



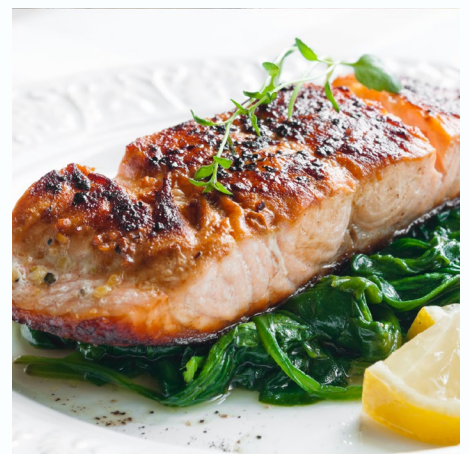
The Healthy

COOKBOOK

&

30 DAY MEAL PLAN

A simple guide for healthy eating and living



A Personal Note

Growing up, we all might have heard the saying: “finish your fruits and vegetables” or “you have to eat healthier,” but have probably disregarded it when we didn’t feel like it.

How important is it to listen to these recommendations?



According to a recent report by the Center for Disease Control and Prevention (CDC), individuals who eat a healthy diet have a lower risk of suffering from chronic diseases, such as heart disease, type 2 diabetes, and certain cancers, which are the leading causes of sickness and mortality. Therefore, individuals who are diagnosed with chronic illness can manage these conditions better if they eat healthier.

But Wait... There’s More! (as the famous saying goes)

Eating healthier might also prevent or reduce joint pain. According to the Arthritis Foundation and recent studies, a healthy diet can help with joint pain and arthritis by reducing inflammation.

Unfortunately, so many Americans eat a diet that increases their risk of developing diseases and aggravates their conditions. That is why the Standard American Diet is also known as ‘SAD.’

Another challenge that we all face (and many doctors don't talk about) is nutritional deficiency.

The CDC reported that only one in 10 adults and adolescents in the U.S. eat enough fruits and vegetables to meet the required daily minimum for healthy function.

Are we not eating enough food? The simple answer is 'no.' Surveys show that we eat the right amount of food and calories (between 1,833 to 2,475 per day). The problem is that we do not eat the foods that have the nutrients our body needs.

In other words, we are well fed, but undernourished

Why is that important? Well, nutrients are the fuel that your body uses to create energy, synthesize the right amount of each of your hormones, to rebuild your organs and joints, and to 'fight' bacteria, viruses, and other pathogens. Without it, your body might function, but not as good as it should. After a while, symptoms of dysfunction typically start or progress.

“Nutrition is the KEY to successful treatment!”

It is interesting to note that clinically, many patients who kept a healthy diet typically respond to care much faster or better than patients who do not. Unfortunately, most doctors do not talk about nutrition and its effect on health and disease.

I will give you an example. When most people are in pain, they see their family doctor, chiropractors, massage therapist, or even their acupuncturist.

They provide treatment, such as a prescription (drugs, exercise, etc.), but their doctor does not talk to them about eating the ‘right’ foods to allow their body to heal and what not to eat to reduce inflammation. Some foods and diets promote inflammation. Some foods and diets promote health and let the body reach a balanced and healthier function.

When you look at the statistics, 5 in 10 adults consume a sugary drink on any given day and 3 pounds (or 6 cups) of sugar every week. If they keep eating and drinking inflammatory foods (such as sugar or high carbs meals), will they get healthier and feel better?

Probably not.

The same goes for many other conditions, including overweight or obesity, inflammation and pain, chronic fatigue, low thyroid function, sexual dysfunction, a decline in memory, and autoimmune conditions. Successful treatment must include healthy foods that will promote health.

Nutrition is an essential step in achieving your health goals. During the evaluation process, we listen to our patients’ health concerns, their health history, diet, and lifestyle. As part of your journey to better health, it is important to find healthy foods that you can enjoy eating, will provide you with nutrients and nourishment, and will help you to restore your health.

Many studies have shown that the saying, “you are what you eat,” has turned out to be true. Today’s diet has become complex. There are so many types of diets and the highest amounts of sugar, chemicals, and processed ingredients in our food in the history of humanity.

Consults with ‘Dr. Google’ can often take us to misleading or inaccurate information. Therefore, this cookbook will help you on your journey to achieve your health goals!

Before we start, I would like to note that I always recommend consulting with a licensed healthcare provider before starting any diet, especially when taking prescription medications.

I wish you the best of health and I look forward to working with you!

Your Name,
Add Contact Information



“THE GREATEST WEALTH IS HEALTH”

This Healthy Cookbook is designed to help you to reduce inflammation, risk of chronic diseases, joint pain, and support better health and function.

The recipes are based on a combination of the anti-inflammatory and elimination diets. The recipes contain foods that will provide your body with large amount of nutrients and reduce exposure to harmful chemicals, preservatives, sugar, and other harmful additives.

In the introduction section, this book will also cover tips for healthy eating and keys to success, what to look for in each food group, healthy sources of the three macro-nutrients, many healthy recipes, and 30 days meal plan.

We hope you enjoy these recipes and wish you the best of health!

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A stethoscope with a black tube and silver chest piece is positioned diagonally across the frame. In the center, a dark grey heart-shaped platter holds a variety of fresh vegetables: cherry tomatoes, cucumber slices, carrot sticks, asparagus, green beans, corn cobs, and leeks. A small white bowl in the center of the platter contains two pieces of salmon topped with lemon slices and two small fish. Surrounding the platter are more vegetables, including whole mushrooms, sliced mushrooms, whole carrots, and shallots. The entire scene is set against a light-colored wooden background.

KEYS TO SUCCESS



TIPS FOR HEALTHY EATING

Awareness

This awareness tip is split into two different categories. The first category is becoming aware of your body and how it reacts to specific foods and environmental changes. How do you feel after you eat a donut vs. a salad? If you eat dairy, do you notice specific symptoms like a runny nose or skin problems? Being aware of our body and even the smallest of signals (AKA symptoms) they give us can help determine which foods to eat and foods to avoid.

The second category is being aware and attentive to our food and our environment. In today's fast paced America, we tend to scarf down our food while multitasking. When we do this we are usually in a fight or flight mode and not a rest and digest state. To fully digest our food, it is important to take a couple minutes to calm down and pay attention to what we are putting in our mouths. I suggest taking a few deep belly breaths before eating.

'On-The-Go' Food – The Healthy Style

Life is full of twists and turns and periods when we are crunched for time. In order to stick with a healthy eating plan, it is important to be prepared for these times. Some on-the-go foods we suggest are:

- Nut & Seed Mix
- Apple or Banana & Nut Butter
- Protein Bar
- Veggie Sticks & Hummus (see recipe in this cookbook)
- Edamame
- Hardboiled egg and fruit

Full Pantry & Freezer

Keep your pantry and freezer full of veggies and frozen homemade meals. When you have a very busy week or get home late from work, having many ingredients available makes preparing a meal easier.

Batch Cook

Cook once. Eat many times. By planning ahead and batch cooking you spend less time preparing and more time eating. I suggest making a couple batches of a meal and freezing the left overs or storing them in the fridge to eat later in the week. You can also cook multiple meals at the beginning of the week and have them ready to go after busy weekdays.

Plan Meals

Schedule a time during the week to sit down to plan meals and make a grocery list. This keeps you on track during your week and prevents you from coming home late at night with nothing to eat...a dangerous scenario for ordering something unhealthy or running by a fast food establishment. This also keeps you on track at the grocery store; making sure you aren't purchasing food that will go to waste.

*“If you can’t pronounce it, don’t eat it!”
– Common sense*

Reduce use of Processed & Packaged Foods

The best way to eat food is in a form that is closest to its natural state. In today's world we have highly processed foods in a variety of packages. Some of these are packaged in containers that look like healthy foods with labels like “organic” “gluten free” and “sugar free.” However, many of these are still unhealthy foods full of sugar, harmful zero calorie sweeteners, gluten and harmful food additives. The best way to determine if a food is healthy is to read the nutrition facts panel and the ingredient list. Healthier products usually contain a small number of ingredients and whole food ingredients that you can pronounce.

“Take care of your body. It’s the only place you have to live.” – Jim Rohn

Healthy Food on a Budget

We understand purchasing everything organic can be expensive. We always prefer organic over conventional, but we know it can cost a little more. We suggest following the Clean 15

and Dirty Dozen list put out by the Environmental Working Group. This is a list of the top 15 foods with the least amount of pesticides and herbicides on them and the top 12 foods with the most pesticides and herbicides on them. For more articles and information on the effect of environmental factors, such as pesticides on our health and how to avoid it. Here is the list of the Dirty Dozen according to the Environmental Working Group (EWG):

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet bell peppers
11. Cherry tomatoes
12. Cucumbers.

You should always buy the dirty dozen fruits organic. Another rule of thumb to follow is based on the part of the fruit or vegetable you will be eating. Produce that has a thick peel or rind can be purchased conventional, if the outer peel or rind will not be used. This way you are throwing away the part of the food that has been most exposed to chemical pesticides and insecticides.

Look for sales. Some organic products are often on sale and their price might be close to the same vegetables or fruits that are non-organic. Many fresh vegetables that are high in price can be found cheaper in the frozen foods section. Always read the ingredient label to make sure the package only contains healthy whole foods. Some food like sweet potatoes will have added sugars and additives. The frozen foods are just as healthy as the fresh foods, because they are usually harvested and frozen at their ripest point.

The “SECRET” of Successful Diet

From both my personal and patients’ experience, the key to successful diet is to plan in advance. Do not wait for the following day or wait until you are hungry to look for food. Think every day about your next day and plan your shopping and cooking accordingly.

FOOD GROUPS

Fruit

Fruit is full of vitamins, minerals, and antioxidants. However, fruits also contain naturally occurring sugars. It is important not to eat too much fruit and choose a mixture of low sugar (berries) and high sugar fruits (bananas, mango, etc.). For example if you had a banana for breakfast, have berries later in the day instead of another high sugar fruit.

Vegetables

Vegetables are also a great source of nutrients. It is important to include a variety of vegetables from different vegetable categories. Cruciferous vegetables are broccoli, cauliflower, Brussels sprouts and cabbage. These are great for detox and cancer fighting. Leafy green vegetables include foods like spinach, kale, watercress and arugula. Starchy vegetables include white potatoes, eggplant, acorn squash, butternut squash, and pumpkin can increase your blood sugar and should be consumed in small amounts. It is important to get a large amount of non-starchy vegetables in your diet. This includes foods like leafy greens, peppers, onions, celery, carrots, and tomatoes.

Animal Protein

Animal products are one of the most important foods to purchase organic or grass fed. This is because many animals are given hormones and antibiotics that we do not want to eat. Free-range animals usually contain more nutrients in their products.

The best way to purchase animal protein is from a local farmer where you can ask questions about how the animals are treated, what they do when the animals get sick, and how long they are able to range free.

Dairy

Dairy products are difficult for some individuals to digest and present with a number of underlying symptoms. There are healthy dairy alternatives. These include nut milks like coconut milk or almond milk. These milks can also be made into kefir or yogurt. If you are not sensitive to dairy, it is important to purchase products that are organic or free range and given no hormones or antibiotics. Ghee is a form of clarified butter. This means the milk solids have been separated from the butterfat and discarded. This is handled better than butter for individuals with dairy sensitivities.

Goat yogurt is also easier for some individuals to handle compared to cow milk. Goat products come in the form of milk, yogurt, kefir, and cheese.

Store bought yogurt, kefir, and nut milks usually have sugar added to them. There are options of plain and unsweetened versions. We suggest choosing these and adding your own sweetener and flavoring, like organic vanilla extract and stevia.

Nuts & Seeds

These powerhouses are filled with a diverse array of nutrients. Nuts have a great source of protein and specific seeds like chia and flax are filled with healthy fats.

These are easy to throw in a trail mix with organic raisins, or make into a homemade granola bar. You can top your salad with hemp seeds, chia seeds, flaxseed, or a mixture of nuts like walnuts and almonds.

These are great to keep in the car and have on hand for when you are on the go and don't have any healthy eating options. If you choose flaxseed, it is important to grind the flaxseed in order to absorb the healthy oils that are inside the seed. Ground flaxseed should be stored in the refrigerator, because the oils go rancid quickly when left out.

Grains

It is important to be aware of both gluten containing and gluten free grains and products. Gluten can be a very large problem for many individuals and when they eliminate it from their diet, they see an improvement in symptoms. A study published in 2015 evaluated the effect of wheat protein on four groups: celiac patients with active disease, celiac patients in remission, non-celiac patients that are sensitive to gluten, and healthy (non-celiac) individuals. The study concluded that all the participants of the study were found to have a temporary dysfunction of their gut, in form of increased intestinal permeability (also called 'leaky gut') after consumption of wheat.

Whether you avoid gluten or not, continue reading to learn how to choose the best products.

Source: Hollon J, Leonard Puppa E, Greenwald B, Goldberg E, Guerrerio A, Fasano A. Effect of Gliadin on Permeability of Intestinal Biopsy Explants from Celiac Disease Patients and Patients with Non-Celiac Gluten Sensitivity. *Nutrients*. 2015;7(3):1565-1576. doi:10.3390/nu7031565.

Gluten—gluten is found in wheat, barley, rye, and some oats are contaminated. Conventionally produced wheat is usually killed early with an herbicide and left in a more allergenic state. This is done so it can be harvested earlier. Because of this, we recommend purchasing any wheat containing products organic. Many seasonings and foods will have gluten added to them as fillers. It is always important to read the ingredient label and ask your waitress if there is any gluten in the food product. For example, some omelets will have pancake batter added to them.

Gluten Free – Many gluten free products are filled with harmful additives and sugars. It is important to read the food label to make sure the gluten free products are being made with healthy gluten free foods, such as gluten free oats, almond flour, coconut flour, buckwheat, chia seeds, quinoa, brown rice, lentils, etc.

Fats

Healthy fats are very important for proper function of the body. They play a huge part in our cell walls and our hormones. There are both healthy fats and unhealthy fats.

Several years ago, fats got bad publicity and doctors were recommending patients with high cholesterol or patients who needed to lose weight to stop eating fats. This turned to be a huge mistake for majority of these people. What we learned from studies using high fat and high protein is that people actually lost weight when they stopped eating carbs and sugar. Fat does not lead to an increase in weight. Excess consumption of carbs does. Fat is actually needed for your healthy function.

Avoid trans fats and fried fats that you find in fast food, French fries and chips. Canola oil and other vegetable oils are highly processed, usually genetically modified, and should be avoided. Consume healthy fats like coconut oil, coconut cream, avocado oil, avocados, olives, olive oil, butter, and ghee. We suggest using coconut oil, avocado oil, or butter and ghee to cook at high temperatures.

While the opinions on butter and coconut oil are conflicting, one oil remains to be the most beneficial and one of the main reasons the Mediterranean diet is so healthy. I am referring to olive oil. Many experts and researchers recommend olive oil and it should be a part of your diet. Olive oil has a lower heating point and should be used with low heat, as a dressing, or sauce.

Legumes

The legume food group includes beans and lentils. Did you know peanuts are actually in this group? Many people mistake peanuts for being in the nut group.

Legumes can cause problems for some individuals and lead to intestinal discomfort. They have also been shown to contain elements that can affect the integrity of our intestinal lining. To reduce this property of the food group, you can soak the beans or lentils overnight in lemon water or apple cider vinegar water. After soaking, discard the water and cook in fresh water. You can also sprout the legumes to reduce this property. Beans and lentils are a great source of plant-based protein!

“Don’t eat anything your great-great grandmother wouldn’t recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn’t recognize as food. stay away from these.” ~Michael Pollan

Drinks

Many drinks are filled with sugar. Even the drinks marketed in the health food section usually have more than 20 grams of sugar in them.

Juice – juice can be a very healthy drink, but if it is made with a lot of fruit, the sugar content can increase rapidly. When choosing a juice, always look at how many servings are in the bottle and how many grams of sugar there are per serving. I like to choose mostly veggie-based juices.

Soda & Diet Soda – These drinks are either full of sugar or artificial sweeteners that are just as damaging to the body. We highly recommend eliminating all sodas. La Croix is a healthier alternative, but should not be consumed regularly.

Kombucha – Kombucha is a fermented tea that is a great source of probiotics. Some types of kombucha can be high in sugar, so always check the nutrition facts panel. This is a great alternative to soda.

Sparkling water – If you are craving the fizziness of a soda, Pellegrino can satisfy that while supplying your body with minerals. You can always add a splash of fruit juice, or a squeeze of lemon to flavor it.

Alcohol – Studies have shown there are beneficial effects of wine consumption due to its antioxidant properties. However, the amount of wine consumed is very important. Studies suggest men consume no more than 2 glasses a day and women no more than 1. If our patients do not consume alcohol, we do not suggest they begin.

It is important to note wine should not be consumed by pregnant women, children, those with liver disease, people who suffer migraines, or in combination with medications.

In the making of conventional wine, beer, and other alcoholic drinks, hundreds of chemicals are being used on the crops and in the production of the bottled drink. Organic product, on the other hand, does not allow the use of chemicals known to be harmful to humans or the environment. Next time you are shopping for alcohol, look for wine marked free of contaminants certified organic.

Sweeteners

We highly suggest avoiding added sugar like organic cane syrup, caramel color, evaporated cane juice, high fructose corn syrup, etc.

Daily sugar intake should come from whole foods such as fruits and grains. To decrease sugar cravings, we suggest going at least one week without sweetened foods or beverages, this includes using natural sweeteners like stevia and dates.

When you do need to use sweeteners, we suggest stevia, honey, maple syrup, and dates/date paste in moderation.

FOOD SENSITIVITIES



Are you worried you might be reacting to specific foods? Gluten (wheat, barley, rye), dairy, corn, eggs, and peanuts have been known to cause problems in many of our patients. For this reason, we recommend removing these foods for a period of time and adding them back in one by one. During the re-introduction period, we recommend introducing one new food every 3 days. This is because a food reaction may take 3 days to show up. Keep a food, mood and symptoms journal during this time to evaluate how specific foods affect your body. We usually do not suggest adding gluten back into the diet.

Food sensitivity is among the 'hidden' factors of dysfunction. Eating food that you are allergic to will probably lead to symptoms, such as brain fog, an increase in joint pain, shortness of breath, skin problems, abdominal discomfort, or digestion symptoms. This food will cause an immune reaction that would be noticeable within minutes to hours. On the other hand, if you eat food that you are allergic to, you might not notice it.

Eating food that your body does not like can cause many issues. Unfortunately, eating food that you are sensitive to might not lead to immediate symptoms and in many cases, the immune response will be so mild that you might not notice it for hours or days after eating the food you are sensitive to.

For more information on Food Sensitivity vs. Food Allergy, visit the following article:

<https://anewway.clinic/food-allergies-versus-food-sensitivity-as-triggers-of-dysfunction-in-your-body/>

When in doubt, see your functional medicine doctor and ask for a food sensitivity test, also called an ALCAT test. This lab will evaluate how your body's immune cells react to a number of different foods. The lab will generate a results page that details the body's level of sensitivity to each of the foods tested.

Remember during the re-introduction period, it is important to introduce one new food every 3 days and to keep track of physical and mental symptoms in a journal.



A NEW WAY 4 LIFE 1-MONTH MEAL PLAN

This meal plan is a very healthy, clean way of eating and living. You are allowed to stay on this type of clean eating plan as long as you desire. The health benefits are immense and well-studied with this plan. The 1-month meal plan is a great tool for getting started. If you feel you are not getting enough calories or feeling tired, then increase serving sizes. This meal plan is not meant to starve you; it is designed to detoxify the body and to break the unhealthy eating habits and food addictions. A meeting with your functional medicine nutrition advisor will help you determine specific food recommendations for your particular body. After a month on this meal plan, you can begin to re-introduce some of the foods that were previously eliminated such as quinoa and beans.

30 Day Meal Plan – Week 1 Food Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
So Spicy Omelet (pg 27)	Pick a smoothie (pg 34-36)	Egg whites with spinach (pg 29)	Vitamin Protein Smoothie (pg 34)	Simple Omelet (pg 26)	Avocado Fruit Salad (pg 59)	Zucchini and scrambled eggs (pg 27)
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Artichoke Salad (pg 56)	Leftover Kale Chips	Fruit and Walnuts	Almonds and 1 Hard Boiled Egg	Pick a Smoothie (pg 34-36)	Lettuce Wrap (pg 82)	Sweet and Spicy Apples and Sweet Potatoes (pg 88)
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Vegetable	Leftover Chicken	Tomato Salad (pg 53)	Moroccan Cod Fish (pg 75)	Tomato Cucumber Salad (pg 54)	Chicken Salad (pg 52)	Spinach Salad (pg 48)
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Chicken (pg 61-72) Sweet potatoes (pg 88-90)	Pick a Salad (pg 47-59)	Almond Flax Pizza (pg 91)	Pick a Salad (pg 47-59)	Warm Spinach Chicken Salad (pg 52)	Anti-Oxidant Power Tropical Smoothie (pg 34)	Guacamole Beef Patties (pg 71)
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
Crispy Kale Chips (pg 88)	Anti-Oxidants Power Tropical Smoothie (pg 34)	Vegetable with Mediterranean Hummus (pg 47)	Leftover Pizza or Grilled salmon Salad (pg 74)	Walnuts	Almond Broccoli Salad (pg 51)	Fruit
Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6
	Apple		Vegetable with Mediterranean Hummus (pg 47)			Apple

30 Day Meal Plan – Week 2 Food Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Avocado Walnut Salad (pg 56-57)	Pick a Smoothie (pg 34-36)	Pick a Smoothie (pg 34-36)	Veggie Egg Scramble (pg 28)	Simple Omelet (pg 26)	Pick a Smoothie (pg 34-36)	Veggie Breakfast Hash Browns (pg 31)
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Fruit	Vegetable and Cashews	Vegetable and 1 Hard Boiled Egg	Pick a Smoothie (pg 34-36)	Fruit	Vegetable With Mediterranean Hummus (pg 47)	Fruit and Walnuts
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Mini Kale Burgers (pg 69)	Leftover Trout and broccoli	Leftover Chicken Rasam	Salad (pg 47-59) Garlic Dressing (pg 24)	Lettuce Taco (pg 70) and Pico de Gallo (pg 94)	Chicken Salad (pg 52, 57, 59)	Soup (pg 38-45)
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Pick a Salad (pg 47-59)	Crispy Kale Chips (pg 88)	Pick a Salad (pg 47-59)	Skillet Tomato Chicken (pg 66)	Pick a Salad (pg 47-59)	Vitamin Protein Smoothie (pg 34)	Rosemary Chicken and Yams (pg 68)
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
Sautéed Trout and Broccoli (pg 80)	Chicken Rasam – A South Indian soup (pg 45)	Lentil (GF) Pasta with Garlic-Pesto Sauce (pg 84)	Pick a Fish (pg 74-82)	Lemon Roasted Peppers (pg 50)	Pick a fish (pg 74-82) & Roasted Florets & Peppers (pg 49)	Tomato Salad (pg 53)
Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6
Vegetable	Apple		Pick your favorite fruit	Anti-Oxidants Power Tropical Smoothie (pg 34)	Apple	

30 Day Meal Plan – Week 3 Food Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Veggie Egg Scramble (pg 28)	So Spicy Omelet (pg 27)	Pick a Smoothie (pg 34-36)	Veggie Breakfast Hash Browns (pg 31)	Egg whites with spinach and peppers (pg 29)	Anti-Oxidant Power Tropical Smoothie (pg 34)	Spicy Breakfast Patties (pg 32)
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Fruit	Pick a Smoothie (pg 34-36)	2 Hard Boiled Eggs	Tomato Avocado Tartar (pg 48)	Sweet and Spicy Apples and Sweet Potatoes (pg 88)	Leftover Pizza or Avocado salad	Avocado Fruit Salad (pg 59)
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Leftover Rosemary Chicken and Potatoes	Leftover Salmon	Garlic Roasted Cod (pg 81)	Pick a Smoothie (pg 34-36)	Avocado Spicy Fish Lettuce Wraps (pg 82)	Crispy Kale Chips (pg 88)	2 Hard Boiled Eggs
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Pick a Salad (pg 47-59)	Pick a Salad (pg 47-59)	Vegetable and Walnuts	Moroccan Cod (pg 75)	Almond Flax Pizza (pg 90)	Lentil (GF) Pasta (pg 84)	Warm Veggie Salad (pg 50)
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
Pick a Salmon Recipe (pg 74-76)	Cilantro Ginger Baked Tilapia (pg 78)	Lettuce Taco (pg 68) and Pico de Gallo (pg 94)	Spinach Salad (pg 46)	Vegetable with Avocado Salad (pg 48)	Almond Broccoli Salad (pg 51)	Guacamole Beef Patties (pg 71)
Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6
Vitamin Protein Smoothie (pg 34)	Vegetable and Almonds		Apple		Apple	

30 Day Meal Plan – Week 4 Food Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Simple Omelet (pg 26)	Zucchini Scrambled Eggs (pg 27)	Anti-Oxidants Power Tropical Smoothie (pg 34)	Spanish Egg Scramble (pg 29)	Zucchini Frittata (pg 30)	Pick a Smoothie (pg 34-36)	Veggie Breakfast Hash Browns (pg 31)
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Anti-Oxidants Power Tropical Smoothie (pg 34)	Vegetable and Almonds	Avocado Walnut Salad (pg 56-57)	Avocado Fruit Salad (pg 59)	Tomato Cucumber Salad (pg 54)	2 Hard Boiled Eggs	Pick a Smoothie (pg 34-36)
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Guacamole Beef Patties (pg 71)	Pick a Smoothie (pg 34-36)	Pick a sea-food (pg 74-82) & Roasted Florets & Peppers (pg 47)	Leftover Chicken or fish	Pick a Salmon Recipe (pg 74-76)	Almond Broccoli Salad (pg 51)	Mini Kale Bison Burgers (pg 69)
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Pick a Salad (pg 47-59)	Lettuce Taco (pg 68) with Guacamole (pg 94)	Pick a Salad (pg 47-59)	Warm Veggie Salad (pg 50)	Pick a Salad (pg 47-59)	Chicken (pg 61-72) and Sweet Potato Fries (pg 89)	Pick a Salad (pg 47-59)
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
Fruit and Walnuts	Spinach and Red/Green Peppers and Oil and vinegar	Egg Whites and Sweet Peppers	Lentil (GF) Pasta (pg 84)	Anti-Oxidants Power Tropical Smoothie (pg 34)	Fruit	Avocado and tomatoes
Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6	Meal 6
Apple			Protein Shake	Avocado Walnut Salad (pg 56-57)	Apple	

A top-down view of a rustic wooden table set for breakfast. In the top left, a white plate holds scrambled eggs, a side salad of lettuce and tomatoes, and two pieces of toast. To its right is a small white bowl of mixed peppercorns. Below that, a white napkin holds a glass salt shaker and a pepper mill. In the bottom left, a black skillet on a wooden stand contains a fried egg topped with tomatoes and herbs. In the bottom center, a wooden cutting board has a cracked egg and a whisk. In the bottom right, a bunch of cherry tomatoes sits on the table. A large white plate in the center-right features a folded omelette and a side salad.

RECIPES

BREAKFAST EGGS



Simple Omelet

Ingredients:

- 4-5 whole eggs
- 2 Tbsp. almond or rice milk
- 1 plum or Roma tomato, chopped
- 2 Tbsp. garlic, minced
- 1 cup firmly packed spinach, shredded
- 2 Tbsp. red onion, minced
- 2 slices of organic turkey or lean meat (optional)
- 1/3 cup bell pepper (any color), chopped
- Olive oil-based cooking spray

Method:

1. Beat whole eggs with almond/rice milk.
2. Quick sauté the vegetables until soft.
3. Pour eggs into a small frying pan coated with cooking spray. Cook until firm. Add vegetables on one half of omelet, and then fold other half over top.
4. Let sit for 30 seconds or so, then serve.

So Spicy Omelet

Ingredients:

4 whole eggs (organic)
2oz can green chilies, drained and chopped
1 tsp olive oil
Cayenne pepper to taste
Ground pepper to taste

Method:

1. Beat whole eggs and chilies in a medium bowl.
2. In a small frying pan over low-medium heat, add olive oil, eggs/chilies, cayenne pepper, and ground pepper to taste.
3. When eggs are firm and cooked through, fold half over top.

Zucchini Scrambled Eggs

Ingredients:

3 whole eggs (organic)
1 cup red bell pepper, diced
½ cup onion, diced
1 ½ cups zucchini, diced
2 tsp olive oil
Ground black pepper to taste

Method:

1. Sauté vegetables in medium pan until almost tender.
2. In a bowl, whisk eggs.
3. Pour eggs over vegetables and continue cooking and stirring until eggs are cooked through.

Veggie Egg Scramble

Ingredients:

1 ½ cups asparagus, chopped
¼ cup chopped onion
2 cloves garlic, minced
1 cup chopped mushrooms
3 cups spinach
6 whole eggs
2 Roma tomatoes, diced
2 tsp olive oil
Ground pepper to taste

Method:

1. Blanche asparagus - in a medium pan, bring water to a boil, add asparagus and boil for about 2 minutes. Remove immediately and place in a bowl of cold water until cooled.
2. In a large skillet over medium heat, sauté in olive oil the onion, garlic, and mushrooms until tender. Add spinach and asparagus. Cook until spinach is wilted (3-5 minutes).
3. Add and stir in whole eggs and tomatoes.
4. Scramble and cook for about 3-5 minutes.
5. Add ground pepper to taste.





Spanish Scrambled Eggs

Ingredients:

- 4 whole eggs
- ½ tsp dried oregano
- ½ tsp paprika
- ½ tsp ground pepper
- 1 zucchini, julienned
- 1 Roma tomato, diced
- 1 red bell pepper, diced
- ½ onion, chopped
- 2 tsp olive oil

Method:

1. In a medium bowl, whisk whole eggs, oregano, paprika and ground pepper.
2. In a large skillet, sauté in olive oil the zucchini, bell pepper, tomato, and onion on high heat for about 3 minutes or until vegetables are soft.
3. Drizzle eggs over top and continue cooking until egg whites are cooked.



Zucchini Frittata

Ingredients:

- 6 whole eggs (organic)
- ¼ cup chopped parsley
- 2 cups diced zucchini
- 1 onion, chopped
- 1 clove garlic, minced
- 2 Tbsp. olive oil

Method:

1. In a large bowl, combine all ingredients except oil and mix well.
2. Heat oil in large skillet over medium heat.
3. Add egg mixture and cook until golden brown on bottom, then flip and cook other side until golden.
4. Cut into wedges before serving.

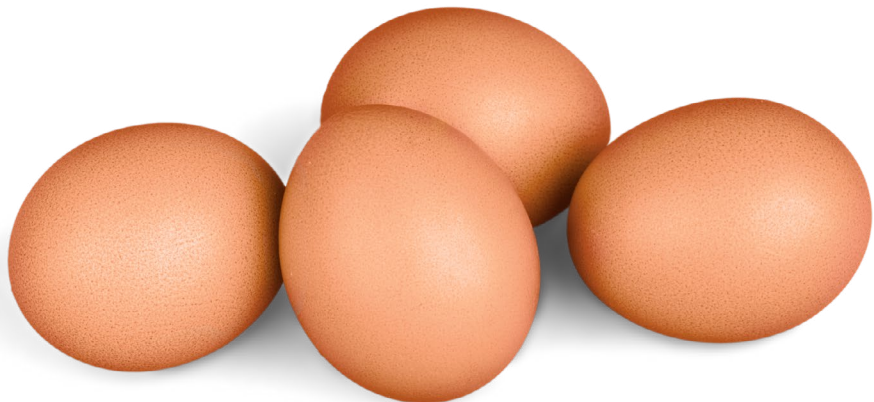
Veggie Breakfast Hash Browns

Ingredients:

2 sweet potatoes, unpeeled and diced
1 squash, peeled and diced
1 tsp Rosemary
½ tsp ground pepper
3 Tbsp. olive oil
2 shallots, chopped
1 head of broccoli, chopped
1 cup chopped sweet peppers (your choice of color)
1/3 cup chopped red bell pepper

Method:

1. Heat oven to 425°
2. On a baking sheet, place potatoes and squash.
3. Drizzle olive oil, rosemary, and black pepper over the top.
4. Bake for 25 minutes or until potatoes are tender.
5. In a large skillet over medium-high heat, sauté shallots, broccoli, bell pepper and sweet pepper for about 1-2 minutes.
6. Add potato-squasmixtures and cook for about 5 minutes all together.



Spicy Breakfast Patties

Ingredients:

- 1/2 lb ground turkey
- 1/2 cup minced onion
- 1/4 cup chopped basil
- 1/4 cup chopped parsley
- 2 cloves garlic, minced
- 1/2 tsp dried thyme
- 1 tsp red pepper flakes
- 1 tsp ground pepper
- 2 whole eggs (organic)
- 2 Tbsp.. olive oil

Method:

1. In a large mixing bowl, combine and mix all ingredients except for olive oil. Shape into flat patties.
2. In a large skillet over medium heat, heat oil and cook patties on both sides until cooked through.



The image features two glasses of a vibrant red smoothie, likely made from raspberries and blueberries. The smoothies are topped with fresh raspberries and blueberries. A white straw with red polka dots is inserted into each glass. The glasses are set on a light-colored surface, and a generous amount of chia seeds is scattered around the base of the glasses. The background is a soft, out-of-focus grey.

RECIPES

HEALTHY SMOOTHIES

Anti-Oxidants Power Tropical Smoothie

Ingredients:

- 1 small piece of beets (1 inch by 1 inch)
- ½ banana
- 1 cup pineapple, diced (optional)
- ½ cup blueberries
- 1 scoop of Berry SuperFood by Amazing Grass or Raw Organic Perfect Food by Garden of Life (optional)
- 1-2 cups water or unsweetened coconut or almond milk
- Handful of ice cubes

Method:

1. Puree all ingredients.

Vitamin Protein Smoothie

Ingredients:

- ½ cup alfalfa sprouts, parsley, or
- ¼ cup frozen strawberries
- ¼ cup frozen mixed berries
- ¼ cup frozen mango
- 1 ½ tsp. flax oil
- 1 scoop Standard Process Dairy Free complete protein powder or Garden of Life protein powder
- 1 cup of no-sugar almond or cashew milk or water
- 1 tsp. of coconut oil (slows down absorption)

Method:

1. Puree all ingredients.



Kale Berry Blend Smoothie

Ingredients:

- 1 heaping cup of Kale
- ½ cup raspberries
- ½ cup blackberries
- 1/2 cup pineapple, diced
- 3-4 strawberries
- 1 scoop Standard Process Dairy Free complete protein powder or Garden of Life protein powder
- 1 cup cold water
- Handful of ice cubes

Method:

1. Puree all ingredients.

Berry Boost Blast

Ingredients:

- ½ cup blueberries
- ½ cup raspberries
- 6 almonds or 2 teaspoons of almond butter
- 1 Tbsp. ground flaxseed
- 1 scoop vanilla Garden of Life protein powder (optional)
- 1 cup cold water
- Handful of ice cubes

Method:

1. Puree all ingredients.

Avocado Lime Smoothie

Ingredients:

- ½ avocado, peeled and pitted
- 2 limes, 1 squeezed and 1 peeled
- 1 scoop vanilla Garden of Life protein powder
- ½ cup almond milk
- ½ Tbsp. vanilla extract
- Handful of ice cubes

Method:

1. Puree all ingredients.



A still life composition featuring bowls of yellow soup, pumpkins, autumn leaves, and nuts on a wooden surface. The text "RECIPES SOUPS" is overlaid in the center.

RECIPES SOUPS

Spicy Ginger Soup

Ingredients:

- 4 cups reduced-sodium (organic) chicken broth
- 1 ½ cups cilantro
- 1-inch knob of fresh ginger, unpeeled
- 2 ½ cloves garlic
- 1 Thai chili pepper
- 1/2 lb. fresh-cooked trout, salmon, or chicken peeled and deveined
- 2 cup Asian-style vegetables, (you can use frozen)

Method:

1. Pour chicken broth into a microwave-safe bowl and microwave covered on high until broth is hot, approximately 3 minutes, depending on the power of your appliance.
2. Meanwhile, chop cilantro, including stems. Reserve 1 cup of chopped leaves for garnish. Thinly slice ginger. Crush garlic cloves with the flat side of your knife. Cut chili pepper in half; remove seeds if you want less heat in your soup.
3. When broth is hot, pour into a medium saucepan. Add chopped cilantro stems and leaves (except reserved cup), ginger, garlic and chili pepper and cover. Simmer over medium heat for 5 minutes. Strain broth into the microwave-safe bowl, and then return strained broth to saucepan. Add fish or chicken and vegetables. Cook for 3 minutes. Garnish with cilantro leaves you've set aside and discard the rest.

Cold Vegetable Soup

Ingredients:

- ½ cup red wine vinegar
- ½ cup olive oil
- 5 large ripe tomatoes, chopped
- 1 ½ cups canned tomato juice
- 2 eggs (organic), lightly beaten
- 2 red bell peppers, seeded and chopped
- 2 onions, chopped
- 1 shallot, chopped
- 2 cucumbers, peeled and sliced
- 1 tsp cayenne pepper
- 1 tsp ground pepper
- ¼ cup chopped dill



Method:

1. In a small bowl, whisk vinegar, olive oil, tomato juice, and eggs.
2. Puree vegetables in small batches in blender or food processor. Add tomato juice mixture to help puree more smoothly. Vegetables do not have to be pureed completely.
3. Pour pureed vegetables into a large bowl and add cayenne, ground pepper, and dill. Mix ingredients. Chill for at least 4 hours before serving.

Tofu and Chicken Soup

Ingredients:

- 1 Tbsp. garlic, minced
- 2 tsp. olive oil
- 3 ½ cups low-sodium (organic) chicken broth
- 3 Tbsp. rice vinegar
- 2 Tbsp. Braggs Amino Acid
- ½ tsp. crushed red pepper flakes
- 14 ounce package of extra firm tofu cut into small cubes
- 1 ½ cups of cooked shredded chicken breast
- 1 cup shredded cabbage or coleslaw mix
- ¼ cup eggbeaters or egg whites
- 1 tsp. sesame oil

Method:

1. In a large pot sauté garlic in hot oil over medium heat. Add in broth, vinegar, Braggs, and red pepper flakes. Bring to a boil.
2. Add in chicken and tofu, lower heat and simmer. Add eggbeaters/egg whites, stirring to mix. Add cabbage and remove from heat.
3. Stir in sesame oil. Add extra rice vinegar to personal taste. Sliced mushrooms may be added when sautéing garlic.

Fish Soup

Ingredients:

¼ cup extra-virgin olive oil
1 medium-size Spanish onion, cut into ½-inch dice
8 cloves garlic, thinly sliced
3 Tbsp. tomato paste
2 tsp. fresh thyme leaves
¼ tsp. saffron threads
1 tsp. crushed red pepper flakes
1 ¼ cups “certified organic” low-sodium vegetable broth diluted with
1 ¼ cups water
1 ½ cups dry white wine
¼ cup distilled white vinegar
3 medium-size plum tomatoes, coarsely chopped, with their juice
1 cup tomato juice
18 small clams, or 9 regular clams (about 1 lb.) *
12 mussels (about 12 oz.) , bearded *
1 ½ lb. bass or snapper, cut in 1-inch cubes
1 medium-size to large Cod fish, cut in half lengthwise
1 Tbsp. extra-virgin olive oil
3 Tbsp. fresh flat-leaf parsley leaves, chopped

Methods:

1. Heat the olive oil in a heavy-bottomed soup pot over medium heat. Add the onion and garlic and cook until softened but not browned, about 4 minutes.
2. Add the tomato paste, thyme, saffron, and red pepper flakes. Cook and stir to coat the other ingredients with the tomato paste for about 3 minutes.

3. Add the vegetable broth diluted with 1 ¼ cups water, wine, vinegar, tomatoes, tomato juice, and bring to a simmer, then lower the heat and let simmer for 15 minutes.
4. Add the clams and mussels, submerging them with a spoon, and cook, uncovered, until they open, about 5 minutes; discard any that do not open. Add the fish to the pot, gently poaching them until the fish is opaque 3 to 4 minutes.
5. Divide the stew among 6 wide, shallow bowls. Drizzle some olive oil and scatter some parsley over each serving. Scrubbed under cold running water.

Colorful Chicken Thai Soup

Ingredients:

- 2 Tbsp. extra-virgin olive oil
- 1 clove garlic, minced
- 1 medium onion, chopped
- 1 cup carrots, chopped into ½ -inch pieces
- 1 cup small sweet potatoes or yams, chopped into ½ -inch pieces
- Sea salt and ground black pepper, to taste
- 1 ½ cups low-sodium (organic) chicken broth
- ½ cup light coconut milk
- ½ cup almond or rice milk
- 2 boneless, skinless chicken breasts (4 ounces each)
- ½ cup snow peas, cut lengthwise
- 2 tsp. red chili pepper flakes (or to taste)
- 1 Tbsp. curry paste (such as Thai Kitchen)
- 2 tsp. fresh lemon juice
- 4 Tbsp. cilantro, coarsely chopped

**Method:**

1. Heat oil in a pot over medium heat. Add garlic, onion, carrots, and potatoes. Season with salt and pepper and sauté until onions are lightly translucent.
2. Add broth and coconut and milks. Bring to a light boil.
3. Add chicken, cover and let simmer for 12 minutes over medium-low to medium heat.
4. Remove chicken and set aside. Add snow peas, chili flakes, and curry paste to soup. Simmer for 2-3 minutes.
5. When cool enough to handle, slice chicken and add pieces back to the soup.
6. Season with additional salt and pepper, if desired. Add lemon juice, sprinkle in cilantro, and serve.



Chicken Rasam – A South Indian soup

Ingredients:

- 8 oz chicken, cleaned and chopped, preferably ones with bone pieces
- 2-3 green chilies
- 2 onions – diced
- 1" ginger
- 4-5 garlic cloves
- 1 large tomato – cut into cubes
- 1/2 Tbsp. mustard
- 2 Tbsp. cumin seeds
- 1 tablespoon black pepper corns
- 1 tablespoon coriander seeds
- 2 Tbsp. of curry
- 1-2 Tbsp. chili powder

1teaspoom turmeric powder

1 liter water

1/4 cup cilantro – chopped

Salt according to flavor

Method:

1. Grind the onions, green chilies, ginger, garlic, cumin seeds, coriander seeds and pepper corns to a fine paste.
2. Heat the cooking pan to smoking hotness. Add the mustard seeds and let it pop. Then add the above made onion paste. Cook till the oil separates. Add the tomatoes, turmeric powder, chili powder and cook till the raw smell disappears.
3. Add the chicken and sauté for 5-10minutes. Add water and curry leaves. Cook for 8-10 whistles. The chicken should be soft and tender.
4. Add salt to taste. Garnish with fresh cilantro. Serve hot.



A top-down view of a white bowl with a blue rim, filled with a quinoa salad. The salad includes cooked quinoa, sliced carrots, broccoli, zucchini, red bell peppers, and Brussels sprouts, garnished with fresh parsley. The bowl sits on a light-colored woven placemat. Surrounding the bowl are fresh ingredients: a whole red tomato, basil leaves, parsley sprigs, and a piece of ginger root on a folded light blue napkin. A silver fork is partially visible in the bottom left corner.

RECIPES SALADS

Mediterranean Hummus Recipe

Ingredients:

- 2 bulb garlic peeled
- 5 Tbsp. olive oil
- 2 cans of chickpeas (garbanzo beans), drained (prefer with 'Non-BPA lining')
- ¼ cup sesame tahini paste
- 2 Tbsp. lemon juice
- 1 Tbsp. salt
- 1 Tbsp. Cumin powder (recommended)
- ¼ Tbsp. smoked paprika
- ¼ cup of water
- *Cut-up fresh vegetables on the side, such as cauliflower, celery, and carrots for dipping

Method:

1. In food processor with metal blade, place all the ingredients (except for 'Cut-up fresh vegetables for dipping'). Cover; process until smooth, stopping once to scrape down sides. Spoon into serving bowl. Serve immediately with vegetables or refrigerate until serving time.



Spinach Salad

Ingredients:

- ½ lb fresh spinach leaves
- 1 hardboiled egg (organic), sliced
- 1 medium size tomato, diced
- 1 cucumber, sliced
- 1 clove garlic, minced
- ½ red onion, minced
- 1 lemon
- 2 Tbsp. olive oil



Method:

1. In a large bowl, combine spinach leaves, tomato, cucumber, onion, and egg.
2. In a small bowl whisk olive oil, fresh squeezed lemon juice, and garlic. Add to salad.

Tomato Avocado Tartar

Ingredients:

- 1 lb asparagus, discard stem and chop remaining
- 1 lb cherry tomatoes, quartered
- 2 ripe avocados, peeled and cubed
- 2 Tbsp. olive oil
- 1 lemon
- 1 lime
- 1 oz tarragon, chopped
- 1 tsp agave
- Ground pepper to taste

Method:

Steam asparagus 5-7 minutes

In a bowl combine tomatoes, avocado, asparagus and fresh squeezed lemon juice.

In a small bowl mix tarragon, olive oil, lime juice, agave, and ground pepper to taste. Add dressing to vegetables and mix well.

Roasted Florets and Peppers

Ingredients:

1 head broccoli florets
1 head cauliflower florets
1 red bell pepper, sliced
1 green bell pepper, sliced
1 orange or yellow bell pepper, sliced
½ onion, chopped
3 Tbsp. olive oil
¾ tsp red pepper flakes
Ground pepper to taste

Method:

1. Heat oven to 400°
2. Place all vegetables on a rimmed cookie sheet. Drizzle olive oil, red pepper flakes and ground pepper over top of vegetables. Roast for about 10 minutes and then flip vegetables over and roast another 10 minutes or until browned.

Lemon Roasted Peppers

Ingredients:

- 2 red bell peppers, seeded and sliced
- 2 green bell peppers, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 1 orange bell pepper, seeded and sliced
- 5 small sweet peppers (any color), seeded and chopped
- ½ tsp olive oil
- 1 lemon, juiced
- Ground pepper to taste



Method:

1. Set oven to broil
2. Place peppers on a baking sheet. Drizzle olive oil over top. Broil for 2-3 minutes or until skin is browned/blackened. Drizzle lemon juice over and ground pepper over top before serving.

Warm Veggie Salad

Ingredients:

- 1 green pepper, sliced
- 1 small cauliflower head, cut into florets
- ½ lb green beans, trimmed
- 1 pint cherry tomatoes
- 7 basil leaves, finely chopped
- 1 tsp. Dijon mustard
- 5 Tbsp. olive oil

**Methods:**

1. Heat oven to 350°F
2. Blanch pepper, cauliflower and beans in boiling water for 3 minutes, drain water, place in oven dish and top with tomatoes
3. Combine olive oil, basil, and mustard. Drizzle over vegetables.
4. Bake for 10 minutes

Almond Broccoli Salad

Ingredients:

- ½ lb baby broccoli
- 1 Tbsp. olive oil
- 1 lemon, zest and juice
- 1 tsp ground black pepper
- 2 Tbsp. almonds, sliced

Method:

1. Heat oven to 400°. Line baking sheet with parchment paper. Arrange broccoli in rows on pan. Add almonds to free spaces on sheet. Drizzle olive oil, lemon zest, and lemon juice over the top. Bake for about 10-15 minutes or until broccoli stems are tender. Toss mixture before serving.



Warm Spinach Chicken Salad

Ingredients:

- 1 lb spinach
- 1 whole cooked chicken breast (organic), diced
- 2 Tbsp. olive oil
- 2 cloves garlic
- Ground pepper to taste
- 1 large tomato, diced

Methods:

1. Wash greens and remove stems. Shake out leaves but some water can remain.
2. Heat oil in deep pot over medium heat. Add garlic to cook, stir for about 30 seconds.
3. Add spinach and cover to cook 1-3 minutes until leaves begin to wilt.
4. Uncover and stir/toss leaves. Cover for 3-5 minutes or until leaves are completely wilted.
5. Remove spinach from heat and place in large bowl. Add chicken and tomatoes, and ground pepper to taste.

Pesto Vinaigrette Salad

Ingredients:

- 1 medium ripe tomato, cored and chopped (about 1 cup)
- 1 cup jarred artichoke hearts packed in water, drained, rinsed, and quartered
- 5-6 ounces baby arugula (about 5 ½ cups lightly packed)
- 2 Tbsp. red wine vinegar
- 2 Tbsp. basil pesto

Method:

1. Arrange the tomato and artichoke hearts over a bed of arugula. Whisk together the vinegar and pesto, drizzle over the salad, and serve

Tomato Salad

Ingredients:

- 1 lb Roma tomatoes, cut into wedges
- ½ lb yellow cherry tomatoes, halved
- ½ lb red cherry tomatoes, halved
- ½ red onion, chopped
- ½ cup basil leaves
- ¼ cup olive oil
- 2 Tbsp. vinegar

Method:

1. In a bowl, combine all tomatoes, onion, basil, oil and vinegar and toss well.

Tomato and Cucumber salad

Ingredients:

- 1 cucumber
- 15-20 cherry tomatoes
- ½ onion, chopped
- 3 basil leaves, chopped
- 3 Tbsp. Olive oil
- 2 Tbsp. Vinegar
- Ground black pepper to taste

Method:

1. Cut tomatoes in half. Cut cucumber (peeling optional) into slices and then into ¼. Add onion and basil.
2. Mix oil and vinegar and drizzle over salad. Add pepper to taste.

Pear and Toasted Walnut Salad

Ingredients:

- 1 ½ Tbsp. shallots, minced
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. white wine vinegar
- ¼ tsp. Dijon mustard
- ¼ tsp. freshly ground black pepper
- 6 cups baby arugula leaves
- 2 pears, thinly sliced
- ¼ cup toasted walnuts, chopped



Method:

1. Combine first 6 ingredients in a large bowl; stir with a whisk. Add arugula and pears to bowl; toss to coat. Place about 1 ½ cups salad each on 4 plates; sprinkle each serving with 1 Tbsp. walnuts.



Pomegranate Kale Salad

Ingredients:

- 5 packed cups of kale, minced
- ¼ head of red cabbage, finely shredded
- ¼ cup pine nuts
- ½ cup pomegranate seeds
- 1 lemon
- 3 Tbsp. olive oil
- Ground pepper to taste

Method:

1. In a large bowl add kale, cabbage, pine nuts, and pomegranate seeds.
2. In a separate bowl, whisk fresh squeezed lemon juice and olive oil. Add ground pepper to taste.
3. Add dressing to salad and mix well

Artichoke Salad

Ingredients:

1 red bell pepper, sliced into thin strips
1 cucumber, sliced
1 head romaine lettuce, cut into wedges
3 artichoke hearts, cut into wedges
3 cloves garlic, minced
2 tsp olive oil
2 tsp Dijon mustard
1 Tbsp. white wine vinegar
Ground pepper to taste

Method:

1. In a small bowl, combine and mix garlic, vinegar, Dijon mustard, and olive oil. Add ground pepper to taste.
2. Combine red pepper, cucumber, lettuce, and artichokes. Drizzle with dressing before serving.

Avocado Walnut Salad

Ingredients:

1 head romaine lettuce, torn
3 Tbsp. olive oil
2 Tbsp. vinegar
1 tsp lemon juice
3 avocados, peeled and pitted and sliced
¼ cup walnuts, chopped

Method:

1. In a small bowl, whisk together olive oil and vinegar.
2. In a large bowl, combine all ingredients and toss well.

Chicken and Cabbage Salad

Ingredients:

- 2 chicken breasts
- 3 cups cabbage, finely chopped
- 1 can of corn
- 3 cups cherry tomatoes, halved
- ½ cup green onion, chopped
- 1 ripe avocado
- ½ cup water
- 1 lime
- ¼ cup cilantro
- Ground pepper to taste

**Method:**

1. Cook chicken in pan on medium heat until cooked through
2. Diced cooked chicken into small bits.
3. In a blender, blend avocado, fresh lime juice, and cilantro until smooth. Add ground pepper to taste
4. In a bowl combine, cabbage, corn, tomatoes, onion, and chicken. Add avocado dressing and mix well.

Oriental Salad

Ingredients:

- 1 ¼ lb. chicken tenders
- ½ cup seasoned rice vinegar
- ¼ cup peeled fresh ginger, sliced, + 2 Tbsp. finely grated
- 2 Tbsp. + 1 ½ tsp. Braggs Amino Acid
- 1 ½ Tbsp. dark sesame oil
- 2 Tbsp. extra-virgin olive oil
- ¼ cup coarsely chopped scallions
- 1 small Napa cabbage, cut length-wise into thin slices
- 1 yellow bell pepper, cut into thin strips
- 1 large carrot, cut into thin strips
- 2 Tbsp. toasted sesame seeds

Method:

1. Rinse chicken and pat dry.
2. Bring 4 cups water, ¼ cup rice vinegar, ginger slices, and 2 Tbsp. Braggs Amino Acid to a boil in a large saucepan. Add chicken; simmer 1 minute. Remove pan from heat and let stand, covered, until chicken is cooked, about 5 minutes. Drain pan and discard ginger slices. Transfer chicken to a cutting board and slice.
3. To make dressing, whisk together remaining rice vinegar, the grated ginger, remaining soy sauce, sesame oil, olive oil, 2 Tbsp. water, and scallions in a large bowl; add salt and pepper to taste.
4. Toss cabbage, bell pepper, and carrot together. Top with chicken slices and sesame seeds and drizzle with dressing.

Avocado Fruit Salad

Ingredients:

- 1 grapefruit, halved
- 1 Tbsp. olive oil
- 1 Tbsp. basil, finely chopped
- 1 apple, cut julienne
- 2 radishes, thinly sliced
- ½ cup pomegranate arils
- 1 ripe avocado, cut in half and remove pit and slice

Method:

1. In a small bowl, whisk fresh squeezed grapefruit juice, olive oil, and basil. Set bowl aside.
2. Gently toss apple, radishes, pomegranate arils, and avocado. Add grapefruit vinaigrette.

Not Your Average Chicken Salad

Ingredients:

- 3 cups cooked (organic) chicken, shredded
- 2 stalks celery, chopped
- ½ onion
- 2 Tbsp. olive oil
- 1 lemon, juiced
- 2 tsp. mustard
- Ground pepper to taste

Method:

1. Add chicken, celery, and onion to a bowl.
2. Mix olive oil, lemon juice, and mustard and drizzle over top. Toss salad.

A raw chicken leg and a raw beef brisket are shown on a grey, textured surface. The chicken leg is on the left, and the beef brisket is on the right. The text "RECIPES CHICKEN & BEEF" is overlaid in the center in white, bold, sans-serif font.

RECIPES

CHICKEN & BEEF

Yummy Tummy Chicken Chaat

Ingredients:

¾ cup Spanish onion, coarsely chopped
2 Tbsp. cilantro leaves, chopped
1 tsp. garlic, minced
1 Tbsp. extra-virgin olive oil
1 tsp. freshly squeezed lime juice + 4 lime halves for garnish
1 Tbsp. lemon juice
2 tsp. garam masala (available at specialty food stores and Indian markets)
1 tsp. hot green pepper, chopped
1 ½ tsp. red chili powder
½ tsp. red pepper flakes
1 lb. boneless, skinless chicken breasts, steamed, sliced lengthwise
8 iceberg lettuce leaves

Method:

1. Put the onion, cilantro, garlic, olive oil, lime and lemon juice, garam masala, green pepper, chili powder, and red pepper flakes in a large bowl and mix to create a sauce. Add the chicken and toss well. Divide the chicken among 4 small plates and serve with iceberg lettuce leaves and lime halves. Use the lettuce to scoop up bites of the salad.

Serves: 4

Chicken Marsala

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tsp. ground fennel seeds
- 1 tsp. red pepper flakes
- 16 small carrots, peeled
- 3 ½ cups Marsala wine
- 8 pieces dried porcini mushrooms
- 3 shallots, thinly sliced
- 2 tsp. garlic, smashed
- Olive oil cooking spray
- Garnish: sprigs of rosemary



Method:

1. Mix fennel, pepper, and red pepper flakes in a bowl. Sprinkle spice mix over chicken and set aside.
2. Place carrots in boiling water for about 4 minutes and remove. Dry on a paper towel. Set aside.
3. Bring Marsala or chicken broth to a low boil in a small saucepan over medium heat. Add mushrooms, shallots, and garlic. Simmer until sauce reduces, about 20 minutes. Discard garlic and set sauce aside.
4. Coat grill with cooking spray and grill chicken 4 to 6 minutes on each side or until cooked through. Grill carrots about 5 minutes, rotating until charred. Return sauce to stove. Bring to a simmer, then remove from heat. Divide carrots among four plates and top with chicken, sauce, and a sprig of rosemary.

Vitamin C Chicken

Ingredients:

- ¼ cup fresh orange juice
- ½ tsp. grated lime rind
- 2 Tbsp. fresh lime juice
- 2 Tbsp. fresh thyme, chopped
- 1 Tbsp. garlic, minced
- 1 tsp. grated orange rind
- ½ red pepper flakes
- 1 lb. skinless, boneless chicken breast cutlets
- 1 Tbsp. extra-virgin olive oil
- ½ cup fresh pineapple pieces
- Olive oil cooking spray
- 6 cups bagged prewashed baby spinach



Method:

1. Combine first 8 ingredients in a small bowl, stirring well with a whisk. Pour ¼ cup juice mixture into a large Ziploc plastic bag. Add chicken to bag. Seal; let stand for 5 minutes. Add oil to remaining juice mixture; stir well with a whisk.
2. Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray. Remove chicken from bag; discard marinade. Add chicken to pan along with pineapple pieces; cook 4 minutes on each side or until done. Place 1½ cups spinach on each of 4 plates. Divide chicken evenly among servings; top each serving with 1 Tbsp. juice mixture.

Parchment-Baked Herb Chicken

Ingredients:

2 sections of parchment paper, 12x16 inch pieces (one chicken breast per paper)
1 cup arugula leaves, divided
2 chicken breasts (organic), halved
1 tsp chopped sage, divided
1 tsp chopped rosemary, divided
1 cup chopped plum tomatoes, divided
1 cup onion, chopped and divided
2 tsp olive oil
Ground pepper to taste

Method:

1. Heat the oven to 450°
2. Fold parchment paper in half to create crease. Unfold paper and lightly coat with cooking spray in middle of paper.
3. Place ½ cup arugula on one side of parchment. Place chicken breast over arugula. Drizzle with 1 tsp olive oil, sprinkle with ½ tsp sage and ½ tsp rosemary. Add ½ cup tomatoes and ½ cup onions.
4. Fold parchment over chicken and seal edges with a fold.
5. Repeat with remaining parchment, herbs, chicken, tomato, and onion.
6. Place parchment packets on a baking sheet and bake for 20 minutes (should turn light brown). After baking, open packets and serve.

Spicy Mustard Chicken

Ingredients:

2 chicken breasts (organic)
1 tsp paprika

4 lemon slices
¼ cup spicy brown mustard
½ cup finely chopped onion
½ tsp lemon juice
½ tsp curry powder

Method:

1. Heat oven to 375°
2. Lightly coat a baking pan with olive oil. Arrange chicken breasts on pan. Sprinkle paprika over top of chicken. Place 2 lemon slices on each chicken breast. Bake for 20 minutes.
3. In a small sauce pan over low heat, combine mustard, onion, lemon juice, and curry powder. Mix well.
4. When chicken has cooked for 30 minutes, drain/discard juice. Drizzle sauce over top of chicken and baked for 15 more minutes or until cooked through.

Skillet Garlic Chicken

Ingredients:

2 chicken breasts (organic)
1 tsp onion powder
1 clove garlic, minced
2 Tbsp. olive oil
Ground pepper to taste

Method:

1. In a large skillet over medium heat, sauté garlic with 1 Tbsp. olive oil for about 2 minutes. Add 1 Tbsp. of olive oil and chicken; cook over medium-high heat for about 10-15 minutes on each side. Sprinkle onion powder and ground pepper over top while cooking.

Skillet Tomato Chicken

Ingredients:

2 chicken breasts (organic)
½ onion, finely chopped
½ green pepper, chopped
½ red bell pepper, chopped
1 qt no salt canned tomatoes
1 clove garlic, minced
2 tsp cumin
2 tsp chili powder
½ cup cilantro, finely chopped
1 Tbsp. olive oil
Ground pepper to taste

Method:

1. In large skillet, sauté chicken and olive oil until chicken is browned (about 4 minutes each side). Place chicken on a plate and cover to keep warm.
2. Add garlic, onion, and peppers to skillet, sauté for about 3 minutes. Add tomatoes with their juice to the skillet. Let the tomato juice come to a boil and then bring down to a simmer immediately.
3. Add chicken back to skillet. Add cumin, chili powder, and cilantro. Cook for 5 minutes covered. Then, turn heat off and leave covered on stove-top for 5 more minutes. Add ground pepper to taste before serving.



Crockpot Salsa Chicken

Ingredients:

3-4 lbs chicken breast (organic)
4 large tomatoes, diced
½ onion, diced
1 lime, juiced
1 red bell pepper, diced
1 cup of your favorite salsa
2 Tbsp. red pepper flakes
1 tsp cayenne pepper
Ground pepper to taste

Method:

1. Combine all ingredients in crock-pot and cook on low for about 7 hours. After the chicken is cooked, shred in the crock-pot using a fork and knife. Mix well and let cool before serving.

Rosemary Chicken and Yams

Ingredients:

2 small sweet potatoes or 1 medium size yam
2 chicken breasts (organic)
½ red onion, chopped
½ cup celery, chopped
1 Tbsp. fresh rosemary, chopped
1 clove garlic, minced
Ground pepper to taste
1 lemon (juice)
1 Tbsp. olive oil



Method:

1. In medium saucepan, add potatoes/yam and water (should cover potatoes). Bring water to a boil over high heat for about 15 minutes or until potatoes are tender. Drain and let potatoes cool before dicing.
2. In separate medium saucepan, poach chicken over medium-high heat for about 15-20 minutes or until they are no longer pink in the center. Drain and let cool before cutting chicken into small pieces.
3. In a large bowl combine all ingredients and mix well.

Turkey Loaf

Ingredients:

1 lb ground turkey
1 egg
2 large carrots, finely chopped
1 large onion, finely chopped
1 red bell pepper, diced
1 stalk celery, finely chopped

1 Tbsp. Worcestershire sauce
1 Tbsp. whole grain mustard
½ tsp garlic pepper powder

Methods:

1. Preheat oven to 350°
2. Combine all ingredients. Put into loaf pan. Cook for 1 hour.

Mini Kale Bison Burgers

Ingredients:

1 lb ground Bison
1 red onion, chopped
2 cups kale, finely chopped
2 cloves garlic, minced
1 egg
2 Tbsp. coconut oil
1 tsp crushed chili pepper
1 tsp paprika
1 tsp cumin
Ground pepper to taste



Method:

1. In large bowl, mix ground turkey, onion, garlic, kale, egg, chili pepper, paprika, cumin and pepper.
2. Form mixture into mini burgers
3. Add coconut oil to pan and cook burgers over medium heat for about 7 minutes each side.
4. *Can serve with homemade marinara.*



Lettuce Turkey tacos

Ingredients:

- Romaine lettuce leaves (whole)
- Ground turkey or shredded chicken breast or beef
- 2 tomatoes, chopped
- ½ onion, chopped
- 1 red or green bell pepper, chopped
- 1 jalapeno (optional), de-seeded and chopped
- 1 Tbsp. fresh lime juice

Methods:

1. Cook ground turkey in skillet. Mix all ingredients and at lime juice.
2. Wrap ingredients in lettuce

Guacamole Beef Patties

Turkey Burger Ingredients:

- 2 lb lean ground Grass-Fed Beef
- 3 tsp ground cinnamon
- 1 tsp garlic powder
- 1 tsp ground black pepper

Guacamole Spread Ingredients:

- 2 avocados, peeled and pitted
- 1 tsp garlic powder
- ½ tsp ground pepper
- 1 jalapeño, seeded and finely chopped
- ½ onion, chopped
- 1 lime, juiced

Method:

1. In a large bowl, mix ground turkey, cinnamon, garlic powder, and ground pepper and form into flat patties.
2. Heat skillet or griddle to medium-high heat and cook patties 7-9 minutes on each side or until they are cooked through.
3. In a medium bowl combine avocado, garlic powder, ground pepper, jalapenos, onion, and lime juice. Mix ingredients to the consistency of your choice (chunky or smooth).
4. After patties are cooked, spread Guacamole over top of patties before serving (DO NOT use a bun! Could serve in lettuce wrap.)

Paleo Corned Beef Hash

Ingredients:

2 tablespoons olive oil
8 ounces cooked corned beef, diced
1 white onion, finely chopped
1 bell pepper, finely chopped
2 medium sweet potatoes (not peeled)
and shredded (about 2 cups)
4 tablespoons unsalted organic butter or European butter
4 large organic eggs
Kosher salt and freshly ground pepper

Method:

1. Heat the oil in a medium skillet over high heat. Add the corned beef and cook and stirring with a wooden spoon, until it releases some fat and browns slightly, about 3 minutes. Stir in the onion, bell pepper and potatoes and cook until brown and crisp (about 5 to 7 minutes).
2. Meanwhile, heat the butter in a nonstick skillet over medium-high heat. Fry the eggs sunny-side up or over easy; season with salt and pepper.
3. Place the cheese slices on top of the hash, reduce the heat and let sit for about 1 minute. To serve, top each portion of hash with a fried egg.

A top-down view of two whole fish, likely sea bream, resting on a light-colored wooden plank surface. The fish are positioned diagonally, with their heads pointing towards the top right. They are covered in a dry rub seasoning of black and red peppercorns. Surrounding the fish are fresh ingredients: a sprig of thyme at the top left, a sprig of rosemary at the bottom left, and two slices of lime at the top right. A pile of white salt crystals is visible on the left side. The overall lighting is soft and natural, highlighting the textures of the fish scales and the freshness of the ingredients.

RECIPES

FISH & SEAFOOD

Grilled Salmon Salad

Ingredients:

- ½ cup olive oil
- 1 tsp. minced garlic
- 2 avocados, mashed
- ¼ cup chopped cilantro
- ¼ cup fresh lime juice
- 1 tomato, diced
- 3 salmon fillets
- 1 red onion, slice into rings
- ¼ cup extra virgin olive oil
- 1 head romaine lettuce, remove exterior and hard shell, chop remaining

Methods:

1. In a bowl combine and whisk olive oil, lime juice, garlic and cilantro until well blended. Add avocado and tomatoes and stir. Set aside.
2. Lightly coat salmon and onion rings with olive oil. Grill both until onion is brown and salmon is cooked through.
3. Place romaine in large bowl and add half of dressing. Top with salmon and onion rings. Pour the remaining dressing over the top of the salmon and onions.

Moroccan Cod Fish

Ingredients:

1 red bell pepper, cut into thin strips (optional)
3 tomatoes, sliced
6 (6 ounce) tilapia fillets
2 tablespoons paprika
1 tablespoon chicken bouillon granule (optional)
5 Tbsp. olive oil
¼ tsp. garlic powder
3 Tbsp of tomato paste
1 Tbsp. cayenne pepper
salt and pepper to taste
1 cup water
1/4 cup chopped fresh parsley

Methods:

1. Preheat an oven to 240 degrees F (95 degrees C).
2. Layer the sliced red peppers and sliced tomatoes in the bottom of a baking dish. Arrange the tilapia fillets on top of the vegetables.
3. Combine the paprika, chicken bouillon, tomato paste, cayenne, salt, pepper, olive oil, and water and mix well. Pour the seasoning mixture over the fish. Sprinkle with parsley.
4. Cover the baking dish with aluminum foil and bake in the preheated oven until the fish flakes easily with a fork and the vegetables are tender, about 30 minutes to 1 hour.
5. Optional Fast Cooking: you can cook it in a pan with the lid cover, with medium heat, for 20 - 25 minutes.

Asian Salmon

Ingredients:

- 2 lbs. salmon
- 2 Tbsp. Dijon mustard
- 3 Tbsp. Braggs Amino Acid or tamari sauce
- 4 Tbsp. extra-virgin olive oil
- 2 tsp. garlic, minced

Method:

1. Marinate salmon in refrigerator for 1 hour.
2. Then cook salmon until pink in the middle at 400 degrees for about 15 minutes.

Lemon Salmon with Avocado Salsa

Salmon Ingredients:

- 2 (5-oz) salmon filets
- 2 tsp olive oil
- ½ lemon (grate peel)
- 1 tsp fennel seeds
- 1 tsp mustard seeds
- Ground pepper to taste

Avocado Salsa Ingredients:

- ½ lemon (juice)
- 1 avocado, chopped
- 2 Roma tomatoes, chopped
- 1 Tbsp. olive oil
- 1 onion, finely chopped
- Ground pepper to taste



Method:

1. Heat oven to 450°
2. Place salmon on sheet of foil. Drizzle olive oil over top of salmon. Sprinkle lemon zest and seeds over the top of salmon. Add pepper to taste.
3. Bake for 10-12 minutes.
4. Prepare avocado salsa in small bowl. Chop avocado, tomatoes, and onion. Drizzle lemon juice and olive oil. Add pepper to taste.
5. Add salsa to the top of the salmon before serving.

Walnut Crusted Salmon

Ingredients:

- 1 lb salmon fillets
- 1 cup crushed/ground walnuts
- ½ tsp ground coriander
- ½ tsp ground cumin
- 1 lemon, juiced
- 1 tsp coconut oil
- Ground pepper to taste

Method:

1. Heat oven to 350°
2. Drizzle lemon juice over salmon fillets. And season with ground pepper.
3. In a medium bowl, combine ground crushed walnuts, coriander, and cumin. Dip fillets into mixture and evenly coat on both sides.
4. Lightly grease broiler pan with coconut oil. Place fillets on pan and bake for 12-15 minutes.

Cilantro Ginger Baked Tilapia

Ingredients:

1 lb tilapia fillets
Ground pepper
3 cloves garlic, peeled and mashed
1 Tbsp. grated fresh ginger
1 jalapeno, seeded and chopped
1/3 cup chopped cilantro leaves
Dr. Cohen. A New Way Clinic 73
1 lemon, juiced
2 Tbsp. low sodium soy sauce
1 tsp sesame oil

Method:

1. Heat oven to 450°.
2. Season fillets with ground pepper and lay flat in 9x9 glass baking dish
3. In a blender, blend garlic, ginger, jalapeno, cilantro, lemon juice, soy sauce, and sesame oil. Pour sauce over fillets.
4. Bake fillets for about 30 minutes.





Fresh Veggie Ceviche

Ingredients:

- 1 lb halibut fillets or 1 lb sea bass fillets, or a mixture of fish
- 8 limes, juiced
- 2 large tomatoes, diced
- 4 green onions, minced
- 2 stalks celery, chopped
- 1 bell pepper, chopped
- ½ cup chopped parsley
- 1 ½ Tbsp. olive oil
- 1/8 cup chopped cilantro
- Ground pepper to taste

Method:

1. Rinse fish and place in medium bowl. Pour lime juice over top so fish are completely immersed in juice. Let chill all
2. day or overnight until fish turn opaque. Empty half of lime juice from bowl.
3. Add remaining ingredients and stir gently.

Sautéed Trout and Broccoli

Ingredients:

5 to 10 Rainbow Trout Fillet
2 gloves garlic, minced
1 ½ lbs broccoli, cut into small florets
1 lime
3 tsp olive oil, reserve 1 tsp for sauté
1 tsp ginger
1 tsp red chili flakes

Method:

1. In a bowl mix garlic, ginger, fresh lime juice, and olive oil with trout. Let it marinate for a few minutes in the refrigerator while preparing broccoli.
2. Steam broccoli for 5 minutes in vegetable steamer
3. Sauté trout in reserved olive oil in large pan for 5 minutes or until it changes its color. Add broccoli and cook for additional 5 minutes.
4. Sprinkle red chili flakes over top before serving

Tilapia and Avocado

Ingredients:

1 lb tilapia, cut into bite-size cubes
1 medium tomato, diced
1 avocado, peeled and pitted and diced
½ jalapeno, seeded and chopped
¼ cup chopped red bell pepper, seeded
¼ cup finely chopped onion
2 limes, juiced
1 tsp olive oil

2 Tbsp. chopped cilantro
Ground pepper to taste

Method:

1. In a small bowl, combine onion, lime juice, olive oil, the tilapia fish, and ground pepper and let marinate for about 5 minutes. Put in a skillet over medium heat; cook and stir tilapia with the mixture until opaque, about 10 minutes.
2. Combine remaining ingredients.

Garlic Roasted Cod

Ingredients:

¼ cup olive oil
5 sprigs rosemary
3 cloves garlic, minced
½ cup chopped onion
1 lbs Cod fish
2 Tbsp. white wine vinegar
½ tsp ground pepper



Method:

1. Pour olive oil into 9x13 inch baking dish/roasting pan. Add rosemary, garlic, and onion and let dish sit in oven as it preheats to 450° (about 15 minutes). Remove pan.
2. Add Cod over the top and roast until pink and firm (8 minutes for medium cod, 10 minutes for large cod). Gently toss halfway through baking.
3. Remove dish from oven and add vinegar and ground pepper. Stir gently before serving.

Avocado Spicy Fish Lettuce Wraps

Spicy Fish Ingredients:

- 1 1/2 pounds Rainbow Trout Fillet or mahi mahi
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp hot chili powder
- 1/2 tsp Ground pepper
- 1/2 Tbsp. olive oil
- 1/2 lime, juiced
- 1 scallion, chopped
- 1/2 cup baby arugula
- 2 Roma tomatoes, diced
- 1 head Romaine lettuce (leave whole)

Jalapeño Avocado Sauce Ingredients:

- 1 avocado
- 1 clove garlic
- 1 jalapeño, seeded and chopped
- 1/2 lime, juiced
- 1 Tbsp. chopped cilantro

Method:

1. In a large bowl combine fish, paprika, cumin, chili powder, and ground pepper.
2. In a skillet, sauté the fish in olive oil on medium heat for about 3 minutes. Squeezed 1/2 lime over top of fish while cooking.
3. In a blender combine all sauce ingredients and blend until smooth.
4. On a large lettuce leaf, place arugula, fish, scallions, tomato and sauce.



RECIPES

VEGETARIAN PROTEIN



Lentil (Gluten-free) Pasta with Garlic-Pesto Sauce

Ingredients:

- 3 cloves of garlic, peeled
- 2 cups fresh basil leaves (about 1 large bunch)
- 1/2 cup pine nuts (optional)
- 1/4 cup olive oil
- 1/2 cup shredded parmesan (optional)
- salt & pepper according to taste
- 5 Cherry tomato cut in half (optional)
- 12 oz lentil pasta (gluten-free) or garbanzo pasta

Method:

1. Prepare pasta as directed on package
2. While pasta is cooking, process garlic cloves, oil, pine nuts, and basil leaves in food processor until smooth consistency.
3. Toss with pasta and top with shredded parmesan, cherry tomatoes, and red pepper flakes if desired.



Protein Gluten-Free “Bread”

Ingredients:

7 eggs (organic)- all egg whites for lighter bread and whole eggs for heavier bread

½ lb nuts flour of choice (almonds or pecans recommended) or chopped and ground

Add your favorite herbs/spices

Method:

1. Heat oven to 325°
2. Beat eggs, and mix in ground nuts, and herbs/spices of your choice until well blended. Pour into a jelly roll baking pan coated with cooking spray. Bake for about 20 minutes or until brown.
3. Let cool and then cut into squares. Layer parchment paper between slices so prevent slices from sticking together and store in plastic container in refrigerator or freezer.

Vegan Cashew Cheese

Ingredients:

1 cup raw cashews, soaked for 2 to 8 hours, drained, and rinsed
2 tbsp. nutritional yeast
2 tbsp. freshly squeezed lemon juice
¼ tsp garlic powder or 1 garlic clove instead
½ tsp salt
3 tbsp. olive oil
¼ tsp freshly ground black pepper
1/5 cup water

Methods:

1. Place the cashews, nutritional yeast, lemon juice, garlic powder, salt, olive oil, and pepper in a food processor. Pulse repeatedly to break the cashews down, until they form a coarse, wet meal. Scrape the sides of the food processor down with a spatula.
2. Turn the processor on and while it's running, drizzle in the water and let the cashews process for about 10 seconds. Stop and scrape the machine down again. Continue processing for a full 1-2 minutes, or until the cashew cheese is smooth and thick, adding a tablespoon of extra water if needed. The consistency should be a little bit like hummus (see photos of finished cashew cheese as a cue).

RECIPES
SNACKS & COMFORT
FOOD

Crispy Kale Chips

Ingredients:

4 cups kale, chopped
1 Tbsp. olive oil
¼ cup almonds, sliced
Seasoning of your choice (paprika, garlic powder, ground pepper, rosemary)

Methods:

1. Heat oven to 275°.
2. In a medium bowl, toss kale leaves with olive oil, almonds, and seasoning. Lay mixture flat on a baking sheet. Bake for about 15-20 minutes (or until leaves are crispy), turning leaves halfway through.

Sweet and Spicy Apples and Potatoes

Ingredients:

2 sweet potatoes, peeled and diced
3 Tbsp. olive oil
2 firm apple (Granny Smith or honey crisp recommended), peeled/cored and diced
1 lemon (juice)
1 red chili pepper, stemmed/seeded and chopped
1 tsp chili flakes

Methods:

1. Heat oven to 350°F
2. Place diced sweet potatoes in medium bowl and toss with 3 Tbsp. olive oil. Place potatoes on rimmed cookie sheet and cover with foil. Bake for about 20-25 minutes or until soft.



3. In a large skillet on low/medium heat, add the baked sweet potatoes. With a spatula, turn potatoes and cook until brown. Add apple, lemon juice, and chili pepper. Continue to cook until apples are warm. Sprinkle chili flakes over the top before serving.

Sweet Potato Fries

Ingredients:

- 3 sweet potatoes, sliced in strips
- 1 Tbsp. olive oil
- 1 tsp rosemary leaves, finely chopped
- Ground pepper to taste

Method:

1. Heat oven to 425°F
2. In large bowl, toss sweet potatoes, rosemary, and olive oil until evenly coated. Place potatoes on parchment lined baking sheet. Bake for about 15 minutes, then flip potatoes and continue baking for about 15 more minutes or until lightly browned. Remove from oven and add pepper to taste before serving.



Sweet Potato Treat

Ingredients:

- 2 sweet potatoes (about 2 lbs. total), cut into ½-by-2-inch sticks
- 2 Tbsp. extra virgin olive oil
- Sea salt and ground pepper
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. cinnamon

Method:

1. Preheat oven to 450 degrees. Divide potatoes between two rimmed baking sheets; toss with oil, and season with salt and pepper. Arrange in a single layer, without overlapping. Roast, tossing once, until tender and starting to brown, 25 to 30 minutes.
2. Sprinkle with lemon juice and cinnamon; season with salt and pepper, if desired. Toss to coat.

Almond Flax Pizza Crust

Ingredients:

1-1/4 cups flaxseed meal
1 cup almond flour/meal
1 tsp sea salt
2 tsp natural baking powder
1 Tbsp. honey
1 tsp Italian mixed dried herbs
3 large eggs, beaten until smooth
3 Tbsp. coconut oil, melted
1/2 cup water



Method:

1. Heat oven to 425° F.
2. Combine flaxseed meal, almond meal, sea salt, baking powder and Italian herbs together until lump-free.
3. Beat together eggs, oil, honey and water until smooth.
4. Pour liquid mixture into dry mixture. Blend well until smooth.
5. Press into desired shape.
6. Place on a pre-greased or non-stick pizza pan or sit on a silicon baking mat.
7. Bake for 15 minutes in the center of the oven until cooked.
8. Add favorite toppings and then return to the oven to bake for an additional 10-15 minutes.
9. *Top with olive oil, homemade tomato sauce, and fresh vegetables*



RECIPES

SAUCE & DRESSING

Tasty Tomato Sauce

Ingredients:

8 medium Roma tomatoes
1 Tbsp. extra-virgin olive oil
1 white onion, diced
1 ½ Tbsp. garlic, chopped
2 Tbsp. tomato paste
8 large basil leaves
2 tsp. raw organic honey or Stevia

Method:

1. Bring a pot of water to boil over high heat. While water is boiling, use a small knife to remove each tomato core and cut a tiny X into the bottom of each tomato.
2. Prepare an ice bath in a large bowl. Immerse tomatoes into boiling water for 1 to 2 minutes or until skin begins to come off. Remove tomatoes with a slotted spoon and immerse into ice bath for about 1 minute or until cooled. Once cooked, remove tomatoes from water and remove skin by peeling it back from the X in the bottom. Slice tomatoes in half, scoop out and discard seeds. Coarsely chop tomatoes and place into a bowl.
3. In a medium saucepot, heat oil over medium-high heat. Add onion and garlic and sauté until onion becomes translucent. Add tomatoes, tomato paste, and basil and cook, stirring frequently, until sauce comes to a boil. Reduce heat to medium-low and simmer for 45 minutes to 1 hour, stirring frequently.
4. Remove from heat and puree with a hand blender until smooth. Add honey/Stevia and mix well. Ladle sauce into re-sealable containers, let cool to room temperature, cover and refrigerate until needed. Sauce can be kept refrigerated for up to 5 days or frozen for up to 2 months.

Guacamole

Ingredients:

- 3 ripe avocados
- Juice of ½ fresh lime
- 2 Tbsp. chopped cilantro
- ½ red or purple onion, minced well
- 1 tsp. garlic, minced
- 1 jalapeno, chopped



Method:

1. Cut avocados in half. Discard pit and scoop flesh into bowl. Place all ingredients in medium bowl and mix until just combined. Don't over mix.

Serves: 6

Pico de Gallo

Ingredients:

- 4-6 Roma tomatoes
- 1 red bell pepper
- 1 jalapeño (optional)
- ½ onion
- 1 lime
- 1 clove garlic, minced
- Cilantro
- Ground pepper to taste

Method:

1. Cut tomatoes, red pepper, onion, and garlic into small pieces, may discard seeds (of tomato and red pepper) if desired. Combine in a bowl

2. Cut stems off cilantro. Chop leaves and add to bowl.
3. De-seed jalapeno and cut to small pieces. Only add as much pepper as wanted for spice. (Whole pepper or more=spicy, half or less=mild)
4. Add fresh squeezed lime juice to taste. Add ground pepper to taste.

Avocado Salsa

Ingredients:

- ½ lemon (juice)
- 1 avocado, peeled and pitted and chopped
- 2 Roma tomatoes, chopped
- 1 Tbsp. olive oil
- 1 onion, finely chopped
- 1 clove garlic, minced
- Ground pepper to taste

Method:

1. Combine all ingredients and toss well.

Mango Pepper Salsa

Ingredients:

- 4 red bell peppers, chopped
- 2 large ripe mangos, diced
- 2 scallions, sliced
- 1 jalapeno
- ½ lime (juice)
- 1 bunch cilantro, finely chopped

Method:

1. Combine all ingredients and toss well.



Granny Apple Vinaigrette

Ingredients:

- ½ cup walnut oil
- ¼ cup apple cider vinegar
- 1 Gala apple, peeled, cored, and cut into small pieces
- ½ tsp. paprika
- ½ tsp. cinnamon
- ½ tsp. red pepper flakes

Method:

1. Add all ingredients to a blender or mini food processor and puree until everything is finely diced. Add to your favorite salad.

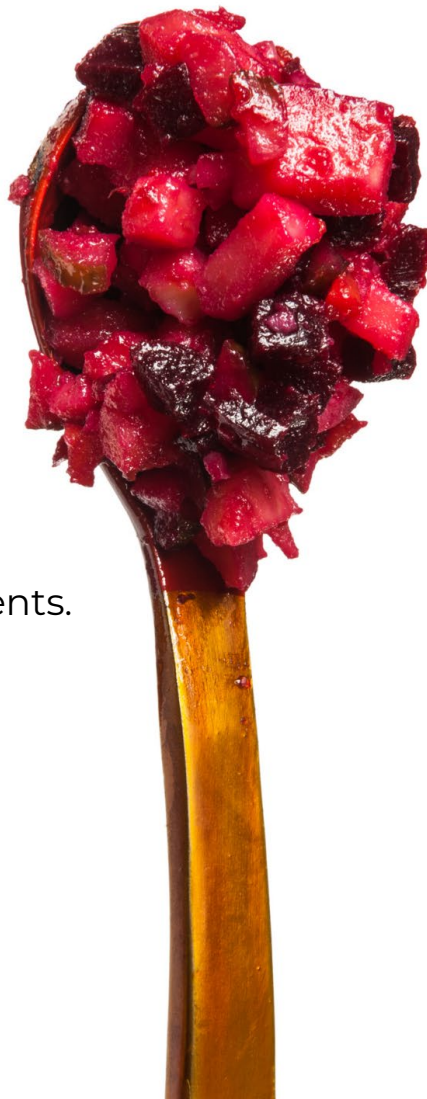
Red Wine Vinaigrette

Ingredients:

- 2 cloves garlic, minced
- 2 Tbsp. Dijon mustard
- ½ cup red wine vinegar
- 1 tsp ground pepper
- 1 cup olive oil
- ½ cup chopped basil leaves
- ½ cup chopped parsley

Method:

1. Combine and whisk all ingredients.





Shallot Vinaigrette

Ingredients:

- 2 Tbsp. red wine vinegar
- 1 Tbsp. Dijon mustard
- ¼ cup olive oil
- 1 Tbsp. finely chopped shallots
- Ground pepper to taste

Method:

1. Combine and whisk all ingredients.

Caesar Dressing

Ingredients:

- 1 clove garlic, minced
- 1 tsp dry mustard
- 1 Tbsp. lemon juice
- 1 tsp cayenne pepper
- 2 Tbsp. olive oil

Method:

1. In a small bowl, whisk garlic, dry mustard, lemon juice, cayenne pepper, and olive oil. Add pepper to taste.

Garlic Dressing

Ingredients:

- ½ tsp dry mustard
- 1 tsp ground pepper
- 2 cloves garlic, finely minced
- 1 Tbsp. tarragon vinegar
- 2 Tbsp. lemon juice
- 3 Tbsp. olive oil



Method:

1. Combine all ingredients and mix well.

Ginger-Soy Salad Dressing

Ingredients:

- 1 Tbsp. fresh ginger, minced
- 2 Tbsp. Bragg's Amino Acid or tamari sauce
- 2 ½ Tbsp. rice wine vinegar
- ½ cup sesame oil
- ¼ cup extra-virgin olive oil

Method:

1. Mix all the ingredients together and put on salad or marinade meat of your choice.

Low-Calorie Lemon Dressing

Ingredients:

- 6 oz. soft tofu, drained
- 2 Tbsp. fresh lemon juice
- 2 tsp. lemon zest

1 Tbsp. rice vinegar
1 Tbsp. extra-virgin olive oil
Sea salt and fresh ground black pepper, to taste
2 tsp. chives, chopped

Method:

1. Place tofu in a blender and process with lemon juice and zest, vinegar, and oil. Scrape down sides of work bowl as needed.
2. Transfer dressing to a small mixing or serving bowl and stir in salt, pepper, and chives. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for 1 to 2 days (dependent on shelf life of tofu).

Basil Nut Vinaigrette

Ingredients:

20 fresh basil leaves, finely chopped
1 tsp. garlic, minced
2 tsp. Dijon mustard
2 Tbsp. wine vinegar
2 Tbsp. extra-virgin olive oil
4 Tbsp. low-sodium chicken broth
Fresh ground black pepper, to taste
2 Tbsp. unsalted walnuts, chopped

Method:

1. In a medium-size mixing bowl, add basil, garlic, Dijon, vinegar, oil, broth, and pepper, whisking to combine thoroughly. Stir in walnuts. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for up to 2 weeks.



Mustard Dressing

Ingredients:

- 6 oz. soft tofu, drained
- 2 Tbsp. Dijon mustard
- 1 Tbsp. fresh lemon juice
- 2 tsp. garlic, chopped
- 1 tsp. dried tarragon

Method:

1. Place tofu in a blender and process with Dijon, lemon juice, and garlic until smooth, scraping down sides of work bowl as needed.
2. Transfer dressing to a small mixing or serving bowl and stir in tarragon. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for up to 3 days (dependent on shelf life of tofu).



MY FAVORITE RECIPES

“All you need is love. But a little chocolate now and then
doesn’t hurt.” — Charles M. Schulz

Recipe

Page

