

# **E.P. TRUE CHIROPRACTIC**

A FAMILY WELLNESS CENTER



## **Recipe Book**

## How You Shop Will Determine How You Eat!

The key to eating clean is buying whole foods and organic whenever possible. (Review the dirty dozen fruits and veggies if needed). Incorporate fruits and veggies into your meals as well as healthy proteins like chicken, fish, legumes, eggs and nuts. Limit your red meat consumption to less than 1-2 servings a week or less if you can. We try to cut out dairy whenever possible, and substitute with almond milk or coconut milk and use nut cheeses for cooking. Limit refined sugar intake as well, substituting with honey, maple syrup or stevia sweetener. According to the American Heart Association an adult woman should consume no more than 5 teaspoons of sugar a day, based on an 1,800-daily calorie allowance. (That's barely half a 12-oz. can of Coke.)

Grocery shopping can be a chore when searching the best prices for the best produce. Some locations have better varieties than others, but

may be more expensive than the one stop shop (convenience sometimes may win over cost when life gets super busy.) Sadly, it is a reality that whole organic foods do cost more than the super processed, GMO counterpart. But, knowing we are eating for our future is saving us money in the long run.

Buying fresh means food spoils more quickly than buying a box or a can of food, so venturing to the market a handful of times a week is necessary. The key to smart, efficient and cost effective shopping is planning your meals in advance. (Also, making meals in advance and freezing them to eat on a busy weekday evening is good.) This eliminates the add on items that drive the grocery bill up. Another key to smart shopping is to read labels! If you can't pronounce the ingredient, or are not sure what something is, it probably should be left on the shelf. The longer the ingredient list, the more processed it is.

As a family we seldom eat out, so our weekly grocery bill might seem high, but I try to keep it to \$250-300/wk. By no means are we perfect in our diets, but ultimately we are the people responsible for what goes in the grocery cart and then gets put away in the cupboard. If there are only good choices to choose from at home, that will eventually become the norm. The transition to whole, clean foods doesn't happen overnight and can seem overwhelming. Simply start small and continue to add something new each day. And this is where the "grocery list" I have compiled along with the E.P. True team comes into play. This list shows what goes into our baskets and into our homes and where to buy it for less. This is purely a guide to assist with finding whole, organic foods for you and your family. Enjoy!

■ Dr. Kevin

Just to give you an idea, below is what a shopping schedule/list could look like

### Weekly Purchases

- 1 bag organic apples
- 2 boxes organic strawberries
- 1 box organic blueberries
- 1-4 organic seasonal fruits
- Organic mini peppers
- 2-3 organic bell peppers
- 1 bunch organic bananas
- 1 bag organic spinach or lettuce
- 1 bag organic lemons
- 1-2 organic cucumbers
- 3-4 organic avocados
- 1 box organic cherry tomatoes
- 2 organic zucchinis
- 1 carton CF organic egg whites
- 1 block nut cheese
- 1 carton Simply OJ
- 2 1/2 gallons **organic** Coconut Milk
- 3 1/2-gallon Almond milk
- 1-2 lbs grass fed beef Thousand Hills
- 2-3 pkg BARE chicken
- 3 Sprouted grain breads
- 1-2 bags organic frozen veggies
- 1-2 lbs Nitrate free ham/turkey
- 1 carton coconut creamer
- 1-2 bags of raw pistachios or almonds
- 1-2 boxes organic crackers
- 1 box organic Annie's snack mix
- 1 organic Red Hot Blues corn chips

depending on the size of your family and the dishes you like to prepare. The below lists are based on a family of five.

### Bi-Monthly/ Monthly Purchases

- 1-2 Organic Pasta Sauce
- 1-2 bags gluten free pasta
- 1 bag organic gluten free pretzels
- 1 bottle organic ranch
- 1-2 cans organic tomatoes
- 1-2 cans organic tomato paste
- 1-2 bulbs organic garlic
- 1 box organic popsicles
- 1 box organic Annie's fruit snacks
- 1 pkg organic carrots
- 1 organic gluten free bread
- 1 bottle organic ketchup
- 1 bag organic potatoes
- 1 pkg Thousand Hills hotdogs
- 1 bag organic onions
- 1 bottle organic BBQ sauce
- 1 tub Parker's PB
- 1-2 boxes GF Annie's mac-n-cheese
- 1 bag organic sprouted tortillas
- 1-2 bag organic rice, quinoa
- 1 box Cascadian Honey O's
- 1 bag Sprouted buns
- 1 bottle organic honey
- 1 bottle organic maple syrup
- 1 jar raspberry jam
- 1 small container organic sugar
- 1 bag organic GF steel cut oats
- 1-2 cans organic Health Valley soups
- 1 6 pk organic applesauce
- 1 bunch organic celery
- 1 small jar Simply Mayo
- 1 jar organic mustard
- Organic spices
- 1 organic spray can coconut oil
- 1-2 pkg organic butter
- 1 bottle organic EVOO
- 1 pkg Bob's Red Mill Oat Flour
- 1 box organic black tea
- 1 package hormone free ground turkey
- Herbs (parsley, cilantro, basil...etc.)
- Organic canned fruit/veggie

## **Top 15 Organic/Natural Cost Saving Food Alternatives Brands, Products**

- 1.** Wild Harvest: Condiments, organic and grass-fed meats, snacks
- 2.** Thousand Hills/Laura's: Organic and grass-fed meats
- 3.** Honest Company: Dish soaps, detergent, cleaners
- 4.** Applegate: Deli Fresh Meats and cheese. Nitrite and chemical free
- 5.** So Delicious: Coconut Milks, cheeses, yogurts, frozen treats
- 6.** Silk: Almond Milk and yogurt alternatives
- 7.** Tinkyada: Gluten Free Pastas, some organic
- 8.** Annie's: Snack items, mac and cheese
- 9.** Silver Hills: Sprouted Grain Brains
- 10.** Simply Balanced: Rice, pastas, quinoa, sauces
- 11.** Amy's: Canned Soups
- 12.** Bob's Red Mill: Baking Needs (flours and mixes)
- 13.** Driscoll's: Fresh Unfrozen Fruit
- 14.** Giorgio: Fresh Unfrozen Veggies
- 15.** Field Day: Cereals

# 10-Day Meal Plan

## 5 & 3 MEAL/DAY OPTIONS

### Day 1

#### **Meal 1**

Egg Pancake  
½ TB. Coconut oil  
1 whole egg, 3 egg whites  
Chopped onion, bell pepper, chopped grass-fed deli meat, tomato salsa  
¼ cup oatmeal

#### **Meal 2**

Whey Cool Shake  
1 cup blueberries  
1 scoop whey protein  
1 cup unsweetened coconut milk  
1 TB peanut butter

#### **Meal 3**

Turkey Roll-ups  
Romaine Lettuce leaves  
6-8 oz lean ground turkey  
1 TB grape seed oil veganaise  
1 TB Trader Joe's Honey Dijon  
1 Ezekiel or Fat Flush Tortilla

#### **Meal 4**

Whey Cool Shake  
1 cup Strawberries  
1 scoop whey protein  
1 cup unsweetened coconut milk

#### **Meal 5**

##### **Turkey Burger**

##### **BURGER:**

- ¾-pound organic turkey ground (breast and thigh meat)
- 1 ½ teaspoon coconut oil
- 1 ½ teaspoon minced red onion
- 1 tablespoon ground flax seed
- 1 tablespoon fresh flat leafed parsley, minced
- 2 large egg whites

##### **FIXINGS:**

- 4 sprouted whole grain buns
- 8 large romaine or red lettuce leaves
- 2 ripe tomatoes cut into ¼-inch-thick slices
- ½ medium red onion cut into 1/8-inch slices
- ½ medium avocado sliced into wedges
- Organic salsa or ketchup
- Dijon mustard

##### **Directions:**

To make the burgers in a bowl using your hands or a large spoon mix together the turkey, oil, onions, flax seed, parsley, egg whites and pepper. Gently form the mixture into four patties—don't pack the meat tightly. Transfer to a tray. Cover and refrigerate until ready to grill.

Grill burgers at medium high heat for five minutes on one side, turn and grill for eight to ten minutes longer or until the burgers are cooked through. The juices should run clear and a meat thermometer should read 130 degrees. Serves four.

### Day 2

#### **Meal 1**

Leftover turkey burger and 2 hard boiled eggs  
1 packet optimum power blueberry oatmeal

#### **Meal 2**

Whey Cool Shake  
1 scoop whey protein  
1 cup unsweetened coconut milk  
1 cup blackberries

### **Meal 3**

6 oz chicken breast  
Romaine lettuce  
¼ cup Sprouts  
¼ cup Broccoli slaw  
handful Raw sunflower seeds  
¼ chopped apple  
few Trader Joe's orange cranberries

### **Meal 4**

Whey Cool Shake  
1 scoop whey protein  
1 cup raspberries  
1 cup unsweetened coconut milk

### **Meal 5**

Salmon Jicama Salad

#### **SALMON:**

- 1 pound wild salmon, skin on with pin bones removed
- 2 tablespoons coconut oil
- 1/2 tablespoon smoked paprika
- 1/2 teaspoon ginger powder
- 1/8 teaspoon salt
- fresh ground pepper

#### **SALAD:**

- 1 cup jicama, cut into 1/4-inch cubes
- 1 cup mango, cut into 1/4-inch cubes
- 1 small red onion, sliced thin
- 3 scallions, chopped
- 2 tablespoon coconut oil
- juice from 2 limes
- 1 tablespoon grated ginger
- 2 tablespoons cilantro, chopped
- 1 tablespoon mint, chopped
- 1/2 teaspoon salt

### **Salmon Jicama Salad Directions:**

To make jicama salad, simply mix ingredients together in a bowl.

For salmon, heat a skillet over medium heat. Season salmon with pepper, salt, paprika and ginger powder. Add coconut oil to the pan and sear fish skin side down on medium heat about 3 minutes. Turn off the heat and flip the salmon. Let salmon sit in the skillet about a minute. Cut into 4 ounce pieces. Serve on top of the salad. Serves four.

### **Day 3**

#### **Meal 1**

1 slice Ezekiel bread with almond butter  
2 slices turkey bacon  
2 egg whites

#### **Meal 2**

Whey Protein Smoothie  
1 scoop whey protein  
2 TB peanut butter  
¼ frozen banana  
1 cup unsweetened coconut milk

#### **Meal 3**

Leftover Jicama Salad

#### **Meal 4**

Buffalo Burger Taco Salad  
1 pound ground bison meat  
½ cup chopped white onion  
½ cup chopped red pepper  
½ cup chopped mushrooms  
1 tsp sea salt  
1 tsp chili powder  
1 can black beans  
1 chopped tomato  
1 chopped cup olives, salsa, and guacamole  
Romaine Lettuce

Eat ½ of this salad for Meal 4 and ½ for Meal 5.

**Meal 5**

½ Buffalo Burger Taco Salad

**Day 4****Meal 1**

Breakfast Sandwich

2 slices Ezekiel bread

2 slices grass-fed beef bacon

3 egg whites, 1 whole egg

¼ avocado

2 slices tomatoes

Cut in half and save 2<sup>nd</sup> half for Meal 2

**Meal 2**

2<sup>nd</sup> half of Breakfast Sandwich

**Meal 3**

Mediterranean Chicken Quinoa Salad

- ½ cup cooked Quinoa
- 10 oz diced chicken breast
- ¼ cup diced green onion
- ½ cup chopped cucumber
- ¼ cup chopped raw pecans
- chopped cilantro, lemon juice, mint leaves, sea salt and pepper to taste

Split this meal in half and eat 2<sup>nd</sup> half for Meal 4

**Meal 4**

2<sup>nd</sup> half of Mediterranean Chicken Quinoa Salad

**Meal 5**

Tuna and White Bean Salad

- 16 ounces solid white albacore tuna, packed in water
- 2 cups canned white beans
- 2 large red bell pepper, chopped
- 4 large celery stalks, chopped
- 1 medium red onion, chopped
- 1 1/2 tablespoons olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon cumin
- Salt and pepper to taste

Tuna and White Bean Salad Directions:

Drain and rinse the beans in cold water. In a large bowl, gently toss ingredients together so as not to crush the beans. Serve chilled.

Serves four.

**Day 5****Meal 1**

Florentine omelet

(2 eggs 1 egg white, spinach, mushrooms, feta)

½ Ezekiel english muffin with cashew butter

**Meal 2**

Leftover tuna and white bean salad

**Meal 3**

Greek Chicken Salad

Romaine

Olives

Cucumber

Peppers

Tomato

**Meal 4**

¼ cup almonds

Cocommune Bar

**Meal 5**

Pan-Seared Chicken with Brown Rice & Sesame Spinach

CHICKEN:

- 4 chicken breasts, skinned and boned
- 1 teaspoon sea salt
- 1 tablespoon coconut oil
- dash of fresh ground pepper to taste

SPINACH:

- 2 bunches of fresh spinach
- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 1 teaspoon minced ginger
- 2 tablespoons of tamari (wheat-free soy sauce)
- 1/2 teaspoon of sesame oil
- 1 tablespoon of sesame seeds

2 cups cooked brown rice

Pan-Seared Chicken & Spinach Directions:  
To make spinach, heat medium sized skillet, add coconut oil, sauté garlic and spinach for two minutes or until spinach wilts. Remove pan from heat. Add ginger, tamari, sesame oil and sesame seeds. Toss gently until well coated.

For chicken, heat a skillet over medium heat. Season chicken with pepper and salt. Add coconut oil to the pan and sear chicken on medium heat until golden brown. Put in preheated oven at 400 degrees for eight minutes until juice runs clear. Serve with side of 1/4 cup brown rice. Serves four.

### **Day 6**

#### **Meal 1**

¼ cup raisins  
½ cup cooked steel cut oats  
dash cinnamon and raw honey

#### **Meal 2**

½ cup walnuts  
Greek yogurt  
½ cup blueberries

#### **Meal 3**

Leftover chicken and brown rice

#### **Meal 4**

Whey Cool Smoothie  
1 scoop whey protein  
2 TB almond butter  
¼ peach  
1 cup unsweetened coconut milk

#### **Meal 5**

4 oz Grass-fed steak  
Broccoli  
Mashed cauliflower (cook like potatoes, add butter and coconut milk to taste)

### **Day 7**

#### **Meal 1**

1/2 avocado  
6 eggs sunny side up  
Fried brown rice (fry in coconut oil)  
8 oz grass fed beef  
Spinach

#### **Meal 2**

Hummus  
Celery  
Carrots  
Low-sodium Boar's head deli turkey

#### **Meal 3**

Buffalo Chili

#### **Meal 4**

Buffalo Chili

#### **Meal 5**

Shrimp with Tomato Cucumber Salad

#### **SHRIMP:**

- 4 ounces raw shrimp, peeled and de-veined
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste

#### **SALAD:**

- Four ripe tomatoes
- 3 medium cucumbers
- 1/2 red onion thinly sliced

#### **VINAIGRETTE:**

- 2 tablespoons balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 tablespoons water
- 1/2 teaspoon dried basil
- 1/4 teaspoon ground black pepper



Shrimp/Tomato Cucumber Salad Directions:  
In a small bowl whisk the vinegar and oil, add mustard and water, whisk in the basil and pepper. Core tomatoes and cut into wedges. Cut each wedge in half. Peel cucumbers, slice into one half-inch rounds, quarter the rounds. Toss the tomatoes and cucumbers in large bowl. Pour in dressing. Set aside at room temperature to marinate for at least ten minutes and up to one hour.

Heat skillet over medium heat. Brush the shrimp with oil, season with salt and pepper, sauté until pink.

Serve shrimp on top of salad. Serves four.

### **Day 8**

#### **Meal 1**

Homemade Quick Oatmeal- Old fashioned gluten free oats mixed with a ½ cup boiling water, berries, ground flaxseed, cinnamon, & nut butter

#### **Meal 2**

Shrimp Lettuce Wraps

- Organic wild caught shrimp- cook until pink
- Organic butter lettuce leaves
- Add salsa, avocado, Greek yogurt, cilantro, brown rice, lime juice

#### **Meal 3**

Zoodle Spaghetti

##### **SAUCE**

Brown 1 lb. grass fed organic hamburger, drain, then add 1 can organic diced tomatoes, 1 can tomato paste, 3 cloves garlic, ½ diced onion, mushroom, and Italian seasoning & salt to taste. Cook to a low boil.

##### **ZOODLES (zucchini noodles)**

3-4 medium zucchini- made into noodles using a spirulator. Add to sauce and cook until zoodles are tender.

### **Day 10**

#### **Meal 1**

Nut Butter & Banana Rice Cakes - Organic brown rice cakes topped with nut butter and banana slices

#### **Meal 2**

Quinoa tilapia bowls

- Cook quinoa according to directions

##### **FISH**

- 2 large wild caught tilapias, rinsed and patted dry.

##### **SEASONING FOR TILAPIA**

- 1tsp chili powder
- 1tsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper.

Mix together and season both sides of tilapia. Cook tilapia over med heat for 4 minutes per side.

Add to bowl: quinoa, 1 piece of tilapia, black beans, diced tomatoes, cilantro, avocado, and Greek yogurt

#### **Meal 3**

Italian Crock Pot Chicken

- Spray crock with coconut oil.
- Add 4 organic chicken breasts, 1 bag organic baby carrots, 4-6 organic red potatoes (scrubbed & cut into wedges), 1 bottle organic Italian dressing, Italian seasoning, and fresh parmesan cheese (optional).

Cook on low 6-8 hours.

### Day 10

#### **Meal 1**

Omelet - Mix two eggs with onions, peppers, almond milk & sea salt- cook. Top with avocado & salsa

#### **Meal 2**

Minestrone Soup

- In a 6 qt pot, sauté: 1 medium onion (diced), 2 stalks celery (diced), 3 carrots (sliced), & 2 garlic cloves (minced) until softened.
- Add 6 cups organic vegetable stock, 1 28 oz can organic tomatoes, 1/3 cup brown rice & bay leaf. Bring to a boil, then cover and simmer on low for 50 minutes, stirring occasionally.
- Stir in 16 oz organic kidney beans and 1 10 oz package frozen organic cut green beans and simmer for 5-10 minutes more.
- Remove bay leaf before serving.

#### **Meal 3**

Healthy Chicken “Alfredo”

- Cook quinoa/brown rice noodles according to package.
- Brown 2 organic chicken breasts seasoned with sea salt
- Steam organic broccoli

#### **ALFREDO SAUCE:**

In a food processor, mix: 3 garlic cloves., juice of ½ lemon & 2 tbsp olive oil. Add 1 med avocado, ½ tsp sea salt, & ¼ cup fresh basil.

Add all ingredients together and garnish with fresh lemon zest and black pepper.

# Recipes

## Breakfast

### **Lemon Poppyseed Muffins Recipe**

**Total Time:** 35 minutes

**Serves:** 12

#### **INGREDIENTS:**

- 1/2 cup butter, softened
- 2/3 cup coconut sugar
- 2 eggs, separated
- 1 1/3 cups gluten-free flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3-4 tablespoons poppyseeds
- Zest of 2 lemons
- 1/4 teaspoon sea salt
- 1/2 cup goat milk yogurt
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract

#### **DIRECTIONS:**

1. Preheat oven to 350 degrees F.
2. In a bowl, cream butter and sugar.
3. Add egg yolks one at time and mix well after each addition.
4. In a separate bowl, mix dry ingredients, poppyseed and lemon zest.
5. Combine all mixtures but add them together slowly, mixing continuously.
6. Add yogurt, lemon juice and vanilla.
7. In a separate bowl, beat egg whites until soft peaks form and fold them into muffin batter.
8. Fill lined muffin tins and bake for 20-25 minutes.

### **Sausage and Egg Casserole Recipe**

**Total Time:** 9 hours

**Serves:** 4-6

#### **INGREDIENTS:**

- 1 pound chicken sausage, sliced
- 6 eggs
- 2 cups kefir or coconut milk
- Sea salt and black pepper to taste
- 6 slices of coconut flour bread, cut into cubes
- 1-1/2 cups goat cheese, shredded

**SAUSAGE AND EGG CASSEROLE DIRECTIONS:**

1. In a skillet over medium high heat, brown the sausage. Once cooked through, drain and set aside.
2. In a bowl, beat eggs, kefir, salt and pepper. Stir in bread cubes, cheese and sausage.
3. Pour mixture into greased 9 x 13 pan. Cover and refrigerate for 8 hours or overnight.
4. Place pan in a cold oven. Turn oven to 350 degrees F and bake, uncovered, for 45 minutes.

**Baked Apple Cinnamon Oatmeal Recipe**

**Total Time:** 40 minutes

**Serves:** 4-5

**INGREDIENTS:**

- 4 cups kefir
- 1/2 cup coconut sugar
- 2 Tbsp butter
- 3/4 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/8 tsp Cardamom
- 2 cups steel cut oats
- 2 cups chopped apples
- 1/2 cup Raisins
- 1 cup chopped nuts
- 1/2 tsp Sea Salt

**DIRECTIONS:**

1. Preheat oven to 350.
2. Bring kefir, coconut sugar, butter, salt, nutmeg, cardamom and cinnamon to boil in pot over high heat.
3. Add remaining ingredients to pot and mix. Transfer contents to greased 9×13 pan and bake for 30-35 minutes.

## **French Toast Recipe with Sourdough**

**Total Time:** 15–20 minutes

**Serves:** 2–4

### **INGREDIENTS:**

- 1/2 loaf crusty sourdough bread
- 5 eggs
- 1 cup coconut milk
- 1 tablespoon vanilla extract
- 1 tablespoon cinnamon
- 6 tablespoons ghee

### **DIRECTIONS:**

1. Slice the bread into 8 slices.
2. In a medium bowl, whisk together the eggs, milk, vanilla and cinnamon. Drench the bread in the mixture, allowing it to soak for 2 minutes per piece.
3. Heat a skillet over medium-high heat. Add 1 tablespoon of ghee to the skillet.
4. Working in batches of 1–2 slices each, fry the drenched bread until crispy, 3–4 minutes per side. Add more ghee to the skillet in between batches.
5. Serve hot with butter and maple syrup or fruit.

## **Sweet Potato Hash Browns Recipe**

**Total Time:** 30 minutes

**Serves:** 4–6

### **INGREDIENTS:**

- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 pounds sweet potatoes, peeled and grated
- Sea salt and black pepper to taste
- Egg wash (1 egg beaten with a tbsp of water)
- 2 tbsp coconut oil or ghee

### **DIRECTIONS:**

1. In a large skillet over medium high heat, cook the onions. Season with salt and pepper. Add the garlic and sweet potatoes.
2. Sauté for 10–15 minutes until sweet potatoes are tender and onions are translucent.
3. Transfer the sweet potato mixture to a baking pan and brush with the egg wash. Broil for 5 minutes or until potatoes have reached your desired crispiness. They should be just a little browned on top.

### **Southwestern Omelet Recipe**

**Total Time:** 10-15 minutes

**Serves:** 1

#### **INGREDIENTS:**

- 1 Tbsp coconut oil
- 3 Eggs
- ¼ onion
- ½ bell pepper
- ½ cup black beans
- ¼ cup guacamole
- ¼ cup salsa
- 1 tsp Chili Powder
- ¼ tsp Black Pepper

#### **DIRECTIONS:**

1. In a bowl, beat the eggs, stir in onion and bell pepper. Season with chili powder and pepper.
2. In a medium skillet heat oil over medium heat, pour in egg mixture and cook about 3 minutes, until partially set.
3. Flip with spatula and continue cooking 2 to 3 minutes.
4. Reduce heat to low. Continue cooking 2 to 3 minutes, or to desired doneness.
5. Top with salsa and guacamole before serving.

## **Salads**

### **Zesty Turkey Salad with Beans & Walnuts**

**Total Time:** 10 minutes

**Serves:** 6-8

#### **INGREDIENTS:**

- 2 cups pulled cooked turkey
- one 15-ounce can cannellini beans
- ¾ cup chopped raw walnuts
- ½ cup chopped fresh parsley
- ¼ cup chopped green scallion tops
- 1 ½ tablespoons minced fresh oregano
- 1 teaspoon minced fresh tarragon
- zest of 1-2 medium lemons
- juice of 1 medium lemon, about 6 tablespoons
- 3-4 tablespoons extra virgin olive oil
- 1 teaspoon fresh cracked black pepper
- ½ teaspoon salt

#### **DIRECTIONS:**

1. In a medium bowl, fold all of the ingredients together thoroughly. Enjoy immediately or refrigerate for later use (flavors will be even better after a day).

### **Tuna Salad Recipe**

**Total Time:** 1 hour 10 minutes

**Serves:** 2

#### **INGREDIENTS:**

- 1 can (5–6 ounces) tuna, drained and flaked
- 1/4 cup Vegenaise
- 1 rib celery, finely chopped
- 2 tablespoons minced onion
- 1 tablespoon Dijon mustard
- 1–2 tablespoons unsweetened dried cranberries
- fresh lemon juice
- salt and pepper

#### **DIRECTIONS:**

1. In a bowl, combine tuna, Vegenaise, celery, onion, mustard and cranberries.
2. Season with lemon juice, salt and pepper to taste. Mix until well combined.
3. Chill for at least 1 hour before serving.

### **Mint Watermelon Salad Recipe**

**Total Time:** 10 minutes

**Serves:** 2-4

#### **INGREDIENTS:**

- 3 cups watermelon
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 tsp chopped mint

#### **DIRECTIONS:**

1. Take watermelon off rind and cut into large pieces.
2. Combine vinegar, honey and chopped mint in small bowl. Whisk until blended.
3. Pour over watermelon pieces and refrigerate

## **Quinoa Salad with Dark Cherries and Kale Recipe**

**Total Time:** 50 minutes

**Serves:** 4

### **INGREDIENTS:**

- 2 cups pitted and halved dark red cherries
- 2 cups cooked Quinoa
- 1/2 cup wild rice
- 1 cup chopped raw kale
- 1/2 cup chopped celery
- 1/2 cup chopped raw or sprouted nuts-almonds, cashews or pecans
- Sea Salt and Black Pepper to taste
- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, minced

### **DIRECTIONS:**

1. Soak quinoa at least 15 minutes to remove the bitter coating.
2. Cook the wild rice in 3 cups of water over high heat for 15 minutes.
3. Drain the quinoa and add it to the wild rice.
4. Continue to cook for 15 minutes more just until the quinoa is done. It should be al dente, not mushy.
5. Drain the mixture.
6. Combine the quinoa and wild rice mixture, vegetables, cherries and nuts in a large bowl.
7. Whisk together the oil, vinegar, mustard, garlic, salt and pepper and pour over the salad.



### **Taco Salad Recipe**

**Total Time:** 15 minutes

**Serves:** 2-4

#### **INGREDIENTS:**

- 1 lb ground organic turkey
- ½ head romaine lettuce, chopped
- 1 C spring mix lettuce
- ½ C chopped cilantro
- 1 C cubed raw cheese
- 1 C organic, non GMO corn kernels
- 1 15 oz can of black beans, drained
- 2 roma tomatoes, chopped
- 1 avocado, chopped
- ¼ C organic ketchup
- ¼ C honey
- ¼ C red wine vinegar
- ¼ C onion, chopped
- ½ tsp Paprika
- ½ tsp Worcestershire sauce
- ½ C coconut oil
- Sea Salt and Black Pepper to taste

#### **DIRECTIONS:**

1. Brown the ground turkey in a skillet with salt and pepper until cooked. Drain excess grease
2. Combine last 8 ingredients together in a food processor until smooth and refrigerate.
3. Toss all salad ingredients together with the cooled meat and serve.

### **Healthy Waldorf Salad Recipe**

**Total Time:** 5 minutes

**Serves:** 1

#### **INGREDIENTS:**

- 1/2 cup chopped walnuts
- 1/2 cup celery, thinly sliced
- 1 sweet apple, cored and chopped
- 3 tbsp veganaise
- 1 tbsp lemon juice
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- Fresh lettuce

#### **DIRECTIONS:**

1. In a medium sized bowl, mix together the veganaise, lemon juice, salt and pepper.
2. Mix in the apple, celery, and walnuts.
3. Serve on a bed of fresh lettuce.

## **Main Dishes**

### **Bacon-Crusted Chicken Tenders Recipe**

**Total Time:** 30 minutes

**Serves:** 4

#### **INGREDIENTS:**

- 2 eggs
- 1 cup gluten-free flour
- 5 pieces turkey bacon, cooked and crumbled
- 1/4 cup pecorino cheese, grated
- 4 chicken breasts, sliced into strips
- Sea salt and black pepper to taste
- 1 tablespoon garlic powder

#### **DIRECTIONS:**

1. Preheat oven to 400 degrees F.
2. In a bowl, beat the eggs.
3. In a separate bowl, combine the flour, bacon and cheese.
4. Dip chicken into egg mixture and then immediately in the crumb mixture to coat the chicken.
5. Place chicken in the baking dish and season with garlic powder, salt and pepper.
6. Bake for 25–30 minutes or until chicken is cooked through.

## **Crispy Orange Beef Recipe**

**Total Time:** 30 minutes

**Serves:** 4-5

### **INGREDIENTS:**

- 1-1/2 lbs top sirloin beef, thinly sliced
- 1/3 cup coconut sugar
- 1/3 cup rice wine vinegar
- 1 teaspoon sea salt
- 1 tablespoon coconut aminos
- 2 cups coconut oil
- 1/4 cup arrowroot powder
- 2 teaspoon orange zest
- 3 tablespoon ginger
- 3 garlic cloves, minced
- 1 broccoli head, chopped and steamed

### **DIRECTIONS:**

1. In a bowl, mix coconut sugar, vinegar, salt and coconut aminos.
2. Heat oil in a wok or pot over medium high heat. Toss beef strips in arrowroot powder to coat.
3. Fry in wok until crispy then remove from the pan and set aside.
4. Drain all but 1 tablespoon of oil from wok.
5. Add orange zest, ginger, and garlic to oil and cook for 2-3 minutes.
6. Add amino sauce mixture to wok and bring to a boil. Cook until mixture gets thick, about 5 minutes.
7. Add beef and broccoli and stir to coat.

## **Black Bean Burger Recipe**

**Total Time:** about 45

**Serves:** 6–7

### **INGREDIENTS:**

- Two 14-ounce cans black beans, drained
- 1/2 red onion, sliced
- 2 carrots, chopped
- 1 red bell pepper, chopped
- 2 jalapeno peppers, sliced lengthwise
- 1 cup cilantro, chopped
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/8 teaspoon smoked paprika
- 1/4 cup ground flaxseed meal
- 1/2 cup quinoa flour
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 1/2 teaspoon coconut oil

### **DIRECTIONS:**

1. Preheat oven to 350 F.
2. Preheat oven to 350 F. In a food processor, blend the onion, carrots, bell pepper, jalapenos and cilantro on high for 2–3 minutes.
3. Add the black beans, salt, pepper, spices, flaxseed meal and flours and mix on high for another 2–3 minutes.
4. Transfer the mixture to a large mixing bowl.
5. With your hands, form round patties 1/8 inch thick and about 3–4 inches wide.
6. Add more almond flour to thicken if necessary.
7. In a medium-sized skillet over medium heat, melt the coconut oil.
8. Cook the burgers for 8 minutes on each side, until they are browned.
9. Transfer burgers to a baking sheet lined with parchment paper and bake for an additional 20 minutes, flipping the burgers at 10 minutes.
10. Top with your favorite burger toppings and enjoy on a gluten-free bun or lettuce wrap.

### **Quick & Easy Pesto Chicken Recipe**

**Total Time:** 45 minutes

**Serves:** 4

#### **INGREDIENTS:**

- 4 boneless, skinless chicken breasts
- 1 tablespoon grass-fed butter or coconut oil
- 2 cups dry white wine
- 1 Vegan Basil Pesto Recipe

#### **DIRECTIONS:**

1. Heat the oven to 325 F. Uncork a bottle of dry white wine.
2. Heat the butter or oil in a 10-inch, nonreactive, all-metal skillet over medium-high heat. Add the chicken breasts and sear for 3-4 minutes on each side.
3. Remove the skillet from heat and top each chicken breast with the pesto. Pour the white wine in the bottom of the skillet. Cover with foil and bake in the oven for about 30 minutes, or until the internal temperature of the chicken is 165.
4. Allow the chicken to rest for 5 minutes before serving.

### **Vegan Basil Pesto Recipe**

**Total Time:** 5 minutes

**Serves:** 4

#### **INGREDIENTS:**

- 1-1/2 cups fresh basil
- 1-1/2 cups spinach
- 1-1/2 tablespoons sun dried tomatoes
- 1/4 cup extra virgin olive oil
- 1/3 cup pine nuts
- 3 cloves garlic, peeled
- zest and juice of 1 lemon
- salt and pepper to taste
- water to blend

#### **DIRECTIONS:**

1. Add all ingredients except water to a food processor or high-powered blender. Starting with 1/2 cup water, pulse and then puree pesto, adding water as needed to make a smooth paste.
2. Use immediately or store in a jar in the refrigerator for 2-3 days.

## **Fish Taco Recipe (on Lettuce Wraps!)**

**Total Time:** 25 minutes

**Serves:** 4

### **INGREDIENTS:**

- 1/4 purple cabbage, shredded
- 1 medium jicama, peeled and grated
- 2 red, orange, or yellow bell peppers, sliced or diced
- 1/2 bunch fresh cilantro, chopped
- 1 red onion, diced
- juice of 4 limes
- 1 head romaine or butter lettuce, washed and separated
- 1 tablespoon grapeseed oil
- 1 1/2 pounds grouper, snapper or mahimahi
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 teaspoon cayenne or chipotle (optional)
- **Avocado Cream Sauce**
- 1/4 cup soaked cashews
- 1/3 cup lime juice
- 2 cloves garlic
- 1/4 teaspoon salt
- 1 jalapeño (optional)
- water to blend
- 2 ripe avocados

### **DIRECTIONS:**

1. Start by preparing all of the vegetables. In a medium bowl, toss the vegetables with the lime juice. Set aside.
2. Chop the fish into bite-sized pieces and place it in a shallow dish. In a small bowl, mix together the cumin, garlic powder and cayenne or chipotle if desired. Sprinkle the spice mix evenly over the fish and set it aside to allow it to marinate while you make the Avocado Cream Sauce.
3. Add the cashews, lime juice, garlic, salt and jalapeño to a high-powered blender and blend well, adding only enough water to facilitate blending. Add the avocados and puree. Transfer the sauce to a serving bowl.
4. Heat a medium skillet over medium heat. Add the grapeseed oil and then the fish. Cover and cook 5–7 minutes, stirring every few minutes to ensure the fish is cooked on all sides. Remove the fish to a serving bowl.
5. To construct the tacos, start with a lettuce leaf, add fish and veggie toppings, and finish with avocado cream sauce.

### **Stuffed Peppers with Rice Recipe**

**Total Time:** 40 minutes

**Serves:** 2-4

#### **INGREDIENTS:**

- 1/4 pound of ground bison or grass-fed beef
- 1/2 cup brown rice
- 2 bell peppers, halved and seeded
- 1/2 onion, chopped
- 2 scallions, sliced
- 1 tablespoon chopped fresh basil leaves
- 1 teaspoon dried Italian seasoning
- 1 teaspoon salt
- 1 tomato, diced

#### **DIRECTIONS:**

1. Preheat oven to 400 degrees F.
2. While oven preheats, sauté meat and onions over medium heat in pan until meat is no longer pink. Remove from heat.
3. Meanwhile, place peppers cut side down on baking sheet and roast until tender, 25-30 minutes.
4. Prepare rice per package directions.
5. Stir meat and onion mixture, scallions, basil, Italian seasoning, and salt into cooked rice. Add tomato and stir to combine. Fill pepper halves with rice and meat mixture.
6. Return to oven for 5 minutes or until heated through.

### **Grilled Honey Glazed Salmon Recipe**

**Total Time:** 45 minutes

**Serves:** 4

#### **INGREDIENTS:**

- 1/4 cup honey
- 4 garlic cloves, minced
- 1 tsp ginger
- 1 tbsp ghee
- 1/4 cup coconut aminos
- 1 tbsp fresh thyme
- Sea salt and black pepper, to taste
- 2 pounds wild caught Alaskan salmon

#### **DIRECTIONS:**

1. In a small pan, whisk together honey, garlic, ginger, aminos, ghee, thyme, salt and pepper, to taste.
2. Place salmon into pan and coat with mixture
3. Refrigerate for 15 minutes, flip salmon in pan and recoat other side. Refrigerate for another 15 minutes.
4. Preheat an outdoor grill for medium heat and lightly oil grate.
5. Remove salmon from marinade, shake off excess, and discard remaining marinade. Grill for 12 to 15 minutes per inch of thickness, or until the fish flakes easily with a fork.

## Side Dishes

### **Stuffed Mushrooms Recipe**

**Total Time:** 25 minutes

**Serves:** 20 mushrooms

#### **INGREDIENTS:**

- 1 tablespoon melted coconut oil, divided
- 20 cremini mushroom caps
- 1 package uncured turkey bacon
- 1 head of cauliflower, chopped
- 1/4 cup grated raw cheese
- 1/2 teaspoon minced garlic
- 1 tablespoon sea salt
- 1 tablespoon pepper
- 2 tablespoons unsalted grass-fed butter, diced into 20 pieces
- 1/2 cup chives

#### **DIRECTIONS:**

1. Heat the oven to 400 F.
2. Brush the mushroom caps with the coconut oil and place them top down on a baking sheet.
3. Use the remaining oil to grease another baking sheet.
4. Distribute the bacon evenly on the greased baking sheet.
5. Bake the mushrooms and bacon for 15 minutes.
6. While the mushrooms and bacon are baking, bring a medium pot of water to a boil.
7. Add the cauliflower and boil for 8 minutes, or until tender.
8. Drain the cauliflower well and remove any excess water by patting with paper towels.
9. Do not allow the cauliflower to cool.
10. To the bowl of a food processor, add the cauliflower, cheese, garlic, salt and pepper and puree until almost smooth.
11. Set aside.
12. Remove the mushrooms and bacon from the oven.
13. Chop up the bacon.
14. Flip the mushroom caps and fill them with the cauliflower mixture.
15. Place one piece of butter on top of the mixture.
16. Crumble and sprinkle the bacon on top of each mushroom.
17. Serve immediately.



## **Slow Cooker French Onion Soup Recipe**

**Total Time:** 8–10 hours

**Serves:** 4–6

### **INGREDIENTS:**

- 6 tablespoons butter
- 4 onions, thinly sliced
- 1 tablespoon honey
- 3 garlic cloves, pressed or minced
- 1/4 cup apple cider vinegar
- 7 cups beef broth
- 1 tablespoon sea salt
- 1/4 teaspoon fresh thyme
- 2 bay leaves
- 1/2 cup goat cheese, shredded (optional)
- 1/2 cup toasted sourdough cubes (optional)

### **DIRECTIONS:**

1. Heat butter in a large pot over medium-high heat. Stir in onions until translucent. Add honey and reduce heat to medium.
2. Stir onions occasionally and allow to cook for another 30 minutes.
3. Add garlic and apple cider vinegar. Transfer mixture to crockpot and add in remaining ingredients except goat cheese and bread cubes.
4. Cook on low for 8–10 hours. Garnish with cheese and bread cubes to serve.

## **Roasted Brussels Sprouts with Apples & Pecans Recipe**

**Total Time:** 60 minutes

**Serves:** 8

### **INGREDIENTS:**

- 2 pounds Brussels sprouts, washed, trimmed, and halved
- 2 medium shallots, minced
- sea salt and freshly ground pepper
- 1 cup white wine
- 1/4 cup ghee
- zest of 1 lemon
- 1 sweet apple, cored and diced
- 1 cup pecan pieces
- 1 teaspoon chopped fresh thyme, or 1/3 teaspoon dried
- 1/2 cup grated Zamorano cheese (optional)

### **DIRECTIONS:**

1. Heat the oven to 350 F.
2. In a 13 x 9-inch baking dish, combine the Brussels sprouts, shallots, salt and pepper and mix together.
3. Pour the white wine into the dish and place spoonfuls of ghee on top of the sprouts, making sure all areas of the dish have ghee.
4. Bake uncovered for 30 minutes. Remove from the oven and add the lemon zest, apples, pecans, thyme and (if using) Zamorano. Stir to combine.
5. Return the dish to the oven for 15–20 minutes, or until sprouts and apple pieces are tender.

### **Gluten-Free Cauliflower Mac and Cheese Recipe**

**Total Time:** 30-40 minutes

**Serves:** 4-6

#### **INGREDIENTS:**

- 1 large cauliflower head, cut into small florets
- 1/2-3/4 cup kefir
- 1/2 cup goat's milk cottage cheese, pureed
- 1 1/2 tsp Dijon mustard
- 1 1/2 cups grated sheep's or goat's milk cheddar cheese, plus additional for topping
- 1/2 teaspoon Black Pepper
- 1 teaspoon Sea Salt
- 1/8 teaspoon garlic powder
- ghee

#### **DIRECTIONS:**

1. Preheat oven to 375 degrees Fahrenheit. Grease 8" x 8" pan with ghee.
2. Bring a pot of salted water to a boil. Add cauliflower and cook until slightly tender, about 5 minutes. Drain and pat dry with paper towels. Spread in prepared pan.
3. In a saucepan over medium-high heat, mix together kefir, cottage cheese, and mustard until smooth.
4. In a saucepan over medium high heat, mix together the cottage cheese, kefir and mustard until smooth
5. Stir in cheese, sea salt, black pepper, and garlic powder until cheese just starts to melt. Pour over cauliflower and stir. Top with additional cheese if desired and bake for 10-15 minutes.

### **Baked Vegetable Fries Recipe**

**Total Time:** 45 minutes

**Serves:** 2-4

#### **INGREDIENTS:**

- 1 cup rutabaga
- 1 cup carrots
- 1 cup red bell pepper
- 1 cup onion
- 1 cup portabella mushrooms
- ghee or coconut oil
- 2-4 tsp Sea Salt
- 2 tsp Black Pepper
- 2 tsp Onion Powder
- 2 tsp Garlic powder

#### **DIRECTIONS:**

1. Preheat oven to 425 degrees F.
2. Cut vegetables into thin long strips
3. Coat in ghee or Coconut oil. Sprinkle with sea salt, black pepper, onion powder and garlic powder.
4. Bake in oven for 40 minutes

## **Mango Avocado Salsa Recipe**

**Total Time:** 15 minutes

**Serves:** 4

### **INGREDIENTS:**

- 1 mango, peeled, seeded and diced
- 1 avocado, peeled, pitted and diced
- 4 medium Tomatoes, diced
- 1 jalapeño pepper, seeded and minced
- 1/2 cup fresh cilantro, chopped
- 3 cloves garlic, minced
- 1 tsp sea salt
- 2 tbsp fresh lime juice
- 1/4 cup red onion, chopped
- 3 tbsp olive oil

### **DIRECTIONS:**

1. Peel, Seed, Dice, Chop and Mince all ingredients according to ingredient list
2. Mix in bowl and toss until everything is coated and spices are evenly distributed
3. Serve cold

**Notes:**