



# 7 DAY

## REBOOT

# COOKBOOK



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*Designed  
by*

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# LUNCH BOWLS

## THE COMPONENTS OF A LUNCH:

- lean, healthy, sustainable and ethical protein
- vegetables
- seasoning, spice, dressing and/or sauce

## PREPARATIONS

Prepare all of the ingredients for your lunches on Sundays and Wednesdays.

On Sundays, you will prepare ingredients for lunch for Monday, Tuesday and Wednesday. On Wednesdays, you will prepare ingredients for lunch for Thursday and Friday. If you find yourself with leftovers-- you can use these ingredients for lunches and/or snacks on the weekend. Allow yourself 2 hours to prepare the ingredients.

If you have a really busy schedule and don't cook much, preparing lunch ingredients on Sundays and Wednesdays is the best way to ensure that you will have healthy meals to eat in the middle of the day.

Alternatively, if you do make dinner in the evenings, you can prepare some extra servings of your meal to have leftover for lunch the following day.

## PREPPING VEGGIES:

1. Choose the vegetables that you like and want to use for the week, including at least 1 type of leafy green.

*For example:* 1 cucumber, 2 red peppers, 1 bunch of radishes, 1 small box of cherry tomatoes, 1 box of mixed salad greens, 1 bunch of kale, 3 avocados, 1 bag of sunflower sprouts.

2. Wash and dry vegetables.
3. Chop into pieces of preferred size.
4. If you are using vegetables that need to be lightly cooked (such as green beans or zucchini) follow the above instructions. And then steam the vegetables lightly for a few minutes. Remove from heat and allow to cool.
5. Place vegetables in different containers and store in the refrigerator. You will need a different container for each type of vegetable.

FOR SALAD GREENS, SPROUTS, AND HERBS— THESE VEGETABLES WILL WILT IF THEY ARE TOO WET.

1. It is best to purchase salad greens that are pre-washed to avoid wilting and to sustain shelf life.
2. To keep fresh herbs for longer, make sure they are completely dry before chopping and storing in containers in the refrigerator.
3. To keep sprouts for longer- never wash them until right before eating, or before you put lunch together (it's ok to rinse them off a few hours before you eat lunch).

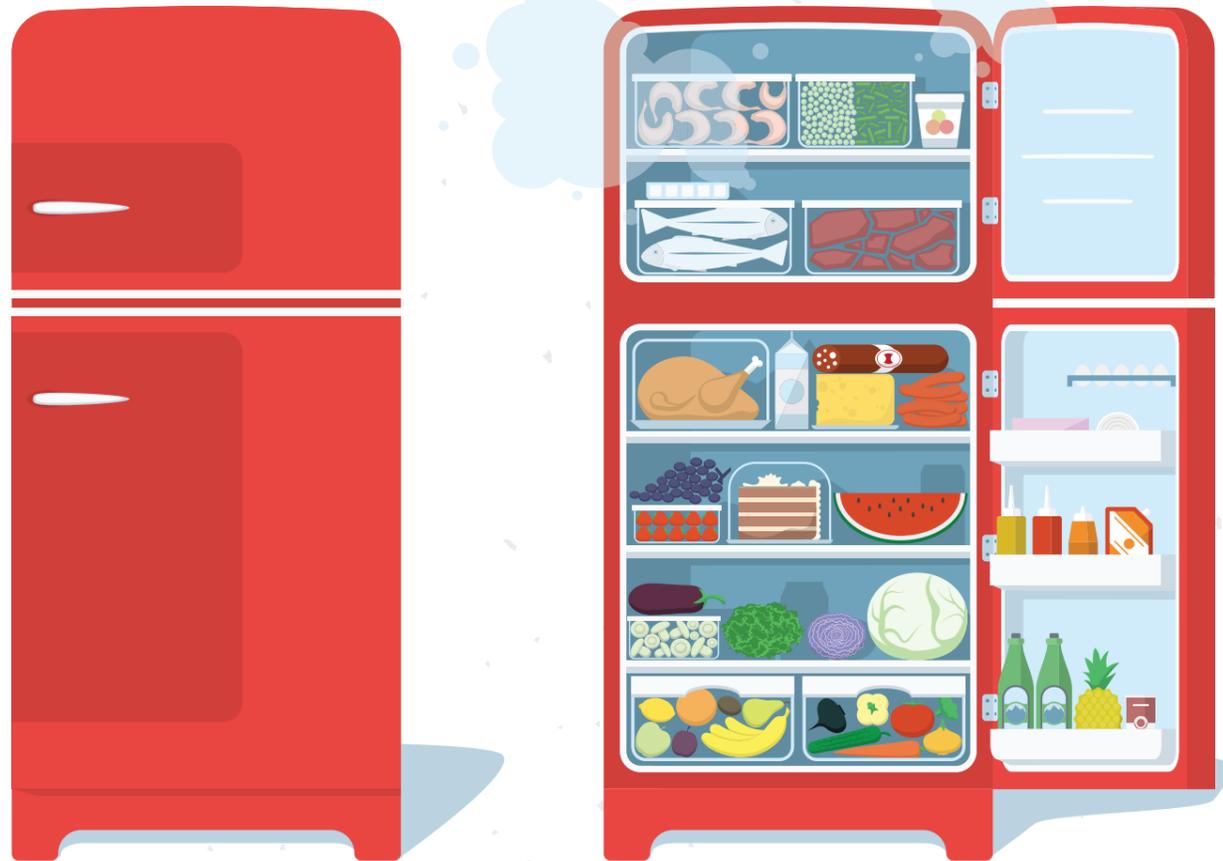
## PREPPING PROTEIN:

1. Choose the proteins that you want to have for lunch.

2. Follow instructions for preparing the different proteins.

### PREPPING DRESSINGS & SAUCES:

1. Choose the dressings and sauces that you want to use for the week.
2. Prepare batches of the dressings/sauces that you want to use repeatedly during the week. You can double or triple the recipe to have a larger quantity of a dressing or sauce.
3. Store in containers in the refrigerator.



## CHOOSE VEGETABLES

### FRESH RAW

Cucumber  
 Mixed Salad Greens  
 Kale  
 Red peppers  
 Carrots  
 Radishes  
 Baby Spinach  
 Fennel  
 Cherry Tomatoes  
 Avocado  
 Celery  
 Beets (grated or sliced finely)  
 Sunflower Sprouts  
 Peashoot Sprouts  
 Red Peppers  
 Tomatoes

### ROASTED VEGGIES

Sweet Potato  
 Squash  
 Zucchini  
 Red peppers  
 Red Onion  
 Garlic  
 Sundried Tomatoes  
 Olives  
 Artichokes

### STEAMED LIGHTLY

Kale  
 Spinach  
 Zucchini  
 Green Beans  
 Snowpeas  
 Snappeas  
 Broccoli  
 Cauliflower



## CHOOSE PROTEIN

### ANIMAL

- 1 Organic Chicken Breast
- 1 Filet of Wild/Sustainably Caught Salmon, Trout, or Other Type of Fish
- 1 serving of wild or Sustainably/Ethically/Organic Raised Meat
- 1 Can of Ethical/Sustainable Tuna

### NUTS/SEEDS

- Pumpkin seeds
- Sunflower seeds
- Sesame Seeds
- Hemp Seeds
- Almonds
- Walnuts
- Pecans
- Pinenuts



## CHOOSE DRESSING

- Hemp Oil or Flax Oil Dressing
- Balsamic Vinaigrette
- Simple Lemon
- Tahini Lemon
- Simple Sesame and Tamari
- Fresh Herbs, Olive Oil and Lemon
- Lime Cumin Vinaigrette

# SIMPLE CHICKEN SALAD



Serves 1 // Prep Time: 30 min

## INGREDIENTS

1 organic chicken breast  
handful fresh chives or green onions, chopped  
handful fresh parsley, chopped  
2 tsp dijon mustard  
1 Tbsp olive oil  
sea salt to taste  
1 Tbsp apple cider vinegar  
ground black pepper to taste

## PREPARATION

1. Bring a small pot of water to a boil.
2. Add the chicken and simmer for about 10 minutes. You can cut into the piece of chicken to make sure that it is cooked thoroughly.
3. While the chicken is cooking, mix together the mustard, olive oil, sea salt, vinegar, and black pepper. Chop the chives/green onions and parsley.
4. Remove the chicken from heat and cool under cold water. Chop into small pieces.
5. Mix everything together.

# SIMPLE TUNA SALAD



Serves 1 // Prep Time: 10 min

## PREPARATION

1. Chop the celery, carrots, sundried tomatoes and olives.
2. Combine all of the ingredients in a bowl and mix.

## INGREDIENTS

1 can sustainable/ethical tuna  
1/8 cup celery, chopped finely  
1/8 cup carrots, grated/shredded  
2 tsp dijon mustard  
2 tsp apple cider vinegar  
1/4 cup black olives, chopped (optional)  
1/4 cup sundried tomatoes, chopped (optional)  
sea salt to taste

# GRILLED OR ROASTED FISH



Serves 1 // Prep Time: 25 min

## INGREDIENTS

1/2 lemon, juiced

2 tsp high heat cooking oil, melted (ghee or coconut oil)

1 filet of fish of choice

1/8 tsp sea salt

### optional:

1 tsp dried Italian herbs (rosemary, parsley, oregano)

## PREPARATION

1. Preheat oven to 350. Or, if using grill, preheat grill for 5 minutes.
2. Mix together the lemon juice, oil, sea salt and herbs. Sprinkle over top of the fish.
3. Roast or bake for 10-12 minutes, depending on the size of fish.



# GRILLED OR ROASTED CHICKEN

Serves 1 // Prep Time: 30 min

## PREPARATION

1. Preheat oven to 350. Or, if using grill, preheat grill for 5 minutes.
2. Place the chicken on a baking dish and put oil, sea salt and pepper on top.
3. Roast or bake for approximately 15 minutes, or until cooked through.

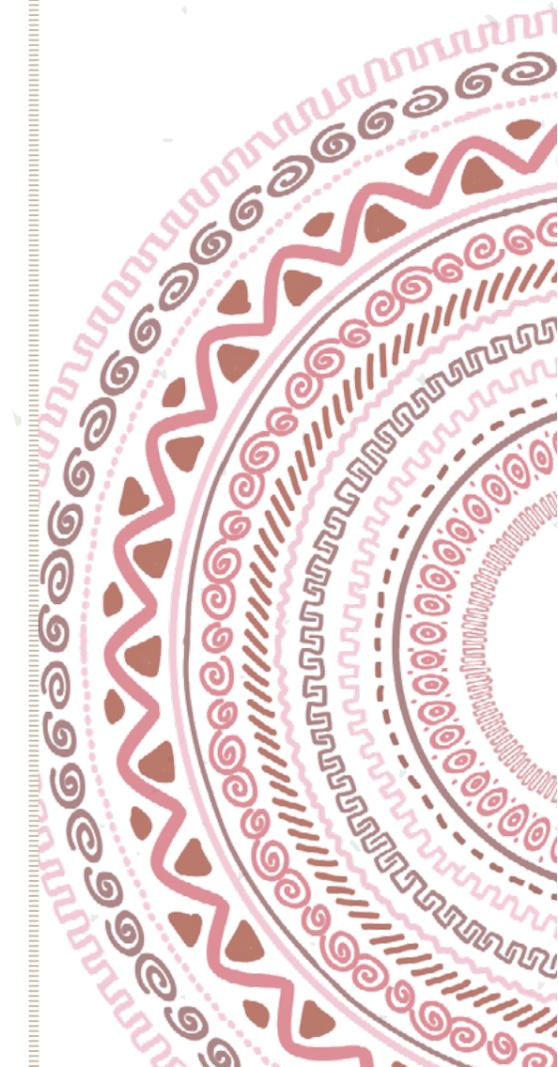
## INGREDIENTS

1 organic chicken breast

1/8 tsp sea salt

black pepper

2 tsp high heat cooking oil, melted (ghee or coconut oil)



# HARD BOILED EGGS

Prep Time: 25 min

## INGREDIENTS

organic, free range,  
local eggs  
water

## PREPARATION

1. Bring a small pot of water to a boil.
2. Carefully add the eggs into the water. You can use a spoon to place them into the pot, so that they don't splash.
3. If the eggs were cold and right out of the refrigerator, boil for 13 minutes. If the eggs were room temperature, boil for 11 minutes.
4. Remove eggs from the pot and run under cold water for a few minutes to cool down. You can also let the eggs sit in a pot of cold water.
5. Once the eggs have cooled, carefully peel them. Or, you can store the eggs in the refrigerator and then peel them when you are ready to use them.



# BASIC SMOOTHIE RECIPE



Serves 1 // Prep Time: 5 min

## INGREDIENTS

1 cup liquid (almond milk **or** other dairy free milk, coconut water, coconut milk)

1 cup low glycemic fruit (blueberries, strawberries, raspberries, cherries, raspberries)

1 cup leafy green vegetables (spinach, romaine lettuce, kale, chard)

1 piece of sweeter fruit (pear, apple)

2 - 3 Tbsp protein (nut butter, hemp seeds, seed butter, cashews, walnuts, pecans)

### Superfoods of Choice (you choose):

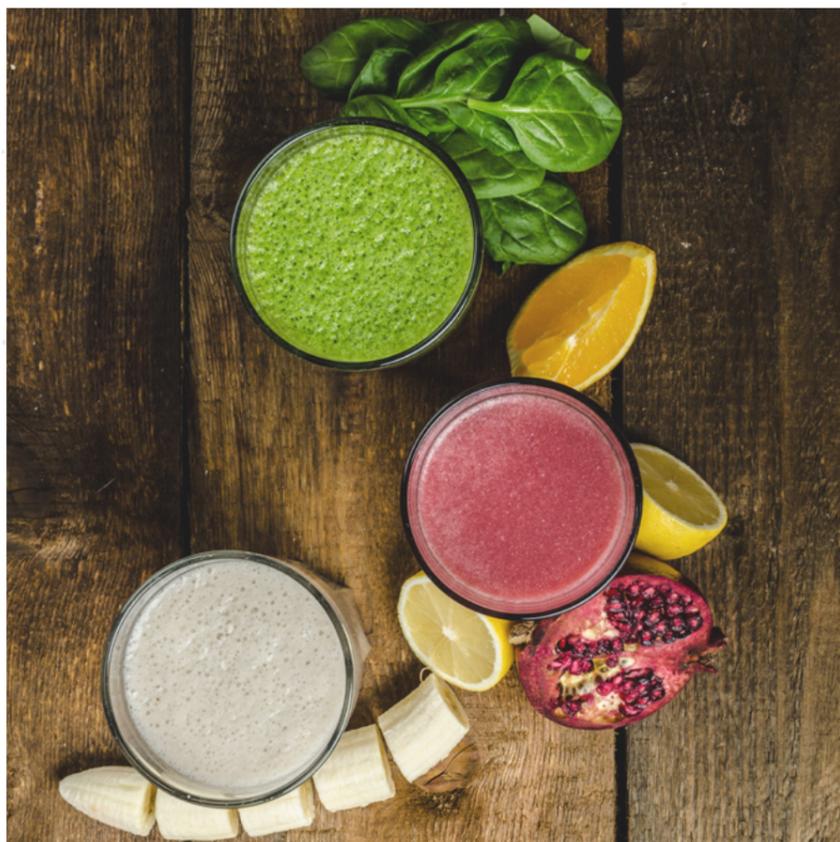
1/2 tsp spirulina

1 tsp bee pollen

1 tsp maca

Handful of goji berries

2 tsp raw cacao powder



## PREPARATION

1. Blend all ingredients together until smooth and creamy.
2. Enjoy.

# COCONUT HEMP BLISS SMOOTHIE



Serves 1 // Prep Time: 5 min

## INGREDIENTS

2 cups coconut water

1 pear

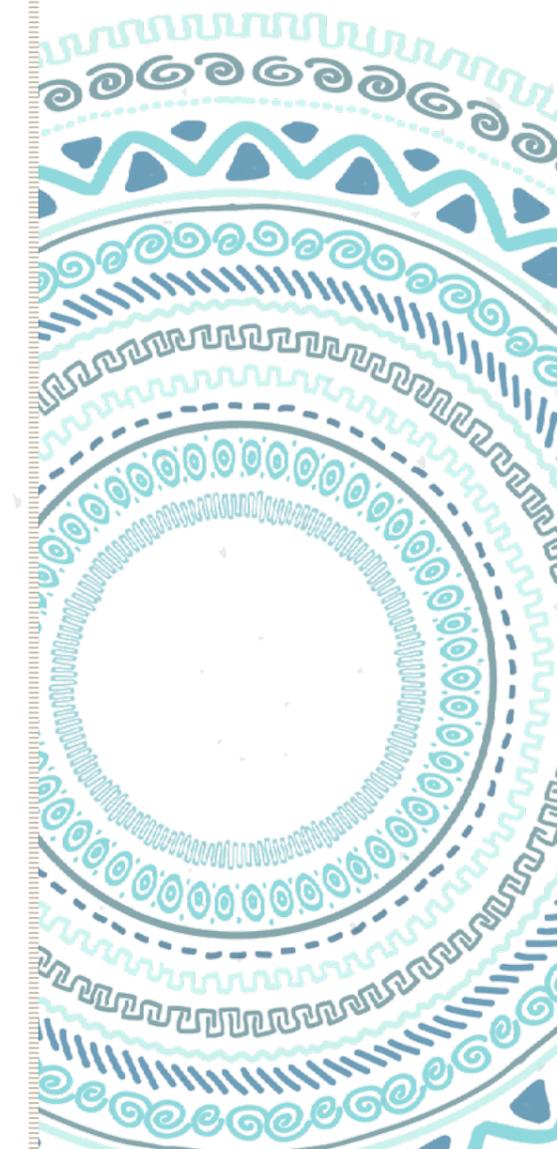
1 cup kale **or** spinach

2 Tbsp hemp seeds

Hemp seeds are really powerful stuff. They possess an excellent 3:1 ratio of omega-3 and omega-6 fatty acids, which promotes cardiovascular health. They're high in gamma linolenic acid (GLA), an essential omega-6 fatty acid that has been proven to naturally balance hormones. Hemp seeds are considered the "perfect protein," because they contain all 20 amino acids, 9 of which our bodies cannot produce. Lastly, they are rich in soluble and insoluble fiber that naturally cleanses the colon and reduces sugar cravings.

## PREPARATION

1. Blend all ingredients together until smooth and creamy.
2. Enjoy.



# GINGER APPLE GREEN SMOOTHIE



Serves 1 // Prep Time: 5 min

Ginger has a long standing tradition of being very effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract). Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

## INGREDIENTS

- 1 apple
- 1 – 2 cups baby spinach
- 1 inch piece of ginger root
- 1 cup liquid (almond milk **or** other dairy free milk, coconut water, coconut milk)
- ¼ cup raw cashews

## PREPARATION

1. Blend all ingredients together until smooth and creamy.
2. Enjoy.



# STRAWBERRY GOJI SMOOTHIE



Serves 1 // Prep Time: 5 min

Goji berries are high in vitamin C and fiber, and low in calories. They are also a good source of iron and vitamin A. One serving of about four ounces of goji berries provides nearly 10 percent of the suggested amount of dietary protein - a surprising amount for a fruit.

The complex carbohydrates that make goji berries so yummy raise blood sugar slowly, so you won't experience a sugar crash afterwards.

## INGREDIENTS

2 cups almond milk

1 cup strawberries, fresh or frozen

1/4 cup goji berries

1 cup spinach or kale, chopped

3 tsp chia seeds (for extra fiber and protein)

## PREPARATION

1. Blend all ingredients together until smooth and creamy.
2. Enjoy.



# CINNAMON COCONUT SMOOTHIE



Serves 1 // Prep Time: 5 min

## INGREDIENTS

1 cup kale (or spinach)

1-2 cups almond milk  
or coconut milk (or  
combination of both)

1/4 cup cashews, almonds  
or hempseeds

1/2 tsp cinnamon

### Toppings (optional):

1/8 cup organic raisins

1 Tbsp shredded coconut

Cinnamon is a miracle spice with crazy healing properties. It can control blood sugar levels, reduce risk of heart disease, and even boost brain function. When purchasing, make sure to get Ceylon cinnamon, or stick to small doses (no more than 0.5-2 teaspoons a day) if you're using the Cassia variety as you run the risk of liver damage by using too much.

## PREPARATION

1. Place kale and milk in the blender. Blend until smooth and green.
2. Add remaining ingredients and blend up.



# GREEN CHERRY SMOOTHIE



Serves 1 // Prep Time: 5 min

Have you tried an avocado in your smoothie? They lend an amazing amount of creaminess to the recipe, and are especially helpful if you're dairy-free. It also turns out that avocados can boost nutrition absorption. Not only are avocados a naturally nutrient-dense food brimming with fiber, folate, and vitamin K, the healthy fats in avocados make it easier for the body to absorb all the other good stuff in smoothies like vitamins A, C, and K to name a few.

## INGREDIENTS

1 pear, cut in chunks

1 cup fresh or frozen cherries

1 cup coconut water

1 cup spinach **or** kale leaves

1 small avocado

A few drops of stevia, if desired

## PREPARATION

1. Blend all ingredients together until smooth and creamy.
2. Enjoy.



# FRITTATA

Serves 1-2 // Prep Time: 30 min

The word “frittata roughly translates to “fried” in Italian. A frittata is an egg-based Italian dish that is very similar to an omelet or a crust-less quiche. Unlike other egg-based breakfasts, which are needy and require constant monitoring, the frittata is just mixed together, placed in the oven, and forgotten while you get ready for the day. You can enrich the dish with additional ingredients such as meats, cheeses, vegetables or pasta. In the efforts of eating clean, we have omitted cheese from this recipe.

## PREPARATION

1. Preheat oven to 350.
2. Beat the eggs until fluffy in a bowl. Fold in the nut milk and vegetables.
3. Pour into a lightly oiled small baking dish.
4. Bake for 15-20 minutes, or until firm to touch.

## INGREDIENTS

3 organic, pasture raised eggs

1/3 cup almond or rice milk

1 cup spinach, chopped

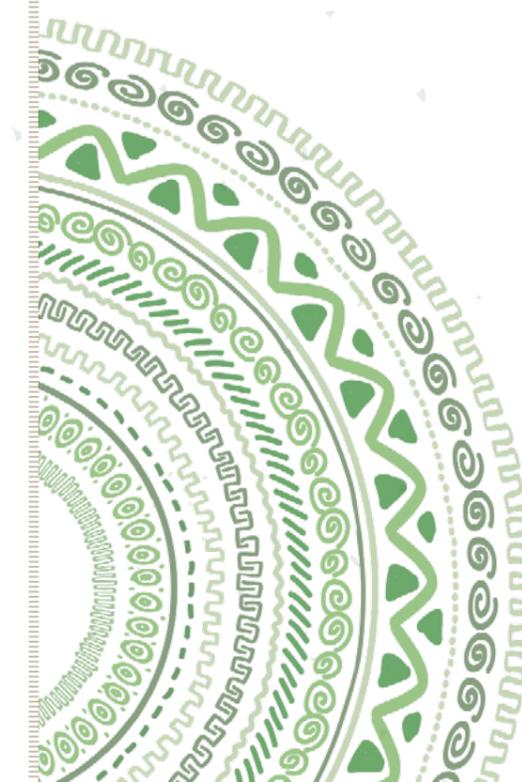
1/3 cup red pepper, chopped

1/4 cup onion or green onions, chopped

1/8 tsp sea salt

1 tsp dried Italian herbs (basil, oregano, thyme)

1 tsp coconut oil or ghee (clarified butter)



# SUPERFOOD TRAILMIX

Serves 2 // Prep Time: 3 min

## INGREDIENTS

- 1/3 cup cacao nibs
- 1/3 cup goji berries
- 1/3 cup hemp seeds
- 1/3 cup pumpkin seeds
- 1/3 cup walnuts
- 1 cup coconut flakes, unsweetened

Did you know that the idea of trail mixes stems from ancient nomadic tribes? They used to mix up dried berries, fruits, nuts and meats together. Of course it wasn't called Trail Mix back then, but nevertheless, it was just that. Trail mix was, and still is high in energy, needs no specialized storage, and does not require cooking prior to consumption.

## PREPARATION

1. Mix all ingredients together.
2. Enjoy.
3. Store the remaining mix in an air tight container to munch on at a later time.

# BERRY CHIA PUDDING WITH HEMP MILK

Serves 4 // Prep Time: 16 hrs

Chia seeds are great. They absorb 10 times their weight in water, forming a bulky gel. This can help you in two ways: the "chia gel" can aid your diet by making your stomach feel full as well as helping to hydrate the body. Chia seeds are also the richest plant source of Omega-3 (the vital fats that protect against inflammation—such as arthritis—and heart disease). Just so you know, they contain more Omega-3 than salmon!

## PREPARATION

1. To make 4 cups of hemp milk: blend 1 1/3 cup shelled hemp seeds with 4 cups water.
2. In a large Mason jar or bowl combine chia seeds with hemp milk and stir vigorously with a fork for a minute or so. Refrigerate overnight.
3. In the morning, blend all of the ingredients in a high-speed blender.

## INGREDIENTS

- 4 cups freshly made hemp milk or other nut/seed milk of choice
- 2/3 cup chia seeds
- 3 cups berries
- A few drops of stevia to taste
- 1/2 vanilla bean or 1-2 tsp pure vanilla extract
- Pinch of Himalayan crystal salt or Celtic sea salt



# SWEET POTATO ALMOND MUFFINS



\*

Serves 2-4 // Prep Time: 35 min

## INGREDIENTS

2 egg **or** 4 Tbsp ground flax seeds mixed with 6 Tbsp water (Vegan)

1/2 cup pumpkin puree **or** mashed sweet potato

1/4 cup coconut oil

1 tsp vanilla

2 cups almond flour

1/2 tsp baking soda

1/8 tsp sea salt

1 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp cloves

1/2 tsp ginger

**Sweetener Options (choose one):**

2 Tbsp maple syrup

A few drops of stevia

3 Tbsp coconut sugar

1 banana, mashed

**Optional:**

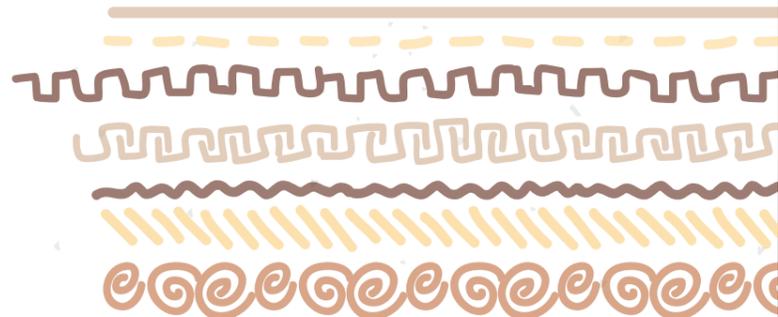
Pumpkin seeds or sunflower seeds

Blueberries or sliced apple

Many people think about sweet potatoes as being nothing more than plain old potatoes that can tweak our taste buds with some extra flavor. Yet, they are much more. They are high in vitamin B6, high in carotenoids, are a good source of vitamin C, and also contain vitamin D, iron, magnesium, potassium. Best of all they are versatile!

## PREPARATION

1. Preheat oven to 350.
2. Mix together the wet ingredients. Add in the dry ingredients.
3. **OPTIONAL:** Top with pumpkin seeds or sunflower seeds as well as apple slices or berries.
4. Bake in mini muffin tins for 15-20 minutes, or until firm.



# COCONUT FLOUR BLUEBERRY MUFFINS

Serves 2-4 // Prep Time: 30 min

Coconut flour isn't just for those who have a sensitivity to gluten. With 5 grams of fiber per tablespoon, coconut flour has far more of this indigestible carbohydrate than whole-grain flour, which has 0.8 gram per tablespoon, or white flour, which has just 0.2 gram per tablespoon. Much of this fiber is the insoluble type, which adds bulk to your stool, helps you feel full, deters constipation and enhances colon health.

## PREPARATION

1. Preheat oven to 350.
2. Mix together the dry ingredients. Add in the wet ingredients. Fold in the blueberries.
3. Scoop the batter into small mini muffin tins, with liners.
4. Bake for 12 minutes or until solidified. You can bake a few minutes longer if you prefer them more well done.

## INGREDIENTS

- 1 1/3 cup coconut flour
- 2 Tbsp arrowroot powder
- 1/2 tsp baking powder
- Pinch of sea salt
- 3 eggs
- 3 Tbsp melted coconut oil or ghee (clarified butter)
- 2 Tbsp almond milk (or other dairy free milk)
- 1 cup blueberries

### Sweetener Options (choose one):

- 2 Tbsp maple syrup
- A few drops of stevia
- 3 Tbsp coconut sugar
- 1 banana, mashed



# POACHED EGGS WITH GREENS



Serves 1 // Prep Time: 30 min

## INGREDIENTS

1-2 cups water

2 organic, pasture raised eggs

1 cup green beans

1 cup sweet potato, sliced thinly in round discs

1 tsp ghee (clarified butter) or coconut oil

sprinkle of sunflower seeds and pumpkin seeds

sea salt

Poached eggs are cooked in boiling water, or at 212 degrees Fahrenheit. Baked, scrambled and fried eggs cook at higher temperatures. For example, a skillet can easily reach 400 degrees during the frying process. High-temperature cooking, especially frying, produces toxic compounds known as advanced glycation end products, or AGEs. Some of these toxins adhere to bodily tissues and oxidize them. This is why poaching or boiling eggs, is the cleanest method of preparation.

## PREPARATION

1. Preheat the oven to 375. Slice the sweet potato into thin discs and spread out on a baking sheet and toss together with some ghee or coconut oil.
2. Roast the sweet potatoes for 10-15 minutes, until soft.
3. While the sweet potatoes are cooking, prepare the eggs. Boil 1-2 cups of water, add a little bit of vinegar to the water (optional) and crack two eggs in the boiling water.
4. Allow eggs to poach for 1 minute (the longer you leave the eggs in, the harder the yolk will be).
5. Carefully scoop the eggs out of the water. Keep the heat on the water and add the greenbeans to the pot. Blanch for 1 minute and then remove from heat.
6. Place all ingredients on a plate and sprinkle some sunflower seeds and pumpkin seeds on top. Add a pinch of sea salt to taste.



# HOMEMADE ALMOND MILK



Prep Time: 16 hrs

## INGREDIENTS

1 cup almonds soaked overnight

3 cups water

A nut milk bag or cheesecloth

### Optional:

A few drops of stevia

1 tsp vanilla extract

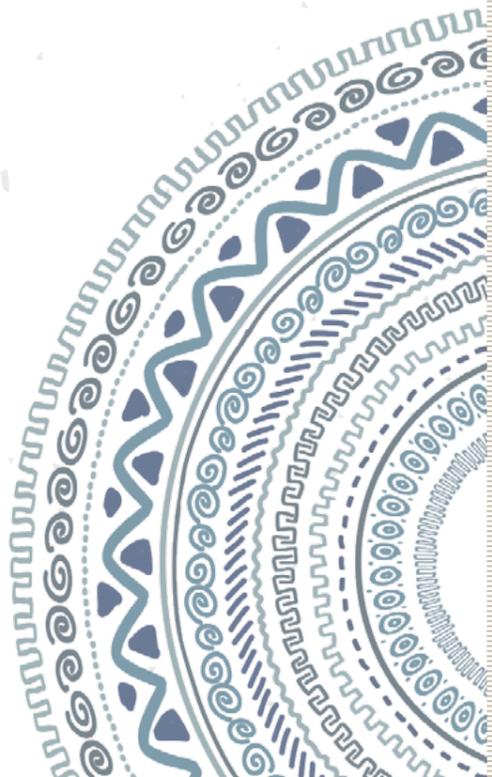
**Spices:** cinnamon, cardamom, powdered ginger

2 - 3 dates

Almond milk is great for several reasons: it helps with weight management, it keeps your heart healthy (no cholesterol or saturated fat), it keeps your bones strong (calcium and vitamin D), it keeps your skin glowing (vitamin E), it barely impacts your blood sugar, it contributes to muscle strength and healing (B vitamins), and it keeps your digestion in check with fiber.

## PREPARATION

1. Soak the almonds overnight in a bowl of water, so that they are covered completely.
2. In the morning strain the liquid off of the almonds.
3. Blend together with 3 cups of fresh water in a high speed blender (Vitamix or Blendtec).
4. Strain through a nutmilk bag or cheesecloth. Save the almond pulp to use in baking (as almond flour).
5. This will keep for 3-4 days.



# SUNFLOWER SEED HUMMUS



Prep Time: 6 hrs

If you have never had hummus, you're missing out. This special curated recipe includes sunflower seeds as the main nut. Sunflower seeds provide a rich source of vitamins E and B-1, as well as copper. Enjoy with some fresh vegetables!

## PREPARATION

1. After the sunflower seeds have soaked for 4-6 hours, they will expand in size. Rinse them off in fresh water.
2. In a food processor blend together the sunflower seeds, tahini, sea salt, olive oil, and parsley. You can add a few spoonfuls of water to thin out to desired consistency.

## INGREDIENTS

1/2 cup sunflower seeds,  
soaked for 4-6 hours

1 small clove garlic

3 Tbsp tahini (sesame  
butter)

1/8 tsp sea salt

3 Tbsp extra virgin olive  
oil

A handful fresh parsley

Water if needed



# CASHEW CHEESE



Prep Time: 27 hrs

## INGREDIENTS

1 1/2 cups plain cashew nuts (not roasted or salted)

1/4 to 1/3 cup water

2 teaspoons freshly squeezed lemon juice

2 cloves garlic, finely minced

1/2 teaspoon fine sea salt

freshly ground pepper

This homemade cashew cheese recipe will yield about 1 1/2 cups worth of vegan cheese!

## PREPARATION

1. Place the nuts in a salad bowl, cover with fresh water, and let stand for 2 hours.
2. Drain the nuts and place them in the bowl of a food processor or blender. Add 1/4 cup water and the rest of the ingredients. Mix until puréed.
3. Add a little more water and blend again to adjust the consistency, if necessary. The cheese will get a little more solid as it sets.
4. Transfer to a bowl, cover, and let stand somewhere cool for 24 hours before placing in the fridge, where it will keep for another 5 days.



# BALSAMIC VINAIGRETTE



Prep Time: 3 min

Made from grapes, balsamic vinegar is known for its rich flavor and velvety black color. Much like wine, it's fermented in wooden barrels. The longer it's aged, the more intense the taste. The thicker and more intense the flavor becomes, the less you need to use to provide a palate boost. Balsamic vinegar offers a number of health benefits, despite how little you need of it. It normalizes blood pressure, stabilizes cholesterol levels, and balances blood sugar levels.

## INGREDIENTS

3 Tbsp balsamic vinegar

3 Tbsp extra virgin olive oil

2 Tbsp Dijon mustard

few drops stevia to taste

1/8 tsp sea salt

## PREPARATION

1. Mix the dressing ingredients together until blended and creamy.
2. Serve over top of mixed greens or kale salad.



# DILL PÂTÉ LETTUCE WRAPS



Serves 1-2 // Prep Time: 8 hrs

The glorious hemp seed with its amazing health benefits strikes again! Though, they're not alone since this dish is star-studded with tons of super healthy ingredients. Dill boosts your immune system, digestive health, and is also anti-inflammatory. Celery lowers blood pressure, reduces the risk of cancer and prevents age-related degeneration of vision. \*You will need a food processor for this recipe, because basic blenders won't be able to smooth out all of the pate ingredients.

## PREPARATION

- 1. Pate:** blend all ingredients in a food processor until you have a smooth texture.
- 2. To make a wrap:** take a lettuce leaf, spread some dill pate and arrange all the vegetables on top.
- 3.** Roll tightly and enjoy!

## INGREDIENTS

### Dill Pate Ingredients:

1/4 cup hemp seeds

1/2 cup sunflower seeds, soaked for 8 hours

1/3 cup chopped celery

1/2 cup grated carrot

2 scallions, chopped

1/2 cup dill

1/4 tsp sea salt

1 Tbsp lemon juice, more to taste

### Vegetables:

Butter **or** Boston lettuce leaves

*Sprouts of choice:* broccoli, red clover, pea shoots, sunflower greens .

Red and yellow bell peppers, cut into long strips

Cucumber, cut into long strips



# CABBAGE SLAW



Serves 4 // Prep Time: 10 min

Cruciferous vegetables like cabbage, kale and broccoli are notorious for being chock-full of beneficial nutrients. If you want to improve your diet, cruciferous vegetables should be at the very top of your grocery list.

Eating a half-cup of cooked cabbage provides 47% of your vitamin C needs for the day. It also provides 102% of vitamin K, 8% of manganese, 6% of folate, and lesser amounts of vitamin B-6, calcium, potassium and thiamin. Cabbage also contains the antioxidants: choline, beta-carotene, lutein and zeaxanthin as well as the flavonoids kaempferol, quercetin, and apigenin.

A key thing to note is that red cabbage tends to contain more of these compounds than green cabbage.

## PREPARATION

1. Mix the dressing ingredients together.
2. Toss the vegetables and dressing together.
3. Top with nuts or seeds.

## INGREDIENTS

2 cups purple cabbage, chopped finely

1 cup carrots, shredded

1 cup cucumbers, cut in slices

### Dressing:

3 Tbsp apple cider vinegar

2 Tbsp olive oil

1/8 tsp sea salt

2 tsp whole grain dijon mustard

### Topping:

1/2 cup nuts **or** seeds of choice



# CAULIFLOWER MASH

Serves 1-2 // Prep Time: 45 min

This awesome mashed potato substitute can be quite the surprise. The fun thing about cauliflower is it can absorb flavor easily so you can use your favorite seasoning or herb to upgrade the dish. It tastes amazing and is extremely nutritious. Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6. You also get a good source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. As you can see, cauliflower packs quite the punch.

## INGREDIENTS

- 1 head of cauliflower
- 1/2 cup of water
- 2 cloves of garlic
- 3 Tbsp oil (olive oil **or** flax oil)
- sea salt
- herbs of choice to garnish

## PREPARATION

1. Chop cauliflower into florets.
2. Place in a pot and simmer for 20-30 minutes, until the cauliflower is soft.
3. Remove from heat and mix in the oil and sea salt, blending together in a food processor or blender until creamy. Do not heat flax oil- it damages the oil.



# SPROUTS SALAD



Serves 1-2 // Prep Time: 20 min

## INGREDIENTS

- 1 cup sunflower sprouts
- 2 cups baby spinach
- 1/2 cup coarsely grated carrots
- 1/2 cup coarsely grated red radishes
- 1 cup shredded purple **or** green cabbage
- large handful soaked nuts **or** seeds, of your choice
- Dressing Ingredients:**
- 3 Tbsp hemp oil, flax oil **or** extra virgin olive oil
- 3 Tbsp lemon juice
- 1 Tbsp tahini
- 1/8 tsp sea salt
- 1-2 tsp grated ginger
- Pure water if needed to achieve desired consistency

Sunflower sprouts are baby sunflowers. They make an inexpensive and tasty nutritional addition to any salad or green smoothie. They're fresh, crunchy, and slightly nutty in flavor. They provide all the essential amino acids and help repair muscle tissue while also supporting the enzymes of the body to do their jobs. They are easy to add, so you may want to consider adding them to other dishes you make.

## PREPARATION

1. Combine all salad ingredients in a large bowl. Set aside.
2. In a food processor (or do it in a small bowl), blend dressing ingredients until smooth.
3. Taste and adjust seasonings to your liking. Pour over salad. Toss. Serve.



# CAULIFLOWER RICE SAUTÉ

Serves 1-2 // Prep Time: 25 min

## INGREDIENTS

3 cups cauliflower, chopped in florets

1/2 cup red pepper, chopped in small pieces

1 cup zucchini, chopped in small pieces

1 cup carrots, chopped thinly

2 cups broccoli, chopped in florets

1 cup shitake mushrooms, chopped

2 cloves garlic, minced

1/3 cup onion, diced

1 inch piece fresh ginger root, finely grated or chopped

1 Tbsp coconut oil

2 Tbsp tamari (gluten free, traditionally brewed soy sauce)

2 farm fresh and local (if possible) organic eggs

### Keep fresh for topping:

handful green onions, finely chopped

handful fresh basil, chopped

handful organic cashews (soaked for 2-4 hours)

## PREPARATION

1. Pulse the cauliflower in a food processor until fine. It should resemble the shape and size of rice. Be careful not to overblend the cauliflower- you do not want it to become too sticky.
2. Lightly heat the coconut oil in a pan. Sauté the onions, garlic and ginger for a few minutes until the onions start to turn translucent.
3. Add the vegetables, except for the cauliflower rice, and sauté for about 7 minutes, or until the vegetables are cooked. Add in the tamari and continue to stir around in the pan.
4. Add the cauliflower rice and cook for another few minutes.
5. Move the vegetables to the side of the pan and crack the eggs into the pan.
6. Scramble the eggs quickly and then mix together with the vegetables.
7. Top with fresh green onions, basil and cashews before serving.



# KELP NOODLES WITH PUMPKIN SEED PESTO AND VEGETABLES



Serves 1-2 // Prep Time: 9 hrs

## PREPARATION

1. Process all pesto ingredients in a food processor.
2. Depending on your taste you may choose to make it totally smooth or leave some texture.
3. Transfer the kelp noodles to a large bowl. Add the broccoli florets.
4. Massage both ingredients with half of the pesto and let sit for 20-30 minutes to allow the noodles and broccoli to soften up.
5. After that time add cherry tomatoes (but not the juice that may have been released during the cutting process, drink it!), yellow bell pepper and as much pesto as you like. Adjust seasonings to taste and serve.
6. Sprinkle hemp seeds on top and serve.

## INGREDIENTS

1 package kelp noodles, rinsed well and drained

1 cup small broccoli florets

1 pint cherry tomatoes, quartered

1/2 yellow bell pepper, diced

1 cup almonds or pumpkin seeds for topping

**For the Pumpkin seed pesto:**

1 cup pumpkin seeds, soaked for 8 hrs

3 packed cups basil leaves

1 - 2 cloves of garlic, minced, to taste

6 Tbsp extra virgin olive oil

2 - 3 Tbsp lemon juice, to taste

2 tsp sweet white miso

1/4 tsp Himalayan **or** Celtic sea salt, more to taste

1/4 cup hempseeds



# CRUCIFEROUS & HERB DETOX SALAD



Serves 1-2 // Prep Time: 10-20 min

## INGREDIENTS

- 1 cup broccoli, finely chopped or processed in food processor
- 1 cup cauliflower, finely chopped or processed or processed in food processor
- 2 carrots, finely chopped or processed
- 1/2 cup walnuts, chopped
- 1 cup fresh parsley, chopped
- 1 lemon, squeezed
- 3 Tbsp extra virgin olive oil
- 1/4 tsp sea salt **or** kelp salt

We love cruciferous vegetables (such as broccoli, kale, cauliflower, cabbage, watercress, and mustard greens) because of their detoxifying power. They provide support for the immune system, inflammatory system, hormonal system, detoxification system, and antioxidant system. These vegetables contain a wide variety of vitamins and minerals as well as phytonutrients.

Dress your yummy salad with some fresh parsley and lemon juice for more flavors. Add a dash of sea salt or kelp salt and you're good to go...eat!

## PREPARATION

1. In a food processor or buy hand, finely chop broccoli, cauliflower and carrots so that it resembles small granules of rice.
2. Add in walnuts and parsley.
3. Squeeze lemon, olive oil and sea salt on top.

# CAULIFLOWER RISOTTO WITH ROASTED MUSHROOMS



Serves 2 // Prep Time: 30 min

## PREPARATION

1. Preheat the oven to 350.
2. Slice the mushrooms as thinly as possible. Spread the mushrooms out on a baking sheet on top of parchment paper.
3. Chop the cauliflower into small pieces. Add the cauliflower to a food processor or high powered blender (such as a Vitamix or Blendtec). Pulse for 30 seconds to a minute to create a finely chopped cauliflower. It will resemble a grain, such as quinoa or rice.
4. Saute the leeks and garlic in a large pot with the coconut oil for a few minutes, until softened.
5. Add the cauliflower, sea salt and 1 cup of vegetable broth.
6. Cook for 15-20 minutes until the cauliflower is softened. You can always add more vegetable broth as it is cooking, if the pot starts to get dry.
7. After 15-20 minutes the cauliflower should resemble risotto and be a soft mixture.
8. Mix in the mushrooms and fresh parsley. Mix in the tamari and drizzle olive oil on top.

## INGREDIENTS

- 1 large head of cauliflower
- 2 cups brown cremini mushrooms **or** shitake mushrooms
- 1 small leek, chopped
- 3 cloves garlic
- 1/8 tsp sea salt
- 2 tsp tamari (or more to taste)
- 2 tsp coconut oil
- 2 Tbsp extra virgin olive oil
- 1 - 2 cups vegetable broth
- 1 cup fresh parsley, chopped



# SAGE HERBED SLIDERS



Serves 2 // Prep Time: 30 min

If you're making this in the winter, serve this dish with spinach, kale or other greens sautéed with garlic. Throw in some roasted squash or sweet potato. If it's summer, serve this dish with a fresh green salad.

## PREPARATION

1. Preheat the oven to 350.
2. Pulse the meat in the food processor so that it is ground and smooth.
3. Chop the onion and mince the garlic. Saute in a pan for a few minutes, using coconut oil.
4. In a large bowl, combine the ground lamb, smooth liver, onions and garlic, sage, basil, parsley, sumac, sea salt and Worcestershire sauce. Mix together.
5. Form into patties (they can be small or large, depending on your preference).
6. Use a roasting rack over a baking sheet, so that the grease can drip down from the burgers, while they are cooking.
7. Bake for 8-15 minutes, depending on how well done you like your meat.

## INGREDIENTS

- 1/3 cup sage, chopped
- 1/3 cup basil, chopped
- 2 garlic cloves, minced
- 1 small onion, chopped
- 1 tsp sumac (or you can also use grated lemon zest)
- 1 tsp dried parsley
- 1/8 tsp sea salt
- 1 lb grass fed, organic ground lamb or 1 lb organic ground turkey or 1 lb ground organic bison



# DILLY MUSTARD TROUT WITH KALE SALAD

Serves 1-2 // Prep Time: 25 min

## INGREDIENTS

1 **or** 2 filets of trout  
1/4 cup fresh dill, chopped  
2 tsp whole grain mustard  
2 tsp coconut oil, melted  
1/8 tsp sea salt  
*optional:* lemon

### **Salad Ingredients:**

3 cups kale, chopped  
1 Tbsp olive oil **or** flax oil  
1/8 tsp sea salt  
2 tsp apple cider vinegar

## PREPARATION

1. Preheat oven to 350.
2. Mix together the mustard and coconut oil.
3. Place the trout out on a baking sheet.
4. Spread the chopped dill over the fish. Sprinkle with sea salt and pour the marinade over top.
5. Bake for 10-12 minutes, until trout is cooked through.
6. Mix together the kale with dressing ingredients. Serve with the fish, or white beans, and drizzle lemon juice if desired.



# CREAMY SUNFLOWER SPINACH SALAD WITH ORANGE MARINADE LAKE TROUT

Serves 1 // Prep Time: 30 min

## INGREDIENTS

- 4 cups baby spinach
- 1/3 cup raw sunflower seeds
- 1 filet organic, sustainably raised lake trout **or** 1/ cup tofu
- Dressing:**
- 3 Tbsp olive oil
- 1 Tbsp maple syrup
- 1 Tbsp red wine vinegar
- 1 tsp dried parsley
- 1 tsp dried dill
- 1/8 tsp sea salt

### Marinade:

- 1/4 cup fresh orange, squeezed
- 2 tsp mustard
- 1 Tbsp olive oil
- 1/8 tsp sea salt

## PREPARATION

1. Preheat the oven to 350. Mix the marinade ingredients together. Pour over the trout or tofu. Roast in the oven for 15-20 minutes, or until cooked to desired point.
2. While the tofu or fish is cooking, rinse the spinach.
3. In a food processor, blend the dressing ingredients.
4. Massage the spinach with your fingers, mixing the dressing into the leaves.
5. Serve tofu or fish over salad.

# KALE PESTO SARDINES

Serves 4 // Prep Time: 15 min

Sardines are packed with nutrients of every kind, because with sardines, you're eating the whole animal. There are all kinds of valuable nutrients hidden away in those "odd bits" of a whole fish. Not everyone can get hold of organs, bones, and skin from their local grocery store, but almost anyone can find sardines. These nutritional powerhouses may have a bit of a bad reputation due to their strong taste and smell, but if you get past this, you'll be able to reap the potential health benefits of these small fish.

## PREPARATION

1. Preheat oven to 350.
2. Place all ingredients (except for fish) in a food processor and blend so that it is still a little chunky and not fully pureed.
3. Pour pesto over the sardines and cook in the oven for 10-15 minutes, until cooked.

## INGREDIENTS

- 10 sardines (best if you can find fresh from the market)
- 3 cups of kale
- 2 garlic cloves
- 1/4 cup olive oil
- 1 lemon, squeezed sea salt and pepper



# ROSEMARY BEETS WITH ROSEMARY CHICKEN

Serves 2 // Prep Time: 30 min

## INGREDIENTS

- 2 medium sized beets, chopped into cubes
- 4 cloves garlic
- 1/2 lemon, juiced
- 2 tsp fresh or dried rosemary
- 1 organic chicken breast
- 1/8 tsp sea salt
- 2 tsp olive oil **or** flax oil

Let's not beet around the bush. Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Its history stretches back to ancient times, and the earliest signs of its cultivation was approximately 4,000 years ago in the Mediterranean region. Beets have long been associated with sexuality and have been used as an aphrodisiac for thousands of years.

## PREPARATION

1. Mixed salad greens for side.
2. Preheat the oven to 350. Place the garlic on a baking sheet, wrapped in tinfoil, and cook for about 15 minutes, until softened.
3. While the garlic is roasting, prepare the beets. Steam the beets for 10-20 minutes, until soft.



# THAI BURGERS

Serves 2 // Prep Time: 35 min

## INGREDIENTS

- 1 inch piece ginger, grated
- 1/2 cup onion, chopped
- 1 cup sweet potato, grated
- 1 cup fresh cilantro, chopped
- 2 tsp dried lemongrass or fresh lemongrass grated
- 1/4 tsp sea salt
- 1 lb ground organic turkey, organic chicken, or wild caught meat
- 1 egg

Give the traditional burger a facelift by adding the highly nutritious ginger root and sweet potatoes for a delicious twist. Pick whatever protein speaks to you, but make sure you're using organic meats and wild caught fish. This recipe calls for one egg to give you.

## PREPARATION

1. Lightly saute the onions with lemongrass and ginger.
2. Mix together all of the ingredients in a big bowl. Or, you can mix together in a food processor.
3. Preheat the oven to 350. Form the mixture into patties and place out on a baking sheet.
4. Bake for 15-25 minutes, until cooked.

# ROASTED GARLIC KALE SALAD

Serves 1 // Prep Time: 30 min

## PREPARATION

1. Preheat oven to 350.
2. Roast garlic in the oven for 10-15 minutes.
3. Wash and chop the kale.
4. Once garlic is roasted, squeeze it into a dish with olive oil and sea salt.
5. Mix together.
6. Massage the mixture over the kale until the kale reduces in size.

## INGREDIENTS

- 1 head of kale
- 1 head of garlic
- 1-2 Tbsp olive oil
- 1/8 tsp sea salt



# SIMPLE EGG SALAD

Serves 4 // Prep Time: 25 min

Eggs are so nutritious that they're often referred to as "nature's multivitamin." They also have unique antioxidants and powerful brain nutrients that many people are deficient in. It's very important to remember that almost all of the nutrients in an egg are contained in the yolk. The white contains only protein.

It's important to keep in mind that not all eggs are created equal. Hens are often raised in factories, caged and fed grain-based feed that alters the final nutrient composition of the eggs.

## INGREDIENTS

2 hard boiled eggs

2 tsp olive oil

1/8 tsp sea salt

2 tsp dijon mustard

1/4 cup fresh herbs of choice, chopped (parsley, basil, chives, green onions)

## PREPARATION

1. Peel the eggs and cut into pieces.
2. Mix all of the ingredients together in a bowl.



# ZUCCHINI PASTA WITH TURKEY BOLOGNESE SAUCE



Serves 2 // Prep Time: 35 min

## INGREDIENTS

- 2 medium zucchinis
- 1 small onion, diced
- 3 cloves garlic, minced
- 1/3 cup celery, diced finely
- 1/3 cup carrots, diced finely
- 1 15 oz. can of organic diced tomatoes
- 1 cup cherry tomatoes
- 2 tsp oregano
- 1 tsp thyme
- 1 tsp basil
- 1/8 tsp sea salt
- 1/2 lb. organic turkey breast or thigh (depending on your preference)
- 2 tsp coconut oil
- handful fresh basil, chopped

## PREPARATION

1. In a pan, sauté the onions and garlic for a few minutes.
2. Add the celery and carrots, along with the ground turkey and spices. Saute for 5 minutes.
3. Add the diced tomatoes and cherry tomatoes.
4. Allow the sauce to simmer for 20 minutes on a low heat.
5. While the sauce is simmering, you can prepare the zucchini noodles. You can use a spiralizer if you have one to create pasta. If you do not have a spiralizer, julienne the zucchini as thinly as you can.
6. Place the zucchini noodles on a plate and serve the Bolognese sauce over top. Sprinkle fresh basil on top.



# PARSNIP SWEET POTATO MASH WITH HERBED CHICKEN



Serves 2 // Prep Time: 40 min

## INGREDIENTS

- 2 small parsnips
- 1 small sweet potato
- sea salt to taste
- 2 cups salad greens or kale
- 1-2 organic chicken breast(s)
- Herbed Marinade:**
- 1/3 cup parsely, chopped
- 1/3 cup cilantro, chopped
- 1/4 cup basil, chopped
- 2Tbsp olive oil or ghee
- 2 tsp mustard
- 2 tsp maple syrup
- 1/8 tsp sea salt

## PREPARATION

1. Preheat the oven to 350.
2. Chop the parsnips and sweet potato. Lightly steam in a small pot until soft.
3. While the parsnips and sweet potato are cooking, prepare the Herbed Marinade by blending everything together in a food processor. Spread over top of the chicken and then roast in the oven for about 20 minutes, or until completely cooked.
4. Once the sweet potato and parsnips are soft, blend together in the food processor until smooth and creamy.
5. Serve the herbed protein over a bed of mixed greens or kale, along with the sweet potato and parsnips.

# BISON SHEPHERDS PIE WITH CAULIFLOWER CRUST



Serves 4 // Prep Time: 45 min

## PREPARATION

1. Preheat the oven to 350.
2. Put the chopped cauliflower in a pot with a small amount of water (1/4 cup of water should be fine). Cover and bring to a boil. Reduce the heat and steam for 5-10 minutes, until the cauliflower is soft and cooked.
3. In a pan, lightly heat the coconut oil, while the cauliflower is cooking. Add the onions and garlic, and sauté for a few minutes.
4. Add the peas, carrots, celery, Italian spices and sea salt to the pan and sauté for a few more minutes.
5. Add the ground meat and sauté with the vegetables for about 5 minutes, or until cooked.
6. While this is cooking, blend the cauliflower in a food processor with sea salt and black pepper until creamy. You can add a spoonful of coconut oil to enhance creaminess and flavour.
7. In a square baking dish, spread out the bison vegetable mixture. Spread the mashed cauliflower mixture evenly over top.
8. Bake in the oven for 20-30 minutes, until the cauliflower is set.

## INGREDIENTS

- 1 head cauliflower, chopped into florets
- 2 Tbsp ghee or coconut oil
- 2 carrots, diced
- 2 stalks celery, diced
- 1 medium sized onion
- 1/2 cup green peas (frozen or fresh from English peas)
- 1 lb organic bison, ground
- 2 cloves garlic
- 3 tsp dried Italian herbs
- 1/8 tsp sea salt
- black pepper

# COCONUT VEGETABLE CURRY



Serves 2 // Prep Time: 30 min

Curry is a collective term for a mixture of spices in Indian, Southeast Asian and Middle Eastern cuisines. Turmeric, a member of the ginger family, is typically one of the main ingredients and contributes to curry's bright yellow color. Turmeric and its main active component curcumin can help prevent everything from Alzheimer's disease to cancer.

## PREPARATION

1. Saute the onion, ginger, and curry powder in a pan with coconut oil for a few minutes. Add the coconut milk and sweetener of choice.
2. Add in the protein of choice. Add red pepper and cook for several minutes.
3. Add the broccoli and spinach and cook for another minute.
4. Remove from heat and top with fresh cilantro.

## INGREDIENTS

- 2 Tbsp coconut oil
- 1 can full fat coconut milk
- 1/8 tsp sea salt
- 2 tsp maple syrup, coconut sugar **or** a few drops of stevia
- 2 tsp curry powder
- 2 servings of organic chicken or wild sustainably caught fish of choice
- 1/2 cup fresh cilantro **or** basil
- 2 cups broccoli, chopped
- 1 cup red pepper, chopped
- 1/2 cup onion, chopped
- 1 cup spinach, chopped
- 1 inch ginger root, grated **or** finely chopped



# CAULIFLOWER CRUST PIZZA



Serves 2 // Prep Time: 1 hr

## PREPARATION

1. Preheat the oven to 350.
2. Pesto: Blend all ingredients together in a food processor until blended.
3. Chop the cauliflower into small pieces. Add the cauliflower to a food processor or high powered blender (such as a Vitamix or Blendtec). Pulse for 30 seconds to a minute to create a finely chopped cauliflower. It will resemble a grain, such as quinoa or rice.
4. Mix together the egg with the cauliflower and spices. Knead into a dough ball and then roll out into the shape of a pizza crust. To prevent sticking, you can place the dough between two sheets of parchment paper.
5. Bake the crust for 10-15 minutes. Remove from oven and place toppings on top.
6. Place the pizza back into the oven for 15 minutes until cooked.
7. You can drizzle fresh extra virgin olive oil on top before serving.

## INGREDIENTS

2 cups cauliflower, ground

3/4 cup almond meal

1 egg or 2Tbsp ground flaxseeds (mixed with 3 Tbsp water)

1/8 tsp sea salt

1 tsp garlic powder

1 tsp dried Italian herbs

### Toppings:

**Homemade Pesto:** 2 cups basil

1/4 cup pinenuts

1/4 cup olive oil

1/8 tsp sea salt

6 sundried tomatoes, chopped

### Vegetables of choice:

Spinach, chopped

Broccoli, chopped

**Cashew Cheese**



# GRILLED VENISON KEBABS

Serves 2 // Prep Time: 7 hrs

## PREPARATION

1. Mix together the marinade ingredients: tamari, melted coconut oil, apple cider vinegar, ginger, garlic sea salt, stevia and venison.
2. Combine the marinade with the venison in a large glass container or cover in a deep dish. Place in refrigerator and let marinate for at least 6 hours.
3. When ready to cook, preheat the grill and drain the marinade from the venison.
4. Place the peppers, onions, and venison onto metal skewers.
5. Reduce heat to medium-low and carefully place the kabobs on grill, close the lid, and cook for about 9 minutes or longer, up to 12 minutes if you prefer the meat to be more well done. After about 5 minutes, make sure to turn the meat, so that it cooks evenly on all sides.
6. While the venison is on the grill, season the mixed salad greens by drizzling olive oil, lemon juice and sea salt over top.

## INGREDIENTS

1 lb wild venison roast, cut into 1 1/2" cubes

1/4 cup tamari

1/4 cup coconut oil, melted

3 Tbsp cup apple cider vinegar

2 Tbs fresh ginger root, grated or chopped finely

2 cloves garlic, chopped finely

1/4 tsp sea salt

few drops stevia

1 red pepper

1 onion

2 cups brown cremini mushrooms or shitake mushrooms

3-4 cups mixed salad greens

olive oil

fresh lemon juice

sea salt



# COCONUT THAI SOUP



Serves 2 // Prep Time: 40 min

## INGREDIENTS

- 2 onions, chopped
- 1 cup of carrots, chopped
- 1 cup of mushrooms, sliced
- 4 tsp of dried lemongrass or 3 lemongrass stalks, minced 2 inch piece of ginger, sliced
- 3Tbs of unrefined coconut oil
- 1 can of full fat coconut milk
- 4 cups of vegetable stock
- 2 cups of squash, cubed
- few drops of stevia, to taste
- 2Tbs tamari
- 1 lime, juiced
- 1/2 cup fresh cilantro, chopped

## PREPARATION

1. Heat coconut oil in a large pot.
2. Sauté the onions, carrots and mushrooms with lemongrass and ginger for 2 minutes.
3. Add coconut milk and vegetable broth.
4. Bring to a boil and then reduce to a simmer for 10 minutes.
5. Add squash and tamari and simmer for another 10-15 minutes.
6. Add the stevia to taste, along with lime and sprinkle the cilantro on top for flavour and colour.
7. Serve and enjoy!

# MEXICAN BISON SALAD



Serves 2 // Prep Time: 30 min

## PREPARATION

1. Lightly heat a pan with the coconut oil and add the ground bison and spices.
2. Saute for about 10 minutes, until the meat is cooked.
3. Wash and prepare the vegetables while the bison is cooking.
4. Mix together the dressing ingredients.
5. Allow the meat to cool down for a few minutes. Spread the salad greens out on a plate or large bowl. Toss together with the red pepper, cherry tomatoes, and some dressing.
6. Place the bison and avocado on top. Sprinkle cilantro and green onions on top.

## INGREDIENTS

- 1 lb. organic bison, ground
  - 2 tsp coconut oil or ghee
  - 3 cups mixed salad greens, **or** shredded kale, **or** baby kale
  - 1/2 cup red pepper, diced
  - 1/2 cup cherry tomatoes, halved
  - 1 avocado, diced in cubes
  - handful fresh cilantro, chopped (optional)
  - handful fresh green onions, chopped (optional)
- Dressing:**
- 1 or 2 limes, juiced
  - 2 tsp raw honey or few drops of stevia (optional)
  - 2 Tbsp extra virgin olive oil
  - pinch cumin
  - pinch sea salt
  - pinch chili powder
- spices for the bison:**
- 2 tsp chilli powder
  - 2 tsp cumin
  - 1/2 tsp coriander
  - 1/2 tsp paprika
  - 1 tsp garlic powder
  - 1/8 tsp sea salt

# SLOW COOKED HERBED VENISON



Serves 4 // Prep Time: 8 hrs

## INGREDIENTS

- 2 onions, chopped
- 3 stalks celery, chopped
- 5 cloves garlic, chopped roughly
- 2 Tbsp dried basil
- 2 Tbsp dried parsley
- 4 sprigs fresh thyme **or** rosemary
- 2 pounds wild venison, cut into cubes
- 3 cups vegetable broth
- 1/2 tsp sea salt
- 1/8 tsp black pepper

Venison is low in fat, high in protein, and stacked with vitamins and iron. It has more protein than any other red meat, which means that it sates the appetite really well. It is also particularly rich in iron (more than beef), which prevents anemia and is good for boosting energy.

We suggest that you serve the venison with a fresh mixed salad greens or a kale salad dressed with balsamic vinaigrette.

## PREPARATION

1. Chop the vegetables. Add to the bottom of a slow cooker.
2. Add venison to the slow cooker. Add the remaining ingredients on top of the venison.
3. Cook on low for 7-8 ours.



# BISON AND BROCCOLI STIR FRY

Serves 2 // Prep Time: 25 min

## PREPARATION

1. Chop the broccoli, onion, ginger and garlic.
2. Heat the coconut oil in a large sauté pan or wok and cook the onions, garlic and ginger for a few minutes.
3. Add the bison and sauté for about 5 minutes before adding the broccoli.
4. Saute for a nother 5 minutes, adding the tamari, brown rice vinegar and stevia.
5. Remove from heat and drizzle toasted sesame oil on top.

## INGREDIENTS

- 1 lb ground bison (organic, wild)
- 5 cups broccoli, chopped in florets
- 2 inch piece ginger, chopped finely
- 1/2 cup red onion, chopped
- 4 cloves garlic, minced **or** sliced finely
- 2 tsp coconut oil
- 1 Tbsp tamari
- 2 tsp brown rice vinegar
- A few drops of stevia, to taste
- 1 Tbsp toasted sesame oil



# SPICED GARLICKY GREENS + SEARED FISH

Serves 2 // Prep Time: 25 min

## INGREDIENTS

2 filets of wild, sustainably caught fish of choice

handful of fresh thyme or 2 tsp dried thyme

handful fresh oregano **or** 1 tsp dried oregano

2 tsp coconut oil

3 cups greens of choice (kale, chard, collards, spinach, etc)

3 cloves garlic, minced

1/2 lemon, juiced

sea salt to taste

Fish is a high-protein, low-fat food that offers a range of health benefits. White-fleshed fish, in particular, is lower in fat than any other source of animal protein. Oily fish are high in omega-3 fatty acids, or the “good” fats. Because the human body can’t produce significant amounts of these essential nutrients, fish are an important part of a well-balanced diet.

## PREPARATION

1. Lightly heat a pan with coconut oil and garlic for a few minutes.
2. Add the greens and spices and saute for a couple of minutes.
3. Push the greens to the side of the pan.
4. Add a little bit more coconut oil if needed. Add the fish and squeeze lemon juice over top.
5. Cook for 5-10 minutes, until cooked.



# BANANA SUPER BITES



Prep Time: 30 min

## INGREDIENTS

2 large, ripe bananas, well  
mashed

1 tsp pure vanilla extract

1/4 cup coconut oil,  
softened (not completely  
melted)

2 cups almond meal  
(ground almonds)

1/3 cup coconut, finely  
shredded & unsweetened

1 tsp cinnamon

1/8 tsp sea salt

1 teaspoon baking powder

1/3 cup raisins

1/2 cup pumpkin **or**  
sunflower seeds

1/3 cup extra dark  
chocolate chips (optional)

## PREPARATION

1. Preheat oven to 350.
2. Combine the bananas, vanilla, and coconut oil.
3. Mix together the almond flour, shredded coconut, cinnamon, sea salt and baking powder.
4. Combine the dry and wet ingredients.
5. Fold in the raisins, seeds and chocolate chips.
6. Lightly oil a baking sheet with coconut oil. Drop spoonfuls of the batter onto the baking sheet. Bake for 12-15 minutes, until desired consistency.



# ENERGY DATE TRUFFLES



Prep Time: 10 min

## INGREDIENTS

- 1 cup of dates
- 1/4 cup walnuts
- 1/4 cup sunflower seeds
- 3 Tbsp raw cacao powder  
**or** cocoa powder
- pinch of sea salt
- 1/2 cup shredded coconut

Who can say no to a sweet and nutty bite of this delicious snack. If you're looking for fiber, potassium, or copper, look no further than dates. Sure, they aren't sugar-free, but they won't hurt your efforts to reduce your sugar intake. What you really want to do is reduce artificial and refined sugars from your diet. This recipe makes for a perfect post-workout or any time of the day energy booster.

## PREPARATION

1. Combine all ingredients (except not the shredded coconut) in a food processor and mold into desired shape and size.
2. Roll in shredded coconut.

# CAROB HAZELNUT CHIA PUDDING



Prep Time: 40 min

## PREPARATION

1. Blend the hazelnuts with 1 cup water.
2. Strain the liquid through a nut milk bag.
3. Blend the hazelnut milk with the carob powder, raw honey or sweetener of choice, vanilla and salt. Pour in a big bowl.
4. Slowly add the chia seeds, stirring with a whisk.
5. Let stand for about 10 minutes, stirring occasionally.
6. Best to refrigerate overnight but can be eaten after sitting 20 minutes in the fridge or on your counter.

## INGREDIENTS

- 1/2 cup raw hazelnuts, soaked for about 8 hrs (or any other nut of your choice)
- 1 cup water
- 1/4 cup raw carob powder  
**or** cacao powder
- 1/4 cup raw honey, coconut nectar, maple syrup **or** soft pitted dates
- 1/2 vanilla bean **or** 1 tsp pure vanilla extract
- pinch Himalayan crystal salt **or** Celtic sea salt
- 3 Tbsp chia seeds, black **or** white



# ALMOND FLOUR CHOCOLATE CHIP COOKIES



Prep Time: 25 min

## INGREDIENTS

- 2 cups almond flour
- 1/2 tsp baking powder
- 1/8 tsp sea salt
- 1 tsp vanilla
- 1/3 cup maple syrup,  
coconut nectar **or** yacon  
syrup
- 1/3 cup coconut oil,  
softened
- 1/2 cup extra dark  
chocolate chips
- 1/2 cup walnuts (optional)
- 1 egg (optional)

## PREPARATION

1. Preheat oven to 350.
2. Combine the almond flour, sea salt, and baking powder.
3. Combine the coconut oil, egg, maple syrup and vanilla.
4. Stir the wet and dry ingredients together. Fold in the chocolate chips and walnuts.
5. Bake for 7-12 minutes.



# COCONUT STRAWBERRY CUPCAKES

Prep Time: 35 min

## PREPARATION

1. Preheat oven to 350.
2. Beat together the eggs, maple syrup, milk and coconut oil until fluffy.
3. Add the coconut flour, baking soda and sea salt.
4. Fill mini muffin tins with the batter.
5. Bake for about 20 minutes. Prepare icing while they are baking.
6. Allow cupcakes to cool, spread icing over and add some fresh strawberries!

## INGREDIENTS

1/3 cup coconut flour

3 Tbs coconut oil

3 Tbsp maple syrup

1/4 tsp baking soda

pinch sea salt

2 eggs

1/3 cup almond milk

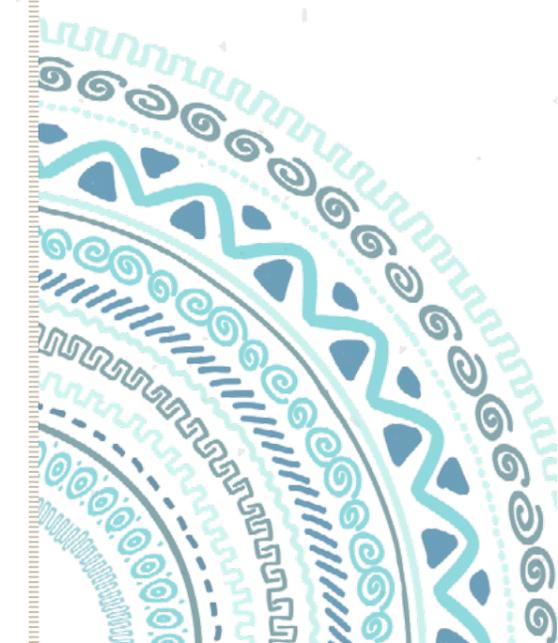
### Icing:

2 Tbsp coconut oil

1/2 cup dates

1/3 cup water (add gradually to thin out)

2 cups fresh strawberries, sliced



# MINT CHOCOLATE ICE CREAM



Prep Time: 2 hr

## INGREDIENTS

## PREPARATION

- 1 ripe avocado
- 1 ripe banana (frozen is best)
- 1/4 cup coconut butter **or** coconut oil
- few drops of stevia (to taste) **or** 2 Tbsp maple syrup, raw honey, coconut nectar
- 1 tsp peppermint extract
- 1/4 cup extra dark chocolate chunks **or** cacao nibs

1. Scoop out the avocado and place in a high powered blender (such as Vitamix or Blendtec) along with the banana, peppermint oil and coconut oil or butter.
2. Blend until smooth. Add sweetener of choice. Taste and add more sweetener if desired.
3. Place in a bowl and mix in the chocolate.
4. Add in your chocolate chips. Stir them in.
5. Set bowl in the freezer. Check on the mixture after an hour and stir. Place back in the freezer until set.





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