



10-Day

# Clean Eating Delicious Detox



GUIDE



## 10-DAY DELICIOUS DETOX

**Know you're in exactly the right place and congratulate yourself for continuing on your journey.**

You can create a lifetime of joy and happiness in a body and life you love.

It's time to create a new story for yourself and the way you see your body. The more you love and appreciate the amazing temple you live in, the happier and healthier you'll become and finally make these healthy habits stick for life.

You'll start learning how to magnetize the life you love and how to feed your body the healthy nourishing food she is craving with my 'Delicious Detox.'

**Progress NOT Perfection is your key to success for this week and beyond.**

With Love & Support,

*Kathryn Chess*





# 10-DAY DELICIOUS DETOX

## Step #1

Watch '**Welcome and Meditation**' video. Work with this Meditation and add to your Bulleting Writing Exercise – [https://youtu.be/1o\\_e4UfmKjQ](https://youtu.be/1o_e4UfmKjQ)

## Step #2

'**Simple Steps**' to Get You Started on Your Delicious Detox [https://youtu.be/HXOyl-IyE\\_I](https://youtu.be/HXOyl-IyE_I)

Watch '**What to Eat**' video.

[https://youtu.be/8OT886P\\_hms](https://youtu.be/8OT886P_hms)

## Step #3

Author '**Your Commitment Promise Letter.**'

<https://youtu.be/UrtamrdJSE8>

See format below.

## Step #4

My Bonus Video – How to Quit Caffeine Without Headaches - <https://youtu.be/ElSaInLn2Oc>

## Step #5

Review '**Delicious Detox Prep Menu**' and '**Delicious Detox Menu and Meal Plans**' in attached eBooks!





## COMMITMENT LETTER

**Dearest Body of Mine,**

After careful thought, I hereby promise to:

- Offer you healthy foods and drinks.
- Realize that you deserve to be healthy.
- Overcome the addictions that hurt you.
- Love and appreciate you for what you do.
- Accept that I have the power to heal you.
- Adorn you with nice, comfortable clothes and shoes.
- Realize that laughter, play and rest help you feel good.
- Exercise regularly and appropriately for my body type.
- Accept and be grateful for you just the way you are.
- Listen to messages you are sending me when you are hurt or sick.
- Understand that my unexpressed emotions and thoughts affect you.

List Additional Promises . . .

With Love,

**Please sign**





10-Day

# Clean Eating Delicious Detox



PREP MENU



# 10-DAY DELICIOUS DETOX

**PRE-DETOX PREP**

**Kathryn Chess**

Nutritionist and Joyful Living Coach

[www.KathrynChess.com](http://www.KathrynChess.com)



To have a successful detox it's very important to prepare ahead of time to make it easy on yourself. Be sure to read over the menus and gauge how much time you have to make dinner and breakfast. If you know you have an early morning meeting on a day where the menu says "breakfast porridge" then it may be a better idea to make the "Easy Option" suggested on the menu or go with a smoothie. Also if you have extra time in the evening, try to prep for the following days dinner.

**Remember, this is a gift to yourself, a lovely luxurious gift and part of that gift is treating yourself to the most delicious homemade food possible.**

It's not hard, I promise. It just takes a little planning and self-love. And you my dear, deserve both!

Here are some of the things I suggest you prepare before starting the Delicious Detox:

## TAMARI TOASTED PUMPKIN SEEDS

1 cup pumpkin seeds  
2 tbsp tamari or wheat-free soy sauce

Place in oven at 350°F and toast for 15 to 20 minutes until brown. Store the seeds in an air tight container in the fridge for up to one month.

## HUMMUS

1 15 oz can of garbanzo beans, rinsed and drained  
1/2 cup tahini  
1/2 cup water  
1/2 cup lemon juice  
1/2 to 1 tsp salt  
1/8 tsp or more cayenne pepper  
1 crushed garlic clove

Drain and rinse garbanzo beans. Put all the ingredients in a blender. You may be required to pulse and stir in between the pulses to get everything to smooth out and become creamy. It will depend on your blender. Also, sun dried tomatoes in oil, a little fresh basil, or drained fire roasted red peppers are delicious when blended with the traditional hummus.

Remember to taste test and adjust the ingredients until you reach the desired flavor. Eat with carrots, celery, jicama, radishes, cucumbers or simply by the spoonful.

Enjoy!

To make this extra yummy, add homemade pesto:

1 large bunch of basil  
1/2 cup pine nuts  
1 garlic clove  
1/2 cup extra virgin olive oil

Blend in the food processor until smooth and serve with the hummus.



## VANILLA MAPLE GRANOLA *with* COCONUT MILK

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*Belle of the Kitchen*

2 cups organic whole rolled oats  
1 cup sunflower seeds  
1 cup raw nuts, chopped (almonds, walnuts, pecans, cashews)  
1/2 tsp sea salt  
1/4 cup shredded coconut (optional)  
1/3 cup organic maple syrup (you can use a little extra if you like things particularly sweet)  
1/3 cup extra virgin coconut oil, melted 1 tablespoon real vanilla extract (no corn syrup or coloring added)

Preheat the oven to 350°F. Combine oats, seeds, nuts, salt and coconut in a large bowl. Whisk together the maple syrup, oil, and vanilla and pour over the dry ingredients. Spread out in a large Pyrex baking dish. Make sure the granola is not piled on too high. Use two smaller Pyrex dishes if necessary.

Bake for 25-30 minutes or until golden, stirring twice during baking. Remove from the oven and let it cool. Store in a large cereal container and enjoy! Also, this granola makes a fantastic gift.

Eat dry or with coconut milk. (For a cereal-like effect add half can of water to one can of coconut milk in a large jar. Shake and store in your fridge.)

## KALE CHIPS

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1-2 bunches of kale  
Olive oil  
Sea salt

Preheat oven to 425°F. Remove kale from stalk, leaving the greens in large pieces. Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale. Sprinkle with salt and lay out on a baking sheet. Bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on the kale, it can burn quickly. Turn the kale over and bake with the other side up. Remove and serve.

Variations: Use curry, turmeric or cumin to add a little spice or nutritional yeast to make them cheesy.

Basic Balsamic Vinaigrette (see recipe below).

Make a jar of this delicious dressing to store in the fridge. It's delicious over salads, quinoa or even tossed with some roasted veggies.

Hardboiled eggs (see recipe below)

Boil 6 eggs for days 1-5 and another 6 for days 6-10.



## BASIC BALSAMIC VINAIGRETTE

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Adapted from Chinese Grandma

2 tbs honey  
1 tbs organic sugar-free, wheat-free Dijon mustard  
1/2 tsp salt  
1/2 tsp ground pepper  
1/4 cup balsamic vinegar  
3/4 cup organic extra virgin olive oil  
1 garlic clove, crushed (or minced if you like a strong garlic flavor)  
1 shallot, finely chopped

Combine all ingredients in jar or bottle and shake vigorously. Store in the fridge for up to 2 weeks.

The oil will solidify so take the vinaigrette out of the fridge about 15 minutes before using so oil can liquefy. Shake again before pouring.

## PERFECT HARD-BOILED EGGS

Bring pot of water to a boil. Gently add the eggs, reduce the heat so the water becomes a simmer. Cook for 7-8 minutes (depending on the size of the eggs). Remove eggs and run them under cold water.

Perfect eggs every time!





10-Day

# Clean Eating Delicious Detox




MENU



# WHAT TO EAT

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Everyone knows when they are ready for a little detox. Too much food, alcohol and sugar bogs down your system and makes you feel lethargic, cranky and just plain exhausted. But guess what . . . just because you crave that clean feeling does not mean you have to go on a crazy cleanse.

Hallelujah! That's right, you can eat amazingly delicious food and still rid your body of toxic build- -up. The best way to start your delicious detox is to avoid aggravating and congesting foods that gum-up your system.

# FOODS TO AVOID:

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- Alcohol
- Non-organic animal protein (eggs, fish, meat, poultry)
- Coffee
- Dairy: organic & non-organic (cheese, milk, ice cream, cottage/cream cheese, yogurt)
- Dairy alternatives (soy, rice, hemp, almond unless free of sugar and sunflower/safflower/canola oil)
- Nicotine & soy (though organic, wheat-free tamari is OK)
- Low quality oils (canola, vegetable, soy, sunflower, safflower, peanut and grape seed oils)
- Soda (also sugared teas, diet beverages and artificially sweetened drinks)
- Sugar (white, brown, powdered)
- Glutenous grains (barley, rye, spelt, wheat, kamut, triticales)

Now I know you are thinking, "I thought you said this did not have to be tough! What the heck am I going to eat!" Don't worry, you will be OK.

So now WHAT do you put on your plate? Don't worry, there is still plenty left to eat!

# FOODS TO EAT:

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- All vegetables (any type: raw and cooked)
- Organic meat, wild fish and eggs (Focus primarily on lighter protein like fish, chicken and eggs.)
- Beans (any type: black, garbanzo, pinto, adzuki)
- Good fats (extra virgin coconut oil, extra virgin olive oil, unrefined sesame, walnut and almond oil)
- Herbal teas (kukicha, dandelion, mint, chamomile, rooibos, nettle and Pau de Arco)
- Lentils (green, brown, red) and nuts/seeds (almonds, walnuts, pecans, filberts, pumpkin/sesame/sunflower seeds)
- Spices (ginger, curry powder, garlic, and turmeric stimulation detoxification)
- Purified water (half you body weight in ounces)
- Natural sweeteners in moderation (organic Grade B maple syrup and local honey)
- Whole grains (brown rice, quinoa, millet, oats (if certified gluten-free), buckwheat)

These foods are loaded with fiber, protein, complex carbohydrates, vitamins, minerals and essential detoxing properties to clean the toxins from your system. You will begin to feel light, energized and fully nourished.



"Give yourself permission to receive. You won't believe what flows your way!"

## BREAKFAST

### Whipped Berry Detox Porridge

Prep time: 12 minutes – Serves 2

This fiber-rich whipped porridge turns your breakfast into a burst of energy and vibrant color, helping your body cleanse first thing in the morning!

#### INGREDIENTS:

- 1 cup gluten-free rolled oats
- 1 cup unsweetened almond milk
- 1 tsp coconut oil
- 1 cup berries of choice, fresh or frozen (I use blueberries)
- 2 cups spinach
- 2 dates
- 1 tbsp coconut oil
- Mixed seeds and nuts (chia, pumpkin, sesame seeds, sunflower seeds, hazelnuts)
- fresh mint leaves
- 1 peach or green apple (Use 3/4 for bowl and the other 1/4 for garnish, thinly sliced.)

Other possible additions: coconut water, cucumber, kiwi, leftover steamed broccoli, celery and jicama

#### INSTRUCTIONS:

Throw everything into your blender or VitaMix and process until the dates and ice are completely smooth and the liquid is frothy. Pour and enjoy!

#### INSTRUCTIONS:

- Add the oats and milk into a small sauce pan and bring to a boil over medium heat.
- Simmer for five minutes, stirring frequently.
- Transfer into a blender, add coconut oil, berries and honey, and process to obtain a smooth mixture.
- Distribute into the serving bowls, top with mixed seeds, peach or apple slices and serve warm.



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## LUNCH

### *Onion Frittata with Vinegar, Walnuts and Arugula*

Serves 4-6

Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison

This an amazing dish with just a touch of sweetness. If you aren't a walnut fan, pecans, hazelnuts, or almonds will work well. Perfect for breakfast, lunch or dinner!

This recipe takes a little longer because you need to caramelize the onions. This can be done ahead of time and stored in the refrigerator or freezer.

#### INGREDIENTS:

- 2 medium onions, peeled and thinly sliced
- 2 tbsp olive oil, divided
- 2 tbsp balsamic vinegar, divided
- Salt to taste
- Dash of ground cloves
- 6 eggs
- 2 tbsp chopped parsley
- 2 cups arugula
- 1/4 cup walnuts, chopped

#### INSTRUCTIONS:

- Warm 1 tablespoon of olive oil in a 10-inch skillet. Add the sliced onions. Cook over medium heat until they are golden, about 30 minutes.
- Add half the vinegar (1 tablespoon), let it reduce, and add in the cloves and a touch of salt. Remove the onions from the pan and preheat the broiler to low.
- In a large bowl whisk the eggs. Season the eggs with salt, a dash of cloves.
- Add in the onions and parsley.
- Heat 1 tablespoon of oil in the skillet until it is sizzling. (You do not need to clean it out from the onions.) Add the eggs to the skillet and lower the heat.
- Scatter the walnuts and parsley on top and cook until the eggs are set and browned on the bottom, about 8-10 minutes.
- Drizzle the remaining balsamic vinegar over the egg mixture.
- Place the skillet in the oven and slide the pan 6" under the broiler to finish cooking the top, about 2 minutes.
- Take care not to burn the walnuts.

Loosen the frittata and tilt it onto a serving plate. Slice into 6 portions and enjoy!



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## LUNCH

### *Arugula & Red Cabbage Salad*

Serves 3-4

#### INGREDIENTS:

- 3/4 of 1 head organic red cabbage
- 2 cups arugula, washed
- 1/4 cup cilantro, chopped
- 1/4 cup fresh mint, chopped
- 3 scallions, chopped
- 2-3 tablespoons unrefined and peppery olive oil (My fav is Bariani.)
- 2 tbsp sweet balsamic vinegar (Again my fav is Bariani.)
- Sea salt to taste
- 1/4 cup dry roasted almonds, chopped
- Optional ingredients: juice of 1 lemon and 1 tbsp tarragon

#### INSTRUCTIONS:

- Shred the cabbage. Place cabbage on its flat end and cut in half. Cut in half again, which gives you 4 quarters. Place one quarter in the fridge for another time. Slice cabbage into thin strips, avoiding the white core. Cut the cabbage strips in half and place in a large bowl.
- Add in the arugula, cilantro, mint and scallions.
- Drizzle with olive oil, balsamic vinegar and salt.
- Optional dressing ingredients: lemon and tarragon (add these to the dressing for an extra pop of flavor).
- Toss well.
- Top with almonds and serve. Enjoy!





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## DINNER

### Easy Turkey Chili

Serves 4-6



#### INGREDIENTS:

- 1 tbsp olive oil
- 1 medium yellow onion chopped
- 3 cloves garlic, minced
- 1-1/2 lbs organic ground turkey
- 1 - 14.5 oz can organic diced tomatoes
- 1 tsp ground cumin
- 1/2 tbsp chili powder
- 1 tsp dried oregano
- 1 tsp ground cinnamon
- 1/4 tsp ground cayenne pepper
- 1/4 tsp fresh ground black pepper
- 1 - 15 oz can black beans, rinsed and drained (You can also use white beans if you prefer.)
- 2 cups organic chicken broth, vegetable broth or water
- Sea salt to taste

#### INSTRUCTIONS:

- In a large pot over medium heat add the olive oil.
- Sauté the onion, garlic, ground turkey and a pinch of salt until turkey is browned.
- Add tomatoes, pepper, cumin, chili powder, oregano, cinnamon, and cayenne pepper.
- Stir and cook for 5 minutes.
- Add the black beans and chicken broth to the pot. Stir well.
- Bring to a boil, reduce to a simmer and cook for 20 minutes.
- Add more salt and pepper to taste and enjoy!

NOTE: This can be made vegetarian by omitting the turkey and using vegetable broth instead of chicken broth.

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## SIDE

### *Ginger Roasted Parsnips (or Carrots)*

Serves 2

#### **INGREDIENTS:**

- 2 tbsp extra-virgin olive oil
- 1-1/4 lbs small parsnips (or carrots) peeled and cut into 1" rounds
- 1/2 tbsp minced fresh ginger
- 1 clove garlic, pressed
- 1-1/2 tsp tamari or natural soy sauce (San-J and Eden are my favorite brands. Make sure it's organic and wheat free.)
- Freshly ground pepper
- 1/4 cup chopped Rosemary (Optional)



#### **INSTRUCTIONS:**

- Preheat the oven to 350°F.
- In a small bowl mix together the oil, parsnips, ginger, garlic, tamari and pepper.
- Add the mixture to a 9-by-13-inch baking dish.
- Bake for 40 minutes, until the parsnips are tender.
- Serve right away or enjoy as a snack later.

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## SNACK

### *Hummus*

Serves 2

#### **INGREDIENTS:**

- 1 can organic garbanzo beans, rinsed and drained
- 1/2 cup tahini
- 1/2 cup water
- 1/2 cup lemon juice
- 1/2 to 1 teaspoon salt
- 1/8 tsp or more cayenne pepper
- 1 crushed garlic clove



#### **INSTRUCTIONS:**

- Drain and rinse garbanzo beans.
- Put all the ingredients in a blender or food processor. You may be required to pulse and stir in- between the pulses to get everything to smooth out and become creamy. It will depend on your blender.
- Also, sun-dried tomatoes in oil, a little fresh basil, or drained fire roasted red peppers are delicious when blended with the traditional hummus.
- Remember to taste test and adjust the ingredients until you reach the desired flavor.
- Eat with carrots, celery, jicama, radish, cucumbers or simply by the spoonful. Enjoy!



"When the body and brain are working together from love and peace, you can digest anything."

## BREAKFAST

### *Warm and Nutty Cinnamon Quinoa Porridge*

Serves 4 Adapted from 101cookbooks.com

#### INGREDIENTS:

- 2 cups water
- 1 cup water
- 1 cup coconut milk (Nature's Forest brand)
- 1 cup organic quinoa (Note: rinse quinoa first in a fine mesh strainer.)
- 2 cups fresh organic berries; blueberries, raspberries, and strawberries all work well
- 1/2 tsp ground cinnamon
- 1/3 cup chopped pecans, walnuts or almonds, toasted\*
- 4 tsp organic maple syrup or honey

#### INSTRUCTIONS:

- Combine milk, water and quinoa in a medium saucepan and boil over high heat.
- Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed.
- Turn off heat; let stand covered 5 minutes.
- Stir in berries and cinnamon; transfer to four bowls and top with pecans.
- Drizzle 1 teaspoon of maple syrup over each serving.

\*While the quinoa cooks, roast the pecans in a 350°F degree toaster oven for 5 to 6 minutes or in a dry skillet over medium-heat for about 3 minutes.

Easy Option: Onion Frittata  
(from menu #1)

Tip: Make the Quinoa ahead of time in quantity. Freeze it and take it out the night before. Quickly warm it for breakfast.



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## LUNCH

LEFTOVER ONION FRITTATA WITH ARUGULA AND RED CABBAGE SALAD (FROM MENU #1)  
OR LEFTOVER EASY TURKEY CHILI (FROM MENU #1).

## DINNER

### *Bean Turkey Tacos*

#### INGREDIENTS:

- 1 package organic corn or brown rice tortillas or 1 bunch organic romaine lettuce if you're making a lettuce wrap.
- 1 can BPA-Free organic black beans, drained
- 2 cups red or green cabbage, shredded
- 2 green onions, finely chopped
- 1/4 cup cilantro, finely chopped
- 3/4 cup coconut milk
- 1 tsp maple syrup
- 1 tsp dill, finely chopped
- 1 tsp lime juice
- Salt and pepper, to taste

#### INSTRUCTIONS:

- Pour olive oil in pan on medium heat.
- Once heated, add turkey meat, season with salt and pepper to taste and sauté until fully cooked.
- In a medium bowl, toss cabbage, onion and cilantro.
- In a small bowl, whisk coconut milk, maple syrup and lime juice until blended.
- Pour over cabbage mixture. Toss until thoroughly combined, then set aside.
- Warm up the tortillas, if using
- Spoon turkey and black beans into tortillas or lettuce wraps and top with coconut slaw.

OR Easy Option: Leftover parsnips, 1/2 cup quinoa and drizzle of balsamic vinaigrette



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## SIDE

### *Balsamic Glazed Brussels Sprouts*

Serves 2 as a side dish



#### *INGREDIENTS:*

- 2 cups Brussels sprouts, cut in half lengthwise
- 3 tbsp olive oil
- 1/4 cup balsamic vinegar
- Salt and pepper to taste

#### *INSTRUCTIONS:*

- Preheat the oven to 400°F.
- Gently heat the oil in a cast iron skillet then add the sprouts, cut-side down.
- Cook without moving until they brown nicely and develop a crust. This is where the flavor happens.
- Transfer the skillet to the oven and roast for 4 minutes.
- Remove from the oven and, using tongs, turn each sprout over carefully onto its back. Add the balsamic vinegar to deglaze, gently shaking and tossing the skillet until there is no excess vinegar in the pan.
- Season to taste with salt and pepper, and serve immediately



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## SNACK

### *Sea Salt and Garlic Kale Chips*



#### **INGREDIENTS:**

- 2 bunches of kale
- 4 tbsp olive oil
- 2 tbsp garlic powder
- Sea salt to taste

#### **INSTRUCTIONS:**

- Preheat oven to 425°F.
- Remove kale from stalk, leaving the greens in large pieces.
- Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale.
- Sprinkle with salt and lay out on a parchment-lined baking pan.
- Bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on the kale, it can burn quickly.
- Turn the kale over and bake with the other side up. Remove and serve.

**Variations:** Use curry, turmeric, or cumin to add a little spice. If you want Cheesy Kale Chips, sprinkle with Nutritional Yeast before cooking.

"Impatience is the most powerful form of self-sabotage." Barbara Stanny

## BREAKFAST

### *Chai Sweet Potato Breakfast Muffins*

#### INGREDIENTS:

- 3 tbsp ground flaxseed + 3 tbsp of hot water
- 2 cups of grated sweet potato, tightly packed
- 1 tsp sea salt
- 1/2 cup coconut oil, melted
- 1 tbsp maple syrup
- 1 tsp chai mix, or garam masala
- 1 cup almond or teff flour
- 1 cup brown rice flour
- 1 tsp baking powder

Optional Ingredients: 1/4 cup of ground flax, hemp seeds, sunflower seeds, goji berries or chopped dates.

#### INSTRUCTIONS:

- Preheat the oven to 375°F.
- In a small bowl, combine flaxseed with water and let it stand for a few minutes to thicken.
- In a large bowl, combine all dry ingredients: flours, salt, chai mix and baking powder.
- In another large bowl, combine all wet ingredients; sweet potato, coconut oil and maple syrup. Add the flaxseed slurry.
- Combine all wet and dry ingredients together and add water if texture is too dry.
- Dish out mixture to 12 muffin cups.
- Bake for 25-30 minutes or till tops are firm.

Serves 12

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

Eat with 1 cup of Pumpkin Seed Milk (recipe below).



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## BREAKFAST

### Pumpkin Seed Milk

Move over almond and coconut milk, there's a new milk in town that has won my heart.

#### Introducing Pumpkin Seed Milk

Pumpkin seed milk is thick and creamy, and it has a subtle nutty taste. I often add a date or a splash of maple syrup to balance out the flavors, but that is totally optional. Vanilla powder (or vanilla extract) is delicious, too.



#### INGREDIENTS:

- 1 cup raw pumpkin seeds
- 2 cups purified water for soaking
- 1 tsp unrefined salt
- 4 cups purified water
- 1 date (or 1 tbsp maple syrup)

#### OPTIONAL ADD INS:

- 1/8 tsp unsweetened vanilla powder OR 1/2 tsp vanilla extract
- 1/4 tsp cinnamon powder
- 1/4 tsp cardamom powder
- pinch of unrefined salt

#### INSTRUCTIONS:

- Soak pumpkin seeds in water and salt overnight, or at least 6 hours.
- Drain and rinse soaked seeds and place into blender with 4 cups of water and date/maple syrup. Add optional add ins, if desired.
- Process on HIGH for about a minute or so, until creamy and smooth. Strain through nut milk bag (squeezing out as much as you can).
- Store in air tight glass jar for up to 3 days in fridge.

#### NOTES:

- If you prefer unsweetened milks, simply leave out the date/maple syrup.
- To maximize nutritional content, leave pumpkin seed milk unstrained. You can use this thicker milk in smoothies and chia puddings.
- I highly recommend soaking nuts and seeds in water with a good quality salt before consuming to remove phytic acid (to improve our body's ability to digest them).
- You may notice a slight green tint to your pumpkin milk. This is totally normal.
- OR Easy Option: 1 hardboiled egg, leftover parsnips (from menu #1) and half an avocado



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## LUNCH



### *Brussels Sprouts and Jasmine Rice*

Pilaf Serves 3-4 as a side dish, 2 as a main dish

This is a delicious pilaf to have any time and will last up to 3 days in the refrigerator. Be sure to make extra for a quick lunch or snack.

#### **INGREDIENTS:**

- 1 cup jasmine brown rice, washed and picked over
- 2-1/2 cups water
- 2 tbsp organic extra virgin olive oil
- 1/2 cup onion, finely chopped
- 1/2 pound mushrooms, preferably shitake or trumpet
- 1 cup leftover balsamic glazed Brussels sprouts or leftover kale
- 1/2 cup fresh Italian flat leaf parsley, chopped
- 1/2 cup toasted almonds
- Celtic sea salt to taste
- 1/8 cup of raisins (Optional)

#### **INSTRUCTIONS:**

- In a medium saucepan, bring 2-1/2 cups of water to boil.
- Add a pinch of salt and the brown rice to the water.
- When the water returns to a boil, reduce the heat, cover and simmer 45 minutes, until the rice is tender and has begun to separate.
- Transfer the rice to a large glass bowl.
- In a medium sauté pan, add the olive oil and onions and cook until translucent, about 5 minutes.
- Add the mushrooms and a pinch of salt and cook until the mushrooms are browned, about 7 minutes.
- In a serving bowl, combine the rice, onions, mushrooms and Brussels sprouts.
- Season with salt to taste and top with parsley and almonds.

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## DINNER



### *Sweet Potato, Kale and Beef Soup*

Serves 4

Can be modified to be vegetarian

#### **INGREDIENTS:**

- 2 tbsp extra-virgin olive oil
- 1 cup finely chopped onion
- 1 garlic clove, minced
- 2 large sweet potatoes, or several small ones, peeled and diced
- 1 large white potato, diced
- 6 cups water or chicken stock
- 3 cups kale, washed, dried and chopped into 1" pieces
- 1 lb grass-fed ground beef (hormone free, organic)  
For vegetarian use garbanzo or white beans.
- 2 tsp ground coriander
- 1 tsp ground cumin salt and pepper

#### **INSTRUCTIONS:**

- Preheat the oven to 350°F.
- Heat the oil in a large pot over medium heat.
- Add the onion, garlic, a touch of salt and cook for 10 minutes, or until the mixture is soft and a bit browned.
- Add the sweet potatoes, white potato and water.
- Bring to a boil.
- Reduce the heat, partially cover the pot, and simmer for about 20 minutes, or until the potatoes have softened.
- Using potato masher, mash some of potatoes in the pot to thicken the soup. Add the kale and continue cooking for another 10 minutes until the kale is tender.
- In a small sauté pan add the beef or beans, coriander and cumin and brown until the beef is fully cooked through. Add a touch of salt.
- Add the meat to the soup and simmer, partially covered, for 5 minutes.
- Season to taste with salt and pepper. Enjoy!



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## SIDE

### *Roasted Broccoli*

This is the perfect snack and a great way to get in your greens!

#### **INGREDIENTS:**

- One large head of organic broccoli, washed, and cut into florets
- 2 tbsp extra-virgin olive oil
- Sea salt (I prefer Eden Celtic Sea salt.)

#### **INSTRUCTIONS:**

- Heat oven to 400°F
- Toss cut up florets in a bowl with olive oil. Arrange cut-side down in a single layer on a baking sheet and sprinkle generously with sea salt.
- Bake for 12-15 minutes or until broccoli softens.
- Eat immediately or save for an afternoon treat. Enjoy!





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## SIDE

### *Hummus*



#### **INGREDIENTS:**

- 1 can organic garbanzo beans, rinsed and drained
- 1/2 cup tahini
- 1/2 cup water
- 1/2 cup lemon juice
- 1/2 to 1 tsp salt
- 1/8 tsp or more cayenne pepper
- 1 crushed garlic clove

#### **INSTRUCTIONS:**

- Drain and rinse garbanzo beans.
- Put all the ingredients in a blender.
- You may be required to pulse and stir in- between the pulses to get everything to smooth out and become creamy. It will depend on your blender.

"Be where you are; otherwise you will miss your life." Buddha

## BREAKFAST

### *Zucchini Pancakes with Egg*

#### INGREDIENTS:

- 1 medium zucchini
- 1/2 tsp sea salt
- 8 eggs, divided
- 1/4 cup canned coconut milk
- 1/4 cup coconut flour
- 1/2 tsp baking powder
- 1 green onion, diced
- 1/2 tsp garlic powder\*
- 1/4 tsp sea salt
- 2 tbsp avocado or butter flavored coconut oil
- 1 avocado, mashed

\*To make FODMAP friendly, omit garlic powder, use green parts of green onions, and omit or use less avocado if not tolerated well.

#### INSTRUCTIONS:

- Grate zucchini over a clean tea towel.
- Sprinkle with salt and set aside while preparing the pancakes.
- Whisk 4 eggs with the milk. Whisk in the baking powder, green onion, garlic powder and salt.
- Squeeze the zucchini to release its liquid. Add to the batter and stir.
- Place a large skillet over medium heat. Add half of the oil, then form two large pancakes using about 1/3-cup batter.
- Cook, undisturbed for 2 to 3 minutes, or until the edges are firm.
- Flip, and cook 1 to 2 minutes, until cooked through, turning down heat a touch, if needed.
- Repeat once more with oil and batter so that you have 4 pancakes.
- In the same pan, crack the remaining 4 eggs and cook sunny side up. Place one egg atop each pancake, divide the mashed avocado, and serve.

Serve over 2 cups of organic spinach dressed with 1/4 cup olive oil and 14 cup balsamic vinegar.



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## LUNCH

### *Sweet Potato, Kale and Beef Soup*

(from menu #3)

OR

### *Leftover Brussels Sprouts and Jasmine Rice Pilaf*

(from menu #3)





Be where you are; otherwise you will miss your life. – Buddha

## DINNER

### *Spiced Roast Chicken & Collard Greens with Maple Butter & Thyme*

Adapted from Blue Apron

Ok, I had to add this recipe because it's so amazingly good. I know you will love it!

#### INGREDIENTS:

- 1 half Cchicken
- 1 yellow onion
- 1 bunch collard greens
- 1 tbsp thyme
- 2 tbsp coconut oil
- 1 tbsp maple syrup Grade B
- 1 tbsp unfiltered Organic Apple Cider Vinegar
- 2 tsp roast chicken Spice Blend (optional and worth it, recipe below)

This seasoning blend is optional and it's truly what makes this dish so delicious. You can make a big batch of this spice blend and have it on hand for so many other dishes. It's now my go to seasoning:



- 2 tsp garlic powder
- 2 tsp smoked sweet paprika
- 1 tsp ground coriander
- Pinch of crushed red pepper flakes

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# DINNER

## SPICED ROAST CHICKEN & COLLARD GREENS WITH MAPLE BUTTER & THYME (CONTINUED)

### INSTRUCTIONS:

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Remove and discard the collard green stems; roughly chop the leaves.
- Peel, halve and thinly slice the onion.

#### BROWN THE CHICKEN:

- Line a sheet-pan with aluminum foil.
- Pat the chicken dry with paper towels.
- Season on both sides with salt and pepper; and if you are using it, as much of the spice blend as you'd like.
- Sprinkle the skinless side with half the thyme.
- Over medium heat, heat 2 teaspoons of olive oil until hot.
- Add the seasoned chicken, skin side down.
- Cook 4 to 6 minutes, or until the skin is browned and crispy.
- Turn off the heat.
- Transfer the browned chicken, skin side up, to the prepared sheet pan, leaving any browned bits (or fond) in the pan on the stovetop.

#### MAKE THE MAPLE BUTTER:

- Just before serving, heat the pan used to cook the collard greens on medium until hot.
- Add the butter, maple syrup and vinegar.
- Season with salt and pepper.
- Cook, occasionally swirling the pan, 1 to 2 minutes, or until bubbling and thoroughly combined.
- Remove from heat and season with salt and pepper to taste.

#### ROAST THE CHICKEN:

- Place the browned chicken in the oven and roast 24 to 26 minutes, or until cooked through.
- Remove from the oven.

#### COOK THE COLLARD GREENS:

- While the chicken roasts, add 2 teaspoons of olive oil to the pan reserved with the chicken bits.
- Heat on medium until hot.
- Add the onion.
- Season with salt and pepper.
- Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the collard greens and 1/3 cup of water.
- Cook, stirring occasionally, 18 to 20 minutes, or until the collard greens are wilted and very tender.
- Season with salt and pepper to taste.
- Transfer to a serving dish and set aside in a warm place. Rinse and wipe out the pan.

#### SERVE YOUR DISH:

- Transfer the roasted chicken to the serving dish of cooked collard greens.
- Top with the maple butter.
- Garnish with the remaining thyme. Enjoy!

"Be where you are; otherwise you will miss your life" Buddha

## DINNER

### *Roasted Chickpeas and Sun-Dried Tomato Quinoa Pilaf*

Serves 4

Don't be afraid of all the ingredients. This dish comes together remarkably quick and is delicious!

#### **INGREDIENTS:**

- 2 cups water
- 1 cup quinoa, picked over and rinsed
- 1-15 ounce can chickpeas, drained and rinsed
- 1-2 medium red onions (depending how much you like onions), thinly sliced
- 2 tbsp extra virgin olive oil
- juice of 1/2 a lemon
- 2 bay leaves
- 1 tsp cumin seeds
- 1/2 tsp ground turmeric
- 1/2 tsp paprika
- Dash of cayenne pepper
- 1/4 cup fresh parsley, chopped
- sea salt to taste

#### **INSTRUCTIONS:**

- Preheat the oven to 400°F.
- In a saucepan, bring water to a boil.
- Stir in the quinoa with a pinch of sea salt, bring water back to a boil and then reduce to a simmer for 15 minutes.
- When quinoa is done remove from heat.

In the meantime, place chickpeas, onion, oil, lemon juice, bay leaves, cumin seeds, turmeric, paprika, cayenne and 1/4 teaspoon of salt in a medium baking dish. Place in the oven and roast for 30 minutes, stirring halfway through. Remove and discard the bay leaves and stir in the cooked quinoa. Season with salt to taste and enjoy!





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## SIDE

### *Crunchy Kale Salad*

Serves 3-4



#### *INGREDIENTS:*

- 1 large bunch dinosaur (lacinato) kale
- 2 tbsp extra virgin olive oil
- 2 tbsp brown rice vinegar (or apple cider vinegar)
- 2 tbsp Braggs Amino Acids (or tamari/naturally fermented soy sauce. San-J and Eden are my favorite tamari brands. Make sure it's organic and wheat free.)
- 1 clove crushed garlic (optional)
- 1/3 cup toasted sunflower seeds

#### *INSTRUCTIONS:*

Wash the kale and chop it finely. The stems are edible but may be removed if desired. Pour olive oil, vinegar, amino acids and crushed garlic over the kale and massage with your hands until well combined. Cover and place in the refrigerator between 2 hours and over night. When you are ready to eat, sprinkle sunflower seeds over the salad. Enjoy!

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## SNACK

### *Kale Chips*

- 1-2 bunches of kale
- olive oil sea salt

Preheat oven to 425°F. Remove kale from stalk, leaving the greens in large pieces. Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale. Sprinkle with salt and lay out on a baking sheet. Bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on the kale, it can burn quickly. Turn the kale over and bake with the other side up. Remove and serve.

Variations: Use curry, turmeric, or cumin to add a little spice or nutritional yeast to make them "cheesy."





"Whatever is bringing you down, get rid of it. Because you'll find that when you're free . . . your true self comes out." Tina Turner

## BREAKFAST

### *Chocolate Almond Butter Smoothie*

Serves 1-2

#### **INGREDIENTS:**

- 1 cup water
- 1 frozen banana, peeled
- 2 tbsp almond butter
- 1 tbsp flaxseeds or chia seeds, optional
- 2 tbsp cacao powder
- 1 tsp raw honey

#### **INSTRUCTIONS:**

- Throw everything into your blender or VitaMix and blend completely smooth and the liquid is frothy.
- Pour and enjoy!

#### **NOTES:**

- If the banana is not frozen, add in a few ice cubes.
- If you find yourself still hungry a few hours after drinking this smoothie, add more almond butter, 1/2 cup plant based protein powder or 1/4 cup gluten-free uncooked oatmeal.





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## LUNCH

### *Quick & Easy Simple Vitality Bowls*

SERVES: 8



These can be made ahead and eaten throughout the week, as quick and easy grab and go lunches.

Vitality Bowls are essentially simple layered rice or spinach bowls.

When things are really hectic at my house, I'm always happier if I settle on something quick and fresh instead of my old standard 'go-to' pizza – something that makes me feel good instead of guilty.

This meal is really a simple layered rice bowl with a rainbow of crunchy vegetables – beets, carrots and spinach – but it is topped with an addictive savory dressing that includes gluten-free soy sauce, tahini and a healthy dose of nutritional yeast.

You can find nutritional yeast flakes in the bulk section of natural food stores and some well-stocked grocery stores. The flakes give the dressing a savory flavor that is equal parts nutty, cheesy and creamy. I like to use the brown rice to soak up the extra dressing.

Toast the slivered almonds (or whole almonds) to add a more substantial crunch to the dish. I like to slice all the veggies in my food processor to make the job of chopping quick and simple.

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## LUNCH

### QUICK & EASY SIMPLE VITALITY BOWLS (CONTINUED)

#### *INGREDIENTS FOR BOWLS:*

- 1 tbsp olive oil
- 3 cups cubed chicken breast, fish or pork
- 10 cups hot cooked brown rice, millet or quinoa
- 2 cups grated carrots
- 2 cups grated beets (You can get pre-cooked beets at Trader Joes.)
- 2 cups packed baby spinach leaves
- 2 cups slivered almonds, toasted
- 1 cup raw probiotic sauerkraut

#### *INGREDIENTS FOR DRESSING:*

- 1/2 cup nutritional yeast flakes
- 1/3 cup tamari or gluten-free soy sauce
- 1/3 cup apple cider vinegar
- 1/3 cup water
- 1 tbsp tahini
- 2 garlic cloves, crushed
- 1/2 cup olive, avocado or macadamia nut oil
- 3 tbsp sesame oil
- 1 tbsp miso paste (I like to use white organic miso.)

#### *INSTRUCTIONS FOR DRESSING:*

- In blender, purée all of the ingredients together.
- With motor running, add oil in slow, steady stream.
- Blend until smooth.
- To serve, divide rice among 8 bowls; drizzle each with 1 tablespoon of the dressing.
- Top each with meat, carrots, beets, spinach, sauerkraut and almonds. Drizzle each lightly with the dressing.

Make-ahead: Cover and refrigerate for up to 1 week.

#### *NOTE:*

You can cut the oil in half for more flavor and less fat. I make all the ingredients ahead and assemble them quickly when I'm on the go.

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## DINNER

### *Easy Lentil, Sweet Potato & Coconut Curry (Vegan)*

Serves 4

Total Time: 35 mins

#### INGREDIENTS:

- 1- 1/2 tablespoons coconut oil
- 1 cup diced red or yellow onion
- 1 cup dried red lentils (I use green lentils, which also works!)
- 1 medium sweet potato, cut into 1" cubes
- 1 large carrot, sliced lengthwise and chopped
- 1/2 cup chopped cilantro
- 1/2 cup chopped fresh basil (Don't skimp on the fresh herbs, they make this dish taste fantastic.)
- 1/2 tsp ground turmeric
- 1 tbsp mild curry powder
- 1 tsp ginger powder
- 1/2 tsp sea salt
- Freshly ground black pepper
- 3-1/2 cups vegetable broth or water
- 1/2 cup coconut milk

#### INSTRUCTIONS:

- Heat the oil in a large pot over medium heat. Sauté the onion until it's turning a little golden.
- Add the lentils, potato, carrot and seasonings (except for cilantro and basil), and stir to combine everything.
- Add the water or broth and bring to a boil.
- Reduce the heat to a simmer and cook for 25 minutes, or until the lentils and sweet potato are tender.
- Stir in the 1/2 cup of coconut milk, salt and pepper, to taste, and serve warm. (I serve this over cooked rice or quinoa.)

**Curry will keep for up to 4 days in the fridge. Leftovers can be frozen.**





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your true self comes out.: – Tina Turner

## DINNER

### *Steamed Brown Rice or Quinoa*

#### **INGREDIENTS:**

- 1 cup brown rice or quinoa washed, picked over and soaked overnight
- 2-1/4 cups water
- 1-2 tbsp organic extra virgin olive oil (optional)
- Squeeze of lemon juice (optional)

#### **INSTRUCTIONS:**

- Bring the water to a boil. Then add the rice and olive oil.
- Squeeze the lemon over the grains and serve.



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## SNACK

### *Crunchy Kale Salad*

(from Menu #4)



"No one can make you feel inferior without your consent." Eleanor Roosevelt

## BREAKFAST

### *Green Machine Smoothie*

Serves 1-2

#### **INGREDIENTS:**

- 2-3 leaves kale, washed
- 3/4-1 cup water
- 1/2 of a ripe avocado
- 1/2 of a mango, chopped
- Juice from half a lime
- 1 tsp grated ginger
- 1 tsp raw honey or
- 2 dates
- Ice as desired

Other possible additions: coconut water, cucumber, apple, kiwi, leftover steamed broccoli, celery and jicama

#### **INSTRUCTIONS:**

- Throw everything into your blender or VitaMix and blend until the dates and ice are completely smooth and the liquid is frothy.
- Pour and enjoy!





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## BREAKFAST

### *Great Granola*

#### **INGREDIENTS:**

- 2 cups organic whole rolled oats
- 1 cup sunflower seeds
- 1 cup raw nuts, chopped (almonds, walnuts, pecans, cashews)
- 1/2 teaspoon sea salt
- 1/4 cup shredded coconut (optional)
- 1/3 cup organic maple syrup (You can use a little extra if you like things particularly sweet.)
- 1/3 cup extra virgin coconut oil, melted
- 1 tbsp real vanilla extract (no corn syrup or coloring added)



#### **INSTRUCTIONS:**

- Preheat the oven to 350°F
- Combine oats, seeds, nuts, salt and coconut in a large bowl.
- Whisk together the maple syrup, oil and vanilla and pour over the dry ingredients.
- Spread out in a large Pyrex baking dish. Make sure the granola is not piled on too high. Use two smaller Pyrex dishes if necessary.
- Bake for 25-30 minutes or until golden, stirring twice during baking.
- Remove from the oven and let it cool. Store in a large cereal container and enjoy! This granola also makes a fantastic gift.

**Eat dry or with coconut milk. (For a cereal-like effect, add half can of water to one can of coconut milk in a large jar. Shake and store in your fridge.)**

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## LUNCH

### *Fiesta Lettuce Wraps*

Serves 2-3

A refreshing, filling fiesta lettuce wrap recipe that's delicious!  
You can make this with chicken or black beans for a vegan version.

#### **INGREDIENTS:**

- 1/2 cup quinoa (not cooked)
- 1 cup water
- 1/4 cup veggie broth
- 2 cloves garlic, minced
- 1/2 cup red onion, diced
- 1/2 cup red bell pepper, diced
- 15 oz can black beans, drained and rinsed
- 2 cups baby spinach
- 1/4 cup salsa or chopped tomato
- 1/2 tbsp chili powder
- 1 tsp. ground cumin
- 1/2 tsp smoked paprika
- pinch of cayenne pepper
- 1/4 cup fresh cilantro, loosely packed
- 1 tbsp fresh lime juice, plus additional lime wedges
- salt to taste
- 1/2 an avocado, cubed for garnish
- 4-6 large lettuce wraps (I use Romaine and chop off the thick rib part.)

#### **Optional: 1 lb diced dark meat cooked chicken:**

- Place 1 lb dark meat chicken in a 350°F oven.
- Season with salt, cumin and pepper to taste.
- Bake for 25 minutes or until well brown.
- Chop in small pieces.



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## LUNCH

### FIESTA LETTUCE WRAPS (CONTINUED)

#### *INSTRUCTIONS:*

- In a small pan toast the dry quinoa until it's browned.
- Combine the dried, toasted quinoa and 1 cup of water. If you're using a pan, bring to a boil, lower heat to a simmer and cook covered for 20 minutes.
- While that is cooking, warm the 1/4 cup of veggie broth/water over medium heat in a large pan.
- Once hot, sauté the red onion and garlic together until the onions start to become clear.
- Add the bell pepper into the mixture and saute until the bell pepper has become softer.
- Next, stir in the black beans, baby spinach, quinoa and salsa/tomato; cook until the spinach is wilted.
- Add the spices, cilantro and lime to the pan, making sure that the spices are evenly incorporated.
- If using chicken, add it now.
- Season with salt to taste.
- Top with avocado and tamari toasted pumpkin seeds.



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## LUNCH

### *Tamari Toasted Pumpkin Seeds*

You can simply toast these but I think the tamari adds a rich saltiness. Tamari, a naturally fermented wheat-free soy sauce, can be found at your local health food store. Regular soy sauce is loaded with preservatives, MSG and other undesirables so stay away from it. And besides, tamari simply tastes better!

#### **INGREDIENTS:**

- 1 cup raw pumpkin seeds
- 1 tbsp tamari (San-J and Eden are my favorite brands. Make sure it's organic and wheat free.)

#### **INSTRUCTIONS:**

- In a medium sauté pan, toast pumpkin seeds over low to medium heat until they begin to turn golden, about 10 minutes. Make sure to stir them every couple of minutes to prevent burning.
- Turn the heat very low and sprinkle tamari over the toasted seeds.
- Make sure most seeds receive a little tamari.
- Once the seeds are dry (the tamari dries very quickly), remove from heat and let sit.
- Eat as a delicious salty snack or sprinkle over everything!

**Storage:** Once cooled, store in a glass jar in the fridge or freezer. It will last a good 2 months. Enjoy!



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## DINNER

### *Chana Masala*

This is so quick, simple and flavorful. It's one of my favorite dishes to make. Don't let all the ingredients scare you. It's fast and fabulous!

#### **INGREDIENTS:**

- 1 tbsp olive oil
- 1 large onion, chopped
- 2-3 garlic cloves, minced
- 2 15-16 oz cans chickpeas, drained and rinsed
- 1-2 tsp garam masala or good-quality curry powder
- 1/2 tsp turmeric
- 2 tsp grated fresh or jarred ginger
- 2 large tomatoes, diced
- 1 tbsp lemon juice

- 1/4 cup minced fresh cilantro, or to taste
- Salt to taste

OPTIONAL: hot cooked grain, (brown rice or quinoa)

#### **INSTRUCTIONS:**

- Heat the oil in a wide skillet. Add the onion and sauté until translucent. Add the garlic and continue to sauté until the onion is golden.
- Add the chickpeas, garam masala, turmeric, ginger, tomatoes, lemon juice, and about 1/4 cup water. Bring to a simmer, then cook over medium-low heat for 10 minutes, stirring frequently. This should be moist and stew-like, but not soupy; add a little more water, if needed.
- Stir in the cilantro and season with salt. Serve on its own in shallow bowls or over a hot cooked grain, if desired. This can also be made in a crock pot. Delish!



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## SIDE



### *Lemon Roasted Cauliflower with Green Beans and Onions*

Serves 2

#### *INGREDIENTS:*

- 1 large head cauliflower, cut into 1" florets (about 1-1/2 lb)
- 1 red onion, peeled and sliced
- 2 tsp olive oil, divided
- 1 tbsp lemon juice
- 1 lb green beans
- 1/4 tsp salt
- 1 tbsp chopped parsley
- 1 tbsp capers

#### *INSTRUCTIONS:*

- Place oven rack in top position.
- Preheat oven to 425°F.
- Toss cauliflower and onion with 2 teaspoons of olive oil, lemon juice and salt. Spread on large cookie sheet, and bake 12 to 15 minutes, or until cauliflower and onions are fork-tender and slightly browned.
- Remove from heat and sprinkle with parsley and stir in the capers.



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## SNACK

### *Fruit and Nut Butter*



#### *INGREDIENTS:*

- 1/2 an apple
- 1 tbsp almond butter

#### *INSTRUCTIONS:*

Spread the almond butter on the apples and enjoy!

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us." Marianne Williamson

## BREAKFAST

### *Rainbow Sweet Potato Breakfast Bowl*

Makes 2 bowls

Treat yourself to this sweet potato mash that's topped with fresh berries and a drizzle of maple syrup.

#### **INGREDIENTS:**

- 2 medium sweet potatoes cut into quarters
- 1 banana
- 4 organic strawberries
- 1 cup blueberries
- 2 tbsp maple Syrup

#### **INSTRUCTIONS:**

- Place the sweet potato quarters in a double boiler or steamer basket over an inch of boiling water.
- Steam over medium-low heat for 20 minutes or until you can easily pierce them with a fork.
- Mash the sweet potato inside its skin.
- Scrape the insides into a large bowl. Add the cinnamon and cardamom and mix well, adjusting seasoning as needed.
- Top with banana, pumpkin seeds, berries, maple syrup and enjoy!



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## LUNCH

### *Leftover Fiesta Lettuce Wraps*

(from Menu #6)





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## DINNER

### *Moist Mustard-Rosemary Chicken*

Serves 4-6



#### **INGREDIENTS:**

- 3-1/2 to 4 lb skinless, boneless chicken thighs, rinsed and patted dry
- Kosher salt and fresh coarsely ground black pepper
- 1/3 cup gluten-free Dijon mustard
- 1/3 cup organic Primal Kitchen Avocado Oil Organic Mayonnaise
- 1/2 tsp chopped fresh rosemary

#### **INSTRUCTIONS:**

- Heat a gas grill to medium high or grill in a medium frying pan with 2 tablespoons olive oil.
- Put the chicken in a large bowl and season with 1-1/2 teaspoons salt and lots of fresh coarsely ground pepper.
- Add the mustard, mayonnaise and rosemary and mix thoroughly to combine and to coat the chicken well.
- Spread the chicken out on the grill, watching the heat carefully; there may be a few flare-ups. Cover the grill. Grill the chicken on one side until golden-brown grill marks form, 2 to 3 minutes.
- Rotate the chicken 90 degrees and grill for another 2 to 3 minutes (to get a crosshatch of golden grill marks). Flip and repeat on the other side, grilling for another 4 to 5 minutes (for a total cooking time of 8 to 10 minutes), until cooked through. The chicken should be firm and golden brown all over.
- To pan fry, simply place the chicken in a medium frying pan on medium heat. Fry on each side for about 4 minutes or until cooked. Arrange on a platter to serve family style.
- Serve with Smashed Potatoes and Rockstar Gingered Cabbage Coleslaw.

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## SIDES

### *Rockstar Gingered Cabbage Coleslaw*

Serves 2

#### **INGREDIENTS:**

- 3 cups shredded red cabbage, about 1/2 a medium cabbage
- 1-2 carrots, grated
- 1/4 cup cilantro, chopped
- 1/4 cup fresh mint, chopped
- 2 green onions, finely minced
- 1/3 cup tamari roasted pumpkin seeds

#### **GINGER DRESSING:**

- 1/4 cup unrefined sesame oil
- 2 tbsp extra virgin olive oil
- 1/4 cup brown rice vinegar
- 1/2 tsp grated ginger
- 1 tbsp tamari
- 1/2 tsp of honey

#### **INSTRUCTIONS:**

Mix dressing ingredients together.



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## SIDES

*I love potatoes and thought I had to give them up because of their high starch content*

Move over Yukon and Russets and welcome the super healthy Red potatoes.

Donna Gates of 'The Body Ecology Diet' recommends red potatoes because they are high in fiber, vitamin C and potassium which helps stabilize blood pressure and stress reducing B6. Their high fiber content helps you to balance blood sugar and reduce cholesterol. Yippee! Welcome red potatoes!

If your doctor tells you you're anemic, forget the iron pills. Red potatoes are a delicious way to keep your iron levels in check.

Yum! These are smothered in tasty herbs and chunky salt and are oh so good!





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## SIDES

### *The BEST EVER Salty Herbed Smashed Red Potatoes*

#### INGREDIENTS:

- 12 red potatoes
- kosher salt
- ground black pepper
- olive oil
- dried basil leaves
- dried thyme leaves
- dried rosemary

#### INSTRUCTIONS:

- In a large stock pot filled halfway with water, bring to boil and liberally salt water. Add red potatoes, and boil for 15 minutes, or until they are fork tender. Strain; set aside.
- Preheat oven to 450°F. Using a parchment-lined baking sheet, line your potatoes up 4 to a row, 3 across, making sure they aren't too close to each other. Using a potato masher or strong fork, press down in the center to smash your potato; repeat for all potatoes.
- Drizzle olive oil over the tops of the potatoes, then brush around the entire potato. (I used a basting brush.) Sprinkle kosher salt, pepper, and all herbs over the tops of the potatoes. Place into oven and bake for 20 minutes, or until browned on the top.

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## SNACK

### *Chipotle Black Bean Dip*

Yields about 1 ½ cups

#### **INGREDIENTS:**

- 2 tbsp olive oil, divided
- ½ cup yellow onion, diced
- 1 medium garlic clove, minced
- 1 tsp ground cumin
- ½ tsp ground coriander
- 3 carrots sliced
- 5 celery stalks
- 1-15 oz BPA-free organic black beans (drained and rinsed)
- 2 scallions
- 1/4 cup fresh cilantro, chopped
- 1 tsp sea salt
- 1 red bell pepper

#### **INSTRUCTIONS:**

- Heat 1 tablespoon olive oil in a sauté pan.
- Add the onion to the pan. Cook on medium about 3 minutes until softened.
- Add the garlic and seasonings and cook for another minute. Set aside to cool slightly.
- Mix the black beans, remaining olive oil and onion mixture together and blend everything in a high speed blender until smooth.
- Garnish with cilantro and scallions.
- Serve with carrots, celery and red bell pepper.



"If you judge yourself, you have no room to love yourself."

## BREAKFAST

### *California Power Breakfast Pudding*

Serves 2

Treat yourself to this sweet potato mash that's topped with fresh berries and a drizzle of maple syrup.

#### **INGREDIENTS:**

- 1 avocado, pitted
- 1 apple, cored and sliced
- 1 banana
- 1/4 cup chopped walnuts, almonds or sunflower seed mix
- 1/2 tsp cinnamon or to taste

#### **INSTRUCTIONS:**

- Put the avocado, apple and banana in a food processor and blend until smooth.
- Scoop into bowls or a mug with a straw and garnish with chopped walnuts and cinnamon.

\*You can add any other accouterments you wish such as hemp seeds, sunflower seeds, goji berries or chopped dates.

**OR Easy Option:** 1 hardboiled egg, leftover cabbage salad (from menu #7) and half an avocado





"If you judge yourself, you have no room to love yourself."

## LUNCH

### *Leftover Vitality Bowl*

(from Menu #5)



"If you judge yourself, you have no room to love yourself."

## DINNER

### *Herbed Turkey Burgers*

Serves 4

#### INGREDIENTS:

- 1 lb ground organic turkey
- 1 tbsp flaxseed meal
- 1 tbsp chopped fresh parsley
- 2 sage leaves, chopped
- 1/2 tsp chopped fresh thyme (I use lemon thyme.)
- 1/2 teaspoon chopped fresh rosemary
- 1 tsp Dijon mustard (sugar and gluten-free)
- 1/2 tsp ground cumin
- 2-3 tbsp olive oil
- Pinch of sea salt and pepper to taste

#### INSTRUCTIONS:

- In a large bowl, gently mix ground turkey, and the rest of the ingredients together. (I do this with my hands. Vegetarians can mash garbanzo beans and use the beans as a base.)
- Heat a skillet to medium heat and add a bit of the olive oil.
- Form the meat into 4 patties and place it in the skillet.
- Brown on each side until cooked through.
- Top with sprouts, avocado, Dijon mustard, or caramelized onions and wrap in a lettuce leaf. YUM!



"If you judge yourself, you have no room to love yourself."

## SIDES

### *Curried Kale and Shiitake Mushrooms*

Serves 4 as a side

#### INGREDIENTS:

- 2 tbsp extra virgin coconut oil
- 1/2 red onion, diced
- 1 clove garlic, minced
- 4 oz (about 1-1/2 cups) shiitake or trumpet mushrooms, chopped
- 1/2-1 tsp curry powder
- 1 bunch kale, washed, ends trimmed, and chopped
- sea salt and pepper
- pinch of nutmeg to taste
- 2 tbsp water

#### INSTRUCTIONS:

- Warm the oil in a large skillet over medium heat and add the onions. Cook until translucent and a bit golden, about 10 minutes.
- Add the garlic, mushrooms, curry powder and a pinch of salt. Stir well, and cook until the mushrooms have softened.
- Add the kale and combine with the mushroom mixture.
- Reduce the heat to low, add another pinch of salt, pepper, nutmeg and the water.
- Cover and cook for about 7 minutes. The kale should be nicely wilted and bright green and the liquid mostly evaporated.





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## SNACK



### *"Almond Joy" Bars*

Prep: 5 Minutes  
Makes 16 2-inch squares

#### **INGREDIENTS:**

- 1 cup dates
- 1 cup raw almonds
- 1 cup shredded unsweetened coconut
- 2/3 cup hazelnuts
- 1/4 cup raw cacao
- 2 tbsp coconut butter
- 1/2 tsp almond extract

#### **INSTRUCTIONS:**

- Mix all ingredients in high-powered mixer until well mixed.
- Press into an 8×8-inch pan lined with parchment paper.
- Cut into small squares.
- Store in an air-tight container in the refrigerator. Enjoy.

"The chance to love and be loved exists no matter where you are." Oprah Winfrey

## BREAKFAST

### *Quinoa and Chia Porridge With Stone Fruits*

Total time: 20 mins

Serves: 2- 4

I love to make (and eat!) beautiful colorful food, especially for breakfast. It makes me happy! Beautiful food makes my eyes dance with joy, makes my mouth water and fills me up with massive anticipation just by looking at it. You will love this dish!

#### **INGREDIENTS FOR THE PORRIDGE:**

- 3/4 cups quinoa
- 2 cups almond milk (or your favorite nut milk)
- 1/2 cup water
- 5 tbsp chia seeds
- 1 tbsp coconut butter (optional)
- 2 tbsp sweetener of choice (raw honey, maple syrup)
- pinch sea salt
- 1 'empty' vanilla pod (After I scrape the vanilla seeds and use them in whatever recipes, I keep the pods and use them to flavor porridge like this or other liquids.) or 1 tsp vanilla extract
- pinch ground cinnamon
- 3 green cardamom pods
- 3 slices of fresh turmeric (or 1/2 tsp ground turmeric)

#### **INGREDIENTS FOR THE TOPPINGS:**

- a handful of currants, raisins or chopped dates
- 1/3 fresh peach, roughly sliced/chopped
- 1/3 fresh nectarine, roughly sliced/chopped
- Toppings: fresh figs, chopped, coconut flakes, almonds, fresh thyme



#### **INSTRUCTIONS:**

- Add all the ingredients for the porridge to a pot and place on medium to low heat.
- Bring to a boil and turn down the heat to the minimum.
- Simmer until cooked, covered, stirring every now and then and making sure it doesn't stick to the bottom.
- Once ready, add the toppings and serve warm.



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## LUNCH

### *Leftover Turkey Burger with Curried Kale and Shiitake Mushrooms*

(from Menu #8)





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## DINNER

### *Enchaladas with Pumpkin Seed Salsa*

Prep time: 10-15 minutes | Total time: 30 minutes

Serves: 4

Spoon this pumpkin-infused salsa atop these enchiladas for an extra dose of Fall flavor.

#### INGREDIENTS:

- 8 organic soft corn tortillas
- 1 large white onion
- 2 cloves garlic, minced
- 1 tsp cumin
- 2 peppers (1 each red and yellow), quartered
- 2-1/2 tbsp vegetable oil
- kosher salt
- 1 tbsp Pepper and salt to taste
- 2 cup packed cilantro, roughly chopped
- 1/3 cup raw pumpkin seeds
- 1 jalapeno, finely chopped (seeded, if desired)
- 1 tsp ground turmeric
- 1 can BPA-Free organic garbanzo beans
- 1 beefsteak tomato, roughly chopped
- 4 tbsp fresh lime juice (from 3 to 4 limes)

**You can sub the garbanzo beans for 1 lb organic chicken (I use thighs for more moist chicken.)**





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# DINNER

## ENCHALADAS WITH PUMPKIN SEED SALSA (CONTINUED)

### INSTRUCTIONS:

- Heat oven to 350°F. Divide tortillas between two large pieces of foil. Wrap and warm in the oven for 15 minutes.
- Meanwhile, heat a sauté pan over medium-high heat. Slice 3/4 of the onion into 1/2" thick rounds. Finely chop remaining 1/4 onion and set aside. Toss sliced onion, garlic and peppers with 1/2 tablespoon olive oil and 1/4 teaspoon each salt and pepper until tender, 5 to 6 minutes per side. Add corn and set aside.
- Meanwhile, make pumpkin seed salsa: In a food processor or blender, pulse cilantro, jalapeño, spices and all but 2 tablespoons of pumpkin seeds, 2 tablespoon of lime juice, and 1/4 teaspoon of salt until smooth. (Add water, 1 tablespoon at a time, as necessary until it reaches a pesto-like consistency.)
- Make tomato salsa: In a medium bowl, combine tomato, reserved chopped onion, remaining 2 tablespoon of lime juice, and a pinch of salt and pepper.
- Spread each tortilla with 1 tablespoon of pumpkin seed salsa and top with vegetables (about 1/2 cup each or more). Roll up and place seam side down to keep closed.
- Heat a large nonstick skillet over medium-high heat. Working in two batches, add 1 tablespoon of oil, then cook enchiladas, seam side down first, until golden brown, about 2 minutes per side. Repeat with remaining tablespoon of oil and enchiladas. Serve with tomato salsa, pumpkin seed salsa and reserved pumpkin seeds.
- Serve with grilled chicken if desired.

**Eat with at least 4 cups of fresh leafy greens topped with home-made salad dressing. Dressing suggestion: 2 tsp rice vinegar, 1/4 cup olive oil, 1/4 cup toasted sesame seeds and 2 tsp tamari.**

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## SIDE

### *Roasted Beet Salad with Citrus Vinaigrette*



#### ***INGREDIENTS FOR THE SALAD:***

- 1/2 pound medium beets, stems trimmed and scrubbed
- 2 cups arugula or fresh salad greens
- 1/2 cup toasted walnuts, pecans, or pine nuts

#### ***INSTRUCTIONS:***

- Preheat oven to 400°F
- Place the beets in a baking dish with a lid.
- Place in the oven and bake until the tip of a sharp knife easily slides through the beets, about 45 minutes to 1 hour.
- Remove from the oven and cool.
- Once cool enough to handle, use paper towels to peel the beets.
- Cut into quarters.
- Combine the arugula, beets, and walnuts and drizzle with the vinaigrette to taste.

#### ***INGREDIENTS FOR THE CITRUS VINAIGRETTE:***

- 1 red onion, sliced thin
- 4 tbsp freshly squeezed lemon juice
- 3 tbsp freshly squeezed orange juice
- 1/2-3/4 teaspoons gluten-free Dijon mustard
- 2 tbsp extra virgin olive oil
- kosher salt and freshly ground pepper
- 1 jalapeno pepper, finely diced
- 1 tbsp oregano
- 1/4 cup cilantro

#### ***INSTRUCTIONS FOR THE CITRUS VINAIGRETTE:***

- In small bowl whisk together the red onion, lemon juice, orange juice, Dijon mustard, jalapeno pepper and oil until well combined.
- Season with oregano, cilantro and salt and pepper to taste.



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## SNACK

### *Savory Nut Pate*

#### **INGREDIENTS:**

- 1 cup walnuts
- 2 scallions
- 2 celery stalks
- 1 tsp sea salt

#### **INSTRUCTIONS:**

- Place walnuts in sauté pan over low heat and toast until golden brown.
- Puree all ingredients together until smooth.
- Serve with carrots, celery, green beans or your favorite gluten-free crackers. (I like Mary's Gone Crazy.)



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## BREAKFAST

### Vegan Chickpea Omelet

Makes: 2 Omelets

Can't eat eggs and love delicious omelets? This is your ticket for a yummy protein filled breakfast when you have sensitivities to eggs.

#### INGREDIENTS FOR THE BATTER:

- 3/4 cup organic chickpea flour
- 3/4 cup unsweetened nondairy milk
- 2 tsp apple cider vinegar
- 2 tsp nutritional yeast
- 1/4 tsp turmeric powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp. baking soda
- 1/4 tsp sea salt

#### STUFFING OPTIONS:

- 14 red onions, sliced thin
- 2 garlic cloves, minced
- 1/4 cup tomatoes, chopped
- 1/4 cup small broccoli florets
- 1 tbsp cilantro
- 1/4 cup of any vegetable you love

#### NOTE:

You can make the batter the night before, cover it and let it sit in the refrigerator overnight.

#### INSTRUCTIONS:

- Whisk together the chickpea batter in a large measuring cup with a pouring lip. (This makes it so much easier for cooking.) Mix the batter to a pancake-like consistency. Let it sit for a few minutes.
- In a heated nonstick skillet, sauté the red onion and garlic until lightly browned. Add the broccoli or other vegetable of your choice. Remove from heat and set aside.
- Using the same skillet, add about a 1/2 teaspoon olive oil and pour half the batter into the pan. Add the garlic, onions, broccoli and tomatoes on top of one half of the batter (or veggie of your choice).
- Continue cooking the 'pancake and veggies' until it firms up on the edges and bubbles (about 2 minutes).
- Once the 'pancake' is firm, gently fold over one side to cook another minute. Cover the pan with a lid, turn off the stove and allow it to steam for 5 minutes.
- Garnish with more tomatoes, minced red onion and sliced avocados.
- Optional: Squeeze the juice of 1/2 a lime on top for extra flavor.
- Add sea salt and pepper to taste.

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## LUNCH

### *Pesto Chicken*

Serves 2-3

The fresh bite of cilantro, combined with an olive oil and lime base, mixed with the robust flavors of pine nuts smothered all over shredded chicken, all nestled into a few crunchy romaine lettuce leaves pretty much sums up lunchtime heaven, does it not?

#### **INGREDIENTS:**

- 3 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1-2 cups chicken thighs, precooked and sliced or shredded (use leftover chicken from menu #9)
- 2 cloves garlic, minced
- 1 head broccoli, cut into small florets
- 1 carrot, grated
- 1 tbsp fine grain sea salt

#### **INGREDIENTS FOR THE PESTO (ADAPTED FROM GLUTEN-FREE GODDESS)**

- 2 cups, washed, loosely packed stemmed herbs – cilantro, parsley, mint
- 1/2 cup shelled pecans, pine nuts, walnuts or whatever nut you prefer
- 2 cloves fresh garlic
- 1/4 to 1/2 cup olive oil, as needed
- Juice of 1 lime
- Sea salt to taste

#### **INGREDIENTS FOR THE LETTUCE WRAP:**

- 5 to 6 pieces of romaine lettuce

#### **TO MAKE THE PESTO:**

- Combine fresh herbs, nuts, and garlic in a food processor and process the mixture until it turns into coarse meal.
- Slowly add the olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable.
- Season with sea salt, to taste.

Makes roughly one rounded cup.



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# LUNCH

## PESTO CHICKEN (CONTINUED)

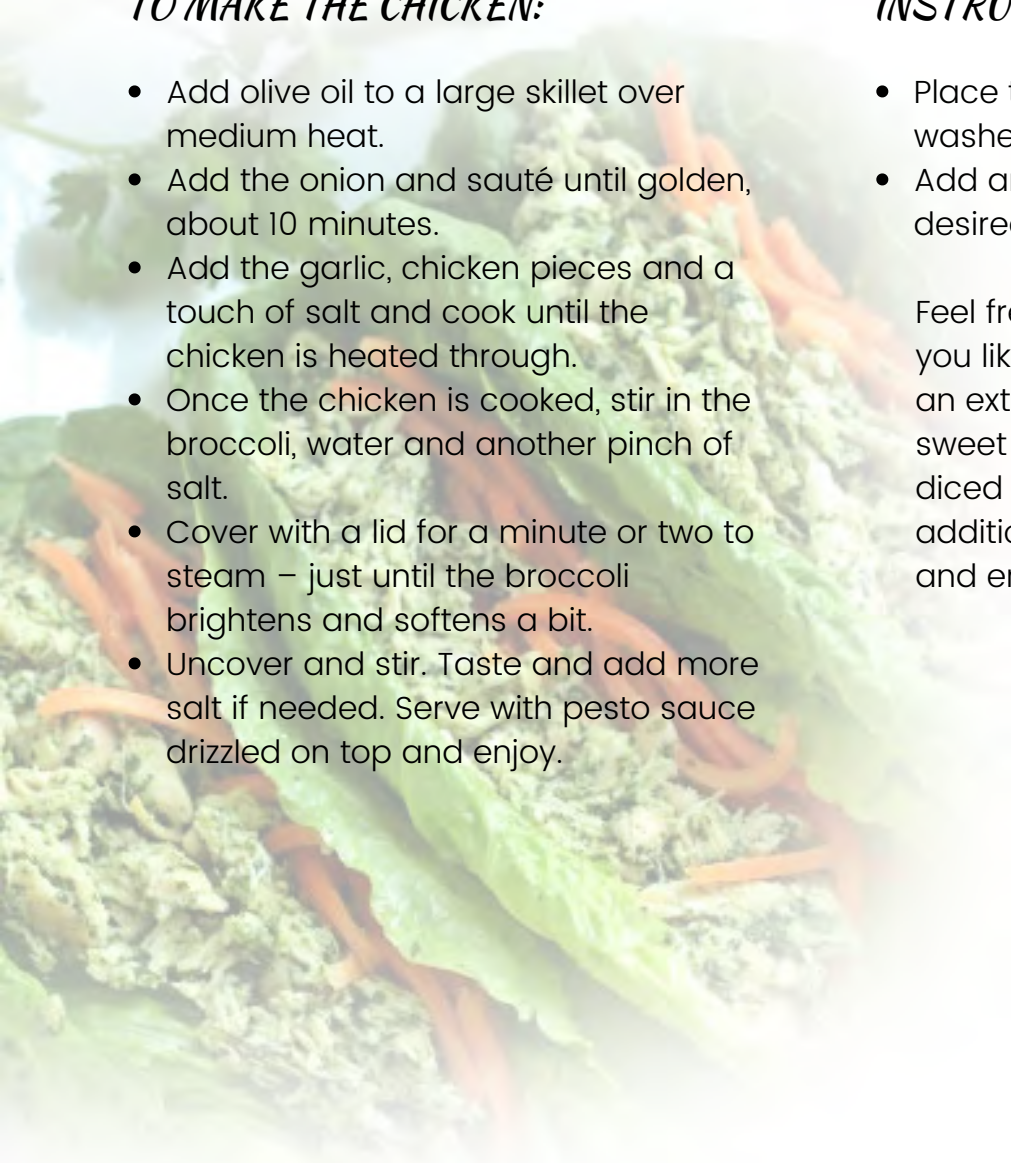
### TO MAKE THE CHICKEN:

- Add olive oil to a large skillet over medium heat.
- Add the onion and sauté until golden, about 10 minutes.
- Add the garlic, chicken pieces and a touch of salt and cook until the chicken is heated through.
- Once the chicken is cooked, stir in the broccoli, water and another pinch of salt.
- Cover with a lid for a minute or two to steam – just until the broccoli brightens and softens a bit.
- Uncover and stir. Taste and add more salt if needed. Serve with pesto sauce drizzled on top and enjoy.

### INSTRUCTIONS FOR THE WRAPS:

- Place the cilantro pesto chicken in 2-4 washed romaine lettuce leaves.
- Add any additional toppings as desired.

Feel free to add whatever other 'fillers' you like. I chose matchstick carrots for an extra crunch. You could add sautéed sweet peppers, red onions, sun dried or diced tomatoes, celery or nothing additional at all. Have fun with this recipe and enjoy!



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## DINNER

Tonight's dinner is loaded with vegetables and delicious flavor. It's designed to help you feel clean and loaded with boundless energy. Enjoy!

### *Cilantro Avocado Shrimp Salad*

Serves 4

#### **INGREDIENTS:**

- 24 medium shrimp
- dark green organic lettuce
- 1 medium tomato

#### **DRESSING:**

- 1/2 ripe avocado
- 1-1/2 cups avocado oil
- 1 cup fresh cilantro
- 1 garlic clove
- juice from one lime
- dash of salt

#### **INSTRUCTIONS:**

- If using fresh shrimp, wash, peel and devein. Sauté shrimp for a few minutes in 2 tablespoons of avocado cilantro lime dressing until it turns pink on all sides. Set aside to cool.
- For the dressing, place all ingredients in a container and combine with a hand mixer or blender.
- Wash and then cut or tear lettuce into pieces and place in salad bowl. Cut up tomatoes or other salad fixings. Place on top of lettuce. Add cooked and cooled shrimp. Place enough dressing to your liking on the salad and toss to coat. Serve and enjoy!



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## DINNER

### *Garlic Roasted Green Beans & Mushrooms*

#### **INGREDIENTS:**

- 2 bags of frozen sliced green beans, rinsed and drained
- 2 tbsp extra-virgin olive oil
- 1/2 red onion, diced
- 1 cup trumpet mushrooms, diced
- 1 tsp cumin
- 1-2 tsp salt
- 3/4 water
- 1/4 cup cilantro, chopped
- Favorite good quality finishing olive oil (I use Bariani, cold pressed and unfiltered.)
- tamari toasted pumpkin seeds (see recipe below)
- 1/2 avocado, cubed (optional)

#### **INSTRUCTIONS:**

- In a large pot, sauté onions and mushrooms until they begin to caramelize, about 7-8 minutes.
- Add in the drained beans, cumin, 3/4 cup of water, and salt and let simmer for 10-15 minutes.
- When ready to serve, stir in the cilantro, drizzle with olive oil and top with avocado and pumpkin seeds.
- Add the mint and parsley and mix through. Serve and enjoy!

NOTE: This salad pairs beautifully with a roasted sweet potato for lunch or with Pesto Chicken for dinner.





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## SIDE

### *Carrot Salad with Cumin and Mint*

Adapted from [SmittenKitchen.com](http://SmittenKitchen.com)



#### **INGREDIENTS:**

- 3/4 lb carrots, peeled, trimmed and coarsely grated
- 4 tbsp olive oil
- 1 crushed clove of garlic
- 1/4 tsp ground caraway
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- Dash of cayenne pepper (optional)
- Touch of honey
- 3 tbsp lemon juice
- 2 tbsp flat leaf parsley, finely chopped
- 2 tbsp fresh mint, finely chopped

#### **INSTRUCTIONS:**

- In a small sauté pan, cook the garlic, caraway, cumin, paprika, cayenne and honey in the oil until fragrant, about 1-2 minutes.
- Remove from heat and add the lemon juice and a pinch of salt.
- Pour over the carrots and mix.
- Add the mint and mix. Serve and enjoy!

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## SNACK

### *3-Ingredient Green Smoothie Recipe*

Prep Time – 5 minutes   Serves 1-2

This smoothie is so good and if you close your eyes, you'll think you're in the tropics drinking a Pina Colada.



#### **INGREDIENTS:**

- 1 cup fresh baby spinach
- 3/4 cup coconut milk
- 1 cup frozen pineapple
- 2 tbsp flax seeds

#### **INSTRUCTIONS:**

- Add coconut milk, flax seeds and spinach to blender. Blend on high-speed until completely smooth.
- Add frozen pineapple and blend again until smooth

You can make this ahead of time and it will last up to 3 days. Delish!

Optional: You can add a frozen banana or an apple to add a bit more sweetness. (If the banana is not frozen, add in a few ice cubes.)