



10 Day Sugar Detox Diet

10 Day Clean Eating Guide

Get Rid of Sugar Cravings, Boost Metabolism, & Lose Weight

30 Delicious, Sugar-Free, Low-Carb Recipes
Gluten Free, Dairy Free, & Soy Free



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10 Day Sugar Detox: Recipe for Success:

Welcome and congratulations on taking this step to incorporate healthy, whole foods into your life! This ebook is designed to help you shift your focus from "the amount of food" you are eating to "the quality of food" you are eating. This eating plan includes whole foods: organic proteins, healthy fats, fibrous carbohydrates, and low-glycemic fruits and vegetables. You will avoid sugar, processed & packaged foods, artificial sweeteners, and all gluten-based simple carbohydrates that "act like" sugar in the body.

It's all about eating real food in the right combinations at the right time of the day! When you do this, you will help to balance your hormones naturally which will increase your metabolism, get rid of the sugar cravings, and lose some of those unwanted pounds.

I've included over 30 clean, sugar-free, low-carb, and amazingly delicious recipes for you to enjoy. I've also taken those recipes and designed 2 (5-day) meal plans for you to follow as well as grocery shopping and pantry lists to save you time. Plus, I give you a weekly preparation plan to save you hassle and stress during a busy work week.

Recipe for Success:

1. **Get rid of temptations** – Purge your pantry and fridge of all temptations – each person has their own, so get rid of yours! Use the included *Sugar Detox Pantry List* to help guide you.
2. **Avoid artificial sweeteners & "diet food"**– This diet is also free of toxic ingredients like artificial sweeteners (aspartame, splenda, etc). Studies show that artificial sweeteners are harmful to the population of your "good gut bacteria" which can lead to digestive distress, food sensitivities, and chronic fatigue. These chemical sweeteners have also been shown to significantly increase insulin production, slow down your metabolism, and keep you overweight. Any food that is labeled "fat-free", "sugar-free" or "diet" should be avoided since they contain these sweeteners. This includes coffee creamers, diet sodas, diet food, sugar or fat-free yogurts, low-fat or fat-free salad dressings, chewing gum, etc.
3. **"Sunshine for breakfast"** – Swap your cereal, yogurt & fruit parfaits, bagels & cream cheese, and egg & cheese sandwiches for a Green Smoothie! Starting your day with a low-glycemic green protein smoothie will help keep your insulin balanced and keep sugar cravings at bay. We've given you 3 great recipes plus one dessert recipe that all have the perfect balance of fibrous, cleansing greens and plant proteins as well as healthy fats to power you through your morning with a burst of antioxidants!
4. **Eat real food** – These meal plans will show how to get a balance of quality proteins, healthy fats, friendly carbohydrates, and plenty of green veggies! Check out our *"What to Eat Sheet"* on the next page for additional guidance on foods that fall into each category as well as portion and serving sizes.
5. **Snack smartly** – When those cravings hit, it's important to recognize them and then follow some simple steps. First, drink an 8-ounce glass of water, and then wait 20 minutes. If you are still hungry, choose from one of the healthy approved snacks on our *"What to Eat Sheet"* on the following page.
6. **Make time for meal preparation** - Designate some time on your schedule to follow all or at least some of the included weekly meal prep. This will help you stick to your eating plan during your busy work week!

Good luck with your 10 Day Sugar Detox! Be sure to reach out to us with feedback, questions, and success stories!

With love and light,

Billie Shellist, Integrative Nutrition Health Coach
Jennifer Brown, Nutrition Therapist



10 Day Sugar Detox -What to Eat, Portion Sizes and Servings:

Food:	Portion Size:	Servings Per Day:	Choose From:
Organic Proteins	4-6 ounces	3 daily	Organic, pastured chicken, organic, pastured eggs, organic turkey, organic, grass-fed beef, Wild caught fish & seafood
Healthy Fats	1 serving	3-7 daily	1 tablespoon olive oil, coconut oil, or organic ghee, ½ an avocado, 1 organic, pastured egg, 5 olives, 2 tablespoons nuts or seeds like walnuts, macadamia nuts, almonds, flax, chia, or hemp seeds.
Non-Starchy Vegetables	1 cup cooked or 2 cups raw (eat both daily)	3-5 daily	Artichokes, arugula, asparagus, beets, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, fennel, green beans, jicama, kale, lettuce, mushrooms, radicchio, spaghetti squash, spinach, summer squash, Swiss chard, zucchini, etc.
Fiber-Based Carbohydrates	¼ cup breakfast, ½ cup for lunch, ¾ cup for dinner		Green (unripe) banana, organic berries, green apples, quinoa, sweet potatoes, raw coconut, and winter squashes. Nuts & seeds also provide added fiber as well as the coniferous veggies listed above.
Smart Snacks (see recipes)	1 serving	1-2 daily	1 turmeric spiced latte, ½ cup chia pudding, 1-2 raw coconut snack balls, 1 chocolate macadamia shake, 2 tablespoons homemade hummus with unlimited raw veggies, 1 slice of sausage & leek quiche, 1 leafy green frittata, 1 hard-boiled egg, ½ an avocado, 2 tablespoons nuts or seeds.
Beverages			8-10 (8-ounce) glasses of filtered water each day, organic herbal teas, limit 1 cup organic green tea or 1 cup black coffee.



Nourish. Balance. Heal.

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Sugar Detox Pantry List:

Organic Spices:

Black Pepper
Dried Dill
Dried Oregano
Dried Rosemary
Dried Sage
Dried Thyme
Fennel Seeds
Garlic Granules/Garlic Powder
Ground Cayenne
Ground Coriander
Ground Cumin
Ground Cinnamon
Ground Ginger
Ground Turmeric
Salt (Sea Salt preferably)
Sesame Seeds
Sweet Paprika



Oils:

For High Heat Cooking:

Unrefined Coconut Oil
Organic Ghee

For Medium-Low Heat Cooking:

Extra Virgin, Cold Pressed Olive Oil
Unrefined Sesame Oil

For No-Heat Cooking (use in salad dressings or drizzle on pre-cooked food)

Unrefined Avocado Oil
Flaxseed Oil

Vinegars & Condiments:

Coconut Aminos (*gluten & soy free "soy sauce" substitute*)
Organic Dijon Mustard
Organic Mayonnaise Made From Cage Free Eggs & Olive Oil (*Spectrum Brand recommended*)
Nutritional Yeast (*found in the spice section – Braggs Brand is recommend*)
Raw, Unsweetened Almond Butter
Raw Apple Cider Vinegar
Tahini (*Sesame seed butter; usually found with peanut and almond butter*)

Flour, Sweeteners, Baking:

Almond Meal
Arrowroot Powder
Cocoa or Cacao Powder
Coconut Flour
Shredded Unsweetened Coconut
Dark Liquid Stevia
100% Pure Vanilla Extract

Sneaky Green Smoothie

Prep Time: 10 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: ½ of recipe

Since berries are one of the lowest glycemic fruits, it makes them perfect to add your morning green smoothie. Just keep in your portions in check, stick to only ¼ cup frozen fruit per serving. Remember, a sugar loaded breakfast can make you crave sugar and carbs for the rest of the day, making it more difficult to stay on track.



Ingredients:

- 1 cup organic spinach
- 1 ½ cups lighter greens like romaine
- ½ cup frozen organic berries of choice
- ½ of a ripe avocado, peeled & deseeded
- 2 cups unsweetened non-dairy milk of choice (like almond, coconut, or hemp)
- 2 servings protein powder (2 scoops)*
- 2 tablespoons ground organic flaxseed, chia seeds, or hemp seeds

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

You can also freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 278.3
Fat: 13 g
Cholesterol: 0 mg
Sodium: 328 mg
Total Carbohydrate: 16.8 g
Dietary Fiber: 8.4 g
Sugars: 6.3 g
Protein: 26.3 g

Green Banana-Almond Smoothie

Prep Time: 10 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: ½ of recipe

This smoothie is packed with protein and fiber to keep you feeling full. And it's creamy and delicious flavor will make this a regular breakfast in your house. Choose green (or unripe) bananas because they contain less sugar than ripe ones - they are a good source of resistant fiber which digests slowly and has a minimal or low insulin response.



Ingredients:

- ½ a small frozen green (unripe) banana, peeled
- 1 heaping tablespoon unsweetened, raw almond butter
- 2 cups non-dairy milk or milk of choice – like almond or coconut
- 2 tablespoons ground flaxseed or hemp seeds
- 2 scoops protein powder**
- ½ teaspoon ground cinnamon
- 2 cups baby spinach
- 2 cups romaine or other light greens

Optional:

- Ice cubes to make it more like a milkshake consistency
- Stevia to taste

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

You can also freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 315
Fat: 14 g
Cholesterol: 0 mg
Sodium: 448 mg
Total Carbohydrate: 20 g
Dietary Fiber: 9.0 g
Sugars: 6.6 g
Protein: 28.3 g

Creamy Citrus Green Smoothie

Prep Time: 10 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: ½ of recipe



A refreshing smoothie that will make you think you are on an island vacation but without the sugar and alcohol. We rely on a bit of orange juice for some sweetness and some fresh avocado for healthy fat & fiber to keep you feeling fuller longer.

Ingredients:

- 2 cups baby spinach
- 2 cups light greens like romaine, celery, or cucumbers
- ¼ cup juice from a large orange or 1 whole tangerine
- ½ of a small avocado, peeled and deseeded
- 2 scoops unflavored or vanilla protein powder*
- 2 cups unsweetened coconut milk or filtered water
- 2-6 drops dark liquid stevia (optional if more sweetness is needed)
- ½ - 1 cup ice cubes

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

You can also freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 231.9
Fat: 5.8 g
Cholesterol: 0.0 mg
Sodium: 519.9 mg
Total Carbohydrate: 19.8 g
Dietary Fiber: 6.0 g
Sugars: 7.0 g
Protein: 25.8 g

Sausage & Leek Quiche with Sweet Potato Crust

Prep Time: 20 minutes | Cook Time: 30-40 minutes
Servings: 8 | Serving Size: 1 slice



This simple quiche is loaded with protein and healthy omega-3 fats, as well as a friendly carbohydrate crust of sweet potatoes to keep this quiche low in carbs. Slice your potatoes nice and thin using a mandolin or sharp chef's knife.

Ingredients:

6 ounces organic, bulk chicken or turkey breakfast sausage, sliced into bite size pieces
1 large leek, white and green parts, thinly sliced
3 shallots, sliced
1 tablespoon coconut oil or ghee
1 teaspoon salt
½ teaspoon garlic powder/garlic granules
1 cup unsweetened non-dairy milk of choice
9 large organic, pasture raised eggs
1 teaspoon dried thyme
1 small sweet potato, peeled

Directions:

1. Preheat the oven to 350°F.
2. Cook your bulk sausage in a small-medium pan over medium until cooked through. Break up into pieces as it cooks. If you purchased pre-cooked sausage, then just slice into small pieces and set aside.
3. While your sausage cooks, heat 1 tablespoon coconut oil in a large skillet over medium-high heat, tilt to coat, then add the leeks and the shallots and sauté for about 5 minutes or until soft. Remove from heat.
4. Spread a very thin layer of coconut oil around the bottom and sides of a 9-inch pie plate.
5. Using a mandolin or a sharp knife, thinly slice the potato into 1/8-inch-thick disks (like potato chips).
6. Arrange the sweet potatoes in a concentric pattern, slightly overlapping them so they completely cover the bottom of the pie plate. You can also slice disks into half moon shapes and place them around and slightly up the sides of the pie plate.
7. Spread the leek-shallot mixture over the potatoes, trying to cover the entire surface. Then add the sausage evenly and lastly sprinkle the thyme on top.
8. Whisk together eggs, milk, garlic granules/powder and salt until well combined, then pour egg-milk mixture into pie plate and spread all contents to distribute evenly using a spatula.
9. Bake for 30 minutes or until a toothpick inserted in the center comes out clean.
10. Let sit 10 minutes, then cut into 8 wedges and serve.

Tips and Tricks:

You can eat this hot, cold, or slightly re-heated using a toaster oven or microwave. A slice of quiche with a big mixed green salad is a great lunch to pack for work.

Nutritional Information Per Serving:

Calories: 179.8
Fat: 10.3 g
Cholesterol: 216.3 mg
Sodium: 463.2 mg
Total Carbohydrate: 6.1 g
Dietary Fiber: 1.2 g
Sugars: 0.5 g
Protein: 13.3 g

Leafy Green Quinoa Frittatas

Prep Time: 25 minutes | Cook Time: 30 minutes

Servings: 4 | Serving Size: ¼ of recipe

This recipe is great because you can make lots of different versions by simply modifying the vegetables and herbs you put in. Use vegetables that are in season or are left in your fridge – both fresh and pre-cooked will work. These are a great grab and go breakfast for busy weekday mornings; just make a batch over the weekend!



Ingredients:

- ½ cup dry quinoa, rinsed and drained
- 1 cup organic bone or vegetable broth or water
- 10 large, organic eggs from pasture raised chickens
- ½ cup unsweetened non-dairy milk of choice – like coconut or hemp
- 2 tablespoons coconut oil or organic ghee, divided
- 5-6 cups of packed dark leafy greens – kale, chard, or spinach
- 2-3 cloves garlic, minced
- 2 cups chopped seasonal veggies of choice - mix 2-3 different types; see suggestions below*
- ¼ cup fresh herbs or 2 tablespoons dried- choose from: dill, basil, oregano, thyme, parsley, cilantro, rosemary, or sage
- ½ teaspoon pepper
- ¾ teaspoon salt

Directions:

1. Place water or broth in a medium pot and bring to a boil. Add the quinoa, reduce to simmer, cover and cook for 15 minutes or until done, stirring once half way through.
2. While quinoa cooks, dice your seasonal veggies very small and chop greens into small pieces.
3. Preheat oven to 375 degrees and spray or wipe each cup in a 12-cup, muffin pan generously with oil or ghee. You can also use a 9 x 13 casserole dish as well, but increase eggs to 12 if you are doing this.
4. Place a large skillet over medium-high heat and add ½ tablespoon of the oil or ghee, then tilt to coat and add 2 cups seasonal veggies of choice.
5. Sauté veggies for 5-7 minutes until lightly browned, then add garlic and sauté for 1 minute, then add chopped greens and remaining ½ tablespoon oil or ghee and stir everything to combine well. Allow to sauté until greens are just starting to wilt, about 2-3 minutes.
6. Add cooked quinoa to sautéed veggies and stir to combine well.
7. Scoop quinoa-veggie mix into each of the 12 muffin cups until about ½ way full or spread evenly into the bottom of a casserole dish. Then sprinkle evenly with minced fresh herbs.
8. Whisk eggs and milk together in a large bowl and add salt and pepper, whisk well again.
9. Pour egg-milk mix into muffin cups evenly, filling them up to within a ¼-inch from the top. Or pour into the casserole dish. TIP: Use a small spatula to lightly stir ingredients and let eggs spread into quinoa-veggie mix.
10. Bake muffin frittatas for 20-25 minutes or casserole dish frittata for 30-35 minutes or until a toothpick inserted into the center of the muffins or casserole dish comes out clean.
11. Use a knife around the edges of the frittata to pull it away from the dish or pan, then slice and/or serve hot.

Tips and Tricks:

- * **Refrigerator Frittatas** – 2-3 cups of whatever veggies you have in your fridge
- * **Roasted Vegetable Frittatas** – 2-3 cups roasted vegetables from leftover meal – broccoli, asparagus, onions, peppers, eggplant, zucchini cauliflower, etc...
- * **Summer Frittatas:** 1 large tomato, ½ pound mushrooms, 1 small onion, & basil
- * **Fall Frittatas:** 1 small zucchini, 1 small red bell pepper, 1 small onion, & rosemary
- * **Winter Frittatas:** ½ pound mushrooms, 2-3 shallots, & dried thyme or sage
- * **Spring:** 1 small bunch asparagus, 1 leek, 4 green onions, & fresh thyme.

Nutritional Information Per Serving:

Calories: 232
Fat: 8.4 g
Cholesterol: 283.4 mg
Sodium: 367.4 mg
Total Carbohydrate: 21.6 g
Dietary Fiber: 4.4 g
Sugars: 3.0 g
Protein: 15.0 g

Baby Arugula & “Parmesan” Salad

Prep Time: 10 minutes | Cook Time: 0 minutes
Servings: 4 | Serving Size: 2 cups arugula salad

This simple salad pairs well with everything and you can easily build on to it by adding your favorite raw veggies or whatever veggies are available in your house. Fresh, clean, and loaded with detoxifying greens, this base salad is sure to become a favorite!



Ingredients:

1/4 teaspoon salt
1/4 teaspoon ground black pepper
3 tablespoons olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon Dijon mustard
8 cups loosely packed baby arugula
1/4 cup Hemp “Parmesan” (see included recipe)

Directions:

1. To make the salad dressing: combine first 5 ingredients, through Dijon mustard, in a small bowl and whisk together until combined.
2. Place baby arugula in a large bowl, then drizzle with 1/2 of the dressing, and sprinkle with “hemp parmesan”. Reserve the other half of the dressing on the side for people to add as desired. Or reserve dressing if you are only having a couple servings of this salad.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 102.9
Fat: 8.5 g
Cholesterol: 0 g
Sodium: 504 mg
Total Carbohydrate: 5.6 g
Dietary Fiber: 2.5 g
Sugars: 0.4 g
Protein: 3.1 g

Simple Detox Salad

Prep Time: 15 minutes | Cook Time: 0 minutes

Servings: 4 | Serving Size: ¼ of salad

This nutrient dense salad will cleanse your gut and help support your body's detox pathways while also filling you up! You will also get a nice boost of healthy fats from the avocado, olive oil, and sunflower seeds. Great on its own or pairs well with most any choice of clean protein. Swap the dressing for a different detox dressing as desired.



Ingredients:

4 cups baby arugula
3 cups light greens (butter lettuce, romaine, etc), chopped
1-1 ½ cups coleslaw mix or shredded cabbage + 1 carrot, shredded
1 heaping ¼ cup parsley, chopped
2 green onions, minced
1 large or 2 small avocados, pitted, peeled, and chopped or sliced
¼ cup sunflower seeds

Apple Cider Vinaigrette:

4 tablespoons olive oil or flax oil
2 tablespoons apple cider vinegar
½ teaspoon sea salt
4-6 drops dark liquid stevia

Directions:

1. Combine all salad dressing ingredients in a small mason jar or container, shake until well mixed and set aside.
2. Combine all salad ingredients in a big bowl.
3. Add ½ of dressing and toss well to combine or if using for leftovers, add dressing and avocados each time you have a serving instead of all at once.
4. Enjoy and happy detoxing!

Tips and Tricks:

You can make this salad and the dressing at the beginning of the week and store in separate airtight containers in fridge. Then just add some dressing and avocados fresh when you have a serving.

Nutritional Information Per Serving:

Calories: 199.9
Fat: 17.7 g
Cholesterol: 0.0 mg
Sodium: 313 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.3 g
Sugars: 1.9 g
Protein: 4.2 g

Simply Clean Mixed Greens

Prep Time: 15 minutes | Cook Time: 0 minutes

Servings: 4 | Serving Size: ¼ of salad

It's good to have a couple basic salads you can build on and add different seasonal ingredients as they are available. For this salad just grab a basic bag of mixed greens and add some fresh veggies of choice. I've given you some ideas to get started with below.



Ingredients:

8 cups organic mixed greens
1 cup shredded carrots
4 radishes, julienned or thinly sliced (see other choices below)*
2 green onions, minced
1 heaping ¼ cup parsley, chopped
1 large or 2 small avocados, pitted, peeled, and chopped or sliced

Apple Cider Vinaigrette:

4 tablespoons olive oil or flax oil
2 tablespoons apple cider vinegar
½ teaspoon sea salt
4-6 drops dark liquid stevia

Directions:

1. Combine all salad dressing ingredients in a small mason jar or container, shake until well mixed and set aside.
2. Combine all salad ingredients in a big bowl.
3. Add ½ of dressing and toss well to combine or if using for leftovers, add dressing and avocados each time you have a serving instead of all at once if you are using recipe for more than one meal.

Tips and Tricks:

You can make this salad and the dressing at the beginning of the week and store in separate airtight containers in fridge. Then just add some dressing and fresh avocados when you have a serving.

*1 cucumber, 1 tomato, or 1 bell pepper, 1 cup thinly slice or julienned beets (raw and peeled or canned). Or use your personal favorite veggies of choice here that are in season or in your fridge.

Nutritional Information Per Serving:

Calories: 220.4
Fat: 18 g
Cholesterol: 0.0 mg
Sodium: 89.3 mg
Total Carbohydrate: 9.2 g
Dietary Fiber: 5.3 g
Sugars: 2.0 g
Protein: 2.9 g

Hemp “Parmesan”

Prep Time: 5 minutes | Cook Time: 0 minutes
Servings: 4 | Serving Size: 1 tablespoon

This is a simple garnish that resembles the flavors of parmesan cheese and can be used in any recipe that would have used parmesan as a garnish. Perfect over salads, soups, steamed veggies, or on top of zucchini or squash pasta. This is a great way to boost the protein and healthy fats in a meal!



Ingredients:

¼ cup hemp seeds
¼ cup nutritional yeast
¼ teaspoon salt

Directions:

1. Place all ingredients into a food processor or mini grinder and process until evenly mixed through.
2. Store in an airtight container in the fridge for up to 2 weeks.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 76.7
Fat: 4.3 g
Cholesterol: 0.0 mg
Sodium: 146.3 mg
Total Carbohydrate: 3.0 g
Dietary Fiber: 2.0 g
Sugars: 0.3 g
Protein: 6.3 g

Sesame Avocado Boats

Prep Time: 5 minutes | Cook Time: 0 minutes
Servings: 4 | Serving Size: ½ an avocado boat

Avocados are a great source of heart healthy monosaturated fats & fiber which can help to keep carbohydrate cravings at bay. I love to dress up my avocados for a fun and easy side dish or snack. This recipe pairs well with Asian inspired ingredients and dishes.



Ingredients:

2 ripe avocados
2 tablespoons coconut aminos
1 tablespoon sesame oil
1 tablespoon of sesame seeds
2 tablespoons fresh cilantro or basil, chopped

Directions:

1. Cut the avocados in half and remove the pit.
2. Using a sharp knife, slice the avocados lengthwise into ¼ inch strips, still in the skin.
3. Using a large spoon, carefully scoop out the strips and place them gently onto a small plate.
4. Drizzle the sesame oil and coconut aminos evenly over each avocado half, then sprinkle with the sesame seeds and cilantro if you want.

Tips and Tricks:

Coconut aminos is a soy & gluten free soy sauce substitute that has a salty and slightly sweet taste.

Nutritional Information Per Serving:

Calories: 199.9
Fat: 17.7 g
Cholesterol: 0.0 mg
Sodium: 313 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.3 g
Sugars: 1.9 g
Protein: 4.2 g

Roasted Broccoli

Prep Time: 10 minutes | Cook Time: 15-20 minutes

Servings: 4 | Serving Size: ¼ of recipe



Broccoli is a great vegetable to help boost the fiber and nutrient density of a meal. This recipe is simple and will have everyone in your household liking broccoli. It also tastes great cold or re-heated as an addition to a healthy lunch.

Ingredients:

- 1 large or 2 small heads broccoli, cut into bite sized florets
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 tablespoon coconut oil, melted
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper (optional)

Directions:

1. Preheat oven to 425 degrees F.
2. In a mixing bowl, combine all ingredients until broccoli is well coated.
3. Cover a baking sheet in parchment paper, then spread broccoli into a single layer on the baking sheet.
4. Bake for 10-15 minutes, until broccoli is just tender and starting to crisp.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 104.5
Fat: 7.3 g
Cholesterol: 0 mg
Sodium: 332.0 mg
Total Carbohydrate: 8.5 g
Dietary Fiber: 4.6 g
Sugars: 0 g
Protein: 4.6 g

Sesame Brussels Sprout Sauté

Prep Time: 10 minutes | Cook Time: 15 minutes
Servings: 4 | Serving Size: ¼ of Brussels

Brussels sprouts were never something we had in our household when I was growing up because EVERYONE hated them (including me). This recipe made me a Brussels sprout lover and has since converted most everyone else I've served it to including my husband!



Ingredients:

16 large Brussels sprouts or 30 smaller ones
2 tablespoons coconut oil
4 cloves of garlic, minced
½ teaspoon salt
1 tablespoon apple cider vinegar
1 tablespoon coconut aminos
1 tablespoon sesame oil
2 tablespoons sesame seeds, toasted

Directions:

1. Prepare Brussels by trimming off dry ends and peeling away any damaged outer leaves. With stems down, thinly slice each sprout and be sure to keep the leaves that fall off.
2. In a large skillet (cast-iron pan if you have one) over medium heat, add coconut oil and garlic and sauté until garlic is fragrant, about 1 minute.
3. Add Brussels sprouts to skillet and sprinkle evenly with salt. Then add apple cider vinegar and stir once.
4. Allow Brussels to sauté for about 15 minutes total. It is important not to skimp on the cooking time here, as it will allow the sprouts to caramelize a bit which is the flavor you are shooting for. If they start to burn or stick to the skillet, add water (1-2 tablespoons at a time), and stir to deglaze pan. You may need to do this a few times during the 15-20 minute cook time.
5. Once all the Brussels have browned, add the coconut aminos and stir well to combine.
6. Remove from heat, drizzle with 1 tablespoon sesame oil and toss with sesame seeds.
7. Serve hot and enjoy.

Tips and Tricks:

The trick is to slice them thinly and then brown and caramelize them as done in this recipe.

Coconut aminos is a soy and gluten free soy sauce substitute with a slightly sweet and salty flavor.

Nutritional Information Per Serving:

Calories: 199.9
Fat: 17.7 g
Cholesterol: 0.0 mg
Sodium: 313 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.3 g
Sugars: 1.9 g
Protein: 4.2 g

Roasted Garlic Squash Bites

Prep Time: 15 minutes | Cook Time: 20-25 minutes

Servings: 4+ | Serving Size: 3/4 cup squash



Squashes of any sort are a great way to get in some fibrous friendly carbs that will fill you up with nutrients and steady your blood sugar. Use any winter squash you'd like for this recipe: butternut, acorn, kobacha, etc...

Ingredients:

- 1 small winter squash of choice (acorn, butternut, kobacha, etc)*
- 1 tablespoon coconut oil, melted
- ½ teaspoon sea salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- ½ teaspoon thyme, oregano, rosemary, or sage (optional)

Directions:

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Peel, clean, and slice squash into small 1-inch bite size cubes and place in a large mixing bowl.
3. Pour melted coconut oil over squash bites, then add salt, pepper, garlic powder, and your herb of choice if using and toss to coat squash well.
4. Dump bowl of squash bites onto your baking sheet and spread out evenly so that none are overlapping.
5. Place in oven to roast for 20-25 minutes or until cooked through and slightly browned on top.
6. Remove from oven and enjoy!

Tips and Tricks:

Sweet squash pairs well with savory veggies like kale, chard, asparagus, etc.

*If you choose a smaller squash like acorn, use two of them. If you decide on a larger squash like butternut, get 1 small one.

Nutritional Information Per Serving:

Calories: 118.3
Fat: 3.6 g
Cholesterol: 0 mg
Sodium: 297.4 mg
Total Carbohydrate: 23 g
Dietary Fiber: 3.4 g
Sugars: 0.2 g
Protein: 1.9 g

Salty, Cinnamon Sweet Potato Fries

Prep Time: 15 minutes | Cook Time: 30-35 minutes

Servings: 4 | Serving Size: ¼ of recipe



Sweet potatoes are a great source of antioxidants, beta-carotene, and Vitamins A & C to support a healthy immune system. Because they are more fibrous than white potatoes, they have a lower glycemic response and fall into the “good carb” category! Cinnamon can also help to reduce sweet cravings—an awesome bonus!

Ingredients:

- 2 medium sweet potatoes, sliced into fries*
- 1 ½ tablespoons coconut oil, melted
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt

Directions:

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Place fries in a large bowl, then add melted coconut oil, cinnamon, and salt and toss well to coat fries.
3. Pour the potatoes in a single layer onto your baking sheet. Be sure to not overlap any fries, this will help them cook evenly and crisp slightly.
4. Bake in oven for about 30-35 minutes or until fries are slightly browned.
5. Serve hot!

Tips and Tricks:

*You can peel your potatoes, but we leave the peel on for the extra vitamins. You can also chop these into small cubes if you prefer instead of fries- either way they are delicious!

Nutritional Information Per Serving:

Calories: 96.8
Fat: 5.2 g
Cholesterol: 0.0 mg
Sodium: 602 mg
Total Carbohydrate: 12.3 g
Dietary Fiber: 2.2 g
Sugars: 4.8 g
Protein: 1.2 g

Kale Chips

Prep Time: 10 minutes | Cook Time: 20-30 minutes

Servings: 4 | Serving Size: ¼ of the chips

If you haven't tried kale chips yet, you don't know what you are missing! Packed with antioxidants, fiber, and protein, this simple side dish or snack is a great way to increase your "greens" intake and satisfy that salty, snack craving.



Ingredients:

1 bunch kale
1 tablespoon olive oil or coconut oil
½ teaspoon salt
½ teaspoon garlic powder
¼ teaspoon black pepper

Optional Flavors:*

Lemon zest
Truffle salt or oil
Cayenne

Directions:

1. Preheat oven to 300 degrees.
2. Tear leaves off of stem into 2 inch pieces and place in bowl.
3. Toss leaves with oil and pour onto baking sheet.
4. Sprinkle evenly with salt and one of the optional flavors*.
5. Bake for 20-30 minutes, stirring half way through. This will result in dry, crisp chips. If you want browned or toasted chips, increase the temperature to 350 degrees and cook for 15 minutes total, stirring two times.
6. Serve hot!

Tips and Tricks:

You can vary this recipe by using the optional choices in the ingredient list –

Add cayenne to give it a kick

Use truffle salt or oil in replacement of olive oil and salt

Grate lemon zest over chips once you remove them from oven

Nutritional Information Per Serving:

Calories: 104.4

Fat: 4.6 g

Cholesterol: 0 mg

Sodium: 350.7 mg

Total Carbohydrate: 15.0 g

Dietary Fiber: 5.3 g

Sugars: 3.3 g

Protein: 5 g

Garlicky Cauliflower Puree

Prep Time: 10 minutes | Cook Time: 15 minutes
Servings: 4 | Serving Size: ¼ of recipe

Lovingly known as cauliflower mashed potatoes, this puree has creamy notes and pairs well with meats and seafood alike. You won't even miss your real mashed potatoes! Plus garlic is a known anti-viral and can help protect you from colds & flus.



Ingredients:

- 1 large or 2 small heads cauliflower, cut into florets
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- ½ teaspoon salt
- 1 tablespoon organic ghee (sub 1 more tablespoon olive oil if you prefer)
- 2 tablespoons organic vegetable broth
- ½ teaspoon black pepper
- 2 chives or green onions, minced for garnish

Directions:

1. Put the cauliflower in a steam basket, steamer or directly into a medium pot and add about 1 inch of water to the bottom.
2. Steam cauliflower until very soft, about 15 minutes.
3. While the cauliflower is steaming, sauté garlic in 1 tablespoon olive oil over medium heat for 1-2 minutes, until lightly browned and fragrant.
4. Drain the cauliflower and put it, hot, into a food processor.
5. Add the ghee (or more olive oil), vegetable broth, garlic, salt and pepper and blend until smooth and creamy. Add more broth, 1 tablespoon at a time if needed to thin out puree and make it smooth.
6. Serve hot garnished with green onions or chives!

Tips and Tricks:

Feel free to dress this up with any seasonings you prefer, cayenne can give it a nice kick or rosemary or thyme can provide some fresh herbal notes.

Nutritional Information Per Serving:

Calories: 116.4
Fat: 7.3 g
Cholesterol: 8.8 (if using ghee)
Sodium: 299.9 mg
Total Carbohydrate: 11.8 g
Dietary Fiber: 5.3 g
Sugars: 0.1
Protein: 4.3 g

Crockpot Lemon-Herbed Chicken

Prep Time: 15 minutes | Cook Time: 4-6 hours
Servings: 8-10 | Serving Size: About 6 ounces chicken



This is great way to do make-ahead meals in a very hands-off way. Roast this whole chicken for dinner one night, then use leftover meat in a new and different way another night of the week or for easy lunches.

Ingredients:

- 1 (5-6 pound) whole, organic, free-range chicken
- ½ a large lemon, sliced into wedges
- 4 cloves garlic, peeled and left whole
- 1 large onion, peeled and sliced into large half-moon shapes
- A few sprigs of fresh herb or herbs of choice (sage, rosemary, thyme, oregano, etc)
- 1 teaspoon dried oregano or thyme (your choice)
- 1 teaspoon sweet paprika
- 1 teaspoon salt
- ½ teaspoon black pepper (optional)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup organic chicken or veggie broth

Directions:

1. Combine dried oregano or thyme, sweet paprika, salt, pepper (if using), onion powder, and garlic powder in a small bowl and mix well.
2. Rub and pat spice mixture all over whole chicken, covering it well with the spice rub.
3. Place lemon wedges, garlic cloves and fresh herb sprigs of choice inside the body cavity of the whole chicken.
4. Arrange your onions on the bottom of your crockpot, so they cover the entire bottom. This will help to “hold up” the chicken away from the bottom of the pot so it gets juicier.
5. Pour the broth into the pot, then place the whole chicken on top of the onions.
6. Cover and cook on high for 4-6 hours.
7. Remove chicken, slice, and serve!

** If you want to make *organic chicken bone broth* – this is great opportunity to do so. Bone broth is great snack between meals when you are feeling like snacking – plus it’s loaded with nutrients and minerals to facilitate detox, boost the immune system, and heal the gut.

Directions for Bone Broth:

After you’ve sliced all the meat off the bones, place the carcass and bones back into your crockpot. Keep the onions in there too– and then add 8-12 cups water, depending on how much your crockpot holds, 3 tablespoons raw apple cider vinegar (to help draw minerals out of the bones), & a few more sprigs of herbs of choice (I recommend thyme and parsley). Cover and cook on low for 10-12 more hours. Run through a fine mesh strainer to isolate broth when its done cooking. Store broth in fridge for up to a week or in the freezer for up to 3 months.

Tips and Tricks:

To read more about *How to Make Bone Broth and its Health Benefits*, visit our blog and use search feature to locate.

Nutritional Information Per Serving:

Calories: 301.6
Fat: 6.5 g
Cholesterol: 151.4 mg
Sodium: 326.4 mg
Total Carbohydrate: 1.7 g
Dietary Fiber: 0.4 g
Sugars: 0.2 g
Protein: 45.5 g

Crockpot Lemon-Ginger Chicken

Prep Time: 15 minutes | Cook Time: 4-6 hours
Servings: 8-10 | Serving Size: About 6 ounces chicken



This is another way to do a make-ahead Crockpot chicken – a super simple way to start a busy week. It will give you 1-2 meals plus some lunch meat to toss over salads or into wraps for easy lunches on the go!

Ingredients:

- 1 (5-6 pound) whole, organic, free-range chicken
- ½ a large lemon, sliced into wedges
- 4 cloves garlic, peeled and left whole
- 2 inches ginger root, peeled & sliced thin lengthwise into 2-inch long pieces
- 1 large onion, peeled and sliced into large half-moon shapes
- 1 teaspoon sweet paprika
- 1 teaspoon ground ginger
- 1 teaspoon salt
- ½ teaspoon black pepper (optional)
- 1 teaspoon garlic powder
- ½ cup organic chicken or veggie broth

Directions:

1. Combine sweet paprika, salt, pepper (if using), ground ginger and garlic powder in a small bowl and mix well.
2. Rub and pat spice mixture all over whole chicken, covering it well with the spice rub.
3. Place lemon wedges, garlic cloves and half of the ginger root inside the body cavity of the whole chicken.
4. Arrange your onions and remaining ginger root on the bottom of your crockpot, so they cover the entire bottom. This will help to “hold up” the chicken away from the bottom so it gets juicier.
5. Pour the broth into the pot, and then place the whole chicken on top of the onions.
6. Cover and cook on high for 4-6 hours.
7. Remove chicken, slice, and serve!

** If you want to make **organic chicken bone broth** – this is great opportunity to do so. Bone broth is great snack between meals when you are feeling like snacking – plus it’s loaded with nutrients and minerals to facilitate detox, boost the immune system, and heal the gut.

Directions for Bone Broth:

After you’ve sliced all the meat off the bones, place the carcass and bones back into your crockpot. Keep the onions in there too– and then add 8-12 cups water, depending on how much your crockpot holds, 3 tablespoons raw apple cider vinegar (to help draw minerals out of the bones), & a few more sprigs of herbs of choice (I recommend thyme and parsley). Cover and cook on low for 10-12 more hours. Run through a fine mesh strainer to isolate broth when it’s done cooking. Store broth in fridge for up to a week or in the freezer for up to 3 months.

Tips and Tricks:

To read more about **How to Make Bone Broth and its Health Benefits**, visit our blog and use search feature to locate.

Nutritional Information Per Serving:

Calories: 301.6
Fat: 6.5 g
Cholesterol: 151.4 mg
Sodium: 326.4 mg
Total Carbohydrate: 1.7 g
Dietary Fiber: 0.4 g
Sugars: 0.2 g
Protein: 45.5 g

Carrot-Coconut Soup

Prep Time: 15 minutes | Cook Time: 20-30 minutes

Servings: 4 | Serving Size: ¼ of recipe

This is perhaps my favorite vegetarian soup. It has the perfect balance of savory and sweet and warms my tummy and my soul when I eat it. The turmeric and ginger can help to calm your mind, detoxify your body, and ease aches and pains. Watch out, you might get addicted too!



Ingredients:

- 1 tablespoon coconut oil
- 1 onion, peeled and roughly chopped
- 9 medium carrots, unpeeled, roughly chopped (about 1/2-3/4 inch pieces)
- 3 cups vegetable broth
- 1 (15-ounce) can full-fat coconut milk
- 1 ½ tablespoons freshly chopped ginger root
- ½ teaspoon ground turmeric
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup pepitas or sunflower seeds

Directions:

1. Heat the coconut oil in a large soup pot, add the onions and sauté on medium heat for about 7 minutes.
2. Add the carrots and cook for another 5 minutes.
3. Pour in the broth, then add the ginger, ground turmeric, salt, and pepper. Give it a good stir, put a lid on the pot and cook until the carrots are softened, about 15-20 minutes.
4. When carrots are soft, carefully blend the soup in batches using a counter blender (take out the cap plug and use a towel to cover and hold lid firmly to avoid spills). Or use one of my favorite kitchen tools, an immersion hand blender, and puree until smooth inside your soup pot.
5. Stir in coconut milk and place back on the stovetop over medium-low heat to re-warm and mix through.
6. Garnish with raw pepitas or sunflower seeds.

Tips and Tricks:

I always double or triple this recipe and freeze it in 4-6 cup batches. Defrost overnight in the fridge for a quick, warming meal on a busy weeknight!

Nutritional Information Per Serving:

Calories: 193.4
Fat: 16.2 g
Cholesterol: 0.0 mg
Sodium: 460.3 mg
Total Carbohydrate: 18.3 g
Dietary Fiber: 4.2 g
Sugars: 5.8 g
Protein: 2.6 g

Chicken Avocado Caesar Salad

Prep Time: 15 minutes | Cook Time: 15 minutes
Servings: 4 | Serving Size: 4-6 ounces chicken

This paleo inspired chicken Caesar salad uses avocado instead of raw egg yolks for a thick and creamy texture. I'm confident you will be surprised at how close this tastes to real Caesar dressing with cheese and eggs. Super delicious and packed with heart healthy, monosaturated fats from the olive oil & avocado.



Ingredients:

- 4 (4-ounce) organic, free range chicken breasts
- 4 cloves garlic, peeled and crushed
- ½ teaspoon each salt and pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon organic ghee or coconut oil
- ½-1 cup water or organic chicken/vegetable broth
- (**Can substitute first seven ingredients for pre-cooked Crockpot Lemon-Herbed Chicken, & skip to step 4 below to save time.**)
- 1 large head romaine lettuce, cut into bite sized pieces
- ¼ cup hemp parmesan (see recipe)

Avocado Caesar Dressing:

- ½ of a ripe avocado, pitted and peeled
- 2 tablespoons fresh lemon juice
- 1 tablespoon apple cider vinegar
- ½ cup extra virgin olive oil
- 2 tablespoons avocado oil
- 2 cloves garlic, minced
- ½ teaspoon salt
- 1 teaspoon dried dill
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1-2 anchovy filets, minced (optional)

Directions:

1. Add ghee or coconut oil to a large, deep bottomed skillet over medium-high heat. Place whole chicken breasts inside pan and sprinkle evenly with salt, pepper, oregano, and basil and sear each side of chicken breast until lightly brown, about 3 minutes each side.
2. Add the garlic and sauté for 1 minute, then add enough water or organic broth so that it covers your chicken breast ¼ of the way up.
3. Bring water or broth to a boil over high heat, then reduce heat to a strong simmer, cover, and cook for 7 minutes or until chicken is cooked through.
4. While the chicken cooks, make your dressing by placing ½ an avocado, lemon juice, apple cider vinegar, garlic, salt, dill, parsley and anchovy (if using) into a food processor and blend on high until well combined.
5. With your machine on medium, very slowly add ½ of the olive oil in a steady stream followed by all of the avocado oil, and lastly by the remaining olive oil – pour through the shoot of the food processor. The dressing should become thicker as you do this.
6. When your chicken is done, slice it into strips or chunks.
7. Combine the romaine, ½ of the salad dressing and the chicken in a large salad bowl and toss to coat.
8. Serve salad on plates garnished 1 tablespoon hemp parmesan per serving. Add more dressing as desired.

Tips and Tricks:

This salad is a meal all by itself. Save extra dressing in airtight container in fridge for up to 4 days.

Nutritional Information Per Serving:

Calories: 430
Fat: 25 g
Cholesterol: 120.4 mg
Sodium: 709 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 4.5 g
Sugars: 1.7 g
Protein: 22.4 g

Sesame-Ginger Salmon

Prep Time: 15 minutes | Cook Time: 10 minutes
Servings: 4 | Serving Size: 1 (6-ounce) salmon filet



This is one of my favorite ways to make wild salmon and a regular recipe in our household. It is super fast, packed with flavors, and pairs well with almost any veggie or salad. Ginger is a powerful medicinal food that can reduce inflammation and improve digestion so I like to get it into my diet everyday in some way.

Ingredients:

4 (6 ounce) wild caught salmon fillets
3 tablespoons coconut aminos
1 inch ginger, peeled and minced
3 cloves garlic, minced
½ teaspoon salt
½ teaspoon pepper
1 tablespoon sesame oil
1 tablespoon sesame seeds
2 green onions or chives, minced

Directions:

1. Place salmon filets in a baking dish, then pour coconut aminos evenly over 4 filets, sprinkle with minced garlic and ginger and then the salt and pepper. Cover dish and let marinate for 30 minutes or up to overnight.
2. Preheat oven to 425 degrees.
3. Remove dish cover, and place salmon in oven on a rack a little higher than center for about 8-10 minutes or until desired degree of doneness.
4. Remove from oven, then drizzle with sesame oil and sprinkle with minced green onions and sesame seeds before serving.

Tips and Tricks:

This dish pairs well with quinoa or brown rice and veggies or salad of your choice.

Nutritional Information Per Serving:

Calories: 244.7
Fat: 14.1 g
Cholesterol: 72.0
Sodium: 487.7 mg
Total Carbohydrate: 2.1 g
Dietary Fiber: 0.4 g
Sugars: 0.1
Protein: 25.1 g

Simple Shrimp Scampi with Roasted Spaghetti Squash

Prep Time: 25 minutes | Cook Time: 45-60 minutes

Servings: 4 | Serving Size: ¼ of recipe



This light dish pops with the freshness of lemon and parsley and pairs perfectly with savory flavors of garlic & rich organic ghee. It's also loaded with protein and some fibrous carbs to keep you feeling full.

Ingredients:

- 1 medium spaghetti squash
- 1 ¼ pounds wild caught shrimp, peeled and deveined (leave tails on)
- 2 tablespoons organic ghee
- 4 cloves garlic, slivered or finely chopped
- ½ teaspoon salt
- Pinch of pepper (optional)
- 1/3 cup organic veggie broth
- ¼ cup fresh parsley, chopped
- 2 tablespoons lemon juice
- 4 lemon wedges

Directions:

1. Preheat oven to 400 degrees.
2. Using a knife, pierce squash a few times and then place on a cookie sheet.
3. Bake in oven for 45 minutes to 60 minutes until soft.
4. Peel your shrimp and chop the garlic and parsley while your squash cooks. Then pull squash out of the oven and let sit to cool for 5 minutes.
5. Heat a large skillet over medium-high heat, then add the ghee.
6. Once the ghee has melted and starts to get very hot, turn down your temp to medium, then add the garlic slivers and sauté for 1 minute.
7. Add the shrimp and spread them out so none are overlapping.
8. Then add the broth and turn the heat back to high for 2-3 minutes – that's all that is needed, shrimp cooks fast.
9. Turn off the heat, then slice squash in half longwise and remove and discard seeds and the mushy parts.
10. Hold half of the squash over your skillet (I recommend using an oven mitt because the squash will still be pretty hot to hold) and, using a fork, scrape out flesh from top to bottom to separate strands of squash. Repeat with other half or other squash.
11. Add lemon juice and parsley and toss well to combine before serving.

Tips and Tricks:

Ghee is clarified butter or the pure “fat” of butter with the dairy proteins removed (so it is whey, dairy, and casein free).

You can also change this recipe up and use zucchini “noodles” instead of spaghetti squash too. I recommend one medium zucchini per serving.

Nutritional Information Per Serving:

Calories: 239.9
Fat: 9.4 g
Cholesterol: 187.0 mg
Sodium: 515.2 mg
Total Carbohydrate: 17.3 g
Dietary Fiber: 3.6 g
Sugars: 6.4 g
Protein: 24.4 g

Apple-Sage Turkey Burgers with Garlic Aioli

Prep Time: 15 minutes | Cook Time: 15 minutes

Servings: 4-6 | Serving Size: 1 turkey burger

These are my family's favorite burgers, hands down – we do turkey burgers most weeks because they are easy and delicious! A little bit of apple gives these patties some nice moisture and a pop of flavor. I know they will become a regular dish on your menu as well!



Ingredients:

For the burgers:

- 1 ¼ pounds organic, free range ground turkey
- ¼ cup almond meal
- 2 scallions, thinly diced
- 2 tablespoons fresh sage, minced (sub 1-2 teaspoons dried)
- ½ cup shredded or finely chopped apple (sweet or tart)
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 1/2 tablespoon coconut oil
- 8 large lettuce leaves

For the aioli:

- ¼ cup organic mayonnaise (cage free eggs & olive oil)*
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- 1 tablespoon fresh lemon juice

Directions:

1. Combine all burger ingredients through black pepper in a large bowl and mix until well incorporated. (I use my hands to do this best.)
2. Form 4-6, 1-inch thick patties.
3. Heat a large skillet over medium heat, add the oil, and tilt to coat. Once hot, add burgers and cook 5-7 minutes per side or until grilled brown on the outside and cooked through.
4. While burgers cook, combine aioli ingredients in a small bowl and whisk until well combined.
5. Serve burgers inside lettuce wraps with 1 tablespoon aioli on top.

Tips and Tricks:

These can be made up to 2 days in advance, just store uncooked in airtight container in the refrigerator. You can also freeze these (uncooked) beautifully for up to 3 months. Just defrost in the refrigerator the night prior to cooking them.

*Be sure to choose an organic mayonnaise made from cage free eggs & olive oil. Read the label to be sure they don't include other oils like canola or soy. I like Spectrum Brand.

Nutritional Information Per Serving:

Calories: 355.9
Fat: 20
Cholesterol: 10 mg
Sodium: 561 mg
Total Carbohydrate: 4.6 g
Dietary Fiber: 1.4 g
Sugars: 2.1 g
Protein: 29.2 g

Healing Turmeric Chicken Stew

Prep Time: 15 minutes | Cook Time: 4-6 hours or 30 minutes **

Servings: 4 | Serving Size: 1 large bowl



This soup has become my absolute favorite warming winter recipe! You can use white or red sweet potatoes, both work very well to add some slow, low carbs to the meal to keep you feeling fuller longer.

Ingredients:

- | | |
|--|---|
| 1 ½ pounds organic, boneless, skinless chicken thighs
(or 4-6 cups shredded pre-cooked chicken thighs or breasts) | ½ teaspoon salt |
| 1 tablespoon coconut oil | 1 quart organic chicken broth |
| 1 medium to large onion, diced | ¾ cup non-dairy milk of choice, reserve ¼ cup |
| 3 carrots, peeled and sliced into ¼ inch rounds | 2 teaspoons arrowroot powder |
| 1 rib celery, chopped | ¼ -½ cup cilantro, chopped for garnish |
| 1 teaspoon ground turmeric | |
| 1 inch ginger root, peeled & minced | |
| 3 cloves garlic, minced | |
| 1 medium sweet potato, peeled and cubed into bite size pieces | |

Directions:

If using pre-cooked chicken:

1. Heat a large soup pot over medium-high heat, add coconut oil, onion, carrots, and celery and sauté for 5 minutes or until onions are soft. Add the garlic and sauté for 1 minute.
2. Add ginger, ground turmeric, salt, sweet potato, broth and ½ cup of the milk to the pot. Then bring to a boil, reduce heat to medium-low, and cover until potatoes are tender, about 20 minutes.
3. Combine the remaining ¼ cup milk and 2 teaspoons arrowroot powder in a small bowl and whisk until arrowroot is completely dissolved. Then add the mixture to the stew, along with the cooked chicken and heat for about 5 minutes or until the stew thickens slightly.
4. Ladle into bowls, garnish liberally with cilantro, and enjoy!

If using Crockpot and raw chicken thighs:

1. Place the chicken thighs in the slow cooker or Crockpot, then all the veggies, spices (except the cilantro), the sweet potato, the broth, and ¾ cup of the milk.
2. Give everything a really good stir, then cover and cook on low for 4-6 hours.
3. Check it at 4 hours and use two forks to shred the chicken thighs, if they fall apart easily, continue to shred all chicken and then give the stew a good stir. If the meat is not pulling apart with two forks, continue to cook and check every 30 minutes or so.
4. Combine the remaining ¼ cup milk and 2 teaspoons arrowroot powder in a small bowl and whisk until arrowroot is completely dissolved. Then add the mixture to the stew and cook for about 5 minutes or until the stew thickens slightly.
5. Ladle into bowls, garnish liberally with cilantro, and enjoy!

Tips and Tricks:

I always double or triple this recipe and freeze it in 4-6 cup batches. Defrost overnight in the fridge for a quick, warming meal on a busy weeknight!

**Use one of the two methods listed in the directions above. If you made a Crockpot Chicken, then shred that meat and add it into the soup. Or use raw, chicken thighs and the Crockpot method.

Nutritional Information Per Serving:

Calories: 281
Fat: 11.7 g
Cholesterol: 101.7 mg
Sodium: 489.4 mg
Total Carbohydrate: 16.3 g
Dietary Fiber: 2.3 g
Sugars: 2.1 g
Protein: 28.4 g

Parchment Baked Cod & Vegetables

Prep Time: 15 minutes | Cook Time: 15 minutes

Servings: 4 | Serving Size: 1 (6-ounce) cod filet & 1 cup veggies

While it looks like a lot of steps, this is a very easy meal to prep and it cooks in 20 minutes or less. You can even pre-slice your veggies the day prior or during your weekly meal prep so that you can get this meal on the table even faster. Clean, simple, and delicious are the trademarks of this meal!



Ingredients:

4 (6-ounce) wild caught Alaskan cod filets
1 small fennel bulb, halved, then thinly sliced
1 small leek, thinly sliced
1 small carrot, thinly sliced
1 medium zucchini, thinly sliced
4 cloves garlic, crushed and thinly sliced
1 lemon, thinly sliced
½ teaspoon fennel seeds, crushed
½ teaspoon dried dill or 1 tablespoon fresh dill
4 tablespoons organic vegetable broth

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons fresh parsley (for garnish)
Parchment paper
Aluminum foil

Directions:

1. Preheat oven to 450°F.
2. Cut parchment paper into eight pieces approximately twice the size of each piece of fish. Stack two pieces of parchment on top of an equal-size piece of aluminum foil.
3. Arrange one-quarter of the vegetables and 1 clove sliced garlic on each piece of parchment then place one piece of the fish on top.
4. Sprinkle evenly with salt and pepper.**
5. Lay a slice or two of lemon on each piece of fish and sprinkle on a little of the fennel seed. Then splash with 1 tablespoon vegetable broth to provide moisture for steam cooking.
6. Sprinkle with dried or fresh dill, then fold the parchment and foil to enclose the fish and crimp the edges neatly to seal completely. Place the packets on a large baking sheet and bake for 15-20 minutes, until the fish flakes easily with a fork.
7. Pull open the packets and garnish with parsley.
8. Parchments can be placed directly on individual plates for serving, or the fish and vegetables can be gently removed and served on plates.

Tips and Tricks:

** Place the items on one side of the parchment so that you can use excess to wrap and seal in step 5.

Nutritional Information Per Serving:

Calories: 284.2
Fat: 7.3 g
Cholesterol: 93.6 mg
Sodium: 475.7 mg
Total Carbohydrate: 13.2 g
Dietary Fiber: 4.8 g
Sugars: 0.6 g
Protein: 40.6 g

Sautéed Kale with Caramelized Shallots & Roasted Squash

Prep Time: 20 minutes | Cook Time: 20-25 minutes

Servings: 4 | Serving Size: ¼ of recipe



This fiber loaded vegetarian meal offers the perfect pairing of sweet and savory! Just choose your favorite winter squash and grab some kale and shallots and you've got a delicious, antioxidant packed meal.

Ingredients:

- 1 small winter squash of choice (acorn, butternut, kobacha, etc)*
- 2 tablespoon coconut oil, melted (divided)
- 1 teaspoon sea salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- 1 large bunch kale, de-stemed and chopped
- 4 shallots, sliced

Directions:

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Peel, clean, and slice squash into small 1-inch bite size cubes and place in a large mixing bowl.
3. Pour 1 tablespoon melted coconut oil over squash bites, then add ½ teaspoon salt, pepper, garlic powder, and toss to coat squash well.
4. Dump bowl of squash bites onto your baking sheet and spread out evenly so that none are overlapping.
5. Place in oven to roast for 20-25 minutes or until cooked through and slightly browned on top.
6. When squash is 5-10 minutes away from being done, start a large skillet over medium-high heat and add the remaining tablespoon coconut oil.
7. Tilt to coat pan then add the shallots and allow to sauté for 5-7 minutes or until starting to brown.
8. Add the kale and ½ teaspoon salt and allow greens to cook down as you toss them. You want them to wilt, but still hold their vibrant green color.
9. Pull the squash out of the oven and add to the skillet with kale and shallots.
10. Serve by itself, over cooked quinoa or brown rice (1/3 cup per serving), or with a few slices of avocado on the side to round out the dish.

Tips and Tricks:

*If you choose a smaller squash like acorn, use two of them. If you decide on a larger squash like butternut, get one small one.

Nutritional Information Per Serving:

Calories: 227.4
Fat: 8.0 g
Cholesterol: 0 mg
Sodium: 649.1 mg
Total Carbohydrate: 39 g
Dietary Fiber: 8.6 g
Sugars: 3.4 g
Protein: 7.1 g

Simple Homemade Hummus

Prep Time: 15 minutes | Cook Time: 0 minutes
Servings: 8 | Serving Size: About 2 heaping tablespoons

Hummus is a great snack because it gives you some friendly carbs in the form of fiber from the chickpeas and a small boost of protein to keep snacking at bay. Put your own spin on this hummus by adding your favorite flavors: more garlic, pine nuts, roasted red peppers, olives, etc.



Ingredients:

1 (15-ounce) can organic chickpeas (aka garbanzo beans)
OR 1-2 cups cooked beans from dried
1 pepperoncini AND 1 tablespoon brine from the jar**
1 ½ tablespoons tahini
3 cloves garlic
Juice from 1 large lemon
1 teaspoon cumin
1 teaspoon coriander
½ teaspoon salt
1-2 pinches cayenne (optional)**
3-4 tablespoons extra virgin olive oil

Chopped raw veggies of choice for dipping: carrots, celery, cucumbers, bell peppers, zucchini, radishes, etc...

Directions:

1. Drain and rinse your chickpeas if using canned.
2. Put everything into a food processor and blend until creamy, stopping regularly to scrape down the sides of your bowl. Should take 2-3 minutes. Add more olive oil 1 tablespoon at a time if mixture is too thick.
3. Enjoy with unlimited raw veggies of choice.

Tips and Tricks:

**Omit the pepperoncini, the brine, and the cayenne if you are sensitive to nightshade vegetables and use 4 tablespoons olive oil.

Serve with raw veggies of choice. Stick to the 2 tablespoon serving amount and bulk on the veggies instead. Avoid using pre-packaged snacks for dipping like: pita chips, crackers, and corn chips. These are all loaded with toxic industrial seed oils that drive up inflammation and put you at risk for diabetes and heart disease.

Nutritional Information Per Serving:

Calories: 120.8
Fat: 7.2 g
Cholesterol: 0
Sodium: 170.3 mg
Total Carbohydrate: 12.1 g
Dietary Fiber: 2.6 g
Sugars: 0.2 g
Protein: 2.9 g

Chocolate Macadamia Shake

Prep Time: 10 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: ½ of recipe



If you are someone who likes chocolate and/or ice cream, this smoothie will really hit the spot. I make this for a dessert when everyone else is eating ice cream or sweets and it really tastes like I'm drinking a chocolate milkshake!

Ingredients:

- 2 scoops vanilla flavored protein powder of choice*
- Heaping 1/3 cup raw, unsalted macadamia nuts
- 1 heaping tablespoon cocoa powder
- Dash of ground cinnamon
- 2 cups unsweetened vanilla or regular non-dairy milk of choice
- 1-2 cups ice cubes depending on how thick & cold you like it**

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

**Or freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 350
Fat: 23.6 g
Cholesterol: 0.0 mg
Sodium: 223.8 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 5.8 g
Sugars: 4.1 g
Protein: 26.3 g

Cinnamon-Spiced Chia Pudding

Prep Time: 10 minutes + overnight set time | Cook Time: 0 minutes

Servings: 4 | Serving Size: About 1/2 cup



Chia seeds are a powerful superfood with healthy omega fats and energy boosting properties. They are packed with fiber and protein and make for a perfect snack before or after a workout. Plus, cinnamon has been shown to help balance blood sugar and reduce cravings for sweets. This is a great “substitute” for dessert or a sweet snack!

Ingredients:

2 cups unsweetened almond milk or coconut milk
5-10 drops liquid stevia
1 teaspoon vanilla extract
1 teaspoon cinnamon
½ teaspoon ground ginger
6 tablespoons chia seeds

Optional Toppings:

¼ cup shredded unsweetened coconut
¼ cup raw walnuts, chopped
Fresh berries**

Directions:

1. Combine milk, stevia, vanilla, cinnamon, ginger in a small bowl and whisk vigorously until well combined and smooth.
2. Place chia seeds in a bowl or large mason jar and pour almond milk mixture on top, then stir well.
3. Allow mixture to sit for 1 minute and stir again, then let it sit for 10 minutes and give it one more good stir.
4. Cover bowl with plastic wrap or seal mason jar with lid and place pudding in the fridge to set overnight or for at least 6 hours.
5. Stir in the morning and enjoy pudding by itself or with desired toppings.

Tips and Tricks:

This keeps well in the fridge for about 3-4 days. I like to make a batch at the beginning of the week and scoop out a snack when I'm craving something sweet!

**Adding berries will add more sugar to this meal and can increase your cravings for more sugar later in the day, so if you choose to add these, keep it to a small amount. Example: 2 strawberries, sliced or 6 blueberries.

Nutritional Information Per Serving: (Calculated with no toppings)

Calories: 110.3
Fat: 8.0 g
Cholesterol: 0.0 mg
Sodium: 90.3 mg
Total Carbohydrate: 9.3 g
Dietary Fiber: 8.3 g
Sugars: 0.2 g
Protein: 5.0 g

Raw Lemon Macaroons

Prep Time: 15 minutes | Cook Time: 0 minutes
Servings: 10 snack balls | Serving Size: 1 snack ball



These guilt free snacks are a super quick way to satisfy your sweet tooth without turning on your oven or feeling guilty that you treated yourself.

Ingredients:

$\frac{3}{4}$ cup unsweetened shredded coconut, plus 1 tablespoon
3 tablespoons coconut flour
15 drops of liquid stevia
Juice and zest of $\frac{1}{2}$ a lemon
3 tablespoons coconut oil, melted
1 teaspoon vanilla extract
Pinch of sea salt

Directions:

1. Combine coconut, coconut flour, and salt in a medium bowl.
2. Combine stevia, lemon juice, coconut oil and vanilla in a small bowl and whisk well to combine.
3. Pour wet ingredients into dry and mix until a dough forms. It will be crumbly, but should stick together into a small balls if you give it a good squeeze with the palm of your hand. If it doesn't stick together, add more oil by the teaspoon. If it is too sticky, add more coconut flour by the teaspoon.
4. Squeeze a scant tablespoon of dough together in your hand and use your fingers to gently roll or mold into a ball. They are delicate, so just do the best you can.
5. Repeat to make 10-12 balls total.
6. Place in refrigerator for 5-10 minutes before eating to allow snack balls to firm up.
7. Store raw snack balls in the refrigerator for up to 5 days.

Tips and Tricks:

These are delicate when you make them, but they firm up in the fridge.

Nutritional Information Per Serving:

Calories: 109.6
Fat: 9.5 g
Cholesterol: 0.0 mg
Sodium: 18.6 mg
Total Carbohydrate: 4.5 g
Dietary Fiber: 2.1 g
Sugars: 0.7 g
Protein: 1.2 g

Turmeric Spiced Latte

Prep Time: 10 minutes | Cook Time: 5 minutes

Servings: 1 | Serving Size: 1 latte or herbal tea



This is my favorite afternoon sugar free treat that I look forward to everyday! It calms and soothes my body, warms me up, decreases my sugar cravings, and helps me fight inflammation. Paste can be stored in the fridge for up to 3 weeks. I highly recommend using a glass jar – turmeric will stain your plastic-ware.

Ingredients:

1 ½ cups non-dairy milk of choice**

½ - 1 teaspoon turmeric paste*

¼ teaspoon ground cinnamon

¼ teaspoon ground ginger

½ teaspoon pure vanilla extract

4-6 drops liquid stevia

Turmeric paste:

3 tablespoons ground turmeric

3 heaping tablespoons coconut oil

½ teaspoon ground black pepper

¼ cup filtered water

Directions:

1. Make the turmeric paste if it's not already made by combining all paste ingredients into a small saucepan over medium heat until coconut oil is melted. Whisk together well and store in a glass airtight container in the fridge.
2. To make the latte, combine latte ingredients in a small saucepan over medium heat and whisk to smooth out spices. Allow to heat to desired temperature, then whisk again.
3. Pour into a mug and enjoy!

Tips and Tricks:

** You can substitute filtered water for non-dairy milk for more of an herbal tea instead of a latte. You can add 1-2 tablespoons of non-dairy milk or non-dairy creamer if desired as well.

Store turmeric paste in fridge for up to 3 weeks. You can also use this paste as an addition to stews, soups, stir-fry's and sautéed veggies. Just add 1-3 teaspoons (for a 4 serving recipe) to boost the anti-inflammatory properties of your meal.

Nutritional Information Per Serving:

Calories: 78.9

Fat: 6.2 g

Cholesterol: 0.0 mg

Sodium: 271.1 mg

Total Carbohydrate: 5.1 g

Dietary Fiber: 2.2 g

Sugars: 0.4 g

Protein: 1.4 g

10 Day Sugar Detox Diet Meal Plan (Days 1-5):

Day 1:

Lunch – Sausage & Onion Quiche with Sweet Potato Crust & Baby Arugula Salad

Dinner – Crockpot Lemon-Herbed Chicken, Roasted Garlic Squash Bites, & Baby Arugula Salad

Day 2:

Lunch – Simple Detox Salad with Lemon-Herbed Chicken

Dinner – Carrot-Coconut Soup*, Roasted Broccoli, & Sesame Avocado Boats

Day 3:

Lunch – Carrot-Coconut Soup, Roasted Broccoli, & Sesame Avocado Boats

Dinner – Chicken Avocado Caesar Salad

Day 4:

Lunch – Chicken Avocado Caesar Salad Wraps

Dinner – Sesame-Ginger Salmon & Sesame Brussels Sprout Sauté

Day 5:

Lunch – Ginger-Sesame Roasted Salmon over Simple Detox Salad

Dinner – Simple Shrimp Scampi with Sautéed Spaghetti Squash & Side Caesar Salad

Breakfast: Green Protein Smoothies

Sneaky Green Smoothie & Green Banana-Almond Smoothie

Weekly Meal Preparation, Make-Ahead Instructions, & Time Saving Tips:

1. Get your weekly meals prepared by first getting the chicken in the crockpot. You will use this chicken in days #1, 2, & 3.
2. While your chicken cooks, make the quiche for day #1 lunch. Then, while your quiche is in the oven, make the dressing and “hemp parmesan” for Baby Arugula Salad. Store separately in airtight containers in fridge to use for other meals during the week.
3. Take a break and eat some lunch.☺
4. Slice and peel squash for dinner for day #1.
5. Wash and chop broccoli and the carrots for meal #2. Store separately in airtight containers in fridge.
6. Make a batch of Simple Detox Salad, store veggies (except for avocado) in a container to use throughout the week.
7. Make the Simple Detox Salad dressing and store separately as well.

Make a double batch of any soups or stews since those freeze so easily and are perfect for days when you don't have time to cook or don't have fresh food in the fridge. Freeze for up to 3 months. Defrost in fridge.

Grocery Shopping List (Days 1-5):

Produce

- 1 large leek (1)
- 3 shallots (1)
- 1 small sweet potato (1)
- 1 (5-ounce) container/bag baby arugula (1, 2)
- 5 lemons (1, 3, 5)
- 2 heads garlic (1, 3, 4, 5)
- 2 large onions (1, 2)
- Fresh thyme (1)
- 1 winter squash of choice (Butternut, Acorn, etc) (1)
- 3 bunches romaine (2, 3 + smoothies)
- 1 small bag coleslaw mix (2)
- 1 large bunch parsley (2, 3, 5)
- 1 bunch green onions (2, 4)
- 4 large or 6 small avocados (2, 3 + smoothies)
- 9 medium-large carrots (2)
- 2 inches fresh ginger root (2, 4)
- 2 heads broccoli (2)
- 1 small bunch cilantro (2)
- 16 large or 30 smaller Brussels sprouts (4)
- 1 medium spaghetti squash (5)
- 1 (5-ounce) container/bag baby spinach (smoothies)
- 2 small green (unripe) bananas (smoothies)

Refrigerated

- 2 cartons unsweetened non-dairy milk of choice (1 + smoothies)
- 1 dozen large organic eggs from pastured chickens (1)
- Organic ghee (5)

Meat & Seafood

- 6 ounces organic, chicken or turkey breakfast sausage (1)
- 1 (5 pound) whole organic, free-range chicken (1)
- 4 (6-ounce) wild caught salmon filets (4)
- 1 ¼ pounds wild caught shrimp (4)

Bread/Bakery

Dry & Canned Goods

- 1 small bag hemp seeds/hemp hearts (1, 3 + smoothies)
- 2 quarts organic vegetable broth (1, 2, 5)
- ½ cup sunflower seeds (2)
- 1 (15-ounce) can coconut milk (2)
- 1 small can anchovy filets (3-optional)
- Plant based protein powder (smoothies)**
- 1 jar raw, unsweetened almond butter (smoothies)

Frozen Foods

- 1 small bag frozen organic berries of choice (smoothies)

Misc.

**Choose a plant based protein powder that is Gluten, Dairy, Soy, Casein, Whey, and GMO Free. You are looking for 20 or more grams of protein, 15 or less grams of carbohydrates, & 10 grams or less of sugar. **

10 Day Sugar Detox Diet Meal Plan (Days 6-10):

Day 6:

Lunch – Leafy Green Quinoa Frittatas & Simply Clean Mixed Greens

Dinner – Crockpot Lemon-Ginger Chicken, Salty, Cinnamon Sweet Potato Fries, & Side Salad of Choice

Day 7:

Lunch – Leafy Green Quinoa Frittatas & Simply Clean Mixed Greens

Dinner – Apple Sage Turkey Burgers with Garlic Aioli & Kale Chips

Day 8

Lunch – Apple Sage Turkey Burgers with Garlic Aioli & Simply Clean Mixed Greens

Dinner – Healing Turmeric Chicken Stew* & Roasted Broccoli

Day 9:

Lunch – Healing Turmeric Chicken Stew & Roasted Broccoli

Dinner – Parchment Baked Cod & Vegetables with Garlicky-Cauliflower Puree & Side Baby Arugula Salad

Day 10:

Lunch – Parchment Baked Cod & Vegetables with Garlicky-Cauliflower Puree & Side Baby Arugula Salad

Dinner – Sautéed Kale with Caramelized Shallots & Roasted Squash & Side Baby Arugula Salad

Breakfast: Green Protein Smoothies

Sneaky Green Smoothie, Banana-Almond Smoothie, & Creamy Citrus Green Smoothie

Weekly Meal Preparation, Make-Ahead Instructions, & Time Saving Tips:

1. Get your weekly meals prepared by first getting the chicken in the crockpot. You will use this chicken for days #6 & 8.
2. While your chicken cooks, make the frittatas for lunch. Then, while your frittatas are in the oven, make the dressing and salad for Simple Clean Mixed Greens. Store separately in airtight containers in fridge to use for other meals during the week.
3. Take a break and eat some lunch.☺
4. Wash, chop, and de-stem kale for Kale Chips for meal #7. Store in airtight bag in fridge.
5. Make the Apple Sage Turkey Burger patties. Store in fridge raw until dinner #7.
6. Slice sweet potatoes for Salty, Cinnamon Sweet Potato Fries for dinner day #6.
7. If you've still got more energy, you can wash and chop the broccoli for day #8 & the cauliflower for day #9. Store in separate airtight containers in fridge.

Make a double batch of any soups or stews since those freeze so easily and are perfect for days when you don't have time to cook or don't have fresh food in the fridge. Freeze for up to 3 months. Defrost in fridge.

Grocery Shopping List (Days 6-10):

Produce

- 3 bunches kale (1, 2, 5)
- 2 heads garlic (1, 2, 3, 4)
- 6-7 shallots (1, 5)
- ½ pound sliced mushrooms (1)
- 4 lemons (1, 4)
- 3 inches ginger root (1, 3)
- 2 large onions (1, 3)
- 3 medium sweet potatoes (1, 3)
- 1 (5-ounce) container organic, mixed greens (1)
- 1 bag shredded carrots (1)
- 4 carrots (3)
- 4 radishes (sub 1 bell pepper or cucumber) (1)
- 1 bunch green onions (1, 2, 4)
- 1 bunch parsley (1, 4)
- 4 small avocados (1 + smoothies)
- 1 organic apple of choice - sweet or tart (2)
- 1 head large leaf lettuce for burger wraps (2)
- 1 rib celery (3)
- 1 bunch cilantro (3)
- 2 heads broccoli (3)
- 1 small fennel bulb (4)
- 1 small leek (4)
- 1 medium zucchini (4)
- 1 head cauliflower (4)
- 1 (5-ounce) container baby arugula (4)
- 1 small winter squash (acorn, butternut, etc) (5)
- 1 (5-ounce) container baby spinach (smoothies)
- 1 head light greens like romaine (smoothies)
- 1 orange (smoothies)
- 2 green (unripe) bananas (smoothies)

Refrigerated

- 1 dozen organic, pastured eggs (1)
- 1 carton unsweetened coconut milk (1, 3 + smoothies)
- 1 carton unsweetened almond or hemp milk (smoothies)

Meat & Seafood

- 1 (5-6 pound) whole organic chicken (1)
- 1 ¼ pounds organic ground turkey (2)
- 4 (6-ounce) wild caught cod filets (4)

Dry & Canned Goods

- ½ cup dry quinoa (1)
- 1 quart organic vegetable broth (1, 4)
- 1 quart organic chicken broth (3)
- Almond meal (2)
- Unsweetened almond butter (smoothies)
- Protein powder (smoothies)**
- Hemp, chia or ground flax seeds (smoothies)

Frozen Foods

- Frozen organic berries if needed (smoothies)

Misc.

- Parchment paper (4)
- Aluminum foil (4)

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