

# *30 Days* TO HEALTHIER HABITS



**GUIDE**



# FOOD FOCUS

---

## AVOID

- Dairy
- Whey
- Gluten
- Soy
- Peanuts & Peanut Butter
- Added sugar, honey, maple syrup
- Artificial sweeteners
- Coffee
- Alcohol
- Fruit with high sugar content
- Pork
- Farm-raised fish
- White potatoes
- Corn & corn products
- Nitrates
- MSG
- Vinegars (that aren't apple cider or coconut)
- Canola Oil
- Soybean Oil

## INCLUDE

- Non-dairy, unsweetened milk (coconut, almond, cashew, hemp, oat or flaxseed)
  - Organic brown rice
  - Raw nuts (no peanuts)
  - Organic nut butters without added oils
  - Stevia, coconut nectar & monk fruit
  - Green & Herbal teas
  - Non-starchy vegetables
  - Organic green apples, lemons, limes and any berries
  - Eggs (cage free)
  - Wild-caught, cold-water fish
  - Shellfish
  - Chicken and turkey (free range)
  - Beef (grass fed, organic)
  - Sweet potatoes, turnips
  - Legumes
  - Quinoa
  - Avocado
  - Healthy Oils (olive, coconut, flaxseed, avocado, grapeseed & walnut)
  - Raw, organic apple cider or coconut vinegar
  - Organic herbs and spices
-





# WORKOUT

## *suggestions*

### RECOVERY SECRETS: THE IMPORTANCE OF POST-WORKOUT NUTRITION

April 3, 2009 - Written by Lanty O'Connor

Refueling the muscles after a workout is essential for any athlete looking to maximize gains and prepare for the next workout. If your muscles are not receiving the correct macronutrients, in the correct amounts, at the correct time, you are losing out on better performance. My experience is that most people don't properly refuel after a workout. Usually one (if not more) of three things happens:

- Nothing is consumed after a workout
- The wrong things are consumed after a workout
- The timing of the recovery is incorrect

So here's what you need to know about post-workout nutrition:

First, let's briefly discuss some exercise physiology. Glycogen is a major fuel source during a workout. Glycogen is stored in the muscles and in the liver. The more highly trained an individual is, the more glycogen that is stored in the muscles. After an intense workout, the glycogen reserves are highly depleted. Additionally, protein breakdown is also high after a workout. In a 1980 article it was discovered that protein is used for fuel at a much higher rate than is generally assumed. This means that after a workout, the body is in a depleted, catabolic state.

So how do we deal with this state of depletion and catabolism? The answer is insulin. Insulin is the master recovery hormone. High-glycemic index carbohydrates will maximally stimulate insulin to begin the process of refueling the muscles.

The timing of what you consume after a workout is essential. We know that glycogen levels are low and protein breakdown is high after a workout. It has been demonstrated that there is a window of 30 minutes after exercise that is optimal for refueling. During that time period, the body is most able to recover. Ingestion of carbohydrates during the 30 minute window maximally increases insulin levels which promotes glycogen restoration. Additionally, increasing levels of insulin after exercise increases an optimal hormonal environment and can serve as a potent stimulator of protein synthesis.



# CLEAN *swaps*

## **PASTA + GRAIN REPLACEMENTS**

- Palmini hearts of palm noodles
- kelp noodles
- Cappello's/Jovial/Banza gluten free pasta
- spaghetti squash
- chickpea pasta
- zoodles
- cauliflower rice
- quinoa
- brown rice

## **DAIRY REPLACEMENTS**

- Nut milk - almond, coconut or cashew milk are great alternatives to dairy during the 30 day program
- coconut oil (instead of butter)
- ghee (instead of butter)
- avocado oil (smoking point 520°F)

## **CONDIMENTS**

- coconut aminos (instead of soy sauce (amazing for flavoring veggies or meats)
- Primal Kitchen dressings
- Tesse Mae's dressings + marinades
- ketchup: primal kitchen unsweetened
- homemade dressings
- homeade taco seasoning





# RESTAURANT *Tips*

Try to avoid eating out at restaurants during these 4 weeks. If you must eat out: know what you're ordering before you go, know how to order, split your meal with a fellow clean eater, drink water with lemons, and/or have your server bring a to-go box at the beginning of the meal so you can properly portion and put the rest away.

Beware of the "salad myth" - just because it's a salad doesn't mean that it's automatically detox friendly

- Look at the restaurant website/menu ahead of time.
- Try to pick a restaurant that is gluten-free and dairy-free friendly.
- When you arrive at a restaurant ask for a dietary restrictions menu.
- Make your water more interesting by adding a fizz, asking for mint, lemon or berries. You can ask for sparkling water as well.
- Think beyond the menu. Look at the items they have available and mix and match - they put together items they think go best together, but that doesn't mean you can't mix it up! Restaurants are very used to this.
- Keep it simple - focus on 1/2 your meal being green, 1/4 lean protein, 1/4 healthy carb (there will naturally be some fat since you are eating at a restaurant).
- The most important items to avoid while eating out are gluten / dairy / soy / sugar as those items have the greatest affect on our health and take the longest to get out of our system. Don't stress if they use a little vinegar in a sauce or dressing.
- Make friends with your server - let him or her know what you are trying to avoid and say you'd appreciate their help in making some suggestions.

# SHAKE & SMOOTHIE

## recipes

### BLUEBERRY LEMON TWIST

- 8-10 oz nut milk or water
- 2 scoops vanilla protein
- 1 handful greens
- 2/3 cup frozen blueberries
- Zest & juice from 1/2 lemon
- Choice of healthy fat

### GLOWING GREENS

- 8-10 oz nut milk or water
- 2 scoops of vanilla protein
- 1 frozen banana
- 2 cup of frozen spinach or kale
- 1/2 cup frozen mango/pineapple chunks
- 1 cup of ice

### CHOCOLATE BANANA

- 8-10 oz nut milk or water
- 2 scoops of vanilla protein
- 1 frozen banana
- 2 cup of frozen spinach or kale
- 1/2 cup frozen mango/pineapple chunks 1 cup of ice

### SHAKE ON THE GO

- 10 oz nut milk
- 2 scoops of any flavor protein
- handful of ice
- place all into a shaker cup and shake until creamy smooth

### CHOCOLATE CHERRY

- 8-10 oz nut milk or water
- 2 scoops of chocolate protein 1 tbsp almond butter
- handful of organic spinach
- 1/2 cup frozen organic cherries

### APPLE PIE

- 8-10 oz. liquid
- 2 scoops vanilla protein
- 1 handful greens
- 1/2 Green Apple
- 1/2 - 1 tsp cinnamon
- Choice of healthy fat
- 4 -5 ice cubes

### MINT COOKIE

- 2 scoops chocolate protein
- Fiber
- 8 oz. liquid
- Handful of spinach
- 1/2 tsp natural mint extract
- 4-5 ice cubes

### CHOCOLATE VANILLA CHAI

- 1 Scoop vanilla protein
- 1 Scoop chocolate protein
- Fiber
- 8 oz. Liquid
- 4 -5 Ice cubes
- Pumpkin pie spice to liking



# APPROVED DRESSING

## *recipes*

### LEMON GARLIC DRESSING

- 1/2 cup olive oil
- juice of 1 lemon
- 3 cloves chopped garlic

Combine ingredients in food processor. Add salt and pepper. Blend until there are no garlic pieces left. Set aside in refrigerator.

### CREAMY ONION DRESSING

- 2 tablespoons red onion
- 1/4 cup apple cider vinegar
- 1 tablespoon Stevia
- 1 teaspoon mustard powder
- 1/2 teaspoon celtic sea salt
- 1/2 cup olive oil

Place onion, vinegar, stevia, mustard and salt in a vitamix and puree on high speed for 20 seconds, until smooth. Turn on vitamix or blender and drizzle in olive oil.

### CREAMY AVOCADO

- 1 avocado
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 cup water
- 1/4 teaspoon celtic sea salt
- 1/4 teaspoon black pepper

Place avocado, olive oil, lemon juice and water in vitamix or blender. Puree until smooth. Then blend in salt and pepper.

### BASIL DRESSING

- 2 ounces fresh picked basil
- 3/4 cup olive oil
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1 tsp lemon juice

Blend on high speed until smooth.

### RANCH DRESSING

- 2/3 C. Vegenaise (soy free)
- 1 - 5 Tbs. almond milk (more to thin)
- 1/4 tsp of each: garlic powder, onion powder, dried parsley, sea salt, dill, pepper, dried chives and smoked paprika

Wisk together and store in refrigerator. Double or triple the recipe to use on salads, as veggie dip, etc.

### GREEN GODDESS DRESSING

- 1 avocado
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon herbes de provence
- 1/2 teaspoon celtic sea salt
- 3-5 drops stevia
- 1 cup water

Place all ingredients in a vitamix or blender. Process on high speed until smooth and creamy.

---

# DESSERT

## *ideas*

### CHOCOLATE CHIP COOKIES

- 2 cup almond flour
- 1 scoop chocolate protein
- 1 scoop vanilla protein
- 1 scoop fiber
- 1/2 cups melted coconut oil
- 1/4 c honey
- 1 Tbsp vanilla extract
- 1/2 tsp each salt & baking powder
- 1 cup dairy free chocolate chips
- 1 egg
- 1/4 cup unsweetened almond milk

Mix in a bowl. Roll into 1/2" cookie balls. Bake at 350 for 7-10 minutes.

### BROWNIES

- 3/4 cup chocolate protein
- 1/2 tsp salt & baking soda
- 1/2 cup almond butter
- 3 Tbsp agave
- 1 egg
- 1 tsp vanilla
- 3/4 cup almond milk

Mix in a bowl. Roll into 1/2" cookie balls. Bake at 350 for 7-10 minutes.

### NICE CREAM

- 6 - 8 large frozen strawberries
- 2/4 cup almond milk
- 1/2 cup coconut cream (from bottom of coconut milk can)
- 1 tsp dried oregano
- 3 scoops vanilla protein

Mix all together in a blender. Add to loaf pan and freeze until desired consistency. Use an ice cream scoop to scoop out desired amount. Can use shredded coconut, other berries or nuts for toppings.

### ALMOND BUTTER CUPS

- 2 scoops chocolate protein powder
- 6 Tbsp coconut oil (melted)
- Almond butter

Melt coconut oil. Stir in protein powder. Pour mixture to cover bottom of mini muffin tin. Freeze for 5 minutes. Remove from freezer and add 1 tsp of almond butter in each. Pour remaining chocolate on top. Freeze for another 5 - 10 minutes.







# WEEK 1

## *recipes*

- LEMON & ROSEMARY CHICKEN & ASPARAGUS
- SOUTHWEST GROUND TURKEY STUFFED PEPPERS
- ZOODLES WITH CREAMY AVOCADO SAUCE
- CREAMY CHICKEN VEGETABLE SOUP
- TACO STUFFED SWEET POTATOES
- QUICK & EASY BROWN RICE
- GRILLED SALMON WITH AVOCADO COCONUT SAUCE
- HEALTHY CHICKEN STIR FRY

# LEMON & ROSEMARY CHICKEN & ASPARAGUS

Servings: 2

## ingredients

- 2 chicken breasts
- 2 lemons
- rosemary
- 2 tsp Minced garlic
- bundle of asparagus
- olive oil
- crushed red pepper
- salt/pepper

## directions

1. Pre-heat oven to 425
2. Slice lemon into wheels
3. salt/pepper both sides of chicken breasts
4. In a baking dish drizzle olive oil. Cover bottom of pan with wheels of 1 lemon, add half the garlic and half the rosemary.
5. Place chicken breasts on top of lemon wheels. Take remaining lemon wheels and place on top of the chicken breasts with leftover garlic and rosemary.
6. Place asparagus spears on a baking sheet, drizzle with olive oil, salt, pepper, crushed red pepper flakes and garlic to taste.
7. Bake for 35-40 mins depending on thickness of chicken breasts.
8. Half way through cooking the chicken breasts, add the asparagus to the oven and bake together for the remainder of time.

# SOUTHWEST GROUND TURKEY STUFFED PEPPERS

Servings: 2

## ingredients

- ½ cup chicken stock
- ½ cup quinoa (or brown rice)
- small yellow onion
- scallions
- lime; cut into wedges
- 1 lb ground turkey
- red bell pepper
- yellow bell pepper
- 8 oz crushed tomatoes
- 1 tsp reduced sodium taco seasoning
- olive oil

## directions

- \*Pre-cook quinoa/rice as per instructions on box
1. Preheat oven to 400 degrees (F).
  2. Start the filling: Heat a drizzle of olive oil in a large pan over medium-high heat. Add onions and toss until softened, 4-5 minutes. Season with salt and pepper. Add ground beef/turkey, and break up into pieces until browned, 3- 4 minutes. Stir in taco seasoning and cook another 30 seconds. Season to taste with salt and pepper.
  3. Prep the bell peppers: Halve bell peppers lengthwise or for deeper cups, cut off top, and remove veins and remove seeds. Place on a baking sheet, and drizzle with olive oil. Season with salt and pepper. Bake until softened, 5-7 minutes.
  4. Finish the filling: Add crushed tomatoes to beef, and simmer 5 minutes to meld flavors. Stir in cooked quinoa, and season with salt and pepper.
  5. Bake: Fill peppers with as much filling as possible, Bake until peppers are very soft, about 10 minutes.
  6. Serve with a wedge of lime for squeezing over. Serve leftover filling on the side and enjoy!



## ZOODLES WITH CREAMY AVOCADO SAUCE

Servings: 2

### *ingredients*

- 2 zucchinis spiraled
- 1 tbs olive oil
- 2 garlic cloves, minced
- 1 onion; diced
- 5 mushrooms - chopped
- cherry tomatoes, halved

### AVOCADO CREAMY SAUCE

(This is a double batch, save the rest for the Salmon)

- 2 avocados
- 1/2 can coconut milk
- 2 tbs lime juice
- 2 tbs olive oil
- 2 tsp onion powder
- 2 tsp garlic powder
- salt and pepper

### *directions*

1. Heat 2 tbsp. of olive oil in frying pan on medium heat and add onions. Cook until soft (4 - 5 minutes).
2. Add chopped mushrooms and garlic, continue to cook until soft (3-5 minutes).
3. Add spiraled zucchini (or zoodles) and chopped tomatoes and heat through for 5 minutes.
4. Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.
5. Add half of the avocado sauce to the zoodles mix and heat through (2 - 3 minutes).

## CREAMY CHICKEN VEGETABLE SOUP

Servings: 4 - freeze leftovers

### *ingredients*

- 2 chicken breasts; sliced into bite-size pieces
- coconut oil
- 2 clove garlic minced
- 1/4 cup coconut aminos plus 2 tbs reserved
- 3 tsp fresh grated ginger plus 1 tsp reserved
- 1 carrot; diced
- 1 broccoli; diced (or whatever veggies you like)
- small red onion
- pinto beans (optional)
- cooked brown rice or quinoa

### *directions*

1. Season chicken breasts with salt/pepper and bake on 400 for 35 minutes or until cooked through.
2. Remove chicken from oven and chop into cubes.
3. Heat the coconut oil in a large saucepan over medium-high heat.
4. Add the garlic and onion and cook until soft, 2 to 3 minutes.
5. Place the carrots and sweet potato in the saucepan and cook for another 2 to 3 minutes.
6. Pour in the chicken stock and bring to a boil.
7. Lower the heat to a simmer, and let simmer for 15 to 20 minutes, or until the vegetables are soft.
8. Add the chicken and cook until warm.
9. Stir in the coconut milk, and season to taste.
10. Serve the soup with fresh chives sprinkled on top.

## TACO STUFFED SWEET POTATOES

Servings: 2

### *ingredients*

- 1 lbs ground beef or turkey
- 2 sweet potatoes
- 1/2 onion, diced
- 1 tomato, diced
- 1 cup fresh lettuce, shredded
- 1/2 cup chopped green onion
- taco seasoning (recipe below)
- fresh salsa & guacamole

### TACO SEASONING

- 1 tbs chili powder
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- sea salt and freshly ground black pepper

### *directions*

1. Preheat your oven to 375 F.
2. Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).
3. In a bowl, combine all the ingredients for the taco seasoning.
4. Melt some cooking fat (coconut oil) in a skillet over medium-high heat. Add the onions and cook until soft and fragrant, about 3 to 4 minutes.
5. Add the ground meat to the skillet and cook until browned.
6. Sprinkle the taco seasoning onto the beef and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry.
7. Cook the ground meat another minute or two and set aside.
8. Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.
9. Fill the potatoes with the ground beef and top with all the remaining vegetables.
10. Serve with fresh salsa & guacamole

## PERFECT, EASY BROWN RICE

Servings: 2

### *ingredients*

- 2 - 3 Tbs coconut oil
- 3 cups brown rice
- 6 cups water
- sea salt

### *directions*

1. Preheat your oven to 400 F.
2. Mix dollops of coconut oil, brown rice and water in a 9x13 pan.
3. Sprinkle with salt.
4. Bake for 1 hour.

Brown rice is used in many recipes, so this is a great way to cook it ahead of time so that it is ready for your recipes.

Can add approved taco seasoning to rice for flavor.



## GRILLED SALMON WITH AVOCADO COCONUT SAUCE

Servings: 2

### *ingredients*

- 2 salmon fillets
- 1/3 cup coconut milk
- 1/2 - 1 cup chicken stock
- 1 cups of brown rice

### AVOCADO CREAMY SAUCE

(This is a double batch, save the rest for the zoodles)

- 2 avocados
- 1/2 can coconut milk
- 2 tbs lime juice
- 2 tbs olive oil
- 2 tsp onion powder
- 2 tsp garlic powder
- salt and pepper

### *directions*

1. Preheat grill to medium heat. If no grill you can also pan-fry in coconut oil.
2. Season the salmon fillets and sprinkle with zest of lime.
3. Add rice and chicken stock to a pan and cook as directed.
4. Place on the preheated grill and cook for 12 to 15 minutes.
5. While salmon fillets are grilling, (if you have not already made the cream sauce) Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbs. at a time.
6. Let the salmon rest for 2 to 3 minutes before serving over a bed of rice.
7. Serve the salmon topped with avocado-coconut sauce, and top with lime wedges.

## HEALTHY CHICKEN STIR FRY

Servings: 2

### *ingredients*

- 2 chicken breasts; sliced into bite size pieces
- coconut oil
- 2 clove garlic minced
- 1/2 cup coconut aminos plus 2 tbs reserved
- 3 tsp fresh grated ginger plus 1 tsp reserved
- 1 carrot; diced
- 1 broccoli; diced (or whatever veggies you like)
- small red onion
- pinto beans (optional)
- cooked brown rice or quinoa

### *directions*

- \*Pre-cook rice or quinoa as per box instructions
1. Sauté chicken in coconut oil with garlic.
  2. Once chicken is cooked, add your coconut aminos, generous salt pepper, fresh grated ginger (I keep my ginger root in the freezer to use when needed)
  3. In separate pan, sauté veggies in coconut oil adding reserved ginger and extra coconut aminos.
  4. Serve on a bed of brown rice.
- \*For some added flavor mix in a spoonful of almond butter and heat through.



# WEEK 2

## *recipes*

- SIMPLE AVOCADO CHICKEN SALAD
- ROASTED LEMON SALMON & ASPARAGUS
- SHEPHERD'S PIE WITH SWEET POTATO TOPPING
- CHICKEN FRIED CAULIFLOWER RICE
- WHITE BEAN, KALE & CHICKEN SAUSAGE SOUP
- CHICKEN TACO BURGER WITH SWEET POTATO FRIES
- PAD THAI

## SIMPLE AVOCADO CHICKEN SALAD

Servings: 2

### *ingredients*

- 2 boneless, skinless, organic chicken breasts
- 1 avocado
- 1/4 sweet onion, chopped
- 2 tbs cilantro
- juice of 1/2 lime
- salt/pepper to taste
- lettuce

### *directions*

1. Cook chicken breast until done (fry with coconut oil, bake in oven, place in slow cooker)
2. Let cool, and then chop.
3. Mix with all the ingredients.
4. Place in lettuce cups and enjoy!

## ROASTED LEMON SALMON & ASPARAGUS

Servings: 2

### *ingredients*

- 1 or 2 salmon fillets
- 1 1/2 tbs olive oil, divided
- 1 tsp lemon zest
- 1 tbs fresh lemon juice
- 4 cloves garlic, minced, divided
- 3/4 tsp onion powder
- 1/2 tsp each salt and fresh cracked black pepper
- 1/2 lemon, thinly sliced (optional)
- 1 1/2 - 2 lbs asparagus. (medium or thin spears),
- tough ends trimmed

### *directions*

1. Preheat oven to 400 degrees. Line a rimmed 17 by 12-inch baking dish with parchment paper. Place salmon in center of pan (or see note below).
2. In a mixing bowl whisk together 1 1/2 tbs olive oil, lemon zest, lemon juice, 2 cloves garlic, and onion powder.
3. Brush evenly over top of salmon, then sprinkle with 1/2 tsp salt and pepper (add more pepper to taste if desired.)
4. Top with lemon slices.
5. Toss asparagus with remaining 1 tbs olive oil, remaining 2 cloves garlic, and season with salt; then place around salmon.
6. Bake until salmon has cooked through, about 10-15 minutes.
7. Cut salmon into portions, and serve warm. If fillet is wide, you can cut into 2 - 4 portions and place them near upper portion of the baking dish, then place asparagus on lower portion of baking dish



# SHEPHERD'S PIE WITH SWEET POTATO TOPPING

Servings: 4

## *ingredients*

- 1 lb. grass-fed ground turkey
- 2 medium carrots chopped
- 1/2 green pepper, chopped
- 1 small onion, chopped
- 1 cup frozen peas
- 2 cloves garlic minced
- 1/2 tsp dried rosemary
- 3/4 tsp chili powder
- 1/2 tsp sea salt
- black pepper
- 3 oz. tomato paste (about 6 tbs)
- 1 tbs flaxseed meal (ground raw flaxseed) \*soak the flax meal in 2.5 Tbs of water for 5 mins to let it thicken before adding to filling

### **SWEET POTATO TOPPING:**

- 2 medium sweet potatoes, peeled & cubed (approx. 3/4 cups cubed)
- 1 tbs coconut oil
- 1/2 tsp chili powder
- 1/4 tsp sea salt

## *directions*

1. Preheat oven to 375 degrees F.
2. In a skillet on medium heat, begin to brown ground beef.
3. Once beef is partially browned, add chopped carrots, onions, peppers, and minced garlic. Cook on medium heat until carrots are soft, about 10 minutes.
4. Once the carrots are soft, stir in tomato paste, flax gel\*, seasonings, and salt and pepper.

### **FOR THE TOPPING:**

5. Steam or bake the sweet potatoes until fork tender. Then add the topping ingredients to a food processor or blender and process until smooth.
6. Transfer the meat filling to casserole dish (9-inch dish will work) and top the meat filling with the Sweet Potato Mask.
7. Bake for 15 minutes. Remove from oven and serve.

## CHICKEN FRIED CAULIFLOWER RICE

Servings: 6

### *ingredients*

- 1 medium head cauliflower or 1 bag riced cauliflower
- 2 egg whites
- 1 egg
- coconut oil to coat the pan
- 1 tbs coconut oil
- 1 tsp garlic, minced
- 1 cup cooked chicken breast, diced and skin removed
- 1/2 cup sliced scallions (green onion)
- 1 cup chopped celery
- 1 cup frozen carrots and peas
- 3 tbs coconut aminos
- 2 tsp sesame oil, see shopping tips
- pepper, to taste

### *directions*

1. If you are using a bag of already prepare riced cauliflower, skip this first step. Otherwise, wash and dry the cauliflower. Remove core and coarsely chop into florets. Blot with paper towels to completely dry. OR place in Food Processor - Be sure to not over process or it will get mushy. OR grate with a cheese grater.

2. Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside.

3. Coat a large non-stick wok or large non-stick pan with coconut oil and heat over medium-high heat. Stir in cauliflower rice and garlic. Stir-fry for 3 minutes, constantly stirring.

4. Add chicken and stir-fry for 1 minute. Add in scallions, frozen peas/carrots, (breaking them up) celery, and coconut aminos. Cook for about 3 minutes until heated through, continuously tossing gently to coat and cook all ingredients.

5. Push mixture to the sides of wok or pan. Coat the open side of pan with more oil. Add eggs to that side of pan. Cook and stir about 1 minute or until the eggs are completely cooked. Mix eggs into cauliflower mixture. Add sesame oil, a little black pepper and stir fry ingredients all together. Serve immediately or store leftovers in refrigerator for up to 2 days.

## WHITE BEAN, KALE & CHICKEN SAUSAGE SOUP

Servings: 6

### *ingredients*

- Olive oil
- 2 shallots, chopped
- 2 minced cloves of garlic
- 1/2 cup chopped carrots
- 1/2 cup chopped mushrooms
- 3 cups organic vegetable stock
- 15-ounce can white beans
- 2 tbs chopped rosemary
- 2 to 3 cups chopped kale
- 1lb clean eating approved chicken sausage
- salt and pepper, to season
- red pepper flakes, to sprinkle

### *directions*

1. Heat a few tablespoons olive oil in a pot over medium heat. Add shallots and a sprinkling of salt and pepper and cook down until almost transparent, about 5 minutes. Add garlic, carrots, mushrooms, and additional salt and pepper. Cook, stirring occasionally, until the mushrooms are wilted.

2. Add stock, beans and rosemary. Bring to a boil, and then add kale. Reduce to a simmer and cook for 15-20 minutes.

3. While the soup is cooking, brown the sausage in a medium pan. Slice into 1/4-inch rounds, then add to soup and stir.

4. Serve with a sprinkling of dried red pepper flakes.

# CHICKEN TACO BURGER WITH SWEET POTATO FRIES

Servings: 2

## ingredients

### CHICKEN BURGER:

- 1 lb ground chicken breast
- 2 tbs cleanse approved taco seasoning
- 1 large jalapeño, deseeded and diced
- 1/4 cup fresh chopped cilantro
- 2 tbs coconut oil
- 1 ripe avocado, peeled and pitted
- 1 lime, freshly squeezed
- 1 scallion, finely chopped
- lettuce "buns" (butter lettuce works well)
- salt and pepper to taste

### SWEET POTATO FRIES:

- 1 medium-sized sweet potatoes
- 2 tbs melted coconut oil or avocado oil or olive oil
- salt and pepper to taste

## directions

### CHICKEN BURGER:

1. In a large bowl, mix together chicken breast, taco seasoning, jalapeno, and cilantro until well mixed. Form into patties. Melt coconut oil in a large skillet.
2. Cook patties until cooked through. Remove from heat and cool slightly before serving.
3. In a medium bowl, use a fork to mash together avocado, lime juice, and chopped scallions. Salt and pepper to taste. Serve warm patties in lettuce bun with guacamole.

### SWEET POTATO FRIES:

1. Preheat oven 425-degrees F.
2. Peel the sweet potato and slice in half lengthwise.
3. Cut each half into equal wedges/ resembling french fries.
4. Place potatoes in a large bowl. Toss to combine with oil, salt, pepper. Optional, add one additional seasoning: garlic powder, oregano, onion powder, or cayenne pepper.
5. Spread to a single layer on a baking sheet and cook for 20-25 minutes, or until the wedges are tender and crisp.

# PAD THAI

Servings: 2

## ingredients

- Brown rice Pad Thai noodles
- Coconut Amino Acids
- Olive Oil
- Broccoli
- Spinach
- Shredded Carrots

## directions

### NOODLES:

1. Cook according to package.

### VEGGIES:

2. Pour 2 Tbs olive oil in skillet and cook veggies. Add broccoli first and then let it cook 5 minutes. Next, add carrots and spinach.
3. Once veggies are soft, add a sprinkle of sea salt and 1 Tbs of coconut aminos. Mix.

### SAUCE:

4. In a small bowl, combine 2 Tbs water, 3 Tbs coconut aminos, and 1 Tbs olive oil.

Once noodles are done, strain and pour into bowl, mix in veggies and mix in sauce.





# WEEK 3

## *recipes*

- ZOODLES WITH TURKEY MEATBALLS IN ROASTED RED PEPPER SAUCE
- CHICKEN TENDERS AND ZUCCHINI STICKS
- TURKEY FAJITA STUFFED ZUCCHINI
- BEEF CAULIFLOWER FRIED RICE
- LEMON GARLIC HERB CRUSTED SALMON W/ BROWN RICE & BROCCOLI
- SLOW COOKER BUFFALO CHICKEN STUFFED SWEET POTATO

## ZOODLES WITH TURKEY MEATBALLS IN ROASTED RED PEPPER SAUCE

Servings: 2

### *ingredients*

#### INGREDIENTS FOR THE MEATBALLS:

- 1 lb ground turkey
- 1/2 cup packed spinach
- 2 tbs coconut flour
- 1/2 tsp salt
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 clove garlic, minced
- 1 tbs olive oil or avocado oil
- 1/2 tsp ground black pepper

#### INGREDIENTS FOR THE ZOODLES:

- 4 zucchinis (use spiralizer)
- 1 tbs avocado oil (or olive oil)
- salt and pepper to taste

#### INGREDIENTS FOR THE ROASTED RED PEPPER SAUCE:

- 2 red bell peppers, cut into 4 pieces,
- seeds removed
- 4 tbs avocado oil or olive oil, divided
- 1/2 medium onion, diced (1/4 cup)
- 1 clove garlic
- 4 tbs almond milk
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp salt
- 1/2 tsp pepper

### *directions*

1. Preheat oven to 400F. On a baking sheet, toss red bell peppers and 1 tablespoon of oil together and lay in a single layer. Roast for 25-30 minutes, until the bell peppers are tender and there are some black char marks.
2. In the meantime, start making your turkey meatballs. In a large bowl combine ground turkey, spinach, coconut flour, salt, thyme, oregano, garlic, 1 tablespoon of oil and black pepper.
3. Mix until combined well. Roll into small meatballs - you'll get about 15 out of a batch.
4. Line a baking sheet with foil and place meatballs on the sheet. Bake for 12-15 minutes.
5. While the meatballs are cooking, in a small skillet, combine 1/4 cup diced onion and 1 clove of garlic in 1 tbsp. of oil.
6. Sauté for 5 minutes until soft and fragrant.
7. Add to a food processor with the bell pepper when it's ready.
8. Then also add almond milk, oregano, thyme, rosemary, salt, black pepper, 2 tbsps. olive oil.
9. Process until combined and smooth.
10. Use a vegetable spiralizer to turn the zucchini into noodles.
11. In a skillet (can be the same one we used before), add the zucchini with the oil and sauté for 2-3 minutes. Sprinkle with salt and pepper.
12. To assemble, top the zucchini with the roasted red pepper sauce and 3-4 meatballs.

# CHICKEN TENDERS AND ZUCCHINI STICKS

Servings: 6 - 8

## *ingredients*

### CHICKEN TENDERS:

- 2 pounds chicken tenderloins (organic when possible)
- 1 cup almond flour
- 1 tbs flax meal
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/2 tsp dried parsley
- ground black pepper to taste
- 2 eggs
- olive oil

### ZUCCHINI STICKS:

- 1 large zucchini, cut into 2-inch long strips
- 4 large egg whites, whisked with 1 tbs almond milk or water
- 1 1/2 cups coarsely-ground almond meal
- 1/2 tsp fine sea salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper

## *directions*

### CHICKEN TENDERS:

1. Preheat oven to 425-degrees (F) and line 2 large baking sheets with parchment paper.
2. In a shallow wide bowl, mix together the almond flour, flax meal, paprika, garlic powder, sea salt, parsley, and ground black pepper.
3. In another small mixing bowl, lightly beat the eggs.
4. Blot the chicken with paper towels and dip in the egg. Make sure the tenderloins are thoroughly coated in the egg mixture.
5. Dredge in almond flour breading, pressing to adhere
6. Divide the breaded chicken tenders onto 2 baking sheets and lightly spray with olive oil.
7. Place in the oven and bake for 8-9 minutes.
8. Flip the tenders over & lightly spray again with olive oil and bake for another 8-9 minutes, or until the internal temperature reaches 180-degrees (f).

### ZUCCHINI STICKS:

1. Preheat your oven to 450-degrees (f).
2. Line a large baking sheet with foil and spray with a non-stick olive oil spray. Set aside.
3. In one shallow bowl, whisk together the egg whites and almond milk/water. Set aside.
4. In a second shallow bowl, whisk together, almond meal, salt, pepper, garlic powder, cayenne. Set aside.
5. Taking each zucchini stick, soak it in the egg mixture. Then roll in the almond meal mixture and flip, pressing to adhere where necessary.
6. Place on the prepared baking sheet.
7. Once all the zucchini sticks have been dredged, spray olive oil.
8. Bake for 35-40 minutes or until crispy and brown. If after 40 minutes, the zucchini still hasn't browned. Turn the broiler on high and broil until brown. Keep a close eye, as they can burn quickly.
9. Remove from heat and let cool for just a second.



# TURKEY FAJITA STUFFED ZUCCHINI

Servings: 6

## *ingredients*

- 1 lb organic ground turkey
- 1/2 cup each red & green bell peppers, chopped
- 1/2 yellow onion, chopped
- 1 tsp ground cumin
- 2 tsp chili powder
- 1 cup organic medium salsa (plus more for serving)
- 1 large organic avocado
- 2 large zucchinis
- salt and pepper to taste
- 1 large avocado

## *directions*

1. Preheat oven to 425-degrees (F).
2. Cut zucchini in half, lengthwise. Using a spoon, scoop out flesh, leaving a shell of about 1/2 " on all sides. Chop flesh and set aside.
3. Heat a large, non-stick skillet over medium-heat.
4. Spray with approved-cooking spray (or use coconut oil) and add turkey, using a large spoon to break it up. Season to taste with salt and pepper.
5. Cook until browned, stirring occasionally, about 5 minutes.
6. Add chopped zucchini and pepper and onion mix to pan and stir to mix.
7. Cook, stirring occasionally, until vegetables are tender, about 3 minutes.
8. Transfer mixture to a large bowl, add salsa, stir to combine
9. Lightly spray zucchini shells with cooking spray and then stuff with turkey mixture, dividing evenly between them.
10. Working quickly, brush grilled topper with oil (coconut oil) and arrange stuffed zucchini on baking tray.
11. Cook until tender, about 15 minutes.
12. Transfer to a warm platter, tent with foil and let rest 5 minutes.
13. Serve hot, top with avocado slices, and with more salsa if desired.

# BEEF CAULIFLOWER FRIED RICE

Servings: 2

## *ingredients*

- 1 pound Top Sirloin, cut into 1/2-inch cubes
- 6 tbs coconut aminos (divided)
- 2 tbs toasted sesame oil
- 1/3 cup avocado oil
- 1/2 small onion, minced
- 3 cloves garlic, minced
- 2 tsp minced fresh ginger
- 1 medium carrot, diced
- 3 cups riced cauliflower
- 2 large eggs, lightly beaten
- 1 1/4 tsp sea salt
- 1/4 cup frozen peas
- 2 scallions, green tops only and chopped

## *directions*

1. Mix the sirloin in a bowl with 1 tbs coconut aminos and 1 tsp sesame oil.
2. Heat half of the avocado oil in a wok over medium-high heat.
3. Add the onion, garlic, and ginger and cook, stirring continuously, for 2 minutes, until fragrant.
4. Add the carrots and cook, stirring continuously 2 minutes more.
5. Add the remaining oil and the riced cauliflower and continue cooking and stirring for 4 minutes longer.
6. Transfer the cauliflower mixture to a plate and return the pan to the burner.
7. Add the Sirloin to the pan and sear it for 30 seconds, then stir continuously until browned, about 2 minutes.
8. Transfer the Sirloin to the plate with the cauliflower. Return the pan to the burner.
9. Pour the eggs into the pan and stir to scramble them until they're mostly cooked through.
10. Pour the cauliflower mixture and Sirloin back into the pan and add the remaining sesame oil, coconut aminos, and salt.
11. Stir in the peas, then turn off the heat.
12. Top with chopped scallions and serve hot.

## LEMON GARLIC HERB CRUSTED SALMON W/ BROWN RICE & BROCCOLI

Servings: 2

### *ingredients*

- 3 oz. coconut oil
- 1 tsp salt
- zest of 1 lemon
- 1 tbs fresh parsley, chopped
- 1 tsp fresh dill, chopped
- 1 clove garlic, minced
- dash of pepper
- 2 wild caught salmon fillet

### *directions*

1. Place all ingredients except for salmon in a small bowl and melt in the microwave for 30-45 seconds. Stir until combined.

2. Place the salmon fillets on a parchment lined baking sheet.

3. Using a pastry brush, coat the salmon with the lemon herb mix evenly spreading it over the tops of each fillet.

4. Bake in an oven preheated to 400-degrees (f) on the top or second to top rack for 10-12 minutes, or until salmon is cooked through and flakes easily with a fork.

\*Alternately the fish can be broiled on medium/high on the second to top rack for 8-10 minutes, or until cooked through. This method will give you a bit more crunchy, caramelized crust.

## SLOW COOKER BUFFALO CHICKEN STUFFED SWEET POTATO

Servings: 6

### *ingredients*

- 1 lb. of organic, boneless skinless chicken
- 1/3 cup hot pepper sauce
- 2 tbs coconut oil
- 1 tbs coconut aminos
- 1/2 tsp garlic powder
- 1/4 tsp cayenne (optional adds more heat)
- 6 small baked sweet potatoes (about 7 oz. each uncooked)

### *directions*

1. Place chicken in a slow cooker set on low.

2. In a small saucepan on medium-high heat, combine the hot sauce, coconut oil, coconut aminos, garlic powder and optional cayenne. Stir together and heat until coconut oil is melted.

3. Pour sauce into slow cooker.

4. Cook for 4-6 hour on low or until chicken is tender.

5. Remove chicken from slow cooker and shred with two forks. Return shredded chicken to slow cooker and toss with sauce.

6. Turn slow cooker to warm (or remain on low) until ready to serve.

7. Serve chicken in baked sweet potato.





# WEEK 4

## *recipes*

- ROSEMARY-GARLIC ROAST CHICKEN WITH ROOT VEGETABLES
- SPICY CILANTRO LIME BAKED SALMON
- SHEET PAN CHICKEN WITH SWEET POTATOES, APPLES, AND BRUSSELS SPROUTS
- VEGETABLE AND ROASTED TOMATO MARINARA SAUCE WITH ZOODLES
- TURKEY CHILI
- BEEF AND BUTTERNUT SQUASH STEW
- CREAMY GARLIC SPAGHETTI SQUASH CASSEROLE

## ROSEMARY GARLIC ROAST CHICKEN WITH ROOT VEGETABLES

Servings: 4

### *ingredients*

- 5 carrots cut into 1/2-inch pieces
- 3 parsnips, peeled and cut into 1/2-inch pieces
- 2 onions cut into 1/2-inch pieces, plus 1 halved
- 4 cloves of garlic, smashed
- 6 sprigs of rosemary
- 3/4 cup organic chicken broth
- 1 (5 lb) roasting chicken, rinsed and patted dry
- Salt and pepper
- Olive Oil for brushing

### *directions*

1. Preheat oven to 400-degrees
2. In a baking pan, toss the carrots, sweet potato, parsnips, garlic, and onion with the broth; spread evenly in the pan.
3. Season the chicken cavity with salt and pepper.
4. Stuff with the halved onion and remaining 3 sprigs rosemary, and place breast side down, in the middle of the pan.
5. Brush the top of the chicken all over with olive oil, and season with salt.
6. Roast for 30 minutes. Turn the chicken breast side up and brush with olive oil; season generously with salt and pepper.
7. Return the pan to the oven and continue to roast until the juices run clear, about 1 hour more.
8. Cut the chicken into pieces, and serve with vegetables.

## SPICY CILANTRO LIME BAKED SALMON

Servings: 6

### *ingredients*

- 1 lb wild caught salmon
- juice and zest of 1 lime
- 1/4 cup cilantro, stems removed
- 1/2 jalapeno, seeds removed
- 1 garlic clove
- 1 1/2 tbs olive oil
- salt and pepper to taste

### *directions*

1. Preheat the oven to 400 degrees (F).
2. Place the lime, cilantro, jalapeno, garlic, and olive oil in a food processor. Blend until combined.
3. Season with salt and pepper.
4. Rinse and pat the salmon dry. Place it skin side down in a large glass casserole dish.
5. Spoon the lime mixture on top of the salmon and place in the oven.
6. Bake for about 15 minutes or until cooked through.
7. Serve with your favorite roasted vegetable or a salad with a compliant dressing.

You can also serve over a small bed of brown or wild rice.

## SHEET PAN CHICKEN WITH SWEET POTATOES, APPLES, AND BRUSSELS SPROUTS

Servings: 6

### *ingredients*

- 4 boneless, skinless chicken breasts lightly pounded to a relatively even thickness
- 3 tbs extra virgin olive oil, divided
- 4 cloves garlic, minced
- 2 tbs chopped fresh rosemary, divided
- 1 tsp ground cinnamon
- 1 tsp sea salt, divided
- 1/2 tsp black pepper, divided
- 4 cups Brussels sprouts, trimmed and halved (quarter if very large)
- 1 large sweet potato, peeled and cut into 1/2-inch cubes
- 1 medium red onion, cut into 3/4-inch pieces
- 1 medium Granny smith apple, peeled, cored and cut into rough 1-inch pieces (these pieces should be larger than the others)

### *directions*

1. Preheat the oven to 425-degrees (F).
2. Place the chicken breasts in a large, zip top bag.
3. Drizzle with 1 1/2 tbs extra virgin olive oil, and add the garlic, 1 tbs rosemary, cinnamon, 1/2 tsp salt, and 1/4 tsp black pepper.
4. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices.
5. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
6. Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tbs olive oil, then sprinkle with the remaining 1/2 tsp kosher salt and 1/4 tsp black pepper.
7. Toss to evenly coat, then spread in an even layer.
8. Remove the chicken from the marinade and place on top of the apple and vegetables.
9. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160-165 degrees, about 18 – 22 minutes or until done.
10. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm.
11. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until they are caramelized and tender, about 10-15 additional minutes.
12. Sprinkle with remaining 1 tablespoon fresh rosemary.
13. Serve warm with the rested chicken.



## VEGETABLE AND ROASTED TOMATO MARINARA SAUCE WITH ZOODLES

Servings: 2

### *ingredients*

- 10 Roma tomatoes, halved lengthwise salt and pepper
- olive oil, for drizzling
- 1/4 cup olive oil, divided
- 1 sweet onion, chopped
- 1 yellow bell pepper, diced
- 2 large carrots, diced
- 1 1/2 tsp sea salt
- 2 sprigs fresh rosemary, chopped
- 1 tsp oregano, chopped
- pinch of chili flakes
- 2 cloves garlic, minced
- 1/2 cup water
- 2 bay leaves

### *directions*

1. Preheat the oven to 300-degrees (F).
2. Place tomatoes cut side up on a baking sheet
3. Sprinkle salt and pepper over the tops of the tomatoes and drizzle with a little olive oil.
4. Roast in the preheated oven for 2 hours, until they are soft, fragrant, and browned on top.
5. Remove from oven and let cool for 10 minutes.
6. Place tomato halves, oil, and juices in a blender and pulse until roughly pureed. Set aside.
7. Heat 2 tablespoons of olive oil in a large frying pan on medium/high heat.
8. Add the garlic and sauté for an additional 30 seconds.
9. Add the water, bay leaves, and the roasted tomato sauce to the pan and reduce the heat to medium.
10. Cover and let simmer for 20 minutes.
11. Remove the bay leaves and adjust seasonings, adding more salt if desired.
12. Serve over zucchini noodles or your choice of brown rice pasta.

## TURKEY CHILI

Servings: 4

### *ingredients*

- 1 1/2 tsp olive oil
- 1 lb ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 oz can) crushed tomatoes
- 1 (16 oz can) kidney beans - drained, rinsed and mashed
- 1 Tbs garlic
- 2 Tbs chili powder
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground cayenne pepper
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp ground black pepper

### *directions*

- 1 Heat the oil in a large pot over medium heat. Place turkey in pot and cook until evenly brown.
  2. Stir in onion, cook until tender.
  3. Pour water into pot. Mix in tomatoes, kidney beans and garlic. Season with chili powder, paprika, oregano, cayenne pepper, cumin, salt and pepper.
  4. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes.
- Top with avocado slices.

# BEEF AND BUTTERNUT SQUASH STEW

Servings: 6

## ingredients

- 2 lbs butternut squash, peeled and cubed
- 3-4 tbs olive oil
- 1 large onion, chopped
- 2 lbs lean beef chuck
- 32 oz Beef or Chicken Stock
- 2 garlic cloves, crushed
- sprig fresh thyme, or dried
- sprig of rosemary, or dried
- 1 tsp salt
- 1 tsp pepper

## directions

1. Prepare the squash: Using a heavy, sharpened chef's knife, cut off about 1/4-inch from the bottom of the squash in an even slice. Then cut off 1/4-inch from the stem end. Holding the squash in one hand, use a sharp vegetable peeler in the other hand to peel off the outer layer of the squash. You can also secure the squash standing upright and peel it in downward strokes with the peeler.

Cut the squash in half. Stand the peeled squash upright on a cutting board. It shouldn't wobble, you want the squash to be stable. (If it is wobbly, make another cut at the bottom to even it out.) Make one long cut, down the middle from the top to bottom, with a heavy chef's knife.

Scrape out the seeds: Use a metal spoon to scrape out the seeds and the stringy pulp from the squash cavity. Cut into cubes.

2. If your beef is not already cut into pieces then cut it up into cubes, and the same for the onion.

3. Heat the oil on a medium heat in a large pot with a solid bottom, then add the onion and sauté for a couple minutes, now add the beef and brown it for a couple of minutes.

4. Add the beef stock, herbs, salt, and pepper. Cook it on the stove top and simmer for about an hour with a lid on the pot, do not boil.

5. Finally add the butternut squash and cook for a further 30 minutes or until beef is tender.

**SLOW COOKER INSTRUCTIONS:** Follow the directions as before and sauté the onions and brown the beef. Now you want to add the beef, onions, butternut squash and all remaining ingredients into the slow cooker. Cook it on low for 5 - 6 hours, or high for about 3 - 4 hours. How long it takes will depend on the heat of your slow cooker, check it after 3 hours so see if the meat is tender and the squash is soft.

# CREAMY GARLIC SPAGHETTI SQUASH CASSEROLE

Servings: 2

## *ingredients*

- 1 medium spaghetti squash
- 4 cups broccoli florets
- 1 lb chicken sausage
- 2 cups mushrooms, diced
- 2 tbs minced garlic
- 16 oz. coconut milk
- 1/4 cup arrowroot flour
- salt and pepper

## *directions*

- 1 Preheat oven to 425-degrees (F).
2. Slice the spaghetti squash lengthwise and scoop out the seeds.
3. Place the two halves face-down on a baking sheet and place in the oven to bake for 30 minutes.
4. While the squash is cooking, begin cooking the sausage. Heat a large pan and add in the sausage. Break it into pieces with a spatula and cook, stirring occasionally, until browned and cooked through, about 8 minutes.
5. Remove from pan and set aside. Reserve at least 1 tbs of fat in the pan for the sauce that you'll make later.
6. Remove squash from the oven after 30 minutes and set aside to cool. Keep the oven at 425 degrees.
7. While the squash is cooling, prepare the creamy garlic sauce.
8. Heat the same pan you cooked the sausage in over medium heat. Once hot, add mushrooms and cook until they begin to soften, about 2 minutes.
9. Add in the arrowroot flour and crushed garlic and stir around to mix well with the mushrooms, about 1-2 minutes.
10. Next, add in coconut milk, stirring constantly for 2 minutes. Be sure to mix well to dissolve all the flour into the milk. Use a whisk to mix if needed. The sauce will bubble and thicken, keep stirring to prevent burning. After 2 minutes turn heat down to low and simmer.
11. Now, put it all together. With a fork, scrape out the spaghetti squash "noodles" into a medium casserole dish. Add the cooked sausage, broccoli, and creamy garlic sauce. Mix everything together well.
12. Place back in the oven to bake for 15 more minutes.
13. Remove and serve.





# SLOW COOKER

## *recipes*

- SLOW COOKER BEEF STEW
- SLOW COOKER LASAGNA
- SLOW COOKER STUFFED PEPPERS
- SLOW COOKER SWEET POTATO CURRY
- SLOW COOKER CHICKEN BURRITO BOWLS
- SLOW COOKER HONEY GARLIC CHICKEN
- SLOW COOKER CHICKEN POT PIE
- SLOW COOKER SPINACH ARTICHOKE CHICKEN

## SLOW COOKER BEEF STEW

Servings: 4 - 6

### *ingredients*

- 2 1/2 – 3 lbs grass fed steak
- 3–4 medium sweet potatoes
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 medium onion, chopped
- 3 1/2 Tbs GF brown rice flour
- 2 Tbs olive oil
- 4 cups organic beef broth
- 2 Tbs tomato paste
- 2 cloves minced garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- 3/4 tsp thyme
- 1/2 tsp rosemary

### *directions*

1. Chop carrots, celery and onion.
2. Peel and chop sweet potatoes into 1-2" cubes.
3. Season beef with a pinch of salt and pepper & coat in 1/2 Tbs brown rice flour.
4. In a large pan, heat olive oil over medium-high heat. Add beef & let brown on all sides. While beef is browning, add all other ingredients (except for brown rice flour) to the slow cooker..
5. Add beef to the slow cooker and stir.
6. Cook on low for 6-8 hours or on high for 4 hours.
7. Once the stew is done cooking, add 3 Tbs of gluten free brown rice flour to thicken the stew and stir.

## SLOW COOKER LASAGNA

Servings: 6

### *ingredients*

- 1 lb ground turkey
- 1 tsp sea salt (optional)
- 1 1/2 jars organic tomato sauce
- 1 medium zucchini, chopped
- 1 medium yellow squash, chopped
- 1 package brown rice lasagna noodles
- fresh basil for garnish
- Diya shredded cheese for top (optional)

### *directions*

1. Sauté meat over medium-high heat until browned and set aside.
2. Layer your lasagna ingredients in the slow cooker: 1/3 of tomato sauce, half of cooked meat, half of each of the zucchini and yellow squash, then half of the noodles covering the top.
3. Repeat those steps with the remaining ingredients, layering as you did before.
4. Top with any leftover tomato sauce.
5. Cover the slow cooker and cook on high for 4 hours or low for 8 hours.

## SLOW COOKER STUFFED PEPPERS

Servings: 2

### *ingredients*

- 2 Tbs extra virgin olive oil
- 1 lb extra lean ground turkey
- 1 tsp minced garlic
- ½ cup onions, diced
- ½ cup yellow peppers, diced
- ½ cup sweet potato, diced
- pepper and himilayan sea salt
- ½ tsp chili powder
- ¼ tsp cumin
- ¼ tsp smoked paprika
- fresh parsley for garnish

### *directions*

1. Brown the turkey.
2. Add all ingredients to the slow cooker.
3. Cook on low for 6 hours.

## SLOW COOKER SWEET POTATO CURRY

Servings: 6

### *ingredients*

- 1 medium to large sweet potato, cut into 1" pieces
- 1 small onion, diced
- 1 (19 oz) can chickpeas, drained
- 1 (28 oz) can diced tomatoes
- ½ cup red lentils
- 4 cloves garlic, minced
- 2 Tbs curry power
- ½ Tbs ground cumin
- 1 Tbs garam masala
- 2 cups vegetable broth salt and pepper to taste
- cilantro for topping

### *directions*

1. Prepare your sweet potato and onion.
2. Add all ingredients to your slow cooker.
3. Give it a good stir, then cooke on low for 6-8 hours.
4. The full 8 hours makes it more of a thicker stew consistency because the sweet potatoes release more of their starch.
5. Serve with freshly chopped cilantro



## CHICKEN TACO BOWLS

Servings: 6

### *ingredients*

- 3 - 4 frozen chicken breasts
- 1 jar organic salsa
- 1 can organic black beans (do not drain)

### *directions*

1. Place everything in the crockpot in the order listed. Do not drain beans.
2. Cook on low for 8 hours or high for 4 hours.
3. Shred chicken and mix ingredients.

Great with bean chips, over brown rice or in lettuce wraps

TOPPING IDEAS: chopped cilantro, diced avocado, salsa, approved hot sauce, diced green onion, shredded lettuce

## SLOW COOKER SWEET GARLIC CHICKEN

Servings: 6

### *ingredients*

- 4 Boneless, skinless chicken breasts
- 1 lb sweet potatoes, halved
- 1 lb baby carrots
- 1 lb green beans, trimmed
- 1/3 cup agave
- 1/4 cup coconut aminos
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper

### *directions*

1. Put chicken breasts, sweet potatoes and carrots in slow cooker.
2. In a separate bowl, whisk together coconut aminos, honey, garlic, basil, oregano & pepper.
3. Cook on low for 7-8 hours or on high for 4 hours.
4. Add the green beans during the last 30 minutes of cook time.

## SLOW COOKER CHICKEN POT PIE

Servings: 4

### *ingredients*

- 2 cups chopped yellow onion
- 3 cups chopped carrots
- 2 cups chopped celery
- 1 tsp kosher salt
- 32oz chicken stock
- 1 bay leaf
- 2 pounds boneless, skinless chicken legs and thighs
- 1 cup frozen peas - defrosted
- ¾ cup full-fat canned coconut milk

### *directions*

1. Add the onion, carrot, celery, salt and chicken stock to the slow cooker, stirring to combine.
2. Add the chicken and bay leaf stirring again.
3. Cover and cook on high for 4-6 hours or low for 6-8 hours, or until the veggies are very tender and the chicken is cooked through.
4. Remove the chicken and cut into 1 inch pieces.
5. Add the chicken back to the slow cooker along with the coconut milk and peas.

## SLOW COOKER SPINACH ARTICHOKE CHICKEN

Servings: 6

### *ingredients*

- 8 cups loosely packed spinach chopped
- 1 cup chicken broth
- 4 (6-8 ounce) whole chicken breasts
- 3 cloves garlic, chopped
- 1/4 sweet onion finely chopped
- 4 Tbs avocado
- 4 Tbs vegan cheese (optional)
- 1 (14-ounce) can artichoke hearts
- 1 cup chopped cherry tomatoes
- salt and pepper to taste

### *directions*

1. Place spinach, chicken broth and chicken in the crockpot.
2. Sprinkle with garlic, onion and salt and pepper.
3. Cover and cook on low for 6-8 hours (or high from 4-6 hours).
4. Just before serving, gently remove chicken breasts from slow cooker and place on serving platters.
5. Stir in avocado, vegan cheese and artichokes until creamy.
6. Spoon sauce over chicken.
7. Top with tomatoes and a sprinkle of vegan cheese if desired.