



# CLEAN DETOX MANUAL & SAMPLE MEAL PLAN

CREATED BY DR. JUNGER AND CLEAN TEAM

PLEASE READ OUR HEALTH DISCLAIMER BEFORE STARTING THIS PROGRAM

Before we get started, please read this important disclaimer:

Important: Please DO NOT conduct the Clean Detox if you:

- are pregnant or nursing
- are under the age of 18
  - have active cancer
- have liver disease or hepatitis
  - have Type 1 Diabetes
- are on medications for bipolar disorder, or
- have an allergy to any food or ingredient listed.

If you have a medical condition, see your physician of choice before starting this program.

This detox is not intended to diagnose, treat, cure or prevent any disease.

Thank you,  
Dr. Junger

MANUAL

# THE DETOX

— 30 DAYS —

## Your 30-day Routine

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Shake for  
**Breakfast**

Meal for  
**Lunch**

Light Meal for  
**Dinner**

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## Breakfast

### Detox Shake

Make a clean shake using unsweetened almond, rice or coconut milk.

Tip: Add in a healthy serving of avocado or almond butter. For extra flavor add in fresh or frozen organic berries or a dash of stevia.

## Lunch

### The Detox Diet

Prepare a hearty solid meal from the Detox Diet. Get the most out of it by including dark greens, healthy fats, and quality protein.

## Dinner

### The Detox Diet

Prepare a hearty solid meal from the Detox Diet. Focus on a slightly lighter meal for dinner. Entree-sized salads are great. See our meal plan for inspiration.

# DETOX DIET

## Foods to include and exclude during your Clean Detox

The Detox Diet is the foundation of the entire Clean Detox. It's a set dietary list designed to avoid the major foods that cause allergies, sensitivities, and digestive problems.

Here is a quick snapshot of the major foods you'll eat and not eat on the Clean Detox:

### Eat

- whole vegetables, leafy greens
- brown rice, non-gluten grains
- stevia
- beans, lentils
- green tea, apple cider vinegar
- wild fish, organic chicken & turkey
- whole fruits, berries, nuts, seeds
- coconut oil
- plant-based protein powder

### Don't Eat

- dairy and eggs
- gluten, wheat
- processed sugar
- soy
- coffee, soda, alcohol
- beef, pork
- creamed vegetables, peanuts
- corn oil
- whey protein

# BIG IDEAS

Two key ideas to keep in mind  
during your detox

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## Make Sure You Go,Go!

Daily bowel movements are key to your Detox

If you don't take out the trash at your house, it will pile up, attract pests, and quickly become a problem. During the Clean Detox your body is taking out its "trash" by eliminating toxins through the bowels. Having daily bowel movements will help make sure that toxins aren't re-absorbed into your system.

Sometimes your bowel movements will increase when doing the detox. Other times you may be constipated. If you are constipated here are a few ways to resolve it:

Stay hydrated: Drink enough water so you use the bathroom once every hour.

Eat fiber-rich foods: Include leafy green salad, cherries, figs, prunes, pears, aloe juice, warm lemon water, or green vegetable juices.

Move it: Do some movement and exercise. Walking and light yoga work great.

Use Natural Calm: This magnesium citrate supplement helps restore healthy magnesium levels and increases calcium intake to encourage natural stress relief and healthy bowel movements. Purchase it on the Clean Program website or at your local natural food store.

## ② The twelve-hour window

### Deep cleansing takes [a night's] time

Imagine your body as a city. Just like a city needs to budget its finances, your body needs to budget its energetic resources. Your daily energy is limited, so your body must constantly prioritize how it gets distributed.

Now here's the thing: digestion is one of the most energy consuming functions of the body (remember last Thanksgiving's food coma?). So if your body is constantly tied up with digestion during the detox, it will put deeper cleansing on hold. Our answer to this: the Twelve-Hour Window.

After your evening meal, leave a twelve-hour window before having your morning shake. If you have your evening shake at 7pm, you should have your morning shake at 7am or later.

### Why?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean.



If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. The Twelve-Hour Window is challenging to make happen everyday, but committing to it will help you get the most out of your Clean Detox.

Note: It is okay to have water or herbal tea during the Twelve-Hour Window.

# MAKING THE MOST OF YOUR DETOX

Tips from your Clean Wellness Coaches

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## The 411 On Weight Loss

How and when weight-loss occurs varies for each person.

Everyone comes into the detox with a different level of toxicity, a different genetic history, and different hormonal patterns. For many, the body will not begin to reduce inflammation and release extra weight until it has found balance through the cleansing process.

Let's take a step back and look at the bigger picture of why we might have excess weight in the first place. It's often a result of consuming foods that do not work for the body, resulting in poor digestion and toxic overload. The Clean Detox helps the body re-balance itself and help repair the damage done by years of poor habits. When you lose weight without doing this important foundational work, the weight-loss typically doesn't last. It also doesn't bring about the increased vitality, that in the end is what we really want.

Even if you haven't seen much weight-loss yet, hang in there. You're doing the foundational work, and that's what matters most. Daily bowel movements, sticking with the detox diet, and avoiding emotional snacking will encourage your body to find that sweet spot, totally unique to you.

One of the best things you can do for weight-loss is hide the scale until the end. Don't stress yourself out by stepping on the scale every day. Just remember, how you feel is a more accurate measure of success. Instead of numbers on the scale, focus on your energy level, sleep patterns, digestion, elimination, mood, and clarity of thought.



# Emotions and Food

Emotions are a big part of the detox. For most people, food is not just about satisfying our physical hunger, but satisfying our emotional needs as well. Have you ever found yourself thinking:

Why do I reach for cookies when I'm tired?

Why do I crave ice cream after a fight with my partner?

Reflecting on these questions and your answers to them, will get you to the heart of the detox - the deeper stuff. The stuff that mindless eating attempts to cover up.

During the detox people can feel more emotional than usual. This is because cleansing is not just about the body. When you detox, you also release emotional toxins like fear, stress and anxiety. This can be scary as hell, but like any challenge, if we spend some time reflecting on it, we usually surprise ourselves with what we discover.

When you feel a craving or an emotional release happening, give it space and be gentle with yourself. Don't make it about the food. Go deeper. Ask yourself, "what's really going on here?" The answer is closer than you think.

## Hunger: True & Emotional

When faced with the sensation of "hunger" during your detox, consider the possibility that it might not be true hunger. In our Western culture, what we call hunger is often the physical manifestation of an emotion that is asking to be "numbed" or comforted. If left alone and quietly observed, emotional hunger becomes an opportunity for immense growth. When that "hunger" sensation arises, mindfully keep your attention on it, and ask yourself:

What am I really feeling?

If it's boredom, restlessness or any other emotion, truly allow yourself to feel it. You don't have to wallow in unhappiness or negativity, but simply recognize what the true feeling is, and put a name to it.

Am I truly hungry or am I feeling anxious / nervous / sad / upset right now?

With a little effort, this exploration can help bring awareness to the difference between true hunger and emotional hunger. Understanding this distinction on a

personal level can help stop the cycle of bad habits that lead to food cravings, weight gain, and poor health.

Here is a useful way to determine if what you are feeling is true hunger:

## True Hunger

- Gradually arises
- You're open to different food options
- Doesn't have to be filled immediately
- You stop when you're full
- You feel good when finished

## Emotional Hunger

- Arises suddenly
- Crave one particular food only
- Must be eaten right now
- Keep eating even when full
- You feel guilty, shameful, or unsatisfied

## Emotional Hunger Tips

**Hydrate:** Drink water or have a cup of tea instead. Hydrating yourself during your Detox is important to keep the bowels moving and to help flush out released toxins.

**Switch it up:** Get up and go for a walk, call a friend or write a letter to a loved one, finish a work project, or simply stay with that feeling and let it rise up and then fall away naturally (which it will inevitably do), without having consumed any food. You may even feel the negative sensation change to a very pleasant one. The sense of empowerment that comes from this change can be amazing.

## True Hunger Tips

**Snack mindfully:** Eat in serene and distraction-free environments in a mindful way. Hummus, guacamole with veggies, raw nut butter on some apple slices, a quick soup, or fresh green juice are great options.

**Check in on your daily caloric intake:** While we at Clean are not big fans of calorie counting, noticing how many calories you're eating can be useful. Often, people new to a detox program will under-eat, and this can cause cravings, anxiety, and poor sleep. The amount of nutrient-dense food a person needs each day depends on their level of activity, but a good benchmark is eating a minimum of 1200 calories and 50-80 grams of protein each day.

## Snack Mindfully or Not At All

Before the Clean Detox, you may have started innocently snacking on cookies or chips and then realized twenty minutes later that you ate the whole bag. To make matters worse, you weren't even hungry.

We've all been there, many times in fact. Rather than calling on your own personal guilt monster, give this a thought:

The repeated desire to snack is really a desire to change how we're feeling in the moment. The more we're not conscious of why we're snacking, the more this habit can numb how we really feel. We understand that for some, snacking is helpful in maintaining good energy levels and mood. But before you start grabbing snacks, even if they are clean, check in with yourself and make sure what you're feeling is true hunger.

Sometimes finding the right amount to eat everyday takes a little personal experimentation. If you find that you are consistently hungry throughout the day, increase the amount of protein and healthy fats in your morning shake and mid-day meal.

## Rest More and Exercise Gently

Our basic philosophy is that we recommend that you take it easy. You do not have to work-out during this program, but light movement is okay.

The more you exercise, the more you need to recover. When exercise or recovery are occurring, the body moves energy to these areas and away from deeper detoxification.

Light movement is acceptable, but not required. During your detox light movement can look like 20 minutes of walking, 30 minutes of yoga, or a few sets of body weight exercises like sit-ups and push-ups.

Light movement can add to the detox. Here's how:

- It remove toxins by activating the lymphatic system.
- It boosts the effectiveness of all the elimination channels by stimulating bowel movements (colon), encouraging deeper breathing (lungs), and making us sweat (skin).

Here are some exercise principles to follow while on the detox:

**Half it:** Reduce your exercise by half if you are an athlete or work out intensely.

**If you move more, eat more:** If you have a day where you are very active, feel free to eat more as long as it's on the Detox Diet. Remember, the Clean Detox is a not a calorie restriction program. We recommend eating a minimum of 1200 calories and 50-80 grams of protein each day.

## More Elimination = More Detoxing

As your body shifts into releasing toxins from cells and tissues, your job is to support the channels of elimination so that these waste products can make their way out. Here are some ways you can do just that:

**Skin:** Sweat toxins out through saunas. Skin brushing is another great way to eliminate toxins from the skin. Since the skin is our largest organ, what it absorbs can affect our health as much as the foods we eat. During your detox, we encourage you to examine your current collection of personal care and beauty products to see which ones contain unhealthy chemicals. Consider purchasing organic alternatives.

**Lungs:** Give your lungs a workout by using them fully and deeply. Visualize how each inhale is supplying you with the number one most essential nutrient you need to live—oxygen—and each exhale is an essential way to release waste material.

**Lymph:** Shake up your lymphatic fluid and boost circulation with movement, massage, rebounding (mini-trampoline), jump-roping, and deep breathing. Laugh each day; it helps alkalize the body and release stress.

**Kidneys:** Your kidneys are a great channel of elimination. Drink enough water so you use the bathroom once every hour.

# Social Eating and Your Comfort Zone

We get it, it's not always the easiest thing to stay Clean when your boss invites you to a wine tasting or your grandmother is looking forward to you attending her weekly Sunday brunch. We've been there.

We know it's challenging, but social obligations present a great time to get clear about why you are doing the detox. This is a chance to develop some personal independence and get outside your comfort zone.

Remember, you have chosen to do the detox. Stay true to your goals. This can be a great time to bring awareness to any issues that arise during social, business, or family situations. Are you nervous about telling people what you're doing? Do you feel inhibited when you're not drinking? Use these insights to do some emotional detoxing and deepen your understanding of who you are and what you want.

Most of us have spent years repeating patterns and staying within our comfort zone. The Clean Detox is an opportunity to mix things up and get clear on what works and what doesn't.

Here are a few things we think will work for you:

**Do some research:** Most restaurants have some Clean options. Instead of trying to figure out what to eat when you arrive, call up the restaurant ahead of time to see how they can cater to the Detox Diet. A little extra effort goes a long way. Restaurants are generally very accommodating to those who ask.

**Eating-in is the new dining-out:** Invite friends over to make a Clean meal together instead of going out to eat. Get the family, the dog, and your quirky neighbors involved in preparing food.

# SAMPLE MEAL PLAN

# ENDLESS POSSIBILITIES

## Tons of our favorite Clean recipes

**What am I going to eat?!** This may have been your first thought when reading about Dr. Junger's Detox Diet, but trust us, there are lots of options. We put together this sample meal plan as a way of sharing with you just some of the many delicious and Clean possibilities for your detox. It includes some of our own recipes as well several from our favorite food blogs. Here are some tips to get you started:

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### Eat What You Need

Our serving sizes are suggestions to start with. Figuring out how much is best for you to eat each day takes time and experimentation. If you do more exercise, eat more. Eat slowly and mindfully until you are about 80% full: Satisfied, but not stuffed.

### Snack Mindfully

Snacks are totally okay as long as they are on the approved list of foods. Be mindful of emotional eating though.

### Create Your Own

Can you create your own recipes? Sure you can! Just make sure all the ingredients are on the approved list of foods. Simply use these recipes in the Sample Menu as inspiration to create your own.

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Turn the page to see how to use the sample meal plan



# HOW TO USE THE MEAL PLAN

## Detox Sample Day

For the detox you will be eating a liquid meal such as a shake for breakfast and a solid meal from the Detox Diet for lunch and dinner.

The meal plan is just a suggestion. We included lots of different recipes daily to illustrate all the amazing options out there. If you are an ambitious cook, please feel free to follow the meal plan as shown. If it is too overwhelming feel free to substitute simpler meals or make larger batches of things to eat for several days. Have fun and enjoy!

### Breakfast:

Shake for breakfast using a plant-based protein and additional whole foods such as berries and almond butter.

### Dinner:

A light, largely vegetable focused meal, salad and/or soup.

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
2	Berries + Greens Shake	Dr. Oz Fish Tacos	Dr. Oz Shepherd's Pie

### Lunch:

A solid meal from the detox diet list of approved foods. Focus on tons of vegetables, clean protein and healthy fats.



# DETOX MEAL PLAN week 1

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
1	Berries + Greens Shake	Dr. Oz Fish Tacos	Dr. Oz Shepherd's Pie
2	Keepin' It Smooth Shake	Hummus Chicken with Brown Rice Pilaf	Chilled Carrot & Avocado Soup with Brown Rice Crackers and Sunflower Seed Pate
3	Favorite Green Shake	Steamed Burgers with Kimchee and Hearty Salad	Quinoa Salad With Roasted Vegetables
4	Morning Mocha Shake	Miso Glazed Salmon with Roasted Parsnip Fries and Steamed Bok Choy	Black Bean and Chipotle Bisque with Hearty Salad
5	Mango Peach Lassi Shake	Sweet and Sour Chicken with Mixed Greens	Vegetarian Nori Rolls With Nut "Rice"
6	Sweet Green Smoothie	Asian Turkey Lettuce Wrap	Baked Falafel with Tahini Sauce and Greek Salad
7	Euro Nut Shake	Slow Simmered Chicken With Chard, Mushrooms, And Onions With Cherries	Haddock En papillote

# DETOX MEAL PLAN week 2

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
8	Coconut Chai Shake	Garlic and Summer Vegetable Kelp Noodles	Whitefish Salad
9	The Pits Shake	Lamb Tacos	Creamy Cauliflower Bisque with Hearty Salad
10	Spice It Up Shake	Roast Chicken with Root Vegetables	Mashed Avocado, Carrots and Sardines Mixed Greens
11	Malted "Milk" Shake	Pacific Halibut Over Sautéed Swiss Chard Topped and Wild Mushrooms Mix	Winter Squash Stew with Kelp with Hearty Salad
12	John R's Favorite Shake	Turkey Lentil Soup	Un-Peanut Noodle Stir Fry
13	Cinnamon Rolls For Breakfast Shake	Chicken Taco Salad	Creamy Winter Beet Soup with Hearty Salad
14	Sweet Protein Shake	Roasted Lamb Chops with Rosemary and Steamed Asparagus	Bean, Rice and Avocado Lettuce Wrap

# DETOX MEAL PLAN week 3

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
15	Cashew Cream Smoothie	Halibut Baked in Parchment with Olives and Thyme	Amazing Green Herbs Salad With Black Olives And Dulse
16	Mango Cardamom Blast Shake	Salmon Quesadillas with Peach, Avocado and Macadamia Nut Salad	Curried Red Lentil and Vegetable Stew with Hearty Salad
17	Berry Protein Shake	Millet Risotto with Artichoke Hearts	Clean Salmon Salade Niçoise
18	Albert's Favorite Shake	Stir Fried Chicken with Water Chestnuts, Red Cabbage and Angelino Plums	Creamy Asparagus and Leek Bisque with Hearty Salad
19	Detoxifying Dandelion Shake	Three Tastes Noodles	Lentils Or Chicken with Wilted Bitter Greens
20	The Grasshopper Shake	Coriander Crusted Halibut	Butternut Squash Noodles with Winter Pesto
21	Robert's Favorite Shake	Acorn Squash with Wild Rice and Hearty Salad	Wilted Spinach and Spiced Chicken

# DETOX MEAL PLAN week 4

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
22	Purple Haze Smoothie	Pulled Chicken with Autumn Slaw	Mushroom Steaks with Hearty Salad
23	Patricia's Favorite Shake	Gingered Salmon Stir Fry	Crabless Cakes with Hearty Salad
24	Chocolate Covered Blueberries Shake	Chicken Pot Pie	Mango Avocado Salad
25	Almond Butter and Jelly Shake	Brown Rice Nachos	Curry Chicken Salad In Lettuce Wrap
26	Becky's Morning Shake	Lamb, Apple, and Onion Skewers	Thai Vegetable Salad Wraps with Almond Sauce
27	Peaches and Cream Shake	Vegetable Lasagna with Cashew Cheese	Chicken Salad with Lavender Vinaigrette
28	John H's Favorite Shake	Slow Cooked Chicken with Squash and Sage	Vegetable Stir Fry with Quinoa

# DETOX MEAL PLAN week 5

DAY	BREAKFAST: SHAKE	LUNCH: SOLID MEAL	DINNER: LIGHT MEAL OR SALAD
29	Sexy Cilantro Shake	Tuna Salad Lettuce Wraps	Celery Root Bisque with Wilted Winter Greens
30	Peach Apple Cobbler Shake	Chicken Stir Fry	Parsley- and Mustard-Flavored Lamb and Spinach Salad

# BONUS RECIPES

## Snacks, Drinks & Salads

### Snacks [optional]

Apple Slices and Almond Butter  
Guacamole with Veggies  
Green Lentil Hummus with Veggies  
Brown Rice Cakes with Nut Butter and Sugar Free Fruit Preserves  
Roasted Chickpeas  
Salmon and Dill on Cucumber  
Raw Nuts With Fresh Fruit  
Kale Chips  
Avocado and Miso  
Veggies with Clean Ranch (See Dressing Recipes)

### Drinks [optional]

Coffee granita  
Fresh green juice  
Clean hot chocolate  
Spa water  
Clean lemonade

### Salad Dressings

Ani's Best Balsamic Dressing  
Clean Ranch Dressing  
Tahini Ginger Dressing  
Avocado Dressing

### Hearty Salad Ideas

Lots of greens: kale, spinach, lettuce, arugula, chard, cabbage, etc

Other veggies: carrots, peas, broccoli, cucumber, mushrooms, onions, radish, jicama, celery, artichoke, beets, etc

Sources of protein and healthy fat: nuts, seeds, hemp seeds, avocado, beans, lentils

Other tasty additions: dulse, sea vegetables, nutritional yeast, kimchee, saukraut, etc.

# STILL HUNGRY?

## More recipe resources from the Clean Team

**We love to create and eat Clean food!** The Clean team is constantly creating (and enjoying!) new recipes for the detox and beyond. Check out some of our favorite recipes at the sources below:

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### Clean Blog

Our Clean chefs are adding new recipes weekly. Lots of different options from shakes and soups to vegetarian and meat-based meals. Check it out here: [blog.cleanprogram.com](http://blog.cleanprogram.com)

### Clean Eats Newsletter

We will even send our latest and greatest recipes directly to you! Weekly emails with our tastiest new recipes sent to your email. Sign up here: [cleanprogram.com/clean-eats](http://cleanprogram.com/clean-eats)

### My Clean Program Community

A free online community site where thousands of people on the Detox are sharing their experience including tons of recipes. Shakes, soups, lunches and everything in between. [my.cleanprogram.com](http://my.cleanprogram.com)

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Let's get cooking! 

# RECIPES

## Breakfast Shakes

### **Berries + Greens Shakes**

- 1 cup frozen berries (blueberries, raspberries, etc.)
- 1 to 2 loosely-packed cups of spinach
- 2 cups coconut milk
- 1 tablespoon coconut oil
- 2 heaping tablespoons plant-based protein powder

Directions: Blend until smooth.

### **Keepin' It Smooth**

- 1 avocado
- 5 ounces frozen peaches
- 1 handful of raspberries
- 1 handful of hemp seeds
- unsweetened almond milk
- 2 dates
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend and Enjoy!

### **Favorite Green Shake**

- 3 cups spinach
- 1 cup frozen blueberries (or raspberries, blackberries, mangoes, papaya, etc.)
- 1 tablespoon flax oil
- 1 tablespoon maca powder
- 1 tablespoon spirulina
- 1 cup almond milk
- 2 heaping tablespoons plant-based protein powder
- 2 dates or a few drops of stevia to taste

Directions: Blend until creamy.

### **Morning Mocha**

- 1 cup strong teccino or yerba mate tea
- 2 tablespoons cacao powder
- 1 handful of raw almonds
- stevia to taste
- 1 tablespoon vanilla extract



- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend and enjoy!

### **Mango Peach Lassi**

- 1 large nectarine
- 1 mango, flesh removed from skin - discard skin
- ice
- coconut milk
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy.

### **Sweet Green Smoothie**

- 8 ounces water
- 2 giant handfuls of spinach
- 1 mango, peeled and diced
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and enjoy this amazing and detoxifying meal.

### **Euro Nut**

- 1 tablespoon vanilla extract
- 2 dates or stevia to taste
- 2 tablespoon raw cacao
- 2-4 tablespoon hazelnut butter
- unsweetened coconut milk
- ice
- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

### **Coconut Chai Shake**

- 1 cup coconut milk (unsweetened)
- 1 tablespoon vanilla extract
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- a pinch of allspice
- 2 tablespoons almond or cashew butter
- ¼ cup shredded coconut
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth and creamy.

## **The Pits**

- 4 peaches
- 1 avocado
- 12 cherries, pitted
- ice
- unsweetened almond milk (enough for desired consistency)
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend it up, baby!

## **Spice It Up Shake**

- 2 cups almond milk ( fresh or store-bought)
- 1 cup frozen raspberries
- 1 tablespoon carob powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg ( freshly grated is the best, but you can use the already ground powder too)
- ¼ teaspoon stevia
- pinch of sea salt

Directions: Blend and enjoy!

## **Malted “Milk” Shake**

- 1 cup coconut water
- ½ cup coconut meat (either from a young Thai coconut or organic shredded dried coconut flakes and an additional ½ cup water)
- 1 tablespoon almond butter
- 3 dates, pitted OR a few drops of stevia to taste
- 1 teaspoon vanilla extract
- pinch of sea salt
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and enjoy!

## **John R’s Favorite Shake**

- Warm tea (i.e. pau d’arco, gynostemma) as base
- 2 tablespoons coconut oil
- ¼ avocado
- a couple dashes cinnamon
- dash of stevia
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy.

## **Cinnamon Rolls For Breakfast**

- ½ cup almonds and 1 cup water OR 1 cup almond milk (unsweetened)
- 1 cup coconut water
- 1 teaspoon cinnamon
- 1 pinch sea salt
- 2 teaspoons vanilla extract or powder
- 3 pitted dates
- 1 tablespoon pecans
- stevia to taste
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and creamy.

## **Sweet Protein Shake**

- 1 cup nuts (pecans, walnuts, or almonds)
- Your choice of rice/almond/hemp seed milk (just enough to cover nuts in the base of the blender)
- 5-10 drops stevia extract (to taste)
- 1 teaspoon vanilla extract
- 2-3 cups frozen fruit (blueberries, raspberries, blackberries, mangoes, papaya, peaches)
- 1 apple
- 1 ripe pear
- water OR brewed and cooled herbal tea (like ginger, raspberry, lemon, rooibos, green, yerba mate, etc.) OR coconut water (just enough to blend to desired consistency)
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth.

## **Cashew Cream Smoothie**

- 1 handful cashews
- 1 cup coconut water OR nut/rice/hemp seed milk of your choice
- 2 handfuls mixed berries ( fresh or frozen: blackberries, blueberries, raspberries)
- 1 ripe mango, pitted and diced
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients together until creamy with a pinch of sea salt and enjoy!

## **Mango Cardamom Blast**

- 2 ripe mangoes, peeled and cut into pieces
- 1 cup coconut water
- 2 tablespoons dried and shredded coconut flakes
- zest and juice of 1 lime
- ½ teaspoon cardamom powder
- handful of ice cubes (optional)

- garnish with lime zest and freshly ground black pepper
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend it up!

### **Berry Protein Shake**

- 1 cup nut/rice/hempseed milk of your choice (either homemade with ½ cup nuts and 1½-2 cups water, or unsweetened from the health food store)
- 1 cup fresh or frozen blueberries
- 1 cup fresh or frozen raspberries
- ½ cup fresh or frozen blackberries (optional)
- 3 pitted dates
- 1 teaspoon vanilla
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth.

### **Albert's Favorite Shake**

- unsweetened almond milk
- a handful of blueberries
- ¼-½ of a mango
- handful of pineapple
- 1 tablespoon powdered greens or spirulina
- 1 tablespoon raw cacao powder
- optional: 1 tablespoon coconut oil
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)

Directions: Blend and enjoy!

### **Detoxifying Dandelion Shake**

- 3 cups dandelion greens
- 2 cups coconut water
- 1 mango, peeled and cubed
- 1 peach (fresh) OR 1 cup frozen peaches
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth.

### **The Grasshopper Shake**

- 1½ cups warm peppermint tea
- 1 heaping tablespoon cacao powder (You can use carob or unsweetened Dutch chocolate powder instead of cacao if you want)
- 1 tablespoon melted coconut oil

- 2 tablespoon whole cashews
- 2 teaspoons spirulina (you can use chlorella or any green powder)
- ¼ teaspoon stevia
- pinch of sea salt

Optional:

- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Pour the warm tea into a blender. Add cacao powder, cashews, spirulina, salt and stevia and blend for 45 seconds or until cashews are broken down. While blending, drizzle in the melted coconut oil. Serve in a mug for a nourishing and warm drink.

### **Robert's Favorite Shake**

- 1 tablespoon spirulina
- frozen blueberries
- lacinato kale (washed, stems removed)
- unsweetened almond milk or hemp milk (enough to make it "pour-able")
- 1 tablespoon almond butter (optional)
- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth.

### **Purple Haze Smoothie**

- 6 ounces blackberries
- 2 cups of pineapple ( fresh or frozen)
- water (just enough to blend- it's best thick and creamy)
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed

Directions: Put all ingredients in the blender and mix until smooth

### **Patricia's Favorite Shake**

- coconut water
- 1 cup fresh (or frozen) berries
- 1 tablespoon unsweetened SunButter
- 2 dates
- 1 cup of spinach or kale
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delightful!

### **Chocolate Covered Blueberries**

- 1 large handful of frozen blueberries
- 1 handful of spinach

- dash of cinnamon
- 1 tablespoon of raw cacao
- 2 tablespoons almond butter
- ½ coconut milk and ½ coconut water (as much as you need for your blender) or you could replace the coconut water with green tea.
- dash of stevia as needed
- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend and enjoy!

### **Almond Butter And Jelly Shake**

- 1 to 1½ cups almond milk
- 1 handful of frozen blueberries
- 1 to 2 tablespoons of almond butter (or cashew butter)
- optional: 1 small handful of cherries, pitted
- a handful of ice
- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delicious!

### **Becky's Morning Shake**

- 8 ounces of water
- 3-4 ounces of nut or hemp seed or rice milk (unsweetened)
- ½ of an avocado
- 2 teaspoons organic almond butter
- a pinch of sea salt
- 2 heaping tablespoons plant-based protein powder
- optional: 1 tablespoon ground flax seed
- optional: sweetener to taste (stevia)
- optional: 1 tablespoon carob or raw cacao powder

Directions: Blend until smooth and creamy.

### **Peaches And Cream Shake**

- 1 cup frozen peaches
- 2 cups whole fat coconut milk
- 2 teaspoon pumpkin pie spice (most health food stores have this in bulk, but you can also use a mix of cinnamon, nutmeg and allspice)
- 1 teaspoon freshly grated ginger
- 2 heaping tablespoons plant-based protein powder (ideally vanilla flavor)
- optional: 1 tablespoon ground flax seed
- optional: Top with a few sprinkles of toasted (or raw) coconut for extra crunchy treat.

Directions: Blend until smooth and creamy.

## **John H's Favorite Shake**

- ½ cup frozen blueberries
- 2 dashes cinnamon
- 1 tablespoon almond butter
- 8 ounces of water
- 2 heaping tablespoons plant-based protein powder (ideally chocolate flavor)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

## **Sexy Cilantro Shake**

- 1 cup rice/nut/seed milk
- 1 cup coconut water
- 1 cup papaya ( fresh), peeled and diced
- 1 cup fresh cilantro leaves
- ½ cup fresh or frozen mango or peaches
- 3 dates OR stevia to taste

Directions: Blend all ingredients together until smooth. It's been shown that cilantro is incredibly detoxifying and can help pull metals from the body, so drink up, especially if you live in a city, have mercury fillings, or drink tap water!

## **Peach Apple Cobbler**

- ¼ cup pecans (whole or crushed)
- 1 cup coconut water
- 2 apples (any variety), cored and sliced into chunks (if organic, leave the peel on for added fiber and nutrients)
- 1 cup frozen or fresh peaches
- 1 tablespoon fresh lemon juice
- 2 teaspoons vanilla powder or extract
- 1 teaspoon cinnamon
- ½ teaspoon ginger powder
- Pinch of sea salt

Directions: Blend all ingredients together until creamy and enjoy!

# Lunch Meal

## Dr. Oz Fish Taco

Serves 2

- 2 teaspoons unrefined virgin coconut oil
- 2 - 8 oz halibut filets
- 4 large leaves dark green lettuce
- 1/2 cup shredded cabbage

Salsa

- 1/2 cup blueberries
- 1/4 cup raspberries
- juice of 1/2 lemon
- 1/3 cup finely chopped bok choy
- salt and pepper to taste

Directions: Salsa: in a small bowl stir all ingredients together and set aside

Tacos: Cook the Halibut in the coconut oil about 3 minutes per side, remove from the pan and gently break up into large bits. Top each lettuce leave with a fish portion, sprinkle with some shredded cabbage and finish off with some salsa. Serve with a wedge of lemon on the side.

## Hummus Chicken

Serves 2-3

- 2 boneless/skinless chicken breasts (local and free-range)
- 2 lemons (1 sliced into rounds and 1 juiced)
- 1/2 cup hummus (Cedars Brand OR recipe below)
- 4 fresh rosemary sprigs or 2 tablespoons dried
- Generous drizzle of balsamic vinegar
- Sea salt and freshly ground pepper

Hummus (blend all ingredients in the food processor)

- 1 can garbanzo beans (chickpeas), rinsed and drained
- 2 cloves garlic, peeled
- Juice of 1 lemon
- 3 tablespoons tahini
- 1 teaspoon sea salt
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 tablespoon extra virgin olive oil

Directions: Preheat to 450 °F. Place the chicken breasts in a small roasting pan, covering all exposed meat with the hummus (use a spoon or your hands, just make sure it's layered quite thick, about 1/4"). Scrunch each lemon half in your hand and then loosely arrange them over the chicken with the rosemary sprigs, broken into smaller.



### Serve With **Brown Rice Pilaf**

- 2 cups rice
- 4 cups water
- 2 tablespoons onion powder
- 1 teaspoon garlic powder
- 1 tablespoon sea salt
- 2 teaspoon dried thyme
- 1 bay leaf

Directions: Preheat the oven to 350F. Place the rice, water, and seasonings into an oven proof container. Cover with a lid, or aluminum foil, and place in the oven. Cook for 30-40 minutes or until the water is fully absorbed. Remove from the oven, allow it to cool for 5 minutes. Fluff and serve, adjusting to taste if necessary. Serve with a bunch of veggies - steamed or raw.

### **Steamed Burgers with Kimchee**

Serves 4

- 1 pound ground meat (you can use ground lamb, chicken, turkey, duck, water buffalo, bison or venison)
- 1 tablespoon dijon mustard
- ¼ cup dried parsley flakes
- 5-8 white button mushrooms (or any kind you want)
- lettuce leaves
- dijon mustard
- kimchee
- empty tuna cans
- large pot
- steamer basket to fit in pot

Directions: Pulse the ground meat, mustard and parsley in a food processor until well combined and sticking together. In the empty tuna fish cans, pack a small handful of meat into a burger shape and place them on the steamer basket (you can stack them in a pyramid shape, as long as there's some air flow around each can) over boiling water and cover the pot. It takes about 10-15 minutes, but check the insides with a fork or knife until they're cooked to your liking. Slice the mushrooms and saute in olive oil until tender and brown. Remove from heat. When the burgers are done, drain the excess liquid from each can (be careful, the steam and cans are hot!). Use the lettuce leaves as your buns, and layer the condiments with the cooked burgers. Kimchee is a great addition not only for taste, but the enzymes and alive nature of the fermented food helps digest anything cooked or with meat!

Serve with **Hearty Salad**.

### **Miso Glaze Salmon**

Serves 2

- 2 wild salmon fillets
- 3 tablespoons gluten-free miso
- olive oil

- 2 teaspoons coconut nectar

Directions: In a small bowl mix the miso, coconut nectar and enough olive oil to make it into a thick liquid. Cover the fillets and broil or pan fry until cooked through, about 8-10 minutes. Serve warm.

### Serve with **Roasted Parsnip Fries**

- 6 medium parsnips, scrubbed, dried and quartered into long wedges (like rough-cut thick french fries)
- 3 - 4 tablespoons olive oil
- 1 - 2 tablespoons sea salt
- fresh ground pepper

Directions: Preheat oven to 375 °F. In a baking pan or sheet, toss the wedges with enough olive oil to coat, sea salt, and a dash (or several, depending on your taste preference!) of freshly ground pepper. Roast for 45 minutes until tender and golden brown, and a bit crispy on the edges.

### Serve with **Steamed Bok Choy**

## **Sweet And Sour Chicken With Mixed Greens**

Serves 2

- ½ cup wheat free tamari or nama shoyu or coconut aminos
- ½ cup apple cider vinegar or balsamic
- ¼ cup coconut nectar
- 2 large garlic cloves, peeled and minced
- A knob of fresh ginger (roughly 1½ inches), peeled and minced or 1 teaspoon ginger powder
- 2 chicken breasts, sliced into long strips about 3” long and ½” thick
- 1 teaspoon sesame seeds

Directions: Over low heat in a pan mix the first five ingredients until you have a smooth and thick sauce, roughly 12 minutes. Lay chicken pieces in the sauce and cook, stirring frequently, until cooked through (about 12-15 minutes). Add pieces to bowls of mixed greens, pour the remaining sweet and sour liquid equally over each bowl. Sprinkle with sesame seeds and serve. This works well warm or chilled.

## **Asian Turkey Lettuce Wrap**

Serves 4

- 1 pound ground turkey
- 2 tablespoons coconut oil
- 2 carrots, finely chopped or grated
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and grated
- 1 teaspoon Chinese 5 spice powder
- 2 tablespoons wheat-free tamari
- 2 tablespoons rice wine vinegar
- 1 tablespoon coconut nectar
- 1 can water chestnuts, chopped
- 1 head Boston, bibb lettuce or endive

- chopped cilantro
- 2 green onions, chopped

Directions: Melt coconut oil in a medium skillet over medium-high heat. Add carrots and saute for several minutes. Add garlic, ginger, turkey and Chinese 5 spice to the pan and saute until turkey is cooked through - about 3 to 5 minutes. Add water chestnuts and cook for 3 more minutes. Stir in tamari, vinegar and nectar. Cook for a couple more minutes, stirring well to thoroughly combine. Put one scoop of turkey mixture into lettuce leaves. Top with green onions and cilantro.

## **Slow Simmered Chicken With Chard, Mushrooms, and Onions with Cherries**

Serves 2

- 1 lb free range, grass fed, boneless chicken breast
- 1 yellow onion, peeled and sliced into 1 inch slivers
- 6 medium white mushrooms (or any kind you want: wild, shiitake, crimini)
- 1 bunch swiss chard, chopped into small pieces
- 1 handful cherries, pitted and sliced

Directions: Steam the chard until tender and remove from heat, setting aside - save the water at the bottom of the steaming pot. Slice the chicken breast into small pieces, roughly 2 inches, saving any juices in the package. Place (along with any juices) into a large cast iron pan and begin to cook over medium heat. Add the onion slivers and mushroom pieces along with 1/4 cup of the water the chard was steamed over (it will be infused with minerals, vitamins and flavor from the chard!) Cook over medium heat, stirring occasionally until everything is cooked, but retains the juiciness, about 20-30 minutes. Serve warm over plated swiss chard and garnish with sliced and pitted cherries (a small handful for each plate).

## **Garlic and Summer Vegetable Kelp Noodles**

Serves 2-4

- 2 tablespoons olive oil
- 1 large summer squash, cut into ¼ rounds
- 2 handfuls mushrooms (any kind, white, crimini, shiitake, etc.)
- 4 garlic cloves, peeled and thinly sliced
- 2 tablespoons fresh chopped basil (or any herbs you have on hand)
- 1 bulb of fennel, green ends discarded and the white bulb sliced
- ¼ cup pine nuts
- 1 package kelp noodles

Directions: Remove the kelp noodles from the package and rinse well under cold water. Drain and set aside. Slice all vegetables. Heat a large saute pan over medium-high heat. Add the olive oil, and when it's warm, add the sliced garlic. Cook until the garlic becomes slightly browned and fragrant, then toss in the sliced squash, mushrooms and fennel. Continuously shake the pan, or keep stirring with a wooden spoon, to prevent the garlic from burning. Add the kelp noodles and stir for a few more minutes, using a pair of tongs to toss all the ingredients together. Add the basil, letting it wilt, which should be just about when the noodles are perfectly warm. Remove from heat and season to taste with sea salt. Garnish with any additional fresh herbs and pine nuts. Serve and enjoy!

## Lamb Tacos

Serves 2

### Filling

- 2 tablespoons coconut oil
- 4 ounces ground pasture-raised lamb ( flatten into 1 large round, roughly ½ inch thick) or 1½ cups lentils
- 1 medium sized summer squash (yellow and/or zucchini)
- ¼ cup minced onions + another 2 tablespoons for garnish
- 1 garlic clove, peeled and minced
- 1 tablespoon fajita/taco seasoning\*
- sea salt to taste

\*Check and make sure there's no sugar in the seasoning. Jenny's tip is that the Indian spice Rogan Josh makes a delicious variation if you can't find a "clean" taco seasoning.

### Garnish

- 2 tablespoons minced red onions
- freshly chopped cilantro (a few tablespoons)
- freshly made guacamole
- handful of sprouts (optional)

### Taco Shells

- romaine lettuce and/or brown rice tortilla wraps (these will be soft tacos)

Directions: Heat a large saute pan over high heat. Melt the coconut oil and continue to heat until lightly smoking. Add the lamb and allow one side to brown for 3 minutes before flipping over. Once the lamb is flipped, add the summer squash (and/or zucchini), garlic, onion, and taco seasoning. Stir vigorously to incorporate all the ingredients. Continue to cook until the lamb is cooked through and the vegetables are soft. Season to taste with sea salt. To serve: Lay a few romaine leaves or brown rice tortillas on a plate. Cover with the lamb and vegetables. Top with the additional 2 tablespoons red onions and cilantro. Smear the shell edges with guacamole and garnish with optional fresh sprouts. Enjoy!

## Perfect Roasted Chicken With Root Vegetables

Serves 4 to 6

One of our favorite fall and winter meals is a local, pastured chicken roasted with some veggies. Nourishing comfort food at its best. You can use the bones for making a soup broth. 2 meals in one!

- 1 4 to 5 pound pastured whole chicken
- fresh sage
- fresh rosemary
- fresh thyme
- 1 small onion, coarsely chopped
- 1 lemon, coarsely chopped
- Veggies of your choice: Carrots, parsnips, mushrooms, onions, beets, squash, leeks - whatever veggies you like. Root vegetables will probably with stand the roasting process better. Use enough veggies to cover the bottom of a roasting pan.
- olive oil

- salt
- pepper

Directions: Preheat the oven to 475°F. Two hours before roasting, remove chicken from the refrigerator to bring to room temperature. Remove any organs from the cavity. Rinse chicken and pat inside and out really dry. Generously season inside the cavity with salt and pepper. Fill cavity with onion, lemon and a few sprigs of herbs. Prepare vegetables, leaving in fairly large chunks. In a large bowl, toss with 2-3 tablespoons olive oil plus salt and pepper. Spread in a large roasting pan. Slip hand under the skin of the chicken over the breasts (and legs if you can wiggle your hand in without ripping the skin). Place several sprigs of sage, rosemary and thyme under the skin. Drizzle a small amount of olive oil over the chicken, rubbing all over the skin. Season generously with salt and pepper. Nestle chicken into the center of the vegetables. Roast for about 1 hour, or until the chicken is golden brown, and the juices run clear. Remove from the oven and let sit for 10 minutes before carving.

## **Pacific Halibut Over Sautéed Rainbow Swiss Chard Topped Off with Wild Mushrooms**

Serves 2

Pacific Halibut

- 2 halibut filets (5-6 ounces)
- sea salt to taste
- 2 tablespoons melted coconut oil
- fresh black pepper to taste

Directions: Preheat oven to 400°F. Season halibut with salt and pepper. Heat oil in a skillet over medium high. Cook halibut 2 or 3 minutes per side until golden. Place fish in an ovenproof dish and bake for 8–10 minutes until cooked through.

Sautéed Swiss Chard

- 1 bunch of organic rainbow Swiss chard roughly chopped (or mix of green and red)
- 1 tablespoon extra virgin coconut oil

Directions: In same pan, add oil and chopped Swiss chard greens. Sauté until wilted and sprinkle with salt. Add shot of water and cover on medium heat for 1 minute. Set aside.

Wild Mushroom Sauté

- ½ pound fresh mushroom mix (shiitake, oyster, porcini, chanterelle, morel or available selection)
- 2 tablespoons organic extra virgin coconut oil
- 2 tablespoons minced fresh garlic
- salt to taste
- sesame seeds to sprinkle

Directions: Heat coconut oil until melted. Add minced garlic. Add mushrooms. Sauté until cooked well. Sprinkle with salt as needed. Sprinkle with chopped fresh parsley. Layer sautéed Swiss chard, then fish and top with wild mushroom mix and sprinkle with sesame seeds.

## **Turkey Lentil Soup**

Serves 4-6

- 1 pound of dark ground turkey

- 28 ounces chicken broth
- 1½ cup water
- 1 package red lentils
- 1 chopped medium onion
- 4 celery sticks chopped
- 4 medium carrots chopped
- 3 cloves garlic minced
- 2 tablespoons chopped fresh ginger
- 1 medium apple peeled and chopped
- ½ teaspoon red pepper flakes
- 2 teaspoon yellow curry powder

Directions: Wash lentils and soak in cold water. Brown turkey in olive oil. Sauté onion, garlic, celery, carrots, ginger and apple in olive oil. Add red pepper and curry powder to sautéed veggies. Drain lentils. Heat chicken broth and water. Combine all ingredients in large crock pot and cook on low 8 hours. Salt to taste.

## **Chicken Taco Salad with Guacamole**

Serves 2-4

- 1 acorn squash
- 1 medium rutabaga, diced into 1" pieces
- 1 heaping tablespoon gluten-free miso
- 2 tablespoons water
- 3 tablespoons olive oil, plus some extra drizzles
- 1 yellow onion, peeled and finely diced
- 12 cloves of garlic, peeled and finely sliced
- 1 heaping tablespoon of fresh minced ginger (peeled)
- 3 tablespoons wheat-free tamari sauce
- 1/8-1/4 cup coconut nectar (optional and to taste)
- 1/8 cup water (may not use all of it)
- 1 head of cauliflower, finely diced into very small pieces
- 1 tablespoon fresh ground pepper
- 2 teaspoons paprika
- dash or two of cayenne
- 2 boneless chicken breasts (cut into 1" pieces as thin as possible)
- brown rice tortilla chips (see recipe below)
- 2 to 3 cups mixed greens
- guacamole (see recipes below)

Directions: Preheat the oven to 450°F. Slice the acorn squash into 1" rounds/rings, removing the seeds. Layer them in a medium roasting pan with the chopped rutabaga pieces. Whisk the miso and water together into a sauce and pour over the vegetables with a generous drizzle of olive oil, so everything is lightly coated and well mixed. Cover with foil and place in the oven, cooking for 15 minutes. Turn heat down to 400°F and remove the foil for the rest of the time it takes for the vegetables to cook and become tender, roughly another 15-20 minutes, depending on your oven temperature and pan size. To begin the rest of the taco filling, make sure the onion, garlic and ginger are all peeled and sliced into feathery thin (and small) pieces. In a large pan over low heat cook them with the oil, stirring

occasionally so they “melt” and become soft rather than browned. This may take 10-20 minutes. Whisk the tamari sauce, coconut nectar and two tablespoons of water in a small bowl. Bring the temperature up to medium and add the chicken pieces and stir until well mixed. Add the tamari mixture and then add the cauliflower and stir for several minutes. Add several tablespoons of water, and cover the pan with a lid so everything steams for several minutes. 3-5 minutes should be enough. Remove the lid and turn heat to high, stirring the mixture until things begin to brown and fall apart (like the texture of pulled pork or traditional taco filling). When everything is well cooked and soft, remove from heat and add the black pepper and paprika, adjusting to taste.

#### Homemade Chips

- 2 brown rice tortillas (Food for Life)
- olive oil
- sea salt

Directions: Cut the tortillas into wedges (into quarters or eighths), brush with optional olive oil and dust with sea salt. Place in a single layer on two baking sheets and toast for 5-8 minutes until golden and crispy. Watch them carefully to avoid burning!

#### Homemade Guacamole

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use. On a bed of greens add a slice or two of the acorn squash and some rutabaga pieces, topping with the “taco filling”, chips and guacamole.

### **Roasted Lamb Chops with Rosemary and Steamed Asparagus**

Serves 2-4

- 4 lamb chops or 1 rack of lamb
- ½ pound asparagus
- ½ teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- Fresh rosemary, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon Dijon mustard

Directions : Trim the woody ends off the asparagus. You may also peel off about 1 inch of the tough green fibrous sheath from the base of the asparagus stalks with a vegetable peeler. Put 1 inch of purified water and ½ teaspoon sea salt in a saucepan and bring to a boil. Place asparagus in the pan and steam for about 3 minutes, until tender but not soft (al dente). Drain and set aside. Make a paste of the olive oil, rosemary, garlic, and Dijon mustard. Brush the lamb chops with the paste. Using high heat, grill, sauté, or broil the lamb chops for 3 to 4 minutes on each side for medium-rare. Remove from heat and allow to rest. Place asparagus on a plate and arrange the lamb chops. For a delicious



additional flavor note, roast some garlic cloves in a small oven-proof dish at 350°F for 30 minutes and serve with lamb chops.

## **Halibut Baked in Parchment with Olives and Thyme**

Serves 2

- 2 (5-ounce) portions halibut
- Sea salt
- 1 lemon, unpeeled, sliced thinly
- 1 zucchini, sliced thin, on the diagonal
- 2 sprigs thyme
- ¼ cup of pitted, halved kalamata olives
- 2 tablespoons extra virgin olive oil
- Parchment paper, cut into two 12-inch circles

Directions : Heat oven to 425°F. Brush each parchment circle with oil. Place one piece of halibut in the middle of each circle. Season with sea salt. On top of the fish, place three thin slices of lemon, alternating with three slices of zucchini; top with a sprig of thyme. Sprinkle with the olives and drizzle with olive oil. Pull the sides of the parchment together like a calzone. Fold over and crinkle edges together to seal. Place the parchment packages on a baking tray and place in the lower third of the oven. Bake for 12–15 minutes; the parchment will puff up and brown lightly. Remove from oven and place on plates. Open packages at the table. If you have no parchment paper, use a covered ovenproof dish.

## **Salmon Quesadillas with Peach, Avocado and Macadamia Nut Salad**

Makes 4

Quesadillas

- 4 brown rice tortilla wraps
- 8 ounces cooked wild salmon (you could also use two cans of wild-caught)
- 1 small red onion, thinly sliced into thin half moons
- 1/4 cup fresh chopped dill (can also use 2 tablespoons dried)
- 1/2 cup miso-almond “sauce” (see recipe below)

Miso-Almond Spread

- 2 garlic cloves
- 3 tablespoons chickpea miso
- juice of 1 lemon
- ½ cup-¾ cup filtered water (just enough to help blend)

Directions: Quesadillas: Heat up a large griddle or cast iron pan with a few scoops of coconut oil. Gently warm the wraps for one to two minutes on each side, to make them more pliable. While warming, chop the onions and dill. Once wraps are warm on each side, remove from heat (keeping it on medium) and cover half of each wrap with the miso-almond sauce, to desired thickness. Top with sliced red onion, dill and salmon. Fold the wrap in half and place onto the still-hot griddle or pan. Cook on one side for 3-4 minutes or the tortillas are a golden brown. Flip and repeat on the other side, cooking until the entire quesadilla is warmed through. Serve with an optional wedge of lime, or enjoy with the peach and avocado salad.



Miso-Almond spread: Soak 1 cup of almonds in 4 cups of filtered water for a minimum of 2 hrs. Strain and rinse well (This step is not essential but really recommended). Place into a high speed blender or food processor along with the rest of the above ingredients. Blend well until pureed and a smooth paste is formed. Note: In a pinch you could also use 1 cup of almond butter in place of whole almonds. This stores in a container in the fridge for up to a week and has lots of uses, so definitely experiment with it!

Serve with **Peach, Avocado and Macadamia Nut Salad**

- 2 ripe avocados, cut into medium sized chunks
- 3 ripe peaches, cut into medium sized chunks
- juice of 1 lime
- 1/4 cup macadamia nuts
- 2 tablespoon fresh cilantro, roughly chopped
- 1 teaspoon ground (toasting is optional) coriander seed

Directions: Toast macadamia nuts in a pan over low heat until golden brown. When cooled, chop roughly and set aside. Chop the peaches and avocados into the same size square-ish chunks and place in a bowl. Add toasted nuts. Squeeze lime juice over, and gently toss until well combined. Grind coriander seeds and chop cilantro. Add to the rest of the ingredients and give another quick toss.

### **Millet Risotto with Artichoke Hearts**

Serves 2-3

- 3 tablespoons coconut oil or olive oil
- ½ red onion, finely chopped
- 1 cup coarsely chopped fresh mushrooms (any kind)
- 1 cup millet
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1½ cups artichoke hearts, make sure they're sugar and additive free if you're buying them in a can or jar
- sea salt and fresh pepper
- 4-6 cups french onion soup or organic vegetable broth

Directions: In a large pot over medium-high heat, add the oil with the red onion and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock ½ cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist. Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

Variation: Millet Risotto with Butternut Squash: Instead of the artichoke hearts, add 1 cup diced butternut squash (that's been cooked in oil until lightly browned — about 5 minutes — and add chopped shallots towards the end and sage for your herb.

## **Stir-Fried Chicken with Water Chestnuts, Red Cabbage and Angelino Plums**

Serves 3-4

- 4 small chicken breasts, cut into small pieces (roughly 1-2 inches)
- 1 teaspoon Chinese five spice powder
- 1 cup water chestnuts
- 1 cup chopped Angelino plums (or any dried plums without added sulfur or added sugar)
- 2 tablespoons coconut or olive oil
- 3 cloves of garlic, peeled and minced
- 1/4 cup raw coconut amino acids or wheat free tamari
- 1 small red cabbage, loosely chopped
- Sesame seeds to garnish (black or white)

Directions: Using the bare minimum of the coconut, sesame or olive oil needed to cook without burning, stir everything together over medium-high heat in a large saucepan or a wok, until the chicken is cooked and the cabbage is tender. Serve warm, garnished with white or black sesame seeds.

## **Three Tastes Noodles**

Serves 1-2

- 2 large summer squash (or you can use zucchini if you like), made into long thin strips with a vegetable peeler
- 2 tablespoons almond butter
- 2 wheat-free tamari sauce
- 1 small package anchovy fillets (packed in olive oil only, make sure there are no additives), minced
- 1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)
- Secret ingredient that makes it so incredible: 2 teaspoons curry powder
- 1 tablespoon minced rosemary ( fresh) or 1 teaspoon dried
- 3/4 cup kalamata olives, pitted (added at the end)
- Optional: A pinch of sea salt to taste

Directions: Combine all ingredients together in a large bowl and serve immediately or keep in airtight container in the fridge for several days, the flavors will keep mingling together!

## **Coriander Crusted Halibut**

Serves 2

- 1 lb of carrots
- a generous amount of olive oil (several tablespoons at least)
- a tablespoon of sea salt
- fresh ground pepper
- 2 halibut fillets (roughly 6-7 ounces each) or your fish of choice
- 2 tablespoons coarsely ground coriander seed
- sea salt
- 2 tablespoons coconut oil

### Parsley Sauce Ingredients:

- ½ bunch of parsley (leaves only)
- 1 garlic clove, peeled and minced
- juice and zest of 1 lemon
- ½ cup of olive oil
- pinch of sea salt

Directions: Preheat oven to 375. Prepare the vegetables first. Toss the carrots in the olive oil, sea salt, and a few cracks of fresh ground black pepper. Bake until lightly brown and fork tender. Remove from oven and set aside. In the meantime, in a mortar and pestle or spice grinder, grind the coriander seeds until you have a coarse powder. Sprinkle each fish fillet with sea salt then coat that side with the coriander powder. Heat a heavy-bottomed pan on high heat, with the coconut oil. When it's melted, sear the fish, coriander/sea salt side down, for 2-3 minutes, or until the seeds have browned nicely. Carefully turn the fish over, and place in the oven to finish cooking. Depending on the thickness, this can take another 4-5 minutes.

To make the Parsley Sauce: In a blender or food processor, puree the sauce ingredients above until well pureed and a bright green color. To serve, split the roasted carrots between two plates. Place the fish fillets on top of the carrots, then drizzle the parsley sauce over everything. Serve warm.

## Acorn Squash with Wild Rice

Serves 2

If you plan ahead, it's great to let the rice soak overnight or up to 24 hours, as it shortens cooking time and aids digestion. If you don't have time, it's fine to simply rinse the rice and make immediately.

- 1 medium sized acorn squash, cut in half and seeds discarded
- 2 cups wild rice
- 4 cups water
- 2-3 tablespoons olive oil
- 2 teaspoons cinnamon
- ½ teaspoon chili powder
- sprinkle of sea salt
- ½ cup raw (or dry roasted) pumpkin seeds
- 1 cup freshly chopped parsley
- 2 tablespoons coarsely chopped rosemary ( fresh or dried)
- 1 pomegranate ( for the seeds)
- sea salt to taste
- ¼ cup apple cider vinegar

Directions for rice: In a large bowl, soak the wild rice in the 4 cups of water. Cover and allow to sit at room temperature overnight, or up to 24 hours OR just rinse and make immediately if you're short on time. When you're ready to make the rice, strain off the soaking water, rinse well and place in a medium pot. Cover with water and cook over medium-high heat, covered, until tender. Set aside to cool. Once cool, mix in the pumpkin seeds, parsley, rosemary, pomegranate seeds, sea salt and apple cider vinegar.

Directions for squash: Preheat oven to 375°F. Cut the squash into even wedges (¾-1 inch thick) and place in a roasting pan or on a baking sheet, skin side down. Drizzle with olive oil and sprinkle with cinnamon, sea salt, and chili powder. Place in the oven, cook until tender when pierced with a fork,

roughly 20-30 minutes. Remove from the oven. Arrange over the rice mixture in a large bowl or individual serving dishes. For a modified version, after roasting the squash, cut it into smaller pieces and toss with the rice mixture.

Serve with **Hearty Salad**.

## **Pulled Chicken with Autumn Slaw**

Serves 2

### Pulled Chicken

- 2 cups shredded cooked chicken
- 3 tablespoons pomegranate molasses (note, this is concentrated pomegranate juice, NOT the same as regular molasses, so they're not interchangeable in this recipe. If you can't find this ingredient, use the same amount of coconut nectar)
- 1 tablespoon apple cider vinegar
- sea salt to taste

### Autumn Slaw

- 1 head of purple cabbage, to equal 4 cups when shredded
- 1 apple
- 2 pieces of celery
- 4 scallions
- 3 tablespoons olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1-2 teaspoons sea salt

Directions: Chicken: Shred/chop chicken, if you haven't already done so. Add the chicken, sweetener and cider vinegar to a medium sized pan. Cook over medium heat, stirring frequently, until warmed through. Serve with the Autumn Slaw we'll show you next week, or in a gluten-free wrap with mixed greens.

Slaw: Chop all ingredients; the cabbage, apple, celery, and scallions. Place everything in a large bowl and add the apple cider vinegar, olive oil and sea salt. Toss everything until well combined. Serve alone, with mixed greens, as a side for any meal or our favorite way is with the Pulled Chicken from last week!

## **Gingered Salmon Stir Fry**

Serves 2

- 2 tablespoons sesame oil
- 8 ounces of wild salmon (roughly 1 thick fillet), cut into large chunks
- 1 cup snow peas, sliced into thin pieces
- 1 carrot, cut into thin rounds (no need to peel if using organic!)
- 1 bunch scallions, diced
- 2 tablespoons peeled and grated ginger
- 1 garlic clove, peeled and minced
- to taste: wheat-free tamari sauce
- to taste: organic brown rice vinegar (or ume plum vinegar)
- 1/4 cup dry roasted cashews (either whole or in pieces)

Directions: Season the salmon pieces with sea salt and black pepper. Heat a large saute pan over high heat, adding the sesame oil. Once the oil is hot, add the salmon pieces and brown, cooking each side for about 2 minutes. After you flip them the first time, add the snow peas and carrots, and after the salmon's second sides are browned, begin to toss everything gently several times (and every so often) as you add the ginger and garlic. Cook until fragrant and all vegetables are tender, then add a few splashes of tamari and vinegar, and taste, adjusting if needed. Place a lid on the pan and allow to steam for just another 1-2 minutes. Remove the lid, stir in the cashews and scallions, tossing once or twice to combine before serving.

## **Chicken Pot Pie**

Serves 4-6

### Filling

- 3 tablespoons coconut oil, divided
- 1 cups carrots, sliced
- 2 stalks celery, chopped
- 3-4 shallots, minced
- 3 tablespoons coconut oil
- 6 garlic cloves, minced and divided
- 2-3 organic chicken breasts (about 1 ½ pounds), cubed
- 1 cup green peas
- ½ red onion, minced
- 1 1/2 cup raw cashews (soaked for 4-6 hours and drained)
- 3-4 cups chicken broth, divided
- 1 tsp smoked paprika (optional)
- ½ teaspoon of cayenne pepper
- 1/2 cup white wine
- sea salt and black pepper to taste

### Crust

- 1 1/2 cups blanched almond flour
- 1/2 cup raw sunflower seeds
- 1 tablespoon dried herbs - such as sage, rosemary, thyme, chives. ( fresh herbs would work too - just use a bit more)
- 1 teaspoon granulated garlic powder
- 1/2 teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water

Directions: Add 2 tablespoons coconut oil to a large skillet over medium-high heat. Add shallots and cook for 5 minutes or until translucent. Add celery, carrots and half of the garlic to the pan and continue to saute until the carrots begin to soften - 3-5 minutes. Add chicken and cook until most of the pink is gone. Add peas and ½ cup broth to the pan. Simmer until vegetables are tender and chicken is cooked. Salt and pepper to taste. Set aside.

In a separate medium skillet, add 1 tablespoon coconut oil over medium-high heat. Add red onion to the pan and saute for 5 - 8 minutes. Add the other half of the garlic and saute for 3 minutes. Set aside. In a blender puree cashews, 1 cup broth, wine, spices and onion mixture. Blend until smooth. Transfer

back to skillet with chicken and vegetable mixture and cook over medium heat until it thickens (about 5 minutes). Add more broth if needed and stir frequently. Salt and pepper to taste. Transfer to a deep baking dish.

For crust, add all the ingredients into a food processor and pulse until well combined. Roll dough out on a cutting board (on parchment paper might be helpful for transferring. Transfer to baked dish on top of chicken mixture. Bake for 20 minutes at 350 F or until golden brown.

## **Brown Rice Nachos**

Serves 2

Nachos

- 3 brown rice tortillas (we like Food for Life)
- ¼ cup minced scallions
- ¾ cup olives
- 1 red onion, peeled and diced (to equal 1/2 cup)

Sauce

- 1 cup cashews
- 2 tablespoons nutritional yeast
- 1 garlic clove
- 1 teaspoon sea salt
- ⅛ teaspoon chipotle powder
- juice of 1 lemon
- ½-¾ cup water

Directions: Preheat the oven to 400. Start by making the sauce. Place the sauce ingredients into a high speed blender. Puree on high until thick and creamy. Set aside. Cut 3 large tortillas, each in half and then cut the halves into wedges, so you get 8 wedges out of 1 tortilla. Lay them on a baking sheet and put them in the preheating oven until just warm and crisp. Check often to avoid burning. Meanwhile chop the scallions if you haven't done so, then chop the onion and olives. Remove the baking sheet from the oven and spread all the ingredients evenly over the crisp tortillas, alternating sauce and veggies, however you like. Place back in the oven and cook until the sauce begins to brown. Remove and serve immediately.

## **Lamb, Apple, and Onion Skewers**

Serves 3-4

- 1 pound lamb loin, cut into 1-inch cubes
- 2 apples (any kind)
- 2 small (or 1 medium) red onions
- 1 tablespoon chopped fresh rosemary
- 2 tablespoons olive oil
- 1 heaping tablespoon wheat-free tamari
- 1 tablespoon whole grain mustard
- Generous pinch sea salt
- Black pepper, freshly ground (roughly 8 turns of peppermill)
- 10 6" skewers

Directions Preheat oven to 400°F (or warm up a grill if you'd rather). In a medium-sized mixing bowl, whisk together the rosemary, olive oil, tamari, mustard, sea salt, and black pepper. Add the lamb pieces and coat evenly with the mixture. Marinate lamb for 30 minutes at room temperature. Core the apples, then cut each into 6 wedges. Peel the onions and cut into 6 wedges. Thread the skewers, alternating the lamb, apple, and onion. Brush the skewers with any remaining marinade. Bake in the oven (on a baking sheet or in a roasting pan) or put on the grill. If using the oven, bake for 8–10 minutes, depending on preferred doneness.

## **Vegetable Lasagna with Cashew Cheese**

Serves 4-6:

### Noodles

- 2 medium sized summer squash OR zucchini, cut into wide strips that are roughly ¼ inch thick (sliced lengthwise)\*
- sea salt, a few sprinkles
- freshly ground black pepper

### Vegetables

- 2 portobello mushrooms, gills scooped out with a spoon, sliced into ½ inch thick strips
- 2 cups crimini (or white) mushrooms, sliced
- 1 medium zucchini, cut into ¼ inch thick rounds
- 1 leek, the bottom white part only, sliced into ¼ inch rounds
- 2 garlic cloves, peeled and minced
- 1 bunch of swiss chard, de-stemmed and roughly chopped

### Sauce

- 1 cup cashews
- juice of 1 lemon
- 1 heaping tablespoon miso paste
- 1 teaspoon garlic powder
- 1-2 teaspoons sea salt

\*To make the noodles, we like using a knife to slice the squash since these are being steamed, and need to be slightly thicker than if you were to use a vegetable peeler. If you do use a vegetable peeler or mandoline, be careful when moving the papery-thin noodles, since steaming will make them very delicate and they'll tear easily.

Directions: Preheat oven to 350. Place the long summer squash slices into a bowl and toss with a fair amount of sea salt and black pepper, enough to coat. Transfer to a saute pan with a ¼ cup of water. Cover the pan and gently steam until just tender (when you can lightly pierce with a fork). Remove from heat and allow to cool to room temperature, uncovered. In another saute pan, melt a tablespoon of coconut oil over medium high heat. Add the leeks and cook for 2-3 minutes before adding the sliced mushrooms and zucchini. Cook for an additional 3-4 minutes then add the garlic and chard. Use tongs to gently swirl in the pan so the chard wilts without browning. Season with sea salt (to taste) and set aside.

## **Slow Cooked Chicken with Squash and Sage**

Serves 2

- 2 tablespoons coconut oil



- 2 chicken legs and 2 thighs
- 1 leek, (green tops discarded) white end sliced into ½ inch rounds
- 2 garlic cloves, peeled and minced
- 3 cups butternut squash, peeled, cut into large chunks
- ½ cup white wine
- 12 ounces chicken stock
- 1 tablespoon fresh chopped sage
- sea salt to taste

Directions: If you're using a whole chicken, you'll need to separate legs and thighs with a large knife. Heat a large pot over medium-high heat and melt 2 tablespoons coconut oil in the pan. While the pan is heating, rub the chicken pieces with sea salt and black pepper. Add the chicken to the heated pan, skin side down and cook for 3-4 minutes, or until golden brown. Flip the chicken, add the garlic and leeks, and cook an additional 3 minutes, stirring gently. Pour in the white wine and allow to reduce by half. Add the chicken stock, cover with a lid and allow to simmer for 15 minutes. Add the squash and sage and cook until tender, roughly 10-12 minutes. Season to your taste with additional salt and pepper, and serve.

## **Tuna Salad Lettuce Wraps**

Serves 2

- 1 can tuna fish
- 1/2 red onion, peeled and diced
- 2 celery stalks, sliced into 1/4 inch crescents
- 1/4 cup capers
- 2 heaping tablespoons dijon mustard
- 1 heaping tablespoon miso
- 1/4 cup almond milk (maybe a little less, depending on the consistency you want)
- sea salt and fresh pepper to taste
- a handful of fresh dill (or a tablespoon of dried dill)
- butter lettuce leaves

Directions: Mix all ingredients together in a large bowl until well-combined. Keep in the fridge, covered, until ready to serve. Serve in lettuce leaves.

## **Chicken Stir-Fry**

Serves 2

- 1 chicken breast, split in half lengthwise, then cut into thin strips
- 1 fennel bulb, remove core, slice thin
- 2 cups sliced crimini or white button mushrooms
- 1 cup chopped raddichio (or any hearty leafy green like kale or spinach)
- 1 1/2 cups cooked wild rice (see below)
- 2 cloves of garlic, peeled and minced
- 2 tablespoons fresh oregano, roughly chopped
- 2 tablespoons olive oil
- zest of 1 lemon
- sea salt to taste



Directions: Cook the wild rice by adding 1 cup wild rice to 2 cups boiling water, once boiling, reduce heat to low and simmer (covered) for 30-40 minutes. You can also soak the rice overnight to reduce cooking time, 1 cup of rice in 3 cups of water, cover and in the morning, strain, rinse and place rice in a cooking pot. Cover with enough water to go 1/2 inch over and simmer only 15-20 minutes. Slice the chicken and garlic and chop greens, fennel and mushrooms. Heat a large saute pan over medium-high heat. Add the oil, and when hot, add the chicken and garlic, tossing gently. Allow to brown on one side (2-3 minutes). Add in the mushrooms and fennel. Cook for 1 minute then add the raddichio (or whatever dark green you're using). Cook just until wilted then stir in the wild rice, lemon, and oregano. Continue to stir the pan to incorporate all the ingredients into one another and season with a few teaspoons of sea salt. Remove and serve once the wild rice is hot.

# Dinner Meal: Light Meal or Salad

## Dr. Oz Shepherds Pie

Serves 2

- 10 cups cauliflower florets, steamed soft
- 1 teaspoon salt
- 2 tablespoons unrefined virgin coconut oil, divided ( more or less if needed)
- 2 cups roughly chopped broccoli florets
- 1 small bok choy, roughly chopped, about 2 cups
- 8 oz poached chicken, diced
- freshly ground pepper

Directions: Preheat the oven to 400 degrees. Puree the cauliflower, 1/2 teaspoon of salt and 1 tablespoon of the coconut oil in a blender until very smooth. set aside. In a medium pan saute the broccoli for 2 minutes in 2 teaspoons of coconut oil, until lightly browned and starting to soften a bit. Transfer to a bowl and cook the bok choy for 2 minutes, in the same pan, adding a little more of the coconut oil if necessary, until starting to brown. Transfer bok choy to the bowl with the broccoli. Add the diced chicken, 2 cups of cauliflower puree, 1/2 teaspoon salt and freshly ground pepper and gently toss. Transfer mixture to a 4 cup baking dish, top with the remaining cauliflower puree and bake for 20 minutes until hot and bubble. if you like to brown the top a bit, broil for a few minutes after baking

## Chilled Carrot and Avocado Soup

Serves 2

- 2 cups chopped carrot
- 1 large shallot, peeled and quartered
- 2 ripe avocados
- juice of 1 lime
- 2 teaspoon to 1 tablespoon Mexican or Fajita spices (nudge: Franks Finest are delicious!)
- sea salt to taste

Directions: Place the carrot and shallot pieces into a pan with an inch of water (or in a steaming basket) and steam until fork tender, 5-6 minutes. Remove from the pan and allow to cool to room temperature. Pour the tender carrots and shallots into a high speed blender. Add in the remaining ingredients and blend until all is smooth and creamy. If too thick, simply add a bit of water (however much you need until you have the consistency you want). Serve with chopped chives, avocado chunks and a touch of red chili.

Serve with **Sunflower Seed Pate** and Brown Rice Crackers (such as Mary's Gone Crackers)

- 2 1/2 cups sunflower seeds, soaked for a minimum of 2 hours
- 2 celery sticks, roughly chopped
- 1/4 cup sauerkraut
- 1/4 cup shallot or yellow onion
- juice of 1 lemon
- 1/4 cup olive oil
- 1/4 cup freshly chopped herbs (chives, oregano, thyme, rosemary)

- sea salt to taste

Directions: Chop the ingredients that need to be in slightly smaller pieces (celery and onion/shallot) Then blend all ingredients in a food processor or blender until you have your desired consistency. We like it pretty smooth with a bit of chunky texture. So we blend until mostly smooth and then pulse a few extra times, that's usually perfect!

## **Quinoa Salad with Roasted Vegetables**

Serves 1-2

- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- enough oil to lightly cover vegetables
- sea salt to taste
- 2 small yellow (summer) squash, chopped
- juice of one fresh lemon

Directions: Roast chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.

## **Black Bean and Chipotle Bisque**

Serves 4

Note: If using non-canned beans, there is overnight soaking prep time.

- 2 cups black beans, canned or dried (see directions below for both options)
- 2 tablespoons coconut oil
- 1 onion, chopped roughly
- 1 large carrot, chopped roughly
- 2 garlic cloves, peeled and minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 teaspoons cumin
- 1 bay leaf
- ½ teaspoon chipotle powder
- juice of 1-2 limes
- a few tablespoons (possibly up to 1/4 cup, depending on taste) apple cider vinegar
- sea salt to taste
- 2 scallions, minced ( for garnish)
- a small handful of cilantro, chopped ( for garnish)

Soaking Directions (if using non-canned beans): To lessen the cooking time and to make the beans more digestible, it is ideal to soak the beans overnight in water with a strip of kelp. After about 8-12 hours, strain and rinse the beans. Drain well. If using canned beans, skip this step and proceed to

cooking directions.

**Cooking Directions:** Make sure carrots and onions are chopped. In a large soup pot, melt 2 tablespoons coconut oil over medium-high heat. Saute the onions and carrots for about 3-4 minutes, stirring occasionally. Add the garlic and keep stirring frequently, until fragrant. Stir in the dried spices and beans, allowing everything to cook for a few more minutes, continuing to stir often. Before the beans start to dry out, add enough water to completely cover them, and allow the water to come to a boil. Reduce heat to medium, cover and allow beans to simmer for about 30 minutes. Stir every so often. After 30 minutes check the beans for doneness (should be very tender). If the liquid is getting very low and the beans are not yet tender, add a bit more water to the pot, and continue to cook until the beans are soft. When they're done, remove from heat and allow to cool slightly. Add the tender beans (and whatever water is left), a little at a time, into a blender with the lime juice. Puree until you have a thick and creamy soup. Experiment with the flavor, adding a touch of apple cider vinegar to help balance out the flavors. Season with sea salt. Serve with fresh chopped cilantro and scallions (optional).

Serve with a **Hearty Salad**.

## **Vegetarian Nori Rolls with Nut “Rice”**

Serves 2

- 1 cup soaked sunflower seeds
- 1 cup walnuts, soaked in pure water for 2 hours
- ¼ red onion
- chopped fresh herbs
- 1 packet of nori wraps
- 1 carrot, cut into very thin strips
- 1 cucumber, peeled, seeded, and cut into thin strips
- ½ avocado, cut into strips
- ¼ red cabbage, finely shredded
- sprouts
- wheat-free tamari
- wasabi
- fresh ginger
- 1 tablespoon apple cider vinegar
- 1 tablespoon water

**Directions:** To make the “rice,” place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside. Thinly slice the ginger and marinate in vinegar and water. Take a sheet of nori and spread one-fourth of the rice mixture onto it. Lay carrot, cucumber, red cabbage, avocado, and sprouts over it. Roll the nori up tightly, using a sushi mat if you have one. Cut the roll into about six pieces, using a sharp knife. Repeat for three more nori sheets. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari.

## **Baked Falafel with Tahini Sauce and Greek Salad**

Falafel

- 1½ cups cooked chickpeas
- 1 small red onion chopped
- 2 large garlic cloves, chopped

- 4 tablespoons chickpea flour (can use brown rice or quinoa flour)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon chili powder (optional)
- ½ teaspoon sea salt
- ground black pepper to taste
- 2 tablespoon olive oil
- 1 tablespoon ground flax seed (or chia) + 3 tablespoons water (makes 1 egg)
- 1 grated carrot
- 2 tablespoons dried parsley
- roll in ½ cup gluten-free bread crumbs (or ground flax seed)

Directions: Preheat oven to 400°F. Line a baking sheet with parchment. Combine the chickpeas, onion, garlic, flour, spices, oil and salt, pulse in a food processor until the mixture is well combined and smooth. Form the mixture into 8-12 small balls or patties with wet hands. Roll each ball in bread crumbs if preferred (or do half and half). Bake in oven for approximately 30-35 minutes or until crispy and golden. Serve these delights in a rice tortilla wrap with hummus, tahini sauce or on top of a salad.

#### Homemade Tahini Sauce

- ¼ cup pure tahini
- 2-4 tablespoons of water to thin out
- ½ of one lemon, juiced
- ¼ cup chopped parsley

Directions: Blend all together in blender – it can be as creamy or thin as you desire!

Serve with a **Greek Salad** of mixed greens, tomatoes, cucumber, olives, red onion with a dressing of lemon juice, olive oil, garlic, salt and pepper.

## Haddock En Papillote

Serves 2

- 4-6 ounces of fresh haddock fillets (you can use any white fish here)
- 1 carrot, cut into matchsticks
- 2 celery stalks, cut into thin sliced on the bias
- 1 red onion, sliced into thin rounds
- 1 bulb fennel, thinly shaved (green tops discarded)
- ¼ inch thick slices of lemon (2 slices per fish)
- a few splashes of white wine
- a few small sprigs of parsley, roughly chopped (optional)
- sea salt, to taste
- parchment paper (1 large piece per serving/fillet)

Directions: The idea behind this is to create a tight seal with the parchment and to steam the ingredients inside the package, keeping the fish tender and flavorful. Preheat oven to 425. Prep all vegetables, if you haven't already. Lay out two pieces of parchment paper large enough to fit the fish and a generous portion of vegetables with a few extra inches on all sides to spare. Put the fish on the paper first, then top with the prepared raw vegetables. Drizzle everything with white wine, sprinkle with sea salt and a bit of parsley, then fold the parchment over and around it all, crimping the sides to

create a package. Place the packages on a baking sheet and cook for 10-15 minutes, depending on the thickness of the fish fillet you are using. To serve, simply tear open the top of the parchment (careful of the steam!) and serve warm.

## **Whitefish Salad**

If you can find smoked sea salt (especially alderwood smoked), it works best here, imparting a delicious taste reminiscent of smoked whitefish traditionally served on bagels like lox. Serve on brown rice wraps or gluten free bread with the lettuce or over any mixed salad.

- 2 fillets of any whitefish (halibut, cod, sea bass, hake, durade, etc.)
- ¼ cup almonds
- 2 shallots, peeled and diced
- 2 teaspoons sea salt (smoked alderwood or any smoked sea salt if you can find it works best)
- 1 tablespoon olive oil
- A splash of almond or rice milk, just enough to give it the right consistency
- ¼ cup dried cranberries, unsweetened
- 2 handfuls of lettuce, shredded

Directions: Steam or broil the fish until cooked through (about 10 minutes depending on heat source, check inside with a fork as it cooks). Discard the skin and mash the fish in a bowl with the almonds, shallots, sea salt, olive oil and cranberries. Add enough nut or rice milk to give it a chicken salad consistency. Serve with lettuce or mixed greens, in a salad, wrap or sandwich.

## **Creamy Cauliflower Bisque**

Serves 2

- 2 tablespoons extra-virgin olive oil or coconut oil
- 1 large onion, peeled and sliced
- 3 cloves garlic, peeled and sliced
- 1 cauliflower head, cut into pieces
- sea salt (himalayan or celtic)
- 1/2 cup white wine
- 6 cups vegetable stock (unsweetened)
- 4 fresh thyme sprigs (or 1 teaspoon dried)
- 1 cup non-dairy milk (coconut, rice, almond, hemp)
- 1 tablespoon fresh lemon juice

Directions: In a large saucepan or pot, heat the oil over medium heat and then add the onions and garlic, cooking until translucent and tender (about 5 minutes). Add the cauliflower and a pinch of sea salt and cook, stirring continuously for another 5 minutes. Add the white wine, vegetable stock and thyme and reduce heat to low, covering and cooking until cauliflower is tender (12-15 minutes).

In a blender or food processor, puree the mixture until smooth (you'll have to do this in a few small batches). Return the pureed soup to the pot over low heat. Add the non-dairy milk and season with lemon juice, salt and fresh ground pepper to desired taste. Serve warm.

Serve with a **Hearty Salad**.

## **Mashed Avocado, Carrots and Sardines Mixed Greens**

Serves 1-2

- 1 large avocado, pitted and sliced into pieces
- 3 carrots, peeled and grated
- 1 can olive oil or water packed sardines, drained
- 2-4 large handfuls of mixed greens or lettuce
- 1 tablespoon nutritional yeast
- optional: a small handful of unsweetened cranberries

Directions: In two bowls, divide the mixed greens and top each serving with grated carrot, avocado pieces and the sardines. Add the optional cranberries and sprinkle with a splash of olive oil and nutritional yeast.

## **Winter Squash Stew with Kelp**

Serves 4

- 1 butternut squash, peeled and cut into large chunks
- 1 yellow onion, thinly sliced
- 1 garlic clove, peeled and minced
- 1 strip of kelp (you can find dried kelp strips at most health food stores, or you can use a teaspoon of kelp granules or any other seaweed)
- 2 tablespoons freshly grated ginger
- 1 can coconut milk (16 ounces)
- 2 green onions, sliced into thin pieces
- 1-2 cups vegetable stock
- miso (we like South River Chickpea but any brand or flavor works)

Directions: Prep all ingredients (peel, chop, grate, slice, etc.). In a large saute pan, cook the onion in coconut oil over medium heat. Keep stirring to prevent burning, allowing the onions to brown nicely and become tender. Add the squash, garlic and ginger, and continue to stir, until everything is evenly coated. Pour in the coconut milk, then add the kelp and stock. Turn heat to high and allow the soup to come to a boil. Then reduce the heat to medium, place a lid on the pot and allow to slowly cook for 25-30 minutes. Serve warm in individual bowls, adding a scoop of miso to each bowl and a sprinkle of chopped green onions.

Serve with a **Hearty Salad**.

## **Un-Peanut Noodle Stir Fry**

Serves 2-3

- 3 medium sized carrots, peeled or shredded
- 2 summer squash, peeled or shredded
- 1 broccoli crown, cut into florets
- about 1 cup (¼ pound) snap peas, cut into thin, angled strips
- 2 teaspoons freshly grated ginger
- 2 green onions, sliced thin
- 1 tablespoon coconut oil for cooking

## Sauce

- ½ cup almond butter
- 1 tablespoon minced ginger
- 1 tablespoon miso (South River Miso-ChickPea)
- 2 garlic cloves, peeled and minced
- 1 teaspoon chili powder (or to taste)
- 2 teaspoons ground coriander seed (powder)
- 1 ¼ cup coconut milk (unsweetened)
- fresh cilantro for garnish

Directions: For sauce: Blend all the ingredients in a high speed blender, until smooth and creamy. For the rest: Heat a large wok or sauté pan over medium-high heat. Melt the coconut oil then stir in your broccoli florets. Saute them for a few minutes then stir in the ginger and garlic. Cook until fragrant then add the carrots, summer squash noodles and snap peas, cook until warmed through. Pour in roughly half of the “peanut” sauce, gently tossing the mixture with a pair of tongs or two serving spoons. Taste and adjust seasonings as desired. Set aside. Garnish with fresh cilantro and enjoy!

## Creamy Winter Beet Soup

Serves 2

A perfect creamy soup that’s sweet and nourishing. The hemp gives it some protein and the coconut milk adds essential healthy fats. The brilliant color alone is worth making this for, it will definitely brighten up your winter nights.

- 2 medium sized beets
- 1 small shallot, peeled and quartered
- 1 garlic clove, peeled and roughly chopped
- 2 tablespoons hemp seeds
- 2 teaspoons apple cider vinegar
- sea salt, to taste
- ¼ cup parsley
- ¼-½ cup coconut milk

Garnish:

- ½ ripe avocado, peeled, pitted and sliced into wedges

Directions: Peel the beets and cut into quarters. Place on a steaming dish, along with the shallot and garlic, above an inch of water. Cover the pot, bring to a boil and steam until tender. (If you don’t have a steamer, you can put a half-inch of water in a pot, place the vegetables in the water, cover and steam that way). Put the vegetables into a high speed blender along with the leftover steaming liquid (should be bright red). Add the vinegar, hemp seeds, and parsley. Blend the soup while drizzling in enough coconut milk to develop smooth creamy consistency. Taste, season with sea salt. Serve in bowls with slices of avocado.

Serve with a **Hearty Salad**.



## **Beans, Rice and Avocado Lettuce Wrap**

This is really more of a suggestion than a full on recipe. This can be a super simple lunch. You get complete protein from the rice and beans and healthy fats from the avocado. You will probably want to eat a few of these.

- beans of your choice such as bean or pinto - canned or from scratch.
- brown rice
- lime
- cumin
- cayenne
- salt and pepper
- slices of avocado
- green onion
- cilantro
- Boston or bibb lettuce. Even a red cabbage leaf could work if steamed for a couple of minutes to make it more flexible.
- You could even top with this Clean ranch dressing: See dressing section.

Directions: Toss beans and rice with lime, cumin, salt, pepper and even a dash of cayenne if you like heat. Warm in a pan briefly or have cold. Scoop into lettuce, top with avocado, cilantro and green onion. Ranch too if you wish!

## **Amazing Green Herbs Salad with Black Olives and Dulse**

Serves 2

- 2 handfuls baby greens mix
- 15 cilantro leaves
- 15 parsley leaves
- 3 chives, roughly chopped
- 5 basil leaves, hand torn
- A few dill leaves
- 3 inches cucumber, peeled and thinly sliced
- 1 red radish, thinly sliced
- 1/2 avocado, cut in cubes or sliced lengthwise
- 20 sunflower sprouts
- 6 pitted black olives sliced
- Dulse seaweed

Directions: Layer ingredients. Start with the base of greens, mix in all herbs, then add cucumbers, radishes, avocado and sprouts. Sprinkle with olives and dulse.

## **Curried Red Lentil and Vegetable Stew**

- 2 tablespoons coconut oil
- 1 large onion, cut into ½ inch pieces
- 3 cloves garlic, peeled and finely minced
- 3 tablespoons fresh ginger, peeled and finely minced
- 1 tablespoon ground cumin

- 1 tablespoon ground coriander seed
- 1 teaspoon red curry paste, more or less to taste (check to make sure it's unsweetened)
- 2 cups coconut milk
- 2 cups red lentils
- 2 quarts (or more as needed), fresh water OR chicken broth OR vegetable broth
- Garnish with lime juice to taste and freshly chopped cilantro (optional)

Directions: Heat a large (heavy-bottomed is best) soup pot over medium-high heat, melting the coconut oil. Stir in the onions, allowing them to cook slowly until translucent and soft. When they have just started to soften, stir in the ginger and garlic. Cook until fragrant, then add the spices and curry paste. Mix everything together well. Reduce heat and add coconut milk. Let cook for 5 minutes before adding lentils and stock. Lower heat and cook for roughly 30 minutes. Keep stirring often to keep the lentils from sticking to the pot. As the lentils cook, they will break down and thicken the soup. Add more liquid as you see fit. When lentils are tender, either blend directly in the pot with an immersion blender or let cool and add in batches (2 cups at a time) to a blender and puree until smooth. You can use additional coconut milk or broth (or water) to thin out the puree if needed. Add additional seasoning to taste, a splash of lime juice and add garnishes to individual servings.

Serve with a **Hearty Salad**.

### **Clean Salmon Salade Niçoise**

Serves 2

- 2 cups green beans, chopped into halves or thirds
- 1 salmon fillet, broiled
- 3 tablespoons capers
- 1/4 cup green olives (well rinsed)
- 1 tablespoon dijon mustard (additive and sugar free)
- 1 lemon
- 1 garlic clove, finely chopped
- 2 giant handfuls of mixed organic greens per serving (this recipe makes two servings)
- 3 anchovies per serving (garnished on top)

Directions: Bring a pot of salted water to a boil, add the green beans and cook until bright green and tender - do not overcook. Plunge into a bowl of cold water and drain. Combine green beans in a bowl with capers, chopped garlic, mixed organic greens and pieces of salmon fillet. Lightly toss with the mustard and freshly squeezed lemon juice.

### **Creamy Asparagus and Leek Bisque**

Serves 1

- 1 large leek
- ½ bunch of asparagus
- 2 garlic cloves, peeled and minced
- 1 bay leaf
- sprig of thyme
- chopped chives
- 1 cup coconut milk (boxed and unsweetened, but you can also use canned coconut milk, thinned with water)

- sea salt or wheat-free tamari (to taste) and black pepper (also to taste)

Directions: Remove the green tops from the leeks (you can save them for making your own veg or chicken stock), and slice the lower white section in half lengthwise, then into half-moons. Trim the lower woody section away from the asparagus (generally the lower 1-2 inches), and cut the remaining asparagus into thirds (saving the tops for garnish on the soup if you like). Put the coconut oil in a soup pot over medium heat. Once the oil is melted, add the leeks. Cook leeks for 3-4 minutes, stirring often, until the leeks soften. Add the garlic and cook until fragrant. Add the bay leaf, sprig of fresh thyme, and asparagus pieces. Pour enough water in the pot to cover the vegetables, and cover. Simmer for 12-15 minutes. Transfer to a blender or use an immersion blender in the pot, blend mixture until smooth and creamy. (You can begin adding the coconut milk here to help the blending process.) Either serve immediately or put back in the pot and keep it over low heat to desired temperature. Season to taste with sea salt or the tamari and black pepper if you like. Garnish with chopped chives (and additional asparagus pieces) and serve.

Serve with a **Hearty Salad**.

## **Lentils or Chicken with Wilted Bitter Greens**

Serves 2

- 2 teaspoons coconut oil
- ½ ripe pear, roughly diced
- ¼ cup pecans, coarsely chopped
- 4-5 cups of chopped dark greens (dandelion, arugula, radicchio, endive, mustard greens, kale, swiss chard)
- add any of these for more protein or to make a heartier meal: leftover chicken, wild salmon, cooked white beans, green lentils

Mustard Vinaigrette

- ¼ cup olive oil
- ⅓ cup apple cider vinegar
- 1 tablespoon whole grain mustard
- pinch sea salt
- fresh ground black pepper

Directions: Mix the olive oil, mustard, and cider vinegar in a bowl. Whisk to incorporate. Add a few turns of the pepper grinder (to taste) and a sprinkle of sea salt. Set aside. Heat a large saute pan over medium high heat. Melt in the coconut oil, then once hot, add the pears. Cook for a few minutes to slightly soften and brown them. Toss in the pecans just to warm them up, then add in the bitter greens. Toss gently with tongs until gently wilted, then toss with a few tablespoons of the vinaigrette. Serve immediately.

## **Butternut Squash Noodles with Winter Pesto**

Serves 2

Noodles

- 1 butternut squash, peeled

Pesto

- 1 cup almonds, toasted

- 4 cups chopped winter greens: dandelion, kale, chard, etc.
- 2 garlic cloves, peeled
- ½ cup olive oil
- sea salt to taste

Directions: For the pesto: Add the almonds, greens, and garlic to a food processor. Pulse to break everything down. Once the pesto is coarsely blended, drizzle in the olive oil in a slow steady stream while you continue to blend, until the pesto is thin and spreadable. Set aside.

For the noodles: Using a peeler, peel the butternut in long strips to make noodles (pappardelle-style). In a large saute pan, warm 1 tablespoon coconut oil and 2 tablespoons olive oil. Cook the noodles until soft, 3-4 minutes, stirring often to prevent sticking but being careful not to break the noodles apart. Once the noodles are cooked through, stir in about ½ cup of the pesto and gently incorporate in with the noodles. Serve warm. Or it's also delicious cold in the summer months. Either way, enjoy a healthy pasta and versatile pesto!

## **Wilted Spinach and Spiced Chicken**

Serves 1

- 1 4-5 ounce chicken breast (vegetarians can use ½ cup cooked chickpeas)
- 1-2 tablespoons olive oil
- 2 teaspoons ground paprika
- 1 teaspoon cumin seeds
- ¼ teaspoon ground coriander seed
- 2 tablespoons sliced red onions
- 1 ripe mango, peeled and cut into large chunks
- 2 large handfuls of fresh spinach
- 1 tablespoon lemon juice
- 1 teaspoon sea salt

Directions: Preheat oven 350°F. Place the chicken breast in a baking dish, coat with olive oil, sea salt, paprika, cumin and coriander. Bake for 12 minutes or until fully cooked (check with a fork). Remove from the oven and let it cool on a cutting board, once the chicken is slightly cooled, cut into thin pieces. Meanwhile, heat a large saute pan over medium-high heat with 1 tablespoon of coconut oil and gently cook the onions for 2-3 minutes, stirring continuously. Add the mango and cook until warmed through. Add in the sliced chicken breast, gently toss then add in the spinach and lemon juice. Cover the pan and allow the spinach to steam. Sprinkle in a touch of sea salt and serve immediately.

## **Mushroom Steaks**

Serves 2-4

- 3-4 portobello mushrooms, stems removed, gills scraped out.
- 1 large yellow onion, sliced thin
- 2 garlic cloves, minced
- 1 tablespoons Mediterranean seasonings
- 2 tablespoons coconut oil
- a few splashes of sherry vinegar (or balsamic)

Directions: Preheat oven to 350 (or prep the grill). Place the mushrooms into a baking dish and

drizzle with olive oil and vinegar. Season with sea salt and the Mediterranean seasonings. Allow the mushrooms to marinate for 20 minutes before roasting in the oven for 20 minutes (or cook on the grill until tender and cooked through. While the mushrooms are cooking, begin sauteing the onions. Heat a large sauté pan over medium-high heat. Melt the coconut oil then add in the sliced onions. Gently toss, allowing the onions to turn golden brown. Continue to cook, being careful not to burn them, until soft and lightly browned. Serve the roasted mushroom topped with the caramelized onions.

Serve with a **Hearty Salad**.

### **Crabless Cakes with Salad**

Serves 2-4

- 1 cup cashew pieces
- 1 cup coconut flakes
- 1 brown rice cake, crumbled
- ½ cups minced celery
- 1 yellow onion, peeled and chopped
- 2 medium carrots, shredded or finely minced
- ¼ cup parsley, chopped or 2 tablespoons dried
- 1 tablespoon cashew butter (raw and organic if you can find it, almond butter will also work)
- 1 teaspoon sea salt
- ½ cup gluten free flour
- 3 teaspoons paprika
- 1 small clove garlic, peeled
- 2 tablespoons dulce or nori or kelp granules or flakes
- 1 teaspoon fresh ground pepper

Directions: Preheat oven to 350°F. Mix all ingredients together in a food processor, blending until all large pieces are broken up and you have a sticky, fairly well combined mixture. Grease a baking sheet with 1 teaspoon of coconut oil or olive oil and form the sticky mixture into uniform patties (roughly 4 inches in diameter), then bake in the oven for 8 minutes, turn over (should be golden brown on the bottom side) and bake another 7 minutes. Serve with organic stone ground mustard and/or raw sauerkraut.

Serve with a **Hearty Salad**.

### **Mango Avocado Salad**

- 2 ripe mangoes, peeled and chopped
- 1 large avocado, peeled, pitted, and chopped
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- 1 tablespoon cilantro leaves
- 1 tablespoon black sesame seeds

Directions: After you have the mangoes and avocado chopped, simply mix all the ingredients together in a bowl and serve.

## **Curry Chicken Salad in Lettuce Wrap**

Serves 2-4

- 1 green apple, chopped
- 2 chicken breasts
- 1/3 cup coconut cream (separate the cream from the liquid in a can of whole fat coconut milk)
- a splash of apple cider vinegar
- 3 teaspoons curry
- 2 bunches of scallions
- salt + pepper to taste
- Boston or bibb lettuce leaves
- carrots, julienned
- sprouts

Directions: Poach or grill the chicken breasts. When cool, chop coarsely and set aside. In a blender or food processor, mix coconut cream, vinegar and curry powder. In a large bowl combine chicken, apple, scallions and curry sauce to taste. Season with salt and pepper. Serve a scoop or two in lettuce leaves. Top with carrots and sprouts.

## **Thai Vegetable Salad Wraps with Almond Sauce**

Serves 4

- 1 tablespoon almond butter
- 1 teaspoon fresh ginger, grated
- Juice of 1/2 lemon
- 1 teaspoon apple cider vinegar
- 1 clove garlic
- 1 teaspoon nama shoyu or wheat-free tamari
- Pinch of cayenne
- 1/3 cup purified water
- 4 large romaine lettuce leaves
- 1/2 Napa cabbage, shredded
- 1 carrot, shredded
- 2 scallions, thinly sliced
- 6 snow peas, thinly sliced
- 1 cucumber, peeled, seeded, and thinly sliced
- Nori sheets cut into strips, 1/8-inch thick by 2 inches wide
- Cilantro leaves, for garnish
- optional: sliced almonds, for garnish

Directions: To make almond sauce, blend together almond butter, ginger, lemon juice, apple cider vinegar, garlic, nama shoyu or tamari, cayenne, and water until creamy. Add more water if too thick. Wash romaine leaves and set aside to drain. Combine remaining vegetables in a bowl. Put about one-quarter of the mixture into each romaine leaf and roll up. Drizzle each wrap with 1 tablespoon almond sauce. Garnish with cilantro leaf and strips of nori or thinly sliced almonds. Serve on a platter.

## **Chicken Salad with Lavender Vinaigrette**

Serves 2-4

- 2 cups boneless chicken breasts
- 2 celery stalks, minced
- 1 carrot, minced
- ½ cup minced red onions
- ¼ cup flat leaf parsley, roughly chopped

Vinaigrette

- 1 tablespoons coconut nectar
- ¼ cup apple cider vinegar
- ½ cup olive oil
- A squeeze of lemon
- pinch of sea salt
- 2 teaspoons fresh or dried lavender

Directions: Preheat the oven to 350F. Coat each chicken breast in olive oil and season with sea salt, black pepper and 1 teaspoon dried thyme. Place in some kind of roasting/baking pan and cook for 12-15 minutes. Remove from the oven and let cool to room temperature. While the chicken is cooling, make the vinaigrette by adding all the ingredients to a lidded jar and shaking vigorously OR placing ingredients in a bowl and whisking until well-combined. Set aside. Cut the chicken into small chunks and add to a large mixing bowl. Stir in the parsley and minced veggies, then pour in enough vinaigrette to generously coat the ingredients. Adjust seasonings to taste. Enjoy in lettuce leaves, which are the perfect warm-weather bread substitute!

## **Vegetable Stir Fry with Quinoa**

Serves 2

- 1 can of water chestnuts
- 1 baseball sized rutabega, cut into thin half-moons
- 4 kale leaves, destemmed, roughly chopped
- 2 cups snow peas (or sugar snaps), cut in half on the bias
- 1 tablespoon freshly grated ginger
- 2 tablespoon sesame oil
- 1 tablespoon ume plum vinegar
- 2 teaspoon fish sauce
- 2 cups cooked quinoa

\*Chef's note: This cooks quickly so make sure all ingredients are prepped and ready to go before you turn the burner on.

Directions: Make sure everything is chopped and grated and ready to go. In a small jar or bowl, mix together the ginger, plum vinegar, fish sauce, and 1 tablespoon sesame oil, then set aside. Heat a large wok, or saute pan and add the other 1 tablespoon of sesame oil. Once the oil is hot, add the rutabega moons and broccoli and cook, stirring frequently, for 5-8 minutes. Add the celery and kale, continuing to mix until kale is wilted. Stir in the water chestnuts and quinoa, add the sauce and continue to toss until everything is well combined. Serve and enjoy!

## Celery Root Bisque

Serves 2

- 1 small onion, peeled and quartered
- 2 celery stalks, roughly chopped
- 2 medium sized celery root, roughly chopped
- 1 medium sized apple, peeled and quartered
- 2-3 sprigs of fresh thyme
- 1 bay leaf
- ½ teaspoon dried oregano
- vegetable or chicken broth to cover (preferably homemade, but organic/unsweetened store-bought is fine)
- ½ cup coconut milk
- 1 tablespoon coconut oil
- ½ cup frozen peas, thawed
- 6-8 shiitake mushrooms, sliced thinly

Directions: Place the onion, celery, celery root, apple and herbs into a medium sized pot. Add 1 quart of broth or water. Cover and bring to a boil, then reduce heat and gently simmer for 30 minutes. While the soup simmers, heat up a saute pan and melt one tablespoon of coconut oil. Once hot, add in the sliced shiitakes, gently tossing and cooking until lightly browned (about 3-4 minutes). Add the peas just before the mushrooms are done cooking, so they're warmed through. Pour the contents of the pot (except for the thyme and bay leaf) into a blender and blend until smooth and creamy. Use any additional coconut milk to thin to desired consistency. Optional: top with sauteed shiitake mushrooms and peas.

Serve with **Wilted Winter Greens.**

- 2 teaspoons coconut oil
- ½ ripe pear, roughly diced
- ¼ cup pecans, coarsely chopped
- 4-5 cups of chopped dark greens (dandelion, arugula, radicchio, endive, mustard greens, kale, swiss chard)
- ¼ cup olive oil
- ⅛ cup apple cider vinegar
- 1 tablespoon whole-grain mustard
- pinch sea salt
- fresh ground black pepper

Directions for dressing: Mix the olive oil, mustard, and cider vinegar into a bowl. Whisk to incorporate. Add a few turns of the pepper grinder (to taste) and a sprinkle of sea salt. Set aside.

Directions for salad: Heat a large saute pan over medium high heat. Melt in the coconut oil, then once hot, add the pears. Cook for a few minutes to slightly soften and brown them. Toss in the pecans just to warm them up, then add in the bitter greens. Toss gently with tongs until gently wilted, then toss with a few tablespoons of the vinaigrette. Serve immediately.



## **Parsley- and Mustard-Flavored Lamb and Spinach Salad**

Serves 2

- 2 (4-ounce) portions trimmed lamb
- 1 clove garlic, minced
- ¼ cup Dijon mustard
- 1 cup parsley, chopped fine
- Sea salt and black pepper, to taste
- 4 cups organic baby spinach
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ cup black Mediterranean olives

Directions: Heat oven to 425°F. Make a paste of garlic, Dijon mustard, and parsley. Generously cover the lamb with the paste and season with salt and pepper. Let sit for 30 minutes on a baking tray to let meat absorb flavor. Place in oven, uncovered, for about 15 minutes. Turn the meat. Cook for another 5 minutes. Meat should be medium done. Let rest for 5 minutes, then cut into about 1/8-inch slices with a sharp knife. In a bowl, toss the spinach with the olive oil and lemon. Place salad on 2 plates and add the olives. Arrange the lamb slices over the salad and serve.

# BONUS RECIPES

## Snacks, Drinks and Salad Dressings

### Snacks

#### **Green Lentil Hummus**

- 3 cups vegetable or organic chicken stock/broth
- 1 cup green lentils
- 1 bay leaf
- 3 garlic cloves, chopped
- 1/2 cup tahini
- juice of one lemon
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- sea salt to taste
- vegetable and apple slices for dipping

Directions: In a medium saucepan, combine chicken stock, green lentils, and bay leaf. Bring to a boil and then cover and simmer until lentils are tender, roughly 40 minutes. Then boil uncovered until most of the liquid is gone. Remove the bay leaf and set aside to cool. When it's cooled off, transfer to food processor and blend with garlic, tahini, and lemon juice until smooth, adding sea salt and other spices (cumin and paprika) to taste. Serve warm or at room temperature with the vegetables, or you can store in the fridge to use as needed throughout the week.

#### **Guacamole**

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use.

#### **Roasted Chickpeas**

- 1 can chickpeas
- Possible spice combos:
  - Fresh parsley + cumin + sea salt
  - Coconut nectar + nutritional yeast + sea salt
  - Dill + nutritional yeast + thyme

- Paprika + nutritional yeast + sea salt

Or any combo of your favorite spices!

Directions: Towel dry a can of chickpeas, put on baking sheet in 400°F oven, roast about 30 minutes until brown and crispy. Mix spices and olive in a bowl. Toss hot chickpeas in olive oil and spice mixture. So tasty!

## **Kale Chips**

- 1 bunch (about 6 ounces) kale (I used the curly leaf kind, but you could use the flat Lacinato or Dinosaur as well)
- 1 tablespoon olive oil
- 2 tablespoons nutritional yeast
- Sea salt, to taste

Directions: Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I needed two because mine are tiny; I also lined mine with parchment for easy clean-up but there's no reason that you must). Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

# Drinks

## Coffee Granita

- ½ cup non dairy milk (rice, almond, hemp, coconut)
- 2 tablespoons raw cacao or carob powder
- 1 tablespoon maca powder (this is incredibly energizing and has a wonderful rich flavor)
- 1 teaspoon lucuma powder (slightly sweet taste)
- 1 teaspoon mesquite powder (optional but highly recommended)
- 1 tablespoon vanilla extract
- a pinch of stevia (powder) or a few drops of liquid to taste
- 1 cup ice

Directions: Blend all ingredients together until you have a coffee-like “slushie.”

## Green Juice

- 1 green apple
- 2 stalks of celery
- ½ cucumber
- knob of ginger
- 1 lemon, peeled
- A bunch of greens: kale, spinach, swiss chard, beet greens, parsley are all good options

Directions: Run all through your juicer. Enjoy immediately - the fresher, the better.

## Clean Hot Chocolate

- almond or coconut milk
- raw cacao (to taste)
- stevia (to taste)
- optional: cinnamon or mint extract

Directions: Warm milk on stove top. Experiment with how chocolatey and sweet you like it.

## Spa Water: Cucumber, Mint, Lime

Make your water a little more exciting. Like a day at the spa!

- filtered water
- cucumber slices
- fresh mint
- juice from a couple of limes

Directions: Put all the ingredients in a big glass or ceramic pitcher. Refrigerate for a least a few hours. Drink within a couple of days.

## Clean Lemonade

- juice of 2 lemons
- stevia to taste
- 8 oz filtered water or soda water

Directions: Stir and enjoy!

# Salad Dressings

## Ani's Best Balsamic Dressing

- 3 cloves garlic minced or pressed
- 1 tablespoon gluten-free miso (such as brown rice)
- 1 tablespoon mustard
- 2 tablespoons wheat-free tamari
- ¼ cup balsamic vinegar
- ½ cup olive oil
- salt and pepper to taste

Directions: Whisk until blended.

## Clean Ranch

- 1 cup raw cashews, soaked for 2-4 hours and drained.
- 3 cloves garlic minced
- 2 tablespoons chives, minced
- 1 teaspoon dried dill
- 1 tablespoon fresh parsley, minced
- ½ tsp of celery seed
- Juice of 1 lemon
- ¾ cup coconut milk
- ½ tablespoon apple cider vinegar
- sea salt and pepper to taste

Directions: Blend everything in a high powered blender or food processor, but fresh herbs together until smooth and creamy. Add herbs and blend just enough to incorporate. Store in a jar in the refrigerator.

## Tahini Ginger Dressing

- ½ cup olive oil
- ½ cup tahini
- ½ cup water
- 2 tablespoons red wine vinegar
- ¼ cup wheat-free tamari
- 2 tablespoons lemon juice (omit if you are sensitive to citrus)
- 2 teaspoons ground ginger
- 1 garlic clove, squeezed
- black pepper

Directions: Blend and enjoy!

## Avocado Dressing

- 2 ripe avocados, chopped
- 2 spring onions, finely chopped
- 1 clove garlic, minced

- lime juice, to taste (omit if you are sensitive to citrus)
- water, as needed
- sea salt, to taste
- ½ teaspoon cider vinegar, optional

Directions: Blend and enjoy!

An important health disclaimer:

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No information offered here, or product sold on this website, should be interpreted as a diagnosis of any disease, nor an attempt to treat or prevent any disease or condition.

Carefully read all instructions. While the information on this manual, and our website, are discussed in the context of numerous conditions, it can be dangerous to start any health program without first consulting a local health professional.

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