IMMUNE GUT RECIPES

*Note: Some recipes have been altered from the original recipes featured in the Healing Leaky Gut Cookbook to make them compliant with the Immune Gut dietary protocol.
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BEVERAGES & BREAKFASTS
**CHERRY PIE SMOOTHIE**

Total Time: 5 minutes  Serves: 1-2

**INGREDIENTS**

½ cup frozen cherries  
¼ cup coconut milk  
½ teaspoon vanilla extract  
¼ teaspoon cinnamon  
Pinch sea salt  
Pinch cardamom

1. Warm the frozen cherries in a saucepan. In a high-powered blender, combine all ingredients. Purée on high until smooth.

**BAKED APPLE SMOOTHIE**

Total Time: 5 minutes  Serves: 1-2

**INGREDIENTS**

1 baked apple  
¼ cup coconut milk  
1 tablespoon flaxmeal  
2 tablespoon vanilla protein or collagen powder  
½ teaspoon cinnamon  
½ teaspoon vanilla extract  
Pinch ginger

1. Bake the apple in the oven at 350 degrees F for 30 minutes. In a high-powered blender, combine all ingredients. Purée on high until smooth.
HEALING BREAKFAST SMOOTHIE

Total Time: 5 minutes   Serves: 1-2

INGREDIENTS
1 cup fresh blueberries
1 cup coconut milk
1 scoop collagen powder
1 scoop Leaky Gut Support powder

1 In a saucepan over medium heat, warm the blueberries. Purée in a high-powered blender with the remaining ingredients. Serve warm.

MANGO STRAWBERRY SMOOTHIE

Total Time: 5 minutes   Serves: 1-2

INGREDIENTS
½ cup mango chunks
½ cup coconut milk
½ cup coconut water
½ cup strawberries
½ cucumber, peeled

1 In a high-powered blender, combine all ingredients. Purée on high until smooth.
MORNING REFRESHER SMOOTHIE

Total Time: 5 minutes  Serves: 1-2

INGREDIENTS

1 cucumber, peeled 1 cup coconut water
½ green apple, peeled ¼ cup fresh lime juice
1 scoop collagen powder

1 In a high-powered blender, combine all ingredients. Purée on high until smooth.

PROBIOTIC PEACHES AND CREAM SMOOTHIE

Total Time: 5 minutes  Serves: 1-2

INGREDIENTS

8 ounces plain goat’s milk yogurt 1 cup sliced peaches 1 tablespoon sprouted flaxseed

1 In a saucepan over medium heat, warm the peaches. Purée in a high-powered blender with the remaining ingredients. Serve warm.
STRAWBERRY MOJITO SMOOTHIE

Total Time: 5 minutes  Serves: 1-2

INGREDIENTS

1 cup strawberries
3–5 fresh mint leaves, chopped
1 cucumber, peeled
1 scoop protein powder
1 cup sparkling mineral water (such as Pellegrino)
2 tablespoons fresh lime juice

In a high-powered blender, combine all ingredients. Purée on high until smooth.
TURMERIC TEA

Total Time: 5 minutes  Serves: 1-2

INGREDIENTS

1 cup coconut milk
1 cup water
1 tablespoon ghee
1 teaspoon turmeric
Stevia

1. In a small saucepan over medium heat, combine the coconut milk and water. Warm through, about 2 minutes.

2. Stir in the ghee, turmeric and stevia to taste. Cook, stirring, until heated through, about 2 minutes longer.
SWEET POTATO-BEET HASH

Total Time: 45 minutes  Serves: 2-4

INGREDIENTS
1 large sweet potato, peeled and cubed
1 large beet, peeled and cubed
1 tablespoon coconut oil, melted
Sea salt and pepper
1 slice turkey bacon
1 onion, diced

1. Preheat the oven to 400 degrees F.

2. Toss the sweet potato and beet in the oil and season with the salt and pepper. Spread on a baking sheet and roast for 25–30 minutes.

3. In a skillet over medium heat, cook the turkey bacon until crispy. Add the onion and cook, stirring occasionally, until translucent. Add the roasted vegetables, stir and cook for another 5 minutes.
COCONUT CREPES

Total Time: 30 minutes     Serves: 4-5

INGREDIENTS

12 egg yolks
1 cup coconut milk
3 tablespoons coconut flour
3 teaspoons coconut oil, melted, plus additional for greasing pan
½ teaspoon sea salt

1 In a medium bowl, combine all ingredients. Beat with an electric mixer for 3 minutes. Let stand 15 minutes.

2 Heat a skillet greased with coconut oil over medium-high heat. Ladle the batter into the skillet and swirl around to form a thin crepe. Cook until bubbles start to form, 1–2 minutes. Flip and cook until golden. Repeat with the remaining batter.
**SAGE CHICKEN BREAKFAST PATTIES**

Total Time: 20 minutes    Serves: 4

**INGREDIENTS**

- 1 pound organic ground chicken
- 1 green apple, peeled and diced
- 1 tablespoon dried parsley
- 1 teaspoon ground sage
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon dried basil
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- Coconut oil

1. In a large bowl, combine all ingredients except the coconut oil and mix well. Shape the mixture into small patties.

2. In a large skillet over medium-high heat, cook the patties in the coconut oil, turning once, until no longer pink, 6–8 minutes.
**PEAR PORRIDGE**

Total Time: 10 minutes  
Serves: 1

**INGREDIENTS**

1 pear, peeled and chopped  
4 tablespoons coconut milk  
1 scoop protein powder  
2 tablespoons hemp seeds  
¼ teaspoon ginger powder  
Stevia

1. In a blender, purée the pear and coconut milk on high until smooth.
2. Pour into a small saucepan over medium heat and warm through.
3. Remove from the heat, stir in the protein powder and sweeten with the stevia to taste. Transfer to a bowl and serve warm.
APPLE-FENNEL SOUP

Total Time: 55 minutes   Serves: 4-6

INGREDIENTS
1 tablespoon coconut oil
1 medium onion, sliced
1 bulb fennel, stalks removed, cored, and sliced
2 green apples, peeled and chopped
2 cups cubed butternut squash
1 knob fresh ginger, peeled and minced
1 teaspoon sea salt
1 teaspoon pepper
4 cups chicken bone broth

1. In a stockpot over medium heat, melt the coconut oil. Add the onion and cook, stirring occasionally, until starting to soften. Add the fennel and apples and cook until slightly softened.

2. Add the squash, ginger, salt and pepper and stir to combine. Add the broth, bring to a boil and reduce the heat to a simmer. Cook until the vegetables are tender (the longer the simmering time, the more flavorful the soup).

3. Transfer the soup to a blender (or use an immersion blender) and, working in batches if necessary, purée until smooth (be careful blending hot liquids). Return to the pot, season to taste, and heat through.
CREAMY CUCUMBER-AVOCADO SOUP

Total Time: 10 minutes  Serves: 2-4

INGREDIENTS

5 ribs celery, halved crosswise
½ cucumber, peeled
1 avocado, halved and pitted
3 tablespoons fresh lemon juice
1 teaspoon sea salt
½ teaspoon pepper
¼–½ cup water

1 In a high-powered blender, combine the celery and cucumber. Scoop the avocado into the blender. Add the lemon juice, salt, pepper and ¼ cup of the water.

2 Purée until smooth, adding the remaining ¼ cup of water as necessary to reach the desired consistency.
ONION SOUP

Total Time: 50 minutes     Serves: 4-6

INGREDIENTS

2 tablespoons ghee
4 large onions, peeled and thinly sliced
2 cups chicken bone broth
2 cups beef bone broth
5 cloves garlic, chopped
Sea salt and pepper

1. In a stockpot over medium heat, melt ghee. Add onions and cook, stirring occasionally, until lightly caramelized.

2. Add broths and garlic. Season with salt and pepper to taste.

3. Bring mixture to a boil, reduce heat, and simmer for 30–50 minutes (the longer the simmering time, the more flavorful the soup).
Berry Soup

Total Time: 10 minutes     Serves: 1

INGREDIENTS

½ cup blueberries
½ cup strawberries
1 cucumber, peeled
¼ cup fresh lime juice
1 scoop protein powder

In a saucepan over medium heat, warm the berries. Purée in a high-powered blender with the remaining ingredients and serve.
SWEET POTATO SOUP

Total Time: 20 minutes     Serves: 4

INGREDIENTS

2 tablespoons ghee
1 tablespoon coconut flour
1½ cups bone broth
1 tablespoon honey
1½ cups cooked peeled sweet potatoes
¼ teaspoon cinnamon
⅛ teaspoon ground ginger
⅛ teaspoon nutmeg
1 cup goat’s milk kefir
Sea salt

1. In a medium saucepan over medium heat, melt the ghee. Add the flour and whisk until the mixture is smooth and bubbly. Stir in the broth. Bring to a boil and reduce the heat to a simmer.

2. Stir in the honey, sweet potatoes and spices. Return to a simmer.

3. Transfer the soup to a blender and, working in batches if necessary, purée until smooth (be careful blending hot liquids). Return the soup to the pan over medium heat. Stir in the kefir and season with the salt to taste. Heat through.
PUMPKIN-GINGER SOUP

Total Time: 45 minutes    Serves: 8

INGREDIENTS

2 onions, finely chopped
2–3 tablespoons coconut oil
3 tablespoons grated fresh ginger
3 cloves garlic, minced
2 cans (15–16 ounces each) pure pumpkin
5–7 cups chicken bone broth
1 cup coconut milk
Sea salt and pepper

1 In a stockpot over medium heat, cook the onions in the coconut oil, stirring occasionally, until translucent. Add the ginger and garlic and cook, stirring, until fragrant.

2 Stir in the pumpkin and add the broth to reach the desired consistency. Bring to a boil, reduce the heat and simmer 10 minutes or longer (the longer the simmering time, the more flavorful the soup). If desired, transfer to a blender (or use an immersion blender) and, working in batches if necessary, purée until smooth.

3 Return the soup to the pot, stir in the coconut milk and season to taste with the salt and pepper. Warm through.
LEMONGRASS CHICKEN SOUP

Total Time: 6.5 hours    Serves: 4

INGREDIENTS

1 pound boneless, skinless chicken breasts
3 cups chicken bone broth
2 cups chopped cabbage
1 cup sliced mushrooms
4 carrots, chopped
⅓ cup sliced onion
¼ cup fresh lemon juice
2 stalks lemongrass, smashed, or zest of 1 lemon, cut into strips
4 cloves garlic, minced
1 knob fresh ginger, peeled and minced
Sea salt

1 In a slow cooker, combine all ingredients. Cook on low for 6–8 hours.

2 Remove and discard the lemongrass or lemon zest. Shred the chicken in the mixture and stir to distribute. Season with the salt to taste.
SLOW-COOKER BONE BROTH
CHICKEN-VEGETABLE SOUP
SLOW-COOKER BONE BROTH
CHICKEN-VEGETABLE SOUP

Total Time: 6.5 hours     Serves: 4-6

INGREDIENTS

3 or 4 boneless, skinless chicken breasts
4 cups chicken bone broth
5 ribs celery, chopped
5 carrots, chopped
1 onion, chopped
4 cloves garlic, minced
4 thyme sprigs
Sea salt and pepper
1 tablespoon chopped fresh parsley

1 In a slow cooker, combine the first 7 ingredients. Season with the salt and pepper. Cook on low for 6 hours.

2 Using a fork, shred the chicken in the mixture. Taste and adjust the seasoning if necessary. Serve topped with the parsley.
SLOW-COOKER LEMON-KALE CHICKEN SOUP

Total Time: 6.5 hours     Serves: 6-8

INGREDIENTS

2 pounds boneless, skinless chicken, chopped
6 cups chicken bone broth
1 onion, chopped
3 handfuls of chopped kale
½ cup fresh lemon juice
Sea salt and pepper
2 tablespoons chopped fresh parsley

1 In a slow cooker, combine the chicken, broth, onion, kale and lemon juice. Season with the salt and pepper.

2 Cook on low for 6–8 hours. Stir in the parsley. Taste and adjust the seasoning if necessary.
CHICKEN BONE BROTH

Total Time: 24 hours   Serves: Varies

INGREDIENTS

Chicken necks and feet
Garlic cloves, smashed
Carrots, cut into chunks
Onions, cut into chunks
Spinach
3 tablespoons apple cider vinegar
2 bay leaves
Sea salt and pepper
Water

1. In a slow cooker, combine all ingredients with enough water to completely cover the chicken parts. Cook on high and allow to simmer for 24 hours. Strain, cool, transfer to airtight storage containers and chill or freeze.
AVOCADO SALAD

Total Time: 10 minutes     Serves: 2

INGREDIENTS

1–1½ cups cubed cooked boneless, skinless chicken breast
1 avocado, diced
½ onion, sliced
1 tablespoon fresh lime juice
1 tablespoon olive oil
1 teaspoon sea salt

1 In a serving bowl, combine all ingredients and toss until well mixed.
**CURRIED CAULIFLOWER SOUP**

Total Time: 40 minutes  Serves: 4

**INGREDIENTS**

1 onion, chopped
1 cauliflower head, cut into florets
2 tablespoons coconut oil
1 teaspoon sea salt, plus a pinch
1 teaspoon pepper
3 cups chicken bone broth
½ teaspoon coriander
½ teaspoon turmeric
1½ teaspoon cumin
1 pound chicken, cooked and shredded
1 cup coconut milk
2 tablespoons parsley

1. Preheat the oven to 375 degrees F. Spread out the onion and cauliflower on a baking sheet. Drizzle with the coconut oil and season with 1 teaspoon of the salt and the pepper. Roast for 10 minutes. Stir and place back in the oven for another 5-10 minutes, until golden.

2. Place the cauliflower and onions and in a pot and add the bone broth. Stir in the coriander, turmeric, cumin and the pinch of salt. Bring the mixture to a boil. Reduce the heat to medium and let the mixture simmer for another 5-10 minutes.

3. Add all ingredients (except the chicken, coconut milk and parsley) to a high-powered blender and purée until a smooth consistency is achieved. Add in the chicken, coconut milk and parsley. Mix until well combined and serve warm.
SLOW-COOKER BEEF STEW

Total Time: 4.5 hours  Serves: 4-6

INGREDIENTS

2 pounds cubed grass-fed beef stew meat
3 sweet potatoes, peeled and cubed
1 onion, diced
1 cup diced celery
1 cup diced carrots
½–1 cup beef bone broth
3 cloves garlic, minced
2 tablespoons coconut oil
1 tablespoon Worcestershire sauce
1 tablespoon honey
1 sprig fresh thyme
1 sprig fresh rosemary
Sea salt and pepper

1 In a slow cooker, combine all ingredients.

2 Cook until the beef and vegetables are tender, 4–5 hours. Remove the herb sprigs before serving.
SLOW-COOKER BEEF AND ROOT VEGGIE STEW

Total Time: 4.5 hours  Serves: 4-6

INGREDIENTS

1 In a slow cooker, combine all ingredients and mix well.

2 Cook on high for 4–6 hours. Season to taste.

2 pounds cubed grass-fed beef stew meat
2 sweet potatoes, peeled and diced
2 onions, chopped
1 rutabaga, peeled and diced
4 carrots, chopped
2 cloves garlic, minced
2 cups beef bone broth
2 tablespoons Worcestershire sauce
1 teaspoon apple cider vinegar
Sea salt and pepper
SLOW-COOKER BEEF AND BROCCOLI
SLOW-COOKER BEEF AND BROCCOLI

Total Time: 6.25 hours     Serves: 2-3

INGREDIENTS

¼ cup coconut aminos
¼ cup beef bone broth
2 tablespoons apple cider vinegar
2 teaspoons coconut oil, melted
4 cloves garlic, minced
Sea salt and pepper
1 pound grass-fed steak, cut into strips
1 head broccoli, cut into florets

1 In a slow cooker, combine the coconut aminos, broth, vinegar and coconut oil. Stir in the garlic and season with the salt and pepper. Add the beef and stir to coat. Add the broccoli and stir again.

2 Cook on low for 6 hours.
SHREDDED BEEF SLIDERS

Total Time: 8.25 hours  Serves: 6-8

INGREDIENTS

2–3 pounds grass-fed steak
2 small onions, thinly sliced
½ cup beef bone broth
¼ cup coconut aminos
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon black pepper
½ teaspoon onion powder
½ teaspoon paprika
¼ teaspoon chili powder
Bibb lettuce leaves

1 In a slow cooker, combine all ingredients. Cook on low for 8–10 hours.

2 Use a fork to gently pull apart the beef in the slow cooker until shredded. Taste and adjust the seasonings as needed.

3 Serve in the lettuce leaves.
STEAK WRAPS

Total Time: 20 minutes     Serves: 3-4

INGREDIENTS

1 onion, chopped
Coconut oil
3 cloves garlic, minced
1 pound grass-fed steak, thinly sliced
2–3 tablespoons coconut aminos
Sea salt and pepper
Romaine lettuce leaves
Sprouts
Sauerkraut

1 In a skillet over medium-high heat, cook the onion in the coconut oil, stirring occasionally, until the onion is translucent. Add the garlic and cook, stirring, until fragrant, 30–60 seconds.

2 Add the steak and cook, stirring occasionally, until desired doneness. Season with the coconut aminos, salt and pepper to taste.

3 Serve the steak mixture in the lettuce leaves and top with the sprouts and sauerkraut as desired.
AVOCADO-STUFFED MEATBALLS

Total Time: 30 minutes    Serves: 4

INGREDIENTS

Coconut oil (for greasing pan)
1 pound ground grass-fed beef
1 egg yolk
3 tablespoons chopped fresh parsley
4 cloves garlic, minced
1 tablespoon Dijon mustard
1 teaspoon sea salt
1 teaspoon pepper
½ avocado, cut into small dice

1 Preheat the oven to 400 degrees F. Lightly grease a sheet pan with the coconut oil.

2 In large bowl, combine all the remaining ingredients except the avocado. Mix well and, using wet hands, form 8 to 12 meatballs.

3 To stuff the meatballs, make a hole in the center, insert an avocado cube, and close up the hole, making sure the avocado is fully surrounded by meat.

4 Place the meatballs on the prepared sheet pan and bake until cooked through, about 12 minutes.
GRILLED HONEY-GLAZED SALMON
GRILLED HONEY-GLAZED SALMON

Total Time: 20 minutes     Serves: 4

INGREDIENTS

¼ cup honey
¼ cup coconut aminos
4 cloves garlic, minced
1 tablespoon ghee, melted
1 tablespoon fresh thyme leaves
1 teaspoon grated or minced fresh ginger
Sea salt and pepper
2 pounds wild-caught Alaskan salmon fillets

1. In a shallow baking dish, whisk together the honey, coconut aminos, garlic, ghee, ginger and thyme. Season with the salt and pepper.

2. Place the salmon into the dish and coat with the mixture. Chill for 15 minutes, turn the fish to coat other side, and chill another 15 minutes.

3. Lightly oil the grill and set at medium heat.

4. Shake off the excess marinade from the salmon and discard. Grill until the fish flakes easily with a fork, 12–15 minutes per inch of thickness.
GARLICKY SPAGHETTI SQUASH WITH CHICKEN, MUSHROOMS AND KALE

Total Time: 70 minutes     Serves: 2-3

INGREDIENTS

1 spaghetti squash, roasted
2 tablespoons coconut oil
8 garlic cloves, minced
3 cups mushrooms, chopped
2 chicken breasts, sliced into strips
4 cups kale
1 teaspoon sea salt
½ teaspoon pepper
1 tablespoon parsley

1. Preheat the oven to 425 degrees F. Poke the spaghetti squash with a fork numerous times and place on a pan in the oven to bake for 45-90 minutes, depending on the size. (Poke with a fork; it should be soft when cooked through).

2. After it is cooked, remove from the oven. Once it has cooled, cut it in half length wise. Remove the guts with a spoon, then with a fork, comb against the “spaghetti” strands to piece them apart and remove from the skin.

3. In a skillet with the coconut oil over medium heat, add the garlic and mushrooms. Sauté for 5 minutes until browned.

4. Add the chicken and cook for 1 minute. Add in the kale and continue to cook until the chicken is cooked through.

5. Add the salt, pepper and parsley. Stir well and cook for another minute.

6. Add the chicken mixture to the bowl of spaghetti squash strands and toss together.
STUFFED BURGERS

Total Time: 40 minutes  Serves: 4

INGREDIENTS

4 tablespoons ghee  
1 onion, sliced  
6 cloves garlic, minced  
1 pound ground bison or grass-fed beef  
2 tablespoons worcestershire sauce  
2 teaspoons sea salt  
1 teaspoon black pepper

1. In a skillet over medium-high heat, melt the ghee. Add the onion and garlic and cook, stirring occasionally, until the onions have caramelized and are tender. Remove from the heat and cool in the skillet.

2. In a bowl, mix together the bison, Worcestershire sauce, salt and pepper. Divide the mixture into 8 equal patties.

3. Divide the vegetable mixture evenly among 4 of the patties and top with the remaining 4 patties. Seal the edges to stuff the burgers.

4. In same skillet over medium-high heat, cook the burgers, turning once, until cooked through, 8–12 minutes.
BISON BURGERS

Total Time: 20 minutes     Serves: 4

INGREDIENTS

1 pound ground bison
1 tablespoon garlic powder
1 tablespoon Worcestershire sauce
2 teaspoons sea salt
2 teaspoons pepper
2 teaspoons onion powder
½ teaspoon cumin
Coconut oil
Fresh or cooked spinach

1 In a large bowl, combine all ingredients except the coconut oil and spinach. Mix thoroughly and form into 4 patties.

2 In a skillet over medium-high heat, cook the patties in the coconut oil, turning once, 8–12 minutes or until desired doneness.

3 Serve over a bed of the spinach.
LAMB BURGERS
LAMB BURGERS

Total Time: 30 minutes   Serves: 4

INGREDIENTS

1 pound ground lamb
½ onion, chopped
2 tablespoon fresh lemon juice
1 tablespoon chopped fresh dill
1 tablespoon chopped fresh mint leaves
2 teaspoons chopped fresh oregano
Sea salt
Coconut oil
Fresh or cooked spinach

1 In a bowl, combine the lamb, onion, lemon juice and herbs. Season with the salt. Mix until the seasonings are evenly dispersed through the meat. Form into 4 patties.

2 In a skillet over medium-high heat, cook the patties in the coconut oil, turning once, until no longer pink, 8–12 minutes.

3 Serve over a bed of the spinach.
CHICKEN-AVOCADO BURGERS

Total Time: 25 minutes  Serves: 4

INGREDIENTS

1 pound ground chicken
½ onion, chopped
1 egg yolk
1 tablespoon chopped fresh parsley
1 clove garlic, minced
1 avocado, halved and pitted
Sea salt and pepper
Coconut oil

1  In a bowl, combine the chicken, onion, egg, parsley and garlic. Scoop the avocado into the bowl. Season with the salt and pepper. Mix well to combine and shape into 4 patties.

2  In a skillet over medium-high heat, cook the patties in the coconut oil, turning once, until no longer pink, 8–10 minutes.
BAKED ITALIAN CHICKEN

Total Time: 30 minutes    Serves: 4

INGREDIENTS

1–2 tablespoons ghee plus additional for greasing pan
1 onion, chopped
1 cup sliced mushrooms
Garlic powder
Italian seasoning
Sea salt and pepper
8 ounces goat cheese (chèvre)
½ cup chicken bone broth
1 can (14 ounces) artichoke hearts, drained
1 cup fresh spinach
4 boneless, skinless chicken breasts

1 Preheat the oven to 350 degrees F. Lightly grease a 13 x 9-inch baking pan with ghee.
2 In a skillet over medium heat, cook the onion in the ghee, stirring occasionally, until softened. Add the mushrooms and cook until golden. Season with the garlic powder, Italian seasoning and salt and pepper to taste.
3 Crumble the goat cheese into the skillet, add the broth and stir well to combine. Stir in the artichoke hearts and spinach.
4 Put the chicken in the prepared baking pan. Pour the artichoke mixture over top and bake until the chicken is cooked through, about 30 minutes.
SAUSAGE AND SAUERKRAUT

Total Time: 30 minutes  Serves: 4

INGREDIENTS

4 rutabagas, peeled and cubed
2 tablespoons coconut oil, melted
1 onion, sliced
1 pound organic chicken sausage, cut into ¼-inch pieces
16 ounces sauerkraut, drained
¼ teaspoon pepper
½ teaspoon sea salt

1 In a large skillet, sauté the rutabagas in the coconut oil for 5-8 minutes, or until softened and lightly browned. Stir in the onion and sauté for another 5 minutes, or until tender.

2 Add the sausage, sauerkraut, pepper and salt. Cook uncovered, over medium heat, until heated through, stirring continuously.
AVOCADO-TUNA SALAD
LETTUCE WRAPS

Total Time: 15 minutes  Serves: 1-2

INGREDIENTS

1 can (5–6 ounces) wild-caught tuna
½ avocado, halved and pitted
¼ onion, chopped
1 tablespoon chopped fresh parsley
2 teaspoons fresh lemon juice
1 teaspoon sea salt
1 teaspoon olive oil
Romaine lettuce leaves

1. Flake the tuna into a bowl. Scoop the avocado out of the peel and add to the bowl. Add the onion, parsley, lemon juice, salt and olive oil and mix well.

2. Serve the tuna salad in the lettuce leaves.
CILANTRO SALMON BURGERS
CILANTRO SALMON BURGERS

Total Time: 20 minutes     Serves: 2-4

INGREDIENTS

2 cans (6–7 ounces each) wild-caught Alaskan salmon, drained  
2 tablespoons scallions, finely chopped  
3 cloves garlic, minced  
2 teaspoons chopped cilantro  
6 egg yolks  
2 tablespoons fresh lime juice  
1 tablespoon mustard  
1 teaspoon sea salt  
½ teaspoon pepper  
¼ cup coconut flour  
Coconut oil

1 In a bowl, combine the salmon, scallions, garlic and cilantro and mix well.

2 In another bowl, whisk together the eggs, lime juice, mustard, salt and pepper. Add to the bowl with the salmon and mix until well combined. Add the flour and mix again.

3 In a skillet with the coconut oil over medium-high heat, drop the mixture in 3 or 4 portions to form burgers. Cook, turning once, until browned and heated through, about 8 minutes.
BAKED GROUPIER WITH COCONUT-CILANTRO SAUCE

Total Time: 30 minutes     Serves: 4

INGREDIENTS

2 tablespoons coconut oil
4 wild-caught grouper fillets (6 ounces each)
¼ teaspoon sea salt
½ cup coconut milk
½ cup cilantro leaves
2 cloves garlic, minced
1 teaspoon minced fresh ginger
½ teaspoon curry powder

1 Preheat the oven to 425 degrees F. Grease a 13 x 9-inch baking pan with the coconut oil.

2 Place the fish in the prepared pan. Sprinkle with the salt.

3 Combine the coconut milk, cilantro, garlic, ginger and curry powder in a food processor. Pulse until smooth. Pour half of the mixture over the fish. Bake until the fish flakes easily, 15–20 minutes.

4 Pour the remaining mixture over the baked fish and serve.
EXTRAS
SLOW-COOKER CINNAMON APPLESAUCE

Total Time: 6.25 hours  Serves: 6-8

INGREDIENTS

10 large green apples, peeled, cored and chopped
½ cup water
1 teaspoon cinnamon
Stevia

1 In a slow cooker, combine all ingredients, sweetening with the stevia to taste. Cook on low for 6–8 hours.

2 Mix the applesauce well and mash any clumps of apples to reach the desired consistency.
FRUIT SNACKS

Total Time: 15 minutes plus chilling time  Serves: Varies

INGREDIENTS

⅔ cup fresh lime juice
⅔ cup blueberries
Stevia
5 tablespoons unflavored gelatin

1 In a small saucepan over medium heat, combine the lime juice and blueberries. Cook, stirring occasionally, until the berries soften.

2 Sweeten with the stevia to taste, stirring until well incorporated.

3 Transfer to a blender and purée until smooth. Gradually add in the gelatin 1 tablespoon at a time with the blender running. Blend continuously for 5 minutes.

4 Pour into an 8 x 8-inch square (or smaller) baking dish (or use ice cube molds). Chill until set, at least 1 hour, and cut as desired.
CHARD GREENS

Total Time: 1.5 hours  Serves: 4-6

INGREDIENTS

1 tablespoon coconut oil
2 tablespoons garlic, minced
5 cups chicken bone broth
5 bunches chard, trimmed and chopped
Sea salt and pepper

1 In a large pot over medium heat, melt the coconut oil. Add the garlic and cook, stirring, for 2–3 minutes. Pour in the broth and bring to a boil. Reduce the heat and simmer for 30 minutes.

2 Add the chard and raise the heat to medium-high. Let the greens cook down for about 45 minutes, stirring occasionally.

3 Reduce the heat to medium and cook until the greens are tender. Season with the salt and pepper to taste.
BAKED VEGETABLE FRIES

Total Time: 55 minutes  Serves: 2-4

INGREDIENTS

1 rutabaga, peeled
2–3 carrots
1 onion
2 portobello mushroom caps
1–2 tablespoons coconut oil, melted
2 teaspoons onion powder
2 teaspoons garlic powder
Sea salt and pepper

1. Preheat the oven to 425 degrees F.

2. Cut the vegetables into long, thin strips. (You should have about a cup of each.)

3. Place on a large baking sheet (working in batches if necessary) and toss with the coconut oil to coat. Spread in a single layer, sprinkle with the onion powder and garlic powder and season with the salt and pepper.

4. Roast until the vegetables are tender and golden brown, about 40 minutes.
BLUEBERRY PUDDING

Total Time: 15 minutes     Serves: 4

INGREDIENTS

1 cup coconut milk
1 cup goat’s milk kefir
1 cup blueberries
3 avocados, halved and pitted
¼ cup sprouted chia seeds, ground
1 tablespoon vanilla extract
½ teaspoon sea salt
1 drop peppermint oil
Stevia

1 In a high-powered blender, combine the coconut milk, kefir and blueberries. Scoop the avocados into the blender. Add the chia seeds, vanilla extract, salt and peppermint oil. Sweeten with the stevia to taste. Purée until smooth.

2 Transfer the pudding into a saucepan and warm over medium-low heat until heated through. Serve warm.