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Gut Thrive in 5 Recipes

This document includes recipes for all 10 weeks of the meal plans. Feel free to trade out recipes or use your own recipes during the program, as long as you are able to follow the dietary guidelines for your Plan.

Most recipes use the letters F, H, P and S to indicate which Plans they are intended for. Additional recipes can be found in the Vegan/Vegetarian handout. If a recipe is not included in your Meal Plan, please check your Dietary Guidelines, to make sure the ingredients in the recipe are allowed for your Plan.

It's important to take note on how you react to specific foods - omit foods that cause gas or bloating (i.e. onions or garlic) as everyone will respond differently. Listen to your body and adjust accordingly.

Purchase the cleanest ingredients available, including fresh organic fruits and vegetables, organic dry goods, and grass-fed, pasture-raised, antibiotic-free animal-based products.

NOTE: If you have an autoimmune disease or your pH is acidic, omit tomatoes during the first 2 weeks of the program.

Beverages

CCF Tea - Coriander, Cumin and Fennel - F, H, P, S

Yields: 1 cup

Ingredients:

Make it fresh daily to support digestion and detoxification.

- 1/4 teaspoon whole coriander seeds
- 1/4 teaspoon whole cumin seeds
- 1/4 teaspoon whole fennel seeds
- 1 1/2 cups room temperature water

Directions:

Grind together coriander, cumin and fennel (CCF) seeds in a mortar and pestle or a coffee grinder.

Bring 1 1/2 cups of water to a boil without covering the saucepan. Add the ground CCF mixture.

Reduce heat to low and let it simmer uncovered for 3-4 minutes to infuse flavors and nutritive properties.

Strain and let it cool completely

Option: Pour over ice and add the juice of half a lime.

Coconut Chocolate Maca Treat or Coffee Substitute - F, P, S

Ingredients:

6 oz. coconut milk

1/2 to 1 tablespoon raw cacao powder

1 teaspoon of Maca powder

Optional:

Stevia and cinnamon to taste

Pinch of Sea salt

Great Lakes Collagen for added nutrition

Directions:

Using a mixer, blend all ingredients together until smooth.

Enjoy either chilled or at room temperature

Coconut Milk - F, H, P, S

Courtesy of WellessMama.com

Ingredients:

4 cups of water

1 1/2 - 2 cups of unsweetened shredded coconut

Directions:

Heat water, but don't boil. It should be hot, but not scalding.

Put coconut in blender or Vitamix and add water. (If all water won't fit, you can add the water in two batches.)

Blend on high for several minutes until thick and creamy.

Pour through a mesh colander first to get most of the coconut out, and then squeeze through a towel or several thicknesses of cheesecloth to get remaining pieces of coconut out.

If you have to split the water, put all the coconut that you strained out back in the blender, add the remaining water, and repeat.

Flavor options: Add in after all coconut has been strained out:

½ tsp vanilla extract

½ cup fresh or frozen strawberries

2 tsp cocoa powder + 1/2 tsp vanilla.

Drink immediately or store in the fridge.

Note: Should be used 3-4 days after making for best flavor and texture. Since there are no preservatives or fillers, the "cream" of the coconut milk may separate on the top if stored in the fridge. Just shake or stir before using.

Daikon Radish Tea - F, H, P, S

Serves: 3-4

Ingredients:

Daikon Radish, 1 - 5-inch piece

Directions:

- Peel radish and cut into thin slices.
- Bring 4 cups of filtered water to a boil in a small saucepan.
- Add radish and reduce heat to low.
- Steep for 5-7 minutes.
- Remove from heat, strain radish from water and drink.

Golden Milk - F, H, P, S

Serves: 1

Ingredients:

1 ½ cups unsweetened almond or coconut milk
1 teaspoon turmeric, dried
1/2 teaspoon ginger, dried
1/2 teaspoon Ceylon cinnamon
1/8 teaspoon black pepper, freshly ground
1 teaspoon coconut oil
Pinch of Himalayan pink sea salt
Dark-liquid stevia, to taste

Directions:

- Combine all ingredients in small saucepan.
- Stir while heating.
- Slowly bring to a boil and then turn off heat.
- Pour into a mug and serve.



Green Juice - F, H, P, S

Yields: approximately 16 ounces

Ingredients:

- 1 cucumber, peeled and sliced
- 3 stalks celery with leaves
- 3 kale leaves
- 1 handful romaine lettuce
- 1 inch piece fresh ginger, peeled
- 1 teaspoon fresh squeezed lemon juice

Directions:

- Process ingredients in a juicer or place in Vitamix or blender and blend until smooth.
- If using a blender, you may need to add small amounts of water to reach the desired consistency.

Quick Shake - F, H, P, S

Ingredients:

- 40 grams gelatin
- 1 cup coconut milk
- 1 cup hot water

Directions:

- Combine ingredients.
- Put in containers and refrigerate.

Raw Milk Kefir - F, H, P, S (all Plans after Week 9)

Ingredients:

- 1 heaping tablespoon milk kefir grains
- 1 quart whole raw milk

Directions:

- In a glass jar or pitcher, combine kefir grains with raw milk.
- Cover the glass container tightly and let sit at room temperature.
- If your kitchen is cold, you may need to find a slightly warmer place, like the top of the refrigerator.
- For a milder, thinner kefir, let sit overnight and refrigerate in the morning. The kefir will continue to culture (much more slowly) in the refrigerator.

For a stronger, thicker kefir, let sit for 18-24 hours before refrigerating. The kefir will contain more probiotic cultures the longer you leave out it (and less lactose and casein.)

Strain out the grains *(see below for how to handle the grains) and store kefir in the refrigerator.

***How to handle the kefir grains:**

Strain the kefir grains from the kefir.

Store covered in a glass container with enough raw milk to cover grains.

Use at least every 48 hours to keep cultures alive.

These grains will not only continue to thrive, they will also multiply.

So, you can either make even more raw milk kefir, eat the grains for a super dose of probiotics, or share your new grains with a friend!

Note: There are two types of kefir cultures: water kefir grains and milk kefir grains. Water kefir grains are for making homemade kefir sodas and beverages. Milk kefir grains are for milk kefir. These grains are different and cannot be used interchangeably. Be sure you order milk kefir grains for this recipe.

Soaked Chia Drink - F, H, P

Ingredients:

6 oz. of water

1 tablespoon chia seeds

Directions:

Add water and chia seeds to glass or mason jar and mix.

Store in refrigerator and soak overnight.

Drink as is or add to smoothies.

Turmeric Ginger Lemonade - F, H, P, S

Prep and cook time: 20 minutes

Serves: 4

Ingredients:

4 cups water

1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)

1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled)



1/4 teaspoon black pepper
Dark-liquid stevia, to taste
Lemon slices, or the juice of a full lemon (to taste)

Directions:

- Put water into a small pot and bring to a full boil on the stove.
- Add turmeric, ginger and pepper to the boiling water, reduce heat, and simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger.
- Remove pot from the stove.
- Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.
- Add stevia and lemon to taste.

Smoothies

Apple Pie Smoothie - F, H, P, S

Serves: 1

Ingredients:

1 medium green apple
1 teaspoon Ceylon cinnamon
1/4 teaspoon powdered ginger
1/8 teaspoon ground nutmeg
pinch of salt
2-3 tablespoons water
1/4 cup canned coconut milk (whole fat)
1/2 cup unsweetened coconut, almond or hemp milk
1-2 scoops of grass-fed whey or hemp-based protein
(if you react to protein powders, omit them and increase gelatin)
1-2 scoops of gelatin powder
1-2 teaspoons hemp seeds

Directions:

- Peel, core and cut apple into slices and place in a small saucepan.
- Add spices and water, cover and cook on low heat until apples are tender.
- Remove from heat and cool slightly.

- Combine apples with all remaining ingredients (except hemp seeds) in a blender and mix thoroughly until desired consistency.
- Stir in hemp seeds.

Banana Cacao Smoothie - F, H, P, S

Serves: 1

Ingredients:

- 1/2 green banana
- 1 teaspoon cacao nibs or cacao powder – see below
(Plan H after Week 5, Plan S after week 6)
- 1/4 cup canned coconut milk (whole fat)
- 1/2 cup unsweetened coconut, almond or hemp milk
- 1-2 scoops of grass-fed whey or hemp-based protein
(if you react to protein powders, omit them and increase gelatin)
- 1-2 scoops of gelatin powder

Directions:

- Combine ingredients in a blender and mix thoroughly until desired consistency.

Tip: Slice green bananas and place them in the freezer for later use.

Berry Smoothie - F, H, P, S

Serves: 1

Ingredients:

- 4 ounces coconut milk concentrate
- Filtered water or unsweetened coconut, hemp or almond milk
- 1/2 green banana
- 1/2 cup berries*
- 1-2 scoops of grass-fed whey, hemp-based protein, or pea protein
(if you react to protein powders, omit them and increase gelatin)
- 1 scoop of gelatin powder
- 1/2 teaspoon of cinnamon
- 1 teaspoon Camu Camu (optional)
- Sprinkle of nutmeg
- 1 tablespoon coconut oil, softened
- Soaked chia (Plan S omit) or ground flax seeds (as tolerated)
- Stevia to taste

Directions:

- Blend everything together until desired consistency.
- Adjust seasonings to taste.
- Add more unsweetened coconut milk or filtered water if necessary.

*Do not combine grains or pea protein with fruit. Coconut products can be combined with fruits, grains, or pea protein.

Chocolate Pudding Smoothie - F, P, H (after Week 5)

Prep time: 10 minutes **Serves:** 1

Ingredients:

- 1 avocado
- 1 c. water
- 1 tablespoon flax oil
- 1 tablespoon ground flaxseed meal
- 1 scoop whey protein powder
- 1 scoop warrior food vegetarian protein powder
- 5 drops dark-liquid stevia
- 1 tablespoon raw cacao powder
- 1/2 teaspoon of cinnamon

Directions:

Blend together until smooth and thick.

Coconut Delight Smoothie - F, H, P, S

Serves: 1

Ingredients:

- 6 ounces of unsweetened coconut or almond milk and/or filtered water
- 1/2 green banana
- 1/2 cup of coconut flesh or shredded coconut
- 1-2 scoops of grass-fed whey or hemp-based protein
(if you react to protein powders, omit them and increase gelatin)
- 1 scoop of gelatin powder
- Handful of raw macadamia or Brazil nuts
- 1/4-1/2 teaspoon of Ceylon cinnamon (helps stabilize sugar levels)
- Nutmeg
- Pinch of salt, as needed



1 tablespoon of ghee or coconut oil, softened.
Stevia to taste

Directions:

- Blend everything together until desired consistency.
- Add more unsweetened coconut milk or filtered water if necessary.

Note: Do not combine grains or pea protein with fruit. Coconut products can be combined with fruits, grains or pea protein.

Creamy Smoothie - F, S

Note: adjust quantity and ingredients based on your hunger level, but take in consideration ingredients that you are not allowed to over consume.

Ingredients:

8 oz. unsweetened coconut milk and/or water
1/2 avocado* (Plan S omit if you react)
1-2 scoops grass fed whey or hemp based protein (if you react to protein powders, omit them and increase gelatin and stevia)
1 scoop of gelatin
3-4 raw brazil nuts
1/2 teaspoon ground cinnamon
1 teaspoon Camu Camu
sprinkle of ground nutmeg
Stevia to taste
1/2 tablespoon ghee, butter or coconut oil, softened
1/2 green banana

Directions:

Blend everything together until desired consistency.
Adjust any seasonings to taste and add more unsweetened coconut milk if necessary.

*Do not combine grains or pea protein with fruit. Coconut products can be combined with fruits, grains or pea protein.

Mint Chocolate Smoothie - F, P, S

Note: adjust quantity and ingredients based on your hunger level, but take in consideration ingredients that you are not allowed to over consume.

Ingredients:

8 oz. unsweetened coconut milk and/or water
2-3 tablespoons of coconut flesh or unsweetened shredded coconut
1-2 scoops of grass fed whey or hemp based protein (if you react to protein powders, omit them and increase gelatin and stevia)
1 scoop of gelatin
1 tablespoon raw cacao (Plan S omit if you react)
1 teaspoon Camu Camu (optional)
1 handful mint leaves
1/2 -1 tablespoon ghee, butter or coconut oil, softened
Stevia to taste
1/2 green banana

Directions:

Blend everything together until desired consistency.
Adjust any seasonings to taste and add more unsweetened coconut milk if necessary.

My Smoothie - F, H, P, S**Ingredients:**

6 oz. unsweetened coconut milk
1-3 tablespoons coconut flesh or unsweetened shredded coconut
1-2 scoops grass fed whey or hemp-based protein
1 tablespoon ghee, butter or coconut oil
1 green banana
Pinch of salt
1 teaspoon Camu Camu

Directions:

Blend all ingredients together until desired consistency, adding more milk or filtered water if necessary.
Adjust seasonings to taste.

Variations: Adjust quantity and ingredients based on your hunger level and how your body reacts.

Resistant starch: 1/2 green banana
1 cup berries, 1/2 avocado
Handful raw nuts or 1 tablespoon raw nut butter
1 teaspoon raw cacao (Plan H after Week 5)

1/2 teaspoon of cinnamon
Sprinkled nutmeg
1/4 teaspoon vanilla extract (no alcohol)

Note: Do not combine grains or pea protein with fruit. Coconut products can be combined with fruits, grains or pea protein.

Nutrient Dense Smoothie I - F, H, P, S

Note: adjust quantity and ingredients based on your hunger level, but take in consideration ingredients that you are not allowed to over consume.

Ingredients:

6 oz. unsweetened coconut milk and/or filtered water
1/4 cup of coconut flesh or unsweetened shredded coconut
1-2 scoops of grass fed whey, hemp or pea based protein (if you react to protein powders, omit them and increase gelatin and stevia)
1 scoop of gelatin
handful of [Crunchy Nuts](#) or raw soaked nuts (brazil or macadamia)
1/2 teaspoon of cinnamon (helps maintain stable sugar levels)
sprinkle of ground nutmeg
sprinkle of ground cloves
1 tablespoon of ghee, butter or coconut oil, softened.
Stevia to taste

Directions:

Blend everything together until desired consistency.
Adjust any seasonings to your taste, add more coconut milk or water if necessary.

Variation:

1/2 - 1 cup berries

Nutrient Dense Smoothie II - F, H, P, S (after Week 9)

Serves: 1

Ingredients:

6 oz. kefir water, coconut kefir water, or raw milk kefir
1/2 cup of coconut flesh or unsweetened shredded coconut

1-2 scoops of grass fed whey, hemp based protein or pea based protein (no grains or soy added)
Handful of soaked raw nuts
1/2 teaspoon of cinnamon
Pinch of salt
1 tablespoon of ghee, butter or coconut oil, softened.
Stevia to taste
Sprinkle local bee pollen (omit if allergic to bees)

Directions:

Blend all ingredients together until desired consistency, adding more filtered water if necessary.
Adjust stevia and seasonings to taste.

Variation: (depending of your hunger level and how you react)

1/2 cup Quinoa or Black Rice, soaked and cooked
1 tablespoon of Soaked Chia Drink or ground flax seeds

Note: Do not combine grains or pea protein with fruit. Coconut products are okay to combine with fruits, grains, or pea protein.

Nutrient Dense Smoothie III - F, H, P, S (after Week 9)

Serves: 1

Ingredients:

6 oz. kefir water, coconut kefir water, or raw milk kefir
1/2 cup of coconut flesh or unsweetened shredded coconut
1-2 scoops of grass fed whey or hemp based protein or pea based protein
Handful of soaked raw nuts
1 tablespoon of ghee, butter or coconut oil, softened.
1/2 teaspoon of cinnamon
Pinch of salt
Stevia to taste
1 tablespoon of flaxseeds or soaked chia drink
Sprinkle local bee pollen (omit if allergic to bees)

Directions:

Blend everything together until desired consistency, adding more filtered water if necessary.
Adjust stevia and seasonings to taste.

Variations:

Add a resistant starch, such as 1/2 green banana or 1/4 plantain.

1/2 avocado

1 cup berries

Note: Adjust quantity and ingredients based on your hunger level, taking into consideration which ingredients you are not allowed to over consume.

Plant Protein Smoothie - F, H, P

Prep time: 5 minutes **Serves:** 1

Ingredients:

1 cup unsweetened almond milk, coconut milk, or water

1/2 ripe avocado

2 tablespoons hemp seeds

1-2 scoops plant-based protein powder

1 large handful kale or spinach

1 tablespoon coconut oil

Optional: add a resistant starch: ½ - 1 green banana or ⅓ raw plantain

Directions:

Blend all ingredients in a blender until smooth.

The Breakfast Smoothie Everyone Loves - F, H, P

Prep time: 5 minutes

Serves: 1

Ingredients:

1 cup frozen berries

1 cup unsweetened almond or coconut milk

1-2 scoop protein powder*

1 tablespoon ground flaxseed

1 teaspoon hemp seeds

1 tablespoon raw coconut oil

Directions:

- Blend and enjoy!
- If you don't mind the flavor, you can add 1 teaspoon of powdered greens, to enhance the nutritional value. We like [Vitamineral Greens](#) (after Step Two, since it contains probiotics)

*Use either whey or goat's whey. [MRM](#), [Jay Robb](#), [Tera's Whey](#), or [Fit 365](#). These brands are sweetened with stevia and are hormone and antibiotic-free.

Eggs & Breakfast Dishes

Avocado Pancake - F, H, P, S (unless you react to avocado)

Serves 1

Ingredients:

- 3 eggs
- 2 tablespoons coconut flour
- 2 tablespoons coconut milk
- 1/2 cup avocado, mashed
- Pinch of salt
- Ghee or butter, for frying and serving

Directions:

In a blender, mix in the eggs, coconut flour, salt and avocado until smooth and thick.

Heat the butter or ghee in a large skillet.

When the pan is hot, carefully drop tablespoons of batter onto the pan. Keep pancakes small so they are easier to turn once set.

When set, flip and cook the other side.

Once both sides are golden and cooked through, remove from the pan. Top with butter and/or ghee, season to taste.

Breakfast Wrap (Bacon or Herbs) - F, H, P, S

Serves: 1

Ingredients:

- 2-4 eggs
- 1 tablespoon of unsweetened coconut milk
- pinch of salt
- 1 tablespoon butter
- 1 paleo wrap

Directions:

Crack eggs into glass mixing bowl, add milk and salt

Beat all ingredients until they are well combined

Melt butter in a small/medium pan, when hot, add egg mixture
Allow to set and then stir until they are cooked all the way through
Place all ingredients in the center of the wrap and roll up burrito style.
Enjoy!

Variation:

As the eggs begin to cook, add chopped bacon or herbs

*Herbs: 1 teaspoon dry or 1 tablespoon fresh, chopped.

Herbs that go well with eggs are basil, cilantro, dill, fennel, cumin, parsley, thyme.

Butternut Squash Pancake - F, H, P, S

Serves: 1

Ingredients:

1/2 cup [Butternut Puree](#) or 100% pure pumpkin in a can (leftover pumpkin can be frozen for later use).
2 tablespoons coconut flour
3 eggs
Stevia to taste
1/4 teaspoon cloves
1/4 teaspoon ginger
1/2 teaspoon nutmeg
1/8 teaspoon salt
1/2 teaspoon cinnamon
Coconut oil for the pan

Directions:

- Separate eggs whites from yolks and place in a medium mixing bowl. Whip egg whites until frothy/foamy.
- In a separate bowl, combine yolks with squash, flour, sweetener, and spices. Fold in egg whites.
- Warm skillet over medium-high heat. Add approx. 1 tablespoon of coconut oil to the hot pan and swirl to cover the bottom of pan.
- Add 2 tablespoons of batter to the hot pan (smaller pancakes are best for flipping).
- Cook until golden on the bottom and slightly opaque in the center and edges. When the edges begin to look dry, flip the pancake, brown on the other side, and serve. Top with butter or ghee.

- If pancakes are very thin and breaking apart, add a bit more flour to the batter.

Coconut Spice Pancake - F, H, P, S

Serves: 1

Ingredients:

4 eggs
3 tablespoons coconut flour
Stevia and salt to taste
1/2 - 1 teaspoon of cinnamon
dash ground nutmeg
dash ground cloves (optional)
coconut oil, ghee or butter, for frying

Directions:

In a large bowl whisk the eggs until smooth.
Mix in the coconut flour, stevia, cinnamon and nutmeg and cloves and stir until smooth.
Heat the coconut oil in a large frying pan. When hot, carefully drop tablespoons of the pancake batter into the coconut oil. It's easier to turn if you make small pancakes.
When set, flip and cook the other side.
Once both sides are golden and cooked through, remove from the frying pan. Season to taste and top with plenty of butter and/or Homemade Nut Butter.

Variations:

Add a side of resistant starch, such as 1/2 green banana. Do not cook the banana.
Add 1/2 cup side berries

Easy Sausage Patties - F, H, P, S

Prep and cook time: 15 Minutes (better if prepared at least 3 hours in advance) **Serves:** 8

Ingredients:

2 pounds ground turkey or 1 pound ground turkey and 1 pound ground pork
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon garlic powder
1 teaspoon thyme, dried
1-2 teaspoons Himalayan Pink Sea Salt
1 tablespoon fresh sage, chopped or 1/2 teaspoon sage, dried
2-3 tablespoons coconut oil or butter, divided

Directions:

- In a large bowl combine all ingredients except coconut oil. Using your hands, mix all the ingredients together.
- Cover and refrigerate for at least 3 hours or overnight.
- When you are ready to cook the patties, shape the mixture into 8-10 balls, then press between your palms to form patties.
- Heat coconut oil in a large pan over medium heat. Place 4 patties in the heated pan and cook 3-5 minutes on each side until cooked through. Cook remaining patties.
- Leftovers can be frozen for a later date.

Farm Fresh Frittata - F, H, P

Soak time: 20 minutes **Prep and cook time:** 1 hour

Serves: 10-12 (recipe can be cut in 1/2)

Ingredients:

1 cup quinoa (soaked in water with juice from 1/2 a lemon for 1-6 hours, then drained and rinsed)
1 cup sweet potato, cooked and diced
2 cups water or [Healing Bone Broth](#)
1 dozen pastured eggs
1 red pepper, diced
1 red onion, diced
1 bunch Swiss chard
3 cloves garlic, minced
1/2 pound maitake mushrooms, sliced (optional)
1 bunch fresh basil, chopped

3 teaspoons sea salt

Directions:

- Put soaked and drained quinoa and 2 cups water in medium sauce pan and bring to boil.
- Reduce to simmer with the lid on until cooked, 10 to 15 minutes.
- Remove from heat and set aside to cool.
- In a large mixing bowl, whisk eggs and salt; set aside.
- Preheat oven to 375° and oil a 9x13 baking dish.
- Prep all vegetables.
- Rinse and roll up Swiss chard. Make 1-inch slices through the Swiss chard rolls.
- In a large sauté pan, sauté the red onion, mushrooms, and red pepper until golden; add garlic for one minute. Add Swiss chard and sauté until wilted. Allow to cool.
- Make sure quinoa and vegetables are not too hot when adding to eggs.
- Mix all ingredients in one large bowl and pour into oiled baking dish.
- Cover with foil and bake for 30 minutes.
- Insert knife into the middle of casserole. If still liquid, bake for 10 more minutes or until set.
- Increase oven temperature to 400°, remove foil, and cook for about 5 more minutes or until brown.

Note: Once the program ends, you can also add crumbled goat cheese to the casserole before baking.

Fresh Morning Wrap - F, H, P, S

Serves: 1

Ingredients:

2-3 eggs
1 tablespoon unsweetened coconut milk
1 tablespoons butter or ghee
1-2 cooked bacon slices, chopped
1/2 avocado, thinly sliced
1/2 tomato, washed and sliced
1 cup mixed greens, washed and dried
Salt and pepper to taste
1-2 coconut or turmeric wrap

Directions:

Crack eggs into a medium mixing bowl. Add coconut milk and salt. Beat until egg mixture is combined. Melt butter in a medium skillet. When hot, add egg mixture, allow to set and stir until cooked through. Place remaining ingredients in the center of the wrap and season to taste. Roll up eggs, bacon and vegetables burrito style. Enjoy!

Green & Bacon Omelet - F, H, P, S**Serves: 2****Ingredients:**

3 tablespoons unsalted raw or grass-fed butter, divided into 3 pieces
4 ounces bacon, diced
6 ounces baby greens (spinach, collard greens, mustard greens, dandelion greens, or beet greens), large stems removed, chopped
1/4 cup chicken stock or water, more if needed
4 large eggs
Parsley, chopped fresh to taste
1/8 teaspoon of cayenne pepper
Sea salt and freshly ground black pepper to taste

Directions:

- Melt 1 tablespoon butter in a frying pan over medium heat.
- Add the bacon, cook until golden brown and crispy and the fat has rendered, about 10 minutes.
- Add the greens, stock, and cayenne and cook until greens are just wilted, about 5 minutes. Add another tablespoon of stock if the greens dry out before they are soft. Season with salt and pepper and set aside.
- In a small skillet over medium heat, melt the remaining 2 tablespoons butter.
- Beat eggs in a bowl with a whisk until light and fluffy. Sprinkle with salt and pepper.
- Pour the eggs into the pan and let cook until the bottom starts to set. With a heat-resistant rubber spatula, gently push one edge of the egg into the center of the pan while tilting the pan to allow the

liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.

- Place the greens in the center of the omelet and roll into a cylinder. Remove to a platter, season with salt and pepper, and top with the parsley.

Gut Thrive Pancake - F, H, P, S

Makes: 10-12 pancakes

Ingredients:

3 large or 4 medium eggs, at room temperature
 1/2 cup canned coconut milk, room temperature
 1 1/2 tablespoons coconut flour
 1 tablespoon coconut oil or butter, melted
 Pinch of salt if using coconut oil or unsalted butter
 Coconut oil or butter, for the pan

Directions:

- Combine eggs and coconut milk in a medium mixing bowl.
- Blend on medium speed with mixer for 2 minutes.
- Gradually add coconut flour and salt while mixer is running.
- Stop mixer, scrape down sides of bowl, blend for 2 more minutes.
- Gradually pour in coconut oil or butter while mixer is running.
- Stop mixer, scrape down sides of bowl, blend for an additional 2 minutes.
- Season 8" skillet with coconut oil or butter on medium heat (allowing batter to sit).
- Add 2-3 tablespoons of batter to the center of the skillet and swirl pan to form a thin crepe-like pancake.
- Cook until done on one side, then flip and continue cooking until slightly golden.
- Remove from pan when done.
- Serve with butter, nut butter, berries or cooked green apple with cinnamon.

Tip: Leftovers can be frozen for later use.

Mexican Egg and Sweet Potato Breakfast Scramble - F, H, P

Prep and cook time: 15 mins

Serves: 3 (recipe can be cut in half)

Ingredients:

1 tablespoon coconut oil
2 cups sweet potatoes, ¼-inch diced
6 eggs
1/4 cup coconut milk or almond milk
1/4 teaspoon sea salt
1/8 teaspoon pepper
1/4 cup salsa (no added sugar or vinegar)
Fresh cilantro to taste
1 medium avocado

Directions:

- Heat the coconut oil in a skillet over medium-high heat. Add the sweet potatoes and cook, stirring occasionally until browned and tender, about 8 minutes.
- While the potatoes cook, whisk together the eggs, milk, salt, and pepper.
- Once potatoes are tender, reduce the heat to medium-low. Pour the eggs over the potatoes in the skillet.
- Cook, gently pulling the eggs to the middle of the pan. When the eggs are almost set, remove from the heat.
- Top with salsa, avocado and cilantro.

Nutty Breakfast Wrap - F, H, P, S

Serves: 1

Ingredients:

2-4 eggs
1 tablespoon of unsweetened coconut milk
1 tablespoon butter or ghee
1 tablespoon of Homemade Nut Butter (optional)
1/2 teaspoon cinnamon
stevia to taste
pinch of salt
sprinkle nutmeg and clove, very little (optional) 1 coconut wrap

Directions:

Crack eggs into medium mixing bowl. Add milk, cinnamon, stevia, salt, nutmeg, cloves and beat mixture until it is well combined.

Melt butter in a medium pan. When hot, add egg mixture, wait until set and stir until cooked through.

Place all eggs in the center of the wrap, top with Homemade Nut Butter and roll up burrito style. Enjoy!

Variations:

Add a side of resistant starch: 1/4 – 1/2 cup sliced green bananas or plantains inside the wrap, do not cook them with eggs.

Add 1/2 - 1 cup side berries

Poached Eggs - F, H, P, S

Serves: 2

Ingredients:

2-4 eggs

Directions:

- Heat water in a medium saucepan until it reaches a gentle boil.
- Reduce heat and gently drop eggs into the water one at a time.
- Simmer, uncovered for 3-5 minutes.
- Remove with a slotted spoon. Salt to taste.

Variation: Top with Dill Butter Spread

Poached Eggs with Black Beans and Avocado- F, H, P, S (Week 7)

Serves: 2

Ingredients:

2-4 eggs

1 15-ounce can black beans

1/2 teaspoon cumin

Salt and pepper to taste

1/2 medium avocado

Directions:

- Peel and slice avocado and set aside.
- Drain beans and place in a small saucepan on low heat.
- Add cumin, salt and pepper to taste.
- Prepare poached eggs (see recipe above)
- Serve eggs with beans and avocado slices.

Variation: Serve with diced tomatoes

Popeye's Scramble - F, H, P, S

Serves: 2

Ingredients:

2-4 eggs
1 tablespoon raw or grass-fed butter or ghee
1-2 cups spinach
1 teaspoon dry or 1 tablespoon fresh of your choice of herbs,
chopped (i.e. basil, cilantro, dill, fennel, cumin, parsley or thyme)
Salt and pepper

Directions:

- Beat eggs, salt, and pepper in a small bowl until blended and set aside.
- Heat butter or ghee in a frying pan over medium heat. 3. Add spinach and herbs, cover and cook until greens begin to wilt.
- Add eggs, mix well and cook until eggs are done.

Variation: Top with Dill Butter Spread

Quinoa Breakfast Bowl - F, H, P, S

Prep and cook time: 25 minutes **Serves:** 2

Ingredients:

1 cup properly prepared quinoa (soaked, see [Simple Quinoa](#) recipe)
1/4 cup toasted unsweetened coconut flakes
1/4 cup toasted slivered almonds, walnuts, or pecans
2 tablespoons hemp seeds
1 teaspoon cinnamon
1 pinch cardamom
Stevia to taste
Dash sea salt

Directions:

Add coconut, almonds, hemp seeds, cardamom, cinnamon, and sea salt to cooked quinoa. Mix thoroughly.
Top with almond or coconut milk if desired.

Sausage and Kale - F, H, P, S

Serves: 2

Ingredients:

- 2 teaspoons ghee or organic butter
- 1/2 small yellow onion, sliced into thin half-moons (Plan S omit until step 4)
- 2 precooked chicken sausages, sliced into 1/2 inch rounds
- 1/2 bunch kale, de-stemmed and chopped into small pieces
- 1 tablespoon balsamic vinegar (all Plans omit until step 5)

Note: (use only 1/2 the ingredients if cooking for one person)

Directions:

- Heat butter or ghee in sauté pan.
- Sauté onions for 5 minutes.
- Add sausage and kale. Cook for 5 minutes or until sausage is hot and kale becomes soft.
- Remove from heat, sprinkle with balsamic vinegar, and serve.

Stuffed Hard Boiled Eggs - Spicy/Herb - F, H, P, S

Ingredients:

- 1 dozen hard boiled eggs
- 1 tablespoon olive oil or coconut oil
- Sea salt to taste
- Herbs and spices of choice

Directions:

- Cut eggs in half.
- Remove the yolks and mash them with olive oil and/or coconut oil, sea salt, herbs and spices.
- Fill the hardened whites with the egg yolk mixture.

Sweet Coconut Scrambled Eggs - F, H, P, S

Serves: 1

Ingredients:

3-4 large eggs
splash of unsweetened coconut milk
Stevia, optional (1/2 - 1 dropper full)
1/4 cup unsweetened shredded coconut
dash of sea salt
dash ground cinnamon
dash ground nutmeg
dash ground ginger
Coconut oil to coat the pan and some for your wrap or butter Paleo
Wrap for serving

Directions:

In a bowl whisk together eggs, coconut milk, shredded coconut, spices and sea salt.
Heat oil in a medium skillet over medium/low heat.
Add egg mixture and stir frequently until eggs are cooked. Combine stevia and eggs in a bowl, mix. Put eggs into a coconut wrap and add coconut oil or butter.

Sweet Pancake - F, H, P, S

Serves: 1

Ingredients:

4 eggs
3 tablespoons coconut flour
Stevia and salt to taste
1/2 - 1 teaspoon of cinnamon
dash ground nutmeg
dash ground cloves, very little (optional for plan F) coconut oil, ghee or butter, for frying

Directions:

In a large bowl whisk the eggs until smooth.
Mix in the coconut flour, stevia, cinnamon and nutmeg and cloves and stir until smooth.
Heat the coconut oil in a large frying pan. When hot, carefully drop tablespoons of the pancake batter into the coconut oil. It's easier to turn if you make small pancakes.
When set, flip and cook the other side.

Once both sides are golden and cooked through, remove from the frying pan. Season to taste and top with plenty of butter and/or Homemade Nut Butter

Variations:

Add a side of resistant starch, such as ½ green banana sliced. Do not cook the banana.

Add 1/2 -1 cup side berries

Sweet Potato Hash - F, H, P

Serves: 3-4

Ingredients:

2 medium sweet potatoes, peeled and cubed into 1-inch cubes
1/2 onion, diced
1 clove garlic, minced
2 strips bacon, cooked
1 tablespoon coconut oil
1-2 cups of spinach or kale
Sea salt, to taste

Directions:

- Heat coconut oil over medium heat. Sauté potatoes, onions, and garlic until sweet potatoes are soft.
- Add spinach or kale and allow greens to cook down.
- Salt to taste. Top with crumbled bacon.

Variation:

Serve with [Poached Eggs](#).

Salads

Arugula and Cucumber Salad - F, H, P, S

Ingredients:

3 cups arugula, washed and dried
1 cucumber, washed and sliced (peel the skin for better digestion)

Directions:

Prepare vegetables and keep them in separated containers until time of use. Put a paper napkin with arugula for freshness.
Add dressing to desired portion.

Arugula and Roasted Sweet Potato Salad- F, H, P

Serves: 4

Ingredients:

- 1 large sweet potato, peeled and cut into cubes
- 3 cups arugula
- 2 tablespoons pumpkin seeds
- 2 teaspoon coconut oil for roasting the potatoes
- Sea salt and pepper to taste

Directions:

- Preheat oven to 375°.
- Toss sweet potato cubes with 2 teaspoons coconut oil, sea salt, and black pepper.
- Roast for 20-30 minutes or until fork tender. Remove from the oven and cool.
- Heat a skillet over medium-high heat. Add pumpkin seeds (no oil, no cooking spray). Cook in the pan, stirring often, until toasted. Remove from pan and allow to cool.
- In a large bowl combine arugula, sweet potato, and pumpkin seeds.
- Drizzle with the desired amount of dressing before serving.

Avocado Salad - F, H, P, S (as tolerated)

Serves: 1

Ingredients:

- 1/2 avocado (Plan S omit if you react)
- 1 6 oz. canned tuna, salmon, sardines or mackerel in water, rinsed and drained
- 1 tablespoon EVOO (extra virgin olive oil)
- 1/4 cup celery, finely chopped
- 2 tablespoons red onion, finely chopped
- 1/2 teaspoon turmeric
- 1 tablespoon lemon juice
- Salt and pepper

Directions:

Mix all ingredients. Season to taste.

Beet Salad - F, H, P

Servings: 8

Ingredients:

- 2 cups beets, peeled and grated
- 1/4 cup onion, minced (optional)
- 2 tablespoons lemon juice, fresh squeezed
- 2 tablespoons extra virgin olive oil or avocado oil
- 1/2 teaspoon sea salt or Himalayan salt
- Pepper, to taste

Directions:

- Combine all ingredients and refrigerate at least 6-8 hours before serving.

Variation (for a more flavorful salad):

- Substitute 1 cup of grated beets with 1 cup turnip, peeled and grated and 2 garlic cloves, minced.

Chicken (Salmon or Egg) Salad Wrap - F, H, P, S (as tolerated)

Serves: 2

Ingredients:

- 1 large or 2 small boneless skinless chicken breasts
- 1 teaspoon avocado oil
- Salt and pepper
- 1/4 cup diced onion (optional)
- 1/4 cup diced celery
- 2-4 tablespoons mayonnaise (vinegar free or eggless)
- Pinch of cayenne pepper (optional)
- Lettuce leave
- Avocado slices
- Cassava or coconut wraps

Directions:

- Cut chicken breast into 3-4 strips lengthwise.
- Coat with oil and sprinkle with salt and pepper.
- Bake for 10 minutes, turn over and bake for another 5 minutes or until done.
- Remove from oven and allow to cool.
- Chop into bite size pieces.

- Combine with celery, onion and mayonnaise.
- Season to taste.
- Assemble wrap with filling of choice, lettuce and avocado slices.

Variations:

Substitute 1 can of wild salmon or 2-3 hard boiled eggs for the cooked chicken breast.

Cucumber/Radish Salad - F, H, P

Serves: 4

Ingredients:

- 1 medium cucumber, washed, peeled and sliced
- 4-6 radishes, washed and sliced
- 1/3 cup jicama, peeled, thinly sliced and cut into 1 inch pieces (optional)

Directions:

- Combine ingredients in a bowl.
- Prepare a [dressing](#) from recipes provided or use olive oil, fresh lemon juice, salt, and pepper.

Daikon Salad - F, H, P, S

Serves: 2-3

Ingredients:

- 2 cups mixed greens or spinach, washed and dried
- 1/2 medium cucumber, sliced
- 1/2 cup broccoli sprouts
- 1 daikon radish, grated

Directions:

- Prepare a [dressing](#) from recipes provided or with olive oil, lemon, salt, and pepper.

Everyday Salad - F, H, P, S

Serves: 2

Ingredients:

- 4 cups mixed field greens, washed

1/2 cucumber, washed and sliced
1 handful cherry tomatoes, washed
1/2 red bell pepper, washed, cored, and chunked
4 tablespoons extra virgin olive oil (EVOO)
2 tablespoons lemon juice
Sea salt and ground pepper to taste

Directions:

- Toss vegetables together in a salad bowl.
- In a separate bowl, combine oil and lemon juice (adjust to taste).
- Combine dressing with salad and toss thoroughly.
- Season with salt, and pepper to taste.

Mayo-Free Wild Caught Albacore Tuna Salad - F, H, P, S

Prep time: 15 minutes

Serves: 2

Ingredients:

2 cans wild-caught albacore tuna in water, drained
1 lemon, juiced
1/2 cup celery, chopped (optional Plan S)
1/4 cup olive oil or flax oil
1 teaspoon kelp flakes (omit if have Hashimoto's Thyroiditis)
salt and fresh ground pepper to taste

Directions:

Mix all ingredients and serve.

Suggestion: Before serving, add chopped raw walnuts, sunflower seeds, and/or chives. Serve with greens and grape tomatoes.

Simple Chicken Salad with Ginger Coconut Citrus Dressing - F, H, P

Serves: 2

Ingredients:
6-8 cups mixed greens or spinach

1 cooked chicken breast, thinly sliced
1/2 large Papaya cut into chunks (Plan F omit)
1/2 cucumber sliced
1/2 red bell pepper, thinly sliced
1/2-inch fresh ginger root, peeled and minced
1 tablespoon unsweetened coconut flakes
2 tablespoons lemon juice
2 teaspoons lemon zest
2 tablespoons extra virgin olive oil
Dash of sea salt, to taste
Dash of ground black pepper, to taste

Directions:

Arrange greens on serving plate or bowl. Scatter chicken, papaya, cucumber and red pepper slices on top.
In a small bowl whisk together ginger, coconut flakes, lemon juice, lemon zest, oil, salt and pepper.
Drizzle over salad and serve.

Simple Salad - F, H, P**Serves:** 2-3**Ingredients:**

3/4 cucumber, washed and sliced
4 cups mixed greens, washed and dried
1/2 cup raw beets, washed, peeled, and grated
1/2 cup broccoli sprouts

Directions:

- Prepare all vegetables. Keep them in separate containers until ready to use.
- Dress with olive oil, salt, and pepper or [Christa's Healthy Italian Candida-Friendly Dressing](#).

Stuffed Tomato with Tuna Salad**Serves:** 1**Ingredients:**

1 6-ounce canned tuna, salmon, sardines or mackerel in water, rinsed and drained



1 tablespoon EVOO
1/4 cup celery, finely chopped
2 tablespoons red onion, finely chopped
1/2 teaspoon turmeric
1 medium tomato
Salt and pepper to taste
1 tablespoon chopped walnuts (optional)

Directions:

Mix tuna, olive oil, celery, red onion, turmeric, salt and pepper together.

Cut off top of the tomato about 1/4 of the way down and save the top.

Scoop out the tomato pulp, drain and stuff with tuna salad.

Replace the top of the tomato.

Taco Salad - F, H, P

Serves: 2

Ingredients:

1/2 pound ground turkey
2 teaspoons avocado oil or coconut oil
1 teaspoon chili powder
1/4 teaspoon cumin
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon salt
Additional salt and pepper to taste
Romaine lettuce, washed and chopped
1 tomato, diced
1-2 green onions, sliced (optional)
1 - 15 ounce can black beans, drained and rinsed
1 medium avocado, sliced
cassava chips

Directions:

- Heat oil in medium saucepan and add ground meat.
- Break meat into small pieces, browning thoroughly.
- Drain off any excess oil.
- Add spices and cover pan.
- Simmer for 5 minutes.

- Remove from heat and allow to cool.
- Prepare vegetables and beans.
- Place all ingredients in a salad bowl.
- Add meat and toss with [Avocado Garlic Dressing](#)
- Top with crumbled cassava chips.

Tasty Salad - F, H, P, S

Serves: 3-4

Ingredients:

- 5 cups mixed field greens, washed
- 3/4 cup cucumber, washed and sliced
- 4 radishes washed, grated or thinly sliced
- 2 tomatoes, washed and sliced
- 1 tablespoon of butter or ghee
- 1 organic red bell pepper, washed, cored, and sliced
- 1 onion, sliced (Plan S omit if you react)

Directions:

- Wash and cut all vegetables.
- In a medium skillet, melt butter and sauté onion and bell peppers until they are soft.
- Keep cooked vegetables separate from raw vegetables until serving.
- Before serving, prepare a dressing of lemon juice, extra virgin olive oil, salt and pepper or [Christa's Healthy Italian Candida-Friendly Dressing](#) and toss with the desired amount of raw and sautéed vegetables.

Note: Keep pre-washed and cut raw vegetables in separated containers. Add a paper towel into the mixed greens container to help keep them longer.

Variation: Sauté any veggies (zucchini, broccoli, cauliflower, kale) you desire. Wash and cut vegetables in small pieces and add them to the hot pan when the onions and peppers begin to soften. Add 1 tablespoon of broth, butter or ghee if necessary.

Warm Quinoa and Spinach Salad - F, H, P

Serves: 1-2

Ingredients:

1 tablespoon or more coconut oil
1 clove garlic, minced
1/2–2/3 cup cooked quinoa
1 cup baby spinach leaves
1 scallion, sliced
Sea salt and ground pepper, to taste
Sprinkle of nutmeg
Sprinkle of fresh or dried herbs (i.e. parsley, thyme, basil)
Squeeze of fresh lemon juice

Directions:

- Gently heat a large pan and add coconut oil. Add the garlic; stir and warm for a minute.
- Add the cooked quinoa and heat through.
- Add the baby spinach leaves, and scallions.
- Season with sea salt and fresh ground pepper. Sprinkle with nutmeg and herbs. Stir to mix.
- When the spinach begins to wilt, remove from heat. Sprinkle with lemon juice and stir.

Lunch and Dinner Wraps

BLTA with Paleo Wrap - F, H, P, S

Serves: 1

Ingredients:

2–4 slices of bacon, cooked
1 cassava wrap (after Week 6 Plan S) or coconut wrap
Romaine lettuce, chopped
Tomato, cut into thin wedges

Avocado, sliced
Himalayan Pink sea salt to taste

Directions:

- Cook bacon in a skillet over medium heat until crisp.
- Place on paper towels to drain off the excess grease.
- Place lettuce in the center of the wrap followed by bacon, tomatoes, and avocado.



- Roll and cut in half, if desired.

Collard Green Wrap - F, H, P, S

Prep time: 15 minutes **Serves:** 2

Note: If making for one person use 1/2 the ingredients

Ingredients:

2 leaves collard greens*, washed
1/2 cucumber, sliced thin
1/2 avocado, mashed (Plan S omit if you react)
½ cup jicama, shredded
1/2 cup carrots, shredded
1/2 cup broccoli sprouts
Himalayan pink sea salt

Directions:

De-stem collard green and cut in half lengthwise.
Place mashed avocado onto the greens; add sea salt.
Add sliced cucumber, jicama, carrots, and sprouts.
Wrap up and enjoy.

* if you can't digest raw collard greens, steam the leaves and proceed with recipe instructions.

Energy-Boosting Wrap - F, H, P, S

Prep and cook time: 10 minutes **Serves:** 1

Ingredients:

2-3 eggs, scrambled
1/2 tablespoon coconut oil, raw grass-fed butter or ghee
1/2 ripe avocado (Plan S omit if you react)
1 handful of greens
1 Paleo Wrap
Himalayan pink salt to taste

Directions:

- In a small bowl beat eggs with a pinch of salt.
- Heat oil or butter in a pan and add eggs; stir to scramble.
- Place everything in the cassava or coconut wrap and enjoy!



Lettuce Wraps - F, H, P, S

Serves: 2-4

Ingredients:

- 1 tablespoon coconut oil
- 1/2 onion, minced
- 1-inch piece fresh ginger, peeled and minced
- 2 cloves garlic, minced (as tolerated)
- 2 stalks celery, finely sliced (as tolerated)
- 2 carrots, peeled and julienned (matchstick-cut)
- 1/2 teaspoon ginger powder
- 1/4 teaspoon turmeric
- Juice of 1 lemon
- 1 pound ground pork or beef
- 1/2 cup fresh cilantro, chopped
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh mint, chopped
- 6-8 lettuce leaves, washed

Directions:

- Heat coconut oil in large pan over medium heat.
- Sauté onions, celery, fresh ginger, and garlic for 2-3 minutes then add ginger powder, turmeric, lemon juice, ground pork or beef, and all chopped herbs. Stir well.
- When meat is fully cooked, remove from heat.
- Divide into lettuce leaves, top with julienned carrots and serve.

Salmon Salad Wrap - F, H, P, S

Serves: 1

Ingredients:

- 1 can wild-caught salmon, drained
- 1 cup mixed greens, washed, dried and chopped
- 1/2 avocado (Plan S omit if you react)
- 1/2 lemon, juiced
- 1/8 cup olive oil
- 1/2 teaspoon sea salt
- 1 teaspoon of fresh dill

1/2 tablespoon red onions (Plan S omit if you react)
fresh ground pepper to taste

Directions:

Mix all ingredients in a bowl.
Place in a coconut wrap and roll it up like a burrito.

Simple Tuna Salad Wrap - F, H, P, S

Serves: 2

Ingredients:

1 can wild-caught albacore tuna in water, drained
1 hard-boiled egg
1/2 lemon, juiced
1/8 cup olive oil or avocado oil
Fresh ground pepper and sea salt to taste
1-2 coconut or cassava wraps (after Week 6 Plan S)

Directions:

- Mix all ingredients, place in a wrap, and roll it up like a burrito.

Broths & Soups

Extra Fish Stock Recipes

Homemade Fish Stock from DefyingAgeWithFood.com (DO NOT add the wine)

How to Make Fish Stock - Recipe and Video from TheHealthyHomeEconomist.com (apple cider vinegar is okay to use in this recipe)

African Coconut Chickpea Soup - F, H, P

Serves: 4

Ingredients:

3 cups vegetable broth
4 cloves garlic, chopped
1 large yam or sweet potato, peeled and diced

1 yellow bell pepper, seeded, cored, diced
1/2 cup chopped roasted green chilies, mild or hot, to taste
1 14-ounce can fire-roasted diced tomatoes
1 15-ounce can chickpeas, rinsed and drained
1 14-ounce can coconut milk
1 lime, juiced
1 tablespoon curry paste (red or green), without sugar or vinegar
1 pinch Ceylon cinnamon
1 pinch cumin
Sea salt and pepper, to taste

Directions:

- Mix everything in a slow cooker and cook on low for 6 hours.
- Or, put all ingredients in a large pot and cook, covered, over medium heat until the vegetables are tender, about 30 minutes.
- Just before serving, add:
 - 1-2 tablespoons chopped fresh cilantro or mint
 - 1 cup packed baby greens
 - 1 pinch red pepper flakes
- Heat briefly until the greens soften.

Creamy Asparagus Soup - F, H, P, S

Serves: 4-6

Ingredients:

1 lb. asparagus, washed
1 large onions, chopped finely (Plan S omit if you react)
2 teaspoons minced garlic (Plan S omit if you react)
1 teaspoon fresh minced ginger
1 tablespoon coconut oil
3 cups bone broth
1/4 teaspoon dried rosemary
Himalayan pink sea salt and ground black pepper, to taste
1 1/2 cups unsweetened coconut milk or almond milk

Directions:

In a large pot, sauté onions, garlic, and ginger in coconut oil until onions are translucent, stirring often. Add broth and bring to a boil.

Meanwhile, trim tips from asparagus and set aside. Remove tough ends of asparagus and discard. Cut remaining spears into 1-inch pieces.

Add asparagus pieces and rosemary to broth mixture, reduce heat and simmer for 30 minutes. Reduce heat. Stir in coconut or almond milk, reserved asparagus tips, salt and pepper.

Cook for an additional 1-2 minutes.

Remove from heat and cool slightly.

Purée in a blender until smooth.

Garnish with pumpkin seeds (Plan S omit if you react).

Beef Bone Broth - F, H, P, S

Yield: varies depending on the amount of water used

Ingredients:

- 2 pounds beef marrow bones and a knuckle bone, preferably grass-fed (no cartilage bones)
- 2 pounds meaty beef bones, preferably grass-fed
- 3-4 carrots, whole and unpeeled
- 3-4 stalks celery, whole
- 1 onion, unpeeled, cut in half or whole (omit if you react)
- 4 heads of garlic, unpeeled (omit if you react)
- 2 bay leaves
- 1/2 teaspoon black peppercorns
- 1/4 cup apple cider vinegar
- 1 bunch of fresh parsley

Directions:

- Place the bones and meat in a large roasting pan.
- Roast in a 375° F oven for 15 minutes or until browned on top.
- Flip the bones and the meat and brown for another 15 minutes.
- Place the browned bones in a large pot or crockpot with the vegetables and seasonings.
- Fill pot with water leaving at least one inch from the top.
- Add vinegar. If you are using a crockpot turn setting to low. If using the top of the stove, let bones sit for 1 hour before you turn on the heat. Bring to a boil, cover and quickly reduce to a simmer.
- For both methods, skim fat off the top, when necessary.
- During the last hour of cooking, add parsley to the broth.

- Bone broth may be cooked from 12-48 hours.
- Remove from heat and carefully remove the bones with tongs.
- Pour the broth through a sieve into another pot to cool.
- When the broth is cooled, pour into mason jars or other airtight containers, cover, and refrigerate. The broth will keep for 1-2 weeks in the refrigerator as long as there is a layer of fat on top.
- Freeze some in smaller containers for use in soups and stews.

Beef Soup with Greens - F, H, P, S

Serves: 4

Ingredients:

1-2 tablespoons butter or ghee
 2 pounds grass-fed beef roast, or meat from stock bones, cut into bite sized pieces
 1 1/4 quarts chicken or beef broth (more if desired)
 2 cloves garlic, peeled and crushed (omit if you react)
 1 pound broccoli, cut into flowerets
 2 medium zucchini, ends removed and sliced
 4 cups spinach
 4 tablespoons of chopped fresh parsley
 3/4 tablespoon salt
 Several sprigs fresh thyme, tied together

Directions:

In a large stockpot, melt butter/ghee and sauté beef roast pieces until browned. Remove from pot and set aside.
 In the same pot combine stock, water, salt, garlic, thyme and broccoli and bring to a boil
 When broccoli starts to soften, reduce heat and add zucchini.
 Cook for an additional 8-10 minutes and add the spinach and parsley, cook until all vegetables are tender. Add more broth if desired.
 Remove the thyme sprigs.
 Blend until smooth.
 Add back in bite sized pieces of beef and heat until cooked through.

Variation:

Heat 1 teaspoon [Immunity Spice Mixture](#) with 1 tablespoon ghee or butter on medium-high heat, until the mixture releases an aroma.
 Remove from heat immediately.
 Pour over heated soup or add soup to pan.

Bieler's Broth - F, H, P, S

Portion size: 16 ounces **Yield:** varies depending upon the amount of water used and the size of the zucchini.

Ingredients:

- 3 celery stalks, sliced
- 3 whole zucchini, sliced
- 2 cups green beans
- 1 cup Italian parsley
- Enough water to cover the vegetables

Directions:

Wash celery, zucchini and green beans. Cut into 2 inch pieces.
Place 1 cup of water in a stockpot, add green beans and simmer for about 5 minutes.
Add celery and zucchini and just enough water to cover the vegetables, simmer for an additional 5 - 7 minutes or until tender, but still crisp. Do not overcook.
Remove from heat and allow to cool slightly.
Place vegetables and water in a blender and puree until smooth, adding additional water for the desired consistency, if needed.
Add parsley, blend again until parsley is pureed.

Note: Use within 2-3 days or freeze for later use

Butternut Squash Soup - F, H, P, S

Prep and cook time: 50 minutes **Serves:** 4

Ingredients:

- 1 butternut squash, medium
- 1 tablespoon coconut oil
- 1 1/2 cups coconut milk, canned
- 1 1/2 cups vegetable broth or chicken broth
- 1-2 cups pure water
- 1 teaspoon powdered ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground turmeric or ¼-inch turmeric root
- 2 garlic cloves, minced

Toasted pine nuts or pumpkin seeds (optional)

Directions:

- Preheat oven to 375° F.
- Cut butternut squash in half and remove seeds.
- Grease a baking sheet with some of the coconut oil and use remaining coconut oil to rub on the meat of the butternut squash.
- Place in baking dish face down and bake for 40 minutes or until you can easily put a fork through it.
- After the squash is cooked, scoop out meat from the skin and place meat in a blender or Vitamix.
- Add other ingredients and blend. Serve topped with toasted pine nuts.

Chicken Sausage and Kale Soup - F, H, P, S

Serves: 4

Ingredients:

1 tablespoon avocado oil
1 cup diced onion
2-3 cloves garlic, chopped
2 medium sweet potatoes, peeled and diced in cubes
1 pound precooked chicken and apple sausage (no added sugar)
32 ounces chicken broth
1 bunch kale, washed and roughly chopped
Salt and pepper

Directions:

- In a pot, heat avocado oil over medium heat.
- Add the onion and sweet potato and sauté, stirring frequently.
- Add kale and garlic and being sure not to let them burn.
- Slice sausage into half-moons and add to the pot. Continue cooking until sausage is lightly browned. Drain excess grease if necessary.
- Add chicken stock to the sausage mixture, continuing to cook over medium heat. Bring to a simmer. Add salt and pepper to taste.

Chicken Vegetable Soup with Greens - F, H, P, S

Serves: 4

Ingredients:

2 cups chicken stock or bone broth
2 cups water
2 boneless, skinless chicken breasts (about 1/2 pound)
2 carrots, chopped
2 stalks celery, chopped
1 medium onion, chopped
1/4 cup parsley, minced
1/4 cup thyme, minced
1 clove garlic, minced
1/2 pound escarole, Swiss chard, kale or spinach
1 small tomato, cored, seeded, and chopped
Himalayan pink sea salt, to taste
Ground pepper, to taste

Directions:

- In a large sauce pan, combine water and broth and bring to a simmer.
- Add the chicken, carrots, celery, onion, parsley, thyme, salt, and pepper.
- Cover and cook until the chicken is tender, about 20 minutes.
- Remove chicken and set aside to cool.
- Stir the greens, tomato, and garlic into the broth and simmer uncovered for 5-10 minutes, or until the greens are tender.
- When the chicken is cool enough to handle, cut into bite-sized chunks and return to broth.

Variation: Add cooked wild rice or black rice to soup

Asparagus Soup with Creamy Coconut Milk - F, H, P

Serves: 6

Ingredients:

4 tablespoons grass-fed butter
8 cloves garlic minced
1 small/medium head cauliflower cut into small florets
2 1/2 pounds asparagus trimmed

1/2 teaspoon cayenne pepper
1 pinch freshly ground black pepper
6 cups fresh chicken broth, more if needed
Several thyme sprigs, tied together
4 tablespoons of chopped parsley
Sea salt to taste

Directions:

Melt butter in a medium saucepan over medium heat.
Add garlic and cook for 1 minute.
Add cauliflower, asparagus, cayenne pepper and black pepper to the saucepan.
Cook 4-5 minutes, stirring frequently.
Pour in the broth and include thyme sprigs.
Bring the soup to a boil. Reduce heat to low and simmer until vegetables are fully cooked, about 10 minutes.
Add parsley and remove from heat. Allow soup to cool slightly and remove thyme sprigs.
Purée the soup in a blender on high speed until smooth, about 2 minutes.
Season to taste.
If it is too thick, thin with a small amount of filtered water or broth.

Variation:

Heat 1 teaspoon [Immunity Spice Mixture](#) with 1 tablespoon ghee or butter on medium-high heat, until the mixture releases an aroma. Remove from heat immediately and stir into heated soup.

Crockpot Stew - F, H, P

Ingredients:

16 oz. chicken broth
2/3 pound grass-fed ground beef (break up and put on the bottom and pile everything else on top)
(Plan H after Week 3 – can use ground turkey instead)
1/2 rutabaga, chopped bite size
1/3 butternut squash, chopped bite size

1 sweet potato, chopped bite size
1 carrot, organic, sliced into 3 pieces
1/2 teaspoon smoked paprika
1 1/2 tablespoons coconut oil
1 tablespoon ghee
1 teaspoon sea salt
1 teaspoon pepper grinder black pepper
1 1/2 cups leftover chopped cabbage

Directions:

Cook in small 10-cup crockpot for 4 hours on high (or 8 hours on low).

Curry Flower Soup with Black Rice - F, H, P, S

Serves: 4-6

Ingredients:

5 carrots, peeled and sliced
1/2 head cauliflower, trimmed and chopped
2 medium onions, chopped
4 tablespoons raw or grass-fed butter or ghee
5 cloves garlic, whole
1 teaspoon salt
1 teaspoon ground black pepper
3 cups chicken broth, or more if needed
1-2 tablespoon curry powder
4 tablespoons fresh parsley, chopped
1 cup cooked black rice
1 cup coconut milk (optional, may add more broth if you don't use coconut milk)
1/2 lime, juiced (optional)

Directions:

- In a large pot, melt butter, add onions and carrots, sauté over low/medium heat.
- When carrots and onions begin to soften, add chicken broth and bring to a boil.
- Reduce heat to low/medium. Add cauliflower, garlic, curry powder, and ground pepper.
- Cover and cook until vegetables are soft.
- Add parsley for the last 5-10 minutes. Remove from heat.

- Blend the soup with a potato masher or an immersion blender until smooth.
- Return pot to the burner on medium heat.
- Stir black rice, coconut milk and lime juice into soup. Simmer until heated through, 5 to 10 minutes.
- Adjust soup to taste with additional water, salt, pepper, lime juice, or coconut milk.

Fennel Soup – F, H, P, S

Ingredients:

2 large fennel bulbs, trimmed and sliced
 1 leek, trimmed and sliced (omit if you react)
 4 tablespoons of butter
 1 teaspoon of ground fennel seed
 1 1/2 quarts chicken stock
 2 cloves garlic, peeled and coarsely chopped
 1 3/4 pounds yellow squash, sliced crosswise 1/4 inch thick
 3-4 tablespoons snipped fennel leaves
 Freshly ground pepper
 Salt

Directions:

In a large pot, melt butter over low heat.
 Add the fennel and onions, cook gently until tender.
 Add fennel seeds and stir until softened.
 Add stock, bring to a boil and skim.
 Add squash and garlic cook over moderate heat, stirring occasionally, until just softened. Stock should cover or almost cover all veggies.

Puree the soup in a blender or with a hand-blender.
 Season to taste and stir in fennel sprigs and serve.

Ginger Soup – F, H, P, S

Serves: 1 – 2

Ingredients:

1/2 tablespoon butter or ghee
 1/2 teaspoon fresh ginger root, grated
 1 cup chicken broth

1 - 2 eggs, beaten

2 tablespoons scallions, chopped (Plan S omit if you react)

Directions:

In a medium saucepan, add grated ginger root and butter or ghee to chicken broth and bring to a boil.

Reduce heat to simmer.

Pour eggs into the broth slowly, stirring constantly until combined

Garnish with scallions.

Healing Bone Broth, Chicken

Prep and cook time: 12-24 hours **Yield:** 6-8 cups

Ingredients:

5 pounds raw chicken bones*, rinsed and cleaned

2 tablespoons raw apple cider vinegar

1/4 teaspoon Celtic or pink sea salt

Herbs and spices to taste (i.e. basil, oregano, and/or cayenne)

Directions:

- Mix all ingredients in a slow cooker filled with water.
- Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones).
- After cooking, strain fat and solids and save broth.
- Use broth for cooking grains, beans, soups, or drink from a mug.

*Ask your grocer for the chicken bones (sourced from the highest-quality chicken possible). Be sure to ask for the feet as well, since that is where collagen is found. Collagen is helpful for protein synthesis and is nourishing to your skin, hair, and nails. You can also ask for the neck.

Hearty Bone Broth

Serves: 1

Ingredients:

12 ounces bone broth

1/4 cup sweet potato fries, cut in 1 inch pieces

3 tablespoons chopped spinach or grated zucchini

1-2 eggs, beaten

1/4 avocado, cut into cubes

Salt and pepper to taste

Directions:

- Bring bone broth to a boil in a small saucepan.
- Add sweet potatoes and spinach, reduce heat and simmer for 3-4 minutes.
- Add beaten egg and stir until cooked.
- Season to taste.
- Pour into bowl and top with avocado cubes.

Italian Meatball Soup**Serves:** 4-6**Ingredients:****Meatballs:**

- 1/2 pound ground turkey or grass-fed beef
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1/2 teaspoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Soup:

- 1 tablespoons coconut oil
- 1/2 medium yellow onion, chopped
- 1 celery rib, chopped
- 1 medium zucchini, chopped
- 2 ounces baby spinach, chopped
- 1 cups of diced tomatoes (fresh or canned)
- 2 cups chicken broth
- 1 cups filtered water
- 1/4 teaspoon basil
- 1/4 teaspoon oregano
- 1 teaspoons salt
- 1/8 teaspoon ground black pepper
- 1-15 oz. can cannellini beans

Directions:

- Chop onion, celery, zucchini and spinach, set aside.
- Drain and rinse cannellini beans and set aside.

- Combine all meatball ingredients in a glass or ceramic bowl and mix thoroughly.
- Shape into 1/2-3/4 inch balls.
- Heat 1 tablespoon of coconut oil in a Dutch oven or soup pot.
- Cook meatballs for 10-12 minutes on medium heat until brown, turning occasionally.
- Remove meatballs from pan and set aside.
- Add 1 additional tablespoon of coconut oil to the pot.
- Sauté onion, celery and zucchini until tender and translucent.
- Add tomatoes, broth, water, spices and spinach.
- Bring to a boil, reduce heat and simmer 10-15 minutes.
- Return beans and meatballs to the soup, increase to medium heat and bring back to a boil.
- Reduce heat and simmer an additional 5-10 minutes until heated through.

Quick Chili with Adzuki Beans - F, H, P

Serves: 4

Ingredients:

- 2 tablespoons raw or grass-fed butter or ghee
- 2 cloves garlic, minced
- 1/2 cup white onion, chopped
- 1 pound ground turkey or grass-fed beef
- 1 teaspoon ground cumin (or 1½ teaspoon for added heat)
- 1/2 teaspoon red chili flakes (or 1 teaspoon for added heat)
- 1 pinch cayenne pepper
- 3 drops dark-liquid stevia (optional)
- 1 teaspoon ground black pepper
- 1 can organic adzuki beans, drained and rinsed
- 1 jar marinara sauce, without sugar (see note below)

Directions:

- In a medium skillet, sauté garlic and onions in butter for about 3 minutes.
- Add turkey and cook on medium heat for 5 minutes.
- Add all spices and sweetener and stir until combined.

- Add aduki beans and marinara sauce. Simmer for 5-7 minutes to allow flavors to blend.

Note: If you are avoiding tomatoes during Week 2, you can either substitute broth for the marinara sauce or choose a different recipe for your meal.

Red Lentil Soup - F, H, P, S

Soaking time: 7 hours **Prep and cook time:** 45 minutes

Serves: 10 (recipe can be cut in 1/2 or leftovers can be frozen)

Ingredients:

- 3-4 cups dried red lentils (can find in bulk section), pre-soaked and rinsed
- Warm filtered water
- 3 tablespoons lemon juice
- 3 tablespoons coconut oil
- 1 yellow onion, in ¼-inch slices
- 1 shallot, minced
- 1 1-inch piece of ginger root, peeled and minced
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 2-3 teaspoons sea salt
- 1 24-ounce container of bone broth or chicken stock
- 5 cups filtered water
- 2 fresh lemons, juiced

Directions:

- Cover lentils with warm water. Stir in lemon juice and leave in a warm place for about 7 hours. Drain, rinse and set aside.
- In a stock pot, heat coconut oil or ghee, add onions and sauté until translucent.
- Add shallots, ginger, and garlic and sauté for about a minute, or until the garlic becomes slightly golden.
- Add all dried spices, combine, and lightly sauté for 1 more minute.

- Finally, add bone broth, water, lentils, and sea salt. Bring to boil, then reduce heat to simmer with lid slightly ajar.
- Cook on low for about 25-30 minutes or until all lentils are orange in color.
- Add lemon juice during the last few minutes of cooking. Taste and add more sea salt if desired.

Tortilla Soup

Prep and cook time: 1 hour

Serves: 8

Ingredients:

1 medium onion, diced
 1 teaspoon garlic, chopped
 2 tablespoons avocado oil
 1 15-ounce can diced tomatoes
 1 15-ounce can tomato purée
 3 cups vegetable broth
 2 cups bone broth (or high-quality chicken broth without sugar)
 1/2 cup cilantro, chopped
 1 teaspoon cayenne pepper
 1 teaspoon chipotle powder or chili powder
 1 teaspoon cumin
 8 ounces chicken breast, precooked and shredded
 Salt and pepper to taste
 Avocado, chopped and to taste
 Cilantro, chopped and to taste

Directions:

- In a large saucepan, sauté onions and garlic in oil.
- Add other ingredients, except chicken and toppings, and simmer for 40 minutes.
- Add shredded chicken breast, season with salt and pepper, and heat through.

Ultra-Broth (Vegetable Broth)



Courtesy of DrHyman.com

Prep time: 30 minutes **Cook time:** 60 minutes

Makes: 2 quarts or 8 cups

(Veggie stock: all ingredients including mushrooms are okay)

Ingredients:

For every three quarts of pure water add:

- 1 large leek, chopped
- 2 carrots, sliced
- 1 cup of daikon, sliced (if available)
- 1 cup of organic summer squash or zucchini cut into large cubes
- 1 cup of root vegetables: beets, celery root, and parsnips
- 2 cups of chopped greens of your choice: kale, parsley, collard greens, chard, mustard greens, dandelion, cilantro or other greens
- 2 celery stalks
- *1/2 cup of Korean sea weed: nori, dulse, wakame, kelp, or kombu
- 1/2 cup of cabbage
- 4 1/2-inch slices of fresh ginger
- *2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste
- 1 cup fresh or dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

Directions:

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain out vegetables (you may eat them later if you are not fully fasting) and store in a large, tightly-sealed glass container in the fridge.

Simply heat gently and drink up to 3 - 4 cups a day.

Note: Plan S should begin making this broth without the garlic and seaweed and instead season with other spices like cumin, fennel, coriander, and/or turmeric.

Fish/Seafood

Baked Fish - F, H, P, S

Serves: 2

Ingredients:

2 4-8 oz. fish fillets (i.e. halibut, cod, snapper)
2 tablespoons avocado oil or extra virgin olive oil
1 tablespoon lemon juice
2 cloves of garlic
2 tablespoons of parsley, chopped
1 teaspoon ginger root, grated
1/8 teaspoon sea salt
Pinch of ground pepper

Directions:

- Preheat oven to 350° F
- Place all ingredients except fish in a bowl and combine.
- Place fish in baking dish and pour marinade over fish.
- Mix well until filets are evenly coated with spices.
- Bake for about 6 minutes on each side or until fish is flaky (time will depend on thickness of fish).

Baked Salmon - F, H, P, S

Serves: 2

Ingredients:

2 4-6 oz. wild salmon fillets
1 1/2 tablespoons butter or ghee
1/4 teaspoon of sea salt
1/2 lemon, sliced thin
2-3 tablespoons of fresh dill or 2 teaspoons of dry dill

Directions:

Preheat oven to 350° F
Set salmon, skin side down, in an oiled pan or a baking dish covered with parchment paper.
Sprinkle with salt and dill.
Top with thinly sliced lemons.
Place dots of butter or ghee on top of the lemon slices.

Bake for 10 to 15 minutes.

Baked Wild Salmon with Leeks - F, H, P, S

Serves: 2

Ingredients:

- 2 4-8 oz. wild-caught salmon fillets
- 2 teaspoons sea salt
- 2 teaspoons raw or grass-fed butter
- 1 leek, chopped (white part only)
- 1 clove garlic, minced
- 1/2 lemon, juiced then sliced

Directions:

- Preheat oven to 350° F.
- Add butter to a large sauté pan and melt over medium heat. Sprinkle sea salt on the meat side of salmon and gently lay down into the hot pan (meat side down). Add chopped leeks and place around salmon. Sauté until golden.
- Once golden, use a flexible spatula to move the salmon to a baking sheet with the skin side down. Lay leeks on the meat side of salmon, top with lemon juice and garlic and bake until salmon is cooked about 10-15 minutes, depending on your preference. Season to taste.
- Serve with sliced lemons.

Brown Rice Spaghetti with Clams - F, H, P, S

Serves: 4

Ingredients:

- 6 tablespoons extra-virgin olive oil
- 5 cloves garlic, smashed
- 2 shallots, thinly sliced
- 1/2 teaspoon crushed red pepper flakes, or to taste
- 1 pint cherry or grape tomatoes, halved
- 1/2 cup bone broth or water (or dry white wine)
- 24 manila or littleneck clams, scrubbed
- 1/4 cup finely chopped fresh flat-leaf parsley, plus more for serving
- One 12-ounce box brown rice spaghetti
- 2 tablespoon unsalted butter

1 lemon, zested, for garnish Salt to taste

Directions:

- Bring a large pot of generously salted water to a boil.
- Add the spaghetti and cook, stirring occasionally, until al dente; drain.
- Meanwhile, in a large saucepan, heat oil over medium heat.
- Add garlic, shallots and red pepper flakes and cook about 3 minutes, until golden, being careful not to burn the garlic.
- Add tomatoes and cover saucepan. Let the tomatoes cook for about 5 minutes.
- Add the broth or wine and cook, uncovered, until the alcohol evaporates, about 3 minutes.
- Add the clams, shaking the pot gently. Cover and let the clams cook until opened, about 5 minutes. Discard any clams that do not open.
- Add parsley and whisk in butter until sauce thickens slightly.
- Remove the saucepan from the heat.
- Gently toss together the spaghetti, with the clams in the saucepan. Cook until the spaghetti is heated through, about 2 minutes.
- Adjust seasonings to taste. Garnish with parsley and lemon zest.

Citrus Ginger Mahi - F, H, P, S

Serves: 2

Ingredients:

2 mahi-mahi fillets, 4 ounces each
 2 limes, juiced
 2-inch piece fresh ginger root, peeled and grated (1½ teaspoons)
 1 teaspoon of dill
 1 tablespoon raw or grass-fed butter or ghee
 4 lemon slices
 Sea salt and pepper to taste

Directions:

- Rinse fish, pat dry with a paper towel, season with sea salt and pepper, and place in a shallow baking dish.
- Combine lime juice and ginger in a small bowl and pour over fish.
- Turn the Mahi-mahi over in the marinade.

- Preheat skillet on medium/high heat. Place butter or ghee in the skillet, add fish and marinade, sauté for 6-7 minutes per side or until fish is firm and opaque.
- Garnish with slices of lemon.

Coconut Salmon - F, H, P, S

Recipe courtesy of Mary Shenouda, The Paleo Chef

Serves: 2

Ingredients:

- 2 salmon fillets (4-6 oz. each)
- 1-2 tablespoons olive oil
- Salt to taste
- Paprika, for dusting
- Cumin, for dusting
- 1 tablespoon ghee
- 1 1/2 tablespoons coconut butter
- 1 tablespoon fresh chopped dill
- 1/2 lemon sliced into wedges

Directions:

- Preheat oven to 350° F
- Rub salmon fillets with olive oil and sprinkle with salt. Place in baking dish skin side down.
- Lightly season with cumin and paprika.
- Divide the ghee and coconut butter into small portions and distribute over the top of the fish.
- Sprinkle with fresh dill and squeeze lemon juice over the fish.
- Bake until salmon is cooked through, approximately 12 minutes.

Cole Slaw Fish Tacos - F, H, P, S (after Week 10)

Makes about 4-6 tacos

Ingredients for the Fish:

- 1 large filet Ling cod or Pacific halibut
- 2 teaspoons cumin
- 1 teaspoon garlic, crushed
- 1 teaspoon Himalayan pink salt

Directions:

Pat fish dry with paper towels.
Season the fish with cumin, garlic, and salt.
Heat grill to medium and let the fish cook for about 4 minutes each side or until the fish flakes apart easily with a fork.

Ingredients for Slaw Topping:

1/4 head green cabbage, finely sliced
1 green onion, sliced
1 handful cilantro, chopped
1 lime, juiced
1 teaspoon apple cider or Ume plum vinegar
2-3 tablespoons olive oil salt to taste

Directions:

Mix all ingredients in a bowl.
Dress with lime juice, olive oil, and salt.

Ingredients for the Tacos:

Organic sprouted corn tortillas
Fresh salsa
Option: Add probiotic sour cream (i.e. Nancy's brand)

Exotic Scallops- F, H, P, S**Serves: 2****Ingredients:**

2 tablespoons raw or grass-fed butter
2 tablespoons broth
3/4 pound scallops, rinsed and dried
1 tablespoon shallots, finally minced
1 teaspoon ground coriander
1/2 teaspoon dried fennel
1/4 teaspoon ground cumin
1/8 teaspoon turmeric
Lemon slices
Sea salt and pepper to taste

Directions:

- In a large skillet, heat the butter or ghee and broth over high heat.

- Add the scallops to the skillet, stirring gently with a wooden spoon for about 1 minute.
- Add shallots, coriander, fennel, cumin, and turmeric.
- Cook for about 3 more minutes, turning occasionally until scallops are golden brown.
- Add a squeeze of lemon juice before removing from heat. Season to taste.

Ginger Halibut with Shredded Daikon Radish - F, H, P, S

Prep and cook time: 45 minutes **Serves:** 4

Ingredients:

2 halibut fillets, 4 to 8 ounces each
 4 tablespoons lemon juice
 1-2 tablespoons butter or ghee, separated into small dots
 2 teaspoons ginger root, peeled, grated
 Sea salt and pepper to taste
 1 cup daikon radish, shredded

Directions:

Preheat oven to 350° F
 Wash and dry fish.
 Mix ginger and lemon juice in a small/medium bowl.
 Add and cover fish with the marinade, refrigerate for 20-30 minutes.
 Place fish on a baking dish covered with parchment paper. Sprinkle salt and pepper. Top with small dots of butter. Place in the oven.
 Baste occasionally with the marinade.
 Bake for about 12-15 minutes or until fish is flaky and marinade is heated.
 Serve with shredded daikon radish.

Italian Grilled Shrimp Skewers - F, H, P, S

Serves: 2

Ingredients:

8 medium or large shrimp, peeled and deveined, tails on
 2 shallots, chopped or 3 green onions, finely chopped (white part only)
 2 large cloves garlic, minced

1 tablespoon avocado oil or olive oil, plus extra for grill
 1 teaspoon lemon juice
 1 tablespoon oregano flakes
 5 black peppercorns, crushed
 Bamboo skewers

Directions:

- Place shrimp in a non-metal bowl. Combine remaining ingredients and pour over shrimp. Cover and refrigerate for 3 hours.
- Let shrimp stand at room temperature 30 minutes before grilling.
- Soak bamboo skewers in oil.
- Drain marinade from shrimp and reserve.
- Boil marinade for about 10 minutes, reducing to 1/3 cup.
- Place shrimp on soaked bamboo skewers.
- Grill shrimp over a hot fire or under the broiler for 3-4 minutes each side, brushing with reduced marinade.

Lime Mahi Mahi - F, H, P, S

Prep and cook time: 30 minutes **Serves:** 2

Ingredients:

2 Mahi Mahi fillets, 6-8 ounces each
 2 limes, juiced
 2 inches fresh ginger root, peeled and grated (should equal 1½ teaspoons)
 1 tablespoon coconut oil
 4 slices lemon
 Sea salt and pepper to taste

Directions:

Rinse fish, pat dry with a paper towel, season with sea salt and pepper, and place in a shallow baking dish.
 Combine the lime juice, ginger, and coconut oil in a small bowl and pour over fish.
 Turn the Mahi Mahi over in the marinade and let it sit in the fridge for 10-15 minutes.
 Preheat skillet on medium-high heat. Cook fish along with marinade for 6-7 minutes per side or until fish is firm and opaque.
 Garnish with slices of lemon.

Quick and Easy Dinner - F, H, P, S

Serves: 3

Ingredients:

- 12 oz. canned or fresh wild salmon
- 1 tablespoon coconut oil
- 1 onion (optional)
- 3 cloves garlic (optional)
- 1 fennel bulb, sliced (white part only)
- 1 large bunch of baby spinach
- 1/4 teaspoon turmeric powder or ½-inch minced fresh
- 1/4 teaspoon ginger powder or ½-inch minced fresh
- 1/4 teaspoon cumin powder
- 1/4 teaspoon rosemary or 1 tablespoon fresh cut fine
- 1/4 teaspoon thyme or 1 tablespoon fresh
- 9 grinds of fresh black pepper
- pinch of salt

Directions:

Cook onion and fennel in hot oil until translucent and a little brown.
Add garlic at last minute.
Add spinach and seasonings to the pan.
Stirring frequently, cook until spinach is wilted.
Remove from pan and cover to keep warm.
Add salmon to the pan and cook till heated through.
(If using fresh salmon, cook with fennel greens, dill and lemon juice until done.)
Add vegetables back to the pan and sauté until warm.
Drizzle with lemon juice.

Roasted Salmon with Basil Aioli

Prep and cook time: 30 minutes

Serves: 6-8 (depends on the size of the fillet, recipe may be cut in 1/2)

Ingredients:

- 1 whole wild salmon fillet
- Sea salt
- 2 tablespoons olive oil

1/2 cup packed basil leaves
1 teaspoon lemon juice
1 medium clove garlic, pressed
1 pinch of sea salt
1 cup mayonnaise (vinegar free)

Directions:

- Preheat oven to 425° degrees. Use the roast setting if your oven has one.
- Place the side of salmon on a parchment-lined baking sheet.
- Remove pin bones if necessary. Lightly salt the salmon.
- Bake salmon until cooked to your likeness, approximately 10-15 minutes. Cooking times vary due to the size of your fish.
- While the fish is cooking, combine olive oil, basil, lemon juice, garlic, and sea salt in a blender or small food processor.
- Process until the mixture is smooth like pesto, pausing now and then to scrape down the sides.
- Adjust seasonings to your liking.
- Put the mayonnaise in a small bowl. Add the basil mixture to the mayonnaise and stir well to mix.
- Serve salmon warm or at room temperature accompanied by basil aioli.

Rosemary Salmon - F, H, P, S

Serves: 2

Ingredients:

1 tablespoon fresh rosemary leaves, finely chopped
1 garlic clove, chopped
Pinch of black peppercorns
1/4 teaspoon sea salt

1 tablespoon raw or grass-fed butter or ghee, softened
2 wild-caught salmon fillets, 4-6 ounces each

Directions:

- Preheat oven to 400° F. Position rack in center of oven.
- Combine chopped rosemary, garlic, peppercorns, and salt in a mortar and crush with pestle or blend in mini processor until coarse paste forms.

- Mix in the softened butter.
- Rinse the salmon, pat dry with a paper towel, and place on a baking sheet.
- Rub the mixture over the top of the fish.
- Roast the salmon until a thermometer reaches 130° F - about 10-15 mins or until bright pink.
- Remove from oven, place on platter and serve.

Meat & Poultry Dishes

African Chicken - F, H, P, S

Serves: 2-4

Ingredients:

- 1 whole chicken, thawed
- 1/2 bunch fresh cilantro, chopped
- 3 tablespoons paprika
- 3 tablespoon salt and pepper
- 3 tablespoons cumin
- Fresh chili pepper, chopped and seeds removed, or use dry chili flakes
- 3 tablespoons turmeric
- 2 mediums shallots, chopped
- 3 large cloves garlic, chopped
- Olive oil, enough until all ingredients are moist (approx. 1/4 cup)

Directions:

- Mix spices, coriander, shallots, garlic, and olive oil together.
- Stuff and spread mixture over entire chicken.
- Refrigerate for at least 3 hours.
- Remove chicken from the refrigerator for 30 minutes before roasting.
- Preheat oven 375 °F and bake for 1 hour.

Note - The following should only be added at the appropriate Step for your plan:

Make [Simple Quinoa](#) and stir in chickpeas and fresh chopped green onions (swap out for sweet potatoes or yams if you do not tolerate quinoa or chickpeas)

Bangin' Liver - F, H, P, S

Recipe courtesy of Mary Shenouda, The Paleo Chef

Ingredients:

- 1/3 cup cooking oil/fat of choice (I prefer ghee)
- 1 lb calf's or chicken liver, chopped
- 6 garlic cloves, crushed and minced (Plan S omit if you react)
- 1 large green bell pepper, chopped (omit if you react)
- 1 chili pepper, seeded and chopped (add as many as you want to make it really spicy)
- 1 1/2 tablespoons cumin powder
- 1/2 tsp cinnamon powder
- 1/4 tsp ginger powder
- 1/4 tsp cloves powder
- 1/4 tsp cardamom powder
- Juice of one lime or lemon
- 1 tsp salt

Directions:

- Sprinkle salt on the chopped liver
- Heat up the oil/fat in a large skillet, keep the cover nearby
- Add the liver and stir carefully, allow the liver to brown
- Once the liver has changed colors, add the rest of the ingredients and mix well
- Cover and let cook for another 15 minutes on med-low heat
- When serving, be sure to scrape some of the sauce & browning that has occurred in the pan. Serve with an additional squeeze of lemon/lime and salt to taste
- Drizzle high quality extra virgin olive oil to top it all off

Chicken and Veggie Kabobs

Prep and cook time: 30 minutes

Serves: 2-3

Ingredients:

- 1 pound chicken breast, cut into cubes
- 2 tablespoons sesame oil
- 1/2 red onion, chunked

1 orange or yellow bell pepper, cut into big chunks
1 zucchini, cut into 1-inch rounds
Avocado or coconut oil cooking spray
Sea salt and pepper, to taste
Metal or bamboo skewers

Directions:

- Place chicken in a bowl and toss with sesame oil.
- Add chicken to metal skewer, alternating with vegetables.
- Spray skewers with coconut or avocado spray oil.
- Grill over hot fire 5-8 minutes each side, spraying again as necessary.
- Garnish with sea salt and pepper.

Chicken Breasts - F, H, P, S

Serves: 3

Ingredients:

3 boneless chicken breasts
Juice of 1 lemon
2 tablespoons avocado oil
2 tablespoons raw or grass-fed butter or ghee
Salt and pepper

Directions:

- Pound chicken breasts lightly with the small pronged side of a meat hammer.
- Combine lemon juice, oil, salt, and pepper.
- Coat chicken thoroughly with mixture.
- Add the butter to a skillet and allow it to heat up.
- Cook over moderate heat, for about 7 minutes on each side until golden brown.

Chicken Fajitas

Serves: 4

Ingredients

Cassava or coconut wraps (cassava wraps may be heated)
4-6 romaine lettuce leaves
1 medium avocado

Salsa:

3 Roma tomatoes peeled and chopped
2 tablespoons chopped onion
1 teaspoon minced garlic
2 tablespoons cilantro chopped
1/2 teaspoon salt
1 teaspoon lime juice

Chicken:

3/4 pound boneless skinless chicken breasts, cut in 1/2 inch strips
1 teaspoon avocado or coconut oil
1/8 teaspoon chili powder
pinch of cumin
pinch of onion powder
pinch of garlic powder
1/4 - 1/2 teaspoon salt
Pepper

Vegetables:

1 small red pepper cut into 1/4 inch strips
1 small onion cut into 1/4 inch strips
1 medium zucchini cut into 1/4 inch strips
2-3 teaspoons coconut oil
salt and pepper to taste

Directions:

- Combine salsa ingredients and store in refrigerator.
- Wash and shred lettuce leaves and set aside.
- Prepare vegetable ingredients.
- Cut chicken lengthwise into 1/2 inch strips.
- Place in baking dish and add oil and seasonings.
- Coat chicken thoroughly and arrange in a single layer in the baking dish.
- Bake for 10 minutes
- Turn and bake for an additional 5 minutes, until done.
- While chicken is cooking, sauté vegetables in coconut oil until tender.
- Mash avocado or cut into slices.
- Fill wraps with chicken, vegetables, shredded lettuce, salsa and avocado.



Fennel Turkey - F, H, P, S

Ingredients:

- 1 5-6 pound whole turkey breast
- Zest of 1 lemon
- Juice of 1 lemon
- 2 tablespoons of butter, softened
- 4 garlic cloves, minced (Plan S omit if you react)
- 2 teaspoons fennel, ground
- 1/2 teaspoon thyme
- 1/2 teaspoon sage
- 1/2 teaspoon marjoram
- dash of salt
- 3 tablespoons chicken bone broth
- 2 fresh lemons, halved

Directions:

Preheat oven to 425° F.
In a bowl, mix lemon zest, lemon juice, garlic, fennel, thyme, sage, marjoram, salt, butter and chicken broth.
Rub turkey with herb mixture and place the halved lemons on top.
Place turkey in a roasting pan and roast for 20 minutes.
Lower the oven to 325 degrees and roast for another 1 3/4 hours, basting with broth.
Remove from oven and cool for 20 minutes before carving.
This dish goes well with Mashed Sweet Potatoes (Plan S omit if you react)

Grass-Fed Burger - F, H, P, S

Serves: 3-4

Ingredients:

- 1 pound grass fed ground beef
- 1 tablespoon dried mustard
- 2 garlic cloves, minced
- 1/2 teaspoon of cayenne
- 1 tablespoon of fresh cilantro or oregano or parsley, chopped

1 tablespoon of raw or grass-fed butter or ghee for cooking
Salt and pepper to taste

Directions:

- Combine all ingredients and shape into patties.
- Heat skillet to medium/high, add butter when hot, then add burger patties.
- Use a spatula to lightly press down on them, making sure the burger is in full contact.
- Cook them to your liking for 1 to 3 minutes on each side. Season to taste.

Grilled Moroccan Lamb Steak - F, H, P, S

Prep and cook time: 1 hour **Serves:** 3

Ingredients:

3 lamb chops
Coconut oil

Charmoula Rub:

1 large handful fresh cilantro, leaves and stems chopped
1 large handful fresh Italian parsley, chopped
3 garlic cloves, chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon paprika
1 Thai chili or serrano pepper (optional)
3 tablespoons lemon juice

Directions:

- Combine all ingredients except lamb and coconut oil in a bowl to make a rub.
- Coat steaks with rub and let sit for 30 minutes.
- Oil grill with coconut oil.
- Grill steaks to desired doneness.

Ground Turkey - F, H, P, S

Serves: 2

Ingredients:

2 tablespoons of butter or ghee

1 teaspoon ground cumin seeds
 1 teaspoon ground coriander seeds
 1/2 teaspoon ground fennel seeds
 3/4 lb. ground turkey breast
 1/4 cup chopped parsley
 1/2 teaspoon sea salt

Directions:

In a medium frying pan sauté butter, cumin, coriander and fennel until fragrant.
 Add ground turkey and salt, cook until meat is golden brown.
 Sprinkle parsley into the mixture during the last few minutes of cooking.

Healthy Shepherd's Pie - F, H, P, S (after Week 10)

Ingredients:

1 pound lean ground beef
 2 tablespoons of butter
 1 medium onion, chopped
 4 garlic cloves, minced
 1 red pepper, chopped
 1 teaspoon of cayenne
 8 ounces mushrooms, sliced
 1/2 teaspoon onion powder
 1/2 teaspoon garlic powder
 2 small carrots, grated
 1 handful of cilantro, chopped
 12 black olives, pitted and chopped (optional)
 1 8-ounce can organic tomato sauce (no salt, no sugar added)
 1 14-ounce can diced tomato (no salt no sugar added)
 1/2 teaspoon of salt (if you omit the olives use 1 teaspoon of salt)
 Raw cheese of your choice based upon your digestion
 2 cups [Mashed Cauliflower](#)

Variation: Use ground turkey instead of beef

Directions:

Preheat oven to 350° F.
 Add butter to heated large skillet and sauté pepper, onions and meat over medium heat.

When beef is nearly done, add garlic, cayenne, onion and garlic powder and cook until meat is done.
Transfer mixture to a large casserole dish and add carrots, olives, cilantro, tomato sauce, diced tomatoes and salt. Mix well.
Spread mashed cauliflower over the top of the mixture.
Bake in oven for 30 minutes. Remove casserole from oven and top with cheese (if using). Place under broiler for 3 minutes or until golden brown.

Herbed Steak - F, H, P, S

Serves: 2

Ingredients:

- 2 grass-fed gourmet steaks (approx. 4-8 ounces)
- 2 tablespoons of raw or grass-fed butter
- 4 garlic cloves, minced
- 2 teaspoons fresh rosemary, minced or 1 teaspoon dried
- 2 teaspoons fresh thyme, minced or 1 teaspoon dried
- Sea salt and pepper to taste

Directions:

- Combine 1 tablespoon of melted, cooled butter with garlic, herbs, salt, and pepper.
- Place steaks in a shallow dish and rub both sides with the butter mixture. Let meat marinate for one hour.
- Melt 1 tablespoon of butter in a skillet over medium-high heat and cook steak to taste.

Lamb Chops - F, H, P, S

Serves: 2

Ingredients:

- 2 tablespoons butter, softened
- 1/8 cup chopped fresh mint
- 4 large garlic cloves, minced (Plan S omit if you react)
- 1 teaspoons salt
- 1 teaspoons ground cumin
- 1/2 teaspoon ground coriander



1/2 teaspoon cayenne pepper
1/2 teaspoon freshly ground black pepper
4 (1 to 1½-inch thick) lamb chop loins (about 5 ounces each),
trimmed Fresh mint sprigs

Directions:

- Place butter, chopped fresh mint, minced garlic, salt, cumin, coriander, cayenne pepper, and black pepper in small bowl, mix well.
- Spread herb mixture over both sides of lamb chops.
- Transfer chops to broiler pan. Let stand 10 minutes.
- Preheat broiler. Broil chops until brown and crusty, about 4 minutes per side for medium-rare.
- Garnish with fresh mint sprigs, and serve.

Roasted Chicken with Bok Choy - F, H, P, S

Prep and cook time: 1 ½ hours **Serves:** 4-6

Ingredients:

1 whole free-range chicken
1 cup chicken stock or bone broth
1 bunch fresh rosemary
6 heads bok choy, chopped
Himalayan Pink sea salt to taste

Directions:

- Preheat oven to 350° F.
- Pull organs out of fresh whole chicken.
- Gently open chicken skin and add sea salt inside skin along with fresh rosemary, sprinkle sea salt into the chicken cavity as well.
- Place chicken in a glass baking dish or covered Dutch oven.
- Pour in broth.
- Cover with foil if using glass baking dish.
- Bake for one hour, covered.
- After one hour, bake uncovered until inside temperature reaches 165° F, or until golden and legs are pulling away from chicken.
- Baste with the juices from the chicken stock.
- Add the chopped bok choy during the last 5-10 minutes of cooking.

Roasted Chicken with Root Vegetables - F, H, P

Prep and cook time: 45 minutes **Serves:** 4

Ingredients:

1 2½-pound chicken
4 cloves garlic, chopped finely
1 teaspoon smoked paprika
1 teaspoon sea salt
1/4 cup raw or grass-fed butter, semi-melted
1 lemon
1 white onion, cut into quarters
6-8 small carrots
6-8 fingerling potatoes or four red potatoes, unpeeled and quartered
2 stalks celery
1/2 cup chicken broth

Directions:

- Preheat oven to 400° F. Grease a 13 × 9 baking dish and set aside.
- Soften butter on the stove and stir in the garlic, salt, and the smoked paprika.
- Loosen the skin from the bird with your fingers and rub the garlic butter mixture in between the skin and the chicken.
- Rub remaining butter mixture on the outside of the chicken and sprinkle with sea salt.
- Squeeze half of the lemon all over the chicken and cut the other half into quarters and stuff inside the chicken along with a quarter of the onion.
- Place chicken in the baking dish and bake for 15-20 minutes.
- Reduce oven temperature to 350° F.
- Place vegetables around chicken, sprinkle with salt and pepper and pour chicken broth into the pan.
- Bake for another 45 minutes or until chicken is done and vegetables are tender.
- Remove from oven and let rest for 10 minutes.

Roasted Spaghetti Squash with Marinara

Serves: 4

Ingredients:

1 small spaghetti squash
1 jar of marinara sauce (no added sugar)

2 teaspoons avocado or coconut oil
3/4 pound ground turkey or grass fed beef
Basil, to taste
Oregano, to taste

Directions:

- Preheat oven to 350 °
- Cut spaghetti squash in half lengthwise and place in oiled baking dish facedown.
- Bake for 45 minutes or until tender when pierced with a knife.
- Remove from oven, roll over and allow to cool slightly.
- While the squash is cooking, heat oil in medium skillet and add ground meat. Break into pieces and cook until browned.
- Drain excess fat from pan and add marinara sauce and spices.
- Allow to simmer on low heat until squash is ready.
- Remove squash from the skin with a large spoon.
- Top with marinara sauce to serve.

Stuffed Cabbage Rolls

Serves: 6-8

Ingredients:

1 medium/large head of cabbage
1 tablespoon coconut oil
1/2 cup onion, chopped
1 pound ground turkey
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups cooked [Black Rice](#)
24-ounce jar of tomato puree

Directions:

- Peel and rinse 8-10 of the largest outer leaves from the cabbage.
- Place in steamer and cook until tender (not overcooked).
- Remove cabbage from steamer and allow to cool.
- Melt coconut oil in skillet on medium heat.
- Add onion and sauté until tender.
- Add ground turkey to skillet and break into small pieces while browning.

- Stir in seasonings.
- Remove from heat when cooked all the way through.
- Combine meat mixture, black rice and 1 cup of tomato puree.
- Preheat oven to 350 degrees.
- Place a spoonful of meat mixture at the top end of the flattened cabbage leaf (You will be dividing the mixture evenly between all the leaves).
- Fold the top of the leaf over the meat and roll until you reach the base of the cabbage (the core).
- Hold in place with a toothpick, if necessary.
- Place in 13 x 9 casserole dish, seam side down.
- Pour remaining tomato puree over the top of the cabbage rolls.
- Sprinkle lightly with salt (if using unsalted puree).
- Bake uncovered for 30 minutes or until heated through.

Stuffed Red Bell Peppers - F, H, P, S

Prep and cook time: 45 minutes **Serves:** 6 (recipe can be cut in 1/2)

Ingredients:

- 6 large red bell peppers
- 1 pound ground turkey or grass fed beef
- 1 tablespoon olive oil
- 1 small zucchini, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 2 cups cooked quinoa
- 1 ripe tomato, seeded and finely chopped
- 1 teaspoon dried oregano, crumbled
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

Directions:

- Preheat oven to 350° F.
- Slice tops off peppers to make lids. Scoop out membranes and seeds and discard.
- In a large saucepan with lightly-salted boiling water, simmer peppers and pepper lids, covered, for 5 minutes. Drain.
- Heat oil in medium skillet over medium heat.
- Add zucchini and garlic and sauté for 2 minutes.

- Stir in lemon juice, cook for 1 minute, and transfer zucchini into another bowl.
- Brown ground turkey in skillet.
- Add back sautéed zucchini and garlic. Stir in quinoa, tomato, oregano, salt, and pepper.
- Fill each pepper with quinoa mixture. Place upright in shallow baking dish. Cover with pepper tops. Bake just until filling is heated through, about 20 minutes.

Sweet Cinnamon Red Cabbage Salad with Avocado and Grass-Fed Ground Beef - H, P

Serves: 2

Ingredients:

- 1/2 red cabbage, sliced thinly
- 2 tablespoons coconut oil, divided
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 cup sliced maitake mushrooms
- 4 cups baby kale
- 1/2 lb grass-fed ground beef, browned
- 1 large avocado, sliced

Directions:

Heat 1 tablespoon coconut oil in a skillet over medium heat. Cook cabbage until it begins to soften. Add cinnamon, ground ginger, and salt. Simmer until tender. In a separate pan sauté the remaining coconut oil and mushrooms. While vegetables finish cooking, assemble the salads in individual bowls. Begin with a layer of baby kale, followed by a layer of ground beef. Top with the cooked mushrooms, cabbage, and avocado slices.

Sweet Potato Turkey Meatballs - F, H, P

Serves: 4-6 (recipe can be cut in 1/2)

Ingredients:

- 2 pounds ground turkey



2 small sweet potatoes, cooked and peeled
1/3 cup coconut flour
1/2 yellow onion, minced
1 1/2 teaspoons garlic salt
1 teaspoon dried thyme
1 teaspoon dried sage
1 teaspoon ground ginger
4 tablespoons coconut oil, divided

Directions:

- In a large bowl, mix ground meat, sweet potatoes, coconut flour, onion, garlic salt, thyme, ginger, and 2 tablespoons coconut oil.
- Mash together and form into meatballs.
- Heat a large pan over medium heat with remaining coconut oil.
- Place meatballs in the pan in batches, turning occasionally to cook through on all sides.
- When meatballs are cooked through, remove from pan and serve hot.

Turkey Burger - F, H, P, S

Serves: 2

Ingredients:

3/4 pound ground turkey
1 small onion, chopped
1-2 tablespoons raw or grass-fed butter

Burger Seasoning:

1 teaspoon ground pepper
1/4 teaspoon cayenne pepper
1/8 teaspoon coriander
1/8 teaspoon turmeric
Sea salt and pepper

Directions:

- Blend seasoning ingredients together.
- Place ground turkey in a bowl, add seasonings and mix with hands.
- Form 2 turkey patties and set aside.
- Heat a heavy skillet over low/medium flame.

- Add butter and onions and sauté until tender.
- Remove onion from skillet and place in a bowl.
- Add more butter to the skillet over medium/hot flame.
- When skillet is hot, add patties and cook about 3-4 minutes each side.
- Season to taste. Serve onions on the burger or as a side dish.

Turkey Meatloaf

Serves: 6

Ingredients:

- 1 large stalk of celery, diced small
- 1 large carrot, diced small
- 1/2 medium onion, diced small
- 1 tablespoon coconut oil or avocado oil
- 2 cloves of garlic, minced
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground pepper
- 2/3 cup spinach, chopped fine
- 1 beaten egg
- 1 1/2 pounds ground turkey
- 2 tablespoons tomato sauce (optional)

Directions:

- Heat oil in medium fry pan.
- Add celery, carrot and onion, sauté until almost tender.
- Add garlic and sauté for 1 minute.
- Remove from heat and cool.
- Combine sautéed vegetables, spices, spinach, beaten egg and ground meat.
- Pour into a 2-quart casserole dish and smooth over the top.
- Cover and bake for 30 minutes.
- Remove cover, top with tomato sauce and bake uncovered for an additional 10-15 minutes.

Turkey Tenders

Serves: 4

Ingredients:

1 pound tenderloin turkey breasts (boneless, skinless chicken breasts can be substituted, if turkey is not available)
2 tablespoons avocado or olive oil
1/4 teaspoon ground sage
1/8 teaspoon thyme
1/8 teaspoon rosemary
1/8 teaspoon sea salt
1/8 teaspoon pepper
Pinch of garlic powder
Pinch of onion powder

Directions:

- Preheat oven to 350 degrees
- Cut turkey into 1 inch deep x 1 ½ inch wide strips
- Place strips into baking dish and add remaining ingredients
- Toss until strips are thoroughly coated
- Put turkey in a single layer in the pan
- Bake for 8-10 minutes
- Turn and bake another 8-10 minutes or until done

Zesty Chicken Stir-Fry - H, P

Prep and cook time: 30 minutes **Serves:** 2

Ingredients:

2 cups cooked chicken, cubed (or any other animal protein)
3 tablespoons coconut oil
1 cup broccoli florets
1 cup carrots, sliced
2 cups cabbage, shredded (either purple or Napa cabbage)
3 cloves garlic, minced
1 red bell pepper, chunked

1/2 cup green onions, sliced
 1 can water chestnuts, drained
 1 teaspoon chili pepper flakes
 Stevia, to taste
 2 tablespoons toasted sesame oil
 1-2 tablespoons shredded ginger (to taste)

Directions:

- In a wok or large skillet, heat coconut oil.
- Sauté broccoli, cabbage, and carrots for 2 minutes over medium-high heat.
- Add garlic and bell pepper and continue cooking for another 2 minutes.
- Add green onions, water chestnuts, cooked chicken, and pepper flakes. Stir to combine and continue cooking over medium heat until heated through. Add ginger.
- While the vegetables and chicken are cooking, whisk stevia and sesame oil in a small bowl. Pour the sauce over the stir-fry and heat through for another two minutes.
- Serve over [Asian Sesame Quinoa](#)

Rice, Beans & Starchy Vegetables

Asian Sesame Quinoa - H, P

Prep and cook time: 40 minutes **Serves:** 6-8

Ingredients:

1½ cups quinoa, pre-soaked in water with juice from a half lemon for 20 minutes, then rinsed and drained
 3 cups vegetable broth or bone broth
 4 tablespoons toasted sesame oil
 Stevia to taste
 Kelp flakes or other sea vegetable flakes, to taste
 Sesame seeds
 Sunflower or pumpkin seeds (optional)

Directions:

- Bring broth to a boil, add quinoa, cover and reduce heat to simmer.
- Cook for 20-25 minutes, or until liquid is dissolved, and you can fluff with a fork.

- In a small bowl, combine oil, stevia, and sea vegetable flakes.
- Pour over quinoa and gently combine.
- Sprinkle with sesame seeds and other seeds if desired.
- Baked White Potato or Sweet Potato

Baked Acorn Squash - F, H, P

Serves: 2

Ingredients:

1 medium acorn squash
2 tablespoons melted butter or ghee
Cinnamon
Salt and pepper

Directions:

- Cut acorn squash in half
- Place in baking dish, with cut side up
- Brush with butter and sprinkle with cinnamon, salt and pepper.
- Bake for 40-45 minutes until knife inserts easily into squash.

Baked Sweet Potatoes/Yams - - F, H, P

Serves: 2-3

Ingredients:

2 sweet potatoes/yams (or as many as you want to make)

Directions:

- Preheat oven to 400° F.
- Wash potatoes or yams (no need to dry) and pierce several times with the tines of a fork.
- Place baking dish on a rimmed baking sheet lined with parchment paper and place in oven.
- Bake until tender, approx. 45 minutes.
- Make a slit at the top of each potato.
- Top with 1 tablespoon of butter and season with the salt and pepper.

Beets – F, H, P, S

Ingredients:

Beets
Salt

Directions:

Boil beets covered, for an hour.

Peel and cut into spirals.

Add salt. Enjoy with [Christa's Healthy Italian Dressing](#)

Black Rice or Wild Rice - F, H, P, S

Serves: 6-8

Ingredients:

2 cups rice, rinsed

4 cups warm filtered water

1 tablespoon lemon juice

1 teaspoon sea salt

3-4 tablespoons raw or grass-fed butter or ghee

Directions:

- Combine rice, warm water and lemon juice in a glass or ceramic bowl
- Leave in a warm place for 8-12 hours.
- Drain rice into a fine sieve and rinse gently.
- Transfer rice mixture to a medium saucepan with 3 1/2 cups of water, salt and butter.
- Bring to a boil, stir, reduce heat, and cover tightly.
- Simmer on low heat for about 25-40 minutes or until done.

Tip: Freeze leftover rice for later use. Recipe can be cut in half.

Butternut Purée - F, H, P, S

Serves: varies depending on size of squash

Ingredients:

1 butternut squash

1 tablespoon raw or grass-fed butter or ghee* (plus some to grease the pan)

Directions:

- Preheat oven to 350° F.
- Cut squash in half, lengthwise, remove seeds.

- Set cut side down in a buttered glass baking pan with about 1/2 inch of water.
- Bake for about 1 hour (depending on size) or until tender and able to puncture with a fork.
- Scoop out into a food processor or blender. Add butter or ghee, blend until smooth.

*Do not add butter if you are using the puree for pancakes.

Carrot Burdock Sauté - F, H, P, S

Ingredients:

4 tablespoons bone broth
2 medium burdocks, cut into thinly shavings
4 small carrots, cut into thinly shavings
2 tablespoons grass-fed, raw butter
Dash of dried ginger
Fresh parsley for garnish
Salt and pepper to taste

Directions:

In a large skillet, heat the broth over medium-high.
Sauté burdock, carrots, and ginger for about 4 minutes or until tender-crisp.
Top with butter, season to taste. Garnish with parsley.

Carrots and Snow Peas - F, H, P, S

Serves: 4

Ingredients:

3 garlic cloves, minced (Plan S omit if you react)
4 carrots, cut into strips
1 tablespoon butter
2 tablespoons chicken broth
1/4 pound snow peas, strings removed from both sides
1 tablespoon Fresh parsley or basil, chopped
Salt and pepper to taste

Directions:

In a heavy skillet sauté garlic and carrots in broth and butter for 7-10 minutes.

Add snow peas and cook for about 2 minutes or until crisp-tender. Remove from heat. Stir in parsley, season to taste.

Cauliflower and Rutabagas - F, H, P, S

Ingredients:

1/2 head cauliflower, washed and cut in florets
2 medium rutabagas, washed, peeled, cut it into 3/4" chunks
2-3 tablespoons butter or ghee
1-2 cloves garlic, minced (Plan S omit if you react)
Salt and pepper to taste

Directions:

Boil rutabagas and cauliflower in a large pot full of salted water until just tender.

Drain and toss with butter or ghee, garlic, salt and pepper.

Variations:

Melt the butter or ghee in a skillet over low heat, add garlic and cook it for 1 minute, pour over vegetables.

For a puree, put all ingredients in a blender and blend until smooth.

Chickpeas (or Beans) - Basic Preparation - F, H, P, S

Makes: approx. 3 cups

Ingredients:

1 cup dried chickpeas
Warm filtered water
2 tablespoons of lemon juice
1 teaspoon sea salt
1 - 3-inch strip kombu (optional)

Directions:

- Rinse chickpeas and place them in a medium bowl. Cover with warm water and stir in lemon juice. Leave in a warm spot for 12-24 hours.
- Drain, rinse.
- Transfer to a saucepan and add enough water to cover the chickpeas. Add salt and kombu.
- Cover saucepan and bring to a boil.

- Cook on medium for 1 1/2 - 2 hours or until chickpeas are very tender.
- Drain off water and remove kombu.
- Use as an addition to salads or whole grains.

Variation:

This same method can be used for other types of beans. Cooking time will vary.

Easy Roasted Vegetables - F, H, P, S

Prep and cook time: 20 Minutes **Serves:** 4

Ingredients:

- 1 bunch cauliflower, cut into florets
- 10 Brussels sprouts, halved
- 4 red beets, peeled and cubed
- 1-2 tablespoons coconut oil, melted

Directions:

- Preheat oven to 350° F.
- Grease a baking sheet with coconut oil.
- Place vegetables on baking sheet and toss with coconut oil.
- Cover with foil and bake for 30 minutes.
- Remove foil and bake for another 10 minutes.

Mashed Celery Root - F, H, P, S

Serves: 2

Ingredients:

- 5 medium celery root (celeriac), skin removed and cut into ½-inch cubes
- 2 tablespoons butter or ghee
- 5 garlic cloves, minced
- 1/2 teaspoon onion powder
- 1/2 cup chicken broth
- 2 tablespoon fresh parsley, chopped
- Salt to taste

Directions:

Place all ingredients, except parsley, in a skillet or saucepan and bring to a boil.

Reduce heat, cover and simmer for 25 minutes, stirring in parsley during the last 10 minutes of cooking.
Add more broth if mixture becomes too dry and stir occasionally.
Remove from heat and mash. Sprinkle parsley to garnish.

Mashed Parsnips - F, H, P, S

Serves: 2-3

Ingredients:

- 3 cups of chopped parsnips (approximately 3-4 parsnips)
- 2 cups of chopped carrots (approximately 6 medium size carrots)
- 2 cloves garlic, peeled (Plan S omit if you react)
- 2 stalks of celery, chopped
- 1/4 cup chopped green onions (Plan S omit if you react)
- 1/3 cup chopped yellow onion (Plan S omit if you react)
- 3 cups bone broth

- 1/2 cup canned coconut milk
- 6 sage leaves, Himalayan Pink Sea Salt and pepper to taste

Directions:

Combine chopped parsnips, carrots, garlic, celery, onion and green onion in a large pot with bone broth.
Bring to a boil then simmer for 30 minutes, then strain.
Add cooked vegetables to blender or food processor with coconut milk, sage leaves, salt and pepper. Blend until creamy.
Serve and enjoy!

Mashed Sweet Potatoes – F, H, P

Serves: 2

Ingredients:

- 2 small sweet potatoes, skinned, baked, and mashed
- 1 tablespoon of butter
- 1/3 cup chicken broth
- 1/8 teaspoon ground cumin
- 1/2 tablespoon of parsley, chopped



Pinch of salt
Dash of nutmeg (optional)

Directions:

Purée all ingredients in a blender.

Simple Quinoa - F, H, P, S

Serves: 4-6

Ingredients:

1 cup quinoa
2 cups pure water
1 3-inch strip of kombu
1 tablespoon coconut oil
1 tablespoon ghee

Directions:

- Rinse quinoa in a strainer.
- Combine quinoa, water, ghee, oil, and kombu in a medium saucepan.
- Bring to a boil, reduce heat and simmer for 20 minutes.
- Remove from heat. Let stand 10 minutes, remove kombu and fluff with a fork.
- Season to taste and serve.

Sweet Potato Fries

Serves: 4

Ingredients:

3 medium sweet potatoes
2 tablespoons avocado or olive oil
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon pepper

Directions:

- Preheat oven to 350 degrees
- Peel sweet potatoes and cut lengthwise into approximately 3/8 inch x 3/8 inch x 3 inch strips (they will look like French fries)

- Place on a jelly roll pan or cookie sheet and pour remaining ingredients over the sweet potatoes
- Stir (or use hands) to coat the fries thoroughly
- Arrange fries in a single layer in the pan
- Bake for 10 minutes, then turn with tongs or a spatula
- Bake for an additional 5-10 minutes, until done

Sweet Potato Special - F, H, P

Serves: 4

Ingredients:

- 4 small sweet potatoes, baked
- 1/3 cup unsweetened coconut milk
- 1 egg, beaten
- 2 tablespoons raw or grass-fed butter
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Directions:

- Preheat oven to 350° F.
- Peel baked sweet potatoes.
- Mash and blend in coconut milk.
- Add in egg and spices and beat until foamy.
- Pour into a casserole dish and cover.
- Bake for about 35 minutes.
- Top with butter and serve.

Variations: Top with shredded coconut or ground flax seeds.

White Potato, Cooked & Cooled - Resistant Starch* - F, H, P, S

Directions:

- Boil white potatoes and cook until soft.
- Let potatoes cool and remove skins.
- To serve, add softened butter or ghee and season to taste.

Note: Cooked and cooled potatoes can be reheated at low temperatures, less than 130° F and maintain the benefits of a resistant starch. Heating

at higher temperatures will again convert the starch into a form that is digestible to us rather than “feeding” our gut bacteria.

(ChrisKresser.com)

Zucchini Noodles (Zoodles with Butternut Squash and Carrots) - F, H, P, S

Prep and cook time: 30 min **Serves:** 1-2

Ingredients:

- 2 zucchini
- 3/4 cup butternut squash, cubed
- 1 carrot, sliced
- Avocado oil
- 1/2 cup red cabbage, sliced thinly
- 1 tablespoon cilantro, sliced thinly
- sea salt
- freshly ground pepper

Directions:

Cut zucchini with spiral slicer to achieve noodle shape. (You can also use a potato peeler).

Sauté butternut squash and carrot in a large pan with avocado oil until soft.

Add zucchini noodles, cabbage and cilantro, mix well.

Continue to stir mixture and sauté an additional 1-2 minutes.

Remove from heat and season to taste.

Vegetables Dishes (Non-Starchy)

Cauliflower Steaks with Sautéed Mushrooms - F, H, P, S

Recipe Courtesy of Living Health365

Serves: 2

Ingredients:

- 3 tablespoons coconut oil
- 2 garlic cloves, crushed (Plan S omit if you react)



1 head cauliflower
1 tablespoons coconut oil
1 cup shitake mushrooms, sliced
1 cup maitake mushrooms, chopped
2 cups baby spinach
1/2 lemon
3/4 teaspoon sea salt, divided
1/2 teaspoon black pepper, divided

Directions:

Preheat oven to 450°.
Place coconut oil and crushed garlic in a small microwave safe bowl.
Microwave on 50% power for 30 seconds or until coconut oil melts and garlic is fragrant. Cool slightly.
Carefully cut 2 1-inch thick 'steaks' vertically from the center of the cauliflower head. Set aside remaining cauliflower for another use.
Brush tops of cauliflower steak with oil mixture. Carefully place cauliflower steaks, oiled sides down, on a sheet pan.
Brush tops of steak with oil mixture.
Bake at 450 for 15 minutes or until bottom of the steaks are browned.
Turn cauliflower over and bake for an additional 15 minutes or until cauliflower is browned on both sides and is tender.
Remove from the oven and sprinkle with ¼ tsp sea salt and ¼ tsp pepper.
While the cauliflower is cooking, heat a large skillet over medium heat. Add 1 tablespoon coconut oil.
When melted, add mushrooms and sauté until cooked through.
Add spinach, squeeze a lemon over the top and stir until spinach is wilted.
Serve each cauliflower steak topped with the mushroom mixture.

Collard Greens - F, H, P, S

Ingredients:

1 bunch collard greens
2 tablespoons of butter or ghee
2 cloves of garlic, chopped (Plan S omit if you react)
2 tablespoons of bone broth
Salt and pepper
Optional herbs: 1/2 -1 teaspoon dry or 1- 2 tablespoons fresh, chopped

Directions:

Wash collard greens well, remove stems and tightly roll all the leaves together (cigar shape). Cut into very thin strips.
In a large frying pan, melt the butter.
Add garlic and sauté quickly without burning.
Add collard greens, bone broth and optional herbs.
Cover skillet for 2-3 minutes to steam the greens.
Uncover and continue sautéing, stirring constantly until ready, about 3- 4 minutes.
Season to taste.

Variation:

Heat 1-teaspoon [Immunity Spice Mixture](#) with 1-tablespoon ghee or butter on medium-high heat, until the mixture releases an aroma, for about 1 minute.
Remove from the heat immediately and pour over heated vegetables.

Curried Brussels Sprouts - F, H, P, S

Serves: 2-3

Ingredients:

- 1 pound Brussels sprouts, trimmed of outside leaves
- 1 cup chicken broth
- 1 medium onion, finely chopped (Plan S omit if you react)
- 3 teaspoons curry powder
- 2 tablespoons butter salt and pepper
- Salt and pepper

Directions:

Put broth, Brussels sprouts, onions and curry into a medium-sized saucepan.
Bring to a boil, reduce heat and simmer for about 15 minutes or until
Season with butter, salt and pepper.

Curried Cauliflower Bites - F, H, P, S**Ingredients:**

- 1 1/2 tablespoons coconut oil, melted
- 1 teaspoon ground mustard

1 teaspoon cumin
3/4 teaspoon curry powder
3/4 teaspoon coarse salt
1 large head cauliflower (about 2 pounds), cut into large florets

Directions:

Preheat oven to 375°.

In a large bowl, stir together oil, ground mustard, cumin, curry powder, and salt. Add the cauliflower, tossing to coat thoroughly with spice mixture.

Arrange cauliflower in a single layer on baking sheet. Roast until florets are browned on bottom and tender when pierced with fork, about 35 minutes. Serve hot.

Dairy Free Cauliflower Pizza Crust - F, H, P, S (after Week 10)

Makes: approx. 1 – 10-inch pizza crust

Ingredients:

1 medium sized head of cauliflower - should yield close to 3 cups once processed
1/4 teaspoon salt
1/2 teaspoon dried basil (crush it even more between your fingers)
1/2 teaspoon dried oregano (crush it even more between your fingers)
1/2 teaspoon garlic powder
optional a few shakes of crushed red pepper
2 tablespoons almond meal
1 tablespoon (or more if desired) nutritional yeast (optional)

1 tablespoon olive oil
1 egg

Topping Options:

1/2 cup homemade or store-bought pizza sauce (no sugar added),
raw goat cheese, fresh grape tomatoes, basil, oregano, olives,
mushrooms, shredded meat or sautéed vegetables

Directions:

Place a pizza stone or baking sheet in the oven.
Preheat oven to 450° F.

On a cutting board, place a large piece of parchment paper and brush with olive oil.

Wash and thoroughly dry a small head of cauliflower.

Cut off the florets, leaving very little stem.

Pulse in a food processor for about 30 seconds, until mixture is powdery. You should end up with about 3 cups cauliflower "snow".

Place the cauliflower in a microwave safe bowl and cover. Microwave for 4 minutes.

Dump cooked cauliflower onto a clean tea towel and allow to cool.

Once cauliflower is cool enough to handle, wrap it up in the dish towel and squeeze out as much water as possible. This will ensure you get a chewy pizza like crust.

Dump cauliflower into a bowl. Add all the spices, almond meal, nutritional yeast (if using), and olive oil. Mix all ingredients until thoroughly combined.

Add egg and mix well using your hands.

Form dough into a crust and place on oiled parchment paper.

Pat dough down thoroughly, until it is pressed together.

Using the cutting board, slide the parchment paper onto the hot pizza stone or baking sheet in the oven.

Bake for about 12 minutes, or until crust starts to turn golden brown and the edges crisp up. Remove from oven.

Add your toppings and slide parchment with topped pizza back in the hot oven and cook for another 5 minutes until the toppings are warm.

Easy Chard - F, H, P, S

Ingredients:

- 1 bunch chard
- 1 tablespoon coconut oil or ghee Himalayan pink seal salt to taste

Directions:

Remove stalks from leaves and tear leaves into pieces.

Wash well but don't shake off the water.

Place in a heavy skillet over a medium heat and cover.

When chard begins to simmer, reduce heat and simmer until just wilted.

Transfer to a strainer or colander and squeeze out the liquid.
Chop coarsely, top with ghee and sea salt.

Variation:

Heat 1 teaspoon [Immunity Spice Mixture](#) with 1 tablespoon ghee or butter on medium-high heat, until the mixture releases an aroma, for about 1 minute.

Remove from the heat immediately.

Pour over heated vegetables.

Green Beans with Oregano - F, H, P, S

Serves: 2-3

Ingredients:

- 1 pound green beans, sliced
- 1/2 cup filtered water
- 1/2 teaspoon dried oregano
- 2 tablespoons raw or grass-fed butter

Directions:

- In a heavy saucepan, add green beans and water, then add oregano.
- Cook uncovered until beans are tender-crisp, about 12 minutes.
- Drain well and top with butter.

Grilled Onions and Mushrooms - F, H, P, S (unless you react)

Ingredients:

- 1/8 cup chicken or beef broth
- 1/2 tablespoon butter
- 4 ounces mushrooms, sliced
- 1 1/2 onions, sliced
- 1 garlic
- 1/2 teaspoon lemon juice and a splash of apple cider vinegar

Directions:

In a medium skillet, melt butter.

Add broth and heat until mixture simmers.

Add mushrooms, onions and garlic. Cook until onions are translucent and tender.

Add lemon juice and serve.

Herb Cauliflower Rice - F, H, P, S

Serves: 6

Ingredients:

- 1 large head of cauliflower
- 2 tablespoons coconut oil
- 1/4 cup freshly chopped cilantro or parsley, more to taste
- Pinch of Himalayan pink sea salt
- Pinch of ground black pepper

Directions:

- Rinse and dry cauliflower.
- Add small pieces at a time to food processor until cauliflower begins to look like rice.
- Heat coconut oil in pan over medium heat.
- Sauté cauliflower with cilantro or parsley and season with salt and pepper.
- Cook for about 5 minutes, stirring frequently.

Leeks with Garlic and Mustard - F, H, P

Serves: 4

Ingredients:

- 1 cup chicken broth
- 2 tablespoons butter
- 4 leeks, washed and cut in half lengthwise, then into 1/4-inch strips on a diagonal
- 3 garlic cloves, chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon dried mustard

Directions:

- Bring broth to a boil in a heavy skillet on medium-high heat.
- Add leeks and garlic to the broth, cover, and simmer until leeks are tender, about 10-12 minutes. Remove from heat, drain, transfer to a large bowl.
- Top with butter, stir in parsley, vinegar, and dried mustard.

Mashed Cauliflower - F, H, P, S

Serves: 2-3

Ingredients:

1 medium head cauliflower, cut into florets
1 cup purified water
2 garlic cloves, minced
1/2 teaspoon onion powder
1 teaspoon fresh chives, chopped
1 teaspoon fresh parsley, chopped
2 tablespoons raw or grass-fed butter
Salt and pepper to taste

Directions:

- Place cauliflower and water in a medium saucepan or vegetable steamer and bring to a boil.
 - Cover and simmer for 10-12 minutes or until soft. Drain off water and transfer cauliflower to a bowl.
 - Mash by hand or use a food processor, blending in garlic, chives, onion powder, parsley, butter, salt and pepper.
- Serve and enjoy!

Pan-Seared Asparagus with Crispy Ginger - F, H, P, S

Prep and cook time: 20 minutes **Serves:** 3-4

Ingredients:

1 pound fresh organic asparagus, tough ends trimmed
2 tablespoons coconut oil, divided
2 tablespoons clarified butter (ghee), divided

1 2-inch piece ginger (peeled, sliced thinly lengthwise)
Himalayan pink sea salt and freshly ground pepper to taste

Directions:

Heat 1 tablespoon each of butter and oil in a small skillet over medium heat.
Add the ginger slices and fry until golden and crispy. Remove from heat and set aside.
Heat remaining butter and oil in a large skillet over medium heat and add asparagus and freshly ground pepper.

Let asparagus sear in the pan, turning occasionally, until the spears are bright green and slightly brown in some places.
Season to taste with salt and transfer to a serving platter. Sprinkle the crispy ginger.
You may use coconut oil in place of the butter or ghee.

Power Kale - F, H, P, S

Serves: 2

Ingredients:

- 1 bunch kale
- 2 tablespoons raw or grass-fed butter or ghee
- 2 teaspoons [Immunity Spice Mixture](#)
- Sea salt to taste

Directions:

- Remove kale stems, wash well but don't shake off the water.
- Tear kale leaves into pieces and place in a large covered pot on medium heat.
- When kale begins to simmer, reduce heat and continue to cook for about 8 minutes, until leaves are wilted.
- Transfer to a strainer or colander and squeeze out the liquid. Chop coarsely.
- In a small sauce pan, heat 2 teaspoons [Immunity Spice Mixture](#) with 2 tablespoons ghee or butter on medium-high heat until mixture releases an aroma. Remove immediately.
- Pour over kale and season to taste.

Roasted Brussel Sprouts with Goji Berries and Bacon - F, H, P, S

Serves: 2

Ingredients:

- 3 cups Brussels sprouts, stems chopped off
- 1/3 cup pine nuts
- 1/3 cup goji berries
- 4 slices of cooked bacon (no sugar added), cut into 1-inch pieces
- 2-3 tablespoons coconut oil, melted, plus extra for greasing

1/4 teaspoon Himalayan pink sea salt

Directions:

- Preheat oven to 350°.
- Grease baking sheet with coconut oil.
- Cut Brussels sprouts in half.
- Mix with goji berries, bacon and pine nuts.
- Sprinkle with salt and roast 30-35 minutes.

Rutabaga Purée - F, H, P, S

Serves: 2-3

Ingredients:

1 pound rutabaga, peeled, cut into 1-inch pieces
 2 tablespoons butter, room temperature
 1 tablespoon chopped fresh parsley
 1 tablespoon chopped fresh mint
 Salt to taste

Directions:

Cook rutabagas in large pot of boiling salted water until very tender, about 30 minutes. Drain well.
 Transfer rutabagas to processor. Add butter and puree until smooth.
 Transfer to bowl.
 Season with salt and pepper. Mix in parsley and mint.

Sautéed Cabbage - F, H, P

Ingredients:

1 head red or green cabbage
 1 tablespoon coconut oil or ghee
 1 teaspoon caraway seeds
 1/2 teaspoon cumin
 Purified water or broth to cover cabbage (beef broth goes nicely with cabbage)
 1 clove garlic, crushed
 1 tablespoon minced parsley

Sea salt to taste

Optional Ingredients/Variations:

Chopped onions, carrots, celery and/or celeriac
 Cooked ground beef

Directions:

Sauté chopped cabbage (or vegetables of choice) in coconut oil or ghee with sea salt over medium heat
Add caraway seeds and cumin and simmer.
Add enough broth (or water and broth) to cover cabbage by one inch.
Simmer for 10-20 minutes.
Add freshly crushed garlic and minced parsley. Taste and adjust seasonings.

Sautéed Greens with Parsley - F, H, P, S

Serves: 2

Ingredients:

1 bunch kale, washed and chopped with stems removed
3 cloves garlic, finely chopped
1 tablespoon raw or grass-fed butter or ghee
1/2 cup bone broth
1 lemon, juiced and zested
1 handful parsley, chopped
Salt and pepper to taste

Directions:

- Heat oil, garlic and lemon zest on medium heat in a sauté pan for about 2 minutes.
- Add greens and cook for 2-3 minutes.
- Add the broth and cover. Let steam for 3-5 more minutes.
- Season with salt, pepper, and lemon juice.
- Toss in parsley just before serving.

Sautéed Spinach

Serves: 2

Ingredients:

1 - 6 ounce bag of baby spinach, washed
1 teaspoon coconut oil, avocado oil or butter
Salt and pepper to taste
Lemon slices

Directions:

- Heat oil in skillet on medium heat and add spinach.
- Stir spinach and cook until wilted.
- Reduce heat and continue cooking for 5-10 minutes.
- Season to taste and squeeze lemon over the top.

Spinach & Zucchini - F, H, P, S

Serves: 1-2

Ingredients:

- 1 medium zucchini, sliced
- 4-6 cups of spinach, washed and dried
- 2 tablespoons of bone broth
- 2 tablespoons of ghee or butter
- Salt to taste
- *Optional herbs: 1/2 -1 teaspoon dry or 1-2 tablespoons fresh, chopped

Directions:

Heat butter or ghee in a large frying pan on medium heat.
Add zucchini, bone broth and optional herbs.
Cook for 5 minutes, stirring occasionally.
When zucchini starts to soften add spinach and cover.
When spinach begins to wilt, remove cover and cook to desired tenderness.
Salt to taste.

Variation:

Heat 1 teaspoon [Immunity Spice Mixture](#) with 1 tablespoon ghee or butter on medium-high heat, until the mixture releases an aroma, for about 1 minute.

Remove from the heat immediately. Pour over heated vegetables.

Steamed Vegetables – Broccoli, Carrots or Zucchini - F, H, P, S

Serves: 2

Ingredients:

- 1 bunch of Broccoli, cut into florets
- or** 2-4 carrots, peeled and sliced
- or** 2 medium zucchinis, sliced
- Grass-fed butter or ghee to taste
- Salt to taste

Directions:

- Steam vegetable of choice for 5-7 minutes or until tender.
- Transfer to a serving dish and top with a generous amount of ghee/butter and salt.

Variation: Create your own combination of steamed vegetables. Cooking times will vary, so vegetables will need to be added in stages. (carrots usually require the longest cooking time).

Stir-fried Vegetables

Serves: 4

Ingredients:

- 1 tablespoon grass fed butter or ghee
- 2 tablespoons chicken broth
- 3 garlic cloves, minced
- 2 carrots, cut into matchstick pieces
- 1 zucchini, cut into matchstick pieces
- 1 yellow crookneck squash, cut into matchstick pieces
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

Directions:

- Melt butter in large skillet and add broth.
- Sauté garlic and carrots for 7-8 minutes.
- Add zucchini and crookneck squash and cook 5-6 minutes longer or until tender.
- Remove from heat, stir in parsley, season to taste.

Vegetable Red Curry - F, H, P

Serves: 4

Ingredients:

- 1 pound red onions, cut into halves then sliced into half moons
- 1/2 of a red bell pepper, seeded, sliced into strips then cut into rectangles
- 8 oz. of shiitake mushrooms
- 2 sweet potatoes, peeled and cubed



3 Tablespoons olive oil

1 Teaspoon sea salt

Curry:

2 Tablespoons Thai Red Curry paste

2 Tablespoons avocado oil

2 cups coconut milk

1 Teaspoon sea salt

Directions:

Drizzle veggies with avocado oil, sea salt, and roast at 425°F for 20-30 minutes, stirring the vegetables twice during the cooking time.

While vegetables are roasting, heat a large skillet (12" or bigger) over medium high heat.

Add the curry paste and the avocado oil to the pan and sauté the curry paste for 2 minutes, or until it's very fragrant.

Add coconut milk to the pan and bring the curry back to a boil, stirring to incorporate the curry paste.

Lower the heat to medium and simmer the curry for 5-10 minutes - or until the liquid is reduced by ½.

Add the roasted veggies to the pan, and simmer for a few minutes to heat up the veggies.

Taste the curry and add more salt if necessary.

Snacks

Crunchy Nuts

Makes: approx. 4 cups

Ingredients:

4 cups raw nuts (i.e. macadamia, brazil, walnuts, pine nuts, almonds or pecans)

1 tablespoon sea salt

Filtered water

Directions:

- Mix nuts with salt and filtered water and leave in a warm place for at least 7 hours or overnight.
- Drain in a colander.
- Spread nuts on a stainless-steel baking pan and place in a warm oven (no more than 150° F) for 12 to 24 hours, turning occasionally, until completely dry and crisp and store in an airtight container.

Oven-Roasted Kale Chips

Prep and cook time: 30 minutes **Serves:** 4

Ingredients:

- 1 bunch kale (the curly-leaf variety works best for this recipe)
- 1/8 cup avocado oil or coconut oil
- 1/2 teaspoon sea salt
- Black pepper to taste
- 1-2 seasonings of your choice:
 - Garlic powder
 - Red chili flakes
 - Curry powder
 - Italian herbs

Directions:

- Place a large, shallow roasting pan or sheet pan in the oven and pre-heat to 375° F.
- Rinse kale, and dry completely.
- Remove stems, and cut into pieces approximately 3-inches wide.
- In a large bowl, use your hands to combine the kale with the seasonings.
- Season to taste with your choice of suggested ingredients, coating kale evenly.
- When the oven is up to temperature, carefully put the kale into the hot pan, spreading it out into one layer. It will sizzle.
- Roast in the oven for 10 minutes and then gently stir or turn the leaves.
- Continue roasting another 5-7 minute until kale is crisp and dry, but not too brown.
- Some may be chewy instead of crisp. Serve immediately.

Plantain Chips - F, H, P

Serves: 4

Ingredients:

- 2 plantains, peeled and thinly sliced
- 1/2-3/4 cup coconut oil
- 1 pinch cinnamon

1 pinch sea salt

Directions:

- Set aside a plate lined with a paper towel.
- Slowly heat coconut oil in a large pan that has sides, over medium-high heat.
- Carefully place plantain slices in a single layer in the oil with tongs.
- Flip chips to cook on the other side when they begin to brown.
- Remove one chip and test the texture to determine if the other chips are ready to be removed
- Remove chips and place them on the paper towel to let the oil drain.
- The longer the chips cook in the oil, the crispier they will get.

Raw Nut Hummus - H, P

Soaking time: 12 hours

Prep time: 10 minutes

Makes: 3 cups

Ingredients:

2 1/2 cups raw almonds or cashew, soaked at least 12 hours
1/4 cup plus 1 tablespoon raw tahini (omit until Step 4)
3/4 teaspoon fresh ground pepper
1 1/2 teaspoon cumin
1/4 cup plus 2 tablespoons olive oil
1/4 cup plus 3 tablespoons lemon juice
3/4 cup plus 3 tablespoons lemon juice
3/4 teaspoon salt
Smoked paprika for garnish

Directions:

Drain and rinse soaked nuts.
Place the nuts in a food processor and grind.
Add remaining ingredients reserving 1/2 of the water. Purée hummus until creamy, adding more water if necessary.
Adjust seasonings to taste.
Spoon into a serving dish and drizzle with extra olive oil and smoked paprika.
Serve with cut veggies.

Sprouted Hummus – F, H, P

Makes: approx. 1 cup

Ingredients:

- 1/2 cup dried garbanzo beans
- 1 clove garlic
- 1 minced serrano pepper, optional
- 3 tablespoons fresh lemon juice
- 1 teaspoon unrefined sea salt
- 2 tablespoons sesame tahini
- 1/2 cup extra virgin olive oil

Directions:

- Rinse the garbanzo beans, and pick out any loose bits of debris.
- Place them in a bowl, and cover them with warm water by 2 inches.
- Cover, and allow them to soak at least 18 and up to 24 hours.
- Drain the beans and rinse them well.
- Pour the beans into a fine-mesh sieve or a sprouting jar.
- Rinse and drain the beans 2-3 times a day for 2-3 days, or until the sprouts barely emerge from the tip of the beans.
- Rinse the beans well, and pour them into a medium saucepan.
- Cover with water and bring to a boil over high heat.
- Reduce the heat to medium and continue simmering the beans for 1½ hours, or until tender.
- Drain and rinse well in cold water.
- Slip the papery skin from the garbanzo beans off and place the beans into a food processor.
- Add the garlic, serrano pepper, lemon juice, salt, and tahini.
- Pulse for 10 seconds until the ingredients are loosely blended.
- Pour the olive oil into the feeder tube, so it drips into the basin of the food processor in a slow, thin stream. Process until the olive oil is gone and the hummus is well blended.
- Serve immediately or spoon into an airtight container. It will keep in the refrigerator for about one week.

Use this recipe as a basis to make hummus flavored with cumin, chile peppers, cilantro, garlic or red bell peppers.

Desserts

Applesauce - F, H, P, S

Serves: 1

Ingredients:

1 granny smith apple, peeled, cored, and sliced 1/4 teaspoon stevia
or to taste
1/2 teaspoon cinnamon
2 teaspoons of coconut oil
touch of ground nutmeg or cloves (optional)

Directions:

Preheat oven to 300° F.
Arrange apple slices in a baking dish.
Sprinkle with stevia and cinnamon and cover.
Bake for 15 minutes.
When apples are tender, remove from oven.
Mash with coconut oil.
Serve hot or cold.

Chocolate Pancake - F, H, P

Serves: 1

Ingredients:

3 tablespoons coconut flour
4 eggs (pasture-raised or organic)
1/2 avocado
1 tablespoon of butter
1 tablespoon of ground flaxseeds (optional)
1 teaspoon raw cacao powder (Plan H omit until after Week 5)
1/2 teaspoon of cinnamon
Stevia and salt to taste
Extra butter to coat the pan

Directions:

Mix all ingredients in a blender until smooth and thick
Heat butter in a large skillet and coat the pan thoroughly.
When hot, carefully drop pancake batter by tablespoons into the
heated pan. Pancakes should be small enough to turn easily once
they are set.
Once set, flip and cook the other side until golden brown and cooked
through.

Remove from the pan.

Variations: Top with butter, 1/2 cup berries or 1/4 cup green banana or plantain.

Cinnamon Mousse - F, H, P, S

Ingredients:

- 1 can whole coconut milk
- 1/4 tablespoon cinnamon
- 1/4 teaspoon nut meg
- 1/4 teaspoon stevia powder or use stevia drops to taste.

Directions:

Drain off the thin liquid from the coconut milk, and place the thick coconut cream in a mixing bowl.
Using a mixer, blend the coconut cream with the remaining ingredients until smooth.
Place the mousse in small bowls, put in the refrigerator and chill until firm.
Cinnamon mousse can be eaten either chilled or at room temperature.

Coconut Macadamia Porridge - F, H, P, S

Serves: 4

Ingredients:

- 4 Young coconuts, pulped
- 1/2 Cup macadamia nuts, soaked for 2 hours and then drained
- 1/2 Vanilla bean (no alcohol)
- 1/2 teaspoon mesquite meal
- 1 pinch sea salt
- 1/2-1 cup coconut water or water
- 1/2 teaspoon dark-liquid stevia, if using as a dessert
- Sprinkle cinnamon, nutmeg and a little clove

Directions:

Using a mixer, blend all ingredients together until smooth.
Serve chilled.

Cashew or Macadamia Cake Batter Pudding - F, H, P, S

Soaking time: 1 hour **Prep time:** 5 minutes

Serves: 6

Ingredients:

1 heaping cup raw cashews or raw macadamias soaked for one hour and then drained
1 cup pure water (or unsweetened almond milk or coconut water)
1 teaspoon vanilla extract or vanilla bean
3 tablespoons coconut butter
1/2 teaspoon dark-liquid stevia
1/2 teaspoon sea salt

Directions:

- Blend all ingredients together in a food processor.
- Refrigerate and serve chilled.

Variation:

Stir in 1-2 teaspoons of cacao nibs before refrigerating

Sweet Rhubarb - F, H, P, S

Serves: 4

Ingredients:

1 pound rhubarb, chopped
1 tablespoon butter
1 tablespoon water
4 teaspoons stevia or equivalent in liquid drops
1/2 teaspoon cinnamon

Directions:

In a medium saucepan, cook rhubarb in water over low to medium heat 12-15 minutes.

Mash and blend in stevia and cinnamon.

Variations:

Add a cup of strawberries or the seeds of 1/2 a pomegranate.

Add 2 tablespoons of chopped raw or [Crunchy Nuts](#).

Turmeric Ginger Lemonade GUMMIES - F, H, P, S

Prep and cook time: 20 minutes **Serves:** 4

Ingredients:

4 cups water
1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled)
dark-liquid stevia, to taste
lemon slices, or the juice of a full lemon (to taste)
5 tablespoons [gelatin](#)

Directions:

Put water into a small pot and bring to a boil on the stove.
Make sure that the water has come to a full boil. Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger.
Remove the pot from the stove.
Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.
While the tea is still warm but not hot, remove several tablespoons of the tea and combine it with the 5 tablespoons gelatin, in a small bowl. Stir until smooth.
Add the gelatin mixture, stevia and lemon juice to the remaining tea and whisk until smooth.
Pour into mold, set in refrigerator.
Slice into desired portions when thoroughly chilled and set.

Vanilla or Chocolate Ice Cream - F, H, P

Serves: 1

Ingredients:

1 scoop grass fed whey (vanilla or chocolate)
1/4 cup filtered water
1 tablespoon butter or coconut oil

Directions:

In a small blender, blend all ingredients until smooth.
Pour into a freezer container and freeze until ready to serve.

Variation: Top with chopped crunchy nuts and/or shredded unsweetened coconut.

Whipped Coconut Cream - F, H, P, S

Ingredients:

1 can unsweetened coconut milk

Directions:

Pour coconut milk into a jar and shake vigorously.
Chill in the refrigerator until mixture thickens.
Shake well before using.

Variations: Add berries, stevia and/or spices. Or top with chopped [Crunchy Nuts](#).

Condiments, Dressings, and Sauces – ALL PLANS

Avocado Garlic Dressing

Makes: approx. 3/4 cup

Ingredients:

1 generous handful cilantro, chopped
1/2 large avocado, peeled
1/2 teaspoon cumin
1-2 garlic cloves
3 tablespoons lime juice
3 tablespoons olive oil
Salt to taste
Water for desired consistency

Directions:

- Blend all ingredients in a blender.

Christa's Healthy Italian Candida-Friendly Dressing

Makes: approx. 1 1/2 cups

Ingredients:

1/2 cup flax oil or avocado oil
1/2 cup extra virgin olive oil
1/2 cup lemon juice
1 garlic clove, crushed



4 drops of dark-liquid stevia
1 pinch of sea salt
½ teaspoon sea veggie flakes
1 pinch each of basil and oregano

Directions:

- Shake all ingredients in a salad dressing container. Keep refrigerated due to flax oil.

Cilantro Butter Spread

Makes: 1 cup

Ingredients:

1/2 cup grass-fed unsalted butter or ghee, softened to room temperature
1/2 cup fresh cilantro, chopped
1 tablespoon fresh oregano
1-2 garlic clove, minced
1 teaspoon fresh lime juice
Pinch of sea salt

Directions:

In a small bowl, blend together butter, herbs, and lime juice until smooth and creamy. Cover, refrigerate and serve chilled.

Cleansing Cilantro & Oregano Pesto

Makes: approx. 1 cup

Note: Limit daily intake to no more than 4 Tablespoons

Ingredients:

1 bunch fresh cilantro, washed and dried, ends clipped
2 tablespoons fresh oregano
1 lime, juiced
3/4 cup extra virgin olive oil
1/3 cup pine nuts (optional)
2-3 garlic cloves, minced (**omit if causes bloating or discomfort**)
Sea salt to taste

Directions:

- Blend all ingredients together.

- Use as a thicker salad dressing, a dip for vegetables, or as a topping for chicken or fish after it has been cooked.

Curry Powder

Ingredients:

4 parts ground coriander
2 parts ground turmeric
2 parts ground yellow mustard powder 1-2 parts cayenne powder
1 parts ground cumin
1/2 parts ground cardamom
1/2 parts ginger

Directions:

Place all the spices in a bowl and stir together until well combined, making sure there are no lumps of any one spice.
Transfer immediately to an airtight container, and store in a cool dry place.
Use in any recipe calling for curry powder.

Curry Sauce

Makes: 2 cups

Ingredients:

4 tablespoons of butter or ghee
1 yellow pepper, finally chopped
1 cup onion, finally chopped (omit if causes discomfort)
4 tablespoons of curry powder
1 cup chicken broth
1 1/2 cups coconut milk

1/4 cup lime juice
pinch salt
1/2 teaspoon freshly ground black pepper

Directions:

Sauté vegetables in butter until tender.
Add homemade curry powder and blend in.
Add stock, bring to a boil and whisk smooth.
Pour in coconut milk Let mixture simmer until reduced to about a half.

Remove from heat, stir in lime juice and season to taste. Strain sauce. Curry sauce may be frozen for later use.

Dill Butter Spread

Makes: 1 cup

Ingredients:

1/2 cup (8 tablespoons) grass-fed unsalted butter or ghee,
softened to room temperature
1/2 cup fresh dill, chopped, or 1/8 dried and crushed
Pinch of sea salt

Directions:

- In a small bowl, blend butter and dill until smooth and creamy.
- Cover, and refrigerate for several hours so flavors can blend.

Frenchy Butter Spread

Makes: 1/2 cup

Ingredients:

1/2 cup (8 tablespoons) grass-fed butter unsalted butter or ghee,
softened to room temperature
1 tablespoon fresh parsley, chopped
1 teaspoon dried and crushed chives

1 teaspoon dried and crushed tarragon
Pinch of sea salt

Directions:

In a small bowl, blend together butter and herbs until smooth and creamy.
Cover, refrigerate and serve chilled.
Great on top of veggies!

Ginger Pickle - Build Your Hydrochloric Acid

Ingredients:

1 lemon, juiced
1 full ginger root (the size would cover the palm of your hand)



peeled and shredded with a carrot shaver or cheese grater
1 teaspoon Himalayan pink salt

Directions:

- Mix all ingredients together, put in a jar and let “pickle” overnight in the refrigerator.
- Chew 1/2-1 teaspoon Ginger Pickle before your largest meal and then spit it out.

Note: The Ginger Pickle can also be made in a food processor.

Herb Infused Compound Butter Recipes

Courtesy of WellnessMama.com

Herb infused compound butters combine the fat-soluble vitamins in butter with the flavor and health benefits of various herbs for a delicious and simple condiment.

Ingredients:

1/2 cup of butter (about 4 ounces or 1 stick)- softened to room temperature
1 teaspoon of high quality olive oil (optional)
1 tablespoon of fresh basil leaves, very finely chopped
1 tablespoon fresh parsley, very finely chopped
1 tablespoon fresh chives, very finely chopped
1 clove of garlic, very finely minced

Directions:

Soften butter to room temperature.
Finely chop all herbs.
Mince garlic as finely as possible.
Place all ingredients in a medium bowl and use a fork to mix until all herbs are evenly incorporated.
Place mixture in to a piece of parchment paper or wax paper and form in to a roll/stick.
Place in the fridge for at least four hours (or overnight if possible).
Serve with meats, vegetables or whatever sounds good!

Flavor Variations: (blend these instead of the herbs in the recipe above):

The zest of one organic lemon and one organic lime (great on fish)

1 tablespoon each of finely minced fresh parsley, chives, rosemary and tarragon
2 tablespoons fresh minced mint and 1 tablespoon lemon zest (great on lamb)
3 tablespoons fresh minced dill weed and 1 tablespoon orange or lemon zest (great on fish or vegetables)

Homemade Mustard

- Simply grind mustard seeds in a mortar, mix in water and oil until desired texture.

Homemade Nut Butter

Makes: 2 cups

Ingredients:

2 cups [Crunchy Nuts](#)
3/4 cup coconut oil, softened
1 teaspoon sea salt
Stevia to taste

Directions:

- Place nuts and sea salt in a food processor or blender and grind to a fine powder.
- Add coconut oil, salt, and stevia and process until mixture becomes smooth. The mixture will harden when chilled.
- Store in an airtight container in the refrigerator. Serve at room temperature.

Immunity Spice Mixture

Ingredients:

6 parts turmeric
3 parts ground cumin
3 parts ground coriander
6 parts ground fennel
1 part powdered, dry ginger
1 part ground black pepper
1/4 part ground cinnamon

Directions:

- Combine the spices and use as a seasoning for meat, fish, and vegetables.

Kimchi**Ingredients:**

2 heads Napa cabbage
1 daikon radish
5 large carrots
1 bunch spring onions (about 7)
1 apple
2-inch piece fresh ginger, peeled
6 cloves garlic, peeled
1/4-1/3 cup red chili flakes, crushed
1/4 cup sea salt

Directions:

- Wash all vegetables. Chop cabbage into bite-sized chunks, julienne or grate carrots, daikon, and apple. Slice green onion. Place all vegetables in a very large bowl.
- In a food processor, blend ginger, garlic, and chili until well-combined. Add this mixture to bowl of vegetables along with salt.
- Mix and vigorously massage all ingredients together until the cabbage begins to soften and release fluid. Continue until you have a fair amount of liquid in the bottom of the bowl, about 4-5 minutes. The vegetables at this point should have lost much of their volume.
- Let the bowl sit out at room temperature for a few hours, massaging once or twice more.
- In a large, sterilized jar (or several small ones), pack in the vegetables, trying to avoid any air pockets, making sure to leave a few inches of space at the top of the jar for carbon dioxide. Cover the jar loosely with a lid, or be sure to open it periodically to release any pressure that may build up.
- Leave the jar on the counter for 2-4 days. You may see bubbles forming in the jar – this is carbon dioxide and totally normal. Taste the kimchi now and again. Once the flavor is to your liking, seal the jar and place in the fridge.

Mayonnaise, Eggless

Makes: approx. 1 1/4 cups

Ingredients:

- 1/4 cup unsweetened coconut milk beverage
- 1/2 cup raw soaked cashews
- 1 tablespoon lemon juice
- 1 tablespoon [Homemade Mustard](#)
(most conventional mustard contains vinegar)
- 1/2 teaspoon sea salt
- 1/2 cup macadamia nut oil

Directions:

- Combine all ingredients, except the macadamia nut oil, in a blender and puree.
- With the blender running, add the oil in a slow and steady stream until the mixture is thick and creamy.

Mayonnaise, Vinegar-free

Makes: approx. 1 1/4 cups

Ingredients:

- 1 large egg
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon dry mustard
- 1/4 teaspoon sea salt
- 1 cup avocado oil

Directions:

- Combine all ingredients, except avocado oil, in a blender and puree.
- With the blender running, add the oil in a slow and steady stream until the mixture is thick and creamy (it will thicken when refrigerated).
- Store in refrigerator and **USE WITHIN 5 DAYS**

Sauerkraut

Makes: 1 quart

Ingredients:



1 medium cabbage, cored and shredded
1 tablespoon caraway seeds (optional)
4 teaspoons sea salt

Directions:

- In a large bowl, mix cabbage with caraway seeds and sea salt.
- Pound with a wooden mallet or a meat hammer for about 15-20 minutes to release juices.
- Place in a quart-sized, wide-mouth mason jar and press down firmly with a wooden spoon or mallet until the juices cover the cabbage. The cabbage should be at least 1 inch below the top of the jar.
- Cover tightly and leave on the counter for 3 days before putting sauerkraut in the refrigerator.
- The sauerkraut may be eaten immediately but will improve with age.