the wellness mama cookbook

200 easy-to-prepare recipes and time-saving advice for the busy cook

bonus pack

KATIE WELLS

creator of WellnessMama.com

HEALTHY, DELICIOUS FAMILY MEALS IN NO TIME
1
bonus recipes (not in the cookbook!)

6
bonus meal plans and shopping lists
(not in the cookbook!)

26
allergy guide: substitutions and methods and time-saving tips
BONUS RECIPES
curried sipping broth

Broth has many benefits, and I’ve included several recipes in *The Wellness Mama Cookbook*. This variation is one of my favorites for winter and combines the benefits of turmeric (the main ingredient in turmeric tea, aka Golden Milk and broth. This is one of my go-to recipes when someone is starting to catch a cold.

1 quart of pre-made broth
2 teaspoons turmeric powder
1 teaspoon cinnamon
½ teaspoon ground black pepper
½ teaspoon dried ginger powder (or a slice of fresh ginger root)
1 teaspoon salt

Place all ingredients in a medium saucepan and bring it to a boil.

Simmer for 2 to 3 minutes, stirring constantly, to incorporate spices.

Ladle the broth into a mug and enjoy.
dairy-free zucchini “cheese”

Please note that this is a decent substitute but it does not taste exactly like regular cheese. It does provide a similar flavor and texture. It does melt much more quickly, and I find it is better to add after cooking, if possible. Omit the paprika and white pepper for AIP.

2 cups zucchini
½ cup water
2 tablespoons ghee or coconut oil
1 teaspoon lemon juice
1 teaspoon sea salt
½ teaspoons white pepper
½ teaspoon paprika
¼ cup gelatin powder (not collagen—you need the type that will gel)
2 tablespoons nutritional yeast (for flavor)

Peel the zucchini and slice into ½-inch pieces.
In a medium-size pot, simmer the zucchini in water for 5 minutes, until soft.
Remove zucchini and drain off the water.
Transfer the cooked zucchini to a food processor or blender and pulse until well chopped.
Add gelatin powder and nutritional yeast and blend for another 30 seconds.

Add ghee or coconut oil, lemon juice, sea salt, white pepper, and paprika.
Blend again for one minute or until completely smooth.

Pour the mixture into a greased 9 x 13-inch baking dish and refrigerate for at least 3 hours (preferably overnight) until set.
4 tablespoons of pasture-raised gelatin powder
1 cup honey
2 teaspoons vanilla extract
1 teaspoon ground cinnamon, plus more for serving
½ teaspoon ground nutmeg
Pinch of ground cloves

NOTE
Do NOT store this in the fridge as it will melt. Store in an airtight container at room temperature. The probiotics will decrease the shelf life of the marshmallows to 3 to 4 days. Without the probiotics, they will last 2 to 3 weeks.

In a metal bowl or mixing bowl, combine gelatin with ½ cup of water. Whisk lightly to incorporate and let it harden.

In a small saucepan, combine honey with ½ cup of water and cocoa powder, if using.

Over medium heat, slowly bring the honey mixture to a boil until a kitchen thermometer registers 240 degrees Fahrenheit. If you do not have a thermometer, let it boil for about 8 minutes, stirring constantly.

Slowly pour the hot honey mixture into the gelatin bowl (which should be hardened). On a medium setting of a standing mixer or hand mixer, blend the honey mixture and the gelatin.

Carefully add the vanilla extract, cinnamon, nutmeg, and cloves.

On a high setting, mix for another 10 to 15 minutes until a stiff cream like the consistency of a marshmallow forms (it should form gentle peaks). Add the probiotics and any flavor ingredients during the last 2 minutes of mixing.

Grease a 9 x 13-inch baking dish with coconut oil, or line with parchment, leaving space on the sides to be able to pull it up later.

Pour the marshmallow mixture into the greased baking dish and smooth it evenly.

Let it sit uncovered for at least 4 hours or overnight for best results.

To serve, flip the marshmallow onto a cutting board and use a well-oiled pizza cutter or knife to cut it into squares. Dust lightly with more cinnamon and serve.

Store any leftovers in an airtight container (see Note).
winter wonderland all-purpose cleaning spray

I may never find cleaning “fun,” but I certainly enjoy it more with this winter wonderland all-purpose cleaning spray. It uses my favorite wintertime scents of spruce, wintergreen, and cinnamon.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon borax</td>
<td></td>
<td>Combine all the ingredients in a 16-ounce glass spray bottle.</td>
</tr>
<tr>
<td>½ teaspoon washing soda</td>
<td></td>
<td>Add 2 cups of warm water (distilled is best) and cover it with the lid.</td>
</tr>
<tr>
<td>1 teaspoon liquid castile soap or ½ teaspoon Sal Suds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 drops spruce essential oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 drops cinnamon essential oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 drops orange essential oil</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
homemade
germ-be-gone wipes

Colder weather can mean sniffles and sickness, especially for the little ones. If your family is catching every cold that is in the air, give these wipes a try. They contain natural ingredients that help get rid of germs and stop the spread. Use them on counters, doorknobs, and other surfaces (just not as baby wipes!).

Option 1 (disposable wipes): 1 roll of heavy-duty paper towels. (Note: I use Bounty. I don't use the wipes in my kitchen, and cheap paper towels do not work for wipes. I've tried.) A container to hold the wipes (old wipe containers, plastic shoe box, plastic coffee containers, or gallon-size plastic ice cream buckets).

Option 2 (reusable wipes): Quart-size mason jar with a plastic lid. Scraps of material cut into wipes size.

1 cup hot water
¼ cup white vinegar
¼ cup rubbing alcohol
20 drops lemon essential oil
20 drops eucalyptus essential oil
5 drops rosemary essential oil
5 drops clove essential oil

For disposable wipes: With a sharp knife, cut the roll of paper towels in half. If you are using a plastic shoe box or old wipe container, accordion fold the paper towels into the container. If you are using a round container (I highly recommend), place the paper towels cut-side down.

For reusable wipes: Fold the squares of cloth and place them in the jar.

In bowl or quart-size jar, mix the water, vinegar, alcohol, and essential oils.

Pour mixture over the paper towels/cloth in the container and cover it. Let the mixture be absorbed. This takes about 5 to 10 minutes.

Flip the container upside down to make sure the wipes are well soaked.

If you are using a round container with paper towels, pull out the cardboard cylinder from the center and the innermost wipe should poke out so you can tear off individual wipes. Depending on the brand of paper towels, you will have to experiment with the amount of water to get them soaked through.

Use the wipes on any surface in the house to stop germs.
the wellness mama cookbook

bonus meal plans and shopping list
ONE WEEK BUDGET-FRIENDLY MEAL PLAN
(BREAKFAST + LUNCH + DINNER)

DAY 1
- Ten-Minute Blender Banana Waffles (page 75),
- Chipotle Chicken Fingers (page 217),
- Dairy-Free Upside-Down Pizza (page 147)

DAY TWO
- Ham & Egg Breakfast Cups (page 65),
- Roasted Sweet Potato Salad (page 110),
- Schweineschnitzel (page 140)

DAY THREE
- Homemade Yogurt or store-bought (page 84) + Piña Colada Fruit Salad (page 86),
- Cranberry-Pecan Chicken Salad Wraps (page 234),
- Spinach-Artichoke Chicken (page 206)

DAY FOUR
- Coconut Protein Bars (page 59),
- Greek Grilled Chicken with Tzatziki Sauce (page 145),
- BBQ Bacon-Apple Chicken (page 211)

DAY FIVE
- West Texas Omelet (page 69),
- Beef & Cabbage Stir-Fry (page 151),
- Stuffed Sweet Potatoes (page 127)

DAY SIX
- Berry-Chia Breakfast Crisp (page 82),
- Antipasto Kebabs (page 245),
- Sesame Chicken with Sugar Snap Peas (page 172)

DAY SEVEN
- Apple-Cinnamon Muffins (page 53),
- Wilted Spinach Salad with Chicken & Bacon (page 106),
- Meat Loaf Cupcakes (page 130)
## TIMELINE

### SATURDAY
**Morning**
- Hit your local farmer’s markets and shops to pick up necessary ingredients for the week.

### SUNDAY
**Morning**
- If frozen, defrost the ground beef.
- Prepare the Ten-Minute Blender Banana Waffles. (Total: 1:25 Prep: 0:35)

**Afternoon**
- Prepare the Chipotle Chicken Fingers

**Evening**
- If frozen, defrost the ham.
- Prepare the Dairy-Free Upside-Down Pizza. (Total: 1:25 Prep: 0:35)

### MONDAY
**Morning**
- Prepare the Ham & Egg Breakfast Cups. (Total: 0:50 Prep: 0:24)

**Afternoon**
- Prepare the Roasted Sweet Potato Salad. (Total: 0:50 Prep: 0:24)

**Evening**
- Prepare the Schweineschnitzel. (Total: 0:50 Prep: 0:24)

**Nighttime**
- Soak the pecans.

### TUESDAY
**Morning**
- If frozen, defrost the frozen spinach.
- Prepare the Homemade Yogurt and Piña Colada Fruit Salad. (Total: 20:20 Prep: 0:45)

**Afternoon**
- If frozen, defrost the bacon.
- Prepare the Cranberry-Pecan Chicken Salad Wraps. (Total: 20:20 Prep: 0:45)

**Evening**
- Prepare the Spinach-Artichoke Chicken. (Total: 20:20 Prep: 0:45)
- Soak the pecans.

**Nighttime**
- If frozen, defrost the chicken.
- Start cooking chicken in the slow cooker.

### WEDNESDAY
**Morning**
- Prepare the Coconut Protein Bars. (Total: 8:20 Prep: 0:30)

**Afternoon**
- Prepare the Greek Grilled Chicken with Tzatziki Sauce. (Total: 8:20 Prep: 0:30)

**Evening**
- If frozen, defrost the ham.
- Prepare the BBQ Bacon-Apple Chicken. (Total: 8:20 Prep: 0:30)

**Nighttime**
- If frozen, defrost the chicken thighs and bacon.

### THURSDAY
**Morning**
- Prepare the West Texas Omelette (Total: 1:40 Prep: 0:40)

**Afternoon**
- Prepare the Beef & Cabbage Stir-Fry. (Total: 1:40 Prep: 0:30)

**Evening**
- Prepare the Stuffed Sweet Potatoes. (Total: 1:40 Prep: 0:30)
- Soak the pecans.

### FRIDAY
**Morning**
- If frozen, defrost the chicken.
- Prepare the Berry-Chia Breakfast Crisp. (Total: 1:00 Prep: 0:30)

**Afternoon**
- Prepare the Antipasto Kebabs. (Total: 1:00 Prep: 0:30)

**Evening**
- Prepare the Sesame Chicken with Sugar Snap Peas. (Total: 1:00 Prep: 0:30)

**Nighttime**
- If frozen, defrost the chicken thighs and bacon.

### SATURDAY
**Morning**
- If frozen, defrost the ground beef.
- Prepare the Grain Free Apple Cinnamon Muffins. (Total: 1:35 Prep: 0:40)

**Afternoon**
- Prepare the Wilted Spinach Salad with Chicken & Bacon. (Total: 1:35 Prep: 0:40)

**Evening**
- Prepare the Meat Loaf Cupcakes. (Total: 1:35 Prep: 0:40)
**SHOPPING LIST**

### PRODUCE (33)
- apples - 2
- bananas - 2
- bell pepper
- blueberries - 1 pint
- cabbage - 1 head
- carrots - 2
- celery - 2 stalks
- cucumbers - 2
- dried cranberries - ½ cup
- fresh basil - 1 teaspoon
- fresh dill - 1 tablespoon
- fresh thyme - 1 teaspoon
- ginger - 1 tablespoon
- green bell pepper - ½ cup
- green onions - 6 stalks
- lemons - 5
- lettuce - 1 head
- onions - 4
- orange - 1
- pineapple - 1
- pineapple chunks - ¼ cup
- raw spinach - 1 bunch
- red grapes - ½ pound
- red onion - 1
- romaine lettuce - 2 heads
- spinach - 2 pounds
- strawberries - ½ pound
- sugar snap peas - ½ pound
- sweet potatoes - 4 pounds
- tomato - 1

### MEAT/SEAFOOD (12)
- bacon - 8 slices
- chicken breasts - 5 pounds
- chicken broth - ½ cup
- chicken thigh - 1 pound
- chickens - 2 pounds
- ground beef - 3 pounds
- ham - 30 slices
- meat
- pork loin - 1 pound
- salami - ¼ pound

### SWEETENERS AND BAKING SUPPLIES (6)
- baking soda - 1 ½ teaspoons
- honey - 1 ½ cup
- maple syrup - 8 tablespoons
- unsweetened coconut flakes - 2 tablespoons
- vanilla extract - 2 tablespoons

### CANNED AND JARRED GOODS (15)
- almond butter - ½ cup
- applesauce - 1 cup
- BBQ sauce - 1 cup
- coconut amino acids - ¼ cup
- coconut milk - 1 ¼ cups
- Dijon mustard - 6 tablespoons
- green olives - ½ jar
- kalamata olives - ½ jar
- lemon juice - 1 teaspoon
- marinated artichoke hearts - 20 ounce can or jar
- mayonnaise - 1 ½ cups
- pasta sauce - 2 cups
- roasted red peppers - ½ jar

### DELI AND PREPARED FOODS (1)
- Medjool dates - 6

### BULK (4)
- chia seeds - 2 ¼ cups
- pecans - 1 ¼ cups
- sesame seeds - ¼ cup
- shredded coconut - 1 cup

### EGGS AND DAIRY (10)
- cheddar cheese - ½ cup
- cream cheese - 8 ounces
- eggs - 34
- feta cheese - 2 ounces
- Greek yogurt - 2 cups
- milk - 1 quart
- parmesan cheese - ¼ cup
- sharp cheddar cheese
- sour cream
- yogurt - 1 ¼ tablespoons

### ALTERNATIVE FLOURS (2)
- almond flour - 3 ¼ cups
- coconut flour - ¼ cup

### VINEGAR AND OILS (7)
- coconut oil
- olive oil
- red wine vinegar
- rice vinegar
- toasted sesame oil
- white wine vinegar
- Worcestershire sauce

### FROZEN FOODS (2)
- frozen berries - 4 cups
- frozen spinach - 10 ounces

### SPICES (10)
- cinnamon
- coarse sea salt
- dried basil
- dried oregano
- dried sage
- garlic powder
- ground pepper
- marjoram
- oregano
- sea salt
ONE WEEK BUDGET-FRIENDLY MEAL PLAN (DINNER ONLY)

DAY 1
• Pork Carnitas (page 201)

DAY TWO
• Day 2: Meatball-Stuffed Spaghetti Squash (page 162)

DAY THREE
• Halibut with Lemon-Butter Sauce (page 168)

DAY FOUR
• Restaurant-Style Slow Cooker Fajita Chicken (page 207)

DAY FIVE
• Shepherd’s Pie (page 129)

DAY SIX
• Cashew Chicken Lettuce Wraps (page 157)

DAY SEVEN
• Ground Beef-Vegetable Soup (page 176)
TIMELINE

SATURDAY
Morning
• Hit your local farmer’s markets and shops to pick up necessary ingredients for the week.

SUNDAY
Morning
• If frozen, defrost the pork roast.

   Evening
   • Prepare the Pork Carnitas.
   (Total: 0:10 Prep: 0:10)

MONDAY
Morning
• If frozen, defrost the ground beef.

   Evening
   • Prepare Meatball-Stuffed Spaghetti Squash (GF).
   (Total: 0:19 Prep: 0:14)

TUESDAY
Evening
• Prepare the Halibut with Lemon-Butter Sauce.
  (Total: 0:10 Prep: 0:10)

   Nighttime
   • Start cooking chicken in slow cooker.

WEDNESDAY
Evening
• Prepare the Restaurant-Style Slow Cooker Fajita Chicken.
  (Total: 8:00 Prep: 0:05)

THURSDAY
Morning
• If frozen, defrost the ground beef.

   Evening
   • Prepare the Shepherd’s Pie.
   (Total: 0:50 Prep: 0:20)

FRIDAY
Morning
• Soak the cashews.

   Evening
   • Prepare the Cashew Chicken Lettuce Wraps.
   (Total: 0:25 Prep: 0:10)

SATURDAY
Morning
• If frozen, defrost the ground beef.

   Evening
   • Prepare the Ground Beef-Vegetable Soup.
   (Total: 1:00 Prep: 0:15)
SHOPPING LIST

PRODUCE (16)
- butter lettuce
- butternut squash - 1 pound
- carrots - 4
- cauliflower - 3 heads
- celery ribs - 4
- fresh basil - 1 teaspoon
- fresh parsley - ¼ cup
- garlic - 1 head
- green beans - 1 pound
- lemons - 2
- lime juice - 1
- onions - 3
- oranges - 2
- red onion
- spaghetti squash - 2
- spinach - 4 ounces

MEAT/SEAFOOD (5)
- chicken breasts - 3 pounds
- ground beef - 3 pounds
- halibut - 1 pound
- pork roast - 5 pounds

SPICES (9)
- cayenne
- chili powder
- dried basil
- garlic powder
- ground cumin
- Italian seasoning
- onion powder
- oregano
- sea salt

VINEGAR AND OILS (2)
- coconut oil
- olive oil

FROZEN FOODS (1)
- frozen veggies - 1 bag

DRINKS (1)
- dry white wine - ¼ cup

BULK (1)
- cashews - ½ cup

EGGS & DAIRY (6)
- butter - ¾ cup
- cream cheese - 4 ounces
- egg - 1
- mild cheddar cheese - 4 ounces
- mozzarella cheese - 1 cup
- parmesan cheese - ½ cup

SWEETENERS & BAKING SUPPLIES (1)
- maple syrup - 4 tablespoons

CANNED AND JARRED GOODS (5)
- beef broth - 2 cups
- coconut aminos - 3 tablespoons
- diced tomatoes - 14 ½ ounces
- marinara sauce - 2 cups
- tomato sauce - 1 can

DELI AND PREPARED FOODS (1)
- salsa - 1 cup

OTHER (1)
- ground black pepper - 3 ½ teaspoons
ONE WEEK SPRING MEAL PLAN
(DINNER ONLY)

DAY 1
• Sriracha Shrimp Lettuce Wraps (page 163)

DAY TWO
• Chicken Piccata (page 139)

DAY THREE
• Chicken Plantain Tamales (page 142)

DAY FOUR
• Steakhouse Chop Salad (page 100)

DAY FIVE
• Filipino Adobo Chicken (page 205)

DAY SIX
• Creamy Broccoli Soup (page 178)

DAY SEVEN
• Mississippi Pot Roast (page 192)
SHOPPING LIST

PRODUCE (18)
- Bibb or similar lettuce - 1 head
- romaine lettuce - 2 heads
- fresh spinach - 4 ounces
- onions - 3
- red onion - 1 small
- green onions - 3
- garlic cloves - 10
- cucumber - 1 large
- radishes - 4 medium
- limes - 2
- lemons - 2
- green plantains - 6 medium or 4 large
- corn husks or parchment paper - 18
- fresh broccoli - 2 pounds
- leek - 1
- carrot - 1
- fresh parsley
- fresh dill - 1 tablespoon

MEAT/SEAFOOD (5)
- pepperoncini - 1 16-ounce jar
- fresh shrimp - 1 pound
- boneless, skinless chicken breasts - 1.5 pounds
- boneless, skinless chicken thighs - 2 pounds
- chuck roast - 1, 4- to 5-pounds

CANNED AND JARRED GOODS (6)
- chicken bone broth, homemade or store-bought - 5 cups
- beef bone broth, homemade or store-bought - 1 cup
- Dijon mustard - 1 teaspoon
- aminos - 1 cup coconut
- capers - 4 tablespoons
- homemade or pre-bought mayo - 1 cup

BULK (1)
- almonds - ½ cup sliced

EGGS AND DAIRY (7)
- eggs - 2 large
- sour cream - 2 cups
- heavy cream (optional) - 1 cup
- unsalted butter - 12 tablespoons
- parmesan cheese - 1 ounce grated
- blue cheese - 1 cup crumbled
- cheddar cheese - 8 ounces

ALTERNATIVE FLOURS (2)
- almond flour - 1 cup
- coconut flour - 1 tablespoon

VINEGAR AND OILS (3)
- coconut oil - 5 tablespoons
- sriracha sauce - 1 cup
- rice wine vinegar - ½ cup

DRINKS (1)
- white wine (optional) - 1 cup dry

SPICES (8)
- Himalayan or other sea salt
- fresh ground pepper
- garlic powder
- turmeric
- ground cumin
- celery salt
- dried dill
- onion powder
ONE WEEK SUMMER MEAL PLAN
(DINNER ONLY)

DAY 1
• Slow Cooker Boston Butt (page 195)

DAY TWO
• Greek Grilled Chicken with Tzatziki Sauce (page 145)

DAY THREE
• Caramelized French Onion Meat Loaf (page 184)

DAY FOUR
• Stuffed Zucchini Sausage Boats (page 128)

DAY FIVE
• Chicken Diane (page 170)

DAY SIX
• Thai Beef & Napa Cabbage Salad (page 134)

DAY SEVEN
• Zucchini & Summer Squash Gratin (page 119) + Chicken Caesar Salad (page 103)
SHOPPING LIST

PRODUCE (22)
- sweet onions - 8 large
- fresh pineapple - 2 cups
- thinly chopped or 1 15-ounce can crushed pineapple with juice
- lemons - 4
- cucumbers - 3
- fresh minced dill - 1 tablespoon
- red onion - 1 small
- tomatoes - 1 pound
- romaine lettuce - 4 heads
- zucchini - 4 medium
- red bell pepper - 1
- white mushrooms - 3 cups
- limes - 3
- chives - 2 tablespoons
- fresh parsley - 3 tablespoons
- cilantro - ½ cup
- green onions - 1 bunch
- orange - 1
- fresh ginger - 1-6 inch piece
- garlic cloves - 6
- Napa cabbage - 1 small head
- yellow squash - 1 pound
- zucchini - 1 pound

MEAT/SEAFOOD (4)
- boston butt roast - 5 pound
- boneless, skinless chicken breasts - 4 pounds
- ground beef or bison - 2 pounds
- beef tenderloin steaks - 1 pound

SPICES (12)
- chili powder
- paprika
- garlic powder
- dried basil
- celery salt
- sea salt
- freshly ground black pepper
- white pepper
- dried marjoram
- onion powder
- dried thyme
- dry mustard

VINEGAR AND OILS (3)
- olive oil - 2 cups
- coconut oil - 1 ½ cups
- white wine vinegar - 2 teaspoons

DRINKS (1)
- dry red wine - 2 tablespoons

BULK (1)
- sliced almonds - 1 cup

EGGS AND DAIRY (5)
- greek yogurt - 2 cups
- eggs - 5
- cheddar cheese - 4 slices
- sour cream - 1 cup
- grated parmesan cheese - 3 cups

CANNED AND JARRED GOODS (7)
- bbq sauce - 2 cups
- pure maple syrup - 3 tablespoons
- dijon mustard - 1 teaspoon
- fish sauce - 1 teaspoon
- Worcestershire sauce - 2 teaspoons
- ketchup, homemade or store bought - 1 cup
- chicken bone broth, homemade or store-bought - 1 cup

ALTERNATIVE FLOURS (1)
- almond flour - 1 cup
ONE WEEK FALL MEAL PLAN
(DINNER ONLY)

DAY 1
• One-Pan Pakistani Kima (page 158)

DAY TWO
• Curried Cabbage Rolls (page 137)

DAY THREE
• Stuffed Pumpkin (page 133)

DAY FOUR
• Chicken Vesuvio (page 146)

DAY FIVE
• Simple Salmon Chowder (page 173)

DAY SIX
• BBQ Bacon-Apple Chicken (page 211)

DAY SEVEN
• Slow Cooker Beef Stew (200)
SHOPPING LIST

PRODUCE (15)
- onions - 4 large
- green onions - 1 bunch
- sweet potatoes - 3 pounds
- green beans - 1 pound
- cabbage - 1 large head
- white button mushrooms - 1 8-ounce package
- fennel bulb - 1 large
- leek - 1 large
- apples - 3 medium
- pumpkin - 1 medium
- parsnips - 1 pound
- garlic cloves - 3
- celery - 4 stalks
- cauliflower - 1 head
- carrots - 5

MEAT/SEAFOOD (6)
- ground beef - 3 pounds
- chicken - 1 4-pound
- bacon - 12 slices
- salmon, with juice - 1 15-ounce can
- boneless, skinless chicken breasts - 4
- stew beef - 2 pounds

SPICES (13)
- himalayan or sea salt
- freshly ground black pepper
- garlic powder
- curry powder
- ground cinnamon
- ground ginger
- ground turmeric
- onion powder
- dried basil
- dried thyme
- dried oregano
- dried dill
- paprika

FROZEN FOODS (1)
- frozen artichoke hearts - 8 ounces

VINEGAR AND OILS (2)
- coconut oil - 4 tablespoons
- olive oil - 1 cup

DRINKS (1)
- dry white wine - 1 cup

EGGS AND DAIRY (3)
- unsalted butter - 6 tablespoons
- eggs - 5
- coconut milk or heavy cream - 2 cups

CANNED AND JARRED GOODS (4)
- diced tomatoes - 1 15-ounce can
- BBQ sauce - 1 cup
- chicken bone broth, homemade store-bought - 5½ cups
- beef bone broth, homemade or store-bought - 5 cups
ONE WEEK WINTER MEAL PLAN (DINNER ONLY)

DAY 1
• Up Pasty (page 132)

DAY TWO
• Sesame-Citrus Bok Choy (page 114)

DAY THREE
• Swedish Meatballs (page 136)

DAY FOUR
• Sloppy Joe Sweet Potatoes (page 171)

DAY FIVE
• Chicken Egg Drop Soup (page 187)

DAY SIX
• Italian Red Pepper Pot Roast (page 191)

DAY SEVEN
• Chicken Tetrazzini (page 164)
**SHOPPING LIST**

**PRODUCE (15)**
- sweet potatoes - 6
- rutabaga - 1 medium
- yellow onions - 8
- red onion - 1
- carrots - 11
- bok choy - 1 pound
- apple - 1
- orange - 1
- bell pepper - 1
- celery stalks - 4
- garlic cloves - 12
- medium zucchini - 4
- portobello mushrooms - 1 pound
- fresh thyme - 1 tablespoon
- parsley - 1 bunch

**MEAT/SEAFOOD (5)**
- ground beef - 3 pounds
- ground pork - 1 pound
- chicken - 1 4-pound
- chuck roast - 1 3-pound
- boneless, skinless chicken breasts - 1 pound

**SPICES (10)**
- sea salt
- freshly ground black pepper
- garlic powder
- dried basil
- ground nutmeg
- allspice
- chili powder
- curry powder
- garlic salt
- Italian seasoning

**FROZEN FOODS (1)**
- frozen peas - 1 cup

**VINCENT AND OILS (5)**
- coconut oil or lard - 1 cup
- toasted sesame oil - 1 tablespoon
- rice wine vinegar - 1 cup
- olive oil - ½ cup
- dry white wine or white wine vinegar - ½ cup

**BULK (1)**
- sunflower seeds, toasted - ¼ cup

**EGGS AND DAIRY (4)**
- eggs - 7
- unsalted butter - 4 tablespoons
- coconut milk or heavy cream - 2 cups
- grated parmesan cheese - 1 cup

**ALTERNATIVE FLOURS (2)**
- almond flour - 4 cups
- arrowroot powder - 1 cup

**SWEETENERS AND BAKING SUPPLIES (1)**
- pure maple syrup - 2 tablespoons

**CANNED AND JARRED GOODS (4)**
- ketchup, homemade or store-bought - 1 cup
- roasted red peppers - 1 jar
- marinated artichoke hearts - 1 jar
- beef bone broth, homemade or store-bought - 4 cups
BULK-COOKING DAY MEAL PLAN

RECIPE 1
• Ginger-Orange Glazed Roast (page 197)

RECIPE 2
• Cashew Chicken Lettuce Wraps (page 157)

RECIPE 3
• Italian Red Pepper Pot Roast (page 191)

RECIPE 4
• Savory Seafood Bisque (page 175)

RECIPE 5
• Teriyaki Chicken Thighs (page 202)

RECIPE 6
• Soulful BBQ Ribs (page 194)

RECIPE 7
• One-Pan Pakistani Kima (page 158)
SHOPPING LIST

PRODUCE (10)
- onions - 4 large
- fresh ginger - 2 inches
- butter lettuce - 1 head
- onion - 1 medium
- red onion - 1 small
- garlic cloves - 12
- shallot - 1
- carrots - 2
- celery - 1 stalk
- green beans - 1 pound

MEAT/SEAFOOD (9)
- roast, any type - 4 pounds
- chuck roast - 1 3-pound
- boneless, skinless chicken breasts - 1 pound
- boneless, skinless chicken thighs - 2 pound
- lobsters - 2 large
- clams, minced, with juice - 2 6.5-ounce cans
- lump crab meat - 1 cup
- beef ribs - 4 pounds
- ground beef, venison, or bison - 1 pound

SPICES (14)
- sea salt
- freshly ground black pepper
- garlic powder
- white pepper
- ground cloves
- dried basil
- Italian seasoning
- paprika
- dried thyme
- chili powder
- curry powder
- ground cinnamon
- ground ginger
- ground turmeric

VINCE AND OILS (6)
- rice vinegar - ½ cup
- dry white wine - 1 cup
- hot sauce - 1 teaspoon
- wine vinegar - ⅛ cup rice
- apple cider vinegar - 2 tablespoons
- Worcestershire sauce - 2 tablespoons

BULK (2)
- cashew pieces - 1 cup
- sesame seeds - 2 tablespoons

EGGS AND DAIRY (2)
- unsalted butter - 12 tablespoons
- heavy cream - 2 cups

SWEETENERS AND BAKING SUPPLIES (3)
- pure maple syrup - 3 tablespoons
- honey - ½ cup
- molasses, preferably blackstrap - ½ cup

CANNED AND JARRED GOODS (11)
- orange marmalade - 1 cup
- roasted red peppers - 1 jar
- marinated artichoke hearts - 1 jar
- coconut aminos - 10 tablespoons
- crushed pineapple (no sugar added), with juice - 115-ounce can
- tomato sauce - 115-ounce can

- tomato paste - 16-ounce can
- diced tomatoes - 115-ounce can
- chicken bone broth, homemade or store bought - 3 cups
- beef bone broth, homemade or store-bought - 2 cups
PARTY MEAL PLAN

RECIPE 1
- Turkey-Avocado Temaki (page 225)

RECIPE 2
- French Grated Carrot Salad with Raisins (page 99)

RECIPE 3
- Bacon-Guacamole Bites on Sweet Potato Chips (page 223)

RECIPE 4
- Simple Sausage Balls (page 70)

RECIPE 5
- Goat Cheese–Stuffed Dates with Prosciutto (page 240)

RECIPE 6
- Athena’s Greek Meatballs (page 218)

RECIPE 7
- Kohlrabi Fritters with Avocado-Dill Sauce (page 122)

RECIPE 8
- Angel-ed Eggs (page 228)

RECIPE 9
- Grain-Free Garlic-Herb Crackers (page 219)

RECIPE 10
- Chicken, Bacon, & Goat Cheese–Stuffed Endive Leaves (page 233)

RECIPE 11
- Tuna Salad Baby Tomatoes (page 236)

RECIPE 12
- Cheesy Buffalo Chicken Dip (page 237)

RECIPE 13
- Caprese BLT Skewers (page 246)

RECIPE 14
- Chocolate-Cherry Bark with Coconut Oil (page 264)

RECIPE 15
- No-Bake Meyer Lemon Bars (page 269)
<table>
<thead>
<tr>
<th>SHOPPING LIST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRODUCE (19)</strong></td>
</tr>
<tr>
<td>avocados - 5</td>
</tr>
<tr>
<td>cucumbers - 2</td>
</tr>
<tr>
<td>carrots - 1 pound</td>
</tr>
<tr>
<td>lemons - 8</td>
</tr>
<tr>
<td>lime - 1</td>
</tr>
<tr>
<td>sweet potatoes - 3 medium</td>
</tr>
<tr>
<td>green onions - 2</td>
</tr>
<tr>
<td>garlic clove - 1</td>
</tr>
<tr>
<td>fennel bulb - 1 tablespoon</td>
</tr>
<tr>
<td>fennel greens - 1 tablespoon</td>
</tr>
<tr>
<td>fresh mint - 1 tablespoon</td>
</tr>
<tr>
<td>minced dill - ½ cup</td>
</tr>
<tr>
<td>kohlrabi bulbs - 2 large</td>
</tr>
<tr>
<td>onion - 1</td>
</tr>
<tr>
<td>Belgium endive - 2 heads</td>
</tr>
<tr>
<td>orange - 1</td>
</tr>
<tr>
<td>celery - 1 stalk</td>
</tr>
<tr>
<td>cherry tomatoes - 60</td>
</tr>
<tr>
<td>bunch fresh basil - 1</td>
</tr>
<tr>
<td><strong>MEAT/SEAFOOD (7)</strong></td>
</tr>
<tr>
<td>nitrate-free turkey - 8 slices</td>
</tr>
<tr>
<td>bacon - 30 slices</td>
</tr>
<tr>
<td>ground sausage - 1 pound</td>
</tr>
<tr>
<td>prosciutto - 8 large slices</td>
</tr>
<tr>
<td>ground turkey (or other ground meat of choice) - 1 pound</td>
</tr>
<tr>
<td>chicken - 2 pounds</td>
</tr>
<tr>
<td>tuna - 2 6-ounce cans</td>
</tr>
<tr>
<td><strong>SPICES (8)</strong></td>
</tr>
<tr>
<td>sea salt</td>
</tr>
<tr>
<td>freshly ground black pepper</td>
</tr>
<tr>
<td>garlic powder</td>
</tr>
<tr>
<td>ground cumin</td>
</tr>
<tr>
<td>salt</td>
</tr>
<tr>
<td>cayenne pepper</td>
</tr>
<tr>
<td>onion powder</td>
</tr>
<tr>
<td>dried parsley</td>
</tr>
<tr>
<td><strong>WHITE WINE VINEGAR OR APPLE CIDER VINEGAR</strong></td>
</tr>
<tr>
<td>olive oil - 2 tablespoons</td>
</tr>
<tr>
<td><strong>MAYO NAINAISE</strong></td>
</tr>
<tr>
<td><strong>SISSING AND OILS (2)</strong></td>
</tr>
<tr>
<td>white wine vinegar or apple cider vinegar - 1 tablespoon</td>
</tr>
<tr>
<td>olive oil - 2 tablespoons</td>
</tr>
<tr>
<td><strong>BULK (4)</strong></td>
</tr>
<tr>
<td>chia seeds - 2 tablespoons</td>
</tr>
<tr>
<td>medjool dates, pitted - 16</td>
</tr>
<tr>
<td>chopped pecans - 2 cups</td>
</tr>
<tr>
<td>nori sheets - 8</td>
</tr>
<tr>
<td><strong>EGGS AND DAIRY (9)</strong></td>
</tr>
<tr>
<td>cheddar cheese - 8 slices</td>
</tr>
<tr>
<td>white cheddar cheese - 1 cup</td>
</tr>
<tr>
<td>sharp cheddar cheese - 16 ounces</td>
</tr>
<tr>
<td>eggs - 26</td>
</tr>
<tr>
<td>goat cheese - 20 ounces</td>
</tr>
<tr>
<td>greek yogurt - 2 cups</td>
</tr>
<tr>
<td>unsalted butter - 1 tablespoon</td>
</tr>
<tr>
<td>cream cheese - 8 ounces</td>
</tr>
<tr>
<td>mozzarella balls - 12</td>
</tr>
<tr>
<td><strong>SWEETENERS AND BAKING SUPPLIES (6)</strong></td>
</tr>
<tr>
<td>pure maple syrup - 1 cup</td>
</tr>
<tr>
<td>honey - ½ cup</td>
</tr>
<tr>
<td>gelatin powder - 1 tablespoon</td>
</tr>
<tr>
<td>coconut sugar - 2 tablespoons</td>
</tr>
<tr>
<td>vanilla extract - 1 teaspoon</td>
</tr>
<tr>
<td>cocoa powder - ½ cup</td>
</tr>
<tr>
<td><strong>ALTERNATIVE FLOORS (3)</strong></td>
</tr>
<tr>
<td>almond flour - 7 cups</td>
</tr>
<tr>
<td>coconut flour - 2 tablespoons</td>
</tr>
<tr>
<td>arrowroot powder - 1 cup</td>
</tr>
<tr>
<td><strong>DELIVERY AND PREPARED FOODS (1)</strong></td>
</tr>
<tr>
<td>salsa - ½ cup</td>
</tr>
<tr>
<td><strong>CANNED AND JARRED GOODS (9)</strong></td>
</tr>
<tr>
<td>dressing, homemade or store-bought - ½ cup ranch</td>
</tr>
<tr>
<td>orange juice - ½ cup</td>
</tr>
<tr>
<td>Dijon mustard - 2 tablespoons</td>
</tr>
<tr>
<td>coconut oil - 3 cups</td>
</tr>
<tr>
<td>mayonnaise, homemade or store-bought - 1 cup</td>
</tr>
<tr>
<td>dill pickle relish - 1 cup</td>
</tr>
<tr>
<td>hot sauce - ½ cup</td>
</tr>
<tr>
<td>unsweetened coconut flakes - 1 cup</td>
</tr>
<tr>
<td>dried cherries - 1 cup</td>
</tr>
</tbody>
</table>
DECORATING IDEAS

- An affordable way to decorate your platters, tables, and home for gatherings is by using what you already have. Clip flowers from your yard (even wildflowers look gorgeous!) and place them in vases for centerpieces. Use hydrangea leaves to give food an extra pop against white serve ware. Making place cards for your guests from card stock is a simple way to give the party a special feel. I like to keep twine on hand for a budget-friendly way to wrap silverware in napkins or to decorate serving utensils.

- Have lots of kids coming over for a party? Cover the kids’ table with white paper, place a bowl of crayons in the middle, and let them color on their “tablecloth.” This entertains them while they’re waiting for their food and keeps their minds off their grumbling bellies.

- You don’t need expensive garnishes for your serving platters. Use ingredients from that dish to garnish the plate. This also lets your guests know what kind of flavors are in each dish! For example, I love using a few slices of lemon on a platter with the No-Bake Meyer Lemon Bars; I place sprigs of fresh parsley with the Grain-Free Garlic-Herb Crackers; and I sprinkle fennel greens to give Athena’s Greek Meatballs a depth of color.

- Many dollar stores offer a selection of small serving glasses or bowls. Keep several of these on hand for desserts like Dairy-Free Panna Cotta (page 260) or Simple Chia Seed Pudding (page 263). Making these as individual servings adds a special touch for your guests.

- Use any card stock you have on hand to make stand-alone signs for each dish; include the name of the dish and any allergy-relevant details (gluten-free, dairy-free, nut-free, etc.).
ALLERGY GUIDE:
SUBSTITUTIONS AND
ALTERNATIVE METHODS
AND TIME-SAVING TIPS
Allergy Guide: Substitutions and Alternative Methods

All of the recipes in *The Wellness Mama Cookbook* are designed to be free of many common allergens. You won’t find any wheat, soy, or corn. In almost every case, dairy and tree nuts can be omitted or replaced.

If you or someone you are cooking for has one or more allergies, use these simple substitutes to make every recipe allergy-friendly. Happy cooking!

**IF YOU ARE GLUTEN OR GRAIN FREE...**

Congrats! You got the right book! There are no grains in *The Wellness Mama Cookbook* at all. Instead, I’ve used alternative flours like almond flour and coconut flour, which are higher in protein and fiber and lower glycemic.

If your family can tolerate grains and you want to add in some extra starch, feel free to serve any of these recipes with rice or a side of bread or whatever you enjoy!

**IF YOU ARE DAIRY FREE...**

The recipes in *The Wellness Mama Cookbook* do contain some dairy, but in most cases, it can be replaced or omitted. There are a few recipes that aren’t ideal for someone who can’t tolerate dairy, but even homemade yogurt can be made with coconut milk! To make any recipe dairy-allergy friendly, use these substitutes:

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Use:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Coconut oil (or ghee if tolerated)</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Coconut milk yogurt</td>
</tr>
<tr>
<td>Cheese</td>
<td>Omit in most cases or replace with</td>
</tr>
<tr>
<td></td>
<td>caramelized onions for extra flavor.</td>
</tr>
<tr>
<td></td>
<td>Can also use Nutritional Yeast or</td>
</tr>
<tr>
<td></td>
<td>Zucchini Cheese (see bonus recipes)</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Omit or use plain dairy-free yogurt</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>Omit or use dairy-free cheese</td>
</tr>
<tr>
<td>Milk</td>
<td>Almond, coconut, pecan, or hemp milk</td>
</tr>
<tr>
<td>Cream or half-and-half</td>
<td>Thick homemade coconut milk</td>
</tr>
</tbody>
</table>
**IF YOU ARE ALLERGIC TO COCONUT...**
This gets a little tougher but can still be done. Use butter, olive oil, or ghee in place of coconut oil. Coconut flour recipes are unique to their main ingredient and do not substitute well. I recommend avoiding the baking recipes that include coconut flour. For breading and other non-baking recipes, any flour will work, including almond, sunflower, or whichever you prefer.

**IF YOU ARE PEANUT/NUT FREE...**
There are very few recipes that contain peanuts, and you can substitute it with any nut. If all tree nuts are problematic, then try SunButter, coconut butter, or some similar butter that you can tolerate.

**Almond Flour Substitute:** Almond flour is used often in this book. If you can’t tolerate almond flour, neither will coconut flour substitute. Instead, throw some sunflower seeds in a blender or food processor and pulse until it is powdered (but not so much that it turns into sunflower butter). This will work as an equal substitute.

**IF YOU ARE EGG FREE...**

**In baking:**
*Please note that if a recipe is completely egg-based like a quiche or if it calls for 3+ eggs, these substitutions will not work well.*

- 1 tablespoon ground chia seeds + ¼ cup of water (mix and let it sit for 15 minutes)
- ¼ cup full fat yogurt
- 1 tablespoon ground flax seed + ¼ cup water (mix and let it sit for 15 minutes)
- ½ cup apple sauce
  (result will be crumblier)
- ¼ cup pureed banana
  (obviously not what I use!)
- 1 tablespoon gelatin powder in ¼ cup water (mix and let it sit for 15 minutes)
- 2 tablespoons dates, raisins, or prunes + 2 tablespoons of water pureed
- ¼ cup peanut butter or almond butter

A general rule is that if an egg acts as a binder in a recipe, almost any of the above substitutions will work. If eggs serve the purpose of leavening in the recipe, yogurt can be used or a teaspoon each of baking powder, white vinegar, and water (mix together). If the egg is needed for moisture, yogurt, juice, applesauce, or pureed banana should be used.

With coconut flour recipes, eggs are needed for both binding and moisture, so I typically use a chia, gelatin, and applesauce mixture.

**In breading:** An egg mixture is often used for breading, but there are some easy substitutions. My favorites are melted butter, coconut oil, or plain yogurt. For a more flavorful binder, I mix equal parts mustard and honey or maple syrup.

**In omelets:** You are out of luck! I haven’t found anything that replaces the eggs completely in taste or texture, but I’ve learned to love breakfast stir-frys with many of the ingredients that would often be added to an omelet (peppers, onion, cheese, meat, spinach, cheese, etc.) sautéed together sans eggs.

I also think it’s time to buck the “eggs or cereal for breakfast” rule and consider that leftovers, stir-frys, and even salads can be excellent healthy breakfast choices!
The first thing I tell anyone who asks about time-saving tips is to set aside a bulk-cooking day. The bulk-cooking day meal plan in this bonus pack will let you make all of the recipes in one day so you’re ready for the whole week! Keep reading for all of my top seven time-saving tips.

**wellness mama’s TOP SEVEN TIME-SAVING KITCHEN TIPS:**

1. **Meal Plan:** If you aren’t already doing this, start today. Better yet, stop reading this and go meal plan right now. It is the single biggest time-saver in my life.

2. **Prepare:** Read a recipe all the way through and gather the ingredients before starting to cook. It saves a lot of time from going back and forth in the kitchen. It also helps avoid kitchen disasters like getting halfway through a recipe and then realizing you don’t have an important ingredient.

3. **Double:** If I’m taking the time to make a meal, I’ll almost always cook two portions. It takes no extra time to double a recipe and refrigerate or freeze the extra for a second meal. If you do this regularly, you can eventually get in a rotation of only cooking a few days a week and have plenty of variety by spacing out the repeats.

4. **Have a Bulk-Cook Day:** If I know it’s going to be a busy week, I’ll make as much food as I can ahead of time. If I can, I’ll pre-cook everything on Saturday so that it can easily be reheated when I need it. I will also freeze pre-marinated or prepared ingredients so they can be thrown into a slow cooker or pressure cooker for a meal that night.

5. **Organize the Pantry:** Nothing wastes time more than not being able to find something. I organize my pantry in order of most-used to least-used items. The things I use most go in the “strike zone,” which is between knee and shoulder level so I can see and reach for them easily. Seasonal and less-used items go on a higher shelf so they don’t take up space since they aren’t being used often. Any items that my kids will need to access go on the lower shelves so that they can reach them without help.

6. **Place Dishes in Lower Cabinets:** At least the kids’ dishes. This one change has saved me so much time, and it’s helped the kids be more autonomous in the kitchen. My kids help set the table every meal, but I always had to get the dishes down for them. Now, they can get the dishes and unload the dishwasher by themselves. Also, since they can now reach their stainless-steel cups for water, they don’t have to come to me every time they want a drink.

7. **Buy in Bulk:** Not only does this save money, but it saves time! I buy things like almond flour, chia seeds, sunflower seeds, coconut flour, shredded coconut, and dried herbs in bulk. They go in easy-to-find bins and jars and are organized in the pantry so I can access them quickly.