



Recipe Guide

REAL FOOD FOR REAL PEOPLE

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BREAKFAST

Purify Smoothie

1 ½ cups dairy-free milk

½ avocado

1 orange, peeled and chopped

2 cups chopped kale

1 handful cilantro

1 scoop plant-based or collagen protein powder

Add all ingredients to a high-speed blender. Blend until smooth, then enjoy.

Glowing Smoothie

1 ½ cups dairy-free milk

½ avocado

2 cups baby spinach

½ cup blueberries

½ banana

1 handful fresh parsley

1 scoop plant-based or collagen protein powder

Add all ingredients to a high-speed blender. Blend until smooth, then enjoy.

Zucchini Apple Oatmeal

Serves 1

½ cup gluten-free oats

1 ½ cups dairy-free milk

½ small apple, grated

½ small zucchini, grated

1 scoop plant-based or collagen protein powder

1 teaspoon pumpkin pie spice

Pinch sea salt

Add oats, milk, apple, zucchini, protein powder, spice, and salt to a small pot over medium. Bring to a simmer, then cook for 5 minutes or until thickened.

Green Omelette Sandwich

Serves 1

1 tablespoon coconut oil

1 cup baby spinach, chopped

1 scallion, minced

Sea salt and black pepper, to taste

2 eggs, whisked

1 slice Swiss cheese OR vegan cheese

2 slices gluten-free bread, toasted

1 small avocado, sliced

Add coconut oil to a small skillet over medium heat. When hot, add spinach, scallion, salt, and pepper. Stir for 1 minute or until spinach has wilted. Pour in the whisked eggs and swirl them around the pan. Allow eggs to sit undisturbed until almost firm. Use a spatula to flip the omelette over. Top with cheese then cook for 2 minutes.

Top one toast with omelette and avocado, then sandwich together with the other slice of toast. Cut in half and enjoy.

Luscious Bowl

Serves 1

$\frac{3}{4}$ cup cold dairy-free milk

3 tablespoons chia seeds

$\frac{1}{4}$ teaspoon pure vanilla extract

$\frac{1}{2}$ teaspoon ground cinnamon

Pinch sea salt

$\frac{1}{2}$ small banana, sliced

$\frac{1}{2}$ cup blueberries

1 tablespoon almond butter OR sunflower seed butter

1 tablespoon chopped pecans OR pumpkin seeds

Add milk, chia, vanilla, cinnamon, and salt to a small serving bowl and whisk well. Allow to rest for 5 minutes, then whisk again. Wait 5 more minutes, and when thick, top with banana, berries, almond/sunflower butter, and chopped pecans/pumpkin seeds.

BASICS

Salmon and Broccoli with Italian Dressing

Serves 4

4 salmon fillets, sliced into strips
1 tablespoon coconut oil
Sea salt and black pepper, to taste
2 tablespoons garlic powder
1 cup organic Italian dressing
2 cups broccoli florets
2 large onions, sliced
1 large red bell pepper, sliced
1 large yellow bell pepper, sliced

Place all the ingredients in a large freezer bag or refrigerator dish with an airtight lid. Mix the ingredients together and let it marinate in the refrigerator for at least an hour (overnight is best).

When you're ready to cook, place a large skillet on the stove over medium heat. Add a tablespoon of coconut oil. Once the oil melts, add the salmon, vegetables, and marinade into the pan. Sauté until the fish is firm and the broccoli is a bright green color.

Whole Roasted Garam Masala Chicken

Serves 4

1 whole 5-pound chicken (giblets removed)
1 tablespoon coconut oil
Sea salt and black pepper, to taste

2 tablespoons garam masala spice mix
2 limes, cut in half

Preheat the oven to 400 degrees F.

Place the whole chicken into a roasting pan. Coat with coconut oil. Season with salt, pepper, and garam masala. Add limes to the center of the chicken. Roast for 45 minutes to 1 hour. The chicken is done when you slice between the leg and thigh and the juices run clear.

Balsamic Beef with Green Beans

Serves 4

1 tablespoon coconut oil
2 large onions, sliced
1 pound green beans, ends snapped
1 pound sliced beef
1 tablespoon dried thyme
1 tablespoon garlic powder
Sea salt and black pepper, to taste
¼ cup balsamic vinegar

Place a large skillet on the stove over medium heat. Add coconut oil. Once the oil melts, add onions. Sauté for about 3 minutes, then add green beans. Add in ¼ cups of water and cover. Steam the green beans for 5 minutes. Then uncover. Add sliced beef. Season with thyme, garlic, salt, pepper, and vinegar. Continue to sauté for an additional 3 to 5 minutes until the beef is no longer pink.

Lemon Basil Salmon

Serves 4

4 salmon fillets
1 tablespoon coconut oil
Sea salt and black pepper, to taste
2 tablespoons crushed garlic
1 tablespoon dried basil
1 lemon, thinly sliced

Preheat the oven to 350 degrees F.

Place the salmon in a baking pan. Coat with coconut oil. Season with salt, pepper, garlic, and basil. Top with thinly sliced lemon. Bake for about 15 minutes until the center of each fillet is firm.

Southwest Chicken Burgers

Serves 4

1 pound ground chicken
2 tablespoons taco or fajita seasoning (salt-free)
Sea salt and black pepper, to taste
1 tablespoon coconut oil
4 gluten-free buns
1 large tomato, sliced
1 cucumber, sliced
Burger condiments of your choice (ketchup, mustard, etc.)

Mix the ground chicken, seasoning, salt, and pepper in a mixing bowl. Form 4 patties.

Place a large skillet on the stove over medium heat. Add coconut oil. Once the oil melts, add patties to the pan. Cook for about 5 to 7 minutes per side. Serve on a bun with tomato, cucumber, and condiments of your choice.

Large Salad

Serves 4

8 cups mixed greens
1 cup shredded carrots
1 large cucumber, chopped
1 tomato, chopped
1 large bell pepper, chopped
1 small red onion, thinly sliced
1 avocado, diced

Add all the ingredients to a large salad bowl. Mix well and top with your favorite dressing. (See Dressings for recipes.)

Steamed Broccoli with Lemon

Serves 2

1 bunch broccoli

1 lemon, cut in half

sea salt and black pepper, to taste

Cut the broccoli into florets. Place a steamer basket into a medium-sized pot over medium heat. Add the broccoli to the steamer basket. Cover the pot. Steam the broccoli for about 5 minutes until the broccoli is bright green and tender. Remove the broccoli from the basket and place in a serving bowl. Season with lemon juice, salt, and pepper.

Brown Rice

Serves 4

1 cup brown rice

1½ cups water or vegetable broth

1 teaspoon sea salt

Add the ingredients to a pot over medium heat. Cover and cook for about 30 minutes until the rice has absorbed all the water.

Roasted Sweet Potato

Serves 4

4 large sweet potatoes

Preheat the oven to 425 degrees F.

Place sweet potatoes onto a baking pan. Place into a hot oven and bake for 45 minutes to 1 hour. The sweet potatoes are done when you can pierce the center with a fork or knife without resistance.

SNACK

Cacao Frosty

Serves 1

1 cup dairy-free milk

1 cup ice cubes

3 tablespoons raw cacao powder

½ teaspoon pure vanilla extract

1 banana, sliced

1 tablespoon of raw honey or maple syrup

Add all ingredients to a high-speed blender. Blend until smooth, then enjoy.

DRESSINGS

Dilly Dressing

Makes about 1 ½ cups

½ cup plain dairy-free yogurt

2 tablespoons dairy-free milk

Juice of 1 lemon

2 teaspoons raw honey or maple syrup

Sea salt and black pepper, to taste

1 teaspoon each garlic powder and onion powder

2 tablespoons fresh chopped dill

Combine all ingredients in a jar with a lid. Shake well until smooth. Store in an airtight container for up to 7 days in the refrigerator.

LUNCH

Fajita Salad

Serves 2

1 green bell pepper, thinly sliced

½ cup pico de gallo

1 15-ounce BPA-free can black beans, drained and rinsed

4 cups chopped romaine

½ cup shredded taco blend cheese OR vegan cheese

2 cups organic blue corn tortilla chips, slightly crushed

Juice of 1 lime

Sea salt and black pepper, to taste

½ cup salsa

1 large avocado, sliced

Omnivore Option: Marinated Beef & Onion Strips (recipe in Basics)

Add bell pepper, pico, beans, romaine, cheese, chips, lime juice, salt, and black pepper to a medium mixing bowl. Toss to combine, then divide between two serving bowls. Top with Marinated Beef & Onion Strips if desired, then top with salsa and avocado.

Divinity Salad

Serves 2

4 cups arugula

1 15-ounce BPA-free can cannellini beans, drained and rinsed

½ cup grape tomatoes, halved

1 firm pear, cored and thinly sliced

1 scallion, thinly sliced

¼ cup feta cheese crumbles OR vegan cheese

¼ cup chopped walnuts OR pumpkin seeds

¼ cup Dilly Dressing (recipe in Dressings)

Omnivore Option: 1 can BPA free salmon, rinsed and drained

Add all ingredients to a medium mixing bowl. Toss gently to combine, then serve.

Shanghai Bowl

Serves 2

2 baby bok choy, thinly sliced

2 cups chopped romaine

1 cup shredded carrots

2 scallions, thinly sliced

1-inch piece fresh ginger, minced

1 15-ounce BPA-free can adzuki beans, drained and rinsed

¼ cup slivered almonds OR sunflower seeds

¼ teaspoon garlic powder
2 tablespoons white wine vinegar
1 ½ teaspoons sesame oil
1 ½ teaspoons raw honey or maple syrup
1 tablespoon wheat-free tamari
Sea salt and black pepper, to taste

Omnivore Option: 1 can BPA free chicken, rinsed and drained

Add all ingredients to a medium mixing bowl. Toss gently to combine, then serve.

Fruity Herbed Salad

Serves 2

4 cups mixed greens
2 tablespoons each chopped basil leaves, fresh parsley, cilantro, and sage
½ cup cherry tomatoes, halved
1 small cucumber, chopped
½ cup chopped watermelon
½ cup chopped pineapple
½ cup blueberries
½ cup chopped strawberries
½ cup grapes, halved
1 15-ounce BPA-free can black beans, drained and rinsed

¼ cup chopped pecans OR pumpkin seeds

¼ cup Dilly Dressing (recipe in Dressings)

Omnivore Option: 6 deli slices, nitrate free turkey

Add all ingredients to a medium mixing bowl. Toss gently to combine, then serve.

Avocado Crunch Bowl

Serves 2

2 cups cauliflower rice

1 cup broccoli rice

2 stalks celery, minced

2 cups shredded purple cabbage

1 cup shredded carrots

1 handful fresh parsley, chopped

¼ cup slivered almonds OR sunflower seeds

¼ cup raisins

1 15-ounce BPA-free can chickpeas, drained and rinsed

¼ cup Dilly Dressing (recipe in Dressings)

Omnivore Option: 1 BPA free can tuna, rinsed & drained

Add all ingredients to a medium mixing bowl. Toss gently to combine, then serve.

DINNER

Teriyaki Sheet Pan

Serves 4

- 1 onion, sliced
- 2 yellow squash, sliced
- 2 zucchini, sliced
- 2 yellow bell peppers, sliced
- 2 large carrots, sliced
- 2 cups sliced mushrooms
- 1 6-ounce BPA-free can water chestnuts, drained and rinsed
- Juice of 1 lemon
- 2 tablespoons coconut oil, melted
- ½ cup gluten-free teriyaki sauce
- 4 cups cooked Brown Rice (recipe in Basics)
- Large Salad (recipe in Basics)
- 2 15-ounce BPA-free cans adzuki beans (drained and rinsed)

Omnivore Option: Serve with salmon [Recipe Basics]

Preheat oven to 400 F. Add onion, squash, zucchini, bell peppers, carrots, mushrooms, water chestnuts, lemon juice, oil, and teriyaki sauce to a large baking sheet pan lined with parchment paper. Use tongs to toss and combine.

Bake for 30 minutes, stirring halfway through, or until vegetables are tender to your liking. Serve over cooked brown rice, then top with sliced cooked chicken or salmon, if desired. Serve salad on the side topped with beans.

Chilled Greek Spaghetti

Serves 4

1 pound gluten free spaghetti (prepared to package directions, then rinsed until cool)

4 cups baby spinach

1 red onion, diced

1 red bell pepper, diced

1 large cucumber, diced

1 cup jarred quartered artichoke hearts in water (drained)

¼ cup chopped sundried tomatoes in olive oil

¼ cup sliced kalamata olives

1 cup feta cheese crumbles OR vegan cheese

1 cup plain dairy-free yogurt

Juice of 1 lemon

1 tablespoon raw honey OR maple syrup

1 tablespoon Greek seasoning (salt-free)

Sea salt and black pepper, to taste

4 gluten-free pita breads, toasted then drizzled with extra virgin olive oil

Omnivore Option: Meatballs (recipe in Basics), cooked and chilled

Add all ingredients to a medium mixing bowl. Toss gently to combine, then chill for 2 hours. Serve with pita bread.

Adobo Skillet Burritos

Serves 4

2 tablespoons coconut oil

1 pound frozen bell pepper and onion blend

2 cups frozen corn

2 large tomatoes, seeded and chopped

2 15-ounce BPA-free cans black beans, rinsed and drained

4 cups cooked Brown Rice (recipe in Basics)

2 limes, juiced

1 ½ tablespoons adobo seasoning (salt-free)

Sea salt and black pepper, to taste

2 cups shredded taco blend cheese OR vegan cheese

1 cup organic sour cream OR vegan sour cream

¼ cup fresh cilantro, chopped

8 large gluten-free tortillas, warmed

Omnivore Option: Serves with shredded chicken [Recipe in Basics]

Add oil to a large skillet over medium-high heat. When hot, add frozen blend, corn, and tomatoes. Cook 5 minutes or until heated through. Stir in beans, cooked rice, lime juice, and seasonings. Cook for 5 minutes or until hot.

Stir in cheese, sour cream, and cilantro. Serve filling inside warmed tortillas & basics recipe of choice, if desired.

Ginger Quinoa Kale Bowls

Serves 4

2 tablespoons coconut oil

1 red onion, diced

1 red bell pepper, chopped

2-inch piece ginger, minced

4 cloves garlic, minced

1 pound frozen chopped kale

1 15-ounce BPA-free can fire-roasted tomatoes

2 15-ounce BPA-free cans navy beans, drained and rinsed

1 tablespoon apple cider vinegar

3 cups cooked quinoa (prepared to package directions)

Sea salt and black pepper, to taste

6 scallions, thinly sliced

½ bunch cilantro, chopped

4 Roasted Sweet Potatoes (recipe in Basics)

Omnivore Option: Serve with Lemon Basil Salmon [Recipe in Basics]

Add oil to a large skillet over medium heat. When hot, add onion, bell pepper, ginger, and garlic. Cook 5 minutes or until heated through. Stir in kale, tomatoes, beans, and vinegar. Cook 7 minutes or until heated through.

Stir in cooked quinoa, salt, black pepper, scallion, and cilantro. Stir for 3 minutes or until heated through. Serve in bowls, then top with salmon if desired. Serve with sweet potatoes on the side.

Lentil Curry

Serves 4

- 2 tablespoons coconut oil
- 2 onions, diced
- 2 green bell pepper, diced
- 2 large white potatoes, peeled and diced
- 2 zucchini, diced
- 1 15-ounce BPA-free can fire-roasted tomatoes
- 1 15-ounce BPA-free can coconut milk
- 1 to 2 cups vegetable broth
- 2 15-ounce BPA-free cans lentils, drained and rinsed
- 1 ½ tablespoons curry powder (salt-free)
- Sea salt and black pepper, to taste
- ½ bunch cilantro, chopped
- 1 cup plain dairy-free yogurt
- 3 cups cooked Brown Rice (recipe in Basics)

Omnivore Option: Serve with chicken marsala [Recipe in basics]

Add oil to a large pot over medium heat. When hot, add onions and bell peppers. Cook 8 minutes or until golden brown. Stir in potatoes, tomatoes, milk, and enough broth to cover the potatoes.

Turn heat to medium-high, and bring to a simmer. Cook uncovered for 8 to 10 minutes or until potatoes are cooked through. Stir in lentils, curry powder, salt, black pepper, and cilantro, then shrimp if desired.

Cook for 10 to 15 minutes or until thickened. Serve in bowls topped with rice and yogurt.

DESSERT

Lemon Mint Creme Slushie

Serves 1

Juice of 1 lemon

2 tablespoon raw honey or maple syrup

4 fresh mint leaves

¼ teaspoon pure vanilla extract

¼ cup dairy-free milk

1 cup ice cubes

Add all ingredients to a high-speed blender. Blend until smooth, then enjoy.