

THE

**15** **MINUTE**

**DIET**



The Alternative Daily

THE  
**15** **MINUTE**  
**DIET**



The Alternative Daily

# Table of Contents

<b>Breakfasts .....</b>	<b>9</b>
The Ultimate Breakfast Bowl .....	9
Mediterranean Scramble with a Twist .....	10
Spicy Avocado Baked Eggs .....	11
Pumpkin Coconut Milk Smoothie .....	12
Honey Lime Quinoa Fruit Salad .....	13
Chocolate Pumpkin Oatmeal .....	14
Almond Butter Chia Pudding .....	15
Veggie Egg Bake .....	16
Sweet Potato Waffles .....	17
Sweet Potato, Kale and Bacon Casserole .....	18
 <b>Lunches .....</b>	 <b>21</b>
Stuffed Sweet Potatoes .....	21
Cashew Potato Salad .....	23
Chickpea and Mushroom-Stuffed Lettuce Wraps .....	24
Thai Salad with Garlic Sesame Dressing .....	26
Baked Salmon Loaf .....	27
Easy Cauliflower Pizza Bites .....	29
Quick and Creamy Broccoli Soup .....	30
Spicy Avocado Rice Salad .....	31
Tuna Salad Stuffed Tomatoes .....	32
Sweet Potato and Black Bean Chili .....	33



**Dinners** ..... 35

- Tangy Orange Sesame Shrimp..... 35
- One Pan Chicken with Butternut Squash ..... 36
- Chicken Sausage Pizza Soup ..... 37
- Chicken Tenders With a Chia Crust..... 38
- Chicken and Broccoli Stir-Fry ..... 40
- Shepherd’s Pie with a Cauliflower Crust..... 41
- Mediterranean Chicken Bean Stew ..... 43
- Ginger Beef Stir-Fry With Mushrooms and Kale..... 44
- Paprika Salmon and Asparagus ..... 46
- Black Bean Tacos with Arugula, Feta Cheese  
and Pickled Radish ..... 47

**Snacks** ..... 50

- Kale Chips ..... 50
- Cinnamon Applewiches ..... 51
- Savory Cauliflower Popcorn ..... 52
- Deviled Eggs with a Southwest Twist ..... 53
- Baked Zucchini Crisps ..... 54
- Zesty Party Mix..... 55
- Superfood Seed Crackers ..... 56
- Citrus Rosemary Olives ..... 57
- Carrot Cake Balls..... 58
- Cherry Pecan Energy Bars ..... 59



<b>Drinks .....</b>	<b>61</b>
Refreshing Green Tea Limeade .....	61
Beet Carrot Punch .....	62
Spinach Pear Smoothie .....	63
Virgin Strawberry Mojito .....	63
Pumpkin Pie Smoothie .....	64
Mango Orangesicle Smoothie .....	65
Green Pineapple Coconut Smoothie .....	66
Cucumber Detox Veggie Juice .....	67
Fruity Smoothie Mini-Meal .....	68
Creamy Coconut Coffee Drink .....	69

## STAYING HEALTHY

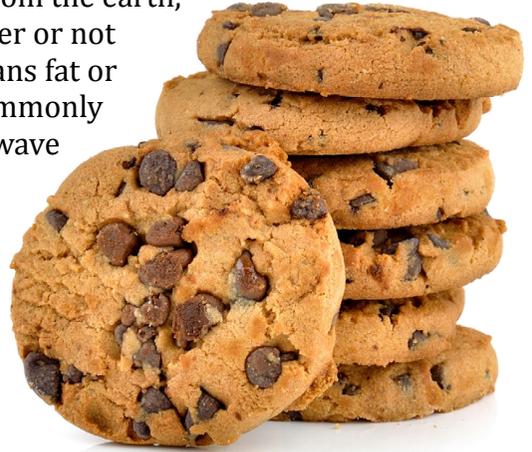
Forget about those fad diets or going on any type of “diet” at all, really. When you eat a diet of whole foods — meaning foods that come directly from nature — you’ll get the nutrition your body needs to function at its best. Provided you get regular exercise and take part in other healthy lifestyle practices, such as getting a good night’s sleep as often as possible, the natural result is a body that’s fit and healthy.

Research has confirmed this several times over. A [2014 study](#) conducted by a highly credentialed Yale University medical expert, Dr. David Katz, compared all diets. He concluded that the best food is real food. Credible nutritionists have been saying this pretty much forever — nothing can take the place of real food. All you need to really do is give up that junk and you can expect to feel better, maintain or lose weight, and actually be healthier too.



## Give up the junk and focus on real foods

When you choose foods that come from the earth, you don't have to think about whether or not you're getting harmful things like trans fat or high fructose corn syrup that are commonly found in processed foods like microwave meals, breakfast cereals, cookies, lunch meats, soda and the like. While they may be convenient, they're filled with potentially toxic substances like artificial flavors, dyes, additives and preservatives, which all change the composition of food from something that isn't even close to its original state. Those types of "foods" can wreak havoc on one's metabolism and overall health, resulting in a host of problems, such as excess inflammation, damage to the cells, hormonal imbalance and weight gain.



Plus, compared to unprocessed foods, the compounds in processed foods are created to encourage you to eat more, which means they're also more likely to cause things like binging on food and other addictive food behaviors.

## Go local and organic

It's also important to go local and organic as often as you can. Genetically modified crops are believed to play a significant role in obesity. So, by choosing organic you can avoid GMO fruits and veggies. Nutrition is another issue with GMO crops. Nutrient levels over the past half-century have been found to be anywhere from 10 to 25 percent lower than they once were. Experts say that's because the crops are bred for higher yields, like GMO crops, meaning greater quantity, but lesser quality. When nutrient levels are decreased, we have to eat more to get the nutrient levels our body needs.



Of course, the other issue with non-organic produce is that much of it is laden with pesticides. Not only can that harm your health, but it can harm your waistline too. This is because the body holds onto fat as a form of protection for its organs.

Going local not only helps support your local community, it ensures you get the freshest and most nutritious produce.

## Snacks are important too

Don't forget about snacks, either. They're important to ward off hunger pangs in between meals so that you aren't tempted by whatever junk might be lying around. They can also help you keep your energy levels up when you start to feel fatigued in the middle of the day, or when you're looking to fuel a workout.

The good news is that eating healthy doesn't necessarily require hours to prepare meals. In fact, there are many fantastic recipes you can put together in 15 minutes or less. If you aren't sure where to start, these recipes provide all you need to get on the right path to a healthier you.

## A Note on Prep and Cook Times

While all the recipes contained in this book will take 15 minutes or less to prepare, cook times will vary.



# BREAKFASTS

## #1 The Ultimate Breakfast Bowl

If you're missing your favorite morning cereal, or want an alternative to fruit-topped yogurt, this breakfast bowl makes a delicious, nutritious swap that will help you get your day off to a great start.

### Ingredients

- 1 ripe banana, medium-size
- 2 whole eggs
- 1 tsp pure vanilla extract
- 1 tbsp coconut oil (for cooking)
- 1/4 Granny Smith apple, sliced
- 1 to 2 tbsp almond butter (use pure almond butter, no sugar added)
- 1 to 2 tbsp dried coconut flakes
- 1 tsp cinnamon, ground



### Instructions

1. Use a fork to mash up the banana in a small bowl. Mix in the eggs and vanilla. The batter should be lumpy.
2. Grease a skillet with the coconut oil over medium heat. Add the batter and use a spatula to continue to mash and stir it while cooking.
3. Once cooked, remove the mixture from the skillet and place it into a bowl.
4. Top with apple, almond butter, coconut flakes and cinnamon.

## #2 Mediterranean Scramble with a Twist

Eggs and spinach (or just about any veggie) are your friend. Pairing a vegetable with eggs and scrambling it up together makes an easy, healthy meal any time of day. This recipe takes things up notch, while requiring only five minutes of your time to put together. The “twist” is the turmeric, a spice known to help support weight loss as well as offering a host of health benefits.



### Ingredients

- 2 large eggs
- 1/8 tsp sea salt
- 1/2 tbsp extra virgin olive oil
- 1/2 cup (packed) baby spinach
- 1/4 cup sundried tomato, chopped
- 1 tbsp bell pepper, finely chopped
- 1 tsp turmeric
- Fresh cracked black pepper, to taste

### Instructions

1. Beat the eggs and sea salt together in a small bowl until frothy.
2. Add olive oil and eggs to a skillet over medium-high heat and cook for about one minute.
3. Add the spinach and cook until it's almost wilted, stirring occasionally.

4. Add sundried tomato, bell pepper and turmeric, stirring constantly for 30 seconds to 1 minute, or until egg looks not quite soft-cooked. The heat from the skillet will continue to cook eggs until done.
5. Remove from heat and finish by sprinkling with black pepper.

### #3 Spicy Avocado Baked Eggs

Ever tried baking an avocado? It really is delicious, especially when its creaminess is combined with an egg. Plus you'll get protein and healthy fats to keep you satisfied longer. The spice adds flavor and a boost to your metabolism, while pairing turmeric with the healthy fats of avocado helps to improve nutrient absorption.



#### Ingredients

- 2 whole eggs
- 1 avocado
- 1/2 lemon, squeezed
- 1/2 tsp turmeric
- 1/2 tsp cayenne pepper
- Sea salt and fresh ground pepper, to taste

#### Instructions

1. Preheat oven to 425°F.
2. Scoop the inside of the avocado out, leaving a 1/2-inch rim.

3. Break the eggs into the avocado. If the whites spill over, simply clean the sides.
4. Place the avocado onto a baking sheet. Sprinkle lemon juice, turmeric, cayenne pepper, salt and pepper over both halves.
5. Bake for 15 minutes or until yolks have set.

## #4 Pumpkin Coconut Milk Smoothie

This creamy and delicious smoothie tastes like a milkshake but it will give you a healthy boost of vitamins, minerals and energy to start the day. Use a high-speed blender and the results will be exceptionally smooth.



### Ingredients

- 1 cup full-fat coconut milk
- 1/4 cup pumpkin puree
- 1 tsp cinnamon, ground
- 1/2 tsp nutmeg, ground
- 1/2 tsp ginger, ground
- 1 frozen banana, sliced
- 1 cup ice

### Instructions

1. Add all ingredients into a blender.
2. Blend on high speed until smooth.

## #5 Honey Lime Quinoa Fruit Salad

Quinoa is a complete protein, which means it provides all nine essential amino acids necessary for good health. It also happens to add a tasty crunch to this fruit salad. The fresh pieces of fruit are glazed with honey and lime to add fabulous flavor.

### Ingredients

- 1 cup quinoa, uncooked
- 1 cup blackberries
- 1 cup blueberries
- 1 1/2 cup strawberries, sliced or diced
- 1 mango, diced
- 1/4 cup raw honey
- 2 tbsp lime juice



### Instructions

1. Prepare quinoa according to package and then set aside, allowing it to cool to room temperature.
2. In a large bowl, combine all of the fruit with the quinoa.
3. Make the glaze by combining honey and lime juice in a small bowl.
4. Drizzle the glaze over the fruit salad, tossing well to coat.

## #6 Chocolate Pumpkin Oatmeal

This delicious gluten-free oatmeal recipe sounds incredibly decadent, but dark chocolate in moderation is good for you, since it's chocked full of healthy antioxidants. The pumpkin is a true superfood with fiber and a host of nutrients as well.



### Ingredients

- 1 cup hemp milk
- 1/2 cup gluten-free rolled oats
- 1/2 tsp cinnamon, ground
- 1/4 tsp clove, ground
- 1/4 tsp nutmeg, ground
- 2 tbsp dark unsweetened chocolate chips
- 1/2 cup pumpkin puree (no ingredients added)
- 2 tbsp raw honey
- 1 tbsp almonds, slivered

### Instructions

1. Add hemp milk to a pot over medium-high heat and bring to a boil.
2. Add oats and reduce heat to a simmer. Continue to cook while stirring frequently until oats are cooked and all liquid has been absorbed.
3. Immediately stir in spices and chocolate until the chocolate has melted and it's distributed throughout the mixture.

4. Add pumpkin and honey, stirring until thoroughly mixed in with the oatmeal.
5. Spoon into bowls and then sprinkle almonds over the top.

## #7 Almond Butter Chia Pudding

Although it may seem like a dessert, this pudding makes for a nutritious breakfast that's incredibly easy to make. With the sprinkle of chia seeds, it gets an added dose of vitamins, minerals and calcium, along with important omega-3 fatty acids. While it takes only minutes to prepare, it's best when refrigerated overnight. Make it the evening before so you can enjoy it in the morning.



### Ingredients

- 2 bananas, very ripe
- 1 1/2 cups full-fat coconut milk
- 1/2 cup pure almond butter
- 3 tbsp chia seeds

### Instructions

1. Add bananas, coconut milk and almond butter to a blender and puree.
2. Transfer the mixture into a medium bowl and stir in the chia seeds.

3. Cover and chill in the refrigerator overnight (or for at least four hours).
4. Stir the pudding when ready and then serve.

## #8 Veggie Egg Bake

If you're tired of scrambled eggs, why not use eggs in this tasty bake instead? Though it takes just a short time to prepare, if you bake it on Sunday, you'll have five days of breakfast for the work week ready to go. All you have to do is cut a slice and heat it up.



### Ingredients

- 4 to 5 cups of various diced vegetables (zucchini, broccoli, pepper, spinach and onion)
- 10 eggs
- 4 tbsp extra virgin olive oil
- Sea salt and fresh ground pepper, to taste

### Instructions

1. Preheat oven to 350°F.
2. Coat the bottom of a clear 9x12 baking dish with 2 tablespoons of the olive oil.
3. Add the other 2 tablespoons of olive oil to a large skillet over medium heat.
4. Sauté vegetables for 10 minutes, then sprinkle with sea salt and pepper.

5. In a large bowl, crack and beat the eggs. Add the vegetable mixture into the raw eggs and stir to combine.
6. Pour the entire mixture into the baking dish and bake for 30 minutes, or until it starts to turn golden around the edges.

## #9 Sweet Potato Waffles

Waffles are so yummy, but in most cases, they aren't so healthy. This one is an exception! It's made with sweet potatoes, one of the best sources of beta-carotene to help strengthen your immune system, along with protein-packed eggs, coconut flour and nutritious veggies. The avocado adds a dose of healthy fats too.



### Ingredients

- 1 sweet potato, peeled and grated
- 2 large eggs
- 2 tbsp coconut flour
- 1/2 tsp sea salt
- Coconut oil for greasing
- 1 ripe avocado
- 2 green onions, finely diced
- 1 lime, freshly squeezed
- Sea salt and fresh ground pepper

## Instructions

1. Preheat waffle iron. In a large bowl, stir together sweet potato, one egg, coconut flour and sea salt.
2. Dip a basting brush in liquid coconut oil and then use it to coat the waffle iron.
3. Spoon half of the sweet potato mixture into the center of the waffle iron. Close the lid and cook for 5 to 8 minutes, or until the waffle begins to turn medium golden brown. Remove waffle and repeat with second half of the batter.
4. While the waffles are cooking, poach or fry the remaining egg. Scoop out avocado flesh and mash it together with the green onions and lime juice and place on top of egg. Add sea salt and pepper to taste.

## #10 Sweet Potato, Kale and Bacon Casserole

This recipe offers the wonderful flavor of bacon. Be sure to use only naturally cured bacon that is nitrate-free. Conventional, processed bacon won't do your body any favors, but real bacon in moderation offers lots of health benefits. This recipe is also packed with two superfoods — kale and sweet potatoes — for a significant dose of nutrition and flavor. While preparation time is just 15 minutes, it's another good one to make ahead and reheat on busy mornings.



## Ingredients

- Olive oil for greasing
- 1 large sweet potato, peeled and finely chopped
- 6 slices bacon  
(naturally cured, nitrate-free)
- 6 large kale leaves, stems removed, torn into bite-sized pieces
- 1 tsp coriander
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 6 large eggs
- 1/4 cup hemp (or almond milk)
- 1 tbsp nutritional yeast



## Instructions

1. Preheat the oven to 375°F and grease a casserole dish. Use a dish that is 9x13 or a similar size.
2. Place the chopped sweet potato in a microwave-safe bowl and add 1/4 cup water. Cover the bowl with parchment paper and microwave for 3 to 5 minutes, or until potatoes are tender when poked with a fork, then drain excess water. If you'd prefer not to use a microwave, you can also steam the sweet potatoes on the stove.
3. Chop bacon into pieces about a 1/2-inch wide and fry them in a large skillet over medium heat until almost crisp. Add kale, stirring frequently until wilted.
4. Stir in coriander, cumin, turmeric and sweet potato, then remove from heat.
5. Beat eggs in a large bowl with the milk and yeast. Add the bacon and vegetable mixture to the bowl and stir.

6. Pour it all into your prepared baking dish, using a spoon to ensure that it's evenly distributed throughout the dish.
7. Bake for 20 minutes, or just until eggs are set. Remove from oven and allow it to cool for at least 5 minutes before slicing into squares and serving hot.



# LUNCHES

## #1 Stuffed Sweet Potatoes

This is a super quick meal to make for lunch, and it's easy to pack up and take to the office too. It's also quite versatile, as you can top with just about anything nutritious and tasty you might have on hand.

### Ingredients

- 3 sweet potatoes, medium-size
- 1 tbsp coconut oil
- 1 white onion, sliced thinly
- 2 garlic cloves, minced
- 1 1/2 cups pinto beans, cooked (if canned, salt-free and rinsed)
- 1/2 tbsp cumin
- 1/2 tsp turmeric
- 1 tsp cayenne pepper
- 2 tbsp tomato paste
- 1 red bell pepper, diced
- Sea salt, to taste
- Toppings of your choice (such as avocado, cilantro, scallions, micro greens)



## Instructions

1. Preheat oven to 400°F.
2. Using a fork, pierce each potato a few times and then place on a baking sheet lined with parchment paper.
3. Bake for 60 to 75 minutes, or until the skin can easily be pierced with a knife and the inside is soft. Allow to cool for 5 minutes or so before slicing and stuffing.
4. While the potatoes are cooking, warm up the coconut oil in a saute pan or dutch oven.
5. Add onion and garlic, cooking until caramelized, about 10 to 15 minutes. Add a tablespoon of water to the pan and scrape up any brown bits that are stuck to the bottom to deglaze.
6. Stir in spices and tomato paste, then cook for 30 seconds. Add bell pepper and cook for another 3 minutes. Once the bell pepper has softened, add the beans and stir. Toss in a pinch of salt, or to taste, and allow it to sit for 5 minutes so the flavors can meld together.
7. Slice each potato down the middle, almost but not quite to the bottom. Open it up and spoon in beans to each one, then top with your preferred garnishes.

## #2 Cashew Potato Salad

This potato salad is so incredibly creamy and delicious, it's hard to believe it's healthy. Enjoy it for lunch and it will keep you going through those long afternoons.

### Ingredients

- 4 medium red potatoes
- 2 cups frozen peas
- 4 ounces gluten-free elbow pasta (preferably brown rice pasta), cooked and drained
- 1/2 cup plain Greek-style yogurt
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 red bell pepper, finely chopped
- 1/2 cup dill leaves, torn into pieces and loosely packed
- 1/4 cup cashews
- 1/2 tsp sea salt
- 1/4 tsp black pepper, freshly ground



### Instructions

1. Place potatoes in a pot and cover with cold salted water. Cook over high heat, bring to a boil and then reduce to medium heat.
2. Cook potatoes until tender when poked with a fork, about 8 to 9 minutes. Remove from heat, drain in a colander and set aside to cool.
3. Cut cooked potatoes into 3/4-inch cubes.
4. Fill a saucepan with salted water and bring to a boil. Add frozen peas, cook according to package directions, then drain.

5. In a large bowl, combine the cooked peas, potatoes and pasta, then set aside.
6. In a medium bowl, combine yogurt, vinegar and olive oil, mixing well.
7. Fold the vinegar mixture into the potato and pasta, then add the red bell pepper, dill, cashews, sea salt and pepper. Gently toss to combine.

## #3 Chickpea and Mushroom-Stuffed Lettuce Wraps

The large leaves of romaine serve as the bread in this Mediterranean-inspired wrap recipe that takes just minutes to assemble. They work well for taking to work or enjoying lunch at home.

### Ingredients

- 10 large romaine lettuce leaves
- 1 lb portobello mushrooms, coarsely chopped
- 1 tsp coconut oil
- 1 3/4 cup cooked chickpeas, or 14-ounce can, rinsed and drained
- 1 large red bell pepper, thinly sliced
- 3 sprigs green onion, chopped
- 1/4 cup cilantro, chopped



## Tahini sauce ingredients

- 3/4 cup tahini
- 3/4 cup warm water
- 1 tbsp extra virgin olive oil
- 1 garlic clove
- 1 tbsp lemon juice, freshly squeezed
- 1/2 tsp sea salt
- Black pepper, freshly ground, to taste

## Instructions

1. Cut romaine lettuce leaves in half, then overlap them to make a double layer that creates a small “cup.”
2. In a blender or food processor, add all tahini sauce ingredients and blend until smooth.
3. Preheat large skillet over medium-high heat, and swirl with coconut oil to coat.
4. Add mushrooms and cook until brown, stirring and draining the liquid.
5. Add chickpeas and cook for 1 minute, then add tahini sauce and stir for about 30 seconds before removing from heat.
6. Assemble the wraps by placing the chickpea mixture into the center of each.
7. Add bell peppers and then top with green onion and cilantro.

## #4 Thai Salad with Garlic Sesame Dressing

This superfood salad is loaded with nutritious veggies to make it easy to meet your body's daily vegetable needs. With the addition of cashews and edamame, it packs a protein punch too.

### Dressing ingredients

- 1/3 cup extra virgin olive oil
- 3 garlic cloves, peeled
- 3 tbsp tamari sauce
- 2 tbsp water
- 2 tbsp white distilled vinegar
- 2 tbsp raw honey
- 1 tbsp sesame oil
- 1 tbsp ginger
- Squeeze of lime juice

### Salad ingredients

- 16 ounces frozen shelled edamame
- 5 to 6 cups baby kale
- 3 large carrots
- 1 red bell pepper
- 1 yellow bell pepper
- 1 cup cilantro leaves
- 3 green onions
- 3/4 cup cashews



## Instructions

1. Puree all dressing ingredients in a food processor or high-speed blender until smooth. Taste and adjust to desired preference. Transfer dressing to a jar or bowl and rinse blender or food processor for later use.
2. Cook edamame by boiling for 3 to 5 minutes in a pot of boiling water. Drain and allow it to cool.
3. Slice up the kale, carrots, peppers, cilantro leaves and green onions into shreds or thin strips.
4. Place cooked edamame in the blender or food processor and pulse 5 times to achieve a minced texture. Transfer to a bowl and repeat with the cashews.
5. Toss the kale, carrots, peppers, cilantro, green onions, edamame and cashews together until well combined.
6. Drizzle with the dressing, toss gently several times and serve.

## #5 Baked Salmon Loaf

This tasty salmon loaf is packed with a wide range of nutrients — you'll get lots of protein, omega-3s, antioxidants and more. It's wonderful to take on a picnic lunch and can be enjoyed cold straight from the fridge.

### Ingredients

- 2 tbsp coconut (or extra virgin olive oil)
- 1 large sweet onion, finely diced
- 1 celery stalk, finely diced



- 1 large carrot, peeled and finely grated
- 2/3 tsp sea salt
- 1/4 tsp fresh ground black pepper
- 1 garlic clove, finely diced
- 3 7.5 oz cans canned salmon (wild-caught), drained with large bones removed
- 3 eggs
- 3 tbsp almond meal
- Zest of 1/2 lemon

## Instructions

1. Preheat oven to 350°F.
2. Heat coconut or olive oil in a large skillet over medium heat.
3. Add onion and celery. Saute for 2 minutes, stirring once, then add grated carrots.
4. Season with sea salt and pepper and cook for 5 minutes, stirring a few times. When the oil has dried up, add a couple of tablespoons of water.
5. Add the garlic and cook together for another minute or two.
6. Add the salmon to a mixing bowl and flake with a fork or your fingers.
7. Add the cooked vegetables to the salmon.
8. Grate the lemon zest, add eggs and almond meal and mix everything together using a fork, making sure the egg is well incorporated.
9. Grease a medium loaf tin with some coconut oil. Transfer the loaf mixture to the tin, pressing press down until it's well compacted and even on the top.
10. Place the loaf in the oven uncovered and bake for 30 minutes.

## #6 Easy Cauliflower Pizza Bites

These pizza bites are great for lunch as well as serving at parties. You can even choose your own veggie or meat options to fill them with.

### Ingredients

- 4 cups cauliflower, grated
- 3 eggs
- 1 tbsp extra-virgin olive oil
- 1 tbsp Italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- Filling of your choice of veggies, such as olives, artichoke hearts, spinach, onions, bell peppers and meat like grass-fed sausage (no more than 1 1/2 cups combined or the “bites” won’t hold together)



### Instructions

1. Preheat oven to 400°F.
2. Combine cauliflower, eggs, oil and seasonings in a large bowl.
3. Add your desired fillings.
4. Fill muffin tin evening with the mixture, packing it in. Press down to help them form.
5. Bake for 30 to 35 minutes, or until tops are golden brown.

## #7 Quick and Creamy Broccoli Soup

A fantastic soup to make when you're short on time, it takes just 5 minutes to prep and 10 minutes to cook. Plus, it's creamy, comforting and an easy way to squeeze more green veggies into your diet.



### Ingredients

- 1 small to medium head of broccoli
- 1 14-ounce can coconut milk
- 1/2 tsp ground nutmeg
- 1/2 tsp fresh ground pepper
- 1/2 tsp sea salt, or to taste
- Avocado slices, optional for topping
- Crushed macadamia nuts, optional for topping

### Instructions

1. Break the broccoli into florets and add to a sauce pan with the coconut milk, then bring to a boil. Let the mixture simmer for about 5 minutes, until broccoli has softened, then remove from heat.
2. After the liquid has cooled slightly, transfer it to a blender and process until smooth, then transfer it back to the saucepan.
3. Reheat and season with nutmeg, pepper and salt.
4. Top with avocado slices and crushed macadamia nuts if desired.

## #8 Spicy Avocado Rice Salad

This “salad” is more like a satisfying burrito bowl, but it’s more nutritious and takes less time to make too. Plus, you’ll get lots of fiber, vitamins, healthy fats and protein, all in one easy meal.

### Ingredients

- 1 avocado
- 1/2 cup brown rice, cooked
- 1/4 cup tomatoes, diced
- 1/4 cup green bell peppers, diced
- 1/4 cup red bell peppers, diced
- 1 tbsp jalapenos, finely chopped
- 2 limes, juiced
- Fresh cilantro, chopped
- Sea salt, to taste
- Large romaine lettuce leaves



### Instructions

1. Cut avocado in half and remove the seed. Scoop out the flesh and place in a mixing bowl.
2. Mash the avocado using a fork, then add all remaining ingredients except romaine leaves and mix.
3. Arrange romaine lettuce leaves onto the bottom of a bowl or plate and then place the avocado mixture in the center.

## #9 Tuna Salad Stuffed Tomatoes

These stuffed tomatoes are a great alternative to the traditional tuna salad sandwich. Not only are they grain free, they're delicious and packed with a wealth of nutrients too.

### Ingredients

- 4 tomatoes, medium sized
- 6 ounce tuna, drained (Wild Planet and Safe Catch are good brands)
- 2 1/2 tbsp plain Greek-style yogurt
- 1 tsp apple cider vinegar
- 1 tbsp celery, minced
- 1/2 tsp dried parsley
- 1/2 tbsp stone ground mustard
- 1 1/2 tsp lemon juice
- 2 tsp golden flax meal, optional
- 1/4 tsp sea salt
- 1/8 tsp fresh ground black pepper

### Instructions

1. Preheat oven to 400°F and a baking sheet with parchment paper, or grease using coconut oil.
2. Cut tomatoes in half and use the bottom half of tomatoes for the following step.
3. Slice around the inner edges of the tomato halves with a knife. Using a spoon, scoop out the center of the tomatoes, dumping out the seeds, pulp and juices. Turn tomato halves over on a plate to drain.



4. In a medium bowl, combine all remaining ingredients, breaking up the tuna into flakes, then mix until combined.
5. Turn the tomato halves over and fill each one with the tuna salad mixture.
6. Bake for 15 minutes. Remove and cool slightly before serving.

## #10 Sweet Potato and Black Bean Chili

On a chilly day, having a hot bowl of chili to look forward to at lunchtime is sure to make you smile. This one is not only hearty and satisfying, it's easy to make and versatile too. If you'd prefer something meatier, you can add a pound of grass-fed ground beef or bacon.



### Ingredients

- 1 tbsp extra virgin olive oil
- 1 yellow onion, sliced
- 2 tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp oregano
- 1/2 tsp paprika
- 1 1/2 tsp ground cumin
- 1/2 tsp sea salt
- 1 lb meat (grass-fed ground beef or bacon), optional
- 3 sweet potatoes, chopped into small pieces

- 3 garlic cloves
- 2 cups water
- 2 to 3 cups of broth (beef or veggie, depending on preference)
- 1 14-ounce can black beans

## Instructions

1. Heat olive oil over medium high heat in a deep pot. Add the onion, 1 tablespoon chili powder and the spices. When onions are soft (and meat is cooked) remove from the pan and set aside.
2. Add sweet potatoes to the same pot and stir to combine.
3. When the sweet potatoes are slightly browned, add garlic cloves, water and broth. Bring to a low boil and simmer for 10 minutes, or until sweet potatoes are soft.
4. Transfer the mixture to a blender and puree to desired consistency.
5. Return to the pot and add beans and meat, if used. Stir to combine. If it needs more liquid, add 1/3 cup additional broth.

# DINNERS

## #1 Tangy Orange Sesame Shrimp

Another easy-to-make yet delicious meal idea, these shrimp are coated with a wonderful tangy orange sauce that tastes especially decadent. Served with brown rice and a salad, this dinner is hard to beat.

### Ingredients

- 3 tbsp sesame seeds
- 1 large egg
- 1/4 cup cornstarch
- 1/4 tsp sea salt
- 1/4 tsp fresh ground pepper
- 1 pound peeled and deveined raw shrimp (21 to 25 per pound)
- 2 tbsp coconut oil, divided
- 3/4 cup orange juice (fresh-squeezed or 100% pure orange juice)
- 2 tsp pure vanilla extract
- 2 tbsp tamari sauce
- 1 tsp raw honey
- 1 scallion, thinly sliced



## Instructions

1. Whisk sesame seeds, egg, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.
2. Heat one tablespoon of the oil in a large skillet over medium heat. Add half the shrimp and cook until golden, about 1 to 2 minutes on each side.
3. Transfer shrimp to a plate lined with paper towels to drain and then repeat with the remaining shrimp.
4. Add orange juice, vanilla, tamari sauce and honey to the skillet. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by about half, 4 to 6 minutes.
5. Return the shrimp to the pan and stir to coat with the sauce.
6. Serve with scallion sprinkled on the top.

## #2 One Pan Chicken with Butternut Squash

As the name belies, this dish can be cooked using just one pan, making cleanup easy and prep straightforward. Ideal for those extra busy weeknights, the entire family will love it, and get plenty of nutrition in the process.

### Ingredients

- 1/2 pound nitrate-free bacon
- 6 skinless, boneless chicken thighs
- 2 to 3 cups butternut squash, cubed
- Coconut oil for frying
- Fresh ground pepper, to taste
- Sea salt to taste (the bacon adds salt, so you may not need any)
- A handful of fresh sage, chopped



## Instructions

1. Preheat oven to 425°F.
2. In a large skillet, over medium heat, fry bacon until crispy. Set aside bacon and crumble when cooled.
3. In the same skillet, saute the butternut squash in the bacon grease until soft. Season with pepper and salt, if desired. When the squash is soft, remove from skillet and place onto a plate.
4. If there isn't much bacon grease left in the skillet, add coconut oil.
5. Add the chicken thighs with their tops down to the skillet and cook for 10 minutes.
6. Lightly season with fresh ground pepper and salt, if desired.
7. Turn the thighs over and then add squash back into the skillet, all around the thighs.
8. Remove skillet from the stove top and place in the preheated oven.
9. Bake for 12 to 15 minutes, or until chicken is cooked through.
10. When done, top with crumbled bacon and sage.

## #3 Chicken Sausage Pizza Soup

In need of a pizza fix? This unique recipe is a kind of cross between a soup and a stew, and it offers all of the wonderful flavors of pizza, without the crust.

### Ingredients

- 12 ounces chicken sausage, sliced
- 1 25-ounce jar marinara sauce (real ingredients only and no added sugar, like Cucina Antica or Amy's Organic)



- 1 14.5-ounce can fire roasted tomatoes
- 1 large onion, diced
- 1 lb mushrooms, sliced
- 1 tbsp oregano
- 1 tsp garlic powder
- 1/2 tsp sea salt

## Instructions

1. In a large saucepan, combine the sausage, marinara sauce, tomatoes, onion, mushrooms, oregano, garlic powder and salt.
2. Cook over medium heat for 30 minutes or until onions and mushrooms have softened.
3. After tasting, add additional salt if desired.
4. Serve hot.

## #4 Chicken Tenders With a Chia Crust

These chicken tenders are baked, not fried. Thanks to the almonds and chia seeds, they're not only wonderfully crisp but come complete with all essential amino acids.

### Ingredients

- 1/2 cup chia seeds
- 1/2 cup almond meal (or ground almonds)
- 1 tsp garlic powder
- 1/2 tsp paprika



- 1/2 tsp thyme
- 1/2 tsp sea salt
- 1/4 tsp fresh ground black pepper
- Pinch of cayenne pepper
- 1 1/2 pounds boneless, skinless chicken breasts, sliced into 1/4-inch thick strips
- 2 large eggs, whisked
- 2 tbsp extra virgin olive oil

## Instructions

1. Preheat oven to 400°F and prepare baking sheet by lining with parchment paper.
2. In a medium bowl, whisk together hemp seeds, ground almonds or almond meal, garlic powder, paprika, thyme, salt, pepper and cayenne until evenly combined.
3. Dip each chicken strip into the eggs until totally covered. Shake slightly afterwards to allow extra egg to run off.
4. Add a chicken strip to the hemp mixture, gently tossing until completely covered. Remove and transfer to the baking sheet. Repeat step with each chicken strip until finished.
5. Lightly drizzle olive oil over chicken strips, or add olive oil to a spray bottle and spray until all are lightly covered.
6. Bake for 15 to 20 minutes, turning halfway through. Chicken is cooked when it's no longer pink inside and the breading is golden.

## #5 Chicken and Broccoli Stir-Fry

This classic chicken and broccoli recipe can be ready to eat in just 12 minutes. Filled with flavor and nutrition, it's one you'll likely often turn to when you're short on time — and even when you aren't.



### Stir-Fry ingredients

- 2 tbsp extra virgin olive oil, divided
- 2 boneless skinless chicken breasts, cut into bite-sized pieces
- Sea salt and fresh ground pepper, to taste
- 1 head broccoli, chopped into small florets, stem discarded
- 1/2 cup green onions, thinly sliced
- 1 tsp toasted sesame seeds

### Sauce ingredients

- 3 tbsp tamari sauce
- 2 tbsp rice wine vinegar
- 2 tbsp raw honey
- 1 tbsp cornstarch
- 1 garlic clove, minced
- 1/2 tsp ground ginger
- 1 tsp sesame oil

### Instructions

1. Heat 1 tablespoon of the olive oil in a large saute pan over medium-high heat.
2. Add chicken breasts, and season with sea salt and pepper (a generous pinch of each is usually plenty).

3. Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through.
4. While the chicken is cooking, make the sauce by whisking together all sauce ingredients.
5. Once chicken has browned, add the remaining tablespoon of olive oil and broccoli, and stir to combine.
6. Continue cooking for another 3 minutes, until the broccoli is bright green. Stir in the tamari mixture, and cook for an additional minute until the sauce has thickened.
7. Remove from heat and garnish with green onions and toasted sesame seeds. Serve immediately.

## #6 Shepherd's Pie with a Cauliflower Crust

Shepherd's pie has to be one of the world's best comfort foods, but that means it's not exactly healthy either. Thankfully, this version actually tastes like the traditional dish, but it uses cauliflower rather than potatoes for better nutrition.

- 1 head cauliflower, chopped into florets
- 4 tbsp coconut oil, divided
- 1 small onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 1 lb ground beef
- 1/4 to 1/2 cup beef broth
- 1 tbsp tomato paste
- 2 tbsp parsley, chopped
- Sea salt and fresh ground pepper to taste



## Instructions

1. Preheat oven to 400°F.
2. Grease a 2 to 3-quart casserole dish with coconut oil and set aside.
3. In a large pot, steam or boil cauliflower until tender.
4. Heat 2 tablespoons of the coconut oil in a large skillet over medium high heat.
5. Add the onion, celery, carrots and garlic. Cook until the vegetables start to soften, around 5 minutes.
6. Add the ground meat to the pan and cook until browned. Add beef broth as needed to keep the mixture wet.
7. Add tomato paste and parsley, then season with sea salt and pepper to taste. Allow it to simmer while you prepare the cauliflower topping.
8. To make the topping, drain the cooked cauliflower and then mash or puree it with a stick blender until smooth. Add remaining 2 tablespoons of coconut oil. Add additional salt and pepper if needed.
9. Assemble by spreading the meat mixture onto the bottom of the casserole dish, and then top with the cauliflower mixture, using a spoon to smooth it out.
10. Cover and bake for 30 minutes or until the top is brown and bubbly.

## #7 Mediterranean Chicken Bean Stew

Just 5 minutes of prep time and you can put together this hearty, comforting stew that's loaded with antioxidants and protein while bringing out the flavors of the Mediterranean.

### Ingredients

- 1 tbsp extra virgin olive oil
- 1 small white onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 2 28-ounce cans whole tomatoes, including juices
- 1 14-ounce can cannellini beans, rinsed and drained
- 3 cups cooked chicken, shredded
- 1 cup baby spinach
- 1/4 cup fresh basil, roughly chopped
- 1 tsp sea salt
- 1/2 tsp fresh ground black pepper
- 1/4 tsp crushed red pepper flakes



### Instructions

1. Heat olive oil in a large stockpot over medium-high heat.
2. Add onion, carrots and celery. Saute for 7 minutes, stirring occasionally, until the onion is soft and translucent.
3. Add garlic and saute for an additional minute or two until fragrant.

4. Add in remaining ingredients and stir to combine, using a long spoon to crush the tomatoes. Bring to a boil, then reduce heat to medium-low and simmer partially covered for 10 minutes.
5. Season with additional sea salt and pepper, if needed, to taste.

## #8 Ginger Beef Stir-Fry With Mushrooms and Kale

Stir-fries are an easy way to put together a healthy meal in no time. This one features ground ginger, shiitake mushrooms, fresh kale and veggie broth that make it a true superfood dinner.

### Marinade ingredients

- 1/3 cup tamari sauce
- 1/2 cup vegetable broth (can substitute chicken or beef broth)
- 3 tbsp rice wine vinegar
- 2 tbsp cornstarch
- 1/2 tsp turmeric
- 2 tsp ground ginger
- 1/4 tsp fresh ground black pepper



### Stir-fry ingredients

- 1 lb thinly sliced flank steak, cut diagonally across the grain into thin strips
- 2 garlic cloves, minced
- 2 tbsp extra virgin olive oil

- 8 ounces baby portobello mushrooms, halved
- 4 ounces shiitake mushrooms, halved
- 3 cups kale, chopped
- 2 green onions, thinly sliced

## Instructions

1. Put all marinade ingredients in a bowl and whisk to combine.
2. Pour marinade into a Ziploc baggie or large bowl, then add the steak. Gently toss to combine, seal or cover and refrigerate for at least 15 minutes.
3. After the steak has marinated, heat 1 tablespoon of the olive oil in a large saute pan over medium-high heat.
4. Remove steak from marinade with a slotted spoon, reserving the marinade, and add to saute pan with garlic. Saute for about 2 to 3 minutes until browned, stirring occasionally. Remove steak with a slotted spoon and set aside.
5. Add remaining tablespoon of oil to the pan. Then add in mushrooms, kale and reserved marinade. Stir to combine. Cook for 3 to 4 minutes, until kale is wilted, sauce has thickened and come to a boil, and the mushrooms have cooked. Be sure to stir regularly to avoid burning the sauce.
6. Add in the steak and toss to combine. Top with green onions. Goes great over quinoa.



## #9 Paprika Salmon and Asparagus

This salmon dish is an easy way to get in those important omega-3s and it's incredibly versatile. Plus, you can switch out the veggies based on what's in season and according to your particular preference.

### Ingredients

- 2 to 3 wild-caught salmon steaks, room temperature (4 to 6 ounces)
- 1/4 cup extra virgin olive oil or more
- 1 to 2 tsp minced garlic
- 1/2 tbsp onion powder
- 1 tbsp paprika
- 1/2 tsp cayenne pepper, optional
- 1 tbsp fresh thyme
- 1 tbsp fresh basil
- 1 tbsp fresh parsley
- 1/2 tsp sea salt
- 1 pound or more asparagus and carrots (or other vegetables as desired)
- Sea salt and fresh ground pepper to taste



### Instructions

1. Position a rack in the center of the oven and preheat oven to 400°F. Line a baking sheet with parchment paper or lightly grease with coconut oil, then set aside.
2. In a small pan set over medium-low heat, combine olive oil, minced garlic, fresh herbs, paprika, onion powder and cayenne

pepper. Stir for 30 seconds to 1 minute, then allow the mixture to sit for about 5 minutes.

3. Place salmon in a large bowl, salt and then toss with the garlic-paprika spice mixture. Place on the prepared baking sheet.
4. Repeat the same process with the vegetables, then place next to the salmon.
5. Bake salmon for 15 to 18 minutes, or until cooked through. Keep a close eye on it as cooking times vary depending on the thickness of the salmon, your particular preference and oven.

## #10 Black Bean Tacos with Arugula, Feta Cheese and Pickled Radish

If you're looking for a light yet filling, flavorful recipe that's also vegetarian, this one fits the bill. It can even be made vegan-friendly by omitting the feta cheese.

### Spicy lime dressing ingredients

- 3 tbsp extra virgin olive oil
- 3 tbsp freshly squeezed lime juice (about 1 large lime)
- 1 tbsp chopped jalapeno, membranes and seeds removed
- 1/2 tsp Dijon mustard
- 1/2 tsp raw honey
- 1/4 teaspoon ground coriander
- Freshly ground black pepper, to taste
- 1/8 teaspoon fine grain sea salt



## Black bean ingredients

- 2 cans black black beans, rinsed and drained (or 4 cups cooked black beans)
- 1 small yellow onion, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp ground cumin
- 1/3 cup water
- Sea salt and black pepper, to taste

## Other ingredients

- 8 corn tortillas
- 5 cups baby arugula
- 1 avocado, pitted and sliced into thin strips
- 2/3 cup crumbled feta cheese
- Chopped fresh radishes
- 1/2 tsp crushed red pepper flakes, optional

## Instructions

1. Combine all dressing ingredients in a small bowl and whisk until emulsified.
2. Prepare black beans by warming the olive oil in a large saucepan over medium heat.
3. Add the onions and a pinch of the sea salt. Cook, stirring occasionally, until onions have softened and are turning translucent, about 5 to 8 minutes. Add the cumin and cook for about 30 seconds while stirring.
4. Pour in the beans and 1/3 cup water. Stir, cover and reduce heat to a simmer. Cook for 5 minutes, then remove the lid and use the back of a fork to mash up about at least half of the beans. Remove from heat, season with sea salt and pepper, and cover until ready to serve.

5. Warm the tortillas by placing them in a heated skillet over medium heat. Warm each tortilla individually, flipping occasionally.
6. Just before you're ready to serve, put it all together by tossing arugula with just enough dressing to lightly coat the leaves. Spread the black beans down the center of each tortilla.
7. Top with sliced avocado, radishes, a small handful of the dressed arugula and a little of the crumbled feta. Add a couple of pinches of fresh ground black pepper, and the red pepper flakes, if desired.



# SNACKS

## #1 Kale Chips

### Ingredients

- 1 large bunch kale, thick stems removed, leaves torn into pieces to make about 16 cups
- 1 tsp red pepper flakes
- 1/4 tsp cayenne pepper
- 1/2 tsp sea salt
- 1 tbsp extra virgin olive oil



### Instructions

1. Position oven racks to be in the upper third and center of the oven and preheat to 400°F.
2. If kale is wet, pat dry using a kitchen towel, then place into a large bowl.
3. Combine red pepper flakes, cayenne pepper and salt in a small bowl.
4. Drizzle kale with olive oil, then sprinkle with the salt and pepper mixture. Use your hands to evenly coat all of the kale leaves.
5. Fill 2 large rimmed baking sheets with a layer of the kale, making sure that the leaves don't overlap. If they won't all fit, you can make the chips in batches.
6. Bake until most of the leaves are crisp, then switch the pans back to front and top to bottom halfway through, about 8 to 12 minutes of total cook time. If you were able to use just one sheet, check on the kale after 8 minutes to prevent burning.

## #2 Cinnamon Applewiches

If you love nut butter sandwiches but have decided to eliminate gluten from your diet, this is a great bread-free way to enjoy them, while getting lots of healthy fiber, fats and protein. With the apples substituting for bread, you'll get a good dose of vitamin C too.



### Ingredients

- 2 apples (your preference)
- Apple juice for soaking
- Sunflower seed butter
- 1/2 tsp cinnamon

### Instructions

1. Slice the apples and core the center using a mini-cutter. To keep the slices from browning, soak them in apple juice for a few minutes before moving on to the next step.
2. Slather the sunflower seed butter across each side of the apple.
3. Sprinkle cinnamon on top of the sunflower seed butter.

## #3 Savory Cauliflower Popcorn

While this popcorn isn't exactly like movie theater popcorn, it's a whole lot more nutritious. Plus, you'll still get a satisfying crunch without all of the unwanted extras.

### Ingredients

- 1/2 head of cauliflower, diced to popcorn-size
- 1 1/2 tsp extra virgin olive oil
- 1/2 sea salt
- 1/2 tsp dried chives
- 1/2 tsp onion powder



### Instructions

1. Preheat oven to 450°F.
2. In a large bowl, toss diced cauliflower in olive oil.
3. Sprinkle sea salt over cauliflower, then spread it out onto a baking sheet covered with parchment paper.
4. Bake for 30 minutes, flipping the cauliflower two or three times during the process. It will burn slightly.
5. Remove from oven and sprinkle chives and onion powder over the cauliflower.

## #4 Deviled Eggs with a Southwest Twist

These deviled eggs are not only more flavorful than the traditional type, they offer the healthy fats of avocado to help boost your energy levels when they start to dip. The spices give it a fabulous Southwest kick that can help increase your metabolism too.

### Ingredients

- 4 hard-boiled eggs
- 1/2 avocado, cubed
- 1 tsp cilantro
- 1/8 tsp ground red pepper
- 1/4 tsp cayenne pepper
- Sea salt, to taste



### Instructions

1. Peel eggs and cut in half.
2. Scoop the egg yolks into a bowl.
3. Add the avocado to the yolks and then mash them together.
4. Mix in cilantro, red pepper, cayenne pepper and salt.
5. Scoop the mixture back into the egg whites.
6. Refrigerator for one hour or until ready to serve.

## #5 Baked Zucchini Crisps

Craving that restaurant-style breading that comes with so many popular appetizers? Surprisingly, these crisps made with coarse almond flour are even better without the bread.

### Ingredients

- 1 egg
- 1 cup almond flour
- 1 tsp sea salt, fine grain
- 1 tsp garlic powder
- 1 tsp oregano (or basil)
- 1/4 tsp ground black pepper
- 1 large zucchini, sliced into rings

### Instructions

1. Preheat oven to 450°F.
2. Prepare a baking sheet by lining it with parchment paper, then set aside.
3. In a small bowl, lightly beat the egg.
4. In another bowl, combine the almond flour, sea salt, garlic powder, oregano or basil and black pepper.
5. Dip the zucchini slices into the egg and allow the excess to drip off. Drop in the almond flour mix to coat.
6. Place the coated zucchini slices onto the lined baking sheet.
7. Bake for 6 minutes on each side.



## #6 Zesty Party Mix

This party mix is sure to be a hit, even among those who aren't following any specific diet. The nuts offer healthy fats and protein. The spices add lots of flavor and a powerful dose of antioxidants. With golden raisins added, you'll get just a touch of sweetness to balance it all out.



### Ingredients

- 1 cup raw cashews
- 1 cup pecans
- 1 cup almonds, sliced
- 2 tbsp extra virgin olive oil
- 3 tbsp chili powder
- 1 tsp paprika
- 1 tsp sea salt
- 1 cup golden raisins

### Instructions

1. Preheat oven to 350°F.
2. Place all of the nuts in a large bowl, then toss with olive oil.
3. Sprinkle chili powder, paprika and salt over the nuts, then toss.
4. Spread seasoned nuts onto a large cookie sheet.
5. Bake for 8 to 10 minutes, then remove from oven and cool.
6. Toss in raisins.

## #7 Superfood Seed Crackers

These crackers are like no other. Made up of sesame seeds, chia seeds, flaxseeds and pumpkin seeds, they're a true superfood. They're loaded with vitamins, minerals, fiber, omega-3 fatty acids and free-radical fighting antioxidants. Prep time is just 10 minutes, and while they take a few hours to cook, why not use that time to squeeze some exercise in or read a good book?



### Ingredients

- 1/2 cup pumpkin seeds
- 1 cup ground flaxseed
- 1/3 cup sesame seeds
- 1/4 cup chia seeds
- 1 tsp sea salt
- 1/2 tsp garlic powder
- 1 tsp thyme, optional
- 1 tsp oregano, optional
- 1 1/4 cup water

### Instructions

1. Preheat oven to 200°F.
2. Add pumpkin seeds to a food processor and pulse a few times, until the seeds look like coarse sand.
3. In a large mixing bowl, add pumpkin seeds and all remaining ingredients. Stir together for 1 minute, until the seeds start to gel together.

4. Place half the mixture on a large piece of parchment paper. Place another piece of parchment paper on top and roll to desired thickness. Repeat with the other half.
5. If scoring, use a knife to score the mixture into evenly sized pieces.
6. Place the parchment paper with the cracker mixture onto two 11x17 baking sheets and cook for 2 to 3 hours, or until fully dehydrated, rotating the pans halfway through.
7. Allow crackers to cool completely before serving.

## #8 Citrus Rosemary Olives

This recipe is great for cocktail platters as well as snacking. The focus is the flavorful olives, which boasts dozens of health-protective nutrients.

### Ingredients

- 4 cups of assorted olives (Arbequina, Picholine, Kalamata and Nicoise)
- 2 cups extra virgin olive oil
- 1 cup fennel bulb, finely chopped
- 1 tbsp fresh flat-leaf parsley, chopped
- 1 1/2 tsp fresh rosemary, chopped
- 1 tsp lemon rind, grated
- 1 tsp lime rind, grated
- 3/4 tsp red pepper, crushed
- 3 garlic cloves, minced



## Instructions

Combine all ingredients in a large bowl, then stir well to combine. Cover and refrigerate for 48 hours. About an hour before you're ready to serve, remove from refrigerator to bring to room temperature.

## #9 Carrot Cake Balls

These carrot cake balls are ideal when you're craving something sweet. They taste like a decadent dessert, but they're far better for you with just a tablespoon of raw honey instead of loads of sugar.

## Ingredients

- 1 cup carrots, finely shredded
- 3/4 cup pecans
- 1 egg white
- 1/4 tsp cinnamon, ground
- 1/4 tsp nutmeg, ground
- 1 tbsp raw honey
- 2 tbsp plus 2 tsp coconut flour
- 2 tbsp ground flaxseed

## Instructions

1. Preheat oven to 350°F.
2. Prepare a large baking sheet by lining it with parchment paper.
3. Add shredded carrots to a medium bowl.



4. Finely chop pecans in a food processor or blender, then add to the bowl with carrots.
5. Whisk egg white until frothy, then add to the carrots and pecans.
6. Add in cinnamon, nutmeg, raw honey, coconut flour and ground flaxseed.
7. Mix well until thoroughly combined.
8. Using your hands, take a small amount of the mixture (approximately 1 1/2 to 2 tablespoons) and condense the mix, then gently roll into a ball form.
9. Place the balls on the lined baking sheet and bake for 12 to 15 minutes.

## #10 Cherry Pecan Energy Bars

These bars are not only loaded with nutrition, they're delicious. They take just 10 minutes to prepare and they're great for taking out onto the trail. You can also eat them as an in-between meal snack.

### Ingredients

- 2 cups brown rice puffed cereal (like Arrowhead Mills, which contains only puffed whole grain brown rice)
- 1 cup gluten-free rolled oats
- 1/3 cup coconut flour
- 1/2 cup ground flaxseed
- 1/3 cup pecans, chopped
- 1/3 cup dried cherries



- 1/3 cup raisins
- 3 tbsp cinnamon
- 1 tbsp nutmeg
- 1/2 tsp sea salt
- 1/2 tsp baking powder
- 1 1/3 cup unsweetened vanilla almond milk
- 2 eggs
- 1 tbsp pure vanilla extract
- Coconut oil for greasing

## Instructions

1. Preheat oven to 350°F.
2. In two separate bowls, mix the dry ingredients and then the wet ingredients.
3. Pour the wet ingredients into the dry and mix until thoroughly combined.
4. Grease baking dish with coconut oil.
5. Pour batter into the baking dish and bake for 20 minutes.
6. Cut into bars and allow the bars to cool on a cooling rack.

# DRINKS

## #1 Refreshing Green Tea Limeade

This incredibly refreshing drink is ideal on a hot summer's day. It offers a tart, healthy twist to your typical iced tea, thanks to the addition of lime.

### Ingredients

- 4 cups water
- Zest of 1 lime
- 1/4 cup raw honey
- 4 bags green tea
- 1/2 cup fresh-squeezed lime juice



### Instructions

1. Add the water, lime zest and honey to a saucepan and place over medium-high heat.
2. Stir until honey is completely dissolved, then remove pan from the heat.
3. Place the green tea bags into the mixture and steep for one minute, then remove.
4. Allow the liquid to sit for 30 minutes to cool.
5. Once it's at room temperature, strain the mixture through a fine mesh sieve into a pitcher.
6. Stir in fresh lime juice and serve over ice.

## #2 Beet Carrot Punch

This juice is loaded with nutrition, thanks to the beta-carotene packed carrots, endurance-promoting beets, cancer-fighting apples and digestion-loving ginger. While you may not think it would be all that appetizing, the combination of these ingredients make a delightful fruit punch, particularly when the beet is peeled before juicing.



### Ingredients

- 1 beet, peeled and cut into wedges
- 1 lemon, zest and pith removed
- 2 large carrots
- 1 large apple, cut into wedges
- 1-inch chunk of ginger

### Instructions

1. Add everything to your food processor or juicer.
2. Juice or blend and then stir well.
3. Pour over ice and serve.

## #3 Spinach Pear Smoothie

This smoothie is spinach-based, but it's surprisingly sweet and creamy. The green leafy vegetable is loaded with good things for every part of your body. The avocado offers healthy fats and the yogurt is a great source of protein, calcium and more.

### Ingredients

- 1 1/2 cups baby spinach leaves, packed
- 2 ripe pears, peeled, cored and chopped
- 6 ounces plain Greek-style yogurt
- 2 tbsp freshly-squeezed lime juice
- ½ avocado

### Instructions

1. Add all ingredients to a food processor or blender.
2. Blend to desired consistency.



## #4 Virgin Strawberry Mojito

If mojitos are one of your favorite drinks, but you don't want the calories or other effects of the alcohol, this non-alcoholic strawberry mojito offers a wonderful juicy, nutritious alternative.



## Ingredients

- 8 strawberries
- 4 mint sprigs
- Juice of 1 freshly-squeezed lime
- 8 ice cubes
- 1 tbsp raw honey
- Plain sparkling mineral water

## Instructions

1. Add the strawberries and two mint sprigs into a small bowl. Mash them together using a potato masher or a fork.
2. Add lime juice and honey to the mixture and combine.
3. Using 2 glasses, add 4 ice cubes to each one.
4. Divide the mixture between the 2 glasses, then top with the sparkling mineral water.
5. Decorate with remaining mint sprigs and serve.

## #5 Pumpkin Pie Smoothie

If you love the spicy taste of pumpkin pie, there's no reason to wait until Thanksgiving to enjoy it. Pumpkin is a true superfood, which means there's no need to feel guilty either, especially when using this smoothie recipe that's 100 percent clean-eating.



## Ingredients

- 1/4 cup pumpkin puree (pumpkin only, no added ingredients)
- 1/2 cup plus 2 tbsp coconut milk
- 1 tsp pure maple syrup
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground ginger
- 1 1/2 cups ice cubes

## Instructions

1. Add all ingredients except ice to a blender, then pulse until combined.
2. Add ice and blend until smooth.

## #6 Mango Orangesicle Smoothie

This smoothie packs an antioxidant punch, with lots of vitamin C and vitamin A, along with some 25 different types of carotenoids to keep your immune system strong. It reminds us of the heavenly taste of orangesicles with the fabulous tropical flavor of mango added in.



## Ingredients

- 2 cups frozen mango chunks
- 1 1/2 cups Greek-style yogurt
- 1 tsp pure vanilla extract

- 1 1/2 cups orange juice, freshly squeezed (or 100% pure orange juice)
- 1 1/2 cups cubed or crushed ice

## Instructions

1. Add mango chunks, yogurt, vanilla and juice to a blender and combine.
2. Cover and pulse until smooth, scraping down the sides as needed.

## #7 Green Pineapple Coconut Smoothie

Another nutritious smoothie with a tropical flavor, this one includes pineapple and coconut with a well-known superfood — kale. Its packed with antioxidants, vitamins and fiber to keep you feeling fuller longer.

### Ingredients

- 1 cup coconut milk
- 1/2 banana
- 1 to 2 handfuls baby kale
- 1/2 cup frozen pineapple



## Instructions

1. Add coconut milk, banana, kale and pineapple to a blender.
2. Blend on high until combined. If you prefer a thicker consistency, add ice.

## #8 Cucumber Detox Veggie Juice

This veggie juice offers detoxing ingredients like beet, carrot, celery and lemon juice. Together, they work to cleanse the liver, boost immunity and fight free radicals. The juice also provides an energy boost, making it a great way to start your morning, although it's also ideal to drink after a workout. The cucumber is mostly water, but it also supplies electrolytes to restore hydration.



## Ingredients

- 1 cucumber
- 3 large carrots
- 1/2 beet, peeled
- 3 celery stalks
- 1 lemon, zest and pith removed

## Instructions

1. Add all ingredients to your food processor or juicer.
2. Juice or blend to desired consistency.
3. Pour over ice.

## #9 Fruity Smoothie Mini-Meal

This smoothie offers a healthy, balanced mini-meal that tastes like a dessert, with the tropical fruit flavors of banana, coconut and pineapple. Thanks to the walnuts and hemp seeds, you'll get important omega-3 fatty acids, all of the essential amino acids and protein along with fiber and all of those wonderful phytonutrients that fruit has to offer.



### Ingredients

- 1 fresh or frozen banana
- 1/2 cup fresh blueberries
- 1/4 cup walnuts
- 1 tbsp hemp seeds
- 1/2 cup 100% pineapple juice
- 5 or 6 ice cubes, optional

### Instructions

1. Add all ingredients into a blender.
2. Blend until smooth. If you want a texture that's more like a frozen dessert, add ice.

## #10 Creamy Coconut Coffee Drink

This coconut-coffee drink offers a creamier twist on your morning cup of Joe. The healthy fats in coconut help to provide an extra boost of energy.

### Ingredients

- 1 1/2 bananas
- 1/4 cup coconut milk
- 2 tbsp coconut flakes, optional
- 6 frozen coffee cubes



### Instructions

1. Add all ingredients to your blender or food processor, then pulse until smooth.
2. Garnish with coconut flakes if desired — it adds a nice look and a slightly sweeter taste.