

YOUR HEALTHY

RECIPE GUIDE



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BREAKFAST

ORANGE SMOOTHIE

Serves 1

1½ cups milk (or dairy-free liquid)
½ avocado
1 cup spinach
1 orange, peeled
*1 scoop protein powder
dash cinnamon powder

MANGO SMOOTHIE

Serves 1

1½ cups milk (or dairy-free liquid)
½ avocado
1 cup spinach
½ cup mango, frozen
*1 scoop protein powder
dash ginger powder

AVOCADO TOAST

Serves 1

2 slices gluten-free toast
½ avocado, mashed
3 basil leaves
1 hard-boiled egg, sliced
1 small tomato, sliced

Place toast on a flat surface. Top with mashed avocado, basil leaves, sliced egg, and tomato slices.

***I recommend this all plant based protein drink [SolleComplete](#) (click to read more information)**

STRAWBERRY GRANOLA BOWL

Serves 1

1 cup strawberry yogurt or Kefir (dairy or dairy-free)
5 strawberries, sliced
½ cup granola
lemon zest (optional)
dash cinnamon powder

In a bowl, layer yogurt, strawberries, granola, lemon zest and cinnamon.

SCRAMBLED EGGS WITH KALE AND ONIONS

Serves 1-2

2-3 eggs
1 tablespoon coconut oil + more as needed
1 cup kale
½ onion, chopped
⅓ cup salsa
1 avocado, pitted and sliced

Crack 2-3 eggs into a bowl. Whisk lightly.

Preheat pan on medium-high heat. Add coconut oil. Once coconut oil is melted and hot, add kale and onion. Sauté for 3 minutes to soften veggies.

Add more coconut oil to the pan, if needed. Pour whisked eggs into hot pan over the sautéed veggies.

Using a rubber spatula, fold the eggs into sautéed veggies and cook until desired.

Top with salsa and sliced avocado.

BASICS

GRILLED SALMON

Serves 4

1 pound Coho salmon, cut into 4 fillets
1-2 tablespoons extra virgin olive oil
2 lemons, sliced in half
1 teaspoon sea salt

Preheat oven to 350° F.

Rinse salmon, pat dry, and place on a baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lemon onto each fillet. Sprinkle fillets with sea salt.

Place salmon in oven and cook for 8-12 minutes, depending on how well done you like your fish.

LARGE SALAD

Serves 4

2 ripe red or green pears, cored and cut into equal-size wedges
3 tablespoons extra virgin olive oil, divided
sea salt and black pepper, to taste
1 cup balsamic vinegar
4 cups arugula, washed and dried
4 ounces creamy blue cheese, like Saint Agur French Triple Cream, divided into small chunks

Preheat oven to 375° F.

Line a baking sheet with parchment paper or aluminum foil (or spray with non-stick cooking spray). Arrange pear slices on sheet, leaving space in between to prevent overcrowding. Lightly brush each pear slice with olive oil and sprinkle with salt and pepper.

Place in the oven and roast for approximately 20 minutes. Remove from oven and flip each pear slice. Return to oven and continue roasting until evenly browned and soft, approximately 10-15 minutes. (Keep an eye on them the first time you make them as oven roasting times will vary). Remove from oven and allow to cool slightly.

Meanwhile, add 1 cup of balsamic vinegar to a small saucepan over medium-high heat. Stir frequently until the liquid begins to boil. Reduce heat to simmer and continue stirring until liquid is reduced to $\frac{1}{3}$ of its original volume. Liquid will become thick and syrupy when it is ready.

To serve, divide arugula, roasted pear slices, and blue cheese among 4 plates. Drizzle with balsamic glaze and extra virgin olive oil and serve immediately with fresh-cracked black pepper and sea salt, if desired.

THE PERFECT LEMON GRILLED CHICKEN

Serves 4

$\frac{1}{4}$ cup extra virgin olive oil
2 cloves garlic, minced
 $\frac{1}{3}$ cup freshly squeezed lemon juice
1 teaspoon sea salt
black pepper, to taste
4 boneless, skinless chicken breasts

Combine oil, garlic, lemon juice, sea salt, and pepper in a large bowl. Transfer mix to a large plastic bag. Add the chicken breasts and allow to marinate for 24 hours. The next day, preheat the oven to 350° F and bake for 30 minutes or until juices run clear.

BEANS

Makes roughly 4 cups

2 cups dry beans (soak overnight)
1 teaspoon sea salt

4 cups water

Remove your beans from the soaking water. Discard the water and add the beans to a large pot. Fill the pot with fresh water. Cook the beans on medium-high until they are soft. Add more water, if the beans are not yet soft and the water is disappearing. Cooking times can vary depending upon the freshness of your beans. It can take 2 to 4 hours to boil black beans until they are tender. Be patient!

SNACKS

BAKED APPLE CHIPS

Serves 4 to 5

4 apples
1 lemon, juiced
2 cups cold water
dash cinnamon powder
dash ground ginger

Preheat oven to 200° degrees F. Line a baking sheet with parchment paper.

While oven is preheating, prep your apples. Add lemon juice to a bowl of cold water and set to the side. Wash and slice your apples as thin as you can, core and all. Add apple slices in the cold water and lemon juice mixture for a few seconds as this will prevent browning. Remove apple slices from the water, and place in a single layer on your lined baking sheet. Sprinkle the chips with cinnamon and ginger powder.

Bake the apple slices for 1 hour, then flip to the other side. Bake for another hour. If the slices are not dry enough, you can bake for another 10 to 15 minutes. Once the apple slices are done to your liking, remove from heat and set to the side to cool. Once the apple slices are cool, place them in a airtight container for storage.

LUNCH

HEALTHY SANDWICH

Serves 1

2 slices gluten-free bread
2 tablespoons hummus
¼ cucumber, sliced
½ tomato, sliced
1 large lettuce leaf
¼ cup sprouts

Lay bread on a flat surface. Spread hummus on each slice of bread. Layer cucumber, tomato, lettuce, and sprouts on top of hummus on one piece of bread and then top with the other piece to make a sandwich.

OMNIVORE OPTION: Add 5 nitrate-free turkey slices

SIMPLE SALAD

Serves 1

2 tablespoon balsamic vinegar
¼ cup extra virgin olive oil
sea salt and pepper, to taste
2 cups spinach
1 small cucumber, chopped
1 hard-boiled egg, sliced
¼ cup walnuts
½ red onion, sliced
½ avocado, chopped
5 cherry tomatoes, halved

OMNIVORE OPTION: Add 1 can salmon

Combine the balsamic vinegar, olive oil, salt, and pepper in a small bowl. Whisk well and set to the side.

Next, add the salad ingredients to a large bowl. Top with the dressing and mix well before serving immediately.

MASON JAR SALAD

Serves 1

1/3 - 1/2 cup salsa
1 carrot, chopped
1 cucumber, chopped
1 red bell pepper, chopped
1/2 cup canned black beans, rinsed and drained
1 cup mixed greens
1 avocado

OMNIVORE OPTION: Add 1 can tuna (BPA free)

In a large mason jar, layer ingredients in this order: salsa, carrot, cucumber, red bell pepper, black beans, tuna (if including), and top with mixed greens. When ready to eat, empty ingredients into a bowl. Salsa will cover salad. Cut avocado when serving to prevent browning.

VITALITY SALAD

Serves 1

1 cup spinach
4 ounces goat cheese
1/4 cup cashews
1/4 cup dried cranberries or currants
1/4 cup beets (can or pre-packaged)
1/2 avocado, chopped
1 cucumber, chopped
balsamic vinegar, to taste
sea salt and pepper, to taste

OMNIVORE OPTION: Add nitrate-free chicken slices

Add the salad ingredients to a large bowl. Top with balsamic vinegar, salt, and pepper to taste. Mix well before serving immediately.

SIMPLE WRAP

Serves 1

1 gluten-free soft tortilla or 2 large lettuce leaves
½ avocado, mashed
2 tablespoons hummus
⅛ cup red onion, chopped
2 tablespoons feta cheese
6 cherry tomatoes, chopped
6 olives, chopped
1 lime, juiced

OMNIVORE OPTION: Add nitrate-free turkey or chicken slices or sliced chicken breast

Lay tortilla or lettuce leaves on flat surface. Top with mashed avocado, hummus, onions, feta, cherry tomatoes, olives, and lime juice. Wrap it up and serve immediately.

DINNER

BURGER NIGHT WITH SALAD AND FRENCH FRIES

Serves 4

4 burgers, beef or vegetarian
4 gluten-free burger buns or lettuce leaves for wrapping burgers
1 tomato, sliced
1 onion, sliced
3 slices cheese (optional)
1 avocado, sliced (optional)
1 package frozen French fries

Bake fries in oven according to directions. Cook burgers according to the package instructions. Assemble burgers with toppings of choice.

LARGE SIDE SALAD

Serves 4

¼ cup extra virgin olive oil
2-3 tablespoons red wine vinegar
sea salt and pepper to taste
3 cups romaine lettuce, chopped
1 cup spinach
2 carrots, shredded or chopped
2 ripe tomatoes, chopped
½ red onion, chopped
1 cucumber, chopped

In a small bowl, whisk the extra virgin olive oil and red wine vinegar with salt and pepper to taste and set aside.

Put salad ingredients in a large serving bowl. Pour dressing over salad just before serving.

KALE SAUTE WITH BROWN RICE AND SALAD

Serves 4

1 tablespoon coconut oil
2 cups frozen squash cubes
1 large onion, chopped
1 red bell pepper, chopped
3 cloves garlic, minced
4 cups kale, chopped
1 15-ounce can white beans, rinsed and drained
4 cups cooked brown rice (see recipe below)
2 avocados, pitted and chopped
1 lemon, juiced
sea salt and pepper, to taste

Prepare brown rice according to Basic Brown Rice recipe.

BASIC BROWN RICE

Serves 4

2 cups long grain brown rice

2½ cups water

Add brown rice and water to a medium-sized pot over medium heat. Cover and cook for 20-30 minutes (follow box instructions). Set to the side while cooking the rest of the meal.

Heat a large sauté pan with coconut oil to medium-high heat. Add squash, onion, bell pepper, and garlic. Sauté to soften veggies for 3-5 minutes. Add in kale and cook another 3 minutes to soften kale. Toss in white beans until heated, about 3 minutes, stirring occasionally.

To serve, divide brown rice among plates and cover with kale sauté. Top with avocado and lemon juice. Add salt and pepper to taste. Serve with side salad.

SIDE SALAD

4 cups mixed greens
1 large cucumber, chopped
1/2 cup shredded carrots
1 lemon, juiced
2 tablespoons extra virgin olive oil
sea salt and black pepper, to taste
1 15-ounce can black beans, rinsed and drained

Add the ingredients to a large mixing bowl. Mix well and serve.

OMNIVORE OPTION: Add 2 salmon fillets (see recipe in Basics)

RISOTTO WITH ROASTED BROCCOLI

Serves 4

2 cups fresh broccoli florets, chopped
3 tablespoons extra virgin olive oil, divided
sea salt and black pepper, to taste
1 medium yellow onion, finely diced
1 cup Arborio rice, uncooked
3-4 cloves garlic, finely minced
3 cups vegetable broth
¼ cup half and half
½ cup Parmesan cheese, freshly grated

Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper or baking mat. Set aside.

Toss broccoli with 1½ tablespoons olive oil in a large bowl and season with salt and pepper, to taste. Transfer to prepared baking sheet and spread broccoli into a single layer without overcrowding. Place in preheated oven and roast for 12-15 minutes or until tender and starting to brown. Remove from oven and set aside.

While broccoli is roasting, heat remaining olive oil in a large skillet over medium-high heat. Add onion and sauté, stirring occasionally, until tender, approximately 5 minutes.

Add Arborio rice and garlic to skillet and cook for 1 minute or until rice is coated and golden brown. Reduce heat to medium and add ½ cup vegetable broth to skillet and stir continually. Once the excess liquid has been absorbed, repeat this process with the remaining broth in half cup increments until the risotto is tender and creamy and the excess liquid has been absorbed.

Remove from heat and stir in roasted broccoli, half-and-half, and grated Parmesan cheese. Season with salt and pepper, to taste, and serve immediately. Enjoy!

OMNIVORE OPTION: Add 2 chicken breasts; slice and serve on top of risotto

MEXICAN FUN NIGHT WITH CORN ON THE COB

Serves 4

8-12 taco shells/tortillas of choice
1 tablespoon coconut oil
1 large onion, chopped
1 tablespoon chili powder
½ teaspoon garlic powder
¼ teaspoon onion powder
2 teaspoons ground cumin
½ teaspoon smoked paprika
½ teaspoon dried oregano
2 15-ounce cans black beans, rinsed and drained
sea salt, black pepper, and red pepper flakes, to taste
2 cups lettuce, shredded
1 tomato, diced

1 jar salsa
½ bunch cilantro, chopped
2 avocados, pitted and chopped
2 limes, cut in wedges

In a medium pot, bring coconut oil to medium-high heat. Add onion and sauté with spices for 3 minutes. Add black beans and stirring gently, cook for 3-5 minutes on medium heat to warm thoroughly.

Fill taco shells with black bean sauté and top with lettuce, tomato, salsa, cilantro, and avocado. Garnish with a squeeze of a lime wedge.

OMNIVORE OPTION: Grilled chicken in slices for the taco or ground beef.

CORN ON THE COB

Serves 4

4 ears corn, cleaned
butter, to taste
sea salt and black pepper, to taste
1 cup chopped cilantro (optional)
1 lime, juiced (optional)

Bring a large pot of water to a boil. Drop cleaned corn into pot when water is at a rapid boil. Boil corn for 4-5 minutes. Remove from water. Serve topped with a combo of any of the following: butter, salt, pepper, cilantro, and/or lime juice. Serve with a side salad.

SWISS CHARD WITH CAULIFLOWER RICE

Serves 4

2 tablespoons coconut oil, divided
4 cups cauliflower rice*
1 inch knob ginger, peeled and grated
½ bunch cilantro, chopped
sea salt and black pepper, to taste
1 onion, chopped
2 garlic cloves, chopped
1 bunch Swiss chard, chopped
2 avocados, sliced

***NOTE:** You can purchase cauliflower rice ready to cook at Whole Foods, Trader Joe's, and other specialty food stores.

Add 1 tablespoon of coconut oil to a large sauté pan over medium heat. When the oil has melted, add cauliflower rice. Season with turmeric, ginger, cilantro, sea salt, and black pepper. Mix well and toss for about 3 to 5 minutes. Remove the rice from the pan and set aside in a large serving bowl to cool.

Add the remaining 1 tablespoon of coconut oil to the hot pan. Add onion and garlic. Sauté for about 3 minutes, then add the Swiss chard. Sauté until wilted. Serve on top of the cauliflower rice with sliced avocado.

Serve with grilled tempeh or 2 chicken breasts (See recipe in Basics)

DESSERT

BERRY DELIGHT PARFAIT

Serves 1

1 cup vanilla flavored yogurt (dairy or dairy-free)
½ cup granola cereal, gluten free
4 strawberries
20 blueberries

Wash and dry the berries. Set aside one strawberry and 3-4 blueberries. Slice the remaining three strawberries.

Assemble the parfait by starting with 3-4 strawberry slices and blueberries.

Next add ½ cup yogurt. Follow that with the granola. Add the remaining strawberry and blueberries.

Top it off with the remaining yogurt. Add the whole strawberry and reserved blueberries for garnish.