

# Country Doctor Nutritional Center Recipes

Super Food Shake Recipes	Page 2-6
Lunch Recipes	Page 7-15
Dressings, Sauces & Seasonings	Page 16-20
Dinner Recipes	Page 21-43
Sides	Page 44-47

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Podcast: "Total Wellness Radio" on any Podcast Platform here [Itunes](#) or [Anchor](#)

*Thank you <http://knowthecause.com/> for Phase 1 Guidelines  
and some of the Recipes Featured.*

## Craig's Superfood Shake

### Ingredients

- Handfuls of Blueberries, Blackberries, Raspberries
- Handful of Power Greens
- 1/2 Avocado
- 1/2 Beet
- 50/50 Organic Unsweetened Juice and Water
- 1-1 Inch chunk of Ginger root thinly sliced
- 2 Tablespoons Superfood Mix

### Directions

1. Blend in a Strong blender until Liquefied
  2. Swish first drink in mouth for 20-30 seconds to prepare stomach
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## Dan's Superfood Shake Recipe

### Ingredients

- 6 oz water
- 6 oz Pomegranate Blueberry Juice
- 1/2 Avocado
- 1/2 Green Apple
- 3 Handfuls of Organic Green Mix
- 1/3 Tablespoon of Cayenne Pepper
- 2 Tablespoons Superfood Mix

### Directions

1. Mix all Ingredients in a Strong Blender until Liquefied
2. Swish first drink in mouth for 20-30 seconds to prepare stomach

## Becca's Cinnamon Superfood

### Ingredients

- Handful of Blueberries
- Handful of Spinach
- 1/2 Avocado
- 1/2 Small Beet
- 8-10 oz. Unsweetened Vanilla Almond Milk
- 1/2-1 Teaspoon Cinnamon
- 2 Tablespoons Superfood Mix

### Directions

3. Blend in a Strong blender until Liquefied
  4. Swish first drink in mouth for 20-30 seconds to prepare stomach
- 

## Energy Boost Superfood Shake

### Ingredients

- 1 1/2 Teaspoons Turmeric
- 1/4 Teaspoon Ground Ginger
- 1/4 Teaspoon Cinnamon
- 1/4 Teaspoon Cayenne Pepper
- 1 Teaspoon Raw Local Honey
- 1 Teaspoon Coconut Oil
- 1 1/2 Cups Unsweetened Almond Milk
- 2 Tablespoons Superfood Shake

### Directions

1. Blend in a Strong blender until Liquefied
2. Swish first drink in mouth for 20-30 seconds to prepare stomach

## Berry Green Superfood Shake

### Ingredients

- Handful of Spinach
- 1/2 Small Beet
- 1 Cup Blueberries, unsweetened
- 1/2 Avocado
- 1/8 Teaspoon Ground Ginger or 1-inch chunk of ginger root
- 1/8 Teaspoon Ground Turmeric
- 1 Cup Unsweetened Vanilla Almond Milk
- 2 Tablespoons Superfood Shake

### Directions

1. Blend in a Strong blender until Liquefied
  2. Swish first drink in mouth for 20-30 seconds to prepare stomach
- 

## Beet It Superfood Shake

### Ingredients

- Handfuls of Spinach or Kale
- 1/2 Beet
- 3/4 Cup of Strawberries
- 1/2 Avocado
- 50/50 Water & Orange Juice (no sugar added)
- 2 Tablespoons Superfood shake mix

### Directions

1. Blend in a Strong blender until Liquefied
2. Swish first drink in mouth for 20-30 seconds to prepare stomach

## Blackberry Blast Superfood Shake

## Ingredients

- 1 large handful Kale or Spinach
- 1 Cup Blackberries
- 1 Tablespoon Chia Seeds
- 1/2 Teaspoon Cinnamon
- 1 1/2 Cups Unsweetened Almond Milk
- 2 Tablespoons Superfood Shake

## Directions

1. Blend in a Strong blender until Liquefied
  2. Swish first drink in mouth for 20-30 seconds to prepare stomach
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## Strawberry Mint Blast Superfood Shake

### Ingredients

- 5 Leaves Mint
- 1 1/2 Cups Strawberries
- 1/2 Avocado
- 1/4 Cup Almonds or Cashews
- 1 Tablespoon Chia Seeds
- 1/2 Teaspoon Cinnamon
- 1 Tablespoon Coconut Oil
- 1 1/2 Cups Unsweetened Almond Milk
- 2 Tablespoons Superfood Shake

### Directions

1. Blend in a Strong blender until Liquefied
2. Swish first drink in mouth for 20-30 seconds to prepare stomach

## Blast the Weight Superfood Shake

### Ingredients

- 1 Large Handful of Spinach, Kale or Organic Greens
- 1/2 Stalk Celery
- 1/2 Small Beet
- 3 Chunks Cucumber, 1 inch each
- 1/2 of Avocado
- 1 Lime
- 1 1/2 Cups Water
- 2 Tablespoons of Superfood Mix

### Directions

1. Blend in a Strong blender until Liquefied
2. Swish first drink in mouth for 20-30 seconds to prepare stomach

## Create your own Salad!

### Ingredients

- **3-5** cups greens of your choice (Spinach, Kale, Romaine, Chard, Arugula, Cabbage, Zucchini, Watercress, Green Bell Pepper)
- **1** cup colored veggie of your choice (Cucumbers, Bell Peppers, Radishes, Cauliflower, Broccoli, Carrots, Sprouts, Red Cabbage, Tomatoes)
- **¼ cup** Choice of: (Sunflower Seeds, Flax Seeds, Sesame Seeds, Pumpkin Seeds, Pecans, Almonds, Walnuts, Cashews)
- **1 Choice of Protein** (Tuna, Eggs, Chicken, Bison, etc)
- **Optional Add In's** Avocado, Herbs

### Directions

3. Mix all Ingredients with Dressing of your choice & Enjoy!
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## Tomato Basil Bisque Soup

### Ingredients

- 10 Roma Tomatoes
- 2 Yellow Onions
- 4 Cloves of Garlic
- 3 Tablespoons Avocado Oil
- 1/3 Cup Chopped Fresh Basil

### Directions

5. Place the tomatoes, onions and garlic into a large bowl and drizzle with avocado oil and season with salt and pepper, if desired. Stir to coat.
6. Pour the vegetables onto a large baking tray and roast at 450 degrees for 30 minutes. Stir halfway through cooking time.
7. Let cool for 5-10 minutes.
8. Place the roasted vegetables and the basil in the blender and blend until smooth.
9. Heat soup on the stove, if necessary.

## Taco Salad

### Ingredients

- 3-5 cups greens of your choice (Spinach, Kale, Romaine, Chard, Arugula)
- 1 cup chopped Tomatoes
- 4 oz. ground beef
- ½ Avocado
- Optional Add In's: Handful of chopped cilantro, Green Onions or Red Onions, Bell Peppers, Salsa, Sour Cream

### Directions

1. Mix all Ingredients with Dressing of your choice & Enjoy! (Dressing can also be Salsa or Pico & Sour Cream)
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## Raw Zucchini Salad with Avocado & Edamame

### Ingredients

- 1 medium zucchini, ends trimmed off
- 1/2 lemon
- 1/2 tbsp olive oil
- kosher salt, to taste
- fresh black pepper, to taste
- 2 oz diced avocado (1/2 medium haas)
- 1/3 cup shelled cooked edamame
- 1 basil leaf, minced
- 1 tsp minced chive

Source from: <https://www.skinnytaste.com/spiralized-raw-zucchini-salad-with/#CIXFG9DQwEdoEoGz.99>

### Directions

1. Use a [spiralizer](#) or a mandolin fitted with a julienne blade and cut the zucchini into thin spaghetti-like strands. Trim the strands into bite size lengths, about 8 inches long and place it in a large work bowl. Drizzle the olive oil, lemon juice, salt and pepper and toss.
2. Dice the avocado into small pieces and add to the bowl along with the edamame, basil and chives. Serve right away and enjoy!

# Spaghetti Squash Chow Mein

## Ingredients

- 1 large spaghetti squash
- 1/4 cup LIQUID OR COCONUT AMINOS
- 1 tablespoon COCONUT SUGAR
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon white pepper (or black pepper!)
- 2 tablespoons Avocado Oil
- 1 onion, diced
- 3 stalks celery, sliced diagonally
- ☞ 2 cups cole slaw mix (shredded cabbage and carrots)

## Directions

1. Cut a spaghetti squash in half-length wise and scoop out seeds. Lay skin side up in a 13 x 9 pyrex and pour 1/2 inch of water in the bottom of the pan. Bake at 400 degrees for 30-40 minutes, until flesh is very tender. Once done, scoop out flesh with a fork so it breaks apart into strings, set aside.
2. In a small bowl, whisk together liquid aminos, garlic, coconut sugar, ginger and white pepper; set aside.
3. Heat Avocado oil in a large skillet over medium high heat. Add onion and celery, and cook, stirring often, until tender, about 3-4 minutes. Stir in cabbage until heated through, about 1 minute.
4. Stir in spaghetti squash and sauce mixture until well combined, about 2 minutes.

## Chicken Avocado Salad

### Ingredients

- 2 cups cooked chicken, shredded into large pieces
- 2 medium avocados, diced
- 1 T + 1 T fresh squeezed lime juice
- salt, to taste (I didn't use too much salt because you can always add more at the table.)
- 1/4 cup thinly sliced green onion
- 1/2 cup finely chopped fresh cilantro (or chop it more coarsely if you prefer)

### Directions

1. Shred the chicken apart until you have 2 cups of chicken shredded into fairly large chunks. Dice the avocados into medium-sized pieces, mix with 1 T of the lime juice, and season avocado with salt to taste. Thinly slice the green onion and finely chop the cilantro. Mix mayo and 1 T lime juice to make the dressing
2. Put the chicken into a bowl large enough to hold all the salad ingredients. Add the sliced green onions and dressing and toss until all the chicken is coated with dressing. Add the avocado and any lime juice in the bottom of the bowl and gently combine with the chicken. Then add the chopped cilantro and gently mix into the salad, just until it is barely combined.
3. Serve inside crisp lettuce cups, or just eat it as a salad.

## Avocado Chicken Soup



4 Servings

### Ingredients:

- 1 garlic clove
- 1 jalapeño (seeds and ribs removed)
- 2 avocados (skinned and pitted)
- 1 Tbsp lime juice
- ¼ to ½ tsp ground red pepper (to taste)
- 1 to 2 Tbsp olive oil
- 1 onion (diced)
- 4 cups chicken broth
- 1 lb boneless skinless chicken breasts (cut into ½" strips)
- salt and pepper to taste

### Directions

In a blender, combine the garlic, jalapeño, avocados, lime juice, ground red pepper and 1 cup water. Puree until smooth and set aside.

Heat the oil in a 5 qt pot over medium heat. Sauté the onion and cook, stirring frequently, until translucent, about 5 to 6 minutes. Add the broth, salt and pepper. Bring to a simmer. Stir the chicken into the pot and cook until done, about 15 to 20 minutes. Add the avocado puree and let heat through.

## Chicken Salad with Toasted Almonds



Serves 4-6

### Ingredients:

- 1-pound boneless skinless pre-cooked chicken breasts or a rotisserie chicken
- 1/2 cup sliced almonds
- ½ cup plain yogurt (low-fat or whole are healthiest vs. fat free)
- 1 tablespoon dried tarragon
- 1-tablespoon apple cider vinegar
- ¼ - ½ teaspoon sea salt, to taste
- ¼ teaspoon pepper, to taste

### Directions

Shred or dice your pre-cooked chicken or follow directions to cook chicken. To cook chicken use a large saucepan, add chicken and broth and bring to a boil. Then bring down to a simmer for 15-20 minutes until no longer pink; flip ½ way through. Place chicken on a plate and set aside to thoroughly cool. (I like to shred mine by pulsing in small batches in the blender)

Toast almonds by placing them in a sauté pan on medium – low heat on the stovetop. Toss frequently and watch closely for about 5 minutes until lightly browned and fragrant. Place in separate bowl and set aside to cool.

In a medium bowl, combine remaining ingredients and mix well. Add cooled chicken to mixture and toss well to coat. Serve on top of avocado slices and/or shredded spinach and veggies or wrap up into a lettuce leaf and eat it as a wrap. You can also serve as little appetizers on top of slices of cucumber. Use your imagination!

## Kale Salmon Wraps



### Ingredients:

6 oz can wild caught salmon, drained and flaked with a fork  
Several large leaves of kale, center ribs removed  
½ cucumber thinly sliced  
½ large carrot, julienned  
2 tsp fresh dill  
½ avocado thinly sliced  
1 Tablespoon dressing (recipe follows)  
Dressing

1 egg yolk  
2 ½ tsp lemon juice  
1 tsp apple cider vinegar  
¼ tsp Dijon mustard  
½ tsp sea salt  
¼ cup olive oil

### Directions

Whisk egg yolk and lemon juice together. Add vinegar, mustard, and salt. Slowly whisk in olive oil until thoroughly blended.

Mix salmon with dill and 1 tablespoon dressing. Refrigerate remaining dressing and use within two days. Spoon salmon onto kale leaf. Add strips of cucumber, carrots and avocado. Roll kale leaf up like a sushi roll. Cut into desired length.

## Salmon Salad



### Ingredients:

:

- 1 lb. Poached Salmon Filet
- 2 to 3 Celery Stalks - diced
- 1/2 Red Onion - finely sliced
- 1/2 Cucumber - sliced or diced
- 1 TBS. Salt Packed Capers - rinsed and drained
- Juice of 1 Lemon
- 1 to 2 TBS. Olive Oil
- 2 TBS. Fresh Dill
- Salt & Pepper to taste

### Directions

Combine Celery, Red Onion, Cucumber, Capers in a large bowl.

In a separate bowl, mix Lemon Juice and Olive Oil.

Pour dressing over salad mix and toss.

Break Salmon into chunk sized pieces and gently fold into salad mix.

Season with Salt and Pepper.

## Egg Salad



### Ingredients:

2 eggs, hard cooked (\*see note)  
1 1/2 tablespoons plain Greek yogurt  
1 teaspoon minced tarragon  
1/8 teaspoon salt

### Directions

(\*When cooking eggs for "Hard Boiled Eggs," it is important to never actually boil the eggs. Cover them by 1" with cold water and bring just to a simmer. As soon as small bubbles begin to rise to the surface and pop, cover the pan and remove from the heat. Allow to sit for at least 15 and up to 30 minutes. Drain water and run under cold water until eggs are cool enough to handle. Peel under cold running water.)

**\*\*Slice Cucumbers and eat Egg Salad using Cucumber to scoop like a cracker\*\***

## Simple Taco Seasoning Ingredients

- 1 Tablespoon Chili Powder
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ¼ Teaspoon Red Pepper Flakes
- ½ Teaspoon Oregano
- 1 ½ Teaspoons Paprika
- 1 Tablespoon Cumin
- 1 ½ Teaspoon Salt
- 2 Teaspoon Black Pepper

## Directions

1. Mix all ingredients in a small bowl.
  2. Store in an air tight container.
  3. Use about 2 Tablespoons per 1 pound of meat or vegetables.
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## Salsa Ingredients

- 6 Roma Tomatoes (cut into quarters)
- 1 Jalapeno, seeded and roughly chopped
- ½ large yellow or red onion peeled and roughly chopped
- 3 cloves garlic
- Juice of 1 lime
- 1 cup loosely packed fresh cilantro leaves
- Pinch of cumin (optional)
- ½ teaspoon salt

## Directions

1. Place all ingredients in a food processor or blender and pulse a few times until combined and chunky. Taste and adjust seasonings if need be. Don't over process if you want it chunky.

## Salad Dressings

### Caesar Salad Dressing Ingredients

- 3 Cloves Garlic
- 1/2 Cup Hemp, soy or almond milk (unsweetened)
- 1/4 Cup Raw Cashew Butter OR 1/2 cup raw cashews
- 1 Tablespoon Fresh Lemon Juice
- 1 Tablespoon Nutritional Yeast (optional)
- 1 1/2 Teaspoons Dijon Mustard
- Dash of Black Pepper

### Directions

3. Roast Garlic. Remove Skins and blend with the rest of the ingredients in a high powered blender until creamy and smooth.
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### Creamy Avocado Cilantro Lime Dressing Ingredients

- 1 Avocado
- 1 Clove garlic, minced
- 1/4 cup roughly chopped cilantro
- 1/4 cup sour cream
- 1 tablespoon lime or lemon juice
- 3 tablespoons Olive Oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Water

### Directions

1. Place all of the ingredients in a food processor or strong blender.
2. Process until smooth, stopping to scrape down the sides a few times. Thin the salad dressing out with about 1/3 cup water (give or take) until it reaches a desired consistency.
3. Keep in an airtight container for 1-2 weeks.

## Cilantro Dressing Ingredients

- ½ bunch Cilantro
- 2 Garlic cloves
- 2 teaspoons lemon juice
- 1/3 cup Olive Oil
- 1 Tablespoon White Wine Vinegar
- 2 Tablespoons Pine Nuts
- 2 Tablespoons Water
- Salt and pepper to taste

## Directions

1. Combine all ingredients in a food processor or strong blender. Pulse until smooth. Season with salt and pepper to taste and then pulse or blend a few more times. Serve immediately or store covered in the refrigerator for up to 5 days.
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## Apple Cider Vinegar Dressing Ingredients

- ¼ Cup Apple Cider Vinegar
- ½ Cup Olive Oil
- 2 Teaspoons Dijon Mustard
- 1 Tablespoon Garlic, Minced
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper

## Directions

1. Add all ingredients into a strong blender and blend until combined.

## Honey Mustard Dressing Ingredients

- 1 lemon, juiced
- 1 Tablespoon Apple Cider Vinegar
- 2 Tablespoons Raw Local Honey
- 2 Tablespoons Dijon Mustard
- ½ Teaspoon Minced Garlic
- ¼ Teaspoon Salt
- Black Pepper to taste
- ¼ Cup Olive Oil

## Directions

1. Add all ingredients into a blender and blend until combined.
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## Tomato Basil Dressing

### Ingredients

- ½ cup olive oil (Or I used Avocado Oil)
- Fresh Lemon Juice from 1 lemon
- 2 cloves garlic
- ½ tsp paprika
- 1 tbsp dried thyme
- 1 tsp salt
- 1 tsbp dried basil
- 1 large tomato

## Directions

1. Put all ingredients into food processor and blend for 30 seconds.

## Homemade Marinara Sauce

- 4 Pounds ripe tomatoes
- 4 cloves of garlic, minced
- 1 bunch of fresh herbs (Basil or combo of basil & parsley, oregano, and/or thyme)
- 1 Tablespoon Sugar or Stevia
- ½ teaspoon salt
- Black pepper to taste
- ½ teaspoon coconut aminos
- Crushed red pepper to taste (optional)

### 1. Directions

2. Cut tomatoes into chunks. Using your hands, squeeze them into bits over a large, deep bowl or pot, including juices. (Alternatively, you may pulse them a few times in a food processor.) Set aside.
3. In a large pot set over low heat, sauté minced garlic in olive oil until softened and fragrant. Add tomatoes and juices to pot, place fresh herb bunch on top, raise heat to medium, and bring to a simmer. Reduce heat to low, cover pot, and simmer for 30 minutes, stirring occasionally.
4. When sauce has thickened and reduced, remove herb stems. Stir in sugar, salt, pepper, and balsamic vinegar. Taste and adjust seasonings. If desired, add crushed red pepper flakes and additional fresh chopped herbs. Use an immersion blender or food mill to slightly puree sauce. (Or you may allow sauce to cool and pulse it in batches in a food processor. Do not over-process...a bit of texture should remain.) Serve warm or allow to slightly cool and store in a container or jar in the refrigerator for up to a week.

## Mexican Quinoa Bowl



### Ingredients:

- 2 cups chicken broth
  - 1 ½ cup uncooked quinoa
- Use all or a variation of ingredients below:
- cooked chicken or a pre-cooked rotisserie chicken, shredded or diced
  - (1)16 oz jar salsa (made with apple cider vinegar versus distilled vinegar and no added sugar)
  - (1)15 oz can black beans (Phase 2)
  - (1) 2.25 oz can sliced black olives
  - 1 bell pepper (any color)
  - handful fresh cilantro leaves
  - juice of 1 lime
  - 1 avocado, diced or guacamole
  - Garlic salt, to taste (I like Mama Garlic by Frontier)
  - Sea salt and pepper, to taste

### Directions

1. Add broth to a large stock pot, cover and bring to a boil.
2. Rinse your quinoa (if it is not pre-rinsed already) under cool water with a fine-mesh strainer. I buy Ancient Harvest which is already triple rinsed.
3. Add Quinoa to the broth, cover and bring back to a boil then turn down to a simmer (low-heat) for 20–30 minutes, until no longer crunchy, all liquid is absorbed and it is light and fluffy. No need to stir while it is cooking.
4. Once all the liquid is absorbed, remove Kombu and stir in all other ingredients (except cilantro and avocado) until completely heated through.
5. Add salt, pepper and garlic salt to taste.
6. Take Quinoa off of heat and stir in cilantro, if using.
7. Portion out into bowls in individual servings and top with avocado or guacamole, if using. Serve and enjoy!
8. Store leftovers in a covered glass Pyrex type container in refrigerator. Will keep for about 4 -5 days.

## Midnight Pasta



### For the “pasta:”

Spiralize or grate one medium summer squash (straight yellow squash works best) for each serving. Spread the “spaghetti” in a single layer on a rimmed baking sheet and salt liberally, about a teaspoon of salt for each serving. Allow to rest for 15-20 minutes. Place the vegetables into a sieve or strainer and rinse under cold running water. Shake as much water off and then spread the “spaghetti” onto a double layer of paper towels. Roll up the vegetables inside the paper towels and squeeze to remove as much of the moisture as possible. Squash should be pretty dry. Set aside.

### For each serving:

2 Tablespoons olive oil  
2 cloves of fresh garlic, thinly sliced (Don’t chop or mince or it will scorch!)  
½ teaspoon kosher salt  
a few twists of freshly ground pepper  
generous pinch of red pepper flakes  
¼ cup fresh chopped Italian parsley  
¼ cup fresh chopped basil

In a sauté pan large enough to hold all the squash you’re preparing, heat 2 tablespoons olive oil over low heat. Add the garlic and cook slowly, just until garlic is golden brown, about 5-6 minutes.

Add the salt, pepper and red pepper flakes and stir until the peppers are fragrant, about 30 seconds.

Add the dry squash to the pan and cook, tossing constantly with tongs, for 3-5 minutes, until cooked but still firm.

Add the herbs and toss to combine. Serve immediately.

## Kaufmann Fettuccini Alfredo



3 to 4 Servings

### Ingredients:

1 medium size spaghetti squash  
1 lb. chicken breast  
1 to 2 cups chopped broccoli  
½ white onion (minced)  
2 Tbsp avocado oil or ghee  
Salt and pepper to taste

### Cashew Cream Sauce:

¾ cup raw cashews (soaked in water 2 hours)  
½ cup coconut milk (full fat or light)  
½ cup chicken broth

### Directions

**Preheat the oven to 375°F.**

Slice spaghetti squash in half lengthwise, and scoop out the seeds. Place the open sides down on a baking sheet. Bake for 40 to 45 minutes, or until tender enough to scrape out with a fork. Once done, use a fork to scrape out the squash in strands into a bowl.

While the squash bakes, cook the chicken. Season with salt and pepper then grill, bake or sauté in a skillet until cooked through. Allow to rest for 5 minutes then cut or shred into bite-sized pieces.

Blend the soaked cashews, coconut milk, and chicken broth in a blender until smooth. Set aside.

In a large skillet or pot over medium heat, sauté the broccoli, garlic, and onion in avocado oil or ghee until slightly softened (2 to 3 minutes). Add the sauce, and stir to combine. Continue to cook until the sauce is heated through (about 5 minutes).

Stir in the spaghetti squash and chicken. Season with salt and pepper and cook until heated through.

## Chicken Fajita Rolls



### Ingredients:

2 chicken breasts (cut in half lengthwise thin about ¼" thick)  
½ red bell pepper (sliced)  
½ yellow bell pepper (sliced)  
½ green bell pepper (sliced)  
2 Tbsp olive oil  
toothpicks for securing chicken

#### **Garnish:**

Juice of a lime  
cilantro (chopped)  
Dry spice mix:  
1 Tbsp chili powder  
½ tsp garlic powder  
½ tsp cumin  
½ tsp paprika  
½ tsp salt  
½ tsp ground black pepper

### Directions

Pre-heat oven to 400°F. <sup>[L]</sup><sub>[SEP]</sub>

Combine all the ingredients for the dry spice mix in small bowl. <sup>[L]</sup><sub>[SEP]</sub>

Lay chicken cutlets down on a working surface and Sprinkle the chicken fillets with the spice mix. Place 4 to 6 bell pepper slices (mixed) on the center of each chicken fillet. Roll each one tightly, keeping seam side down and secure with a toothpick. <sup>[L]</sup><sub>[SEP]</sub>

Heat a large (oven safe) skillet to medium-high heat. Place the oil in the pan and gently place chicken in the pan. Cook chicken rolls for 2 to 3 minutes per side or until golden. Remove pan from heat and place pan in the oven (if the pan is oven safe, if not, transfer chicken to a baking sheet). Bake for 15 minutes or until chicken is fully cooked and peppers are charred. <sup>[L]</sup><sub>[SEP]</sub>

Garnish with cilantro and a squeeze of lime.

## Thai Turkey Meatballs



4 Servings

### Ingredients:

#### **Meatballs:**

- 2 lbs ground turkey
- 2 eggs (slightly beaten)
- 2 tsp grated ginger
- 2 garlic cloves (minced)
- 2 Tbsp chopped basil
- ¼ cup chopped green onions
- 1 cup finely chopped cabbage
- 2 Tbsp light coconut milk
- 1 tsp red curry paste
- 1 Tbsp fish sauce
- ½ tsp red pepper flakes (more to taste)
- 1 tsp salt

#### **Sauce:**

- 1 ½ cup light coconut milk
- 3 Tbsp tomato paste
- 1 tsp red curry paste
- 1 tsp fish sauce
- ½ tsp red pepper flakes (more to taste)
- 2 to 4 Tbsp olive oil (for cooking)

### Directions

In a large bowl, combine meatball ingredients and mix with your hands thoroughly. Make meatballs any size you like and set aside on a platter.

In a small bowl, whisk the sauce ingredients together and set aside.

Preheat a large skillet over medium-high heat and add some olive oil and swirl in pan. Add meatballs and cook until brown and almost cooked through, turning a few times.

Add the sauce, reduce heat to medium and simmer for 15 to 20 minutes, uncovered.

Serve warm over quinoa or by themselves.

## Pumpkin Turkey Chili (Slow Cooker)



### Ingredients:

- 3 Tbs. olive oil (divided)
- 1 onion (diced)
- 1/2 cup organic green bell pepper (diced)
- 1/2 cup organic yellow bell pepper (diced)
- 1 clove organic garlic (minced)
- 1 lb. organic lean ground turkey
- 1 can (14.5 oz) diced tomatoes
- 2 cups pumpkin
- 3 cups organic chicken broth
- 1 1/2 Tbs. chili powder
- sea salt and pepper to taste

### Garnish:

- Sour Cream
- Cilantro (organic)

### Directions

Heat 1 Tbs. olive oil in skillet and sauté onion, peppers and garlic over medium heat until tender. Remove from skillet and set aside.

Add remaining 2 Tbs. olive oil to skillet and cook ground turkey until cooked through and drain. Put meat and sautéed veggies in slow cooker. Add tomatoes and pumpkin, chicken broth, chili powder, salt and pepper.

### Cover and cook:

- Low for 3 to 4 Hours
- High for 2 to 3 Hours
- Garnish with sour cream and cilantro.

## Easy Sweet Chicken Stir fry



Makes 3-4 Servings

### Ingredients:

- 2-3 Grilled Chicken Breasts cut into thin slices
- 2 Yellow Squash (Julienned)
- 6-8 Green Onions cut into 1/2 inch pieces (Scallions/Chives)
- 1/4 of Head Green Cabbage sliced into thin strips
- 3 Tbsp of Coconut Aminos
- 1 Tbsp Minced Fresh Garlic
- 2 tsp Cumin Powder
- 2-3 tsp Fresh Ground Black pepper
- 10-15 Drops of Liquid Stevia or (Phase 2 Option 3-4 Tbsp Honey)
- 3 Tbsp Grapeseed Oil
- Salt to taste
- Cucumber slices (optional)

### Directions

- Place Grapeseed oil in a skillet on medium heat.
- Add all the vegetables, spices and sweetener of choice.
- Add (cooked) Grilled Chicken slices. Continue to stir and increase heat to Med/High 10-14 Minutes. Cook the vegetables to desired tenderness.
- Garnish with fresh cucumber slices and serve on a bed of Quinoa or mixed salad greens.

## Chicken Spring Mix Salad With Vinaigrette Dressing



Makes 3-4 servings

### Ingredients:

3 Grilled Chicken Breasts Cut Into Chunks

3-4 handfuls of Spring Mix Salad

Chopped Pecans

Crumbled Uncured Bacon (traditional or turkey)

Goat Cheese Crumbles

$\frac{3}{4}$  Cup of Chopped Red, Yellow, and Orange Peppers (mixed together)

9-16 Strawberries Sliced (around 3 to 4 strawberries per serving)

### Directions

Start by washing spring mix, peppers, and berries set aside. Next, cut grilled chicken breasts into chunks, dice peppers, and slice the strawberries. Start layering salad bowls with spring mix, peppers, strawberries, and grilled chicken breast chunks. Next sprinkle salad with pecans, goat cheese, and bacon to your liking. Drizzle with Vinaigrette dressing and eat!

Vinaigrette Dressing (recipe below)

$\frac{1}{2}$  Cup of Olive Oil

$\frac{1}{2}$  Cup of unpasteurized Apple Cider Vinegar

$\frac{1}{2}$  Cup of Pureed Berries (strawberries, blackberries, raspberries) If you don't want the seeds you can filter through a fine meshed sieve to remove them.

Add oil, vinegar, and berries to your blender. Mix until the ingredients are well mixed.

Makes around 1 cup of dressing.

## Meatballs with Marinara Sauce



4 Servings

### Ingredients:

#### Sauce:

- 2 Tbsp extra virgin olive oil
- 1 medium onion (finely chopped, about  $\frac{3}{4}$  cup)
- 3 to 5 garlic cloves (minced)
- 3 Tbsp tomato paste
- 2 large cans (28 oz) crushed tomatoes
- 1 tsp dried oregano
- 1 tsp dried thyme
- salt and pepper to taste

#### Meatballs:

- 1 lb lean ground meat (beef, chicken or turkey)
- 1 large egg (slightly beaten)
- 1 small onion (finely chopped)
- $\frac{1}{2}$  cup Italian parsley (chopped)
- $\frac{1}{4}$  cup heavy whipping cream
- $\frac{1}{2}$  cup quinoa flakes
- 1 tsp sea salt
- $\frac{1}{4}$  tsp pepper

### Directions

#### Make the sauce:

Heat olive oil in large pot over medium to medium-high heat. Sauté onion for 3 to 5 minutes until translucent. Add garlic and sauté 1 minute more. Add tomato paste, oregano, and thyme; stir and cook for another minute. Stir in crushed tomatoes, season with salt and pepper and simmer for 25 minutes.

#### Make the meatballs:

In a large bowl mix together, ground meat, egg, onion, parsley, heavy cream, Quinoa flakes, salt, and pepper. Mix with hands and form 12 uniform meatballs.

After the sauce has simmered for 25 minutes, drop the meatballs in the sauce (be careful), place in 1 layer, give them a little room. Cover with lid and let simmer for about 15 minutes until meatballs are cooked through.

Serve over steamed vegetables, spaghetti squash or spiraled zucchini.

## Coconut Shrimp



### Ingredients:

- 1 pound of large shrimp (peeled & deveined - tails on or off)
- 2 eggs
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp pepper
- 1 cup finely shredded unsweetened coconut
- 1 cup Guiltless Superfood Seed Flour
- 1-2 cups of coconut oil for frying

### Directions

- Rinse shrimp and drain well.
- Beat the eggs with the garlic powder, salt and pepper until smooth.
- Mix the shredded coconut and almond flour.
- In a large skillet, heat the coconut oil until hot enough to fry.
- Dip each shrimp into the egg and then into the flour mixture until well coated and quickly place into pan skillet.
- Cook approximately 3 minutes per side and don't touch at all between flipping them.
- When done, remove and sprinkle with sea salt.

## Crock Pot Whole Chicken



### Ingredients:

- 2 to 4 carrots, cut in chunks
- 2 celery stalks
- 1 medium onion
- 1 large whole chicken
- 1 lemon, quartered
- 3 - 4 cloves garlic
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp oregano
- salt and pepper to taste

### Directions

Cut carrots, celery and onion into large chunks and line bottom of slow cooker. Rinse chicken, pat dry, and stuff with garlic cloves and lemon pieces. Season all over with salt, pepper, and herbs. Place chicken on top of vegetables in slow cooker. Cover and cook on high 4 to 5 hours, or until chicken is 160 degrees.

## Roasted Rolled Turkey Thigh



### Ingredients:

- 1 turkey thigh, about 1 ½ pounds without the bone
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh sage, chopped
- ½ teaspoon fresh rosemary, chopped
- 1 tablespoon fresh Italian parsley, chopped
- ½ small shallot, minced (about a tablespoon)
- salt and pepper

Chop everything, then mix all ingredients together, sprinkle with a little salt and pepper, and run the knife through it a few more times to mix everything well. Set aside.

Remove the skin from the thigh and reserve. Turn the thigh over so the outside of the thigh is against the cutting board. Lay the thigh out flat and cover with the shallot and herb mixture.

Preheat the oven to 200°.

Carefully roll the thigh up from a long side.

Drape the skin over the meat, and then tie the roll with butcher's twine. It doesn't have to be perfect, but this will cause the meat to cook uniformly.

Place a heavy skillet over medium-high heat. Put the turkey in the pan and cook, turning with tongs, until meat is browned on all sides.

Place the turkey on a roasting pan or rimmed baking sheet. Insert a meat thermometer into the very center of the roll. (Or use an instant read thermometer to check the internal temperature when you remove it from the oven.) Place the pan into the oven and cook for about two hours, until the temperature of the roll is 165°. Allow the turkey to rest for 10 minutes before removing the twine, slicing and serving.

## Shepherd's Pie

### Ingredients:

2 large Onions diced  
2 Green Bell Peppers diced  
2 cans organic diced tomatoes  
2 tbsp minced garlic  
2lbs ground beef  
1tsp sea salt  
1 ½ tsp black pepper  
3 large heads cauliflower, steamed  
½ cup heavy cream  
1 Tbsp butter

### Directions

Put your meat, onion, bell pepper, garlic, salt, and pepper in a skillet and cook until your meat is cooked through. In a mixing bowl put steamed cauliflower, heavy cream, and butter and using a hand mixture mix all together. (Like you are making mashed potatoes, you can add salt and pepper to this if you would like). Place meat mixture into baking dish and top with the mashed cauliflower. Place in oven at 350 degrees for 10 min then pull out and serve.

# Lemon Pepper Chicken & Asparagus

## Ingredients

- 1 lb Boneless Skinless Chicken Breasts
- 1 TBSP Avocado Oil
- 1 TSP Lemon Pepper Seasoning
- 2 Cups Chopped Asparagus
- 2 lemons, sliced

## Directions

1. Pound out the chicken breasts until they are  $\frac{3}{4}$  inch thick or cut them in half horizontally if they are really thick. Season breasts with salt and pepper if desired.
2. Heat the avocado oil in a large skillet over medium heat and add in the chicken and cook on each side for 5 minutes. Sprinkle each side with lemon pepper as you are cooking. When the chicken is golden brown and cooked all the way through, transfer it to a plate.
3. In the same pan, cook the asparagus over medium heat until bright green and starting to become tender, about 5 minutes. Remove from pan and set aside.
4. Add a little avocado onto the pan and place the sliced lemons in the pan and cook for a few minutes on each side until they begin to caramelize. Remove and set aside.
5. Layer the ingredients back in the skillet-asparagus, then chicken, then lemons. Heat for 45 minutes over medium low heat and then serve.

# Zucchini Spaghetti

## Ingredients

- 4 medium zucchinis, ends trimmed off
- 4 Pounds ripe tomatoes
- 4 cloves of garlic, minced
- 1 bunch of fresh herbs (Basil or combo of basil & parsley, oregano, and/or thyme)
- 1 Tablespoon Sugar or Stevia
- ½ teaspoon salt
- Black pepper to taste
- ½ teaspoon liquid or coconut aminos
- Crushed red pepper to taste (optional)

Source from: <https://www.skinnytaste.com/spiralized-raw-zucchini-salad-with/#CIXFG9DQwEdoEoGz.99>

## Directions

3. Cut tomatoes into chunks. Using your hands, squeeze them into bits over a large, deep bowl or pot, including juices. (Alternatively, you may pulse them a few times in a food processor.) Set aside.
4. In a large pot set over low heat, sauté minced garlic in olive oil until softened and fragrant. Add tomatoes and juices to pot, place fresh herb bunch on top, raise heat to medium, and bring to a simmer. Reduce heat to low, cover pot, and simmer for 30 minutes, stirring occasionally.
5. While the sauce is simmering, use a spiralizer or a mandolin fitted with a julienne blade and cut the zucchini into thin spaghetti-like strands. Trim the strands into bite size lengths, about 8 inches long and place it in a large work bowl.
6. When sauce has thickened and reduced, remove herb stems. Stir in sugar, salt, pepper, and balsamic vinegar. Taste and adjust seasonings. If desired, add crushed red pepper flakes and additional fresh chopped herbs. Use an immersion blender or food mill to slightly puree sauce. (Or you may allow sauce to cool and pulse it in batches in a food processor. Do not over-process...a bit of texture should remain.) Serve warm or allow to slightly cool and store in a container or jar in the refrigerator for up to a week.
7. Place the zucchini noodles into the pan with the sauce and toss to coat. Heat for 2-3 minutes then serve.

# Spaghetti Squash Boats

## Ingredients

- 1 Large spaghetti squash
- 1 tbsp avocado oil
- 1/2 cup onion, chopped
- 2 larger garlic cloves, minced
- 1/2 cup red pepper, chopped
- 1 jalapeno pepper, chopped (remove seeds for less spice)
- 1/2 pound lean ground turkey or beef
- 2 tbsp taco seasonings (I usually add extra cumin and chili pepper)
- cilantro (optional)

## Directions

5. Preheat oven to 350 degrees.
6. Place full spaghetti squash in the oven on a baking sheet and cook for 45-50 minutes. Let cool completely. Cut in half and use a spoon to scoop out the seeds. Loosen up the rest of the 'spaghetti' with a fork.
7. While the spaghetti squash is cooking, heat avocado oil in a medium pan over medium heat. Throw in the onion and garlic, cooking until slightly browned.
8. Add in the red pepper and jalapeño pepper, cooking for another 3-5 minutes. Stir in the beans.
9. In a separate pan, cook the ground turkey or beef until completely cooked through and no longer pink. Stir in the taco seasonings and spices, and then add to the cooked vegetable and pepper mix.
10. Scoop the veggie/turkey mixture into each squash boat. Place in the oven on low broil for 2-4 minutes until slightly browned. Top with cilantro, sour cream, salsa, or your favorite toppings!

## Grilled Salmon with Avocado Bruschetta

### Ingredients

- 4 wild salmon filets (6 oz each)
- 1/4 tsp salt
- black pepper
- cooking spray

For the avocado bruschetta: (makes 2 1/4 cups)

- 1/4 cup chopped red onion
- 1 tbsp extra virgin oil
- 1 tablespoon balsamic vinegar
- kosher salt and fresh cracked pepper to taste
- 2 medium vine ripe tomatoes
- 2 small cloves garlic, minced
- 2 tbsp fresh basil leaves, chopped
- 4 ounces diced avocado, from 1 small

### Directions

1. Combine onion, olive oil, balsamic, 1/4 tsp salt and pepper. Set aside a 5 minutes.
2. Chop tomatoes and place in a large bowl. Combine with garlic, basil, onion-balsamic combo and additional 1/8 tsp salt and pepper to taste. Set aside and let it sit at least 10 minutes.
3. Preheat a gas grill to medium-high. Oil the grates generously to prevent the fish from sticking.
4. Season salmon with salt and fresh ground black pepper to taste.
5. Place skin-side-down on the grill. Close the lid and cook without turning for 8 to 10 minutes (depending on thickness), or until the salmon is just cooked through. The skin will char but will prevent the fish from drying out.
6. Remove and cover with foil; rest for 2 to 3 minutes while adding the avocado to the bruschetta.
7. Serve topped each with generous 1/2 cup avocado bruschetta.

Source: Read more at <https://www.skinnytaste.com/grilled-salmon-with-avocado-bruschetta/#DUdbpJcuCuMFKGca.99>

## Lemon Garlic Chicken (SLOW COOKER)

### Ingredients

- 4 Lemons
- 3 heads of garlic
- 1 whole chicken, about 5 pounds
- Fresh Rosemary
- Cajun Seasoning

### Directions

1. Cut the lemons and heads of garlic in half and leave them in the bottom of your slow cooker.
  2. Adding 2-3 sprigs of fresh rosemary.
  3. Remove the insides of the chicken and rinse and pat dry.
  4. Season the chicken inside and out with Cajun seasoning.
  5. Place the chicken on top of the lemons and garlic in your slow cooker.
  6. Cook on high for 4 hours or until chicken reaches 165 degrees F.
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## Garlic Prime Rib

### Ingredients

- 2 Tbsp Minced Garlic
- 2 Tbsp Avocado Oil
- 2-3 Sprigs of fresh thyme
- 5 pound Boneless Prime Rib Roast
- Salt and pepper to taste

### Directions

4. Mix together all of the ingredients but the roast.
5. Marinate the roast in the mixture overnight. I put my roast in a large roasting pan and pour the mixture over it, covered it, and refrigerated.
6. Two hours before you get ready to cook the roast, remove it from the refrigerator and let it come to room temperature.
7. Preheat your oven to 450 degrees and roast uncovered for 15 minutes. Reduce heat to 300 degrees and roast for 2 hours or until a thermometer reads 130-135 degrees and it will be medium rare. For rare cook to internal temperature of 120-125 degrees. For well done, cooked to an internal temperature of 145 degrees.

## Italian Eggplant Bake

2 medium eggplants  
1 medium yellow onion  
1 whole bulb fresh garlic  
6 roma tomatoes  
1/4 cup Avocado oil  
2 Tbsp Lemon juice  
1/2 tsp dried basil  
1/2 tsp dried oregano  
to taste salt n' pepper

### Directions

2. Preheat your oven to 400 degrees. Wash and cube the eggplant. Slice the onions (however you like onions sliced, they will cook down and soften significantly so the shape doesn't matter all that much). Peel all of the cloves of garlic from one whole bulb. If that is too time consuming or difficult for you, you can buy already peeled garlic but it will be more expensive. If using pre-peeled garlic, use about 10 cloves. Place the eggplant, onions and garlic in a large glass casserole dish.
3. To the glass dish of veggies add the avocado oil, red wine vinegar, basil, oregano, salt and pepper. Use your hands to stir everything together, making sure everything is coated in the oil, vinegar and herbs. Eggplant tends to soak up oil like a sponge so I would add the oil by drizzling over the entire dish. I actually did this with half of the oil first, stirred, then added the rest and stirred again.
4. Place the dish full of veggies in the oven. Stir the veggies after about 15 minutes. While the veggies are roasting, wash and quarter the roma tomatoes.
5. After 30 minutes (15 min. after you stirred) add the tomatoes to the roasting veggies. Stir again 15 minutes after adding the tomatoes. 15 minutes after the second stir, the veggies should be fully roasted and ready to remove from the oven. (if that time line was confusing, here it is again: 0 min – put in oven; 15 min – stir; 30 min – add tomatoes, stir; 45 min – stir; 1 hr – done!)
6. I happened to have some left over shredded parmesan from when I made the [Lemon Parsley Pasta](#) so I topped it off with about 1 Tbsp of that (about \$0.10). I bet this would also make a fantastic pasta bake... add some cooked pasta after about 45 minutes of roasting, then top with mozzarella and parmesan cheese and finish baking for 15 minutes. It goes from being an amazing side dish to a complete (and vegetarian) main dish!

## Barbacoa Crock Pot

- 3 lbs chuck roast (fat trimmed), cut into 2-inch chunks
- 4 cloves garlic, minced
- 2 chipotles in adobo sauce, chopped (or more to taste)
- 1 (4-ounce) can chopped green chiles
- 1 small white onion, finely chopped (about 1 cup)
- 1/4 cup fresh lime juice
- 2 tablespoons apple cider vinegar
- 3 bay leaves
- 1 Tablespoon ground cumin
- 1 Tablespoon dried Mexican oregano (or regular oregano)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/4 tsp ground cloves
- 1/2 cup beef stock or water
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## Directions

1. Combine all ingredients in the bowl of a slow cooker. Toss gently to combine. Cover and cook on low for 6-8 hours, or on high for 3-4 hours, or until the beef is tender and falls apart easily when shredded with a fork.
2. Using two forks, shred the beef into bite-sized pieces inside of the slow cooker. Toss the beef with the juices, then cover and let the barbacoa beef soak up the juices for an extra 10 minutes. Remove the bay leaves. Use a pair of tongs or a slotted spoon to serve the barbacoa beef.
3. If not using immediately, refrigerate the barbacoa beef with its juices in a sealed container for up to 5 days. Or freeze it for up to 3 months.

## Fajita Salad

- 1 tablespoon avocado oil
- 1 boneless skinless chicken breast
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 small onion, sliced
- ½ teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 head romaine lettuce, chopped
- 1 avocado, sliced

## Directions

1. Pour 1 tablespoon of avocado oil into a large skillet. Heat over medium-high heat.
2. Add in the chicken breast on one side and the bell peppers and onion on the other side.
3. Sprinkle the whole skillet with salt, chili powder, cumin, and garlic powder.
4. Toss the peppers and onions occasionally and let saute 3 to 5 minutes. Flip chicken and continue cooking another 3 to 5 minutes (tossing peppers occasionally) until the chicken is cooked through.
5. Remove the pan from the heat and slice the chicken.
6. Compile two individual salads, or one big salad by adding chopped romaine lettuce to a bowl or plates. Add chicken, peppers and onions, and avocado slices. Use dressing of your choice or homemade salsa, sour cream and avocado to top it.

## Taco Cabbage Skillet

- 1 pound of ground beef  
1/2 cup of salsa (see recipe)
- 2 cups of cabbage, shredded  
2 tsp of chili powder  
Salt and pepper to taste  
Optional garnishes: sour cream and green onions

## Directions

1. Brown ground beef in skillet and drain fat
2. Add salsa, seasoning, and cabbage to pan and bring to low boil
3. Cover and reduce heat to medium and cook for 10-12 minutes or until cabbage is soft
4. Turn off heat and mix in cheese until melted
5. Garnish, if desired with sour cream, green onions, avocado or favorite toppings

## Tomato & Artichoke Chicken

- 1 lb Chicken
- 8 oz. jar Artichoke Hearts
- 1 cup Cherry Tomatoes
- 2 TBSP Butter

## Directions

2. Preheat your oven to 375 degrees
3. Add all of the ingredients to a baking dish and bake for 30 minutes or until the chicken is cooked through.
4. Remove from oven and let sit for 10 minutes and then serve.

## Zucchini Boats

- 4 medium zucchini
- ½ cup marinara sauce (See Homemade Sauce Recipe)
- ¼ red onion, sliced
- ¼ cup kalmata olives, chopped
- ½ cup cherry tomatoes, sliced
- 2 tablespoons fresh basil chiffonade

## Directions

1. Preheat oven to 400 F.
2. Cut the zucchini in half lengthwise and scoop out the inside seeds.
3. To help them lay flat on the pan, you can also cut a piece off the bottom of the "boat" to create a flat surface.
4. Mix tomato sauce and nutritional yeast (if using).
5. Spread a light layer of sauce (about 1 tablespoon) inside each zucchini
6. Top with onions, olives, and tomatoes.
7. Bake for 20-25 minutes, until zucchini is tender (but not mushy).
8. Top with basil and serve.

## Chicken Cauliflower Fried Rice

- 1 medium head cauliflower
- 2 egg whites
- 1 egg
- Cooking spray
- 1 tablespoon avocado oil
- 1 teaspoon garlic, minced
- 1 cup cooked chicken breast, diced and skin removed
- ½ cup sliced scallions (green onion)
- 1 cup chopped celery
- 1 cup frozen peas and carrots, not thawed, see shopping tips
- 3 tablespoons Braggs Liquid Aminos
- 2 teaspoons sesame oil
- Black pepper, to taste

## Directions

1. If you are using a bag of already prepared riced cauliflower, skip this first step. Otherwise, wash and dry the cauliflower. Remove core and coarsely chop into florets. Blot with paper towels to completely dry. Place half of cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous. Be sure to not over process or it will get mushy. Add to a large bowl. Repeat processing with remaining cauliflower. Or, using the largest holes on a box cheese grater, grate each cauliflower floret into small pieces, similar to the size of a grain of rice. Set aside.
2. Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside.
3. Coat a large nonstick wok or large nonstick pan with cooking spray. Add canola oil and heat over medium-high heat. Stir in cauliflower rice and garlic. Stir-fry for 3 minutes. Stir most of the time.
4. Add chicken and stir-fry for 1 minute. Add in scallions, frozen peas/carrots, (breaking them up) celery, and soy sauce. Cook for about 3 minutes until heated through, continuously tossing gently to coat and cook all ingredients.
5. Push mixture to the sides of wok or pan. Coat the open side of pan with more cooking spray. Add eggs to that side of pan. Cook and stir about 1 minute or until the eggs are completely cooked. Mix eggs into cauliflower mixture. Add sesame oil, a little black pepper and stir fry ingredients all together.
6. Serve immediately or store leftovers in refrigerator for up to 2 days. This dish freezes great, too.

Makes 4 servings (about 1½ cups each)

## Roasted Broccoli

- 1 1/2 pounds broccoli florets (2 pounds heads)
- 3 tablespoons avocado oil
- 1/4 teaspoon garlic powder
- Salt and pepper to taste

### DIRECTIONS

1. Preheat the oven to 450 degrees F. Line a large rimmed baking sheet with parchment paper.
  2. Trim the broccoli into small bite-size florets. Pile the florets onto the baking sheet. Drizzle the oil over the top, then sprinkle with 1/4 garlic powder, 3/4 teaspoon salt, 1/2 teaspoon cracked black pepper. Toss to coat well.
  3. Spread the broccoli in a single layer over the baking sheet. Roast in oven for approximately 15 minutes, until the edges are slightly charred and crispy. Serve immediately.
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## Roasted Cauliflower

- 1 head cauliflower, cut into florets
- 3 tablespoons avocado oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

### DIRECTIONS

1. Preheat oven to 425 degrees.
2. Toss cauliflower in avocado oil, salt, garlic, and red pepper to coat. Spread in an even layer on a baking sheet. Bake for 20 to 25 minutes on middle oven rack, stirring halfway through, until golden and crispy.

## Roasted Brussel Sprouts

- 1 pound Brussel Sprouts
- 3 tablespoons avocado oil
- 1 clove garlic, minced
- 1 teaspoon salt

### DIRECTIONS

1. Preheat oven to 400 degrees.
  2. Toss Brussel sprouts in avocado oil, salt, garlic, and red pepper to coat. Spread in an even layer on a baking sheet. Bake for 18-20 minutes on middle oven rack, stirring halfway through, until golden and crispy.
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## Roasted Cabbage

- 1 (approx 2lb) head of organic green cabbage, cut into 1" thick slices
- 1.5 tablespoons avocado oil
- 2 to 3 large garlic cloves, smashed
- Salt & pepper to taste
- non-stick cooking spray (coconut or avocado oil)

### DIRECTIONS

1. Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices.
2. Rub both sides of cabbage with smashed garlic.
3. Use a pastry brush evenly spread the avocado oil over both sides of the cabbage slices.
4. Finally, sprinkle each side with a bit of salt and black pepper.
5. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and Enjoy!

## Baked Italian Zucchini, Tomatoes & Onions

- 3 medium zucchini (about 2 pounds) quartered, then sliced into pieces about 3/4-inch long
- 1 pint cherry or grape tomatoes, halved
- 1 cup chopped yellow onion
- 1 teaspoon salt (more or less, to taste)
- 1 teaspoon pepper (more or less, to taste)
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning

## DIRECTIONS

1. Preheat your oven to 350 degrees F. Spray a baking dish with cooking spray.
  2. Place all ingredients in a large bowl (except Parmesan cheese) and gently stir to combine.
  3. Transfer to baking dish and bake (uncovered) for 30-35 minutes or until desired tenderness of zucchini is met.
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## Kale Chips

- 1 Bunch of Kale (washed & dried)
- 3 Tablespoons Avocado Oil
- 2 Teaspoons salt
- Juice from 1 Lemon

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Strip the Kale from the stems & break into pieces.
3. In a large bowl, combine the kale with the avocado oil, salt, and lemon juice. Stir until the kale has somewhat wilted.
4. Spread the kale evenly onto a large baking sheet and bake for 20 minutes or until crispy.