



***When you put good things into your body,  
you will get good things out!***

### **Easy Green Smoothies:**

#### **Quick Tips:**

- Pre-make sandwich or quart size baggies with ingredients for one smoothie. Store in Freezer. Blend with water and you're out the door!
- Feel free to add a couple of tablespoons of organic hemp seeds or chia seeds for a boost of healthy omegas and protein
- Add a clean vanilla protein powder to turn these smoothies into a meal! [This one is GREAT!](#)

#### **Strawberry-Banana Morning Blast**

**1 cup of water, 1 cup strawberries (or 1 cup of frozen mixed berries), 1/3 banana, & 1-2 cups spinach**

#### **Mango-Banana Energy Booster**

**1 cup of water, 1 cup of mango, 1/3 frozen banana, & 1-2 cups of spinach**

#### **Bahamas Mama**

**1 cup of water, 1 cup of tropical fruit blend (freezer isle) & 1-2 cups of spinach**

#### **Blueberry Immune Builder**

**1 cup of water, ½ cup of blueberries, 1/3 banana, & 1-2 cups of kale**

#### **Berry Superfood Blast**

**1 cup of water, ½ cup strawberries ¼ cup blueberries, ¼ cup Goji berries, 1 tsp. Maca Powder, 1 tsp. Chia Seeds, 1 cup of Spinach**

#### **Tropical Delight**

**1 cup of water, 1/2 cup of pineapple, 1 med orange, ½ papaya, 1/3 banana, 1 cup spinach**



Remember that you are not on a “diet”. You are living a healthy lifestyle. Eating only three meals per day does not work for most people. Personally, I eat about 5-6 times per day. If you are prepared with health snacks on hand, you can avoid derailing your efforts to maintain a healthy diet.

## Healthy Snacks

- ✓ Hummus or black bean dip with cut vegetables
- ✓ Pickled Veggies
- ✓ Steamed Veggies with home-made dressing
- ✓ Healthy Homemade dips with a veggie base like pureed avocado, Greek yogurt or pureed legumes (check Pinterest for easy, healthy recipes)
- ✓ Small handful of raw or roasted nuts with a hand fruit (pear, apple, tangerines etc,)
- ✓ Handful of raw or roasted seeds w/ berries or grapes
- ✓ Oven Roasted Chick Peas (can find online and in health food stores)
- ✓ Oven Roasted Kale Chips (can find online and in health food stores)
- ✓ Seaweed Chips
- ✓ Air Popped popcorn (air poppers are cheap!)
- ✓ 2 slices turkey breast – make a roll up with cucumber, peppers or avocado!
- ✓ Prosciutto wrapped melon
- ✓ Small handful of mixed fresh olives
- ✓ One or two hardboiled eggs
- ✓ Veggie Frittata Muffins (Make them ahead of time)
- ✓ Raw sauerkraut
- ✓ Sliced apple with 1-2 TB nut butter (almond, cashew, macadamia or even sunflower seed)
- ✓ A small green salad with lots of crunchy veggies and seeds (hemp, sunflower, chia, pumpkin)
- ✓ Quinoa Salad
- ✓ Bean Salad
- ✓ Half an avocado (with a little pink salt)
- ✓ Organic Greek yogurt w/fresh fruit & nuts
- ✓ Organic Cottage Cheese w/ cucumbers, tomatoes & fresh pepper
- ✓ Roasted Root Veggies or winter squash (I like sweet potatoes & kabocha squash)
- ✓ Fruit smoothies with a handful of leafy greens like spinach or collard greens
- ✓ Green juices
- ✓ Cup of homemade healthy soup (get a crock pot if you don't have one!)
- ✓ Chia Seed Pudding
- ✓ Mashed Sweet Potatoes (premake a big batch and portion out)
- ✓ Homemade energy bites or bars (hello Pinterest!)
- ✓ Clean, protein and fiber rich muffins – yes you have to make them yourself.
- ✓ Any small portion of leftovers from your healthy meals



**Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full longer**

## Breakfast

**Egg-Muffins** (Serves 8) Keep in the refrigerator. These make a great back-up breakfast during the week if you're in a rush as well as a great snack alternative 😊

Ingredients

- 12 eggs
- ½ onion, diced
- 1 fresh red pepper, seeded & diced
- 2 zucchini squash, diced
- 6 slices of bacon/turkey bacon (nitrate-free)
- 4 cups of fresh spinach
- Fresh ground pepper to taste



Directions: Pre-heat oven to 350°F, and lightly grease 2 muffin tins with coconut oil.

In a med sauté pan, heat coconut oil over and sauté onions for 3-4 minutes, until softened. Add pepper and sauté for another 2-3 minutes until the pepper has softened. Drain any excess oil and set aside.

In a food processor, put in the zucchini and bacon, and process until finely chopped. Whisk the 12 eggs and season with pepper. Mix your zucchini & bacon mixture in with your eggs.

Then, add the 4 cups of spinach to your processor to finely chop, and add these to your eggs in the bowl. Add the onion and pepper mixture to your eggs. Mix the egg mixture thoroughly and fill muffin tins with ¼ cup of your mixture. Bake for 20-25 minutes or until the egg muffins have set in the middle 😊

## **Morning Muesli** (Serves 1)

I suggest multiplying the recipe by 6 and keeping in an air tight container. Scoop out 2/3 cup as your serving and top with fresh fruit.

Ingredients:

- ½ C rolled oats
- 1-2 TB raw nuts such as walnuts, almonds, or cashews, broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB freshly ground flax seeds
- 1 TB Chia Seeds
- 1 TB Hemp Seeds
- 1TB Pumpkin Seeds (preferably raw)
- 1 TB Sunflower Seeds (preferably raw)
- Chopped dates or raisins (optional)
- ½ an apple, pear or banana, chopped or ½ C organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- 4 oz coconut or almond milk

Directions: Combine ingredients in a bowl. Top with coconut or almond milk and enjoy.

## **Blueberry Hemp Overnight Oats** (Serves 2)

### Ingredients

- 1 cup blueberries (fresh or frozen)
- 1 cup oats (gluten-free)
- 1 cup almond milk
- 1 tablespoon chia seeds
- 2 tablespoons hemp seeds
- ½ teaspoon cinnamon
- 1 banana, sliced
- ¼ cup chopped walnuts



Directions: Blend blueberries in the food processor until smooth. Mix blueberries, oats, almond milk, chia seeds, hemp seeds in a bowl with a lid. Let set in fridge overnight. Split into two bowls and top with cinnamon, banana, and walnuts. Serve & enjoy!

Tip: Your gut microbes love to eat the fiber in the blueberries, oats, seeds, and nuts. Meanwhile, your brain loves the omega-3 fats in the seeds and nuts.

## **Chia Pudding** (Serves 1)

### Ingredients:

- ¼ C chia seeds
- 8 oz coconut milk (or your favorite non-dairy milk)
- 1 TB maple syrup
- Pumpkin Pie Spice (optional)
- ½ C chopped strawberries or bananas (optional)
- Chopped Nuts (optional)

Directions: Place ingredients (minus fruit & nuts) in a mason jar and shake well to combine. Store in the fridge overnight, then top with fruit & nuts in the morning and enjoy.

## Later in the Day

### (Veggie): Mason Jar Salad (Serves 2)

- 3 tablespoons almond butter
- 1 tablespoon apple cider vinegar or lemon juice
- 1 tablespoon maple syrup
- 2 teaspoons sesame oil
- ½ granny smith apple (diced)
- 4 radishes (sliced)
- 2 celery stalks (diced)
- 4 tablespoons of your favorite nuts or seeds (walnuts, slivered almonds, pumpkin seeds, etc.)
- 4-6 cups of your favorite greens (spinach, kale, mixed greens, etc.)

Directions: Add first four ingredients to a small bowl & whisk until smooth.

Add apple to dressing (so it's covered and won't brown) and divide between two mason jars.

Layer the radishes, celery, nuts/seeds, and greens on top and seal.

When ready to eat shake up the jar, open and enjoy or pour it into a large bowl to mix more thoroughly.

Tip: Wide-mouth jars work best for this ah-mazing way to bring veggies with you wherever you go!

### Waldorf Salad....fresh & healthy! (Makes 1 Serving)

#### Ingredients:

- diced red apple
  - 1/4 cup chopped walnuts
  - 1/2 cup celery (diced)
  - 1/4 cup grapes, halved
  - 1 Tbs. fresh squeezed lemon juice
  - 4 oz. Cooked Chicken Breast or Turkey
  - 1 - 2 cups spinach (chopped)
- Optional: 1 – 1 ½ Tbs. Paleo Mayo



Directions: Mixed the first 6 ingredients together and serve over the top of the fresh spinach.

## **Lentil Salad** (Serves 4) This also makes a great quick snack!

### **Ingredients:**

- Cooked & Chilled lentils (find at Trader Joes or cook lentils from scratch)
- 1 large shallot (or ½ red onion), finely chopped
- 3 TB lemon juice
- 2 TB olive oil
- 1 tsp mustard powder
- 1 small cucumber, cut in quarters lengthwise and then diced
- 1 red bell pepper, seeded and cored, then diced
- ¼ C chopped fresh mint
- 1 TB fresh oregano, chopped
- Sea salt and freshly ground pepper

**Directions:** 1. (If cooking lentils from scratch - Combine broth/water, lentils and bay leaves in a large pot. Bring to a boil and simmer for about 30 minutes or until lentils are tender but not falling apart. You may need to add more water or broth as the lentils cook so they don't burn.)  
2. Drain lentils and allow to cool slightly.  
3. In a large bowl, whisk together lemon juice, olive oil and mustard powder. Then add cucumber, red bell pepper, mint, oregano and lentils. Season with salt and pepper and toss gently.  
4. For extra zing, add a TB or 2 of apple cider vinegar and toss again.

## **Crock Pot Chicken Soup**

### **Ingredients:**

- 1 medium onion, chopped
- 3 celery stalks, diced
- 3 carrots, diced
- 1 teaspoon apple cider vinegar
- 1 tablespoon herbes de Provence, or several sprigs fresh herbs
- 2 organic chicken breasts, bone-in, skin-on
- 2 organic chicken thighs, bone-in, skin-on
- 1 teaspoon sea salt
- ½ teaspoon fresh ground pepper
- 3-4 cups filtered water



**Directions:** 1. Layer all ingredients in slow cooker in order listed, making sure chicken is bone side down on top of vegetables. Add enough water to cover vegetables and come halfway up chicken, between 3 and 4 cups. 2. Cook on low for 6-8 hours. 3. Remove chicken and let cool slightly. Remove skin and bones. Shred chicken meat and add back to soup in crock pot. Adjust seasonings, reheat, and serve.

## **Vegetable Curry in a Hurry**

### Ingredients

- 2 tsp coconut or avocado oil
- ½ cup acorn or butternut squash, peeled and diced (you can find frozen)
- 1 cup broccoli (frozen is ok)
- 1 cup cauliflower (frozen is ok)
- ¼ cup onion, sliced
- 8 cloves garlic, minced
- 2 tbsp curry powder
- 1½ cup vegetable broth
- ½ cup coconut milk
- Generous pinch of pepper
- 1 can (15 ounce) chickpeas, rinsed and drained
- 1 can (14 ounce) diced tomatoes
- 2 tbsp fresh cilantro, chopped



Directions: Heat oil in a skillet over medium heat. Add squash and sauté for 3 minutes. Add broccoli, cauliflower, onion, garlic, and curry powder. Cook for another minute, stirring. Add broth, pepper, chickpeas and tomatoes.

Bring to a boil, then cover and let cook for 10 minutes, reducing heat to a simmer. Stir occasionally. To serve, sprinkle with chopped fresh cilantro.

## **Alicia's Turkey Meatballs** (Serves 8)

(3-4 meatballs depending on size – about 5 oz. per serving.) Make sure to keep these frozen for back-up meals!

### Ingredients:

- 1 zucchini, lightly chopped
- ½ med onion, lightly chopped
- 2 cloves of garlic
- ½ red pepper, lightly chopped
- ½ yam, lightly chopped
- ½ cup carrots, chopped
- 2 lbs. of lean ground turkey
- 1 cup of almond meal/flour
- 2 large eggs
- 2 tablespoons olive oil
- ½ tsp. Kosher or Sea Salt & freshly ground pepper to taste



Directions: 1. Preheat oven to 400 degrees. 2. In a food processor, finely chop the zucchini, onion, garlic & pepper. Set aside in a large bowl. 3. Next, add the yam and carrots to the food processor, finely chop, and then add to the zucchini mixture. 4. Combine your veggie mixture with the turkey, almond meal, eggs, salt & pepper. Mix really well, and then form lots of golf-ball size (1") meatballs. 5. Bake meatballs for about 20 minutes or until cooked through & no longer pink in the middle. DELISH!

## **Super-Fast Chili** (Serves 4)

### Ingredients

- 1 lb ground beef or ground turkey, organic and grass fed preferred
- 2 cans black beans rinsed and drained (15 oz each)
- 2 cans tomato sauce (8 oz each)
- 1 jar of medium or hot, chunky salsa
- 1 tbsp chili powder
- 1tsp cumin
- 1tsp garlic powder
- 1tsp dried oregano
- 1tsp onion powder
- ½ cup riced cauliflower (frozen ok)
- Salt & Pepper to taste

Directions: Cook beef or turkey with seasonings on medium-high heat in a big pot until browned. Mash one can of black beans and add, along with all other ingredients, to the pot. Cook on medium until for about 30 minutes. Serve.



## Slow Cooker Pulled Chicken with 5 Ingredient Peanut Sauce

### 5-Ingredient Peanut Sauce

- ½ cup natural peanut butter, at room temperature or melted\*
- 1 garlic clove, finely grated or minced
- 1 tablespoon pure maple syrup
- 4 tablespoons low-sodium, gluten-free tamari or soy sauce
- 4 tablespoons rice vinegar or fresh lime juice
- ½ cup warm water
- Hot sauce to taste



### For the Pulled Chicken + Veggies

- 2 pounds boneless, skinless chicken breasts or thighs
- 2 cups broccoli florets\*\*
- 2 cups sliced red bell pepper\*\*
- Chopped green onion and cilantro for serving (optional)

Directions: 1. In a medium bowl, make the peanut sauce by whisking together the peanut butter, garlic, maple syrup, tamari, rice vinegar or lime juice and warm water until very smooth. Alternatively, add all the ingredients to a blender and blend until smooth. 2. Add the chicken along with ½ cup 5-Ingredient Peanut Sauce to a 6-quart slow cooker. 3. Cover and cook on high for 3-4 hours or low for 4-5 hours, or until the chicken shreds easily with a fork. 4. Remove the chicken, shred with two forks, or chop into pieces. 5. Meanwhile, add the broccoli and bell pepper to the slow cooker. Cover and cook on high for 20-30 minutes, until the veggies are just tender. 6. Add the chicken back the slow cooker along with the remaining 5-Ingredient Peanut Sauce, stirring to combine. Alternatively, serve the chicken and cooked veggies in a bowl along with the juices that have accumulated in the bottom of the slow cooker.

In either preparation, drizzle the remaining 5-Ingredient Peanut Sauce over top or on the side, sprinkle with cilantro and green onion, if using, and serve.

Use it in bowls, pasta, tacos, salads, stir-fries or mason jar salads.

Makes 4-6 servings.

\*Since the consistency of natural peanut butter varies from brand to brand, you may need to add more (up to an additional ½ cup) if you prefer a very thick sauce. Alternatively, you can refrigerate the sauce to help it thicken a bit.

\*\*Note that the veggies go into the slow cooker for a quick steam *after* the chicken has cooked all the way. The ingredients are shown altogether in the photo simply to give you sense of the ingredients.

## THE BASICS

Make these recipes and store in the fridge (use masking tape to label your containers) to bring a simple and nutritious meal together in minutes!

### **Brown Rice** (Makes 3 cups cooked rice)

Ingredients:

- 1 cup brown rice
- 2 cups water

Place rice and water into a medium sized pot and bring to a boil over high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.



### **Quinoa**

Makes 3 cups cooked quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water or broth

Place quinoa and liquid into a medium sized pot and bring to a boil over medium/high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and the liquid has been absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

\*\*You can find an inexpensive rice cooker on amazon. I use mine to cook all grains (and oatmeal). So easy! If using a rice cooker, cut the water down to only 1 or 1.5 cups per recipe.

## Spaghetti Squash

Ingredients:

- 1 Spaghetti Squash cut in half length-wise, and de-seeded
- Extra Virgin Olive Oil
- Sea salt & fresh ground pepper to taste

Directions: Pre-heat your oven to 400 degrees. Cover a baking pan in aluminum foil and set aside.

Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple of minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.



Flip over the squash when it's finished cooking, Use a fork to "shred" & pull out the spaghetti squash. It comes out like spaghetti- pretty AWESOME! Top with sauce or season with salt & pepper and enjoy!

## **Oven Roasted Vegetables**

Makes 3 cups vegetables

### **Ingredients:**

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

### **Directions:**

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once when roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight-fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stove top with a little bit of oil over medium heat.

Note: If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.

## **Easy Breezy Marinated Chicken Breast** (Makes 6-8 servings)

(Always good to have on hand for salads & lettuce wraps)

### **Ingredients:**

- 4 boneless, skinless chicken breasts
- 1/2 cup lemon juice
- 3 cloves garlic, minced
- 2 tsp. olive oil
- 2 tsp. tarragon
- 1 tsp. thyme
- 3/4 tsp. salt
- 2 tsp. black pepper

Directions: In a 1-gallon plastic Ziploc bag, combine lemon juice, garlic, olive oil, tarragon, thyme, salt & pepper.

Add chicken breasts to the bag and make sure they are all coated evenly with marinade. Squeeze the air out of the bag and seal it.

Marinate the chicken in the refrigerator for at least 1-2 hours, turning occasionally.

Preheat the oven to 350° Place the chicken breasts in a glass baking dish. Bake covered in aluminum foil for about 10 minutes, and then cook for about 10 minutes more UNCOVERED or until juices run clear.

## **Crock Pot Whole Chicken**

### **Ingredients:**

- 2 carrots, cut in chunks
- 2 celery stalks
- 1 small onion
- 1 large whole chicken
- 1 lemon, halved
- 3-4 cloves garlic
- 1 tablespoon herbs de Provence
- sea salt and freshly ground pepper to taste

Directions: 1. Cut carrots, celery, and onion into large chunks and line bottom of slow cooker. 2. Rinse chicken, pat dry, and stuff with garlic cloves and lemon halves. Season all over with salt, pepper, and herbes de Provence. 3. Place chicken on top of vegetables in slow cooker. Cover and cook on low for 6-8 hours, or until chicken is 160 degrees.

## **Spicy Chickpeas**

### **Ingredients:**

- 2 (15-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt



Directions: 1. Preheat oven to 400 degrees. 2. Rinse and drain chickpeas. Dry them well by putting a kitchen towel in a large bowl and then rolling them around (you can also put them out to dry overnight or while you're at work). 3. In a different large bowl, whisk together the olive oil, paprika, cayenne and sea salt. Add chickpeas and toss until evenly coated. 4. Spread chickpeas in a single layer on a baking sheet and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas. 5. Remove from oven and place into a serving bowl. Store in an airtight container for 3 days.

## **Turmeric Hummus** (Makes 6 servings)

Ingredients:

- 1 (14-oz) can garbanzo beans, rinsed and drained
- 2 garlic cloves
- 2 TB tahini
- 2 TB olive oil
- 2 tsp turmeric powder
- 1 tsp sea salt
- Pinch cayenne pepper

Directions: 1. Combine all ingredients in a food processor or blender, and pulse until smooth. 2. Check the texture as you go, you may need to add more olive oil (or saved water from the chickpea can) by the tablespoon to get your desired consistency. Taste and adjust seasonings to your liking, then serve.

Tip: Add unflavored protein like an organic collagen powder to boost this spread and use it in a sandwich or wrap. Excellent lunch!

**What can I say, I like hummus! Here's another low carb version to help sneak in some veggies:**



## **Cauliflower Hummus**

Makes 2 Cups

Ingredients

- 1 head cauliflower, cored and cut into 1 1/2" florets
- 2 tbsp olive oil
- 2 tsp ground cumin
- ¼ tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1/2 cup tahini
- 3 cloves garlic, smashed and minced into a paste
- Juice of 1 lemon
- 1/8 tsp paprika

Directions: Preheat oven to 500°F. Toss cauliflower, olive oil, cumin, sea salt, and black pepper together in a large bowl.

Transfer mixture to rimmed baking sheet and spread out evenly. Bake until cauliflower is browned and tender, 25 - 30 minutes, stirring occasionally.

Combine tahini, garlic, lemon juice, and roasted cauliflower in a food processor. Blend until a smooth paste forms (add additional olive oil if desired).

Season with sea salt and sprinkle paprika on top. Serve warm or cold with assorted vegetables.

## **Food Swaps:**

Spaghetti → Spaghetti squash

Chips → Baked sweet potato chips, beet chips or kale chips

Fries → Baked sweet potato fries

Rice → Cauliflower rice

Mashed potatoes → Mashed rutabaga

Pizza Crust → Crust made with cauliflower rice

Baking with flour → Almond flour or coconut flour

Iodized Salt → Pink Himalayan Salt

Milk/dairy → Almond milk or coconut milk

Potatoes at breakfast → Sliced tomatoes or roasted veggies

Sandwich bread → Lettuce wrap

Mayonnaise → Smashed avocado, Mustard or Paleo mayo

Sugar → Coconut sugar, honey, or stevia

Sour cream → Greek yogurt

Toast → Ezekiel bread

Croutons → Sliced almonds (in salad)

Bowl of ice cream → Small Bowl of frozen cherries or grapes

## **STOCKING YOUR PANTRY**

Once you've started eating healthy and delicious foods, you won't want to stop! Here's a quick guide on how to stock your pantry so you'll be able to keep eating foods that you love and that love your body back long after you finish the detox.

### **CANNED GOODS**

- Jars of tomatoes, tomato sauce and tomato paste
- Variety of canned beans
- Dried lentils, black beans and other legumes
- Canned chilies and chipotle in adobo
- Artichokes in water
- Olives
- Sun dried tomatoes
- Canned line caught albacore tuna
- Canned wild salmon
- Wakame seaweed
- Broth

### **FLAVORS & SEASONINGS**

- Apple cider vinegar
- Red wine vinegar
- Ume plum vinegar
- Rice wine vinegar
- Fish sauce
- Hot sauce
- Mustard – Dijon, stone ground, honey, spicy
- Organic ketchup
- Cold pressed extra virgin olive oil (for salads and dressings)
- Sesame, Avocado or Coconut (for high heat cooking)
- Onions
- Garlic
- Raw honey
- Sugar in the raw or similar
- Sea salt
- Pepper
- Broth
- Dried herbs and spices: paprika, chili powder, bay leaves, ginger, turmeric, thyme, oregano,

cumin, coriander, curry, crushed red pepper, sesame seeds, gomasio, dulse, etc.

### **PANTRY**

- Brown rice
- Quinoa
- Quinoa or brown rice pasta
- Sprouted or Ancient Grains
- Oatmeal or Steel Cut Oats
- Organic tortilla chips
- High quality, gluten-free crackers like Mary's Gone Crackers

### **REFRIGERATOR**

- Lemons and limes
- Lettuce
- Carrots/Celery/Zucchini/Seasonal Veggies
- Leafy greens
- Avocado
- Assorted mustards
- Organic ketchup
- Organic mayonnaise (I love Avocado Mayo!)
- Miso paste
- Free range, organic eggs
- Raw walnuts, hazelnuts, almonds
- Sprouted bread or tortillas
- Salsa
- Seeds: sunflower, pumpkin, flax

### **FREEZER**

- Assorted organic berries
- Broccoli
- Butternut squash or sweet potatoes
- Peas
- Organic spinach
- Free range meats
- Wild caught cold-water sustainable fish

