



MEAL PLAN & recipes

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PHASE ONE&THREE

sample

meal plan

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Green Power Smoothie	Black Bean Butter Lettuce Cups – make extra filling for Wednesday	Hearty Quinoa & Spinach & Pomegranate Salad	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
TUES	Greens, Eggs and No Ham!	Leftover Hearty Quinoa	Sautéed Shrimp with Cilantro Avocado Sauce & Sautéed Greens	Creamy Energy Boosting Shake
WED	Quinoa Morning Porridge – Save leftovers for Friday	Black Bean Butter Lettuce Cups	Chicken Tacos with Cole Slaw	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
THU	Green and Gorgeous Breakfast Smoothie	Leftover Chicken Tacos & Cole Slaw – omit the tortillas and eat with a large salad.	Sprouts & Sprouted Stir Fry with Brown Rice & Cucumber Salad	Toasted Kale Chips / Chocolate Banana Fro-Yo
FRI	Quinoa Morning Porridge	Leftover Stir Fry & Brown Rice	Veg-Tastic Quesadilla and Sweet & Citrus Salad – make enough to have Saturday.	Toasted Kale Chips / Chocolate Banana Fro-Yo
SAT	Green Power Smoothie	Tangy Salmon Salad	Fresh Veggie Pasta Salad with Sweet & Citrus Salad	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble
SUN	Savory Avocado Wrap	Leftover Fresh Pasta	Seasonal Vegetable Curry	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble

PHASE TWO

sample

meal plan

	 BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Protein Power Smoothie	Leftover Vegetable Curry	Healthy Celery Root Soup with Raw Chopped Salad	Toasted Kale Chips / Green Apple with Almond Butter & Cinnamon
TUES	Non-Dairy Apple Parfait – makes 2 save one for breakfast on Thursday	Leftover Celery Root Soup and Chopped Salad	Collard Green Banh Mi and Cucumber Salad	Steamed Artichoke (make 2)/ Creamy Energy Boosting Shake
WED	Fruit Explosion Smoothie	Portobello Sandwich Cups	Black Bean Lettuce Cups – make extra for lunch tomorrow	Guacamole & Brown Rice Crackers / Spiced Pear & Apple Crumble
THU	Non-Dairy Apple Parfait	Leftover Black Bean Lettuce Cups	Fresh Veggie Pasta Salad with Sweet & Savory Salad	Steamed Artichoke Red Beauty Fruit Salad
FRI	Fruit Explosion Smoothie	Leftover Fresh Veggie Pasta Salad	Sprouts and Sprouted Stir Fry with Brown Rice	Pumpkin Pie Chia Pudding
SAT	Protein Power Smoothie	Collard Green Banh Mi	Hearty Quinoa with Steamed Artichokes	Kale Chips / Pumpkin Pie Chia Pudding
SUN	Quinoa Morning Porridge	Leftover Hearty Quinoa	Veg-Tastic Quesadilla with Toasted Kale Chips	Red Beauty Fruit Salad

phase one & three Shopping List

Produce

1lb pre-washed spinach
5 bunches of kale (mix and match)
3 heads of butter lettuce
1 bunch swiss chard
1 bunch carrots
1 bunch celery
1 head green cabbage
1 lb brussel sprouts
1 bag mung bean sprouts
5 cucumbers
2 small packages of shitake mushrooms
2 shallots
2 white onions
2 leeks
1 bunch green onions
3 heads of garlic
4 medium sweet potatoes
1 small butternut squash
1 fennel
1 small handful of green beans
5 avocados
2 beets
4 green apples
4 honey crisp apples
6 pears
2 persimmons
2 pomegranates
1 bunch bananas
1 bunch mint
2 bunches cilantro
1 bunch parsley
1 bunch farragon
1 bunch sage
4 lemons
2 limes
1 ginger root

Grains, Beans and Canned Goods

1lb of quinoa
1lb of brown rice
1lb brown rice pasta spirals
3 cans of black beans (Eden Organics)
2 cans of white beans (Eden Organics)
1 can garbanzo beans
2 cans full fat coconut milk
1 can pumpkin puree

1 can sustainably caught salmon
3 cartons of vegetable broth (4 cup size)

Condiments

Slices Almonds
Raw Sunflower Seeds
Himalayan Sea Salt
Pepper
Cumin
Cayenne Pepper
Cinnamon
Nutmeg
Allspice
Ground Ginger
Curry Powder
Unrefined Coconut Oil
Coconut Butter
Olive Oil
Grapeseed Oil
Rice Wine Vinegar
Apple Cider Vinegar
Mustard (pick one you like)
Mirin – (near Asian section)
Gluten Free Tamari
Almond Butter

Meat / Dairy / Eggs / Refrigerated Section

Rotisserie Chicken
1 ½ lb medium shrimp, peeled and deveined
1 dozen eggs
1 carton of almond milk
1 bottle of unsweetened cranberry juice
1 coconut water – you may want to buy several to have as a drink
Violife or Earth Island Cheese – choose the flavor that best suits you
Brown Rice Tortillas (Food For Life)
Sprouted Corn Tortillas (Food for Life)
Hummus
Fresh salsa

Frozen

Frozen banana – or freeze your own

Miscellaneous

Raw Cacao Powder
Maca Powder
Chia Seeds (if you can buy in bulk only get 1 cup)
Hemp Seeds (if you can buy in bulk only get ½ cup)

phase two

Shopping List

Produce

3 bunches of kale (mix and match)
1 head of butter lettuce
1 bunch collard greens
1 bunch carrots*
1 bunch celery*
1 lb brussel sprouts
1 bag mung bean sprouts*
4 cucumbers
2 small package of shitake mushrooms
2 large portobello mushrooms
2 shallots
2 red onions
1 bunch green onions
2 heads of garlic*
4 sweet potatoes
2 medium heads of cauliflower
1 celery root
2 parsnips
5 avocados
2 beets
4 green apples*
6 pears
2 persimmons
2 pomegranates*
1 bunch bananas*
1 bunch mint
1 bunch cilantro
1 bunch parsley*
2 bunches chives
5 lemons
2 limes
1 ginger root*
1 package sprouts
4 artichokes
jalapeño (optional)

Grains, Beans and Canned Goods

1lb of quinoa
1lb of brown rice *
1lb brown rice pasta spirals
1 package Gluten Free Oats (Bob's Red Mill)

3 cans of black beans (Cullen or Eden Organics)
1 can garbanzo beans
4 cartons of vegetable broth (4 cup size)

Condiments

Olive Oil*
Rice Wine Vinegar*
Apple Cider Vinegar*
Gluten Free Tamari*
Almond Butter*
Horseradish
Vanilla
Black Sesame Seeds
Dried oregano
Dried basil
Kalamata Olives – pitted
1 ½ cup raw cashews

Meat / Dairy / Eggs / Refrigerated Section

small container of ghee
1 carton of almond milk*
1 bottle of unsweetened cranberry juice*
Violife or Earths Island Cheese – choose the flavor the best suits you*
Brown Rice Tortillas (Food For Life)*
Hummus*
Fresh salsa

Frozen

Mixed berries
Blueberries

Miscellaneous

Brown Rice Crackers
Plant based protein powder – my favorite brands are [Leanfit](#), [Genuine Health](#) and [Botanica](#)

* These are items you may already have from week one. Do a quick inventory before shopping for week two.



breakfast



Green Power Smoothie

[Serves 1]

INGREDIENTS

1 cup coconut water or water
1 large handful spinach
½ banana
1 pear, chopped
dash of cinnamon

Blend and enjoy!



Fruit Explosion Smoothie

[Serves 1]

INGREDIENTS

½ cup unsweetened cranberry juice
½ cup fresh chopped apples
½ cucumber
½ cup ice

Blend and enjoy!



Protein Power Smoothie

[Serves 1]

INGREDIENTS

1 cup unsweetened almond milk
1 tablespoon almond butter
1 scoop plant protein powder – my favorite brands are [LeanFit](#), [Botanica](#),
and [Genuine Health](#)
½ banana
1 teaspoon cinnamon
½ cup frozen blueberries

Blend and enjoy!

Green and Glowing Breakfast Smoothie

[Serves 1]

INGREDIENTS

½ bunch kale
1 handful spinach
½ cucumber
1 pear, sliced
½ cup unsweetened cranberry juice

Blend and enjoy!

Quinoa Morning Porridge

[Serves 2]

INGREDIENTS

½ cup rinsed quinoa
1 15oz can of coconut milk (Native Forest, full fat)
1 teaspoon cinnamon
1 teaspoon chia seeds
1 teaspoon hemp seeds

Combine all ingredients except hemp seeds and stevia and simmer for 10 – 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!

Greens, Eggs and No Ham!

(for phase 1 and phase 3)

[Serves 1]

INGREDIENTS

1 tablespoon coconut oil
4-5 kale leaves shredded or cut into ribbons
2 eggs
2 sprigs of mint, minced (optional)
Sea salt and pepper

Heat coconut oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Crack eggs into the kale and mix to scramble the eggs. Top with mint and season with salt and pepper

■ ■ ■ Non-Dairy Apple Parfait

[Serves 2]

INGREDIENTS

½ cup soaked raw cashews (soak at least 20 minutes – up to an hour)
½ cup unsweetened almond or coconut milk from a carton (not canned)
½ teaspoon vanilla
1/3 cup rolled gluten-free oats (no need to cook these!)
1 tablespoon hemp seeds
1 cup chopped apple

Combine cashews, milk and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: Dollop of cream, spoonful of apples, top with oats and hemp seeds and enjoy!

■ ■ ■ Savory Avocado Wrap

[Serves 1]

INGREDIENTS

1 brown rice tortilla
½ avocado
1 egg scrambled
small handful of spinach
1 teaspoon chopped basil
sea salt and pepper

Warm tortilla in a toaster oven or on stovetop, smear the avocado and sprinkle with basil, salt and pepper, add scrambled egg and spinach. Fold in half and enjoy!



lunch



Black Bean Butter Lettuce Cups

[Serves 2]

INGREDIENTS

8 butter lettuce leaves (these make really nice cups, romaine works as well)
1 15oz can of black beans, drained and rinsed (Eden Organics is a great brand)
1 avocado
½ cup fresh salsa you can buy at the store
1 lime
small handful of cilantro, chopped
Sea salt and red pepper flakes (optional)

Mash beans and salsa together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and red pepper flakes.



Raw Chopped Salad with Lemon Tarragon Dressing

[Serves 4]

INGREDIENTS

1 head of kale, cut into small ribbons
2 stalks of celery, diced
1 cucumber, diced
2 carrots, diced
1 fennel, thinly sliced
1 beet, shredded
1 tablespoon sunflower seeds
1 can of garbanzo beans drained and rinsed

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

Dressing:

INGREDIENTS

¼ cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2/3 cup olive oil
1 small handful of tarragon leaves, chopped
1 teaspoon pepper
sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

Tangy and Tart Salmon Salad

(for phase 1 and phase 3)

[Serves 2]

INGREDIENTS

1 can of sustainably caught salmon, drained
½ celery, diced
¼ cucumber, diced
½ green apple, diced
1 tablespoon sunflower seeds
1 tablespoon olive oil
salt and pepper to taste.

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.

Portobello Sandwich Cup

[Serves 1]

INGREDIENTS

1 large Portobello mushroom, brush with olive oil and grill or sauté until slightly charred. This can be done in advance
1 – 2 tablespoons hummus
4-5 cucumber slices
sliced red onion
chopped kalamata olives

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy! Eat like an open faced sandwich or with a fork and knife.

Spinach and Pomegranate Salad with Tarragon Mustard Dressing

[Serves 2]

INGREDIENTS

4 cups baby spinach
1 pomegranate, seeded or 1/3 cup seeds
2 baby leek, thinly sliced
1 avocado, diced
½ cup white beans, drained and rinsed
¼ cup pinenuts or sliced almonds

Mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

3 tablespoons apple cider vinegar
½ cup olive oil
2 cloves garlic, minced
1 tablespoon whole grain mustard
2 tablespoons chopped tarragon
salt and pepper to taste

Whisk all ingredients together and dress your salad.

■ ■ ■ Veg-Tastic Quesadilla

[Serves 2]

INGREDIENTS

2 large gluten free tortillas

1 15oz can of black or adzuki beans (Eden Organics is a great brand)

2 green onions, sliced

1 lime, juiced

2 garlic cloves, minced

1 heaping teaspoon cumin

small handful of cilantro, chopped

red pepper flakes to taste

1 avocado sliced

½ cup Daiya cheese

1 teaspoon grapeseed oil

Use a fork to mash the beans into the onions, lime juice, garlic, cumin, cilantro and red pepper flakes together in a bowl.

Heat a teaspoon of grapeseed oil in a skillet. Lay down one tortilla. Sprinkle a little bit of the cheese on the tortilla and then layer the black bean mixture and then more cheese. Top with another tortilla and heat in a skillet until slightly brown and cheese is melted. Use a spatula to carefully flip the quesadilla over and heat until cheese is melted.



Collard Green Banh Mi

[Serves 1]

INGREDIENTS

1 large collard green with thick part of stem removed
½ cucumber, cut into matchsticks
1 carrot, cut into matchsticks
½ avocado, sliced
small handful of sprouts – mung bean sprouts are most common and can be found in the produce section
2 sprigs of basil, chopped
3-4 sprigs of mint, chopped
small handful of cilantro, chopped

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

Dipping Sauce:

INGREDIENTS

1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)
1 garlic clove, minced
1 green onion, sliced
¼ cup gluten free tamari.

Mix all ingredients and serve with Collard Green Bah-Mi



dinner



Hearty Quinoa

[Serves 4]

INGREDIENTS

2 cups quinoa, rinsed and soaked for 20 minutes

4 cups vegetable broth

½ bunch swiss chard, cut into ribbons

4 cloves of garlic minced

2 shallots, chopped

1 15oz can of white or garbanzo beans (Eden Organics is a great brand)

1 sweet potato, grated

1 beet, grated

1 carrot, grated

large bunch of sage, cut into ribbons

½ cup almond slivers

zest and juice of one lemon

¼ cup olive oil

In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

■ ■ ■ Sautéed Shrimp with Cleansing Cilantro Avocado Sauce

(for phase 1 and phase 3)

[Serves 4]

INGREDIENTS

1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time

1 bunch cilantro

1 bunch oregano

1 avocado

1 tablespoon coconut oil or grapeseed oil

Zest and juice of one lemon and one lime

Salt and pepper

Season the shrimp with salt and pepper. Heat oil in a sauté pan over medium heat. Add the shrimp and cook, flipping periodically until pink all the way through – 8 minutes or so.

Mix the rest of the ingredients in a blender or food processor and serve as a dipping sauce for the shrimp.

Serve along side a large salad or with the Autumn Quinoa.

■ ■ ■ Fresh Veggie Pasta Salad

[Serves 4]

INGREDIENTS

1 package of brown rice pasta, spirals are good
3 cloves garlic, minced
1 leek, thinly sliced
1 cup of maitake or shitake mushrooms
1 small butternut squash, cut into small .5" cubes
1 tablespoon coconut oil
1 handful chopped sage
2 tablespoons olive oil.

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Cook pasta according to box directions being mindful not to overcook it.

While pasta and squash cook, heat 2 tablespoons of grapeseed oil in a sauté pan and cook leeks until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes.

Combine the pasta, squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

For added protein you can add some shredded rotisserie chicken (during phase 1 or phase 3) or a can of garbanzo beans.

■ ■ ■ Sautéed Greens with Garlic and Parsley

[Serves 2]

INGREDIENTS

1 bunch dark, leafy greens such as kale or collard greens

3 cloves of finely chopped garlic

1 glug of grapeseed oil

1/2 cup vegetable broth

juice and zest of one lemon

handful of chopped parsley

Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in Parsley just before serving.

Healthy Celery Root Soup

[Serves 4]

INGREDIENTS

1 medium onion, chopped
2 cloves of garlic, minced
2 tablespoons clarified butter or ghee (can be bought at the store)
2 tablespoons olive oil
½ cauliflower, cut into florets
1 small celery root, peeled and cubed
2 parsnips, peeled and cubed
6 cups of vegetable broth (or 4 cups broth + 2 cups water)
Cashew Cream (optional, recipe to follow)
4 tablespoons freshly chopped parsley
4 tablespoons freshly chopped chives
fresh horseradish, to taste
Salt & pepper

Melt the clarified butter or ghee in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs.

Cashew Cream

INGREDIENTS

½ cup raw cashews, soaked overnight
½ - ¾ cup water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.



Sprouts and Sprouted Stir-Fry

[Serves 4]

INGREDIENTS

Rice:

- 1 1/2 cup brown rice
- 3 cups water or veggie stock
- 1 garlic clove minced

Teriyaki Sauce:

- 1/2 cup Mirin
- 1/2 cup Gluten Free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

Stir-Fry:

- 1 bunch of broccolini or a small head of broccoli cut into bite size pieces
- 1 celery stalk cut into chunks
- 8 brussel sprouts, halved
- 1/2 bunch kale, cut into ribbons
- 1 small white onion
- 1 bunch of Enoki or Shitake Mushrooms
- 2 cloves of garlic minced
- 2 teaspoons ginger mined
- 2 tablespoons coconut oil
- 1 handful mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.

■■■ Cucumber Salad

[Serves 4]

INGREDIENTS

1 English Cucumber sliced thinly
1 lemon
2 teaspoons rice wine vinegar
Black or Traditional Sesame Seeds

Mix all the ingredients in a bowl and enjoy!

■■■ Chicken Tacos with Cole Slaw Salad

(for phase 1 and phase 3)

[Makes about 6-8 tacos]

INGREDIENTS

1 rotisserie chicken, shredded (not during phase 2)
2 teaspoons Cumin
1/2 teaspoon cayenne pepper
1 teaspoon Garlic
1 teaspoon Salt
1 package of sprouted corn tortillas – Food for Life brand is great.
1 avocado

Put the shredded chicken in a bowl and season with cumin, garlic, cayenne and salt. Mix and set aside.

Slaw Topping:

INGREDIENTS

1/4 of a head of Green Cabbage, finely sliced
1 Green Onion
Handful of Cilantro, chopped
Juice of one lime
2-3 tablespoons of olive oil
Salt to taste

Mix everything in a bowl and dress with the lime, olive oil and salt. Assemble the tacos by filling the tortilla with chicken and topping it with the slaw and avocado. You can also skip the tortillas and serve this on a bed of mixed greens.

Sweet and Savory Salad

[Serves 4]

INGREDIENTS

1 large head of butter lettuce
½ cucumber, sliced
1 pomegranate, seeded or 1/3 cup seeds
1 avocado, cubed
¼ cup shelled pistachios, chopped

Dressing

INGREDIENTS

¼ cup rice wine vinegar
½ cup olive oil
1 garlic clove, minced

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

■ ■ ■ Seasonal Vegetable Curry

[Serves 4]

You can add chicken to this dish as an option.

INGREDIENTS

- 1 onion, peeled and diced
- 1 tbsp. curry powder
- 2 carrots, peeled and diced
- 1 medium cauliflower, cut into florets
- 2 medium sweet potatoes, diced
- Small handful of brussel sprouts, halved
- 2 cups garbanzo beans, cooked or canned
- 1 cup shredded chicken (optional, not during phase 2)
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups vegetable broth
- 2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
- Salt and pepper to taste
- Fresh basil strips for garnish
- 2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans (or chicken), and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil.



snacks



Steamed Artichoke with Lemon and Herbs

[Serves 2]

INGREDIENTS

2 artichokes
1 lemon
1 teaspoon dried oregano
1 teaspoon dried basil
Sea Salt and Pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.



Green Apple with Almond Butter and Cinnamon

[Serves 1]

INGREDIENTS

1 green apple, sliced
1 tablespoon almond butter
sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.

■■■ Carrot and Celery Sticks with Flavored Hummus

[Serves 1]

INGREDIENTS

2 carrots, cut into sticks
2 celery stalks, cut into sticks
2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!

■■■ Guacamole and Brown Rice Crackers

Buy guacamole at the store or make your own.

INGREDIENTS

2 avocados
¼ red onion, chopped
2 cloves of garlic, minced
1 lime, juiced
¼ jalapeño, diced (optional)

Mash the avocados with ¼ chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Add chopped jalapeño for added heat.

■ ■ ■ Toasted Kale Chips

[Serves 1]

INGREDIENTS

1 head of kale torn into large pieces

2 teaspoons grapeseed oil

1 teaspoon curry powder (or seasoning of your choice)

sea salt and pepper

Toss kale with grapeseed oil and season with curry powder and sea salt.

Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.



treats



Honeycrisp Apples with Warmed Coconut Butter and Cinnamon

[Serves 2]

INGREDIENTS

2 Honeycrisp apples cut into slices
¼ cup coconut butter
½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon



Creamy Energy Boosting Shake

[Serves 1]

INGREDIENTS

½ cup unsweetened almond milk
1 tablespoon cashew butter
½ avocado
¼ cup raw cacao powder
2 teaspoons maca powder (optional)
2-3 drops of stevia
½ cup ice

Blend and Enjoy!

■■■ Red Beauty Fruit Salad

[Serves 2]

INGREDIENTS

1 persimmon, chopped
1 pomegranate, seeded or POM pomegranate seeds
Zest and juice of one lemon
1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!

■■■ Chocolate Banana Fro-Yo

[Serves 2]

INGREDIENTS

2 frozen bananas
3 tablespoons raw cacao
¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.

■■■ Pumpkin Pie Chia Pudding

[Serves 2]

INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
¼ cup chia seeds
½ cup pumpkin puree
1 teaspoon cinnamon
½ teaspoon ground ginger
½ teaspoon nutmeg
dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.

■■■ Spiced Pear and Apple Crumble

[Serves 2]

INGREDIENTS

1 pear, sliced
1 apple, sliced
¼ chopped pecans
¼ cup rolled oats
1 tablespoon coconut oil
1 teaspoon cinnamon
½ teaspoon nutmeg

In a sauté pan, heat coconut oil and add the sliced apples, pears, cinnamon and nutmeg and cook until fruit is tender - about five minutes.

Spoon the fruit into 2 bowls and top with oats, pecans and a little more cinnamon.