

Preconception Cleanse

BREAKFAST

AAWEsome Breakfast Salad (Arugula, Avocado, Egg, and Walnut)

Makes 1 serving

Ingredients

- 2 eggs
- ¼ of a medium avocado
- 2 cups arugula
- ¼ cup chopped walnuts

DRESSING

- 1 Tbsp olive oil
- 1 Tbsp. white vinegar
- 1 tsp. mustard
- salt to taste
- pepper to taste

Instructions

1. Bring a medium skillet to medium heat. Add chopped walnuts and toast until lightly browned. Remove from pan and set aside to cool.
2. Return the pan to the stove and add a small amount of oil. Scramble eggs and cook until set.
3. Dice avocado.
4. In a small bowl mix up dressing.
5. Add everything to a bowl except eggs and toss to combine. Lay warm eggs on top and enjoy!

Nutola

1/2- 1 cup nuts (cashews, pecans, almonds, walnuts)

2 tsp ghee/earth balance/coconut oil

1/2 - 1 cup blueberries

1/2 cup milk of your choice (almond, rice, hemp coconut)

pinch cinnamon and salt

drizzle of honey

chop nuts and saute in the ghee/earth balance/coconut oil until warmed through. Put into a bowl with cinnamon, salt, blueberries and milk. Add honey to taste. This will help maintain blood sugar and keep you satiated until lunch!

Blueberry Cardamom Vegan Overnight Oats

Makes 4-6 servings

Ingredients

- 2 cups rolled oats
- 2 cups Almond milk or other non-dairy milk
- 1/3 cup pure maple syrup
- 3 Tbsp. chia seeds
- 1 tsp. ground cinnamon
- ¼ tsp ground cardamom
- 1-1.5 cups fresh blueberries
- 1/2 cup chopped walnuts
- Pinch of salt
- 1 tsp. vanilla
- Top with slivered almonds

Instructions

1. Mix in a bowl and place in fridge overnight. In the morning, give it a stir and enjoy cold with a sprinkle of granola on top. Keeps in the fridge for 2-3 days.

Purple Protein Smoothie

Makes 1 serving

Ingredients

- 1/4 cup almond butter
- 1 cup plain organic yogurt (use almond, cashew or coconut yogurt for a dairy-free option)
- 1 cup spinach
- 1 cups frozen blueberries
- 1 small banana
- 2 Tbsp. chia or flax seed
- almond or coconut milk, enough for desired consistency

Instructions

1. Place all ingredients in a blender and process until smooth.

Breakfast Sausages with Sautéed Arugula

Spice Blend – Make this up a keep on hand for next time or for an easier option just use your favorite Italian blend!

Ingredients

- 2 Tbsp. Celtic salt
- 2 Tbsp. sage, ground
- 2 Tbsp. onion powder
- 2 Tbsp. garlic powder or granules
- 1 Tbsp. black pepper (more if you like)
- 1 tsp. cayenne pepper
- 2 tsp. rosemary, ground

- 1 tsp. ginger, powder
- 2 tsp .thyme
- 1 Tbsp. parsley flakes
- 2 tsp. marjoram
- 1 tsp. coriander

Instructions

1. Place everything in a jar and shake to combine.

Breakfast sausages

Ingredients

- 1 pound ground turkey thigh
- 1 Tbsp. spice blend
- 1 Tbsp. coconut oil

Instructions

1. Place your meat in a large bowl. Coat with spice blend and gently kneed into meat until well combined.
2. Form into small patties.
3. Heat a large pan and drop in a tbsp. of oil.
4. Place patties on heat pan and cook 8 minutes per side or until cooked through. Cook time will depend on the size of your sausages.
5. Remove from pan and transfer to a plate.
6. Add a bit more oil and toss in several handfuls of arugula. Sauté until just wilted. Transfer to a bowl and top with breakfast sausages. This dish is great with a couple tablespoons of sauerkraut.

Tomato Dill Frittata

Makes 4 servings

Ingredients

- coconut oil to grease pan
- 8 eggs, whisked
- 4 tomatoes, diced
- 2 Tbsp. fresh dill, chopped
- 2 Tbsp. fresh chives, chopped
- ½ cup crumbled goat cheese (optional)
- 2 garlic cloves, minced
- 1 tsp, red pepper flakes
- salt and pepper, to taste

Instructions

1. Preheat oven to 325 degrees. Grease a medium saucepan or cast iron skillet.
2. Whisk together eggs in a large bowl, then add the rest of the ingredients and mix well.
3. Pour ingredients into greased pan.

4. Bake for 30-35 minutes or until cooked through in the middle.
5. Garnish with extra dill and chives.

Lemon Poppy Seed Pancakes

Makes 3-4 servings

Ingredients

- 3 eggs, whisked
- ¾ cup almond milk
- 2 Tbsp. honey
- 1 tsp. vanilla extract
- zest of 1 lemon
- juice of 1 lemon
- ½ cup coconut flour
- ½ cup tapioca flour or arrowroot flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- pinch of salt
- 2-3 Tbsp. poppy seeds
- coconut oil or ghee, for greasing pan

Instructions

1. Whisk together wet ingredients: eggs, almond milk, honey, vanilla extract, lemon zest and juice in a large bowl.
2. Then, while continuously whisking, add coconut flour, tapioca flour, baking powder and baking soda and a pinch of salt to the large bowl. Whisk until batter is well combined. Add poppy seeds and fold in.
3. Grease a large pan and place over medium heat. Once pan is hot, use a large ladle or ice cream scoop to pour batter. The batter should make 9-12 pancakes, depending how big you make them. Once each pancake begins to bubble, flip to cook on other side. About 2-3 minutes per side.
4. Top with maple syrup and fresh berries!

Chocolate Protein Smoothie Bowl

Makes 2-3 servings

Ingredients

- 3 frozen bananas
- 2 cups almond milk
- 1 cup yogurt (dairy, almond, or cashew)
- 2 Tbsp. almond or sunflower seed butter
- 1 Tbsp. cocoa powder
- ½ tsp. vanilla extract
- ½ cup coconut flakes
- 2 Tbsp. hemp seeds
- ½ cup almonds, chopped
- ¼ cacao nibs
- 1 cup berries to top

Instructions

1. Place bananas, almond milk, protein powder, sunflower seed butter, cocoa powder, and vanilla extract in a blender and blend until smooth and creamy.
2. Pour mixture into 2-3 bowls and top with all toppings and whatever toppings you prefer!

LUNCH

Veggie Nori Rolls

Makes 1 serving

Ingredients

- 1 sheet nori
- 3 Tbsp. hummus, tahini, or cashew cheese
- 1/4 cup sweet pea shoots or sprouts
- 1/4 cup shredded carrots
- 1 small cucumber, cut into matchsticks
- 1/4 avocado, sliced thinly
- 1 Tbsp. nutritional yeast flakes
- 1 tsp lemon juice
- Salt, to taste

Instructions

1. Arrange the nori sheet on a work surface with the long edge close to you. Spread the hummus in a thin layer over the nori sheet. Layer the pea shoots, carrots, cucumber sticks, and avocado on top of the bottom one-third of the nori sheet. Sprinkle with lemon juice and season with salt to taste.
2. Gently but firmly, roll the edge closest to you toward the center of the nori wrap, carefully rolling a sushi-like roll. (Note: a bamboo sushi mat makes this easier, but doing it freehand is absolutely doable.)
3. With a sharp knife, carefully slice your roll. These are best served right away but will also keep well for a day or two in the fridge.

Squash-Chicken-Roasted Beet On The Go Bowl

Makes 1 serving

Ingredients

Bowl

- 1 cup cooked winter squash, mashed
- 3oz cooked organic chicken, shredded

- 1 cup roasted beets, chopped
- Chopped parsley or cilantro

Lemon-Tahini Dressing

- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 cup apple cider vinegar
- 2 cloves garlic finely minced
- 1/8 tsp. ground cumin
- 3/4 tsp. salt

Instructions

Bowl

1. This is as great leftovers or make ahead kind of meal! Use squash, chicken and beets from another meal or cook up these items on a Sunday afternoon and pre-prepare a couple of these bowls for lunches the following week. I like to put them in a mason jar and add the sauce just before eating.

Dressing

1. Place all ingredients in a mason jar and shake well to combine. You will have leftovers to use on another salad!

Chicken and Cabbage Salad with Sesame Seeds, Scallions, Pomegranate & Almonds

Makes 4-6 servings

Ingredients

- 2 Tbsp. plus 1 teaspoon kosher salt
- 3 cups shredded chicken
- 1 head cabbage, about 2.5 lbs.
- 1/2 cup neutral oil such as avocado or grapeseed
- 1/4 cup white balsamic vinegar
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. sesame oil
- 2 tsp honey
- 1 cup sliced almonds
- 1/3 cup sesame seeds
- 6 scallions, thinly sliced
- 1 pomegranate, seeded

Instructions

1. Pull out your shredded chicken from last night's dinner.
2. Cut the cabbage into quarters through the core. Thinly slice it, discarding the core. Place in a large bowl and sprinkle with 1 tablespoon kosher salt. Using your hands, massage the salt into the cabbage. Let sit for 15 minutes. Fill bowl with cold water and jostle the cabbage with your hands. Drain into a large colander. Don't worry about drying the cabbage.
3. Meanwhile, make the dressing: whisk together the avocado, sesame oil, vinegar, lemon juice, honey, and remaining teaspoon kosher salt.
4. In a large bowl, place the cabbage, pulled meat, almonds, sesame seeds, and scallions. Add the dressing and toss to coat. Sprinkle with pomegranate seeds.

Egg Salad Over Greens

Makes 2-3 servings

Ingredients

- 6 hardboiled eggs
- ¼ cup good quality mayonnaise of choice (Primal Kitchen Foods is my favorite)
- 2 scallions, green parts only, sliced
- 2 ribs of celery finely chopped
- 1 Tbsp. Dijon mustard
- sea salt, to taste
- freshly cracked black pepper
- 2 cups mixed greens
- 1 Tbsp. balsamic vinegar
- drizzle of olive oil

Instructions

1. Peel your hardboiled eggs dice and place in a medium-sized mixing bowl - an egg slicer is also great for this.
2. Add remaining ingredients and using a spatula, gently fold until evenly incorporated. Egg yolks should have combined with mayo to form a creamy dressing.
3. Adjust salt & pepper, to taste, and garnish with more chopped scallion or parsley before serving. Cover & chill until ready to serve OR serve immediately.
4. Serve over a bed of greens that have been lightly dressed with olive oil and vinegar.

Steak Lettuce Cups

Makes 4 servings

Ingredients

- 1 pound ground beef
- 4 oz shiitake mushrooms, sliced
- 1 cup carrots, julienned
- 1 cup bamboo shoots, julienned

- 2 Tbsp. fresh ginger, grated
- 2 cloves fresh garlic, minced
- ¼ cup tamari
- 1 tsp. red pepper flakes (optional)
- 1 tsp. fish sauce
- black pepper to taste
- 1 head butter lettuce

Instructions

1. Sauté ground beef over medium heat for a few minutes. When it starts to brown, add mushrooms, carrots, bamboo shoots, ginger, garlic.
2. Once carrots start to soften, add tamari, red pepper flakes black pepper and fish sauce.
3. Mix everything together until well combined and cook for 5 more minutes.
4. Remove from heat and cool slightly.
5. Serve inside butter lettuce.

Notes: For a quick an easy meal use steak from last night's Asian Pear Salad and just add veggies! Add everything to your lettuce wrap and enjoy.

Garbanzo “Chicken” Salad

Makes 3 servings

Ingredients

- 1 (15-ounce/425 grams) can chickpeas, drained and rinsed
- 2 stalks celery, finely chopped
- 3 green onions, thinly sliced
- 1/4 cup finely chopped dill pickle
- 1/4 cup finely chopped red bell pepper
- 3 Tbsp. Primal Kitchen mayonnaise
- 1 clove garlic, minced
- 1 1/2 teaspoons yellow mustard
- 2 tsp. minced fresh dill (optional)
- 1 1/2 to 3 tsp. fresh lemon juice, to taste
- 1/4 tsp. fine sea salt, or to taste
- Freshly ground black pepper
- ½ cup pitted olives, chopped

Instructions

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Now, stir in the mustard, dill, and olives and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.
4. Serve with plantain chips, Mary's Gone Crackers, Paleo Wraps, or on top of a basic leafy green salad. Or just enjoy it all on its own!

Moroccan Lettuce Wraps

Makes 2 servings

Ingredients

- Left over chicken from the previous night, chopped or shredded
- 4-6 romaine leaves
- tomato, diced
- cucumber, diced
- olives, chopped

Instructions

1. Lay out your lettuce and top with the rest of the ingredients. Eat like a wrap or taco.

DINNER

Curried Coconut Rice and Lentil Casserole

(This recipe requires 2 hours of cook time but is easy to prepare and can sit in the oven while you tend to other tasks around the house)

Makes 6 Servings

Ingredients

- a few tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 1 to 2 Tbsp. finely chopped fresh ginger
- 1 Tbsp. finely chopped fresh turmeric
- 2 tsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. cinnamon
- 2 tsp sea salt
- 4 carrots, chopped
- 1 1/2 cups French or green lentils
- 1 cup long grain brown rice
- 5 cups water

- 1 can full fat coconut milk (choose Native Forest for a BPA free can!)
- 6 cups fresh spinach

Instructions

1. Preheat oven to 350 degrees F.
2. Sauté onion in olive oil until soft, about 5 to 6 minutes. Add ginger, turmeric, spices, and salt. Continue to sauté for another 2 minutes until fragrant.
3. Place onion-spice mixture into a large casserole dish. Add carrots, lentils, rice, water, and coconut milk. Mix together well. Cover and bake for 2 hours.
4. After 2 hours, turn oven temp up to 425 degrees F. Remove cover and cook for another 20 to 30 minutes to let excess liquid cook off.
5. When there is 10 minutes left on your cook time gently mix in spinach and return to the oven.
6. Stir one more time and serve!

Thai Chicken Stuffed Sweet Potatoes

Makes 3 servings

Ingredients

- 3 medium, round sweet potatoes or yams
- ½ cup canned full fat coconut milk
- ¼ cup smooth almond butter
- 1 Tbsp. coconut aminos or tamari
- 1 Tbsp. chili garlic sauce (or sriracha)
- 1 tsp. sesame oil
- 1 tsp. honey
- ½ tsp. red pepper flakes (optional)
- 1 minced garlic clove
- pinch of salt
- couple Tbsp. of oil, to grease the pan (coconut oil, etc.)
- 2 cups shredded cooked chicken (or two boneless skinless breasts. See cooking instructions below.)
- 1 red bell pepper, chopped
- 1 small bunch or kale, chopped finely
- ¼ tsp. garlic powder
- salt and pepper, to taste
- 3 green onions, chopped
- small handful of cilantro, roughly chopped
- handful of chopped roasted cashews

Instructions

1. Preheat oven to 400 degrees.
2. Poke a couple holes with a fork in each sweet potato. Wrap the potato in foil, place in oven, and bake for 1 hour to 1 hour and 15 minutes, until potatoes are soft.

3. When sweet potatoes have about 15 minutes left to cook, begin to make the rest. Place coconut milk, almond butter, coconut aminos, garlic sauce, sesame oil, honey, red pepper flakes, garlic clove and salt in a blender and puree until well mixed.
4. Place a small amount of oil in a large sauté pan over medium heat. Add shredded chicken, red bell pepper and kale sprinkle with garlic powder and a bit of salt and pepper. Sauté for about 5 minutes then add green onions and the sauce and mix well with the chicken. If you are using raw chicken, follow the directions below.
5. Cut all 3 sweet potatoes down the middle, fill with the chicken mixture, top with cilantro and cashews.

Chicken

1. Preheat oven to 400 degrees.
2. Rub chicken breasts with olive oil and sprinkle both sides with salt and pepper. Place chicken in a broiler pan.
3. Bake in the preheated oven for 10 minutes. Flip chicken and cook until no longer pink in the center and the juices run clear, about 15 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees.
4. Remove chicken from pan cool and shred.

Paleo Turkey Sausage Spaghetti Squash Bake

Makes 4 servings

Ingredients

- 1lb ground turkey thigh (buy an extra pound to make breakfast sausages – see tomorrow's breakfast)
- 1 medium spaghetti squash, halved and seeds removed
- 1 bunch of kale, roughly chopped
- 1 red onion, halved and sliced
- 1 egg
- ½ cup canned coconut milk
- 2 cups crimini mushrooms
- 1 garlic clove, minced
- 1 Tbsp. garlic powder
- 1 tsp. tarragon
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ tsp. ground sage

Instructions

1. Preheat your oven to 400 degrees.
2. Cut your spaghetti squash in half and use a spoon to remove the seeds and excess threads from your squash.
3. Place open side down on a baking sheet and bake for about 20-25 minutes or until you can press into your squash and it gives a bit.
4. While your squash bakes, heat up a large pot over medium-high heat and add your sausage. Season with salt and pepper. Break up with a wooden spoon or spatula.
5. Once your sausage is cooked through, transfer to a bowl draining any excess liquid.
6. Add a tablespoon of coconut oil to your pan, add mushrooms, minced garlic, kale and onions. Sauté for a couple minutes.
7. Then add your coconut milk and spices. Cover and let simmer for about 5 minutes.

8. Pull your spaghetti squash out of the oven and dethread with a fork.
9. Once your kale is wilted and onions have become translucent, remove from heat and add your spaghetti squash as well as your egg to the kale/onion mixture. Mix thoroughly.
10. Then add your cooked Italian sausage and mix together.
11. Place the mixed ingredients into a baking dish (or same pot if it's oven safe) and spread out evenly.
12. Bake 15-20 minutes or until top is slightly browned.

Asian Steak and Pear Salad

Makes 2-3 servings

Ingredients

Marinade

- 2 Tbsp. lemon juice
- 2 Tbsp. coconut aminos or tamari
- 1 Tbsp. olive oil
- 1 Tbsp. sesame oil
- 1 tsp freshly minced ginger
- 1 garlic clove, minced
- 2 tsp sesame seeds
- pinch of salt
- pinch of black pepper
- 1 pound hanger steak (or strip or skirt steak)

Dressing

- 2 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 heaping Tbsp. raw honey
- 1 Tbsp. coconut aminos
- 1 tsp. fish sauce
- 1 tsp. sesame oil
- 1 tsp. sesame seeds
- ¼ cup olive oil

For the salad

- 2 Tbsp. ghee
- 2 cups shiitake mushrooms
- salt and pepper, to taste
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- 2 hearts of romaine, chopped
- 1 cucumber, sliced
- 1 Asian pear, thinly sliced
- cilantro, to garnish (optional)

Instructions

1. Whisk together all ingredients for the marinade. Place steak in a shallow bowl and pour marinade on top. Mix to coat, cover, and place in refrigerator to marinate for a minimum of 30 minutes, overnight is best.

2. While meat marinates, place all ingredients for the dressing in a bowl, except for the olive oil, and whisk. While continuously whisking, pour olive oil in the bowl and whisk until completely combine. Set aside in a closed container in the fridge until needed.
3. Once meat has marinated, place a grill pan over medium-high heat (you can also do this on a grill) and once the pan is hot, place meat on top to cook for 6 minutes per side (depending how thick your steak is), until medium rare in the middle. Set aside and cover with foil to let rest.
4. On that same hot pan, add 2 tablespoons of ghee along with the shiitake mushrooms, sprinkle them with salt, pepper, ginger and garlic and sauté until soft and cooked through.
5. Now to make the salad: place greens and cucumber in a large bowl, pour desired amount of dressing on top and toss to coat. Then thinly slice the steak against the grain, place on top of greens along with some thinly sliced pear and some cilantro.

Notes: Make an extra half pound or so of steak for tomorrows lunch, Steak Lettuce Wraps!

Red Lentil Cauliflower Soup

Makes 4 servings

Ingredients

- 1 1/2 cups red lentils or masoor dal
- 2 Tbsp. of ghee, or coconut oil
- 1 large yellow onion, chopped
- Salt
- 3 cloves of garlic, minced
- 1/2 inch slice of ginger root, minced, or more to taste
- 1 inch turmeric root, minced
- 1 tablespoon curry powder
- 1 teaspoon freshly toasted and ground cumin
- 1 teaspoon ground coriander
- 6 cups chicken stock
- 2 bay leaves
- 3 medium carrots, peeled or scrubbed, and cut into 1/2 inch slices
- 1 head of cauliflower, trimmed and broken into bite-sized florets
- 2 Tbsp. coarsely chopped cilantro
- Juice of a lime
- Freshly ground pepper, to taste

Instructions

1. Rinse the red lentils several times in cold water. In a large bowl, cover them by at least two inches of boiling water. Allow them to sit while you do the next two steps.
2. Heat your soup pot, add the ghee or oil, wait a few seconds, and then add the onion with a pinch of salt. Cook for a few minutes over medium heat, stirring frequently to prevent the onion from browning too much or burning.
3. When the onion is translucent, add the ginger, turmeric and garlic and the ground spices to the cooked onion. Stir frequently as you cook over medium heat, for about 1 1/2 minutes.
4. Pour the lentils and soaking water into the soup pot, then add the stock and the bay leaves. Bring to a boil, then turn the heat down so that the soup simmers.
5. Add the carrots and continue to cook, stirring occasionally and taking care not to let the lentils stick to the bottom of the pot. Add more water if the soup gets too thick. The lentils will soak up the water and broth very quickly!
6. After about ten minutes, give the soup a good, thorough stir, and add the cauliflower pieces. If you want to add some roasted winter squash, this is the time to do it. Add more water if the soup seems to be drying out. Turn the heat to low, give the soup another good stir then cover the pot, and cook for at least 20 minutes, stirring every five minutes or so.
7. Check for salt and correct if necessary.
8. Turn off the heat and let the soup sit, covered, until ready to serve.
9. Stir in the lime juice and chopped cilantro.
10. This dish is also great with shredded chicken for additional protein.

Grilled Moroccan Chicken

Makes 6 servings

Ingredients

- 4 Tbsp. olive oil
- 4 Tbsp. fresh lemon juice
- 3 garlic cloves
- 1 tsp. ground coriander
- ¼ tsp. ground cumin
- 1 tsp. sweet paprika
- ½ tsp. chili powder
- ½ Tbsp. salt
- ½ tsp. ground black pepper
- ½ bunch fresh parsley
- ½ bunch fresh cilantro
- 5 skinless boneless chicken breasts

Instructions

1. Put all ingredients into food processor except for the cilantro, parsley and chicken. Pulse the marinade 5-7 times to mince the garlic.
2. Next, add in cilantro and parsley and pulse it a few more times. Pulse until your cilantro and parsley look chopped (your chicken will look prettier if you don't puree it all the way).
3. Slice the chicken in half lengthwise to make 8 thinner chicken breast pieces. Transfer chicken breast into a bowl.
4. Pour marinade over chicken and smooch/toss to evenly coat the chicken. Let it sit at least 4 hours or overnight.
5. Grill the chicken on medium heat just until cooked through. Typically 5-6 minutes per side.

Cauliflower Mashers

Makes 4-6 servings

Ingredients

- 1 head cauliflower (about 4 cups)
- 4 tablespoons butter or olive oil
- salt and pepper to taste

Instructions

1. Chop the cauliflower into roughly 2-3-inch piece,
2. Steam the cauliflower until it is fork-tender. Transfer to a food processor. Add butter, salt and pepper. Puree until smooth and creamy.

African Sweet Potato Bean Soup

Makes 6 servings

Ingredients

- 1 Tbsp. olive oil
- 1 tablespoon red or green Thai Kitchen curry paste- hot or mild, to taste (start with less if you prefer it mild)
- 1/2 tsp. cinnamon
- 1 medium onion, peeled, diced
- 4 cloves garlic, minced
- 1 medium sweet potato or yam, peeled, diced
- 1 crown broccoli chopped
- 2 zucchinis chopped
- 1 jalapeño or other hot chili pepper, seeded, diced fine
- 1 14-oz. can black-eyed peas, rinsed, drained
- 1 14-oz. can white beans, rinsed, drained
- 1 14-oz. can black beans, rinsed, drained
- 1 quart chicken or vegetable broth
- 1/2 cup creamy (not crunchy! it makes a difference) almond butter (sub sunflower butter for a nut free version)
- 1/2 teaspoon crushed hot red pepper flakes, or more, to taste
- 2 Tbsp. chopped fresh cilantro
- Juice from 1 big juicy lime

- Sea salt and black pepper, to taste
- For garnish:
- Chopped fresh cilantro or parsley

Instructions

1. Heat the olive oil in large soup pot. Add the curry paste and cinnamon; stir for a minute to infuse the oil with spice. Add the onion, garlic, sweet potato and jalapeño. Stir and cook the veggies for 5-7 minutes, until softened.
2. Add the black-eyed peas, white and black beans, broth, melted almond butter, red pepper flakes and cilantro.
3. Bring the soup to a high simmer, cover, and lower the heat; keep the soup on simmer and cook 20 minutes add vegetables and simmer for another 10 minutes or until veggies are tender.
4. Stir in the lime juice. Season with sea salt and ground pepper, to taste. Warm through and taste for seasoning adjustments.

SNACKS

Crispy Curried Cashews

Makes 3 cups

Ingredients

- 2 cups of raw cashews
- 1/2 Tbsp. of Celtic sea salt
- 2 Tbsp. curry powder
- filtered water

Instructions

1. Bring 1 cup of water to boil and add curry powder and salt. Let the mixture set for 15 to 30 minutes. This allows the water to cool and the spices to come to life. Once the water has cooled down, add cashews.
2. At this point, you will need to add more water until cashews are covered, plus an inch of water to allow for the cashews to expand. Let cashews soak for 5 to 6 hours. Do NOT let the cashews soak longer than 6 hours or they can become soggy.
3. Once cashews are finished soaking, drain in a colander. Place them onto dehydrator trays or on a parchment lined cookie sheet. If using an oven, you can dry them at 200 degree temperature setting for 12 to 24 hours.
4. Turn occasionally, until dry and crisp.
5. Store in an airtight container. Makes a tasty exotic snack!

Notes: If 12hrs of cook time is just far too committing you can expedite the process by turning your oven up to 350 and cooking for 20-30 minutes. Be sure to stir a few times throughout cooking.)

Broccoli Patties

Makes 6 patties

Ingredients

- 2 cups broccoli florets, finely chopped
- 1/2 cup grated cheddar cheese (replace with 2 Tbsp. nutritional yeast for a dairy-free option)
- 1/2-1 cup almond meal
- 2 large eggs, whisked separately
- 1 tsp. Italian herbs
- 1/2 tsp. salt

Instructions

1. Preheat oven to 350°F.
2. Place all the ingredients in a bowl and stir to combine.
3. Using an ice cream scoop, or 1/4 cup measure, form mixture into small patties and place on a parchment-lined baking sheet.
4. Bake for 10 minutes, flip the patties over, and bake an additional 10 minutes.

Lemon Poppy Seed Protein Bars

Makes 8-10 bars

Ingredients

- 1 ½ cups whole rolled oats
- ½ cup good quality protein powder (rice, pea, or hemp are the most digestible)
- ¾ cups chopped walnuts (almonds, pecans or pumpkin seeds work too)
- 1 cup unsweetened coconut flakes
- 2 Tbs. poppy seeds
- ¼ cup sesame seeds
- 2 tsp. cinnamon
- ½ tsp sea salt
- 4 Tbsp. flax or chia seeds (best with a combination of the two!)
- 1 ripe banana
- ½ cup coconut oil (olive oil or safflower oil can be substituted)
- 5 Medjool dates
- 5 Dried apricots
- 2 tsp. vanilla extract
- 3 Tbsp. pure maple syrup (or honey)
- Zest and juice of 1 organic lemon

Instructions

1. Preheat the oven to 325.
2. Begin by placing the flax and/or chia seeds in a small bowl with 4 Tbs. water. Set aside.

3. In a large bowl combine all your dry ingredients: oats, walnuts, poppy and sesame seeds, cinnamon and sea salt.)
4. In a food processor, blend all the wet ingredients: banana, coconut oil, vanilla, maple syrup, dates, apricots, lemon juice and zest.
5. By this time, the flax/chia water will have become gelatinous. This will be used to bind the bars. Add them to the food processor at the last minute and pulse to combine.
6. Now add your wet ingredients to the dry. Using a big spoon, mix well.
7. Place parchment paper along the bottom of a baking pan. Add the ingredients and evenly distribute and press down your bars.
8. Bake for 20-25 minutes or until the edges begin to brown.
9. Let the bars cool then slice them into squares about the size of a deck of cards.
10. They will store in the fridge up to 2 weeks.
11. Enjoy them easily for a quick breakfast on their own, warmed and served with almond milk over the top, or as a healthy pre-workout snack.

Roasted Chickpeas

Makes 1 ½ cups

Instructions

- 1 (15-ounce) can chickpeas (or 1 1/2 cups cooked), drained and rinsed
- 1 teaspoon extra-virgin olive oil
- 1/2 tsp. fine grain sea salt
- 1/2 tsp. garlic powder
- 1/8 to 1/4 tsp. cayenne pepper (optional)

Instructions

1. Preheat oven to 400 degrees.
2. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off).
3. Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat.
4. Roast for 20 minutes at 400 degrees, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.

BEVERAGES

Homemade Coconut Milk

Want organic coconut milk that is free of BPA and Guar Gum? Making your own could not be easier!

Ingredients

- 4 cups water
- 1.5 – 2 cups unsweetened coconut flakes

Instructions

1. Heat water until hot (but not boiling).
2. Add shredded coconut and water to blender (preferably a Vitamix!) If all the water won't fit, you can add it in two batches.
3. Blend on high for several minutes until thick and creamy.
4. Pour through a fine colander to filter out the coconut pulp, then squeeze through a cheese cloth or nut milk bag to filter the smaller pieces of coconut.
5. If you separated the water into two batches, put the strained coconut back into the blender with the second batch of water.
6. Drink immediately or store in the fridge. Fresh coconut milk should be used within 3-4 days of making it for the best flavor and texture.

Citrus Cocktail

Makes 1 serving

Ingredients

- 8oz room temperature filtered water
- ¼ a lemon
- 1/8 tsp full mineral salt

Instructions

1. Add everything to a glass stir and sip.

Ginger-Dandelion-Milk Thistle Tea

Makes 5 cups

Ingredients

- 3oz fresh ginger; peeled and sliced
- 3 tsp dried dandelion root
- 3 tsp dried milk thistle
- 2 cinnamon sticks
- 2 Tbsp. fresh lemon juice
- 5 cups water

Instructions

- Bring the water and ginger to a gentle boil, boil for 1 minute and remove from heat. Pour the boiling water over the herbs (dandelion, milk thistle and cinnamon).
- Cover and steep for 15 minutes.
- Drain herbs from the liquid and add the lemon.
- Stir and serve or place in the refrigerator until cold to make a refreshing ice tea for a hot summer's day.