



# Delicious SP Detox Balance™ Program Recipes

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# Breakfast

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## Gluten-Free Banana Oat Detox Pancake

- 1 ripe banana, peeled and sliced
- ¼ cup of rolled oats
- 1 Egg
- ½ cup coconut milk
- ½ tablespoon cinnamon
- ⅛ tablespoon nutmeg
- ½ teaspoon aluminum-free baking soda
- Coconut oil (for cooking)
- 2 heaping scoops of SP Detox Balance™

In a food processor, add all ingredients, and blend until a smooth pancake batter is formed (this may take 2-5 minutes). In a pan preheated to medium, add a small amount of coconut oil, and about ¼ of a cup of batter. Cook for 2-3 minutes or until underside is brown. Flip, and cook for an additional 1-2 minutes on other side. Serve immediately and try topping with a drizzle of natural date syrup or fruit, such as pineapple or mango. Makes 2-3 pancakes.

This counts as one serving of SP Detox Balance - *it can be used to replace a shake*

## Peach Ginger Scones

- ⅔ cup unsweetened applesauce
- ¾ cup unsweetened almond milk
- 1 tablespoon pure vanilla extract
- 1 inch fresh ginger, grated
- 3 cups oat flour, finely ground
- 2 tablespoons baking powder
- ½ cup coconut palm sugar, plus extra for dusting scones
- ½ teaspoon salt
- ½ cup coconut oil, chilled
- 2 cups fresh peaches, chopped

Mix together applesauce, almond milk, and vanilla. Add ginger and combine. Whisk together flour, baking powder, coconut sugar, and salt. Using a pastry blender, cut chilled coconut oil into flour mixture until crumbly. Add wet mixture to dry, and stir gently to combine. Scoop ¼ cup of batter onto greased baking sheets. Top with peach pieces, and dust with coconut sugar. Bake for 18 minutes at 400 F. Makes 14 scones.

## Sprouted Buckwheat Bites

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- ½ cup raw almonds
- ½ teaspoon pure vanilla powder
- ½ cup dates, chopped
- 2 tablespoons dried cranberries
- 2 tablespoons dried currants
- 2 tablespoons hemp seeds
- 1 tablespoons water
- ½ cup buckwheat groats

Process almonds to a course meal in food processor (avoid overprocessing). Add vanilla powder, dates, cranberries, currants, and hemp seeds. Process until the mixture starts to come together (thick, wet dough). If needed, add water and pound to combine. Lastly, add buckwheat and pulse to combine. Roll balls, using about ½ tablespoon of dough per ball. Makes 24.

## Zucchini Bread

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- Olive oil or coconut oil for greasing pan
- 2 cups almond flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ cup olive oil
- ¼ cup whole-leaf stevia powder
- 2 eggs
- 1 cup zucchini, grated
- ½ cup pecans, chopped
- ¼ cup dried currants (optional)

Preheat oven at 350 F. Lightly grease loaf pan. Combine almond flour, salt, baking soda, and cinnamon. In a separate bowl, mix oil, stevia, and eggs. Combine wet and dry ingredients. Fold in zucchini, pecans, and currants. Scoop batter into pan and bake for 30 to 50 minutes or until a toothpick comes out clean. Makes 1 loaf.





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## Homemade Tahini

- 2 cups raw sesame seeds
- 1/8-1/4 cup olive oil

Preheat oven to 350 F. Spread sesame seeds in a large, shallow baking sheet, spreading as thin a layer as possible. Place in oven and gently roast seeds for 7-10 minutes, shaking the sheet a few times to stir the seeds. Do not let them brown. Seeds will become fragrant. Remove from oven and allow to cool for a few minutes. Place seeds in a food processor and begin to blend. Slowly add olive oil to seeds while blending until a smooth consistency, similar to peanut butter, is achieved. Keep leftover tahini in an airtight container in refrigerator for up to several months.

## Kale Chips

- 1 bunch kale, stems removed, torn into bite-size pieces
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat oven to 350 F. Drizzle kale with olive oil and massage oil into the kale. Spread out evenly on cookie sheet and sprinkle with sea salt. Place in oven for 10 minutes or until crispy. Serves 2.





Kale Guacamole

## Kale Guacamole

- 2 cups kale leaves, chopped
- 4 avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped
- ¼ cup red onion, minced
- 2 jalapeño chilies, finely chopped  
(wear rubber gloves when handling)
- Juice of 1 lime
- ¼ cup fresh cilantro, chopped

Place the kale leaves in a food processor and pulse until they are finely chopped. Place the avocado flesh in a large bowl. Add the salt and mash until desired texture is reached. Stir in the kale leaves and the remaining ingredients. Taste and adjust salt as needed. Serve immediately. Serves 2-4.



Zucchini Hummus

## Zucchini Hummus

- 2 medium zucchini
- ⅛-¼ cup olive oil
- 4-6 cloves garlic, minced
- ½ cup fresh lemon or lime juice
- ¾ cup sesame seeds
- ¾ cup tahini
- ¼ teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Sea salt

Place all ingredients in a food processor and process until smooth. Serves 4-6.

## Baba Ganoush (Eggplant Dip)

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- 2 eggplant globes (about 2 pounds)
- 3 tablespoons olive oil
- 2 tablespoons tahini
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 2½ tablespoons fresh lemon juice plus additional to taste
- ¾ teaspoon sea salt plus additional to taste
- Cayenne pepper to taste
- 1 tablespoon fresh cilantro, chopped

Preheat the oven to 375 F. Cut the eggplant in half lengthwise and brush with olive oil. Place on a baking sheet, cut side down, and roast until very tender, about 35 minutes. Place the eggplant in a colander to drain and cool for 15 minutes, then scoop the flesh out of the skin. Combine the eggplant with all the remaining ingredients except the cilantro. Pulse in a food processor until the eggplant is smooth but retains some of its texture.

Allow the baba ganoush to sit for 1 hour at room temperature, then season it to taste with additional lemon juice, salt, and cayenne. Toss in cilantro and serve with raw vegetables. Serves 2-4.

## 3-Ingredient Frozen Pops

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- 1 banana
- ⅓ of a whole pineapple, cut in chunks
- ⅓ cup unsweetened coconut milk

Blend all ingredients in a blender until smooth. Pour into 4 popsicle molds and freeze for 2-3 hours or overnight. Serves 4.







Nice-Cream Sundae

## Detox-Style Banana Peanut Butter Nice-Cream Sundae

- 1 ripe banana, frozen, cut into pieces
- 2 heaping tablespoons of creamy natural peanut butter
- 2 heaping scoops of SP Detox Balance

Blend all ingredients until the mixture becomes smooth and creamy (may take 1-5 minutes). For toppings, a drizzle of natural date syrup, sliced bananas, chopped nuts like peanuts, or chopped seeds like sunflower seeds make great additions. Serves 1.

*This counts as one serving of SP Detox Balance - it can be used to replace a shake*



Quinoa Flatbread

## Multi-Seed Quinoa Crackers & Flatbread

- 1 cup quinoa
- 1 cup water
- 1 tablespoon sesame seed
- 1 tablespoon pumpkin seed
- 1 tablespoon chia seed

Soak quinoa in hot water for 15 minutes or cold water overnight. Drain and rinse. Using a blender, puree mixture into a thick, creamy, pancake-like batter (3-4 minutes). Add more water if needed to loosen batter. Finally, add seeds to batter, and gently fold in - do not blend batter once seeds are added. Preheat oven to 425 F. Pour batter onto a parchment lined baking sheet. Top with additional seeds if desired, and bake for 15 minutes on the other side. Allow additional time as necessary to complete browning. Crust should be firm and crisp to the touch on the top and bottom. Let cool completely before serving. Serves 4.



## Avocado Mango Salsa

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- 2 avocados
- 1 cup mango, peeled, cubed
- ¼ cup onion, peeled, chopped
- ¼ cup fresh cilantro, stems removed
- ½ medium orange, peeled
- 1 teaspoon sea salt

Place all ingredients into blender and blend for 10-20 seconds or until desired consistency. Serve chilled. Serves 4.



## Strawberry and Mango Delight

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- 16 ounces fresh strawberries, diced
- 2 mangoes, peeled and diced
- 1 lime

Combine strawberries and mangoes in a medium-sized bowl. Zest lime and add the zest to strawberries and mangoes. Mix well. Juice the lime and add the juice to the fruit mixture. Mix well. Let stand for 15 minutes before serving. Serves 4-6.





Summer Squash Soup



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## Vegetable and Quinoa Soup

- 2 tablespoons olive oil or coconut oil
- 2 cloves garlic, crushed
- 2 onions, chopped
- 3 leeks, trimmed and sliced
- 5 celery stalks, chopped
- 1 cauliflower, trimmed and cut into small florets
- 4 cups water
- 1 cup quinoa, rinsed and cooked
- 1 teaspoon cumin
- 3 tablespoons parsley, chopped

Heat oil in pan with garlic, onions, leeks, celery, and cauliflower. Cook over low heat for 20 minutes, stirring occasionally. Add water and bring to boil. Reduce heat and add the quinoa and seasonings. Simmer for 10 minutes or until vegetables are tender. Serves 4.

## Summer Squash Soup

- 2 tablespoons olive oil
- 2 medium onions, sliced
- 1 pound summer squash, sliced or cubed
- 1 head garlic, chopped
- 5 cups vegetable or chicken broth
- 1 teaspoon fresh lemon juice
- Ground pepper

Sauté onion, squash, and garlic in olive oil until golden. Add broth and lemon juice, and season with pepper to taste. Simmer 10-15 minutes until tender. Place in blender and blend 30-45 seconds until smooth. Serves 2-4.

## Carrot and Lentil Soup

- 1¼ cups red lentils
- 3 tablespoons butter or ghee
- 1 red onion, chopped
- 1 clove garlic, chopped
- 2 tablespoons sun-dried tomato purée
- 1 pound carrots, grated
- 3 quarts chicken or vegetable stock
- Fresh cilantro, chopped

Rinse and drain the lentils, then set aside. Heat the butter with the onion and garlic, cooking for 4-5 minutes. Add the sun-dried tomato purée and cook for 1 minute. Add carrots, lentils, and stock and bring to a boil. Cook at a rapid simmer for 40 minutes or until the lentils are soft.

Spoon the soup, in batches, into a food processor/blender and process until smooth. Return the soup to a clean pan and cook over a low heat for a few minutes or until heated through. Serve in bowls topped with fresh cilantro. Serves 4.

## Roasted Garlic and Sweet Potato Soup

- 6 medium sweet potatoes, peeled and sliced
- 1 head garlic
- 1 medium onion, chopped
- 2 tablespoons olive oil, divided
- 6 cups chicken broth
- 1 cup water

Preheat oven to 350 F. Rub potatoes with 1 tablespoon olive oil and place on baking sheet. Wrap a head of garlic in aluminum foil and place on baking sheet with potatoes. Bake for 30 minutes or until potatoes are soft. Heat remaining oil in a medium sauté pan with the onion until onion is translucent, about 3 minutes. In a blender or food processor, add onion, garlic, and about half of the potatoes. Purée mix thoroughly. Transfer to a large soup pan and add all remaining ingredients. Heat to a boil, then lower heat and allow to simmer for about 15 minutes. Serves 4.



Vegetable and Quinoa Soup



## Red Lentil and Squash Soup

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- ¼ cup olive oil
- 5 cloves garlic, minced
- 4 medium carrots, finely chopped
- 3 stalks celery, finely chopped
- 1 medium white onion, finely chopped
- 1 teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes
- ½ small butternut squash (about 1 pound), peeled, seeded, and finely chopped
- Kosher salt and freshly ground pepper to taste
- 6 cups chicken stock
- 1 cup red lentils
- Parsley (optional)
- Paprika (optional)

Heat oil in a 6-quart saucepan over medium-high heat. Add garlic, carrots, celery, and onion. Cook, stirring occasionally until slightly caramelized, 12-14 minutes. Stir in cumin, red pepper flakes, squash, salt, and ground pepper. Cook until squash is soft, approximately 15 minutes. Add chicken stock and lentils. Bring to boil. Reduce heat to medium-low; cook, loosely covered, until lentils are very tender, approximately 20 minutes. Let soup cool slightly. Working in batches, transfer soup to a blender or food processor and purée until smooth. Ladle soups into bowls. Garnish with parsley and paprika, if desired. Serves 6.

## Creamy Broccoli Soup

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- 2 tablespoons coconut oil
- 2 scallions, chopped
- 1 large red bell pepper, chopped
- 3 cloves garlic, chopped
- 1 large head broccoli, cut into florets
- 1 tablespoon dried basil leaves
- 2 cups chopped spinach, kale, turnip greens, collards, or Swiss chard
- 1 cup coconut milk
- 2 quarts vegetable or chicken broth
- 1 teaspoon sea salt
- 1 tablespoon curry powder

In large soup pan, melt coconut oil. Add scallions, red pepper, and garlic. Cover and cook over medium heat for 3-4 minutes. Add broccoli to soup. Continue to cook over medium heat until broccoli turns a bright green. Remove ¼ of the cooked broccoli and set aside. Add basil and other greens, cooking for another 3-4 minutes. Transfer vegetables (except ¼ cup broccoli that was set aside) into a food processor or blender. Add about ⅓ cup of the coconut milk and purée contents. Transfer the puree and reserved broccoli to the soup pan; add broth, sea salt, and curry powder. Stir and reheat gently until heated through. Serves 4.

## Basic Vegetable Soup

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- 1 tablespoon olive oil or coconut oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 4 celery stalks, chopped
- 1 medium zucchini, diced
- 2-3 carrots, chopped
- ½ head small green cabbage, chopped
- 6 cups vegetable broth
- 1 28-ounce can diced or crushed tomatoes
- ¾ cup fresh parsley, chopped
- 1 tablespoon dried dill weed
- Sea salt and ground pepper
- 1 bunch kale leaves, stems removed, chopped

Over medium heat, in a large pot add oil and sauté garlic, onion, and celery. When onions are translucent, add zucchini, carrots, and cabbage. Stir and heat for another 4-5 minutes. Add broth, tomatoes, parsley, dill, sea salt, and pepper. Let simmer for at least 30 minutes. About 5 minutes before serving, add kale and allow to simmer for few minutes until kale wilts. Serves 8.

## Country Quinoa Soup

---

- 1 tablespoon olive oil
- 2 cups onions, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, chopped
- 1½ tablespoons mild curry powder
- 2 teaspoons ground ginger
- ¼ teaspoon cayenne
- 1 apple, peeled and chopped (Granny Smith are best)
- 1 cup quinoa, rinsed
- 3 tablespoons dried currants or chopped raisins
- 2 cups tomatoes, chopped
- 6 cups vegetable broth
- ½ cup fresh cilantro, chopped
- Sea salt and pepper

In a large pot, heat oil over medium-high heat. Add onions and red pepper. Cook, stirring, for 6-8 minutes or until softened. Add garlic, curry powder, ginger, and cayenne. Cook an additional 30 seconds. Stir in apple, quinoa, currants, tomatoes, and broth. Bring to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes or until quinoa is tender. Stir in cilantro. Season to taste. Serves 6.



## Indian Yellow Lentil Soup With Spicy Mustard Seeds

- 1½ cups yellow lentils
- ½ teaspoon ground turmeric
- ½ teaspoon cumin
- 1 small dried red chili, seeded
- 2-4 cups vegetable stock (depending on thickness of soup)

Put the yellow lentils, turmeric, cumin, and chili in a pan and cover with 1 quart cold water. Bring to a boil. Simmer, covered, until lentils are tender. Purée in a blender, in batches if necessary. Transfer to a clean pan and stir in enough boiling stock to make a thick, soupy consistency. Reheat to just below boiling point, then taste and adjust seasoning to preference. Serve topped with a spoonful of spicy mustard seeds (recipe below). Serves 4.

Spicy mustard seeds:

- 3 tablespoons mustard oil, ghee, or butter
- 1 tablespoon mustard seeds
- 1 tablespoon cardamom seeds
- 1 onion, finely sliced
- 2 cloves garlic, crushed
- 1 red chili, cored and finely sliced (optional)

Heat oil in pan, adding mustard and cardamom seeds. Fry until they pop. Add the onion and cook until lightly browned. Add garlic and chili (if using) and stir-fry for about 1 minute to release the aromas.



Tortilla-Less Soup

## Tortilla-Less Soup

Soup base:

- 3 cups vegetable broth
- 1 tomato, halved
- 1 carrot, halved
- 1 stalk celery, halved
- 1 thin slice onion
- 1 clove garlic
- 1 thin slice yellow squash
- 1 thin slice red bell pepper
- 1 thin slice cabbage
- 1 mushroom
- Sea salt and ground pepper
- 1 teaspoon taco seasoning
- Dash of cumin

Optional:

- ½ cup cooked chicken breast, finely chopped
- ½ fresh jalapeño, finely chopped (wear rubber gloves when handling)
- ¼ cup olives, pitted and chopped

Place all soup base ingredients into a blender and secure lid. Blend for about 2 minutes until well-processed. Pour ingredients into a large pan and add optional ingredients. Heat to boil, then allow to simmer for 5 minutes. Serve immediately. Serves 2-4.

## Gazpacho

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- 3 cups fresh tomato juice
- $\frac{1}{3}$  cup red wine vinegar
- $\frac{1}{4}$  cup olive oil
- 2 large ripe tomatoes, quartered
- 1 cucumber, peeled and cut into chunks
- 1 small onion, quartered
- 1 bell pepper, quartered
- Dash hot sauce
- Sea salt and ground pepper

Place all ingredients in blender. Blend for 30-45 seconds. Season and serve immediately. Serves 4.



Gazpacho

## Basic Lentil Soup

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- 1 pound lentils
- 2 tablespoons olive oil or coconut oil
- $\frac{1}{4}$  cup onions, chopped
- $\frac{1}{2}$  cup carrots, shredded
- $\frac{1}{2}$  cup celery, chopped
- 2 tomatoes, diced
- 2 quarts chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Sea salt and ground pepper

Properly prepare lentils. In a large saucepan, sauté onions, carrots, and celery in oil until onions are caramelized, about 10 minutes. Add the remaining ingredients and cook 30-45 minutes or until tender. Serves 6-8.

## Thai Pumpkin Soup

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- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 tablespoon tomato paste
- 2½ cups canned pumpkin
- 2 tablespoons fresh ginger
- 1 clove garlic, chopped
- 3 cups chicken or vegetable broth
- 1 tablespoon green chilies, chopped
- ¾ cup coconut cream
- ¾ cup coconut milk
- 1 tablespoon fresh lemon juice
- Sea salt and ground pepper

Sauté onion in olive oil until soft. Add tomato paste, pumpkin, ginger, garlic, and broth. Combine until thoroughly heated and place in blender. Add chilies, coconut cream, coconut milk, and lemon juice. Blend for 30 seconds. Season with sea salt and pepper to taste. Serve immediately. Note: If a less sweet soup is desired, omit coconut cream and increase coconut milk to 1½ cups. Serves 2-4.



Thai Pumpkin Soup

## Avocado Vegetable Soup

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Soup base:

- 2 cups vegetable broth
- 5 tomatoes, quartered
- ⅓ bunch cilantro, stems removed
- 1 clove garlic
- ½ teaspoon ground pepper
- ½ avocado
- ½ lime

Optional:

- ½ cooked chicken breast, finely chopped
- ½ jalapeño, chopped (wear rubber gloves when handling)

Place all soup base ingredients in blender. Blend for about 1 minute until desirable consistency. Pour into saucepan and add any optional ingredients. Bring to a boil, then reduce heat and allow to simmer for 5 minutes. Serves 2-4.



## Spinach, Quinoa, and Broccoli Bisque

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- 1 tablespoon olive oil
- 1½ onion, chopped
- 2 cloves garlic, minced
- 2½ teaspoons dried basil
- Sea salt and ground pepper
- 1½ pounds broccoli, coarsely chopped
- ½ cup quinoa, rinsed and cooked
- 6 cups vegetable or chicken broth
- 6 cups packed fresh spinach

In a large pot, heat oil over medium heat. Add onions and cook for 5-6 minutes until softened. Add garlic, basil, sea salt, and pepper. Cook for an additional 30 seconds. Stir in broccoli, quinoa, and broth. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 15 minutes. Stir in spinach and simmer for 3-4 minutes or until broccoli is tender. Working in batches, transfer soup to a food processor and purée until smooth. Return to pot and warm to desired temperature. Serves 6.

## Swiss Chard, Sweet Potato, and Quinoa Soup

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- 2 teaspoons olive oil
- 2 cups onion, chopped
- 2 pounds sweet potatoes, peeled, cubed
- ¾ cup quinoa, rinsed
- 5 cups vegetable or chicken broth
- 6 cups packed Swiss chard, tough stems removed, chopped
- 2 tablespoons fresh lemon juice
- Sea salt and ground pepper
- ½ cup basil pesto

In a large pot, heat olive oil over medium heat. Add onions and cook for 5-6 minutes until softened. Stir in sweet potatoes, quinoa, and broth and bring to a boil. Reduce heat to low and add cover but leave lid ajar. Simmer for 20-25 minutes until sweet potatoes are very tender but not falling apart. Stir in Swiss chard, cover, and simmer for 5 minutes until greens are wilted. Stir in lemon juice and season to taste. Serve in bowl topped with a dollop of pesto. Serves 6.



## Spicy Sun-Dried Tomato Soup With Swiss Chard

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- 2 tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon red pepper flakes
- 1 medium onion, chopped
- 2 medium carrots, sliced
- 2 stalks celery, chopped
- 1 small zucchini, sliced
- 1 pound fresh portobello mushrooms, chopped
- ½ teaspoon fresh rosemary, chopped
- 2 cups vegetable broth
- 2 pounds fresh tomatoes, diced
- ½ cup sun-dried tomatoes, chopped (oil reserved)
- Sea salt and pepper
- ½ bunch Swiss chard, chopped
- ½ teaspoon fresh thyme, chopped
- 1 cup fresh basil, chopped

Heat oil in large saucepan over medium heat. Add garlic and red pepper flakes, and cook for 1 minute until garlic is fragrant. Stir in onion, carrots, celery, zucchini, mushrooms, and rosemary. Cook for 10-15 minutes until onions are soft. Add broth and tomatoes and stir. Take 1 cup of the mixture and put into a blender along with sun-dried tomatoes and the reserved oil. Purée until smooth, and then add back into the soup. Season to taste with sea salt and pepper. Simmer 10 minutes. Add Swiss chard and thyme. Simmer for about 5 minutes until chard is wilted. Remove from heat and stir in basil. Serves 8.







Lemon Pepper Asparagus



# Vegetarian Main Dishes

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## Asian Seaweed Salad

- 1 ounce arame seaweed
- 8 ounces radishes, thinly sliced into rounds
- 1 small cucumber, halved, seeded, and cut into half moons
- 3½ ounces sugar snap peas, thinly sliced
- 1 scallion, shredded
- 2 teaspoons toasted sesame seeds

### Dressing:

- 2 tablespoons olive oil
- 2 teaspoons sesame oil
- 4 teaspoons white wine vinegar
- 2 teaspoons tahini (ground sesame seeds)

Put the arame in a sieve and rinse under cold water. Put in a bowl and cover with more cold water. Leave to soak for 5 minutes. The arame should double in volume. Drain and put in a pan.

Cover the arame with cold water and bring to boil. Reduce the heat and simmer for 20 minutes until tender. Drain. Mix the dressing ingredients together. Combine arame, radishes, cucumber, and sugar snap peas in a serving bowl. Spoon the dressing over and sprinkle with the scallion and sesame seeds. Serves 4.

## Arugula Spinach Salad

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- 3 cups fresh spinach
- 1½ cups fresh arugula
- ½ cup sun-dried tomatoes, chopped
- ¼ cup red bell pepper, chopped

Mix all ingredients together. Top with balsamic vinaigrette dressing

## Warm Kale With Beets and Ginger

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- 2 tablespoons olive oil or coconut oil
- 2 tablespoons fresh ginger, chopped
- 2 oranges, zested then peeled and cut into sections
- 2 cloves garlic, chopped
- 10 cups kale, stems removed, chopped
- 4 beets, steamed and sliced
- ¼ cup chopped pistachios or walnuts (optional)

In a large skillet, heat the oil over medium heat. Add ginger, orange zest, and garlic. Cook, stirring often, until the mixture becomes fragrant and the orange zest begins to brown, about 1 minute. Add the kale, press it down, and cook for 2-3 minutes, stirring occasionally and continuing to press down until the kale wilts. Transfer to a large platter and top with the beets, orange sections, and pistachios. Serve immediately. Serves 4.



## Turkish Quinoa Pilaf

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- ⅔ cup quinoa, rinsed, any flavor
- 2 cups vegetable stock
- 2 tablespoons olive oil or coconut oil
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 1 red bell pepper, diced
- ¾ cup chickpeas, drained and rinsed
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Seeds from 3 cardamom pods, crushed
- 2 handfuls fresh cilantro, chopped
- 10 dried apricots, roughly chopped
- Handful fresh mint, chopped
- 2 teaspoons ground coriander
- Sea salt and ground black pepper

Put the quinoa in a pan and cover with the stock. Bring to boil, then cover and allow to simmer for 10-15 minutes until tender. Drain and set aside.

In another pan, add oil and onion and cook over medium heat for 5 minutes, stirring occasionally. Add garlic, bell pepper, and chickpeas, and cook for another 3 minutes. Add cloves, turmeric, cumin, cardamom, cilantro, and apricots.

Continue to cook for 1 minute before adding the cooked quinoa. Stir until combined and heated through. Season with mint, coriander, salt, and ground pepper. Serves 4.

## Sweet Potato and Spinach Curry With Quinoa

---

- 1 cup quinoa, rinsed
- 3½ cups vegetable broth, divided
- 2 teaspoons olive oil
- 1 large onion, thinly sliced
- 2 tablespoons mild curry powder
- ⅛ teaspoon cayenne pepper
- 2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1½ cups coconut milk
- 8 cups (packed) fresh spinach
- 1 tablespoon fresh lime juice
- Sea salt and pepper

In a medium saucepan, combine quinoa and 2 cups of the broth. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 12-15 minutes or until liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

Meanwhile, in a large saucepan, heat oil over medium-high heat. Add onion and cook, stirring, for 6-8 minutes or until softened. Add curry powder and cayenne; cook, stirring for 30 seconds.

Stir in sweet potatoes and the remaining broth. Bring to a boil. Reduce heat and boil for 12 minutes. Add coconut milk, reduce heat, and simmer. Cook an additional 3-7 minutes until sweet potatoes are tender. Stir in spinach and lime juice; simmer for 1-2 minutes or until spinach is wilted. Season to taste. Serve over quinoa. Serves 6.

## Quinoa-Stuffed Peppers

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- 1 teaspoon olive oil
- 1 pound cremini or button mushrooms, chopped
- 1 cup (packed) fresh parsley, chopped
- 2 teaspoons oregano
- 2½ cups quinoa, rinsed and cooked
- 1 cup tomatoes, fire roasted, diced
- Sea salt and pepper
- 6 red or green bell peppers, tops cut off and saved, seeds removed

Preheat oven to 350 F. In a large skillet, heat oil over medium-high heat. Add mushrooms and cook, stirring, for 4-5 minutes or until tender. Add parsley and oregano and cook, stirring for 1 minute. Add quinoa and tomatoes and cook, stirring for 3 minutes. Season to taste with salt and pepper.

Spoon about ¾ cup quinoa mixture into each bell pepper. Place stuffed peppers in a baking dish, tucking the tops beside each pepper.

Bake for 25-30 minutes or until peppers are soft. Place tops on stuffed peppers before serving. Serves 6.





## Mushroom Salad

---

- 2 pounds medium-sized mushrooms, stems trimmed
- 4 teaspoons parsley, chopped
- ½ teaspoon sea salt
- ¼ teaspoon ground pepper
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 4 tablespoons onion, grated with juice reserved
- 3 cloves garlic, chopped
- 2 teaspoons whole-leaf stevia powder
- ½ cup olive oil
- ½ cup apple cider vinegar
- 2 cups olives, drained and pitted
- 2 cups cherry tomatoes

In a large saucepan, boil 4 cups water. Put in mushrooms and simmer for about 5 minutes. Drain and arrange in a large shallow baking dish. Combine remaining ingredients except for olives and tomatoes. Add to the mushrooms, cover, and refrigerate for at least 12 hours, stirring occasionally. Before serving, stir in olives and tomatoes. Serves 4-6.

## Lemon Pepper Asparagus

---

- 2 tablespoons coconut oil
- 3 pounds fresh asparagus, chopped, tough ends discarded
- 2 cloves garlic, chopped
- ¼ cup fresh lemon juice
- Zest from lemon
- Salt and pepper

In a large skillet, heat oil over high heat. Stir-fry asparagus and garlic until crisp yet tender. Reduce heat to medium. Add lemon juice, zest, salt, and pepper. Cover and let steam for 2-3 minutes. You may steam up to 10 minutes to yield a soft, delicate flavor. Serves 4.

## Faux-Tatoes

---

- 1 medium head cauliflower (about 1½ pounds)
- ½ cup butter
- 1 clove garlic, minced
- Pinch dried thyme
- 1 teaspoon sea salt
- Pepper

Steam cauliflower in steamer basket or small amount of water in saucepan until tender. Drain.

In food processor or blender, blend cauliflower, butter, garlic, thyme, sea salt, and pepper to taste until smooth. Serves 4.



## Quinoa and Greens

---

- 1 cup quinoa, rinsed and cooked
- 1 tablespoon olive oil or coconut oil
- 10 cups (packed) kale, stems removed, chopped
- 3 cloves garlic, chopped
- ½ teaspoon red chili flakes
- 2 cups vegetable broth
- Zest and juice of 1 lemon
- ½ teaspoon nutmeg
- Sea salt

Heat a large skillet over high heat and add the oil. Add the kale, garlic, and red chili flakes and cook for 3-4 minutes or until the kale wilts. Add broth and cook for another minute. Add the quinoa and cook for another minute, stirring once or twice until the quinoa is well mixed in. Simmer until ⅓ of the liquid is evaporated. Stir in lemon, nutmeg, and salt to taste. Serve immediately. Serves 4.

## Quick Sauerkraut

---

- 1 head green cabbage, outer leaves removed, thinly sliced
- ½ cup distilled white vinegar
- 1 tablespoon sea salt
- 1¼ cups water

In a medium saucepan, combine all ingredients. Cover and cook over medium heat until cabbage is tender, about 30 minutes. Add more water if necessary. Store in the refrigerator up to 2 weeks. Makes 6 cups.

## Herbed Carrot and Beet Salad

---

- 8 carrots, peeled and shredded
- 3 beets, peeled and shredded
- 2 cloves garlic, minced
- ⅓ cup fresh cilantro, chopped
- ⅓ cup white wine vinegar

In a bowl, combine the carrots, beets, garlic, and cilantro. Add the vinegar and toss to mix thoroughly. Cover and refrigerate for at least 1 hour to allow the flavors to marinate thoroughly. Serves 4.

## Oven-Roasted Okra

---

- 1 pound whole okra (less than 3 inches is best)
- ¼ cup olive oil
- 2 tablespoons cumin
- Sea salt and ground pepper
- ¼ teaspoon cayenne pepper

Preheat oven to 400 F. Toss okra in olive oil to coat and place onto a baking sheet. Combine all dry spices and sprinkle over okra, mixing well. Bake for 5-7 minutes, then turn onto other side. Bake for another 3-5 minutes or until pods are softened.

## Okra Stew

---

- 1¼ pounds fresh okra (less than 3 inches is best)
- 1 teaspoon ground pepper
- ½ teaspoon cumin
- ¼ teaspoon sea salt
- ½ teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ red bell pepper, chopped
- 1 large onion, chopped
- 1½ pounds tomatoes
- 1 cup vegetable or chicken stock
- 1-2 chicken breasts, cooked, chopped (optional)

Trim stems off the okra and cut crosswise into halves. In a small bowl, combine pepper, cumin, sea salt, oregano, and thyme, and mix well. In a large saucepan over medium heat, sauté garlic, red pepper, and onion in olive oil until softened, about 5 minutes. Add the okra, tomatoes, broth, spices, and optional chicken. Stir. Keep on medium heat for 20-25 minutes or until okra is tender. Serve immediately. Serves 2-4.





## Moroccan 7-Vegetable Dish With Quinoa

---

- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- Pinch saffron threads
- ½ teaspoon ground cinnamon
- Sea salt and pepper
- 2 cloves garlic, crushed
- 1 tablespoon fresh ginger, grated
- 1 onion, thinly sliced
- Zest and juice of 1 lemon
- 2 carrots, diced
- 3-4 ounces sweet potato, cubed
- 2½ cups boiling water
- 1 pound butternut squash, peeled and diced
- 1 cup dried apricots
- 2 zucchinis, thickly sliced
- 2 tomatoes, quartered
- 1 eggplant, diced
- 1 teaspoon olive oil
- 1½ cups quinoa, rinsed and cooked

Preheat oven to 400 F. In a large saucepan, mix dried spices with garlic, ginger, onion, and the zest and juice of lemon. Add carrots, sweet potatoes, and boiling water. Stir well and bring to a simmer. Cover and cook for 5 minutes. Add butternut squash and apricots, cover, and cook another 10 minutes. Add the zucchini and tomatoes, cover, and cook for another 5 minutes.

Toss the eggplant with the olive oil. Spread on a baking sheet and roast for 15 minutes or until softened and golden-brown. Mix the roasted eggplant with the cooked vegetables. Serve with quinoa. Serves 4.

## Stuffed Sweet Potato With Cucumber Mango Salsa

---

- 2 large sweet potatoes
- 2 cups chicken broth
- 1 cup uncooked quinoa, rinsed
- ½ teaspoon coconut oil or butter
- 1 cup chopped lettuce (Butter lettuce is a good option)
- Sea salt and ground pepper to taste

Salsa:

- 1 baby cucumber, diced
- ½ mango, peeled and diced
- 8 small yellow or red cherry tomatoes, diced
- 2 teaspoons fresh cilantro, finely chopped
- ½ red pepper, chopped
- ½ lime, juiced
- Sea salt and ground pepper to taste

Preheat oven to 375 F. Wrap sweet potatoes individually in foil and place on a baking sheet in the oven for 45-60 minutes. While potatoes are baking, prepare quinoa: Bring chicken broth to a boil in a saucepan and then add quinoa. Cover with lid. Let boil for 15 seconds and then reduce heat to low. Simmer for 15-18 minutes. When most of the broth is gone, the quinoa is done. Fluff with a fork and add salt, pepper, or other spices. Place in a bowl and set aside.

For the salsa, combine in a bowl: cucumber, mango, tomatoes, cilantro, red pepper, lime juice, and salt and pepper to taste. Cut open sweet potatoes and add coconut oil or butter. Stack with a layer of quinoa and a layer of lettuce. Top with salsa.

## Quinoa Tabbouleh

---

- 4 cups quinoa, rinsed and cooked
- 1 large cucumber, peeled, seeds removed, diced
- 2 cups tomatoes, chopped
- 1 cup (packed) fresh parsley, chopped
- $\frac{3}{4}$  cup (packed) fresh mint leaves, chopped
- $\frac{3}{4}$  cup onion, chopped
- 2 teaspoons cumin
- $\frac{1}{4}$  cup fresh lemon juice
- 3 tablespoons olive oil
- Sea salt and ground pepper

In a large bowl, combine all ingredients. Cover and chill for 30 minutes. Serves 4-6.

## Lemony Brussels Sprouts Quinoa Salad

---

- 1 pound Brussels sprouts, trimmed, outer leaves removed
- Ice water
- 2 cups quinoa, rinsed and cooked
- Sea salt and ground pepper

Dressing:

- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon whole-leaf stevia powder
- 1 tablespoon Dijon mustard

Place Brussels sprouts in a steamer basket set over a large saucepan of boiling water. Cover and steam for 5-6 minutes or until tender yet crisp and still bright green. Transfer to a large bowl of ice water to stop the cooking. Drain and pat dry with towel. Using a very sharp knife or a mandolin, thinly slice Brussels sprouts lengthwise. In a small bowl, whisk together lemon zest, lemon juice, olive oil, stevia, and mustard. In a large bowl, combine Brussels sprouts and quinoa. Add dressing gently to coat. Season to taste. Cover and refrigerate for 30 minutes until chilled. Serves 3-4.



## Asian Slaw With Warm Ginger Lime Dressing

---

- 6 cups thinly sliced cabbage, any variety
- 2 medium carrots, peeled and cut into very thin matchsticks
- 1 apple, peeled and cut into thin matchsticks
- ½ teaspoon sea salt
- 3 tablespoons apple cider vinegar
- 2 tablespoons plus 1 teaspoon fresh lime juice
- 2 tablespoons water
- 1 tablespoon whole-leaf stevia powder
- 2 tablespoons olive oil
- 1 large red onion, thinly sliced
- Sea salt
- 1 tablespoon plus 2 teaspoons fresh ginger, minced
- ½ cup (packed) fresh cilantro, stems removed, divided

In a large bowl, combine cabbage, carrots, and apple. Sprinkle with salt to taste. In a small bowl, whisk together vinegar, lime juice, 2 tablespoons water, and stevia. In a skillet, heat oil over medium heat. Add onion and salt and cook 6-8 minutes until onion is browned. Add vinegar mixture and ginger, then cook for another 30 seconds. Remove from heat. Add onion mixture to cabbage mixture. Toss until well combined and cabbage begins to wilt. Add half of the cilantro leaves and toss to combine. Let this stand for about 5 minutes, then serve, garnished with remaining cilantro. Serves 6.

## Avocado Chimichurri on Cucumber Slices

---

- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ½ teaspoon sea salt
- ½ teaspoon dried oregano
- ¼ teaspoon ground pepper
- ¼ cup olive oil
- ¼ cup (packed) fresh, cilantro, chopped
- ¼ cup (packed) fresh, parsley, chopped
- 2 avocados, cubed
- 2 cucumbers, sliced

Combine lemon juice, vinegar, garlic, sea salt, oregano, and pepper in a small bowl. Whisk in olive oil, then stir in cilantro and parsley. Gently fold in avocado cubes. Spoon onto cucumber slices and enjoy. Can also be put on a bed of spinach or fresh lettuce as a nice salad. Serves 2.





## Sunflower Seed Veggie Burger

---

- 1 small or medium onion, chopped
- 1-2 cloves garlic, chopped
- 1-2 tablespoons vegetable broth
- 8-10 ounces mushrooms, coarsely chopped
- Seasonings: salt; ground pepper; and parsley flakes, basil, oregano, and/or cilantro
- ½ cup quinoa flakes
- ¼ cup nutritional yeast
- ¼ cup raw sunflower seeds
- 1 tablespoon tahini
- 1 tablespoon olive oil

Sauté the onions and garlic in vegetable broth until translucent, approximately 5 minutes. Add the mushrooms and seasonings and cook until very tender, about 10 minutes. (You want as much water as possible to cook out of the mushrooms.) Remove mixture from heat, drain liquid, and cool about 5 minutes. Add mushroom mixture to food processor; add nutritional yeast, quinoa flakes, sunflower seeds, and tahini. In a food processor, combine mushroom mixture, quinoa, nutritional yeast, sunflower seeds, and tahini to create a firm, sticky mixture. Refrigeration isn't necessary, but it might speed the firming process. Form mix into three balls, greasing hands with a little olive oil if needed. Flatten into patties and either cook in a skillet on medium heat with olive oil about 5 minutes per side or grease pan with olive oil and bake at 350 F for approximately 30 minutes, flipping after the first 20 minutes. Serves 3.

## Raw Kale Salad With Root Vegetables

---

- 2 (12-ounce) bunches kale, stems removed, leaves cut into thin strips
- 2 tablespoons olive oil or nut oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon sea salt
- 1 medium turnip, peeled, grated
- ½ medium rutabaga, peeled, grated
- 1 medium beet (red or golden), peeled, grated
- 1 medium carrot, grated
- 2 green onions, cut thin on diagonal
- 1 cup raw pecans, whole (optional)

### Dressing:

- 2 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon whole-leaf stevia powder
- Sea salt and ground pepper (optional)

Place kale in a large bowl and pour olive oil, vinegar, and sea salt over top. Gently massage mixture into kale about 2-3 minutes by hand or until kale starts to wilt. Let rest 30 minutes. Stir turnip, rutabaga, beet, carrot, and green onions into kale mixture.

Prepare dressing by whisking together all dressing ingredients. Season with salt and pepper if desired. Add dressing to kale salad and toss thoroughly. Garnish with pecans if desired. Serves 6.

## Sweet Potato and Quinoa Salad

---

- 2 medium sweet potatoes, diced
- 1 large red bell pepper, diced
- 1 teaspoon grape seed oil
- Pinch sea salt plus additional (to taste)
- 1 cup quinoa, rinsed and uncooked
- 1 clove garlic, minced
- 2 cups vegetable broth
- 2 avocados, cubed
- Fresh parsley to taste
- Ground pepper

### Dressing:

- ½ cup minced red onion/shallots combo (proportion is personal preference)
- 2 teaspoons extra-virgin olive oil
- Juice of 1 lime
- Juice of 1 lemon, more if desired
- ¼ teaspoon cayenne
- ⅛ teaspoon sea salt

Preheat oven to 350 F. Toss diced sweet potato and half of the bell pepper with grape seed oil and pinch sea salt. Spread in a single layer on a cookie sheet and roast in oven about 35-40 minutes until soft and slightly caramelized. Meanwhile, in a medium saucepan combine quinoa, garlic, and broth. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer 12-15 minutes or until liquid is absorbed. Remove from heat and let stand (covered) 5 minutes, then transfer to a bowl to cool. Combine all dressing ingredients and marinate until everything has finished cooking. When the sweet potatoes and bell pepper are done roasting, let them cool slightly, then add the sweet potatoes and red bell peppers (including the raw half) to the quinoa. Add the dressing and thoroughly toss. If more moisture is desired, add more lemon juice and olive oil to taste. Add avocado and parsley. Toss thoroughly. Add sea salt and ground pepper to taste. Serves 6-8 as side dish or serves 3-4 as main dish.

## Cabbage Steak

---

- 1 head cabbage, sliced into ½-inch “steaks”
- ½ tablespoon coconut oil or more if needed
- Sea salt, as desired
- Ground pepper, as desired
- 8-10 ounces mushrooms, sliced
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon olive oil

Preheat oven to 350 F. Slather cabbage steaks with coconut oil and sprinkle with sea salt and pepper. Place cabbage steaks on cookie sheet and bake for 30 minutes. Turn cabbage steaks over and bake for another 20 minutes. Sauté mushrooms, onion, and garlic in olive oil. Serve over top of the cabbage steak. To make a complete dinner, serve with mashed cauliflower and green salad. Serves 2.

## Avocado Lemon Spaghetti Squash

---

- 1 spaghetti squash
- 1 tablespoon olive oil, divided
- Sea salt and ground pepper to taste
- 1 avocado
- 1 garlic clove
- ½ lemon or less if desired

Preheat oven to 350 F. Cut the spaghetti squash in half lengthwise and scoop out the center seeds. Cover the interior of each squash portion evenly with ½ tablespoon of olive oil. Add salt and pepper to your liking. Bake for 1 hour. Meanwhile, zest and juice lemon. In a food processor, combine avocado, garlic, and lemon zest and juice. Process until smooth. Scoop avocado mixture evenly into each portion of baked spaghetti squash.



Mediterranean Salmon



# Fish and Seafood Main Dishes

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## Mediterranean Salmon

- 2 tomatoes, chopped
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ cup olives, pitted, chopped
- ¼ cup red onions, chopped
- 2 tablespoons capers, drained
- Sea salt and ground pepper
- 1 tablespoon coconut oil
- 4 (6-ounce) salmon fillets
- ⅓ cup fresh basil, chopped

In a medium bowl combine tomatoes, olive oil, vinegar, olives, onion, capers, salt, and pepper. Set aside. In a sauté pan, heat oil at medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through. Add basil to reserved tomato mixture. Serve with salmon. Serves 4.

## Steamed Salmon, Spinach, and Fennel Salad

Salad:

- 1 large fennel bulb
- ½-1 pound salmon fillet
- 1 bunch spinach, washed, chopped
- ½ red onion, cut into thin rounds
- ½ cup fresh basil, chopped

Dressing:

- ¼ cup olive oil
- 2-3 tablespoons apple cider vinegar
- 2-3 tablespoons fresh orange juice
- Zest from 1 orange
- ½ teaspoon cinnamon
- Sea salt

Cut the green stalks from the fennel bulb and place them into a large skillet. Fill the pan with water until it reaches the tops of the fennel, about ½-1 inch of water, and place the salmon fillet over the top of the fennel. Cover the skillet and steam fish over medium heat for about 10-15 minutes or until salmon is cooked through. Meanwhile, trim the ends off of the fennel bulb and thinly slice it into small strips. Place the sliced fennel, spinach, red onion, and basil into a large bowl and toss. In another small bowl, combine the ingredients for the dressing and whisk well. Once the salmon is done cooking, remove the skin and discard along with the used fennel tops. Break the flesh into small pieces and place in the salad. Top with dressing and toss gently. Serve immediately. Serves 2-4.

## Baked Flounder

---

- 3 tablespoons olive oil or coconut oil
- 2 tablespoons water
- 2 tablespoons fresh lemon juice
- Sea salt and ground pepper
- 1 pound flounder fillets
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh cilantro, chopped

Preheat oven to 450 F. Put oil, water, lemon juice, salt, and pepper in shallow baking dish. Coat both sides of the fish and allow to marinate for at least 15 minutes in refrigerator. Bake in oven 10 minutes per side or until fish flakes easily with fork. Remove fish from pan. Sprinkle parsley and cilantro over fish and serve immediately. Serves 4.

## Cajun Salmon

---

- Olive oil or coconut oil
- 2 medium-sized salmon fillets
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- 2 teaspoons oregano
- Sea salt and ground pepper

In a medium sauté pan, heat oil at medium-high heat. In a small bowl, combine the spices. Turn the salmon fillets in the spices, covering all sides. Place the salmon fillets (skin side under) in pan. Cook for 3-5 minutes before turning over. Cook another 3-4 minutes or until done. Serves 2.

## Baked Sea Bass With Vegetables

---

- 1 tablespoon olive oil or coconut oil
- 4 sea bass fillets
- 2 cloves garlic, chopped
- 1 onion, sliced
- 4 cups spinach leaves
- 10 baby carrots
- ⅛ cup green onions, chopped
- ⅛ cup green peppers, diced
- 1 zucchini, sliced
- 1 sweet potato, cooked, sliced in ¼ inch slices
- 1 teaspoon dried dill weed
- Sea salt and pepper

Preheat oven to 350 F. Massage oil into the fillets, then place fillets in baking dish. Lay all remaining ingredients except dill weed, salt, and pepper over fillets. Sprinkle with dill weed and salt and pepper to taste. Cover dish with aluminum foil and bake for approximately 30 minutes or until vegetables are soft and fillets flake easily. Serves 4.

## Sea Bass With Garlic and Thyme

---

- 4 medium sea bass fillets
- Sea salt and ground pepper
- ¼ teaspoon thyme
- 3 tablespoons olive oil or coconut oil
- 4 cloves garlic, chopped
- 1 lemon, sliced, and fresh lemon juice (if desired)

Season sea bass fillets with sea salt, pepper, and thyme. Heat oil and garlic in sauté pan over medium heat. Add fillets and continue cooking for 3-4 minutes. Flip and cook the other side for another 3-4 minutes or until cooked through and fish flakes easily with a fork. Serve with lemon slices and freshly squeezed lemon juice. Serves 4.

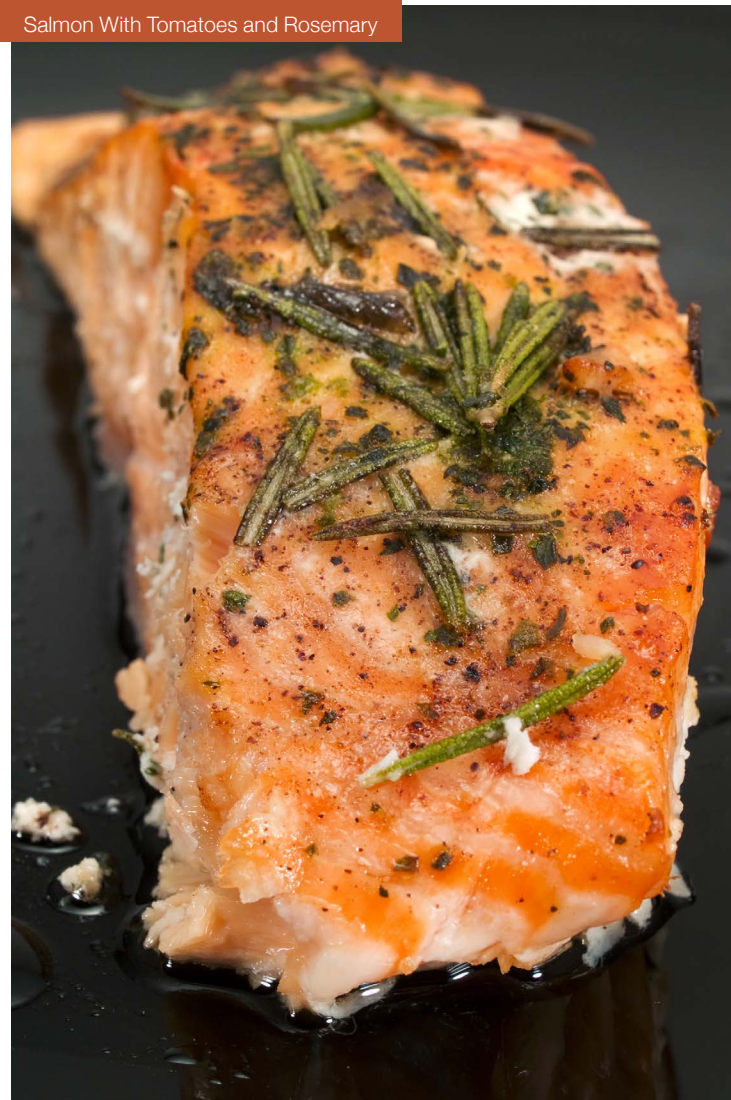
## Salmon With Tomatoes and Rosemary

---

- 4 salmon fillets
- Sea salt and pepper
- 4 teaspoons olive oil, divided
- 1 teaspoon fresh lemon juice, divided
- 2 lemons, sliced
- 4 sprigs rosemary
- 3 medium tomatoes, chopped

Preheat the oven to 475 F. Cut 4 pieces of nonstick aluminum foil, each 12 inches long. Rub each fillet with salt, pepper, 1 teaspoon oil, and ¼ teaspoon lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices, then surround with chopped tomatoes. Draw up the sides of the foil and seal the packets well, leaving room around the ingredients so they can steam. Put packets on a baking sheet and bake 12-15 minutes or until the salmon is cooked. Spoon into soup plates and serve immediately. Serves 4.

Salmon With Tomatoes and Rosemary







Stuffed Bell Peppers

# Beef Main Dishes

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## Quick Homemade Beef Stew

- 1 tablespoon olive oil or coconut oil
- ¼ cup onion, chopped
- 1 clove garlic, minced
- 3 stalks celery, chopped
- 6 cups beef broth
- 1 cup carrots, shredded
- Fresh or dried parsley, as desired
- Sea salt and ground pepper
- Leftover pot roast (or any cut of precooked meat)
- 1 bunch kale, Swiss chard, or spinach, chopped

In a large skillet, heat oil over medium heat. Sauté onion, garlic, and celery until tender. Add all other ingredients except the greens to pot. Slowly cook for at least 30 minutes, adding greens just before end of cook time. Serves 4.

## Gluten-Free Veggie Meat Loaf

- 1 tablespoon olive oil
- 1 pound ground turkey or ground beef
- 1 medium onion, chopped
- 1 medium bell pepper, finely chopped
- 3-4 small mushrooms, chopped
- 1 clove garlic, chopped
- ½ cup zucchini, shredded
- The equivalent of 2 eggs using flaxseed or chia seed egg replacer
- ¼ cup tomato paste
- ½ cup coconut flour
- ¼ cup fresh parsley, chopped (or 1 tablespoon dried)
- 1 tablespoon fresh thyme, minced (or 1 teaspoon dried)
- Sea salt and ground pepper

Preheat oven to 350 F. Lightly grease loaf pan with oil. In a large bowl, lightly knead the ground meat and create a well in the center. Place all other ingredients into the well. With your hands, knead all ingredients together well. Put mixture into the loaf pan with oil. Bake for 45-60 minutes until lightly browned and cooked through. Remove from the oven and let sit for about 5 minutes. Slice and serve. Serves 4.





## Taco Veggie Salad

---

- 2 tablespoons olive oil or coconut oil
- 2 red or green bell peppers, chopped
- 4-5 small mushrooms, chopped
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 pound ground beef
- 4 medium to large tomatoes, chopped
- 1 teaspoon dried thyme
- Sea salt and ground pepper
- Romaine lettuce, chopped

In a large skillet, heat oil at medium heat. Sauté bell peppers, mushrooms, onion, and garlic. Add ground beef and cook until brown. Add the tomatoes and thyme and cook until the tomatoes are tender. Season to taste with sea salt and pepper. Let cool for few minutes. Serve on top of romaine lettuce. Serves 4.

## Spiced Moroccan Meatballs

---

- 1 pound ground beef or turkey
- 1½ cups cooked quinoa, rinsed, cooked, and cooled
- 1 cup packed fresh cilantro leaves, chopped
- 2 teaspoons cumin
- Sea salt and ground pepper
- The equivalent of 1 egg using flaxseed or chia seed egg replacer

Preheat oven to 400 F. In a large bowl, combine all ingredients thoroughly. Form into 20 balls of about 1½ inches in diameter. Place on a baking sheet and bake in oven for 14-18 minutes or until no longer pink inside. Serve in marinara sauce or alongside salad. Serves 4.



## Stuffed Bell Peppers

---

- 2 tablespoons olive oil or coconut oil
- 4-5 small mushrooms, chopped
- 1 small onion, chopped
- 1 pound ground beef
- 1 clove garlic, chopped
- 1 teaspoon dried thyme or Italian seasoning
- Sea salt and ground pepper
- 4 medium to large tomatoes, chopped
- 1½ cups quinoa, rinsed and cooked (optional)
- 6-8 medium bell peppers, tops cut off, seeds removed

Preheat oven to 350 F. In a large skillet, heat oil over medium heat. Sauté mushrooms and onion over medium heat and add ground beef and seasonings. Brown the ground beef. Add tomatoes and cook until the tomatoes are tender. Add quinoa if using. Place bell peppers in an oven-safe pan. Spoon mixture into bell peppers. Cover and bake for 30 minutes or until bell peppers are soft. Serves 6-8.

## Steak With Caramelized Onions and Squash

---

- 3 tablespoons olive oil or coconut oil, divided
- 2 large red onions, sliced
- 2 tablespoons balsamic vinegar
- 1 teaspoon whole-leaf stevia powder
- 1 heaping tablespoon fresh thyme, chopped
- 3 tablespoons water
- 3 pounds butternut squash, diced
- 2 cloves garlic, halved
- 2 tablespoons butter
- 1 pinch sea salt plus pepper
- 4 filets mignons, about 6 ounces each

In a large skillet, heat oil over medium heat. Sauté onions for 5 minutes or until they begin to soften. Reduce the heat, partially cover the pan, and allow to cook for 15 minutes until very soft. Add the balsamic vinegar, stevia, and thyme to the onions, then stir in 3 tablespoons of water and a pinch of salt. Cook uncovered for 2-3 minutes until sticky and caramelized. Set aside but keep warm. Cook the squash and garlic in boiling water for 10-15 minutes until tender. Drain, add butter, and mash until smooth. Salt and pepper to taste. Set aside but keep warm. Brush the steaks with the remaining oil and season. Heat the griddle pan until very hot, and cook the steaks for 2 minutes on each side or until cooked to your liking. To serve, divide the squash on four plates, and top with a steak and a large spoonful of onions. Serves 4.

## Beef Pot Roast With Sauerkraut

- 4-pound beef rump roast, bottom round, or brisket
- Sea salt and pepper
- 2 tablespoons coconut oil
- $\frac{3}{4}$  cup onions, chopped
- 1 teaspoon thyme leaves
- $\frac{1}{2}$  teaspoon oregano
- 2 pounds sauerkraut
- 2 bay leaves
- 2 cups boiling water
- 4 medium kohlrabi, peeled and quartered
- 2 cups chopped tomatoes, chopped
- 4 stalks celery, chopped
- 4 medium carrots, chopped

Season the meat with salt and pepper to taste. In slow cooker or large Dutch oven or heavy pot over medium-high heat, melt coconut oil. Brown the beef on both sides with the onions. Add thyme leaves. Cover beef with remaining ingredients and simmer several hours until very tender. Serves 6-8.

## Stir-Fry Beef and Veggies

- 1 tablespoon coconut oil
- 5 tablespoons balsamic vinegar
- 1 tablespoon whole-leaf stevia powder
- 1 tablespoon fresh ginger, minced
- 3 cloves garlic, minced
- 1 pound beef round steak, cut into thin strips
- 1 cup broccoli, chopped
- 1 red bell pepper, chopped
- $\frac{1}{2}$  cup mushrooms, chopped

In a large skillet, heat oil. Add all remaining ingredients and cook for 8-10 minutes or until softened to desired tenderness. Serve over quinoa. Serves 2-4.



Stir-Fry Beef and Veggies

## Skillet Quinoa and Beef

---

- 6 ounces flank steak, trimmed of all visible fat
- 1 cup quinoa, rinsed
- 2 cups water
- 1 bay leaf
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, thinly sliced or shredded
- 12 ounces mushrooms, sliced
- 1½ cups beef stock
- 1½ teaspoons dried thyme
- ½ teaspoon dried rosemary

Cut the flank steak lengthwise into 2-inch strips, then slice meat paper thin across the grain. In a 2-quart saucepan, combine quinoa, water, and bay leaf. Bring to a boil, lower heat, and simmer for about 15 minutes.

In a large frying pan over medium heat, stir-fry the beef in the olive oil until cooked, about 3 minutes. Remove from the pan and keep warm. Add onions and garlic to the frying pan. Cook until onion is translucent, about 5 minutes. Add carrots and mushrooms and cook another 2 minutes.

Add the quinoa to the frying pan. Stir in beef stock, thyme, and rosemary. Cover and simmer for about 10 minutes. Add beef and warm through. Discard the bay leaf. Serves 4.

## Spicy Beef With Orange Vinaigrette

---

Vinaigrette:

- ⅓ cup fresh orange juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1 tablespoon chives
- 1 teaspoon Dijon mustard (no sugar added)
- 1 teaspoon fresh ginger, minced

Put all ingredients into a cup and whisk thoroughly. Set aside.

Beef:

- 1 teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- 12 ounces beef tenderloin, trimmed of all visible fat
- 1 bell pepper, chopped
- 1 cup orange sections
- 1 head red leaf lettuce

In a cup, combine paprika, oregano, thyme, and ground pepper. Rub the mixture into the beef on all sides. Heat large frying pan over medium-high heat. Add the beef and sear all sides until meat is cooked. Add bell pepper and lightly cook.

Remove from heat and add orange sections. Divide the lettuce among 4 serving plates. Place beef mixture over the lettuce and toss with the vinaigrette. Serves 4.





Herbed Chicken and Pomegranate Salad

# Poultry Main Dishes

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## Herbed Chicken and Pomegranate Salad

- 3 cups quinoa, rinsed, cooked, and cooled
- 2 cups chicken, cooked, and shredded
- 1 cup pomegranate seeds (or dried cranberry)
- Sea salt and ground pepper
- $\frac{1}{4}$  cup (packed) fresh mint leaves, chopped
- $\frac{1}{4}$  cup (packed) fresh cilantro leaves, chopped

### Dressing:

- 2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil

In a large bowl, combine quinoa, chicken, and pomegranate seeds. In a small bowl, whisk together lime zest, lime juice, and olive oil. Add to quinoa mixture and gently mix to coat. Season to taste, then cover and refrigerate for at least 30 minutes or until chilled. Just before serving, add mint and cilantro, gently mixing to combine.



## Chicken Coconut Curry

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- 1 cup coconut milk
- 2 pounds chicken breast
- 2 cups broccoli, chopped
- 1 cup mushrooms, chopped
- 1 onion, chopped
- 1 tablespoon curry powder
- 1 clove garlic, chopped
- 1 teaspoon fresh ginger, minced

In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and onion. Cook on medium-high for 15 minutes. Add in curry powder, garlic, and ginger. Turn heat down to medium-low and cook for another 15 minutes. Serve immediately. Serves 4.

## Dijon Roasted Turkey

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- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon fresh rosemary leaves, chopped
- 1 teaspoon dried thyme
- Sea salt and ground pepper
- 3 pounds turkey breast

Preheat oven to 375 F. In a small bowl, whisk together mustard, garlic, oil, rosemary, thyme, and sea salt and pepper to taste. Rub this over the turkey breast thoroughly. Place breast into a roasting pan and bake for about 2 hours or until meat thermometer reads 165-170 F. Serves 4.

## Roasted Chicken and Kale

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- 1 (3½-pound) roasting chicken
- 1 teaspoon sea salt, divided
- 3 lemons, cut into wedges
- 1 sprig fresh rosemary
- 1 tablespoon butter, softened
- ¼ teaspoon black pepper
- 1 tablespoon fresh thyme leaves
- ½ cup water
- 10 cups (packed) kale, stems removed, chopped
- 1 tablespoon olive oil
- ½ teaspoon sea salt

Preheat oven to 400 F.

Roasting chicken: Season the inside cavity with ½ teaspoon sea salt, half of the lemon wedges, and the rosemary sprig. Place in roasting pan. Rub the chicken with the butter, and squeeze the remaining lemon wedges over the surface of the chicken. Sprinkle with black pepper and thyme leaves. Add water to the bottom of the roasting pan. Roast the chicken uncovered for 1½-2 hours or until the meat reaches an internal temperature of 170 F and the meat surrounding the thigh joint is no longer pink. Remove the chicken from the oven, and wait 5 minutes before carving.

While the chicken is resting, prepare the kale. Place the kale in a large bowl along with the olive oil and toss well. Spread the kale out on an ungreased baking sheet and sprinkle with ½ teaspoon sea salt.

Transfer to the oven and bake for 10 minutes or until the kale begins to brown around the edges and is cooked through. Serves 4.



## Turkey Chili

- 1 tablespoon olive oil or coconut oil
- 1½ pounds ground turkey
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 medium red bell pepper, chopped
- 1 (16-ounce) can canned pumpkin purée
- 3 cups tomatoes, chopped and undrained or 1 (28-ounce) can diced tomatoes
- 3 tablespoons apple cider vinegar
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon

Heat the oil in a large skillet over medium-high heat. Add turkey and cook thoroughly. Transfer to a large soup pan and add remaining ingredients. Stir thoroughly and bring to a boil. Lower heat and allow to simmer for about 1 hour. Serves 4-6.



Turkey Chili

## Turkey, Apple, and Quinoa Salad

- 3 cups quinoa, rinsed, cooked, and cooled
- 1½ cups turkey, cooked and diced
- 1 large apple, peeled, diced (Granny Smith is best)
- 1 cup celery, thinly sliced
- ½ cup packed celery leaves, chopped
- 3 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1½ tablespoon Dijon mustard (unsweetened)
- Sea salt and ground pepper

In a large bowl, combine quinoa, turkey, apple, celery, and celery leaves. In a small bowl, whisk together olive oil, vinegar, and mustard. Add to quinoa mixture and gently mix to coat. Season to taste. Refrigerate for 30 minutes or until chilled. Serves 4.

## Chicken Piccata Purification Style

- 4 boneless, skinless chicken breasts
- Sea salt and ground pepper
- 2 tablespoons coconut oil
- 3 tablespoons olive oil
- 6 cloves garlic, minced
- 3 green onions, chopped
- ¾ cup chicken broth
- Juice from 1 lemon
- 3 tablespoons capers

Cut the chicken breasts in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breasts down to approximately ¼-inch thickness. Season the chicken with sea salt and pepper to taste.

In a large sauté pan, heat the coconut oil over medium-high heat. Place the chicken into the hot skillet and cook on both sides for 3-5 minutes or until the chicken is no longer pink in the middle but is still tender. Remove the chicken from the pan.

Add olive oil, garlic, and onions to pan. Sauté for 2 minutes, scraping any of the chicken drippings off the bottom of the pan. Whisk in the chicken broth, lemon juice, and capers and allow mixture to simmer for 3-5 minutes. Pour the sauce over the chicken and serve immediately. Serves 4.

## Chicken Breast Stuffed With Asparagus and Spinach

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- 16 asparagus stalks, tough ends removed
- 4 tablespoons plus 1 teaspoon coconut oil, divided
- 2 cloves garlic, minced
- 2 cups fresh spinach
- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- Toothpicks

Preheat oven to 350 F.

Blanch the asparagus for 1 minute in boiling water, remove and set aside.

In a medium sauté pan, over medium-high heat, melt 1 teaspoon coconut oil. Add garlic and sauté for 2-3 minutes. Add spinach and cook until slightly wilted, about 1 minute. Set aside.

Cut the chicken breasts in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breasts down to approximately ¼-inch thickness. Season the chicken with sea salt and pepper to taste. Open each breast and inside place 1 tablespoon of coconut oil, 4 spears of asparagus, and ¼ of the spinach/garlic mixture. Pull the sides of the chicken breast together to enclose your stuffing, and then secure with a toothpick. Do this for each chicken breast.

Place the chicken in a 9x13 baking dish. Bake for 20 minutes or until chicken is cooked all the way through and the juices run clear. Serves 4.

## Slow Cooker Chicken

---

- 2-pound whole chicken
- 1 small onion cut into rings
- 1 cup mushrooms, chopped
- 3 large celery stalks, chopped
- 3 cloves garlic, chopped
- 1 teaspoon dried basil
- Sea salt and pepper
- 2 tablespoons coconut flour
- ½ cup coconut milk
- 2 tablespoons butter

In slow cooker, place chicken, onion, mushrooms, celery, garlic, basil, salt, and pepper. Cook on low for 5-6 hours. Remove chicken from slow cooker, transfer to colander and set in large bowl. Let cool slightly, then remove chicken from bones. Discard the bones. Take liquid from slow cooker and put in medium saucepan. Add 2 tablespoons coconut flour and bring to a boil. Cook until mixture thickens slightly. Reduce heat and add coconut milk, chicken, and butter. Simmer for 10 minutes. Serve with any combination of fresh vegetables. Serves 4.

## Chicken Stir-Fry

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For the marinade:

- ¼ cup coconut milk
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 tablespoons fresh ginger, minced
- 3 cloves garlic, chopped
- Salt and pepper
- 2 pounds chicken, cut into strips
- 3 tablespoons coconut oil, divided
- 3 cups broccoli, chopped
- 1 cup mushrooms, chopped
- 3 celery stalks, chopped
- 1 cup snap peas
- 2 teaspoons sesame oil
- ½ cup water chestnuts
- 3 scallions, chopped
- Sea salt and ground pepper

In a small bowl, mix all marinade ingredients and transfer to shallow flat dish. Add the chicken and marinate for 15-30 minutes. In a large skillet, heat 1 tablespoon coconut oil over medium heat. Cook the broccoli for 3-4 minutes, then remove from pan and set aside. Add remaining coconut oil and stir-fry the mushrooms, celery, and snap peas for 2-3 minutes. Remove and set aside. Remove chicken from marinade and add to the skillet along with sesame oil. Cook the chicken over medium heat until completely white, about 5-7 minutes. Add water chestnuts and scallions, and mix well. Season with salt and pepper to taste. Serve immediately. Serves 4.



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## Tahini Marinade

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- ½ cup chicken broth
- 1 tablespoon fresh lemon juice
- 2 teaspoons diced onion
- 2 teaspoons raw sesame seeds
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ½ teaspoon sea salt
- ½ clove garlic

Place all ingredients into blender and secure lid firmly. Blend for 1 minute. This marinade is excellent for lamb or chicken. Makes ¾ cup.

## Caesar Salad Dressing

---

- The equivalent of 1 egg using flaxseed or chia seed egg replacer
- 1 tablespoon anchovy paste
- 1 tablespoon Dijon mustard (no sugar)
- Olive oil to desired consistency
- 1 clove garlic, minced
- Sea salt and pepper

In mixer bowl, beat egg until fluffy. Add anchovy paste and mix. Add mustard, olive oil, garlic, salt, and pepper to taste. Beat at low speed until desired consistency is reached. Store in refrigerator. Makes 1 cup.

## Italian Vinaigrette Dressing

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- ¼ cup red wine vinegar
- 1 teaspoon grated onion
- 2 cloves garlic, chopped
- 1 teaspoon Dijon mustard (no sugar)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¾ cup olive oil
- Sea salt and pepper

Combine the vinegar, onion, garlic, mustard, basil, and oregano in a small bowl. Add the olive oil in a slow, steady stream while whisking constantly, until all the oil is mixed thoroughly. Season with sea salt and pepper to taste. Keeps in an airtight container in the refrigerator for 1 week. Makes 1 cup.

## Mixed-Fruit Spread

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- ½ cup dried prunes, roughly chopped
- ½ cup dried apricots, roughly chopped
- 1 teaspoon vanilla extract

Put the prunes, apricots, and vanilla in a pan and pour over 1¾ cups water. Bring to a boil. Turn down heat, cover, and simmer for 40 minutes or until the fruit is very tender. Transfer fruit to a blender and process with 5 tablespoons water to make a thick, spreadable paste. Set aside to cool. Store in an airtight container in the refrigerator. Makes 1 cup.

## Lime Cilantro Marinade

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- ¼ cup olive oil
- 3 small limes, peeled and halved
- ½ cup fresh cilantro leaves
- ½ teaspoon sea salt
- 1 clove garlic
- ¼ teaspoon ground pepper
- ¼ teaspoon dried oregano

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until thoroughly mixed. This marinade is great for vegetables or fajitas. Makes ⅓ cup.

## Greek Dressing

---

- 4 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1 tablespoon onion
- 1 teaspoon sea salt
- ½ teaspoon Dijon mustard (no sugar)
- 3 large basil leaves, chopped

Blend all ingredients until smooth. Keeps about 3 days in an airtight container in the refrigerator. Makes ½ cup.

## Lemon Garlic Dressing

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- 1 lemon, peeled, halved, seeds removed
- ½ teaspoon hot sauce
- 2 cloves garlic
- ½ teaspoon paprika
- ¼ teaspoon cumin
- 1 teaspoon sea salt
- ⅓ cup olive oil

Place all ingredients except olive oil into blender. Secure lid firmly. Blend for 1 minute. Remove lid; while machine is still running, slowly pour olive oil into mixture. Serve immediately. Makes 1 cup.

## Zesty Salad Dressing

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- ¼ cup olive oil
- ½ cup apple cider vinegar
- 2 tomatoes, quartered
- 1 tablespoon whole-leaf stevia powder
- 1½ teaspoons sea salt
- 1 teaspoon tomato paste
- ¼ teaspoon paprika
- 1 clove garlic

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until smooth. Makes 1 cup.

## Balsamic Mustard Sauce

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- 1 tablespoon olive oil
- Sea salt and pepper
- ½ cup balsamic vinegar
- ¼ cup Dijon mustard (no sugar)

Heat oil in a large skillet over medium heat. Add vinegar to skillet and boil until syrupy—about 1-2 minutes. Remove from heat. Whisk in mustard, salt, pepper. If you are also preparing meat and have accumulated juice from that, you can also mix in that juice.

## Taco Seasoning

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- 2 tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons dried oregano
- ½ teaspoon sea salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper

Combine all ingredients into a sealed plastic bag and shake until mixed thoroughly. To make taco meat, add seasoning mix to 1 pound of ground beef or ground turkey along with 1/2 to 3/4 cup water and cook to desired consistency.

## Tomato Basil Dressing

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- 1 medium tomato, chopped
- 2-4 tablespoons apple cider vinegar
- ½ cup olive oil
- ¼ cup fresh basil leaves
- 1 clove garlic, chopped
- Sea salt and pepper

Blend all ingredients in a food processor thoroughly. This dressing keeps in an airtight container in the refrigerator for 3 days. Makes 1 cup.

## Coconut Milk

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- 2 cups water
- 1 cup shredded coconut, unsweetened

Place in blender and blend for 3 minutes or until desired consistency is reached. Store in refrigerator. Makes 2 cups.

## Sesame Milk

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- 2 cups water
- ¾ cup sesame seeds (best if toasted to improve flavor)

Place in blender and blend for 2 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using. Makes 2 cups.

## Balsamic Vinaigrette Dressing

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- 1 teaspoon Dijon mustard (no sugar)
- 2 tablespoons plus 1 teaspoon balsamic vinegar
- ½ cup olive oil

Whisk ingredients together thoroughly. Makes ½ cup.

## Curry Vinaigrette

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- 2 cloves garlic, minced
- 1 teaspoon capers, rinsed
- 2 tablespoons vinegar
- 1 teaspoon Dijon mustard (no sugar added)
- 1 teaspoon coarse mustard
- 1 teaspoon curry powder
- ¼ teaspoon ground pepper

In a small bowl, whisk together all ingredients. Serve over salad. Makes 1 serving.

## Ginger Citrus Marinade or Dip Sauce

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- ¼ cup white wine vinegar
- 2 teaspoons whole-leaf stevia powder
- 1 medium orange, peeled, halved
- 1 lemon, peeled, halved, seeds removed
- 1 lime, peeled, halved
- 1 tablespoon chopped green onion
- 1 tablespoon fresh ginger, minced
- ¾ cup olive oil
- 2 teaspoons sesame oil
- ¼ cup fresh parsley
- ¼ cup fresh cilantro leaves

Place first 7 ingredients into blender and secure lid firmly. Blend for 30 seconds. Remove lid. While machine continues to run, slowly add oils in a thin stream. Reduce speed and add parsley and cilantro. Blend for another 15 seconds. Makes 1 cup.

## Simple Homemade Tomato Sauce

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- 2 tablespoons olive oil
- Ground pepper
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 pound tomatoes, chopped
- Sea salt and herbs of your choice

Place olive oil, pepper to taste, onion, garlic, basil, and oregano in a medium saucepan over medium heat. Cook for 5 minutes or until fragrant. Add chopped tomatoes and bring to a boil. Reduce heat and let simmer for 10 minutes. Season with salt and any additional herbs of your choice. Serves 4.



## Lemon Dill Dressing

- 3 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard (no sugar)
- ½ teaspoon dill weed
- ¼ teaspoon hot pepper sauce

In a small bowl, whisk together all ingredients thoroughly.  
Makes 1 serving.

## Caesar Dressing With Roasted Garlic

- 1 whole bulb garlic
- ¼ cup white wine vinegar
- ¼ teaspoon ground pepper
- 4 anchovies, mashed
- ¾ cup olive oil

Preheat oven to 375 F. Cut off the top of the garlic bulb, and wrap the bulb in foil. Bake for 45 minutes or until fragrant and soft when pressed. Cool the garlic enough to handle, then squeeze the garlic cloves out of their peels and mash them. In a blender or food processor, blend together garlic, vinegar, pepper, and anchovies. While the machine continues to run, gradually add the oil. Store in the refrigerator in a sealed container. Bring to room temperature before using and whisk gently before serving. Makes 1 cup.

## Flax or Chia Seed Egg Replacer

- 1 tablespoon chia seeds or flaxseeds
- 3 tablespoons cold water

Grind 1 tablespoon of either type of seed in a clean coffee grinder. In a small bowl, mix the seeds with water. Soak for 10-15 minutes until gel-like. When the mixture gels, use it right away to get the best flavor. Replaces 1 egg. Makes ¼ cup.



# Eat the Rainbow!

Are you eating a variety of fruits and vegetables?

Expand your nutritional horizons with these delicious foods and recipes.

## Avocados

With high healthy fat content, avocados are an amazing food. They contain primarily oleic acid: an omega-9 fatty acid that's found in olive oil, macadamia nut oils, and other nuts. This is a monounsaturated fat that is known to lower cholesterol. Avocados are also very high in fiber. One whole avocado contains between 11 and 17 grams of fiber. So maybe we should say an avocado a day keeps the doctor away!

### Lunch

#### Lettuce, Avocado, and Apple Salad

- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- ½ teaspoon Dijon mustard
- 1 pinch each of sea salt and ground pepper
- 1 pound lettuce, any variety, chopped
- 1 avocado, thinly sliced
- 1 apple, thinly sliced

Combine oil, lemon juice, and mustard in a jar. Add a pinch of salt and pepper, close tightly, and shake vigorously to combine. Place lettuce in a large bowl and toss lettuce with the dressings. Top with avocado and apple slices. Serves 2-4.

### Dinner

#### Chicken and Avocado Salad

- ¼ cup fresh cilantro, stems removed, chopped
- 2 tablespoons olive oil
- 1 tablespoon roasted red bell pepper, chopped
- 1 tablespoon fresh lime juice
- ⅛ teaspoon cayenne pepper
- 2 boneless chicken breasts, cooked and chopped
- 1 avocado, chopped into small cubes
- Sea salt and ground pepper
- 4 large pieces of romaine lettuce for wraps (optional)

Combine all ingredients except avocado and lettuce in medium bowl and mix well. Gently fold in avocado and serve as a salad or wrap in lettuce leaves. Serves 2-4.



# Beets

Beets are an important dietary source of betaine, which supports healthy blood vessels and healthy liver function. Beets also contain the important nutrients folate and potassium. They can be baked, boiled, steamed, or shredded raw and loaded on fresh salads. Beet leaves are also very high in nutrients and great for fresh salads, added to shakes, or juiced. The leaves are higher in nutrients than the root and contain nutrients like calcium, iron, vitamin A, and vitamin C. Diets low in saturated fat and cholesterol that include 2 grams per day of phytosterols like beets, eaten with meals or snacks, may reduce the risk of heart disease.

## Lunch

### Warm Beet Salad

- 2 beets, chopped
- 10 ounces mixed salad greens
- 1 carrot, shredded
- 1 small cucumber, chopped
- 1 tablespoon Dijon mustard
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- Sea salt and pepper
- 1 avocado, diced

Boil beets until just soft. Drain and set aside. Meanwhile, in a medium salad bowl, mix greens, carrot, and cucumber together. In a small bowl, combine mustard, vinegar, sea salt, and pepper, and whisk together. Slowly pour in olive oil while whisking until dressing is smooth. Place beets over greens and drizzle with vinaigrette. Toss to coat and top with fresh avocado. Serves 2-4.

## Dinner

### Roasted Root Vegetables

- 1 pound beets, chopped
- 1 butternut squash, peeled and seeded, chopped
- 1 large sweet potato, peeled, chopped
- 1 large parsnip, peeled, chopped
- 1 large carrot, chopped
- ½ red onion, chopped
- 6 cloves garlic, chopped or whole
- 3 tablespoons fresh thyme leaves
- 3 tablespoons extra-virgin olive oil
- Sea salt and pepper

Preheat oven to 425 F. Place all chopped vegetables into a large bowl with garlic, thyme leaves, and olive oil. Toss to coat evenly. Spread vegetables out evenly on a cookie sheet in a single layer. Sprinkle with sea salt and pepper. Place vegetables in the oven and bake for about 45 minutes, stirring once halfway through baking, until vegetables are tender and starting to turn golden. Serves 2-4.





# Blueberries

Research from Dr. James Joseph at Tufts University reports that blueberries may have a memory-supporting effect. Blueberries are also known to support healthy cholesterol levels already within a normal range and to promote urinary system health. Bilberries, a close relative of blueberries, have been shown to promote eye health. Best of all, you can get all the benefits and antioxidant support from just a half cup per day (fresh or frozen).

## Lunch

### Fresh Berry Lettuce Salad

- 8 cups mixed greens, chopped
- 2 cups mixed fresh berries
- 3-4 green onions, chopped
- 3-4 stalks celery, chopped

Place all ingredients into a medium bowl and toss with dressing below.

Dressing:

- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon poppy seeds
- Sea salt and ground pepper

Place all dressing ingredients into a glass jar with a lid and shake vigorously. Serves 2-4.



## Dinner

### Baked Chicken With Blueberry Vinaigrette

- 4 tablespoons coconut oil, divided
- 4-6 skinless, boneless chicken breasts
- ¼ cup shallots, sliced thin
- 2 cups blueberries
- ½ cup balsamic vinegar
- ⅛ cup water
- 1 tablespoon fresh rosemary, chopped
- Sea salt and ground pepper

Preheat oven to 350 F. Heat 2 tablespoons coconut oil in a large sauté pan over medium-high heat. When hot, place chicken breasts into hot pan and sear both sides until golden-brown, about 1 minute. Place in a baking dish and set aside. Add remaining coconut oil into pan along with shallots. Stir shallots over medium heat until shallots are soft and lightly caramelized, about 4 minutes. Add blueberries and cook 1 minute. Add vinegar, water, rosemary, and salt and pepper to taste. Simmer for about 10 minutes or until the blueberries have collapsed. Pour the blueberry balsamic mixture over chicken and place in the oven for about 15 minutes or until chicken has cooked fully. Serves 2-4.

# Broccoli

Broccoli is a nutritional powerhouse. One cup contains more than 2 grams of protein, 2 grams of fiber, 288 milligrams of potassium, 43 milligrams of calcium, and 81 milligrams of vitamin C, plus folate, magnesium, phosphorus, beta carotene, vitamin A, lutein, and zeaxanthin. Broccoli also contains indole-3-carbinaol, a strong antioxidant. Low-fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, and vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is high in vitamins A and C and is a good source of dietary fiber.

## Lunch

### Cruciferous Salad

- 1 bunch kale, stems removed, chopped
- 1 leaf Swiss chard, chopped
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{2}$  cup broccoli, chopped
- 1 celery stalk, chopped
- 2 green onions, chopped
- 1 red bell pepper, chopped
- $\frac{1}{4}$  cup dried cranberries
- 2 tablespoons balsamic vinegar

Put kale and Swiss chard into a large salad bowl. Pour olive oil over, and massage oil into the kale and Swiss chard for 1-2 minutes until limp. Add remaining ingredients and toss. Serves 4.



## Dinner

### Stir-Fried Veggies With Quinoa

- 1 cup quinoa, rinsed and cooked
- 2 tablespoons coconut oil
- $\frac{1}{2}$  cup broccoli, chopped
- 2 carrots, chopped
- 1 medium onion, chopped
- $\frac{1}{2}$  cup bok choy leaf and stem, chopped
- 1 red bell pepper, chopped
- 4-6 ounces of mushrooms, any variety, chopped
- 2 tablespoons balsamic vinegar
- Sea salt and ground pepper

Cook quinoa according to package directions. In a large sauté pan, melt coconut oil. Add all vegetables and cook over medium-high heat for 3-5 minutes until vegetables are slightly softened. Add vinegar and any preferred seasonings to taste. Serve on top of quinoa. Serves 4.

# Brussels Sprouts

Brussels sprouts are members of the cabbage family and are cruciferous vegetables. Being part of this family, they're loaded with nutrients like folate, vitamin B<sub>6</sub>, potassium, and carotenoids as well as soluble fiber. Brussels sprouts are an important source of many phytochemicals, supporting health throughout the body. Using these tasty vegetables in your weekly menu is essential.

## Lunch

### Garlicky Brussels Sprouts

- 1 pound Brussels sprouts, ends trimmed
- 2 tablespoons coconut oil
- 10 cloves garlic, quartered
- 1 teaspoon whole-leaf stevia powder
- 1½ cups water
- 1 tablespoon apple cider vinegar
- Sea salt and ground pepper

Place Brussels sprouts in food processor and pulse 12-15 times or until shredded. In a large sauté pan, heat oil over medium-high heat. Add garlic and cook 5-7 minutes, until lightly browned. Add shredded Brussels sprouts, stevia, sea salt, and pepper. Cook for about 5 minutes until lightly browned. Add water and cook another 5 minutes, until most of the liquid has evaporated. Stir in vinegar and any additional seasonings to taste. Serves 4-6.

## Dinner

### Roasted Cauliflower and Brussels Sprouts

- 1 medium cauliflower, cut into 1-inch florets
- 2 cups Brussels sprouts, ends trimmed, halved
- 4 tablespoons olive oil
- 3 cloves garlic, minced
- 1½ teaspoons fresh rosemary, chopped (or ½ teaspoon dried rosemary)
- Sea salt and ground pepper

Preheat oven to 450 F. In a large bowl, combine all ingredients. Mix well. Spread vegetables in single layer on large baking sheet. Roast until vegetables are crisp-tender and beginning to brown at the edges, about 20 minutes. Serves 4-6.





# Carrots

Carrots are known for their high amounts of carotenoids, including lutein and zeaxanthin, which have been shown to support eye health. Other nutrients found in carrots are vitamin A, calcium, potassium magnesium, phosphorus, vitamin C, and fiber. Cooking carrots helps to make the nutrients more bioavailable, and eating the carrots with a little bit of fat will also help with absorption of these vital nutrients. (Just don't overcook!)

Lunch

## Warm Carrots

- 1 pound mini carrots
- 2 teaspoons whole-leaf stevia powder
- 4 teaspoons plus 1 tablespoon butter, divided
- Sea salt and ground pepper

Place carrots into a large saucepan and cover with water. Bring this to a boil. Add butter and stevia. Boil uncovered, skimming frequently until liquid is reduced to almost nothing and carrots are well coated. Add remaining butter and season to taste. Serves 2-4.

Dinner

## Carrot Curry

- 4 tablespoons coconut oil
- 1 teaspoon mustard seeds
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons turmeric
- 1 teaspoon fenugreek seeds
- 1 teaspoon dried dill weed
- 2 medium onions, peeled, sliced
- 2 red bell peppers, sliced
- 1 pound mini carrots
- 3-4 cups vegetable stock
- 1 tablespoon fresh ginger, grated
- Zest from 1 orange
- 2 tablespoons coconut flour mixed with 2 tablespoons water
- 2 cups fresh spinach leaves, chopped
- Sea salt and ground pepper

In a large sauté pan, melt coconut oil. Sauté all the spices for 3-5 minutes, stirring constantly. Add onion and sauté until soft. Add bell peppers and carrots and sauté for another 3 minutes. Add stock, ginger, and orange zest and bring to a boil. Reduce heat to simmer until carrots are tender, about 15 minutes. Slowly add coconut mixture until mixture is of desired thickness. Add spinach and season to taste. Serves 4.



# Cauliflower and Eggplant

Often overlooked, these two vegetables are a great addition to any meal. Cauliflower can be riced and made into a crust for a dairy-free, gluten-free pizza crust. Cauliflower is a great source of numerous B vitamins, vitamin C, and fiber. Eggplant is a good source for iron, vitamins, and bioflavonoids. Both cauliflower and eggplant are low in calories and a good source of fiber. Try a new recipe with these delicious vegetables.

## Lunch

### Cauliflower With Beet Greens

- 2 tablespoons olive oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 2 bunches beet greens, chopped, with stems
- 1 teaspoon turmeric powder
- 1 cauliflower, cut into small florets
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- ½ teaspoon red chili powder
- Sea salt and ground pepper

Heat the olive oil in a large sauté pan over medium heat. Add mustard and cumin seeds and allow to cook until seeds begin to pop. Add beet greens and sauté for 2 minutes, sprinkling with turmeric powder as you stir the greens. Add cauliflower and cover, allowing to sauté for 2 minutes. Uncover and continue to cook until cauliflower begins to soften. Add remaining seasonings and stir thoroughly. Serves 2-4.

## Dinner

### Roasted Eggplant

- 1 medium eggplant, cubed
- 1 red bell pepper, chopped
- 8 cherry tomatoes, halved
- 4 cloves garlic, whole
- 4 tablespoons olive oil, divided
- Sea salt and ground pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder
- 1 tablespoon green onion, chopped
- 1 tablespoon fresh cilantro, chopped

Preheat oven to 425 F. In a large bowl, combine eggplant, bell pepper, tomatoes, and garlic. Drizzle with 2 tablespoons olive oil and then season to taste with sea salt and ground pepper. Spread the vegetables on a large baking sheet and bake for 15-20 minutes until golden-brown. Remove the garlic and place into a separate bowl. Mash the garlic. Place the rest of the roasted vegetables in a large serving bowl and season with mashed garlic and remaining seasonings. Serves 2-4.



# Celery

Do you have a sugar craving? Try using celery to stem carb cravings and for appetite control. About four stalks a day seem to support a healthier blood pressure. Celery also contains silicon, which is known to support bone, joint, and artery health.

## Lunch

### Veggie Herb Flax Crackers

- 1 cup sunflower seeds, soaked
- ½ cup sun-dried tomatoes, soaked
- 2 cups flaxseeds
- 1 cup tomatoes, chopped
- ½ cup celery, chopped
- ¼ cup carrots, chopped
- ¼ cup dates, pitted and chopped
- 1 tablespoon jalapeño pepper, minced (wear rubber gloves when handling)
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 4 tablespoons fresh basil, chopped

Soak the sunflower seeds in water for 4 hours. Soak the sun-dried tomatoes for 3 hours. Preheat oven to 225 F. Grind the flaxseeds in a clean coffee grinder until you have a fine powder. In a food processor, blend sunflower seeds, sun-dried tomatoes, celery, carrots, dates, jalapeno, olive oil, and sea salt. Add fresh tomatoes, basil, and ground flaxseeds, and pulse until well combined. Spread in a thin layer on a cookie sheet and cut into 2-inch squares with a knife or pizza cutter. Place in oven for 1 hour. Turn over and continue to slowly bake until the crackers reach desired consistency, about 2 hours. Serves 2-4.

## Dinner

### Mock Tuna Salad

- 1 cup sunflower seeds, soaked
- ½ teaspoon ground mustard
- ¼ cup celery, chopped
- ¼ cup carrots, chopped
- 2 tablespoons onion, chopped
- 1 clove garlic, minced
- 2 tablespoons fresh lemon juice
- 1 tablespoon dulse (seaweed) flakes

Soak the sunflower seeds in water for 4 hours. Place all ingredients in a food processor and pulse to the point of having small chunks. Serve with crackers at left or on top of a fresh green salad. Serves 2-4.





# Coconuts

Coconut (and its oil) is truly another superfood to add to your daily intake. The saturated fat in coconut oil is very beneficial as this medium-chain fatty acid is easy for our body to metabolize. About half of the fat in coconut oil is lauric acid. When in the body, lauric acid becomes monolaurin: an anti-viral and anti-bacterial substance. A great book for learning about good and bad fats is “Know Your Fats” by Mary Enig, PhD.

## Lunch

### Coconut Vegetable Curry

- 2 tablespoons coconut oil
- 1 tablespoon fresh ginger, chopped
- 1½ teaspoons cumin seeds
- 1 teaspoon mustard seeds
- 3 medium carrots, chopped
- ½ teaspoon turmeric
- 2 teaspoons coriander
- 1 teaspoon curry powder
- 1 tablespoon tomato paste
- 1 cup coconut milk
- ¼-½ cup water
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- ½ cup fresh cilantro, chopped
- Sea salt and ground pepper

In a large saucepan, heat coconut oil over medium heat. Add ginger, cumin, and mustard. Cook for 1-2 minutes or until the seeds begin to “pop.” Add carrots, turmeric, coriander, and curry powder. Stir well and cook for about 1 minute. Add tomato paste, coconut milk, and water. Stir well. Simmer and allow to cook for 5-10 minutes or until carrots are almost done but still a little crisp. Add zucchini and squash. Cover and allow to simmer for another 5-7 minutes, then remove from heat and add fresh cilantro and salt and pepper to taste. Serve warm. Serves 2-4.

## Dinner

### Coconut Lime Chicken

- 2 tablespoons coconut milk
- 2 tablespoons fresh lime juice
- Zest from 1 lime
- 2 large boneless chicken breasts
- Coconut oil for sautéing

Blend coconut milk, lime juice, and zest, and allow chicken to marinate in the mixture for 30 minutes. In a medium skillet over medium-high heat, warm coconut oil, then add the chicken. Sauté for 3-5 minutes on each side or until chicken is cooked thoroughly. (Cooking times will vary depending on thickness of the chicken.) Serve with vegetables. Serves 2-4.



# Collard Greens

Collard greens also belong to the cruciferous vegetable family. One cup of collard greens provides almost the same amount of calcium as 8 ounces of milk and 5 grams of fiber. Collard greens contain magnesium, potassium, and vitamins A, C, and K. Collard greens also contain a number of carotenoids such as beta carotene, lutein, and zeaxanthin.

## Lunch

### Spiced Collard Greens Salad

- 3 cups collard greens, stems removed, chopped
- 1 teaspoon sea salt
- 3 tablespoons fresh lemon juice, divided
- 2 cups fresh tomatoes, diced
- ¼ cup scallions, diced
- 1 cup red bell pepper, diced
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano

Place collard greens in a large bowl. Sprinkle with sea salt and massage into the collard greens until they begin to wilt. Pour half the lemon juice onto greens and mix. Add tomatoes, scallions, and bell pepper. In another bowl, combine olive oil, garlic, and remaining lemon juice. Mix until smooth. Add basil and oregano and mix. Pour onto salad and toss well. Serves 2-4.

## Dinner

### Warm Collard Greens Salad

- 4 leaves kale, stems removed, chopped
- 2 leaves collard greens, stems removed, chopped
- 4 leaves fresh basil, chopped
- 2 teaspoons fresh lemon juice
- 1 teaspoon olive oil
- 1 clove garlic, crushed
- Sea salt, ground pepper, and cayenne to taste

In medium bowl, combine all ingredients. Massage greens gently for 1-2 minutes until they begin to wilt. In a medium saucepan over low heat, gently warm greens for 2-3 minutes. Serve immediately. Serves 2-4.



# Kale

Superfood kale has the highest oxygen radical absorbance capacity (ORAC) value of any vegetable at 1,700. (The next best is spinach at 1,260, according to the USDA). The ORAC reflects the antioxidant value of a food. Kale, like other cruciferous vegetables, is a great source of calcium, iron and vitamins A, C and K, and contains seven times the beta carotene of broccoli and 10 times as much lutein and zeaxanthin. Kale also contains protein and fiber.

## Lunch

### Kale and Brussels Sprouts Salad

- 4 leaves kale, stems removed, chopped
- 5-8 fresh Brussels sprouts, stem removed, chopped into small pieces
- ½ tablespoon olive oil
- 2 teaspoons ground mustard
- Sea salt and ground pepper to taste
- 1 apple, chopped

In a medium bowl, combine kale, Brussels sprouts, olive oil, mustard, sea salt, and ground pepper. Massage for about 1 minute until kale begins to wilt. Add apple pieces and toss well. Serves 2-4.



## Dinner

### Kale Soup

- 3 tablespoons olive oil
- 1 medium onion, diced
- 6 cloves garlic, minced
- 1 small dried red chili, seeds removed, chopped
- 1 bay leaf
- Sea salt and pepper
- 4 leeks, trimmed and chopped
- 7 cups water or vegetable stock, divided
- 1 bunch kale, stems removed, chopped

In a large soup pan, combine olive oil, onion, garlic, red chili, bay leaf, sea salt, and pepper. Cook over medium heat for 3-5 minutes until onions are translucent. Add leeks and 1 cup of water or stock. Stir together, cover, and cook slowly for about 5 minutes. Add kale and allow to steam until kale is wilted. Add the remaining water or stock and bring to a boil. Lower heat and allow to simmer for 30 minutes. You may serve the soup immediately, but if you allow it to sit for about an hour the flavors will further develop. Serves 4-6.



# Kiwis

Did you know that one kiwi has twice the amount of vitamin C compared to oranges? As a matter of fact, kiwi fruit is the most nutrient-dense of all fruits (in second place is papaya). Two medium kiwis have almost 5 grams of fiber, and kiwi is a low-sodium, high-potassium food. Kiwi is also high in antioxidants. We recommend you eat the whole kiwi—skin and all! It's truly delicious, and you don't want to miss out on the added nutrients found in the skin of the kiwi fruit.

## Lunch

### Cucumber, Tomato, Basil Salad

- 3-4 tomatoes, quartered then sliced
- 2 kiwis, peeled and sliced
- 2 medium cucumbers, cut into thin slices
- ½ cup fresh basil, chopped
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- Sea salt and ground pepper

Combine all ingredients in a medium bowl and gently toss.  
Serve immediately. Serves 2-4.

## Dinner

### Kale Kiwi Gazpacho

- 5 cups kale, stems removed, chopped
- 2 kiwis, peeled and quartered
- 1 bell pepper, chopped
- 2 cloves garlic, chopped
- 2 tablespoons olive oil
- 2 tablespoons sherry vinegar
- Sea salt
- Optional: 1 small jalapeño, chopped (wear rubber gloves when handling)

Place all ingredients in a food processor and process until smooth.  
Cover and chill for 1 hour before serving. Serves 4.



# Mushrooms

Many types of mushrooms have tremendous nutritional benefits, including: maitake, shiitake, reishi, portobello, and cremini (white button) mushrooms. Mushrooms have historically been used for medicinal properties. If you've never tried some of these varieties, now is a great time to experiment with them!

## Lunch

### Stuffed Mushroom

- ½ cup sunflower seeds, soaked
- 1 tablespoon water
- 1 tablespoon fresh lemon juice
- ¼ teaspoon garlic, minced
- ½ tablespoon onion, minced
- ¼ teaspoon dried basil, parsley, or dill weed
- Sea salt and ground pepper
- 1 portobello mushroom, stem removed
- 1 tablespoon olive oil

Soak the sunflower seeds in water for 4 hours. Place all ingredients except portobello mushroom and olive oil into a food processor. Process into a paste. In a medium saucepan over low heat, warm olive oil. Place portobello mushroom into saucepan, and gently warm both sides of the mushroom, about 1-2 minutes. Remove from pan, put on plate, and fill the center with the mushroom paste. Serves 1.

## Dinner

### Seasoned Mushrooms and Asparagus

- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 small onion, chopped
- 1 pound asparagus, tough ends removed, chopped into 2-inch pieces
- 1 pound mushrooms, sliced
- 2 teaspoons lemon zest
- Sea salt and ground pepper
- 4 teaspoons dried rosemary, crushed

In a large sauté pan, warm oil over medium heat. Add onions and garlic and cook until onions are translucent, stirring often. Add asparagus and mushrooms and cook until asparagus is crisp-tender and most of the liquid has evaporated, about 5 minutes. Stir in lemon zest and remaining seasonings. Allow to simmer about 1 minute, stirring often. Serve warm. Serves 2-4.



# Pumpkin

Many people need to increase their intake of potassium, and pumpkin is a great way to do this (and low in calories). One cup has 564 grams of potassium, numerous carotenoids, vitamin A, and 2½ grams of fiber. Remember—carotenoids and vitamin A are best absorbed with a fat, so add a little butter or olive oil when you eat pumpkin. Mashed pumpkin is a great substitute for white potatoes and is much healthier for you.

## Lunch

### Pumpkin Chili

- 1 pound ground beef
- 1 tablespoon coconut oil
- 1 can pumpkin purée
- 3½ cups fresh tomatoes, diced
- 1 cup water
- 1 can tomato paste
- 1 teaspoon ground cloves
- 1½ teaspoon paprika (smoked is best)
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 tablespoon chili powder
- 1 teaspoon balsamic vinegar
- Sea salt and ground pepper

In a large soup pan, melt coconut oil over medium heat. Add ground beef and brown thoroughly. Add spices and mix well. Add remaining ingredients and bring to a gentle boil. Cover and allow to simmer for about 30 minutes, stirring few times. If you prefer thicker chili, allow to simmer with lid off until preferred consistency. Serves 2-4.

## Dinner

### Raw Pumpkin Pie Pudding

- 2 cups pie pumpkin, peeled and diced (small pumpkins are best)
- 5 tablespoons coconut milk
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- ¾ cup dates, pitted
- 4 tablespoons coconut oil, melted

In a food processor, combine pumpkin, milk, spices, and vanilla. Blend thoroughly. Add the dates and continue to blend until smooth. Add coconut oil last, once the mixture is warmed from blending. Put into small serving bowls and chill for about 6 hours (more time allows the flavors to meld). For those not completing purification, this pudding can be put into a nut crust to make an excellent pumpkin pie dessert and topped with cashew butter for added yum! Serves 2-4.



# Quinoa

Quinoa is a highly nutritious seed that is often confused for a grain. Quinoa is truly a seed, and a high protein one to boot. As a matter of fact, the amino acid content of quinoa seeds in general is considered well balanced. Quinoa has a lower sodium content and is higher in calcium, phosphorus, magnesium, potassium, copper, manganese, and zinc than wheat, barley, or corn. Quinoa also contains 5 grams of fiber in just a half cup.

## Lunch

### Quinoa Pilaf

- 1¾ cup water
- ¾ cup quinoa, rinsed
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 red bell pepper, chopped
- 2 scallions, sliced thin
- 2 teaspoons white wine vinegar
- Sea salt and ground pepper

Combine water and quinoa in a medium saucepan, bring to a boil. Reduce heat, cover, and simmer until tender, about 15 minutes. Drain and place in a mixing bowl. Heat 1 teaspoon of the olive oil in a small skillet over medium heat. Add bell pepper and scallions and cook until softened, about 3 minutes. Add to quinoa, along with the white wine vinegar and remaining oil. Stir to combine. Season with sea salt and pepper to taste. Serves 2-4.

## Dinner

### Coconut Quinoa Pilaf

- 2 cups quinoa, rinsed
- 1 cup coconut milk
- 2 cups water
- 1 bunch green onions, sliced
- 1 red bell pepper, finely diced
- 3-4 cloves garlic, minced
- ½ teaspoon crushed red chili flakes
- Sea salt and ground pepper
- ½ cup fresh cilantro, chopped

Place all ingredients except the fresh cilantro in a large saucepan over medium-high heat. Cover and bring to a boil, then turn down and allow to simmer for 15-20 minutes. Remove from heat and allow to sit for about 5 minutes. Add chopped cilantro and gently fluff with a fork. Serves 2-4.





# Raspberries

One cup of raspberries contains a mere 64 calories with 8 grams of fiber and a net carbohydrate content of only 7 grams. With this you get calcium, magnesium, phosphorus, potassium, vitamin C, and vitamin K. High in antioxidants, raspberries should enjoy a place in your daily shake!

## Lunch

### Spring Greens With Raspberries

- 2 teaspoons jalapeño pepper, finely chopped (wear rubber gloves when handling)
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- ¼ teaspoon cumin
- 4 cups fresh mixed greens
- 1 cup fresh raspberries
- ¼ cup onion, thinly sliced
- ¼ cup cucumber, chopped
- 1-2 tablespoons raw seeds, any variety

Place lime juice, olive oil, cumin, and 2 teaspoons of the jalapeño pepper into a blender and blend thoroughly. Toss together in a medium bowl the greens, onion, berries, seeds, and cucumber. Top with dressing and toss thoroughly. Serves 2-4.



## Dinner

### Pan-Seared Fish With Raspberry Vinaigrette

Dressing:

- ½ cup raspberries
- 1½ tablespoons red wine vinegar
- 2 teaspoons whole-leaf stevia powder
- ½ teaspoon Dijon mustard
- 4 tablespoons olive oil

Place all dressing ingredients into a blender and mix thoroughly. Set aside.

Fish:

- Salt and ground pepper
- 2 fish fillets, any variety
- 2 sprigs rosemary
- 1 clove garlic, chopped
- 2 tablespoons olive oil
- Sea salt and ground pepper

Salt and pepper the fillets to taste. In a medium sauté pan, warm olive oil over medium heat. Add rosemary and garlic to flavor the oil. Remove the rosemary sprigs and sear fillets on both sides until done or fish flakes easily (time will vary depending on type of fish and thickness of fish). Place fish on plate and top with raspberry vinaigrette. Serve with fresh salad. Serves 2-4.

# Salmon

Salmon is an easy protein to digest, easy to prepare, and highly nutritious. Wild Atlantic salmon is best; it's high in omega-3 fatty acids. Salmon also contains vitamin D, which research shows many people are deficient in. Other fatty fish that you should consider eating include mackerel and sardines.

## Lunch

### Basil Balsamic Salmon

- 1-2 pounds salmon fillets

Marinade:

- Juice from 1 lemon
- Zest from 1 lemon
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 cup fresh basil leaves
- 3 cloves garlic, whole

Topping:

- 1 cup fresh tomatoes, chopped
- ½ cup olives, any variety, pitted and chopped
- 1 tablespoon olive oil
- 3 tablespoons fresh basil, chopped

Rinse salmon fillets under cool water and place skin side up in baking dish. In a blender, place all marinade ingredients together and blend thoroughly until smooth. Pour marinade over fillet, cover, and allow to marinate in the refrigerator for 1-4 hours. Preheat oven to 400 F. Drain off marinade and place salmon fillets skin side down in baking dish. Bake the salmon 10 minutes per inch of thickness. Drizzle marinade over the salmon halfway through baking. While salmon is baking, place all ingredients for the topping in a bowl and mix. Serve salmon with topping and fresh salad. Serves 2-4.

## Dinner

### Citrus Salmon

- 1-2 pounds salmon fillets
- Sea salt and ground pepper

Marinade:

- ½ cup fresh orange juice
- ¼ cup fresh lime juice
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 2 tablespoons shallots, chopped fine
- 2 cloves garlic, minced

Rinse salmon fillets under cool water and place skin side up in a baking dish. In a separate bowl, whisk together marinade ingredients. Pour marinade over the salmon, cover, and allow to marinate in the refrigerator for 2-4 hours. Preheat oven to 400 F. Drain off marinade and place salmon fillets skin side down in baking dish. Bake the salmon 10 minutes per inch of thickness. Season with sea salt and pepper to taste. This recipe goes great with roasted vegetables. Serves 2-4.



# Seeds

Healthy seeds come in many different varieties; chia, hemp, flax, pumpkin, sesame, and sunflower are some of the many seeds you can add to shakes or salads to easily add a little flavor and a variety of extra nutrients. Both chia seeds and flaxseeds can be ground and added to water to act as a perfect egg substitute when baking. Use a clean coffee grinder to grind a tablespoon of either chia or golden flaxseed with 3 tablespoons of water. Allow the mixture to sit for about 10-15 minutes until it develops a gelatinous texture similar to a raw egg. Warm water will speed up this gelling process. Exchange the mixture for 1 egg.

## Lunch

### Apple Salad With Chia Dressing

- ½ cup water
- 2 teaspoons chia seeds
- 1 tablespoon whole-leaf stevia powder (optional)
- 2 cups apple, chopped
- 1 cup celery, chopped
- ⅓ cup dried cranberries
- 3 cups romaine lettuce, chopped
- Juice of 1 lemon

Soak chia seeds in water for about 2 hours until the mixture gels. Whisk together stevia, lemon juice, and chia gel. In a medium bowl, combine apples, celery, cranberries, and lettuce. Drizzle with dressing and blend. Serves 2-4.

## Dinner

### Sprouts, Broccoli, and Seed Salad

- 3 tablespoons raw pumpkin seeds
- 1 cup broccoli, trimmed
- 1 cucumber, halved, seeds removed, sliced
- 10 radishes, sliced
- 2 handfuls mixed sprouts, any variety
- 1 small onion, diced

#### Dressing:

- 4 teaspoons balsamic vinegar
- 2 tablespoons sesame oil
- ½-¾ inch fresh ginger, grated
- Juice from ½ lime

In a medium dry sauté pan, toast pumpkin seeds over medium heat for about 3 minutes, stirring often, until seeds begin to change color and pop. Remove from pan and allow to cool. Combine all dressing ingredients in a glass shaker bottle and shake vigorously. In a large salad bowl, combine broccoli, cucumber, radishes, sprouts, and onion. Pour dressing over and toss. Top with toasted pumpkin seeds. Serves 2-4.



# Spinach

Yummy spinach—it's one of the most nutritious vegetables you can eat! Spinach is a great source of calcium; magnesium; and vitamins A, D, C, and K, as well as carotenoids, iron, lutein, and fiber. Spinach is worth enjoying every day!

## Lunch

### Warm Spinach Salad With Mushrooms

- 2 tablespoons olive oil
- 8 ounces mushrooms, sliced
- 12 ounces fresh baby spinach
- 1 shallot, minced
- 1 teaspoon red wine vinegar
- Sea salt and ground pepper

Heat olive oil in large sauté pan over medium heat. Add mushrooms and cook until softened, about 3-5 minutes. Put spinach into a large bowl. Place cooked mushrooms on top of spinach. Add shallot, red wine vinegar, sea salt, and pepper, and toss all thoroughly. Serve immediately. Serves 2-4.

## Dinner

### Spinach Vegetable Soup

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 4 cups vegetable broth
- 1 medium sweet potato, peeled, chopped into cubes
- 2 stalks celery, chopped
- 2 carrots, chopped
- 4 ounces fresh baby spinach
- Sea salt and ground pepper

Heat oil in a medium saucepan over medium heat. Add onion and garlic, stir often, and cook until softened, about 5 minutes. Be careful not to brown. Add broth and bring to a boil. Then add sweet potatoes, celery, and carrots. Cook until vegetables are tender, about 10 minutes. Reduce heat, add spinach, and heat until wilted. Season with sea salt and pepper to taste. Serves 2-4.





# Sprouts

Sprouts are rich in enzymes, vitamins, and amino acids. There are many varieties to try: alfalfa, broccoli, clover, radish, and more. Sprouts are also easy to make at home, and kids really enjoy watching them grow in just a week. Whether you buy them in the store or enjoy making them at home, try adding them to a shake or salad.

## Lunch

### Quinoa Salad

- 2 tablespoons olive oil
- Juice from 1 lemon
- Sea salt and ground pepper
- 2 cups quinoa, rinsed, cooked, and cooled
- 1 cup fresh pomegranate seeds or ½ cup dried cranberries
- 1 cups broccoli sprouts
- 1 cucumber, finely diced
- ¼ cup fresh cilantro, chopped
- 3 tablespoons raw sunflower seeds

In a small bowl, whisk together the olive oil, lemon, sea salt, and pepper. In a large bowl, combine quinoa, pomegranate seeds, broccoli sprouts, cucumber, cilantro, and sunflower seeds. Drizzle with the dressing and gently toss together. Serve. Serves 2-4.



## Dinner

### Sprouted Vegetable Soup

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons paprika
- ¼ teaspoon marjoram
- 2 carrots, sliced
- 2 cups cabbage, sliced thin
- 1 bell pepper, chopped
- 2 cups mushrooms, sliced
- 2 cups sprouts, any variety
- 4 cups fresh tomatoes, chopped or crushed
- 5 cups vegetable broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon dill weed
- Sea salt and ground pepper

In a large pot, heat oil over medium heat. Add onion and garlic and sauté until onion is translucent. Add paprika, marjoram, carrots, cabbage, and bell pepper and cook for 5 minutes, stirring often. Add the mushrooms, sprouts, and tomatoes, cooking an additional 5 minutes. Add broth, vinegar, and dill and bring to a boil. Season with sea salt and pepper to taste. Reduce heat and allow to simmer for about 30 minutes or until vegetables are tender. Serves 2-4.

# Swiss Chard

Another powerhouse of a food, Swiss chard is a great source of fiber, calcium, potassium, vitamins A and C, beta carotene, lutein, and zeaxanthin. Swiss chard is a member of the goosefoot family, a relative of beets, and comes in red and white varieties. Similar to spinach, Swiss chard is very quick to cook, so be careful not to overcook it.

## Lunch

### Swiss Chard and Apple Soup

- 2 cups Swiss chard, stems removed, chopped
- ½ apple, peeled and chopped
- ¾ cup water, divided
- 1 teaspoon fresh lemon juice
- Sea salt
- ½ avocado, chopped

Put Swiss chard, apple, ½ cup of water, lemon juice, and salt in a blender and process on medium speed until smooth. Add avocado and process until smooth. Add any additional water to reach the consistency you desire. Serve cool or warm gently and then serve. Serves 2-4.



## Dinner

### Mediterranean Chard With Quinoa

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 2 bunches Swiss chard, stems removed, chopped
- Juice from 1 lemon
- ¼ cup olives, any variety, pitted, chopped
- Sea salt and ground pepper
- 2 cups cooked quinoa, rinsed and cooked

In a large sauté pan, warm olive oil. Add garlic and cook for 2-3 minutes. Add greens and sauté until wilted, about 3-4 minutes. Remove from heat and add remaining ingredients except quinoa. Place ½ cup quinoa on plate and top with greens mixture. Serve immediately. Serves 2-4.



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