



## SUGGESTED RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1	<a href="#">Arugula-Avocado Omelet</a>	<a href="#">Spring Sushi Rolls with Avocado Wasabi Cream</a>	<a href="#">Sesame Chicken Stir-Fry with Asparagus</a>
DAY 2	<a href="#">Carrot Cake Oatmeal</a>	<a href="#">Chinese Chicken Chop Salad with Ginger Dressing</a>	<a href="#">Wild Salmon Chowder</a>
DAY 3	<a href="#">Creamy Avocado Smoothie</a>	<a href="#">Roasted Vegetable and Quinoa Salad</a>	<a href="#">Asian Cabbage Wraps</a>
DAY 4	<a href="#">Cauliflower-Turkey Sausage Patties</a>	<a href="#">Asparagus Salad with Boiled Eggs</a>	<a href="#">White Bean + Artichoke Sauté</a>
DAY 5	<a href="#">Coco-Nutty Granola</a>	<a href="#">Avocado Tahini Salmon Salad</a>	<a href="#">Moroccan Chicken with Steamed Broccoli</a>

### Alternative recipes included:

- [Smoked Salmon Nicoise Salad](#)
- [Strawberry-Almond Lentil Salad](#)
- [Herb-Roasted Cauliflower](#)
- Assorted Smoothies in the Smoothie + Green Juice Guide



## CREATE YOUR OWN MEAL PLAN

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



## THE BASICS

### Roasted Vegetables

Makes about 3 cups vegetables

Ingredients:

- 1 yellow beet, peeled
- 1 rutabaga, turnip or parsnip, scrubbed
- 2 large carrots, peeled
- 1 head broccoli or cauliflower, trimmed
- 2 TB coconut or olive oil

Preheat your oven to 375°. If you have a convection roast option, use it. Cut all the vegetables into bite-sized pieces, aiming for relatively equal sizes. Place veggies in a roasting dish and drizzle with olive oil or coconut oil. Roast for 30-45 minutes, tossing occasionally. You'll know your veggies are done when they are fork tender, meaning you can easily pierce them with a fork. Store in a glass container with a tight fitting lid in the fridge for 5-6 days.

### 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

Place 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. You'll know your quinoa is ready when it looks like it's grown little tails – this is the germ separating from the seed.



## BREAKFASTS

### Arugula-Avocado Omelet

Serves 1

#### Ingredients:

- 1 C arugula, washed and dried
- ½ avocado, thinly sliced
- 1 TB olive oil
- 2 eggs, lightly beaten
- 1 tsp sea salt
- 1 tsp black pepper

#### Directions:

1. Heat a medium skillet over medium heat. Add the olive oil and swirl to coat the pan.
2. Crack the eggs into a small bowl, then add 1 TB water, sea salt and pepper. Whisk until lightly frothy, then pour into the pre-heated pan, tilting the pan to spread the egg mixture evenly. Let the eggs cook for about 10 seconds, then shake the pan and gently use a spatula to pull the cooked edges of the omelet to the center, allowing the uncooked liquid to run to the edges.
3. Place the arugula and avocado in the center of the eggs.
4. Tilt the pan and fold one-third of the omelet halfway over the filling, then fold the other side over to meet the first fold. Cook for one minute more, then slide omelet gently out of the pan, using the spatula to guide the omelet. If it lands in a pile rather than folded up, no sweat -- it will still taste good!

## Carrot Cake Oatmeal

Serves 4-6

Ingredients:

- 3 C water
- 2 C finely shredded carrots
- 1 C rolled oats
- ½ C quinoa
- 1 C pineapple, orange or carrot juice
- ½ C chopped apricots or raisins
- 2 tsp cinnamon
- 1 tsp ground ginger
- ¼ tsp nutmeg
- ½ C chopped cashews, walnuts or almonds
- ½ C unsweetened shredded coconut
- 1 TB coconut oil
- 1 ½ tsp vanilla or almond extract, divided
- ½ tsp salt, divided
- 2 eggs, beaten or ½ cup almond meal (optional)

Directions:

1. Place the water, shredded carrots, rolled oats, and juice over medium heat and bring to a simmer. Continue to cook, stirring periodically as it simmers until most of the liquid has cooked away, around 25-30 minutes. If it begins to stick to the bottom, add more water a few tablespoons at a time until the oats reach a creamy texture.
2. Meanwhile, in a separate skillet, heat the nuts, unsweetened coconut flakes, coconut oil, half of the vanilla and salt over medium heat until the nuts and flakes begin to turn golden shades. Remove from heat immediately and continue to stir in the hot pan until it is evenly colored.
3. Add the remaining vanilla and salt to the oatmeal. Stir in the beaten eggs (which will cook immediately when added to the hot oatmeal) or almond meal (if using), then remove from heat and serve with a generous sprinkle of the golden coconut-nut topping. Leftovers reheat well with an extra splash of water.

*Notes: This takes a little time to simmer on the stove, but you can save time by doubling this recipe and setting in a standard size crockpot overnight on low.*

## Creamy Avocado Smoothie

Makes 2 servings

*For a light avocado color, choose light-colored fruits, nuts and seeds, but you can use whatever you have on hand.*

Ingredients:

- 2 C water
- 1 C frozen mangoes, pineapples or peaches
- ½ C cashews, almonds, or hemp seeds
- 1 avocado
- 1-2 leaves of kale, de-stemmed and torn into small pieces, or a handful of spinach
- ¼ C unsweetened coconut flakes

Directions:

Combine the water, frozen fruit and nuts/seeds. Blend until there are no longer chunks, then add the avocado and greens. Blend until you no longer see flecks of kale or spinach. Pulse in the coconut flakes for a light finishing texture. Drink immediately!

## Cauliflower-Turkey Sausage Patties

Makes enough for 3-4 breakfasts

Ingredients:

- 1 TB olive oil, divided
- 1 shallot, peeled and finely minced
- 1 C finely chopped cauliflower
- 2 TB Dijon mustard
- 2 tsp dried thyme
- 1 lb organic ground turkey or chicken
- 1 tsp sea salt
- 1 tsp freshly ground pepper
- 1 tsp dried thyme

Directions:

1. Heat a large skillet over medium-high heat. When warm, add ½ TB olive oil, shallot and cauliflower, and sauté until shallot is starting to brown and cauliflower is mostly cooked, about 5 minutes.
2. Place shallot/cauliflower mix into a large bowl and let cool for a few minutes. Wipe out the skillet and set aside.
3. Once shallot/cauliflower mixture has cooled, add remaining ingredients to the bowl and mix together well.
4. Heat skillet over medium-high heat and add remaining ½ TB olive oil. Using a spoon, scoop turkey mixture into small patties and place into heated skillet. Cook for 2-3 minutes, then flip and cook 2-3 minutes more, until fully cooked through. Remove cooked patties to a plate, then continue with remaining mixture. Patties store well in the fridge for a few days, or in the freezer for up to 3 months.

## Coco-Nutty Granola

Makes 8 servings

Ingredients:

- 2 C raw almonds
- 1 C raw walnuts
- 1 C raw pecans
- ½ C coconut oil, or your preferred oil/fat
- ⅓ C honey or maple syrup, more or less as desired
- 1 TB vanilla or almond extract
- 1 C sunflower or pumpkin seeds
- ½ C sesame seeds and/or chia, poppy, or hemp seeds (feel free to combine what you have available)
- ¼ C flax meal, ground
- 1 tsp sea salt
- 3 C unsweetened coconut flakes

Directions:

1. Roughly chop the nuts. Spread on a baking sheet. Preheat the oven to 300°.
2. Whisk together the oil (you may need to melt it, if using coconut oil), honey, and vanilla or almond extract.
3. Drizzle the liquid mixture across the nuts and toss.
4. In a separate bowl, toss all of the seeds, flax meal, and salt together and sprinkle them all over the sticky nuts. Fold in the large coconut flakes. Place in the oven for 20-30 minutes, until they are crunchy. If it's a cool evening, you can turn off the oven crack open the door, and leave the nuts to dry out overnight.

*Notes: You can play around with this recipe in many ways: add spices, longer/shorter bake time, all seeds, no seeds, dried fruit, oats, buckwheat groats, quinoa, etc. The sky's the limit on this amazing 'cereal'.*



## SMOOTHIES

See the **Smoothie and Green Juice Guide** for smoothie ideas.





## LUNCHES

### Spring Sushi Rolls with Avocado Wasabi Cream

Serves 2

#### Sushi Rolls

##### Ingredients:

- 4 sheets nori seaweed
- 2 C brown rice, cooked
- 1 tsp rice wine vinegar
- 2 carrots, peeled
- 4 stalks asparagus
- ½ avocado, thinly sliced
- 1 C sprouts, such as pea, radish, or buckwheat
- 1 TB wasabi (optional)
- 1 TB wheat-free tamari or coconut aminos



##### Directions:

1. Fold the rice wine vinegar into the cooked brown rice.
2. Cut the peeled carrots into long pieces lengthwise, and then stack up the slices and cut into long, thin strips. Cut the asparagus through the center and then again to create thin pieces.
3. Cut the nori sheets in half to have two rectangular sheets, then lay out the sheets horizontally.
4. Spread about a quarter cup of brown rice in a diamond shape at the right end of the nori sheet, exposing the two corners on that side.
5. Lay the veggie strips down diagonally across the brown rice, so that one end goes through the corner. The other end will be almost in the center of the nori sheet. (See picture)
6. Pull the bottom right corner up to the top center as the veggies and rice are wrapped in and a cone is created.
7. Continue to roll the nori around to create a cone with a point at the bottom. Dip your finger in water and run it along the edge of the nori sheet, then stick the nori sheet together.
8. Serve with coconut aminos or gluten-free tamari and wasabi on the side for dipping.

## Avocado Wasabi Cream

### Ingredients:

- 1 avocado, ripe & creamy
- 3 TB water
- 1 TB rice wine vinegar
- 2 TB coconut oil
- 2 tsp wasabi, adjust to taste
- ½ tsp salt, or more to taste

### Directions:

1. Cut and pit the avocado, then scoop out the meat. Add the avocado and water to a blender and top with the remaining ingredients.
2. Blend until smooth. If it is getting stuck, scrape it down and add a splash more liquid until it is smooth. Add more wasabi or salt as desired.

## Chinese Chicken Chop Salad with Ginger Dressing

Serves 2

Ingredients:

- 2 organic chicken breasts, poached, cooled, then shredded
- 1 C shredded Savoy cabbage
- ½ C shredded red cabbage
- 1 large carrot, peeled, cut in half lengthwise, then cut into thin half-moons
- ½ cucumber, cut in half lengthwise, seeded, and cut into thin half-moons
- 2 green onions, trimmed and chopped

Dressing Ingredients:

- 3 TB rice wine vinegar
- 3 TB wheat-free tamari
- 2 TB olive oil
- 1 TB sesame oil
- 1 TB freshly grated ginger
- 1 garlic clove, peeled and finely grated

Directions:

1. Combine dressing ingredients in a glass jar with a tight-fitting lid, close, and shake well to combine.
2. Place salad ingredients in a large bowl and pour half the dressing over the top, then toss to combine. Taste; add more dressing if needed, then serve.

Notes: To poach a chicken breast, bring a lightly salted medium sized pot of water to a boil. Add the chicken, turn down the heat, and simmer for 20 minutes, until the chicken is cooked through, then drain and let cool before shredding.

## Roasted Vegetable and Quinoa Salad

Serves 2

Salad Ingredients:

- 1 TB olive oil
- 1 leek, trimmed and chopped into ½-inch pieces
- 2 carrots, peeled and cut into ½-inch rounds
- 1 fennel bulb, trimmed and cut into ½-inch chunks
- 1 zucchini, cut in half lengthwise and cut into ½-inch chunks
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp sea salt
- 1 tsp freshly ground pepper
- 1 C cooked quinoa (recipe on page 4 of this book)

Quick Lemon Dressing:

- 1 TB Dijon mustard
- Juice of one lemon
- 2 TB olive oil
- Sea salt and pepper, to taste

Directions:

1. Preheat oven to 400°. Arrange veggies on a baking sheet and drizzle with olive oil. Season with sea salt, pepper, and herbs, and toss.
2. Roast for 20 minutes, tossing twice, until vegetables are fork tender and lightly browned.
3. Meanwhile, combine dressing ingredients in a glass jar with a tight-fitting lid, cover, and shake vigorously until combined.
4. Place quinoa in a large bowl and add roasted vegetables. Drizzle with dressing, toss, and serve.

## Asparagus Salad with Boiled Eggs

Serves 2

Ingredients:

- 1 lb asparagus, washed and ends trimmed
- ½ tsp sea salt
- ½ tsp black pepper, freshly ground
- 2 eggs
- 1 lemon, zest and juice
- 2 TB extra virgin olive oil

Directions:

1. Preheat oven to 425°.
2. Place the eggs in a small pot of cold water and bring up to a boil. Reduce the heat to a simmer and cook for 6-8 minutes on low heat, then drain and rinse with cool water. Peel, and set aside
3. Meanwhile, toss the trimmed asparagus with half of the olive oil and a pinch of salt and pepper, to taste. Spread on a baking sheet and roast for 10-20 minutes, until the asparagus is lightly colored and tender to the bite. The cook time depends on the thickness of your stems.
4. Peel the boiled eggs and cut each into quarters.
5. When the asparagus is done, toss with the lemon zest, lemon juice, remaining olive oil and more salt & pepper to taste. Top the salad with the egg pieces and serve.

## Avocado Tahini Salmon Salad

Serves 2

Ingredients:

- 1 avocado, halved and pitted
- ¼ C tahini
- ¼ C water
- ¼ C extra virgin olive oil
- 2 TB lemon juice
- 1 carrot, peeled and shredded
- 2 radishes, trimmed and shredded
- 2 cups organic butter lettuce, washed and torn into bit sized pieces
- 6-8 oz wild canned salmon, drained
- ½ tsp salt, more or less, to taste
- 1 pinch black pepper, more or less, to taste

Directions:

1. Scoop the avocado out of the skin and place in the blender. Add the tahini, water, olive oil and lemon juice. Blend until smooth. Scrape the sides periodically or add a splash of water if it is not blending easily. Ideally, you will want this to be a fairly thick dressing. Season with half the salt. Taste. Add more salt if necessary.
2. Place the shredded carrot, radishes, and lettuce into a bowl. Add the canned salmon, and toss with a fork in the bowl of veggies. Add a generous scoop of the avocado dressing. Toss lightly. Taste. Add salt and pepper to taste, then serve.



## Sesame Chicken Stir-Fry with Asparagus

Serves 2

Ingredients:

- 1 TB coconut oil
- 2 boneless, skinless organic chicken breasts, cut into 1-inch slices
- 3 garlic cloves, peeled and minced
- 1 bunch asparagus, trimmed, rinsed, and cut into 1-inch pieces
- 2 TB wheat-free tamari
- 1 TB sesame oil

Directions:

1. Heat a large skillet over medium-high heat. Add  $\frac{1}{2}$  the coconut oil and  $\frac{1}{2}$  the chicken and sauté until chicken is lightly browned and cooked through. Remove to a plate, and repeat with remaining coconut oil and chicken. Remove second batch of chicken to plate.
2. Add garlic and asparagus to skillet and sauté, tossing regularly, until asparagus is bright green, approximately 5 minutes.
3. Add chicken back to skillet and drizzle wheat-free tamari and sesame oil over the top. Toss until everything is well combined, then serve with brown rice or quinoa. (See directions for preparation of rice or quinoa on page 4.)

## Wild Salmon Chowder

Serves 2

Ingredients:

- 1 TB coconut oil
- 1 leek, trimmed, cut in half lengthwise, and roughly chopped
- 2 garlic cloves, minced
- 4 celery stalks, chopped
- 4 carrots, peeled and cut into ½-inch rounds
- ½ fennel, trimmed and chopped into ½-inch pieces
- 2 big turnips, peeled and cut into ½-inch pieces
- 2 tsp dried dill
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 1 – 1 ½ lb wild caught salmon, skinned and cut into 1-inch pieces

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat. Add olive oil, leek, garlic, celery, carrots, and turnips. Cook for 5 minutes, stirring occasionally, until the vegetables start to sweat.
2. Add dried dill and stir, then add broth and coconut milk. Bring to a simmer, cover, and let cook for 15-20 minutes or until turnips and carrots are tender.
3. Add salmon and turn the heat off. Stir gently to incorporate the fish, then let it sit for a few minutes, covered, until the fish is cooked through.
4. Taste, and add sea salt if needed. Serve immediately.



## Asian Cabbage Wraps

Serves 2

Ingredients:

- 1 small onion, finely chopped (about ½ C total)
- 1 TB coconut oil, or other vegetable oil
- 1 clove garlic, finely minced
- 1-inch piece of ginger, finely shredded or minced
- 1 carrot, peeled and shredded
- ½ C shredded daikon radish, radishes or cabbage
- 2/3 lb organic ground turkey or chicken
- 2 TB fish sauce or wheat-free tamari
- 2 TB tomato paste
- 1 TB rice wine vinegar
- ½ tsp red chili flakes (optional)
- 8 leaves Napa cabbage, washed and dried
- Salt and pepper, to taste

Directions:

1. Heat a large skillet over medium heat. Add the coconut oil, garlic and ginger. Stir until fragrant. Add the shredded carrots and daikon radish. Sauté until the vegetables are tender to the bite. If they start to stick at any time, simply add a splash of water.
2. Remove the vegetables to a side plate and wipe out the skillet. Add the ground turkey or chicken and sauté until it's nearly cooked through, about 10 minutes, breaking up large pieces and stirring frequently. Add the fish sauce, tomato paste, vinegar, and red chili flakes, if using. Fold in the cooked vegetables and sizzle for just a few minutes. Taste. Add more of any of the seasonings and a pinch of salt and pepper, to taste.
3. Serve the cabbage leaves separate or roll up and serve wrapped.

## White Bean and Artichoke Sauté

Serves 2

Ingredients:

- 2 TB olive oil
- 3 cloves garlic, minced
- 1 C white beans (about 1 can), drained and rinsed
- 1½ C artichoke heart, freshly cooked or defrosted and shaken dry, or drained if canned
- 2 TB sage, fresh, roughly chopped
- ½ tsp each sea salt and freshly ground pepper (optional)

Directions:

1. Warm the olive oil, and garlic in a skillet over medium-low heat. Swirl periodically, making sure not to let the garlic burn.
2. When the garlic starts to sizzle and smell divine, add the white beans and artichokes. Toss and shake them in the pan until they are hot and coated with the garlic oil. Season with salt & pepper if necessary.
3. Fold in the fresh sage and toss lightly. Serve hot for dinner or at room temperature as a salad on the go.

## Moroccan Chicken with Steamed Broccoli

Serves 2

### Moroccan Chicken

Ingredients:

- 1 lb organic boneless, skinless chicken thighs or breasts
- 2 heaping TB ground cumin
- 1 tsp powdered ginger
- 2 tsp turmeric powder
- ½ tsp cinnamon
- 1-2 TB olive oil
- 1 tsp each sea salt and freshly ground pepper
- 1 large onion, peeled and chopped
- 8 oz hot water
- 1 pinch saffron threads (optional)
- 10-12 green olives, pits removed and cut in half
- 3 cloves garlic, finely chopped
- 1 thumb ginger, peeled and grated
- 2 TB fresh lemon juice

Directions:

1. If using breasts, cut chicken into 3 to 4 evenly-sized pieces. If using thighs, cut in half. In a large bowl, mix chicken, cumin, ginger, turmeric, cinnamon, olive oil, sea salt and pepper together.
2. Heat a large skillet with a tight-fitting lid and add the chicken, cooking for 5-6 minutes on each side until it's browned. Once the chicken has browned, add the onion, toss to combine and cook, covered, for 5 minutes more.
3. Meanwhile, heat 8 ounces of water to boiling. Pour water and saffron (if using) into the chicken-onion mixture and add olives, garlic, and ginger. Mix gently to combine, then cover and let cook over low heat for about 30 minutes, stirring occasionally. If the chicken looks dry and is starting to stick to the pan, add ½ cup more water.
4. Once the chicken is cooked through, remove the meat to a bowl, shred, and add it back to the pot, mixing well with the onions, olives and juices left in the pan. Mix in the lemon juice and stir well. Serve immediately.

*Note: If you'd like a heartier meal, you can serve this with quinoa or brown rice. Recipes can be found on page 3 of this handbook.*

## Steamed Broccoli

### Ingredients:

- 1 small head broccoli, trimmed and cut into bite-sized pieces

### Directions:

Place a steamer basket in a pot and fill with water until the water is touching the bottom of the steamer basket. Bring to a boil, then add broccoli and cover pot with a lid. Steam until the broccoli is bright green, about 3-4 minutes. Serve immediately.



## ALTERNATIVE/ADDITIONAL RECIPES

### Smoked Salmon Nicoise Salad

Serves 2

#### Ingredients:

- 2 eggs
- 1 C green beans, trimmed
- 4 C lettuce, washed and dried
- ½ C cherry tomatoes, cut into halves
- 1 TB Dijon mustard
- 1½ TB white wine vinegar
- ¼ C extra-virgin olive oil
- 1 pinch salt
- 1 pinch black pepper
- ¼ C kalamata or nicoise olives
- 6 oz smoked salmon

#### Directions:

1. Place two eggs in a small pot and cover with water. Place a tight fitting lid on the pot and bring to a boil, then boil for 6-8 minutes. Drain, rinse, and let cool.
2. Trim the green beans. Bring a pot of salted water to a boil, then add trimmed green beans. Simmer for 2 minutes, then drain and allow to cool.
3. Meanwhile, whisk together the Dijon and vinegar. Slowly beat in the olive oil until a thick, creamy dressing is formed. Season with salt & pepper.
4. Arrange the lettuce on a plate. Cut the hard-boiled eggs into wedges. Place each salad item in a small pile throughout the lettuce: the egg wedges, green beans, olives and tomatoes.
5. Drizzle everything with the dressing. Finish with a pile of the smoked salmon in the middle. Serve immediately.

## Strawberry-Almond Lentil Salad

Serves 4

### Ingredients:

- 1 C dry lentils, rinsed and picked through
- 1 C raw almonds, roughly chopped
- 1½ C fresh organic strawberries, washed, de-stemmed and cut into small pieces
- 2 TB balsamic vinegar
- 1 tsp honey(optional)
- 5 TB extra-virgin olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 2 stalks celery, thinly sliced
- 4 green onions, finely minced

### Directions:

1. Place the lentils in a large pot with 3-4 C water. Depending on the size of the lentil (tiny red are faster than the larger brown variety), boil for 15-45 minutes. When the lentils are tender to the bite they are done; drain and rinse. Try not to overcook, since this is essentially a salad and you don't want it to be mushy.
2. Meanwhile, roughly chop the whole almonds into bits and pieces. Spread on a baking sheet and toast at 375° for 5-10 minutes. Watch them carefully and stir periodically. They can go from raw to burnt very quickly.
3. Whisk together the vinegar and honey. Slowly whisk in the olive oil in a steady stream to emulsify. Add the lentils to the dressing and season with salt and pepper to taste.
4. Gently toss the lentils with the minced toasted almonds, strawberries, celery and green onions.
5. Serve warm or cooled as a salad.

*Notes: You can serve this salad on top of a bed of baby greens or spinach if you'd like to add more veggies to this meal.*

## Herb-Roasted Cauliflower

Serves 4

Ingredients:

- 1 head cauliflower, leaves removed and cut into 1 inch chunks
- ¼ C olive oil, divided
- 1 tsp salt, more or less to taste
- ½ tsp black pepper, freshly ground, to taste
- 1 lemon, with juice and zest
- ½ C fresh herbs, chopped, such as thyme, basil, oregano, parsley, rosemary, etc.

Directions:

1. Preheat oven to 400°. Place the cauliflower pieces in a roasting pan or on a baking sheet, and toss with half of the olive oil. Season generously with salt and pepper. Place in the oven and roast for about 20-35 minutes, until tender to the bite and starting to turn golden.
2. Meanwhile, place the lemon zest and juice into a glass jar with a tight fitting lid. Add the remaining olive oil and chopped herbs, close tightly, and shake vigorously until well combined.
3. Remove the cauliflower from the oven, and drizzle on the herb dressing. Toss and serve hot, warm or even chilled as a salad.



Each day, you can choose to eat a fresh green salad in addition to your meals. To make your salads, combine the following:

Choose at least 3 different kinds of salad lettuces:

- Arugula\*
- Belgian endive
- Butter lettuce
- Cabbage – red, green, Napa, Savoy
- Curly endive
- Dandelion\*
- Mesclun
- Mizuna
- Mustard greens
- Radicchio
- Red leaf lettuce
- Romaine
- Spinach
- Watercress\*

Top the salad with at least 4 different fresh veggies:

- Avocado\*
- Beets\*, steamed or grated raw
- Broccoli, raw or gently steamed
- Carrots
- Celery\*
- Cucumber
- Fennel bulb\*, chopped or sliced
- Herbs: chives, parsley\*, oregano, mint, cilantro\*, dill etc.
- Radishes\*
- Seeds: raw sunflower, pumpkin, or sesame seeds
- Snap peas
- Spring onions
- Sprouts\*

The items marked with an asterisk \* are known for their detoxifying properties.





### Basil-Lemon Dressing

Makes enough dressing for 6 servings

#### Ingredients:

- ½ C fresh basil, packed
- 1 lemon, zest & juice
- 1 TB white wine vinegar
- ¼ tsp salt
- ½ C olive oil

#### Directions:

Toss the basil, oil, lemon zest, juice, and vinegar in a blender. Whirl it up until smooth. Strain if you want a thinner dressing; otherwise, leave it rustic and a tad chunky. Use immediately.

*Notes: If you want to store this dressing and want the bright green color to retain, follow these instructions for the basil first:*

*Boil water. Prepare a bowl full of ice water. Place the basil in a mesh strainer. Dunk into the boiling water and then immediately into the ice water bath. Shake off the excess water and then use the basil in the dressing.*

## Lemon Poppy Seed Dressing

Makes enough dressing for 6 servings

Ingredients:

- ⅓ C lemon, juice save the zest, if desired
- ⅓ C honey
- 1 TB Dijon mustard
- ¾ C extra-virgin olive oil
- ¼ tsp salt
- Dash pepper
- 1 TB poppy seeds

Directions:

Place the lemon juice (add the zest, if desired), honey, mustard, salt and pepper in a large bowl. Whisk until combined. Slowly drizzle in the extra virgin olive oil while whisking. Once it is thick and fully incorporated, whisk in the poppy seeds.

*Note: This will store in the fridge for 1-2 weeks.*



## Almond-Herb Crackers

### Ingredients:

- 1¾ C almond flour or almond meal
- ½ tsp salt
- 2 TB fresh herbs: basil, mint, parsley, chives, thyme, etc.
- 1 lemon, zest only (optional)
- 1 egg, beaten
- 1 TB olive oil

### Directions:

1. Preheat the oven to 350°.
2. Toss together all the dry ingredients and the lemon zest. Stir in the beaten egg & olive oil.
3. Knead and shape into a ball and place on a large piece of parchment paper. Cover with another piece of parchment, flatten slightly with your hands and roll out using a rolling pin. As soon as it is flat, cut into squares (or any shape you like). The crackers will shrink slightly while baking, so you can leave them touching on the parchment paper to bake.
4. Bake for 12-15 minutes until slightly golden.
5. Cool and enjoy.

## Carrot Hummus

Makes 4 servings

Ingredients:

- 2 C carrot, peeled and chopped into 1-inch pieces
- 4 cloves garlic, whole & peeled
- 3 TB extra virgin olive oil
- ½ C water, divided
- 1 tsp salt
- ½ lemon, juiced
- ¼ C tahini
- 1 tsp cumin, ground
- ¼ tsp black pepper

Directions:

1. Preheat the oven to 375°.
2. Toss the carrots and garlic cloves with 2 TB olive oil, half of the water and a pinch of salt. Cover with a lid or a baking sheet. Place in oven and roast for 30-45 minutes. Toss periodically. When the carrots are tender to the bite, place them and the garlic cloves in a food processor or blender.
3. Add the remaining water, salt, lemon juice, tahini, cumin and black pepper to the blender. Blend until smooth for a light hummus. Add more water (just a tablespoon at a time) as needed to get things moving in the food processor/blender.
4. Once it is as smooth as you desire, blend in the remaining olive oil to finish. Taste and season, then serve.

## Chicken Bone Broth

### Ingredients:

- 2-3 lbs organic chicken bones, or the leftover carcass of a whole roasted chicken
- 2 whole carrots, scrubbed and cut into large chunks
- 3 stalks celery, cleaned and cut into large chunks
- 1 small onion, cut into quarters (you can leave the peel on)
- 4 garlic cloves, crushed
- 1 TB black peppercorns
- 2 TB sea salt
- 1 TB whole fennel seeds
- 1-2 star anise (optional)

### Directions:

1. Crack the bones using a cleaver or kitchen shears. If the bones are raw, you can roast them at 350° for 20 minutes for a richer flavor, if desired.
2. Place all ingredients in a large stockpot or a slow cooker and add 12 C water. Bring to a low simmer if using a large stockpot, then simmer for 24-48 hours. Skim any foam that comes to the surface of the water and discard. If using a crockpot, set to high, then once hot, turn to low and let cook for 24-48 hours.
3. Once the broth has simmered for 24-48 hours, turn off the heat and let cool. Using a strainer to catch the solids, transfer the liquid to glass storage containers and store in the fridge for up to 2 weeks.

*Note: You can drink the broth as it is, or you can use it to replace the water when cooking grains like rice or quinoa. You can certainly use it as a broth in soups, and it adds lovely flavor + nutrients when splashed on top of veggies as they cook.*



## 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 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
- 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 and the key to  
you staying full for longer**

## SWEET TREATS

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.**

### Lemon Date Bars

Serves 6

Ingredients:

- 1 C raw, unsalted almonds
- ½ C raw walnuts, or more almonds instead
- 12 oz pitted dates (about 2 cups)
- 1 lemon

Directions:

1. Place the nuts in a food processor and pulse just until they are chopped up evenly.
2. Add the dates and grate in the lemon zest with a fine grater or microplane. Juice the lemon and add to the mix.
3. Pulse and blend until the dates and nuts appear to be thoroughly chopped and combined.
4. Line an 8×8 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.
5. Remove from the fridge and dump the large bar onto a cutting board. Cut into 2-3 inch slices. Store in a air tight container, separating the bars using wax or parchment paper.

**To store:** Keep in the fridge for a couple of weeks or in the freezer for a few months.

## 1-2-3 Nut Cookies

Yields about 20 tablespoon-dropped cookies

Ingredients:

- 1 cup almond or sunflower butter
- 1 egg
- ⅓ C honey
- Pinch of salt (optional)
- 1 tsp vanilla

Directions:

1. Preheat the oven to 350°. In a large bowl, combine the nut butter, egg and honey. Add the salt if desired, especially if your nut butter is unsalted.
2. Scoop tablespoons of the dough onto a baking sheet lined with parchment or a silpat. Space the dough balls at least 2 inches apart from each other. Press each cookie flat with a fork, one way and then the other way.
3. Bake the cookies for 10-14 minutes until the bottom is golden. Allow to cool briefly before enjoying.