

Dinner Options:

1) Baked or Poached Salmon with Dill & roasted Asparagus mixed with 1/2 lemon, 1 teaspoon olive oil salt and pepper to taste roasted in oven at 375 for 10 minutes, serves 1

6 ounce Salmon Fillet can preheat oven to 375 line cookie sheet with parchment paper and oil lightly on top of the paper, place salmon on top. Mix 1 teaspoon of olive oil, 1 teaspoon fresh dill and salt and pepper to season- brush on top of salmon and then bake for 12-15 minutes. Or if poaching place salmon in skillet with about 1inch water, place oil, dill and seasonings on top of salmon then cover and poach for 12-15 minutes.

2). Carrot Salad with Spicy Shrimp (or Substitute with organic chicken breast or Tofu), serves 2

5 medium carrots
1/4 to 1/2 cup lemon tahini dressing (I used tahini and a squeeze of lemon juice)
4 oz snow peas, washed and trimmed
2 green onions, thinly sliced
1/2 red fresno chile
1/2 jalapeno chile, seeded and thinly sliced (optional)
1/4 cup chopped basil
1/4 cup cilantro
1 tsp salt-free garlic powder
1 tsp salt-free chipotle chile powder or salt-free chile powder
1/4 tsp freshly ground black pepper
12 extra-large frozen shrimp with tails, thawed, peeled and deveined
Grapeseed or Olive Oil for grilling
1/4 cup salt-free chopped peanuts
1 lime, cut into 4 wedges

Directions:

1. Use a vegetable peeler to make carrot ribbons. Transfer to a large mixing bowl and add 1/4 cup of the dressing. Toss to coat well; taste and add more dressing, if desired. Add the snow peas, green onions, fresno chile, jalapeño, basil and cilantro. Set aside.
2. In a medium mixing bowl, mix the garlic powder, chipotle chile powder, and pepper until combined. Add the shrimp and toss until coated with spice rub.
3. Heat 1 tbsp olive oil in a large sauce pan or skillet over medium-high heat. Add the shrimp in batches, and cook on both sides until nicely seared and the shrimp are pink (about 3 minutes per side). Remove the shrimp to a plate and set aside. Repeat until all shrimp are cooked.
4. Serve the salad, with the shrimp and garnish with peanuts and lime wedges.

3) Creamy Cashew Ginger Carrot Soup,
serves 2

Ingredients

- 3 tbsp olive oil
- 1lb pound carrots, peeled and roughly chopped
- 3 Tbsp minced ginger
- 4 cups vegetable stock
- 1 tbsp salt

- 1/2 cup raw cashews

TOPPING

- Wholefoods Organic Tagine Seasoning (or add a 1 tbsp of Paprika and a 1/2 tsp of the following: Cinnamon, Turmeric, Ginger, Chili Pepper, Black Pepper & Cardamom)

Directions

1. Set a 4-quart stock pot over medium-high heat and add olive oil, ginger, and carrots, stirring occasionally until the carrots are coated and ginger are fragrant, about 4 to 6 minutes.
2. Add the stock, bring to a boil and reduce to a simmer for 30 to 35 minutes.
3. Transfer to a blender and add 1/2 cup raw cashews, blend for 4 min on high.
4. Add additional stock if you want a thinner consistency.
5. To serve, garnish with sprinkling of Tagine seasoning and a drizzle of olive oil

4) Butternut Squash + Sage Detox Soup, serves 4

INGREDIENTS:

- 1 butternut squash, about 2 cups cubed
- 1 carrot, peeled
- 1 small onion, chopped
- 1 celery stalk, chopped, Organic
- 6 cups fat-free chicken or vegetable broth, organic
- 4 sage leaves
- 1/2 cup 1% milk
- salt and freshly ground pepper

DIRECTIONS:

1. Peel the squash and remove the seeds. Cut into medium size cubes.
2. In a large heavy pot, combine squash, carrots, celery, onion, sage and broth and bring to a boil.
3. Cover and simmer on low heat for about 40 minutes, until squash is tender.
4. Discard the sage and using an immersion blender, puree the soup. Add milk and adjust the salt and pepper to taste and serve.

5) Coconut Cauliflower Rice Bowl,
serves 2

Ingredients:

4 cups of cauliflower rice
2 Tbsp coconut oil
2 Tbsp coconut milk
1 rotisserie chicken or 2 baked chicken breasts, shredded
2 cups broccoli florets
2 Tbsp chopped green chives
2 Tbsp sesame seeds
4 Tbsp coconut amino
2 Tbsp melted ghee

For the bowl: In a large sauté pan, blanch broccoli in water for 4-6 minutes until fork tender. Drain and set aside.

In same large sauté pan, add coconut oil, coconut milk (or crème) and cauliflower. Stir-fry on medium heat until cauliflower is done to your liking, 4-6 minutes.

Either:

Add broccoli and shredded chicken to the pan and stir to incorporate and warm
or

Add cauliflower to the bottom of bowl and top with shredded chicken and broccoli. For the sauce: In a small bowl, mix melted ghee, coconut aminos, and sesame seeds. Dress bowl with half.

Top with chives. Enjoy.

Serve with gluten-free sriracha sauce (optional).

6) CAULIFLOWER FRIED RICE

Prep Time 15 minutes

Cook Time 30 minutes

Total Time 45 minutes

Servings 3 servings

Ingredients

- 3 cups riced cauliflower fresh or frozen
- 2 tbsp toasted sesame oil
- 1 tbsp olive oil
- 1 red onion diced
- 2 cups mushroom chopped
- 2 tsp ground ginger
- 1-2 tsp sambal chili paste
- 1 cup celery chopped, organic
- 1 cup carrot shredded
- 1 red bell pepper diced, organic
- 3/4 cup raw unsalted cashews

- 2 tbsp tamari sauce reduced sodium gluten-free soy sauce, or soy sauce
- 1/4 tsp ground pepper
- 1/4 cup green onion chopped
- 2 tbsp sesame seeds
- Protein source i.e. chicken, tofu, beef -- optional
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Instructions

1. Lay cashews flat on baking sheet and bake at 350 degrees F for 10 minutes, or until starting to brown
2. Next, add 1 tbsp toasted sesame oil and olive oil to skillet on medium heat
3. Add in diced red onion, minced garlic, mushroom and cook for 5 minutes
4. Add celery, shredded carrot, red bell peppers, ginger, sambal chili paste and cook another 6-8 minutes
5. Next, add riced cauliflower and heat 5 more minutes
6. Pour in Tamari (or soy sauce), ground pepper, chopped green onion, sesame seeds, toasted cashews and cook 3-4 more minutes
7. Feel free to add in any protein with this meal (chicken, tofu, beef, etc.) or enjoy on its own

7) Roasted Fennel Salad:

Serves 4

4 Fennel Bulbs, trimmed and cut into 1/2 inch thick slices

4 Tbsp olive oil

3 Tbsp raw pine nuts

2 Tbsp sesame seeds

2 tsp dried oregano

1/4 tsp sea salt

1/2 tsp freshly ground black pepper

1/4 cup fennel fronds minced

-Preheat oven to 400 degrees. In a mixing bowl combine fennel with oil, pine nuts, sesame seeds, oregano and season with salt and well and toss well.

- On a baking sheet lined with parchment paper, arrange fennel slices and bake, turning once for 20-30 minutes or until the fennel is golden brown and tender when poked with a fork.

- Remove from oven and sprinkle with minced fennel fronds.

Dressing: serves 4

1/2 cup raw cashews soak in water for 2-4 hrs

1/3 cup water

2 Tbsp lemon juice

1 1/2 Tbsp olive oil

1/2 Tbsp white wine vendor

1 Tbsp raw honey

2 tsp apple cider vinegar

1/2 tsp seal salt

1/2 tsp freshly ground black pepper

- in a high powered blender combine all ingredients and pure, first on low then gradually raising the speed to high, until smooth and creamy

8) Spaghetti Squash with roasted broccoli

Serves 4

Ingredients: 1 Spaghetti squash

2 heads of broccoli, cut into florets

2 cups chopped tomatoes (recommend brand Pomi)

8 ounces ball of fresh mozzarella

2 tbsp basil chopped

Salt & pepper to taste

Drizzle of 2 Tbsp olive oil

1/2 tsp salt & Pepper

Preheat oven to 400 degrees. Cut squash in half lengthwise and discard seeds. Place on a parchment lined baking sheet, coat with 1 Tbsp olive oil and 1/2 tsp salt and pepper, and place cut side down and roast for 30-40 minutes. On another parchments lined baking sheet, spread broccoli and drizzle with 1 Tbsp olive oil. Roast for 15-20 minutes. When squash is finished cooking, allow to cool then using a fork, scrape the squash to get long spaghetti-like strands. In a cast iron skillet, combine squash, broccoli, and tomatoes. Site to combine and top with slices of fresh mozzarella and basil. Bake for 15 minutes and serve,

9) Pan seared Halibut & butter lettuce salad with dressing from roast fennel salad recipe or simple Vinegar and olive oil.

Serves 2

2x 6 ounce pieces of halibut

3 Tbsp olive oil

1/3 cup artichoke pistachio pesto

In a skillet, heat 2 Tbsp olive oil and add halibut skin side up and cook for 3 minutes. Flip halibut and cook for another 3 minutes. Serve pesto sauce

Pistachio Pesto:

1/4 cup unsalted pistachios

1 cup basil

1 cup artichoke hearts (canned, rinsed, and drained)

1/2 lemon, juiced

1/4 olive oil
Sea salt to taste

10) Turkey Meatballs

1lb ground organic turkey
1 egg
1 Tbsp olive oil
1/4 cup parmesan cheese
2 Tbsp chopped basil
1/4 teaspoon nutmeg

Preheat oven to 350. In large bowl, combine all the ingredients and stir to combine. Roll into 1" meatballs. Heat a large skillet over medium heat and add 1 Tbsp olive oil. Cook meatballs in batches until browned, about 2-3 minutes per side. Put in the oven and finish cooking for 15-20 minutes. Serves with left over spaghetti squash

11) Shakshuka

Serves 3

Ingredients

- 2 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 bell pepper, seeded and chopped, organic
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste (only organic, otherwise skip this ingredient)
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp coriander
- Pinch of cayenne pepper, or more to taste (careful, it's spicy!)
- Salt and pepper, to taste
- 6 eggs
- 1/2 tsp fresh chopped parsley (optional, for garnish)

Instructions

1. Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften.
2. Add the diced bell pepper, sauté for 5-7 minutes over medium until softened.
3. Add tomatoes and tomato paste to pan, stir until blended. Add spices stir and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
4. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).

5. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.

6. Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.

7. Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top-- then, cover the pan and cook the eggs to taste. Garnish with the chopped parsley, if desired.

12) organic rotisserie chicken (whole foods and balducci have this) with side or broccoli florets sautéed in 1 Tbsp olive oil, salt and pepper to taste and olive oil, or asparagus, or carrots, or bok choy

13) poached salmon as in recipe 1 with side of broccoli florets sautéed in 1 Tbsp olive oil, sea salt and pepper to taste and lemon juice, or cauliflower, or asparagus, or carrots, or bok choy or power greens

14) SIMPLE GREEK SALAD (DAIRY-FREE!)

Prep Time 15 minutes

Servings 4 servings

Ingredients

Greek Salad

- 2 roma tomatoes, diced
- 2 persian cucumbers, diced
- 1/2 cup pitted greek olives, chopped
- 1 large bell pepper, chopped
- 1 avocado, diced

Dressing

- 3 tbsp extra-virgin olive oil
- 1/2 lemon, squeezed
- 1 tbsp red wine vinegar
- pink salt and pepper, to taste
- 1 tsp oregano

Instructions

1. Once all veggies are chopped up, combine in large mixing bowl.
2. Whisk together all dressing ingredients, then pour over the top of the salad. Toss together thoroughly until well combined. Enjoy! Serve with grilled salmon or griller chicken for full meal or enjoy as side for any of dishes above.
3. Store in airtight container in the fridge up to 3 days! Great for leftovers.

15) TURKEY, KALE & TAHINI DINNER BOWLS

Prep Time 20 minutes

Serves: 4

Ingredients

- 1/2 onion, diced
- 2 tbsp avocado oil
- 3-4 cups sliced mushrooms (totally optional- can leave out)
- 1 lb organic ground turkey
- 1 big bunch organic kale, finely chopped
- 3 tbsp coconut aminos
- 3 tbsp tahini
- pink salt & pepper, to taste

Toppings

- 1/2 cup chopped green onion
- 3 tbsp toasted pine nuts

Instructions

1. In a large skillet, sauté onion and garlic in oil until the onion becomes translucent, about 3-5 minutes. Add in sliced mushrooms + splash of water to help steam. cook on medium for several minutes, then add turkey to brown, followed by coconut aminos, finely chopped kale and seasonings.
2. Stir in tahini towards the end and then top with green onion & pine nuts. Enjoy!

16) Lentil Soup

Ingredients

3 tbsp olive oil
1 large onion, finely chopped
1 1/2 cup red lentils
1 tsp ground turmeric
2 tsp ground cumin
8 cups vegetable or chicken broth
Juice of 1/2 lemon

1. In a large pot heat the olive oil, add onions and sauté until caramelized.
2. Add lentils, pink salt, cumin, and turmeric.
3. Add 4 cups water and 4 cups broth. (or can do all water or all broth)
4. Let cook for 30 minutes until soup thickens and enjoy.

17) Tofu Options to add to any of the above recipes, can remake and store in the fridge for the week and ready to add to any dinner recipe.

Lemon Baked Tofu

2 lemons, juiced
1/4 C rice vinegar
1 clove smashed garlic (just for marinade then remove)
black pepper

Tamari Ginger Tofu

1/2 C Tamari soy sauce (I use San-J organic gluten free tamari)
1/2 C rice vinegar
1 clove smashed garlic (just for marinade then remove)
1/2 t crushed ginger

Both recipes are prepared the same way-see? Easy peasy!

Open one or two packages of extra firm or firm tofu, drain. Blot the tofu with paper towels (or be green! use a dish towel!) until the excess water is absorbed. Cube into bite size pieces. In a bowl combine all the ingredients and add the cubed tofu, carefully using a spatula to make sure all the cubes get into the liquid (tofu breaks pretty easily). Let the tofu marinate 20 minutes, stirring occasionally. The longer the better but 20 minutes is sufficient to get the flavor. On a tray covered in tinfoil and sprayed with non stick olive oil, arrange the tofu in a single layer. Bake at 400 degrees for 45 minutes to an hour.

18) Zucchini Pasta (Vegan)

1 cup spiraled zucchini (can purchase prepackaged if you don't have spiralizer at home)

Instructions: Heat 1 tablespoon olive oil and sauté Zucchini pasta, place in separate pasta bowl and then sauté veggies to top pasta with mixed greens of your choice (I like protein greens by OrganicGirl), broccoli, red cabbage, broccoli, and 1 cup edamame. Place the veggies on top of your noodles and add your spicy sauce.

'Sauce'

7 ounces firm tofu

1 tablespoon red curry paste

1/2 cup chopped parsley

1/4 teaspoon crushed chili flakes

Coconut milk (recommend califia farms almond coconut milk), add to desired sauce consistency in processor

Salt and pepper to taste

Blend ingredients in processor adding as needed coconut milk to desired consistency

Dessert Options or Snack:

1) CREAMY CHIA PUDDING

Prep Time 5 minutes

Servings 2

Ingredients

- 1 cup unsweetened nut milk, can use Trader Joes LIGHT ONLY Organic Coconut Milk or Unsweetened almond milk
- 1/4 cup chia seeds
- 1 tbsp ground flaxseed (for a boost of fiber and healthy fats)
- 1 tsp vanilla extract
- 1/4 tsp cinnamon

Toppings:

- fresh organic berries
- raw honey 1 teaspoon only

2) Fresh organic Berries topped with plain greek 2% fat greek yogurt

3) Fage yogurt with blueberries, ,strawberries ,or peaches 0% or 2% fat options

4) frozen peaches (preferably organic)

5) Powder Peanut Butter, follow instructions mix with water joy to make peanut-butter spread from powder and enjoy with 1 slice apple or 1 cup fresh berries.

6) PUMPKIN HUMMUS

Servings 2 cups

Ingredients

- 1 can chickpeas, drained & rinsed
- 1/2 cup pumpkin puree (not pumpkin pie filling)
- 1/4 cup extra virgin olive oil
- 1 lemon, squeezed
- 3 tbsp tahini
- 1/2 tsp paprika
- 1/2 tsp cumin
- pink salt, to taste
- ground pepper, to taste

Instructions

1. Combine all ingredients in food processor or blender and blend until it reaches a smooth consistency. Serve with 'everything' seasoning, fresh parsley and paprika. Enjoy with fresh sliced Organic Bell Peppers, Organic Celery sticks, cucumber sticks or carrot sticks.

7) EDAMAME BASIL HUMMUS

SERVINGS: 3

Ingredients:

2 cups edamame (shelled and cooked)
2/3 cup cup Garbanzo beans (drained and rinsed)
Garlic powder to taste
1/2 cup fresh basil
1/4 cup lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup Olive Oil

Instructions:

- Reserve 1 tablespoon of the edamame and chickpeas for garnish, if desired.
- Place the edamame, chickpeas, garlic powder, basil, salt, and pepper in the bowl of a food processor. Blend until smooth and creamy. Slowly blend in the olive oil.
- Transfer to a serving dish and garnish with the reserved edamame, chickpeas, basil, and small drizzle of olive oil.
- Serve with Carrot sticks, sliced Cucumber sticks, celery sticks, Bell Pepper Slices, and/or green beans

8) WALNUT LENTIL PATE

Cook time: 30 mins

Total time: 30 mins

Serves: Makes 2 cups

Ingredients

- 3/4 cup brown or green lentils
- 3/4 cup walnuts
- 2 shallots, chopped
- Garlic powder to taste
- 2 teaspoons fresh thyme leaves (or 1 teaspoon dried, crushed thyme)
- 1 tablespoon rice or apple cider vinegar
- 2 teaspoons freshly squeezed lemon juice
- 1/2 teaspoon salt
- 1 tablespoon white or red miso (optional, but if you omit, add an extra 1/4 teaspoon salt)
- 1/4 teaspoon black pepper

Instructions

1. Place the lentils in a medium sized sauce pan. Fill the pan with enough water to submerge the lentils by a few inches. Bring the water to a boil and reduce to a simmer. Simmer for 18-20 minutes, or until the lentils are tender but not watery or mushy (I always check at the 18-minute mark). Drain the lentils and set them aside. Another option is getting pre-cooked lentil package such as from brand Melissa's steamed lentils.
2. Heat a medium sized sautee pan over low heat. Add the walnuts. Toast them, stirring constantly, until they're browning lightly and fragrant. Remove them from heat and set aside.
3. Return the pan to the stove and increase the heat to medium. Add the olive oil and shallots. Cook the shallots for 2 minutes, stirring constantly, and then add the garlic. Cook the garlic and shallots for another 3 minutes, or until everything is soft and fragrant. Add the lentils and combine ingredients well. Remove the pan from heat.
4. Add the walnuts to your food processor, along with the salt. Process until the walnuts form a fine meal. Add the lentil mixture and all other ingredients, along with 1/3-1/2 cup water (as much as you need to get a thick, yet smooth and spreadable consistency, similar to hummus). Process till smooth, stopping occasionally to scrape the bowl down. Serve the pate with vegetable crudites or stuff it into a raw collard wrap!