



HealthyBodyHealthyLife
with *Melissa Koerner*

30-Day Post Detox Clean Eating Meal Plan

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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Cherry Coconut Chia Pudding Parfait

Ingredients (servings 4)

For the pudding

2 cups full-fat, unsweetened coconut milk
6 tablespoons chia seeds
2-4 scoops of stevia* optional (Here's the brand I use and recommend: <https://amzn.to/2L96zxy>)

For the compote

2 cups fresh or frozen pitted cherries (thawed if frozen) Note: blueberries or raspberries could be substituted
2-4 scoops of Stevia* optional
2 teaspoons fresh lemon juice
1 teaspoon vanilla extract
coconut, for garnish



Directions:

1. *Prepare the pudding:* Place the coconut milk, chia seeds, and stevia in medium bowl. Stir until combined. Cover with plastic wrap and chill in the refrigerator overnight.
2. *Prepare the compote:* Place the cherries, stevia, and lemon juice in a small saucepan. Cook over medium heat until the cherries soften and the juices thicken up slightly, about 10 minutes, then remove from heat and stir in the vanilla extract. Cool completely. The compote will thicken as it cools.
3. *Assemble the parfaits:* Give the pudding a good stir in the morning. Layer in jars or glass dishes, alternating with the compote and pudding. Top with a bit of compote and toasted coconut flakes, if desired. Enjoy!

* Stevia is a natural sweetener that is a healthy alternative to sugar and other processed sweeteners. Research has shown that pure stevia does not contribute calories in the diet it has no effect on blood sugar or insulin like sugar does. It's 2-300 times sweeter than table sugar, so a little goes a long way!



Tomato-Lentil Soup

Ingredients (servings 6)

8 cups chicken bone broth
2 large carrots, sliced
1 bell pepper, chopped
1 medium onion, chopped
3/4 cup dried brown lentils, rinsed
1-6 ounce can tomato paste
1-2 teaspoons parsley
1-2 teaspoons garlic granules
1/2 teaspoon dried thyme
1/4 teaspoon dried tarragon
Sea salt and black pepper, to taste



Directions:

1. In a large pot, combine the bone broth, carrots, pepper, onion and lentils; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables and lentils are tender.
 2. Stir in the remaining ingredients; return to a boil.
 3. Reduce heat; simmer, uncovered, for 5 minutes to allow flavors to blend.
- Enjoy!



Chicken Fajita Bowl

Ingredients (servings 2)

- 1 tablespoon coconut oil
- 1 chicken breast, diced
- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- sea salt and pepper, to taste
- 1 cup chicken bone broth
- 2 cups cooked white basmati rice
- 2 tablespoons chopped cilantro
- 1 avocado, peeled, pitted and sliced
- Optional topping: 1/2 cup salsa



Directions:

1. Heat the oil in a sauté pan over medium heat. Add the chicken, bell peppers, onion spices and stock. Cook until no longer pink, 5-7 minutes. Add the corn and mix to combine.
2. To serve, place 1 cup of cooked rice in a bowl and top with half of the chicken fajita mix, cilantro and avocado. Enjoy!



Poached Egg & Avocado Breakfast Salad

Ingredients (servings 2)

2 eggs
1 avocado
½ cup cherry tomatoes
2 cups mixed salad greens
1/2 cup cooked quinoa
1 Tbsp pine nuts
Sea salt and pepper to taste

Dressing:

Olive oil
vinegar of choice (apple cider, red or white wine)



Directions:

1. Poach the eggs.
2. Assemble the salads by layering half of the lettuce, tomatoes, cooked quinoa, avocado, and pine nuts.
3. Top with the poached eggs and season with olive oil, vinegar, and sea salt and pepper to taste. Enjoy!



Italian Turkey Soup

Ingredients (servings 4-6)

- 1 1/2 lbs ground turkey breast
- 1 large onion, chopped
- 3 cloves garlic finely, minced
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 1/2 cups carrots, sliced
- 1 1/2 cups celery, sliced
- 1 28 oz can diced tomatoes, not drained
- 3 cups beef bone broth
- 4 tbsp tomato paste
- 1 tbsp fresh basil or 1 tsp. dry
- 1 tbsp fresh oregano or 1 tsp dry
- 1 tbsp fresh thyme or 1 tsp dry
- 1/2 tsp chili pepper flakes
- 1/4 cup fresh parsley



Directions:

1. Heat olive oil in large skillet.
2. Add ground turkey, salt, pepper, onion and garlic to skillet and sauté until turkey is browned. Transfer to Dutch oven or pot.
3. In same skillet add carrots and celery and sauté just until slightly tender (not too soft). Transfer to Dutch oven.
4. Add tomatoes to skillet to deglaze.
5. Add beef broth, tomato paste and all the herbs (except parsley) to skillet and bring to a boil.
6. Transfer to Dutch oven, stir to combine all ingredients. Simmer on low heat for 30-40 minutes.
7. Add parsley last 5-10 minutes of cooking. Enjoy!



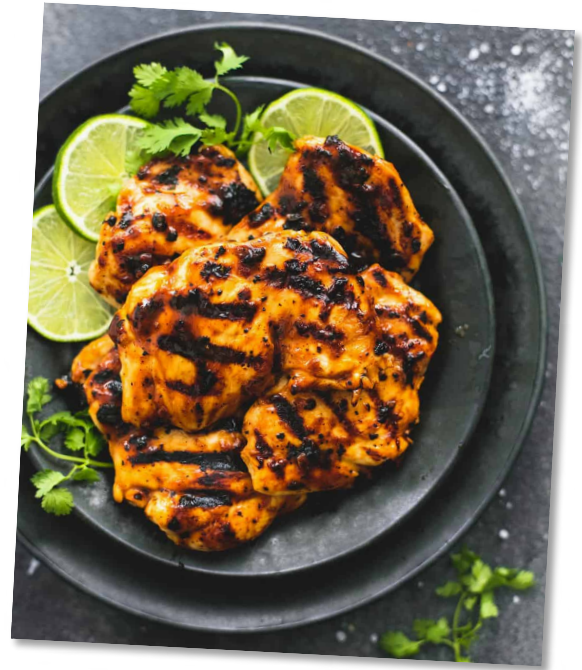
Grilled Chili Lime Chicken

Ingredients (servings 4)

- 1 tablespoon apple cider vinegar
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh lime juice
- 4 boneless skinless chicken breasts or 4-6 boneless chicken thighs

Directions:

1. Whisk together vinegar, chili powder, garlic powder, onion powder, salt, pepper, and lime juice. Combine with chicken in a zip lock bag, press the excess air out, and seal. Chill for 30 minutes or up to 8 hours.
2. Preheat grill to medium-high. Use tongs to transfer chicken to the grill, then discard the marinade and bag.
3. Grill for 6-10 minutes on each side or until cooked through. Serve with lime wedges and cilantro if desired. Enjoy!





Egg Muffins

Ingredients (serves 12)

- 6 eggs
- 2 Tbsp olive oil divided
- ¼ cup red onion diced
- 1 bell pepper diced
- 1 small zucchini chopped
- 3 cups greens of choice roughly chopped
- ¼ tsp oregano
- 1 Tbsp fresh parsley roughly chopped
- ½ tsp sea salt
- Freshly ground black pepper



Directions:

1. Preheat oven to 350 degrees Fahrenheit. Grease 12 muffin tins with one tablespoon of avocado oil and set aside.
2. Heat a large skillet over medium heat and add one tablespoon olive oil. Add onion and sauté for three minutes, until slightly translucent.
3. Add bell pepper and zucchini to the skillet and sauté for four minutes more. Add in chopped greens and sauté until wilted, about one or two minutes. Remove vegetable skillet from heat.
4. Scoop a heaped tablespoon of sautéed vegetables into greased muffin tins, using up all vegetable mixture. The vegetables should fill up about ¾ of the tin.
5. Whisk eggs in a small bowl. Add in oregano, parsley, and sea salt and pepper. Whisk to combine.
6. Gently pour whisked eggs over vegetables in muffin tins, filling nearly to the top. Bake egg muffins in oven for 18-23 minutes, or until set and eggs have puffed up.
7. Carefully remove egg muffins from tins and enjoy immediately.
8. Store egg muffins in an airtight container in the refrigerator, where they will keep for one week. Enjoy!



Quinoa Vegetable Soup

Ingredients (serving 4-6)

- 2 tablespoons olive oil
- 1 yellow onion diced
- 1 carrots chopped
- 2 celery stalks thinly sliced
- 3 cloves garlic minced
- 1 large sweet potato peeled and chopped
- 2 cups chopped butternut squash
- 3 bay leaves
- 4 cans 14 1/2 oz each reduced-sodium vegetable broth
- 2 cans 15 oz each diced tomatoes
- 1 can 15 oz chickpeas, rinsed and drained
- 1 cup quinoa
- 1 tablespoon minced fresh rosemary
- 2 teaspoons minced fresh thyme
- 2 cups chopped kale ribs and stems removed
- Salt and black pepper to taste



Directions:

1. Heat olive oil in a large stockpot over medium heat. Add onion, carrot, and celery and cook until onions are translucent, about 5 minutes.
2. Add the garlic, sweet potato, butternut squash, and bay leaves. Cook until vegetables are tender, about 10 minutes. Stir occasionally so they don't stick to the bottom of the pan.
3. Add the vegetable broth, tomatoes, and chickpeas.
4. Stir in the quinoa and season with fresh rosemary and thyme. Cook for 15 minutes or until quinoa is soft.
5. Stir in the kale and cook for an additional 5 minutes. Season with salt and black pepper, to taste. Serve warm. Enjoy!

Portobello Pizzas

Ingredients (servings 3)

3 large portobello mushrooms (wiped clean, stems removed)
Olive oil
1/4 tsp garlic powder
1/4 tsp dried basil
1/4 tsp dried oregano
1 cup pizza sauce (sugar free)
1/2 cup mixed veggies (onion, mushroom, tomato, bell peppers, etc.)



Directions:

1. Preheat oven to 400 degrees F.
2. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle with garlic powder, basil, and oregano. Then bake for 5 minutes.
3. In the meantime, prep veggies.
4. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce and veggies
5. Bake for 15-20 minutes, or until the veggies are mostly cooked.
6. Serve with fresh basil and red pepper flake. Enjoy!



Berry Banana Oatmeal Breakfast Bowl

Ingredients (serves 2)

1 cup old fashioned oats
1 cup full fat coconut milk
1 cup frozen berries (strawberries, blueberries, raspberries)
1/4 teaspoon cinnamon
1/4 teaspoon vanilla extract
2-3 scoops Stevia Now* optional (Here's the brand I use and recommend:
<https://amzn.to/2L96zxy>)
pinch of salt
Toppings: plain full-fat yogurt or whipped coconut milk or cream, crushed nuts, sliced banana, additional berries



Directions:

1. In a small pot, stir oats, coconut milk, berries, cinnamon, vanilla extract, stevia, and salt over medium high heat.
2. When the mixture starts to bubble, crush the berries with the back of the spoon and turn the heat to medium low and cover. Cook for 3-5 more minutes or until oats are tender to your preference, stirring occasionally.
3. Pour oatmeal in a bowl, and top with plain yogurt or whipped coconut milk or cream, nuts, and additional berries if desired. Serve warm or at room temperature. Enjoy!

* Stevia is a natural sweetener that is a healthy alternative to sugar and other processed sweeteners. Research has shown that pure stevia does not contribute calories in the diet it has no effect on blood sugar or insulin like sugar does. It's 2-300 times sweeter than table sugar, so a little goes a long way!



Hearty Beef Stew

Ingredients (Servings 6)

2 lbs stewing beef - cut into 1" cubes (chuck, shoulder, bottom round, or rump all work)
2 med-sized onions, quartered
4 celery stalks, chopped into 1" pieces
3 carrots, chopped on a bias into 1" pieces
2 parsnips, cubed
1 cup button mushrooms, halved
7 cloves garlic, smashed
1 tsp thyme
1 tsp rosemary
2 bay leaves
1 tsp paprika
4 cups chicken or beef stock
8-10 baby white potatoes, quartered (optional)
Sea salt and pepper
olive oil
fresh parsley, for garnish



Directions:

1. Preheat oven to 350F.
2. Pat meat very dry with paper towel and season both sides with salt.
3. Add 1 tbsp olive oil to a large Dutch oven or oven-safe pot over high heat. Add beef to pot and brown in batches so as to not overcrowd the pot. Transfer browned beef to a bowl.
4. If required, add an additional 1 tbsp olive oil to the pot. Add onion, celery, carrot and parsnips. Season with a small pinch of sea salt and cook for 4-5 minutes.
5. Add mushrooms and cook an additional 4-5 minutes. Add garlic, thyme and rosemary and cook an additional 60 seconds.
6. Add paprika and cook an additional 45-60 seconds. Return browned beef to pot along with stock, potatoes and bay leaves. Bring everything to a boil, season with black pepper, cover with lid and transfer to 350F oven for 1.5 hours.
7. Remove from oven, taste for seasoning and adjust accordingly. If the meat is still tough, return to oven for an additional 30 minutes, then check again.
8. Serve and garnish with fresh parsley. Enjoy!



Chickpea & Quinoa Bowl

Ingredients (servings 2)

- 1 cup cooked quinoa
- 1 cup cooked chickpeas
- 1 small yellow squash, diced
- 1 tomato, diced
- 1 garlic clove, minced
- 1 tablespoon coconut oil
- 1/4 cup chopped fresh parsley
- sea salt and pepper, to taste

Directions:

1. Heat the oil in a sauté pan over medium heat. Add the squash, tomato and garlic. Cook for 3-4 minutes or until tender. Add the chickpeas and parsley and cook until heated, 1-2 minutes. Season with salt and pepper.
2. To serve, place half of the quinoa on your plate and top with half of the chickpea succotash. Enjoy!



Grain Free Blueberry Muffins

Ingredients (servings 12)

- 1 ½ cups super fine almond flour
- 1/3 cup monk fruit sweetener or Lakanto
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp ground cinnamon
- 1 tsp lemon zest
- 3 tablespoons ghee OR coconut oil, melted
- 2 tablespoons unsweetened almond milk
- 2 large eggs, room temperature
- ½ teaspoon pure vanilla extract
- ½ cup blueberries , fresh or frozen unthawed
- golden monk fruit sweetener *optional for topping
- coconut flakes * optional for topping



Directions:

1. Preheat oven to 350 F. Line a muffin pan with parchment paper liners.
2. In a large mixing bowl, add the almond flour, sweetener, baking powder, baking soda, salt, cinnamon and lemon zest. Whisk until combined.
3. Add the melted ghee, almond milk, eggs and vanilla and stir until just incorporated. Gently fold in the blueberries.
4. Fill each muffin cup 3/4 full. Sprinkle with a little bit of golden monk fruit and coconut flakes, if using. Bake until toothpick comes out clean, about 17-19 minutes. Enjoy!

* Monk fruit and Lakanto are natural sweeteners that are healthy alternatives to sugar and other processed sweeteners.



Paleo Chicken Soup

Ingredients (servings 4)

- 2 tablespoons olive oil
- 1 cup celery chopped finely
- 1 cup onion chopped finely
- 2 cups carrots sliced in small circles
- ½ tablespoon garlic minced
- 1.5 lb boneless skinless chicken breasts
- 1 teaspoon salt
- 2 teaspoons pepper
- 1 teaspoon fresh rosemary chopped
- 1 teaspoon dried thyme or sprigs of thyme leaves
- ¼ teaspoon red pepper flakes
- 4 bay leaves
- 48 oz chicken broth
- 4 zucchini spiralized (off to the side, do not add to soup until ready to eat)



Directions:

1. In a pan, heat olive oil. Sauté celery, onion, carrots and garlic for about 5 minutes. (This step is optional but highly recommended for best flavor!)
2. In the slow cooker base, layer chicken breasts on the bottom. Layer cooked veggie mixture on top. Sprinkle with spices and fill to the top with chicken stock. Cook on low for 6 hours.
3. Once soup is cooked, remove chicken breasts and shred by pulling apart with forks (they should fall apart easily). Add the shredded chicken back to the pot and stir.
4. When ready to serve, add raw, room temperature zucchini noodles, they will warm in the soup! (For best results, add the zucchini noodles to the bowl instead of adding to the slow cooker pot. This way your zucchini noodles won't get soggy if you eat leftovers.) Enjoy!



Cauliflower Pasta Bowl

Ingredients (servings 2)

1/2 head cauliflower, chopped 1 tablespoon
coconut oil
1/2 yellow onion, diced
2 garlic cloves, minced pinch red pepper
flakes
1/4 cup slivered almonds
3 tablespoons sundried tomato paste sea
salt and pepper, to taste
2 tablespoons lemon juice
2 tablespoons chopped parsley
2 cups cooked brown rice or quinoa pasta



Directions:

1. Bring a pot of water to boil and add the cauliflower. Cook for 4-5 minutes or until slightly tender. Drain the water, saving 1/2 cup of the cooking liquid.
2. Heat the oil in a sauté pan over medium heat. Add the onion and garlic and cook for 2-3 minutes. Add the chili flakes, almonds, sundried tomato paste and reserved cooking liquid. Cook for 4-5 minutes, adding more water if needed.
3. Add the cooked cauliflower and slightly mash to create a thick sauce. Add the pasta to the pan and take off the heat. Toss the pasta with the sauce and lemon juice. To serve, place half of the pasta on your plate and top with half of the parsley. Enjoy!



Paleo Breakfast Porridge

Ingredients (servings 1)

3/4 cup almond milk
6 tablespoons coconut shreds
3 tablespoons almond flour
1 1/2 tablespoons golden milled flax meal
1/2 teaspoon vanilla extract
ground cinnamon & salt to taste
1 teaspoon maple syrup or honey (optional)

Directions:

1. Heat almond milk in a saucepan over medium heat for about 1 minute until warm.
2. Add in the rest of the ingredients and cook for 1-2 minutes until soft.
3. Optional toppings: sliced pears, nut butter, almond milk, paleo granola, honey or maple syrup. Enjoy!





Lentil & Chickpea Herb Salad

Ingredients (serves 4)

2 cups dried black beluga lentils or French green lentils
2 large garlic cloves, halved lengthwise
2 tablespoons olive oil

Lemon dressing

¼ cup fresh lemon juice (about 2 medium lemons' worth)
2 tablespoons olive oil
1 teaspoon Dijon mustard
1 teaspoon raw honey
1 clove garlic, pressed or minced
¼ teaspoon fine-grain sea salt
Freshly ground black pepper, to taste



Salad

1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
1 big bunch of radishes, sliced thin and roughly chopped
¼ cup chopped fresh, leafy herbs, chopped (combination of mint and dill recommended)
Optional garnishes: sliced avocado, crumbled feta or goat cheese, handful of fresh leafy greens

Directions:

1. To cook the lentils: Pick over the lentils to remove any bits of debris. Rinse the lentils under running water in a mesh colander. In a medium pot, combine the lentils, halved garlic cloves, olive oil and 4 cups water. Bring the water to a boil, then reduce heat to a gentle simmer and cook until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes. Drain the lentils and discard the garlic cloves.
2. To make the dressing: Whisk together the ingredients in a small bowl. If you're using pre-steamed lentils instead of cooking your own, add an extra clove of minced garlic and an extra tablespoon of olive oil.
3. In a large serving bowl, combine the lentils, chickpeas, chopped radishes and herbs. Drizzle in the dressing and toss to combine. Serve with avocado, crumbled cheese or fresh greens if you'd like. Enjoy!



Paleo Chicken & Broccoli Stir-fry

Ingredients (servings 6)

For the Chinese Chicken and Broccoli Seasonings:

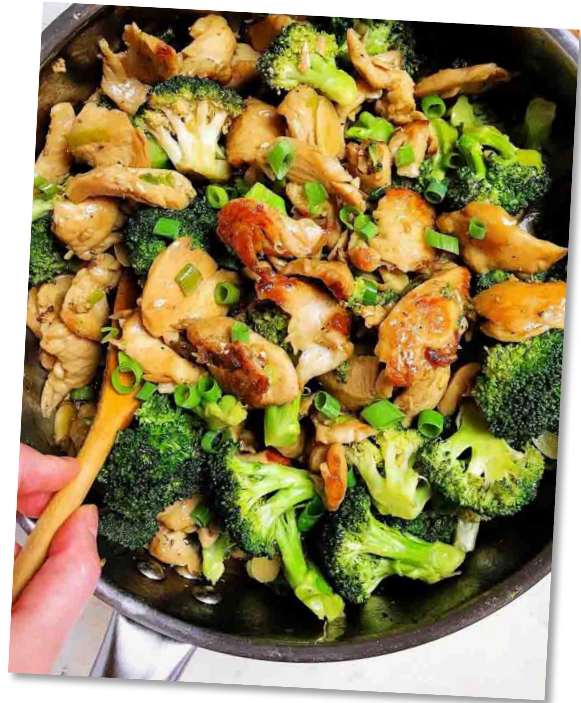
- 1.5 lbs chicken breasts, thin sliced
- 1 tbsp coconut aminos
- 1.5 tsp arrowroot powder
- ½ tsp baking soda
- ⅛ tsp black pepper + ¼ tsp coarse salt
- 2 tbsp olive oil

For the Stir-Fry Sauce:

- 2 tbsp coconut aminos
- ½ tsp toasted sesame oil
- ½ tsp aged balsamic vinegar
- ¼ tsp coarse salt
- 2 tbsp chicken stock
- 1 tsp arrowroot powder

Other Ingredients:

- 4 large garlic cloves, thin sliced
- 1 tbsp fresh ginger, finely chopped
- 4 bulbs scallions, chopped and separate white + green parts
- 10 oz. broccoli florets, blanched
- Cooking fat of your choice, coconut oil or ghee



Directions:

1. Slice chicken breasts into cubes. Season with ingredients under 'Chinese Chicken and Broccoli Seasonings'. Mix well and set aside in the fridge while preparing other ingredients. Combine the 'Stir-Fry Sauce' ingredients and mix until there are no lumps. Prepare garlic, ginger, and scallions.
2. In a well-heated large stainless-steel or cast iron skillet, add 1.5 tbsp cooking fat. Sear the chicken breasts in one even layer in the skillet over medium-high heat without disturbing until they are in golden brown color (about 3-4 mins.) Then use a spatula to flip and sear the other side. The chicken should be almost cooked through before setting them aside along with the pan juice and oil in the skillet.
3. Use the same skillet and add 1.5 tbsp cooking fat, sauté garlic, ginger, and white parts of scallions over medium heat until fragrant. Season with a pinch of salt and stir fry frequently to prevent them from burning (about 8-10 seconds). Add chicken and broccoli florets to the skillet. Stir the stir-fry sauce one more time before pouring it in the skillet. Toss and coat the sauce over chicken and broccoli until the sauce is slightly thickened (about 8-10 seconds). Garnish with green parts of scallions and serve hot or at room temperature with cauliflower rice or lightly sautéed zucchini noodles. Enjoy!



Meat & Veggie Egg Muffins

Ingredients (serves 6)

- 9 large eggs
- 8 ounces ground turkey or pork
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 cup frozen chopped kale
- 1/4 tsp freshly ground pepper

Directions:

1. Preheat oven to 350 degrees. Coat muffin pan with coconut oil or baking cups in muffin tin.
2. Cook the ground meat in a skillet over medium heat. Discard the grease.
3. In a large mixing bowl whisk together the eggs, ground meat, red and yellow bell peppers, kale, and pepper together until combined.
4. Pour the mixture into the muffin tin and only fill 3/4 of the way and bake for 20-25 minutes. Allow the muffins to cool, then remove from muffin tin. Enjoy!





Chickpea Quinoa Stew

Ingredients (serving 6)

- 1 cup peeled and chopped carrot (about 2 large carrots)
- 1 cup chopped celery (about 3 medium ribs)
- 1 heaping cup diced white onion (1/2 a large or one small onion)
- 3 cloves garlic, minced
- 1 tbsp peeled and minced fresh ginger
- 2 tsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3 cups vegetable broth
- 1/2 cup uncooked quinoa
- 1 28 oz. can no-salt added diced tomatoes, with the juice
- 1 19 oz. can chickpeas, drained and rinsed (or 2 cups cooked)
- 1/2 cup full-fat coconut milk
- 1/2 cup packed, fresh cilantro, finely chopped
- salt and pepper, to taste



Directions:

1. Add the carrot, celery, onion, garlic and ginger to a soup pot with a bit of the vegetable broth and cook for 5-10 minutes until starting to soften.
2. Stir in the spices and cook for another minute.
3. Add the broth, quinoa and diced tomatoes and lightly simmer for 15 minutes until the quinoa is cooked.
4. Stir in the chickpeas, coconut milk and cilantro, turn off the heat and let it sit another 5-10 minutes.
5. Season with salt and pepper.
6. Serve right away or store in the fridge for up to 5 days or freezer for up to 3 months. Enjoy!



Easy Baked Chicken

Ingredients (serves 2)

2 chicken breasts
2 cups chicken bone broth
olive oil
Paprika
salt
pepper

Directions:

1. Heat oven to 425 degrees.
2. Pour chicken broth over chicken.
3. Drizzle with olive oil.
4. Sprinkle with salt, pepper and paprika.
5. Bake for 45-55 minutes.
6. Serve with roasted asparagus.





Warm Chai Chia Pudding

Ingredients (serves 1)

- 2 tablespoons chia seeds
- 1/3 cup nut milk
- 1/2 teaspoon chai spice mix*
- 1 tablespoon maple syrup or honey
- 1/4 teaspoon vanilla extract

Directions:

1. Add all of the ingredients to a small sauce pot on medium low heat on the stove top. Whisk everything together until combined.
2. Keep stirring for until your pudding thickens up, about 5 - 7 minutes.
3. Taste and season with a little extra sweetener if you like. If it's too thick add a splash of nut milk. Add any toppings you might like (chopped nuts, coconut flakes, fruit, etc.) Enjoy!



* NOTE: If you don't have chai spice on hand you can mix together a blend quickly by combining the following spices:

- 1 teaspoon ground cardamon
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- 3 teaspoons ground ginger
- 1/2 teaspoon ground black pepper

That makes about 2 1/2 tablespoons altogether. You can also just use cinnamon if that's easier!

Creamy Asparagus Soup

Ingredients (servings 6)

2 lbs asparagus tough ends trimmed
2 tbsp ghee or coconut oil
2 garlic cloves minced
1 yellow onion chopped
1 tsp sea salt or more to taste
1/4 tsp ground black pepper
5 cups chicken broth or vegetable broth
1 cup full-fat coconut milk
juice of 1/2 lemon or more taste



Directions:

1. Wash the asparagus and chop in half.
2. In a large saucepan, heat ghee over medium heat.
3. Add garlic and onion and sauté until soft, about 2 minutes.
4. Add asparagus, salt, and pepper, and cook stirring for 5 minutes.
5. Pour in bone broth, cover, and let it come to a simmer.
6. Turn down the heat to medium low and simmer for 15 minutes until the asparagus is cooked through and soft.
7. Use an immersion blender to blend the contents until smooth. If you don't have an immersion blender, you can transfer the contents to a regular blender to blend. Return back to the pot.
8. Stir in coconut milk and lemon juice.
9. Taste to add more salt, pepper, and/or lemon juice, before serving. Enjoy!



Ground Beef Korma with Cauliflower “Rice”

Ingredients (serves 4)

1 pound grass-fed ground beef
1 teaspoon coconut oil
1/2 small yellow onion, chopped
1-inch piece ginger, minced
2 cloves garlic, minced
1 medium-sized jalapeño *optional – adds spicy kick
1-16 ounce can crushed tomatoes
1/2 cup full fat canned coconut milk
1 teaspoon curry powder
1/2 teaspoon turmeric
1/4 teaspoon cayenne *optional – adds spice
Salt & Pepper
Rice cauliflower rice: 1 head cauliflower and 1 teaspoon coconut oil



Directions:

1. Heat 1 teaspoon of coconut oil in a large skillet over medium heat.
2. Add onions, garlic, ginger and jalapeño to skillet once hot. Cook until the onions are translucent.
3. Add the beef to the skillet, using a wooden spoon with a flat edge to break it up into grounds. Cook until the beef is no longer pink—about 5 minutes, stirring occasionally.
4. Dump the tomatoes into the pan and add the coconut milk. Add the spices and mix until well combined. Cover skillet with a lid and cook for 5 more minutes.
5. For cauliflower rice: remove leaves from cauliflower head, and feed florets through the grater attachment of a food processor. Heat 1 teaspoon of coconut oil in a skillet. Once hot, add the riced cauliflower. Avoid frequent stirring—simply flip the cauliflower over occasionally. Optional: add minced garlic, salt, pepper, or other spices to add flavor. Serve korma hot over cauliflower rice. Enjoy!



Warm Veggie Quinoa Salad

Ingredients (serves 4)

- 2 teaspoons + 1 tablespoon olive oil, divided
- 1 cup quinoa, rinsed
- 1 3/4 cups water
- 1 cup chopped white mushrooms
- 1 cup broccoli florets, cut into small pieces
- 1 cup frozen sweet peas (not canned)
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/3 cup pine nuts
- 2 tablespoons fresh lemon juice



Directions:

1. In a medium pot, add olive oil over medium-high heat. Add quinoa and stir. Cook for 5-6 minutes, stirring occasionally until oil is absorbed and quinoa is starting to brown.
2. Add 1 3/4 cups water and bring to a boil. Reduce heat, cover and simmer until moisture is absorbed, about 15 minutes. When done, transfer the cooked quinoa to a medium bowl.
3. While the quinoa is cooking, add olive oil to a large skillet over medium-high heat. Add mushrooms and broccoli and cook for about 3-4 minutes, stirring occasionally, or until mushrooms are starting to soften but still a little firm.
4. Add sweet peas, salt, and garlic powder. Reduce heat to medium and cook, stirring occasionally, until sweet peas are no longer frozen and warm throughout, about 3-4 minutes.
5. Remove from heat and add the mushroom/broccoli mix to the bowl of quinoa. Do not rinse skillet.
6. Place the same medium skillet back on the stove over medium heat and add the pine nuts, stirring constantly for 2-3 minutes or until slightly toasted. Watch carefully so they don't burn; you'll start to smell the pine nuts toasting.
7. Transfer the pine nuts to the quinoa mix, add the and lemon juice and stir. Enjoy!



DAY 9 LUNCH RECIPE

Hamburger Soup

Ingredients (Servings 6)

- 2 tbsp olive oil
- 1 lb ground beef
- 1 large sweet onion, diced to 1/2"
- 2 cloves garlic, minced
- 3 tbsp tomato paste
- 2 large carrots, diced to 1/2"
- 2 stalks celery, thinly sliced
- 1 bell pepper, seeds and stem removed, diced to 1/2"
- 12 oz sweet potatoes, diced to 1/2"
- 1 14-oz can diced tomatoes , pureed in the blender
- 1 quart beef broth
- 1 tsp Himalayan salt
- 1 tsp cracked black pepper
- 1 tsp dried parsley
- 1 tsp dried basil
- 1/2 tsp dried thyme
- 1/4 tsp dried oregano
- 1 bay leaf
- 8 oz green beans, trimmed and chopped into bite-sized pieces



Directions:

1. Heat a dutch oven over medium high heat. Add the olive oil and heat until it shimmers. Add the ground beef and sautee, stirring frequently to break into pieces, until browned and no longer pink, 6-7 minutes.
2. Add the onion to the beef and saute until soft, stirring occasionally, 6-7 minutes.
3. Make a well in the center of the pot and add the garlic. Saute until fragrant, about a minute.
4. Add the tomato paste and stir until incorporated into the beef and onions.
5. Add the carrot, celery, bell pepper, and potatoes, then top with the pureed tomatoes, beef broth, salt, pepper, and herbs. Give the soup a good stir, then top with a bay leaf.
6. Increase the heat to high and bring the soup to a boil. Reduce heat to medium and simmer until the potatoes are tender, 20 minutes.
7. Add the green beans, and stir into the soup. Simmer an additional 5 minutes until the green beans are cooked through. Taste for seasoning and add additional salt and pepper if needed. Ladle into soup bowls and serve immediately. Enjoy!



BBQ Turkey Meatballs

Ingredients (Serves 2)

- 1/2 pound ground turkey
- 1 egg, beaten
- 1/2-3/4 cup almond flour
- 2 tablespoons hot sauce, more as needed
- 1 stalk celery, diced
- 1/2 cup diced yellow onion
- 2 cloves garlic, peeled and minced
- 1/2 teaspoon paprika
- 1/8 teaspoon sea salt and pepper

Roasted Broccoli:

- 2 cups chopped broccoli florets
- 2 tablespoons coconut oil
- 1 clove garlic, peeled and minced sea salt and pepper, to taste



Directions:

1. Preheat the oven to 350 degrees.
2. In a bowl, place all of the meatball ingredients. Mix to combine and form into meatballs. Place on a baking sheet and bake for 20-25 minutes or until cooked through.
3. Place all of the ingredients for the broccoli in a bowl and toss to combine. Place on a baking sheet and bake for 12-15 minutes or until tender.
4. To serve, place half of the meatballs on your plate along with the broccoli. Serve with extra hot sauce or dipping sauce, if needed. Enjoy!



Mushroom & Broccoli Pizza Quiche

Ingredients (serves 8)

- 8 oz sliced mushrooms
- 2 tsp coconut oil + extra for greasing the pan
- 1 cup broccoli chopped, cooked
- 1/4 cup sliced black olives
- 1/4 cup red onion, chopped
- 8 large eggs
- 2 tbsp coconut milk
- 1 tbsp Italian seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 350F.
2. Grease a 9-inch pie dish with coconut oil. Set aside.
3. In a medium skillet over medium-high heat, melt the coconut oil. Add the mushrooms, cooking and stirring until the moisture is drawn out and the mushrooms begin to brown slightly, about 8 minutes. Turn off the heat and add the broccoli, onions and black olives. Stir to combine.
4. In a large bowl, beat the eggs with the coconut milk, pizza seasoning, salt and pepper.
5. Spoon the veggie mixture evenly into the pie dish.
6. Pour the egg mixture evenly into the pie dish. (It should be no more than $\frac{3}{4}$ full.)
5. Bake the quiche for 40-45 minutes or until a toothpick inserted into the middle comes out cleanly. Enjoy!



Moroccan Lamb Stew

Ingredients (serves 4)

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground turmeric
- 1/8 teaspoon curry powder
- 1 teaspoon kosher salt
- 1 pound ground lamb
- 1 tablespoon butter
- 1 sweet onion, chopped
- 1 (14.5 ounce) can organic beef broth
- 1 (14.5 ounce) can organic chicken broth
- 1 (14.5 ounce) can diced tomatoes, undrained
- 3 large carrots, chopped
- 2 sweet potatoes, peeled and diced
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 cup dried lentils, rinsed
- ground black pepper, to taste



Directions:

1. Combine cinnamon, cumin, ginger, cloves, nutmeg, turmeric, curry powder, and salt in a large bowl. Mix in the ground lamb. For most flavorful results, allow mixture to rest, refrigerated, overnight.
2. Melt butter in a large pot over medium heat. Cook the onion in the butter until soft and just beginning to brown, 5 to 10 minutes. Mix the spiced lamb mixture to the onions. Cook and stir until meat is browned, about 5 minutes.
3. Pour the beef broth and chicken broth into the pot. Stir in the tomatoes, carrots, sweet potatoes, garbanzo beans, and lentils. Bring to boil; reduce heat to low.
4. Simmer stew for 30 minutes or until the vegetables and lentils are cooked and tender. Season with black pepper to taste. Enjoy!



Skillet Garlic Butter Herb Steak

Ingredients (Serves 4)

2 steaks
1 tablespoon olive oil
1 tablespoon butter
3 garlic cloves, minced
1 teaspoon thyme, chopped
1 teaspoon rosemary, chopped
1 teaspoon oregano, chopped
salt and pepper

Garlic Butter Compound:

¼ cup butter, melted
3 garlic cloves, minced
1 teaspoon thyme, chopped
1 teaspoon rosemary, chopped
1 teaspoon oregano, chopped



Directions:

1. In a large cast iron skillet over medium high heat, add olive oil and butter, garlic, thyme, rosemary and oregano.
2. Add the steaks. Cook on each side for 3 minutes or until outside is browned. Reduce heat to medium high. Cook the steaks to desired doneness. (It generally takes about 10 minutes flipping 3 times to get a medium well.)
3. Right before the steaks are done, make the garlic butter compound. Mix the butter, garlic and fresh chopped herbs. Slather on top of steaks.
4. Serve with roasted red potatoes. Enjoy!



Egg Breakfast Salad

Ingredients (serves 2)

- 4 cups mixed greens
- 1 avocado, peeled, pitted and sliced
- 4 eggs, hard boiled or cooked as desired
- 1/4 cup pumpkin seeds
- 1/4 cup sliced almonds

Lemon Vinaigrette:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh lemon juice
- sea salt and pepper, to taste



Directions:

1. Place all of the dressing ingredients in a bowl and whisk to combine.
2. To serve, divide the greens on two plates and top each with 1/2 avocado, 1 hardboiled egg and half of the pumpkin seeds and sliced almonds. Sprinkle some of the dressing on top and enjoy!



Chicken Soup

Ingredients (serves 4)

- 2-3 lbs. boneless chicken breast
- 4 cups organic chicken bone broth
- 6 cups water
- 1/2 cup onion, chopped
- 1 tsp fresh ginger, grated
- 3-4 cups carrots, chopped
- 2-3 cups celery, chopped
- 6-8 garlic cloves, minced
- 1 tsp ground turmeric
- 1 head of cauliflower, chopped
- 2-2 cups kale, chopped
- 1/2 Tbsp basil
- 1/2 Tbsp parsley
- 3 Tbsp coconut aminos
- 1.5 tsp sea salt, more or less to taste
- 1/4 tsp black pepper, more or less to taste



Directions:

1. Fill a large pot with water. Add the chicken and bring to a boil. Reduce heat and simmer for about 30 minutes or until fully cooked through. Remove the chicken and set aside.
2. While the chicken is cooking, you can cut up the vegetables.
3. Add the broth and 6 cups of the water the chicken was cooked into a large stock pot. Add the onions, ginger, carrots, celery, garlic, and turmeric. Bring to a boil, then reduce heat to medium and cook, covered, for about 10 minutes.
4. While the broth and vegetables are cooking, cut up the cauliflower and pulse several times in a food processor until it resembles grains of rice. If you don't have a food processor, you can just cut it up into small pieces.
5. Shred the chicken and add the chicken and diced cauliflower to the pot, along with the remaining ingredients: fish sauce, basil, parsley, coconut aminos, sea salt, and pepper.
6. Bring the soup to a boil, then lower the heat and simmer, covered, until the vegetables are tender. Adjust the salt and pepper to taste. Enjoy!



Creamy Carrot Ginger Soup

Ingredients (serves 2)

2 tablespoons coconut oil
1/2 yellow onion, chopped
2 garlic cloves, minced
1/2" piece of fresh ginger, grated
1/2 teaspoon cumin
1/2 teaspoon turmeric
1/2 teaspoon smoked paprika
3 medium carrots, coarsely chopped
1 cup cooked white cannellini beans
2 cups vegetable stock
1/2 cup coconut milk
sea salt and pepper, to taste
2 tablespoons cilantro, chopped



Directions:

1. In a large soup pot, heat coconut oil over medium heat, add onion and cook until starting to get tender, about 5-6 minutes.
2. Add garlic, ginger and spices and cook one minute. Add carrots, beans and stock and bring to a boil. Turn down to a simmer, cover and cook about 30-35 minutes or until carrots are very tender.
3. Stir in milk and warm through. Season with salt and pepper.
4. Puree with an immersion blender or transfer to a blender and carefully blend until smooth.
5. Top each bowl with 1 tablespoon chopped cilantro. Enjoy!



Coconut Spiced Oats

Ingredients (serves 2)

1 cup rolled oats

1/4 cup coconut milk

1 scoop Monk Fruit or Stevia

(Here are the brands I recommend:

<http://amzn.to/2IG2vYg>, <https://amzn.to/3biZIPM>)

1/2 teaspoon ground cinnamon

1/4 teaspoon ground ginger

pinch cardamom

pinch sea salt

1 teaspoon vanilla

1/2 cup coconut flakes

1 cup seasonal fruit



Directions:

1. Bring 2 cups of water to boil in a pot over medium heat. Add the oats and cook until the liquid has evaporated. Take off the heat and stir in the sweetener, spices, and vanilla.
2. To serve, place half of the oats in a bowl and top with half of the coconut flakes and seasonal fruit. Enjoy!

Hearty Autumn Chili

***Note this recipe can also be made vegetarian with chickpeas.**

Ingredients (serves 4)

- 1 1/2 pounds ground beef, ground chicken or ground turkey
- 2 cloves garlic, chopped
- 2 tablespoons oil
- 1 1/2 cups onion, diced (about 1 large onion)
- 1/2 cup chopped celery (about 1 stalk)
- 1 1/2 cups carrots, peeled and diced (about 4 medium carrots)
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional)
- 4 cups zucchini, diced, about 2-3 medium zucchinis
- 1 15-ounce can tomato puree or tomato sauce
- 1 15-ounce can diced tomatoes



Directions:

1. In a large skillet, brown beef and garlic. Cook over medium heat until beef is thoroughly cooked and browned. Set aside.
2. Add oil, onions, celery, carrots, and seasonings to the skillet and cook until translucent over medium-high heat, about 5-7 minutes.
3. Once onions are golden and veggies are midway cooked, add zucchini and cook for 2 minutes, making sure you stir everything well.
4. Add cooked beef, tomato puree/sauce, and tomatoes into the pot and stir well. Bring everything to a boil, stirring frequently, reduce heat and simmer for 20 minutes.
5. Check on the mixture every so often and stir. Serve immediately. Enjoy!



Black Bean Enchiladas

Ingredients (serves 2)

- 1 tablespoon coconut oil
- 1/2 yellow onion, diced
- 2 cloves garlic, peeled and minced
- 1 1/2 cups cooked black beans
- 1 teaspoon ground cumin
- 1 lime, juiced
- 1 avocado, sliced
- 4 grain-free tortillas (Here's a brand I liked called Siete: <https://amzn.to/30XXxzc>)

Enchilada Sauce:

- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 yellow onion, diced
- 1 14-ounce jar crushed tomatoes
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 tablespoon raw honey



Directions:

1. Heat the oven to 400 degrees.
2. To make the filling, heat the oil in a sauté pan over medium heat. Add the onion and garlic and cook for 1-2 minutes. Add the beans, spices and lime juice and cook for 2-3 minutes. Season with salt and pepper. Take off the heat and set aside.
3. To make the sauce, heat the oil in a pot over medium heat. Add the garlic and onion and cook for 2-3 minutes. Add the tomatoes and spices and cook for 6-8 minutes or until it starts to get thick. Season with salt and pepper. Using an immersion blender or counter blender, blend the sauce until smooth.
4. To assemble, take each tortilla and place some of the bean mix down the middle. Top with 2-3 slices of avocado and roll. Place 1/2 cup of enchilada sauce in the bottom of a casserole dish and place the rolled tortillas on top. Top with the remaining sauce. Place in the oven and bake for 15-20 minutes. To serve, place 2 enchiladas on your plate. Enjoy!



Egg & Veggie Muffins

Ingredients (serves 6)

- 8 eggs
- 2 garlic cloves, minced
- 1 small yellow onion, chopped
- 1 bell pepper, chopped
- 1 cup baby spinach
- ½ small zucchini, diced
- 1 small tomato, diced
- 2 tablespoons chives
- Sea salt and pepper
- 1 tablespoon coconut oil, to heat in the skillet



* Muffin pan and parchment liners

Directions:

1. Preheat oven to 350 degrees.
2. Preheat 1 tablespoon coconut oil in a skillet over medium heat. Cook the onion and garlic until fragrant.
3. Add the bell pepper, spinach, tomatoes and zucchini and cook until soft, 2-3 minutes.
4. In a bowl, whisk the eggs. Season with salt and pepper.
5. Line a muffin pan with parchment liners. Fill each muffin tin with a spoonful of vegetables, then top with beaten eggs.
6. Bake for 20-25 minutes or until eggs are set.
7. Serve egg muffins topped with chive. Enjoy!

Chicken and Veggie Stir Fry

Ingredients (Serves 4-6)

Chicken Marinade

- 1 pound boneless, skinless chicken thighs
- 1 tablespoon toasted sesame oil (plus additional for stir frying)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ teaspoon sea salt
- ½ teaspoon fresh grated ginger
- ⅛ teaspoon red pepper flakes

Veggie Stir Fry

- 4 large zucchini, spiraled or cut into thin strips
- 5 green onions, sliced
- 4 cups broccoli florets
- 2 large carrots, cut into thin matchsticks
- 6 ounces snow peas (or snap peas)
- 1 red pepper, sliced into strips
- ⅓ cup coconut aminos* (Here's the link to the brand I recommend: <http://amzn.to/2h7t3yM>)
- ½ teaspoon fresh grated ginger
- 1 clove garlic, minced
- Sea salt to taste



Directions:

1. Cut chicken into bite-sized pieces.
2. In medium bowl, mix marinade ingredients. Add chicken and toss to evenly coat. Set aside.
3. Use a spiralizer to make zucchini noodles. (If you don't have a spiralizer, cut into thin strips.) Set aside.
4. Place 1 tablespoon of toasted sesame oil in a large sauté pan and cook over medium-high heat.
5. Once pan is hot, add green onions and sauté a minute or two until fragrant. Then, add the chicken making sure to spread out evenly throughout pan. Allow chicken to sear for a minute. Then, gently toss to cook all sides, just until chicken is opaque (about 2 minutes).
6. Add the broccoli, carrots, pepper and snow peas. Toss well to combine. Sauté about 2 minutes. Then, add the coconut aminos, grated ginger and garlic. Toss well to thoroughly mix veggie mixture. Cover pan for about 2 minutes until veggies begin to slightly soften.
7. Finally, add zucchini noodles and toss well to combine. Cover the pan to allow the zucchini noodles to steam cook until they reach desired consistency. (I like mine al dente, so 1-2 minutes is usually enough.)
8. To serve, season with sea salt, if desired. Enjoy!

***Note: Coconut aminos taste like soy sauce but it's a much healthier substitute.**



Garlic and Rosemary Grilled Lamb Chops

***Note this recipe can also be made with chicken.**

Ingredients (serves 4)

- 2 pounds lamb loin or rib chops
- 4 cloves garlic
- 1 tablespoon fresh rosemary
- 1 1/4 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- zest of 1 lemon
- 1/4 cup olive oil



Directions:

1. Combine the garlic, rosemary, salt, pepper, lemon zest and olive oil in a measuring cup.
2. Pour the marinade over the lamb chops, making sure to flip them over to cover them completely. Cover and marinate the chops in the fridge for as little as 1 hour, or as long as overnight.
3. Heat your grill to medium-high heat, then sear the lamb chops for 2-3 minutes, on each side. Lower the heat to medium then cook them for 5-6 minutes, or until the internal temperature reads 150 degrees F.
4. Allow the lamb chops to rest on a plate for 5 minutes before.
5. Serve with baked or steamed carrots. Enjoy!



Chocolate Avocado Smoothie

Ingredients (serves 1)

1/2 avocado, peeled and pitted
1 cup almond or coconut milk
1 banana, frozen
2 tablespoons unsweetened cacao powder
1 tablespoon almond butter
pinch cinnamon
ice (if needed)



Directions:

1. Place all of the ingredients in a blender and blend until smooth. Enjoy!



Creamy Avocado Zucchini “Pasta”

Ingredients (serves 2)

- 2 zucchinis
- 1/2 cup cherry tomatoes, cut in half
- 1/2 cup fresh basil
- 1/4 cup walnuts (nut allergy: use sunflower seeds)
- 1 avocado, peeled and pitted 1 clove garlic
- 1 tablespoon lime juice
- 1/4 cup extra virgin olive oil

Directions:

1. If you have a spiralizer, take the zucchini and create “noodles”. If you don’t you can use a peeler instead and with long strokes create strands down the zucchini from one end to the other. Place in a bowl and set aside.
2. In a food processor, add the remaining ingredients except the tomatoes. Blend until smooth. Pour the avocado pesto over the zucchini noodles and mix to combine. Add the tomatoes and mix once more.
3. To serve, place half of the noodles on your plate. If you prefer to warm the noodles in a sauté pan, you can also serve the dish hot. Enjoy!





Slow Cooker Beef Stew

Ingredients (Serves 8)

2–3 lbs beef chuck, cut into 6–8 large pieces
1 lb carrots, cut into 1" pieces
8–10oz button mushrooms, halved
1 large sweet onion, diced (or 1 lb. pearl onions, peeled)
1 Tbsp balsamic vinegar
2 tsp Dijon mustard
2 cups beef broth (I prefer bone broth, or you can use water + 4–6 tsp Beef Base)
2–3 sprigs fresh rosemary
salt and pepper, to taste
olive or avocado oil
To thicken: 2 Tbsp arrowroot powder



Directions:

1. Brown the beef by heating a drizzle of oil in a large sauté pan. Working in batches, add a few pieces of beef to the pan and brown on all sides. When browned, transfer to the crock of a slow cooker. Repeat with remaining beef. Place carrots and mushrooms in with the beef.
2. Add onion to the pan you browned the beef in. Stir to scrape up any browned bits. Add balsamic, Dijon, and broth to the pan and stir until well combined. Pour the whole mixture into the slow cooker over the beef, carrots, and mushrooms. Place rosemary on top.
3. Cook stew in slow cooker on HIGH for 3-4 hours, or LOW on 7-8 hours. Shred beef into the broth mixture after cooking. In a small bowl, whisk together arrowroot and 2 Tbsp water. Pour into the slow cooker and stir to combine. It should almost immediately thicken. Enjoy!

IF YOU PREFER NOT TO MAKE THIS IN A SLOW COOKER:

You can make it in a Dutch oven using the same method—cook everything in the Dutch oven, not a sauté pan. Bake it at 300 degrees for about 3 hours or simmer it on the stove top for 2-3 hours. Serve stew.



Blueberry Baked Oatmeal

Ingredients (serves 4)

- 2 cups old-fashioned oats
- ⅓ cup pecans, chopped
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon baking powder
- ¾ teaspoon sea salt
- 1 ¾ cups milk of choice (i.e. almond milk, coconut milk, oat milk or cow's milk)
- ⅓ cup Lakanto*
- 2 large eggs or flax eggs
- 3 tablespoons unsalted butter or coconut oil, melted and divided
- 2 teaspoons vanilla extract
- 12 ounces or 1 pint fresh or frozen blueberries (or 2 ½ cups of your preferred berry/fruit, chopped into ½" pieces if necessary), divided
- Optional topping for serving: whipped coconut cream



Directions:

1. Preheat the oven to 375 degrees. Grease a 9-inch square baking sheet with coconut.
2. In a medium mixing bowl, combine the oats, nuts, cinnamon, baking powder, salt and nutmeg. Mix to combine.
3. In a smaller mixing bowl, combine the milk, Lakanto, half of the butter or coconut oil, and vanilla. Whisk until blended.
4. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats.
5. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
6. Scatter the remaining berries across the top. Sprinkle some extra Lakanto on top if you'd like some extra sweetness and crunch.
7. Bake for 40-45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes.
8. Drizzle the remaining melted butter on the top before serving. Top with a dollop of whipped coconut cream. You can serve it warm, at room temperature or chilled. Enjoy!

*Lakanto is a zero glycemic sweetener made from monk fruit that cooks and bakes like sugar but is a much healthier substitute. Here's the brand that I use and recommend: <http://amzn.to/2oVbE4F>



Chicken & Avocado Dressing with Rosemary Dressing

Ingredients (serves 2-4)

2 chicken breasts, boneless and skinless
6 bacon slices, cooked and crumbled
1 cup cherry tomatoes, halved
1 large avocado, thinly sliced
2 tbsp. avocado oil
2 tbsp. fresh rosemary, minced
6 cups mixed greens
1 bunch watercress
Sea salt and freshly ground black pepper

Rosemary Dressing Ingredients

1/4 cup olive oil
2 tsp. Dijon mustard
1/4 cup red wine vinegar
2 tsp. fresh rosemary, minced
Sea salt and freshly ground black pepper



Directions:

1. Season the chicken with rosemary, salt and pepper.
2. In a bowl, combine all of the ingredients for the dressing, season to taste and whisk until well emulsified.
3. Heat the avocado oil in a skillet over medium-high heat.
4. Add the chicken and heat until golden and cooked all the way through, about 5 to 6 minutes per side.
5. Let the chicken rest, then slice into strips.
6. Assemble the salad with the mixed greens, cherry tomatoes, bacon, avocado and chicken.
7. Drizzle with the rosemary dressing.
8. Serve the salad topped with fresh watercress. Enjoy!



Black Bean Tacos

Ingredients (serves 2)

1 tablespoon extra virgin olive oil
1/2 red onion, diced
2 cloves garlic, peeled and minced
1 teaspoon ground cumin
1/2 teaspoon ground chili powder
1/2 cup cooked quinoa
1 cup vegetable stock
1 1/2 cups cooked black beans
1/2 cup salsa
sea salt and pepper, to taste
1 avocado, peeled and sliced
1 cup chopped romaine lettuce
6 grain-free tortillas (Here's a brand I liked called Siete: <https://amzn.to/30XXzxc>)



Directions:

1. Heat the oil in a sauté pan over medium heat. Add the onion and garlic and cook for 2-3 minutes. Add the cumin, chili powder, quinoa, vegetable stock, beans and salsa. Cook for 10-15 minutes or until thickened. Season with salt and pepper.
2. To serve, place 2-3 warm tortillas on your plate. Add some of the bean filling and top with sliced avocado and romaine lettuce. Enjoy!



Breakfast Hash

Ingredients (serves 4)

- 2 medium sweet potatoes peeled and diced small (1/2")
- 1 lb ground pork, chicken, or beef
- Salt and pepper
- 1 tsp cinnamon
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp sage
- 1/2 tsp turmeric
- 1 large honey crisp apple diced
- 3 cups kale chopped + 1-2 Tbsp water or broth
- 2-3 Tbsp ghee or coconut oil, for cooking



Directions:

1. Brown meat in about 1 tbsp coconut oil or ghee, sprinkling with salt, pepper, and half the seasoning, once browned, set aside.
2. In a large skillet, add 1-2 Tbsp ghee and heat to med/hi. Add potatoes, sprinkle with salt and pepper, cook about 2 minutes uncovered, stirring to brown.
3. Cover the skillet and lower heat to medium, cook another 3-5 minutes, stirring once midway, until soft. Uncover and add apples, kale and water or broth, then cove again and cook 1-2 minutes, uncover and sprinkle with remaining seasoning. Continue to cook another minute uncovered or until toasty.
4. Add browned meat to potato mixture and stir, cook another 30 seconds to warm and then remove from heat, serve right away. Enjoy!



Autumn Quinoa

Ingredients (serves 2)

- 3 tablespoons olive oil
- 1 cup quinoa
- 2 cups water
- 1 tablespoon white cooking wine
- ½ sweet onion, diced
- 1 clove garlic, minced
- pinch rosemary
- 1 teaspoon lemon juice
- 2 tablespoons balsamic vinegar
- 1 cup sharp cheddar, cubed
- 1 cup baby spinach, raw
- 1 crisp, sweet apple, cored and diced



Directions:

1. Heat the olive oil in a medium-sized saucepan. Sauté the garlic and onions with the olive oil and rosemary, until tender. About 3 minutes.
2. Add quinoa and lemon juice to the pan. Sauté the quinoa for 2-3 minutes, stirring occasionally to evenly toast the quinoa. Pour on the white wine and allow it to cook off, continuing to cook the quinoa for another minute.
3. Add two cups of water and bring the quinoa to a boil, then simmer on low with the pan covered for 20 minutes or until the quinoa looks fluffy and there is no extra water.
4. Add chopped apple, baby spinach, cubes of cheddar and balsamic vinegar and mix together until cheddar has melted and the greens wilted. Remove from heat and serve. Enjoy!



Sautéed Chicken Tenders with Peas

Ingredients (serves 2)

- ½ almond or coconut flour, for dredging
- 10 oz. chicken tenders
- Sea salt and black pepper, to taste
- 2 Tbs. olive oil
- 1 1/2 cups shelled fresh or frozen English peas
- 6 oz. sugar snap peas, strings removed
- 1 cup chicken broth (sugar free)
- 2 Tbs. minced fresh mint
- 1 1/2 Tbs. fresh lemon juice



Directions:

1. Spread the flour on a plate. Cut the chicken tenders in half crosswise. Season the chicken lightly with salt and pepper, then dredge in the flour.
2. In a large nonstick fry pan over medium-high heat, warm the olive oil. Add the chicken and sauté until just cooked through, about 5 minutes. Transfer to a plate.
3. Add the English peas and sugar snap peas to the pan, and season lightly with salt and pepper. Sauté until heated through, about 2 minutes.
4. Add the broth and bring to a boil, stirring to scrape up the browned bits on the pan bottom. Cover the pan and boil until the vegetables are almost tender, about 3 minutes.
5. Return the chicken and any juices on the plate to the pan and add the mint. Simmer, uncovered, stirring almost constantly, until the sauce thickens and coats the chicken, about 2 minutes.
6. Stir in the lemon juice. Taste and adjust the seasonings. Divide the chicken and vegetables between 2 warmed plates and serve immediately. Enjoy!



Spinach Tomato Frittata

Ingredients (serves 4-6)

10 to 12 eggs
4 oz. baby spinach leaves
2 tomatoes, sliced
1 small onion, diced
5 bacon slices, cooked and chopped
2 garlic cloves, minced
2 tbsp. ghee
Sea salt and freshly ground black pepper to taste



Directions:

1. Preheat oven to 375 F.
2. In a bowl whisk the eggs, and season to taste.
3. Melt the ghee in a oven-safe skillet over medium heat.
4. Add the garlic and onion, and cook until soft, 2 to 3 minutes.
5. Add half of the sliced tomatoes, all of the crumbled bacon and spinach; cook another 2 to 3 minutes, or until tomato is soft.
6. Pour the eggs into the skillet. Cook until it starts to set just a little, then place the remaining tomatoes on top.
7. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the frittata is fully set. Enjoy!



Harvest Vegetable Soup

Ingredients (serves 4)

- 3 tablespoons olive oil
- 4 cloves garlic minced
- 1 yellow onion diced
- 3 celery stalks sliced
- 3 carrots sliced
- 3 parsnips sliced
- 2 sweet potatoes peeled, cubed
- 2 cups sweet peppers sliced, chopped
- 28 ounces diced tomatoes undrained
- 15 ounces garbanzo beans drained, rinsed
- 1 cup spinach chopped
- 4 cups vegetable broth
- 4 - 6 cups water
- 3 bay leaves
- 1 teaspoon dried Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper



Directions:

1. Heat oil over medium-high heat in a large pot. Add garlic, onion, celery, carrots, parsnips, sweet potatoes and peppers. Cook and stir for 10 - 15 minutes, stirring frequently.
2. Stir in the undrained tomatoes. Add the garbanzo beans. Pour the vegetable broth and water over the vegetables. Stir in the bay leaves, seasoning, salt and pepper.
3. Add the chopped spinach, stir and bring to a low boil. Reduce heat, cover, and simmer for 45 minutes or until the vegetables are tender.
4. Taste and re-season as desired. Serve hot. Enjoy!



Roast Chicken with Garlic Tomato Herb Sauce

Ingredients (serves 2)

4 chicken legs or thighs
1 tablespoon extra-virgin olive oil
sea salt and pepper, to taste
2 cups mixed greens

Garlic Tomato Herb Sauce:

1/2 cup mixed green and red olives, chopped
1/4 cup chopped sundried tomatoes
1 clove garlic, minced
1/2 teaspoon thyme
1 tablespoon chopped basil
1 tablespoon chopped parsley
2 tablespoons extra virgin olive oil



Directions:

1. Preheat the oven to 400 degrees.
2. To make the sauce, place all of the ingredients in a bowl and mix to combine. Place in the refrigerator until needed.
3. Place the chicken in a casserole dish and drizzle with olive oil and salt and pepper. Place in the oven for 30-40 minutes or until no longer pink, turning halfway through.
4. To serve, place 1 cup of mixed greens on your plate along with 2 chicken thighs. Top with some of the sauce. Enjoy!



Key Lime Pie Smoothie

Ingredients (serves 1)

- 1 cup unsweetened dairy free milk (coconut milk or almond milk work best)
- 1–2 tbsp coconut oil or cream (for extra creaminess)
- 1/2 c to 1 cup ice
- 1/2 avocado
- 1/2 frozen banana
- 2 tbsp of juice from key limes
- zest and juice of 2 limes
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- 1/4 cup kale or spinach
- dash of ginger root - optional
- 1-2 scoops Stevia -optional sweetener (here's a recommended brand:
<http://amzn.to/1MXbUAJ>)
- 1 scoop collagen powder for added protein - optional



Directions:

1. Blend everything together until reach desired consistency. If you want it extra creamy, add in yogurt or coconut yogurt.
2. Sprinkle extra cinnamon on top. Enjoy!



Autumn Lentil Soup

Ingredients (serves 4)

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste



Directions:

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
5. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.
7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving). Enjoy!



Juicy Turkey Burgers with Guacamole

Ingredients (serves 2)

2 portobello mushrooms finely diced
4 tbsp olive divided, plus more for greasing your hands
1 bell pepper finely diced
1/2 large sweet onion finely diced
1 lb ground turkey meat
1 egg
1 tsp sea salt
1 tsp cracked black pepper
lettuce for serving
sliced tomato for serving
sliced red onion for serving
guacamole for serving (make sure sugar free)



Directions:

1. Heat a cast iron skillet over medium high heat. Add two tablespoons oil and heat until shimmering. Add the mushrooms to the oil and sauté, stirring occasionally, until they've released their water content and are browned and crispy, about 10 minutes.
2. Add the diced bell peppers and onions to the skillet and stir to combine. Continue to sauté, stirring occasionally, until the peppers and onions are just barely soft, about 5 minutes. Remove the vegetables from heat and set aside until they're cool enough to handle (about 5 minutes).
3. In a mixing bowl, combine the sautéed vegetables with the ground turkey, egg, salt, and pepper. Mix gently with your hands until the veggies are evenly distributed through the turkey meat.
4. Place a piece of parchment paper onto a baking sheet or cutting board large enough to fit 6 burger patties.
5. Rub a bit of oil into your hands. Dive the mixture into 6 equal portions, then form into patties. Re-oil your hands as needed so that you can form the patties without the meat sticking to your hands.
6. Wipe out the cast iron skillet and place over medium heat. Add 1 tablespoon of oil and heat until it shimmers.
7. Place three turkey burgers into the cast iron skillet, leaving space in-between. Sautee five minutes, or until a good crust forms and you meet little resistance when attempting to flip. Flip the burgers, then sauté on the remaining side for an additional 5 minutes, or until an instant read thermometer reaches at least 165 degrees. Remove the burgers from the skillet and repeat with the remaining patties.
8. Build your burger. Place several lettuce slices onto a plate, then place the tomato and a burger on top of the lettuce. Top the burger with red onion, and guacamole. Alternatively, place the guacamole under the burger and top with a fried egg. Serve immediately. Enjoy!



Creamy Coconut, Grape & Vanilla Smoothie

Ingredients (serves 1)

- 1/2 cup coconut yogurt or frozen coconut milk (Greek yogurt works too if eat dairy)
- 1/2 cup ice
- 1 cup frozen red grapes (stems removed)
- 10 oz almond or coconut milk
- dash of sea salt
- 1/4 tsp vanilla extract
- 1 tbsp chia seed
- 1-2 scoops Stevia - optional sweetener (here's a recommended brand: <http://amzn.to/1MXbUAJ>)
- 1 scoop collagen powder for added protein - optional



Directions:

1. Combine all your ingredients in blender. Blend and serve immediately. Enjoy!



Lentil & Chickpea Herb Salad

Ingredients (serves 4)

2 cups dried black beluga lentils or French green lentils
2 large garlic cloves, halved lengthwise
2 tablespoons olive oil

Lemon dressing

¼ cup fresh lemon juice (about 2 medium lemons' worth)
2 tablespoons olive oil
1 teaspoon Dijon mustard
1 teaspoon raw honey
1 clove garlic, pressed or minced
¼ teaspoon fine-grain sea salt
Freshly ground black pepper, to taste



Salad

1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
1 big bunch of radishes, sliced thin and roughly chopped
¼ cup chopped fresh, leafy herbs, chopped (combination of mint and dill recommended)
Optional garnishes: sliced avocado, crumbled feta or goat cheese, handful of fresh leafy greens

Directions:

1. To cook the lentils: Pick over the lentils to remove any bits of debris. Rinse the lentils under running water in a mesh colander. In a medium pot, combine the lentils, halved garlic cloves, olive oil and 4 cups water. Bring the water to a boil, then reduce heat to a gentle simmer and cook until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes. Drain the lentils and discard the garlic cloves.
2. To make the dressing: Whisk together the ingredients in a small bowl. If you're using pre-steamed lentils instead of cooking your own, add an extra clove of minced garlic and an extra tablespoon of olive oil.
3. In a large serving bowl, combine the lentils, chickpeas, chopped radishes and herbs. Drizzle in the dressing and toss to combine. Serve with avocado, crumbled cheese or fresh greens if you'd like. Enjoy!



Quinoa Tabouli

Ingredients (serves 2)

- 12 sprigs parsley (or 1 bunch, chopped finely)
- 2 1/2 cups swiss chard, chopped finely
- 1/2 cucumber, chopped finely
- 1 Roma tomato, chopped finely
- 1/2 yellow onion, chopped finely
- 1 garlic clove, peeled and chopped finely
- 3 fresh chives, chopped finely
- 6 fresh mint leaves, chopped finely
- 2 cups quinoa, cooked
- 2 tablespoons extra virgin olive oil
- 1/2 lemon
- dash of allspice
- 1/4 teaspoon sea salt



Directions:

1. In a large bowl, place chopped parsley, swiss chard, cucumber, Roma tomato, onion, garlic, fresh chives, and fresh mint leaves and mix thoroughly.
2. Add 1 cup of bulgur (or for your gluten-free option add quinoa), oil, 1/2 lemon juiced, a dash of allspice, and salt to the bowl and stir. Make sure to stir evenly so that all ingredients are well mixed. Place half of the tabouli in your bowl and enjoy!



Breakfast Salad

Ingredients (serves 1)

- 2 cups of mixed greens
- 1 green onion, sliced
- 4 cherry or pear tomatoes, chopped
- ½ bell pepper, diced
- 1 large egg
- Prosciutto or bacon (from pastured source), to taste
- 2 tbsp. extra virgin olive oil
- 1 tsp. balsamic vinegar
- 1 tbsp. fresh lemon juice
- 2 tsp. rice vinegar
- Sea salt and freshly ground black pepper to taste



Directions:

1. In a small saucepan placed over a medium-high heat, bring the water to a gentle simmer and add the rice vinegar.
2. Break the egg into the water, turn off the heat, and cook for about 4 minutes.
3. In a small bowl, combine the olive oil, balsamic vinegar, lemon juice, and salt and pepper to taste.
4. Mix the greens, bell pepper, tomatoes, and prosciutto or bacon in a serving bowl.
5. Add the olive and oil balsamic vinegar to the salad.
6. Add the poached egg on top of the salad and serve. Enjoy!



Sweet Potato & Brussels Hash

Ingredients (serves 2)

- 1 tablespoon coconut oil
- 1 large sweet potato, peeled and small dice
- 1 cup shredded brussels sprouts 2 cloves garlic, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground coriander sea salt and pepper, to taste
- 2 eggs, cooked to preference



Directions:

1. Heat the oil in a sauté pan over medium heat. Add the sweet potato and cook for 5-7 minutes or until the potatoes are fork tender. You may need to add some liquid to the pan if it becomes too dry.
2. Add the brussels, garlic, chili powder and coriander and cook for an additional 4-5 minutes. Season with salt and pepper.
3. To serve, place half of the sweet potato hash on your plate and top with 1 egg cooked to your preference. Enjoy!



Crispy Chicken Thighs with Burst Tomatoes

Ingredients (serves 4)

2 lbs pastured bone-in chicken thighs (4-6 thighs)
Sea salt
Black pepper
1 tbsp avocado oil
3 cloves garlic, thinly slices
2-3 fresh thyme sprigs, chopped (about 2 tbsp)
1 pint cherry tomatoes
1 tbsp fresh basil, chopped

Directions:

1. Preheat the oven to 350 degrees.
2. Pat the thighs dry and season each side with salt and black pepper to taste.
3. Place a 12" cast iron skillet over medium high heat. Once the pan is hot, add the avocado oil to the pan, swirl to coat the pan, and heat until it shimmers. Place the chicken thighs skin side down and sear for 2 minutes at medium high heat. Then reduce heat to medium and cook an additional 6-8 minutes, or until the skin is golden brown and crispy. Remove the chicken and set aside on a plate.
4. Add the garlic to the pan and sauté until fragrant, 1-2 minutes.
5. Add the tomatoes and thyme to the pan and toss to coat in the pan sauce.
6. Nestle the chicken thighs between the tomatoes and transfer to the oven. Bake until the chicken reaches 165 degrees with an instant read thermometer, about 15 mins.
7. To serve, top each chicken thigh with the burst tomatoes and pan juices. Garnish with fresh basil and serve immediately. Enjoy!



Blueberry Almond Quinoa Breakfast Smoothie Bowl

Ingredients (serves 2)

For the quinoa:

- 1 Cup quinoa, uncooked
- 2 Cups unsweetened almond milk (carrageenan free)
- Vanilla extract, to taste

For the smoothie:

- 2 Cups unsweetened almond milk (carrageenan free)
- 4 Cups Frozen blueberries
- Vanilla extract, to taste
- 1 scoop Stevia Now *optional (here's a recommended brand: <http://amzn.to/1MXbUAJ>)

For topping:

- 1/4 Cup raw honey
- 1 Tbsp + 1 tsp unsweetened almond milk (carrageenan free)
- 1/2 Cup sliced raw or slow roasted almonds



Directions:

1. Combine the quinoa and almond milk in a large pot and bring to a boil. Once boiling, reduce to low heat and cover. Cook until the almond milk is absorbed, about 20 minutes.
2. Fluff with a fork and let the quinoa stand until it comes to room temperature.
3. Place the 2 cups of almond milk into a high-powered blender. Add in the blueberries and blend until smooth and creamy.
4. In a small bowl, whisk the honey and remaining almond milk until smooth and well combined. It should be the consistency of a glaze.
5. Divide the blueberry smoothie between bowls and top with the cooked quinoa.
6. Drizzle each bowl with the honey glaze, top with toasted almonds. Enjoy!



Portobello Bacon Burger

Ingredients (serves 2)

- 1 lb. ground beef
- 8 portobello mushrooms, stem removed
- 8 bacon strips, cooked (nitrite and nitrate free)
- 1 egg
- 4 tomato slices
- 4 onion slices
- Fresh lettuce
- 2 tbsp. olive oil
- Sea salt and freshly ground black pepper



Directions:

1. Preheat your grill to medium-high.
2. In a bowl, combine the ground beef, egg, and season with salt and pepper to taste.
3. Shape the ground beef into 4 large patties.
4. Rub the portobello mushroom with oil and season to taste.
5. Grill the burgers, covered, for 4 to 7 minutes on each side.
6. Grill the portobello mushroom for 4 to 6 minutes on each side at the same time.
7. Serve the burger on the portobello mushrooms topped with bacon, ketchup, tomato, onion, and lettuce. Enjoy!



Quinoa and White Bean Burgers

Ingredients (serves 2)

- 1/2 cup cooked quinoa
- 3/4 cup cooked cannellini beans
- 3 tablespoons rolled oats
- 2 tablespoons almonds
- 2 teaspoons dijon mustard
- 1 teaspoon ground thyme
- 1/2 teaspoon fennel seeds
- 1 teaspoon lemon zest
- 1/8 teaspoon sea salt
- 1 tablespoon coconut oil
- 2 cups mixed green
- 1 avocado, sliced



Directions:

1. Place all of the burger ingredients except the coconut oil in a food processor and pulse until a thick paste has formed. Form the mix into 2-3 patties.
2. Heat the oil in a sauté pan over medium heat. Cook each patty for 3-4 minutes on each side or until golden brown.
3. To serve, place 1 cup of greens on your plate and top with the quinoa burger and half of the sliced avocado. Enjoy!



Chocolate Zucchini Muffins

Ingredients (makes 8 muffins)

- 1 ½ ripe bananas, mashed
- 1 cup grated zucchini
- 2/3 cup blanched almond flour
- 2 tbsp cacao powder
- 1/2 cup dark chocolate chips (sugar free)
- 1/4 cup coconut oil
- 2 tbsp Lakanto* (Here's a recommended brand:
<http://amzn.to/2oVbE4F>)
- 1 ½ tsp vanilla extract
- 1 ½ tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp unprocessed sea salt



Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Line muffin pan with paper liners.
3. Mix mashed banana, coconut oil, cinnamon, and vanilla in a bowl.
4. With a hand beater, beat mixture until smooth and fluffy. Fold in the baking soda and salt until well combined.
5. Fold in Lakanto, almond flour and cacao powder and mix well.
6. Fold in zucchini and then the chocolate chips.
7. Transfer mixture to muffin pan and bake for 40-45 minutes. Store in the fridge or freezer for extended use. Top with coconut butter, coconut oil or butter. Enjoy!

*Lakanto is a zero glycemic sweetener made from monk fruit and erythritol that cooks and bakes like sugar but is a much healthier substitute.



Chicken Salad

Ingredients (serves 4)

- 2 pounds chicken, cooked and chopped into bite size pieces (about 5 cups)
- 1 cup sliced red grapes
- 1 green apple, diced
- 1/3 cup chopped green onion
- 2/3-1 cup paleo mayo (Here's the link to the brand I personally use and recommend:
<https://amzn.to/2Kx1kco>)
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- Mixed greens *optional for serving



Directions:

1. In a large bowl, stir all ingredients together. Start with 2/3 cup mayo and add more as needed.
2. Stir until evenly mixed and store in fridge.
4. Serve over mixed greens or out of a bowl. Enjoy!



Ground Beef and Cauliflower Rice Casserole

Ingredients (serves 4)

- 1 head cauliflower, chopped
- 1 pound ground beef
- ½ yellow onion, diced
- 1 ½ - 2 c. crushed tomatoes
- 1 teaspoon dried basil
- 1 tsp. garlic powder
- salt and pepper, to taste
- 3 eggs, whisked
- 1 tbs. coconut oil to coat the pan



Directions:

1. Preheat oven to 400 degrees.
2. Place cauliflower rice in a 8x8 greased baking dish.
3. Add coconut oil in skillet and cook over medium heat. Add ground beef and onion. Cook until pink no longer remains in the beef.
4. Add crushed tomatoes and spices to the pan and mix well
5. Add mixture to the 8x8 dish and mix well with cauliflower rice.
6. Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
7. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
8. Let rest for 5 minutes before serving. Enjoy!



Lentil Cranberry Salad

Ingredients (serves 2)

- 1 cup lentils, cooked and cooled
- 1/4 cup pumpkin seeds
- 1/4 cup cranberries, dried and unsweetened
- 1 cup carrots, shredded
- 4 cups leafy greens

Dressing:

- 1/4 cup apple cider vinegar
- 2 tablespoons raw honey
- sea salt and pepper, to taste



Directions:

1. Place leafy greens in a bowl and add the lentils, pumpkin seeds, cranberries, and carrots. Mix to combine.
2. In a small mixing bowl whisk together the apple cider vinegar, honey and salt.
3. Drizzle the dressing over salad. Enjoy!



Cauliflower & Spinach Salad

Ingredients (Serves 2)

Salad

- 2 cups cauliflower “rice”
- 1 cup cherry tomatoes sliced
- 1/2 cup cilantro chopped
- 1 cup spinach
- ½ red bell pepper chopped
- ¼ red onion minced

Dressing

- 1 large avocado pitted and peeled
- 1/2 cup cilantro
- lemon or lime juice from 1 fruit
- 1/4 cup olive oil
- 1/4 cup water
- 1 large garlic clove
- 1 teaspoon sea salt



Directions:

1. Blend ingredients for sauce in a food process or blender until smooth.
2. Add ingredients for salad into a large bowl and stir together with dressing. Optional: Serve with grilled chicken breast for extra protein. Enjoy!



Top Sirloin Kabobs

Ingredients (serves 4)

- 2 pounds grass fed stew meat
- 1 large onion, sliced
- 3 bell peppers, color of your choice
- 16 oz. of cherry tomatoes
- 3 garlic cloves, minced
- 2 tbsp. Italian seasoning
- Salt and pepper to taste
- ½ c. extra virgin olive oil



Directions:

1. If using wood skewers, soak for 20 minutes in water prior to cooking.
2. Preheat your grill for a medium-high heat.
3. Place all of your ingredients in a mixing bowl and ensure you get a nice even coating. Use enough olive oil to lightly coat everything. Marinate for anywhere from 1 hour to overnight.
4. Once your skewers are soaked, start alternately threading your ingredients onto your skewers, steak, pepper, onion, tomato and so on.
5. Once done, grill for 8-10 minutes uncovered turning occasionally for medium-rare to medium steaks. Enjoy!



Kale and Bacon Breakfast Hash

Ingredients (serves 2)

- 6 slices bacon, diced
- 3/4 cup mushrooms, diced
- 1/2 small onion, diced
- 4 kale leaves, separated from stem and chopped (can substitute with 1-2 cups spinach)
- 1-2 tbsp coconut oil
- 1/2 tsp unrefined sea salt and pepper, each
- 1/4 tsp garlic powder



Directions:

1. Over medium heat, cook bacon with a dash of salt and pepper until fat has rendered (about 3-4 minutes.)
2. Add mushrooms, onions, and the rest of the spices to the pan, and cook until vegetables soften.
3. Add chopped kale to the pan and stir for 1-2 minutes until kale wilts and turns a dark green. Remove from heat. Enjoy!



Lentil Salad with Summer Veggies

Ingredients (serves 6)

Salad

- 1 cup lentils
- 2 cloves garlic, chopped
- 1 bay leaf
- Handful parsley stems, tied together with a string
- 2 1/2 cups water
- 3 stalks celery, diced small
- 1 yellow pepper, diced
- 1 pint grape or cherry tomatoes, halved
- 1/4 cup minced red onion
- 1 cup baby arugula

Dressing

- 3 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh minced parsley
- Zest from 1/2 lemon
- 1/2 teaspoon sea salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon Lakanto (Here's a recommended brand: <http://amzn.to/2oVbE4F>)
- 1 tablespoon minced shallots
- Salt and pepper to taste



Directions:

1. Cook the lentils: In a medium pot combine lentils, smashed garlic cloves, bay leaf, a handful of parsley stems. Add enough water to cover the lentils by 1 1/2 to 2 inches (about 2 1/2 cups).
2. Bring to a simmer and cook uncovered for about 25 minutes. The exact time will vary based on how dry the lentils are. When you get about 10 minutes out from the finished cooking time, start sampling the lentils to check for doneness—when cooked, they should be tender, but still intact. Continue sampling every 5 minutes until they're ready. When the lentils are done, drain them and discard the bay leaf, garlic, and parsley stems.
3. While the lentils cook, make the vinaigrette. In a large bowl, whisk together lemon juice, olive oil, parsley, lemon zest, salt, oregano, Lakanto, and shallots.
4. When the lentils are ready, mix the hot lentils with the vinaigrette, and stir to coat. (By combining the vinaigrette with the lentils while they are still hot, the lentils will absorb more of the flavor from the vinaigrette making the salad extra tasty.) Allow to cool.
5. Assemble the salad: Add the prepared vegetables and arugula. If your arugula is large, stack it and slice it into thick, short ribbons before adding it to the salad. Stir to combine. Add more sea salt and pepper to taste and finish with a drizzle of good quality extra virgin olive oil. Serve room temperature or cold, as a vegetarian meal, or alongside a, frittata, chicken, or fish. Enjoy!



Buckwheat Bowl

Ingredients (serves 2)

- 1 tablespoon extra-virgin olive oil
- 1/2 yellow onion, finely chopped
- 1 teaspoon curry powder
- 1 cup buckwheat groats
- 2 cups chopped broccoli florets
- 2 cups bone broth or vegetable stock
- 2 scallions, chopped
- 1/2 red bell pepper, small dice
- 2 tablespoons chopped fresh parsley
- 3 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 clove garlic, minced
- sea salt and pepper, to taste



Directions:

1. Heat the oil in a sauté pan over medium heat. Add the onion and curry powder and cook for 2-3 minutes. Add the buckwheat, broccoli and stock or broth and cook for 10- 12 minutes or until the liquid has evaporated and the buckwheat is tender.
2. While the buckwheat is cooking, place the remaining ingredients in a bowl and mix to combine.
3. To serve, add the cooked buckwheat mix to the bowl with the herbs and mix to combine. Season with salt and pepper. Enjoy!



Apple & Sweet Potato Breakfast Hash

Ingredients (serves 1-2)

- 1 medium sweet potato, peeled and diced
- 1/4 sweet onion, diced
- 1/2 small apple, diced
- 2-3 tbsp coconut oil, ghee or bacon fat
- 1/2 tsp cinnamon
- Sea salt and pepper to taste

Directions:

1. In a skillet over medium heat, cook the diced sweet potatoes for 7-10 minutes in coconut oil, salt and pepper.
2. Flip the sweet potatoes once or twice and allow them to brown.
3. Remove the sweet potatoes and set aside.
4. Add diced onions to the skillet and cook in coconut oil, salt and pepper for 3-4 minutes.
5. Add diced sweet potato, apples, cinnamon and a little bit more salt to the skillet, and stir to combine.
6. Cook mixture an additional 2-3 minutes before removing from heat. For added fat and protein, serve with grilled eggs and sliced avocado. Enjoy!





Strawberry Cobb Salad

Ingredients (serves 4)

8 cups mixed greens (i.e. romaine and baby spring mix)
6 eggs
8 slices turkey bacon
4 strawberries, hulled and sliced
4 ounces crumbled goat cheese
Sliced almonds
1/2 red onion, diced

Dressing

1/4 cup reserved bacon grease
1/4 cup strawberry puree
1 tbsp cider vinegar
1 tsp dijon mustard
Pinch Lakanto* optional (Here's a recommended brand: <http://amzn.to/2oVbE4F>)



Directions:

1. To hard boil the eggs, place them in a fairly deep sauce pan and cover them with at least an inch or two of cold water. Place them on the burner over high heat. Bring them to a boil. Once the water is boiling, remove the saucepan, cover, and set the timer for 12 minutes.
2. At 12 minutes, remove the eggs from the water with a slotted spoon and dunk them in a bowl of ice water. Peel after the eggs have cooled completely.
3. Meanwhile, fry the bacon until crispy. Remove from the skillet and drain on paper towels. Reserve drippings.
4. Make the dressing: Whisk together the 1/4 cup reserved bacon grease and remaining ingredients.
5. Assemble salad: Serve greens with the toppings either in rows on top or in bowls on the side. Enjoy!



Turkey & Veggie Hash

Ingredients (serves 2)

- 1 tablespoon extra-virgin olive oil
- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 1/2 pound ground turkey
- 1 cup grated parsnips
- 1 apple, peeled, cored and diced
- 1/2 teaspoon ground sage
- sea salt and pepper, to taste

Directions:

1. Heat the oil in a sauté pan over medium heat. Add the onion, garlic and turkey and cook until no longer pink.
2. Add the parsnips, apple and sage and cook until tender, 5-7 minutes. Season with salt and pepper. Place half of the hash on your plate and enjoy!



Vanilla Cinnamon Nut Cereal

Ingredients (serves 2-3)

- 1/4 cup pecans
- 1/4 cup walnuts
- 1/4 cup almonds
- 1/4 cup pumpkin seeds
- 1/4 cup unsweetened coconut flakes
- 1 cup full-fat coconut milk
- Stevia, to taste (here's a recommended brand: <http://amzn.to/1MXbUAJ>)
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon



Directions:

1. Grind pecans, walnuts, almonds, pumpkin seeds and coconut flakes in a food processor until coarse. (Stop just before it turns into a “powder.”)
2. Add nut mixture to a bowl pour coconut milk over the mixture and stir.
3. Add cinnamon, vanilla, and stevia, and mix well.
4. Top with fresh berries. Enjoy!

Tip: Make nut mixture in large batches ahead of time so you have it ready to make a quick and easy breakfast.



DAY 26 LUNCH RECIPE

Ground Turkey Hash with Squash & Peppers

Ingredients (serves 4)

2 tbsp avocado oil divided
1 sweet onion diced to 1/2"
2 cloves garlic minced
1 lb. ground turkey
1/2 tsp dried thyme
1/4 tsp dried oregano
1/4 tsp red pepper flakes
1 zucchini diced to 1/2"
1 yellow squash diced to 1/2"
1 bell pepper diced to 1/2"
1 tbsp fresh parsley chopped
sea salt to taste
cracked black pepper to taste
4 eggs



Directions:

1. Heat a 12" skillet over medium high heat. Add 1 tbsp avocado oil and heat until shimmering. 2. Add the onion and sauté, stirring frequently, until the onions are soft, 4-5 minutes. Add the garlic and sauté until fragrant, 1 minute.
2. Add the turkey to the onions and garlic, along with the herbs, red pepper flakes, and salt and pepper to taste. Sauté, stirring frequently to break up the meat, until the turkey is no longer pink, 5-7 minutes.
3. Push the turkey/onion mixture to the edges of the pan and add 1 tsp oil to the center of the pan.
4. Add the zucchini and squash to the oil, and sauté, stirring frequently, until the squash is tender but still retains a bite, about 5 minutes.
5. Add the bell pepper to the pan and stir to combine all ingredients. Continue to sauté the hash, stirring frequently, for an additional 3-4 minutes, or until the bell pepper is just barely cooked.
6. Taste for seasoning and add additional salt and pepper if needed. Divide the hash between 4 plates and sprinkle with fresh parsley.
7. Wipe out the pan, add the last two tsp avocado oil, and heat until shimmering. Crack four eggs into the pan, one at a time, and fry until the whites are set, 3-4 minutes. Top each plate of hash with a fried egg and serve immediately. Enjoy!

Easy Grilled Chicken

Ingredients (serves 6)

- ¼ cup olive oil
- ¼ cup lemon juice
- 3 cloves garlic minced
- 1 teaspoon dried oregano
- ¼ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 boneless, skinless chicken breasts about 2 pounds



Directions:

1. Combine olive oil, lemon juice, garlic, oregano, chili powder, salt and pepper in a small bowl. Whisk until well combined.
2. Place chicken breasts in a glass baking dish, and pour half the marinade over the chicken. Flip the chicken and pour the remaining marinade over the chicken. Place chicken in the refrigerator for 30 minutes to 2 hours.
3. Preheat grill to medium high (375-450 degrees F).
4. Remove the chicken from the marinade and discard extra marinade. Grill chicken for 5-8 minutes per side, until cooked through. (The internal temperature of the chicken should reach 165 degrees F). For the best grill marks and juicy chicken, begin cooking the chicken on a hotter part of the grill for a few minutes and then move it to lower heat to finish cooking through.
5. Let chicken rest for 5 minutes before serving. Enjoy!



Strawberry Banana Smoothie

Ingredients (serves 1)

1 cup full-fat coconut milk
1 cup frozen strawberries
½ banana, frozen
1 tbsp almond butter or sunflower butter
Coconut flakes (*optional topping)
Stevia, to taste (here's a recommended brand: <http://amzn.to/1MXbUAJ>)



Directions:

1. Blend all ingredients together until well combined.
2. Garnish with coconut flakes for a fun presentation. Enjoy!



Broccoli & Cauliflower Salad with Sunbutter Sauce

Ingredients (serves 4)

Broccoli and Cauliflower Salad

- 1 head broccoli chopped into dime-sized florets
- 1 head cauliflower chopped into dime-sized florets
- 1 c carrot julienned or grated
- 1 c radishes julienned or grated
- 1/2 c raw or dry-roasted sunflower seeds
- 1/4 c scallions chopped (about 4 scallions)
- 1/4 c dried cherries chopped
- 1/2 c dried cranberries

Sunbutter Sauce

- 1/3 c unsweetened sunflower seed butter
- 2 tbsp extra virgin olive oil
- 1 lemon juiced (about 2 tbsp)
- 1 clove garlic smashed
- 1 tsp rice vinegar
- 1/2 tsp red pepper flakes optional
- 1/2 tsp sea or kosher salt
- 1/2 tsp cracked black pepper
- 2 tbsp water more to preference



Directions:

1. Chop the head of broccoli into florets, then chop the florets into small pieces (no larger than the size of a dime). To do so, slice each floret lengthwise into several pieces, then chop those pieces widthwise into tiny florets.
2. Chop a head of cauliflower into florets, then chop the florets into dime-sized pieces. To do so, cut each cauliflower floret lengthwise into several slices. Slice those pieces a second time lengthwise to create long shreds, then chop those long shreds up into tiny pieces.
3. Prepare the carrots and radishes using a vegetable mandoline or box grater or cutting into thin strips by hand. Chop the scallions and cherries.
4. Add the broccoli and cauliflower florets to a large bowl, along with the grated carrots and radishes, sunflower seeds, chopped scallions, and dried fruit. Toss to combine.
5. In the bowl of a food processor, add the sunflower seed butter, olive oil, lemon juice, garlic, rice vinegar, red pepper flakes, salt, and pepper. Pulse several times to incorporate the ingredients. The sauce will still be very thick. Flip the motor to continuous and pour water, 1 tablespoon at a time until the sauce thins and is completely smooth and emulsified. Taste for seasoning, and adjust salt and pepper as needed.
6. Pour the dressing over the salad and toss to combine. Serve immediately, or transfer to the fridge to chill. Store this salad in the fridge in a tightly sealed container for at least 3 days. Serve warm or a room temperature. Enjoy!



BBQ Rack of Lamb

Ingredients (serves 2)

- 1 c. ketchup (sugar free)
- 2 tbsp. Worcestershire Sauce
- 2 tbsp. apple cider vinegar
- 3 cloves garlic, minced
- 1 tbsp. parsley
- 1 tsp. oregano
- 2 tsp. finely grated lemon zest
- 1 tsp. black pepper
- 1/2 tsp. sea salt
- 2 full racks of lamb, trimmed and “Frenched” (cut so that the rib bones are exposed)



Directions:

1. To make the marinade, stir ketchup with Worcestershire sauce, vinegar, garlic, parsley, oregano, lemon zest, pepper and salt. Divide mixture in half.
2. Coat the racks with the marinade, cover and refrigerate for 6 hours or overnight.
3. Take out the lamb 1-2 hour before cooking to bring back to room temperature. (If the meat is not at room temperature it will be hard for it to cook evenly.)
4. Score the fat, by making sharp shallow cuts through the fat, spaced about an inch apart.
5. Preheat the oven to 400F. Arrange the oven rack so that the lamb will be in the middle of the oven.
6. Transfer the lamb racks into a roasting pan. Cook for about 20-30 minutes, until the thermometer inserted in the center of the meat registers 125°F for rare or 135°F for medium rare.
7. Remove from oven and let rest for 15 minutes. Transfer the lamb to a carving board and cut into chops. Cut lamb chops away from the rack by slicing between the bones. Serve 2-3 chops per person. Enjoy!

NOTE: This recipe can also be made with steak.



Beef, Pepper & Avocado Breakfast Bowl

Ingredients (serves 2)

- 3/4 pound ground beef or turkey
- 1/2 bell pepper, diced
- 1/2 medium onion, diced
- 1/2 avocado, diced
- 1/2 medium tomato, diced
- 1-2 tbsp coconut oil
- 1.5 tsp oregano
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp sea salt and pepper, to taste



Directions:

1. Over medium heat, add coconut oil to skillet. Once melted, add onion, pepper and a dash of salt and pepper to the pan. Cook until vegetables soften, or about 3-4 minutes.
2. Add ground beef and remaining spices to pan and cook until beef is browned. Once cooked, remove mixture from heat and place in a bowl.
3. Add diced avocado and tomato and mix well. Serve with fresh sauerkraut. Enjoy!

Strawberry Cucumber Salad with Basil and Mint

Ingredients (Serves 4)

- 8 oz. strawberries hulled and halved
- 1 English cucumber seeds removed, sliced
- 1 ripe avocado, sliced
- 1 small red onion thinly sliced
- 1/2 c. fresh basil thinly sliced
- 1/4 c. fresh mint thinly sliced for larger leaves, small leaves left whole
- 2 tbsp unrefined olive oil to taste
- 2 tbsp balsamic vinegar to taste
- Sea salt to taste
- Black pepper to taste



Directions:

1. Slice the strawberries, avocado, cucumber, red onion, basil, and mint. Gently toss all ingredients in a large bowl.
2. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper to taste. Serve immediately. This salad keeps undressed in the fridge in a tightly sealed container for up to two days. Enjoy!



Slow Cooker Beef Stew

Ingredients (serves 6)

- 1 tsp. salt
- 1 tsp. black pepper
- 2 1/2 lbs. boneless beef chuck roast, cut into 1" cubes or stew meat
- 2 cups beef or chicken broth
- 3 tbsp. tomato paste
- 1 yellow onion, diced
- 3 carrots, chopped
- 2 cups baby red skin potatoes, chopped
- 2 stalks celery
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 2 bay leaves
- 2 tbsp. parsley
- 3-4 garlic cloves, minced
- 1/8 tsp. red pepper flakes



Directions:

1. Place beef in slow cooker and season with salt and pepper.
2. In a small bowl, whisk tomato paste into the beef or chicken broth. Pour over beef.
3. Add vegetables and remaining seasonings.
4. Give the ingredients a good stir, cover and cook on low 4-6 hours. It's done when the meat is cooked through and the veggies are tender. Remove bay leaves before serving. Enjoy!



Cranberry-Lemon Bread

Ingredients (serves 8)

- 2 cups blanched almond flour
- ½ tsp. sea salt
- 1 tsp. baking soda
- 1 cup dried cranberries
- ½ cup coconut oil, melted
- 3 large eggs
- ½ cup Lakanto* (Here's the brand that I use: <http://amzn.to/2oVbE4F>)
- 1 teaspoon lemon zest



Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine almond flour, salt, baking soda and cranberries.
3. In a smaller bowl stir together oil, eggs, agave and lemon zest.
4. Stir wet ingredients into dry.
5. Spoon batter into a paper lined muffin pan.
6. Bake at 350° for 45-50 minutes, until fork inserted comes out clean.
7. Cool and serve

*Lakanto is a zero glycemic sweetener made from monk fruit and erythritol that cooks and bakes like sugar but is a much healthier substitute.



Summer Lentil Salad

Ingredients (serves 5)

1 cup dry brown lentils
1 bay leaf
2 sprigs fresh thyme
1 cup finely diced carrots
1/3 cup finely diced celery
1/4 cup finely diced red bell pepper
1/4 cup finely diced red onion
1/4 cup minced parsley
1 clove garlic, minced
5 tbsp lemon juice
1 tablespoon olive oil
1 teaspoon kosher salt
fresh ground black pepper



Directions:

1. In a medium saucepan combine lentils, bay leaf, and thyme. Add enough water to cover by 1 inch.
2. Bring to boil, reduce heat and simmer uncovered until lentils are tender but not mushy, about 16 to 20 minutes.
3. Drain lentils and discard bay leaf.
4. Place in a large work bowl with carrots, celery, red pepper, red onion, parsley, garlic, lemon juice, olive oil, salt and pepper.
5. Toss to combine and serve chilled or at room temperature. Enjoy!



Grilled Summer Vegetable Medley

Ingredients (Serves 6)

- 1/4 cup olive oil
- 2 tablespoons raw honey
- 4 teaspoons balsamic vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- Sea salt, to taste
- 1 pound fresh asparagus, trimmed
- 3 small carrots, cut in half lengthwise
- 1 large sweet red pepper, cut into 1-inch strips
- 1 medium yellow summer squash, cut into 1/2-inch slices
- 1 medium red onion, cut into wedges



Directions:

1. In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large glass baking dish. Add vegetables and turn to coat. Cover and marinate 1-1/2 hours at room temperature.
2. Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally.
3. Place vegetables on a large serving plate. Drizzle with remaining marinade. Serve with choice of meat or quinoa. Enjoy!



Carrot Muffins

Ingredients (serves 3-4)

- 1 cup blanched almond flour
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1 banana, mashed
- 1 egg
- 2 tablespoons coconut oil, melted
- 1/4 cup Lakanto* (Here's the brand that I use: <http://amzn.to/2oVbE4F>)
- 1 teaspoon vanilla extract
- 1/2 cup grated carrot



Directions:

1. Preheat the oven to 350 degrees.
2. In a bowl, whisk together the flour, salt, baking soda, Lakanto and cinnamon.
3. In a separate bowl, combine the banana, egg, coconut oil, vanilla and carrots. Add the dry ingredients to the wet and mix to combine.
4. Pour the batter into greased muffin tins and bake for 18-20 minutes or until a fork inserted into the center comes out clean. To serve, place 1-2 muffins on your plate and serve with fruit, if desired. Enjoy!

*Lakanto is a zero glycemic sweetener made from monk fruit and erythritol that cooks and bakes like sugar but is a much healthier substitute.



Quinoa & Vegetable Salad

Ingredients (serves 4-6)

1 cup uncooked quinoa, rinsed in a fine-mesh colander
2 cups water
1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
1 medium cucumber, chopped
1 medium red bell pepper, chopped
¾ cup red onion, chopped
1 cup flat-leaf parsley (from 1 large bunch), finely chopped
¼ cup olive oil
¼ cup lemon juice (from 2 to 3 lemons)
1 tablespoon red wine vinegar
2 cloves garlic, pressed or minced
½ teaspoon fine sea salt
Freshly ground black pepper, to taste



Directions:

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature. Enjoy!



Orange Chicken & Veggie Stir-Fry

Ingredients (serves 4)

- 2 skinless, boneless chicken breasts, diced
- 1 bell pepper, diced
- 1 small broccoli head, cut into florets
- 1 zucchini, sliced
- 1 onion, diced
- 1 tbsp. coconut oil

Ingredients for the orange sauce

- Juice of 2 oranges
- ¼ cup chicken stock
- 2 garlic cloves, minced
- 3 tbsp. coconut aminos
- ¼ tsp. ground ginger
- A pinch red pepper flakes (optional)
- Sea salt and pepper to taste



Directions:

1. In a bowl, stir together the chicken stock, orange juice, coconut aminos, ginger, garlic, and red pepper flakes.
2. Heat the coconut oil in a skillet over medium heat.
3. Add the chicken pieces to the skillet. Cook for 6-8 minutes, until cooked through and browned on the outside, and set aside.
4. Place all the vegetables in the skillet and cook until they start to soften.
5. Pour the sauce into the skillet, making sure to scrape the bottom of the pan, and bring to a soft boil.
6. Lower the heat and return the chicken to the pan. Stir everything to combine and serve hot. Enjoy!