

WINTER 5-DAY DETOX SUGGESTED RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1	Brussels Sprouts Egg Muffin	<u>Kale Fennel Orange</u> <u>Salad</u>	<u>Chicken Broccoli</u> <u>Rice</u>
DAY 2	Banana Almond Cookies	Coconut Chicken Soup	Asian Style Fish in Parchment with Bok Choy
DAY 3	Runny Egg, Avocado + Beets Breakfast Salad	Roots, Shoots and Lentils	Cashew Chicken with Snap Peas and Collards
DAY 4	Baked Pear Oatmeal	Quinoa Salad with Salmon	Spiced Roast Chicken with Coconut Creamed Kale
DAY 5	Mushroom Scramble with Herbs + Garlic	Spaghetti Squash with Kale Pesto + Chicken	Green Lentils, Spinach and Rice

ALTERNATE RECIPES:

Red, White and Quinoa Salad Coconut-Crusted Salmon with Lemon Chard <u>Herb Frittata</u> Baked Falafel with Tahini



CHOOSE YOUR OWN RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			



Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 C brown rice
- 2 C water

Put rice and water into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 C quinoa
- 2 C water or broth

Put quinoa and liquid into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

Note: You'll know your quinoa is completely cooked when it looks like each seed has grown a tail – this is actually the germ separating from the seed.

Oven Roasted Winter Veggies

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

- 1. Preheat your oven to 375-400°. If you have a 'convection roast' option, use it.
- 2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
- 3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
- 4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once while roasting I usually toss them or shake the pan 2-3 times.
- 5. Store the vegetables in a glass container with a tight-fitting lid for 5-6 days in the refrigerator. Gently reheat them on the stove-top with a little bit of oil over medium heat.
- 6. If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.



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Brussels Sprouts Egg Muffin

Serves 2

Ingredients:

- 1 TB olive oil
- 3 medium Brussels sprouts, shredded
- 1/4 tsp dried thyme
- 2 large eggs
- 1/8 tsp sea salt
- Pinch of black pepper
- Handful of baby spring mix
- Sprinkle of olive oil and apple cider vinegar

Directions:

- 1. Preheat oven to 350°F.
- 2. Heat a small- to medium-sized skillet on medium-high heat.
- 3. Add olive oil, Brussels sprouts and thyme. Add a pinch of sea salt. Cook, stirring once or twice, for 3-5 minutes until nicely caramelized.
- 4. Whisk eggs and salt in a small bowl.
- 5. Line 2 muffin/cupcake tins with paper liners. Add half of the cooked Brussels sprouts to each. Then pour half of the whisked eggs on top of each. Sprinkle with a little black pepper and place in oven for about 20 minutes until eggs have set and you can stick a knife or toothpick in and it comes out clean.
- 6. Serve with a handful of baby spring mix salad, a little olive oil and apple cider vinegar.

NOTE: You can double or triple the batch and refrigerate muffins for up to 3 days.

Banana Almond Cookies

Serves 6

Ingredients:

- ½ C dates, pitted
- 1 C oatmeal
- 1 C almond meal
- ½ tsp baking powder
- 1 tsp salt
- 2 bananas
- ½ C olive oil
- ½ C almond butter
- 1 C puffed millet

- 1. Preheat oven to 350°.
- 2. If your dates are hard, heat a couple cups of water to boiling and then pour onto the dates. Let soak for 5-10 minutes until soft enough to easily remove the pits.
- 3. In a food processor, blend the oatmeal, almond meal, baking powder and salt until the mixture is like a coarse flour. Remove from the bowl and set aside briefly.
- 4. If dates have been soaking, drain. Add dates to the food processor. Pulse a few times until they are starting to break up. Add the softened bananas and blend into a paste. Pour in the oil and the almond butter and pulse until just combined.
- 5. Add in the mixed dry ingredients, puffed millet and pulse just until incorporated. Scoop up 2 TB drops and arrange on a baking sheet lined with parchment paper.
- 6. For a slightly flatter cookie, gently push down the tops of each one with the back of a fork.
- 7. Bake for 10-15 minutes until the bottoms are golden and the tops are evenly dry. Try one as soon as they are cool enough to eat, because they are delicious straight out of the oven, just like any cookie, really.
- 8. To store, keep them covered on a counter for about two days or in the fridge for up to a week.

Runny Egg, Avocado + Beets Breakfast Salad

Serves 2

Ingredients:

- 1 medium cooked beet (see cooking info below, if needed)
- ½ avocado, cut in half, pit removed
- 2 TB olive oil
- 1 egg
- Pinch of salt and pepper
- 2-3 C salad greens of your choice
- 1/4 C sliced almonds
- ½ lemon

Directions:

1. To cook the beet, preheat the oven to 400°. Trim top and long root but don't peel, then place into a baking dish. Add about a ½ C of water. Cover with an oven-safe lid or aluminum foil. Bake for 30-40 minutes until the beet can be easily pierced with a butter knife. Remove and allow to cool. The peel can be removed easily with your fingers under cold running water.

For the salad:

- 2. Peel and slice the beet. Slice the avocado.
- 3. Warm half of the olive oil in a skillet over medium-low heat. Crack the egg into the pan and sprinkle with a pinch of salt and pepper. Cook for 3-4 minutes, until the yolk is starting to set and the white is cooked through. Flip it over to get an over-easy or over-medium egg.
- 4. Arrange the salad greens on a plate and top with the beet and avocado slices, and the almonds. Squirt the lemon juice all over and drizzle on the remaining olive oil. Sprinkle on a pinch of salt and pepper. Once the egg is done, slide it on top of the salad and serve immediately while the egg is hot.

Baked Pear Oatmeal

Serves 3

Ingredients:

- 1½ C rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 pinch salt
- 3 eggs
- 1 C almond or coconut milk
- 1 TB honey
- 1 tsp vanilla
- 2 pears, cored and diced

- 1. In a small baking dish, mix together the oats, baking powder, cinnamon, and salt.
- In a separate bowl, whisk together eggs, milk, honey and vanilla. Pour over the oats into the baking dish and add the diced pears. Fold together.
- 3. You can bake this dish immediately or cover it with foil to sit in the fridge overnight.
- 4. When ready to bake, preheat the oven to 375°. Keep the dish covered with foil or a lid and bake for 20-30 minutes until it is no longer jiggly in the center.
- 5. Serve warm from the oven with warmed almond or coconut milk, or more fresh fruit, if desired.

Mushroom Scramble with Herbs + Garlic

Serves 2

Ingredients:

- 1 TB olive oil
- 2 cloves garlic, finely minced
- 8 oz mushrooms, wiped clean and finely minced
- 2 TB finely minced parsley
- 1/4 C minced almonds or walnuts, optional
- 3 eggs + 1 TB water

- Pour half of the olive oil and minced garlic into a skillet over low heat.
 Once the aroma of garlic is delightful, increase the heat to medium, add the minced mushrooms and parsley and sauté for about 4-6 minutes, until the mushrooms are softened.
- 2. Whisk the eggs and water in a small bowl. Add the remaining oil to the pan, reduce the heat slightly to medium-low and pour in the eggs. Fold the eggs with the mushrooms and fresh herbs until the eggs are set. Sprinkle with the minced nuts and serve.



Kale Fennel Orange Salad

Serves 4-6

Ingredients:

Dressing

- 1 shallot, diced
- 2 TB champagne vinegar
- 1 tsp orange zest
- 1/4 C fresh-squeezed orange juice
- ½ C olive oil
- Salt and pepper, to taste

Salad

- 2 bunches of kale, stemmed and chopped
- 1 fennel bulb, thinly sliced
- 2 tsp fresh lemon juice
- 2 oranges, separated into segments
- 10 kalamata olives, chopped
- 21/4 tsp salt, divided

- 1. In a small mixing bowl, whisk together the shallots, vinegar, orange zest, orange juice, and olive oil. Season with salt and pepper. Set aside.
- 2. Place chopped kale in a large mixing bowl and add 1 tsp salt and 1 tsp lemon juice for every bunch of kale. Massage the kale with your hands until it begins to wilt.
- 3. Place the sliced fennel and ½ tsp salt in a medium-sized mixing bowl. Massage fennel until it softens, about 3-4 minutes.
- 4. Transfer the fennel to the large bowl with the kale.
- 5. Add oranges, olives and some dressing. Toss well.
- 6. Taste and adjust seasoning, if necessary.
- 7. Serve individually on salad plates.

Coconut Chicken Soup

Serves 4

Ingredients:

- 1 lb boneless, skinless chicken thighs, cut into 1-inch cubes
- 4 C chicken broth
- 2 lbs winter squash (acorn, butternut, red kuri, delicata)
- 1 tsp fresh ginger
- 1 stalk lemongrass, crushed, or 1-3 drops lemongrass essential oil
- 2 C coconut milk (or 1-14oz. can)
- ½ bunch of collard greens
- cooked rice and cilantro, optional

- 1. In a large pot, add the chicken, broth, squash, ginger, and fresh lemongrass (if using essential oil, do not add yet) and bring to a boil.
- 2. Reduce heat and simmer for 20 minutes, until chicken is cooked and squash is tender.
- 3. Add coconut milk and collard greens, and cook for another 5-10 minutes, until greens are wilted.
- 4. Add 1-3 drops of lemongrass essential oil (if using).
- 5. Serve with cilantro and rice (optional).

Roots, Shoots and Lentils

Serves 4

Ingredients:

- 2 C sweet potatoes
- 1 bunch of beets, including the green tops
- 1 bunch of turnips, including the green tops
- 1 onion
- 1½ tsp salt
- 1½ C French or green lentils
- 4½ C water
- 2 tsp Dijon mustard
- 2 TB lemon juice
- 1 tsp fresh thyme or ½ tsp dried thyme, or more to your preferred taste
- 1/3 C extra-virgin olive oil
- 1 tsp honey, optional, to taste

- 1. Preheat the oven to 400°. Trim and peel the onions, sweet potatoes, beets and turnips, reserving the green tops. Cut into one-inch chunks.
- Spread vegetables on a baking sheet and toss with olive oil and a little salt.
 Roast for 25-45 minutes, tossing periodically, until they are cooked through & soft to the bite.
- 3. Meanwhile, bring the lentils and water up to a boil in a large pot. Simmer for 15-25 minutes until tender to the bite, but not too soft. Season afterwards with salt and pepper to taste. Pour the lentils through a wire mesh strainer to remove the excess liquid.
- 4. While everything cooks, whisk together the Dijon mustard, lemon juice, thyme and honey in a large bowl. Slowly drizzle in the remaining olive oil while whisking rapidly until it is incorporated and the dressing is thick.
- 5. Wash and dry the green tops. Stack up and thinly slice. Add the greens to the dressing. As the vegetables and lentils finish, toss each in the dressing while they are still hot. Taste. Add a pinch of salt, pepper and even a bit more of the thyme or lemon juice if you want.
- 6. Serve hot, warm or chilled.



Quinoa Salad with Salmon

Serves 2

Ingredients:

- 1 lb smoked salmon or pan-seared salmon
- 1 12-oz jar artichoke hearts
- 20 kalamata olives
- ¹/₄ C pine nuts
- 5 oz arugula
- 2 C cooked guinoa or rice (optional)

Dill Dressing

- 4 anchovies (optional)
- 1 small garlic clove
- 3 TB fresh lemon juice
- 4 TB olive oil
- 1/3 C fresh dill, chopped, or 3 tsp dried dill
- 1/4 tsp salt
- Black pepper, to taste

- 1. If using an immersion blender, place all dressing ingredients except dill in a bowl and mix with immersion blender. Add dill, salt and black pepper.
- If you don't have an immersion blender, mash the anchovies (if using) and garlic on a cutting board with the flat side of a chef's knife to make a paste, or mash with mortar and pestle. Transfer to a small bowl. Add lemon and olive oil. Add dill, salt and black pepper, and whisk until combined.
- 3. In a large bowl, add quinoa, arugula, artichoke hearts, pine nuts and olives. Add enough dressing to coat arugula and toss.
- 4. Break salmon up into bite-sized chunks and place on top. Taste, and add more dressing, if desired.



Spaghetti Squash with Kale Pesto + Chicken

Serves 2

Ingredients:

- 1 small to medium spaghetti squash
- 1 TB olive oil
- 1 lb cooked chicken
- 1 C cherry tomatoes (optional)
- Sea salt and black pepper, to taste

Walnut Kale and Basil Pesto

- ½ C walnuts
- 3-9 cloves garlic, to taste
- 3 C fresh basil leaves, packed
- 2 C fresh kale leaves, stems removed and roughly chopped
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1½ C extra virgin olive oil

- 1. Preheat oven to 400°.
- 2. Cut the squash in half lengthwise. Scrape out the seeds. Brush 1 tsp of oil on the inside. Season with salt and pepper.
- 3. Place cut-side down on baking sheet and bake for 30 minutes or so, until tender.
- 4. Place the walnuts and garlic in a food processor. Process for 15 seconds.
- 5. Add ½ the kale and basil leaves. Process until blended, about 15 seconds. Add the remaining kale, basil, salt, and pepper. Process for another 15 seconds.
- 6. With the processor running, slowly pour the olive oil into the feed tube and process until the pesto is thoroughly pureed. Taste & adjust seasoning. Set aside.
- 7. Remove spaghetti squash from the oven and allow to cool.
- 8. Scrape out spaghetti squash with a fork. Place in a large bowl.
- 9. Add 4-5 TB of pesto to the squash and mix well.
- 10. Add chicken & tomatoes, if using.
- 11. Serve on a bed of mixed greens.
- 12. Store extra pesto in a small mason jar with a thin film of olive oil on top and put in the freezer.



Chicken Broccoli Rice

Serves 2

Ingredients:

- 11/4 C broth, boiling (add salt if unsalted)
- ¾ C brown rice
- 1 onion
- 1 lb broccoli
- 8 oz mushrooms
- 2 chicken breasts
- ¼ tsp each of salt and pepper
- 2 TB olive oil
- 1 tsp fresh thyme

- 1. Preheat oven to 350°.
- 2. Bring the broth to a rapid boil. Place the brown rice in an 8x8 casserole pan. If you double the recipe, increase to a 9x13 pan or similar. As soon as the broth is boiling, pour over the brown rice and stir slightly. Cover tightly with foil or a lid. Place in the oven for 25 minutes (plan on 1 hour total bake time, however).
- 3. While the rice cooks, start chopping your vegetables: Thinly slice the onion. Chop up the broccoli, including any stems. If the broccoli stems have thick skin, peel them first with a vegetable peeler. Thinly slice the mushrooms.
- 4. When the 25 minutes are up, season the chicken with salt and pepper. Place half of the oil in a skillet over medium heat and sear the chicken on one side until golden for about 8-10 minutes. Carefully (watch for steam!) open the casserole pan and add the chicken pieces with the golden side up. Seal it back up and continue to bake.
- 5. Add the remaining oil to the skillet and sauté the onions over medium-high heat until they get a bit of color. Mix in the mushrooms and sauté until wilted. Add the broccoli and turn off the heat in the skillet.

- 6. Open the casserole pan again and toss in the vegetables and thyme. The rice will probably need about 10-15 more minutes of bake time after adding the veggies.
- 7. When an hour is up, carefully remove the foil and taste the rice. If it needs more time, add a splash of hot water and continue to bake for 5-10 more minutes.
- 8. Serve the chicken with a scoop of the rice and veggies.



Asian Style Fish in Parchment with Bok Choy

Makes 4 servings

Ingredients:

- 1 lb white fish (cod, halibut, fluke), cut into four 4-oz pieces
- 2 TB sesame oil
- 1 TB rice vinegar
- 2 TB tamari
- 2 inches of fresh ginger, grated or minced
- 8 cloves fresh garlic, pressed or minced
- 4 oz fresh shiitake mushrooms
- 2 large Bok choy, chiffonade
- salt and pepper, to taste
- Parchment paper

Directions:

- 1. Preheat the oven to 400°.
- 2. In a small bowl, whisk tamari, rice vinegar and sesame oil. Set aside.

Preparing parchment:

- 3. For 4-oz fillets: cut 4 pieces of parchment paper large enough to encase one fish fillet, approximately a 13x13 square. Fold in half and cut half a heart shape around the fold. Unfolded, you should have 4 full hearts.
- 4. On a baking sheet, lay the full hearts down with the folded side to the edge so that half is on baking sheet and half is off.
- 5. Divide the garlic and ginger among the hearts and spread out in a line to the approximate length of fish fillet. Then, divide the Bok choy among the hearts. Drizzle about ½ TB of the tamari mixture on top of the Bok choy on each heart.
- 6. Place fish on top of the Bok choy and then add mushrooms. Drizzle another 1 TB of the tamari mixture on each.
- 7. Fold the heart over and beginning at the wider part of the heart, start folding the paper over itself. As you move around the paper, you'll end at the pointed end of the heart. Fold that under.
- 8. Place in oven for 12 minutes and bake until fish flakes easily.
- 9. Remove from oven and place on plate. Serve hot.

Cashew Chicken with Snap Peas and Collards

Serves 2

Ingredients:

- 3 TB sesame oil
- 1½ lbs boneless, skinless chicken thighs, cut into ½-inch strips
- 1 bunch green onions, sliced, white and green parts separated
- 4 cloves garlic, finely chopped
- 2 inches fresh ginger, grated
- ½ C snap peas, trimmed and cut into ½ inch pieces
- 1 bunch collard greens, stems removed and leaves cut into 1-inch strips
- 3 TB wheat-free tamari
- 2 TB water
- ½ C cashews

- 1. Make rice (see directions in <u>The Basics</u>)
- 2. Heat a large skillet over medium-high heat for a few minutes, then add sesame oil.
- 3. Add about half the chicken to the pan. Let chicken brown on one side, about 3-4 minutes and turn, cooking 1 minute more. Chicken does not need to be cooked through, just browned. Transfer to plate and set aside.
- 4. Reduce heat to medium. Add green onions whites, garlic, and ginger. Stir occasionally until green onions are translucent.
- 5. Add snap peas and sauté for 1 minute.
- 6. Add collard greens one handful at a time, until all greens are wilted.
- 7. Add chicken, tamari and water. Stir frequently until chicken is cooked through and everything is coated with sauce and chicken is fully cooked through, about 2-3 minutes. Scatter cashews on top and stir to incorporate, letting them warm for 2-3 minutes.
- 8. Serve over rice and sprinkle green onion greens on top.

Spiced Roast Chicken with Coconut Creamed Kale

Serves 4-6

Ingredients:

Spiced Roast Chicken

- 1 whole chicken (approx. 31/4 lbs), cut into 8-10 pieces
- 1 lemon, juiced
- 1 2-inch piece peeled ginger, chopped
- 3 cloves garlic, chopped
- 1/4 of a small fresh green chili, like jalapeño, minced
- 2 tsp salt, divided
- 2 TB extra virgin olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp chili powder
- ½ tsp freshly ground black pepper
- brown rice, optional

Coconut Creamed Curry Kale

- 1 TB coconut oil
- ½ onion, thinly sliced
- 1 C coconut milk
- 1 TB curry powder
- 1 bunch kale, de-stemmed and roughly chopped

Directions:

 Place chicken, skin side up, on a parchment-lined baking tray or glass baking dish. Loosen the skin from the meat with your hands on each piece. You want to tear the thin membrane connecting the skin and meat but leave the skin intact and attached to the chicken. (You want to be able to get under the skin with the marinade.) Then, cut one or two deep slits, down to the bone, in each chicken breast, leg and thigh. Set aside.

- 2. Mix lemon juice, ginger, garlic, chilies, 1 tsp salt, oil, cumin and coriander in a bowl. Rub spice mix under skin of chicken so it covers the meat and falls into slits.
- 3. Mix chili powder, 1 tsp salt and ½ tsp pepper in a small bowl. Rub salt mix on chicken skin. Set chicken aside for 30 minutes to marinate.
- 4. Preheat oven to 400°. Place chicken in the oven and roast 35 minutes or until chicken is cooked through and reaches 160° internal temperature.
- 5. While chicken roasts, heat a large skillet over medium heat. Add coconut oil and onions. Sauté until translucent, about 3-4 minutes.
- 6. Add coconut milk and curry powder. Stir to combine.
- 7. Slowly add kale in, one handful at a time, until kale is wilted.
- 8. Serve the Spiced Chicken and rice with the creamed kale. Enjoy!

Green Lentils, Spinach and Rice

Serves 8-12

Ingredients:

- 2 large onions, minced
- 4 TB olive oil
- 1½ C green lentils
- 1 C brown rice
- 2 TB apple cider vinegar
- 4-5 C water for soaking
- 1 TB olive oil
- 6 C stock or water, divided
- 1½ tsp cinnamon
- ½ tsp nutmeg
- 2 tsp salt, divided
- ½ tsp black pepper
- 2 bunches spinach, rinsed and drained

Overnight:

1. Optional: Soak lentils in a quart-sized mason jar. Add lentils and fill up with water (about 2-3 C). Add 1 TB apple cider vinegar. Soak for at least 3 hours, preferably overnight.

- 1. Heat a large 12" frying pan on medium heat. Add 4 TB olive oil. Add onions and sauté for about 20 minutes, until dark brown. Stir every 2-3 minutes let onions brown but not burn.
- 2. Drain lentils in a colander. Rinse with cold water.
- 3. In a large saucepan, add lentils and about 4 C of stock or water. Bring to a boil. Reduce heat and simmer for 25-35 minutes or until lentils are tender but not mushy. Drain in colander, place in a large bowl and set aside.
- 4. Meanwhile, place the olive oil in another large saucepan and add rice. Stir until rice is well coated. Stir in 1% cups of stock or water, ½ tsp nutmeg, 1½ tsp cinnamon, 1½ tsp salt and ½ tsp pepper. Bring to a boil, cover and

- simmer on low for 25-40 minutes. Turn heat off, remove lid and wrap a clean tea towel on lid. Place lid back on for 5 minutes.
- 5. Check onions. You want them nice and caramelized but not burned. Transfer to a bowl or plate. Reserve pan for deglazing with spinach.
- 6. Place pan back on medium heat. Add a handful of spinach at a time and let it wilt. You may need to add 1 TB water. Scrape the browned bits gently with a spatula. Sprinkle ½ tsp of salt over the spinach. Continue until all the spinach is wilted.
- 7. You are ready to put it all together now. In the large bowl with lentils, add the rice (you can lightly break up the rice with a fork), half the onions, and the spinach. Mix well. Adjust salt and pepper, to taste.
- 8. Top with the remaining onions.
- 9. Serve hot. (This is great on its own or paired with fried/poached eggs.)

Red, White and Quinoa Salad

Serves 4

Ingredients:

- 1 C quinoa
- 1 C water
- 1 C broth
- 3 TB olive oil
- ½ C minced onion
- 2 C cauliflower, broken into bite-sized pieces
- 1 C beets, diced
- ½ tsp salt
- 1 TB lemon juice
- ½ TB Dijon mustard
- 1 clove garlic, finely minced
- 1 tsp honey, optional
- Pinch of pepper to taste
- 1 C greens, such as beet greens, spinach, or kale
- ½ C sunflower seeds, toasted

- 1. Bring the quinoa, water and broth up to a boil. Reduce the heat to a low simmer for 15 minutes. Add more water if necessary, but simmer until the quinoa is tender and the tails are just starting to consider uncurling.
- 2. In a sauté pan over medium heat, add 1 TB olive oil and the chopped onions. Once they turn translucent after just a couple of minutes, fold in the beets. Toss and sauté. If they start to stick to the pan, add a splash of water. After another few minutes, crumble in the cauliflower florets. Continue to sauté until they are all tender and wilted. Add a periodic splash of water if the veggies are sticking to the pan. Season to taste with a pinch of salt.

- 3. Meanwhile, whisk together the lemon juice, Dijon mustard, garlic, and honey. Pour in the remaining olive oil while whisking rapidly to combine. Season with a pinch of salt and pepper to taste. When the quinoa is cooked through, fold it into the dressing with half of the sunflower seeds.
- 4. As the veggies finish up, add the shredded greens into the skillet and sauté until they are just wilted. Toss the pan of veggies into the quinoa.
- 5. Finish the dish with a sprinkle of toasted sunflower seeds.

Coconut Crusted Salmon with Lemon Chard

Serves 4

Ingredients:

Salmon

- 2 TB coconut oil
- 1 tsp sea salt
- ½ tsp paprika
- ½ C unsweetened coconut flakes
- 11/3 lbs wild salmon fillet

Lemon Chard

- 2 TB olive oil, divided
- 1 lemon, thinly sliced
- 2 garlic cloves, peeled and minced
- 2 bunches Swiss chard leaves, de-stemmed and chopped (keep stems)
- Swiss chard stems, chopped
- ½ C water
- Sea salt and fresh pepper, to taste

- 1. Preheat oven to 350°F.
- 2. Mix coconut oil with salt, paprika, and coconut in a small bowl. Spread over salmon.
- 3. Place salmon in parchment-lined baking tray. Bake for about 10 minutes or until salmon is cooked through and crust is lightly browned.
- 4. Heat a large skillet over medium-high heat. Add 1 TB olive oil. Add lemon slices and cook for 1 minute each side, until nicely browned.
- 5. Remove lemon slices and set aside.
- 6. Using the same skillet, add another 1 TB olive oil, if needed. Add garlic and chard stems. Cook for 2-3 minutes.
- 7. Add chard leaves and ½ C water and cover with tight-fitting lid. Cook for about 5-10 minutes. Uncover and cook for another 5 minutes until water evaporates.
- 8. Season with salt and pepper, to taste.
- 9. Top with lemon slices. Season with salt and pepper, to taste.

Herb Frittata

Serves 2

Ingredients:

- 1 TB olive oil
- 1 clove garlic, finely minced
- 1 small bunch spinach or arugula, washed and dried
- 1 small bunch parsley, washed and dried
- 1 handful of a variety of fresh herbs: basil, dill, thyme, oregano, etc., washed and dried
- 3 eggs
- 1/4 C finely chopped walnuts or almonds, optional

- Place a small- to medium-sized skillet with a lid over low heat. Pour in the olive oil and the minced garlic. Let it gently warm up and infuse the oil.
 Stack up the spinach or arugula, roll into a cigar shape and thinly slice. Go back over the greens and finely mince. Remove any stems from the herbs, stack up as well and finely mince.
- 2. Whisk the eggs in a bowl with a pinch of salt and pepper. Fold in the greens and fresh herbs. Increase the heat on the pan slightly to medium and pour in the egg + greens mixture. Shake the pan gently. Sprinkle on the chopped nuts, if using.
- 3. Cover with a lid and cook until the center of the frittata no longer jiggles when you shake the pan. Using a spatula, gently slide the frittata out of the pan. Alternatively, once the frittata is loose in the pan, place a plate on top and flip it over. Cut the frittata into slices and serve.

Baked Falafel with Tahini

Serves 3-4

Ingredients:

Falafel

- 1 large carrot, peeled
- 1 (14-oz) can garbanzo beans (chick peas)
- 1 C sunflower seeds
- 1 garlic clove
- 1 TB cilantro, chopped
- 2 TB parsley, chopped
- ½ C tahini
- 1 tsp sea salt
- 1/3 C onion, diced
- 1/4 C lemon juice
- ½ C olive oil
- 1½ tsp cumin
- 1½ tsp curry
- 1 avocado, cut into small cubes
- 5 C mixed baby greens

Lemon Tahini Sauce

- 1/4 C water
- 1/4 C tahini
- Juice of ½ lemon (or more, to taste)
- Sea salt, to taste

- 1. Preheat oven to 375°F.
- 2. Using the shredding blade, shred carrot in food processor. Set aside.
- 3. Drain the chickpeas. Rinse and place in food processor. Add sunflower seeds, garlic, cilantro, parsley, tahini, onion, lemon juice, olive oil, cumin, curry, and sea salt. Blend until you get a dough-like consistency.
- 4. Taste and adjust salt and pepper seasoning.

- 5. Line a baking sheet with parchment paper. Roll chickpea mixture into golf ball-sized balls with your hands or an ice cream scoop.
- 6. Brush falafel with olive oil and bake for 15-20 minutes, until slightly browned. Don't bake longer than 20 minutes or they may turn out too dry.
- 7. While falafel is baking, prepare lemon tahini sauce. Combine tahini, water, lemon juice, and salt in a small bowl. Blend with an immersion blender until smooth. Set aside.
- 8. Serve on a bed of baby greens and avocado.



Beet Hummus

Ingredients:

- 1 lb beets
- 1 clove garlic
- 1 tsp salt
- ½ lemon
- 2 TB extra-virgin olive oil
- 1/4 C tahini
- 1 tsp cumin, ground
- 1 pinch black pepper

- 1. Scrub the beets and cut into big 1-2 inch chunks that are even in size. Place the beets in a pan full of water and bring up to a boil. Simmer until you can easily stab them with a butter knife. Depending on the size of your chunks, it will take 15-30 minutes.
- 2. Meanwhile, place the garlic clove in a food processor or blender and whirl around until pulverized. Add the tahini, lemon juice, extra-virgin olive oil, cumin, salt and pepper.
- 3. Pull out the beets and rinse with cold water. When you are able to handle them, gently peel off the outer layer of skin. Trim any other stems or unsightly parts.
- 4. Place in the processor/blender. Pulse and blend, scraping the sides periodically until it is smooth and evenly magenta.
- 5. Serve as you might traditional garbanzo hummus.

Brazil Nut Power Balls

Ingredients:

- 1 C raw Brazil nuts
- ½ C walnuts
- 1 C dried black mission figs
- 1 C dried apricots
- ½ tsp salt
- 2 tsp honey
- 1 TB coconut oil
- ½ tsp cinnamon
- 1 C shredded coconut, unsweetened

- 1. Using a food processor, grind nuts to a powder and put into a bowl. Set aside.
- 2. Add figs, apricots, salt, honey, coconut oil and cinnamon to food processor. Pulse to make a thick paste. If mixture is too stiff, add a little hot water.
- 3. Add ground nuts and shredded coconut. Process until mixture forms a ball.
- 4. Using a tablespoon, scoop out tablespoon-sized balls and roll each in the palm of your hands. Place on parchment-lined container and place in refrigerator for at least one hour to firm up.
- 5. Can be stored in an airtight container for up to 2 weeks.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- Small handful of mixed fresh olives
- One or two hard boiled eggs
- Raw sauerkraut
- Sliced apple with 1-2 TB nut butter (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls (find these at a health food store)
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars these are made from just fruit and nuts, and can be found in many grocery and convenience stores

Remember the magic formula when eating:
fat + fiber + protein = balanced blood sugar and the
key to you staying full longer

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.

Granola Drops

Ingredients:

- ½ C banana, mashed
- 1/4 C coconut oil
- ¼ C honey
- 1/4 C sunflower butter or your favorite nut/seed butter
- 1½ C granola, homemade or low sugar variety
- ½ C coconut, shredded
- ½ C brown rice puffs
- ¾ C flax meal, ground

- 1. Mix together the mashed banana, coconut oil, honey, and nut/seed butter. Pour into a bowl of the granola, shredded coconut, and brown rice puffs. Stir together. Fold in half of the flax meal, then add more until the mixture feels a bit less sticky.
- 2. Roll into balls about 1-2 TB big. Store and place in the fridge until they harden slightly and are less likely to lose their shape when you touch them.
- 3. They can be brought out to room temperature for a couple hours before they become really soft and need to go back in the fridge to chill out again. Wrapped up well, they can be stored in the freezer for 1-2 months or in the fridge for about a week.



Cacao Almond Truffles

Ingredients:

- 1½ C almonds
- ¾ C cocoa
- ½ C cacao nibs (or substitute more cocoa powder)
- 2½ C pitted dates (if they are hard, soak in hot water for 5-10 minutes and strain)
- 1 tsp almond extract
- ½ tsp salt
- 1-2 TB water, more as needed

- 1. Place the almonds, cocoa and cacao nibs in a food processor. Whirl around until any large pieces are broken up. Add the soft pitted dates, almond extract, water and salt.
- 2. Pulse several times until a soft paste is formed. Add splashes of water to help it become soft rather than dry as you pulse the mixture.
- 3. Scoop out ½- to 1-ounce balls. Roll in your wet hands until they are smooth and round. If desired, roll them in more cocoa powder until they are lightly coated and dusted.
- 4. Shake off and enjoy. They will store, tightly sealed, in the fridge for a couple weeks or in the freezer for a few months.

Cocoa Dusted Almonds

With the date sugar, these become a sweet treat, but without it the nuts are nearly savory and a great alternative to plain almonds for an easy snack.

Ingredients:

- 1 egg white
- 2 C raw, whole almonds
- 2 TB cocoa
- 1 tsp salt
- 1 pinch cayenne or smoked paprika

- 1. Preheat the oven to 275°F.
- 2. Whisk the egg white until foamy. Toss in the almonds, coating thoroughly. Combine the cocoa powder, salt and cayenne. Sprinkle onto the wet nuts. Toss.
- 3. Spread on a baking sheet lined with parchment paper.
- 4. Bake for 25-35 minutes until the coating appears dry. Allow to cool on the baking pan. You may hear them crackle & pop a bit as they cool. Feel free to nibble on them hot.
- 5. Store for a couple of weeks in a sealed container in the fridge or longer in a freezer.





Red Velvet Smoothie

Serves 2

Ingredients:

- 1 beet, including the attached stems and greens
- 2 bananas
- ¾ C almond or coconut milk
- 2 TB cocoa
- 1 TB honey, optional, to taste

- If your beet is cooked in advance, this makes your morning smoothie a bit easier, but if not, start by boiling it until it is tender. Scrub the beet, trim the greens and place the root cut into big chunks in a saucepan of water.
 Bring to a boil and cook until it can be stabbed easily with a fork, usually about 15-30 minutes depending on the size. Once cooked, cool in cold water while peeling off the skin. Dice the beet and place it in the freezer to cool slightly.
- 2. Wash and tear up the beet stems and leaves, place in the blender. Add the bananas, dairy-free milk and cocoa. Blend until smooth. Add the chilled beets and blend until smooth again. Taste.
- 3. Add the honey or your preferred sweetener to taste.
- 4. Enjoy!

Golden Milk (Ginger Turmeric Latte)

Ingredients:

- ½ tsp ground ginger
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- 1/4 C canned coconut milk
- 1¾ C water
- $\frac{1}{4}$ $\frac{1}{2}$ tsp raw honey, to taste
- 1-3 tsp coconut oil
- 2 tsp or 1 bag of roasted dandelion tea

- 1. Steep roasted dandelion tea in 1 C water for 5-10 minutes.
- 2. In a small saucepan, heat the spices with coconut milk and ¾ C water. Bring to a mild simmer for 1-2 minutes. Mix with steeped tea.
- 3. Add sweetener of choice and coconut oil, as desired.





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