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GRAIN FREE YUMMY "OATMEAL"

Serves 2

1/4 cup coconut flour

1/4 cup canned coconut milk

3/4 cup water

½ banana, thinly sliced

1 egg

1/3 cup canned pumpkin

¼ cup coconut chips (optional but gives it an oatmeal-like texture)

dash of sea salt

dash of cinnamon

dash of vanilla extract

½ square of unsweetened baker's chocolate

In a pot over medium heat combine the coconut flour, coconut milk, water, and banana. Stir constantly until everything is combined and banana is broken up (approximately 2 minutes). Crack the egg in and whisk until cooked and fully incorporated. Turn heat to low and stir in pumpkin, coconut chips, sea salt, cinnamon and vanilla.

Remove from heat. Break up the unsweetened chocolate with a knife, sprinkle over the bowl, and stir in. Serve warm with a dollop of coconut milk if desired. If you prefer a sweeter oatmeal you can use a full banana or add your sweetener of choice.

LUNCH

BEET SALAD

Serves 4

3 medium/large red beets
1 grapefruit
1 cup baby spinach or mixed greens
1/4 cup chopped parsley
1/2 cup diced red onion
2 tablespoons extra virgin olive oil
juice of 1 lemon
sea salt and pepper, to taste

Preheat oven to 400 degrees F.

Wrap 2 bunches trimmed beets in foil and roast until tender, about 1 hour. Let cool, then peel and slice. Peel one grapefruit, cut into segments, and combine in a large bowl with mixed greens. Add beets. Combine parsley, red onion, olive oil, lemon juice, sea salt and pepper in a separate bowl. Pour over other ingredients and mix well. Top with a protein, if desired.

DINNER

CAULIFLOWER MASH

Serves 2

1 head of cauliflower, chopped
2 tablespoons extra virgin olive oil
3/4 bunch of asparagus, trimmed and cut in half
1/2 onion, sliced
1 cup shiitake mushrooms, sliced
2 tablespoons coconut oil
sea salt and black pepper to taste

Boil or steam cauliflower pieces until tender. Drain and puree in a blender or food processor with 1 tablespoon of olive oil and sea salt.

Steam the asparagus for a few minutes. Drain and toss with a drizzle of olive oil and season to taste with salt and pepper. Sauté the onions and shiitakes in coconut oil until soft.

Spoon the cauliflower mash into bowls. Top with onions, shiitakes and asparagus.

GREEN SALAD

Serves 2

4 cups mixed greens 2 green apples, chopped 2 cucumbers, chopped 1/4 cup sunflower seeds

Add a protein, if desired.

EASY VINAIGRETTE

3 tablespoons raw apple cider vinegar 1 teaspoon Dijon mustard 1 large garlic clove, minced ½ cup extra virgin olive oil ¼ tablespoon sea salt ¼ tablespoon black pepper

Add all the ingredients to a jar with a lid. Shake vigorously until well incorporated (about 1 minute). If possible, allow the dressing to sit for 30 minutes before eating to allow the flavors to come together.



CHOCOLATE SMOOTHIE

Serves 1

- 1 ½ cups dairy free milk
- 1 cup spinach
- 1 banana
- 2 tablespoons almond butter
- 2 tablespoons unsweetened cocoa powder or raw cacao ice (optional)

Combine all ingredients in blender. Blend until smooth.

LUNCH

KALE SALAD

Serves 2

- 1 bunch of kale (any variety), stems removed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice

sea salt and black pepper to taste

- 1/4 cup sunflower seeds
- 1 tablespoon hemp seeds
- 1/4 cup raisins

Chop the kale into thin strips. Place the kale in a mixing bowl along with the olive oil, lemon juice, salt and black pepper. Massage well with clean, bare hands, allowing the dressing to break down the kale leaves. Add the sunflower seeds, hemp seeds and raisins. Toss gently and serve.

ZUCCHINI NOODLES WITH COCONUT SAUCE

Serves 2

1 cup sweet potato chunks

1 cup coconut milk

1 teaspoon dried basil

2 cloves garlic

1 tablespoon lemon juice

1 red pepper

½ teaspoon of sea salt

2 cups zucchini noodles

Steam sweet potato and add to a high speed blender. Add coconut milk, basil, garlic, lemon juice, red pepper, and sea salt to the blender. Blend until smooth. Serve the blended mixture over zucchini noodles.

BREAKFAST

CREAMY SMOOTHIE

Serves 1

1 ½ cups dairy free milk
4 kale leaves
½ avocado
1 banana
½ orange
dash of cayenne

Add all the ingredients to a blender. Blend until smooth.

LUNCH

SPINACH SALAD

Serves 2

4 cups baby spinach ½ cup pumpkin seeds ½ cup cherry tomatoes, halved 1 cucumber, chopped ½ cup red cabbage, sliced thin 1 avocado 1 apple, chopped and diced juice of 1 orange

Combine all the ingredients in a large bowl. Add your favorite protein, if desired.

CAULIFLOWER SOUP

Serves 2

1 large head cauliflower

1 tablespoon coconut oil

1 medium onion, diced

2 large carrots, diced

2 cloves garlic, smashed

2 cups water or vegetable broth

1 cup water

1 teaspoon sea salt

½ teaspoon ground black pepper

½ cup coconut milk

Remove cauliflower florets from the core. Chop and set to the side.

Heat a large, deep pot over medium-high heat, then add the coconut oil. When the oil is melted, add onion, carrots, and garlic. Stir well and cook until vegetables are soft and golden, about 5 minutes. Add the chopped cauliflower and cook until brown, an additional 5 minutes.

Add liquid, then bring to a boil. Reduce heat to simmer and cook, covered, until the vegetables are very tender, about 45 minutes. Add in the coconut milk, sea salt, and pepper. Puree the soup in a high speed blender or an immersion blender.

BREAKFAST

ORANGE B SMOOTHIE

Serves 1

½ banana, peeled

1 orange, peeled

1 cup coconut water

½ cup water

1 cup spinach

1 tablespoon ground flax seeds

1 tablespoon honey or 5 drops stevia

1 tablespoon coconut oil

Combine all ingredients in a blender. Blend until smooth.

LUNCH

CABBAGE AND SPINACH SALAD

Serves 2

½ head savoy cabbage
½ head red cabbage
1 apple, chopped
¼ red onion, chopped
½ cup sunflower seeds
½ cup raisins
4 cups spinach

Thinly slice the cabbages, apple, and red onion. Combine in a large bowl with sunflower seeds, raisins and spinach. Toss gently and top with a dressing of your choice.

PINEAPPLE FRIED RICE

Serves 4

3 tablespoons coconut oil
½ cup chopped yellow bell pepper
½ cup chopped red bell pepper
2 eggs, beaten
3 cups cooked brown rice
1 cup green peas
½ cup tamari (gluten free soy sauce)
½ cup chopped pineapple
2 scallions, chopped
½ bunch cilantro, chopped

Add coconut oil to a large pot. When the pot is hot, add yellow and red pepper. Sauté until soft. Add beaten eggs, and scramble in the pot. When the eggs are firm, add brown rice and green peas. Sauté until warm. Add tamari, and allow the rice to slightly brown. When the rice is ready to serve, top with pineapple, scallions and cilantro.

BREAKFAST

AVOCADO SMOOTHIE

Serves 1

1 ½ cups dairy free milk
½ avocado
1 cup spinach or kale
1 cup frozen berries
1 tablespoon raw cacao

Combine all ingredients in blender. Blend until smooth.

LUNCH

SPINACH SALAD WITH BERRIES

Serves 2

4 cups spinach ½ red onion, thinly sliced 8 dried figs, sliced 2 tablespoons pumpkin seeds

2 tablespoons raw apple cider vinegar ½ teaspoon honey

sea salt and pepper 2 tablespoons olive oil ½ cup berries

Add spinach, red onion, figs and pumpkin seeds to a large mixing bowl. In a separate bowl, whisk together apple cider vinegar, honey, salt, pepper and olive oil. Toss the dressing with the spinach salad. Top with berries before serving.

BEAUTY BOWL WITH QUINOA

Serves 2

1 small head of broccoli, chopped into bite size pieces
1 small head of cauliflower, chopped into bite size pieces
2 tablespoons olive oil
zest of 1 orange
sea salt and black pepper to taste
1/4 cup hemp seeds or pumpkin seeds

Steam the broccoli and cauliflower until tender. Drain and toss with olive oil, orange zest, and season with sea salt and pepper. Top with seeds. Serve over quinoa.

BASIC QUINOA RECIPE

1 cup quinoa 2 cups water or vegetable broth sea salt to taste

Add quinoa and liquid to a medium sized pot over medium heat. Add sea salt and cover. Cook for about 15 minutes until all the liquid is absorbed. Fluff with a fork before serving.

BREAKFAST

QUINOA BREAKFAST BOWL

Serves 2

1 cup cooked quinoa handful of pumpkin seeds 4 tablespoons ground flax seeds ½ cup almond milk ¼ cup blueberries stevia, to taste

Combine all ingredients in a bowl. Serve warm.

LUNCH

SIMPLE GREEN SALAD

Serves 2

4 cups mixed greens
1 cup spinach
handful of red grape tomatoes
2 cucumbers, thinly sliced
1/4 cup raisins
1/4 cup pumpkin seeds

Combine all the ingredients and top with your favorite dressing.

DIVINE RISOTTO

Serves 2

1 cup cooked quinoa 1 cup coconut milk 1 cup asparagus, chopped ½ red pepper, chopped juice of 1 lemon ½ teaspoon thyme pinch of cayenne sea salt, to taste

Add cooked quinoa to a medium pot over medium heat. Add coconut milk ¼ of a cup at a time, stirring until it is all absorbed. You may not need the full cup. Meanwhile, steam asparagus and red pepper until tender. Add to quinoa and coconut milk. Stir in lemon juice, thyme, cayenne, and salt.



BREAKFAST

BRUSSELS SPROUTS WITH SCRAMBLED EGGS

Serves 2

2 tablespoons coconut oil

1 small onion, sliced thin

2 tablespoons grated ginger

10 brussels sprouts, chopped in half

sea salt and black pepper

4 tablespoons tamari (gluten free soy sauce)

3 eggs, beaten

2 teaspoons sesame seeds

Melt coconut oil in large skillet. Add onion, ginger, brussels sprouts, salt and pepper, and tamari. Cook until the sprouts are beginning to brown and soften. Remove from the pan to a large serving bowl and set to the side.

Next, add a bit more coconut oil to the pan. When melted, add eggs and scramble until no longer soft. When the eggs are done, mix with the brussels sprouts and top with sesame seeds.

LUNCH

ASIAN QUINOA SALAD

Serves 2

- 1 cup cooked quinoa
- 2 large carrots, grated
- 2 cups chopped spinach
- 2 tablespoons raw honey
- 1 teaspoon grated ginger
- 2 tablespoons tamari (gluten free soy sauce)
- 1 garlic clove, minced
- sea salt and black pepper to taste
- 1 teaspoon toasted sesame oil
- 1 tablespoon sesame seeds

Add cooked quinoa, carrots and spinach to a large mixing bowl. Mix well and set to the side.

In a separate bowl, add honey, ginger, tamari, garlic, sea salt, black pepper and sesame oil. Mix well and pour over the quinoa salad. Toss and top with sesame seeds.

ZUCCHINI CARROT SOUP WITH QUINOA

Serves 4

1 large onion, chopped

2 large carrots, peeled and chopped

2 large zucchini, chopped

2 stalks of celery, chopped

2 tablespoons minced fresh dill

1 handful of spinach

1 teaspoon sea salt

4 cups water or vegetable broth

2 cups cooked quinoa

Add the onion, carrots, zucchini, celery, dill, spinach, salt and vegetable broth in a pot and bring to a boil. Reduce heat and simmer until all vegetables are cooked, about 20 minutes. Puree with an immersion blender, or blend with a high speed blender. Serve over cooked quinoa.

SNACKS

SIMPLE KALE CHIPS

1 bunch kale, stems removed and leaves torn into 2-inch pieces 2 tablespoons extra-virgin olive oil 1 tablespoon fresh lemon juice1/4 cup sesame seedssea salt to taste

Preheat the oven. Preheat oven to 200°F.

Mix the ingredients. In a large bowl, drizzle kale with extra virgin olive oil, lemon juice, and sesame seeds. Season with sea salt. Toss until evenly coated. Transfer to a rimmed baking sheet and bake for 30 minutes. Remove from oven and, using a spatula, flip kale leaves over. Return to oven and continue cooking until kale is dry and crisp, 20 to 25 more minutes. Let cool completely. Store in an airtight container for up to 3 days.

CURRIED CARROT CHIPS

2 large carrots1 teaspoon extra virgin olive oil1 teaspoon curry powder

½ teaspoon sea saltteaspoon cayenne pepper(optional

Preheat the oven. Preheat the oven to 350°F.

Peel the carrots. Wash the carrots thoroughly. Remove the excess skin with a vegetable peeler and discard it. Continue to shave the rest of the carrot into thin slices and put it into a large mixing bowl.

Season the carrot chips. Add extra virgin olive oil, curry powder, sea salt, and cayenne pepper (optional) to the mixing bowl with the carrots. Toss until the carrot slices are well coated.

Bake the carrot chips. Place the carrot chips onto a baking sheet. Be sure that each strip is laid out flat and does not overlap to ensure even cooking. Bake for about 10 minutes. When the chips are done, remove from the oven and transfer them to a wire cooling rack to crisp. When the chips are cool, serve.

QUICK SNACK IDEAS

- 1. One piece of fruit with ¼ cup of seeds.
- 2. Figs or dates stuffed with sunbutter or almond butter.
- 3. 4 tablespoons of a dip of your choice with cherry tomatoes, celery sticks, or sweet potato chips.



4. One roasted sweet potato with 3 tablespoons hemp seeds, garlic & sea salt, or opt for a sweet treat and drizzle your sweet potato with 2 tablespoons tahini, cinnamon & nutmeg.