



— MONTH 1 —

Recipe Guide

REAL FOOD FOR REAL PEOPLE



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BREAKFAST

HEALTH SMOOTHIE

Serves 2

- 1/2 frozen banana
- 1 cup of spinach
- 1/2 avocado
- 1 scoop vanilla protein powder
- 1 cup dairy-free milk
- 1 tablespoon chia seeds

Add the items to a high-speed blender. Blend until smooth.

BERRY SMOOTHIE

Serves 2

- 1 cup raspberries
- 1 cup spinach
- 1/2 frozen banana
- 1 tablespoon chia seeds
- 1 cup dairy-free milk
- 1 scoop vanilla protein powder

Add the items to a high-speed blender. Blend until smooth.

CHOCOLATE SMOOTHIE

Serves 2

- 1 frozen banana
- 2 tablespoons raw cacao powder
- 1 cup dairy-free milk
- 1 scoop chocolate protein powder
- 1/2 avocado

Add the items to a high-speed blender. Blend until smooth.



SUPER OATMEAL

- 1/2 cup of gluten free rolled oats
- 1 cup dairy-free milk
- 1 teaspoon cinnamon
- 1/4 cup almonds
- 1/2 cup berries

Add the oats, milk, and cinnamon to a medium sized saucepan over medium heat. Stir well until smooth (about 5 to 7 minutes). Sweeten if desired. Top with almonds and berries.

BANANA PANCAKES

- 1 cup gluten free rolled oats
- 1/4 cup dairy-free milk
- 1 banana
- 1 tablespoon melted coconut oil
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon

Combine all the ingredients in a high-speed blender and blend until smooth. Allow the batter to sit on the counter for 5 minutes.

While the batter is sitting place a pan over medium heat and melt the coconut oil.

Once the batter is ready, cook 3 mini pancakes at a time. Cook for about 2 minutes per side.

Repeat until the batter is done.

Next add your favorite pancake toppings! These may include, but are not limited to, berries, almond butter, coconut flakes and chopped nuts.



BASICS

SALMON WITH LEMON AND THYME

Serves 4

4 salmon fillets
1 tablespoon coconut oil
1 tablespoon dried thyme
sea salt and black pepper, to taste
1 lemon, juiced

Preheat the oven to 450 degrees F.

Place the salmon fillets on a baking tray. Coat with coconut oil. Season both sides with dried thyme, sea salt, and black pepper. Place in the oven and bake for 12 to 15 minutes. Remove from the oven and set to the side to cool.

SALMON WITH ORANGE ROSEMARY VINAIGRETTE

Serves 4

4 salmon fillets
1 tablespoon coconut oil
sea salt and black pepper, to taste
1 large orange, juiced
2 tablespoons apple cider vinegar
1 teaspoon garlic powder
1 teaspoon dried rosemary
pinch of sea salt
black pepper, to taste
2 tablespoons extra virgin olive oil

Place a large sauté pan over medium heat. Add coconut oil. Season the salmon with sea salt and black pepper. Place the fillets in the hot pan. Cook for about 5 to 7 minutes per side. Remove from the pan and set to the side to cool.

To make the vinaigrette, add the orange juice, apple cider vinegar, garlic, rosemary, sea salt, black pepper, and extra virgin olive oil to a mixing bowl. Whisk well and drizzle over the salmon.



WHOLE ROASTED GARLIC ROSEMARY CHICKEN

Serves 4

5 to 6-pound whole chicken (giblets removed)
1 heaping tablespoon coconut oil
sea salt and black pepper, to taste
1 tablespoon garlic powder
1 tablespoon dried rosemary
1 large lemon, cut in half

Preheat the oven to 450 degrees F.

Wash and dry the chicken. Place on a roaster pan. Coat with coconut oil. Season the outside and inside of the chicken with sea salt, black pepper, garlic, and dried rosemary. Add cut lemon to the inside of the chicken. Place in the oven and roast for 1 hour. Check the thickest parts of the chicken to ensure that it is fully cooked. If you see red meat or red juices, the chicken is not done. Cook for an additional 15 to 20 minutes, then set to the side to cool.

SAUTEED CHICKEN BREASTS

Serves 4

4 chicken breasts
1 tablespoon coconut oil
sea salt and black pepper, to taste
1 teaspoon garlic powder
1 teaspoon onion powder

Coat the chicken breasts with coconut oil. Season with sea salt, black pepper, garlic, and onion powder. Place a large sauté pan on the stove. Once the pan is hot, add the chicken breasts. Cook for about 7 minutes per side. Remove the chicken from the pan to cool.



PALEO TURKEY MEATBALLS

Serves 4

- 1-pound ground turkey
- 2 tablespoons coconut flour
- 1 tablespoon smoked paprika
- 1 tablespoon Italian seasoning
- sea salt and black pepper, to taste
- 1 large onion, finely chopped
- 1 egg, whisked
- 1 tablespoon coconut oil

Mix the ground turkey, coconut flour, paprika, Italian seasoning, sea salt, black pepper, onion, and egg in a large bowl. Mix well and form into 1-inch meatballs.

Next, add coconut oil to a large sauté pan over medium heat. Once the oil has melted, add the meatballs. Cover and cook for about 10 to 12 minutes. Ensure that the meatballs are cooked all the way through before serving. Store in an airtight container in the refrigerator for up to 5 days.

LARGE SALAD

Serves 4

- 8 cups mixed greens
- 1 cup shredded carrots
- 1 large cucumber, chopped
- 1 tomato, chopped
- 1 large bell pepper, chopped
- 1 small red onion, thinly sliced
- 1 avocado, diced

Add all the ingredients to a large salad bowl. Mix well and top with your favorite dressing. (See Dressings for recipes.)



STEAMED BROCCOLI WITH LEMON

Serves 2

1 bunch broccoli
1 lemon, cut in half
sea salt and black pepper, to taste

Cut the broccoli into florets. Place a steamer basket into a medium-sized pot over medium heat. Add the broccoli to the steamer basket. Cover the pot. Steam the broccoli for about 5 minutes until the broccoli is bright green and tender. Remove the broccoli from the basket and place in a serving bowl. Season with lemon juice, salt, and pepper.

BROWN RICE

Serves 4

1 cup brown rice
1½ cups water or vegetable broth
1 teaspoon sea salt

Add the ingredients to a pot over medium heat. Cover and cook for about 30 minutes until the rice has absorbed all the water.

ROASTED SWEET POTATO

Serves 4

4 large sweet potatoes

Preheat the oven to 425 degrees F.

Place sweet potatoes onto a baking pan. Place into a hot oven and bake for 45 minutes to 1 hour. The sweet potatoes are done when you can pierce the center with a fork or knife without resistance.



LUNCH

YUMMY WRAP

Serves 1

- 1 brown rice tortilla or wrap
- 1 cup of canned chickpeas, drained and rinsed
- 1 stalk of celery, chopped
- 1/4 cup chopped red onion
- 2 tablespoons vegan mayonnaise
- sea salt and black pepper, to taste
- 1/2 avocado

Omnivore Option: Whole Roasted Garlic Rosemary Chicken (recipe in Basics)

Place the chickpeas in a large mixing bowl and mash them with a fork. Add chopped celery, red onion, and vegan mayonnaise. Mix well and add to the wrap.

SPINACH SALAD

Serves 1

- 1 cup of spinach
- 1 small zucchini, spiralized
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 avocado
- 2 tablespoons extra virgin olive oil
- 1 lime, juiced
- sea salt and black pepper to taste
- 3 tablespoons of hemp seeds

Omnivore Option: Salmon with Orange Rosemary Vinaigrette (recipe in Basics)

Add the spinach, zucchini, carrots, and cabbage to a large mixing bowl. Top the salad with avocado, olive oil, lime juice, sea salt, and black pepper. Mix well, top with hemp seeds and serve.



QUINOA SALAD

Serves 2

- 1/2 cup of uncooked quinoa
- 1 cup water or vegetable broth
- 1 15-ounce can of chickpeas, drained and rinsed
- 1 small tomato, sliced
- 1/2 cup of chopped cucumber
- 1 tablespoon extra-virgin olive oil
- sea salt and black pepper, to taste
- 1 avocado, sliced

Omnivore Option: Salmon with Lemon and Thyme (recipe in Basics)

Add quinoa to 1 cup of water or vegetable broth. Cover and cook on medium heat for about 20 minutes until the water is absorbed. Fluff with a fork and set to the side.

Next, add the chickpeas, tomato, cucumber, olive oil, sea salt, and black pepper to a small mixing bowl. Mix well and add the quinoa. Mix again and top with sliced avocado.

GREEN SALAD WITH ROASTED CHICKPEAS

Serves 2

- 1 cup canned chickpeas, drained and rinsed
- 1 tablespoon of coconut oil
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- sea salt and black pepper, to taste
- 4 cups mixed greens
- 1 small carrot, shredded
- 1 heaping tablespoon tahini
- 1 lemon, juiced
- 1 avocado, sliced

Omnivore Option: Sautéed Chicken Breasts (recipe in Basics)

Preheat the oven to 350F.



Drain and rinse the chickpeas. Dry them with a paper towel and coat with coconut oil. Season them with cumin, paprika, sea salt, and black pepper. Spread them evenly on a baking tray and bake for 45 minutes.

While the chickpeas are baking Add the mixed greens and carrot to a medium sized mixing bowl. In a separate bowl, mix the tahini, lemon juice, with a pinch of sea salt and black pepper. Mix well and pour over the greens. Top with warm (or cold) chickpeas, sliced avocado, and chopped chicken (optional).

SUPER SUPPER SALAD

Serves 2

2 eggs
2 cups chopped romaine lettuce
1 cup spinach
1 cup arugula
1/2 cup chopped red cabbage
1 apple, chopped
1/4 cup raisins
1/4 cup pumpkin seeds
1 scallion, chopped
1 cup cherry tomatoes
2 tablespoons extra virgin olive oil
1 lemon, juiced
sea salt and black pepper to taste
1 avocado, sliced

Omnivore Option: Paleo Turkey Meatballs (recipe in Basics)

Place 2 eggs in a pot and cover with water. Cover pot and place over medium heat; bring to a boil. Boil for 15 minutes. Drain and cover the eggs with cold water. Let them sit for about 15 to 30 minutes to cool. When the eggs are cool enough to handle, peel, slice, and set to the side.

Add romaine, spinach, arugula, red cabbage, apple, raisins, pumpkin seeds, scallion, and cherry tomatoes to a large mixing bowl. Mix well and top with olive oil, lemon juice, sea salt and black pepper. Mix again and top with avocado, egg slices, and meatballs (optional).



DINNER

FAJITA BOWL

Serves 2

- 1 cup uncooked brown rice
- 1 tablespoon coconut oil
- 2 portobello mushrooms, sliced
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons smoked paprika
- 1 tablespoons garlic powder
- 1 tablespoon onion powder
- 1 teaspoon cayenne powder (optional)
- 1 avocado sliced
- 1 can black beans, drained and rinsed

Omnivore Option: Salmon with Lemon and Thyme (recipe in Basics)

Add brown rice to a medium sized saucepan over medium heat. Add 2 ¼ cups of water. Cover and cook for about 30 minutes.

While the rice is cooking, add coconut oil to a large frying pan. When the oil is melted, add sliced mushroom, bell pepper, onion, and garlic. Season with paprika, garlic powder, onion powder, and cayenne powder. Sauté until brown. Set to the side.

To serve, fill a small serving bowl with brown rice, fajita vegetables, black beans, sliced avocado, and sliced salmon (optional).



CURRY ZEN BOWL

Serves 2

- 1 tablespoon coconut oil
- 1 tablespoon of turmeric powder
- 1 tablespoon cumin powder
- 1 tablespoon ginger powder
- sea salt and black pepper, to taste
- 1 small sweet potato, cubed
- 1 15-ounce can chickpeas, drained and rinsed
- 1 cup of canned organic coconut milk
- 1/4 cup chopped onion
- 1 can chopped tomato

Omnivore Option: Salmon with Orange Rosemary Vinaigrette (recipe in Basics)

In a large pot heat the coconut oil. When the oil is melted, add the onions, turmeric, cumin, and ginger. Cook until the onions become translucent.

Next, add in the remaining ingredients. The sweet potatoes should be completely covered by the coconut milk.

Bring the curry to a boil and then turn down to a simmer for about 40 minutes or until the sweet potatoes are tender. Serve topped with Salmon with Orange Rosemary Vinaigrette (optional).

VEGAN POWER BOWL

Serves 2

- 1 small sweet potato, chopped into cubes
- 1 tablespoon coconut oil
- 2 cups chopped kale
- 1 teaspoon of extra virgin olive oil
- 1 avocado
- sea salt and black pepper to taste
- 2 tablespoons of tahini
- 1 lemon, juiced
- 1 red bell pepper, chopped
- 1 cup canned black beans, drained and rinsed



Omnivore Option: Sautéed Chicken Breasts (recipe in Basics)

Preheat the oven to 400 degrees F.

Place the chopped sweet potatoes on a baking tray and massage with coconut oil. Bake for up to 30 minutes until the chopped sweet potato is cooked all the way through. While the sweet potatoes are baking, clean and chop up the kale.

Next, massage the kale with olive oil, avocado, sea salt, black pepper, tahini, and lemon juice. Massage until the kale is wilted and darker in color. Top with bell pepper, black beans, and chopped chicken (optional).

STUFFED PEPPERS

2 Servings

2 large red bell peppers
1/4 cup cooked quinoa
1/2 cup canned black beans, drained and rinsed
1/2 cup prepared tomato salsa
1/4 cup chopped cilantro
1 teaspoon smoked paprika
1 teaspoon chili powder
sea salt and black pepper to taste

Omnivore Option: Paleo Turkey Meatballs (recipe in Basics)

Pre-heat the oven to 350 degrees F.

Carefully take the red peppers and cut around the stem, removing the seeds inside. The hole should be big enough to use a spoon to stuff the peppers after baking. Bake the peppers for 10 minutes on a baking tray.

Cook the quinoa according to the directions on the packaging. When the quinoa is done, mix the remaining ingredients in a small bowl then divide the mixture between the two peppers.

Place the stuffed peppers upright onto the baking sheet and bake for another 10 minutes. Serve with turkey meatballs (optional).



BASIL BROWN RICE WITH LENTILS

Serves 2

2 cups dried brown lentils
2 ½ cups of water or vegetable broth
2 tablespoon extra-virgin olive oil
1 cup cooked brown rice
¼ cup raisins
1 cup basil leaves, chopped
½ large lemon, juiced
sea salt and black pepper to taste

Omnivore Option: Whole Roasted Garlic Rosemary Chicken (recipe in Basics)

Add the lentils to a medium pot over low heat. Cover with 2 ½ cups of water or broth and cook over medium heat for 20 to 30 minutes. When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked brown rice, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and serve.



DESSERT

MAGIC PROTEIN BALLS

- 1 cup of almonds
- 1/2 cup of unsweetened shredded coconut
- 8 medjool dates, pitted and soaked
- 2 tablespoons raw cacao powder
- 1 scoop vanilla protein powder

Combine all the ingredients in a food processor or high-speed blender until well mixed. Scoop into balls and store in a closed container in the refrigerator until ready to eat.