



30 Days to Healing

30 Day Clean Eating Plan



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— Abundant life



30 Day Clean Eating Plan

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Clean Eating Made Easy: Your Step-by-Step Guide to a Healthy Diet

Struggling with migraines, weight gain, and fatigue? Tired of spending your hard-earned money on doctor visits? Then it's time to take a good look at your diet. What you eat has a direct impact your health and well-being. Good nutrition has the power to heal your body and ward off diseases. It can also take years off your face, restore your energy, and keep your brain sharp until late in life.

Bad eating habits, on the other hand, put you at risk for diabetes, insulin resistance, cancer, heart disease, osteoporosis, dementia, and early death. Weight gain should be your smallest concern. A diet that's rich in sugar and trans fats will affect your body's ability to fight diseases. It may also cause inflammation, allergies, mental disorders, and hormonal imbalances.

When you're eating poorly, your entire body suffers. The toxic chemicals found in processed foods affect brain chemistry and weaken immune function. Over time, they accumulate in your tissues, causing a myriad of symptoms. Bad eating is also linked to a higher risk of liver disease, aging skin, chronic fatigue, thyroid dysfunction, and premature aging. Moreover, it contributes to stress and affects your work performance.

Switching to a "clean" diet is the best thing you can do for your health. The benefits are immediate. Once you begin to incorporate whole, natural foods into your meals, you'll have greater energy and mental clarity. Your body will feel lighter and more vibrant, your skin will look younger, and your sleep will improve. In the long run, clean eating can dramatically lower your risk of chronic diseases and add years to your life.

We have compiled this guide to give you a fresh start. You'll learn how to choose the best foods for your health, what to avoid, and how to fight cravings the smart way. Clean eating isn't rocket science, but it still has its challenges. Simple things, such as shopping for food and cooking your meals, can be a chore, especially if your diet is high in sugar and fats. This guide covers the basics of clean eating, from grocery shopping to meal prep and cooking.

The Dark Side of Poor Nutrition

Nowadays, we're bombarded by confusing food marketing messages, fad diets, and misleading information on what healthy eating looks like. On top of that, many foods that are considered healthy contain hidden sugars and synthetic ingredients. If you go to the grocery store and glance at

the aisles, it's easy to believe that nearly item is a healthy choice - think low-fat, sugar-free, gluten-free, added calcium, and so on. Yet, most foods are heavily processed and lack nutritional value.

According to a 2013 study, processed foods make up 70 percent of the American diet. Some experts claim that it's only 61 percent. Either way, the modern diet is loaded with chemicals that wreak havoc on your health.

Most products available on store shelves contain hydrogenated fats, high-fructose corn syrup, additives, preservatives, and artificial flavors. When consumed regularly, they promote cancer cell growth, cause obesity, and affect cardiovascular function. Studies conducted at Harvard University have found that high-carb processed foods increase heart disease risk by as much as 30 percent. Additionally, some ingredients are highly addictive, leaving you craving for more.

What Stops You from Eating Clean?

Transitioning to a clean diet is difficult for everyone, but even more so for foodies. They often end up daydreaming about lavish cakes and cookies, and tend to quit dieting easily. Chances are you might be a foodie if:

- You plan your entire day around food
- You watch cooking shows
- You read recipe books as novels
- You take photos of your meals and share them online
- You enjoy garnishing your meals
- You go to the grocery store to unwind after a long day

Our guide is designed to make clean eating easier. No matter how much you love food, your health should come first. As your body begins to cleanse itself, your cravings will fade. Over time, you'll build new, healthier eating habits and start to crave different types of foods.

It's in your power to eat clean and ditch the junk. It's a lifestyle choice, after all. Too often it's easier to blame stress, circumstances, or people for our poor food choices. You were depressed after a bad day, so you ate two chocolate bars. Or you went to a party and didn't want to offend the host, so you finished your plate. The truth is that there will always be an excuse to eat poorly.

You're in charge of your body and eating habits. At the end of the day, you'll be the one who pays for hospital bills and medications. If you don't change your eating habits now, tomorrow it might be too late. Leave any excuses behind and commit yourself to a healthy lifestyle.

Clean eating isn't expensive or out of your reach. It doesn't mean spending a fortune on special foods and state-of-art kitchen equipment. Actually, local and seasonal produce is often less expensive than ready-made meals and imported foods.

Remember that it's all about quality, not quantity. Potato chips and hot dogs cost next to nothing, but you'll end up paying extra for meds or doctor visits. If you care about your health, you can't afford to eat poorly.

Once you embrace this lifestyle, you'll eat foods in their natural state. This means you won't have to deal with fancy foods, long ingredient lists, or calorie counting. Clean eating is really simple as it revolves around whole, natural foods with an emphasis on fresh produce. It's no need to keep track of your macros, do math, or research the ingredients used. Real food has no more than one or two ingredients.

Another common excuse for bad eating is the lack of time. Believe it not, the healthiest way to eat is not to cook at all. Whole fruits and veggies can be consumed in their natural state to preserve their nutritional content.

As far as snacking goes, you can always opt for nut butters, trails mixes, and seeds. It takes just a few minutes to make a quick, healthy snack that curbs hunger and cravings. A food processor or blender is all you need to create amazing dishes for the whole family. You can even bring your blender to work or use it on the go when you're away from home.

If your job requires traveling, you can still eat clean. Unlike ready-made meals and processed snacks, whole foods are widely available and look pretty much the same everywhere in the world. Whether you're going to Europe, Japan, or Thailand, it's easy to find apples, bananas, and leafy greens in local markets and grocery stores.

What if you lack the motivation and willpower needed to eat clean? That shouldn't be a problem either! Transitioning to a clean diet doesn't happen overnight. For most people, it takes months to learn the basics of healthy eating and commit to it. Ditch the all or nothing approach and take small steps in the right direction.

Diet slip-ups are perfectly normal. Eating a cookie every now and then won't do any harm. The whole point is to eat clean overall. As you get used to this lifestyle, you'll discover new flavors and get rid of unhealthy food cravings. Your body will start to crave delicious, fresh fruits, homemade whole grain breads, colorful smoothies, and hearty salads.

Some people are afraid that clean eating will interfere with their social life. Nothing could be further from the truth! After all, going out with friends isn't about food. It's something you do to break the routine, exchange ideas, and relax after a long day.

Not to mention that, nowadays, most restaurants and bars have savory, healthy meals listed on the menu. Even McDonalds offers free apples and other fruits. If you're on a detox, simply order a cup of tea or a green smoothies. In the end, it all comes down to your choices. If you really want to eat clean, you'll find a way to make it happen.

How to Eat Clean

As you see, good health isn't reserved for the wealthy. Local and seasonal foods provide your body with all of the nutrients needed for optimum health. They're filling, versatile, and convenient, so you can use them in a multitude of recipes. Depending on your preferences, your daily meals may include:

- Cruciferous vegetables (cabbage, cauliflower, etc.)
- Leafy green vegetables (kale, spinach, Swiss chard, collard greens, lettuce, etc.)
- Cucumbers, zucchini, artichoke, mushrooms, squash, etc.
- Unsweetened nut butter and nuts (walnuts, almonds, cashews, pistachios, Macadamia nuts, etc.)
- Starches (sweet potatoes, celery root, celeriac, parsley, etc.)
- Olive oil, almond oil, sesame oil, walnut oil, avocado oil, cold-pressed sunflower oil
- Virgin coconut oil
- Brown / wild/ red / Jasmine rice
- Quinoa
- Seeds (pumpkin seeds, sesame seeds, flax seeds, sunflower seeds, chia seeds, etc.)
- Fresh or frozen fruit
- Whole gluten free flour (coconut flour, almond flour, buckwheat flour, rye flour, oat flour, etc.)
- Dijon mustard
- Homemade ketchup or tomato sauce
- Tea and coffee
- Freshly vegetable juices
- Green smoothies
- Vinegar (balsamic, apple cider, red wine, white wine, and rice wine vinegar)
- Homemade sauces and dressings
- Herbs and spices
- Raw honey
- Stevia
- Pure maple syrup

With so many food choices available, it's easy to re-create your favorite meals and try delicious, new recipes. When preparing your meals, raw or cooked, use ingredients as natural and organic as possible. Use foods in their purest state, with no added sugar or artificial flavors.

Vegetables should be the building blocks of your diet. Think of fruit as an occasional treat as it contains quite a lot of sugar in the form of fructose, always eat the whole fruit not just the juice. Avoid canned fruits or veggies. Always choose single-ingredient grains, such as oats, millet, and faro.

Clean Eating Made Easy

A clean diet doesn't have to be bland. You can match and mix ingredients, spice up your meals, and try new combos. In the first few weeks, you might feel the urge to add more salt or sugar since your taste buds are used to the strong flavors of junk food. Don't make this mistake! The whole point of clean eating is to train your body to crave foods in their natural state.

Processed foods trick your taste buds and affect satiety hormones. For instance, monosodium glutamate (MSG), which is used as a flavoring agent in potato chips, deli meats, and junk food, excites the central nervous system, causing addictive behaviors. In layman's terms, it makes you crave unhealthy foods. Other chemicals affect how the brain processes food flavor as pleasurable or unpleasant.

Switching from sugar and synthetic flavors to real food will take time. However, there are a couple of things you can do to make clean eating easier. For example, you can re-create your go-to snacks and meals using healthier ingredients.

If you're craving salty snacks, bake some kale chips. Add spices and herbs to enhance their flavor. Swap soda or fruit juices for fruit-infused water, and unsweetened ice tea.

Start your day with avocado gluten free toast, replace cow's milk with almond milk, and eat cashew or coconut yogurt instead of dairy. Pure vanilla extract, raw cocoa, cinnamon, organic honey, and stevia are an excellent alternative to sugar.

Try to have 5 small meals per day with a protein at each meal, the whole point is to get enough nutrients in your diet and eat on a regular schedule to keep your blood sugar stable.

Get a rough estimate of your daily calorie needs, and plan your meals accordingly. Calorie counting isn't necessary, but you should still have a clear idea of how much you're eating. If you go overboard, you'll feel heavy and bloated, gain weight, and feel low on energy.

To drop weight, simply cut back on carbs and load up on protein. Limit your fruit intake and fill your plate with leafy greens, cucumber, zucchini, and other veggies. These foods are low in calories and suppress hunger, keeping you full longer.

You can take your daily protein from quinoa, lentils, nuts, and seeds. Organic plant protein shakes are a good choice too. In general, they are made with pea protein, and can be mixed with water or another liquid base.

If you still have trouble losing weight, reduce your calorie intake. Watch your portions. Beware that certain foods, such as nuts and seeds, are quite high in calories. Eat mindfully and stick to small servings. However, once you start to eat clean, you'll get leaner naturally.

Whole foods contain none of the fattening ingredients found in store-bought juices, snacks, and processed meats. Moreover, they restore your hormone levels and improve thyroid function, leading to faster weight loss.

For instance, Brazilian nuts are rich in selenium, a mineral that supports thyroid health. Due to their high water content, apples fill you up quickly and ward off hunger without adding inches to your waist. Avocado helps lower your risk of obesity and heart disease. In a study, subjects who ate avocados every day for one week experienced a 17 percent reduction in LDL cholesterol and a 22 percent decrease in triglycerides. Their HDL (good) cholesterol levels increased by 11 percent.

The nutrients in whole foods are easily absorbed into the body, providing steady energy. A good example is plant protein, which promotes muscle growth and repair. Unlike whey protein and casein, it doesn't cause bloating or stomach pain. When combined with exercise, it helps increase bone density, speeds up your metabolism, and boosts fat burning.

Plant protein also curbs hunger and regulates your appetite. Quinoa, walnuts, almonds, and other high-protein vegetable foods are packed with fiber, which aids in digestion and promotes satiety. A big salad with lots of greens and a protein will keep you full longer than a bag of chips or an ice cream.

Whatever inspired you to do this program - a desire to improve your health, a resolution to eat better, or a wish to lose weight - you have just taken the step toward that goal. Right now, you're on the path to a longer, healthier life. Our guide appeals to those ready to hit the reset button and change their approach to food. Clean eating is the key to mental and physical well-being. It's never too late to embrace this lifestyle and fix the damage caused by a bad diet.

30-DAY WHOLEFOOD MEAL PLAN

| Day | Breakfast | AM SNACK | Lunch | PM SNACK | Dinner |
|-------|--|------------------------------------|---|--------------------------------|---|
| Day 1 | 1 Serving Mango, Almond & Chia Seed Breakfast Bowl | Handful Toasted Cashews | 1 Serving Apple, Carrot, Cucumber & Mixed Greens Salad w/ Raspberry Vinaigrette | 1 serving Cinnamon Apple Chips | 1 Serving Satisfying Arugula Salad with Fruit & Chicken |
| Day 2 | 1 Serving Cocoa Coconut Raspberry Yogurt | 1 Serving Raw Pumpkin Walnut Balls | 1 Serving Lemony Spinach & Chicken Soup | 1 Apple w almond butter | 1 Serving Red Snapper in Hot Veggie Sauce |
| Day 3 | 1 Serving Sweet & Savory Breakfast Salad | Handful Blueberries w/ almonds | 1 Serving Shaved Veggie Salad with Toasted Pumpkin Seeds | Hard boiled egg | 1 Serving Pan-Fried Chili Beef with Toasted Cashews |
| Day 4 | 1 Serving Three Berry & Seed Parfait | 1 Serving Tasty Fruity Salad | 1 Serving Mixed Green Salad w/ Sage & Chile-Roasted Acorn Squash | Handful Toasted Cashews | 1 Serving Grilled Salmon w/ Herbs & Lemon |

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| Day 5 | 1 Serving Tasty Breakfast Avocado Lemon gluten free Toast + 1 Cup Green Tea | Almonds | 1 Serving 1 Serving Hot & Sour Thai Shrimp Soup | 1 Serving Frozen Cocoa Strawberries | 1 Serving Spicy Chicken Salad |
| Day 6 | 2 eggs omelet with veggies | 1 Serving Lemon Pops | 1 Serving Red Cabbage Salad | Handful Toasted Almonds | 1 Serving Asian-Style Curried Shrimp |
| Day 7 | 1 Serving Tasty Breakfast Avocado Lemon gluten free Toast + 1 Cup Green Tea | 1 Pear | 1 Serving Healthy Superfood Salad | 1 Serving Dreamy Fruit Cup | 1 Serving Scrumptious Hamburger Vegetable Dish |
| Day 8 | 2 eggs omelets with veggies | Handful Toasted Cashews | 1 Serving Super Raw Power Salad | 1 Serving Dairy-Free Chocolate Mousse | 1 Serving Delicious Baked Salmon Filet |
| Day 9 | 1 Serving Blueberry Swirl Walnut, Amaranth & Buckwheat Porridge | 1 serving Cinnamon Apple Chips | 1 Serving Superfood Cleansing Salad with Citrus Dressing | 1 Apple with almond butter | 1 Serving Yummy, Crispy & Spicy Italian Chicken Thighs |
| Day 10 | 2 Hard Boiled Eggs | Handful Toasted Almonds | 1 Serving Super Raw Power Salad | 1 Serving Lemon Pops | 1 Serving Baked Salmon w/ Veggie Salad |
| Day 11 | 1 Serving Chia Seed & Peanut Butter Pudding | Hard boiled egg | 1 Serving Asparagus, Zucchini & Carrot Ribbon Salad | 1 serving Tasty Apple Cookies | 1 Serving Scrumptious Chicken Burgers |

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| Day 12 | 2 Hard boiled eggs | 1 Serving Spicy Frozen Orange Slices | 1 Serving Detox Salad w/ Citrus Dressing | Handful Toasted Cashews | 1 Serving Tasty Salmon with Fennel & Fresh Herbs |
| Day 13 | 2 egg omlet with veggies | 2 tablespoons almond Butter + Cucumber/ Carrot | 1 Serving Fennel Citrus Salad | 1 Serving Cinnamon Apple Chips | 1 Serving Yummy Beef Chili |
| Day 14 | 1 Serving Cocoa Coconut Raspberry Yogurt | 1 Serving Apple & Strawberry Snack | 1 Serving Sweet & Sour Bean Curry Salad | Handful Blueberries | 1 Serving Tilapia with Mushroom Sauce |
| Day 15 | 1 Serving Tasty Breakfast Avocado Lemon gluten free Toast + 1 Cup Green Tea | Handful Toasted Almonds | 1 Serving Mixed Green Salad w/ Sage & Chile-Roasted Acorn Squash | 1 Serving Frozen Cocoa Strawberries | 1 Serving Scrumptious Hamburger Vegetable Dish |
| Day 16 | 1 Serving Overnight Pumpkin Oats | 1 Serving 1 serving Warm Spicy Oranges | 1 Serving Sweet Kale & Cranberry Salad | Handful Blueberries | 1 Serving Spicy Grilled Cod and veggies |

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| Day 17 | 1 Serving Passion Fruit & Apple Muesli | 1 Grapefruit | 1 Serving Strawberry & Cucumber Salad | 1 Serving Tasty Fruity Salad | 1 Serving Satisfying Arugula Salad with Fruit & Chicken |
| Day 18 | 1 Serving Healthy Cacao Fruit Smoothie | Handful Blueberries | 1 Serving Orange Cucumber Salad | 1 Serving Apple Slices w/ Cinnamon Sauce | 1 Serving Grilled Salmon with Tasty Mushrooms |
| Day 19 | 2 egg omlete with veggies | 1 serving Sautéed Kale with Citrus Sauce | 1 Serving Asparagus, Zucchini & Carrot Ribbon Salad | 1 Apple | 1 Serving Scrumptious Chicken Burgers |
| Day 20 | 1 Serving Superfood Breakfast Muesli | Handful Toasted Cashews | 1 Serving Apple, Carrot, Cucumber & Mixed Greens Salad w/ Raspberry Vinaigrette | 1 Serving Chilled Garlicky Pickles | 1 Serving Grilled Salmon w/ Herbs & Lemon |
| Day 21 | 1 Serving Chia Seed Lime Mango Pudding | 1 Serving Cinnamon Applesauce | 1 Serving Superfood Cleansing Salad with Citrus Dressing | Handful Toasted Cashews | 1 Serving Tasty Salmon with Fennel & Fresh Herbs |
| Day 22 | 1 Serving Blueberry Swirl Walnut, Amaranth & Buckwheat Porridge | 1 Grapefruit | 1 Serving Asparagus, Zucchini & Carrot Ribbon Salad | 1 Serving Apple & Strawberry Snack | 1 Serving Scrumptious Hamburger Vegetable Dish |

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|---------------|---|--|---|------------------------------------|--|
| Day 23 | 2 Egg omelet with veggies | 1 Orange | 1 Serving Lemony Spinach & Chicken Soup | 1 Serving Apple Candy | 1 Serving Yummy, Crispy & Spicy Italian Chicken Thighs |
| Day 24 | 1 Serving Mango, Almond & Chia Seed Breakfast Bowl | 1 Serving Sautéed Kale with Citrus Sauce | 1 Serving Detox Salad w/ Citrus Dressing | Handful Toasted Cashews | 1 Serving Baked Salmon w/ Veggie Salad |
| Day 25 | 1 Serving Tasty Breakfast Avocado Lemon gluten free Toast + 1 Cup Green Tea | 1 Grapefruit | 1 Serving Sweet & Sour Bean Curry Salad | 1 Serving Frozen Grapefruit Spears | 1 Serving Scrumptious Hamburger Vegetable Dish |
| Day 26 | 1 Serving Sweet & Savory Breakfast Salad | 1 Serving Frozen Cocoa Strawberries | 1 Serving Mixed Green Salad w/ Sage & Chile-Roasted Acorn Squash | Handful Blueberries | 1 Serving Asian-Style Curried Shrimp |
| Day 27 | 1 Serving Tasty Breakfast Avocado Lemon gluten free Toast + 1 Cup Green Tea | 1 Serving Warm Strawberry Compote | 1 Serving Apple, Carrot, Cucumber & Mixed Greens Salad w/ Raspberry Vinaigrette | 1 Apple with almond butter | Grass fed lean steak with grilled veggies |

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|---------------|--------------------------------------|------------------------------|--|--|---|
| Day 28 | 1 Serving Three Berry & Seed Parfait | Handful Blueberries | 1 Serving Sweet Kale & Cranberry Salad | 1 Serving Fruit with Vanilla Sauce | 1 Serving Delicious Baked Salmon Filet |
| Day 29 | 1 Serving Overnight Pumpkin Oats | 1 serving Warm Spicy Oranges | 1 Serving Hot & Sour Thai Shrimp Soup | Handful Toasted Almonds | 1 Serving Pan-Fried Chili Beef with Toasted Cashews |
| Day 30 | 1 Serving Healthy Green Chia Pudding | Handful Toasted Cashews | 1 Serving Super Raw Power Salad | 1 Serving Apple Slices w/ Cinnamon Sauce | 1 Serving Red Snapper in Hot Veggie Sauce |

THE WHOLE FOOD RECIPES

BREAKFAST RECIPES

Three Berry & Seed Parfait

Yield: 6 Servings

Total Time: 5 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 2 teaspoons fresh lemon juice
- 2 tablespoons raw honey
- 2 cups coconut yogurt
- 1 cup fresh sliced strawberries
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- 1 tablespoon ground flax seeds

Directions

In a small bowl, stir together, fresh lemon juice, raw honey and yogurt until well combined.

Layer the yogurt mixture, berries, and seeds in a tall parfait glass; sprinkle with more seeds and enjoy!

Nutritional Information per Serving:

Calories: 128; Total Fat: 3 g; Carbs: 21 g; Dietary Fiber: 3 g; Sugars: 17 g; Protein: 6 g; Cholesterol: 5 mg; Sodium: 59 mg

Tasty Breakfast Avocado Lemon gluten free Toast

Yield: 1 Serving

Total Time: 13 Minutes

Prep Time: 10 Minutes

Cook Time: 3 Minutes

Ingredients

- 1 slices gluten freebread
- 1/4 avocado
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon fresh lemon zest
- 1 tablespoons fresh cilantro
- Pinch sea salt
- Pinch cayenne pepper
- 1/8 teaspoon chia seeds

Directions

Toast bread for about 5 minutes or to desired doneness.

Mash the avocado in a large bowl; stir in fresh lemon juice, lemon zest, cilantro, sea salt and cayenne pepper; spread onto the toast and sprinkle with chia seeds. Enjoy!

Superfood Breakfast Muesli

Yield: 6 Pancakes

Total Time: 25 Minutes

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients

- ½ cup unsweetened coconut flakes
- ½ cup mixed dried fruit (apple, cranberry, and apricot)
- 2 cups mixed seeds (pumpkin, sunflower, chia, and hemp)
- ½ cup almond milk
- ¼ cup fresh blueberries
- ¼ cup fresh raspberries
- ¼ cup fresh strawberries
- 1/4 cup pomegranate seeds

Directions

Combine the dry ingredients in a large bowl; mix thoroughly. Stir in milk until well combined. Top your “cereal” with pomegranate seeds, and fresh berries. Enjoy!

Nutritional Information per Serving:

Calories: 385; Total Fat: 17.2 g; Carbs: 55.3 g; Dietary Fiber: 9.1 g; Sugars: 16.4 g; Protein: 7.9 g; Cholesterol: 0 mg; Sodium: 12 mg

Sweet & Savory Breakfast Salad

Yield: 2 Servings

Total Time: 20 Minutes

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ingredients

- 3 tablespoons toasted sesame oil
- 1 Red Bell Pepper, diced
- 1 cup diced pineapple
- 2 tablespoons fresh lime juice

Directions

Heat sesame oil in a skillet set over medium heat; sauté peppers and pineapple until tender and lightly browned; stir in fresh lime juice and serve.

Nutritional Information per Serving:

Calories: 243; Total Fat: 20.7 g; Carbs: 16.2 g; Dietary Fiber: 2 g; Sugars: 11.3 g; Protein: 1.1 g; Cholesterol: 0 mg; Sodium: 3 mg

Cocoa Coconut Raspberry Yogurt

Yield: 2 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 cup plain coconut yogurt
- 1/4 cup chopped toasted almonds
- 1/2 pint fresh raspberries
- 1/2 cup blueberries
- 1/4 cup cocoa powder

Directions

Divide coconut yogurt between two serving bowls and top each with toasted almonds, berries and cocoa powder. Enjoy!

Nutritional Information per Serving:

Calories: 225; Total Fat: 12.6 g; Carbs: 43.6 g; Dietary Fiber: 20.6 g; Sugars: 15.8 g; Protein: 6.9 g; Cholesterol: 0 mg; Sodium: 99 mg

Mango, Almond & Chia Seed Breakfast Bowl

Yield: 2 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 2 tablespoons chia seeds
- 1/4 cup rolled oats
- 1 cup almond milk
- 1/2 teaspoon cinnamon
- 2 tablespoons toasted almonds
- 1 mango, diced
- 1/3 cup coconut yogurt
- 1 teaspoon cinnamon

Directions

In a bowl, mix chia seeds and oats; stir in milk and cinnamon until well combined and refrigerate, covered, overnight. When ready to serve, divide the oat mixture between two bowls and top each with toasted almonds, mango and yogurt; sprinkle with cinnamon and enjoy!

Nutritional Information Per Serving:

Calories: 617; Total Fat: 43; Carbs: 55.1 g; Dietary Fiber: 0.7 g; Sugars: 1.2 g; Protein: 0.5 g; Cholesterol: 5 mg; Sodium: 2 mg

Passion Fruit & Apple Muesli

Yield: 4 Servings

Total Time: 10 Minutes + Chilling Time

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 1/4 cups fresh apple juice
- 2 cups muesli
- 1 tablespoon raw honey
- 1/2 cup chopped strawberries
- 1 apple, grated
- 1/2 cup nonfat Greek yoghurt
- 2 passion fruit, pulp removed
- More Greek yoghurt, to serve
- More chopped strawberries, to serve

Directions

In a bowl, stir together fresh apple juice and muesli until well combined; refrigerate, covered, overnight. When ready, stir in raw honey, strawberries, apple, yogurt and half of passion fruit. Divide among serving bowls and top with more yogurt and strawberries. Serve drizzled with the remaining passion fruit. Enjoy!

Nutritional Information Per Serving:

Calories: 261; Total Fat: 9.2; Carbs: 36.9 g; Dietary Fiber: 6.8 g; Sugars: 22.5; Protein: 14.2 g; Cholesterol: 10 mg; Sodium: 97 mg

Chia Seed & Peanut Butter Pudding

Yield: 6 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 1/2 cup natural peanut butter
- 1 1/2 cups almond milk
- 2 very ripe bananas
- 3 tablespoons chia seeds
- 3 tablespoons flaxseeds

Directions

In a blender, blend together peanut butter, milk and banana until very smooth; transfer to a serving bowl and stir in chia seeds and flaxseeds. Chill, covered, for at least 4 hours. When ready, stir and serve.

Nutritional Information Per Serving:

Calories: 278; Total Fat: 16.3; Carbs: 22.9 g; Dietary Fiber: 8.2 g; Sugars: 9.2; Protein: 12.2 g; Cholesterol: 1 mg; Sodium: 40 mg

Overnight Pumpkin Oats

Yield: 4 Servings

Total Time: 5 Minutes + Soaking Time

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 1 cup rolled oats
- 1 ½ cups almond milk
- 1/3 cup pumpkin puree
- 3 dates, chopped
- 3 tablespoons chia seeds
- 1 teaspoon vanilla
- 2 teaspoons cinnamon
- 1/4 cup chopped walnuts (optional)

Directions

Mix all ingredients in a mason jar; let sit overnight, stirring severally.

Serve in the morning topped with toasted walnuts.

Nutritional Information Per Serving:

Calories: 466; Total Fat: 34; Carbs: 35.9 g; Dietary Fiber: 13.6 g; Protein: 8.1 g; Cholesterol: 0 mg; Sodium: 20 mg

Healthy Cacao Fruit Smoothie

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 1 tablespoon peanut butter
- 1 cup coconut yogurt
- 1/4 cup blueberries
- 1 banana
- 1 tablespoon cacao powder
- 1 tablespoon chia seeds

Directions

Blend together all ingredients in a blender until very smooth. Enjoy!

Nutritional Information Per Serving:

Calories: 340; Total Fat: 12.5 g; Carbs: 50.6 g; Dietary Fiber: 5.1 g; Sugars: 33.7 g; Protein: 10.9 g; Cholesterol: 0 mg; Sodium: 75 mg

Chia Seed Lime Mango Pudding

Yield: 8 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: N/A

Ingredients

- 3 cups fresh mango chunks
- 2 cups coconut milk
- ¼ cup freshly squeezed lime juice
- 1 tablespoon lime zest
- ¼ cup raw honey
- ¼ cup hemp seeds
- ⅓ cup chia seeds
- Mango, diced, for topping

Directions

Blend together, mango chunks, coconut milk, lime juice, lime zest, and raw honey until very smooth; add hemp and chia seeds and pulse to combine well.

Refrigerate for at least 4 hours before serving.

Nutritional Information Per Serving:

Calories: 257; Total Fat: 16.5; Carbs: 28.3 g; Dietary Fiber: 3.7 g; Sugars: 24.4 g; Protein: 3.2 g; Cholesterol: 0 mg; Sodium: 10 mg

Healthy Green Chia Pudding

Yield: 1 Serving

Total Time: 1 Hour 30 Minutes

Prep Time: 30 Minutes

Cook Time: N/A

Ingredients

- 1 cup fresh spinach
- 1 cup almond milk
- 1 date
- 3 tablespoon chia seeds
- 1 kiwi and handful blueberries, for topping

Directions

Blend together spinach, milk and date until smooth; transfer to a bowl and stir in chia seeds. Chill for at least 1 hour.

To serve, stir in top with kiwi and berries.

Nutritional Information per Serving:

Calories: 341; Total Fat: 15 g; Carbs: 41 g; Dietary Fiber: 14 g; Sugars: 21 g; Protein: 13 g; Cholesterol: 0 mg; Sodium: 126 mg

Blueberry Swirl Walnut, Amaranth & Buckwheat Porridge

Yield: 4 Servings

Total Time: 20 Minutes + Soaking Time

Prep Time: 10 minutes

Cook Time: 10 Minutes

Ingredients

- 1/3 cup amaranth
- 1/3 cup buckwheat groats
- 1 cup raw walnuts
- 1 tablespoon fresh lemon juice
- 1 tablespoon raw honey
- 4 cups blueberries
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon cinnamon
- 1/2 teaspoon ground cardamom
- Pinch of sea salt
- 2 cups water

Directions:

Mix amaranth, buckwheat, and walnuts in a bowl; cover with water and stir in a tablespoon of fresh lemon juice. Let soak for at least 8 hours or overnight. Drain and rinse well.

Blend together raw honey and blueberries in a food processor until smooth; remove half of the puree to a plate and set aside.

Add buckwheat mixture, seeds, spices and ½ cup of water and puree until very smooth.

Transfer porridge to a saucepan and cook until thick. Serve into serving bowls and swirl in spoonfuls of blueberry puree; serve topped with toasted walnuts and more blueberries.

Nutritional Information Per Serving:

Calories: 390; Total Fat: 20.4 g; Carbs: 46.7 g; Dietary Fiber: 8.3 g; Sugars: 19.7 g; Protein: 12.3 g; Cholesterol: 0 mg; Sodium: 69 mg

LUNCH RECIPES

Super Raw Power Salad

Yield: 8 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

For the Dressing:

- ¼ cup white apple cider vinegar
- ¾ cup extra virgin olive oil
- 1 tablespoon raw honey
- ⅛ teaspoon garlic powder
- ⅛ teaspoon sea salt

For the Salad:

- 2 apples, finely chopped
- ½ cup bean sprouts
- ¾ cup dried berries
- 1½ cups chopped purple cabbage
- 4 cups finely chopped kale
- ½ cup raw sunflower seeds
- Pinch of sea salt
- Pinch of pepper

Directions

In a sealable jar, mix all dressing ingredients and shake until well blended.

In a large bowl, mix all salad ingredients; pour about ¼ cup of the dressing over the salad and toss to coat well. Season with salt and pepper and serve.

Nutritional Information Per Serving:

Calories: 279; Total Fat: 21.7 g; Carbs: 20.6 g; Dietary Fiber: 4.5 g; Sugars: 10.5 g; Protein: 5 g; Cholesterol: 0 mg; Sodium: 58 mg

Asparagus, Zucchini & Carrot Ribbon Salad

Yield: 2 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 2 medium zucchini, thinly sliced
- 2 medium carrots, thinly sliced
- 5 asparagus spears, thinly sliced
- 2 tablespoons sliced red onion
- ¼ cup balsamic vinaigrette
- Kalamata olive and grape tomatoes, for topping

Directions

Mix the veggies and divide among four serving plates; drizzle each with vinaigrette and serve topped with Kalamata olives and grape tomatoes. Enjoy!

Nutritional Information Per Serving:

Calories: 192; Total Fat: 12.4 g; Carbs: 17.8 g; Dietary Fiber: 5.1 g; Sugars: 9.9 g; Protein: 4.3 g; Cholesterol: 0 mg; Sodium: 303 mg

Apple, Carrot, Cucumber & Mixed Greens Salad w/ Raspberry Vinaigrette

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients:

- 1 cup microgreens
- 1/2 pound mixed greens
- 1/2 tart apple, chopped
- 1/2 small cucumber, thinly sliced
- 3 carrots, sliced
- 1 tablespoon sherry vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoons mustard
- 2 raspberries
- Pinch of sea salt
- Pinch of pepper
- 1 hardboiled egg, chopped

Directions:

In a large bowl, combine microgreens, mixed greens, apple, cucumber, and carrots.

Combine sherry vinegar, olive oil, mustard, raspberries, salt and pepper in a sealable jar; shake vigorously to combine well and pour over the salad. Serve on plates topped with chopped hardboiled egg.

Nutritional Information per Serving:

Calories: 560; Total Fat: 36.2 g; Carbs: 53.5 g; Dietary Fiber: 14.7 g; Sugars: 26.9 g; Protein: 14.2 g; Cholesterol: 164 mg; Sodium: 555 mg

Mixed Green Salad w/ Sage & Chile-Roasted Acorn Squash

Yield: 4 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients:

- 2 tart apples, cut into matchsticks
- 2 acorn squash, roasted
- Pinch of sea salt
- Pinch of pepper
- 2-3 tablespoons olive oil
- ¼ cup fresh lemon juice

Directions:

Place lettuce leaf in a salad bowl and top with apple slices and squash; sprinkle with salt and pepper and drizzle with olive oil and fresh lemon juice; toss and serve right away.

Nutritional Information per Serving:

Calories: 208; Total Fat: 7.5 g; Carbs: 38.2 g; Dietary Fiber: 6 g; Sugars: 11.9 g; Protein: 2.1 g; Cholesterol: 0 mg; Sodium: 69 mg

Detox Salad w/ Citrus Dressing

Yield: 6 Servings

Total Time: 25 Minutes

Prep Time: 25 Minutes

Cook Time: N/A

Ingredients

For salad

- 2 cup red cabbage, finely sliced
- 2 cup kale, finely sliced
- 1 cup parsley, chopped
- 1 red pepper, diced
- 1 cup radish, sliced in matchsticks
- 2 cup broccoli, chopped in 1/4-inch pieces
- 1 cup carrot, sliced in matchsticks
- 1 cup raw walnuts, chopped
- 2 avocados, peeled and diced
- 2 tablespoons sesame seeds
- freshly ground black pepper to taste

For dressing

- 1/2 cup fresh lemon juice
- 1/2 cup fresh orange juice
- 1/2 cup extra-virgin olive oil
- 1 teaspoon minced ginger
- 1 tablespoon raw honey
- Pinch of cayenne
- 1/4 teaspoon sea salt

Directions

Process dressing ingredients until very smooth.

Combine salad ingredients in a salad bowl; pour the dressing over the salad and toss to combine well. Enjoy!

Nutritional Information per Serving:

Calories: 41; Total Fat: 44.1 g; Carbs: 22.4 g; Dietary Fiber: 9.5 g; Sugars: 7.5 g; Protein: 9.6 g; Cholesterol: 0 mg; Sodium: 137 mg

Red Cabbage Salad

Yield: 1-2 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- ¼ cup apple cider vinegar
- 3 tablespoon fresh lemon juice
- ½ head red cabbage, chopped
- ½ red onion, minced
- 1 clove garlic, minced
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Pinch of cayenne pepper
- Pinch of salt & pepper
- Stevia

Directions

Mix together liquid ingredients and spices. Toss in cabbage, red onion and garlic until well coated and let sit for at least 30 minutes before serving.

Nutritional Information per Serving:

Calories: 127; Total Fat: 0.8 g; Carbs: 25.3 g; Dietary Fiber: 9.6 g; Sugars: 13.5 g; Protein: 5.5 g; Cholesterol: 0 mg; Sodium: 78 mg

Lemony Spinach & Chicken Soup

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 teaspoon extra-virgin olive oil
- 100 grams chicken
- 1 clove garlic, minced
- 1 tablespoon chopped red onion
- ½ lemon with rind
- ¼ teaspoon thyme
- Pinch of cayenne pepper
- Pinch of salt & pepper
- 2 cups chicken broth
- ¼ cup fresh lemon juice
- 2 cups chopped spinach

Directions

In a small saucepan brown chicken in olive oil; stir in garlic, onion, herbs, spices, broth, lemon juice and lemon rind and simmer for about 20-30 minutes, adding spinach during the last 5 minutes. Serve hot.

Nutritional Information per Serving:

Calories: 240; Total Fat: 6 g; Carbs: 4.2 g; Dietary Fiber: 1.1 g; Sugars: 2 g; Protein: 39.7 g; Cholesterol: 77 mg; Sodium: 1614 mg

Orange Cucumber Salad

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- ½ red onion, minced
- 1 teaspoon apple cider vinegar
- Stevia
- 1 cucumber, sliced
- 1 teaspoon minced fresh tarragon
- 1 orange, sliced
- Chopped fresh mint leaves
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh orange juice
- Pinch of salt & pepper

Directions

Mix together all ingredients and let sit for about 10 minutes before serving.

Nutritional Information per Serving:

Calories: 156; Total Fat: 2.1 g; Carbs: 37.4 g; Dietary Fiber: 6.3 g; Sugars: 25.6 g; Protein: 4.3 g; Cholesterol: 0 mg; Sodium: 0 mg

Shaved Veggie Salad with Toasted Pumpkin Seeds

Yield: 2 Servings

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients:

- 4 ounces spinach
- 2 watermelon radishes, thinly sliced
- 1 small yellow squash, thinly sliced
- 1 small yellow or red beet, thinly sliced
- 1 small cucumber, thinly sliced
- 1 small carrot, thinly sliced
- 1 tablespoon toasted pumpkin seeds
- 1 tablespoon extra-virgin olive oil
- 1 lemon, juiced
- sea salt, to taste
- ground pepper, to taste

Directions:

Combine veggies in a large bowl and toss with lemon juice and olive oil; season with salt and pepper and serve right away.

Nutritional Information per Serving:

Calories: 159; Total Fat: 9.6 g; Carbs: 17.3 g; Dietary Fiber: 4.4 g; Sugars: 8.6 g; Protein: 5.4 g; Cholesterol: 0 mg; Sodium: 225 mg

Superfood Cleansing Salad with Citrus Dressing

Yield: 4 Servings

Total Time: 15 Minutes

Prep Time: 15 Minutes

Cook Time: N/A

Ingredients

- 2 cups red cabbage, chopped
- 2 cups kale, chopped
- 1 head cauliflower, roughly chopped
- 1 red onion
- 2 cups baby carrots
- 1/3 cup fresh cilantro, chopped
- 1/3 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup raw hemp hearts

Citrus Dressing:

- 2 tablespoons fresh lime juice
- 2 tablespoons fresh lemon juice
- 1/3 cup apple cider vinegar
- 1/2 avocado
- 2 cloves garlic
- 1/2 tablespoon fresh cilantro
- 1/2 tablespoon minced ginger
- 1/2 tablespoon raw honey
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

Directions

Combine cabbage, kale, cauliflower, onion, carrots and cilantro in a food processor; shred.

Transfer the shredded veggies to a large bowl and fold in sunflower seeds, hemp hearts and raisins.

Combine all dressing ingredients in a blender and blend until very smooth.

Serve the salad in salad bowls drizzled with the citrus dressing. Enjoy!

Nutritional Information per Serving:

Calories: 200; Total Fat: 7.2 g; Carbs: 32.5 g; Dietary Fiber: 6.7 g; Sugars: 16.9 g; Protein: 5.2 g; Cholesterol: 0 mg; Sodium: 287 mg

Healthy Superfood Salad

Yield: 5 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 head cauliflower
- 2 heads broccoli
- 2 1/2 cups shredded carrots
- 1/2 cup chopped parsley
- 1/2 cup raisins
- 1 cup currants
- 1/2 cup sunflower seeds
- 4-6 tablespoons fresh lemon juice
- kelp granules
- kosher salt

Directions

Process broccoli in a food processor until fine. Transfer to a bowl.

Process cauliflower until fine and add to the broccoli. Repeat the process with carrots.

Stir in parsley, raisins, currants, and sunflower seeds. Drizzle with lemon juice and season to taste.

Nutritional Information per Serving:

Calories: 136; Total Fat: 2.8g; Carbs: 26.8g; Dietary Fiber: 5.8g; Protein: 4.5g; Cholesterol: 0mg; Sodium: 105mg; sugars: 15.2g

Sweet & Sour Bean Curry Salad

Yield: 4 Servings

Total Time: 55 Minutes

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Ingredients

- ½ cup garbanzo beans, rinsed, drained
- 1 teaspoon extra virgin olive oil
- 1/8 teaspoon sea salt
- 2 teaspoon sunflower oil
- 2 teaspoons freshly squeezed lemon juice
- ½ teaspoon lemon zest
- ½ teaspoon raw honey
- A pinch of black pepper
- ¼ cup chopped red bell pepper
- 1 peeled mandarin orange, chopped
- ½ cup chopped purple cabbage
- ½ cup cooked quinoa
- 1 tablespoon toasted cashews

Directions

Spread the beans on a baking sheet and bake at 450°F for about 30 minutes or until lightly browned and slightly crunchy. Remove the beans from oven and let cool completely.

Toss together the baked beans, oil, and salt and return to oven for 10 more minutes or until crispy and browned. Remove from oven and let cool.

In a bowl, whisk together sunflower oil, lemon juice, zest, honey, sea salt and black pepper; set aside.

In a bowl, toss together the roasted beans with chopped mandarin orange, red bell pepper, cabbage and cooked quinoa; drizzle with the dressing and sprinkle with toasted cashews to serve.

Nutritional Information per Serving:

Calories: 243; Total Fat: 7.4g; Carbs: 37.2g; Dietary Fiber: 6.7g; Protein: 8.8g; Cholesterol: 0mg; Sodium: 71mg; sugars: 9.6g

Hot & Sour Thai Shrimp Soup

Yield: 1 Serving

Total Time: 33 Minutes

Prep Time: 10 Minutes

Cook Time: 23 Minutes

Ingredients

- 100 grams shrimp
- 2 cups vegetable broth
- Juice of ½ lemon with rind
- 2-3 slices of fresh ginger
- Red pepper flakes or cayenne pepper
- 1 tablespoon green onion
- 1 tablespoon fresh chopped cilantro
- Salt and pepper to taste

Directions

Add broth to a saucepan and bring to a rolling boil; stir in onion, lemon juice, ginger and pepper and simmer for about 10-15 minutes. Stir in shrimp and cilantro and continue cooking for 8 minutes more. Remove lemongrass and serve hot.

Nutritional Information per Serving:

Calories: 198; Total Fat: 4.5 g; Carbs: 3.9 g; Dietary Fiber: 0.2 g; Sugars: 1.5 g; Protein: 32.6 g; Cholesterol: 211 mg; Sodium: 1772 mg

Fennel Citrus Salad

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 3 fennel bulbs, steamed, thinly sliced
- 2 tablespoons fresh lemon juice
- 1 grapefruit, diced
- 1 tablespoon extra-virgin olive oil
- Stevia
- Chopped mint or cilantro

Directions

Mix all the ingredients together in a bowl and chill. Serve topped with pine nuts.

Nutritional Information per Serving:

Calories: 57; Total Fat: 0.1 g; Carbs: 8.3 g; Dietary Fiber: 4.7; Sugars: 1.8 g; Protein: 1.2 g; Cholesterol: 0 mg; Sodium: 13 mg

Strawberry & Cucumber Salad

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 8 strawberries, sliced
- 1 cucumber, sliced
- Pinch of sea salt
- Pinch of white pepper
- Stevia

Dressing:

- 4 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- ½ cup chopped strawberries
- Pinch of salt
- Pinch of pepper

Directions

In a large bowl, mix salad ingredients; in a blender, blend together dressing ingredients until smooth and pour over the salad. Toss to coat well and serve.

Nutritional Information per Serving:

Calories: 91; Total Fat: 0.8 g; Carbs: 22 g; Dietary Fiber: 4.4 g; Sugars: 12.1 g; Protein: 2.9 g; Cholesterol: 0 mg; Sodium: 7 mg

Sweet Kale & Cranberry Salad

Yields: 6 Servings

Total Time: 20 Minutes

Prep Time: 20 Minutes

Cook Time: 0 Minutes

Ingredients

- 2 large peeled sweet potatoes, cubed
- 2 bunches kale, chopped into small pieces
- 1 tablespoon fresh lemon juice
- 3 tablespoon extra-virgin olive oil
- 1/4 cup Sunflower seeds
- 1/2 cup dried cranberries
- 1 teaspoon Dijon mustard
- A pinch of sea salt
- A pinch of freshly ground pepper

Directions

Place the potatoes in a medium saucepan and cover with water; stir in a pinch of salt and bring to a gentle boil. Lower heat to a simmer and simmer for about 15 minutes or until the potatoes are tender; drain and let cool.

In a large bowl, whisk together mustard, lemon juice and extra virgin olive oil.

Add the sweet potatoes along with all the remaining ingredients; toss to mix well and serve.

Nutritional Information per Serving:

Calories: 147; Total Fat: 8.1 g; Carbs: 17.6 g; Dietary Fiber: 2.9 g; Sugars: 0.7 g; Protein: 1.9 g; Cholesterol: 0 mg; Sodium: 63 mg

DINNER RECIPES

Red Snapper in Hot Veggie Sauce

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

- 2 pound red snapper filets
- ¼ cup canola or extra virgin olive oil
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- 4 scallions, thinly sliced
- 2 tomatoes, diced
- 2 cloves garlic
- 2 tablespoon fresh lemon juice
- ½ cup freshly squeezed lime juice
- 1 teaspoon cayenne pepper
- 1 teaspoon pepper
- Cilantro for garnish

Directions

Add extra virgin olive oil to a skillet and sauté garlic for about 4 minutes or until golden brown. Place fish in the oil and drizzle with lemon and lime juice. Sprinkle with black pepper and cayenne pepper and top with green and red bell peppers, scallions, and tomatoes.

Cover the skillet and simmer for about 15 minutes or until the fish flakes easily with fork.

To serve, garnish with cilantro.

Nutritional Information per Serving:

Calories: 431; Total Fat: 16.9 g; Carbs: 7 g; Dietary Fiber: 1.9 g; Sugars: 3.7 g; Protein: 61 g; Cholesterol: 107 mg; Sodium: 138 mg

Grilled Salmon w/ Herbs & Lemon

Yields: 12 Servings

Total Time: 4 Hours 27 Minutes

Prep Time: 4 Hours 15 Minutes

Cook Time: 12 Minutes

Ingredients

- 12 (180 grams each) Atlantic salmon fillets, with skin on
- 1/2 cup extra virgin olive oil
- 1 bunch roughly chopped lemon thyme
- 1/3 cup finely chopped dill leaves
- 2 tablespoons drained and chopped capers
- 2 fresh lemons, juiced
- 2 garlic cloves, finely chopped
- A pinch of sea salt
- Lemon wedges, to garnish

Directions

In a large jug, mix together lemon thyme, dill, capers, vinegar, garlic, extra virgin olive oil, sea salt and pepper.

Arrange salmon fillets, in a single layer, in a ceramic dish and pour over half of the marinade. Turn it over and pour over the remaining marinade. Refrigerate, covered, for about 4 hours.

Remove the fish from the refrigerator at least 30 minutes before cooking.

Grease barbecue plate and heat on medium high. Barbecue the marinated fish, skin side down, for about 3 minutes. Turn and continue barbecuing, basting occasionally with the marinade, for 6 minutes more or until cooked through.

Serve garnished with lemon wedges.

Nutrition Information per Serving:

Calories: 317; Total Fat: 19.6 g; Carbs: 1.9 g; Dietary Fiber: 0.5 g; Sugars: 0.3 g Protein: 35.3 g; Cholesterol: 79 mg; Sodium: 102 mg

Satisfying Arugula Salad with Fruit & Chicken

Yield: 1 Serving

Total Time: 25 Minutes

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 100 grams chicken
- 2 cups arugula
- Strawberry, apple, grapefruit or orange slices
- 1 tablespoon chopped red onion
- Pinch of salt & pepper
- Favorite dressing

Directions

Brown the chicken in extra virgin olive oil. Prepare arugula and place sliced chicken on the arugula salad. Top with fruit and drizzle with dressing.

Nutritional Information per Serving:

Calories: 281; Total Fat: 3.7 g; Carbs: 33.2 g; Dietary Fiber: 6.3 g; Sugars: 24.4 g; Protein: 30.7 g; Cholesterol: 77 mg; Sodium: 231 mg

Baked Salmon w/ Veggie Salad

Yields: 1 Serving

Total Time: 45 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

For Salmon

- 15 ounce salmon filet
- 1 tablespoon mustard
- A pinch of sea salt

For Salad

- 2 tablespoon dried cranberries
- 2 tablespoon chopped pecans
- 1/2 cup chopped baby spinach
- 1 cup chopped arugula

For Dressing

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon Dijon mustard

Directions

Preheat your oven to 350°F.

Grease a baking sheet with extra virgin olive oil and place in salmon filet; pat dry with paper towels and sprinkle with ground mustard, covering the entire top of fish.

Bake for about 15 minutes or until fish flakes easily with a fork.

Meanwhile, whisk together the dressing ingredients and set aside.

Combine together the salad ingredients in a mixing bowl; add in the dressing and toss until well coated.

Spoon your salad onto a serving bowl and top with salmon. Enjoy!

While the salmon is cooking, whisk together the ingredients for the dressing. Set aside.

Nutritional Information per Serving:

Calories: 341; Total Fat: 11.6 g; Carbs: 11 g; Dietary Fiber: 2.1 g; Sugars: 4.1 g; Protein: 21 g; Cholesterol: 0 mg; Sodium: 245 mg

Grilled Salmon with Tasty Mushrooms

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

- 4 (8 to 10 ounces each) salmon
- ½ pound sliced chanterelle mushrooms, sliced
- 4 ounces extra virgin olive oil, separated
- 6 ounces white wine
- 16 ounces unsalted organic chicken stock
- ½ tablespoon chopped fresh thyme leaves
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- 3 tablespoons coconut oil, divided
- 1 tablespoon freshly squeezed lemon juice
- A pinch of sea salt
- A pinch pepper
- Parsley sprigs and lemon wedges

Directions

Preheat your grill to medium low.

Brush the fish fillets with 1 ounce of extra virgin olive oil and sprinkle with salt and pepper.

Grill for about 6 minutes per side or until cooked through.

In the meantime, set a sauté pan over high heat and add the remaining oil. Add the mushrooms, sea salt and black pepper and sauté for about 2 minutes or until one side caramelizes.

Remove the pan from heat and turn the mushrooms onto the second side; sprinkle with salt and pepper and continue sautéing until slightly browned. Transfer the mushrooms to a strainer and strain off excess oil.

Return the pan to heat and add 1 tablespoon coconut oil; add garlic and shallots and cook until blended. Add thyme and remove from heat. Deglaze with wine and return the pan to heat. Cook until the liquid is reduced to half.

Add the chicken stock and continue cooking until reduced to sauce consistency.

Return the mushrooms to the pan and add the remaining coconut oil. Adjust salt and pepper and add lemon juice.

Place the fish to a serving platter and top with the mushroom mixture; garnish with parsley and lemons to serve.

Nutritional Information per Serving:

Calories: 564; Total Fat: 35.4 g; Carbs: 31.7 g; Dietary Fiber: 14.4 g; Sugars: 0.8 g; Protein: 14.9 g; Cholesterol: 23 mg; Sodium: 479 mg

Asian-Style Curried Shrimp

Yields: 2 Servings

Total Time: 30 Minutes

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ingredients

- 8 ounces shrimp
- 4 fresh tomatoes, pureed
- 1 medium finely chopped onion
- 2 garlic cloves, minced
- 4 tablespoons extra virgin olive oil
- ½ teaspoon turmeric
- ½ teaspoon coriander
- ½ teaspoon cumin
- 2 teaspoon fresh ginger, minced
- 2 tablespoons fresh lime juice

Direction

Heat oil in a saucepan set over medium heat; sauté onion and garlic until tender. Stir in tomatoes and spices and cook for about 5 minutes. Add shrimp to the simmering mixture and cook for about 10 minutes or until cooked through.

Remove the pan from heat and drizzle with lime juice.

Nutritional Information per Serving:

Calories: 456; Total Fat: 30.8 g; Carbs: 19.3 g; Dietary Fiber: 4.6 g; Sugars: 8.9 g; Protein: 29.1 g; Cholesterol: 239 mg; Sodium: 293 mg

Delicious Baked Salmon Filet

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

- 1 pound salmon filet
- 1 lemon, thinly sliced
- ½ yellow onion, thinly sliced
- ½ cup white wine
- 1 teaspoon minced garlic
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon turmeric

Directions

Preheat your oven to 375°F.

Rinse the fish and place in a 9x13 in baking dish. Add wine and sprinkle with spices. Top with onions and lemon slices and cover with foil.

Bake for about 45 minutes or until fish is cooked through.

Nutritional Information per Serving:

Calories: 186; Total Fat: 7.2 g; Carbs: 4.6 g; Dietary Fiber: 1.2 g; Sugars: 1.3 g; Protein: 22.6 g; Cholesterol: 50 mg; Sodium: 53 mg

Spicy Grilled Cod

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

- 1 pound cod filets
- 2 tablespoon extra-virgin olive oil
- 2 minced garlic cloves
- 1/8 teaspoon cayenne pepper
- 3 tablespoon fresh lime juice
- 1 ½ teaspoon fresh lemon juice
- ¼ cup freshly squeezed orange juice
- 1/3 cup water
- 1 tablespoon chopped fresh thyme
- 2 tablespoon chopped fresh chives

Direction

In a bowl, mix together lemon, lime juice, orange, cayenne pepper, extra virgin olive oil, garlic and water.

Place fish in a dish and add the marinade, reserving ¼ cup; marinate in the refrigerator for at least 30 minutes.

Broil or grill the marinated fish for about 4 minutes per side, basting regularly with the marinade.

Serve the grilled fish on a plate and top with the reserved marinade, thyme and chives.

Nutritional Information per Serving:

Calories: 200; Total Fat: 8.1 g; Carbs: 5.5 g; Dietary Fiber: 0.5 g; Sugars: 2 g; Protein: 26.4 g; Cholesterol: 62 mg; Sodium: 91 mg

Tilapia with Mushroom Sauce

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients

- 6 ounces tilapia fillets
- 2 teaspoon arrow root
- 1 cup mushrooms, sliced
- 1 clove garlic, finely chopped
- 1 small onion, thinly sliced
- 2 tablespoon extra-virgin olive oil
- ½ cup fresh parsley, roughly chopped
- 1 teaspoon thyme leaves, finely chopped
- ½ cup water
- A pinch of freshly ground black pepper
- A pinch of sea salt

Directions

Preheat your oven to 350°F.

Add extra virgin olive oil to a frying pan set over medium heat; sauté onion, garlic and mushrooms for about 4 minutes or until mushrooms are slightly tender.

Stir in arrowroot, sea salt, thyme and pepper and cook for about 1 minute.

Stir in water until thickened; stir in parsley and cook for 1 minute more.

Place the fillets on a baking tray lined with parchment paper; cover the fish with mushroom sauce and bake for about 20 minutes or until the fish is cooked through.

Nutritional Information per Serving:

Calories: 177; Total Fat: 7.2 g; Carbs: 3.3 g; Dietary Fiber: 1.4 g; Sugars: 1.1 g; Protein: 14.9 g; Cholesterol: 1 mg; Sodium: 66 mg

Pan-Fried Chili Beef with Toasted Cashews

Yields: 4 Servings

Total Time: 35 Minutes

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Ingredients

- ½ tablespoon extra-virgin olive oil or canola oil
- 1 pound sliced lean beef
- 2 teaspoon red curry paste
- 1 teaspoon raw honey
- 2 tablespoons fresh lime juice
- 2 teaspoon fish sauce
- 1 cup green capsicum, diced
- ½ cup water
- 24 toasted cashews
- 1 teaspoon arrowroot

Directions

Add oil to a pan set over medium heat; add beef and fry until it's no longer pink inside. Stir in red curry paste and cook for a few more minutes.

Stir in honey, lime juice, fish sauce, capsicum and water; simmer for about 10 minutes.

Mix cooked arrowroot with water to make a paste; stir the paste into the sauce to thicken it.

Remove the pan from heat and add the fried cashews. Serve.

Nutritional Information per Serving:

Calories: 361; Total Fat: 17.7 g; Carbs: 12.9 g; Dietary Fiber: 1.2 g; Sugars: 3.8 g; Protein: 38 g; Cholesterol: 101 mg; Sodium: 444 mg

Spicy Chicken Salad

Yields: 3 to 4 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Ingredients:

- 1 teaspoon apple-cider vinegar
- ½ lemon, juiced
- ½ cup mashed garlic and avocado
- 1 teaspoon powdered ginger
- 2 teaspoon powdered turmeric
- ¼ teaspoon sea salt
- 1 pound shredded pastured chicken breast
- ¼ cup raisins
- ¼ cup chopped red onion
- 2 tablespoon chopped parsley

Directions

In a bowl, mix together lemon juice, apple cider vinegar, avocado mash, ginger, turmeric and sea salt until well blended.

Add chicken breasts, raisins, and red onion; stir to mix well.

Garnish with chopped parsley and serve.

Nutritional Information per Serving:

Calories: 205; Total Fat: 6.6 g; Carbs: 5.7 g; Dietary Fiber: 1.1 g; Sugars: 3 g; Protein: 12.5 g; Cholesterol: 73 mg; Sodium: 179 mg

Scrumptious Hamburger Vegetable Dish

Yields: 2 Servings

Total Time: 30 Minutes

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ingredients

- 1 pound ground beef
- 1 tablespoon extra-virgin olive oil
- 3 tablespoon minced garlic
- 1/2 cup diced red onion
- 1 cup sliced purple cabbage
- 1 chopped red pepper
- 1/2 cup chopped fresh oregano
- Sea salt
- Freshly cracked black pepper

Directions

Preheat your oven 350°F.

Brown hamburger in a saucepan; strain off fat and set aside.

Meanwhile, chop oregano, garlic, onions, cabbage, and pepper in a large bowl; set aside.

Grease a 9×13 inch baking dish with extra virgin olive oil and layer vegetables and hamburger until all ingredients are used up.

Bake for about 20 minutes or until the vegetables are warmed but crunchy.

Garnish with some dried Italian herbs.

Nutritional Information per Serving:

Calories: 595; Total Fat: 23.3 g; Carbs: 25 g; Dietary Fiber: 10.3 g; Sugars: 6.2 g; Protein: 73 g; Cholesterol: 203 mg; Sodium: 163 mg

Yummy, Crispy & Spicy Italian Chicken Thighs

Yield: 4 Servings

Total Time: 55 Minutes

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Ingredients

- 500g chicken thighs
- 1 teaspoon red pepper flakes
- 1 teaspoon sweet paprika
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon curry powder
- 1 tablespoon garlic powder
- 1-2 tablespoons coconut oil

Directions

Start by preheating your oven to 400 F and preparing a baking sheet by lining it with parchment paper.

Combine all the spices in a small bowl then set aside.

Now arrange the thighs on your prepared baking sheet with the skin side down (remember to first pat the skin dry with kitchen towels).

Sprinkle the upper side of the chicken thighs with half the seasoning mix, flip them over and sprinkle the lower side with the remaining seasoning mix.

Bake for about 40 minutes until the chicken thighs are cooked through and the skin is crisp. To make the skin crispier, turn on your broiler to high and broil the chicken thighs for 5 minutes.

Enjoy!

Nutritional Information per Serving:

Calories: 281; Total Fat: 13 g; Carbs: 3 g; Dietary Fiber: 1 g; Sugars: 0.6 g; Protein: 36.8 g; Cholesterol: 111 mg; Sodium: 109 mg

Yummy Chili

Yield: 4-6 Servings

Total Time: 1 Hour 55 Minutes

Prep Time: 20 Minutes

Cook Time: 1 hour 35 Minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 red onion, finely chopped
- 3 cloves garlic, finely chopped
- 2 stalks celery, chopped
- 1 green bell pepper, chopped
- 2 red bell peppers, chopped
- 1 ½ cups chopped tomatoes
- Pinch of salt and pepper
- 1 pound of lean grass fed ground beef
- 1 tablespoon cumin powder
- 2 teaspoons cinnamon powder
- 1 fresh red chili, deseeded and finely chopped
- 1 cup coconut milk
- 1 bunch fresh coriander, finely chopped
- Brown rice, to serve

Directions

Heat extra virgin olive oil in a skillet set over medium heat until hot, but not smoky; stir in red onion, garlic and celery until fragrant. Brown ground beef

Stir in bell peppers and tomatoes and season with salt and pepper; cook for about 2 minutes. Cook for about 5 minutes and then stir in the spices and coconut milk. Simmer for a few minutes or until thick.

Nutritional Information per Serving:

Calories: 358; Total Fat: 8.6 g; Carbs: 56.9 g; Dietary Fiber: 13.4g; Sugars: 6.2 g; Protein: 12.4 g; Cholesterol: 16 mg; Sodium: 30 mg

Scrumptious Chicken Burgers

Yield: 4 Servings

Time: 30 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 red onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 tablespoon minced ginger
- 2 very ripe tomatoes, chopped
- 500g minced chicken
- 1 small bunch fresh coriander/ cilantro
- ½ teaspoon cumin powder
- ½ teaspoon sweet paprika
- Zest of 1 lemon
- Rapeseed oil
- Organic tomato ketchup
- Sea salt
- 1 small lettuce head
- 4 whole meal buns

Directions

In a saucepan, sauté red onion, garlic and ginger in hot oil; stir in tomatoes and chicken and cook until chicken is no longer pink. Stir in the spices and a good pinch of salt and lemon zest; stir to mix well.

Scoop out the mixture onto a floured surface and divide into four portions. Shape the mixtures into four balls then gently flatten them to form patties of about 2 cm thickness. Place the patties on a clean tray and chill them in the fridge for 30 minutes (this will make them firm).

Pour a splash of rapeseed oil onto a large non-stick skillet and turn the heat to medium. Cook the patties once the oil is shimmering hot for 10 minutes, flipping halfway through until golden.

Wash the lettuce and chop it up roughly and slice the tomatoes.

Now you can toast the buns or use them as is; squeeze the ketchup on the base of each bun (sliced into 2) and top with a burger followed by tomato slices and the lettuce and cover with the top bun slice. Repeat this process for the other 3 and serve immediately. Enjoy!

Nutritional information per serving:

Calories: 306; Total Fat: 8.2 g; Carbs: 16.8 g; Dietary Fiber: 11.1 g; Sugars: 1.2 g; Protein: 39.8 g; Cholesterol: 96 mg; Sodium: 206 mg

Tasty Salmon with Fennel & Fresh Herbs

Yield: 4 Servings

Total Time: 21 Minutes

Prep Time: 15 Minutes

Cook Time: 6 Minutes

Ingredients

- 8 ounces wild salmon fillets
- Fennel fronds
- 1 tablespoon chopped parsley
- 1 tablespoon chopped dill
- 1 tablespoon chopped chives
- 1 tablespoon chopped tarragon
- 1 tablespoon chopped basil
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped shallot
- 1 tablespoon lemon juice

Directions

Lightly oil a steamer basket with olive oil; add salmon and fennel wedges and steam for about 6 minutes. In a bowl, combine the chopped herbs, extra virgin olive oil, and shallot and lemon juice; stir until well combined. Season and spoon over cooked fish.

Nutritional Information per Serving:

Calories: 98; Total Fat: 6.3 g; Carbs: 2.5 g; Dietary Fiber: 0.9 g; sugars: trace; Protein: 8.9 g; Cholesterol: 19 mg; Sodium: 33 mg

SNACKS & DESSERTS

Strawberry Sorbet

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 4-6 medium strawberries
- 2 tablespoons fresh lemon juice
- ½ teaspoon vanilla powder
- Flavored stevia
- Ice cubes
- ¼ cup water

Directions

In a blender, blend all ingredients until very smooth; pour into molds and freeze until firm.

Nutritional Information per Serving:

Calories: 26; Total Fat: 0.3 g; Carbs: 4.7 g; Dietary Fiber: 2.7 g; Sugars: 1.7 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 9 mg

Dairy-Free Chocolate Mousse

Yield: 3 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients:

- 1/2 cup coconut milk
- 1/2 cup unsweetened cacao powder
- 2 ripe bananas
- 2 ripe avocados
- 1/2 teaspoon pure vanilla extract
- Pinch of cinnamon
- 1 teaspoon liquid stevia
- Pinch of sea salt
- Garnish: 1 tablespoon each of toasted hazelnuts, cacao nibs and coconut flakes.

Directions

Combine all ingredients, except garnish, in a food processor and pulse until very smooth. Serve in bowls garnished with toasted hazelnuts, cacao nibs and coconut. Enjoy!

Nutrition Information per Serving:

Calories: 438; Total Fat: 35.9 g; Carbs: 31.9 g; Dietary Fiber: 12 g; Sugars: 11.7 g Protein: 4.3 g; Cholesterol: 0 mg; Sodium: 93 mg

Raw Pumpkin Walnut Balls

Yield: 30 Balls

Total Time: 10 Minutes + Chilling Time

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1/4 cup raw honey
- 1 cup dates with pits removed
- 1-1/2 cups organic pumpkin puree
- 1 cup walnuts
- 1 cup gluten free oats
- 1/2 cup toasted pumpkin seeds
- 1 teaspoon cinnamon
- 2 tablespoons chopped walnuts, for garnishing

Directions

In a blender, pulse together raw honey, dates, pumpkin puree, walnuts and cinnamon until very smooth; transfer to a bowl and stir in oats and pumpkin seeds. Form small bowls from the mixture and roll them into remaining walnuts crumbs to make them crunchy. Refrigerate the balls until firm.

Nutritional Information per Serving:

Calories: 254; Total Fat: 12.5 g; Carbs: 33.2 g; Dietary Fiber: 5.3 g; Sugars: 19.3 g; Protein: 7.3 g; Cholesterol: 0 mg; Sodium: 3 mg

Dreamy Fruit Cup

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- ½ teaspoon Orange Rind
- 1/4 cup strawberry juice
- 1 cup Strawberries
- 1-2 drops Stevia
- 1 cup chopped Green Apple

Directions

In a food processor, blend together strawberries, orange rind and stevia until chunky.

Place ¼ cup strawberry mixture and ¼ cup apple;. Enjoy!

Nutritional Information per Serving:

Calories: 209; Total Fat: 1.3 g; Carbs: 53.2 g; Dietary Fiber: 11.3 g; Sugars: 37.3 g; Protein: 2.6 g; Cholesterol: 0 mg; Sodium: 5 mg

Lemon Pops

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 4 tablespoons fresh lemon juice
- Powdered stevia

Directions

Mix lemon juice and stevia and pour into molds; freeze until firm.

Nutritional Information per Serving:

*Calories: 0; Total Fat: 0 g; Carbs: 0 g; Dietary Fiber: 0 g; Sugars: 0 g; Protein: 0g;
Cholesterol: 0 mg; Sodium: 10 mg*

Cinnamon Apple Chips

Yield: 1 Serving

Total Time: 25 Minutes

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients

- 1 apple, sliced thinly
- Dash of cinnamon
- Stevia

Directions

Coat apple slices with cinnamon and stevia and bake at 325°F for about 15 minutes or until tender and crispy.

Nutritional Information per Serving:

Calories: 146; Total Fat: 0.7 g; Carbs: 36.4 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 10 mg

Tasty Apple Cookies

Yield: 1 Serving

Total Time: 30 Minutes

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ingredients

- Pulp from 1 apple
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon vanilla powder
- Pinch of nutmeg
- 1/8 teaspoon cinnamon
- Stevia

Directions

Mix apple pulp, spices and stevia and form into two cookies; bake at 325°F for about 15-20 minutes or until browned.

Nutritional Information per Serving:

Calories: 146; Total Fat: 0.7 g; Carbs: 36.4 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 10 mg

Spicy Frozen Orange Slices

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 2 tablespoons fresh lemon juice
- Pinch of cardamom
- Pinch of powdered clove
- Pinch of nutmeg
- ¼ teaspoon powdered vanilla
- ¼ teaspoon cinnamon
- Powdered stevia

Directions

Mix spices and stevia; dip orange slices into lemon juice and then coat with spice mixture. Freeze until firm.

Nutritional Information per Serving:

Calories: 7; Total Fat: 0.1 g; Carbs: 1.3 g; Dietary Fiber: 0.6 g; Sugars: 0.4 g; Protein: 1.2 g; Cholesterol: 0 mg; Sodium: 10 mg

Sautéed Kale with Citrus Sauce

Yield: 2 Servings

Total Time: 11 Minutes

Prep Time: 5 Minutes

Cook Time: 6 Minutes

Ingredients:

- 1 bunch kale, torn
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, chopped
- 4 tablespoons fresh orange
- 4 tablespoons fresh lemon juice
- Pinch of sea salt

Directions:

Heat oil in a pan over medium heat; sauté garlic for about 4 minutes or until fragrant. Add kale and cook for about 2 minutes or until wilted; drizzle with fresh orange juice and stir in sea salt. Remove from heat and serve garnished with lemon slices.

Nutrition Information per Serving:

Calories: 163; Total Fat: 14.3 g; Carbs: 8.8 g; Dietary Fiber: 1.3 g; Sugars: 2.8 g Protein: 1.8 g; Cholesterol: 0 mg; Sodium: 139 mg

Apple Slices w/ Cinnamon Sauce

Yield: 1 Serving

Total Time: 15 Minutes

Prep Time: 10 Minutes

Cook Time: 5 Minutes

Ingredients

- 1 apple, sliced
- 1 teaspoon apple cider vinegar
- 3 tablespoons fresh lemon juice
- Dash of nutmeg
- 1-2 teaspoons cinnamon
- Powdered stevia

Directions

Heat apple slices and liquid ingredients in a microwave, stirring, until thick. Serve with apple slices.

Nutritional Information per Serving:

Calories: 144; Total Fat: 0.8 g; Carbs: 36.1 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 10 mg

Fruit with Vanilla Sauce

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 apple
- ½ teaspoon apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon vanilla powder
- Powdered stevia

Directions

Stir together lemon juice, vanilla powder and stevia; heat the sauce and pour into dipping bowl. Serve with fresh fruit.

Nutritional Information per Serving:

Calories: 146; Total Fat: 0.7 g; Carbs: 36.4 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 10 mg

Warm Spicy Oranges

Yield: 1 Serving

Total Time: 18 Minutes

Prep Time: 10 Minutes

Cook Time: 8 Minutes

Ingredients

- 1 orange, segmented
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon powdered vanilla
- 1/8 teaspoon ground cinnamon
- Dash of nutmeg
- Stevia
- Dash of cloves

Directions

In a pan, mix lemon juice, spices and stevia and warm through; add oranges and cook for about 3 minutes. Serve hot.

Nutritional Information per Serving:

Calories: 11; Total Fat: 0.1 g; Carbs: 3.6 g; Dietary Fiber: 1.8 g; Sugars: 2.4 g; Protein: 1.7 g; Cholesterol: 0 mg; Sodium: 21 mg

Frozen Grapefruit Spears

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- ½ grapefruit, segmented
- 2 tablespoons fresh lemon juice
- Powdered stevia
- Pinch of lemon zest

Directions

Dip grapefruit into fresh lemon juice and coat with lemon zest and stevia; freeze until firm and serve.

Nutritional Information per Serving:

Calories: 46; Total Fat: 0.2 g; Carbs: 4.9 g; Dietary Fiber: 1.3 g; Sugars: 3.1 g; Protein: 1.3 g; Cholesterol: 0 mg; Sodium: 11 mg

Frozen Cocoa Strawberries

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 6 medium strawberries, sliced
- 1 tablespoon cocoa powder
- Powdered stevia

Directions

Mix stevia and cocoa; dip sliced strawberries into the mixture and freeze until firm.

Nutritional Information per Serving:

Calories: 31; Total Fat: 0.2 g; Carbs: 7.1 g; Dietary Fiber: 1.8 g; Sugars: 5.2 g; Protein: 2.2 g; Cholesterol: 0 mg; Sodium: 17 mg

Warm Strawberry Compote

Yield: 1 Serving

Total Time: 25 Minutes

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Ingredients

- 6 strawberries, sliced
- 2 tablespoons fresh lemon juice
- Dark chocolate stevia
- Dash of cayenne
- Dash of nutmeg
- Dash of cinnamon
- Dash of salt

Directions

Combine all ingredients and sauté over medium heat until thick. Serve warm garnished with mint and topped with cinnamon Melba croutons.

Nutritional Information per Serving:

Calories: 33; Total Fat: 0.6 g; Carbs: 6.7 g; Dietary Fiber: 1.8 g; Sugars: 4.3 g; Protein: 0.8 g; Cholesterol: 0 mg; Sodium: 162 mg

Cinnamon Applesauce

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 1 apple
- Powdered stevia
- ½ teaspoon cinnamon
- Pinch of nutmeg

Directions

Puree apple in a food processor along with stevia and cinnamon.

Chill before serving.

Nutritional Information per Serving:

Calories: 146; Total Fat: 0.7 g; Carbs: 36.4 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 10 mg

Apple Candy

Yield: 4 Servings

Total Time: 70 Minutes

Prep Time: 10 Minutes

Cook Time: 60 Minutes

Ingredients

- 4 apples
- 2 packets stevia
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 2 cups water

Directions

Add apples in a square baking dish.

Stir stevia in 2 tablespoons of water; pour over the apples and sprinkle with cinnamon and add the remaining water. Bake in a 350°F oven for about 50-60 minutes. Transfer the apples to a dish. Stir vanilla in the cooking liquid and pour over the apples. Serve warm.

Nutritional Information per Serving:

Calories: 143; Total Fat: 0.7 g; Carbs: 35.4 g; Dietary Fiber: 6.8 g; Sugars: 26.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 9 mg

Apple & Strawberry Snack

Yield: 1 Serving

Total Time: 7 Minutes

Prep Time: 5 Minutes

Cook Time: 2 Minutes

Ingredients

- ½ apple, cored and sliced
- 2-3 strawberries
- dash of ground cinnamon
- 2-3 drops stevia

Directions

In a bowl, mix strawberries and apples and sprinkle with stevia and cinnamon; microwave for about 1-2 minutes. Serve warm.

Nutritional Information per Serving:

Calories: 145; Total Fat: 0.8 g; Carbs: 34.2 g; Dietary Fiber: 7.8 g; Sugars: 24.4 g; Protein: 1.6 g; Cholesterol: 0 mg; Sodium: 11 mg

Chilled Garlicky Pickles

Yield: 1 Serving

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- ½ cup apple cider vinegar
- 1 cucumber, sliced
- 4 cloves garlic, sliced
- 3 tablespoons fresh lemon juice
- Pinch of salt

Directions

Combine all liquid ingredients. Add salt to cucumber slices. Stack sliced cucumber tightly in a small glass jar putting garlic slices in between cucumber layers. Pour lemon juice and apple cider vinegar into the glass jar until all the cucumber slices are covered. Cool within a refrigerator overnight for nearly four days.

Nutritional Information per Serving:

Calories: 99; Total Fat: 0.8 g; Carbs: 17 g; Dietary Fiber: 1.9 g; Sugars: 6.6 g; Protein: 3.1 g; Cholesterol: 0 mg; Sodium: 178 mg

WHOLE FOOD DRINKS

Tasty Iced Tea

Yield: 1 Serving

Total Time: 15 Minutes

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Ingredients

- 6 ounces hot water
- ½ cup cranberry juice
- 1 bag Chamomile tea
- 1 gram Yerba mate
- 1 tablespoon peppermint
- 1 tablespoon vanilla Chai spice
- Stevia

Directions

Brew tea and refrigerate; stir in stevia and serve over ice garnished with mint.

Nutritional Information per Serving:

Calories: 60; Total Fat: 1.6 g; Carbs: 9.5 g; Dietary Fiber: 1.8 g; Sugars: 6 g; Protein: 0.4 g; Cholesterol: 0 mg; Sodium: 38 mg

Refreshing Strawberry Lemonade

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- ½ cup pureed strawberries
- ¼ cup fresh lemon juice
- ½ cup water
- Stevia
- Ice

Directions

Combine all ingredients and serve over ice.

Nutritional Information per Serving:

Calories: 0; Total Fat: 0g; Carbs: 0 g; Dietary Fiber: 0 g; Sugars: 0 g; Protein: 0 g; Cholesterol: 0 mg; Sodium: 7 mg

Refreshing Grapefruit Virgin Martini

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 2 tablespoons fresh grapefruit juice
- 5 ounces sparkling mineral water
- Vanilla stevia
- Ice

Directions

Stir together all ingredients and serve over ice.

Nutritional Information per Serving:

Calories: 21 Total Fat: 0.2 g; Carbs: 1.9 g; Dietary Fiber: 0.4 g; Sugars: 0.7 g; Protein: 0.2 g; Cholesterol: 0 mg; Sodium: 27 mg

Green Tea Sparkler

Yield: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- ½ cup brewed green tea, chilled
- ¼ cup sparkling mineral water
- Pinch of cinnamon
- 1 teaspoon vanilla stevia

Directions

Combine all ingredients and serve garnished with lemon wedge and apple curls.

Nutritional Information per Serving:

Calories: 117; Total Fat: 0.4 g; Carbs: 31 g; Dietary Fiber: 5.6 g; Sugars: 23.2 g; Protein: 0.2 g; Cholesterol: 0 mg; Sodium: 2 mg

Green Fruitea

Yield: 4 Servings

Total Time: 15 Minutes

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Ingredients

- 3 cups water
- 5 green tea bags
- 1 cup fresh lemon Juice
- 4 drops stevia

Directions

Bring water to a rolling boil; add tea bags and steep for about 4 minutes; strain tea into a pitcher and stir in more water, fresh lemon juice and stevia.

Nutritional Information per Serving:

*Calories: 0; Total Fat: 0 g; Carbs: 0 g; Dietary Fiber: 0 g; Sugars: 0 g; Protein: 0 g;
Cholesterol: 0 mg; Sodium: 12 mg*

Ultimate Flat Belly Drink

Yields: 1 serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 1 ½ cups water
- 4 tablespoons fresh lemon juice
- 1 tablespoon minced fresh ginger

Directions

Combine all the ingredients in a serving glass. Enjoy!

Nutritional Information per Serving:

Calories: 11; Total Fat: 0 g; Carbs: 0 g; Dietary Fiber: 0 g; Protein: 0 g; Cholesterol: 0 mg; Sodium: 2 mg; Sugars: 1 g

Fat Burner Iced Green Tea

Yield: 4 Servings

Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: N/A

Ingredients

- 2 1/2-inch piece fresh ginger, minced
- 3 cups water
- 6 bags green tea
- 3 tablespoons honey
- Mint sprigs, for garnishing

Directions

Combine ginger and 2 water in a saucepan; bring to a gentle boil over medium heat. Lower heat to low and simmer for about 5 minutes. Remove from heat and add the green tea bags and steep for about 3 minutes; strain out the solids and stir in honey.

Add 1 cup of water and chill in the fridge for at least 1 hour. Serve garnished with mint sprigs over ice.

Nutritional Information per Serving:

Calories: 50; Total Fat: 3 g; Carbs: 13 g; Dietary Fiber: 0 g; Protein: 9 g; Cholesterol: 0 mg; Sodium: 10 mg; Sugars: 20.9 g

Super Detox Smoothie

Yields: 1 Serving

Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 1 tablespoon ground chia seeds
- 1 tablespoon flaxseed
- 1 cup baby kale
- 4 tablespoons fresh lemon juice
- 1 organic apple, unpeeled, cored
- 1/3 cup chopped parsley
- 1 stalk celery
- 1/4 teaspoon ground cinnamon
- 1 1/4 cups chilled water
- Ice cubes

Directions

Combine all ingredients in a blender and blend until very smooth. Enjoy!

Nutritional Information per Serving:

Calories: 189; Total Fat: 3 g; Carbs: 39.5 g; Dietary Fiber: 11.3 g; Protein: 5.6 g; Cholesterol: 0 mg; Sodium: 59 mg; Sugars: 20.9 g

Peach Berry and Coconut Water

Ingredients:

- 2 peaches, peeled, diced
- 1 cup blackberries
- 1 cup blueberries
- 2 cups coconut water (unsweetened)
- 6 cups spring or filtered water

Directions:

Place the berries into a mason jar; add peach slices.

Pour coconut and spring water into the jar and stir to mix well. Refrigerate, covered, for at least 8 hours or overnight.

Nutritional Information per Serving:

Calories: 354; Total Fat: 3 g; Carbs: 80.7 g; Dietary Fiber: 21 g; Sugars: 62 g; Protein: 9.4 g; Cholesterol: 0 mg; Sodium: 506 mg

Ginger-Lemon Detox Water

Yield: 1 Serving

Total Time: 5 Minutes + Chilling Time

Prep Time: 5 Minutes

Cook Time: N/A

Ingredients

- 4 tablespoons fresh lemon juice
- 1 ½ cups glass water
- 1/2-inch piece of ginger root

Directions

Add freshly squeezed lemon juice to a glass of water. Stir in finely grated ginger and chill for about 1 hour. Enjoy!

Nutritional Information per Serving:

Calories: 18; Total Fat: 0.6 g; Carbs: 1.9 g; Dietary Fiber: 0.3 g; Sugars: 1.4 g; Protein: 0.6 g; Cholesterol: 0 mg; Sodium: 13 mg