

REAL *food.*

RECIPES FOR REAL HEALTH THAT LASTS



Real Food: Whole Food Recipes for Real Health That Lasts

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Table of Contents

[Chapter 1: Quick & Easy Ideas for Busy Lives](#)

[Chapter 2: Breakfast](#)

[Chapter 3: Soups](#)

[Chapter 4: Spreads, Sauces and Dressings](#)

[Chapter 5: Salads](#)

[Chapter 6: Side Dishes](#)

[Chapter 7: Main Entrees](#)

[Chapter 8: Snacks and Treats](#)

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“YOU ALREADY HAVE THE PRECIOUS MIXTURE THAT WILL
MAKE YOU WELL.
Use it.” – RUMI

YOUR REINTRODUCE HEALTH REAL FOOD RECIPES

This recipe book can be used as a guide when following an anti-inflammatory diet but is also a resource if you are living a whole food lifestyle.

Our programs focus on the anti-inflammatory diet as a way to better health and healing. An anti-inflammatory diet is a food plan that eliminates the most common food intolerances or triggers and encourages a whole food lifestyle. Avoiding these foods gives the body a chance to reduce the inflammation caused by your food choices that may be contributing to your current health concerns.

After a period of time it is most helpful to slowly and strategically reintroduce any foods that have been avoided. The **slow, one-by-one reintroduction** allows you to determine how these foods may be affecting you. The information gained gives you the option to be more empowered in how you choose to nourish yourself.

The most common Food Triggers or sensitivities include what is listed in the chart below. Remember that artificial sweeteners, nitrates and MSG are often added to processed foods. These compounds and processed foods in general ought to be limited if not avoided.

Gluten	Nightshade Veggies - (tomato, white potato, eggplant, peppers)
Dairy	Citrus
Corn	Sugar
Soy	Alcohol
Eggs	Chocolate
Shellfish	Peanuts

Basic Guidelines:

- **Avoid the food triggers for 2-4 weeks.** (100% avoidance offers the best reflection.) The recipe sections include a chart that will tell you if a recipe contains any of the avoided foods. That way you can use them for reintroduction meal planning.
- After the avoidance period, reintroduce 1 food from the list every 4 days. You do this by having the food for 1-2 meals on one day and then waiting at least 4 days before introducing the next.
- Always choose a whole version and preferably organic version of the food being reintroduced. Please always reintroduce gluten or dairy LAST, if you do reintroduce them at all. When your reintroduce dairy we encourage you to try goat and/or sheep before and away from cow.
- It is very important to keep a journal during the reintroduction process. Record any symptoms you might experience. **Any symptom counts.** Pain, weight gain, swelling, congestion, headache, fatigue, sleep disturbances, drop in stamina, moodiness, irritability, brain fog...**Physical, mental or emotional symptoms after reintroducing a food is your body telling you something!**
- If you have no symptoms the day of reintroduction, wait 4 days and move on to the next. If you have a reaction, stop eating the food immediately and wait to introduce the next food until symptoms resolve.
- Taking your time to go through this process gives you clarity and allows your body to make changes. This is something to revisit so it's not about perfection but being willing to do the experiment!

Some quick tips and tricks to get you started!

- We trust that you will choose to **use the highest quality, organic ingredients** when available. Remembering that the idea is to eat as clean as possible while enjoying the yumminess we are suggesting here.
- Always **choose wild, safe fish and grass fed or finished meats.** By doing so you are limiting your exposure to environmental toxins and hormones that may increase your risk for disease.
- **The quality rule applies to all dishes, the higher the quality the more flavorful and good for you the dish becomes.** Example: Use the highest quality fair trade chocolate you can find and the "delish" factor goes way up. You will also need less to feel satisfied.
- Be willing to **do some easy prep work ahead of time** so that dishes come together easily later on. This simple habit of thinking ahead is very helpful when you are tired or in a pinch. You will be able to throw something together quickly without compromising your health or the progress you've made.
- **Always plan ahead:** pack snacks, grocery shop and take time to prepare meals.
- Some of our recipes make several servings. This will give you leftovers or allow you to share with your friends or family as you enjoy meals together during this program.

- If you are **pressed for time or cooking is not quite your forte**, choose 3 recipes and make double the amount for the week. Freezing is also an option for your own homemade frozen meals and will save you when you are rushed and have no idea what to do for lunch or dinner.
- Anytime you can soak nuts or seeds overnight and then drain and rinse before using will allow for more ease of digestion. If the recipe calls for toasted, consider buying organic raw nuts and if you have the time, soak, drain, rinse and then toast yourself. Simply roast your raw nuts in a 350-degree oven for 15-30 minutes until fragrant. Keep a close eye (or nose!) on them while cooking. Pine nuts are especially picky so we suggest no soaking and a quick toast on the stove top.
- If you are **sensitive to onions**...or even if you are not...here's a nice trick: Chop your onions, soak them in a water bath for 5 minutes and then drain. Using them this way in a recipe tends to mellow their strong flavor. If you are **sensitive to garlic**, try roasting before using to mellow its flavor and pungency.
- **Note:** EVOO = extra virgin olive oil. Always use extra virgin, cold pressed oils when you can. Remember you can always get creative here and make substitutions!
- **Be willing to substitute ingredients** if for some reason you can't find the exact item. Who knows, you may come up with a new version that is more delicious than the first. This goes with types of leafy greens, nuts, mushrooms, fruit, etc.
- **When grilling**, use low heat to avoid any char as this program encourages you to eat clean and avoid toxins. Most have heard how eating charred meats is not a healthy practice. We have a few recipes that suggest grilling as we know the flavor this lends. This is a perfect example of living in moderation and being mindful...choose to grill or not, but if you do, don't cook your food to death!
- Please remember to read all ingredients and if there is anything that has not been reintroduced (i.e. Eggs, grains, legumes), take that into consideration and choose something else. There is plenty to choose from. These recipes represent a taste of the yumminess that can exist while eating an anti-inflammatory, whole food diet.
- To help you succeed, we have put together fast and easy options for the times that you can't plan ahead. We, like you, lead busy lives and know that life happens. See our meal plans and other bonus info on how to navigate the situations in your life!

Our hope is that this book not only provides you with examples of how to eat within an anti-inflammatory framework but also teaches you how to nourish yourself well regardless of what life throws at you!



CHAPTER ONE

Quick & Easy Ideas for Busy Lives

If you don't have time to cook, or life comes up like it always does and you are committed to staying on track; take a look at these options...and then get creative on your own while thinking about healthy meal composition-- protein, healthy fat, and a veggie! AND...don't be afraid of lunch or dinner foods for breakfast!

Breakfast

- Wild Salmon & avocado with or without GF crackers/toast
- Sardines with Avocado Whip (avocado blended with Olive Oil and sea salt) with or without GF crackers/toast or brown rice/quinoa
- Dinner leftovers or soup
- Smoothie of your choosing with protein powder and raw nuts/seeds

Lunch or Dinner

- **Turkey and Avocado Rollups**: Roll in a lettuce leaf or steamed kale/collard green leaf
- **Mixed greens/spinach/arugula topped by canned salmon or sardines** (choose BPA free canned salmon: Wild Planet, Crowne Prince Naturals, Ocean Brands, Vital Choice.) Add nuts and pre-made dressing that doesn't contain sugar or other "avoids".
- **Spinach and/or arugula topped with avocado, sprinkles of pecans, sunflower seeds and pine nuts**. Also eat a couple carrots with hummus (no dairy added). Have alone or add any piece of protein that you prefer.
- **Pick a protein and a veggie - Quick and easy**

Here's where cooking gets simple, but always satisfies. This is a go to when we have had a long day, don't want to prepare too much, but need to get dinner on the table. Just stop by your favorite grocer on the way home, grab a fresh protein, your favorite veggie and some salad greens.

- Protein of choice--season with sea salt, some dried or fresh herbs, cracked pepper and EVOO. Fish is quick, poultry takes longer. If you want to bake instead of grill, set your oven to 375°F when you first come in the door, season your protein, place a glass baking dish with 1/4 cup veggie stock and bake until done (12-20 minutes depending on protein)
- Steam, sauté, or roast your veggie. Season accordingly...be willing to get creative!
- Have with a simple green salad with dressing you have on hand. (Feel free to add avocado and/or chopped fruit and nuts to your salads.)
- **If you have a Whole Foods or other health food store that has a salad bar or hot bar** -- choose from their selection for a quick "to-go" meal. Read the ingredients list and **stick to your avoid list!** Watch for things with dressings and sauces and always read labels!

Simple Snack Ideas

- Carrots or other veggies and 1-2 Tbs hummus made with a variety of different beans. See some of the recipes in our snack section. (We have other dip options as well.)
- Raw almond, hazelnut, pumpkin seed butters --- great on bananas, apples, rice crackers, carrots, or on their own. Stick to a single serving of 2 TBS.
- Assorted raw organic celery, carrots, cucumber, jicama or other veggies. Lightly steamed broccoli, cauliflower, green beans and asparagus are also a good option.
- Artichoke and Almond Pate with cut veggies; see our recipe.
- Roll ups: Leaf lettuce, 2 turkey slices, 1/4 avocado, grated carrot (combine and roll up)
- Cured salmon and avocado. Always choose wild salmon.
- A handful of raw nuts (walnuts, pecans, pistachio or macadamia) with sliced organic apple or pear
- If in a hurry and needing a food bar, choose a raw-whole food bar, no sweeteners added.
- Rice crackers --- a favorite are San-J brand black sesame rice crackers
- 7 Mary's Gone Crackers and 1-2 TBS black bean or other dip
- Trail mix --- make your own with raw nuts (no peanuts), dried organic fruit
- Fresh organic seasonal fruits
- Frozen fruits --- cherries, blueberries, raspberries, peaches. They are a great "chewy" snack right out of the freezer



CHAPTER TWO

Breakfast

*We've all heard it before, "**Breakfast is the most important meal of the day**". Well we agree and encourage you to reframe how you fuel yourself in the morning. How you Break your Fast can determine your physiologic function for the rest of your day! If you want more sustained energy, stable mood and a clear mind then we say, "**Eat dinner for breakfast**", but here are a few more traditional ideas.*

BREAKFAST RECIPE CHART

Recipe	Grain	Legume	Nightshade	Citrus	Egg
Amaranth, Quinoa, Blueberry Pancakes	X			X	
Easy Egg Breakfast					X
Home-made Granola	X				
Nutty Flaxseeds					
Quick Apple & Pear Compote					
Steel Cut Oat Surprise	X				
Tempeh Veggie Scramble		X			
Turkey Hash					
Veggie Scramble		X(optional)			X(optional)
Wake Up Amaranth!	X				

[back to Table of Contents](#)

Amaranth, Quinoa, Blueberry Pancakes

DRY

3/4 cup amaranth flour (or grind amaranth in a coffee grinder)

1/2 cup quinoa flour (or grind quinoa in a coffee grinder)

1/2 cup golden flax meal

1 Tbs arrowroot powder

1 tsp ground cinnamon

1/2 tsp pink salt

WET

1 cup frozen wild blueberries, thawed

1/2 tsp apple cider vinegar

1 cup hemp milk (or any unsweetened nut/seed milk of your choice)

1 Tbs raw honey

1 tsp grated orange zest

In a large mixing bowl, combine all your dry ingredients first. Stir in your wet ingredients, adding in the coconut oil and grated orange zest. Add more liquid if needed, consistency should be a little thicker – not too runny, but not too stiff. Heat your skillet on low heat. The trick to a good pancake is to avoid cooking too quickly, burning the outside while the inside is still runny. Keep the burner on low. When the pan is ready, coat with coconut oil, olive oil or ghee. Pour 1/4 cup batter into the pan. Cook 3-4 minutes on each side, or until the sides are bubbling, flipping when evenly browned. To serve, spread with nut butter.

Easy Egg Breakfast

This is an excellent way to reintroduce eggs!

2 Free Range eggs

Spinach

Avocado

Pinch of salt

Cook eggs over easy in a skillet. Place on a bed of spinach (raw or wilted), topped with avocado and a pinch of salt.

[back to breakfast recipe chart](#)

Home-Made Granola

Use raw, organic ingredients whenever possible. These measurements are flexible. This recipe can be adapted to multiple flavors by switching out the nuts, dried fruit and spices!

- 2 cups raw, whole gluten free rolled oats
- 3/4 cup raw nuts, chopped
- 3/4 cup raw seeds (usually a combo of sunflower & pumpkin seeds)
- 1/2 cup unsweetened dried fruit (cherries, raisins, chopped figs or apricots or a combo)
- 1/2 cup raw honey
- 1/2 cup coconut oil (or coconut butter or Extra Virgin Olive Oil or combo)
- 3/4 cup coconut flakes/chips
- 1/2 tsp - 1 Tbs vanilla extract
- Optional:* 1/2 tsp almond extract
- 1 large pinch fine sea salt
- Optional:* (add ground chia, flax or hemp once your granola is cooled)

Preheat the oven to 300°F. Combine all ingredients in a mixing bowl, toss to coat. The coconut oil might be liquid or solid depending on the temperature of the room you are in (it has a melting point of about 75°F). If it's solid, warm it on the stove top first and just be sure to mix it all through the other ingredients so there aren't any chunks of oil left. Spread the mixture in a thin layer on a baking sheet lined with parchment and bake stirring every 10-15 minutes, until very lightly toasted. Cool before serving or storing. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.

Nutty Flaxseeds

- 1 cup Flaxseeds, ground in coffee grinder
- 1/2 cup pecans or walnuts, lightly toasted and ground
- 1 tsp cinnamon
- 1 tsp maple or vanilla extract (preferably organic and "real")

Combine all ingredients and store in an airtight container in the refrigerator. Warm on the stove with nut milk.

[back to breakfast recipe chart](#)

Quick Apple & Pear Compote

1/2 cup water
1 large peeled apple; cored, diced
1 large peeled pear; cored, diced
1/4 tsp cinnamon
1/4 tsp nutmeg
Juice & grated rind of 1/2 lemon

Add apple, pear, and spices to water in a saucepan; cook, stirring often, until fruit begins to soften, 3 to 4 minutes. Add lemon juice and rind; cook 1 minute longer. Serve warm with a 1/4 cup of [Nutty Flaxseeds](#)*

**See recipe*

Steel Cut Oat Surprise

1 cup steel cut oats
2 1/2 cups water
1/4 tsp cinnamon
1/2 tsp vanilla
1 tsp coconut oil
1 Tbs Almond butter
2 tsp chia seed or hemp seeds

Soak the steel cut oats in 1 cup of water overnight.

In the morning, pour the soaking oats and water into a pot. Add 1. cups of water to the pot. Add in the cinnamon, vanilla, coconut oil and almond butter. Bring to a boil then simmer on low heat until the oats are completely soft. Sprinkle with chia or hemp seeds. For more protein, consider 1 scoop of protein powder mixed in or enjoy with a chicken sausage.

[back to breakfast recipe chart](#)

Tempeh Veggie Scramble

1 package of tempeh, thinly sliced
1/2 head of broccoli, chopped
1/2 purple onion, thinly sliced
1/2 yam, thinly sliced
1 Tbs coconut oil or olive oil
Salt

Heat the coconut oil in a large skillet. Line the skillet with a single layer of tempeh. Flip when brown and cook the underside until brown. Then add the vegetables, sauté until they are soft. Salt to taste.

Turkey Hash

Fill your belly for any meal of the day and it makes great leftovers. Keep the sauce separate and add it prior to eating. You can also freeze the sauce to use at a later date.

1 pound of ground turkey
1 yellow onion, chopped
2 medium red beets, chopped into . inch pieces
1 large yam, chopped into . inch pieces
1/2 bunch of kale, chopped
1 Tbs olive oil
Salt and pepper to taste

Sauce: You can use cashews or almonds
1/2 cup almond butter
1 cup coconut milk, unsweetened
2 tsp ginger, grated
2 cloves of garlic, pressed
1/2 apple
Optional: 1/2 tsp turmeric or 1/2 tsp cinnamon
and 1/2 nutmeg
Blend all the ingredients

Sauté the onions, beets and yams in oil until soft. Then add the ground turkey, cook until brown. Add the chopped kale when the turkey is almost cooked through. Salt and pepper to taste. Top with the sauce and enjoy.

[back to breakfast recipe chart](#)

Veggie Scramble

You can substitute a different protein for the adzuki beans if you are avoiding legumes. Anything would work here so get creative and use your favorite things. If you are ok with eggs, they work well in this dish.

- 1/2 cup of Adzuki beans (You can substitute black beans or chick peas)
- 1 handful of spinach
- 1 Tbs of chopped purple onions
- 2 florets of broccoli, minced
- 1 Tbs of sunflower seeds
- 1 dime-size of Dijon mustard
- 1 Tbs EVOO or coconut oil

Stir together the Adzuki beans with the Dijon mustard and veggies. Coat the skillet with the oil when warm. Add the mixture, stir frequently. Remove from the skillet once it's cooked but before dry. *If using eggs, stir in eggs after the veggies are soft and cook gently until done.

Wake Up Amaranth!

- 1 cup amaranth
- 2 cups water
- 1/2 cup apples, diced
- 1/3 cup raisins or other dried fruit
- 1/2 teaspoon cinnamon
- Honey to taste...GO EASY

Rinse grain and add to water; bring to a boil. Reduce heat; simmer for 5 minutes. Add apples, raisins and cinnamon; simmer until water is absorbed. Serve with coconut milk or milk alternative and sweeten if needed.

*You can always substitute Quinoa or brown rice in this same manner. Any whole-gluten free grain, including oats, can be made into a hot cereal in the morning. Adding a protein source (like protein powder or nuts) and some healthy fat in the form of extra virgin coconut/olive/flaxseed/nut oil is recommended to help prevent blood sugar issues. **For weight loss, a carb rich breakfast is not recommended.***

[back to breakfast recipe chart](#)



CHAPTER THREE

Soups

Soups make an excellent meal. You usually have left-overs and even freeze portions for later dates. Add a piece of protein and/or a veggie side dish and you can turn something simple into gourmet.

Plus we encourage more soup for breakfast as a simple, quick and nutritious way to start your day.

SOUP RECIPE CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
Homemade Soup Stock					
Adzuki-Sweet Potato Stew		X			
Black Bean Soup			X		
Butternut Squash Soup (Variety 1)					
Butternut Squash Soup (Variety 2)					
Carrot Fennel Soup					
Celery Soup					
Creamy Carrot Soup			X (Optional)		
Curried Cauliflower Soup					
Curried Red Lentil Soup		X	X (Optional)		
Dr Rachel's Sunday Night Soup: Curried Chicken and Squash					
Fennel Soup With Almond-Mint Topping					
French Lentil Soup		X	X		
Green Pea Soup with Tarragon and Sprouts					
Immunity Soup					
Lamb and Butternut Squash Soup			X (Optional)		
Miso Soup		X			
Mushroom Stock					
Roasted Garlic Ginger Beet Soup					
Root Vegetable Stew			X		
Super Simple Green Soup			X (Optional)		
Sweet Potato Minestrone Soup					
Turkey and Wild Rice Soup					
Twenty Minute Minestrone Soup		X (Optional)	X		
Vegetable Chili		X (Optional)	X (Optional)		
Vegetable Soup		X (Optional)			
Yellow Split Pea Soup		X			

[back to Table of Contents](#)

Homemade Soup Stock

ALWAYS use organically fed, free range, pastured animals when making stock.

**Consider making a double or triple batch to freeze for later.*

4 pounds of bones from poultry, fish, beef or lamb -- raw bones, necks, knuckles, femur, ribs

4 Tbs vinegar: apple cider, red or white vinegars

10 cups water

Optional: *Add green veggies and herbs to boost nutrition.*

Combine the bones, vinegar and water to a large pot or crockpot. Let stand for 1 hour, bring to a simmer, and remove any residue that has risen to the top. Reduce heat and simmer for 6-48 hours for chicken, 12-72 hours for beef. When finished strain through a cheesecloth and store the broth in the refrigerator for up to 5 days. Use this broth as the base to soups or liquid to cook rice and quinoa. It is highly nutritious.

Adzuki-Sweet Potato Stew

This stress busting stew is delicious! Adzuki beans are an excellent source of protein and fiber which helps balance our blood sugar and are also a good source of B vitamins. Sweet potatoes contain loads of vitamin C. This stew can be made ahead of time and reheated as needed—for best flavor wait to stir in the miso before serving.

2 cans Eden Adzuki Beans

2 sweet potatoes, peeled and diced

5 cups vegetable broth

1 cup onions, chopped

1 cup celery, sliced

1 cup carrots, sliced

1 Tbs balsamic vinegar

2 bay leaves

1 tsp dried Italian Seasoning

1 tsp dried rosemary

2 Tbs adzuki or chick pea miso

1/4 cup vegetable broth

Drain and rinse beans and place in a large stock pot, add cubed sweet potatoes and remaining ingredients (except miso). Bring to a boil, reduce heat and simmer until vegetables are tender, about 30 minutes.

In a small bowl, whisk together miso and broth until miso is dissolved. Stir miso mixture into soup. (Do not boil soup after adding miso). Serve immediately.

[back to soup recipe chart](#)

Black Bean Soup

1 pound dried black beans, rinsed	1/2 tsp ground cumin
3 Tb coconut oil	1/4 tsp ground thyme
1 cup chopped celery	2 tsp salt to taste
1/2 cup chopped onion	Scallions for garnish
1/2 cup chopped carrots	10 cups of water
1 garlic clove, minced	

Add the beans and water to a soup pot. Bring to a boil then simmer over medium heat.

Sauté the onions in coconut oil until translucent; add the garlic, cumin, celery and carrots. Sauté for 3 minutes. After the beans have been cooking for 30 minutes, add the onion mix to the soup pot. Simmer on medium until the beans are tender. Top with chopped scallions.

Butternut Squash Soup (Variety 1)

This one is a bit on the sweeter side of things with the addition of the apple.

1 Butternut Squash	1 can coconut milk
1 yellow onion	4 cups chicken broth or vegetable broth
5 cloves of garlic	1 tsp cinnamon
1 Tbs coconut oil	1 tsp pumpkin pie spice mix
1 peeled and chopped Granny Smith apple	

Preheat crockpot on low. Or cook in Dutch oven.

Peel the Butternut squash and chop into 1-inch pieces. Put in the crockpot or Dutch oven. Pour in the 4 cups of broth. On the stove, sauté onion in coconut oil on medium until it is translucent. Then add the garlic, cinnamon and nutmeg. Sauté for another 5 minutes. Add the onion mixture to the crockpot. Cover and cook on low for 4 hours or until the Butternut squash is soft. Add 1 - 1 1/2 cups of coconut milk and cook for another 30 minutes. When finished, blend the soup until smooth.

[back to soup recipe chart](#)

Butternut Squash Soup (Variety 2)

This one is a bit more savory.



- | | |
|---|--|
| 1 Tbs olive oil | 3 cups organic vegetable stock |
| 2 leeks (1 if large), chopped | 1 tsp minced fresh thyme |
| 2 large carrots, chopped | 1 C unsweetened almond, cashew, or coconut milk |
| 1 sweet potato/yam, peeled and chopped | Salt and pepper to taste |
| 1 1/2 C peeled and chopped Butternut squash | <i>Optional:</i> One bunch baby spinach or other leafy green |
| 1 tsp minced garlic | |
| 1 tsp to 1 Tbs minced, peeled fresh ginger | |

Heat the oil in a large saucepan over medium heat and cook leeks and carrot for 5 minutes. Add sweet potato, squash, garlic, stock, and thyme. Reduce heat and simmer for 20 minutes or until vegetables are tender.

Puree soup in a blender until smooth. Return to saucepan. Stir in the alternative milk and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve.

Optional: Stir in baby spinach or other leafy greens right at the end of cooking for an amazing color contrast and nutrition boost!

[back to soup recipe chart](#)

Carrot Fennel Soup

6 Tbs coconut oil or EVOO
1 large Fennel Bulb, thinly sliced
1 small onion, thinly sliced
2 carrots, peeled, chopped
1 small Yukon gold potato, peeled/halved (if not eating potato, sub turnip or parsnip)
2 sprigs of thyme
1 bay leaf
Kosher or sea salt
Fresh ground pepper
4 cups veggie broth
1/4 cup coarsely chopped roasted chestnuts (from a jar) or sub walnuts
1/4 cup coconut cream
1 Tbs honey

Heat oil in a large heavy pot over medium. Add fennel and onion. Cook until soft and caramelized. Add carrots and potato/parsnip/turnip, thyme and bay leaf. Season with S&P. Reduce heat to medium-low, cover and cook. Stir occasionally, cook until all veggies are soft, about 45 minutes (this will give them deep flavor). Add broth, bring to a boil and season to taste. Reduce heat, simmer until potato is falling apart, 8-10 minutes. Let cool slightly, remove herbs.

Puree in a blender until smooth. Heat remaining 2 Tbs oil, add nuts cook until browned about 4 minutes. Mix coconut cream and honey in a small bowl. Serve soup topped with coconut cream and nuts.

Celery Soup

Celery is a great way to satisfy a salt craving, make an easy, low calorie snack and can even be made into soup! Give this one a try. Eat as a side to dinner or as a breakfast or lunch meal. Garnish with toasted pumpkin seeds for a bit of added crunch.

1 head organic celery, chopped	3 cups organic low sodium veggie or chicken broth
1 large turnip, rutabaga or celery root, peeled and chopped	1/4 cup fresh dill
1 large parsnip, peeled and chopped	1/2 cup coconut milk (full fat or light)
1 medium yellow or white onion, chopped	Sea salt
1/4 cup coconut oil or EVOO	

Combine celery, root veggies, onion, oil and salt in a sauce pan over medium heat. Cook stirring until onion is tender, 8-10 minutes. Add stock; simmer until root veggies are tender, 8-10 minutes. Puree in a blender with dill. (If you do not have a high speed blender you can strain here if you wish). Stir in coconut milk. Serve topped with celery leaves and pumpkin seeds.



[back to soup recipe chart](#)

Creamy Carrot Soup

This is an excellent go-to for breakfast or any meal of the day. This soup is great support for your digestion and full of antioxidants. Like most things you can tailor this to your liking but this is a great starting point. This is also something that can be done in the slow cooker for a meal that's ready for you when you get home. Just throw everything in the crock pot, put on low with a bit of extra stock, cover and go. Blend when you get home and you have your dinner in 5-10 minutes.

1 Tbs extra virgin olive oil
1 cup red onion (or shallot or leek)
1 inch fresh ginger, minced
2 pounds organic carrots, cut into 1/2 inch pieces
1 tsp sea salt
Fresh ground pepper (5 twists or to your preference)
2 cups water
2 cups fat-free, low sodium chicken or vegetable broth
1/2 cup light coconut milk

Heat oil in a large Dutch oven or soup pan over medium heat. Add onions, ginger and carrots to pan; cook 10 minutes, stirring frequently. Add salt and pepper. Add water and broth to pan, bring to a boil. Cover, reduce heat and simmer 25 minutes or until carrots are tender. Remove from heat and allow to cool 5 minutes or so.

Transfer half of carrot mixture to a blender, add 1/4 cup coconut milk and blend until smooth. Pour pureed mixture into a large bowl. Repeat the process with remaining carrot mixture and coconut milk. Return pureed mixture to pan; cook over medium heat until thoroughly heated.

[back to soup recipe chart](#)

Curried Cauliflower Soup

1 3/4 pound cauliflower (1 large head), cut into 1/2 inch slices
1/4 cup slivered almonds
1 Tbs + 2 tsp coconut or EVOO
3/4 cup onion, chopped
3 garlic cloves
1 inch fresh ginger, minced
1 granny smith apple, peeled and chopped
1 Tbs curry powder (or garam masala if avoiding nightshades)
4 cups veggie stock
1/2 tsp sea salt
1/4 tsp fresh black pepper
1 bay leaf
1 cup full fat coconut milk

Heat oven to 375° F. Toss cauliflower with 1 Tbs EVOO, place on a cookie sheet and roast for 10 minutes, stirring half way. After 10 minutes, add almonds and bake until nuts are mildly browned.

Add remaining oil to large saucepan over medium heat. Add onion, garlic, ginger, cook 4 minutes. Add apple, cook about 3 minutes. Add curry powder, stirring frequently. Add cauliflower and almonds, stock, S&P, bay leaf. Bring to a simmer, cover and cook 30 minutes. Discard bay leaf, puree in a blender. Blend until smooth. Return to pot, add coconut milk, stir until warm and serve.

Curried Red Lentil Soup

Another easy one that can also be done in the slow cooker if you like. Once you are eating nightshades add 1/2 tsp chili powder and 2 tsp madras curry to this soup.

- 3 Tbs olive oil
- 1 medium onion, chopped
- 1 ½ pound Butternut squash, peeled, cut into ½ inch pieces
- 2 cloves garlic, minced
- 2 Tbs minced peeled ginger
- 1 large carrot, chopped
- 1 celery rib, chopped
- 2 tsp garam masala
- 1 tsp cumin
- 1 cup red lentils, picked over and rinsed
- 2 cups organic vegetable stock
- 1 ½ cup coconut milk, light or full fat
- 2 tsp lemon juice
- Salt and pepper to taste

Heat oil in a large saucepan. Add onion and sauté for 3-4 minutes. Add ginger, garlic, carrot, celery, squash and 1 tsp salt. Stir occasionally until veggies are softened and beginning to brown, or for about 15 minutes. (Add stock if needed to prevent scorching of pan.) Add spices and cook for two minutes. Add lentils and stock or water and bring to a boil. Reduce heat and simmer covered for 30 minutes or until lentils are tender. Before serving, stir in coconut milk, lemon juice and add salt and pepper to taste.

Dr. Rachel's Sunday Night Soup: Curried Chicken and Squash

This can be an easy, quick and savory meal with leftovers for the week. Pick up a free-range rotisserie chicken or roast your own. You can do this soup all veggie if you want. Omit the chicken, roast some other root veggies with the squash and add more chard, kale or spinach.

Free-range chicken (Pick up a rotisserie chicken or roast your own)
1 small to medium Butternut squash³³peeled and seeded.
2 Tbs olive oil
1 1/2 tsp sea salt
2 Tbs Garam Masala (1 tsp each cumin, coriander, cardamom, cinnamon, nutmeg, clove)
(1 Tbs curry powder – Optional if eating nightshades)
1 tsp Turmeric

1/2 leek (leek cut lengthwise so you have green and white parts)
2 inch peeled fresh ginger
(optional 4 cloves pressed garlic—Dr. Rachel avoids, but add if you do well with garlic)
1/2 bulb fennel
2 quarts veggie stock
1/2 - 1 can unsweetened coconut milk
1/2 cup flat leaf parsley, chopped
2 large red chard leaves, chopped into thin strips

Heat oven to 350-400° F. Chop butternut squash into 1-inch squares. Toss with 2 Tbs olive oil, 1 tsp sea salt and 1Tbs Garam Masala. Place in a 9x11 glass baking pan with 1/2 cup veggie stock and cover with aluminum foil. Bake for 40 minutes. You can prep other veggies and clean the chicken while the squash is cooking.

Break down chicken once it's cooled. Remove all skin. Put breast meat aside for other uses (like over a nice arugula or spinach salad). Shred all other meat for the soup. Discard the bones or make stock.

For soup, mince leek, ginger, and fennel (I use a food processor). Sauté these in 1 Tbs olive oil and 1/2 tsp salt until tender, or for about 7 minutes. Add veggie stock, 1 Tbs Garam Masala, (optional curry powder and garlic), and Turmeric and simmer for 10 minutes. Add chicken and squash and coconut milk and simmer for 10 minutes. Add parsley and red chard leaves and season with salt if needed. Let set for 5 minutes and serve.

[back to soup recipe chart](#)

Fennel Soup With Almond-Mint Topping

Fennel is super good for your liver, supports digestion and has a special flavor. Try this easy and rich tasting soup!

- 2 Tbs EVOO or coconut oil
- 3 cups fennel bulb, sliced (save some of the fronds for garnish)
- 1 cup onion, chopped (white or yellow)
- 3 garlic cloves (use ginger if sensitive to garlic)
- 1/2 tsp sea salt, divided
- 2 1/2 cups water or organic veggie stock (use part coconut milk if you want it creamy and don't mind the coconut flavor!)
- 1/2 tsp apple cider or champagne vinegar
- 1 (15oz.) can of cannellini beans, rinsed and drained. (If avoiding legumes you can leave this out or add 1/2 cup chopped parsnip and/or fennel while cooking)
- 1/2 cup almonds, sliced and toasted
- 3 Tbs fresh mint leaves
- 1 tsp lemon zest or rind strips

Heat a Dutch oven over medium heat. Add 1 TBS oil, fennel, onion, garlic and 1/4 tsp salt. Cook 1-2 minutes then reduce heat, cover and cook until crisp tender (~6 minutes). Add remaining salt, water/stock, vinegar and beans/parsnip. Bring to a boil; cover, reduce heat. Simmer 10-15 minutes.

Place half mixture in blender and blend until smooth, repeat with remaining mixture. Combine almonds, mint and lemon. Top soup with a small amount of this mixture when serving.

French Lentil Soup

This makes a LOT. Freeze, keep for lunches/breakfast for the week.

1/4 cup olive oil
2 large onions, chopped
2 leeks, chopped
3 cloves garlic, minced
2 Tbs fresh thyme, minced
4 stalks celery, sliced

4 carrots, sliced
3 quarts vegetable stock
*(1/4 cup tomato paste --- Optional if eating
Nightshade)*
1 pound French lentils
2 Tbs red wine vinegar



In a large stockpot on medium heat, heat olive oil and sauté onions, leeks, garlic, and thyme for 10 minutes or until the vegetables are translucent and very tender. Add the celery and carrots and saut. for 10 more minutes.

Add the stock, tomato paste and lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 45 minutes, until the lentils are cooked through. Season with salt and pepper. Right before serving, add the red wine and serve hot.

[*back to soup recipe chart*](#)

Green Pea Soup with Tarragon and Sprouts

Quick, easy, green!

2 16-ounce packages of organic frozen petite peas, divided (do not thaw)

2 Tbs extra virgin olive oil

1 1/2 cups slices shallot or leek

4 cups (or more) organic veggie broth

3 Tbs chopped fresh tarragon, divided

Set aside 1 cup peas. Heat oil in large saucepan over medium-high heat. Add shallots and sauté until golden and almost tender, about 7 min. Add remaining peas, 4 cups broth and 2 Tbs tarragon; bring to a boil. Reduce heat to med and simmer until flavors blend and peas are tender, about 7 minutes. Cool slightly. Working in batches, puree soup in a blender until completely smooth. Return soup to saucepan. Bring to simmer and thin with more broth if needed. Stir in remaining 1 Tbs tarragon and 1 cup of peas. Season with salt and pepper to taste. Garnish soup with pea sprouts.



[back to soup recipe chart](#)

Immunity Soup

If you can find Astragalus root, the Chinese herb “Huang Qi”, it adds something special to this soup. It has powerful immune supportive properties. It is available online and at the An Hao Clinic where we, Rachel and Heather practice. It’s worth having around and throwing in soups all winter long. Our clinic also carries a Chinese Herbal Soup mix, which can be used to make a delicious stock or a soup in itself and could be used in place of the Mushroom stock mentioned here.

- 1 Tbs EVOO or coconut oil
- 2 large Onions or 3 Large Leeks
- 1 small fennel bulb — core removed, thinly sliced
- 1 Tbs fresh ginger, minced
- 3 garlic cloves, minced
- 2 cups shitake mushrooms, stemmed and thinly sliced
- 2 large carrots, julienned
- 2 cups of broccoli florets
- 1 cup julienned snow or snap peas
- 15 inches of Astragalus Root, about 2-3 strips
- 2 Tbs coconut aminos
- ½ cup scallions (optional), chopped
- 10 cups [Mushroom stock](#)*

Heat oil in a large soup pot over medium heat. Add onions, fennel and ginger until onions are translucent. Add shitakes and cook until just soft. Add carrots, astragalus, garlic and stock. Bring to a low boil, reduce heat and simmer for 45 minutes.

Add the coconut aminos and adjust seasoning if needed. Add broccoli and peas and cook for 2 minutes until tender. Remove Astragalus pieces before serving.

If adding protein, add towards the end. If thinly sliced, fish or chicken will only need about 5 minutes in the broth to cook.

**See Recipe*

Lamb and Butternut Squash Soup

You can use ground lamb or if you want to get fancy you can use Lamb Loin meat cubed.

Wild mushrooms added to a stew always adds another layer of umami flavor and rich texture so they are included here but can be left out if you are not a mushroom fan. This hearty dish has amazing blood building properties!

- 8 oz of ground lamb or cubed lamb loin
- 8 oz of grass finished ground sirloin
- 2 cups wild mushrooms of choice—shitakes are awesome here!
- ½ tsp sea or kosher salt, divided
- 1 1/2 cups peeled and cubed butternut squash
- 1 cup onion, finely chopped
- 2 garlic cloves, minced
- 1 Tbs tomato paste (optional - nightshade)
- 1/4 tsp each ground paprika (optional - nightshade)
- ½ tsp each ground coriander, cumin, and cinnamon
- 1 cup organic beef or veggie stock (low sodium is best)
- 3 cups kale, chopped
- 2 Tbs chopped fresh flat leaf parsley

Preheat oven to 450° F. Heat large Dutch oven over medium-high heat. Add meat and ¼ tsp salt, cook 5 minutes until browned. Remove lamb mixture from pan, leaving behind fat and browned bits. Add onion and mushrooms, cooking until onions are soft. Add squash, cook for 15 minutes, adding more oil if needed. Add garlic and cook another 5 minutes or so, stirring occasionally. Add tomato paste (optional) and spices. Cook 1 minute, stirring frequently. Stir in remaining ¼ tsp salt and stock. Bring to a boil. Add Kale, cook 1 minute. Add lamb mixture, stirring to combine. Cover and bake at 450° F for 15 minutes. Serve with fresh parsley.

Miso Soup

Use a soy free miso (chickpea, adzuki) and this can be an easy breakfast through the whole program.

1 Tbs olive oil
3/4 cup chopped onion
3 garlic cloves, minced
1 Tbs fresh ginger, minced
1 tsp coconut aminos
4 1/2 cups vegetable stock
2 cups carrots, thinly sliced
3 cups baby spinach leaves
1/4 cup soy free miso paste, any variety**
Ground black pepper to taste

Heat the oil a large saucepan over medium heat. Add onion; sauté until tender and almost brown. Add garlic and ginger and sauté until fragrant, just a minute or two. Cook, stirring occasionally until browned; about 5 minutes.

Stir in aminos and add carrots to coat. Add vegetable stock. Bring back up to heat, simmer for 10 minutes, or until carrots are crisp & tender. Stir in spinach until just wilted. Take some hot soup liquid out of the pot and stir with miso to thin. Add the miso back into the soup and simmer over low heat for 5 to 10 minutes, stirring occasionally, being very careful not to boil. Season with black pepper to taste and serve.

****NOTES:** *Miso, or fermented bean paste, is a concentrated, savory paste made from soybeans that is fermented with a yeast mold (koji) and then combined with salt and water. The mixture is aged from one month to three years. It is a good source of protein and beneficial bacteria. There are many varieties and one way to classify them is by color. White miso is the lightest in flavor, aged for one month. It is particularly well suited for soups, salad dressings, and sauces. Yellow miso is also light in flavor, but is saltier. Red miso is strong and salty and is generally used for stews, soups and braised foods. Dark brown miso is the most pungent. **This is the one form of soy felt to be acceptable during an anti-inflammatory diet, but during the cleanse, we encourage you to obtain adzuki or chickpea miso as substitutes...they are awesome.***

[back to soup recipe chart](#)

Mushroom Stock

Makes 2 1/2 quarts.

2 celery stocks, chopped
1 medium onion, chopped
3 ounces dried shitake or other wild mushrooms

1 cup crimini mushrooms, chopped
1/3 cup coconut aminos
1 Tbs Red Boat Fish sauce (optional)



Put the celery, onion and mushrooms in a large soup pot with 12 cups of water. Bring to a simmer over medium-high heat, reduce heat and let stock cook for 20 minutes. Turn off heat, cover and let steep for 20 minutes. Add coconut aminos and fish sauce. Strain stock and allow to cool. Put into glass-lidded containers, use within a week or freeze for up to a month.

Roasted Garlic Ginger Beet Soup

If you like beets this is amazingly simple and good. Plus the red color nourishes your root!

3-4 medium to large beets	EVOO/coconut oil/avocado oil/red palm oil
6 cloves of garlic	Sea salt and pepper
1 inch fresh peeled ginger, minced or chopped	2 TBS fresh lemon juice
1 large leek—thinly sliced	Filtered water
Fresh thyme, 1 bay leaf	

– **Roasted beets** – heat oven to 400. Place beets in a baking dish with 1/2 inch of water in the bottom, drizzle with EVOO/coconut oil/avocado oil, sprinkle with sea salt, cover with parchment lined foil until tender ~ 1 hour. Once done and cooled, peel and quarter. Use them for salads, soup or alone. Store in glass for use later in the week.

– **Roasted garlic** – this is Rachel’s preferred way as it is gentler on the digestion while very flavorful. Do at the same time as your beets! In a separate foil packet, drizzle 6 cloves of garlic with oil, wrap and roast for about 30 minutes.

Heat 2 Tbs EVOO/coconut oil/avocado oil/red palm oil in a pot over medium heat. Add leek and ginger and cook, stirring until tender, 6-8 minutes. Add beets, garlic, 1 tsp fresh thyme, bay leaf and 3 cups of water. Season with sea salt and pepper. Bring to a boil, reduce heat, simmer for 5 minutes. Discard bay leaf, transfer to a blender and purée until smooth. Stir in 2 Tbs fresh lemon juice, adjust seasoning and serve.

Can be eaten hot or chilled!

Root Vegetable Stew

Hearty and satisfying. Especially in the fall and winter months.

Eat this soup and you won't miss grains.

- 1 Tbs olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 Tbs fresh ginger, minced
- 1 bay leaf
- 1 Tbs ground cumin
- ½ tsp ground cinnamon
- 1 pound carrots, peeled and diced
- 2 cups peeled sweet potatoes, cubed
- 2 cups peeled parsnips, cubed
- 2 cups peeled turnips, cubed
- 1 cup peeled golden beets, cubed
- ¼ cup raisins
- 2 cups vegetable broth or more if needed
- Chopped fresh cilantro (for garnish)
- Optional: cayenne pepper, 1 tsp curry powder if eating nightshades*

Heat oil in heavy large pot over medium-high heat. Add onion to pot and saut. until golden, about 5 minutes. Add garlic, ginger, bay leaf, cumin, cinnamon and stir 30 seconds. Add carrots, sweet potatoes, parsnips, turnips, beets and raisins, stirring well to coat vegetables with spices. Add broth and cover and simmer until vegetables are tender, about 30 minutes. Sprinkle with cilantro and serve.

Super Simple Green Soup

This is so easy, yummy, and good for you. Serve over quinoa, brown rice or with a nice piece of clean protein.

2 cups frozen baby peas

3 cups organic vegetable stock

1 Tbs coconut aminos

1/2 bunch washed and roughly chopped cilantro, approximately 1 loose cup (I like using mint, about 1/2 cup)

1/2 cup toasted raw walnuts

Optional: if eating nightshades and you like a bit of spicy heat, add 1 small jalapeño, seeded.

(Remove ribs for milder flavor)

Heat stock and peas in a pot until simmering. Add to a blender along with remaining ingredients. Blend on high until super smooth. Pour into bowl and enjoy.

Sweet Potato Minestrone Soup

Makes 12 servings.

10 cups of [Homemade Soup Stock](#) (see recipe)

2 Tbs olive oil

2 medium yellow onions, chopped

4 large celery stalks, chopped

4 medium yams, diced

4 carrots, thin sliced

1 pound green beans, sliced in half

10 cloves of garlic, chopped

1 sprig Rosemary

1 sprig Thyme

Heat the oil in a soup pot over medium-low heat. Add the onions and celery and cook until the onions are almost translucent. Add in the homemade stock, yams, carrots, green beans, garlic, Rosemary and Thyme. Bring to a boil and lower heat to a simmer, stirring occasionally until the vegetables are tender.

[back to soup recipe chart](#)

Turkey and Wild Rice Soup

- 4 Tbs organic butter, EVOO, or coconut oil
- 3 celery ribs, sliced thin
- 2 carrots, sliced thin
- 1 medium onion, chopped
- 1 small leek, sliced thin
- 2 garlic cloves, minced
- 2 tsp finely chopped fresh thyme
- Salt and pepper to taste
- ¼ cup rice or tapioca flour
- 1 cup wild rice
- 2 quarts organic chicken broth
- 2 cups water
- 4 cups bite size pieces of roasted turkey (perfect after thanksgiving!)
- 1 cup homemade almond milk or coconut milk

In a large sauce pan, heat butter or oil. Add celery, carrot, onion, leek, garlic and thyme with a generous pinch of sea/kosher salt and fresh cracked pepper. Cook over moderate heat until onions are translucent and veggies soft, about 10 minutes. Sprinkle the rice or tapioca flour over the veggies until evenly coated and browned, about 3 minutes.

Add wild rice to the sauce pan and gradually stir in the stock and water. Bring to a boil, reduce heat and simmer for about 30 minutes. Add turkey and simmer for another 15 minutes until rice is tender. Stir in almond or coconut milk and season to taste.

This can be made and refrigerated for up to 2 days or frozen for later use!

Twenty Minute Minestrone Soup

Leave the beans out of this soup if avoiding legumes. Leave the tomatoes out if avoiding nightshades. Get creative with other veggies if you like, or add chicken!

- | | |
|--|--------------------------------------|
| 1 Tbs extra virgin olive oil | 1 bay leaf |
| 1 leek, washed and sliced | Salt and freshly ground black pepper |
| 3 stalks celery, sliced | 3 cups baby spinach |
| 1 garlic clove, minced | 1 15-ounce can white kidney beans |
| 2 small zucchini, sliced | 1 15-ounce can chopped tomatoes – |
| 1 quart water or organic vegetable stock | <i>Nightshade</i> |

Heat the oil in a stockpot. Add the leek, celery, garlic, and zucchini and sauté for 3-5 minutes. Add water or vegetable stock and add bay leaf and salt and pepper. Add canned tomatoes and beans with their liquid to soup pot. Cover, bring to a boil. Reduce heat and simmer for 8-10 minutes. Add baby spinach and heat until just wilted, about 2 minutes. Discard bay leaf, adjust seasonings, and enjoy.

Vegetable Chili

Only for those who tolerate nightshades!

Note: *Leave the beans out avoiding and add other root veggies of choice.*

- | | |
|---|---|
| 1 Tbs olive oil | 1 medium zucchini, diced |
| 3 cloves garlic, minced | 2 tsp cumin powder |
| 1 large onion, chopped | <i>(2 Tbs chili powder – optional if eating</i> |
| 1 large mild or medium spicy pepper, seeded | <i>Nightshades)</i> |
| and chopped | 1 14-ounce can diced tomatoes, undrained |
| 1 ½ cups (4oz) fresh crimini mushrooms, | 1 16-ounce can black beans or adzuki beans, |
| chopped | drained |

Heat oil over medium heat in a skillet. Add garlic and onion; sauté for a minute or two, then add peppers, mushrooms, and zucchini. Sauté for a few more minutes, then add seasonings. Add remaining ingredients, bring to a boil, reduce heat and simmer for 30-45 minutes and serve.

[back to soup recipe chart](#)

Vegetable Soup

Get creative with other veggies you might want to experiment with...you really can't go wrong by adding more!

- 1 Tbs olive oil
- 1 large onion (for about 1 cup chopped)
- 2 celery ribs (for about ½ cup chopped)
- 7 peeled carrots (for about ½ cup thinly sliced)
- ¾ lb. fresh green beans (for about 1 cup cut)
- 3 (14-ounce) containers chicken broth (or homemade)
- 1 cup [Vegan Pesto](#)*
- 2 (15-19 ounce) cans cannellini beans (Eden brand) – sub baked turkey if no legume
- 1 ½ tsp dried oregano, rosemary, parsley, thyme mix
- 1 tsp garlic, minced
- Salt and pepper, to taste

Heat the oil on medium-high in a 4 1/2-quart Dutch oven or soup pot. Peel and coarsely chop the onion, adding it to the pot as you chop. Stir. Coarsely chop the celery and add it to the pot. Stir. Thinly slice the carrots and add them to the pot. Stir. Remove the tough ends of the green beans and cut them in 1/2-inch pieces, adding them to the pot as you cut. Stir. Pour the chicken broth into the pot. Add the cannellini beans, drained. Cover the pot and simmer. This will take about 5 to 6 minutes.

Add the [pesto](#)*, herbs and garlic. Boil until green beans are tender, about 9 minutes. Season with salt and pepper to taste. Remove soup from heat and ladle into bowls. Serve at once. This can be served over brown rice (if eating grains.)

**See [Recipe](#)*

Yellow Split Pea Soup

1 Tbs extra virgin olive oil
2 cups onions, chopped
2 tsp turmeric
1/2 tsp cumin
1 1/2 cups carrots, chopped
1/4 tsp fine sea salt
1/4 tsp freshly cracked black pepper
1 1/3 cups dried yellow split peas, rinsed
6 cups reduced-sodium ready-to-use vegetable or chicken broth
3/4 cup water
1/4 cup chopped fresh flat-leaf (Italian) parsley or dill, divided

In a large saucepan, heat oil over medium-high heat. Add onions, carrots, turmeric, cumin, salt and pepper; cook, stirring, for 6 to 8 minutes or until vegetables are softened. Stir in peas and broth. Bring to a boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 35 to 40 minutes or until peas are very tender.

Transfer 1 cup of the soup solids to food processor. Add water and purée until smooth. Return purée to pan and stir in half the parsley or dill. Simmer, stirring often, for 5 minutes to blend the flavors, thinning soup with water if too thick. Serve sprinkled with the remaining parsley or dill.

Optional: An equal amount of dried yellow lentils or green split peas may be used in place of the yellow split peas.

Storage Tip: Store the cooled soup in an airtight container in the refrigerator for up to 2 days or in the freezer for up to 6 months. Thaw overnight in the refrigerator. Warm soup in a medium saucepan over medium-low heat for a satisfying breakfast.

[back to soup recipe chart](#)



CHAPTER FOUR

Spreads, Sauces & Dressings

Make several of these ahead of time and you'll have quick snacks at the ready and all sorts of ways to "dress" up salads and sides.

SPREADS, SAUCES & DRESSING CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
SPREADS					
Artichoke and Almond Pate					
Arugula Pesto/Dip					
Black Bean Hummus		X	X		
Dill Hummus		X			
Guacamole					
Roasted Beet Hummus		X (optional)			
Savory Red Lentil Pate		X			
Sunflower Seed Spread					
Sweet Potato, Miso, Sesame Dip		X			
SAUCES					
Arugula Pesto					
Garlic-Ginger Marinade for Fish					
Spicy Avocado Sauce			X		
Tahini Sauce					
Vegan Pesto					
DRESSINGS					
Avocado-Cumin Green Goddess Dressing					
Creamy Lemon Dressing					
Fig Walnut Salad Dressing					
Honey Vinaigrette					
Miracle Dressing					
Miso Happy Salad Dressing		X			
RADish Miso Dressing		X			
Simple Dijon Dressing		X			
Spinach Salad Dressing					
Tahini Dressing					

[back to Table of Contents](#)

Artichoke and Almond Pate

Because it is so good, this recipe was adapted from "The Whole Life Nutrition Cookbook" by Alissa Segersten and Tom Malterre. It makes 2-3 servings.

- 1 cup raw almonds or sunflower and pumpkin seeds (½ cup each), soaked overnight
- 1 14-ounce can of artichoke hearts, drained and rinsed (or 1 ½ cups of fresh cooked)
- ¼ cup extra virgin olive oil
- ¼ cup freshly squeezed lemon juice
- ½ small red onion, coarsely chopped
- 2 Tbs capers or olives (organic if possible)
- 1 small clove garlic, peeled
- ½ tsp sea salt
- Optional: 2 Tbs parsley or cilantro*

Soak almonds by placing them into a medium sized bowl, then add purified water to cover. Leave on your countertop overnight, or for about 6-12 hours. When ready to use drain off soaking water and rinse well. Place all the ingredients into a food processor with the "S" blade (I've also used a blender/Vita Mix). Process until mixture is smooth.

Arugula Pesto/Dip

- 2 cups of arugula
- Juice of 2 lemons and 1 lime
- 1 Tbs flax meal
- 3 Tbs extra-virgin olive oil (or more if a thinner consistency is desired)
- ¼ tsp turmeric
- 1 garlic clove (raw or roasted)
- ½ cup walnuts or pine nuts

Place all ingredients in a food processor or high-speed blender. Blend until smooth. Use as a dip with veggies, a spread or a topping for baked fish, lamb or chicken.

[*back to spreads, sauces & dressings recipe chart*](#)

Black Bean Hummus

- 1 clove garlic, minced
- 1 15-ounce can black beans, drained, liquid reserved
- 2 tsp tahini
- 2 Tbs lemon juice
- ½ tsp cumin, ground
- ½ tsp salt
- ½ cup fresh cilantro
- (¼ tsp cayenne pepper and ½ tsp paprika (or to taste) – Optional Nightshade)*

Process all ingredients in a food processor until smooth, using reserved bean liquid to thin.

Dill Hummus

- 1 15-ounce can chickpeas, drained
- 2 crushed garlic cloves
- ½ tsp salt
- ¼ cup lemon juice
- 2 Tbs olive oil
- 2 Tbs tahini
- 1 tsp dried dill or, better yet, a handful of finely chopped fresh dill

Puree all the ingredients in a food processor or blender until creamy. Add additional oil, if necessary, for desired consistency.

Guacamole

Add fresh cilantro here for more green!

4 ripe avocados
3 cloves of garlic, pressed
1 lime
½ tsp of salt
(1 tsp cilantro - optional)

Mash the avocados in a bowl. Mix in the pressed garlic, juice from 1 lime and salt to the avocados. Mash and mix. Put the pits of the avocado in the guacamole to keep fresh.

Roasted Beet Hummus

The color of this is simply gorgeous. Using a high powered blender is best if you want a really creamy consistency.

1 large red beet
½ cup walnuts, chopped
4 garlic cloves, raw or roasted
1 tsp fresh lemon zest
¼ cup filtered water
2 Tbs fresh lemon juice

2 Tbs walnut oil
1 tsp fresh ground black pepper
½ tsp sea salt
Optional if eating legumes: 1 (15-ounce) can of organic chickpeas, rinsed and drained

Roast 4 beets at 400°F. (You only use one in the recipe, but always roast more to have on hand for other dishes). Wash beet, wrap in foil with a dash of extra-virgin olive oil. Bake on a rimmed baking sheet for 40 minutes. Add walnuts and garlic (raw) to pan and bake for another 7-8 minutes until walnuts are fragrant. Cool ingredients. Rub off beet skin, cut into quarters.

Place all ingredients in a blender or food processor and blend/process until desired consistency.

[back to spreads, sauces & dressings recipe chart](#)

Savory Red Lentil Pate

1 cup red lentils	1 tsp dried thyme
3 cups water or vegetable stock	1 tsp salt
3 cloves garlic, minced	½ cup minced parsley
1 large onion, chopped fine	½ tsp black pepper
2 Tbs olive oil	1 tsp apple cider vinegar

Place lentils into a saucepan with the water or stock, bring to a boil, reduce heat to medium, and simmer, covered, for 20 minutes. In a large skillet, heat the oil. Add the garlic, onions and herbs and sauté over medium heat, stirring constantly, for about 10 minutes, or until the onions and garlic are browned and fragrant. When the lentils are done, stir them thoroughly to mash. Add the onion mixture and parsley. Season to taste with salt, vinegar and pepper.

Sunflower Seed Spread

Sunflower seeds are a good source of protein, calcium, iron, magnesium, selenium, zinc, folate, vitamins A, D and E. This is a great spread as is, or a filling for sandwiches.

1 ½ cups sunflower seeds, soaked overnight*
½ cup lemon juice
½ cup green onions, chopped
¼ cup tahini
¼ cup wheat and soy free tamari/coconut aminos
1 small red onion, diced
½ cup fresh parsley, chopped
2 cloves garlic, minced
½ tsp cayenne pepper (or more to taste) – *Optional Nightshade*

In a food processor, process the soaked sunflower seeds, lemon juice, scallions, tahini, tamari, onion, parsley, garlic and (cayenne) until the mixture is a smooth paste. Discard soaking water and rinse seeds, removing hulls that have come off.

**Soaking the seeds overnight makes them more digestible and easier to blend into a creamy paste.*

[back to spreads, sauces & dressings recipe chart](#)

Sweet Potato, Miso, Sesame Dip

This is awesome with sliced watermelon radishes, cucumber, jicama, or any other veggie.

- 1 pound deep orange-fleshed sweet potatoes (try the garnet yams!), peeled and cubed
- 2 tsp minced fresh ginger (about 1 inch)
- 2 Tbs chickpea or adzuki bean miso
- 1 ½ Tbs tahini (sesame paste)
- 2 tsp coconut aminos
- 1 ½ tsp toasted sesame seeds (white or black)

Steam sweet potatoes in a large saucepan with a steamer basket and 1-inch water until very tender, about 20 minutes. (If you don't have a steamer, just simmer chunks in the water, stirring occasionally.) Drain, reserving liquid and let cool slightly.

Whirl ginger in a food processor with sweet potatoes, miso, tahini, tamari sauce, and enough reserved sweet potato liquid for a creamy texture, about 3 Tbs. Whirl until smooth.

Transfer dip to a bowl and sprinkle with the sesame seeds. Serve slightly warm or at room temperature with Bok Choy or veggies of choice. Can be made ahead and stored in the fridge for up to 2 days.

Garlic-Ginger Marinade for Fish

This recipe works for about 1½ pounds of wild salmon or your favorite fish. You could also add a little arrowroot or kudzu and simmer these ingredients over low heat to create a thicker sauce for sautéed veggies or rice. You can serve the fish over mashed yam or cauliflower, sautéed mustard greens and oyster mushrooms (seasoned with coconut aminos and brown rice vinegar).

¼ cup Coconut aminos	1 Tbs toasted sesame oil
1-2 Tbs brown rice vinegar or coconut vinegar	2 cloves garlic, peeled
1 Tbs honey	1-inch piece fresh ginger, peeled

Place all ingredients into a blender and blend until smooth. Place your fish fillet skin-side up in a shallow baking dish. Pour marinade over fish, cover, and refrigerate for 3 hours or until ready to use. Preheat oven to 400°F, pour off marinade, flip fillet so the skin is down, and bake for approximately 10 minutes per inch of thickness.

Spicy Avocado Sauce

2 medium, ripe avocados
1 to 2 jalapeno peppers, seeded- Nightshades
Large handful of fresh cilantro
Juice of 1 small lime
¼ cup water (or more for a thinner sauce)
¼ to ½ tsp sea salt

Place all ingredients in a blender and blend until smooth and creamy. Add more water for a thinner sauce. Taste and add more salt if necessary. Store extra sauce in a small glass container with a squeeze of lime over the top to prevent browning.

Tahini Sauce

Great with Veggie Stir Fry!

½ cup raw sesame tahini
½ cup lemon juice
¼ cup olive oil
1-2 tsp Honey

4 Tbs water
2 cloves of garlic, crushed
2 tsp lemon zest
Sea salt to taste

Whisk all the ingredients together into a bowl. Salt to taste and add more water or lemon juice as needed.

Vegan Pesto

2 cups tightly packed fresh basil or arugula (or a combination)
½ cup walnuts or pine nuts
1 to 2 cloves garlic, roughly chopped (to taste)
½ cup extra-virgin olive oil
Sea salt and freshly ground pepper, to taste
1 Tbs lemon juice

Combine the ingredients in a Vita Mix or food processor with the S blade or blender like VitaMix. Pulse until finely chopped and combined.

Avocado-Cumin Green Goddess Dressing

If you like guacamole, you will love this dressing. Use on veggies or salads.

1 ripe avocado	1 clove garlic
1 tsp toasted whole cumin seeds	1 inch peeled ginger
3 Tbs extra-virgin olive oil	Handful parsley
½ tsp sea salt	1 Tbs apple cider vinegar
1 tsp Dijon mustard	1 Tbs coconut aminos
½-¾ cup water (to desired consistency)	

Toast cumin seeds gently in a saucepan. Once they begin to pop, or you smell them, they are done, watch them closely. Add all ingredients to a blender and buzz on high until smooth. Add more water if needed and season with salt to taste.

Creamy Lemon Dressing

1 cup fresh lemon juice
4 tsp lemon zest
3 cloves garlic, minced
2 tsp Dijon mustard
¼ tsp salt
¼ tsp ground black pepper
½ cup olive oil
½ cup coconut milk

Blend the ingredients in the blender.

Fig Walnut Salad Dressing

2 Tbs fig paste (no added sweetener), or soak 4 figs in ½ cup of olive oil for 1-5 hours then blend
½ cup olive oil
2 tsp walnut oil
¾ cup balsamic vinegar
½ tsp chopped rosemary
1 pressed garlic clove
Pinch of salt

Combine and mix ingredients in blender.

Honey Vinaigrette

This anti-inflammatory salad dressing is delicious!

2 Tbs flaxseed oil or walnut oil
2 garlic cloves, minced
2 Tbs apple cider vinegar
1 tsp Dijon mustard
¼ -¾ cup organic EVOO
Salt and pepper to taste
Optional: 1 drop stevia extract, 1/2-1 tsp stevia powder or 1 tsp honey

In a blender, process flaxseed oil and garlic together until garlic is well incorporated. Add agave, vinegar and Dijon mustard and blend well. With motor running, gradually add enough olive oil to make desired salad dressing consistency.

[back to spreads, sauces & dressings recipe chart](#)

Miracle Dressing

This anti-inflammatory salad dressing is delicious!

2 Tbs flaxseed oil or walnut oil

2 garlic cloves, minced

2 Tbs apple cider vinegar

1 tsp Dijon mustard

¼ -¾ cup organic EVOO

Salt and pepper to taste

Optional: 1 drop stevia extract, 1/2-1 tsp stevia powder or 1 tsp honey

In a blender, process flaxseed oil and garlic together until garlic is well incorporated. Add agave, vinegar and Dijon mustard and blend well. With motor running, gradually add enough olive oil to make desired salad dressing consistency.

Miso Happy Salad Dressing

1 cup sesame or olive oil

2-3 Tbs cider or rice vinegar

2 Tbs Adzuki miso

2 cloves garlic, chopped

2-3 Tbs water

1 tsp honey (optional)

In a blender, mix all ingredients except oil on high speed. Turn to medium speed and slowly add the oil. More water may be added for a thinner consistency.

RADish Miso Dressing

5 small radishes
¼ cup extra virgin olive oil
¼ cup Adzuki Bean Miso
¼ cup water
1 clove garlic
½-inch piece fresh ginger, peeled

Add all ingredients to your blender and blend until smooth and creamy. The dressing will be a slight pink color and can be kept in a glass jar in the fridge for up to a week.

Simple Dijon Dressing

1 tsp Dijon mustard
2 ½ Tbs rice or cider vinegar
½ cup extra virgin olive oil
1 Tbs flaxseed/pumpkin or walnut oil
1Tbs Adzuki miso

Whisk mustard, miso and vinegar in a small bowl. Slowly add olive oil while whisking until emulsified. Add flax or alternative oil. Pour into a jar with a lid and shake. Use immediately.

Spinach Salad Dressing

1/3 cup fresh lemon juice
4 tsp lemon zest
3 cloves garlic, minced
2 tsp Dijon mustard
1/4 tsp salt
1/4 tsp ground black pepper
1/2 cup olive oil
1/2 cup coconut milk

Blend the ingredients in the blender.

Tahini Dressing

Makes 1 1/4 Cups.

In a food processor, or high powered blender, purée:

1/2 cup tahini
Grated zest and juice of one lemon
1 Tbs EVOO
1 garlic clove, 1/2 inch peeled ginger
1 tsp honey - Optional
1/2 tsp cumin powder
1/2 coriander
1/2 paprika – Optional Nightshade
3/4 cup filtered water until smooth

Season with sea salt. Store refrigerated in air-tight container for up to a week.



CHAPTER FIVE

Salads

Get creative, greens are a great start to any meal or a meal in itself...just pile on what you will.

SALAD CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
Artichoke Salad					
Avocado Kale Salad					
Bean, Heirloom Tomato, Basil, and Green Bean Salad with Chicken		X	X		
Bitter Green Salad					
Creamy Raw Kale and Beet Salad					
Dr. Heather's Quinoa Salad	X				
Dr. Rachel's "Go-To" Salad					
Easy Curried Raw "Noodles"			X		
Egg Salad Over Arugula			X		X (optional)
Emerald Kale & Apple Salad with Honey Vinaigrette					
Forbidden Rice Salad	X				
Grated Beet and Avocado Salad					
Grilled Zucchini and Avocado Salad					
Hearty Kale Salad					
Lemony Quinoa with Roasted Asparagus and Peas	X				
Lentil, Mushroom & Celery Root		X			
Pear and Fennel Salad					
Red Quinoa Pumpkin Seed Salad	X		X (optional)		
Roasted Beet & Field Greens Salad					
Sea Vegetable Noodle Salad	X				
Simple and Easy Lentil Salad		X			
Simple Spinach Salad (Variety 1)					
Simple Spinach Salad (Variety 2)					
Spinach Salad with Adzuki Beans		X			
Steamed Broccoli and Squash Salad					
Super Slaw			X (optional)		
Vegetable Quinoa Salad	X				

[back to Table of Contents](#)

Artichoke Salad

Simple yet supports liver detoxification...add some protein and you have a full meal.

5-6 artichoke hearts

Bunch of arugula or other baby leafy green

Dressing:

¼ cup of extra-virgin olive oil

1 Tbs of apple cider vinegar

2 garlic cloves

Pinch of pepper

Pinch of turmeric

Pinch of sea salt

In the blender, combine olive oil, apple cider vinegar, garlic cloves, pepper, turmeric and salt. Set aside. Mix greens and artichoke hearts and drizzle dressing on top.

Avocado Kale Salad

½ cup [Miracle Dressing](#)* (or mix together: ¼ cup EVOO, 1/8 cup lemon juice and 1 tsp honey)

Sea salt to taste

1 head dinosaur or lacinato kale, de-stemmed and shredded

2 avocados, chopped

1 cup jicama, chopped

¼ red onion or scallion, very thinly sliced (you can leave the onions out and use cucumber)

...or other veggie of choice (if you are averse to raw onions see our tip to mellow)

Pour dressing over kale, sprinkle with salt and massage kale for 5 minutes, or until it breaks down. Add remaining ingredients and serve.

**See Recipe*

[back to salad recipe chart](#)

Bean, Heirloom Tomato, Basil, and Green Bean Salad with Chicken

*Serves approx. 4. This is another recipe that can be altered if avoiding legumes!
Tomato is a nightshade, so if you are avoiding you can consider substituting jicama.

- 1 can pinto canellini or other favorite legume
- 1 ½ cups Heirloom tomatoes, variety of colors and sizes (cut small ones in 1/2 and thinly slice the medium size tomatoes)
- 1 handful of basil thinly chopped
- 4 handfuls of spinach
- 1 ½ cups of green beans, cut at a diagonal
- 2 lemons, juiced
- 4 cloves of garlic, crushed
- 1 sprig rosemary diced
- 4 small boneless, skinless chicken breasts
- Balsamic and Olive oil dressing

Marinate the chicken in the lemon juice, garlic, and rosemary for 2-8 hours before baking to give the most flavor. (Can be done overnight for ease). Refrigerate.

Preheat the oven 350°F. Place the chicken in a baking dish with the garlic. Sprinkle with salt and pepper. Discard the rosemary.

Bake the chicken for 20-30 minutes, until cooked. Check the temp by inserting a meat thermometer horizontally into the end of the chicken, aiming for the center of the breast. For a completely cooked chicken, the thermometer should read between 160 and 165°F (71 to 74°C).

In a serving bowl, mix all the vegetables except spinach. Toss with Balsamic and oil dressing. Then plate 1 handful of spinach per person, top with vegetable mix. Serve with the chicken once ready.

Bitter Green Salad

For added detox support dandelion greens are incredible, but very bitter! You can try this, or use any leafy green you like. Try to give the bitter greens a try as the compounds they contain are excellent for digestion and liver support!

- 1 bunch of dandelion leaves (or arugula or chopped kale or combo!)
- 1 small tart apple, peeled and sliced
- 1 small beet, peeled and grated (roasted beets will give a richness to this dish)
- 1 tsp of fresh ground flax meal
- 1 Tbs toasted raw walnuts
- 1 Tbs extra-virgin olive oil
- Squeeze of 1 lemon
- Pinch of sea salt

Mix all ingredients in a salad bowl.

Cannellini Bean Salad

- $\frac{2}{3}$ cup flat-leaf parsley leaves, chopped
- $\frac{2}{3}$ cup mint leaves, chopped (option to substitute basil)
- 3-4 green onions, thinly slice the green and white part
- 2 cups Cannellini beans, drained
- 1 large lemon, juice squeezed
- $\frac{1}{2}$ tsp allspice
- $\frac{1}{4}$ cup olive oil
- Salt and pepper
- Arugula leaves - optional*

In a bowl, combine all the ingredients and stir. Salt and pepper to taste. Consider serving over arugula lettuce.

Creamy Raw Kale and Beet Salad

Get your greens, omega 3s, fiber, and antioxidants all in one!

- 1 ripe avocado, halved, seed removed
- 2 Tbs white wine or champagne vinegar
- 2 tsp Dijon mustard
- 3 Tbs walnut oil or extra virgin olive oil
- Sea salt/fresh cracked pepper
- ½ bunch kale, stemmed and coarsely chopped
- 1 small red or golden beet, peeled and thinly sliced
- 1 sweet, crisp apple, cored and cut into thin slices
- ½ cup toasted walnuts, chopped

Combine avocado, vinegar, mustard and oil in a food processor. Pulse until smooth (it will be thick). Season with salt and pepper to taste. Combine kale, beets, apple and walnuts in a large bowl. Toss with the avocado dressing. Season if needed. Serve immediately.

[*back to salad recipe chart*](#)

Dr. Heather's Quinoa Chicken Salad

You can vary the dressing on this salad to accommodate your particular fancy! Dr. Heather loves this versatile and delicious salad. It's even better the next day.

1 ½ cups low sodium chicken broth
1 cup Quinoa
1 ½ cups cubed cooked chicken
½ cup thinly sliced green onion
½ cup diced radish
½ cup chopped seeded peeled cucumber
¼ cup chopped fresh flat leaf parsley
2 Tbs pine nuts, toasted

Dressing:

¼ cup white wine vinegar
1 ½ Tbs extra virgin olive oil
1 tsp ground cumin
½ tsp salt
¼ tsp fresh ground pepper
1 garlic clove, minced

Rinse Quinoa in a sieve under cold water very well to remove natural, soapy film residue.

To prepare salad, bring broth to a boil in a medium sauce pan, gradually stir in quinoa. Cook 18-20 minutes. Remove from heat, transfer to a bowl to cool slightly.

In a cast iron skillet, over medium heat, add pine nuts (NO OIL) and shake constantly until golden brown, about 3 minutes. In a bowl, add chicken, onions, radishes, cucumber, parsley, and toasted pine nuts. Toss gently to combine.

To prepare dressing, combine vinegar, and remaining ingredients, stirring with a whisk. Drizzle over salad, toss to combine.

Store in an airtight container and refrigerate for up to 3 days.

Dr. Rachel's "Go-To" Salad

Rachel's go to meal is often a salad. Here's a typical "go-to". She often uses straight balsamic vinegar as her dressing since the avocado acts as the fat. Simple but satisfying...good fats, good veggies.

Pre-washed Arugula leaves

Peeled and sliced pears or other seasonal fruit

Toasted/sprouted walnuts or other sprouted nuts or seeds

Half an avocado

Shredded carrots, radish/fennel

Protein of choice. (If not doing flesh protein, add roasted veggies from a different meal or just stick with the ingredients already listed.)

Balsamic vinegar or salad dressing of choice

Toss all ingredients together. Yes, it's that easy.

Easy Curried Raw "Noodles"

This dish is quick and easy and seriously good. Most of the ingredients are raw, offering greater bioavailability of the nutrients. The curry powder is rich in turmeric, which is loaded with anti-inflammatory compounds. The whole dish is high in antioxidants and most of all super yummy.

This is one of Dr. Rachel's most favorite creations! Makes about 4-6 servings.

3 Tbs raw almond butter

3 Tbs coconut aminos

3 tsp curry powder*

3 medium organic zucchini and or yellow squash

1 large carrot

¼ cup unsweetened shaved coconut or coconut flakes

1/3 cup organic raisins

½ cup fresh cilantro, chopped

Combine almond butter, aminos and curry powder in a large bowl and whisk together well. Add water as needed to loosen to desired consistency. Set aside.

Trim ends off zucchini. Using a mandolin or sharp veggie peeler, slice lengthwise into long, thin strips. Peel carrot and also slice lengthwise into very thin strips. Add squash and carrot to the bowl and gently toss with almond butter sauce until well coated. Add coconut, raisins and cilantro. Toss until evenly distributed. Serve immediately or chill for up to 48 hours.

***Note:** *If avoiding peppers, replace curry powder with 1 tsp cumin, 1 tsp coriander, ½ tsp ginger, ½ tsp nutmeg.*

[back to salad recipe chart](#)

Egg Salad Over Arugula

8 Grass Fed eggs (you can substitute 1 block
tofu if you are eating soy)
1 avocado, chopped
1 Tbs olive oil
2 Tbs lemon juice
2 Tbs Dijon mustard
1 tsp Dill weed

1 tsp paprika (sub ¼ tsp cumin and ¼ tsp
turmeric if avoiding nightshades)
½ small red onion or 3 stalks of celery, finely
chopped
Optional: Chopped olives
Salt and pepper to taste

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. In a large bowl, combine the egg, mayonnaise, mustard, dill, paprika or cumin, onion and salt and pepper. Mash well with a fork or wooden spoon. Serve over a bed of Arugula lettuce.

Emerald Kale & Apple Salad with Honey Vinaigrette

Oh dear kale, how can I eat more of you each day! Besides your green juice, here's another goody. Add avocado, which has more potassium than any other fruit or vegetable, hazelnuts for crunch and healthy fat and you've got a flavor carnival going on in your mouth. Supposedly this is really good for me! Holy cow. Y U M M Y!!

1 bunch of organic Dinosaur (Lacinato) Kale, ribs removed, chopped into fine strips
1 large avocado, cubed
1 cup hazelnuts, toasted and chopped

1 large crunchy organic apple (honey crisp, pink lady or jazz), peeled and chopped
½ cup fresh mint, chopped

Optional: sheep or goat cheese if eating dairy
[Honey Vinaigrette*](#)

Place chopped kale in a large bowl. Start with a couple Tbs of vinaigrette. Pour over kale and begin “massaging” the kale with the dressing. (Another chance to use your hands!) If you need to add more, go ahead. As you rub the kale it will begin to soften, so continue until all the kale is covered well with dressing and slightly soft. Salt to taste. Add avocado, apple, mint and hazelnuts. Toss to combine, add more salt if needed. If you tolerate sheep or goat cheese, then add at this time, gently tossing. Serve and enjoy the green goodness!

*See Spreads, Sauces, and Dressings

Forbidden Rice Salad

The best way to make a grain salad is when the grain is COLD, so prepare the rice in advance.

2 cups cooked black or forbidden rice
½ cup almonds (or other nut/seed of choice), chopped
½ cup chopped parsley
2 stalks celery, chopped
½ cup raisins or dried cherries

½ bunch scallions, chopped

Dressing:

¼ cup olive oil or walnut oil
2 Tbs brown rice vinegar or apple cider vinegar
Salt and black pepper to taste

Make the dressing. Right before serving, toss the rice with the almonds, parsley, celery, dried fruit and scallions. Drizzle with the dressing and serve at once.

[back to salad recipe chart](#)

Grated Beet and Avocado Salad

Even if you aren't a beet lover, give this delicious recipe a try! It is filled with ingredients that aid natural detoxification: beets, cilantro and lemon. The addition of avocado adds a healthy fat component and makes for a wonderful, satisfying texture. Jicama is an excellent snack on its own and is extremely rich in Vitamin C, potassium, iron, calcium and fiber. It will turn red in this salad, but yay for color!

2 cups grated raw beets (2-3 beets)	½ tsp ground cumin
2 cups grated jicama	½ tsp ground coriander
1 avocado, thinly sliced	¼ tsp sea salt
½ cup chopped fresh cilantro (you can use parsley, mint or other fresh herb if you prefer)	1 ½ Tbs olive oil (you can even use pumpkin seed oil or walnut oil if you like)
1 Tbs fresh lemon juice	¼ cup toasted pumpkin seeds
1 Tbs fresh lime juice	

(Once you know you are ok with citrus consider adding 3 Tbs fresh orange juice or grapefruit juice for additional flavor.)

Place beets, jicama, avocado and fresh herbs in a medium bowl. Whisk together (citrus juices), spices and olive oil. Toss with veggies to mix. Season with salt and pepper if desired. Top with pumpkin seeds just before serving.

Grilled Zucchini and Avocado Salad

6 Tbs EVOO	6 small, sliced Zucchini
3 Tbs Champagne or Red wine vinegar	2 ripe avocados, sliced
1 tsp sea salt	Toasted and crushed pumpkin seeds
½ tsp honey	Chopped cilantro

Shake 4 Tbs EVOO with vinegar, salt and honey in a jar until well emulsified. Set aside. Heat 2 Tbs EVOO in a large skillet over medium heat. Cook the zucchini until golden—10-12 minutes. Let cool slightly. Toss with sliced avocado and drizzle with vinaigrette.

Hearty Kale Salad

- | | |
|--|--------------------------------------|
| 1 bunch Kale | 2 Tbs olive oil |
| 1 carrot, grated | 1 tsp honey or to taste |
| 1 Granny Smith apple, peeled and thinly sliced | 1/2 - 1 tsp ginger, grated |
| 1 1/2 Tbs Chickpea Miso | 1 avocado, thinly sliced |
| 2 Lemons, juiced | 1/2 cup pecans or Hazelnuts, chopped |
| 1 Tbs warm water | |

Wash the kale and separate the leaves from stems. Compost or juice the stems. Chop the kale thinly and put in a large bowl, add the grated carrots and sliced apple. In a small bowl combine the chickpea Miso, lemon juice, water, olive oil, honey and ginger. Mix well. Pour the liquid mixture over the kale, carrot and apple combination. Make sure all the leaves are coated in dressing. Then top with sliced avocado and chopped pecans.

Lemony Quinoa with Roasted Asparagus and Peas

2 tsp extra-virgin olive oil

1 pound asparagus, woody ends trimmed, cut into 1 1/2-inch pieces

2 garlic cloves, minced (or 1 inch ginger minced...use either or both)

1/2 cup finely chopped shallot

1 1/2 cups uncooked yellow quinoa, rinsed

3 cups vegetable stock

1 Tbs lemon zest (almost the whole lemon)

3 Tbs lemon juice (get the zest off before you juice it)

Salt and pepper to season

1 cup fresh peas (about 1 lb. English Peas you shell) or 1 cup frozen peas (you can also use sliced sugar snap peas)

1/2 cup toasted cashews (or other nut of choice, start with raw and toast yourself)

2 Tbs fresh chopped herbs (cilantro, parsley, chives for garnish)

Preheat oven to 400°F. Place asparagus on a baking sheet, drizzle with 1 tsp olive oil, sprinkle with salt and pepper and roast for 10 minutes, stirring occasionally. Set aside.

Meanwhile, heat other 1 tsp oil in a medium pot over medium heat. Add garlic or ginger and shallots and cook for 2 minutes. Add quinoa, stock, lemon juice, lemon zest and a sprinkle of salt and pepper. Cover, bring to a boil, reduce heat and simmer for 15 minutes. Remove lid and sprinkle peas on top of quinoa mixture, cover and continue cooking for 5 more minutes. Add roasted asparagus, stir gently to combine, then garnish with cashews and herbs and serve.

Lentil, Apple, Walnut Salad

Serve over Arugula or other bitter green.

8 ounces French green lentils
2 celery stalks, thinly sliced
½ Granny Smith apple chopped
2 scallions, finely sliced
2 cloves garlic, minced
¼ cup balsamic vinegar
¼ cup olive oil
Cumin
½ tsp salt
Pepper
¼ cup walnuts, chopped
1 Avocado, chopped
Optional additions: minced parsley, sunflower seeds

Cook the lentils in chicken or vegetable stock with ½ tsp salt, ½ tsp cumin and a bay leaf. Cook until tender but not too soft. Drain and cool (discard the bay leaf).

In a small bowl combine the rest of the ingredients and add to the lentils. Prepare the dressing and pour over the lentils. Top with Avocado. Enjoy warm or cold.

Lentil, Mushroom and Celery Root Salad

This earthy salad is super easy and gives us lots of fiber and immune boosting effects.

- ¾ cup French green lentils
- 1 medium garlic clove and 1 inch ginger root—peel both but keep whole
- 1 bay leaf
- ½ tsp sea salt
- 3 Tbs fresh lemon juice (3 Tbs fresh lime juice can also be added if needed)
- Zest of one lemon
- 6 Tbs extra-virgin olive oil
- 2 cups chopped wild mushrooms (crimini, shitake, or oyster)
- ½ cup veggie stock
- 1 pound celery root
- Salt and pepper to taste (if you want to use specialty salt, feel free!)

Pick over the lentils for stones and rinse. Add 3 cups water, garlic, ginger, bay leaf and ½ tsp salt to medium saucepan. Bring to a boil, reduce heat and simmer until lentils are tender, 20-30 minutes. Drain, discard bay leaf, garlic and ginger; set aside in a warm place.

Heat a small sauté pan and add stock, 1 Tbs olive oil and mushrooms. Cook until most of stock is absorbed and mushrooms are soft. Set aside.

Place fresh herbs on a cutting board and sprinkle with sea salt. Chop until the herbs are coarsely chopped and wet-looking. Transfer the parsley to a large bowl, add the lemon juice and zest and gradually whisk in the remaining 5 Tbs olive oil. Add the drained lentils and mushrooms. Toss to combine.

With a sharp chef knife, cut away the gnarled roots of the celery root. Peel the rest of the root with a sharp vegetable peeler and cut the celery root into ¼ inch thick slices. Stack a few slices and cut them into ¼ inch sticks about 1-2 inches long. Add them to the bowl with the lentils as you go so to prevent the celery root from oxidizing. Repeat with the remaining celery root. Toss again to combine all ingredients. Add additional citrus juice, salt and pepper if needed to taste.

[back to salad recipe chart](#)

Pear and Fennel Salad

This is best the first day, so if not sharing, make half the amount. This salad is super quick, immune boosting, gets elimination happening and is so, so delicious.

- 3 Tbs white balsamic vinegar
- ½ tsp anise seed, crushed
- 1 fennel bulb, thinly sliced
- 2 pears, peeled and thinly sliced

Whisk white balsamic vinegar and anise seed together with salt and pepper to taste. Slowly add ¼ cup high quality extra-virgin olive oil.

Toss the fennel and pear with dressing and season with salt and pepper to taste. Consider serving over Arugula leaves.



Red Quinoa Pumpkin Seed Salad

Trying various colors of gluten free grains, veggies and whole fruits allows us to get our rainbow on nutrition on a regular basis....always think, "how much color can I eat today?!"

This recipe makes plenty for leftovers or is a great dish to take to a party!

2 cups dry red Quinoa, rinsed well (fine to use white quinoa too!)

4 cups water

2 Tbs olive oil

2 Tbs lemon or lime juice

½ tsp cumin

½ cup fresh cilantro, chopped

½ to 1 inch fresh ginger, finely minced

1 cucumber, diced

1 large carrot, diced

1 rib of celery, diced

½ cup snow or snap peas, sliced

¼ cup raisins or dried cherries

Salt and pepper to taste

¼ cup raw pumpkin seeds, lightly toasted

Note: *½ tsp chili powder is in the original recipe so once you decide peppers are ok for you, add this the next time you make it and see if you like it better with or without!*

In a saucepan, boil water and add Quinoa, lower heat and simmer until water is absorbed and quinoa is tender, about 15 minutes. Allow to cool.

In a bowl, combine oil, lemon juice, cumin, (chili powder), ginger and cilantro. Pour over quinoa and stir in cucumbers, carrot, celery and dried fruit mixing thoroughly. Season to taste with salt and pepper and refrigerate until service. Right before serving, stir in pumpkin seeds.

The salad can be served warm or chilled.

Roasted Beet and Field Greens Salad

This serves more than one, so adjust accordingly and if you want left overs, mix everything but the greens and then add the greens before serving.

2 medium beets, red

2 medium beets, golden

2 tsp olive oil

Salt and pepper to taste

¼ cup fresh lemon and lime juice

1 ½ tsp finely grated lime and lemon zest

½ tsp honey

1 ½ tsp balsamic vinegar

1 tsp Dijon mustard

1 Tbs extra-virgin olive oil

4 cups mixed organic salad greens

½ cup walnuts, toasted



Preheat oven to 400°F. Peel and slice beets ½ inch thick and place on baking sheet. Drizzle with two tsp olive oil, and sprinkle with salt and pepper. Toss beets to coat evenly, and arrange in a single layer. Bake for 30 to 40 minutes, or until tender. In a bowl, whisk together the citrus juice, zest, honey, vinegar, mustard and oil; season with salt and pepper. Add the beets and toss to coat. Arrange the salad greens on a large plate and top with the beets and walnuts.

[back to salad recipe chart](#)

Sea Vegetable Noodle Salad

Trying out sea veggies and seaweeds is a good experiment. There are loads of trace minerals in these plants. Look for the highest quality you can as we know our oceans are not what they used to be. We still think it's a good idea to get these foods in our diet.

1 pound gluten free rice or mung bean noodles, cooked according to package (Mungbean noodles contain more protein than rice noodles)

1 oz. arame seaweed, soaked in warm water for 5-10 minutes

¼ cup coconut aminos

4 scallions, sliced

¼ cup toasted sesame oil

1 cup snow peas, chopped

¼ cup rice vinegar

¼ cup sesame seeds, toasted

2 cloves garlic-fresh or roasted, minced

Combine tamari, sesame oil, vinegar, and garlic. Combine the sauce with the noodles, arame and vegetables. Sprinkle with sesame seeds and serve.

Simple & Easy Lentil Salad

Simple and easy. A quick make and good for lunches the next day.

1/8 cup olive oil

½ cup fresh parsley, chopped

1 Tbs red wine vinegar

1 Tbs fresh thyme, chopped

1 Tbs Dijon mustard

Sea salt and pepper to taste

½ small red onion or a shallot, minced

One 15-ounce can lentils, drained and rinsed (better yet, make your own from dry lentils)

½ cup toasted sunflower seeds, pecans or walnuts

Mix together the olive oil, vinegar, mustard, red onion, parsley and thyme, whisk well, and season to taste with salt and pepper. Stir in lentils and refrigerate until ready to eat. Toss in toasted nuts or seeds just before serving.

[back to salad recipe chart](#)

Simple Spinach Salad (Variety 1)

Makes 1 serving. Toss all ingredients

- 1 handful of spinach leaves
- ½ handful of arugula leaves
- 1 quarter-size of pistachios
- 1 quarter avocado
- 1 tsp of salad dressing

Simple Spinach Salad (Variety 2)

Makes 1 serving. Toss all ingredients

- 1 handful Spinach, washed and dried
- 1 Tbs slivered almonds
- ½ palm amount of sugar peas, cut
- ½ palm amount of green beans, cut
- Dressing of choice

Spinach Salad with Adzuki Beans

In a large bowl, combine the ingredients and toss.

- 1 bunch of spinach leaves, washed and dried
- 2 Tbs sunflower seeds
- 1 Avocado, sliced
- 1 cup Adzuki beans (Eden brand), rinsed
- [Spinach Salad Dressing*](#)

**See Recipe*

[back to salad recipe chart](#)

Steamed Broccoli and Squash Salad with Tahini Dressing

1 head broccoli florets, chopped
1 Delicata squash
1 cup baby mixed greens
1 cup red cabbage, thinly sliced

2 Tbs fennel, diced
Sea salt and pepper
[Tahini dressing](#)*
1 Tbs toasted pumpkin (or pepita) seeds

Steam broccoli until bright green but tender. You'll use half the head for this recipe, save the other for snack or add to a meal tomorrow.

Slice the squash into rings and steam until tender about 10 minutes. You can also roast in a 400 degree oven—toss with olive oil or coconut oil and salt, lay on a baking tray and cook for 10 minutes.

In a bowl toss the greens, cabbage and fennel with 2-3 TBS of the tahini dressing. Top with steamed veggies, drizzle with a bit more dressing and pumpkin seeds. Add protein of choice or have on it's own.

**See Recipe*

Super Slaw

4 cups cabbage, finely shredded
1 cup fresh cilantro, chopped
2 cups carrots, grated
1 daikon radish, grated
¼ cup green onion, sliced
Salt and pepper to taste

3 Tbs lime juice
2 Tbs flaxseed oil (or Olive Oil if not using flax)
1 tsp honey
2 garlic cloves, minced
¼ tsp hot chili flakes – *Optional if eating peppers*

In a large bowl, mix cabbage, cilantro, carrots, daikon and green onion and season with salt and pepper. In a small bowl, whisk together lime juice, oil, honey, minced garlic and (chili flakes). Add salt and pepper to taste. You could add minced ginger to this and substitute some of the flax oil for sesame oil to vary the flavors a bit.

[back to salad recipe chart](#)

Vegetable Quinoa Salad

Serves 4-6. A powerhouse vegetarian salad, makes enough for meals the next day and can be served with any variety of proteins.

2 cups of Quinoa
3 ½ cups vegetable stock
Pinch of salt
2 carrots, diced
½ cup snap peas, green beans, or beets depending on what is in season
½ cup sunflower seeds
1 cup fresh parsley, chopped
½ cup lemon juice
6 Tbs olive oil
2-3 cloves of garlic, crushed
1 ½ tsp sea salt

Add Quinoa to the water or stock. Bring to a boil then simmer for 20 minutes. Remove from the heat and let the quinoa cool. Place the cooled Quinoa into a large bowl and add the vegetables and sunflower seeds.

Whisk the lemon juice, olive oil, garlic, and salt in a separate bowl. Pour over the Quinoa and vegetables. Toss.



CHAPTER SIX

Side Dishes

Dress up any protein and keep your meals interesting by taking advantage of adding our side dishes. Mix and match from week to week to keep from getting bored! Plus, put a few together and you have a vegetarian meal that will wow any crowd.

SIDE DISHES CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
Burdock and Carrot Sauté		X			
Cilantro Quinoa or Rice	X			X (optional)	
Green Bean Salad with Slivered Almonds					
Kale and Roasted Root Vegetables					
Kholrabi Slaw					
Lemony Asparagus and Sugar Peas with Mint					
Quinoa	X				
Roasted Cauliflower "Rice" with Toasted Pinenuts					
Rosemary Potatoes			X		
Sautéed Mushrooms					

[back to Table of Contents](#)

Broccolini with Tahini Sauce

2 heads of Broccolini (or broccoli), trimmed
1 pound snow peas
1 Tbs coconut oil
1 ⅓ cups of cilantro leaves
2 ½ Tbs sesame seeds, lightly toasted
1 tsp nigella seeds (black cumin or Roman coriander seeds)

Sauce:

3 ½ Tbs tahini sauce
2 Tbs water
1 clove garlic, crushed
1 tsp coconut aminos
1 ½ tsp honey
1 Tbs apple cider vinegar
Salt to taste

In a bowl combine the ingredients for the sauce, mix until smooth. You can blend or process to get the sauce smoother. Set aside.

Cut the broccolini stems and florets lengthwise. Trim the ends off the snow peas. Warm the coconut oil in a skillet then sauté the broccolini and snow peas until lightly cooked. Turn the heat to low. Add the sauce to the skillet. Sauté the vegetables further until al dente.

Burdock and Carrot Sauté

This has great detoxifying properties. Even if you avoid legumes you may find that miso treats you differently....so give this a go and see how you feel. Can be a great vegetarian dish served with greens or as a side dish in other meals.

2 tsp olive oil
1 cup Burdock, cut into matchsticks—if you can't find burdock, use beets
1 cup carrot, cut into matchsticks

Pinch sea salt
¼ - ½ cup water
1 Tbs adzuki or chickpea miso - diluted in a little water

Heat oil in a skillet, add the burdock, carrot and salt and sauté for a few minutes on medium heat. Turn heat down, add water and cook for 15 - 20 minutes. When finished, add the diluted miso and cook 2-3 more minutes.

Cilantro Quinoa or Rice

1 cup fresh cilantro leaves, packed
2 cloves garlic, minced fine
½ tsp ground cumin
¼ cup vegetable broth
1 Tbs olive oil

2 cups vegetable broth or water
1 cups quinoa (or rice), rinsed
1 tsp sea salt
1 fresh jalapeño chili, stemmed, and chopped
– *Optional Nightshade*

In a food processor or blender, blend cilantro, garlic, (chili), cumin and ¼ cup broth until smooth. With motor running, gradually add olive oil until mixture is smooth and well-blended.

In a saucepan over medium heat, stir together 2 cups of stock or water, rinsed quinoa, cilantro mixture and salt. Cover, bring to a boil over high heat, then reduce heat and simmer until liquid is absorbed, or for about 15 minutes. Season with additional salt if needed and serve. *Note if using rice, cook time may be longer.*

Green Bean Salad with Slivered Almonds

1 pound of Green Beans
½ cup slivered almonds
1 Tbs olive oil
Pinch of salt

Wash the Green Beans and cut stems. Warm the oil in skillet, lightly sauté the beans and almonds until lightly cooked. Salt to taste.

Kale and Roasted Root Vegetables

Get rooted! This side dish is hearty and satisfying and you can make extra to have on hand all week.

- 2 medium red beets, chopped into 1-inch pieces
- 1 medium yam, chopped into 1-inch pieces
- 1 medium parsnip, chopped into 1-inch pieces
- 1 bunch of washed Kale, chopped into ½ strips (*option to substitute chard or serve root vegetables over greens of choice after roasted*)
- ½ cup olive oil
- ¼ cup Balsamic vinegar
- 3 crushed garlic cloves or roasted garlic
- 1 tsp rosemary, finely chopped

Preheat the oven to 400°F. Mix the oil, vinegar, garlic and rosemary in a bowl. Combine the root vegetables in an oven safe baking dish. Pour the oil dressing onto the root vegetables and toss. Put into the oven. Bake for 45 minutes or until the root vegetables are almost tender. Stir chopped kale into the warm veggies. Bake for another 10 minutes.

Kohlrabi Slaw

Kohlrabi stays crunchy long after dressed so is great in simple slaws. Fennel adds a lovely licorice note to this dish and is high in antioxidants and detoxifying properties.

- 1/3 cup organic mayo
- 1/4 cup red wine vinegar
- 1 Tbs fennel seeds
- 2 tsp brown mustard
- 1 tsp honey
- 1/2 tsp fresh cracked pepper
- 1/4 tsp sea salt
- 1 ½ pounds red kohlrabi, peeled and julienned
- 1/2 fennel bulb, cored and thinly sliced
- 1/3 cup fresh parsley
- 1 Tbs fresh tarragon

Combine first 7 ingredients in a medium bowl with a whisk. Add Kohlrabi, fennel and parsley to dressing and toss to coat. Refrigerate for 1 hour.

[back to side dishes recipe chart](#)

Lemony Asparagus and Sugar Peas with Mint

Asparagus is available in the spring, but if you can find an organic source at other times in the year, go for it! A perfect way to get more 'green' into our diet, nourishing our liver and yin energies! This dish is fresh and light and can be varied with other veggies that might be available when the asparagus is no more. This dish can also be served warm or cold, how convenient for leftovers!

This could serve 4 to 6.

- 1 bunch of asparagus, stems trimmed, cut into 2 inch long pieces
- 2 cups sugar snap peas, cleaned and trimmed if needed
- Zest of one lemon, juice of that lemon
- 1 Tbs extra-virgin olive oil
- ½ cup fresh mint, chopped
- Sea salt to taste

Bring a pot of salted water to a boil. Once boiling, drop in snap peas. Cook for 2-3 minutes and strain off into a bowl of ice water. Let sit 5 minutes, drain off water.

Heat oil in a large sauté pan. Add asparagus, lemon juice and zest, tossing gently for about 5-8 minutes until just cooked (do not overcook, you want them still very green and crunchy). Add snap peas, toss to warm the peas. Salt to taste. Remove from heat, place in a large bowl and toss with fresh mint. Easy peasy. Serve it up, you're all done!

Quinoa

- 1 cup Quinoa
- 2 cups vegetable or chicken stock (use water if you will have as a breakfast or sweeter recipe)

Bring to a boil then simmer on low until tender, about 15-20 minutes. You cook brown rice in the same manner but it takes longer.

[back to side dishes recipe chart](#)

Roasted Cauliflower “Rice” with Toasted Pine Nuts

Cauliflower is high in antioxidants as it lives in the cruciferous family and is incredibly versatile once you start experimenting. You can make a ‘faux’ mashed potato or in this case “rice”. The texture can be similar to rice depending on how you prepare it. If you choose to just chop and steam, you may get a more rice-like texture than roasting; but roasting to me adds more flavor and complexity to a dish, so I prefer it this way. You choose! That’s the beauty of playing in the kitchen. 1 average head of cauliflower will serve 4.

1 head of organic cauliflower

2 Tbs extra-virgin olive oil

Herbs or seasonings of choice (completely optional, dried herbs are best for roasting)

Sea salt and fresh cracked pepper to taste

½ cup toasted pine nuts

Preheat oven to 400°F. Clean the head of cauliflower. Hold by the stem and shave off thin slices into a bowl. The cauliflower will break apart as you “shave”. Rotate around until you are getting closer to the stems. You then want to cut these ‘slices’ onto a cutting board and chop into smaller pieces. In the end you want the texture to be much like large rice grains or the size of a pine nut or pistachio. Toss the Cauliflower with herbs, salt, pepper and extra-virgin olive oil. Roast for 10 minutes, toss briefly and roast for another 5-10 minutes to desired doneness. Pull from oven, salt to taste if needed.

Toss with the pine nuts, serve with your main dish and enjoy your “low-carb-high-antioxidant” rice!

Rosemary Potatoes

**Red potatoes are a Nightshade, so if you avoiding them consider substituting with parsnips, rutabaga, or turnip.*

1 ½ pound of baby red potatoes, halved — OR other root veggies
⅛ cup of olive oil
3 cloves of garlic, pressed
1 Tbs of Rosemary, minced
Salt

Preheat the oven to 400°F. Mix the ingredients in a bowl then pour into a covered baking dish. Cook the potatoes for 45 minutes, stirring the mix at least twice. Remove if the potatoes are soft, otherwise cook for another 15 minutes.

Sautéed Mushrooms

½-1 cup sliced wild mushrooms per person
1 Tbs EVOO, coconut oil or red palm oil per cup mushrooms
½ cup organic veggie stock
1 tsp dried thyme or 1 Tbs fresh
Sea salt and pepper to taste

Heat oil in skillet. Add sliced mushrooms to pan. Toss to coat with oil (coconut oil is tasty). (They will soak up the oil, you can add more or add the stock as you cook. Using Stock instead of adding more oil keeps the fat content (calories) down in your dishes!) Continue to stir, adding stock gradually as the mushrooms soak up the liquid. Add thyme as the mushrooms soften. Cook until tender and soft. Sea salt and pepper to taste.

[back to side dishes recipe chart](#)



CHAPTER SEVEN

Main Entrées

“Don’t eat anything your great grandmother wouldn’t recognize as food.” ~Michael Pollan

MAIN ENTRÉES CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
Baked Halibut					
Black Eyed Pea Burgers	X	X			
Dr. Heather's DIY Bowl					
Easy Vegetable Coconut Curry					
Fish Tacos	X		X (optional)		
Flageolet Beans with Thyme and Rosemary		X			
Glazed Chicken					
Grilled Flank Steak and Yams					
Grilled Salmon with Berry Salsa					
Herb Baked Mahi-Mahi with Ginger Carrots, Snap Peas and Kale					
Lemon Dill Salmon					
Lemony Salmon and Arugula, Pecans, and Dried Cherries					
Lentil Stuffed Portobello Mushrooms	X	X			
Lettuce Wrapped Chicken with Bell Peppers			X (optional)		
Pasta and Broccoli Salad	X	X (optional)			
Pesto Chicken or Steak					
Pesto Kabobs with Quinoa	X (optional)				
Quick Tacos			X (optional)		
Red Lentil Burgers					
Roasted Tilapia with Pineapple-Papaya-Parsley Salsa	X (optional)				
Salmon & Mango Sauce with Brown Rice, Asparagus, and Green Beans	X				
Seared White Fish with Spinach and Kohlrabi Slaw					
Simple Brisket					
Spiced Lamb Patties with Nutty Garlic Sauce					
Summer Squash with Toasted Hazelnuts and Avocado					
Tofu Veggie Bowl with Almond Sauce		X			
Turkey Hash					

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
Vegetable Bolognese over Zucchini "Pasta"			X		
Vegetable Kitcheree	X	X			
Veggie Frittata					X (optional)
Veggie Stir Fry and Chickpeas or Black Beans		X			
Zesty Grilled Chicken					
Zucchini "Pasta"					

[back to Table of Contents](#)

Baked Halibut

8oz Wild Halibut

1 Lemon

1-2 tsp Olive oil

Preheat the oven for 450°F. Place the halibut in a glass baking dish. Squeeze lemon juice over the halibut and add a drizzle of olive oil. Bake the halibut for 10-15 minutes or until done.

Black Eyed Pea Burgers

These are low fat, high fiber. Great with a green salad!

FREEZE RIGHT THERE! You can freeze these burgers: wrap in wax paper, store in an airtight container and freeze individually. Then you can grab one for an easy lunch.

**These are grain free if you use almond flour instead of rice.*

- 1 cup raw sunflower seeds
- 1 cloves garlic, minced
- ½ inch ginger, minced
- 2 scallions, chopped
- 1 15-ounce can black eyed peas, drained and rinsed (rinsing makes them taste less beany)
...OR 2 cups cooked black eyed peas. (You can use black beans in this recipe as well)
- 1 tsp thyme
- 1 tsp cumin
- 1 Tbs Dijon mustard
- 1 Tbs coconut aminos
- 2 Tbs ground flaxseed mixed with 2 Tbs water
- Salt and pepper to taste
- ¼ cup almond meal mixed with salt and pepper
- 1 Tbs olive oil, for brushing

Blend sunflower seeds in a food processor until ground. Remove half of them and set aside. Add garlic, ginger and scallions and pulse until ground. Add rinsed peas, thyme, cumin, mustard, and coconut aminos and blend well, stopping to scrape the sides as needed. Remove mixture to a bowl and stir in flaxseed mixture, almond meal and reserved sunflower seeds. Season to taste with salt and pepper and chill mixture for 30 minutes (or longer).

Preheat oven to 400°F. Use 1/4 - 1/2 cup mixture, shape into patties and place on a lined cookie sheet about 1 inch apart. Cook for 15 minutes or until lightly browned. Enjoy immediately. If freezing for quick go to meals later, allow to cool before wrapping individually. When using later, allow to thaw and reheating in 400 degree oven or toaster oven for about 5-10 minutes.

Consider topping with [Guacamole*](#), [Tahini Sauce*](#), or [Vegan Pesto*](#) for more pizzazz.

**See Recipe*

Dr. Heather's DIY Bowl

This Asian-themed bowl is a favorite in Dr. Heather's house. Who knew leftovers could be so exciting? The beauty of this is that you can mix and match things. Make the broth and keep it separate from the veggies and meat. Then combine the ingredients you choose. This is a good recipe to eat for the week if you don't have time to cook another main dish.

Makes 6-8 servings.

4 (14.5-ounce) containers of organic vegetable or chicken broth (or better yet, make your own - [*see our Homemade Soup Stock recipe](#))

2 Tbs EVOO or Red Palm Oil

5 quarter-size slices of ginger

1 yellow onion, chopped fine and 1 leek, cut into ¼ inch-thick rounds

2 large cloves of garlic

1 tsp honey - *Optional*

3 large whole lemongrass stalks, cut into ¼ inch-thick rounds - *Optional*

Meat options: chicken or fish or beef steak

Veggie options (choose 3 or more): green beans, snap peas, carrots (peeled and sliced diagonally), Bok Choy (stems chopped and leaves separated), broccoli (chopped), Spring onions (sliced diagonally), Shiitake mushrooms (sliced), Broccoli rabe (chopped)

Noodles: rice or buckwheat (make sure they are gluten free buckwheat)

Sauté onion in oil until soft, add leeks, ginger and garlic. Cook for 2 minutes on low. Add broth, bring to a boil, add the lemongrass, honey, and then simmer for 30 minutes. Take off the heat and set aside.

For veggies, warm a skillet on medium heat, add oil and cook the veggies until tender but not soggy. For meat, sauté chicken or fish. For noodles, follow the cooking instructions on the package.

Add veggies, meat, and noodles to your individual bowl then add the broth.

***Consider purchasing some of each chicken and fish, then change up the recipe for multiple meals. For instance, sauté the chicken one night with vegetables, then add to the noodles and broth. Then the next night, fish. You can also vary the veggies. Choose as few or as many, then consider using the other vegetables for a different meal. This dish is a perfect opportunity to play around & get creative with your food!*

[back to main entrées recipe chart](#)

Easy Vegetable Coconut Curry

Serve with [Cilantro Quinoa](#)* if having grain. Otherwise this can be enjoyed like a soup or stew, or over greens. **NOTE:** If you know you can tolerate nightshades, later you can try substituting the spices with 2 Tbs curry paste**.

1 Tbs sesame oil
1 onion, sliced
2 cloves garlic, minced
14-ounce can organic coconut milk
1 Tbs coconut aminos
1 tsp each of cumin, coriander, fennel, and turmeric
½ tsp each ginger, cinnamon and nutmeg powder
¼ cup vegetable stock – (To make the curry into a soup, add 1 ½ - 2 qts of stock)
1/3 cup water
1 cup broccoli florets
1 cup carrots, sliced
1 cup cremini or other wild mushrooms, sliced
1 bunch spinach, stemmed, leaves washed well and spun dry
¼ cup lime juice
Salt and pepper to taste
Consider adding cauliflower

In a large skillet or wok, heat oil and sauté onions and garlic until clear. Push to the sides of the pan. Spoon about 1/3 cup of the coconut milk into the skillet. Add the dried spices and cook the mixture, whisking, for 1 minute, or until well combined. Add the rest of the coconut milk, coconut aminos, stock, water and all (except spinach) vegetables. Simmer the mixture for 5 minutes or until vegetables are crisp-tender. Add spinach in batches, stirring until each batch is wilted. Right before serving, add lime juice and salt and pepper to taste.

**See Side Dishes*

***If you try using curry paste, start with a smaller amount and increase gradually to your desired spice level. Once again you can use curry powder and other dry spices if you are avoiding peppers. Season to taste.*

Fish Tacos

Try this dish once you know you can have corn.

A mix of cod and halibut, approximately ½ pound of fish per person

1 tsp cumin

1 tsp *paprika* - *Optional if you tolerate Nightshades*

1 tsp oregano

1 clove garlic, pressed

2 tsp olive oil

½ lime, squeezed

Grated carrots, cabbage, beets

Avocado

Gluten Free/corn Tortillas: warmed in the oven or in a skillet

Sprinkle spices and rub the garlic on one side of the fish and drizzle with lime juice and olive oil.

Grill or pan fry.

Grill the cod for 3 min on each side and halibut steaks on medium-high heat for 7-10 minutes each side. Or fry in a pan on the stove until it flakes nicely. If the fillets are 1 inch thick then 7-10 minutes on each side. The fillets should likely flake.

Top with grated veggies and avocado.

Serve with [Guacamole](#)* and salsa if you like along with your salad of choice.

**See Recipe*

Flageolet Beans with Thyme and Rosemary

Serves 4 as an entree, or 8 as a side dish. No need to soak the beans prior but it will allow them to cook more quickly and can be easier on digestion. This is best as an overnight prep or leaving all day in a slow cooker for an easy dinner.

12 oz. dried flageolet beans
6 garlic cloves, peeled
2 tsp sea salt
2 tsp fresh rosemary leaves, finely chopped -- plus sprigs for garnish
2 tsp fresh thyme leaves, finely chopped
5 carrots, peeled and cut into 1/2-in. slices on a diagonal
About 2 Tbs extra virgin olive oil
1/4 cup flat-leaf parsley, roughly chopped and divided

Put all ingredients except carrots, sprigs, and parsley, in a 4-6 quart slow cooker with oil. Add 5 cups boiling water or stock (vegetable or chicken) and stir. Cover and cook. Add the carrots 1 1/2 hours before the dish is finished. If you are leaving all day in the slow cooker, just add the carrots as well at the beginning.

The dish is finished when most of the liquid is absorbed and beans are very tender - 2 1/2-3 hours on high or 4-4 1/2 hours on low. If cooking longer than this that is fine, just add an extra cup of water.

Stir in 3 Tbs of parsley. Garnish with rosemary and remaining 1 Tbs parsley.

**For digestive ease, consider soaking the beans for 24 hours and rinse at least 3 times. This will shorten the cooking time.*

Glazed Chicken

Serve this yummy lemony chicken with your favorite veggies or atop a salad. This is a grain free recipe unless you choose to serve it with rice or quinoa.

- 3 Tbs of Coconut oil
- 1 small yellow onion, halved and thinly sliced
- 1 to 1 ¼ lbs. boneless chicken, cut into thin strips about 2 inches long and ½-inch thick
- 1 squeezed lemon and 1 tsp of zest
- ½ tsp of sea salt
- ¼ tsp of white pepper

Heat a skillet over high heat. Add oil to coat the skillet. Cook onion, stirring often, for 2 minutes until it is just starting to brown. Add chicken and lemon juice, cook, stirring as needed, until browned, about 15 minutes. Add zest at the end of cooking.

Grilled Flank Steak and Yams

You can also roast in the oven if grilling is not an option.

- Flank steak (purchase as much or as little as you want)
- 4 Medium Yams, washed and trim ends
- Summer Savory herbs (finely chopped rosemary, thyme)
- 2 Tbs Olive or Coconut oil
- Minced Garlic

Prepare oil mixture: Mix oil, garlic, and assorted herbs. Slice yams into wedges and mix with the oil mixture. Coat the grill grate lightly. Grill 15 minutes or until tender, turning occasionally.

Drizzle meat with olive oil, salt and pepper. Place the steak on the grill, leaving for 3-4 minutes. You want to get a good sear before you flip and leave for an additional 3-4 minutes. If you like your steak on the rare side, leave it for 3 min; 4 minutes each side for more medium rare. When finished cooking, let the steak rest for 5 minutes to lock in the juices. Thinly slice against the grain. Serve with yams and your salad of choice.

[back to main entrées recipe chart](#)

Grilled Salmon with Bok Choy & Avocado-Berry Salsa

Get creative here with protein choice or salsa components!

2 -4 oz fillets of salmon
3 heads of Bok Choy, halved
½ avocado
¼ shallot, minced
Sesame oil and EVOO
Fresh lime juice
½ cup frozen or fresh berries of choice
Fresh cilantro, chopped
Sea salt & fresh cracked pepper

For salsa combine frozen or fresh berries, ½ diced avocado, 1 tsp chopped shallot, 2 Tbs cilantro, 1 tsp lime juice, and ¼ tsp toasted sesame oil. Season to taste with sea salt and pepper.

Heat grill or grill pan to medium heat.

Drizzle the salmon and bok choy with EVOO, salt and pepper. Grill Salmon flipping after 3 minutes, cook other side for an additional 3 minutes. Grill bok choy until bright green and slightly wilted, about 1 minute each side. Spoon salsa over fish and serve.

[back to main entrées recipe chart](#)

Herb Baked Mahi-Mahi with Ginger Carrots, Snap Peas and Kale

This is a quick “go-to” meal! Ingredient amounts aren’t exact as this can be thrown together on the fly, but it’s an easy one and an opportunity to be creative and just “cook”.

Mahi Mahi or other steak-like fish

Chopped fresh herbs (parsley, dill, cilantro, thyme) or use dried “herbs de provence”

Olive oil, sea salt and pepper to taste

Vegetable stock

Organic carrots, Snap peas and Kale (or Chard)

1-inch ginger, peeled and minced

1 small clove garlic, minced

Coconut aminos to taste

Heat oven to 400°F. Place Mahi-Mahi in a glass baking dish, rub with olive oil, sprinkle with sea salt and pepper. Pat herbs into fish. Pour about ¼ - ½ cup stock into dish. Place in oven for about 15-20 minutes. Watch closely after about 15 minutes, once the fish is flaky, it’s done....don’t overcook.

While fish is cooking, chop your carrots and clean your peas and greens. Heat a skillet on low to medium heat. Add ¼ cup stock and carrots. Cook for 5 minutes. As carrots soften, add olive oil, garlic, ginger. Once fragrant add leafy greens and snap peas. Cook veggies until soft but not overdone. You can season with aminos, sea salt or other herbs if you need.

**You may also serve this dish with a bit of quinoa or brown rice.*

You may also use the [Garlic-Ginger Marinade for Fish](#)* for this dish!

**See Recipe*

[back to main entrées recipe chart](#)

Lemon Dill Salmon

This is a super easy preparation of salmon (4 oz salmon per person).

1 pound fillet of wild salmon
Juice of one lemon
1 tsp dill, fresh or dried
sea salt and pepper to taste

Squeeze the lemon juice onto a salmon. Finely chop dill (if using fresh) and sprinkle on the salmon. Add salt and pepper.

Bake on 400 degrees for 15 minutes or until cooked through. Don't overcook. Season to taste.

Lemony Salmon with Arugula, Pecans, and Dried Cherries

Easy peasy dinner loaded with all we need for a complete meal.

Wild salmon (3-4 oz. per person per meal)
1 bunch arugula
1 cup pecans, chopped
½ Tbs coconut oil
½ cup dried cherries, unsweetened
[Fig Walnut Dressing](#)* or other
1 lemon
2 tsp coriander
Pinch of salt

Preheat the oven to 375°F. Coat the baking dish with ½ Tbs of coconut oil and drizzle the rest over the salmon. Place the salmon in baking dish, squeeze the juice from the lemon over the salmon and sprinkle with coriander. Add a pinch of salt. Bake the salmon for 10-12 minutes or until desired doneness. Plate the arugula. Top with dried cherries and pecans. Add dressing. Serve with the salmon. *See Recipe

[back to main entrées recipe chart](#)

Lentil Stuffed Portobello Mushrooms

This dish is surprisingly satisfying! The stuffing can be made 3 days in advance. Serves approx. 6

2 Tbs olive oil, plus extra for brushing
1 onion, finely chopped
1 cup cashews (or other nuts you agree with)
4 cloves garlic, minced (I prefer to roast my garlic first and then just smash)
1 cup cooked brown rice or quinoa
1 can organic lentils, rinsed and drained or 1 ½ cups lentils made from scratch
½ cup organic vegetable broth
1 tsp dried basil, or 1 Tbs fresh finely chopped
1 Tbs fresh thyme leaves, plus extra for garnish
6 Portobello mushrooms, stems and gills removed
Sea salt, freshly ground black pepper

Preheat oven to 350°F. In a large skillet, heat oil over medium heat and add onions and cashews. Season with salt and pepper and sauté until onions are soft and slightly brown. Add garlic and let cook a few minutes until fragrant.

In a large bowl combine onion mix, brown rice/quinoa, lentils, vegetable broth, and herbs. Mix together and season to taste.

Brush both sides of portobellos lightly with oil, place top-side down on a sheet pan (best to use a sil-pat mat if you have one to avoid sticking (or parchment)). Stuff mushrooms with about ½ cup of stuffing. Bake for approximately 30 minutes or until mushrooms are cooked through. Garnish with extra herbs.

[back to main entrées recipe chart](#)

Lettuce Wrapped Chicken with Bell Peppers

If you are avoiding nightshades substitute any veggie for the bell peppers! One favorite is fennel. This is a very simple dish, feel free to season and spike it as your creative self allows! Use any of our dressings to add more flavor.

2 heads of Bibb lettuce
1 pound boneless, skinless chicken breasts, thinly sliced
½ pound boneless, skinless chicken thighs, thinly sliced
1 Tbs Olive oil
1/3 cup shallots, thinly sliced
1 red bell pepper, thinly sliced
2 carrots, thinly sliced/julienne
2 Tbs fresh cilantro leaves
1 Tbs fresh mint, chopped
4 Tbs slivered almonds and/or sesame seeds
Salt and pepper to taste

Heat oil in a skillet over medium. Add the chicken. Cook until cooked through. Stir in the shallots. Core lettuce, and soak in cold water for 15 minutes. Drain, separate the leaves, and set aside on a paper towel. When ready to eat, place the ingredients in separate serving bowls.

To assemble: place the chicken, bell pepper, carrots, mint, and cilantro in the Bibb lettuce and wrap. Sprinkle with slivered almonds and sesame seeds.

[back to main entrées recipe chart](#)

Pasta (Brown Rice) and Broccoli Salad

*Here's another dish where you can get creative with ingredients and make substitutions where you desire. **Avoiding legumes** - leave them out, use a different protein. You can also switch out the broccoli with a different veg and viola—new dish.*

- 2 pounds (2 heads) broccoli
- 3 garlic cloves, halved lengthwise (skin on)
- 2 Tbs olive oil
- Coarse salt and ground pepper
- 8 oz. brown rice penne pasta
- 3 Tbs fresh lemon juice
- 8 oz. jarred marinated artichokes, rinsed and cut into 1/2-inch strips (1 cup)
- ¼ cup pitted Kalamata olives, halved lengthwise
- ½ cup pine nuts, broken into pieces
- 1 can Kidney beans or marinated Gigante beans

Preheat oven to 450°F. Trim 1 inch from stems of broccoli. Peel outer layer of stems; cut diagonally into ½-inch slices. Separate florets into bite-size pieces. On one large or two small rimmed baking sheets, toss broccoli, garlic, and 1 Tbs oil; season with salt and pepper. Spread in a single layer. Roast, rotating sheets and turning broccoli halfway through, until tender and beginning to brown, 15 to 20 minutes. Set aside.

Meanwhile, cook pasta in a large pot of boiling salted water, according to package instructions. Drain pasta, reserving ¼ cup cooking water; rinse under cold water until cool, and drain. Return to pot.

Remove skin from roasted garlic. In a small bowl, mash garlic until it forms a paste; whisk in lemon juice and remaining tablespoon oil. Season with salt and pepper. Pour mixture over pasta; toss in broccoli, artichokes, olives, kidney beans, and walnuts. Add some reserved cooking water, if needed. Serve at room temperature or chilled.

Pesto Chicken or Steak

Super easy and flavorful meat preparation. Use as your protein source for any meal by adding a side of veggies or a salad.

Chicken or Steak

[Arugula Pesto](#)*

8 cups of packed arugula leaves

½ cup pine nuts

1 ½ cup olive oil

Blend until smooth.

Place the chicken in a glass container with lid. Pour pesto over the chicken and store in the refrigerator for 2 hours. Preheat the oven for 375°F. Bake the chicken until done, time depends on the amount you are cooking.

*See our recipe

[back to main entrées recipe chart](#)

Pesto Kabobs with Quinoa

This can easily be made grain free by choosing a salad or other veggies over the quinoa as a side. This is also a recipe where you can make more than you need for one meal and have easy left overs for the next day!

Steak: 3-4 oz. per person, 4 oz. is about two 1 ¼-inch cubed pieces.

Or Chicken, boneless & skinless. ½ large breast per person. For 2 people, 2 meals = 14 oz. steak.

Tempeh can be used if tolerate soy.

Zucchini and Summer Squash (number depends on how many skewers you are making)

1 purple onion

1 cup [Quinoa](#)* for 4 servings

2 cups packed basil leaves

¼ cup pine nuts

2 cloves of garlic, pressed

2/3 cup olive oil

Cut the zucchini into 1 inch pieces. Blend or process the basil, pine nuts, garlic, and olive oil.

Pour off the pesto into a Ziploc bag with the chopped chicken or steak and vegetables.

Refrigerate for 2-8 hours. Refrigerate the remaining pesto for extra topping. Soak bamboo skewers for at least 1 hour before assembling the kabobs.

Cook the quinoa: 1 cup of quinoa and 2 cups of water. Simmer until cooked.

Prior to cooking, assemble the kabobs. Consider making meat skewers and separate veggie skewers for cooking ease. Otherwise cut the meat pieces smaller and alternate meat and veggies. Grill until cooked. While grilling, paint the remaining pesto onto the skewers.

Serve with Quinoa and a salad.

*See *Recipe*

[back to main entrées recipe chart](#)

Quick Tacos

- 1 pound of ground beef, lamb, or turkey
- ½ medium onion, chopped
- 1 ½ tsp cumin
- 2 tsp coriander *(or paprika or chili powder if you are ok with peppers)*
- 1 Tbs olive oil
- 3 Tbs cilantro, chopped

Warm the oil in a large skillet on medium heat for 30 seconds, add chopped onions. Sauté until translucent. Add the meat and spices. Cook until the meat is brown then add the chopped cilantro.

Serve in non-GMO corn tortillas *(if you can tolerate corn - otherwise choose Gluten-free tortillas)* topped with guacamole, shaved carrots, and shaved zucchini.



[back to main entrées recipe chart](#)

Red Lentil Burgers

If you lightly wet your hands before shaping patties, this will prevent the mixture from sticking to your hands. These freeze well once cooked and will reheat in the oven at 350°F for 10 minutes or so.

- 1 cup dried small red lentils
- 1 cup uncooked brown rice (jasmine or short—short is stickier)
- 3 Tbs EVOO or coconut or Red Palm Oil
- 3 Tbs green onion or shallot, chopped
- 1 Tbs ginger, minced
- 1 Tbs adzuki bean miso (*or tomato paste – Nightshade*)
- ½ tsp coriander
- ½ tsp ground red pepper – *Optional Nightshade*
- ½ tsp curry powder or paste – *Optional Nightshade*
- ¼ cup cilantro, chopped
- 2 Tbs fresh lemon juice
- 1 ¼ tsp sea salt
- ¾ cup English cucumber, diced
- 6 lemon wedges

Rinse and drain lentils. Add lentils and rice into a large saucepan. Cover with water to 3 inches above the mixture. Bring to a boil. Cover, reduce heat and simmer for 20 minutes until rice and lentils are tender. Drain.

Place mixture into a food processor, pulse until finely chopped.

Heat a large skillet over medium heat. Add 1 Tbs oil to pan, add onion or shallot and ginger, cooking until soft. Stir in miso/(tomato paste) and spices. Cook 1 minute, stirring frequently. Add onion mixture, 2 Tbs cilantro, lemon juice, salt (and extra spice if adding) to food processor and process until well combined. (You can also do this mixing in a bowl)

Divide mixture into 12 equal patties. Return skillet to med heat, add 1 Tbs oil to pan, add 6 patties to the pan, cook 3 minutes on each side or until browned. Remove from pan and repeat with remaining 6 patties. Wrap and freeze those you will not be eating. Serve warm with a salad, fresh cucumbers, cilantro and lemon wedges. Add avocado if you are like us and can pretty much eat avocado with everything!

[back to main entrées recipe chart](#)

Roasted Tilapia with Pineapple-Papaya-Parsley Salsa

Serves 4 or gives you left-overs.

**Tilapia is farmed so the best option is tank-farmed tilapia from the U.S. or Canada.*

Note on Pineapple-Papaya salsa—if you can't get the fruit because of season, substitute 2 other fruits of choice or replace one with avocado.

2 cups fresh pineapple, chopped, try to reserve juice
2 cups fresh papaya, chopped
1 Tbs fresh lemon or lime zest plus juice of half the fruit
¼ - ½ cup chopped fresh parsley, divided
2 Tbs extra-virgin olive oil, divided
¾ tsp salt, divided
4 (6-oz) tilapia fillets or other sustainable mild-white fish
½ tsp fresh ground black pepper, divided
2 cups hot cooked brown rice

Combine chopped pineapple, papaya, juice, zest, 2 Tbs parsley, 5 tsp oil, and ¼ tsp salt in a bowl; toss well and set aside.

Preheat oven to 400°F. Sprinkle fish evenly with ¼ tsp salt and ¼ tsp pepper. Place fish in an ovenproof skillet coated with remaining 1 tsp oil. Bake at 400°F for 14 minutes or until fish flakes easily when tested with a fork. Combine rice with ¼ tsp salt, ¼ tsp pepper and reserved fruit juice. Serve fish with ½ cup rice and ¼ cup salsa.

[back to main entrées recipe chart](#)

Salmon & Mango Sauce with Brown Rice, Asparagus, and Green Beans

1 lb. of wild salmon or steelhead

1 lime

1 mango, sliced

1 avocado

¼ cup small purple onion, chopped

2 Tbs cilantro, chopped

Salt to taste

1 cup brown rice

1 bunch asparagus

1 bunch green beans

1 Tbs olive oil

Preheat the oven to 400°F. Place the salmon into a shallow baking dish, skin side down. Squeeze a half of lime on the salmon. Put 2 cups of water (or chicken stock) in a pot with the brown rice. Bring to a boil then simmer until tender.

In your blender combine the mango, avocado, purple onion, cilantro, and ½ squeezed lime. Blend until smooth. Salt to taste.

Cook the salmon for 10 minutes, per inch of thickness.

In a skillet sauté green beans on medium with a little olive oil. Steam asparagus until tender but crunchy. Pour the mango salsa over the salmon when ready to eat.

Seared White Fish with Spinach and Kohlrabi Slaw*

Feel free to use any sustainable fish of your choosing...flounder or red snapper might be a great choice.

[Kohlrabi Slaw*](#)

6 oz fish per person
Sea salt and fresh pepper
1 ½ Tbs coconut oil or EVOO, divided
¼ tsp nutmeg
3 garlic cloves, minced
1 5-oz bag of baby spinach

Season fish with S&P. Heat a large non-stick or cast iron skillet over med-high heat. Add 1 Tbs oil swirl to coat. Add fish to pan, cooking 3-5 minutes each side depending on thickness. Remove from pan and keep warm.

Add remaining ½ Tbs oil to pan, add garlic, sauté for 30 seconds, being sure not to burn. Add spinach and nutmeg and cook until just wilted. Season with salt and pepper.

Serve fish over spinach and a side of [Kohlrabi Slaw*](#).

**See Recipe*

Simple Brisket

Hearty and tasty. This takes some prep consideration but is great thrown in the slow cooker for overnight or all day no mess cooking. Makes leftovers so you don't have to think about meals for a few days as well.

4 pounds of Beef Brisket, trim extra fat
1 large yellow onion, coarsely chopped
2 cloves of garlic, crushed
2 cups of low-sodium chicken broth (or use [Homemade Stock!](#)*)
5 carrots, chopped into 1-inch cubes
2 large yams, chopped into 2-inch cubes
1 sprig of Rosemary
1 sprig of Thyme
1 bunch of Kale, chopped
Coarse salt

Sprinkle the brisket with the coarse salt. Add all the ingredients to a 6-quart slow cooker. Place the brisket fat side up. Cook on low for 8 hours or until the meat easily pull away with a fork. Add the kale 30 minutes before the brisket is finished.

Spiced Lamb Patties with Nutty Garlic Sauce

Served with Red Cabbage, Cucumber, Radishes, and Parsley

You can serve these over whole grains like Quinoa or brown rice or over a mixed greens salad with avocado. You can even serve them in large romaine leaves for a take on wraps...make the patties smaller or into meatballs. Get creative with your presentation. These can also be frozen for later use. Just form patties, wrap individually and freeze.

2 garlic cloves, minced or finely grated
½ inch ginger, minced
¼ cup almond butter (sub cashew, hazelnut or sunflower seed if not using almonds)
6 Tbs EVOO
1 Tbs lemon zest (zest the lemon before juicing)
4 Tbs fresh Lemon juice, divided
1 tsp sea salt
½ tsp fresh ground black pepper

1 lb. ground lamb (shoulder meat is best)
½ medium onion, finely chopped/minced
¼ cup fresh parsley, chopped
½ tsp each cumin and coriander
¼ small head of red cabbage, thinly sliced
½ English cucumber, halved lengthwise and thinly sliced
3 radishes, thinly sliced
Fresh mint and cilantro (or parsley) leaves for garnish

Blend garlic, ginger, nut butter, 2 Tbs lemon juice, 2 Tbs EVOO, and 2 Tbs water in a blender until smooth. (You can also just whisk together in a bowl). Season with salt and pepper. Set aside.

Using your hands, gently mix the ground lamb, lemon zest, onion, parsley, spices, 1 Tbs EVOO, 1 tsp salt, and ½ tsp pepper in a large bowl until just combined. Form into 12 -- ¾-inch thick patties.

Heat a large dry skillet, preferably cast iron, over medium heat. Working in 2 batches, cook patties, pressing slightly to flatten, until browned on both sides. Keep pink in the center, about 4 minutes each side. Transfer to a wire rack set inside a rimmed baking sheet. Let rest 5 minutes.

Toss cabbage, cucumber, radishes, plus the remaining 2 Tbs lemon juice and 2 Tbs EVOO in a medium bowl, season to taste. Serve lamb patties with salad, herbs and reserved sauce along with the whole grains or mixed greens or both.

[back to main entrées recipe chart](#)

Summer Squash with Toasted Hazelnuts and Avocado

This ideally makes 4 servings.

Summer squash should still be available in most locations. If you can't find yellow squash, use zucchini. You can play with the ingredients here if you like...different nuts, different herbs.

¼ cup toasted hazelnuts, chopped

1 ½ pound yellow summer squash, julienned on a mandolin or with a knife

2 scallions, thinly sliced

½ inch ginger, peeled and minced

¼ cup fresh mint, coarsely chopped

1 tsp fresh marjoram or oregano, coarsely chopped

3 Tbs EVOO

1 Tbs fresh lemon juice

1 avocado, cubed

Sea salt and fresh cracked pepper to taste

Toss avocado with ½ Tbs fresh lemon juice. Toss squash, scallions, ginger, fresh herbs, oil, remaining lemon juice, salt and pepper. Add avocado and nuts, tossing gently to combine.

Tofu Veggie Bowl with Almond Sauce

Enjoy for breakfast or dinner.

1 pound of firm tofu, chopped in 1 x1/2 inch pieces

1 purple onion, thinly sliced

½ head of broccoli, coarsely chopped

½ head of cauliflower, coarsely chopped

½ bunch of spinach, coarsely chopped

2 Tbs of coconut oil

Salt

Sauce:

½ cup almond, cashew, or seed butter

1 cup coconut milk, unsweetened

2 tsp ginger, grated

2 cloves of garlic, pressed

½ apple or 4 dates, pitted

Pinch of salt

Blend or process the ingredients

Press the tofu between 2 pieces of paper towel to remove the excess water. Sauté the onions and tofu in coconut oil, when the tofu is browned and the onions translucent add the broccoli and cauliflower. Sauté the vegetables for 10 minutes then add the sauce and cook until the vegetables are soft. Add the chopped spinach when there is 1 minute left to cook. Salt to taste. Serve over quinoa or brown rice if you desire.

[back to main entrées recipe chart](#)

Turkey Hash

Fill your belly for any meal of the day and it makes great leftovers. Keep the sauce separate and add it prior to eating. You can also freeze the sauce to use at a later date.

- 1 pound of ground turkey
- 1 yellow onion, chopped
- 2 medium red beets, chopped into ½ inch pieces
- 1 large yam, chopped into ½ inch pieces
- ½ bunch of kale, chopped
- 1 Tbs olive oil
- Salt and pepper to taste

Sauce:

- ½ cup almond butter (you can use cashew, almond, or sunflower seed butter)
- 1 cup coconut milk, unsweetened
- 2 tsp ginger, grated
- 2 cloves of garlic, pressed
- ½ apple
- Optional: 1 tsp honey*
- Optional: ½ tsp turmeric or ½ tsp cinnamon and ½ nutmeg*

Blend the ingredients.

Sauté the onions, beets and yams in oil until soft. Then add the ground turkey, cook until brown. Add the chopped kale when the turkey is almost cooked through. Salt and pepper to taste. Top with the sauce and enjoy.

[back to main entrées recipe chart](#)

Vegetable Bolognese over Zucchini “Pasta”

*Lighten Up! Forget the heavy pasta one night and try eating this healthy, low calorie version made with zucchini. *This recipe contains tomato (Nightshade).*

- 1 inch diameter zucchini — 1 zucchini per person
- 1 large yellow onion, finely diced
- 1 stalk celery, finely diced
- 1 carrot, finely diced
- 4 cloves garlic, minced
- 1 Tbs olive oil
- 2 tsp dried thyme
- 1 tsp dried oregano
- 1 Tbs fresh rosemary, minced (or 2 teaspoons, dried)
- 1 cup vegetable stock
- 1 28-ounce can Muir Glen Tomato Purée
- 3/4 cup pitted kalamata olives, chopped
- 1 tsp salt, or to taste
- 1 tsp ground pepper

Using a veggie peeler or mandolin, thinly slice the zucchini, leaving skin on....you should get something that looks like wide noodles. Once the sauce is done you will submerge in salted boiling water for 1 minute, drain and serve.

In large sauté pan or skillet, sauté onion, celery, carrot, and garlic in olive oil until onion is soft and slightly browned. Add thyme, oregano, rosemary and sauté for 5 additional minutes. Add (tomato puree) and olives; cover and simmer sauce for 20 minutes until thickened. Add salt and pepper and serve over zucchini noodles.

[back to main entrees recipe chart](#)

Vegetable Kitcheree

Kitcheree is an Indian stew made from mung beans and brown rice. It is a highly nourishing and hypoallergenic meal that can assist in the detoxification process and is very easy to digest. Spices and vegetables make up the remaining ingredients, which can vary widely.

2 Tbs virgin coconut oil or olive oil	½ tsp ground coriander
2 Tbs fresh ginger, finely chopped	8 to 10 cups water
1 Tbs black mustard seeds	4 cups kale or spinach, finely chopped
1 Tbs cumin seeds	1 to 2 cups fresh or frozen peas
2 cups brown jasmine or basmati rice, rinsed	½ cup cilantro, chopped
2 cups dry mung beans, rinsed	2 to 3 tsp sea salt or Herbamare
3 to 4 large carrots, cut into large chunks	Dollop of chilled coconut milk, for garnish
1 ½ tsp turmeric	

Heat oil in an 8-quart pot (or pressure-cooker). Add ginger, mustard seeds, and cumin seeds, gently sauté over medium heat until the seeds begin to pop.

Add the mung beans, rice, carrots, turmeric, and coriander. Stir together a bit so the spices evenly coat the rice and beans. Add the water (start with 8 cups and add more after the stew is cooked if necessary). Lock the lid into place (if using a pressure cooker) and bring to high pressure, cook for about 10 minutes, then use the quick release method to bring the pressure down. If the stew needs some more time, bring to high pressure again and cook for 1 to 2 more minutes. Add more water if needed.

If you don't have a pressure cooker simply bring the stew to a boil, cover, and simmer on low for about 45 minutes (add more water if needed).

Once the rice and beans are cooked, add in the chopped kale, peas, cilantro, and salt. Stir until just mixed. Turn off heat, cover, and let stand for about 5 minutes. The tender vegetables will just barely cook in the hot stew. Add more salt to taste if necessary. Serve hot and enjoy!

Veggie Frittata

½ bunch leafy greens (kale, chard, beet greens, spinach)—3-4 cups, chopped
8 oz of wild mushrooms, chopped
1 large zucchini
½ cup fennel, chopped

2 large shallots
8 eggs (*or chicken/turkey sausage if avoiding eggs*)
2 Tbs coconut or EVOO
¼ cup organic stock

Preheat oven to 350°F.

Wash and chop veggies. Heat an oven proof skillet (cast iron or other) over medium heat. Add shallot and fennel, cook until soft. Add mushrooms, cook until soft. You may need to add a bit of stock for moisture as you cook the veggies. Add chopped greens, cooking until soft.

If using eggs---In a separate bowl whisk eggs until light and fluffy. Pour eggs into pan and cook until edges look like they are a bit set. Put pan in the oven and cook until middle is firm, about 5-8 minutes. Switch oven to broil and broil for 90 seconds until brown. Serve warm or room temp.

Veggie Stir Fry and Chickpeas or Black Beans

1 cup of broccoli
2 cups of spinach, chopped
½ cup of purple onion, sliced
1 cup of green beans or 1 cup of snap peas, chopped
1 cup Chickpeas beans (if you use canned, purchase Eden brand because their cans are BPA free)
1-2 Tbs olive oil

[Tahini Sauce](#)*

Heat olive oil in a skillet on medium to sauté the vegetables until tender but still crunchy. Pour the Tahini sauce* over the medley and serve with rice.

*See *Recipe*

Zesty Grilled Chicken

This is a great way to prepare chicken and then have leftovers depending on the size of your family. Serve with veggies and a salad!

Purchase a whole chicken with skin on (have the butcher cut up: drumsticks, breast, and thighs)

4 lemons, juice and zest

2 quarts water

3/4 cup salt

Optional—peppercorns or other whole spices added to the brine

Brine: For moist chicken, brine it for 2 hours prior to grilling.

Place the lemon juice (not zest), water and salt into a pot large enough to hold the chicken. Bring to a boil then turn off the heat. Stir well and add the chicken. Let it sit for 2 hours in the fridge.

To grill, lay the chicken pieces skin side down on the hottest side of the grill in order to sear the skin side well. Grill for 5-10 minutes, depending on how hot your grill is (you do not want the chicken to burn). Once you have a good sear on one side, move the chicken pieces to the cooler side of the grill, or, if you are using a gas grill, lower the heat to medium low. Cover the grill and cook undisturbed for 20-30 minutes. Turn the chicken pieces over. Cover the grill again and allow to cook for another 15 minutes. Use a meat thermometer to check that the chicken is done (165°F for breasts and 170°F for thighs). If you need more time, check the meat every 5-10 minutes so not to dry out. Breasts will be done before thighs.

Zucchini “Pasta”

Use 1 zucchini per person.

4 large zucchini

Salt to taste

*Option: Topped with [Vegan Pesto](#)**

2 cups tightly packed fresh basil or arugula (or a combination)

½ cup walnuts or pine nuts

1 to 2 cloves garlic, roughly chopped (to taste)

½ cup extra-virgin olive oil

Sea salt and freshly ground pepper, to taste

1 Tbs lemon juice

Bring a saucepan of salted water to a rolling boil. Slice zucchini into ribbons, using vegetable peeler or mandolin. Submerge zucchini ribbons in boiling water for 1-2 minutes, just until al-dente and drain well. Serve with desired sauce.

For Vegan Pesto: Combine the sauce ingredients in a Vita Mix or food processor with the S blade. Pulse until finely chopped and combined.



CHAPTER EIGHT

Snacks and Treats

Redefine the way you snack and your body will thank you.

You can indulge your desire for some sweet in your life in a way that won't derail your intentions for optimal health. Experiment with some of what we offer here and then create your own versions to keep you satisfied.

SNACKS AND TREATS CHART

RECIPE	GRAIN	LEGUME	NIGHTSHADE	CITRUS	EGG
SNACKS					
Birdseed Bar					
Cashew Delight Bar					
Raw Energy Balls					
Spicy Roasted Chickpeas		X	X		
Toasted Sunflower Seeds with Coconut Aminos					
Turkey and Avocado Roll-up					
TREATS					
Baked Apples					
Coconut Whipped Cream					
Cardamon Apple Cake					
Grain Free Banana Bread					
Grilled Peaches					
Paleo Truffles				X (optional)	
Raw Cacao Truffles					
Raw Cinnamon-Sunflower Truffles					
Ruby Beet Flourless Chocolate Cake					
“You’ll Never Guess What’s in This” -- Chocolate Mousse					

[back to Table of Contents](#)

Birdseed Bar

½ cup sunflower seeds
½ cup pumpkin seeds
2 tsp coconut oil
2 big pinches salt
1 cup Medjool dates, pitted
1 ½ Tbs water

Combine seeds with coconut oil and salt and mix completely. Toast coated seeds on a skillet over low heat until slightly brown. Combine toasted seeds, dates and water in a food processor and puree until mixture starts to stick together. Add a little more water if necessary to help mixture come together.

Pick up date mixture and using your hands work to squeeze it together into one big clump. Mash it down on a cutting board or sheet of wax paper to form into one rectangle shape using the sides of your hands.

Slice into 8 squares. For best results, store in the fridge.

Cashew Delight Bar

1 cup Medjool dates, pitted
1 cup raw cashews
¼ cup almond butter
1 Tbs water

Optional: raw coconut flakes and a pinch of cinnamon or 1-2 drops of peppermint extract

Combine dates, cashews, almond butter and water in a food processor or VitaMix and puree until mixture starts to stick together. Add a little more water if necessary to help mixture come together.

Pick up date mixture and using your hands work to squeeze it together into one big clump. Mash it down on a cutting board or sheet of wax paper to form into one even rectangle shape using the sides of your hands to make the edges straight. Slice into 12 squares. Store in the fridge.

[back to snacks and treats recipe chart](#)

Raw Energy Balls

These can be made, kept in the fridge and available when you are in the need of a quick treat. Makes about one dozen. Right after making them, freeze half for another week.

- 1 cup raw walnuts, pecans, pumpkin seeds, sunflower seeds or a combination
- 1 cup medjool dates, pitted
- ¼ organic raisins or other dried unsweetened berries like Goji berries
- 1 Tbs Renewal Greens or spirulina
- ¼ tsp cinnamon
- ¼ tsp ground cardamom
- ¼ cup raw almond butter or hazelnut butter
- Shredded organic coconut

In a food processor with an “s” blade, grind nuts/seeds until finely ground. Add dates, raisins, and powders. Grind to fine meal. Add nut butter, process until thoroughly mixed. Form into balls, roll into coconut, and store in air-tight container up to 3 days or a week in the fridge.

For an extra kick, you can substitute the coconut for 1 tsp of carob and a pinch of cayenne (Nightshade).

Spicy Roasted Chickpeas

This is Ok except for days you are avoiding legumes.

Eat only a ¼ cup at a time for ease of digestion.

1 15-ounce can chickpeas, drained and rinsed well (you can also make your own from dried)

1 Tbs extra virgin olive oil

¼ tsp each ground cumin, ground coriander, ground ginger

½ tsp sea salt

(¼ tsp ground paprika – Optional Nightshade)

Preheat oven to 425°F. Toss chickpeas with oil and spices until well coated. Spread on a rimmed baking sheet. Roast, shaking pan occasionally, until chickpeas are golden and crunchy, or for about 30 minutes. Let cool completely. Store in an air-tight container up to 2 weeks.

Toasted Sunflower Seeds with Coconut Aminos

This recipe is so easy and it only takes about five minutes to prepare!

1 cup raw sunflower seeds

1 Tbs coconut aminos

Heat a large skillet (I use an 11-inch skillet) over medium heat for a few minutes, or until the pan is hot. Add the sunflower seeds and keep them moving in the pan, using a spatula. Toast them for about 1 ½ to 2 minutes. Turn off heat and add coconut aminos. Immediately stir the aminos with the seeds. Let cool in the pan (off heat source), then transfer to a glass jar for storage.

Optional: Use raw pepitas (the green pumpkin seeds). You can add seasons as well... curry, cinnamon...get creative.

Turkey & Avocado Roll-Up

This healthy snack is packed with good fats and protein to keep you fueled until your next main meal. It can even be used as a meal if you are in a hurry.

3 Turkey slices

½ Avocado (you can use guacamole instead if you prefer)

3 large spinach leaves or romaine

Optional: hummus, shredded beets, carrots, and zucchini

Layer the lettuce leaves with one slice of turkey, avocado and other veggies of choice. Roll up.

Baked Apples

Serves 4 or makes for future servings.

This recipe has no protein or fat, so needs to be in addition to something else that will sustain your blood sugar longer, or as a sweet treat at the end of a meal.

4 Apples (Pick your favorite varietal. You can also use pears in this recipe.)

1 cup raisins, plumped in hot water for 10 minutes and drained

1 Tbs orange or lemon zest

½ tsp cinnamon

¼ tsp cardamom

1 tsp honey

1-2 Tbs toasted walnuts or pecans

Rinse and core each apple. Score the apple peels. Combine the raisins, zest spices and honey. Fill the cavity of each apple with this mixture. Stand the apples in a shallow baking dish. Add enough water to measure about 1/2 inch from the bottom of the pan.

Bake the apples at 375°F for 15 minutes. Reduce the temperature to 300°F and continue baking until the apples are tender but still hold their shape, approximately 1 hour. Sprinkle with nuts before serving.

Cardamom Apple Cake

4 eggs
¾ cup raw honey
1 ½ cups Almond flour
½ cup coconut flour (or use all almond flour)
1 Tbs baking soda
1 tsp sea salt
1 tsp cinnamon
2 tsp cardamom
3 cups apple, peeled and grated

Mix all dry ingredients together in a bowl. Be sure to remove any lumps. Beat the eggs until fluffy and pale yellow, about 5 minutes. Add raw honey and beat until well combined.

Add dry to wet ingredients and mix until combined. Pour into an oiled spring form or loaf pan. Bake at 350 for 40 minutes.

Coconut Whipped Cream

Oh my, is this amazing....finally a substitute for dairy whipped cream that is totally outrageous and DELICIOUS.

1 can coconut cream
1 tsp vanilla bean powder or extract
Optional: 1 Tbs xylitol (or powdered sugar)

Whip coconut cream (only the cream, not the water you will find at the bottom) with a Kitchen Aid Mixer or hand held on high speed until light and fluffy. Add vanilla.

Enjoy unsweetened or add xylitol or powdered sugar.

If it is a bit loose, simply refrigerate for an hour or more.

Grain Free Banana Bread

2 eggs (to make grain free use ½ cup flax meal soaked in whole coconut milk or homemade nut milk for 15 minutes)

3-4 very ripe bananas, smashed to a purée

1 Tbs vanilla

1 Tbs fresh lemon juice

2 cups almond flour (or 1 ½ cup almond and ½ cup coconut flour)

1 tsp baking soda

1 tsp baking powder

½ tsp sea salt

½ tsp cinnamon

Mix all dry ingredients together in a bowl, removing any lumps. Beat the eggs until fluffy and pale, about 5 minutes. (If using flax just mix flax mixture with bananas, lemon juice and vanilla). Add bananas, lemon juice and vanilla to eggs and mix well. Add wet and dry ingredients and mix until combined. Pour into an oiled loaf pan. Bake at 350 for 45-50 minutes.

Grilled Peaches

YUM! If you have never grilled peaches, give this one a try. This is a seasonal dish, but we couldn't help but include it. This makes an amazing sweet treat when you are in the mood.

4 ripe medium peaches

1 tsp pure vanilla extract

¼ tsp almond extract

1 tsp of coconut oil (if solid put in a glass of warm water until liquid)

Optional: cinnamon

Cut the peaches in half and remove the pit. Slice each half in half and toss them in a bowl with the vanilla extract, almond extract, and coconut oil. Set aside for 15 minutes while you preheat a grill with a medium-high heat. Grill skin side up, until you get a light sear on the flesh, about 3 minutes. Turn skin side down and grill another 1-3 minutes to get a bit of char on the skin.....EnJOY!

Paleo Truffles

- ½ cup raw cacao nibs
- ¼ cup coconut oil
- ¼ cup coconut butter
- ¼ cup creamy nut butter (almond/hazelnut/cashew)
- ¼ cup raw honey
- ½ tsp orange or lemon zest
- ½ tsp cinnamon

Mix all ingredients in a bowl or stand mixer. Roll 1 Tbs portions into balls. Leave plain or roll in raw cacao powder or ground flax/hemp/chia seeds.

Raw Cacao Truffle

- 1 cup medjool dates
- ¼ cup chia or hemp seeds
- 2 heaping tablespoons raw cacao powder
- ¼ tsp vanilla extract or vanilla bean powder
- 1/8 tsp pink Himalayan sea salt

Pit dates, chop fine with a knife or process in a food processor. Mash together with cacao powder and seeds until it all sticks together. Keep plain or roll in cacao powder or finely crushed raw nuts.

Optional—add powdered ginger or cinnamon. You can also add Maca powder to these for an extra boost (1/2 Tbs).

Raw Cinnamon-Sunflower Truffles

(Adapted from Nourishing Meals)

You'll need a food processor to make these. When you are finished with the elimination diet, then try using different nuts or seeds. I bet pecans, almonds, or cashews would be delicious. I found that these truffles are even better on the second day.

2 cups raw sunflower seeds
2 Tbs ground cinnamon
1/8 tsp sea salt
1 cup medjool dates, pitted
2 Tbs extra virgin olive oil
1 Tbs raw agave nectar or maple syrup*
Unsweetened shredded coconut

Place the sunflower seeds, cinnamon, and sea salt into a food processor fitted with the "S" blade. Process until seeds are very finely ground. It only takes a minute or so.

Add the pitted dates and olive oil. Process again until combined and sticky.

**Only add the agave or maple syrup if need be. Your dates may be moist enough and you might not need extra sweetener.*

Check to see if you can form a truffle by rolling some of the mixture in your hands. If it falls apart then add the sweetener and process again. Scoop out the sunflower mixture by the large spoonful and roll into balls. Then roll in shredded coconut. Store in the fridge for up to 10 days.

Ruby Beet Flourless Chocolate Cake

*Dr. Rachel's creation for Valentines day. A treat for all occasions. Nothing but natural sugars here.
High in anti-oxidants too!*

2 cups cooked red beets, chopped
1 ½ cups fresh medjool dates, pitted and chopped
¼ cup (4 Tbs) coconut oil
1 tsp Coconut aminos
1 can full fat coconut milk
3 large pasture eggs
1 Tbs real Vanilla extract
1 tsp coffee extract - Optional
½ cup raw cacao powder
1 tsp cinnamon
⅛-¼ tsp cayenne – Optional Nightshade
½ tsp each baking soda and baking powder
½ tsp pink himalayan sea salt

Preheat oven to 350 degrees. Oil a spring form pan. (You can make into cupcakes if you prefer, but cook time may be slightly less).

Roast 3-4 whole beets in the oven for 60 minutes. (Can be cooked day ahead). Once cool, rub off skins and chop into small cubes.

Warm ½ cup coconut milk with coconut oil and coconut aminos in a saucepan until just barely simmering. Add chopped dates, stir to cover and allow to sit for 10 minutes.

Add beets and date mixture to a food processor. Blend until very, very smooth. Beat 3 eggs along with vanilla and coffee extract until frothy and pale yellow. Add beet mixture and mix until well blended.

Sift together cacao powder, baking soda, baking powder, cinnamon/cayenne and salt. Add to wet ingredients and mix until well incorporated. Pour batter into spring form pan and bake for 35 minutes. Remove, allow to cool for 10-15 minutes. Pour ganache over the top and refrigerate for at least an hour before serving. Sprinkle with shaved chocolate or cacao powder. Cake will be soft when served.

For an extra special touch, serve with [Coconut Whipped Cream](#). YUMMY!

[back to snacks and treats recipe chart](#)

“You’ll Never Guess What’s in This” -- Chocolate Mousse

You want chocolate, well here you go! This dessert treat is super high in antioxidants and all the fat is good for you! This is rich and smooth and so chocolaty! You really only need a small amount to satisfy your inner Choco-Monster as it is nutrient dense and super rich. Avocado is high in carotenoids and potassium, has healthy monounsaturated fats and assists the absorption of antioxidants in other foods, in this case the dark chocolate. You can create variations of flavor, but this is your basic chocolate goodness right here.

This will easily serve 6-10 people.

2 ripe avocados — use all the flesh. Scrape the inside of the skin, there are many antioxidants in the darker green portion of this fruit

1 ½ cup light coconut milk (preferably no additives)

8 oz 100% dark chocolate (high quality!), chopped

8-10 Medjool dates, pitted

1 Tbs real vanilla extract or 1 tsp vanilla bean powder

1 tsp sea salt



You will need a good blender for this to get the smoothest consistency. Warm the coconut milk over low heat on the stove top, pour over the dates and allow to sit while you prepare the other ingredients. Melt the chocolate in a double boiler. Place the avocado flesh, vanilla and salt in the blender. Once the chocolate is completely melted, add to the blender along with the coconut milk and dates. Blend until smooth (may take a couple times scraping the sides down). You may need to add a bit more coconut milk or water if it is too thick. Serve warm or chilled. **As an added goodness, serve with “coconut whipped cream”.** Otherwise enjoy the decadence.

You can also make this with 72% dark chocolate and omit the dates. For a quick version, you can use presweetened dark chocolate with all other ingredients staying the same. However we find the date sweetened version far superior and we always feel terrific after this indulgence instead of weighed down.

[back to snacks and treats recipe chart](#)