



# MEAL PLAN & recipes

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Danielle Omar, MS, RD  
Foodconfidence.com



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	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Tropical Fruit Smoothie	Spring Veggie Quinoa Salad	Apricot Chicken with Creamy Collard Salad	Chopped Berries with Mint & Coconut Butter
TUES	Ultimate Smoothie	Leftover Apricot Chicken with Lemony Spring Quinoa	Raw Pad Thai Salad	Apricot Energy Bar
WED	Creamy Rice Cereal	Leftover Lemony Spring Quinoa	Pumpkin Seed Salmon with Curried Carrot Soup	Cocoa Mint Smoothie
THU	Red Velvet Protein Smoothie	Leftover Curried Carrot Soup with Spinach & Blueberry Salad	Cod Cakes with Warm Peppers and Olives	Apricot Energy Bar
FRI	Spring Greens Smoothie	Black Bean Lettuce Cups	Asian Chicken Skewers with Radish & Carrot Salad	Chia Seed Pudding
SAT	Pancakes & Rhubarb Compote	Arugula Quinoa Spring Rolls	Turkey Wraps with Greens & Garlic Roasted Asparagus	Berry Healer Smoothie
SUN	Kale & Eggs	Salmon & Endive Salad	Seasonal Vegetable Curry	Pina Colada Smoothie

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Beet Power Blend	Asparagus & Avocado Lentil Salad	Salmon Fish Tacos with Spicy Turnip Greens	Pumpkin Seed Guacamole with Fresh Veggies
TUES	Tropical Fruit Smoothie	Olive and Pine Nut Quinoa Salad	Mustard Lemon Chicken with Creamy Asparagus Soup	Pumpkin Seed Guacamole with Fresh Veggies
WED	Creamy Rice Cereal	Leftover Olive and Pine Nut Quinoa Salad	Mexican Chicken with Cauliflower Rice & Toasted Garlic Spinach	Artichoke Hummus Lettuce Wraps
THU	Red Velvet Protein Smoothie	Lentil Lettuce Wraps	Grilled Chicken with Mint & Radish with Creamy Broccoli Salad	Green Guacamole Snack Wraps
FRI	Spring Greens Smoothie	Leftover Grilled Chicken with Mint & Radish Lettuce Wraps	Poached Egg Salad with Sautéed Asparagus & Tomatoes	Med Hummus with Cucumbers & Broccoli
SAT	Papaya Creamsicle	Lemony Lentil Salad	Spiced Turkey Wraps with Greens & Spring Gazpacho	Med Hummus with Jicama & Carrots
SUN	Bayou Blues Smoothie	Salmon & Endive Salad	Seasonal Vegetable Curry	Creamy Chocolate Energy Shake



# Shopping List

## Produce

Arugula  
Asparagus  
Avocados  
Baby spinach  
Bananas  
Basil  
Beets  
Blueberries  
Bok Choy  
Broccoli  
Brussels sprouts  
Cabbage (shredded)  
Carrots (shredded)  
Cauliflower  
Celery  
Cilantro  
Cucumbers  
Dandelion greens  
Endive  
Fennel  
Garlic  
Ginger root  
Green apple  
Green onions  
Jalapeño (optional)  
Kale  
Kiwi  
Lemons  
Limes  
Mangos  
Mint  
Mung bean sprouts  
Onions  
Parsley  
Radishes  
Raspberries  
Red and green bell pepper  
Rhubarb  
Shallots  
Shitake mushrooms  
Snow peas  
Strawberries  
Swiss chard

## Grains, Beans & Canned Goods

Black bean pasta  
Black beans (Eden organics)  
Brown rice  
Brown rice farina cereal (Bob's red mill)  
Coconut milk (boxed and canned)  
Garbanzo beans  
Kidney Beans

Lentils (pre-cooked at Trader Joes are great!)  
Quinoa  
Sustainably caught salmon  
Vegetable broth  
White beans (Eden organics)

## Condiments

Almond butter  
Apple cider vinegar  
Artichoke hearts packed in water  
Capers  
Cashew butter (optional)  
Celtic sea salt  
Cinnamon  
Curry powder  
Gluten free tamari  
Grapeseed oil  
Kalamata olives, pitted  
Mirin – (near Asian section; without fructose)  
NuNaturals liquid stevia  
Nutritional yeast  
Olive oil  
Pepper  
Pine nuts  
Raw almonds  
Raw cashews  
Raw pistachios  
Smoked paprika  
Turmeric  
Unrefined coconut oil  
Vanilla extract/powder  
Dairy free pesto

## Meat / Fish / Eggs / Refrigerated Section

Cage-free eggs  
Coconut water  
Cod  
Hummus  
Organic Chicken and/or Turkey  
Wild Salmon

## Frozen

Frozen berries  
Frozen fruit (mango, pineapple, etc.)  
Frozen peas

## Miscellaneous

Raw cacao powder and/or cacao nibs  
Plant-based protein powder  
Maca powder, optional  
Chia seeds  
Flax seeds (ground)  
Hemp seeds  
Dried fruit (apricots, blueberries)  
Unsweetened almond milk  
Unsweetened coconut milk  
Unsweetened cranberry juice



# Green Smoothies

*If not using frozen fruit, use less water and a few ice cubes to make a thicker consistency, if desired.*



## Spring Greens Smoothie

[Serves 1]

### INGREDIENTS

1 cup coconut water  
1 large handful spinach  
½ banana  
½ cup frozen blueberries  
dash of cinnamon

Blend and enjoy!



## Bayou Blues Smoothie

[Serves 1-2]

### INGREDIENTS

1 cup frozen organic blueberries  
2 Tbsp ground flaxseeds  
2 Tbsp chia seeds  
¼ cup unsweetened shredded coconut  
1 scoop hemp protein powder (or your favorite plant-based powder)  
1 banana, peeled (or avocado)  
1 ½ cups unsweetened almond milk  
Dash of cinnamon and ground ginger  
2-3 cups baby spinach

Blend and enjoy!



## Papaya Creamsicle

[Serves 1-2]

### INGREDIENTS

1 large papaya, halved and seeded, with the flesh scooped out  
1 whole avocado, pitted and peeled  
1 tsp vanilla extract  
2 medjool dates

2 cups raw spinach greens  
1-2 cups cold water  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!

## Cocoa-Mint Smoothie

[Serves 1-2]

### INGREDIENTS

1 avocado, pitted and peeled  
2 Tbsp raw cacao nibs or cocoa powder  
4 fresh mint leaves  
1 cup unsweetened almond milk  
1 cucumber, peeled if not organic, and chopped  
1 zucchini squash, chopped  
1 cup filtered water  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!

## Tropical Fruit Smoothie

[Serves 1]

### INGREDIENTS

½ cup unsweetened cranberry juice  
½ cup fresh or frozen chopped mango  
1 kiwi, skin removed  
1 handful baby spinach or Kale  
2 sprigs of mint  
½ cucumber  
½ cup ice, if desired

Add ice cubes first, if using, then blend and enjoy!

## Berry Healer

[Serves 2]

### INGREDIENTS

1 organic peach, pitted and peeled  
8 organic fresh/frozen strawberries  
½ cup organic fresh/frozen raspberries  
2 large stalks of organic Swiss chard (or kale)

1 head organic romaine lettuce  
2 Tbsp ground flaxseed  
1 Tbsp coconut oil  
½ inch knob ginger (or dash of ground ginger)

Blend and enjoy!

## Beets & Berries

[Serves 1-2]

### INGREDIENTS

1 small beet, peeled and diced  
1 apple, cored  
5 strawberries  
3 medjool dates  
¼ cup blueberries  
1 Tbsp almond butter  
1 cup unsweetened almond milk  
1 Tbsp lemon juice  
1 Tbsp flax seed  
1 cup ice cubes

Add ice cubes first, if using, then blend and enjoy!

## Strength Builder

[Serves 2]

### INGREDIENTS

2 cups water or coconut water  
½ cup blueberries  
1 banana, peeled  
3 cups of kale or spinach for a milder taste  
1 Tbsp coconut oil  
Juice from one lemon  
Pinch of cinnamon  
1 handful parsley, rinsed  
¼ cup chia seeds  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!



## Red Velvet Protein Smoothie

[Serves 1]

### INGREDIENTS

1 cup unsweetened almond milk  
1 Tbsp almond butter  
1 scoop chocolate plant protein powder  
1 medium beet, peeled and diced  
1 banana (frozen or fresh)  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!

## Berry Glowing Breakfast Smoothie

[Serves 1]

### INGREDIENTS

½ bunch kale  
1 handful spinach  
½ cucumber  
½ cup frozen berries – strawberry, blueberry & raspberry  
½ cup unsweetened cranberry juice

Blend and enjoy!

## Ultimate Smoothie

[Serves 2]

### INGREDIENTS

2 cups cold water  
1 avocado  
1 head romaine lettuce  
3 cups organic spinach  
2 medjool dates  
Juice from one lemon  
Dash of cinnamon  
2 Tbsp chia seeds  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!

## Beet Power Blend

[Serves 1]

### INGREDIENTS

1 beet, peeled and diced  
Juice from 1 small lemon  
5 leaves romaine lettuce  
Handful of cilantro  
½ Tbsp flax seed, ground  
½ Tbsp chia seed  
1/8 tsp turmeric  
Dash of pepper  
½ cup cold water  
Ice cubes, if desired

Add ice cubes first, if using, then blend and enjoy!

## Pina Colada

[Serves 1]

### INGREDIENTS

4 oz unsweetened coconut milk  
2 cups baby spinach  
1 banana  
5 sprigs fresh mint  
1 cup frozen pineapple chunks

Blend and enjoy!



# Breakfast



## Creamy Rice Cereal

[Serves 2]

### INGREDIENTS

- ½ cup Brown Rice Farina Cereal (Bob's Red Mill)
- 1 cup unsweetened almond milk
- ¾ cup water
- 1 teaspoon cinnamon
- 1 teaspoon chia seeds
- 1 teaspoon sliced almonds

Combine all ingredients in a pot, except almonds, and simmer for 5-8 minutes until liquid is absorbed. Sprinkle with almonds. Enjoy!



## Breakfast Muesli

[Serves 2]

### INGREDIENTS

- 8 ounces uncooked rolled oats (choose certified gluten-free oats if available)
- 1 cup nut milk (almond or coconut)
- 1 Tbsp unsweetened shredded coconut
- 2 Tbsp chopped walnuts or almonds
- 2 Tbsp ground flaxseeds
- 2 Tbsp sesame seeds
- 2 Tbsp pumpkin seeds
- 8 ounces fresh berries
- 1 apple, peeled and grated or finely chopped

In a large bowl, mix together the oats, nut milk, shredded coconut, nuts, and seeds. Cover and place in the fridge overnight. In the morning, add the berries, grated apple, and chia seeds. Flavor it with a dash of cinnamon, if you like.

## Kale & Eggs

[Serves 1]

### INGREDIENTS

1 tablespoon grapeseed oil  
4-5 kale leaves shredded or cut into ribbons  
2 cage-free eggs  
4-5 basil leaves, chopped  
Half an avocado  
Sea salt and pepper

Heat grapeseed oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Crack eggs into the kale and mix to scramble the eggs. Top with basil and avocado. Season with salt and pepper.

## Pancakes with Rhubarb Compote

[Serves 2]

### INGREDIENTS

1 banana, mashed  
2 eggs  
2 Tbsp natural nut butter (peanut, cashew or almond)  
1 teaspoon cinnamon  
1 teaspoon vanilla  
dash of Celtic sea salt  
1 tsp coconut oil

In a small bowl, mash the banana with a fork. Then whisk in eggs, nut butter, vanilla, cinnamon and salt until smooth. Heat coconut oil on a skillet over medium heat. Pour ¼ cup of pancake mix on skillet and cook until lightly browned, flip over and cook until other side is lightly browned. Serve with Rhubarb compote (recipe below) or fresh berries!

## Rhubarb Compote

[Serves 2]

### INGREDIENTS

2 stalks of rhubarb, chopped  
1 pint of strawberries, chopped  
Zest and juice of 1 lemon

Cook all ingredients over medium low heat until fruit is soft and jam like consistency about 15 minutes. Add a little water if necessary.



# Spring Scramble

[Serves 1]

## INGREDIENTS

2 eggs, beaten

1 tsp coconut oil

Small handful of spinach

3 asparagus stalks, chopped into 1/4 inch coins

½ avocado

Celtic sea salt and pepper

Heat oil in a skillet; add spinach, asparagus and sauté for 3-5 minutes. Stir in eggs and cook for 3 more minutes until cooked through. Top with avocado and season with salt and pepper.



## Grains & Beans



### Quick Quinoa

[Serves 4]

#### INGREDIENTS

1 cup quinoa, rinsed  
1 ½ cups water or organic vegetable broth  
Dash of salt

Combine the quinoa and water/broth in a pot and bring to a boil over medium heat. Reduce heat to simmer, cover and cook until water is absorbed, 16 – 20 minutes. I like to add some lemon zest to the water, too!



### Black Bean Pasta with Olives & Cauliflower

[Serves 4]

#### INGREDIENTS

1 big handful black bean pasta  
1/2 head cauliflower, cut into bite sized pieces  
1/4 cup diced onions  
2 Tbsp olive oil  
1 tsp Herbamare Italian Blend season salt (or any Italian herb blend)  
1/8 tsp salt (plus more for pasta water)  
1/2 cup Kalamata olives, pitted and chopped  
1/4 cup fresh parsley

Boil pasta in salted water, according to package directions. In a sauté pan, heat olive oil and onions until golden brown. Add cauliflower and season salt (or just salt). Sauté until cauliflower is just tender, about 10 minutes. Stir in chopped olives. Then add fresh parsley. Stir well to combine. Add 1-2 ladles of pasta water to sauté pan. Taste for seasoning. Add salt and pepper if needed. Drain pasta and place in large serving bowl. Toss cauliflower and olives with pasta. Serve!

## ■ ■ ■ Olive & Pine Nut Quinoa Salad

[Serves 4 with leftovers]

### INGREDIENTS

2 cups quinoa, rinsed  
4 cups vegetable broth  
¼ cup pitted Kalamata olives, chopped  
½ cup toasted pine nuts  
2 cups baby spinach  
2 Tablespoons balsamic vinegar  
¼ cup olive oil  
Celtic sea salt and pepper to taste

In a pot, combine quinoa and vegetable broth. Bring to a boil and then set to simmer. Cover and simmer for 15 – 20 minutes, or until liquid is absorbed. In a large bowl, add cooked quinoa plus the remaining ingredients. Season with salt and pepper.

## ■ ■ ■ Artichoke and Caper Quinoa

[Serves 4]

### INGREDIENTS

1 cup quinoa  
2 cups vegetable broth  
2 Tablespoons olive or grapeseed oil  
1 shallot, thinly sliced  
3 cloves garlic, minced  
1 bunch Swiss chard, cut into ribbons  
1 jar of artichoke hearts, drained  
2 Tablespoons capers  
1 handful chopped parsley  
Celtic sea salt and pepper

In a pot, combine quinoa and vegetable broth. Bring to a boil and then set to simmer. Cover and simmer for 15 – 20 minutes, or until liquid is absorbed. While quinoa cooks, heat 2 tablespoons oil in a sauté pan and cook shallots until soft. Add garlic and Swiss chard and cook for 5 more minutes. Add artichokes and capers and cook for 2 more minutes. In a large bowl, mix together the cooked quinoa and the Swiss chard mixture. Season with salt and pepper, to taste.

## Spring Veggie Quinoa

[Serves 4]

### INGREDIENTS

2 cups quinoa, rinsed  
4 cups vegetable broth  
4 cloves of garlic minced  
1 small red onion, sliced  
1lb baby arugula  
1, 15oz can white or garbanzo beans  
1 small bunch of radishes, sliced  
½ cup fresh or frozen peas  
1 carrot, grated or shredded  
1 bunch mint, cut into ribbons  
½ cup raw pistachios  
zest and juice of one lemon  
¼ cup olive oil

In a pot, bring quinoa, vegetable broth, garlic and red onions to a boil. Then cover and simmer for 15 – 20 minutes until liquid is absorbed. In a large bowl add the cooked quinoa plus all the other ingredients. Mix well to combine and season with salt and pepper.

## Lemony Lentil Salad

[Serves 1-2]

### INGREDIENTS

2 stalks celery, diced  
2 carrots, diced  
2 scallions, thinly sliced  
1, 15 oz can lentils, drained and rinsed (or freshly made OR steamed kind from Trader Joes)  
3 Tbsp extra virgin olive oil  
2 Tbsp Dijon mustard  
juice of 1 lemon  
1 Tbsp lemon zest  
Celtic sea salt  
1 cup baby spinach or mixed greens

Add lentils, carrots, celery and scallions to a large bowl. In a separate bowl, whisk together olive oil, mustard, lemon juice, and zest. Mix the lentil mixture with 2/3 of the dressing. Arrange mixed greens on a plate or bowl, drizzle with remaining dressing, and top with 1/2 cup of lentil salad. Save remaining lentil salad to wrap in lettuce cups for another meal.



## ■ ■ ■ Quinoa & Black Beans with Strawberries

[Serves 4]

### INGREDIENTS

½ cup quinoa  
1 ½ cups water  
1 cup strawberries, slices  
1 small red bell pepper  
1 cup black beans, drained and rinsed  
1 big handful arugula  
2 scallions, thinly sliced  
¼ cup fresh orange juice  
¼ cup fresh cilantro, minced  
2 Tbsp rice vinegar  
2 tsp sesame oil  
1 tsp fresh ginger, minced  
Celtic sea salt and pepper  
Pinch cayenne pepper

In a pot, bring quinoa and vegetable broth to a boil. Then cover and simmer for 15 – 20 minutes, or until liquid is absorbed. In a large bowl combine cooled quinoa, strawberries, red bell pepper, black beans, and scallions. In a small bowl, whisk together orange juice, cilantro, rice vinegar, sesame oil, ginger, dash salt and pinch of cayenne pepper. Add dressing to quinoa and toss to combine. Serve quinoa on bed of arugula.

## ■ ■ ■ Chipotle Black Bean & Rice with Eggs

[Serves 4]

### INGREDIENTS

1 tablespoon olive oil  
¼ medium onion, diced  
1 cup brown rice, cooked  
Juice from ½ lime  
¼ cup water  
2 teaspoons chipotle powder  
1/3 cup black beans, (drained and rinsed)  
1-2 handfuls spinach  
¼ cup cilantro  
1-2 eggs  
Avocado, for topping

In a large skillet, heat olive oil over medium heat. Add onion and cook for 5-6 minutes. Add cooked rice, lime, chipotle powder, black beans, and water.

Cook and stir until rice and black beans are heated. Lower heat. Stir in spinach and cilantro, stirring until spinach begins to wilt. Create a small hole in the center of the skillet and crack eggs into the center. Cover and let cook until egg whites are set and yolk is done to desired firmness, 7-12 minutes. Sprinkle with extra cilantro and serve.

## Spring Stir-Fry with Brown Rice

[Serves 4]

### INGREDIENTS

#### Rice:

- 1 1/2 cups brown rice
- 3 cups water or veggie stock
- 1 garlic clove, minced

#### Teriyaki Sauce:

- 1/2 cup mirin (Eden Organic Brand or other brand without fructose)
- 1/2 cup Tamari
- 1 garlic clove, minced
- 1 teaspoon fresh ginger, minced

#### Stir-Fry:

- 2 Tablespoons coconut oil
- 1 small white onion
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 bunch of enoki or Shitake mushrooms
- 1 cup snow peas
- 1/2 bunch of asparagus, cut into 1/2" pieces
- 2 carrots, cut into 1/2" pieces
- 1/2 bunch kale, cut into ribbons
- 1 handful mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes. In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat. In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Mix well then cover your pan so the veggies can steam. Steam for 5-10 minutes. Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce, and then top with sprouts.

# Veggie Curry with Brown Rice

[Serves 4]

## INGREDIENTS

2 Tbsp coconut oil  
1 onion, peeled and diced  
1 Tbsp curry powder  
2 carrots, peeled and diced  
1 cup snow peas  
1 bunch asparagus  
2 cups garbanzo beans, cooked or canned  
1, 15 oz can of unsweetened coconut milk  
4 cups organic vegetable broth  
2 bunches of any type of greens, washed and cut (kale, bok Choy, escarole, collards, turnip greens, etc.)  
Celtic sea salt and pepper to taste  
Fresh cilantro, for garnish

In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the veggies are tender (about 15 minutes). Add the greens, then season with salt and pepper. Serve with brown rice. Garnish with cilantro.

# ■ ■ ■ Asparagus & Avocado Lentil Salad

[Serves 2-4]

## INGREDIENTS

1-2 cups Beluga lentils (or buy precooked from Trader Joes)  
2 teaspoons coconut oil  
2 bunches asparagus, chopped  
2 zucchini, chopped  
2 shallots, thinly sliced  
fresh mint, chopped  
fresh parsley, chopped  
1 avocado, diced  
1/2 lemon, juiced  
Celtic sea salt  
Freshly ground black pepper  
Flaxseed oil, to serve, optional

Cook the lentils in plenty of boiling water until just tender (20 minutes). Drain and set aside. Chop the asparagus and zucchini into bite sized pieces and slice the shallots finely. Heat the coconut oil in a skillet and add the asparagus, zucchini and shallots. Season with a pinch of sea salt and freshly ground black pepper. Cook only for a couple of minutes, then remove from the heat and set aside. In a large bowl, toss the lentils with the vegetables, drizzle on lemon juice, the chopped avocado and the chopped fresh herbs. Drizzle with some flaxseed oil, if desired. If you have time, let the flavors develop in the fridge for an hour before serving or serve at room temperature.



# Salads



## Raw Pad Thai Salad

[Serves 4]

### INGREDIENTS

2 cups baby spinach  
1 small sweet onion, thinly sliced  
1 zucchini, julienned or spiralized  
1 green bell pepper, thinly sliced  
2 green onions, thinly sliced  
1/2 bunch cilantro, chopped

### Dressing:

2 Tbsp olive oil  
2 Tbsp apple cider vinegar  
1 garlic clove, minced  
Juice and zest of 1 lime  
1 tsp tamari  
2 pinches chili pepper  
Celtic sea salt and fresh ground pepper to taste  
Crushed nuts for garnish (cashews or peanuts)

Wash and prepare all vegetables. Everything needs to be thinly sliced, grated, or cut julienne style. Place all veggies in a large bowl, set aside while you make the dressing. For the dressing, mix together in a small bowl the olive oil and the vinegar. Add the garlic, stirring to blend smoothly. Stir in the lime juice, zest, soy sauce, and chili pepper. Add a little salt and pepper to taste. Pour the dressing over the salad ingredients and toss well to coat the ingredients evenly. Chop the nuts coarsely and either scatter them on top of the salad or offer them separately.

# Collard Green Salad with Strawberries & Tahini Dressing

[Serves 4]

## INGREDIENTS

For the dressing:

1/4 cup tahini

1/4 cup water

1 teaspoon white miso

2 Tablespoons apple cider vinegar

For the salad:

1 bunch collard greens

1 cup cooked quinoa

1 ripe avocado, diced

1 pint fresh strawberries, hulled and sliced in half

1/4 cup walnuts, chopped

To prepare the dressing, whisk all of the ingredients together until smooth. Set aside. Rinse and dry off the collard greens. Fold each leaf in half and slit away the tough stem. Stack the collard greens on top of each other and then roll them up (like a cigar). Chop the greens into thin ribbons. In a large bowl toss the collard green leaves with half the dressing, massaging the dressing into the collards. Add the quinoa, avocado, strawberries and walnuts. Drizzle with the remainder of the dressing and serve.

# Poached Egg Salad

[Serves 4]

## INGREDIENTS

4 cups arugula

4 cups watercress

1 cup cherry tomatoes, halved

1/2 cucumber, thinly sliced

1/2 avocado, pitted and chopped or sliced

8 cage-free eggs

For the dressing:

2 Tbsp. extra virgin olive oil

1/2 tsp Celtic sea salt

1 tsp freshly ground black pepper

juice of 1 lemon

Toss the arugula, watercress, tomatoes, cucumbers and avocado together in a large bowl. In a small bowl, whisk together the olive oil, salt, pepper and lemon juice. Drizzle over the salad and toss. Divide the tossed salad among 4 plates.

Poach eggs by adding about 1 inch of water and ½ tsp of salt to a 10-inch saucepan. Bring to a boil, then lower the heat to medium and keep at a simmer. Break 2 eggs into a small bowl. Carefully pour the eggs into the hot water and repeat until all the eggs are in the saucepan. Cover and let the eggs poach for about 3 minutes. Using a slotted spoon, remove eggs from water and place directly on salad. Sprinkle with black pepper or cayenne.

## Creamy Broccoli Salad

[Serves 4]

### INGREDIENTS

For the white sauce:

2 cup raw cashews

1 cup olive oil

3/4 cup lemon juice

2 tsp salt

3 small garlic cloves

2/3-1 cup water (for thick cheese-like spread use 2/3 cup; for thinner sauce use 1 cup)

For the salad:

4-6 cups broccoli florets, cut into small, bite-size pieces

1 yellow bell pepper, diced

1 small jar pitted Kalamata olives, sliced

1 zucchini, spiralized or julienned

Pine nuts, for garnish

Basil, for garnish

For white sauce: Blend all your ingredients in a high-speed blender. Use more or less water until you reach your desired consistency. Once you store this sauce in the refrigerator, it will thicken. Simply add more water if you need to thin it out for use later.

For the salad: In a large bowl, coat your broccoli florets with the white sauce. Then add diced yellow bell pepper and sliced Kalamata olives. Place salad on top of a bed of arugula, followed by a layer of julienned zucchini noodles. Drizzle olive oil over top and garnish with pine nuts and a few fresh sprigs of basil.

## Sprout & Veg Salad with Tahini Dressing

[Serves 4]

### INGREDIENTS

For the Salad:

1 cup quinoa

1 ½ cups water

1 ½ cups red cabbage, finely grated (buy it pre-grated)

2 cups sprouts (lentil, mung, alfalfa sprouts, quinoa, etc.)

1 cup baby spinach

2 carrots, shredded

¼ cup pumpkin seeds

For the Dressing:

1/4 cup tahini

2 Tbsp olive oil

2 Tbsp freshly squeezed lemon juice (from 1 lemon)

1/2 cup cilantro, chopped and loosely packed

1/2 tsp sea salt

1/2 cup water

In a pot, combine quinoa and vegetable broth. Bring to a boil and then set to simmer. Cover and simmer for 15 – 20 minutes, or until liquid is absorbed. In a small bowl, whisk together the tahini, lemon, oil water and salt. . In a large serving bowl, combine the cooled quinoa, sprouts and other salad ingredients. Toss the dressing with the salad vegetables.

## Creamy Collards

[Serves 4]

### INGREDIENTS

1 bunch collards

Few drops liquid stevia

¼ cup chopped onion

¼ cup chopped red pepper

½ cup chopped cilantro

1 Tablespoon almond butter

¼ cup olive oil

Remove stems from collard leaves and thinly slice. Add collards, onion, pepper and cilantro into a large bowl. In a small bowl, whisk together the almond butter and olive oil. Using your hands, massage the dressing into collards until well combined and collards have softened.



## ■ ■ ■ Kidney Bean and Asparagus Salad

[Serves 2]

### INGREDIENTS

1, 15oz can kidney beans, drained and rinsed  
1 bunch thin asparagus, rough ends trimmed off  
2 cups baby arugula  
½ bunch parsley, chopped  
zest and juice from 1 lemon  
¼ cup extra virgin olive oil  
Celtic sea salt and pepper

Bring a pot of water to a boil. Blanch asparagus for 5-8 minutes until tender. Remove from water and pat dry with paper towels. Chop into 1-inch pieces. Whisk the olive oil, lemon and parsley together. In a serving bowl add the beans, asparagus and arugula. Toss with the dressing and season with salt and pepper.

## ■ ■ ■ Easy Raw Zucchini Pasta

[Serves 1]

### INGREDIENTS

1 zucchini per person, spiralized or julienned into noodles  
2 ½ cups Roma or cherry tomatoes  
¼ cup extra virgin olive oil  
2-4 cloves garlic (to taste)  
1/8 tsp cayenne pepper, optional  
12 sun-dried tomatoes, soaked for a few minutes if very dry  
1 tsp Celtic sea salt  
2 Tbsp fresh basil, chopped  
2 medjool dates, pitted

Spiralize or julienne the zucchini and set aside. Add remaining ingredients to blender and blend until smooth. Season with salt, to taste. Toss sauce with zucchini noodles.

## ■ ■ ■ Springy Bean & Kale Salad with Radish

[Serves 4]

### INGREDIENTS

1 head of kale, cut into small ribbons  
1 small bunch of red radishes, sliced  
1 cup snow peas

2 carrots, diced  
1/2 small red onion, sliced  
1 avocado, chopped  
2 Tablespoons hemp seeds  
1 can/box garbanzo beans drained and rinsed

For the Dressing:

1/4 cup fresh squeezed lemon juice  
2 Tablespoons apple cider vinegar  
2/3 cup extra virgin olive oil  
2 Tablespoons garlic, chopped  
1 teaspoon pepper  
Celtic sea salt

Combine all salad ingredients in a large bowl. In a small bowl, whisk together dressing ingredients and season with salt. Pour enough dressing onto salad to coat all the veggies.

## Spinach & Blueberry Salad

[Serves 2]

### INGREDIENTS

4 cups baby spinach  
1 pint organic blueberries  
1/4 cup pine nuts or sliced almonds

For the Dressing:

3 Tablespoons apple cider vinegar  
1/2 cup extra virgin olive oil  
2 cloves garlic, minced  
Zest and juice of one lemon  
2 Tablespoons chopped basil  
Celtic sea salt and pepper to taste

Combine salad ingredients in a large bowl. In a small bowl, whisk together dressing ingredients, then toss gently with vegetables.

## Papaya & Carrot Salad

[Serves 4]

### INGREDIENTS

For the vinaigrette:

¼ cup fresh lime juice

2 Tablespoons tamari

1 red chili pepper, thinly sliced

3 to 4 drops liquid stevia to sweeten, optional

For the salad:

1 green papaya, peeled and julienned

2 carrots, peeled and julienned (or use shredded carrots in the bag)

1 cup haricots verts, sliced in half on a diagonal

1 cup jicama, peeled and diced

1 cup cherry or grape tomatoes, halved

½ cup cilantro, chopped

¼ cup mint leaves, chopped

Prep all your vegetables. In a small mixing bowl, whisk together the ingredients for the vinaigrette. In a large serving bowl, combine the salad ingredients and toss with the vinaigrette.

## Radish and Carrot Ribbon Salad

[Serves 4]

### INGREDIENTS

2 bunches radishes, thinly sliced

6 carrots, thinly sliced into ribbons (a vegetable peeler works great)

1 fennel bulb, thinly sliced or use mandolin

Small handful chopped parsley

For the dressing:

3 Tablespoons apple cider vinegar

1 Tablespoon lime juice

½ cup extra virgin olive oil

1 garlic clove, minced

Add salad vegetables to a large bowl. In a small bowl, whisk together salad dressing ingredients and then toss with vegetables.



# Wraps & Rolls



## Spiced Turkey Wraps with Greens

[Serves 4]

### INGREDIENTS

#### For the Turkey:

1 cup extra virgin olive oil  
2 medium onions, thinly sliced  
8 cloves garlic, minced  
2-inch piece fresh ginger, peeled and minced  
1 cup shredded carrots  
1 Tbsp cayenne pepper  
1 Tbsp plus 1 tsp. ground coriander  
1 Tbsp plus 1 tsp. ground turmeric  
½ Tbsp ground cinnamon  
Celtic sea salt and freshly ground black pepper  
1 ¼ pounds organic lean ground turkey  
½ cup low-sodium organic chicken broth  
¼ cup chopped fresh cilantro

#### For the Wraps:

16 large romaine leaves  
2 avocado, peeled, pitted and mashed  
2 cups arugula  
1 lime, cut into wedges

Heat the oil in a wok or large cast-iron skillet over medium-high heat. Sauté onions, garlic, and ginger until softened. Add the carrots, cayenne coriander, turmeric and cinnamon. Season with salt and pepper, mix well. Add the turkey, using a fork or wooden spoon to crumble it into separate pieces. Gently stir until turkey is browned and cooked through. Add chicken broth and stir well, scraping the bottom of the pan to release any bits. Turn off the heat and fold in the cilantro. Transfer the turkey mixture to a small bowl. Lay the Romaine leaves out on a plate and spread some mashed avocado onto each leaf. Add arugula. Top with small piles of the spiced turkey and roll up. Serve with the lime wedges on the side.

## ■ ■ ■ Arugula Quinoa Spring Rolls

[Makes 10 pieces]

### INGREDIENTS

2 cups red quinoa, rinsed  
3 cups water  
Fresh arugula  
10 rice paper wrappers  
For the dressing:  
4 Tbsp apple cider vinegar  
5 Tbsp Tamari  
1 clove garlic, minced  
2 Tbsp minced ginger  
4 tsp sesame oil

Combine the quinoa and water in a pot and bring to a boil over medium heat. Reduce heat to simmer, cover and cook until water is absorbed, 16 – 20 minutes. While quinoa cooks, whisk the dressing ingredients together in a small bowl and set aside. In a large bowl, toss some of the dressing lightly with the arugula. Leave the rest for a dipping sauce. When quinoa is done, let it cool and then add it to the dressed greens. To assemble the spring rolls: fill a square pan with water. Soak each rice paper wrapper in water for just 30 seconds. Place wet rice wrapper on a flat surface and with a spoon fill the wrapper with about ¼ cup of lettuce-quinoa mixture. Fold the edges over and roll into a spring roll. Repeat until all the filling has been used. Use remaining dressing for dipping.

## ■ ■ ■ Lentil Lettuce Wraps

[Serves 4]

### INGREDIENTS

8 oz white mushrooms, diced  
1/2 cup onion, finely chopped  
3/4 cups yellow bell pepper, finely chopped  
1 1/2 Tablespoons extra virgin olive oil  
1/2 cup fresh/frozen organic corn  
3 cups cooked lentils (pre-cooked bag from Trader Joes is great here)  
3/4 teaspoons chili powder  
1/2 teaspoon paprika  
1/4 teaspoon garlic powder  
1 pinch ground cayenne pepper  
1/2 teaspoon lemon juice  
1 teaspoon Celtic sea salt  
1/4 cup cilantro, chopped

Romaine lettuce leaves  
Chipotle salsa and avocado for garnish

In a large skillet, sauté mushrooms, onions, and bell pepper in olive oil for 5 minutes, until tender. Add corn and lentils to the pan, followed by the seasonings and lemon juice. Cook until warmed through. Spoon some lentil filling onto each Romaine leaf. Top with chopped cilantro, sliced avocado and salsa.

## Black Bean Butter Lettuce Cups

[Serves 2]

### INGREDIENTS

8 butter lettuce leaves (these make really nice cups, romaine works as well)  
1, 15oz can of black beans, drained and rinsed  
1 avocado  
½ cup fresh salsa (you can buy)  
1 lime  
small handful of cilantro, chopped  
Celtic sea salt and red pepper flakes (optional)

Mash beans and salsa together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and red pepper flakes.

## Curry Chicken Salad Wrap

[Serves 2]

### INGREDIENTS

1 green apple, chopped  
2 organic boneless, skinless chicken breasts  
1/3 cup coconut cream (cream from can of whole fat coconut milk)  
Splash of apple cider vinegar  
3 teaspoons curry  
2 bunches of scallions  
Celtic sea salt + pepper to taste  
Boston or Bibb lettuce leaves  
Sprouts

Poach or grill the chicken breasts. When cool, chop coarsely and set aside. In a blender or food processor, mix coconut cream, vinegar and curry powder. In a large bowl combine chicken, apple, scallions and curry sauce to taste. Season with salt and pepper. Serve a scoop or two in lettuce leaves. Top with sprouts.



# Chicken & Fish



## Asian Chicken Skewers

[Serves 4]

### INGREDIENTS

½ cup tamari  
1 tsp grated fresh gingerroot  
3 gloves garlic, crushed  
2 Tbsp sesame oil  
1 ½ tsp five-spice powder  
1 ½ pounds boneless, skinless chicken breast, cut into ½-inch strips  
Twelve, 12-inch bamboo skewers, soaked in water

Prepare the marinade by combining the first 5 ingredients in a large, shallow baking dish. Thread the chicken onto your skewers, leaving about 2 inches at each end. Place skewers in marinade, turning them to coat the chicken. Cover and refrigerate for 30-60 minutes. When ready, cover ends of skewers with foil so they don't burn. Prepare the grill or preheat the broiler. Cook for 2 minutes on each side until done.



## Grilled Chicken with Mint & Radish

[Serves 4]

### INGREDIENTS

4 boneless, skinless organic chicken breast halves  
¼ cup extra-virgin olive oil, plus 1 teaspoon for drizzling  
¼ cup lime juice (from 4 limes), plus 1 teaspoon for drizzling  
2 garlic cloves, minced  
3 cups tender greens, such as Mache or baby lettuce  
1 cup fresh mint, chopped  
4 radishes, very thinly sliced  
¼ tsp Celtic sea salt and freshly ground pepper  
Lime wedges, for serving

Combine chicken, oil, lime juice, and garlic in a bowl. Refrigerate for 30 minutes. Preheat a grill or grill pan to high. Grill chicken until cooked through, about 4 minutes per side. Combine greens, mint, and radishes. Sprinkle with salt, season with pepper, and drizzle with oil and lime juice.

## Apricot Chicken

[Serves 4]

### INGREDIENTS

1 1/2 pounds apricots, roughly chopped, pits removed and discarded  
Few drops liquid stevia  
2 Tbsp apple cider vinegar  
4 skinless, boneless chicken breasts  
Celtic sea salt  
3 Tbsp olive oil  
1 onion, chopped  
2 cups organic chicken broth  
1 Tbsp chopped fresh rosemary  
1 teaspoon cinnamon  
2 teaspoons Tabasco or other hot sauce  
Black pepper

In a small bowl, soak the chopped apricots in the vinegar with a few drops stevia. Let sit while you cook chicken. In a large sauté pan, heat 1 tablespoon of olive oil over medium-high heat. Sauté the onion until it begins to brown. Once brown, add the chicken breasts to the pan and brown for 5-6 minutes on each side. Season with salt and pepper. Add the chicken stock and lower the heat to medium.

Add 2/3 of the soaking apricots, along with any juice, into a blender and blend into a purée. Pour the purée into the pan with the chicken. Add cinnamon, rosemary and Tabasco and season with salt, to taste. Bring to a simmer, then lower heat and cook for 5-10 minutes. Add remaining apricot into the pan and simmer gently for 1-2 minutes. Serve hot with brown rice.

## Mango Chicken

[Serves 4]

### INGREDIENTS

1 1/4 pounds organic chicken breast, cut into 1-inch cubes  
1/4 cup olive oil  
1 large onion  
1 red bell pepper, diced  
2 garlic cloves, sliced  
1 tablespoon fresh ginger, minced  
1 teaspoon curry powder  
1 teaspoon Celtic sea salt  
1 Tablespoon apple cider vinegar  
1 cup water



½ cup coconut milk  
1 mango, peeled and diced

In a large sauté pan, warm oil over medium heat. Add onions, stirring occasionally, cooking until soft, 5-10 minutes. Add red pepper, ginger, garlic, curry and salt, cook 5 minutes. Add vinegar, water, coconut milk and mango to pan, bring to a boil briefly, then reduce heat. Add chicken pieces, return to a low simmer/ Cook for 8-10 minutes until chicken is cooked through. Garnish with cilantro.

## Mexican Chicken with Cauliflower Rice

[Serves 4]

### INGREDIENTS

4 Tablespoons olive oil  
1 onion, diced  
1 cup celery, finely diced  
1 head cauliflower, trimmed  
1 (4 ounce) can green chilies, diced  
1 lb cooked organic boneless, skinless chicken breast, diced into 1-inch pieces  
1 teaspoon Celtic sea salt  
Ground cumin, oregano and chili powder to taste  
1 avocado  
salsa, if desired

In a large skillet, heat olive oil over medium heat. Sauté onion over medium heat for 10 minutes, until soft. Add celery to skillet and sauté for 5 minutes. Place cauliflower in a food processor and pulse until the cauliflower is the texture of rice. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft. Mix chilies and chicken into skillet. Stir in salt, cumin, oregano and chili powder. Serve, topping with avocado, cheese and salsa if desired.

## Grilled Mustard Lime Chicken

[Serves 4]

### INGREDIENTS

1 lb organic skinless, boneless chicken breasts  
½ cup fresh lime juice  
½ cup fresh cilantro, chopped  
¼ cup Dijon mustard  
1 Tbsp olive oil  
1 Tbsp chili powder

½ tsp Celtic sea salt  
½ tsp pepper

Combine lime juice, cilantro, mustard, olive oil, chili, salt and pepper in a food processor. Pulse until ingredients are well combined. Rinse chicken breasts, pat dry and place in a 7x11 inch glass baking dish. Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center.

## Grilled Salmon Vegetable Kebabs

[Serves 4]

### INGREDIENTS

1 onion, cut into large chunks  
1 red or yellow pepper, seeded and cut into 1-inch chunks  
12 button or cremini mushrooms, stems removed  
1 zucchini, sliced into half-moons  
16 ounces salmon  
4, 12-inch bamboo skewers, soaked in water  
¼ cup extra virgin olive oil  
1 Tbsp chopped fresh thyme  
2 cloves garlic, crushed  
¼ cup almond butter  
1 Tbsp apple cider vinegar  
½ chili pepper, seeded  
2 Tbsp lime juice  
8 ounces water  
salt and freshly ground black pepper, to taste

Alternative the vegetables and fish on each skewer making sure to push the pieces firmly together. Combine the olive oil, thyme, and garlic in a large flat baking dish and add the skewers; marinate for 30 minutes or more. Prepare the grill (you can broil, too). While waiting, combine the almond butter, vinegar, chili, lime juice and water in the blender and blend until smooth. Season the kebabs with salt and pepper and remove from marinade. Grill or broiler 7-10 minutes or until the fish is cooked. Serve with almond butter sauce for dipping.

## Salmon & Endive Salad

[Serves 2]

### INGREDIENTS

1 can sustainably caught salmon, drained (I like Wild Planet or Vital Choice)  
½ stalk celery, diced  
½ green apple, diced  
1 teaspoon capers  
1 Tablespoon hemp seeds  
2 Tablespoons parsley, chopped  
1 Tablespoon extra-virgin olive oil  
Celtic sea salt and pepper to taste  
4 -6 Endive leaves

Mix all the ingredients together, except Endive. Serve in the Endive leaves.

## Pumpkin Seed Crusted Salmon

[Serves 4]

### INGREDIENTS

1/2 cup raw pumpkin seeds  
1 teaspoon dried dill  
1 teaspoon garlic powder  
1 to 1 1/2 pounds wild salmon

In a food processor, grind up the pumpkin seeds with the dill and garlic powder. Coat a fillet and put a couple lemon slices on top. Wrap in a parchment pouch. Bake on a cookie sheet at 350 F for approximately 20 minutes or until fully cooked as you like.

## Salmon Fish Tacos

[Serves 4]

### INGREDIENTS

8 ounces wild salmon  
1 tablespoon cumin  
1 tablespoon chili powder  
1/2 cup grated cucumber  
1/2 cup grated carrots  
1/2 cup chopped Napa cabbage  
1/2 cup chopped cilantro, fresh  
1-1/2 tablespoon lime juice  
Chili powder to taste

Boston Bibb lettuce

Rub fish with cumin and chili powder. Grill fish or sauté in pan with some olive oil. While the fish is cooking, grate the carrots and cucumber, and chop the cabbage and cilantro. Set aside. When fish is cooked, slice into small pieces or strips and place a handful onto Bibb lettuce. Sprinkle with grated cucumber, cabbage and carrots. Top off with the cilantro.

## Baked Cod with Olive & Caper Pesto

[Serves 4]

### INGREDIENTS

1 cup pitted Kalamata olives  
¼ cup capers, drained  
1 Tbsp lemon zest, plus juice of 1 lemon  
1 cup roughly chopped fresh parsley  
2 cloves garlic  
½ cup raw walnuts  
¼ cup extra virgin olive oil  
4 fillets of cod

Preheat the oven to 350 degrees. In food processor or blender, combine the olives, capers, lemon zest and juice, parsley garlic and walnuts and process for 20 seconds. Drizzle in the olive oil while the motor is running; pulse to combine. Spread about 1 Tbsp of the olive and caper pesto onto each fish fillet. Place the fish in a greased ovenproof dish and bake for 20 minutes.

## Cod with Fennel & Leeks

[Serves 4]

### INGREDIENTS

4 cups fresh spinach  
2 Tbsp extra virgin olive oil  
4 cod fillets  
2 medium fennel bulbs, trimmed and thinly sliced (use a mandolin)  
2 leeks, washed well and sliced  
2 cloves garlic, crushed  
2 cups low-sodium organic vegetable stock  
4 medium tomatoes, diced  
¼ cup fresh parsley, chopped  
½ cup pitted Kalamata olives, halves and rinsed  
Celtic salt and freshly ground black pepper to taste  
Lemon, for garnish

Preheat oven to 350 degrees. Heat a saucepan over medium heat and add 1 Tbsp of olive oil. Season the fish with salt and pepper and place in pan. Brown each piece for 2 minutes on each side (do not cook through). Remove from pan and set aside. To the same pan, add remaining olive oil, fennel, leeks and garlic and cook over low heat for 5 minutes. Add the stock and tomatoes and cook for another 5 minutes. Carefully return the fish to the pan and add 2 sprigs thyme, parsley and olives. Cover and place in the oven for 20 minutes. When To serve, use a slotted spoon to place the fish fillets on top of the spinach in each bowl and spoon the vegetables and the broth over the top. Garnish with lemon, if desired.

## Cod Cakes & Greens

[Serves 4]

### INGREDIENTS

#### For the cod cakes:

4 cod fillets  
½ cup pumpkin seeds  
1 egg  
1 Tbsp chopped fresh thyme  
1 Tsp chopped parsley  
¼ cup red onion, diced  
1 Tbsp lemon zest, plus 1 tsp. lemon juice  
1 tsp. Dijon mustard  
Pinch of cayenne pepper  
½ tsp Celtic sea salt  
½ tsp freshly ground black pepper  
1 Tbsp extra virgin olive oil

#### For the salad:

8 cups mixed greens of your choice  
2 medium tomatoes cut into wedges  
1 Tbsp extra virgin olive oil  
1 Tbsp lemon juice

Into a steamer or saucepan, put about ¼ inch of water and bring to a boil. Add the cod fillets, cover and cook over medium heat for about 7 minutes. Let cool. Using a fork, break up fish into flakes. In the food processor or blender, process pumpkin seeds to a size of medium breadcrumbs. In a large bowl, whisk the egg and add the herbs, onion, lemon zest, and lemon juice. Then add the fish flakes, mustard, cayenne, salt and pepper. Form into 4 patties. Spread the ground pumpkin seeds on a plate and coat the patties on all sides. Heat the olive oil in a sauté pan over medium heat. Cook the cod cakes for 3 minutes on each side. Serve each cod cake on bed of greens, garnish with tomato wedges, drizzle with olive oil and lemon juice.



# Soups



## Zucchini & Cress Soup

[Serves 4]

### INGREDIENTS

2 Tbsp. extra virgin olive oil (reserve ¼ tsp. for serving)  
1 medium onion, diced  
4 stalks celery, diced  
4 medium zucchini, diced  
¼ cup almond butter or ½ cup raw cashews  
1 quart reduced sodium vegetable stock  
2 cups watercress, stems removed, chopped  
salt and freshly ground black pepper, to taste

In medium soup pot, heat the oil over medium heat. Add the onion and celery and cook for 5 minutes, until translucent. Add the zucchini and sauté another 3 minutes. Add the almond butter or cashews and vegetable stock and bring to boil. Reduce heat until zucchini is tender. Add watercress and cook for 3 more minutes then turn off heat. Using a slotted spoon, transfer vegetables to a blender with about a cup of stock and blend until smooth. Pour back into pot and combine. Drizzle with olive oil, salt and pepper to taste and serve.



## Creamy Asparagus Soup

[Serves 4-6]

### INGREDIENTS

1 Tbsp extra virgin olive oil  
3 cloves garlic, minced  
1 head cauliflower, cut into small florets  
2 ½ pounds asparagus, trimmed and cut into ½-inch pieces  
¼ tsp cayenne pepper  
6 cups reduced-sodium vegetable or chicken broth, or water  
Celtic sea salt and freshly ground black pepper, to taste

In a medium soup pot, heat the oil over medium-high heat. Add the garlic and cook for 1 minute. Add the cauliflower, asparagus and cayenne pepper and cook for 5 minutes, stirring frequently. Pour in the broth or water and bring the soup to a boil. Reduce the heat to low and simmer until the cauliflower is fully cooked. Transfer soup to blender and blend on high speed

until smooth. Season to taste and serve with a salad and protein of your choice.

## Curried Carrot Soup

[Serves 4-6]

1 Tablespoon grapeseed oil  
1 ½" piece of ginger, sliced and crushed  
4 cloves garlic, minced  
Zest and Juice of one lime  
2 teaspoons curry  
1 teaspoon turmeric  
3 cups carrots cut into 1" pieces  
1, 15oz can coconut milk  
2 cups water  
½ bunch cilantro, chopped

Heat oil in a large saucepan over medium heat. Add ginger, garlic, and lime zest and cook until slightly browned, about 3-4 minutes. Add curry and turmeric and cook until fragrant - about 1 minute. Add carrots, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 15 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld. Puree soup in blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!

## Red Lentil and Kale Soup

[Serves 4]

### INGREDIENTS

1 tablespoon coconut oil  
1 medium onion, finely chopped  
4 garlic cloves, minced  
2 large carrots, chopped  
2 stalks of celery, chopped  
1 bunch of kale, cut into ribbons  
1 ½ cup red lentils, rinsed  
6 cups of vegetable broth  
Salt and Pepper to taste

Heat the oil in a large pot over medium heat. Add the onion and sauté until translucent – 3-5 minutes. Add the garlic, carrots, celery and kale and sauté for 2-3 minutes. Add the broth, lentils, salt and pepper. Cook on medium-low heat until lentils are tender, 20 minutes.



# Spring Gazpacho

[Serves 4]

## INGREDIENTS

2 cups tomatoes

½ cup pineapple

2 cups cucumbers

1 cup cherry tomatoes, sliced

1 medium red bell pepper, seeded and diced

1 garlic clove

2 Tbsp apple cider vinegar (or lime juice)

2/3 cup fresh dill or cilantro

2/3 cup fresh parsley

1 date

Blend all ingredients together except cherry tomatoes and 1 cup of cucumber (finely diced). Before serving, add cherry tomatoes and cucumber for texture.





## Veggie Side Dishes



### Baked Zucchini & Tomatoes

[Serves 4]

#### INGREDIENTS

2 Tbsp extra virgin olive oil, plus extra for greasing the baking tray  
4 zucchini, sliced on the diagonal into ¼- inch pieces  
4 tomatoes, sliced  
2 onions, thinly sliced  
Celtic sea salt and freshly group black pepper, to taste  
1 avocado, pitted and diced  
1 cup loosely packed fresh basil leaves

Preheat the oven to 375 degrees. Grease a baking tray with olive oil and arrange alternative slices of the zucchini, tomatoes and onions, making 4 layers. Drizzle with 2 Tbsp. olive oil and season with salt and pepper. Bake for 10 minutes. Serve with avocado and basil.



### Roasted Cauliflower with Tahini Sauce

[Serves 4]

#### INGREDIENTS

1 head cauliflower  
1-2 Tbsp olive oil  
Sprinkle cumin  
Celtic sea salt and ground pepper  
½ cup tahini  
1 lemon  
2 cloves garlic  
¼ cup warm water

Pre-heat oven to 400F. Slice cauliflower into 1"-thick discs, like steak. Arrange on a nonstick baking sheet. Brush each piece lightly with olive oil (coating both sides) and sprinkle with cumin, salt and pepper. Roast for 20 minutes or until golden brown, carefully flipping once halfway through. While cooking, in a small bowl, whisk together combine tahini, juice from ½ lemon, minced garlic, warm water and a pinch of salt, to taste. Add more water to loosen sauce, if too thick. To serve, drizzle over cauliflower.

## Roasted Brussels Sprouts

[Serves 4]

### INGREDIENTS

1 pound Brussels sprouts  
2 Tbsp olive oil  
Celtic Sea Salt and pepper  
Lemon juice

Trim and slice in half 1 pound Brussels sprouts. Add to large bowl. Season with salt, pepper and olive oil. Roast at 450 on prepared baking sheet about 20 minutes or until browned and tender. Transfer to serving bowl, top with fresh lemon juice.

## Cilantro Lime Chick Pea Salad

[Serves 2]

### INGREDIENTS

2 cups baby spinach  
1, 15-oz can chickpeas, drained and rinsed  
1/4 cup sweet onion, chopped finely  
1 ½ limes  
3/4 cup fresh cilantro, chopped  
2 tsp Dijon mustard  
1 garlic clove, minced  
1 tsp extra virgin olive oil  
1/2 tsp ground cumin

Chop baby spinach and place in a bowl with chickpeas and onion. In a food processor or blender, pulse the juice from the limes, cilantro, Dijon mustard, garlic, olive oil and ground cumin. Pour dressing over chickpeas and spinach, season with salt and ground pepper.

## Warm Peppers & Olives

[Serves 4]

### INGREDIENTS

4 red bell peppers, sliced lengthwise into ½ inch strips  
2 Tbsp olive oil  
½ cup Kalamata olives, sliced  
Celtic Sea Salt and pepper

Sauté bell peppers in olive oil until softened. Add sliced Kalamata olives into pan. Stir to combine. Season with salt and pepper and cook 5 minutes more.

## Cucumber & Jicama Salad

[Serves 4]

### INGREDIENTS

1 English cucumber, cut into thin matchstick strips  
1 small jicama, peeled and sliced thinly, then cut lengthwise into matchstick strips  
2 Tbsp lime juice  
Celtic Sea Salt and pepper  
Dash chili powder

Place jicama and cucumber in a bowl and toss with lime juice, salt, pepper and dash of chili powder.

## Warm Green Beans & Walnuts

[Serves 4]

### INGREDIENTS

1/3 cup walnuts, chopped  
1 pound green beans  
1 Tbsp coconut oil  
Celtic Sea Salt and pepper

In a small skillet or toaster oven, toast 1/3 cup chopped walnuts, set aside. To a large pot of boiling salted water, add 1 pound green beans, and cook until crisp-tender, about 6 minutes. Drain and return beans to pan. Add the coconut oil, salt, pepper and 1/2 of the walnuts. Mix to combine. Transfer to serving plate and sprinkle with remaining nuts.

## Roasted Baby Artichokes

[Serves 4]

### INGREDIENTS

1-2 pounds of baby artichokes  
1 Tbsp olive oil  
Celtic Sea Salt and pepper  
1 lemon, juice and zest

Preheat oven to 400 F. Clean 1-2 pounds of baby artichokes by removing outer tough leaves using a peeler and then each slice in half. If there's a fuzzy center use a small spoon to scoop it out before baking. Place

artichokes on a baking pan. Drizzle with olive oil, sea salt and pepper. Bake for 15-20 minutes until tender, turning a few times to ensure even cooking. While cooking, in a small bowl add the zest of one lemon plus juice of half a lemon, drizzle olive oil and dash salt. When artichokes are finished, leave to cool. Plate the artichokes and drizzle with the vinaigrette.

## Shredded Carrot & Parsley Salad

[Serves 4]

### INGREDIENTS

1 bag shredded carrots  
1 bunch parsley, chopped  
2 Tbsp olive oil  
3 Tbsp lime juice  
1 clove minced garlic  
½ tsp Celtic sea salt  
1 tsp cumin  
black pepper  
¼ tsp red pepper flakes

Place shredded carrots into a large bowl and toss with the chopped parsley. In a small bowl, whisk the olive oil, lime juice, minced garlic, salt, cumin, black pepper and red pepper flakes. Drizzle dressing over the carrots and toss. Taste and adjust seasoning, as needed.

## Soy-Ginger Sautéed Radishes

[Serves 4]

### INGREDIENTS

1 Tbsp olive oil  
1 bunch radishes, washed and quartered  
Celtic Sea salt  
1 Tbsp Tamari  
1 Tbsp rice vinegar  
1/2 tsp fresh grated ginger

Sauté the radishes with some salt and olive oil in a skillet over medium heat until they start to brown lightly. In a small bowl, whisk together the tamari, rice vinegar and ginger. Once the radishes are browned, pour in dressing and stir vigorously. Once the radishes are coated and all the liquid evaporates (about 1 minute), remove from heat and transfer to a serving dish.

## Green Beans Almandine

[Serves 4]

### INGREDIENTS

1 lb green beans, cleaned and trimmed  
2 small shallots, minced  
2 cloves garlic, minced  
¼ cup slivered almonds  
1 Tbsp coconut oil

Place the green beans in a medium sauce pan and fill with water, until the beans are totally covered. Bring the water to a boil and simmer for 5 minutes. Drain the beans and run cold water over them until they are no longer hot. In a large skillet, heat the oil over medium heat, then add the shallots, garlic and slivered almonds, stirring frequently until garlic and shallots have softened. Now add the green beans to the skillet and stir to coat the beans. Cook the beans, stirring frequently, until tender and warmed through, about 2 or 3 minutes.

## Garlic Roasted Asparagus

[Serves 4]

### INGREDIENTS

2 pounds asparagus, trimmed  
2 Tablespoons olive oil  
4 garlic cloves, thinly sliced  
Celtic Sea salt and ground pepper

Preheat oven to 400 degrees. On a large rimmed baking sheet, toss asparagus with oil and garlic; season with salt and pepper. Roast until tender and browned in spots, 15 to 18 minutes. Serve warm or at room temperature.

## Spicy Turnip Greens

[Serves 4]

### INGREDIENTS

1 Tablespoon olive oil  
1 medium onion, cut into wedges  
1 pound turnip greens, cleaned and chopped  
¼ cup water  
⅓ teaspoon red pepper flakes (adjust to preference)

Drizzle olive oil into skillet over medium heat. Add onion and cook until just tender, about 3 minutes. Then add ½ of turnip greens. Allow to cool down and add the remainder of the greens. Add water and red pepper flakes. Adjust the amount of red pepper to your personal taste.

## Fiery Kale with Garlic & Olive Oil

[Serves 4]

### INGREDIENTS

1 head Kale, chopped into leaves  
2 Tablespoons extra virgin olive oil  
3 large garlic cloves, sliced thin  
1/2 teaspoon crushed red pepper flakes  
1/4 teaspoon Celtic sea salt  
1/4 teaspoon freshly ground black pepper

Heat the oil in a large, wide high-sided sauté pan over medium heat. Add the garlic and red pepper flakes and sauté about 1 minute. Turn heat up to medium-high, add the kale and cook, stirring often, until the leaves turn from leathery stiff to shrunken strands of deep, dark green, about 7 minutes. Season with salt and pepper and serve immediately.

## Toasted Garlic Spinach

[Serves 4]

### INGREDIENTS

1 Tablespoon coconut oil  
5 large cloves garlic, trimmed, smashed, peeled, and chopped  
1/2 teaspoon sea salt  
1 lb spinach leaves, washed and dried  
fresh ground black pepper to taste

In a large, deep skillet, heat the oil over medium heat. Turn heat to low, and add the garlic. Cook over low heat, stirring occasionally, for about 10 minutes. When the garlic starts to brown a little on the edges, add the spinach and sprinkle with sea salt. Cook over low heat for a few minutes, stirring just to fold in the uncooked leaves. Spoon the leaves into a serving dish (leave behind the liquid), taste, adjust salt as needed, and serve with freshly ground black pepper.

## Roasted Cauliflower with Dried Cherries

[Serves 4]

### INGREDIENTS

1 head cauliflower florets  
2 Tablespoons olive oil  
1 red onion sliced  
1/4 cup dried unsweetened cherries  
1/4 cup pine nuts, lightly toasted  
1 Tablespoon diced chives  
1 Tablespoon diced parsley  
2 teaspoons prepared horseradish  
1 Tablespoon lemon juice  
salt and pepper to taste  
1/4 teaspoon red pepper flakes

Preheat oven to 400 degrees. Arrange cauliflower florets on rimmed cookie sheets. Coat with olive oil and salt and roast for 25 – 30 minutes. In a large skillet, sauté onions in olive oil over medium-high heat until softened. Add the cherries, pine nuts, herbs, and horseradish and sauté for 3 minutes more. Then fold in the cooked cauliflower and the lemon juice, and cook for 3 more minutes. Season with salt and pepper. Serve with a sprinkle of red pepper flakes and parsley leaves.

## Wilted Kale and Tomato Salad

[Serves 4]

### INGREDIENTS

2 Tablespoons olive oil  
3 cloves garlic, smashed and peeled  
1 Tablespoon minced shallot  
1 bunch kale, trimmed, with leaves cut into thirds  
4 small red tomatoes, cored and cut into sixths  
1/4 cup apple cider vinegar  
1/2 teaspoon Celtic sea salt  
3/4 teaspoon pepper

In a large skillet, heat the olive oil over medium-high heat. Add the shallot and garlic and sauté for 2 minutes, stirring often. Add the kale, vinegar, and sea salt and cook until wilted, about 2 minutes. With 30 seconds left, fold in the tomatoes and pepper.

# ■ ■ ■ Sautéed Asparagus & Cherry Tomatoes

[Serves 4]

## INGREDIENTS

1/2 teaspoon salt

1 pound asparagus

1 pint cherry tomatoes, half of them sliced, half kept whole

1 Tablespoon olive oil

2 cloves garlic, minced

salt and pepper to taste

Wash the asparagus and snap off the woody ends. Place asparagus in a microwave-safe baking dish, add a splash of water, cover, and microwave on high for 2 ½ minutes. Set aside, uncovered until ready to use. Cut half of the cherry tomatoes in half. In a large skillet, heat olive oil over medium heat. Add the garlic when it's hot. Sauté for 1 minute, then add the cherry tomatoes - the whole ones and the cut ones. Cook the tomatoes for about 6 minutes, stirring occasionally, until some of the whole ones have burst. Turn the heat up to medium high. Add the asparagus and continue to cook for another 5-8 minutes, or until the asparagus is as crisp-tender as you like it. Season with salt and pepper to taste.





# Detox Salad Dressing



## Basic Miso Dressing

[Serves 2]

### INGREDIENTS

2 Tbsp apple cider vinegar  
1/4 cup olive oil  
1 Tbsp organic white or red miso paste  
few drops stevia  
salt and pepper to taste

Whisk the miso paste with the apple cider vinegar. Then add oil and remaining ingredients.



## Shallot Vinaigrette

[Serves 2]

### INGREDIENTS

1/4 cup olive oil  
1 shallot, minced  
2 Tbsp apple cider vinegar  
1 Tbsp chopped parsley  
Celtic sea salt and black pepper, to taste

Cook the shallots in the oil until soft. Let cool. Whisk the shallot mixture with the remaining ingredients.



## Tahini Dill

[Serves 2]

### INGREDIENTS

1/4 cup fresh lemon juice  
3 Tbsp Tahini  
3 Tbsp water  
1 Tbsp chopped fresh dill  
pinch cayenne pepper  
Celtic sea salt, to taste

Whisk all ingredients together.

## Meyer Lemon Vinaigrette

[Serves 2]

### INGREDIENTS

3 Tbsp fresh Meyer lemon juice  
3 Tbsp olive oil  
Celtic sea salt and black pepper, to taste

Whisk all ingredients together.

## Balsamic Vinaigrette Dressing

[Serves 2]

### INGREDIENTS

1/3 cup olive oil  
3 Tbsp balsamic vinegar  
2 tsp Dijon mustard  
Celtic sea salt and black pepper

Whisk all ingredients together.

## Avocado and Cumin Dressing

[Serves 2]

### INGREDIENTS

1 small avocado  
1 Tbsp cumin powder  
Juice of 2 limes  
1 cup water  
1/4 tsp Celtic sea salt  
Dash cayenne pepper  
1 Tbsp olive oil

Blend all ingredients together in a blender or processor till smooth. Add olive oil in a thin stream (with machine running) till dressing is creamy.

## Detox Dressing

[Serves 2]

### INGREDIENTS

1/4 cup lemon juice  
2 Tbsp apple cider vinegar  
1/4 cup olive oil  
1 Tbsp Dijon mustard  
few drops stevia  
salt and pepper to taste

Whisk all ingredients together.

## Carrot Miso Dressing

[Serves 2]

### INGREDIENTS

1 cup chopped carrots  
1 shallot, chopped  
1-inch piece fresh ginger, grated or chopped  
3 Tablespoons white miso paste  
2 Tbsp cider vinegar  
1 tsp sesame oil  
1/4 cup olive oil  
up to 1/4 cup water

Combine the carrots, shallot, ginger, miso, vinegar and sesame oil in a blender. Process until nearly smooth and then slowly add the oil. Continue to process until smooth and then add the water, one Tablespoon at a time, until the dressing has reached your desired consistency. Makes about 1 1/2 cups, enough dressing for about 6-8 salads.



# Healthy Snacks



## Green Guacamole Snack Wraps

[Serves 4]

### INGREDIENTS

3-4 Romaine lettuce leaves  
2 avocados  
2 cups baby spinach  
¼ chop chopped cilantro  
2 Tablespoons Pico de Gallo (or chopped tomatoes and onion)  
Celtic sea salt, to taste  
Fresh lime juice (about half a lime)  
1 Tablespoon olive oil

Add spinach, avocado and olive oil to food processor, process until spinach is broken down and relatively smooth. Remove from processor and place in bowl. Add remaining ingredients, stir to combine. Layer into romaine leaves or roll into Swiss Chard leaves and enjoy!



## Pumpkin Seed Guacamole with Veggies

[Serves 4]

### INGREDIENTS

2 avocados, cubed  
1 red onion, diced  
1/2 cup chopped cilantro  
1 serrano pepper, diced (or jalapeno)  
1 lime, squeezed  
1 lemon, squeezed  
1/4 tsp Celtic sea salt  
dash pepper  
¼ cup raw pumpkin seeds

Blend pumpkin seeds in blender for about a minute. For more flavor, you can toast the seeds in a dry frying pan over high heat for a minute. In a small bowl, combine all the ingredients and toss well. Mash avocados for a creamier texture or leave as rough cubes for chunky guacamole. Use jicama or carrots for dip.

## ■ ■ ■ Mediterranean Vegetable Hummus

[Serves 4]

### INGREDIENTS

1 cup raw carrots, chopped  
½ cup zucchini, peeled and chopped  
1 cup (or a very large handful) packed raw baby spinach  
1-2 garlic cloves  
¼ cup pumpkin seeds  
¼ cup fresh lemon juice  
¼-1/2 tsp cumin  
Celtic sea salt & black pepper to taste  
1 Tbsp poppy seeds (optional)

Chop vegetables and blend all the ingredients together in a high-speed blender, such as a Vitamix, until completely smooth. Adjust salt/pepper & lemon juice to taste if needed. Serve immediately.

## ■ ■ ■ Artichoke Hummus

[Serves 2-4]

### INGREDIENTS

1 can garbanzo beans, drained and rinsed  
1 can artichoke hearts (or use frozen)  
2 Tbsp tahini  
3 Tbsp olive oil  
1 clove garlic  
2 Tbsp lemon juice

Puree all ingredients in a food processor and blend until smooth.

## ■ ■ ■ Fava Bean, Pea and Mint Mash

[Serves 4]

### INGREDIENTS

1 cup fava beans (buy frozen and thaw)  
1 cup baby peas  
Zest and juice from one lemon  
¼ cup olive oil  
2 Tablespoons mint, chopped  
Celtic sea salt and pepper to taste  
Carrots, celery, or jicama for dipping

Add all the ingredients to a food processor and process until mashed but still a few whole pieces in it. Eat with cut up veggies.

## Apricot & Orange Energy Bars

[Makes 12 bars]

### INGREDIENTS

1 cup dried apricots  
1 cup raw pecans  
1 cup raw almonds  
2 eggs  
¼ teaspoon Celtic sea salt  
1 Tablespoon vanilla extract  
½ cup cacao nibs  
1 teaspoon orange zest

Preheat oven to 350°. Combine apricots, almonds and pecans in a food processor. Pulse until well chopped, mix should resemble coarse sand. Add in eggs, orange zest, cacao nibs, salt and vanilla. Pulse until mixture forms a ball. Spread mixture into a greased 8 x 8 inch baking dish (or use parchment paper). Bake for 25 minutes.

## Smoky & Crispy Chickpeas

### INGREDIENTS

1 can of chickpeas (garbanzo beans), drained and rinsed  
2 Tablespoons grapeseed oil  
1 lime, juiced  
1 Tablespoon smoked paprika  
1 teaspoon turmeric

Heat oven to 400°. Toss all the ingredients together and roast for 30 minutes until golden and crispy. Careful not to burn.

# Cheesy Kale Chips

[Serves 1]

## INGREDIENTS

1 head of kale torn into large pieces

2 teaspoons grapeseed oil

1 Tablespoon nutritional yeast

Celtic sea salt and pepper

Toss kale with grapeseed oil and season with nutritional yeast and sea salt.

Bake for 15 - 20 minutes at 300° or until crispy. Careful not to burn.



# Healthy (once and a while) Treats



## Mango Sticky Rice

[Serves 2]

### INGREDIENTS

- 3/4 cup brown rice
- 1 can full fat coconut milk
- 2-3 drops stevia
- 1 mango, cut into slices

Cook rice and coconut milk together in a pan over medium low heat until liquid is absorbed, about 15 – 20 minutes. Stir in stevia and top with mango.



## Creamy Chocolate Energy Shake

[Serves 1]

### INGREDIENTS

- ½ cup unsweetened almond milk
- 1 tablespoon cashew butter
- ½ avocado
- ¼ cup raw cacao powder
- 2 teaspoons maca powder (optional)
- 2-3 drops of stevia
- ½ cup ice

Blend and Enjoy!



## Coconut Berries with Mint

[Serves 1]

### INGREDIENTS

- 1 cup of mixed berries – blueberries, strawberries and raspberries
- 1 Tablespoon coconut oil, melted
- 1 Tablespoon chopped mint

Drizzle the melted coconut butter on the berries and sprinkle with mint.



## Blueberry, Apricot Crisp

[Serves 2]

### INGREDIENTS

- 1 pint blueberries
- 2 fresh apricots, pits removed and chopped
- 1 cup gluten free oats (Bob's Red Mill is great)
- ¼ sliced almonds
- 2 teaspoons cinnamon
- 1 Tablespoon coconut oil, melted

Heat oven to 375°.

Spray 2 ramekins or small oven proof bowls with cooking spray. Mix blueberries and apricots together and divide into ramekins. Mix oatmeal, almonds, cinnamon and coconut oil together and top the fruit.

Cook crisps for 15 – 20 minutes until slightly brown and bubbly.

## Strawberries and Cream Fro-Yo

[Serves 2]

### INGREDIENTS

- 2 frozen bananas
- 1 cup frozen strawberries
- ¼ cup unsweetened almond milk
- 1 Tablespoon hemp seeds

Place bananas and strawberries into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not need to use all ¼ cup of almond milk. Top with hemp seeds.

## Chocolate Chia Avocado Pudding

[Serves 2]

### INGREDIENTS

1 cup unsweetened almond or coconut milk (in a carton, not canned)  
¼ cup chia seeds  
2 avocados  
½ cup cacao powder  
2-3 drops of stevia

Mix all ingredients in your blender until smooth and pudding-like. Refrigerate for 3-4 hours or overnight.

## Blueberry Lemon Chia Pudding

[Serves 1]

### INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)  
¼ cup chia seeds  
zest of 2 lemons  
1 pint of blueberries

Mix all ingredients in blender until smooth. Refrigerate 3-4 hours or overnight. Serve topped with lemon zest.

## Chocolate Chip Cookie Dough Lärabar

[Serves 1]

### INGREDIENTS

1/2 cup dry roasted almonds  
1/2 cup raw cashews  
1 1/3 cups pitted dates  
1/2 cup dried, unsweetened coconut  
½ tsp vanilla powder  
1/8 tsp sea salt  
2-3 Tbsp raw cacao nibs  
½ cup dried unsweetened cherries

Process all the ingredients together in a food processor or high speed blender until smooth and pasty. Roll the mixture into small balls, bars or cookies!