



**DREW CANOLE**

# GIVE YOUR BODY[30]

30 DAYS OF REAL FOOD FOR REAL RESULTS.



# WHAT ARE WE ELIMINATING?

---

## Make Healthy Choices Every Day

The purpose of the 30 Day Dine With Drew challenge is to “reset” your body and change your relationship with food. By eliminating inflammatory and allergenic foods from your diet, we will clean out your digestive system, reset your metabolism and uncover any food allergies you may not have known you had. You will also learn the benefits of adding superfoods to your diet and discover what foods fuel your body and which ones to eliminate.

## Foods to Avoid for 30 Days

### **Gluten & Grains, dairy, added sugar, soy, alcohol, and processed, packaged foods.**

Grains and gluten: can be highly inflammatory to the digestive tract, they contain anti-nutrients called lectins, enzyme inhibitors and phytates which can irritate the lining of the intestines, inhibit the break down of food, decrease absorption of vitamins and minerals and can cause leaky gut. Even if you do not have celiac disease, you may still be gluten sensitive. Most people who cut out gluten experience less bloating, better digestion, clearer skin and report weight loss. We will find out if you are one of those people

**Dairy:** the casein in dairy is known to cause allergies and gut irritation. Also, many people are intolerant to lactose. Dairy, particularly homogenized milk products can have traces of hormones and antibiotics. Also, most dairy is pasteurized which is a process of heating that kills potential bacteria but also removes the natural vitamins, minerals and probiotics that are normally found in milk. Dairy consumption has also shown a high correlation to acne. Most acne sufferers who cut out dairy notice a huge improvement.

**Added Sugar:** sugar acts like a toxin in the body. Consuming high amounts of sugar negatively affects our blood sugar levels, energy levels, mental clarity, digestive health and makes us gain weight. During this challenge, we will cut out all “added” sugars that do not come from fruit (so even natural sugars like maple syrup and honey will be eliminated). Weeks 3 & 4 we challenge you to completely eliminate all sugar, including fruit.

**Packaged & Processed Foods:** Most packaged foods are full of foreign ingredients that you have never heard of. My rule of thumb is, if you’ve never heard of it or cannot identify the source of the ingredient, then it’s best not to eat it. You may see names such as soy protein isolate, citric acid, sulfites, aspartame, corn syrup, red dye #4, yellow dye #2 and other unhealthy fillers. There are also many hidden ingredients and chemicals that are not listed on the label. If it comes in a package, rethink your choice or at least educate yourself on what ingredients to avoid

**Processed Meats:** I believe that meat and poultry should be included in most people’s diets as they contain a large array of vitamins and minerals and are an excellent source of protein. They also contain high amounts of Vitamin B12, which is nearly impossible to get from plant sources. With meat in particular, the type of meat and the source of the meat is extremely important. We recommended avoiding processed, conventional meats as they contain foreign additives and emulsifiers (like pink slime) to bulk the meat up. We also recommend buying organic or grass-fed meats and wild caught fish if it’s an option. Standard processed meats have an unhealthy omega 3:6 ratio and, like dairy, can have traces of antibiotic and hormones in them. Farmed fish can be full of toxins and chemicals due to the close and contaminated conditions of the fish farms. Eggs should ideally be organic, and “pasture raised.” Simply stating “free-range” or “cage-free” does not mean the chickens are free to run around, it merely means they are not in a 2x2 crate.

# WHAT ARE WE ARE INCLUDING?

---

## **Eat. Real. Food.**

Instead of focusing on what you should eliminate from your diet, focus on the nutritious and delicious things you CAN include on a daily basis to improve health while also satisfying your taste buds. My simple motto is: Eat Real Food. If it comes from the land or the sea, it is a great option. If it comes from a box, factory or science lab, I would avoid it. Below is a list of healthy, balanced choices that should be included in your diet for optimal nutrition.

**Meat, Seafood & Poultry:** Again with the meat category I always encourage to buy organic, pasture raised, free range and grass-fed when available. This is the one area of my diet that I am happy to fork out a few extra dollars on per pound to ensure that I am not consuming poor quality sourced meat filled with antibiotics, hormones, chemicals.

**Vegetables** – Vegetables are amazing sources of carbohydrates filled with vitamins, minerals, phytonutrients and chlorophyll. I recommend eating unlimited amounts of vegetables and including multiple sources of leafy greens such as spinach arugula, and kale.

**Nuts:** Nuts are a great source of protein and the perfect snack option throughout the day. I would limit the amount of nuts and nut products you consume as many nuts contain phytates which can inhibit absorption of other nutrients.

**Seeds** – seeds are also a great snack which contain healthy fat and protein to add in your diet. I recommend adding hemp seeds into your morning smoothie for a great protein boost.

**Healthy Fats:** Many people are still afraid of consuming fats in the diet as they have been misled by the American Heart Association and the media. Fat is actually a great source of energy for the body. I recommend including nuts, coconut products, avocados, clarified butter and quality source meats to get a healthy fat intake.

**Fruit:** Fresh fruits are great to add into your diet, however because of the fructose content, I do recommend limiting consumption to two servings per day. Also, when it comes to fruit, I recommend looking up the GI (Glycemic Index) load and stick to the fruits that are lower on the scale. Berries are a great option. Also, I recommend avoiding fruit juices as they contain high amounts of sugar and can quickly increase your blood glucose levels.

CHART INCLUDED  
ON NEXT PAGE



# WHAT ARE WE ARE INCLUDING?

**This is the full protocol for the 30-Day Program. For the full benefits, you will avoid ALL items on the right. If you have an event and you know you will be drinking, stick to wine or vodka/soda with lime. Avoid beer and sugary mixed drinks.**

**Caffeine:** for an added challenge, I recommend reducing or completely eliminating coffee. If you decide to include coffee, limit to one cup per day with no milk or sugar. If you drink lattes, use almond or coconut milk as an alternative. Try to replace coffee with green or herbal tea.

**Vegetarians:** Follow the same protocol but you can include one serving of gluten free grains and/or a legume for dinner. It is recommend doing one week with gluten free grains, then alternating with one week of legumes to see how you feel.



## Vegetables

All vegetables are allowed with the exception of white potatoes



## Meat, Eggs, Poultry & Seafood

Quality sourced protein



## FRUITS

All fruits allowed, limit tropical



## Healthy Fats

Coconut oil, olive oil, avocado oil, ghee, grass-fed butter



## Nuts & Seeds

All nuts and seeds allowed in moderation with the exception of peanuts, which are legumes



## Superfoods

Chia seeds, hemp seeds,, raw cacao, maca powder, goji berries etc.



## Gluten & Grains

Bread, pasta, muffins, pastries, cookies, baked goods, soy sauce, rice, crackers, pita chips, tortillas

\*quinoa is allowed 1 meal per week for meat eaters.



## Dairy

Milk, cheese, yogurt, sour cream, half n half, coffee creamer



## Legumes

Beans, peas, peanuts, soy



## Added Sugar

Consume ONLY sugar that comes from fruits. No added sugar of any kind.



## Alcohol

The goal is to eliminate all alcohol for the 30 days.

## Processed and Packaged Foods

Avoid processed meats and packaged snacks that come in a box or a bag unless it has



# PREPARATION TIPS

---

**Preparation is KEY for this challenge and for eating healthy in general. If we do not prepare our meals ahead of time, we are more likely to go out to eat or grab something quick and easy that is usually not the healthiest choice. Below are my tips for preparation:**

**Plan out your meals for the week on Sunday and buy all of your ingredients at a local farmers market or nearest health food store.**

## **Prepare salad in a jar**

Dressing on the bottom, followed by “wetter” veggies such as tomatoes, cucumbers, followed by nuts/seeds/protein and top with lettuce. You can prepare on a Sunday for the week as they stay fresh up to 7 days! Wide-mouth jars are the best and you should probably get at least a 32oz jar so you can fit more salad in. When you are ready to eat, you shake the jar and enjoy. I usually pour onto a plate or bowl for easier access. Some prefer to leave the dressing separate which is fine!

## **Prep smoothie the night before**

You can prepare your blender the night before with everything besides the frozen fruit/spinach. Pull the blender out in the morning, add the frozen goods or ice cubes and blend in 2 minutes. You can also prepare your smoothies for the whole week in a jar or in a plastic bag – put all smoothie ingredients (besides liquid) in a mason jar/plastic bag and portion out for the week. In the morning, put ingredients in blender, add your liquid and you’re good to go!

## **Baked chicken/shredded chicken**

This can apply to any meat you decide to use, whether it’s chicken, turkey, red meat etc. Either bake a whole chicken yourself or buy the non-GMO one from Whole Foods and shred all the meat and use throughout the week on your salads.

## **Chop all veggies for salad on Sunday**

If you do not do the salad in a jar, you can at least chop all the veggies on Sunday and store in Tupperware so you can quickly throw your salad together the night before or in the morning.



# BEVERAGES

---



- ◀◀ **Water** (avoid tap)
- ◀◀ **Sparkling Water**
- ◀◀ **Regular or Sparkling water**  
(with fresh squeezed lemon or lime)
- ◀◀ **Herbal Teas** (iced or hot)
- ◀◀ **Green Tea**
- ◀◀ **Kombucha** (fermented tea)  
(limit to 10 grams of sugar or less)
- ◀◀ **Coconut Water** (Harmless Harvest\*)
- ◀◀ **Vegetable Juice** (avoid fruit juice)
- ◀◀ **Smoothies**
- ◀◀ **Coffee \*** (black)

**For an extra challenge I recommend eliminating coffee for the 30 Days. While coffee does have anti-oxidant properties, it is acidic in the body and can affect your adrenal glands. Some people drink coffee for energy and some people just enjoy it. For those that drink it for energy or to “wake you up” you are probably not getting the proper fuel from your food. If you cannot eliminate completely, try to save for the weekends! We are trying to break habits here.**

# HEALTHY ALTERNATIVES

## INSTEAD OF THIS:

## TRY.....

Pasta .....	Spaghetti Squash, zucchini spirals
Rice .....	Cauliflower “rice”
Bun .....	Lettuce Wrap
Sandwich Bread .....	. Collard Wraps, Lettuce Wraps
Soy Sauce .....	Coconut Aminos
White Potato .....	Yams, or Cauliflower mashed potato
Cow’s Milk .....	Almond Milk, Coconut Milk, Hemp Milk
Pizza Crust .....	Cauliflower crust, meat crust,
Bread Crumbs .....	Almond Meal, coconut flour
Peanut Butter .....	Almond Butter, Cashew Butter
Cream Sauce .....	Raw soaked cashews to make “cheese,” creamy dressing, hummus

# RECIPE RESOURCES

---

**The Internet has a vast amount of recipe resources. When you are searching for recipes, using the word “Paleo” will ensure that it follows all of our guidelines. The only thing you have to look out for is added natural sugar like honey, stevia and maple syrup.**

**For Vegetarians you can follow “Paleo” recipes and just omit the meat or search for gluten-free, vegan recipes. Also, RAW recipes for the most part follow our principles.**

**So if you feel like having tacos and don’t know where to begin, google “Paleo tacos” and you find a selection of recipes to choose from!**

On The Web

**Paleo OMG**

**Nom Nom Paleo**

**Real Food Healthy Body**

On Facebook:

**Just Eat Real Food**

Cookbooks:

Make It Paleo

Against All Grain

Primal Cravings

The Primal Blueprint

500 Paleo Recipes

For Vegetarians:

**Be sure to stick to the guidelines-**

most vegan recipes should work since they are already dairy free. Just remember you get only one serving of grain or legume per day. Lunch is most easily a salad (add nuts for extra protein and avocado for healthy fat).

**Oh My Veggies**

**Plantiful**





# DAILY SCHEDULE

---

## WARM WATER WITH LEMON

- Boosts your immune system and metabolism
- Cleanses the liver
- Alkalizes your body, reduces acidity
- Reduces Inflammation

## Breakfast

- SEE Menu

## Mid Morning Snack

- SEE Meal Plan

## Lunch

- Salad with or without meat. See recipe resources for ideas
- Vegetarians/Vegans will include a gluten free grain or legume one meal per day \*

## Mid Afternoon Snack

- SEE Meal Plan

## Dinner

- SEE Meal Plan
- Protein and veggies. See recipe resources and try new things! \*

## Post Dinner

- It is best not to eat after dinner but if you get a craving for something, try having an herbal tea, some nuts or scoop of almond butter. Fruit is not recommended after dinner as it raises your blood sugar levels and may affect sleep. Try some sparkling water instead of a cocktail

## Sleep

- It is recommended that you get 8+ hours of sleep per night. A good night of sleep helps improve memory, reduce inflammation, maintain healthy weight and reduces stress!

A top-down view of a wooden surface with a bowl of blueberries at the top, a whole lemon in the middle, and a glass of blueberry juice at the bottom. A white decorative frame with a banner-like center contains the text 'WEEKS/PLANS'.

# WEEKS/PLANS

# WEEK 1

During week 1 of the program we are cutting out major food allergens and foods that cause inflammation: gluten, dairy, soy, processed & packaged foods. The first week is usually the most difficult as you are just starting the program and getting a hang of the guidelines and food schedule. This is also the week that people may get really irritable and frustrated as you begin cutting out things that your body craves. Also, some people may experience gentle detoxification symptoms such as headaches, fatigue, and irritability as your body adjusts to the diet. Bare with us here, we promise it will get easier!

# WEEK 2

By week 2, you should have a hang of the food menu and your daily schedule. If you take advantage of our meal preparation tips, you will also eliminate the stress that can come with meal planning. As we get deeper into the detoxification process, you may experience heightened detox symptoms. At this stage, some people may break out or notice skin rashes, the headaches can still come and energy levels may still be all over the map. Detox symptoms from person to person - some may feel perfectly normal while others may struggle quiet a bit. Either way, keep it up and remember WHY you started this program.

# WEEKS 3&4

Our focus for weeks 3&4 is to completely detox from all forms of sugar, including fruit. The only way to truly kick the cravings is to cut sugar out completely and slowly change your tastebuds. We will include lots of bitter, green leafy vegetables and plant based foods. We will start each day with protein and healthy fats to give you the fuel you need to get through your day. For meat eaters, we will include egg-based breakfasts and for vegans/vegetarians we recommend beginning your day with a chia bowl (minus the sugar). By eliminating sugar, we will work toward stabilizing blood sugar levels throughout the day which will provide you with sustained energy.

Most people start to feel great by weeks 3 & 4, but there are still some who experience detox symptoms, especially as we eliminate sugar. There IS a light at the end of the tunnel and if you stick to the program, you will see it.

Remember you have the option to follow the meal plan or to create your own meals based on the guidelines. Take advantage of meal preparation and leftovers! This program should be fun and easy to follow. If you get discouraged at any point, remember WHY you started and what your goals are. Envision yourself at the end of the program and how great you will feel. You made this commitment to yourself by signing up for the program. Stick to it, stay with it and watch your life transform.



# WEEK 1: MEAL CALENDAR



Below is the meal plan for week 1.

These can be used as a guide for planning your first week and for making your grocery shopping easier.  
Please know you can always select your own meals based on the guidelines of the challenge

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M/V COCONUT DATE SUPER SHAKE	M EGG AND AVOCADO V CHIA BOWL WITH BLUE BERRIES	M/V MINT CHOCOLATE CHIP SMOOTHIE	M EGG AND AVOCADO V CHIA BOWL WITH BLUE BERRIES	M/V BLUEBERRY BLISS SMOOTHIE	CHOOSE YOUR MEALS TODAY.	CHOOSE YOUR MEALS TODAY.
HANDFUL OF ALMONDS OR CASHEWS	HANDFUL OF SUNFLOWER OR PUMPKIN SEEDS	HANDFUL OF PISTACHIOS OR ALMONDS	BANANA WITH ALMOND BUTTER	HANDFUL OF ALMONDS OR CASHEWS		
KALE WALNUT SALAD	TACO SALAD	STRAWBERRY MINT SALAD	RAINBOW SALAD	MANGO SALAD		
HUMMUS WITH BELL PEPPER AND CUCUMBER SLICES	CARROT STICKS	½ AN AVOCADO WITH SALT, PEPPER AND OLIVE OIL	HUMMUS WITH CARROTS OR CELERY	CANTALOUPE OR OTHER FRUIT		
LETTUCE WRAP TACOS	ZUCCHINI PASTA	SWEET THAI COLLARD WRAPS	MUSTARD CRUSTED SALMON WITH ROASTED BRUSSELS SPROUTS	ROASTED VEGETABLES WITH QUINOA		





# WEEK 2: MEAL CALENDAR



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M/V CHOCOLATE SHAKE	M VEGGIE SCRAMBLE V CHIA BOWL WITH BLUEBERRIES	M/V GREEN GODDESS SMOOTHIE	M VEGGIE SCRAMBLE V CHIA BOWL WITH BLUE BERRIES	M/V GREEN MACHINE SMOOTHIE	CHOOSE YOUR OWN MEALS BASED ON GUIDELINES. MAYBE TRY NEW RECIPES	CHOOSE YOUR OWN MEALS BASED ON GUIDELINES. MAYBE TRY NEW RECIPES
½ AVOCADO W/ SEA SALT AND CINNAMON	HANDFUL OF BERRIES	HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/SEEDS	APPLE WITH ALMOND BUTTER	HANDFUL OF NUTS/ SEEDS		
KALE SALAD	FAJITA SALAD	GREEK SALAD	SPINACH SALAD	CABBAGE SALAD		
HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/SEEDS	½ AVOCADO W/ SEA SALT AND CINNAMON	HUMMUS WITH VEGGIE STICKS	HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/ SEEDS	HANDFUL OF BERRIES		
PLANTAIN NACHOS	TOMAT AVOCADO SALAD WITH GRILLED FISH	FRESH SPRING COLLARD WRAPS	LETTUCE WRAP BURGERS	ROASTED VEGETABLES WITH QUINOA		



# WEEK 3: MEAL CALENDAR



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M QUICHE V CHIA BOWL WITH BERRIES	M QUICHE V VANILLA SMOOTHIE	M QUICHE V CHIA BOWL WITH BERRIES	M CAULIFLOWER OMELET V STRAWBERRY FIELDS SMOOTHIE	M CAULIFLOWER OMELET V CHIA BOWL WITH BERRIES	CHOOSE YOUR OWN MEALS BASED ON GUIDELINES. MAYBE TRY NEW RECIPES	CHOOSE YOUR OWN MEALS BASED ON GUIDELINES. MAYBE TRY NEW RECIPES
½ AN AVOCADO W/ SEA SALT AND CINNAMON	HANDFUL NUTS/SEEDS	HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/ SEEDS	½ AN AVOCADO WITH SEA SALT	HANDFUL OF NUTS/ SEEDS		
AVOCADO CESAR SALAD	GREEK SALAD	KALE SLAW SALAD	BROCCOLI CAULIFLOWER SALAD (CAN MAKE THE NIGHT BEFORE)	LEMON ASPARAGUS TOMATO SALAD (USE LEFT OVER ASPARAGUS FROM LAST NIGHT)		
HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/SEEDS	½ AVOCADO W/ SEA SALT AND CINNAMON	½ AN AVOCADO WITH SALT, PEPPER AND OLIVE OIL	HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/ SEEDS	½ AVOCADO W/SEA SALT AND CINNAMON		
MEATLESS MONDAY LETTUCE WRAPS	BALSAMIC ROSEMARY BAKED CHICKEN OR VEGAN OPTION (ROSEMARY GARLIC LENTILS) AND OVEN ROASTED CAULIFLOWER	BAKED CHICKEN WINGS OR VEGAN OPTION (QUINOA GARBANZO BURGERS) WITH ARTICHOKE	BLACKENED SALMON OR VEGAN OPTION ( WITH ROASTED ASPARAGUS	DINNER STUFFED BELL PEPPERS WITH GROUND TURKEY OR VEGAN OPTION (MUSHROOM "RISOTTO")		

Week 3 focus: stabilizing blood sugar by using protein & healthy fats as an energy source. Eliminating sugar. Reducing animal product consumption for smoother digestion and further detox.

Please note: you may use any leftovers for another meal. Or double up on your favorite recipes and have multiple nights.  
Saturday and Sunday are Optional Juice Fasting Days OR You choose your own meals based on the guidelines



# WEEK 4: MEAL CALENDAR



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier.  
Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M EGG MCMUFFIN ✓ CHIA BOWL WITH BERRIES	M EGG MCMUFFIN ✓ GREEN MACHINE SMOOTHIE	M EGG MCMUFFIN ✓ CHIA BOWL WITH BERRIES	M EGG WITH AVOCADO ✓ GREEN MACHINE SMOOTHIE	M EGG WITH AVOCADO ✓ CHIA BOWL WITH BERRIES	CHOOSE YOUR OWN MEALS.	CHOOSE YOUR OWN MEALS.
½ AN AVOCADO W/SEA SALT AND CINNAMON	HANDFUL NUTS/SEEDS	HARD BOILED EGG WITH SEA SALT	HUMMUS WITH VEGGIE STICKS	HUMMUS WITH VEGGIE STICKS	GET CREATIVE	GET CREATIVE
CAULIFLOWER KALE SALAD	ALMOND SPINACH SALAD	THAI CASHEW SALAD	BEEF SALAD	EGG SALAD ON ROMAINE	TRY NEW THINGS!	TRY NEW THINGS!
HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/SEEDS	VEGGIE SLICES WITH SEA SALT	½ AN AVOCADO WITH SALT, PEPPER AND OLIVE OIL	HARD BOILED EGG WITH SEA SALT OR HANDFUL OF NUTS/ SEEDS	CELERY WITH ALMOND BUTTER	HAVE FUN!	HAVE FUN!
SPAGHETTI SQUASH WITH GROUND TURKEY MARINA VEGAN: ADD ROASTED VEGGIES	LEMON GARLIC SHRIMP WITH SESAME BROCCOLI VEGAN: ADD QUINOA	BAKED CHICKEN WITH CREAMED KALE VEGAN: WHITE BEAN AND SPINACH SOUP	QUINOA TABOULI	CUMIN PORK CHOPS WITH SAUTÉED KALE AND BELL PEPPER	YOU'RE ALMOST THERE!!	YOU'RE ALMOST THERE!!



# MEAT EATERS: SHOPPING LIST



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

## WEEK 1

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeno – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### SUPERFOODS

Chia Seeds – 3 tablespoons  
Cacao Powder – 2 tbsp

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb  
1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads,  
2 other protein options to add

## WEEK 2

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeno – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### SUPERFOODS

Chia Seeds – 3 tablespoons  
Cacao Powder – 2 tbsp

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb

1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads,  
2 other protein options to add

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper





# MEAT EATERS: SHOPPING LIST



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

## WEEK 3

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeno – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb  
1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper

## WEEK 4

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeno – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb  
1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper



# VEGAN: SHOPPING LIST



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

## WEEK 1

### PRODUCE:

Spinach - 4-5 cups  
Lime 5  
Lemon - 1  
Medjool Date (pitted) - 8  
Avocado - 8-10  
Banana - 2  
Blueberries - 1 carton  
Kale - 1 bunch  
Mixed greens - 1 container/bag  
Tomato - 1  
Jicama - 1 small  
English style cucumbers - 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper - 3  
Yellow bell pepper - 1  
Red bell pepper - 1  
Red Onion - 2 large  
White/Yellow Onion - 2  
Carrots - 1 bunch whole carrots or 1 bag mini carrots  
Jalapeño - 1  
Lettuce cups - 1 butter lettuce head or romaine  
Zucchini - 3  
Collard leaves - 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango - 2  
Fresh Ginger - 1 inch  
Brussels sprouts - 1 cup  
Japanese Eggplant - 2

Strawberries - 1 carton  
Mint - 2 bunches  
Cilantro - 1 bunch  
Arugula - 1 cup

### CANNED/JAR/BOXED

Coconut cream - 1 can  
Garbanzo beans - 1 can  
Tahini - 1 jar/can  
Chicken Broth - 1 box/can  
White Wine Vinegar - 1 tbsp  
Apple sauce (unsweetened) - 2 tbsp  
Tomato paste - 1 small can  
Quinoa - 1 cup  
Nutritional yeast - 3-4 tablespoons  
Almond Milk - 1 box  
Balsamic Vinegar - 2-4 tbsp  
Olive Oil

### SUPERFOODS

Chia Seeds - 3 tablespoons  
Cacao Powder - 2 tbsp

### PROTEIN

Vanilla Protein Powder - 2 scoops  
Chocolate protein powder - 1 scoop  
Eggs - 3  
Grassfed beef - 1 lb

1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds - 1 cup  
Sunflower seeds - ½ cup  
Almond butter - 4 tbsp  
Raw Cashews - ¼ cup  
Raw Walnuts - ¼ cup  
Pine Nuts - ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings - 1 cup  
Coconut oil - 2-4 tbsp  
Olive Oil - ½ cup - 2 cup  
Sesame seed oil - 1 tbsp

### SPICES

Garlic Cloves - 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard - small jar  
Sea Salt / Himalayan Pink Salt  
Pepper

## WEEK 2

### PRODUCE:

Spinach - 4-5 cups  
Lime 5  
Lemon - 1  
Medjool Date (pitted) - 8  
Avocado - 8-10  
Banana - 2  
Blueberries - 1 carton  
Kale - 1 bunch  
Mixed greens - 1 container/bag  
Tomato - 1  
Jicama - 1 small  
English style cucumbers - 5-6  
Cherry tomatoes (2 cartons/ 15 cups)  
Orange bell pepper - 3  
Yellow bell pepper - 1  
Red bell pepper - 1  
Red Onion - 2 large  
White/Yellow Onion - 2  
Carrots - 1 bunch whole carrots or 1 bag mini carrots  
Jalapeño - 1  
Lettuce cups - 1 butter lettuce head or romaine  
Zucchini - 3  
Collard leaves - 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango - 2  
Fresh Ginger - 1 inch  
Brussels sprouts - 1 cup  
Japanese Eggplant - 2

Strawberries - 1 carton  
Mint - 2 bunches  
Cilantro - 1 bunch  
Arugula - 1 cup

### CANNED/JAR/BOXED

Coconut cream - 1 can  
Garbanzo beans - 1 can  
Tahini - 1 jar/can  
Chicken Broth - 1 box/can  
White Wine Vinegar - 1 tbsp  
Apple sauce (unsweetened) - 2 tbsp  
Tomato paste - 1 small can  
Quinoa - 1 cup  
Nutritional yeast - 3-4 tablespoons  
Almond Milk - 1 box  
Balsamic Vinegar - 2-4 tbsp  
Olive Oil

### SUPERFOODS

Chia Seeds - 3 tablespoons  
Cacao Powder - 2 tbsp

### PROTEIN

Vanilla Protein Powder - 2 scoops  
Chocolate protein powder - 1 scoop  
Eggs - 3  
Grassfed beef - 1 lb

1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds - 1 cup  
Sunflower seeds - ½ cup  
Almond butter - 4 tbsp  
Raw Cashews - ¼ cup  
Raw Walnuts - ¼ cup  
Pine Nuts - ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings - 1 cup  
Coconut oil - 2-4 tbsp  
Olive Oil - ½ cup - 2 cup  
Sesame seed oil - 1 tbsp

### SPICES

Garlic Cloves - 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard - small jar  
Sea Salt / Himalayan Pink Salt  
Pepper



# VEGAN: SHOPPING LIST



The below calendar can be used as a guide for planning your week and for making your grocery shopping easier. Know that you can always make your own meal calendar based on the nutrition guidelines and/or recipes!

## WEEK 1

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeño – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb  
1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper

## WEEK 2

### PRODUCE:

Spinach – 4-5 cups  
Lime 5  
Lemon – 1  
Medjool Date (pitted) – 8  
Avocado – 8-10  
Banana – 2  
Blueberries – 1 carton  
Kale – 1 bunch  
Mixed greens – 1 container/bag  
Tomato – 1  
Jicama – 1 small  
English style cucumbers – 5-6  
Cherry tomatoes (2 cartons/15 cups)  
Orange bell pepper – 3  
Yellow bell pepper – 1  
Red bell pepper – 1  
Red Onion – 2 large  
White/Yellow Onion – 2  
Carrots – 1 bunch whole carrots or 1 bag mini carrots  
Jalapeño – 1  
Lettuce cups – 1 butter lettuce head or romaine  
Zucchini – 3  
Collard leaves – 1 bunch  
Cantaloupe (or seasonal fruit for snack)  
Mango – 2  
Fresh Ginger – 1 inch  
Brussels sprouts – 1 cup  
Japanese Eggplant – 2

Strawberries – 1 carton  
Mint – 2 bunches  
Cilantro – 1 bunch  
Arugula – 1 cup

### CANNED/JAR/BOXED

Coconut cream – 1 can  
Garbanzo beans – 1 can  
Tahini – 1 jar/can  
Chicken Broth – 1 box/can  
White Wine Vinegar – 1 tbsp  
Apple sauce (unsweetened) – 2 tbsp  
Tomato paste – 1 small can  
Quinoa – 1 cup  
Nutritional yeast – 3-4 tablespoons  
Almond Milk – 1 box  
Balsamic Vinegar – 2-4 tbsp  
Olive Oil

### HEALTHY FATS/OILS

Coconut Shavings – 1 cup  
Coconut oil – 2-4 tbsp  
Olive Oil – ½ cup – 2 cup  
Sesame seed oil – 1 tbsp

### PROTEIN

Vanilla Protein Powder – 2 scoops  
Chocolate protein powder – 1 scoop  
Eggs – 3  
Grassfed beef – 1 lb  
1 fillet wild salmon  
Optional: 2 grilled chicken breasts, protein for 5 salads, 2 other protein options to add

### NUTS & SEEDS

Raw Almonds – 1 cup  
Sunflower seeds – ½ cup  
Almond butter – 4 tbsp  
Raw Cashews – ¼ cup  
Raw Walnuts – ¼ cup  
Pine Nuts – ¼ cup

### SPICES

Garlic Cloves – 10  
Garlic Powder  
Onion Powder  
Cumin  
Cayenne  
Red pepper flakes  
Stone ground mustard – small jar  
Sea Salt / Himalayan Pink Salt  
Pepper



# SMOOTHIES



# Coconut Date Super Shake

Serving Size: **1 Shake**

## Ingredients:

- **cup** unsweetened vanilla almond milk
- **1-2 handfuls** leafy greens
- **½ cup** unsweetened coconut shavings
- **1** medjool date, diced and pitted
- **1 scoop** vanilla protein powder

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**

Optional:  
1 cup Blueberries



# Mint Chocolate Chip Smoothie

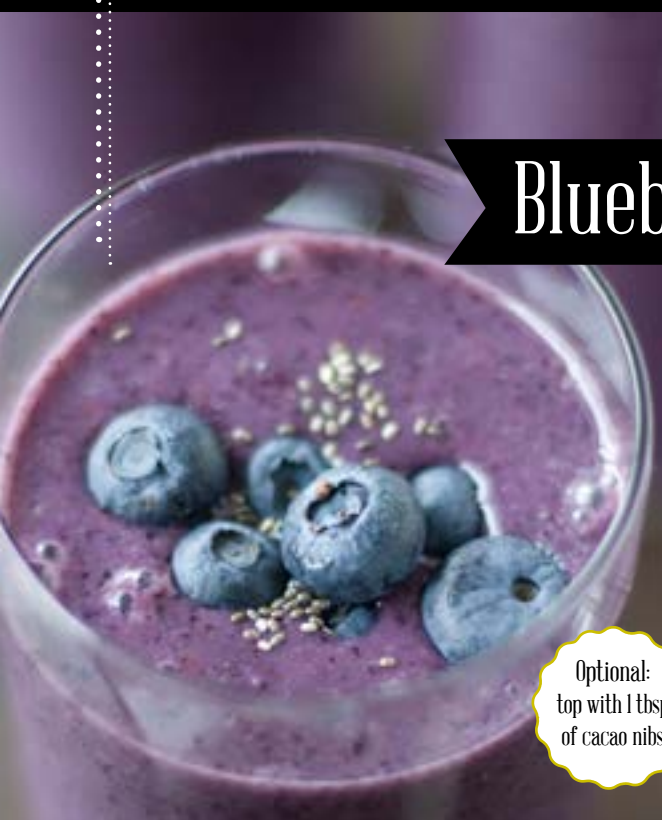
Serving Size: **1 Shake**

## Ingredients:

- **½** frozen banana
- **handful** of spinach, fresh or frozen
- **½** ripe avocado
- **handful** of fresh mint
- **1 tbsp** chia seeds
- **2 tbsp** raw cacao powder
- **½-1 cup** unsweetened almond milk
- **1 scoop** chocolate protein powder

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Blueberry Bliss

Serving Size: **1 Shake**

## Ingredients:

- **½ cup** frozen blue berries
- **1** medjool date
- **handful** of spinach
- **1 tbsp** coconut butter or oil
- **1 scoop** vanilla protein powder
- **1 cup** unsweetened almond milk

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**

Optional:  
top with 1 tbsp  
of cacao nibs

# Chocolate Shake

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** protein powder
- **2 tbsp** raw cacao powder
- **4-5** ice cubes
- **1 cup** unsweetened almond milk
- **dash** of cinnamon (optional)

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Vanilla Shake

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** protein powder
- **2 tsp** vanilla extract
- **4-5** ice cubes
- **1 cup** unsweetened almond milk
- **dash** of cinnamon

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Cinnamon Spice

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** protein powder
- **2 tsp** cinnamon
- **dash** of nutmeg
- **dash** vanilla extract
- **1 cup** unsweetened almond or coconut milk
- **4** ice cubes

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**





# Green Goddess Smoothie

Serving Size: **1 Shake**

## Ingredients:

- **1 cup** coconut water or almond milk
- **1 tablespoon** almond butter
- **¼ cup** wheat grass
- **1 cup** spinach
- **1 scoop** high quality chocolate protein powder
- **1 inch** slice of banana or **2** dates to sweeten
- **½ cup** of ice

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Almond Butter Cup

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** chocolate protein powder
- **2 tbsp** raw cacao
- **2 tbsp** almond butter
- **½** of a frozen banana or 3 dates
- **¼ cup** of ice
- **½-1 cup** of unsweetened almond milk

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**







# Strawberry Fields

Serving Size: **1 Shake**

## Ingredients:

- **½ cup** frozen strawberries
- **1 cup** kale
- **1** celery stalk
- **juice** of 1 lemon
- **1 cup** unsweetened almond milk
- **1 scoop** vanilla protein powder or **¼ cup** soaked cashews
- **2 dates** to sweeten

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Green Machine Smoothie

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** protein powder
- **1 cup** kale
- **1** avocado
- **juice of** ½ lemon
- **1** apple
- **handful** of ice cubes
- **1 cup** unsweetened coconut or almond milk

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**



# Orange Spice Smoothie

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** vanilla protein powder or **¼ cup** soaked cashews
- **½** an avocado
- **1 cup** freshly squeezed orange juice
- **1 cup** of spinach
- **1 tbsp** chia seeds
- **1 tsp** grated ginger
- **½ tsp** cinnamon

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**

# Cherry Chocolate Smoothie

Serving Size: **1 Shake**

## Ingredients:

- **1 scoop** chocolate protein powder
- **2 tbsp** raw cacao
- **½ cup** frozen cherries
- **1 handful** spinach
- **2** dates to sweeten (optional)
- **1 cup** unsweetened coconut or almond milk

## Directions:

- **Mix all ingredients in a high speed blender**
- **Add more liquid as needed for consistency**







A vibrant green juice is served in a tall, clear glass. The juice has a thick, frothy top layer. In the foreground, there are fresh green herbs, including celery stalks and leafy greens, and a small cluster of purple microgreens. The background is a solid, bright green color. A white decorative frame with a scalloped top and pointed sides surrounds the text.

# GREEN JUICES



All recipes make between 8-16 oz of juice. Option to top with coconut water for more volume

## Juice #1

- **1** cucumber
- **3 stalks** celery
- **handful** of spinach
- **handful** of kale
- **small bunch** of mint
- $\frac{1}{4}$  lemon
- $\frac{1}{2}$  inch of ginger

## Juice #2

- **1** cucumber
- **3 stalks** celery
- **handful** of kale
- **handful** romaine
- **small bunch** of parsley
- $\frac{1}{4}$  lime

## Juice #3

- **1** cucumber
- **3 stalks** celery
- **handful** of fennel
- $\frac{1}{4}$  lime
- $\frac{1}{2}$  inch of ginger

## Juice #4

- **1** cucumber
- **1** bell pepper
- **3 stalks** celery
- **handful** kale
- **handful** cilantro
- $\frac{1}{2}$  clove of garlic

## Juice #5

- **1** apple
- **2 stalks** of celery
- **1 peeled** lime
- $\frac{1}{2}$  inch of ginger
- **1** cucumber



## Juice #6

- 1 cucumber
- 3 stalks celery
- ½ lime
- 2 handfuls fresh mint
- ½ apple

## Juice #7

- 1 cucumber
- handful romaine
- handful kale
- handful of mint
- ¼ grapefruit

## Juice #8

- 1 cucumber
- handful of spinach
- small handful of broccoli
- handful of parsley
- ¼ lemon
- ½ inch of turmeric

## Juice #9

- 1 cucumber
- handful of romaine
- handful kale
- handful spinach
- 1 small handful cilantro
- ¼ green apple

## Juice #10

- 4 stalks celery
- 1 cucumber
- quarter fennel
- ½ apple
- 1 lemon
- ½ inch of ginger

● Triple the recipe to make enough juice for a full, Juice Fasting Day.









BREAKFAST

# Chia Bowl

Serving Size: 1

## Ingredients:

Base:

- **3 tbsp** chia seeds
- **½ cup** coconut or almond milk
- **1 scoop** protein powder of choice

Toppings:

- Protein:** nuts, seeds or protein powder
- Healthy fats:** coconut flakes
- Superfood:** chia seeds, hemp seeds, goji berries, cacao nibs, cinnamon
- Fruit:** banana slices, blueberries, strawberries

## Directions:

- **Mix 1/4 cup liquid of choice with 3 tbsp chia seeds. Stir and set aside in fridge. Option to add protein powder to base. We recommend using a small jar with a lid. You can let it sit overnight or make in the morning.**
- **Prepare your toppings of choice. Slice banana or strawberries and gather healthy fat, protein and superfood toppings.**
- **After about 10-15 minutes, the chia seeds will gelatinize and expand in the liquid. Remove from fridge and stir. Add more liquid and stir (if needed) to make a creamy, pudding like consistency.**
- **Add toppings and enjoy!**



# Pitaya or Acai Bowl

Serving Size: 1

## Ingredients:

Base:

- **1 pack** frozen pitaya (Pitaya Plus brand or Sambazon Acai)
- **½** frozen banana
- **½ cup** water, coconut water, almond or coconut milk

Toppings:

**Healthy Fat:** coconut flakes

**Protein:** hemp seeds, sunflower seeds, pepitas, nuts or protein powder

**Superfood:** chia seeds, cacao nibs, goji berries

**Fruit:** blueberries

## Directions:

- **Blend base ingredients in a high speed blender**
- **Top with your favorite toppings**

**Note:** any of your smoothies can be made into a smoothie bowl. Just use ½ the amount of liquid so it's thicker and add your toppings.

**\*If you cannot find Pitaya, you can also make same recipe with Acai frozen packs or frozen berries.**



Optional:  
½ an  
avocado for  
healthy fat  
boost



# Veggie Scramble

Serving Size: 1

## Ingredients:

Base:

- 2 whole eggs (pasture raised & organic)
- Handful of spinach
- Handful of mushrooms, sliced
- ¼ red onion, diced
- ½ avocado
- sea salt & pepper to taste
- tbsp butter (pastured & organic) or coconut oil (extra virgin / non - refined)

## Directions:

- Add a tablespoon of butter or coconut to a pan and let melt on low heat
- Add diced red onion and mushrooms and cook until soft (about 3-4 minutes)
- While onions are cooking, crack 2 whole eggs into a small bowl and whisk until fully mixed
- When onions are ready, add egg mixture and stir
- As the egg starts to cook, add in the handful of spinach
- Continue to stir all ingredients until eggs are fully cooked
- Top with sea salt & pepper
- Serve with ½ an avocado
- Option to add your favorite salsa or hot sauce



# Spinach Mushroom Quiche

Makes 6-8 thin slices


## Ingredients:

- 8 eggs, (pasture raised & organic)
- 1.5 cup fresh spinach, chopped
- 1 cup mushrooms, sliced
- 1/2 of a medium onion, chopped (red or white)
- 1 tsp sea salt
- 1 tsp pepper
- 1 tsp butter (pastured & organic) or coconut oil (extra virgin / non - refined)

## Directions:

- Preheat oven to 350
- Grease 9-12" baking dish with coconut oil or butter
- Crack eggs into a mixing bowl and whisk until egg yolks and whites are mixed
- Add spinach, mushrooms, onions, sea salt and pepper to egg mixture and whisk all ingredients together
- Pour mixture into baking pan
- Bake for 30 minutes, or until cooked through center
- Option to serve with 1/2 an avocado and top with salsa or hot sauce

\*We recommend that you make this on Sunday then take a slice or two for breakfast.



Optional:  
1/2 cup coconut  
milk (for cream-  
iness)



# Fried Egg with Avocado

Serving Size: **1**

## Ingredients:

- **2 eggs** (pasture raised, organic)
- **½ avocado**
- **small handful** of spinach
- **sea salt & pepper**
- **1 tsp** butter (pastured & organic) or coconut oil (extra virgin / non - refined)

## Directions:

- **Add 1tbsp butter or coconut oil into a frying pan and melt on low heat**
- **Once melted, crack two whole eggs into pan and cover with lid**
- **Keep on low heat with lid until top of the egg is lightly cooked/covered (approximately 3-4 minutes) If you like over-medium eggs, cook a bit longer**
- **Remove eggs with a spatula and serve over spinach with ½ of avocado on the side, top with salt and pepper**



# Fried Eggs with Sweet Potato Hash

Serving Size: 2

## Ingredients:

- **2 whole eggs** (pasture raised & organic)
- **1 medium size** sweet potatoes, peeled and grated
- **1/2** white/yellow onion diced
- **3-4** green onions, sliced
- sea salt and pepper to taste
- **3 tsp** butter (pastured & organic) or coconut oil (extra virgin / non - refined)

## Directions:

For the Hash:

- **Peel & grate sweet potato and put in a large mixing bowl**
- **Dice onion and slice green onion and add to bowl**
- **Crack to who eggs into mixing bowl**
- **Option to add 1 tbsp of coconut flour for flavor/texture**
- **Mix all ingredients, top with salt and pepper**
- **Add 3 tbsp butter or coconut oil to a large frying pan and melt on low-med heat**
- **Add batches of hash mix and cook on medium heat until lightly browned (approximatey 6-8 minutes)**
- **Keep adding batches until cooked**
- **Add all the hash to pan and keep on simmer**

For the Egg:

- **Add tbsp butter or coconut oil into a frying pan and melt on low heat**
- **Once melted, crack two whole eggs into pan and cover with lid**
- **Keep on low heat with lid until top of the egg is lightly cooked/covered (approximately 3-4 minutes) If you like over-medium eggs, cook a bit longer**
- **Remove eggs with a spatula and serve over hash.**

\*please note you can always scramble eggs if you prefer.



Optional:  
1 tbsp  
coconut  
flour

# Gluten-Free Crepes

Serving Size: 1

## Ingredients:

### Crepe:

- **1 cup** almond meal or brown rice flour
- **1 cup** coconut or almond milk
- **2** whole eggs (pasture raised & organic)

### Topping/filling:

- **1** banana
- **1 tsp** chia seeds chia Seeds
- **pinch** of cinnamon
- **1 tsp** cacao Nibs (optional)
- **1 tsp** coconut butter (optional)

## Directions:

- **Mix flour, milk and eggs and whisk together in a bowl**
- **Add a tablespoon of butter to a small, thin pan. Melt on low heat**
- **Add just enough mixture to thinly coat the bottom of the pan**
- **Cook for 1-2 minutes on one side and then flip with a spatula and cook on the other side for 1-2 minutes or until lightly brown.**
- **Set crepe on plate, top with a pinch of cinnamon, chia seeds, banana and coconut butter for a healthy fat boost!**





# Egg McMuffins

Serving Size: 2

## Ingredients:

- 8 eggs whisked (pasture raised & organic)
- ¼ yellow onion, diced
- 1 red bell pepper, diced
- 1 cup spinach
- 2 garlic cloves, minced
- tsp garlic powder
- tsp onion powder
- sprinkle of red pepper flakes
- sea salt and pepper to taste

## Directions:

- Preheat oven to 325 degrees
- In a large mixing bowl, add all ingredients, whisking until fully combined
- Grease bottom and sides of muffin tin with coconut oil or butter
- Pour mixture into 8-10 muffin tins
- Place in oven and bake for 35-40 minutes





# Baked Egg in Avocado

Serving Size: **1**

## Ingredients:

- 1 ripe avocado, halved and pit removed
- 2 fresh eggs
- sea salt and pepper to taste
- 1 tbsp green onions, chopped
- 1 tsp olive oil

## Directions:

- **Preheat oven to 425**
- **Slice avocados in half, and remove the pit**
- **Scoop out about 1-2 table spoons of avocado meat from the center so they egg will fit in**
- **Place avocados in a small baking dish and lightly cover with olive oil**
- **Crack the egg into each avocado half**
- **Bake for 15-20 minutes or until egg whites have cooked through**
- **Remove from oven, season with salt, pepper & green onion.**

# Cauliflower Omelet

Serving Size: 2

## Ingredients:

- ¼ white onion, diced
- ¼ cup mushrooms, sliced
- 1 cup cauliflower, thinly sliced and steamed
- 2 whole eggs
- handful of spinach
- 2 tsp coconut oil
- 1 tbsp nutritional yeast (optional)

## Directions:

- Melt coconut oil in a pan on medium heat
- Add onions and mushrooms until soft and translucent
- Add the cauliflower and steam until softened
- Once cauliflower is softened, add ½ cup of egg whites and handful of spinach
- Cook until egg whites are cooked through
- Top with sea salt and nutritional yeast











# SNACKS



# Hummus

Makes about 1.5 cups

## Ingredients:

Base:

- ◀▶ **1 15 oz can** garbanzo beans (drained and washed)
- ◀▶ **¼ cup** tahini
- ◀▶ **½** lemon, juiced
- ◀▶ **1-2 tbsp** nutritional yeast
- ◀▶ **2 tbsp** extra virgin olive oil
- ◀▶ **1 clove** garlic, minced
- ◀▶ **½ tsp** ground cumin
- ◀▶ sea salt and pepper to taste

## Directions:

- ◀▶ **Blend all ingredients together in food processor or Vitamix. Add a little bit of water if needed to help blend. Serve with veggie sticks (carrots, celery, bell pepper, cucumber).**



# Sun-Dried Tomato Cashew Hummus

Makes 6-8 thin slices

## Ingredients:

- **1.5 cup** raw cashews (soaked in water over night)
- **2-3 tbsp** sun dried tomatoes
- **juice** of 1 lemon
- **1-2 tbsp** nutritional yeast
- **2 tbsp** extra virgin olive oil
- **2 cloves** garlic, minced
- **1 tsp** onion powder
- Sea Salt and Pepper to taste

## Directions:

- **Blend all ingredients together in food processor or Vitamix. Add a little bit of water if needed to help blend. Serve with veggie sticks (carrots, celery, bell pepper, cucumber).**





Other snack options:

### Veggie Slices

(carrot, bell pepper, celery, jicama, cucumber)

### Hummus

(recipes included)

### Nut Butters

(almond, walnut, cashew etc.)

### Handful of Nuts

(cashews, almonds, pistachios, brazil nuts etc.)

### Gluten Free Beef Jerky

### Baked Sweet Potato

### Avocado w Sea Salt/Olive Oil

### Seeds

(sunflower or pumpkin seeds)

### Handful of Berries

(strawberries, blueberries,  
blackberries, raspberries)

### Apple

(with almond butter or cinnamon)

### Guacamole with Celery

### Hard Boiled Eggs



A close-up photograph of a fresh salad served on a blue and white patterned plate. The salad consists of chopped green lettuce, sliced red tomatoes, sliced white onions, and dark purple olives. A white decorative frame with a central arch and pointed ends is superimposed over the center of the image, containing the word "LUNCH" in a white serif font.

LUNCH



# Kale Walnut Salad

Serving Size: 1-2

## Ingredients:

Salad:

- **½ bunch** of massaged kale (about 4-5 whole leaves)
- **¼ cup** dried cranberries OR 6-8 pitted dates, sliced
- **¼ cup** walnuts
- **½** an avocado

Dressing:

- **¼ cup** olive oil
- **4 tbsp** balsamic vinegar
- **3 tbsp** mustard (stone ground or Dijon)
- Sea Salt and Pepper to taste

Protein Option:

**Meat Eaters**, grilled chicken  
**Vegan**, 3 tbsp hemp seeds

## Directions:

For Kale

- **Rinse kale leaves and remove leaves from the stem. Use hands to rip leaves into smaller pieces and put into a mixing bowl. Cover kale with 1 tbsp of olive oil and a squeeze of fresh lemon. Massage kale by rubbing the leaves together for about 5 minutes or until soft. You will notice the rough leaves break down and become less bitter.**
- **Add cranberries or sliced dates**
- **Walnuts: option to toast lightly or use raw. To toast, heat a pan on medium heat and add walnuts. Toast from 2-4 minutes and be sure to remove from heat before burning.**
- **Option to add slices of avocado for a healthy fat boost**

For Dressing

- **Mix all dressing ingredients and adjust to taste.**
- **Toss salad with dressing and serve.**



# Taco Salad

Serving Size: 2

## Ingredients:

Salad:

- **Handful** Mixed greens
- **1** tomato, diced OR 2 tbsp pico de gallo\*
- **½** an avocado sliced OR 2 tbsp guacamole\*
- **½ small** jicama sliced
- **small handful** of cilantro leaves for garnish

Protein Option:

**Meat Eaters:** Ground beef (can use leftovers from tacos)

**Vegans/Vegetarians:** add walnut taco meat (use leftovers) OR add black beans

Raw Cashew Chipotle Dressing:

- **½ cup** raw cashews (soaked)
- **3 whole** chipotle peppers (from can)
- **juice of ½** a lemon
- **1 tsp** nutritional yeast
- **¼ cup** water or coconut water
- Sea Salt and Pepper to taste

OR

Lime Cumin Dressing

- **3 tbsp** olive oil
- **juice of ½** lime
- **1 tsp** cumin
- Sea salt & pepper to taste

## Directions:

For Salad:

- **Rinse greens and set aside in bowl**
- **Use left over pico de gallo, guacamole and protein from last night. If you do not have any left over, dice tomato, onion, cilantro and add ½ an avocado to salad**
- **Peel and slice jicama (gives a nice crunchy bite)**

For Cashew Dressing:

- **Put all ingredients in a blender and blend until creamy. If it's chunky, add more water or coconut water. Should come out similar to hummus – add more liquid to make it more of a dressing texture.**
- **Put in 32 oz mason jar with wet food from the bottom up: salsa and guacamole, meat, jicama, then lettuce. Store dressing separately and add to jar and shake when ready to eat.**

For Lime Cumin Dressing:

- **Mix all ingredients, adding Sea salt & pepper to taste.**



# Strawberry Mint Salad

Serving Size: **1**

## Ingredients:

### Salad:

- **1-1.5 cup** mixed greens
- **1** avocado, diced
- **½** cucumber, diced
- **5** strawberries, sliced
- **small handful** of mint, finely chopped

### Dressing:

- **¼ cup** olive oil
- **4 tbsp** balsamic vinegar
- **3 tbsp** mustard (stone ground or Dijon)
- Sea Salt and Pepper to taste

### Protein Options:

**Meat Eaters:** add chicken

**Vegans/Vegetarians:** add 2 tbsp hemp seeds

## Directions:

- **Put all salad ingredients in a large bowl**
- **Mix dressing ingredients in a separate, small bowl**
- **Add dressing to salad, toss and serve**
- **If you are packing it for lunch in a mason jar, layer wet to dry/bottom to top: strawberries, avocado, cucumbers, almonds, mint, then greens. Add dressing to jar when ready to serve. Shake and transfer to plate.**

# Rainbow Salad

Serving Size: 1 large serving

## Ingredients:

Salad:

- **1 cup** mixed greens
- **6-8** cherry tomatoes, sliced
- **½** orange bell pepper, sliced
- **½** yellow bell pepper, sliced
- **½** cucumber, sliced
- Optional: small handful of microgreens

Protein Option:

- Meat Eaters:** add chicken, steak, turkey or hard boiled egg
- Vegetarians:** add 2 hard boiled eggs, sliced
- Vegans:** add almond slivers and/or 2 tbsp hemp seeds

Raw Cashew Chipotle Dressing:

- **2 tbsp** olive oil
- **1 tbsp** balsamic vinegar
- Sea Salt and Pepper to taste

## Directions:

- **Add all ingredients into a large bowl, dress, toss and serve. May always use alternative compliant dressing**







# Mango Salad

Serving Size: **1**

## Ingredients:

### Salad:

- **two handfuls** mixed greens
- **½** orange or yellow bell pepper, sliced
- **handful** of cherry tomatoes, sliced
- **½** cucumber diced
- **¼** red onion diced
- **½** of mango, diced
- **small bunch** of mint, chopped

### Protein Options:

**Meat Eaters:** grilled steak or chicken

**Vegan/Vegetarian:** top with hemp seeds, cashews or black beans.

### Dressing:

- **juice of 1** lime
- **½ cup** olive oil
- sea salt and pepper to taste

## Directions:

- **Rinse mixed greens and put into a large bowl**
- **Slice & dice all ingredients and put on top of mixed greens**
- **For dressing:** combine lime juice, olive oil and Sea salt & pepper to taste
- **Add dressing when you are ready to eat the salad. If taking for lunch, store salad in a large mason jar with wet ingredients on the bottom.**



# Kale Avocado Salad

Makes 1 large serving

## Ingredients:

Salad:

- **two cups** raw or massaged kale
- **1.5** avocado, diced
- **2 cloves** garlic, chopped
- **¼** red onion, diced
- **¼ cup** red bell pepper
- **3** lemons (juiced)
- **tsp** paprika
- sea salt and pepper to taste

## Directions:

- **Combine avocado, garlic, lemon juice, pepper and sea salt & pepper in a bowl and mix well. Set aside.**
- **Massage the kale: rinse kale leaves and remove from stem. Use hands to rip leaves into smaller pieces and put into a mixing bowl. Cover kale with 1 tsp of olive oil. Massage kale by rubbing leafs together for about 3-5 minutes or until soft. You will notice the roughness of leafs will break down and become less bitter.**
- **Add avocado mixture to massaged kale and mix. Add onions and bell peppers and toss all ingredients together and serve.**

# Fajita Salad

Serving Size: 1 large serving

## Ingredients:

### Salad:

- **1.5 cups** romaine lettuce, diced
- **1** red bell pepper, sliced
- **½** tomato, sliced
- **small handful** cilantro, chopped
- **¼** red onion, sliced
- **¼ cup** jicama, sliced (optional)
- **½** an avocado, sliced

### Protein Option:

**Meat Eaters:** grilled chicken or steak

**Vegan:** ¼ cup black beans, drained

### Dressing:

**Juice of 1** lime

**2 tbsp** olive oil

**1 tsp** cumin

➤ Sea Salt and Pepper to taste

## Directions:

- **Put romaine, cilantro, bell pepper onion, jicama into a bowl and set aside**
- **Mix dressing ingredients and adjust to taste**
- **Add protein choice and dressing to salad and toss**
- **Top with avocado slices and serve**





# Greek Salad

Serving Size: 1 large serving

## Ingredients:

Salad:

- **2 cups** romaine lettuce
- **1** tomato
- **½** cucumber
- **6-8** olives (black or kalamata)
- **¼** red onion
- **handful** of parsley, chopped

**Option:** **1** tbsp greek pepperoncini

Dressing:

- **juice of 1** lemon
- **2 tbsp** olive oil
- **½** **clove** garlic
- sea salt and pepper to taste

Protein Option:

**Meat Eaters:** grilled chicken

**Vegan:** add ¼ cup chickpeas/garbanzo beans

## Directions:

- **Chop romaine and put in mixing bowl**
- **Slice tomato, cucumber, red onion and olives and put in bowl**
- **Chop parsley and add to bowl**
- **Mix dressing ingredients and add Sea salt & pepper to taste and add to salad**







# Microgreen Salad

Makes 1 large serving

## Ingredients:

### Salad:

- **1 cup** fresh spinach
- **½ cup** pea shoots or microgreens
- **1** avocado, diced
- **¼ cup** almonds
- **10** cherry tomatoes, sliced

### Dressing:

- **3 tbsp** olive oil
- **2 tbsp** balsamic vinegar
- **1 tbsp** stone ground mustard
- sea salt and pepper to taste

### Protein Options:

**Meat Eaters**, chicken or ground turkey

**Vegans:** **2 tbsp** peppitas (green pumpkin seeds) or **3 tbsp** hemp seeds

## Directions:

- **Mix all salad ingredients in large mixing bowl and set aside**
- **Mix all dressing ingredients and set aside**
- **Prepare protein of choice**
- **Add dressing & protein to mixing bowl and toss salad**

# Cabbage Salad

Makes 1-2 servings

## Ingredients:

Salad:

- **3/4 cup** green cabbage, shredded
- **1/2 cup** purple cabbage (optional,
- **1/2** red bell pepper, sliced
- **1/2** orange bell pepper, sliced
- **2** green onions, finely chopped
- **1/2 bunch** cilantro, finely chopped
- **handful** of almond slivers
- **2 tbsp** sesame seeds

Dressing:

- **2-3 Tbsp** sesame seed oil
- **2-3 tbsp** coconut aminos (soy sauce alternative)

Protein Option:

**Meat Eaters:** steak or chicken

**Vegan:** add double the almonds  
or add 3 tbsp hemp seeds

## Directions:

- **Add all salad ingredients in a large mixing bowl, top with dressing and toss. Serve cold.**
- **Toss salad and top with protein of choice.**







# Avocado Cesar Salad

Makes 1 large serving

## Ingredients:

- **2 cups** romaine lettuce, chopped
- **1 large** ripe avocado, pitted
- **1.5 cloves** of garlic, minced
- **1 tsp** dijon mustard
- **2 tbsp** fresh squeezed lemon juice
- **2 tbsp** nutritional yeast
- **2 tbsp** hemp seeds
- **½ cup** of water
- **pinch** of sea salt

## Directions:

- **Chop romaine and set aside in bowl**
- **Blend all remaining ingredients besides hemp seeds in a high speed blender (using ½ of the avocado)**
- **Top romaine with dressing, remaining ½ of avocado, hemp seeds and serve.**
- **More protein? Option to top with pumpkin seeds, sunflower seeds or a hard boiled egg**



# “Cesar” Salad

Serving Size: 1 large serving

## Ingredients:

- **1.5 cups** romaine lettuce, chopped
- **handful** cherry tomatoes, diced
- **¼** red onion, diced
- **½** large ripe avocado, pitted
- **1.5** cloves of garlic, minced
- **1 tsp** dijon mustard
- **2 tbsp** fresh squeezed lemon juice
- **2 tbsp** nutritional yeast
- **2 tbsp** hemp seeds
- **½ cup** of water
- **pinch** of Sea Salt

## Directions:

- **Chop romaine and set aside in bowl**
- **Blend all remaining ingredients besides hemp seeds in a high speed blender (using ½ of the avocado)**
- **Top romaine with dressing, remaining ½ of avocado, hemp seeds and serve.**
- **More protein? Option to top with pumpkin seeds, sunflower seeds or a hard boiled egg**
- **Toss salad and top with protein of choice.**





# Kale Slaw

Serving Size: 2

## Ingredients:

### Salad:

- **½ cup** purple cabbage, shredded
- **½ cup** kale, shredded
- **¼ cup** carrots, grated
- **¼ cup** cilantro, chopped
- **2 tbsp** hemp seeds
- **2 tbsp** sesame seeds

### Dressing:

- **3 tbsp** coconut aminos
- **3 tbsp** sesame seed oil

**\*if you do not have coconut aminos, use sesame seed oil, a squeeze of lemon and add salt to taste\***

## Directions:

- **Put cabbage, kale and carrots in a mixing bowl**
- **Whisk together dressing ingredients: adjust to taste**
- **Dress the salad, mix together and top with hemp & sesame seeds for added protein**
- **More protein? Add slivered almonds**



# Raw Broccoli & Cauliflower Salad

Serving Size: 2

## Ingredients:

Salad:

- **¾ cup** broccoli, stems removed
- **¾ cup** cauliflower, stems removed
- **½ cup** carrots, grated
- **¼ cup** sunflower seeds
- **¼ cup** currants
- **½ cup** parsley, chopped
- **¼ cup** walnuts
- sea salt and pepper to taste

Dressing:

- **4 tbsp** fresh squeezed lemon juice
- **1 tsp** apple cider vinegar (optional)

## Directions:

- **Process broccoli, cauliflower, walnuts and carrots in a food processor until fine (or chop by hand) and set aside in a bowl. Depending on the size of your food processor, you may have to do each one in batches.**
- **Add sunflower seeds, currants and parsley to bowl**
- **Add lemon juice, apple cider vinegar, salt and pepper and mix.**







# Asparagus Tomato Salad

Makes 1 large serving

## Ingredients:

### Salad:

- **¾ cup** arugula
- **1 bunch** asparagus, baked or grilled
- **½ cup** cherry or grape tomatoes, sliced
- **¼ cup** fresh parsley, chopped
- **½** an avocado, diced
- **2 tbsp** hemp seeds

### Dressing:

- **juice of 1** lemon
- **3 tbsp** olive oil
- sea salt and pepper to taste

## Directions:

- **Rinse and set arugula on plate**
- **Use pre-made asparagus (bake with olive oil or cook on grill pan with butter/coconut oil)**
- **In a separate bowl, mix grilled asparagus, tomato, avocado and parsley.**
- **Top asparagus mixture with lemon juice, olive oil and Sea salt & pepper to taste**
- **Transfer salad on bed of arugula, top with hemp seeds and enjoy**
- **More protein? Option to have a protein shake on the side, add more hemp seeds, slivered almonds or add ¼ cup cooked quinoa**

# Cauliflower Kale Salad

Serving: 1-2

## Ingredients:

Salad:

- **4 large** kale leaves (massaged)
- **½ cup** cherry tomatoes, sliced in halves
- **¼ head** of cauliflower, grated or thin sliced
- **2** green onions, chopped
- **small handful** of parsley, finely chopped

Dressing:

- **juice of 1** lemon
- **1 clove** garlic, minced
- **2 tbsp** olive oil
- Sea Salt and Pepper to taste

Protein Options:

**Meat Eaters:** grilled steak or chicken

**Vegan/Vegetarian:** top with hemp seeds, cashews or black beans.

## Directions:

- **Rinse kale and separate the leaves from the stem. Massage kale by rubbing the leaves together with a bit of lemon juice or olive oil and place in a large mixing bowl.**
- **Add in sliced tomatoes, green onion, parsley and cauliflower (option to grate or just chop cauliflower into small pieces)**
- **Mix dressing ingredients and add to salad.**
- **Add protein option and toss together.**





# Almond Spinach Salad

Serving Size: 1-2

## Ingredients:

### Salad:

- **1 large** handful spinach
- **¼ cup** almonds, chopped  
(ideally in food processor)
- **2** green onions, finely chopped
- **1** celery stalk, chopped
- **1 clove** garlic, minced

### Dressing:

- **1 tsp** fresh lemon juice
- **1 tsp** dijon or stone ground mustard
- **¼** avocado, mashed
- **1 tsp** nutritional yeast (optional for flavor)
- Sea Salt and Pepper to taste
- **1 tbsp** olive oil

### Protein Options:

**Meat Eaters:** grilled steak or chicken

**Vegan/Vegetarian:** top with hemp seeds, cashews or black beans.

## Directions:

- **Rinse spinach and set aside in large mixing bowl**
- **Process almonds in food processor or by hand and to separate bowl.**
- **Add green onions, celery stalk, garlic, lemon juice, mustard, avocado and nutritional yeast to almonds. Mix well together and top with salt and pepper to taste**
- **Add almond mixture on top of spinach bed**
- **Top with fresh squeezed lemon juice and olive oil.**



# Thai Cashew Salad

Serving Size: 1 large serving

## Ingredients:

### Salad:

- **1 cup** romaine lettuce, chopped
- **1 small handful** bean sprouts
- **10** mint leaves, finely chopped
- **2 medium** carrots, grated or sliced
- **¼ cup** cashews, chopped
- **½** red bell pepper, sliced
- **2** green onions, finely chopped

### Dressing:

- **1 tbsp** lime juice, freshly squeezed
- **1-2 tbsp** coconut aminos
- **1 clove** garlic, minced
- **1 tbsp** sesame seed oil

**Optional:** ½ tsp red pepper flakes for spice

## Directions:

- **Add all salad ingredients in a large mixing bowl**
- **Mix dressing ingredients in a separate, small bowl.**
- **Toss salad with dressing and serve.**





# Beet Salad

Makes 1 large serving

## Ingredients:

### Salad:

- **1 Large handful** of mixed greens
- **1 small** beet, boiled, peeled and diced (can buy pre-boiled ones)
- **¼** red onion, diced
- **1 small** handful parsley, finely chopped
- **8** cherry tomatoes, diced
- **½** avocado, diced

### Protein Options:

- Meat Eaters/Vegetarians:** hard boiled egg, sliced
- Vegans:** ¼ cup garbanzo beans, tbsp hemp or sunflower seeds

### Dressing:

- **2 tbsp** olive oil
- **1 tbsp** balsamic vinegar
- sea salt and pepper to taste

## Directions:

- **Combine beets, red onion, tomato, avocado and parsley in a mixing bowl**
- **In a separate bowl, mix dressing ingredients topping with Sea salt & pepper to taste.**
- **Toss beet mixture with dressing and serve over a bed of mixed greens.**

A close-up photograph of a fresh salad served on a decorative plate. The salad consists of sliced red tomatoes, green cucumbers, and fresh green herbs. The plate has a colorful, patterned border. Overlaid on the image is a white, stylized banner with the word "DINNER" in a serif font. The background is blurred, showing green foliage.

DINNER



# Lettuce Wrap Tacos

Serving Size: 4-6

## Ingredients:

↳ lettuce cups (romaine, iceberg, butter lettuce)

### Toppings:

**1 cup** grape or cherry tomatoes

**1 large** yellow or white onion

**1 bunch** cilantro

**2-3 ripe** avocados

**1** jalapeno

**2** limes

### Protein Option:

#### Meat Eaters:

**1lb** grass fed ground beef

**½** large onion (white/yellow), minced

**4 cloves** of garlic, minced

**2 tbsp** tomato paste

**½ cup** chicken broth

**2 Tbsp** coconut oil

### Vegetarian/Vegan:

**1 cup** black beans or walnut taco meat

(see separate recipe for walnut meat)

### Spices:

**1 tbsp** ground cumin

**1 tsp** cayenne pepper

**1 tbsp** onion powder

**1 tsp** sea salt

**1 tsp** pepper

\*Option to make mango salsa just add diced mango chunks to pico de gallo

## Directions:

### Taco Meat:

↳ **heat the coconut oil over low-medium heat. Add the garlic and onions and cook on low heat until softened (about 5-7 minutes). Place meat in a large bowl. Add spices: cumin, chili powder, oregano, cayenne, onion powder, salt pepper to the meat and mix together. Add meat in with onions and garlic and mix. Add the tomato paste and chicken broth. Stir all together to combine. Bring to a boil then simmer and cook until the liquid has reduced (about 10-15 minutes). Add Sea salt & pepper to taste**

### Pico de gallo:

↳ **Dice tomatoes, ½ white onion, ½ bunch of cilantro, ½ jalapeno. Squeeze the juice of 1 lime. Sea salt & pepper to taste**

### Guacamole:

↳ **Cut avocado and remove with a spoon, discarding the pit. Stir avocado until creamy, using the spoon to mash the bigger chunks out. Use the other half of the diced white onion and ½ of the cilantro bunch and add to avocado. Stir together. Add Sea salt & pepper to taste**

**Fill lettuce cups with taco meat, pico de gallo, guacamole and option to garnish with extra cilantro and a few slices of jalapeno.**



# Zucchini Pesto Pasta

Serving Size: 4-6

## Ingredients:

Pasta:

- **3 medium** zucchini, julienned/spiralized
- **¾ cup** cherry tomatoes, sliced (raw or roasted)
- **2 tbsp** pine nuts (optional)
- **1 tbsp** olive oil (optional)

Pesto:

- **1 cup** basil leaves
- **¼ cup** raw pine nuts (toasted) or almonds
- **2 cloves** of fresh garlic
- **1 tsp** nutritional yeast (optional for cheese flavor)
- **3-5 tbsp** olive oil
- sea salt and pepper to taste

Protein Options:

**Meat Eaters:** Add grilled chicken or ground beef

**Vegans/Vegetarians:** add ½ cup kidney beans or chickpeas

\* If you do not have a julienne slicer or "spiralizer" you can grab one at bed bath and beyond for \$15 (in the US)

## Directions:

- **Preheat oven to 400 (if roasting tomatoes)**

For the Pasta:

- **Rinse zucchini and use julienne peeler or spiralizer to slice zucchini into "noodles," leaving the skin on. Set aside.**
- **Option to leave tomatoes raw or roast them. If roasting, place tomatoes in a baking pan, cover with olive oil, sea salt & pepper. Bake for about 15-20 minutes at 400.**

For the Pesto:

- **Place all pesto ingredients in a food processor or Vitamix and blend, adding more olive oil if needed.**

Combine

- **Combine zucchini with pesto and mix until evenly coated**
- **Add tomatoes, pine nuts and extra olive oil and serve!**

\*Option to leave noodles raw OR you can sauté with olive oil over medium heat for 4-5 minutes.



# Sweet Thai Collard Wraps

Serving Size: 4-6

## Ingredients:

### Wraps:

- **1 bunch** collard leaves, blanched (try to find ones that are flat)
- **1 bunch** mint
- **1** English style cucumber
- **2 ripe** avocados
- **2** red onions, caramelized
- **1-2 ripe** mangos
- **8 large** strawberries

### Protein Option:

**Add** grilled chicken

### Dipping Sauce:

- **3 tbsp** coconut cream
- **3 tbsp** almond butter
- **juice** of 1 lime
- **1 tbsp** fresh ginger, grated
- **2 cloves** garlic, crushed
- **1 tbsp** white wine vinegar
- **1 tbsp** sesame oil
- **1 tbsp** tahini
- **2 tbsp** unsweetened applesauce
- **1 tbsp** red pepper flakes
- sea salt and pepper to taste

## Directions:

- **Prepare the collard wraps.** The original recipe uses the wraps raw, but I find that it is easier to wrap after blanching the leaves. This slightly cooks them so they become soft and easier to use, but if you are on a raw food plan, skip this step.
- **Fill a wide pan up with water and bring to a boil**
- **Take each leaf by the stem and dip in boiling water for about 3 seconds either side**
- **Set aside on a plate**
- **Do this too your whole batch of collards**
- **Rinse blanched leaves with cold water to avoid further cooking**
- **Cut off the stems and set aside**
- **Caramelize Red Onion:** this is optional, but adds a great flavor. Alternatively, you can just use raw red onion or skip onion all together.
- **Cut onion in half and thinly slice**
- **Heat 3-4 tbsp of olive oil on low heat**
- **Add the onion and cook on low heat with a lid until onions are soft and "caramelized." (takes up to 20 minutes) Be patient and leave on low heat**
- **Once done, set aside**
- **Prepare filling:** slice (in long strips) the cucumber, mango, avocado and strawberries. Remove mint leaves from stem (you will use 3-4 leaves per wrap)
- **Make dipping sauce:** add all ingredients into a high speed blender and blend. Adjust recipe according to taste, if you want it sweeter, add a bit more apple sauce, more bite – add more garlic, ginger and crushed pepper.
- **Fill & Wrap:** take one collard wrap and spread avocado in the middle of the wrap and add all ingredients around it (make sure you keep everything in the middle. Wrap like a burrito, tucking in the bottom. Cut off the extra leaf on the top and they are ready! Serve with satay dipping sauce.

\*for those adding grilled chicken, add in the middle with all other ingredients before wrapping



# Walnut Taco Meat

Makes 1 large serving

## Ingredients:

Salad:

- **1 cup** raw walnuts
- **½ cup** tbsp sun dried tomatoes
- **2 tbsp** olive oil
- **1 tbsp** cumin
- **1tbsp** onion powder
- **1 tbsp** garlic powder
- **½ tbsp** cayenne
- sea salt and pepper to taste

## Directions:

- **Add all ingredients (except sea salt & pepper food processor and blend. "taco meat" should come out a bit chunky, looking like ground beef. Add Sea salt & pepper to taste**
- **If you do not have a food processor and are using a blender, you may have to add a bit more liquid – option to add more olive oil or a few tbsp of coconut water. The consistency will be a bit more creamy this way.**

# Mustard Crusted Salmon w/ Roasted Brussels Sprouts

Serving Size: 2

## Ingredients:

### Wraps:

- **1-2** fillet of salmon, wild caught
- **1 cup** brussels sprouts, ends chopped off
- **2-3 tbsp** olive oil
- **2 tbsp** whole grain mustard
- sea salt and pepper to taste
- **1** lemon, quartered

### Vegan/Vegetarian Protein Option:

serve brussels sprouts with rosemary  
garlic lentils (recipe on next page)

### Dipping Sauce:

- **3 tbsp** coconut cream
- **3 tbsp** almond butter
- **juice** of 1 lime
- **1 tbsp** fresh ginger, grated
- **2 cloves** garlic, crushed
- **1 tbsp** white wine vinegar
- **1 tbsp** sesame oil
- **1 tbsp** tahini
- **2 tbsp** unsweetened applesauce
- **1 tbsp** red pepper flakes
- sea salt and pepper to taste

## Directions:

### Preheat the oven to 400

For the Brussels Sprouts:

- **Rinse and chop ends off Brussels sprouts and put in a large mixing bowl.**
- **Coat generously with olive oil and mix to evenly distribute**
- **Place Brussels sprouts on a baking sheet lined with aluminum foil. Sprinkle with sea salt & pepper then bake for 35-45 minutes or until crisp on the outside, tender on the inside. Brussels sprouts take longer to bake than the salmon so be sure to get them in the oven first**

For the Salmon:

- **Place salmon in a rimmed baking sheet/pan with parchment paper.**
- **Coat the salmon with olive oil, sprinkle with sea salt & pepper and spread mustard seed on top of.**
- **Place salmon in the oven when the Brussels sprouts have about 20 minutes left.**
- **Bake until salmon is cooked through. Time will vary based on size of fillet, but generally it should be between 15-20 minutes.**

Serve with fresh squeezed lemon.





# Rosemary Garlic Lentils

Serving Size: 2

## Ingredients:

Salad:

- **1-1.5 cups** of lentils, pre cooked (You can find at Trader Joe's)
- **2 tbsp** butter or coconut oil
- **2** garlic cloves, minced
- **1 tbsp** rosemary leaves, finely chopped
- **juice** of ½ lemon
- sea salt and pepper to taste
- **handful** of arugula

## Directions:

- **Heat butter or coconut oil in medium pan on low heat**
- **Sautee rosemary and garlic for 1-2 minutes**
- **Add pre-cooked lentils and cook on low heat until heated through**
- **Add lemon juice, Sea salt & pepper to taste and serve hot or cold over a bed of arugula**

\*Option to make lentils from scratch but it is much more time consuming



# Roasted Vegetable Quinoa over Arugula

Serving Size: 1-2

## Ingredients:

### Pasta:

- **1** red bell pepper, sliced
- **1** orange or yellow bell pepper, sliced
- **1** red onion, sliced
- **2** japanese eggplants, small cubes
- **1 cup** quinoa (any variety)
- **2.5 cups** chicken, or vegetable stock
- **3-4 cloves** of garlic, sliced long ways
- **¼ cup** olive oil
- sea salt and pepper to taste
- **½** lemon (option)

### Dipping Sauce:

- **3 tbsp** coconut cream
- **3 tbsp** almond butter
- **juice** of 1 lime
- **1 tbsp** fresh ginger, grated
- **2 cloves** garlic, crushed
- **1 tbsp** white wine vinegar
- **1 tbsp** sesame oil
- **1 tbsp** tahini
- **2 tbsp** unsweetened applesauce
- **1 tbsp** red pepper flakes
- sea salt and pepper to taste

### Protein Options:

**Meat Eaters:** side of fish, grilled chicken or steak.

**Vegans:** Quinoa is a complete protein so no additions needed

## Directions:

- **Prepare the veggies:**
- **Preheat oven to 400**
- **Slice bell peppers, onion and eggplant and put into a large mixing bowl**
- **Coat with a generous amount of olive oil**
- **Lay out on a baking sheet (option to use aluminum foil)**
- **Salt and pepper the veggies**
- **Bake on 400 for 25-30 minutes or until desired consistency.**

### For the Quinoa:

- **Coat a sauce pan with olive oil or butter**
- **Add garlic slices and cook until soft**
- **Add 1 cup of quinoa and 2 cups of stock**
- **Bring to a boil, then reduce to a simmer**
- **Cook until all liquid is evaporated and quinoa is light and fluffy (approximately 15-20 minutes), adding more stock if needed. (I usually add at least ½ cup extra)**

### Mix:

- **Once veggies are roasted and quinoa is done, combine in a large mixing bowl and stir together.**
- **Put 2 large handful of arugula on a plate and top with quinoa and veggie mixture.**
- **There is usually enough olive oil in the quinoa dish, but you have the option to top with olive oil and a squeeze of lemon**



# Plantain Nachos

Serving Size: 1-2

## Ingredients:

Plantains:

- 4 green plantains
- 2 tbsp coconut oil

Protein Options:

### **Vegetarian/Vegan:**

- Add black beans or make walnut taco meat (see separate recipe)

### **Meat Eaters:**

- 1lb grass fed ground beef
- ½ minced white onion
- 4 cloves of Garlic, minced
- 2 tbsp tomato Paste
- ½ cup chicken broth
- 2 tbsp coconut oil

Spices:

- 1 tbsp ground cumin
- 1 tsp cayenne pepper
- 1 tbsp onion powder
- 1 tsp sea salt
- 1 tsp pepper

Toppings:

- 1 cup grape or cherry tomatoes
- 1 large yellow or white onion
- 1 bunch cilantro
- 3 ripe avocados
- 1 jalapeno
- 2 limes

## Directions:

- Preheat oven to 350.
- Cover two baking pans with aluminum foil or parchment paper and set aside
- Prepare the plantains: cut off both ends of the plantain. Make a shallow slice lengthwise down the skin. Use your hands to peel the skin off. Very thinly slice the plantain into ovals. Toss sliced plantains with coconut oil in a bowl.

Bake the Plantains:

- Lay the coated plantains flat on the baking sheet and sprinkle with salt. Bake for about 35 minutes or until crisp. \*Baking time varies based on the pan/sheet you use so make sure to check that they don't burn.

Taco Meat:

- Heat the coconut oil over low-medium heat. Add the garlic and onions and cook on low heat until softened (about 5-7 minutes). Place meat in a large bowl. Add spices: cumin, chili powder, oregano, cayenne, onion powder, salt pepper to the meat and mix together. Add meat in with onions and garlic and mix. Add the tomato paste and chicken broth. Stir all together to combine. Bring to a boil then simmer and cook until the liquid has reduced (about 10-15 minutes). Add Sea salt & pepper to taste
- Pico de gallo & Guacamole: see separate recipe for both
- Top the baked plantains with taco meat, pico de gallo, guacamole and option to garnish with extra cilantro and a few slices of jalapeno.



# Guacamole

Serving Size: 2

## Ingredients:

Salad:

- **4** ripe avocados
- **½ large** white/yellow onion, diced
- **1 bunch** cilantro
- sea salt and pepper to taste

**option: add 1 jalapeno for spice**

## Directions:

- **Cut and spoon out avocados into a large mixing bowl.**
- **Mash and stir until creamy.**
- **Dice ½ of an onion and add to bowl**
- **Finely chop cilantro and add to bowl**
- **Add salt and pepper to taste**
- **Tip: you can add onion and cilantro in batches, stir, and then add more based on your desired taste.**
- **Serve with celery sticks, carrot sticks or add to your-favorite Mexican dishes.**

# Pico De Gallo

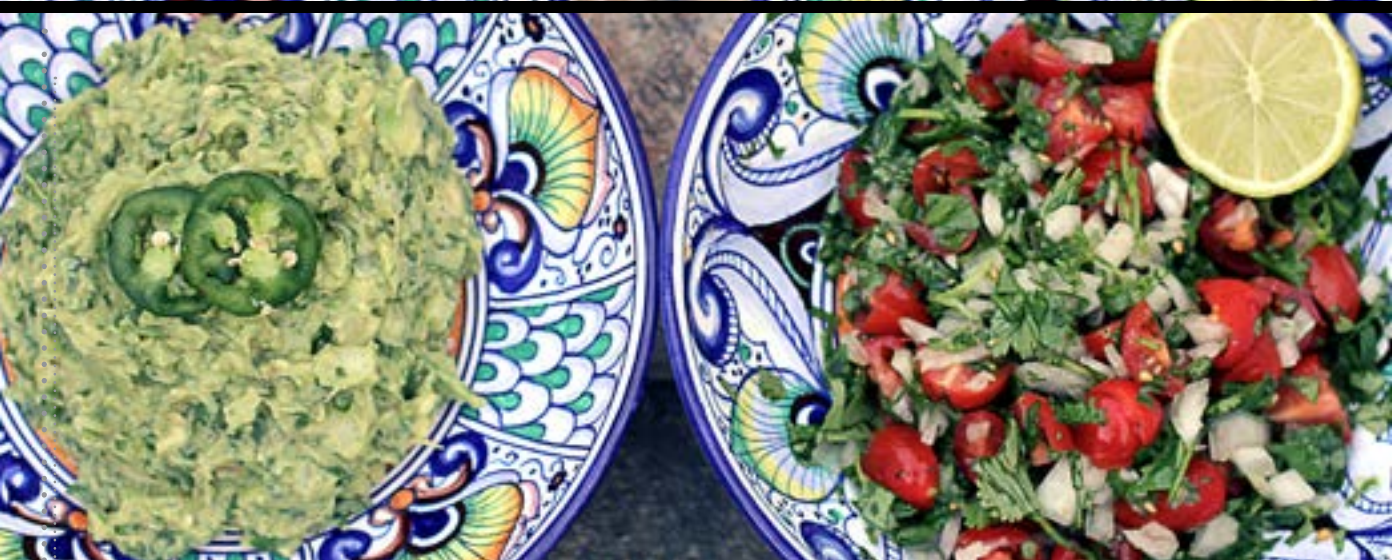
Serving Size: 2

## Ingredients:

- **1 cup** tomatoes, diced
- **1 bunch** cilantro, chopped
- **½** yellow or red onion, diced
- **1** jalapeno, diced
- **juice** of 1 lime
- sea salt and pepper to taste

## Directions:

- **Dice tomatoes, ½ onion, 1 bunch of cilantro, ½ jalapeno.**
- **Squeeze the juice of 1 lime.**
- **Add salt and pepper to taste**







# Tomato Avocado Salad with Pan Fried Fish

Serving Size 1 large serving

## Ingredients:

### Salad:

- **1 cup** romaine lettuce, chopped
- **10-15** cherry tomatoes, sliced
- **2** avocados, diced
- **¼** red onion
- **½** bunch parsley

### Dressing:

- **juice of 1** lemon
- **3 tbsp** olive oil
- sea salt and pepper to taste

### Protein Option:

**Meat Eaters:** Add grilled fish

**Vegetarians:** Add hard boiled egg

**Vegans:** 1 tbsp hemp seeds or pine nuts

## Directions:

- **Add all salad ingredients into a mixing bowl. Top with hard-boiled egg and/or hemp seeds. Add dressing and toss together.**

### For Grilled Fish:

- **1-2 fillets of white fish (cod, seabass, halibut, mahi mahi)**
- **Sea salt & pepper to taste**
- **1 lemon, quartered**
- **1 tbsp butter or coconut oil**

### Directions:

- **Melt butter or coconut oil in frying pan**
- **Salt and pepper each side of the fish**
- **Sauté fillet on medium heat with a lid for about 2-3 minutes each side**
- **Serve with fresh squeezed lemon**

# Lettuce Wrap Burgers

Serving Size: 4

## Ingredients:

Pasta:

- **1 lb** ground beef, bison, or turkey
- **1/4 -1/2 medium** onion chopped
- **1/2 tsp** cumin
- sea salt and pepper to taste
- **4-6** lettuce cups
- **1** tomato, sliced
- **1** avocado, sliced

**Optional: 1 red onion, caramelized  
Mustard, Dijon or stone ground**

Protein Options:

**Vegetarian/Vegan:**

burger alternative quinoa garbanzo  
burgers (recipe 2 pages ahead)

## Directions:

- **In a bowl mix the above ingredients and form 4-6 palm-sized patties.**
- **Sautee in 1Tsp coconut oil over medium heat until patties are cooked all the way through.**
- **Serve with: Sliced avocado, sliced tomato, caramelized red onion and mustard.**  
**\*try to avoid ketchup as it is loaded with high fructose corn syrup and sugar!**

# Sweet Potato Fries

Serving Size: 2

## Ingredients:

- **3 large** sweet potatoes
- sea salt & pepper to taste
- ground paprika
- **2 tbsp** coconut oil

## Directions:

- **Preheat the oven to 400°F.**
- **Peel and cut the sweet potatoes into even sized match sticks.**
- **Toss in coconut oil, paprika and salt and pepper and evenly spread them on a baking tray so that they are not overlapping.**
- **Cook for 30-40 minutes, turning them over halfway through.**
- **Serve and enjoy!!**





# Quinoa Garbanzo Burgers

Serving Size: 4

## Ingredients:

Pasta:

- **1 cup** garbanzo beans, drained and rinsed
- **¾ cup** cooked quinoa
- **½** red bell pepper, diced
- **1 small** red onion, diced
- **bunch** of fresh cilantro (finely chopped)
- **5 tbsp** chickpea flour
- **1 tsp** onion powder
- **1 tsp** sea salt
- **1 tsp** black pepper
- **½ tsp** cayenne pepper
- **1-2 tbsp** coconut oil for cooking

## Directions:

- **Melt 1 tbsp coconut oil to a large pan and sauté onions and garlic on low heat until soft then remove from heat. (be careful not to burn)**
- **Set aside diced red pepper and chopped cilantro**
- **Put garbanzo beans in a food processor and process into a thick, textured paste and transfer into large mixing bowl**
- **Add all ingredients to the processed garbanzo beans including 2 tbsp of chickpea flour (set the remaining flour aside) and mix until combined**
- **Sprinkle a cutting board (preferably wood) with remaining chickpea flour. Take a small handful of mixture into your hands and roll into a small ball (about the size of a lemon) and press gently on the cutting board to form a patty.**
- **Reheat the pan the onions were cooked in, add another tbsp of coconut oil and cook the patties about 2-3 minutes each side, or until lightly browned.**
- **Serve in lettuce wraps and sweet potato fries**





# Fresh Spring Collard Wraps

Serving Size 1 large serving

## Ingredients:

### Salad:

- **8** collard leaves, blanched
- **1 bunch** of mint
- **1** english style cucumber, thinly sliced
- **2 ripe** avocados , thinly sliced
- **4 large** carrots, grated
- **¼ cup** purple cabbage, shredded

### Dressing:

- **4 tbs** sesame seed oil
- **5 tbs** coconut aminos
- **3 tbs** almond butter

### Protein Option:

**Add Meat Eaters:** add grilled chicken or shrimp

**Vegans:** add hummus

## Directions:

### Prepare the collard wrap:

- **option to use raw or lightly blanch. (it is easier to wrap if they are blanched)**
- **Fill a wide pan up with water and bring to a boil**
- **Take each leaf by the stem and dip in boiling water for about 3 seconds either side**
- **Set aside on a plate**
- **Do this too your whole batch of collards**
- **Rinse blanched leaves with cold water to avoid further cooking**
- **Cut off the stems and set aside**

### Prepare filling:

- **Slice (in long strips) the cucumbers, carrots and avocado and cabbage.**
- **Remove mint leaves from stem (you will use about 3-4 leaves per wrap).**

### Make dipping sauce:

- **Mix ingredients and adjust to taste.**

### Fill & Wrap:

- **Take one collard wrap and spread avocado in the middle of the wrap and add all ingredients around it (make sure you keep everything in the middle.) Wrap like a burrito, tucking in the bottom. Cut off the extra leaf on the top and they are ready! Serve with satay dipping sauce.**

\*for those adding grilled chicken, add in the middle with all other ingredients before wrapping

# Lettuce Wraps w/ Walnut Taco “Meat”

Serving Size: 4-6 Tacos

## Ingredients:

### Lettuce Wraps:

- **6-8** lettuce cups
- **1** red bell pepper, diced
- **2** green onions, diced
- **handful** of cilantro, finely chopped
- **Avocado**, diced (or add guacamole)
- **1** lime, quartered

### “Meat”:

- **1 cup** raw walnuts
- **1/4 cup** sun dried tomatoes
- **2 tbsp** olive oil
- **1 tbsp** cumin
- **1 tbsp** onion powder
- **1 tbsp** garlic powder
- **½ tbsp** cayenne
- sea salt and pepper to taste

## Directions:

### Directions for Lettuce Wraps:

- **Rinse lettuce and separate leaves for lettuce “cups”**
- **Add red bell pepper, green onions, cilantro and avocado into small, separate bowls**
- **Fill cups with scoop of walnut “meat”, and top with bell pepper, onions, cilantro and avocado**
- **Squeeze lime juice on top and enjoy**
- **Option to make your own salsa or top with your favorite**

### Directions Walnut Taco Meat:

- **Add all ingredients (except sea salt & pepper food processor and blend. “taco meat” should come out a bit chunky, looking like ground beef. Add Sea salt & pepper to taste**

**If you do not have a food processor and are using a blender, you may have to add a bit more liquid – option to add more olive oil or a few tbsp of coconut water. The consistency will be a bit more creamy this way.**







# Balsamic Rosemary Chicken w/ Roasted Cauliflower

Serving Size 1 large serving

## Ingredients:

For Chicken:

- **2** chicken breasts or 3 chicken thighs (bones in or out)
- **2 cloves** garlic, minced
- **2** fresh rosemary sprigs, minced
- **¼ cup** balsamic vinegar
- **1 tbsp** olive oil

For Cauliflower:

- **2 cups** cauliflower florets - about ½ of a medium head of cauliflower
- **4 tbsp** olive oil
- **1 tbsp** garlic, minced
- **1 tbsp** lemon juice
- sea salt and pepper to taste

Vegan Protein Option:

quinoa chickpea burgers served with artichoke

## Directions:

**Preheat oven to 400**

Prepare the Chicken:

- **Rinse chicken, pat to dry and put in a baking dish**
- **Drizzle olive over chicken, and mix to evenly distribute oil**
- **Press minced garlic and rosemary onto chicken, then top with sea salt & pepper**

Prepare the Cauliflower:

- **Place cauliflower florets in a separate, large roasting pan**
- **Drizzle olive oil over cauliflower and mix to evenly distribute oil**
- **Season with lemon juice, garlic, sea salt & pepper**

Bake:

- **Bake chicken & cauliflower for about 20-25 minutes at 400**
- **Make sure to check in on them and bake longer if needed**
- **Top the cooked chicken with the balsamic vinegar and serve.**

# Sesame Baked Chicken Wings w/ Artichoke

Serving Size: 2

## Ingredients:

For the Wings:

- **pack** of chicken wing/drummets (organic, free range recommended)  
These usually come in packs of 6-10
- **4 tbsp** sesame seed oil
- **4 tbsp** coconut aminos (can buy at B Whole Foods, Sprouts)
- **1 tbsp** sesame seeds

For the Artichoke:

- **1 whole** artichoke
- **1** lemon, halved & juiced
- sea salt and pepper to taste
- **3 cloves** garlic
- **1-2 tbsp** butter

Vegan Protein Option:

- quinoa chickpea burgers served with artichoke

## Directions:

**Pre-heat oven to 400**

For the Wings:

- **Rinse chicken wings and pat to dry and place in a large mixing bowl**
- **Combine sesame seed oil and coconut aminos and drizzle over chicken wings and mix to evenly distribute oil**
- **Cover baking pan/tray with aluminum foil (make sure it has a slight edge so the marinade does not spill) and place wings in tray. Cover with sesame seeds.**
- **Bake wings on 400 for 45-60 minutes or until crispy**

For the Artichoke:

- **Bring a large pot of water (with lid) to a boil**
- **Once boiling, add artichoke, add fresh squeezed lemon juice, sea salt & pepper. After adding lemon juice, add the lemon rinds into the pot.**
- **Boil on high with lid for about 30-45 minutes or until leaves are tender**
- **While Artichoke is cooking, sauté garlic with butter on very low heat until softened.**
- **Serve artichoke with garlic butter or just eat with extra lemon juice**

Note: if you do not have access to coconut aminos, just use the sesame seed oil and add sea salt & pepper to the wings)



# Blackened Salmon w/ Roasted Asparagus

Serving Size: 2

## Ingredients:

For Salmon:

- **1 lb** wild caught salmon (2 fillets)
- **1 tbsp** paprika
- **½ tsp** cayenne pepper
- **½ tsp** onion powder
- **¼ tsp** ground black pepper
- **½ tsp** dried oregano
- **½ tsp** dried thyme
- **½ tsp** dried basil
- **1 tsp** sea salt
- **½ cup** butter or coconut oil, ➤ **½** lemon for to garnish

For Asparagus:

- **1 bunch** small asparagus, ends chopped
- **4-6 tbsp** olive or coconut oil
- sea salt and pepper to taste

Option to add Tomato Avocado Salad:

- **½ cup** tomatoes, sliced
- **¼ cup** parsley, finely chopped
- **¼** red onion, diced
- **juice** of 1 lemon or lime
- **tsp** olive oil

## Directions:

For Salmon:

- **In small bowl, mix all spices**
- **Coat both sides of salmon with butter or coconut oil.**
- **Sprinkle spice mixture on both sides of each fillet**
- **Put remaining butter/coconut oil in a heavy skillet over medium heat and cook bottom of salmon (skin side) for about 2-5 minutes or until blackened.**
- **Flip fillets over with tongs, adding more butter or oil if necessary and cook until blackened. Should easily flake with a fork.**
- **Serve with fresh squeezed lemon**

For Asparagus:

- **Coat with olive oil or coconut oil and top with sea salt & pepper**
- Option to pan fry, grill or bake.**
- Pan fry or grill on medium heat until tender, bake on 400 until tender (about 15-20 minutes)**

For Salad:

- **Mix all ingredients into bowl and serve cold**



# Mushroom Spinach “Risotto” with Quinoa

Serving Size: 4

## Ingredients:

- **1.5 cup** quinoa (any variety)
- **1 cup** mushrooms, sliced
- **1 cup** white onion, diced
- **1 cup** spinach
- **1 tsp** sage, dried
- **1 tsp** thyme, dried
- **1 cup** white wine
- **3-4 cups** of vegetable or chicken stock
- **2 tbsp** nutritional yeast
- sea salt and pepper to taste
- **2tbsp** butter or coconut oil

## Directions:

- **Melt butter or coconut oil in a large sauce pan with lid on medium heat**
- **Sautee onions and mushrooms until they become soft (about 3-5 minutes)**
- **Add 1 cup of white wine, sage and thyme and bring to a light boil until wine starts to reduce (about 5-7 minutes)**
- **Add quinoa and stir**
- **Add stock and reduce to low heat and cook until quinoa is fluffy and tender (about 20-25 minutes), adding more stock if needed as it reduces**
- **Add spinach and stir through quinoa**
- **Add in nutritional yeast, Sea salt & pepper to taste. For a more cheesy flavor add more yeast. If you don't have nutritional yeast you can do it without but it will not have a “risotto/cheese” flavor.**
- **Serve over a bed of spinach**

\*Use remaining risotto for stuffed pepper dish on tomorrow night's menu





# Stuffed Bell Peppers

Serving Size: 2

## Ingredients:

- **2** red bell peppers
- **½ lb** ground turkey
- **½ cup** spinach
- **1 medium** white onion, diced
- **3 cloves** of garlic, minced
- **2** tomatoes, chopped
- **1 tbsp** paprika
- **½ tbsp** cumin
- **½ tbsp** onion powder
- **1-2 tbsp** coconut oil

Optional: Small bunch of parsley finely chopped for garnish

## Directions:

- **Preheat oven to 350**
- **Cut off tops of bell peppers and remove the seeds and membranes. Coat with olive oil and set aside on baking dish**
- **Melt coconut oil into a large skillet and cook onions and garlic on low heat until tender (about 3-4 minutes). Add tomatoes and spinach and cook until softened.**
- **In a large bowl, season ground turkey with paprika, cumin, and onion powder, mix and add to skillet with vegetables.**
- **Mix well and cook until meat is browned and remove from heat.**
- **Spoon the mixture equally into bell peppers**
- **Bake for 30-40 minutes or until outside of pepper is tender**
- **Top with parsley (optional) and serve**

\*Vegan Option: Stuff pepper with Mushroom Spinach "Risotto" and bake for 30 minutes at 350. Garnish with fresh parsley, finely chopped.

# Spaghetti Squash w/ Ground Turkey

Serving Size: 2

## Ingredients:

- **1 medium** spaghetti squash, halved
- **1 lb** ground turkey
- **1 can** fire roasted diced tomatoes
- **1** white onion, diced
- **2-3 cloves** garlic, minced
- sea salt and pepper to taste
- **1 tbsp** paprika
- **1 tbsp** garlic
- **1 tbsp** onion powder
- **2 tbsp** butter or coconut oil
- **2 tbsp** olive oil

For Roasted Veggies:

- **1** red bell pepper, sliced
- **1** red onion, sliced
- **1** japanese eggplant, diced

Vegetarians/Vegans:

eliminate turkey and add roasted vegetables to sauce

Optional: 1 tsp nutritional yeast

Optional: top with fresh parsley

Optional: ½ cup of veggie or chicken stock if needed for sauce

## Directions:

For the spaghetti squash:

- **Preheat oven to 350**
- **Cut spaghetti squash in 1/2 and scoop out the seeds**
- **Top with a generous amount of olive oil and sprinkle with sea salt & pepper**
- **Lay squash face down on a rimmed baking pan/tray**
- **Cook for 45 minutes or until soft**
- **When finished baking, take a fork and scrape squash out (should look like strings of spaghetti)**

For the Turkey Marinara:

- **Melt butter/coconut oil in a large pan (with a lid) on low heat**
- **Add onion and garlic and cook on low heat until softened (about 3-5 minutes)**
- **Add turkey and cook on low heat until browned**
- **Once turkey is browned, add diced tomatoes, paprika, garlic powder and onion powder and let simmer for about 20-25 minutes.**
- **When marinara is ready, pour over spaghetti squash, top with freshly chopped parsley and enjoy!**

Roasted Vegetable Marinara:

- **Preheat oven to 350**
- **Slice bell peppers, onion and eggplant and put into a large mixing bowl (option to use veggies of your choice)**
- **Coat with a generous amount of olive oil**
- **Lay out on a baking sheet (option to use aluminum foil)**
- **Sprinkle veggies with salt and pepper**
- **Bake on 350 for about 35-40 minutes or until desired consistency.**
- **While vegetables and squash are baking, add onion and garlic into a saucepan with butter or coconut oil on low heat, cook until softened. Add can of diced tomato and paprika, garlic powder and onion powder. And let simmer for about 10 minutes. Add roasted vegetables and mix all together.**

\*Please note: if you need to add more liquid to the marinara as it cooks, option to add veggie or chicken **stock**.





# Lemon and Garlic Shrimp w/ Broccoli

Serving: 1-2

## Ingredients:

- **½ lb** of shrimp, uncooked and deveined
- **juice** of 1 lemon
- **3 cloves** of garlic minced
- **2-3 tbsp** of cilantro, finely chopped
- **1 cup** of broccoli florets, stems chopped
- **2 tbsp** olive oil
- **2-3 tbsp** butter or coconut oil (if needed)
- **3 tbsp** sesame seed oil
- **3 tbsp** coconut aminos
- sea salt and pepper to taste
- optional: 1 tsp red chili flakes (for spice)

Vegan Protein Option:

- mix broccoli with cooked quinoa and serve over a bed of arugula or spinach.

## Directions:

Marinate Shrimp:

- **Rinse shrimp and put in a medium mixing bowl. Add lemon juice, garlic cloves, cilantro, olive oil and sprinkle with sea salt & pepper. Mix all ingredients and set aside.**

For the Broccoli:

- **Bring a medium pot of water to a boil**
- **Blanch broccoli florets in boiling water for about 2-3 minutes to soften. Dry them on a towel and set aside.**
- **Blend the sesame seed oil, coconut aminos and optional red chili flakes in a small bowl. You can add more of each ingredient to adjust taste.**
- **Heat sesame seed oil mixture in a wok or frying pan on medium heat. When hot, add broccoli and pan fry until slightly charred**

For the Shrimp:

- **Melt 1-2 tablespoons of butter or coconut oil in a pan and add marinated shrimp. Cook on medium heat for about 3-5 minutes or until cooked through. The shrimp should turn a bright salmon color.**
- **Serve with broccoli.**

# Cooked Quinoa

Serving: 3-4

## Ingredients:

- **2 tbsp** butter or coconut oil
- **2 cloves** of garlic, minced
- **1 cup** quinoa (any variety)
- **2-2.5 cups** vegetable stock

## Directions:

- **Coat a sauce pan with coconut oil or butter**
- **Add garlic slices and cook until soft**
- **Add 1 cup of quinoa and 2 cups of stock**
- **Bring to a boil, then reduce to a simmer**
- **Cook until all liquid is evaporated and quinoa is light and fluffy (approximately 15-20 minutes), adding more stock if needed. (I usually add at least ½ cup extra)**

**\*use left over quinoa in salads or other meals.**





# Baked Chicken w/ Creamed Kale

Serving Size: 2

## Ingredients:

- **2** chicken breasts (bone in or out)
- **1 bunch** kale leaves, rinsed and removed from stem
- **3 cloves** of garlic, minced
- **½** a small white onion, diced
- **½ cup** canned, full fat coconut milk or cream
- **2 tbsp** coconut oil
- **1 tsp** cumin
- sea salt and pepper to taste

Vegans:

- beans with creamed collards (see next recipe)

## Directions:

For the chicken:

- **Preheat oven to 350**
- **Sprinkle both sides of chicken with salt, pepper and cumin**
- **Heat coconut oil in a frying pan on medium heat**
- **Brown both sides of the chicken (about 2 minutes each side) then transfer to a baking dish and bake on 350 for 20-25 minutes or until fully cooked.**

For the Creamed Kale: (while chicken is baking)

- **Melt 1-2 tbsp coconut oil in a pan (can use same pan as chicken)**
- **Add garlic and onions and cook on medium heat until softened.**
- **Add kale leaves and coconut milk (try to use the thick portion) and let simmer for about 10 minutes or until coconut milk becomes evaporated and creamy stirring occasionally.**
- **Top with sea salt and pepper to taste**

Option to squeeze lemon on top



# White Bean and Spinach Soup

Serving: 2

## Ingredients:

- ↪ **¼ cup** extra-virgin olive oil
- ↪ **1** medium white onion, diced
- ↪ **4-5 cloves** of garlic, thinly sliced
- ↪ **1** large celery stalk (diced)
- ↪ **1 tbsp** fresh rosemary leaves
- ↪ **1 quart** vegetable stock
- ↪ **1 15 oz can** white beans, drained and rinsed
- ↪ **1 bunch** of spinach, trimmed and washed
- ↪ **1 tbsp** lemon juice, freshly squeezed
- ↪ sea salt and pepper to taste

## Directions:

- ↪ **Heat 2 tbsp oil in a saucepan over medium heat**
- ↪ **Add onions, celery, garlic and rosemary and cook (stirring frequently) until onions and garlic are softened (about 3-4 minutes)**
- ↪ **Add broth, and beans.**
- ↪ **Bring to a boil then reduce to a simmer and cook for 10 minutes**
- ↪ **Add spinach and continue cooking until completely wilted (about 5 minutes)**
- ↪ **Stir in lemon juice and add sea salt & pepper to taste**
- ↪ **Serve with a fresh drizzle of olive oil**

Recipe and photo adapted from [seriouseats.com](http://seriouseats.com)





# Quinoa Tabouli

Serving: 3-4

## Ingredients:

- **2 tbsp** butter or coconut oil
- **2 cloves** of garlic, minced
- **1 cup** quinoa (any variety)
- **2-2.5 cups** vegetable or chicken stock
- **½ cup** cherry tomato, diced
- **1** small cucumber, diced
- **3** green onions, finely chopped
- **1** lemon, juiced
- **small handful** mint, finely chopped
- **1 tbsp** olive oil
- sea salt and pepper to taste

Protein Option:

- **Meat Eaters:** add side of grilled fish or meat of choice.

## Directions:

- **Coat a sauce pan with coconut oil or butter**
- **Add garlic slices and cook until soft**
- **Add 1 cup of quinoa and 2 cups of stock**
- **Bring to a boil, then reduce to a simmer**
- **Cook until all liquid is evaporated and quinoa is light and fluffy (approximately 15-20 minutes), adding more stock if needed. (I usually add at least ½ cup extra)**
- **Transfer cooked quinoa to a large mixing bowl. Option to chill in refrigerator or serve warm**
- **Add in tomato, onion, mint, lemon juice and olive oil**
- **Sea salt & pepper to taste**

# Cumin Pork Chops w/ Sautéed Kale & Bell Pepper

Serving Size: 2

## Ingredients:

For the Wings:

- **2** pork chops (bone in or out)
- **½ bunch** of kale
- **1** red bell pepper, sliced into strips
- **1** orange bell pepper, sliced into strips
- **1/2 can** full fat coconut milk
- **1** white/yellow onion, diced
- **2 tbsp** butter or coconut oil
- **1 tbsp** cumin
- sea salt and pepper to taste

Vegan / Veg Protein Option:

- **½ cup** cooked lentils

## Directions:

- **Cover both sides of pork chops with cumin, salt and pepper and set aside**
  - **Melt butter or coconut oil in a medium size pan. Add onion and cook on low heat until soft (about 3-4 minutes). Add bell peppers and kale to pan and cook on medium heat until kale starts to wilt. Add ½ can coconut milk and reduce to a simmer. Simmer until coconut milk is cooked off and soaked into vegetables. Add Sea salt & pepper to taste**
  - **While vegetables are cooking, melt butter or coconut oil in a second medium size frying pan. Once hot, add pork. Cook for about 2-3 minutes each side on medium heat or until cooked through.**
- Vegans: follow instructions for onions, kale and bell pepper and also add lentils. You may need ¼-1/2 cup more coconut milk since you are adding the beans.**





#### IMAGE SOURCES

<http://chichilicious.com/wp-content/uploads/vietnamese-grilled-pork-chop-recipe.jpg>  
<http://nutmegnanny.wpengine.netdna-cdn.com/wp-content/uploads/2014/11/creamed-kale-1000.jpg>  
<http://gradtogourmet.files.wordpress.com/2011/02/quinoa-tabouli.jpg>  
<http://2.bp.blogspot.com/-J6l-S1tP-vc/UMEHvix7AvI/AAAAAAAAAVQ/hD2szD68FnI/s1600/1sausagesoup.jpg>  
[http://upload.wikimedia.org/wikipedia/commons/4/43/Red\\_quinoa.png](http://upload.wikimedia.org/wikipedia/commons/4/43/Red_quinoa.png)  
<http://3.bp.blogspot.com/-Vj4vniKJzTl/TlJky77zfkI/AAAAAAAAABHw/SkrN90zaVMg/s1600/quinoa%2Brisotto%2B2.jpg>  
<http://runrevrun.net/wp-content/uploads/2011/05/IMG5954.jpg>  
[http://static.squarespace.com/static/52c98b48e4b00d052b1e3ee2/t/54068313e4b096fd0ba1c60a/1409712922450/DSC\\_0782+4.JPG](http://static.squarespace.com/static/52c98b48e4b00d052b1e3ee2/t/54068313e4b096fd0ba1c60a/1409712922450/DSC_0782+4.JPG)  
<http://www.omg28.com/wp-content/uploads/2013/10/Blackened-salmon-and-asparagus.jpg>  
<http://foodnessgracious.com/wp-content/uploads/2013/09/roasted-veggies-029.jpg>  
[http://ohmyveggies.com/wp-content/uploads/2014/08/lentil\\_walnut\\_taco\\_filling.jpg](http://ohmyveggies.com/wp-content/uploads/2014/08/lentil_walnut_taco_filling.jpg)  
<http://pureella.com/wp-content/uploads/Pure-Ella-Quinoa-Chickpea-Burgers-vegan-gluten-free.jpg>  
<https://triplecordsaorganicproduce.files.wordpress.com/2014/05/stuffedcollards.jpg>  
<https://beautyintheeast.files.wordpress.com/2013/07/tomato-avocado-salad.jpg>  
  
<http://keepitskinny.files.wordpress.com/2011/03/plantains1.jpg>