



## Breakfast Recipes

### Quinoa Breakfast Porridge (makes 2 servings)

- 1/2 cup of quinoa
- 1 cup unsweetened coconut or almond milk or water
- 1 tsp cinnamon
- 1/2 cup fresh or frozen (and thawed) fruit (berries, peaches, mangos, etc.)
- 2 tbsp chopped nuts (walnuts, hazelnuts, or almonds)

Before going to bed, cover quinoa with water and 1 tbsp of lemon juice or apple cider vinegar, allow to soak overnight. In the morning, thoroughly drain the quinoa. Alternatively, thoroughly rinse quinoa and proceed with cooking without soaking overnight. In a medium saucepan bring the milk to a boil and add the quinoa and cinnamon. Cover, reduce heat and simmer for 15 minutes. Add the berries, cover and remove from the heat. Allow to sit for 5 minutes. Fluff with a fork, top with nuts and serve.

### Chicken, Veggie and Root Veggie Hash (makes 1 servings)

- 1 tsp coconut oil or olive oil
- Root Veggies (any combination of beets, carrots, rutabaga, turnips, sweet potatoes, and/or winter squash) to equal 1/2 cup when thinly sliced
- Sea salt, sage, parsley and thyme
- Leftover braised Swiss chard
- 1 serving cooked chicken

Heat a large skillet over medium heat, add oil and root veggies, season with salt, sage, parsley and thyme. Cook until the root veggies start to brown, adding more oil if needed. Once root veggies are lightly browned add zucchini and a couple tablespoons of water to the pan. Stir, cover and cook until all veggies are cooked through. Add more water if necessary. Add the chicken and spinach to the pan and cook through until spinach is wilted. Adjust seasonings to taste and enjoy!

### Pumpkin Pie Smoothie (makes 1 serving)

- 1/2 cup pumpkin puree (not pumpkin pie mix)
  - 1 small frozen banana (peel banana before freezing)
  - 1 cup of milk alternative
  - 1 scoop of protein powder
  - 1 tbsp maple syrup or one date (optional)
  - 1/2 tsp vanilla
  - 1/4 tsp cinnamon
  - 1/8 tsp nutmeg
  - 1/8 tsp allspice
  - 1 cup of ice
- \*You can sub 1 tsp pumpkin pie spice for the cinnamon, nutmeg, and allspice

Combine all the ingredients in a blender and process until smooth and creamy. Enjoy.

**Brown Rice Breakfast Sauté** (makes 1 servings)

1 small carrot, shredded  
1/2 cup spinach  
1/2 cup green beans or snow peas  
1/2 -1 tsp freshly grated ginger (or 1/4-1/2 tsp of dried powdered ginger), optional  
1/2-1 cup of cooked brown rice  
1 tbsp sesame oil, coconut oil or olive oil  
Cooked leftover salmon, chicken or turkey, optional  
Sea salt and pepper to taste  
2 tbsp seeds (any combination of sesame, sunflower, hemp or pumpkin seeds)

Heat a large skillet over medium heat. When skillet is hot, add carrots and 2 tbsp of water. Cover and simmer for 1 minute. Add green beans or peas, cover and cook for 2-3 minutes or until veggies are just cooked through. Add spinach, ginger and a little more water and cook until spinach is wilted. Add brown rice and stir well. Cover and cook 1 minute until rice is hot. If the mixture is dry add a little more water. Mix oil and optional leftover fish or poultry in. Season to taste with sea salt and pepper and serve topped with seeds.

**Winter Museli** (makes 1 serving)

1/2 an apple  
1 tbsp raisin or currants  
1 tbsp shredded coconut  
1 tbsp sunflower or pumpkin seeds  
1 tbsp chopped nuts (almond, walnut, or hazelnut)  
1 tbsp chia seeds or ground flax seeds  
Sprinkle of cinnamon or cardamom  
1 scoop protein powder (ClearVite®)  
1/2 - cup milk alternative (unsweetened almond or coconut)

Combine all ingredients with 1/2 cup of the milk alternative. Allow mixture to sit for 20 minutes and add more milk to desired consistency. Enjoy

**Clean Up Breakfast Skillet** (makes 1 serving)

This recipe is an easy way to get a balanced breakfast and clean out the fridge at the end of the week.

2 tsp olive oil or coconut oil  
1/2 cup diced root vegetable (sweet potato, yam, winter squash, rutabaga, etc.)  
1 cup veggies of your choice (onions, mushrooms, zucchini, broccoli, cauliflower, green beans, etc.)  
1 tsp herbs and spices or your choice (garlic, rosemary, thyme, parsley, sage, basil, cumin, etc.)  
1 serving leftover protein (fish, chicken, or turkey)  
Sea salt, to taste

Heat a medium skillet over medium heat. Add the oil and diced root veggies. Sauté, stirring frequently, until veggies start to soften. Add the remaining vegetables and herbs and spices of your choice. Continue sautéing and stirring frequently until vegetables begin to soften. Add the cooked protein and 2-3 tablespoons of water to the pan. Cover and cook until all is warmed through. Season with salt to taste and enjoy.



## **Lunch and Dinner Recipes**

### **Collard Wraps with Salmon Salad** (makes 2 servings)

1 small bunch of collard greens, stems cut away from the leaves, but leave left whole

1 ripe avocado

Juice of one medium lemon

1 tsp dill

1/2 tsp onion powder

1/2 tsp sea salt

1 can of Salmon or Tuna

Diced/Shredded Veggies - carrots, radishes, cucumbers, tomatoes, bell peppers, beets, etc.

Steam the collard leaves for 3-5 minutes, until tender and bright green. In a small bowl mash the avocado, lemon juice and spices. Add the salmon or tuna and mix well. Once collard leaves are cool wrap salmon/tuna mixture with any additional fillings, roll up and enjoy.

### **Simple Baked Chicken** (makes 4-5 servings)

2 pounds of chicken (boneless breasts, thighs, and/or drumsticks), cut into uniform sizes

1 tbsp melted olive or coconut oil

1 tsp dried tarragon (optional)

Sea salt and pepper to taste

Preheat oven to 350°. Place chicken pieces skin side up in a stainless steel or glass roasting pan. Brush oil on chicken. Sprinkle with optional tarragon and salt and pepper. Bake 45 minutes up to 1 and 1/2 hours (depending on the size of your chicken pieces), until golden on the outside and cooked through. Be sure to freeze any leftover you won't use within a few days in single serve portions.

### **Braised Swiss Chard** (makes 2-3 servings)

1 bunch Swiss chard

2 tsp extra virgin olive oil

1 small onion, chopped

3 cloves garlic, minced

1/2 tsp. sea salt

Wash greens thoroughly by soaking in lots of cold water. Drain. Separate the leaves from the stems. Chop the stems and tear the leaves into about 3-inch pieces. Heat oil in a large skillet. Sauté onions and stems for 3-4 minutes then add the garlic and cook for another minute. Add the leaves to the skillet. (They do not have to be dried off, as the water will evaporate during cooking.) Cover and cook over medium heat for about 10 minutes, stirring once in a while, until all the greens are cooked through and tender. You may need to add a tablespoon or two of water if the chard dries out before it is tender. Sprinkle with salt if desired.

**Home-style Crock Pot Turkey and Vegetable Stew (makes 4 servings)**

1 tbsp olive oil  
1 pound boneless turkey breast, cut into 1-inch cubes  
3 large carrots, sliced  
1 large delicata squash, seeds removed and flesh cut into 1/2" cubes (no need to peel)  
2 1/2 cups water or broth  
1 tsp thyme  
1 tsp sage  
2 bay leaves  
1 tsp sea salt  
2 cups of green beans  
1/2 cup chopped parsley

Heat a large skillet over medium heat. Sauté the turkey breast in the olive oil, until nearly done. Combine the cooked turkey breast with the carrots, squash, water or broth and dried spices in the crock pot. Cook on low for 8 hours, add green beans and continue to cook for another 1-2 hours. Add parsley and serve.

**Roasted Winter Salad with White Wine and Thyme Dressing (makes 4-6 servings)**

Salad:

1 pound of Brussels Sprouts (ends and outer few leaves removed), halved  
3 carrots, cut into 1" slices  
1 small head of cauliflower, cut into individual florets  
1 small-medium winter squash (seeded, peeled and cut into 1" cubes)  
2-3 tbsp of olive oil or melted coconut oil

Dressing:

4 tbsp olive oil  
4 tbsp white wine vinegar  
1 tbsp Dijon mustard  
1 tsp dried thyme  
Sea salt to taste

Preheat oven to 375°. Toss all the vegetables with the oil and spread evenly between two baking pans. Bake for 40-50 minutes, stirring every 15 minutes, until vegetables are roasted through.

While vegetables are roasting make the dressing by combining all the ingredients in a small glass jar and shaking well.

Transfer roasted vegetables to a serving bowl and mix well with dressing. Serve.

**Spaghetti Squash with Turkey, Mushrooms and Sage** (makes 2 servings)

1 small spaghetti squash  
1 tsp + 1 tbsp olive oil  
1/2 pound ground turkey  
1 small onion, diced  
16 ounces sliced mushrooms  
6 cloves garlic, minced  
2 cups spinach, washed  
3 tbsp fresh sage, torn  
Sea salt and black pepper (optional), to taste  
1/2 cup chicken, turkey or vegetable broth  
1/4 cup pine nuts (optional)

Preheat oven to 375°. Cut spaghetti squash in half lengthwise and scrape out the seeds. Place the squash, cut side up, on a baking sheet. Bake for 30-45 minutes or until squash is easily pierced by a fork.

While the squash bakes: Heat a large skillet over medium heat. Add 1 tsp of olive oil and turkey. Cook, stirring frequently until turkey is cooked through. Transfer the turkey to a plate and set aside. Add the remaining olive oil and onion to the pan and sauté just until onion starts to soften. Add the mushrooms and sauté until the mushrooms start to release their liquid, about 5-7 minutes. Add the garlic, spinach, sage, salt and pepper (if using), continue to cook another 3-5 minutes, until spinach is softened and mixture is cooked through. Turn off the heat.

Once the spaghetti squash is done, remove it from the oven and allow it to cool slightly so you can handle it. Using a fork scrape the spaghetti squash to release create 'noodles' and add the noodles to the pan with the sautéed veggie mixture. Add the turkey and the broth to the pan as well and heat the whole mixture over medium heat, stirring to combine. Serve with optional pine nuts and enjoy!

**Baked Chicken and Veggies with Cashew Artichoke Topping** (4 servings)

1 cup cashews  
1 can artichoke hearts in water, drained  
1/2-1 tsp garlic powder  
Sea salt and Pepper to taste  
1/4 cup olive oil  
1 large head of broccoli, cut into florets (don't throw out the stems, peel and slice them to add to the dish) OR 1 package organic frozen broccoli florets  
2 tbsp coconut or olive oil  
4 boneless, skinless chicken breasts

Preheat oven to 375°. In a food processor, chop cashews until they small pieces but not smooth like paste, about 1 minute. Add artichokes, salt, pepper and garlic, then process until mixture is a chunky paste. Add olive oil in a stream while processing until smooth. Set topping aside. oil the inside of a glass baking. Place the chicken in the dish, spread the broccoli around the chicken, place a little ghee or a drizzle of olive oil on each chicken breast, then spread a thin layer of the topping over the entire dish and bake for 1 hour.

For a quicker version, but more hand-on time you can dice the chicken breasts and brown in olive oil in a large oven-proof skillet. Add the broccoli and topping, cover and turn the heat down to simmer. Cook for 10-15 minutes until heated through. Transfer the pan to the oven and broil for a few minutes to brown up the top (being careful not to burn the mixture).

Recipe from Kim Hightower [www.naturalgrocers.com](http://www.naturalgrocers.com)

**Super Simple Kale Salad** (makes 4 servings)

1 bunch organic kale, washed (substitute organic collards or a blend of the two)

2 tablespoons extra virgin olive oil

2 tablespoons organic lemon juice

½ teaspoon good quality sea salt, such as Celtic Sea Salt or Redmond Brand RealSalt

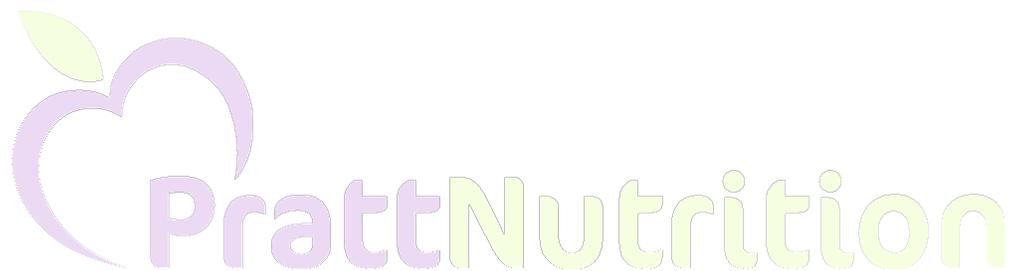
Optional Add-Ins (Add just before serving)

1 organic avocado, diced

¼ cup unsweetened sulfite-free dried fruit (raisins, cranberry, or chopped dates)

½ cup raw sesame seeds, sliced almonds, chopped pecans or sunflower seeds.

Remove tough stems from kale and chop finely. In a large bowl combine kale, olive oil, lemon juice and sea salt. Using clean hands massage the dressing onto the kale thoroughly. Pay extra attention to pieces that feel tough. Allow the salad to stand and marinate for at least 20 minutes. Massage thoroughly one more time, add any optional ingredients and enjoy!





## Sauces and Dressings

### Almond Lime Sauce

6 tbsp almond butter  
1/4 cup lime juice  
1/4 cup canned cup coconut milk  
1-2 tbsp coconut aminos or 1 tsp sea salt  
1 tbsp honey  
1-2 garlic cloves, minced

Combine all ingredients in a small bowl and whisk well.

### Homemade Vinaigrette Dressing (makes 1/2 cup)

1/4 cup olive oil  
1/4 cup apple cider vinegar  
1 tsp dried parsley  
1/2-1 tsp powdered garlic  
Sea salt to taste

Combine all ingredients in a glass jar with a tight fitting lid. Secure lid and shake vigorously until dressing is well mixed and emulsified. Store in the refrigerator for up to one week.

### Lemon Tahini Dressing (makes 1 1/2 cups)

1/2 cup tahini (sesame seed paste)  
1/2 cup fresh lemon juice  
1/4 cup olive oil  
3-4 tbsp water  
2 cloves of garlic, crushed  
1/2 -1 tsp sea salt

Combine all ingredients together in a small bowl and whisk together with a fork. Taste and add more salt if necessary or more water if you want a thinner consistency.

from *The Whole Life Nutrition Cookbook*



**Coconut-Banana Chia Pudding** (makes 2 servings)

- 1 large ripe banana (or two small)
- 1 tbsp honey (optional)
- 1 cup of full-fat canned coconut milk
- pinch of sea salt
- 1/2 tsp vanilla extract (optional)
- 2 tbsp chia seeds
- 1 tbsp unsweetened shredded coconut

Mash the banana and honey (if using) thoroughly with a fork. Add the coconut milk, vanilla extract (if using) and the sea salt and whisk together until smooth. Add the chia seeds and stir again until they are well incorporated. Divide mixture into two small serving bowls, cover and refrigerate overnight. To serve, sprinkle each serving with half the shredded coconut and enjoy!

**Homemade Hummus** (makes 4 cups)

- 3 cups of cooked garbanzo beans (canned is fine)
- 1/2 cup sesame tahini
- 1/2 cup lemon juice or 2 tsp apple cider vinegar
- 1/4 cup extra virgin olive oil
- 1 tsp dill
- 1 tsp sea salt
- 1/4 cup of water to desired consistency

Place all ingredients in a food processor and process until smooth and creamy. Taste and adjust spices as desired. Store in an airtight container in the refrigerator.

**Baked Apples** (makes 2 servings)

- 2 medium apple (preferably a granny smith, honey crisp, pink lady, or fuji)
- 1 tbsp shredded coconut
- 2 tbsp walnuts, minced
- 1 tbsp raisins or currants
- 1 tsp cinnamon
- 1-2 tsp coconut oil

Preheat oven to 375°. Cut apples in half and using a small spoon, scoop out just the center where the seeds are held, discard. Then scoop out some of the flesh, being careful to leave enough of the apple so you will have a 'bowl'. Coarsely chop the apple pulp you removed. Mix the coconut, pecans, raisins cinnamon and apple pulp. Stuff the hollowed out apple halves with the mixture. Top each half with a little coconut oil. Place in a baking dish, cover with foil and bake for 20 minutes. Remove the foil and continue to bake for 10-15 minutes more, until apples are soft and topping is just browned.