



The NativeBody Reset Meal Plan

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**GET ON THE PATH.
STAY ON THE PATH.**



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Welcome To Your NativeBody Reset Meal Plan!



You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.” — Julia Child



Loaded with mouth-watering, nutrient-dense foods, these delicious and easy-to-prepare recipes have been carefully crafted for your enjoyment as well as your health! This **NativeBody Reset meal plan** focuses on nourishing, healing foods and avoids foods that cause inflammation, gut irritation, hormone imbalance, and toxicity. In essence, you will be consuming foods that maximize nutrition and minimize toxicity!

In addition to providing you with tasty recipes, we also want to keep things simple and help you get back to the basics. It's crucial to ditch the highly processed, packaged foods and instead choose whole, real, fresh food to feel your best.

Whether your goals are to lose weight, boost your energy, or improve your health, this meal plan will equip you to do it all!



THE NATIVEBODY RESET MEAL PLAN

Your NativeBody Reset Meal Plan includes:



Vegetables & Fruits

Our meal plan contains a plethora of colorful vegetables and fruits teeming with vitamins, minerals, antioxidants, and cancer-fighting and anti-inflammatory compounds.

For example, did you know garlic, onions, leeks, and cruciferous vegetables like broccoli, kale, cauliflower, brussels sprouts, and cabbage are some of the most powerful cancer-fighting and cancer-preventative vegetables on the planet? Well, they are—and we've packed this meal plan with them! Cruciferous vegetables are not only nutrient-dense but also contain compounds that support detoxification, balance blood sugar, boost immunity, and decrease inflammation!

In addition to cruciferous vegetables, we filled this meal plan with other anti-inflammatory foods such as:

- Green leafy vegetables
- Beets
- Blueberries
- Turmeric
- Ginger
- Bone Broth ([p. 129](#) or [p. 130](#))
- Cinnamon
- Goji berries



- Oregano
- Cumin
- Parsley
- Basil
- Cilantro
- Foods rich in omega 3 fatty acids (e.g., salmon, grass-fed beef, chia seeds, and walnuts)

Proteins

These recipes feature a variety of high-quality proteins—everything from beef to bison, chicken to turkey, lamb to pork, and seafood. Protein is essential to maintaining a healthy body by repairing skeletal muscle, tendons, and ligaments as well as manufacturing antibodies, hormones, enzymes, and neurotransmitters. Including quality protein with meals keeps you satiated, balances blood sugar levels, and boosts metabolism, thus aiding with weight loss and healing.

Fats

We incorporate several super-healthy fats, which fuel your body; make you feel full; and feed your brain, nervous system, and hormones. You will find such yummy fats as coconut oil, grass-fed butter, avocados, olive oil, olives, and nuts. (Check your **The NativeBody Reset Guide to Healthy Fats** guide for lists of healthy fats and fats to avoid.) We especially like using coconut oil for cooking since it boosts metabolism, improves energy, and facilitates weight loss. Woohoo!

Herbs & Spices

The meal plan recipes contain loads of fresh and dried herbs and spices. Not only do they offer exceptionally healing and anti-inflammatory compounds, but they add tons of flavor to our meals!

LET THE JOURNEY BEGIN

It is with sincere and grateful hearts that we wish you the very best in health and in life! We hope you enjoy this thrilling journey of transformation.

Sending all our love & support,

The NativePath Team

Things to keep in mind:

✓ Guidelines

This meal plan and the corresponding weekly shopping lists are provided as tools for you to use if you choose to. You do not have to follow these verbatim for success. Feel free to jump around, use all or some of the recipes, or make up your own meals using the guidelines in the main manual.

✓ Leftovers/Servings

This meal plan was created for serving two people but can be cut in half, doubled, or otherwise altered for the number of people you need to feed. After each meal on the Meal Plan chart, you will see either a (2) or (4). If the meal has a (4), it will be used for a leftover meal.

✓ Salads

You will find at least one salad used twice each week in this meal plan. Each salad has a homemade dressing recipe paired with it and typically keeps for a few days in the fridge.

✓ Anytime Bowls

We've created several Anytime Bowls. Each provides a quality protein; plenty of veggies; quality fats; and various seasonings, flavors, and dressings/toppings. As the name implies, you can use these bowls **any time**—for breakfast, lunch, or dinner. Feel free to sub them for another meal.

✓ Crockpot

We have included one crockpot meal per week. Crockpot meals make life easier. You simply combine everything in the morning and forget about it. Dinner is ready when you come home! We find crockpots are crucial to making this way of life sustainable.

✓ Substitutions

Feel free to substitute ingredients you don't like or are sensitive/allergic to with another item within the framework of the guidelines. You do not have to ask permission :)

✓ Quality

We recommend consuming the highest-quality protein sources you can access. This means grass-fed, grass-finished beef and bison; pastured pork; pasture-raised chicken and turkey; pastured eggs; and wild-caught fish/seafood. These quality animal proteins are often at farmers markets and grocery stores. If you can't find or afford the quality we recommend, **don't panic, just do the best you can!** If the only meat you can find is conventional, choose the leanest cuts of meat you can find. Toxins are stored in the fatty parts, so using the lean parts reduces your exposure to pesticides, herbicides, and antibiotics.



Getting Prepared



As mentioned in NativeBody Reset, it's essential to empty your fridge and pantry of all processed foods, sugars, grains, beans, and dairy.

You don't have to throw it in the garbage, though—donate unopened items to a food pantry or other organization that feeds the hungry.

If it's not there, you won't be tempted to eat it!

And ... you need to make room for all the fresh, vibrant foods in this meal plan!

Preparations to Make Before Starting

1 Where are you going to shop for food?

Make a plan. Seek out quality sources of fresh food and pantry staples. Check out your local natural grocery store (e.g., Natural Grocers or Whole Foods Market). Other stores such as Costco and H-E-B also offer quality, organic produce and meats/eggs/seafood.

We highly recommend locating a farmers market nearby and coordinating your schedule to get the bulk of your food there. Many farmers markets offer fresh fruits

and vegetables; herbs and spices; grass-fed meats; wild-caught fish; and pastured eggs. Go online to find a farmers market in your area. If you want fresh produce delivered to your door, check out the CSA programs available from local farms.

There are also numerous online sources of quality meats, wild-caught fish, and fresh produce that can be sent directly to you.



2 Stock your pantry with staples.

Pantry staples are available at your local grocery stores as well as online. Thrive Market and Amazon both offer discounted prices on staple items.

Dried Spices Used in Spice Blends & Meal Plan

Note: Buy in individual jars or from the bulk section as needed.

- basil
- bay leaves
- caraway seeds
- cayenne pepper
- chili powder
- chipotle powder
- cinnamon
- coriander
- crushed red pepper flakes
- cumin
- curry powder
- garlic powder
- ginger powder
- ground cloves
- ground mustard
- nutmeg
- onion powder
- oregano
- parsley
- rosemary
- sage
- smoked paprika
- thyme
- turmeric

Staples You Will Need

- almond meal/flour
- apple cider vinegar (ACV)
- applesauce (store-bought (no added sugar or ingredients) or homemade on [p. 125](#))
- artichoke hearts
- baking soda
- balsamic vinegar
- Bone Broth ([p. 129](#) or [p. 130](#))
- capers
- coconut aminos
- coconut cream
- coconut flakes
- coconut flour
- coconut milk
- dijon mustard
- fish sauce
- green olives
- hot sauce (Paleo-friendly)
- lemon juice
- marinara or tomato sauce (store-bought or homemade on [p. 118](#))
- nori flakes
- nut butter
- olives
- Paleo Mayo (store-bought or homemade on [p. 122](#))
- parchment paper
- pepper
- sea salt
- tamarind paste
- thai red curry paste
- tomato paste
- vanilla extract





3 **Mix up your spice blends for the Meal Plan.**

You will need to make:

- ✓ Italian Herb Blend ([p. 127](#))
- ✓ Latin Spice Blend ([p. 127](#))
- ✓ Smoky Spice Blend ([p. 127](#))
- ✓ Indian Spice Blend ([p. 127](#))

4 **Make your bone broths for soups & entrées.**

You can make broths ahead of time and freeze them or purchase store-bought versions, but the latter is more expensive. See [pages 129–130](#) for broth recipes.

5 **Remember your WHY.**

Remember your WHY as you step into this journey and carry the expectation of achieving all you desire. Be patient and compassionate with yourself as you learn new things and “try on” a new way of living. Be grateful for all you are and have ... and enjoy the process!



Meal Plans with Weekly Shopping Lists



Weeks 1 – 4

Shopping lists are divided into four- and three-day increments so you can buy groceries for the first four days, and then on the evening of the fourth day, you can pick up the items for the rest of the week. Take inventory before your second shopping trip. You may already have some of the items and can cross them off the list. You can also combine the two lists for each week if you prefer to do all your grocery shopping at once.

***Note:** Spice blend ingredients are not included in the weekly shopping lists. We recommend making all four of them before starting the program so they are ready when you need them. You'll notice there are optional ingredients included in several recipes. These are not included in the weekly shopping lists, nor do we list amounts for the cooking fats/oils. We suggest keeping these items (avocado oil, butter, coconut oil, olive oil, and ghee) well-stocked since they are used so frequently.*

Use the Meal Plan Key below to navigate the Meal Plan charts for each week. ↓

Meal Plan Key

This meal plan is based on a serving size of 2 people. After each meal, you will see a **(2)** or **(4)**:

- **(2)** means the meal serves 2; there will be no leftovers for other meals.
- **(4)** means this meal will be used for leftovers.

If the Meal Plan recipe calls for **(2)** but the recipe has a serving of **(4)**, you need to cut the recipe in half. If the Meal Plan recipe calls for **(4)** but the recipe has a serving of **(2)**, you need to double it.

LO: Leftovers.

CP: Crockpot. You'll find at least 1 CP meal per week (noted beside the day).

POC: Protein of choice. Choose a quality protein for this meal (1–2 palm-sized portions).

DOC: Dressing of choice. Choose from the Dressings section beginning on **page 110**.

Week 1

DAYS 1-7

DAY	BREAKFAST	LUNCH	DINNER
1	Bird's Nest Breakfast (2) p. 29	Chicken Caesar Salad (2) p. 104 w/ Caesar Dressing p. 114	Flank Steak (4) p. 50 w/ Chimichurri p. 121 + Veggie Medley (4) p. 86
2	Bison Bowl (2) p. 41	Latin Spice Bowl (4) p. 43	LO Flank Steak w/ LO Chimichurri + LO Veggie Medley
3	Veggie Pesto Skillet (2) p. 94 w/ Pesto p. 120 + POC (2)	LO Latin Spice Bowl	Bacon-Wrapped Turkey Meatloaf (4) p. 62 + Cauliflower Mash (4) p. 84 + Roasted Brussels Sprouts (4) p. 87
4	TTB Bowl (2) p. 44 w/ Avocado Herb Dressing p. 115 using LO Bacon -Wrapped Turkey Meatloaf & LO Roasted Brussels Sprouts	Chicken Wraps w/ Nut Butter Dipping Sauce (2) p. 65 + Green Garlic Soup (4) p. 98	Snapper w/ Herb-Butter Sauce (4) p. 54 + Raw Ginger Beet & Carrot Salad (4) p. 106 + LO Cauliflower Mash
5	Zucchini Frittata (4) p. 30 + LO Raw Ginger Beet & Carrot Salad	Fish Bowl (2) p. 47 using LO Snapper w/ Creamy Dressing p. 111	Bison Burger w/ Porto Bun (2) p. 51 + Sweet Potato Fries (2) p. 88 + LO Green Garlic Soup
6 CP	LO Zucchini Frittata	Chicken Caesar Salad (2) p. 104 w/ Caesar Dressing p. 114	CP Lamb Stew (4) p. 77 + Moroccan Carrots (4) p. 91
7	Apple Nut Porridge (2) p. 37 + POC (2)	LO Lamb Stew + LO Moroccan Carrots	Orange & Pistachio Pork Chops w/ Green Beans (2) p. 70

“Let food be thy medicine and medicine be thy food.” — HIPPOCRATES

Shopping List

Week 1: Days 1-4

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Italian Herb Blend [p. 127](#)
- ☐ Latin Spice Blend [p. 127](#)
- ☐ Avocado Herb Dressing [p. 115](#)
- ☐ Caesar Dressing [p. 114](#)
- ☐ Chimichurri Sauce [p. 121](#)
- ☐ Paleo Mayo (store-bought or homemade on [p. 122](#))
- ☐ Pesto [p. 120](#)

PROTEIN

- ☐ 2 servings POC for Veggie Pesto Skillet [p. 94](#)
- ☐ 11 eggs
- ☐ 4 small chicken breasts (or 2 large butterflied)
- ☐ 1½–2 lbs. ground turkey
- ☐ 1–1½ lbs. ground beef
- ☐ 1½–2 lbs. flank steak
- ☐ ½–¾ lb. ground bison
- ☐ 10 strips bacon
- ☐ Four 5–8-oz. snapper fillets
- ☐ 4 anchovy fillets (packed in olive oil)

FRESH HERBS/SPICES

- ☐ 2 knobs ginger
- ☐ 1¼ cups basil
- ☐ 2 tbsp. oregano
- ☐ 2 tbsp. chives
- ☐ 3½ tbsp. fresh dill
- ☐ ¼ cup mint
- ☐ 2 bunches parsley
- ☐ 1 bunch cilantro

VEGGIES

- ☐ 12 carrots
- ☐ 6 yellow squash
- ☐ 5 zucchini
- ☐ 2 beets
- ☐ 2 lbs. brussels sprouts
- ☐ 2½ heads broccoli
- ☐ 2½ heads cauliflower
- ☐ 1 fennel bulb
- ☐ 2 cups red cabbage
- ☐ 1 head bok choy
- ☐ 2 cups spinach
- ☐ 4 cups arugula
- ☐ 1 small bunch kale
- ☐ 8–12 leaves romaine lettuce
- ☐ 7 cups greens of choice
- ☐ 1 cup mushrooms of choice
- ☐ 1 tomato
- ☐ 28 garlic cloves (~3 heads)
- ☐ 3 red onions
- ☐ 3 yellow onions
- ☐ 2 shallots
- ☐ 1 large butternut squash (or 6 cups cubed)

NUTS/SEEDS

- ☐ ½ cup pumpkin seeds
- ☐ ¼ cup sunflower seeds
- ☐ 2–4 tbsp. pine nuts

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 3–4 cups Bone Broth [p. 129](#) or [p. 130](#)
- ☐ ¼ cup full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ ¾ cup Paleo Mayo
- ☐ 2 tbsp. apple cider vinegar
- ☐ 3 tbsp. coconut aminos
- ☐ ~3 tbsp. capers (~3 tbsp.)
- ☐ 4 tsp. dijon mustard
- ☐ ¼ cup smooth sunflower or almond butter

DRIED HERBS/SPICES

- ☐ 4 tsp. Italian Herb Blend
- ☐ 2 tsp. Latin Spice Blend
- ☐ ½ tsp. cumin
- ☐ ¼ tsp. nutmeg
- ☐ 1 tsp. smoked paprika
- ☐ 1 tsp. turmeric

FRUIT

- ☐ 5 lemons (~10 tbsp. juice)
- ☐ 6 avocados

OPTIONAL

- ☐ Bacon or Pork Belly Chunks for Chicken Caesar Salad [p. 104](#)
- ☐ Cauliflower Rice [p. 85](#) & Salsa for Latin Spice Bowl [p. 43](#)
- ☐ Chives for Cauliflower Mash [p. 84](#)
- ☐ Fermented Veggies for Bird's Nest Breakfast [p. 29](#)
- ☐ Olives for Bison Bowl [p. 41](#)



Shopping List

Week 1: Days 5-7

CARRYOVER

- You will use **LO** Raw Ginger Beet & Carrot Salad on Day 5 Breakfast.
- You will use 2 **LO** snapper fillets for Day 5 Lunch.
- You will use **LO** Green Garlic Soup for Day 5 Dinner.

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Italian Herb Blend [p. 127](#)
- ☐ Smoky Spice Blend [p. 127](#)
- ☐ Caesar Dressing [p. 114](#)
- ☐ Creamy Dressing [p. 111](#)
- ☐ Paleo Mayo (store-bought or homemade on [p. 122](#))

PROTEIN

- ☐ 2 servings POC for Apple Nut Porridge [p. 37](#)
- ☐ 10 eggs
- ☐ 2 small chicken breasts (or 1 large butterflied)
- ☐ 1/2–3/4 lb. ground bison
- ☐ 2 pork chops
- ☐ 2–3 lbs. boneless lamb shoulder (cut into 1" chunks) or lamb stew meat
- ☐ 4 anchovy fillets (packed in olive oil)

NUTS/SEEDS

- ☐ 1/4 cup sunflower seeds
- ☐ 1/2 cup brazil nuts
- ☐ 1/2 cup shelled pistachios

VEGGIES

- ☐ ~15 carrots
- ☐ 2 1/2 cups zucchini (~3)
- ☐ 1 lb. green beans
- ☐ 1 cup peas (fresh or frozen)
- ☐ 3 cups cabbage (~1 small head)
- ☐ 4–6 cups romaine lettuce (1 head)
- ☐ 2 lettuce leaves (for burger topper)
- ☐ 1 small tomato for burger topper
- ☐ 2 cups button mushrooms
- ☐ 4 large portobello mushrooms
- ☐ 2 scallions
- ☐ 11 garlic gloves
- ☐ 1 small red onion for burger topper
- ☐ 1 yellow onion
- ☐ 1 cup pearl onions (fresh or frozen)
- ☐ 2 large sweet potatoes
- ☐ 3 cups butternut squash

FRESH HERBS/SPICES

- ☐ 1 thyme sprig
- ☐ 2 tbsp. mint
- ☐ 2 tbsp. parsley
- ☐ 1/4 cup cilantro
- ☐ 2 tbsp. fresh herbs of choice for Zucchini Frittata [p. 30](#)

FRUIT

- ☐ 1 green apple
- ☐ 1 red apple
- ☐ 1 orange
- ☐ 2–3 lemons (2 for 3 tbsp. juice)
- ☐ 4 avocados

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 4 1/2 cups Beef Bone Broth [p. 129](#)
- ☐ 2 cups full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ 3/4 cup Paleo Mayo
- ☐ 3 tbsp. coconut aminos
- ☐ 2 tsp. dijon mustard
- ☐ ~3 tbsp. capers
- ☐ 1/2 cup tomato sauce or paste
- ☐ 1/2 tsp. vanilla extract

DRIED HERBS/SPICES

- ☐ 2 tsp. Italian Herb Blend
- ☐ 1 tbsp. Smoky Spice Blend
- ☐ 2 bay leaves
- ☐ 1 1/2 tsp. cinnamon
- ☐ 1 tsp. coriander
- ☐ 1 tbsp. cumin
- ☐ 1/2 tsp. garlic powder
- ☐ 1/2 tsp. nutmeg
- ☐ 1/2 tsp. turmeric

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Ghee
- ☐ Olive oil

OPTIONAL

- ☐ Bacon or pork belly chunks for Chicken Caesar Salad [p. 104](#)
- ☐ Dijon mustard, Paleo Mayo, or Avocado Herb Dressing for Bison Burger [p. 51](#)



Week 2

DAYS 8-14

DAY	BREAKFAST	LUNCH	DINNER
8	Coconut Chia Berry Pudding (2) p. 35 + POC (2)	Spicy Shrimp Lettuce Cups (2) p. 58 + Curried Sweet Potato Bisque (4) p. 100	Carne Asada Tacos (4) p. 52 w/ Cauliflower Tortillas (4) p. 52
9	Mushroom Scrambled Eggs (2) p. 32 + LO Cauliflower Tortillas	Carne Asada Bowl (2) p. 40 using LO Carne Asada + LO Veggie Taco Filling from Carne Asada Tacos	Mini Lamb Burgers (4) p. 74 w/ Pesto p. 120 + Arugula Salad w/ Simple Lemon Dressing p. 113 + LO Curried Sweet Potato Bisque
10	Mediterranean Bowl (2) p. 42 using LO Mini Lamb Burgers w/ Creamy Dressing p. 111	Niçoise Salad w/ Tuna (2) p. 109 using LO Pesto	Seared Pork Chops w/ Braised Cabbage & Apples (4) p. 71 and Horseradish Aioli p. 123
11	LO Cubed Pork Chops + LO Braised Cabbage & Apples	Egg Roll in a Bowl w/ Chicken (4) p. 46 and Ginger Zest Dressing p. 112	Turkey Rootredo (4) p. 61 w/ Rootredo Sauce p. 119 + Roasted Lemon-Garlic Broccoli (2) p. 96
12 CP	LO Egg Roll in a Bowl w/ Chicken and LO Ginger Zest Dressing	Turkey Spaghetti Squash Bowl (2) p. 45 using LO turkey, spaghetti squash, & Rootredo Sauce from Turkey Rootredo	CP Chuck Roast (4) p. 80 + Celery Root Mish Mash (4) p. 90
13	LO Chuck Roast + LO Celery Root Mish Mash	Niçoise Salad w/ Chicken (2) p. 109 and Pesto p. 120	Chicken Vindaloo (4) p. 63 + Cauliflower Rice (4) p. 85
14	Chicken Vindaloo Breakfast (2) p. 34 using LO Chicken Vindaloo w/ Simple Lemon Dressing p. 114 + LO Cauliflower Rice	Chorizo Bowl (2) p. 39 + DOC	Baked Salmon (2) p. 55 + Asparagus Zoodle Stir-Fry (2) p. 93

"If you can't pronounce it, don't eat it" — COMMON SENSE

Shopping List

Week 2: Days 8-11

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Italian Herb Blend [p. 127](#)
- ☐ Latin Spice Blend [p. 127](#)
- ☐ Creamy Dressing [p. 111](#)
- ☐ Ginger Zest Dressing [p. 112](#)
- ☐ Simple Lemon Dressing [p. 113](#)
- ☐ Horseradish Aioli [p. 123](#)
- ☐ Paleo Mayo (store-bought or homemade on [p. 122](#))
- ☐ Pesto [p. 120](#)
- ☐ Rootredo Sauce [p. 119](#)

PROTEIN

- ☐ 2 servings POC for Coconut Chia Berry Pudding [p. 35](#)
- ☐ 11 eggs
- ☐ 4 small chicken breasts (or 2 large butterflied)
- ☐ 1-1½ lbs. ground turkey
- ☐ 2 lbs. skirt steak
- ☐ 4 pork chops
- ☐ 1½-2 lbs. ground lamb
- ☐ Two 4-6-oz. yellowfin or bigeye tuna steaks
- ☐ 12 shrimp (fresh, peeled, & deveined)

FRESH HERBS/SPICES

- ☐ ~1½ tbsp. ginger
- ☐ 1-2 tbsp. horseradish
- ☐ 1 cup basil
- ☐ 2 tbsp. dill
- ☐ ½ cup mint
- ☐ ~2 cups cilantro

NUTS/SEEDS

- ☐ 3 tbsp. chia seeds
- ☐ ~1 cup pumpkin seeds
- ☐ ¼ cup slivered almonds
- ☐ ½ cup brazil nuts

VEGGIES

- ☐ 7 carrots
- ☐ 2 cucumbers
- ☐ 2 yellow squash
- ☐ 2 zucchini
- ☐ 1 yellow bell pepper
- ☐ 10 green beans
- ☐ 6 radishes
- ☐ 2 heads broccoli
- ☐ 2½ heads cauliflower
- ☐ 1 medium green cabbage
- ☐ 1 small red cabbage
- ☐ 1 cup celery root
- ☐ 8 cups arugula
- ☐ 1 head romaine lettuce
- ☐ 1 head butter lettuce
- ☐ 12 cups greens of choice
- ☐ 1 cup sprouts of choice
- ☐ 1 leek
- ☐ 9 scallions
- ☐ One 8-oz. container baby portobello or chanterelle mushrooms
- ☐ 1 cup mushrooms of choice
- ☐ 1 tomato
- ☐ ½ cup cherry tomatoes
- ☐ 15 garlic cloves (~2 heads)
- ☐ 1 red onion
- ☐ 3 yellow onions
- ☐ 2 tbsp. shallots
- ☐ 2½ lbs. sweet potatoes
- ☐ 2 small spaghetti squash (or 1 large)

FRUIT

- ☐ 2 apples
- ☐ 1 cup berries of choice
- ☐ ¼ cup dried goji berries
- ☐ 6 lemons (5 for ~9 tbsp. juice)
- ☐ 4 limes
- ☐ 2 avocados

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 6¼ cups Bone Broth [p. 129](#) or [p. 130](#)
- ☐ Two 13.5-oz. cans full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ 12 tbsp. Paleo Mayo
- ☐ 4 tbsp. apple cider vinegar
- ☐ ~12 tbsp. coconut aminos
- ☐ 1/8 cup Paleo-friendly hot sauce
- ☐ 1 tbsp. Thai red curry paste
- ☐ ¾ cup kalamata olives
- ☐ ½ cup coconut flakes
- ☐ 2 tbsp. smooth almond butter
- ☐ 1 tsp. vanilla extract

DRIED HERBS/SPICES

- ☐ ~3 tbsp. Italian Herb Blend
- ☐ 2 tsp. Latin Spice Blend
- ☐ 1 tbsp. caraway seeds
- ☐ ¼ tsp. coriander
- ☐ 1¼ tsp. cumin
- ☐ 1/8 tsp. nutmeg
- ☐ Pinch paprika
- ☐ ½ tsp. turmeric

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

OPTIONAL

- ☐ Cilantro for Sweet Potato Bisque [p. 100](#)
- ☐ Dressing of choice for Carne Asada Bowl [p. 40](#)
- ☐ Avocado chunks, Guacamole [p. 124](#), salsa, or diced tomatoes for Carne Asada Tacos & Bowl [p. 52](#)
- ☐ Fermented veggies or Salsa for Mushroom Scrambled Eggs [p. 32](#)
- ☐ ¼ cup parsley for Turkey Rootredo [p. 61](#)



Shopping List

Week 2: Days 12-14

NOTE

- Option to use **LO** Pesto from Day 13 Lunch for topping on Baked Salmon Day 14 Dinner.

CARRYOVER

- You will use **LO** Egg Roll in a Bowl with Chicken & Ginger Zest Dressing for Day 12 Breakfast.
- You will use **LO** turkey, spaghetti squash, and Rootredo Sauce for Day 12 Lunch.
- You will use **LO** Simple Lemon Dressing for Day 14 Breakfast.
- Option to use **LO** Pesto from Day 13 Lunch for topping on Baked Salmon Day 14 Dinner.

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Indian Spice Blend [p. 127](#)
- ☐ Italian Herb Blend [p. 127](#)
- ☐ Dressing Of Choice for Chorizo Bowl [p. 39](#)
- ☐ Simple Lemon Dressing [p. 113](#) (leftover from day 9)
- ☐ Pesto [p. 120](#)
- ☐ Rootredo Sauce [p. 119](#) (leftover from day 11)

VEGGIES

- ☐ 1 bunch asparagus
- ☐ 1 cucumber
- ☐ 6 radishes
- ☐ 4 carrots
- ☐ 1 yellow squash
- ☐ 1 zucchini
- ☐ 10 green beans
- ☐ 1 medium beet
- ☐ 2½ heads cauliflower
- ☐ 1 cup cabbage
- ☐ 3 celery root bulbs
- ☐ 1 red or white endive
- ☐ 7 cups spinach
- ☐ 8-10 cups mixed salad greens
- ☐ 1 cup sprouts of choice
- ☐ ½ cup roma tomatoes
- ☐ 15 garlic cloves (~2 heads)
- ☐ ½ cup red onion
- ☐ ~3 yellow onions
- ☐ 1 shallot

PROTEIN

- ☐ 4 eggs
- ☐ 2 small chicken breasts (or 1 large butterfly)
- ☐ 4 chicken leg quarters, split
- ☐ 2-3 lbs. chuck roast
- ☐ ½-¾ lb. ground chorizo
- ☐ Two 4-6-oz. salmon fillets

FRUIT

- ☐ 1 green apple
- ☐ 2 lemons (1 for 2 tsp. juice)
- ☐ 1 avocado

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 2 cups Beef Bone Broth [p. 129](#)
- ☐ 2 cups Chicken Broth [p. 130](#)
- ☐ 2 tbsp. full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ 6 tbsp. coconut aminos
- ☐ ¼ cup olives
- ☐ 2 tbsp. tomato paste
- ☐ 2 tbsp. tamarind paste

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil

FRESH HERBS/SPICES

- ☐ 1 1/8 cups basil
- ☐ ~¾ cup parsley
- ☐ ~¾ cup cilantro

DRIED HERBS/SPICES

- ☐ 5 tbsp. Indian Spice Blend
- ☐ 1 tbsp. Italian Herb Blend
- ☐ 1 bay leaf

NUTS/SEEDS

- ☐ ½ cup pumpkin seeds

OPTIONAL

- ☐ 2 tbsp. mint or dill & ½ cup chopped nuts of choice for Chicken Vindaloo Breakfast [p. 34](#)



Week 3

DAYS 15-21

DAY	BREAKFAST	LUNCH	DINNER
15	Bird's Nest Breakfast (2) p. 29	Pear & Walnut Salad w/ Chicken (2) p. 107 & Avocado Herb Dressing p. 115	Roasted Herb-Butter Chicken (6) p. 64 + Roasted Brussels Sprouts (4) p. 87
16	Chard, Chive, & Kalamata Olive Egg Cups (4) p. 33	TTB Bowl (2) p. 44 using LO Brussels Sprouts w/ LO Avocado Herb Dressing	Lemongrass & Ginger Egg Drop Soup (4) p. 101 + LO Roasted Herb-Butter Chicken (shredded) or POC + Garden Salad (4) p. 105 w/ Simple Lemon Dressing p. 113
17	LO Chard, Chive, & Kalamata Olive Egg Cups	LO Lemongrass & Ginger Egg Drop Soup + LO Roasted Herb-Butter Chicken (shredded) or POC + LO Garden Salad w/ LO Simple Lemon Dressing	Ginger-Garlic Lamb & Broccoli (4) p. 73
18	LO Ginger-Garlic Lamb & Broccoli	Bison Bowl (4) p. 41	Almond & Herb-Crusted Halibut (2) p. 57 + Kitchen Sink Stir-Fry (2) p. 95
19 CP	Apple Nut Porridge (2) p. 37 + POC (2)	LO Bison Bowl	CP Basil Chicken in Coconut Curry Sauce (4) p. 78 + Cauliflower Rice (4) p. 85
20	LO Basil Coconut Curry Chicken + LO Cauliflower Rice	Pear & Walnut Salad w/ Chicken (2) p. 107 and Avocado Herb Dressing p. 115	Turkey, Basil, & Artichoke Meatballs w/ Spaghetti Squash (4) p. 45
21	LO Turkey, Basil, & Artichoke Meatballs w/ LO Spaghetti Squash	Tuna Salad Wraps (2) p. 59	BOOSKA (2) p. 49

"If you don't take care of your body, where are you going to live?" — UNKNOWN

Shopping List

Week 3: Days 15-18

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Indian Spice Blend [p. 127](#)
- ☐ Italian Herb Blend [p. 127](#)
- ☐ Avocado Herb Dressing [p. 115](#)
- ☐ Simple Lemon Dressing [p. 113](#)

PROTEIN

- ☐ 18 eggs
- ☐ One 3–5 lb. chicken
- ☐ 2 small chicken breasts (or 1 large butterflied)
- ☐ ½–¾ lb. ground turkey
- ☐ 1–1½ lbs. ground bison
- ☐ 8 prosciutto slices
- ☐ 1–1½ lbs. ground lamb
- ☐ 2 halibut steaks (1/3–½ lb. per person)

FRESH HERBS/SPICES

- ☐ 2½ tbsp. ginger
- ☐ ~5 sprigs rosemary
- ☐ ~5 sprigs thyme
- ☐ ~6 tbsp. chives
- ☐ 1 tbsp. dill
- ☐ ~1 cup parsley
- ☐ 3 stalks lemongrass

FRUIT

- ☐ 1 pear
- ☐ 5 lemons (4 for 8 tbsp. juice)
- ☐ 5 avocados

VEGGIES

- ☐ 2 servings veggies of choice for Kitchen Sink Stir-Fry ([p. 95](#)) (leftover veggies, frozen veggies, or any of your choosing)
- ☐ 4–5 carrots
- ☐ 2 cucumbers
- ☐ 2 yellow squash
- ☐ 2 zucchini
- ☐ 2 lbs. brussels sprouts
- ☐ 2 small heads broccoli
- ☐ 2 cups cabbage
- ☐ 1 fennel bulb
- ☐ 3 cups chard
- ☐ 1 bunch kale
- ☐ 20 cups greens of choice
- ☐ 1 chili pepper
- ☐ 8 scallions
- ☐ 1 tomato
- ☐ 1 cup cherry tomatoes
- ☐ 15 garlic cloves (~2 heads)
- ☐ ~4 red onions
- ☐ 2 yellow onions
- ☐ 4 tbsp. shallots
- ☐ 1 butternut squash (approximately 6 cups)

NUTS/SEEDS

- ☐ 2 tbsp. sesame seeds
- ☐ 1 cup sunflower or pumpkin seeds
- ☐ ¼ cup walnuts

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 4 cups Bone Broth ([p. 129](#) or [p. 130](#))
- ☐ ½ cup almond milk or full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ 2 tbsp. apple cider vinegar
- ☐ ½ cup coconut aminos
- ☐ ½ cup kalamata olives
- ☐ ½ cup almond meal/flour

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

DRIED HERBS/SPICES

- ☐ 2 tsp. Indian Spice Blend
- ☐ 3 tsp. Italian Herb Blend

OPTIONAL

- ☐ ¼ cup each cilantro or radish for Lemongrass & Ginger Egg Drop Soup [p. 101](#)
- ☐ Dressing of choice &/or handful sliced olives for Bison Bowl [p. 41](#)
- ☐ Fermented veggies of choice for Bird's Nest Breakfast [p. 29](#)
- ☐ Add-ins for Kitchen Sink Stir-Fry [p. 95](#): spice blend of choice; herbs of choice; coconut aminos + ginger powder or fresh ginger; garlic powder or fresh garlic; &/or ¼ cup pumpkin seeds



Shopping List

Week 3: Days 19-21

CARRYOVER

- You will use **LO** Bison Bowl for Day 19 Lunch.

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Indian Spice Blend [p. 127](#)
- ☐ Avocado Herb Dressing [p. 115](#)
- ☐ Marinara sauce (store-bought or homemade on [p. 118](#))
- ☐ Paleo Mayo (store-bought or homemade on [p. 122](#))

PROTEIN

- ☐ 2 servings POC for Apple Nut Porridge [p. 37](#)
- ☐ 2 small chicken breasts (or 1 large butterflied)
- ☐ 4 bone-in skinless chicken thighs
- ☐ 1½ lbs. ground turkey
- ☐ ½–¾ lb. ground beef
- ☐ 12 oz. tuna (in pouch or BPA-free can)

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

NUTS/SEEDS

- ☐ ½ cup brazil nuts
- ☐ ¾ cup walnuts

VEGGIES

- ☐ ½ cup carrots
- ☐ ½ cup celery
- ☐ 2 yellow onions
- ☐ 2 small heads or 1 large head cauliflower
- ☐ 4 cups spinach
- ☐ 1 bunch kale
- ☐ 1 head romaine lettuce
- ☐ 4–6 cups mixed greens of choice
- ☐ ½ cup scallions
- ☐ 8 garlic cloves (~1 head)
- ☐ 1½ red onions
- ☐ 2 sweet potatoes
- ☐ 2 small spaghetti squash (or 1 large)

FRESH HERBS/SPICES

- ☐ 1 tsp. ginger
- ☐ ~1 cup basil
- ☐ 2 tbsp. chives
- ☐ 1 tbsp. dill
- ☐ 2 tbsp. parsley
- ☐ ½ cup cilantro

FRUIT

- ☐ 1 apple
- ☐ 1 pear
- ☐ 2 lemons (1 for 2 tbsp. juice)
- ☐ 4 avocados

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 2 cups marinara sauce
- ☐ Four 13.5-oz. cans full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ ½ cup Paleo Mayo
- ☐ One 14-oz. jar artichoke hearts
- ☐ ½ cup green olives
- ☐ ¼ cup nori flakes
- ☐ 2 tbsp. almond flour
- ☐ ½ tsp. vanilla extract

DRIED HERBS/SPICES

- ☐ 2 tbsp. basil
- ☐ ½ tsp. cinnamon
- ☐ 1 tsp. coriander
- ☐ ½ tbsp. cumin
- ☐ 1 tbsp. garlic powder
- ☐ 1½ tbsp. Indian Spice Blend
- ☐ 1 tbsp. oregano
- ☐ 1 tsp. parsley
- ☐ ½ tbsp. turmeric

OPTIONAL

- ☐ Fermented veggies of choice for Tuna Salad Wraps [p. 59](#)



Week 4 DAYS 22-30

DAY	BREAKFAST	LUNCH	DINNER
22	Latin Spice Bowl (4) p. 43	Strawberry Spinach Salad (2) p. 108 w/ Balsamic Vinaigrette p. 116 + Simple Chicken Breasts (2) p. 135 + Butternut Squash Soup (4) p. 99	Roasted Chicken Thighs w/ Lemon & Oregano (4) p. 66 + Collard Greens(4) p. 92 + LO Butternut Squash Soup
23 CP	LO Latin Spice Bowl	LO Roasted Chicken Thighs w/ Lemon & Oregano + LO Collard Greens	CP Native Chili (4) p. 81
24	Coconut Chia Berry Pudding (2) p. 35 + POC (2)	Acorn Squash w/ Ground Lamb & Kale (4) p. 75 + Raw Ginger Beet & Carrot Salad (4) p. 159	LO Native Chili
25	Sausage Portobellos (4) p. 31	Egg Roll in a Bowl (4) p. 66 w/ Jumbo Shrimp or Chicken and Ginger Zest Dressing p. 106	LO Acorn Squash w/ Ground Lamb & Kale + LO Raw Ginger Beet & Carrot Salad
26	LO Sausage Portobellos	LO Egg Roll in a Bowl w/ Jumbo Shrimp or Chicken and LO Ginger Zest Dressing	Salmon w/ Sage Butter & Root Vegetables (4) p. 56
27	Chorizo Bowl (4) p. 39 + DOC	Strawberry Spinach Salad (2) p. 108 w/ Balsamic Vinaigrette p. 116 + LO Salmon	Chicken Piccata (4) p. 68 + Blueberry Leek & Kale Sauté (4) p. 89
28	Mediterranean Bowl (4) p. 42 w/ Creamy Dressing p. 111	LO Chorizo Bowl + DOC	LO Chicken Piccata + LO Blueberry Leek & Kale Sauté
29 CP	LO Mediterranean Bowl w/ LO Creamy Dressing	Carrot-Ginger Soup (4) p. 102 + Veggie Medley (4) p. 86 + POC (2)	CP BBQ Shredded Pork (4) p. 79 + Cauliflower Mash (4) p. 84
30	Lemon-Thyme Pancakes (2) p. 36 + Poached Eggs (2) p. 131	LO Carrot-Ginger Soup + LO Veggie Medley + POC (2)	LO BBQ Shredded Pork + LO Cauliflower Mash

"One cannot think well, love well, and sleep well, if one has not dined well" — VIRGINIA WOOLF

Shopping List

Week 4: Days 22-26

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Latin Spice Blend [p. 127](#)
- ☐ Smoky Spice Blend [p. 127](#)
- ☐ Balsamic Vinaigrette [p. 116](#)
- ☐ Ginger Zest Dressing [p. 112](#)
- ☐ Marinara sauce (store-bought or homemade on [p. 118](#))

PROTEIN

- ☐ 2 servings POC for Coconut Chia Berry Pudding [p. 35](#)
- ☐ 8 eggs
- ☐ 2 small chicken breasts (or 1 large butterflied)
- ☐ 8 small or 4 large skin-on chicken thighs
- ☐ 3-3½ lbs. ground beef
- ☐ 6 slices bacon
- ☐ ½-2 lbs. ground lamb
- ☐ 1 lb. ground sausage
- ☐ 4 salmon fillets
- ☐ 16-25 jumbo shrimp (or 4 small Simple Chicken Breasts [p. 135](#))

FRESH HERBS/SPICES

- ☐ 1½ tbsp. dill
- ☐ 3 tsp. ginger
- ☐ 3 sprigs oregano
- ☐ 1½ tbsp. parsley
- ☐ 1 tbsp. sage

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

VEGGIES

- ☐ 14 carrots
- ☐ 2 stalks celery
- ☐ 2 parsnips
- ☐ 1 large cucumber
- ☐ 2 yellow squash
- ☐ ~6 zucchini
- ☐ 2 cups green bell pepper
- ☐ 2 beets (red or golden)
- ☐ 1 head broccoli
- ☐ 1 small head red cabbage
- ☐ 4-6 cups spinach
- ☐ 2 bunches kale
- ☐ 2 bunches collard greens
- ☐ 10 cups greens of choice
- ☐ 1 cup sprouts of choice
- ☐ 1 leek
- ☐ 6 scallions
- ☐ 2 large cremini mushrooms
- ☐ 8 large portobello mushroom caps
- ☐ 19 garlic cloves (~2 heads)
- ☐ 1 large red onion
- ☐ ~5 yellow onions
- ☐ 6 small shallots
- ☐ 1 butternut squash (5-6 cups)
- ☐ 2 acorn squash

NUTS/SEEDS

- ☐ 3 tbsp. chia seeds
- ☐ ½ cup pumpkin seeds or pecans
- ☐ ¼ cup slivered almonds
- ☐ ½ cup brazil nuts
- ☐ 2-4 tbsp. pine nuts

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ 6 cups Bone Broth [p. 129](#) or [p. 130](#)
- ☐ ½ cup Chicken Broth [p. 130](#)
- ☐ 3 cups marinara sauce
- ☐ ~Three 13.5-oz. cans full-fat coconut milk (store-bought or homemade on [p. 136](#))
- ☐ 6 tbsp. apple cider vinegar
- ☐ ¼ cup balsamic vinegar
- ☐ ~8 tbsp. coconut aminos
- ☐ 3 tsp. dijon mustard
- ☐ ½ cup coconut flakes
- ☐ 1 tsp. vanilla extract

DRIED HERBS/SPICES

- ☐ 2 tsp. Latin Spice Blend
- ☐ 2 tbsp. Smoky Spice Blend
- ☐ 1½ tbsp. coriander
- ☐ 2 tsp. cumin
- ☐ 1/8 tsp. crushed red pepper flakes
- ☐ ½ tsp. turmeric

FRUIT

- ☐ 1 cup strawberries
- ☐ 1 cup berries of choice
- ☐ ¼ cup dried goji berries
- ☐ 2½ lemons (½ for 1 tbsp. juice)
- ☐ 1 lime
- ☐ 2 avocados

OPTIONAL

- ☐ 1-2 avocados &/or ½ cup cilantro for Native Chili [p. 81](#)
- ☐ Cauliflower Rice &/or salsa for Latin Spice Bowl [p. 85](#)
- ☐ ¼ cup pumpkin seeds for Butternut Squash Soup [p. 99](#)
- ☐ Fermented veggies for Sausage Portobellos [p. 31](#)



Shopping List

Week 4: Days 27-30

CARRYOVER

- You will use **LO** Salmon for Day 27 Lunch.

SPICE BLENDS, DRESSINGS, SAUCES, & CONDIMENTS

- ☐ Smoky Spice Blend [p. 127](#)
- ☐ Balsamic Vinaigrette [p. 116](#)
- ☐ Creamy Dressing [p. 111](#)
- ☐ Dressing Of Choice for Chorizo Bowl [p. 39](#)
- ☐ Applesauce (store-bought (no added sugar or extra ingredients) or homemade on [p. 125](#))
- ☐ Paleo Mayo (store-bought or homemade on [p. 122](#))

PROTEIN

- ☐ 4 servings POC for Carrot-Ginger Soup [p. 102](#)
- ☐ 6 eggs
- ☐ 8 small chicken cutlets (or 4 large butterflied)
- ☐ 3-4 lbs. pork butt (bone-in or boneless)
- ☐ 1-1½ lbs. ground lamb
- ☐ 1-1½ lbs. ground chorizo

FATS/COOKING OILS

- ☐ Avocado oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Ghee

VEGGIES

- ☐ ~2 lbs. carrots
- ☐ 3 cucumbers
- ☐ 1 cup yellow squash
- ☐ 1 cup zucchini
- ☐ 2 yellow bell peppers
- ☐ 1 cup broccoli
- ☐ 3½ heads cauliflower
- ☐ 2 cups cabbage
- ☐ 12 cups baby spinach
- ☐ 2 heads romaine lettuce
- ☐ 2 bunches kale
- ☐ 2 leeks
- ☐ 1 cup mushrooms of choice
- ☐ 1 cup cherry tomatoes
- ☐ 5 garlic cloves (~1 head)
- ☐ 3 cups red onion
- ☐ ~3 yellow onions
- ☐ 1 tbsp. shallot

FRESH HERBS/SPICES

- ☐ 2 tbsp. ginger
- ☐ ¼ cup basil
- ☐ 2 thyme sprigs
- ☐ 1-2 tbsp. dill
- ☐ ½ cup mint
- ☐ ½ cup parsley

FRUIT

- ☐ 3 cups blueberries
- ☐ 1 cup strawberries
- ☐ 5 lemons (2 for 4 tbsp. juice)
- ☐ 4 avocados

MISCELLANEOUS/STAPLES

- ☐ Salt & pepper
- ☐ ½ tsp. baking soda
- ☐ 8 cups Bone Broth [p. 129](#) or [p. 130](#)
- ☐ 1 cup Chicken Broth [p. 130](#)
- ☐ ½ cup applesauce
- ☐ ~½ cup Paleo Mayo
- ☐ ¼ cup balsamic vinegar
- ☐ ~6 tbsp. coconut aminos
- ☐ 1 tsp. dijon mustard
- ☐ 3 tbsp. capers
- ☐ 1 cup kalamata olives
- ☐ ¼ cup tomato paste
- ☐ 1/3 cup coconut flour
- ☐ 2 cups almond flour

NUTS/SEEDS

- ☐ ¼ cup pumpkin seeds or pecans

DRIED HERBS/SPICES

- ☐ 2 tbsp. Smoky Spice Blend
- ☐ ½ tsp. coriander
- ☐ ½ tsp. cumin
- ☐ ¼ tsp. curry powder
- ☐ ¼ tsp. nutmeg
- ☐ Pinch paprika

OPTIONAL

- ☐ Chives for Cauliflower Mash [p. 84](#)
- ☐ 1-2 eggs per person & 1 tsp. distilled white vinegar for poached eggs [p. 131](#) or fried eggs with Lemon-Thyme Pancakes [p. 36](#)



Breakfast

A quality breakfast will set you up for success throughout your day, keep you feeling satiated, and reduce cravings and the need for snacking.

Eating a **protein + fat** for breakfast starts you off with optimal energy as well as helping to balance your blood sugar and hormone levels.

One of the most crucial tips to remember in regards to breakfast is:

ANYTHING you have for lunch or dinner can be eaten for breakfast.

So if you see a breakfast you don't like, just swap it out for a lunch or dinner option! Also, you may notice we often take leftovers from lunch or dinner and use them for breakfast the next day. This may seem strange at first, but trust us ... once you get the hang of it, you'll love it! Eating this way for breakfast feels great and makes life easier.

Note: Don't forget! You can always sub an Anytime Bowl (p. 38) for breakfast if you choose. This is a great option if you cannot eat eggs.



BREAKFAST RECIPE 1

Bird's Nest Breakfast Skillet



Servings:
2



Prep Time:
15–20 min.



Cook Time:
10 minutes

INGREDIENTS

- 2 tbsp. butter
- 1 red onion, thinly sliced
- 2 zucchini, shredded in food processor or by hand using grater
- 2 yellow squash, shredded in food processor or by hand using grater
- 2 carrots, shredded in food processor or by hand using grater
- 2 cups greens of choice, chopped
- ¼ cup parsley, chopped
- 6–8 eggs (3–4 eggs per person unless serving with another protein)
- salt & pepper to taste
- 1 tbsp. olive oil
- 1 avocado, cubed

***Optional Side:** ¼ cup raw sauerkraut, kimchi, or other fermented veggie

Notes: You may use any combination of zucchini, yellow squash, carrots, sweet potatoes, or parsnips. You will use 1 medium skillet per person. Place half ingredients in 1 skillet and half in another so each person gets a skillet when served.



DIRECTIONS FOR EACH SKILLET

1. Sauté half sliced red onions in butter and cook until they begin to caramelize.
2. Add 1 zucchini, 1 yellow squash, and 1 carrot (all shredded) and sauté a few minutes.
3. Next, add 1 cup greens and parsley and let cook 2 minutes.
4. Spread mixture out evenly in skillet. Create hollow indentation in middle.
5. Crack 3–4 eggs into the indentation and add about a teaspoon water around edge of skillet. Sprinkle with salt and pepper to taste. Cover and let steam until eggs develop a soft, white film over yolk and whites are cooked. This doesn't take long—about 2 minutes.
6. Remove from heat and use spatula to transfer Bird's Nest from pan to plate.
7. Drizzle with olive oil; top with ½ avocado cut into chunks; and add side raw sauerkraut, kimchi, or other fermented veggie if desired.



BREAKFAST RECIPE 2

Zucchini Frittata



Servings:
4



Prep Time:
5 minutes



Cook Time:
35 minutes

LEFTOVERS: Save for next-day breakfast

INGREDIENTS

- Butter or ghee
- ½ onion, sliced
- 2 garlic cloves, roughly minced
- 2 cups zucchini, yellow squash, or pattypan in any combination, sliced into thin medallions
- 10 eggs
- 1 tsp. salt
- ½ tsp. freshly cracked pepper
- 2 tbsp. fresh herbs (e.g., parsley, mint, dill, oregano, chives), chopped
- 2 avocados, sliced (½ avocado per serving)

DIRECTIONS

1. Preheat oven to 400° F.
2. In large oven-safe skillet over medium heat, sauté onions and garlic in tablespoon butter 2 minutes.
3. Add zucchini and sauté 1 minute, just enough to soften squash and warm through.
4. In medium bowl, whisk eggs, salt, pepper, veggie mixture, and herbs. Mix with fork until well-combined, being careful not to break zucchini.
5. In same large skillet used to sauté vegetables, melt tablespoon butter.
6. Add egg mixture and evenly distribute zucchini throughout top.
7. Bake 15–20 minutes or until eggs are cooked through.
8. Pull out and rest frittata 3–5 minutes.
9. Cut into 8 pieces.
10. Enjoy with sliced avocado.



BREAKFAST RECIPE 3

Sausage Portobellos



Servings:
4



Prep Time:
5 minutes



Cook Time:
35 minutes

LEFTOVERS: Save 2 servings for next-day breakfast (may want to make fried eggs fresh for leftover portions)

INGREDIENTS

- 8 large portobello mushroom caps, destemmed
- 1 lb. ground sausage
- 4 shallots, chopped
- 2 zucchini, chopped
- 8 cups greens of choice, chopped
- 8 eggs

***Optional Side:** Raw sauerkraut, kimchi, or other fermented veggie

DIRECTIONS

1. Preheat oven to 375° F.
2. With damp paper towel, wipe portobellos clean. Place on large baking dish lined with parchment paper.
3. In large skillet over medium heat, cook sausage 7–8 minutes or until almost done.
4. Add shallots, zucchini, and greens; cook 3–5 more minutes.
5. Fill each portobello with mixture, packing tightly. Bake 15–20 minutes.
6. Meanwhile, fry eggs for each mushroom cap.
7. Remove portobellos and place on plates. Top each with fried egg and serve with raw sauerkraut, kimchi, or other fermented veggie.



BREAKFAST RECIPE 4

Mushroom Scrambled Eggs



Servings:
2



Prep Time:
5 minutes



Cook Time:
8–10 min.

INGREDIENTS

- 1 leek, diced (white part only)
- 1 tbsp. butter
- 2 cups greens of choice, chopped & packed
- 3 tbsp. pumpkin seeds
- 6 eggs, beaten
- one 8-oz. container baby portobello or chanterelle mushrooms, diced
- 1 avocado, sliced

***Optional Topping:** Salsa, raw sauerkraut, kimchi, or other fermented veggie

DIRECTIONS

1. Slice leek lengthwise and rinse well with water. Dice white part only.
2. Add small pad butter to sauté pan.
3. Sauté leeks 3 minutes.
4. Add mushrooms and cook 2–3 more minutes.
5. Add greens of choice, pumpkin seeds, and eggs. Cook until eggs are done.
6. Serve with sliced avocado and choice of optional toppings.



BREAKFAST RECIPE 5

Chard, Chive, & Kalamata Olive Egg Cups



Servings:
4



Prep Time:
10 minutes



Cook Time:
30 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 8 eggs
- 1 cup chard, finely chopped
- ½ cup kalamata olives, sliced
- ¼ cup chives, chopped
- ½ cup almond or full-fat coconut milk
- 8 prosciutto slices, finely chopped

DIRECTIONS

1. Preheat oven to 350° F.
2. Whisk eggs and add chard, olives, and chives.
3. Next, whisk in almond or coconut milk.
4. Grease 8 muffin cups with coconut oil and line each cup with chopped prosciutto slice.
5. Divide egg mixture among muffin cups, filling 2/3 each cup to allow room for mixture to rise while baking.
6. Bake 30 minutes. Remove from oven.



BREAKFAST RECIPE 6

Chicken Vindaloo Breakfast



Servings:
2



Prep Time:
5 minutes

INGREDIENTS

- 4 cups mixed salad greens
- 1 endive (white or red), thinly sliced (optional)
- 2 servings leftover Cauliflower Rice (p. 85)
- 2 palm-sized portions leftover Chicken Vindaloo (p. 63)
- 1 green apple, cored & thinly sliced
- 2 tbsp. Simple Lemon Dressing (p. 113)

*Optional Topping:

- 2 tbsp. fresh mint or dill, chopped
- ½ cup nuts of choice, chopped

DIRECTIONS

1. Place mixed greens and endives in 2 bowls.
2. Add 1 serving leftover Cauliflower Rice to each bowl (option to serve cold or warm up first).
3. USE YOUR fingers to shred leftover Chicken Vindaloo into medium-sized pieces and add 1 serving to each bowl (option to serve cold or warm up first).
4. Top with apples, fresh herbs, and/or nuts as desired.
5. Drizzle with Simple Lemon Dressing.

Notes: You will be using leftover Chicken Vindaloo (p. 34) and leftover Cauliflower Rice (p. 85) for this dish.



BREAKFAST RECIPE 7

Coconut Chia Berry Pudding



Servings:
4



Prep Time:
10 min. + 2 hrs to overnight in fridge

INGREDIENTS

PUDDING

- 2 cups full-fat coconut milk
- 3 tbsp. chia seeds
- 1 cup seasonal berries of choice ($\frac{1}{2}$ cup mashed & $\frac{1}{2}$ cup whole for topping)
- 1 tsp. vanilla extract

GRANOLA

- $\frac{1}{4}$ cup raw pumpkin seeds
- $\frac{1}{2}$ cup brazil nuts, roughly chopped
- $\frac{1}{2}$ cup coconut flakes, toasted
- $\frac{1}{4}$ cup goji berries

DIRECTIONS

PUDDING

1. In medium bowl, combine all Pudding ingredients except $\frac{1}{2}$ cup whole berries for topping.
2. Cover with plastic wrap and refrigerate at least 2 hours (it will taste better if you let it sit overnight).

GRANOLA

1. Mix all granola ingredients together and store in airtight container.
2. Assembling
3. Top each serving of Pudding with several tablespoons Granola.
4. May Consume with protein of choice.



BREAKFAST RECIPE 8

Lemon-Thyme Pancakes



Servings:
2



Prep Time:
10 minutes



Cook Time:
10 minutes

INGREDIENTS

- 1/3 cup coconut flour
- 1/2 tsp. baking soda
- 6 eggs
- 1 1/2 tbsp. melted coconut oil
- 1/2 cup applesauce (store-bought (no added sugar or extra ingredients) or homemade on p. 125)
- 1 lemon, zested & juiced
- 1-2 fresh thyme sprigs, chopped
- Butter (for cooking)

TOPPING

- 1 cup blueberries

*Optional: 1-2 eggs per person for poached (p. 131) or fried eggs

DIRECTIONS

1. In medium bowl, combine coconut flour and baking soda.
2. In smaller bowl, whisk eggs, melted coconut oil, applesauce, and lemon juice.
3. Blend wet ingredients into dry.
4. Fold in lemon zest and thyme.
5. In medium-hot skillet, add butter.
6. Pour batter into skillet in shape of small pancake.
7. Once you see small bubbles forming, flip pancake over and cook through.
8. Top pancakes with butter and blueberries.
9. consume with optional poached or fried eggs if desired.



BREAKFAST RECIPE 9

Apple Nut Porridge



Servings:
2



Prep Time:
10 minutes



Cook Time:
3-4 min.

INGREDIENTS

- 1 apple, cored & coarsely chopped
- ½ cup brazil nuts
- 1-2 cups full-fat coconut milk
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- Pinch salt

DIRECTIONS

1. Place all ingredients in high-powered blender or food processor.
2. Pulse slowly to maintain chunky consistency (doesn't take much).
3. Pour contents into small saucepan and warm.
4. Serve with sprinkled cinnamon on top!
5. May Consume with protein of choice.

Notes: You aren't cooking the mixture, just warming it up, so check with your finger to see if it's warm.



Anytime Bowls

Each Anytime Bowl provides you with an excellent protein; plenty of gorgeous veggies; quality fats; and various spices, herbs, and flavors.

As the name implies, you can enjoy these bowls any time—breakfast, lunch, or dinner. Feel free to sub out for another meal when desired.

For people with egg allergies or sensitivities, these bowls are great choices for a healthy, satiating, and flavorful breakfast ... and they make great leftovers, too!

Remember to check the weekly meal plan serving size as well as the recipe serving size to ensure you make the right amount!



ANYTIME BOWLS RECIPE 1

Chorizo Bowl



Servings:
4



Prep Time:
10 minutes



Cook Time:
15–20 min.

INGREDIENTS

- 2 tsp. coconut oil or fat of choice
- 1 cup red onion, thinly sliced
- 2 cups cabbage, thinly shaved with a knife or mandoline
- 1 small head cauliflower, sliced on a mandoline or finely shaved with a knife
- 1-1½ lbs. ground chorizo (can sub 1-1½ lbs. ground beef + 2 tsp. Smoky Spice Blend (p. 127))
- 4–6 cups baby spinach
- ¼ cup parsley, roughly chopped
- ¼ cup basil leaves, roughly chopped
- salt & pepper to taste
- 2 avocados, cut into chunks
- extra-virgin olive oil drizzle or dressing of choice

DIRECTIONS

1. In extra-large skillet over medium heat, melt fat.
2. Cook red onions 5 minutes or until translucent. Remove from pan and set aside.
3. Add cabbage and cauliflower. Cover and cook until tender, stirring occasionally.
4. WHILE VEGGIES are cooking, heat a large skillet over medium heat and add chorizo. Since chorizo produces a lot of fat, pour off fat as needed. Cook 10 minutes or until browned, stirring occasionally. Set aside.
5. Once veggies are tender, add spinach and cook a couple minutes.
6. Stir in red onions.
7. Turn off heat and add parsley and basil.
8. Add meat mixture to veggies. Season to taste.
9. SERVE IN individual bowls and top with cubed avocado.
10. Drizzle olive oil or dressing of choice on top.



ANYTIME BOWLS RECIPE 2

Carne Asada Bowl



Servings:
2



Prep Time:
10 minutes



Cook Time:
5–10 min.

INGREDIENTS

- 4 cups Cauliflower Rice (p. 85)
- 4 cups greens of choice
- ½ Carne Asada from Carne Asada Tacos (p. 52)
- ½ leftover Taco Filling from Carne Asada Tacos (p. 52)
- 2 carrots, shredded

TOPPING

- Guacamole (p. 124)
- Avocado Chunks
- Salsa
- Diced Tomatoes

DRESSING

- Extra-virgin olive oil or dressing of choice

DIRECTIONS

1. Make Cauliflower Rice if you haven't already.
2. Next, prepare bowl for each person. Place 2 cups fresh mixed greens on bottom of bowl.
3. Warm leftover Carne Asada and Taco Filling in skillet.
4. Divide into 2 portions and add meat and leftover veggies to individual bowls.
5. Top with carrots and other optional toppings.
6. Drizzle with olive oil or dressing of choice.



ANYTIME BOWLS RECIPE 3

Bison Bowl



Servings:
4



Prep Time:
15 minutes



Cook Time:
20 minutes

INGREDIENTS

- 1 butternut squash, deseeded & cut into small cubes (approximately 6 cups)
- 2 tbsp. + 1 tbsp. Avocado oil
- 1 small red onion, diced
- 1-1½ lbs. ground bison (can sub beef or other ground meat if bison is unavailable)
- 2 large garlic cloves, minced
- 1 bunch kale, ribs removed & chopped
- 2 tsp. Italian Herb Blend (p. 127)
- salt & pepper to taste
- 2 large avocados, cut into chunks

TOPPING

- small handful sliced olives
- extra-virgin olive oil drizzle or dressing of choice

DIRECTIONS

1. Preheat oven to 400° F. Line large baking dish with parchment paper.
2. In baking dish, toss cubed butternut squash with 2 tablespoons avocado oil.
3. Roast approximately 20 minutes or until fork-tender.
4. While butternut is roasting, prepare bison mixture.
5. In large sauté pan over medium heat, melt tablespoon avocado oil.
6. Add onions and sauté 5 minutes or until translucent.
7. Add bison and brown meat.
8. Add garlic, kale, and Italian Herb Blend along with salt and pepper to taste. Cook until kale is wilted and bison is cooked through.
9. Place serving of roasted butternut squash in individual bowls; add bison/veggie mixture; and top with avocado chunks, olive oil drizzle, or dressing of choice.



ANYTIME BOWLS RECIPE 4

Mediterranean Bowl



Servings:
2



Prep Time:
10 minutes



Cook Time:
10 minutes

INGREDIENTS

- 2 tsp. coconut oil
- 1-1½ lbs. ground lamb (or beef) or cooked lamb patties from previous meal
- ½ tsp. cumin
- ½ tsp. coriander
- Salt & pepper to taste
- 2 romaine lettuce heads, cut into 1" strips
- ½ red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 2 yellow bell peppers, thinly sliced
- 2 cucumbers, cut into slivers
- 1 cup pitted kalamata olives, halved

TOPPING

- Creamy Dressing (p. 111) combined with 1-2 tbsp. chopped dill
- ½ cup mint, roughly chopped

DIRECTIONS

Notes: If you aren't using leftover lamb patties, begin by cooking ground lamb.

1. In large skillet over medium heat, melt coconut oil.
2. Add ground lamb and cook a few minutes.
3. Add cumin, coriander, salt, and pepper and cook 10 minutes or until lamb is cooked through.
4. Place romaine lettuce in individual bowls, top with sliced onions, tomatoes, bell pepper, cucumber, and olives.
5. Add ground lamb or leftover lamb patties (whole or cut into chunks).
6. Top with Creamy Dressing and chopped mint.



ANYTIME BOWLS RECIPE 5

Latin Spice Bowl



Servings:
4



Prep Time:
15 minutes



Cook Time:
15 minutes

INGREDIENTS

- 2 tsp. coconut oil
- 1 onion, sliced
- 2 cloves garlic, thinly sliced
- 2 carrots, peeled & cut into matchsticks
- 2 zucchini, cut in chunks
- 2 yellow squash, cut into chunks
- 1-1½ lbs. ground beef
- 2 tsp. Latin Spice Blend (p. 127)
- Salt & pepper to taste
- 2 cups greens of choice, thinly sliced
- 1-2 avocados, cut into chunks or Guacamole (p. 124)

OPTIONAL ADDITIONS

- Cauliflower Rice (p. 85)
- Salsa

DIRECTIONS

1. In large skillet over medium heat, melt coconut oil.
2. Add sliced onions and garlic and cook until translucent.
3. Add carrots, zucchini, and yellow squash and cook 5-10 minutes.
4. While veggies are cooking, brown ground beef in different skillet. Add Latin Spice Blend along with salt and pepper. Cook through, approximately 10 minutes.
5. Toss sliced greens of choice into veggie mixture and cook several more minutes.
6. Spoon veggie mixture into individual bowls, add ground beef, and top with avocado chunks or Guacamole. Serve with Cauliflower Rice or salsa if desired.



ANYTIME BOWLS RECIPE 6

TTB (Turkey, Tomato & Brussels Sprouts) Bowl



Servings:
2



Prep Time:
10 minutes



Cook Time:
10 minutes

INGREDIENTS

- 1 tbsp. coconut oil
- 1/2–3/4 lbs. ground turkey or leftover Bacon Turkey Meatloaf (p. 62), cut into chunks
- 1–2 tsp. Italian Herb Blend (p. 127)
- Salt & pepper to taste
- 2–4 cups raw greens of choice, thinly sliced
- 2 cups leftover Roasted Brussels Sprouts (p. 87)
- 1 bulb fennel, thinly sliced
- 1 tomato, cut into chunks

TOPPING

- Avocado Herb Dressing (p. 115)

DIRECTIONS

Notes: If you aren't using leftover meatloaf, begin by cooking ground turkey. You may choose to reheat leftover meatloaf and brussels sprouts or eat cold.

1. Add coconut oil to skillet and brown ground turkey on medium heat.
2. Add spices, salt, and pepper. Cook through, approximately 10 minutes.
3. In individual bowls, place greens on bottom, then add leftover Roasted Brussels Sprouts, fennel slices, tomato chunks, and ground turkey or cubed meatloaf.
4. Drizzle with Avocado Herb Dressing.



ANYTIME BOWLS RECIPE 7

Turkey Spaghetti Squash Bowl



Servings:
4



Prep Time:
10 minutes



Cook Time:
7–15 min.

Notes: You may choose to warm leftover turkey and/or spaghetti squash or eat it cold.

INGREDIENTS

- 4 eggs (2 per person), hard-boiled & sliced
- 4 cups spinach, thinly sliced
- 2 carrots, peeled & grated
- 1 medium beet, peeled & grated
- 1 small or ½ large leftover cooked spaghetti squash from Turkey Rootredo (p. 61)
- ½ cup sprouts of choice
- ½–¾ lbs. leftover cooked turkey from Turkey Rootredo (p. 61)
- 4 tbsp. leftover Rootredo Sauce (p. 119) or Dressing of choice

DIRECTIONS

BOILING EGGS

1. In small saucepan, add eggs and cover with cold water.
2. Bring to boil and cook 7 minutes.
3. Transfer eggs to bowl cold ice water 1 minute to stop eggs from cooking and make them easier to peel.
4. Peel eggs and slice using egg slicer or knife.
5. Assembling Bowls
6. In individual serving bowls, add spinach; grated carrots and beets; leftover spaghetti squash; and sprouts.
7. Add turkey to each bowl and place sliced eggs on top.
8. Lastly, drizzle each bowl with 2 tablespoons leftover Rootredo Sauce or dressing of choice.



ANYTIME BOWLS RECIPE 8

Egg Roll in a Bowl



Servings:
2



Prep Time:
15 minutes



Cook Time:
10 minutes

INGREDIENTS

- 2 tbsp. coconut oil
- 1 small head red cabbage, sliced
- 4 garlic cloves, minced
- 1 head broccoli, cut into small florets
- 1/3 cup coconut aminos
- 1 tbsp. avocado oil
- 4 cooked Simple Chicken Breasts (p. 135), cut into slices, or 16–25 (4–5 per person) jumbo poached shrimp (p. 132)
- 2 large carrots, cut into long strips

DIRECTIONS

1. In large skillet over medium heat, melt coconut oil.
2. Add cabbage, garlic, and broccoli. Sauté until cabbage is soft and broccoli is bright green and tender. If mixture gets too dry, add a little water and let evaporate to soften veggies.
3. Add coconut aminos and avocado oil. Sauté until coconut aminos and oil are absorbed.
4. Place veggie mixture in individual bowls and add sliced chicken or poached shrimp.
5. Top with diced scallions, slivered almonds, and sprouts of choice.
6. Drizzle with Ginger Zest Dressing.

GARNISHES

- 4 scallions, diced
- 1/4 cup slivered almonds
- 1 cup sprouts of choice (e.g., broccoli, cabbage, radish)
- Ginger Zest Dressing (p. 112)



ANYTIME BOWLS RECIPE 9

Fish Bowl



Servings:
4



Prep Time:
15 minutes



Cook Time:
3–6 min.

Notes: You will be using leftover snapper from yesterday's dinner, but instructions are included to cook fish fresh if you choose to do so.

INGREDIENTS

- 3 cups cabbage (half red & half green), shredded
- ½ cup carrots, shredded with box grater or food processor
- 1 green apple, cut into thin matchsticks
- 2 scallions, trimmed & thinly sliced (reserve green part for garnish)
- ½ cup Creamy Dressing (p. 111)
- 1 lemon, juiced
- 1 tbsp. ghee
- 2 leftover snapper fillets (or any 5–8-oz. fillets white fish) from Snapper with Herb-Butter Sauce (p. 54)
- salt & pepper to taste
- 1 avocado, cubed, or Guacamole (p. 124)
- ¼ cup cilantro, roughly chopped

DIRECTIONS

1. Shred cabbage and carrots. Place in large bowl.
2. Add apple matchsticks and scallions (white part only). Toss mixture with 4 tablespoons Creamy Dressing and squeeze fresh lemon juice. Combine thoroughly.
3. Reheat leftover fish if you choose or cook fish fresh using instructions from Snapper with Herb-Butter Sauce (p. 54).
4. Add slaw to individual serving bowls. Lay fish over slaw.
5. Top with cubed avocado or Guacamole and remaining Creamy Dressing.
6. Sprinkle with reserved scallions (green part) and cilantro.



Main Dishes

Beef Bison



MAIN DISHES - BEEF BISON RECIPE 1

BOOSKA (BEEF, ONION, OLIVES, SWEET, POTATOES, KALE, & AVOCADO)



Servings:
4



Prep Time:
10 minutes



Cook Time:
10-15 min.

INGREDIENTS

- 1 tbsp. coconut oil
- 1/2-3/4 lb. ground beef
- 3/4 cup onion, thinly sliced
- 1 tsp. cumin
- 1/2 tsp. coriander
- 1 tsp. turmeric
- 2 tsp. dried oregano
- 2 tsp. garlic powder
- 1 small bunch kale, chopped
- 1/2 cup green olives, thinly sliced
- salt & pepper to taste
- 2 sweet potatoes, cooked & mashed
- 1 ripe avocado, cut into chunks

DIRECTIONS

1. In large skillet, brown ground beef in coconut oil.
2. Add onions and sauté until tender.
3. Next, add all spices and mix well.
4. Add kale and green olives. Cover and continue cooking 5 minutes or until kale is wilted and tender.
5. Salt and pepper to taste.
6. Serve over mashed sweet potatoes.
7. Top with avocado chunks.



MAIN DISHES - BEEF BISON RECIPE 2

Flank Steak with Chimichurri Sauce



Servings:
4



Prep Time:
30 minutes



Cook Time:
25 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 1½–2 lbs. flank steak
- 1 cup Chimichurri Sauce (p. 121)
- salt & pepper to taste
- 1 tbsp. coconut oil

DIRECTIONS

1. Remove steak from fridge and pat dry to remove excess moisture.
2. If you haven't already, prepare your Chimichurri Sauce.
3. Season steak with salt and pepper.
4. Add tablespoon coconut oil to hot skillet. Gently set flank steak in pan. Sear on each side 5 minutes.
5. Rest meat and slice against grain.
6. Finish by drizzling flank steak with Chimichurri Sauce.



MAIN DISHES - BEEF BISON RECIPE 3

Bison Burger with Porto Bun



Servings:
2



Prep Time:
15 minutes



Cook Time:
20 minutes

INGREDIENTS

- 4 large portobello mushrooms
- Salt & pepper to taste
- 1 tsp. + 2 tsp. + 1 tbsp. coconut oil
- ¼ cup onion, finely diced
- 2 cloves garlic, minced
- ½–¾ lb. ground bison (can sub ground beef, turkey, chicken, or pork)
- 1 tsp. salt
- 1 tbsp. Smoky Spice Blend (p. 127)

TOPPER OPTIONS

- Lettuce of choice
- 2–4 red onion ring slices
- 2 tomato slices
- avocado
- Guacamole (p. 124)

CONDIMENT OPTIONS

- Paleo Mayo (store-bought or homemade on p. 122)
- Dijon mustard
- Avocado Herb Dressing (p. 115)



DIRECTIONS

1. Preheat cast-iron skillet to medium heat.
2. Use teaspoon to gently scoop brown bristle out of mushrooms (the bristle holds moisture and will create a soggy bun).
3. Salt and pepper mushrooms.
4. Melt teaspoon coconut oil in cast-iron skillet.
5. Cook portobello mushrooms 3 minutes per side. Set aside and keep warm.
6. In hot skillet, add 2 teaspoons coconut oil followed by onions and garlic. Cook until onions begin to color.
7. In medium bowl, combine caramelized onion and garlic mixture with ground meat, teaspoon salt, and Smoky Spice Blend.
8. Form into 4 evenly sized patties.
9. In same skillet used to cook onions, add tablespoon coconut oil.
10. Place patties in pan and cook 4 minutes on each side.
11. Rest patties at least a minute before forming burger.

ASSEMBLING BURGERS

1. Place portobello mushroom on plate.
2. ADD burger and top with lettuce, red onions, tomato, and avocado or Guacamole.
3. Add condiments of choice and top with second portobello mushroom.



MAIN DISHES - BEEF BISON RECIPE 4

Carne Asada Tacos

WITH CAULIFLOWER TORTILLAS



Servings:
4



Prep Time:
30 minutes



Cook Time:
20–25 min.

MARINATION: At least 1 hour, up to 2 days

LEFTOVERS: Save 2 servings of taco filling & meat for next-day lunch

INGREDIENTS

- Cauliflower Tortillas (p. 83)

CARNE ASADA

- 2 lbs. skirt steak
- 3 tbsp. avocado oil
- 1 tsp. cumin
- 3 large garlic cloves, minced
- 5 scallions, white part only, thinly sliced
- ½ cup cilantro, finely chopped
- 1 lime, zested & juiced
- 1 tsp. avocado oil for cooking

TACO FILLING

- 2 tsp. avocado oil
- 1 onion, diced
- 1 cup mushrooms, thinly sliced lengthwise
- 2 tsp. Latin Spice Blend (p. 127)
- 2 zucchini, cut into matchsticks
- 2 yellow squash, cut into matchsticks
- Salt & pepper to taste
- 1 lime
- 1–2 tbsp. coconut aminos
- Handful fresh cilantro, chopped

OPTIONAL ADDITIONS

- Carrot, shredded
- Asparagus
- Bell pepper

DIRECTIONS

CARNE ASADA

1. In shallow baking dish, combine all Carne Asada ingredients.
2. Marinate at least an hour or up to 2 days.
3. Add teaspoon avocado oil to cast-iron skillet or heat grill on medium-high heat.
4. Sear each side 3–4 minutes or until you get a nice golden sear.
5. Rest meat 3 minutes before slicing. Slice meat against grain.
6. Heat medium skillet on medium heat.
7. Place baked tortilla in pan, pressing down slightly. Brown 1–2 minutes on each side. Repeat with remaining tortillas.

TACO FILLING

1. In large skillet, sauté onions, mushrooms, and Latin Spice Blend in 2 teaspoons avocado oil until mushrooms are tender.
2. Next, add zucchini and yellow squash and cook a few more minutes.
3. Add coconut aminos and cook a couple more minutes to combine.
4. Season to taste. Finish with squeeze lime and handful fresh cilantro.

ASSEMBLING TACOS

1. Top each tortilla with meat, taco filling, and any other toppings you choose.

TOPPINGS

- Guacamole (p. 124)
- Avocado chunks
- Salsa
- Tomatoes



Main Dishes

Seafood



MAIN DISHES - SEAFOOD RECIPE 1

Snapper with Herb-Butter Sauce



Servings:
4



Prep Time:
5 minutes



Cook Time:
10 minutes

LEFTOVERS: Save 2 snapper portions for next-day lunch

INGREDIENTS

- Four 5–8-oz. snapper fillets
- Salt & pepper to taste
- 1 tbsp. coconut oil
- 4 tbsp. butter
- 3 tbsp. shallots, minced
- 2 tbsp. lemon juice
- 2 tbsp. fresh herbs (e.g., parsley, dill, or a combo), chopped

DIRECTIONS

1. Salt flesh and skin of fillets. Pepper flesh side only. Sop up moisture with paper towels to get skin as dry as possible before cooking.
2. Melt tablespoon coconut oil in skillet on medium-high heat. Gently place snapper skin side down. Snapper will start to warp. Give it 1 minute to acclimate to pan and then gently press down on flesh with your fingers. You will feel a bubblelike sensation under your fingertips. This means moisture is cooking out of skin.
3. Once this stops, it's time to flip fish onto flesh side and cook 2–3 minutes.
4. Remove fish from pan and set aside.
5. Melt butter in skillet. Add shallots and sauté until soft.
6. Next, add lemon juice and simmer 1 minute.
7. Turn off heat and add fresh herbs. Stir and pour over fish.



MAIN DISHES - SEAFOOD RECIPE 2

Baked Salmon



Servings:
2



Prep Time:
10 minutes



Cook Time:
8 minutes

INGREDIENTS

- Two 4–6-oz. salmon fillets
- Coconut oil if greasing pan
- 2 tbsp. ghee
- Salt & pepper to taste
- 1 lemon or lime wedge

Notes: Option to serve with leftover Pesto

DIRECTIONS

1. Preheat oven to 425° F.
2. Place salmon in baking dish lined with parchment paper for easy clean-up or lightly grease dish bottom with coconut oil.
3. Brush salmon with melted ghee. Season with salt and pepper.
4. Bake 8 minutes or until fish is cooked through.
5. Squeeze lemon or lime wedge over top of salmon.



MAIN DISHES - SEAFOOD RECIPE 3

Salmon with Sage Butter & Root Vegetables



Servings:
4



Prep Time:
20 minutes



Cook Time:
12-25 min.

LEFTOVERS: Save 2 salmon fillets for next-day lunch

INGREDIENTS

- 1 leek, sliced into thin rounds
- 4 tbsp. butter, softened
- 1 lemon, juiced
- 1 garlic clove, minced
- 1 tbsp. fresh sage, chopped
- 4 salmon fillets
- 2 carrots, julienned into 1/2" lengths
- 2 parsnips, julienned into 1/2" lengths
- 2 large cremini mushrooms, sliced
- 2 scallions, green part finely chopped
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 400° F.
2. Cut tough green tops from leek and slice tender section (white and light green) into thin rounds.
3. Combine butter, lemon juice, garlic, and sage in food processor and pulse until thoroughly puréed.
4. Mix carrots, parsnips, and mushrooms. Lay them on one side of a 15x24" piece of parchment paper.
5. Top veggies with 1/3 sage-butter mixture.
6. Salt and pepper salmon fillets and place on veggies.
7. Top each fillet with remaining sage-butter mixture.
8. Sprinkle chopped scallions on top of each fillet, distributing evenly.
9. Fold other side of parchment paper over salmon. Roll and crimp edges together to create tightly sealed half-moon-shaped packet.
10. Place packet on baking sheet and bake 12-15 minutes for thin fillet or 20-25 minutes for thicker fillet.
11. Remove from oven and let sit 5 minutes before serving.



MAIN DISHES - SEAFOOD RECIPE 4

Almond & Herb-Crusted Halibut



Servings:
2



Prep Time:
10 minutes



Cook Time:
12-15 min.

INGREDIENTS

- 2 halibut steaks (1/3–1/2 cup per person)
- 1/2 cup almond meal/flour
- 2 garlic cloves, minced
- 2 tbsp. red onion, finely chopped
- 1/2 cup parsley, chopped
- salt & pepper to taste
- 2 tbsp. ghee, melted

DIRECTIONS

1. Preheat oven to 450° F.
2. Rinse fish and pat dry.
3. Mix almond meal, garlic, onions, parsley, salt, and pepper in shallow dish.
4. Place halibut steaks on baking sheet so sides are exposed. Top steaks with almond mixture. Melt ghee and drizzle on top of steaks.
5. Bake 12-15 minutes or until done.



MAIN DISHES - SEAFOOD RECIPE 5

Spicy Shrimp Lettuce Cups



Servings:
2



Prep Time:
20 minutes



Cook Time:
10 minutes

INGREDIENTS

- 12 pieces fresh shrimp, peeled, deveined, & poached (p. 132) or steamed
- 1/8 cup Paleo-friendly hot sauce
- 1/8 cup ghee, melted
- 1 tbsp. lemon juice
- salt & pepper to taste
- 1 head butter lettuce
- 1 avocado, sliced
- 2 carrots, julienned
- 1/4 cup fresh mint, chopped
- 1/4 cup fresh cilantro, chopped

DIRECTIONS

1. Poach shrimp according to instructions on page 132.
2. While shrimp is still warm, cut into bite-size pieces.
3. In mixing bowl, whisk together hot sauce, ghee, and lemon juice.
4. Toss shrimp in hot-sauce mixture. Season with salt and pepper.
5. Serve in lettuce leaves with sliced avocado, carrots, mint, and cilantro.



MAIN DISHES - SEAFOOD RECIPE 6

Tuna Salad Wraps



Servings:
2



Prep Time:
15 minutes

INGREDIENTS

- Two 6-oz. pouches or cans tuna
- ½ cup Paleo Mayo (store-bought or homemade on p. 122)
- ½ cup celery, minced
- ½ cup scallions, sliced
- ¼ cup nori flakes
- ½ cup walnuts or pumpkin seeds, chopped
- 1 lemon, zested & juiced
- Salt & pepper to taste
- 6 large romaine lettuce leaves, destemmed
- 2 avocados, sliced

*Optional Side: Sauerkraut, kimchi, or other fermented veggie

DIRECTIONS

1. In medium bowl, combine tuna, Paleo Mayo, celery, scallions, nori flakes, nuts/seeds, zest, lemon juice, and salt and pepper to taste.
2. Fill lettuce leaves with tuna salad and 2–4 slices avocado per wrap.
3. Roll up like burrito and enjoy with raw sauerkraut, kimchi, or other fermented veggie.



Main Dishes

Poultry



MAIN DISHES - POULTRY RECIPE 1

Turkey Rootredo



Servings:
4



Prep Time:
15 minutes



Cook Time:
45 minutes

LEFTOVERS: Save half turkey & 1 small (or half large) spaghetti squash for next-day lunch

INGREDIENTS

- 2 small or 1 large spaghetti squash, cooked (p. 134)
- 1 cup Rootredo Sauce (p. 119)
- 1 tbsp. coconut oil
- 1-1½ lbs. ground turkey
(can sub sliced chicken breast)
- 2 tsp. Italian Herb Blend (p. 127)
- Salt & pepper to taste

*Optional Garnish: ¼ cup chopped parsley

DIRECTIONS

1. Cook spaghetti squash according to instructions on p. 134. Save half for lunch tomorrow.
2. While squash is cooking, prepare Rootredo Sauce as described on p. 119.
3. Heat skillet on medium heat and add coconut oil. Cook ground turkey with Italian Herb Blend and salt and pepper to taste.
4. Assembling Dish
5. Place cooked squash on plate.
6. Top with ground turkey, pour Rootredo Sauce over it, and sprinkle with fresh parsley if desired.



MAIN DISHES - POULTRY RECIPE 2

Bacon-Wrapped Turkey Meatloaf



Servings:
4-6



Prep Time:
20 minutes



Cook Time:
20-30 min.

LEFTOVERS: Save 2 servings meatloaf for next-day lunch

INGREDIENTS

- 1½-2 lbs. ground turkey
- ½ cup onion, finely diced
- 3 cloves garlic, minced
- 1 carrot, finely diced or shredded in food processor
- 1 tsp. turmeric
- 1 tsp. smoked paprika
- 1 knob ginger, grated
- 1 egg
- 1 tbsp. salt
- ½ tbsp. freshly cracked pepper
- 10 strips bacon

DIRECTIONS

1. Preheat oven to 375° F.
2. LINE baking sheet with parchment paper for meatloaf.
3. IN MEDIUM bowl, combine all ingredients but bacon. Use your hands to mix and distribute everything thoroughly.
4. TRANSFER MIXTURE to baking sheet and shape a “log” measuring approximately 8x4”.
5. VERTICALLY DRAPE bacon slices over meatloaf, tucking ends under.
6. PLACE MEATLOAF in oven and bake 20-30 minutes.
7. DURING LAST 5 minutes, turn on broiler so bacon gets some color. Watch carefully to avoid burning.
8. WHEN MEATLOAF is done, rest 5 minutes before slicing.



MAIN DISHES - POULTRY RECIPE 3

Chicken Vindaloo with Cilantro Rice



Servings:
4



Prep Time:
15 minutes



Cook Time:
45 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 4 chicken hind quarters, split
- Salt & freshly ground pepper
- ¼ cup + 1 tbsp. ghee
- 3 garlic cloves, minced
- 2 cups onion, finely chopped
- 5 tbsp. Indian Spice Blend (p. 127)
- 2 cups Chicken Broth (p. 130)
- 2 tbsp. tamarind paste
- 6 tbsp. coconut aminos
- 4 tbsp. full-fat coconut milk or cream
- 2 tsp. salt
- Cauliflower Rice (p. 85)
- Several tbsp. cilantro, chopped



DIRECTIONS

1. Salt and pepper chicken quarters.
2. In large skillet over medium heat, melt ¼ cup ghee and brown chicken on all sides.
3. Transfer chicken to plate, leaving fat and flavor from chicken in pan. If you need more fat, add tablespoon ghee.
4. Add garlic, onions, and Indian Spice Blend to pan and sauté until golden brown.
5. RETURN CHICKEN to skillet and add broth, tamarind paste, coconut aminos, coconut milk, and salt. Sauté several minutes.
6. Cover and simmer 45 minutes or until chicken is tender. Stir a few times during cooking.
7. During last 10 minutes, partially remove lid to thicken sauce.
8. Place Cauliflower Rice in bowl and top with Chicken Vindaloo, additional sauce, and chopped cilantro.



MAIN DISHES - POULTRY RECIPE 4

Roasted Herb-Butter Chicken



Servings:
4-6



Prep Time:
5 minutes



Cook Time:
45 minutes

LEFTOVERS: Save for 2 more meals (served with Lemongrass & Ginger Egg Drop Soup (p. 101))

INGREDIENTS

- One 3-5-lb. chicken
- 1 lemon, sliced into rounds
- 2 sprigs rosemary + 1 tbsp. chopped
- 2 sprigs thyme + 1 tbsp. chopped
- 6 tbsp. butter, softened
- 1 tbsp. chopped parsley
- 5 garlic cloves
- 1 small onion, quartered
- 1½ tsp. salt
- Pepper

DIRECTIONS

1. Preheat oven to 400° F.
2. Pat chicken dry with paper towels.
3. Create “bed” for chicken to roast on by placing lemon slices and 1 sprig each rosemary and thyme on bottom of roasting or cast-iron pan. Add ¼ cup water.
4. Use your hands to gently separate skin from meat on breast, legs, and thighs. Do your best not to perforate the skin.
5. In small bowl, combine butter, parsley, thyme, rosemary, 3 garlic cloves, and ½ teaspoon salt.
6. Rub half herb-butter mixture under chicken skin and the other half on top of skin to coat entire chicken.
7. GENTLY OPEN chicken cavity and season with salt and pepper. Stuff with onions, garlic, and remaining rosemary and thyme sprigs.
8. Tie up legs with kitchen twine. Season outside with remaining salt and pepper.
9. ROAST 30-45 minutes, depending on size. Chicken is cooked through when it reaches 165° F.
10. REMOVE FROM oven and rest chicken on countertop 10 minutes before carving.



MAIN DISHES - POULTRY RECIPE 5

Chicken Wraps with Nut Butter Dipping Sauce



Servings:
2



Prep Time:
15 minutes

INGREDIENTS

NUT BUTTER DIPPING SAUCE

- ¼ cup smooth sunflower or almond butter
- ¼ cup full-fat coconut milk
- 1–2 tbsp. coconut aminos

CHICKEN WRAPS

- 4–6 romaine lettuce leaves
- 2 cooked Simple chicken breasts, cut into strips (p. 135)
- 1 avocado, sliced
- 1 yellow squash, julienned or shredded
- 2 carrots, julienned or shredded
- ¼ cup fresh mint, chopped
- ¼ cup fresh basil, chopped

DIRECTIONS

NUT BUTTER DIPPING SAUCE

1. In medium saucepan over low heat, whisk nut butter, coconut milk, and coconut aminos until smooth.

CHICKEN WRAPS

1. Place chicken strips in romaine lettuce wrap.
2. Add avocado slices along with julienned squash and carrot.
3. Sprinkle with mint and basil.
4. Top with Nut Butter Dipping Sauce or fold wrap and dip into sauce—or both!

Notes: Any leftover julienned carrots and squash can be used as side salad.



MAIN DISHES - POULTRY RECIPE 6

Roasted Chicken Thighs with Lemon & Oregano



Servings:
4



Prep Time:
5–8 min.



Cook Time:
20 minutes

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- 4 large or 8 small boneless, skin-on chicken thighs
- salt & pepper to taste
- 1 tsp. + 2 tbsp. ghee, divided
- 1 lemon, thinly sliced & deseeded
- ½ cup Chicken Broth (p. 130)
- 3 sprigs oregano, destemmed & roughly chopped
- 1 tbsp. shallot, minced
- 2 garlic cloves, minced
- 1/8 tsp. crushed red pepper flakes
- 1 tbsp. lemon juice

DIRECTIONS

1. Preheat oven to 425° F.
2. Season thighs with salt and pepper.
3. Heat large cast-iron skillet over medium-high heat and add teaspoon ghee.



4. Add chicken and cook skin side down 10 minutes or until cooked halfway through, allowing it to render and brown. Pour off excess fat to maintain thin coating in pan.
5. Scatter half lemon slices over chicken and half on bottom of skillet (top slices will soften; those in skillet will caramelize).
6. Transfer skillet to oven, leaving chicken skin side down. Roast 6–8 minutes or until chicken is cooked through, skin is crispy, and lemon slices on bottom caramelize.
7. Place chicken pieces skin side up and caramelized lemon slices on warm platter. Leave softened lemon slices in skillet.
8. Heat same skillet on medium-high. Add broth, oregano, shallot, garlic, and red pepper flakes.
9. Stirring frequently, cook 1 minute or until sauce slightly reduces.
10. Stir tablespoon lemon juice into mixture and season with salt and pepper.
11. Turn off heat and add 2 tablespoons ghee, stirring to combine.
12. Return chicken to skillet skin side up to rewarm.
13. Top chicken with caramelized lemon slices.



MAIN DISHES - POULTRY RECIPE 7

Turkey, Basil, & Artichoke Meatballs

(with spaghetti squash)



Servings:
4



Prep Time:
15 minutes

COOK TIME: 15 Minutes (for meatballs); 20–45 minutes (for spaghetti squash)

LEFTOVERS: Save 2 servings spaghetti squash & meatballs for next-day breakfast

INGREDIENTS

- 2 small or 1 large spaghetti squash, cooked (p. 134)
- 1 tbsp. butter
- ¼ cup onion, finely diced
- one 14-oz. can artichoke hearts, diced
- 1½ lbs. ground turkey
- 5 tbsp. fresh basil, chopped (can sub with 3 tbsp. dried)
- 1 tsp. dried parsley
- 2 tbsp. almond flour
- 2 cups marinara sauce (store-bought or homemade on p. 118)
- 4 cups spinach, chopped

DIRECTIONS

1. Preheat oven to 400° F.
2. Cook spaghetti squash according to instructions on p. 134 if you haven't already done so.
3. Heat large skillet over medium heat. Add butter, onions, and artichokes.
4. Cook 5 minutes or until onions are translucent. Remove from heat and cool.
5. In large bowl, thoroughly mix ground turkey, onion-artichoke mixture, basil, parsley, and almond flour.
6. Roll into meatballs 1" in diameter.
7. Place on baking sheet lined with parchment paper. Bake 15 minutes or until cooked through.
8. Heat marinara in saucepan.
9. Add chopped spinach and simmer a couple minutes.
10. Place Cooked spaghetti squash on individual plates. Add meatballs and top with sauce.



MAIN DISHES - POULTRY RECIPE 8

Chicken Piccata



Servings:
4



Prep Time:
15 minutes



Cook Time:
20 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 8 chicken cutlets or 4 large butterflied chicken breasts, pounded thin
- 3 tbsp. coconut oil
- 2 cups almond flour
- 5 tbsp. butter
- ½ onion, thinly sliced
- 4 cloves garlic, minced
- 1 cup Chicken Broth (p. 130)
- 2 lemons, juiced
- 1 lemon, thinly sliced
- 3 tbsp. capers
- 2 tbsp. parsley, chopped
- Salt & pepper to taste

DIRECTIONS

1. Season chicken on each side with salt and pepper.
2. In large skillet over medium-high heat, melt coconut oil.
3. Dredge cutlets in shallow dish filled with almond flour, coating well.
4. Two at a time (or however many fit in your skillet while still allowing sufficient space), cook chicken 3 minutes per side or until browned and cooked through, depending on thickness.
5. Keep cooked chicken warm on oven-safe dish in 200°F oven.
6. Cook remaining cutlets (add coconut oil if needed).
7. Once finished cooking chicken cutlets, add 5 tablespoons butter to skillet and scrape browned bits well. Alternatively, if you want a clear sauce, scoop out any toasty almond flour bits left behind.
8. Reduce heat to medium-low. Add onions and garlic. Cook until fragrant and onions are translucent.
9. Pour in broth and lemon juice.
10. Turn heat to high and reduce liquid by half.
11. Add sliced lemon, capers, parsley, and salt and pepper to taste. Reduce heat to low.
12. Add chicken to pan and warm it back up before serving.



Main Dishes

Pork



MAIN DISHES - PORK RECIPE 1

Orange & Pistachio Pork Chops with Green Beans



Servings:
2



Prep Time:
10 minutes



Cook Time:
35-40 min.

INGREDIENTS

- 1 orange, zested & peeled
- 1 tbsp. + 1 tbsp. ghee
- 2 pork chops
- ½ cup shelled pistachios, crushed
- 1 lb. green beans, trimmed
- 1-2 cloves garlic, minced
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 450° F.
2. Add peeled orange to food processor or high-powered blender and blend a few seconds.
3. Transfer to small saucepan and cook over medium heat until juices begin to evaporate and mixture thickens.
4. In cast-iron skillet over medium-high heat, melt tablespoon ghee.
5. salt and pepper pork chops to taste.
6. Brown chops on each side 6 minutes.
7. Remove from heat and spread tablespoon orange mixture over each chop. Sprinkle with pistachios.
8. Bake 12-16 minutes or until cooked. Remove chops from pan and rest a bit.
9. Meanwhile, line baking sheet with parchment paper.
10. Toss green beans on baking sheet with orange zest, garlic, and tablespoon ghee. Sprinkle with salt & pepper to taste.
11. Roast 10 minutes.
12. Serve pork chops with side green beans.



MAIN DISHES - PORK RECIPE 2

Seared Pork Chops with Braised Cabbage & Apples



Servings:
4



Prep Time:
15 minutes



Cook Time:
30 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 1 tbsp. + 1 tbsp. coconut oil
- ½ onion, medium-diced
- 1 tsp. salt
- ½ tsp. pepper
- 1 tbsp. caraway seeds
- 1 medium head green cabbage, cored & thinly sliced
- 2 apples, cored & cut into chunks
- 4 pork chops (bone-in or boneless)
- ¼ cup Bone Broth (p. 129 or p. 130)
- Horseradish Aioli (p. 123)

DIRECTIONS

1. Remove pork chops from fridge and place on plate. Season with salt and pepper. Let rest while you braise cabbage and apples.
2. In heavy-bottomed skillet, sauté onions, salt,



pepper, and caraway seeds in tablespoon coconut oil 5 minutes.

3. Add cabbage and apples.
4. Stir and cook 2 minutes.
5. Add broth, cover, and cook on low heat 30 minutes or until tender.
6. Meanwhile, cook pork chops.
7. Heat large cast-iron skillet on medium-high.
8. Add tablespoon coconut oil to pan. Place pork chops in pan without them touching.
9. Sear on each side until golden brown, around 4 minutes, depending on thickness.
10. Cover pan and let chops sit 8 minutes.
11. Rest pork chops 3 minutes before serving.
12. Serve with braised cabbage and Horseradish Aioli.



Main Dishes

Lamb



MAIN DISHES - LAMB RECIPE 1

Ginger-Garlic Lamb & Broccoli



Servings:
4



Prep Time:
15 minutes



Cook Time:
15 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 2 small heads broccoli, cut into 1" florets
- 2 tsp. coconut oil
- 3–4 scallions, thinly sliced (separate white & green parts)
- 1–1½ lbs. ground lamb
- 2 tsp. Indian Spice Blend (p. 127)
- Salt & pepper to taste
- 2 tbsp. sesame seeds, toasted
- 2 cups green or red cabbage, finely sliced

GARLIC-GINGER SAUCE

- ½ cup coconut aminos
- 4 tbsp. shallot, minced
- 2 tbsp. ginger, grated
- 2 garlic cloves, minced
- 1 tsp. salt
- ½ tsp. pepper



DIRECTIONS

1. Steam broccoli 5–6 minutes. If you overcook the broccoli, it will turn brown.
2. In medium skillet, add coconut oil and scallions (white part only). Sauté several minutes.
3. Next, add lamb, Indian Spice Blend, salt, and pepper. Use wooden spoon or spatula to break up ground lamb and cook through.
4. While broccoli is steaming, prepare sauce. In medium bowl, whisk all sauce ingredients until well-combined.
5. Place steamed broccoli in bowl and add sauce. Mix well so broccoli absorbs sauce.
6. Place sliced cabbage on individual plates. Top with broccoli mixture and lamb. Garnish with green parts of scallions and toasted sesame seeds.



MAIN DISHES - LAMB RECIPE 2

Mini Lamb Burgers

(WITH PESTO & ARUGULA SALAD)



Servings:
4



Prep Time:
20 minutes



Cook Time:
10 minutes

LEFTOVERS: Save leftover patties for next-day breakfast

INGREDIENTS

- 1½–2 lbs. ground lamb
- 1–2 tbsp. Italian Herb Blend (p. 127)
- 2 tsp. salt
- 1 tsp. pepper
- 1–2 tsp. coconut oil or fat of choice
- 1 cup Pesto (p. 120)
- 4 cups arugula
- 1 tomato, cut into chunks
- ½ red onion, thinly sliced
- Splash olive oil & lemon juice or Simple Lemon Dressing (p. 113)

DIRECTIONS

1. In large bowl, use your hands to mix ground lamb, Italian Herb Blend, salt, and pepper until thoroughly combined. Form into 1" patties.
2. In large skillet over medium-high heat, melt fat.
3. Flipping once, cook patties 4–5 minutes per side or until browned and desired doneness. Meanwhile, prepare Pesto according to directions on page 120.
4. Toss arugula with tomatoes, red onion, and splash olive oil and lemon juice or Simple Lemon Dressing. Place on individual plates.
5. Place lamb burgers on side of arugula salad. Add dollop Pesto to each burger patty.



MAIN DISHES - LAMB RECIPE 3

Acorn Squash with Ground Lamb & Kale



Servings:
4



Prep Time:
15 minutes



Cook Time:
15 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 2 acorn squash, halved & deseeded (cut end off each side so squash sits flat on surface before halving)
- 2 tbsp. + 1 tsp. coconut oil
- 1 large onion, chopped
- 2 bunches kale, destemmed & chopped
- 1½-2 lbs. ground lamb
- Salt & pepper to taste
- 2 tsp. cumin
- 1 tsp. coriander
- Extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 400° F.
2. Place acorn squash halves upside down in baking dish and add a little filtered water to dish. Bake 40 minutes or until soft and fork goes through easily.



3. Meanwhile, heat 2 tablespoons coconut oil in large skillet and sauté onions.
4. Add kale and cover until mixture cooks down, stirring frequently.
5. Heat teaspoon coconut oil in second skillet and brown ground lamb.
6. Add salt, pepper, cumin, and coriander to lamb.
7. When kale cooks down, add ground lamb to mixture with slotted spoon.
8. Set aside 2 squash bowls and half lamb-kale mixture for leftovers.
9. Place 1 squash bowl on each plate. Spoon half remaining lamb-kale mixture into squash bowls and put additional lamb mixture on side of plate.
10. Drizzle with olive oil and serve.



Main Dishes

Crockpot



MAIN DISHES - CROCKPOT RECIPE 1

Lamb Stew



Servings:
4-6



Prep Time:
15 minutes



Cook Time:
6-8 hrs.

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- 2-3 lbs. boneless lamb shoulder, cut into 1" chunks, or lamb stew meat
- Salt & pepper to taste
- 1 tbsp. coconut oil
- 1 cup pearl onions (fresh or frozen)
- 3 cups + 1 cup Beef Bone Broth (p. 129)
- 2 cups button mushrooms, cut into quarters
- 2 cups carrots, diced
- 1 sprig thyme
- 2 bay leaves
- ½ cup tomato sauce or paste
- 1½ tbsp. salt
- ½ tbsp. freshly cracked pepper
- 1 cup peas (fresh or frozen)

DIRECTIONS

1. Season lamb chunks with salt and pepper.
2. In large skillet over medium heat, melt coconut oil.
3. Sear lamb chunks until golden brown. Transfer to crockpot.
4. Add all remaining ingredients to crockpot except peas and 1 cup broth.
5. Deglaze skillet using reserved cup broth, scraping flavorful bits from bottom of pan. Pour into crockpot.
6. Cook 6-8 hours on low. Meat should be falling-apart tender.
7. Remove thyme sprig and bay leaves.
8. Add peas 5 minutes before serving so color of peas stays nice and bright.



MAIN DISHES - CROCKPOT RECIPE 2

Basil Chicken in Coconut Curry



Servings:
4



Prep Time:
15 minutes

COOK TIME: 4–5 hours on medium-high or 6–8 hours on low

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 4 bone-in, skinless chicken thighs
- Salt & pepper to taste
- 1 tbsp. coconut oil
- two 13.5-oz. cans full-fat coconut milk
- 2 tbsp. dried basil leaves
- 2 tsp. salt
- ¾ tsp. pepper
- 1½ tbsp. Indian Spice Blend (p. 127)
- 1 large red onion, chopped
- 1 tsp. fresh ginger, grated or minced
- 8 cloves garlic, minced
- ½ cup fresh cilantro, chopped
- Cauliflower Rice (p. 85)

DIRECTIONS

1. Pat chicken thighs with paper towels to remove moisture. Season with salt and pepper.
2. In large skillet over medium-high heat, melt tablespoon coconut oil.
3. When oil is hot, add chicken and cook 2 minutes or until nicely browned on each side. Transfer chicken to plate.



4. In crockpot, combine coconut milk, basil, salt, pepper, and Indian Spice Blend. Add red onions, ginger, garlic, and browned chicken. Stir to combine.
5. Cook on high 4–5 hours on medium-high or 6–8 hours on low.
6. Transfer chicken to plate or cutting board. Let cool a couple minutes.
7. Shred chicken, removing bones and tough bits. Chicken should be falling-apart tender. Return to slow cooker and stir. Replace lid and cook another 10 minutes.
8. Season with salt and pepper to taste.
9. Place individual serving of Cauliflower Rice on plate or in bowl. Top with serving of chicken and chopped cilantro.



MAIN DISHES - CROCKPOT RECIPE 3

BBQ Shredded Pork



Servings:
4



Prep Time:
15 minutes



Cook Time:
6–8 hrs.

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 3–4 lb. pork butt (bone-in or boneless)
- 2 tbsp. Smoky Spice Blend (p. 127)
- 2 tsp. salt
- 1 tbsp. coconut oil
- 1 large onion, diced
- ¼ cup tomato paste
- ¼ cup coconut aminos
- 2 cups Bone Broth (p. 129 or p. 130)

DIRECTIONS

1. Season pork butt with Smoky Spice Blend & salt.
2. In hot skillet, melt tablespoon coconut oil and sear seasoned pork butt on each side until golden brown. Transfer pork butt to crockpot.
3. In same pan, sauté onions, tomato paste, and coconut aminos for a couple minutes until onions are soft and flavors develop.
4. Place onion mixture in crockpot on top of pork butt. Add broth.
5. Turn crockpot on and cook 6–8 hours on low. Pork butt should be fork-tender and easily shredded when done. Time will vary depending on crockpot setting.



MAIN DISHES - CROCKPOT RECIPE 4

Chuck Roast



Servings:
4-6



Prep Time:
15 minutes



Cook Time:
6-8 hrs.

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 1 onion, cut into chunks
- 2 carrots, cut into chunks
- 5 cloves garlic, minced
- 2-3-lb. chuck roast
- salt & pepper to taste
- 1 tbsp. Italian Herb Blend (p. 127)
- 1 tbsp. coconut oil
- 2 cups Beef Bone Broth (p. 129)
- 2 cups filtered water
- 2 tbsp. tomato paste
- 1 bay leaf

DIRECTIONS

1. Place chopped veggies and garlic on bottom of crockpot.
2. Pat chuck roast with paper towels to remove excess moisture. Season with salt, pepper, and Italian Herb Blend.
3. In hot skillet, melt coconut oil. Sear roast on each side.
4. Next, place roast in crockpot. Add broth, water, tomato paste, and bay leaf.
5. Cook 6-8 hours on medium. Time will vary depending on your crockpot setting. You will know it is done if it falls apart when you put a fork in it.
6. Once it is done, remove roast and veggies from crockpot and serve.



MAIN DISHES - CROCKPOT RECIPE 5

Native Chili



Servings:
4



Prep Time:
10 minutes

COOK TIME: 4–5 hours on medium-high or 6–8 hours on low

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 2 tsp. coconut oil
- 1½ cups onion, diced
- 4 cloves garlic, roughly chopped
- 2 lbs. ground beef (can sub another ground meat of choice)
- 2 stalks celery, medium-diced
- 3 medium carrots, chopped into medium chunks
- 2 tbsp. Smoky Spice Blend (p. 129)
- 1 tsp. salt
- 2 cups zucchini, cut into large chunks
- 2 cups green bell pepper, chopped into small chunks
- 3 cups marinara sauce (store-bought or homemade on p. 118)
- 1 cup Bone Broth (p. 129 or p. 130)

OPTIONAL GARNISHES

- 1–2 avocados, cut into chunks for topping
- ½ cup cilantro, chopped

DIRECTIONS

1. In hot skillet, melt coconut oil.
2. Caramelize onions and garlic 4 minutes.
3. Add ground beef to skillet and brown.



4. Transfer browned meat and all other ingredients to crockpot.
5. Cook 6–8 hours on low or 4–5 hours on medium-high, depending on your choice of setting.
6. Serve in bowl and top with optional garnishes if desired.



Veggie slides



VEGGIE SLIDES RECIPE 1

Cauliflower Tortillas



Servings:
4



Prep Time:
20 minutes



Cook Time:
20 minutes

YIELD: 6–8 medium tortillas

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 1½ heads cauliflower, trimmed & coarsely chopped into chunks
- 3 large eggs
- ¼ cup fresh cilantro, chopped
- Juice from ½ lime (add zest, too, if you want more lime flavor)
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375° F. Line baking sheet with parchment paper.
2. Pulse cauliflower in food processor in batches until you get a couscous-like consistency. You should end up with about 4 packed cups of finely riced cauliflower.
3. Place cauliflower in pot with steamer basket and water. Steam 7–10 minutes, using a fork to mix every 2–3 minutes until soft. Cool a bit.
4. Transfer cauliflower to fine cheesecloth or thin dishtowel and squeeze out as much liquid as possible, being careful not to burn yourself. We suggest dishwashing gloves as protection.
5. In medium bowl, whisk eggs. Add cauliflower, cilantro, lime, salt, and pepper. Mix until well-combined.
6. Use your hands to form 8 small tortillas (quantity may vary depending on cauliflower size) and place them on parchment paper.
7. Bake 10 minutes, carefully flip each tortilla, and bake 5–7 more minutes or until completely set.
8. Remove from oven and place tortillas on wire rack to cool slightly.



VEGGIE SLIDES RECIPE 2

Cauliflower Mash



Servings:
4



Prep Time:
5 minutes



Cook Time:
10 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 2 heads cauliflower, cut into small florets
- ¼ cup Paleo Mayo (store-bought or homemade on p. 122)
- ¼ cup butter
- ¼ tsp. nutmeg
- Salt & pepper to taste

OPTIONAL GARNISHES

- Chives, chopped

DIRECTIONS

1. Place cauliflower florets into pot with steam basket and water.
2. Steam 8–10 minutes or until fork-tender.
3. Remove from heat and place cauliflower in medium colander to remove as much water as possible.
4. Put cauliflower and all other ingredients in food processor and process until smooth and creamy. Top with chopped chives if you choose.



VEGGIE SLIDES RECIPE 3

Cauliflower Rice



Servings:
4



Prep Time:
10 minutes



Cook Time:
5 minutes

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 2 small heads or 1 large head cauliflower, cut into large chunks
- 2 tbsp. avocado oil
- ½ cup onion, diced
- Salt & pepper to taste
- ½ cup fresh basil or cilantro, chopped

DIRECTIONS

1. Remove outer leaves and stems from cauliflower. Cut cauliflower into large chunks.
2. Using food processor, pulse cauliflower into small, rice-sized pieces.
3. In large skillet over medium heat, add avocado oil.
4. Add onions and cook until caramelized to a light-golden color.
5. Add cauliflower Rice to onions. Season with salt and pepper.
6. Sauté 5 minutes or until cauliflower becomes translucent, stirring occasionally. Add small amount avocado oil to skillet if rice begins sticking to pan.



7. Turn off heat and add basil or cilantro.

***Note:** Whenever adding herbs to a hot dish, make sure your heat is turned off to avoid dark, bitter herbs.



VEGGIE SLIDES RECIPE 4

Veggie Medley



Servings:
4



Prep Time:
5–10 mins.



Cook Time:
15 minutes

LEFTOVERS: Save 2 servings for next-day meal

INGREDIENTS

- 1 cup cauliflower, cut into bite-size florets
- 1 cup broccoli, cut into bite-size florets
- 1 cup carrots, sliced
- 1 cup red onion, cut into small chunks
- 1 cup zucchini, sliced & halved
- 1 cup yellow squash, sliced & halved
- 1 cup mushrooms, chopped
- Extra-virgin olive oil, butter, or ghee
- Salt & pepper to taste

***Note:** Feel free to sub different or frozen veggies.

DIRECTIONS

1. Place cauliflower, broccoli, carrots, onions, zucchini, and yellow squash in pot with steamer basket and water.
2. Cover and steam 10 minutes.
3. Add mushrooms and steam 5 minutes more or until vegetables are fork-tender.
4. Serve and top with olive oil, butter, or ghee. Salt and pepper to taste.



VEGGIE SLIDES RECIPE 5

Roasted Brussels Sprouts



Servings:
4



Prep Time:
10 minutes



Cook Time:
20–25 min.

LEFTOVERS: Save 2 servings for next-day meal

INGREDIENTS

- 2 lbs. brussels sprouts, trimmed & halved
- Avocado oil
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375° F. Line baking sheet with parchment paper.
2. Place brussels sprouts on baking sheet and drizzle with avocado oil.
3. Use hands to toss sprouts and evenly coat.
4. Sprinkle with salt and pepper.
5. Roast 20–25 minutes or until golden brown and fork-tender.
6. Check halfway through and flip over for even cooking.



VEGGIE SLIDES RECIPE 6

Sweet Potato Fries



Servings:
2



Prep Time:
10 minutes



Cook Time:
30–45 min.

INGREDIENTS

- 2 large sweet potatoes, cut into large matchsticks
- ¼ cup coconut oil, melted
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- Salt to taste

DIRECTIONS

1. Preheat oven to 400° F. Prepare baking sheet lined with parchment paper.
2. Place fries on baking sheet and toss with melted coconut oil, coating evenly. Spread out fries so there is no overlapping.
3. Sprinkle with cinnamon, nutmeg, and salt.
4. Bake 30–45 minutes.



VEGGIE SLIDES RECIPE 7

Blueberry, Leek, & Kale Sauté



Servings:
4



Prep Time:
10 minutes



Cook Time:
10 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 2 leeks, diced
- 2 bunches kale, destemmed & roughly chopped into bite-size pieces
- 2 tbsp. avocado oil
- 2 cups fresh blueberries
- 1-2 avocados, diced

DIRECTIONS

1. Slice leeks lengthwise and rinse well with water. Dice white part only.
2. In large sauté pan, drizzle avocado oil and sauté leeks 3–5 minutes.
3. Add kale and sauté another 5 minutes or until tender.
4. Turn burner off and add blueberries. Stir to incorporate.
5. Top with diced avocado and serve.



VEGGIE SLIDES RECIPE 8

Celery Root Mish Mash



Servings:
4



Prep Time:
15 minutes



Cook Time:
30–40 min.

LEFTOVERS: Save 2 servings for next-day breakfast

INGREDIENTS

- 3 celery root bulbs, peeled & cut into 1" cubes
- 5–6 garlic cloves, unpeeled
- 3 tbsp. avocado oil
- Salt
- ½ cup packed fresh parsley, chopped
- ¼ cup extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 400° F.
2. Peel celery root bulbs to remove brown layer. Cut into 1" cubes.
3. Remove outer layer of garlic head but don't peel individual cloves. Cut tips off garlic.
4. Place celery root and garlic on parchment-lined baking sheet.
5. Toss all with avocado oil and salt.
6. Bake 30–40 minutes or until fork can easily go through celery root.
7. Remove from oven and let cool 15 minutes.



8. Using slotted spoon, transfer celery root to food processor.
9. Squeeze garlic into food processor by pinching each clove with your fingers.
10. Add parsley. Pour in half olive oil.
11. Pulse food processor several times to cut celery root into chunks and mix everything together. Pulse to desired consistency while slowly adding remaining olive oil if desired. Use less pulsing and less olive oil for a chunky consistency.
12. Remove lid and mix with spatula to evenly distribute parsley and taste.
13. Add salt if needed. Pulse a few more times to evenly distribute.

***Note:** You can also purée to “mashed potato” consistency if desired.



VEGGIE SLIDES RECIPE 9

Moroccan Spiced Carrots



Servings:
4



Prep Time:
10 minutes



Cook Time:
8 minutes

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- 2 tbsp. butter or ghee
- 1–2 lbs. carrots, cut into ¼" disks
- salt & pepper to taste
- 1 tbsp. cumin
- 1 tsp. coriander
- ½ tsp. turmeric
- ½ tsp. garlic powder
- ½ cup Bone Broth (p. 129 or p. 130)
- 2 tbsp. parsley, roughly chopped
- 2 tbsp. mint, roughly chopped

DIRECTIONS

1. In large skillet over medium heat, melt butter or ghee.
2. Add carrots and season with salt, pepper, and remaining spices.
3. Add ¼ cup broth. Cover and cook 7 minutes, stirring frequently.
4. Once carrots are cooked through, turn off heat and add herbs, stirring to distribute evenly.



VEGGIE SLIDES RECIPE 10

Collard Greens



Servings:
4



Prep Time:
10 minutes



Cook Time:
45–55 min.

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- 1 cup onion, diced
- 6 slices bacon, cut into 1" pieces
- 3 garlic cloves, thinly sliced
- 2 cups Bone Broth (p. 129 or p. 130)
- 2 tsp. apple cider vinegar (ACV)
- 2 bunches collard greens, destemmed & thinly sliced
- ½ tsp. salt

DIRECTIONS

1. In 6-quart saucepan or dutch oven, add bacon pieces. Cook until crispy; remove with slotted spoon and set aside.
2. Place onion and garlic in the same pot and cook in bacon fat for 8 minutes or until onions begin to caramelize.
3. Turn heat to low and add broth, ACV, salt, and collards. Stir to combine.
4. Cover and simmer 30–45 minutes. If there is still excess liquid after this period, remove lid and let cook 5–10 more minutes.
5. Add bacon pieces back to pot and stir to combine.
6. Add salt to taste if needed and serve.



VEGGIE SLIDES RECIPE 11

Asparagus Zoodle Stir-Fry



Servings:
2



Prep Time:
10 minutes



Cook Time:
15–20 min.

INGREDIENTS

- 1 tbsp. avocado oil
- 1 shallot, diced small
- 1 bunch asparagus, ends broken off & cut into 1" chunks
- ½ cup roma tomatoes, halved
- 1 cup zucchini zoodles (prepared in spiralizer, p. 133) or 1 zucchini, chopped
- 1 cup yellow squash (prepared in spiralizer, p. 134) or 1 yellow squash, chopped
- 1 tbsp. parsley, chopped
- Salt & pepper to taste
- Avocado oil, olive oil, or Simple Lemon Dressing (p. 113)

DIRECTIONS

1. In large skillet over medium heat, add avocado oil.
2. Add shallots and cook a few minutes.
3. Next, add asparagus and cook 5 minutes.
4. Add tomatoes and allow liquid to reduce 5 minutes on low heat.
5. Add zucchini and yellow squash. Cook over medium-high heat 5 minutes or until veggies are fork-tender (stop before zoodles get limp; chopped veggies will take longer than zoodles).
6. Turn off heat and add parsley. Stir to combine. Season to taste.
7. Top with drizzle of avocado oil, olive oil, or Simple Lemon Dressing.



VEGGIE SLIDES RECIPE 12

Veggie Pesto Skillet



Servings:
2



Prep Time:
5 minutes



Cook Time:
10-15 min.

INGREDIENTS

- 1-2 tbsp. ghee or butter
- 1 onion, thinly sliced
- 2 cups red cabbage, thinly sliced
- 1 head bok choy, thinly sliced
- 1 head broccoli, cut into florets
- Salt & pepper to taste
- ½ cup Pesto (p. 120)

DIRECTIONS

1. In large skillet over medium heat, melt fat.
2. Add onions and cook 5 minutes.
3. Next, add red cabbage and bok choy and cook several more minutes until cabbage and bok choy start to soften.
4. Add broccoli florets and sauté everything until broccoli is cooked through.
5. Place veggies on plate and top with Pesto.



VEGGIE SLIDES RECIPE 13

Kitchen Sink Veggie Stir-Fry



Servings:
2



Prep Time:
10 minutes

COOK TIME: Approximately 15 Minutes, depending on types and amount of veggies

INGREDIENTS

- Leftover or frozen veggies, chopped
- 1 onion, sliced
- 1-2 tbsp. butter, ghee, or coconut oil
- Salt & pepper to taste

OPTIONAL ADDITIONS

- Spice blend of choice (p. 127)
- Herbs of choice
- Coconut aminos + ginger powder or fresh ginger + garlic powder or fresh garlic
- Extra-virgin olive oil
- ¼ cup pumpkin seeds

DIRECTIONS

1. Throw in whatcha got! Use leftover veggies, veggies you need to use up, or even frozen ones!
2. Melt fat in large skillet.
3. Add onions and cook until translucent.
4. Add denser veggies first (e.g., sweet potatoes, carrots) and lighter, quicker-cooking veggies later (e.g., zucchini, greens).
5. Season with salt and pepper and spice blend of choice as well as any herbs/spices you desire.
6. Coconut aminos, fresh ginger, and fresh minced garlic are also good additions.
7. Top with drizzle of olive oil and pumpkin seeds if desired.

***Note:** Throw in pumpkin seeds whole at the end of cooking or grind up in coffee or seed grinder and add to stir-fry at end of cooking for a cheesy, creamy taste.



VEGGIE SLIDES RECIPE 14

Roasted Lemon-Garlic Broccoli



Servings:
2



Prep Time:
10 minutes



Cook Time:
20 minutes

INGREDIENTS

- 1 head broccoli, cut into bite-size florets
- 1 tbsp. avocado oil
- 1-2 garlic cloves, minced
- Salt & pepper to taste
- ½ lemon

DIRECTIONS

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. In large bowl, toss broccoli florets with avocado oil and garlic.
3. Spread broccoli on parchment-lined baking sheet and season to taste.
4. Bake 20 minutes or until florets are fork-tender.
5. Remove from heat and transfer to bowl or platter.
6. Squeeze ½ lemon over broccoli and toss before serving.



Soups



SOUPS RECIPE 1

Green Garlic Soup



Servings:
4



Prep Time:
10 minutes



Cook Time:
25 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 2 tbsp. ghee or coconut oil
- 1 head garlic, smashed
- ½ onion, sliced
- 1 head broccoli, cut into medium chunks (use peeler to slice stem into strips & use for soup)
- Salt & pepper to taste
- 3–4 cups Bone Broth (p. 129 or p. 130)
- 2 cups spinach

DIRECTIONS

1. In large pot over low-medium heat, melt ghee or coconut oil.
2. Remove outer layer of garlic and smash each clove with wide part of knife.
3. Place garlic and onions in pot. Slowly cook 10 minutes or until garlic and onions get a little color and are tender.
4. Add broccoli, salt, and pepper. Stir and cook 3 minutes.
5. Next, add enough broth to barely cover broccoli. Cook 8 minutes or until broccoli is tender.
6. Turn heat off, add spinach, cover, and steam 2 minutes.
7. Remove from heat and uncover. Let cook a few minutes before transferring to blender.
8. Working in 2-cup batches, transfer soup to blender. Start on low and increase to high. Hold lid tightly with kitchen towel to prevent splatter of hot liquid. Alternatively, use immersion blender.
9. Serve in individual bowls.
10. Working in 2-cup batches, transfer soup to blender. Start on low and increase to high. Hold lid tightly with kitchen towel to prevent splatter of hot liquid. Alternatively, use immersion blender.



Note: If you add broccoli florets and spinach too soon, they will turn brown. It is crucial to cook the greens properly.



SOUPS RECIPE 2

Butternut Squash Soup



Servings:
4



Prep Time:
10 minutes



Cook Time:
25 minutes

LEFTOVERS: Save 2 servings for same-day dinner

INGREDIENTS

- 3 tbsp. coconut oil
- ½ red onion, sliced
- 2 cloves garlic, smashed & peeled
- 1 tbsp. coriander
- 1 tsp. salt
- 5–6 cups butternut squash, peeled & cut into cubes
- One 13.5-oz. can full-fat coconut milk or 2 cups homemade (p. 136)
- 2–3 cups Bone Broth (p. 129 or p. 130)

OPTIONAL GARNISH

- ¼ cup pumpkin seeds

DIRECTIONS

1. In large pot, melt coconut oil.
2. Add red onions, garlic, coriander, and teaspoon salt.
3. Cook 5 minutes or until onion slices are translucent.
4. Add squash and stir to combine.
5. Add coconut milk and enough broth to barely cover squash.
6. Bring to rolling boil, reduce heat, and simmer 20 minutes.
7. Once squash is tender, remove pot from heat and let cool for a bit before transferring to blender.
8. Next, carefully blend soup in batches in high-powered blender. Use towel to hold lid in place and prevent hot liquid from escaping blender. Alternatively, use immersion blender.
9. Serve in individual bowls and top with pumpkin seeds if desired.



SOUPS RECIPE 3

Curried Sweet Potato Bisque



Servings:
4



Prep Time:
10 minutes



Cook Time:
45 minutes

LEFTOVERS: Save 2 servings for next-day dinner

INGREDIENTS

- 2 tbsp. coconut oil
- 1 large onion, peeled & chopped
- 1 tbsp. Thai red curry paste
- 1 tbsp. fresh ginger, minced
- 2 cloves garlic, minced or roughly chopped
- 2½ lbs. sweet potatoes, peeled & cut into 1" chunks
- 4 cups Bone Broth (p. 129 or p. 130)
- One 13.5-oz. can full-fat coconut milk
- 2 tbsp. smooth almond butter
- 1 tbsp. fresh lime juice
- Salt & pepper to taste

OPTIONAL GARNISH

- Cilantro, minced

DIRECTIONS

1. In large pot over medium-high heat, melt coconut oil.
2. Add onion. Stirring occasionally, cook 8 minutes or until softened and fragrant.
3. Stir in curry paste and cook 1 minute longer.
4. Add ginger, garlic, and sweet potatoes. Cook 3 minutes, stirring occasionally.
5. Add 4 cups broth and bring to boil.
6. Reduce heat to medium-low and simmer 20 minutes or until potatoes are tender.
7. Remove from heat and stir in coconut milk, almond butter, and lime juice. Let it cool a bit.
8. In batches, purée soup until smooth and creamy using traditional blender or immersion blender. Return soup to pot and heat on low 10 minutes to let flavors meld together.
9. Taste and adjust seasonings as needed.
10. Serve in individual bowls and garnish with cilantro if desired.



SOUPS RECIPE 4

Lemongrass & Ginger Egg Drop Soup



Servings:
4



Prep Time:
10 minutes



Cook Time:
15–20 min.

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- Several lemongrass stalks, crushed with back of knife & cut into 3" lengths
- 4 cups Chicken Broth (p. 130) or Beef Bone Broth (p. 129)
- 2 cups filtered water
- 2 garlic cloves, thinly sliced
- 1 chili pepper, seeded & diced
- ½" knob ginger, sliced into thin matchsticks
- 2 large eggs, beaten
- 4 scallions, thinly sliced
- 2 cups rainbow chard, thinly sliced
- Salt & pepper to taste

OPTIONAL GARNISH

- ¼ cup cilantro, chopped
- ¼ cup radish, shaved

DIRECTIONS

1. Use back of knife to smash and crack lemongrass, releasing oils.



2. In large pot, add broth, water, lemongrass, garlic, and chili pepper.
3. Bring to boil; cover and reduce heat to medium. Simmer 10 minutes, steeping flavor into broth.
4. Use small mesh strainer to remove and discard lemongrass, garlic, and chili.
5. Stir ginger matchsticks into broth.
6. Using fork, beat eggs into broth to create egg ribbons.
7. Add scallions and chard and cook a few minutes. Season to taste.
8. remove from heat, serve in individual bowls, and garnish with cilantro and/or shaved radish if desired.



SOUPS RECIPE 5

Carrot-Ginger Soup



Servings:
4



Prep Time:
15 minutes



Cook Time:
45 minutes

LEFTOVERS: Save 2 servings for next-day lunch

INGREDIENTS

- 3–6 tbsp. butter or ghee
- 1 large yellow onion, chopped
- $\frac{1}{8}$ cup fresh ginger, peeled & grated
- 3 cloves garlic, minced
- 6 cups Bone Broth (p. 129 or p. 130)
- 1–1½ pounds of carrots, peeled & cut into $\frac{1}{2}$ " pieces
- 1–2 tbsp. lemon juice
- $\frac{1}{4}$ tsp. curry powder
- Salt & pepper to taste

DIRECTIONS

1. In large pot over medium heat, melt butter or ghee.
2. Add onion, ginger, and garlic. Cook 10 minutes or until onions are tender.
3. Add Bone Broth and carrots.
4. Bring mixture to boil over high heat.
5. Reduce heat to medium and simmer 20–30 minutes or until carrots are fork-tender.
6. Remove from heat and let it cool a bit.
7. Purée soup in pot using immersion blender or transfer to blender, blend, and pour soup back into pot.
8. Add lemon juice, curry powder, and salt and pepper to taste.
9. Serve soup in individual bowls.



Salads



SALADS RECIPE 1

Chicken Caesar Salad



Servings:
2



Prep Time:
30 minutes



Cook Time:
10 minutes

INGREDIENTS

- 2–3 cups butternut, acorn, delicata, or kabocha squash, peeled, seeded, & cut into medium cubes (delicata does not have to be peeled)
- 3–4 tbsp. coconut oil, melted, + 2 tsp. coconut oil
- 2 garlic cloves, minced
- 2 tsp. Italian Herb Blend (p. 127)
- Salt & pepper to taste
- 2 small chicken breasts or 1 large butterflied chicken breast
- 4–6 cups romaine lettuce, chopped
- 1–2 tbsp. capers
- ¼ cup sunflower seeds, toasted
- 4–6 tbsp. Caesar Dressing (p. 114)

OPTIONAL GARNISH

- Bacon or pork belly chunks

DIRECTIONS

1. Preheat oven to 375° F.
2. Line baking sheet with parchment paper and place cubed squash on it.
3. In small bowl, combine melted coconut oil and garlic cloves.
4. Drizzle oil mixture over squash and use hands to coat evenly. Sprinkle with salt, pepper, and Italian Herb Blend.
5. Bake 20–25 minutes or until fork-tender.
6. While squash is cooking, prepare chicken breasts. Season with salt and pepper.
7. In hot skillet, add ghee or coconut oil, place chicken in pan, and turn down heat. Cook 4–5 minutes per side or until cooked through.
8. Slice into strips.
9. Assembling Salad
10. Place romaine lettuce in bowl.
11. Add roasted squash, capers, sunflower seeds, and chicken strips as well as any optional toppings.
12. Finish with Caesar Dressing.



SALADS RECIPE 2

Simple Garden Salad



Servings:
2



Prep Time:
10 minutes

INGREDIENTS

- 4–6 cups mixed greens of choice
- ½ cup red onion, thinly sliced
- ½ cup carrot, grated
- 1 cucumber, thinly sliced
- ½ cup cherry tomatoes, whole or halved
- ½ cup sunflower or pumpkin seeds, finely chopped
- 4–6 tbsp. Simple Lemon Dressing (p. 113)
- 1 avocado, cut into chunks

DIRECTIONS

1. In large bowl, toss all ingredients (except avocado) together and divide or construct salads in 2 separate bowls.
2. Top with avocado chunks.



SALADS RECIPE 3

Raw Ginger Beet & Carrot Salad



Servings:
4



Prep Time:
15–20 min.

LEFTOVERS: Save 2 servings for next-day meal

INGREDIENTS

***Note:** You can sub Simple Lemon Dressing (p. 168) for the vinaigrette.

VINAIGRETTE

- 2 tsp. ginger, peeled & sliced into fine chiffonade or medium-grated
- 2 tbsp. apple cider vinegar (ACV)
- 2 tsp. dijon mustard
- 1 tbsp. extra-virgin olive oil
- 1 large shallot, minced
- Pinch salt
- Pepper to taste

SALAD

- 2 red or golden beets, peeled & grated with box grater or food processor
- 3–4 medium carrots, peeled & grated with box grater or food processor
- 1½ tbsp. dill, minced
- 1½ tbsp. parsley, minced
- 2–4 tbsp. pine nuts



DIRECTIONS

1. In medium bowl, combine ginger, ACV, dijon mustard, olive oil, shallot, pinch salt, and pepper.
2. Whisk to make vinaigrette.
3. Add raw beets and carrots to bowl and toss with dressing.
4. Garnish with herbs and pine nuts.



SALADS RECIPE 4

Pear & Walnut Salad



Servings:
2



Prep Time:
10 minutes



Cook Time:
10 minutes

INGREDIENTS

- Ghee or coconut oil
- 2 small chicken breasts or 1 large butterflied chicken breast
- Salt & pepper to taste
- 4–6 cups mixed greens of choice
- ¼ cup red onion, thinly sliced
- 1 pear, peeled, cored, & thinly sliced (to prevent pear from oxidizing & add acidity, toss with juice of 1 lemon)
- ½ cup carrot, shredded
- ¼ cup walnuts, roasted & roughly chopped
- 4 tbsp. Avocado Herb Dressing (p. 115)

DIRECTIONS

1. Season chicken breasts with salt and pepper.
2. In hot skillet, add coconut oil or ghee, place chicken in pan, and turn heat down to medium.
3. Cook chicken 4–5 minutes per side or until cooked through.
4. Slice into strips.
5. In 2 individual bowls, combine greens, onions, pears, and carrots.
6. Add chicken slices and walnuts to each bowl.
7. Top with Avocado Herb Dressing.



SALADS RECIPE 5

Strawberry Spinach Salad



Servings:
2



Prep Time:
15 minutes

INGREDIENTS

- 4–6 cups spinach
- ½ to 1 cup strawberries, sliced
- ½ cup red onion, thinly sliced
- 1 large cucumber, halved & sliced
- 4–6 tbsp. Balsamic Vinaigrette (p. 116)
- ¼ cup pumpkin seeds or pecans, chopped

DIRECTIONS

1. Combine all ingredients in 2 bowls (except nuts/seeds and dressing).
2. Top with Balsamic Vinaigrette and nuts/seeds.



SALADS RECIPE 6

Niçoise Salad



Servings:
2



Prep Time:
10 minutes



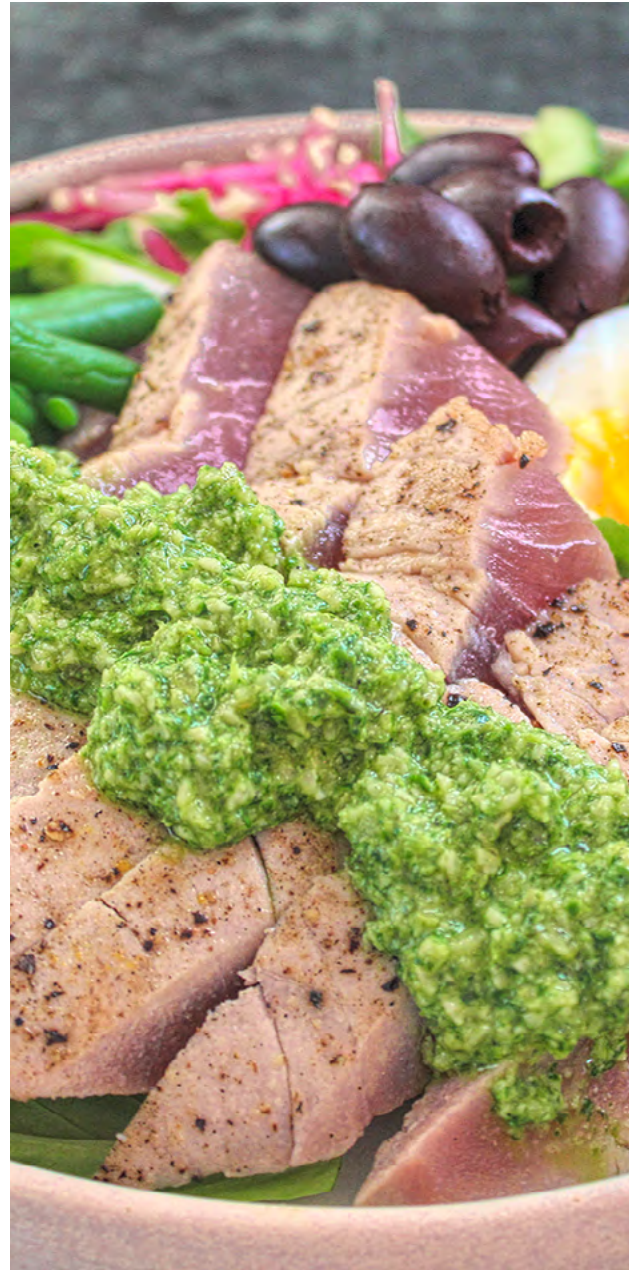
Cook Time:
10 minutes

INGREDIENTS

- Two each 4–6-oz. yellowfin or bigeye tuna steaks or chicken/turkey breast
- 1 tbsp. avocado oil
- 10 green beans, ends trimmed
- 4–6 cups mixed salad greens
- 6 radishes, cut into quarters or disks
- 1 cucumber, cut into chunks
- ¼ cup olives, sliced or whole
- 2 eggs, soft-boiled (boil 7 minutes), & peeled
- ½ cup Pesto (p. 176)

DIRECTIONS

1. Heat medium skillet large enough for your tuna steaks.
2. Season tuna steaks with salt and pepper.
3. Add avocado oil to pan. Gently place seasoned tuna in skillet and cook to desired doneness (about 1½ minutes per side for rare).
4. Place on cutting board and slice thinly.
5. Cook green beans in pot of boiling water 5 minutes or until tender. If you overcook the beans, they will turn brown. Drain and cut into 1" batons.
6. Place mixed greens on plate and build in the following order: greens beans, radishes, cucumber chunks, olives, and tuna slices.
7. Slice egg in half and place on top of each salad.
8. Top with tuna slices and drizzle Pesto over salad.



Dressings



DRESSINGS RECIPE 1

Creamy Dressing



Yield:
½ CUP



Prep Time:
5 minutes

INGREDIENTS

- 4 tbsp. Paleo Mayo (store-bought or homemade on p. 122)
- 2 tbsp. lemon juice
- 2 tbsp. coconut aminos
- Salt & pepper to taste
- Pinch paprika

DIRECTIONS

1. In medium bowl, whisk all ingredients.
2. Store in mason jar and refrigerate.



DRESSINGS RECIPE 2

Ginger Zest Dressing



Yield:
1 CUP



Prep Time:
5 minutes

INGREDIENTS

- ½ cup avocado oil
- 2 tbsp. apple cider vinegar (ACV)
- 1 lime, zested & juiced
- 2 tbsp. coconut aminos
- 1 carrot, peeled & cut into chunks
- 2 tbsp. shallot or red onion, diced
- 1 tsp. ginger, grated
- 1 clove garlic
- ½ tsp. turmeric
- ¼–½ tsp. salt

DIRECTIONS

1. Blend all ingredients in blender until smooth.
2. Add a little water if you want to thin it out.
3. Store in mason jar and refrigerate.



DRESSINGS RECIPE 3

Simple Lemon Dressing



Yield:
1½ CUP



Prep Time:
5 minutes

INGREDIENTS

- 1/3 cup lemon juice
- 2 tbsp. apple cider vinegar (ACV)
- 1 cup olive oil
- 1 tsp. salt
- 1 tsp. freshly cracked pepper
- 2 cloves garlic, minced

DIRECTIONS

1. Place all ingredients in mason jar and shake.
2. Let sit at least 15 minutes before using so garlic marinates into dressing.
3. Store in fridge up to 1 week.



DRESSINGS RECIPE 4

Caesar Dressing



Yield:

3/4 CUP

Prep Time:

5 minutes

INGREDIENTS

- ½ cup Paleo Mayo (store-bought or homemade on p. 122)
- 4 anchovies, packed in olive oil
- 2–3 large garlic cloves, minced
- 2 tsp. dijon mustard
- 2 tsp. capers
- 1 tbsp. lemon juice
- 1 tbsp. coconut aminos
- Salt & pepper to taste
- 1/8 cup filtered water

DIRECTIONS

1. In blender, blend mayo, anchovies, garlic, mustard, capers, lemon juice, coconut aminos, salt, and pepper.
2. If dressing gets too thick (likely), add water to thin it out.
3. Taste and adjust seasoning.
4. Store in mason jar and refrigerate up to 1 week.



DRESSINGS RECIPE 5

Avocado Herb Dressing



Yield:
1 CUP



Prep Time:
5 minutes

INGREDIENTS

- 1 small avocado
- 2 tbsp. lemon juice
- 1 tbsp. extra-virgin olive oil
- ¼ cup filtered water
- ½ tsp. salt
- 2 tbsp. flat-leaf parsley, chopped
- 2 tbsp. chives, finely chopped
- 1 tbsp. fresh dill

DIRECTIONS

1. Add all ingredients to blender and blend until smooth.
2. Add water to thin if needed. Salt to taste.
3. Store in mason jar. Will keep in fridge 3–4 days.



DRESSINGS RECIPE 6

Balsamic Vinaigrette



Yield:

3/4 CUP

Prep Time:

5 minutes

INGREDIENTS

- ¼ cup balsamic vinegar
- ½ cup extra-virgin olive oil
- 1 tsp. salt
- 1 tsp. dijon mustard
- 1 tbsp. shallot, finely diced

DIRECTIONS

1. Whisk all ingredients in bowl until creamy.
2. Store in mason jar and refrigerate up to 1 week.



Sauces and Condiments



SAUCES AND CONDIMENTS RECIPE 1

Classic Marinara Sauce



Yield:
3–4 Cups



Prep Time:
5 minutes



Cook Time:
40–50 min.

INGREDIENTS

- ¼ cup extra-virgin olive oil
- 10 cloves garlic, crushed & peeled
- ½ tbsp. salt (add more to taste if needed)
- One 18–28-oz. jar crushed tomatoes
- 6 fresh basil leaves

DIRECTIONS

1. In heavy saucepot on low heat, add olive oil, garlic, and salt.
2. Slowly roast garlic 10 minutes to develop flavors.
3. Add tomatoes. Crush tomato chunks with wooden spoon. On low heat, cook sauce 30–40 minutes, stirring frequently.
4. Once sauce has reduced a bit and flavors have developed, turn heat off and add basil. Season to taste.
5. Cool 30 minutes and spoon into mason jars. Store in fridge.



SAUCES AND CONDIMENTS RECIPE 2

Rootredo Sauce



Yield:
3 Cups



Prep Time:
5 minutes



Cook Time:
20 minutes

INGREDIENTS

- 1 cup celery root, peeled & cut into small cubes
- 2 cups Bone Broth (p. 129 or p. 130)
- 1/8 tsp. nutmeg
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 tbsp. butter

DIRECTIONS

1. In medium saucepan, place celery root cubes, broth, nutmeg, salt, and pepper. Bring to boil and cook on medium heat 20 minutes or until celery root is fork-tender.
2. Pour saucepan contents into blender. Add butter and blend until smooth and creamy.

***Note:** Be careful blending hot liquids. By adding butter last, you will end up with a creamy sauce and prevent sauce from breaking.



SAUCES AND CONDIMENTS RECIPE 3

Pesto



Yield:
1 CUP



Prep Time:
5 minutes

INGREDIENTS

- 1 cup basil
- 3–4 cups arugula or spinach or combo
- 1 garlic clove
- ½ cup raw pumpkin seeds
- 2 tsp. lemon juice
- ½ cup extra-virgin olive oil
- 1 tsp. salt
- ¼ tsp. freshly cracked pepper

DIRECTIONS

1. Pulse everything in food processor until desired consistency.
2. Add more olive oil for thinner pesto.



SAUCES AND CONDIMENTS RECIPE 4

Chimichurri Sauce



Yield:
1 CUP



Prep Time:
5–10 min.

INGREDIENTS

- 1 bunch parsley
- 1 bunch cilantro
- 2 tbsp. fresh oregano
- ¼ red onion
- 4–5 garlic cloves
- 2 tbsp. lemon juice
- ½–¾ cups extra-virgin olive oil
- ½ tsp. cumin
- ½ tsp. salt

DIRECTIONS

1. Place all ingredients in food processor and blend until slightly chunky or smoother (depending on the consistency you like).
2. Start by adding less garlic and olive oil and adjust to desired taste and consistency.



SAUCES AND CONDIMENTS RECIPE 5

Paleo Mayo



Yield:
2 CUPS



Prep Time:
10 minutes

INGREDIENTS

- 2 egg yolks
- 1 garlic clove, minced or finely chopped
- 1 tbsp. salt
- ½ tsp. pepper
- 3–4 tbsp. ice-cold filtered water
- 1½ cups avocado oil
- 2 tbsp. lemon juice

DIRECTIONS

1. In blender, add 2 egg yolks, garlic, salt, pepper, and 1 tablespoon water.
2. Slowly stream in avocado oil while blending.
3. When it starts to thicken, alternate between adding remaining water and lemon juice.
4. Continue streaming in oil until it is gone.
5. Store in mason jar in fridge up to 2 weeks.

***Note:** Water prevents mayo from breaking.



SAUCES AND CONDIMENTS RECIPE 6

Horseradish Aioli



Yield:
1/2 CUP



Prep Time:
5 minutes

INGREDIENTS

- 8 tbsp. Paleo Mayo (store-bought or homemade on p. 122)
- 1-2 tbsp. prepared horseradish or freshly grated horseradish
- Pinch salt
- ½ lemon, juiced

DIRECTIONS

1. Combine Paleo Mayo and horseradish, pinch salt, and lemon juice.
2. Mix together and serve.



SAUCES AND CONDIMENTS RECIPE 7

Guacamole



Yield:
1½–2 CUPS



Prep Time:
10 minutes

INGREDIENTS

- 3 ripe avocados
- 1 cup or 1 small bunch cilantro
- ¼ red onion, coarsely chopped
- 2 garlic cloves, minced
- 1–2 tsp. lime juice
- ¼–½ tsp. salt (adjust to taste)

DIRECTIONS

1. Place all ingredients in food processor. Start with less lime juice and salt, blend together, and add more to taste.
2. Process until smooth and creamy.



SAUCES AND CONDIMENTS RECIPE 8

Applesauce



Yield:
6 Cups



Prep Time:
15 minutes



Cook Time:
20–25 min.

INGREDIENTS

- 3 lbs. fuji or granny smith apples, each peeled, cored, & cubed
- 1½ cups filtered water
- 1 tsp. lemon juice
- 1 tsp. cinnamon
- Pinch nutmeg
- Pinch salt

DIRECTIONS

1. Put all ingredients in large pot. Bring to boil, cover, and reduce heat to low.
2. Simmer 20–25 minutes or until apples have softened. Stir frequently and add more water if needed.
3. Transfer to food processor or blender and mix until desired consistency.
4. Jar applesauce and keep refrigerated.



Herb and Spice Blends

These blends are used throughout the Meal Plan. Feel free to swap out or use them to season any other dish you wish to make!

Instructions for All Herb & Spice Blends:

Combine herbs/spices in bowl & store in small, airtight container.

Prep Time for Each Blend:

5 Minutes



HERB AND SPICE BLENDS RECIPE 1

Latin Spice Blend

Yield: 3 tablespoons

INGREDIENTS

- 1 tbsp. smoked paprika
- 1 tbsp. oregano
- 2 tsp. coriander
- 2 tsp. cumin
- 2 tsp. garlic powder

HERB AND SPICE BLENDS RECIPE 2

Italian Herb Blend

Yield: 5 tablespoons

INGREDIENTS

- 1 tbsp. dried rosemary
- 1 tbsp. dried thyme
- 1 tbsp. dried basil
- 1 tbsp. dried oregano
- 1 tbsp. dried sage

HERB AND SPICE BLENDS RECIPE 3

Indian Spice Blend

Yield: ¾ cup

INGREDIENTS

- 4 tbsp. ginger powder
- 4 tsp. cumin
- 4 tsp. ground yellow mustard seeds
- 2 tsp. cinnamon
- 1 tsp. ground cloves
- 2 tbsp. turmeric
- 1 tsp. cayenne pepper
- 3 tbsp. smoked paprika

HERB AND SPICE BLENDS RECIPE 4

Smoky Spice Blend

Yield: ¾ cup

INGREDIENTS

- 1 tbsp. chipotle powder
- 1 tbsp. smoked paprika
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- 1 tbsp. salt
- ½ tbsp. pepper



Basics



BASICS RECIPE 1

Beef Bone Broth



Yield:
3–4 cups



Prep Time:
10 minutes



Cook Time:
24–48 hrs.

INGREDIENTS

- 4 lbs. beef bones (can sub with whatever is available)
- 5 quarts filtered water
- 1 tbsp. apple cider vinegar (ACV)
- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 2 stalks celery, roughly chopped
- 2 bay leaves

DIRECTIONS

1. Preheat oven to 450° F.
2. Place bones on sheet tray and roast 15 minutes or until bones are a beautiful brown.
3. Fill 10-quart stockpot (2 crockpots work just as well) with 5 quarts water.
4. Add bones and ACV. Let sit 15–30 minutes as the ACV pulls more goodness out of the bones. Add onions, carrots, celery, and bay leaves and bring to boil.
5. Simmer 24–48 hours. Skim impurities off top with spoon on occasion.
6. Remove from heat and cool.
7. Strain out bones and veggies.
8. Store in quart containers or mason jars in fridge. You may also freeze in freezer-safe glass jars (cool completely first and leave room for expansion) up to 2 months.



BASICS RECIPE 2

Chicken Broth



Yield:
1–1½ cups



Prep Time:
10 minutes



Cook Time:
6–24 hrs.

LEFTOVERS: Save 2 servings for next-day meal

INGREDIENTS

- 4 quarts filtered water
- 2 lbs. chicken bones (carcass, neck, feet, & wings are the most gelatinous)
- 1 medium onion, quartered
- 2 carrots, cut into 1" pieces
- 2 stalks celery, cut into 1" pieces
- 2 tbsp. apple cider vinegar (ACV)

DIRECTIONS

1. In medium stockpot, add water, bones, onions, carrots, celery, and apple cider vinegar.
2. Cover and let sit 15–30 minutes to allow vinegar to pull nutrients out of veggies, bones, and cartilage.
3. Bring to boil and turn down to simmer. Cook 6–24 hours. Skim impurities off top with spoon on occasion.
4. Remove from heat and cool.
5. Strain out bones and veggies.
6. Store in quart containers or mason jars in fridge. You may also freeze in freezer-safe glass jars (cool completely first and leave room for expansion) up to 2 months.



BASICS RECIPE 3

How to Poach an Egg



Prep Time:
5 minutes



Cook Time:
3–6 min.

Depending on how runny you like your yolks

INGREDIENTS

- 1 egg
- 1 tsp. distilled white vinegar
- Filtered water (enough to fill saucepan 2/3 full)
- Salt & pepper to taste

DIRECTIONS

1. Fill medium saucepan about 2/3 full of filtered water. Bring to boil, then reduce heat to simmer.
2. Add teaspoon distilled white vinegar.
3. Crack egg into ramekin or small bowl. With back of spoon, create gentle whirlpool in simmering water.
4. Slowly ease egg into water so whites wrap around yolk.
5. Cook 3–4 minutes and remove with slotted spoon.
6. Season with salt and pepper. Serve immediately.



BASICS RECIPE 4

How to Poach Shrimp



Prep Time:
5 minutes



Cook Time:
15 minutes

INGREDIENTS

- 4 cups filtered water
- 5" piece lemongrass, smashed
- 2 cloves garlic
- 1 tbsp. peppercorns
- 1 lb. fresh shrimp, peeled & deveined

DIRECTIONS

1. Bring 4 cups water to boil. Turn off heat.
2. Use back of knife to smash and crack lemongrass, releasing oils.
3. Add lemongrass, garlic, and peppercorns. Steep 10 minutes—like making tea.
4. In shallow bowl, pour liquid over peeled and deveined shrimp. Stir with spoon so hot liquid evenly distributes through shrimp. Allow liquid to poach shrimp 7 minutes (time may vary depending on size of shrimp).
5. After 7 minutes, taste a shrimp. If needed, continue poaching until done.
6. Once shrimp is poached, remove from liquid and cool in fridge up to 3 minutes before using.



BASICS RECIPE 5

Zoodles or Zucchini Noodles



Prep Time:
10 minutes

INGREDIENTS

- Zucchini or yellow squash

DIRECTIONS

1. Use spiralizer to create thin vegetable noodles. Alternatively, you can use mandoline or vegetable peeler. If using spiralizer or mandoline, follow instructions provided with your purchase.
2. If using vegetable peeler, peel length of zucchini and stop when you reach seeds. Turn zucchini and continue peeling until you have many long strips; discard seeds. Using knife, slice zucchini into thinner strips resembling spaghetti.



BASICS RECIPE 6

Simple Spaghetti Squash



Servings:
2-4*



Prep Time:
5 minutes



Cook Time:
25-45 min.*

* Depending on size

INGREDIENTS

- 1 spaghetti squash, halved

DIRECTIONS

1. Preheat oven to 400° F.
2. Cut spaghetti squash in half lengthwise and remove excess seeds and strings.
3. Place cut side down on baking sheet and cook 20-45 minutes (depending on size) or until spaghetti squash is soft when you press on skin and threads easily come out with fork. Avoid overbaking, which causes strands to become mushy (potato-like).



BASICS RECIPE 7

Simple Chicken Breasts



Prep Time:
5 minutes



Cook Time:
16 minutes

INGREDIENTS

- Boneless, skinless chicken breasts
- Coarse salt
- Freshly ground pepper
- Ghee or avocado oil

DIRECTIONS

1. Preheat oven to 375° F.
2. Pat chicken breasts dry and trim fat or tendons.
3. Season breasts liberally with coarse salt and freshly ground pepper. Fully encrust breasts in seasoning.

Note: You can also apply a spice blend (p. 126) if desired.

4. Heat oven-safe pan (ideally cast iron or stainless steel) on stovetop over high several minutes.
5. Once pan is really hot, apply ghee or avocado oil. Because we are cooking at high heat, avoid olive oil.
6. Add chicken breasts to skillet and transfer skillet to oven.
7. Bake 10 minutes or until chicken gives slightly to firm touch. Remove from oven and rest several minutes before serving.



BASICS RECIPE 8

Coconut Milk



Yield:
5 Cups



Prep Time:
5 minutes

INGREDIENTS

- 4 cups filtered water
- 2 cups shredded coconut

Note: One 13.5-oz. can coconut milk = a little over 1½ cups.

DIRECTIONS

1. Warm up 4 cups water in stainless steel stockpot.
2. Place coconut in blender and add warm water. Blend on high 1–2 minutes.
3. Strain liquid through fine-mesh strainer to remove solids. The remaining liquid is your coconut milk.
4. Store in glass jars or glass container in fridge. Will last approximately 3 days.



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- **Tami Mantia, HC**
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Notes



Notes



Notes

