



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

Lemon Ginger Water

A refreshing natural detox water!

Ingredients

1/2 medium	Lemon (sliced)
1 piece, 1- inch	Ginger root (chopped or sliced)
171 gm	Water

Instructions

1. Boil water.
2. Add the lemon slices and ginger to the hot water, let steep for 5 mins.
3. Let cool until at least room temperature.
4. Enjoy!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Kale-Ginger Smoothie

Gut-supporting chia seeds and ginger are used in this nutritious smoothie!

Ingredients

1 cup	Almond milk, unsweetened
1 medium	Banana (s)
1 tbsp	Chia seeds, ground (optional)
1 dash	Cinnamon
1 cup	Frozen blueberries
2 tsp minced	Ginger root
1 tbsp	Honey
2 cup	Kale

Instructions

1. Add all ingredients to a blender and blend until completely smooth. If necessary, add more almond milk to help your blender process the frozen fruit.
2. Serve and enjoy!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Hormone Balancing Yogurt Bowl

A delicious, nutritious, and refreshing breakfast or snack!

Ingredients

3/4 cup	Plain yogurt, fat free
1/2 cup	Blueberries
1/4 cup	Raspberries (or strawberries)
1 tsp	Cinnamon (cinnamon for lower sugar option)
1 tbsp	Flaxseed meal (ground)

Instructions

Dish plain yogurt into a bowl or glass container. Add the fresh blueberries and raspberries and drizzle over top with cinnamon and ground flaxseeds.



Prep	Cook	Ready in	Servings
3 h 5 min	0 min	3 h 5 min	6

High Protein Chia Seed Pudding

Excellent way to start the day. Add additional toppings as desired (see Notes for suggestions).

Ingredients

3 cup	Almond milk, unsweetened
1/2 cup	Chia seeds ((1/2 to 3/4c); as needed)
4 scoop	Protein Powder, Vega Sport, vanilla
1/4 tsp	Cinnamon (ground)
1 tbsp	Maple syrup (to taste - optional)

Instructions

1. Whisk the almond milk, chia seeds, protein powder, cinnamon, and maple syrup (optional) together in a large bowl. For a thin and runny consistency, use 1/2 cup of chia seeds. For a thicker consistency, use 3/4 cup of chia seeds.
2. Let the mixture sit for 5-10 minutes and then whisk again to prevent clumps from forming.
3. Cover the mixture and let it chill in the fridge for 3 hours, or overnight. If possible, stir the mixture every so often during this period.
4. Stir well before serving. If the consistency is too runny, whisk in more chia seeds and let it sit again until it thickens. If the consistency is too thick, add a bit more almond milk.
5. Portion into bowls and add your desired toppings (see Notes for ideas). Store leftovers in an airtight container in the fridge, to last for 3-5 days.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Berry Flax Smoothie

A great high antioxidant and high in fiber smoothie!

Ingredients

- 1 1/4 cup Greek yogurt, plain, 2% M.F. (for non-dairy you can use plain coconut yogurt)
- 1 cup Frozen blueberries (or berry of choice)
- 1 small Banana (s)
- 2 tbsp Flaxseed meal (ground)
- 1/2 scoop Whey protein powder, vanilla

Instructions

1. Blend all ingredients together until desired consistency.

Serve and enjoy!



Sweet Potato Toast with Avocado and Eggs

Grain-free protein-rich toast perfect for a quick lunch or snack.

Ingredients

1/4 medium potato	Sweet potato
1 tsp	Olive Oil, Extra Virgin
1 large egg	Egg, hard boiled (sliced)
1/4 avocado(s)	Avocado (sliced)
1 pinch	Salt and pepper
1/2 tsp	Lemon peel (zest)

Instructions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Slice the sweet potato into even slices, approximately 1/4 to 1/2-inch thick, using a sharp knife or mandoline.
3. Lightly oil both sides of the sweet potato slices (optional), then place them on a parchment-lined baking sheet.
4. Bake for 30 minutes, or until cooked through and slightly toasted. Thicker slices may require more time to cook. If desired crispness is not reached in the oven, remove after 30 minutes and place in the toaster, as you would with bread, and toast on high. It may take 2 rounds to get it cooked with a little bit of browning on both sides.
5. While the sweet potato is toasting, boil the egg, remove from shell, and halve.
6. Remove skin from avocado and slice.
7. Add avocado slices to toast, followed by the egg halves, and sprinkle with salt, pepper, and lemon zest. Enjoy!



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	2

Kale, Sweet Potato & Green Onion Frittata

A delicious egg-based Italian dish!

Ingredients

3 large	Egg (separate yolks and whites)	1/2	Sweet potato (cut into 1/2-inch cubes)
4 large egg	Egg white	medium	
		potato	
2 tsp	Extra virgin olive oil	1/2 cup	Green onion (chopped; green part only)
2 cup	Kale (ribs and stems removed)	1/2	Blood orange (or naval orange)
		medium	
		1 dash	Salt and pepper (to taste)

Instructions

1. Whisk together the 3 egg yolks in a small mixing bowl and set aside.
2. Beat the seven egg whites in a large mixing bowl with a large whisk until they form soft peaks. Add the yolks to the beaten whites and very gently whisk the mixture, just to combine.
3. Set the eggs aside in the fridge while you prepare and cook the vegetables.
4. Preheat the oven to 450°F.
5. Combine the cubed sweet potato with 1 cup water in a large, nonstick, oven-safe skillet over high heat or a regular, oven-safe skillet. Be sure to coat the regular skillet thoroughly with oil. Bring to a boil, then reduce the heat to a simmer and cook, stirring occasionally, just until all the water has evaporated and the sweet potato is soft on the outside, about 8 minutes.
6. As soon as the water is evaporated, add the olive oil and onion, stir together, and season with salt and pepper. Cook over medium heat, stirring often, for about a minute.
7. Cut kale along the stem and discard the stem, then chop the leaves. Add the chopped kale leaves to the sweet potatoes and cook, stirring often, until the kale is wilted and dark green, about 2 minutes more.
8. Spread the vegetables evenly over the bottom of the skillet, then pour the egg mixture on top and spread it in an even layer.
9. Bake in the preheated oven until the frittata is puffed, cooked through, and very lightly browned on top, 5 to 6 minutes.
10. Let the frittata cool in the skillet for 5 minutes, then flip it onto a cutting board and cut it in half. Eat half for breakfast, with ½ a blood orange, cut in wedges.



Prep	Cook	Ready in	Servings
20 min	0 min	20 min	2

Chia Pesto Zucchini Noodles with Salmon

A beneficial combination of chia seeds and salmon for increasing your Omega 3's!

Ingredients

1	tblsp	3	Chia seeds
tblsp	1/3		Chicken broth (stock), low sodium
cup			Almonds, raw
whole			
2	clove(s)		Garlic (minced)
1	bunch		Basil, fresh (about 4 cups firmly packed)

1/4	tsp		Sea salt, fine
1/4	tsp		Black pepper
1/4	cup		Extra virgin olive oil
2	medium		Zucchini (spiralized or peeled with vegetable peeler)
1	can		Salmon, chum (keta), canned, drained solids with bone, unsalted

Instructions

1. In a small bowl, whisk together the chia seeds and chicken broth and let stand for about 20 minutes to make a chia gel.
 2. Meanwhile, prepare zucchini noodles by slicing the ends of the zucchini and placing it on your spiralizer. Turn the spiralizer while pushing the zucchini into the spiralizer to create the noodles. To make the pesto, place the almonds, garlic, basil, salt, and pepper in a
 3. food processor (or blender) with the chia gel and pulse to coarsely chop. Keep the processor on as you drizzle in the olive oil in a steady stream until incorporated. Taste and adjust seasonings as needed
Reserve 1/4 cup of pesto and refrigerate the remainder in an airtight
 4. container.
In a bowl, combine the pesto, zucchini noodles, and canned salmon. Mix
 5. until the noodles and salmon are well coated with the pesto.
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Prep	Cook	Ready in	Servings
15 min	25 min	40 min	3

Chicken and Asparagus Skewers

Ingredients

4 breast	Chicken breast, boneless, skinless (large)	1 tsp	1	Onion powder
227 gm	Asparagus	tbsp	1	Lemon peel (zest)
1 tsp	Garlic powder	tsp	2	Lemon juice
		tsp		Extra virgin olive oil

Instructions

1. Preheat the oven to 350°F., and place your kebob sticks in a pan of water to soak (You do this so they won't catch fire in the oven if you are not using metal skewers).
2. Chop your asparagus into 1 or 1 -1/2 inch pieces.
3. Chop your chicken into bite-sized pieces. (Approximately 1 or 1-1/2 inch square cubes)
4. Place all ingredients in a ziplock back, mix it around until combined
5. You really need to mix it up well to get even coverage of the oil and spices. So take your time. You'll have better-tasting chicken if you do.
6. Alternate placing your asparagus and chicken on your kebob sticks.
7. Put your Kebobs on a parchment-lined cookie sheet and place them in the oven.
8. Set your timer for 10 minutes.
9. When the 10 minutes is up, open your oven, flip your kebobs.
10. Flip the dial on your oven to "broil" instead of bake.
11. Broil for 10-15 minutes, or until you have a nice browned bit of chicken. A thermometer should read about 170°F.



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	4

One-Pan Roasted Salmon and Veggies

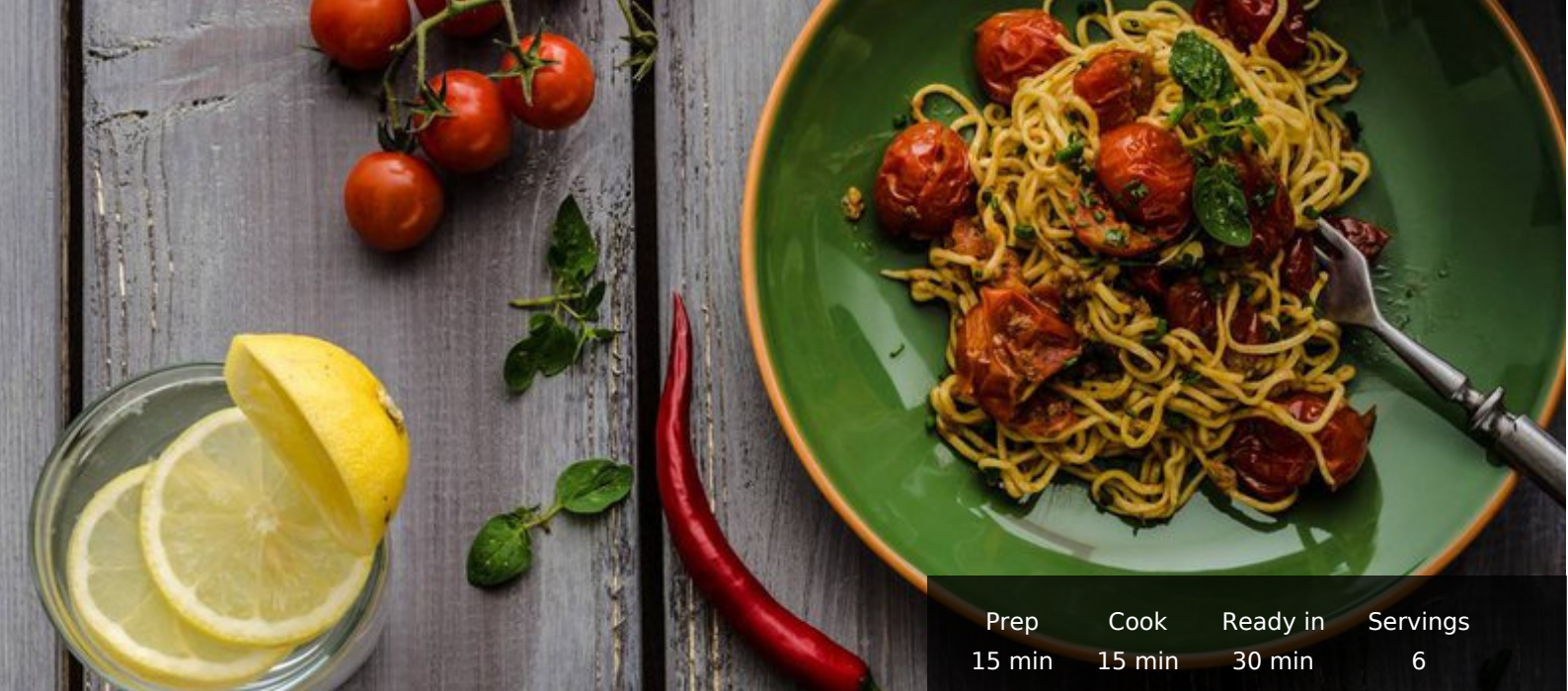
An easy week night meal or food prep option. Double the recipe for leftovers!

Ingredients

4 cup	Broccoli florets (bite size)
1/2 medium pepper(s)	Red bell pepper (sliced long)
1/2 medium pepper(s)	Yellow bell pepper (sliced long)
1 large mushroom(s)	Portobello mushroom (sliced long)
4 tbsp	Avocado oil (or oil of choice; divided)
4 fillet (100g)	Atlantic salmon, wild, boneless
1 pinch	Salt and pepper (to taste; divided)
1 tbsp	Garlic powder (to taste; divided)
1 cup	Brown rice, long-grain, dry

Instructions

1. Preheat the oven to 375oF (190oC) and prepare a baking dish.
2. Prepare broccoli, peppers, and mushrooms as directed in the ingredient list, add to a bowl, and toss with half of the oil, salt, pepper, and garlic powder.
3. Add the salmon to the baking dish, then top the salmon with the rest of the oil, and seasonings.
4. Arrange the veggies around the salmon and place the baking dish in the oven.
5. Cook for 20-30 minutes shaking or flipping vegetables halfway through.
6. Meanwhile, prepare the rice as per package instructions.
7. Serve salmon and roasted veggies over rice.



Prep	Cook	Ready in	Servings
15 min	15 min	30 min	6

Grain-Free Turkey Meatballs & Spaghetti Squash

Ingredients

1 squash	Spaghetti squash	1 medium	Egg
454 gm	Ground turkey, lean	2 clove(s)	Garlic (minced)
1/4 cup	Almond flour/meal, Bob's Red Mill (or 2-3 tbsp coconut flour)	1 tsp	1 Salt
1 1/4 cup	Parsley, fresh (minced very finely)	tsp 2 cup	Black pepper
1 small	White onion (minced)		Marinara sauce, low sodium

Instructions

1. Prepare Spaghetti Squash:
 - Cut squash in two.
 - Scoop out seeds with an ice cream scoop.
 - Place cut-side down in a glass baking tray.
 - Pour 1/2-inch of water into the tray.
 - Bake 400°F until soft (depending on size) - anywhere from 30 - 60 minutes.
 - Remove from oven and let cool a few minutes.
 - Using a fork, shred the inside of the squash until it resembles spaghetti.
 - Season with a pinch of salt and pepper
2. For Meatballs:
 - Combine the ground turkey, almond flour, parsley, onion, egg, garlic, and salt and pepper. in a medium bowl. Mix really well using your hands.
 - Form several 2-inch balls and place them on a parchment-lined baking sheet.
 - Bake in the oven at 400°F for 15 - 20 minutes. When browned remove from the oven.
3. Heat up the marinara sauce in a saucepan on medium heat and add meatballs to warm them up and merge flavors. Serve on top of spaghetti squash.



Prep	Cook	Ready in	Servings
20 min	12 h	12 h 20 min	30

Bone Broth - Traditional

Ingredients

1 3/4 kg	Chicken bones	6 tbsp	Apple cider vinegar
1 medium	Red onion	6	Peppercorn
2 medium	Carrots	peppercorn	
2 medium	Celery stalk(s)	12 sprig	Parsley, fresh
		2 leaf	Bay leaf

Instructions

1. Place all the ingredients in a 16 or 20-quart pot. Fill the pot with water. Bring to a boil and lower to a simmer.
2. Cover, but leave it slightly ajar to let out the steam or it will take much longer. Let it simmer until the water level is reduced by half.
3. As it simmers, use a sieve to remove any froth that surfaces. This will generally form in the first 2 hours.
4. It can take 10-14 hours to do this depending on the temperature and how much the lid is left open, exposing the broth to air and increased evaporation.
5. Strain out the broth using a large sieve or a metal colander.
6. Transfer the broth to containers with lids in 2 - 3 cup portions.
7. Store in the freezer in ice cubes (I like to use 1 oz ones) or put in the refrigerator if using immediately.
8. It will keep in the refrigerator for 5 days.
9. Broth can be seasoned with sea salt and pepper if desired