

## Shrimp and Baby Bok Choy Stir Fry

- 8 baby bok choy, stems removed
- 2 cloves garlic
- 1 lb baby bella mushrooms
- ½ tsp fresh ginger, minced or grated
- ½ cup bone broth
- 1 tsp tapioca starch
- 1 tbsp coconut aminos
- 1 tsp sesame oil
- 1 lb shrimp, peeled and deveined
- Salt and white pepper to taste



- Chop the bok choy into 1-inch pieces. Mince the garlic and ginger.
- Remove stems from the mushrooms and thinly slice the caps.
- In a small bowl, whisk together the stock, tapioca starch, white pepper and coconut aminos.
- In a large skillet, heat the sesame oil over medium-high heat. Add the bok choy and mushrooms, stirring occasionally until almost cooked through but still slightly crunchy.
- Add the garlic and ginger and cook for about 1 minute, stirring frequently.
- Add the shrimp to the vegetables and cook until just pink, approximately 3 minutes total.
- Push all ingredients to the edges of the pan and pour the broth and starch mixture into the center, and simmer until it thickens, about 2 minutes.
- Stir everything together to combine well.
- Serve warm with a side of brown rice or cauliflower rice.

## Ingredients

- 6 cups mixed berries (raspberries, blueberries, strawberries)
- 1 small lemon, freshly squeezed
- 1 tbsp arrowroot powder
- ½ cup coconut flour
- ½ cup shredded coconut
- ¼ cup coconut oil
- 2 tbsp maple syrup
- Cinnamon
- Sea salt



## Gluten Free Mixed Berry Crumble

- Preheat oven to 350 degrees.
- In a cast iron skillet or baking dish, toss berries, lemon juice, arrowroot powder and 1 Tbsp of maple syrup until the fruit is coated. Smooth the filling into an even layer.
- In a mixing bowl, combine coconut flour, shredded coconut, coconut oil, 1 Tbsp maple syrup, a sprinkle of cinnamon and a pinch of sea salt. Mix with a fork until crumbly.
- Pour crumble mixture over the fruit filling.
- Bake for 30 minutes or until topping is golden brown.

## **Blueberry Vanilla Blend & Go Shake**



- 1 serving vanilla protein powder
- 1/2 cup frozen blueberries
- 1-2 cups fresh baby spinach
- 1 tbs. of your favorite nut butter
- 8 oz. unsweetened milk or milk alternative
- 3-4 ice cubes

**Add all ingredients to a blender and blend on high until smooth.**

1 Granny Smith  
apple, cored and  
sliced horizontally  
into ¼-inch-thick  
rings

4 tablespoons  
almond butter or  
preferred nut  
butter

Pink Himalayan sea  
salt

Top With Your Favorite  
Nuts & Seeds:

- Chia seeds
- Sunflower seeds
- Hemp seeds
- Sesame seeds
- Sliced almonds

## Apple Super-Food Rings



# Chocolate Cherry Almond Smoothie



**⅓ cup frozen cherries**

**⅓ cup frozen cauliflower florets**

**1 date, pitted**

**1 teaspoon hemp seeds**

**1 teaspoon chia seeds**

**1 teaspoon flax seeds**

**2 teaspoons raw cacao powder**

**1 tablespoon almond butter**

**1 pinch sea salt**

**1 cup water**

**Combine all the ingredients in a powerful blender and blend until smooth, adding more water if needed to reach your desired consistency.**

# Delicious Fruit Kebobs



- Create a rainbow with fruits such as: raspberry, watermelon, strawberry, grapefruit, mango, pineapple, kiwi, blueberry, or grapes.
- These can also be made with some vegetables like sweet red bell pepper, tomatoes or jicama.

- Wash fruit
- Place fruit on skewers, either whole or chopped
- Stick Pointy side down in 1/2 of a melon that you used to make your kebobs with!

### *Brownie Layer*

- 1 ¼ cup raw walnuts (or other nuts or seeds)
- 1 cup almond flour (or any nut/seed flour)
- 10 dates (pitted)
- ½ cup raw cacao powder
- 1 teaspoon vanilla extract
- 1-2 TBSP raw coconut oil, melted

### *INSTRUCTIONS:*

- Blend walnuts in food processor until finely chopped, then pour into mixing bowl.
- Place pitted dates into food processor and pulse until smooth, if it clumps add a drizzle of the melted coconut oil.
- In bowl combine walnuts, date paste, almond flour, cacao powder, vanilla, and mix while slowly adding coconut oil until the cacao powder is blended and no longer powdery (but not too oily), stop adding the oil once the cacao powder is thoroughly incorporated.
- Divide batter in half, and press half of the batter into the bottom of a 6 x 8 inch baking pan.

### *Peanut Butter Layer*

- 1 cup peanut butter or nut-butter
- 1 teaspoon vanilla extract
- 3 TBSP raw coconut oil, melted (but not hot)
- 1 Tablespoon honey
- Optional: ½ cup chocolate chips

### *INSTRUCTIONS:*

- Mix peanut butter, vanilla, and honey in a bowl. Next, slowly blend in melted coconut all.
- Add chocolate chips to batter (optional). Spread peanut butter layer on top of brownie
- layer. Place dish in refrigerator for one hour to cool and firm up batter.
- Finish: Press remainder of chocolate brownie dough on top. Serve

*PALEO PEANUT BUTTER  
BROWNIES*

# STUFFED ZUCCHINI BOATS

- 4 zucchinis
- 1 lb ground grass-fed ground beef or turkey
- ¼ cup onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 fresh tomato, finely chopped
- ½ teaspoon salt
- Dash of pepper
- Optional: cheese

- Preheat oven to 425 degrees.
- Cut the ends off zucchini – just the very ends, not too much so that it will hold its “boat shape.”
- Scoop out center seeds and carve a boat.
- Boil zucchini for 3-4 minutes depending on size and thickness, so they soften and cook about half way.
- Heat pan, and brown ground beef. When close to done, add onion, garlic and tomato, as well as salt.
- Cook for a few minutes until the tomato is cooked down and the onion and garlic get fragrant.
- Place zucchini halves on a roasting pan, fill with cooked ground beef or turkey mixture.
- Optional step is to sprinkle on cheese. Roast in oven for 5 minutes until cheese is melted and/or top is a bit browned.



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# HOMEMADE VEGGIE CHIPS



- You can use carrots, butternut squash, parsnips, or beets, as well as other vegetables
- Coconut Oil
- Salt

- Cut veggies into thin discs or curls with a vegetable peeler.
- Melt coconut oil over medium heat.
- Cook in melted coconut oil until lightly brown around edge.
- Remove from oil and place on paper towel to absorb excess oil.
- Salt chips.
- They are still a little soggy when they first come out, but they will firm up as they cool.



# GRAIN FREE COCONUT PANCAKES

- ¼ cup, (plus 1 Tablespoon) coconut flour
  - ¼ teaspoon unrefined salt
  - ¼ teaspoon baking soda
  - 4 large or 5 medium eggs (room temperature)
  - 2 Tablespoons of non-dairy milk
  - 1 teaspoon vanilla extract
  - ¼ cup melted coconut oil or ghee
  - ½ Tablespoon raw honey or other sweetener
- Beat eggs in a large bowl; add non-dairy milk, honey, vanilla, and ¼ cup melted oil.
  - In a separate bowl combine ¼ cup coconut flour, salt, baking soda—next, place this flour blend in a sifter.
  - Sift flour into liquids bowl little by little while mixing it with an electric mixer until combined and smooth.
  - Pour pancake batter into greased pan. Cook on one side then flip and cook thoroughly.

# EASY CROCKPOT BONE BROTH

**1 Whole Chicken Carcass (about 2 lbs of bones)**

**1 Carrot (peeled and chopped)**

**1 Yellow Onion (diced)**

**2 Stalks Celery (chopped)**

**3 Garlic (cloves, halved)**

**1 Tbsp Apple Cider Vinegar**

**1 Tsp sea salt**

**1 Cup Parsley (chopped)**

**6 Cups Water (filtered)**

- Place the bones in the slow cooker.
- Add all remaining ingredients.
- Set slow cooker to low and let cook for at least 12 hours.
- After 12 hours, strain the broth through a strainer or mesh sack.
- Discard the vegetables that you strained out. Allow broth to cool.
- Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking.
- Freeze broth until ready to use.

## *BLUEBERRY COCONUT COOKIES*

- 2 cups shredded coconut flakes
- ½ cup coconut oil
- 1 cup organic blueberries
- 10-20 drops liquid stevia
- ½ tsp. vanilla extract
- 1 pinch sea salt
- ½ cup water

- Place all ingredients into blender or a food processor.
- Process the ingredients for 2-3 minutes until the shredded coconut begins to break down.
- Drop the batter, about 2-3 teaspoons worth onto a lined cookie sheet.
- Place in the refrigerator or freezer to harden for 10-20 minutes.
- Store in an airtight container in the refrigerator or freeze.

# Chicken Avocado Chili



- 3 cups cooked ground chicken or turkey
- 5 cups chicken broth
- 1 cup chopped green scallions
- 1 cup of organic spinach
- 1 cup chopped onions
- 1 pinch sea salt
- 1 avocado, diced

- Sauté onions and scallions in medium sauce pan in coconut oil or butter until onions become slightly soft.
- Add broth, shredded chicken, salt and spinach and stir
- Bring to a boil over medium high heat, then cover and reduce heat to medium-low and simmer for at least 5 minutes.
- Serve warm with avocado and cilantro for toping

# Coconut Lime Salmon

## Salmon

- 2 fillets fresh or frozen salmon
- 2 tbsps. extra virgin coconut oil for frying
- Salt and black pepper
- 1 tsp. dried dill, ginger and lemon zest

## Coconut Lime Sauce

- 1/2 can organic full fat coconut milk
  - 1/4 c. fresh lime juice
  - Peel of fresh lime, grated for zest
  - Slices of fresh lime
  - Handful organic shredded coconut (extra for garnish)
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- Prepare your coconut sauce by combining and stirring all the coconut lime sauce ingredients in a large bowl.
- Once mixed, pour roughly two-thirds of the sauce and salmon in a leak proof bag and let marinate for at least 30 mins and the flavors will meld together.
- Coat your pan with coconut oil and fry the salmon for 2-3 minutes per side.
- Once the salmon is finished, remove it from the pan and drizzle the remaining coconut lime sauce over the salmon.
- Sprinkle the seasonings on top along with the coconut flakes and serve hot with a wedge of fresh lime.

# COCONUT CURRY CHICKEN SOUP



- 1 quart chicken stock
- 1 stalk lemon grass
- 1 piece fresh ginger, peeled and thinly sliced
- 4 limes, juiced
- 1 (13-ounce) can unsweetened coconut milk
- Pinch of black pepper
- 2 cups shredded cooked chicken breast
- 2 tbsps. of ground turmeric
- 1/4 cup chopped fresh cilantro
- 1/2 tsp of salt to taste

- Bring the stock to the boil over medium heat in a soup pot.
- Add the lemon grass and ginger.
- Lower the heat to medium-low, cover, and gently simmer for 10 minutes.
- Stir in the coconut milk, turmeric, lime juice, and chicken.
- Simmer for 5 minutes to heat the chicken stock through
- Season with salt and pepper
- Garnish with cilantro.



# Cauliflower Fried Rice



- 1 ½ tbsps. of butter, ghee or coconut oil
- 1 head cauliflower
- Salt and pepper to taste
- 2 tbsps. of coconut aminos
  
- Optional Ingredients:
  - 2 tsps. of turmeric and
  - ½ tsp of ginger
  - 2 additional tbsps. of butter, ghee or coconut oil


- Chop the cauliflower into large chunks and put into a blender or food processor. Pulse the cauliflower until it resembles rice.
- Heat the oil in a pan over medium heat until melted then add the cauliflower rice, salt, and pepper. Sauté until tender- about 5 minutes.
- Place sautéed rice in a mixing bowl and add in optional ingredients

# Cauliflower Mashed Potatoes




- 1 Head of cauliflower
  - Salt and pepper to taste
  - 2 Tablespoons of butter. (You can substitute ghee or coconut oil)
  - 1-2 cloves garlic
  - Parsley
- Steam cauliflower until soft
  - Chop cauliflower and put in food processor or blender with butter, ghee or coconut oil, garlic, salt and pepper
  - Blend to desired consistency
  - Garnish with parsley

# Very Berry Shake

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- A bowl of fresh strawberries is on the left, and a tall glass of pink berry shake with a mint leaf garnish is on the right. The background is a light, textured surface.
- 1/2 can organic, full-fat coconut milk
  - 2 scoops Vanilla Perfect Protein powder
  - 1/2 cup frozen raspberries or strawberries
  - 1 tsp. cinnamon
  - Liquid stevia to taste

**Blend all ingredients together and enjoy!**

# BLUEBERRY PUDDING

A clear glass cup filled with a layered dessert. The bottom layer is a dark red, thick pudding. Above it is a layer of small, light-colored seeds. The top layer is a thick, white, creamy substance speckled with small dark seeds. The cup is topped with fresh blueberries and several thin, white, flake-like pieces of coconut.

- 1 cup canned, organic, full fat, coconut milk
- 2 small avocados
- 1/2 cup blueberries
- 4 tbsp. ground chia seed
- 1 scoop protein powder
- 1/4 tsp. sea salt
- 1/2 tbsp. vanilla extract
- Liquid stevia or honey (to taste)

Blend all ingredients together in a  
blender

Refrigerate for 12 hours

Serve & Enjoy

# Key Lime Pie Smoothie

- 1 cup of organic coconut, cashew or almond milk
- 1 cup of filtered water
- 1 avocado
- ¼ tsp of vanilla
- 1 large handful of spinach or kale
- Juice of one lime
- 5-10 drops of vanilla
- 2 scoops of vanilla protein powder
- Top with cinnamon
- Stevia or Honey (optional to taste)

Blend until smooth and creamy



# Grapefruit-Honey Mother's Day Mimosas

## Ingredients


2 large grapefruit chilled

1 tsp. honey

12 oz. champagne or kombucha

- **Cut grapefruit in half and squeeze out the juice. Remove any seeds that may have fallen into the juice. Add honey to the grapefruit juice and stir until dissolved.**
- **Prepare individual mimosas just before serving by filling a glass with 3 ounces of grapefruit juice. Slowly pour 3 ounces of champagne over the juice.**
- **Note: Adjust the ratio of ingredients to your taste. A large grapefruit yields about 6 ounces of fresh juice, so adjust grapefruit quantities accordingly.**
- **Garnish with a wedge of grapefruit**

# The Perfect Guacamole



## Ingredients:

- 2 Tbs. diced white onion
- 2 jalapeño chiles, seeded and chopped
- 2 Tbs. fresh lime juice
- 1/2 tsp. minced garlic
- Kosher salt
- 2 large Haas avocados
- 2 Tbs. minced fresh cilantro, plus cilantro leaves for garnish

## Directions:

Put the onion, jalapeños, lime juice, garlic and 1/2 tsp. salt in a molcajete or small bowl, and smash with a pestle or fork to a coarse paste. Cut the avocados in half, remove the pits and scoop the flesh into the onion mixture. Add the minced cilantro and mix and mash, leaving some lumps. Taste and adjust the seasoning with salt.

Garnish with cilantro leaves and serve immediately, if possible. To keep at room temperature for up to 1 hour, cover with plastic wrap, pressing it directly onto the surface. To keep for up to 3 hours, do not add the cilantro leaves until just before serving, and cover and store in the refrigerator.

# Healthy Breakfast Quiche

## Ingredients

- Olive Oil
- ¼ cup chopped onion
- ½ cup chopped ham or your favorite veggie
- ¼ cup chopped cauliflower
- 2 tablespoons water
- 10 large egg whites
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup of your favorite shredded cheese

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Coat a skillet with olive oil and place over medium heat; cook and stir onion and ham or veggies until tender, 5 to 10 minutes.
- Place cauliflower in a microwave-safe bowl and add water; cook in microwave until cauliflower is tender, about 3 minutes. Drain water.
- Whisk egg whites, garlic powder, cayenne pepper, salt, and pepper together in a bowl; add precooked mixture, cauliflower, and cheese.
- Pour egg mixture into a 10-inch round pan.
- Bake 25 minutes or until quiche is set in the middle



# Ginger Tea

- Find fresh organic ginger root at your local health food store, farmers market, or grocery store.
- Cut a 2" chunk of fresh ginger and peel off the skin. Either add the whole chunk of ginger or grate it.
- Add 8-12 oz of filtered, hot water.
- Let it sit and cool for 5 minutes before sipping.

# CREAMY ORANGE-GINGER DRESSING



- 1 medium orange, peeled and seeded
- 2-3 teaspoons chopped fresh ginger
- ¼ cup creamy almond butter
- 3 tablespoons organic brown rice vinegar
- 1 teaspoon raw honey
- ¼ teaspoon sea salt
- 6 tablespoons extra-virgin olive oil



In a blender, combine the orange, ginger, almond butter, vinegar, honey, and salt.

- Blend on high speed until smooth.
- Slowly add the oil while the blender is running on low speed.
- Pour into a glass jar and store in the refrigerator for up a week.

# LEMON-CURRY ROASTED CAULIFLOWER



- 1 medium head cauliflower, chopped
- 1 tsp mild curry powder
- 1 tsp finely grated lemon peel
- $\frac{1}{4}$  tsp sea salt
- 1 TBSP freshly squeezed lemon juice
- 2 TBSPs extra-virgin olive oil

1. Preheat the oven to 400°F.
2. On a large rimmed stainless steel baking sheet, toss together the cauliflower, curry powder, lemon peel, salt, lemon juice, and oil.  
Roast for 25 to 30 minutes, or until tender. Serve immediately.



## Chipolte Cole Slaw

- ½ small head red cabbage, thinly sliced
- ½ small head green cabbage, thinly sliced
- 3–4 carrots, grated
- ½ bunch scallions, cut into thin rounds
- Creamy Chipotle-Lime Dressing to taste

**In a large bowl, toss together the cabbages, carrots, and scallions. Then pour the dressing over the salad, toss together, and serve.**

## BAKED BUTTERNUT SQUASH WITH CINNAMON



**1 Medium Butternut Squash**  
**2 tablespoons extra-virgin olive oil**  
**½ teaspoon ground cinnamon**  
**¼ teaspoon sea salt**

1. Preheat the oven to 400°F. Cut the stem end of each squash, then cut each in half lengthwise. Use a spoon to scrape out the seeds.
2. Place the 2 squash halves skin side down in a glass baking dish. Drizzle the oil evenly over the flesh. Evenly sprinkle on the cinnamon and sea salt.
3. Bake for 40 minutes, or until tender. Scoop out the flesh and mash until smooth. Serve immediately, or store in the refrigerator for up to a week.

# CREAMY CARROT-FENNEL SOUP

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onions
- 6 cups chopped carrots
- (2 pounds)
- 4 cups chopped fennel bulb
- (1 large bulb)
- 6 cups chicken stock
- 1 teaspoon dried thyme
- ½ cup chopped fresh chives
- ½ cup chopped fresh parsley
- Sea salt

1) Heat a 6-quart pot over medium heat.

- Add the oil and onions and cook for 5 minutes.
- Stir in the carrots, fennel, stock, and thyme.
- Cover and simmer for 30 to 35 minutes. Use an immersion blender to puree the soup in the pot, or pour it into a blender and puree in batches, covering the blender top with a towel in case the hot liquid splatters.

2) Return the soup to the pot and stir in the chives and parsley.

- Add salt to taste.
- Serve immediately.
- Store leftover soup in a glass jar in your refrigerator for up to a week.




## KALE BREAKFAST HASH

- 2 tablespoons extra-virgin olive oil
- 1 medium whole baked potato, chopped into large pieces
- 2 scallions, thinly sliced
- 2-3 cups finely chopped kale
- 3 large pastured eggs, whisked
- Sea salt and freshly ground
- Black pepper

1. Heat a 12" cast-iron skillet over medium heat. Add the oil, then the potato. Season to taste with salt and pepper. Cook for a few minutes, until the potato pieces brown on all sides, then add the scallions and kale. Cook for a few minutes longer, until the kale is tender.

2. Move the mixture to one side of the pan. Pour the eggs into the other side of the pan and scramble. Once the eggs are cooked, mix them with the potato mixture. Taste and add more salt and pepper, if needed.

A tall glass filled with a light green smoothie, topped with a generous amount of whipped cream, chocolate drizzle, and fresh mint leaves. The glass is set against a dark background with colorful confetti scattered around it.

## Shamrock Shake

1 Cup Almond or Coconut Milk  
1 Scoop Vanilla Protein Powder  
1 Cup Fresh Spinach or Kale  
1/2 Avocado  
1 Frozen Banana  
1 Tsp Vanilla  
1 TBSP Honey  
Optional: Fresh Mint, Hemp  
Seeds

**Blend & Enjoy**

Back to Health Natural Solutions




## WARM QUINOA, KALE, AND CHICKEN SALAD

- 1 ½ cups dry quinoa**
- 2 ½ cups water or chicken stock**
- 3 tablespoons extra-virgin olive oil**
- 1 cup finely chopped onion**
- ½ teaspoon sea salt**
- 2-3 teaspoons mild curry powder**
- 4 cups finely chopped kale**
- 2-3 cups cooked, chopped chicken**
- 1-2 tablespoons freshly squeezed lemon juice**

1. Rinse the quinoa well under warm water in a fine-mesh strainer. Place it in a 2-quart stainless steel pot and add the water or stock and a pinch of salt. Cover and bring to a boil, then reduce the heat to low and cook for 20 minutes.

2. Heat the oil in a 6-quart pot or a deep 11" skillet over medium heat. Add the onion and salt and cook for 7 minutes, or until soft. Stir in the curry powder. Add the cooked quinoa, kale, chicken, and lemon juice. Stir together and cook for a few minutes, or until the kale has softened. Taste and adjust the salt and seasonings, if desired.

## **SPRING DETOX SALAD**

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- A person is holding a white bowl filled with a vibrant Spring Detox Salad. The salad consists of various fresh greens, including baby arugula, dandelion greens, and radishes, along with chopped sugar snap peas and pea shoots. A silver fork is lifting a portion of the salad from the bowl. The background is a soft-focus view of the person's white shirt and hands.
- 6 cups mixed organic baby greens**
  - 2 cups baby arugula**
  - 1 cup chopped dandelion greens**
  - 1 bunch radishes, chopped**
  - ½ pound sugar snap peas, chopped**
  - 1 cup pea shoots**
  - ½ cup snipped fresh chives**

# BAKED SWEET POTATO FRIES



- 2 ½ pounds white sweet potatoes, peeled
- ½ teaspoon freshly ground black pepper
- ½ teaspoon turmeric powder
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- 3–4 tablespoons extra-virgin olive oil  
or avocado oil

- Preheat the oven to 400°F.
- Cut the sweet potatoes into ½"-thick strips that are about 4" long. Place on a large rimmed stainless steel baking sheet.
- In a small bowl, mix together the pepper, turmeric, garlic powder, and salt. Sprinkle evenly over the potatoes. Add the oil and toss to coat.

# CHICKEN, SQUASH, AND LEEK SOUP

- 2 tablespoons extra-virgin olive oil
- 1 medium leek, chopped
- 2 cloves garlic, crushed
- 4 cups chicken stock
- 2 cups peeled and chopped butternut squash
- 2 cups cooked, chopped chicken
- 1-2 teaspoons dried thyme
- 3-4 cups finely chopped kale
- Sea salt and freshly ground black pepper



1. Heat the oil in a 4- or 6-quart pot over medium heat. Add the leek and garlic and cook for 4 to 5 minutes, or until the leek softens. Reduce the heat to low if the leek begins to brown. Stir in the stock, squash, chicken, and thyme. Cover and simmer for about 10 minutes, or until the squash is tender.
2. Turn off the heat and stir in the kale. Season to taste with salt and pepper

# CROCKPOT CHICKEN STOCK

**1 chicken carcass  
1 small onion, chopped  
2 carrots, chopped  
2 ribs celery, chopped  
1 bay leaf  
Few sprigs thyme  
Few sprigs rosemary  
1-2 teaspoons sea salt  
2 tablespoons raw apple cider vinegar  
8-10 cups water**

- 1. In a 4-quart slow cooker, combine the chicken, onion, carrots, celery, bay leaf, thyme, rosemary, salt, vinegar, and water. Cover and cook on low for 10 to 24 hours.**
- 2. Place a colander over a large bowl and pour the stock through to strain. Discard the solids. Use the rich, flavorful stock immediately or pour into glass containers and freeze for later use.**


# GARDEN VEGETABLE FRITTATA



- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped onion
- ½ teaspoon sea salt
- 2 cups chopped broccoli florets
- 1 cup finely chopped red bell pepper
- 2 cups finely chopped kale
- ¼ cup finely chopped fresh basil
- 6 large pastured eggs, whisked
- Freshly ground black pepper

1. Preheat the oven to 375°F.
2. Heat a deep 10" cast-iron skillet over medium heat. Add the oil, onion, and salt and cook for 5 minutes. Add the broccoli and bell pepper and cook for 5 to 7 minutes. Stir in the kale and basil, then pour in the eggs. Season with black pepper.
3. Place the skillet in the oven and bake for 20 minutes, or until the frittata is lightly browned.

## COCONUT-RASPBERRY PANCAKES



**¼ cup coconut flour**  
**¼ cup arrowroot powder or tapioca flour**  
**1 teaspoon gluten-free baking powder**  
**⅛ teaspoon sea salt**  
**3 large organic eggs**  
**2-3 tablespoons organic coconut milk**  
**2-3 teaspoons pure maple syrup**  
**⅓ cup raspberries, lightly mashed (fresh is preferred)**  
**Coconut oil, for cooking**

1. Heat a 10" cast-iron skillet over medium low heat.
2. In a small mixing bowl, whisk together the coconut flour, arrowroot powder or tapioca flour, baking powder, and salt. In a separate bowl, whisk together the eggs, coconut milk, maple syrup, and raspberries. Pour the egg mixture into the flour mixture and whisk together. The mixture will seem thin at first. Let rest for a minute to thicken.
3. Add a few teaspoons of coconut oil to the preheated skillet. Drop the batter into the hot skillet by the quarter cup. Cook for about 90 seconds on each side.

# **SUPER-ANTIOXIDANT GREEN SMOOTHIE**

**2 frozen bananas**  
**1 cup chopped pineapple (fresh or frozen)**  
**1 cup raspberries (fresh or frozen)**  
**¼ cup frozen cranberries**  
**2 cups water**  
**2-3 cups firmly packed greens (baby kale, spinach, and bok choy)**

**In a blender, combine the bananas, pineapple, raspberries, cranberries, and water. Blend until smooth. Add the greens and blend again until very smooth. Serve immediately or store in a glass jar in the refrigerator for up to 1 day**



# GUT-HEALING SMOOTHIE

A top-down view of a glass bowl filled with a thick, purple smoothie. The smoothie is garnished with several fresh blueberries and three bright green mint leaves. A blue and white striped straw is inserted into the smoothie from the right side. The bowl sits on a light-colored wooden surface, with several more blueberries scattered around it.

- 1 ½ cups water
- ½ cup coconut milk
- 2 frozen bananas
- 1 cup frozen blueberries
- 2 tablespoons ground flaxseeds
- 1 tablespoon high-quality fish oil
- 1 teaspoon ground cinnamon
- 1-2 scoops L-glutamine powder (optional)

**Blend until smooth. Serve immediately or pour into ice-pop molds and freeze for a sweet treat later on**

# Low Carb Taco Tuesday



## Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 lb. ground meat or refried beans
- 4 large, ripe beefsteak tomatoes
- 1/2 c. shredded iceberg lettuce
- 1 medium onion, chopped
- 1/2 c. shredded cheese
- 1/4 c. sour cream
- 1 packet taco seasoning

## DIRECTIONS

- In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add ground meat and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink. (You can substitute refried beans)
- Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges.
- Divide taco meat or beans among tomatoes, then top each with cheese, lettuce, and sour cream before serving.