



Recipe Guide

REAL FOOD FOR REAL PEOPLE

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BREAKFAST

Grape Smoothie

Serves 1

1 ½ cups dairy-free milk

½ avocado

1 cup purple grapes

1 cup kale

1 scoop plant-based or collagen protein powder

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

Pina Colada Smoothie

Serves 1

1 ½ cups coconut milk

2 tablespoons coconut oil

1 cup frozen pineapple chunks

½ frozen sliced banana

Juice of 1 lime

1 scoop plant-based or collagen protein powder

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

Citrus Trio Chia Bowl

Serves 1

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

3 tablespoons chia seeds

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

Pinch sea salt

1 mandarin orange, peeled and segmented

1 small navel orange, peeled and segmented

$\frac{1}{2}$ small grapefruit, peeled and segmented

2 tablespoons chopped fresh mint

Add milk, chia, vanilla, 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 citrus segments and mint.

Zucchini Avocado Omelette

Serves 1

1 tablespoon coconut oil

1 small zucchini, grated

$\frac{1}{4}$ bunch parsley, chopped

2 eggs, whisked

Sea salt, onion powder, and black pepper, to taste

1 slice Swiss cheese OR vegan cheese

1 avocado, sliced

Add oil to a medium skillet over medium heat. When hot, add zucchini and parsley, then cook for 3 minutes. Pour the whisked eggs over the vegetables, then sprinkle the top with salt, onion powder, and pepper.

Allow eggs to set about 3 minutes or until firm underneath, then flip and top with cheese. When the egg is firm underneath, remove from skillet and serve folded in half. Top with sliced avocado.

Parfait Oatmeal

Serves 1

½ cup gluten-free oats

1 cup dairy-free milk

1 scoop plant-based or collagen protein powder

½ teaspoon cinnamon

Pinch sea salt

½ cup vanilla dairy-free yogurt

½ cup blueberries

Add oats, milk, protein powder, cinnamon, and salt to a food storage container. Mix well, then refrigerate overnight or for at least 4 hours.

When ready to serve, top with yogurt and blueberries.

BASICS

Chicken Cacciatore with Spinach

Serves 4

1 tablespoon coconut oil
1 large onion, chopped
6 garlic cloves, chopped
1 8-ounce package sliced mushrooms
4 chicken breasts, sliced
Sea salt and black pepper, to taste
1 tablespoon Italian seasoning
½ cup vegetable broth
1 28-ounce jar marinara
4 cups fresh spinach
1 cup pitted green olives

Place a large skillet on the stove over medium heat. Add coconut oil. Once the oil melts, add onion and garlic. Sauté for 3 minutes. Add mushrooms and chicken. Season with sea salt, black pepper, and Italian seasoning. Add in broth, marinara, spinach, and olives. Mix well and cover. Simmer for about 15 minutes on low heat.

Rosemary Roasted Chicken and Vegetables

Serves 4

1 whole 5-pound chicken (giblets removed)
2 tablespoons coconut oil
Sea salt and black pepper, to taste
1 tablespoon garlic powder
1 tablespoon dried rosemary
1 pound carrots, roughly chopped
1 small onion, roughly chopped
4 beets, roughly chopped
Preheat the oven to 400 degrees F.

Place the whole chicken into a roasting pan. Coat with coconut oil. Season with salt, pepper, garlic, and rosemary. Add carrots, onion, and beets along the edge of the roasting pan.

Bake for 45 minutes to 1 hour. The chicken is done when you can slice between the leg and thigh and the juices run clear.

Guacamole Shrimp Tacos

Serves 4

1 tablespoon coconut oil
1 pound peeled, deveined shrimp
Sea salt and black pepper, to taste
4 avocados
1 tablespoon ground cumin
½ tablespoon garlic powder
1 small red onion, minced
½ bunch cilantro, minced
1 cup sliced radishes
4 lime
1 package gluten-free taco shells OR lettuce wraps

Place a large skillet on the stove over medium heat. Add coconut oil. Once the oil melts, add shrimp. Season with salt and pepper. Sit to the side to cool.

To make the guacamole, mash the avocado in a mixing bowl. Add in cumin, garlic powder, sea salt, and black pepper. Mix well, then add in onion and cilantro.

To serve, add shrimp to a taco shell or lettuce wrap. Top with guacamole, sliced radishes, and lime juice.

Paleo Chicken Meatballs with Yogurt Mint Sauce

Serves 4

1 pound ground chicken
1 egg

½ cup almond flour
½ tablespoon ground cumin
½ tablespoon garlic powder
½ tablespoon turmeric powder
½ tablespoon ground allspice
Sea salt and black pepper, to taste
1 tablespoon coconut oil
1 cup Greek dairy-free yogurt
½ cup minced mint leaves
2 garlic cloves, minced
1 lemon, juiced

Add chicken, egg, almond flour, cumin, garlic powder, turmeric, allspice, salt, and pepper to a mixing bowl. Mix well and form into 1-inch balls. Place a large skillet over medium heat. Add coconut oil. Once the oil melts add meatballs. Brown on all sides, then cover the pan for about 5 minutes to ensure the center cooks all the way through.

To make the sauce, add yogurt, mint, garlic, and lemon to a small bowl. Mix well and serve with the meatballs.

Slow Cooker Salmon

Serves 4

4 salmon fillets
Sea salt and black pepper, to taste
1 ½ cups vegetable broth
1 lemon, juiced
½ cup minced parsley

Season the salmon with salt and pepper. Place on the bottom of the slow cooker. Add broth and lemon juice. Top with parsley. Cook on low for 2 hours.

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

Garlicky Squash Hummus

Serves 4

2 yellow squash, chopped

3 garlic cloves, chopped

Juice of 1 large lemon
¼ cup extra virgin olive oil
¾ cup tahini
Sea salt and black pepper, to taste
1 teaspoon cumin
¼ bunch fresh parsley, minced
Raw, sliced vegetables for dipping

Add all ingredients (except parsley and dipping vegetables) to a food processor or high-speed blender. Blend until smooth, then serve topped with parsley, with sliced vegetables for dipping on the side.

DRESSINGS

Italian Dressing

Makes about 1 ½ cups

¾ cup extra virgin olive oil
⅓ cup apple cider vinegar
3 tablespoons ground parmesan OR vegan cheese
1 tablespoon fresh parsley, minced
2 teaspoons onion powder

2 tablespoons Italian seasoning (salt-free)

1 teaspoon garlic powder

1 teaspoon honey OR maple syrup

Sea salt and black pepper, to taste

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

Protein Packed Salad

Serves 2

4 cups mixed greens

1 cup broccoli florets, chopped

1 avocado, chopped

1/3 cup celery, chopped

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

1/2 cup jarred quartered artichoke hearts in water, drained

1/4 cup Italian Dressing (recipe in Dressings)

2 tablespoons hemp hearts

Omnivore Option: 1 can wild tuna in water, drained

Add greens, broccoli, avocado, celery, beans, artichokes, and dressing to a medium mixing bowl. Toss gently, then serve topped with hemp hearts, then tuna if desired.

Melon Bowls

Serves 2

1 cup chopped cantaloupe

1 cup chopped honeydew

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

¼ cup feta cheese, crumbled

4 cups arugula

¼ cup fresh mint, chopped

¼ cup Italian Dressing (recipe in Dressings)

Omnivore Option: 4 slices nitrate-free turkey, sliced

Add all ingredients to a medium mixing bowl and toss gently before serving.

Quinoa Veggie Couscous

Serves 2

1 cup cooked quinoa (prepared to package directions)
½ lb frozen Normandy blend vegetables, steamed or sauteed until cooked
1 cup baby spinach, chopped
1 cup grape tomatoes, halved
¼ bunch fresh parsley, chopped
¼ cup feta cheese, crumbled
¼ cup green olives, chopped
1 15-ounce BPA-free can chickpeas, drained and rinsed
Juice of 1 lemon
Sea salt and black pepper, to taste

Omnivore Option: 1 can BPA free salmon, drained

Add all ingredients to a medium mixing bowl. Gently toss before serving.

Avocado Kale Crunch

Serves 1

4 cups shredded kale slaw (discard any dressing)
1 cup shredded carrots
½ cup mung bean sprouts
1 medium cucumber, diced

¼ cup slivered almonds OR pumpkin seeds

¼ cup Italian Dressing (recipe in Dressings)

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

1 avocado, chopped

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

Add all ingredients (except beans and avocado) to a medium mixing bowl. Gently toss before serving topped with beans and avocado.

Tuscan Wraps & Soup

Serves 2

2 large gluten-free spinach tortillas

4 slices fresh mozzarella cheese OR vegan cheese

1 small cucumber, thinly sliced

1 red bell pepper, thinly sliced

½ small red onion, thinly sliced

1 avocado, sliced

2 cups arugula

¼ cup Italian Dressing (recipe in Basic)

1 BPA-free can organic soup with beans (like Amy's Organics), heated

Omnivore Option: sliced nitrate-free turkey

Lay tortillas on a flat surface. Top with cheese, cucumber, bell pepper, onion, avocado, and arugula, then pepperoni if desired. Slice in half, then serve with dressing for dipping, and hot soup on the side.

DINNER

Scrumptious Rice Skillet

Serves 4

- 3 cups cooked Brown Rice (recipe in Basics)
- 2 tablespoons coconut oil
- 1 large onion, diced
- 2 stalks celery, diced
- 2 cups diced mushrooms
- 3 cloves garlic, minced
- 2 cups shredded carrots
- 2 cups frozen French-cut green beans
- Sea salt and black pepper, to taste
- 2-ounce jar diced pimentos, drained and rinsed
- 8-ounce BPA-free can water chestnuts, drained and rinsed
- 2 15-ounce BPA-free cans lentils, drained and rinsed

1 cup dairy-free milk

Omnivore Option: chopped Roasted Chicken (recipe in Basics)

Add coconut oil to a large skillet over medium heat. Add onion and celery, then cook until softened and golden brown, about 5 minutes. Stir in mushrooms, garlic, carrots, green beans, salt, and pepper. Cook, stirring occasionally, until vegetables are tender, about 4-5 minutes.

Stir in cooked brown rice, pimentos, chestnuts, lentils, and milk, then chicken if desired. Cook, stirring constantly, until heated through and bubbling, about 3 minutes. Serve immediately.

Pesto Stuffed Portobellos

Serves 4

8 large Portobello mushrooms

1 ½ cups organic pesto OR vegan pesto

¾ cup gluten-free bread crumbs

½ cup kalamata olives, chopped

1 red bell pepper, diced

1 small red onion, diced

1 cup shredded mozzarella cheese OR vegan cheese

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

Large Salad (recipe in Basics)

Omnivore Option: Serve with meatballs [see Recipe Basics]

Preheat oven to 400 F. Place portobellos on a large baking sheet, then set aside.

Add pesto, bread crumbs, olives, bell pepper, onion, cheese, and beans to a medium mixing bowl. Mix well to combine, then scoop evenly into the portobellos.

Bake for 25 minutes or until bubbling and golden brown. Serve with salad on the side.

Creamy White Chili

Serves 4

2 tablespoons coconut oil

2 large onions, diced

4 stalks celery, diced

2 green bell peppers, diced

2 Hatch chilis or banana peppers, diced

1 28-ounce BPA-free can crushed tomatillos

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

2 tablespoons fajita seasoning (salt-free)

Sea salt and black pepper, to taste

1 cup dairy-free milk

1 cup guacamole

1 cup organic sour cream OR vegan sour cream

1 cup shredded Monterey jack cheese OR vegan cheese

Large Salad (recipe in Basics)

Omnivore Option: 1 pound ground chicken

Add coconut oil to a large pot over medium-high heat. Add onion, celery, bell peppers, and chili peppers, then crumble in ground chicken if desired.

Cook, stirring occasionally, until softened and golden brown, about 7 minutes. Stir in tomatillos, beans, seasonings, and milk. Bring to a simmer, then cover and reduce the heat.

Keep a low simmer for 10 minutes, then serve in bowls topped with guacamole, sour cream, and cheese. Serve salad on the side.

Panini, Soup, & Salad

Serves 4

¼ cup coconut oil, softened

8 slices gluten free bread

8 slices Havarti cheese OR vegan cheese

½ cup sliced sun dried tomatoes in olive oil and herbs

2 jarred whole roasted red peppers, drained, rinsed, seeds removed, then sliced in half

2 cans BPA-free organic soup with beans (like Amy's Organics), heated

Large Salad (recipe in Basics)

Omnivore Option: Serve with salmon or choose from [Recipe Basics]

Heat a large skillet over medium heat. Spread one side of each bread slice with coconut oil. Place slices oiled-side down in the hot skillet. On each slice, layer 1 slice of cheese, 2 tablespoons sun dried tomatoes, 1 red pepper half, deli turkey (if desired), 1 slice of cheese, and finish with another slice of bread.

Cook about 5 minutes or until cheese begins to melt and bread is toasted underneath. Flip them over, then place a cast iron skillet (or a heavy duty plate with something

heavy on top to weigh it down) directly on top of the paninis. Cook for about 4 minutes or until the bottom is golden brown.

Serve sliced in half diagonally, with soup and salad on the side.

Corn & Squash Chowder

Serves 4

2 tablespoons coconut oil

2 large onions, chopped

2 stalks celery, chopped

2 carrots, chopped

2 red bell peppers, chopped

2 cups chopped butternut squash

2 cups frozen corn niblets

3 cups vegetable broth

3 cups dairy-free milk

2 tablespoon all-purpose seasoning (salt-free)

Sea salt and pepper, to taste

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

4 cups baby spinach, chopped

½ bunch parsley, chopped

Omnivore Option: Top with shredded chicken or salmon

Add oil to a large pot over medium heat. When hot, add onions, celery, carrots, and bell peppers. Cook 5 minutes or until softened. Stir in squash, corn, broth, milk, seasoning, and beans. Bring to a simmer, and cook 15 minutes or until butternut is tender.

Stir in spinach and parsley, then turn off the heat. Allow to wilt for about 2 minutes, then serve in bowls.

DESSERT

Candied Peaches

Serves 1

1 teaspoon coconut oil

1 large, firm peach, pitted and sliced into 4 large wedges

2 teaspoons maple syrup

1 tablespoons unsweetened, dried shredded coconut

1 tablespoon hemp hearts

¼ teaspoon cinnamon

Pinch salt

Add oil to a small skillet over medium heat. While the skillet is heating, add all remaining ingredients to a small mixing bowl. Mix gently until coated well.

Add coated peaches and any excess coating mixture to the hot skillet. Cook for 2 minutes undisturbed, then flip slices over and cook for 2 minutes longer or until golden brown. Serve immediately.

