

SUGGESTED RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1	Get Your Greens Egg Muffins	Peach and Summer Squash Quinoa	Grilled Turkey and Zucchini Meatballs
DAY 2	Tropical Coconut Smoothie	Chicken Salad with Miso Dressing	Warm Mexican Quinoa Salad
DAY 3	Sage Turkey Sausage and Tomato Stacks	Coconut Kale Salad	Honey Garlic Grilled Salmon with Grilled Asparagus
DAY 4	Blueberry Overnight Oats	Cucumber Noodles with Lemon, Olives, Celery and Chicken	Garbanzo Burgers with Zucchini Marinated Salad
DAY 5	Chocolate Almond Banana Smoothie	Cauliflower Fried Rice	Roasted Chicken Tacos with Mango Slaw and Collard Tortillas

Alternate Recipes Included:

- Chicken Pomodoro
- Chili-Rubbed Chicken with Avocado Salsa



CREATE YOUR OWN MENU

	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: Quinoa is ready when it looks like it's grown a little tail – this is the germ separating from the seed, and a good indicator it's cooked through.

Get Your Greens Egg Muffins

Makes 12

Ingredients:

- 8 eggs
- 1 TB water
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- ½ tsp dried thyme
- ½ tsp paprika (optional)
- 2 large handfuls spinach or arugula, or a mix, roughly chopped
- 2 green onions, finely chopped

- 1. Heat your oven to 375°F.
- 2. Crack eggs into a large bowl and add water, sea salt, pepper, thyme, and paprika (if using). Whisk until slightly frothy.
- 3. Lightly oil a muffin tin, or use muffin liners. Place arugula/spinach and green onions in the bottom of each muffin tin, then pour the whisked eggs on top. Be careful not to overfill the cups.
- 4. Bake muffins for 20-25 minutes, depending on how well you like your eggs cooked. You'll want to make sure the middle of each egg muffin has set, and the edges will be slightly browned.
- 5. These store well in the freezer or can work for breakfast all week.

Tropical Coconut Smoothie

Makes 1 serving

Ingredients:

- ½ C shredded coconut, unsweetened (or an equal amount full-fat canned coconut milk)
- 1 C water
- 1 C tropical blend frozen fruit or frozen mango
- 1 C loosely packed baby spinach
- ½ banana
- 2 TB flax seeds, chia seeds or hemp seeds

Directions:

Place coconut or coconut milk, water, tropical fruit, spinach, banana and any seed protein you are using into a blender. Blend until smooth, adding more water if needed. Enjoy!



Sage Turkey Sausage and Tomato Stacks

Serves 2

Ingredients:

- ¼ C fresh sage, washed and dried well or ½ TB dried sage
- 8 oz ground turkey
- 1½ tsp sea salt
- ½ tsp black pepper
- 1 large tomato, or 2 smaller tomatoes
- 1½ TB olive oil, more or less, as needed

- 1. Stack up half of the sage leaves. Roll the large leaves into a cigar shape and thinly slice into strips, then slice the other way to create small pieces.
- 2. Place the ground turkey and the minced sage in a bowl with half of the salt and pepper. Mix together and then shape into 2-3 inch rounds.
- 3. Heat a skillet to medium heat, and add half the olive oil. Once hot, add the turkey rounds. Sear on one side for about 3-5 minutes, then flip and cook another 3 minutes or until slightly firm to the touch in the center. Set aside to rest.
- 4. Cut the tomato into slices and season each side with the remaining salt and pepper. Place the tomatoes in the skillet, adding a little more olive oil if needed. Sear until lightly golden, about a minute on each side, then remove.
- 5. Make the stacks with the sausage on the bottom, then the tomato, sausage and tomato, then serve.

Blueberry Overnight Oats

Serves 1

Ingredients:

- ½ C rolled oats
- 1 TB chia seeds
- 1 TB ground flax seed
- ½ C full-fat coconut milk
- ½ C fresh blueberries

Directions:

- Place oats, chia seeds, ground flax seed and coconut milk into a mason jar or other glass container with a tight-fitting light. Add a few TB of water if your coconut milk seems thick.
- 2. Mix the ingredients together, then top with the berries. Place in fridge overnight, and add a little more coconut milk if needed in the morning.

Chocolate Almond Banana Smoothie

Serves 1

Ingredients:

- 1 small or ½ large ripe banana
- 2 TB almond butter
- 1 C coconut or almond milk
- 1 TB raw cacao powder or cacao nibs
- ½ tsp cinnamon
- ½ C washed greens, like spinach or kale
- ½ TB honey or maple syrup (optional)
- ½ C ice cubes (optional)

Directions:

Place all ingredients into a blender and turn on low. Increase speed and blend until all ingredients are incorporated. Pour into a glass and enjoy.

Peach and Summer Squash Quinoa

Serves 2

Ingredients:

- ¾ C quinoa
- 1½ C water or broth
- 1 summer squash, cut into quarters lengthwise and thinly sliced
- 2 peaches, pitted and chopped
- 2 TB fresh herbs, such as mint, basil, or parsley
- ½ C sunflower seeds
- 2 TB extra-virgin olive oil
- 1 tsp sea salt
- 1 lemon, juice and zest

- 1. Place the quinoa and water/broth into a pot with a tight-fitting lid and bring to a boil. Once boiling, reduce heat and simmer for 15-20 minutes.
- 2. Meanwhile, place the sliced squash into a large bowl and add the lemon juice and zest, herbs, sea salt, seeds, and olive oil. Let marinate while quinoa cooks. Once quinoa is cooked, add it, while still hot, to the summer squash and toss to combine.
- 3. Gently fold the peaches into the quinoa mixture. Serve warm, cool or at room temperature.

Chicken Salad with Miso Dressing

Serves 4

Chicken Salad Ingredients:

- 1 lb organic boneless, skinless chicken thighs
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 1 TB sesame or olive oil
- 5 baby Bok Choy or 1 large Bok Choy, chopped (about 5 6 cups)
- 1 C snow peas, trimmed and cut into matchsticks
- 4 radishes, trimmed and cut into matchsticks
- 2 carrots, peeled and cut into matchsticks
- 4 scallions, thinly sliced

Miso Dressing Ingredients:

- ½ C white miso paste
- 2½ TB rice vinegar
- 2½ TB sesame oil
- ½ C water

Directions:

- 1. Season chicken with ½ tsp salt and ¼ tsp pepper.
- 2. Heat a large skillet on medium-high heat. Add 1 TB sesame or olive oil, then add chicken thighs. Cook each side for 6-7 minutes, until cooked through. Remove from the pan and let the chicken rest for 10 minutes before chopping into bitesized pieces.
- 3. Meanwhile, in a small bowl, whisk the miso, vinegar, sesame oil and water. Set aside.
- 4. In a large bowl, add the Bok Choy, snow peas, carrots, radishes, and scallions. Toss well.
- 5. Add chicken and miso dressing to veggies and toss until well incorporated.
- 6. Serve warm or chilled.

Time Saver: You can use a food processor to shred the radish and carrots instead of cutting into matchsticks.

Coconut Kale Salad

Serves 4

Ingredients:

- 2 TB orange juice
- 2 TB olive oil
- 2 TB lime juice, add the zest if desired
- ½ tsp salt
- ½ tsp ground ginger
- ½ tsp cinnamon
- ½ tsp smoked paprika, optional
- 1 bunch kale, washed and dried well, de-stemmed, and thinly sliced
- 1 carrot, peeled and finely shredded
- 1 C unsweetened, finely shredded coconut flakes
- ½ C dried no-sugar-added cranberries or golden raisins
- 1/4 C sesame seeds
- 1/4 C sunflower seeds, roasted

- 1. In a large salad bowl, whisk together the orange juice, olive oil, lime, ginger, cinnamon, smoked paprika, and salt.
- 2. Add the kale, carrot, coconut, cranberries/raisins, sesame seeds and sunflower seeds to the bowl. Toss well and then let sit for 30 minutes before serving to allow the kale to wilt a little. This salad lasts a couple days in your fridge.



Cucumber Noodles with Lemon, Olives, Celery and Chicken

Makes 4 servings

Ingredients:

- 2 medium cucumbers (about 1 lb)
- 2 celery ribs, thinly-sliced
- ½ C fresh parsley leaves, chopped
- ¼ C pitted Kalamata olives, halved
- 2 TB fresh lemon juice
- 1 lemon, thinly sliced
- 4 TB olive oil, divided
- Sea salt and black pepper, to taste
- 1 lb chicken thighs

- 1. Using spiralizer or vegetable peeler, create linguini-sized (thin) or fettuccine-sized (wide) noodles with the cucumbers. Place in a colander and let the excess water drain.
- 2. Meanwhile, season the chicken thighs with ½ tsp salt and ¼ tsp pepper. Heat a large skillet on medium-high heat. Add 1 TB of oil. Add chicken and let brown for 6-8 minutes on each side, until they reach 160°F inside and the juices run clear. Remove from pan and set aside.
- 3. Add lemon slices to skillet and cook for 1 minute each side until browned. Remove from pan.
- 4. In a large bowl, combine cucumber, celery, parsley, olives, lemon juice, remaining olive oil, ½ tsp sea salt and ¼ tsp black pepper. Toss well.
- 5. Place some cucumber noodles on a plate and top with 1-2 chicken thighs and 1-2 slices of lemon.



Cauliflower Fried Rice

Serves 2

Ingredients:

- 1 TB olive oil
- 1 C finely chopped cauliflower
- 1 carrot, peeled and finely grated
- 2 green onions, finely chopped
- 1 C cooked brown rice, preferably left over from another meal
- 4 eggs, whisked
- 1-2 TB wheat-free tamari sauce
- ½ tsp red pepper flakes (optional)

Directions:

- 1. Bring a skillet to medium-high heat. Add the oil and let warm, then add cauliflower, carrot and green onions. Saute for 3-5 minutes, stirring frequently, until the cauliflower starts to soften, but before it begins to brown.
- 2. Add the cooked brown rice and stir for about a minute, then add the whisked eggs.
- 3. Continue to stir until the eggs are cooked, then drizzle 1 TB wheat-free tamari sauce over the dish and stir gently to combine. Taste, and add more wheat-free tamari sauce until you reach the flavor you want.
- 4. Add the red pepper flakes, if using, and serve.

Cauliflower Fried Rice is very versatile, and would make a great meal for breakfast or dinner as well.

Grilled Turkey and Zucchini Meatballs

Serves 2

Ingredients:

- 2 zucchinis, small to medium
- ½ C quick-cooking oats
- 2 TB fresh basil, finely shredded
- 2 cloves garlic, finely minced
- 1 tsp salt, divided in half
- 1/4 tsp black pepper, divided in half
- 8 oz ground turkey
- 1 onion, cut in large chunks
- 1 TB olive oil

- 1. If using wooden skewers, place them in a shallow dish and cover with water.
- 2. Shred half of the zucchini and place in a large bowl. Add the oats, basil, garlic, and half of the salt and black pepper and stir to combine. Next, add the ground turkey and fold together gently.
- 3. Cut the remaining zucchini and the onion into chunks, sprinkle lightly with the remaining salt and pepper. Round the meat mixture into balls, about 1 ounce each in size. Place an onion or zucchini piece on a skewer. Add a meatball, squeezing gently to secure it to the stick. Then alternate with the veggie pieces until the sticks are full. Drizzle the veggies and meatballs lightly with the olive oil.
- 4. Heat a grill to medium. Place skewers on the grill for 4-6 minutes on each side until barely firm to the touch and the veggies are slightly charred.

Warm Mexican Quinoa Salad

Serves 2-4

Ingredients:

- 1 TB olive oil
- ½ C red onion, chopped
- 1 large or two small zucchini, cut in 1/4-inch cubes
- 2 garlic cloves, minced
- ½ C chopped red bell pepper, cut in ¼-inch cubes
- 1½ tsp salt, divided
- ½ tsp ground cumin
- 1 drained canned chipotle chile peppers in adobo sauce, chopped (optional)
- 1 (15-oz) can black beans, rinsed and drained
- 2 C cooked quinoa
- 1 fresh lime, juiced
- 3 TB chopped fresh cilantro

Directions:

- 1. Heat olive oil in a large skillet over medium-high heat. Add chopped onion and ½ tsp salt. Cook until onions are translucent.
- 2. Add zucchini and stir, then saute for a few minutes until onion and zucchini have browned a bit.
- 3. Add garlic, red pepper, ½ tsp salt and ½ tsp cumin. Mix and cook for 1–2 min.
- 4. Add beans, chipotle peppers, and quinoa and stir gently to combine. You can add a few tablespoons of water or broth if the mixture begins to stick to the pan.
- 5. Turn off the heat and taste, adjusting seasoning to your preferences. Add lime juice and cilantro, stir to combine, then serve.

Note: You can serve this dish as is, or you can opt to serve it over a bed of mixed greens.



Honey Garlic Grilled Salmon

Serves 2

Ingredients:

- 3/3 lb wild-caught salmon filet
- 1/4 C wheat-free tamari
- 2 TB honey, melted gently if solid
- 2 garlic cloves, peeled and finely grated
- 2 TB olive oil

Directions:

- 1. Place wheat-free tamari, honey, garlic cloves and olive oil in a small bowl and whisk together. Place salmon in a glass baking dish and drizzle tamari/honey/garlic mix over the salmon. Allow to marinate for 30 minutes to 2 hours, turning at least once.
- 2. Heat a grill or a skillet to medium-high heat, making sure to clean the grill and to lightly oil the grates once hot.
- 3. Place salmon on grill and cook for 3-5 minutes, keeping an eye on the grill to make sure it doesn't get too hot. Turn salmon and cook another 3-5 minutes. Check the center of the salmon to make sure it's cooked, although slightly pink is okay! Remove from grill and serve.

Note: You could also use halibut or a firm piece of cod for this dish.

Grilled Asparagus

Serves 2

Ingredients:

- 1 small bunch asparagus, tough ends snapped off
- 1 TB olive oil
- 1 tsp sea salt
- ½ tsp freshly ground pepper

- 1. Heat your grill to medium-high heat. Once hot, make sure to clean it using a metal grill brush.
- 2. Meanwhile, place asparagus on a baking sheet. Drizzle olive oil over the top and toss to coat, then sprinkle with sea salt and pepper.
- 3. Place asparagus directly on the grill in the opposite direction from the grill slats so they don't slide through. Grill for 3-5 minutes, making sure to keep an eye on the heat so they don't burn. Turn the asparagus (just do your best!) and cook for 3-5 minutes more, then serve.

Garbanzo Burgers

Serves 3

Ingredients:

- 1 (15-oz) can garbanzo beans/chickpeas, rinsed and drained
- ½ yellow onion, chopped
- 1/4 C fresh herbs, such as parsley, basil, chives, tarragon, etc.
- 1/4 C flax meal, ground
- ½ C almond meal/flour
- ½ tsp salt
- 2 eggs
- 2 TB dijon mustard
- 6 leaves lettuce, washed & dried (optional topping)
- 4 slices sweet onion (optional topping)
- 1 avocado, pitted and cut into thin strips (optional topping)

- Place the beans, onion, fresh herbs, flax meal, almond meal, and salt in a food processor. Pulse and whirl into a chunky, well combined paste. Taste. Adjust the flavors as needed.
- 2. Add the eggs and dijon mustard, and mix again until combined.
- 3. Heat a griddle, cast iron pan or skillet over medium heat. Drizzle a splash of olive oil in the pan. Add $\frac{1}{3}$ $\frac{1}{2}$ cup of the veggie patty batter. Sear until golden, then flip and sear the other side. Place in a warm oven and continue cooking the batter until the burgers are complete.
- 4. To serve, you can eat as is, or with optional toppings, or sandwich your toppings between two burger patties, or use lettuce as the "bun." Any way you decide to eat it, enjoy!

Zucchini Marinated Salad

Serves 2

Ingredients:

- 1 zucchini
- 2 TB olive oil
- 1 tsp red wine vinegar, or white wine vinegar
- 1 C chopped cherry tomatoes
- 1/4 C kalamata olives, pitted and roughly chopped
- 4 sprigs fresh basil, roughly chopped or cut into strips
- 1 tsp sea salt, to taste
- 1 pinch black pepper, to taste, or red chili pepper flakes
- 1/4 C toasted pine nuts (optional)

- 1. Thinly slice the zucchini into rounds. Toss with the olive oil and vinegar. Allow to sit for a few minutes as you prepare the remaining ingredients.
- 2. Toss the marinated zucchini with the chopped tomatoes, olives, and basil. Season with salt and pepper to taste.
- 3. Top with toasted pine nuts, if using. Taste, then add an extra drizzle of olive oil or pinch of salt, if desired.

Roasted Chicken Tacos with Mango Slaw and Collard Tortillas

Serves 2

Taco Ingredients:

- 1 lb organic chicken thighs
- 1 tsp lime zest
- 1 lime, juiced
- 1 TB olive oil
- 2 garlic cloves
- 1 tsp dried Mexican oregano
- 1 tsp chili powder
- 1 tsp ground coriander
- ½ tsp cumin
- ½ tsp sea salt
- 1/4 tsp black pepper
- 1/4 C cilantro, for topping

Mango Slaw Ingredients:

- 1 small napa, purple or green cabbage, thinly sliced
- 1 carrot, peeled and shredded or julienned
- ½ small red onion, thinly sliced
- 2 limes, juiced
- ½ tsp sea salt
- 6 TB apple cider vinegar
- 6 TB olive oil
- 2 mangoes, pitted and thinly sliced
- ¼ C fresh cilantro, minced

Tortilla Ingredients:

• 1-bunch collard greens (large leaves) or butter lettuce

Directions for Tacos and Slaw:

- 1. Preheat oven to 350°F.
- 2. In a large glass bowl, whisk lime zest & juice of 1 lime, 1 TB olive oil, garlic, oregano, chili powder, coriander, cumin, salt and pepper. Add chicken and toss well to coat, then marinate for a minimum of 20 minutes and up to overnight.
- 3. Spread the chicken thighs on a large baking tray. Place chicken in oven and bake for 30-40 min or until chicken is done, then remove and let rest for 10 minutes.
- 4. Meanwhile, start the mango slaw. In a medium bowl, whisk together the apple cider vinegar, juice of 2 limes, salt and olive oil. Add cabbage, red onion, and

- carrots. Massage cabbage for 1-2 minutes until it just begins to wilt but remains crispy. Add mango, cilantro and dressing to cabbage mixture. Toss, then taste, adding a little more salt if necessary.
- 5. Slice chicken into strips. Serve on (collard or lettuce) tortillas with mango slaw.

Directions for Tortillas:

For the simplest "tortillas", simply wash and dry butter leaf lettuce leaves and fill them with the chicken mixture and the mango slaw.

To try the collard leaves, follow these directions:

- 1. Trim each leaf so it is even at the bottom.
- 2. Instead of de-stemming the leaf, you will "shave off" some but not the entire stem. Lay the collard 'back side' up on a cutting board. Take a sharp paring knife and hold the blade parallel to the cutting board. Carefully shave off the thick part of the stem that sticks out above the green leaf by running the knife along the stem, careful not to poke through the leaf or cut the stem out completely. Shaving the stem down will allow the leaf to fold or wrap better.
- 3. **Optional**: You can blanch the leaf for 30 seconds in hot water. This makes it even more pliable and wraps will stay shut better.
- 4. **For burrito-like wrap**: place food filling in the bottom third of the leaf. Fold the sides over the top of the filling and then roll away from you.
- 5. **For taco-type open wrap**: place food filling along the stem. Fold over to one side.

Chicken Pomodoro

Serves 2

Ingredients:

- 10 oz boneless, skinless chicken thighs or breasts
- 1½ tsp salt, divided
- 1/4 tsp black pepper, divided
- 1 TB olive oil, divided
- 2 tomatoes, remove stem & chop
- 2 TB fresh basil, finely chopped
- 1 clove garlic, finely minced or pressed

- 1. Season the chicken on each side with salt and pepper and cook it as follows:
- 2. **For the skillet:** Add half of the olive oil into the skillet over medium-high heat. Once the oil runs quickly in the pan, but before it starts smoking, add the chicken and reduce the heat to medium. Sear on each side for 6-10 minutes until the chicken feels firm but not rock hard.
- 3. For the grill: Set the grill on high heat. Drizzle the chicken with the oil. Reduce the grill temperature to medium-low and place the chicken on the grill and cover the grill. Sear on the first side until the chicken is starting to cook on top and it is easy to lift the chicken off the grill. Flip over and cook for another 5-8 minutes until it is firm, but hard to the touch. Test this by pressing into the cooked chicken lightly with a finger.
- 4. Meanwhile, as the chicken cooks, toss together the chopped tomatoes, garlic and basil. Add a drizzle of the remaining olive oil, salt and pepper to taste.
- 5. Serve the room temperature tomato sauce on top of the grilled/seared chicken. Pair with a green salad on the side for a fresh and light meal.

Chili-Rubbed Chicken with Avocado Salsa

Serves 2

Ingredients:

- 1 tsp olive oil
- 2 free-range, organic chicken breasts
- 2 tsp chili powder
- 1 tsp dried cumin
- 1/2 tsp cayenne powder
- 1 tsp sea salt, divided
- 1 ripe avocado, pitted and chopped into small chunks
- 1/4 red onion, diced
- Juice of a lime

- 1. Heat a large skillet over medium-high heat. Meanwhile, combine chili powder, powdered cumin, cayenne pepper and ½ tsp sea salt in a small bowl and rub all over both chicken breasts.
- 2. Spray hot skillet with olive oil spray or add a teaspoon of oil and swirl to coat skillet. Add chicken breasts and let cook 5-7 minutes, then flip and cook another 5-7 minutes. Turn down heat and allow chicken to cook through, another 5-10 minutes, turning one more time. Be sure to check center of breast before serving.
- 3. While chicken is cooking, prep the avocado salsa by combining the avocado, red onion, lime juice, and remaining salt to taste in a small bowl. Serve chicken breasts with avocado salsa on top.
- 4. Serve with a side salad or grilled asparagus.



Guacamole with Jicama and Sweet Potato Chips

Makes 4 servings

Ingredients:

- 1 avocado
- ½ lime
- 1 TB cilantro, freshly minced, add more for a garnish
- 1 TB red onion, finely minced, optional
- ½ tsp salt
- 1 pinch black pepper
- 2 yams or sweet potatoes
- 1 large jicama

- 1. Cut the avocado in half. Squeeze out the pit and slice into the shell of the avocado in crosses to create bits within. Scoop out the avocado fruit from the skin and mash up in a bowl with half of the lime, cilantro, red onion, salt and pepper. Squeeze extra lime juice on top to keep it from browning. Cover and set aside.
- 2. Now peel the sweet potato with a vegetable peeler and thinly slice into rounds.
- 3. Cut the ends off of the jicama and set flat on the cutting board. With a knife, cut down along the skin. Sometimes, once cut slightly, the skin will peel off, but more often a knife is the best way to cut all of the skin off the jicama. Once it is peeled, cut it in half and then in quarters to create a triangular-shaped wedge. Thinly slice along this wedge to create chips.
- 4. Serve the raw chips with the guacamole.



Ginger-Basil Cantaloupe Soup

Serves 4

Ingredients:

- 4 C cantaloupe, cut into chunks
- 1/4 C fresh ginger, in rough chunks*
- 1 TB lemon juice, or more to taste
- 1 TB honey, more or less to taste, or agave nectar, optional (if your cantaloupe is very sweet, the honey may be unnecessary)
- ½ tsp salt
- 1/4 C fresh basil, washed and dried
- 2 TB extra-virgin olive oil

- 1. Place the cantaloupe, ginger*, and lemon juice in the blender. Blend until the ginger is smooth. Taste. Add the honey to taste, more or less depending on the sweetness of the melon. Add the salt, adjusting to taste. Add the basil and olive oil. Pulse a few times to combine, leaving flecks of basil in the soup.
- 2. Place in the freezer for 10 minutes or in the fridge for at least an hour, then serve.

^{*}Fresh ginger can vary depending on where it was grown. If you hesitate around spicy foods, start with half of the ginger and add more to taste.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with nut butter (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Homemade trail mix
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices

Remember the magic formula when eating:

FAT
+
FIBER
+
PROTEIN

Balanced Blood Sugar (the key to you staying full for 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.

Lime-Coconut Date Bars

Makes 6 servings

Ingredients:

- 1½ C almond, or your favorite nut
- 12 oz pitted dates
- 1 lime, zest and juice
- ½ C coconut, shredded

- Place the nuts in a food processor and pulse until they are chopped evenly in bits. Slice into the dates and remove any pits. Add the dates and grate in the lime zest with a fine grater or microplane. Juice the lime and add to the mix. Sprinkle in the shredded coconut.
- 2. Pulse and blend until the dates and nuts appear to be thoroughly chopped and combined. Line an 8×8 or approximate sized pan with wax paper or plastic wrap. Press the date paste evenly into the pan. Cover with wax paper or plastic wrap and chill for at least 30 minutes, but a couple of hours is best.
- 3. Remove the bars from the fridge and dump them onto a cutting board. Cut into 2-3 inch slices or even 1×1 inch squares. Wrap each one individually in plastic wrap.
- 4. Alternatively, roll the paste into balls and chill on a baking sheet.

Grilled Stone Fruits

Makes 2 servings

Ingredients:

- 2 TB coconut or olive oil
- 1 ripe peach, pitted and cut into quarters
- 2 ripe plums, pitted and cut into halves

Directions:

- 1. Heat a grill to medium-high heat, making sure to clean the grill with a metal brush once it's hot.
- 2. Brush fruit with oil, and then place on grill, skin side up. Cook for 3-4 minutes on each side, then remove from heat. Allow to cool for a few minutes, then serve.

Note: You'll want the fruit to be soft when you press it gently to get the best flavors for this dish.

Raw Chocolate Goodness

Makes 1 serving Ingredients:

- 4 TB coconut oil, gently softened but not to the point of liquid
- 2 TB raw cacao powder
- 1 tsp raw honey
- Optional add-ins: 1 TB fresh raspberries, dash cinnamon, 1 TB chopped almonds, 1 TB coconut flakes, or a dash of cayenne pepper

- 1. Gently warm coconut oil, being careful not to let it liquefy. With a spoon, beat the coconut oil until it's soft. Add cacao powder and blend into coconut oil until a peanut butter-like consistency is formed.
- 2. Next, mix in honey and one optional add-in if desired. Make sure to blend coconut oil into other ingredients.
- 3. Place chocolate in the fridge and allow it to set, or eat it right away. Store in a glass container in the fridge for about a week, if it lasts that long.

Watermelon Mint Salad

Serves 1

This salad couldn't be simpler, and it's always a huge hit at potlucks. Simply chop up some seeded watermelon and put in a large bowl. Mince 1 TB fresh mint and sprinkle over the salad. Stir gently to combine, and then enjoy.

Fresh Fruit and Nut Bowl

Makes 2 servings

Summer is the season of the best fruits. This is the time of year to chow down on apricots, fresh plums (my very favorite fruit), berries, peaches, nectarines and melons. Grab a few of your favorites, cut them into bite-sized pieces and top with 1-2 TB of chopped almonds, walnuts, or macadamia nuts.

This recipe also is a great option for breakfast on the go or for a light lunch.

Mango Blueberry Sorbet

Makes 4 servings

Blend the following ingredients until creamy: 1 bag frozen mango, 1 bag frozen blueberries, $\frac{1}{4}$ - $\frac{1}{2}$ C water. Scrape down sides of blender with a spatula if needed. Serve immediately, and store extra in the freezer in a freezer-safe container.

Sweet Mint Iced Tea

Makes 2 servings

Ingredients:

- 2 bags Moroccan Mint green tea
- 24 ounces water

- 1. Place tea bags in a teapot. Bring water to a boil, and then pour over both tea bags. Let steep for about 30 minutes, then remove tea bags.
- 2. To serve, pour tea into a glass filled with ice. You can store this tea in the fridge for several days.

Spa Water

Ingredients:

- Water
- Fresh herbs like basil, cilantro, and parsley
- Lemon and lime slices
- Cucumber slices
- Fresh raspberries and strawberries

Directions:

Place a variety of the above ingredients in a large mason jar or water pitcher. Add ice and water, and sip all day.



This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me and the amount of work I've put in, please do not share these materials with anyone.