

 **Breakfast Recipes**

Ground Turkey Skillet (makes 2 servings)

- 2 tsp olive oil
- 1/2 pound ground turkey (or chicken)
- 1/2-1 tsp sea salt
- 1 tsp each dried parsley and dried basil
- 1 medium onion, diced
- 2 medium sweet potatoes, diced or one large delicata squash, scrubbed, seeded and diced (no need to peel)
- 2 cloves of garlic, minced
- 1 medium zucchini, sliced
- 6 cups of fresh spinach (or 8 ounces frozen)

Heat a large skillet over medium heat. Add 1 tsp of olive oil and the ground turkey, sea salt and dried herbs. Sauté and crumble meat until turkey is cooked through. Transfer cooked turkey to a plate and set aside. Add the remaining olive oil to the skillet along with the onions and sauté until onions are just starting to soften. Add the diced potato to the pan and sauté for another few minutes, before adding the garlic, and zucchini. Sauté until veggies are almost cooked through. Add the cooked turkey back to the skillet along with the spinach and mix well. Add 2-3 tbsp of water, cover and cook for about 5 minutes. Enjoy.

Brown Rice Breakfast Porridge (makes 1 servings)

- 1/2 cup of cooked brown rice
- 3/4 cup milk alternative (unsweetened almond or unsweetened coconut)
- 1 tsp cinnamon
- 1/2 cup fresh or frozen fruit
- 1/4 cup chopped nuts (almonds, walnuts, or pecans)
- 1 tbsp unsweetened shredded coconut
- Scoop of protein powder (optional)
- Small amount of honey to taste (optional)

In a medium saucepan bring the milk to a simmer and add the rice and cinnamon. Cover, reduce heat and simmer for 5 minutes or until warmed through. Add the berries, nuts, coconut and optional honey. Fluff with a fork and serve.

Power Smoothie (makes 1 serving)

- 1 cup of milk (unsweetened almond or coconut)
- 1 scoop of protein powder (rice, vegan blend or ClearVite®)
- 1 tbsp nut butter or 1/4 cup raw nuts (almonds, cashews, sunflower seeds, etc.)
- 1/2 cup frozen berries
- 1/2 small banana
- 1 handful of greens (kale, spinach, red leaf lettuce, etc.)
- 1 tsp flax seeds
- 1/2 cup ice cubes, optional

Combine all ingredients in a blender and process until smooth.

Quinoa 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 quinoa
- 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 quinoa and stir well. Cover and cook 1 minute until quinoa is hot. If the mixture is dry add a little more water. Mix oil in well and optional leftover fish or poultry. Season to taste with sea salt and pepper and serve topped with seeds.

Summer Museli (makes 1 serving)

- 1/2 cup of berries (thawed if frozen)
- 1 tbsp raisin or currants
- 1 tbsp shredded coconut
- 1 tbsp sunflower or pumpkin seeds
- 1 tbsp chopped nuts (almond, walnut, pecan, or hazelnut)
- 1 tbsp chia seeds or ground flax seeds
- Sprinkle of cinnamon or cardamom
- 1 scoop protein powder (rice, vegan blend or 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

Chicken Apple Hash (makes 2 serving)

- 1 tbsp olive oil
- 8-12 oz leftover chicken
- 3 apples
- 2 tsp. cinnamon or allspice

Heat oil in pan. Shred chicken and grate apple into pan. Top with spice of choice. Cover and let cook on medium heat, stirring frequently. Ready to serve when apple has softened. (from *The Paleo Diet Solution* by Robb Wolf)



Lunch and Dinner Recipes

Dijon Baked Chicken (makes 4-6 servings)

- 2 pounds of boneless chicken (breasts, thighs, and/or drumsticks), cut into uniform sizes
- 2 tablespoons Dijon mustard (gluten-free)
- 1 tbsp melted coconut oil
- 1 tsp dried tarragon (optional)
- Sea salt and to taste

Preheat oven to 350°. Place chicken pieces skin side up in a stainless steel roasting pan. Mix mustard, oil or ghee and tarragon and brush on chicken. Sprinkle with salt. 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. from *Nourishing Tradition Cookbook*

Braised Greens with Garlic (makes 3-4 servings - or double recipe for leftovers)

- 1 pound greens (Swiss chard, kale or collards) (about 8 cups)
- 1 Tbsp extra virgin olive oil
- 1 small onion, chopped
- 5 cloves garlic, minced
- ½ 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 2 minutes. 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. Sprinkle with salt if desired.

Tuna or Salmon Salad (makes 1-2 servings)

- 1 can of wild salmon or tuna
- 2-3 tbsp **homemade dressing**

Drain tuna or salmon and mix all ingredients together thoroughly.

Chickpea and Summer Vegetable Stew (makes 4 servings)

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, sliced
- 1 quart reduced sodium chicken or vegetable broth
- 30 ounces chickpeas (a.k.a. garbanzo beans), rinsed and drained
- 2 small zucchinis, sliced
- 1 small yellow squash, sliced
- 1 tsp sea salt
- 1 bunch (10-12 ounces) thin asparagus, ends trimmed and cut into 2" pieces
- 1/4 cup fresh basil leaves, thinly sliced

Heat a large sauce pan over medium heat. Add the olive oil and onion and cook until the onion is soft, but not browned. Add the carrots and cook until softened slightly. Stir in the broth, chickpeas, squashes, and salt and bring the mixture to a boil. Reduce the heat and simmer for 3-5 minutes before adding the asparagus. Cook until the veggies are just tender, about 3-5 minutes. Garnish each serving with fresh basil.

Wild Salmon with Lemon, Garlic and Thyme (makes 2-3 servings)

1 pound wild Alaskan salmon fillet
1/8 tsp sea salt
1 tsp dried thyme
1/4 tsp freshly ground pepper
3 cloves of garlic, crushed
1 tbsp olive oil
1/2 lemon, cut into slices

Preheat oven to 350°.

Rinse salmon under cool running water, pat dry. Place salmon skin side down in a glass baking dish. Sprinkle with sea salt, thyme, and pepper. Rub the spices in with the crushed garlic, then drizzle with olive oil. Spread the lemon slices over the salmon. Bake for 10-12 minutes per inch of salmon thickness. Take the salmon out just before it is completely cooked and allow it to rest 5-10 minutes to finish cooking with the residual heat.
from *The Whole Life Cookbook*

Antipasto Salad (makes 2 servings)

1 can quartered artichoke hearts in water, drained
1/2 cup black, green or kalamata olives (or a mix)
10 button mushrooms, wiped clean and quartered
3 tbsp red wine vinegar
1/4 cup olive oil
1 tsp oregano
Sea salt

Combine all ingredients in glass dish just large enough to hold them. Refrigerate for 12 to 24 hours before enjoying.

Chicken Tacos with Cabbage Salad

For the Salad:

3 cups shredded green cabbage
2 large carrots, grated
1/2 cup chopped, fresh cilantro
1/2 tsp sea salt
1/4 cup lime juice

For the Fish:

1 tsp ground cumin
1/2 tsp sea salt
2 garlic cloves, minced
1 pound boneless chicken (breast or legs)

1 tbsp coconut oil

To Serve (optional):

1 avocado, diced

Jalapeño, sliced

Green Onions, diced

Large lettuce Leaves

Mix all salad ingredients and set aside. To prepare the chicken, mix the spices together in a medium sized mixing bowl. Chop the fish into $\frac{1}{2}$ inch cubes and add to the spice mix, mix well. In a medium skillet over medium heat. Add the coconut oil and chicken and gently sauté for 5-6 minutes or until chicken is cooked through. To serve, top lettuce leaves with chicken, cabbage salad and optional toppings. Enjoy!

Spiced Chickpea Salad (makes 4 servings)

2 tbsp apple cider vinegar

2 tbsp olive oil

1 garlic glove, minced

1 tsp grated fresh ginger (or 1/2 tsp ground dried)

1/2 tsp ground cumin

Sea Salt, to taste

2 cups (approximately 16 ounces) or cooked chickpeas (a.k.a. garbanzo beans)

3 stalks of celery, sliced

2-3 scallion stalks, thinly sliced

1/4 cup of fresh cilantro, chopped

4 cups of chopped romaine lettuce

In a small glass jar with a tight fitting lid, vigorously shake the vinegar, olive oil, garlic, ginger, cumin and sea salt. In a large bowl combine the remaining ingredients. Mix with the dressing and serve.



Sauces and Dressings

Homemade Vinaigrette Dressing (makes $\frac{1}{2}$ cup)

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ 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*

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.

Dairy Free Pesto (makes 1 cup)

2 cups packed fresh basil leaves
1/4 cup pine nuts or pistachios
2 cloves of garlic
1/2 tsp sea salt
2/3 cup extra virgin olive oil

In the bowl of a food processor process basil until it is well shredded. Add nuts, garlic and salt and pulse until coarsely chopped. With the motor running, slowly add olive oil and process until smooth. Enjoy!

White Wine Vinaigrette (makes 1/2 cup)

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

Combine all the ingredients in a small glass jar and shake well.

Carrot Ginger Sauce (makes 2 cups)

- 6 medium carrots, sliced
- 1 cup of water
- 1 tbsp chopped fresh ginger
- 1 tbsp apple cider or rice wine vinegar
- 1 tbsp fresh lime juice
- 2 tsp toasted sesame oil (optional)
- 1/2-1 tsp sea salt

Combine the carrots and water in a medium skillet, cover and cook over medium heat until carrots are tender, about 7-10 minutes. Drain carrots and reserve cooking water. In a food processor or blender combine carrots with the remaining ingredients. Process until mixture is smooth, stopping to scrap down the sides occasionally and adding the carrot cook water if needed to get the mixture to turn or to thin to desired consistency.

 **Snacks**

Berry Chia Pudding (makes 2 servings)

- 1 cup of milk (unsweetened almond or coconut milk)
- 1/4 cup of chia seeds
- 1 tbsp honey
- pinch of sea salt
- 1/2 tsp vanilla extract
- 1/3 cup of blueberries
- 1 tbsp unsweetened shredded coconut

Whisk the milk, chia seeds, honey, salt and vanilla extract together well in a small bowl. Cover and refrigerate for several hours or overnight. Once thickened, spoon into serving bowls and top with blueberries and shredded coconut.

“Ice Cream” (makes 1 servings)

- 1 cup of frozen fruit (bananas, strawberries, pineapple, mango, blackberry or raspberry)
- 1/4 - 1/2 cup canned coconut milk
- 1 tsp honey (optional)

In a food processor or high powered blender, process fruit with coconut milk and optional honey until smooth and creamy. Add more coconut if necessary to get the fruit to blend. Enjoy immediately or transfer to the freezer for 30 minutes to firm up.