



REBOOT+

More Recipes & Meal Ideas



Recipes and Meal ideas compiled by Sue Hall, Independent Wellness Partner, from posts in the official Amare Reboot+ Facebook Group



REBOOT+ NO CARB BREAKFAST PORRIDGE

from Jess Janda

Ingredients:

- 1/2 cup water or nut milk of choice
- 2 tablespoons hemp hearts
- 2 tablespoons almond flour
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon flaxseed meal
- 1 tablespoon chia seeds
- 1 pinch sea salt
- 1/2 teaspoon pure vanilla extract
- sprinkle of stevia
- toppers: blueberries, raspberries, pecans, walnuts, almonds

Directions:

Stovetop Method:

Add all ingredients except the vanilla to a small saucepan over low heat. Cook until thickened, stirring constantly, about 3 to 5 minutes; stir in the vanilla. Serve warm.

Microwave Method:

Add all ingredients except the vanilla to a large cereal bowl that's microwave-safe. Microwave on high until thickened, about 2 minutes; stir in the vanilla. Serve warm.



REBOOT+ SWEET POTATO DETOX SOUP

Recipe from Dr. Tamara Tifft

Photo from Mary Featherstone

Author: The Awesome Green

Serves: 2

Ingredients:

- ½ cup cooked red lentils
- 1 sweet potato, peeled and cut in cubes
- 3 carrots, peeled and roughly chopped
- 1 parsnip, peeled and roughly chopped
- 1 onion, peeled and cut in quarters
- 3 garlic cloves, crushed
- 1 tsp turmeric powder
- 1 tsp cumin powder
- Pinch of chili powder
- ¼ tsp sea salt
- 2 cups low sodium vegetable broth, warm
- ½ inch piece of ginger, peeled and grated
- 1 tsp coconut oil
- Fresh parsley, 1 teaspoon coconut milk, to garnish

Directions:

Heat the oven at 165°C/329°F.

Line a baking sheet with baking paper, add the sweet potato, carrots, parsnip, onion, and garlic, season with salt, chili, turmeric, and cumin, add the coconut oil and toss to combine.

Roast for 20 minutes then transfer into the blender.

Add the warm vegetable broth, grated ginger, and cooked red lentils into the blender and process to obtain a smooth cream.

Serve warm, garnished with fresh parsley.



REBOOT+ CARMELIZED ONION SPAGHETTI SQUASH

Recipe from Casie Petersen

Author: The Almond Eater

Serves: 2

Ingredients:

- 1 2-3 lb. spaghetti squash
- 1/4 cup olive oil
- 2 tbsp butter (I used dairy free)
- 2 medium yellow onions, peeled and sliced into longer strips if possible
- 1 1/2 cup mushrooms
- 1 cup kale
- 1/4 tsp rosemary (I used fresh, but dried would work too)
- Salt and pepper to taste

Directions:

Preheat oven to 350°F.

Slice squash in half, remove seeds and place on baking sheet.

Brush 2 tbsp olive oil on both sides of the squash (1 tbsp per half) and then place face down in the oven.

While squash is roasting, melt butter and last 2 tbsp oil over medium-high in a large skillet.

Add onions to skillet, stirring occasionally. After 5 minutes, add mushrooms.

After approximately 10 minutes, the onions should start to caramelize. If they look like they're burning at all, add an extra tablespoon of oil.

Add kale to skillet and continue to stir everything together until onions turn a nice golden brown color.

After 45 minutes, remove squash from oven and allow 10 or so minutes for it to cool off.

Once slightly cooler, use a fork to remove "spaghetti" from squash and place in a skillet; add rosemary, salt and pepper and stir everything together.



REBOOT+ FALAFEL

from Jaime Carter

Ingredients:

- 1 C chickpeas soaked (3 days - change water everyday)
- 1/2 onion chopped
- 1 clove garlic
- 1/3 C cilantro
- 1/3 C Italian parsley
- 2 tsp cumin
- 2 tsp coriander
- 1/2 tsp crushed red pepper
- 1/2 tsp black pepper
- 1/2 tsp salt

Directions:

Blend all ingredients in food processor until you have a coarse meal.

Add 1/2 can of garbanzo beans and 1/2 C almond flour, blend again until incorporated.

Put mixture into a bowl. Adjust seasoning to taste as desired.

Spoon out 1 TBSP mixture and form into a small patty. If the mixture doesn't want to hold together, put it back in the bowl and add another 1/4 C almond flour - stir in by hand. Once mixture holds together, proceed to next step.

Over medium heat, add 2 TBSP EVOO to skillet and allow it to heat up. Add falafel patties and cook 3-4 min each side (until golden brown).



REBOOT+ CAULIFLOWER COCONUT STEW

from Danielle Regan

Author: Dr Mark Hyman

Serves: 4

Ingredients:

- 2 tablespoons coconut oil
 - 1 teaspoon cumin seeds
 - 1 medium onion, finely chopped
 - 3 ripe tomatoes, finely chopped
 - 1 medium head cauliflower, stemmed and cut into bite-size florets
 - 1 jalapeno, stemmed, seeded, chopped
 - 1 can full-fat, unsweetened coconut milk
 - 1 cup chopped kale
 - 2 tablespoons chopped cilantro
 - 1 tablespoon cumin powder
 - 1 tablespoon coriander powder
 - 2 teaspoons ginger paste
 - 1 teaspoon turmeric powder
 - 1 teaspoon sea salt
 - Optional: Add organic canned rinsed chickpeas for extra protein.
- Top with avocado and roasted cashews

Directions:

In a medium stock pot, heat the coconut oil for 30 seconds on medium heat.

Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute, and then, add the tomatoes, stir and cook for a few more minutes until the tomatoes soften.

Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep from burning.

Ladle the soup into 4 serving bowls and enjoy! Leftover stew can be stored in air-tight container and saved for lunch the next day.



REBOOT+ ZUCCHINI WITH RED PEPPERS

from Annalyn Varalla Wills

Directions:

For this dish, I roasted up 2 organic red peppers, 1 sliced whole onion, 1 cup of cherry tomatoes, 2 jalapenos, basil leaf stems, 6 cloves garlic slightly smashed in their skin and half a lemon cut in half. Lightly drizzle with olive or avocado oil, salt and pepper. Roast on large parchment covered cookie sheet at 425 for 30 min. Checking to make sure they don't char too much but you do want the skin to blister away from peppers and turn the onions over. Let cool slightly to gently remove the skins.

This is the fun and easy part! Take 2 organic zucchini and noodle them! I keep the fun piece that is left to create my art. Place all of your roasted veggies into a food processor or blender and pulse to puree. You want to keep the integrity of the veggies so do this slowly to keep it creamy. You can add spices oregano, basil, thyme you pick! (and I taste test the jalapeños to see if I want the seeds Incorporated or not... I do love spicy and it's good for your metabolism if you can handle it). While pulsing, drizzle in a bit of olive oil to create your sauce. Squeeze juice from 1 piece roasted lemon while pulsing add salt and pepper to taste. Try not to eat the whole thing while you prepare your noodles! Grab a wok or skillet and heat a couple tbsp avocado oil and when hot quickly sauté your zucchini noodles. Gently lift and don't over cook! They are done in a few min... I like mine with a tad crunch. Lastly, I cook the flower piece and leaves of basil in the a avocado oil to decorate my plate. Serve up with your veggies sauce and sprinkle with red pepper flakes.



REBOOT+ VEGGIE STIR FRY

from Tiffany Christiansen Moen

Ingredients:

- 1 T olive oil
- 1 yellow onion, sliced
- 3 medium zucchini, sliced lengthwise and then cut in 1/4" wide pieces
- 1 lb mushrooms, sliced
- 1 T minced garlic or 2-3 cloves, chopped
- 1/2 t salt
- 1 t lemon pepper
- 1 t basil
- 1-2 T of your favorite vinaigrette (make sure the oil is the right kind for this diet).

Directions:

Heat oil in large pan.

Cook the onions for about five mins.

Add zucchini and spices. Stir.

Add mushrooms and remaining ingredients.

Stir occasionally and cook into tender but still has a bit of a crunch.

Enjoy!



REBOOT+ BIOME BALANCING SOUP

photo from Dave Dove

Ingredients:

- 2 medium sized beets with greens, chopped
- 4 medium carrots, chopped
- 2 small sweet potatoes, cubed
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 ounces crimini or white mushroom, chopped
- 4 large kale leaves, chopped
- 1 cup cabbage, chopped
- 1 bunch parsley, chopped
- 1 can (14.5oz) diced tomatoes
- 1 Tbsp. ground turmeric
- 1 tsp. ground cinnamon
- 8 cups vegetable broth
- Add as much filtered water as desired
- ¼ c. pumpkin seeds
- sea salt & pepper to taste

Directions:

Wash all vegetables. Chop into bite-sized pieces (including beet greens).

Add to heavy stock pot

Add turmeric, cinnamon, vegetable broth, and filtered water

Cover and cook over medium high heat for 30 minutes, stirring

After 30 minutes, remove lid, and reduce heat to medium/low for another 30-60 minutes until tender

Garnish with pumpkin seeds and season to taste with salt and pepper

Enjoy!



REBOOT+ ROASTED BEETS & SWEETS

photo from Janelle Fredrick

Ingredients:

- 6 medium beets, peeled and cut into chunks
- 2 1/2 tablespoons olive oil, divided
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 3 medium sweet potatoes, cut into chunks
- 1 large sweet onion, chopped

Directions:

Preheat oven to 400°F

In a bowl, toss the beets with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking sheet.

Mix the remaining 2 tablespoons olive oil, garlic powder, salt, and pepper in a large resealable plastic bag.

Place the sweet potatoes and onion in the bag. Seal bag, and shake to coat vegetables with the oil mixture.

Bake beets 15 minutes in the preheated oven.

Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.

REBOOT+ DINNER IDEA 1

from Mike & Kady Brown



Starter:

Roasted asparagus and garlic soup topped with shiitake mushrooms, which was a great starter.



Main Course:

Butter leaf lettuce wraps filled with lentils, onions, cauliflower rice, and crimini mushrooms, then topped with crushed walnuts and cashews and Thai almond butter sauce

REBOOT+ DINNER IDEA 2

from Mike & Kady Brown



Starter:

Spinach, arugula, beet, walnut, and blackberry salad drizzled with oil and vinegar.

Main Course:

Vegetable skewer grilled on the BBQ!



REBOOT+ DINNER IDEA 3

from Mike & Kady Brown

Spaghetti squash noodles with homemade lentil bolognese pasta sauce!
Kady's sauce was amazing, full of flavor, and she used ingredients that were all Reboot friendly, of course. Topping the dish with fresh basil leaves and red chili peppers added flavor.



I can say it's pretty cool how the spaghetti squash "noodles" are basically strings that come out from the center of the squash (see the photo)

The other great thing about this tomato and lentil bolognese recipe is that if you have leftovers, you can add vegetable broth and make a soup! It's quite a versatile recipe and simple to make!



Homemade Hummus

Roasted red pepper with smoked paprika and a lemon garlic cracked red pepper one. Easy to make in a food processor and a good snack.

Add whatever ingredients you want. Organic chickpeas drained and rinsed blended in food processor with fresh garlic, olive oil, salt, pepper, fresh squeezed lemon to your liking. I made roasted red peppers but you can always buy them and did that one with cracked pepper for some added spice and topped with smoked paprika. I didn't have tahini so I skipped this ingredient but you can add it. You may have to add a little water to get the consistency right. **(Heather Maronpot)**



REBOOT+ MEAL IDEAS

Get Creative with Veggies

Spaghetti squash with mushrooms, onions, broccoli and garlic sautéed in a pan with a little olive oil and three avocado. **(Cari Gelber)**



Breakfast Idea

Reboot breakfast: spaghetti squash, acorn squash, sautéed asparagus, red onions, mushrooms. Also-a little bit of "noatmeal" with blueberries. **(Danielle Babin)**

A Day of Ideas

Started with a berry and greens smoothie. Lunch was a salad with apples and walnuts. Snacked on whole dried figs and nuts. Dinner was delicious and filling... Indian lentil curry, hummus with cucumber slices, and avocados. **(Robin Stueber)**

3 Days of Dinners

Roasted veggies. Broccoli Avocado Reboot soup Zucchini noodles w/ marinara & arugula salad. **(Casie Petersen)**



Another Day of Ideas

For breakfast, a shake blended with almond milk, fruit, greens, and nuts. Lunch and dinner has been black bean soup, lentil soup, salad, or roasted vegetables. Snacks have been raw carrots with hummus, and nuts with dried fruit. Herbal tea and water for other beverages. **(Sue Kapatoes Raposo)**



Simple Salad

Lunch time. **(Parisa Pirouzi Farahani)**

Breakfast Make Simple

Baked apples & peaches with almond butter & fresh berries from garden. **(Kathleen L'Ecuyer)**



Roasted Veggies

Half to eat and half to make soup. **(Kathleen L'Ecuyer)**



Stuffed Mushroom Dinner

Stuffed mushrooms - Garlic, onion, mushroom (yes, there's mushroom in the mushrooms), spinach, chopped walnut, chili flakes and lemon juice. **(Jaime Carter)**

Simple Fried Rice

As always, keeping it simple and no fuss is best for me! I got some frozen cauli rice, frozen veggies, avocado oil salt, pepper, and voila—fried rice! Max prep time is less than 10 min. **(Kim H Dang)**



Cauliflower Pizza

cauliflower pizza crust, homemade basil pesto as the sauce, spiralized zucchini, red onion, mixture of different mushrooms and once out of the oven added super sweet tomatoes and drizzled with balsamic and EVOO. **(Neeley Brown)**



Mushroom and Rice

A stuffed mushroom with tomato, spinach, basil, garlic, and onion on a bed of cauliflower rice. Topped it all with a balsamic, herb, olive oil drizzle
(Jennifer Loveland)

Beautiful Breakfast

Apples and chia simmered in coconut milk, topped with walnuts, and a cup of chamomile tea. **(Kim H Dang)**



Leftover Genius

Use leftovers the next day and get creative! We had Spaghetti Squash with Veggie Sauce for dinner, then had leftover sautéed squash, fresh grape tomatoes, kale, and spinach, with avacodo sliced on top for breakfast! Delish! **(Jennifer Loveland)**



Purple Cabbage Feast

purple cabbage, onion, sweet potato roasted and topped with avocado!! So good!! **(Helene Cierzo)**

Sweet Potato

A simple sweet potato topped with almond butter **(Helene Cierzo)**



Zucchini Pasta

Made some zucchini "pasta" with fresh tomato basil parsley and grilled onions **(Heather Maronpot)**

Lunch Wraps

Black bean hummus lettuce wraps with tomato and avocado (**Breann Herring Colpitts**)



Simply Salad

Some greens, mushrooms and tomato with organic apple cider vinaigrette (**Michelle Errigo-Tolbert**)

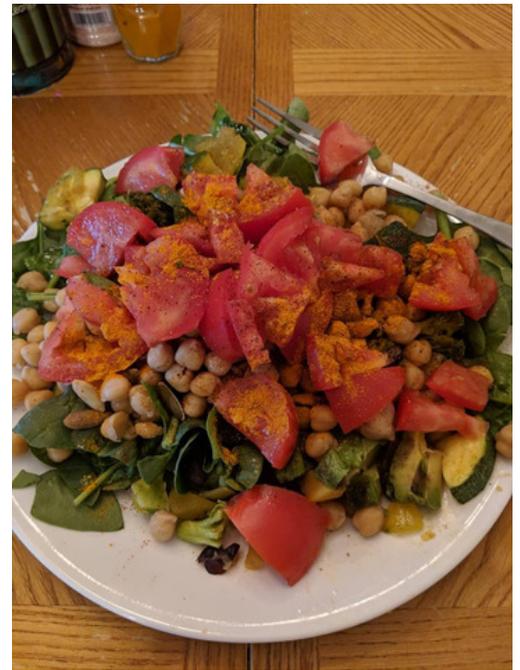
Sautéed Salad

I added avocado and sautéed some spaghetti squash spirals in olive oil and seasonings, mixed it all together and it was one of the best salads ever! (**Jeanne Sweazey Belland**)



Chickpeas Choices

Curried chick peas and long beans (**April Goo**)



Chick pea salad
(**Tricia Swenson**)



Chickpeas and pumpkin seeds with chopped cucumbers & tomatoes topped with a squeeze of lemon, some basil, and then homemade cashew cream (soaked cashews blended with lemon a squeeze of lemon juice and some salt) (**Liz Marshall Hoffman**)

Roasted Squash

Garlic, yellow squash, onion, yellow beets, lemon, thyme, rosemary and olive oil!

(Heather Maronpot)



Delish Dinner Idea

Dinner was delicious and filling! Balsamic portobello mushrooms and brussel sprouts, oven roasted garlic potato fries, cool avocado slices. Dessert...fresh mango and pineapple! **(Robin Stueber)**



Simple Spaghetti

Spaghetti squash with olive oil and garlic dressing, some grape tomatoes

(Betsy Boland Lohrfink)



Sautéed Summer Squash & Zucchini

1 organic summer squash (diced), 2 organic zucchini (diced), 1/2 organic onion (chopped), pink Himalayan salt, fresh cracked pepper, pinch of smoked paprika, & 2 Tbsp. chopped pecans.

Sauté all ingredients in frying pan over low heat until slightly soft. **(Samantha Schleiger)**



Butternut Squash Soup

1 large organic butternut squash (peeled and cubed), 1 medium organic onion (chopped), 2-3 large organic carrots (peeled and diced).

Roast in oven at 375 for ~35 minutes. Remove from oven and let cool a bit. Next, add squash, carrots and onion to blender. Additionally, add 2 tsp. cinnamon, 1/8 tsp. sage, 1/8 tsp. nutmeg, 2-3 cups organic vegetable broth, and 1/2 cup full-fat coconut milk. Blend on high for 3-4 minutes. Top with raw pumpkin seeds.. **(Samantha Schleiger)**





Vegetable Kabob

Vegetable kabobs, grilled artichoke & spinach salad (**L Grant Davis**)

Butternut Noodles

Butternut squash spaghetti noodles with sautéed garlic, mushrooms, onions in marinara sauce (**Tony Duong**)



Spinach Soup

Spinach and leek soup with garlic and cannellini beans (**Liz Wickham**)



Soup & Risotto

carrot soup, and mushroom risotto made with cauliflower rice - no cream or cheese
(Mike & Kady Brown)

Yam Soup

Purple & Japanese yams, carrot, celery, garlic, onion, veggie bouillon cubes and water. Super simple just filled the pot with water, added veggies and boiled away until tender. I topped it with a large tsp of coconut oil, salt and pepper. **(Dr Tamara Tiff)**



Simple Lunch

Broccoli and Avocado with some sea salt and pepper **(L Grant Davis)**

Taco Tuesday with a Twist

Lettuce tacos, black beans, pinto beans, tomatoes, onions, jalapeños, lemon, with kale chips! **(Michael Quach)**

The beans are cooked with cumin, paprika and garlic powder. Great substitution for meat!! Sucks I forgot the cilantro for the salsa. It would've been the cherry on top. **(Priscilla Nguyen)**



SMOOTHIES & DRINKS

Strawberry Banana GBX

Strawberries and 1/2 a banana (best when fruit is frozen), 12oz cashew milk (almond works great too). 2 scoops GBX Protein-chocolate, 2 scoops seed fiber and a teaspoon of cinnamon. Yum! Makes a good frozen treat too! You can also add superfood for a little extra sweetness. **(Kristie Samudio)**



Whip It Up Smoothie

Almond/coconut milk, almond butter, frozen spinach, blueberries, an apple, strawberry-flavored protein powder, lime juice, coconut water & ice! Almost forgot...& avocado. **(Aprill Wilson)**

Go To Green Juice

2 handfuls full of Spinach,
Two Cucumber slices, 4-5 pieces of
Pineapple, 1/4 Avocado, 1c of
Coconut Water, Parsley, Mint, Water
& Ice to taste. Blend and Enjoy!
(Jess Janda)



Additional Reboot+ Resources

Reboot+ Program Guide

<https://amareassets.blob.core.windows.net/webassets/reboot/guide.pdf>

Reboot+ Product Information Sheet

<https://amareassets.blob.core.windows.net/webassets/reboot/pip.pdf>

Reboot+ Technical Data Sheet

https://amareassets.blob.core.windows.net/webassets/reboot/Reboot_Technical_Data_Sheet_PDF.pdf

Reboot+ Recipes

https://amareassets.blob.core.windows.net/webassets/reboot/Reboot_Recipes.pdf

Reboot+ Friendly GBX Foods Recipes

https://s3.amazonaws.com/v3-app_crowdc/assets/c/c3/c3d4bed0dc97b75c/Amare_Reboot_Friendly_Recipes.original.1537556887.pdf?1537556888

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