

Spinach Omelet • Servings: 1

This is great for breakfast, lunch, or dinner and is very simple to make.

Tip: For an even fluffier omelet, add 1/3 cup water to the egg mixture before cooking. Mix thoroughly.

3-4 Eggs, Slightly Beaten
1 Cup Fresh Spinach
1/2 Cup Fresh Mushrooms
1/2 Cup Onion, Chopped
1/2 Teaspoon Sea Salt
1 Tablespoon Coconut Oil

In a skillet, sauté the mushrooms, onions, and spinach leaves until tender, remove from the skillet. In a small bowl, stir together the remaining omelet ingredients except coconut oil. In the same skillet, heat coconut oil. Pour egg mixture into skillet. Cook over medium heat lifting slightly with spatula to allow uncooked portion to flow underneath until eggs are set (3-4 minutes). Place sautéed mushrooms, onion, and spinach on half of omelet. Gently fold over the other half and slide onto a plate.

Yogurt and Berries • Servings: 1

A great alternative for breakfast to replace cereal! It will keep you full and satisfied for hours!

1 Cup Organic Full Fat Yogurt
1/2 Cup Fresh Blueberries or Raspberries
1/2 Teaspoon spoonable/powdered Stevia
1 Teaspoon Hemp Seed Oil (optional)
1- 2 Tablespoons Whey Protein Powder (optional)
Stir all ingredients and serve immediately.

Eggs Florentine • Servings: 3-4

2 Tablespoons Butter
1/2 Small Onion, Minced
1 Clove Minced Garlic
1 Lemon
1 Cup Spinach
6- 8 Eggs

TIP: For added protein, add some whey protein powder

TIP: Spoonable Stevia or 1: 1 Stevia is equivalent to the same amount of sugar.

In a skillet, sauté onions and garlic in butter over medium heat. Once onions have started to soften, add spinach and allow it to wilt. Squeeze lemon over spinach. Scramble eggs and pour over mixture. Cook until eggs are done.

Chocolate Almond Power Bars • Servings: 8-10

2 cups almond flour
1 cup ground flax seed meal
1/2 cup unsweetened shredded coconut (optional)
3 scoops Dutch chocolate Perfect Protein
1/2 cup xylitol (or 3/4 tsp pure powder stevia)
1/2 cup coconut oil
1/4 cup organic butter
3 squares unsweetened chocolate
1/2 tsp pure vanilla
4 squares unsweetened chocolate (for topping)
5 tbsp coconut oil (for topping)
1 tbsp organic butter (for topping)
1/4 cup xylitol or 1/4 tsp pure liquid stevia (for topping)

Place almonds meal, flax meal, shredded coconut, Protein and xylitol (stevia) in a food processor. Pulse until ground into meal. In a double boiler melt coconut oil, butter and 3 squares of unsweetened chocolate. Once melted add vanilla to melted chocolate/coconut mixture. Mix liquid chocolate with dry ingredients in a bowl until turns into a paste. Press mixture into an 8 x 8 glass baking dish. Chill in refrigerator for 1 hour, until mixture hardens. In a double boiler, heat butter and coconut oil until liquid. Add xylitol (stevia) and heat and stir until dissolved. Add 4 squares of unsweetened chocolate. Stir until melted. Pour melted chocolate over pressed mixture in glass dish. Return to refrigerator for at least until chocolate hardens. Remove from refrigerator, cut into bars and serve. (If chocolate cracks when cutting, let soften for 10 minutes first)

Grain-free Pancakes • Servings: about 6 pancakes

You can still have the foods you enjoy, simply substitute healthy ingredients for unhealthy ones.

3 Eggs
3 Tablespoons Butter or Coconut Oil, Melted (plus extra butter or coconut oil for cooking the pancakes)
3 Tablespoons Coconut Milk or Whole Milk
1/2 Teaspoons Stevia or Xylitol
1/8 Teaspoon Sea Salt
2- 4 Drops Pure Vanilla
3 Tablespoons Coconut Flour
1/2 Teaspoon Baking Powder

Using a wire whisk, mix together eggs, melted butter, milk, stevia, sea salt, and vanilla. Continuing to whisk, add the baking powder and coconut flour until thoroughly mixed. Heat 1 tablespoon of butter (or coconut oil) in a skillet on a medium flame. Spoon 2-3 tablespoons of batter onto skillet making pancakes about 3- 4 inches in diameter. Sprinkle with blueberries if desired. Flip when pancakes start to form bubbles around the edges.

Grain-less Granola • Servings: 4

Great for those who miss their morning cereal.

1/4 Cup Whole Flaxseeds
1/4 Cup Raw Sunflower Seeds
1/4 Cup Raw Organic Almonds or Walnuts
1/4 Cup Raw Dehydrated Coconut Flakes, Unsweetened
1/2 Can Chilled Coconut Milk
1/4 Teaspoon Cinnamon

TIP: This granola can be enjoyed cold or add coconut milk, let stand a few minutes, and warm slightly on stovetop for a hot cereal. Flax seeds will thicken mixture as it sits.

In a dry blender or food processor, pour flaxseeds, sunflower seeds, almonds, and coconut flakes through opening in top cover. Replace removable cap and continue processing until ingredients are reduced to a chunky, grain-like consistency, about 1 minute. Stop motor, scrape down to loosen mixture in bottom of blender or work bowl, if necessary. Add cinnamon and process a few more bursts until blended.

Scoop out 1/2 cup mixture per serving. Pour roughly equal amounts of coconut milk or other milk per serving over cereal and enjoy.

Mini Onion Quiches • Servings: 10-12

These mini quiches are great to freeze for a quick on the go breakfast later. Here, a typical crust is substituted with shredded coconut.

3/ 4 Cup Shredded Coconut
4 Tablespoons Butter, Melted
1 Cup Chopped Green Onion With Tops
2 Tablespoons Butter
2 Eggs
1 Cup Whole Milk
1/2 Teaspoon Sea Salt
1/ 4 Teaspoon Pepper
1 Cup Swiss Cheese, Grated

Preheat oven to 300° F. Combine coconut and melted butter. Divide coconut among mini muffin tins. Sauté onion for 10 minutes in 2 tablespoons butter. Cool onions then divide evenly over coconut crust. Beat eggs, add milk, salt, pepper, and Swiss cheese. Pour by spoonfuls on top of onions in tins. Do not fill to the top as they will run over. Bake until set, about 15- 20 minutes. Do Not Over bake.

Protein Smoothie • Servings: 1

This smoothie uses low glycemic fruit and good fats.

Handful of Frozen Berries (Strawberries, raspberries, blueberries, blackberries)
Raw Milk or Coconut Milk to taste and desired consistency
1 Scoop Whey Protein

Optional: Add greens like romaine lettuce or spinach and/or add good fats like hemp or flax. Mix everything together in a blender or Vita-Mix®.

Raspberry Explosion • Servings: 1

1-2 Scoops Whey Protein Powder
3 Tablespoons Full Fat Organic Yogurt
1/4 to 1/2 Cup Frozen or Fresh Berries
Water to desired consistency
1/2 - 1 Teaspoon spoonable Stevia
1 Teaspoon Greens Powder (optional)
1 Teaspoon Hemp Seed Oil (optional)

Mix everything together in a blender or Vita-Mix

Veggie-Berry Smoothie • Servings 2-4

Here is another variation on a kale smoothie. This gives the added benefit of more fruits and veggies.

1 Cup Coconut, Almond, or Rice Milk
1 Cup Water
2 Medium Kale Leaves
6 Baby Carrots
8 Fresh Strawberries
1 Cup Frozen Berries
1/2 Banana
1/4 Cup Cranberries, Fresh or Frozen
2 Tablespoons Ground Flaxseed

Put everything in a blender or Vita-Mix®. and blend. It may take a while to blend the kale.

Apple-Almond Smoothie • Servings: 1

Handful of Greens (Swiss Chard, Spinach, Kale)
1/4 - 1/2 Cup Coconut Milk
1 Frozen Banana, Sliced
Spoonful Almond Butter
1 Apple, Peeled

Put everything in the blender and blend for 30-45 seconds

Salad Smoothie • Servings: 1-2

You won't believe how tasty and satisfying this is. What a great way to start your day- with healthy greens!

1 Head Romaine Lettuce or
1/2 Head Romaine with Two Big Handfuls Spinach
1/4 Cup Water
1 Tablespoon Unsweetened Cocoa Powder or Chocolate Whey Protein Powder
Stevia or Xylitol to Taste
Optional: add Berries and Raw Organic Egg

Taktouka (Moroccan Cooked Salad) • Servings: 2-4

This is a cooked salad that is often eaten as a dip. Like many other recipes, it can be eaten warm or cold.

2 Ripe Tomatoes, Quartered
1 Small Onion, Chopped
1/2 Cucumber, Halved Lengthwise, Seeded, and Chopped
1 Green Bell Pepper, Halved Seeded And Chopped
2 Tablespoons Lemon Juice
3 Tablespoons Olive Oil
2 Cloves Garlic, Crushed
1/2 Teaspoon Cumin
2 Tablespoons Cilantro, Chopped
Sea Salt And Black Pepper

Put the tomatoes, onions, cucumber, and green bell pepper into a pan. Add 1/4 cup water and simmer for 5 minutes. Let cool. Combine the lemon juice, olive oil, and garlic, and cumin. Strain the vegetables, then transfer to a bowl. Pour the dressing over them, season with salt and pepper and stir in the chopped cilantro.

TIP: Serve with raw vegetables, flatbread, or flaxmeal bread.

Curried Turkey and Rice Salad • Servings: 6

This is a colorful salad that is great warm or chilled. You can use as many or as few ingredients as you want or have on hand. This stores well in the refrigerator for a quick lunch/dinner side.

Salad:

1 Cup Water
2 Tablespoons Curry Powder
1 Teaspoon Garlic, Minced
1/2 Teaspoon Ground Ginger
1/2 Teaspoon Sea Salt
1 Small Onion, Chopped
1 Cup Brown Rice, Toasted Millet, or Bulgar Wheat, Cooked
3/4 Pound Turkey or Chicken, Cooked, Cut Into 1/4 Strips
Optional :
1 Granny Smith Apple, Cut Into 1/2 Inch Cubes
1 Cup Celery, Chopped
1 Cup Red Bell Peppers, Chopped
1/2 Cup Golden Raisins

Vinaigrette:

3 Tablespoons Balsamic Vinegar
3 Tablespoons Red Wine Vinegar
2/3 Cup Olive Oil
2 Teaspoons Dijon Mustard
1 Clove Garlic, Crushed
Salt And Pepper To Taste
Optional Toppings:
1/4 Cup Shredded Coconut
1/4 Cup Chopped Nuts

In a large saucepan over high heat, combine the water, curry powder, garlic, ginger, salt and onion. Bring to a boil, remove from heat and stir in rice. Cover and set aside to cool. In a large bowl, combine the turkey, apple, celery, bell pepper, green onion, and raisins. Stir together then stir in cooked rice mixture. To make vinaigrette: in a small bowl, whisk together the balsamic vinegar, red wine vinegar, oil, mustard, honey, garlic, salt and pepper. Toss salad with vinaigrette. Serve immediately or cover to refrigerate for 30 to 40 minutes or until well chilled.

TIP: You can serve this on its own or rolled up in lettuce leaves

Raspberry Pecan Summer Salad • Servings 4 -6

This is a great summertime salad with just the right amount of sweetness.

1/3 Cup Raspberry Spreadable Fruit (No Sugar)
8 Cups Organic Torn Greens
1 Cup Fresh Raspberries
1/4 Cup Raspberry Vinegar
1/4 Cup Olive Oil
1/2 Cup Pecans
1 Teaspoon Poppy Seeds
1 Medium Avocado, Chopped
1 Cup Mushroom, Sliced

In a blender combine the spreadable fruit, vinegar, olive oil, and poppy seeds. (or, combine ingredients in a medium bowl and whisk together) In a large salad bowl, combine the greens, raspberries, avocado, mushrooms, and pecans. Drizzle dressing over the salad. Toss to combine.

Chinese Cabbage Salad • Servings: 4-6

2 Tablespoons Soy Sauce or Tamari
2 Tablespoons Olive Oil
1 Tablespoon Fresh Ginger, Grated
1 Small Napa Cabbage, Cut Into Thin Slices
1 Yellow Bell Pepper, Cut Into Thin Strips
2 Tablespoons Dark Sesame Oil
2 Tablespoons Sesame Seeds, Toasted
Cooked Chicken (optional)

In a small bowl, mix 2 teaspoons soy sauce or tamari, 1 tablespoon grated ginger, 2 tablespoons dark sesame oil, and 2 tablespoons olive oil. Mix cabbage, bell pepper, add chicken, drizzle with soy sauce mixture and sprinkle with sesame seeds.

TIP: You can also add cooked chicken, turkey, beef, or hempseeds for more protein.

Lime and Walnut Coleslaw

A great tangy, crunchy salad. This is a great alternative to mayonnaise based slaws.

1 1/2 Cups Raw Walnut Pieces
1/2 Head Medium- Large Cabbage
1 Basket of Tiny Cherry Tomatoes, Quartered (optional - not pictured here)
1 Jalapeno Pepper, Seeded and Diced
3/4 Cup Parsley or Cilantro, Chopped
1/4 Cup Freshly Squeezed Lime Juice
2 Tablespoons Olive Oil
1/4 Teaspoon Sea Salt

Cut the cabbage into two quarters and cut out the core. Using a knife shred each quarter into very thin slices. Cut long pieces in half. Combine the cabbage, walnuts, tomatoes, Jalapeno (optional), and cilantro or parsley in a bowl. In a separate bowl combine the lime juice, olive oil, salt. Add to the cabbage mixture and gently stir

Not Tuna Salad

This is both a great meat alternative and a terrific raw food recipe

1 Cup Sunflower Seeds, Soaked 8-12 Hours
1 Cup Almonds Soaked 8-12 Hours
1/2 Cup Lemon Juice
1/4 Cup Minced Celery
2 Teaspoons of Kelp Powder
1/4 Cup Minced Red Onion
1/4 Cup Minced Parsley
2 Tablespoons Minced Fresh Dill
1 Teaspoon Sea Salt

Process the almonds, sunflower seeds, sea salt, and lemon juice in a food processor until mixture sticks together in a ball. You may need to stop the machine and scrape down the walls with a spatula.

Add the remaining ingredients with your hands. Not Salmon Salad: Add 2 grated carrots to processing mix. (Core Plan only)

Tip: Serve in lettuce wraps, endive leaves, or red bell pepper halves.

Broccoli Cranberry Salad • Servings: 4-6

This is a popular recipe that has been improved with better ingredients. It is great for picnics and potlucks.

5 Cups Raw Broccoli Florets, Chopped
1/2 Cup Red Onion, Chopped
1/2 Cup Organic Shredded Cheese, Optional
1 Cup Turkey Bacon, Cooked And Crumbled
1 Cup Raw Sunflower Seeds
1 Cup Dried Cranberries
Dressing:
3/4 Cup Mayonnaise
stevia or Xylitol to Taste
2 Tablespoons Red Wine Vinegar
3/4 Teaspoon Pepper

Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour.

Chicken Artichoke Salad • Servings: 4

A more elegant version of chicken salad, this can be eaten cold or heated.

4 Cups Cooked Chicken Breasts, Chopped
1 (14 Ounces) Can Artichoke Hearts, Drained And Chopped
1/2 Cup Toasted Pecans, Chopped
1/2 Cup Mayonnaise
1 Teaspoon Celery Salt
1/2 Teaspoon Pepper
Stir together all ingredients; cover and chill until ready to serve.

TIP: For a warm version, place on whole wheat bread and bake in the oven at 425°F for 10 minutes. {Core Plan Only}

Taco Salad

Great for families. This recipe allows you to have taco night without needing the taco shells. Spread a variety of toppings on the table and let everyone customize their own.

Basic Chili Recipe
Mixed Lettuces
Spinach
Sprouts
Black beans, cooked
Tomato, chopped
Red Bell Pepper, Chopped
Black Olives, Sliced
Avocados or Guacamole
Salsa

Mix your salad ingredients and top with the chili.

TIP: You can use salsa for dressing or mix salsa with mayonnaise for a creamy salsa dressing.

Chicken Sausage Soup • Servings: 4-6

Please watch ingredients for sausage- some chicken/turkey sausage contains dangerous additives like nitrites and some will have pork casings. Read your labels or ask at the meat counter.

1 Quart Organic Chicken Broth
1 Quart Water
6-8 Chicken or Turkey Sausage Links
3 Cloves Garlic, Sliced
1 Medium Onion, Chopped
2-3 Heads Escarole or Spinach
1 Can Cannelloni Beans (White Beans). Drained
Fresh Parsley
Lemon Zest

Brown the onion and garlic in a small amount of olive oil in a medium sized stock pot. Add chicken stock and water along with salt to taste. Bring to a boil and simmer. In the meantime, brown chicken sausages in a separate frying pan and cut into chunks. Set aside. Add chopped escarole or spinach and cannelloni beans to the stock mixture. Let simmer for 5- 10 minutes. Add the sausage back in right before serving. Top with fresh parsley and lemon zest.

Beef Stew • Servings: 4

This is a perfect example of taking a traditional favorite and making it super healthy.

2 Tablespoons Coconut Oil
1 Pound Grass Fed Beef Round or Stew Meat, Chopped Into 1" Cubes
1 Teaspoon Salt
1/2 Teaspoon Ground Pepper
3/4 Cup Onion, Chopped
3 Cloves Garlic, Chopped
2 Tablespoons Tomato Paste
2 Tablespoons Worcestershire Sauce
4 Stalks Celery, Sliced
1 Pound Mushrooms
3 Cups Filtered Water
3 Cups Organic Beef Broth
1/2 Cup Parsley, Chopped
1 Tablespoon Thyme
1 Bay Leaf

Heat a large stockpot to medium high heat. While heating, sprinkle beef with salt and pepper. Add oil and sauté beef, stirring frequently, for 7-9 minutes until browned. Remove beef pieces from pot. Add onions, garlic, bay leaves, and thyme to pot and sauté until translucent or simply put them into a crock-pot with the juices from the browning pot. Stir in tomato paste and Worcestershire sauce. Add celery, and mushrooms. Stir to coat and sauté a few more minutes. Add browned beef, water, and stock. Reduce to low and simmer covered for several hours, until beef is tender. Serve sprinkled with parsley.

TIP: Using a crock pot for this recipe allows you to have a fresh, healthy meal when you get home. You can even brown the meat the night before! Preparation time in the morning is only a few minutes

Meatloaf • Servings: 4

Here is another traditional favorite that everyone will love.

1 Pound Grass Fed Ground Beef
1 Small Yellow Onion, Chopped
1 Clove Garlic, Minced
1/2 Cup Flat Leaf Parsley, Finely Chopped
1 Large Egg, Lightly Beaten
1 Cup Sprouted Grain Bread, Lightly Toasted and Processed into Crumbs
2/3 Cup Organic Tomato Paste, or Un-Sweetened Ketchup (no sugar), Divided
1 Teaspoon Sea Salt
1/2 Teaspoon Pepper

Preheat oven to 375°F. In a medium bowl, combine chopped onion, garlic, parsley, egg, and 1/2 cup ketchup. Add breadcrumbs and beef. Season with salt and pepper. Mix until well combined. Place mixture in a 6 cup capacity loaf pan (8 x 4 inch) or simply shape into a loaf in a glass baking dish. Pat gently to make a rounded top. Do not pack. Bake meatloaf 50 minutes. Remove from oven; brush with remaining 1/3 cup tomato paste or ketchup. Return to the oven; Bake until an instant-read thermometer inserted into the center of the loaf reads 160°F, approximately 10 - 20 minutes. Cool meal loaf for 10 minutes in pan before slicing.

Grilled Steak With Chimichurri Sauce •

Servings: 2

Grass fed beef with this spicy green sauce is a real taste treat. It is so easy to make you will be in and out of the kitchen very quickly.

3/4 Cup Finely Chopped Fresh Italian Parsley
1/2 Cup Olive Oil
3 Tablespoons Fresh Lemon Juice
2 1/2 Tablespoons Finely Chopped Garlic
2 1/2 Teaspoons Dried Crushed Red Pepper
2 Grass-Fed Beef Tenderloin Steaks, 4 to 6 Ounces Each (About 1 Inch Thick)

Place all ingredients (except steak) in a food processor. Pulse until a smooth sauce is achieved. Refrigerate if time permits. (Can be made one day ahead.) Bring to room temperature before using. Sprinkle both sides of steaks with salt and pepper. Place steaks on hot grill pan or barbeque grill and cook until desired wellness, about 3 minutes per side for medium-rare. Slice steaks crosswise and arrange on a platter. Spoon chimichurri sauce over the steaks and serve.

Basic Chili • Servings: 4-6

Everyone should have this recipe in their collection. It is healthy, easy to make, and travels well. You can also use this recipe to make a taco salad. Just put over greens with your favorite toppings.

1 Tablespoon Coconut Oil
1/2 Cup Onion, Chopped or Grated
1/2 Cup Celery, Chopped
2 Cloves Garlic, Minced
1 Cup Green Pepper, Chopped
1 Can Kidney Beans or Black Beans
2 Teaspoons Oregano
2 Teaspoons Chili Powder
2 Teaspoons Ground Cumin
1 Teaspoon Sea Salt
1 8 Ounce Can Organic Crushed-Tomatoes
1 - 1/2 Pounds Ground Bison, Grass Fed Beef, or Ground Turkey

Optional: 1-12 Ounce Jar Prepared Salsa or Pasta sauce (check ingredients)
This can be in addition to or to replace the tomatoes (depending on your consistency preference).

In a large skillet melt oil and sauté onions, celery, garlic, and peppers until onion is translucent, 3-4 minutes. Add ground meat, oregano, chili powder, and cumin, continue cooking, stirring frequently, for 5-6 minutes. Pour salt, tomatoes, and salsa, if desired, into pot. Cover, reduce heat and simmer for a minimum of 1 hour for best flavor.

Stuffed Peppers • Servings: 6

A fancy presentation already in individual servings.

6 Whole Bell Peppers, Red, Yellow or Orange Preferred
1 Pound Grass Fed Ground Beef
1 Cup Brown Rice
1 Can Crushed Tomatoes
1 Can Chicken Stock
1 Garlic Clove, Minced
Coarse Sea Salt and Freshly Ground Black Pepper

Preheat oven to 350 F. Season the meat with salt and pepper and brown in skillet on medium-high. In the meantime, cook the rice with half the amount of liquid (using chicken stock rather than water will add flavor) and half the time as noted on the directions. Once the rice mixture is transferred to the peppers, the liquid in the peppers will continue the rice in the oven. Be careful not to overcook the rice. Add the can of tomatoes, including liquid, into the skillet with the ground beef. Once the rice is done, add that to the skillet along with the minced garlic and salt and pepper. Combine all ingredients well. Cut the tops off the peppers and remove all the seeds from inside. Take your meat and rice mixture and fill the peppers to the top and put the tops back on. Cover the entire baking dish with aluminum foil trying to make sure it doesn't touch the peppers and bake in the oven for about 50 minutes. Remove the foil and cook for an additional 10 minutes. Make sure the peppers are tender, but not falling apart.

TIP: Serve with some freshly grated parmesan cheese.

Lemon Lamb • Servings: 6

This traditional Greek recipe works equally well with cuts like lamb shanks or breast of lamb.

1/3 Cup Lemon Juice, Freshly Squeezed
3 Pounds Lamb Shanks (or Other Lamb)
1 Tablespoon Olive Oil
2 Cloves Garlic, Crushed
1 Tablespoon Fresh Oregano (Divided) or 2 Teaspoons Dried Oregano (Divided)

Trim skin and oil excess fat from the lamb. Cut the meat down the center so that it lays flat and rub both inside and outside surfaces with some of the lemon juice and sprinkle them with salt and pepper. On the inside surface of the meat, sprinkle a teaspoon of dried oregano or 1/2 a tablespoon of chopped fresh oregano. Roll the meat up and tie securely. Heat a tablespoon of olive oil in a pot large enough to take the roll comfortably and brown the meat on all sides. Turn the heat down to low and add to the pot the rest of the lemon juice, the garlic, and another teaspoon of dried oregano or 1 tablespoon of fresh. Cover the pot and simmer very gently, turning occasionally, for about 2 1/2 hours, till very tender. To serve, remove the string, slice the meat and pour the lemony juices over the meat.

Asian Turkey Lettuce Wraps • Servings: 4-5

This is a very tasty dish that will rival any Chinese takeout.

1/2 Cup Water
3 Tablespoons Organic Almond/Cashew Butter
1 Pound Ground Turkey
1 Tablespoon Sesame Oil
1 Cup Shiitake Mushroom Caps, Chopped
1 Tablespoon Rice Vinegar
1 (8 Ounces) Can Water Chestnuts, Drained and Chopped
3 Cloves Garlic
2 Tablespoons Fresh Ginger, Minced
1/3 Cup Tamari
1/2 Cup Green Onions, Optional,
1 Head Lettuce, Separated into Leaves

Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add mushrooms, and next 5 ingredients. Increase heat to medium-high, and cook, stirring constantly, 4 minutes. Add green onions if desired and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up. Serve with extra tamari sauce if desired.

Chicken Asparagus Marsala • Servings: 4

4 Chicken Breast Halves, Boned and Skinned
10 Ounces Asparagus Spears, Cut
2 Tablespoons Butter
1 Tablespoon Coconut or Grapeseed Oil
1/2 Teaspoon Salt
1/4 Cup Water
1/8 Teaspoon Pepper
1 Tablespoon Parsley, Chopped Diagonally into Pieces
1/2 Pound Mushrooms
1/4 Cup Marsala Wine

Pound the chicken pieces to 1/4-inch thickness. Melt the butter in a frying pan over medium-high temperature. Add chicken and cook, turning, for about 5 minutes or until the chicken is brown. Remove chicken and set aside. To the drippings remaining in the fry pan, add the asparagus and mushrooms and cook, stirring, for about 3 minutes. Return the chicken to the pan, add the marsala wine, water, salt, and pepper. Bring the mixture to a boil for 2 minutes to reduce the liquid. Reduce heat, cover and simmer for about 3 minutes or until the chicken and vegetables are tender. Arrange the chicken on a serving platter. Spoon the vegetable sauce over the chicken. Sprinkle with chopped parsley and serve.

Endless Chicken Salad • Servings: 4

This recipe is so versatile and will get you compliments every time you make it.

4 Chicken Breasts, Cooked and Shredded or Chopped
1/2–2/3 Cup Mayonnaise (See Recipe OR Store Bought Mayonnaise Substitute- Check Ingredients)
2 Teaspoons Fresh Lemon Juice

Choose Your Favorites:

Core Plan Add-Ins:	Core and Advanced Add- Ins:
Shredded Carrots	Curry Powder
Chopped Apples	Gornasio
Chopped Grapes	Chopped Celery
Dried Cranberries	Chopped Pickles
Raisins	Raw Pecans, Chopped
Mustard	Raw Walnuts, Chopped
	Raw Almonds, Sliced or Slivered

TIP: Serve on a lettuce leaf, on a whole wheat wrap, or whole wheat bread.

TIP: You can also make this into a chicken salad casserole by putting everything in a glass dish, sprinkle with gomasio or finely chopped nuts and heat in a 350 degree oven for 15- 18 minutes.

Mix any of the above ingredients with the chicken, mayonnaise and lemon juice.

Orange Chicken • Servings: 4

4 Skinless, Boneless Chicken Breasts
2 Teaspoons Olive Oil
2 Teaspoons Butter
1/4 Teaspoon Salt
1/2 Cup White Wine
1/4 Teaspoon Freshly Ground Black Pepper
1/2 Cup Fresh Orange Juice (about 2 Oranges)
1/3 Cups Whole Wheat Flour or Coconut Flour

Place each chicken breast half between pieces of waxed or parchment paper. Pound each piece into 1/2 inch thickness using a meat mallet or heavy skillet. Sprinkle both sides of chicken evenly with salt and pepper; dredge chicken in flour. Heat oil and butter in a large skillet over medium-high heat; cook for 1 minute or until lightly browned, stirring occasionally. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken, slice thinly, and keep warm. Add wine and orange juice to pan; cook until reduced and alcohol is burned off to 1/2 cup (about 4 minutes). Serve sauce over chicken.

Tex-Mex Skillet • Servings: 4

Just add everything to one pan and make cleanup a breeze.

1 Pound. Ground Free- range Turkey
1 Pound Ground Grass- fed Beef
2 Tablespoons Grape Seed Oil
1 Small Onion, Diced
3 Cloves Garlic, Minced
1 Bell Pepper, Chopped
1 Tablespoon Ground Cumin
1 Teaspoon Paprika
1 Teaspoon Crushed Red Pepper
1/2 Jalapeno Pepper (Omit Seeds for Less Heat)
1 Can Chopped Tomatoes, Drained
1 Can Black Beans, Rinsed and drained
Spinach Leaves
Salt and pepper to Taste
Plain Greek Yogurt
1 Avocado, Sliced
1 Tablespoon Fresh Cilantro, Chopped

Sauté onion, bell pepper and garlic in oil for three minutes. Add ground turkey and beef and cook until meat is no longer pink. Add seasonings and stir to heat flavors together. Add tomatoes, black beans, cook on medium heat for 7 minutes. Serve over bed of fresh spinach leaves. Top with dollop of yogurt, avocado slices and fresh cilantro. Opt ion: serve in whole wheat or rye tortilla wrap. (Core Plan Only)

Chicken Savoy • Servings: 4

This chicken is juicy and delectable plus simple to prepare.

4 Boneless Skinless Chicken Breasts
1/8 Cup Extra Virgin Olive Oil
2/3 Cup Water with 1 Tablespoon Sea Salt
2 or 3 Cloves of Garlic, Minced or Grated
1/2 to 1 Teaspoon Dried Oregano or Basil
Sea salt and Pepper to Taste
1/4 Cup Grated Italian Romano Cheese
3 Tablespoons Balsamic Vinegar

Preheat oven to 450° F. Place the chicken breasts in a 9 x 13 or other shallow baking dish. Cover the chicken with a mixture made of the water, salt, and olive oil. Grate or mince the garlic and sprinkle it on the chicken breasts. Sprinkle the salt, pepper, and other seasoning over the chicken. Sprinkle the Romano cheese over the chicken. Bake at 450° F for 20 to 30 minutes, or until chicken is cooked through. Remove the dish from the oven, and pour off the excess fluid, leaving the chicken in the baking dish. Drizzle with the balsamic vinegar and serve.

Marinated Chicken Satay • Servings: 4 -6

6 Skinless, Boneless Organic Chicken Breasts, Cubed
1 Teaspoon Hot Pepper Sauce (Check Ingredients)
2 Clove Garlic, Chopped or Put Through a Press
2 Tablespoons Almond or Cashew Butter
1/2 Cup Tamari or Soy Sauce
1/2 Cup Lemon or Lime Juice
2 Tablespoons Curry Powder

Combine nut butter, soy sauce, lime juice, curry powder, garlic and hot pepper sauce. Place the chicken breasts in the marinade and refrigerate. Let the chicken marinate at least 2 hours or overnight. Preheat a grill to high, weave the chicken onto wooden skewers (soak them first to prevent them catching on fire) and grill for approx. 5 min on each side.

Caribbean Chicken • Servings: 4

This is a recipe that you will be sure to make often because it uses common ingredients. It is hard to believe something so good is so easy.

2 Tablespoon Olive Oil
Coarse Salt and Freshly Ground Pepper
1 Small Onion, Finely Chopped
2 Cloves Garlic, Finely Chopped
1/2 Cup Coconut Milk
1 Can (14 ounces) Crushed Tomatoes
2 Pinch Ground Cinnamon
4 Boneless Chicken Breast Halves, Cut in to Chunks
2 Tablespoons Curry Powder
Cilantro Leaves, Coarsely Chopped, for Garnish

Heat oil in a large skillet over medium- high heat. Add onions and garlic and cook, stirring, until golden brown. Add tomatoes, chicken, and sprinkle curry powder; season with salt and pepper. Reduce heat to low, and cook, stirring, until mixture has thickened and chicken is cooked through, 15 to 25 minutes. Add coconut milk and stir until well combined; cook 5 minutes more. Sprinkle with cinnamon. Garnish with cilantro and serve immediately.

Buffalo Chicken Rolls • Servings: 4

A good alternative to chicken wings which are usually fried in bad oils.

4 Boneless Chicken Breasts
5 Tablespoons Blue Cheese, Crumbled
2 Tablespoons Butter, Melted
1/4 Cup Hot Pepper Sauce (check ingredients)
Romaine Lettuce
Celery and Celery Leaves

Place chicken breasts between sheet of waxed or parchment paper. Pound the chicken breasts down to a 1/4 inch thickness. In a large glass bowl, make the marinade by mixing together the butter and hot pepper sauce. Add the chicken into the marinade, turning to coat; cover and refrigerate 15 - 30 minutes. Preheat the oven to 400F. Remove the chicken from the marinade and spoon 1 tablespoon of the blue cheese onto the center of each chicken breast. Fold in the sides, rolling the chicken around the blue cheese. Secure with wooden picks. Place the chicken rolls in a baking pan. Bake in 400 F oven for 30 minutes or until chicken is fork tender. Set the temperature control at broil or 450F. Arrange the oven rack so the chicken is about 8 inches from the heat. Broil the chicken for about 5 minutes or until brown. Remove the wooden picks from the chicken. Arrange lettuce and chicken on platter. Garnish with celery and celery leaves and remaining blue cheese.

Easy Cuban Style Chicken Breasts • Servings: 4

This is a great simple recipe for chicken to be added atop a salad or with steamed vegetables.

4 Boneless, Skinless Chicken Breasts
4 Cloves of Garlic, Mashed and Chopped
3 Limes, Juiced
1 Teaspoon Sea Salt
1 Tablespoon Balsamic or Apple Cider Vinegar
1 Teaspoon Dried Oregano
2 Tablespoons Olive Oil (or as needed for sautéing)
2 Tablespoons Grapeseed Oil (or as needed for sautéing)

Slice the chicken breasts evenly in half. Cover with wax paper and use a mallet to pound them on both sides, until they are approximately 1/4 thin. Place in a glass bowl with the rest of the marinade ingredients, and refrigerate for at least one hour, (Longer will be even better) When ready to cook, place an equal amount of olive oil and Grapeseed oil in a pan, just enough to coat the bottom. Sauté the chicken at low to medium heat on each side until golden and cooked through (about 5 minutes each side, it might need longer if thicker)

Fish Fry Dinner • Servings: 4

With very minor change to the typical fried fish, now you can enjoy fish that your children won't feed to the cat.

1 To 2 Pounds of Wild Caught Fresh or Frozen Fish of Your Choice, such as: Grouper, Red Snapper, Amber jack, Cod or White Fish of any Variety
1 to 2 Tablespoons Coconut Oil
3 to 4 Tablespoons of Coconut Flour
Optional: Salt, Pepper, Cayenne, Lemon Pepper Lemon Wedges

Heat the coconut oil in a large skillet. (This process takes very little time, but requires your full attention.)

Dust or dredge your fish in the coconut flour and lightly season to taste. Sauté the fish in coconut oil over medium high heat for approximately 3 to 4 minutes per side, depending on the thickness of your fish, until the coating is golden brown and the fish is cooked, and flakes to the touch. Garnish with lemon wedges. Serve immediately.

Fancy Salmon • Servings: 4

This is an exclusive restaurant style recipe. It is great for a quiet dinner or for entertaining guests.

1 Tablespoon Olive Oil
2 Shallots, Chopped
1/4 Cup Red Wine Vinegar
2 Tablespoons Soy Sauce or Tamari
1/4 Cup Fresh Lemon Juice
1/4 Teaspoon Cayenne Pepper
1 Tablespoon Fresh Ginger, Chopped
2 tablespoons Fresh Cilantro, Chopped
4 Wild Caught Salmon Steaks, Skinless

Sauce: Mix first 7 ingredients in a sauce pan. Cook until shallots are soft (about 3 minutes). Remove from heat. Mix in cilantro. Baste the salmon on both sides. Grill or broil 10 minutes on each side, turning once and basting frequently with sauce.

Teriyaki Salmon • Servings: 4

Simple and delicious.

1/4 Cup Olive Oil 1 Teaspoon Ground Ginger
1/4 Cup Fresh Lemon Juice 1/4 Teaspoon Garlic Powder
1/4 Cup Soy Sauce or Tamara Wild Salmon Steaks
1 Teaspoon Mustard

In a glass pan, combine the first 6 ingredients. Mix well. Set aside 1/4 cup for basting and refrigerate. Place the salmon into a glass dish and let marinate for 1 hour in the refrigerator. Drain and discard marinade. Place the salmon on a broiler pan or grill. Broil or grill for 4-5 minutes. Brush with reserved marinade. Turn and broil or grill for 5 more minutes or as desired.

Stuffed Porto Patty • Servings: 4

4 Medium Portobello Mushrooms	2 Tablespoons Butter
1 Large Tomato, Diced	2 Teaspoons Garlic, Minced
1 Yellow Bell Pepper, Diced	1/4 Teaspoon Sea Salt (optional)
6-8 Kalamata Olives, Sliced	1/4 Teaspoon Course Black Pepper
4 Leaves Chopped Fresh Basil	Goat Cheese Crumbles
1/2 Small Red Onion, Diced	

Optional: 2 handfuls fresh spinach.

Melt butter and garlic until tender. Trim stems off mushrooms and wipe off any dirt with damp towel. Brush insides of mushrooms with half of melted butter and garlic. Sauté peppers, onion, tomatoes, basil, spinach (if desired), olives and black pepper for 3-4 minutes with rest of butter and garlic. Meanwhile, grill mushrooms top up for approx. 4 minutes. Turn over and top with veggie mixture and cheese. Continue grilling until cheese is soft. Oven option: bake mushrooms for 10 minutes, top with remaining ingredients and cook for another 20-30 minutes or until done.

Grilled Chicken with Chili Pepper, Bok Choy, and Ginger • Servings: 2-4

Bok Choy is a type of cabbage that offers tremendous health benefits. As the main ingredient in this dish, you are receiving maximum nutrition.

- 1 Cup Organic Chicken Breast
- 2 Cloves Fresh Garlic, Crushed
- 1 Tablespoon Fresh Ginger, Grated
- 1- 2 Tablespoons Soy Sauce or Tamari (plus extra for serving)
- 1 Tablespoon Mirin
- 2 Cups Bok Choy, Sliced
- 2 Tablespoons Coconut Oil
- 2 Cups Fresh Shitake or Portobello Mushrooms, Washed and Sliced
- 1/2 Mild Chili Pepper, Seeded and Chopped
- 2 Small Green Onions, Sliced
- 1-2 Teaspoons Dark Sesame Oil (optional)
- 1/2- 1 Teaspoon Toasted Sesame Seeds

Mix chicken together with half the garlic, half the ginger, soy sauce, and mirin and set aside. Heat 1 Tablespoon oil in a wok or large pot and add mushrooms, bok choy, chili pepper, green onions and remaining garlic and ginger. Stir fry for about 6 minutes or until bok choy is tender but still crisp. Meanwhile, brush chicken with marinade. Pick up a piece of chicken and let excess juices run off. Place the chicken on the hot grill pan and repeat with remaining chicken. Cook for 2-3 minutes until it is seared and has brown stripes then flip pieces over to cook the other side. Add any remaining marinade to the bok choy mixture, stir, and season with sea salt and pepper, sesame oil, and a dash of soy sauce or tamari. To serve, sprinkle with sesame seeds.

Crispy Salmon Cakes with Red Pepper and Tomato Sauce • Servings: 4

Salmon Cakes:

- 1 Can Wild Caught Salmon, Drained
- 1 Green Onion, Finely Chopped
- 1 TBsp Cilantro, Finely Chopped
- 1 TBsp Red Pepper, Finely Chopped
- 2 Tablespoons Coconut Oil
- 1 Teaspoon Fresh Lemon Juice
- 1 Egg
- 1/3 Cup Almond Flour, Plus 1/4 Cup for Dredging

Sweet Red Pepper and Tomato Sauce

- 2 Cups Chopped Red Pepper
- 1 Container Grape Tomatoes
- 2 Green Onions, Finely Sliced
- 2 TBsp Cilantro, Finely Chopped
- 1 Teaspoon Sesame Oil
- 2 Tablespoons Balsamic Vinegar
- 1 Teaspoon Chili Powder

Salmon Cakes: Makes 4 Cakes: Mix all ingredients together in a bowl until well combined. Form 4 round patties, 2 inches in diameter. Spread remaining almond flour on a piece of waxed paper or plate. Coat patties in almond flour, pressing to form firm, well-coated cakes. Heat oil in a frying pan over medium heat. Pan fry cakes 3-4 minutes on each side or until slightly brown and crisp. Sweet Red Pepper and Tomato Sauce: Put all ingredients into a blender or food processor and blend to desired consistency. Pour into a saucepan and heat.

Smoked Salmon Tartar • Servings: 2

- 4 Ounce Package Sliced Smoked Salmon
- 1 Tablespoon Shallot, Finely Chopped
- 1 Tablespoon Olive Oil
- 1 Tablespoon Fresh Dill
- 1 Lemon, Thinly Sliced

Chop the smoked salmon into small rough dice. Combine in a bowl with the olive oil, shallots and chopped fresh dill and mix until combined. To serve, use a 1 cup measuring cup (preferably round) as a mold, and pack with the tartar. Turn out onto plate and garnish with a small sprig of dill, the thinly sliced lemon. You can serve with some wasabi cream sauce if desired. To make your own just mix mayonnaise with some prepared wasabi (just check ingredients).

Roasted Vegetable Lasagna • Servings: 4-6

This recipe takes a bit of preparation but is well worth it. Make it when you have some extra time and use the leftovers for lunches.

- 1 Large Eggplant, Sliced into 1/4 Inch Rounds
- 1/2 Pound Medium Mushrooms, Cut into 1/4 Inch Slices
- 3 Small Zucchini, Sliced Lengthwise into 1/4 inch Slices
- 2 Sweet Red Peppers, Cut in to 6 Pieces Each
- 3 Tablespoons Olive Oil
- 1 Clove Garlic, Minced
- 1 (-5 Ounce) Container Ricotta Cheese (Drained)
- 1/2 Teaspoon Pepper
- 1/4 Cup Parmesan Cheese, Grated
- 1 Egg
- 1 Teaspoon Sea Salt
- 1 (26 ounce) Jar Pasta Sauce (Check Ingredients) or Homemade Sauce
- 2 Cups Mozzarella Cheese, Grated
- 3 Tablespoons Basil, Minced

Spread eggplant and mushrooms onto a baking pan. Place zucchini and red pepper on a second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake uncovered at 400 F for 15 minutes. Turn vegetables over and cook 15 minutes more. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes until edges are browned. In a bowl, combine the ricotta cheese, parmesan cheese, and egg. Spread about 1/2 cup pasta sauce in a 9" x 13" x 2" glass baking dish. Layer with half the ricotta cheese mixture, half of the vegetables, a third of the pasta sauce, and 1/2 cup of the mozzarella cheese. Sprinkle with basil. Repeat layers. Top with remaining pasta sauce. Cover and bake at 350 F for 40 minutes. Uncover, sprinkle with remaining cheese. Bake 5-10 minutes longer or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.

Fried Rice • Servings: 4

This recipe is better than the restaurant version. It is quick and can easily turn into a complete dinner with the addition of chopped chicken or turkey. It is great as leftovers too! You can add extra vegetables or protein- just adjust the ingredients accordingly.

- 3 Tablespoons Coconut Oil
- 4 Cups Brown Rice, Cooked
- 1 1/2 Teaspoon Soy Sauce
- 2 Eggs, Slightly Beaten
- 1/4 Teaspoon Fresh Ground Pepper
- Optional:
1/4 Cup Scallions, Chopped
1/4 Cup Corn
1/4 Cup Peas
1/4 Cup Chopped Carrots

Heat the oil in a large skillet, and add the rice, soy sauce, pepper and optional ingredients. Cook over medium-high heat, stirring often, for about 6 minutes. Add the eggs and stir briskly so they cook and break into small bits throughout the rice. As soon as the egg is set, remove and serve

Zesty Lemon Quinoa • Servings: 4

Although quinoa is great on it's own, the extra spice of this dish makes it very unique.

- 1 Cup Quinoa
- 1/2 Cup Toasted Pine Nuts or Toasted Pecans
- 1/4 Cup Olive Oil
- 1/4 Cup Lemon Juice
- 2 Teaspoon Freshly Grated Lemon Zest
- 1 Teaspoon Ground Cumin
- 1/4 Teaspoon Cayenne
- 1/2 Cup Chopped Flat-Leaf Parsley
- Sea Salt and Fresh ground black pepper

Rinse quinoa in a fine strainer for a few seconds. Transfer to a medium saucepan, add 1 teaspoon sea salt and 1 1/4 cups water. Bring to a boil, cover, and reduce to a simmer. Cook until water is completely absorbed, about 18 to 20 minutes. Transfer quinoa to a medium bowl along with pine nuts, lemon zest, cumin, cayenne, parsley, drizzle with lemon juice and olive oil. Season with salt and pepper; toss until well combined. Serve warm or at room temperature.

Garlic-Roasted Cauliflower • Servings: 4

1 Head Cauliflower, Separated and Roasted in Florets
1 or 2 Cloves Minced Garlic, Extremely Lightly Sautéed in Olive Oil
1 Small Jar Capers

While cauliflower is roasting, lightly sauté the minced garlic in the olive oil. Add capers, juice and all, to the oil and lightly heat through. Pour this sauce over the cauliflower once it is roasted and serve immediately.

Boosted Broccoli • Servings: 4

When heated, the anchovies just melt into the sauce. People who don't like anchovies will eat this dish.

4 Anchovy Fillets
2 Tablespoons Olive Oil
1 Head Broccoli Cut into Florets
3 Cloves Garlic, Sliced Thinly
1 Lemon, Juiced

Place the anchovy fillets in a small, cold skillet and slowly heat over low heat (do not overheat). You can use a fork to break up the anchovies as they heat. Once melted, turn off the heat. In a separate pan, heat olive oil on medium heat (do not let it smoke) and add the garlic. Stir until light brown. Use a fork to take the garlic slices out of the pan and drain them on paper towels. Transfer the melted anchovies to a small bowl and add 1 tablespoon of the garlic oil and the lemon juice. Stir until mixed. Steam the broccoli over boiling water until just tender- no more than 5 minutes. Put broccoli in a serving dish with the fried garlic slices and the anchovy sauce.

Mashed NO-tatoes • Servings: 4

This is a good alternative to high carbohydrate mashed potatoes. This is not only low carb but it is highly nutritious. Use it in place of potatoes or rice.

1 Head Cauliflower
Sea Salt and Black Pepper to Taste
2 Tablespoons Organic Butter
1-2 Cloves of Garlic, Optional

Steam cauliflower until very soft (you can also boil it but this is not recommended as a lot of the nutrients are lost) Chop up cauliflower and put in a food processor or blender with butter, salt, pepper, and garlic if desired. Blend to desired consistency.

Smashed Sweet Potatoes • Servings: 4

Kids will love this. Add ingredients according to your personal taste.

3-4 Large Sweet Potatoes
1 Granny Smith Apple
1-2 Tablespoons Butter or Coconut Oil
Cinnamon
Stevia
Sea Salt

Peel and cut up sweet potatoes in to chunks. Boil until tender. Meanwhile, melt butter or coconut oil (1- 2 tablespoons) in a skillet and cut up apple. Sauté apple in butter until soft. Add cinnamon, stevia, and salt to taste. Add apple mixture to sweet potatoes and mash with a potato masher or electric mixer.

Zucchini Boats • Servings: 4

2 Medium Zucchini
3/4 Pound Ground Turkey
1 Small Onion, Chopped
1 Cup Raw Cheese. Shredded
2 TBsp Fruit Sweetened Ketchup
or Tomato Paste
1/2 Teaspoon Sea Salt
1/4 Teaspoon Pepper
1/2 Cup Sliced Fresh Mushrooms
1/2 Cup Sweet Red Peppers
1/2 Cup Chopped Green Peppers

Trim the ends of the zucchini. Cut in half lengthwise. Scoop out pulp, leaving a 1/2 inch shell. Finely chop pulp. In a skillet, cook ground turkey, zucchini pulp, onion, mushrooms, and peppers until meat is brown, drain. Remove from heat. Add 1/2 cup cheese, ketchup, sea salt, and pepper. Mix well. Spoon into the zucchini shells Place in a buttered 13 x 9 x 2 inch baking dish. Sprinkle with remaining cheese. Bake uncovered at 350° F for 30 minutes.

Quick Sauerkraut • Servings: 6 Cups

Most sauerkraut recipes require days of tending. While this raw method is preferred, most people don't have the time or space to do it. This cooked version speeds up the process. Cabbage is nature's broom as it helps clear out your intestines and has a ton of nutrients.

1 Head Green Cabbage, Outer Leaves Removed, Thinly Sliced
1/2 Cup Distilled White Vinegar
1 Tablespoon Coarse Sea Salt

In a medium saucepan, combine cabbage, vinegar, salt, and 1 1/2 cups water. Cover, and cook over medium heat, stirring occasionally until cabbage is tender (30-35 minutes) Add more water if necessary. Store in the refrigerator for up to 2 weeks.

Green Bean Almondine • Servings: 4

Most green bean recipes call for the beans to be cooked so long that much of the nutrients are lost. In this recipe they remain completely intact.

3 Tablespoons Lemon Juice
8 Tablespoons Olive Oil
1 Clove of Garlic, Minced
1 Tablespoons Onion Minced
1/2 Teaspoon Dry Mustard
1 1/2 Teaspoon Sea Salt
1/4 Fresh Ground Pepper
4 Cups Greens Beans, French Cut
2 Cups Mushrooms, Wiped & Sliced
1 Cup Almonds. Sliced

Combine ingredients for marinade and pour over beans, mushrooms and almonds. Toss well. Allow to marinate for 2 hours in a dehydrator or overnight in the refrigerator. Serve chilled or just slightly warmed.

Greek Greens • Servings: 4

Greens are great on their own sautéed in some olive or coconut oil, but for a more ethnic flair, this is a great variation

1 Tablespoon Coconut Oil
1/2 Red or Yellow Onion, Sliced into Rings
2 Pounds Spinach, Swiss Chard, Kale, or Collards, (Ribs Removed)
1/2 Teaspoon Grated Lemon Peel
1/4 Cup Black or Kalamata Olives, Pitted and Sliced.
Juice of One Lemon
1/4 Teaspoon Sea Salt
1/4 Teaspoon Pepper
1/4 Cup Crumbled Feta Cheese

Heat the oil in a very large skillet that will fit all of the greens. Sauté the onion until softens. Add greens and sauté for 2-3 minutes. Add lemon juice, lemon peel, salt, pepper, and olives and cook for a few minutes more to combine. Add crumbled feta and stir. Serve immediately.

Hummus • Servings: 4-6

1 Can Chick Peas
2 Cloves Garlic
1 Tablespoons Extra Virgin Olive Oil
1/4 Cup Lemon Juice
1/2 Teaspoon Salt
1/4 Cup Tahini (sesame paste)
1/2 Teaspoon Cumin
Paprika for Serving
Addition Olive oil for serving
2-3 Tablespoons of water

Mix Tahini and Lemon Juice in food processor for 1 minute. Scrape sides As needed. Once smooth, add Garlic, Cumin, Salt, and Olive Oil. Mix for an additional 1-2 minutes until smooth. Drain and Rinse chickpeas then add 1/2 of can to food processor, mix for 1 minute. Scrape down sides as needed, add other half, and mix for an additional Minute or until smooth. Add 1 tablespoon of water at a time while Processor is on until desired consistency is reached. Serve hummus With a drizzle of olive oil and a dash of paprika.

Easy Guacamole • Servings: 1-2

1 Avocado, Mashed
2- 3 Teaspoons Salsa
Sea Salt to Taste
Optional : Chili Powder
Onion Powder
Garlic, Chopped or Pressed

Cut avocado in half, remove pit, and use a spoon to scoop out the middle. Smash avocado with a fork, add salsa, and stir. Enjoy immediately. If you make ahead add some lemon juice to keep it from browning.

Ranch Dressing. Servings: 4-6

Ranch dressing is very popular but typically contains sugars, bad fats, and additives and preservatives. This homemade recipe will appease ranch lovers with none of the negatives.

1 Cup Mayonnaise (see recipe)
1/2 Cup Sour Cream
1/2 Teaspoon Dried Chives
1/2 Teaspoon Dried Parsley
1/2 Teaspoon Dried Dill Weed
1/4 Teaspoon Garlic Powder
1/4 Teaspoon Onion Powder
1/8 Teaspoon Salt
1/ 8 Teaspoon Ground Black Pepper

In a large bowl, whisk together the mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt and pepper. Cover and refrigerate for 30 minutes before serving.

Greek Dressing • Servings: About 4

This dressing is great on any salad or over raw or freshly steamed vegetables. Traditional Greek salads consist of mixed greens, tomatoes, cucumber, sliced red onions, olives, and feta cheese.

4 Tablespoons Extra Virgin Olive Oil
2 Tablespoons Fresh Lemon Juice
2 Tablespoons Water
1 Tablespoon Feta
1 Tablespoon Chopped Red Onion
1 Teaspoon Sea Salt
1/2 Teaspoon Dijon Mustard (No Sugar - Check Label)
3 Large Fresh Basil Leaves
Blend all ingredients until smooth

Chocolate Macaroons • Servings: 10- 12 Cookies

These macaroons are a truly decadent treat. You will savor every bite.

Part 1 - Coconut Cookies

4- 5 Egg Whites
1 Package of Unsweetened Shredded Coconut
2 Tablespoons. of Butter Melted.
Xylitol or Stevia to Sweeten
Beat egg whites until frothy. Stir in one package of unsweetened shredded coconut. Stir in melted butter. Add stevia or Xylitol to sweeten. Drop by teaspoon onto greased baking pan. Bake at 350 for 12 minutes. Cool in refrigerator until firm.

Part 2 - Chocolate Sauce

3 squares Unsweetened Chocolate
2 Tablespoons. of Coconut Oil
2 Tablespoons. of Butter
Xylitol or Stevia to Taste

Melt chocolate, coconut oil and butter together. Add Xylitol or stevia to sweeten . Dip coconut cookies in chocolate. Cool on wax paper. Keep refrigerated.