



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Sample Meal Plan & Recipes



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Sample 7-Day Meal Plan

This sample meal plan is intended to give you some ideas for weekly meals, but you don't need to follow it to a "T." I suggest that you pick four to five recipes to rotate over the course of 30 days to simplify your meal planning. Your body will be going through a cleansing process, which can be a stressor in and of itself. You want to keep your meals really simple – there's no need to add the unnecessary stress of trying to make complex meals.

	Breakfast	Lunch	Snack	Dinner
Day 1	Very Berry Smoothie (pg. 6)	Taco Salad (pg. 9)	Flackers (flax crackers) with Homemade Guacamole (pg. 4)	Chicken Tenders (pg.15) with Side Salad
Day 2	Breakfast Sausage (pg. 6) with Sliced Tomatoes	Chinese Chicken Salad (pg. 10)	Apple slices with cinnamon & pine nuts	Sliders with Caramelized Onions (pg. 16)
Day 3	Chicken, Apple & Strawberry Salad (pg. 7)	Cauliflower "Rice" Bowl (pg. 11)	Carrot sticks with Homemade Guacamole (pg. 4)	Turkey, Kale & Cauliflower Soup (pg. 15)
Day 4	Berry Apple Smoothie (pg. 7)	Pear, Spinach & Bacon Salad (pg. 13)	Sliced Cucumbers and sliced avocado with olive oil and sea salt	Rosemary Chicken (pg. 16)
Day 5	Berry Chia Pudding (Pg. 8)	Melissa's Simple Chicken Salad (pg. 10)	Celery sticks & Homemade Tahini (pg. 4)	Herb Seared Cod (see page 17)
Day 6	Strawberry Smoothie (pg. 8)	Chicken and Apple Salad (pg. 11)	Sliced turkey wrapped in lettuce	Citrus Rosemary Salmon (page 18)
Day 7	Tomato, & Avocado Lettuce Wraps (pg. 8)	Winter Green Salad (pg.12)	Flackers (flax crackers) with apple sauce	Melissa's Easy Baked Chicken (page 17)



Snack Ideas

Homemade Tahini

Ingredients

- 1 cup sesame seeds
- 2-4 TBS neutral oil (like olive oil, grape seed oil or flaxseed oil)

Directions:

1. (Optional) Toast your sesame seeds over medium heat on the stove top for about 5 minutes, stirring regularly (they burn fast), till they turn a light golden color. Allow seeds to cool for about 30 minutes.
2. Blend your sesame seeds in your blender until a crumbly paste is formed.
3. Add in 1 tablespoon at a time of oil, until you get the thinness of the tahini that you like (that was 2 for me).
4. Keep tahini in a sealed container for up to 1 month.
5. Enjoy!

Homemade Guacamole

Ingredients

- 3 avocados
- 1/2 white onion
- 1/2 cup chopped cilantro
- 2 tbsp fresh lemon or lime juice
- Optional salt and pepper to taste

Directions:

1. Open the avocados and scoop out the flesh. An easy way is to cut it length-wise around the pit and then using a chef's knife strike the pit and then twist the knife so you can easily remove the pit and scoop out the flesh.
2. Mash the flesh with a fork, it can still have hard parts in it.
3. Stir the other ingredients.
4. Enjoy right away or store in the refrigerator.

A trick is to put the guacamole in a container with a sliced onion, so it doesn't brown.



Mock Pesto - Makes 1 cup

Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.

- 1 large ripe avocado
- 1 cup basil leaves
- 1/4 tsp. lemon juice
- 1 garlic clove, minced or 1/8 tsp. garlic powder
- 1/4 cup pine nuts
- 1/2 tsp. olive or flax oil

1. Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl of a food processor.
2. Add the basil, vitamin C crystals, garlic and pine nuts. Process for about 2 minutes – scrape the bowl as necessary.
3. Transfer it to a small bowl and coat the surface with oil to prevent browning. Chill.

Pickled Beets *Adapted with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

Ingredients (serves 4-6)

- 4 beets, cooked and skinned
- 1/4 cup water
- 1/4 cup apple cider vinegar
- 1/4 tsp. ground cinnamon
- pinch each of cloves and allspice

Combine the water, sweetener, vinegar, cinnamon, cloves and allspice in a medium saucepan. Simmer for 2 minutes. Stir in the beets, and heat through. Serve hot or warm.



Breakfast Ideas

Very Berry Smoothie

Ingredients

10 ounces coconut milk, flaxseed milk or hemp seed milk (make sure it's carrageenan free if it's store-bought)

¼ cup frozen blueberries

¼ cup frozen strawberries

¼ cup frozen raspberries

¼ cup frozen blackberries

1 handful of baby spinach, Swiss chard or kale

1 tsp. ground flax seeds

1 tsp. chia seeds

1 tsp. coconut oil

¼ ripe avocado

1 scoop of stevia *optional (here's the brand that I personally use: <http://amzn.to/1PxTYkh>)

Directions:

1. Place all ingredients in blender starting with the coconut/flax milk.
2. Blend until desired consistency. Enjoy!

Breakfast Sausage

Ingredients (serves 4)

1 pound ground pork, beef, chicken or turkey

1 teaspoon ground sage

1 teaspoon paprika

1 teaspoon sea salt

1 teaspoon black pepper

1 tablespoon coconut oil, to heat in the skillet

Directions:

1. Preheat 1 tablespoon coconut oil in a skillet over medium heat.
2. Combine spices in a small bowl. Add pork and mix until well combined.
3. Form into 8 patties.
4. Cook patties over medium heat until browned and cooked through. Enjoy!



Berry Apple Smoothie

Ingredients

- 10 ounces coconut milk, flaxseed milk or hemp seed milk (make sure it's carrageenan free if it's store-bought)
- ½ c. fresh or frozen strawberries
- ½ c. fresh or frozen blueberries
- ½ green apple
- 1 handful of baby spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 scoop of stevia *optional (here's the brand that I personally use: <http://amzn.to/1PxTYkh>)

Directions:

1. Place all ingredients in blender starting with the coconut/flax milk.
2. Blend until desired consistency. Enjoy!

Chicken, Apple & Strawberry Salad

Ingredients (serves 1)

- ½ cup chicken breast, cooked and sliced
- 1 c. lettuce, chopped
- 2 strawberries, sliced
- ¼ apple, chopped
- ¼ c. pumpkin seeds

Dressing

- Apple cider vinegar
- Olive oil
- Sea salt
- Black Pepper

Directions:

1. Assemble the salad ingredients in a bowl and toss.
2. Top with sesame seeds and dressing. Enjoy!



Berry Chia Pudding

Ingredients (serves 2)

1-1½ cups coconut milk

¼ cup chia seeds

⅓ cup blueberries

⅓ cup raspberries

⅓ cup strawberries, sliced in halves

¼ cup unsweetened coconut flakes

Optional: 1 scoop of stevia

Directions:

1. In a bowl, mix together all of the ingredients except the coconut flakes and nuts. Place in the refrigerator overnight.
2. To serve, place half of the chia pudding in a bowl and top with coconut flakes and nuts. Enjoy!

Simple Strawberry Smoothie

Ingredients (serves 1)

12 ounces coconut milk

1 cup strawberries, frozen

1 teaspoon flax seeds

1 bunch kale, spinach or Swiss chard

1 scoop Stevia Now (*optional-added for sweetness)

Directions:

1. Place all ingredients in a blender in the order listed. Blend on high until smooth. Enjoy!

Tuna, Tomato & Avocado Lettuce Wraps

Ingredients (serves 2)

4 leaves romaine lettuce

1 ripe avocado, sliced

1 medium tomato

1 can tuna

sea salt and pepper to taste

Directions:

1. Place tomato, avocado and tuna on top of lettuce leaves. Salt and pepper to taste. Enjoy!

*Note: You can substitute any other kind of meat you prefer in place of the tuna.



Lunch Ideas

Beef Taco Salad

Ingredients (serves 6)

- 1 tablespoon coconut oil
- 3 pounds ground grass-fed beef
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 5 tablespoons Mexican Seasoning
- 2 heads romaine lettuce, chopped
- 2 medium carrots, chopped
- 2 radishes, sliced thin

Avocado Dressing

- 1 avocado
- 1 tablespoon apple cider vinegar
- ½ teaspoon sea salt
- 1 cup extra-virgin olive oil

Directions:

1. Add coconut oil to cold pan. Turn heat up to medium. Add the beef, onion and garlic. Cook until meat is fully brown, about 5 minutes. Add the tomato paste and Mexican Seasoning. 2. Simmer for 15 minutes.
 3. Make the dressing by combining all ingredients except the olive oil in a blender. Blend into smooth. With the blender running, slowly add olive oil.
 4. In a large bowl, mix together the salad ingredients.
- To serve, place salad mixture in a bowl, add a scoop of beef mixture and top with dressing. Enjoy!

*Note: You can substitute chicken or ground turkey in place of the beef. Store dressing in glass container for up to 5 days.



Chinese Chicken Salad

Ingredients (Serves 2)

- 8 ounces chicken thighs, cooked and chopped
- 1 scallion, chopped
- 1 celery stalk, chopped
- 3 cups romaine lettuce, chopped
- 2 tablespoons sesame seeds
- 1-2 teaspoons coconut oil

Dressing:

- 3 tablespoons apple cider vinegar
- 1 teaspoon coconut aminos*

Directions:

1. Preheat oven to 350 degrees for 35-40 minutes. Top each piece of chicken with 1 teaspoon of coconut and sprinkle with sea salt and pepper before baking. Bake for 35-40 minutes.
2. Make salad dressing by whisking together first three ingredients. Add sesame oil to vinegar mixture and stir together.
3. Add all salad ingredients to a large bowl. Toss to combine.
4. To serve, divide the salad mixture in half then drizzle with Asian dressing and top with sesame seeds. Enjoy!

*Coconut aminos taste like soy sauce, but a much healthier substitute. I include a link to a recommended brand in your shopping list on page 25.

Melissa's Simple Chicken Salad

Ingredients (serves 2)

- ½ pound chicken, cooked (you can use leftovers from one of the chicken dinner recipes)
- 1 small onion, diced
- 1 cucumber, chopped
- 1 avocado, diced
- ½ cup black olives, diced
- Olive oil
- 5 tablespoons lemon juice
- Sea salt and pepper to taste

Directions:

1. Combine all ingredients in a large bowl.
2. Top with olive oil, apple cider vinegar, sea salt and pepper. Enjoy!



Chicken & Apple Salad

Ingredients (serves 6)

3 stalks celery

2 green apples, sliced thin

½ raw walnuts, chopped

12 ounces mixed greens

3-4 cups cooked chicken breast or thighs, chopped (I used leftovers from the Garlic Herb Chicken dinner recipe page 19)

Ranch Dressing:

1 cup plain yogurt

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon parsley

1 teaspoon chives

1 teaspoon dill

1 tablespoon lemon juice

½ teaspoon sea salt

Directions:

1. Place all salad ingredients in a bowl and toss to combine ingredients.
2. Make dressing by whisking all ingredients together in a bowl.
3. To serve, pour dressing over salad and toss to coat. Enjoy!

Note: Store dressing in glass container for up to 3 days.

Chicken & Cauliflower “Rice” Bowl

Ingredients (Serves 2-4)

8 ounces chicken cooked & chopped

1 head cauliflower, stalk removed and cut into large chunks

1 cup baby spinach

1 cup broccoli, chopped

1 small red onion, chopped

2 teaspoons dried oregano

2 teaspoons dried basil

1 teaspoon garlic powder

Sea salt and pepper to taste

Directions:

1. Place cauliflower florets in a food processor and pulse until finely shredded into a rice-like substance (you'll want to do this in different batches).
2. Steam shredded cauliflower for 3 to 4 minutes. Drain, let cool and strain any excess water with a towel.
3. In a large bowl, combine the cooled cauliflower with the chicken, vegetables and spices. Toss to combine. Enjoy!



Winter Green Salad

Ingredients (serves 4)

- 2 collard leaves, trimmed and chopped
- 2 kale bunches, trimmed and chopped
- 4 romaine lettuce leaves, chopped
- 1 pear, cubed
- 1 small red onion, chopped
- 1 orange bell pepper, chopped
- 1 avocado, diced
- 1 carrot, diced or grated
- 10 cherry tomatoes, halved
- ½ cup walnuts

Dressing:

- 3 tablespoons apple cider vinegar
- 6 tablespoons olive oil
- 1 tablespoon raw honey
- 1 tablespoon oregano
- 1 ½ teaspoon chili powder
- 1 teaspoon dry mustard
- ⅓ teaspoon garlic powder (or 1 garlic clove)
- ¼ teaspoon crushed black pepper

Directions:

1. Place all dressing ingredients in a glass jar and shake vigorously until well mixed.
2. Place all the salad ingredients in a bowl. Toss to combine ingredients.
3. To serve, pour dressing over salad and toss to coat. Enjoy!



Pear, Spinach & Bacon Salad

Ingredients (serves 2)

6 cups fresh spinach

1 pear, sliced

6 bacon slices, cooked and crumbled (save the bacon fat for dressing)

¼ cup pine nuts

Honey, Bacon Dressing

¼ cup bacon fat, melted

⅓ teaspoon garlic powder (or 1 clove fresh garlic)

3 tablespoons apple cider vinegar

2 teaspoons raw honey

½ teaspoon dry mustard

Salt and pepper to taste

Directions:

1. Cook bacon until crispy. When fully cooked, remove from the pan. Turn off heat, and leave bacon fat in pan.
2. Hard boil eggs (about 8 minutes). Meanwhile, prepare dressing by returning bacon fat to medium low heat and adding the remaining ingredients. Use a whisk to scrape the browned bacon bits and mix with the other dressing ingredients. Crumble 1 piece of cooked bacon and add to dressing mixture. Heat for about two minutes.
3. Assemble spinach and remaining salad ingredients. Top with dressing (serve warm). Enjoy!

***Note: You can substitute sausage or any other kind of meat you prefer in place of the bacon.**

Cabbage Salad

Ingredients (Serves 4-6)

1 small to medium head red cabbage, thinly sliced (or use half red and half green cabbage)

8 sliced radishes, or 1 grated carrot

3 green apples, diced

1 stalk celery, chopped

dash garlic powder

2 Tbsp. olive oil

2 tsp. vinegar

1 tsp. lemon juice

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice. Serve cold or at room temperature.

Fruity Spinach Salad

Ingredients (Serves 6-8)

- 1 lb. fresh spinach, washed, dried, torn into pieces
- 1 pint fresh organic strawberries or raspberries, washed

Dressing:

- 3 Tbsp pine nuts
- 2 scallions, chopped
- 1/2 cup olive or flax oil
- 1/4 cup balsamic vinegar

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.



Dinner Ideas

Chicken Tenders

Ingredients (serves 4-6)

- 2 pounds boneless chicken tenders (or breasts sliced into 1-inch strips)
- 1 cup coconut flour
- 2 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 2 teaspoons sea salt
- ½ cup melted coconut oil + 1tbsp
to coat the baking dish

Directions:

1. Preheat oven to 350 degrees.
2. In a bowl mix coconut flour and spices.
3. Dip each piece of chicken in melted coconut oil coating both sides, then coating with coconut flour spice mixture.
4. Place chicken in glass baking dish coated with coconut oil. Bake for 25-30 minutes, until chicken is fully cooked and coating is crispy. Enjoy!

Turkey, Kale & Cauliflower Soup

Ingredients (serves 4)

- 1 pound ground turkey
- 4 shallots, chopped
- 3 carrots, sliced
- 5 cups chicken stock (sugar free)
- 1 ½ cup cauliflower, minced
- 4 cups kale, chopped
- 2 tablespoons coconut oil
- Sea salt and pepper to taste

Directions:

1. Melt the coconut oil in a large pot and heat over medium-high heat.
2. Add the shallots, carrots, and cauliflower. Cook until soft.
3. Add the turkey and cooked until meat is fully cooked.
4. Add the chicken stock and kale.
5. Bring to a boil, then add kale and reduce to low heat. Cover and let simmer for 15 minutes. Enjoy!



Sliders with Caramelized Onions

Ingredients (serves 2)

- 1 pound grass fed ground beef, chicken or turkey
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 2 tablespoons coconut oil
- 1 small onion, sliced thin
- 1 ripe avocados, sliced
- 4 pieces bacon, cooked (optional)

Directions:

1. Add one tablespoon coconut oil to medium skillet. Heat over medium high heat. Once melted, add the onions. Sauté until translucent (10-15 minutes). Set aside in a bowl.
2. Form four burgers with ground beef. Season both sides with spices.
3. Add one tablespoon coconut oil to same skillet used to cook bacon. Heat over medium high heat. Place burgers in skillet and cook each side for 2-3 minutes (or more depending on how well you like it cooked). Remove from heat and let sit for about one minute.
4. Top burgers with caramelized onions and a slice of bacon and a slice avocado (you can use one quarter an avocado for each burger). Enjoy!

Rosemary Chicken

Ingredients (serves 2)

- 1 pound chicken breasts (or salmon)
- 1 teaspoon rosemary
- 1 teaspoon sage
- 1 teaspoon thyme
- sea salt and pepper to taste
- 4 teaspoons coconut oil
- coconut oil to grease baking dish

Directions:

1. Preheat oven to 350 degrees. Grease rectangular baking dish.
2. Place the chicken in the baking dish and sprinkle with seasonings. Top each piece of chicken with butter and lemon slices.
3. Bake chicken for 35-40 minutes or until fully cooked.
4. Serve with a side salad. Enjoy!



Melissa's Easy Baked Chicken

Ingredients (serves 2)

2 chicken breasts, boneless and skinless

2 tablespoons coconut oil (plus some to coat baking dish) or bacon fat (use leftovers from breakfast or lunch recipes)

½ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon sea salt

½ teaspoon pepper

Directions:

1. Preheat oven to 400 degrees. Grease rectangular baking dish.
2. Place the chicken in the baking dish and sprinkle with seasonings. Top each piece of chicken with one tablespoon coconut oil or bacon fat.
3. Bake chicken for 35-40 minutes or until fully cooked.
4. Serve with a side salad. Enjoy!

Herb-Seared Cod

Ingredients (serves 4)

4 cod filets

1 teaspoon chives

1 teaspoon parsley

1 teaspoon thyme

2 garlic cloves, mined

1 shallot, minced

1 tablespoon lemon juice

6 tablespoons butter, melted

Sea salt and pepper taste

Directions:

1. Preheat oven to 400 degrees.
2. Season each filet with sea salt and pepper.
3. In a bowl, mix melted butter, garlic, shallot, and herbs.
4. Heat skillet over medium-high heat.
5. Pour herb butter in the skillet and sear fish on both sides (about 2 minutes each side).
6. Place fish in glass baking dish, pour remaining sauce in skillet over fish and cook in the oven for 7-8 minutes. Enjoy!



Citrus-Rosemary Salmon

Ingredients (serves 4-6)

- 4 salmon fillets
- 2 garlic cloves, minced
- 2 teaspoons, dried rosemary
- 1 cup freshly squeezed orange juice
- 2 tablespoons lemon juice
- ½ chicken stock
- 1-2 tablespoons coconut oil or lard
- Sea salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees.
2. In a bowl combine the orange juice, lemon juice, chicken stock and garlic.
3. Season salmon on both sides with rosemary. Place in rectangular glass baking dish. Pour orange juice mixture over salmon.
4. Bake for 20-25 minutes or until salmon begins to flake.
5. Serve with a side of fresh salad or lightly steamed vegetables. Enjoy!

Oven Roasted Veggies

Use the following vegetables, unpeeled, washed, and cut into bite-sized pieces: Broccoli onions, garlic and asparagus. (servings depend on amount of veggies used)

1. Toss vegetables with olive oil and sprinkle with rosemary, oregano, tarragon, and basil to taste.
2. Spread in roasting pan in single layers and roast approximately 20-25 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggie.
3. Salt and pepper to taste. Serve while warm or use cold leftovers in salad.



Chicken Primavera

Ingredients (serves 4)

- 1 large whole chicken breast, cut into thin strips (optional)
- Broccoli florets, chopped carrot, and/or other favorite veggie, lightly steamed
- 3-4 scallions, chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil (more if needed)
- 1/4 cup fresh basil, finely chopped
- 1/4 - 1/2 cup coconut milk

1. Heat oil in wok or heavy frying pan, stir fry chicken, garlic, scallions, and basil for about 5 minutes.
2. Add remaining vegetables and coconut milk and continue to cook until veggies are soft and glisten. Add more coconut milk as needed.
3. Remove from heat and garnish with black olives and extra olive oil, if desired.

Asparagus Soup

Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.

Ingredients (serves 4)

- 1 lb. asparagus, trimmed
- 2 medium leeks or 4 large shallots
- 1 Tbsp. oil
- 2-3 cloves garlic, minced
- 2 cups water or chicken stock
- 1 tsp. dried dill weed pinch nutmeg

1. Slice off the tips of the asparagus and reserve them. Cut the remaining stalks into 1" pieces.
2. Slice the leeks in half lengthwise and wash under cold water to remove any sand. Slice into 1/4" pieces.
3. Sauté the leeks or shallots in the oil over medium heat until soft. Add the garlic and sliced asparagus stalks. Cook, stirring, another minute or two. Add the water or stock and dill. Simmer 10-12 minutes.
4. Remove from heat, allow to cool 5-10 minutes.
5. Puree half the volume at a time. Return to pan, add the reserved asparagus tips and simmer 3-5 minutes or until tips are just barely tender. Add nutmeg. If soup is too thick, thin with additional water or stock.

Basic Stock Recipe

Ingredients

Put 2 pounds bones, skin, cartilage from poultry, fish, beef, lamb, shellfish

1-2 Tbsp. of lemon juice or vinegar

1-2 tsp salt

1/2 tsp pepper

Carrots, onions, celery Parsley, sage, rosemary, thyme, bay

1. In a stock pot: Put 2 pounds bones, skin, cartilage from poultry, fish, beef, lamb, shellfish. (If you use a whole chicken, cook for about an hour, then take meat off the bones. Toss bones and connective tissue back into the pot. Leave the meat aside.) Cover with water (2-3 quarts).
2. Add 1-2 Tbsp. of lemon juice or vinegar, 1-2 tsp salt, 1/2 tsp pepper, Carrots, onions, celery, parsley, sage, rosemary, thyme, bay leaf.
3. Cook several hours (4-24) or in crock pot on low temp
4. Skim off scum/solids from top of soup after a couple of hours. Remove bones. Skim off fat. (Sometimes easiest to refrigerate and then skim off fat.)
5. Either strain and use as broth, or begin adding vegetables, grains, etc to make a soup. Can be used to cook grains or vegetables instead of water.



Beef Stock

Recipe courtesy of Sally Fallon, *Nourishing Traditions*

Ingredients

about 4 pounds beef marrow and knuckle bones

1 calves foot, cut into pieces (optional)

3 pounds meaty rib or neck bones

4 or more quarts cold filtered water

1/2 cup vinegar

3 onions, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

several sprigs of fresh thyme, tied together

1 teaspoon dried green peppercorns, crushed

1 bunch parsley

1. Place the knuckle and marrow bones and optional calf's foot in a very large pot with vinegar and cover with water. Let stand for one hour.
2. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees in the oven.
3. When well browned, add to the pot along with the vegetables.
4. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil.
5. A large amount of scum will come to the top, and it is important to remove this with a spoon.
6. After you have skimmed, reduce heat and add the thyme and crushed peppercorns. Simmer stock for at least 12 and as long as 72 hours.
7. Just before finishing, add the parsley and simmer another 10 minutes.
(You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. But don't despair. After straining you will have a delicious and nourishing clear broth.)
8. Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.



Salad Dressings

Herb Dressing

¼ cup flax seed and olive oils
1 tbsp water
1 tsp dry mustard
1 garlic clove minced
Your choice of dried herbs (oregano, basil etc.)

Garlic & Oregano Dressing

½ cup olive oil
1 tsp oregano
1 tsp garlic powder

Creamy Avocado

2 avocados
¼ cup olive oil
¼ tsp celtic sea salt
pepper to taste
small amount of onion
¼ tsp tarragon
1 cup water

Blend all ingredients together until creamy.

Vinaigrette Dressing - 6 servings (approximately) *Note: ingredient amounts in this recipe are approximate - use more or less of certain ingredients to adapt recipe to your personal taste).*

1/2 cup extra-virgin olive oil
3 Tbsp. apple cider vinegar
2-3 Tbsp. water
1 tsp. dry mustard
1-3 cloves fresh garlic (whole pieces for flavor or crushed for stronger taste)
Salt and pepper to taste
Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried

1. Place vinegar, water and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard.
2. Add oil and remaining ingredients and shake well again. Store refrigerated and shake well before using. Dressing will harden when cold; allow 5-10 minutes to re-liquify.



Healthy Sweet Treats

Baked Apple

Ingredients (Serves 6)

- 1/3 cup golden raisins
- 2 Tbsp. apple juice
- 6 cooking apples, cored
- 1 1/2 cups water
- 1/4 cup frozen unsweetened apple juice concentrate
- 2 tsp. pure vanilla extract
- 1 tsp. cinnamon
- 1 tsp. coconut flour

1. Remove peel from top third of each apple and arrange in a small baking dish.
2. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened.
3. Distribute raisins, filling centers of each apple.
4. Pour sauce over apples and bake, uncovered, at 350 degrees for 1 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

Poached Pears

Ingredients (Serves 6)

- 6 pears
- 2" stick cinnamon or 1 tsp. cinnamon
- 1 t. cardamom
- 2 c. apple juice or apple cranberry juice

1. Peel pears or leave whole.
2. Place in covered casserole in oven or soup pot on stove. Cook until soft--30-60 minutes depending on the ripeness of the pears

Sautéed Apples

Ingredients (Serves 2)

- 2 apples, washed
- 1/2 Tbsp. olive oil or ghee
- 2 tsp. cinnamon
- 2-3 Tbsp. apple juice

Thinly slice apples and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.



Miscellaneous

Egg Replacer - equals one egg

1/3 cup water

1 Tbsp. whole or ground flaxseed

Place the water and flaxseed together and allow to gel for about 5 minutes. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do, but it will not leaven like eggs for souffles or sponge cakes. Increase amounts accordingly for additional egg replacement.

Homemade Hemp Milk

Ingredients

1/2 cup hemp seeds

4 cups water

1. Add hemp seeds, water, and any additional sweeteners to a high-powered blender.
2. Blend for 1 minute or until the milk is nice and creamy.
3. Pour the hemp milk into a sealable container (see my favorite in the notes below).
4. Place it into the fridge and store it for up to 5 days. Enjoy!