



Recipe Guide

REAL FOOD FOR REAL PEOPLE

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BREAKFAST

Orange Melon Smoothie Bowl

Serves 1

1 cup dairy-free plain yogurt

1 cup chopped romaine

1 cup chopped cantaloupe

1 small orange, peeled and chopped

1 tablespoon coconut oil

1 scoop vanilla plant-based or collagen protein powder

2 tablespoons each hemp hearts and chia seeds

Add all ingredients (except hemp hearts and chia seeds) to a high-speed blender. Blend until smooth, then pour into a serving bowl. Top with hemp hearts and chia seeds, then enjoy.

Cinnamon Raisin Oatmeal

Serves 1

¼ cup gluten-free oats

½ cup dairy-free milk

½ teaspoon cinnamon

Pinch sea salt

1 scoop vanilla plant-based or collagen protein powder

2 teaspoons maple syrup (optional)

¼ cup raisins

Add ingredients to a small pot over medium heat. Stir well and bring to a simmer. Cook until thickened, about 3 minutes.

Forager Parfait

Serves 1

1 cup vanilla dairy-free yogurt

¼ cup each blackberries and raspberries

2 tablespoons each pumpkin seeds and sunflower seeds

Pinch sea salt

Add yogurt to a serving bowl. Top with berries, seeds, and salt.

Lean Green Smoothie

Serves 1

1 ½ cups dairy-free milk

1 cup chopped kale

1 cup baby spinach

1 small green apple, cored and chopped

½ avocado, chopped

1 scoop vanilla plant-based or collagen protein powder

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

Taco Truck Breakfast

Serves 1

1 teaspoon coconut oil

¾ cup finely chopped kale

3 eggs, whisked

1 teaspoon taco seasoning (salt-free)

Sea salt, to taste

3 tablespoons shredded cheddar OR vegan cheese

½ avocado, chopped

3 tablespoons salsa

2 to 3 small gluten-free tortillas, warmed

Add coconut oil to a medium skillet over medium heat. When hot, add kale. Cook for about 3 minutes, then add the eggs to the pan. Stir in seasoning and salt. Cook, stirring, for 1 minute.

Stir in cheese, avocado, and salsa. Continue to cook the eggs until fully scrambled. Serve mixture inside tortillas.

BASICS

Orange Mint Chicken with Peas

Serves 4

1 tablespoon coconut oil
2 large onions, sliced
4 chicken breasts sliced
1 cup frozen peas
Sea salt and black pepper, to taste
2 tablespoons garlic powder
1 cup orange juice
1 bunch mint, minced

Place a skillet onto the stove over medium heat. Add coconut oil. Once the oil melts, add onions. Sauté for about 3 minutes. Next, add chicken. Season with salt, pepper, and garlic. Sauté for about 5 minutes. Add orange juice. Turn the heat down to low and simmer for about 5 minutes to reduce the juice. Add in mint before serving.

Whole Roasted Old Bay Chicken

Serves 4

1 whole 5-pound chicken (giblets removed)
2 tablespoons coconut oil
2 tablespoons Old Bay seasoning mix

Preheat the oven to 400 degrees F.

Place the whole chicken into a roasting pan. Season with Old Bay seasoning. Bake for 45 minutes to 1 hour. The chicken is done when you slice between the leg and thigh and the juices run clear.

Beef Tacos with Mango Pepper Salsa

Serves 4

1 cup frozen mango (thawed)
1 red bell pepper, chopped
1 red onion, minced
½ cup chopped cilantro
Sea salt and black pepper, to taste
1 lime, juiced
1 tablespoon coconut oil
1 pound ground beef
1 tablespoon taco seasoning (salt-free)
Sea salt and black pepper, to taste
1 package gluten-free taco shells OR lettuce wraps
2 avocados, sliced

Add thawed mango into a mixing bowl. Chop into smaller cubes. Add in bell pepper, onion, cilantro, sea salt, black pepper, and lime juice. Place in the refrigerator to marinate.

Next, place a large skillet on the stove over medium heat. Add coconut oil. Once the oil melts, add beef. Season with taco seasoning, sea salt, and black pepper. Sauté for about 5 to 7 minutes until brown. Drain the excess oil.

To serve, add cooked beef to a taco shell or lettuce wrap. Top with salsa and sliced avocado.

Paleo Salmon Patties

Serves 4

2 14-ounce cans wild salmon
Sea salt and black pepper, to taste
1 onion, minced
1 red bell pepper, minced
2 garlic cloves, chopped
½ cup almond flour
2 eggs, beaten
½ cup minced parsley
1 bunch dill, minced
1 tablespoon coconut oil

Add salmon, salt, pepper, onion, bell pepper, garlic, almond flour, eggs, parsley, and dill to a large mixing bowl. Mix well and form into patties.

Place a large skillet over medium heat. Add coconut oil. Once the oil melts, add salmon patties. Cook for 3 minutes per side.

Slow Cooker Almond Butter Chicken

Serves 4

2 garlic cloves, chopped
2/3 cup peanut butter OR sunflower seed butter
1 cup chicken broth
4 chicken breasts, cut into strips
2 large zucchini, chopped
4 large carrots, chopped
2 large onions, chopped
1 tablespoon ground cumin
Sea salt and black pepper, to taste
1 lemon, juiced

Add all the ingredients to a slow cooker. Mix well. Cover and cook on high for 2 to 3 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

Chai Trail Mix

Serves 1

2 tablespoons each sunflower seeds and pumpkin seeds

¼ cup each raisins and unsweetened banana chips

1 pinch each cinnamon, ginger powder, cloves, nutmeg, allspice, and sea salt

½ teaspoon coconut oil, melted

Add all ingredients to a food storage container. Shake well to mix, and enjoy.

DRESSINGS

Mint-Lime Balsamic

Makes about 1 ½ cups

¾ cup extra virgin olive oil

2 tablespoons balsamic vinegar

¼ small onion, chopped

2 cloves garlic

Juice of 1 large lime

2 tablespoons fresh mint leaves

Sea salt and black pepper, to taste

½ tablespoon raw honey or maple syrup

Water, to thin if desired

Add all ingredients to a high-speed blender. Blend on medium-high until smooth, adding water to thin if desired. Store in an airtight container for up to 7 days in the refrigerator.

LUNCH

Lentil, Rice, & Tomato Jars

Serves 2

- ¼ cup Mint-Lime Balsamic (recipe in Dressings)
- 2 cup cooked Brown Rice (recipe in Basics), chilled
- 1 15-ounce BPA-free can lentils, drained and rinsed
- 1 cup cherry tomatoes, halved
- ¼ cup feta cheese OR vegan cheese
- 1 avocado, chopped
- 3 cups baby spinach
- ¼ bunch parsley, chopped

Omnivore Option: 8 sliced nitrate-free turkey, chopped

Add ingredients in order listed to two 32 oz mason jars. Seal and store for up to 3 days in the fridge. When ready to serve, gently shakes the jars to distribute the ingredients. Serve in the jar, or pour into a salad bowl and enjoy.

Mandarin Dandelion Salad

Serves 1

- 4 cups mixed greens
- 2 cups chopped dandelion leaves OR arugula
- 4 mandarin oranges, peeled and segmented
- 1 cup shredded carrots
- 1 cup chopped radishes

1 avocado, chopped

1 cup sprouts

¼ cup slivered almonds OR pumpkin seeds

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

¼ cup Mint-Lime Balsamic (recipe in Dressings)

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

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

Black Bean Sandwich & Soup

Serves 2

4 slices gluten-free bread, toasted

½ cup tablespoons black bean dip

4 slices Monterey jack cheese OR vegan cheese

1 tomato, sliced

2 large green leaf lettuce leaves

1 15-ounce BPA-free vegetable soup with beans (like Amy's Organics)

Omnivore Option: 4 slices of nitrate-free turkey

Spread bean dip over 2 slices of toasted bread. Top with cheese, tomato, and lettuce, then turkey if desired, and remaining bread slices. Slice the sandwiches in half, then serve with soup on the side.

Kale & Watermelon Salad

Serves 2

4 cups chopped kale

¼ cup Mint-Lime Balsamic (recipe in Dressings)

1 avocado, chopped

1 red bell pepper, chopped

2 scallions, thinly sliced

¼ bunch cilantro, chopped

¼ cup chopped walnuts OR sunflower seeds

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

2 cups chopped seedless watermelon

Omnivore Option: Serve with BPA free can of salmon or chicken

Add kale and dressing to a medium mixing bowl. Massage the ingredients together with your hands until kale is wilted. Add in all remaining ingredients and gently toss to combine before serving.

Rainbow Crunch Salad

Serves 2

1 small green apple, cored and grated

1 large beet, grated
1 cup shredded carrots
1 cup shredded purple cabbage
1 small bulb fennel, very thinly sliced
2 cups baby spinach
¼ cup Mint-Lime Balsamic (recipe in Dressings)
4 hard-boiled eggs, sliced
1 avocado, sliced
¼ cup slivered almonds OR pumpkin seeds

Add apple, beet, carrots, cabbage, fennel, spinach, and dressing to a medium mixing bowl. Toss well to combine, then divide between two serving bowls. Top each with eggs, avocado, and almonds/pumpkin seeds.

DINNER

Spinach Artichoke Pasta

Serves 4

1 pound gluten-free ziti (prepared to package directions)
½ cup vegetable broth
½ cup cashew butter OR sunflower seed butter
Juice of 1 lemon
1 teaspoon each garlic powder and onion powder
1 tablespoon Italian seasoning

1 pound frozen chopped spinach
1 cup jarred quartered artichokes in water, drained
Sea salt and black pepper, to taste
½ cup grated parmesan cheese OR vegan cheese
½ bunch parsley, chopped

Omnivore Option: Salmon Patties or Almond Butter Chicken (recipe in Basics)

Add broth, cashew/sunflower butter, lemon juice, garlic powder, onion powder, and Italian seasoning to a large pot over medium heat. Whisk together until well combined, then stir in spinach, artichokes, salt, and pepper.

Cook for 6 minutes or until heated through. Stir in cheese and cooked ziti, then cook 3 minutes more or until hot. Serve topped with parsley, then meatballs if desired.

Ruby Red Stir Fry

Serves 4

2 tablespoons coconut oil
1 red onion, thinly sliced
1 large beet, peeled, quartered, then thinly sliced
2 cups cauliflower florets
4 cups shredded purple cabbage
2 cups shredded carrots
3 cloves garlic, minced
2-inch piece ginger, minced
Juice of 1 lemon

3 tablespoons wheat-free tamari
Sea salt and black pepper, to taste
4 cups cooked Brown Rice (recipe in Basics)
8 eggs, pan-fried in coconut oil to your liking

Omnivore Option: Salmon or chicken (recipe in Basics)

Add coconut oil to a large pot over medium-high heat. When hot, add onion, beet, and cauliflower. Cover and cook for 5 minutes.

Remove lid, then stir in cabbage, carrots, garlic, ginger, lemon, tamari, salt, and pepper. Sauté until the cabbage is wilted, about 5 minutes.

Serve over cooked brown rice and topped with fried eggs, then topped with chicken or salmon if desired.

Loaded Southwest Burritos

Serves 4

8 large gluten-free tortillas, warmed
2 15-ounce BPA-free can vegetarian refried beans, heated
2 cups shredded cheddar cheese OR vegan cheese
2 large Roasted Sweet Potatoes (recipe in Basics), peeled and chopped
2 cups pico de gallo
2 cups black bean and corn salsa
1 bunch cilantro, chopped
4 cups shredded iceberg lettuce

Omnivore Option: shredded Roasted chicken (recipe in Basics)

Lay warmed tortillas on a flat surface. Spread heated refried beans on top of tortillas. Top with remaining ingredients, then roll up and enjoy.

Zucchini Caprese Bake

Serves 4

2 tablespoons coconut oil

3 large zucchini, sliced into rounds

1 large red onion, sliced in half, then sliced into very thin half-moons

4 large tomatoes, sliced into rounds

2 ½ cups sliced fresh buffalo mozzarella OR vegan cheese

1 cup whole fresh basil leaves

2 cups organic pesto OR vegan pesto

Large Salad (recipe in Basics)

2 15-ounce can chickpeas, drained and rinsed

Omnivore Option: Serve with chicken or salmon.

Preheat oven to 400 degrees F. Grease a 9x13" glass baking dish with coconut oil. Create alternating vertical layers of zucchini slice, onion slice, tomato slice, cheese slice, and basil leaf until the pan is full.

Spread pesto over the top, the bake for 40 minutes or until bubbling and golden brown on top. Serve with a large salad on the side topped with chickpeas. Serve chicken on the side if desired.

Southern Collard Stew

Serves 4

2 tablespoons coconut oil

2 onions, chopped

2 stalks celery, chopped

2 large carrots, chopped

4 cloves garlic, minced

8 cups chopped collard greens

2 large white potatoes, peeled and chopped

1 teaspoon smoked paprika

Sea salt and black pepper, to taste

4 to 6 cups vegetable broth

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

4 gluten-free dinner rolls, toasted

Omnivore Option: Add nitrate-free turkey to your bowl or shredded chicken

Add coconut oil to a large pot over medium heat. When hot, add onions, celery, and carrots. Cook 5 minutes, then stir in garlic, greens, potatoes, paprika, salt, and pepper. Add enough broth to cover the vegetables.

Bring to a simmer, then cover pot and reduce heat to medium-low. Cook 15 minutes or until collards and potatoes are tender. Remove lid, then stir in beans to heat through.

Serve in bowls, topped with turkey slices if desired, and toasted rolls on the side.

DESSERT

Watermelon Rosemary Sorbet

Serves 1

2 cups frozen chopped watermelon

1/8 teaspoon crushed dried rosemary

1 pinch sea salt

Juice of 1/2 lemon

1 tablespoon raw honey or maple syrup

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