

# EATING *With* PLEASURE

A practical guide to learn the essentials of  
*how to eat* to deeply nourish yourself, revive your  
hormones, support your gut, & boost your energy...  
*...with increased joy & minimal effort*

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# Welcome!

I'm so happy you're here.



I'm Lera, the founder of Whole Womanhood.

I'm a board certified women's health clinician & I run a practice that fuses functional medicine, nervous system regulation, pleasure, biochemistry, & embodiment.

I have over 15 years of medical, neuroscience, physiology, behavior, pharmaceutical, and ob/gyn training.

**Yet I was never taught how to eat.**

**I've worked with thousands of women, & that seems to be the running theme for us all.**

We were never taught if we're actually digesting & absorbing our food, getting enough protein, balancing our blood sugar, eating enough to support our hormones, waking at night because of how we eat, or fueling the inflammatory fire with "healthy" foods.

My relationship to food was much like most women's: confused, frustrated, & negative. Food is the enemy, skinny is the goal. Disordered eating patterns have become the normal for most of us because we don't even know what "ordered" actually looks like. Not once did it occur to me that I knew how to eat to *stay alive*, but I had no idea how to actually nourish myself to *feel alive*.

It took my own health journey & a complete transformation of my career to get the answers. This guide is a testament to the foundations every woman deserves to know - with minimal effort on your end.

I teach women body literacy, sovereignty, vitality, sensuality, & resilience. Learning *how* to eat is a huge piece of the puzzle in my life's work:

**To make your life your medicine. *Let's start with food.***

# Meet Rachel

whose expertise helped bring this guide to life



Hi! I'm Rachel, the registered dietitian, functional medicine practitioner, and foodie behind [Radiate With Rachel](#). I'm so excited to collaborate with Lera & be a part of the Whole Womanhood community!

I'm a food-lover who enjoys nutrient-dense and home-cooked meals - at the same time I prioritize realistic recipes that won't take hours to prepare (and clean up)!

There is no one-size-fits-all approach to nutrition - we all have our own unique nutrition needs and preferences.

My nutrition philosophy is simple: prioritize REAL food. This includes nutrient-dense options like fruits, veggies, health fats, and animal proteins and limiting heavily processed foods. When we focus on nourishing our bodies with real foods, we see lower levels of inflammation, improved energy, better mood, and less of a desire to hop from one fad diet to another.

To me, food is so much more than just what fuels you. Food brings happiness and pleasure to our lives - we connect over food, we share special moments with our loved ones over meals. Sharing my recipes and favorite meals with others makes me so happy.

Throughout this guide you'll find recipes from myself and some of my favorite bloggers along with nutrition tips, my pantry essentials, and more.

# Kitchen Essentials

The more you start cooking at home, the more you will start to replace some of the processed foods in your diet with more nourishing ingredients. Here's a peek into what I always keep stocked in our kitchen to prepare quick and healthy meals.

## In The Pantry

**Arrowroot Flour:** Similar to cornstarch, arrowroot is excellent for thickening soups, sauces, and gravies. Some call it arrowroot starch, some call it arrowroot flour - it's the same!

**Bean-Based Pasta:** I love pasta made from lentils and other legumes. This is a great way to increase your protein intake!

**Bone Broth:** This broth is packed with nutrients and is a great way to add a boost of nutrition when a recipe calls for broth. I love to cook my grains in bone broth for added protein.

**Canned Beans:** Black beans, pinto beans, kidney beans, and more! I love keeping beans on hand to add to salads or soups. Canned chickpeas are great to use for homemade hummus.

**Chocolate Chips:** Need I say more?

**Chomps/Paleovalley Meat Sticks:** for snacking

**Coconut Milk:** I love using coconut milk or cream in place of heavy cream or cow's milk. I always use full-fat and unsweetened options. Make sure you double-check the labels, many brands of coconut milk add in sugar!

**Coconut Aminos:** The perfect alternative to soy sauce in gluten-free cooking. They provide a sweet and salty flavor addition to dishes.

**Ghee:** Also known as clarified butter, ghee is a wonderful cooking oil with a high smoke point.

**Honey & Maple Syrup:** My favorite natural sweeteners.

**Olive & Avocado Oil:** Avocado oil has a high smoke point, making it great for roasting, sautéing, or grilling. Olive oil acts as a great finishing oil for salad dressings.

**Nuts, Seeds, & Nut Butters:** perfect for snacking & adding to smoothies.

**Tomatoes & Tomato Paste:** perfect for chilis, marinaras, or marinades!

**Vinegar:** Apple cider, balsamic, white wine, and red wine vinegar are some of my go-to options for dressings and marinades.

**A well-stocked spice cabinet:** Having a variety of spices at your disposal can help to keep things interesting in the kitchen! I love the classic garlic powder + salt combination with roasted veggies, but that can get boring!

# Kitchen Essentials

## In The Freezer + Fridge

**Gluten-Free Bread:** Some of my favorite brands are Arise Breads, Base Culture, Young Kobras, & Simple Kneads. *(Make sure you buy one without sugar.)*

**Nut Milk:** Three Trees, Malk, or Elmhurst brands

**Nitrate-Free Lunch Meat:** I love True Story and Applegate brands.

**Frozen Organic Fruit & Veggies:** Berries, peeled bananas, mangos, etc. Frozen riced cauliflower, frozen spinach (perfect for smoothies)

**Coconut Yogurt:** Opt for plain + unsweetened. So Delicious is a good brand.

## Kitchen Tools

High Powered Blender

Chef's Knife

Measuring Cups and Spoons

An Assortment of

Pots + Pans\*

Dutch Oven

Cookie Scoop

Wooden Spoons

Glass Mixing Bowls

Lemon Squeezer

Parchment Paper

Strainer

Crockpot/Slow Cooker

Glass Tupperware

Handheld Whisk

Tongs

Cast Iron Skillet

Spatula

### **Nice to have:**

Immersion Blender

Air Fryer

Hand Mixer

Instapot

*\*I recommend stainless steel, ceramic, cast iron, or teflon-free pots + pans*

# Nutrition 101:

## What You Need to Know

It's easy to overcomplicate nutrition. In order to keep things simple, I encourage you to consume more foods that come from the earth. Once you begin to replace packaged and processed foods with nutrient-dense options, I'm positive you'll start to see an improvement in your overall wellness. There are three main nutrients your body needs to function, these are protein, carbohydrates, and fat.

### Protein

**Protein** is a biggie when it comes to blood sugar balance and optimal body performance. We need protein to build muscle, produce hormones, and support our immune systems. Protein is the most filling of all the macronutrients. Ideal protein intake varies from person to person, but an easy rule of thumb for an adult is 30 grams of protein per meal. This would look like 4 ounces of pasture-raised chicken with 1 cup of steamed green beans and 1/2 cup of roasted sweet potatoes!

#### Protein sources:

- Eggs from pastured chickens (include the yolks!)
- 100% Grass-fed beef, bison, goat
- Wild-caught fish, canned fish (salmon, sardines, etc.)
- Wild-caught mussels, clams, oysters, scallops, shrimp
- Pasture-raised chickens
- Pasture-raised pork

#### Plant-Based Protein Sources:

- Tempeh
- Sprouted tofu
- Edamame
- Hemp seeds

# Fats

**Fats** are amazing for you and should be consumed at all meals! Fats are essential for brain health, hormone production, and helping your body absorb nutrients. The most beneficial form of fat in our diet are omega-3 fatty acids, which have an anti-inflammatory effect in our bodies.

## **Fat sources:**

- Grass-fed ghee
- Butter from pastured, grass-fed cows or goats
- Avocado, coconut, and olive oil
- Olives
- Avocado
- Coconut
- Full-fat coconut milk
- Nuts and seeds
- Nut butters and seed butters
- Walnut oil
- Almond oil
- Macadamia oil
- Unrefined sesame oil
- Tahini (sesame paste)
- Flax oil
- Hemp oil
- Organic, humanely raised tallow, lard, duck fat, or chicken fat
- Coconut oil or MCT oil (medium-chain triglycerides)

# Carbohydrates

Carbohydrates can get a bad rap, but they're actually our body's preferred form of fuel! Carbs play a role in sustaining energy levels and regulating stress hormones. The key here is to make sure you're choosing the right types of carbs to include in your diet.

I recommend limiting highly processed carbohydrates like sugary beverages, pastries, fruit juices, and white bread in your diet. These foods are easily broken down in our bodies and can lead to rapid spikes of blood sugar and insulin. Once our blood sugar spikes, it can quickly crash, leading to low energy levels and increased cravings. These highly processed carbohydrates are also usually low in vitamins, minerals, and fiber.

Instead, I recommend prioritizing nutrient-dense carbs that are rich in vitamins and minerals. Nutrient-dense (complex) carbohydrates contain fiber, which slows the release of glucose into our bloodstream. As a result, these foods will leave you feeling fuller for longer.

Some examples include:

- Quinoa
- Sweet Potatoes & Potatoes
- Legumes:
  - Lentils
  - Chickpeas
  - Black Beans
  - Kidney Beans
  - Peas
- Brown Rice
- Buckwheat
- Cruciferous vegetables
  - Broccoli
  - Cauliflower
  - Brussels Sprouts
  - Kale
  - Cabbage
  - Bok Choy
  - Collard Greens
  - Arugula
  - Radishes
  - Mustard Greens
- Butternut Squash
- Acorn Squash
- Spaghetti Squash
- Zucchini

# How to Build a Balanced Meal

At each meal, make sure you include a protein source, nutrient-dense carbohydrates, and some non-starchy veggies to support stable blood sugar levels. When your blood sugar is stable, you won't ride the sugar roller-coaster all day and you'll be more likely to make better choices when it comes to meals – balanced plates, with protein, fat, and carbs.

**Non-starchy veggies** will make up the majority of your meals. Ideally these foods will fill half of your plate. These foods are packed with vitamins, minerals, and fiber. Most veggies fall into this category, including: leafy greens, bell peppers, green beans, asparagus, onions, garlic, zucchini, and tomatoes (to name a few).

**Nutrient-dense carbs** should occupy a quarter of your plate. These are your fruits, root veggies, beans, and grains.



**Protein** will fill the remaining quarter of your meal.

**Fat** isn't always visible, as it's usually cooked into your food (when you use an oil to sauté your veggies) or used in a marinade.

Some additional sources of non-starchy veggies include: artichoke, bok choy, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, leeks, mushrooms, and radicchio.

Pictured: roasted asparagus (non-starchy veggie), delicata squash (nutrient-dense carb), and a grilled chicken thigh (protein + fat)

# Simple Snack Ideas

I'm a sucker for snacks - the key is to make sure your snacks contain protein (and fiber when possible) to keep you satiated and your blood sugar stable. Here are some of my go-to combinations:

- Grass-fed beef sticks (like Chomps or Country Archer) & jerky Epic bars
- Turkey roll ups: nitrate free turkey breast topped with mustard wrapped around a pickle spear
- Greek yogurt + berries + hemp seeds
- Fresh fruit (an apple, peach, pear, plum, etc.) + 1-2Tbsp of nut butter or a handful of nuts
- Bulletproof bars
- Hard boiled eggs + raspberries
- Cottage cheese + blackberries
- 2 ounces of raw cheese + sliced cucumbers
- Crackers (I love the Simple Mills brand) + smoked salmon
- Crackers + baby carrots + hummus or mashed avocado
- Avocado slices wrapped in seaweed snacks
- Olives + a handful of nuts
- Cottage cheese + berries or sliced tomato + avocado

## Build Your Own Snack

Remember, no naked carbs!

### Pick a Protein

Hard boiled eggs  
Greek yogurt  
Cottage chesse  
Smoked salmon  
Hummus  
Hemp seeds  
Lunchmeat  
Chickpeas  
Meat sticks  
Sardines

### Pick a Carb

Fruit  
Berries  
Rice cakes  
Crackers  
Bread/Toast  
Veggies

### Pick a Fat

Avocado  
Nut butter  
Olives  
Nuts  
Seeds  
Cheese  
Tahini

# Sample Days of Eating

**Breakfast:** 3 scrambled eggs with avocado toast, berries, and coffee + collagen

**Optional snack:** baby carrots, simple mills crackers, and hummus

**Lunch:** chicken salad over arugula with a pear

**Snack:** 2 hard boiled eggs

**Dinner:** roasted wild caught salmon with roasted brussel sprouts and sweet potato

**Breakfast:** High protein, low sugar smoothie

**Optional snack:** yogurt with berries + pumpkin seeds

**Lunch:** burrito bowl leftovers from the night before: shredded chicken, bell peppers, onion, avocado and black beans.

**Snack:** 1 Chomps jerky stick with an apple

**Dinner:** Banza pasta served with ground turkey, sautéed zucchini, and pesto/marinara

**Breakfast:** Breakfast hash made with: sauteed sweet potatoes, onions, and ground turkey topped with avocado.

**Optional snack:** 2 ounces of raw cheese + sliced cucumbers

**Lunch:** leftover chili from the night before

**Snack:** Turkey roll ups: nitrate free turkey breast lunchmeat topped with mustard + wrapped around a pickle spear

**Dinner:** sheet pan chicken and veggies made with cubed chicken tenders, mini potatoes, broccoli and red onions.

**Breakfast:** Chia seed pudding made with protein powder, topped with seeds and fresh fruit

**Optional snack:** A Chomps stick, sliced jicama, and guac to dip

**Lunch:** leftover sheet pan chicken and veggies

**Dinner:** grilled chicken thighs, roasted asparagus, and a side of Japanese sweet potatoes.

# Food Sources

## **Prebiotics**

Prebiotics are the fiber-rich foods that the beneficial bacteria in our gut microbiome feed and grow on. When we feed our good gut bugs, they produce an anti-inflammatory compound butyrate. Butyrate feeds the cells that line our gut and makes it harder for bad bacteria to survive. Incorporating a variety of these foods into your routine is best!

### **Some of the best sources of prebiotics are:**

asparagus, banana, dandelion greens, eggplant endive, garlic, honey, jerusalem artichokes (sunchokes), jicama, leeks, legumes, onions, peas, and radicchio.

## **Probiotics**

Probiotics are beneficial bacteria that support our bodies in so many ways. These beneficial bugs play an important role in immune system function, they help us digest foods, synthesize certain vitamins, and support our liver. We want to make sure we are constantly supporting and replenishing the beneficial bacteria in our gut with both pre and probiotic foods. To get the most benefit from fermented/probiotic foods, it is best to read product labels and purchase options that contain 'live and active cultures' on the ingredients list.

### **Some examples of probiotic foods include:**

pickled veggies, kefir, kimchi, fermented veggies, miso, sauerkraut, tempeh, and non-dairy yogurt (with active cultures).

# Food Sources

## Minerals

Minerals are the building blocks in our bodies AND ARE ESSENTIAL FOR HYDRATION! *Water is not enough.*

Every cell in our body requires minerals for energy production, hormone signaling, enzyme production, and so much more.

Unlike certain vitamins, we can't make minerals - they need to come from food or supplements.

Here are some of the top sources of the major minerals our bodies need to function optimally.

- **Calcium:** cheese, dark leafy greens, sardines, and sesame seeds.
- **Magnesium:** beans, cashews, dark leafy greens, quinoa, and seeds (pumpkin, sesame, sunflower).
- **Potassium:** avocado, banana, beans, lentils, potatoes, fresh fruit, winter squash, and coconut water.
- **Sulfur:** beans, eggs, leeks shallots, garlic, onions, and cruciferous veggies.
- **Iron:** *organ meats*, red meats, shellfish, lentils, bok choy, dark leafy greens.
- **Zinc:** *oysters, scallops, shrimp*, beef, poultry, and seeds.
- **Selenium:** *Brazil nuts*, clams, cod, organ meats, oysters, salmon, tofu, and shrimp.

# Food Sources

## Fiber

Fiber is very important to the digestive system. It keeps things moving smoothly, helps maintain a healthy gut environment, and even contributes to weight management by promoting a feeling of fullness. Plus, it plays a role in stabilizing blood sugar levels and lowering cholesterol. There are two main types of fiber found in plant foods: soluble and insoluble.

**Soluble Fiber:** This form of fiber dissolves in water and slows the digestion of food. Soluble fiber feeds the beneficial bacteria in your gut and helps to support a diverse and healthy microbiome.

- **Good food sources of soluble fiber include:** apples, asparagus, bananas, berries, broccoli, Brussels sprouts, dark leafy greens, legumes, lentils, nuts, oats, oranges, pears, peppers, and squash.

**Insoluble Fiber:** This form of fiber does not dissolve in water, and as a result helps to move food and stool through your body and prevents constipation. You'll notice that many foods are a good source of both soluble and insoluble fiber!

- **Good food sources of insoluble fiber include:** beans, carrots, cucumbers, legumes, nuts, seeds, tomatoes, and whole grains.

### Aim for 30 grams of fiber per day.

Incorporating more fruits, vegetables, whole grains, and legumes into your meals is a simple way to boost your fiber intake. A sudden increase in fiber intake can cause digestive discomfort, so start with small amounts and gradually increase over time. Give your body time to adjust and listen to those signals.

Remember, a healthy gut is key to overall vitality.

# Food Sources

## Sample Days of Eating With 30+ Grams of Fiber

### **EXAMPLE 1**

**Breakfast:** Chocolate raspberry overnight oats made with almond milk, greek yogurt, oats, chocolate protein powder, 1/2 cup of raspberries, ground flaxseeds and topped with sliced almonds.

**Lunch:** Black bean and avocado salad with chicken

Prepared with black beans, halved cherry tomatoes, sliced cucumber, diced avocado, and chicken breast. Serve over a bed of mixed greens and topped with a dressing of your choice!

**Dinner:** Turkey chili

Prepared with ground turkey, a variety of beans, roasted tomatoes, and topped with cilantro and avocado for serving.

### **EXAMPLE 2**

**Breakfast:** Chia seed pudding with protein powder, fresh berries, and pumpkin seeds.

**Lunch:** Grilled chicken with roasted sweet potatoes, asparagus, and a few slices of avocado.

**Snack:** An apple + nut butter

**Dinner:** Quinoa taco salad made with cooked + cooled quinoa, ground beef, sautéed bell peppers + onions, black beans, cilantro and topped with a lime vinaigrette.

## Tips for Increasing Your Fiber Intake

1. Load up on fruits and vegetables: aim for at least five cups daily.
2. Choose whole grains: opt for brown rice, quinoa, and oats.
3. Incorporate legumes: beans, peas, lentils, and chickpeas.
4. Snack on nuts and seeds: almonds, chia seeds, and flaxseeds are packed with fiber and nutrients.

# Food Sources

## Eating the Rainbow

Our bodies function best when they take in nutrients from all different types and colors of whole foods. Aim to eat at least five different colors of fruits and vegetables each day. Here are some ideas to get you started!

### Red Foods

- Apples
- Beets
- Bell peppers
- Cherries
- Grapes
- Onions
- Pomegranate
- Radishes
- Raspberries
- Cranberries
- Plums
- Strawberries

### Orange Foods

- Apricots
- Papaya
- Cantaloupe
- Oranges
- Persimmons
- Pumpkin
- Squash
- Sweet potato

### Yellow Foods

- Apples
- Bananas
- Corn
- Ginger root
- Lemon
- Pineapple
- Plantains
- Summer squash

### Green Foods

- Artichokes
- Asparaggus
- Avocado
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Celery
- Cucumbers
- Green beans
- Peas
- Leafy greens
- Kiwi
- Limes
- Pears
- Peppers
- Olives
- Snow peas
- Zucchini

### Blue, Purple, and Black Foods

- Bell peppers
- Berries
- Cabbage
- Eggplant
- Olives
- Figs
- Grapes
- Kale
- Plums
- Potatoes
- Prunes

# A Note on Oils

One of the big perks associated with cooking at home more is having control over what oils you use! Some of the most used options in my kitchen include:

- **Avocado oil:** this is great for high-heat cooking like sautéing, roasting, or grilling due to its' high smoke point. I recommend the brand Chosen Foods for avocado oil.
- **Extra virgin olive oil:** I love using this in salad dressings, it can also be used for low-medium heat cooking!
- **Coconut oil:** great for baking or making chocolate bark.
- **Ghee:** ghee is clarified butter, which means all of the milk-fat solids have been removed and it's considered to be dairy-free! I use ghee for topping meats, high-heat cooking, and baking.
- **Tallow**
- **Grass fed butter**

## Fats and Oils I Recommend Limiting

Most of the following fats and oils undergo heavy processing which counteract any potential health benefits they may have contained. These fats and oils are also high in omega-6 fatty acids, which can contribute to chronic inflammation in the body. Don't worry if you do occasionally consume these fats and oils, but I recommend not purchasing them to use around the home.

- Canola oil (rapeseed oil)
- Corn oil
- Cottonseed oil
- Grapeseed oil
- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable shortening
- Margarine
- Peanut oil

# Going Gluten Free

Many individuals may find that they need to adhere to a gluten free diet while working to heal their gut and addressing inflammation in their bodies. The good news is that many nutritious and delicious foods are naturally gluten-free including fruit, veggies, meats, fish, nuts, seeds, and oils!

The main grains in our diet that contain gluten are wheat, barley, rye and spelt. As a result, products made with these grains also contain gluten (think: bread, pasta, baked goods, crackers etc.). Use the list below to help guide your eating and shopping choices!

Gluten-free alternatives to typical gluten-containing foods are pretty common! Keep in mind that many of these products include additives and fillers that help mimic the texture of gluten-containing products. Rather than relying on gluten-free convenience foods, it's important to build the foundation of your diet around whole foods like fruits, vegetables, and other foods listed above.

## **Gluten-Free:**

Amaranth  
Arrowroot  
Bean flours (chickpea flour)  
Buckwheat  
Cassava flour  
Corn  
Hominy  
Manioc flour  
Millet  
Montina flour  
Nut flours (almond flour)  
Gluten free oats  
Pea flour  
Potato flour & starch  
Rice & Quinoa  
Sorghum flour  
Tapioca flour

## **Gluten Containing:**

Barley  
Bulgar (bulgur)  
Couscous  
Durum  
Einkorn  
Farrow  
Graham flour  
Malt (syrup, vinegar, etc.)  
Matzoh meal  
Orzo  
Rye  
Seitan  
Semolina Flour  
Spelt  
Textured vegetable protein  
Triticale  
Wheat

# Hidden Sources of Gluten

The following list foods may contain hidden sources of gluten. Read labels carefully when shopping, and don't be afraid to ask questions when dining out. Occasionally restaurants will add flours to salad dressings or dust potatoes in flour.

- Brown rice syrup - when made with barley
- Candy, candy bars
- Cheesecake filling
- Cauliflower crust pizza - sometimes flour is added to the crust!
- Potato chips - can be dusted in flour before frying
- Pre-seasoned meats
- Processed lunch meats
- Salad dressings
- Soups, especially chowders
- Soy sauce, teriyaki sauces
- Tater tots
- Energy bars
- French fries
- Granola bars
- Marinades
- Meat substitutes (vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood, etc.)
- Multi-grain or "artisan" tortillas and tortilla chips

# Supporting Your Hormones With Food + Nutrition

The menstrual cycle is a cycle of shedding and recreation that repeats itself. It's characterized by the rise and fall of estrogen and progesterone. Similar to the seasons of the year, we can't expect the phases of our menstrual cycle to look the same. My approach is to embrace the natural shift in our hormones and provide support where possible. Many of the hormonal symptoms we have are due to the imbalances in progesterone to estrogen including too much estrogen, not enough progesterone, or a combination of both.

It's important to note that all of the recipes in this book are made with nutrient-dense, whole foods that will support you and your hormones all month long.

## **The Menstrual Phase**

During this phase, your hormones and energy levels are at their lowest. The act of bleeding can be a depleting process - it's important to prioritize bioavailable vitamins and minerals in your diet by consuming grass fed beef, pasture raised eggs, bee pollen, and organ meats.

The menstrual phase can also be inflammatory process.

Prioritize antioxidants where possible by:

- Snacking on berries or adding them to smoothies
- Drinking matcha
- Consuming fatty fish like salmon
- Adding lots of fresh herbs to meals.
- Eating or drinking ginger

*Please note, these foods can and should be consumed all month long!*

# Supporting Your Hormones With Food + Nutrition

## **The Luteal Phase**

After ovulation you produce progesterone - this hormone speeds up the activity of your thyroid and increases your metabolism. As a result, we need more protein and hydration during this season. Estrogen levels reach their peak during this season as well, and these hormones are processed by both our liver and our gut. We want to give these systems some extra TLC by prioritizing:

- Fiber intake to support healthy elimination of hormones through our stool
- Eating more cruciferous veggies like broccoli, cauliflower, broccoli sprouts, and Brussel sprouts for sulfur, which helps to eliminate estrogen
- Beets, ginger, and bitter foods - these foods help to support bile flow, which is how we move hormones and toxins from our liver to our gut!

## **Seed Cycling**

Seeds are rich in healthy fats, fiber, and nutrients that support your hormones. Seed cycling is the concept of eating different seeds during different phases of our cycle. During the first phase of your cycle (days 1-14), prioritize flax and pumpkin seeds.

- I recommend buying whole flaxseeds and grinding them up!
- I add flax to oats, smoothies, and energy bites.
- Pumpkin seeds are great sprinkled over soups and salads, or eaten on their own!

During the second phase of your cycle (day 15-28+), prioritize sunflower seeds and sesame seeds!

- You can use tahini in the place of sesame seeds if you'd like!
- Tahini is delicious served over roasted veggies, sometimes I'll incorporate it into a salad dressing with lemon, olive oil + garlic
- Sunflower seeds can also be added to soups, salads, or snacked. Sunflower seed butter is also great!

If the thought of aligning your seed intake to your menstrual cycle overwhelms you, keep it simple and make an effort to eat a variety of seeds throughout your cycle!

# WHOLE WOMANHOOD

## CYCLICAL LIVING CHEAT SHEET

AIM TO DO THIS 20% OF YOUR LIFE & YOU'RE GOLDEN.

 <p><b>MENSTRUAL</b> THE 3-7 DAYS OF YOUR BLEED</p>	<p style="text-align: right;"><b>Being Off</b></p> <p><b>SEASON:</b> WINTER   <i>FLOW</i> <b>EXERCISE:</b> Yin yoga, breathwork, meditation, walking (30 min max) <b>MOOD:</b> Rest, contemplation, and evaluation. Inward reflection, alone time, journaling <b>SEX DRIVE:</b> Low <b>NUTRITION:</b> Soups and stews, iron rich foods: leafy greens, chicken, tofu, fish, quinoa, lentils, dark chocolate, nuts, oysters, beef liver, turmeric lattes, ginger brews, nettle &amp; red raspberry leaf tea</p>
 <p><b>FOLLICULAR</b> UNTIL -DAY 14</p>	<p style="text-align: right;"><b>Turning On</b></p> <p><b>SEASON:</b> SPRING   <i>GROW</i> <b>EXERCISE:</b> HIIT, cardio, running, dance, spin, weights <b>MOOD:</b> Plan, create, plant seeds, brainstorm new ideas or projects, peak creativity, receptivity, openness <b>SEX DRIVE:</b> Some interest <b>NUTRITION:</b> Yogurt, kombucha, fermented vegetables, crucifers, antioxidant rich foods</p>
 <p><b>OVULATION</b> -DAY 12-17</p>	<p style="text-align: right;"><b>Being On</b></p> <p><b>SEASON:</b> SUMMER   <i>GLOW</i> <b>EXERCISE:</b> Weight training, HIIT, cardio, boot camps, spin <b>MOOD:</b> Energetic, magnetic. Attract, connect, collaborate, Have the hard conversations. Interview. Do the presentation. Be seen. <b>SEX DRIVE:</b> Highest, typically <b>NUTRITION:</b> Cruciferous foods, spinach, avocado, asparagus, onions, garlic, shallots, broccoli sprouts, quinoa, salads, raw foods</p>
 <p><b>LUTEAL</b> -DAYS 14-BLEED</p>	<p style="text-align: right;"><b>Turning Off</b></p> <p><b>SEASON:</b> FALL   <i>SLOW</i> <b>EXERCISE:</b> yoga, hiking, simple strength training (30 min max) <b>MOOD:</b> The follow-through - completing tasks &amp; projects, checking off your to do list, setting boundaries <b>SEX DRIVE:</b> Maybe yes, maybe eh <b>NUTRITION:</b> Healthy fats - avocados, nuts, seeds, beans, spinach, salmon, avocado, blueberries, sweet potato, pomegranates, stews, soups, nettle tea, red raspberry leaf tea</p>

# Supporting Your Hormones With Food + Nutrition

## Foods That Support Detoxification

- Healthy fats:
  - Toxins are fat-soluble, so we want to dilute any toxins in our body with plenty of healthy fats in our diet.
  - Prioritize omega-3-rich foods like fatty fish (salmon, mackerel, anchovies, sardines, and herring), chia seeds, flaxseeds, avocados, and olive oils.
- High-fiber foods - keeping the bowels moving is an integral part of detoxification
  - Chia seeds, flax seeds
  - A variety of fruits & veggies
- Bioflavonoids have been shown to support energy production and toxin clearance
  - Incorporate a variety of brightly colored produce items in your diet
    - Berries, bell peppers, citrus, carrots, kale, olives, purple cabbage, etc.
  - Green tea/matcha is especially therapeutic when it comes to mold detoxification
- Glutathione is our body's master antioxidant. Some foods and phytochemicals that support glutathione levels include:
  - Green tea (2 cups/day is ideal)
  - Sulfur-rich produce:
    - asparagus, broccoli, cauliflower, spinach, kale, cabbage
    - leeks, shallots, garlic, onions
  - Broccoli sprouts (1-2Tbsp/day is ideal)
  - Selenium: 1-2 brazil nuts/day
  - Omega-3s: fatty fish, walnuts, flax

# Histamines & Histamine Intolerance

Histamine is a compound found in a variety of foods and living organisms including plants and bacteria. Histamine is also a natural chemical produced by your immune system to defend against invaders or when an allergen is encountered.

Histamine intolerance occurs when there is more histamine in your body than your system is able to break down. Adapting a low histamine diet while addressing the underlying root causes can help to reduce symptoms!

While addressing histamine intolerance, it's important to avoid heavily processed foods in addition to foods you may be sensitive to.

As a reminder, a low-histamine diet is not meant to be followed long-term and should primarily be used for symptom relief while working on the underlying cause(s)!

## High Histamine Foods

Sauerkraut	Processed meats	Strawberries
Vinegar	Canned foods	Citrus fruits
Wine	Aged cheeses	Pineapples
Pickled items	Cultured foods	Tomatoes
Kombucha	Dried meats	Papaya
Alcohol	Smoked meats	Dried fruits
Yogurt	Soy sauce	Beans
Kimchi	Coconut aminos	Green tea



*EVERYDAY  
STAPLES*

# Everyday Pate

Liver is a nutrient powerhouse. It's packed with bioavailable vitamins, minerals, and protein. This pate pairs well with toasted bread, crackers, and crudite.

## Ingredients:

- 1/2 pound chicken livers, trimmed
- 1/2 small onion, thinly sliced
- 1 small garlic clove, smashed
- 1 bay leaf
- 1/4 teaspoon thyme leaves
- 1/2 teaspoon kosher salt
- 1/2 cup water
- 1 1/2 sticks unsalted butter, at room temperature
- Freshly ground black pepper
- Crackers + veggies for serving



## Instructions:

1. In a medium saucepan, combine the chicken livers, onion, garlic, bay leaf, thyme, and 1/2 teaspoon of salt. Add the water and bring to a simmer. Cover, reduce the heat to low, and cook, stirring occasionally, until the livers are barely pink inside, about 3 minutes. Remove from the heat and let stand, covered, for 5 minutes. Form into 2 oz. patties using a tablespoon and set aside.
2. Discard the bay leaf. Using a slotted spoon, transfer the livers, onion, and garlic to a food processor; process until coarsely pureed.
3. With the machine on, add the butter, 2 tablespoons at a time, until incorporated.
4. Season with salt and pepper, and process until completely smooth.
5. Scrape the pâté into 2 or 3 large ramekins. Press a piece of plastic wrap directly onto the surface of the pâté and refrigerate until firm.
6. Serve chilled.

# Cashew Milk

Cashew milk is the creamiest of homemade nut milks and is so easy to make. The cashews blend directly into the milk, no straining required.

## Ingredients:

- 1 cup raw cashews
- 4 cup water, divided\*
- 1-2 Tbsp maple syrup (optional)
- 2 teaspoon vanilla extract
- Dash of sea salt
- Pinch of cinnamon (optional)



## Instructions:

1. Soak the cashews in water at least 4 hours, or overnight in the refrigerator. Drain the cashews and rinse until the water runs clear. Add the cashews and two cups water to a blender. Start on a low setting and increase the speed until the cashews are totally pulverized. This could take 2 minutes in a high-powered blender or longer in a regular blender.
2. Blend in 2 cups more water\*, your sweetener of choice, vanilla extract, sea salt and cinnamon (optional). If your blender can't totally break down the cashews, strain the milk through a fine mesh strainer or cheesecloth. Store the milk in a covered container in the refrigerator for up to 4 days—stir before using.

\*Water ratio: The ratio of water to cashews (4 to 1) in this recipe yields milk that is somewhere between 2% and whole milk in terms of creaminess. You can use less water for even creamier results.

# Basic Vinaigrette Recipe

Here's my go-to vinaigrette recipe! It's so easy to make and tastes way better than store-bought dressings. You can change up the flavors by choosing the vinegar that suits your salad best. Recipe yields 3/4 cup dressing.

## Ingredients:

- 1/2 cup extra-virgin olive oil
- 3 tablespoons vinegar of choice (balsamic vinegar, red wine vinegar, white wine vinegar)
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup or honey
- 2 medium cloves garlic, pressed or minced
- 1/4 teaspoon fine sea salt, to taste
- Black pepper, to taste



## Instructions:

1. In a liquid measuring cup or bowl, combine all of the ingredients. Stir well with a small whisk or a fork until the ingredients are completely mixed together.
2. Taste, and adjust as necessary. If the mixture is too acidic, thin it out with a bit more olive oil or balance the flavors with a little more maple syrup or honey. If the mixture is a little blah, add another pinch or two of salt. If it doesn't have enough zing, add vinegar by the teaspoon.
3. Serve immediately, or cover and refrigerate for future use. Homemade vinaigrette keeps well for 7 to 10 days. If your vinaigrette solidifies somewhat in the fridge, don't worry about it—real olive oil tends to do that. Simply let it rest at room temperature for 5 to 10 minutes or microwave very briefly (about 20 seconds) to liquify the olive oil again. Whisk to blend and serve.

Balsamic vinegar: Makes a bold, slightly sweet dressing that is wonderful on green salads with fruit, such as apples, strawberries or peaches.

Red wine vinegar: Packs a punch and works well with other bold flavors and bright veggies, like tomatoes, bell peppers, cucumber, cabbage and more.

White wine vinegar: This is a more mellow vinegar and it's especially nice with more delicate flavors like cucumber and sweet corn.

Greek/Italian variation: Use red wine vinegar. Add 1 to 2 teaspoons dried oregano.

# Chia Seed Pudding

When you need a quick pick-me-up, chia seed pudding is the way to go. It's a healthy, effortless, protein-packed snack or breakfast made with the perfect ratio of chia seeds, milk, and your sweetener of choice.

## Ingredients:

- 2 tablespoon chia seeds
- 1/2 cup almond milk or milk of choice
- 1 teaspoon honey or other sweetener, optional
- Strawberries or other fruit topping



## Instructions:

1. Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
2. Cover the jar and store in fridge overnight or for at least 2 hours.
3. When you're ready to eat it, top with your favorite fruit and enjoy cold!

## Storage:

Store the chia pudding in a mason jar or Tupperware for up to 1 week in the fridge.

# Raw Carrot Salad

This raw carrot salad went viral on social media for good reason. It's packed with fiber, easy to assemble, and so flavorful. These ingredients nourish your gut microbiome and support healthy hormone detoxification.

## Ingredients:

- 1-2 large organic raw carrots, outer layer peeled and discarded
- 1-2 tbsp crunchy nuts or seeds such as pistachio, peanut, sesame, etc.
- Fresh herbs such as cilantro or mint
- Drizzle of honey lime dressing

## Dressing:

- 2 tbsp white or apple cider vinegar
- 1 tbsp lime juice (can sub for lemon)
- 1 tbsp dijon mustard
- 2 tbsp raw honey
- 1/4 cup extra virgin olive oil
- 1/2 tsp celtic sea salt



## Instructions:

1. First, make your dressing by whisking all ingredients EXCEPT for olive oil together in a small bowl. Once mixed, slowly drizzle in olive oil while continuing to whisk until dressing is well combined. Set aside.
2. Next, make sure the outer layer of your carrot has been peeled or discarded first, then use a peeler to shred the carrot lengthwise into long ribbons or strips (see recipe photo).
3. Add carrot ribbons into a bowl and toss in all remaining ingredients.
4. Drizzle dressing over salad, toss together and enjoy (you should have dressing leftover).

# Crockpot Shredded Chicken

Crockpot Shredded Chicken - a super easy Crockpot recipe for all purpose shredded chicken! This chicken is seasoned and slow cooked all day, then ready to use in any of your favorite wraps, tacos, soups, or casseroles. You can also freeze it to use for later!

## Ingredients:

- 3 pounds of chicken breast
- 1 cup of chicken broth
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp onion powder



## Instructions:

1. Place chicken breasts in bottom of crockpot. Pour chicken broth and seasonings over chicken.
2. Cook on low for 6-8 hours or high for 3-4 hours.
3. Remove chicken from crockpot and shred with two forks.
4. Use the chicken right away in your favorite recipes. Or, allow chicken to cool and portion into zip-top bags and freeze for up to two months.

NOTE: Cooked/Shredded chicken is good in the refrigerator for 4-5 days, and in the freezer for up to 2 months. Store in a well sealed zip-top bag.

# 5 minute Homemade Hummus

Homemade hummus is lovely because you can customize the texture and flavors however you like! I love using anti-inflammatory olive oil in this recipe rather than the oils typically found in store-bought versions.

## Ingredients:

- 2 (15-ounce cans) chickpeas drained with liquid reserved
- $\frac{1}{3}$  cup chickpea liquid or more, as needed
- $\frac{1}{2}$  cup tahini
- $\frac{1}{4}$  cup olive oil
- 2 lemons juiced
- 2 garlic cloves
- 1 teaspoon cumin
- $\frac{1}{2}$  teaspoon kosher salt
- Optional garnish: paprika, olive oil



## Instructions:

1. Add all the ingredients to a high-powered blender and secure the lid. Remove the lid cap and insert the tamper.
2. Turn the blender on high for 30 seconds (or more for a creamier texture) and use the tamper to push the hummus into the blades. Add more chickpea liquid (aquafaba), if desired, for a softer hummus.
3. Add the hummus to a small serving bowl and garnish with olive oil, paprika and fresh parsley.

## Notes:

- I use a Vitamix to prepare this recipe, but any high speed blender or food processor works!
- 1 cup of dried chickpeas = 3 cups of soaked and cooked chickpeas = approx 30 ounces canned chickpeas

# Miso Soup

Miso soup is a nourishing and cozy way to support yourself all year-round. This soup is loaded with immune-supportive herbs and sulfur-rich veggies.

## Ingredients:

- 1 yellow onion, diced
- 10 shiitake mushrooms, chopped
- 2 large carrots, sliced into matchstick sized pieces
- 1 teaspoon fresh grated ginger
- 2 quarts water
- 1/4 cup pieces of wakame or kombu seaweed
- 4 cloves chopped garlic
- 1/4 cup organic red miso paste

## Optional:

- 1–2 cups cooked rice, soba, or udon noodles to make it a ramen bowl
- Slices of cooked chicken breast, ½ brick cubed tofu, or 1 egg cooked to your preference, per served bowl

## Instructions:

1. Sauté the onion, shiitake mushrooms, carrots, garlic, and ginger.
2. Add the water
3. If using the herbs, now add the astragalus root, ginseng, and codonopsis slices (ideally in a tea ball or mesh bag)
4. Simmer for 30 minutes
5. Remove the astragalus, ginseng, and codonopsis slices
6. Dissolve in the miso paste
7. With the herbs, a serving is 1 cup. Without, enjoy as for any soup.

You can add the tofu or pieces of cooked chicken breast while cooking the soup, or add to your bowl after; you can additionally or alternatively top with an egg cooked to your taste after you've served it, if you want to make this a complete meal.



# Bone Broth

Bone broth is an extremely nourishing way to support your immune system and gut health due to the many vitamins and minerals found within it. It's an amazing source of gelatin and collagen to support your gut and skin health, in addition to glycine, which supports overall detoxification.

## Ingredients:

- 1 whole chicken or turkey -or- 2 to 3 pounds of bony parts, such as necks, backs, breastbones, wings, and feet (ideally, from pastured birds)
- 2-4 stalks celery chopped
- 2-4 carrots chopped
- 1 bay leaf
- 1/4 cup parsley
- 1-2 Tablespoons apple cider vinegar
- 1 teaspoon salt, or to taste
- 1-2 cloves garlic (optional)
- 1/4 to 1/2 onion diced (optional)



## Instructions:

1. Combine all ingredients in a large pot or crockpot.
2. Bring to a boil over medium heat (medium or low setting on crock pot). Once at a boil, skim off any impurities.
3. Reduce temperature to low, cover, and let simmer for ~24 hours. Yes, 24 hours. (If you are cooking a whole bird, rather than just bones, I'd suggest taking the bird out after a few hours to remove the meat, then return the bones to the pot. Otherwise the meat will be tough and tasteless. I prefer to roast a bird, eat the meat, and save the bones for making broth.)
4. The stock is done when the bones are soft. The ends of chicken or turkey bones should literally crumble, otherwise you can let it continue cooking to maximize the mineral content of the broth. At this point, the stock should be a rich golden color.
5. Strain the broth. I do this with a metal strainer set over a large bowl or pot. Discard all bones and vegetable scraps. Try to get it strained and in the fridge within 2 hours for food safety concerns.

# Maple Chicken Breakfast Sausage

These sausage patties are the perfect nutrient-dense and filling way to start the day. They can be made ahead and eaten throughout the week.

## Ingredients:

- 2 lbs ground pasture-raised chicken
- 2 Tbsp maple syrup
- 1 tsp sea salt
- 1 tsp garlic powder
- 2 tsp rubbed sage
- ½ tsp dried thyme
- ½ tsp turmeric
- ¼ tsp cinnamon powder
- 2 Tbsp avocado oil



## Instructions:

1. In a large mixing bowl, combine ground chicken, maple syrup, and all seasonings. Mix well until everything is combined.
2. Form into 2 oz. patties using a tablespoon and set aside.
3. Heat a large cast-iron (or nonstick) skillet over medium heat. Add 1 Tbsp of oil the skillet.
4. Once the oil is shimmering and covering the skillet, place the sausage patties in the pan. Cook until browned on both sides and cooked all the way through (watch it closely so the syrup doesn't burn). Cook in batches until done, adding the rest of the oil as needed. Serve and enjoy!

## Notes:

- You can cook these sausage patties in the oven instead of frying them if you wish.
- To Store: Cool completely and put in an airtight container before storing in the fridge for up to four days.
- To Freeze: Store for up to one month in an airtight, freezer-safe container, plastic bag, or individually wrapped in plastic wrap.

# *BLOOD SUGAR BALANCING BREAKFASTS*

Breakfast really is the most important meal of the day.  
It sets the tone for your energy & focus for the rest of the day.

One of the best things you can do to set yourself up for success each morning is incorporating a well-rounded, protein-rich breakfast.

Starting your day with a high-protein breakfast will help you make better food choices throughout the day, all while supporting your energy, mood, ability to focus, and hunger levels. Protein is very filling because it takes a longer time to digest in our bodies. As a result, we get a steady source of energy that helps to support our blood sugar as well.

# Easy Shakshuka

Learn how to make the best shakshuka with this foolproof recipe! Shakshuka is a popular Middle Eastern dish featuring poached eggs in a hearty tomato and pepper sauce. Recipe yields 3 servings.

## Ingredients:

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 large red bell pepper, chopped
- 1/4 teaspoon fine sea salt
- 3 cloves garlic, pressed or minced
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes
- 1 28oz can of crushed tomatoes
- 2 tablespoons chopped fresh cilantro
- Freshly ground black pepper, to taste
- 6 large eggs
- 1/2 cup crumbled feta



## Instructions:

1. Preheat the oven to 375 degrees. Warm the oil in a large, oven-safe skillet (preferably stainless steel) over medium heat. Add the onion, bell pepper, and salt, stirring often, until tender, about 4 to 6 minutes.
2. Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly, until nice and fragrant, 1 to 2 minutes.
3. Pour in the crushed tomatoes with their juices and add the cilantro. Stir, and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes to give the flavors time to meld.
4. Turn off the heat and add salt and pepper. Use the back of a spoon to make a well near the perimeter and crack the egg directly into it. Gently spoon a bit of the tomato mixture over the whites to help contain the eggs
5. Transfer the skillet to the oven and bake for 8 to 12 minutes, checking often. They're done when the egg whites are an opaque white and the yolks have risen a bit but are still soft.
6. Top the skillet with the crumbled feta, fresh cilantro leaves, and more red pepper flakes, if desired. Serve in bowls with crusty bread on the side.

# Breakfast Bowl

This bowl is perfect for breakfast, but really can be consumed any time of day. This recipe is ready in 15 minutes and is packed with protein, healthy fats, and fiber & micronutrients from the veggies

## Ingredients:

- 2-3 small potatoes, thinly sliced
- 5-6 cherry tomatoes, halved
- 1 clove garlic, minced
- 2 tbsp extra virgin olive oil
- 2-3 breakfast sausages (nitrate free)
- 2 large handfuls Arugula
- 2-3 hard boiled pasture-raised eggs

## Optional Toppings

- crumbled feta
- avocado
- green onion, chopped
- jalapeño, finely sliced
- red chili flakes



## Instructions:

1. Heat a small pan over medium heat. Once hot, add breakfast sausage and a drizzle of oil. Let brown on either side, then add 2-3 tbsp water and cover to let steam for 5 minutes on medium-low heat. Set aside.
2. In the same small pan, add olive oil, garlic, potatoes and cherry tomatoes. Add salt and sauté over medium heat until potatoes are golden (5-7 min).
3. Build your bowl with arugula, hard boiled eggs, sausage, potatoes, tomatoes (+ any leftover olive oil and garlic from the pan) and additional toppings of your choice. Drizzle olive oil over the top and enjoy!

# Loaded Yogurt Bowl

This bowl is perfect for breakfast, but really can be consumed any time of day as a snack too.

## Ingredients:

- 1 cup of yogurt (Greek or dairy free)
- 1/4 cup blueberries
- 1/4 cup blackberries
- 1 spoonful of your favorite nut butter
- 1 tablespoon hemp seeds
- 1 tablespoon of ground flaxseed
- 1 tablespoon of chia seeds
- 1 tablespoon of cacao nibs
- Optional: a drizzle of honey



## Instructions:

1. Combine the chia seeds, flaxseeds, and yogurt in a bowl, mixing well.
2. Allow the chia + yogurt mixture to sit for at least 5 minutes to allow the chia seeds to begin to gel.
3. Add the remaining ingredients to the bowl, and enjoy!

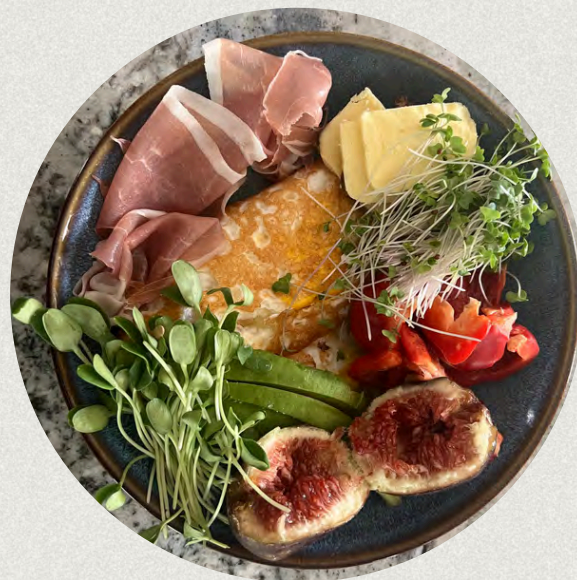
Please note that the protein content in this recipe is low if you're consuming it for a meal. Consider mixing protein powder into the yogurt mixture or eating it alongside an additional protein source!

# Lera's Slow Breakfast

A simple and easy start your day. This is Lera's go-to breakfast

## Ingredients:

- 3 eggs cooked to your liking
- 1 tbsp of kimchi or sauerkraut
- 1 piece of gluten free bread
- Sliced avocado
- A fruit: figs, berries, etc
- 2-3 ounces of smoked salmon or prosciutto
- Sliced red onion
- 1-2 ounces of raw cheddar cheese
- Tomatoes, bell peppers, or sprouts



## Instructions:

1. Heat a pan over medium heat. Once hot, add a drizzle of oil and cook your eggs however you like.
2. While the eggs are cooking, toast your bread.
3. Top the toast with sliced avocado, red onions, and smoked salmon.
4. Plate the eggs, top with kimchi or sauerkraut, and serve alongside cheddar cheese, tomatoes, bell peppers, and your avocado toast.
5. Enjoy!

# Tropical Green Smoothie

This bowl is perfect for breakfast, but really can be consumed any time of day. This recipe is ready in 15 minutes and is packed with protein, healthy fats, and fiber & micronutrients from the veggies.

## Ingredients:

- A few ice cubes
- 1/3 cup frozen strawberries
- 1/3 cup frozen pineapple
- Handful frozen spinach
- 1 serving vanilla protein
- 1 tbsp ground flax
- Optional: 1/2 tsp spirulina
- Frozen riced cauliflower, ½ cup for added liver/detox support



## Instructions:

1. Blend until smooth and top with a few spoonfuls of hemp hearts or pumpkin seeds for added crunch.
2. Serve in your favorite glass and enjoy!

Note: I use the protein powder options from [Be Well By Kelly](#) and [Equip Protein Powder](#), both made with minimal, whole food ingredients that I love

# Sweet Potato Breakfast Bowl with Almond Butter and Berries

This breakfast is hearty, naturally sweet, and loaded with fiber!

## Ingredients:

- 1 cup of mashed and cooked sweet potato.
- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries
- 2 tbsp of almond butter
- 1 tbsp of crushed pecans or walnuts
- 1 tbsp ground flaxseed
- 2 tbsp hemp seeds
- 1 tbsp chia seeds



## Instructions:

1. Roast or steam a sweet potato until soft and mash it in a bowl or simply halve the potato.
2. Top with almond butter, berries, crushed nuts, and seeds
3. Optional: Sprinkle with cinnamon for added flavor and comfort.

\*Please note: to bump this up to 30 grams of protein, I'd recommend having a side of turkey bacon (2-3 slices) or an Applegate Organics Turkey Burger. Then you get your savory and sweet!

# Pumpkin Pie Chocolate Chip Baked Oats

This oatmeal bake is the perfect cozy recipe for cold mornings. The oatmeal provides a nice source of fiber, and the added protein will help to keep you fueled all day long.

## Ingredients:

- 1/2 cup pumpkin purée
- 3/4 cup sprouted rolled oats
- 2 tsp pumpkin pie spice
- 2 eggs
- 1/3 cup almond milk
- 1/3 cup vanilla protein powder
- 1-2 tbsp maple syrup
- 1/4 tsp baking soda
- Pinch sea salt
- 1/3 cup dark chocolate chips



## Instructions:

1. Preheat oven to 350 degrees F. Blend all ingredients together (excluding chocolate chips) and grease two small oven-safe dishes with coconut oil.
2. Pour in mixture, stir in some chocolate chips, then top with additional.
3. Bake for 30 minutes, then let cook for 10 minutes before eating.
4. Wrap in foil to store in the fridge and will reheat great the following day, either in the oven at 350 for 15 minutes or the microwave for about a minute (try 30-sec intervals).

Note: I use the protein powder options from [Be Well By Kelly](#) and [Equip Protein Powder](#), both made with minimal, whole food ingredients that I love

# Butternut Squash & Bacon Breakfast Casserole

This breakfast casserole is so flavorful and the perfect way to start your day. It's meal-prep friendly and packed with protein + fiber to keep you full all day.

## Ingredients:

- 5 strips of nitrate free bacon
- 3 cups butternut squash, peeled and chopped
- 4 cups baby spinach
- 1 Tbsp dried oregano
- 1/2 cup chives, chopped
- 2 tsp salt
- 18 large eggs
- 2 cups aged white cheddar



## Instructions:

1. Preheat the oven to 375 degrees F and lightly coat a large casserole dish with avocado oil or olive oil.
2. Cook the bacon in a large skillet over medium-high, flipping every 2 to 3 minutes, until much of the fat has rendered and the bacon reaches desired done-ness. Transfer the bacon to a cutting board and leave the skillet on the stove top. Reduce heat to medium.
3. Place the chopped butternut squash in the skillet and cover. Cook, stirring occasionally, for 3 minutes. Remove cover and add spinach. Cook, stirring occasionally, until spinach has wilted, about 3 minutes.
4. Stir in the oregano, chives, and sea salt. Chop the bacon and add it in as well. Transfer this mixture to the prepared casserole dish.
5. Whisk the eggs together in a mixing bowl until creamy. Pour the beaten eggs over the vegetables and use a spoon to gently stir to evenly distribute the vegetables. Evenly sprinkle the cheese over the casserole.
6. Bake on the center rack of the preheated oven 45 to 55 minutes, until casserole tests clean (mine takes 50 minutes).
7. Allow casserole to cool 10 minutes before slicing and serving. Serve with plain yogurt (I use coconut milk yogurt), sour cream, chopped chives, and any other toppings you desire.

# Peanut Butter Chip Smoothie

Smoothies are so fast, delicious, and packing in a ton of nutrients is easy – not to mention an easy way to incorporate at least 30 grams of protein into your morning.

## Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup ice
- 1/2 frozen banana (this is key)
- 1-2 frozen pitted dates (this is key)
- 1 serving vanilla protein
- 1-2 tbsp cacao nibs
- 1 tbsp ground flaxseed
- 1-2 tbsp unsweetened peanut butter
- Few shakes cinnamon



## Instructions:

1. Blend all ingredients in a high-powered blender.
2. Serve in your favorite glass and enjoy!

Note: I use the protein powder options from [Be Well By Kelly](#) and [Equip Protein Powder](#), both made with minimal, whole food ingredients that I love

# Easy Egg Bites

The perfect make-ahead breakfast.

I love eating eggs as a high-protein breakfast option, but I also love sleeping in. These egg bites will help you cut down on time during busy mornings

## Ingredients:

- 8 pasture raised eggs
- 1/2 lb of ground chicken or turkey
- 1 Tbsp avocado oil
- 1 bell pepper, diced
- 1/2 tsp salt
- 1/4 cup of green onions, chopped



## Instructions:

1. Preheat the oven to 400.
2. Add 1 tablespoon of avocado oil to a large pan, and add the ground meat and salt, breaking up the meat as it cooks. Cook until you don't see any more raw meat (approx. 10 mins).
3. Evenly distribute the cooked meat in a lined muffin tin. Top with the diced bell pepper.
4. Whisk the eggs together, then pour over the cooked meat and bell peppers.
5. Top with the chopped green onions and bake for 15-17 minutes, until set.

# High Protein Mexican Egg Roll

These wraps are a great on-the-go breakfast that are packed with 38 grams of protein and will keep you satisfied all morning. This recipe makes 2 servings!

## Ingredients:

- 7 oz. (200g) lean ground beef
- 1 tsp. Mexican seasoning
- 1 red sweet pepper, chopped
- 3 eggs
- 4 egg whites
- 1 tsp. coconut oil
- 2 handfuls baby spinach



## Instructions:

1. Heat a non-stick pan on medium heat and cook the beef, about 7 minutes. Season with the Mexican spices, salt and pepper. Once cooked transfer onto a plate, cover with tin foil and set aside.
2. Using the same pan, cook the peppers until slightly softened, about 5 minutes.
3. In a bowl, whisk the eggs and season with salt and pepper. Heat a separate pan with the coconut oil and pour in the eggs, cover with a lid and cook for a few minutes until cooked. Flip like a pancake if necessary to cook the other side.
4. Once cooked, place the egg omelette on a piece of tin foil, top with spinach, cooked peppers and beef. Roll up wrapping in tin foil to secure the filling.
5. Unwrap the top and enjoy. It's delicious when served with salsa.



*SATISFYING  
SOUPS*

# White Chicken Chili

This chili is so flavorful and the perfect way to warm up on a gloomy day. I love making a big batch to eat for lunches - sometimes I'll freeze half to eat during busy weeks!

## Ingredients:

- 1.5 lbs of chicken breast, I use
- 1 yellow onion, diced
- 2 green bell peppers, diced
- 4 garlic cloves, minced
- 2 1/4 cups of bone broth
- 2 cans of white beans drained
- 1 4oz can of diced green chiles
- 15oz jar of green enchilada sauce.  
I used [Siete Foods](#)
- The juice from 1 lime
- 1 Tbsp cumin
- 1 tsp salt
- 1 Tbsp avocado oil
- Optional cilantro for serving



## Instructions:

1. Add avocado oil to the bottom of a large stockpot and sauté your chicken over medium heat. Once the chicken is seared on both sides, remove from the pot and set aside.
2. Sauté the bell peppers and onions for a few minutes until softened.
3. Add the minced garlic and sauté for a few more minutes. Mix in the cumin, salt, and can of green chiles.
4. Add the chicken breast back to the pot, then top with the enchilada sauce, white beans, broth, and lime juice.
5. Cover the mixture, bring to a boil, then reduce to a simmer for 25 minutes.
6. Remove the chicken breast, shred with a fork, then add the shredded chicken back to the chili mixture.
7. Top with cilantro for serving and enjoy!

# Lemon Chicken Orzo Soup

This one pot Lemon Chicken Orzo Soup recipe is a family favorite! Light, healthy, comforting and made with all gluten-free ingredients for a quick soup recipe to try.

## Ingredients:

- 2 carrots, peeled and chopped
- 1/2 medium onion, chopped
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 pound chicken breasts or thighs, cut into 1 inch pieces
- 3/4 cup uncooked orzo
- 4 cups chicken broth
- 2 cups filtered water
- 1/2 teaspoon Italian seasoning
- 1/2 lemon, juiced
- 1 tablespoon fresh parsley, chopped
- Sea salt and black pepper to taste



## Instructions:

1. In a large pot, sauté the carrot, onion, oil and garlic on medium heat for 3-5 minutes or until fragrant
2. Add in the chicken and cook until just about cooked on medium heat
3. Drizzle more oil if needed or if pot looks like it's drying out then add in orzo and toast for a minute
4. Add in broth, water, seasonings and lemon juice and bring to a boil and stir
5. Allow the soup to simmer for about 10 minutes or so or until orzo is fully cooked then serve! You can also cover and let the soup simmer for longer if you'd like.
- 6.
7. Note: I used Jovial Grain-Free Cassava Orzo to make this recipe gluten-free!
- 8.

# Veggie-Loaded Lentil Soup

This is one of our go-to cozy meals that is so flavorful, easy to make and one of those freezer-friendly meals to keep on hand.

## Ingredients:

- 1 tablespoon olive or avocado oil
- 1 medium onion, chopped
- 4 large carrots, chopped
- 4 stalks celery, chopped
- 3 cups baby potatoes, cut into quarters/slices
- 4 cups veggie broth (or use bone broth or chicken broth)
- 1 cup uncooked green lentils
- 1/2 teaspoon garlic powder
- 3 bay leaves
- 1/2 teaspoon black pepper
- Sea salt to taste



## Instructions:

1. In a large pot, add oil, onion, carrots and celery and heat over medium/high heat for about 5-7 minutes covered
2. Add in potatoes and cook for another 3-5 minutes on medium heat, stirring occasionally
3. Add in broth and bring to a low boil
4. Next add in the lentils and spices and stir well
5. Lower heat to medium/low and cook for about 20 minutes so the lentils and potatoes soften
6. Serve soup while warm! I love pairing with some buttered toast too for the coziest meal ever!

# High Protein Chili

This chili is so flavorful and can be made on the stovetop or thrown into a crockpot. This recipe makes at least 8 servings and freezes SO well.

## Ingredients:

- 2lb ground turkey or grass fed beef. I used 1lb of each
- 1 Tbsp avocado oil, to sauté
- 2 bell peppers, diced
- 1 yellow onion, diced
- 2 15oz cans of fire-roasted tomatoes
- 1 can of black beans, rinsed & drained
- 1 can kidney beans, rinsed & drained
- 1 can of pinto beans, rinsed & drained
- 4 cups of broth, I use bone broth
- 2 Tbsp chili powder
- 1 tsp cumin
- 2 cloves of garlic, minced
- 1 tsp salt, more to taste



## Instructions:

1. In a large pot over medium heat, sauté the onion, bell peppers, and minced garlic in avocado oil for a few minutes until tender.
2. Add the meat and cook until browned. Add the remaining ingredients and bring to a boil.
3. Reduce the mixture to a simmer and cook for another 25-30 minutes, stirring occasionally.
4. Top with cilantro, green onions, or avocado. I'll sometimes add a few pieces of chips on top for a little crunch!

Note: if you'd like to make this recipe in your crockpot, saute the ground meat until it is completely cooked. Transfer the meat along with the remaining ingredients to your crockpot and cook on low for 7-8 or high for 3-4 hours.

# One Pot Beef Stew Recipe

This Beef Stew recipe is such a family staple. It is perfect for the colder months and this one pot dish is full of flavor, nutrients and the beef is perfectly tender.

## Ingredients:

- 2 lbs stewing beef, trimmed and cubed
- 1 tablespoon gluten free flour
- 1/2 teaspoon garlic powder
- Sea salt and black pepper to taste
- 3 tablespoons olive oil
- 1 white onion, chopped
- 6 cups beef or chicken broth
- 1/2 cup red wine
- 3 russet potatoes, peeled and cubed
- 4 carrots, cut into small 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 2 tablespoons arrowroot flour
- 2 tablespoons water
- 3/4 cup frozen peas



## Instructions:

1. In a large bowl, toss the beef in flour, garlic powder, salt and pepper
2. Heat olive oil in a large dutch oven or pot and add the onions and beef
3. Cook over medium heat until they're browned (about 6-8 minutes)
4. Add in the broth and wine while scraping up any brown bits in the pot
5. Stir in the potatoes, carrots and celery and mix all together
6. Reduce heat to medium low, cover and simmer for 60 to 90 minutes or until beef is tender
7. Mix equal parts arrowroot flour and water to create a slurry then slowly add to boiling stew and stir together
8. Add in peas and simmer for 5 minutes then serve warm

# Curry Chicken & Rice Soup

This Golden Curry Chicken & Rice Soup quickly became one of my favorite soups ever. It's so flavorful, cozy and nourishing!

## Ingredients:

- 1 pound boneless, skinless chicken thighs
- 2 tbsp olive oil, divided
- 1 tbsp + 1 tsp curry powder, divided
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 3 carrots, peeled and diced
- 3 celery stalks, diced
- 1/2 cup white rice
- 8 cups chicken broth or bone broth
- Juice from 1 lemon
- 1/3 cup parsley, minced



## Instructions:

1. Heat 1 tablespoon of olive oil in a dutch oven over medium high heat. Lay your chicken thighs on a plate and pat dry with a paper towel then coat in 1 tablespoon curry powder, turmeric, cumin, salt and pepper.
2. Sear the chicken thighs in the Dutch oven for 1-2 minutes each side or until crispy (they do not need to be cooked through as they will cook in the soup). Set aside.
3. In the same pot, turn heat to medium and add the additional tablespoon of olive oil. Add the onion, garlic, carrots and celery. Cook until the veggies start to soften, stirring occasionally, for about 5 minutes. Stir in the rice and 1 teaspoon curry powder for another 1 minute.
4. Pour in the chicken broth and bring to a boil over high heat. Add the chicken back in, cover, then simmer for 20 minutes.
5. Remove the chicken to shred then add back in along with the juice from 1 lemon. Garnish with fresh parsley and season with salt and pepper to taste

# Creamy Zuppa Toscana

This delicious one-pot Zuppa Toscana is so creamy and flavorful. Inspired by the Olive Garden soup and it's even more delicious and healthier. Ready in 30 minutes and made with just a few ingredients.

## Ingredients:

- 6 slices of nitrate-free bacon
- 1 small white onion, chopped
- 6 cloves of garlic, minced
- 1 lb ground Italian sausage (mild or spicy)
- 4 cups chicken broth
- 4 cups filtered water
- 2-3 medium russet potatoes, peeled and chopped into 1/4 inch thick pieces
- 5 cups baby kale, chopped and stems stripped
- 1 cup full-fat coconut milk
- Sea salt and black pepper to taste
- Optional: freshly grated parmesan cheese to serve



## Instructions:

1. Chop the bacon. In a large pot or dutch oven, warm over medium-high heat and add chopped bacon and sauté until browned (about 5-7 minutes)
2. Remove from pot and add to paper-towel lined plate
3. Spoon out excess oil from pot, leaving just a tablespoon or sort
4. Add in the garlic and onions and sauté for 5 minutes until browned over medium heat
5. Add in sausage, breaking it up with your spatula and sauté until cooked through (about 5 minutes) on medium heat
6. Next add the broth and water and bring it a boil
7. Add in sliced potatoes and cook for 15 minutes or until potatoes can easily be poked with a fork
8. Next add in the kale, bacon and stir in the coconut milk and bring to a boil
9. Season with salt and pepper and allow soup to simmer until ready to eat
10. Garnish with freshly grated parmesan cheese and enjoy warm

# Herbed Chicken Noodle Soup

## Ingredients:

- 2 tbsp avocado oil
- 2 large carrot carrots, diced
- 4 stalks of celery, diced
- 1.5 cups yellow onion, diced or 1 small onion
- 4 cloves garlic, minced
- 1 tsp salt, more to taste
- 1/2 tsp cracked black pepper or more to taste
- 1 sprig fresh rosemary (optional)
- 1 sprig fresh sage (optional)
- 5 sprigs fresh thyme (optional)
- 2 bay leaves
- 1/4 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/4 tsp paprika
- 8 cups of chicken broth
- 1 cup of noodles or orzo
- 2 cups cooked, chopped chicken I use rotisserie
- 2 Tbsp lemon juice



## Instructions:

1. Heat a large pot or dutch oven over medium heat with the olive oil. When the oil is shimmering, add the carrots, celery, onion, garlic, kosher salt and pepper. Cook, stirring often, until the vegetables are tender, about 5 minutes.
2. Add in the rosemary, sage, thyme, bay leaves, ground turmeric, ground ginger, and paprika. Continue to cook, stirring, for 2 more minutes.
3. Pour in the broth, increase the heat to medium-high and bring to a boil.
4. When the soup reaches a boil, reduce to a simmer and add in the ditalini pasta and chopped chicken. Stir to combine and let cook, simmering uncovered and stirring occasionally, until the pasta is al dente, about 15 minutes.
5. Using tongs, remove the bay leaves and herb sprigs (it's okay if some of the leaves fell off into the soup). Stir in the lemon juice. Taste the soup and adjust seasonings, to taste. Serve and enjoy!

Note: I used Jovial Grain-Free Cassava Orzo to make this recipe gluten-free!

*LUNCH*  
*&*  
*DINNER*

# Sheet Pan Salmon & Veggies

It can be hard to find the time and motivation to cook after a busy day – one pan meals are a game changer! This recipe is packed with anti-inflammatory omega-3 fatty acids from the salmon.

## Ingredients:

- 1-1.25 lb wild caught salmon filet
- 1.5 lbs of little potatoes, quartered
- 6-8 large carrots, cut into 1/4” coins
- 1 tbsp avocado oil
- 1 tsp salt
- 1 tsp garlic powder
- 2 tsp dried thyme
- Additional salt, garlic powder, and paprika to season the salmon.
- Optional: fresh parsley to garnish



## Instructions:

1. Preheat your oven to 400° and chop your veggies. Toss the veggies in avocado oil, salt, garlic powder, and dried thyme.
2. Transfer the veggies to a large baking sheet and roast for 30 minutes.
3. Clear the center of your pan and add the salmon filet. Drizzle the fish with a little more avocado oil and season with a sprinkle of salt, garlic powder, and paprika. Return to the oven for about more 10 minutes depending on how thick your salmon is
4. Garnish with fresh parsley and enjoy.

Note: depending on the size of you potatoes, you may want to cut them smaller. Make sure the potatoes are fork-tender before adding the salmon to the sheet pan.

# Favorite Quinoa Salad

This quinoa salad recipe is the best! Everyone loves this healthy quinoa salad made with quinoa, chickpeas, red bell pepper, cucumber, parsley and lemon.

## Ingredients:

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- ¾ cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- ¼ cup olive oil
- ¼ cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste



## Instructions:

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook, uncovered, until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

# One-Skillet Chicken Stir Fry

This One-Skillet Chicken Stir Fry is a must make. It is a great weeknight meal that is ready in under 30 minutes, easy to make and even filled with veggies.

## Ingredients:

### Stir Fry:

- 2 tablespoons sesame oil
- 1 small white onion, sliced
- 3 cloves garlic, minced
- 2 sticks celery, diced
- 3/4 cup baby carrots, quartered
- 1 red bell pepper, diced
- 1 lb boneless skinless chicken breasts, cut into cubes
- Sea salt and black pepper to taste
- 2 cups frozen broccoli florets

### Sauce:

- 2 tablespoons arrowroot flour + 2 tablespoons water
- 1/4 cup chicken or veggie broth
- 3 tablespoons coconut aminos
- 1 tablespoon honey
- 1/4 teaspoon sesame oil

To serve: rice, quinoa or enjoy on it's own

## Instructions:

1. Whisk together arrowroot flour and water in medium bowl
2. Add in remaining sauce ingredients and whisk to combine
3. Heat sesame oil in a large skillet over medium heat and add onions and garlic
4. Cook for 3-5 minutes then add carrots and celery
5. Add in chicken and cook for another 4 minutes, turning chicken over so it is cooked halfway
6. Add in the broccoli and cook 2-3 minutes then add the sauce
7. Toss to coat completely
8. Remove from heat and enjoy with desired sides like rice or quinoa.



# 5-Minute Salmon Salad

Made from canned salmon (or other leftover cooked salmon), this salmon salad is fast and full of healthful nutrients, including protein and omega-3 fatty acids. Enjoy it for easy lunches and make-ahead meal preps, too.

## Ingredients:

- 2 (5-6 oz) cans of salmon, drained
- ½ cup mayonnaise\*
- 1 medium stalk celery, finely chopped
- 3 tablespoons finely chopped red onion
- 1 tablespoon fresh dill or 1 teaspoon dried dill
- 1–3 teaspoons fresh lemon juice (optional, added to taste)
- ¼ teaspoon black pepper



## Instructions:

1. In a medium or large bowl, combine the drained salmon, mayonnaise, celery, red onion, dill, lemon juice (if using), and black pepper. Stir until well mixed and add additional mayo to reach your desired consistency.
2. Serve salmon salad as a sandwich, in a lettuce wrap, on a bed of greens, or enjoy with cucumber slices, crackers, or chips.
3. Store leftovers in an airtight container in the fridge for up to 5 days.

\*I recommend Chosen Foods avocado oil, can also substitute plain Greek yogurt for the mayo. Two brands of canned salmon I like are Wild Planet or Safe Catch.

# Paleo Greek Meatballs

These meatballs are so flavorful and are ready in less than 30 minutes! The fresh herbs in this recipe are a favorite of mine - they are PACKED with anti-inflammatory benefits as well.

## Ingredients:

- 1lb ground beef
- 1/4 cup fresh parsley
- 6-7 large mint leaves finely chopped
- 1 garlic clove minced
- 3 scallions finely chopped
- 1/2 Tbsp dried oregano
- Sea salt and black pepper to taste
- 1/4 cup arrowroot starch
- 2 Tbsp coconut oil
- Optional: More parsley to garnish



## Instructions:

1. Pre-heat oven to 350f degrees.
2. Add parsley, mint, garlic, and roughly chopped scallions to a food processor. Mix until all pieces are very small and looks almost like a pesto.
3. Pour mixture into a medium-sized mixing bowl, add ground meat into the mixture and with clean hands, start combining everything. Season with oregano, salt, and pepper.
4. Prep the flour/starch in a separate mixing bowl.
5. Using a Tablespoon or scooper, evenly size out the meatballs and roll into balls in your hands.
6. One by one, roll meatballs into the flour/starch and shake excess off, roll again if necessary to keep the shape. Set aside on a plate.
7. Heat a large cast iron skillet or another skillet of choice, add 2 Tbsp coconut oil on medium-high heat.
8. Add meatballs to the skillet after a couple of minutes, rolling them over once and then placing your skillet in the oven to finish for 6 mins or so

# Easy Egg Roll Skillet

This one-pan meal is a staple in our home. It's like an egg roll without the wrapper! This recipe is packed with sulfur-rich veggies to give your hormones lots of love.

## Ingredients:

- 2 Tbsp avocado oil, divided
- 4 cups cauliflower rice
- Sea salt and pepper to taste
- 1 lb. ground pork (can substitute with any ground meat)
- 1 tsp ground ginger
- 1 tsp garlic powder
- 12 oz. (1 package) coleslaw mix with shredded cabbage and carrots
- 1/2 cup scallions, roughly chopped
- 1/4 tsp fish sauce (this is optional)
- 4-5 Tbsp coconut aminos
- 1 Tbsp toasted sesame oil



## Instructions:

1. Prep the cauliflower rice base: Heat a large sauté pan and add a tablespoon of avocado oil over medium heat. Sauté cauliflower rice for 3-5 minutes until tender and season to taste with sea salt and pepper. Transfer cooked cauliflower rice to serving plates or bowls. This is the foundation of your deconstructed egg roll in a bowl.
2. Cook the protein: Add another tablespoon of avocado oil to the same pan, and add ground meat, ground ginger, and garlic powder, breaking up the meat with seasonings with a wooden spoon as it cooks. Cook until you don't see any more raw meat (approx. 10 mins).
3. Add the Veggies: Add the coleslaw mix (you can do it in batches as it cooks down if you need to), stir, and cover for just a few minutes so the veggies soften and wilt. Then, add in the chopped scallions and season more to taste with any of the seasonings. Drizzle the fish sauce and stir.
4. Finishing touches: Turn the heat off and drizzle coconut aminos and toasted sesame oil over the meat and veggies, mix it well. Serve the meat and veggies over cauliflower rice and optionally garnish with more scallions. Enjoy!

# Rainbow Quinoa Salad with Grilled Chicken

Enjoy this super high protein lunch or dinner! You can substitute the chicken for turkey if you want or make it plant-based with tofu or tempeh. Add in some chili flakes to give some heat to this fresh and delicious dish.

## Ingredients:

- 1 Cup of Cooked Quinoa
- 1 Tbsp Coconut Oil
- 8 Ounces of Chicken Breast
- 1 Carrot, Grated
- 1/2 Cup of Shredded Red Cabbage
- 2/3 Cup Edamame Beans, Frozen (unshelled)
- 1 Tbsp Honey
- 1 Tbsp Coconut Aminos
- 1 Tbsp Sesame Oil
- Handful Alfalfa Sprouts (or similar)
- 1 Tbsp Sesame Seeds



## Instructions:

1. Cook the quinoa according to the instructions on the package. Allow to cool down.
2. Boil edamame in a pot until soft or what the package states.
3. Season the chicken breasts with garlic powder, salt and pepper. Heat the coconut oil just over medium heat and cook the chicken for around 8 minutes turning regularly. Once cooked, cut into strips.
4. Mix the quinoa with the carrot, cabbage and edamame.
5. Mix together all the dressing 10 mins ingredients (honey, coconut aminos, sesame oil) and pour over the quinoa salad.
6. Put the chicken on the salad and sprinkle sesame seeds and clumps of alfalfa to serve!

# Turkey Meatballs with Feta and Spinach

These Turkey Meatballs with Feta and Spinach are my absolute favorite! They're such a delicious and healthy meatball recipe. Especially to add your your Greek-inspired dinner bowls!

## Ingredients:

- 1 lb ground turkey
- 1/2 cup baby spinach, chopped
- 1/2 cup almond flour
- 1/2 onion, minced or finely chopped
- 2 garlic cloves, minced
- 1/2 cup feta cheese crumbles
- 1 egg
- 1/4 cup fresh parsley, chopped
- For serving, olives, cucumbers, rice, pita, hummus, your favorite Greek-inspired foods



## Instructions:

1. Preheat oven to 375 degrees F and grease a baking sheet lightly with oil.
2. Add all the meatball ingredients to large bowl and mix together.
3. Form into meatballs – I do about 2-3 tablespoons per ball
4. Grease a large skillet well and warm on medium high heat
5. Add each meatball without overcrowding on skillet then brown for about 2 minutes on each side
6. Remove from skillet and add to wire rack on baking sheet
7. Bake in oven for about 12-15 minutes or until temperature reaches 165.
8. Serve with desired sides while warm!

# Thai Beef Lettuce Wraps

These Thai Beef Lettuce Wraps are a must-make dish. They are loaded with a delicious beef cooked in a healthy asian-inspired sauce, served in lettuce cups for an easy and light meal idea.

## Ingredients:

### Sauce:

- 1/4 cup maple syrup
- 1/4 cup coconut aminos
- 2 teaspoons rice vinegar
- 1 tablespoon sesame oil
- 2 tablespoons arrowroot or tapioca flour

### Ground beef:

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1/2 cup carrots chopped

### To serve:

- Sesame seeds to garnish
- Lettuce cups for serving (I used romaine)



## Instructions:

1. In a small bowl, whisk together sauce ingredients and set aside
2. Warm a large skillet with medium-high heat and add beef to skillet
3. Using a wooden spoon, break up meat into pieces to cook over medium heat
4. Then add in garlic and spices and cook until beef is fully cooked and browned (about 6-8 minutes)
5. Pour sauce on top of beef, turn off heat and mix all together
6. Add carrots on top then serve on lettuce wraps and garnish with sesame seeds

# One Pot Pad Thai Noodles

These Pad Thai Noodles are such an easy and delicious meal that comes together in under 30 minutes. A yummy one pot dish that is filled with rice noodles, chicken, scrambled eggs, veggies in a delicious homemade sauce.

## Ingredients:

### Pad Thai Noodles:

- 8 ounces brown rice pad thai noodles
- 2 tablespoons sesame oil, divided
- 2 large eggs, beaten
- 1 lb chicken breast or thighs, diced
- 1/4 cup shallots, diced
- 1 small red bell pepper, diced
- 1/2 cup peanuts, chopped, plus more for garnish
- 1/4 cup green onions, chopped, plus more for garnish
- 1/4 cup fresh cilantro, chopped, plus more for garnish

### Sauce:

- 2 tablespoons coconut aminos
- 1 tablespoon fish sauce
- 2 tablespoons rice vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon sriracha



## Instructions:

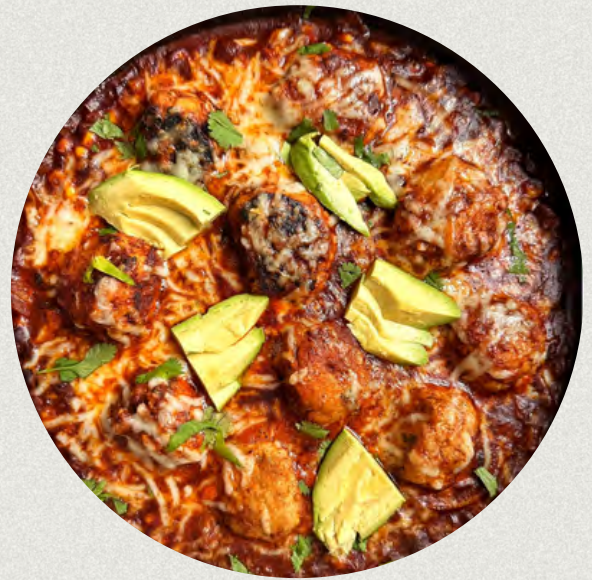
1. Cook the noodles according to package instructions
2. Drain and drizzle with sesame oil to prevent sticking and set aside
3. Next add 1/2 tablespoon sesame oil to large pot and scramble the eggs, remove and set aside
4. Add 1/2 Tbsp sesame oil to the pot, add the chicken and cook well.
5. Add the shallots to the pot and saute until lightly browned
6. Add in the pepper and cook for 5 minutes or until fragrant
7. Next add in the noodles, chicken and eggs back to the pot
8. Mix together Pad Thai sauce ingredients in small bowl and pour into pot and coat noodles
9. Add in the peanuts, green onions and cilantro and serve warm

# One-Pot Enchilada Meatballs

These Enchilada Meatballs are full of everything you know and love about enchiladas. Except they are twist on the classic with this meatball version. Made for an easy one-pot kind of meal.

## Ingredients:

- 1 lb ground meat (beef, turkey or chicken)
- 1/2 cup almond flour
- 1 egg
- 2 cloves garlic, minced
- 2 tablespoons fresh cilantro, chopped
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- Sea salt and black pepper to taste
- 2 tablespoons avocado oil
- 1 small onion, chopped
- 19-ounces enchilada sauce
- 15-ounces black beans, rinsed
- 1 cup cheddar cheese or manchego cheese, shredded
- Topping: avocado, sour cream, cilantro, chips



## Instructions:

1. In a large bowl, combine ground meat, almond flour, egg, garlic, cilantro and spices then form into meatballs (about 2 inches in diameter)
2. In a large oven safe skillet over medium heat, heat 1 tablespoon of oil
3. Add the meatballs to skillet and cook to internal temperature 165 (about 4-5 minutes on each side)
4. Remove meatballs from skillet and transfer to plate
5. Add 1 tablespoon of oil to skillet and cook onion for about 5 minutes or until soft
6. Then stir in enchilada sauce and black beans, and bring to a simmer
7. Add the meatballs back into skillet, tossing them in sauce
8. Top meatballs with cheese then bake until cheese is melted
9. I like to broil for 30 seconds or so to get the cheese bubbly
10. Garnish with avocado and cilantro and enjoy with tortillas, rice, quinoa, anything you'd like!

# One Pan Beef & Broccoli

This classic meal is so flavorful and easy to throw together that you'll forget takeout is even an option. This recipe is ready in less than 30 minutes and is perfect for busy weeknights.

## Ingredients:

- 2 lbs Grass-fed flank or flap steak
- 2 bunches of broccolini
- 2 red bell peppers
- 3 Tbsp Avocado oil
- 1 Tbsp sesame seeds

## For the Sauce:

- 3/4 cup coconut aminos
- 3/4 cup hot water
- 3 tablespoons sesame oil
- 1 tablespoon heaping, minced garlic
- 4 teaspoons arrowroot starch
- 2 teaspoons sea salt



## Instructions:

1. Slice the steak: cut against the grain into very, very thin pieces, slicing at an angle. Cut into 2-inch strips and set aside.
2. Whisk together your sauce ingredients in a medium bowl and set aside.
3. Trim your broccolini, slice the bell peppers and set aside.
4. Heat a large skillet with 2 tablespoons oil on medium to high heat. Once hot, add veggies to cook for 4-5 minutes, stirring frequently. Once tender, remove and set aside.
5. Add 1 tablespoon oil to that same skillet and add your beef. Continue to cook on medium-high heat and stir once it starts to brown. As soon as it's nearly no longer pink, pour in your sauce and cook for 2 minutes. Stir, then add your veggies back in to cook for 5-7 minutes.
6. Add sesame seeds over the top and serve over rice. Enjoy!

# Beef Fried Rice

This beef fried rice is such a filling, satisfying, and veggie-packed weeknight meal. This recipe reheats well and is meal-prep friendly. I love prepping a batch for lunches to eat throughout the week.

## Ingredients:

- 2 tbsp avocado oil
- 1/2 large onion, diced
- 2 large carrots peeled and diced
- 1 bunch broccolini, chopped
- 1 pepper diced, I used Anaheim
- 1 tbsp minced garlic and ginger
- 1-2 tbsp ghee or grass-fed butter
- 1.5 cups rice I like organic basmati
- 2 pasture-raised eggs
- 1 lb grass-fed organic ground meat.
- 1/2 tsp taco seasoning - I like [Siete](#)
- 1 tbsp sesame oil
- 3 tbsp tamari gluten-free soy sauce
- 3/4 cup frozen peas
- 1 tsp ground pepper
- 2 tsp sea salt



## Instructions:

1. In a large skillet or wok, heat oil on medium-hot. Add onion to cook for a minute. Add in all the veggies, ground meat, garlic and ginger, toss, and let cook for 5 minutes.
2. Add in rice and ghee, then stir, breaking up any chunks of leftover rice. Pour in sesame oil and tamari and stir for 2 minutes.
3. Create an empty cavity in the center of the pan, spray with oil, then crack in 2 eggs. Gently start whisking with your spatula and slowly start adding in the mixture to the eggs.
4. Once fully combined, pour in your ground meat (leftover, or cooked fresh), add salt and pepper, stir, add peas, and let cook for 5 more minutes on medium to high heat.
5. Once hot, it's ready to serve. Top with green onion, cracked pepper, salt, if needed, and red chili flakes if using. Enjoy!

# Buckwheat with Mushrooms

Buckwheat with mushrooms is the perfect side dish to replace any carby dish like potatoes, rice, or pasta. Serve this buckwheat dish alongside any chicken or beef entrée.

## Ingredients:

- 1 cup uncooked buckwheat
- 2 cups water
- 3 tbsp unsalted butter
- 1 medium onion chopped
- 16 oz mushrooms sliced
- 1 cup green onions chopped
- salt to taste
- ground pepper to taste



## Instructions:

1. Prepare the ingredients; chop onions and slice mushrooms. Bring water to boil in a pot, add the buckwheat and salt, to taste. Cover and cook on low heat for 20-25 minutes.
2. Preheat a pan, add butter and onions to the pan. Then add mushrooms to the pan and cook until golden brown.
3. Combine mushroom mixture with the cooked buckwheat, let it sit for about 5 min to allow flavors to meld.
4. Finally, add in the chopped green onion and stir to combine. Serve and enjoy!

# Italian Shrimp and Pesto Pasta

This is a perfect summer night dish! If you're wanting to get the grill going, you can char the tomatoes and peppers on there while cooking your shrimp on teh grill. Yum!

## Ingredients:

- 5 oz. (140g) buckwheat fusilli
- 10 cherry tomatoes, halved
- ½ red pepper, cut into strips
- 1 tbsp. olive oil
- 5 oz. (150g) shrimps
- 1 clove garlic, crushed
- Italian herbs
- 1 tbsp. pesto
- ¼ cup (15g) sun-dried tomatoes, drained
- 4 handfuls of arugula



## Instructions:

1. Cook the fusilli according to the instructions on the packaging.
2. Heat a large skillet over medium-high heat. Add olive oil to the pan, then sauté the tomatoes and peppers for about 8-10 minutes until softened and slightly charred.
3. Season the shrimp with salt, pepper, Italian herbs, and crushed garlic. Add the shrimp to the same skillet and sauté for about 4-5 minutes until fully cooked and pink.
4. Mix the cooked pasta with pesto, sun-dried tomatoes, and rocket. Toss in the sautéed tomatoes, peppers, and shrimp. Mix well, season with salt and pepper, and serve warm.

# Citrusy Quinoa Salad

Bright and nutritious salad with a nice texture. You can add grilled chicken you want or make it plant-based with tofu or tempeh! Another delicious addition would be crumbled goat cheese or feta.

## Ingredients:

- 2 Cup of Cooked Quinoa
- 1-2 Cups of Chopped Baby Spinach/Baby Kale
- 1/3 Cup Dried Cranberries
- 1/4 Cup Pine Nuts
- 2 Tbsp Balsamic Vinegar or Red Wine Vinegar
- 1 Tbsp Dijon Mustard
- 1 Orange, the Juice Only



## Instructions:

1. Cook the quinoa according to the instructions on the package. Allow to cool down.
2. Toss the quinoa, spinach, cranberries and pine nuts in a large bowl.
3. Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt and pepper to taste.
4. Add the dressing to the salad and mix well. Season to taste with sea salt and pepper.
5. Add your protein of choice on the salad to make it a meal or enjoy as a side!



*INSTAPOT*  
*RECIPES*

# Elderberry Syrup

Elderberry syrup is an easy, all natural, immunity boosting home remedy that studies have shown can help shorten the effects of the flu. This elderberry syrup recipe uses the Instant Pot so that your syrup is ready in under an hour!

## Ingredients:

- 4 slices ginger root
- 1/2 lemon
- 2 cinnamon sticks
- 6 cloves
- 1 cup dried elderberries
- 4 cups filtered or bottled water
- 1 cup raw honey



## Instructions:

1. Put ginger, lemon, cinnamon, cloves and elderberries in the Instant Pot. Add the water.
2. Put the lid on and set the vent to "SEALING".
3. Cook on MANUAL for 10 minutes.
4. Do a quick pressure release, remove the lid, and set to "SAUTE". Boil the syrup for 10 minutes, until the liquid is reduced by half.
5. Pour through a strainer, mashing on the berries with a spatula until all the liquid is released. Make sure you throw the berries away (in the trash or in the compost) as they are not safe to eat.

# Instant Pot Whole Chicken

Instant Pot Whole Chicken is the fastest way to cook a rotisserie chicken. Cooking Whole Chicken in the Instant Pot is so juicy.

## Ingredients:

- 4 lb whole chicken
- 1 cup low sodium chicken broth
- 4 cloves garlic, peeled and lightly smashed
- 2 tsp fine sea salt
- 1/4 tsp black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1 sprig of rosemary, leaves stripped and minced
- 1 sprig of thyme, leaves stripped and minced
- 8 Tbsp unsalted butter, melted
- 1/2 lemon, (squeeze 1 Tbsp juice and use same lemon to stuff chicken)



## Instructions:

1. Take out the giblets bag from inside the chicken. Pat dry inside and out with paper towels. Place chicken breast-side-up. Starting from the drumstick side, loosen the skin from the breast, using the back of a spoon to help. Set aside.
2. In a small bowl combine: all of the seasonings, the minced rosemary and thyme and 1 Tbsp lemon juice and one stick of melted butter. Stir to combine. Set aside.
3. Place a rack in the inner pot of your instant pot and add 1 cup of chicken broth. Add chicken breast-side-up. Stuff the cavity of the chicken with crushed garlic cloves and half a lemon.
4. Pour half the butter mixture under the skin, (you can use your fingers to massage the chicken and distribute the mixture) then spread the remaining butter mixture evenly over the top of the chicken.
5. Pressure cook for 24 min with 15 min natural pressure release, remove the chicken with trivet, allowing any excess juice to drip into the pot.
6. Transfer to a foil-lined baking sheet, season with more salt and pepper and paprika if desired for a little color then broil at 500°F, or air fry 5 min or until the skin is browned. Rest 10 minutes before slicing.

# Instant Pot Salmon

Cooking salmon in the Instant Pot is quick and easy, whether you're using fresh or frozen fillets. I love this hands-off method for preparing it as an easy weeknight dinner. It's ready in less than 20 minutes!

## Ingredients:

- 1 cup water
- 1 pound wild-caught Alaskan salmon , cut into 4 fillets
- salt & pepper



## Instructions:

1. Pour a cup of water into the Instant Pot and arrange the metal trivet on top. Place the salmon fillets into a single layer on the trivet and sprinkle them generously with salt and pepper.
2. Secure the lid and turn the pressure release valve to sealing. Use the manual setting to cook on high pressure for 3 minutes. (If using frozen fish fillets, cook them on high pressure for 5 minutes instead. No need to thaw.)
3. When the cooking cycle has completed, quickly turn the pressure release valve to venting to release the pressure. Serve the fish warm with your favorite sauce and side dish.

# Ginger Garlic Drumsticks

This instant pot Asian recipe for ginger garlic drumsticks is out of this world! Enjoy tender chicken in a sweet and sour sauce that's ready in no time.

## Ingredients:

- 1 cup water
- 6-8 chicken drumsticks skin on
- 1/4 cup water
- 1/2 cup coconut aminos
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 2 tablespoons rice wine vinegar
- 2 garlic clove minced
- 1 teaspoon fresh ginger minced
- 1/2 onion chopped
- salt & pepper



## Instructions:

1. In a bowl, mix the sauce ingredients: water, coconut aminos, honey, brown sugar, rice wine vinegar, garlic, ginger, and onion until combined
2. Pour sauce in the instant pot
3. Add chicken drumsticks and push them down so they are submerged in the sauce (they don't have to be completely covered in the sauce)
4. Cook on high pressure for 10 minutes (MANUAL 10 MINUTES)
5. Let the drumsticks cool for 5 minutes before releasing the steam (Natural Pressure Release 5 min NPR)
6. Release the steam and hit the saute button so the sauce boils and starts reducing
7. Remove the drumsticks and place them on a cookie sheet lined with parchment paper
8. Broil the chicken drumsticks for 2 minutes on each side (or more if you'd like). Meanwhile, leave the sauce on the instant pot so it keeps reducing
9. Remove from the oven and place the chicken drumsticks on a platter. Pour sauce over and serve.

# Instant Pot Greek Chicken

This Instant Pot greek chicken recipe is so delicious and easy to make!

## Ingredients:

- 4 chicken thighs - bone in, skin on
- 1.5 tsp salt
- 1 tbsp olive oil
- 1/4 cup water
- 6 tsp dried oregano
- 2 tsp onion powder
- 3 tsp garlic powder
- zest of 2 lemons
- 1/3 cup lemon juice
- 2 tbsp olive oil
- 1 tsp black pepper
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon



## Instructions:

1. Salt both sides of the chicken and let it sit for 20 at room temperature, don't skip this, it will really enhance the flavor.
2. Add the chicken thighs to a ziplock bag along with the remaining marinade ingredients, rub it well in to the chicken, remove the excess air from the bag before you close it, and let marinate for at least 4 hours or up to overnight.
3. (I like to turn the ziplock bag over on the shelf in the fridge halfway through the marinate time. This allows the marinade to drain to the other side and more evenly marinate all the chicken pieces.
4. Remove the chicken and keep the ziplock bag with the remaining marinade. Add 1/4 cup water to the remaining marinade and to clean out the bag a little, this will be your liquid to pressure cook the chicken.
5. In a large cast iron skillet, add 1 tbsp olive oil and turn onto a medium heat.
6. When hot add the chicken thighs skin side down and cook for about 8-10 minutes until skin is browned, then turn and brown the other side for about 2 minutes.
7. If you prefer you can use the saute function in your pressure cooker to brown the chicken, but sometimes I find it sticks and it's simpler to brown skin on thighs in my cast iron skillet.
8. Deglaze the pan you cooked the chicken in with the remaining marinade then add the deglazed liquid to your pressure cooker and place the chicken in the liquid on the base of the pressure cooker, skin side up.
9. Lock the lid and turn the pressure valve to 'sealed', then pressure cook for 8 minutes.
10. When the cook time is up allow the pressure to drop fully before opening the lid. This will take approximately 10-15 minutes.

# Instant Pot Chicken Curry

A quick, flavorful dinner in under 30 minutes! This easy curry dish is also always a hit at potlucks and family dinners.

## Ingredients:

- 1.5lb chicken thighs
- 2 Tbsp. olive oil
- ½ cup yellow onion diced
- 1 ¼ tsp. sea salt divided
- 1 Tbsp. fresh ginger grated
- 1 Tbsp. garlic minced
- 2 Tbsp. curry powder
- 14.5 oz tomatoes fire-roasted, diced
- 13.5 oz. coconut milk
- 15.5 oz chickpeas drained
- 8 oz. fresh baby spinach



## Instructions:

1. Using sauté setting – add oil and chicken thighs, cooking for 3 minutes on each side.
2. Next add onions, and ¼ teaspoon of salt and cook for about 3 minutes, until onions are soft and translucent. Then add ginger and continue cooking for another 3 minutes or so. Next, add garlic and cook for one minute more. Now Add curry powder and mix well, allowing to toast for about a minute.
3. Stir in tomatoes (using liquid to deglaze the bottom of pot), followed by chickpeas, coconut milk, and remaining salt. Mix well.
4. Lock lid and cook at high pressure for 7 minutes. Once cook time is complete, quick-release pressure.
5. Finally, add spinach and mix until fully wilted. Serve with rice or quinoa.

# Instant Pot Lamb Stew

## Ingredients:

- 2 tablespoons olive oil
- 1 ½ -1 ¾ pounds lamb stew meat (shoulder, leg or shank) cut onto 1 ½ inch cubes
- 1 onion, diced
- 4-6 garlic cloves, rough chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric,
- 1 teaspoon ground cinnamon
- ½ teaspoon chili flakes (Aleppo Chili flakes are nice) and more for garnish
- 2 tablespoons tomato paste
- ¼ cup apple cider vinegar (or red wine vinegar)
- 1-2 tablespoons honey or brown sugar
- 1 1/4 cups chicken stock or broth
- 1 x 15-ounce can chickpeas, rinsed and drained
- ¼ cup raisins or dried apricots (chopped), or even dried currants



## Instructions:

1. Turn the Instant Pot on and set it to the Sauté function. Heat the butter or oil and saute the onions for 3-4 minutes until fragrant. Add the lamb, garlic, salt and all the spices and saute for 5 more minutes until fragrant. Add the vinegar, tomato paste, honey, stock, chickpeas and raisins and stir until combined.
2. Cover and set the Instant Pot (or pressure cooker) to pressure cook setting for 50 minutes on normal/high. Naturally release.
3. Let the pressure release and give a stir. The lamb will be tender and break apart easily. If you prefer it less juicy, return to sauté function and cook off some of the liquid. (Note that it will thicken a bit as it sits).
4. Adjust seasonings to taste. If too sweet, add a few drops more vinegar.
5. Serve over quinoa, rice or couscous with some fresh cilantro or parsley. The leftovers taste even better the next day as the flavors have more time to meld.

# Instapot Beef Plov

This Instant Pot Rice recipe is a healthier, juicier and flavor packed rice pilaf called plov. It all comes together in 1 pot (the instant pot!) and you won't believe how quick and easy this is.

## Ingredients:

- 2 1/2 cups short grain brown rice, rinsed and drained
- 1 lb beef chuck or beef stew meat, cut into 3/4" pieces
- 4 Tbsp olive oil
- 4 Tbsp unsalted butter
- 1 large onion, diced
- 3 large carrots, thickly julienned
- 3 cups very warm water
- 1 Tbsp salt, we used fine sea salt
- 1/2 tsp each of black pepper, cumin, paprika, and coriander
- 1 whole head garlic, unpeeled, cut in half crosswise.



## Instructions:

1. Rinse and drain rice and set aside. Set Instant pot to sauté on high heat (push sauté twice to switch to high heat) and add 4 Tbsp olive oil. Once oil is hot (but not smoking), add beef in a single layer and sauté until lightly browned (5 min), stirring occasionally.
2. Add the butter and chopped onion and stir until softened. Add the carrots along with all seasoning and sauté 5 minutes until softened, stirring.
3. Spread rice evenly over the top (do not stir). Push garlic halves cut-side-down, halfway into the rice. Pour very warm water directly over the garlic cloves so you don't disturb the rice. Use the back of a wooden spoon to poke 5-7 holes through the rice to the bottom of the pot.
4. Cover and cook on high pressure 30 min. Let instant pot rest and naturally depressurize 10 min before switching to the venting position to release steam. Make sure the steam is fully released and the pressure valve has floated down before opening the pot.
5. Remove garlic and set aside. Stir rice well to combine ingredients. We squeeze the garlic cloves back into the pot because they are melt-in-your mouth delicious.



*SWEET  
TREATS*

# Paleo Blondies

These blondies are so delicious and easy to throw together. I love alternating the nut butter base I use in this recipe for different flavor combinations!

## Ingredients:

- 1 cup creamy nut butter (peanut butter, almond butter, even tahini work!)
- 2 eggs
- 2/3 cup coconut sugar
- 1 teaspoon vanilla extract
- 3 tablespoons coconut flour or 1/3 cup almond flour
- 2 teaspoons baking powder
- 1/2 cup dark chocolate chips, semi-sweet or milk chocolate can all work
- Sprinkle of sea salt if desired



## Instructions:

1. Preheat oven to 350 degrees and line/grease an 8x8 baking dish
2. In a large bowl, mix together nut butter, eggs, coconut sugar and vanilla extract until smooth
3. Mix in coconut flour and baking powder until smooth
4. Fold in dark chocolate chips then add to dish, sprinkle sea salt if using
5. Bake in oven for 18-20 minutes or until golden edges
6. Allow the blondies to cool for a few then slice and enjoy!

# Chocolate Chip Tahini Cookies

These cookies are paleo-friendly, gluten-free, grain-free, and nut-free , which means that people with various food aversions, allergies, and what not, will likely have their lives changed too. And that texture? They are lightly crispy on the outside, perfectly soft and chewy on the inside, and they melt in your mouth.

## Ingredients:

- 1 cup almond flour
- 1 cup tahini I recommend Soom Foods tahini, but any liquid-y tahini will work!
- 1/2 cup maple syrup
- 1 egg
- 1 tsp baking soda
- 1 heaping cup of chocolate chips
- 1 scoop collagen peptides optional
- sea salt flakes for topping



## Instructions:

1. Line a baking sheet with parchment paper and set aside.
2. In a medium size bowl, mix together the almond flour, tahini, maple syrup, collagen peptides (if using), and chocolate chips!
3. The dough should be thick. If it's not, add a little bit more almond flour.
4. Mix to ensure everything is coated well, and place the bowl in the refrigerator for 30 minutes. DO NOT SKIP THIS STEP!
5. While the dough is chilling, preheat oven to 350 F.
6. Remove bowl from the refrigerator, and add the egg and baking soda, and mix together until fully incorporated.
7. Using a cookie scoop or spoon, scoop dough and form 16 cookies.
8. Bake for 10-11 minutes.
9. Remove from the oven and let the cookies settle before eating!
10. The key with these cookies is to slightly undercook them, so that they are nice and crispy on the outside and SUPER CHEWY on the inside.
11. Sprinkle sea salt flakes on top.

# Lemon Raspberry Muffins

These delicious raspberry muffins are moist and fluffy. They're healthier than most, too, since they are made from whole wheat flour and naturally sweetened with honey. Recipe yields 1 dozen muffins.

## Ingredients:

- 1¾ cups white whole wheat flour or regular whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine-grain sea salt
- 1/3 cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs, at room temperature
- 1 cup plain Greek yogurt\*
- 2 teaspoons vanilla extract
- Zest of 1 medium lemon (about ½ teaspoon)
- 1½ cups frozen raspberries
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top



## Instructions:

1. Preheat the oven to 350 degrees Fahrenheit. Grease all 12 cups on your muffin tin with butter, coconut oil or cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, baking soda and salt. Blend well with a whisk.
3. In a medium mixing bowl, combine the oil and honey or maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, vanilla and lemon zest. Mix well. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Gently fold the raspberries into the batter. The mixture will be thick, but don't worry.
5. Divide the batter evenly between the 12 muffin cups (I used an ice cream scoop with a wire level, which worked perfectly). Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins for 22 to 24 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

# Peach or Apple Crisp

I love a good peach or apple crisp! This recipe varies with the seasons, I recommend using peaches in the summer, and apples in the fall and winter months!

## Ingredients:

For the filling:

- 8 medium peaches, cubed
- The juice of 1 lemon
- 2 Tbsp arrowroot powder
- 2 Tbsp coconut sugar
- 1/2 tsp cinnamon

For the topping:

- 1.5 cups of oats
- 1/2 cup of pecan pieces
- 1/2 cup of walnut pieces
- 1/2 cup of melted butter or coconut oil
- 1/4 cup coconut sugar
- 1/2 tsp cinnamon
- 1/4 tsp salt



## Instructions:

1. Preheat your oven to 375.
2. Start by cubing your peaches or apples and placing them in a large bowl.
3. Coat the fruit with lemon juice, then toss with the arrowroot, coconut sugar, and cinnamon.
4. Transfer this mixture to a greased baking dish (8x8 or 9x9 works well).
5. Prepare the topping by combining all of the remaining ingredients in your large bowl, mixing well to combine.
6. Pour the topping mixture over the peach mixture evenly, then bake for 40 minutes.

# Apple Cinnamon Amaranth Porridge

This recipe varies with the seasons, I recommend using peaches in the summer, and apples in the fall and winter months!

## Ingredients:

- 2 cups water
- 1 cup amaranth
- 1 large apple, skin on, cored and diced
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt



## Instructions:

1. In a medium saucepan, add all ingredients and bring to a boil. Stir frequently.
2. Reduce heat to low and simmer (covered) for 20–25 minutes until amaranth is soft.

\*This can be made the night before and reheated in the morning. Store any leftovers in airtight glass container in refrigerator for up to 5 days. Serve with coconut or almond milk added to desired thickness. Add a small amount of stevia if more sweetness is desired. Optionally, serve topped with walnuts.

# Lemon Cheesecake Bars

These cheesecake bars are so flavorful and a fun twist on typical cheesecake. The crust is an almond flour shortcake with a creamy coconut filling.

## Ingredients:

For the crust you'll need:

- 1.5 cups almond flour
- 3 Tbsp coconut oil, melted
- 2 Tbsp maple syrup
- 1 Tbsp lemon zest

For the filling:

- 1 cup cashews
- 1 cup coconut cream
- 1/4 cup maple syrup
- 2 Tbsp arrowroot powder
- 1/2 cup lemon juice
- 4 Tbsp lemon zest



## Instructions:

1. Start by placing the cashews in a bowl and covering them with boiling water. Soak for 30 minutes. Preheat the oven to 350 and line a 8 x 8" dish with parchment paper. 2.
2. For the crust: mix together the almond flour, coconut oil, maple syrup, and lemon zest until dough forms. Press the dough into the bottom of the prepared pan. It will be about 1/4 inch thick. Bake the crust for 15 minutes and allow it to cool while you make the filling.
3. Drain the cashews and add to a blender with the remaining filling ingredients. Blend on high until smooth.
4. Pour the filling over the crust, then increase the oven temp to 375 and bake for 25 minutes. The edges will appear baked and the middle will jiggle. Allow the cheesecake to cool for 30 minutes, then store in the fridge overnight.
5. Slice, serve and enjoy!!

Note: you can blend berries into the filling for different flavors. For example: add 1 cup of blackberries to the filling to make a blackberry cheesecake.

# Pear Crisp

These pear crisps are pretty much mini cobblers that I know you'll be just as obsessed with the moment you make them

## Ingredients:

- 2 ripe pears Anjou or Bosc preferred, halved and seeded
- Coconut oil cooking spray
- 1/4 cup raw walnuts
- 1/4 cup raw pecans
- 1/4 cup almond flour
- 2 tablespoons ground flaxseed
- 2 tablespoons unsweetened coconut flakes
- 1/4 teaspoon ground cinnamon plus more for sprinkling
- 2 tablespoons coconut oil melted and cooled
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract



## Instructions:

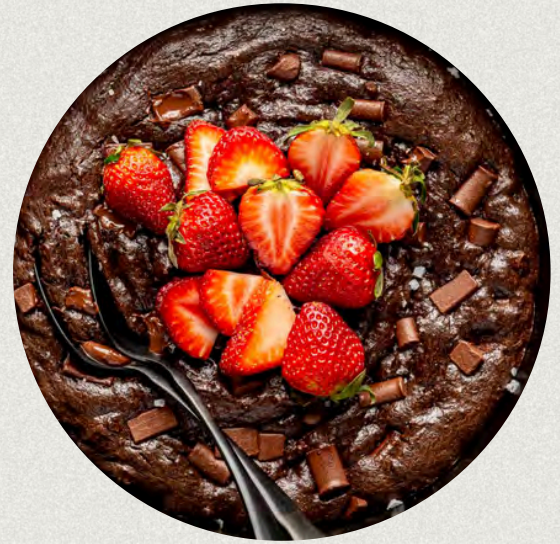
1. Preheat oven to 350°F. Grease an 8 x 8" baking dish with cooking spray and set aside.
2. In a food processor, pulse together the walnuts, pecans, almond flour, ground flaxseed, coconut, and cinnamon a few times to create a mixture with a rough, crumbly texture.
3. In a medium sized bowl, stir together the coconut oil, honey, and vanilla. Transfer the nut mixture to the bowl, and mix well with a silicone spatula to combine.
4. Lay the pear halves cut-side up in the prepared baking dish. Feel free to leave the stem on one of the pear halves if you wish (this provides more of a rustic appearance). Also, pro tip: I like to cut a small slit at the bottom of the pear halves to allow them to easily lay flat in the baking dish.
5. Divide the nut topping between the pears, sprinkle with additional cinnamon, and spray once more with coconut oil.
6. Bake for 20 minutes, until the pears are tender, and the topping is golden brown and fragrant. Let cool for five minutes before serving.

# Chocolate Cookie Skillet

This Chocolate Tahini Cookie Skillet is irresistibly nutritious and delicious. Easy to make and kind of life changing. A must-bake!

## Ingredients:

- 2 eggs
- 1/2 cup + 1 tablespoon tahini
- 1 teaspoon vanilla extract
- 3 tablespoons maple syrup
- 1/4 cup coconut oil melted and cooled to room temp
- 1/2 cup raw cacao powder
- 3 tablespoons almond flour
- 1/4 teaspoon baking soda
- 1/3-1/2 cup dairy-free dark chocolate chips
- Few pinches flakey sea salt
- Optional: berries for topping



## Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, whisk together egg, tahini, vanilla, maple syrup, and coconut oil until well combined.
3. Tablespoon by tablespoon, fold in cacao powder (might get a little messy!), almond flour, sea salt and baking soda. Fold chocolate chips into the dough.
4. Spray a cast iron (or baking dish, loaf tin, etc.) with oil, then pour in the dough. Spread evenly and top with additional chocolate chips and sea salt.
5. Bake for 13-15 minutes. Let cool for at least 5 minutes, then top with fresh, organic berries and enjoy!

# Chocolate Chip Protein Bites

No bake recipes are a favorite of mine. This recipe is made with minimal, whole food ingredients that I love – even down to the protein powder

## Ingredients:

- 1/2 cup vanilla protein powder
- 1/2 cup nut butter
- 1/2 cup almond flour
- 1/4 cup honey
- 1/2 cup of mini dark chocolate chips or chocolate chunks



## Instructions:

1. Combine the protein powder, nut butter, almond flour and honey in a large bowl. Mix until well combined. Fold in the chocolate chunks, then roll into balls!
2. Store in the fridge and enjoy!

Note: I used Drink Wholesome vanilla protein powder and chopped chocolate chips from Hu Kitchen here.

# Chocolate Cereal Bars

These cereal bars are so tasty and easy to throw together. I'm a sucker for a no-bake recipe that doesn't involve turning on the oven.

## Ingredients:

- 1 cup of creamy peanut butter (or any nut butter)
- 1/3 cup of maple syrup
- 3 cups cereal, I used Lovebird here
- One 3.5oz bar of dark chocolate, broken into pieces (1/2 cup of dark chocolate chips would work too)
- Optional: flaky sea salt for sprinkling



## Instructions:

1. Start by combining peanut butter + maple syrup in a pot over medium heat.
2. Stir well until the edges of the mixture begins to bubble.
3. Mix in the cereal, then transfer to a parchment lined baking dish (8x8 or 9x7).
4. Flatten the mixture into the baking dish evenly.
5. Break your chocolate bar into pieces and melt – you can do this in the microwave or on the stovetop.
6. Pour the melted chocolate over the cereal mixture, sprinkle with flaky sea salt, then refrigerate for at least 2 hours before serving.

Note: I used Lovebird Cereal here to make this recipe grain-free, but most cereal options would work well here!

# Energy Balls

These date and nut energy balls are the BEST healthy snack! Sticky, sweet, and studded with chocolate chips, they taste like little balls of cookie dough.

## Ingredients:

- 1½ cups oat flour
- 1 cup walnuts
- ½ cup creamy natural almond butter\*, well-stirred
- 10 soft Medjool dates\*\*
- 1 teaspoon vanilla extract
- 2 tablespoons water, plus more as needed
- ½ teaspoon sea salt
- ½ cup mini chocolate chips



## Instructions:

1. In a food processor, place the oat flour, walnuts, almond butter, dates, vanilla, water, and salt. Pulse until the mixture sticks together when pinched. If it's too crumbly, pulse in more water, 1 teaspoon at a time.
2. Transfer the mixture to a bowl and stir in the chocolate chips. Use a 2-tablespoon cookie scoop to scoop and roll into balls.
3. Store extra energy balls in the fridge. They also freeze well. To thaw, leave them at room temperature until soft.

## Notes:

\*\*Look for creamy almond butter with a smooth consistency to make this recipe, not the dry, stiff stuff that you might find at the bottom of a jar.

\*If your dates are hard, soak them in hot water for 10 minutes.

# Chocolate & Sea Salt Almond Clusters

These are a lifesaver to have one you're craving a quick chocolatey treat. Store them in the fridge to keep them lasting longer or make a big batch and keep in the freezer and thaw when needed!

## Ingredients:

- ½ cup (100g) 75% Dark Chocolate
- 90 Almonds (around 3 oz./90g)
- Sea salt



## Instructions:

1. Melt the chocolate in a bowl bath or in the microwave.
2. Place the almonds in the melted chocolate and mix well until all the almonds are covered.
3. Using a fork take out 3 almonds at a time and transfer onto a sheet of parchment paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.
4. Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 minutes.

## Notes:

Experiment with other nuts as well or with sprinkling shredded coconut with the sea salt. Make it your own!

*DRINKS*  
&  
*LIBATIONS*

# My Go-To Matcha

Matcha is one of my favorite beverages for a handful of reasons. It's packed with anti-inflammatory properties that also provide sustained energy throughout the day without any jitters.

## Ingredients:

- 1 packet of [Pique tea](#) matcha
- ½ cup milk of choice
- 1 cup warm water
- Optional: 1 teaspoon honey
- Optional: 1-3 scoops of collagen



## Instructions:

1. Start by warming your water on the stovetop or with a kettle.
2. Once the water is just off of a boil, add all ingredients to a large mug, and whisk together using a handheld [frother](#).
3. Blend until smooth, and enjoy!

Note: I like to add collagen to my matcha as a nice protein bump, I also feel like the collagen helps to make the matcha nice and frothy.

I recommend using [Pique](#) tea for your matcha due to its' high quality. The powdered tea is also quadruple-screened to make sure it is free from heavy metals, pesticides, and toxic mold.

If you do not have a handheld frother, you can also make this in your blender!

# Ginger Brew

This is great for nausea, inflammation, arthritis, osteoarthritis, menstrual pain.  
This can be served hot or cold.

## Ingredients:

- 1 4 inch piece of ginger root
- 3/4 cup water
- Lemon juice or honey, if desired

You will also need:

- Blender
- Mason Jar with lid
- Fine Mesh strainer



## Instructions:

1. Cut the ginger into several pieces and put into your blender or Vitamix
2. Add water and blend at high speed for 1 solid minute. This will create a wet mash.
3. Put your mesh strainer over your mason jar and strain the whole thing.
4. Press the liquid out of the remaining mash in the strainer with the back of the spoon to extract the juice.
5. Store the resulting juice in the fridge for up to a week. Don't be alarmed if a white sediment forms on the bottom of the jar- that's totally normal.

To make your tea:

1. In a mug place:
  2. 1 tablespoon of the mixture
  3. a good squeeze of fresh lemon juice
  4. 1-2 tsp of honey
5. Fill with boiling water, stir, and enjoy 1-2 cups per day

# Golden Milk Latte

This is great for nausea, inflammation, arthritis, osteoarthritis, menstrual pain.  
This can be served hot or cold.

## Ingredients:

- 2 cups full-fat coconut milk
- 2 teaspoons of turmeric powder
- 1 teaspoon fresh grate ginger or ginger powder
- 1 to 2 teaspoons MCT or coconut oil
- 1 to 2 teaspoons grass-fed ghee (optional)
- 1 teaspoon ground cinnamon
- 1 to 2 tablespoons grass-fed collagen hydrolysate
- 1 to 2 teaspoons raw honey
- Pinch of freshly ground black pepper



## Instructions:

1. Blend everything together in a high speed blender until it is smooth.
2. Place the mixture in a small saucepan set over medium heat, and simmer for 3 to 5 minutes.
3. Drink the latte immediately or put it into the fridge for later.

# Mineral Mocktails

The best way to get minerals is food - I like to use mineral mocktails to make it an easier and tastier process. Below you'll find mineral mocktail recipes each containing sodium, potassium, magnesium, and some added vitamin C

## **OJ mocktail:**

- 4 ounces of water
- 2 ounces pulp free orange juice
- 1 tsp cream of tartar
- 1/8 tsp celtic or redmond's real salt

## **Coconut mocktail**

- 8 oz (1 cup) of coconut water
- 1/8 tsp celtic or redmond's real salt
- Optional: ~1/2 a fresh squeezed lime or lemon

## **Orange + ginger mocktail:**

- 4 oz water
- 4 oz pulp free orange juice
- 2 tsp ginger juice
- 1 tsp cream of tartar
- 1/8 tsp celtic or redmond's real salt

## **Coconut + Citrus:**

- 8 ounces water
- 8 ounces coconut water
- 1 tsp cream of tartar
- 1 fresh squeezed lime or 1 tbsp lime juice
- 1/8 tsp celtic or redmond's real salt

## **Aloe + Grapefruit:**

- 8 ounces Aloe juice
- 4 ounces grapefruit juice
- 1/8 tsp celtic or redmond's real salt

## **Aloe + OJ:**

- 8 ounces Aloe juice
- 2 ounces pulp free orange juice
- 1/8 tsp celtic or redmond's real salt