

60 DAY

Weight Loss Journey

OMNIVORE RECIPES



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JUICES

Directions: Juice all ingredients through a juicer; add a dash of cinnamon, ginger, or cayenne to enhance digestion. This is also known as warming digestion.

Here are a few reminders:

- All juices are made for 1-2 servings
- All juices must be made in a juicer unless you are using a high-speed blender; if so, use a cheesecloth to strain the juice.
- If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can also lightly steam the dark leafy greens before using (applicable for both juices and smoothies).

MORNING LEMON WATER

1 cup room-temperature water
juice of 1 lemon
dash of sea salt

GREEN JUICE

1 green apple, peeled and cored
1 cup mixed greens
4 celery stalks
1 cucumber
juice of 1 lemon
½-inch piece ginger, peeled

CARROT JUICE

5 carrots
1 apple, cored
1-inch piece ginger, peeled
dash of cinnamon

THYROID JUICE

1 beet
1 cucumber
5 celery stalks
1-inch piece ginger, peeled
juice of 1 lemon
juice of 1 lime
dash of sea salt

SMOOTHIES

If you have a high-speed blender, add all the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add the ice and blend. Feel free to add water to reach your desired thickness.

Feel free to add fruit to any vegetable smoothie to add sweetness. Try ½ cup berries, ½ apple, or ½ banana.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- shredded coconut
- raw cacao
- honey
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

COCO SMOOTHIE

1 ½ cups nondairy milk or water
½ avocado
1 cup spinach
½ cup blueberries
2 tablespoons raw cacao
dash of cinnamon

IMMUNE SMOOTHIE

½ cups dairy nondairy milk or water
½ avocado
1 tablespoon coconut oil
4 kale leaves
1 orange
⅛ cup parsley
dash of cayenne
dash of cinnamon

GINGER SMOOTHIE

1 ½ cups of nondairy milk or water
½ avocado
1 tablespoon coconut oil
1 cup frozen berries
1 cup spinach
1-inch piece of ginger
dash of cinnamon

LEMON SMOOTHIE

1 ½ cups of nondairy milk or water
½ avocado
1 cup spinach
2 kale leaves
½ cup pineapple
juice of ½ lemon
1-inch piece of ginger

BERRY SMOOTHIE

1 ½ cups nondairy milk or water
½ avocado
1 cup berries
1 cup spinach
½ cup parsley
1 tablespoon flax seeds
dash of cayenne

BREAKFAST

WARM CHIA PUDDING

Serves 1

- 1 cup nondairy milk
- 1/3 cup chia seeds
- 1 teaspoon pumpkin pie spice
- 1 teaspoon honey
- 1 cup fresh fruit of your choice

Warm the nondairy milk in a saucepan over low heat for about 5 minutes. Pour milk into a serving bowl filled with chia seeds. Season with pumpkin pie spice and honey. Mix well and let the mixture sit for 5 minutes. The chia seeds should have absorbed all the milk. Top with fresh fruit and serve.

COCONUT MILK YOGURT AND BERRIES

Serves 1

- 1 cup vanilla coconut milk yogurt
- 1 cup fresh berries of your choice

Spoon yogurt into a serving bowl and top with fresh berries.

SCRAMBLED EGGS WITH AVOCADO TOAST

Serves 1

- 1 teaspoon coconut oil
- 2 eggs
- sea salt and black pepper to taste
- 1 slice Ezekiel bread
- 1/2 avocado, sliced

Melt coconut oil in a hot pan over medium heat. Crack eggs into a small bowl and mix with a fork until it has an even consistency. Season with salt and pepper. Pour into the hot pan and let it cook for about 1 minute. Use a fork to swirl the eggs around the pan until curdles start to form. Continue to do this for about 2 to 3 minutes until you get your desired consistency. Cook the egg about a minute or two longer if you like firmer eggs. Serve on toasted Ezekiel bread topped with avocado.

RAISIN SPICED OATMEAL

Serves 2

- 1 ¾ cups water
- 1 cup rolled oats
- 1 scoop vanilla protein powder
- 1 teaspoon pumpkin pie spice
- 1 handful of raisins
- 1 tablespoon honey
- 1 cup chopped fruit of your choice

Combine water, oats, and protein powder in a pot over medium heat. Bring mixture to a simmer and stir well. Add pumpkin pie spice, raisins and honey. Mix well until creamy (about 5 minutes). Serve topped with fruit of your choice.

SNACKS & DIPS

BAKED APPLE CHIPS

Serves 4-5

4 apples
juice of 1 lemon
2 cups cold water
sprinkle of cinnamon
sprinkle of ground ginger

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

Add lemon juice to a bowl of cold water and set to the side. Wash and thinly slice apples, core and all. Place apple slices in the cold water and lemon juice mixture for a few seconds to prevent browning. Remove apple slices from the water and place in a single layer on lined baking sheet. Sprinkle the chips with cinnamon and ginger powder.

Bake apple slices for 1 hour, then flip to the other side. Bake for another hour. If the slices are not dry enough, bake for another 10 to 15 minutes. Once the apple slices are done, remove from heat and set to the side to cool. Once the apple slices are cool, store in an airtight container.

GUACAMOLE

- 2 avocados
- 1 handful cilantro, chopped
- 1 scallion, chopped
- 1 small tomato, chopped
- 1 garlic clove, chopped
- 1 teaspoon cumin powder
- sea salt and black pepper to taste

Mix all ingredients in a small bowl. Mash with a fork until well incorporated, but still chunky. Serve with vegetable sticks, cucumber slices, or flax seed crackers. Store in a covered container in the refrigerator for up to 1 day.

HUMMUS

- 2 15-ounce cans garbanzo beans, drained and rinsed
- 2 heaping teaspoons tahini
- 1 garlic clove
- 3 tablespoons extra virgin olive oil
- 1 teaspoon smoked paprika
- sea salt and black pepper to taste
- juice of 1 lemon

Combine all ingredients in a high-speed blender or food processor and blend until smooth. Serve with vegetable sticks, cucumber slices, or flax seed crackers. Store in a covered container in the refrigerator for up to 5 days.

PROTEIN BALLS

ALMOND CHOCOLATE OAT BALLS

- 1 cup rolled oats
- ½ cup raw chocolate chips
- ½ cup almond butter
- ½ cup ground flax seeds
- ⅓ cup honey
- 1 teaspoon vanilla extract
- 1 scoop vanilla protein powder

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

SAVORY SWEET PROTEIN BALLS

- 1 cup rolled oats
- ⅓ cup unsweetened coconut flakes
- ⅓ cup raw almonds, chopped
- ½ cup almond butter
- ½ cup ground flax seed
- ⅓ cup honey
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

CINNAMON GINGER BITES

- 1 cup rolled oats
- ½ cup almond butter
- ½ cup ground flax seeds
- ⅓ cup honey
- 1 teaspoon cinnamon
- 1-inch piece of ginger, grated
- 1 teaspoon vanilla extract
- 1 scoop vanilla protein powder

Combine all ingredients in a large mixing bowl. Mix with a large spoon until well incorporated. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. You can store these balls in the airtight container for up to 7 days.

RECIPE BASICS

WHOLE ROASTED CHICKEN

1 4- to 5-pound whole chicken
1 tablespoon coconut oil
sea salt and black pepper to taste
1 teaspoon thyme
1 teaspoon garlic powder
1 teaspoon onion powder

Preheat oven to 425 degrees F.

Coat chicken with coconut oil and season with sea salt, black pepper, thyme, garlic powder, and onion powder. Place chicken in a baking pan and bake for about 1 hour or until the skin is golden brown. The chicken is done when you poke the thickest part of the bird (usually between the thigh and the leg) and the juices run clear. The meat should also be white.

ROASTED SALMON

2 salmon fillets, thawed
1 teaspoon coconut oil
sea salt and black pepper to taste

Preheat oven to 425 degrees F.

Coat salmon with coconut oil. Season with sea salt and black pepper. Place on a baking sheet. Bake for about 10 to 12 minutes. The salmon is done when you press the center of the fish and it feels firm.

QUINOA

1 cup quinoa
2 cups water or vegetable broth

Mix quinoa and water or vegetable broth in a small pot over medium heat. Cover and cook for 20 minutes. Fluff and serve. Store in a closed container in the refrigerator for up to 5 days.

LENTILS

1 cup dried brown lentils
2 cups water or vegetable broth

Mix lentils with water or vegetable broth in a small pot over medium heat. Bring to a boil, then reduce heat to a simmer and cook for about 20 to 30 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not tender, add a few tablespoons of water and let it continue to cook a few extra minutes. Store in a closed container in the refrigerator for up to 5 days.

BROWN RICE

1 cup brown rice
2 ¼ cups water or vegetable broth

Mix rice with water or vegetable broth in a small pot over medium heat. Bring to a boil, then reduce heat to a simmer, cover, and cook for about 30 to 40 minutes. Please note that different brands require different cooking times. Check your box for cooking instructions.

SIDE SALAD

2 cups mixed greens

1 handful cherry tomatoes

1 cup peeled and chopped cucumbers

Combine all ingredients in a small bowl and serve with a salad dressing of your choice.

SALADS

MASSAGED KALE SALAD WITH TUNA

Serves 2

- 1 bunch kale (any variety), chopped
- 2 scallions, chopped
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried basil
- sea salt and black pepper to taste
- 1 avocado
- 1 5-ounce can tuna in water or extra virgin olive oil, drained

Combine chopped kale and scallions in a large mixing bowl. Top with olive oil, basil, sea salt, black pepper, and avocado. Use clean, bare hands to massage the ingredients together until the kale is wilted and dark green in color. The other ingredients should be well mixed and have turned into a salad dressing. Top the salad with canned tuna. Serve immediately or store in a closed container for no more than 1 day.

CUCUMBER SPINACH SALAD WITH DELI CHICKEN BREAST SLICES

Serves 2

- 3 cups baby spinach
- 4 slices deli chicken breast (recommend Applegate brand)
- 2 cups peeled and chopped cucumber
- 1 carrot, grated
- 1 small red pepper, chopped
- ½ cup chopped purple cabbage
- 1 small red onion, thinly sliced
- Honey Lemon Dressing (recipe in Dressings)

Place baby spinach in a large mixing bowl. Top with chicken breast slices, cucumber, carrot, red pepper, purple cabbage, and red onion. Serve with Honey Lemon Dressing.

ROASTED CHICKEN BREAST WITH SQUASH AND MIXED GREENS

Serves 2

2 chicken breasts
2 tablespoons coconut oil
sea salt and black pepper to taste
2 cups chopped butternut squash
4 cups mixed greens
2 scallions, chopped
Tahini Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Coat chicken breasts with 1 tablespoon of melted coconut oil and season with sea salt and black pepper. Place on one half of a baking sheet.

Place squash in a mixing bowl. Massage with remaining tablespoon of melted coconut oil and season with sea salt and black pepper. Place the squash on the other half of the baking sheet in a single layer. Roast squash and chicken for about 25 to 30 minutes until the chicken is fully cooked through and the squash is tender. Set to the side to cool.

Place mixed greens in a separate serving bowl. Top with sliced chicken breast, squash, and scallions. Serve with Tahini Dressing.

SHRIMP AND GREEN BEAN SALAD

Serves 2

1-pound fresh green beans
1 tablespoon coconut oil
1 pound shelled, raw shrimp (thawed)
sea salt and black pepper to taste
1 teaspoon Italian seasoning
3 cups mixed greens
1 cup cooked quinoa (recipe in Recipe Basics)
Honey Lemon Dressing (recipe in Dressings)

Bring 8 cups salted water to a boil in a large pot. Add green beans. Boil for about 10 to 12 minutes until tender. Drain and set to the side to cool.

While the green beans are boiling, melt coconut oil in a sauté pan over medium heat. Season shrimp with sea salt, black pepper, and Italian seasoning. Place in hot pan and sauté for about 5 minutes until the shrimp is opaque and firm. Remove from pan and set to the side to cool.

In a separate serving bowl, add mixed greens and cooked quinoa. Top with green beans and shrimp. Serve with Honey Lemon Dressing.

QUINOA TABBOULEH WITH ROASTED SALMON

Serves 2

2 cups cooked quinoa (recipe in Recipe Basics)
1 bunch flat leaf parsley, finely chopped
1 cucumber, peeled and chopped
2 scallions, chopped
1 handful fresh mint leaves, chopped
2 garlic cloves, finely chopped
juice of 1 lemon
¼ cup extra virgin olive oil
sea salt and black pepper to taste
Tahini Dressing (recipe in Dressings)
2 roasted salmon fillets (recipe in Recipe Basics)

Combine quinoa, parsley, cucumber, scallions, mint, garlic, lemon juice, olive oil, sea salt, black pepper, and dressing in a large mixing bowl. Stir well and serve immediately with roasted salmon fillets or store in a closed container for up to 3 days.

RAW ENTREES

VEGGIE BOATS

Serves 2

4 brown rice tortillas or romaine lettuce leaves
1 avocado, sliced
1 tomato, sliced
1 cucumber, peeled and sliced
1 tablespoon hemp seeds
1 cup sprouts
Tahini Dressing (recipe in Dressings)

Lay tortillas or romaine leaves on flat surface. Place all the ingredients on each leaf and fold like a taco. Serve immediately.

GRAPEFRUIT SALAD

Serves 2

1 cup mixed greens
2 cups spinach
2 grapefruits, peeled and sliced
½ cup cherry tomatoes, sliced in half
½ cup sunflower seeds
1 avocado, diced
½ pound of nitrate free turkey slices (recommend Applegate brand)
Honey Lemon Dressing (see recipe in Dressings)

Place the mixed greens and spinach in a large bowl. Top with grapefruit, cherry tomatoes, sunflower seeds, turkey and avocado. Toss in dressing before serving.

SWEET SPROUT SALAD

Serves 2

2 apples, chopped
2 cups sprouts of your choice
1 small red onion, chopped
2 cups baby spinach
1 handful sunflower seeds
½ pound of nitrate free chicken slices (Applegate)
Honey Lemon Dressing (recipe in Dressings)

Combine all ingredients in a large bowl. Top with chicken slices. Serve immediately or store in a closed container for up to 3 days.

RAW NOODLE COLLARD WRAP

Serves 2

1 12-ounce package kelp noodles
juice of 1 lemon
2 large collard leaves
1 large carrot, grated
1 small beet, peeled and grated
1 handful fresh basil leaves
1 avocado, sliced
Tahini Dressing (recipe in Dressings)

Remove kelp noodles from the package and cover with cool water. Add lemon juice and soak for about 10 minutes until the noodles are tender. Drain and set to the side. Lay collard leaves on a flat surface. Top each leaf with carrot, beet, basil, avocado, noodles and Tahini Dressing. Wrap like a burrito and serve immediately.

TEX-MEX CAULIFLOWER RICE

Serves 2

4 cups cauliflower rice*
1 tablespoon extra-virgin olive oil
½ teaspoon chili powder
1 teaspoon cumin
1 teaspoon smoked paprika
sea salt and black pepper to taste
1 bunch cilantro, chopped
2 scallions, chopped
juice of 1 lime
1 handful cherry tomatoes, halved

*Cauliflower rice can be purchased at Whole Foods, Trader Joe's, and some other major grocery store chains. If you cannot find it, you can buy a medium size head of cauliflower and grate it or chop it in a food processor to a rice-like consistency.

Mix all the ingredients together in a medium sized mixing bowl. Serve immediately or store in a closed container for up to 3 days.

DRESSINGS

TAHINI DRESSING

¼ cup tahini
juice of 1 to 2 lemons
1 garlic clove, chopped
sea salt and black pepper to taste

Combine all ingredients in a small bowl and mix well.

HONEY LEMON DRESSING

juice of 2 lemons
1 tablespoon honey
1 teaspoon dried basil
¼ cup extra virgin olive oil
sea salt and pepper, to taste

Combine all ingredients in a small bowl and mix well.

SOUPS

BEEF WITH VEGETABLE SOUP

2 tablespoons coconut oil
2 tablespoons tomato paste
1 large fennel bulb, chopped
1 large onion, chopped
2 garlic cloves, chopped
1-pound thin beef strips*
sea salt and black pepper to taste
1 teaspoon cumin powder
1 cup chopped carrots
2 cups chopped broccoli
2 cups chopped zucchini
1 15-ounce can garbanzo beans, drained and rinsed
1 tablespoon dried Italian seasoning
8 cups vegetable broth
1 bunch parsley, chopped

*Beef strips can be flank or skirt steak cut into strips. These quick cooking cuts of meat are generally used for items like fajitas.

Melt 2 tablespoons coconut oil in a large soup pot over medium heat. Add tomato paste. Heat the tomato paste in oil for about 3 minutes. Add the chopped fennel, onion, and garlic. Sauté for an additional 5 minutes. Add beef strips and season with sea salt, black pepper, and cumin powder. Sauté until beef begins to brown. Add carrots, broccoli, zucchini, garbanzo beans, Italian seasoning, and vegetable broth. Stir well and cover. Bring to a boil. Stir and reduce heat to a simmer. Continue to cook until the vegetables are tender. Turn off the heat and add chopped parsley. Stir well and serve.

LEMON LENTIL SOUP WITH SALMON

2 tablespoons coconut oil
1 onion, chopped
2 stalks celery, chopped
2 garlic cloves, chopped
1 14-ounce can wild salmon, drained
2 cups chopped carrots
2 cups dried brown lentils
1 teaspoon cumin
8 cups vegetable broth
2 cups fresh spinach
juice of 1 lemon

Melt coconut oil in a large soup pot over medium heat. Add chopped onion, celery, and garlic. Sauté for about 3 minutes, then add canned salmon. Use a fork to flake the salmon. Add carrots, lentils, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 30 to 40 minutes or until the lentils are tender. Once the lentils are tender, turn off the heat and stir in spinach and lemon juice. Stir well and cover for about 5 minutes before serving.

SPICED CARROT SOUP WITH GROUND TURKEY

2 pounds carrots, chopped
1 large onion, chopped
2 tablespoons coconut oil
1 teaspoon curry powder
sea salt and black pepper to taste
1 13.5-ounce can organic coconut milk
juice of 1 lime
1-pound ground turkey
1 teaspoon cumin powder

Preheat oven to 400 degrees F.

Combine carrots and onion in a large mixing bowl. Coat with melted coconut oil and season with curry powder, sea salt, and black pepper. Mix well and spread in one layer on a baking sheet. Bake for about 20 to 25 minutes until the vegetables are tender and golden brown.

While vegetables are roasting, melt 1 tablespoon of coconut oil in a large soup pot over medium heat. Add ground turkey. Season meat with cumin, sea salt, and black pepper. Sauté until the turkey is browned. Set to the side.

When vegetables are tender, spoon into a high-speed blender with coconut milk and lime juice. Blend until smooth. Pour into the soup pot, add turkey, and mix well. Serve immediately or store in the refrigerator for up to 5 days.

KALE, SWEET POTATO, AND BLACK BEAN SOUP WITH TURKEY SAUSAGE

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 7-ounce package turkey sausage (recommend Applegate brand)
- 2 cups chopped sweet potatoes
- 1 bunch chopped kale
- 1 15-ounce can black beans, drained and rinsed
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 6 cups vegetable broth

Melt coconut oil in a large pot over medium heat. Add onion and garlic. Sauté for about 3 minutes until fragrant. Roughly chop turkey sausage and add it to the soup pot. Brown the sausage for about 5 minutes. Add sweet potatoes, kale, black beans, paprika, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 15 minutes or until sweet potatoes are tender.

QUINOA VEGETABLE STEW WITH PULLED ROASTED CHICKEN

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 celery stalk, chopped
- 1 large carrot, chopped
- 1 large zucchini, chopped
- 2 large tomatoes, chopped
- 1 cup pulled roasted chicken (recipe in Recipe Basics)
- 1 cup vegetable broth
- 2 teaspoons cumin powder
- 1 teaspoon dried oregano
- 1 cup cooked quinoa (recipe in Recipe Basics)
- 1 bunch cilantro, chopped

Melt coconut oil in a large pot over medium heat. Add chopped onion, garlic, and celery. Sauté for about 3 minutes, then add carrot, zucchini, and tomatoes. Use a fork to shred the chicken meat and add to the pot. Pour in vegetable broth and season with cumin powder and oregano. Stir well, cover, and bring to a boil. Reduce heat to a simmer and add quinoa and cilantro. Simmer for another 5 minutes before serving.

WARM ENTREES

ROASTED BRUSSEL SPROUTS WITH LENTILS AND SALMON

Serves 2

- 1-pound Brussel sprouts, trimmed and halved (lengthwise)
- 1 large onion, roughly chopped
- 2 tablespoons coconut oil
- 1 teaspoon smoked paprika
- sea salt and black pepper to taste
- 2 cups cooked brown lentils (recipe in Recipe Basics)
- 2 roasted salmon fillets (recipe in Recipe Basics)
- Tahini Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Combine Brussel sprouts and onion in a large mixing bowl. Coat with melted coconut oil and season with paprika, sea salt, and black pepper. Spread in a single layer on a baking sheet. Bake for about 30 minutes until brown along the edges. Serve Brussel sprouts warm over lentils and salmon fillets, topped with Tahini Dressing.

CAULIFLOWER MASH WITH BLACK BEANS AND SHRIMP

Serves 2

1 head cauliflower
¼ cup nondairy milk of your choice
sea salt and black pepper to taste
½ bunch cilantro, chopped
1 tablespoon coconut oil
1 pound shelled, raw shrimp
1 teaspoon cumin powder
1 15-ounce can black beans, drained and rinsed
1 avocado

Bring about 1 inch of water to a boil in a large pot with a steam basket. Chop cauliflower into bite-sized pieces. Place cauliflower in steamer basket and steam the cauliflower until tender (about 5 minutes). Place cauliflower in a blender or food processor. Add milk, salt, and pepper and blend until smooth. Remove from blender and transfer to a serving bowl.

Melt coconut oil in a pan over medium heat. Add shrimp. Season with cumin, sea salt, and black pepper and sauté for about 3 minutes until shrimp becomes firm and opaque. Add black beans. (You may need to add about ¼ cup of water or vegetable broth to keep them from drying out.) Warm with shrimp for about 3 minutes.

To serve, place cauliflower mash into a bowl with chopped cilantro, shrimp and black beans, and sliced avocado.

SPICY ROASTED CHICKEN BREASTS WITH VEGETABLES

Serves 2

2 chicken breasts
2 small beets, peeled and chopped
2 cups chopped butternut squash
1 large onion, chopped
2 tablespoons coconut oil
1 teaspoon cayenne powder (optional)
1 teaspoon smoked paprika
1 teaspoon dried thyme
sea salt and black pepper to taste

Preheat oven to 400 degrees F.

Chop chicken breasts into bite-sized pieces. Place in a large mixing bowl with beets, squash, and onion. Coat with melted coconut oil and season with cayenne, paprika, thyme, sea salt, and black pepper. Spread in one layer on a baking sheet and bake for about 30 minutes until tender and golden brown. Serve with a side salad (recipe in Recipe Basics).

ZUCCHINI ZEN BOWL WITH TURKEY BURGER PATTIES

Serves 2

1 tablespoon coconut oil
1-pound ground turkey
1 teaspoon garlic powder
1 teaspoon onion powder
sea salt and black pepper to taste
1 teaspoon turmeric
2 cups chopped zucchini
1 teaspoon thyme
2 cups cooked brown rice (recipe in Recipe Basics)
1 handful chopped parsley
1 avocado, sliced
Honey Lemon Dressing (recipe in Dressings)

Melt coconut oil into a large pan. While the oil is melting, mix the ground turkey with garlic powder, onion powder, sea salt, and black pepper. Mix well and form into patties. Place each patty in pan and cook for about 5 minutes per side. The edges should be brown and the center of the burger patty should no longer be pink. When the burgers are done, set them to the side and sauté the vegetables.

Add chopped zucchini to the same pan and season with thyme, sea salt, and black pepper. Toss for about 10 minutes. Serve on a warm bed of brown rice with the turkey burger patties. Top with parsley, avocado, and Honey Lemon Dressing.

GINGER SAUTÉED VEGETABLES WITH SLICED ROAST BEEF

Serves 2

- 1 tablespoon coconut oil
- 1 small onion, thinly sliced
- 1-inch piece of ginger, grated
- 2 garlic cloves, chopped
- 2 cups shredded purple cabbage
- 1 large carrot, grated
- 4 slices deli roast beef (recommend Applegate brand)
- 1 tablespoon sesame seeds
- 2 cups cooked brown rice (recipe in Recipe Basics)

Melt coconut oil in a pan over medium heat. Add onion, ginger, and garlic. Sauté for about 1 minute until fragrant. Add cabbage. Cover and cook for about 5 minutes. You may need to add about ¼ cup of water or vegetable broth to keep the cabbage from burning. Once the cabbage is tender, add carrot and toss for another 2 minutes. Slice roast beef into strips and toss in pan with the vegetables. Sauté until warm. Serve over warm brown rice with sesame seeds.

VEGETABLE CURRY WITH SALMON

Serves 2

2 tablespoons coconut oil
1 onion, chopped
2 garlic cloves, chopped
1-inch piece of ginger, grated
1 bunch broccoli, chopped
2 cups chopped carrots
2 cups chopped purple cabbage
2 cups water or vegetable broth
1 13.5-ounce can organic coconut milk
1 teaspoon dried thyme
1 teaspoon curry powder
sea salt and black pepper to taste
2 cups cooked brown rice (recipe in Recipe Basics)
2 roasted salmon fillets (recipe in Recipe Basics)

Melt coconut oil in a large pot over medium heat. Add onion, garlic, and ginger. Sauté for about 1 minute until fragrant. Add broccoli, carrots, and cabbage along with water or vegetable broth, coconut milk, thyme, curry powder, sea salt, and black pepper. Mix well. Bring to boil, then reduce heat and simmer covered for about 15 minutes. Stir well and serve over warm brown rice and roasted salmon.

STUFFED ACORN SQUASH WITH ROASTED CHICKEN

Serves 2

- 1 large acorn squash
- 2 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 celery stalks, finely chopped
- 1 cup chopped carrots
- 2 cups fresh spinach
- 2 cups cooked lentils
- 1 teaspoon sage
- 1 teaspoon thyme
- salt and pepper to taste
- 2 cups roasted chicken (recipe in Recipe Basics)

Preheat oven to 400 degrees.

Cut squash in half. Remove seeds and coat cut side with 1 tablespoon of coconut oil. Place face down onto a baking sheet and bake for about 40 minutes until tender.

While the squash is cooking, prepare stuffing. Melt 1 tablespoon of coconut oil in a sauté pan. Add onion, garlic, celery and carrot. Sauté for about 5 minutes, then add spinach and lentils. Season with sage, thyme, sea salt, and black pepper. Mix well until spinach is wilted. Serve in the center of the acorn squash alongside a piece of roasted chicken.

ROASTED ROOT VEGGIE SALAD WITH TURKEY SLICES

Serves 2

1 large beet, peeled and chopped
1 large fennel bulb, chopped
1 cup chopped carrots
1 large onion, chopped
2 tablespoons coconut oil, melted
1 teaspoon turmeric
1 teaspoon cumin
sea salt and black pepper to taste
3 cups mixed greens
4 deli turkey slices (recommend Applegate brand)
Honey Lemon Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Coat beets, fennel, carrots, and onion with melted coconut oil. Season with turmeric, cumin, sea salt, and black pepper. Spread in one layer on a baking sheet and bake for about 30 minutes until tender. Serve warm or cold over mixed greens with sliced deli turkey. Top with Honey Lemon Dressing.

SAUTÉED KALE WITH BEEF AND SOBA NOODLES

Serves 2

2 ounces uncooked soba noodles
1 tablespoon coconut oil
1 small onion, chopped
1-pound thin beef strips*
1-inch piece of ginger, grated
sea salt and black pepper to taste
1 bunch kale, chopped
1 teaspoon gomasio**

*Beef strips can be flank or skirt steak cut into strips. These quick cooking cuts of meat are generally used for items like fajitas.

Boil soba noodles according to package instructions. Drain and set to the side to cool while sautéing the kale.

Melt coconut oil in a large pan over medium heat. Add chopped onion and beef strips. Season with ginger, sea salt, and black pepper. Sauté until beef is brown. Add chopped kale. Sauté for about 5 minutes until kale is wilted. Season with gomasio and serve with soba noodles.

**Gomasio can be found at any health food store in the seaweed section. Alternatively, you can order it online at Amazon or most other health food online retailers.

DESSERTS

RASPBERRY CHOCOLATE CHIA PUDDING

Serves 1

- 1 cup non-dairy milk
- 1 tablespoon honey
- 1 tablespoon raw cacao
- 1 teaspoon pumpkin pie spice
- 1/3 cup chia seeds
- 1/4 cup raspberries (fresh or frozen)

Combine milk, honey, raw cacao, and pumpkin pie spice in a small mixing bowl. Add chia seeds and stir. Let it sit for about 5 minutes. Stir again and top with raspberries.

SAUTÉED APPLES WITH COCONUT ICE CREAM

- 1 tablespoon coconut oil
- 2 apples, cored and chopped
- 1 teaspoon pumpkin pie spice
- 1 scoop vegan coconut ice cream (Luna & Larry's Coconut Bliss)
- 1 tablespoon unsweetened coconut flakes

Melt coconut oil in a sauté pan over medium heat. Add apples. Season with pumpkin pie spice and sauté for about 15 to 20 minutes until the apples are soft. Serve warm or cold over ice cream topped with coconut flakes.