



# *Fat Burning Meal Club*

P R E S E N T S   V O L U M E   # 3

## LEAN MEALS



# WELCOME FROM YURI

## Welcome to Volume 3 of the Fat Burning Meal Club!

OVER THE LAST SEVERAL MONTHS, I'VE BEEN LISTENING TO WHAT  
OUR MEMBERS WANT IN THE DEDICATED FACEBOOK GROUP.

You've had some incredible feedback, thank you so much for sharing your insights on how we can deliver the most helpful, simple, and delicious monthly menu plan.

I'm delighted to tell you that many of the additions you've been asking for can be found in this cookbook. You asked for more vegan dinner ideas. So we've included even more dinner ideas. If a non-vegan dinner is suggested, simply read the intro paragraph for that recipe to find our suggested vegan swaps. I'm hoping this makes it easier than ever to enjoy vegan eating. Paleo eaters haven't been forgotten, either! You'll find plenty of paleo-approved meals that will suit your style.

When it comes to snack time, you should always feel free eating raw nuts, raw veggies, raw berries. These alkalizing plants won't just satiate you and satisfy your sweet tooth, they'll also be delivering the sort of powerhouse nutrition your body needs to thrive.

If you've got other suggestions, please join me in the Facebook group and leave me a comment anytime. I love hearing from you and am so glad you're part of the Fat Burning Meal Club.

To Health & Happiness,

Yuri E.



# HEALTHY BREAKFAST

## Power-Packed Paleo Protein Crepes

TIRED OF STARTING YOUR DAY WITH A GREEN SMOOTHIE? NO WORRIES! OUR FAMILY HAS PERFECTED THESE HEALTHY CREPES. THEY'RE A GREAT WAY TO SWITCH UP YOUR BREAKFAST ROUTINE, AND OUR LONG LIST OF DELICIOUS FILLINGS WILL MEANS YOU CAN ENJOY THESE ALL MONTH LONG AND NEVER RUN OUT OF FRESH, NEW BREAKFAST IDEAS.

### PALEO CREPES

1 whole egg

1 small banana

2 tbsp hemp seeds

3 tbsp unflavored almond milk

Add all to a blender and process until smooth. Heat a non-stick crepe or omelet pan over medium-high heat and pour a small amount of the crepe mixture in, tilting the pan to coat. Cook just until the edges bubble and the center is dry.



### VEGAN CREPES

1 flax egg (1 tbsp flaxseed + 3 tbsp water)

1 banana

1 cup gluten-free flour

1 cup coconut milk

1 tsp coconut oil, melted

2 tsp fresh lemon juice

1 tsp vanilla

Combine all ingredients in a blender. Cook on a nonstick crepe or omelet pan over medium-high heat. Flip over and cook until golden brown.

FILL WITH ONE OF THE FOLLOWING YUMMY COMBINATIONS:



1 Blueberries

+ honey coconut cream



2 Chopped apples

+ walnuts

+ coconut cream



3 Chopped apples

+ chia seeds

+ tahini



4 Chopped pears

+ walnuts

+ chopped bacon



7 Sliced bananas

+ chopped almonds

+ cashew butter



8 Avocado

+ coconut cream

+ salsa



5 Scrambled egg

+ diced red peppers

+ green onion



6 Chopped bacon

+ walnuts

+ drizzle of maple syrup



9 Avocado

+ scrambled egg

+ diced onion and bacon



10 Chopped turkey

+ walnuts

+ cranberries

# SIMPLE LUNCH IDEAS

## Raw Collard "Tacos"

THESE QUICK SNACKS OR LUNCHES ARE SUPER-SIMPLE TO THROW TOGETHER, EASY TO TAKE TO WORK OR THE GYM AND A GREAT WAY TO LOAD UP WITHOUT TAKING A LOAD OFF. JUST RINSE AND DRY A GOOD-SIZED COLLARD LEAF, FILL WITH ANY OF THE FOLLOWING AND FOLD OR WRAP. HERE ARE 10 GREAT COMBOS, ENOUGH FOR TWO NO-REPEAT WORK WEEKS:



# SIDE DISH DELISH

## 25 Ways to Eat More Kale

THOUGH YOU'LL FIND 30 DELICIOUS DINNER IDEAS IN THIS COOKBOOK, SOMETIMES YOU NEED A SIDE DISH. OR A NIGHT OFF FROM COOKING. SO HERE ARE 25 DELICIOUS WAYS TO WHIP UP A HEARTY KALE SALAD. PERFECT FOR LUNCH, POTLUCKS, A DINNERTIME SIDE, OR EVEN DINNER ITSELF (JUST BE SURE YOU TOSS IN A HANDFUL OF NUTS TO KEEP YOUR PROTEIN INTAKE UP!)

With this simple table, you can mix-and-match 25 all new kale salads! Just take 3 cups of chopped kale or baby kale leaves and choose **1. Your choice of toppings** and **2. Your choice of dressings**. You'll have dozens of flavor combinations to keep you happy and ensure you're getting plenty of kale.

**CHOOSE 1 TOPPING COMBO**

**... AND ONE DRESSING**



**1** Cherry tomatoes  
+ diced red onion  
+ Kalamata olives  
+ firm tofu

**2** Chopped apples  
+ diced red onion  
+ chopped walnuts  
+ diced celery

**3** Chopped boiled egg  
+ chopped bacon  
+ cherry tomatoes  
+ green onions

**4** Strawberries  
+ chopped walnuts  
+ diced yellow peppers

**5** Orange and yellow peppers  
+ chopped bacon  
+ sliced cucumber

**6** Brown rice  
+ Cannellini beans (rinsed)  
+ chopped red onion

**7** Blueberries  
+ walnuts  
+ sesame seeds

**1** 1 tbsp Balsamic vinegar  
+ 1/2 tsp mustard  
+ 2 tbsp olive oil

**2** 2 tbsp crushed raspberries  
+ 2 tbsp olive oil  
+ 1 tbsp red wine vinegar  
+ 1 tbsp sesame seeds

**3** 2 tbsp tahini  
+ 1 tsp soy sauce  
+ 1 tsp honey

**4** 2 tbsp lime juice  
+ 1 tbsp honey  
+ 1 tbsp coconut cream

**5** 1 tbsp Balsamic vinegar  
+ 1 tsp coriander  
+ 1 tsp sesame seeds  
+ 1 tsp lemon juice  
+ 2 tbsp olive oil

**6** 1/4 cup Tamari  
+ 3 tbsp olive oil  
+ 3 tbsp honey  
+ sunflower seeds

**7** 1 tbsp cider vinegar  
+ 1/2 tsp dry mustard  
+ 1 tbsp honey  
+ 2 tbsp olive oil

[ 5 ]

# YOUR 30-DAY MENU

DAY 1 dinner	DAY 2 dinner	DAY 3 dinner	DAY 4 dinner	DAY 5 dinner	DAY 6 dinner	DAY 7 dinner
Simple Chinese Stir-Fry with Chicken and Vegetables	(Vegan) Tasty Veggie Tacos	Gluten-Free Buckwheat Pizza	Fresh Cod Tacos	(Vegan) Dr. Fuhrman's High Cruciferous Vegetable Cancer Fighting Stew	Crispy Garlic Curry Drumsticks	(Vegan) Broccoli Hemp Slaw with Tangy Mustard Dressing Recipe
DAY 8 dinner	DAY 9 dinner	DAY 10 dinner	DAY 11 dinner	DAY 12 dinner	DAY 13 dinner	DAY 14 dinner
Raw Kale Salad with Pickled Piquante Peppers & Chicken	Zoodle Rosa	Pan-Fried Sardine Superfood Salad	(Vegan) RAWsome Marinara Sauce	Quinoa Fritters with Garlic Aioli	Rosemary Barbecue Chicken	(Vegan) Zucchini Ribbon Pesto Salad
DAY 15 dinner	DAY 16 dinner	DAY 17 dinner	DAY 18 dinner	DAY 19 dinner	DAY 20 dinner	DAY 21 dinner
(Vegan) Quinoa Chili	Zahatar Turkey & Chickpea Soup with Spinach	Barbecue Chicken Salad with Crispy Onion Strings	Overnight Oats	Meen Puttu with Salmon	Tuna Taco Salad	(Vegan) Brussels Sprout Skillet
DAY 22 dinner	DAY 23 dinner	DAY 24 dinner	DAY 25 dinner	DAY 26 dinner	DAY 27 dinner	DAY 28 dinner
(Vegan) Roasted Red Pepper and Tomato Soup	Easy Paleo Peach Steak Salad	(Vegan) Raw Almond & Arugula Pesto	(Vegan) Sunflower Crunch Chopped Salad Mix	Fried Chicken and Sweet Potato Waffles	Pizza Soup	(Vegan) Healthy Nachos
DAY 29 dinner	DAY 30 dinner					
Spicy Chicken Drumsticks	Anytime Spring Soup with Poached Egg					



# SHOPPING LIST

## PANTRY

(this should include any fridge basics, spices, etc.)



- sea salt & fresh-cracked pepper
- coconut oil
- sesame oil
- stone-ground mustard
- dry red chili flakes
- maple syrup
- garlic, minced
- honey
- ginger, minced
- kosher salt
- soy sauce
- cayenne pepper
- sriracha
- tapioca starch
- Bragg's liquid aminos
- chili powder
- cumin
- Celtic salt
- olive oil
- dijon mustard
- apple cider vinegar
- baking powder
- curry powder
- garlic powder
- onion powder

- cinnamon
- nutmeg
- allspice
- turmeric powder
- balsamic vinegar
- red pepper flakes
- butter
- vanilla
- dried oregano
- basil



## WEEK 1

### FRUIT

- ½ lemon
- ¼ cup kalmata olives
- ½ cup raisins

### VEGETABLES

- 10 shallots
- 1 zucchini
- 1 ½ cup mushroom
- 2 red bell pepper
- 1 green bell pepper
- 1 ½ cup baby spinach
- ½ green onion
- 1 medium tomato
- 4 large romaine lettuce leaves
- ¼ cup sun-dried tomatoes
- 1 small red onion
- 2 small white onion
- ¼ cup corn
- 8 cherry tomato
- 1 avocado
- ½ cup carrot juice
- ½ bunch of kale
- ½ bunch of collard greens
- ¼ lb Brussels sprouts
- ¼ lb shiitake mushrooms
- 1 medium zucchini
- 1 leek
- 1 carrot
- ¼ cup broccoli sprouts
- 3 cups broccoli florets
- 3 cups cauliflower florets

### HERBS

- 1 ½ clove garlic
- ½ cup Italian herbs
- taco seasoning
- fresh coriander
- 2 tbsp no salt seasoning
- 2 tsp fresh parsley



### CANNED GOODS

- ¼ cup organic tomato paste
- (1) 15 oz can of tomatoes

### BAKING

- 1 cup buckwheat flour
- 3 tablespoons arrowroot (Tapioca flour)



### FROZEN MEAT

- ½ cup skinless, boneless chicken breast
- 250g (½ lb) cod filet
- 4 chicken drumsticks

### MISC

- 1 cup raw walnuts
- 4 small whole-wheat tortilla
- salsa
- 2 tbsp dried lentils
- 2 tbsp adzuki
- 2 tbsp dried split peas
- ½ cup hemp seeds



## WEEK 2



### VEGETABLES

- 8 cups kale
- 1 cup pickled sweet piquante peppers
- 3 small zucchini
- 1 regular zucchini
- 1 (16 oz) package sliced mushrooms
- ½ cup chopped sun-dried tomatoes
- ½ cup cherry tomatoes
- 2 cups spinach
- 2 cups watercress
- 2 cups arugula
- 2 small purple sweet potatoes
- 2 small yukon gold potatoes
- 2 cups Campari tomatoes
- 1 medium carrot
- 1 small onion

### FRUIT

- ½ lemon
- lemon wedges
- 2 Medjool dates
- 2 tbsp lemon juice

### HERBS

- fresh basil
- 1 tablespoon chives
- ½ cup parsley
- 1 tbsp whole grain mustard
- 6 garlic cloves
- Fresh herbs: rosemary, basil, parsley (if desired)
- 1 tablespoon coriander
- healthy garlic aioli
- 3 sprigs of rosemary

### DAIRY

- parmesan cheese (optional)
- unsweetened almond milk
- 3 medium eggs (replace with mashed potato for vegan)
- 1 tsp rosemary mayo



### FROZEN MEAT

- 4 chicken breasts
- 2 cans sardines

### MISC

- Laziz Toum garlic condiment
- 1-2 cups marinara sauce
- hot sauce
- 2 cups cooked soba noodles or raw zoodles
- 1 cup of cooked quinoa
- ½ cups blanched almonds or cashews
- ¼ cup of almond meal
- ⅓ cup almonds
- ¼ cup nutritional yeast



## WEEK 3



### FRUIT

- 1 lemon
- 2 pears
- 2 Thai green chillies
- 2 tsp lemon juice

### VEGETABLES

- 2 onions
- ½ red pepper
- ½ orange or yellow pepper
- 2 large handfuls (or more) of fresh spinach
- 1 small sweet onion
- ½ cup celery
- Chopped lettuces—spinach, romaine, purple romaine, or field greens
- 1-2 tomatoes
- 1 cup sweet corn
- 1 avocado
- bowl of fresh greens
- 1 sweet potato
- 1 lb brussels sprouts

### CANNED GOODS

- 1 (15 oz) can kidney or black beans
- 1 (28 oz) can diced tomatoes
- 2 tbsp tomato paste
- 14 oz can chickpeas

### BAKING

- ¼ cup almond flour
- ¼ cup tapioca starch

### DAIRY

- 3 eggs
- 3 cups almond milk

### FROZEN MEAT

- 1 lbs minced sirloin (optional)
- 1 lb ground turkey
- 2 cups shredded chicken
- 1 chunky salmon fillet
- 1 cup tuna
- ½ cup bacon bits (optional)



### MISC

- ½ cup quinoa
- 1 ½ teaspoons black mustard seeds
- 1 ½ tbsp flaxseed meal
- 1 cup beef or veggie broth
- 3 tbsp zahatar seasoning
- 4 cups chicken broth
- 1 tsp Toum garlic condiment
- ½ cup raw, unsalted cashews
- 2 cups rolled oats
- ¾ cup chopped pecans
- ½ cup chopped hazelnuts
- 2 cups brown rice or quinoa, cooked
- ¼ cup home made salsa



### HERBS

- 11 cloves garlic
- ½ tsp paprika
- 2 tbsp cilantro for garnish
- 2 tbsp parsley



**WEEK 4**

**FRUIT**

- 2 peaches
- 1/4 whole orange
- pineapple (optional)

**VEGETABLES**

- 2 onion
- 2 tbsp sweet onion
- 2 head of romaine lettuce
- handful of baby kale leaves
- 5 oz arugula
- 1/4 small green cabbage
- 1/4 small red cabbage
- 1/4 small head romaine
- 1/4 small head kale
- 1/2 cup carrot
- 2 green onions
- 1/2 large sweet potato
- 2 cups sliced mushrooms (optional)
- green peppers (optional)
- vegetables—choice of mushrooms, carrots, zucchini and capsicum (choose as many as you like)
- avocado



**HERBS**

- 5 1/4 cloves garlic
- fresh basil

**CANNED GOODS**

- 1 (8–12 oz) jar roasted red peppers
- 1 1/2 cups chopped canned tomatoes
- 2 tablespoons tomato paste
- 1/2 can coconut milk
- 1 jar marinara sauce (low-sugar)

**BAKING**

- 1 1/2 cup almond flour
- 1/2 cup tapioca flour



**DAIRY**

- 5 eggs
- 1 cup Parmesan cheese
- fresh grated Mozzarella cheese (optional)
- coconut milk yogurt

**MEAT**

- 2 6 oz steaks
- 1 lb grass-fed ground beef
- 1 lb grass-fed italian sausage
- 1 large chicken breast
- baked bacon
- nitrate-free pepperoni (optional)
- nitrate-free ham (optional)
- 1/2 cup ground beef (optional)
- 1lb chicken drumsticks

**MISC**

- 4 oz tofu
- 1 cup raw almonds
- 1/3 cup non dairy milk
- croutons
- 1/4 cup roasted sunflower seeds
- 1/8 cup coconut sugar
- 1-2 cups chicken broth
- 32 oz (1 quart) chicken or bone broth
- gluten-free bread



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# THE RECIPES

## 01 SIMPLE CHINESE STIR-FRY WITH CHICKEN AND VEGETABLES

BY VIJITHA | SPICES AND AROMA

This luscious stir-fry is sweet and spicy, and full of flavor.

And although it's loaded with healthy ingredients, it comes together in no time.

MAKES 2 CUPS

### INGREDIENTS

1 tbsp sesame oil
1 tsp dry red chili flakes
1 tsp garlic, minced
1 tsp ginger, minced
10 shallots, finely chopped
1 zucchini, cubed
½ cup mushroom of any choice
1 red bell pepper, quartered
1 green bell pepper, quartered
2 tbsp soy sauce (more or less as per your taste)
1 tsp Sriracha (more or less as per your heat tolerance)
½ cup skinless, boneless chicken breast—cubed
½ cup baby spinach + more if you want
salt and pepper to taste



### DIRECTIONS

1. Heat oil in a wok. Once hot, add the chili flakes, garlic and ginger. Saute for couple of minutes. Throw in the onions and let it char a bit. Cook on medium high but make sure you don't burn the food.
2. Add in the zucchini, mushrooms, bell peppers, soy sauce and Sriracha. Stir and toss well.
3. Mix in the chicken and let it cook for 20 minutes on medium low flame. Add salt and pepper to taste.
4. Check for seasonings. Add more if needed.
5. Sprinkle the spinach, stir and switch off the flame. Serve hot with a cold cabbage slaw.

### ADDITIONAL NOTES

For carb cravers, mix in cooked quinoa or basmati or jasmine or plain white or brown rice. You can add scrambled eggs, cooked shrimp and some more soy sauce and Sriracha for taste. Serve hot.

## 02 (VEGAN) TASTY VEGGIE TACOS

BY ALEX JAMIESON | WOMEN, FOOD AND DESIRE

These delicious vegan tacos use healthy walnuts in place of ground meat. Enjoy the flavor of tacos, in this version that's loaded with omega-3 fatty acids.

MAKES 2 SERVINGS

### INGREDIENTS

1 cup raw walnuts  
 ½ clove garlic, minced  
 ½ green onion, diced  
 juice of ½ lemon  
 2 tsp Bragg's liquid aminos  
 1 tsp cumin  
 1 medium tomato, diced  
 4 large romaine lettuce leaves  
 salt and pepper, to taste

### DIRECTIONS

1. Place walnuts into a food processor until finely chopped.
2. Place chopped walnuts into a bowl with garlic, green onion, lemon juice, liquid aminos, and cumin.
3. Mix together well.
4. Add salt and pepper to taste.
5. Place a scoop of the taco filling on a lettuce leaf and top with tomatoes.
6. Roll up and enjoy!



## 03 GLUTEN-FREE BUCKWHEAT PIZZA

BY VANESSA VICKERY | BECOMINGNESS

SERVES 1-2

### FOR THE PIZZA

1 cup buckwheat flour  
 3 tbsp arrowroot (tapioca flour)  
 1/4 cup olive oil  
 1 tbsp apple cider vinegar  
 1 tsp baking powder  
 1/2 cup Italian herbs (I use either a mix of basil and oregano or Italian herb mix from the supermarkets)  
 1 cup water

### FOR THE TOPPINGS

1/4 cup organic tomato paste  
 1 cup baby spinach leaves  
 1/4 cup sun-dried tomatoes  
 1/4 cup kalmata olives  
 1 cup sliced mushrooms  
 sea salt & fresh-cracked pepper



### DIRECTIONS

1. Pre heat your oven on 200°C (375°F)
2. Mix all ingredients together in a bowl. The mixture should resemble cake batter and should be fairly runny.
3. Spread onto a lined pizza stone or a lined baking tray with a spoon or spatula.
4. Place in your oven and cook for 15 minutes or until the top is firm and golden.
5. Take out of the oven, spread a thin layer of organic tomato paste, then top with all toppings. Salt and pepper.
6. Place back into the oven and cook for a further 10 minutes or until your pizza topping are cooked through.

## 04 FRESH COD TACOS

BY KARINE & DAVE RUEL | [METABOLICCOOKING.COM](http://METABOLICCOOKING.COM)

Bright and easy, this fresh dish will remind you of food truck eats. Only you make this gourmet goodness right in your own kitchen—in just minutes!

SERVES 2



### INGREDIENTS

250g (1/2 lb) cod filet

1 small red onion, minced

1/4 cup corn

8 cherry tomato

1 tbsp extra-virgin olive oil

1/2 tsp taco seasoning

4 small whole-wheat tortilla

1 avocado, cubed

fresh coriander

salsa, to taste

sea salt and pepper, to taste

### DIRECTIONS

1. Preheat oven to 375°F. Place rack at the bottom of the oven.
2. On a lined baking sheet, add cod, onion, corn and cherry tomatoes. Season with taco seasoning and sprinkle with olive oil. Cook for about 10 minutes.
3. Using a fork, break the fish into large flakes. Divide the fish between the four tortillas and top with vegetables.
4. Garnish with avocado, coriander and salsa. Enjoy!

# 05 (VEGAN) DR. FUHRMAN'S HIGH CRUCIFEROUS VEGETABLE CANCER FIGHTING STEW

BY DR. FUHRMAN | [BLENDERBABES.COM](http://BLENDERBABES.COM)

Make yourself a big batch of this delicious vegan soup and enjoy it all week long.

Great for dinner, and the leftovers make an ideal ready-to-go lunch. Just toss a cup in a thermos and tote it to work.

This dish is light enough for summer and hearty enough for winter. Delicious & nutritious!

SERVES 4

## INGREDIENTS

1 cups water
½ cups carrot juice
2 tbsp dried split peas
2 cups dried lentils
2 tbsp adzuki beans (soak overnight or use canned)
½ bunch of kale (stems removed, leaves coarsely chopped)
½ bunch of collard greens (coarsely chopped)
¼ pound Brussels sprouts
¼ pound shiitake mushrooms (sliced in 1" pieces)
1 leeks (coarsely chopped)
1 carrots (sliced in 1" pieces)
1 onions (peeled, chopped)
1 medium zucchini (cubed)
1 garlic cloves (chopped or 2 tsp of garlic powder)
(1) 15 oz can of tomatoes
2 tbsp no salt seasoning
2 tsp fresh parsley (chopped)—about ½ bunch
¼ cup broccoli sprouts (optional)

## DIRECTIONS

1. Place all ingredients, except parsley and sprouts, in a large soup pot, cover and bring to simmer.
2. Simmer until adzuki beans are tender. If using canned adzuki beans, simmer until vegetables are tender and flavors blend, about one hour.
3. Place ¼ of soup into the blender in the order listed and secure lid.

## FOR BLENDTEC

1. Press the SOUPS button.

## FOR VITAMIX

1. VARIABLE, speed #1. Turn machine on and slowly increase speed to VARIABLE, speed #10, then to HIGH. Blend for 30–45 seconds using the tamper to press the ingredients into the blades.
2. Repeat with remaining soup—will take several batches.
3. For a chunky soup, PULSE the last couple of batches to gently chop ingredients without pureeing.
4. Add back to soup pot and stir in parsley and (optional) broccoli sprouts.

## NOTES

Add salt to taste if desired.

Add some Dubliner cheese to the top of leftovers, if desired



## 06 CRISPY GARLIC CURRY DRUMSTICKS

BY LOUISE HENDRON | PALEO MAGAZINE

These drumsticks are simple to make and full of flavor.

If you're a fan of garlic and curry, this may be your new favorite meal. Enjoy it with a kale salad on the side.

Vegan eaters will enjoy two cups of cooked quinoa and a little coconut milk tossed together with the same curry spices for an easy hi-protein vegan swap.

SERVES 2

### INGREDIENTS

4 chicken drumsticks  
 1 tsp salt  
 1 tbsp curry powder  
 1 tbsp garlic powder  
 1/2 tbsp of coconut oil for greasing baking tray (optional)

### DIRECTIONS

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with coconut oil.
3. Mix the salt, curry powder, and garlic powder together in a bowl.
4. Make sure the drumsticks are not too wet (otherwise it won't get crispy).
5. Coat each drumstick with the mixture and place on the baking tray. Make sure the drumsticks are not touching each other on the tray.
6. Bake for 40 minutes.



# 07 (VEGAN) BROCCOLI HEMP SLAW WITH TANGY MUSTARD DRESSING RECIPE

INSPIRED AND ADAPTED FROM CHOOSING RAW | BLENDERBABES.COM

This delicious vegan slaw is chock-full of protein. It's a great plant-based meal that's satiating enough for supper.

But if you want to serve it with meat, toss in some shredded rotisserie chicken and enjoy!

SERVES 2

## SALAD

3 cups broccoli florets  
 3 cups cauliflower florets  
 1 small or  $\frac{1}{2}$  large red or orange bell pepper, chopped  
 1 small or  $\frac{1}{2}$  large white onion, chopped  
 $\frac{1}{3}$  cup raisins  
 $\frac{1}{3}$  cup hemp seeds

## DRESSING

2 tsp Bragg's or Tamari  
 1  $\frac{1}{2}$  tbsp flax, olive, or avocado oil  
 1  $\frac{1}{2}$  tbsp apple cider vinegar  
 1 tbsp maple syrup  
 1 tbsp stone-ground mustard  
 $\frac{1}{2}$  tsp curry powder

## DIRECTIONS

1. Place the broccoli and cauliflower 1 cup at a time in your Blendtec or Vitamix (or food processor) and roughly process, chopping any remaining large pieces with a knife.



## FOR BLENDTEC

1. Use the PULSE button 2 times to chop, empty into large salad bowl and repeat with remaining broccoli and cauliflower.

## FOR VITAMIX

1. Start on Speed 10/High and turn machine on and off several times until chopped OR use the PULSE feature. Empty into large salad bowl and repeat.
2. Place Braggs, oil, apple cider vinegar, maple syrup, mustard and curry powder in blender jar.

## FOR BLENDTEC

1. Press the SMOOTHIE button.

## FOR VITAMIX

1. Starting on Variable Speed 1, ramp up to Variable Speed 10/HIGH, for 30 seconds or until smooth.
2. Transfer broccoli, cauliflower, bell pepper, onion, raisins and hemp seed to a large bowl, mix thoroughly. Pour dressing over mixture and toss until well combined.
3. Serve immediately and enjoy!

## 08 RAW KALE SALAD WITH PICKLED PIQUANTE PEPPERS & CHICKEN

BY BECKY | PROJECT DOMESTICATION

This is the perfect meal for an early summer evening. Crisp kale, slightly spicy peppers and a garlicky salad dressing with chicken, will leave everyone satisfied. Vegan eaters can replace the chicken with a cup of cashews or almonds. Enjoy!

SERVES 2-4



### FOR SALAD

8 cups shredded or torn kale  
 1 cup pickled sweet piquante peppers, sliced in thirds or quarters  
 2 cooked chicken breasts, sliced

### FOR DRESSING

3 tbsp olive oil (I used TOOC's Hickory Smoked)  
 2 tbsp vinegar liquid from piquante peppers  
 (or white wine vinegar)  
 ½ tsp Laziz Toum garlic condiment (or 2 minced garlic cloves)  
 ¼ tsp kosher salt  
 pinch black pepper

### DIRECTIONS

1. Make dressing first by combining all ingredients in a mason jar and shake until emulsified. Wash, rinse and dry kale then de-stem and tear into smaller pieces. Place all kale in large salad bowl and pour dressing over, reserving a bit if desired. Toss with tongs to combine and let sit while you cut peppers and chicken breasts. Add piquante peppers to kale salad and plate. Place chicken on top of salad and serve.

## 09 ZOODLE ROSA

BY ALEXA SCHIRM | SIMPLE ROOTS WELLNESS

If you don't have a zoodle maker (aka veggie spiralizer), you can still enjoy this recipe by julienning the zucchini noodles into very fine, noodle-like strips.

### INGREDIENTS

3 small zucchini, noddled*
2 tbsp olive oil
1 (16 oz) package sliced mushrooms
1 tsp garlic
1/4 cup chopped sun-dried tomatoes
1/2 cup cherry tomatoes, halved
2 cups spinach, chopped
1-2 cups marinara sauce— depending on how saucy you like it
1/4-1/2 tsp cayenne pepper, depending on how spicy you like it
salt & pepper
fresh basil, chopped
parmesan cheese (optional)

### DIRECTIONS

1. Wash and trim the ends off of the zucchini.
2. Using a spiralizer or another gadget, make noodles.
3. Sprinkle with salt and let sit on a towel (10-15 minutes) to release moisture.
4. Meanwhile, heat a large, deep skillet over medium heat and add olive oil.
5. Once hot add in garlic and sauté 1-2 minutes until fragrant.
6. Add in mushrooms and continue cooking until tender. Once mushrooms are almost cooked, add in chopped sun-dried tomatoes and cook an additional 4-5 minutes.
7. Add in spinach and cherry tomatoes and cook until both have wilted a little.
8. Stir in marinara, cayenne, salt & pepper and add the zoodles.
9. Mix well, heat through and serve.
10. Garnish with fresh basil and parmesan cheese.



# 10 PAN-FRIED SARDINE SUPERFOOD SALAD

BY LAUREN | WICKED SPATULA

I used to be a sardine hater, but this salad is an absolute game changer.

It'll have you absolutely in love with those salty little fish, which also happen to be an incredible source of omega-3's!

Grab your fork, you're about to fall in love with fishy fish all over again!

## INGREDIENTS

2 cans sardines  
packed in olive oil or water  
juice of 1/2 lemon  
3 tbsp tapioca starch  
pinch of cayenne  
pinch of chili powder  
pinch of cumin  
pinch of salt and freshly cracked pepper  
coconut oil for frying (about 3 tbsp)  
2 cups watercress (including stems!)  
2 cups arugula  
1/2 cup parsley, minced  
2 small purple sweet potatoes  
2 small yukon gold potatoes

## DRESSING

1 tbsp whole grain mustard  
1 tbsp apple cider vinegar  
1/2 tsp lemon juice  
dash of hot sauce  
1/4 cup olive oil  
salt and pepper, to taste

## DIRECTIONS

1. Place the sardines in a medium bowl with their juices and squeeze the lemon over them. Allow to marinate for 30 minutes.
2. Bring a large pot of water to a boil and dice the potatoes into bit size pieces. Place in boiling water and cook 7-10 minutes or until tender but not mushy. Drain and set aside. For the dressing whisk together the mustard, vinegar, lemon juice, and hot sauce. Stream in the olive oil while whisking to incorporate. Season with salt and pepper to taste. Mix together the tapioca starch and spices. Heat the coconut oil over medium high heat and remove sardines from marinade, dredge the sardines in the tapioca. Pan fry 3 minutes per side until nicely browned and crisp. Toss the watercress, arugula, parsley, and potatoes with the dressing. Top with sardines and serve.



# 11 (VEGAN) RAWsome MARINARA SAUCE

BY FEED YOUR SKULL | [BLENDERBABES.COM](http://BLENDERBABES.COM)

This quick raw marinara sauce is a perfect, simple dinner.

Serve over soba noodles or zoodles, or spoon a mound on top of steamed veggies for dinner. Enjoy!

SERVES 2



## INGREDIENTS

2 cups Campari tomatoes  
1 garlic cloves  
1/4 cup dry sun-dried tomatoes  
2 Medjool dates, pitted  
21 tsp apple cider vinegar  
1/2 tsp garlic powder  
1/8 tsp Celtic salt  
1 tsp extra virgin olive oil (optional)  
1 tbsp unsweetened almond milk (optional)  
freshly ground black pepper and cayenne to taste  
fresh herbs: rosemary, basil, parsley (if desired/available)  
2 cups cooked soba noodles or raw zoodles

## DIRECTIONS

1. Place all of the ingredients into your blender jar in the order listed and secure the lid.

### FOR VITAMIX

1. Select Variable/Speed 1. Turn machine on and slowly increase speed to Variable/Speed 10, then to HIGH. Blend for 45 seconds, using the tamper to press the ingredients into the blades.

### FOR BLENDTEC

1. Press the SAUCES button.
2. Serve over soba noodles or zoodles.
3. Refrigerate for up to a week and freeze for up to a month, but use fresh to maximize health benefits of raw veggies.

## 12 QUINOA FRITTERS WITH GARLIC AIOLI

BY VANESSA VICKERY | BECOMINGNESS

This quick and delicious dinner is chock-full of vegan protein. Paleo with an easy vegan swap, enjoy these fritters topped with tomatoes and avocado for even more plant-based flavor & nutrition.

### INGREDIENTS

2-4 tbsp coconut oil
1 cup of cooked quinoa
3 medium eggs (replace with mashed potato for vegan)
1 medium carrot, grated
1 small onion, finely chopped
1 tbsp chives, chopped
1 tbsp coriander, chopped
1/4 cup of almond meal
Salt & pepper, to taste
healthy garlic Aioli
1/2 cups blanched almonds or cashews, soaked for a minimum 4 hours
1-2 cloves garlic, minced
1 tbsp organic dijon mustard
2 tbsp lemon juice
2 tbsp olive oil
1/4-1/2 cup water, as needed
1/4 tsp sea salt

### DIRECTIONS

1. Mix all the fritter ingredients in a bowl.
2. Add 2 tablespoons of coconut oil to a medium fry pan on moderate heat.
3. Using a soup spoon, scoop out the fritter mixture and place in the fry pan and flatten a little. Place as many as you want in the fry pan, making sure the edges don't touch.
4. Cook for a few minutes on each side, until lightly golden and drain on paper towels.
5. Then repeat until you use up all the fritter mixture. You may need to add more coconut oil in between batches.
6. To make the dipping sauce, place all the ingredients (except the water) in a high speed blend and blend until well combined. Then slowly add the water and blend until the garlic aioli has a nice and creamy consistency.



## 13 ROSEMARY BARBECUE CHICKEN

BY FLAVIA | FLAVILICIOUSFITNESS

Chicken on the barbecue with rosemary, makes a simple and succulent dinner. Serve with a salad of crisp greens.

If you're eating vegan, mash 1 ½ cups of garbanzo beans, press into patties, and follow the instructions for the chicken to make delicious Lemon-Rosemary bean burgers.

SERVES 2

# Rosemary BBQ Chicken



#### INGREDIENTS

2 chicken breasts

3 sprigs of rosemary

pinch of salt & pepper

1 tsp rosemary mayo

lemon wedges

#### DIRECTIONS

1. Chop rosemary and sprinkle over counter top. Sprinkle salt & pepper. Place chicken breasts on top.
2. Use wax paper over them to flatten out while you press with frying pan or hammer. Be sure to flip so that the seasoning gets on both sides.
3. Dab on the rest of the seasoning to cover the breasts nicely.
4. Place chicken on BBQ or grill to cook through.
5. Once cooked add chick to bed of greens, on top of a bun or beside your veggies.
6. Smother with a tsp of rosemary mayonnaise.
7. Drizzle lemon juice over top. Enjoy!

## 14 (VEGAN) ZUCCHINI RIBBON PESTO SALAD

BY ABBY THOMPSON | THE FROSTED VEGAN

This salad mimics—and surpasses the typical summer pasta salad. It's light, refreshing and filled with basil flavor.

Combine it with the Blackberry Chicken recipe below, or grilled chicken or portobello mushrooms for an outstanding summer meal that's paleo and vegan friendly.

### INGREDIENTS

1 zucchini (yellow, green, or half of each)

1/4 cup almond milk

### FOR THE PESTO

1 cup basil

3 cloves garlic

1/3 cup almonds

1/4 cup nutritional yeast

1/2 cup water

1/2 tsp salt

### DIRECTIONS

1. To prepare pesto: Combine basil, garlic, almonds, nutritional yeast, water, and salt in bowl of a food processor or blender. Blend on medium to high until smooth, adding more  $\frac{1}{3}$  cup non dairy milk at the end. Set aside.
2. For the salad: Peel zucchinis with Y peeler or hand peeler, forming long ribbons. Toss with pesto and refrigerate until ready to serve. Will keep for 2-3 days in a sealed container in the fridge.



## 15 (VEGAN) QUINOA CHILI

BY AMY COATES | [AMYCOATES.COM](http://AMYCOATES.COM)

Make a big pot of chili and enjoy it all week! This simple quinoa chili can be made with or without meat. If you're needed a plant-based meal tonight, simply leave out the sirloin and enjoy the protein-packed quinoa instead. This recipe works well in a crockpot, as well.

SERVES 4



### INGREDIENTS

1 lbs minced sirloin (optional)	2 tbsp tomato paste
2 tbsp coconut oil	½ cup quinoa, rinsed
½ onions, diced	1 cups beef or veggie broth
2 cloves garlic, minced	½ tbsp chili powder
½ red pepper, chopped	½ tsp paprika
½ orange or yellow pepper, chopped	½ tsp cumin
1 (15 oz) can kidney or black beans	½ tsp sea salt
1 (28 oz) can diced tomatoes	roasted jalapenos, hot sauce, and/or avocado to garnish, if desired

### DIRECTIONS

1. In a large pot, cook the beef until no longer pink. Add the onions. Cook for 5 minutes and then add the garlic and sweet peppers. Cook another 5 minutes, stirring occasionally.
2. Add the kidney beans, black beans, tomatoes, tomato paste, quinoa, beef broth, chili powder, paprika, cumin, and sea salt, and simmer partially covered for 3 hours to let the magic happen, stirring occasionally.

## 16 ZAHATAR TURKEY & CHICKPEA SOUP WITH SPINACH

BY BECKY | PROJECT DOMESTICATION

The soup is filled with Middle Eastern flavors, and is bright and summery as well.

Bonus: It makes just enough for lunch the next day too!

If you're eating vegan, feel free to leave out the turkey and toss in a can of drained chickpeas, instead.

SERVES 4



### INGREDIENTS

- 1 lb ground turkey
- 1 tbsp olive oil
- 3 tbsp zahatar seasoning
- 4 cups water
- 4 cups chicken broth
- 1 tsp Toum garlic condiment (or use 3 cloves garlic, minced)
- ½ large onion, sliced, thin
- 14 oz can chickpeas, rinsed and drained
- juice from one lemon
- ½ cup raw, unsalted cashews
- 2 large handfuls (or more) of fresh spinach
- salt, to taste

### DIRECTIONS

1. In a medium to large size stockpot heat olive oil until shimmering. Add in ground turkey and cook, stirring often. Add in zahatar seasoning and continue to stir, breaking up turkey until turkey is completely cooked and white. Add water, chicken broth, onion and toum and bring to a boil. Let simmer for 5-10 minutes, then add cashews and lemon juice. Add in spinach. Salt to taste and serve.

# 17 BARBECUE CHICKEN SALAD WITH CRISPY ONION STRINGS

BY ALEXA SCHIRM | SIMPLE ROOTS WELLNESS

This salad has it all. Crispy onion strings, a beautiful avocado dressing, and barbecue chicken.

It's as beautiful as it is filling. If you're eating vegan, feel free to top with grilled sweet potato instead of chicken.

You'll love the addition of bright orange sweet potato to this dish!

## ONION STRINGS

1 small sweet onion, thinly sliced

1 eggs

1/4 cup almond flour

1/4 cup tapioca starch, separated

1 1/2 tbsp flaxseed meal

1/2 tsp smoked paprika

1/8 tsp black pepper

1/4 tsp garlic powder

1/8 tsp salt

coconut oil, for frying

## SALAD

2 cups shredded chicken

homemade BBQ sauce

chopped lettuces—spinach, romaine, purple romaine, or field greens

2 hard boiled eggs, peeled and chopped

1-2 tomatoes, chopped

1 cups sweet corn

## DIRECTIONS

1. Prepare all vegetables; chop lettuce, chopped tomatoes and warm corn.
2. Mix shredded chicken with desired BBQ sauce and warm in a pan.
3. Very thinly slice onion into strings.
4. Mix together almond flour, 1/4 cup tapioca flour, flaxseed meal, and spices.
5. Whisk egg in a bowl.



6. Place remaining tapioca flour on a plate.
7. Heat a pan over medium heat and add 1-2 tbsp coconut oil for frying (adding more as needed).
8. Take onion strings, coat in tapioca flour, dip in egg and then in flour mixture.
9. Add to hot oil frying for a few minutes and flipping.
10. Cook until golden brown and then place on a plate lined with napkins to drain.
11. Repeat until all onions have been cooked.
12. Assemble salad; lettuce, veggies, egg, BBQ chicken and onion strings.
13. Drizzle with additional BBQ sauce and Avocado Ranch. Enjoy!

## AVOCADO RANCH DRESSING

1/2 avocado

3 tbsp liquid coconut oil

2 tbsp coconut milk

2 tsp red wine vinegar

2 cloves garlic

1/2 tsp dried dill

1/2 tsp dried minced onion

1/2 tsp dried parsley

1/4 tsp garlic powder

salt and pepper, to taste

## DIRECTIONS

1. Add all ingredients to a blender except almond milk or water.
2. Puree and slowly add liquid as needed to thin to desired consistency.
3. Use or store in airtight container in the refrigerator for up to two weeks

## 18 OVERNIGHT OATS

BY ABBY THOMPSON | [FROSTEDVEGAN.COM](http://FROSTEDVEGAN.COM)

Feel like a kid again, and give yourself permission to eat breakfast for dinner!

This delicious, naturally sweet bowl of oatmeal can be made in the morning, then heated in 5 minutes for a ready-to-go dinner.

Such a great option for busy weeknights and mellow summer evenings when you don't feel like cooking.

### INGREDIENTS

3 cups almond milk
2 cups rolled oats
¾ cup chopped pecans
½ cup chopped hazelnuts
¼ cup light agave, honey, or maple syrup
1 tsp cinnamon
½ tsp nutmeg
¼ tsp allspice
2 pears, chopped

### DIRECTIONS

1. Combine all ingredients into a large storage container, mixing together well. Add more or less spices, depending on your taste. Let sit in the refrigerator for at least 4 hours, or overnight. Serve cold with a few more nuts sprinkled on top.



## 19 MEEN PUTTU WITH SALMON

BY VIJITHA | SPICES AND AROMA

This fragrant salmon dish is full of healthy and gorgeous herbs and spices. It's perfect for a weeknight, or for a special dinner.

Vegan eaters can swap in a can of chickpeas for the shredded salmon.

SERVES 2

### INGREDIENTS

1 chunky salmon fillet—baked at 400°F for 15 minutes, cooled and crumbled to tiny chunks with a fork

### FOR THE SPICE MIXTURE

1 ½ tsp olive oil  
 1 ½ tsp black mustard seeds  
 7 garlic cloves—chopped  
 2 Thai green chillies—sliced  
 ½ large onion—finely chopped  
 1 tsp turmeric powder  
 1 tsp Kashimiri chili powder  
 1 ½ tsp coriander powder  
 salt to taste  
 2 tbsp cilantro for garnish  
 2 cups brown rice or quinoa, cooked

### DIRECTIONS

1. Bake and cool the salmon. Using a dining fork, pull out the flesh and if need use hands to crumble them into tiny chunks. Set aside.
2. Heat oil in a large skillet. Once hot enough, add mustard seeds and let it pop. Then add the curry leaves, garlic and green chillies. Sauté for 2 minutes.
3. Mix in the onions and let it brown a bit, about 10 minutes.



4. Add the turmeric, chili and coriander powder. Sauté for 2 minutes until the raw smell disappears. Add salmon and mix well to combine with the onion mixture. Add salt to taste.
5. Garnish with cilantro. Serve hot with brown rice or quinoa and rasam.

## 20 TUNA TACO SALAD

BY FLAVIA | FLAVILICIOUS FITNESS

This is a quick and tasty salad that's perfect for a light summer dinner.  
You could also add cilantro to the parsley for even more fresh flavor.

SERVES 2



### INGREDIENTS

1 cup tuna  
2 tbsp parsley (chopped)  
2 tsp lemon juice  
½ cup celery (chopped)  
¼ cup home made salsa  
1 avocado or ¼ cup organic may  
bowl of fresh greens

### DIRECTIONS

1. In a small bowl separate from the tuna and greens combine all ingredients together and mix.
2. Add tuna.
3. Pour over salad and enjoy!
4. Add on any additional toppings you wish. (i.e. avocado, gluten free nach chips, olives, organic cheese ... etc.)

## 21 (VEGAN) BRUSSELL SPROUT SKILLET

BY KARINE & DAVE RUEL | [METABOLICCOOKING.COM](http://METABOLICCOOKING.COM)



### INGREDIENTS

1 sweet potato, cut into small pieces

1 onion, sliced

2 cloves garlic, pressed

1 lb brussels sprouts, halved

½ cup bacon bits (optional)

sea salt and pepper, to taste

### DIRECTIONS

1. In a non-stick skillet over medium-high heat, cook the turkey bacon and set aside.
2. Add the sweet potato, onion and garlic to the skillet and cook for about 5 minutes.
3. Add the Brussels sprouts and cook for another 5-10 minutes, until Brussels and sweet potatoes are tender, then (if desired) add the bacon bits to the skillet. Toss everything together. Enjoy!
4. Paleo Variation: Fry an egg in the center of the skillet. YUM!

## 22 (VEGAN) ROASTED RED PEPPER AND TOMATO SOUP

BY ABBY THOMPSON | THE FROSTED VEGAN

This wonderful soup gets its creaminess from tofu and non-dairy milk.  
And it gets its smoky flavor from roasted red peppers and spices.

SERVES 2

### INGREDIENTS

1 (8-12 oz) jar roasted red peppers  
1 onion, chopped  
1 ½ cups chopped canned tomatoes  
2 tbsp tomato paste  
2 cloves garlic, minced  
½ cup water  
4 oz tofu  
½ cup non dairy milk  
½ tsp paprika  
1 tsp cumin  
salt and pepper, to taste  
cilantro and croutons, to garnish



### DIRECTIONS

1. Caramelize chopped onion in ½ cup of water over medium high heat for 5–10 minutes, watching carefully. Add garlic, red peppers, tomato paste, tomatoes, paprika, and cumin. Cook for 5 additional minutes.
2. Transfer ingredients to the bowl of a food processor or blender. Blend on medium to high for 1–2 minutes. Add tofu and non dairy milk, blend for an additional 2 minutes.
3. Garnish with cilantro and croutons.

## 23 EASY PALEO PEACH STEAK SALAD

BY LOUISE HENDON | PALEO MAGAZINE

The combination of steak and peaches in this salad is outstanding.

And the whole thing comes together in the blink of an eye.

If you're eating vegan, try frying up two slices of polenta instead of the steak for a delicious swap.

SERVES 2

# Easy Peach Steak Salad

© [www.AncestralChef.com](http://www.AncestralChef.com)

#### INGREDIENTS

2 peaches  
1 head of romaine lettuce  
handful of baby kale leaves  
2 6 oz steaks, grilled or panfried  
3 tbsp olive oil  
1 tbsp balsamic vinegar

#### DIRECTIONS

1. Dice the peaches and the cooked steaks.
2. Toss the peach, steak, romaine lettuce, and kale leaves with the olive oil and balsamic vinegar.

## 24 (VEGAN) RAW ALMOND & ARUGULA PESTO

BY BECKY | PROJECT DOMESTICATION

This wonderful pesto is dairy-free, and you won't miss the cheese at all. It's flavorful and bright, and would be amazing on zucchini noodles.

SERVES 2



### INGREDIENTS

5 oz arugula, washed and rinsed

1 cup raw almonds

1/2 cup olive oil

1 tbsp raw apple cider vinegar

1/4 tsp kosher salt, to taste

pinch red pepper flakes, to taste

### DIRECTIONS

1. Place all ingredients in food processor and blend until very smooth, about 5–7 minutes. Scrape bowl sides as necessary. Taste and adjust seasoning.

# 25 (VEGAN) SUNFLOWER CRUNCH CHOPPED SALAD MIX

BY ALEXA SCHIRM | SIMPLE ROOTS WELLNESS

Chopped salads are big and bountiful, which makes them a wonderful summer meal. This salad is overflowing with textures and flavors, with an orange vinaigrette that ties it all together.

SERVES 2

## FOR THE SALAD

1/4 small green cabbage

1/4 small red cabbage

1/4 small head romaine

1/4 small head kale

1/2 cup carrot shredded

2 green onions

1/4 cup roasted sunflower seeds

baked bacon (optional)

## FOR THE DRESSING

1/4 clove fresh garlic, minced

2 tbsp sweet onion, diced

1/4 whole orange, squeezed

2 tbsp olive oil

1 tbsp apple cider vinegar

1 tbsp Dijon mustard

1 tsp honey

1/4 tsp sea salt

1/4 tsp fresh ground pepper



## FOR THE SALAD

2. Chop all vegetables into small pieces and mix in large mixing bowl.
3. Add chopped bacon and sunflower seeds. Mix.

## FOR THE DRESSING

4. Add all ingredients to a blender and blend until well mixed.
5. Top salad with dressing and enjoy!

## 26 FRIED CHICKEN AND SWEET POTATO WAFFLES

BY LAUREN | WICKED SPATULA

Fried chicken and waffles are a mainstay on diner menus across the country. But this recipe gives them a healthy tweak by using sweet potatoes as the foundation for the waffles.

SERVES 2

### FOR THE WAFFLES

½ large sweet potato, quartered
2 eggs
½ can coconut milk
3 tbsp butter, melted
1 tsp vanilla
½ cup coconut sugar
1 cup almond flour
1 cup tapioca flour
3 tbsp coconut flour
1 tsp pumpkin pie spice
½ tsp salt

### INGREDIENTS FOR THE CHICKEN

1 large chicken breast
1 egg
½ cup almond flour
½ cup tapioca flour
½ tsp salt
¼ tsp pepper
½ tsp paprika
Pinch of cayenne
½ cup coconut oil

### FOR THE WAFFLES

1. Preheat oven to 400°F
2. Cut the potato into quarters and bake until tender, about 30 minutes.
3. In a blender combine all the wet ingredients.
4. Blend in cooked sweet potato until combined.
5. Blend in dry ingredients until incorporated and smooth.
6. Let sit for 5 minutes so the coconut flour can absorb and thicken the batter a bit.
7. Pour batter into your waffle maker according to its directions. You may need to grease the iron a bit with some coconut oil.

### FOR THE CHICKEN

1. Over medium high heat, heat about ½ cup of coconut oil in a wok or shallow pot.
2. Cut breast in half lengthwise.
3. Dip in egg and then dredge in flour mixture.
4. Drop into the coconut oil and fry until golden and cooked through, about 4–5 minutes per side.
5. Drain on paper towels.



### TO SERVE

1. Top each waffle with a piece of chicken and drizzle with honey or maple syrup.

## 27 PIZZA SOUP

BY ALEXA SCHIRM | [SIMPLEROOTSWELLNESS.COM](http://SIMPLEROOTSWELLNESS.COM)

A heart and delicious soup that makes more than enough for leftovers the next day.

If you're eating vegan, simply omit the pepperoni and ham. Easy peasy!

SERVES 4-6

### INGREDIENTS

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 tbsp coconut oil
- 1 lb grass-fed ground beef
- 1 lb grass-fed italian sausage
- 1 jar marinara sauce (low-sugar)
- 1-2 cups chicken broth (depending on how thin or thick you prefer it)
- 1 cup Parmesan cheese, grated

### OTHER OPTIONAL ADDITIONS

- 2 cups sliced mushrooms
- green peppers
- nitrate-free pepperoni
- nitrate-free ham
- pineapple

### TOPPINGS

- fresh grated Mozzarella cheese (optional)
- fresh basil



### DIRECTIONS

1. Heat a large dutch oven over medium heat. Brown meat and set aside. Add coconut oil. Once melted, add onion, garlic and any other toppings that may need softened; mushrooms, peppers, etc. Add back in meat. Add marinara sauce, and broth. Let simmer for 10 minutes. Turn heat down and sprinkle in Parmesan Cheese. Stir until combined. Ladle into bowls and top with mozzarella cheese and fresh basil.

## 28 (VEGAN) HEALTHY NACHOS

BY VANESSA VICKERY | BECOMINGNESS

These nachos are as fun for two, as they are a crowd.

Feel free to load them up with as many vegetables as you can fit on a plate.

SERVES 2



### INGREDIENTS

1 tbsp olive oil  
 ½ cup ground beef (optional)  
 ½ onion, diced  
 1 cloves garlic, crushed  
 vegetables—choice of mushrooms, carrots, zucchini and capsicum (choose as many as you like)  
 spices—paprika, cumin and chili flakes  
 avocado  
 coconut milk yogurt  
 gluten-free bread

### DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Add olive oil to fry pan on medium high heat.
3. Add onion and garlic and cook until soft.
4. Add mushrooms and cook for a few minutes, until they soften.
5. Add other vegetables and cook for about 5 minutes.
6. If using, add ground beef and crumble with a fork.
7. Add spices (amount depending on your tastes).
8. Cook until meat is browned and cooked through.
9. While meat is cooking, cut bread into triangle pieces and place on a baking tray. Cook for 5 minutes or until golden brown and crunchy.
10. Serve with sliced avocado and Greek yoghurt.

## 29 SPICY CHICKEN DRUMSTICKS

BY VANESSA VICKERY | BECOMINGNESS

These chicken drumsticks are loaded with herbs and spices—and will make everyone clamor for more. Serve with a bright green salad for a simple-fast dinner. If you're eating vegan, toss cashews and diced sweet potatoes together in this spicy mixture. Bake until tender, and top with vegan sour cream or cashew cream. You'll love it!

SERVES 2



### INGREDIENTS

1lb chicken drumsticks
1 tsp dried basil
1 tsp dried oregano
1/4 tsp sea salt
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp smoked paprika
1/4 tsp pepper
1/8-1/4 tsp cayenne pepper (depending on how spicy you like it)
1 tbsp olive oil

### DIRECTIONS

1. Preheat oven to 200°C (fan forced) (or 400°F)
2. Place the chicken drumsticks in a large bowl, add the spices, and then drizzle with oil
3. Make sure you mix well so that the oil and spices are covering all the chicken.
4. Line a baking pan with foil or baking paper and top with a wire rack
5. Arrange chicken drumsticks out in a single layer
6. Bake chicken drumsticks until cooked through and skin is crispy, around 50 minutes. Make sure you rotate around the 25 minute mark
7. While the chicken legs are baking oil will slowly drip to the bottom of the baking pan and will ensure the chicken is nice and crispy

## 30 ANYTIME SPRING SOUP WITH POACHED EGG

BY LOUISE HENDON | PALEO MAGAZINE

This soup is light and refreshing. And because it's topped with a poached egg, it has a beautiful contrast of color as well. Vegan eaters will enjoy this soup without the egg, but may find it a little thin. To bulk this dish up for dinner, serve it alongside your favorite kale salad, or make any of the suggested Collard Wraps, found in the front section of this book.

SERVES 2



### INGREDIENTS

2 eggs  
 32 oz (1 quart) chicken or bone broth  
 1 head of romaine lettuce, chopped  
 salt to taste

### DIRECTIONS

1. Bring the chicken broth to a boil.
2. Turn down the heat and poach the 2 eggs in the broth for 5 minutes (for a slightly-runny egg).
3. Remove the eggs and place each into a bowl.
4. Add the chopped romaine lettuce into the broth and cook for a few minutes until slightly wilted.
5. Ladle the broth with the lettuce into the bowls.

# HEALTHY DESSERT IDEA

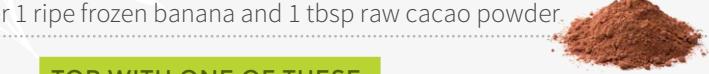
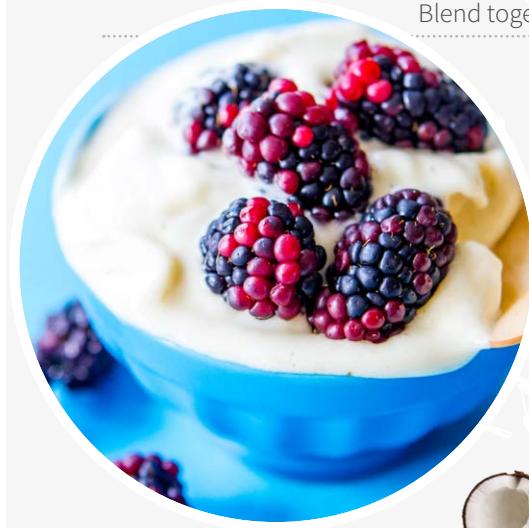
## *The Sundae Bar*

Feeling like your sweet tooth is going to bite you? Whip up this 1-Ingredient Chocolate-Banana Ice Cream in a flash, then top with your choice of decadent mix-ins and toppings. Make it without chocolate and you'll have a light vanilla-flavored plant-based ice cream. This may be the easiest and most delicious dessert ever—enjoy it every night, guilt-free!

### 31 CHOCOLATE-BANANA ICE CREAM

Blend together 1 ripe frozen banana and 1 tbsp raw cacao powder.

#### TOP WITH ONE OF THESE:



- 11 Raw honey + unsweetened coconut
- 12 Melted cashew butter + raw honey
- 13 Cashew butter + fresh strawberries
- 14 Chopped pear + raw honey
- 15 Coconut cream + pistachios
- 16 Chopped walnuts + maple syrup
- 17 Fresh blueberries + unsweetened coconut
- 18 Raw honey + slivered almonds
- 19 Tahini + maple syrup
- 20 Slivered almonds + cashew butter
- 21 Cashew butter + raw honey



- 1 Raspberries + chopped pistachios



- 2 Chopped cashews + raw honey



- 3 1 tsp almond butter + 1 tsp cacao powder, melted
- 4 Chopped walnuts + maple syrup



- 5 Fresh raspberries + slivered almonds



- 6 Fresh blueberries + unsweetened coconut



- 7 Melted cocoa nibs + coconut cream

- 8 Melted cocoa nibs + chopped walnuts



- 9 Sesame seeds + Tahini



- 10 Fresh raspberries + coconut cream



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Author NYTimes Bestselling Author of the “All-Day Energy Diet”, the upcoming “All-Day Fat Burning Diet”, and creator of the Fat-Burning Meal Club, Yuri is a well-known nutrition renegade, health coach, and advocate for holistic health.



**AMY COATES**  
[AMYCOATES.COM](http://AMYCOATES.COM)

A Registered Holistic Nutritionist, co-creator of the Fat Burning Meal Club, and mother to 3 young beautiful boys. Amy's mission is to inspire you to love more, to connect, to have better relationships with yourself and others, teaching you how to do something every day that moves you closer to your dreams.



**ALEXA SCHIRM**  
[SIMPLEROOTSWELLNESS.COM](http://SIMPLEROOTSWELLNESS.COM)

Alexa Schirm received her bachelors degree in Dietetics from Iowa State University. She is currently expanding her knowledge with a Masters in Health Studies from the University of Alabama.



**ERICA JONES**  
[TRUEBEAUTYYOU.COM](http://TRUEBEAUTYYOU.COM)

Erica Jones is a food and beauty blogger. Her mission in life is to help other explore the journey (and struggles) of living everyday while engaging wholeheartedly in authentic living.



**ABEL JAMES**  
[FATBURNINGMAN.COM](http://FATBURNINGMAN.COM)

Abel James is a #1 best-selling author, top 10 App Developer, musician, radio show host, entrepreneur, and health crusader. His Fat Burning Man podcast skyrocketed to #1 after it's first month on the airwaves.



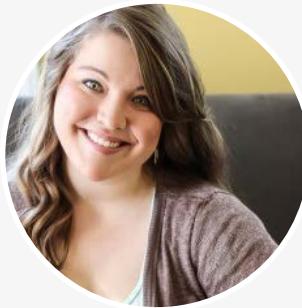
**ALEXANDRA JAMIESON**  
[ALEXANDRAJAMIESON.COM](http://ALEXANDRAJAMIESON.COM)

A Certified Holistic Health Counselor and gourmet chef, Alexandra Jamieson helps women listen to their true cravings for pleasure in order to achieve the body and life they desire. Her fourth book, Women, Food & Desire hit bookshelves in 2015.



**NICK PINEAULT AND GEN GAUVIN**  
[NICKPINEAULT.COM](http://nickpineault.com)

Nick and Gen are food lovers and travel addicts from Montreal. They're on a mission to inspire their generation—and the entire world, why not?—to shatter old conventions, live their life fully, take huge risks and have a serious blast doing it. You can find out about Fast Food Solution—their 30-day challenge to your healthy food freedom on: <http://fastfoodsolution.com>



**LAUREN LESTER**  
[WICKEDSPATULA.COM](http://wickedspatula.com)

The Wicked Spatula blog offers simple ideas for paleo eaters. None of the ingredients have any artificial flavors, colors, fats or sweeteners, no high fructose corn syrup and no preservatives.



**BECKY OLSEN**  
[PROJECTDOMESTICATION.COM](http://projectdomestication.com)

With a focus of fresh, seasonal fare, Project Domestication holds more than 350 recipes. The site started in 2008, as Becky cooked her way through Dorie Greenspan's "Baking from My Home to Yours."



**ABBY THOMPSON**  
[THEFROSTEDVEGAN.COM](http://thefrostedvegan.com)

Plant-based desserts is the primary focus of this beautiful vegan food blog. The Frosted Vegan is a cultivation of love and passion for mainstreaming the vegan culinary approach.



**VANESSA VICKERY**  
[BECOMINGNESS.COM.AU](http://becomingness.com.au)

Hailing from Australia, Vanessa is a qualified nutritionist, mother of two energetic toddlers, and the creator of Becomingness—a health and wellness website which aims to help women achieve their health and wellness goals, and the ideal starting point for women who want to take charge of their health, but are not sure where to begin.



**LEANNE ELY**  
[SAVINGDINNER.COM](http://savingdinner.com)

Woman's Day magazine calls Leanne the expert on family cooking. Her meal planning service—SavingDinner.com—began in 2001. More than a decade after founding her business Leanne has written 8 books, and works today as a speaker, syndicated newspaper columnist, and host of her own radio show.



**FLAVIA DELMONTE**  
[FLAVILICIOUSFITNESS.COM/BLOG](http://FLAVILICIOUSFITNESS.COM/BLOG)

Flavia Del Monte is a registered nurse, certified physical trainer, certified nutritionist, and fitness model. Her website teaches women how to change habits and adopt a healthy lifestyle, and features top-rated fitness tips, nutrition advice, and healthy recipe favorites.



**KARINE LOSIER & DAVE RUEL**  
[METABOLICCOOKING.COM](http://METABOLICCOOKING.COM)

Authors of Metabolic Cooking, Dave and Karine are highly sought after fitness and nutrition experts. Their approach to fat-burning foods has helped thousands of people lose weight, gain a six-pack, and look (and feel) better than ever!



**JEREMY & LOUISE HENDON**  
[PALEOMAGAZINE.COM](http://PALEOMAGAZINE.COM)

Jeremy and Louise Hendon are the founders of the popular 7-Day Challenge and also PaleoMagazine.com. They believe that food is medicine, that you deserve a body and live you love, and that YOU have the power to take control of your own health.



**VIJITHA SHYAM**  
[SPICESANDAROMA.IN](http://SPICESANDAROMA.IN)

Food Blogger, photographer, and recipe developer, Vijitha shares recipe favorites from her native India, and focuses on low-carb and gluten-free meal ideas.



**TARASHAUN HAUSNER**  
[BLENDERBABES.COM](http://BLENDERBABES.COM)

Tarashaun is the founder of Blender Babes with a long held passion to help people live a healthier lifestyle. Her website is a resource the web's premiere resource for simple healthy blender recipes and hi-speed blender reviews, and entertaining blender videos hosted by bikini-clad models.

