



METABOLISMRESET..... PROGRAM

Recipe and Shopping Guide



DR. CHRISTIANSON *.com*

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RESET RECIPES





10 Minute Grilled Salmon Bowl



Prep Time: 25 minutes
(including the brown rice)



Cook Time: 10 minutes
Serving Size: 1



Special Equipment: None

Bowls have to be one of the most versatile dishes out there. Not only can you include as much as you like, portion-wise, but you can top it with all sorts of delicious ingredients. You might like more vegetables, or you might like more delicious brown rice — either way, there really is no wrong way to make this great lunch favorite!

Ingredients

- Avocado oil spray
- 1 tbsp. whole grain Dijon mustard
- ½ lemon, juiced
- 2 garlic cloves, crushed
- Salmon, 1 serving (4 - 6 oz.)
- ¾ cup brown rice, cooked
- Salt and pepper, to taste

Optional Toppings

- Sliced radish
- Fresh spinach
- Sliced cucumber
- Sliced carrot
- Sliced scallions
- Sprouts
- ½ avocado, sliced

Directions

1. Lightly mist a pan with avocado oil spray, while bringing the pan to medium heat
2. Using the avocado oil, Dijon mustard, lemon, and garlic, make a paste and spread it on top of the salmon.
3. Put the salmon on the pan (with the skin facing up).
4. Cook; 3 - 7 minutes per side (depending on thickness).
5. Flip salmon (you might need to lightly spray the pan again, after lifting the salmon and before placing it skin-side down).
6. Cook; 2 - 5 minutes (depending on thickness).
7. Top the cooked brown rice with the grilled salmon, and as many of the optional toppings as you want.
8. Add salt and freshly-ground pepper to taste.

Options

Serving Suggestions: Fish that is cooked too long takes on a rubbery texture. The secret to cooking great fish is, when in doubt, slightly undercook it. This way, it can continue to “cook” as it rests (off the heat).

Vegan version: Instead of salmon feel free to use Quorn brand meatless and soy free chicken cutlets or organic non-GMO extra firm tofu.

You also have the option to drink an extra serving of protein powder with dinner instead.

Options (Leftovers): Leftovers can be stored overnight, and enjoyed cold the next day.



Mild Szechuan Chicken Bowl



Prep Time: 25 minutes
(including brown rice)



Cook Time: 10-15 minutes
Serving Size: 1



Special Equipment: None

This recipe utilizes a few basic ingredients, and brings them together to form a quick, easy, and delicious meal for lunch. All it takes is a fistful of chicken, vegetables, seasonings, and delicious veggies like bok choy to make this hearty bowl. In a rush? Have the brown rice ready to go and it will only take you about 10 minutes.

Ingredients

- Avocado cooking oil spray
- 1 - 2 cloves garlic
- Ginger, shredded 1 tsp, fresh
- 3-4 stems of leaves Bok Choy, chopped
- 8 oz white mushrooms, sliced
- 1 cup chicken, chopped
- 1 tbsp soy sauce
- ½ tsp onion powder
- ¾ cup brown rice, cooked
- 1 - 2 green onions (known as scallions)
- ¼ cup carrots, chopped or shredded (raw)
- 1 ½ tbsp cashews
- Salt and pepper, to taste

Directions

1. Lightly spray a pan, or a wok, with avocado oil and heat on medium-high.
2. Add garlic and shredded ginger; 30 - 60 seconds.
3. Chop the Bok Choy stems, and add them alongside the mushrooms (about 2 mins). Cook until the Bok Choy stalks are soft - then add the leafy part of the Bok Choy. Cook about 3 mins more.
4. In another pan, lightly sprayed with oil, add the garlic, chicken, and top with soy sauce and onion powder.
5. Stir the ingredients until cooked (or warmed, if using shredded chicken for about 5 mins).
6. Place rice, veggies, and chicken into a bowl, and top with scallions, carrots and cashews. Season with salt and pepper.

Options

Serving Suggestions: The best way to cook mushrooms is to take a dry pan, and sauté them in a nonstick or seasoned cast iron skillet on a high heat until they “sing” when tossed. This usually takes 90 seconds to 3 minutes.

Vegan version: Instead of salmon feel free to use tempeh, tofu, edamame, using organic and non-GMO products for soy foods. Other foods include spirulina, or nutritional yeast. You also have the option to drink an extra serving of protein powder with dinner instead.

Options (Leftovers): Feel free to take any leftovers, seal them, save them, and then try them the next day with new seasonings on top. It will make for a whole other meal on its own.



Chicken and Apple Tomato Slice Salad



Prep Time: 10 minutes



Cook Time: N/A
Serving Size: 2



Special Equipment: None

This recipe relies on something a little special that might seem a little out of the ordinary at first. Instead of rice cakes or rice tortillas, use sliced tomatoes as the base for this fantastic chicken and apple salad. It will add a fresh crunch, alongside a burst of flavor that makes your mid-day meal a little more special.

Ingredients

- Chicken, chopped and cooked, 2 cups
- 1 small apple, diced
- 2 green onions (scallions), diced
- Cilantro (optional)
- 2 tbsp egg-free mayo OR a fat-free, high-protein plain yogurt (like Icelandic Skyr)
- 2 tomatoes cut in ½" rounds
- Salt and pepper, to taste

Directions

1. Dice the chicken, apple, green onion, and cilantro.
2. Mix with egg-free mayo or fat-free yogurt.
3. Slice tomato, and top with the prepared chicken salad.
4. Sprinkle with salt and pepper, if needed - or, feel free to top with additional cilantro.

Options

Serving Suggestions: If you're using the fat-free, high-protein plain yogurt option, you will also want to healthy fat to the mixture (like a side of 8 almonds, or ⅓ of an avocado).

Vegan version: Instead of chicken feel free to use Quorn brand meatless and soy free chicken tenders or unseasoned tempeh using organic and non-GMO products for soy foods.

You also have the option to drink an extra serving of protein powder with dinner instead. Also, please use a vegan alternative to mayonnaise like Veganaise brand spread for this recipe.

Options (Leftovers): If you find yourself with extra chicken mixture, feel free to save some — all you'll need is another tomato to slice up.



Healthy Turkey Wraps



Prep Time: 30 minutes
(including brown rice)



Cook Time: 20 minutes
Serving Size: 12-16 cups



Special Equipment: None

Lettuce wraps are a great way to get good protein in, and are light enough for a quick lunch. Remember, when you're eating healthy, there's often ways to make alterations to your favorite "comfort" foods — to make them even more enjoyable. Just add cooked rice and enjoy!

Ingredients

For the Sauce:

- $\frac{2}{3}$ cup Eden-brand gluten-free teriyaki sauce
- $\frac{2}{3}$ cup water
- 1 tbsp xylitol
- $\frac{1}{2}$ tsp ground Mustard
- $\frac{1}{2}$ tsp granulated garlic
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp ground ginger
- 1 $\frac{1}{2}$ tbsp sweet chili sauce

For the Lettuce Wraps

- 1 cup carrots, finely chopped
- 1 cup celery, chopped
- 1 cup mushrooms, chopped
- 1 tbsp avocado oil
- Sea salt
- Pepper
- 1 lb organic lean ground turkey
- 3 stalks green onion
- 3 cups brown rice, cooked
- 12-16 butter or iceberg lettuce cups

Directions

1. For the sauce, combine all the ingredients into a small saucepan. Heat slightly over medium heat, until the mixture comes to a low boil. Stir, constantly, for 4 minutes to thicken. Remove from heat.
2. In order to prepare the turkey filling, prepare the vegetables by chopping the carrots, celery, mushrooms, and green onions.
3. Heat 1 tablespoon of avocado oil in a large saucepan or skillet, over slightly-above-medium heat. Once the pan is hot enough that a drop of water sizzles, add all the vegetables (except for the green onions). Stir to coat with the oil, and lightly season with salt and pepper. Sauté vegetables; 6 minutes (stirring occasionally).
4. Add turkey to the vegetable mixture, breaking it up with a spatula as it cooks. Lightly season again with salt and pepper, add the green onions, and cook; 5 - 6 minutes.

5. Drain liquid from turkey mixture. While the mixture is still warm, spoon about $\frac{1}{2}$ cup of the sauce over the turkey. Stir to coat the mixture, and add additional sauce as desired.
6. Combine cooked brown rice with turkey mixture into the lettuce cups. Serve with remaining sauce for drizzling.

Options

Serving Suggestions: When serving the lettuce cups, please ensure that you add a 1:1 ratio of turkey mixture to brown rice. This balance will result in exactly the right crunch and combination of flavor in this recipe.

Vegan version: Instead of turkey feel free to use crumbled organic non-GMO tempeh. You also have the option to drink an extra serving of protein powder with dinner instead.

Options (Leftovers): Feel free to save any leftover turkey mixture, and prepare it in fresh lettuce cups the next day



Pumpkin Salad



Prep Time: 10 minutes



Cook Time: 30 minutes
Serving Size: 2



Special Equipment: None

Whether you need an easy meal prep recipe, or something simple for lunch that you can throw together in a hurry, this pumpkin salad has what you need. Best of all, you can substitute pumpkin for butternut squash, depending on the season, so that you can enjoy this recipe all year long.

Ingredients

- 2 tsp olive oil or avocado oil
- 5 cups pumpkin flesh or butternut squash (cut in ½ inch cubes)
- Salt and freshly-ground pepper
- 2 tbsp orange juice, freshly squeezed
- 1 ½ tbsp macadamia nut oil or grapeseed oil
- 1 ½ tsp lemon juice
- ½ cup walnuts, chopped
- 8 cups arugula, lightly packed
- ½ cup blueberries or raspberries
- 2 chicken breasts, cooked, shredded and cooled

Directions

1. Preheat oven to 450°F.
2. Melt the coconut oil, and toss with the pumpkin or butternut squash cubes, adding salt and freshly-ground pepper to taste.
3. Place on a baking sheet, and roast for 15 minutes. Turn the cubes over and roast; another 15 minutes, until soft.
4. Allow the pumpkin or squash to stand, at room temperature, until cool.
5. Whisk the orange juice, macadamia nut oil, and lemon juice in a bowl. Add the walnuts and arugula, stirring to coat with the vinaigrette. Season again with salt and pepper.
6. Add the berries, cooked chicken, and pumpkin or butternut squash. Toss gently.

Options

Serving Suggestions: N/A

Vegan version: Instead of chicken feel free to use Quorn meatless and soy free chicken cutlets. You also have the option to drink an extra serving of protein powder with dinner instead.

Options (Leftovers): If you have any leftover pumpkin or butternut squash save it, alongside some extra vinaigrette, to toss a new salad tomorrow.



Cold Potato, Beet, Carrot, and Pea Salad with Dill



Prep Time: 15 minutes
Cook Time: 55 minutes



Serving Size: 2



Special Equipment:
Vegetable Steamer

This is the kind of salad for those who march to the “beet” of their own drum. Seriously though, this salad is filled with all sorts of great vegetables, and is an easy way to put together a lunch without ever having to turn on your oven. The addition of dill adds a nice kick, too.

Ingredients

- 2 beets, red or golden, medium-sized with the tops trimmed
- 2 potatoes, Yukon gold medium sized, approx. 2 cups
- 2 carrots, medium-sized and cut into ½ inch pieces
- ½ cup natural dill pickles such as Bubbies brand, chopped
- 1 cup red onions, coarsely chopped
- ¼ cup fresh dill, chopped
- ¼ cup macadamia nut oil or grapeseed oil
- ¼ cup red wine vinegar
- 2 tsp whole grain mustard
- ½ tsp coarse salt
- ¼ tsp black pepper, freshly ground
- 1 can sardines
- ½ cup frozen petite green peas, thawed

Directions

1. Halve the beets and place them in a vegetable steamer over boiling water. Steam, covered, until tender when pierced with the tip of a knife; 20 - 35 minutes (depending on size). Let cool. Use a paring knife to peel off the loosened skin, and cut beets into ½ inch cubes.
2. Meanwhile, place the potatoes in a saucepan and cover with water. Bring to a boil, and cook covered until almost tender; 15 minutes. Add carrots and cook until potatoes are tender and carrots are crisp-tender; about 5 minutes. Drain and let cool. Using a paring knife, peel the loosened skins from potatoes and cut into ½ inch cubes.
3. In a large salad bowl, combine the beets, potatoes, carrots, pickles, onion, and half of the fresh dill. In a small bowl, whisk together the oil, vinegar, mustard, salt, and pepper, until blended. Pour over the vegetables, gently folding to combine.

4. Serve at room temperature, or chilled. Just before serving, spoon peas over the top of the salad, add the can of sardines, and sprinkle the remaining half of dill.

Options

Serving Suggestions: Feel free to prepare the beets, potatoes, and carrots ahead of time, saving them for later when it comes time to put together this fantastic salad. Since it's served cold, the taste will remain the same.

Vegan version: Instead of salmon feel free to use organic non-GMO dried tofu. You also have the option to drink an extra serving of protein powder with dinner instead.

Options (Leftovers): Because of the fact that you can enjoy it cold, any leftovers would be perfect left in the fridge and enjoyed the next day (or later on in the evening).



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Required Ingredients





Cooking Oils and Liquids

- Avocado oil
- Olive oil
- Macadamia nut oil or grapeseed oil
- Red wine vinegar
- 1 container orange juice



Condiments, Herbs and Spices

- Whole grain Dijon mustard
- Ground mustard
- Granulated garlic
- Salt (Regular, coarse and sea)
- Pepper
- 1 stalk ginger
- Soy sauce
- Onion powder
- Egg-free mayo OR high-protein plain yogurt (like Icelandic Skyr)
- Eden-brand gluten-free teriyaki sauce
- Xylitol
- Sweet chili sauce
- 1 jar natural dill pickles (Bubbies brand, for example)
- 1 can sardines
- 1 bunch cilantro



Fruits and Vegetables

- 1 lemon
- 1 head garlic
- 3 - 4 stems Bok Choy
- 2 cups mushrooms (white)
- 7 stalks green onions
- 4 carrots
- 1 apple (small)
- 3 tomatoes
- 1 package celery
- 1 head iceberg lettuce
- 5 cups pumpkin flesh or butternut squash 2 cups
- 1 package arugula
- 1 package blueberries or raspberries
- 2 Beets (red or golden)
- Yukon gold potatoes, medium-sized 2-3
- 1 red onion
- 1 bunch fresh dill



Nuts

- 1 ½ tbsp cashews
- ½ cup walnuts



Frozen Goods

- 1 package frozen petite green peas



Dry Goods

- 1 package brown rice



Protein

- 1 serving salmon (4 - 6 oz.)
- Chicken (4 breasts, 4 tenderloin cuts)
- 1 lb organic lean ground turkey



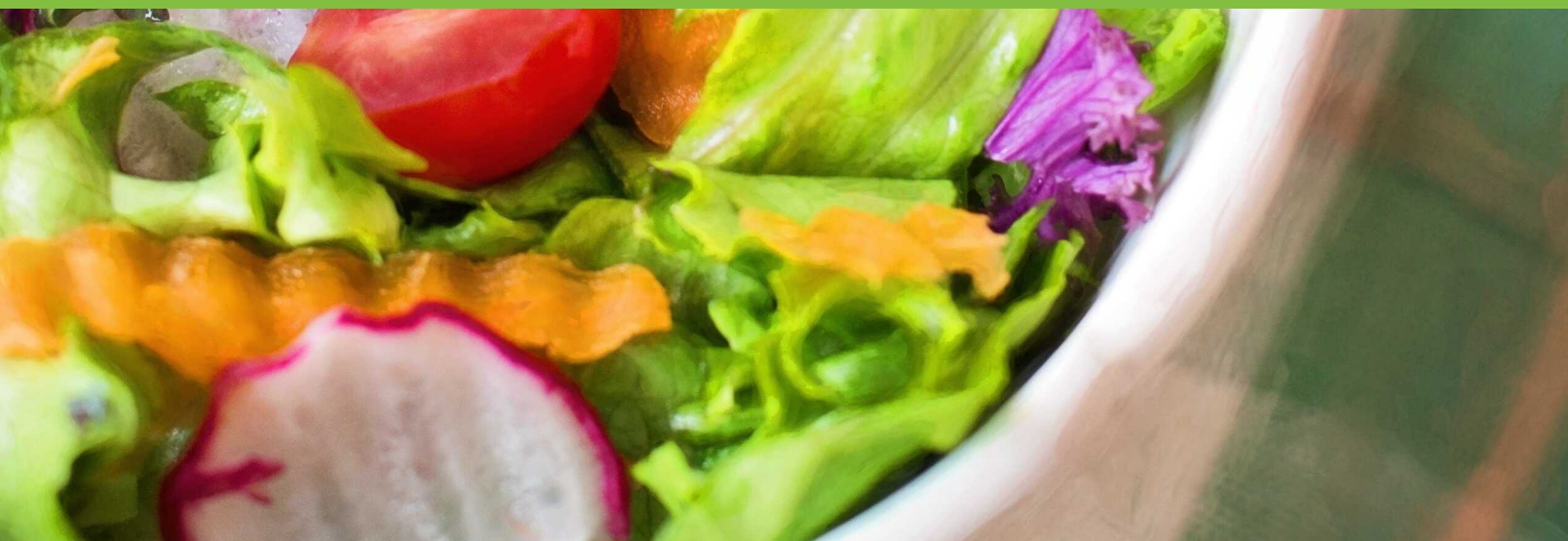
Optional Ingredients

- 1 radish
- 1 bunch spinach
- 1 cucumber
- 1 carrot
- 1 stalk green onion
- 1 package sprouts



BONUS RECIPES

Salads and Sides





Yummy Salad Jars



Prep Time: 10 minutes
Cook Time: N/A



Serving Size: 1



Special Equipment: Mason Jar

Salad jars are simple, healthy, and delicious — they even look amazing! These make for the perfect lunch, because you can throw them together and be out the door in a hurry. The best part? You can even be in control of your portions, as long as you're using the right combination of ingredients.

Ingredients

- 2 tbsp dressing of choice
- Tomatoes, grape or cherry, 1 pint
- ½ cup chickpeas, cooked or canned
- 1 roasted red pepper, cored and seeded
- Olives (2 large or 3 small)
- Arugula, washed and dried 2 oz.
- Spinach, washed and dried 2 oz.
- 4-6 oz chicken, cooked and shredded
- 3-4 walnuts, chopped
- 1 large Mason jar

Directions

1. Stack the ingredients as follows: tomatoes, chickpeas, roasted red peppers, olives, arugula, spinach, chicken, and walnuts.
2. Add the dressing at the very beginning, or save it on the side and add when ready to eat.

Options

Serving Suggestions: Feel free to get creative! If you want to use rice or potatoes instead of chickpeas, go for it! Play with ingredients and try to have them be as colourful as possible.

Options (Leftovers): If done properly, these salad jars can last 3 - 4 days, but eating them within 1 - 2 days is optimal.



Shrimp and Quinoa Salad



Prep Time: 30 minutes
Cook Time: 10 minutes



Serving Size: 4



Special Equipment: None

Shrimp and quinoa are great on their own, so when you bring them together you get the best of both worlds. This fresh, light dinner is made even better with the addition of some greens and cherry tomatoes. It's quick, easy, and full of flavor - exactly what you want for your dinner, if you ask me.

Ingredients

For the Shrimp

- 1 lb shrimp, large
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- ½ lime, juiced
- Salt and pepper, to taste
- 1 tbsp cilantro, fresh
- Sriracha or other hot sauce to taste (optional)

For the Salad

- 1 cup quinoa, cooked and unseasoned
- 1 cup spinach, chopped
- ¼ cup parsley, chopped
- ¼ cup cilantro, chopped
- ¼ cup green onions, chopped
- 16 oz can of chickpeas, drained

For the Dressing

- ½ lemon, squeezed and zested
- 1 tbsp tahini
- 2 tbsp olive oil
- 1 - 2 cloves garlic, crushed
- Salt and pepper, to taste

Directions

1. Heat the olive oil in a pan, on medium-high heat. Add shrimp, garlic, lime, salt, and pepper. Cook halfway through and then add sriracha (optional). Cook until the shrimp is pink and opaque. Top with cilantro.
2. For the salad, mix the chickpeas, cilantro, parsley, quinoa, and spinach. Mix.
3. For the dressing, mix all the ingredients together and pour into the salad.

Options

Serving Suggestions: Try not to overcook the shrimp, as it will result in a rubbery texture. Keep a close eye on it, and remove it from the heat when it is no longer translucent (and, instead, a combination of pink and white).

Options (Leftovers): If you have leftovers of everything, feel free to make a yummy salad jar. Take a Mason jar, add the leftover shrimp, the salad on top, and save the dressing on the side.



Tomato, Cucumber, and Green Bean Salad with Walnut Dressing



Prep Time: 15 minutes
Cook Time: 6 minutes



Serving Size: 4



Special Equipment: Food Processor

Bring this recipe to a party, and it's sure to be a hit - as well as good for your health! How do I mean? Well, refrigerated green beans are high in resistant starch (which is a great start). Apple cider vinegar slows your absorption of glucose. There's even fish sauce in this recipe, which gives it that umami flavor that is really worth your while.

Ingredients

- ⅓ cup walnuts, broken
- 1 clove garlic, chopped
- 1 tsp coarse salt, iodine-free
- 3 tbsp macadamia nut oil
- 3 tbsp apple cider vinegar
- ½ lb organic green beans, stems trimmed and cut into 1-inch pieces
- 6 oz organic grape tomatoes, halved
- ½ cup red onion, thinly sliced
- ½ cucumber, peeled, seed, halved lengthwise, and sliced
- ¼ cup fresh cilantro, coarsely chopped
- ¼ cup fresh dill, coarsely chopped
- ¼ cup fresh mint, coarsely chopped
- ½ tsp fish sauce

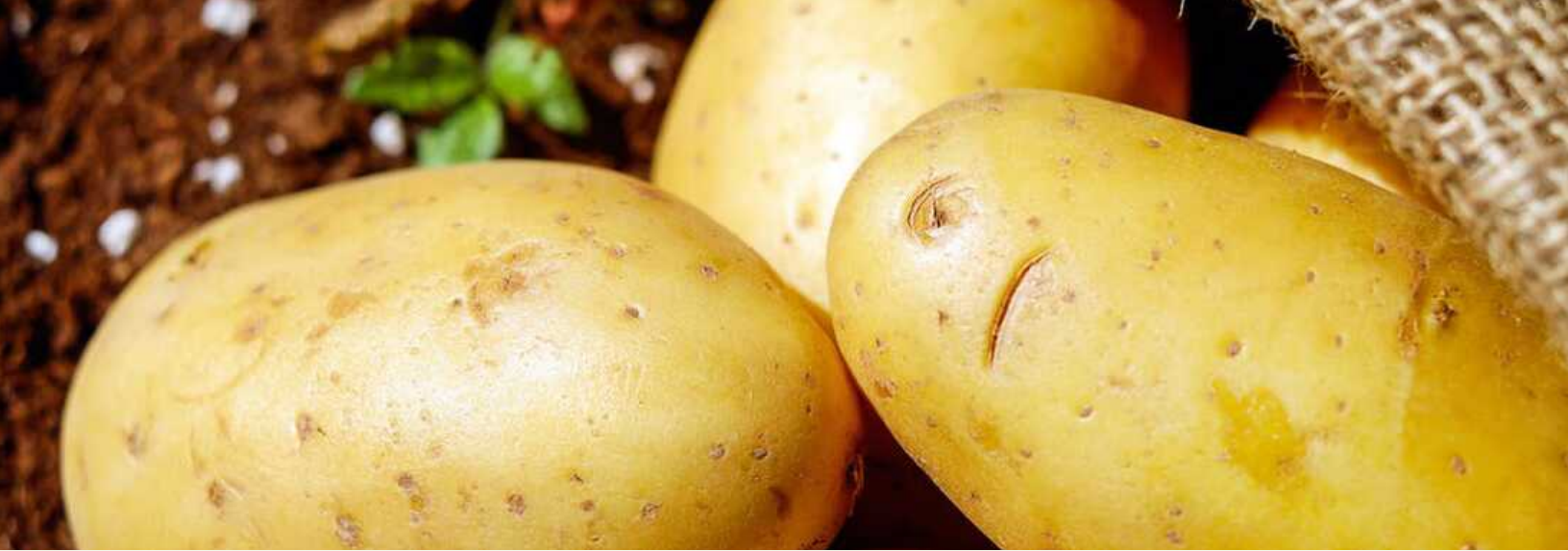
Directions

1. Combine walnuts, garlic, and salt in a food processor and blend until finely ground. Combine walnut mixture, oil, and vinegar in a salad bowl and whisk until blended.
2. Cook green beans in boiling, salted water until crisp-tender; 4 - 6 minutes. Drain well, rinse with cold water, and spread on a fish towel, and pat dry.
3. Add green beans, tomatoes, onion, cucumber, cilantro, dill, and mint to walnut dressing and toss to blend.

Options

Serving Suggestions: In order to add some more protein to this meal, consider the addition of smoked tofu. Not only will it add more protein, but it will also give a smokey-spicey complexion to the dish as a whole.

Options (Leftovers): N/A



Egg-Free Nicoise Salad



Prep Time: 20 minutes
Cook Time: 10 minutes



Serving Size: 4



Special Equipment: None

When it comes to potlucks and parties, this is one of my all-time favorite recipes. It's not only that, but it's a full meal that helps you stay on track. It's also easy to customize with as many of the delicious, and healthy ingredients, that make up this fantastic salad.

Ingredients

- 3 cups potatoes
- 4 cups lettuce torn

Optional

- 1 bell pepper, cored and sliced
- 1 red onion, medium sliced
- Cherry tomatoes
- Carrots
- 1 cucumber, medium cubed
- Green beans
- Protein to equal 1 lb: Chicken, salmon, shrimp, turkey
- Chives, 2 tsp

Directions

1. Bring a pot of water to a strong, rolling boil.
2. Boil the potatoes until the center is soft; 8 - 10 minutes.
3. Drain and put into the fridge to cool.
4. Chop or shred the green, leafy lettuce and put on one side of a large bowl (romaine, red lettuce, butter lettuce, spinach, are all great choices).
5. Chop your selection of vegetables, and put each one in a small section of your serving bowl (colorful peppers, onions, tomatoes, carrots, cucumbers, green beans). Feel free to have fun and use whatever you have on hand.

6. Add cooked chicken to your serving bowl, or any protein of your choice (canned chicken, salmon, shrimp, turkey, for example).
7. Top with a fat (avocados or nuts).
8. To really make the flavors pop, you can also add fresh herbs (like chives).

Options

Serving Suggestions: Because most of the ingredients are unlimited you can eat as many servings of those as you'd like. Don't forget - this recipe is best shared!

Options (Leftovers): Feel free to save what's left of this recipe overnight and add to it the next day.



Zesty Cucumber Pepper Rainbow Salad



Prep Time: 10 minutes
Cook Time: N/A



Serving Size: 4



Special Equipment: None

Tired of salads with lettuce, and longing for something with zest and flavor? You have to try this salad. Chickpeas, as your good carb, olive oil and avocado, for good fats, and a side of protein (chicken, for example), come together for this healthy twist on traditional salads.

Ingredients

- 3 cucumbers, chopped
- 2 bell peppers, chopped
- 1 large tomato (or ½ pint cherry tomatoes)
- ½ avocado, cut into chunks
- ¼ onion (optional)
- Cilantro, finely chopped (optional)
- 3 cups canned and drained chickpeas or garbanzo beans
- 1 lemon, squeezed (or 1 ½ limes)
- 2 tbsp olive oil
- Salt and pepper, to taste

Directions

1. In a large mixing bowl, combine cucumbers, peppers, tomato, avocado, onion, cilantro, chickpeas, lemon, and olive oil.
2. Mix well, and finish with salt and pepper.

Options

Serving Suggestions: Feel free to add a fist-sized portion, about 1 cup, of shredded chicken for each serving for additional protein for this recipe.

Options (Leftovers): Thanks to the lack of lettuce, and its inevitable browning, this salad keeps better in the fridge overnight.



Carrot Fries



Prep Time: 5 minutes
Cook Time: 30 minutes



Serving Size: 4



Special Equipment: None

You might love french fries made with potatoes, but did you know that you can make fries out of carrots? Using this “unlimited” food, which makes them totally guilt-free, is a great alternative you can feel good about. Baked, not fried, and slightly burnt so that you get that good caramelized flavor, carrot fries are a great opportunity to switch things up when it comes to snacking.

Ingredients

- Carrots
- Avocado oil (spray form)
- Salt

Optional

- Smoked paprika
- Garlic
- Rosemary
- Chives

Directions

1. Preheat your oven to 425°F.
2. Cut carrots into small “fries.” You can do this in one of the following ways: Cut the baby carrots in quarters, lengthwise, cutting full-length carrots in half and then quartering them, or using a unique veggie chopping tool that cuts food into “fry-form.”
3. Lightly spray your pan with oil.
4. Place the carrots on the pan, trying not to let them touch the other carrots.
5. Lightly spray the carrots with the oil. Finish by seasoning with salt.
6. Bake; 15 minutes. Turn the fries over, or stir them around, and then bake; another 15 minutes.

The goal is to get them to golden, so that they are slightly burnt - because that's where they caramelize and the flavor completely changes.

7. After the carrots are fully caramelized, feel free to add some additional spices to make your carrot fries entirely unique to you.

Options

Serving Suggestions: Some ovens may require an additional 5 minutes, on both sides, for the carrots to come out just right.

Options (Leftovers): Carrot fries are best when served warm.



Roasted Orange Pepper Soup



Prep Time: 10 minutes
Cook Time: 25 minutes



Serving Size: 4



Special Equipment:
Immersion Blender

This recipe relies on the subtle, but delicious, flavor of orange peppers. Not only does it lend this soup a generous thickness, but it provides it with a mild spiciness that I just love. It's an easy way to enjoy a delicious soup with our helpful "unlimited" foods.

Ingredients

- 1 tbsp avocado oil
- 1 large yellow or sweet onion, diced
- 2 tbsp garlic, chopped
- ½ to 1 tsp red chili flakes, crushed
- 1 tsp sea salt (or herbamare)
- 4 cups organic vegetable or chicken stock
- 4 - 5 orange peppers, roasted
- 4 cups tomatoes, chopped
- ¼ cup fresh parsley, minced
- ¼ cup fresh basil, minced

Directions

1. Heat the oil in a 6-quart pot, over medium heat.
2. Add the onion, garlic, red chili flakes, and sea salt. Sauté until translucent.
3. Add the stock, peppers and tomatoes to the pot, and simmer; 20 minutes, covered, and stirring occasionally.
4. Purée the soup in batches, using a blender, then return to the pot. Or, using an immersion blender, purée the soup in the pot.
5. Cook on low heat; 5 minutes. Add the parsley and basil, and cook for 5 more minutes (stirring often).
6. Taste, and adjust the spiced, as needed.

Options

Serving Suggestions: This soup has a medium rating for spiciness; if you like it mild, add ½ teaspoon less of the crushed red chili flakes, or add ½ teaspoon more for hotter soup.

Options (Leftovers): This soup is perfect for freezing, whether as a lunch or batch-cooked for a dinner the next night.



Fresh Spring Gazpacho



Prep Time: 3 hours, 10 mins
Cook Time: N/A



Serving Size: 4



Special Equipment: Food Processor / Immersion Blender

This is a recipe that is absolutely perfect for spring. Gazpacho is a soup that is traditionally served cold, which makes it absolutely refreshing every time we make a fresh batch. It also allows for some of our favorite fresh herbs to really steal the show, and turns this quick and easy recipe into the perfect lunch or dinner when the weather starts warming up.

Ingredients

- 3 medium tomatoes, peeled, seeded, and chopped (about 3 cups)
- 1 large cucumber, peeled, seeded, and chopped (about 2 cups)
- 1 red bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1 ¼ cup)
- 3 cups canned tomato juice
- 2 tbsp fresh herbs (tarragon, thyme, or parsley), chopped
- ¼ cup red wine vinegar
- 2 cloves garlic, peeled and finely chopped
- 2 tbsp tomato paste
- ½ lemon, juiced
- Kosher salt
- Cayenne pepper

Directions

1. In a large bowl, reserve 2 tablespoons each of the tomato, cucumber, pepper, and onion (for garnish).
2. In the food processor, or immersion blender, purée the remaining ingredients until smooth, adjusting the seasoning to taste with lemon juice, salt, and cayenne pepper.
3. Cover and chill thoroughly, at least 3 hours, but preferably overnight. Adjust the consistency, as desired, with water.
4. Garnish with reserved vegetables.

Options

Serving Suggestions: Serve in chilled bowls garnished with the reserved vegetables.

Options (Leftovers): Thanks to the fact that it's already prepared cold, this soup can be saved in the fridge and enjoyed the next day with ease.



Zucchini Noodles with Bruschetta



Prep Time: 20 minutes
Cook Time: 5 minutes



Serving Size: 4



Special Equipment:
Spiralizer

There are so many beautiful things you can do with a spiralizer, and making vegetable noodles is one of the best. This pasta recipe eliminates the need for traditional noodles, and repackages zucchini in a fun form that your whole family is sure to love.

Ingredients

- 3 - 4 zucchinis
- 2 medium tomatoes, ripe and diced
- ¼ sweet or yellow onion, diced
- 3 - 5 tbsp balsamic vinegar
- ¼ cup olive oil
- ¼ tsp fresh basil, finely chopped
- Salt and pepper, to taste

Directions

1. Using a spiralizer, make the zucchini noodles. Cover and refrigerate them until needed.
2. Mix the bruschetta ingredients together, and let them marinate in the refrigerator; 15 minutes. Shake the container every few minutes to help the flavors come together properly.
3. Heat the zucchini noodles on medium-high heat; 5 minutes, in a sauté pan. Top with the cold, fresh bruschetta, and serve immediately.

Options

Serving Suggestions: For a full meal, add a lean protein (like grilled chicken) to this dish.

Options (Leftovers): Feel free to make additional zucchini noodles in advance, making sure to cover and refrigerate them, in order to make this delicious dinner recipe again tomorrow.



Beet and Fennel Soup



Prep Time: 5 minutes
Cook Time: 40 minutes



Serving Size: 4



Special Equipment: None

How much do you know about fennel? This vegetable sure has an interesting taste to it, with notes of licorice that pair perfectly with the earthy taste of beets. When you bring them together, they really make for a great soup. This is one of my favorite signature recipes, and I can't wait to share it with you to add some hearty goodness to your next dinner.

Ingredients

- 4 medium-sized beets (about 1 lb peeled and diced)
- ¼ cup water
- ½ tsp ground cinnamon
- ½ tsp chili powder
- Olive oil
- 4 cups organic chicken broth
- 1 ¾ cups fennel bulb, chopped
- 1 tbsp organic honey
- ⅓ tsp freshly ground white pepper
- ½ tsp salt

Directions

1. Place cut up beets, water, cinnamon, and chili powder, alongside olive oil, in a large saucepan and sauté until soft and juicy.
2. Add the organic chicken broth, chopped fennel, and honey. Bring mixture to a boil; reduce heat, and simmer for 40 minutes, or until everything is tender. Cool.
3. Place the mixture in a blender; processing until smooth. Stir in salt and pepper.

Options

Serving Suggestions: Make sure to sprinkle your completed bowls with chopped fennel fronds.

Options (Leftovers): This soup freezes easily.



Green Beans with Miso-Sesame Sauce



Prep Time: 5 minutes
Cook Time: 10 minutes



Serving Size: 4



Special Equipment: Spice Grinder

Think of this recipe as a great alternative to traditional green bean casseroles. Green beans themselves are rich in chlorophyll, just like leafy greens, and are high in natural silicates which make your hair and skin healthier. They also make for a great source of fiber. So, what are you waiting for? Paired with miso, which is a great fermented food in and of itself, this dish makes for a great side to just about any meal.

Ingredients

- 2 tbsp and 1 tsp white sesame seeds
- ¼ cup unseasoned Japanese rice vinegar
- 2 tbsp white Miso paste, naturally fermented
- 1 lb green beans, long, slender, with the stem-ends trimmed
- 1 tsp coarse salt

Directions

1. Grind 2 tablespoons of the sesame seeds in a spice grinder, or put them in a plastic bag and mash with a rolling pin until they reach a powder consistency.
2. Combine ground sesame seeds, vinegar, and miso in a small bowl, whisk; until well-blended.
3. Bring a large saucepan, ¾ of the way filled with water, to a boil. Add green beans and salt. Boil until the green beans are tender to the bite; 6 - 8 minutes. Drain.
4. Place green beans in a shallow serving bowl, spooning the sauce on top.

Options

Serving Suggestions: Garnish green beans with the remaining sesame seeds to enjoy the added benefits of sesame seeds (copper and phytosterols).

Options (Leftovers): These green beans are perfect as an anytime snack, whenever you're hungry around the house.



Asian Soup Stock



Prep Time: 5 minutes
Cook Time: 2-3 hours



Serving Size: 4



Special Equipment: Spice Stockpot

Looking for a good soup stock? Why not make your own. This Asian soup stock relies on delicious shiitake mushrooms to form the base, alongside some lemongrass and crushed red pepper flakes. It's a great recipe that can serve as the foundation for plenty of dishes. Best of all? It's easy to keep in the fridge!

Ingredients

- 12 cups water
- 1 large onion, skins left on and cut into chunks
- 1 head garlic, cut in half
- 1 2" piece fresh ginger, sliced
- 3 stalks celery, chopped
- 3 to 4 cups Shiitake mushrooms, chopped
- 1 stalk lemongrass, chopped
- 1 tsp crushed red pepper flakes
- 1 - 2 tsp sea salt

Directions

1. Place all ingredients into an 8-quart stockpot. Bring to a boil, cover, and reduce heat to low. Simmer; 2 - 3 hours.
2. Place a strainer into a large bowl or pot, and pour the stock through it.

Options

Serving Suggestions: Stock may be frozen for later use or stored in the refrigerator for 5 to 7 days.

Options (Leftovers): Feel free to use this stock however you'd like in your cooking, particularly in soups.

The Best Thai Chicken Coconut Soup



Prep Time: 10 minutes
Cook Time: 4-8 hours



Serving Size: 4



Special Equipment:
Crockpot

There's just something about soup that makes me feel good, especially when it has just the right amount of spice. That's what this Thai-style chicken coconut soup is all about, especially because it is so simple. All you need is a handful of ingredients, a crockpot (optional), and you'll be enjoying this amazing dinner in no time - well, in 4 - 8 hours, actually!

Ingredients

- 1 tsp grated lime zest
- ¼ cup fresh lime juice
- 1 tbsp lemongrass, chopped and peeled
- 2 tbsp fish sauce
- ½ tsp fresh ginger, minced and peeled
- ½ tsp seeded thai chile, chopped
- 1 lb organic chicken breast, cut into bite-sized pieces
- 1 can light coconut milk
- 2 tbsp fresh cilantro, chopped

Directions

1. Combine the lime zest, juice, lemongrass, fish sauce, ginger, and chile in a large saucepan. Bring to a simmer over medium heat, and then stir in the chicken and coconut milk.
2. Cook; 7 - 10 minutes per side, or until chicken is cooked through.
3. Sprinkle with cilantro and serve immediately.

Options

Serving Suggestions: You can easily put all of these ingredients in a crockpot on high for 4 hours or low for 6-8 hours for even more flavor and convenience.

Options (Leftovers): Crockpot recipes are perfect for leftovers, so you should save this soup and enjoy it the next day - brown rice optional.

Charred Greens with Lemon



Prep Time: 5 minutes
Cook Time: 5 minutes



Serving Size: 4



Special Equipment: None

When's the last time you had some mustard greens? These are the perfect greens for batch cooking, as they keep well for up to 3 days when refrigerated. Beyond that, mustard greens offer a subtle kick - just like mustard - and are delicious when served warm. Best of all, they are cruciferous, which means you're also cutting down on your cancer risks and safeguarding your thyroid. Now that's a win-win-win situation.

Ingredients

- 2 bunches mustard greens, stems removed
- 2 tbsp macadamia nut oil
- ¼ tsp sea salt
- ¼ tsp black pepper
- Pinch of cayenne pepper

Directions

1. Toss green with 1 tablespoon oil, salt, and pepper.
2. Heat a large skillet over high. Add the greens, in batches, stirring frequently after each addition. Cook until lightly charred and wilted; about 2 minutes.

Options

Serving Suggestions: Toss these greens with your favorite dressing to enjoy as a quick meal.

Options (Leftovers): Mustard greens keep well, for up to 3 days, covered in the refrigerator.



Beet 'Chips'



Prep Time: 5 minutes
Cook Time: 20 minutes



Serving Size: 4



Special Equipment:
Mandolin

These are honestly nothing like your everyday, run-of-the-mill chips. These beet chips are the perfect healthy snack, and are easy to make on your own. Beets contain amino acid that fights heart disease, regulates hormones, and helps with detoxification. Basically, that's everyone we could ever ask for in a quick snack.

Ingredients

- 3 medium-large beets, rinsed and scrubbed
- Avocado oil (spray)
- Sea salt
- Black pepper
- 2 - 3 rosemary sprigs, roughly chopped

Directions

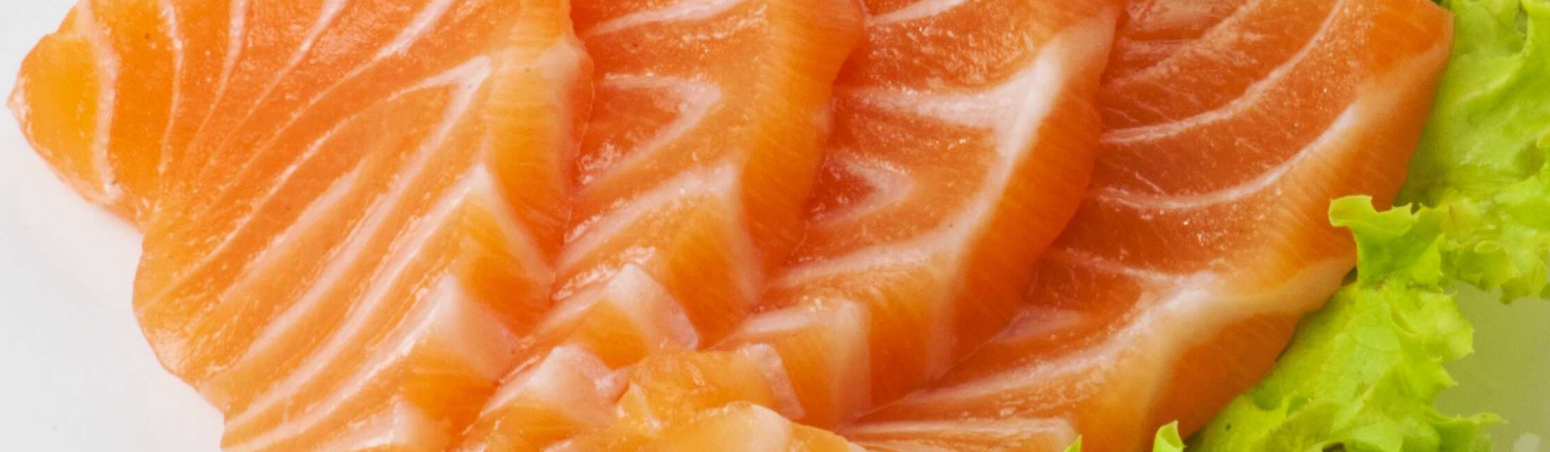
1. Preheat oven to 375°F. Place oven rack in the center of the oven.
2. Thinly slice the beets with a mandolin, or a sharp knife, getting them as consistently thin as possible. A good hint to know whether or not you're cutting them right is that they will curl just a bit when cut. This helps ensure even baking and crispiness.
3. Divide the sliced beets between two baking sheets, and spray (or drizzle) with avocado oil. Add a pinch of salt and rosemary. Toss to coat.

4. Arrange in a single layer, ensuring that the slices aren't touching. Bake; 15 - 20 minutes, or until crispy and slightly brown. Be sure to watch closely, past 15 minutes, as they can burn quickly.

Options

Serving Suggestions: The appropriate amount of beets is ½ cup in a cooked or juiced form and servings should be 2 - 3 times a week.

Options (Leftovers): Feel free to keep beet chips around your home at all times. They're the perfect snack, and perfect for you.



Potato and Salmon Salad



Prep Time: 10 minutes
Cook Time: 20 minutes



Serving Size: 4



Special Equipment: None

Want to know the great thing about cooked red potatoes? They're packed with resistant fiber, which is great for your adrenals. Wild-caught salmon can also be enjoyed a few times a week, and this recipe is a great way to incorporate both! Enjoy it for dinner one moment, and then lunch the next day, it's truly that versatile.

Ingredients

- 4 cups (approximates 1 lb small red potatoes quartered)
- 2 ½ tbsp champagne vinegar
- 1 tsp Dijon mustard
- Sea salt and pepper, to taste
- ¼ cup organic olive oil
- 1 lb green beans
- 2 cans wild-caught salmon
- 1 small red onion, diced
- 2 tbsp fresh parsley, chopped
- Lettuce, for serving

Optional Toppings:

- Avocado
- Beets
- Brussels sprouts

Directions

1. Bring a pot of salted water to a boil. Add the potatoes and cook; 5 - 10 minutes, until fork tender.
2. Remove potatoes with a slotted spoon, reserving the hot water for the beans. Place the drained potatoes in a medium-sized bowl.
3. While the potatoes cook, prepare the vinaigrette. Whisk together the vinegar, mustard., salt, and pepper in a small bowl. Slowly add the olive oil, while continuing to whisk until the vinaigrette is emulsified. Set aside.
4. Bring the water back up to a boil. Add the green beans and cook; about 4 minutes, until crisp-tender. Drain and pat the beans dry. Add the beans to the potatoes, along with the salmon, red onion, and parsley. Season with salt and pepper to taste.

5. Add the vinaigrette, and any additional toppings, and toss and serve immediately over your choice of lettuce.

Options

Serving Suggestions: Don't forget about the value of toppings. If you feel like you could use some avocado or beets in this salad, please do it. It's a great way to get even more variety into your diet, which is what this recipe is already all about.

Options (Leftovers): Feel free to make a batch of quinoa, and pair it with any leftovers for tomorrow's lunch.



Chinese Chicken Salad



Prep Time: 20 minutes
Cook Time: 5 minutes



Serving Size: 4



Special Equipment: None

Depending on your mood, a good chicken salad can make all the difference when it comes time to make dinner. This salad is also perfect for those with any allergies, as it is simple, filling, and fully customizable. Who said salad can't be fun?

Ingredients

For the salad

- 3 cups quinoa, cooked
- 2 cups organic chicken breasts
- ½ cup broccoli, finely chopped
- ½ cup carrot, shredded
- ½ cup red bell pepper, cut into small pieces
- 1 cup spinach, chopped
- 2 green onions, chopped
- ¼ cup peanuts, chopped

For the dressing

- 1 tbsp organic cream-style peanut butter (or sunbutter)
- 2 tsp toasted sesame oil
- 1 tsp tamari, gluten-free
- 1 tsp brown rice vinegar
- Juice of half a lime
- 2 - 3 tbsp water

Directions

1. Add all of the salad ingredients into a large bowl, minus the broccoli and the dressing.
2. Gently steam the broccoli; 2 minutes (or for 40 seconds in the microwave), and transfer to the salad bowl. Toss ingredients to combine.
3. Drizzle dressing over salad, tossing again until everything is incorporated and evenly covered.

Options

Serving Suggestions: Serve immediately or store in fridge and serve when desired.

Options (Leftovers): This recipe keeps incredibly well in the fridge, and makes for a great lunch.



Chili Roasted Carrots



Prep Time: 5 minutes
Cook Time: 25 minutes



Serving Size: 4



Special Equipment: None

Apart from being bursting with flavor, this recipe is rich in vitamin A, which is exactly what your brain needs when it's craving an added boost. They make for a great side to grilled chicken or pork, or can be enjoyed as a snack all on their own.

Ingredients

- 1 tbsp grapeseed oil
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp salt
- 2 lbs carrots, cut into ¼" diagonal slices
- 2 tbsp fresh cilantro, chopped
- 2 tbsp lime juice

Directions

1. Position rack in lower third of oven; preheat oven to 450°F.
2. Combine oil, chili powder, cumin, and salt in a medium-sized bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet. Roast the carrots, stirring once, until tender and golden; 20 - 25 minutes.
3. Toss the carrots with cilantro and lime juice. Serve immediately.

Options

Serving Suggestions: Serve these roasted carrots as a side to your favorite protein.

Options (Leftovers): N/A



Unbeatable Minestrone



Prep Time: 15 minutes
Cook Time: 35 minutes



Serving Size: 8-10



Special Equipment: None

This light soup is not only great for you, but it's perfect for sharing with the entire family. All the flavor, and that beautiful color - kids will love it, too. This is the perfect recipe for those nights when you're just craving soup, and want it to be filled with all sorts of delicious and good-for-you ingredients.

Ingredients

- 1 ½ cups gluten-free pasta
- 2 tbsp olive oil
- 6 cloves garlic, chopped
- 1 16-ounce tub of cherry tomatoes
- 2 large carrots, chopped
- 3 stalks celery, chopped
- 1 large yellow onion, chopped
- 1 tbsp fresh thyme, chopped
- 1 can red kidney beans, rinsed and drained
- 1 can white kidney beans, rinsed and drained
- 1 can chickpeas, rinsed and drained
- Diced tomatoes 14.5 oz
- 2 medium-sized zucchinis, chopped
- 2 tbsp organic chicken broth
- 8 cups purified water
- 2 tsp pepper
- 1 tsp salt

Directions

1. Cook pasta according to package directions. Cook until al dente, drain, and toss with olive oil. Set aside.
2. In a large saucepan, over high heat, add oil. Add garlic, and sauté until golden.
3. Lower heat to medium, adding the cherry tomatoes, carrots, celery, and onion. Cook until soft, stirring often; about 10 minutes. Add herbs and raise heat to high. Add beans, chickpeas, tomatoes, and zucchini.
4. Add chicken broth and water, and bring to a boil.
5. Lower heat and simmer for 15 - 20 minutes. Make sure to skim the foam from the top.
6. Season with pepper, and sprinkle with salt (to taste).
7. Add cooked pasta.

Options

Serving Suggestions: The best part about this recipe is how customizable it is, like adding protein into it. Feel free to add a cup of shredded chicken (or steamed white fish), to get more protein, more flavour, and more benefits from this delicious soup.

Options (Leftovers): Feel free to add a protein serving to each serving of Minestrone for a complete meal.



Vegan Pumpkin Risotto



Prep Time: 5 minutes
Cook Time: 15 minutes



Serving Size: 4



Special Equipment: None

I'm a big fan of vegan and vegetarian twists on classic recipes, and this Pumpkin Risotto is one of them! Pumpkin adds a sweet and unique flavor, that's perfect for falls, as a vegetarian Thanksgiving entree or an anytime dinner.

Ingredients

- 1 onion, diced
- 1 tbsp olive oil, divided
- 2 cups arborio (risotto) rice
- 1 cup white wine
- 4 cups vegetable broth
- 1 cup pumpkin puree
- 1 tsp fresh ginger, grated or minced
- 1 tsp nutmeg
- 1 tbsp chopped fresh basil
- Salt and pepper, to taste

Directions

1. Over medium heat, sauté the onion in 1 tbsp of olive oil; 3 - 5 minutes (or until soft).
2. Add the rice, and allow to cook, stirring, for 1 - 2 minutes. At this point, slowly add the white wine.
3. Start adding the vegetable broth, ½ cup at a time. Allow the moisture to cook off before adding the next ½ cup. Stir frequently.
4. Add remaining ingredients, stirring well, and cook for just a few minutes (until heated through).

Options

Serving Suggestions: If you have a gluten allergy, be sure to use certified gluten-free arborio rice, in order to avoid any cross-contamination.

Options (Leftovers): N/A

Savory Eggplant Boats



Prep Time: 5 minutes
Cook Time: 35 minutes



Serving Size: 4



Special Equipment: None

Eliminate steps, without sacrificing flavor, with these simple eggplant boats. These boats are perfect for when company is coming over, or for when you need a quick dinner that you can enjoy in a hurry. The best part? They're pre-portioned! Just grab a handful of boats, put them on your plate, and you've got dinner in a hurry.

Ingredients

- 2 red, yellow or orange peppers, cut into long, wide sections
- 2 eggplants, cut into long, ½" sections — try to get straight-as-possible eggplants
- 1 package cherry/grape tomatoes, quartered (or 3 large tomatoes cut into ½" chunks)
- 1 onion, chopped (med.)
- 1 bag baby spinach (8 oz)
- 3 cloves garlic
- 2 tbsp capers
- ½ cup balsamic vinegar
- Avocado cooking spray
- Dash of paprika
- Sea salt

Options

Serving Suggestions: For an extra pop of flavor you can sauté tomatoes with a little vegetable broth and top this mixture onto the eggplant rolls just before serving.

Options (Leftovers): This recipe is best served warm.

Directions

1. Preheat your oven to 425°F.
2. Lightly spray skillet with avocado oil. Sauté the onions on medium-high heat, until translucent (2 - 3 minutes).
3. Add yellow, red, and/or red peppers (hint: the smaller you cut the pieces, the faster they will cook).
4. Sauté the peppers; 15 minutes, stirring frequently. If they get too dry, you can add a little water to keep them from sticking to the pan. Add garlic and spinach 2-3 minutes and then set aside.
5. Slice the eggplant. Like apples, eggplants brown soon after you cut them. So, you want to cut them immediately before cooking. If you happen to be cutting a lot at a time, wrap the sections in parchment paper to keep air exposure to a minimum - until they are ready to be cooked.
6. Lightly spray the eggplant slices, and your grill pan, with avocado oil.
7. While the peppers cook, grill the eggplant slices for a few minutes on each side; about 5 - 8 minutes per side.
8. When the eggplant is golden on both sides, and nicely softened, put the grilled eggplant slices on a cookie sheet.
9. Top the eggplant with the pepper and spinach mixture
10. Bake, for 20 minutes, at 425°F.
11. While the eggplant slices are baking, bring balsamic vinegar to a boil and simmer until reduced by ½ the amount you started with.
12. Add the capers and tomatoes and cook over high heat for 3-5 minutes. Thick sauce should form. Then sauté white onions until they are transparent; 2 - 3 minutes.
13. After 20 minutes of baking, top eggplant slices with the prepared balsamic tomato sauce.
14. When complete, sprinkle slices with paprika and a pinch of salt.



BONUS RECIPES

Seafood





Sprouted Almond Fish 'Taco' Bowl



Prep Time: 10 minutes
Cook Time: 10 minutes



Serving Size: 1



Special Equipment: Food Processor/Blender

Fresh, simply flavoured, and classic Mexican. This isn't the same type of Mexican food that you'll find at fast food restaurants, it's something you'll love enjoying before, during, and after you eat it. The sprouted almonds also make for a nice touch, and add a different element of flavor to spruce up your everyday lunch.

Ingredients

- Avocado oil
- 1 cup sprouted almonds, crushed or blended
- 1 lime
- 1 cup white fish, of your choice (in season)
- $\frac{3}{4}$ cup pinto beans, cooked
- 2 cups lettuce, shredded
- 1 onion, chopped
- 1 tomato, sliced
- 2 rice tortillas
- Salt and pepper, to taste
- Cilantro (optional)

Directions

1. Brush avocado oil onto a pan, and bring to medium-high temperature.
2. Using a plate, place the crushed/ blended sprouted almonds.
3. Squeeze lime onto the fish, rubbing it in.
4. Brush oil onto fish, and proceed to dredge with crushed sprouted almonds (a little goes a long way - you don't want/need much to adhere to the fish)
5. Place the fish into the hot pan. Cook; 3 - 5 minutes (depending on thickness).
6. Brush pan with additional oil as you flip fish, and cook; another 3 - 5 minutes.
7. In a bowl, add beans, lettuce, onions, tomatoes, fish, and tear some rice tortillas into small pieces.

8. Squeeze lime juice and top with fresh cilantro (optional).
9. Serve at room temperature, or chilled. Just before serving, spoon peas over the top of the salad, add the can of sardines, and sprinkle the remaining half of dill.

Options

Serving Suggestions: When in doubt, barely undercook fish and let it "rest," as it will cook more on its own. Overcooking makes it rubbery. You want it to gently flake with a fork

Options (Leftovers): If you find yourself with leftover crushed almonds, feel free to save them for tomorrow to dredge a new selection of fish.



Spicy Shrimp and Beans



Prep Time: 25 minutes
Cook Time: 10 minutes



Serving Size: 4



Special Equipment: None

Can shrimp be good for you? The short answer is yes, if you're careful with choosing the right type. Wild-caught shrimp is packed with many nutrients, like tryptophan, B12, selenium, astaxanthin, omega-3 fats, and even zing. It's no wonder why shrimp is good for brain aging, and exceptional for bone health - which is why I'd like to share it with you as part of this simple dinner classic.

Ingredients

- 2 tbsp olive oil
- 1 pint cherry tomatoes, halved
- ¼ tsp red pepper flakes
- 2 cloves garlic, minced
- ¼ cup apple cider vinegar
- 2 (15 oz) canned white beans, drained and rinsed
- Kosher salt, to taste
- 1 lb wild-caught shrimp, uncooked, peeled and deveined
- ¼ cup fresh parsley leaves, coarsely chopped
- 1 cup cooked long-grain jasmine brown rice

Directions

1. Heat the oil in a large skillet over medium-low heat. Add shrimp and cook 2 minutes. Set aside.
2. Add the red pepper flakes and garlic, cooking until fragrant; about 1 minute.
3. Pour in the apple cider vinegar and simmer; one minute.
4. Mix in the beans and tomatoes. Season the mixture with salt, as needed.
5. Add in the shrimp and gently toss to combine.
6. Cover and simmer until the shrimp are cooked all the way through; about 3-5 minutes
7. Sprinkle with parsley and serve on top of rice.

Options

Serving Suggestions: N/A

Options (Leftovers): Made extra rice? Whip up an extra batch of shrimp, save them overnight, and then enjoy them tomorrow as a light lunch.



Seared Cod with Chilled Potatoes



Prep Time: 30 minutes
Cook Time: 10 minutes



Serving Size: 4



Special Equipment: None

How do you enjoy potatoes while preserving all that good resistant starch? That's easy, you serve them chilled! Boiling preserves much of that starch, and when the boiled potatoes are refrigerated they form even more starch in a process called retrograde resistant starch formation. Paired with some delicious white fish, this is a great meal to start or finish the week strong.

Ingredients

- 1 tsp macadamia nut oil
- 1 lb wild-caught Atlantic cod fillet
- 4 cups (approximately 1 lb baby potatoes)
- 1 lb green beans, boiled 10 minutes, refrigerated overnight
- ¼ cup red onion, diced
- 1 tbsp soy-free vegan mayonnaise

Directions

1. Heat the oil in a large sauté pan on medium-high heat.
2. Sauté the cod fillet; 3 - 4 minutes on each side until flaky. Allow the cod to cool slightly, then cut it up into small pieces.
3. Dice the potatoes and beans, and mix with the onion in a large bowl. Add the cod and then spoon in the mayonnaise, stirring gently.

Options

Serving Suggestions: N/A

Options (Leftovers): You could enjoy this recipe immediately, or you could pack the salad into a contained, refrigerate, and serve it later, too.



Zucchini Noodles with Baked Shrimp & Rainbow Tomatoes



Prep Time: 10 minutes
Cook Time: 30 minutes



Serving Size: 4



Special Equipment:
Spiralizer

When it comes to dinner at our house, the more vegetables, the better! This recipe relies on fresh noodles made from zucchini, which can be cooked to either have that perfect crunch, or to the point where they are nice and soft - it's entirely your choice. The addition of wild-caught shrimp adds some quality protein, and rainbow cherry tomatoes are for that pop of color we always like to see.

Ingredients

- 2 lbs wild-caught shrimp, uncooked
- 8 medium zucchinis, spiralized
- 4 tbsp avocado oil, divided
- ½ cup lemon juice
- ¼ cup fresh basil, finely chopped
- ½ cup medium white or yellow onion, chopped
- 3 cloves garlic, crushed
- 1 package rainbow cherry tomatoes, halved or quartered (for larger tomatoes)
- Salt and pepper, to taste.

Directions

1. Preheat your oven to 425°F.
2. If needed, peel the shrimp.
3. Line a cookie sheet with unbleached parchment paper (for easy cleanup).
4. Lay the shrimp on the sheet. Pay attention that they don't overlap.
5. Season shrimp with 2 tablespoons avocado oil, lemon juice and chopped basil.
6. Bake; 15 minutes.
7. While the shrimp is baking, heat 2 tablespoons of avocado oil in a large pan.
8. Sauté the chopped onion, on medium-high heat, until slightly translucent (this should take about 2 minutes).
9. Add garlic and tomatoes. Sauté and stir, occasionally, for 10 minutes.

10. Add the zucchini noodles, and stir occasionally until cooked to your favourite consistency (from al dente to soft).
11. Add salt and pepper, to taste.
12. Top with shrimp or serve on the side.

Options

Serving Suggestions: Feel free to enjoy this recipe with a separate side of carbs.

Options (Leftovers): Zucchini noodles are best enjoyed fresh, but if you have extra shrimp you can save them the next day and spiralize a new batch to enjoy.



Baked Shrimp with Lemon and Chives



Prep Time: 5 minutes
Cook Time: 15 minutes



Serving Size: 4



Special Equipment: None

What are the elements of a truly perfect meal? It has to be easy, with only a few ingredients, it needs to be fast (especially if you're in a rush for dinner), healthy, and delicious. These shrimp are all that and more! Packed with flavor, and easy to prepare, don't blame me if you end up wanting these every night for dinner.

Ingredients

- 2 lbs wild-caught shrimp, uncooked
- Juice of 1 lemon
- 1 tbs fresh or freeze dried chives
- Fresh ground pepper to taste
- 1 tsp salt

Directions

1. Preheat your oven to 425°F.
2. Clean the shrimp, if needed.
3. Line a cookie sheet with unbleached parchment paper (for easy cleanup).
4. Lay shrimp on the sheet, so that they don't overlap and can cook properly.
5. Squeeze ½ of the lemon over the shrimp.
6. Season with salt and pepper.
7. Bake; 15 minutes. Add chives and serve.

Options

Serving Suggestions: If you enjoy the flavour of lemon, feel free to squeeze the other half of the lemon in this recipe on top of the shrimp when you serve it. Be sure to pair this recipe with greens and carbs, ideally.

Options (Leftovers): Shrimp keep well in the fridge overnight, if you're planning to make extra and want to save some for tomorrow.



Wild Salmon with Ginger-Lime Marinade



Prep: 45 mins - 2 hr, 15 mins
Cook Time: 30 minutes



Serving Size: 4



Special Equipment: None

What's not to love about salmon? This fish is easy to enjoy, but it pairs delightfully with a great ginger-lime marinade. The distinct flavor of ginger, paired with the acidity of lime, really help to pull out extra flavor from the salmon - it might just have you jumping (upstream) for joy!

Ingredients

- 1 lb wild Alaskan salmon fillets
- ½ cup tamari
- 1 lime, juiced
- 1 tsp ginger, grated
- 2 - 4 cloves garlic, crushed
- Few dashes hot pepper sesame oil

Directions

1. Rinse the salmon under cool running water, and place skin-side up in a glass baking dish.
2. Mix the tamari, lime, ginger, garlic, and hot pepper sesame oil into a small bowl and pour over the salmon. Cover the pan.
3. Marinate; 30 minutes to 2 hours, in the refrigerator.
4. Preheat your oven to 400°F. Drain the marinade off the salmon, and flip the salmon skin-side down.
5. Transfer baking dish to the oven. Cook; 10 minute, per inch of thickness to the salmon. This should take about 15 - 25 minutes, or until cooked through.

Options

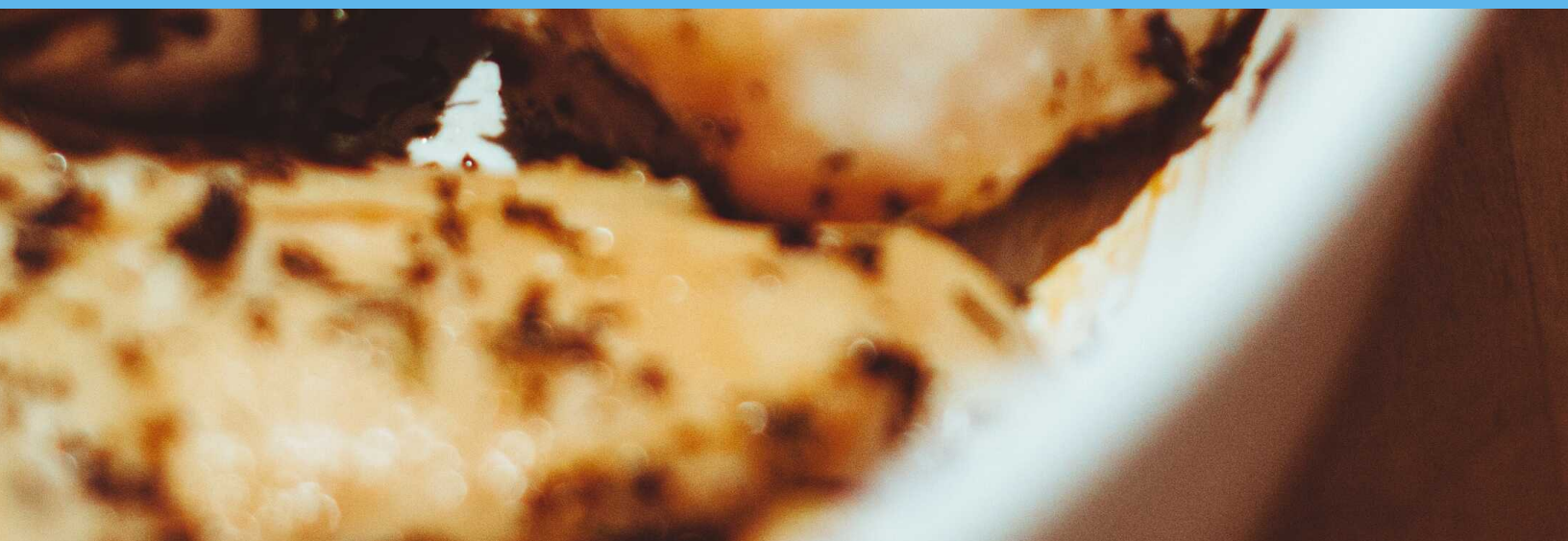
Serving Suggestions: This salmon pairs perfectly with a fresh side of greens.

Options (Leftovers): Salmon keeps well for a week's worth of meals. Feel free to batch cook this recipe, and enjoy it day in and day out.



BONUS RECIPES

Beef, Turkey and Chicken





Shepherd's Pie



Prep Time: 10 minutes

Cook Time: 40 minutes



Serving Size: 4



Special Equipment: None

This has to be one of my absolute favorite recipes, and really redefines what you think of when you hear the term “comfort food.” Instead of topping with potatoes, I loved using mashed cauliflower. It’s perfect for fall or winter, and tastes just as good heated up the next day - what’s not to love about that?

Ingredients

- 1 - 2 cloves garlic, chopped
- 1 shallot, large sliced
- 1 large white onion, chopped
- 1 tbsp olive oil
- 1 ½ lbs ground turkey meat
- 2 cups carrots, sliced
- ¼ cup celery, sliced
- 1 zucchini, large and cubed
- ¼ tsp salt
- 3 cups cauliflower (or sweet potato), cooked and mashed
- 2 tsp dried thyme
- 2 tbs dried basil
- 1 tsp sage
- ½ tsp marjoram
- 1 lb ground turkey

Directions

1. Preheat oven to 350°F.
2. In oil over med-high heat, sauté the garlic, shallot and onion in the oil.
3. Once the onions become translucent (about 3 minutes), add in the turkey meat (breaking up with spatula), carrots, celery, zucchini, salt and spices. Continue to cook until the vegetables are tender most of the way. They don't have to be completely cooked, because they will bake more in the oven. Having them just a bit tender is perfect.
4. Transfer everything to a 9 x 13 inch casserole dish.
5. Smooth the cauliflower (or potatoes) over the meat in the

casserole dish. Drag a fork, lightly, across the top to “rough up” the surface (for baking purposes).

6. Bake at 350°F, for 30 minutes, or until it is nice and bubbly.

Options

Serving Suggestions: N/A

Options (Leftovers): Shepherd's pie makes for the perfect lunch the next day, and freezes exceptionally well.



Savory and Sweet Stuffed Cabbage



Prep Time: 5 minutes
Cook Time: 2 hours, 10 mins



Serving Size: 8



Special Equipment: None

Have a little bit more time to dedicate to dinner? You won't be disappointed with this recipe. An equal combination of savory and sweet, cabbage makes for a great vehicle to carry a selection of other flavors - like organic raisins, for instance!

Ingredients

- 1 medium head green cabbage
- ½ onion, diced
- 3 garlic cloves chopped
- ¼ cup sun dried tomatoes (optional)
- 1 tsp basil
- 1 lb ground meat (ideally grass-fed beef)
- Smoked paprika, to taste
- Salt and pepper, to taste
- 6 large carrots, shredded
- ¼ cup raisins, organic
- 1 jar tomato sauce 14.5 oz.
- Avocado oil cooking spray

Directions

1. Preheat oven to 350°F.
2. Soften the head of the cabbage.
You can do this in one of two ways: either core the cabbage the best you can, then microwave it - core-side down for 7 minutes. Or, you can core the cabbage as best as possible, then boil it until the leaves soften and remove the leaves as they soften and dunk in a bowl of ice water. Dry the leaves, continuing to cook until you get more, and repeat the process. Set dried leaves aside to cool.
3. Sauté onions, on medium-high heat, until translucent.
4. Add garlic, sun dried tomatoes, and basil. Cook; 1 - 2 minutes.
5. Add in the ground beef (breaking it up with a spatula) and cook for a few minutes, until just browned. Add paprika, salt, and pepper; mix well.
6. Stuff the cabbage leaves with meat, carrots and raisins and roll up.

7. Spread some of the tomato sauce on a baking sheet that will hold 8 cabbage rolls.
8. Place cabbage roll on top of the sauce.
9. Once the dish is filled with rolls, top with tomato sauce and extra cabbage (chopped), meat, or carrots.
10. Bake, covered, for 2 hours.

Options

Serving Suggestions: If you don't feel like using grass-fed beef, you can also feel free to use ground pork or lean ground turkey. Or, make it vegan and just stuff it with vegetables!

Options (Leftovers): If you have leftover rolls, be sure to save them for the next day. Chalk it up to giving the flavors more time to meld together, but this recipe seems to taste even better given a little bit of time.



Fall Vegetable Beef Roast



Prep Time: 10 minutes
Cook Time: 3-4 hours



Serving Size: 6



Special Equipment: Dutch
Oven

When the weather starts to turn cold, even in the desert, I always like to turn to this hearty beef roast recipe. It's a nice collection of vegetables that really get time to soak up the flavour - this is the kind of recipe that just warms you up inside and out.

Ingredients

- 1 tbsp extra virgin olive oil (or ghee)
- 1 organic beef roast (2 - 3 lbs)
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 2 tsp dried thyme
- 1 medium-sized onion, cut into chunks
- 2 cups organic vegetable juice cocktail (or tomato puree)
- 2 cups organic beef broth
- 3 - 4 large carrots, peeled and cut into 3-inch pieces
- 4 - 5 red potatoes, cut into large chunks
- 1 rutabaga or yam, cut into large chunks
- 3 celery stalks, cut into 3-inch pieces
- Sea salt or Herbamare, to taste

Directions

1. Preheat the oven to 325°F.
2. Heat the olive oil in a large dutch oven, over medium-high heat. Rub the salt and pepper into the roast on all sides. Add the roast to the dutch oven, and sear for a few minutes on each side. Add the thyme, onion, vegetable juice, and broth.
3. Cover and transfer to the preheated oven, and braise; 2 hours. Remove the pot from the oven and add the remaining vegetables.
4. Return the pot to the oven and cook; 1 - 2 more hours, or until the roast begins to fall apart and the vegetables are tender.

Options

Serving Suggestions: N/A

Options (Leftovers): N/A



Asparagus Sweet Potato Skillet



Prep Time: 5 minutes
Cook Time: 25 minutes



Serving Size: 4



Special Equipment: None

Skillet recipes are some of the easiest, and most delicious, that you can prepare for yourself in a hurry. This recipe, in particular, benefits from the presence of asparagus. Packed with fiber, folate, chromium, vitamins A, C, E, and K - it combines with sweet potato to make for a dinner that is delicious, healthy, and perfect for sharing.

Ingredients

- 1 lb boneless chicken breasts
- 1 tbsp olive oil
- Salt and pepper, to taste
- 3 garlic cloves, minced
- 1 medium-sized sweet potato, peeled and diced
- ½ cup chicken broth (or water)
- ½ lb fresh asparagus trimmed and cut on diagonal 2" lengths
- ½ tsp fine sea salt
- ½ tsp freshly ground black pepper
- ½ tsp red pepper flakes

Directions

1. Cut the chicken into small pieces, season with salt and pepper.
2. In a skillet, over medium heat, add the olive oil, garlic, and chicken pieces. Sauté the chicken for about 7 - 10 minutes, or until it is cooked throughout. Don't forget to stir well! Set the chicken aside once cooked.
3. In that same skillet, add the sweet potato and chicken broth. Cook; 7 - 10 minutes
4. Add asparagus and cook; 4 - 5 minutes.
5. Season with salt, pepper, and red chili flakes.

Options

Serving Suggestions: Feel free to serve this recipe over a bed of cooked brown rice.

Options (Leftovers): If you have any leftover, you can enjoy this recipe on its own, in a wrap, or over a bed of brown rice the next day.



Creamy Basil and Chicken



Prep Time: 5 minutes
Cook Time: 35 minutes



Serving Size: 4



Special Equipment: Food Processor

How much do you know about the potential value of basil in your life? Not only is it an adrenal adaptogen, but it also provides polyphenols that protect your mitochondria. Not only that, but it's delicious, and serves as the perfect complement to chicken in this dish.

Ingredients

- 1 tsp avocado oil
- ½ cup organic yellow onion
- 1 lb organic chicken breasts, boneless and skinless
- 3 garlic cloves
- 2 tbsp sunflower seeds
- 1 tbsp nutritional yeast
- Salt and pepper, to taste
- 2-4 oz fresh basil
- 1 tbsp olive oil
- ½ tsp arrowroot powder
- ⅓ cup cold water
- ½ cup coconut milk
- 1 cup cherry tomatoes, sliced in half

Directions

1. Heat the avocado oil in a large skillet, over medium heat, until it sizzles. Slice the onion into strips as the oil heats, adding it to the pan when oil reaches ideal temperature. Cook onion until it is translucent.
2. Once the onion is translucent, add the chicken to the pan. Cook for 12 minutes, then flip and cook; 13 more minutes.
3. Ensure that the chicken is cooked all the way through. If not, continue to cook until chicken has no pink in the middle (and the juice runs clear).
4. Meanwhile, prepare the pesto. Place the garlic into a food processor; pulse until finely minced. Add the sunflower seeds, and pulse several times more. Add the nutritional yeast, a sprinkle of salt, and a dash of pepper. Finally, add the basil and olive oil. Pulse until the basil is well-minced.

5. In a small bowl, whisk the arrowroot powder into the water. Add the coconut milk, and then whisk in the prepared pesto. Pour this sauce into the skillet, alongside the chicken. Bring to a gentle simmer. Add the sliced cherry tomatoes. Simmer; 1 - 2 more minutes, until tomatoes are warmed, and serve.

Options

Serving Suggestions: You can either enjoy this recipe on its own, or served over cooked brown rice.

Options (Leftovers): N/A



Broccolini Chicken and Rice



Prep Time: 5 minutes
Cook Time: 30 minutes



Serving Size: 4



Special Equipment: None

This is a super simple dinner recipe that you're sure to be enjoying time and time again. The best part? It also works great for leftovers the next day, or for the remainder of the week. Treat yourself to a nice meal, and food prep, all at once!

Ingredients

- 2 tbsp olive oil
- 1 cup cherry tomatoes
- 8 oz organic chicken sausage, cut into small rounds (or you can use shredded chicken)
- 2 bunches broccolini, chopped
- Sea salt and pepper, to taste
- 2 cloves garlic, minced
- 1 cup forbidden rice
- 2 ½ cups chicken broth

Directions

1. Heat oil in a skillet over medium-high heat.
2. Add the tomatoes and sauté. Add the sausage, until evenly-browned on both sides; about 5 minutes. Set aside.
3. Add the broccolini, seasoning with salt and pepper, and sauté until the color is vibrant green and the broccolini is almost tender; 5 minutes.
4. Add the garlic and rice, sautéing until fragrant; about 1 minute.
5. Add the sausage and broth and bring the mixture to a boil. Cover, reduce to a simmer, and cook for about 30 minutes until the liquid is absorbed and the rice is ready.

Options

Serving Suggestions: Feel free to add a ¼ cup of nutritional yeast to this recipe, in order to add a nice and cheesy flavor to it.

Options (Leftovers): Make double the amount, pack up your leftovers in glass containers, and use them for a few days (or triple the amount and make it a week) of delicious lunches.



Marinated Beef and Broccoli



Prep Time: 15 minutes
Cook Time: 20 minutes



Serving Size: 4



Special Equipment: None

This is a great recipe when you're looking for a simple combination of proteins and vegetables. An under-the-radar addition to this recipe, in particular, is arrowroot flour. If you're not familiar, it's a non-grain, wheat-free flour that does a fantastic job at thickening sauces or making a healthy breading on sautéed foods. It's also got resistant starch, is high in potassium, is alkalizing, slowly digests in the body, and is good for your gut flora. What's not to love about that? Let's get cooking!

Ingredients

- ⅓ cup wheat-free tamari
- ¼ cup arrowroot flour
- ¼ cup toasted sesame oil
- 3 cloves garlic, minced
- 1 piece fresh ginger, 2 inches grated
- 2 ½ lb grass-fed flank steak
- 4 cups broccoli florets
- 2 cups Shiitake mushrooms, halved
- 2 tbsp extra virgin olive oil

Directions

1. Preheat oven to 375°F, and line a large baking sheet with foil.
2. Whisk the tamari, arrowroot flour, sesame oil, garlic, and ginger together.
3. Measure out ¼ cup of the marinade, set aside.
4. Add steak to the remaining marinade, turning to coat completely.
5. Toss the broccoli florets and mushrooms on the prepared baking sheet, with the olive oil and reserved marinade. Spread out in an even layer, and roast until just-tender; about 10 minutes. Remove baking sheet from oven and set to broil.
6. Push broccoli and mushrooms to the edges of the baking sheet, and place steak in the center. Drizzle any remaining marinade at this point over the steak.
7. Slide the sheet under the broiler, and broil until steak begins to char on the outside; 3 - 5 minutes per

side (medium-rare).

8. Remove baking sheet from the oven and let steak rest, loosely covered with foil; 10 minutes. Slice steak and mix with roasted broccoli and mushrooms.

Options

Serving Suggestions: Ensure that you slice the steak against the grain, and feel free to serve this recipe over brown rice or quinoa.

Options (Leftovers): NA



The Easiest Crock Pot Chicken



Prep Time: 5 minutes
Cook Time: 4 hours



Serving Size: 4



Special Equipment:
Crockpot

This is a simple dinner you can always rely on - all you need is an onion, a chicken, a crockpot, and 4 hours! You can also pair it with a simple salad, and save some of the chicken (overtop quinoa or brown rice) for lunch the next day.

Ingredients

- 1 large onion, sliced
- 1 whole chicken

Directions

1. Take the onion slices, and lay them on the bottom of the crockpot.
2. Lay the whole chicken, breast-side down, on top of the onions.
3. Cook, on high, for 4 hours.

Options

Serving Suggestions: Paired with a simple green salad, this whole chicken would also be great atop a bed of quinoa or cooked brown rice.

Options (Leftovers): The best part about cooking in your crockpot is that there are always leftovers. Save your chicken, and pair it with more rice or quinoa tomorrow for lunch.



Grilled Chicken with Blackberry Salsa



Prep Time: 20 minutes
Cook Time: 20 minutes



Serving Size: 4



Special Equipment: None

A light and tasty meal goes a long way, especially when you're in a rush. This is the perfect summer weather recipe, or when you want to feel reminded of summer. The addition of the blackberry salsa is especially exciting, as it adds a sweet element that is too good to pass up.

Ingredients

- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp ground cumin
- 2 limes, medium-sized and divided
- 4 chicken breasts, organic
- 1 cup blackberries, chopped
- 1 cup corn kernels, fresh or thawed
- 1 Jalapeño, medium-sized and thinly sliced (seeds and ribs removed)
- 1 avocado, ripe
- Fresh cilantro

Directions

1. Heat an outdoor grill, or grill pan, to high heat. Meanwhile, marinate the chicken.
2. Place the oil, salt, and cumin in a large resealable bag. Finely grate the zest of 1 of the limes, adding it to the bag. Juice the lime, adding the juice to the bag, and mix to combine. Add the chicken breast, seal the bag, and refrigerate for 15 minutes.
3. Meanwhile, zest and juice the remaining lime and place the zest and juice in a small bowl. Add the blackberries, corn, and jalapeño. Dice the avocado into bite-sized pieces, and add them to the bowl, as well. Season with salt and stir to combine; set aside.
4. When the grill is heated, remove the chicken from the marinade and place on the grill. Cover and grill until the chicken is cooked through; 6 - 8 minutes (per side).

5. Remove chicken from grill, place onto a cutting board, and let stand 5 minutes before slicing. Before serving, top with the blackberry-corn salsa and cilantro.

Options

Serving Suggestions: In order to round out your good carbs and make a dazzlingly colorful dish, try serving alongside some steamed orange lentils.

Options (Leftovers): N/A



Quinoa Tacos



Prep Time: 10 minutes
Cook Time: 15 minutes



Serving Size: 4



Special Equipment: None

Does your family celebrate Taco Tuesdays? It's one of the best days in our household, and we just love the opportunity to get creative and enjoy all of those Latin flavors. These tacos, in particular, are great because they contain good sources of both protein and fiber. The freshness is perfect for summer, but it honestly makes for a great meal all year long.

Ingredients

- 1 cup quinoa, cooked
- 2 tbsp avocado oil
- 3 cloves garlic, minced
- ½ red onion, thinly sliced
- Pinch of sea salt and black pepper, to taste
- 1 can black beans, drained and rinsed
- 1 cup organic sweet corn, canned or thawed
- 1 cup bell peppers, thinly sliced
- ⅓ cup fresh cilantro, chopped
- 1 tsp cumin seeds, freshly ground
- 2 tbsp taco seasoning, MSG-free
- Juice of 1 lime
- Juice of 1 lemon
- 1 head butter leaf lettuce
- 1 lb organic chicken, cooked and shredded

Optional

- Fresh cilantro, ½ cup
- Sliced Jalapeño, ½ cup
- Diced tomato, 2 Roma
- Diced avocado, 1 med
- Green chilies (1)

Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a skillet, add avocado oil, garlic, red onion, sea salt, and black pepper, cook; 8 minutes, or until fragrant.
3. Add in the cooked quinoa, shredded chicken, rinsed beans, corn, and peppers, cooking until warm. Stir in taco seasoning, and the juice of both the lemon and the lime.
4. Adjust seasonings to taste.

Options

Serving Suggestions: Take one washed and dried romaine leaf, and dollop the quinoa mixture in the center. Fill with optional garnishes and wrap edges of the butter leaf onto itself as a handheld wrap.

Options (Leftovers): If you have any quinoa mixture left over, save it and enjoy some more tacos for lunch tomorrow (or feel free to just enjoy it on its own).



Sweet Potato Turkey Casserole



Prep Time: N/A
Cook Time: 1 hour, 10 mins



Serving Size: 4



Special Equipment:
Spiralizer

This dish is the perfect comfort food, and makes for a great dinner that's not too heavy, but makes for a great way to get good protein and other nutrients into your life. Best of all? It's perfect for sharing, and even more perfect for leftovers!

Ingredients

- 1 lb extra lean organic ground turkey
- 1 medium sweet potato, peeled and spiralized
- 1 medium zucchini, sliced into ½" pieces
- ¼ cup onion, chopped
- 1 tbsp garlic, minced
- 1 15-oz can petite diced Tomatoes, drained
- 1 8-oz can tomato paste
- ½ tsp sea salt
- ½ tsp pepper
- ¼ tsp chili powder
- ¼ tsp cumin
- ⅛ tsp oregano
- ⅛ tsp ground cardamom
- 1 ½ tbsp extra virgin olive oil
- 1 cup unsweetened flax milk
- 1 tbsp almond flour
- 1 tbsp coconut flour

Directions

1. Preheat your oven to 350°F, and lightly grease a casserole dish with some olive oil.
2. Heat a large pan over medium heat.
3. Add the ground turkey, garlic, and onion, cook about 3 minutes; until browned. Make sure to break up the meat, as it browns.
4. Stir in the tomato paste and tomatoes, in order to combine with the ground turkey.
5. Add sweet potatoes, cooking about 3 minutes until slightly softened.
6. Place chopped zucchini in a bowl with all seasonings, toss to combine.
7. Spread the zucchini mixture on the bottom of the casserole dish.
8. Top with turkey and sweet potato mixture.
9. Place in oven, and bake; 15

minutes.

10. While baking, in a small pot over high heat add olive and oil and both almond and coconut flours.
11. Stir; 1 minute, until thickened. Reduce to medium-high heat.
12. Slowly add unsweetened flax milk to the pan, whisking as you add.
13. Remove the casserole from the oven and top with the sauce.
14. Bake; another 40 - 45 minutes, until the top of the casserole has sufficiently browned.

Options

Serving Suggestions: Slice this casserole into 6 equal pieces and serve immediately.

Options (Leftovers): Comfort food just has a way of tasting even better the next day. If you have leftovers of this recipe, and that's a big if, you might want to save it to have it again tomorrow.

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