MORE THAN 60 *Recipes*

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TONICS

LEMON WATER ELIXIR

12-16 oz water
1-2 teaspoons of organic unfiltered apple cider vinegar
1-2 oz lemon juice (1/3 lemon or concentrate)
(optional) 1 teaspoon raw honey, maple syrup, or stevia to sweeten

NOTE: If you feel nauseous or experience tightness in the chest after drinking this, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during a detox. Continue to drink the Lemon Water without the apple cider vinegar (or only use ½ teaspoon ACV) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

ANTI AGING BEAUTY TEA

Consuming cranberry juice daily helps to emulsify fat and reduce the appearance of cellulite.
1 tea bag of decaf dandelion
1 tea bag of decaf nettle
(or 2 bags of any Traditional Medicinal detox teas)
2 tablespoons cranberry juice concentrate (NO SUGAR ADDED)
(optional) 1 teaspoon of raw honey, maple syrup, or ½ tsp stevia to taste

To Make: Steep the tea bags in 16 - 24 ounces of hot water for 15 minutes or more. Remove the tea bags, then add cranberry juice concentrate. Chill with ice in your refrigerator and drink throughout the day.
NOTE: If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead. Try to get no sugar added. Or you can always buy an organic powder of pure or mixed fruits: cranberry, pomegranate, cherry, acai.

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DAIRY-FREE MILKS

***NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt instead.

The leftover pulp in the bag can be used for other recipes, like the protein balls or crackers. You can also spread it out on a baking sheet, dry it in the oven at a low temperature, leave on the counter to cool overnight, then process it into **meal (flour)** using a food processor or high-speed blender.

ALMOND MILK OR SUNFLOWER SEED MILK

Makes 4 cups
1 cup raw almonds or sunflower seeds (soaked for 8 hours)
4 cups water
(Optional adds) 1 tsp of vanilla extract or 4 Tbsp cacao powder
Sweetener to taste – honey, monk fruit, stevia

Place soaked almonds or sunflowers in blender (discard soaking water). Add 4 cups of fresh water. Blend for 1 to 2 minutes until the nuts or seeds are finely ground. Pour liquid into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The pulp should be left inside the bag, you can use it later in other recipes.

Store milk in a container in the coldest part of the refrigerator. The milk should last 3 days before spoiling.

HEMP SEED MILK

Makes 2 cups
⅓ cup hemp seeds
2 cups water
Optional ½ teaspoon cinnamon
(Optional adds) 1 tsp of vanilla extract or 4 Tbsp cacao powder
Sweetener to taste – honey, monk fruit, stevia

Place hemp seeds in blender. Add 2 cups of water. Blend for 1 to 2 minutes. Pour hemp seed milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag to use in other recipes.

Store milk in a container in the coldest part of the refrigerator. The milk should last 3 days before spoiling.

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SMOOTHIES

Directions: You can use almost any fruits & vegetables in smoothies, so get creative. Fruits & Veggies can be fresh or frozen chunks. Combine all raw ingredients in your blender & blend until smooth. Then add any powders. Add more water to reach your desired consistency. Add ice if needed and blend.

Looking for a few ideas to add to your smoothie?

- chia, flax, hemp, sesame seeds
- spirulina/chlorella
- supergreens powder
- bee pollen
- Wellness super blend powder
- raw cacao (for chocolate)
- superfoods smoothie powder
- organic powders; acai, pomegranate, beet, matcha
- camu camu (for vitamin C)
- collagen protein powder
- goji berries
- golden milk powder (anti-inflammatory)

CLEANSING SMOOTHIE

1 ½ cups water (may need to add more)
1-2 stalks of cut celery
1 small cucumber
1/3 avocado
½ cup pineapple, peach or mango chunks
1 teaspoon flax or sesame seeds
2 Tbsp Collagen powder
1-2 oz lemon juice
1 tsp of raw honey, maple syrup, monk fruit or ¼ tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

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GREEN SMOOTHIE – YUMMY & CREAMY

1 ½ cups Water
1 ½ cups spinach or kale
½ cup shredded cabbage/broccoli (grocery has bag shred for coleslaw)
1 teaspoon flax or sesame seeds
¼ avocado
½ of banana and ¼ cup mango chunks or any fruit
2 Tbsp collagen powder
Dash of cinnamon
1 teaspoon of raw honey, maple syrup, or 1/3 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

CHOCOLATE BANANA SMOOTHIE

1 ½ cups Water (may need to add more)
1 ½ cups spinach, kale or cabbage, broccoli
½ avocado
1 banana
1 teaspoon flax or sesame seeds
2 teaspoons of cacao powder
2 Tbsp collagen powder
1 tsp of raw honey, maple syrup, monk fruit or ¼ tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

ANTI-INFLAMMATORY SMOOTHIE

1½ cups water (may need to add more)
1½ cup of spinach, kale, cabbage or broccoli (slaw mix)
1 orange, without peel
1 teaspoon flax or sesame seeds
⅓ avocado
½ teaspoon of each: turmeric, ginger & cinnamon
2 Tbsp collagen powder
1-2 oz lemon juice
1 teaspoon of raw honey, maple syrup, monk fruit or 1/2 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

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PEACH SMOOTHIE

1 ½ cups dairy free milk or water
1 cucumber
2 kales leaves
1 peach, without pit
½ avocado
2 Tbsp collagen powder
dash of ginger powder

BERRY SMOOTHIE

same
same
spinach
1 cup berries
same
same
tsp of flaxseeds

SNACKS

ROASTED CHICKPEAS

1 15.5 ounce can chickpeas, drained and rinsed

1 tablespoon avocado oil

1 teaspoon garlic powder

1 teaspoon onion powder

1 tsp paprika & parsley

If you like spicey = 1 tablespoon ground cumin & 1 teaspoon chili powder

sea salt and black pepper to taste

Preheat oven to 350 degrees Fahrenheit or air fryer.

Combine all ingredients in a mixing bowl. Mix until chickpeas are well coated. Spread the chickpeas onto a baking sheet. Roast until slightly crispy, about 45 minutes.

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SALT AND PEPPER FLAX CRACKERS

1 cup ground flax seeds, 2 tablespoons chia seeds
1 teaspoon sea salt, 1 teaspoon black pepper
½ cup water, (add a dash of any herbs you like, ex: basil & parsley)

Preheat the oven to 375 degrees Fahrenheit. Combine dry ingredients in a bowl and mix well. Stir in water. Allow the mixture to set for about 10 minutes. Mix again and pour onto a greased baking sheet. Bake for about 35 to 40 minutes until the center is dry. Remove from the oven and let it cool. Break into crackers and store in airtight container for up to 2 weeks.

STRAWBERRY OATMEAL LOAF

1 cup sliced strawberries
2 tablespoons ground flax seed
¼ cup dairy-free milk (with sweetener: honey, monk fruit, stevia)
1 tablespoon avocado oil
1 teaspoon vanilla extract
4 tablespoons honey
1 teaspoon cinnamon
1-inch piece of ginger, grated
1 ½ cups rolled oats (can also use buckwheat grouts for easier digestion)
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon sea salt
1/8 cup water

Preheat the oven to 350 degrees Fahrenheit.

Combine all ingredients except strawberries in a mixing bowl. Mix well. Fold in strawberries. Spread mix into small greased baking pan (9-inch or smaller). Bake for about 15 minutes.

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BAKED KALE CHIPS

1 bunch kale
1 tablespoon olive oil
1 teaspoon flaked sea salt

Preheat an oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.

Wash and thoroughly dry kale. Carefully remove kale leaves from the thick stems and tear or cut into large bite size pieces. In large bowl, drizzle kale leaves with olive oil (or an olive oil spray) and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.

PINEAPPLE COCONUT CHIA BITES

1 cup unsweetened shredded coconut
6 dates + ½ cup dried pineapple (or any other dried fruit)
1 scoop collagen powder
1 tablespoon water, ½ tsp vanilla extract
2 tablespoons chia seeds, pinch of sea salt

Combine all ingredients in a high-speed blender or food processor. Mix until it forms a thick paste. You may have to scrape it down with a spatula a couple of times. Using about a tablespoon of the mixture, roll into balls.
These are a little soft, so store in an airtight container in the refrigerator.

GOJI BERRY PROTEIN BITES

1 cup rolled oats
¾ cup sunflower seed butter (or almond butter)
¼ cup ground flax seed
2 tablespoons dried goji berries (or any fruit)
3 pitted dates
1 teaspoon cinnamon

Mix all the ingredients in a high-speed blender. Mix well. Scoop out into balls and store in an airtight container.

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SWEET OATMEAL TAHINI BITES

1 ½ cups rolled oats
1 scoops collagen powder
1 teaspoon cinnamon
2 tablespoons chia seeds
½ cup tahini
5 dates
¼ tsp vanilla extract
¼ cup water OR dairy-free milk

Combine all ingredients in a high-speed blender. Mix well. Scoop out into balls and store in airtight container.

VEGGIE DIPS

OLIVE HUMMUS

1 can drained and rinsed garbanzo beans
½ cup of olives (no pits)
1 garlic clove or 2 frozen garlic cubes
¼ cup tahini
2 Tbsp lemon juice
3 tsp olive oil
¼ tsp salt
Dash of onion powder, basil & paprika

Add beans & olives to food processor and pulse.
Mix all other ingredients into small bowl and add to food processor.
Pulse/puree until well mixed, you may need to add a bit of water or lemon juice while mixing if too dry.

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DETOX PESTO

2 garlic cloves, chopped
½ cup sunflower seeds
½ cup pumpkin seeds
1 bunch cilantro
1 bunch parsley
½ bunch mint
½ cup extra virgin olive oil (add more if needed)
Juice of 1 lemon
sea salt and black pepper to taste

Add all ingredients to a blender and blend until smooth.

GARLIC PEA DIP

2 cups peas
1 garlic clove, chopped
2 tablespoons tahini
¼ cup extra virgin olive oil
Juice of 1 lemon
½ bunch mint
sea salt and black pepper to taste

Boil peas for about 1 to 2 minutes until tender. Drain and add to a blender with remaining ingredients. Blend until smooth.

CUCUMBER MINT DIP

2 cups plain dairy-free coconut yogurt
2 cucumbers, peeled and finely chopped
2 garlic cloves, chopped
Juice of 1 lemon
sea salt and black pepper to taste
handful of mint leaves, chopped

Combine all ingredients in a bowl and mix well. Serve chilled.

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DRESSINGS

YUMMY OIL & VINEGAR

½ cup Extra virgin olive oil
¼ cup balsamic vinegar
1 tsp honey
1 garlic clove or cube
Lemon squeeze
Chop any fresh herbs or dash with dried herbs you like: onion, basil, oregano. parsley, thyme…
Add salt & pepper and shake.
Store in fridge in airtight container for up to 2 weeks.

LEMON TURMERIC GINGER DRESSING

½ cup extra virgin olive oil
Juice of 2 lemons
1 teaspoon turmeric
½ teaspoon ground ginger
sea salt and black pepper to taste
1 teaspoon honey (optional)

Combine all ingredients in a bowl or mason jar with a lid. Mix well and serve over salad. Store remaining dressing in refrigerator for up to 2 weeks.

4 TAHINI DRESSINGS

Option to add ¼ tsp of Dark Sesame Oil to any recipe for more flavor.

Basic Tahini Sauce

- ½ cup tahini
- ¼ cup fresh lemon juice
- 6 tablespoons water, plus more as needed

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- 1 small garlic clove, grated or pressed
- ½ teaspoon sea salt

Turmeric Tahini

- 1 recipe Basic Tahini Sauce
- ½ to 1 teaspoon dried turmeric
- 1 teaspoon maple syrup or honey
- 1 teaspoon grated fresh ginger
- 1 teaspoon extra-virgin olive oil

Green Tahini

- 1 recipe Basic Tahini Sauce
- Heaping ¾ cup cilantro
- Heaping ¾ cup parsley
- ¼ teaspoon cumin
- 1 teaspoon maple syrup or honey
- 1 teaspoon extra-virgin olive oil

Beet Tahini

- 1 recipe Basic Tahini Sauce
- 1 small beet, roasted and peeled (or beet powder)
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- Water, to thin, if necessary

Instructions

Option to add ½ tsp of Dark Sesame Oil to any recipe for more flavor.

- Basic Tahini Sauce: In a small bowl, stir together the tahini, lemon juice, water, garlic, and sea salt. Store remaining dressing in refrigerator for up to 2 weeks.
- Turmeric Tahini: Add the turmeric, maple syrup, ginger, and olive oil to 1 recipe of Basic Tahini Sauce. Stir until combined.

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- Green Tahini: Place 1 recipe of Basic Tahini Sauce in a food processor and add the cilantro, parsley, cumin, maple syrup, and olive oil. Pulse until combined.
- Beet Tahini: Place 1 recipe of Basic Tahini Sauce in a food processor and add the roasted beet, cumin, and coriander. Puree until smooth, adding water if needed.

Notes

Since tahini brands vary in flavor, it's important to taste and adjust. If you find any variation too bitter, add ¼ to ½ teaspoon maple syrup or honey to balance the flavor. If it's too sharp, add ½ to 1 teaspoon extra-virgin olive oil to mellow the flavor.

APPLE CIDER VINEGAR DRESSING

¼ cup raw apple cider vinegar

Juice of 1 lemon

1 garlic clove, chopped

½ cup extra virgin olive oil

1 teaspoon honey (optional)

sea salt and black pepper to taste

Combine all ingredients in a bowl or mason jar with a lid. Mix well and serve over salad. Store remaining dressing in refrigerator for up to 2 weeks.

JAPANESE CARROT GINGER DRESSING

Makes 2 cups & will keep in the fridge for up to 2 weeks.

7 ounces carrots (peeled and chopped)
4 ounces onion (peeled and finely chopped)
2 tablespoons ginger (peeled and finely chopped)
1 tablespoon raw honey
1/4 cup (gluten free) tamari or soy sauce

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1/2 cup rice vinegar
1/2 teaspoon salt
3/4 cup organic olive or avocado oil

Put all the ingredients except for the oil in a blender and blend until smooth. Slowly add the oil and blend until the mixture has emulsified. Serve over salad.

SAUCES

NOMATO SAUCE

(Tomato free marinara)
1 Tbs olive oil
2 cloves garlic,
chopped 1 onion,
diced 3 large carrots,
chopped 2 celery stalks,
chopped 1 small beet,
peeled and chopped 1 Tbs fresh basil,
chopped 1 tsp dried oregano
1 tsp dried parsley
1 Tbs maple syrup or honey
1 tsp salt
1 – 2 cups vegetable stock, chicken broth or water
2 Tbs lemon juice or balsamic vinegar

1. Heat oil in a large saucepan over medium heat and roughly chop the veggies. Even though everything gets blitzed together I still like to chop everything fairly small so the flavors disperse better.
2. Add onions first and allow to cook until translucent for 5 minutes while chopping the rest of the vegetables.
3. Add the remaining vegetables and dried herbs and stir to combine and cook until tender (another 5 or so minutes). Stirring to avoid any burnt bits!

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4. Add the lemon juice, maple syrup (or other sweetener) seasoning and broth (stock or water). Use enough liquid to just cover the veggies and cook for a further 10 minutes until the veggies are soft.
5. Once ready, pop in the fresh basil, give it a good mix and use a hand stick blender to pulse until you achieve a nice thick red sauce.
Alternatively, pop into a food processor or blender until you have the desired consistency.
6. Store in the fridge for up to 5 days or freeze in batches for up to 3 months
Optional: add half a cup of pumpkin or sweet potato puree. Another flavor option is to add 5-10 pitted kalamata olives.

PESTO SAUCE #1

1/2 cup olive oil
4 cups packed spinach leaves
2 cups packed basil leaves
2 cloves garlic
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper
Place the olive oil, spinach, basil, garlic, garlic, lemon juice, salt, and pepper in a food processor or blender. Turn on the machine and blend for 30 seconds. Stop and scrape with a spatula and blend again until smooth. Taste and add more salt and pepper, if necessary. Serve with pasta, veggies, chicken, fish, as a spread, etc. Store the pesto in a jar or container in the fridge for up to 1 week. This pesto also freezes well. Enjoy!

PESTO SAUCE #2

1/3 cup (48 g) pumpkin seeds or pepitas
3 cloves of garlic
Juice of 1 lemon*
3 tablespoons nutritional yeast
2 ounces (55 g) fresh basil, de-stemmed (about 2 cups)
1/2 teaspoon red chili flakes (*optional*)
1/2 teaspoon salt, or to taste

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1/2 cup (120 ml) high-quality extra virgin olive oil

Blend: add the pumpkin seeds, garlic, lemon juice, nutritional yeast, basil, chili flakes if using, and salt to a food processor. Close the lid and begin to process, then use the opening in the device to slowly pour in the olive oil. Process for at least 60-90 seconds, or until the pumpkin seeds are finely chopped and have softened slightly.
Store & Serve: season with additional salt or red pepper flakes, if desired. Use immediately, or transfer to a container with a tight-fitting lid. Store in the fridge for up to 7 days, or in the freezer for up to 2 months.

WHITE BEAN SAUCE

Will keep for 3 days in fridge

- 3 cloves garlic
- 1/2 onion *(yellow or white)*
- dash of parsley
- dash of ginger
- 1 tablespoon olive oil
- 1 tablespoon coconut aminos
- 1/2 cup vegetable broth
- 2 tablespoons lemon juice
- 1 can cannellini beans *drained and rinsed*
- 1 tablespoon nutritional yeast (for nutty cheesy flavor)
- 1 teaspoon salt
- 1/2 teaspoon pepper

Mince garlic and chop onion. Heat olive oil in a small saucepan on medium heat. Add garlic and onion and sauté until soft. In a blender, add cooked garlic and onion, plus vegetable broth, lemon juice, coconut aminos, cannellini beans, nutritional yeast, salt & pepper. Blend until creamy and smooth. Heat in saucepan and serve over faux pasta noodles.

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CREAMY MUSHROOM SAUCE

3 tablespoons olive oil
½ onion, chopped
10 oz. sliced mushrooms
3 tablespoons any ground up seed – hemp, sesame, flaxseed
1 ½ cups dairy free milk
salt and pepper to taste
dried thyme & parsley

Heat the olive oil in a saucepan over medium heat. Add in the onion and sauté in the olive oil until soft.

Add in the sliced mushrooms and sauté for about another 5 minutes or so until the mushrooms soften.

Sprinkle the ground seed flour over the onion and mushrooms and continue to cook and stir for about 3 minutes.

Stir in one cup of non-dairy milk until smooth. Allow the sauce to thicken and then stir in the remaining milk and season with salt, pepper, and dried thyme.

Reduce the heat to medium low and allow everything to simmer until thickened to your desire, about 10 minutes.

Serve warm over veggies, faux pasta or mashed cauliflower.

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BASIC RECIPES

MARINATED CHICKEN BREASTS (SPICY)

(4 Servings)

4 chicken breasts, chopped into bite-sized pieces

2 lemons, juiced

1 tablespoon extra-virgin olive oil

2 teaspoons cumin powder

2 teaspoons garlic powder

Sea salt and black pepper, to taste

Add all the ingredients to an airtight container. Mix well and cover. Place in the refrigerator for at least 30 minutes before cooking (overnight is best).

Place a skillet over medium heat. Once the pan is hot, add the chicken and marinade onto the pan. Sauté for 5 to 7 minutes until the chicken is fully cooked. Remove from the pan and place onto a clean plate to cool before serving.

MARINATED CHICKEN BREASTS (NOT SPICY)

(2 Servings)
2 chicken breasts
1 lemon, juiced
1 tablespoon extra-virgin olive oil
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon paprika powder
1 teaspoons coconut aminos
Sea salt and black pepper, to taste

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PAN ROASTED SALMON

(4 Servings)

1 tablespoon olive oil
4 salmon fillets
2 teaspoons dried basil, onion & garlic powder
Sea salt and black pepper, to taste

Place a skillet on the stove over medium heat. Add coconut oil. Season the salmon with basil, sea salt, and black pepper. Place into the pan and cook for 3 to 5 minutes per side. Remove the salmon from the pan to cool.

QUINOA OR BROWN RICE

(3-4 Servings)

1 cup uncooked quinoa or brown rice
2 cups water or broth (vegetable or bone broth)
sea salt to taste

Combine quinoa or rice, liquid and sea salt in a medium sized pot. Cover and bring to a boil. Once the pot is boiling, reduce the heat and allow the quinoa or rice to simmer until the liquid is absorbed (about 15 minutes for quinoa, about 30 minutes for rice). Fluff with a fork before serving.

EASY LENTILS

(3-4 Servings)

1 cup dry lentils (brown or green)
2 cups water OR vegetable broth
1 bay leaf
1 garlic clove, chopped
sea salt and black pepper to taste

Combine all the ingredients in a medium pot. Simmer, uncovered, for about 20 minutes until most of the liquid is absorbed. The lentils should be tender when done. Add more liquid, if necessary, to complete the cooking process.

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BREAKFASTS

OATMEAL WITH FRESH FRUIT

2 cups water, 1 cup rolled oats, 1 heaping tablespoon collagen powder
1 teaspoon cinnamon, non-dairy milk & fresh fruit of your choice.

Combine water and oats in a medium pot over medium heat. Allow the mixture to come to a light boil. Add collagen powder & cinnamon. Mix well to desired consistency. Serve in a bowl topped with & fresh fruit of your choice & milk.

CHIA PUDDING

2 servings, good in fridge for 4 days – also great as a snack.

½ cup dairy-free unsweetened seed milk
½ cup water
2 tablespoons raw honey or 1/3 teaspoon stevia
½ teaspoon vanilla extract
2 tbsp collagen powder
3 dashes of cinnamon
⅓ cup chia seeds
1 cup fresh berries (or fruit of your choice)
(optional) 2 teaspoon raw cacao powder if you need a chocolate fix.

Add milk, water, sweetener of choice, vanilla, collagen, cinnamon, and optional cacao powder together in a bowl. Mix in the chia seeds and stir. Allow the mixture to set for about 10 minutes in fridge (or overnight in air tight container) to allow the chia seeds to absorb the liquid. Stir again and top with fresh fruit. Optional drizzle with honey.

For warm pudding, heat the dairy-free milk & water over low heat several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, (cacao) and chia seeds. Mix well, then leave the pudding to set. Serve with fresh fruit.

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STRAWBERRY CHOCOLATE CHIA PUDDING

2 servings, good in fridge for 4 days – great as a snack.

½ cup dairy-free unsweetened seed milk
½ cup water
2 tablespoons raw honey or 1/3 teaspoon stevia
½ teaspoon vanilla extract
3 dashes of cinnamon
2 tbsp collagen powder
2-3 teaspoon raw cacao powder
⅓ cup chia seeds
1 cup fresh strawberries

Add milk, water, sweetener of choice, vanilla, cinnamon, collagen and cacao powder together in a bowl. Mix in the chia seeds and stir. Allow the mixture to set for about 10 minutes in fridge (or overnight in air tight container) to allow the chia seeds to absorb the liquid. Stir again and top with fresh strawberries. Optional drizzle with honey.

For warm pudding, heat the dairy-free milk & water over low heat several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, cacao, and chia seeds. Mix well, then leave the pudding to set. Serve with fresh fruit.

BUCKWHEAT POWER PORRIDGE WITH FRESH FRUIT

Can make this the night before.

1 tsp vanilla extract
5 dates + 3/4 cup water or non-dairy milk
1/2 teaspoon cinnamon
1 tbsp collagen powder
1/4 cup chia seeds
1/4 cup buckwheat groats raw
1/4 cup blueberries (or fruit of choice)
honey for drizzling if desired

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Combine dates, vanilla, water/milk, collagen in blender. Blend until smooth. In a small bowl, combine buckwheat and chia seeds. Add liquid mixture to bowl and stir well. Place in fridge for about 15 minutes or overnight. Top with wild blueberries. Drizzle with honey, if desired.

LUNCH

MIXED GREENS WITH FRUIT AND SEEDS WITH SALMON

2 Servings

4 cups mixed greens
½ cup fresh strawberries, chopped
½ cup blueberries
½ cup chopped red onion
½ cup pumpkin seeds
1 avocado
2 salmon fillets (recipe in Basics)

Combine all ingredients in a large bowl. Serve with salmon and your favorite salad dressing.

CABBAGE SALAD WITH MARINATED CHICKEN BREASTS

2 Servings

2 cups thinly sliced red cabbage
2 cups mixed greens, spinach or kale
2 celery ribs, chopped
1 cucumber, sliced
½ cup olives
½ cup chopped red onion
1 cup cooked quinoa
1 cup Marinated Chicken Breasts (recipe in Basics)

Combine all ingredients in a large bowl and mix well. Serve with cooked chicken breasts and your favorite salad dressing.

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SALAD WITH ROTISSERIE CHICKEN

2 cups of any chopped greens (romaine, spinach, mixed greens, kale etc.)
½ cucumber, chopped
½ avocado
(optional) add any vegs: celery, carrots, artichoke, red onion, asparagus, beets, olives, broccoli, etc. – no tomatoes or corn.
1 plain rotisserie roasted chicken from the deli
optional: 1/2 cup of cooked quinoa

Combine all ingredients in a large bowl. Top with cut chicken and your favorite salad dressing from Recipe guide.

ASIAN BOWL WITH ROTISSERIE CHICKEN

(4 Servings)
1 tablespoon avocado or olive oil
1 onion, chopped
2 garlic cloves, chopped
1 bunch thinly sliced of your choice: Bok choy, collard greens, chard, kale (or 16 oz bag prechopped)
½ cup water
1–2 inch piece of ginger, grated
1 tablespoon (gluten free) tamari
sea salt and black pepper to taste
1/2 teaspoon toasted sesame oil
1 avocado
2 tablespoons tahini dressing (recipe in Dressings)
2 cups rotisserie chicken, or protein of your choice
optional: 1/2 cup of cooked quinoa

Add chopped onion and garlic (or frozen cubes) to oil in pan. Cook until fragrant (about 3 minutes). Add greens and water. Cover and allow the greens to steam for about 20 minutes (Bok choy less). Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Continue to sauté until the greens are tender. Top with sesame oil, avocado, tahini dressing, and chicken.

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JICAMA PAPAYA SALAD WITH SALMON

2 Servings

2 cups mixed greens
½ bunch cilantro, chopped
1 cup peeled and chopped jicama
1 cup chopped papaya (mango or pineapple)
½ cup chopped red onion
Juice of 1 lime
2 salmon fillets (recipe in Basics)

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

LENTIL BURGER WITH GRILLED PINEAPPLE AND MIXED GREENS

4 Servings

2 cups cooked brown lentils
1 onion, chopped
1 garlic clove, chopped
3 tablespoons ground flax
1 teaspoon sea salt
1 teaspoon thyme
1 teaspoon curry powder
1 tablespoon of water or vegetable broth
1 tablespoon coconut oil (for frying)
4 pineapple slices
4 cups mixed greens

Combine lentils, onion, garlic, flax, sea salt, thyme, and curry powder in a large mixing bowl. Mash the ingredients well with a fork and form into burger patties. Add water or vegetable broth if the mixture is dry. Melt coconut oil in pan over high heat. Fry each burger until brown on both sides (about 3 to 5 minutes per side). Once the burgers are done, set to the side. Briefly fry the pineapple slices for about 2 minutes per side and place on top of the burgers. Serve with mixed greens and your favorite salad dressing.

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TUNA POKE BOWL

2 tablespoons soy sauce
2 tablespoons vegetable oil
1 tablespoon dk roasted sesame oil
1 tablespoons honey
2 teaspoons fresh grated ginger
3 scallions, white and green parts, thinly sliced
4 oz sushi-grade ahi tuna ¼ or ½ inch pieces (such as yellowfin or big-eye tuna)
1 cup rice

OPTIONAL TOPPINGS

- Sliced avocado
- Sliced cucumber
- Edamame
- Pickled ginger
- Diced mango
- Sesame seeds

In a medium bowl, whisk together the soy sauce, vegetable oil, sesame oil, honey, ginger and scallions. Add the tuna and toss. Let the mixture sit in the fridge for at least 15 minutes or up to 1 hour.

To serve, scoop rice into bowl, top with tuna and desired toppings. You will have extra sauce for drizzling over the top.

VEGGIE CHICKPEA GRAIN BOWL

(2 Servings)

1 tablespoon oil
2 Tbsp tamari or coconut aminos
onion & garlic chopped or frozen cubes
1 cup mushrooms
2 zucchinis & yellow squash, chopped
1 can of chickpeas drained & rinsed
sea salt and black pepper to taste
1 cup cooked brown rice

Add onion & garlic to oil in pan and sauté for 3 min, then mushrooms, zucchini, chickpeas & Tamari or Aminos. Sauté until soft (about 10 minutes). Season with sea salt and pepper. Serve over warm brown rice and pour remaining sauce from pan over entire dish.

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CARROT SALAD

3 large carrots, rinsed, trimmed, and peeled (or buy bag already shredded)
1 bunch parsley, rinsed and finely chopped (optional)
1 teaspoons Dijon mustard
1 tablespoon freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
1 teaspoon honey
1 pinch kosher salt
Sunflower seeds
Optional: 1/2 cup cooked Quinoa

Fit a food processor with a shredding blade and shred the carrots. Place shredded carrots in a serving bowl and add the parsley. Set aside.

In a small bowl, whisk together the mustard and lemon juice, then drizzle in olive oil while whisking. Whisk in honey and salt. Drizzle dressing over the shredded carrots and parsley and toss well to coat. Top with sunflower seeds if desired.

EASY BOWL

Mix any or all below in large bowl and enjoy!

½ can drained & rinsed of choice: Salmon, tuna, sardines, anchovies, herring or choice of drained & rinsed beans: navy, northern, garbanzo.

Veggies chopped up: cucumber, zucchini, carrots, olives, avocado, celery, artichoke, asparagus, beets, red onion. *No corn or tomato

¼ cup of choice: sunflower, sesame, hemp or pumpkin seeds.

(optional)1½ cup mixed greens

Top with Balsamic vinegar or a salad dressing from the recipe guide.

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WARM SOUPS

VEGETABLE BISON (OR TURKEY) SOUP

4 Servings

1 tablespoon olive or avocado oil
1 large onion, chopped
2 carrots, chopped
2 celery rib, chopped
2 garlic cloves, chopped
1 pound of ground bison
2 large zucchinis, chopped
1 15-ounce can navy (northern) beans, drained and rinsed
½ pound fresh green beans, chopped
1 bay leaf
2 teaspoons dried thyme
1 teaspoon dried basil
1 32-ounce container of vegetable or bone broth
sea salt and black pepper to taste
½ bunch parsley, chopped

Place oil in a large soup pot. Add onions, garlic, carrots, and celery. Cook until fragrant (about 3-5 minutes), may need to splash with broth. Add zucchini, drained beans, green beans, bay leaf, thyme, basil, and broth. Mix well, cover & simmer.

In separate pan, cook ground turkey or ground bison, cook over medium heat until brown, drain (not down your sink) and add to large pot of vegetables.
Simmer for 10 - 20 minutes or until the vegetables are cooked through.
Season with sea salt and pepper as needed. Add chopped parsley & serve.

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MINESTRONE

Serves 4

1 tablespoon olive oil
1 large onion, chopped
2 carrots, chopped
1 celery rib, chopped
2 garlic cloves, chopped
2 chicken breasts, chopped
2 large zucchinis, chopped
1 15-ounce can cannellini beans, drained and rinsed
½ pound fresh green beans, chopped
1 bay leaf
2 teaspoons dried thyme
1 teaspoon dried basil
1 32-ounce container of vegetable broth
sea salt and black pepper to taste
½ bunch parsley, chopped

Place oil in a large soup pot and melt over medium heat. Add onions, carrots, and celery. Cook until fragrant (about 3 minutes). Add garlic and chopped chicken. Sauté for 5 minutes. Add zucchini, canned beans, green beans, bay leaf, thyme, basil, and vegetable broth. Mix well and cover. Simmer for about 20 minutes or until the vegetables are cooked through. Season with sea salt and pepper as needed. Add chopped parsley and serve.

RED LENTIL STEW WITH FRESH GREEN BEANS

Serves 4

1 tablespoon olive oil
1 onion, chopped
2 garlic cloves, chopped
1 32-ounce container of broth (vegetable or bone)
1 cup dried red lentils (rinsed)
2 teaspoons ground cumin

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1 teaspoon ground turmeric
1 inch piece of fresh ginger, grated
½ pound fresh green beans
sea salt and black pepper to taste
Juice of 1 lemon

Add oil to large soup pot over medium heat with chopped onion and garlic. Cook until fragrant (about 3-5 minutes). Add broth, lentils, cumin, turmeric, ginger. Stir well and cover. Simmer for about 10 minutes. Then add green beans and cook additional 10 minutes. Until the lentils have fallen apart and the green beans are soft. Season with sea salt and black pepper as needed. Serve topped with lemon juice.

SPLIT PEA SOUP

4 Servings

1 tablespoon avocado oil
2 leeks, thinly sliced
1 onion, chopped
2 garlic cloves, chopped
1 bay leaf
2 large carrots, chopped
2 celery ribs, chopped
1 teaspoon rosemary
1 16-ounce rinsed bag of split peas (yellow or green)
1 32-ounce container of broth (vegetable or bone)
sea salt and black pepper to taste
Juice of 1 lemon

Add oil to a large pot over medium heat, add leeks, chopped onion, and garlic. Cook until fragrant (about 3-5 minutes). Add bay leaf, carrots, celery, rosemary, split peas, and vegetable broth. Mix well. Cover and simmer for about 40 minutes. Stir occasionally to ensure the soup doesn't burn on the bottom. Once the split peas are soft, season with sea salt and black pepper as needed. Stir in lemon juice and serve.

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DINNER

MARINATED CHICKEN BREAST & FRENCH GREEN BEANS

1 Tbsp Olive oil
chopped onion & garlic (or frozen cubes)
1 Tbsp coconut aminos or tamari sauce
1 cup mushrooms
1 cup French green beans
salt & pepper
1 marinated chicken breast (recipe under Basics)

Sauté' onions and garlic in olive oil for 3-5 minutes, add mushrooms & French green beans. Splash coconut aminos or tamari sauce over top, stir, and cook until they reach desired tenderness. Plate with cooked chicken breast. Sprinkle with sea salt and black pepper, to taste.

MINI BISON (OR TURKEY) BURGERS WITH ZUCCHINI BUN

1 pound ground turkey or bison
½ cup diced onion
¼ cup diced garlic
2 tbsp coconut aminos
1 Tablespoon olive or avocado oil
½ avocado
Large zucchini cut into thick round slices (for bun)
Sweet potato or bag of frozen sweet potato fries

Can move to the grill and make regular size burgers and grill thick zucchini slices.
Mix meat, onion, garlic and aminos together, then form small burgers (like a large meatball) add to pan with oil and squash down. Cook over medium heat until done – flipping half way. Use meat thermometer for doneness at 160*. Drain (not down your sink) and place each mini burger on a slice of zucchini, add a slice of avocado and top with another zucchini slice.

Side of baked sweet potato or sweet potato fries.

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SEAFOOD OVER PASTA WITH WHITE BEAN SAUCE

Can make sauce ahead of time.

1-2 cups seafood (shrimp, scallops, muscles)
Bag of faux Noodles: Miracle Noodles, Pasta Zero or Shirataki Noodles
1 tbsp oil
½ cup Mushrooms
1 ½ cups Spinach
Old Bay or Paprika
Dash of Parsley
Lemon juice

Prepare faux noodles per bag instructions. Set aside. Sauté' mushrooms, spinach, onions, garlic, ginger in oil or any other veggies you might enjoy in this dish. Add washed faux pasta noodles to warm veggies in pan.
In a separate pan, sauté' shrimp in olive oil with a little bit of water. Can add scallops, muscles, any other seafood, Old Bay or Paprika seasoning. While cooking seafood, warm sauce and mix with pasta & veggies. Add to bowl, top with cooked seafood, sprinkle with parsley & lemon.

ZUCCHINI NOODLES WITH CURRY COCONUT SAUCE AND CHICKEN

4 Servings

4 large zucchinis, spiralized (or store bought spiralized zuc)
1 13.5-ounce can coconut milk
½ cup sunflower seeds
2 teaspoons curry powder
1 teaspoon thyme
1 garlic clove, chopped
1 cup shredded carrots
4 cups baby spinach
2 cups marinated chicken breasts (recipe in Basics)

Add spiralized zucchini to a large bowl. You can use a spiralizer at home, or you can buy a bag of spiralized zucchini at some grocery stores. If you can't find

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pre-spiralized zucchini in a store near you, simply use a vegetable peeler and peel the zucchini down to the seeds.

To make curry sauce, add the remaining ingredients to a blender. Blend well until smooth. Transfer to a small pot over medium heat. Heat until warm. Serve the curry sauce with warm chicken over zucchini noodles.

DETOX SPINACH BOWL WITH SALMON

4 Servings

1 teaspoon olive or avocado oil
2 garlic cloves, chopped
8 cups spinach
sea salt and black pepper to taste
2 15-ounce cans chickpeas, drained and rinsed
2 cups sprouts
½ cup hemp seeds
2 avocados
Juice of 1 lemon
4 salmon fillets (recipe in Basics)

Add chopped garlic to oil in pan. Sauté for about 3-5 minutes. Add the spinach. Let the spinach wilt for about 3 to 5 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, hemp seeds, avocado, and lemon juice. Top with grilled salmon and your favorite salad dressing.

CHICKPEA CHILI

4 Servings

1 tablespoon olive or avocado oil
1 large onion, chopped
2 garlic cloves, chopped
1 yellow squash, chopped
1 zucchini, chopped
2 15.5-ounce cans chickpeas, drained and rinsed
2 tablespoons chili powder
1 tablespoon oregano

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1 tablespoon cumin
1 cup vegetable broth
1 bunch cilantro, chopped

Melt oil in large pan. Add the onion and garlic. Sauté until fragrant (about 3 to 5 minutes). Add yellow squash, zucchini, chickpeas, chili powder, oregano, cumin, vegetable broth, and cilantro. Cover and simmer until the vegetables are soft (about 15 minutes). Serve with salad or sweet potato.

ZEN BOWL WITH MARINATED CHICKEN

4 Servings

1 tablespoon oil
1 onion, chopped
2 garlic cloves, chopped
1 bunch collard greens, kale or bok choy thinly sliced (OR 1 16-ounce bag chopped)
½ cup water
2-inch piece of ginger, grated
1 tablespoon tamari (gf)
sea salt and black pepper to taste
½ teaspoon toasted sesame oil
1 avocado
2 tablespoons tahini dressing (recipe in Dressings)
2 cups marinated chicken (recipe in Basics)

Add chopped onion and garlic to oil over medium heat. Cook until fragrant (about 3 to 5 minutes). Add greens and water. Cover and allow the greens to steam for about 20 to 25 minutes. Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Sauté for another 5 to 10 minutes until the greens are tender. Top with sesame oil, avocado, tahini dressing, and cooked marinated chicken.

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ROASTED CAULIFLOWER, SALMON & ASPARAGUS

1 head cauliflower, chopped
1 fennel, thinly sliced
1 heaping tablespoon avocado or olive oil
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
optional curry powder if you like it
1/2 teaspoon dried thyme
sea salt and black pepper to taste
1 bunch of asparagus (or 1 jar or can)
2 pan roasted salmon fillets (see recipe guide)

Preheat oven to 450 degrees Fahrenheit.
Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and spread out onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown.
While roasting, warm prepared salmon and steam fresh asparagus.
Plate all (Optional) drizzle with a salad dressing.

CURRY ROASTED CAULIFLOWER WITH MIXED GREENS AND SALMON

4 Servings

2 heads cauliflower, chopped
1 fennel, thinly sliced
1 heaping tablespoon oil
1 tablespoon garlic powder
1 tablespoon curry powder
1 teaspoon dried thyme
sea salt and black pepper to taste
8 cups mixed greens
4 salmon fillets (recipe in Basics)

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Preheat oven to 450 degrees Fahrenheit.

Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and layer onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown. Serve with mixed greens and top with your favorite salad dressing and salmon.

TRANSITION

EGG SALAD OVER GREENS

2 Servings

2 cups mixed greens
1 cup quinoa
4-5 boiled eggs, chopped
2 tablespoons of vegan mayonnaise OR plain dairy-free coconut yogurt
1 cup purple cabbage, thinly sliced
2 celery ribs, chopped,
½ cup chopped olives
½ cup sliced red onion
1 teaspoon dried basil
sea salt and black pepper to taste

Place mixed greens in a serving bowl and set to the side. In a separate bowl, mix the remaining ingredients. Stir well and serve on top of the mixed greens.

SCRAMBLED EGGS WITH VEGGIES

1 teaspoon olive oil
2-3 eggs
optional onions, garlic, mushrooms, peppers & spinach
avocado
sea salt and black pepper to taste

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Add oil to sauté pan over medium/low heat. While the oil is melting, crack eggs into a bowl and whisk with a fork. Sauté' onions, garlic, mushrooms, peppers for 3-5 minutes. Add the eggs to pan along with the spinach. Mix using a rubber spatula until desired consistency. Top with avocado, salt and pepper.

STRAWBERRY SALAD WITH ALMONDS

2 Servings

4 cups mixed greens
handful of strawberries, sliced
½ cup almonds
1 cucumber, chopped

Combine all ingredients in a large salad bowl. Serve with your favorite salad dressing.

ALMOND BUTTER CHIA PUDDING

2 Servings

½ cup almond butter
1 tablespoon honey
1 teaspoon vanilla extract
1 cup dairy-free milk
⅓ cup chia seeds
1 banana, sliced

Combine almond butter, honey, vanilla extract, and dairy-free milk in a mixing bowl. Stir well, then add chia seeds. Mix well again then set to the side to allow the chia seeds to absorb the liquid. Serve topped with sliced banana.

CURRIED VEGGIE AND BROWN RICE SALAD BOWL

2 Servings

1 tablespoon oil
1 onion, chopped
2 garlic cloves, chopped
1 cup chopped carrots
1 cup frozen peas

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1 teaspoon curry powder
sea salt and black pepper to taste
1 cup cooked brown rice
2 cups mixed greens

Add oil in sauté pan over high heat. Add onions, garlic, carrots, peas, curry powder, sea salt, and black pepper. Sauté until the vegetables are soft (about 10 minutes). Serve with warm brown rice and mixed greens. Top with your favorite salad dressing.

LEMON BASIL ZUCCHINI GRAIN BOWL

2 Servings

1 tablespoon oil
1 onion, chopped
2 zucchinis, chopped
1 teaspoon dried basil
sea salt and black pepper to taste
1 cup cooked brown rice
2 cups mixed greens
Juice of 1 lemon

Add oil in hot sauté pan. Add onion and zucchini. Sauté until soft (about 10 minutes). Season with basil, sea salt, and black pepper. Serve over warm brown rice and mixed greens. Top with a squeeze of lemon juice and your favorite salad dressing.

LENTIL BURGER ON RYE OR WHEAT BREAD

2 Servings

2 cups cooked brown lentils
1 onion, chopped
1 garlic clove, chopped
3 tablespoons ground flax
1 teaspoon sea salt
1 teaspoon thyme
1 teaspoon curry powder
1 tablespoon avocado or coconut oil (for frying)
2 slices rye or wheat bread

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Combine lentils, onion, garlic, flax, sea salt, thyme and curry powder in a large mixing bowl. Mash well with a fork and form into burger patties. Melt oil in frying pan over high heat. Add the burgers and cook until brown (about 5 minutes on both sides). Serve on top of rye bread and a side salad with your favorite salad dressing.

KABOBS OVER BROWN RICE

6 oz Boneless Chicken Breast
Sweet Peppers
Mushrooms
Zucchini & Yellow Squash
Red Onion or Sweet Onion
Teriyaki sauce/marinade or Tamari sauce
2 tbsp Virgin Olive Oil
Mustard & Lemon
Optional: Parsley Thyme, Bay Leaf, Oregano, Garlic
1 cup Brown Rice cooked in Broth

Metal Skewers Approximately 12" long, (or wood, soak first so they don't burn)
Cut up meat and veggies into 1.5-inch chunks for skewers.
Mix Teriyaki or Tamari sauce with lemon, oil, mustard and any herbs to make a marinade. Marinate chicken & veggies for 15 min - hour.
Load skewer with meat and veggies and cook on grill or Broil in oven on foil, turning once – about 15 minutes total.
Serve over cooked rice.

DESSERTS

ORANGE CHIA PUDDING PARFAIT

Chia is rich in fiber and omega 3, and oranges are a great source of vitamin C, which helps prevent diabetes and reduce weight gain. Orange Chia Pudding Parfait is a delicious and healthy snack that satisfies your sugar craving but doesn't derail your diet.

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¾ cups of fresh orange juice
2 tablespoons chia seeds
1 tablespoon maple syrup
1 sliced banana
½ cup fresh berries

Combine chia seeds and orange juice in a bowl and let set until the chia seeds have fully absorbed the orange juice. Pour the mixture into a glass, alternating layers with fruits and maple syrup.

BERRY SORBET

Summer is around the corner, finally giving cold desserts their moment and the oven a break. Summer desserts seem incomplete without seasonal fruit, and berries are a great choice for a cool, refreshing sorbet. They are low in calories and contain only natural sugar, helping you keep your weight in check.

1-cup strawberries or any other berries that you like
½ cup coconut water
10 mint leaves, plus a few for garnish

Combine all ingredients in a blender and blend until well mixed. Gradually add ice and blend until mixture is a smooth, thick consistency. Scoop out into a bowl or glass and garnish with mint leaves.

BERRY AND BEET POPSICLES

Summer means popsicles. Fruits and vegetables are perfect ingredients to make delicious frozen treats in a variety of colors and flavors. Beetroot is rich in antioxidant properties and a healthy dessert option.

¼ cup freshly squeezed beet juice
1 cup berries, ½ cup water

Combine all ingredients in a blender and blend until smooth. Evenly distribute mixture into Popsicle containers, add a popsicle stick, and freeze until the mixture is solid. For easy removal, run water over the popsicle container to loosen them.

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COCONUT AND BERRIES IN A BOWL

Serves 2
2 cups mixed berries
1 cup coconut milk
8 basil leaves, chopped
Juice of 1 lime
2 teaspoons honey
Place mixed berries in a bowl. Top with remaining ingredients and stir.

GRILLED SPICED PINEAPPLE

Serves 2
1 teaspoon coconut oil
6 pineapple rings
1 teaspoon cinnamon

Melt coconut oil in pan over high heat. Add sliced pineapple and cook until brown (about 3 minutes on both sides). Remove from heat and top with cinnamon.

CHOPPED MELON WITH MINT

1 cup fresh chopped melon (cantaloupe, honeydew, watermelon, etc.)
handful of fresh mint leaves
1 tablespoons hemp seeds
Combine all ingredients in a bowl and enjoy.

SIMPLE FAUX ICE CREAM

1 cup non-dairy milk
2 cups frozen fruit
1 Tbsp honey (or ½ tsp stevia)
Combine ingredients in blender and enjoy! (Can freeze for 10 mins if need)

Can top with Raspberry sauce:
1/3 cup berries
3 Tbsp honey
1 tsp chia seeds
Puree in blender or food processor then pour over ice cream.

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