

Gut Transformation

all natural recipes



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Breakfast Index

Recipe	Pg. No.
Garlic Spinach Baked Eggs	4
Cauliflower Tortillas	6
Baked Pears with Walnuts and Honey	9
Low Carb Egg Breakfast Muffins	11
Eggs Baked in Portobello Mushrooms	13
Raw Apple-Cinnamon & Chia Breakfast Bowl	16
Vanilla Chia Pudding	19
Detox Green Juice	21
Mango Strawberry Banana Smoothie	23
Mellow Yellow Breakfast Salad	25
Scrambled Eggs with Lemon, Basil and Tomato	27
Mini Frittatas with Spinach and Tomato	29
Omelet with Turmeric, Tomato, and Onions	31
Winter Jeweled Fruit Salad	34
Mushroom Frittata	36
Poached Eggs with Spinach and Walnuts	38
Very Berry Breakfast	41
Berry Good Workout Smoothie	43
Breakfast Zinger Juice	45



Garlic Spinach Baked Eggs

Ingredients:

- 4 tsp olive oil
- 12 cups fresh spinach
- 2 tsp garlic, minced
- 6 eggs

Instructions:

- Preheat oven to 350°F.
- Add 2 tsp olive oil to large skillet.
- Add 1 tsp of garlic and 6 cups spinach.
- Sauté 2-3 minutes until wilted.
- Spray 6 ramekins with olive oil using olive oil mister.
- Divide wilted spinach mixture into 3 ramekins.
- Add 2 tsp olive oil to skillet, add garlic, remaining spinach, and cook as before.
- Separate among remaining 3 ramekins.
- Carefully crack one egg over each ramekin.
- Bake for 15 minutes for slightly runny yolks.



Cauliflower Tortillas

Ingredients:

- 3/4 head cauliflower
- 2 eggs, large
- 1/4 cup fresh cilantro, chopped
- juice from 1/2 lime
- salt and pepper to taste

Instructions:

- Preheat oven to 375°F and line baking sheet with parchment paper.
- Trim the cauliflower, cutting into small pieces, and pulse in a food processor in batches until you get a couscous-like consistency. It will make about 2 cups packed.
- Place cauliflower in microwave-safe bowl and microwave for 2 minutes, stir and microwave another 2 minutes. Place cauliflower in a fine cheesecloth or thin dishtowel and squeeze out as much liquid as possible, being careful not to burn yourself.
- In medium bowl, whisk the eggs. Add cauliflower, cilantro, lime, salt, and pepper. Mix until well combined.
- Using your hands to shape 6 small "tortillas" on the parchment paper.

Cauliflower Tortillas (continued)

- Bake 10 minutes, flip each tortilla, and bake 5 to 7 minutes longer, or until completely set. Place tortillas on a wire rack to cool.
- Using a medium-sized skillet on medium heat, place baked tortilla in the pan, pressing down slightly, and brown for 1 to 2 minutes on each side. Repeat with remaining tortillas.



Baked Pears with Walnuts and Honey

Ingredients:

- 2 pears, large
- 1/4 tsp cinnamon, ground
- 2 tsp honey
- 1/4 cup walnuts, crushed

Instructions:

- Preheat oven to 350°F. Cut pears in half and place on a baking sheet. Use a measuring spoon or melon baller, scoop out the seeds.
- Sprinkle cinnamon, top with walnuts and drizzle 1/2 tsp honey over each one. Bake in the oven 30 minutes.



Low Carb Egg Breakfast Muffins

Ingredients:

- 1 bell pepper
- 3 spring onions
- 4 cherry tomatoes
- 6 eggs
- a pinch of salt
- 12 muffin pan

Instructions:

- Preheat oven to 390°F.
- Wash and dice pepper, onions, and tomatoes, put them in a large mixing bowl.
- Add eggs and salt and mix well.
- Grease muffin pan with oil and pour egg mixture evenly into the muffin holes.
- Bake for 15-18 minutes or until the tops are firm to the touch.



Eggs Baked in Portobello Mushrooms

Ingredients:

- 4 Portobello mushrooms, large, stem removed, wiped clean
- olive oil spray
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 4 eggs, large
- 4 tbsp parsley, chopped

Instructions:

- Preheat broiler on high with oven rack in the middle slot. Line a baking sheet with foil.
- Spray both sides of the mushroom caps with olive oil. Sprinkle ¼ tsp kosher salt, ⅛ tsp pepper, and ¼ tsp garlic powder. Broil 5 minutes on each side, or until tender.
- Remove from oven. Switch oven from broil to bake, setting temperature to 400°F.
- Break an egg into each mushroom. Bake 15 minutes, until egg whites are cooked.

Eggs Baked in Portobello Mushrooms (continued)

- Sprinkle the eggs with $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp pepper.
- Garnish with parsley and serve.



Raw Apple-Cinnamon & Chia Breakfast Bowl

Ingredients:

- 3 apples, peeled and cored
- 4-5 dates, pitted
- ½ tsp cinnamon, ground
- pinch nutmeg
- 2 tbsp chia seeds

Toppings

- walnuts and pistachios, raw
- dates, dried (optional)
- cranberries, dried
- hemp seeds

Instructions:

- Finely dice one of the apples and add to an airtight container.
- Cut two apples into large pieces. Add the apple pieces to a food processor along with the dates, cinnamon, and nutmeg.
- Pulse the mixture several times and let it process for 2-3 minutes, stopping occasionally to scrape the mixture down the sides.

Raw Apple-Cinnamon & Chia Breakfast Bowl (continued)

- Pour the apple-date mixture into the container with the diced apple and stir in the chia seeds.
- Refrigerate for at least 1 hour or overnight.
- Divide the apple mixture between two bowls and top with raw walnuts, pistachios, cranberries, and hemp seeds.

Serves 2



Vanilla Chia Pudding

Ingredients:

- 3/4 cup almond milk, unsweetened vanilla
- 2 tsp honey
- 1 tsp pure vanilla extract
- 4 tbsp chia seeds
- nuts, berries, fruit, coconut flakes for topping (optional)

Instructions:

- Add all ingredients to a container with a tight lid, give a good shake or stir.
- Refrigerate for at least 6 hours or overnight.
- When ready to eat, stir and top with favorite toppings: nuts, berries, fruit, coconut flakes etc.
- Adjust the thickness of a pudding with extra milk if desired. Also the amount of sweetener is up to a personal taste.



Detox Green Juice

Ingredients:

- 2 apples
- 3 $\frac{3}{4}$ cups kale
- 3 $\frac{3}{4}$ cups spinach
- 3 stalks celery
- 1 lemon without peel
- 1 piece ginger 1"

Instructions:

Simply put everything through a juicer and enjoy!
Serve with or without ice.



Mango Strawberry Banana Smoothie

Ingredients:

Bottom layer

- 1 mango, peeled, pitted and chopped
- ½ cup fresh squeezed orange juice
- 1 tbsp fresh squeezed lime juice
- 2 tbsp honey
- 3 ice cubes, medium

Top Layer:

- 1 banana, chopped
- 10 strawberries, halved
- 1 tbsp fresh squeezed lemon juice
- 3 ice cubes, medium

Instruction:

Blend the mango, orange juice, lime juice, honey, and ice cubes, until smooth, and divide in 2 straight-sided 8 oz. glasses, and set aside.

Rinse blender, then blend banana, strawberries, lemon juice, and ice cubes, until smooth, and gently pour into glasses, maintain a line separating the layers.



Mellow Yellow Breakfast Salad

Ingredients:

- 1 banana, large
- 1 Asian pear, large
- ½ fresh lime, juiced
- ½ tsp cinnamon
- 2 oz toasted pepitas or roasted pistachios

Instructions:

- Rinse fruit. Slice banana into quarter inch rounds. Peel pear and dice into $\frac{3}{4}$ inch pieces.
- Squeeze the lime over the cut fruit and let that sit for about 10 minutes.
- Add the cinnamon after 5 minutes and toss gently.
- Toast raw pepitas in the oven for a few minutes and top the salad with the toasted pepitas. If desired, garnish with additional herbs and toppings.



Scrambled Eggs with Lemon, Basil and Tomato

Ingredients:

- 1 tbsp olive oil
- 3 eggs
- 1 tbsp filtered water
- 1 tbsp lemon rind
- 10 basil leaves, fresh, washed
- 6 cherry tomatoes, halved
- sea salt, to taste
- olive oil for garnish

Instructions:

- In a bowl, combine eggs, water, sea salt and whisk until light and fluffy
- In a frying pan over low to medium-low heat, warm oil
- Add eggs and stir to prevent sticking to the bottom
- Sprinkle in the sea salt and lemon rind
- Garnish a breakfast plate with basil leaves, tomatoes, and a drop of olive oil

Serves 2.



Mini Frittatas with Spinach and Tomato

Ingredients:

- 1 brown onion
- 6 organic eggs
- 3 tbsp almond milk
- 6 cherry tomatoes, quartered
- handful rocket or spinach, chopped
- 1 tbsp olive oil
- salt and pepper to taste

Instructions:

- Preheat Oven to 350°F
- Chop and fry onions in olive oil until caramelized
- Blend eggs and almond milk until light and fluffy
- Place all ingredients together season and divide mixture into a six cup muffin pan
- Bake 20 minutes
- Makes 6 frittatas.



Omelet with Turmeric, Tomato, and Onions

Ingredients:

- 4 eggs, large
- 3/8 tsp salt
- 1 tbsp olive oil
- 1/4 tsp brown mustard seeds
- 1/8 tsp turmeric
- 2 green onions, finely chopped
- 1/4 cup plum tomato, diced
- dash of black pepper

Instructions:

- Whisk together eggs and salt.
- Heat oil in a large cast-iron skillet over medium-high heat.
- Add mustard seeds and turmeric; cook 30 seconds or until seeds pop, stirring frequently.
- Add onions; cook 30 seconds or until soft, stirring frequently.
- Add tomato; cook 1 minute or until very soft, stirring frequently.
- Pour egg mixture into pan; spread evenly. Cook until edges begin to set (about 2 minutes).

Omelet with Turmeric, Tomato, and Onions (continued)

- Slide front edge of spatula between edge of omelet and pan. Gently lift edge of omelet, tilting pan to allow some uncooked egg mixture to come in contact with pan. Repeat procedure on the opposite edge.
- Continue cooking until center is just set (about 2 minutes).
- Loosen omelet with a spatula, and fold in half.
- Sprinkle with black pepper.



Winter Jeweled Fruit Salad

Ingredients:

- 1/2 cup pomegranate seeds
- 1/2 cup jicama, julienne-cut peeled
- 1/3 cup kumquats, sliced seeded
- 2 mangoes, medium, peeled and cut into thin slices
- 2 tangerines or clementines, peeled and sectioned
- 2 blood oranges, peeled and sectioned
- 1 pear, thinly sliced
- 2 tbsp fresh lime juice
- 2 tbsp honey
- 1/4 tsp ground red pepper
- 1/8 tsp coarse sea salt

Instructions:

- Combine first 7 ingredients in a large bowl; toss gently.
- Combine lime juice, honey, pepper, and salt in a small bowl, stirring with a whisk. Pour over fruit; toss gently to coat. Serve at room temperature.

8 servings



Mushroom Frittata

Ingredients:

- 1 8oz package exotic mushroom blend
- 1 1/2 tsp thyme, chopped fresh
- 3 egg whites, large
- 2 eggs, large

Instructions:

- Preheat broiler and heat 8-inch ovenproof skillet over medium-high heat.
- Coat pan with olive oil and add mushrooms to pan; sauté 12 minutes or until lightly browned.
- Place mushrooms in a medium bowl; cool slightly.
- Wipe pan clean with paper towels.
- Combine mushrooms, thyme, 1/4 tsp freshly ground black pepper, 1/8 tsp salt, egg whites, and eggs in a medium bowl, stirring well with a whisk.
- Heat pan over medium heat. Coat pan with olive oil and add mushroom mixture.
- Cook, covered, for 3 minutes or until almost set.
- Broil 3 minutes or until egg is set. Cut into 4 wedges.



Poached Eggs with Spinach and Walnuts

Ingredients:

- 1 tbsp olive oil
- 10oz bag baby spinach, chopped
- 3 garlic cloves, minced
- 3 shallots, vertically sliced
- 1 tbsp fresh sage, chopped
- 3/4 tsp thyme, chopped
- 1/2 tsp black pepper
- 1/4 tsp salt
- 8oz package cremini mushrooms, quartered
- 3/4 cup toasted walnuts, chopped
- 2 tbsp red wine vinegar
- 8 cups water
- 2 tbsp white vinegar
- 4 eggs, large

Poached Eggs with Spinach and Walnuts (continued)

Instructions:

- Heat a large Dutch oven over medium-high heat.
- Add 1 tsp oil.
- Add spinach; sauté 2 minutes. Remove spinach from pan; drain, cool slightly, and squeeze out excess moisture.
- Add remaining oil to pan. Add garlic and shallots; sauté 3 minutes.
- Add sage, 1/2 tsp thyme, 1/4 tsp pepper, salt, and mushrooms; sauté 7 minutes. Stir in spinach, 1/2 cup walnuts, red wine vinegar; cook 30 seconds.
- Combine 8 cups water and white vinegar in a large saucepan, and bring to a simmer.
- Break each egg into pan. Cook 3 minutes.
- Remove eggs using a slotted spoon.
- Spoon 2/3 cup mushroom mixture onto 4 plates.
- Top each serving with 1 egg.
- Sprinkle evenly with remaining thyme, pepper, and walnuts.



Very Berry Breakfast

Ingredients:

- 1 cup raspberries, frozen unsweetened
- $\frac{3}{4}$ cup almond or rice milk, chilled unsweetened
- $\frac{1}{4}$ cup cherries or raspberries, frozen pitted unsweetened
- $1\frac{1}{2}$ tbsp honey
- 2 tsp fresh ginger, finely grated
- 1 tsp flaxseed, ground
- 2 tsp fresh lemon juice

Instructions:

Put all ingredients in blender, add lemon juice to taste. Puree until smooth. Pour into 2 chilled glasses.



Berry Good Workout Smoothie

Ingredients:

- 1½ cup strawberries, chopped
- 1 cup blueberries
- ½ cup raspberries
- 2 tbsp honey
- 1 tsp fresh lemon juice
- ½ cup ice cubes

Instructions:

Add all ingredients in blender, adding lemon juice to taste. Puree until smooth. Pour into 1 chilled glass.



Breakfast Zinger Juice

Ingredients:

- 2 lemons, peeled, seeded, and quartered
- 2 carrots, chopped
- 2 apples, quartered
- 2 beets, trimmed and chopped

Instructions:

Press lemons, carrots, apples, and beets through a juicer and into a large glass.

Serve it cool or with ice.

Lunch Index

Recipe	Pg. No
Kraut Juice	48
Sauerkraut	50
Pickled Eggs	52
Mango Chicken	54
Chicken Breasts with Tomatoes and Olives	57
Garlic Chicken Livers	59
Oven Roasted Broccoli	61
French Green Beans With Garlic and Sliced Almonds	63
Watermelon Chicken Salad with Pine Nuts	65
Stuffed Tomatoes	67
Ground Beef Paleo Popcorn	69
Beef Bone Broth Recipe	71
Grilled Halibut with Peach and Pepper Salsa	74
Honey Salmon in Foil	77
Lemon Pepper Fish Greek Style	79
Turkey Taco Lettuce Wraps	81
Homemade Taco Seasoning	83
Kabab Koobideh	85
Lamb Koftas	87
Chicken Zucchini Poppers	89
Paleo Zucchini Fritters	91
Smoky Herbed Shrimp	93
Skinny Shrimp Scampi over Low Carb Zoodles	95



Kraut Juice

Ingredients:

- 3 cups green cabbage, coarsely chopped
- 1 3/4 cups distilled water
- 1 tsp sea salt
- 1/2 tsp culture starter (optional)

Instructions:

- Fill blender with chopped cabbage and add 1 3/4 cups of water.
- Blend on low speed and then to high for 10 seconds breaking into small pieces.
- Pour mixture in jar making sure it is at least 1 inch from top for expansion and cover jar securely with lid.
- Let mixture stand at room temperature for 3 days
- After 3 days strain to separate juice and pulp



Sauerkraut

Ingredients:

- 1 green cabbage, shredded
- 3 ½ cups carrots, shredded
- ½ tbsp ginger, minced
- 1 tbsp fennel seeds
- 1 tbsp sea salt

Instructions:

- Place all ingredients in mixing bowl and massage until mixture becomes soft and juicy.
- Once well mixed, place into large glass jar leaving room for expansion at top.
- Place a folded whole cabbage leaf over mixture and seal with airtight lid.
- Allow to sit at room temperature for 2-4 weeks.



Pickled Eggs

Ingredients:

- 12 eggs
- 4 cups kraut juice

Instructions:

- Boil water and add eggs, reduce to simmer, and cover for 15-20 minutes.
- Drain hot water and run cold water over eggs. Repeat.
- After eggs are cooled, peel eggs.
- Put kraut juice in glass jar and add eggs. Secure with airtight lid.
- Refrigerate for at least 24 hours.



Mango Chicken

Ingredients:

- ½ tsp cumin, ground
- ½ tsp ginger, ground
- ¼ tsp thyme, dried or ¾ tsp fresh thyme, chopped
- 1 pinch nutmeg, ground
- 1 pinch cayenne pepper
- 4 boneless skinless chicken breasts
- 2 tsp olive oil
- 1 mango, peeled and cut into chunks
- 2 green onions, thinly sliced
- pinch salt
- ¼ cup fresh coriander, chopped
- ½ lime, juiced

Instructions:

- Stir together spices.
- Sprinkle both sides of chicken breasts with spice mixture.
- Heat oil in a large skillet over medium-high heat.

Mango Chicken (continued)

- Add chicken breasts and cook, turning occasionally, until both sides are golden brown and no longer pink inside, about 10 to 15 minutes.
- Add mango and green onions.
- Cook, stirring, until heated through, about 1 minute.
- Remove from heat.

Servings 4



Chicken Breasts with Tomatoes and Olives

Ingredients:

- 4 6oz skinless, boneless chicken breast halves
- 1 cup multicolored cherry or grape tomatoes, halved
- 3 tbsp oil and vinegar dressing
- 20 olives, halved

Instructions:

- Prepare grill to medium-high heat.
- Sprinkle chicken evenly with 1/4 tsp salt and 1/4 tsp freshly ground black pepper.
- Place chicken on grill rack coated with olive oil (use oil mister), and grill for 6 minutes on each side or until chicken is done. Keep warm.
- Combine tomatoes, 1 1/2 tbsp dressing, and olives in a medium skillet over medium heat, and cook for 2 minutes or until tomatoes soften and mixture is thoroughly heated, stirring occasionally.
- Brush chicken with remaining 1 1/2 tbsp dressing.
- Cut each chicken breast half into 3/4-inch slices.
- Top each chicken breast half with 1/4 cup tomato mixture. Sprinkle each serving with torn basil leaves, if desired.

Serves 4



Garlic Chicken Livers

Ingredients:

- ½ lb chicken liver
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp salt
- 3 cloves garlic

Instructions:

- Wash, trim and dry the chicken livers.
- Dry fry them, no oil, in a frying pan, for 3-4 minutes until cooked through.
- Add the oil, lemon juice and salt to taste.
- Stir once gently to mix.
- Serve and enjoy.



Oven Roasted Broccoli

Ingredients:

- 1 bunch broccoli, cut into pieces
- $\frac{1}{4}$ cup olive oil
- 2-4 garlic cloves, smashed and diced
- $\frac{1}{4}$ tsp red pepper flakes (optional)
- salt and pepper

Instructions:

- Preheat oven to 400°F.
- Mix oil, garlic, red pepper flakes, salt and pepper.
- Toss together the broccoli and the oil mixture in a large bowl.
- Put broccoli on cookie sheet.
- Place in the oven 10-15 minutes.
- Check often to avoid burning.
- Cook longer for softer broccoli



Green Beans With Garlic and Sliced Almonds

Ingredients:

- 1 lb green beans, rinsed and microwaved for 4 minutes
- 2-4 garlic cloves, minced
- 1/4 cup sliced almonds
- 2 tbsp. olive oil
- 1/8-1/4 cup water or chicken broth
- coarse sea salt
- Pepper

Instructions:

- Heat oil in large pan over medium-high heat.
- Add almonds and toss till for 1 minute.
- Add garlic to lightly brown, then add beans and water or broth cover for 5 minutes on low heat.

Servings 4



Watermelon Chicken Salad with Pine Nuts

Ingredients:

- 4 oz baby spring greens
- 1 cup watermelon
- 1/4 cup pine nuts
- 1 cup grilled chicken, chopped or shredded
- 3 tbsp lime juice
- 2 tbsp honey
- 2 tbsp olive oil
- 1/2 tsp minced garlic
- 3 mint leaves, large, minced
- fresh cracked pepper

Instructions:

- Place the greens in two salad bowls. Top each bowl equally with watermelon, pine nuts, and grilled chicken.
- To make the vinaigrette, whisk together the lime juice, honey, olive oil, garlic, fresh black pepper, and mint leaves.
- Drizzle vinaigrette over the salads and serve.

Serves 2



Stuffed Tomatoes

Ingredients:

- 3 oz lean ground beef
- 1 egg, medium
- 2 tbsp mixed herbs, chopped
- salt
- pepper
- 2 tomatoes, large

Instructions:

- Preheat oven to 400°F.
- Mix ground beef, egg, herbs, and salt and pepper to make a stuffing.
- Core the tomatoes, fill with the stuffing, and bake for 35 minutes.
- Serve.

Serves 1



Ground Beef Paleo Popcorn

Ingredients:

- 2 lbs ground beef (grass-fed)
- 2 tsp sea salt
- 1 tsp black pepper, ground
- 1 1/2 tsp onion powder
- 1 1/2 tsp paprika
- 1 1/2 tsp turmeric

Instructions:

- Preheat oven to 350°F.
- Add ground beef to large-size mixing bowl and season with sea salt, black pepper, onion powder, paprika, and turmeric. Combine well so the seasonings are mixed together.
- Spread parchment paper across the top of two large baking trays.
- Break the meat into pieces, as small as the tip of your index finger, and place on parchment paper.
- Bake for 20-25 minutes.
- Toss meat, swap trays in the oven, and bake for an additional 5 minutes.
- Remove from the oven and serve.

Serves 2



Beef Bone Broth Recipe

Ingredients:

- 4 lbs beef bones with marrow
- 4 carrots, chopped
- 4 celery stalks, chopped
- 2 medium onions, peel on, sliced in half lengthwise and quartered
- 4 garlic cloves, smashed
- 1 tsp kosher salt
- 1 tsp whole peppercorns
- 2 bay leaves
- 3 sprigs fresh thyme
- 5-6 sprigs parsley
- 1/4 cup apple cider vinegar
- 18-20 cups cold water

Instructions:

- Place all ingredients in a 10 quart capacity crock-pot.
- Add water.
- Bring to a boil over high heat; reduce and simmer gently, skimming the fat that rises to the surface occasionally.
- Simmer for 24-48 hours.

Beef Bone Broth Recipe (continued)

- Remove from heat and allow to cool slightly.
- Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill.
- Use within a week or freeze up to 3 months.



Grilled Halibut with Peach and Pepper Salsa

Ingredients:

- 1 1/3 cups yellow peaches, coarsely chopped peeled
- 1 cup red bell pepper, chopped
- 1/3 cup green onions, thinly sliced
- 1/3 cup fresh arugula, chopped
- 1/4 cup fresh lemon juice
- 4 tsp fresh oregano, chopped
- 1/8 tsp salt
- 1/2 habanero pepper, seeded and minced
- 1 garlic clove, minced

FISH:

- 4 tsp fresh lemon juice
- 4 tsp olive oil
- 1/2 tsp paprika
- 1 garlic clove, minced
- 4 6oz skinless halibut fillets
- 3/8 tsp salt
- 3/8 tsp black pepper, freshly ground
- cooking spray

Grilled Halibut with Peach and Pepper Salsa (continued)

Instructions:

- Salsa: combine first 9 ingredients; toss gently. Let stand 30 minutes before serving.
- Fish: Prepare grill to medium-high heat.
- Combine 4 tsp juice, oil, paprika, and 1 garlic clove in a large, shallow glass baking dish, stirring with a whisk. Add fish to juice mixture; turn to coat. Cover and let stand 15 minutes.
- Remove fish from marinade. Sprinkle fish evenly with $\frac{3}{8}$ tsp salt and black pepper.
- Place fish on a grill rack coated with cooking spray; grill 3 minutes on each side or until cooked as desired.
- Serve fish with salsa.

Serves 4.



Honey Salmon in Foil

Ingredients:

- 1/4 cup honey
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tbsp fresh thyme leaves
- kosher salt and freshly ground black pepper
- 2 lbs salmon

Instructions:

- Preheat oven to 375°F. Line a baking sheet with foil.
- In a small bowl, whisk together honey, garlic, olive oil, white wine vinegar, thyme, salt and pepper, to taste.
- Place salmon onto baking sheet and fold all 4 sides of the foil. Spoon the honey mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
- Place into oven and bake until cooked through, about 15-20 minutes.

Serves 4



Lemon Pepper Fish Greek Style

Ingredients:

2 garlic cloves, crushed
1/4 cup olive oil
1 tbsp lemon juice
1/2 tbsp lemon zest, finely zested
1/2 tsp black pepper, freshly cracked
1/2 tsp sea salt
1 tsp oregano leaves, dried
2 fish fillets

Instructions:

- Combine garlic, oil, lemon juice, lemon zest, cracked black pepper, sea salt, and dried oregano in large bowl.
- Add the fish and ensure it is thoroughly coated in the marinade. Cover and refrigerate for 15-20 minutes.
- Line a broiler/griller tray with foil and place the fish on in a single layer.
- Broil/Grill the fish for 5-10 minutes each side. Only turn the fish once during the cooking.
- Grill until the fish is cooked.

Serves 2



Turkey Taco Lettuce Wraps

Ingredients:

- 1 lb lean ground turkey
- 3 tbsp homemade taco seasoning (recipe on pg. 78)
- 1/2 tsp kosher or sea salt
- 1 cup cherry tomatoes, halved
- 1 avocado, pitted, peeled, and diced
- 1 cup salsa, no sugar added
- 12 whole romaine heart lettuce leaves

Instructions:

- Add ground turkey to a skillet. Cook over medium heat for 8 minutes until browned.
- Add 1/3 cup water, taco seasoning, and salt (if not already an ingredient in the seasoning). Allow to cook for 3 minutes more. Remove from heat.
- Double each lettuce leaf so the top fits into the second and have 6 doubled leaves altogether.
- Spoon in meat mixture.
- Add cherry tomatoes and avocado pieces and top with salsa

Serves 6



Homemade Taco Seasoning

Ingredients:

- 5 tsp chili powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp salt
- $\frac{3}{4}$ tsp Mexican oregano
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{4}$ tsp cayenne powder

Instructions:

- Mix ingredients in bowl until well combined then place in covered container. Store in cupboard for 3-6 months.
- For tacos, add 2-4 tbsp of seasoning to 1 lb of cooked ground meat (drained of excess fat) in a pan over medium-high heat. Add $\frac{2}{3}$ cup of water and let simmer about 10-20 minutes.



Kabab Koobideh

Ingredients:

- 1 lb ground meat (beef, lamb, or chicken)
- 1/2 onion, finely diced
- parsley leaves, finely chopped
- 1/2 tsp salt
- 1/2 tbsp turmeric, ground
- 1 eggs
- 3 dashes black pepper
- cooking oil

Instructions:

- Add meat, egg, turmeric powder, and salt into a food processor and blend.
- Transfer to a bowl and mix with the diced onion and chopped parsley.
- Chill the meat in the refrigerator for at least 30 minutes.
- Prepare grill and thread the meat onto metal skewers.
- Brush the kabob with a little bit of oil and grill until fully cooked.

Serves 4



Lamb koftas

Ingredients:

- 1 lb lamb, minced
- 1 tsp cumin, ground
- 2 tsp coriander, ground
- 2 garlic clove, crushed
- 1 tbsp mint, chopped
- cooking oil

Instructions:

- Mix together all ingredients until well blended.
- Divide into 8 balls, then roll each ball on a board to shape into ovals.
- Thread onto 4 metal skewers and brush with oil.
- Cook on grill or griddle over medium-high heat for 3-4 mins each side.

Serves 8



Chicken Zucchini Poppers

Ingredients:

- 1 lb chicken breast, ground
- 2 cup zucchini, grated
- 2-3 green onions, sliced
- 3-4 tbsp cilantro, minced
- 1 clove garlic
- 1 tsp salt
- ½ tsp pepper
- ¾ tsp cumin (optional)
- olive oil

Instructions:

- Preheat oven to 400°F
- Mix chicken with zucchini, green onion, cilantro, garlic, cumin, salt, and pepper.
- Spread a light layer of olive on baking sheet.
- Scoop meatballs onto pan. Drizzle a bit of additional oil over the meatballs.
- Bake 20-25 minutes, or until cooked through. If desired, place under the broiler for an additional 2-3 minutes to brown on the top.



Paleo Zucchini Fritters

Ingredients:

- 2 medium zucchini, shredded
- 2 tsp sea salt
- ¼ cup coconut flour
- 1 egg, beaten
- 1 tsp black pepper
- ¼ tsp cayenne pepper (optional)
- coconut oil or ghee for cooking

Instructions:

- Shred the zucchini using a box grater or a food processor. Put the shredded zucchini in a large bowl, add salt, toss well, and allow to sit for 10 minutes.
- Squeeze all of the moisture out of the zucchini. Place in a different bowl.
- Add the coconut flour, egg and pepper. Stir to combine.
- Melt a large spoonful of ghee or coconut oil in skillet over medium-low heat.
- Add ¼ cup portions of mixture into pan, flattening into patties.
- Cook each side for 3 to 5 minutes or until nicely browned.

Serves 4



Smoky Herbed Shrimp

Ingredients:

- 2 tbsp extra-virgin olive oil
- 2 lbs large shrimp, peeled and deveined
- coarse salt and ground pepper
- 1 tsp smoked paprika
- 2 tbsp vinegar (cider or white)
- 1/4 cup fresh parsley, roughly chopped

Instructions:

- In a large skillet, heat olive oil over medium-high. Add shrimp and cook, stirring frequently, until shrimp are opaque throughout, about 4 minutes.
- Season with salt and pepper. Stir in paprika and sherry vinegar; transfer to serving dish.
- Top with parsley and serve.



Skinny Shrimp Scampi over Low Carb Zoodles

Ingredients:

- 2 large zucchini, cut into noodles (3 cups of zoodles) see prep tip below
- 2 tbsp ghee
- 2 tsp garlic, minced fine
- ⅛ tsp crushed red pepper flakes (optional)
- 12 large shrimp, shelled and deveined
- 2½ tbsp chicken broth
- 1½ tbsp lemon, freshly juiced

Instructions:

- Prepare the zoodles, using a julienne peeler, mandolin or vegetable spiralizer.
- Place zoodles in a microwave-safe bowl and cook in microwave for about 2 minutes, until softened.
- In large pan, heat ghee over medium-low heat. Add garlic and crushed red pepper flakes. Cook for 1 minute, stirring constantly.
- Add shrimp to pan and cook, stirring often, until cooked throughout and pink on all sides, about 2 minutes.
- Season shrimp with a little salt and pepper. Using a slotted spoon, transfer them to a bowl.

Skinny Shrimp Scampi over Low Carb Zoodles (continued)

- Increase heat to medium.
- Add lemon juice. Cook for 2 minutes.
- Add the softened zucchini noodles and cooked shrimp. Toss to combine and heat about 30 seconds.
- Divide the zoodles among 2 plates and top each plate with 6 shrimp.

Dinner Index

Recipe	Pg. No.
Avocado and Tomato Salad	99
Heart of Palm Salad with Tomato, Avocado, and Lime	101
Roasted Carrot and Avocado Salad	103
Garlic-Roasted Asparagus	105
Cucumber Tomato Avocado Salad	107
Healthy Tuna Salad	109
Avocado Chicken Salad	111
One Pan 15 Minute Healthy Roasted Chicken and Veggies	113
Herb-Roasted Salmon Fillets	115
Thai Fish Cake	117
Cod Fish Cakes	119
Paleo Taco Skillets & Paleo Taco Bowls	122
Weight Loss Wonder Soup	124
Healing Asian Soup with Ginger	126
Kale and Roasted Vegetable Soup	128
French Lentil Soup	131
Rosemary Rubbed Rib-Eye Steak	133
Broiled Lobster Tails	135
Baked Garlic Mushroom Chicken	137
Garlic-Rubbed Baked Chicken	140



Avocado and Tomato Salad

Ingredients:

- 2 tomatoes, large, cut into large cubes
- 2 avocado, cut into large cubes
- 1 purple onion, small, thinly sliced
- 2 tbsp cilantro, chopped
- 2 limes, juiced
- extra-virgin olive oil
- salt

Instructions:

In a large bowl, combine the tomatoes, avocados, red onions and cilantro. Squeeze the lime juice over the top and drizzle with extra virgin olive oil. Gently stir. Taste and add salt as needed.

Serves 6



Heart of Palm Salad with Tomato Avocado and Lime

Ingredients:

- 1 15oz can hearts of palm, drained and cut into slices
- 2 avocados, small, diced
- 3 tbsp lime juice, fresh squeezed
- 1 cup small grape tomatoes, halved
- 1/4 cup green onion, thinly sliced
- 1/2 cup cilantro, chopped (optional)
- sea salt

Instructions:

- Put palm hearts into colander placed and drain.
- Dice avocados, put them in large bowl. Toss with 2tbsp of fresh lime juice.
- Toss the hearts of palm, tomatoes, and green onions with the avocado/lime juice mixture.
- Add lime juice to taste.
- Season the salad generously with sea salt and then gently mix in the chopped cilantro.

Serves 4



Roasted Carrot and Avocado Salad

Ingredients:

- 1 lb carrots ,peeled and cut into two-inch segments
- 3 tbsp olive oil
- 1/4 tsp cumin, ground
- black pepper, ground
- coarse salt
- 1/2 avocado, pitted and sliced
- 1/2 lemon

Instructions:

- Preheat oven to 400°F.
- Mix carrot chunks in a medium bowl with 2 tbsp olive oil, cumin and salt and pepper.
- Spread them on a roasting sheet and roast for about 20 minutes, until tender and browned.
- Arrange carrots on serving platter with sliced avocado on top.
- Drizzle the salad with 1 tbsp of olive oil, lemon juice, and extra salt and pepper. Serve immediately.

Serves 4



Garlic-Roasted Asparagus

Ingredients:

- 1 1/2 lbs asparagus spears
- 2 cloves garlic, thinly sliced
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper, ground

Instructions:

- Preheat oven to 450°F.
- Snap off and discard bases from asparagus. Place asparagus and garlic in baking pan.
- Drizzle with oil and sprinkle salt and pepper. Toss to coat.
- Cook 10 to 15 minutes or until asparagus is crisp-tender, stirring once.

Serves 6



Cucumber Tomato Avocado Salad

Ingredients:

- 1 lb roma tomatoes, chunked
- 1 English cucumber, sliced
- 1/2 purple onion, medium, sliced
- 2 avocado, diced
- 2 tbsp extra-virgin olive oil (or sunflower oil)
- 1 lemon, medium
- 1/4 cup cilantro, chopped
- 1 tsp sea salt
- 1/8 tsp black pepper

Instructions:

- Add tomatoes, cucumber, red onion, avocado, and cilantro into large salad bowl.
- Drizzle with 2 tbsp olive oil and 2 tbsp lemon juice. Toss gently to combine.
- Before serving toss with 1 tsp sea salt and 1/8 tsp black pepper

Serves 4



Healthy Tuna Salad

Ingredients:

- 7 oz tuna
- 3 green onions, minced
- 14 oz white beans, rinsed and drained
- 2 celery ribs, minced
- 1/4 cup flat leaf parsley, minced
- 1/4 lemon, small, juiced
- 1 tsp red pepper, crushed
- 1 tbsp olive oil
- kosher salt

Instructions:

- Drain tuna.
- Place tuna in mixing bowl adding onions, celery, and white beans. Mix gently.
- Squeeze the lemon over the mixture, stir.
- Add the red pepper, parsley and olive oil. Mix gently.
- Season to taste.

Serves 4



Avocado Chicken Salad

Ingredients:

- 1 chicken breast, skinless
- 2 tsp olive oil
- 1 tsp smoked paprika
- ½ avocado, small, diced
- 1 tsp vinegar (cider or white)
- 1 tbsp flat-leaf parsley, roughly chopped
- 1 tomato, medium, chopped
- ½ red onion, small, thinly sliced

Instructions:

- Heat grill to medium.
- Rub chicken with 1 tsp olive oil and paprika.
- Cook 4-5 mins each side until lightly charred and cooked thoroughly.
- Mix the salad ingredients together, season, and add the remaining oil.
- Thickly slice chicken and serve with salad.

Serves 1



One Pan 15 Minute Healthy Roasted Chicken and Veggies

Ingredients:

- 2 chicken breasts, medium, chopped
- 1 cup bell pepper, chopped
- ½ onion, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- ½ cup tomatoes, chopped
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp Italian seasoning
- ¼ tsp paprika

Instructions:

- Preheat oven to 500°F.
- Chop veggies into large pieces. On another cutting board chop the chicken into cubes.
- Place the chicken and veggies in a medium roasting dish. Add olive oil, salt and pepper, Italian seasoning, and paprika. Toss to combine.
- Bake 15 minutes or until the veggies are charred and chicken is cooked.

Serves 2



Herb-Roasted Salmon Fillets Recipe

Ingredients:

- 4 6oz salmon fillets
- 4 garlic cloves, minced
- 1 tbsp minced fresh rosemary, minced
- 1 tbsp olive oil
- 2 tsp fresh thyme, minced
- 3/4 tsp salt
- 1/2 tsp pepper

Instructions:

- Preheat oven to 425°F.
- Add salmon to greased baking pan, skin side down.
- Combine remaining ingredients and spread over fillets.
- Roast 15-18 minutes or until fully cooked.

Serves 4



Thai Fish Cake

Ingredients:

- 10oz whitefish
- 1 egg, whites only
- 2 kaffir lime leaves, dried, crushed
- 1 tbsp Thai red curry paste
- 2 tbsp fresh coriander, chopped

Instructions:

- Combine all ingredients in a blender and blend.
- Form mixture into 4 fish cakes.
- Place fishcakes between two pieces of paper towel and press gently to remove any excess moisture.
- Set grill on high and cook fish cakes for 5 minutes on each side.

Serves 2



Cod Fish Cakes

Ingredients:

- 1/2 yellow onion, chopped
- 1/2 celery sticks, chopped
- 2 tbsp olive oil
- 1 garlic cloves, minced
- 1/2 tomatoes, chopped
- 14 ozs cod, chopped
- 1 rosemary sprigs, fresh
- 1 tsp coriander, ground
- 1 tsp oregano, dried
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions:

- Sauté onion and celery in 1 tbsp of olive oil until translucent.
- Add the garlic, cook for 30 seconds, and take the pan off the heat.
- Spoon mixture into food processor with tomato, fish, herbs, spices, salt, and pepper.

Cod Fish Cakes (continued)

- Pulse mixture until blended.
- Shape into patties using hands. Making sure edges are smooth.
- Arrange on a plate, cover and chill in the refrigerator for about 30 minutes.
- Heat a splash of oil in pan and fry the patties for a few minutes per side or until hot in the center and golden on the outside.

Serves 4



Paleo Taco Skillets & Paleo Taco Bowls

Ingredients:

- 1 lb lean ground beef, chicken, or turkey
- 1 onions, large, diced
- 2 bell pepper, large, diced
- 1 tomato, diced
- 1 green chili, diced
- taco seasoning
- 3 cups baby kale

Instructions:

- In large pan, add ground meat, crumble, and brown. Then drain excess fat.
- Add diced onion, zucchinis, and peppers and cook until soft and browned.
- Add tomatoes and stir.
- Mix in taco seasoning- add a tbsp water if needed to mix.
- Keep on stove until taco mix has fully incorporated tacos.
- Add salad or greens to a bowl, and spoon taco mixture over the top.



Weight Loss Wonder Soup

Ingredients:

- 4 onions, large, finely chopped
- 2 green pepper, diced
- 1/2 tsp olive oil, optional
- 3 tomatoes, large, roughly chopped
- 1 bunch celery, diced
- 1 cabbage, small, chopped
- 3-5 cups water

Instructions:

- Separate vegetables in three large bowls: onion and green pepper, tomatoes and celery, and cabbage in the last bowl.
- In large pan, heat olive oil over medium-high heat. Add onions and green peppers, tossing to coat. Sauté until water has cooked out and onions begin to brown. Remove from heat.
- In extra large spaghetti pot, add cabbage, water, tomatoes, and celery.
- Add the cooked onions and green peppers on top. Do not stir soup yet.
- Heat over medium-high until water boils.
- Stir and reduce heat to a simmer. Cook 50-60 minutes, stirring occasionally.



Healing Asian Soup with Ginger

Ingredients:

- 4 cups chicken stock
- 4 slices ginger root, fresh
- 1 cup sliced mushrooms
- 1 cup spinach leaves, sliced
- 1 green onions, thinly sliced

Instructions:

- In medium saucepan, bring chicken stock to a low simmer.
- Add ginger slices and let simmer at least 15 minutes.
- Add a small amount of water if the stock has reduced.
- Bring infused stock back to a low simmer, then add mushrooms and simmer 1 minute. Add sliced spinach and simmer one minute more.
- Turn off heat and add green onions.
- Serve



Kale and Roasted Vegetable Soup

Ingredients:

- 3 carrots, medium, peeled, quartered lengthwise
- 2 tomatoes, large, quartered
- 1 onion, large, cut into 8 wedges
- 1/2 butternut squash, small, peeled, seeded, cut lengthwise into 1/2 inch thick wedges
- 6 garlic cloves
- 1 tbsp olive oil
- 6 cups vegetable broth
- 4 cups kale, finely chopped
- 3 fresh thyme sprigs, large
- 1 bay leaf
- 1 15oz can white beans, drained

Instructions:

- Preheat oven to 400°F.
- Rub rimmed baking sheet with a thin coat of olive oil.
- Place carrots, squash, tomatoes, onion, and garlic on baking sheet and sprinkle with olive oil, salt, and pepper. Rub oil over all of the vegetables so that they are well coated.
- Roast vegetables about 45 minutes, stirring once or twice, until cooked and browned.

Kale and Roasted Vegetable Soup (continued)

- Remove roasted squash and carrots from pan to a cutting board. Cut into 1/2-inch pieces and set aside.
- Remove roasted garlic from peelings and place in food processor. Add roasted tomatoes and onions. Pulse in the processor until almost smooth.
- Add a little water or broth to the baking sheet and scrape any browned bits, adding to broth.
- Add puréed vegetables, chopped kale, thyme, and bay leaf to the pot.
- Heat on high to bring to a boil, then reduce to simmer.
- Simmer uncovered until the kale is tender for about 30 minutes.
- Add roasted carrots, squash, and drained white beans to the soup.
- Simmer 8-10 minutes and add more broth or water to the soup if it needs thinning.
- Season with salt and pepper.
- Discard thyme sprigs and bay leaf and serve.

Serves 6



French Lentil Soup

Ingredients:

- 3 tbsp extra-virgin olive oil
- 2 cups onions, chopped
- 1 cup celery stalks, chopped
- celery leaves, chopped
- 1 cup carrots, chopped
- 2 garlic cloves, chopped
- 4 cups vegetable broth
- 1 1/4 cups lentils, rinsed, drained
- 14 oz pure tomato juice
- vinegar (cider or white) (optional)

Instructions:

- Heat oil in heavy large saucepan over medium-high heat. Add onions, celery, carrots, and garlic; sauté until vegetables begin to brown, about 15 minutes.
- Add 4 cups broth, lentils, and tomato juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.
- Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan.. Season with salt, pepper, and a splash of vinegar, if desired. Garnish with celery leaves and serve.

Serves 6



Rosemary Rubbed Rib-Eye Steak

Ingredients:

- 40 oz rib eye steaks (boneless, about 1- inch thick, at room temperature)
- 1 tbsp kosher salt
- 1 tsp black pepper, freshly ground
- 2 tbsp rosemary, fresh, finely chopped
- 1/4 tsp garlic powder
- 2 tbsp olive oil

Instructions:

- Heat a grill on high heat.
- In a small bowl, combine the salt, pepper, rosemary, and garlic powder.
- Brush the steaks with olive oil.
- Sprinkle rosemary mixture over each side of the steaks to coat evenly.
- Grill 4-5 minutes on each side for medium rare. Remove from heat and let rest for 5 minutes.



Broiled Lobster Tails

Ingredients:

- 2 lobster tails, whole
- 1/2 cup ghee, melted
- 1/2 tsp paprika, ground
- salt
- white pepper, ground
- 1 lemon, wedged

Instructions:

- Preheat broiler.
- Place lobster tails on baking sheet. With a sharp knife or kitchen shears, carefully cut top side of lobster shells lengthwise.
- Pull apart shells slightly, and season meat with equal amounts ghee, paprika, salt, and white pepper.
- Broil lobster tails until lightly browned and lobster meat is opaque, about 5 to 10 minutes.
- Garnish with lemon wedges to serve.

Serves 2



Baked Garlic Mushroom Chicken

Ingredients:

- 1 ½ lbs chicken thighs, skin removed
- 8 oz mushrooms, sliced
- 1 cup chicken or bone broth
- 8-10 large garlic cloves, peeled and smashed
- 2 tbsp ghee
- ¼ tsp onion powder
- ¼ tsp sage, ground, dried
- ⅛ tsp cayenne pepper
- ¼ tsp black pepper
- ¼ tsp salt

Instructions:

- Preheat oven to 375°F.
- In pan on high heat, add 1 tbsp of ghee and sear chicken thighs for 2 minutes on each side. Remove from pan and set aside.
- In the same pan, add 1 tbsp of ghee and garlic and sauté for a minute.
- Add the sliced mushrooms and broth then stir and simmer for 1-2 minutes. Turn off heat.
- Return the seared chicken thighs to the pan and distribute mushrooms evenly around chicken.

Baked Garlic Mushroom Chicken (continued)

- Place entire pan in oven and bake for 15 minutes or until the chicken is no longer pink inside.
- Separate liquid, garlic, and half of the mushrooms from chicken and place in blender.
- Pulse until it turns into the consistency of gravy.
- Spoon it over the chicken and serve.

Serves 4



Garlic-Rubbed Baked Chicken

Ingredients:

- 4 chicken breast, boneless
- 1 tbsp salt
- 1 tbsp pepper
- 8 cloves garlic, minced
- 1 tbsp rosemary, dried
- 1/3 cup olive oil

Instructions:

- Preheat oven to 425°F.
- In a bowl, combine salt, pepper, garlic, rosemary, and olive oil.
- Rub chicken with mixture, place in a greased baking dish, and bake for 20 minutes until no longer pink inside.

Serves 4

Snacks Index

Recipe	Pg. No.
Zucchini Chips	143
Banana Dessert Sushi	145
Healthy Cucumber Snack	147
Guacamole	149
Baked Brussels Sprout Chips	151
Citrus Salsa	153
Grilled Eggplant	155
Lean Green Smoothies	157
Apple-Cinnamon & Almond Smoothie	159
Pumpkin Pie Chia Seed Pudding	161
Fantastic Slimming Drink	163
Ayurvedic Detox Tea	165
Lemon Curry Chicken Bites	167
Guacamole Deviled Eggs	169



Zucchini Chips

Ingredients:

- 1 zucchini, medium
- 1 pinch salt
- 1 pinch black pepper

Instructions:

- Preheat the oven to 450°F.
- Line a baking sheet with parchment paper. Place the zucchini atop the parchment in a single layer, then mist with cooking oil.
- Bake for 10 minutes, flip, then bake for another 10 minutes, or until the chips have reached the desired crispiness.
- For crispier chips, use a wire rack instead of parchment.

Serves 4



Banana Dessert Sushi

Ingredients:

- 1 banana
- 2 tbsp natural nut butter, unsweetened
- 1/3 cup nuts and seeds, crushed or chopped

Instructions:

- Spread thin layer of nut butter on banana.
- Spread chopped nuts and seeds on a shallow plate and roll banana over it, pressing lightly so that the nuts and seeds stick to the banana.
- Slice covered banana into 1-inch thick slices.



Healthy Cucumber Snack

Ingredients:

- cucumber
- olive oil
- lemon juice, freshly squeezed
- cayenne pepper

Instructions:

- Slice cucumbers and marinade in olive oil and lemon juice in a bowl and soak for 30 minutes or more.
- The oil and lemon juice should just be enough to cover the cucumbers and it will soak in.
- Sprinkle with Cayenne Pepper.

Serves 1



Guacamole

Ingredients:

- 3 avocado, large, ripe
- 1/2 lime, freshly squeezed
- 2 tbsp yellow onion, diced
- 2 tsp red pepper flakes
- 2 tsp garlic salt

Instructions:

- Peel and pit the avocados.
- Slice avocado then mash with fork.
- Add lime juice, onion, red pepper, & garlic salt.
- Mash until everything is well blended.

Serves 2



Baked Brussels Sprout Chips

Ingredients:

- 10 brussels sprouts, medium
- 2 tbsp olive oil
- 1 tsp cayenne pepper
- 1 tbsp sea salt
- 1/2 tbsp black pepper, freshly ground

Instructions:

- Preheat oven to 425°F.
- Trim brussels sprouts, cutting off stem allowing for leaves to peel off. Peel off leaves, and put in mixing bowl.
- Coat brussels sprouts in olive oil, cayenne pepper, salt, and pepper in the mixing bowl.
- Transfer leaves to foil lined baking sheet.
- Cool about 8 minutes.

Serves 4



Citrus Salsa

Ingredients:

- 1 orange, peeled, sectioned, cubed
- 1 tbsp grapefruit, peeled, sectioned, cubed
- 1/4 cup pineapple chunks
- 1/4 cup mango
- 3 tbsp red bell pepper, diced
- 3 tbsp orange juice
- 1 tbsp cilantro, chopped, fresh
- 1 tbsp purple onion, diced
- 2 jalapeno peppers, seeded, minced

Instructions:

- In medium-size bowl, combine oranges, grapefruit, pineapple chunks, mango, orange juice, diced red bell pepper, cilantro, purple onion, and jalapeno peppers.
- Mix well and refrigerate covered.

Serves 12



Grilled Eggplant

Ingredients:

- 1 eggplant
- 2 cloves garlic, minced
- extra-virgin olive oil
- sea salt
- black pepper, freshly ground

Instructions:

- Slice eggplant about an inch thick.
- Combine garlic, olive oil, salt, and pepper.
- Brush on a small bit of little olive oil mixture.
- Grill about 8 minutes on each side.

Serves 4



Lean Green Smoothies

Ingredients:

- 1/2 pineapple, peeled, cored, chopped
- 1/2 English cucumber, peeled, chopped
- 1/2 pears, ripe, peeled, cored, chopped
- 1 lime
- 1 cup baby spinach leaves
- 10 mint leaves, chopped
- 1 tsp honey
- Ice, crushed

Instructions:

- Purée in blender until smooth.
- Pour into 2 glasses, garnish with a cucumber spear and serve.

Serves 2



Apple-Cinnamon & Almond Smoothie

Ingredients:

- 1/4 tsp cinnamon
- 1 apples, sweet, cored
- 1/2 bananas
- 1 tsp honey, raw
- 3/4 cup almond milk, unsweetened vanilla
- 1 tbsp almond butter
- 1 ice cube
- 1/2 tsp chia seeds

Instructions:

- Combine cinnamon, apple, banana, honey, $\frac{2}{3}$ cup almond milk, and almond butter in blender.
- Blend on low and move to high, for 2 minutes, or until smooth.
- Add the ice cube and chia and blend.
- Add remaining almond milk.
- Serve, sprinkled with cinnamon.

Serves 1



Pumpkin Pie Chia Seed Pudding

Ingredients:

- 1/2 cup pumpkin purée
- 1 1/2 tbsp chia seeds
- 3/4 cup almond milk
- 1 dash vanilla extract
- 1/2 tsp. pumpkin pie spice
- 1 tbsp stevia

Instructions:

- Place pumpkin, chia seeds, milk, vanilla extract, pumpkin pie spice, and stevia in a glass.
- Stir well.
- Cover and place in the fridge for 4 hours or more.

Serves 4



Fantastic Slimming Drink

Ingredients:

- 4 ¼ cups liter water
- 5 bags green tea
- 1 orange
- 1 handful fresh mint

Instructions:

- Boil water.
- Add five bags of green tea to water.
- Leave them for about 3 minutes. Cut the orange into slices.
- Put green tea in a large jar with lid. Add the orange slices and mint.
- Close the jar and let sit overnight.

Serves 4



Ayurvedic Detox Tea

Ingredients:

- 4 cups boiling water
- 2 tbsp ginger, thinly sliced
- 1 tbsp fresh turmeric, thinly sliced
- 2 tsp coriander seeds
- 2 tsp cumin seed
- 2 tsp fennel seeds
- 2 bags green tea
- Lemon, juiced

Instructions:

- Place all ingredients in a french press, let stand 5 minutes before plunging.

Serves 4



Lemon Curry Chicken Bites

Ingredients:

- 1 lb chicken breast fillets, diced
- 1 1/2 tsp curry powder
- 1 lemon
- pepper

Instructions:

- In medium bowl combine all ingredients.
- In medium frying pan, cook chicken over a medium heat, turning frequently.

Serves 4



Guacamole Deviled Eggs

Ingredients:

- 12 eggs, hard boiled
- 1 avocado, medium, peeled, pitted
- 1/2 lime, zest, juice
- small handful fresh cilantro, finely chopped
- 1 clove garlic, finely chopped
- 1 tbsp jalapeno, finely chopped
- 1/2 tsp cumin
- dash red pepper flakes
- salt and pepper
- cayenne pepper

Instructions:

- Split hard boiled eggs length wise and scoop the yolks out into a medium mixing bowl.
- Add avocado, lime (zest and juice), cilantro, garlic, jalapeno, cumin, red pepper, salt and pepper to egg yolks and beat until well combined.
- Use spoon to transfer egg yolk mixture evenly between the egg whites.
- Top each egg with a small pinch of cayenne pepper.

Serves 24