



QUICK START GUIDE TO KETO

# FOUNDATIONS RESET

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KETO PREPARATION RECIPE GUIDE



# RECIPE GUIDE

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“CHEW YOUR DRINK  
AND DRINK YOUR FOOD” - GANDHI

# SMOOTHIES

## STRAWBERRIES & CREAM

1 cup unsweetened nut milk (or, for a more calorically dense smoothie: ½ cup coconut milk + ½ cup purified water)

1 cup ice

2 handfuls leafy greens

1 cup strawberries

2 tablespoons shredded coconut

Optional: 2 tablespoons protein powder

## BANANA NUT MUFFIN

1 cup unsweetened almond milk  
1 banana (frozen for a creamier smoothie)  
2 tablespoons walnuts  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
pinch sea salt  
Optional: 2 tablespoons protein powder

## CHERRY ALMOND

1 cup unsweetened almond milk  
2 handfuls leafy greens  
¾ cup frozen cherries  
2 tablespoons almond butter  
Optional: 2 tablespoons protein powder

## PUMPKIN PIE SPICE

½ cup pumpkin puree (fresh is best)  
1 1/2 cup unsweetened nut milk  
2 tablespoons whole cashews  
1 tablespoon freshly ground flaxseed  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon ground ginger  
pinch sea salt  
2 handfuls leafy greens  
Optional: 2 tablespoons protein powder

## CHOCOLATE AVOCADO

1 cup unsweetened nut milk  
1/2 cup ice  
2 handfuls leafy greens  
1 green-tipped banana (frozen for a creamier smoothie)  
½ avocado  
2 tablespoons raw cacao  
Optional: 2 tablespoons protein powder

## GREEN & CREAMY

1 cup unsweetened nut milk  
2 handfuls leafy greens  
1/2 cup ice  
1 green-tipped banana (frozen for a creamier smoothie)  
½ avocado  
Optional: 2 tablespoons protein powder

## APPLE PIE

1 cup unsweetened nut milk  
1/2 cup ice  
1 large apple (Fuji or Honey Crisp)  
2 handfuls leafy greens  
1 tablespoon freshly ground flaxseed  
½ teaspoon cinnamon  
¼ teaspoon ground ginger  
¼ teaspoon nutmeg  
Optional: 2 tablespoons protein powder

## BANANA GINGER SPICE

1 cup unsweetened nut milk (or, for a more calorically dense smoothie: ½ cup coconut milk + ½ cup purified water)

1/2 cup ice

2 handfuls leafy greens

1 green-tipped banana (frozen for a creamier smoothie)

1 tablespoon freshly ground flaxseed

½ teaspoon cinnamon

¼ teaspoon ground ginger

¼ teaspoon nutmeg

Optional: 2 tablespoons protein powder

## ALMOND BUTTER & JELLY

1 cup unsweetened almond milk

1 cup frozen raspberries

2 tablespoons almond butter

2 handfuls leafy greens

Optional: 2 tablespoons protein powder

## BERRY BLISS

1 cup unsweetened nut milk

2 handfuls leafy greens

1 green-tipped banana

½ cup frozen strawberries

½ cup frozen blueberries

2 tablespoons shredded coconut

2 cups fresh spinach

Optional: 2 tablespoons protein powder



## CHOCOLATE COCONUT CRUNCH

1 cup unsweetened nut milk (or, for a more calorically dense smoothie: ½ cup coconut milk + ½ cup purified water)  
2 handfuls leafy greens  
1 green-tipped banana  
1 tablespoon freshly ground flaxseed  
Optional: 2 tablespoons protein powder

*Add in after blending the above ingredients:*

2 tablespoons unsweetened shredded coconut  
1 tablespoon raw cacao nibs

*Pulse twice to partially grind the cacao and coconut, then serve for a crunchy texture.*

## ALMOND DREAM

1 cup unsweetened almond milk  
2 handfuls leafy greens  
1 banana (ideally frozen)  
½ avocado  
1 cup fresh spinach  
2 tablespoons almond butter  
1 teaspoon cinnamon  
Optional: 2 tablespoons protein powder



**“TO INSURE GOOD HEALTH: EAT LIGHTLY, BREATHE DEEPLY, LIVE MODERATELY, CULTIVATE CHEERFULNESS, AND MAINTAIN AN INTEREST IN LIFE” – WILLIAM LONDON**

# NUT MILKS

## MAKING YOUR OWN NUT MILK

Most nut milks are made using the following tools and guidelines:

### *Tools*

Nut milk bag or cheesecloth

Blender or food processor

Measuring cup

Mason jar for milk storage

Fine mesh strainer

### *Procedure*

- 1) Pre-soak the nuts or seeds you are using according to the individual recipe instructions below to optimize the nutrient value of the milk. This step also makes the milk extra creamy!
- 2) Drain the soaking water and rinse under running water (using a fine mesh strainer or your nut milk bag/cheesecloth)
- 3) Blend with fresh purified water until completely smooth (recommended nut/water ratios are listed below with each recipe. Use more or less water to make a thicker or thinner milk). Using a blender yields smoother, more consistent milk, while a food processor makes thicker milk with a little grit and nuttier flavor.
- 4) Strain, using your nut milk bag or cheesecloth, into a mason jar, squeezing the bag/cheesecloth before tossing the pulp to capture all of the liquid. You can use the nut milk bag/cheesecloth alone, or drape it over the fine mesh strainer for easier handling.
- 5) Optional: sweeten or flavor to taste (see below recipes for flavoring suggestions)
- 6) Drink the milk within 2-3 days, as homemade nut milk has no preservatives.
- 7) Optional: use the pulp as the base for a variety of dehydrated snacks.

## ALMOND MILK

### *Ingredients*

1 cup almonds, soaked overnight  
2 cups purified water

### *Method*

Soak 1 cup raw almonds overnight (8-12 hours), then drain soaking water and rinse. Blend with 2 cups purified water, then drain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, 1 teaspoon raw honey or a few drops liquid stevia, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Add an anti-inflammatory boost with an additional ½ teaspoon powdered turmeric

## COCONUT MILK

### *Ingredients*

1 cup unsweetened shredded coconut  
2 cups heated purified water

### *Method*

Heat the 2 cups purified water until hot, not boiling, and pour into a bowl. Stir in 1 cup unsweetened shredded coconut and let soak for 20 minutes. This method of heated soaking will extract more of the oil from the shredded coconut and create richer, more nourishing milk. Without rinsing the coconut, blend the soaking water and shredded coconut together, then strain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, 1 teaspoon raw honey or a few drops liquid stevia, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Add an antioxidant boost with an additional ½ teaspoon raw cacao powder

## HEMP MILK

### *Ingredients*

1/2 cup raw hemp seeds, not soaked  
2 cups purified water

### *Method*

Combine purified water and hemp seeds into blender and blend until smooth, then strain into Mason jar using cheesecloth or nut milk bag. Hemp seeds tend to blend very easily, so not much straining will be required.

Optional flavor mix-ins: pinch sea salt, 1 teaspoon raw honey or a few drops liquid stevia, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Create a spicy fall flavor with an additional ¼ teaspoon nutmeg and ¼ teaspoon ground ginger

## CASHEW MILK

### *Ingredients*

1/2 cup raw cashews, soaked for 4 hours  
2 cups purified water

### *Method*

Soak ½ cup raw cashews for 4 hours, then drain soaking water and rinse. Blend with 2 cups purified water, then strain into Mason jar using cheesecloth or nut milk bag. Cashews tend to blend very easily, so not much straining will be required.

Optional flavor mix-ins: pinch sea salt, 1 teaspoon raw honey or a few drops liquid stevia, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Add a hormone-balancing boost with an additional 1 teaspoon powdered maca

## PUMPKIN SEED MILK

### *Ingredients*

1/2 cup raw shelled pumpkin seeds (aka *pepitas*), soaked about 8 hours

2 cups purified water

### *Method*

Soak ½ cup raw pepitas overnight (about 8 hours), then drain soaking water and rinse. Blend with 2 cups purified water, then strain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, 1 teaspoon raw honey or a few drops liquid stevia, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Create a spicy fall flavor with an additional ¼ teaspoon nutmeg and ¼ teaspoon ground ginger





“LET THY FOOD BE THY MEDICINE AND  
THY MEDICINE BE THY FOOD” - HIPPOCRATES

# JUICES

## BLUSHING BEAUTY

Juice the following:

- 1 beet
- 1 carrot
- 1" ginger
- Juice of 1 lemon
- 1 green apple

## DETOX ROOTS

Juice the following:

- 1 green apple
- 1" ginger root
- 3" burdock root (also called "gobo root")
- 1 handful spinach
- 1 cucumber

## INVIGORATE

Juice the following:

- 4 stalks celery
- 3 large carrots (green tops included if available)
- 1/2 bunch radishes (green tops included if available)
- Juice of 1 lime
- 1/2 bunch cilantro
- 1/2 bunch parsley

## SPICY VITALITY

Juice the following:

- 6 stalks celery
- 4 large kale leaves
- ½ small white potato (skin on)
- ¼ bunch radishes (green tops included if available)
- 1 apple (1)

## LEMON GINGER ZING

Juice the following:

- 1 green apple
- 1" ginger root
- 1 lemon
- 1 cucumber

## GREEN & GLOWING

Juice the following:

- Approx. 1 bunch celery
- 2 cups spinach
- 4 leaves mint
- 1 small apple
- Juice of 1 lemon

## SPINACH APPLE CLARITY

Juice the following:

- ¼ bunch kale
- 1 cucumber
- Handful spinach
- 1/2 bunch parsley
- 2 green apples
- Juice of 1 lemon

## COLD-BUSTING TONIC

Juice the following:

- 1/2 orange
- 1 lemon (with peel remaining on ¼ section of lemon)
- 2" ginger root

Stir in a dash of cayenne





“YOU DON’T HAVE TO COOK FANCY OR COMPLICATED  
MASTERPIECES – JUST GOOD FOOD FROM FRESH

# MAIN COURSES

## **BREAKFAST**

### **COCONUT FLOUR PANCAKES**

#### *Ingredients:*

4 eggs  
3 tablespoons coconut flour  
¼ teaspoon cinnamon  
Coconut oil for cooking

#### *Method:*

In large mixing bowl, whisk eggs until well blended. Mix in coconut flour and stir until smooth. Heat coconut oil in large frying pan and drop spoonful of the batter onto the pan. Once they begin to firm, flip and cook the other side. Once both sides are golden, remove and enjoy.

### **BREAKFAST SAUSAGE**

#### *Ingredients:*

½ pound ground turkey  
½ teaspoon garlic  
½ teaspoon fennel  
½ teaspoon paprika  
¼ teaspoon black pepper  
¼ teaspoon salt  
¼ teaspoon sage  
1/8 teaspoon cayenne pepper  
1 tablespoon  
Coconut oil for cooking

#### *Method:*

Combine turkey and all of the spices into a medium-sized mixing bowl, mixing until well blended. Form the mixture into individual patties. Heat large pan with coconut oil over medium heat. Cook patties for about 5 minutes per side or until cooked through.

## BEEF, GREENS & SWEET POTATO BREAKFAST BOWL

### *Ingredients:*

4 ounces ground beef  
5 ounces shredded Brussels sprouts  
Handful spinach  
2 tablespoons chopped onion  
½ cup grated sweet potato  
1 egg, cooked over medium  
Garlic salt to taste  
1 tablespoon coconut oil for cooking

### *Method:*

Heat coconut oil in large pan over medium heat. Add onion and cook for about 10 minutes or until onion is translucent. Add grated sweet potato and cook until soft. Add beef and cover, cooking for about 10 more minutes or until beef is cooked through, stirring occasionally. Add Brussels sprouts and spinach and cook for an additional 5 minutes, stirring frequently. Season with garlic salt, top with egg and serve.

## VEGGIE SCRAMBLE

### *Ingredients:*

2 eggs  
¼ red bell pepper, diced  
½ cup onion, diced  
Large handful spinach  
½ cup mushrooms, chopped  
1/2 tablespoon coconut oil for cooking  
Salt and pepper to taste

### *Method:*

Heat coconut oil in large pan over medium heat. Add onion and bell peppers and cook for about 10 minutes or until onion is translucent. Add chopped mushroom and cook until soft. Add spinach and cook for a few minutes until wilted. Crack in both eggs and mix in gently, cooking until desired level of firmness is achieved. Season with salt and pepper to taste.



## FLAX & CHIA BREAKFAST CEREAL OR PUDDING

### *Ingredients:*

1 cup unsweetened almond or coconut milk  
2 tablespoons chia seeds  
2 tablespoons ground flax

Additions: dash of cinnamon, nutmeg and ground ginger, pinch of salt, ½ chopped green apple, chopped nuts, few drops of stevia

### *Method:*

Mix all ingredients into bowl and enjoy immediately for a cold cereal-type breakfast. Or, leave in refrigerator for 20 minutes to enjoy as a thicker pudding.

## LUNCH & DINNER

### SIMPLE TURKEY BURGERS

#### *Ingredients*

½ pound organic ground turkey\*

Sea salt and freshly ground black pepper to taste

½ yellow onion

½ cup chopped mushrooms (cremini, portabello or white button)

\*Allow the ground turkey to stand at room temperature for about 15 minutes prior to cooking. This will allow the meat to cook more evenly throughout.

#### *Method*

Heat coconut oil in a large pan over medium heat. Add diced onion and cook until barely translucent (about 5 minutes), then add chopped mushrooms and sprinkle with a pinch of sea salt to help mushrooms release their moisture. Cook for 3-5 minutes or until mushrooms begin to darken and soften, stirring frequently, then add diced garlic and allow to cook for an additional 3 minutes, stirring occasionally. Reserve pan for cooking the burgers.

Pour the cooked vegetables in a large mixing bowl and allow to cool. Add the raw turkey meat to the vegetables and gently mix with your hands until well combined. Overworking the meat will make the burgers tough, so mix only until combined.

Form the meat into patties and, using your fingers or a spoon, form a slight indentation in the middle of the patties. Because the meat will contract during cooking, it is common for a bulge to form in the center. Thinning the middle will result in a more evenly shaped cooked patty. Add more coconut oil to the pan as needed, then cook burgers in over medium heat, covered, for about 8 minutes on each side or until cooked through.

*Tip: If you are looking for melt-in-your-mouth caramelized onions for topping your burger, know that they take some time and plan accordingly. Cook the onion in a tablespoon of coconut oil with a pinch of salt over low to medium-low heat for up to*

an hour, stirring occasionally. If you find they are sticking to the pan too much, add a small amount of water or broth to the pan and stir vigorously (this is known as “deglaizing”).

## CHICKEN & SWEET POTATO SOUP

### *Ingredients*

1 sweet potato, peeled and cubed	½ tablespoon chili powder
6 oz chicken, cooked and shredded	½ teaspoon ground cumin
1 cups chicken broth	½ teaspoon oregano
1 teaspoon coconut oil	1/8 teaspoon cinnamon
1 onion, chopped	Sea salt and freshly ground black pepper to taste
2 cloves garlic, minced	

*To make it a Spicy Chicken & Sweet Potato soup, add:*

½ additional tablespoon chili powder  
¼ teaspoon red pepper flakes

*To make it a creamy Chicken & Sweet Potato soup, add:*

¼ - ½ cup coconut milk, stirred in during the last 30 minutes of cooking

### *Method*

Heat coconut oil in pan over medium heat. Cook onions until translucent (about 10 minutes), then add garlic and cook for an additional 3 minutes. Add all ingredients to crockpot or large pot on stove, cooking until sweet potatoes are tender (about 2-4 hours in crockpot on high setting; 4-8 hours in crockpot on low setting). Serve with a squeeze of lime.

## TACO-LESS SALAD

### *Ingredients*

2 cups romaine lettuce	Sea salt and freshly ground black pepper
1 cup black beans, cooked	1 tablespoon olive oil
1 large heirloom tomato, chopped	Juice from ½ freshly squeezed lemon
1 ripe avocado, thinly sliced	
¼ cup fresh cilantro, minced	

### *Method*

Chop and plate romaine lettuce. In a medium bowl, combine beans, tomato, cilantro and sea salt. Spoon mixture over lettuce. Top with avocado slices. Drizzle with olive oil and lemon juice. Add another pinch of sea salt and freshly ground black pepper to taste.

## VEGETABLE CURRY

### *Ingredients*

- |   |   |
|---|---|
| 1 tablespoon coconut oil  | 2 cups cooked chickpeas (or 1 can)                    |
| 1 onion, chopped  | 1 ½ cups coconut milk (or one 14 oz can coconut milk) |
| 3 cloves garlic, minced   | 2 tablespoons curry powder                            |
| 1 tablespoon freshly grated ginger root (or 1 teaspoon ground ginger) | Sea salt and freshly ground black pepper to taste     |
| ½ cup carrots, very thinly sliced or diced                            | Optional: pinch cayenne powder for heat               |
| ½ cup snow peas   |   |
| 1 cup cauliflower florets   |   |

### *Method*

Heat coconut oil in large pan over medium heat, then add onion, garlic, ginger, carrots and cauliflower and curry powder. Cook until onion is translucent and vegetables have softened (about 10 minutes), stirring occasionally. Stir in coconut milk, bring to a simmer, then cover and reduce heat to a low simmer. Let cook for 10 minutes, then stir in snow peas. Cover once more and cook for an additional 5 minutes.

# ROASTED SPAGHETTI SQUASH PASTA WITH GRASS-FED MEATBALLS

## *Ingredients: Spaghetti Squash*

1 spaghetti squash, halved, seeds removed

3 tablespoons coconut oil

Sea salt to taste

2 tablespoons olive oil

Optional: 1 jar organic marinara sauce

Optional: Few leaves of fresh basil, chopped

## *Method: Spaghetti Squash*

Preheat oven to 425 degrees. Using caution, cut the squash lengthwise with a sharp knife over a cutting board. If you've never cut open a spaghetti squash before, take a moment to check out some online videos of how to do it safely, as it can be a little challenging. It is helpful to place the squash on a dishtowel to minimize rolling and use a smaller knife to score a line in the squash before cutting with a larger knife. Always keep plenty of distance between the hand steadying the squash and the knife cutting into it. Using a balled-up dishcloth to cradle and steady the squash as you cut can be helpful as well. Alternately, you can cook the squash whole without cutting it before cooking, which will add 15-30 minutes to the cooking time.

When squash is cut, scoop out the seeds and discard (or bake them like you would pumpkin seeds).

Warm the coconut oil and drizzle over both halves of the spaghetti squash. Place cut side down on a parchment-lined baking sheet. Roast for 45 minutes to an hour or until squash is tender enough to be easily pierced with a fork through the peel.

Allow squash to cool, then gently scrape the insides with a fork. Transfer the long strands into a medium mixing bowl and toss with olive oil and sea salt to taste. If using marinara, gently mix it in at this point. Top with grass fed or meatless meatballs and a few leaves of fresh chopped basil.



## GRASS-FED MEATBALLS

*Note: This recipe will make extra, so you can either reduce it or freeze the leftovers for a quick and easy future meal.*

### *Ingredients*

1 pound organic grass-fed ground beef  
½ onion, diced  
4 cloves garlic, diced  
1 egg  
1 teaspoon dried or 1 tablespoon fresh parsley, minced  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### *Method*

Preheat oven to 400 degrees. In a medium mixing bowl, stir together egg, onion, garlic, salt, pepper and parsley. Add raw ground beef and gently knead with hands until mixed, taking care not to overwork the meat as this will toughen it.

Form meat into balls, place on a baking sheet lined with parchment paper and bake for 20-25 minutes or until lightly browned and cooked through.

## GRILLED ORANGE-MISO GLAZED SALMON

### *Ingredients*

1 6-oz wild-caught salmon fillet  
2 tablespoons yellow or red miso  
paste  
2 tablespoons freshly squeezed  
orange juice  
½ teaspoon grated orange peel

1 teaspoon honey  
1 tablespoon green onion, finely  
chopped  
Sea salt and freshly ground black  
pepper

### *Method*

In a small mixing bowl, whisk together miso, orange juice, orange peel, honey, and green onion, creating a marinade for the fish.

Place the salmon in a small baking dish or glass storage container and pour the marinade over it, turning the fish to coat. Place in refrigerator for at least 30 minutes.

Heat grill to medium-high. Remove fish from marinade and sprinkle with salt and pepper. Placing the salmon first skin-side down, cover and grill for about 5 minutes on each side, or until cooked throughout.

## NIÇOISE SALAD

### *Ingredients: Salad*

5 oz fresh wild-caught tuna (skipjack recommended)  
6 large leaves Bibb or butter lettuce (about 2 cups chopped)  
Handful of green beans or French green beans (haricots verts)  
1 hardboiled egg, sliced in half lengthwise

5 pitted Kalamata olives, sliced lengthwise  
¼ cup grape tomatoes, sliced lengthwise  
¼ cup thinly sliced red onion  
Sea salt and freshly ground black pepper

### *Ingredients: Dressing*

Olive oil  
½ lemon

### *Method*

Heat coconut oil in skillet over medium-high heat. Slice tuna in thin strips across the grain and sprinkle each strip with salt and pepper. Add to tuna pan and cook for a few minutes on each side or until desired degree of doneness is achieved. Set aside.

Fill a small pot halfway with water and bring to a boil. Add green beans and cook for 2-3 minutes or until tender while still crisp. Drain and immerse beans in ice water for 2 minutes to stop their cooking. Drain and set aside.

Chop and plate Bibb lettuce. Arrange the egg, olives, onion, tomatoes beans and tuna on top. Sprinkle with a pinch of sea salt and freshly ground black pepper to taste.

Drizzle with olive oil and fresh lemon.

## COCONUT LEMON BAKED COD

### *Ingredients*

- 1 6-oz wild Alaskan cod fillet
- 2 tablespoons coconut oil, melted
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup unsweetened shredded coconut
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

### *Method*

Preheat oven to 350 degrees.

In a small mixing bowl, whisk together coconut oil and lemon juice.

In a separate bowl, mix together shredded coconut, salt and pepper.

Dip the fish into the lemon oil mixture, then coat with shredded coconut mixture.

Place cod in a small glass baking dish. Pour remaining lemon oil mixture over fish and sprinkle with remaining coconut mixture. Cook for 25 to 30 minutes at 350 degrees or until cod is cooked through.

## MARINATED LAMB CHOPS

### *Ingredients*

8 ounces organic lamb chops  
¼ cup organic olive oil  
2 sprigs fresh rosemary  
1 lemon, sliced in rounds ¼" thick  
4 cloves garlic, peeled and sliced lengthwise  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
  
2 tablespoons coconut oil for cooking

### *Method*

Rub the lamb with salt and pepper and place in small glass storage container with several rounds of lemon, 2 cloves garlic and 1 rosemary sprig lining the bottom. Drizzle with olive oil and place remaining rosemary sprig, garlic and lemon rounds on top. Cover and refrigerate for several hours or overnight.

After lamb has marinated:

Heat coconut oil in large skillet over medium-high heat. Place lamb chops in skillet and cook for about 4 minutes per side or until cooked through.

## SIMPLE SESAME CABBAGE

### *Ingredients*

1/2 head green cabbage, chopped  
1 tablespoon toasted sesame oil  
Bragg's Liquid Aminos to taste  
6 oz shredded rotisserie chicken

### *Method*

Chop cabbage and steam until just soft (approx. 10 mins). Place in serving bowl and drizzle toasted sesame oil and Bragg's Liquid Aminos. Toss.  
Mix in shredded chicken if desired.



# ZUCCHINI NOODLES WITH AVOCADO & SNOW PEAS

## *Equipment*

Spiralizer, julienne peeler or box grater

Mixing bowl

## *Ingredients*

2 zucchini squash	1 tablespoon miso paste
1 inch fresh ginger root, peeled and diced	1 tablespoon sesame seeds
1 tablespoon raw honey	1 stalk green onion, thinly sliced
3 tablespoons freshly squeezed lime juice	½ cup snow peas, thinly sliced
	1 ripe avocado, thinly sliced

## *Method*

### *If using a spiralizer:*

Chop each end off the zucchini, then cut in half horizontally. Using the “c blade” of your spiralizer, spiralize both halves into a bowl.

### *If using a julienne peeler:*

Using firm strokes, peel the zucchini lengthwise with the julienne peeler, continuing to peel the side you’ve started with until you begin to reach the seeds. Rotate and peel the next side until the zucchini has been fully julienned.

### *If using a box grater:*

Position the box grater on its side, flat against the counter. Using firm, long strokes, move the zucchini lengthwise across the grater to create long noodles.

## *Next*

Bring a pot of water to a boil, then add the zucchini noodles, boiling them for one minute. Drain and immerse noodles in ice water for 2 minutes to stop their cooking. Drain and add to large mixing bowl.

In a small mixing bowl, combine ginger, honey, miso paste and lime juice until smooth liquid is formed.

Pour liquid over noodles and gently toss in sliced avocado, green onion and snow peas. Sprinkle with sesame seeds.

## CARROT GINGER SALMON SALAD

### *Ingredients*

1 6-oz salmon fillet, cooked and cooled  
3 cups spinach  
1 large carrot, grated  
Sea salt & freshly ground black pepper to taste  
Creamy Ginger Dressing (see dressing recipes)

### *Method*

In a medium serving bowl, toss together spinach and grated carrot. Top with salmon, drizzle with creamy ginger dressing and add a pinch of salt and freshly ground black pepper to taste.

## CHICKEN, BACON & PAN-ROASTED BRUSSELS SPROUTS SALAD

### *Ingredients*

5 ounces cup shredded chicken, cooked and cooled  
2 cups spinach  
1 cup Brussels sprouts, halved  
½ yellow onion, diced  
2 strips bacon  
Sea salt & freshly ground black pepper to taste  
Balsamic Fig Dressing (see dressing recipes)

### *Method*

In a medium skillet, cook bacon until just crispy. Transfer bacon to a paper towel-lined plate and let cool. Leaving the bacon fat in the skillet, add in the diced onion and Brussels sprouts and cook over medium heat until Brussels sprouts are tender enough to be pierced with a fork, stirring frequently. Crumble the bacon over the Brussels sprouts, stir, and add a pinch of salt and pepper.

Meanwhile, add spinach and shredded chicken to dinner bowl and toss. Allow Brussels sprouts, bacon and onion to cool slightly, then transfer to the salad. Drizzle with balsamic fig dressing. Add sea salt & freshly ground black pepper to taste.

## PAN-ROASTED BRUSSELS SPROUTS SALAD WITH WHITE BEAN AND GARLIC

### *Ingredients*

½ cup white beans, cooked and cooled  
2 cups spinach  
1 cup Brussels sprouts, halved  
½ yellow onion, diced  
2 cloves garlic, minced  
1 tablespoon coconut oil  
Sea salt & freshly ground black pepper to taste

Balsamic Fig Dressing (see dressing recipes)

### *Method*

In a medium skillet, heat coconut oil over medium heat. Once heated, add the diced onion and Brussels sprouts and cook until Brussels sprouts are tender enough to be pierced with a fork. Add diced garlic and cook for another 3 minutes, stirring constantly.

Meanwhile, add spinach and white beans to dinner bowl and toss. Allow Brussels sprouts, onion and garlic to cool slightly, then transfer to the salad. Drizzle with balsamic fig dressing. Add sea salt & freshly ground black pepper to taste.

## GROUND TURKEY & HUMMUS SALAD

### *Ingredients*

5 ounces ground turkey, cooked and cooled  
1 cup baby spinach  
1 cup baby arugula  
1 large heirloom tomato, chopped  
2 tablespoons hummus (see Creamy Hummus recipe)  
Sea salt & freshly ground black pepper to taste  
Optional: Sundried Tomatoes, chopped

Lemon Vinaigrette (see dressing recipes)

### *Method*

In a medium bowl, toss spinach, arugula and chopped tomato. Gently toss in ground turkey and sundried tomatoes if using. Add hummus on the side and drizzle salad with lemon vinaigrette. Add sea salt & freshly ground black pepper to taste.

## HUMMUS & SUNDRIED TOMATO SALAD

### *Ingredients*

3 tablespoons hummus (see Creamy Hummus recipe)  
¼ cup sundried tomatoes, chopped  
1 cup baby spinach  
1 cup baby arugula  
1 large heirloom tomato, chopped  
Sea salt & freshly ground black pepper to taste

Lemon Vinaigrette (see dressing recipes)

### *Method*

In a medium bowl, toss spinach, arugula and chopped tomato. Add hummus on the side and drizzle salad with lemon vinaigrette. Add sea salt & freshly ground black pepper to taste.

## AVOCADO CHICKEN SALAD

### *Ingredients*

5 ounces chicken, cooked and shredded  
½ avocado  
2 tablespoons raw yellow onion, diced  
1 tablespoon fresh lime juice  
1 tablespoon cilantro, finely chopped  
2 cups spinach  
1 cup arugula  
Sea salt & freshly ground black pepper to taste  
Optional: Lemon Vinaigrette (see dressing recipes)

### *Method*

In a medium dinner bowl, toss together spinach and arugula. In a separate medium mixing bowl, combine shredded chicken, avocado, onion, cilantro and lime. Using a fork, mix until well combined and avocado becomes creamy and evenly distributed. Arrange chicken salad mixture over leafy greens and drizzle with lemon vinaigrette if desired. Add sea salt & freshly ground black pepper to taste.

## SUMMER SALAD WITH CANNELLINI BEANS

### *Ingredients*

½ cup cannellini beans, cooked and cooled  
¼ cup fresh basil, finely chopped (or more as desired)  
2 large heirloom tomatoes, thinly sliced and quartered  
1 medium cucumber, thinly sliced and quartered  
2 tablespoons red onion, diced  
3 cups butter lettuce, chopped  
Sea salt & freshly ground black pepper to taste  
Lemon Vinaigrette (see dressing recipes)

### *Method*

In a medium dinner bowl, toss together butter lettuce, cucumber, tomato, basil and red onion. Arrange Cannellini beans over salad and drizzle with lemon vinaigrette. Add sea salt & freshly ground black pepper to taste.

## STEAK PEPPERCORN SALAD

### *Ingredients*

5 ounces steak (New York or flank), grilled, chilled and thinly sliced  
2 cups romaine, chopped  
1 cup spinach  
¼ cup red onion, diced  
½ cup cherry tomatoes, halved  
2 tablespoons pepitas  
½ teaspoon freshly ground black peppercorn and sea salt to taste  
Digestion-Boosting Vinaigrette (see dressing recipes)

### *Method*

In a medium bowl, toss romaine, spinach, red onion and peppercorn. Arrange the cherry tomatoes and steak on top. Sprinkle with pepitas and drizzle with digestion-boosting vinaigrette. Add sea salt to taste.

## LENTIL PARSELY SALAD

### *Ingredients*

½ cup green lentils, cooked and cooled  
¼ cup parsley, finely chopped  
2 cups romaine, chopped  
1 cup spinach  
¼ cup red onion, diced  
½ cup cherry tomatoes, halved  
2 tablespoons pepitas  
Sea salt & freshly ground black pepper to taste  
Digestion-Boosting Vinaigrette (see dressing recipes)

### *Method*

In a dinner bowl, toss romaine, spinach and red onion. In a small separate bowl, gently mix parsley, lentils and olive oil until well combined. Arrange the cherry tomatoes parsley-lentil mixture on top. Sprinkle with pepitas and drizzle with digestion-boosting vinaigrette. Add sea salt & freshly ground black pepper to taste.

## GREEK LAMB SALAD

### *Ingredients*

5 ounces lamb, grilled, chilled and cut into 1" cubes  
3 cups romaine  
1 medium cucumber, sliced into rounds and quartered  
1 large heirloom tomato  
¼ cup red onion, diced  
2 tablespoons mint leaves, finely chopped  
Sea salt & freshly ground black pepper to taste

Lemon Vinaigrette (see dressing recipes)

### *Method*

In a dinner bowl, toss romaine, cucumber, tomato, mint and red onion. Arrange the lamb on top. Drizzle with lemon vinaigrette. Add sea salt & freshly ground black pepper to taste.

## GREEK CHICKPEA SALAD

### *Ingredients*

½ cup chickpeas, cooked and cooled  
3 cups romaine  
1 medium cucumber, sliced into rounds and quartered  
1 large heirloom tomato  
¼ cup red onion, diced  
2 tablespoons mint leaves, finely chopped  
Sea salt & freshly ground black pepper to taste

Lemon Vinaigrette (see dressing recipes)

### *Method*

In a dinner bowl, toss romaine, cucumber, tomato, mint and red onion. Arrange the chickpeas on top. Drizzle with lemon vinaigrette. Add sea salt & freshly ground black pepper to taste.

## SOUTHWESTERN CHICKEN KALE SALAD

### *Ingredients*

5 ounces chicken, cooked and shredded  
¼ cup black beans, cooked and cooled  
2 cups kale, chopped into bite-sized pieces  
1 tablespoon freshly squeezed lemon juice  
¼ cup cilantro, finely chopped  
1 large heirloom tomato, diced  
Sea salt & freshly ground black pepper to taste  
Creamy Salsa Dressing (see dressing recipes)

### *Method*

In a dinner bowl, combine kale and lemon juice. Using firm pressure, manually massage lemon juice into kale until kale becomes a deep, dark green and begins to reduce in size. Add cilantro, tomato and black beans and toss. Arrange the chicken on top. Drizzle with creamy salsa dressing. Add sea salt & freshly ground black pepper to taste.

## SOUTHWESTERN KALE SALAD

### *Ingredients*

½ cup black beans, cooked and cooled  
2 cups kale, chopped into bite-sized pieces  
1 tablespoon freshly squeezed lemon juice  
¼ cup cilantro, finely chopped  
1 large heirloom tomato, diced  
Sea salt & freshly ground black pepper to taste  
Creamy Salsa Dressing (see dressing recipes)

### *Method*

In a dinner bowl, combine kale and lemon juice. Using firm pressure, manually massage lemon juice into kale until kale becomes a deep, dark green and begins to reduce in size. Add cilantro, tomato and black beans and toss. Drizzle with creamy salsa dressing. Add sea salt & freshly ground black pepper to taste.





“TO EAT IS A NECESSITY, BUT TO EAT  
INTELLIGENTLY IS AN ART” – LA ROCHEFOUCAULD

# SIDES

## SWEET POTATO FRIES

### *Ingredients*

- 1 sweet potato (peeled if desired)
- 2 tablespoons of coconut oil, melted
- 1 teaspoon sea salt

### *Method*

Preheat oven to 450 degrees. If you've just scrubbed or peeled your sweet potato, pat it dry to prevent the oil from refusing to stick. Slice the sweet potato in half horizontally, then, with the cut side facing down on the cutting board, slice vertically into about ½" thick slices. Cut the now-flat slices into strips about ¾" thick.

Transfer slices to a medium mixing bowl and drizzle with coconut oil and sea salt, tossing to cover evenly.

Transfer to baking sheet and bake for 10 minutes, leaving some room between each fry. Using a spatula, flip the fries and allow to bake for an additional 10 minutes or until golden brown and slightly crispy.

## “CHEESY” BROCCOLI

### *Ingredients*

½ pound broccoli

1 cup raw cashews, soaked for 4 hours

3 tablespoons water

2 tablespoons freshly squeezed lemon juice

3 tablespoons nutritional yeast

½ teaspoon sea salt

### *Method*

Rinse broccoli and chop into bite-size piece, stem included (you can remove the tougher top layer of the stem if you'd like with a peeler or a knife but this isn't necessary). Using a small pot and a steamer basket, steam until vibrant green and just tender (about 5 minutes).

Meanwhile, place all remaining ingredients in blender and pulse until desired consistency is achieved.

Transfer broccoli to a medium serving bowl and gently toss with the “cheese”.

# MUSHROOM SOUP

## *Ingredients*

- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups chopped mushrooms (cremini or portabello)
- 2 cups organic vegetable broth
- 1 cup raw cashews (soaked in purified water for 4 hours)
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme or 1 tablespoon fresh chopped thyme
- 2 tablespoons coconut oil

## *Method*

Heat coconut oil in large pan over medium heat. Add chopped onion and cook until barely translucent (about 5 minutes), then add chopped mushrooms and sprinkle with a pinch of sea salt to help mushrooms release their moisture. Cook for 5-8 minutes or until mushrooms darken and soften, stirring frequently, then add diced garlic and allow to cook for an additional 3 minutes, stirring occasionally.

*If you have an immersion blender:*

Transfer sautéed vegetables to medium pot and stir in remaining ingredients. Using an immersion blender, pulse until a desired consistency is achieved.

*If you have a countertop blender:*

Transfer sautéed vegetables and remaining ingredients into countertop blender. Pulse until a desired consistency is achieved.

Serve with a sprinkle of fresh thyme.

## MASHED YAMS

### *Ingredients*

1 yam (peeled if desired)  
¼ - ½ cup coconut milk  
1 teaspoon cinnamon  
1 teaspoon sea salt

### *Method*

Scrub or peel yam and slice into 1" slices. Transfer to a small pot and add enough purified water to cover yam slices, or place slices on steamer basket with at least a few inches of water below the basket. Boil or steam until tender enough to be easily pierced with a fork. Drain water, add coconut milk, cinnamon and sea salt and mash using a potato masher.

## REFRIED BLACK BEANS

### *Ingredients*

4 tablespoons coconut oil, divided	2 cloves garlic, diced
2 cups organic black beans (or 1 can)	2 teaspoons sea salt, plus more to taste
1 small yellow onion, chopped	

### *Method*

Heat 2 tablespoons coconut oil in large pan over medium heat. Add chopped onion and cook until translucent (about 10-12 minutes), then add diced garlic and cook for an additional 2-3 minutes, stirring occasionally.

Transfer onion and garlic to blender, add beans and blend until smooth.

Heat the remaining 2 tablespoons of coconut oil in the pan over medium-high heat\* and add puréed bean mixture to pan. Stir the bean mixture frequently until it thickens.

.Serve with a sprinkling of chopped fresh cilantro.

*\*Note: If oil is not hot enough when adding in the bean mixture, the oil will simply absorb into the beans and rather than "re-frying" then. Take care not to heat the oil too high (you never want oil to smoke), as this creates rancidity.*

## LEMON ALMOND GREEN BEANS

### *Ingredients*

½ pound green beans  
1 tablespoon coconut oil  
juice of ½ lemon  
¼ cup sliced almonds  
pinch sea salt

### *Method*

Add a few inches of water to a small pot with a steamer basket and bring to a boil. Add green beans and cook for 3-5 minutes or until tender enough to be pierced with a fork, taking care not to overcook them. Immediately transfer to serving bowl and add coconut oil, lemon juice and sea salt, tossing to coat evenly. Sprinkle with sliced almonds.

## CREAMY CURRIED CAULIFLOWER SOUP

### *Ingredients*

1 large yellow onion, chopped	purified water for 4 hours)
2 cloves garlic, minced	1 tablespoon curry powder (or more to taste)
3 cups cauliflower, chopped	2 teaspoons sea salt
1 cup coconut milk (can be substituted with 2 cups vegetable broth)	1 teaspoon freshly ground black pepper
1 cup raw cashews (soaked in	2 tablespoons coconut oil

### *Method*

Heat coconut oil in large pan over medium heat. Add chopped onion and cook until translucent (about 10-12 minutes), then add diced garlic and cook for an additional 3 minutes, stirring occasionally.

Meanwhile, steam cauliflower in medium pot until tender. Drain water and set aside.

*If you have an immersion blender:*

Transfer cooked onions and garlic to the medium pot and stir in steamed cauliflower and remaining ingredients. Using an immersion blender, pulse until a desired consistency is achieved.

*If you have a countertop blender:*

Transfer cooked onions and garlic to the medium pot and stir in steamed cauliflower and remaining ingredients. remaining ingredients into countertop blender. Pulse until a desired consistency is achieved.

Garnish with a sprinkling of roasted sunflower seeds or chopped chives.

## BALSAMIC ROASTED CARROTS

### *Ingredients*

1 pound carrots (peeled if desired)  
2 tablespoons coconut oil, warmed until liquid  
2 tablespoons balsamic vinegar  
Pinch of sea salt

### *Method*

Preheat oven to 400 degrees. If you've just scrubbed or peeled your carrots, pat them dry to prevent the oil from refusing to stick. Slice the carrots in half vertically and transfer to a medium mixing bowl. In a small mixing bowl, whisk together coconut oil and balsamic vinegar until well combined. Pour mixture over carrots, tossing to cover evenly.

Transfer to baking sheet and roast for 15 minutes, leaving some room between each carrot. Using a spatula, flip the carrots and bake for an additional 10-20 minutes or until tender. Remove from oven and sprinkle with sea salt.

## SIMPLE MISO SOUP

### *Ingredients*

- 1 tablespoon yellow miso paste
- 1 green onion, chopped
- 2 cups purified water, boiled, then allowed to cool

### *Method*

Heat 2 cups purified water. If brought to a boil, allow to cool for several minutes, as adding miso paste to boiling water can make the miso gritty. Stir in miso paste and chopped green onion and serve.

## LIVER/GALLBLADDER SLAW

### *Ingredients*

- $\frac{3}{4}$  cup raw beets, grated
- $\frac{3}{4}$  cup raw carrots, grated
- $\frac{3}{4}$  cup raw green apple, grated
- Juice from one lemon
- Sea salt to taste
- Optional: 1" fresh ginger, grated

### *Method*

In a medium mixing bowl, combine grated beets, carrots and apple. Squeeze juice of one lemon over mixture, add a hearty pinch of sea salt and mix gently. Serve as a condiment with your meals (about 1-2 tablespoons of the salad per serving). You can also drizzle a little extra virgin olive oil over a single serving at the time of eating to provide additional fat and improve bile flow. Keep in an airtight container in the refrigerator for up to one week.

One tablespoon of this has only 1 grams of net carbohydrates.

*Note: This L/GB slaw recipe is courtesy of functional nutritionist Cathy Eason*





“IF IT CAME FROM A PLANT, EAT IT. IF IT WAS  
MADE IN A PLANT, DON'T” – MICHAEL POLLAN

# SALADS

## BASIC GREENS

### *Ingredients*

½ head of romaine lettuce  
½ cup cherry tomatoes  
1 large carrot  
½ avocado  
¼ cup sliced almonds

*Recommended pairing: Omega-3, Digestion-Boosting or Lemon Vinaigrette*

### *Method*

Chop lettuce into bite-sized pieces. Cut cherry tomatoes in half and thinly slice carrot and avocado. Toss all ingredients in a salad bowl. Drizzle with Omega-3, Digestion-Boosting or Lemon Vinaigrette.

## MICRO GREENS

### *Ingredients*

1 cup micro greens from a variety of plants (arugula, lettuces, radishes, etc.)  
2 cups lettuce (romaine, butter or red leaf)  
½ cup pepitas (pumpkin seeds)

*Recommended pairing: Creamy Ginger or Balsamic Fig Dressing*

### *Method*

Chop lettuce into bite-sized pieces. In a medium salad bowl, toss lettuce and microgreens, then sprinkle with pepitas. Drizzle with Creamy Ginger or Balsamic Fig Dressing.

## FAVORITE KALE SALAD

### *Ingredients: Salad*

½ bunch curly kale  
¼ cup berries  
¼ cup pine nuts

### *Ingredients: Dressing*

1 tablespoon olive oil  
Juice from ½ lemon  
Pinch of salt

### *Method*

Chop kale into bite-sized pieces. In small mixing bowl, whisk together olive oil, lemon and salt and pour over kale. Massage dressing into kale until kale becomes a deeper green and it begins to soften. Sprinkle with berries and pine nuts and toss.

## WARM BEET SALAD

### *Ingredients*

½ bunch red beets with greens still attached  
½ bunch golden beets with greens still attached

1 tablespoon coconut oil for cooking  
1 tablespoon olive oil for dressing  
1 clove garlic, diced  
sea salt to taste

### *Method*

Remove beet greens, wash and set aside. Scrub beetroots or peel if desired. Cut beetroots in half, lay cut-side flat and slice into ¼" - ½"-thick slices.

Heat coconut oil in large pan over medium heat. Add ½ cup water and sliced beetroots. Cover and cook until beetroots are just tender (about 5-10 minutes).

Meanwhile, chop stems and leaves into bite-sized pieces. Once beetroots are just tender, add stems and garlic and cover again, cooking an additional 2-4 minutes or until stems are just tender. Add beet greens and cover once more. Cook for one additional minute or until leaves are just wilted. Drizzle with olive oil and sprinkle with sea salt.

## RED LEAF LETTUCE SALAD WITH PISTACHIOS

### *Ingredients*

½ head of red leaf lettuce

½ cup fresh pistachios

*Recommended pairing: Mustard Orange Dressing or Lemon Vinaigrette*

### *Method*

Chop lettuce into bite-sized pieces and sprinkle with fresh pistachios. Drizzle with Mustard Orange Dressing or Lemon Vinaigrette.

## HERB SALAD

### *Ingredients*

1 cup arugula

1 cup fresh basil

1 cup fresh flat-leaf parsley (stems removed)

½ cup fresh tarragon (stems removed)

¼ cup walnuts

*Recommended pairing: Honey Mustard or Creamy Cilantro Lime Dressing*

### *Method*

Chop lettuce and herbs into bite-sized pieces and sprinkle with walnuts. Drizzle with Honey Mustard or Creamy Cilantro Lime Dressing.

## NASTURTIUM SALAD

### *Ingredients*

½ cup nasturtiums (edible flowers)  
1 cup romaine lettuce  
1 cup arugula  
1 cup baby spinach  
½ avocado, sliced

Recommended pairing: Raspberry Vinaigrette or Balsamic Fig Dressing.

### *Method*

Chop romaine into bite-sized pieces and toss with arugula, baby spinach and avocado. Top with nasturtiums and drizzle with Raspberry Vinaigrette or Balsamic Fig Dressing.

## ENDIVE, APPLE & WALNUT SALAD

### *Ingredients*

1 Fuji or Honey Crisp apple  
1 cup baby arugula  
1 cup endive  
½ cup walnuts

Recommended pairing: Honey Mustard or Balsamic Fig Dressing.

### *Method*

Cut apple into thin slices. Chop endive into bite-sized pieces and toss with arugula and apple. Top with walnuts and drizzle with Honey Mustard or Balsamic Fig Dressing.

## CUCUMBER MINT SALAD

### *Ingredients*

2 medium cucumbers  
1 green apple  
1 handful fresh mint  
1 or 2 pinches of sea salt  
Juice of 1/2 lemon

### *Method*

Using a potato peeler, peel vertical stripes into cucumbers. Thinly slice both the cucumbers and apple and sprinkle with a pinch of salt. Finely chop the mint and gently mix into salad. Allow to marinate in the refrigerator for 1 hour. Drizzle with lemon juice and serve.

## RAW BEET AND WALNUT SALAD

### *Ingredients*

2 fresh beets (scrubbed and cubed)  
3 garlic cloves (peeled and minced)  
½ cup finely chopped walnuts  
1/2 teaspoon sea salt  
1 tablespoon olive oil

### *Method*

Cut the stalks off the beets and peel them with a potato peeler. Quarter beets, then blend in a food processor until finely chopped. If no food processor, grate the beets using the widest blades of a box grate. Transfer to a medium mixing bowl and stir in the walnuts, garlic and sea salt. Drizzle with olive oil.





**“THE MORE YOU EAT, THE LESS FLAVOR; THE LESS  
YOU EAT, THE MORE FLAVOR.” – CHINESE PROVERB**

# MAKE YOUR OWN DRESSING

## LEMON VINAIGRETTE

### *Ingredients*

¼ cup olive oil

Juice of 1 large freshly squeezed lemon

1 clove garlic, minced

Optional: 1 teaspoon raw honey to cut the tartness of the lemon

### *Method*

In a small bowl, whisk together all ingredients until well blended.

## OMEGA-3 VINAIGRETTE

### *Ingredients*

¼ cup flaxseed oil

Juice of 1 large freshly squeezed lemon

Pinch sea salt

Optional: 1 teaspoon raw honey to cut the tartness of the lemon

### *Method*

In a small bowl, whisk together all ingredients until well blended.

## DIGESTION-BOOSTING VINAIGRETTE

### *Ingredients*

¼ cup olive oil

3 tablespoons apple cider vinegar

Pinch sea salt

Optional: 1 teaspoon raw honey to cut the tartness of the ACV

Optional: 1 clove garlic, finely chopped

### *Method*

In a small bowl, whisk together all ingredients until well blended.



## BALSAMIC FIG DRESSING

### *Ingredients*

¼ cup olive oil  
¼ cup balsamic vinegar  
¼ cup dried figs  
1 tablespoon raw honey  
Pinch sea salt

### *Method*

Blend all ingredients in a countertop blender or food processor until smooth.

## HONEY MUSTARD DRESSING

### *Ingredients*

¼ cup organic smooth Dijon mustard  
¼ cup raw honey  
2 tablespoons olive oil  
2 tablespoons apple cider vinegar  
1 teaspoon sea salt

### *Method*

Whisk all ingredients together in a small mixing bowl until smooth.

## CREAMY GINGER DRESSING

### *Ingredients*

¼ cup toasted sesame oil  
2 tablespoons tahini  
2" fresh ginger root, peeled and grated  
1 clove garlic  
1 tablespoon honey  
1 tablespoon apple cider vinegar  
¼ cup toasted sesame seeds and sea salt to taste

### *Method*

Whisk all ingredients together in a small mixing bowl until smooth.

## CREAMY SALSA DRESSING

### *Ingredients*

1 cup fresh salsa  
¼ cup apple cider vinegar  
2 tablespoons olive oil  
½ avocado  
Hearty pinch of freshly ground black pepper and pinch of sea salt

### *Method*

Add all ingredients into blender and blend until desired consistency is achieved.

## CREAMY CILANTRO LIME

### *Ingredients*

¼ cup olive oil  
Juice of 1 large freshly squeezed lime  
1 clove garlic, minced  
¼ cup fresh cilantro, chopped  
½ cup cashews (soaked for 4 hours)

### *Method*

Add all ingredients into blender and blend until smooth.

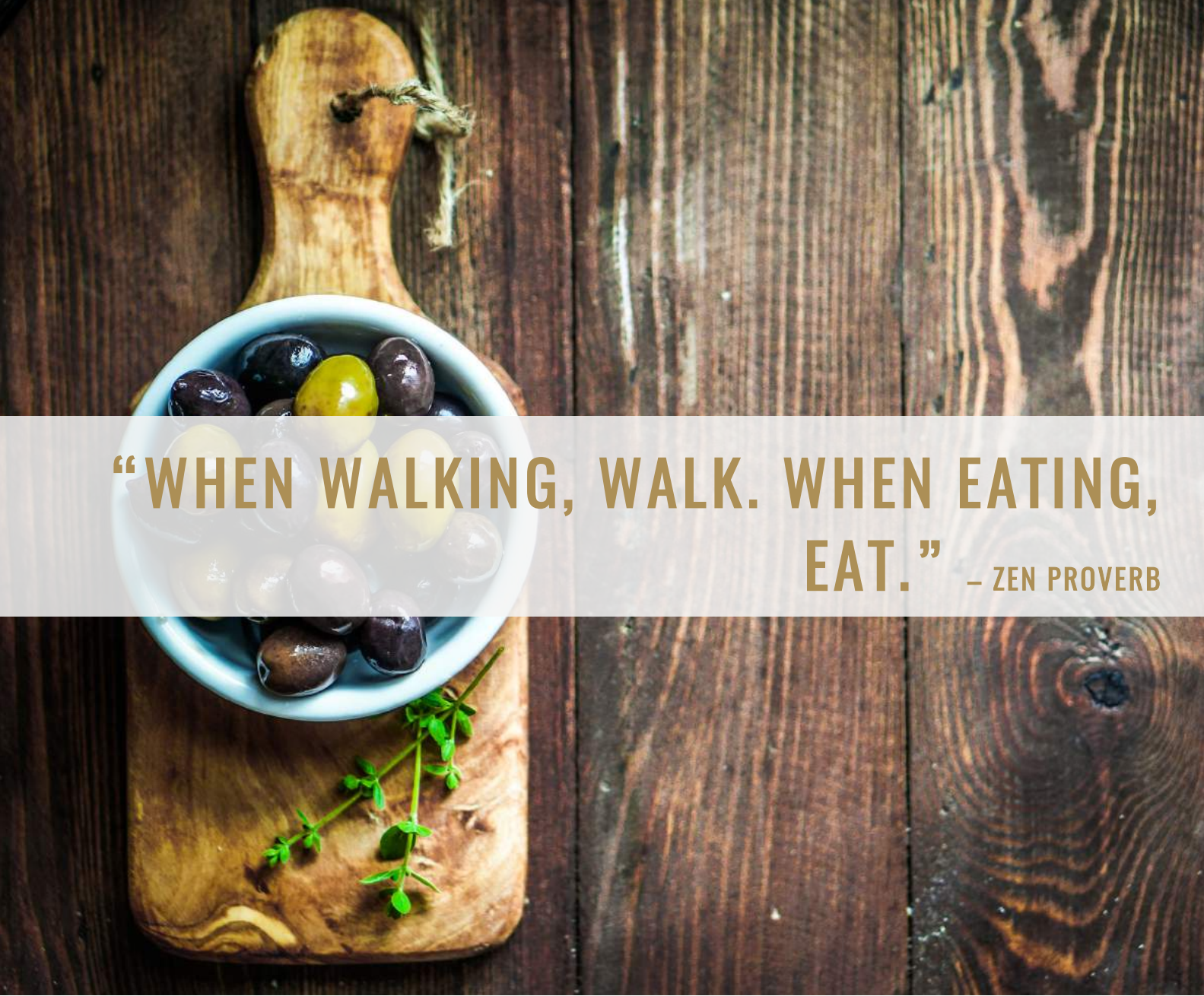
## MUSTARD ORANGE DRESSING

### *Ingredients*

¼ cup olive oil  
Juice of 1/2 large freshly squeezed orange  
2 tablespoons balsamic vinegar  
1 clove garlic, minced and 1 teaspoon smooth Dijon mustard

### *Method*

Add all ingredients into blender and blend until smooth.

A top-down photograph of a rustic wooden cutting board. On the board sits a small, light blue ceramic bowl filled with a mix of dark purple and light green olives. A small sprig of fresh green thyme lies on the board next to the bowl. The background is a dark, textured wooden surface with vertical planks.

**“WHEN WALKING, WALK. WHEN EATING,  
EAT.”** – ZEN PROVERB

# SNACKS

## SALTY/CRUNCHY

### ROASTED SPICED CHICKPEAS

#### *Ingredients*

2 cups cooked chickpeas (or one 15-ounce can chickpeas, drained and rinsed)  
1 tablespoon olive oil  
¼ teaspoon ground cumin  
¼ teaspoon ground ginger  
¼ teaspoon ground paprika (optional: use hot paprika)  
½ teaspoon sea salt

#### *Method*

Preheat oven to 425 degrees. Toss chickpeas with oil and spices until evenly coated. Spread on baking sheet and roast, shaking pan occasionally, until chickpeas are golden and crunchy, about 30 minutes. Let cool completely. Store in an airtight container for up to two weeks.

### CRISPY ROASTED CAULIFLOWER

#### *Ingredients*

½ head cauliflower (*broken into florets*)  
1 tablespoon coconut oil  
Sea salt to flavor

#### *Method*

Preheat oven to 425 degrees. Drizzle cauliflower florets with 1 tablespoon coconut oil. Roast, flipping occasionally, until golden brown and just tender, about 20 minutes. Sprinkle with sea salt.

## AVOCADO SALSA & CUCUMBER SLICES

### *Ingredients*

1 cup fresh salsa (see page 71)  
½ avocado, diced  
1 large cucumber

### *Method*

Add all ingredients into blender and blend until smooth.

## CELERY & CINNAMON ALMOND BUTTER

### *Ingredients*

2 stalks celery  
2 tablespoons almond butter  
½ tablespoon cinnamon

### *Method*

In a small mixing bowl, stir together almond butter and cinnamon.

Wash celery and slice into 3" long segments and use for dipping into the cinnamon almond butter.

## CARROTS & HUMMUS WITH PINE NUTS

### *Ingredients*

½ cup creamy hummus (see page 72)  
1 tablespoon pine nuts  
2 large carrots

### *Method*

In a small mixing bowl, stir together creamy hummus and pine nuts.

Scrub carrots and slice into 3" long segments. Use for dipping into the hummus.

## KALE CHIPS

### *Ingredients*

1 bunch curly kale (*washed, large stems removed, torn into bite-sized pieces*)

1 cup cashews (*soaked for 3 hours*)

1 red bell pepper (*chopped*)

Juice of 1 lemon 1 tablespoon brewer's yeast 1/2 teaspoon sea salt

Optional: dash of crushed red pepper 2 cloves garlic

### *Method*

Place all ingredients (excluding kale) in blender and blend until smooth. Place shredded kale in large bowl and pour mixture over kale. Using your hands, massage mixture onto kale, covering each piece well. Transfer to teflex sheets and dehydrate at 105 degrees for 24 hours. Slide kale chips off teflex sheets and onto mesh panels. Continue dehydrating for an additional 24 hours or until chips are thoroughly dry.

If no dehydrator available, preheat oven to lowest setting possible. Place kale chips on a parchment-lined baking sheet and bake for 1 hour. Turn off the oven and allow kale chips to sit in the warm oven for another 30 minutes. If not yet dry and crispy, turn the oven onto the lowest setting again and bake for an additional 30 minutes, then turn off the oven once more and allow to sit in warm oven for another 30 minutes. Repeat until dry and crispy.

# NUT PULP CRACKERS

## Ingredients

1 cup nut pulp (i.e. the leftovers from making any nut milk)  
2 tablespoons coconut or olive oil  
½ teaspoon sea salt

## Variations:

*Garlic Thyme Crackers: Add 2 teaspoons fresh thyme, minced and 1 clove fresh garlic, finely minced. Use olive oil instead of coconut oil.*

*Rosemary Fig Crackers: Add 2 teaspoons fresh rosemary, minced and 3 dried figs, chopped. Use coconut oil instead of olive oil.*

## Method

Combine all ingredients in a medium mixing bowl and stir until mixed. Roll mixture into small balls and press into ¼"-thick crackers. Transfer crackers to teflex sheets and dehydrate at 105 degrees for 24 hours. Slide crackers off teflex sheets and onto mesh panels. Continue dehydrating for an additional 24 hours or until crackers are thoroughly dry.

If no dehydrator available, preheat oven to 350 degrees. Roll dough into a large ball and place on a parchment-lined cookie sheet (no edge). Press the dough down a bit so that a flat top is formed. Place another piece of parchment paper of the same size over the dough. Using a rolling pin, flatten the dough until it is about 1/8" - ¼" thick. Peel back the parchment paper and lay a knife into the dough horizontally and vertically, forming squares to the size of your liking (2" squares suggested). Bake for 20-25 minutes or until crispy. Allow crackers to come to room temperature on baking sheet, then remove and store in air-tight container.



## SAVORY

### CURRIED VEGETABLE DIP

#### *Ingredients*

1 cup raw cashews (soaked for 4 hours)  
½ tablespoon curry powder  
½ teaspoon sea salt  
Juice from ½ lemon

#### *Method*

Blend all ingredients in food processor or blender until smooth. Use cucumbers, celery, green beans, zucchini or red pepper sticks to dip.

### FRESH SALSA

#### *Ingredients*

4 large tomatoes, diced  
1 large sweet onion, diced  
1 large bell pepper (whichever color you prefer), diced  
2 cups chopped cilantro  
½ teaspoon. ground black pepper  
2 tablespoons fresh lemon juice  
½ teaspoon salt  
Cayenne pepper, to taste

#### *Method*

Add all ingredients to large mixing bowl and stir. To make slushy salsa, add ingredients to blender and blend. Use cucumbers, celery, green beans, zucchini or red pepper sticks to dip.



## CREAMY HUMMUS

### *Ingredients*

1 can garbanzo beans, drained with liquid set aside  
Juice from one large lemon  
¼ cup tahini  
2 tablespoons olive oil  
2 cloves garlic  
Sea salt to taste

### *Method*

Drain chickpeas, rinse, and set aside.

Combine lemon juice, garlic and tahini in a food processor and blend for about 20 seconds or until well combined. Add the olive oil, ¼ teaspoon sea salt and a third of the chickpeas and blend until smooth. Add the second third chickpeas and blend again until smooth. Add the final third chickpeas and blend until smooth. If the consistency is too thick, add one tablespoon of cold water at a time until desired consistency is achieved.

## BEAN-FREE HUMMUS

### *Ingredients*

1 cup raw cashews (soaked for 4 hours)  
1 tablespoon tahini  
Juice from 1 medium lemon  
2 tablespoons olive oil  
1 clove garlic, minced  
Sea salt to taste  
Optional: ¼ cup sundried tomatoes

### *Method*

Blend all ingredients in food processor or blender until smooth. Pour into serving bowl, drizzle with olive oil and sprinkle with paprika.

## OLIVE TAPENADE

### *Ingredients*

1 cup Kalamata olives, pitted  
1 cup green olives, pitted  
3 tablespoons chopped fresh parsley  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon capers  
Optional: ¼ cup sundried tomatoes

### *Method*

Rinse the olives in cool water and place in food processor along with remaining ingredients. Blend until mixture becomes a course paste. Transfer to serving bowl and serve with Garlic Thyme Nut Pulp Crackers (see page 70).

## MOM'S PESTO

### *Ingredients*

1 cup raw cashews (soaked for 4 hours)  
1 tablespoon tahini  
Juice from 1 medium lemon  
2 tablespoons olive oil  
1 clove garlic, minced  
Sea salt to taste  
Optional: ¼ cup sundried tomatoes

### *Method*

Blend all ingredients in food processor or blender until smooth. Pour into serving bowl, drizzle with olive oil and sprinkle with paprika.

## SWEET

### SIMPLE SAUTEED ONION

A sautéed onion may seem odd in this section, but the natural sweetness of this vegetable helps curb sugar cravings while its chromium-rich nature assists in balancing blood sugar.

#### *Ingredients*

1 yellow onion, sliced  
2 tablespoons coconut oil  
Hearty pinch sea salt

#### *Method*

Heat coconut oil in a medium pan over medium heat. Add sliced onion and salt. Cook until soft and translucent (about 10-15 minutes), stirring occasionally.

For melt-in-your-mouth caramelized onions, know that they take some time and plan accordingly. Cook the onion in coconut oil with a pinch of salt over low to medium-low heat for up to an hour, stirring occasionally. If you find they are sticking to the pan too much, add a small amount of water or broth to the pan and stir vigorously.

## GRAIN-FREE GRANOLA

### *Ingredients*

1 cup unsweetened coconut flakes  
½ cup almonds  
½ cup cashews  
½ cup pepitas  
½ cup pecans  
½ cup dried Bing cherries  
¼ cup coconut oil, melted  
¼ cup raw honey  
1 teaspoon sea salt  
1 teaspoon cinnamon

### *Method*

Preheat oven to 350 degrees. In a small saucepan, heat coconut oil and honey over low heat until a thinner liquid consistency is achieved. In a large mixing bowl, combine all dry ingredients and mix. Pour coconut-honey liquid over the mixture and toss to lightly coat all ingredients. Spread granola on a parchment-lined baking sheet and bake for 15-20 minutes or until golden brown.

## ALMOND BUTTER & JELLY FRUIT & NUT BITES

### *Ingredients*

¼ cup almond butter  
2 tablespoons almonds (soaked overnight and dried if possible)  
3 tablespoons dried Bing cherries  
3 tablespoons raisins  
Hearty pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## CASHEW DREAM FRUIT & NUT BITES

### *Ingredients*

½ cup cashews (soaked for 4 hours and dried if possible)

½ cup dates

Pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## CINNAMON SPICE FRUIT & NUT BITES

### *Ingredients*

2 cups walnuts (soaked for 4 hours and dried if possible)

½ cup dates

½ cup dried apricots

¼ cup unsweetened shredded coconut

2 tablespoons ground cinnamon

1 teaspoon vanilla extract

½ teaspoon ground ginger

½ teaspoon cinnamon

½ teaspoon nutmeg

1/8 teaspoon sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Form into bite-sized balls, roll balls in shredded coconut to coat and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## BANANA NUT MUFFIN FRUIT & NUT BITES

### *Ingredients*

½ cup cashews (soaked for 4 hours and dried if possible)

½ cup almonds (soaked overnight and dried if possible)

½ cup dates

1 banana

1 tablespoon cinnamon

Hearty pinch sea salt

Optional: 1 tablespoon freshly ground flaxseed

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## BLUEBERRY MUFFIN FRUIT & NUT BITES

### *Ingredients*

½ cup cashews (soaked for 4 hours and dried if possible)

½ cup almonds (soaked overnight and dried if possible)

¾ cup dates

½ cup dried blueberries

1 tablespoon fresh lemon juice

Hearty pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## CHERRY SCONE FRUIT & NUT BITES

### *Ingredients*

½ cup cashews (soaked for 4 hours and dried if possible)

½ cup almonds (soaked overnight and dried if possible)

¾ cup dates

½ cup dried cherries

1 tablespoon cinnamon

Hearty pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*



**“THE ROAD TO HEALTH IS PAVED WITH  
GOOD INTESTINES!”** – SHERRY ROGERS

# CULTURED & FERMENTED FOODS



## COCONUT MILK YOGURT

### *Ingredients*

2 cups coconut milk\* (homemade or canned)

Yogurt starter ½ teaspoon probiotic (contents of 4-6 probiotic capsules)

½ tablespoon raw honey\*\*

1-16 ounce mason jar, sterilized by dipping in boiling water.

1 square of wax paper

Optional additions for thickening:

*(recommended if using homemade coconut milk)*

1 teaspoons grass-fed gelatin or 1 teaspoon arrowroot powder

\*If using canned, purchase an unsweetened organic variety in a BPA-free can with no additives. Boxed coconut milk drinks will not work. Canned will provide the richest and creamiest results.

\*\*Many people argue that raw honey should not be used in fermentation due to its anti-bacterial properties. However, honey has been used in traditional ferments for thousands of years (mead is made from fermented honey, as an example). As the beneficial bacteria feed on sugar and as coconut milk has a relatively low sugar content, adding a little honey can provide more food for the bacteria.

### *Method*

Pour coconut milk into mason jar. Open the probiotic capsules and add. If using, add thickener and honey. Lay the square of wax paper over the mouth of the jar and close with lid. The wax paper prevents the yogurt from touching the metal, which is not desired. Shake to mix.

Leave in a shady spot on your counter for 1 to 3 days (depending on how tart you like it), shaking the jar in the morning and evening each day.

Transfer to the refrigerator to allow the yogurt to complete thickening.

## PICKLES WITH DILL & ONION

### *Ingredients*

3 medium cucumbers (or 5 Persian cucumbers)

1 small onion

¼ cup fresh dill, chopped

3 tablespoons sea salt

One cabbage leaf

Starter culture or probiotic capsule if desired

1-24 ounce mason jar, sterilized by dipping in boiling water.

### *Method*

Using a food processor (or a knife), thinly slice cucumber and onion. Transfer to large mixing bowl and add chopped dill. Stir in salt. If desired, sprinkle in ¼ teaspoon starter culture or the contents of 1 capsule probiotic and continue mixing. Mix and squeeze the vegetables until an ample amount of liquid has come out of the mixture.

Pack mixture into sterilized Mason jar, using your fist, a wooden dowel or a wooden spoon. It is important you pack the mixture in tightly, so alternate adding a few inches of mixture to the jar and packing each section down. Pour the liquid over the vegetables.

Once there is only 1-2 inches of space remaining at the top of the jar, fold the cabbage leaf and press it down to fill the space of the jar and to submerge the mixture in the liquid.

Close the jar and leave on the counter for 7-10 days, then move to the refrigerator. Eat within a few weeks of opening. Unopened, the jar will keep for several months.

## SESAME GINGER SAUERKRAUT

### *Ingredients*

1 medium head green cabbage, removing and setting aside four outer leaves  
2 cups water  
4 inches ginger root  
1 tablespoon unpasteurized miso paste  
2 tablespoons sesame seeds  
Starter culture or probiotic capsule if desired

4-24 ounce mason jar, sterilized by dipping in boiling water.

### *Method*

Using a food processor (or a knife), finely shred the cabbage. Transfer to large mixing bowl.

Add the water, ginger and miso to a blender and blend until smooth.

Pour the liquid mixture over the cabbage and add sesame seeds. Using your hands, mix the cabbage and liquid, squeezing the cabbage while mixing to encourage more liquid. Sprinkle in starter culture or probiotic if using. Pack mixture into sterilized Mason jars, using your fist, a wooden dowel or a wooden spoon. It is important you pack the mixture in tightly, so alternate adding a few inches of mixture to the jar and packing each section down. Pour the liquid over the cabbage.

Once there is only 1-2 inches of space remaining at the top of each jar, fold one cabbage leaf per jar. Press the cabbage leaf down to fill the space of the jar and to submerge the mixture in the liquid.

Close the jar and leave on the counter for 7-10 days, then move to the refrigerator. Eat within a few weeks of opening. Unopened, the jar will keep for several months.



**“HEALTH AND CHEERFULNESS NATURALLY BEGET  
EACH OTHER.” – JOSEPH ADDISON**

# DESSERTS

## CINNAMON POACHED APPLES WITH ROASTED WALNUTS

### *Ingredients*

3 cups apple juice  
½ cinnamon stick  
1 inch fresh ginger  
2 apples (*peeled, halved and cored*)  
2 tablespoons walnuts (*toasted*)

### *Method*

In a small pot, bring apple juice, cinnamon stick and ginger to a boil. Add the halved apples, reduce to a simmer and cover, simmering until tender (about 8 minutes). Remove and sprinkle with walnuts.

## STRAWBERRY MINT “ICE CREAM”

### *Ingredients*

½ cup organic coconut milk  
½ cup frozen strawberries  
1 frozen banana  
1 tablespoon chopped mint leaves

### *Method*

Blend all ingredients in blender and enjoy!

## FROZEN CHOCOLATE HAZELNUT COCONUT COOKIES

### *Ingredients*

¾ cup hazelnut butter (can use almond or cashew butter as well)  
1/3 cup shredded unsweetened coconut  
1 tablespoon raw cacao  
½ tablespoon raw cacao nibs  
1/8 teaspoon pure vanilla extract  
Pinch sea salt

### *Method*

Combine all ingredients into small mixing bowl and stir together until well blended. Form into small balls, then press into bite-sized cookies. Transfer onto parchment-lined baking sheet and freeze for 10-15 minutes.

## NO-BAKE THUMBPRINT CHOCOLATE ALMOND BUTTER COOKIES

### *Ingredients*

¼ cup almond butter  
2 tablespoons almonds  
3 tablespoons dried Bing cherries  
3 tablespoons dates  
1 tablespoon raw cacao powder  
½ tablespoon raw cacao nibs, plus more for sprinkling  
Hearty pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into small balls, then gently press into bite-sized cookies. Using your thumb, press down into the center of the cookie to create an indentation and sprinkle raw cacao nibs in the center. Refrigerate.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## NO-BAKE SPICED WALNUT COOKIES

### *Ingredients*

2 cups walnuts  
½ cup pitted medjool dates  
½ cup shredded unsweetened coconut  
2 tablespoons ground cinnamon  
1 teaspoon vanilla extract  
½ teaspoon ground ginger  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into small balls, then press flat into bite-sized cookies and refrigerate.