

BSB

SAMPLE MEAL PLAN & RECIPES





BSB

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BLOOD SUGAR BALANCE YES FOODS

Load your plate full of these plants and clean proteins.

NON-STARCHY VEGETABLES 8-10 SERVINGS DAILY

- Artichokes
- Artichoke hearts
- Asparagus
- Bamboo Shoots
- Beets
- Brussels sprouts
- Broccoli
- Cabbage,
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Hearts of Palm
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Radishes
- Rutabaga
- Spaghetti Squash
- Sprouts
- Sugar Snap Peas
- Swiss Chard
- Tomato
- Turnips
- Water chestnuts
- Zucchini

Leafy Greens:

- Arugula
- Chicory
- Collard
- Endive
- Escarole
- Kale
- Lettuce
- Mustard
- Radicchio
- Romaine
- Spinach
- Turnip
- Watercress

SWEETENERS

- Stevia
- Monk Fruit
- Erythritol

FRUITS 2 PER DAY

- Apples
- Berries
- Grapefruit
- Green Bananas

HEALTHY FATS 3 PER DAY

- 2 Tbsp Olive Oil
- 1/2 Avocado
- 2 Tbsp Ghee
- 1 oz raw nuts

GLUTEN-FREE GRAINS/ STARCHY CARBS

Limit 1/2 cup per day

- Quinoa, Buckwheat, Oatmeal
- Potatoes, Sweet Potato, Yams
- Beets

PLANT/ANIMAL PROTEINS 3 PER DAY (LIMITED LEGUMES)

- 1/4 block Organic Tofu or Tempeh
- 2 Tbsp Seeds: Pumpkin, Chia, Flax, Hemp
- 1 oz. Raw Nuts: Walnuts, Almonds, Pecans, Walnuts
- 1 Tbsp Nut Butter
- 1.5 cup nut milk

Clean Lean

Animal Proteins:

- Grass-fed beef
- Organic Chicken, Pork, and Turkey
- Free-Range Eggs, Wild
- Salmon/Fish

Legume options:

Limit 1/2 cup per day.

- Lentils
- Edamame
- Adzuki
- Pinto beans
- Kidney beans
- Navy beans
- Black Beans
- Garbanzo beans
- Lima beans

DRINKS

- Nut Milks
- Black coffee
- Herbal teas
- Water
- Sparkling water
- Kombucha (exchange for fruit)

BLOOD SUGAR BALANCE NO FOODS



- Alcoholic beverages including wine, beer, and liquor
- All added sugars
- Artificial sweeteners other than organic Stevia, Monk fruit, and Erythritol as tolerated
- Agave Nectar/ Corn Syrup
- Maple Syrup (during program)
- Fruit Juices and any fruit not listed on the Yes list
- Soft Drinks and Sweet Tea
- Gluten products including white flour, bread, and baked goods
- Candy, cakes, cookies, etc.
- Chips and crackers
- Breakfast cereals containing gluten or sugar
- Fast Foods
- Packaged and Processed Foods
- Corn and corn based products

- Dairy products except ghee
- Trans-fats and seed oils
- Starchy vegetables not on yes list



Dairy has been shown to cause inflammation in the body, especially the gut. Dairy is prohibited during this program.

If you decide you can't live without it, you may add it back in 4 weeks.

ESSENTIAL PANTRY ITEMS

Shopping the perimeter of the grocery store, where you'll find produce and fresh meats, is ideal for the majority of your foods. Adding spices, healthy fats, sauces and other pantry staple will help you cook up tasty dishes in a pinch. Although they're considered "pantry" items, some of these foods need to be refrigerated.

NOTE: * Dried fruit, honey, maple syrup, though listed here is not on this 30-day Blood Sugar Balance program.

Some herbs can be found in both fresh and dried forms. Including but not limited to:

Anise	Clove	Lemon verbena	Pumpkin pie spice
Annato	Coriander	Licorice	Rosemary
Basil	Cumin	Mace	Saffron
Bay leaf	Curry	Marjoram	Sage
Caraway	Dill	Mint	Sea salt
Cardamom	Fennel	Mustard	Spearmint
Cayenne Pepper	Fenugreek	Nutmeg	Star anise
Celery seed	Galangal	Onion powder	Tarragon
Chervil	Garlic	Oregano	Thyme
Chicory	Ginger	Paprika	Turmeric
Chili powder	Horseradish	Parsley	Vanilla
Chipotle	Juniper berry	Pepper, black	Wasabi
Chives	Kaffir lime leaves	Peppercorns, whole black	
Cilantro	Lavender	Peppermint	
Cinnamon	Lemongrass		

Avocado oil
Coconut oil
Extra-virgin olive oil
Flaxseed Oil
Ghee
Macadamia oil
Sesame oil
Walnut oil

CANNED & JARRED

Including but not limited to:

Anchovy paste	Fish roe	Salmon, wild	Tomato paste
Applesauce	Herring, wild	Sardines, wild	Tomato sauce
Capers	Olives	Sun-dried tomatoes	Tuna, wild
Coconut milk	Oysters	Sweet potato	
Coconut water/juice	Pickles	Tahini	
	Pumpkin		

NUTS, SEEDS, & DRIED FRUIT

Almonds	Coconut, shredded & flakes	*Dried currants	Pecans
Almond butter	*Dates, Figs	*Dried mango	Pine nuts
Almond flour	*Dried apples	*Dried pineapple	Pistachios
Banana chips (check ingredients)	*Dried apricots	*Dried raspberries	Pumpkin seeds
Brazil nuts	*Dried cranberries	Hazelnuts	Sesame seeds
Chestnuts		Macadamia nuts	Sunflower seeds
Coconut butter			Walnuts

SAUCES

Coconut aminos* (soy replacement)
Fish sauce (Red Boat brand)
Hot sauce (gluten-free)
Mustard (gluten-free)
Vinegars: apple cider,* red wine, distilled, rice, and balsamic (avoid malt vinegar)

BEVERAGES

Green tea
Herbal tea
Mineral water
White tea
Organic coffee

TREATS & SWEETS

For occasional use
Carob powder
Cocoa powder
*Dark chocolate
*Honey
*Maple syrup
*Molasses

Source: Balanced Bites

REPUTABLE BRANDS

BEVERAGES

Coffee

- Allegro Coffee
- Blue Bottle
- Chameleon Coffee
- Ethical Bean
- Equal Exchange
- Four Barrel
- Four Sigmatic
- Peace Coffee
- Ritual

Mineral Water

- Stumptown
- Crystal Geyser
- Perrier
- San Pellegrino

Tea

- 365 Organic
- Allegro
- Herbal Element

- Mighty Leaf
- Numi
- Organic India
- Pique Tea
- Pukka
- Traditional Medicinals
- Two Leaves
- Yogi

HERBS & SPICES

- 365
- Balanced Bites Spices
- Celtic Sea Salt
- Flavor God Spices
- Frontier
- Mountain Rose Herbs
- Penzy's
- Primal Palate Spices
- Redmond Real Salt
- Selina Naturally Celtic Sea Salt
- Simply Organic
- Spicely
- Trader Joe's

CANNED & JARRED

Capers & Olives

- Mediterranean Organics

Coconut milk

- 365 Organic
- Aroy-D
- Natural Value
- Native Forest
- Savoy Coconut Cream
- So Delicious
- Thai Kitchen
- Wilderness Family Naturals
- Tropical Traditions

Coconut Water

- 365 Organic
- Amy & Brian's
- Blue Monkey
- Coco Community
- Taste Nirvana
- VitaCoco
- Zico

Seafood

- Bar Harbour
- Bela Sardines
- Crown Prince
- Henry & Lisa's
- Wild Planet
- Pole and Line
- Raincoast Trading
- Bear & Wolf

Tomato Paste

- Bionaturae
- Eden Organic
- Jovial
- Muir Glen Organic
- S&W Organic

Tomato Sauce

- Cucina Antica
- Liberated Foods
- Lucini
- Mezzetta
- Monte Bene
- Muir Glen
- Raos

Vegetables

- Farmer's Market

NUTS, SEEDS, & DRIED FRUIT

- Dang
- GoRaw

SAUCES

- Annie's
- Eden Foods
- Tessemae's

Coconut Aminos

- Big Tree Farms
- Coconut Secret

Fish Sauce

- Red Boat

Hot Sauce

- Arizona Gunslinger
- Frank's Redhot
- Harvest Foods
- Oregon Brineworks
- Wildbrine Sriracha

Mustard

- 365
- Annie's
- Eden

Vinegars

- Bionaturae
- Braggs
- Nuco
- Vermont Village

FATS & OILS

- Artisan & Nutiva
- Fatworks

Avocado Oil

- Primal Kitchen

Coconut Oil

- Artisan
- Bronner's
- Kelapo
- Nutiva
- Spectrum
- Trader Joe's

- Tropical Traditions

Olive Oil

- Kasandrinos

Ghee

- 4th and Heart
- Ancient Organics
- Organic Indian
- Paleo Butter
- Pure Indian Foods
- Purity Farms
- Tin Star

Palm Oil

- Everyday Cuisine
- Nutiva
- Spectrum
- Tropical Traditions
- Wilderness Family Naturals

Palm Shortening

- Nutiva

Walnut Oil

- La Tourangelle

TREATS & SWEETS

Cocoa Powder

- Dagoba
- Essential Living Foods
- Equal Exchange
- Holy Cacao

- Lake Champlain
- Navitas
- Rapunzel
- Sunfood
- Superfoods
- TCHO

Dark Chocolate

- Akesson's
- Pure 7
- Creole
- Dandelion
- Domori

- Eating Evolved
- French Board
- Fruition
- Montezuma's
- Original Beans
- Pacari

- Pralus
- Ranger
- Ritual
- Soma

SAMPLE MEAL PLAN

Breakfast

- Tea or coffee (black or flavored with nut milk)
- Green Power Smoothie with protein powder or collagen, nut milk, berries, spinach, cocoa powder and cinnamon.
- Probiotic

Lunch

- Leafy green salad with vinegar and oil with grilled chicken, beans or hummus
- 1/2 apple with 1 T nut butter or handful of raw nuts

Dinner

- 2 cups roasted vegetables
- Spinach salad with raspberries, oil & vinegar
- 3 ounces grilled salmon
- 1/2 cup blueberries with almond milk



SAMPLE FOOD ASSEMBLY

You don't have to "cook." It's easy to assemble your meals!

1

LOAD UP WITH LEAFY GREENS

Sprinkle colorful fruits & veggies on top: tomatoes, cucumber, onion, celery, celery, squash, apple, berries etc.



ADD HEALTHY FATS

Dress with an olive oil based dressing or toss in a few nuts or 1/2 of an avocado.

2

3

PICK YOUR PROTEIN

Add beans, organic tofu, grass-fed beef, chicken, salmon, or eggs to your salad or sides.



TREAT YOURSELF

To a piece of fruit, 1/2 cup starchy carb or gluten free grains.

4

5.



Sample Meal Plans

You can always "assemble" your meals but if you want to use some of the recipes in this book, the following two pages give you an idea of meal combos to meet your daily macronutrient needs.

A few of the recipes may contain small amounts of maple sugar and other non-program ingredients. Please note and modify with stevia or wait until after the program to sample.

If you're not a cook, best not to try to take on too many recipes at one. Try a mix of "assembly" and "recipes" - but ALWAYS have your meals planned at least a day in advance to set yourself up for SATIETY SUCCESS.

- Broccoli Quiche
- Tea/ Coffee/ Probiotic
- Cauliflower Leek Soup
- Green Salad
- Roasted Veggies
- Salmon on Cedar Plank
- Mixed berries

- Cocoa Banana Smoothie
- Tea/ Coffee/ Probiotic
- Chopped Kale Salad w/Lemon Tahini dressing
- Chicken (optional)
- Chimichurri Cauli Bowls
- Mixed green salad
- Blueberries

- Breakfast Salad
- Tea/ Coffee/ Probiotic
- Apple slaw salad with 3 oz pork or chicken
- Creamy Mushroom Soup
- Green salad or Roasted Veggies

- Apple Cinnamon Bread
- Tea/ Coffee/ Probiotic
- Everyday Chopped Salad (chicken/beef optional)
- 1/4 cup raw nuts
- Cerviche Salad
- Mixed Berries

- Green Detox Smoothie
- Tea/ Coffee/ Probiotic
- Egg and Tomato Salad
- Apple and Nut butter
- Baby Kale and Quinoa Salad with chicken
- Mixed Berries

- Simple Morning Scramble
- Tea/ Coffee/ Probiotic
- Broccoli "Cheese" Soup
- Arugula Salad with almonds
- Shrimp/Asparagus with Spaghetti Squash
- Baked apples

- Mixed Berry Smoothie
- Tea/ Coffee/ Probiotic
- Chicken Avocado Soup
- Green Salad
- Apple Pork Tenderloin
- Roasted Brussels sprouts
- Cauliflower rice

- Egg & Turkey Cups
- Tea/ Coffee/ Probiotic
- Roasted Vegetables over Salad Greens and Cauliflower rice
- Shrimp Fried Quinoa
- Mixed Berries

- Mocha Chia Pudding
- Tea/ Coffee/ Probiotic
- Curried Cauliflower Soup
- Spinach Salad with avocado
- Easy Tacos Tonight
- Mixed Berries

- Buffalo Chicken Casserole
- Tea/ Coffee/ Probiotic
- Paleo Ginger Garlic Zoodles with Shrimp
- Mixed berries
- Weekend Chicken Soup
- Stir fry Apples with Cinnamon and pecans

- Pumpkin Pancakes
- Tea/ Coffee/ Probiotic
- Easy Carrot Ginger Soup
- Mixed Green Salad
- Chicken Apple Salad
- Roasted Asparagus and Zucchini Squash

- Easy Spinach Frittata
- Tea/ Coffee/ Probiotic
- Chopped Kale Power Salad
- Tomato soup with Ginger, Turmeric & Coconut



BREAKFAST

Apple Muffins

Servings: 6

Cook time: 20 min

INGREDIENTS

- 2 ¼ cups almond meal
- 4 eggs
- ¾ cup natural applesauce
- 1 green banana
- ¼ cup coconut oil
- ⅓ cup water
- ½ tsp. baking soda
- 1 tbsp. cinnamon
- ½ cup slivered almonds
- Optional: 1-2 scoops Collagen

DIRECTIONS

- 1.Preheat oven to 350 degrees.
- 2.Mash banana in bottom of large mixing bowl.
- 3.Add all ingredients, mixing thoroughly.
- 4.Grease a muffin tin with a little bit of coconut oil and fill spaces with batter, approximately ¾ full.
- 5.Bake for 15-20 minutes or until toothpick comes out clean.

Blueberry Pancakes

Servings: 6 pancakes

Cook time: 10 min

INGREDIENTS

- 1 cup almond flour
- ¼ cup shredded coconut
- 2 eggs
- ½ cup coconut milk
- ¼ cup natural unsweetened applesauce
- ½ to 1 cup fresh or frozen blueberries
- 2 tbsp. cinnamon
- Coconut oil
- Optional: 1-2 scoops Collagen

DIRECTIONS

- 1.Mix all ingredients together except oil.
- 2.Heat griddle or pan over medium heat with oil, thinly coating surface
- 3.Use a ¼ measuring cup to spoon batter onto skillet, cooking about 4-5 minutes on each side until browned and slightly crispy.
- 4.Top with extra blueberries and/or cinnamon to your liking.

Breakfast Burrito Skillet

4 SERVINGS 20 MINUTES

INGREDIENTS	DIRECTIONS
<p>¼ pound organic ground beef or turkey</p> <p>3 eggs</p> <p>1 tsp. coconut oil</p> <p>Diced onions, tomatoes, and avocado for toppings</p> <p>Seasonings: cumin, onion powder, garlic powder, paprika, salt and pepper</p>	<p>1. Brown ground meat over medium heat.</p> <p>2. Season with listed spices to taste once cooked and then set aside.</p> <p>3. Whisk eggs in mixing bowl. Heat coconut oil in skillet over medium low heat.</p> <p>4. Pour eggs into skillet, spreading out in a thin, even layer. Slow cook the eggs without flipping for 6 minutes. Slide eggs onto plate gently, top with seasoned meat and toppings.</p> <p>Tip: Make sure coconut oil is evenly spread out in skillet before adding eggs, this will help the eggs cook in an even layer and slide out of the pan easier.</p>



Pumpkin Pancakes

Servings: 6 - 8

Cook time: 20 min

INGREDIENTS

½ cup pumpkin
¼ cup almond butter
3 eggs
Coconut oil to grease pan
Berries for topping or
to mix into batter

Optional: 1-2 scoops Collagen

DIRECTIONS

1. Mix pumpkin, almond butter, and eggs in dish.
2. Heat a large skillet or electric skillet over medium heat.
3. Grease the cooking surface with coconut oil.
4. Pour batter into circles on surface. Flip after a few minutes.
5. Pancakes are done when browned on each side. Top with fresh berries.

Tip: Add more almond butter for pancake-like consistency in the batter.

Broccoli Quiche

Servings: 6

Cook time: 20 min

INGREDIENTS

4 cups broccoli florets
½ cup sliced red onion
6 eggs
1 ½ cups coconut milk
1 tbsp. melted butter or ghee
¼ tsp. nutmeg
¼ tsp. pepper
¼ tsp. salt

Tip: Use your imagination!
Mix it up with ingredients-
try spinach or peppers too!

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Butter a 10 inch round or 13 x 9 square baking pans.
3. Sauté onion 3 minutes in butter but not until browned.
4. Cook broccoli in the microwave or in boiling water 4 minutes.
5. Whisk together eggs, coconut, butter, nutmeg, salt, and pepper.
6. Stir in broccoli and onions.
7. Pour into baking dish and bake 20 minutes or until the center is done.

Buffalo Chicken Breakfast Casserole

 6 servings  40 minutes



INGREDIENTS

8 eggs
1/2 cup full fat coconut milk
1/2 cup hot sauce (Tessemae's or Frank's Original)
1/2 teaspoon garlic powder
1 teaspoon sea salt
1/4 teaspoon black pepper
2 cups chicken, cooked and shredded
2 scallions, chopped (approximately 1/3 cup)
1 cup spinach, chopped

DIRECTIONS

1. Preheat your oven to 350 degrees.
2. Lightly grease an 8x8" baking dish with coconut oil or ghee.
3. Whisk the eggs in a large bowl. Whisk in the coconut milk, hot sauce, garlic powder, salt and pepper.
4. Add the chicken, scallions and spinach, and stir well.
5. Pour the egg mixture into the greased baking dish. Bake for 30-40 minutes, or until the center of the casserole is set.
6. Cut into square slices and enjoy!

NOTES

If you're looking for more ways to make delicious "buffalo" meals that everyone will love, check out the Buffalo Chicken Meatballs recipe under Appetizers section.

Creamy Coconut Squash Cereal

Servings: 8

Cook time: 10 min

INGREDIENTS	DIRECTIONS
2 cups butternut squash cubes (Costco) ¼ teaspoon cinnamon ¼ cup pecans 1 cup coconut milk Optional: 1-2 scoops Collagen	<ol style="list-style-type: none">1.Steam squash in microwave 6-8 minutes2. Place steamed squash in food processor and blend with cinnamon and nuts.3.Add coconut milk to desired consistency. <p>NOTE: This recipe contains butternut squash which is a starchy carbohydrate to be used in moderation during your BSB program.</p> <p>Limit to 1/2 cup serving and measure blood sugar to make sure you don't go over 110.</p>

Mocha Protein Chia Pudding

Servings: 4

Cook time: 4 hours

INGREDIENTS	DIRECTIONS
3/4 cup brewed coffee 1/4 cup coconut milk 2 tablespoons collagen 1 1/2 tablespoons unsweetened cocoa powder 1/2 teaspoon vanilla extract 1 teaspoon ground cinnamon 6 drops Sweet Leaf Stevia A pinch of sea salt 1/4 cup chia seeds	<ol style="list-style-type: none">1.Place all of the ingredients, except for the chia seeds, in your blender.2.Blend until smooth. Pour the mixture into a mason jar or small bowl.3.Add the chia seeds, seal the container and shake well to combine.4.Refrigerate for at least 4 hours, or overnight.5.Top with a little coconut flakes or raspberries. Enjoy!

Easy Spinach Frittata

2 SERVINGS

25 MINUTES

INGREDIENTS

· 1/2 TB olive oil
Salt and pepper
2 cups fresh baby spinach
2 large eggs
6 egg whites
1 tsp. dried thyme
1 tsp. chopped fresh parsley

Optional: Add 1 cup diced lean ham or ground turkey

DIRECTIONS

1. Heat olive oil in a 12-inch iron skillet over medium-high heat.
2. Combine ham (or turkey) and spinach, reduce heat to low and cook, covered, until spinach leaves have wilted, about 3 minutes.
3. In a medium bowl whisk together eggs, egg whites, thyme, and parsley with a pinch of salt and pepper. Pour egg mixture into skillet, use a spatula to distribute ham and spinach evenly, and cook, covered, over medium-low heat until bottom is browned and eggs are almost set, 6 to 8 minutes.
4. Place the skillet under a broiler set on low to finish cooking top of frittata, about 2 minutes.
5. Use a metal spatula to loosen sides and bottom, slide onto a warm platter, and serve immediately.



Baked Egg & Turkey Cups

Servings: 6

Cook time: 25 min

INGREDIENTS

6 servings Applegate brand smoked turkey
6 large eggs
6 large egg whites
1 cup baby spinach
1 medium (4-1/8" long) Spring onions or scallions (includes tops and bulb)
1/4 cups raw, sliced Baby portabella mushrooms

DIRECTIONS

- 1.Preheat your oven to 400°F.
- 2.Spray muffin/cupcake pan with coconut oil.
- 3.Fit a slice of turkey in to each muffin cup.
- 4..Combine eggs, egg whites, spinach, and mushrooms in bowl, dividing equally into each muffin tin.
- 5.Garnish with chopped up scallions on top!
- 6.Place pan into previously preheated oven and bake for 15 minutes or however well you like your eggs.

Tip: Use fresh basil, thyme, ham, and other ingredients as desired.

Simple Morning Scramble

Servings: 1

Cook time: 4 hours

INGREDIENTS

1/2 TB olive oil
1/2 small onion, finely diced
1/4 medium red bell pepper, seeded and diced
1/2 medium tomato, seeded and diced
Salt and pepper to taste
1 large egg
4 large egg whites
1 tsp. chopped fresh parsley


DIRECTIONS

- 1.Heat olive oil in a nonstick skillet over medium heat. Add the onion and bell pepper, and cook, stirring often, until softened, about 2 minutes.
- 2.Add the tomato to the skillet, season with salt and pepper, and stir to combine. Continue cooking 1 minute more.
3. In a small bowl beat together the egg and egg whites. Pour the egg mixture into the skillet and cook, stirring, until eggs are scrambled, 1 to 2 minutes.
- 4.Remove from heat, top with the parsley and serve immediately.

Tip: Serve over salad greens and raw veggies!

Apple Cinnamon Bread

 1 loaf

 1 hour 5 minutes



INGREDIENTS

2 1/2 cups almond flour
1 tablespoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon sea salt
2 eggs
1/4 cup full fat coconut milk
1 dropper Sweet Leaf Stevia
1 teaspoon vanilla extract
1/2 teaspoon apple cider vinegar
1 cup apple, peeled and finely diced

Serving Size: 1 inch slice

DIRECTIONS

1. Preheat your oven to 350 degrees. Line the bottom and two longer sides of a 8x4" bread pan (this is smaller than the average bread pan) with parchment paper , which will make the loaf much easier to remove.
2. Grease the two unlined sides with coconut oil or ghee.
3. Place all of the ingredients, besides the apple, into your food processor, and blend until combined and a batter is formed, scraping down the sides as needed. Add the apple and stir with a spatula to combine
4. Scoop the batter into the lined bread pan and bake for 45-60 minutes, or until a toothpick inserted into the center of the bread comes out clean.
5. Gently pull the bread out of the pan using the ends of the parchment paper, and place onto a cooling rack. Slice the bread and ENJOY!

Blueberry Muffins

Servings: 6

Cook time: 30 min

INGREDIENTS

- 1 1/2 cup coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 4 eggs
- 1/4 cup coconut oil
- 1/2 cup coconut cream
- 2 Tb monk fruit powder
- 2 teaspoons vanilla extract
- 1 teaspoon apple cider vinegar
- 1 cup blueberries

DIRECTIONS

- 1.Preheat your oven to 350 degrees.
- 2.Place all of the ingredients, except for the blueberries, into a food processor and pulse until well combined.
- 3.Add the blueberries to the food processor and stir to combine.
- 4.Scoop the batter into the parchment lined muffin tins.
- 5.Bake 25-30 minutes, or until the tops of the muffins are lightly browned and they bounce back when lightly touched. Place on a cooling rack. Enjoy warm!

Breakfast Salad

Servings: 1

Cook time: 5 minutes

INGREDIENTS

- 2 to 3 teaspoons cooking fat,
plus more for the egg
- 2 or 3 eggs
- 1 cup chopped romaine lettuce
- 2 or 3 pinches Frontier Co-op
Garlic/Herb blend
- Optional: 1 or 2 precooked pork
sausages, chopped

Tip: This recipe is infinitely flexible in possible combos of vegetable, meat, egg, and sauce. Get Creative!

DIRECTIONS

- 1.Heat the cooking fat in a small skillet over medium heat. Crack the eggs into the skillet and fry until the white is cooked but the yolk remains runny (or how you like it)
- 2.While the eggs are cooking, warm the sausage. You can do this in the same pan alongside the eggs, if desired, or in a separate skillet over medium heat.
- 3.Assemble the salad: Place the chopped lettuce on a plate and top with the egg, then garnish with the spice blend and add the sausage.
- 4.Drizzle with Balsamic vinegar.

Banana Bread Chia Pudding

2 SERVINGS 6 HOURS OR OVERNIGHT

INGREDIENTS

DIRECTIONS

1 cup almond milk
1 cup smashed banana (2 medium)
2 tablespoons monk fruit
1/2 teaspoon vanilla extract
A pinch of sea salt
1/2 cup chia seeds
1/4 cup walnuts, chopped (optional)

1. Place the almond milk, banana, maple syrup, vanilla extract and sea salt into your blender.
2. Blend until smooth. Taste and add more maple syrup if desired.
3. Pour the mixture into a bowl and add the chia seeds. Stir well to combine.
4. Cover the bowl and refrigerate for at least 6 hours or overnight to set.
5. Serve with the chopped walnuts.



Bittersweet Hot Cocoa

Servings: 4

Cook time: 5 min

INGREDIENTS

- 1 1/2 cups full-fat coconut milk
- 1 1/2 cups water
- 1/2 cup plus 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- a few pinches of ground cinnamon

DIRECTIONS

1. In a saucepan, whisk together all the ingredients and bring to a simmer over medium heat. Serve hot
2. You may also want to chill this cocoa and use it as a base for a smoothie or not-sweet chocolate freezer pops.

Pumpkin Spice Latte

Servings: 2

Cook time: 5 minutes


INGREDIENTS


- 16 ounces hot coffee
- 1/2 cup full-fat coconut milk, canned or homemade, warmed if you prefer
- 1 to 2 teaspoons pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 2 teaspoons pure vanilla extract
- A dash of ground nutmeg, for garnish (optional)

DIRECTIONS

1. Combine all the ingredients in a blender, starting with 1 teaspoon of the pumpkin pie spice, and blend on high until well incorporated.
2. Taste and add more pumpkin pie spice if desired, and pulse to combine. Serve in coffee cups.
3. Garnish with a dash of nutmeg, if desired.
4. For an iced version, used chilled coffee and pour over glasses of ice.

Chia Seed Pudding

 3 servings

 15 min
Overnight
chilling



INGREDIENTS

2 cups coconut milk or vanilla almond milk
6 tablespoons chia seeds
1 dropper liquid Stevia
¼ teaspoon cinnamon
⅛ teaspoon sea salt

Optional post 30-day BSB toppings

- Tart cherries, (I usually get them frozen)
- Blueberries
- Chopped nuts or grain-free granola
- Coconut flakes
- Maple syrup

DIRECTIONS

1. In a lidded 3- to 4-cup jar, combine the milk, chia seeds, maple syrup, cinnamon, and salt. Cover and shake to combine.
2. Chill for a few hours, then give it a good stir to loosen any clumps. Continue chilling for 12 to 18 hours for the pudding to set.
3. Serve with berries nuts, and coconut flakes, as desired.

This easy chia seed pudding recipe is a perfect healthy breakfast or snack! Store it in a lidded jar or airtight container in the fridge for up to 5 days.

Vegan, gluten-free.



SMOOTHIES

Gut Healing Cocoa Banana Smoothie

Servings: 1

Cook time: 5 min

INGREDIENTS

- 1 cup almond milk
- 1 banana frozen
- 1-2 tablespoons cocoa powder depending on how chocolate-y you want it
- 1/2 avocado peeled and pit removed
- 2 scoops collagen
- 1 teaspoon maca powder (optional)
- 1/2 teaspoon flax seeds

DIRECTIONS

- 1.Place all of the ingredients into your blender. Blend on high until smooth.
- 2.Pour the shake into your favorite glass & enjoy with an optional sprinkle of flax seeds.



Green Detox Smoothie

Servings: 1

Cook time: 5 minutes

INGREDIENTS


- 1 cup frozen blueberries
- 1 packed cup kale leaves
- 1 packed cup spinach leaves
- 1/4 avocado
- 1/4 cup fresh cilantro or parsley
- 1 teaspoon ginger powder
- 2 tablespoons fresh lemon juice
- 1/2 cup cold water
- 2 tablespoons collagen powder (optional)


DIRECTIONS

- 1.Place all ingredients in a blender. Blend for 2 minutes, or until entirely smooth.
- 2.Add 1/4 cup ice cubes, if prefer colder.
- 3.Enjoy!



Coconut Milk Smoothies

 3 servings

 15 min
Overnight
chilling



INGREDIENTS

COCONUT BANANA SMOOTHIE

- 1 cup full-fat coconut milk
- 1/2 cup water
- 1 green-tipped banana, frozen
- Seeds scraped from 1/4 vanilla bean pod or 1 tsp Vanilla Extract
- 6 drops liquid Vanilla Stevia
- Zest of 1 orange
- Small handful of ice (optional)

PUMPKIN COCONUT SMOOTHIE

- 1/2 cup coconut milk
- 1/4 cup pumpkin puree
- 1 tbsp. cinnamon or pumpkin pie spice
- Ice to fill glass

DIRECTIONS

1. Blend all ingredients in blender.
2. Add ice for increased thickness.
3. Add 2 scoops collagen powder for more protein.
4. Top with a sprinkle of cinnamon.

COCOA MONKEY SMOOTHIE

- 1 cup Coconut Juice (fresh or canned)
- 1 frozen green tipped banana
- Tbsp almond butter
- Tbsp coconut cream concentrate
- 1 Tbsp ground flax meal
- 4-5 ice cubes
- 1/2 tsp vanilla extract
- pinch of sea salt

Mixed Berry Smoothie

Servings: 1

Cook time: 5 min

INGREDIENTS

- 1 cup unsweetened almond milk
- 2 scoops Collagen, and/or
- 1 scoop vegan protein powder (such as Vega All-In-One)
- 1 packed cup spinach or kale
- 1/2—1 cup frozen mixed berries
- 1/4-1/2 of an avocado
- 1/2 cup ice cubes if desired

DIRECTIONS

1. Pour liquid into your blender.
2. Place all ingredients in high powered blender.
3. Blend until smooth.
4. Add ice if desired for colder smoothie.



Key Lime Smoothie

Servings: 2

Cook time: 5 minutes

INGREDIENTS

- 1 cup coconut milk
- 1 cup ice
- 1/2 avocado
- zest and juice of 2 limes
- Sweet Leaf stevia to taste

DIRECTIONS

1. Add coconut milk, ice, avocado, lime zest, lime juice, and honey to Vitamix or blender.
2. Blend until smooth.



Espresso Protein Smoothie

2 SERVINGS 6 HOURS OR OVERNIGHT

INGREDIENTS

DIRECTIONS

1/2 cup cashew or
almond milk
1/2 banana frozen
2/3 cup ice cubes
1/2 teaspoon vanilla
extract
dash of cinnamon
1/4 cup egg white
2 scoops collagen
2 ounces espresso or
strong coffee
Stevia to taste

1. Add all ingredients to Vitamix or high-speed
blender in the order listed.

2. Blend on high until smooth. Pour into a tall glass
and serve.



Banana Bread Smoothie

Servings: 3

Cook time: 5 min

INGREDIENTS

- 1 cup cashew or almond milk
- 2 frozen bananas sliced
- 2 tablespoons almond butter
- fresh ground nutmeg to taste
- collagen peptides (optional)
- Sweet leaf stevia to taste

DIRECTIONS

- 1.Combine all ingredients in high-speed blender and blend until sooth.
- 2.Garnish with fresh nutmeg



Strawberry Coconut Smoothie

Servings: 2

Cook time: 5 minutes

INGREDIENTS

- 1 cup coconut milk
- 1/2 avocado
- 2 cups frozen strawberries
- 1 teaspoon vanilla extract
- 1 scoop collagen peptides
- Dash or two of cinnamon
- Sweet Leaf Stevia to taste

DIRECTIONS

- 1.Add all ingredients to high-speed blender in order listed.
- 2.Blend until smooth





SOUPS

Butternut Squash Soup

 8 servings  45 minutes



INGREDIENTS

2 tablespoons ghee or avocado oil
1 large yellow onion diced
8 cloves roasted or raw garlic
24 ounces butternut squash cubes
steamed or microwaved until fork
tender
2 cans canned coconut milk
4 cups chicken or vegetable broth
1/2 teaspoon thyme
1 1/2 teaspoons cinnamon
3-4 teaspoons chili powder
depending on how hot you'd like it
3/4 teaspoon nutmeg
2 cinnamon sticks
3 sprigs fresh rosemary
sea salt to taste
black pepper to taste

DIRECTIONS

1. Cook down the onions first. Heat a large pot on medium and cook the onions in your butter/oil until translucent. Add in the garlic cloves and cubed butternut squash. Cook for another 4-5 minutes until your entire kitchen begins to smell.
2. Add in the canned coconut milk, broth and spices. Cook on medium until the soup comes to a low boil.
3. Lower the heat so the soup is simmering for another 20-25 minutes.
4. Remove the soup from the heat. Discard the rosemary sprigs and cinnamon sticks.
5. Blend the soup in a high-speed blender or with an immersion blender until smooth and creamy.
6. Adjust the salt and pepper according to your taste preferences.
7. Serve warm.

Cauliflower Leek Soup

Servings: 3

Cook time: 5 min

INGREDIENTS	DIRECTIONS
3 cups leeks dark green ends removed, roughly chopped 1 cauliflower medium, 1 onion medium, chopped 4 cups chicken broth 1 tbsp ghee (optional) 1 cup coconut milk full-fat Sea salt and black pepper to taste	<ol style="list-style-type: none">1. Wash the leeks well. Sandy soup is not delicious.2. Cut off the dark green top and chop the leeks roughly. Add to a large soup pot.3. Cut the core out of the cauliflower and roughly chop. Add that to the pot. Add the onion, chicken broth, and ghee (optional) to the pot.4. Bring to a boil, then reduce to a simmer for about 20 minutes or until all the veggies are tender.5. Add the coconut milk and puree until smooth using an blender.6. Salt and pepper to taste.

Simple Parsnip Soup

Servings: 4

Cook time: 35 minutes

INGREDIENTS	DIRECTIONS
3 tablespoons oil or butter one onion, diced 6 garlic cloves, rough chopped 1 tsp dried thyme 1/4 apple, sliced 1 lbs parsnips, washed and sliced to 1/2 inch thick disks 4 cups stock- veggie or chicken salt to taste 1/4 teaspoon cardamom 1/8 teaspoon white pepper 1/2 cup coconut cream	<ol style="list-style-type: none">1. Heat oil over medium heat.2. Saute onions until fragrant and golden, 6-7 minutes. Add garlic, thyme and apples. Saute 2-3 more minutes until fragrant.3. Add parsnips and stock and salt. Stir and bring to a boil. Lower heat, cover and simmer until parsnips are cooked through, about 12-14 minutes.4. Add cream and puree with an immersion blender until smooth.5. Whisk in the cardamom and white pepper, Taste and adjust the salt and spices to your liking.

Curried Cauliflower Soup

4 SERVINGS

55 MINUTES

INGREDIENTS

2 Tbsp olive oil, or ghee
1 onion, rough chopped
1 medium-large apple
4–5 garlic cloves, rough chopped
1 1/2 tablespoons fresh ginger, chopped
1 medium head cauliflower, chopped
2 1/2 cups veggie broth
2 teaspoon yellow curry powder
1 teaspoon coriander
1/4 teaspoon turmeric
3/4 teaspoon salt
3/4 cup canned coconut milk
a squeeze of lime (tablespoon) or orange juice is nice too.

DIRECTIONS

1. Heat oil in a large heavy bottom pot or dutch oven, over medium-high heat.
2. Add onions, saute 2-3 minutes.
3. Add garlic, ginger and apple and keep sauteing, turning heat down if need be, about 4-5 minutes.
4. Add cauliflower, veggie broth, curry powder, coriander, turmeric and salt. Stir.
5. Bring to a boil, cover and simmer on low heat until cauliflower is very tender, about 15 minutes.
6. Puree until very smooth using an immersion blender or blender.
7. Add the lime juice, and stir in the coconut milk. (the more you use the thinner the soup)
8. Garnish with a little swirl of coconut milk, toasted coconut flakes, cilantro leaves (or scallions or micro greens).



Tomato Soup with Ginger, Turmeric & Coconut

Servings: 4

Cook time: 15 min

INGREDIENTS	DIRECTIONS
1 1–2 tablespoons olive oil 2 fat shallots, rough chopped 2–3 garlic cloves, chopped 1 T ginger, rough chopped 1 –2 tsp fresh turmeric, chopped (1 T tomato paste (optional) 1 14 ounce can diced tomatoes and juices 1 cup water 1 14 ounce can coconut milk Salt to taste ¼ teaspoon cayenne, more to taste	1. Saute the shallot, garlic, ginger and fresh turmeric in a medium pot, in oil, over medium heat, until deeply golden, about 5-6 minutes. 2. Add the optional tomato paste, and stir one minute. 3. Place this in the blender with the can of tomatoes (with their juices) and puree until very very smooth. 4. Place this back in the same pot, add 1 cup water, the can of coconut milk, salt, and cayenne. If using ground turmeric, stir in 1 teaspoon now. Bring to a simmer, turn heat off, taste, add more salt and cayenne to taste.

Easy Carrot Ginger Soup

Servings: 4

Cook time: 45 min

INGREDIENTS	DIRECTIONS
1 tbsp coconut oil 1 onion, diced 4 cloves garlic, minced 2 T fresh ginger, grated 1 tbsp fresh thyme, finely chopped 5 cups carrots, chopped 2 tsp turmeric, 2 tbsp lemon zest (about 1 lemon) 1 T lemon juice 4 cups vegetable broth 1 14 oz can full fat coconut milk Sea salt and pepper	1. Heat pan and saute onion in oil for 3-4 minutes. 2. Add garlic, ginger and thyme and saute for 1-2 minutes. 3. Add the carrots, turmeric and broth and cook over high heat until soft. (12-15 min) 4. Blend to a smooth consistency with an immersion blender . 5. Stir in coconut milk, lemon juice and lemon zest. 6. Taste and season with salt and pepper as desired.

Coconut Thai Chicken Zoodle Soup

 4 servings  35 min



INGREDIENTS

- 1 T coconut oil
- 2-3 T red curry paste, depending on how hot you like it
- 1 teaspoon each: ground coriander and ground turmeric
- 3 chicken breasts, cut into bite-sized pieces
- 2 cups chicken stock
- 3 tablespoons fish sauce
- 1 dropper Stevia (optional)
- ½ red onion, chopped
- 15 ounce can of coconut milk
- 3 large zucchinis, spiralized or cut into zoodles (or pick some pre-made up at Whole Foods)

Optional toppings: bean sprouts, cilantro, a squeeze of lime juice

DIRECTIONS

1. Add the coconut oil and red Thai curry paste to a medium-sized pot over medium-high heat.
2. Let the curry paste cook for 2 minutes then add the coriander and turmeric and cook for 1 minute more.
3. Add the chicken, chicken stock, fish sauce, stevia, and red onion and bring the pot to a boil.
4. Reduce the heat and simmer for 15 minutes. Add the coconut milk and heat through.
5. Add the zucchini to the pot and let it cook for 2 minutes, or until it is soft enough to twirl around a fork.
6. Serve immediately and (if using) top with the optional toppings.

Chicken Avocado Soup

Servings: 4

Cook time: 35 min

INGREDIENTS	DIRECTIONS
1 1/2 lbs. cooked chicken, diced	1.Heat the coconut oil over medium heat in a large saucepan.
1 cup green onions, sliced	2.Cook garlic until fragrant, about 2 to 3 minutes
3 medium avocados, diced	3.Add the tomatoes and cumin; season to taste and cook for another 2 minutes.
6 cups chicken stock	4.Pour in the chicken stock and green onions, then add the diced chicken.
2 Roma tomatoes, diced	5.Let simmer for 10 to 15 minutes.
2 garlic cloves, minced	6.Adjust salt, pepper, and seasoning as needed, and stir in the cilantro and lime juice.
1/2 tsp. ground cumin	7.Add the diced avocado just before serving.
1/3 cup fresh cilantro, chopped	
3 T fresh lime juice	
2 T coconut oil	
Sea salt and freshly ground black pepper	

Broccoli "Cheese" Soup

Servings: 4

Cook time: 45 min

INGREDIENTS	DIRECTIONS
4 1/2 cups chicken or vegetable broth	1. Whisk the broth and arrowroot starch together and set aside.
2 T arrowroot starch	2. Heat the avocado oil over medium heat. Saute the onion and garlic for 2-3 minutes.
2 T avocado oil	3.Add squash and saute for 3-4 minutes to soften.
1/2 yellow onion, diced	4.Pour in the broth and stir to combine. Bring to a boil and reduce to a medium-low simmer.
3 cloves garlic, minced	5.Simmer 12-15 minutes or until soft.
1 1/2 cup butternut squash, cubed	6.Blend with an immersion blender until smooth.
4 cups broccoli florets	7.Add the broccoli, carrot, salt, and pepper
1 cup shredded carrots	8. Simmer for 10 minutes or until the broccoli is soft.
Salt and pepper to taste	9.Stir in the coconut cream, nutritional yeast, and turmeric, and allow to cook on low for another minute. Season further to taste.
1 cup coconut cream	
3-4 T nutritional yeast	
1/4 tsp turmeric	

Brazilian Fish Stew

4 SERVINGS

45 MINUTES

INGREDIENTS

1 1/2 to 2 lbs cod, cut into
2-inch pieces
2 T lime juice
1 inch ginger, minced (2 T)
2 T extra virgin olive oil
3 cloves (1 1/2 T) garlic, minced
2 teaspoons crushed red pepper
1 medium yellow onion, chopped
1/2 yellow bell pepper and
1/2 red bell pepper, sliced very
thinly
2 cups chopped tomatoes
2 yellow plantains, peeled and
sliced diagonally
1 teaspoon paprika
1 14 ounce can coconut milk
1/2 cup bone broth or stock
1/2 cup chopped fresh cilantro,
plus more for garnish

DIRECTIONS

1. Add cod pieces, lime juice, and ginger to a shallow bowl, gently mixing to coat the cod and distribute the ginger. Set aside and let marinate.
2. Heat olive oil in a pot over medium heat. Add garlic, crushed red pepper, onion, and bell pepper strips, sauteing for 5-8 minutes or until veggies have softened and garlic is fragrant.
3. Add the chopped tomatoes and plantains and stir, cooking an additional 2 minutes.
4. Transfer cod from the marinade to the pot, nestling the cod pieces in the veggies. Sprinkle with salt and pepper.
5. Discard the marinade. Stir the paprika, broth, and coconut milk into the pot.
6. Reduce heat to a simmer, cover, and cook for 10 minutes, until the fish flakes easily with a fork.
7. Stir in cilantro and serve immediately.



Weekend Chicken Soup

Servings: 4

Cook time: 35 min

INGREDIENTS

- 1 lb. boneless chicken, skinless chicken thighs
- 2 T ghee or coconut oil
- 1 small onion, diced
- 2 large celery stalks, diced
- 2 large carrots chopped
- 4 cups organic chicken stock
- 2 T chopped fresh dill
- Salt and Pepper to taste

Optional: Celery salt and bay leaf

DIRECTIONS

- 1.Preheat oven to 350 degrees.
- 2.Season chicken thighs with salt, pepper, and bake for 30-35 minutes.
- 3.In large pot over medium heat melt oil, adding onion, celery, and carrots.
- 4.Saute for 5-8 minutes until for tender and onions translucent.
- 5.Add stock and chunks of cooked chicken to pot and simmer for 10 minutes to marry flavors.
- 6.Serve topped with dill or garnish of your choice.

Creamy Mushroom Soup

Servings: 4

Cook time: 35 min

INGREDIENTS

- 1 onion
- 1 lb white mushrooms
- 2 T olive oil
- 3 cups organic chicken broth
- 1.5 cup coconut milk
- 2 garlic cloves crushed
- 2/3 cup tapioca starch
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp nutmeg

DIRECTIONS

- 1.Slice mushrooms and finely dice the onion.
- 2.Heat oil and add onions, crushed garlic, and mushrooms cooking on a medium heat for 5 minutes or until onions are soft.
- 3.Remove from the heat and add the tapioca starch and mix well.
- 4.Add in the chicken broth, coconut milk, nutmeg, salt and pepper, and stir over a medium heat until thickened.
- 5.Using an immersion blender, puree the soup and simmer for a further 10 minutes.
- 6.Salt and pepper to taste.

Egg Roll Soup



5 servings



40 min



INGREDIENTS

- 1 lb ground pork
- 2 T coconut or sesame oil
- 1 white onion, diced
- 1 cup carrots, shredded
- 1 small green cabbage, sliced into strips
- 6 cups chicken broth
- 1 T coconut aminos
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1/2 –1 tsp sea salt
- 2 T green onion, chopped

Optional: Siracha to top

DIRECTIONS

1. Using a large pot, brown the ground pork on medium heat and lightly salt. Set aside when cooked and discard the fat.
2. Melt the coconut oil in the pot on medium heat and add the diced onion. Saute for 5 minutes or until lightly translucent.
3. Add the carrot and gently saute for a few minutes until the carrots soften slightly.
4. Pour in the broth, cabbage, cooked pork, coconut aminos, garlic powder, and grated ginger and mix well to combine.
5. Bring the soup to a low simmer and cook for 15-20 minutes or until the cabbage is wilted.
6. Season further to taste and top the soup with sliced green onion to serve.

SALADS



Chopped Kale Power Salad

Servings: 4 - 6

Cook time: 45 min

INGREDIENTS

2 medium sweet potatoes,
peeled and diced
2 tsp + 1 T olive oil, divided
3/4 tsp salt, divided
1/4 tsp black pepper
1 bunch of curly kale, washed,
stem removed and chopped
Juice of 1/2 a large lemon
1 (15 oz) can garbanzo beans
1 large avocado, diced
1/3 cup chopped almonds
1/4 cup chopped red onion

DIRECTIONS

1. Pre-heat oven to 375 degrees. On a large sheet pan, toss together the diced sweet potato with 2 tsp olive oil, 1/2 teaspoon salt and 1/4 teaspoon of pepper. Bake sweet potato 35-40 minutes, until tender.
2. Prep kale and add the chopped kale to a large bowl with 1 tablespoon olive oil, juice of 1/2 a large lemon and a heaping 1/4 teaspoon salt.
3. Massage the kale and make sure everything is mixed together, about 1 minute.
4. Make Tahini dressing (see recipe below)
5. Assemble the salad by mixing all ingredients in a bowl, adding desired amount of dressing to each individual serving..

Spicy Cucumber Salad with Tofu Salad

Servings: 4

Cook time: 25 min

INGREDIENTS

14 oz. extra firm tofu, drained
1 T sesame oil
2 large cucumbers, sliced thin
3 large carrots, shaved into
ribbons
3 green onions, chopped
1/2 c cilantro leaves and stems,
loosely packed
1/2 bell pepper, sliced into thin
strips
1/4 - 1/2 or more red or green
chili pepper, seeded and sliced
1/3 c plain roasted almond
slices

DIRECTIONS

1. Place a nonstick saute pan on medium heat and add 1 Tbs of sesame oil.
2. Cut the tofu into small cubes and add them to the pan. Brown the tofu for about 10 minutes, turning occasionally.
3. Slice the cucumber into a colander and sprinkle lightly with salt. Drain and pat dry.
4. Combine the dressing ingredients in a food processor. Process until completely smooth.
5. Combine everything in a large mixing bowl.
6. Pour the dressing over and toss to coat. Top with extra nuts, cilantro or green onion tops if you like.

Every Day Chopped Salad

4 SERVINGS

30 MINUTES

INGREDIENTS

1 head romaine lettuce,
chopped
3 cups diced red cabbage
5 pepperoncini, seeded and
finely chopped
3 radishes, finely diced
2 cucumbers, finely diced
2 carrots, finely diced
1/2 pint cherry tomatoes,
quartered
1/2 bunch chives, finely chopped
1 avocado, peeled, pitted, and
diced

DRESSING

In a small bowl or glass jar with
a lid, whisk or shake all
ingredients until emulsified.
Cover and refrigerate for 5 to 7
days.

DIRECTIONS

1. In a large bowl, combine lettuce and cabbage. Add pepperoncini, radishes, cucumbers, carrots, tomatoes and chives.
2. Toss with enough dressing to coat lightly. Add avocado and feta and drizzle with a small amount of dressing. Toss very gently with your hands to incorporate into the salad.

EVERYDAY SALAD DRESSING

- 1 small shallot
- 3/4 cup extra-virgin olive oil
- 2 T apple cider vinegar or red wine vinegar
- 2 T rice vinegar
- 2 tsp raw honey or pure maple syrup
- 1 tsp Dijon mustard
- 3/4 - 1 tsp sea salt
- ground black pepper, to taste



Simple Carrot Salad

Servings: 4

Cook time: 25 min

INGREDIENTS

- 1 pound carrots, julienned
- 3 Medjool dates, pitted and diced (after first 30 days)
- ¼ cup chopped pistachios
- ⅓ cup finely chopped cilantro
- ¼ cup mint leaves, optional

DRESSING

- 2 T olive oil
- 2 T fresh lemon juice
- 1 T tahini
- 1 T honey (or Stevia or monk fruit)
- 1 small garlic clove, grated
- ¼ teaspoon cumin
- ¼ teaspoon sea salt

DIRECTIONS

1. Place the julienned carrots in a large bowl and sprinkle the dates on top.
2. Make the dressing: In a small bowl, whisk together the olive oil, lemon juice, tahini, honey, garlic, cumin, and salt.
3. Drizzle the dressing over the carrots and toss to coat. Sprinkle on the pistachios and cilantro and toss again. Sprinkle the mint leaves and serve.



The Greatest Greek Salad

Servings: 4

Cook time: 25 min

INGREDIENTS

- 1 English cucumber, sliced ¼-inch thick pieces
- 1 green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes (optional)
- ⅓ cup thinly sliced red onion
- ⅓ cup pitted Kalamata olives
- ⅓ cup fresh mint leaves

DIRECTIONS

1. Make dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.
2. On a large platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.

DRESSING

- ¼ cup extra-virgin olive oil 3 tablespoons red wine vinegar 1 garlic clove, minced
- ½ teaspoon dried oregano, more for sprinkling ¼ teaspoon Dijon mustard
- ¼ teaspoon sea salt Freshly ground black pepper

Crunchy Broccoli Salad

 4 servings  25 min



INGREDIENTS

- 4 cups broccoli florets (about 2–3 heads)
- 1 cup carrot, grated
- ½ cup red onion, diced
- ¾ cup Avocado mayo
- 1 tbsp apple cider vinegar
- ⅔ cup sunflower seeds
- ⅔ cup dried cranberries (after BSB program)
- Salt and black pepper, to taste

DIRECTIONS

1. Wash and chop the broccoli, carrot, and red onion. Separate the broccoli florets from the stems.
2. Chop the heads into small, bite-sized pieces, then peel the stems and finely dice them.
3. Add the mayo and apple cider vinegar to the base of a large bowl, then mix well.
4. Toss in the broccoli, carrots, and red onion, then mix until all pieces are evenly coated in the dressing.
5. Fold in the sunflower seeds and dried cranberries, then add any additional salt and black pepper to taste.
6. Let sit for at least 10 minutes before serving to allow the flavors to combine.
7. Refrigerate any leftovers in an airtight container for up to 5 days.

Egg and Tomato Salad

Servings: 2

Cook time: 10 min

INGREDIENTS

- 2 large hard boiled eggs (chopped)
- 2 medium Roma tomatoes (chopped)
- 1 T balsamic vinegar (or to taste)
- Salt to taste
- Fresh basil to taste (chopped)

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Serve and enjoy.



Healthy Tuna Salad

Servings: 8

Cook time: 20 min

INGREDIENTS

- 3 (5 oz.) cans water packed tuna
- 1/4 cup Avocado Mayo
- 2 tsp. lemon juice
- 1 medium carrot (grated)
- 1/2 tsp. dried dill
- 1 tsp. dried parsley
- 1 small tomato (chopped)
- 1/4 tsp. dijon mustard
- 1/2 small white onion (chopped)
- 1 Lg hard boiled egg (chopped)
- 1/2 tsp. garlic powder
- Salt and pepper (to taste)

DIRECTIONS

1. Mix all ingredients together in a large mixing bowl and serve.



Ceviche Salad w/Mango Vinaigrette

4 SERVINGS

5 HOURS

INGREDIENTS

For the Ceviche Salad:

1 lb. high quality shrimp, peeled and deveined
1 cup fresh lime juice
1/2 cup red onion, finely chopped
1/2 cup jicama, finely chopped
1/2 cup cucumber peeled and deseeded, finely chopped
1/2 cup mango, finely diced
1 jalapeño, deseeded and diced
1 cup cherry tomatoes, sliced
1 avocado, pitted and diced
5 ounces baby lettuce mix
(8 cups)

Mango Vinaigrette

1 cup mango, chopped
1/4 cup coconut vinegar (rice vinegar would work too)
2 T avocado oil
1/2 teaspoon sea salt

DIRECTIONS

1. Place the shrimp in a medium sized bowl with lime juice. Put in fridge to let the lime juice "cook" the shrimp for 5-6 hours.
2. To make the vinaigrette, simply place all of the ingredients into your blender or food processor. Blend until smooth.
3. In another bowl, add the red onion, jicama, cucumber, mango, jalapeno, cherry tomatoes and avocado.
4. Once the shrimp has marinated in the lime juice, add it to the bowl along with the fruit/veggies. Stir to combine.
5. Divide the salad greens onto plates or bowls. Top the greens with the ceviche and mango vinaigrette.



Spinach Summer Salad

Servings: 2

Cook time: 10 min

INGREDIENTS

- 2 cups raw baby spinach leaves
- 1 cup fresh raspberries
- 1 cup fresh strawberries
- ¼ cup whole, raw almonds
- 1 cup sliced carrots
- ½ medium avocado (cubed)
- ⅓ cup dried cranberries (after BSB program)
- ¼ small red onion (sliced thin or chopped)
- 1 cup shredded chicken (optional)

DIRECTIONS

1. Mix everything together in a large mixing bowl with your favorite vinaigrette and serve.



Chicken Apple Salad

Servings: 1

Cook time: 15 min

INGREDIENTS

- 1 medium chicken breast (baked with whatever herbs you like best)
- 2 cups lettuce (I prefer spring mix)
- 1 small apple
- 2 T. sugar-free vinaigrette of your choice

DIRECTIONS

1. Dice or shred your chicken breast.
2. Dice your apple.
3. Toss all ingredients in a large salad bowl.



Healthy Taco Salad



4 servings



25 min



INGREDIENTS

- 1 1/2 lb. organic ground turkey
- 2 tsp. garlic powder
- 2 tsp. chili powder
- 2 tsp. paprika
- Salt and pepper to taste after cooking

TOPPING SUGGESTIONS:

- avocado or guacamole
- lettuce (chopped)
- black beans
- salsa
- tomatoes (chopped)
- onions (chopped)
- olives (sliced)
- fresh cilantro

SALSA

Combine onion and garlic in food processor; pulse until well chopped. Add tomatoes, jalapeno, cilantro, lime juice, lime zest, salt, cumin, and sugar. Pulse until combined but still chunky.

DIRECTIONS

1. Prepare your meat in a non stick pan using either chicken broth or 1/2 teaspoon olive oil to cook it.
2. Add all meat mixture ingredients to the pan and cook until the meat is done.
3. Prepare all other ingredients.
4. Layer all the ingredients in a large baking dish or directly on your plate and serve.

FRESH SALSA INGREDIENTS

- 1/4 white onion, rinsed, dried, and coarsely chopped
- 1 garlic clove, chopped
- 1 pound Roma or other small tomatoes, cut into large chunks
- 1 jalapeño, chopped (seeds removed, optional)
- 1/4 cup cilantro
- Juice and zest of 1 lime
- 1/2 teaspoon sea salt
- 1/4 teaspoon cumin
- Pinch of sugar or monk fruit

Apple Slaw Salad

Servings: 6

Cook time: 15 min

INGREDIENTS

- 12 oz. package coleslaw mix
- 2 cups grated tart apples
- 1 T lemon juice (or see alternatives above)
- 1 tsp. Dijon mustard
- 1/3 cup chopped red onion
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1/2 cup Avocado mayonnaise

DIRECTIONS

1. Combine cabbage mix and all the other ingredients, including grated, crisp apples.
2. Toss apples and coleslaw mix with mayo and other ingredients.
3. Serve chilled or at room temperature.



Simple Asparagus Salad

Servings: 2

Cook time: 20 min

INGREDIENTS

- 1 tbsp. oil
- 1 lb. asparagus (cleaned and sliced)
- 2 medium garlic cloves (chopped fine)
- 4 large eggs (hard boiled and coarsely chopped)
- 4 slices nitrate free bacon (optional after BSB program)
- Vinaigrette (to taste)

DIRECTIONS

1. Sauté asparagus in hot oil until al dente
2. Add garlic. Sauté for the full minute, and then remove the skillet from the heat.
3. Add chopped egg and bacon (if using)
4. Dress lightly with Everyday Salad Dressing or your favorite Vinaigrette..

Baby Kale and Quinoa Salad

2 SERVINGS

10 MINUTES

INGREDIENTS

- 2 cups baby kale (washed and prepared)
- 1 cup cooked quinoa
- 1 cup chopped apples
- ¼ cup walnut pieces (chopped if needed for size)
- 2 T simple vinaigrette

DIRECTIONS

1. Toss all ingredients together.
2. Drizzle with dressing and serve.

Simple Vinaigrette Recipe

- 1/4 cup white, red or aged sherry vinegar
- 2 to 3 teaspoons Dijon mustard
- 1 small clove garlic, minced
- Kosher salt and freshly ground black pepper
- 3/4 cup extra-virgin olive oil

Directions

1. Whisk together the vinegar, mustard, garlic, 1 1/4 teaspoons salt and a few grinds of pepper in the bowl.
2. Slowly drizzle in the oil while whisking continuously until the mixture is combined and blended well.
3. Use right away, or refrigerate in a sealed container for up to 3 days.





BOWLS & SIDES

Simple Garlic Roasted Vegetables

Servings: 8

Cook time: 20 min

INGREDIENTS

- 1 Bunch Fresh Asparagus
- About 14 Ounce Fresh Green Beans
- 1 Large Crown Fresh Broccoli
- 1 Large Red Bell Pepper
- 1/2 Large Onion (any color)
- 3 Large Cloves Garlic
- 1 1/2 T Extra Virgin Olive Oil
- 1 1/2 tsp Garlic Salt
- A few extra drops of oil to grease the baking sheet

NOTE: Experiment with different spices and vegetables for unending combinations.

DIRECTIONS

1. Heat the oven to 425. Grease a large baking sheet with a few drops of oil.
2. Wash and prepare the veggies. As you chop the veggies, place them in a large mixing bowl.
3. Add olive oil, garlic salt and toss together.
4. Spread veggies evenly on the baking sheet.
5. Roast for about 10 minutes, then take them out and stir them around.
6. Return them to the oven for another 10-12 minutes.
7. Serve the veggies while they're hot.

Balsamic Mushrooms

Servings: 4

Cook time: 25 min

INGREDIENTS

- 2 T olive oil
- 2 T balsamic vinegar
- 1 lb. mushrooms
- 1 teaspoon garlic minced (or 1/4 teaspoon garlic powder)
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Whisk together all ingredients besides mushrooms to make marinade.
2. Pour marinade into a glass container.
3. Add mushrooms to marinade and allow them to marinate for at least 20 minutes.
4. Bake at 400 degrees for 20 minutes on a parchment lined baking sheet.
5. Garnish with herbs of your choice.

Thai Coconut Chicken Curry Bowl



4 servings



30 min



INGREDIENTS

1 T coconut oil
1 1/2 T curry powder, divided
1/2 T ground turmeric
2 cloves garlic, minced
1 T grated ginger
1 pound chicken breast (cut into 1 inch pieces)
1 cup diced onion (120 grams)
1 large sweet potato, cubed (3 cups)
2 large bell peppers, julienned
3 heaping cup broccoli (2 heads)
1 can full fat coconut milk
1 T red curry paste
1 T tomato paste
1/2 teaspoon cayenne pepper
Salt and pepper, to taste

Serve with cauliflower rice, cilantro, lime wedges...

DIRECTIONS

1. Heat oil in a large pan over medium heat until hot.
2. Add 1 T curry powder, ground turmeric, garlic, and ginger. Toast the spices by stirring until fragrant and well combined, about 30 seconds. Careful not to let the garlic burn.
3. Add chicken, salt and pepper and stir to combine with the spices.
4. Cook for 5-7 minutes until browned on the outside. Remove from the pan and set aside.
5. Add onion, sweet potato and salt and pepper, cover with a lid, and cook for 5 minutes, stirring once or twice.
6. Add broccoli and peppers, cover with a lid, and cook for another 3-5 minutes, stirring occasionally. Add coconut milk, red curry paste, tomato paste, 1/2 tablespoon curry powder, cayenne, cooked chicken, and salt and pepper. Stir to combine. I like to pour in the juices from the chicken as well for flavor, but it will thin out the curry a little bit.
7. Let simmer from 5-10 minutes until vegetables are cooked to your preference. Curry will thicken as you simmer.

Roasted Honey Thyme Carrots

Servings: 4

Cook time: 25 min

INGREDIENTS

- 1 lb carrots
- 1 tablespoon thyme fresh or dried
- 1 tablespoon honey or maple syrup
- 1 T olive oil
- 1/2 tablespoon garlic powder
- 6 cups water

DIRECTIONS

1. Bring water to a boil. While water is boiling, slice carrots into 1/4 inch thick medallions.
2. Boil carrots for 8-10 minutes, until they are slightly tender. While carrots are boiling, whisk together honey, olive oil + thyme.
3. Strain carrots and put back in the pot, toss carrots with honey/spicemixture + allow them to cook for another 3-4 minutes.

Pesto Green Beans with Almonds

Servings: 4

Cook time: 20 min

INGREDIENTS

- 8 ounces green beans washed trimmed dried
- 8 ounces green beans, washed trimmed dried
- 1 clove garlic minced
- 2 T vegan basil pesto
- 1 teaspoon lemon juice optional
- 1/4 cup blanched almonds chopped
- 1 teaspoon extra virgin olive oil

DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a large bowl combine green beans with garlic, vegan basil pesto, oil, lemon juice and salt and pepper to taste. Bake green beans on aluminum foil lined baking sheet in a single layer for 12-15 minutes.
3. Heat pan over medium heat and add almonds. Cook for a few minutes until almonds are toasted and lightly browned. Serve green beans sprinkled with toasted almonds.

Chimichurri Cauliflower Bowls

3-4 SERVINGS

40 MINUTES

INGREDIENTS

Smoky Roasted Cauliflower:

One head cauliflower florets

Red bell pepper, cut in half

3 T olive oil

2 teaspoons coriander

1 teaspoon salt, cumin, smoked

paprika, and chili powder

1/2 teaspoon ground chipotle

and garlic powder

Seasoned Black beans:

1 14-ounce can black beans

1/4 cup water

1/2 teaspoon salt, cumin, chili

powder, smoked paprika

Drizzle olive oil

2 cups cooked quinoa

DIRECTIONS

1. Cook quinoa and set aside.

2. Toss Cauliflower with olive oil, salt and spices in a large bowl, and roast 12 minutes in 425 degree oven. (you may need two.

3. Cut the bell pepper in half and place on the same sheet pan open side down. Roast both another 12 minutes, until nice and golden, and fork-tender.

4. Warm the black beans in a small pot on the stove, adding water, spices, salt and oil.

Assemble Bowls:

Layer rice and beans, top with roasted cauliflower.

Drizzle with a little chimichurri sauce and garnish with the slaw, avocado, pickled onions, sprouts and cilantro.



Garlic Roasted Brussels Sprouts

Servings: 4

Cook time: 25 min

INGREDIENTS	DIRECTIONS
2 lbs. brussels sprouts halved 1 T olive oil 2 T garlic minced finely ½ teaspoon pepper ¼ teaspoon salt ½ T fresh rosemary chopped	1. Preheat oven to 400. 2. Trim brussels sprouts - cut bottom off and cut lengthwise. 3. Toss trimmed brussels sprouts with olive oil, garlic, pepper, salt and rosemary in a large mixing bowl until evenly coated. 4. Place brussels sprouts face down on lined baking sheet 5. Bake at 400 for 15 minutes, flip brussels sprouts + return to oven for additional 5-10 minutes until browned. 6. Salt and pepper to taste.

Three Ingredient Pureed Cauliflower

Servings: 6

Cook time: 18 min

INGREDIENTS	DIRECTIONS
6 cups cauliflower, leaves and core removed, cut into small florets 1/4 cup ghee, room temp Sea salt and/or freshly ground pepper, to taste Parsley for garnish if desired	1. Bring 2 inches of water to a boil in large pot. 2. Turn flame to high heat and bring to a boil. 3. Steam cauliflower in basket until fork goes in easily, usually 10-12 minutes 4. Carefully place cauliflower into food processor, add a generous pinch or two of sea salt, butter, clarified butter or ghee. 5. Blend until smooth, scraping down sides of processor if needed. 6. If using a potato masher place ingredients into a large bowl and mash until smooth.

Avocado and Kale Omlette Bowl

 4 servings  30 min



INGREDIENTS

- 2 large eggs
- 1 teaspoon low-fat milk
- Pinch of salt
- 2 teaspoons extra-virgin olive oil, divided
- 1 cup chopped kale
- 1 T lime juice
- 1 T chopped fresh cilantro
- 1 teaspoon unsalted sunflower seeds
- Pinch of crushed red pepper
- ¼ avocado, sliced

DIRECTIONS

1. Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat.
2. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over and cook until set, about 30 seconds more. Transfer to a plate.
3. Toss kale with the remaining 1 teaspoon oil, lime juice, cilantro, sunflower seeds, crushed red pepper and a pinch of salt. Top the omelet with the kale salad and avocado.

Butternut Squash & Kale with Coconut Cream

Servings 6

Cook time: 45 min

INGREDIENTS	DIRECTIONS
1 lb. butternut squash cubed olive oil garlic curly kale raw almonds canned coconut cream red pepper flakes arrowroot starch salt pepper	<ol style="list-style-type: none">1. Preheat oven to 400F. Put squash cubes in a large baking dish, toss with olive oil, minced garlic, and salt and bake 30 minutes until slightly browned and fork-tender.2. Wash and dry kale and tear into small pieces. Chop almonds and set aside.3. Add coconut cream to a small saucepan and bringing to a boil. Reduce heat to a simmer, and stir in red pepper flakes and arrowroot. Simmer for another 10-15 minutes and set aside to allow sauce to continue thickening.4. Remove squash after 30 minutes and gently stir in kale. Sprinkle with almonds and bake another 6 minutes.5. Remove from oven and cover with coconut sauce.

Spicy Asian Roasted Portobello Mushrooms

Servings: 2

Cook time: 20 min

INGREDIENTS	DIRECTIONS
6 ounces Portobello mushrooms (sliced) Olive oil Sea Salt and Black Pepper 2 T Sesame oil 1/4 teaspoon White wine vinegar 2 medium Green onions (minced) 1/2 slice Fresh ginger (minced) 1 T Fresh cilantro (minced) Pinch Red pepper flakes 1 teaspoon Toasted sesame seeds 1 medium Fresno chili (sliced)	<ol style="list-style-type: none">1. Preheat oven to 425° F.2. Place mushrooms on a cooking sheet and drizzle with olive oil and season with salt and pepper.3. Roast for 10-15 minutes until tender.4. Combine sesame oil, vinegar, green onions, cilantro, ginger, red pepper flakes, and Fresno chilis.5. Toast sesame seeds in hot dry pan over low heat, stirring seeds continuously until golden.6. Toss mushrooms with sauce and sprinkle with toasted sesame seeds and serve!

Salmon and Avocado Poke Bowl



2 servings



30 min



INGREDIENTS

- 1 pound previously frozen wild salmon, skinned and cut into 3/4-inch cubes
- 1 medium ripe avocado, diced
- ½ cup thinly sliced yellow onion
- ½ cup thinly sliced scallion greens
- ½ cup chopped fresh cilantro
- 3 tablespoons reduced-sodium tamari
- 2 teaspoons toasted (dark) sesame oil
- ½ teaspoon Sriracha
- 2 cups cauliflower rice mix

DIRECTIONS

1. Gently combine salmon, avocado, onion, scallion greens, cilantro, tamari, sesame oil and Sriracha in a medium bowl.
2. Combine cooked cauliflower rice, greens, oil and vinegar in a large bowl.
3. Whisk vinegar, oil and mustard in a small bowl.
4. Add to the rice and mix well.
5. Serve the poke on the rice.

Cauliflower Rice Mix

- 2 cups cooked short-grain brown rice, warmed
- 2 cups packed spicy greens, such as arugula, or watercress
- 2 tablespoons rice vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Chinese-style or Dijon mustard

Pesto Zoodles Recipe

Servings 4

Cook time: 12 min

INGREDIENTS

1 lbs. Zucchini noodles

Pesto

1 cup Fresh basil (tightly packed)

6 T Olive oil

1/4 cup Walnuts

1 T Ghee

1 small clove Garlic

1 teaspoon Lemon juice

Sea salt (to taste)

Burst Tomatoes

1 cup Cherry tomatoes

1 T Olive oil

Sea salt

DIRECTIONS

1. Spiralize the zucchini and set aside.
2. In a blender or food processor blend all of the pesto ingredients together until smooth. Season with salt to taste.
3. In a medium-size skillet heat 1 tablespoon of olive oil over medium-high heat.
4. Add in the tomatoes and a generous pinch of quality salt. Toss for 3 minutes or until starting to blister and pop.
5. Toss the zucchini noodles with the pesto and the tomatoes and serve.

Mexican Cauliflower Rice

Servings: 4

Cook time: 10 min

INGREDIENTS

1 T Olive oil

1/4 medium White onion

1 clove Garlic

1 T Chili powder

1 teaspoon Cumin

1 lb. Cauliflower rice (about one very large head)


1 14.5 oz. can Diced tomatoes

Sea salt (o taste)

DIRECTIONS

1. In a large skillet heat the oil over medium-high heat. Add in the onion and garlic.
2. Saute for 2 minutes until soft but not browned.
3. Sprinkle in the chili powder and cumin. Stir until fragrant, about 30 seconds.
4. Add cauliflower and stir letting it crisp up so moisture evaporates. About 5 minutes.
5. Add in the tomatoes and stir to combine.
6. Taste for salt and add as needed.
7. Sprinkle with cilantro and a squeeze of lime just before serving.

Marinated Kale and Chicken Bowls with Sun Dried Tomato Sauce

 4 servings  50 min



INGREDIENTS

BOWLS

- 2 cups uncooked quinoa
- 1 bunch kale
- 1 avocado
- 1 lb. boneless skinless chicken breasts
- Sesame seeds or crushed red pepper flakes for topping

MARINADE

- 1/3 cup olive oil
- 3 T lemon juice
- 1/2 teaspoon salt

SUNDRIED TOMATO SAUCE

- 1 16 ounce jar sun dried tomatoes, drained
- 1–2 cloves garlic
- 1 teaspoon salt
- juice of one lemon
- ½ cup olive oil
- ½ cup almonds

DIRECTIONS

1. Whisk the marinade ingredients together. Cut the kale. Marinate the chicken and the kale (separately) in the fridge. overnight.
2. Place a nonstick pan over medium high heat. Add the chicken and saute until golden brown on both sides and cooked through. Let stand a few minutes before cutting.
3. Cook the quinoa according to package directions. When the quinoa is done, stir 1/2 cup of the sauce throughout.
4. While the quinoa cooks, make the tomato sauce by pulsing everything together in a food processor (add almonds last to preserve a little bit of crunchiness).
5. Fill bowls with quinoa, kale, chicken, avocado, and sun dried tomato sauce. Top with sesame seeds, red pepper flakes, olive oil, and any other spices you might like!

Citrus Lime Salmon Bowl

Servings 2

Cook time: 45 min

INGREDIENTS	DIRECTIONS
1 2 cups mixed greens 1 cup roasted vegetables of your choice, chopped 1 cup roasted tofu 1 tablespoon pumpkin seeds 2 tablespoons Citrus-Lime Vinaigrette	<div>1. Arrange greens, veggies, tofu and pumpkin seeds two serving bowls.</div> <div>2. Drizzle vinaigrette over the salad just before serving.</div> <div>CITRUS LIME VINAIGRETTE 1/4 cup olive oil 1 orange, juiced 3 limes, juiced 2 tsp jalapeno pepper, finely diced 1/4 cup cilantro, finely chopped Salt and pepper</div> <div>Whisk all ingredients together. Makes 4 servings</div>

Roasted Butternut Squash with Rosemary

Servings: 4



Cook time: 30 min

INGREDIENTS	DIRECTIONS
1 .5 lbs. butternut squash cubed 1 T rosemary (2-3 fresh sprigs chopped) 1 tsp powdered monk fruit or 2 T maple syrup (after BSB program) 2 T olive oil Sea salt and pepper	<div>1. Preheat oven to 400° F.</div> <div>2. Toss squash cubes in oil, spices, and sweetener</div> <div>3. Roast squash for 20-25 minutes until tender. (don't overcook to mushy)</div> <div>4. Remove from oven and serve warm.</div> <div>5. Salt and pepper to taste.</div>



MAINS

Shrimp & Asparagus Spaghetti Squash

 4 servings  15 min



INGREDIENTS

- 1 medium spaghetti squash (cut in half, de-seeded and baked)
- 1 lb. shrimp (I used pre-cooked, frozen shrimp.
- 1 lb. asparagus (washed and chopped)
- 5 medium garlic cloves (minced OR 1 T garlic powder)
- 2 T olive oil
- 1 medium lemon (juice and zest)
- Salt and pepper to taste

DIRECTIONS

1. Cut squash in half (use a good knife because the raw squash can be a little tough to cut through), scoop out the seeds, and then lay the squash halves flesh side down on a baking pan or in a baking dish.
2. Add about ¼ to ½ inch water to the pan and bake at 350 F. for approximately 1 hour, or until tender. You'll be able to easily pierce through the skin when it's done.
3. Let the squash cool before touching with your bare hands. Use a fork to shred the squash width-wise
4. Sauté the thawed shrimp, asparagus and garlic in the olive oil for about 3 minutes.
5. When the asparagus is al dente and the shrimp is warmed through, toss in the lemon zest and squeeze half the lemon over the shrimp. Cook for another 1 to 2 minutes and remove from heat.
6. Serve over shrimp and asparagus over spaghetti squash.
7. Squeeze the other half of the lemon on top.

Weeknight Stir Fry

Servings 2 - 3

Cook time: 25 min

INGREDIENTS

SAUCE

- 1/2 c Tamari (or soy sauce)
- 1/2 c vegetable broth
- 1 T Arrowroot
- 1 T Honey
- 1 T Ground Ginger
- 1 tsp Sesame Oil
- 1 tsp Rice Vinegar
- 2 Large Garlic Cloves, minced

MEAL

- 1 T Olive Oil
- 1.5 lb Chicken Breast, cubed
- 2 cups stir fry vegetables

DIRECTIONS

1. Heat large skillet over medium to medium-high heat. Add oil and heat for 30 seconds. Add chicken and cook thoroughly.
2. While chicken is cooking, mix sauce ingredients in a mason jar, add a lid, and shake well to combine.
3. When the chicken is cooked through, reduce the heat to medium and add the vegetables and the sauce.
4. Stir continuously, until the sauce thickens and the veggies are heated through, about 6-8 minutes.
5. Serve the chicken, sauce, and veggies over hot cauliflower rice, and garnish with chopped green onion and sesame seeds.

Lemon and Oregano Chicken Thighs

Servings: 6 - 8

Cook time: 45 min


INGREDIENTS

- 3 organic lemons, divided
- 1 teaspoon olive oil
- 8 chicken thighs, bone-in and skin-on
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 red onion, slivered
- 2 cloves garlic, chopped
- 2 T chopped fresh oregano
- 1 T chopped fresh parsley

DIRECTIONS

1. Thinly slice 2 lemons; set aside. Juice remaining lemon; set juice aside.
2. Salt and pepper over chicken thighs.
3. Preheat oven to 425°.
4. Heat olive oil in a large iron skillet over medium-high heat. Add chicken thighs and cook on until thighs are browned, about 5 minutes each side. Remove chicken.
5. Add lemon slices and slivered onions to skillet; cook for 3-4 minutes. Add garlic, oregano, and parsley to pan; cook for 2 minutes.
6. Return chicken thighs to skillet and place in oven. Roast at 425° for 25-30 minutes.
7. Garnish with additional fresh oregano and parsley.

Lemon Butter & White Wine Seafood

 4 servings  25 min



INGREDIENTS

- 4 Tinfoil Sheets, (18-20" long each)
- 1 lb. cod, cut into 4 equal portions
- 1/2 lb. bay scallops
- 1/2 lb. shrimp
- 1 large bunch asparagus
- 20 cherry tomatoes
- 1/2 cup butter
- 1 Tbsp lemon zest (1 large lemon)
- 2 Tbsp white wine (optional)
- 1 lemon, cut into wedges (optional, for garnish)

DIRECTIONS

- 1.Preheat the grill to medium heat.
- 2.Lay out four tinfoil sheets on a flat surface. Evenly distribute the asparagus between the sheets, and follow suit with the cod, shrimp, bay scallops, and cherry tomatoes.
- 3.Melt the butter and stir in lemon zest and white wine. Spoon butter mixture evenly the seafood.
- 4.Pull edges of tinfoil together and close up, leaving a pocket of air to allow for steam to gather (see picture above).
- 5.Place of grill for 15-18 minutes, until all seafood is cooked through.
- 6.Remove from grill and open carefully, as the packets will have hot steam! Enjoy!

Pico de Gallo Stuffed Avocado

Serving: 6

Cook time: 15 min

INGREDIENTS	DIRECTIONS
2 Roma tomatoes 3 T diced onions 1 1/2 - 2 tbsp minced cilantro packed 1 T minced jalapeno optional 1 T freshly squeezed lime juice 1/2 tsp salt 3 medium/large avocados	1. Dice tomatoes and onions. Drain juice from tomatoes. 2. Mince cilantro and jalapeno. 3. In a bowl, mix diced tomatoes, diced onions, minced cilantro, and minced jalapeño. 4. Sprinkle with lime juice and salt, and combine. 5. Cut avocados in half and remove seeds. Using a spoon, gently carve the sides of the oval hole (where the seeds resided) to make the hole larger (wider, not deeper).

Apple Pork Tenderloin

Servings: 4

Cook time: 30 min

INGREDIENTS	DIRECTIONS
1 lb. pork tenderloin 1 lb. brussels spouts halved 2 large apples cut in 1 inch thick slices 1 cup onion sliced in 1/2 inch thick slices Marinade: 1/2 cup olive oil 3 T Dijon mustard 2 T balsamic vinegar 1 T maple syrup 1 T fresh rosemary chopped 1/2 teaspoon garlic powder, salt and pepper	1. Combine all ingredients in a large bowl for marinade. Set aside. 2. Chop brussels sprouts, onion + apples. 3. Add the pork, veggies + apples to the marinade. Stir to coat. Allow meal to marinade for at least 5 minutes (1-2 hours is best) 4. Preheat oven to 400 degrees F. 5. Place pork and veggies on baking sheet. Bake for 20-25 minutes, bringing internal temperature to . 145. 6. Remove from oven and allow the pork to rest for 5 minutes before slicing. 7. Slice pork + enjoy!

Shrimp Fried Quinoa

 5 servings  25 min



INGREDIENTS

- 2 tsp sesame oil
- 1 T olive oil
- 2 small red bell peppers, diced (about 1 1/2 cup)
- 1 large carrot, shredded (about 2/3 cup)
- 1 T grated ginger (or paste)
- 1/2 Tbsp minced garlic (about 2–3 cloves)
- 4 scallions, washed and chopped, plus one for garnish
- 2 eggs, beaten
- 1 1/4 lb, small shrimp, peeled and deveined
- 1/2 cup frozen peas
- 5 cups cooked quinoa (1 1/2 cup uncooked quinoa prepared ahead of time)
- 1/3 cup soy sauce or coconut aminos
- 1/2–1 tsp sriracha (optional)

DIRECTIONS

1. In a large stir fry pan, heat oil over medium heat.
2. Add in peppers, carrots, ginger, and garlic.
3. Saute 3-4 minutes until peppers are soft.
4. Add egg and frozen peas and saute until eggs are cooked, about 2 minutes.
5. Add shrimp and saute until cooked through, about 5-8 minutes depending on size.
6. Reduce heat to low and add quinoa, soy sauce, and sriracha (if using).
7. Stir to mix well.
8. Serve, garnished with green onion and an additional dash of soy sauce or coconut aminos, if desired.

Best Ever Cauliflower Chili

Servings 4 - 6

Cook time: 15 min

INGREDIENTS

- 1 cauliflower head minced
- 2 tablespoons olive oil
- 3 tablespoons ground cumin
- 3 tablespoons dried oregano or italian herbs
- 2-3 tablespoons chili powder more or less for spicy
- 1 small red and yellow bell pepper diced
- 4 medium garlic cloves minced
- 28 oz diced tomatoes
- 6 oz tomato paste
- 2 tablespoons coconut aminos
- 1/2 cup chopped cilantro for topping
- 1 teaspoon sea salt

DIRECTIONS

1. In a large soup pot saute the minced cauliflower with seasonings until slightly softened, but not mushy.
2. You can buy pre-riced cauliflower or make it by pulsing chunks of cauliflower in a food processor.
3. Add rest of ingredients (except cilantro) and cook until chili reaches desired consistency (about 8-10 minutes).
4. Serve with fresh chopped cilantro.

Variation: Sub half the cauliflower for 1/2 lb. ground hamburger and cook as directed.

Easy Tacos Tonight

Servings: 4

Cook time: 30 min

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
 - 1 pound ground beef, chicken or turkey
 - 2 tablespoons taco seasoning mix
 - 2 teaspoons apple cider vinegar
- For Serving:
- 1 head iceberg or butter lettuce, leaves separated
 - 1/2 cup sliced purple cabbage
 - 1/4 cup diced red onion
 - 1 avocado, sliced
 - 1/4 cup fresh cilantro leaves
 - 1 lime, cut into wedges
 - Salsa (2 tbsp per serving)

DIRECTIONS

1. Melt the olive oil in a large skillet over medium heat.
2. Add the ground meat and seasoning, and cook for about 5 minutes, until the meat is cooked about halfway through. using a wooden spoon to break up the meat as it cooks.
3. Add the apple cider vinegar to the skillet, reduce the heat to low, and continue to cook until the meat is fully cooked through, about 6 minutes.
4. To serve, spoon some of the meat mixture into a lettuce leaf and top with cabbage, red onion, avocado, cilantro, lime juice and salsa as desired.

Paleo Ginger Garlic Zoodles



2 servings



30 min



INGREDIENTS

4 zucchinis, spiralized with excess water drained
1/4 cup coconut oil
1/2 teaspoon sea salt
1 rounded tablespoon fresh grated ginger
5 cloves garlic, pressed
2 cups small broccoli florets
1 cup small cauliflower florets
3 tablespoons coconut aminos
1 tablespoon maple syrup or honey
1/4 cup green onions, sliced
Coarse black pepper to taste

DIRECTIONS

1. In a large skillet, combine veggie noodles, coconut oil, sea salt, ginger, and garlic.
2. Sauté covered for about 5-10 minutes or until noodles are cooked but not mushy.
3. Separate with a fork and stir or fold periodically so sea salt, ginger, and garlic are evenly blended.
4. Add broccoli, cauliflower, coconut aminos, and sweetener of choice. Sauté covered for another 2-5 minutes or until vegetables are softened but still crunchy. Sauté longer for softer broccoli and cauliflower.
5. Remove from heat. Let sit for a few minutes to let sauce thicken.
6. Top with green onion and black pepper.

Easy Fish Tacos

Servings 4 - 6

Cook time: 15 min

INGREDIENTS

4 cod fillets (or other white fish fillets)
Season Blend: 1 T chili powder, 1 T cumin
1/2 teaspoon cayenne pepper.
Bib or butter lettuce
1 cup shredded purple cabbage
1 large or 2 small avocados diced
Lime wedges for garnish
Additional minced cilantro for garnish
Salsa:

- 2 Roma tomatoes diced
- 1/2 medium purple onion diced
- 3 cloves garlic minced
- 1 tablespoon lime juice or to taste
- 1/4 cup cilantro leaves minced

DIRECTIONS

1. Preheat your oven to 400°F.
2. Season the fish all over with sea salt and seasoning blend. Place the fish on a parchment lined pan and drizzle with avocado or olive oil
3. Bake in the preheated oven for 12-15 minutes or until flaky and cooked. (May broil last minute to crisp fish if desired).
4. The fish doesn't need to remain in one piece so if it breaks a little, this is fine
5. Mix all Salsa ingredients together.
6. Fill 4 bowls with the butter lettuce, cabbage, salsa, fish (break it up into pieces) diced avocado and drizzle with the sauce, then garnish with lime wedges and cilantro, if desired. Serve right away and enjoy!

Cobb Egg Salad

Servings: 8

Cook time: 15 min

INGREDIENTS

1/3 cup avocado mayo
1 T fresh lemon juice
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon fresh or dried chopped chives
Sea salt and pepper
10 eggs hardboiled, roughly chopped
6 slices bacon cooked and crumbled (optional)
3/4 cup cherry tomatoes halved
3 scallions thinly sliced
Fresh chopped chives
1 small avocado peeled and diced
Salt and black pepper to taste
Lettuce or other greens to make wraps

DIRECTIONS

1. Whisk together the mayo, lemon juice, garlic and onion powder, chives, and salt and pepper in a large bowl.
2. In a separate bowl, combine the hardboiled eggs with 1/2 of the crumbled bacon, tomatoes, scallions, and avocado.
3. Mix with the dressing, then sprinkle with bacon and additional fresh chives or scallions, for garnish.
4. Serve as desired, over a green salad or in lettuce wraps!
5. Because the avocado will turn brown, it's best not to make it too far in advance.
6. If you'd like to prepare it a day or more in advance of serving, leave out the avocado and mix it in right before serving.

Thai Turkey Burgers



6 servings



25 min



INGREDIENTS

Sriracha Mayo:

1/3 avocado mayo
2-3 teaspoons sriracha sauce - I use Yellowbird
1 clove garlic minced
1 T fresh lime juice
1 teaspoon sesame oil

Burgers:

1 lb ground turkey - not too lean
1/2 small red onion diced
2 T cilantro minced
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
1 tablespoon sriracha sauce
2 teaspoons coconut aminos
1/4 teaspoon sea salt
Avocado oil

Slaw:

2 cups slaw mix
1 scallion thinly sliced
2 T lime juice
1 T avocado oil
Salt and pepper to taste

DIRECTIONS

1. Make the sriracha mayo first. Whisk together all ingredients in a medium bowl and set aside.
2. To make the burgers, mix together all ingredients. The mixture might be sticky depending on the leanness of the turkey. Lightly wetting your hands before shaping into patties helps avoid stickiness.
3. Heat a grill or skillet over medium heat and brush or drizzle with oil or spray with nonstick cooking spray.
4. Using slightly wet hands, form the mixture into 5-6 patties. Cook on each side for about 3 minutes or until cooked through. Transfer to a plate while you prepare the slaw.
5. Toss the slaw mix with the scallions, lime juice, oil, and sea salt and pepper to taste.
6. Serve the burgers topped with the sauce and the slaw on iceberg lettuce wraps.

Cedar Smoked Salmon

Servings 4

Cook time: 30 min

INGREDIENTS

1 6 x 14 inch Cedar plank
Salmon fillets (1 1/2 pounds total)
Salt and freshly ground black pepper
Lemon to taste

Serve this delicious salmon with
roasted vegetables. a green salad.
and 1/2 cup of blueberries for a
delicious and nutritious dinner!

DIRECTIONS

1. Soak cedar plank in salted water for 2 hours, then drain. Remove skin from salmon fillet.
2. Rinse the salmon under cold running water and pat dry with paper towels.
3. Generously season the salmon with salt, pepper and lemon on both sides. Place salmon (on what was skin-side down) on the cedar plank.
4. Set grill for indirect grilling and heat to medium-high. Place the cedar plank in the center of the hot grate, away from the heat.
5. Cover the grill and cook until cooked through, around 20 to 30 minutes. The internal temperature should read 135 degrees F.
6. Transfer the salmon and plank to a platter and serve right off the plank

Garlic and Herb Scallops with Veggies

Servings: 1

Cook time: 20 min

INGREDIENTS

1/3 cup Water, or broth
1 Tbsp Extra Virgin Olive Oil
Tbsp Lemon Juice
1 pinch Sea Salt
1/4 tsp dried Basil
1/4 tsp Onion Powder, or onion salt
1/4 tsp Garlic, minced
6 oz Scallops, (4-5 medium to large)
1cup Kale, spinach, greens or favorite vegetables - chopped
Tbsp Citrus Lime Vinaigrette

Side vegetables of your choice.

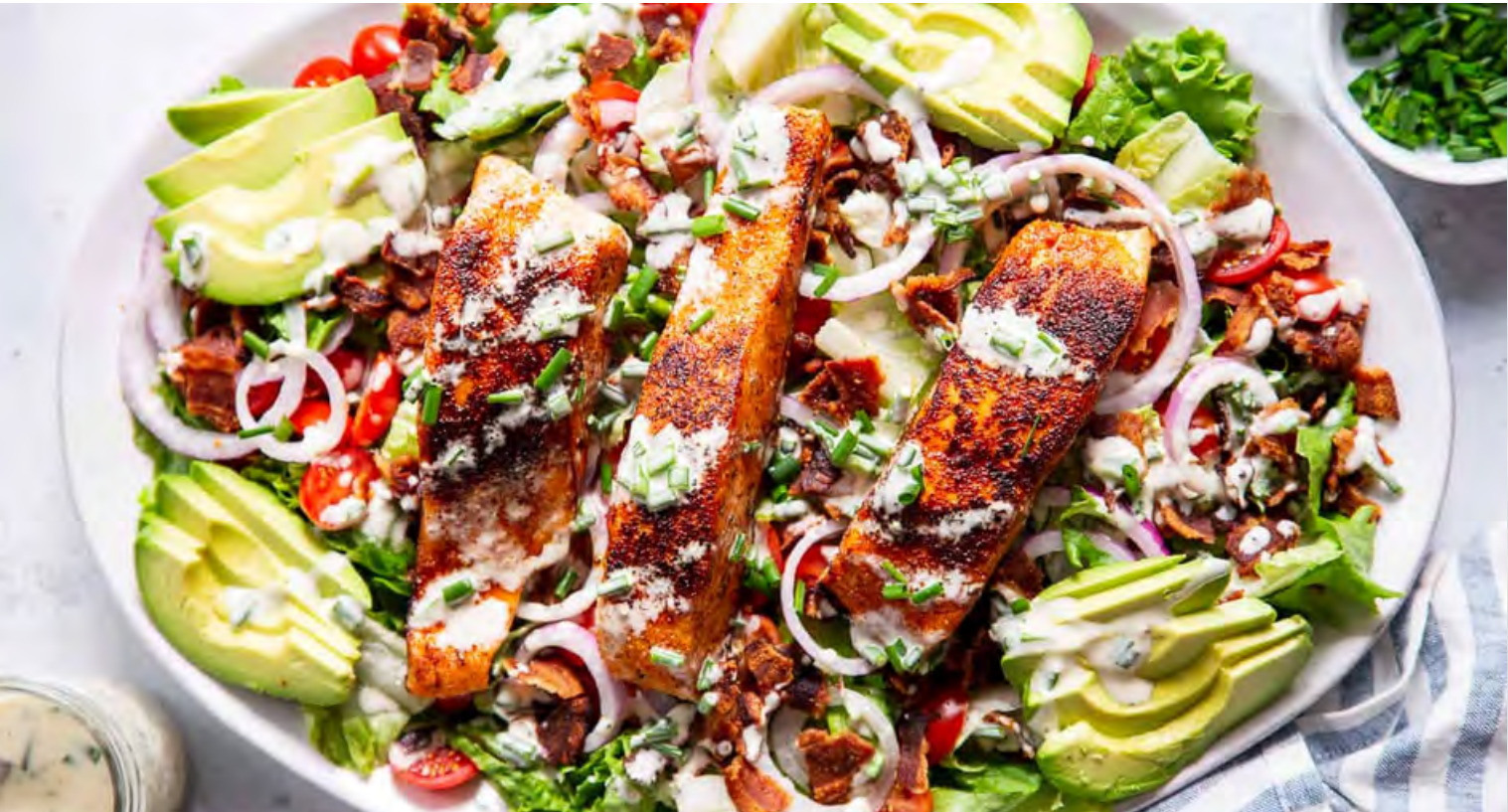
DIRECTIONS

1. Place water and dash salt in small pot. Place steamer on top and bring to a boil.
2. In a separate bowl, toss your scallops in a bit of your favorite dressing (maybe 1-2 tbsp) and then add in seasonings.
3. Steam scallops for 7-8 minutes or until opaque. Take care not to overcook as they will get chewy.
4. If you are using smaller scallops, they'll likely cook faster, around 5-6 minutes steamed.
5. Remove from pot and place everything on plate.
6. Add more seasoning and dash of lemon juice.
7. This recipe serves one but you can double as needed.
8. Served with steamed spinach, roasted vegetables or quinoa.

Salmon BLT Salad with Ranch Dressing

 6 servings

 25 min



INGREDIENTS

DRESSING

- 1/4 cup plain unsweetened almond milk
- 1/2 cup avocado mayo
- 1 T lemon juice
- 1 tsp fresh minced dill or 1/4 tsp dried
- 1 garlic clove minced
- 2 T chopped chives
- Sea Salt & black pepper to taste

SALMON

- 1 lb. individual salmon fillets skin on or off (3-4 fillets)
- 3/4 tsp garlic powder, onion powder, smoked paprika, and sea salt.
- 1/8 teaspoon black pepper
- 1 T avocado oil, or ghee

SALAD

- 6 cups mixed greens chopped
- 1 cup cherry tomatoes halved
- 6 Slices bacon cooked until crisp and crumbled or chopped (optional)
- 1 medium avocado thinly sliced
- 1 small red onion thinly sliced

DIRECTIONS

1. Whisk together the almond milk, mayo, lemon juice and dill until smooth. Stir in the garlic and chives, then season to taste with sea salt and black pepper.
2. Heat grill or skillet to medium high heat. Add oil to the skillet. In a skillet, place the salmon skin side down and cook about 3 minutes on each side.
3. If grilling, brush grill with oil and place the salmon flesh side down on the hot grill. Cook about 3 minutes, then carefully flip and cook skin side down for another 3-4 minutes, adjusting for thickness and preference.
4. Remove to a plate and assemble the salad. Layer the greens with tomatoes, bacon, sliced avocado and red onion and place salmon on top.
5. Drizzle all over with as much of the dressing as you like and garnish with extra chives if desired. Serve right away.
6. Enjoy!



APPETIZERS

Chicken Veggie Meatballs



12
Servings

⌚ 45 min



INGREDIENTS

- 1 medium zucchini, chopped
- 6 baby carrots, chopped
- A handful fresh parsley, coarsely chopped
- 4 garlic cloves, minced
- 1 lb. chicken breast, chopped into small pieces
- ¼ cup almond flour
- 1 egg
- Chili powder, salt, and pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a food processor, pulse together the zucchini, carrots, parsley and garlic.
3. Add almond flour, egg, and chicken; continue to pulse until chicken is ground up and vegetables are mixed well with meat.
4. Season with salt, pepper, and chili powder.
5. Form into meatballs with a 1 to 1 ½ inch diameter and place onto baking sheet. Bake approximately 25 minutes or until cooked through.

Tip: You could also use ground chicken or turkey and make meatballs much faster.

Chili Kale Chips

Servings 4

Cook time: 30 min

INGREDIENTS

- 1 T bacon fat (melted)
- 1 tsp. hot sauce (Franks is best)
- 1 tsp. chili powder
- ½ tsp. Himalayan salt
- 1 bunch kale



DIRECTIONS

- 1.Preheat the oven to 375.
- 2.Wash and dry kale thoroughly. Rip into 1 inch pieces, discarding the tough stems.
- 3.Spread out on a baking sheet with parchment paper covering it. Mix together the fat, sauce, and spices in a small dish, and pour over the chips. Use hands to cover kale well.
- 4.Bake for 10 minutes, flip, and bake another 10. In the last 10, watch your chips a bit more closely.
- 5.Remove from oven and enjoy.
- 6.They can be sealed in a container for a day or 2, although they will lose their crunch.

Spicy Chicken Lettuce Wraps

Servings: 4

Cook time: 30 min

INGREDIENTS

- Chicken Filing:
- 1 T coconut oil
 - 2 chicken breasts, diced into small pieces
 - 6 baby carrots, minced in a food processor
 - 1 can of water chestnuts, minced
 - 1 handful of mushrooms, diced
 - 1 bunch of green onions, diced
 - 4 garlic cloves, minced
 - 2 tsp. coconut aminos
 - 2 tbsp. white vinegar
 - 2 tsp. honey or maple syrup (or stevia during BSB)
 - Siracha
- Romaine or Bibb Lettuce for wraps

DIRECTIONS

- 1.Heat oil in pan over medium heat, add diced up seasoned chicken and cook until browned.
- 2.Meanwhile, stir aminos, vinegar, and honey together to make sauce.
- 3.Once chicken is cooked, add all minced/diced veggies and sauté 1-2 minutes.
4. Add sauce and stir and cook additional 1-2 minutes.
- 5.Top with Siracha if desired

Vegan Spinach Artichoke Dip



12
servings



20 min



INGREDIENTS

- 1 tablespoon olive oil
- 2 – 3 garlic cloves, minced
- 1/2 teaspoon crushed red pepper flakes
- 5 ounces fresh baby spinach, roughly chopped
- 1 14-ounce can quartered artichoke hearts, drained and chopped
- 1/4 cup vegan mayonnaise
- 1/4 cup hummus (plain store-bought)
- 1/4 cup unsweetened coconut yogurt
- 1 tablespoon nutritional yeast
- 2 teaspoon lemon juice
- 1/2 teaspoon coarse salt, or more to taste
- Black pepper, to taste

DIRECTIONS

1. In a small bowl, whisk the mayo, hummus, yogurt, nutritional yeast and lemon juice together until smooth. Set aside.
2. Heat a skillet to medium-high and add olive oil. When the olive oil is hot, add garlic and crushed red pepper flakes.
3. Sauté for about 30 seconds, until the garlic is fragrant.
4. Add chopped spinach and allow it to cook, stirring frequently, until the spinach has wilted.
5. Add the artichoke hearts and the dip base.
6. Stir to combine until the spinach and artichokes are coated in the mixture.
7. Add salt & pepper, adjusting to taste, if needed.
8. Transfer to a serving bowl and serve immediately.

Easy Crab Cakes

Servings 4

Cook time: 30 min

- INGREDIENTS
- 1 jar crab meat
 - 3 green onions, minced
 - 3 cloves garlic, minced
 - 1 jalapeno, minced
 - ½ lemon, juiced
 - 1 lime, juiced
 - 1 egg
 - 2 tsp. dill weed
 - 2 tsp. chipotle seasoning
 - Coconut flour
 - Coconut oil

- DIRECTIONS
- Mix all ingredients together in bowl, adding coconut flour as needed until you are able to form into patties.
 - Cover with plastic wrap and place in fridge for 30 minutes to help firm up the patties.
 - Lightly dust patties with more coconut flour when ready to cook.
 - Heat coconut oil in a skillet over medium heat. There should be enough oil just to cover the bottom of the skillet.
 - Place the patties in the oil, cooking until browned on each side and heated through.

Carrot Turmeric Hummus

Servings: 4

Cook time: 25 min

- INGREDIENTS
- 2 cups chopped carrots
 - 1 garlic clove
 - 1 tsp. grated fresh turmeric
 - 2 lemons
 - ½ cup extra-virgin olive oil, plus more for serving
 - Sea salt and ground black pepper
 - 2 T hulled, unsalted sunflower seeds, toasted
 - 2 T sliced fresh mint leaves
 - Vegetable Crudités, for serving

- DIRECTIONS
- Fill a large bowl with ice and water.
 - Bring a small saucepan of water to a boil.
 - Add the carrots and cook until crisp-tender.
 - Drain and immediately transfer to the ice water. When cool, drain again.
 - Transfer the carrots into a food processor.
 - Process and add the garlic, turmeric, the zest and juice of 1 lemon, and ¼ cup water. Blitz until smooth.
 - With the machine running, add the olive oil in a steady stream. Season with salt and pepper.
 - Transfer to a serving bowl and top with the sunflower seeds and mint.
 - Zest the remaining lemon directly on top, drizzle with olive oil, and sprinkle with sumac.
 - Serve with crudité's.

Avocado Summer Rolls



4
servings



40 min



INGREDIENTS

BASIL COCONUT SAUCE

- 1/2 cup full-fat coconut milk
- 1/4 cup basil
- 1 tablespoon cashew butter
- 1 tablespoon lime juice
- 1/4 jalapeño, optional
- 1/2 clove garlic
- 1/2 teaspoon fresh ginger
- 1/4 teaspoon sea salt

SUMMER ROLLS

- 6 (28cm) spring roll rice wrappers
- 4 ounces cooked rice noodles
- 4 ounces extra-firm tofu, sliced into strips
- 1 ripe avocado, sliced
- 2 ripe peaches or 1 ripe mango, sliced
- 1/2 watermelon radish, very thinly sliced, (optional)
- Fresh herbs: basil, Thai basil and/or mint
- Pinches of sesame seeds
- Tamari and sriracha, (optional for serving)

DIRECTIONS

1. Make the basil coconut sauce: In a food processor, combine the coconut milk, basil, cashew butter, lime juice, chiles, garlic, ginger, and salt. Pulse until well combined. Season to taste.
2. Assemble the summer rolls: Fill a shallow glass baking dish with 1-inch of warm water. Submerge one rice paper in the warm water for 7 seconds and then lay the softened wrapper on a clean, damp kitchen towel. Place desired fillings into the center of the wrapper. Fold the bottom of the wrapper over the filling and gently tuck the filling under the wrapper. Fold the sides over the filling. Then continue rolling and tucking the rice paper to form a summer roll. Repeat with the remaining rice papers.
3. Serve with the Basil Coconut Sauce for dipping. Serve with tamari and sriracha on the side, if desired.

Vegan Pimento Cheese Dip

Servings: 2 cups

Cook time: 10 min

INGREDIENTS

- 1½ cups raw cashews
- ½ cup water, more if needed to blend
- 3 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon sriracha
- 2 tablespoons jarred pimento peppers, more if desired
- 1 garlic clove
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- Freshly ground black pepper
- 1 teaspoon chopped chives, for garnish

DIRECTIONS

1. In a high speed blender, combine the cashews, water, lemon juice, Dijon mustard, sriracha, pimento peppers, garlic, smoked paprika, salt and a generous pinch of pepper. Blend until smooth, using the blender baton to help keep the blade moving.
2. If the mixture is too thick, gradually add more water until smooth. Chill until ready to use.
3. Garnish the dip with the chopped chives and serve with crackers, celery, and radishes for dipping.

Vegan Ranch Dip

Servings: 6

Cook time: 10 min

INGREDIENTS

- 1 cup raw cashews
- ½ cup water
- ⅓ cup peeled and diced cucumber
- 2 tablespoons lemon juice
- 1 tablespoon nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon sea salt, more to taste
- ¼ teaspoon dried dill
- Chives, for garnish

DIRECTIONS

1. In a high-speed blender, place the cashews, water, cucumber, lemon juice, nutritional yeast, garlic powder, onion powder, salt, and dill and blend until completely smooth and creamy.
2. Season to taste with more salt, if desired. Sprinkle with fresh chives and serve.



Baked Sesame Chicken Wings

4 SERVINGS

55 MINUTES

INGREDIENTS

2 lbs. Chicken Wings
2 tbsp. avocado or olive oil
2 tsp. toasted sesame oil
Kosher salt and pepper, to taste
2 tbsp. coconut aminos
1 tsp. fish sauce
1 tbsp. toasted sesame seeds
Fresh cilantro, for serving
Chopped scallions (the green part of the a green onion), for garnish

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place chicken wings in a bowl. Toss with olive oil, sesame oil, and season generously with kosher salt and pepper, to taste.
3. Arrange chicken wings on 1-2 large baking sheets on top of a wire rack. Bake in oven at 400 until golden brown and crisp, about 35-45 minutes.
4. Transfer baked wings into a bowl.
5. Drizzle with 2 tbsp. coconut aminos and 1 tsp. fish sauce. Toss to coat. Now add the toasted sesame seeds and toss once more to coat. Taste one, and add salt and pepper to taste, if needed.
6. Place on a serving platter. Garnish with cilantro and scallions.
7. Serve and enjoy!



Leek Fritters

Servings 4

Cook time: 30 min

INGREDIENTS

- 4 large leeks
- 1/2 cup almond flour
- 2 eggs
- 2 T avocado oil
- 1/2 T minced garlic
- Salt and pepper



DIRECTIONS

1. Chop the leeks coarsely – I cut mine in 1/4 inch pieces. Place in a medium size bowl and rinse under cold water. There’s a lot of hidden dirt in the leeks after I cut them so a quick rinse is necessary unless you like eating mud.
2. Place the washed leeks in a pot of boiling water and cook for 5 minutes until tender. Drain and set aside. Once the leeks have cooled a bit, hand mix the leeks with almond flour, eggs, garlic, salt and pepper. Form small patties and arrange on a tray to fry.
3. In a large skillet, heat avocado oil and pan fry until golden (usually 2-3 minutes on each side). Serve hot or at room temperature

Pico De Gallo

Servings: 1

Cook time: 20 min

INGREDIENTS

- 6 medium tomatoes, seeded and diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1/2 cup finely chopped fresh cilantro
- 1 jalapeño, seeded and diced
- 2 T lime juice
- 1 teaspoon salt
- 1/4 teaspoon pepper


DIRECTIONS

1. In a large bowl, combine all ingredients.
2. Allow flavors to meld for about 20 minutes before serving.



Smoked Salmon Carpaccio

 6
servings

 15 min



INGREDIENTS

FOR THE DRESSING:

- ¼ cup good extra virgin olive oil
- 1 clove garlic minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon grainy Dijon mustard
- 1 small shallot halved lengthwise and thinly sliced into half moons

FOR THE CRISPY CAPERS:

- 2 T drained capers
- 1 teaspoon cassava flour
- 2 T extra virgin olive oil

FOR THE SALMON:

- ½ pound smoked Atlantic salmon
- 1 T chopped fresh dill or more to taste
- Freshly cracked black pepper for garnish
- crostini for serving

DIRECTIONS

1. For the Dressing: In a bowl, combine all the dressing ingredients and whisk until well combined. Set aside while you prepare the capers.
2. For the Crispy Capers: In a small bowl, toss the drained capers in the cassava flour until evenly coated.
3. Heat a small nonstick skillet over medium heat with olive oil. When the skillet is hot, add the capers to the skillet and cook until golden brown and crisp, about 3 minutes, tossing half way through. Transfer the capers to a paper towel lined plate and let cool.
4. For the Smoked Salmon: Cut the smoked salmon into 2-inch pieces and arrange on a large plate in a single layer.
5. Spoon the dressing over the salmon evenly. Next, top with crispy capers. Lastly, finish the dish with fresh dill and cracked pepper.

Spinach Stuffed Mushrooms

Servings 4

Cook time: 45 min

INGREDIENTS	DIRECTIONS
<div><div>¼ cup pine nuts</div><div>2 T olive oil, divided</div><div>2 shallots, finely chopped</div><div>2 slices bacon or vegan bacon (optional)</div><div>1 cup fresh baby spinach leaves</div><div>½ cup gluten-free bread crumbs, divided</div><div>Pinch freshly grated nutmeg</div><div>Salt, to taste</div><div>Black pepper, to taste</div><div>4 large portobello mushrooms or 12 baby bellas, stemmed</div></div>	<div><div>1.Preheat your oven to 350°F.</div><div>2.Bake pine nuts for 3 to 4 minutes on baking sheet until golden brown.</div><div>3.Heat 1 T oil in a large saucepan over medium heat. Add the shallots and bacon (if using) and fry until soft, about 5 minutes. Add spinach, cover and cook for 1 to 2 minutes, until the leaves wilt.</div><div>4.Squeeze moisture out of cooked spinach, then chop roughly and place it in bowl with toasted pine nuts, ¼ cup breadcrumbs, nutmeg, salt, and pepper. Divide the spinach mixture between the mushrooms.</div><div>5.Toss the remaining ¼ cup breadcrumbs and remaining 1 T oil. Sprinkle oiled breadcrumbs over the filling.</div><div>6.Place mushrooms on a lightly greased baking sheet and bake for 20 minutes.</div></div>

Shrimp Cucumber Canapes

Servings: 23

Cook time: 15 min

INGREDIENTS	DIRECTIONS
<div><div>1 avocado</div><div>1/2 lemon juice</div><div>1/4 cup coriander</div><div>1/2 cup onion (minced)</div><div>1/2 teaspoon salt</div><div>23 cooked shrimp</div><div>1/4 teaspoon ground black pepper</div><div>1/4 teaspoon salt</div><div>3/4 teaspoon cumin</div><div>3-4 ounce smoked salmon</div><div>1 cucumber</div></div>	<div><div>1.Mix the cooked shrimp with salt, black pepper, and cumin then set aside.</div><div>2.Slice the cucumber to ½-inch slices.</div><div>3.Slice smoked salmon about 2 inches wide and 3 inches long slices.</div><div>4.Peel and cut the avocado then put in the blender. Add lemon juice, coriander, onion, and salt then blend well until you have a thick, smooth mixture.</div></div> <div></div>

TREATS



Pumpkin Spice Donuts (or Bread)

 6 servings  25 min



INGREDIENTS

1 green-tipped banana, mashed (1/4 cup)
1/4 cup canned pumpkin
2 eggs
1 1/2 teaspoon pure vanilla extract
1/4 cup plus 2 tablespoons full-fat coconut milk, canned or homemade
1/2 teaspoon apple cider vinegar
1/2 cup coconut flour
1/2 cup almond flour
1/2 teaspoon baking soda
1 T pumpkin pie spice
2 teaspoons ground cinnamon
2 tablespoons ghee or enough to grease the pan

TOPPINGS

2 tablespoons unsweetened shredded coconut
2 tablespoons almond meal or other crushed nuts

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a mixing bowl, whisk the banana, pumpkin, eggs, vanilla, coconut milk, and vinegar together. Sift in the dry ingredients and continue to whisk to combine. Alternatively, for a smoother consistency than whisking by hand allows, you can combine all ingredients in a food processor or high-speed blender.
3. Put the batter in a plastic zip-top bag and snip off a small corner (or use a pastry bag).
4. Grease donut pan right before filling each slot. Pipe the batter to fill the donut pans approximately half full, as the donuts will rise when baking. Add toppings to the donuts before baking.
5. If not using a donut pan, pour into a greased loaf pan and bake for 30 minutes or until golden brown.

Lemon Vanilla Meltaways

Servings 12 discs or ~36 ½" cubes Cook time: 10 min

INGREDIENTS

1/2 cup extra virgin coconut oil, softened
1/2 cup coconut butter, softened
Zest and juice of one lemon
Seeds from 1/2 a vanilla bean
Liquid stevia, to taste (optional)



DIRECTIONS

1. Whisk all ingredients together into a spouted cup.
2. For Discs:
3. Line a mini cupcake pan with 12 parchment paper liners. Pour the mixture evenly into the liners, refrigerate for approximately 30 minutes or until firm, and finish with fresh lemon zest {optional}.
4. For Mini Cubes:
5. Line a loaf pan with parchment paper. Pour the mixture into the pan, refrigerate for approximately 30 minutes or until firm, and cut into ½" cubes. Plate with toothpicks and garnish with fresh lemon zest (optional).

Chocolate Almond Butter Cups

Servings: 12 minis Cook time: 15 min

INGREDIENTS

- Shell ingredients:
- 1/4 cup melted coconut oil
- 1/4 cup coconut butter
- 1/2 cup unsweetened cocoa powder
- 1 T almond butter
- 1/2 tsp vanilla extract
- Pinch of salt
- Pinch of cinnamon
-
- Filling ingredients:
- 3 tablespoons almond butter (or other nut butter but make sure there is no added sugar)
- 1 T coconut oil

DIRECTIONS

1. Line mini muffin pan with parchment liners.
2. Melt coconut oil and coconut butter and add to a small bowl.
3. Mix cocoa powder and spoon of almond butter with melted coconut oil and butter until super smooth and creamy. Spoon 1 tsp into each cup so the bottom is completely covered and place in freezer to harden.
4. Make the filling- mix the almond butter with melted coconut oil until smooth.
5. Remove hardened shells from the freezer after 15-20 minutes. Spoon 1/2 teaspoon of the almond butter mixture into each cup.
6. Cover the filling with remaining shell mixture.
7. Place muffin tin back into freezer or fridge until serving.

Pumpkin Spice Cookies

 5 servings  25 min



INGREDIENTS

Cookie

- 1 cup pumpkin puree
- 1/4 cup fine coconut shreds
- 1/4 cup coconut flour
- 1 large green tipped banana
- 1 T pumpkin spice
- 1 T cinnamon
- 1/2 teaspoon pure vanilla extract
- 2 T coconut oil, melted

- 1/4 cup coconut butter, melted
- 1/2 green apple, peeled and finely shredded

DIRECTIONS

1. For the cookies, place all the ingredient in your food processor and mix until all the ingredients are thoroughly combined.
2. Roll into a walnut size ball and place on a baking sheet lined with parchment paper. Lightly press a thump into the center of each cookie.
3. Bake at 350 degrees for 20 minutes. Let cool completely.

To make the frosting, combine the apple shreds and the coconut butter. Scoop a small amount into the center of each cookie.

Banana Coconut Macaroons

Servings 18

Cook time: 25 min

INGREDIENTS

- 1 1 banana green tipped
- ½c coconut milk (canned)
- 1 egg
- 2 tsp vanilla extract
- 2 cups shredded coconut (unsweetened and dried)
- ¼ tsp salt
- ½ tsp cinnamon

DIRECTIONS

- 1.Preheat oven to 350 degrees
- 2.In a large bowl, mash banana
- 3.Add coconut milk, egg and vanilla extract and whisk until smooth
- 4.Add coconut, salt and cinnamon and mix until fully combined
- 5.Using a 1 tbs scoop, drop batter onto a parchment lined cookie sheet
- 6.Bake for 15-17 minutes until slightly browned
- 7.Let cool for at least 5 minutes before consuming
- 8.Makes about 1½ dozen

Carrot Spice Bites

Servings: 12

Cook time: 20 min

INGREDIENTS



- 4 carrots (2 cups, chopped)
- 1 T coconut oil
- ½ C coconut butter
- 1 T coconut cream
- 1 T cinnamon
- 1 tsp ginger powder
- ½ t clove powder
- Shredded coconut



DIRECTIONS

- 1.Preheat oven to 425 F.
- 2.Dice carrots, coat with coconut oil and bake for 20-25 minutes until tender.
- 3.Remove from oven and let cool.
- 4.Blend carrots and all other ingredients (besides shredded coconut) in food processor until smooth.
- 5.Scoop out mixture, roll into small balls covered in shredded coconut.
- 6.Place in the freezer or fridge for a min of 2 hours before eating.
- 7.Store in airtight container in fridge.

Cinnamon Baked Apples

 4 servings  50 min



INGREDIENTS

4 large baking apples
¼ cup whole raw pecans
¼ cup whole raw almonds
¼ cup
Unsweetened shredded coconut
¼ cup monk fruit or coconut sugar
½ teaspoon kosher salt
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom or ground nutmeg
3 tablespoons melted ghee or coconut oil

Cold almond milk.

DIRECTIONS

1. Heat the oven to 350°F with the rack in the middle.
2. Core apples using a sharp paring knife or apple corer.
3. Finely chop the pecans and almonds and transfer them to a medium bowl. Add the shredded coconut, maple sugar, salt, cinnamon, and cardamom. Pour in the melted ghee or coconut oil and mix well to combine.
4. Taste the filling and adjust the seasoning if needed. It should taste nutty, sweet, mildly salty, and have just the right amount of cinnamon flavor.
5. Use a spoon to carefully pack the filling in the center of each apple, adding enough to reach the top.
6. Carefully place the filled apples in a single layer in a 2-quart oven-safe baking dish.
7. Bake for 40 to 50 minutes or until a knife easily pierces through the apple and the top is golden brown. You want your baked apples to be tender but not mushy, .
8. Take the baked apples out of the oven and cool slightly.
9. Serve in bowl - add almond milk if desired.

Chocolate Chia Parfait

Servings 1

Cook time: 15 min

INGREDIENTS

- 3/4 cup unsweetened nondairy milk of choice
- 1 green-tipped banana, divided
- 1 T unsweetened cocoa powder
- A pinch of sea salt
- A splash of pure vanilla extract
- 1 T chia seeds



DIRECTIONS

1. Add milk, half of your green-tipped banana, the cocoa, sea salt, and vanilla to a blender.
2. Blend on high until smooth and creamy. Add chia seeds. Blend on low for a few seconds, or pulse them in (you don't want to pulverize the seeds).
3. our mixture into a small bowl. Chill until "set" to a pudding-like consistency. Slice the remainder of your green-tipped banana.
4. Either layer pudding and banana slices like a parfait, or simply top your bowl of pudding with the banana slices.
5. Enjoy!

Chocolate-Almond Freezer "Fudge"

Servings: 4 - 6

Cook time: 12 min

INGREDIENTS

- 2 T extra virgin coconut oil, softened
- 2 T unsweetened almond butter
- 1-2 T unsweetened cocoa powder
- A pinch of sea salt



DIRECTIONS

1. Mix all ingredients together in a small bowl.
2. If hard to mix, microwave for 10-15 seconds to soften the coconut oil further, and then mix again.
3. Stir until completely blended and smooth.
4. Line a small storage container with waxed paper.
5. Pour mixture in, then freeze until solidified.
6. Cut into 4-6 pieces.

Granny Smith Apple Crumble

 4 servings

 50 min



INGREDIENTS

4 green apples, cored and sliced
juice of 1/2 lemon
1 tsp ground cinnamon

TOPPING

1 1/4 cups almond flour
1/2 cup ghee or coconut oil, softened
1 tsp ground cinnamon
1 T ghee or coconut oil melted for the pan

DIRECTIONS

- 1.Preheat oven to 350 F.
- 2.Make filling: In mixing bowl, toss apples with lemon juice and cinnamon.
- 3.Make the topping: In a separate bowl, mix the almond meal, ghee or coconut oil, cinnamon, and salt.
- 4.Brush the bottom and sides of a 9 x 9 inch baking dish with melted ghee or oil.
- 5.Place apples in the baking dish and cover evenly with topping.
- 6.Bake for 20 minutes covered with foil and then additional 20-25 minutes uncovered until the apples are soft and the topping begins the edges.

Moo-less Chocolate Mousse

Servings 1

Cook time: 15 min

INGREDIENTS

- 2 ripe avocados
- 2 ripe bananas-green-tipped
- 1/2 cup unsweetened cacao powder
- 1/2 cup coconut milk
- 1/2 teaspoon pure vanilla extract
- Vanilla Liquid Stevia to taste
- Pinch of cinnamon – optional
- Pinch of sea salt – optional

Try topping with a few raspberries!

DIRECTIONS

1. Scoop out the flesh of the avocados into a food processor and add all of the other ingredients except your garnish.
2. Process until well blended and creamy/smooth. You may whisk the ingredients together vigorously as well, if necessary or you don't have a food processor.
3. Add salt, cinnamon to flavor as desired.



Banana Coconut Ice Cream

Servings: 4

Cook time: Overnight

INGREDIENTS

- 24 green tipped bananas
 - 2 T coconut butter
 - 2 tsp pure vanilla extract
 - Seeds from one vanilla bean pod
- OPTIONAL:
- 2 T unsweetened shredded coconut
 - Cinnamon

DIRECTIONS

1. Peel and chop bananas into 1 inch chunks and freeze overnight.
2. In a small bowl stir together coconut butter, vanilla extract. and vanilla bean seeds.
3. Place frozen bananas and the coconut butter mixture in a food processor for 1-2 minutes or until it looks minced- scraping the sides of container as needed.
4. Transfer to a mixing bowl to stir in with large spoon.
5. Mixture should become creamy in texture.
6. Scoop into serving dishes and top with cinnamon or coconut.

Butternut Squash Pudding

6 SERVINGS

45 MINUTES

INGREDIENTS

5 to 6 cups butternut squash cubed
Extra-virgin olive oil, for drizzling
½ cup coconut cream
¼ cup maple syrup
1 T coconut oil
1 teaspoon vanilla
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon ginger
⅛ teaspoon sea salt
2 to 6 T almond milk to blend

DIRECTIONS

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Arrange the squash cubes on the baking sheet and toss with just a little bit of olive oil.
3. Roast for 30 to 35 minutes or until tender. (The squash doesn't need to be golden brown, just very soft).
4. Put squash in a blender and add the coconut cream, maple syrup, coconut oil, vanilla, cinnamon, nutmeg, ginger, and salt.
5. Blend until smooth, adding almond milk as needed. necessary,
6. Taste and adjust the sweetness and spices to your liking.
7. Transfer to bowls and chill 4 hours or overnight. Serve with optional toppings: coconut cream, toasted pecans, cocoa nibs



The image shows three glass jars in the foreground, each containing a different liquid. The central jar is filled with a light-colored, creamy dressing speckled with green herbs. To its left is a jar with a thick, orange-colored sauce. To its right is a jar with a yellowish, slightly translucent dressing. In the background, out of focus, are fresh vegetables including red tomatoes and green leafy salad. The jars are sitting on a dark, textured surface.

DRESSINGS & SAUCES

Every Day Salad Dressing

Servings 1

Cook time: 15 min

INGREDIENTS

- 1 small shallot
- 3/4 cup extra-virgin olive oil
- 2 T apple cider vinegar or red wine vinegar
- 2 T rice vinegar
- 2 tsp raw honey or pure maple syrup (may substitute Stevia)
- 1 tsp Dijon mustard
- 3/4 - 1 tsp sea salt
- ground black pepper, to taste

DIRECTIONS

1. In a small bowl or glass jar with a lid, whisk or shake all ingredients until emulsified.
2. Cover and refrigerate for 5 to 7 days.



Pico De Gallo

Servings: 1

Cook time: 20 min

INGREDIENTS

- 6 medium tomatoes, seeded and diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1/2 cup finely chopped fresh cilantro
- 1 jalapeño, seeded and diced
- 2 T lime juice
- 1 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. In a large bowl, combine all ingredients.
2. Allow flavors to meld for about 20 minutes before serving.



Homemade Tomato Sauce

12 SERVINGS 30 MINUTES

INGREDIENTS

WITH MEAT

- 1 T oil
- 1 lb. ground turkey
- 1 T. garlic powder
- 1 T. onion powder
- ¼ tsp. salt

SAUCE ONLY

- 6 oz. can tomato paste
- 2 cups chicken broth
- 28 oz. can crushed tomatoes
- 1 T garlic powder
- 1 T. onion powder
- 1 T. balsamic vinegar
- 2 teaspoon. ground rosemary
- 2 teaspoon. dried thyme
- ¼ tsp. stevia

DIRECTIONS

WITH MEAT

1. Melt the oil in a large skillet and begin to brown the meat.
2. Add the spices and continue until the meat is mostly cooked through. Then proceed with the rest of the recipe.

SAUCE ONLY

1. Combine all ingredients in large skillet and stir to combine well.
2. Bring the sauce up to a strong simmer and allow to cook for about 10 minutes.
3. If the sauce cooks down too much or gets too thick, you can add more chicken broth. If it's too runny for you, add more tomato paste.
4. Serve over your favorite zoodles or gluten-free pasta.



Lemon Tahini Dressing

Servings: 6

Cook time: 5 min

INGREDIENTS

1/4 cup tahini
1/3 cup water
1 tablespoon maple syrup or honey (may substitute Stevia/monk fruit)
1 lemon, juiced
1 garlic clove, minced
salt and pepper, to taste

DIRECTIONS

1. Make the dressing by adding all ingredients to a bowl and whisking until a creamy dressing is formed. Add the water slowly until desired consistency is reached.

TAHINI

4 cups hulled toasted sesame seeds
3 tbsp olive oil

1. Blend sesame seeds on high for one minute in Vitamix, creating a tahini paste. Add the olive oil and blend for another minute to create a creamy consistency.

Garlic Ginger Salad Dressing

Servings: 4

Cook time: 5 min

INGREDIENTS

1" ginger, peeled
1 large or 2 small cloves garlic, peeled
3 Tbs sesame oil
2 Tbs seasoned rice vinegar
1 Tbs soy sauce, lower sodium/gluten free
1 tsp maple syrup or agave (optional or after BSB program)
3 Tbs sesame oil
1/8 - 1/4 tsp red pepper flakes

DIRECTIONS

1. Combine the dressing ingredients in a food processor.
2. Process until completely smooth.



Sesame Ginger Salad Dressing

Servings 4

Cook time: 5 min

INGREDIENTS

- 3 T smooth tahini
- 2 T toasted sesame oil
- 2 T rice vinegar
- 1 T tamari
- 1 heaping teaspoon grated ginger
- 1 teaspoon maple syrup, honey, or Stevia
- 1 to 3 tablespoons water, more if needed

DIRECTIONS

1. In a small bowl, whisk together the tahini, sesame oil, vinegar, tamari, ginger, maple syrup, and 1 tablespoon water until smooth.
2. If the dressing is too thick, add an additional 1 to 2 tablespoons water until it's a consistency for easy drizzling.



Vegan Cashew Cheese Sauce

Servings: 4

Cook time: Overnight

INGREDIENTS

- 1 cup Raw Cashews
- 2 Tablespoons Nutritional Yeast
- 1 Clove Garlic crushed
- 1 T Lemon Juice freshly squeezed
- ¼ teaspoon Sea Salt
- ¼ teaspoon Ground Black Pepper
- 5 Tablespoons Water

DIRECTIONS

1. Add cashew nuts, nutritional yeast, crushed garlic, lemon juice, sea salt, black pepper and water to the blender jug.
2. Blend until very smooth and creamy.
3. For a thicker cheese, use less water.
4. For a thinner salad dressing consistency, use a little more water.
5. Serve drizzled over vegetables, fish or chicken..

