

YOUR FREE GUIDE TO



*Living Well*  
ESSENTIALLY  
COOK TO HEAL

HEALTHY NEVER TASTED SO GOOD!  
SIMPLE GLUTEN AND DAIRY FREE RECIPES THAT THE WHOLE  
FAMILY CAN ENJOY.

KRISTIN C. CORTEZ

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# FREE COOK TO HEAL GUIDE



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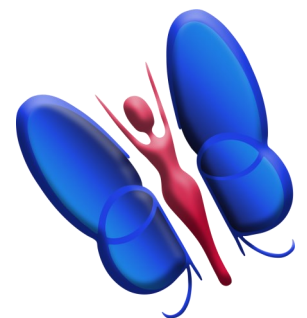
Welcome! I am so excited to share this FREE Cook to Heal Guide with you! Cooking is my love language. But did you know that...

*Healing and creating a healthy lifestyle for optimal thyroid function, begins in the kitchen?*

Basically, we are what we eat. In order for our thyroid to function properly and heal of any damage done by having a thyroid disease, we have to fuel it with proper nutrition. This means changing the way we eat and what we eat. It may also mean having to change your mindset regarding food and nutrition. The fact is many dieting trends and fads over the years have actually done more harm than good to our health, especially our thyroid. Why do you think so many individuals suffer with thyroid disease and many other chronic autoimmune illnesses?

In general, we have incorporated diets that are too restrictive in calories, healthy fats, and complex carbs. We have wreaked havoc on our bodies, especially our thyroid, making it work harder than it needs to. In order to reverse the damage done, it's time to think "*nutrition not restriction*", which means eating real, whole and organic, nutrient dense foods! All the recipes in this guide are gluten free, dairy and egg protein free, soy free, mercury free, and contain no unnatural or processed sugars.

*This guide is a great way for you to start cooking to heal! I promise....healthy never tasted so good!*



# MEAL PREP 101

## WORK SMARTER NOT HARDER

*Living Well*  
**ESSENTIALLY** 

### WHY MEAL PREPPING WORKS:

- Meal prepping saves time.
- Meal prepping actually saves you money.
- Meal prepping eliminates waste.
- Meal prepping eliminates the need for counting calories and tracking.
- Meal prepping is convenient and easy.
- Meal prepping gives you a sense of accomplishment.
- Meal prepping sparks creativity.
- Meal prepping helps the scale to go down.
- Meal prepping benefits the whole family.
- Meal prepping keeps you focused on your goals.



### HOW TO WORK SMARTER NOT HARDER IN THE KITCHEN

The key to a successful meal prep is creating a weekly menu and budget and sticking to it. When preparing your weekly menu here are a few tips to keep in mind to help you work smarter not harder in the kitchen.

- Be realistic in regard to how many meals you can prepare in the allotted time that you have scheduled for meal prep.
- Choose recipes with similar ingredients since buying in bulk is more cost effective and it saves time when prepping ingredients to be used in recipes.



- Choose recipes that can be cooked simultaneously.
- Select a variety of meals that you can rotate throughout the week to keep from getting bored.
- Make sure you have containers, labels, sharpies, and Ziplock bags ready and available.
- Clean out the refrigerator and freezer before starting.

## GROCERY SHOP LIKE A PRO

### THESE TIPS WILL HAVE YOU IN AND OUT OF THE GROCERY STORE



HERE ARE SOME OF SHOPPING TIPS THAT WILL HAVE YOU NAVIGATING THE GROCERY STORE LIKE A PRO:

- **Have a list and stick to it!** Have a screenshot or printout of all the ingredients for each recipe. It allows you to glance over it one last time to ensure you have everything you need for meal prepping.
- **Find the least busy time to go to the supermarket.** Experts say that the most crowded time to shop are midday on weekends and 4pm-6pm on weekdays. The best times are 8am or 8pm any day of the week.
- **Avoid shopping late Sunday evenings and on Mondays.** This is when the stores are picked over and supplies are pretty much depleted from the weekend.
- **Find out when your local grocer gets in their shipments.** Go shopping an hour or so after the shipments arrive for the freshest selections and fully stocked shelves.
- **Stick to the outer aisles and displays along the walls.** This is where your fresh meats and produce are located. The middle aisles are usually reserved for processed and prepackaged food items.
- **Learn the layout of your grocery store and set your grocery list up accordingly.** This will keep you from walking up and down every aisle; which will not only waste time but it will be tempting to pick up items that aren't on your list.
- **When possible utilize curb side pick up or free at home delivery services.** Saves time and helps you to stick to your list and budget.





# Meal Prep Grocery List



## PANTRY STAPLES:

- Agave – Raw & Organic (Dark preferably)
- Apple Cider Vinegar (Raw, Organic, Unfiltered with the “Mother”)
- Arrowroot Starch/Flour
- Aluminum Free Baking Powder
- Cinnamon (ground)
- Coconut Aminos
- Coconut Oil (Unrefined, Unfiltered, Cold Pressed)
- Coconut/Olive Oil Cooking Spray
- Fish Oil
- Ghee
- Gluten Free 1- to - 1 Baking Powder
- Honey – Raw, Organic (Local if possible)
- 100% Maple Syrup
- Olive Oil (Organic, Virgin)
- Slap Ya Momma Cajun Seasoning or any other seasoning alternative that is gluten free and does not have traces of soy, wheat, or dairy.
- Unsweetened Coconut Milk (No Guar Gum, in a BPA Free Can)
- \_\_\_\_\_
- \_\_\_\_\_

## HEALING FOODS LIST:

- APPLES
- AVOCADOS
- BANANAS
- CAULIFLOWER (WHOLE OR RICED)
- CELERY
- CILANTRO (FRESH OR GROUND)
- CUCUMBER
- GARLIC
- GINGER (ORGANIC, SLICED, IN A JAR)
- LEMONS
- LIMES
- LETTUCE MIX (LIKE A SPRING MIX)
- MANGOES (FRESH OR FROZEN)
- ONIONS
- PARSLEY (FRESH OR GROUND)
- PINEAPPLE (FRESH OR CHUNKS IN 100% JUICE)
- SPINACH (FRESH)
- SWEET POTATOES
- THYME (FRESH OR GROUND)
- TOMATOES (ROMA IF POSSIBLE)
- TURMERIC
- WILD BLUEBERRIES (FRESH OR FROZEN)
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REMAINING INGREDIENTS FOR MEAL PREP RECIPES:

### FRUITS/VEGETABLES:

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### MEATS/PROTEIN:

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### DRIED GOODS:

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- \_\_\_\_\_

# 4 Week Menu Meal Plan

Meal Planning for the week of \_\_\_\_\_



*Work smarter not harder by selecting recipes with similar ingredients. Suggestions for this week include:  
Celery /Apple Blend Detox Smoothie • Apples, Dates, Cinnamon Steel Cut Oats • Blueberry Muffins • Italian  
Turkey Meatball Soup • Chicken & Vegetable Alfredo • Honey Garlic Shrimp • Apple Crumb Bars*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____
<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____
<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____
<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____

Notes:

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# 4 Week Menu Meal Plan

Meal Planning for the week of \_\_\_\_\_



*Work smarter not harder by selecting recipes with similar ingredients. Suggestions for this week include:*

*“Chocolate” Blueberry Protein Smoothie • Sweet Potato Hash • Waffles with 100% Blueberry Maple Syrup • Thai Tomato Basil Coconut Curry • Vegetable “Lo Mein” • Shrimp Etouffee • “Chocolate” Muffins*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____
<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____
<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____
<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____

**Notes:**

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# 4 Week Menu Meal Plan

Meal Planning for the week of \_\_\_\_\_



*Work smarter not harder by selecting recipes with similar ingredients. Suggestions for this week include:  
Mango & Banana Smoothie • Banana, Cinnamon, & Maple Syrup Quinoa • Sweet Potato Hash • Italian  
Turkey Meatball Soup • Butternut Squash Risotto • Mississippi Pot Roast • Blueberry Lemon Bundt Cake*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____
<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____
<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____
<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____

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# 4 Week Menu Meal Plan

Meal Planning for the week of \_\_\_\_\_



*Work smarter not harder by selecting recipes with similar ingredients. Suggestions for this week include:  
 Celery Apple Blend Detox Smoothie • Apples, Dates, & Cinnamon Steel Cut Oats • Waffles with 100%  
 Blueberry Maple Syrup • Kung Poa Chicken • Vegetable “Lo Mein” • Asian Beef Zoodle Soup • “Chocolate”  
 Blueberry Protein Smoothie*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____
<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____
<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____
<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____

Notes:

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# Weekly Menu Meal Plan

Meal Planning for the week of \_\_\_\_\_



For recipe ideas join my private Facebook Community Cook to Heal <https://www.facebook.com/groups/lwehealingdiet>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____	<b>Breakfast:</b> _____ _____ _____
<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____	<b>Lunch:</b> _____ _____ _____
<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____	<b>Dinner:</b> _____ _____ _____
<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____	<b>Snacks:</b> _____ _____ _____

Notes:

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## Simple Healing & Healthy Smoothies

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*By incorporating these healing and healthy smoothies into your daily nutrition plan, you are taking the necessary steps to reduce inflammation and repair your thyroid. You can use these as a quick meal on the go or as a mid-morning or afternoon snack.*

### CELERY/APPLE BLEND DETOX SMOOTHIE RECIPE

#### Ingredients:

- 1 bunch celery (3 stalks)
- 1 apple (cored and sliced)
- 1 container (14oz) of pineapple chunks in 100% juice or 1 cup of fresh pineapple
- 1-2 tablespoons of honey (to taste)
- 1 heaping teaspoon of spirulina

#### How to make smoothie:

In a large blender puree ingredients until mixture is the consistency of applesauce. Pour in 8 oz. cups or containers, lid, and freeze. Makes 2-3 servings (serving size may vary depending on the size of your blender and how much liquid you use.) Pour in cups, lid, and freeze. Set in refrigerator the night before to defrost. Drink like a slushy.



## Simple Healing & Healthy Smoothies cont'd:

### MANGO & BANANA THYROID HEALING SMOOTHIE RECIPE:

#### Ingredients:

- 1-2 cups of organic diced mango
- 2 ripe bananas
- 1 container of pineapple chunks in 100% juice
- 1 can of Organic Unsweetened Coconut Milk (without guar gum)
- 2 tablespoons of raw organic honey

#### How to make smoothie:

In a large blender, mix ingredients until creamy. Pour into 8 oz. cups or containers, lid, and freeze. Makes 3-4 servings.



### “CHOCOLATE” BLUEBERRY PROTEIN SMOOTHIE RECIPE

#### Ingredients:

- 1 ripe banana
  - 1-2 cups of fresh (or frozen) wild organic blueberries
  - 1/3 cup of Organic Unsweetened Coconut Milk (preferably without guar gum)
  - 2 scoops of Cacao Powder
- 1-2 scoops of a plant-based protein powder (GF/DF)
  - 1 cup of water
  - 1 cup of ice

#### How to make smoothie:

In a large blender, mix ingredients until smooth.



## APPLES, DATES, & CINNAMON STEEL CUT OATS

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### INGREDIENTS:

- 1 CUP OF UNCOOKED STEEL CUT OATS
- 3 CUPS OF WATER
- 1-2 MEDIUM APPLES CORED AND DICED
- 1/4 CUP OF CHOPPED DATES
- 4-6 TABLESPOONS OF 100% MAPLE SYRUP (TO DESIRED SWEETNESS)
- 1/2 TSP OF GROUND CINNAMON (TO TASTE)
- 1/4 TSP OF SALT



### INSTRUCTIONS:

1. IN A MEDIUM SIZED POT, BRING WATER TO A BOIL.
2. ADD IN STEEL CUT OATS, APPLE, MAPLE SYRUP, CINNAMON, AND SALT. STIR.
3. BRING TO A BOIL. THEN LOWER TO LOW HEAT SETTING AND COOK FOR 15-20 MINUTES OR UNTIL OATS ARE DESIRED CONSISTENCY.
4. TURN OFF HEAT, COVER POT AND LET STAND FOR 5 MINUTES.



## Banana, Cinnamon, & Maple Syrup Quinoa

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### INGREDIENTS:

- 2 CUPS OF PREPARED QUINOA ACCORDING TO THE PACKAGE
- 1 CAN (13.5OZ) OF UNSWEETENED COCONUT MILK. (I PREFER NATIVE FOREST SIMPLE WITH NO GUAR GUM).
- 4-6 TABLESPOONS OF 100% MAPLE SYRUP (TO DESIRED SWEETNESS)
- DASH OF GROUND CINNAMON (TO TASTE)
- 1-2 MEDIUM BANANAS DICED



### INSTRUCTIONS:

1. BRING COCONUT MILK, MAPLE SYRUP, CINNAMON, AND BANANA TO A BOIL. SIMMER FOR A FEW MINUTES UNTIL BANANA BECOMES SOFT. POUR OVER QUINOA AND MIX THOROUGHLY. EAT WARM.

*Pair with 1-2 Nitrate Free Turkey Breakfast Sausage Links (find at places like Whole Foods).*

*Top with a cup of fresh mixed berries like blueberries and raspberries.*

*Note: Approximately 1/2 cup is the serving size of the quinoa if you are going to eat the gluten free waffle with it, if not you can do a full cup.*





## Blueberry Muffins

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### INGREDIENTS:

- 1 CAN OF UNSWEETENED COCONUT MILK (NO GUAR GUM)
- 1/4 CUP OF COCONUT OIL
- 8 TABLESPOONS OF 100% MAPLE SYRUP
- JUICE FROM 1 LEMON
- PINCH OF SALT
- 1 TSP OF VANILLA EXTRACT
- 2 TEASPOONS OF ALUMINUM FREE BAKING POWDER
- 1/4 TSP OF BAKING SODA
- 2 CUPS 1-TO-1 GLUTEN FREE BAKING FLOUR
- 1/2 CUP OF ORGANIC COCONUT FLOUR
- 1 CUP OF FRESH WILD ORGANIC BLUEBERRIES



### INSTRUCTIONS:

1. HEAT COCONUT OIL ON LOW HEAT UNTIL MELTED. IN LARGE MIXING BOWL ADD COCONUT OIL, COCONUT MILK, MAPLE SYRUP, LEMON JUICE, SALT, VANILLA, BAKING POWDER, AND BAKING SODA. BLEND ON LOW SPEED FOR A FEW SECONDS UNTIL THOROUGHLY MIXED. LET SIT FOR A MINUTE WHILE THE LEMON JUICE AND BAKING POWDER/SODA START TO CREATE A FOAM. ONCE THE FOAM IS CREATED, SLOWLY ADD IN BAKING FLOUR AND COCONUT FLOUR. FOLD IN BLUEBERRIES, CAREFUL NOT TO CRUSH THEM.
2. SPRAY MUFFIN TIN WITH COCONUT OIL COOKING SPRAY. FILL CUPS 3/4 FULL.
3. BAKE AT 350 DEGREES FOR 20-25 MINUTES UNTIL TOOTHPICK COMES OUT OF MIDDLE MUFFIN CLEAN.



## Sweet Potato Hash

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### INGREDIENTS:

- 4 - 5 LARGE SWEET POTATOES (PEELED AND DICED INTO LARGE BITE SIZE CHUNKS)
- 1 1/2 LBS OF GROUND TURKEY
- 1 SMALL ONION DICED
- 2-3 CLOVES OF GARLIC
- 1/2 CUP OF ORGANIC GLUTEN FREE CHICKEN BONE/VEGETABLE BROTH
- 1 TABLESPOON OF COCONUT OIL
- 1/2 TABLESPOON OF THYME
- 1/2 TABLESPOON OF ROSEMARY
- SALT AND PEPPER TO TASTE



### INSTRUCTIONS:

1. PREHEAT OVEN TO 375 DEGREES.
2. IN A SMALL POT HEAT BROTH AND ROSEMARY TOGETHER ON A LOW HEAT WHILE COOKING THE MEAT.
3. IN A LARGE CAST IRON SKILLET MELT THE COCONUT OIL OVER A MEDIUM HIGH HEAT.
4. ADD MEAT AND COOK UNTIL ALMOST BROWN AND THEN ADD ONION AND GARLIC.
5. ONCE MEAT IS BROWNEED AND ONIONS ARE TRANSLUCENT; ADD SWEET POTATOES, SALT, PEPPER, AND THYME. STIR AND COOK FOR A COUPLE MINUTES ON THE STOVE TOP.
6. POUR BROTH OVER MEAT AND POTATO MIXTURE USING A STRAINER TO STRAIN OUT THE ROSEMARY SPRIGS
7. STIR AND REMOVE SKILLET FROM STOVE TOP AND PLACE ON MIDDLE RACK IN THE OVEN AND BAKE FOR 30 - 45 MINUTES. STIR HALFWAY THROUGH. THEN BAKE FOR 15 MORE MINUTES OR UNTIL MEAT STARTS TO DARKEN AND POTATOES ARE SOFT.

## Waffles with 100% Blueberry Maple Syrup

### INGREDIENTS:

- 1 CAN OF UNSWEETENED COCONUT MILK (WITHOUT GUAR GUM)
- 1/4 CUP OF COCONUT OIL MELTED
- 8 TABLESPOONS OF 100% MAPLE SYRUP
- JUICE FROM 1 LEMON
- 1 TSP OF VANILLA EXTRACT
- 2 TEASPOONS OF ALUMINUM FREE BAKING POWDER
- 1/4 TSP OF BAKING SODA
- 2 CUPS OF 1-TO-1 GLUTEN FREE BAKING FLOUR
- 1/2 CUP OF ORGANIC COCONUT FLOUR
- ADD WATER UNTIL DESIRED BATTER CONSISTENCY IS REACHED (I FIND A THICKER CONSISTENCY IS BEST FOR MAKING WAFFLES)

### INSTRUCTIONS:

1. IN LARGE MIXING BOWL ADD COCONUT OIL, COCONUT MILK, MAPLE SYRUP, LEMON JUICE, SALT, VANILLA, BAKING POWDER, AND BAKING SODA.
2. BLEND ON LOW SPEED FOR A FEW SECONDS UNTIL THOROUGHLY MIXED. LET SIT FOR A MINUTE WHILE THE LEMON JUICE AND BAKING POWDER START TO CREATE A FOAM.
3. ONCE THE FOAM IS CREATED SLOWLY ADD IN GLUTEN FREE BAKING FLOUR AND COCONUT FLOUR AND MIX AGAIN.
4. ADD A SPLASH OF WATER IF BATTER IS TOO THICK.
5. HEAT WAFFLE IRON.
6. SPRAY WITH COCONUT OIL COOKING SPRAY.
7. USING APPROXIMATELY 1/3 CUP POUR BATTER ONTO HOT WAFFLE IRON. LET COOK FOR 3—5 MINUTES (DEPENDS ON YOUR WAFFLE IRON) UNTIL GOLDEN BROWN.
8. IN A SMALL SAUCE PAN BRING 3/4 CUP OF BLUEBERRIES AND 1/4 CUP OF 100% MAPLE SYRUP TO A BUBBLY BOIL. LOWER HEAT AND SIMMER FOR 15 MINUTES UNTIL THICKENS.



*Note: This same recipe can be used to make pancakes just add more liquid.*

### INGREDIENTS CONT'D:

- 3/4 CUP OF WILD BLUEBERRIES

## Asian Beef Zoodle Soup

### INGREDIENTS:

- 2 TABLESPOONS OF COCONUT OIL
- 1 SMALL ONION, HALVED AND THINLY SLICED
- 6 OUNCES OF FRESH PORTOBELLA MUSHROOMS STEMMED AND SLICED
- 2 CLOVES OF GARLIC; MINCE OR SLICED
- 2 TEASPOONS OF MINCED FRESH GINGER
- 5 CUPS OF ORGANIC GLUTEN FREE BEEF BONE BROTH
- 2 TABLESPOONS OF COCONUT AMINOS
- 1-2 TABLESPOONS OF FISH SAUCE
- 1/2 TEASPOON OF SALT
- 1 PACKAGE OF ZUCCHINI NOODLES
- 12 OUNCES OF BONELESS BEEF SIRLOIN STEAK, THINLY SLICED ACROSS THE GRAIN
- FRESH CILANTRO FOR TOPPING
- FRESH JUICE FROM 1 LIME



### INSTRUCTIONS:

1. MELT COCONUT OIL OVER MEDIUM HEAT IN A LARGE STOCK POT.
2. ADD ONION AND SAUTÉ UNTIL SOFT.
3. ADD MUSHROOMS AND COOK FOR ABOUT 3 MINUTES.
4. ADD THE GARLIC AND GINGER AND COOK FOR ANOTHER 30 SECONDS.
5. ADD THE BROTH, COCONUT AMINOS, FISH SAUCE, AND SALT. BRING TO A BOIL; REDUCE THE HEAT TO MEDIUM LOW AND SIMMER UNCOVERED FOR 5 MINUTES.
6. ADD THE ZUCCHINI NOODLES TO THE SIMMERING SOUP AND COOK FOR ABOUT 2 MINUTES.
7. ADD SLICED STEAK AND COOK FOR 1 MINUTE.
8. ADD IN FRESH LIME JUICE AND CILANTRO.



## BUTTERNUT SQUASH RISOTTO

### INGREDIENTS:

- 3 TABLESPOONS OF OLIVE OIL
- 1 CUP OF BUTTERNUT SQUASH CUBED
- 1/4 CUP ORGANIC GLUTEN FREE VEGETABLE BROTH
- 1/2 ONION CHOPPED
- 1 LARGE LEEK SLICED (WHITE AND LIGHT GREEN PARTS ONLY)
- 2 GARLIC CLOVES SLICED OR MINCED
- 1-2 LARGE BAY LEAVES
- 2 CUPS OF WILD BASMATI RICE PREPARED ACCORDING TO PACKAGE
- 1/2 CUP ORGANIC WHITE WINE
- 1-2 TABLESPOONS OF GRASS-FED GHEE
- GROUND THYME
- FEW PINCHES OF RED PEPPER FLAKES
- SALT AND PEPPER



### INSTRUCTIONS:

1. IN A LARGE SKILLET, HEAT 1 TABLESPOON OF OLIVE OIL. ADD BUTTERNUT SQUASH AND COOK UNTIL IT STARTS TO BROWN. FLIPPING OCCASIONALLY SO THAT IT BROWNS EVENLY,
2. BEFORE IT BROWNS TOO MUCH ADD 1/4 CUP OF VEGETABLE BROTH. SEASON WITH SALT, PEPPER, AND THYME. STIR. REDUCE HEAT TO LOW, COVER, AND COOK FOR APPROXIMATELY 20 MINUTES UNTIL TENDER. CHECK OCCASIONALLY TO MAKE SURE BROTH HASN'T COOKED DOWN ALL THE WAY. IF SO, ADD MORE BROTH OR WATER.
3. RIGHT BEFORE SQUASH IS DONE; ADD IN CHOPPED ONION, LEEKS, GARLIC, AND GHEE. SAUTÉ UNTIL GHEE IS MELTED.
4. ADD IN WHITE WINE, BAY LEAVES, AND RED PEPPER FLAKES. LET COOK UNTIL WINE REDUCES DOWN.
5. TOSS IN COOKED WILD BASMATI RICE. MIX WELL AND THEN SEASON TO TASTE. GARNISH WITH DRIED PARSLEY.

*NOTE: Add grilled shrimp or chicken for a meat/protein option.*



## Chicken & Vegetable “Alfredo” and Quinoa Spiraled Noodles

### INGREDIENTS:

- 2 CUPS OF SLICED PORTOBELLO MUSHROOMS
- 1 BOX OF QUINOA NOODLES PREPARED PER PACKAGE INSTRUCTIONS
- 2 CANS OF UNSWEETENED COCONUT MILK (CREAM ONLY. TO GET CREAM ONLY SET THE CANS IN THE FRIDGE FOR 20 MINUTES SO CREAM RISES TO THE TOP AND STARTS TO HARDEN)
- 2 HEAPING TABLESPOONS OF GRASS-FED GHEE
- 2 - 3 FREE RANGE, ANTIBIOTIC FREE CHICKEN BREAST CUBED
- 2-3 CUPS OF BABY SPINACH LEAVES
- 1 SMALL BAG OF ORGANIC FROZEN NORMANDY VEGETABLE BLEND
- 2-3 CLOVES OF GARLIC SLICED
- SALT AND PEPPER
- 1 TABLESPOON OF OLIVE OIL



### Helpful Hint:

*Rinse quinoa noodles with cold water when straining to stop the cooking process and to keep them from getting sticky. Easily convert this meal to a vegan option by omitting the chicken. Store leftover coconut milk to use in waffle or muffin recipes when more liquid is needed.*

### INSTRUCTIONS:

1. COAT CHICKEN WITH ARROWROOT STARCH IN A LARGE MIXING BOWL.
2. HEAT GHEE AND OLIVE OIL OVER MEDIUM HIGH HEAT.
3. SAUTÉ DICED CHICKEN AND GARLIC IN GHEE UNTIL LIGHTLY GOLDEN BROWN AND SEASON WITH SALT AND PEPPER.
4. ADD IN CREAM ONLY FROM THE CANS OF COCONUT MILK. STIR AND COOK UNTIL COCONUT CREAM IS MELTED AND A CREAMY "ALFREDO" SAUCE FORMS.
5. ADD IN FROZEN VEGETABLES AND COOK FOR 3-4 MINUTES UNTIL TENDER CRISP.
6. ADD IN MUSHROOMS, STIR, AND COOK FOR ANOTHER 2-3 MINUTES.
7. LOWER HEAT AND ADD IN SPINACH AND COOK UNTIL WILTED.
8. TURN OFF HEAT AND TOSS IN PREPARED QUINOA NOODLES.
9. SEASON TO TASTE WITH SALT AND PEPPER.





## Honey Garlic Shrimp & Broccoli

### INGREDIENTS:

- 2 LBS OF LARGE WILD CAUGHT GULF SHRIMP
- 2 1/2 CUPS OF BROCCOLI FLORETS
- 4 TABLESPOONS OF COCONUT OIL
- 4 CLOVES OF GARLIC
- 1/4 CUP OF WATER
- 1/4 CUP OF COCONUT AMINOS
- 1/4 CUP OF HONEY
- 2 TEASPOONS OF ARROWROOT STARCH
- DASH OF RED PEPPER FLAKES
- SALT & PEPPER TO TASTE



*Note: You can substitute the shrimp for chicken. You would coat the chicken with arrowroot starch, salt, and pepper and sauté first. Set aside while making the rest of the recipe and then add back in at the end. Or omit chicken and add a variety of vegetables for a vegan option.*

### INSTRUCTIONS:

1. HEAT 2 TABLESPOONS OF OIL IN A LARGE PAN OVER MEDIUM HIGH HEAT.
2. ADD THE BROCCOLI AND COOK FOR 4-5 MINUTES OR UNTIL TENDER.
3. REMOVE BROCCOLI FROM THE PAN; PLACE IT ON A PLATE AND COVER TO KEEP IT WARM.
4. WIPE THE PAN CLEAN WITH A PAPER TOWEL AND TURN UP THE HEAT TO HIGH.
5. ADD THE REMAINING OIL TO THE PAN.
6. SEASON THE SHRIMP WITH SALT AND PEPPER TO TASTE AND ADD THEM TO THE PAN. COOK FOR 3-4 MINUTES, STIRRING OCCASSIONALLY, UNTIL PINK AND OPAQUE.
7. ADD THE GARLIC TO THE PAN AND COOK FOR 30 SECONDS.
8. ADD THE BROCCOLI BACK TO THE PAN.
9. IN A BOWL WHISK TOGETHER THE WATER, HONEY, AND COCONUT AMINOS.
10. IN A SMALL BOWL MIX THE ARROWROOT WITH 2 -3 TABLESPOONS OF COLD WATER.
11. POUR THE COCONUT AMINOS MIXTURE OVER THE SHRIMP AND VEGETABLES; STIR TO COAT, AND COOK FOR 45 SECONDS.
12. ADD THE ARROWROOT MIXTURE AND BRING TO A BOIL. COOK FOR ONE MORE MINUTE UNTIL THE SAUCE HAS STARTED TO THICKEN.
13. SEASON WITH A DASH OF RED PEPPER FLAKES.
14. SERVE OVER YOUR FAVORITE GLUTEN FREE GRAIN.



## Italian Turkey Meatball Soup

### INGREDIENTS:

- 1 1/2 LBS OF TURKEY GROUND MEAT
- 1 LARGE ZUCCHINI CUBED
- 1 LARGE YELLOW SQUASH CUBED
- 1 CUP OF BABY LEAF SPINACH
- 1 LARGE ONION DICED
- 8-12 ROMA TOMATOES DICED
- 1 SMALL CAN OF ORGANIC TOMATO PASTE
- 1 CUP OF PORTOBELLA MUSHROOMS SLICED
- 2-3 CLOVES OF GARLIC SLICED
- 2 STALKS OF CELERY SLICED
- 2 CARROTS PEELED AND SLICED
- 8-12 CUPS OF GLUTEN FREE CHICKEN BONE BROTH
- 1/2 TABLESPOON OF DRIED BASIL
- 1/2 TABLESPOON OF DRIED OREGANO
- 1/2 TABLESPOON OF DRIED THYME
- 2-3 BAY LEAVES
- 2 TABLESPOONS OF COCONUT OIL
- 2-3 TABLESPOONS OF RED COOKING WINE
- 2-3 TABLESPOONS OF AGAVE (OPTIONAL)



**Instructions for making Meatballs:** Place turkey ground meat in a large mixing bowl season with salt, pepper, garlic powder, and basil. With your hands mix the ground turkey with the seasonings and roll into 2 inch meatballs. Place meatballs on a cookie sheet covered with parchment paper and place in the refrigerator while preparing the soup.

**Instructions for making Soup:** In a large stock pot melt coconut oil on medium high heat. Add onions, celery, and garlic and sauté until onions start to soften. Stir in tomatoes, tomato paste, and red cooking wine. Cook until tomatoes begin to breakdown and soften. Stir often to avoid sticking. Add bone broth, squash, zucchini, mushrooms, and carrots. Bring to a boil. Fold in spinach. Let cook for 1-2 minutes until wilted. Drop in raw meatballs one at a time into pot. Add more broth if necessary. Bring to a boil. Add bay leaves, thyme, basil, and oregano. Season with salt and pepper to taste. Add agave to cut the bitterness if necessary or for a sweeter broth. Reduce heat to low and simmer for a couple of hours; stir occasionally.

*THIS DISH CAN BE MADE INTO A VEGAN OPTION BY USING VEGETABLE BROTH AND OMITTING THE MEATBALLS.*



## KUNG PAO CHICKEN (GF & SOY FREE)

### INGREDIENTS:

#### KUNG PAO SAUCE

- 1 TABLESPOON MINCED GARLIC
- 1/4 CUP OF COCONUT AMINOS
- 1 TEASPOON SESAME OIL
- 1 TABLESPOON CHILI GARLIC PASTE
- 2 TABLESPOONS HONEY (OR MORE, TO TASTE)

#### KUNG PAO CHICKEN

- 2-3 TABLESPOONS OF OLIVE OIL
- 1 LB. BONELESS SKINLESS CHICKEN BREAST
- PINCH OF SALT
- 1/8 TEASPOON GROUND PEPPER
- 2 TABLESPOONS OLIVE OIL
- 1 LB. FRESH ASPARAGUS OR GREEN BEANS

#### ARROWROOT STARCH SLURRY:

- 2 TEASPOONS ARROWROOT + 1 TABLESPOON COOL WATER

#### OPTIONAL TOPPINGS

- SESAME SEEDS
- CASHEWS

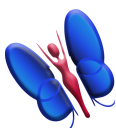
### INSTRUCTIONS:

1. FIRST, PREPARE KUNG PAO SAUCE. MIX TOGETHER MINCED GARLIC, COCONUT AMINOS, SESAME OIL, CHILI GARLIC PASTE, AND HONEY. SET ASIDE.

2. THEN, CREATE AN ARROWROOT STARCH SLURRY BY WHISKING TOGETHER ARROWROOT STARCH AND COOL WATER. WHISK UNTIL THE STARCH HAS DISSOLVED AND SET ASIDE.
3. NEXT, PREPARE CHICKEN BREAST BY THINLY SLICING IT INTO BITE-SIZED PIECES.
4. HEAT 1 TABLESPOON OF OLIVE OIL (OR MORE, IF NEEDED) IN A LARGE FRYING PAN OVER MEDIUM/HIGH HEAT. WHEN THE OLIVE OIL IS FRAGRANT, ADD DICED CHICKEN AND SEASON WITH SALT AND PEPPER. SAUTÉ FOR 3-4 MINUTES TO PARTIALLY COOK IT.
5. ADD ANOTHER TABLESPOON OF OLIVE OIL TO THE PAN AND THEN ADD ASPARAGUS OR GREEN BEANS. SAUTÉ FOR 3-4 MINUTES ON MEDIUM/HIGH HEAT.
6. PLACE THE LID ON THE SKILLET AND LET STEAM FOR 2-3 MINUTES. YOU CAN ADD A TABLESPOON OR TWO OF WATER TO HELP THIS PROCESS IF NEEDED. STEAMING WILL REALLY HELP COOK THE ASPARAGUS/GREEN BEANS AND ENSURE THAT THE CHICKEN IS FULLY COOKED.
7. REMOVE THE LID AND MIX. ADD THE KUNG PAO SAUCE. BRING TO A SIMMER. ONCE SIMMERING, ADD IN ARROWROOT STARCH SLURRY AND CONTINUE WHISKING UNTIL SAUCE HAS THICKENED.
8. SERVE OVER YOUR FAVORITE GRAIN



*NOTE: CHANGE OUT THE MEAT PROTEIN FOR A VARIATION OF THIS DISH. OR OMIT THE MEAT PROTEIN AND ADD A VARIETY OF VEGETABLES FOR A VEGAN OPTION.*



## Mississippi Pot Roast

### INGREDIENTS:

- 2 TEASPOON OF SALT
- 1 TEASPOON OF BLACK GROUND PEPPER
- 1/4 CUP ARROWROOT STARCH
- 3 LBS OF BONELESS BEEF CHUCK ROAST
- 2 TABLESPOONS OF EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOON OF GHEE
- 8-12 PICKLED PEPPERONCINI
- 1 CAN OF USWEETENED COCONUT MILK
- 1 TABLESPOON OF APPLE CIDER VINEGAR
- 1 TEASPOON OF DRIED DILL
- 1/4 TEASPOON OF PAPRIKA



### INSTRUCTIONS:

1. IN A LARGE BOWL, COMBINE SALT, PEPPER, AND ARROWROOT STARCH. WHISK WITH FORK TO COMBINE.
2. PAT THE MEAT DRY WITH PAPER TOWELS AND THEN ADD TO THE BOWL. COAT WITH SEASONED STARCH.
3. HEAT OIL IN A LARGE CAST IRON SKILLET OVER HIGH HEAT. PLACE BEEF IN SKILLET AND BROWN; FLIPPING TO BROWN EVENLY ON ALL SIDES. AFTER IT BROWNS TRANSFER TO THE BOWL OF A SLOW COOKER.
4. ADD THE GHEE AND PEPPERONCINI. COVER WITH LID AND SET TO LOW.
5. IN A SMALL BOWL, COMBINE THE COCONUT MILK CREAM, APPLE CIDER VINEGAR, DILL AND PAPRIKA. WHISK WITH A FORK.
6. REMOVE THE LID AND DRIZZLE THE ABOVE COCONUT CREAM MIXTURE OVER THE ROAST.
7. REPLACE THE LID AND COOK FOR 6-7 HOURS UNTIL IT SHREDS APART WITH A FORK. LEAVE SOAKING IN NATURAL GRAVY. SEASON TO TASTE IF NECESSARY.





## SHRIMP ETOUFFEE OVER WILD BASMATI RICE

### INGREDIENTS:

- 1/4 CUP 100% PURE OLIVE OIL
- 1/3 CUP OF ARROWROOT STARCH
- 1/2 CUP OF FINELY CHOPPED ONIONS
- 2-3 GARLIC CLOVES
- 3 CUPS OF GLUTEN FREE SEAFOOD BROTH (OR MAKE YOUR OWN SHRIMP BROTH FROM THE SHRIMP PEELINGS IF YOU ARE USING FRESH SHRIMP)
- 2-3 BAY LEAVES
- 1/2 CUP CHOPPED CELERY
- 1/2 CUP CHOPPED GREEN BELL PEPPER
- 1 CUP OF DICED ROMA TOMATOES
- 1 SMALL CAN OF ORGANIC TOMATO PASTE (WITH NO ADDED SUGAR)
- 2 TEASPOONS OF GROUND THYME
- 2 POUNDS OF PEELED AND DEVEINED SHRIMP
- 1/4 CUP OF GREEN ONION
- 2-3 TABLESPOONS OF RED WINE
- 1 TABLESPOON OF CHOPPED FRESH PARSLEY
- CREOLE SEASONING LIKE SLAP YA MAMA (GF/DF/SOY FREE)

### INSTRUCTIONS:

1. HEAT OIL OVER MEDIUM - HIGH HEAT AND WHEN HOT ADD ARROWROOT STARCH. WHISK TO COMBINE OIL AND STARCH. COOK UNTIL ROUX IS CARAMEL COLORED. WHISK OFTEN TO AVOID STICKING AND BURNING., ABOUT 10-12 MINUTES.



### INSTRUCTIONS CONT'D:

2. ADD CHOPPED ONIONS, CELERY, GARLIC, AND GREEN BELL PEPPER. COOK 4-6 MINUTES UNTIL SOFT.
3. ADD TOMATOES. COOK UNTIL TOMATOES REDUCE AND SAUCE BEGINS TO BUBBLE.
4. STIR IN BROTH A LITTLE BY LITTLE. AND BRING SAUCE TO A GENTLE BOIL. ADD IN TOMATO PASTE AND STIR.
5. ADD BAY LEAVES, THYME, SALT, PEPPER AND A DASH OF CREOLE SEASONING.
6. REDUCE HEAT AND TOSS IN SHRIMP, GREEN ONION, AND PARSLEY. COOK 7-10 MINUTES UNTIL SHRIMP ARE COOKED (WILL TURN A PINKISH ORANGE)
7. SEASON TO TASTE WITH SALT AND PEPPER. SERVE OVER WILD BASMATI RICE. GARNISH WITH FRESH CHOPPED GREEN ONIONS.

## THAI TOMATO BASIL COCONUT CURRY WITH BAKED SALMON

### INGREDIENTS:

- 2-3 BAKED WILD ALASKAN SALMON FILLETS
- 3 TABLESPOONS OF COCONUT OIL
- 1/2 OF MEDIUM RED ONION SLICED
- 1 RED BELL PEPPER SLICED
- 1 ORANGE BELL PEPPER SLICED
- 1 YELLOW BELL PEPPER SLICED
- 2-3 CLOVES OF GARLIC
- DASH OF RED PEPPER FLAKES OR SLICED JALAPEÑO
- 1 1/2 TSP. KOSHER SALT, DIVIDED, PLUS MORE
- 1 SMALL JAR OF THAI KITCHEN RED CURRY PASTE
- 1 TOMATO DESEEDED AND DICED
- 1 CAN OF NATIVE FOREST COCONUT MILK WITH CURRY (NO GUAR GUM)
- 1 CAN OF UNSWEETENED COCONUT MILK
- 1 TABLESPOON OF COCONUT PALM SUGAR
- DASH OF CHILI POWDER
- 1-2 TABLESPOONS OF FISH OIL
- 4-6 LARGE BASIL LEAVES
- 1 TABLESPOON FRESH LIME JUICE



### INSTRUCTIONS FOR CURRY:

1. IN A LARGE, DEEP SKILLET HEAT 1 1/2 TABLESPOONS OF COCONUT OIL.
2. SAUTÉ THE ONIONS, TOMATOES, AND BELL PEPPERS UNTIL TENDER CRISP.
3. PUSH VEGETABLES TO ONE SIDE OF SKILLET AND MELT THE REST OF THE COCONUT OIL. SAUTÉ THE THAI RED CURRY PASTE, PALM SUGAR, AND CHILI POWDER UNTIL FRAGRANT AND A BUBBLY PASTE FORMS (WILL ONLY TAKE ABOUT 30 SECONDS).
4. MIX VEGETABLES WITH PASTE UNTIL COVERED THOROUGHLY. ADD IN CAN OF COCONUT MILK WITH CURRY. SAUTÉ UNTIL CURRY MIXTURE IS MELTED AND CREAMY. ADD IN CAN OF UNSWEETENED COCONUT MILK. BRING TO A BOIL.
5. TURN HEAT DOWN TO A SIMMER AND SEASON TO TASTE WITH REMAINING INGREDIENTS. ADD IN BASIL LEAVES. BREAK INTO BITE-SIZE CHUNKS 2-3 THE BAKED SALMON FILLETS AND ADD TO SAUCE. STIR AND LET SIMMER FOR 5 OR SO MORE MINUTES UNTIL SALMON IS HOT.

### INSTRUCTIONS FOR BAKED SALMON:

PLACE SALMON FILLETS ON A COOKIE SHEET LINED WITH PARCHMENT PAPER. DRIZZLE GENEROUSLY WITH RAW ORGANIC HONEY AND TOASTED SESAME OIL. SPRINKLE WITH A GF/DF JERK SEASONING. BAKE @ 325 DEGREES FOR 25 TO 30 MINUTES.





## VEGETABLE "LO MEIN" AKA RICE NOODLES

### INGREDIENTS:

- 1 PACKAGE OF RICE NOODLES PREPARED ACCORDING TO THE PACKAGE
- 1 TABLESPOON OF COCONUT OIL OR SESAME OIL
- 1 CUP OF ONIONS SLICED
- 2-3 CLOVES OF GARLIC SLICED OR MINICED
- 1 CARROT PEELED AND JULIENNE
- 1 SMALL ONION SLICED
- 1 RED BELL PEPPER SLICED
- 1 TEASPOON OF COCONUT BROWN SUGAR OR RAW ORGANIC DARK AMBER AGAVE
- 3 TABLESPOONS OF COCONUT AMINOS
- 1 TABLESPOON OF RICE WINE VINEGAR
- 1 TABLESPOON OF GINGER JUICE.
- 1 TEASPOON ARROWROOT STARCH



### INSTRUCTIONS:

1. IN A SMALL MIXING BOWL WHISK TOGETHER COCONUT AMINOS, RICE WINE VINEGAR, GINGER JUICE, AND BROWN SUGAR. SET ASIDE.
2. IN A LARGE SKILLET OVER MEDIUM HIGH HEAT MELT THE COCONUT OIL AND SAUTE THE GARLIC, ONIONS, CARROTS, BELL PEPPERS, AND MUSHROOMS FOR 4-5 MIMUTES UNTIL THEY ARE CRISP-TENDER.
3. POUR IN COCONUT AMINOS MIXTURE AND SAUTE UNTIL BUBBLY.
4. ADD 1 TEASPOON OF ARROWROOT AND STIR UNTIL MIXTURE STARTS TO THICKEN.
5. TURN OFF HEAT AND TOSS IN RICE NOODLES.
6. SALT AND PEPPER TO TASTE.
7. GARNISH WITH CHOPPED GREEN ONIONS AND/OR CASHEWS.



## APPLE CRUMBLE DESSERT BARS

### INGREDIENTS FOR THE BASE:

- 1/8 CUP OF MELTED COCONUT OIL
- 10 TABLESPOONS ORGANIC 100% MAPLE SYRUP
- 1 TABLESPOON ORGANIC UNSWEETENED COCONUT MILK (NO GUAR GUM)
- 1 CUP OF 1 TO 1 GLUTEN FREE BAKING FLOUR
- 1/4 TO 1/2 CUP OF COCONUT FLOUR
- 1 CUP BROWN RICE FLOUR
- PINCH SALT

### INGREDIENTS FOR THE APPLE FILLING:

- 4 APPLES, CORED, PEELED AND FINELY SLICED (I LEAVE THE SKIN ON BUT IT'S YOUR PREFERENCE)
- 1/2 TABLESPOON COCONUT OIL
- 6 TABLESPOONS COCONUT PALM SUGAR
- 1 TEASPOON OF 100% VANILLA EXTRACT (NOT IMITATION)
- 1 TEASPOON GROUND CINNAMON
- PINCH OF SALT (TO TASTE)
- 2 TEASPOONS ARROWROOT STARCH

### INSTRUCTIONS FOR THE BASE:

1. PREHEAT OVEN TO 350 DEGREES.
2. PLACE THE COCONUT OIL IN A LARGE BOWL AND MELT IN THE MICROWAVE.
3. ADD THE MAPLE SYRUP, COCONUT MILK, ALL THREE FLOURS, SALT AND MIX WELL - ADD AN EXTRA SPLASH OF MILK IF IT'S LOOKING TOO DRY TO COMBINE (SHOULD BE MOIST ENOUGH TO MOLD TOGETHER AND NOT CRUMBLE WHEN MOLDING INTO THE BASE).
4. DIVIDE THE DOUGH IN HALF (I ACTUALLY DIVIDED MINE 3/4 FOR CRUST AND 1/4 FOR CRUMBLE TOP). TRANSFER ONE HALF OF THE DOUGH INTO A SQUARE OR RECTANGULAR BAKING TIN LINED WITH GREASED BAKING PAPER.
5. USE YOUR FINGERS TO PUSH THE MIXTURE ALL THE WAY TO THE EDGES, THEN USE A SPATULA TO PRESS DOWN ON IT UNTIL THE SURFACE IS COMPLETELY EVEN.

- BAKE IN OVEN FOR 10 MINUTES (CAREFUL NOT TO OVER BAKE OR BASE WILL BECOME HARD).

### INSTRUCTIONS FOR APPLES:

1. PLACE THE APPLES, COCONUT OIL, COCONUT (PALM) SUGAR, VANILLA, CINNAMON AND SALT IN A PAN WITH A LID.
2. LEAVE TO COOK ON LOW HEAT, STIRRING OCCASIONALLY, FOR ABOUT 20 MINUTES UNTIL SOFTENED.
3. DISSOLVE ARROWROOT BY MIXING WITH A TINY SPLASH OF WATER IN A SMALL BOWL..
4. ONCE THE APPLES HAVE COOKED, ADD THE ARROWROOT AND WATER MIXTURE AND MIX WELL.
5. ONCE THE APPLES HAVE THICKENED (TAKES ABOUT 30-45 SECONDS), TURN OFF THE HEAT.



### HOW TO ASSEMBLE:

2. PLACE THE COOKED APPLES OVER THE COOKED BASE UNTIL COMPLETELY AND EVENLY COVERED.
3. USE YOUR FINGERS TO CRUMBLE THE REST OF THE DOUGH MIXTURE OVER THE TOP UNTIL IT IS ALL USED UP AND THE APPLES ARE COMPLETELY COVERED.
4. BAKE IN THE OVEN FOR AROUND 20 MINUTES, OR UNTIL GOLDEN BROWN.
5. LEAVE TO COOL COMPLETELY BEFORE CUTTING INTO SQUARES (I FOUND IT BEST TO REMOVE THE ENTIRE BAR FROM THE BAKING DISH BY LIFTING/SLIDING IT OUT WITH THE PARCHMENT PAPER AND LAYING IT FLAT ON A COOKIE SHEET OR LARGE CUTTING BOARD TO COOL. I THEN SET THE COOKIE SHEET WITH THE UNCUT BAR IN THE REFRIGERATOR OVER NIGHT COVERED WITH ALUMINUM FOIL TO COOL AND FIRM UP.
6. ONCE FIRM CUT INTO DESIRED SIZE STRIPS OR SQUARES.
7. TASTES BEST WHEN FRESH, BUT KEEPS COVERED IN THE FRIDGE FOR UP TO A FEW DAYS.

## BLUEBERRY LEMON BUNDT CAKE

### INGREDIENTS:

- 1/4 CUP OF MELTED COCONUT OIL
- 1 CAN OF UNSWEETENED COCONUT MILK
- JUICE OF 1 LEMON
- 1 TABLESPOON OF LEMON ZEST
- 8 TABLESPOONS OF 100% MAPLE SYRUP
- 1 TEASPOON OF PURE VANILLA EXTRACT
- PINCH OF SALT
- 2 CUPS OF GLUTEN FREE 1 TO 1 BAKING FLOUR
- 1/2 CUP OF COCONUT FLOUR
- 2 HEAPED TEASPOONS OF ALUMINUM FREE BAKING POWDER
- 1/2 TEASPOON OF BAKING SODA
- 1 CUP OF FRESH ORGANIC WILD BLUEBERRIES



### INSTRUCTIONS:

1. PREHEAT OVEN TO 350
2. MIX ALL WET INGREDIENTS FIRST.
3. LET BATTER START TO FOAM.
4. ADD DRY INGREDIENTS AND MIX WELL.
5. FOLD IN BLUEBERRIES, CAREFUL NOT TO BREAK THEM.
6. LET BATTER SIT FOR ABOUT 15 MINUTES TO START TO THICKEN.
7. HEAVILY SPRAY BUNDT CAKE TIN WITH COCONUT OIL COOKING SPRAY.
8. POUR IN BATTER AND BAKE FOR 25-35 MINUTES. (UNTIL EDGES ARE GOLDEN AND STARTING TO PULL AWAY FROM THE SIDES OF THE CAKE PAN AND TOOTH PICK COMES OUT CLEAN WHEN CHECKING THE CENTER).
9. SET CAKE PAN ON RACK TO COOL FOR ABOUT 15-20 MINUTES BEFORE REMOVING THE CAKE FROM THE PAN.



## “CHOCOLATE” MUFFINS

### INGREDIENTS:

- 1/4 CUP OF MELTED COCONUT OIL
- 1 CAN OF UNSWEETENED COCONUT MILK WITHOUT GUAR GUM
- 1 TABLESPOON OF APPLE CIDER VINEGAR
- 12 TABLESPOONS OF 100% MAPLE SYRUP
- 1 TEASPOON OF VANILLA EXTRACT
- PINCH OF SALT
- 1/2 CUP OF COCONUT FLOUR
- 2 CUPS OF GLUTEN FREE 1 TO 1 BAKING FLOUR
- 2 TEASPOONS OF BAKING POWDER
- 1/2 TEASPOON OF BAKING SODA (ALUMINUM FREE)
- 1/2 CUP OF ORGANIC CACOA POWDER
- 1/2 TEASPOON OF CINNAMON
- 1 TABLESPOON OF COCONUT PALM SUGAR



### INSTRUCTIONS:

2. PREHEAT OVEN TO 350
3. IN A SMALL SAUCEPAN MELT COCONUT OIL OVER A LOW HEAT
4. POUR COCONUT OIL, COCONUT MILK, LEMON JUICE, MAPLE SYRUP, SALT, VANILLA EXTRACT, CINNAMON, BAKING POWDER, AND BAKING SODA INTO A MIXING BOWL.
5. MIX FOR 30 SECONDS AND LET BATTER START TO FOAM.
6. ONCE BATTER STARTS TO RISE AND FOAM; ADD IN FLOURS, COCONUT PALM SUGAR, AND CACOA POWDER. MIX ON MEDIUM SPEED.
7. IF BATTER IS TOO THICK YOU CAN ADD A LITTLE WATER OR MORE COCONUT MILK.
8. GREASE MUFFIN TIN OR LINE WITH PAPER MUFFIN CUPS. FILL MUFFIN TIN OR MUFFIN CUPS 3/4 FULL
9. BAKE FOR 20-25 MINUTES OR UNTIL A TOOTHPICK COMES OUT CLEAN.





## ABOUT THE AUTHOR

Kristin is a devoted wife, mother, and grandmother. She was diagnosed with Hashimoto's Hypothyroidism and Rheumatoid Arthritis in 2006. In 2017, following many challenging life events, including the passing of her mother, her health had hit rock bottom. Her autoimmune symptoms as well as her thyroid antibodies were off the charts. After years of medical science failing to provide a reprieve and healing of her Hashimoto's she began to look to holistic practices.

She left Corporate America in 2018, as a CPA, to become a Health & Wellness Coach specializing in working with women who suffer from Thyroid Disease and to continue her own journey to find healing. Through her own healing journey, she realized that healing is not a one size fits all, giving way to her purpose and passion to guide women to find their own healing through nutrition, fitness, and mindset.

Kristin is the founder and creator of the website Living Well Essentially ([www.livingwellessentially.net](http://www.livingwellessentially.net)) and The Healing, Happy, and Healthy with Hashimoto's Program. She is also the author of the self-published book, "The Quick Guide to Healing, Happy, and Healthy with Hashimoto's." Both the online coaching program and book focus on educating women about Hashimoto's, helping them find their voice in regard to proper diagnosis, providing simple shifts to discover what is healing and healthy for them individually, and learning to find beauty in the healing process.

Go to Amazon to order your copy today of "The Quick Guide to Healing, Happy, and Healthy with Hashimoto's"!



# Living Well ESSENTIALLY

Experience Healing ◦ Live Happy ◦ Enjoy a Healthy Lifestyle

EVER FELT LIKE YOU JUST WANT TO HIT RESET ON YOUR BODY?

## The Healing, Happy, and Healthy with Hashimoto's Program

Heal and reverse symptoms when it feels like your body is failing.



When it comes to having Hashimoto's

Do you find yourself...

- Feeling run down?
- Wanting to lose weight, but can't?
- Questioning if this is all in your head?
- Confused by conflicting information?

*Truth is...I've been there too!*

When my diagnosis spiraled out of control, my physical and mental health hit rock bottom. I've made it my purpose work to find healing for women like myself. I found what works for putting Hashimoto's in remission. And it's not a one-size-fits-all approach!

Now I have the opportunity to share it with you! My program gives simple daily shifts so that you can experience:

- Improved gut health, less bloat, and lose weight
- Increased energy
- More clarity and focus

With simple daily shifts, you too, can become healing, happy, and healthy with Hashimoto's. Visit [www.livingwellessentially.com/online-thyroid-program](http://www.livingwellessentially.com/online-thyroid-program) to learn more!