evenly among the 6 muffin cups, filling each about ¾ full.

Bake: Bake for 18–20 minutes, or until the centers are set and tops are lightly golden.

Cool and serve: Let cool slightly. Garnish with fresh herbs if desired. Serve warm or store in the fridge for up to 4 days.



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Prosciutto-Wrapped Green Beans & Poached Egg with Parmesan



Ingredients

8-10 green beans, trimmed
2 slices prosciutto (or use thin bacon strips)
½ Tbsp butter
¼ tsp black pepper
¼ tsp garlic powder (optional)
1 large egg
1 Tbsp white vinegar (for poaching water)
Salt, to taste
1 Tbsp grated Parmesan cheese
Fresh parsley or chives, chopped
Freshly ground black pepper

Macronutrients

Protein: 18g
Fat: 16g
Carbs: 4g

Preparation

Prepare the prosciutto-wrapped green beans: Preheat the oven to 400°F (200°C). Toss the green beans with melted butter (½ Tbsp), black pepper (¼ tsp), and garlic powder (¼ tsp if using.) Gather 4-5 green beans and wrap a slice of prosciutto around them, securing the ends if needed. Repeat with the remaining green beans. Place the bundles on a baking sheet and roast for 12-15 minutes, or until the prosciutto is crispy and the green beans are tender.

Poach the egg: Bring a pot of water to a gentle simmer and add the white vinegar (1 Tbsp). Crack the large egg into a small bowl, then carefully slide it into the simmering water. Poach for 3-4 minutes, or until the whites are set but the yolk is still runny. Use a slotted spoon to remove the egg and drain on a paper towel. Lightly season with salt to taste.

Assemble the dish: Arrange the prosciutto-wrapped green beans on a plate. Place the poached egg on top or beside the bundles. Sprinkle with grated Parmesan cheese (1 Tbsp), fresh chopped parsley or chives (as needed), and a little extra black pepper.

Flank Steak Veggie Rolls with Creamy Tomato Filling



Ingredients

3 oz flank steak (thinly sliced)
1/2 zucchini (julienned)
1 Tbsp butter
2 Tbsp cream cheese
1 tsp sun-dried tomato paste (or regular tomato paste)
1/4 carrot (julienned)
1/4 red bell pepper (julienned)
1 tsp garlic (minced)
1 Tbsp fresh basil (chopped)
Salt and pepper to taste

Macronutrients

Fat: 26g
Protein: 22g
Carbs: 6g

Preparation

Preheat the oven to 375°F.

Lay the thinly sliced flank steak (3 oz) flat and season both sides with salt and pepper to taste.

In a small bowl, mix the cream cheese (2 Tbsp) with sun-dried tomato paste (1 tsp), minced garlic (1 tsp), and chopped basil (1 Tbsp.)

Lightly sauté the 1/2 zucchini julienned, 1/4 carrot julienned, and 1/4 red bell pepper julienned in butter (1 Tbsp) for 2-3 minutes until just softened. Set aside.

Spread a thin layer of the cream cheese mixture over one side of each flank steak slice.

Place a small amount of the sautéed vegetables at one end of the steak slice and roll it up tightly, securing with a toothpick if necessary.

Heat a pan over medium heat and sear the steak rolls on all sides until browned.

Transfer the rolls to a baking dish and bake in the oven for 8-10 minutes, until the steak is cooked through and the filling is warmed. Remove from the oven and serve with any leftover cream cheese mixture as a dipping sauce, if desired.

Cauliflower Mac and Cheese



Ingredients

3 cups cauliflower florets (bite-size)
1 Tbsp butter
½ cup heavy cream
¾ cup shredded sharp cheddar cheese
¼ cup shredded mozzarella
1 oz cream cheese (about 2 Tbsp)
¼ tsp garlic powder
¼ tsp mustard powder (optional, for tang)
Salt and pepper, to taste

Optional: 1 Tbsp grated Parmesan for topping

Optional garnish: chopped chives or parsley

Macronutrients

Protein: 41g
Fat: 77g
Carbs: 21g

Preparation

Bring a pot of salted water to a boil. Add cauliflower florets and cook for 5–6 minutes until just fork-tender. Drain well and set aside.

In a saucepan over medium-low heat, melt butter. Add heavy cream, cream cheese, garlic powder, mustard powder, salt, and pepper. Whisk until smooth and bubbling slightly (do not boil).

Stir in cheddar and mozzarella cheeses. Continue stirring until completely melted and creamy. Add the drained cauliflower to the sauce. Stir to coat all florets evenly.

Transfer mixture to a small baking dish. Top with grated Parmesan and broil on high for 2–3 minutes until golden and bubbly on top.

Garnish with fresh herbs if desired. Serve hot.

Mediterranean Chicken & Halloumi Skewers with Lemon Herb Marinade



Ingredients

For the Chicken & Halloumi Skewers:
6 oz chicken breast or thighs, cut into cubes

4 oz halloumi cheese, cut into cubes

½ zucchini, sliced into thick rounds

¼ red bell pepper, cut into chunks

¼ red onion, cut into chunks

For the Lemon Herb Marinade:

1 Tbsp butter, melted (for marinade)

1 Tbsp lemon juice

1 tsp lemon zest

1 clove garlic, minced

1 tsp fresh oregano or thyme, chopped

Salt and pepper, to taste

1 tsp olive oil (for finishing)

Garnish:

Chopped parsley (optional, for garnish)

Macronutrients

Protein: 42g

Fat: 38g

Carbs: 5g

Preparation

Prepare the marinade: In a bowl, whisk together the melted butter (1 Tbsp), lemon juice (1 Tbsp), lemon zest (1 tsp), minced garlic (1 clove), and chopped oregano or thyme (1 tsp). Season with salt and pepper.

Marinate the Chicken: Add the cubed chicken (6 oz) to the marinade and toss to coat. Let it marinate for at least 20 minutes while you prepare the vegetables and halloumi.

Prepare the Skewers: Thread the marinated chicken, halloumi cubes (4 oz), zucchini slices (½ zucchini), red bell pepper (¼), and red onion chunks (¼) onto skewers, alternating ingredients for color and balance. Preheat a grill or grill pan over medium-high heat. Grill the skewers for 10–12 minutes, turning occasionally, until the chicken is cooked through and the halloumi is golden and slightly crisp on the edges.

Serve: Plate and drizzle with olive oil (1 tsp) as a finishing oil. Garnish with chopped parsley if desired. Serve hot.

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